

## ***Guidelines to Effective Living Learned in November 1971***

*I have a powerful subconscious and unconscious life. Up until now, I have been totally unaware of its very existence. Identifying and consciously feeling subconscious feelings and unconscious feelings (self-hatred and self-love) dissolves pain. Will power rarely works. (17 days). [A truly remarkable insight. My greatest of all time.]*

*The first insight is intuitive not deductive. Throw it against the wall and see if it sticks. Deductive insights follow. Any process that begins with deductive insights, omitting this first step, is fatally flawed.*

*Be prepared to find anything eg I want to be a horrible dictator.*

*We are not responsible for our feelings, only what we do about them; we are responsible for our actions.*

*No insight is worth anything, unless verified in future experience, by dissolving some past pain.*

*The more tears of consolation experienced in reaching the insight, the more probable it will be subsequently verified.*

*If I can consciously experience and examine my buried feelings, they lose much of their power.*

*Forgotten feelings are not buried dead, but rather, they are buried alive controlling me.*

*It's not what we think that matters, but what we feel. Learn to distinguish between feelings and thoughts.*

*How we subconsciously and unconsciously feel is usually the opposite to what we think.*

*How we subconsciously feel is often contrary to the facts. eg I am not as powerless as I subconsciously feel.*

*Working backwards from fresh current experience reveals hidden feelings better than working forward from the forgotten distant past.*

*Current experiences, ostensibly unrelated at first blush, are in fact related, if they occur within a couple of days of each other.*

*Depression can be dissolved by identifying subconscious feelings of anger and guilt.*

*Insecurity feelings can never be completely eliminated, because the ultimate insecurity is death itself.*

*"I love you" means "I need to be loved by you." Stay out of her space. I must never let this happen again.*

*Cultural feelings, eg guilt over sex, are incredibly powerful and difficult to deal with.*

*Only my answers matter. I can't count on or ask others to solve my problems. A psychiatrist is but a catalyst.*

*Listening to myself is the highest value in life. It is a defence; but it is the one totally legitimate defence.*

*The ability to listen to others, directly depends on my ability to listen to myself. Don't give others advice.*

*In listening to others, much of what is heard is non-verbal and unspoken. Changing the subject is a dead giveaway.*

*I often know how a person feels better than they do. But verbalizing it, when they are not ready, usually leads to anger and denial.*

*Life is neither black nor white, but 99 shades of grey.*

*Life is complicated--incredibly so. It is not as simple as everyone keeps telling me it is. As Diane says: "It's all terribly complicated."*