

## SCIOGNOSTICS

## SCIOGNOSTICS

Eighth Issue

Franklin S. Sullivan  
Editor

### KNOW THYSELF

by

REFA POSTEL\*

The story of man and the creation of human form gives us the understanding of earth and the games we play.

We would ask: What is the conscious mind? What is the subconscious mind? How is the subconscious mind formed, and how can it be changed? What is the super-conscious mind? What part does each of these play and how do they relate to the whole? These are the questions I will answer in this article.

Let us start with the super-conscious mind, the creative force of God. This is what man truly is and where he starts.

Creative force or God individuates into viewpoints in order to view things and to have something to view; to communicate and to have someone to whom to communicate, and to have motion and solid form.

From the beginning is the void and from this stillness spirit moves and thus individuates into many viewpoints. Now the creative force as each viewpoint starts creating resistances to form an electronic circuit, subconscious mind or soul structure. These names refer to the same part of man. God creates each viewpoint with a particular personality, with particular abilities. Thus, each viewpoint as God creates his own pattern of energies, which automatically carries him from lifetime to lifetime. Each has his own particular goals, his problems to create and solve, his lessons to learn. Thus each as God relates to the whole and plays his part to keep the game going.

In the beginning is the oneness and no motion. To have motion we divide each viewpoint into two, or a positive and a negative-- male and female. We notice the negative is only an inversion of the positive. In other words, the physical is only an inversion of the spiritual. Without ugliness we would not know beauty. Without badness, we would not recognize goodness. Every concept has a positive and negative terminal or it could not have motion and life or even remain in existence. There would be nothing to hold it in place. It would not have recognition.

Since this universe is a oneness of creative force creating into the physical, we find the negative is needed to create the physical. This is not a universe created a long time ago. Creative force or God is creating it into existence every instant. So the positive and the negative is always in perfect balance. It is only by holding onto the past and remembering it that the past is there. In reality, there is only the present moment in which we are living. The each individual carries the story of his track thru the universe and how he created the pattern that made it as it is.

THE NEGATIVE GAME- "In the beginning is the word," Words, thoughts and feelings give vibrations or energy used to create a solid form. Creative force puts out an idea, thought, feeling or action and has another part resist it. Now, other parts put out thoughts, feelings, ideas and actions and others resist it. So, by resistance back and forth, or by saying that it is bad, energy is collected unto each viewpoint giving it form and solidity. The creative force is the positive, but by resisting the negative is created. Thus the solid form is created and maintained by the negative game.

Let us understand the conscious mind. It is the desire mind, the mind of the physical senses. We depend upon our physical senses for our awareness of the world as it is. As we touch, hear, smell and taste things we understand, recognize and judge them according to our past experience, knowledge and agreements. We become the effect of what our physical senses tell us. Let us understand more completely the negative game. As we look into the world, we judge things. We say that they are either good or bad. When we judge a thing bad, that feeling of badness is put upon the body, and we start to blame someone or something for it. If we have judged a person's act bad and he agrees with us, then he becomes guilty. As he accepts the guilt, he blames himself, is ashamed and regrets his action. He is sorry for it and will try to please us. Now, he often gives up his viewpoint and tries to assume ours--for we have both agreed that he is wrong. If he does not accept our blame, then he accuses us of poor judgment; and now we try to justify our thoughts and actions.

First, there is the judgment, then follows the blame, shame, regret, I'm sorry, be sorry for me pattern of the negative game. Quite often illness comes at the sorry for me stage of this game. While he is ill, he gets lots of attention. We have an agreement that suffering is so noble. People tell him he is wonderful, to come on and live, and so he gets well again.

Now, we realize that as the judgments are made with the conscious mind, the decisions, resistances and feelings are becoming a part of our electronic structure or subconscious mind. The energies or vibrations are held in the body. This little negative game is played over and over again, but with the same pattern.

