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## **Responsibility Works Linguistically**

*“The Greek prefix meta means ‘over and above’, so a metalanguage is a language of higher order in which propositions written in a lower order language may be discussed”* Stafford Beer.

### **01: Double Catch-22**

Briefly, from the age of 6 I was trapped linguistically in a double Catch-22 unable to trust anything I said, and over the next 18 years destroyed my trust in every sound I’d ever uttered. Aged 24 I reversed the process and after 40 years of a form of non-career work, completed the creation of trust in every word I’ve ever said and began pushing through this same Catch-22 by sharing the experience of it linguistically.

Effectively all my life, I couldn’t totally trust sharing any experience freely and spontaneously using words since there was always the possibility that I might just be using a word that I hadn’t yet learned the meaning of and created trust in using – I was trapped in a state of failure to do something that everyone else (that I was in communication with) was able to do spontaneously and effortlessly, trapped in a state of linguistic confusion, uncertainty, powerlessness, inferiority, worthlessness, unlovability, fear, dread, unhappiness and shamefulness in which the creating of self-confidence (through use of words) was an impossibility.

Through an effective consciousness training at the age of 24, the sharing of a complete experience of, natural power management/being natural/being my self enabled me to be seeing myself (= my conditioned self) in operation and instantly begin a process of creating my (true) self linguistically.

### **02: Real Understanding Linguistically**

To reach a real understanding linguistically of,

- the essential experience (of natural power management) I needed first to have shared a translation of it into the form of a book, [The Exegesis Programme](#) – almost 37 years later I succeeded in completing and publishing it.
- the experience of pushing through the double Catch-22 I needed first to have shared a written account of it simply, [Sharing Trust Linguistically](#) – almost 4 years later I succeeded in completing and publishing it.
- the experience of natural power management I needed first to have shared a written account of it simply, [Responsibility Works Linguistically](#).

### **03: Transformation Linguistically**

In short, I have re-created, shared and transformed my entire experience through use of a metalanguage, a language with a structure founded upon responsibility – responsibility works linguistically and the act of taking responsibility for re-creating and sharing experience linguistically is what transforms your experience of it into you being OK with it (from you being not OK with it).

In other words, the act of sharing the experience of working through [The Exegesis Programme](#) book facilitates you to learn, grow, and use a language structure that is founded upon responsibility and re-create your entire experience in essence and transform it.