

A vibrant tropical beach scene. The foreground is a wide expanse of white sand. In the middle ground, several tall palm trees with lush green fronds are scattered across the landscape. The background features a clear blue sky with a few wispy white clouds. In the distance, a small wooden structure with a thatched roof is visible on the water's edge. The overall atmosphere is bright and sunny.

Making Sense of It All

Peter W.T. Bogacki

MAKING SENSE OF IT ALL

by

Peter W.T. Bogacki

First Edition

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Also by Peter W.T. Bogacki

www.theexegesisprogramme.com

THE EXEGESIS PROGRAMME (2015)

The VSM Being Seen At Source: A Visual Mapping (2016)

The Working Manager's Mirror aka The VSM: Making It Work (2016)

A Voter Government Disconnection: A Way Through (2016)

Making Sense of It All
is about you using language
to make sense of experience
— what works, and what doesn't —

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An Introduction to The Exegesis Programme

Feelings

Throughout your life your rational mind is continuously recording all experience in memory for the purpose of survival. In other words, right now your mind is the container (in memory) of your entire experience – you are your experience.

As a mentally able person active in the outside world your natural mind creates your feelings in being here and now, and you have in truth no say in what feelings are being created here and now or how long they are going to last. The say you do have however is, whether or not you take responsibility for having created them, and to avoid confusion here there are two kinds of feeling in essence:

True feelings

You are OK being with these feelings – your natural mind has already taken responsibility for having created them, they fade into the background and do not determine your experience. In other words, here and now you run them so, you have the freedom and ability to act naturally and easily and make life work and fun.

Your mind has already made (natural) sense of these same feelings – they are part of valid experience already recorded in memory.

Feelings of separation

You are not OK being with these feelings – your natural mind has already not taken responsibility for your rational mind having created them, they stick around and determine your experience. In other words, here and now they run you so, you have no freedom or ability to act naturally and easily and life doesn't really work for you and is not fun.

Your mind has made partial sense of these same feelings – they are part of invalid experience already recorded in memory.

Transformation

The natural ability to make (natural) sense of experience is common to us all as is the underlying machinery[1][2] being used and the essential experience[3] of using the machinery however most of us have forgotten about this regarding invalid experience. This same ability is not dependent upon the ability of your rational/intellectual mind to analyse/rationalize the underlying machinery and/or the essential experience i.e. you cannot prove (natural) sense or what makes it. You naturally sense what makes (natural) sense and you simply recognize (natural) sense and what makes it.

If you want to enough you can transform experience (from invalid to valid) simply by having your natural mind take total responsibility for your rational mind having created invalid experience in the first place – you actively make (natural) sense of your experience by re-creating and sharing it truly and vocally with whoever you are in communication with.

A Complete Shift

The communication using words of total responsibility by your natural mind however demands that you accept the use of a complete shift in English language structure from normal to natural. In other words you must drop your attachment to the use of normal English language structure, a structure that is geared up for the communication of partial responsibility.

To avoid confusion here regarding experience there are two kinds of information:

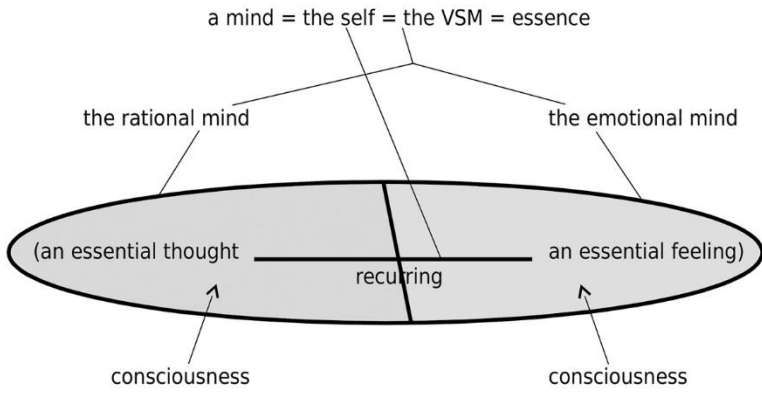
- stuff that directs you towards the truth of your experience – a product of a natural mind using a natural language structure.
- stuff that directs you towards the unreality of explanation, beliefs and theories – a product of a rational/intellectual mind using a normal language structure.