In order to have growth in the physical universe, the thought or idea is held in secret or in darkness. The positive and negative collect around it giving it motion and solidity. When the final decision is on the positive side, it starts growing and comes into realization.

If it is a seed planted in the ground, it is held in the stillness and darkness until the warmth of the sun and the rain starts it in motion and it breaks its shell. It starts growing and pushing its way out of the darkness into the light of the sun.

The same is true of a goal. One's desire is held to himself or in secret. The positive and negative thought comes in from all directions. Finally, in spite of all resistance, the individual moves into action on the positive side and the goal becomes a reality.

This basic plan holds true in all creation. No great job is ever completed without having to withstand a lot of negative. This negative is necessary to give motion and solidity to the idea. If one goes into agreement with the negative, the goal is lost. If one keeps the positive idea regardless of the problems, the goal is accomplished and comes into reality in the physical universe. The negative problems to overcome are the resistances necessary to solidify the idea. Thus, all growth goes thru the positive and the negative.

This is the purpose of the negative game. It cannot be considered bad when it is a necessary part of the Creative Force. The more we can understand this and hold a goal with the certainty of its accomplishment, the quicker the goal comes into reality. The time depends on the amount of force we give the negative.

It is thru the negative game that we create our illness. As we put the bad feeling on the body, these vibrations affect the chemistry of the body and put in more acids. As we judge something good, we put in more of the alkaline. If we go into a martyrdom complex, where everything MUST be good, or in other words, a compulsive goodness, we find an excess of alkaline put into the body. This excess balance of vibrations creates all types of chemical unbalances in

the body. This excess unbalance of vibrations creates all types of chemical unbalances in the body. We usually try to balance these with food or drugs.

This is a positive-negative universe, but as long as we enjoy the challenge of living, we enjoy good health. We have positive goals and do not worry about the problems we have to overcome. They are a part of the game that makes it interesting. Any goal requires the control of thought and action, is on the positive side the quicker the goal comes into reality. The more we become embroiled with the negative, the longer it takes.

This is a universe of oneness, the trees and flowers live upon the negative vibrations that are put into the universe. As the tree takes the carbon dioxide that we breathe out and transforms it into oxygen, so do they use the negative vibrations to create the acid part of their chemistry. Each tree is dependent upon a certain emotion, or combination of emotions for its characteristics. If the needed emotion or vibration is no longer created, the tree blights and disappears.

Thus, the tree takes the negative emotions and creates them into beauty. The understanding of our universe makes a beautiful picture of our inter-dependence upon each vibration for its contribution to the whole. This is a universe of perfect balance-- tho it may appear to some otherwise.

If one is on the negative side, he looks out and sees many bad things in the world. If one is on the positive side, he finds life a challenge, and contributes his help whenever possible. He does not sit and complain. He does something about those things he wishes to do something about. We need to take off our blinders and then we will see that everyone helps everyone with his goal. If he finds life not worth living, then he is given more and more bad experiences. If it is to live, then he is given good ones. Each attracts that vibration or feeling quality that he is putting out into the universe.

#### THE STORY OF TIME AND SPACE AND THE BUILDING OF OUR ELECTRONIC STRUCTURE

THE CEREBRUM -- Man is spirit individualized, but still is a composite of the whole. Each man carries within his seed the story of eternal life. Man and woman come into the world as the positive and negative poles of spirit individualized. Thru the eons, each plays many parts as the experience of the creative force. Each carries within his cerebrum the story of his track on earth. Each convolution is one lifetime of experiences. The pictures, or held color vibrations make up the electronic computer system that we use to build our present lifetime of action and reaction. The cushion of grey matter which covers the cerebrum acts as a buffer for the unbalanced color vibrations of the different lifetimes. This holds the concerns or problems which we are attempting to balance this lifetime. Any problem of this lifetime is the unbalanced vibration of the past brought into present time for solution.

