

MIND MAGIC

Doorways into Higher Consciousness

by

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Chapter 3

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3.

DE-ENERGIZING THE CONSISTENCY PROGRAM:

Demechanizing Oneself by Broadening The Range of Creative Possibilities

The consistency program in your head
is concerned with maintaining
the apparent internal consistency
of all of your thoughts and actions.

In this endeavor,
it will naturally come into conflict
with your changing behavior patterns,
i.e., with learning.

It will seek to keep you
making the same mistakes in the same ways
so as not to reveal the past mistakes
for what they now seem to be.

However, your past actions were justified
by what you believed at the time;
no one ever takes a wrong action on purpose.

Your inconsistency over time
in no way reduces the net value of the universe;
seek to convince your consistency program of this fact.

If you find yourself “out on a limb”
doing something
you are no longer fully comfortable with,
it may be
that this is the result of your consistency program;

stop what you are doing
and reconsider all alternatives.

Do not do anything merely for the sake of consistency.

The tendency to be consistent
is born out of the implicit assumption
that if you have no preference which way to act
in a given circumstance,
the most logical thing to do
is to act in a way you have acted before.

While this assumption may appear logical,
its effect is to give power to precedent.

This is undesirable, since:
It limits experimentation and exploration.
Much precedent has been established casually.

As we proceed largely by trial and error,
much precedent represents error
and as such should certainly not be institutionalized.

Action so as to be consistent with precedent
reinforces the precedent,
developing it into a habit or programmatic addiction.
Programmatic addiction
“freezes” the entity into stasis
halting the evolutionary march of becoming.

The entity should ideally retain all power
over current behavior;
none should be yielded to the past or to others.

Acting consistent with precedent
is a form of hasty closure
and as such minimizes fresh thought,
reducing the potential for understanding.

Therefore:

Learn to identify which of your thoughts and actions
are inspired by your consistency program;

and subject these thoughts and actions
to objective critical review
as if the past did not exist,
and therefore as if no precedent exists.

Start your life anew with a clear slate each moment.

Spontaneously think and act
so as to break established patterns
of thought and behavior,

unless in a given instance
there are valid reasons for not doing so.

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.

Avoid describing yourself in unqualified terms.

**Telling yourself or someone else
that you are a particular way
tends to make you more that way,
thus limiting your freedom
to create who you are at any given moment.**

If you believe that you are a certain way
as a result of your past experiences,
you are giving your past experiences power
to dictate who you are.

If you see how you have been influenced in the past
by your experiences,
this recognition in itself
is sufficient to free you
of the effects of experience;

start anew that moment.

Treat each second as the first second of your life;
and potentially as the last second.

When you hear yourself describing yourself,
say: "That's how I was.

How do I wish to be from now on?"

Predict and eschew
the predictable culture-conditioned response.

Do not always get angry in situations
in which anger is expected of you;

do not always contradict in situations
in which contradiction is expected of you;

do not always agree in situations
in which agreement is expected of you;

*avoid predictability
except where it is necessary
for the good of the universe.*

When you have an impulse
to take some minor familiar action,

take some other action

just to break the continuity of the program,
and see what happens.

This is a way of testing
the continuing utility of existing programs;

it is obviously inappropriate
in situations where it would introduce risk
of loss of value to the universe.

Avoid mimicry.

*You don't have to be like your friend
in order to be his or her friend.*

Do not submit to the prevailing worldview.

You may often be in the company
of a group of individuals with a common worldview;
this creates a powerful impetus
for you to fall prey to their worldview
without even realizing it.

They may value material success,
or wittiness in a specific vernacular,
or specific types of appearance and customs,
and so on;

and you may find yourself
accepting their negative judgment of you
against their standards.

This will be first manifested to you
in a tightening up of free self-expression,
formless negative emotion,
and perhaps even mild forms of mimicry on your part.

Remind yourself
that your worldview differs from theirs
and that yours is the only one which you submit to.

Prepare to and accept rejection from them
with equanimity.

