

EXERCISES

Sad as it is to say, you never understand anything by merely reading a book about it. That's why every science course includes laboratory experiments, and why every consciousness liberation movement demands practice of yogas, meditations, confrontation techniques, etc. in which the ideas are tested in the laboratory of your own nervous system. The reader will absolutely not understand this book unless he or she does the exercises given at the end of each chapter. To explore the Thinker and the Prover, try the following:

1. Visualize a quarter vividly, and imagine vividly that you are going to find the quarter on the street. Then, look for the quarter every time you take a walk, meanwhile continuing to visualize it. See how long it takes you to find the quarter.
2. Explain the above experiment by the hypothesis of "selective attention"—that is, believe there are lots of lost quarters everywhere and you were bound to find one by continually looking. Go looking for a second quarter.
3. Explain the experiment by the alternative "mystical" hypothesis that "mind controls everything." Believe that you made the quarter manifest in this universe. Go looking for a second quarter. If the reader is a scientist, be not alarmed. This refers not to you but only to those benighted fools in the opposite camp who refuse to recognize that your theory is the only reasonable one. Of course.
4. Compare the time it takes to find the second quarter using the first hypothesis (attention) with the time it takes using the second hypothesis (mind-over-matter).
5. With your own ingenuity, invent similar experiments and each time compare the two theories—"selective attention" (coincidence) vs. "mind controls everything" (psychokinesis).
6. Avoid coming to any strong conclusions prematurely. At the end of a month, re-read this chapter, think it over again, and still postpone coming to any dogmatic conclusion. Believe it possible that you do not know everything yet, and that you might have something still to learn.
7. Convince yourself¹ (if you are not already convinced) that you are ugly, unattractive and dull. Go to a party in that frame of mind. Observe how people treat you.
8. Convince yourself (if you are not already convinced) that you are handsome, irresistible and witty. Go to a party in that frame of mind. Observe how people treat you.
9. This is the hardest of all exercises and comes in two parts. First, observe closely and dispassionately two dear friends and two relative strangers. Try to figure out what their Thinkers think, and how their Provers methodically set about proving it. Second, apply the same exercise to yourself. If you think you have learned the lessons of these exercises in less than six months, you haven't really been working at them. With real work, in six months you should be just beginning to realize how little you know about everything.
10. Believe it possible that you can float off the ground and fly by merely willing it. See what happens. If this exercise proves as disappointing to you as it has to me, try number 11 below, which is never disappointing.
11. Believe that you can exceed all your previous ambitions and hopes in all areas of your life. "Believe" or "convince yourself" mean to do what an actor does: pretend until the pretense begins to feel real. Or, as Jazz musicians say: "Fake it until you make it."

EXERCISES

1. If you don't already have a computer, run out and buy one. Then re-read this chapter.
2. To understand hardware and software are (as applied to the human brain) perform the following meditation. Sit in a room where you will not be disturbed for a half hour and begin thinking, "I am sitting in this room doing this exercise because..." and list as many of the "causes" as you can think of. For instance, you are doing this exercise because, obviously, you read about it in this book. Why did you buy this book? Did somebody recommend it? How did that person come into your life? If you just picked the book up in a store, why did you happen to be in just that store on just that day? Why do you read books of this sort—on psychology, consciousness, evolution etc.? How did you get interested in those fields? Who turned you on, and how long ago? What factors in your childhood inclined you to be interested in these subjects later? Why are you doing this exercise in this room and not elsewhere? Why did you buy or rent this house or apartment? Why are you in this city and not another? Why on this continent and not another? Why are you here at all—that is, how did your parents meet? Did they consciously decide to have a child, do you happen to know, or were you an accident? What cities were they born in? If in different cities, why did they move in spacetime so that their paths would intersect? Why is this planet capable of supporting life, and why did it produce the kind of life that would dream up an exercise of this sort? Repeat this exercise a few days later, trying to ask and answer fifty questions you didn't think of the first time. (Note that you cannot ever ask all possible questions.) Avoid all metaphysical speculations (e.g., karma, reincarnation, "destiny" etc.). The point of the exercise will be mindblowing enough without introducing "occult" theories, and it will be more startling if you carefully avoid such overtly "mystical" speculations.
4. Pick up any household item—a spoon, a pen, a cup etc. Perform the same exercise as above—why is it here? Who invented it, if you can find out? How did the invention get to this continent? Who manufactured it? Why did they manufacture that instead of bird cages? Why did they become manufacturers instead of musicians? Why did you buy it? Why did you pick that object, of all the objects in your house, for this meditation? ANSWER QUICKLY NOW ARE YOU YOUR HARDWARE, OR YOUR SOFTWARE? OR BOTH?

