

To: The Productivity Commission (regarding the Draft Mental Health Report)

To whom it may concern

I make this submission, not from personal opinion, but from personal experience, and accordingly, could not let this opportunity be missed, as what I am pointing to is the fact that:

we are all innately mentally healthy, from birth, and the only thing that takes us away from that mentally healthy and connected state of mind, is getting lost in our own personally-generated thoughts -- nothing else, causes our mental ill-health -- nothing else, at all (birth defects and the like excluded, of course)
In a nutshell, that is it -- my submission, in summary.

This general, natural understanding, called the **Three Principles paradigm or understanding**, may be used to address the following three (3) fundamental questions of life:

1. **Who or what are we ?**
2. **How do we function ?** and
3. **What universal principles control each of our lives, and our very existence ?**

The answers to these questions should fall out as you read.

Generally

Before going into any detail, I would like to explain things, in very simple terms

In life, we need to appreciate what we each have been given, in being born, and we can then understand ourselves and the world we live in, as it is so beautifully designed - being for the benefit of all mankind, and always for the common good of all people, and for all forms of life - never only just for any particular individual, as we are all equal.

We each have everything that we could ever need, to live a happy and enjoyable life.

We are restricted only ever by our own thoughts, as it is through such thoughts, alone, that we understand and appreciate what life is, and how we only ever function, from within, through such thoughts, that we either;

- receive (thoughts) from our wisdom (***impersonally***), or
- **personally** create our own thoughts, ourselves.

Further, life is ***simple***, and only ever made complicated or complex by our own personal thinking, as I referred to in my opening summary.

In summary "Everything is possible, nothing being impossible, unless we think so" - accordingly, we are each **100% responsible** for ourselves and the world that we create and experience, **impersonally** and **personally**, and live in, together - physically, mentally, psychologically and spiritually."

If we perceive (create by thinking) any problems, we can look to ourselves alone, through our **wisdom**, to resolve them, **wisdom** being our highest level of understanding - without limit - from which every single problem may be resolved, most just dissolved, as our own personal thoughts and feelings are just **illusions**, that we have made up, because we can, when we disconnect ourselves from our true spiritual nature.

We also have been given both **freedom of thought** and **free will**, which when used inappropriately, create our **illusionary** problems, that only our **wisdom** can resolve.

Do I need to say any more ?

The rest of this submission, is really just an expansion and explanation, of what I have said above, using examples from life to demonstrate, that life is telling us every moment of every day, how to resolve our problems by using our **wisdom**, but we are **innocently**, missing those messages, and the related understanding, because those messages are "**going through to the keeper**" - namely we cannot score a run by hitting the cricket ball - namely we miss nearly every time, or at least miss hitting the ball, too often, and **fail innocently, to see that life is within us, supporting us, always - never, ever, against us, only ever warning us that we are disconnected/"off course", and through experiencing our negative feelings from our personally-generated negative thoughts, to change our mind, which we can do, but only when we know how to.**

I can hardly believe the clarity with which my writing above is coming to me - I have gone away to make a cup of tea, but had to come back to my computer, just to write this paragraph, to show the absolute power and energy that I am experiencing, that is available to all of us, as I am no brighter or sharper than anyone else, but my current level of awareness is so enlightening - so clear.

So clearly, "**nothing is impossible**" - you just need to be alive, to revel in the true nature of life.

All the resources and references, that I include below, as attachments or references below, or in this submission, are to assist explanation, because what I am saying, has to be experienced, in a heart-felt way, to really understand what I am saying, as life is primarily spiritual in nature, and words can never do justice to **that state of tranquility, that**

peaceful state of mind, from which we all live, ***as a backdrop or background of security and of our being***, whether we are aware of that ***state of peace of mind***, or not.

Further, "***nothing is important***", other than what each of us think is important, so nothing matters, in the big scheme of things - namely life is that wise, that it knows where it is going, whether or not we appreciate that fact, or not.

Be kind, respectful and grateful, and the world is yours to enjoy.

That is it - the various explanations and numerous examples, above and below, are to be appreciated, in that light.

Unless we can ***generalise***, we cannot "see the wood for the trees", or "the trees for the forest", namely we get lost in the detail.

We either see the detail and get lost in it, or alternatively, we see the simplicity in life and the solutions and lessons that are staring us in the face, always.

Life is "absolute" and "universal".

By "***absolute***", I mean "***unconditional***", namely that there are no conditions, reasons, justifications or circumstances that are going to change the ***absolute*** nature of life and its positive, supportive, wholesome and wise feelings, that are part of life, just "***being***", "***as it is***".

And by "***universal***", I mean that the same universal principles of life, apply to all life – namely including all human beings – involving both the formless (the unknown) and the form (the known) - which comprise both the entire physical world and the entire spiritual world, as ***one incredibly wise world***.

"When the pupil is ready, the teacher will appear", is something that has just come to me - I appreciate that it is a memory and a statement that I have heard before, but never, with the same conviction and understanding, as I now have of it, after saying to myself, in the car on the way to picking up Roxy (a female dog), and taking her back to our house, that I am available for more wisdom, if more is available, to include in this submission.

To me this is simply saying when you are "***open***" to more learning, that learning, will be provided, but one never knows the nature of what might be disclosed/learnt, which is really fun, which is a further lesson, ***in giving up control***, as we only think we have some form of control - and maybe only ever, over a group of people who are confused followers, or just confused, who are looking for some form of security, rather than people operating from their own ***wisdom*** – who knows ? I don't.

I encourage you **never** to be a follower, as by following someone else's ideas or beliefs, you give up your **freedom of thought** and your **free will**, and you are the looser, but also you are **innocently** falsely empowering the other person, the likes of a dictator (as the worst case scenario, who is not unlike Adolf Hitler, in Germany, during WW II, and some current day figures) who you are following **innocently**, possibly for your security **alone**.

However, be aware that **we are never alone**, our **innocent actions of self-protection or self-security**, may have appalling consequences on those people who we are **innocently disrespecting and disregarding, when taking any selfish action**.

Selfish action, of all forms - and there are many, many such forms - are always counter-productive to all forms of life - and are the **root** of many problems that the world has experienced to date, and is likely to experience - some of the problems it won't necessarily address, are some inexplicable physical ill-health, and natural disasters - like hurricanes, earthquakes, fires (not lit intentionally), cyclones, and other forms of as-yet undeterminable and unavoidable devastation, which if nothing else, should at least, give us some appreciation of the **absolute and immense power** behind the **energy of life**, that we can but, **respect and honour**, as without it we human beings cannot even move - it is central to our very existence.

"Each man is an island", for me, means each person is **100% responsible** for everything he or she is involved with or in, and when that **responsibility** is avoided, there lie the problems that arise.

We even have this concept of **responsibility**, **partly** incorporated in most legal systems around the world - in the case of **the accomplice**, who can be found guilty and be sentenced for being **an accomplice to** the same crime, as the accused, even for the same period of imprisonment, as in the case of murder, homicide and many other of the more serious crimes, but always dependent on the legislation within each country, all of which legislation, again is **man-made**.

I hope you appreciate just how much of life is man-made - including traditions, stemming from history, which may have little, or no value, today, and unless there is benefit to all humanity, such beliefs, traditions, and the like, may be hollow, and not last the test of time - just like apartheid (white supremacy) in South Africa, and anti-Semitism in Germany, both discarded views, which unfortunately are still given credibility by far too many - which shows that people are still **innocently** misunderstanding what life really is.

When we recognise what is really happening (unacceptable behaviour being displayed or acted out), we then have choices, but fortunately there is only one choice, and that choice is, **to rehabilitate everyone who does not understand what life is, and how they function**, as this misunderstanding is the **root cause** of all unhappiness and the ensuing unacceptable behaviour, but we still need to make people **responsible** for their every action, every time, as **responsibility** is **not negotiable**, like all the other **absolute universal characteristics and feelings**, like **love, compassion and peace of mind, that are all available, all the time, when so respected**, literally shutting out all negative thoughts and negativity and pessimism, in general, that together, give rise to unacceptable behaviour.

There is no other answer, to the world's problems, including the personal mental health problems of those suffering - the whole of every society, through every member of every society, have to take **responsibility** for their actions, but **society needs to support the necessary rehabilitation required**, in the interests of all citizens of each country, **being able to live freely and respectfully - namely not restricted by personal self-interest, in any form.**

This involves a massive change in direction, but there is no other choice - **respect everyone**; or you respect no one, and you thereby encourage irresponsibility and all the problems that go along with that **innocent**, but **totally disrespectful and irresponsible state of mind.**

We are either connected to our **heart**, or connected to our head, the latter, being simply a distraction from our being connected to our **heart**.

When you are behaving badly (eg. stealing), that is a fair indicator of your state of mind being at a low ebb, but if you do not understand life, you are essentially **innocent**, until you know what life is and how you function, so there is a **responsibility** to educate people about such matters, in the interest of that particular individual, as well as, in the interests of all other people, who may have their property stolen, etc, and in the interests of the community, as a whole.

Hence the need for comprehensive education for all children, from an early age, and for all adults, as well, about what life is, and how we each function, as you cannot expect someone to behave **well**, when they don't even know where their feelings and their behavior are coming from - now, can you ? But that is what we are currently expecting - as crazy as it may be, or may seem.

Life is **very simple**, but it is **very subtle**, as well, unless you understand and love yourself.

Because you cannot be connected every moment, of every day, to your **heart (your wisdom, your essence)**, it is important to be graceful, and positive, but avoid any form of negativity, as all forms of negative thinking will steer you "off course", rather than back to your **totally reliable wisdom, your wise state of mind, from which "anything is possible"**, at least psychologically.

When you wake up, via possibly an insight that you realise you did not create, this understanding will simply change your life, and you won't even know what has happened, but you may know and really feel it, but if not, other people however, will notice the change in you - hopefully it even happens to someone reading this submission - wouldn't that be nice.

If in doubt, be kind - "Be kind to one another, and yourself", or words to that effect - were Geoffrey Robertson's final overall message to me, when I went along to a breakfast talk he gave in Perth, in 2018 - a very wise human rights lawyer, who you should find out about - an exceptionally clear thinking barrister, working out of London, in his early 70's who has been involved in just about every large human rights related action around the world, over the past 40 years - see Wikipedia link: https://en.wikipedia.org/wiki/Geoffrey_Robertson , to gain an initial appreciation.

This understanding is not religiously based, but it is spiritually based, as that is what life is – life is the conversion of formless energy (spirit or energy) into the energy of form, and without energy there would be no life, no movement, no anything and no wisdom or intelligence, as they all rely on some energy as a creative power or force.

More Specifically

It is submitted that life is controlled by three (3) “formless”, universal principles, ***Mind, Consciousness and Thought***, “***that enable us to acknowledge and respond to existence***”, the principles being defined, further below.

The quotation immediately above, comes from **Sydney Banks’** book, **The Missing Link (Reflections on Philosophy & Spirit)**, pg 21, published 1998, referred to as, **The Missing Link, or Reference 1**, below, which contains a number of extracted sections and chapters, covering the three principles of, ***Mind, Consciousness and Thought, Wisdom*** and related chapters, that offer a comprehensive understanding of this **Three Principles paradigm**, and form an essential part of this submission.

Sydney Banks is the man who gave rise to this paradigm being developed, after he had had an epiphany (a powerful realisation/insight) in 1973, which literally changed his life, and the lives of many people who he then consulted to, who assisted it being developed into the **Three Principles understanding or paradigm**.

For that reason, I have included below, the most relevant portions of his book, **The Missing Link**, at the end of this submission, as they offer the opportunity of appreciating this **Three Principles understanding**, in **Sydney Banks’** very own words, after having read the main part of the submission, as it will offer an overall appreciation of the simplicity of this understanding, which is very important to appreciate, **as it explains how all self-created problems, including all mental health problems, can be, and continue to be, resolved, naturally and simply, via our wisdom, whether we realise it or not.**

This understanding, does not claim to be able to rectify all mental ill-health problems, that may involve chemical imbalances in the brain, and the like, although one day, it may be able to – who knows ? There are too many unknowns to be certain about nearly anything, but the ***existence and reliability of the wisdom within all of us, is one such certainty, without question, for me.***

This **Three Principles understanding** is not just a theory, as **it works, in practice** – it fails to work, only because many people are **extremely habitually protective** towards what they **think they know or believe, is best**, by referring primarily to their **memory**, as their main source of knowledge.

Our **memory** comprises our beliefs, opinions, prejudices, preferences, and the likes, being our own accumulation of **learned** knowledge, which is stored in and retrieved from, our memory. It

also contains all our language, and all our acquired skills, which we could never do without completely, and which make themselves seamlessly available, like when we are reading or driving a car – we are not always aware of how our memory is being used, as our memory is used both consciously and unconsciously, in looking after us.

That **habitual nature** - of being able to do things seamlessly, like drive a car, and talk, and listen to the radio, and not have accidents - that we all possess, causes many people to become extremely or excessively reliant on their memory, and therefore see the need to generate their own personal thinking, as important, until that attachment, to their personal thinking and memory, loses its appeal, through not being able to solve other than very simple, logical problems.

Such appeal, of relying upon our memory alone, or too much, is lost, possibly through “analysis paralysis”, or through our personal thinking process not offering appropriate solutions, or for whatever reasons, are the motivation to change tack – no two people will have identical reasons, because although we are all born equal, we each have **freedom of thought** and a **free will**, to think whatever we like, which means not even identical twins think the same thoughts, even if they wanted to, as we each experience our own thoughts and resultant feelings, in each moment, from within – that is just how we are wired, to experiencing life.

We can only ever experience anything outside of us, including our surroundings and surrounding circumstances, by the thoughts that we choose to entertain – namely, either:

- the thoughts that naturally come to us from pure observation (“**what is**”), or
- the thoughts that we create, possibly as a result of our feelings about that observation, or by some other thought that has taken precedence, for whatever reason, like thinking about what you are going to have for lunch, when you are in a classroom or lecture, which has no relevance to anyone other than you (“**what isn't**”).

When we experience **an insight**, we will have consciously or unconsciously stopped our personal thinking, and have just observed “**what is**” happening to us (**the initial thought** that comes to us, from our wisdom and through our awareness [of our (5) senses]).

Alternatively, we “**react to what we think is happening**”, and in doing so, have actually **created an additional personal thought** (or a number of our own such personally-created thoughts in an effort to counter **the initial thought** that possibly does not sit well with us), which is simply a distraction away from the **present moment**, which means that we are creating **an illusion**, relative to **the initial thought**, namely “**what isn't**”, as referred to above.

The present moment is the only place and time of real relevance, during which each thought is manifested/experienced as our feelings relative to each corresponding thought, one thought at a time.

It is also **an illusion** to think that you can think of two (2) or more things at the same time, as thoughts are processed sequentially, but so fast that you may be able to fool yourself that you are thinking about multiple things, but not simultaneously.

It is this very difference, in creating and processing (thinking) the **additional personal thought**, rather than processing **the initial thought**, that makes the massive difference, and stops us from appreciating life and all its beautiful possibilities – namely stops us seeing “**what is**”.

This understanding has the universal power that it has, because it is of a spiritual nature, not of a physical nature, like the **learned** knowledge of our brain and our memory. Although even the knowledge experienced through insights from our **wisdom**, ends up as **learned** knowledge, as well, immediately after an insight, and insights offer a spiritual understanding that allows us to change the way we live, as it shows us:

1. **how life happens, or operates**, largely regardless of how we think it happens, and
2. **how we function, only through our every thought, in the moment, from within**, regardless of how we may think we function.

The knowledge experienced via our **wisdom** is knowledge directly experienced, by each of us, from the energy of life, that supports life itself, not simply the logical conclusions we draw from our own thinking about things, as **our personal thinking** does not have the spiritual power of **wisdom**, only **the personal power**, namely it does not have the power to affect everyone alive, like the power of **universal wisdom**. In that regard we like nature, but with a voice.

Accordingly take with a bucket of salt (not a pinch of salt) what I am saying here, and what anyone else is saying, unless you get a feeling that such person is able to be trusted, namely they both “**walk the talk**”, not only “**talk the talk**”, and that trust, you can only get from a healthy supportive feeling, from your **wisdom**, which is much wiser than any of us can ever offer.

Without that healthy supportive feeling from your **wisdom**, make no decisions, nor take any action – rather wait for such a nice feeling of confirmation, from your **wisdom**, but do not be impatient, because you need to give up your control, not rev up or increase your control, otherwise you will receive nothing – guaranteed – “patience is truly a virtue”, especially relating to accessing our **wisdom**.

There is a different form of logic involved in the **spiritual and psychological spheres or realms**, namely the logic of the **psyche**, the **psyche** being the **soul, mind or spirit**, which is an **unconditional logic**, while the **physical world or realm (including nature)** operates on **conditional logic**, and never the twain shall meet – they are totally different – the **unconditional/conditional** characteristic making that massive difference.

When people get married they may think their love is **unconditional**, but when those same married people get divorced, they are unlikely to get divorced if their love is **unconditional**, especially from both partners, as **unconditional** means just that “**unaffected by any condition whatsoever**”, meaning no conditions, reasons, justification or anything else, will make you change your mind about your partner, because you understand that other person's **innocence** may be involved, just as, in the same way, you can see yourself and your own **innocence**, in getting **innocently** dragged into an argument about something that you might hold very dear, or see as important, and react to, rather than just observe.

Bolding and italics together represent the universal spiritual characteristics of life, while **bolding alone, represents the personal physical characteristics of life**, although not every word or phrase has been so represented on this basis, in this submission – it is more as a guide, to the fact that ***spiritual characteristics*** and **physical characteristics**, are so very different from one another, despite ***the spirit*** and **the physical**, actually just being ***One***, namely, ***all the same, exceptionally wise energy***, in either form, which accordingly cannot really be separated, anyway, other than, as separate **concepts**.