Put simply, you cannot make (natural) sense of invalid experience by using normal English language structure and/or your rational mind – it doesn't work.

The Exegesis Programme book[4] in essence is an opportunity for you to make (natural) sense of your entire experience simply by re-creating a complete linguistic model of a natural language structure through use of the book. In other words, you can make your life work now by sharing the experience vocally of using the book to your satisfaction.

Endnotes

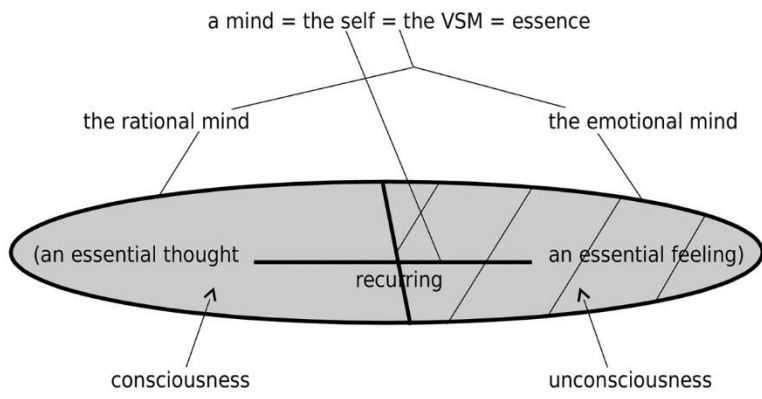
- 1) see figure 1, p. 4
- 2) see figure 2, p. 4
- 3) see figure 3, p. 5
- 4) see www.amazon.co.uk/dp/1515329453



a representation of
essence of a mind with clarity in operation

Figure 1

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a representation of
essence of a mind with confusion in operation

Figure 2

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the essential experience
(a representation)

Figure 3

(source: The Exegesis Programme 1978 – reproduced in trust)
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WHAT IT IS: An Alternative Programme

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- Making A Decision -

Briefly

In book form here, The Exegesis Programme[4] in essence is an alternative programme that you can use to make your life work NOW.

01: A Natural Mind

When our lives begin, innately as individuals we already contain as essence/source/natural intelligence/the self, all knowledge needed in order to learn, grow, and fulfil our own ultimate purpose as a human being. At this time as individuals we experience here and now with a natural mind in consciousness – a single whole made up of a rational mind and an emotional mind – a mind that makes sense of experience and works: a conscious rational mind with conscious emotional mind. [1]

Meanwhile throughout each of our lives the rational mind is continuously recording all experience in memory for the purpose of survival. In other words, right now your mind is simply the container (in memory) of your entire experience – you are your experience.

02: A Normalisation Programme

From a very early age through to adulthood we are being continuously programmed/conditioned/brainwashed/conned into a normal way of, experiencing here and now by having to share it vocally through the use of normal English language structure. And by the time we reach adulthood the complete programme is firmly entrenched in place and our individual minds operate in two modes:

1. As a conscious rational mind with conscious emotional mind[1] – when operating in this mode your mind runs feelings already in being, deals with events in life naturally and responsibly – it is in control. It makes life work, is satisfied and continuously creates and records valid experience.

When your mind is operating in this mode your communication

using words makes sense and works and allows the re-creating of true fun, joy, peace of mind, satisfaction and happiness. True feelings are being re-created from memory – valid experience.

2. As a conscious rational mind with unconscious emotional mind[2] – when operating in this mode your mind is run by feelings of separation already in being and it tries to deal with events in life by control- or approval-seeking, neither of which really work for it – it is out of control. It fails to make life work, is dissatisfied, and continuously creates and records invalid experience.

