



Natural Power Management

Peter W.T. Bogacki

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Natural Power Management

*Text of a speech given by Peter W.T. Bogacki
in March 2021 at an online meeting of a public speaking club.*

To get the most from this speech please first ask yourself this question, and answer it truthfully:-

Slide 1: “Do I run...

“Do I run my feelings, or do my feelings run me?”

01: Introduction

With both question and answer in mind, tonight I’m going to give an overview of what is natural power management.

Slide 2: NPM

And to begin, here are two quotations. The first one is:-

“The purpose of a manager is to achieve his goals.”

Slide 3: The Purpose...

And the second one:-

“Feelings in opposition to a goal are what keeps you from achieving it.”

Slide 4: Feelings in opposition to...

Both quotations are statements made by Robert D’Aubigny,

Slide 5: Robert D’Aubigny...

and he is the founder of a training programme called The Exegesis Programme.

Now before I continue, please watch this short video clip taken from a TV interview that was first broadcast in 1973.

Slide 6: clip from...

The interviewer is the American singer-songwriter, John Denver:

“... what we do in the training is to give people the opportunity to get in touch with the person that they are afraid they are, so that they can actually experience the person that they’re afraid they are. And it’s an amazing thing, when you experience the person that you’re afraid you are you suddenly get beyond that to experience the person you really are.” – Werner Erhard, 1973

—— [click & watch video clip from 4:30 to 5:30 minutes] ——

The person being interviewed is Werner Erhard,

Slide 7: Werner Erhard...

and he is the founder of a training programme called EST, short for Erhard Seminar Training.

Now bearing in mind what both D'Aubigny and Erhard have said,

Slide 8: A Story

this is a story about a container, a container called essence.

And to get a sense of what it's all about please don't believe a word I say.

02: The Self

Slide 09: Two Kinds...

Once upon a time on this planet there were two kinds of knowledge.

The first kind was called the self,

Slide 10: 1st kind: The Self

that's who you truly are,

Slide 11: The Self = who you truly are

and it came into being when you were conceived. In other words, your self, that's two words, is already within you in essence and you learn who you truly are consciously by recognising your self through experience.

Your self is the source of your natural knowledge, intelligence and power, and is nothing to do with your image, status, reputation, security, territory, whatever... It contains all knowledge you need in order to learn, grow, and fulfil your ultimate purpose as a human being.

In essence the self is simply: **knowing what is**.

Slide 12: ...knowing what is...

Knowing what is stuff like:-

- what is the self; what is knowing; what is experience; what is communication; what is being; what is truth; trust; creativity; integrity; sensing; sense;... for the sake of clarity I'll list a few more examples...

Slide 13: ...stuff like...the self; ...

learning; responsibility; value; validity; what is thinking; what is feeling; what is ability; what is satisfaction; and so on...

No one teaches you your self. You learn it simply by sharing your experience of it with another person.

03: Information

Slide 14: Two Kinds...

Then there was a second kind of knowledge, and it was called information

Slide 15: Information

and it was not in being when you were conceived. In other words, you learn information through the experience of receiving an idea from another person or persons. Information in essence is simply:

Slide 16: ...The content of...

the content of an idea being received from another person or persons.

Stuff like:-

- language; language patterns; behaviour; behaviour patterns; stories...like this one; beliefs; theories; explanations; ologies –

Slide 17: ...stuff like...language; ...

what's taught in schools and universities; what's right; what's not right; etc.

04: A State of Being Natural

Slide 18: essence / a container

Now on this planet was born a baby, and like all mentally able babies, it had a completely open conscious mind called essence, a mind that is consciously and truly self-aware. In other words, essence contains itself.

Slide 19: being open/free




Essence is a conjoining of a rational mind and an emotional mind and it operates as a single conscious whole. It is a mind that makes sense of experience and works, and for the sake of clarity let's call this mode of operation **Being Open/Free**.

Now, the prime purpose of the baby's rational mind, like all rational minds, is to survive – it stops working once you're dead. So right from the off

Slide 20: Video storage

this rational mind is continuously videoing away everything the baby is experiencing and filing the core content away in a container on videotapes.

Slide 21: being open/free

Meanwhile this baby is sharing its experience vocally to its satisfaction and moving freely through every feeling in the process. No feelings are being resisted. For example, and you know the drill......the crying lasts as long as the crying lasts. The baby is sharing its experience vocally and simply and no English language is being used. The baby is loving openly and freely and its experience is one of learning and being loved. In short, the baby's mind is in **A State of Being Natural**.

Slide 22: ...Natural

05: A State of Being Normal

In contrast dependent upon present experience, the mind of each of the overwhelming number of adults on this planet was switching between this mode of operation and another – **Being Closed/Trapped**.

Slide 23: being closed/trapped

In **Being Closed/Trapped** the adult's conscious mind has contracted and is now the rational mind, **RAT** for short, operating on its own and partly separated from the self, from the source of natural knowledge, intelligence and power. **RAT** can only see a reality that the adult thinks, feels, reasons and believes is true, and is not. It thinks power is about having control

Slide 24: Video storage + King Rat

and thinks and identifies who it is, who the adult is, as being about its image, status, reputation, security, territory, whatever... To survive loss of whatever it's identifying with, **RAT** replays videotapes and negative self-talk that have been stored as a collection of invalid experiences in a container. The feelings of separation (from the self) and sensations that **RAT** is re-creating are the same as those that innately it replays to survive physical damage and death e.g. fear; heart beating faster; sweaty hands; butterflies in tummy; shallow breathing; moist hands; dry mouth...