A **concept** is simply a **thought**, which shows that we have the **power** to make up **concepts**, like **beliefs, judgements, opinions, prejudices, and the likes**, which we store in **our memory**, which can be, and very often are, **unreliable** – in fact they are **all illusions**, as they are not **universal in nature**, and therefore, are **only ever of personal value**, despite being **innocently** followed by other individuals, for some reason or reasons, known only to those individuals themselves.

Further, **concepts** are not thoughts, created in the present moment, but created from our memory, as thoughts relating to the past, which have no true or real meaning in the present moment, as they have literally had their day (ie have happened) – they are illusions, as specified above, and therefore be dealt with, with caution.

My direct experiences of my insights – like all insights for all people - being, in my case, thoughts that do not come from me, or are not created by me, are accordingly **universal spiritual thoughts**, that can only have come from the **energy of life, through my wisdom**, however that may have been achieved - I really do not know how – but it does not matter – **that it happens**, however, cannot be denied.

How this takes place, no one may ever know, but I cannot deny that **I rely on, and trust in, my wisdom, and have the peace of mind, tranquility and security of knowing how I function**, and neither can I deny what I experienced, through many, many insights, many of which I have experienced while preparing this submission.

We are not dealing with a theory in this submission – we are dealing with an experience, from **wisdom**, that is available for every human being alive today to experience – namely, about 7.8 billion of us, according to the January 2020, figures, from a simple Google search.

We need to stop investigating behavior, which is after the fact of thought, namely the form, after the energy has been spent for that thought, and look to our **wisdom**, which I guarantee will solve the mental health problems and all problems of the world, obviously only those personally self-created mental health problems, excluding other causes of chemical imbalances, which may have a similar effect, possibly like some cancers.

A very simply quotation, by Sydney Banks, that says it all, is:

"All you have to know is everything is created from thought; you don't have to know anything else."

This quotation and about 28 other related quotations by Sydney Banks and others, may be found at link: <http://www.procrastinationpublications.com/295705287> and offer a fresh appreciation of this relatively new paradigm, which will become the predominant understanding, when **common sense** prevails, and people start waking up more readily, especially if this understanding can be taught in kindergartens and junior schools, and senior schools, so that the youngsters can appreciate from a young age, **how they function**, and how incredibly wise each one of them is, from birth, that nothing will hold them back, other than their own doubts and insecurities, to which minimal, if any, energy is to be expended.

Further Three Principles Resources may also be found at Jonelle's website home page: <http://www.procrastinationpublications.com/295705284>, which is really, really comprehensive.

Definition of Terms used in this Submission

According to Sydney Banks, the three "formless", universal principles of **Mind**, **Consciousness** and **Thought** explain the entire range of human behaviour and feeling states, and together, are responsible for the creation of all human experience.

Mind, **Consciousness**, **Thought** and **Wisdom**, have each been defined, largely based on the appropriate Chapters of **Sydney Banks'** book, **The Missing Link**, mainly because they are so insightfully, clearly and forthrightly stated. Various chapters of his book are available as reference documents, at the end of the submission (See **Reference 1**).

Further according to **Sydney Banks**, in his own words in **The Missing Link**, at pages 26-27, also repeated further below, the three elements together, are described as follows:

"All three elements - **Mind**, **Consciousness** and **Thought** – are the lifeline to our very existence. It is through these three elements that we have the power to realize the very existence of life.

Mental functioning cannot possibly exist without the three psychological elements. They are the building blocks of all mental behavior.

There are no more, nor any less, than these three. They create all human experience."

(Page 26, The Missing Link, by Sydney Banks)

"**Mind**, **Consciousness** and **Thought** are the complete Trinity of all psychological functioning. Without one the others are non-existent.

All living creatures, great or small, interpret what they think of life via these three divine gifts."

(Page 27, The Missing Link, by Sydney Banks)

The three (3) principles are defined as:

Mind (or Energy)

Mind is the energy and intelligence of all life, whether in form, or formless. The **Universal Mind**, or the **impersonal mind** is constant and changeable. The **personal mind** is in a perpetual state of change (The Missing Link, and Wikipedia)

Consciousness

Consciousness is the gift of awareness. Consciousness allows the recognition of form, form being an expression of Thought. (The Missing Link, and Wikipedia).

Thought

Thought: The power of **Thought** is not self-created. Thought is a divine gift which serves you immediately after you are born. Thought is a creative agent we use to direct us through life. (The Missing Link, and Wikipedia).

Wisdom

Wisdom: Spiritual wisdom lies within the consciousness of all living creatures. It is formless. The second it is revealed to a human soul, it has taken on a form that can only represent its true nature. **Wisdom** cleans the channels of your mind and brings sanity into your life. **Wisdom** is impersonal. **Wisdom** is immortal and unchangeable. **Wisdom** is the path to spiritual understanding. **Wisdom** is the path to psychological understanding. **Wisdom** brings **common sense to those who find it**. Seek without seeking, for what you hope to attain is already within you. (The Missing Link).

Psychology is the study of the mind, its thought, feeling and behaviour. It is an academic discipline which involves the scientific study of mental faculties, functions and behaviours. ... They also explore the physiological and neurobiological processes which underlie cognitive functions and behaviours.

[simple.wikipedia.org › wiki › Psychology](http://simple.wikipedia.org/wiki/Psychology)

What's Happening ? (I don't know, like all of us, but *wisdom* seems to be spreading, more freely – more naturally)

This general, natural understanding has been around for centuries, and millennia - namely, since the beginning of the human being - but unfortunately, only experienced and understood by a relatively small percentage (1% or lower) of people, over the ages, although they represent a large number of wise people, who through their work and careers, involving the entire spectrum of human endeavour, have made an incredible impact on the people around them, and to some extent, on life itself.

These examples of wisdom, have led possibly to the situation we find ourselves in now, ***of everyone being able to tap into their wisdom, which has been available, and obviously present, as it has been used by everyone, without realizing it, but because of that non-realisation, it has appeared as, largely dormant, for centuries – but that needs to change, for the benefit of humanity, as people are missing out on the true experiences of life, such as love, bliss, compassion, and all her brother and sister positively overwhelming feelings, that I am grateful to have experienced, and continue to experience.***

I have no claim to being any better than anyone – I am a just a very ordinary, grateful human being, wanting to share the beauty of life and all its infinite possibilities with every single human being alive.

This may sound strange, but there is no hidden agenda here, at all, and it does not involve any religion at all, only the fact that ***we are all spiritual in nature***, and from that understanding the rest of this submission, just flows, like a river, through us all, whether we are aware of it, or not.

These wise people, referred to above, through their books, poetry, quotations and other of my references, have clearly shown that they must have transformed themselves in the realisation that life is primarily an ***energetic and/or spiritual experience***, as they acted (and continue to act, if they are still alive) contrary to the direction that their society and/or the world, at the time, sees (or saw), and see (or saw) the ***momentary truth(s) of life***, but did so, with such real conviction, that they will never be forgotten, because such experiences involve an undeniable feeling of contentment and understanding.

Maybe this is just evolution, in progress – I truly don't know – I have no explanation – but I feel it happening – and it is a very pleasant, warm feeling.

This submission is essentially a lesson, by me, in pointing to what I see as ***the obvious, natural and simple way in which life functions***, and we, as human beings, all function exactly the same way, in terms of three (3) basic, universal, controlling principles, ***Mind, Consciousness and Thought***, and have so functioned, since man was born.

I am so grateful for this natural understanding that I have been fortunate to experience and understand, largely because I have such peace of mind and contentment, in the moment, most of the time.

I don't know what is really happening to me – although I do – I am trusting in my **wisdom** to help me prepare this submission, and it is happening, - because I am literally having an epiphany (revelation, many insights), in the process of creating this submission - hopefully that becomes, or just is, evident to all who read it – that they might each benefit - I could not ask for more – even if one person benefits, that is a move in the right direction, for life itself.

Most of the time I naturally think positively, because I largely want to experience the beauty of life, through my positive thoughts and optimism, namely through such a state of mind /attitude - **why would you impose negativity on yourself, and all the corresponding negative feelings, when it is unnecessary – understanding that my life is simply me, experiencing my thoughts – no more, no less - that's it ?**

When I am at peace with myself and content, and have nothing on my mind, I experience **insights**, namely thoughts that just come to me, and when experiencing these **insightful thoughts**, I just act **naturally**, and do what appears to need doing, without any effort - life just happens – for me, and in front of me.

Sometimes I even scare or frighten myself, with my own negative thoughts, but usually only for a split second, but sometimes I'm just an **innocent** slow learner, in realising, that I have caused it all - namely, as a direct result of my negative thought(s)/thinking, I get a negative feeling – and as we all know there is a world of difference between positive and negative feelings – **follow those naturally positive feelings – that is the only way to a happy life (and a happy wife/husband/partner/boyfriend/girlfriend !!) .**

From listening to my thoughts and just observing the corresponding feelings, without reacting to such thoughts and/or feelings, I have observed that I am directly **responsible** for each feeling that I experience, as each feeling corresponds to a particular thought – there is a 1: 1 relationship **"thought: feeling"**. Remember also that the feeling, just ends up as another thought and subsequent feeling,

It is through this process of listening and observing (without judgement), that I have been able to experience and understand **how the world operates** and **how I function**, and because I see myself the same as, and no different to, anyone else - just an ordinary human being - having been given life, and all the gifts that come with it, like everyone else (but for birth defects, and the like) – amusingly, we all seem to be dealt a few problems, almost as a wake-up call to use our **wisdom**, possibly – or maybe we just make up all the problems, in our heads (in our ego)? We definitely make up some of our problems – maybe, nearly all ? Who knows ?

Listen and observe, and your wisdom may kick in – try it in your own time, anywhere – your surroundings and/or circumstances, mean **nothing**, unless you think they do – just stop intervening with your not so wise thinking – let your wisdom have some input – you will be very pleasantly surprised – **my guarantee** – contact me, if it does not work – I hereby, authorize the

Productivity Commission to contact me, and preferably give your mobile number to me, and I undertake to contact you, the same day that I am made aware of your approach to the Commission.

Remember, that I can only ever point you to your own inner **wisdom**, in the end – we each are responsible for our own experience of our entire lives, whether we realise that, or not.

I have digressed – been distracted – my apologies.

Through this same listening and observing process, I have been able to see how **innocently**, ignorantly and arrogantly I used to act, but now can see the similar **innocence** in the behaviour of both myself and of others.

As a result, I now take 100% **responsibility** for my entire life, as I see myself creating my entire experience of life, through Thought (my thinking), in the moment, thought by thought, and literally, at times, can't see why others can't see it as well, but understand why that is.

I also see that I am the only person who can **teach** me anything, because anything new that I learn, I can only ever learn, via Thought (my thinking), as that is the only way that any one of us can experience anything - from our own experience, there is simply no other way to experience life, other than **from within** - there is no way that anything outside of me can be observed, learnt, judged, compared, or affect me, etc., except via my ability to think (via my thinking) about it, and thereby experience my feelings through my five (5) physical senses.

Although our wisdom is often referred to as our 6th sense, it is not really a sense, like the other 5 senses, but offers us each, all the answers to life, that we could ever hope for, as to experience wisdom, allows us to appreciate:

- **who and what we are**,
- **how we function**, and
- **how life operates**, and

most importantly, that **wisdom** is there as a **permanent fixture**, on which one can rely wholeheartedly, and without any doubt whatsoever, and there is nothing in life – no absolutely nothing – that even comes near to offering one, the security offered by being able to know and trust that you are **sane**, and that **insanity** is only ever going to be caused by one's own confused or misguided, negative thoughts, which you can just stop, **at will** - other than, for a birth defect or injury, that may be causing your body to act in an unnatural way)

The Webster's Unabridged Dictionary defines **wisdom** as “knowledge, and the capacity to make due use of it.”

Wisdom is an understanding that allows one to really acknowledge that we are all **spiritually based individuals**, as without any **spirit**, we would not be able to function in any way, nor move at all – **spirit** is the power behind all our gifts, **wisdom** being just one of those gifts, as well. All such gifts come with the natural ability to use such gifts, to enhance our lives.

Wisdom offers us a truth of understanding, that is reliable and permanent, and accordingly offers sanity to everyone, especially those suffering from mental ill-health, because the mental ill-health is caused by our own unrecognized attitude, negativity, pessimism and lack of understanding of how we function.

Wisdom is crucial for living a quality life, which largely comes from understanding how we function, as *how can you function well, if you don't know how you function ?*

It is an obvious statement, but so many people do not know how they function, and are causing their own problems, without realising the need *to ask the obvious question, of our wisdom.*

Although we are all born equal, the differences we experience are created by our different personal thoughts that we create, and we either **accept** the feelings, "**as is**", or we **react** to such resultant feelings, by automatically drawing/extracting some knowledge from our memory, in an attempt at answering what is happening, but failing to realise that **life is a moment to moment experience**, that if we are distracted away from the moment ("**the now**", or "**the present moment**"), that we have **lost that opportunity of seeing "what is"** happening in that moment.

Memory is just our beliefs, judgements, opinions, prejudices, preferences, etc, that you have seen as needing to be stored away, for some reason or justification, thereby defining yourself by what you regard as such reasons or justifications - important, amusing and any characteristic, that you see, as requiring to be stored, for later recall.

Reasons and justifications, and conditions, all appear to be relevant to us, in the physical world - the world of form - but are only just further **illusions** (ie made up, and mean nothing), as they are created by individuals from their personal thought system, but experienced as though they are real, as if you align yourself with your memory, which likely contains misunderstandings, your memory therefore is unreliable, and of questionable use to you.

Reasons, justifications and conditions, however, do not exist in the unknown - the spiritual/non-physical world, from which we are able to experience universal impersonal thoughts (sometimes known as Original Thoughts), via insights (insightful thoughts), and these involve the real, universal, unconditional feelings of love, compassion, bliss, joy, trust, happiness, calm, and the likes.

It is important to be aware of the **absolute** nature of the universe, as opposed to the **relative and illusionary** nature of personal thought, that is able to appreciate universal qualities, but as individuals our thoughts can never be of **universal** application - a thing that the individual needs to understand, as were it understood, Hitler would never have been allowed to come to power, as the power of the voting public would not have been swayed by policies that were never able to be applied **universally**.

Further, although we are all equal, we are very different in how each of us respond to (think about) life, and are highly influenced by our upbringing, but only in terms of how we think about every single thing, without exception - as that is the only way that we can have

different views - because that is what we each decided (thought), at the time, to store or not to store things in our memory.

This understanding, through the natural changes that I have experienced, have been and continue to be, absolutely life-changing for me, and I need to share this beautiful experience, so everyone else can appreciate how truly awesome life is, when you can wake up to "**what is**" actually happening, not what you "**think**" is happening, because the latter "**thinking**" has very little value, by comparison to **the incredible feelings you can experience from the universal characteristics and qualities, like love, joy, compassion, peace of mind, to mention a few**, as opposed to the personal characteristics and qualities of the feelings created by **both personally-generated positive and negative thoughts**, which can **never** attain the heights/pleasure/beauty of the feelings of their **universal equivalents** - it is a sheer **impossibility**, but not one that has been seen to date, by many people .

The impact of this generally-applicable understanding, will unquestionably have an incredible impact on every aspect of human endeavour, as well as, on the true quality of life experienced by everyone alive, without exception, as it is central to how we each function as human beings, and accordingly needs to be adopted and taught in all school curriculums, as early as possible, as well.

This too will improve both the mental health and general health of everyone, as the likes of stress and worry, generally, will be seen for what they are - **illusions**, created only by the thinker, who will start acting naturally once (s)he has started being aware of experiencing **insights** - as from then onward, **you appreciate that you are being supported and maintained by life, all the time, which you had not appreciated before that.**

We are dealing here, with a completely life-changing understanding, which will have enormous benefits to the world, as a whole, for the common good, without any doubt at all, but to date, has been obscured purely by man's **absolute innocence**, which hopefully gives some appreciation for my choice of the adjective, "**absolute**", as meaning "complete and final" - **we have deceived ourselves, for far too long now – have we not ?**

Specific (a consultation with myself – an appreciation)

The following few pages represent me almost having a consultation with myself.

This portion of the submission I have done mainly on a question and answer basis, in a similar manner to how a client consultation may take place, with me being largely connected to my wisdom, in a similar manner to the rapport that would be encouraged between a practitioner and client, to allow the client to be relaxed in themselves, with a view to taking them deeper in their understanding of themselves.

Further, the practitioner is largely seeing the innate health of the client, and encouraging that innate health to be brought to the fore, not concentrating on the ill-health of the client, although the client may well want to talk about how (s)he feels, and it is important that the

practitioner concentrate on listening and hearing "**what is**" happening for the client, as our "speech" is literally a window to our state of mind, which state has to be appreciated, before any sensible, relevant questions may be asked of the client.

In preparing this submission, I have just realised that when I am prone to giving instruction, that my personal mind - my ego - has **temporarily, innocently, taken over**, thinking that I know something or "some truth", rather than just continuing to listen and observe life, as it happens, without any judgement or opinion.

Another way of seeing **these four (4) bolded words above**, is that "I genuinely think I am personally in control, for a moment", but very quickly realise that I am deluded (tricked, wrong) - I am not in control - I just think I am in control, for that moment of **innocence**, for my personal thought system (ego), cannot be trusted, unfortunately, because it is always just trying to protect me, via **habitual behaviour**, as it may appear to me, but what do I know personally? - "**nothing**" really, - absolutely nothing - my intelligence (my understanding), comes from the **universally available, energy of life, common to all of us** - namely, **from my wisdom** - nowhere else.

