Cause and Effect VS Sequential Ordering of Events

Cause and effect occur in the psychological world only if at all extreme edges of experience. The more one has moved into S1 processing the less one is likely to have this experience. [Think Amish]

There is no cause and effect in the psychological world that compares to cause and effect in the physical world. [Think levels of abstraction]

Evaluation

Event > Sensory path to brain Filtered through S1 or S2

Examples

Letting go is not giving up.

Acceptance has a **physical** meaning:

A grounding in the reality of what is by releasing muscular tension and allowing bodily sensations-such as tightness, warmth, or a racing heartbeat-to exist without fighting, gripping, or trying to suppress them. It involves consciously relaxing the nervous system out of a fight-or-fight mode so the body can experience the present moment as it is...

and

A **psychological** meaning:

Active acknowledgment and integration of emotions, facts, or situations without judgment or resistance. Instead of attempting to ignore, alter, or struggle against uncomfortable truths, it involves allowing thoughts and feelings to exist as they are, which reduces suffering and creates space for adaptive behavioral responses

There are no failures-only the outcomes of nature

We are co-creators of our own reality/truth

Many dynamic problems are developmental

Levels of abstraction affect understanding

Beliefs create our experience to a large extent psychological pain in almost always optional

Need causes pain

Happiness is related to acceptance

Happiness is freedom from wants

Empathy can be harmful

Tools are a physical world metaphor

The concept of change prevents/interferes with differences occurring

The developing mind may be hardwired to see cause and effect-I doubt it

To get where we want to go, we must first determine where we are at.

A need to be right inhibits progress

Practicing accuracy in speech speeds up progress

For healing of S1 issues to take place only the energy of attention is needed. Do not work on it!

If one is **working** to get better the concepts presented <u>are not</u> being understood.

Conceptual patterns [umpires]

- Calling it the way we see it. S3
- Calling it the way it is. S4
- Realizing it isn't anything until I call it. S5

Children are delusional S1

Labeling creates experience.

Guilt- The body feeling that comes when we are unwilling to pay the price related to the decisions we make

Shame- The body feeling that comes when our image of self and our evaluation of self do not match

Reframing alters the experience.

Examples of reframing:
Control is an illusion.
Being out of control is an artifact
Change is a physical world metaphor
What will be is determined by nature not by our will
Speech is behavior
Choice is the metaphor of the psychological world