Slide 25: being closed/trapped

Without conscious emotional intelligence the adult mind is being run by its feelings of separation and cannot share its experience truthfully by being vocal. In other words, the adult cannot act and communicate openly, freely, and naturally.

Slide 26: The person that you're afraid you are.

And in the words of Werner Erhard, this is "the person that you're afraid you are".

Slide 27: ...Normal

As already stated, dependent upon present experience the adult mind is sometimes open and sometimes closed. In short, the adult mind is in **A State of Being Normal**.

06: The End Result

Slide 28: ...Normal → ...Natural

In the USA back in the 1970s and '80s, to facilitate anyone to return to **A State of Being Natural** Werner Erhard founded and ran the training programme, EST. And in the UK around five years later Robert D'Aubigny founded and ran The Exegesis Programme, a more UK-friendly such seminar. The end result for each graduate of these seminars was complete conscious reconnection with the self, with own natural knowledge, intelligence and power, and re-creation of own process of natural personal growth.

In essence EST and The Exegesis Programme were each a form of **naturalisation programme**, a programme that facilitates your whole mind in a safe environment to take a conscious look at your **RAT** in operation invalidating your present experience. And simply by sharing your experience of this truthfully and vocally, suddenly – you ‘get it’,

Slide 29: Video storage + ~~King Rat~~

you take back your natural power to re-create experience and transform it, and thereby overwrite your invalid videotapes and disappear your feelings of separation.

Slide 30: ...Normal → ...Natural

You’ve now established the truth of your present reality and have re-created a process of discovering and revealing your innate capacity for joy, enthusiasm, peace of mind and clarity.

As you grow stronger you begin to drop the acts and roles that never really worked for you, and you begin to choose ones that you want instead. You take on challenges and achieve goals that previously your **RAT** was re-creating as impossible. In other words, you are now learning to handle your present experience, including shite coming down the tube of life, more easily and smoothly, and you’re having more fun. In short, you’re returning to **A State of Being Natural**.

Slide 31: ...Natural

Remember, you began your life with your mind in **A State of Being Natural** and deep inside you already know what that is – in essence it’s you being who you truly are,

Slide 32: A Natural Power Manager

a natural power manager.

Slide 33: NPM

That’s the end of the story...

**return to
‘Contents’**

**Do I run my feelings,
or
do my feelings run me?**

**return
to text**



Natural Power Management

Peter W.T. Bogacki

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- 1. The purpose of a manager is to achieve his goals.**

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1. The purpose of a manager is to achieve his goals.

2. Feelings in opposition to a goal are what keeps you from achieving it.

**return
to text**

1. The purpose of a manager is to achieve his goals.

2. Feelings in opposition to a goal are what keeps you from achieving it.

**Robert D'Aubigny
- founder of The Exegesis Programme -**

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**clip from
'The Tonight Show'**

**24 September 1973
NBC**

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**return
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Werner Erhard
- founder of EST -
(Erhard Seminar Training)

**return
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A Story



essence

a container

return
to text

Two kinds of knowledge

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to text](#)

Two kinds of knowledge

1st kind

The Self

**return
to text**

Two kinds of knowledge

1st kind

The Self

=

who you truly are

**return
to text**

Two kinds of knowledge

1st kind

The Self

in essence is

knowing what is

**return
to text**

Two kinds of knowledge

1st kind

The Self

in essence is

**knowing what is
stuff like**

the self; knowing; experience; communication;
being; truth; trust; creativity; integrity; sensing;
sense; learning; responsibility; value; validity;
thinking; feeling; ability; satisfaction;

**return
to text**

Two kinds of knowledge

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to text](#)

Two kinds of knowledge

2nd kind

Information

**return
to text**

Two kinds of knowledge

2nd kind

Information

in essence is

**The content of an idea
being received from
another person or persons.**

**return
to text**

Two kinds of knowledge

2nd kind

Information

in essence is

**The content of an idea
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stuff like**

language; language patterns; behaviour; behaviour
patterns; stories; beliefs; theories; explanations;
ologies; what's right; what's not right; etc.