When we realize our fears of moving into a different direction are held only by our resistance to a past situation, we can let go of the resistance and free ourselves of fear. Now, we can move into any direction that we desire, we learn to become the Gods that we are, and are responsible for our thoughts and actions. We no longer color our actions by a fear of others, which give out as our excuses and reasons why. Our past concerns no longer control us and we move into the present by creating by intantion, rather than by resistance.

You may say that we must be concerned for others. This is not true. Each makes his own life by his own intentions and resistance. I have never hurt another nor has another hurt me. Each makes his own pictures real. Spirit is

pure life force flowing freely thru our electronic systems, or agreements and resistances, and creates that which we have within us. As we release our agreements and resistances of the past, we become the pure life force flowing into action in the present. We become the pure Spirit that we are.

**THE CEREBELLUM--** This has made the story of man very simple, but thruout each part of our electronic system, brain, central nervous system and glands, we carry our spiritual agreements on the game. Let us look at the cerebellum, that part of the brain in which the vibration of sound is held. It might be called our sound barrier.

As we have an emotional experience which we do not wish to duplicate, we hold the sound of the emotion or the vibration in a stopped position by our resistance. If we do not like to hear crying, we resist the sound and hold the vibrations in the cerebellum. All crying is held together, making a solid package in the cerebellum. The same is true for anger, fear, apathy, or any other emotion. Even death is a solidly held group of emotions; so complete that the life force can no longer flow thru the computer, and thus move on to a new experience.

It is wonderful to recognize your own spirit, to realize that you are pure life expressing, and not your fears and resistances. You truly are the Creative Force expressing each moment. You can let that glory shine-- or must you give reasons and excuses for your actions.

**THE MEDULLA OBLONGATA -** The efficient Medulla Oblongata has quite a task to balance the muddle of our long trek thru time, and thus give out a command for action to the central nervous system. As a computer makes many calculations almost instantly, so does our medulla oblongata. Our reaction time to a situation depends upon how much of a muddle we have in our computer, on how badly is our life balanced. We held this imbalance as long as we believe that we have a conscious mind. As long as we believe that we are controlled by that which we see, hear, smell, touch, feel and taste; then we are operating on our automatic responses. We let the physical universe tell us how things are. We go into agreement with others and so are often controlled by other viewpoints.

As a situation or incident occurs, we make a judgment about it. This judgment makes an automatic emotional response. As we feel this emotion or set this vibration in motion, we pull in a lot of automatic thoughts from universal mind which are at this vibration. As we resist this whole group of thoughts, we are feeding this material into our electronic computer or soul structure or subconscious mind-- whichever you wish to call it. The creative life force flows thru these vibrations and brings them into reality.

These thoughts are held until released by awareness. They have become a part of our past. The decisions made under emotional stress are the ones held most strongly because of the amount of energy or depth of feeling that our resistance gives. As the creative force flows thru these resistances, it creates the vibration of the resistance-- which in turn gives the vibration of color of our Aura or energy field which surrounds us.

This attracts to us experiences of like vibrations. The person who is healthy and happy creates more health and happiness for himself. The person who is always ill is creating the feeling and emotion vibrations that attract more illness to him. Each creates according to the thought and feeling he puts into the universe.

From the oneness of creative force, we individualize into many parts. Each part must create agreements and resist them to make a held energy pattern, so it can have form and substance.

WHAT HAVE YOU DONE TO YOURSELF?

Any disloyalty is a something you have done to yourself. This is the root of all aberration. When this overt, this degradation cannot be confronted, it is "justified" by repeating it... over and over again. When the feeling of degradation cannot be confronted, it is done to others-- again as a justifier.

It is when this is done that the emotions invert to misemotions. They are no longer the bases for actions, as decision, but become fixated as this misemotion-- down to shame, blame, regret, apathy. The basic Spiritual degradation is IDENTIFYING WITH THE BANK.

To prevent these overts from recurring, control, as morals is instituted. You feel that you have lost your native abilities-- and as jealousy, seek to depreciate those who still evince their Spiritual abilities.

