

**LIBERATING
THE CAGED HUMAN ANIMAL**

**THE UNCONSCIOUS UPDATING
TECHNIQUE**

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INTRODUCTION

In Part 1 of this book I introduced you to the philosophy and key concepts of my behavioral approach - Rational-Emotional Integrative Updating. I will briefly review the key points of Part 1.

The key to well being is self-actualization. Self-actualization means the optimal fulfillment of your genetic program, the collection of information that defines you and your course in life, and that connects you with your four billion-year life history, from the time of life's original common ancestor. I work from a Darwinian evolutionary perspective in order to explain life in general and our species in particular. Life has evolved in different environments according to the rules of natural selection whereby those organisms most effectively able to adapt to the environment at hand are successful in surviving and reproducing and thus have their genetic information go forward in time. The fundamental drive of life is to be and to continue to be - the survival and reproduction of our genetic material.

Humans are a species of animal. We are primates and are most closely related to chimpanzees. We evolved as hunters and gatherers and lived as wild animals for the vast majority of our history. As hunters and gatherers we numbered only a few million worldwide and were not a particularly dominant species. We carved out our niche on the planet in largest part due to our adaptability to the environments that we encountered. Although life was very challenging, those who survived past early childhood were generally well nourished, very healthy, and tended to live a long life. About ten thousand years ago, with the advent of civilization, everything began to change. Through the domestication of plants and animals a completely different style of life was created. Rather than living in nomadic or semi-nomadic tribes of thirty or so members, larger sedentary communities of humans began to form. Steady technological and cultural developments took place and with them major societal changes. Cities and then states were formed. The pursuit of wealth rather than simply the necessities of survival became an option and ultimately the priority for our species. With this arose organized warfare and extremes of status within societies never seen in hunter and gatherer times. In addition to the power struggles of humans among themselves, the other major power struggle was with nature itself. The agenda of civilization as a whole became the conquest of nature, to make it accommodate to our needs and wants. We set ourselves as being outside of, and at war with the natural order of things.

Just as our species learned to domesticate plants and other animals, we began to domesticate our own kind. The phenomenon of slavery arose throughout the civilized world. Taming a wild animal occurs by taking away its freedom and then breaking its wild animal spirit. Once these two steps have taken place, the animal has given up following its own internal genetic program, it becomes submissive and amenable to being used as an object to accomplish its master's agenda.

Over the course of civilization the majority of humans have been domesticated animals - slaves. They have been beasts of burden whose role has been to enable their masters to achieve their goals of the acquisition of gold and power as they waged war among themselves and with the natural world. Those who refused to play this game were eliminated. Those who survived did so by betraying their internal genetic program and instead accepting the anti-life agenda of their enslavers. The masters maintained their position by means of brute force as well as through societal structures, principally in the form of religion and the law.

**The average human today is a caged animal,
a slave and the descendent of slaves.**

The slaves' secret to survival has been their willingness to betray themselves to fit into the zoo world created over the last ten thousand years. However, by betraying their internal agenda and by accepting the masters' anti-life agenda they have paid a very high price. They have lost their vitality and by diverting their internal agenda they have made themselves sick. In addition, having surrendered control of their lives they have significantly diminished the likelihood of the long-term survival of their genetic material. Since the system is set up for the master's well-being, the master's dogs' survival is of a much lower priority.

Therefore, if well being is the result of self-actualization, it is clear that to become healthy it is essential to stop being a slave. There is no more revolutionary agenda in the world of civilization than committing to rediscovering and pursuing your internal genetic program.

Rational-Emotional Integrative Updating has as its objective the transformation of the individual from its present limited negative caged slave self to become the free self-actualized person that it can be.

To accomplish this requires a relentless commitment of one's being to this goal, and in the process changing ten thousand years of rational and emotional learned behavior that is in conflict with the healthy internal genetic program. When one's rational and emotional systems are in harmony with each other and the genetic program and when one has created an environment around oneself which allows self-actualization, the possibility for well-being is real. Obviously, there is much to be done. The process begins by understanding the agenda and committing to it - otherwise it will not happen. I propose a generic model of a self-actualized human, which I call the True Positive Individual. I list sixteen essential characteristics of this person, which I defined in some depth in Part 1.

- 1 True to oneself
- 2 Positive
- 3 Self-confident

- 4 Independent
- 5 Capable
- 6 Intelligent
- 7 Wise
- 8 Proud
- 9 Honest
- 10 Direct
- 11 Creative
- 12 Caring
- 13 Committed to positive relationships
- 14 Comfortable with and enjoying one's sexuality
- 15 Committed to ongoing growth and development
- 16 Joyful.

One strives consistently to develop these characteristics within oneself to the highest degree that one can attain in one's own unique style. Using logic to examine one's concepts of reality one examines as extensively as possible one's thinking to eliminate that which does not make sense and that which keeps one in a caged animal mode. In addition, one learns to develop an awareness and sensitivity for one's inner genetic program by developing the ability to attend to and trust what may be called one's 'gut instinct'. On a moment to moment basis one does everything possible in order to live in a manner consistent with the values of the True Positive Individual, and in the process restructures one's life to more closely approximate that of the self-actualized person that one is aiming to become.

Inevitably one discovers that, despite developing an ever more healthy and logical approach to reality, one is being held back by automatic learned emotional responses that prevent one from more effectively dealing with situations at hand and thus from moving forward on the path toward self-actualization. The head and heart which find themselves in conflict must integrate in order to enable the individual to optimally evolve. It becomes essential that the individual have a means to change learned emotional responses that are creating this inner conflict and preventing this evolution.

I present my clients with a method to accomplish exactly that. I call this method Unconscious Updating. In Part 1, I explained the concepts that are critical to understanding learned emotional responses and thus how to change them. I described what I call the security system, a system that we all possess which operates within us to protect us and help us maximize our comfort. When we are physically and/or mentally moving towards some new situation we turn on emotional responses to prepare us for that situation in order to optimize our results in it. These emotional responses, be they comfortable or uncomfortable, are based on our past experiences in what we perceive to be similar situations.

In Part 1, I told the story of 'Peter and the stove' to use as a model for learned

emotional responses. In this story a two-year old boy burns his hand badly on a hot stove and subsequent to that experience is noted to have a new pattern of behavior when he enters kitchens. After the burn experience, it is noted that each time Peter enters a kitchen, he begins to be uncomfortable and his level of discomfort becomes progressively greater the closer he gets to the stove. This simple model will be used throughout my explanation of Unconscious Updating.

Each event of our lives is experienced at an emotional level. When we have an experience that we deem to be emotionally noteworthy in some respect, we have the capacity to hold onto the feelings of that experience and then to associate these feelings with the sensory data of that experience (the smells, sounds, images, tastes, and tactile data). We effectively create a tiny cassette in our brain that contains the feelings of that experience and a trigger mechanism related to the sensory data of it. Then, if at any time in the future we collect sensory information that matches to some significant degree the sensory input of the original situation, the trigger is pulled and we turn on the emotions of the experience once again. This mechanism gets us into what we perceive to be an appropriate emotional mode in order to optimally handle the oncoming situation.

What is set up is a cue-response dynamic. The cue is the sensory input that triggers the feelings, and the response is the collection of feelings triggered by this cue. The security system runs at a completely unconscious level - beyond our awareness. We create the cue-response dynamic unconsciously. We later on unconsciously collect sensory data that we organize at an unconscious level to label the cue (i.e. a certain collection of sensory data is translated to mean 'kitchen situation' while another is translated to mean 'angry dog situation' etc.). We then unconsciously turn on the feelings of the cue-response dynamic. These feelings then create patterns of behavior that match the feelings being triggered. The energy that runs the security system is the energy of the feelings of the original experiences. We, therefore, have a vested interest in holding onto feelings from past experiences in order to run this protective system.

There are problems, however, with the security system. To begin with, most people appear to be completely unaware of the fact that they have the system and generally have no comprehension of its workings. This ignorance leads to a great deal of frustration and confusion when emotional responses are triggered over which we appear to have no understanding or control. Typically, the individual ends up fighting with the system or, by using a variety of coping mechanisms, attempts to block the emotional responses that are triggered. Not surprisingly, such an approach does not produce good results.

Another reality of the security system is that we often develop responses to situations when we lack the resources to optimally handle them. In many respects it is for precisely this reason that we have the security system. If we had been able to deal with the situation initially at a very effective level we would not likely have had the need to create an area of alarm within the system. If Peter does not get burned on the hot stove he

does not need to develop an uncomfortable kitchen response. If he had been protected from a situation that he was not developmentally prepared to handle until he had acquired sufficient knowledge to handle it effectively, his whole experience with stoves would have been different. Realistically, however, we have all found ourselves in situations that we were not prepared to effectively deal with. We had these experiences either due to negligence or due to the fact that we were in a dangerous or unhealthy environment and simply survived the event.

The responses that we developed in these situations may have been life saving for us - thus the importance of the security system. However, later on in our lives reality may change in that we may have resources available to us which we did not have at the time of the initial experience. By responding repeatedly to the cues of the situation as if everything was the same today as it was then we clearly end up limiting ourselves. New approaches to reality are blocked and we find ourselves stuck in the past with what I term an out-of-date response. In many cases we rationally understand the inappropriateness of our emotional reaction, but that knowledge does nothing to prevent the feelings from being triggered anyway.

To resolve these problems associated with the security system two things are essential. First, the individual must understand that it has a security system and must also understand how it works. Second, it must be able to update the responses that are out-of-date so as to have the system functioning to its greatest possible benefit. Unconscious Updating is the solution to these problems. Once my clients have a clear understanding of how the security system works, I teach them a technique which they can eventually use independently to change any learned emotional response that is holding them back.

Part 2 of my book- *Liberating the Caged Human Animal*- is dedicated to explaining the technique of Unconscious Updating so that you may begin to use it.

CORE CONCEPTS

Certain basic concepts and definitions must be restated in order to avoid confusion with terminology as I embark upon the explanation of this method.

Unconscious Updating addresses the cue-response dynamic. A response is a collection of feelings from some past experience that is triggered by a cue. A cue is a collection of sensory input that triggers a response. For example, if Peter got burned on a hot stove at age two and developed an uncomfortable response to kitchens, the fear, sadness, and physical pain of the original experience would be triggered by the sights, smells, and sounds of a kitchen. I choose to define the response by the cue. Therefore, it would be called the 'kitchen' response and not the 'fear' response in my example. The nature of Unconscious Updating is that one changes the feelings triggered by the same cue. Therefore, even after updating the kitchen response Peter still has a kitchen response, but the feelings that are triggered are now different. The response is therefore labeled by the constant - the cue - and not the variable - the feelings.