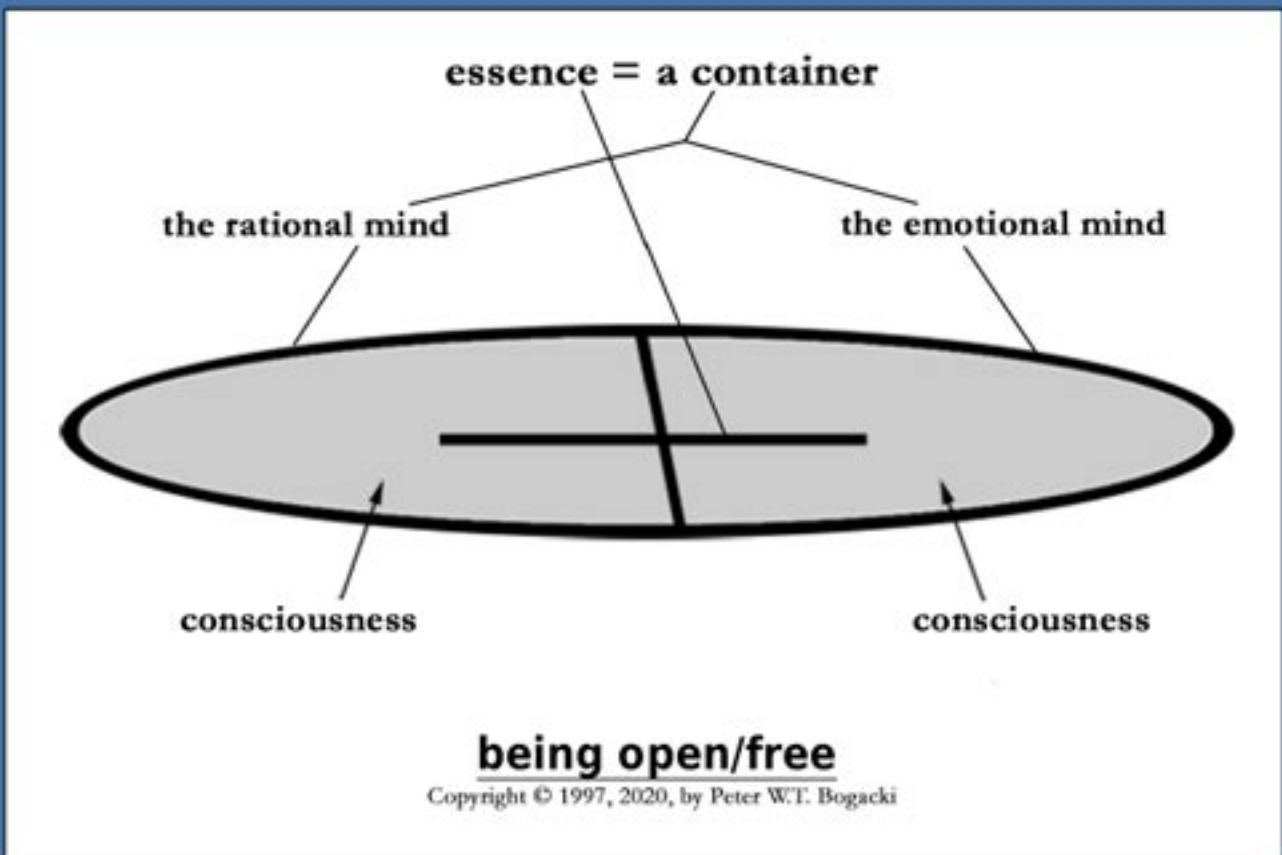
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essence