When your mind is operating in this mode your communication using words doesn't truly make sense and work and prevents the re-creating of true fun, joy, peace of mind, satisfaction and happiness. Feelings of separation are being re-created from memory – invalid experience.

In other words, in communication using words normal English language structure in essence is a normalisation programme, a reflection of an historic, habitual, and commonplace way of, experiencing here and now and sharing it vocally. The end result of the programme is, separation of your entire experience (aka your life) into what works and what doesn't.

03: A Naturalisation Programme

Here, The Exegesis Programme[4] in essence is a naturalisation programme that was written using a natural English language structure. It is a complete linguistic model of a natural way of experiencing here and now and sharing it vocally. We all began experiencing here and now this way but this time through use of the book you can share it vocally using a language structure that works. The end result of the programme is, unification of your entire experience and your life working. In other words, you make your life work now by sharing the experience vocally of using the book to your satisfaction.

04: Use Of The Book

In truth no one needs a naturalisation programme – most people have an attachment to a normal way of experiencing here and now and having life partly work. As a true user of the book however, you want more than this in life. Your goal is, to reconnect with your natural intelligence and take back your property (from your rational mind) – your natural power.

Of course your rational mind (creating feelings of separation) hates this kind of stuff. The purpose of the rational mind is to survive whatever. The rational mind however cannot truly see the difference between what is natural and what is normal: naturally its purpose is to survive death – normally it is also to survive socially i.e. to survive loss of image, status, security, reputation, territory, etc.

At a very early age your rational mind took over charge from your natural mind by resisting true feelings of failure already in being and splitting the operation of your mind into two modes – in that instant your rational mind began a process of defending its territory by the re-creating of feelings of separation in opposition to your goal: you re-creating your natural mind in complete consciousness, the natural state of mind you began life with.

In other words, throughout your experience of using the book your rational mind (paradoxically) will be resisting your natural mind by creating every rationalization/reason/justification and feeling of separation in its imagination in order to resist/avoid you having a complete experience (without changing or interpreting it) – a process that your rational mind also begins at the very idea of you using a book to achieve your goal...

05: A Decision

Briefly, making your life work in essence is your responsibility, and true use of the book demands commitment, courage, and willingness. Your barriers are your feelings of separation in opposition to your goal and you push through them now as you validate your true feelings of failure simply by,

- taking responsibility for your rational mind creating your feelings of separation,
- clarifying your true feelings of failure by using the essential experience[3] as a guide,
- sharing the experience vocally with whoever you are in communication with.

Before you can truly use the book however you have to make and share this commitment: you have to answer truthfully “yes” to these questions and share the experience of it vocally:

- Are you willing to be willing?
- Are you willing to derive value from the experience?
- Are you willing to do what is necessary to achieve the end result?

Once you have done this you have created the space necessary for you to make a decision NOW about who you want to run the show, you or your rational mind.

The Communication Using Words of A Complete Experience

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- Responsibility Using Words Works -

Briefly

The story here is about the communication using words of a complete experience. Although you may find it difficult to understand fully you can at least get a sense of what it's all about.

01: A Conscious Rational Mind With Conscious Emotional Mind^[1]

For the first six years of life I was experiencing here and now in complete consciousness with a natural mind - a single whole made up of a rational mind and an emotional mind – a mind that makes sense of experience and works. And throughout this period my experience in essence was, nothing that I was saying was getting through – everything I was saying was to my rational mind not having the desired effect or was being invalidated. Naturally my rational mind was continuously recording experience in memory for the purpose of survival.

As a consequence of all this, in communication using words I was awash with negative feelings and gradually the act of speaking/conversing became connected with negative feelings. At the same time I was receiving from older people ideas with content about what feelings already in being were OK/not OK to be allowing – “Don't be afraid/angry/sad/worried/upset... etc.”. All this time my rational mind was recording and accumulating all experience and increasingly interpreting it as my mind being not OK,

- a failure at making sense of experience by sharing it using words.
- consciously allowing feelings already in being that throughout my lifetime I was being informed it was not OK to allow.