Another important point of clarification is that the term response only refers to the feelings that are triggered and not the behavior. For example, if Peter responds to kitchens with fear and starts screaming, screaming is not the response. For the purpose of definition, the response is simply the feelings triggered by the cue, in this case fear. These feelings produce behavior, in my example screaming. Unconscious Updating enables the changing of feelings triggered by cues. As the feelings change, the behavior produced by these feelings changes as well. As Peter updates his kitchen response, rather than screaming we will notice him to be smiling and cooking comfortably.

When you begin to use Unconscious Updating, therefore, it will be important for you to focus on your feelings in situations and to understand that the behavior that you display there is simply a function of these feelings.

Unconscious Updating is a method to change responses to cues. Responses can be categorized in different ways. Since the method is called 'updating', it is not surprising that responses can be labeled as being either up-to-date or out-of-date.

Unconscious Updating is part of Rational-Emotional Integrative Updating which has as its objective the self-actualization of the individual. Within the context of this approach, I define the self-actualized person as the True Positive Individual. Therefore, an up-to-date response is one that matches that of the conceptualized True Positive Individual. In other words, in order to decide if your response to a cue is up-to-date or not, you must step back from the situation and as objectively as possible imagine the feelings that the True Positive version of you would have in that situation. Then you must decide if the feelings triggered within you presently match that standard or not. If so, you may label your response to that cue as being up-to-date. If not, the response should be labeled as being out-of-date.

An up-to-date response is a collection of feelings triggered by a cue that matches the standards of the True Positive Individual. An out-of-date response does not. In order to determine if your responses are up-to-date or out-of-date, it is obviously extremely important to have as well defined as possible a concept of the True Positive version of you so as to use it as your standard against which you can compare your present responses.

The process of transformation from a limited negative individual to a True Positive Individual begins by defining that goal and then making a commitment to it - otherwise the goal is simply a wish. Wishes generally don't come true but goals are achieved by the actions directed toward them. As part of this transformation, the committed individual must change its out-of-date responses that prevent it from feeling and thus behaving in the manner that the True Positive version of itself would.

Updating an out-of-date response involves three basic steps. The first step is to identify the response as being out-of-date. Once the out-of-date response has been identified as such, the second step is to decide whether or not to change it. An individual who has made a genuine commitment to becoming its True Positive self should not take very long at all at this step. If it is truly committed to its self-actualization, the realization that it possesses a response that is incompatible with attaining that state of being should inevitably result in the decision to change that response - otherwise it is not truly committed to the goal. It is for this very reason that the commitment to the goal is central to this process. Having completed step two it is now ready to move on to step three - changing the response.

Step three is the actual technique, which I shall explain. Without steps one and two, however, step three will never take place. Therefore, the technical knowledge of how to update is useless to a person who has not identified what is out-of-date or has not made the genuine commitment to self-actualization. As you shall see, step three, the technique, is actually a fairly simple method. My experience has taught me that it is virtually never at step three where people get stuck in their progress. Instead it is usually at step one or two because they have not identified their goal or, if they have, they have not committed to it and so the goal is still only a wish.

However, once step two is done and the person knows the updating technique, it is generally a reasonably straightforward process for the response to be updated. Once this has taken place, the previous out-of-date response has been replaced and the new up-to-date response will be triggered instead when the cue is read.

In addition to categorizing responses as being up-to-date or out-of-date they can also be defined as being comfortable or uncomfortable. Out-of-date discomfort refers to uncomfortable feelings triggered by a cue that a True Positive Individual would not be feeling in that given situation. Generally speaking, most attention in the updating process is focused on out-of-date discomfort because it is usually these unpleasant feelings that are in some manner or other holding the individual back.

As discussed in Part 1, however, out-of-date comfort can also exist. We can have pleasant feelings triggered in a situation, which are not appropriate for the reality of who we are striving to become. The example that I used in Part 1 was that of an individual that as a teenager developed an association between cigarette smoking and the sense of being special. Now, later on in life that person continued to have a 'special' feeling with each cigarette smoked despite having the realization that there was nothing truly special (at least in a

healthy sense) about smoking. This special feeling, however, made cigarette smoking feel more enjoyable and thus this person was unreasonably attracted to smoking. This comfort response triggered by smoking was not a drug effect but simply an out-of-date comfort response that the person would want to and could change using the updating technique.

Out-of-date comfort responses tend to be of secondary importance as compared to the discomfort responses but can be significant, nonetheless, in the overall updating of one's system. They are most commonly related to coping mechanisms and make these mechanisms more attractive than they should realistically be.

Having identified a response as being out-of-date, be it comfortable or uncomfortable, and having made the decision to change the response, the time has come to change it. It is, therefore, time to explain the Unconscious Updating technique.

THE UNCONCIOUS AND HOW TO ACCESS IT

I named the method to change learned emotional responses '**Unconscious Updating**'. What is the unconscious and why is it so important to this process?

Unconscious means not conscious. For the purpose of my therapeutic process, the unconscious is the term used to describe all the information and processes that are present in your mind at any point in time that you are not aware of at that moment. The information and processes that you are aware of represent your consciousness. Your brain regulates the interconnected function of the trillions of cells in your body in seeing to it that your genetic program is fulfilled. It also contains all the many bits of learned information acquired in your lifetime which enable you to function and adapt to the particular world in which you developed.

The concept that I often work with is that the mind is a huge room surrounded by walls. One of the walls has a tiny crack in it. If you get close to the crack, you can take a glimpse at some of what is inside the big room. Some things inside there you will never see, while others because of their proximity to the crack in the wall are in plain view. What you see at any moment through the crack is consciousness. All the rest, the overwhelming majority of what is in there, remains unconscious. Depending on the angle that you look through the crack, some things that are conscious at one moment later on become unconscious, and vice versa.

Another useful model to understand the mind is that of a computer. Consciousness is whatever is displayed on the screen at any moment while all the programs and data within the computer that are not displayed on the screen at that time represent the unconscious.

It should be obvious that the most important processes and data in the mind, such as what runs your integrated cellular and organ function, exist at an unconscious level. You do not typically consciously control your kidney or liver function yet you generally do this very well. It is part of your fundamental genetic program. While you may know nothing consciously about physiology, you may have a better level of organ function than a professor of human physiology would. It is an extreme understatement to say that we have only a speck of understanding of the complexity of our unconscious mind and how it works.

The exploration of the unconscious is a great adventure that has hardly yet begun. It was only about a century or so ago that this vast terrain was even recognized as existing, largely through the writings of Sigmund Freud. We have only taken the initial steps on the path that can reveal what lies there.

What I came to understand, however, was that learned emotional responses are developed unconsciously and run also at an unconscious level. In other words, without any conscious involvement or effort, Peter in my story at the age of two had the capacity to develop a new response and then run it repeatedly throughout his lifetime in order to protect himself from getting burned on a hot stove again.

The functional level where the responses are created is unconscious. The data that explains the original logic behind the responses is also unconscious. As well, the majority of the data acquired since the time of the development of the response that might be useful to update the response is also unconscious. Therefore, it would appear logical that the most

efficient level of the mind to change the response, if that were possible, would be the unconscious. Well, it is possible and the unconscious is the most effective level at which to change these tiny cassettes.

Therefore, the plan would be to connect with that level of mental function to access the information and processes there in order to make these changes. Good idea, but how does one do that? How can we access our unconscious? As it turns out, more easily than one might expect.

Have you ever sat in a classroom or meeting room where the lecture or discussion did not interest you and you then drifted off mentally to some other more or less pleasant reality? Daydreaming? Exactly! Daydreaming is accessing the unconscious. You change your focus and start processing information that exists within you which prior to that moment was not conscious. The same effortless ability that you already possess to daydream enables you to access the necessary level of function and data that you need to update your out-of-date responses.

Another term used to describe the accessing of the unconscious and its resources is hypnosis. For most people, hypnosis represents loss of control of your mind to another individual, the hypnotist, who then makes you do things which you otherwise could not or would not do. It appears to be a state of sleep that the hypnotist puts you into and then takes you out of. The word hypnosis literally means the induction of sleep or a sleep-like state.

Hypnosis, however, is not sleep. As already stated, it is most similar to daydreaming. Since you have undoubtedly daydreamed, you will realize that, while you may be very relaxed and distracted from your immediate surroundings while daydreaming, you are not asleep. Therefore, when doing hypnosis there is no need to wake up or worry about not being able to wake up (or being unable to leave the 'trance' that the hypnotist has 'put you into').

As for the issues of loss of control, it is important to realize that most people's exposure to hypnosis has been at hypnosis shows at nightclubs or carnivals or else from watching movies. Obviously, in movies the rules of reality are completely irrelevant. As for the hypnosis shows, it is important to understand what exactly is happening there. Typically, the show is advertised and the general public believes that during the show a number of people from the audience will be invited onstage by the hypnotist who will put them into a trance and make them do bizarre and amusing things which they would otherwise never do. A certain subset of the general population finds such an event entertaining and thus buys tickets. Within this group that chooses to attend there exists a significantly smaller group that for one reason or another would like to go onstage to be part of the show.

When the hypnotist invites volunteers onstage, these people take advantage of their big opportunity to be part of the show. What the hypnotist does with these volunteers is to ask them to do simple tasks such as intertwining their fingers and then imagining that they are glued together. The hypnotist observes very closely how they respond to such requests and then eliminates certain volunteers from the original group. Gradually the performers are asked to do increasingly bizarre things and, as the show proceeds, the hypnotist eventually eliminates more and more of the volunteers until finally only one or very few are left who are ideally behaving in an exceedingly strange and humorous manner. The hypnotist appears to have taken control of these individuals and to have made them do things that they would otherwise never have done.

What is actually happening in these shows is that the hypnotist is counting on the extremely probable likelihood that in any given audience that comes to see a hypnosis show there will be one or more people who for some reason will be open to behaving in a strange and ridiculous manner onstage. The hypnotist's major talent then becomes paying very close attention to how the volunteers respond to the tasks given them and then to recognize when any given volunteer has reached the limit of what it is willing to go along with in that performance context. If the hypnotist is good, the volunteer will be asked to leave the stage before it has reached its personal limit. Thus, all the volunteers will do as told and so reinforce the false notion that they have lost control of their behavior, rather than the reality that they are simply in a cooperative dynamic with the hypnotist.