a container

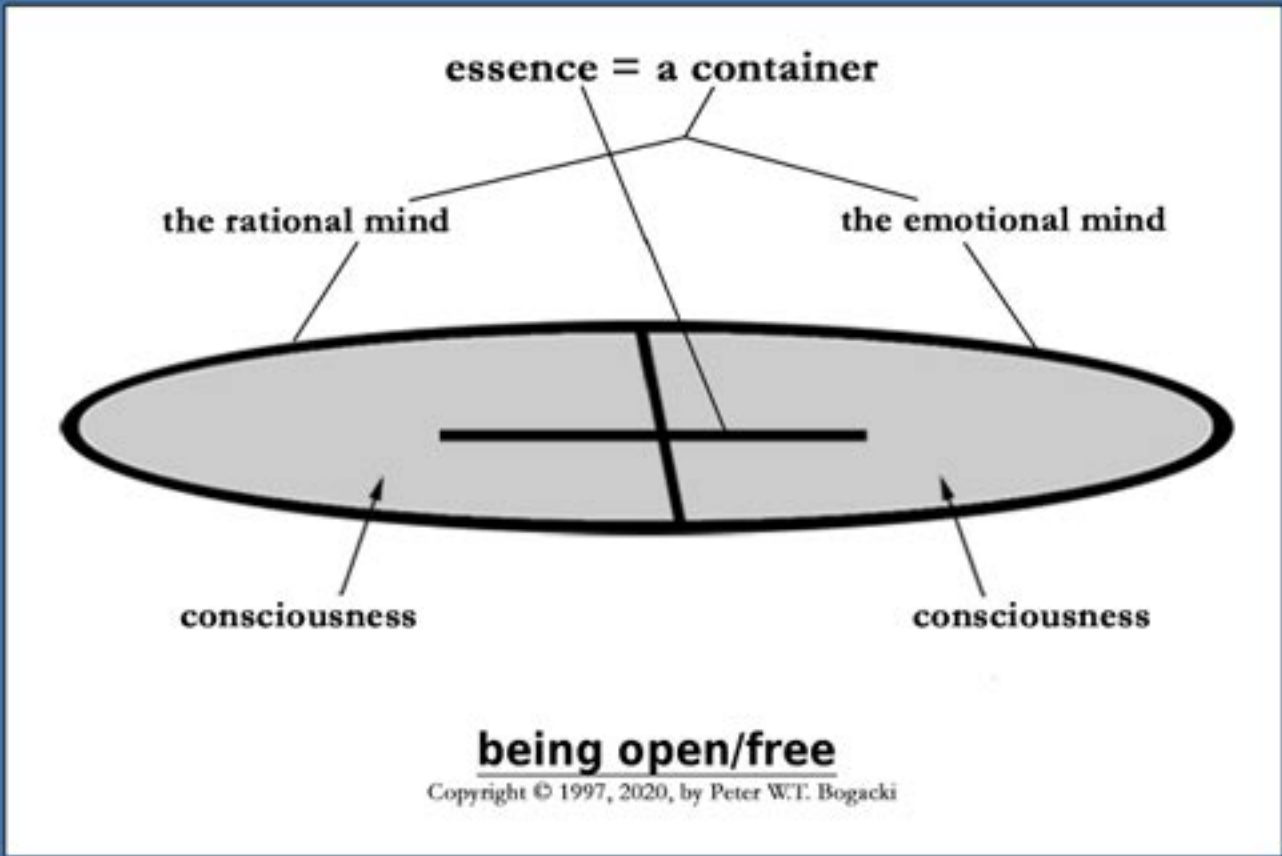
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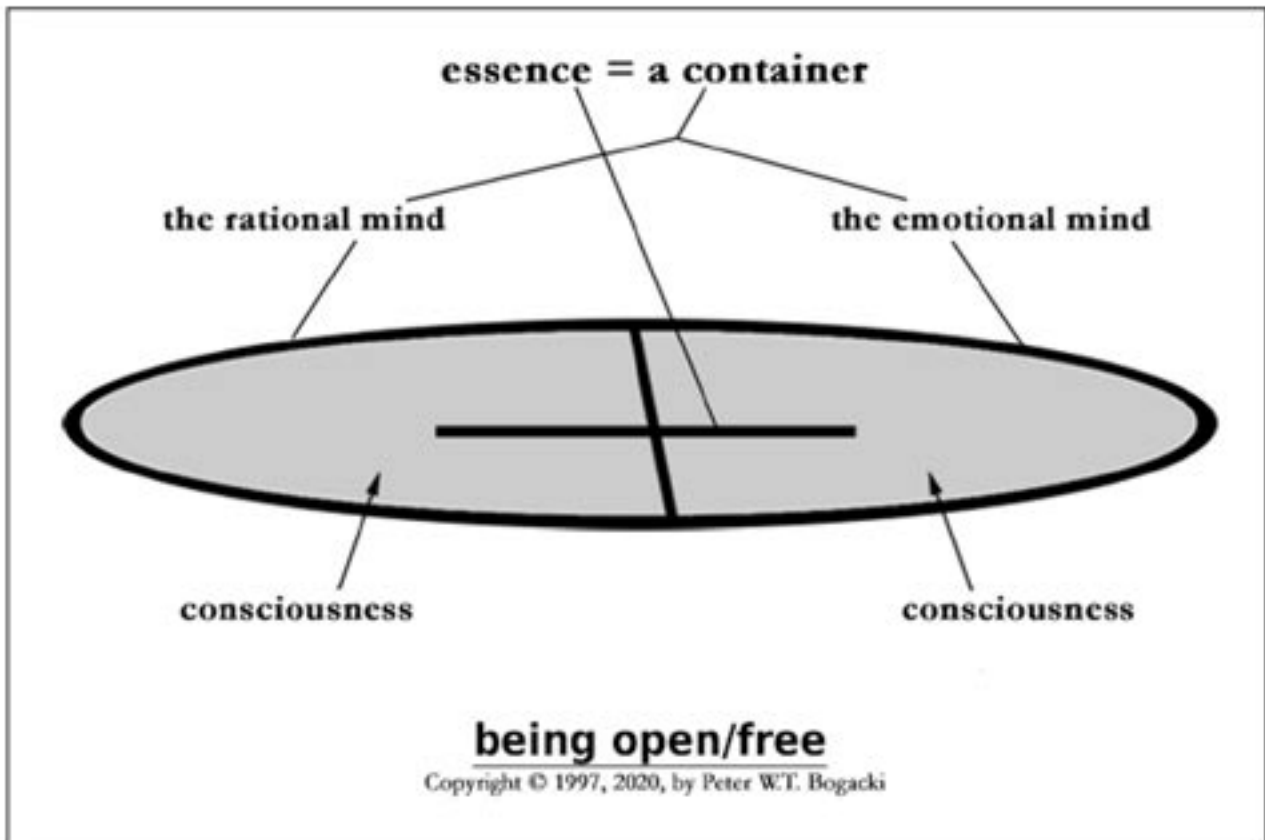


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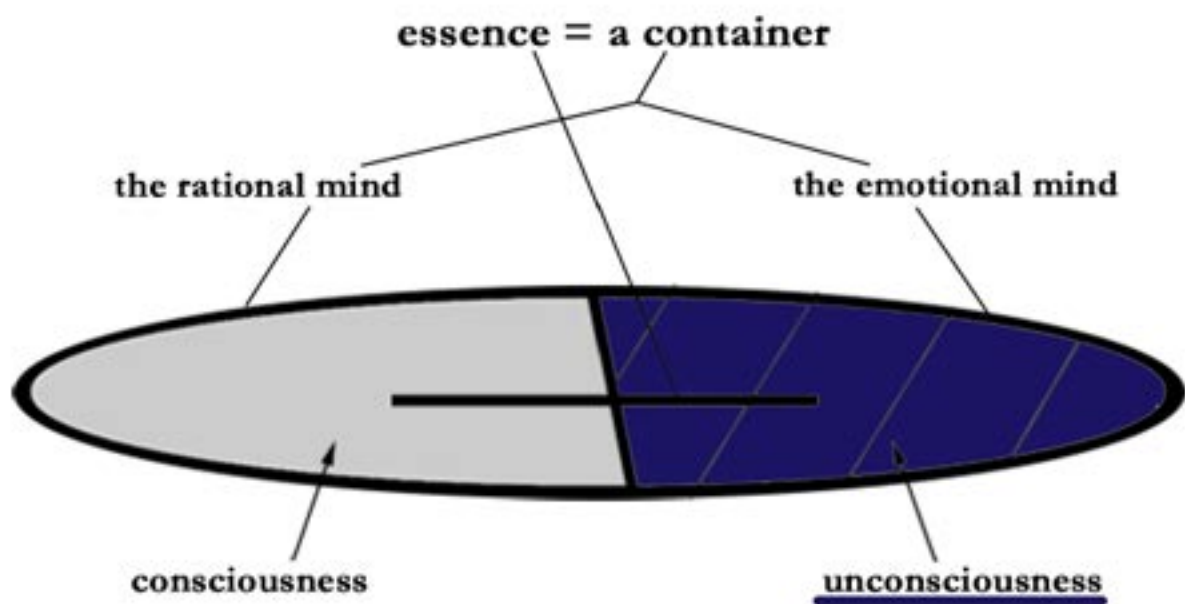
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always