For clarity, throughout this submission, I have used **bolded italicised words** to point to **the spiritual nature of life**, and **bolded only words**, to emphasise what is not referring to our spiritual nature, but to **our physical nature**. Everything comes from the spiritual nature of life, even the physical side of life - what we can touch and feel, etc, - so appreciate that **every word of this submission**, should really **be bolded and italicised**, as we are a spiritual beings, each experiencing life from within our physical body, **unable to do anything, without three essential, universal principles, that allow us to experience life**.

Once defined, I will only use bolding and italics, or bolding alone, when referring to these three (3) essential, universal principles:

These looser definitions, are the more practical views of the 3 fundamental universal principles:

- **Mind**, the use of the gift of life, namely the energy, that allows us each to experience life - call it what you like;
- **Thought**, our only ability to think, and thereby experience life, our surroundings, our self, the universe, etc. - in all its glory.
- **Consciousness**, our ability to understand, and be aware of our surroundings, our self, the universe, etc., and how we create our own experience of life, that allows us each to experience our thoughts (our thinking) through our five (5) senses, in the form of an incredible kaleidoscope of animation, each moment, experienced differently for each one of us, as we each can only ever experience life, from the thoughts that we each **innocently** and/or **intentionally**, choose to entertain, because we have the gift of **free thought** and **free will**, which are also **universally** available to mankind - to you, to me, and to everyone in the universe (other life forms, possibly in other universes or galaxies?).

Even death has a message for us, namely to accept life as it happens, and to realise that we have little control, if any, pointing us back to aligning ourselves with the love and beauty of the spiritual nature of

life, which is **responsible** for creating all of our experiences of life, and for which we are each equally **responsible** - each one of us - whether we acknowledge and accept that **responsibility**, or not.

It is that **simple**.

Only we, each human being, through our personal ability to create whatever thoughts we choose, do we create the **complexity and resultant problems** for ourselves and for the world we live in, that create the likes of **fear, uncertainty, embarrassment, lack of confidence, inadequacy, mental ill-health, depression, abuses, doubt, criminal activity of all forms, aggression, suicide, murder, homelessness, war, global warming, nationalism, human stupidity of all forms**, to mention just a few of the **negative effects of a pessimistic attitude to life**, both personally and globally.

Life is a state of mind - an attitude.

What attitude do you have toward life? **You will wear that attitude, until you change it – we are each responsible for our own experience of life, whether we are aware of it, or not.**

And an attitude is either **positive (helpful and/or healthy)** or **negative (unhelpful and/or unhealthy)**.

There are no matters of degree of being **right** (say, **positive**), or degrees of being **wrong** (say **negative**), whatever the individual may think, from his/her personal mind (ego), is how it is for him/her.

It is important to appreciate that we each have our own personal definitions of **positive** and **negative**, and every single word that we use, whether in the dictionary, or not, as the dictionary is only really assisting us in being more precise and clear in our communications.

Also some **attitudes** in life are universal, while others are personal, and it is only our personal attitude that may affect and effect whether a particular attitude is positive or negative, and therefore correspondingly, of universal or personal application.

Personal thought can never have **universal benefit and value** - **no, only ever personal value, to that individual, alone** - it is only ever an **illusion** or **belief** in one's own self-importance and knowledge, when identifying one's self with one's physical nature (one's body or career etc), rather than with one's spiritual nature - **one's wisdom** - where the **power of true universal creation lies**, and from which the love and beauty of life's experiences, just flow, **naturally** - there is no effort required - if effort is applied, one just loses that nice feeling, through having been distracted and hence, disconnected, from experiencing **Possibility**, a spiritual state of mind, with no limitations, whatsoever, which is being in a state of **wisdom**, which although incredible, does not necessarily last all that long, but can do, especially "on and off" over an extended period of time' like weeks, from my experience.

Accordingly, each person needs to be aware of his/her attitude, otherwise without that understanding (or awareness - both have the same meaning), we **react** to what happens in life, and create, with ease, all our problems, and the problems of the world, because we think we are **right and justified**, in doing so, but there are no reasons, justifications and conditions, anywhere other than in the physical realm, as has been discussed earlier.

Take Hitler's Germany as a clear example of an attitude that was never going to be of **universal** benefit, despite the **innocent** support for his vision - his vision being tainted.

Another example is apartheid (racial discrimination) in South Africa, in being an attitude that would never prevail, in the long term, as it was never ever **universally beneficial** - only beneficial to a minority of "whites" by definition, who were imposing their views on the majority of non-"whites" - how narrow-minded can you get ?

We need to appreciate that we are all accessing **our wisdom**, at different stages and times during our lives, but most of us fail to acknowledge that we are **being permanently supported and maintained, throughout our lives, by our wisdom** - we **innocently**, think that we are quite bright, or even brilliant, without recognising the actual real source of such incredible qualities – is **our wisdom**, yet again.

When we are born, we are born with literally a blank or clean slate, but for the benefits of continuing evolution which we all have the advantage of, anyway, but also the disadvantage of birth defects, unfortunately - who knows what causes such defects - I don't, but maybe we will eventually, when we are all using **our wisdom**, rather than our memories, to solve our problems, which are only figments of our imagination, taken seriously, but still, just **illusions**.

Our memories are just our storage facilities, which are very very useful, but they contain only information, understanding, knowledge and everything that we have regarded as important enough to remember, based on what we have thought individually about the entire accumulation of our life experiences, to date - namely all **learned** knowledge, for personal reference, as no one else can reference it.

When you speak from your memory, which unfortunately is from a state of **impossibility**, because you have chosen, in that moment, to reference your memory, rather than "being in the moment" - effectively you have **innocently** said "**I know**", but you clearly have only referred to your personal knowledge (your memory), as a choice - effectively denying, yet another opportunity, to be connected to life itself, to your most creative state of mind, the state of **Possibility** - that state of being which is always present and waiting in the formless state of **your wisdom**, for you to access it - your own thoughts being your only hurdles, to overcome.

Your wisdom is always present for you to access, but **are you present ?**

That is the \$64 million question, you are being asked, every moment of your life.

Why play Lotto every weekend, every day, or whenever you do or don't play it, on principle, or for some other reason, especially when you have the answer to life, awaiting your attention, right under your nose.

If that is not human stupidity in action, what is ?

Do not feel embarrassed (that's just a waste of energy - yet another disconnection from the present moment), for that **reaction**, won't achieve the **awakening** that each person needs to experience, through the understanding, readily available **from their wisdom**.

Put your money where your mouth is - ***back yourself - the odds are already in your favour - why look elsewhere ?***

You are wasting your money and your time, while ***your wisdom*** has all the answers, that you could ever hope for.

You have been given life, but seem to not appreciate what you have been given - I certainly was like that for too many years – too many decades.

There is no religion involved here, telling you to do anything or not telling you do some things - just ***plain old common sense***.

What I am just suggesting is, that we are so ***innocent - all of us - no one excluded***, - that we cannot ***see*** what is staring us in the face - how many times, do you go to the fridge, because you know something is there, but you still cannot see it, despite it being there, staring back at you - and have to go back to the fridge two or more times. I do - too often.

We are creatures of habit - habitual in our nature - fortunately only a small portion of us are habitual criminals, or habitual alcoholics or habitual in many other ways, that affect our mental health, which is perfect to start with, from birth, but gets affected by our bad attitude, which we somehow don't see as causing the problems that we experience, habitually.

Can you see how incredibly determined your ego - your personal thought system - in the form of your habitual nature, is - in wanting to protect you - no matter what ?

We all have more than a PhD - a Doctorate (a post-graduate degree - a Doctor of Philosophy) in "Habitual Behaviour".

I prefer to see it as a PHD (all capitals, meaning a Post Hole Digger, because you need one of those to dig you out of the quagmire (a soft bog, mess or awkward predicament), that we somehow get ourselves into.

Life is obviously tricking us. Are you prepared to concede that fact, or not ?

If not, that is your choice, and we all are ***responsible*** for our every single choice in life - we wear all our ***choices*** (just thoughts), ***in each of our corresponding resultant feelings*** -

We each generate good feelings or bad feelings - our thoughts, positive or negative, offering such corresponding feelings - namely good feelings from positive thoughts, and bad feelings from negative thoughts - that is just how life operates or functions -that's it - accept it "***as is***", as fighting it, will guarantee you a ***negative feeling***.

"***How do I change?***" you may still be asking yourself, or maybe the penny has just dropped (namely, you now have temporary momentary understanding).

Maybe you need to go back to the beginning, and start again, this time, first drop your own judgements and opinions, about what I am actually saying, not what the words might be saying to your memory.

I'll leave that choice to you. I am just trying to be understood, but true understanding only happens when both parties are in rapport with one another, namely understanding one another - not necessarily agreeing with one another - for to hear something new, is like drinking wine - if you don't like the wine you have, in your glass, you don't buy a better quality wine, and add it to the wine you don't like, because it will taint the flavour of the better wine, as well. No, you obviously throw out or pour out the old wine first before pouring in the better wine, or better still, ditch the old glass and wine, and pour yourself some of the better wine into a clean glass, and bingo, your experience of life will improve.

You always have options - realise that there are options - it is your life - you have everything going for you, just because you are alive, and can wake up to that fact - never just give up - you will be the loser, without doubt, if you place your problems in the "too hard basket" – persevere, and your quality of life will improve immensely - I guarantee, but only to the extent that it happened to me, and you can guarantee that it will happen to you - it's a done deal - what are you waiting for - just start by **listening and observing**, without accessing your memory, and it could happen, provided you have an **attitude of gratitude** for what you have as well.

If you know what you want, get to it, and if you don't know what you want, you will get it anyway - nowhere - so you will always get what you think.

"***I think, therefore I am***", says it all, in 5 words – **René Descartes**, less than 400 years ago, had such a clarity of thought, initially in Latin, translated into French, and then translated into English, and he was no brighter than you or me, or anyone else, but he understood, fairly clearly what he was saying, although it is possible to say something, and not understand the full impact or meaning of what you had just said. The Stanford Encyclopedia of Philosophy website offers a comprehensive document, at link: <https://plato.stanford.edu/entries/descartes/>, stating, as follows:

"**René Descartes** (1596–1650) was a creative mathematician of the first order, an important scientific thinker, and an original metaphysician." (Excellent reference document, but not part of my submission)

That same situation happened to **Sydney Banks** which gave rise to his epiphany in 1973, which epiphany was described as "**The Experience part 1**" and "**The Experience part 2**", in the lectures **5 and 6, from March 3-5 March 2000, of the Long Beach Lectures, California, USA by Sydney Banks**, each 17 minutes of fascinating streaming video, found at <http://sydbanks.com/longbeach/>, that is best savoured - see the list of resources at the end of my submission, for this and other resources, including the above link, as **Reference 19**.

Clearly there is much more to life than about 99% of people comprising the population of this planet, are aware of, which is stated as 7.8 billion people, as at January 2020. I hope I am wrong, but as 1% represents 78 million, I am definitely understating the situation it's more like 99.999, which equates to 780,000 people are in the know about how they function, and how life operates, which means 1 ten thousandth of the total population.

Clearly life is **attitude-based**, from my experience, alone, and people are **innocently unaware of just how incredibly wise and powerful they are** through being able to change their mind whenever they choose, but somehow most of us have accepted a physical life, by identifying themselves, as being in competition with other physical people and entities, rather than seeing ourselves as the spiritual, energy that creates all the physicality that we are all fighting over, but to what end ?

Although our fathers and all our forefathers have improved the situation on Earth immensely, the bulk of them were also totally and *innocently* deceived, as they were seeing life as primarily of a physical nature alone, but *it is primarily of a spiritual nature*, without any doubt in my mind - I can see the *innocence in action*, my own included, when I sometimes get sucked in by my ego, and the **habitual nature of the ego**, which for me, can only ever rely on my memory, which is only ever the accumulation of all the understanding that I have directly or indirectly, consciously or unconsciously, placed there, from birth, to date - definitely, no more - all of it having been processed by, and remembered by, my brain, which is only like a computer - sometimes referred to as "Rubbish in, Rubbish out", in the case of a badly designed computer system or application, in other words, "the information is only as good as the information that has been stored in it", and our brain is an incredible processor, but unfortunately, it has flaws, which can only be resolved via *our wisdom*, the overriding master program that operates by converting the spiritual energy to physical form, in terms of **Albert Einstein's famous 1905 equation** :

E (Energy) = m c² , where **m** = mass, and **C** = the speed of light, which is nearly 300,000 kilometres per second .

What is E = mc² used for? (Question and answer, from Wikipedia)

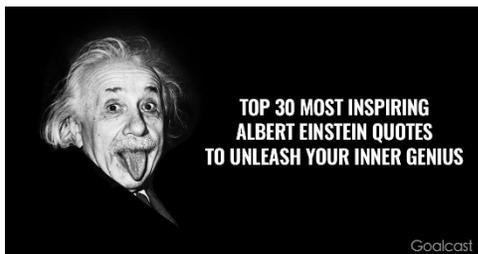
The mass–energy equivalence formula was **used in** the understanding of nuclear fission reactions, and implies the great amount of energy that can be released by a nuclear fission chain reaction, **used in** both nuclear weapons and nuclear power.

Below in the **Resources** section are some further questions and answers on Einstein discovery-related questions and answers – see all References below

One thing that is not clear from history, especially about Albert Einstein, whose discoveries are still trying to be fully understood, but I am not one to talk, in an area that I know little of, and have not had any insights about, that I am aware of.

Einstein's name has become synonymous with genius and creativity. Named Person of the Century by TIME in 1999, Einstein is a rare icon, whose wisdom extended far beyond the realm of science to reveal a man with an almost childlike sense of wonder and a profound love of humanity.

(Link: <https://www.goalcast.com/2017/03/29/top-30-most-inspiring-albert-einstein-quotes/>)



[Top 30 Most Inspiring Albert Einstein Quotes of All Times](https://www.goalcast.com/2017/03/29/top-30-most-inspiring-albert-einstein-quotes/)

Albert Einstein is the most influential physicist of the 20th century, and just might be the most famous scientist to have ever lived. He was only 26 when in 1905, he had four separate papers published, electrifying the field of physics and rocketing him to global renown.

Albert Einstein was much more spiritual than he has been credit for, especially having made the following quotations, which are of a very spiritual nature, from the very nature of these quotations (Seven (7) quotations, extracted from simple Google question "Einstein's best quotations"):

- **Insanity: doing the same thing over and over again and expecting different results.**
- **No problem can be solved from the same level of consciousness that created it.**
- **Imagination is more important than knowledge.**
- **If you can't explain it simply, you don't understand it well enough.**
- **The important thing is not to stop questioning. Curiosity has its own reason for existing.**
- **In the middle of difficulty lies opportunity.**
- **Two things are infinite: the universe and human stupidity; and I'm not sure about the universe.**

Introducing the Three Principles/Psychology of Mind/Health Realization/Innate Health/Inside Out Revolution/Possibility Approach (different names used since the mid 1970's)

To provide you with a little background, the *Three Principles* paradigm or understanding, as it is mainly referred to now, originated in Canada, subsequent to 1973, after Sydney Banks, a Scottish welder, living on Salt Spring Island, British Columbia, Canada, had an epiphany (a profound realisation) and insights over a period of 3 days, which literally changed his life.

He became quickly recognised as a psychologist (despite having any formal education), for his incredible clarity on life, especially after Dr Roger Mills and Dr George Pransky, both US psychologists, took an active interest in Sydney Bank's lectures, and started the understanding, initially calling it Psychology of Mind, but from a personal perspective, alone, Health Realization (I think ?) is quite apt a name, as it effectively involves the *realisation* that we are all *healthy*, from birth, which is the case anyway – the name has it – for what is worth.

The understanding has developed momentum over the years, initially mainly in the United States and Canada, but has also spread fairly quickly into Sweden, Norway, Denmark, Israel, Scotland, England, South Africa, New Zealand, Australia and Spain, and many other countries now.

Since 1993, here in Perth, John Wood, who had for about 5 years previously, travelled to America and Canada to teach himself the understanding, opened a Centre in Midland, Western Australia, which ran until 2006, when it closed, but John and others still continued practicing, but in different capacities, from different venues, and John still practices very actively in this field, still today.

Today John runs a not for profit association, trading as "**The Realm of Possibility**", and has produced a very comprehensive book, published in December 2018:

"Possibility... a state of mind.
(subtitle) **transforming yourself**
transforms your world",

on the subject, which also acts as a guide, if or when people attend a related Workshop/Retreat, the 1st one of which he held in Perth, in the last weekend of September, 2019, and I and my wife attended, twenty (20) of us attending in total.

John Wood, as a student of life, and the 1st qualified practitioner of the approach to practice outside Canada and America, has tended to look at the approach, more from the simplicity and practicality of the universal principle of **Thought**, on the basis that "**life is all thought**", which it is, and that we are always, from day to day, either functioning from :

- **a state of Possibility**, namely connected to our true nature, through our **wisdom**; or from
- **a state of impossibility**, when primarily, **innocently** using our own personal thought system (or ego), through which to experience our life, with most people living almost permanently in this **state of impossibility**, effectively, **innocently**, imprisoned by their own memories, without realising that they are causing their own problems, through their own self-generated thinking.

Unfortunately this situation, this self-imprisonment - operating or functioning from a **state of impossibility** - has been going on for centuries, but there is a **permanent solution, available to everyone**, and that is what this submission, is putting forward, having experienced it, in no uncertain terms, myself.

It may sound hard to grasp and understand, but I am not submitting this submission, and John Wood did not write his book, and been involved in this approach for more than 30 years, to waste our time or your time.