It is true that people will do things in a hypnosis show that they would not normally do, for a variety of reasons. First of all, being up on stage in itself can bring out patterns of behavior not usually displayed in daily life. Secondly, because of the general perception of what a hypnosis show is, the individual is essentially given permission to behave in a manner which would otherwise not be considered acceptable. It will not be seen to be accountable for its behavior and may act out in a way that appeals to it without having to take personal responsibility for its actions. Thirdly, if the hypnotist is a good show person, it can create an environment that will facilitate the coming out of certain aspects of the volunteer's personality that may be hidden or repressed in its daily life.

A hypnotist cannot make anyone do anything that it does not fundamentally want to do in the first place. At most it can enhance the subject's own accessing of its unconscious abilities and resources. All hypnosis is self-hypnosis. Only you can access your own unconscious, although you can be taught or helped to do so.

The reason that I have gone to such length explaining issues relevant to hypnosis is that, as already stated, another term to define accessing the unconscious is hypnosis. When I began this type of work some year ago I advertised it as hypnosis, hypnotherapy, and instruction in self-hypnosis. While I believe that these terms are still accurate to describe the nature of Unconscious Updating, I actually prefer to describe it as accessing the unconscious and the unconscious resources. However, hypnosis is still a reasonable label for what I teach.

Unfortunately, for many people the concept of hypnosis implies participating in something resembling what takes place in a hypnosis show and is understandably unacceptable to them. Thus they would not consider something as useful and effective as Unconscious Updating for their personal development. In the process of explaining Unconscious Updating to them, I may use the term hypnosis at some point or, upon understanding the technique, they may ask me if what they are learning is a form of hypnosis. I, therefore, like to clarify and address misconceptions and concerns that they may have regarding hypnosis so that they will feel more at ease with this method and also so that they and I can use the term hypnosis comfortably and knowledgeably.

I will state, however, that I find repulsive what takes place in hypnosis shows. Watching people appear to be controlled by others to behave like idiots does not amuse me in any way. The whole purpose of Rational-Emotional Integrative Updating is to have my clients stop behaving as slaves and to take full control of their lives.

In addition, describing Unconscious Updating as hypnosis is like describing Italy as Europe. The term hypnosis may be generally used to describe the accessing and utilization of

the unconscious and the resources there. What one does using hypnosis can vary tremendously, from what the stage hypnotist does to what I do. Therefore, if I tell my clients that I do hypnosis, whether they realize it or not, I would be giving them a very vague explanation of the nature of what they might do with and learn from me. In order to define the nature of what I do using hypnosis I choose the term Unconscious Updating that defines a very particular method.

Further to this point, a great deal of hypnotic therapy involves the use of suggestion whereby the hypnotist plants suggestions into the unconscious of the clients to make them start or stop doing whatever it is that they want to change. I have never been attracted to this style of hypnotherapy, again for the reason that I want people to change themselves and to be independent both in general and with this technique in particular. If this method required you to come and see me to have me keep planting suggestions in your mind, you would be dependent on me to keep fixing you. The nature of Unconscious Updating is that it is a technique that you learn and then do completely independently.

The other major reason that a suggestion style of hypnosis never appealed to me is that I realize that there are reasons for everything that we feel, think, and do. The basic premise of Unconscious Updating is that all of our responses, up-to-date or out-of-date, have a protective logic underlying them. In order to optimally update out-of-date responses the logic behind the response should still be addressed but in some more appropriate manner. A suggestion approach of hypnosis would instead simply try to override the already-present responses by trying to superimpose new behavior patterns on top of them. One ends up treating the symptom and not the problem. As a result, the problem remains which leads to the inevitable development of new symptoms.

For example, if one used a suggestion approach to stop smoking by giving positive suggestions about not smoking and negative suggestions about smoking, the underlying reasons why the person smoked in the first place would remain. If the person actually stopped smoking, it would inevitably replace smoking with some new coping mechanism or symptom due to the lack of its previous coping mechanism. Unconscious Updating addresses the real problem - that the response to reality is out of date. The only solution to this problem is to update the response.

Regarding the issue of how to access the unconscious, if accessing the unconscious is essentially the same as daydreaming, then all one has to do is to begin to daydream. For some people, entering a daydream-like state may be very simple but others would not know how to do this since they perhaps never before deliberately tried to daydream. Trying really is the important word because daydreaming and in fact the whole process of Unconscious Updating is most effective when done effortlessly - the less you try the better it works.

When I work with my clients to introduce them to the accessing of the unconscious, I have a number of methods to help them reach this daydream state, but most typically I lead them through a simple relaxation technique which is generally effective. While they are sitting in a comfortable chair, I invite them to take a couple of slow deep breaths to blow tension out of their bodies. I then invite them to let their eyes close so as to filter out unnecessary visual distractions. I then invite them to allow a more comfortable feeling to be felt throughout their bodies. I then invite them to let their mind take them to some safe and comfortable place and then to allow themselves to experience that place in their different

senses as much as they can. Generally I continue with more or less similar suggestions and over a period of time the clients end up with their focus redirected from the immediate surroundings of the room to some internal location - they are daydreaming and thus have accessed their unconscious.

There is a great variation in ease of doing this. Some people get into this state in a second while in other cases it may take much longer. Not everyone finds the approach described personally suitable and so there are several other methods that I may try. If the clients know that there was something that they were not comfortable with regarding the method, I would be happy to alter it in any way that I could to help them.

In the vast majority of cases my clients find it reasonably easy to access their unconscious minds and with practice it becomes progressively easier. As my clients continue with me, I make a tape recording of the introduction so that they can practice on their own and eventually access their unconscious independently.

A few basic points are worth covering regarding the process of accessing the unconscious. It is best done when you are well rested. Furthermore, it is a good idea to have an empty bladder and to clear your head and your surrounding environment of any distractions. At my office, I do the best that I can to set up a comfortable and non-distracting atmosphere for my clients. If you are working with me personally, if there is anything that you do not understand ask me to clarify it. If there is anything that you do not want to do, do not do it and/or tell me that you do not want to do it. You are welcome to speak to me at any time during the process. You are able to open your eyes at any time. You are able to stop the process at any time. I will not be controlling your mind. I will simply lead you through the steps of this process. All of these steps will have been explained to you ahead of time.

There is absolutely no risk that you will not be able to 'wake up' or come out of your daydream state. If I were to hypothetically drop dead during the process you would be fully able to regain normal awareness independently (and hopefully attempt to resuscitate me!) Although you will regain normal awareness of your surroundings, please be aware that it can sometimes take a little while for this to happen. Therefore, after an updating session make sure that you are well oriented to your surroundings before beginning another activity.

Accessing the unconscious is generally a simple and pleasant initial step to begin the process of updating out-of-date responses. Like most of my clients you will probably find it both fascinating and enjoyable. After all, it is just daydreaming.

UNCONSCIOUS COMMUNICATION

Having accessed the unconscious level of thought the next step is to begin the actual process of change. When my clients learn the method, they then do the technique with me initially and eventually do it on their own. As you will see, the format of the technique is question and answer. I ask a series of standard questions and the clients answer the questions. Once the clients are familiar and comfortable with the technique and have learned the questions, they ask the questions to themselves.

I communicate with the clients by speaking. Because the clients do the technique at an unconscious level of thought, my verbal communication is actually directed to their unconscious minds. My conversation is phrased in that manner, indicating that I wish to communicate with their unconscious minds.

All of the questions that are directed to the unconscious minds of my clients are yes-no type questions whereby the answer to any question is yes or no. By answering yes or no to my questions, the clients go through the technique and as a result update their out-of-date responses. There are no wrong answers to any of my questions - either yes or no is an acceptable answer to any question. The mental work that is done to produce the answers to the questions is done at an unconscious level - without any conscious effort or involvement.

Therefore, the most reliable feedback to my questions would also come from that level of the mind - the unconscious. It is necessary then to have a yes and no answer communicated from the clients' unconscious to me so that I would know what the answer to each question was so that I could proceed with the next step of the technique. Therefore, in order to do this with my clients I require them to communicate yes and no to me using unconscious signals - one for yes and another for no. Since these signals are unconscious they must come from the unconscious level of thought, must be effortless, and must require no conscious involvement to produce the answers. We all have many unconscious signals already.

For example, when we are embarrassed we typically blush and when we are afraid we typically turn pale. We do so effortlessly and may even be unaware of the fact that we are doing so at all. These are just two of the many unconscious signals that we all possess.

Again, for Unconscious Updating we require just two unconscious signals - yes and no. We could use blushing and turning pale as those signals so that blushing would mean yes and turning pale would mean no. However, such a signaling method could prove problematic. If for some reason while doing the technique you were to become embarrassed you might blush. Perhaps when answering a question the real answer would be no but, because you were embarrassed, I would see you blushing and so think that your answer was yes. As a result, I would end up being confused by your blushing. Confusion in communication is a very significant issue - one that I like to eliminate as much as possible. Therefore, typically we set up signals that have no outside meaning - signals for this technique alone.

The most common signals we use for Unconscious Updating are what are called finger signals. The unconscious mind communicates the message of yes by having one finger rise up effortlessly without any conscious effort or involvement in the answering process and another finger is used similarly to answer no. Again the idea is that the rising up of each of these fingers to answer is as effortless as is blushing or turning pale.

For the vast majority of clients, unconscious finger signals are easily established and if so we are then ready to begin the actual question and answer part of the updating technique. If, for some reason, finger signals are not all right for the client, there is no end of other possible automatic signals that could be used instead. In such a case, other communication options can be explored and set up. The only thing that is important is that I am able to get readable consistent communication from the unconscious mind so that we can establish two-way communication in order to proceed with the technique. I do not know how to literally read your mind and so require an indirect signaling method.

An obvious question is why not just have the clients say yes or no to me to answer the questions? Verbal yes-no communication is a genuine option using this method. However, it must be understood that since the signals are unconscious, the clients would have to be willing to allow their voices to speak as automatically as they allow themselves to blush. Sounds would be produced effortlessly and the clients would have to be willing to let answers come without requiring conscious involvement in the processing of the information to produce the answers. Furthermore, the verbal responses would have to be allowed without any need for conscious self-explanation of why any given answer would be yes or no. All of this is completely possible. However, for most of my clients I have found that it is easier to let their fingers jump up and down spontaneously than it is to let their voices speak without any conscious control over them. So, in most cases we use the finger signals. One way or another, once we have established clear two-way communication between me and your unconscious mind we are ready to begin asking the questions of the Unconscious Updating technique. It is now time to introduce you to the questions.

