

TM is only one of many pseudosecular versions of Hinduism now doing missionary work in America through native-Indian native-Hindus or through converts--the latter in the instance of Ken Keyes, Jr., whose HANDBOOK TO HIGHER CONSCIOUSNESS [4th ed. 1974, LIVING LOVE CENTER, Berkeley CALIF, \$2.95] provides us, on p.162, with the whole schmeer:

THE SEVEN CENTERS OF CONSCIOUSNESS

The 5th ed. (1975) provides us with a chart of "The Seven Centers of consciousness" [p.59] and with a self-rescue chart ("A Life Saver," pp. 98f). The rest of this thinksheet provides you with this think-material--the center, on this p.; the self-rescue, over.

5. The Cornucopia Center.

When your consciousness is illuminated by this center, you experience the friendliness of the world you are creating. You begin to realize that you have always lived in a perfect world—not perfect from the point of view of instant happiness, but perfect in that life at every moment provides you with the experiences and messages you need for reprogramming yourself. As you become more loving and accepting, the world becomes a "horn of plenty" that gives you everything you need.

6. The Conscious-awareness Center.

It is liberating to have a center from which your Conscious-awareness watches your body and mind perform on the lower five centers. This is a meta-center from which you non-judgmentally witness the drama of your body and mind. From this Center of Centers, you learn to impartially observe your drama and life games from a place that is free from fear and vulnerability.

7. The Cosmic Consciousness Center.

When you live fully in the Sixth Center of Consciousness, you are ready to transcend self-awareness and become pure awareness. At this ultimate level, you are one with everything—you are love, peace, energy, beauty, wisdom, clarity, effectiveness, and oneness.

1. The Security Center.
This center makes you preoccupied with food, shelter, or whatever you equate with your personal security. This programming forces your consciousness to be dominated by your continuous battle to get "enough" from the world in order to feel secure.

2. The Sensation Center.
This center is concerned with finding happiness in life by providing yourself with more and better pleasurable sensations and activities. For many people, sex is the most appealing of all sensations. Other addictive sensations may include the sound of music, the taste of food, etc.

3. The Power Center.
When your consciousness is focused on this center you are concerned with dominating people and situations, increasing prestige, wealth, and pride in addition to thousands of more subtle forms of hierarchy, manipulation, and control.

4. The Love Center.
At this center you are transcending subject-object relationships and are learning to see the world with the feelings and harmonies of flowing acceptance. You see yourself in everyone, and everyone in yourself. You feel compassion for the suffering of those caught in the dramas of security, sensation, and power. You are beginning to love and accept everyone unconditionally—even yourself.

DIAGRAM 1 • THE MECHANISM OF UNHAPPINESS

Type of Programming: ADDICTIVE (Emotion-backed) PROGRAMMING
Direction of Energy Flow: Manipulating Subject-Object Relationships
Associated Centers of Consciousness: Security, Sensation, and Power Centers

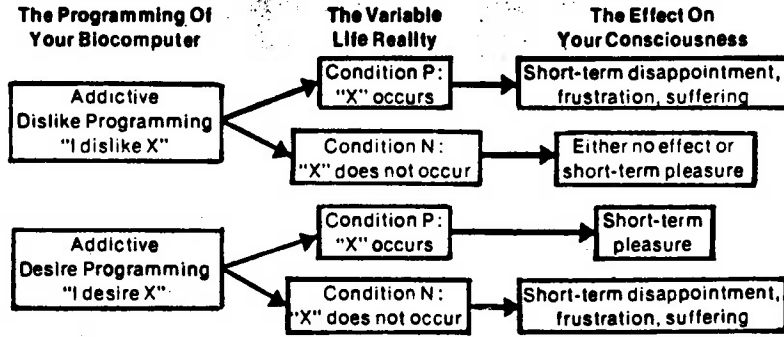


DIAGRAM 2 • THE MECHANISM OF HAPPINESS

Type of Programming: PREFERENTIAL (Non-Emotion-backed) PROGRAMMING
Direction of Energy Flow: Unconditional Acceptance or Love
Associated Centers of Consciousness: Love, Cornucopia, and Self-awareness Centers