A State of Being Natural

return
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being closed/trapped

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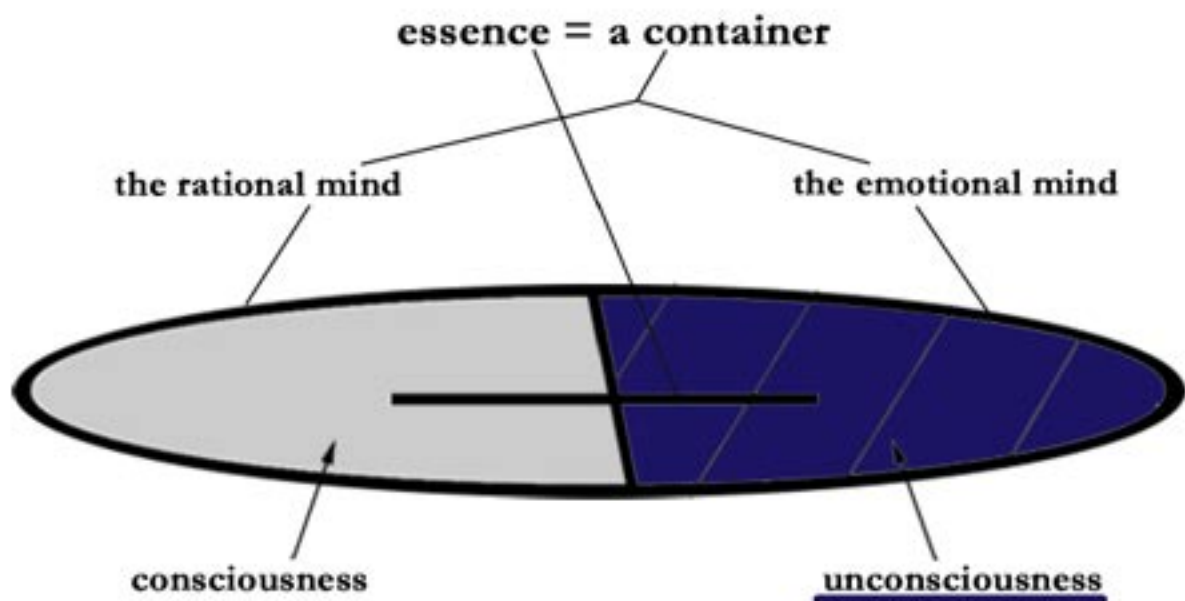
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record/replay
video storage

rational
mind

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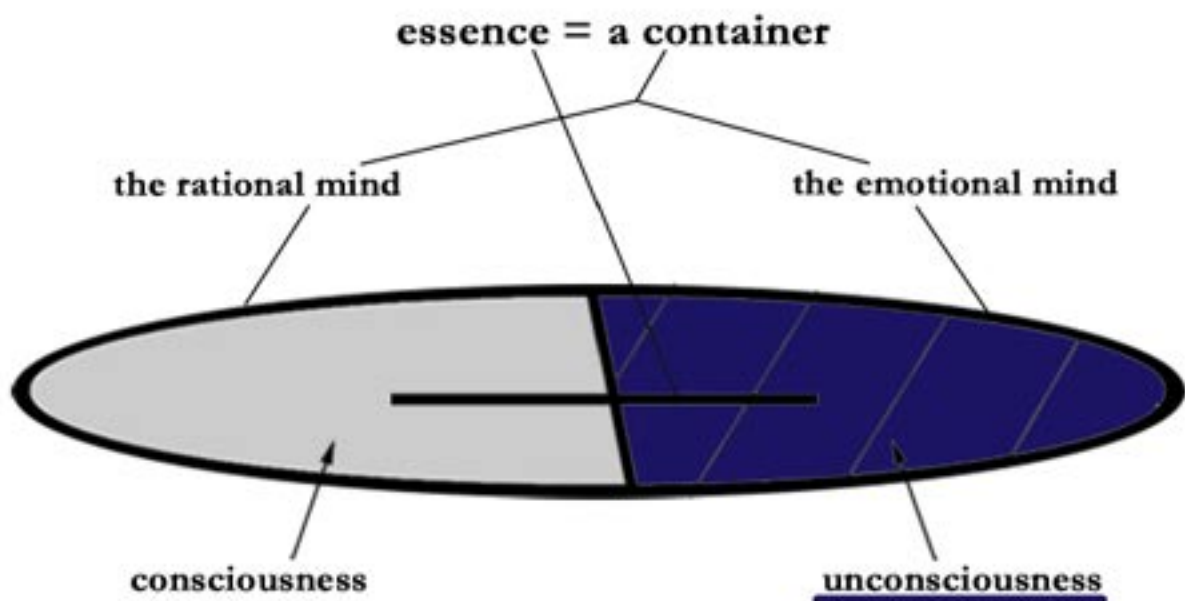