EXERCISES

1. Determine to enjoy this primitive circuit fully from now on. Play with yourself and others and the environment shamelessly, like a newborn baby. Meditate on "Unless ye become as a little child, ye shall in no wise enter the Kingdom of Heaven."
2. Never mind your diet—you will reach the optimum weight for your height when your brain is operating properly. Enjoy one really sweet and gooey desert every week. Diabetics, of course, should buy this goody in the non-sugar section.
3. Get "high" (on marijuana if this is permissible to your superego, or on ginseng, which is legal everywhere and recommended by many holistic physicians) and then go to a health spa. Enjoy a good swim, a massage and a sauna. Repeat every week, forever.

4. Take a course on kung fu or karate for at least three months, then re-read this whole chapter. You will be surprised at how much more every sentence will mean.
 5. Lie on your back and pant rapidly to the count of 20. (Each exhale-inhale cycle counts as one, not as two.) Panting means breathing rapidly through your mouth, as forbidden by almost all experts on health, but this is only an exercise, not a full-time practice. When you reach 20, stop and resume nose-breathing, in the slow, rhythmic manner recommended by yogis, to the count of 20. Then repeat the panting to the count of 20. Then repeat proper yoga breathing. This is known as the "breath of fire" in Tantric yoga. The results are most amusing and enlightening. Try it!
 6. Visit an aquarium and observe very closely. Try to see the bio-survival circuit of the fish brain in operation and recognize when and how that circuit in your own brain has operated throughout your life.
 7. If you don't have a baby, or haven't had one for many years, play with somebody else's baby for an hour. Then reread this chapter.
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EXERCISES

1. Whenever you meet a young male or female, ask yourself consciously, "If it came to hand-to-hand combat, could I beat him/her?" Then try to determine how much of your behavior is based on unconsciously asking and answering that question via pre-verbal "body language."
 2. Get roaring drunk and pound the table, telling everybody in a loud voice just what dumb assholes they all are.¹
 3. Get a book on meditation, practice for two fifteen-minute sessions every day for a month, and then go see somebody who always manages to upset you or make you defensive. See if they can still press your territorial retreat buttons.²
 4. Spend a week-end at an Encounter Group. During the first half-day, try to intuit which quadrant each participant is coming 1 Opiates and small doses of alcohol seem to trigger neurotransmitters characteristic of Circuit I breast-fed tranquillity. Large doses of alcohol often reverse this and trigger neurotransmitters characteristic of territorial struggle. Note the anal vocabulary of hostile drunks as their alcoholic intake increases. 2 A good book on Meditation is *Undoing Yourself With Energized Meditation & Other Devices*, by Christopher S. Hyatt, Ph.D., (New Falcon Publications). from. At the end, see if any of them have become less robotized. See if you have become less robotized.
 5. Go to the Lion House at the zoo. Study the lions until you feel you really understand their tunnel-reality.
 6. Rent a video of the kind of comedy that small children like—the Three Stooges, Abbott & Costello, etc. Observe carefully, and think about what function this humor serves; but don't neglect to laugh at it yourself.
 7. Spend all day Sunday looking at animal shows on TV (getting stoned on weed, if this is permissible to you). Then go into the office the next day and observe the primate pack hierarchy carefully, like a scientist.
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1. If you are a Liberal, subscribe to the National Review, the country's most intelligent (and witty) conservative magazine, for a year. Each month try to enter their realitytunnel for a few hours while reading their articles.
2. If you are a Conservative, subscribe to the New York Review of Books for a year and try to get into their headspace for a few hours a month.
3. If you are a Rationalist, subscribe to Fate magazine for a year.
4. If you are an occultist, join the Committee for the Scientific Investigation of Claims of the Paranormal and read their journal, *The Skeptical Inquirer*, for a year.
5. Buy a copy of the Scientific American and read any article in it. Ask the following questions: Why do they sound so sure? Does the data support dogmatism at this point, or is dogma a primate habit (defending head-space)? Will these theories still be believed in 2011? In 2593?
6. Get into a discussion of philosophy with an educated Marxist, an intelligent Moslem and a Japanese businessman at the first opportunity.