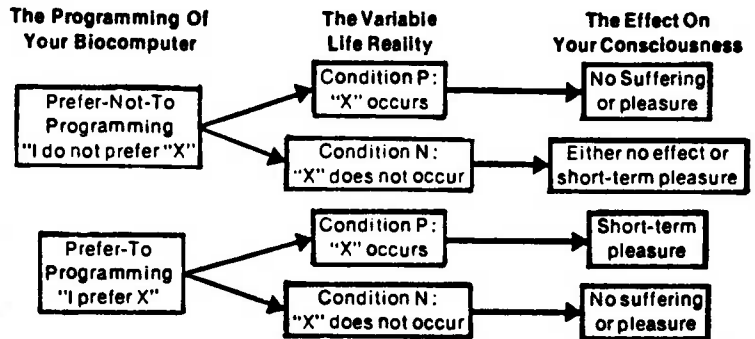
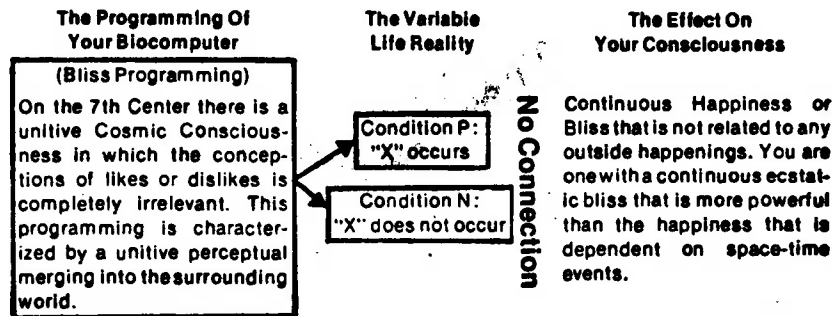


DIAGRAM 3 • THE MECHANISM OF BLISS

Type of Programming: BLISS PROGRAMMING
Direction of Energy Flow: Unitive Oneness
Associated Center of Consciousness: Cosmic Consciousness Center



OVER

A LIFE SAVER...

WHEN YOU ARE DROWNING

STEP I: EXPLORE THE SUFFERING.

1. Take several deep breaths; close your eyes; tune in to your feelings; let yourself really experience them.
2. Then ask yourself: "Am I willing to take full responsibility for what I am now experiencing?" "Am I willing to let go of my suffering?" If the answers are "yes," then proceed. . . .
3. Mentally re-create a factual objective picture of the scene you were involved in just before you experienced the most intense emotions. Who is involved? Where is it happening? What is happening? What is being said?
4. Now put yourself back in that scene and consciously experience the emotions you are generating:
 - a. Tune in to your body. Describe your physical sensations. Describe your feelings. Exactly what emotions are you experiencing? Name them: fear, anger, disappointment, etc.
 - b. Get in touch with your interpretation of the incident. Ask yourself, "What words are going through my mind? What am I telling myself that is producing these emotions?"
5. To get in touch with the basic insecurities that underlie addictive demands, ask yourself: "What is it that is bothering me the most?" "What is the worst thing that could happen?"

STEP II: PINPOINT THE ADDICTION.

1. At the time of the incident, how did you want things to be? What programmed attitudes or models did you have of how you should be, of how others should be, of how the drama "should" have been played?
2. To get helpful insights, read the Twelve Pathways aloud and look at the Centers of Consciousness you are using.
3. To find the deeper underlying addictive demands, ask yourself: "If things go the way I want and my programmed model is fulfilled, what do I get?" "If I don't get what I want and my model of how things should be is not fulfilled, what does it mean about me?" "How do I feel about myself?"
4. Now pinpoint your principal addictive demand or demands by asking yourself: "In this situation, exactly what am I addictively demanding?" "What do I think I have to have in order to be happy?"

IN NEGATIVE, SEPARATING EMOTIONS

STEP III: SELECT YOUR REPROGRAMMING PHRASES.

1. Do you see how this addiction makes you act like a robot that responds automatically?
2. Do you see how you are making yourself suffer because of this addiction?
3. Can you see the repeated pattern of suffering that this addiction has created in your life?
4. Have you had enough suffering? Are you ready to let go of the demand?
5. To change the old programming, choose three or four short, pithy reprogramming phrases that counteract specific demands. Thus to counteract the demand for approval, the phrase "I don't need approval" would be appropriate. To counteract a fear of making mistakes, "It is all right to make mistakes" would be helpful. They should feel right when said rapidly with intensity.
6. Prepare to reprogram by replaying the scene and re-experiencing your emotions. Really get in touch with the suffering your addictions have caused you and with your determination to get free. Let your energy build for a drive toward freedom!

STEP IV: FOCUS ON REPROGRAMMING.

1. Close your eyes. Take ten deep, rapid breaths. Tense your muscles. Build up all the emotional energy you can.
2. Then reprogram with intensity and power. Repeat your reprogramming phrases with gut-level determination until you feel that they have clicked into your biocomputer. Put your face in a wastebasket if needed to reduce the sound level.
3. Put yourself back in the same scene—this time with the new programming in operation. Reaffirm the new programming by visualizing yourself responding to the situation with new positive responses and feelings based on your new programming. Reaffirm that you can be free of old programming—free to be how you really want to be in order to enjoy all of your life.

This guide is based on the reprogramming techniques developed at the Living Love Center in Berkeley. The conscious, loving energies of Norma Lewis and Kris Nevius have made important contributions in developing the above reprogramming guide.