Finally without warning I was left for several hours in a foreign country in a location surrounded by adult strangers who were all using words I had never heard before. Drowning in negative feelings already in being, desperate to make sense of my experience, and failing (using words) to

have my distress and terror fully understood, acknowledged, and validated, my rational mind rationalized/reasoned that,

- me allowing these same feelings in being – my lifelong experience – was not OK.
- my natural mind was unable to make sense of experience by sharing it using words and as a result I had been rejected and abandoned as being not OK: damaged, worthless and unlovable.

Simply put the rationalization was, “I’m not OK being who I am”.

02: A Conscious Rational Mind With Unconscious Emotional Mind[2]

Age of 6 to mid-teens

Based on this rationalization my rational mind made the decision to change (i.e. resist) these same (true) feelings already in being that were connected with communication using words by exiling them to a state of unconsciousness. Instantly these same feelings were re-created as feelings of separation (aka pain/suffering) and so valid experience of communication using words now became invalid experience. In short, in all my communication using words my mind was now a conscious rational mind with unconscious emotional mind in operation.

These same feelings of separation were now barriers preventing complete conscious connection with, what makes sense of experience and works – my natural mind in complete consciousness creating true/real communication using words. In other words my rational mind had taken over charge from my natural mind and my mind had begun a process of contracting mentally. All this time my rational mind was continuously recording experience in memory for the purpose of survival. Now however with my mind in this condition, what was being recorded was totally invalid experience, experience that my mind was unable to share truly in consciousness by using words.

Noticing that my experience now was somehow different I began wondering what had happened and began a process of analysing valid experience already in memory. The act of remembering and processing valid experience in my partial consciousness however simply invalidated the experience before my mind re-stored it in memory. Eventually as I reached my mid-teens all experience contained and being accumulated in memory was invalid. At this point I lost total trust in my ability to communicate using words and my last vestige of self-confidence in communication using words vanished.

During this time period the pain of failing to communicate using words in company gradually began to dominate my life and I began feeling more and more as someone who was unable to join in social activities no matter how hard I tried. I began dreading communication using words. In order to avoid the pain I began spending more and more time being and doing things alone, and more and more I felt like an outsider. Eventually communication using words in company was no fun at all and it became a terrifying experience knowing I was failing every time I spoke.

Mid-teens to age of 24

Throughout my life I had always had fleeting flashes of memory remembering the experience of being naturally happy, fun-loving and interested in whatever it was life had to offer. And my main goal and most powerful desire now was somehow consciously to re-create the experience. Although conscious life was now no fun at all, deep inside I somehow knew that my mind was fundamentally OK and in a process that lasted from my mid-teens until the age of 24 I gradually became willing to have and work through any experience that would somehow allow me some vestige of enjoyment of being in company.

Although I was now feeling totally unlovable in being unable to avoid communication using words in company, I was lonely and wanted desperately to join and fit in and continuously felt that I had to pretend that I was OK (in communication using words) in order to survive in company and avoid rejection. Every time I opened my mouth to speak however I knew that what I was saying made no sense to and didn't work

for me. The very act of speaking felt like a terrifying life or death situation.

Then in order to join and fit in by getting communication using words in company right my mind began a process of thinking about each word I was using as I was using it. This too didn't work for me. It simply clogged up my thinking, put brakes on my spontaneity, and slowed down my speaking – I began feeling more and more like a recorded message.

Next in order to discover the cause of all this my mind began a process of analysing more deeply each word I was using as I was using it. This didn't work for me either and gradually these processes jammed and froze up my thinking. The effect of this was, my spontaneity using words vanished and I lost all trust in the meaning(s) of each and every word in memory.