7. Buy some ZOOM or LIFT (two names for the same caffeine- high stimulant) at a Health Food Store. (This gives a close approximation of the effects of illegal cocaine.) When you are Zooming or Lifted and your mind is racing, find a victim and explain the universe to him or her, until they are able to escape you. What you experience in this "speed rap" is what the head of the compulsive Rationalist is always like. This is the verbal circuit gone wild and totally oblivious to information coming in on any other circuit. It explains why most people cannot stand Rationalists. "Speed" drugs evidently trigger neurotransmitters characteristic of the verbal centers of the left cortex.

EXERCISES

1. Compare Greece in the 4th Century BC, Rome in the First Century AD, Southern Europe at the beginning of the Renaissance, England c. 1600-1900, New York c. 1900- 1950, and California today. Note the accumulation of wealth corresponding to the accumulation of heresies, innovations, cults, kooks, pioneers, inventors etc.
 2. Imagine you put a penny on the first square of a chessboard, two cents on the second square, four cents on the third, etc. How much will you have to put on the sixtyfourth square? This is how time-binding works, in relatively Open Societies.
 3. Read the denunciations of Galileo by the orthodox of his time.
 4. Read the denunciations of Beethoven, of Picasso, of Joyce by those who knew in advance what music, painting and novels should be.
 5. Are the most important scientific ideas of 1997 going to be published in Scientific American in 1997, or in 2017?
 6. Research how many years passed between the publication of Einstein's paper on Special Relativity and the acceptance of the idea by the majority of physicists.
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EXERCISES 1. Recreate vividly in imagination your first orgasm. To what extent do you still use the same accessories (stimuli) to turn you on?

2. Try to change your sexual imprint. See if you can reach orgasm by some method that has been taboo or unthinkable to you before.
3. Imagine that you are Rev. Jerry Falwell. Explain to an imaginary homosexual why his sexual imprint is "sinful" and should be changed at once. Include instructions on how to change it.
4. Imagine that you are a Gay man or Lesbian. Explain to Rev. Falwell why you will not or can not change your sexual imprint to please him.
5. Read Margaret Mead's Sex and Temperament in Three Primitive Societies. Then write a five-page proof that the taboos in our tribe make more sense objectively than the taboos of the tribes she studied. Be serious about it!
6. Choose the viewpoint of the Samoans in Dr. Mead's book above. Write a five-page proof that their taboos make more sense than those of our society. Be serious about it.
7. Re-read the paragraphs about the giraffe and the gosling. What does this tell you about your sexual imprint? What is your jeep or your ping-pong ball?

EXERCISES

1. Imagine yourself into the reality-tunnel of the far-right group known as the John Birch Society. Believe for a while that the U.S. government is 85% under covert United Nations (UN) control and an open UN dictatorship will be declared soon. Turn on the TV in that frame of mind and look for all the evidence that each newscaster is either a conscious or an unconscious dupe of the UN conspiracy.
2. Imagine yourself into the Head Space of a dogmatic Rationalist. Analyze the Jim Jones-cyanide-Illuminatus synchronicity as "mere coincidence."
3. Imagine yourself into the Head Space of an occultist. Analyze the Jim-Jones-cyanide-///Mmmam.y synchronicity as an Omen. What does it mean? Jungians say synchronicities contain "messages" from the deep structure of the collective mind. What is the message ?
4. Enter the Immortalist head-space for a few minutes. Imagine you invest only \$1000 at normal bank interest, compounded annually. What will you have in 100 years? In 200 years? (Nobody has used this conservative path to investment and gotten rich on it before because nobody has lived long enough.)
5. Why are you not a nudist (if you aren't)? Make up five good reasons, then go find a nudist and explain them to her (or him).
6. Become a Nazi for thirty three minutes. Believe that all politics is a matter of strength, stealth and treachery: that all liberalism is hypocrisy or folly. Plan a campaign to take over the world by force and fraud.
7. Go to a Fundamentalist revival meeting where faithhealings are performed. Or watch Jerry Falwell on TV. Remember all the time that Jim Jones started out with that routine. See if you can get into the head space of the Believers and decide whether or not they would drink cyanide if their HOLY MAN told them to.