Just like the sexually abused children 16 and under, who automatically could be **heard as witnesses for the first time, uncorroborated, via a Closed Circuit Television (CCTV) System in Western Australia, from late 1992, please hear this submission, as it will benefit everyone on earth, no one excluded.**

This Three Principles understanding needs to be investigated, and adopted immediately – as it has an absolute permanent benefit, especially to those people with mental health problems, as they are innocently imprisoned by their own thoughts, as are about 99% of all people - and that may well be an understatement. I hope it isn't.

[In a Crown Law project, that I was involved in, with about 50 other employees and a few contractors, which included computerising the entire WA Court Management Systems in the late 1980's for about 6 years plus, sexually abused children 16 and under, were automatically presumed to be able to give evidence through a Closed Circuit Television (CCTV) System from a remote room, relayed to and from the courtroom, within the old Supreme Court buildings in Perth, from the end of 1992. Rather than appear in front of the accused, they were able to be believed, in their own right, without corroboration being required, as the legislation was also changed to remove the need for any previously required corroboration.]

This approach explains everything that has happened, and will explain everything that will happen in life, for everyone.

The approach is very *simple*, but it does need to be *experienced personally*, before being able to *experience life naturally*, rather than from a *state of anxiety (a state of impossibility)*, namely unable to understand why things happen the way they do, when that understanding is held within the *wisdom* of every single human being alive.

More Specifically

All the **Reference** documents are to be found at the end of the submission letter.

The Main Strengths and Benefits of this Understanding

- It is relatively simple to teach, as it is based on **demonstrable, universal principles**, rather than a complexity of techniques, exercises, routines and strategies.
- It is **drug-free and a short term, cost-effective approach, producing self-sustaining results**.
- The end result is when clients or program participants experience for (ie teach) themselves **the liberating effect of understanding that they alone are responsible for their experience of life**. That is the moment when the person sees that their life experience occurs within their own thinking in each moment, notwithstanding their past or present circumstances.
- **Because this Understanding produces the desired results in a relatively short period, it is cost effective**. Coupled with the fact that the services are available at comparatively low costs, it promises much more for the struggling helping professions, organisational change agents and the community at large, especially that the results are **self-sustaining**.
- It has **universal application and therefore works in any and every sphere of humanity, at work, in the public arena and at home**.
- It explains everything in **simple terms**, and **offers an explanation for how we function, and how we learn, namely, both from within, unaffected by outside influences and circumstances**, or if you are so affected, you know that you have created the feelings from your own thoughts, and not to make things worse, as **your negative feelings are subtly, and wisely, telling you that you are effectively disconnected from your true nature, and therefore from life, and to get back on track, namely to re-connect to your wisdom**.
- The simplicity of this approach is incredible and self-explanatory, once you learn to **really listen to what is happening**, and not to **what you think is happening**, when you **innocently** create your own personal thoughts, by trying to change what you are feeling, rather than just accepting your feelings, because **we each create all your own personal thoughts, which in turn, produce the corresponding positive and negative feelings**.

Major Enclosed Reading (and All Resources, below)

The following two books form the major reading to gain an appreciation of the **Three Principles understanding**, and this submission, are mentioned below, but the details

about them, are to be found in the **All Resources (Page 29)** section, which can be found immediately after the end of the submission letter, or as separate files, attached to this submission, namely

Reference 1: The book, "**The Missing Link, Reflections on Philosophy & Spirit**", by **Sydney Banks**, Published 1998,

and

Reference 2: The book, "**Possibility... a state of mind**
(subtitle) **transforming yourself**
transforms your world",

by **John A Wood**, Published December, 2018, as an attached PDF document file of the entire book (without cover detail), which offers a complete appreciation of ***how we each function from within, moment by moment, thought by thought***, which the author has allowed me to make publicly available, with this submission - an indication of his commitment to the work that he has been working on, and with, for more than 30 years, and is still so committed, at the age 78.

This information has been repeated below, in the **All Resources (Page 29)** section below, with the attached PDF document file, being named:

"Possibility a state of mind revised PDF version 17 12 2019.pdf"

.

Summary

I refer you back to my first summary paragraph, on the 1st page of this submission.

Another very important aspect to glean from this submission about the Three Principles understanding is, that life happens, moment to moment, thought by thought, but that **truth** is also moment to moment – ***namely only ever a temporary truth***, which when learnt becomes part of our memory, and although our last thought may even have been an insight, which has the potential to change our life for the better, you need to understand that you still have the rest of your life to live, as we never stop learning, as an ultimate truth or understanding, is never gained and that's it – unfortunately that appears to be how life was (as reaching some ultimate truth or understanding, and then everything falls into place), and largely still is, ***innocently***, thought to be, fairly much for the entire population of the world.

Hard to imagine, isn't it - but "**better late, than never**", in finding out.

Enlightenment is really misunderstood as a concept.

It is better to see enlightenment, as being the ability to experience life, through our *wisdom*, via insights, which thereby allow us each to understand, through that experience:

- ***who and what we are*** - essentially spiritual beings, each experiencing life through our physical body, and
- ***how we function*** – namely, from the inside out, moment to moment, thought by thought, in the present moment, each moment being experienced **either** ***from a naturally healthy universal impersonal state of mind (Possibility)***,
or
from an intentionally personally-generated positive or negative state of mind (impossibility),

while being 100% *responsible* for our entire experience of life, having chosen, *innocently*, be that intentionally or unintentionally, explicitly or tacitly (or implied, or assumed), every single thought that we have either just observed, or observed and reacted to, whether we know how we function or not.

I would welcome and appreciate the opportunity to meet with the people who will be assessing the submissions, if some further appreciation is required about this simple, common sense understanding, in general, and specifically.

John Wood, the author of the book, **Possibility... a state of mind**, which is attached to this submission, as a PDF file, has also indicated his willingness to be involved, if further clarity is being sought.

He too (John Wood) brings total commitment, to this understanding, which will take over – the question is when, rather than if – **may Australia's Mental Health be the start of something incredibly life sustaining, which this understanding definitely is, anyway** – it is only our/your personal thoughts, *in all innocence*, which are standing in the way, of that progress.

It may be not that easy to *see*, but it is there **to be seen**, and we all have the *innate wisdom* to *see* it, as *obvious*, as it has been staring us in the face, for centuries.

The game of life can take on a really enjoyable feeling, if we let it, rather than trying to control it all – it is like finding out that the world was round, not flat – ***it is that significant.***

People are committing suicide, at the rate of 7 or 8 per day in Australia, I have heard - or something of that order - let alone the many who are suffering, because they do not know what is happening to them, not understanding that **most** of them are causing it all themselves, via their own pessimistic attitudes, evident from their predominant personal negative thinking – nothing else.

Have we not reached ***a point of no return ? I definitely think so.***

I am ready to support the cause - whatever it takes. Please contact me, in that regard.

I await to hear back from you.

Yours sincerely

Anthony (Tony) Frank Wilmot

PS1: My background is as a scientist with a Chemistry degree, and a lawyer, who has been admitted both in the Western Cape, South Africa and in Western Australia, having been an IT Analyst cum Project leader largely involved in a variety of different computing areas. I have always been interested in philosophy, and met John Wood at the Midland Centre in about 1997, I am passionate about the benefits that this Three Principles common sense understanding will have, once accepted more widely in Australia, as I have personally experienced such overwhelming healthy, freeing and enlightening benefits, I cannot but share them.

PS2: Email: wilmotony@hotmail.com

PS3: See **All Resources**, forming part of this submission, whether directly referred to or not, from the next page, onward. When you understand what I am saying, you don't even need to read it, or read any further – it is that simple.

PS4: There may be a lot comprising this submission, but it is summarized in the first page of the submission, and in the **Summary** above – you don't even need to read it all – I just wanted to provide you with some justification, but ***life is unconditional***, so it is not really needed, in the end, only if you **think** it is needed – that is just ***how powerful Thought is*** and ***how innocent we each are.***

PS5: I sincerely appreciate the extensions that Tracey Horsfall has allowed me, in lodging this submission – hopefully, it will change many, many, many lives, for the better.

All Resources

Reference 1 : The book, "**The Missing Link, Reflections on Philosophy & Spirit**", by **Sydney Banks**, Published 1998.

Below, I include substantial extracts from this book by **Sydney Banks**, whose incredible revelations and insights gave rise to this **Three Principles understanding** gaining credibility, as such extracts, among other things, contain very clear and wise definitions and clarity about each of **Mind, Consciousness** and **Thought**, and of **Wisdom**, among others, that it is also best gained as a first hand appreciation, from Sydney Banks' personal writing .

These complete, extracted sections and chapters that appear further below, and that are listed immediately below, are all written by the author, **Sydney Banks** (who passed away in 2009), except where it is stated to the contrary (and it is hoped that the Productivity Commission assessors, and the public, will be able **to research this understanding**, because of the clarity of descriptions, contained within such extractions.

I have been in email contact, over the past month, with Judy Banks, Sydney Banks' wife, at the time of his death, who has a direct interest and involvement in his affairs, and she sees no problem with my including the substantial part of the book which I advised her of, with my submission, so that the Productivity Commission assessors and the public are both able to do **comprehensive research from his most comprehensive book**, and that she under no circumstances would object to what I have already sought her permission for, and her response was further, that she was pleased that I was using it as a reference document, and just to acknowledge my source, which I have done, on every page. She is the President of IHRC Inc, who have the copyright over all her deceased husband's materials.

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The Missing Link, Reflections on Philosophy & Spirit, March 1998, by **Sydney Banks**

The front inside cover to the book contains the following comments by **Gordon J. Trockman, MD, Psychiatrist**:

"The Missing Link illuminates and creates an appreciation for the mystical link between the psychological and spiritual nature of life. The link reveals a simplicity beneath the

complex workings of the mind, the principles behind the moment-to-moment creation of our life experience. The understanding conveyed in this book is profound and will deeply affect all who read this book."

The back cover page also includes the following additional comments by **Richard Carlson, PhD**, the author of,

"Don't Sweat the Small Stuff":

'The Missing Link is pure and simple wisdom. Savor every page.'

The pages below are directly from the book, with *italicised words* also being **bolded** as well, for better contrast and understanding, with the page number, and book reference, being in round brackets, with each page number and book reference line, having an *** line, both above and below it, and being at the bottom of each page, as is the page number, from the book itself.

Other slightly longer *** lines, are also used for spacing - like below chapter and other headings.

Dedication (Page *iii*, The Missing Link, by Sydney Banks)

In admiration of the many people throughout the world who encounter suffering every day and try to alleviate it.

(Page *iii*, The Missing Link, by Sydney Banks)

Foreward (by **George Pransky, PhD, MFCC**, at pages *vi* and *vii*, The Missing Link, by Sydney Banks)

The author's gift and the greatest contribution of this book is the ability to unify the fields of psychology and spirituality.

This book, **The Missing Link**, connects the spiritual nature and the psychological nature of humanity. It shows the reader that these facets of life are, and always have been, **one** - just as seven days and one week are two different terms denoting the same unit of time.

(Page *vi*, The Missing Link, by Sydney Banks)

The author's words attempt to show us that all fields of knowledge are like the hues of the rainbow behind a prism; they only **appear** to be different from the light on the other side.

I recommend this book to anyone, professional, student or layman, who is looking for a deep, interesting, psychological or philosophical journey that will stimulate the mind and give the reader food for thought.

(Page *vii*, The Missing Link, by Sydney Banks)

Preface (by **Judith A Sedgeman, Associate Professor, West Virginia University Medical School**, at pages *viii* and *ix*, The Missing Link, by Sydney Banks)

The truth in this book speaks directly to the heart and soul of the reader. It opens the door to an inner life of stability and contentment which everyone intuitively knows, yet many

have lost sight of in their daily pursuits. In the loving voice of an author who speaks from the certainty of enlightenment, this book offers solace to the world-weary, hope to the discouraged, direction to the lost and contentment to the discontented.

(Page *viii*, The Missing Link, by Sydney Banks)

It speaks simply, yet with profound wisdom, of the inborn potential for the well-being, peace and happiness of all mankind which is accessible and near at hand. It illuminates the power of the human spirit in a way that transcends differences and evokes the best in all people. No one can read this book without being touched and inspired.

(Page *ix*, The Missing Link, by Sydney Banks)

Introduction (Chapter heading, page x, The Missing Link, by Sydney Banks)

There are those in this world who believe miracles do not happen. I can assure such skeptics that they do.

"With hope and faith as beacons, anything can happen.

If these writings bring a second chance of life to just one human being, my work has not been in vain.

Sydney Banks

March 1998

(Page x, The Missing Link, by Sydney Banks)

The Missing Link (Chapter heading, pages 3-9, The Missing Link, by Sydney Banks)

One of the greatest misconceptions ever is the belief that ...

"It takes years to find wisdom."

Many experience time, few experience wisdom.

The achievement of mental stability and peace of mind is ***one*** thought away from everyone on earth ... ***if*** you can find that one ***thought***.

(Page 3, The Missing Link, by Sydney Banks)

Throughout time, human beings have experienced insights that spontaneously and completely changed their behavior and their lives, bringing them happiness they previously had thought impossible.

Finding wisdom has nothing to do with time

Achieving mental stability is a matter of finding healthy ***thoughts*** from moment to moment. Such ***thoughts*** can be light years or a second away.

(Page 4, The Missing Link, by Sydney Banks)

The spiritual energy of all things, whether in form or formless, is known by many names.

Nature is the physical form the spiritual energy has taken.

Believe me, the subtle truth all people seek will never be found in the illusion of form called nature.

Look deep inside your soul; this is where you will find the answer.

(Page 5, The Missing Link, by Sydney Banks)

Your thoughts and feelings are a mirror of your soul.

Each living soul experiences life as an individual. This is why all humans live and see a separate reality.

The divine truth that lies within each living soul never changes. It is eternal.

The divine passes from the formless to form, and as human beings we are both spectators and participants in this spiritual theater called life.

(Page 6, The Missing Link, by Sydney Banks)

The great mystics of the world who tried to explain such knowledge had no choice but to speak in metaphors, knowing their words were only a representation of the spiritual wisdom that lies within the consciousness of **all** human beings.

All human psyches are rooted in universal truth and no person's psyche is better than any others. Only to the degree of the individual's psychological and spiritual understanding does it appear to vary.

(Page 7, The Missing Link, by Sydney Banks)

Words are merely a form. Listen not to words, but to **that which words attempt to convey.**

Remember ... **it is not the clay that represents the sculpture, but the form the artist has molded it into.**

Just like the clay of the sculpture, **thought** is not reality. However, our personal realities are molded via our thoughts.

(Page 8, The Missing Link, by Sydney Banks)

At the moment of birth, the virgin mind discovers **creation**, and the duality of life is born. Henceforth you live in a world governed by **thought**.

When clarity and purity of thought are present, the answer you seek will present itself, for what you seek is with you and has been with you always.

In the silence of our minds lies creative incubation, bringing the wisdom and the joy we all seek.

(Page 9, The Missing Link, by Sydney Banks)

The Theosopher (Chapter heading, pages 13-17, The Missing Link, by Sydney Banks)

Philosophers search for basic principles. They gain knowledge by reading books and studying other people's opinions and concepts, then mold them together with their own personal opinions of life.

A theosopher's understanding comes from a direct experience using his or her own *innate* knowledge, or if you wish, from what is sometimes known as *Original Thought*.

(Page 13, The Missing Link, by Sydney Banks)

Philosophy examines the known physical world. Theosophy hosts both the world of form and the formless.

To seek truth from the form alone is only half the truth; it traps you in a cosmic lie.

(Page 14, The Missing Link, by Sydney Banks)

Everyone on earth is both a philosopher and a theosopher.

One is a learned intellectual process. The other is a realization of knowledge from within the depths of our own consciousness.

(Page 15, The Missing Link, by Sydney Banks)

Such knowledge cannot be bought or sold like a commodity in the marketplace, nor is it found in some far off-land.

It is hidden in the depths of your soul.

This why such knowledge can only be found through an insight from one's *own* inner wisdom.

(Page 16, The Missing Link, by Sydney Banks)

Everyone in this world shares the same innate source of wisdom, but it is hidden by the tangle of our own misguided personal thoughts.

(Page 17, The Missing Link, by Sydney Banks)

Three Principles (Chapter heading, pages 21-27, The Missing Link, by Sydney Banks)

Mind, Consciousness and ***Thought*** are the three principles that enable us to acknowledge and respond to existence.

They are the basic building blocks, and it is through these three components that all psychological mysteries are unfolded.

They are what I call the psychological trinity.

(Page 21, The Missing Link, by Sydney Banks)

Mind, Consciousness and ***Thought*** are spiritual gifts that enable us to see creation and guide us through life.

All three are universal constants that can never change and never be separated.

All philosophies are born via these three gifts and are a direct result of the correct or incorrect usage of these same principles.

All psychological functions are born from these three principles.

(Page 22, The Missing Link, by Sydney Banks)

All human behavior and social structures on earth are formed via ***Mind, Consciousness*** and ***Thought***.

In chemistry two or more elements create compounds. It is the same with psychological elements ... ***Mind, Consciousness*** and ***Thought***. These three elements create psychological compounds that are our own personal psychological realities.

(Page 23, The Missing Link, by Sydney Banks)

Healthy compounds - feelings, such as compassion, humility, love, joy, happiness and contentment - are all rooted in ***positive*** thoughts.

Hate, jealousy, insecurity, phobias and feelings of depression are all compounds of ***negative*** thoughts.

(Page 24, The Missing Link, by Sydney Banks)

All feelings derive and become alive, whether negative or positive, from the power of ***Thought***.