Now my mind was firmly attached to the idea that communication using words would never work for me. Indeed my mind was paralyzed with fear not only throughout the activity but also at the very idea of it – my mind was stuck in a state of total confusion. To avoid the pain of failure I became increasingly reclusive, dreading meeting people since that almost always involved communication using words.

During this time period I willingly sought help from everywhere I could think of: conversation, religion, medicine, self-help books, Scientology, hypnosis, re-birthing, psychiatry, Samaritans, all without success. Nothing worked for me – to my mind all these things were being communicated using words that made no sense to and didn't work for me.

Finally at the age of 24 I was recommended to do a seminar about 'you making your life work now', and I attended an evening preview meeting. I was intrigued by the powerful sense of peacefulness and ease I was getting from the speaker as he ran the meeting and dealt simply with whatever it was each person there brought up. Finally when I told him in some totally confused fashion that somehow I couldn't say what I wanted to say and that I wanted to know why, he replied simply

“Do the seminar”. At the end of the meeting I made the decision to do the seminar. What had clinched it for me was the powerful sense I was getting that,

- he was somehow OK being with my ineffective communication.
- he knew something about me and communication that I didn't.
- I could perhaps learn what it was by being with him in the seminar.

For me doing the seminar was the most amazing, terrifying, and wonderful experience of my life. There were ground rules (aka agreements) that had to be kept and various activities that had to be completed. Participation was by sharing an experience or asking a question. At various times in the course of the seminar the group leader gave out the following information and dealt with whatever came up as a result:-

- your mind is totally responsible for creating your entire experience.
- responsibility works.
- normal English language structure is not geared up for the communication of total responsibility.
- what is preventing your life from working is your rational mind being in charge.
- feelings (of separation) in opposition to your goal are what keeps you from achieving it.

As the seminar progressed I personally dredged up and dramatized every possible reason why the above made no sense and didn't work, and I watched other participants do something like that too. All this time the group leader dealt clearly, concisely, and responsibly with whatever came up and by doing this was somehow helping each and every person to clarify their experience simply by the person taking responsibility for it. Increasingly I was getting a powerful sense that responsibility did truly work.

Increasingly I became clearer about the difference between coming from my (valid) experience and coming from my rational mind (/invalid experience). Then suddenly towards the end of the seminar experience my whole mind with complete clarity in operation saw my rational mind in operation and got that my mind alone was responsible for creating my entire experience – the experience simply blew my conscious mind open, back to a state of complete and natural consciousness.

03: The Return

Age of 24 to 38

After the seminar,

- I had already accepted total responsibility for creating and re-creating my entire experience and that there was no going back.
- my mind had now returned to being a conscious rational mind with conscious emotional mind in operation in communication using words.
- I had trust in a kernel of English language that made sense to and worked for me.
- I had learned that throughout life for the purpose of survival the rational mind continuously seeks agreement to experience already in memory and re-creates connected feelings in being regardless of whether the experience in memory is valid (i.e. containing true feelings) or not (i.e. containing feelings of separation) – one is defined by the other.
- to push through feelings of separation in opposition to your goal now you tell whosoever you're in communication with how you truly feel. This actively replaces feelings of separation with true feelings (i.e. feelings now that are OK with you) – invalid experience is replaced by valid experience.

What I didn't fully grasp then was the fact that my mind still contained a pre-seminar lifetime of invalid experience in memory. In other words, in communication using words my entire experience was almost all

invalid – almost all of no trust in the meaning(s) of each and every word in memory.

Next I went through a phase of trying to tell whosoever I was in communication with in the outside world how I was feeling in order to push through my feelings of separation. Gradually, slowly, and naturally I learned that communication using words still didn't make sense or work for me. I was distraught and began feeling even more damaged, worthless, unlovable, and terrified. And I had no clear idea what to do next.

Some four years later (in communication using words in English) and for the best part of a year I was charged with turning round a loss-making project in an isolated location in an African bush location, a place where normal English language structure was unimportant. Knowing next to nothing about the nature of management I simply made the decision to run totally on automatic pilot and throw myself into every situation regardless of my feelings. The project was a success by all measures and I knew that somehow I had connected with something at the very core of being a true/real manager. I just didn't know consciously what it was or how to communicate it through use of words.