Degradation is furthered by looking at all of the bad things one has done, and comfortably impinging wrongness by admitting self-guilt. Now, Ron was absolutely right when he said that one felt guilty only when someone else said that he was guilty. Self-guilt, as herein used could include such accusations, but is primarily realization of disloyalty to one's self.

We as Spirituality are never wrong. To the Spirit, any such foolishness is like an intrusion into the body of a wrongness, like foreign matter etc. If the wrongness is like a strep germ, for example, unless we recognize it as such and send out antibodies-- it will take us over.

This is possible to the extent that we fail to separate our own Theta-determined viewpoint, from the wrongness fixations of the reactive bank. When we say "I" without such differentiation, and then process to make being the bank more comfortably-- we are but furthering disloyalty to ourselves.

So-- the road to Spiritual emergence lies in first in finding, then assuming the Thetan viewpoint. This can be furthered by following any of the Secularisms of Sciognostics. This is positive gain. Addressing the bank from the viewpoint of the bank is negative gain, is limited. If we wish to understand truth, we take the viewpoint of that which is truth...certainly not from that which will be destroyed by truth.

NATURAL LAW

The definition of Natural Law is as per Harry Thompson-- "Original Agreement." Our secondary, or games loyalties are in terms of acting in accordance with these original agreements, or Natural Law.

The basic original agreements are those on which this physical universe was set up. These primary postulates ARE those Natural Laws which are true at all time, in all places. They are true to some degree, tho obscured by the denials of the "bad" or negative sides of dichotomies. It is but necessary to wipe off the obscuring, altering agreements to perceive them.

IT IS THE PURPOSE OF SCIOGNOSTICS TO ASSIST, ABET, SPONSOR ANY SECTARIANISM WHICH HAS FOR ITS PURPOSE THE EXPOSING OF NATURAL LAW-- AT ANY LEVEL.

The main difference between a "piece" and a "player" lies in knowing the rules of the game. A bat, or a first baseman's mitt, or home plate does not have to know the rules of the game. They just play a part. A Huborg "clear" or lesser piece, also does not have to know these rules-- as Dr. LRH is the proprietor of the game, and the ONLY player, defines the rules, enforces the rules, and they but react. These rules, of course, hold only within his limited frame of reference, may or may not coincide with Natural Law, at his whim

But, if you wish to create, initiate, or DO in any way as yourself, not as stimulus-response, you sure had better know which rules you really agreed to which are Natural Laws, and which bind you solely for the purpose of keeping you controllable.

You know, there are a bunch of black guys (who love the cops/robbers game and take turns at it) who would just love to clobber you if you try to use any Spiritual capability as stimulus-response-- applying force in any way. No progress can be made until you get a viewpoint at least, above this level. All Sociognostics Sectarianisms are a viewpoint above this level... or do lead to one.

It is not just a matter of resisting one's bank. It is a matter of not resisting the physical universe, other personalities and Beingnesses. Anyone who has seen the Huborg clears on Television or heard them on radio will understand just what I mean. We are Natural Law, and we are also a part of Natural Law. This is realizable to the degree that we are LOYALTY. Only then will the truth of Natural Law be real, actual, and be basic to our optimum actions.

Change is a Primary. As per Natural Law, there is always change. This is in contrast to Dr. LRHs setting up of an org. which he decrees will last for a "thousand years." The path of a true game approximates that of a sine curve. To those who have looked, games cycles, the solar system, galactic, and it seems above that, are just passing their nadir, or low point, and are on the upbeat. In order to re-ascend in the game, we again become familiar with the rules, which are Natural Laws..... It is going to be a lot of fun.... want to join us?

Subscription: \$2/Epoch--13 Issues; \$5/Eon-- 51 Issues

Franklin S. Sullivan  
31805 Bond St  
Farmington Mich 48024

Return postage  
guaranteed