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1. Become a pious Roman Catholic. Explain in three pages why the Church is still infallible and holy despite Popes like Alexander VI (the Borgia Pope), Pious XII (ally of Hitler), etc.
 2. For those of you who remember Mai Lai, become Lt. Galley. Say aloud, and really feel and believe, "The Army comes first. I'm for the Army all the way." If you don't remember try Jerry Falwell. Say aloud, and really feel and believe, "Help us fight moral decay, send your checks in today."
 3. Refute this whole book. Demonstrate that everybody else has been brainwashed but you and your mother (father) has the one, real, objective view of the universe.
 4. Accept this book, if not in whole at least in general outlines. Assume you have been brainwashed. Try to learn as much from every human you meet about their separate realitytunnel and see how much of it you can use to make your reality-tunnel bigger and more inclusive. In other words, learn to listen.

5. James Joyce said he never met a boring human being. Try to explain this. Try to get into the Joycean head space, where everybody is a separate reality-island full of mystery and surprise. In other words, learn to observe.
 6. Read Aldous Huxley's *The Genius and the Goddess*. Note how the Circuit III scientific Genius reverts to Circuit I helpless infant when his wife leaves him.
 7. After experimenting with the Nazi reality-tunnel, the Catholic reality-tunnel etc., re-enter your "normal" reality tunnel. Does it still seem totally objective, or do you begin to recognize how much of it is your own software and hardware running programs?
 8. Finally, explore the tunnel-busting reality of Christopher S. Hyatt's book titled *Undoing Yourself With Energized Meditation and Other Devices*. What tunnel-reality is he selling and how sincere is he about his writing? Also, do you think he has read my work and I his, or is this last statement a gimmick of the publishers played on two innocent authors and the trusting public or even worse did I write his book, or could it be, that we are one and the same?
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EXERCISES

1. Get the lesson book from the local Christian Science Reading Room and read the lessons for a month.
 2. Attend a Sufi week-end seminar.
 3. Acquire my book *Sex & Drugs: A Journey Beyond Limits* (New Falcon Publications) and try the Tantric exercises there described.
 4. Learn how to do pranayama properly, from an expert. (I have tried describing this elsewhere, and have found there is no way to prevent gross errors in verbal transmission of this nonverbal knowledge. Get a Hindu to show you.)
 5. Da Free John, an American guru, says you can reach Illumination by constantly asking, "Who is the One who is living me now?" Well—is it Circuit I consciousness, Circuit II ego, Circuit III mind, Circuit IV sex-role, Circuit V Gestaltfield, or a higher circuit? Who is it? Where is it? How old is it?
 6. Dr. Aiden Kelly has suggested that the so-called "unconscious" is more conscious than the so-called conscious mind. That is, the "unconscious" contains all the feedbacks of the neurosomatic circuit and the other circuits that maintain life. Consider this idea. Is this the "One who is living you now"?
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EXERCISES

1. List at least 15 similarities between New York (or any large city) and an insect colony, such as a bee-hive or termite hill. (If you can't think of at least 15, read Edward Wilson's *Sociobiology*.) Contemplate the information in the DNA loop, which created both of these enclaves of high coherence and organization, in primate and insect societies.
2. Read the Upanishads and every time you see the word "Atman" or "World Soul," translate it as DNA blueprint. See if it makes sense to you that way.