Several years later in order to discover what it was I returned to higher education for two years, learned that it wasn't on the curricula, and towards the end of this period happened across a model of organization that reflected the essence of what it was.

Age of 38 to 43

By the age of 38 I was totally fed up with the way my mind kept failing to identify any meaning that I could trust for each word and I made the decision to begin writing about my experience in order to stop the meaning(s) of each and every word swimming around in my mind. I spent the next three years agonizing over and rewriting every word, phrase, sentence, and chapter and produced a book, a life story that reflected my fledgling ability with use of words.

After sharing the book with some family members, acquaintances, and the seminar group leader, I worked briefly in a business organization cofounded and led by him, a company that used the same model of communication that had been used throughout the seminar. I told him about my powerful sense of connection between the two models (i.e. of organization and of communication) and he then charged me with clarifying the connection and putting it into words within a short period of time.

After about a month I realized that I couldn't do it by using words. Distraught and ashamed I felt even more damaged, worthless, unlovable, and terrified and I made the decision to leave the company. Next, I had a powerful sense that writing about the connection between the two models would help to clarify my confusion about the use of words and I began doing just that.

I already had complete trust in the model of communication that had made sense to and worked for me – a set of 8 elements that in written form took up one side of A4 paper. The model of organization in the form of a diagram also took up one side of A4. The description of it however was spread across three books and an article in a journal and had been written using elaborate language.

For the next two years in order to clarify my understanding of the connection by reducing verbiage to minimum I continued the writing process in communication using words with established experts in all fields involved. The end product was a complete linguistic model of what makes sense and works and it took the form of another book, an abstract from which was peer-reviewed and accepted for publication in a journal. For me however the end result was simply a clarity about and trust in a model of English language structure that makes sense and works when used.

Age of 43 to 60

To create and validate this same linguistic model I had spent almost all of the time working hermit-like while supported by parents and a loving and trusting partner. Now at the age of 43 however my mind still

contained almost an entire lifetime of invalid experience in memory and I was still extremely weak in spoken communication in company. To grow my natural strength in spoken communication in company I needed to use and expand the model in working practice in the outside world and shift my focus of attention outwards.

During this time period I began by doing voluntary work in the community with the Samaritans followed by work helping largely wheelchair-bound people with their transport. Next came paid work as a public service bus driver and later as a customer service advisor in an insurance company call centre. All this time my ability with and trust and confidence in my spoken communication was growing slowly and part way through this time period (at the age of 53) it was finally strong enough for me to get and handle being married.

Age of 60 to 63

At the age of 60-61 I wrote an introduction to and published my book – The Exegesis Programme[4] – a linguistic model that a reader can use to re-create a complete experience of the seminar if so desired. Next I put together and published a video about the source of the model of organization as well as a guide for the working manager to using the model.

At the age of 62 I paid a visit to and was able to handle and enjoy being with foreign relatives at the same location where some 56 years earlier my rational mind had made the decision that had caused all the damage to my mind.

Next and relatively quickly I made sense of a political issue by putting together and publishing an article about the issue.

Then I made sense simply of what it was in the seminar that I had learned about the way most adult minds operate by quickly writing and publishing a story about it – Who You Really Are aka The Self: A Harmless Reminder. Normally the minds of most adults operate in two modes,

1. As a conscious rational mind with conscious emotional mind[1] – when operating in this condition the sharing of experience in the outside world by using words works and allows the re-creating of true fun, joy, peace of mind, satisfaction and happiness. True feelings are being re-created from memory – valid experience.
2. As a conscious rational mind with unconscious emotional mind[2] – when operating in this condition the sharing of experience in the outside world by using words doesn't (truly) work and prevents the re-creating of true fun, joy, peace of mind, satisfaction and happiness. Feelings of separation are being re-created from memory – invalid experience.