being closed/trapped

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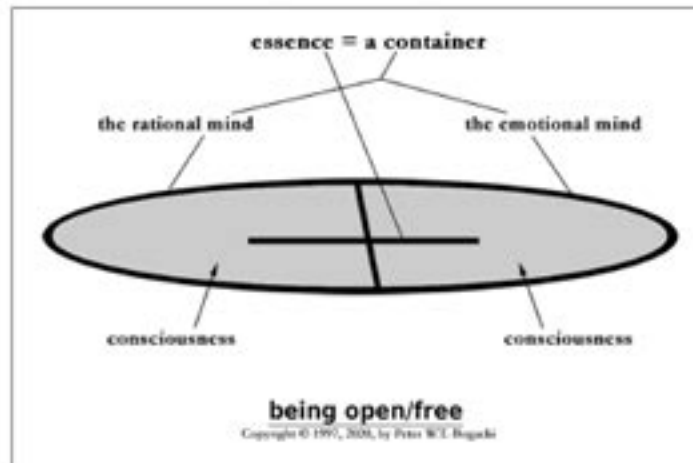
being closed/trapped

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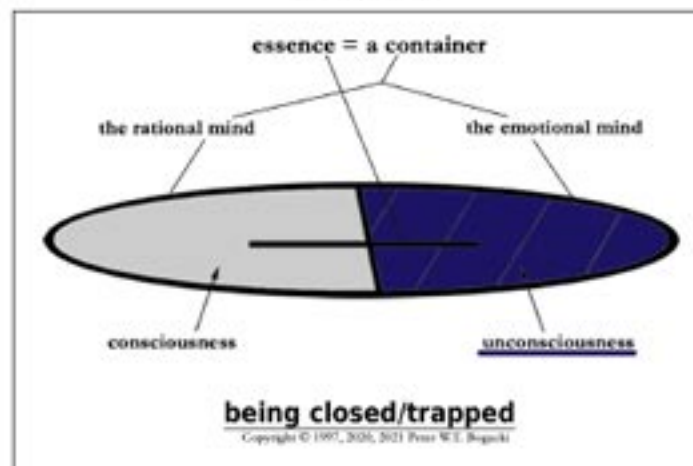
The person that you're afraid you are.

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sometimes



**and
sometimes**



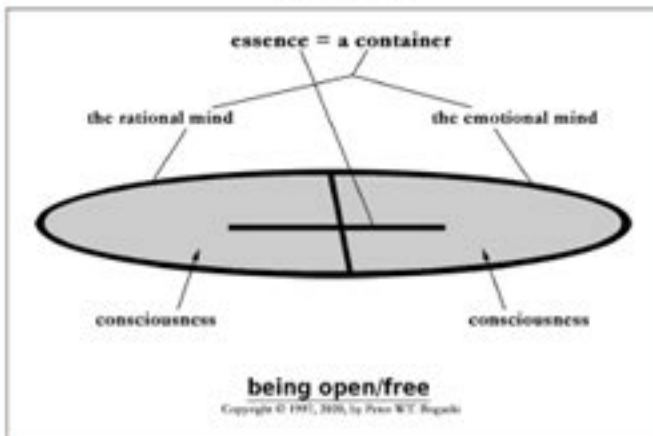
A State of Being Normal

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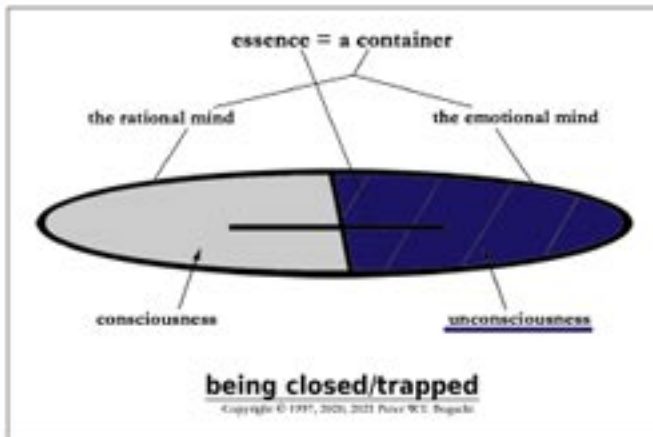
A Naturalisation Programme

e.g.
EST (Erhard Seminar Training), USA
The Exegesis Programme, UK

sometimes



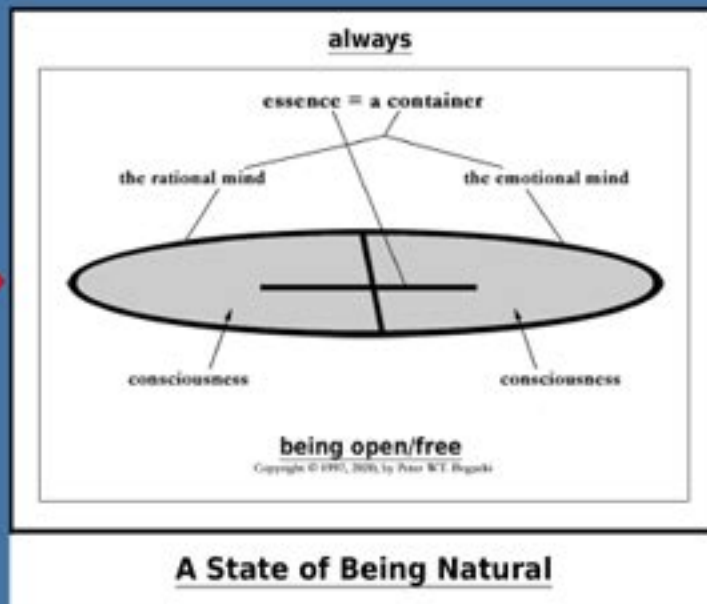
and
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A State of Being Normal