UNCONSCIOUS UPDATING – BASIC TECHNIQUE

I call this section the Basic Technique because it follows the simplest version of the route to update an out-of-date response. All of the questions are yes-no type and the Basic Technique will take you along the most direct route from the beginning to end. As previously stated, however, there are no wrong answers to any question. Therefore, certain answers may be given that lead off of this most direct route that are perfectly acceptable.

If, in order to follow the most direct route, the answer to a given question should be yes, for example, the answer given, nonetheless, could be no. To be able to optimally update, one would have to know what to do in that situation as well. I will explain what to do in these less direct routes in what I call the Variations to the Basic Technique. Even when using the Variations, however, one always eventually reconnects with the path laid out in the Basic Technique.

Therefore, it is essential to have a very strong grounding and familiarity with the Basic Technique in order to be able to use the Variations, especially to do so independently.

Having said that, in many cases you will find that you will be able to simply follow the steps of the Basic Technique one after another and thus take this most direct route possible to update a response.

Initially, I will lead you through the Basic Technique by asking you the very questions that I am about to review here. Eventually, once you have become skilled at accessing your unconscious and getting unconscious signals back from it on your own, you will be able to ask the same questions yourself, and thus do the technique independently. Of course, you will have to both understand and memorize the technique in order to do this very effectively.

There are twenty-six steps to the basic technique. I will explain each one. Let us begin.

Step 1

Is there anything that the Unconscious Mind (U.M.) would like to do on its own?

I explained how I am going to teach you a method to enable you to update your out-of-date responses. I would assume, therefore, that it probably is a little bit of a surprise that the first question of the technique turns out to be asking the Unconscious Mind (I will use the abbreviation U.M. henceforth) if it wants to do something on its own. However, I have discovered that in a very significant number of cases the answer to this question is yes and so I ask it. If the answer is yes, I invite the U.M. to go ahead and do whatever it is that it wants to do independently and then to let me know that it has finished by giving me another yes signal. If the answer is no, we move on to step 2.

I came up with this step very accidentally fairly early on in my experience with this technique. I was working with a client one day doing some updating and at the end of our session I invited her to reopen her eyes and 'come back to the room'. Interestingly, however, unlike most times she did not promptly do so. Instead she continued to sit there with her eyes closed for some reasonably prolonged period of time. I became somewhat uncomfortable with

this unfamiliar situation but had the good sense to let it play out.

Eventually she relieved me of my tension by opening up her eyes and beginning to speak to me. She very excitedly told me what had been happening while I had been waiting for her to finish. This woman had a tendency to put herself down constantly, despite the fact that in many respects she did many things very well. She told me that while she was sitting there with her eyes closed a inner voice spoke to her saying, "You know, you put yourself down all of the time but you do this very well and that very well, etc." She apparently got a series of positive messages about herself from within herself. She clearly expressed her enjoyment with the experience. I had done nothing directly to make this happen.

It did occur to me, however, that if it happened for her that it could also happen for others. I, therefore, decided to explore this option by asking the U.M. of other clients if there was anything that it wanted to do on its own and, sure enough, fairly frequently the answer was yes. I remember a gentleman who was coming to see me to lose weight. I asked him this question and the answer would be yes and then appointment after appointment he would simply sit there, apparently having his U.M. doing something on its own as I essentially kept him company. This went on for about ten or so appointments and over this time he lost a significant amount of weight. Furthermore, he told me that he felt so much better, he slept better, and he was treating his wife and children better! And all I had done was help him get to the point of unconscious signals and then invite the U.M. to work independently, which it did.

Another client who was also coming to see me regarding weight issues advised me that when his U.M. was doing something on its own one day an inner voice spoke to him. This voice told him that at lunch that day (he saw me in the morning) he would buy certain specific items at his workplace cafeteria but that he would only eat so much of this food. Thus information was apparently conveyed in a very precise manner. From experiences like these I came to understand that our U.M. is there for each of us, doing what it can to help us.

We commonly do not recognize and appreciate this reality and instead fight with it and attempt to prevent it from helping us. We end up at war with ourselves. Other hypnotherapists speak about an Inner Self Helper and suggest that for therapy to be successful the therapist must be on good terms with this aspect of the unconscious.

I understand the Inner Self Helper to be simply the basic genetic program's voice or character, trying to be expressed and attempting to guide us to self-actualization. We have typically betrayed, ignored, and denied this essence of who we are that is only there to help us. Learning to listen to and trust one's basic program is ultimately the most important and profound aspect of this therapy for an individual to achieve well being. The secret to this whole process is letting it happen. There is no better example of this than this step of asking the U.M. if it wants to do something on its own, and if so letting it go ahead and do so.

As shall be explained in the Variations to the technique, I have also seen that in the process of following the steps of the Basic Technique, at times the client appears to get stuck at some step or other. I have learned that when this happens the best possible next step is to ask the U.M. if it wants to do something on its own. Invariably it does, and invariably after it has finished doing whatever that may happen to be, the client is no longer stuck and is able to proceed with the technique.

A very important point to make here is that this technique is called Unconscious

Updating. Therefore, when the U.M. is doing step 1, or any of the other steps, the clients may or may not be aware of what the U.M. is doing. In other words, the clients may hear a voice, see an image, have a taste or smell, feel a touch, may experience certain emotions (comfortable or uncomfortable). Or, the clients may simply be sitting in the chair with their eyes closed, conscious of the fact that they are doing this technique but totally unaware of what processing is taking place in their U.M. - or anywhere between these two extremes. There is no correct level of awareness for this method. The secret is to just let it happen, let the processing be done at the level that the U.M. wants. It works much better this way. Do not block yourself in using this technique.

**I am tempted to write this one thousand times to stress
the importance of these points.
They make all the difference in terms of results.**

What my clients do when their U.M. does something on its own I generally do not know, and I am unaware if they become conscious of this information either. Perhaps they just take a little break, perhaps they clear their minds to be ready to do the actual updating, and probably there are many other things that they do which vary from individual to individual and time to time. There is no obligation to answer yes to this question. It is simply an option.

I believe, furthermore that my asking this question is simply an act of politeness. I am going to be working with the clients' U.M. and we are getting introduced at that level. Since the U.M. will be doing all of the work, it seems to me only appropriate to find out if there is something that it wants to do first before we get into the formal updating process. When the clients do this technique independently I think that it would be similarly polite to give their own U.M. the same opportunity.

There are really only two things that I do with my clients while they are accessing their U.M. in this manner.

The first is having their U.M. potentially do whatever it wants to independently. The second is the updating. That's it. Step 1 is the first of these options. I do not underestimate the value of this move. I recommend that you have the same approach to it. When the U.M. has finished doing all that it wanted at step 1 it will tell me no, that it does not want to do anything else on its own, and we move on to step 2.

There is only one difference in terms of the questions between what you will do with me and what you will do independently. After finishing step 1 with me, I will then ask if the U.M. wants my help? I ask this question because even though you have taken the time and trouble to reach this point in the process, have accessed your unconscious, and have established unconscious signals with me, it is conceivable that your U.M. may not want my help. I do not like to assume that it does. Again your U.M. and I are getting introduced. I do not want to attempt to barge in. I furthermore, wish to clarify if we will be working together in harmony. If there is a problem or conflict, I know that there would be some reason for that to be so and I would prefer to address it immediately. Without doing so, the whole therapeutic endeavor would likely prove fruitless.

If the answer was no, I would attempt to clarify and address whatever the issue or

issues happened to be. Assuming they would be resolved, we would then move on to the official step 2. (Please note that in the explanation of the Basic Technique I will not attempt to explain all the possible scenarios that could arise with this process. As stated, I will cover this in the Variations section. In the meantime, if you have particular questions, please ask me and I will be happy to answer them.)

When you do the technique independently, I do not see the need to ask your U.M. if it wants your help. The questions would be coming from your U.M. where they are stored once you have memorized them, to your consciousness, and then sent back to your U.M. to be answered. It appears unnecessary to me, therefore, to have you ask this question to yourself.

Step 2

Does the U.M. wish to deal with experiences from the past in order to update responses?

Now that the U.M. has finished doing what it wanted to do independently, I ask if it is interested in doing any updating. Again, it is a clarification step. If the answer is yes, we move on to step 3.

Step 3:

Identify a response that the U.M. would like to update.

To update a response there are three steps. The first is to identify a response as being out-of-date. The second is to make the decision to update it. The third is the actual updating of the response.

Here at step 3 of the Basic Technique, I am asking the U.M. to choose a response that it wants to update. It will indicate that it has chosen by giving me a yes signal. In order to do so, it has to have identified a response as being out-of-date and also has to have made the decision to work on that response. It could both identify a given response and decide to update it at the time that we are doing this process together, or it may have done this some time before and simply indicate that it is now prepared to update it. It may have dozens of responses lined up, ready to work on and simply be choosing the next one on its priority list.

Again, a response is a collection of feelings triggered by a cue. A response is not a behavior. The behavior is the action that occurs because of the feelings of the response. The response is labeled by the cue of the cue-response dynamic. Therefore, in our Peter and the stove example, Peter would decide to work on his kitchen response.

You do not have to consciously identify the response that you are going to work on, but it would generally be all right if you did. Again, this is Unconscious Updating. Allow your U.M. to choose the response. It may or may not advise you consciously of what response it has chosen. Please understand that you will never be conscious of all of the responses that you have in your security system, so choosing the one to work on consciously will only limit you. If there is a particular response that you think needs priority attention, however, you could ask your U.M. if it wishes to address that one.

When I first started doing Unconscious Updating for myself, I had a fear of flying that

was limiting me. Although I was very aware of and frustrated with this response, I never consciously decided to address it. A few months after I started updating my system I took a vacation to South America. I discovered that my response had been updated during the process of working on whatever it was that I was addressing at the time and as a result, I was comfortable making ten flights during that vacation. I had updated the response without consciously deciding to do so. To this day, I am unaware of why I had the response previously or how exactly I changed it. I know that the change took place due to this method but I have no idea of the information that was handled to make that change. To this day I am still comfortable flying. I came to the conclusion that cluttering up my consciousness with data that does not have to be there in order for me to make the changes that I want to make is unnecessary.

This is not a conscious process. As you may be aware, computers operate essentially through on and off switches so that the most basic computer language is either a '0' or a '1'.