Be honest with them
for they have no power over you;
no one has any power over you
because you are independent
of even what is done to your body;
it is not you;
you are inaccessible to any but yourself.

See if you and they can derive anything useful
from this confrontation between worldviews,
but do not seek to establish yours as superior.

Gently ask relevant questions and answer theirs;
otherwise do not expostulate.
Too much cannot be communicated in a single meeting.

Accept the contact assignment
which the universe has given you
as having good potential purpose;
see what happens.

Do not internalize their statements;
do not identify with their worldview;
do not accept judgment nor care about irrelevancies.

Consider no viewpoint sacred,
not even ours; not even your own.

Objectively seek truth and value.

Do not let yourself be carried off
by the momentum of others.

Others anxious to have something be a certain way
carry psychic momentum
which can be imparted to you
without your even realizing it.

Do not stampede in your predisposition to help;
give yourself a chance to think better of it.

What others *think* they want from you
may not get them what they *really* want.

Do not be influenced by the expectation
that they will misread your hesitation as not caring;
such influence makes you a slave.

Once you let yourself be moved by their momentum,
you may not later realize that this is happening,
for momentum interferes with observation.

Thus, be transparent to momentum from the outset.

When you look at something, see only what is there.

If it is an object which someone has created,
do not say to yourself “It is not well done”;

this merely means
“It is not done in the way
usually said to be well done.”

Our expectations create a perceptual screen;
*remove the screen by having no expectations
of what you are looking at.*

Allow yourself to see
what the creator of the object saw,
rather than comparing the object to any other.

As we grow older,
we are told that object after object is not beautiful;
we see fewer and fewer objects as beautiful;
fewer and fewer percepts entrance us.

We are looking at things through the eyes of others,
accepting what they have told us
about what is and is not beautiful.
We are comparing each created object
with other past created objects
which we were told were or were not well done.

In fact, every object is art,
every object can be appreciated,
but only if looked at without expectations.

Accept art criticism as art-in-itself
and ignore it as art-criticism-per-se.

Ignore usual concepts

Of what is beautiful or ugly.

See what is really out there.

It was all put there by the same Artist.

Implications:

Do not look at a situation and say that it is dull;

ask yourself instead
who do you know
who would consider the situation dull?

These are the people
who have programmed you
to look at this situation as dull.

Then ask yourself
what is to be learned from this situation;

when you find the answer,
dullness will turn to luster.

Do not look away from an object,
saying that you have seen such things before;

close your eyes and attempt to recreate the object
in complete detail.

Could you draw a detailed sketch of the object?

If not, you obviously retain only a hazy image of it,
not such a precise one as you suppose;
there is information there
which you have not yet gleaned.

Look at objects so as to be able to reproduce them,
not merely recognize them again.
Ask yourself why they are shaped
precisely the way they are;
there are reasons.

**This is information your senses can bring you
if you let them.**

Do not look at a situation and say that it is bad;

ask yourself instead
how might good be brought out of such a situation;

find that angle and grasp it;
actualize the good that is latent there
as much as possible.

In retrospect, you may laugh at the memory
of thinking the situation bad.

Bad things have such potential good wakes
it is difficult to maintain the position
that there are any bad things.

Let yourself enjoy simple things
rather than always demanding more complex ones.

Concentration on an apparently simple thing
will reveal it to have more complexity
than was at first apparent.

Concentration is the variable which reveals
that the simple-complex variable is an illusion.

Therefore, do not say that a substance is tasteless;
strive to experience its subtler taste.

Apply this rule to all of your senses,
no matter how numerous or few.

Visualize your feelings
as chords played on a multiplex organ.

This musical instrument has more chords to be enjoyed
than merely one
(happiness).

Therefore learn to enjoy all of its chords,

even those which the unenlightened might deem
dissonant and agonizing.

Continue asking the questions
you have never succeeded
in getting any kind of satisfactory answers to.

You and the universe are in a process of change

which will gradually
make some of these questions answerable.

You may find that if you ask yourself a question
which you long ago gave up asking,

you may *now* have some data in the files
which will cast some light on possible answers.