always



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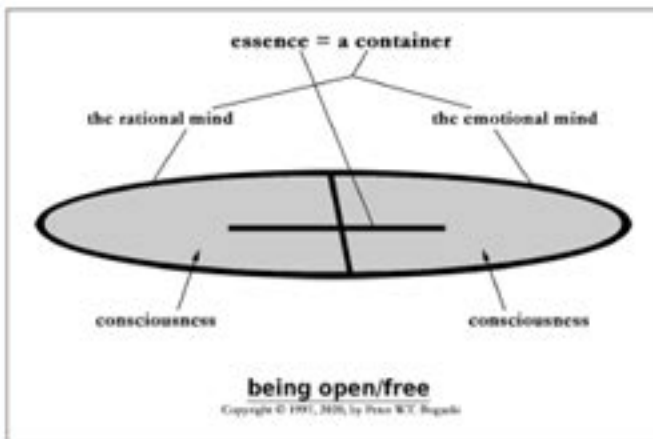
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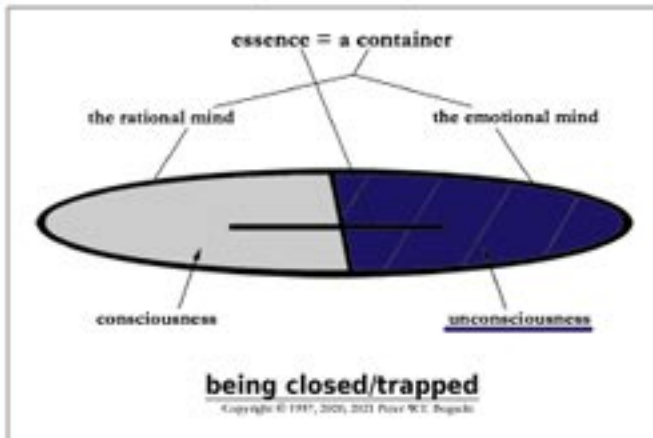
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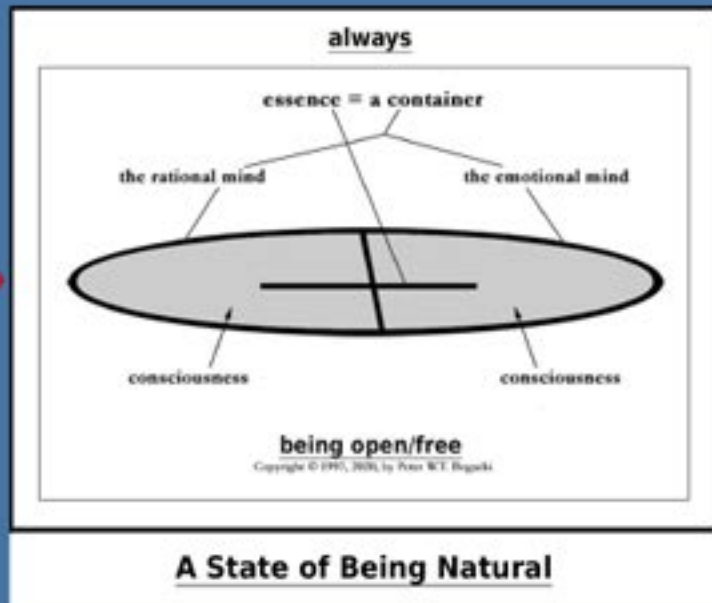
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A State of Being Normal