No matter what you ***think*** about, it has to be a compound. Even if you disagree with what I say, it's your ***thought***.

(Page 25, The Missing Link, by Sydney Banks)

All three elements - ***Mind, Consciousness*** and ***Thought*** – are the lifeline to our very existence. It is through these three elements that we have the power to realize the very existence of life.

Mental functioning cannot possibly exist without the three psychological elements.

They are the building blocks of all mental behavior.

There are no more, nor any less, than these three.

They create all human experience.

(Page 26, The Missing Link, by Sydney Banks)

Mind, Consciousness and Thought are the complete Trinity of all psychological functioning. Without one the others are non-existent.

All living creatures, great or small, interpret what they think of life via these three divine gifts.

(Page 27, The Missing Link, by Sydney Banks)

“Mind (Chapter heading, and pages 31-35)

Every human mind has direct access to its experience here on earth, and the human mind always has access to its own spiritual roots... from whence it came.

The ***Universal Mind***, or the ***impersonal mind***, is constant and unchangeable.

The ***personal mind*** is in a perpetual state of change.

All humans have the inner ability to synchronize their ***personal mind*** with their ***impersonal mind*** to bring harmony into their lives.

(Page 31, The Missing Link, by Sydney Banks)

Some believe the brain and the mind are the same. But there has to be a power behind the brain to make it function.

The brain and the mind are two entirely different things.

The brain is ***biological***.

The mind is ***spiritual***.

The brain acts like a computer: whatever you put into it is all you get out of it. This is ***logic***.

(Page 32, The Missing Link, by Sydney Banks)

An important thing to realize is that ***Universal Mind*** and ***personal mind*** are ***not*** two minds thinking differently, but two ways of using the same mind.

(Page 33, The Missing Link, by Sydney Banks)

The world in the form of nature is a ***reflection*** of the human mind, which creates an ***illusionary gap*** between the spiritual and the physical.

This gap, in turn, creates the **duality of life**. Trapped in this duality, our minds become full of disillusionment and lostness.

As the human mind ascends in divine consciousness, the gap between subject and object begins to vanish and the oneness of life emerges.

(Page 34, The Missing Link, by Sydney Banks)

There is one **Universal Mind**, common to all, and wherever you are, it is with you, always.

There is no end or limitation, nor are there boundaries, to the human mind."

(Page 35, The Missing Link, by Sydney Banks)

"Consciousness (Chapter heading, and pages 39-43)

All living creatures were given the power of **Mind, Consciousness** and **Thought**, which enables them to observe divine creation, or form.

Consciousness is the gift of awareness.

Consciousness allows the recognition of form, form being the expression of **Thought**.

(Page 39, The Missing Link, by Sydney Banks)

Somewhere in the innermost recesses of our consciousness lie the answers to the questions all mankind seeks.

As our consciousness descends, we lose our feelings of love and understanding, and experience a world of emptiness, bewilderment and despair.

As our consciousness ascends, we regain the purity of **Thought** and, in turn, regain our feelings of love and understanding.

(Page 40, The Missing Link, by Sydney Banks)

Mental health lies within the consciousness of all human beings, but it is shrouded and held prisoner by our own erroneous thoughts.

This is why we must look past our contaminated thoughts to find the purity and wisdom that lies inside our own consciousness.

When the wise tell us to look **within**, they are directing us beyond intellectual analysis of personal thought, to a higher order of knowledge called **wisdom**.

(Page 41, The Missing Link, by Sydney Banks)

Wisdom is an innate intelligence everyone possesses deep within their souls, before the contamination of the outer world of creation.

Find the spiritual wisdom that will guide you through life from within.

This is where you will find the feelings of love, understanding and contentment.

(Page 42, The Missing Link, by Sydney Banks)

That the deaf man cannot hear the sound of the crashing ocean waves,
or the blind man cannot see the beauty of an autumn sky,
does not mean the sea and the sky do not exist.

So, like the blind man, close your eyes.

Like the deaf man, block your ears; go inside and realize ... that which you seek has been there,
within you, all along.

This is when the blind will see and the deaf will hear.”

(Page 43, The Missing Link, by Sydney Banks)

“Thought (Chapter heading, and pages 47-63,)

Thought is a divine tool, nothing more nothing less, only a tool.

A wise person, like a good tradesman, uses this tool to the best of his or her ability.

The power of **Thought** is not self-created.

Thought is a divine gift, which serves you immediately after you are born.

Thought is the creative agent we use to direct us through life.

(Page 47, The Missing Link, by Sydney Banks)

Thought is the master key that opens the world of reality to all living creatures.

Thought is the missing link that gives us the power to recognize the illusionary separation between
the spiritual world and the world of form.

(Page 48, The Missing Link, by Sydney Banks)

Thought on its own is a completely neutral gift.

Thought is not reality; yet it is through Thought that our realities are created.

It is what we as humans put into our **thoughts**, that dictates what we think of life.

(Page 49, The Missing Link, by Sydney Banks)

Among the greatest gifts given to us all are the powers of free thought and free will, which give us the stamp of individuality, enabling us to see life as we wish.

These gifts can also be the greatest weaknesses of humanity. We often lack the strength to change our minds, so we get stuck in the negative thoughts and behaviors of the past.

The purer your thoughts are, the more love and understanding will be in your heart.

(Page 50, The Missing Link, by Sydney Banks)

Positive thoughts create a healthy mind and a stable life.

Optimism is a spiritual quality and a guiding light that will lead you to your happiness.

Pessimism, on the other hand, is a disease of the human thought system that leads the thinker into the darkness of despair.

Negative thoughts create negative feelings, which in turn create negative behaviors and are the seeds of human suffering.

"As you sow, so shall ye reap."

(Page 51, The Missing Link, by Sydney Banks)

When your minds are in unity with that which is good, then our **thoughts** no longer hold us prisoner to that which is evil.

When you start to see the power of **Thought** and its relationship to your way of observing life, you will better understand yourself and the world in which you live.

To find that which you seek, discard all thought that there is a separation between the **spiritual** and the **physical** world.

(Page 52, The Missing Link, by Sydney Banks)

The wise medicine men in the Native North American culture spoke of the world as **one** spirit, referring to the creator of all things as the "**Great Spirit**."

This was their way of explaining the oneness of life.

Thought is a divine tool that is the link between you and your divine inheritance, and is at the core of all psychological functioning.

(Page 53, The Missing Link, by Sydney Banks)

You can't even be aware of creation without the presence of **Thought**.

Thought is the missing link between mental sickness and mental health. **Thought** is also the missing link between happiness and sadness.

Your **personal mind** activates your thoughts and makes them good or bad.

You have no control over what others think, but you do have the power to control what you think.

(Page 54, The Missing Link, by Sydney Banks)

Our thoughts are our camera, our eyes are the lens. Put them together and the picture we see is reality.

In the silence beyond all things lies the divine knowledge that will help guide you through life.

Look **within your own consciousness**, for here lies the answer to all of humanity's problems.

(Page 55, The Missing Link, by Sydney Banks)

Your thoughts are like the artist's brush. They create a **personal** picture of the reality you live in.

Thought, like the rudder of a ship, steers us to the safety of open waters or to the doom of rocky shores.

The wise man says,

"I think, therefore I am."

The fool says,

"I don't **think** so."

(Page 56, The Missing Link, by Sydney Banks)

People often speculate how many components there are to thought.

There are no components to thought. **Thought** is a divine power. It is an element that can never be broken down into smaller segments.

It is we human beings that use **Thought** to produce such things as our feelings, moods and our overall perceptions of life.

Thought can be used in an **infinite** number of ways.

(Page 57, The Missing Link, by Sydney Banks)

The more we dwell on the positive side of life, the more **hope** becomes a beacon, attracting positivity into our lives and guiding us to a steadfast and more contented way of life.

Many people make the mistake of believing that their moods create their thoughts; in reality, it is their thoughts that produce their moods.

The **personal mind** is the creator of all activity. The **personal mind** is the creator of all misery, all expectations, all ideas and all false deities.

(Page 58, The Missing Link, by Sydney Banks)

Hope and faith go together.

With hope and faith in your heart, you will find the perfect path you seek.

(Page 59, The Missing Link, by Sydney Banks)

When the desires of your mind trouble your spirit, your life becomes turmoil.

My advice is to learn to free yourself from too many desires.

Life on earth is short, so beware of striving for fame and fortune.

Many who find them never live to enjoy them.

(Page 60, The Missing Link, by Sydney Banks)

Many people would succeed in life if their ambitions weren't so above their abilities.

Many who strive for the moon begin their journey by tripping over their own feet.

(Page 61, The Missing Link, by Sydney Banks)

Everything on earth comes from one divine source. Our personal thoughts determine what we think of the form it has taken in our lives.

Thought is related to our five senses.

Our senses have no ability to discriminate.

They are controlled and informed by our personal power of **Thought**.

Without **Thought**, our five senses would be of no value.

(Page 62, The Missing Link, by Sydney Banks)

Our five senses and our egos are but particles of the whole,
just as the illusion of time and space are only particles of the whole.

The answer people seek lies not in their separate beliefs, but in the realization that **Thought** is the common denominator in all psychological and spiritual understanding."

(Page 63, The Missing Link, by Sydney Banks)

“**Wisdom** (Final Chapter heading, and pages 127-142)

Spiritual Wisdom lies within the consciousness of all living creatures. It is formless.

The second it is revealed to a human soul, it has taken on a form that can only represent its true nature.

In the old Hawaiian religion, the Kahunas or wise priests said the wisdom they were trying to convey was a secret that could not be told.

(Page 127, The Missing Link, by Sydney Banks)

They were not intentionally withholding the secret, but literally could not convey it by words alone, words only being symbolic of their true meaning.

The answer sought is ***beyond the word.***

No one can give away wisdom. A teacher can only lead you to it via words, hoping you will have the courage to look ***within yourself*** and find it inside your ***own*** consciousness...

Beyond the word.

(Page 128, The Missing Link, by Sydney Banks)

The wisdom humanity seeks lies ***within the consciousness*** of all human beings, trapped and held prisoner by their own personal minds.

Wisdom is not found in the world of form, nor in remote corners of the globe.

Wisdom lies within our own consciousness.

Only ***you*** have the golden key to your soul and the wisdom that lies within.

(Page 129, The Missing Link, by Sydney Banks)

Those who refuse good advice cannot be helped.

Good advice is seldom welcomed in the mansion of a fool.

Anyone who tries to force learning on such a person is indeed a fool as well.

To find wisdom, elevate your consciousness.

Seek a ***grateful feeling*** for what you already have in life.

(Page 130, The Missing Link, by Sydney Banks)

Gratitude and ***satisfaction*** have wonderful effects on our souls.

They open our minds, clearing the way for ***wisdom*** and ***contentment*** to enter.

Once you become ***grateful***, the prison bars of your mind will fall away.

Peace of mind and contentment will be yours.

The ego and our intellect are functions of our *personal* minds, whereas *wisdom* is a function of the spirit.

One is mortal, the other immortal.

(Page 131, The Missing Link, by Sydney Banks)

Intellectual observation is ego, *after form*.

Wisdom is found before the formation of form.

Ego is only what you *think* you are and what you think of life, nothing more, nothing less.

Our intellect and our inner wisdom should work together to create harmony in our lives.

However, if the intellect lacks wisdom, chaos reigns.

This is the state of the world today.

(Page 132, The Missing Link, by Sydney Banks)

Those who have found a balance between their intelligence and their innate wisdom are the lucky ones.

As human beings we must look closely at the relationship between our spiritual nature and our psychological nature.

Here we will find the answers we seek to change the deplorable state of the world.

(Page 133, The Missing Link, by Sydney Banks)

The consciousness of humankind must be elevated. Only then, when the spiritual and physical realities are united, will we find the power and intelligence to guide us through life.

Wisdom cleans the channels of your mind and brings sanity into your life.

You must find it for yourself.

(Page 134, The Missing Link, by Sydney Banks)

Pure soul and pure consciousness can only temporarily be separated by our erroneous thoughts of humanity because *soul* and *consciousness* are one and the same.

Wisdom is divine nourishment for the soul; it is a God-given intelligence before the contamination of form or personal thought.

(Page 135, The Missing Link, by Sydney Banks)

With wisdom people see **beyond** the filters and biases of race and culture, to realize the beauty in everyone.

Such understanding enables people to stop fearing and distrusting those who are different, to see the commonality of human beings regardless of cultural differences.

Wisdom applied to society would do more than anything else to halt the ethnic clashes and wars the world suffers from today.

(Page 136, The Missing Link, by Sydney Banks)

Wisdom is impersonal.

Wisdom is immortal and unchangeable.

Wisdom is the path to all spiritual understanding.

Wisdom is also the path to all psychological understanding.

(Page 137, The Missing Link, by Sydney Banks)

Our psychological nature and our spiritual nature are entwined, and the more they are harmonized, the more contented we will be.

Wisdom brings **common sense to those who find it.**

(Page 138, The Missing Link, by Sydney Banks)

The solutions to outwardly complex problems created by misguided thoughts will not arise from complicated analytical theory, but will emerge as an insight, wrapped in a blanket of simplicity.

Trying to deal with marital problems, for example, using a variety of methods and techniques may meet with little or no success. However, when a lost couple finds **wisdom** and **understanding** within their **own** consciousness, their marital problems will start to dissipate.

Seek without seeking, for what you hope to attain is already within you.

(Page 139, The Missing Link, by Sydney Banks)

That which you seek has no form.

If you attempt to put a shape on the formless, you will never find it.

Attempt to describe the formless with words, and the word turns the formless into form, creating an illusion and leading you further away from that which you seek.

(Page 140, The Missing Link, by Sydney Banks)

There are many ways to find the inner wisdom that will lead you to a healthier state of mind.

You must exercise your freedom of choice to decide on your own individual path.

No matter which path you take, the wisdom you seek will always be found within the depths of your **own** consciousness.

(Page 141, The Missing Link, by Sydney Banks)

***Bless those who
have sinned against you,
For they have lost their way.
Reach out your hand
and help them
To live a happy day."***

The End

(Page 142, The Missing Link, by Sydney Banks)

**Reference 2: The book, "Possibility... a state of mind
(subtitle) transforming yourself
transforms your world",**

by **John A Wood**, Published December, 2018, as an attached PDF document file of the entire book (without cover detail), which offers a complete appreciation of ***how we each function from within, moment by moment, thought by thought***, which the author has allowed me to make publicly available, with this submission - an indication of his commitment to the work that he has been working on, and with, for more than 30 years, and is still so committed, at the age 78.

PDF file: "**Possibility a state of mind revised PDF version 17 12 2019.pdf**"

Reference 3: The book, "The Prophet", by Kahlil Gibran, first published in 1923.

Kahlil Gibran's The Prophet, and extracts from it.

The entire book is available on the internet for free, from

link, https://onemorelibrary.com/index.php/en/?option=com_djclassifieds&format=raw&view=download&task=download&fid=17018

OneMoreLibrary.com THE PROPHET Kahlil Gibran Alfred A. Knopf, New York, 19

THE COMING OF THE SHIP ALMUSTAFA, the chosen and the beloved, who was a dawn unto his own day, had waited twelve years in the city of Orphalese for his ship that was to return and bear him back to

onemorelibrary.com

and from a PDF file, that I created,

being file, "**The Prophet - Kahlil Gibran - PDF.pdf**" , as named, and attached to this submission, to ensure that the PDF document is always available, regardless of whether there is a problem with internet access, or not, in the interests of this submission.

Some of the parts of the book, I have extracted for direct reference, and presented them in paragraphs or sections, in line with the layout of the book, but I encourage the reading of the entire book, as he was regarded as "the genius of his age", and the book, very highly regarded - when the author was alive, it was regarded as second only to the Bible, which were very religious times, not implying that he was very religious, himself, but that he was a most insightful man, who saw with clarity, as to how life operates and how people function from within - he was able to generalise - namely see the big picture, rather than the potential confusion of seeing the detail, as important.

It is important to realise that "**Nothing is important**", to be able to **generalise** - because we humans are the only ones who decide what is important for each of us, because

"**Everything is thought, and thought is everything**",

because we experience our entire life, ***only ever via the thoughts that we each choose to entertain - and that is why we each live such unique and varied lives, as no two (2) people choose the same thoughts to experience, throughout their life, and even if they did, each thought would be created from a different state of mind/understanding.***

It is also important to realise that, dictionary definitions of meanings of every word, phrase, etc, are simply only made to assist better communication, because we each have our own ***free will*** and ***freedom of thought***, to define every word and phrase, that we use, the way we wish or choose to - ***we are free*** - we are not tied to any dictionary definition, or tied to any man-made concepts and/or structures - we all have the ability to think what we choose, and always need to realise that we need to be true to our own true nature and feelings, and never be obliged, in any way, to any other individuals or groups of individuals people - these are broadly referred to as ***human rights***.

These ***human rights***, we are each both ***personally and universally responsible, for exercising***, otherwise the world will end up in a mess, as it currently is, because any group understanding or world understanding, is just made up of the totality of all the understandings of those people, in that group, or in the world, correspondingly, and that, then influences/restricts/expands the possibilities allowed in that group or in the world, which is part of just about every group functioning today, largely because such groups are ***innocently*** controlling people, by disrespecting the individual freedoms that are

inherent in life itself, because **"they think they are right"** in their *innocent* misunderstanding, while in fact it is just a personal misunderstanding, or belief, that that group has *innocently* decided to impose on others not forming part of that group, but have thereby, **failed in exercising their universal responsibility.**

The question, **"Do you want to be happy, or do you want to be right ?"**, is as valid today, as when it may have first have been used, because to *innocently* enforce being **"right"** you automatically and *innocently* give up your happiness, whether you realise that fact, or not.

