

NO MATTER WHO YOU ARE, the quality of your life depends upon your effectiveness in meeting challenges. This is true whether you are a world leader, a performer, an athlete, a CEO, a copywriter, a soldier, a parent, a husband, a wife, or if you are on any of a myriad of other life paths at the moment.

If there could arise a new science by which our individual effectiveness could be reliably increased, a better human race could rise to meet the worldsize challenges mostly of our own making which now threaten our very survival.

This book is a test instrument. You have the opportunity to test whether it works for you or not. The measure is whether or not it increases your effectiveness. You will be the judge.

When you fall asleep, a part of your consciousness shuts down. The part of you that dreams (let's call it the Lower Mind) gets into situations that sometimes trouble you in the dream. If the part that is in charge when you are awake (let's call it the Middle Mind) were not shut down, it would have protected you from getting into those situations and from the bad feelings you felt in the dream.

Similarly, we hypothesize based on observations that there is another part (let's call it the Upper Mind) that is shut down a lot of the time you are awake, but the Upper Mind can be awakened by certain stimuli and your reaction to them. Each page in this test instrument (book) is designed to be such a stimulus.

When the Upper Mind, Middle Mind, and Lower Mind are all awake your faculties are at peak effectiveness and the things that you do — the solutions that you find — are characterized by an unusual level of creativity. At those times we say that you are in the Observer State. This name is used because when all of you is awake you have less of a compulsion to use words in your Middle Mind — and so you have

the feeling that you are simply watching events in profound silence — without being emotionally captured by those events.

From this balanced place you are able to use all of your resources more creatively and effectively.

Even one page at random may be used for testing purposes. Others have found that even a random page a day increases effectiveness which has encouraged us to continue this line of research.

There are many portals or doors into the Observer State. Each of the twelve chapters uses a different doorway into the Observer State. Rather than just tell you about the state, the book gently brings you into the state.

Here's what each chapter helps you do, and the portal involved:

- 1 Reopen your mind to the existence of all possibilities.
(DOOR: Suspend Certainty)
- 2 Drop acquired habits and mannerisms, and spontaneously express your true Self.
(DOOR: Self-Observation)
- 3 Create unpredictable solutions to seemingly insoluble problems.
(DOOR: Suspend Consistency)
- 4 Be real, rather than perform for other people.
(DOOR: Suspend Rating)
- 5 Rediscover the unique experiment which Nature has designed in you.
(DOOR: Inner Wants)

- 6 Perceive the profound web of cross-connections underlying every moment of present experience.
(DOOR: Outer Observation)
- 7 Develop the ability to concentrate at will in any situation.
(DOOR: Multi-stream Observation)
- 8 Learn not to become ruffled by time pressure, instead, relax into a previously unknown and remarkable grace.
(DOOR: Timing)
- 9 Realize the true role of the mind in the experience of the Self, and so have the mind serve you rather than vice versa.
(DOOR: Disidentification with Wordstream)
- 10 Know a greater inner clarity, and a greater receptivity to the inspired creative expression of your Self within.
(DOOR: Inner Observation)
- 11 Experience negative emotion as a brief creative stimulus, rather than remaining its victim.
(DOOR: Nonattachment)
- 12 Perceive Life from the point of view of All of It Combined.
(DOOR: Nobility)

MIND MAGIC

Doorways into Higher Consciousness

by

BILL HARVEY

THE HUMAN EFFECTIVENESS INSTITUTE
GARDINER, NY

*Visualize the whole
universe as one thing*

*Every individual
of every species*

Every idea

Every event

Every moment of time

Every percept

*Every lump of matter
and energy*

All parts of one thing

Page 114–115 — Look at everything as if seeing it for the first time.

Page 134 — Look without talking to yourself about it but accept useful words which float up unbidden.

Page 137–138 — Do not move but observe yourself not complete the intended act.

Page 154 — Do not identify with your thoughts. You are not the thinker of the thoughts; you are the hearer of the thoughts.

Each chapter in fact is another strategy for triggering the Observer state. One chapter approaches this through the concept of timing, another through the concept of self-rating, and so on. The number of approaches is conceivably limitless. The book is a compilation of the stimuli which have worked best for the writer. They are offered for testing so that those which work for the individual may be retained and used, potentially leading the user to develop his or her own even more individually effective trigger stimuli.

Our work is motivated by the hypothesis that as more people are able to stay longer in the most effective state of consciousness all of the other problems of the world will tend to be solved by them.

We thank all those who have contributed to our work over the years — a list too large to acknowledge everyone by name. Special thanks go to those whose work has made an enduring impact on this book: Yana Lambert, Jim Wasserman, Jan Bertisch, Virginia DeLillo, Russ Norman, Lalita Harvey, and of course George and Christine Niver.

— BILL HARVEY
Mohonk Mountain
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A.

THE HUMAN HERITAGE:
WORD POLLUTION:

*Because words
Are so powerful,
We tend to believe them
Rather than assimilate our own experiences*

Word-Intoxication

All words hypnotize
to some extent.

Where Did Words Come From?

From the depths of our soul.

They were discovered *inside* us, not invented.

The evidence of similar-root-noises-for-similar concepts across separated peoples, attests to this.

We *all* discovered something like the noise *mama* for mother.

Even apes apparently make similar sounds for the same concepts as we.