3. Contemplating these issues usually triggers Jungian synchronicities. See how long after reading this chapter you encounter an amazing coincidence—e.g., seeing DNA on a license plate, having a copy of the Upanishads given to you unexpectedly, seeing an image like Crowley's Pan or Great Mother in a work of popular art etc.
 4. Explain such a synchronicity, when it occurs, in Circuit III Rationalist terms—mere coincidence etc.
 5. Psychologist Barbara Honnegger explains synchronicities by saying that the right brain hemisphere (where this circuit is located) moves you in space-time to the place where the synchronicity will occur, while the Rationalist left brain invents rationalizations to go there. Synchronicities are a language through which this circuit communicates with the left brain, in this theory. Try explaining coincidences by that theory. What messages is your right brain trying to send to your left brain?
 6. Jung and several of his disciples (e.g., Coleman, Steiger, Fiedler) have suggested that UFOs are messages from this collective DNA circuit to the left brain. What do such messages mean? What is the right brain trying to tell us?
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EXERCISES

1. Buy a copy of Christian Science Sentinel and read all the faith healings reported that month. Note that each "miracle" is attributed to the correct teaching as transmitted by Jesus Christ and Mary Baker Eddy.
 2. Buy a copy of The Peyote Cult by anthropologist Weston LeBarre which attributes the same effects to autosuggestion.
 3. Read Brain/Mind Bulletin for any recent year, and observe that similar healings are reported regularly and attributed to endorphins in the brain.
 4. Witnesses have testified that Jim Jones (like a few other professional faith-healers) used skills part of the time, a skill being a person who pretends to be ill and pretends to be cured, in order to get the audience in the right frame of mind. Re-read all the miracles in the New Testament, using each of these filters: Jesus had the correct teaching; Jesus was using autosuggestion; the sufferers' brains unleashed endorphins when Jesus gave them positive auto-suggestion; Jesus was a con-man using skills. Since you weren't there at the time, does your choice among these theories, or your combination of them, tell more about Jesus or more about your own favorite realitytunnel?
 5. Did you ever really give a good trial to our exercise, "I can now exceed all of my previous hopes and ambitions?" Try it; and at the same time, try, "I can be healthier than I have ever been before."
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EXERCISES

1. If all you can know is your own brain programs operating, the whole universe you experience is inside your head. Try to hold onto that model for at least an hour. Note how often you relapse into feeling the universe as outside you.

2. Consider the belief system or reality-tunnel of an educated reader 1200 years ago—in 797 AD. How much of that tunnel still seems "Real"? How much in our realitytunnel was unknown or invisible then?
 3. Consider the reality-tunnel of an educated person 1200 years from now—in 3197 AD. How much of our realitytunnel will still seem "Real"? How much of the 3197 AD reality-tunnel is unknown or invisible to us?
 4. Re-read Moses' encounter with I AM WHO I AM in Deuteronomy. Try the theory that Moses was talking to his own meta-programming circuit.
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EXERCISES

- 1 . Using the four circuit model, try to guess which specific imprints created Mr. Saxon's reality-tunnel.
 2. Apply the same analysis to Mr. White and Mr. Wilson.
 3. Apply the same analysis to Jesus, Hitler, Walt Whitman and your own father and mother.
 4. Write a criticism of this chapter from the viewpoint of Christian Fundamentalism.
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EXERCISES

1. Start collecting evidence that your phone is bugged.
 2. Everybody gets a letter occasionally that is slightly damaged. Assume that somebody is opening your mail and clumsily resealing it.
 3. Look around for evidence that your co-workers or neighbors think you're a bit queer and are planning to have you committed to a mental hospital.
 4. Try living a whole week with the program, "Everybody likes me and tries to help me achieve all of my goals."
 5. Try living a whole month with the program, "I have chosen to be aware of this particular reality."
 6. Try living a day with the program "I am God playing at being a human being. I created every reality I notice." Assume that "GOD" is the answer to Da Free John's question, "Who is the one who is living you now?"
 7. Try living forever with the metaprogram, "Everything works out more perfectly than I plan it."
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EXERCISES

1. Make a list of ten areas in which your thinking-feeling is conservative. Guess how soon the world will change so totally that those ideas will seem not merely conservative but irrelevant (as the theological debates of 300 AD now seem irrelevant).
2. Make a list of ten areas in which your conceptualizing is radical. Guess how soon the world will change so totally that you will seem conservative in those areas.

3. Accept the longevity hypothesis. Imagine you are going to live at least 300 years. How much of that time do you want to spend loafing? How many different jobs would you like to work at? How many sports, arts or sciences you never had time for, would you then find the time to enjoy?