The only healthy understandings (or feelings) worth following are our *innate feelings, like, love, compassion, peace of mind, resilience, honest, humility, gratitude*, to mention a few, as they all have *universal* application - namely they each **benefit, favour and respect everyone in the universe - no one excluded**, while feelings held by the individuals in any group, are only ever *innocently* intended to personally benefit, favour and respect members of that particular group, thereby *innocently* excluding everyone else - hardly a healthy feeling to adopt or follow.

The use of the word, **"innocently"** is most likely, confusing you - so let me explain.

As I have stated above "words" have the meaning that each of us give to each word. In the case of **"innocence"**, I use it as a universal characteristic, that we are each born with, which according applies to each of us, whether we are aware of it or not. When we know something we are deemed to be not so *innocent*, but **true innocence** is more than that just knowing something - it relates to **understanding through experience, how life operates and how we function as human beings**, because until we have that understanding, we cannot take **responsibility for our lives**, because we have not experienced that understanding, and accordingly have an **"innocent" misunderstanding**, that complicates our lives.

We experience that complication in our lives, until **we experience an understanding, from our wisdom**, and thereby realise that experiencing our **wisdom, in the moment, which we can do by giving up the need to control our thoughts and intentions**, is the ultimate appreciation and gratitude for the life we have been given, and we can then get on and live **naturally - namely as intended, like nature** - which just accepts life **"as is" (as it happens)**, as **nature** has no ability to, or no means of, complaining of, or objecting to, its lot in life, having been given absolutely everything needed, to live well.

The same applies to each of us, as we are part of nature as well, but as human, we have in addition, been given both **free will** and **freedom of thought**, which are the problem, rather than the solution, when not understood, and used for personal benefit, rather than for **impersonal (universal) benefit, favour and respect.**

When very young children are growing up, they are regarded loosely as **"innocent"** and not **"responsible"**, but unfortunately even when we have reached the society-defined age of 18, we remain so **innocent and irresponsible**, until we understand how the world operates and how we each function, and that may be for our whole lives.

Please read this portion of **Kahlil Gibran's** book, "**The Prophet**", "On Talking", which points to what lies within all of us - our spirit (our wisdom, our truth - all refer to the same innate energy, which allows us to experience life) :

"ON TALKING

AND then a scholar said, Speak of Talking.

And he answered, saying:

You talk when you cease to be at peace with your thoughts; And when you can no longer dwell in the solitude of your heart you live in your lips, and sound is a diversion and a pastime.

And in much of your talking, thinking is half murdered. For thought is a bird of space, that in a cage of words may indeed unfold its wings but cannot fly.

THERE are those among you who seek the talkative through fear of being alone.

The silence of aloneness reveals to their eyes their naked selves and they would escape.

And there are those who talk, and without knowledge or forethought reveal a truth which they themselves do not understand.

And there are those who have the truth within them, but they tell it not in words.

In the bosom of such as these the spirit dwells in rhythmic silence.

WHEN you meet your friend on the roadside or in the market-place, let the spirit in you move your lips and direct your tongue.

Let the voice within your voice speak to the ear of his ear; For his soul will keep the truth of your heart as the taste of the wine is remembered.

When the colour is forgotten and the vessel is no more."

" **The Prophet**" by **Kahlil Gibran** , was first published 1923, and as he died on April 10, 1931 (aged 48), the book was published more than 70 years ago, and he died more than 70 years ago, which generally means that copyright has expired for this work, hence making a copy of it available, as per link below:

Link: https://onemorelibrary.com/index.php/en/?option=com_djclassifieds&format=raw&view=download&task=download&fid=17018 (same reference link, as above)

Further, the following general information obtained from the Inside Front Cover, from a short quotation, and from the Inside Back Cover of the book, offers a very short appreciation of just how well regarded **Kahlil Gibran** was, in his time - to me, the book contains some of the most beautifully expressed English, that I have ever read.

Inside Front Cover, The Prophet :

'AE'George Russell wrote:

'I do not think the East has spoken with so beautiful a voice since the *Gitanjali* of Rabindranath Tagore as in " The Prophet" of *Kahlil Gibran*, who is an artist as well as a poet. I have not seen for years a book more beautiful in its thought, and when reading it I understand better than ever before what Socrates meant in the *Banquet* when he spoke of the beauty of thought which exercises a deeper enchantment than beauty of form ... I could quote from every page, and from every page I could find some beautiful and liberating thought.'

As a quotation, Claude Bragdon expressed the following, at the top of an early page listing his other works:

"His power came from some great reservoir of spiritual life else it could not have been so universal and so potent, but the majesty and beauty of the language with which he clothed it were all his own."

Inside Back Cover, The Prophet :

The Inside back cover describes *Kahlil Gibran* as a:

"Poet, philosopher and artist, Kahlil Gibran was born near Mount Lebanon, a region that has produced many prophets. The millions of Arabic-speaking peoples familiar with his writings in that language consider him the genius of his age. But he was a man whose fame and influence spread far beyond the Near East. His poetry has been translated into more than twenty languages. His drawings and paintings have been exhibited in the great capitals of the world and compared to Auguste Rodin to the work of William Blake. In America where he made his home during his last twenty years of his life, he began to write in English. *The Prophet* and his other books of prose and poetry, illustrated with his mystical drawings, are known and loved by innumerable people who find in them an expression of the deepest impulses of man's heart and mind."

I strongly recommend that you go to the Table of Contents (2nd page) of **The Prophet**, in the above link, https://onemorelibrary.com/index.php/en/?option=com_djclassifieds&format=raw&view=download&task=download&fid=17018 (same reference link, as above),

and read the following 15 chapters, out of the total of 28 chapter headings, but preferably, that you read the whole book, as it is an experience in life, alone (such beautiful writing, one seldom, comes across) - selecting each chapter will take you to the relevant page - the **bolded and underlined 11 chapters** being essential reading, to fully appreciate this submission, and its simplicity:

Love

Children

Giving

Work

Laws

Freedom

Reason and Passion

Self-Knowledge

Teaching

Friendship

Talking

Good and Evil

Pleasure

Beauty

Death

Reference 4: The book, "Summerhill", by AS Neill, first published in 1962, but my version was published in 1968.

Link: <https://archive.org/details/Summerhill-English-A.S.Neill/mode/2up>

The above link relates to a 1960 version of Summerhill, which had been compiled from **AS Neill's** four earlier books, as well as adding further new material, and in which he elected Harold H Hart, the publisher, as an honorary pupil of Summerhill, as a tribute to him creating this new combined book, that he (AS Neill) was obviously thrilled with.

I suggest you read the first page as an introduction to the book, and I would be very surprised if you did not think, "I need to read this book", as it shows the success that **AS Neill** achieved in having "**the fortitude to apply – without reservation - the principles of freedom and non-repression**", as found on that first introductory page

The following are but a few extractions from a brilliant book (from my 1968 numbered publication):

The introductory Chapter, by AS Neill, "A Word of Introduction", at page 11 of the electronic copy (from above link), will offer a good instruction to the book.

6. **PARENT'S PROBLEMS** (Section 6):

LOVE AND HATE (Chapter)

Page 263

(3rd paragraph):

Love and hate are not opposites. The opposite of love is indifference. Hate is love that has been changed to the other side of the coin - by thwarting. Hate always contains an ingredient of fear. We see this in the case of the child who hates a younger brother. His hate is caused by fear of losing mother's love, and also by fear of his own revengeful thoughts about his brother.

(last paragraph):

Few parents realize that by punishing they change their child's love for them into hate. Hate in a child is very difficult to

Page 264

see. Mothers who notice that their children are tender after a spanking do not know that the hate roused by the spanking was immediately repressed. But repressed feelings are not dead; they are only sleeping.

Page 265

It has become a platitude to say that we hate in others what we hate in ourselves. Yet, platitude or no, it is true. The hate we received in our infancy we bestow on our own infants, be we ever so willing to give them our love.

Page 266

(3rd paragraph to end of page):

Any parent that who expects gratitude knows nothing of child nature. Children hate to be indebted to anyone. I have had a long experience of resentment among pupils whom I kept at Summerhill for no fees or for much reduced fees. They expressed more hate against me than twenty paying pupils. Shaw (George Bernard) wrote, 'We cannot sacrifice ourselves for others without coming to hate those for whom we have sacrificed ourselves.'

It is true. And the corollary is true: we cannot sacrifice ourselves for others without coming to be hated by those for whom we have sacrificed ourselves. The cheerful giver does not seek gratitude. Parents who expect their children to be grateful are always doomed to disappointment.

To sum up, every child feels that punishment is hate and of course it is. and every punishment makes the child hate more and more. If you study the diehard who says, 'I believe in corporal punishment,' you will always find a hater. I cannot emphasize too strongly that hate breeds hate, and love breed love. No child was ever cured of hate except through love.

SPOILING THE CHILD

Page 267

(1st paragraph)

The spoiled child – using the word *spoiled* in any sense we like – is the product of a spoiled society. In such a society, the spoiled child fearsomely clings to life. He has been allowed licence instead of freedom. He does not know the meaning of true freedom, which means *loving* life.

Page 269

(3rd paragraph)

A child should not be permitted to violate the personal rights of others. Parents who do not wish to spoil their children *must* distinguish between freedom and licence.

Reference 5: Tuesday 14 January 2020: Life's lessons - they just happen, shows what can happen in part of a day - in the morning, for two hours

or more - when I was in the middle of preparing this submission (which has taken about 3 months).

What else do I need to do or include with this submission?

"Always question everything", and listen to the answers that come back to you, from the **wisdom** of life, not to the answers that you personally make up, that appear to be logical to you, as there is another form of logic at play in life - **the psychological logic** - the logic of the "**psyche**", which controls all life, and is the same logic that operates in the spiritual world.

"**To be or not to be, that is the question**", as Shakespeare asked in Hamlet - that is the question, that we are tacitly and innocently, each asking, every moment, of ourselves.

"**To be**", namely "**being**", offers the world, "**as it is**", to each of us, while alternatively, "**not to be**", is using our own thinking to direct us through life. These are our only two (2) choices, in life, each moment.

Love yourself, for loving yourself is one of the **most natural experiences in life**, while hating (hate or hatred), or any lessening of the feeling of love, is not - hating is simply an **illusion**, and a subtraction from reality, that we humans have the ability to create, because of the way life operates, and how we each function as human beings.

"**Don't let anyway say you are not beautiful**" (Queen Lizzo, on Western Australia's Channel 9, TV, at about 7:40am, 14 January, 2020 – I just heard this sentence, while making some tea, but not actively listening or watching the TV)

"**This or that, made me feel unsafe**" is a common statement, but it is a **total illusion** - it is our own personal thoughts, only, which can ever do that (make us feel unsafe) - as that is how we each function, **only ever being able to sense what is happening via our own thoughts**, which we each process internally.

Anyone not present (in both senses of the word), would obviously not sense anything - this is the **illusion** of life - coming from our own personally-generated thoughts, our thinking.

"**Listen to the music**". **Also listen to life, in particular, to music, to the radio, to humour, to laughter, to nature, to everything - just listen**, as that is how we each learn best about life. We operate best with encouragement and support, but we do not need to be told how to think, because we each work it out ourselves, on our own, when we are not being controlled or dictated to – that needs to be respected.

This is evident from reading **A S Neil's** book, "**Summerhill**", first published in 1962, and described on the back cover, by Sir Herbert Read

- '... in education.... it's founder ... has proved one simple truth - **freedom works.**'

Sir Herbert Reads words are worthy of being fully transcribed, as below:

'Summerhill is the name of a small school, but it signifies a great experiment in education. In the forty years of its existence its founder has proved (despite much discouragement and revilement) one simple truth - **freedom works**. This book shows how and why. I place Neill with Pestalozzi and Caldwell Cook among the greatest reforming teachers, bringing light and love into places (the home as well as the school) where there was once tyranny and fear. Summerhill is a name that will never be forgotten in the annals of education.'

"Baby I want you, baby I need you" (Perth, 1080 Six IX, about 8:20am, 14 January 2020, immediately after picking up Roxy, from Marcus' house - appreciated in the car - just started crying, uncontrollably, with love and understanding - a most beautiful feeling.)

Love is being wanted, but we have it all, and only need to give it away, to feel it - in other words, we each need to love ourselves, life and everyone else - love is the answer - always !!

Just **listen to life, to appreciate what life truly is** - your input is not required - you need to understand that your input - your thoughts, etc -can only ever be personal and secondary, never **universal** like **love, and all her other unconditional, absolute, universal feelings.**

Yes, life is all in the feelings - the positive feelings.

Even your negative feelings - that only ever come from your self-created negative thoughts - are designed, through that negative feeling, to warn you that you are off-course - experiencing negativity, the illusions of life - and to change your mind, back to the positive, namely to re-connect to your heart (your true nature).

Don't take my comments seriously, because my personal comments, are just that - personal - and as I have said above, your own personal thoughts and their correspondingly negative feelings, are not reliable, and that is why am directing you back to your own **wisdom**, to your own insights, as my insights, can only help you, when you experience them as your own, as **that is how we all learn, from within** - never from outside - **you are your own teacher !!**

You only ever learn from your own experiences - your teachers, psychologists, psychiatrists may each be brilliant, but all they can do is point you back to your **wisdom**, which is within you, back to that energy that is within every one of us - all you have to do is feel it, to understand that it is there, and has been there, from your birth - and don't try and work out where "there" is, because we are talking about spirit, which is formless.

Listen and observe, that's all - with literally nothing on your mind, and if you intervene with your thoughts, just observe them as well, not reacting to them, or if you have already reacted (had a thought of your own), just let that reaction be, without reacting to it, as well.

By so listening to life, and observing life, life will present itself to you in the form of **wisdom** from your true nature (your essence/your spiritual being), by somehow providing you with thoughts that will allow you to experience what life really is - an energy with wisdom - that we are all born with, that directs us as to **how life functions** and **how that wise energy of life supports us, always**, whether we are aware of it, or not.

I am telling you about this, because it is so beautiful to experience, and I want everyone to experience **the beautiful feelings of understanding how life operates**, and **how we each function in exactly the same way**, but I cannot impart my experience and my understanding to anyone - you each need to experience these beautiful feelings for yourself, as my explanations can never come close to the feelings that you individually can experience, and learn from.

We are each our own teacher - other people can only direct us to our true nature, our true being, as we are, each primarily that energy behind life, that you have been given from birth, that you use when thinking - we are not only the physical body that experiences the feelings of our own self-generated thoughts - we are much more than that - we are awesomely wise, each one of us - yes, you too - no one excluded - **you have the energy of life within**, use it wisely, otherwise you will feel the results of your negative thoughts as negative feelings, which is wisely pointing you back to your own **wisdom** - a ongoing repetitive cycle, that one day, you may notice, is just supporting you - **day in, day out** - until the penny drops, and you wake up, to that continuous, internal messaging system of **universal support**, alive in every living creature - including you.

It is that simple.

It is only our self-created thoughts that get in the way of our each experiencing the fuller extent of life, to which there is no limit - the infinite limit may be when our personal thought generating system (our ego) has almost completely shut down, but that is only my guess, which is as useless as anyone else's personal guesses or personal opinions - namely just being an **illusion** we humans self-generate, from our memory, because we can, through the way we are designed to operate and function.

Our memory is important, as it allows us to speak, possibly many languages, drive the car, remember our understanding and recall just about everything that has happened in our life, but because it is so good at doing its job, it can and does get used by each of us, unwisely, to remember the negativity that we also have the ability to create, because we have been given the **freedom of thought** and **free will**, to think whatever we like, and change our mind, whenever we feel so inclined.

Hopefully, you will start to see the **patterns** and **habits** in life, namely that we are given many gifts, but it is only the **positive, absolute and universal nature of our gifts**, which are helpful for us to use, while the negative aspects and characteristics of such gifts, are even positive and helpful, as negative feelings, which we prefer not to experience, but warn us that we are off- course – what a brilliant design – the positive is presented, but if rejected, a warning is sent out each time, in the form of a negative feeling, to encourage us to change our mind, and if that does not happened the process is repeated, until understood, or until death – maybe it needs to be patented – unfortunately the patent will not be granted, as generally, only “ **inventions and designs that are “novel” and “non-obvious”** can be patented, as other people have already experienced their **wisdom** !!

What more could you ask – in having such a system support you ?

Again very simple, but important to **see, by seeing past, through or despite**, our own self-generated negativity, **to the love and beauty of life itself, which surrounds us all**, and of which each of us, is just a part - a part of the whole -because we are each equal, and we each function exactly the same way.

It is **our true nature - our wisdom** - that **predominantly directs us through life** - and **controls and maintains our bodies, and our sanity, our security, our understanding, and our peace of mind, and also uses the positive characteristics of our memory**, but even warns us through the negative characteristics of our memory, and through our senses, that our actions and/or our understanding, are not aligned with the way life operates.

Reference 6: Education (More of Life's Lessons, that just happen, from Wednesday 4 December 2019, my wife, Trudy's birthday, as a coincidence):

I was 3/4 through the John Wood's book, "**Possibility ... a state of mind**" – reading it for about the third time, but comprehensively, with a view to lodging a submission with the Productivity Commission, regarding its Draft Mental Health Report (2 Volumes) – finding the book very comprehensive, as well – nothing missed – or that I could not understand, other than some of his examples, like a film that I had never seen.

Education is one of the most important things in life, often being referred to, or meant to mean, learning and/or understanding.

However, **education is a self-taught or inside-out process**, as we each only ever experience learning/understanding, **through experiencing our thoughts** !!

This inside-out process of experiencing our thoughts, moment to moment, thought by thought, is how we all function and experience life, day to day, whether we realise this fact, or not.