04: A Complete Story

Age of 63 to now

From the age of 6 to 63 my main goal was always, to share my experience simply through use of words. In other words, to have in complete consciousness my natural mind in communication using words, begin a process of re-creating true fun, joy, peace of mind, satisfaction and happiness – something I had been continuously failing to achieve ever since the age of 6. At the age of 63, I finally achieved it after I had put a complete story together and shared it here.

In short, the story here is about the communication using words of a complete experience. Although you may find it difficult to understand fully you can at least get a sense of what it's all about.

Who You Really Are aka The Self: A Harmless Reminder

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- Learning Two Kinds of Knowledge -

Briefly

This story is a harmless reminder of who you really are aka the self, something that you already know in essence (/innately within) and at a very early age forgot to choose complete connection with simply by falling into agreement with a commonplace culture.

01: A Begining

When our lives begin, innately as individuals we already contain as essence/source/(natural) intelligence/the self, all knowledge needed in order to learn, grow, and fulfil our own ultimate purpose as a human being. At this time as individuals we experience here and now with an open mind – a single whole[1] made up of a rational mind and an emotional mind – a mind that makes sense of experience and works.

So, without changing or interpreting individual experience we each begin learning as we share experience vocally and move easily through every feeling. All this time the rational mind is continuously recording all experience in memory for the purpose of survival. Consciously we are fully connected to our own source as we sense, communicate, recognize, make sense, and grow our natural power and abilities – individually we are OK being who we really are.

02: Learning

As we begin life, as individuals we are learning two kinds of knowledge by accumulating experience here and now:-

The Self (aka Who You Really Are)

We learn the self by sensing, communicating and recognizing what is in essence and we grow knowledge, natural power and abilities by validating experience through the sharing of it. So we sense, communicate, recognize, learn, see and manage what is – i.e. what is experience, what is sensing, what is being, what is sense, what is knowing, what is responsibility, what is truth, what is trust, what is

integrity, what is creativity, what is value, what is ethos, what is validity, what is being OK, what is an idea, what is desire, what is communication, what is thinking with feeling, what is observing, what is understanding, what is thinking, what is feeling, what is reality, what is belief, etc. As we expand as individuals we begin to, see in essence the rational mind in operation, run feelings already in being as all OK, make sense of experience, manage natural power and make life work.

Information

As well as this we learn information presented to us by older/other people by receiving ideas with content about e.g. what is OK/not-OK, language, numbers, stories, religion, nationality, ideology, ologies, sport, arts, professions, trades, management, etc.

03: Partial Separation

In early life we each move easily through every feeling already in being by simply allowing them to be. From a very early age however, each one of us is continuously receiving ideas from older/other people about our failures and what feelings already in being are OK/not-OK to be allowing. Meanwhile the rational mind is continuously making judgements about what is being experienced and is recording it all.

Eventually in early life an event takes place where the rational mind makes a decision to fall into agreement with these same accumulating ideas being received (as “I’m not OK being who I am.”). It makes a decision (viz. “Be who I think will please them”) to resist/avoid (i.e. try to change) these same (true) feelings already in being that are connected with this same experience by exiling them to a state of unconsciousness. The feelings have now been instantly re-created as feelings of separation and so valid experience has now become invalid experience. As a natural consequence of this these same feelings have become barriers (to dealing with events similar in kind) that prevent complete conscious connection with: source/essence/(natural) intelligence/the self. In other words rational intelligence has already taken over charge from (natural)

intelligence and the whole mind has already begun a process of contracting mentally.

As life progresses and more such events take place the rational mind falls further into agreement with the content of more accumulating ideas about resisting/avoiding not-OK feelings already in being by continuously seeking and finding agreement to invalid experience already in memory. This process re-creates associated feelings of separation, creates more and compacts invalid experience, and further contracts natural power and abilities.