All computer programs use a system whereby a tremendous number of 0's and 1's create the results that the computer produces. The computer switches are going on or off with their 0's and 1's as the computer does its processing. Although you do not see this happening, it is happening nonetheless. If the computer had to display all of the 0's and 1's on the computer screen first before doing what you wanted it to do, it would be extremely inefficient and you would lose whatever benefit that the computer was built to give you.

Human minds built computers. Although computers are getting increasingly sophisticated, they do not yet match the human mind in terms of complexity. If you try to force all of the information that you process doing Unconscious Updating through consciousness you will defeat yourself in the process. You will effectively turn your remarkable brain into an abacus. Use it the way it is built to work.

You may wonder, since you have a multitude of responses, likely most of which are out-of-date, where should you begin? In Part 1 of this Book I addressed this issue. The purpose of this whole process is your transformation from the present limited negative version of you to become the True Positive Individual that you can become. Once you have committed to that target, a path appears between the point where you are at now and your destination. There are many obstacles on this path and some of the most significant ones are your out-of-date responses. It will be very obvious at some level, possibly conscious but definitely unconscious, what responses will need to be updated to move forward. Trust your unconscious to find them.

In Part 1, however, I did bring special attention to two groups of responses. I advised that to meaningfully move forward, the foundation of your system would have to be repaired and that to do so would require working on self-esteem related issues. To this end, I suggested that you examine and work on your responses to rejection, which I have discovered to be the most direct manner to identify the relevant feelings and out-of-date responses related to issues to do with low self-esteem. Furthermore, I indicated that the responses relevant to rejection were not the fear of being rejected or the anger triggered when the rejection buttons are pushed, but instead the feelings of inadequacy and worthlessness that are typically brought out by rejection cues.

The other group of responses that I suggested working on were responses triggered upon confronting a problem in one's life. Many people respond in a very negative and

powerless manner to problems, not surprisingly after ten thousand years of slave existence. Since self-actualization is all about facing and solving problems of an ever-challenging magnitude, the sooner that out-of-date responses to the cue of a problem in your life are updated, the more efficiently you will be able to deal with whatever comes your way.

In addition, as you maintain your commitment to becoming the True Positive you and evaluate how you are doing on a regular basis in this regard, you will become increasingly aware of the various out-of-date responses that you have and will be identifying them day by day. You may choose to make a mental note of these responses needing updating as you discover them, or if you wish you may write them down. By so doing, your to-do list for updating will grow and be ready for you when you take the time out to actually do the updating process.

If you require assistance in helping to identify a response to work on, please feel free to ask me. I have a great deal of experience in analyzing and understanding people's security systems and should be able to help you in this regard. In one way or another you will identify an out-of-date response that you have decided to update and we will move on to step 4.

Step 4

Follow the feelings back to their origin.

A response is a collection of feelings triggered by a cue. An out-of-date response is a response not meeting the standards of the True Positive Individual. Having identified such a response to update, in this step we find the original experience that led to the creation of the response-cue dynamic. In my example of Peter and the stove, we would find the experience when he was two and burned himself on the hot stove.

How do we do this? Finding the original experience out of all of the experiences of your lifetime is like finding the proverbial needle in the haystack. How does one find the needle in the haystack? Follow the thread. What is the thread? The feelings!

We use what has been called the affect bridge to connect with the initial experience that is stored in our unconscious. The affect bridge is what is used when a sound, a smell, a taste, a touch, or an image take you effortlessly back to some earlier event in your life. We all have done this many times before and do it totally effortlessly. We do it unconsciously. It is the feelings that take us back. You already know how to do this. You do not try to remember what happened to cause the response. You do not analyze, trying to understand why you might feel this or that when exposed to the cue. You just let your unconscious mind let the feelings take you back to the initial experience and it will do so for you.

The affect bridge for the response is already set up within you. Every time that you are exposed to the cue and the response gets turned on you bring the feelings from the past into the present. When you follow the feelings back in your U.M. to locate the initial experience, you are simply going in the opposite direction on the same feeling bridge.

The path is there - just follow it. When you locate the initial experience you may or may not become conscious of the experience. Again, this is not a conscious process. Therefore, upon locating it you may literally feel as if you were there in the experience all over again. On the other hand, you may be simply sitting in the chair with your eyes closed,

indicating with a yes signal that you have found the experience but have no awareness of the experience at all - or anywhere between these two extremes. There is no correct level of awareness, let the U.M. decide.

A response is a collection of feelings triggered by a cue. The feelings that make up the collection of feelings triggered by any given cue can come from one or more than one experience. For example, using Peter and the stove, Peter's present day out-of-date discomfort could come from an age two experience when he got burned on the hot stove, an age five experience when he cut himself on a sharp knife, and an age ten experience where he was beaten up - all in a kitchen. As a result, today when Peter reads the kitchen cue he feels a collection of uncomfortable feelings coming from all three of these experiences.

If Peter wants to update his kitchen response, he will have to deal with all three of these experiences since they are all contributing out-of-date feelings to the response. What experience should Peter begin with? He could start anywhere but I recommend that he start with the earliest experience. The response was built in real chronological order and if he wants to get to the root of the logic system of the response he will do so most effectively by beginning at the beginning. Your U.M. is fully capable of locating the earliest experience for you.

Please understand that you will not have to go to every experience in which the already-developed response was triggered after its creation. Peter may have walked into kitchens literally thousands of times since he created the kitchen response and had it triggered. He does not have to go to each of these events. He simply has to go where the feelings that fuel the response came from. In the example given above that happens to be only three experiences. All of the other times the cassette was just being played again. Some responses may come from just one experience. Others may have many experiences contributing feelings to the overall response. Each response is different. When the feelings have been followed back to the origin, step 4 is complete and we move on to step 5.

Step 5

Review the experience at some level of consciousness to understand the feelings and the reasons for the feelings

Having located the experience, the next step is to review what happened there, to understand what you felt in the experience and why you had those feelings there.

There are always reasons for feelings. We never feel anything for no reason. The feelings that are triggered by the cue may not make sense today when they appear (otherwise you would not be working on the response in the first place). However, there was some perfectly logical reason why you felt them at the time of the experience. You undoubtedly felt something in the experience since we followed the feelings of the response to find the experience in the first place. In this step, your mind is simply reviewing the data of the experience to understand what those feelings were and why you had them there.

Once again, because this is an unconscious process you may or may not become aware of the information of the experience. Whether you do or not is interesting but in a general sense technically irrelevant. It may be important for you to relive the experience or it may be

completely unnecessary or for some reason counterproductive for you to become aware of any of the information about it. Each situation is different for each person. Just let the U.M. do what it wants as it is processing for you.

When the U.M. has finished reviewing the experience to understand the feelings and the reason for the feelings it will indicate this to me with a yes signal.

Step 6

In the experience is there:

Fear?
Sadness?
Anger?
Shame or Guilt?
Physical Pain?
Other Discomfort?
Comfortable Feelings?

In this step we identify what the names of the feelings are in the experience being addressed. I ask - is there fear? Yes or no. Sadness? Yes or no. And so on for each of the feelings listed above.

As you indicate the nature of the feelings of the experience you may or may not become aware of why those feelings were present in that experience. Again (same chorus), this is not a conscious approach.

I list a number of uncomfortable feelings because realistically most times people are dealing with out-of-date discomfort. However, as discussed before, we can also deal with out-of-date comfort. You can have any one of those feelings or any combination of them.

You can have both comfortable and uncomfortable feelings in the same experience.

The purpose of this step is to ensure that the quality of the review of the data of the experience is high. In order to answer if there is fear, or sadness or any of the other feelings you have to do a reasonably thorough review of the experience. Essentially, technically, this is a double-check step. It is intended to encourage accuracy. Otherwise it is technically irrelevant to name the particular feelings of the experience. Once the feelings have been identified we go on to step 7.

Step 7

Establish the age in the experience.

At this point I ask the U.M. if in the experience you are five years of age or younger. If so, I ask if you are two years of age or younger, and so on until your age in the experience is identified. Once again, don't worry. You will be able to identify the age.

Of course, you do not have to become aware of the experience to identify the age. The purpose of this step is, just like step 6, simply to encourage you to do a good review of the

experience. It is a double-check step. In order to indicate how old you were in the experience you will have to do a reasonable review of its data. Otherwise, once again it is technically irrelevant to consciously identify the age.

Any experience that you have ever had can have led to the development of a response and can be accessed using this technique. Therefore, experiences before your development of conscious memory (believed to be at about age two), your birth experience, and even experiences before your birth can and probably have led to significant responses that now need to be updated and can be dealt with using Unconscious Updating. Your whole learned behavioral system is accessible to you using this method. Therefore, fundamental change is not only possible but probable.

Most psychologists state that we develop our personalities by about two years of age. Most of us have poor first-hand recollection of events before age five and none or virtually none before age two. If the most important events that affected our learned behavior to determine who we would be for the rest of our lives were simply inaccessible to us, we would be prevented from achieving real change. Unconscious Updating solves this problem by having the whole data bank available to be accessed.

When I was first introduced to the concept of dealing with very early childhood, birth, and particularly prenatal experiences I was surprised and skeptical. It had quite honestly never occurred to me that such early experiences could lead to learned behavior. Upon further reflection, however, I came to realize that from the beginning we are alive and therefore feeling creatures. Having looked after many pregnant women as a physician and having participated in the delivery of numerous newborns, it is obvious to me that one does not have to be outside of the mother to react to one's environment.

Years of doing Unconscious Updating, both personally and professionally, have consistently reinforced the ability to access these very early experiences as well as the importance of doing so. I could not imagine the point of using a technique that did not give one access to very early childhood and prenatal experiences.

One of my favorite statements to my clients to stress the importance of early childhood experiences is that if you can get to birth in good shape you are off to the races and if you can make it all right to age five nothing is going to stop you. Most people do not. Most of us became caged animals either even before we were born or very early in our childhood and have been behind bars ever since. As a result, we have no conscious memory of life outside of the cage and often do not even recognize that we are inside of it. Unconscious Updating gives you the opportunity to tear the cage down and explore the outside world.

Inevitably, once the topic of prenatal experiences comes up, I am asked about previous life experiences. My answer has been and still is that I do not know what to think about previous life experiences. As a scientist, I have no concept of how such a thing as a previous life could occur. The only exception to this is that I do clearly understand that the life force within each one of us has been continuous for four billion years and, therefore, in a very real sense all that is alive today is truly four billion years old. Thus, in terms of my direct ancestors, I can appreciate how experiences that they had have affected me to be who I am today. Whether my parents' personal experiences have led to learned emotional responses within me that I literally inherited from them, I do not know but I am extremely doubtful of this possibility. However, I have no concept of how experiences by individuals from whom I

have not directly descended could be somehow causing me to have out-of-date responses in my life.