A teacher can say many things, but it is the student who needs to connect and understand what is being said, in the moment, before any intended learning can take place, as instead, unintended, partial or no learning, may take place, based on the student's corresponding thoughts – lack of interest and/or being totally distracted.

Accordingly, we need to empower students that **"they can do anything" - namely, that there are no limits to their ability to understand and learn.**

Keep in mind that we are all students - students of life - and that we never stop learning and understanding.

You stop learning when you are 6-foot under (dead).

Why **"they can do anything"**, is because **each human being is born with incredible innate, or inborn, abilities** (such as innate wisdom, innate health and innate common sense, innate peace, innate happiness and innate security, etc., which for simplicity, we will just refer to as **innate wisdom (or wisdom)**, often also referred to as **our 6th sense**).

Australian Channel 94 (Life), 10am, TV program (saw at a glance)

Destination Happiness.

destinationhappiness.com - checked out - and have become a subscriber to observe what is driving/motivating them.

Life is like a game, whereby you have been given **innate wisdom**, which **is the solution (the answer) to the game !!**

Once you have been born - it is the start of the game, but only until the game ends, which is when you pass away (die), as you then have **no ability to think**, and therefore no ability to experience life through **Thought**, namely via your thinking.

In this game, **you have been given literally everything you could ever, ever need or want.**

You have been given (imagine that this is true, even if you don't think that it is possible):

1. ***the gift of Thought***, which allows you ***to experience life naturally, as it happens, moment to moment, thought by thought, from your true nature (your wisdom, your 6th sense), through such Original Thought or impersonal thinking*** - this is often referred to as experiencing "***what is***", which is our means of experiencing fresh or new thoughts, that you do not personally create yourself – ***they just come to you, from the energy of life, from the formless energy behind life***; the ***gift of Thought*** always comes ***bound with and to***, the ***gift of Mind*** and the ***gift of Consciousness***, as they all rely on one another, and are each nothing, without the other two;
2. ***the gift of Freedom of Thought***, which allows you the freedom to think whatever you like, whenever you like - with you as the creator of your every personal experience, if you so decide/choose to; and
3. ***the gift of Free Will*** – you can choose to do anything – you may well surprise yourself, as to what is possible

We can be, and are, very self-serving and selfish, when not connected to our ***wisdom***.

Unfortunately, most people are not playing the game of life, at all well.

But you can always change your mind – only you can decide to change – to start using your ***built-in wisdom***.

It is truly beautiful - trust me, or trust yourself – preferably trust yourself, and do what I am suggesting.

The beautiful feelings will just start to flow, and those feelings will be your guide, from then on it will be - like a miracle has happened.

Reference 7: Lilly's Loose by Sue Pettit, from her poetry book "Coming Home": (An incredible poem, "which captures the thought created experience of emotional upset"):

An incredible poem, "***which captures the thought created experience of emotional upset***", as described in the description of the poem in amazon.com (as at 5 February 2020), which has for sale, the poetry book, **Coming Home** by author, Sue Pettit, which contains the poem, ***Lilly's Loose***, with the lyrics below, obtained from Michael Neill, another well-known Three Principles practitioner's Facebook page.

The full description of the poetry book extracted from on Amazon's website link:

<https://www.amazon.com.au/Coming-Home-Principles-based-poetry-ebook/dp/B07L6GL9P2>

is as follows:

"Coming Home is a collection of 26 poems covering 65 pages that were written in December 1984 in 48 hour period gratitude driven inspiration, one week after the arrival of a two week old adopted daughter. They were written in rhyme and iambic pentameter and were experienced and proclaimed by the author to have come through her not from her. As the author states, "Coming Home is about coming back to myself and my own wisdom. It is about finding that peaceful place within; a place where I feel secure and full." She adds " Coming Home was written as a celebration as I began to realize that the only thing that takes me away from a peaceful life is traveling in my own thoughts. "In the last lines of the title poem, the author states with a powerful certainty, "Coming Home's a simple journey, takes no movement on my part, instead of listening to my thoughts, I listen with my heart." This powerful experience occurred shortly after the author and her husband had met Sydney Banks and had become students of the Three Universal Principles of Mind, Thought and Consciousness and as she had accompanied her psychiatrist husband to a 10 month fellowship in this new (at the time) understanding. The collection of poems was first self published in 1987 but as the interest in The Three Principles has flourished and spread internationally, demand for easy availability to the inspired poems has also multiplied. One of the poems "Lilly's Loose", which captures the thought created experience of emotional upset, has been published with permission in six books by other authors. You are in for a treat!!! " (I have corrected some very minor spelling mistakes, for ease of reading)

LILLY'S LOOSE

**Lilly is the operator
at the switchboard of my brain.
And when she starts reacting,
my life becomes insane.
She's supposed to be employed by me
and play a passive role.
But - anytime I'm insecure -
Lilly takes control.
Lilly's loose,
Lilly's loose,
Lilly's loose today!
Tell everyone around me
just to clear out of my way.
The things I say won't make much sense-
all COMMON SENSE is lost-
'Cause when Lilly's at the switchboard
my wires all get crossed.
Lilly is my own creation,
thought I needed her with me
To organize and then recall
all my life's history.
But she started taking liberty
with all my information.
And whenever she starts plugging in
I get a bad sensation.**

Lilly's loose,
Lilly's loose,
Lilly's loose today.
Tell the world to hurry by
and stay out of my way.
I'm feeling very scattered-
I'm lost in my emotion.
Lilly's on a rampage
and she's causing a commotion.
She looks out through my eyeballs
and sees what I do see,
Then hooks up wires to my past-
she thinks she's helping me.
When I'm in a good mood
I can smile at her endeavor.
But when I'm in a bad mood
Lilly's boss, and is she clever.
Lilly's loose,
Lilly's loose,
Lilly's loose today
Tell all my friends and relatives
to stay out of my way.
I don't give hugs and kisses
when I'm in this frame of mind.
And please don't take me seriously-
It'd be a waste of time.
LILLY'S LOOSE!

Lilly is simply the name of the author's **personal thought system** (also known as **her ego**), and is **a warning to others and to herself, never to take her thoughts seriously, especially when she is in a bad mood.**

Sue Pettit, the author, is also stating that Lilly (**her ego**), is supposed to take a ***passive role, the way we are designed to operate, or function - namely, that we are designed to operate from our wisdom, primarily, namely from "that place within; a place where I feel secure and full", which offers "sanity" and "COMMON SENSE"*** - NOT from our ego, which when it takes "control", offers only the insanity and insecurity of emotional upset. (Tried removing green !)

To me, who has also experienced such clarity, this is a very clear statement of how we are all designed to function as human beings.

Other questions to ponder are: "What determines our state of mind ?" and

"Why do we tend to take our thoughts and feelings so seriously ?"

Answer those questions from your wisdom, by just listening and observing, or by asking each question, or both together, and leaving the universe to answer them, in its own time, and see whether you get an answer or answers – you will be surprised – but don't cramp your **wisdom**, with your own **impatience**, as nothing will happen, until you let it happen on its own.

Reference 8: Poem "IF", by Rudyard Kipling, First Published 1910:

Poem, "If", by Rudyard Kipling, first published 1910, is a brilliant lesson in life, a summary of the poem, and some insights behind it, being available at the link below;

Link: <https://www.gradesaver.com/rudyard-kipling-poems/study-guide/summary-if->

The contents of the poem, were obtained from

link: <https://www.poetryfoundation.org/poems/46473/if--->



[If— by Rudyard Kipling | Poetry Foundation](#)

Rudyard Kipling is one of the best-known of the late Victorian poets and story-tellers. Although he was awarded the Nobel Prize for literature in 1907, his political views, which grew more toxic as he aged, have long made him critically unpopular.

www.poetryfoundation.org

The contents of the poem, "If", are as follows:

If

BY RUDYARD KIPLING

(‘Brother Square-Toes’—Rewards and Fairies)

If you can keep your head when all about you

Are losing theirs and blaming it on you,

If you can trust yourself when all men doubt you,

But make allowance for their doubting too;

If you can wait and not be tired by waiting,

Or being lied about, don't deal in lies,

Or being hated, don't give way to hating,

And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!

Reference 9: Freedom of Thought and Free Will ? And some other considerations, (my considerations):

Freedom of thought and free will:

(Imagine if we did not have such gifts – freedom of thought and free will - the world would be much easier to manage - there would be no wars, nor violence, just accidents – would we be in a state of possibility perpetually ? Would individuality exist ?)

Another Consideration/Approach/Viewpoint:

Thought is absolute and complete. And it is one of the three universal principles which define how we function as human beings, but from my experience, it is the controlling principle, as it draws in the energy and power of Consciousness and the energy and power of Mind, and uses them in such a particular way, that allows us each to experience life, as we do, based on our own choices, moment to moment, thought to thought, but always supporting and maintaining us, while guiding and directing us through life, via our own experience of our wise and healthy feelings of love, understanding and common sense, and all such other absolute, healthy, positive, universal, characteristic feelings.

"Thought is everything", is accordingly, a statement often used.

We are also this incredible, energy, like everyone else, which accordingly, out of respect, is best used for the common good - not for personal gain (not even for the gain of any particular subgroup).

In the end, we are each *responsible* for our own lives - this cannot be avoided - so take *responsibility* - whoever you are - no one is better than anyone else - we are all *innocently*, ignorant and arrogant, at different times - our thinking takes us there - never dwell on the negative, or on the positive - each thought will pass, but only, if, you let it pass !!

Hanging on to any thought, as being important, or that you don't want, or when you are serious, and unable to drop a thought, you will maintain the same corresponding feeling - but let it go, and the world will be yours to enjoy !!

Forgive yourself for your absolute *innocence*, and you will start to see and experience a completely new world !!

"Nothing matters" other than what you personally think is important, or when you cannot drop a thought, for some reason - you will have made up the reason, as well !!

However, reasons, justifications and conditions, only exist in the physical realm/world - not in the spiritual realm !!

When you have a thought, that thought actually "has" you - unless you realise this very fact, of being "had" !! (tony)

We are each the only person who wields the power that can frighten us, because that is how we function – each from the inside out – it is only our own thoughts, which can ever frighten us – no one else's thoughts – hence such feelings being "illusions", warning you to change your mind.

If someone is threatening you – that is a totally different matter – that is a "real" threat, not an illusionary thought involved – and self-preservation is primary – if not able to defend yourself adequately, look to your *wisdom* to see the best solution – otherwise get out of the situation as fast as possible, to minimise injury, and report the situation, as soon as possible.

Reference 10: The C Y O'Connor example – The Gold Fields Water Supply Scheme, (Negativity, and the need to Generalise, to see the big picture, and not to get lost in the detail):

The **Goldfields Water Supply Scheme**, commissioned in 1896, was completed in 1903, and C Y O'Connor, the Irish Engineer, who is best known for his work in [Western Australia](#), especially the construction of the [Fremantle Harbour](#), thought to be impossible, and this project, who designed and oversaw the building of the steel pipeline from Mundaring Weir to Kalgoorlie, committed suicide in March 1902, less than 12 months before it started operating successfully.

Unfortunately, there had been such animosity towards the project, that, again unfortunately, C Y O'Connor had taken on such criticism of his project, **personally**, which is believed to have given rise to him committing suicide.

Lady Forrest officially started the pumping machinery at Pumping Station Number One (Mundaring) on 22 January, and on 24 January 1903 water flowed into the Mount Charlotte Reservoir at Kalgoorlie. O'Connor's engineer-in-chief, C. S. R. Palmer took over the project after his death, seeing it through to its successful completion.

[for further details see Wikipedia

link: https://en.wikipedia.org/wiki/Goldfields_Water_Supply_Scheme]

What, if anything, can we conclude from this most unfortunate suicide ?

For C Y O'Connor, his negative thoughts toward himself, are the likely reason for the fatal action he took - it definitely was not somehow directly caused by the reported negativity and animosity towards the project, itself, but directly by his own personal subjective thoughts, which he saw as his only solution, for whatever reasons he was playing through his mind, which he alone was experiencing as negative emotions, which in the end, he **innocently** did not understand were actually just coming from his own doubts (doubting thoughts yielding negative feelings), likely about the project itself, but who knows - only he knows - as only we each know, our own personal thoughts, especially when we do not share our concerns with others, or if we do, and they are not given due respect - namely, you do not feel that that you have been heard.

What this unfortunate example shows is that we need to be able to **generalise** about life, not get bogged down in the detail and in the specifics, because the only relevant thing here, is how C Y O'Connor was thinking possibly over a long period of time, that finally gave rise to his final solution to the problem, which he had created in his head – in his mind.

My heart goes out to him and his family, at that time, well over a century ago, and to any of his relatives, who are alive today, but have we learnt anything from that ?

It would not appear so, unfortunately, but this **Three Principles approach** offers ***the answers (and the understanding) to all such problems, and to every kind of problem, in every sphere of***

life - it is all in our **thinking**, as **that is the only way that we each experience life, through our thoughts (our thinking), moment to moment.**

Reference 11: Einstein- related Questions and Answers (These questions and answers, allow us to appreciate, just how little we know about the world we live in, hopefully to make it easier in giving up the idea of being “right”, and deciding rather to be “happy” instead.):

These **Einstein related Questions and Answers**, certainly show how **little** we actually know - there are lots of scientific theories, but not all confirmed – just lots of theories, that try to mimic reality – but we have made significant progress, being able to go to the moon and back, conceded.

These questions and answers come from **Wikipedia**, and the **Google** question: how much is understood about the general theory of relativity:

What is the general theory of relativity in simple terms?

General relativity is a **theory** of space and time. The **theory** was published by Albert Einstein in 1915. The central idea of **general relativity** is that space and time are two aspects of spacetime. Spacetime is curved when there is gravity, matter, energy, and momentum.

What is Albert Einstein's theory of general relativity?

Albert Einstein's general theory of relativity is one of the towering achievements of 20th-century physics. Published in 1916, it explains that what we perceive as the force of gravity in fact arises from the curvature of space and time. **Einstein** proposed that objects such as the sun and the Earth change this geometry.

What does theory of relativity say?

The laws of physics are the same for all observers in any inertial frame of reference relative to one another (principle of **relativity**). The speed of light in a vacuum **is the** same for all observers, regardless of their relative motion or of the motion of the light source.

Is general relativity correct?

The predictions of **general relativity** in relation to classical physics have been confirmed in all observations and experiments to date. Although **general relativity** is not the only **relativistic** theory of gravity, it is the simplest theory that is consistent with experimental data.

What is Space Time and how it works?

Space-time is a mathematical model that joins **space** and **time** into a single idea called a continuum. This four-dimensional continuum is known as Minkowski **space**. Combining these two ideas helped cosmology to understand how the universe **works** on the big level (e.g. galaxies) and small level (e.g. atoms).

Is gravity a law or theory?

Gravity is most accurately described by the general **theory** of relativity (proposed by Albert Einstein in 1915) which describes **gravity** not as a force, but as a consequence of the curvature of spacetime caused by the uneven distribution of mass.

What is $E = mc^2$ used for?

The mass–energy equivalence formula was **used in** the understanding of nuclear fission reactions, and implies the great amount of energy that can be released by a nuclear fission chain reaction, **used in** both nuclear weapons and nuclear power.

When was relativity proven?

General **relativity** (GR) is a theory of gravitation that was developed by Albert Einstein between 1907 and 1915, with contributions by many others after 1915. According to general **relativity**, the observed gravitational attraction between masses results from the warping of space and time by those masses.

Do things exist when not observed?

An item truly **exists** only as long as it is **observed**; otherwise, it is **not** only meaningless but simply nonexistent. The observer and the **observed** are one.

What is the general theory of relativity in simple terms?

General relativity is a **theory** of space and time. The **theory** was published by Albert Einstein in 1915. The central idea of **general relativity** is that space and time are two aspects of spacetime. Spacetime is curved when there is gravity, matter, energy, and momentum.

*****End: Einstein-related Questions and Answers*****

Reference 12: Very Relevant Articles from the Realm of Possibility Website [These two (2) very relevant and recently created articles on The Realm of Possibility website, www.therealmofpossibility.org.au , will greatly assist anyone, in better appreciating the Three Principles understanding, and I encourage you to access it, for well-researched material]

1st Document: **WHY ARE THE WORLD'S PROBLEMS SO DIFFICULT TO RESOLVE?**

This article may be found at link: <https://www.therealmofpossibility.org.au/possibility-articles/why-are-the-worlds-problems-so-difficult-to-resolve/>

2nd Document: **HOW TO SEE POSSIBILITY USING VERTICAL INQUIRY**

This article may be found as a PDF file attachment to this submission, named: "VERTICAL_INQUIRY_04_02_2020.pdf", as it has not yet hit the website yet, but may also be viewed shortly under "Articles & Videos", from the above-mentioned website, as well.

Vertical Inquiry is the means of using questions to encourage clients/participants to essentially use their *wisdom* to answer those questions from "*the unknown*", rather than answering them from their memory, namely from "*the known*".

It requires the practitioner to be coming from his wisdom, to be able to sense the appropriate question to pose/ask.

Reference 13: Outstanding matters to being addressed

[These two (2) very relevant and recently created articles on The Realm of Possibility website, www.therealmofpossibility.org.au, will greatly assist anyone, in better appreciating the **Three Principles understanding**, and I encourage you to access it, for well-researched material]

The following areas, I would like to address, for completeness:

1. The recent Australia Day Awards to 1099 recipients, honoured all the recipients achievements, but it is important, for everyone to see that such achievements are all "possible", for any and every human being, to be able to achieve, especially when making use of their *wisdom*, as we are the only people to limit ourselves – no one else is *responsible*.
2. People have been accessing their *wisdom*, for centuries, but very likely, only a few realised it's **true nature and value** – this obviously needs to change.
3. All not for profit (NFP) organisations, and the gratitude emanating from the people who set them up, is proof enough, of the fact that **people are naturally supportive of their fellow human beings** - the world would be nowhere as nice a place, without their constant loving and giving nature, to those in less fortunate circumstances, many of whom, are not even in such situations, of their own making. This is a beautiful sign of **gratitude** for their "**fortunate life**", and wanting everyone

to share in the goodness and beauty of life, that they are experiencing.