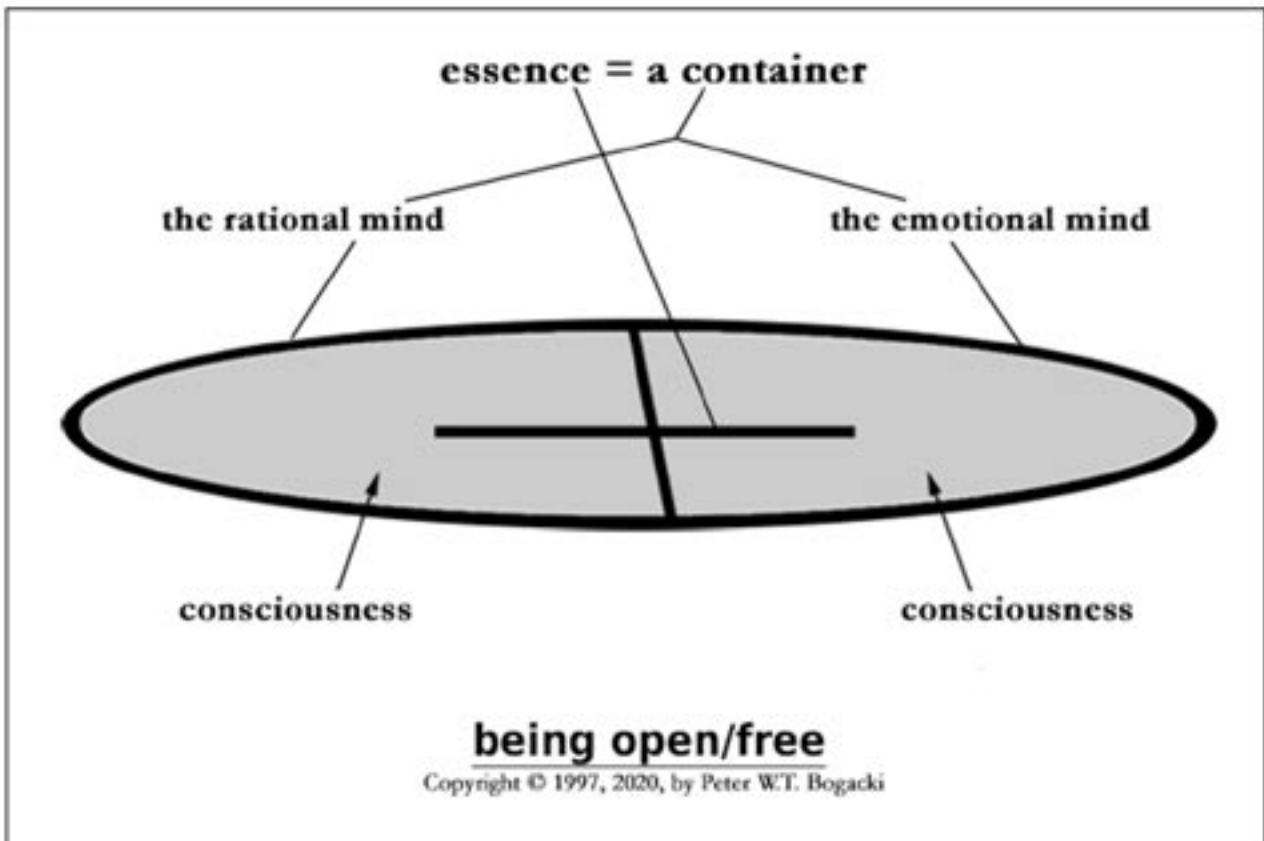


always



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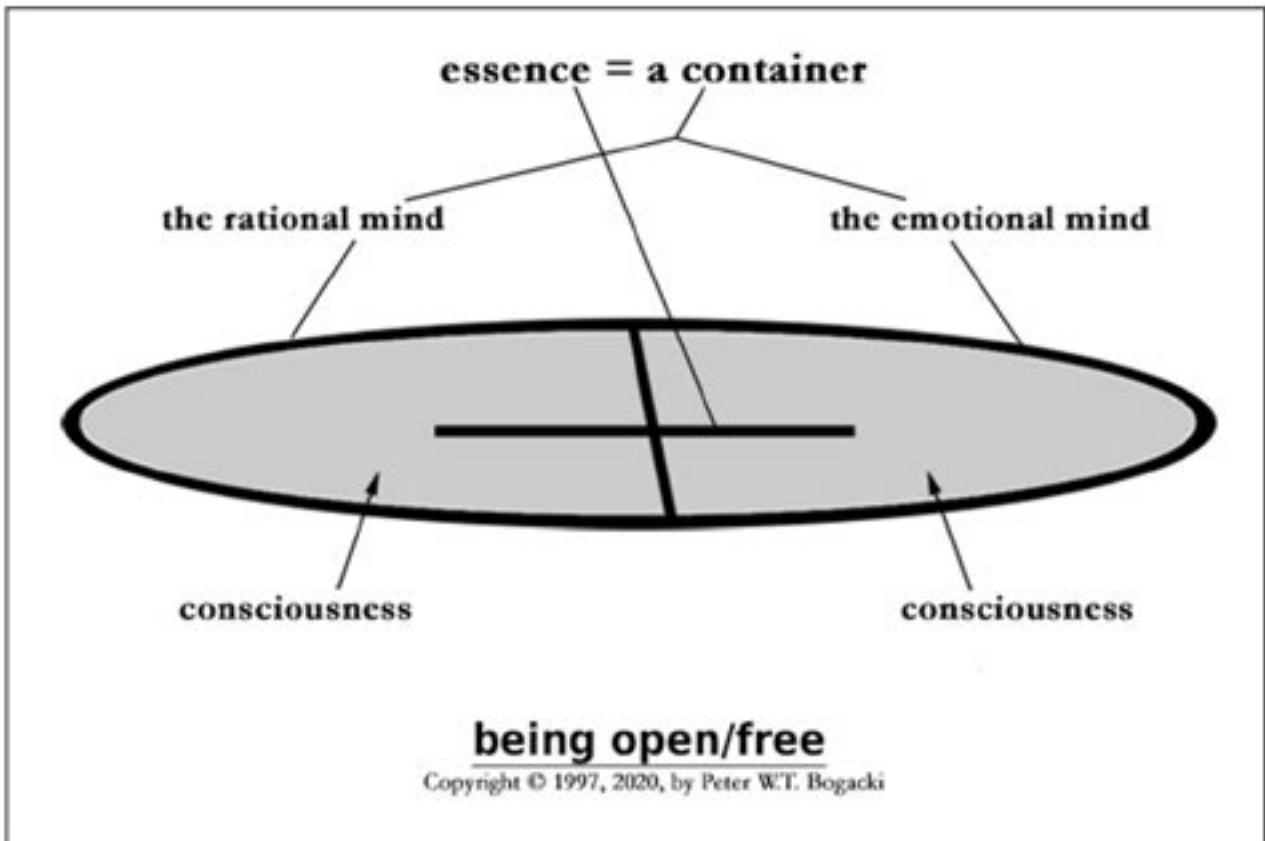
always



A State of Being Natural

return
to text

always



A Natural Power Manager

return
to text



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**return
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