I choose, therefore, to stay outside of the debate about the validity of previous life experiences since I honestly do not know. What I have told my clients in the past, some of whom sought me out specifically in order to deal with previous life issues, was that if they had learned responses that truly came from previous life experiences that were preventing them from self-actualizing and if these experiences could be accessed then this technique could do so for them. There is nothing in the technique that would prevent the individual from dealing with a previous life experience but I also do not encourage anyone in that direction.

In my questions to establish the age in the experience, I stop at the question whether the experience occurred before birth or not. This question allows for the possibility of a previous life experience. I used to have my clients indicate at what stage of prenatal life the experience occurred and in that process some of them indicated that the experience took place in a previous life. I do not know what conclusions to make of those answers.

This leads to the next obvious question. How reliable is the information given and what about the possibility of 'false memory syndrome'?

First of all, as you can see from the steps listed so far, all the information that I would have become aware of so far in the process is the name of the feelings that you had in the experience and the age that you were in the experience. No more. As you shall see in the steps to come, I do not gain access to any other information about the experience during the technique.

Furthermore, as stated repeatedly, you also do not need to, and may not become aware of the data of the experience in using this method. On the other hand you may. If you do you will have the option of telling me about your experience if you wish, although I in no way see doing so as a technically essential part of the therapy. In many cases, therefore, neither you nor I may have any awareness of the data.

Thus it would be impossible in those instances to comment as to whether or not the feedback received was historically accurate or not. That being stated, on many occasions many people have advised me of their past experiences and on the vast majority of those occasions there appeared to be no reason to disbelieve the data recalled. In some instances they went back afterward to externally verify the information and were able to do so. Having used this method personally, I have also had numerous instances to know that the information that I became conscious of was accurate.

Can one assume, therefore, that every answer given is both honest and accurate? I would have to answer no to this question. It must be appreciated that any data collection-retrieval system can be imperfect and it would be unrealistic to consider our minds to be somehow immune to that reality. To begin with, if several people are present for the same event, inevitably each one will recall it somewhat differently for several reasons. First of all, each of them experienced the event from their own personal vantage point and internal perspective and thus interpreted the data in their individual manner. One person may focus on one aspect of what was happening while another will completely ignore that aspect for another. In addition, different people have different degrees of accuracy in recording information. One will notice details that another would miss.

Furthermore, depending on a person's age and its developmental stage, it may truly not

understand what is happening in a certain event and interpret the information inaccurately despite its best attempt to do otherwise. Despite all of these factors, the relevant issue is that the person develops the response that it has based on its understanding of reality. The goal is to have a present day response which optimizes its self-actualization. Whether it falsely interpreted the data of the original event is truly secondary with respect to the purpose of the therapeutic exercise.

Concerning the retrieval portion of the storage-retrieval process, there exist possibilities for both inaccuracy and falsehood as well. Depending on the quality of the data review done, you may or may not clearly understand what took place at the time of the initial experience. It is for precisely this reason that this technique contains a great many quality control checking steps in order to attempt to maximize its accuracy.

Because the data can be processed at any level of awareness, the possibility of false information is significantly decreased with this technique. Why would the subject lie doing this type of therapeutic approach? Lying is the conveyance of false information. This false information could be conveyed to oneself or to others, in this case principally the therapist - me.

Lying to oneself is done to avoid confronting the painful reality of the truth. Unconscious Updating minimizes the potential advantage in doing so since it is a relatively less uncomfortable technique to use.

The purpose of the technique is to update out-of-date responses. To do so it is essential that the data of the experiences be processed so that a new up-to-date response replaces the old one. As you shall see and experience first hand, processing the data does not require you to relive all of your old pain. This statement may seem surprising since many other therapeutic approaches insist that you must experience or re-experience all of the old discomfort in order to overcome your past trauma. Such statements are false. Perhaps within the limits of the therapeutic methods being used by others they are accurate, but when using Unconscious Updating those restrictions do not apply. If you needed to have major surgery done and you could have it with or without anesthetic, which option would you choose? Unconscious Updating is as effective and revolutionary in this regard with respect to dealing with old trauma as general anesthesia was in the evolution of surgery.

In the process of dealing with the data of relevant past experiences, the majority of which are uncomfortable, in order to update your responses most of my clients find the process to be quite pleasant and comfortable overall. At times they experience mild discomfort and some clients on occasion become quite uncomfortable. In every case that I have observed so far, however, my clients have been able to adequately deal with whatever discomfort they may have experienced. Since confronting the truth is accomplished in a less uncomfortable way overall, the clients are less likely to avoid it and thus are less likely to lie to themselves in the process.

Furthermore, in dealing with information of past events, inevitably one will not always bring up the whole story to deal with each time. As a result, partial packages of information may be retrieved and worked on in the process of addressing the whole issue at hand.

If the information had to go to consciousness to be worked on, then one might start reacting to partial information which could lead to inaccuracy and misconceptions. If one were forced to deal with the information strictly consciously as partial information was being

addressed, in order to minimize discomfort or prevent some inappropriate reaction, false information may be sent to consciousness due to the technical restrictions that conscious therapy might impose.

Using Unconscious Updating, the information is dealt with at whatever level works best to change the response. If it needs to become conscious now - fine. Conscious later - fine. Some conscious and some not, now or later - fine. There is no correct level of awareness to process the data. As a result, the advantage of lying to oneself in order to deal with the reality of processing partial information is at least minimized if not completely eliminated.

Thus, the overall logic behind lying to oneself is significantly decreased with this approach. That said, this method is still all about confronting reality and if someone is not prepared to do this, it remains as possible for that person to lie doing this as with any other method. This is not truth serum. It depends on a genuine commitment to truth on the part of the individual involved. That commitment has to come from the client. However, if you know that you have this commitment, lying to yourself should be a non-issue.

In terms of lying to someone else, particularly the therapist, this approach helps deal with that issue as well. One of the reasons that clients would lie to the therapist would be to satisfy the therapist's preconceived notion of why the clients have the problems they have in the first place. If the therapist believes that a problem is due to sexual or some other form of abuse, the clients might make up stories (consciously or otherwise) in order to satisfy the therapist. Well, in this particular therapeutic method, I may not find out anything about your past experiences except that when you were two you had pain or when you were twenty you were sad. Such information will obviously not indicate to me whether or not my idea of the root of your problems is accurate or not. My knowledge of your data is irrelevant in a generic technical sense.

Another reason that clients may lie about past experiences to the therapist would be that they would not be comfortable sharing information with me, or perhaps with anyone, about certain things that they did or had done to them during the course of their lives. Well, once again, you do not need to do this with Unconscious Updating.

When I first started doing this type of work, the method that I used then involved having the clients become conscious of their experiences and then they recounted the events of the experiences. While the stories told to me by my clients were often very interesting (and certainly more interesting than just watching their fingers move up and down), I came to realize that what we were doing was both unnecessary and counterproductive in many cases. I have systematically looked for any aspects of the technique that prevented my clients from being able to most effectively update their responses, and eliminated whatever I understood to be unnecessary. It is in fact for this very reason that this method has evolved into one that is intended to be done independently. Obviously, the most significant way to eliminate any advantage in lying to your therapist is by ultimately eliminating the need to have a therapist to use the method effectively.

Therefore, in terms of the reliability of the information produced using this method, it is my opinion that overall, if anything, the information would be more reliable than that of any other method that I am aware of. When hypnotherapeutic therapies are attacked, the attack is often based on issues related to unreliability of information. While some of the criticisms are valid, Unconscious Updating has numerous features that minimize the

likelihood of such inaccuracy. In addition, I do not believe that therapies that are consciousness focused are somehow magically free of inaccuracy. I would suspect that the probability of false-memory syndrome, simple error, and outright lying would be at least as high if not higher using consciousness focused therapy for all the reasons already given. Furthermore, no therapy can force a client who does not want to speak the truth, for whatever reason, to do so.

The other important piece of evidence about Unconscious Updating that would reinforce the likelihood that the data being processed has a high degree of validity is that the process works! If you use this method you can and will update your out-of-date responses. I have met many clients who have tried many other types of therapies and none of them have told me that they had done elsewhere what they did with me. Furthermore, none of them advised me that they knew of a more effective method.

A psychologist client of mine told me that one hour of my method was as effective as one hundred hours of standard therapy. I believe that he actually underestimated the ratio. I do not believe that standard therapy is capable of giving the results that this method can, no matter how many hours of it you may receive. By the end of step 7 we have identified the age in the experience. It is time to move on to step 8.

Step 8

Does the U.M. understand the feelings and the reasons for the feelings?

Once again we have a quality control or double-check step in order to encourage accuracy with the method. If the answer is yes we move on to step 9.

Step 8 is actually the last step of the first phase of the updating process. Once we finish step 1, which is the opportunity for the U.M. to work independently, the remaining twenty-five steps are all to do with updating. These twenty-five steps can be broken down into three sections.

Steps 2 to 8 represent the first section. In this section the information that underlies what the response is and what it is all about is clarified. Therefore, steps 2 to 8 are all about getting the information organized. Step 8 in particular is a confirmatory step to ensure that the objective of the first phase of the technique has been accomplished.

Step 9

Would it be OK for the feelings and the reasons for the feelings to be shared within the mind at some level so that the resources available now could be used to deal with this?

Step 9 is the longest of all in terms of total number of words. Let us examine it section by section.

'Would it be OK for the feelings and the reasons for the feelings' asks if it would be all right to do something with the information of the experience that has already been reviewed.

'To be shared within the mind at some level' implies an information transfer. The data of the experience had been sitting in the U.M. ever since the original event in what corresponds to a file in a filing cabinet. So far in the technique we have found the file and reviewed the data in it to understand what it is all about. Here we are asking if it would be all right to distribute the information to a greater degree within the mind, either at a conscious or unconscious level (again with the understanding that the best approach is to let the U.M. decide to what level of consciousness it should go).

'So that the resources available now could be used to deal with this' means that by sharing the data within the mind, resources that were either not available or not used at the time of the initial experience could now be utilized to address the problems and issues related to the original experience.