4. All the people, who are doing well or incredibly well, or who are simply happy to be alive, are a further sign to those not doing so well, of what is **possible** - there are lessons in life, for us to see and appreciate, every moment of every day, if we are just awake to that, and living in the moment, rather than living from our past - from our memory - one and the same thing !!
5. **Acting** - are you acting? If so, are you getting paid for it ? Or are you just hiding from the life that you think is trying to bring you down, for some reason that you have made up, in your head? See those reasons, like a defense mechanism, stopping you from accessing your **wisdom** – stopping you from being connected to life itself, and enjoying such benefits, that flow naturally from an optimistic state of mind.
6. **The very writing of this submission** - letting everything just come to me – has enabled me to put this submission together, just **trusting** that I would be presenting a sound submission, with conviction, which hopefully is how it will be seen – but who knows ? I don't know, but it is clearly better "**not to know, than to know**", as it has been an incredibly insightful period of about 3 months. It could have been more concise, but does that really matter ? Only if I, **think** so.
7. "**Conversations**" with Richard Fidler, and the "life in action", of the people he and others interview, for about an hour at 11am, on Perth ABC Radio 720 AM, Monday to Friday, just reflecting life, as it happens, is very inspiring and uplifting – I recommend that there is so much to cherish in life, that more time be spent on such activities, and more such fascinatingly interesting activities be made more readily available – see the goodness that surrounds us, constantly.
8. **ABC TV and Radio** - Australian, unadvertised, but for the benefit of all Australians – they too, need to be encouraged in their involvement in this wise general understanding, for the benefit of their employees, and the rest of Australia, through them, the government-funded ABC, who have an interest in supporting every Australian, to an **international standard of common sense**.
9. **TV Channels SBS, 7, 9 and 10 and all Australia's main Radio stations, and all newspapers**, also to get involved with facilitating this wise general understanding.
10. **All music**, through TV stations and Radio stations, is to be encouraged, as well - music seems to be listened to **without judgement**, or **without the same level of judgement**, fortunately, which needs to be encouraged, for that reason, alone.
11. Elizabeth Parry's book "**An Extraordinary Journey**", subtitle, "**THY WILL, NOT MINE**", published 2017, says in the four (4) words of her subtitle, what I have taken to say in this entire submission, in an unreligious, but spiritual manner, that "**life is**

controlled by the energy that we also use when we are alive", through enabling and manifesting our thoughts to be both received from our **wisdom**, and/or created by us personally, as well as allowing us to move through life, and appreciate life, all of which would be impossible without such **energy and the gifts of life that we all receive at birth**, and then still supports and maintains us and our bodies, during our lives. **Life is truly incredible** – to be marveled at and over, especially when our **wisdom**, is allowed to come to the front, and be recognized for what it is.

12. **Humour** in all forms, needs to be encouraged, as we are **all too serious**, and that is of concern – a light-hearted approach to life needs to be offered to all children, and adults, children from birth - "**Nothing Matters**" and "**Nothing is important**", other than we each make as important – we are unnecessarily complicating life, by **overthinking**.

13. **Sport in all forms**, as exercise is an essential element in offering a life of **quality**. We can but marvel at the sportsmen and women, in their dedication to their true interests in life – they show that "**Anything is Possible**", time and time again.

Further:

If you could take a dump of my thoughts you could appreciate what I am saying, but as that is not possible as yet, please take heed of what I am saying, as the benefit is for the world at large, **including everyone's mental health**, and simply shows the truly **universal** nature of what I have experienced - it is not just a personal opinion that I am talking about here – it is much, much more than what people are currently experiencing, and has nothing to do with me, personally - it just shows what is possible for every human being alive - "**Everything is Possible**" again – we are restricted, **only** by our own thinking – by nothing else.

We have not tapped our own **wisdom**. Not even started really, as a nation. **Let's start**.

We are about to start, and a similar level of progress, as over the last 30 or 40 years, incredible though it may have been, may well happen in about the next 10 years, when **wisdom** really starts being used - **we have no idea how powerful we each are** – I feel that power, through my insights, but it is available to everyone – not just me and a few others – it is **always available to everyone**.

We do need to get rid of, through **wisdom**, the ultra-conservatism, which is unfortunately persisting, despite the **illusion** that such groups of people are living under, but this is likely only to take place by example – too many people are literally imprisoned in their memories, not seeing that their prison door is literally "**open**", in that they **only need to change their mind, to open that door**.

Why is it that people think that their personal opinions and views should be regarded as having universal value and feeling, such values and feelings, only being valid for the likes of

love, compassion, peace of mind, happiness, and the likes, which all have positive universal value, as they are all from our **wisdom**, the direct source of how we directly tap into our spiritual nature - we are truly, **innocently** insane and stupid - or some of us are, anyway, and I acknowledge that I was for a long time **innocently** insane and stupid, too – maybe you need to be stupid and insane, before becoming wise and sane – I doubt it, though.

Let our children, at least reap the benefits of knowing about **wisdom**, and using it to full advantage, to live happy and fruitful lives.

This understanding needs to be embraced I am prepared to commit the rest of my life to such understanding being spread around Australia, and around the world – why not be the **first country to embrace this common sense understanding**, as I **see** it.

Reference 14: Three Principles for Realizing Mental Health: A New Psychospiritual View by JACK PRANSKY and THOMAS M. KELLEY, in the *Journal of Creativity in Mental Health*, 9:53–68, 2014, offers 16 pages of explanation and evidence of the Three Principles understanding being effectively used in practice.

Link: <http://www.three-principles.com/wp-content/uploads/2015/02/9-Three-Principles-for-Realizing-Mental-Health.pdf>

The description immediately below, gives an appreciation of what is in the article:

We offer a new psychospiritual understanding of mental health grounded in the three principles of Universal Mind, Consciousness, and Thought. This understanding proposes that all people have innate mental health they can access and sustain regardless of past or present circumstances. We first describe the three principles, explain how they appear to work within people to create their psychological lives, and present evidence in support of their spiritual basis. We then distinguish the intervention based on these principles from cognitive and other psychotherapies and describe several guideposts followed by practitioners grounded in this understanding. Finally, we offer empirical evidence of the effectiveness of the three-principles intervention.

KEYWORDS the three principles, Mind, Consciousness, Thought, innate mental health, spirituality, health realization, creativity in counseling

Reference 15: Health Realization as described in Wikipedia, offers a fairly comprehensive appreciation of how the model developed, as one of resiliency.

The link is: https://en.wikipedia.org/wiki/Health_realization

The link to the Three Principles (self-help) Wikipedia page is : [https://en.wikipedia.org/wiki/Three_Principles_\(self-help\)](https://en.wikipedia.org/wiki/Three_Principles_(self-help))

Reference 16: Realizing Resilience in Trauma Exposed Juvenile Offenders: A Promising New Intervention for Juvenile Justice and Prevention Professionals by Thomas M. Kelley, Jack Pransky and Judith A. Sedgeman, in the *Journal of Child & Adolescent Trauma*, explain how the Three Principles understanding is used in practice.

The link is:

https://www.researchgate.net/publication/262842465_Realizing_Resilience_in_Trauma_Exposed_Juvenile_Offenders_A_Promising_New_Intervention_for_Juvenile_Justice_and_Prevention_Professionals

Reference 17: 3+Simple+Ways to Break Free from Habits, Anxiety and Additions (by Dr. Amy Johnson)

Dr Amy Johnson has a comprehensive practice, running courses and training all the time, and is highly regarded. Her website, <https://dramyjohnson.com/> has a lot to offer, and as a person who herself suffered with an eating disorder for about 8 years, she is so enthusiastic about her work, in helping other people. She also runs a coaching school

Amy Johnson's book, "The Little Book of Big Things" has been translated into Italian about two years ago, and recently into Korean.

The link is

"https://dramyjohnson.com/wp-content/uploads/2018/07/3_simple_ways_to_break_free.pdf (by Dr. Amy Johnson).pdf"

Reference 18: Jonelle's Procrastination Publications has a comprehensive 3P RESOURCES (94 page PDF Book of Resources) section to it.

Her Homepage is: <http://www.procrastinationpublications.com/295705284>

The 3P Resources "Book" may also be found at

<http://www.procrastinationpublications.com/295705286>, and at

Link: <https://drive.google.com/file/d/1r0PrHzql8KZUIDxpPblxsMW5tzE1SqZ2/view>

Reference 19: Listing of all Streaming Video, from the website <http://sydbanks.com/videostream/> to be listened to, as part of my submission (Just over 5 hours):

Streaming Video (Sydney Banks videos of his Lectures from Hawaii, Long Beach and Washington, with duration in minutes):

The suggested order is Washington, Long Beach and Hawaii, although it does not really matter.

Washington Lectures (July 17, 2000, 45 mins), link: <http://sydbanks.com/washington/>

[Washington Lectures](#)

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1. **The Three Principles (part 1), 10 mins;**
2. **The Three Principles (part 2), 10 mins;**
3. **Separate Realities (part 1), 13 mins;**
4. **Separate Realities (part 2), 12 mins;**

Long Beach Lectures (March 3-5, 2000, 2 hours, 19 mins), link: <http://sydbanks.com/longbeach/>

[Long Beach Lectures](#)

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1. **The Great Illusion (part 1), 16 mins;**
2. **The Great Illusion (part 2), 17 mins;**
3. **Truth lies Within (part 1), 14 mins;**
4. **Truth lies Within (part 2), 14 mins;**
5. **The Experience (part 1), 17 mins;**
6. **The Experience (part 2), 17 mins;**
7. **Jumping the Boundaries of Time (part 1), 15 mins;**
8. **Jumping the Boundaries of Time (part 2), 15 mins;**
9. **Jumping the Boundaries of Time (part 3), 14 mins;**

Hawaii Lectures (October 12-13, 2001, 2 hours, 1 mins), link: <http://sydbanks.com/hawaii/>

[Hawaii Lectures](#)

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1. **Secret to the Mind (part 1), 15 mins;**
2. **Secret to the Mind (part 2), 15 mins;**
3. **Oneness of Life (part 1), 18 mins;**
4. **Oneness of Life (part 2), 19 mins;**
5. **The Power of Thought (part 1), 11 mins;**
6. **The Power of Thought (part 2), 12 mins;**
7. **Going Home (part 1), 15 mins;**
8. **Going Home (part 2), 16 mins;**

Reference 20: How the formless comes into form: A process by which Universal Mind powers consciousness and thought to create people's psychological lives (by Jack Pransky and Thomas M. Kelley, in Cogent Psychology, 2017):

This is the link: <https://www.tandfonline.com/doi/full/10.1080/23311908.2017.1307633>

Reference 21: Can wisdom be fostered: Time to test the model of wisdom (by Ankita Sharma and Roshan Lal Dewangan, in Cogent Psychology, 2017):

This is the link: <https://www.cogentoa.com/article/10.1080/23311908.2017.1381456>

Reference 22: Encounters with an Enlightened Man: The Early Years with Sydney Banks, by Linda Quiring:

This book has a comprehensive description **that must be read, about what happened to Linda Quiring, the author of this book**, the link being:

https://books.google.com.au/books/about/Encounters_with_an_Enlightened_Man.html?id=CyqvswEACAAJ&redir_esc=y

but I have copied the description below, for ease of reading:

The Description:

Encounters with an Enlightened Man reveals Linda Quiring's experience in a mental institution where she was told she would need to be on medication and receive periodic shock treatments for the rest of her life. Soon, her personal spiritual journey led her and her husband Bill to move to Saltspring Island in early 1974. Her search for that 'guru who appears the moment a student is ready' led to the door of Sydney Banks, who had also just moved to the Island after having an enlightenment experience. At their first fortuitous meeting, Syd articulated a desire to write about his very recent experience, and suggested that Linda, an avid reader and writer, work with him. After listening to Syd she became 'cured' without any further medication or treatments.

The next year saw more students appear, and within five years, hundreds of students had moved to the Island to follow this quiet man and his startling revelations into the nature of life. With *Island of Knowledge* selling thousands of books, and another on the way, Syd's path led to the wider world, where he would write books, work with psychologists and other professionals and disseminate his teachings. Linda's journey however, led to settling into a normal life on a small farm, where she and Bill raised their son Gary, made artisan soaps for a living, and kept chickens and bees.

A heartfelt desire to write, and surprised by the outflow of love and interest in those times, Linda was encouraged to write about "The Early Days." Still friends after four decades with other very early students, she included their stories as well, making for an enthralling look into the beginnings of a now worldwide movement in higher consciousness as experienced and taught by Sydney Banks.

About the Author

Linda Quiring and her husband Bill live on a small farm on Saltspring Island, British Columbia where they grow heritage apples and keep bees. Recently retired after 35 years making Artisan soaps and body care products, Linda is the author of *Island of Knowledge*, *Beyond Beliefs: The Lost Teachings of Sydney Banks*, *Encounters with an Enlightened Man: The Early Years with Sydney Banks*, and continues to write

Reference 23: The Three Principles Global Community Website, the 3PGC Website, <https://3pgc.org/>, as the name indicates is a global website, to which I am subscribed, and many people around the world, who are involved with this understanding.

This website also contains Three Principles Papers Published, Forthcoming, or Under Review in Peer-Reviewed Scholarly Journals (1990-2019)

This **evidence of impact detail**, is at link: <https://3pgc.org/evidence-of-impact/>

Reference 24: Another of life's lessons and observations experienced:

Today Thursday 30 January 2020, on waking up I had these thoughts, that I initially recorded on my iPhone:

Thursday 30 January 2020:

Life's lessons - they just happen.

I am happy, content, and loving life and understanding it, as it happens - what more could you ask for ?

Nothing.

That state of mind is worth a million dollars (the currency doesn't even matter), and is available to every single human being, not just now and then, but as a state of peace, gratitude and understanding, from which to just allow life, to happen, and appreciate, once you have woken up - what a pleasure having insights is - for this is really living - and the rest is a waste of energy.

Life is that simple.

Please join me, in respecting all forms of life, and your world, and the world, will change, for the better, naturally.

Insights are in sight - only a thought away - just let it happen.

(I had these thoughts on waking up this morning, and during making our morning cup of tea, which would be hard to give up - or would it ? Who knows ? Not me !)

Added later

When you have woken up, you become so aware of what is happening, that you just act naturally, because you know **how life operates** and **how you junction**, and no longer need to fool yourself, nor anyone else - your clarity of understanding allows you to trust in life itself.

We are each just part of life - **spiritual beings, within spiritually-energised physical bodies.**

And our thoughts, both **primarily impersonal**, , and **secondarily, personal**, allow us to **navigate our way through life, as we choose, in the moment, thought by thought, moment to moment - that is how every person functions, whether we realise it, or not** - the realisation coming through our innate **wisdom**, as insights, revelations, a-ha moments, epiphanies, and the likes - call them what you like.

Mind, Thought and Consciousness are the responsible universal principles behind life, and behind our total experience, and we can only take on that same responsibility ourselves, or suffer the consequences, if we choose not to - that's life.

The last, but very likely, possibly the most misunderstood part of life, is "***that life only truly happens, in the moment***", so that any understanding you have, no matter how wise that may be, ***wisdom is infinite***, and accordingly you will never know everything, because there is always more to have insights about - ***so the beauty is limitless too*** - so never think that you have found "the truth", as it can only ever be "***a temporary truth***", before accumulating into your memory.

Further, when you tell other people about it, the message can only be heard "when the student is ready", so disagreements are very likely, especially by conservative thinkers, who are largely attached/connected ***innocently***, to ***the content of their thoughts***, not appreciating "***that they think***", namely, they have the power to think, whatever they choose - namely of unlimited content and feeling, as our experiences all come from within us, being totally responsible for creating and experiencing our entire personal world.

Your ***wisdom*** has been with you, since birth - access it - it is trying to help you to enjoy life, just as it supports and maintains your body, day in, day out, and completely, when you sleep, and much much more - ***your wisdom deserves your respect.***

We reject our ***wisdom, innocently***, through lack of understanding, of what it can offer - ***your wisdom offers solutions to your every problem - no problem excluded - so, yes - solutions to every single problem - if you let it.***

Don't take my word for it - I cannot experience it for you - ***only you can experience your own wisdom*** - once you have ***recognised just one insight***, you will be hooked, and your life will change forever - and you will wonder why you were so stupidly, ***innocently***, arrogant, that you thought you knew better than the energy of life that created you, and it just continues to support and maintain your body, mind and soul, even without your being aware, of the ***present***, that you have been given - ***life, in each present moment.***

When we ***wake up***, we become aware of how life works, and then tend to "***go with the flow***", or "***get into the zone***", namely ***seeing*** life, ***naturally, "as it is"***, rather than seeing it "***as it isn't***" - namely how we ***innocently think*** life operates and how we ***innocently think*** we each function.

We need to understand our ***habitual nature***, that is always trying to help us, but it can only do a great job, when it is aligned with the "***momentary truths***" that come from our ***wisdom***, which automatically uses our memory, if and when appropriate, in offering its solutions.

Beautiful. And beautifully simple - complexity only ever being introduced by the human being, when doubting their inherent, innate spiritual nature, found only in our ***wisdom***.

End