04: Rational Intelligence

The mind in charge now operates as a rational intelligence. It operates in two modes:-

1. **Conscious rational mind with conscious emotional mind**[1]
Operating in this mode it runs feelings already in being, deals with events in life naturally and responsibly – it is in control. It makes life work, is satisfied and continuously creates and records valid experience.
2. **Conscious rational mind with unconscious emotional mind**[2]
Operating in this mode it is run by feelings of separation already in being and it attempts to deal with events in life by control- or approval-seeking, neither of which really work for it – it is out of control. It fails to make life work, is dissatisfied, and continuously creates and records invalid experience.

In observation each one of us in truth can see that the machinery (underlying intelligence) is working perfectly. Rational intelligence however is unable to see this – it sees only what is in consciousness and as a natural consequence of being stuck with feelings of separation it is attached to certain ideas e.g. “Rational intelligence is who I really am...”, “I must rationalize/resist/avoid ideas being received from natural intelligence in order for me (= rational intelligence) to survive (= hold on to being right/the boss)”, etc.

05: Complete Reconnection

To re-create complete connection with source and the learning of the self this same mind must willingly take total responsibility for and expand beyond its rational intelligence and take a look at what is doing the looking in order to see the rational mind in operation. The experience of this is uncomfortable, demands real work, and can be difficult to achieve. The experience is totally out of agreement with what rational intelligences can handle – they are already partially disconnected from their individual source and can consciously neither fully understand nor support an act of complete reconnection. They resist by re-creating every feeling of separation and associated thought possible for their own survival in charge – “dangerous new-age nonsense...”; “cultish brainwashing...”, “should be banned...”, “no rationalization/published academic paper/proof that it’s possible...”, “everybody knows that...”, “if we ignore it/pretend it’s not there, it’ll go away...”, etc.

True support comes solely through communication with another mind that has already consciously re-created complete connection with source, already knows what is involved, and has already learned enough of the self to choose to provide a form of mirror that can safely reflect to a rational intelligence a harmless reminder of what is truly being received from it in essence – what is already being sensed and you already know at source.

The complete experience demands willingness to entertain the possibility that you just might be wrong about every experience already in memory, courage to push actively through your barriers, trust in your experience of what is being sensed, and desire to be all that you can be.

06: Recent Mirrors

Recent mirrors have taken the form of trainings EST (Erhardt Seminar Training, USA), The Exegesis Programme (UK), and a book The Exegesis Programme (UK).[4]

07: The End Result

Instantly upon complete reconnection with source natural intelligence takes back charge from rational intelligence – aka enlightenment (or intelligence released), a truly rational mind-blowing experience – and begins a process of using natural power to re-create as valid, invalid experience already contained in memory. Life does not get better however...you still get shit coming down the tube of life, you just begin to deal with it more easily, smoothly and quickly, and have more fun.

As life progresses the rational mind still continuously seeks and finds agreement to invalid experience already in memory and re-creates associated feelings of separation in being. Natural intelligence has now the ability to move through these same feelings by consciously choosing (i.e. deciding to have/allow) them instead of resisting/avoiding them – it simply does what it already had been doing before the rational mind took over charge. In other words you choose your (true) feelings by sharing your experience here and now – willingly taking total responsibility for what the rational mind is creating by telling how you truly feel to whosoever you are in communication with. By doing so natural intelligence instantly re-creates these same feelings as OK (true) feelings in complete consciousness – valid experience now replaces invalid experience, barriers have already been dissolved and natural power and abilities have now expanded.

This process continues until all experience contained in memory (aka life experience) has already been re-created as valid - then you are already OK with your entire experience. [3] The process takes as long as it takes and duration is dependent upon depth of conditioning/conning/brainwashing (by the rational mind) and availability of support.

The end result is, peace of mind, you running your feelings as you steer your way through life, and you being who you really are – natural power management. Life works for you. You expand as life progresses and this leads to fulfilment of ultimate purpose, a state of satisfaction and happiness.

also available by Peter W.T. Bogacki

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