Essentially, we are asking if the file could be taken from the storage area of the mind (the filing cabinet) and transferred to the problem-solving area (the work desk) to reattempt to address the issues relevant to the experience and the out-of-date response in question with the resources available now.

Resources are anything that gives power. Resources may be of many different types. There are physical resources, mental resources, financial resources, and political resources to name a few. When you have the opportunity to re-examine the experiences of the past and then readdress the relevant issues from your present position of power, you would likely be able to develop a new response that would be more in keeping with the standards of the True Positive Individual. It is understood that in so doing you must still look after the positive protective intent of the old response. However, with your present resources you could likely do so in a less limiting manner.

Using the simple example of Peter and the stove, it is extremely likely that adult Peter would have a number of resources that two-year-old Peter did not have that would be useful to deal with the scenario of being in a kitchen with a hot stove. First of all, he would have the mental resources of the knowledge which he would likely have acquired in the meantime to enable him to understand what a stove was, how it worked, and how to tell if it was hot or not. He would also have new physical resources. He would be taller so as to be better able to see what was happening on the top of the stove. He would have longer arms to be able to reach across the stove more easily. He would be better coordinated and so better able to control his body in different situations including around hot stoves. Having all of these resources, it would be most likely that Peter would have all that he might need to be able to

handle a kitchen situation with a stove extremely well without burning himself.

If this information transfer within the mind is acceptable to the U.M., we get a yes signal and then proceed to step 10.

Step 10

Share the feelings and the reasons for the feelings.

In step 9 we asked permission to distribute the information within the mind. Having received the permission, in step 10 we advise the U.M. to go ahead and distribute it. Of course, this distribution of information (putting the file on the work desk) may take place at any level of awareness.

Once the information has been distributed, we get a yes signal and move on to step 11.

Step 11

Use the resources available now to deal with the feelings.

Now that the information has been shared with the relevant areas of the mind, the resources that are present can be brought into play to deal with the significant issues related to the experience. In the example of Peter, he would recognize the mental and physical resources which he now possessed which he did not at age two which would be most useful to deal with such a situation in order to use the stove and kitchen effectively and safely as well. He would use these resources in this step, at some level of consciousness, to deal with the issues of this experience.

Once all of this has taken place, the U.M. will send another yes signal and we move on to step 12.

Step 12

Does the U.M. feel that it still needs the fear etc.?

In this step I ask the U.M. if, having shared the information and used the present day resources to deal with it, it still needs to keep the fear, the sadness, the anger, the shame or guilt, the physical pain, any other uncomfortable feelings, or any comfortable feelings from the experience? The answer is yes or no for each type of feeling. Even if you indicated to me at step 6 that there was only one type of feeling, fear for example, I would still make a point of asking about all of the different types of feelings.

The reason that I do so is because experience has taught me that at step 6 you might only indicate the presence of fear but at step 12 you might be indicating that you still need sadness.

For some reason, therefore, back at step 6 you neglected to indicate that there was sadness in the experience. If I did not choose to ask about sadness at step 12, these feelings could have been overlooked. I make a point of asking about every type of feeling every time

regardless of the previous answers. By so doing I get higher quality results. I recommend that you do the same.

Clearly, the point of the whole updating exercise is to get rid of feelings that are no longer relevant for today. With that in mind, it would appear that the only correct answer at step 12 would be no, that the feelings would no longer be needed. The real issue, however, is why do we need feelings from past experiences in any case? As discussed, they are needed as the source of power to run the protective responses. That is why two-year-old Peter held onto his discomfort of the burn experience in order to fuel this response in his security system.

A yes answer, indicating that feelings are still needed would not be a wrong answer. What such an answer would indicate is that there would likely be more yet to address before the U.M. could be satisfied that all the relevant protective issues had been adequately covered using the present day resources.

This could be done if the U.M. wished to do so. But let us make it simple for the time being and save such scenarios for the Variations explanation.

Let us say that the U.M. is indicating that no, it no longer needs to protect itself any longer by keeping these feelings. If such is the case, we move on to step 13.

Step 13

Find a way to become free of the feelings.

In this step, having come to the realization that there is no logic to retaining the old feelings from the experience, the U.M. is invited to find some way to eliminate them. This seeking of such a way is, of course done at whatever level of consciousness would be most efficient to accomplish this goal. Once such a way is found, it is time for step 14.

Step 14

Use this way to free yourself from the feelings.

Having found a way to liberate itself from the feelings in step 13, in this step this way is applied to actually get rid of them and in so doing change the response. This step may take place at any level of awareness.

I find it difficult to explain exactly what the U.M. is doing in steps 13 and 14, but having done this now thousands of times, I have discovered that when my clients reach the point of indicating that they no longer need these various feelings, they virtually never have any difficulty doing what is asked of them in steps 13 and 14. Nonetheless, let me use an analogy to attempt to explain what is happening in steps 12 to 14. Let us say that you had a security system in your home, and you had just put a new addition onto the house. What used to be an exterior door is now just a door going into the new addition. Up until now you had an alarm that went off every time that someone went through this door.

However, you realize that it would make no sense to keep this alarm functioning there since the door was now an interior door. Having worked this through mentally previously, in step 12 you would indicate that you would no longer need this alarm there. Having come to

this realization, in step 13 you would figure out some way to have the alarm removed from that doorway. Then in step 14 you would actually remove it. When the U.M. has finished using the way that it developed to become free of the feelings the yes signal indicates that we should move on to step 15.

Step 15

Review the experience again.

In this step, the U.M. once again reviews the experience that we have been working on so far to understand the feelings and the reasons for whatever feelings may still be there. This review, of course, may be done at any level of awareness.

In my Peter and the stove example, the U.M. would go back and once again review the two-year-old burn experience. Once this review has been completed, a yes signal indicates that it is time for step 16.

Step 16

Now in the experience is there fear etc.?

Having realized that you no longer needed the feelings, having found a way to become free of them, having then used this way to free yourself from them, and then having reviewed the experience once again, in this step we are simply checking to see if the feelings are still there or not. This is, of course another double-check step.

Just as in step 12, regardless of whatever feelings may have been indicated to be present in the experience, in this step I ask if there is fear, sadness, anger, shame or guilt, physical pain, other discomfort, or comfortable feelings. I ask about all of the types of feelings each time again to encourage a higher quality result with the technique. I recommend that you do the same.

The answers may be yes or no for each of the types of feelings. Assuming that the answer is no for all of the feelings, it appears that we have finished dealing with this particular experience. The feelings that you had been carrying around within you to run this protective response, perhaps for many years, are therefore gone and we advance to step 17.

Step 17

Are there other out-of-date feelings contributing to the response?

We have just finished indicating that the feelings of the experience that we have been working on up until now are no longer there, but now we ask if there are other out-of-date feelings contributing to the response that we have been addressing. Why are we asking this question?

Once again, a response is a collection of feelings triggered by a cue. The feelings

contributing to the collection of feelings triggered by any particular cue may have come from one or more than one experience. As I explained previously, the discomfort that Peter experiences when he reads the kitchen cue may have come from his age two, age five, and age ten experiences. In our example, although he has freed himself from the feelings of the age two experience, he has not yet dealt with the other two experiences.

At this point, therefore, the feelings triggered by the kitchen cue would not be the same as they had been previously because whatever feelings were coming from his age two experience are no longer there. Therefore, the intensity of the response would have diminished to the extent of the contribution of the feelings from the age two experience. However, because the feelings from the other two experiences remain, the response would still be out-of-date. It is relatively common to have more than one experience contributing feelings to a response. If there is more than one contributing experience, of course you have the option to go back and deal with the other experiences in the same technical manner that you dealt with the first. Until all of the experiences have been dealt with, the response will remain, at least to some degree, out-of-date. Just keep working on it and eventually it will be updated.

But let us say that at step 17 we are getting a no signal, indicating that there are no other out-of-date feelings contributing to the response. Step 17 is the last step of the second phase of the updating technique. It is in the second phase of the technique where the actual updating of the response takes place. Step 17 is, therefore, a quality control step to ensure that the objective of this phase has been achieved and thus that the response is updated. We now go to step 18, the first step of the third phase of the updating technique.

Step 18

Would it be OK to find some present day situation where this response would have previously occurred to see what would happen there now?

By this step we have apparently updated the response that you decided to work on back at step 3, in our example, Peter's kitchen response. In this, the third and final phase of the updating technique we will be checking our work or what I call projection. We will look for present day situations in which the response that we have been working on would have been triggered in order to assess how you would respond there now. Step 18 asks permission to do this. If permission is granted we move to step 19.

Step 19

Find such a situation.

In step 18 the U.M. indicated that it would be agreeable to finding a present day scenario where the response being worked on would be triggered. In this step it goes ahead and does so.

Within your mind, at some level of consciousness, you create a situation where the

response would be cued. In my Peter example, he would create a present day kitchen situation for himself. For example, the situation that he might create could be that he is frying eggs on his stove in the kitchen in his home today.

When the U.M. has created the situation it indicates such with a yes signal and we proceed to step 20.

Step 20

Proceed through the situation.

In step 19 the U.M. created a situation. In step 20 it runs through the situation at some level of consciousness. In so doing, you may actually feel as if you are there in the situation, or you may be totally unaware of what your U.M. is processing, and then it lets you know that it is finished by giving you a yes signal. You do not have to visualize the situation, but it would be all right if you did. There is no correct level of consciousness for projection into the situation. Let the U.M. choose. When it is finished and tells us yes, we go to step 21.

Step 21

Is the response different than before?

Having internally simulated the situation, we now ask if the feelings triggered there are different than they were prior to doing the updating that we have just completed. If yes, we move to step 22.

Step 22

Is the U.M. satisfied with the response?

In step 21 the U.M. indicated that there had been a change in the response. In this step we are clarifying if the degree of change is satisfactory.

A response may be different but not yet satisfactory. One would assume that satisfactory would mean up to the level of the True Positive Individual.

However, it is possible that, since you are going through a process of evolution, you may be temporarily satisfied with a lower level of improvement for the moment and then later on come back to do further work on this response. It is your system, of course. If the U.M. is satisfied, it is time for step 23.

Step 23

Are there any other responses in this present day situation that now require an update?

The U.M. just let us know that the response that we have been working on so far, in our example the kitchen response, is satisfactorily updated for the scenario into which we projected it. In this step we are asking the U.M. to examine the scenario further to see if there is some other response there that might also require an update.

There could be other responses needing updating in this internally generated situation for different reasons. First of all, because a response has changed, you may now be open to doing something that you never would have done before but discover that this new activity has some out-of-date response associated with it. This other response was never triggered before because the response that you just finished updating was preventing you from being in the situation where it would have been triggered.