It is as if we were all discovering the same MASTER LANGUAGE, distorted into various different directions by the effects of different genetic/environmental conditions.

B.

THE PRESENT: WORD POLLUTION OVERLOAD:

*How the Tonnage of Words and Other Input
Has Increased Past the Overload Point,
Causing Hysterical Imitation in
the Place of Real Life.*

Meditation as Accelerated Information-Processing

Information Overload: A Cybernetic
Explanation for the State of the World*

Over the last 15,000,000 years or so
we humans evolved a neuronc net
which we call a cerebral cortex.

We are still learning how to use this new facility,
and currently it is running amok and hypnotizing us,

due apparently to an overload of “question-producing”
sensory input per average second.

*Cybernetic = from the Greek for “Helmsman.” The Science of Guidance
Systems, human or otherwise.

This overload appears to have been brought about
by the successive waves of media revolution,
which began with the printing press
and have reached tidal wave proportions
in today's television, radio, Internet,
magazines, newspapers, books, records,
outdoor signs, matchbook covers, movies, plays
and so on.

The world was *very different* 600 years ago.

We estimate that about *seven weeks' worth*
of sensory “question-producing” stimuli 600 years ago,
is what we now get *in a day* —

about *fifty times the pressure to learn and adapt.*

Just as an “Ice Age” appeared to stimulate humans
to discover “travel” and master fire,

this media revolution,
while it has paralyzed the brains of our leaders
as well as ourselves,
also appears to be a stimulus for humans —
to evolve *the capacity*
to remain focused through complexity.

Be aware of your power to change yourself.

It is common for individuals
to focus on their past performance
as being predictive of how they will act in the future,
regardless of their contrary resolutions.

This is because there is *no feeling* of change inside
when a resolution is made;
thus one feels instinctively
that the resolution has not changed anything,
and thus will not change anything.

Since one has no confidence in one's resolutions,
they then have no effect;

then one says to oneself:
"I told you so!"
and continues to behave as in the past
with less hope than ever
of willing and effecting change.

**Resolutions, therefore, must not be made lightly,
for their non-effect will weaken the effectiveness
of future resolutions.**

Only resolve to do
that which you are determined to do,
after considering all aspects of an issue;

then let nothing stop you
unless and until your mind is changed
by new inputs and resolutions.

Be aware that you will not feel anything inside
when you make a resolution to change;

therefore do not expect to feel anything inside,
and do not take the absence of such a feeling
to be evidence that you are not any different.

You are different:
you have the invisible determination to act differently;
and you have total invisible power
to carry out this determination.

Be aware that the determination and the power
may be invisible,
yet real.

You can help prove this to yourself
by acting immediately on your resolutions,
even if the situation only allows this
to be done in small ways:
this will prove that you are now different
and will make your invisible will visible.

**Do not identify with your thoughts.
You are not the thinker of the thoughts;**

you are the hearer of the thoughts.

The thinker of your thoughts
is a subsidiary mechanism within you,
which attempts to put some of your feelings
into words;

you must then assess the way you feel
about these words.

Not looking at the matter this way,
most individuals tend to identify themselves
as the author of the words in their head,
and consequently are biased in favor
of believing and defending these thoughts.

In fact, each thought you have
is merely a *trial balloon*,
a draft from your speechwriter
sent to you

so that you can decide whether you agree or disagree.

In many cases, you will realize
that the speaker of the last thought sent to you

is representing the viewpoint
of some other individual(s) you have known,
often in the exact words and tone of voice
used by these other individuals.

Obviously, accepting such viewpoints as your own
would be submitting to mental slavery.
Yet this is precisely what most individuals do,

by identifying with their thoughts.

After you have identified the last speaker,
engage him or her in a dialog
in which you ask the speaker to defend his or her position
by asking the speaker specific questions
which illuminate possible flaws in his or her position.

*In this way,
you will always be questioning your own last thought
in a search for objective truth,*

separated from the conditioning effects
of your experience
and from the influence
of communications you have received.

Look at every mistake and negative experience
as a valued teacher,
an opportunity which opens to maximum limits
the possibilities for your future
by showing you new choices.

Ask yourself: “What has been honed by this?”

You may find after your severest mistakes
that you now have sufficient motivation
to carry out a change
that you have wanted to make for some time
but lacked sufficient impetus.

*Mistakes are the impetus
which actualize your free will,
just as a spring gains its energy by being crushed.*

Emphasize *doing your best* rather than succeeding.

It is not important that you ever live
in an error-free manner,
but that you move toward freeing yourself
of inappropriate programming.

Therefore consider that all mistakes you make
occur during your trial period,
when you are allowed to make mistakes
so that you can learn from them.

All of the foreseeable future is your trial period:
the playing-for-score never begins.
Therefore avoid being a scorekeeper:
neither give nor remove points from your score.

*Experience is to provide
learning and happiness,
not points.*

Accept negative emotion as a useful sign
but set to work on converting the sign
into complete understanding.

Regard the emotion you feel as communication to you
from an inner part of yourself
that is acutely sensitive but inarticulate.

Neither fear nor dread this useful sign
as an agony or punishment,
or as an indication of your own weakness,
incompleteness or fallibility:

negative emotion is as necessary
a warning system as physical pain.

However, it would be as inappropriate
to submit to negative emotion
as it would be to submit to pain:

*the clear course of action
is to understand
and thereby remove negative emotion.*