Using our Peter example, let us say that Peter now feels great in the kitchen. Previously he did everything possible to stay out of the kitchen but now he feels quite comfortable being there. Let us say that there is a lighting fixture on the ceiling in the kitchen that desperately needs to be changed. Peter never considered doing this before because he generally stayed out of the kitchen, and when he did go in he made a point of getting out of there as soon as possible. However, now that he is so much more comfortable there, he realizes that this fixture needs to be changed and he wants to do so as soon as possible.

However, in order to change the fixture, he would have to climb up on a ladder. It turns out that Peter has a very uncomfortable response to ladders because when he was twelve, he fell off of one while picking apples and broke his leg, which put him in the hospital for three months. Although he has updated his kitchen response, his different approach to kitchens has uncovered this out-of-date response to ladders that he could now take the opportunity to update.

Another reason that there could be some other response in the situation requiring an update is that there may be several things happening in the scenario that you have created and you have only dealt with one element of the situation. To go back to our example of Peter in the kitchen today frying eggs on the stove, perhaps Peter's wife is there with him in the kitchen but she is in a bad mood for some reason. Perhaps Peter has a very out-of-date response triggered by his wife being in a bad mood and this response is being triggered as well in this scenario that his U.M. has created. Although he feels much more comfortable with his updated kitchen response, and although this response to his wife being in a bad mood has nothing to do with the kitchen response, he may choose this opportunity to address his out-of-date response to his wife's bad mood.

Situations that we create may have other responses requiring updating besides the initial response which brought you there. This step of the technique enables you to recognize that and, if you are interested, take advantage of the opportunity to update them. If, however, the answer at step 23 was no, that there were no other responses in this present day situation requiring an update, we would move on to step 24.

Step 24

Is the U.M. now satisfied with the approach to this situation?

The U.M. has indicated that the response that we were working on is satisfactory and that there are no other responses in the present day situation that it projected to that require updating. In step 24, another double check step, we are simply ensuring before we leave this present day situation that there is nothing else that needs to be done there.

If it is satisfied, we are done dealing with that present day scenario. That should mean that if you actually entered the situation that you had internally generated, your responses to that situation should be up-to-date. Realizing this should enhance your level of confidence in that situation, since you have already been through it once and you handled it in a satisfactory manner.

This exercise of projection is useful, therefore, not just as a quality control tool but also to increase self-confidence. The experience of successfully handling a situation, even if that experience took place within oneself, is extremely valuable.

Another very useful way to use projection is to examine upcoming situations in your life to find responses needing updating so as to be able to handle those situations as well as possible when they actually take place.

For example, let us say that you were going to ask your boss for a raise. You could have your U.M. project into that situation and then scan it to find the various out-of-date responses that you might have triggered there that would prevent you from handling that situation as well as possible. Upon finding those responses, you could systematically update them until you were satisfied with your approach to the situation.

If you project to some present day situation and indicate that you are satisfied with your approach to it, but when you actually enter the situation in your day to day life you are not satisfied with it, that would indicate that in your projection steps you missed something. Inaccuracy in projection results in poorer results. If such should take place you can and should learn to be more accurate.

Projection is a very useful aspect of this method and if done well can significantly improve results. When the answer to step 24 is yes, we go to step 25.

Step 25

Are there any other present day situations in which the U.M. would like to assess the response?

In steps 19 to 24, the U.M. projected the response that we were working on to a particular present day situation to assess the quality of updating done on that response for that particular situation, and to see if there were any other responses in that present day situation that might also require updating. We are at step 25 because apparently all of that had been done satisfactorily.

In step 25 we are asking the U.M. if it wants to project the response that was identified back in step 3 as being out-of-date to some other present day situation in which it would be

turned on to see how that situation would be experienced now.

Using our Peter example, there could be many situations in which his kitchen response was triggered, and so far with this technique we have only gone to one. We could try out Peter washing dishes in the kitchen, Peter reading in the kitchen, Peter in his mother's kitchen, Peter using the barbecue, Peter working in a restaurant kitchen, Peter at a Japanese steakhouse, and so on. There would be many potential scenarios in which the response could be assessed. It may be useful to do so just to find out if perhaps there is some aspect of the response that for some reason was not triggered in the first present day scenario that requires attention. Or, perhaps there is some associated response that it would be wise to update at this time. We would allow the U.M. to try out the response as much as it wished to ensure that the job has been well done.

When the U.M. has reached the point where it does not wish to assess the response further it answers no to step 25 and we find ourselves at step 26, the last step of the technique.

Step 26

Is the U.M. satisfied with the updating it has done of the response?

Step 26 is the final quality control step of the process. We set out to update an out-of-date response and now we are verifying that the job is done. It is also the last step of the third phase of the technique, the projection phase.

If the answer to this question is yes, the response is now up-to-date. The old response has been replaced by one which meets the standards of the True Positive Individual, or at least a standard that your U.M. accepts for the time being as it moves in that general direction. The updated response will now be triggered as automatically as the old response was before.

Peter will no longer be uncomfortable in the kitchen situation, he will not have to cope with his discomfort, he will not have discomfort to avoid there, and he will not have to try to behave in a comfortable manner. He will simply be comfortable and will behave like someone who never had his kitchen response in the first place.

It is possible that because the response is changed unconsciously and run unconsciously that he may not even realize that the response is gone. Perhaps he never even consciously realized that he had an out-of-date response to kitchens, even though he did and has now changed it. Perhaps others will notice Peter's change more than he will because they expect him to behave in the same manner that he has for as long as they can remember but suddenly he does not. For Peter, the change may be less obvious because he is just being who he is now. If the kitchen behavior was very noticeable to Peter, although his new response is completely automatic for him, he may realize that he is different and realizing this will please him and help him recognize that if he could change this, that there are other responses that he could change as well. His success in changing this response will enhance his confidence and commitment regarding further change. He knows that the old dog can learn new tricks and he now knows how to do it. Peter is empowered in a way that he never was before and this empowerment excites him. He is no longer stuck playing the same hand of cards over and over again. He can discard the losing cards and enjoy more success at the table. Life has

become an adventure and a big opportunity that he wants to take full advantage of while he has the chance. Knowing how to update his out-of-date responses has fundamentally changed his life. This knowledge gives him the opportunity to truly become alive.

CONCLUSION

I have explained the theory and method of Unconscious Updating. The technique described can be used to change any out-of-date response. Initially my clients do the technique with me. As they become more familiar, skilled, and comfortable with the technique and once they have learned to access their U.M. independently, are able get unconscious signals independently, and have memorized the 26 steps of the technique, they reach a point where they are capable of doing the technique on their own. I then introduce them to the Variations of the Basic Technique. Learning the Variations is a relatively simple process. Once the Variations are understood, they then carry on using the technique indefinitely. It is truly that simple.

At one point in my career I strictly taught Unconscious Updating and left out the rest of what now comprises Rational-Emotional Integrative Updating. I came to the realization that although Unconscious Updating is an amazing tool, it is still only that, a tool. In order for the tool to be optimally used, and in order for well being to be achieved, simply knowing how to update out-of-date responses was not enough. I came to understand that without a commitment to self-actualization, a commitment to having your genetic program be expressed to the greatest degree that it can be, and as a function of that a commitment to logically re-examining your rational and emotional systems with the objective of having them reality based, integrated and directed towards your self-actualization, the amazing potential of Unconscious Updating would not be utilized and the tool would end up sitting covered with dust in your mental basement.

However, with a commitment to become the True Positive Individual that you can be and the empowerment that Unconscious Updating provides, vitality and well being are genuine options.

You can get out of the cage.

The choice is yours.

UNCONSCIOUS UPDATING - BASIC TECHNIQUE

- a- Access unconscious - Relaxation
- b- Establish unconscious signals - Communication
- c- Steps:

- 1 Is there anything that the Unconscious Mind (U.M.) would like to do on its own?

If No or when the U.M. has done what it wanted to do on its own - go to step 2.
- 2 Does the U.M. wish to deal with experiences from the past in order to update responses?

If Yes - go to step 3.
- 3 Identify a response that the U.M. would like to update.
- 4 Follow the feelings of the response back to their origin.
- 5 Review the experience at some level of consciousness to understand the feelings and the reasons for the feelings.
- 6 In the experience is there:

Fear?
Sadness?
Anger?
Shame or Guilt?
Physical Pain?
Other Discomfort?
Comfortable Feelings?
- 7 Establish the age in the experience.
- 8 Does the U.M. understand the feelings and the reasons for the feelings?

If Yes - go to step 9.

- 9 Would it be O.K. for the feelings and the reasons for the feelings to be shared within the mind at some level so that the resources available now could be used to deal with this?
- 10 Share the feelings and the reasons for the feelings.
- 11 Use the resources available now to deal with the feelings.
- 12 Does the U.M. feel that it still needs the fear etc?
If No - go to step 13.
- 13 Find a way to become free of the feelings.
- 14 Use this way to free yourself from the feelings.
- 15 Review the experience again.
- 16 Now in the experience is there fear etc.?
If No - go to step 17.
- 17 Are there other out of date feelings contributing to the response?
If No - go to step 18.
- 18 Would it be O.K. to find some present day situation where this response would have typically occurred to see what would happen there now?
If Yes - go to step 19.
- 19 Find such a situation.
- 20 Proceed through the situation.
- 21 Is the response different than it was before?
If Yes - go to step 22.
- 22 Is the U.M. satisfied with the new response?
If Yes - go to step 23.

23 Are there any other responses in this present day situation that now require an update?

If No - go to step 24.

24 Is the U.M. now satisfied with the approach to this situation?

If Yes - go to step 25.

25 Are there any other present day situations in which the U.M. would like to assess the response?

If No - go to step 26.

26 Is the U.M. satisfied with the updating it has done of the response?

If Yes - Finished.

KEY POINTS

Response - A collection of feelings triggered by a cue

Out of Date Response - A response which does not meet the standards of the True Positive Individual

Process of Change:

- 1- Set goal
- 2- Make commitment
- 3- Action - follow path and eliminate obstacles i.e. update responses

To Update a Response:

- 1- Identify out of date response
- 2- Make decision to change response
- 3- Change response

Phases of Updating Technique:

- 1- Steps 2 - 8: Getting information organized
- 2- Steps 9 - 17: Updating response
- 3- Steps 18 - 26: Checking work (projection)