



**The Self:
The Return Journey**

Peter W.T. Bogacki



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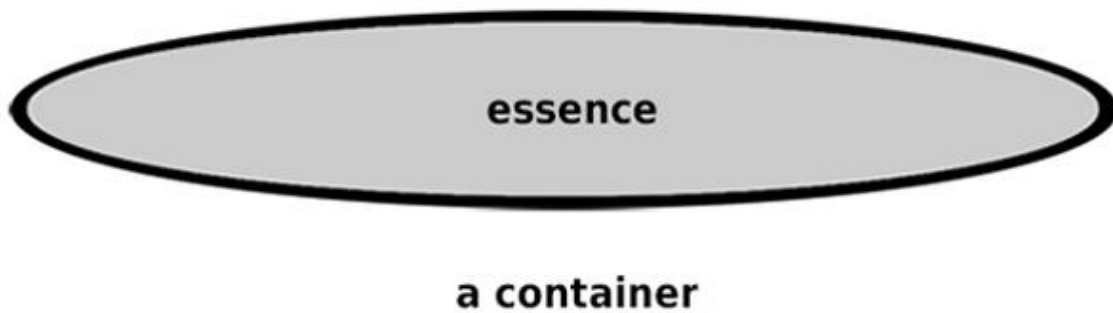
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The Self: The Return Journey

“... 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

Here’s a story about a container called essence.



And to get a sense of what it’s all about please don’t believe anything written here.

01: The Self

Once upon a time on this planet here there were two kinds of knowledge. The first kind was called the self, that’s 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 and power, and is nothing to do with image, status, reputation, security, territory, etc. 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 (or kwi). Stuff like:-

- kwi the self; kwi knowing; kwi experience; kwi communication; kwi being; kwi truth; kwi trust; kwi creativity; kwi sensing; kwi sense; kwi learning; kwi responsibility; kwi thinking; kwi feeling; kwi ability; kwi satisfaction; etc.

Nobody teaches you your self. You learn it simply by sharing your experience of it with another person.



02: Information

Then there was a second kind of knowledge called 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: the content of an idea being received from another person or persons. Stuff like:-

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

03: A State of Being Natural

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 self-aware. In other words, essence contains itself. 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, this rational mind is continuously videoing away everything the baby is experiencing including ideas being received from parents/adults, and filing the core content away in a container on videotapes. 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. The baby is disappearing its feelings 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**.

04: A State of Being Normal

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

In **Being Closed/Stuck** the adult's conscious mind has contracted and is now the rational mind operating on its own and partly separated from the self, from the source of natural power. As a consequence of this the adult is being prevented from, running his/her own feelings and being able to communicate and act naturally. The more time being spent in this mode of operation the more closed or stuck the mind is. In this contacted reality the rational mind thinks power is about



having control and the mind becomes attached to ideas about image, status, reputation, security, territory, etc. As a consequence of this the adult takes on acts and roles that reflect the attachments. And these acts and roles are either control- or approval-seeking.

As already stated, dependent upon the event being experienced the adult mind is sometimes open and sometimes closed. In short, the adult minds are each in **A State of Being Normal**.

05: RAT

On this planet a few adults, as individuals, reconnected consciously and completely with the self and were returning to **A State of Being Natural**. They began using their own natural power to learn the self, to grow their natural abilities and to move on towards the successful completion of their ultimate purpose. In other words, each adult had already made the decision to have the whole mind consciously take back overall charge of itself from the rational mind, **RAT** for short, and take back his/her own natural power, his/her own property.

At the idea of this, **RAT** switches operation of the mind to **Being Closed/Stuck** mode and replays feelings, emotions and physical sensations that are something like those that it innately replays to survive death. Here **RAT** is looking to survive its loss of attachment to ideas about who it thinks you are. Notice that when looking outwards, **RAT** can only see a conscious reality that the adult feels, reasons and believes is true and isn't. And that the feelings being experienced are feelings of separation from the self and are not true feelings. Put simply, **RAT** is replaying videotapes and negative self-talk that have been stored as a collection of invalid experiences in a container.

06: A Naturalisation Programme

Several decades later one of the adults was looking back on the journey since the experience of reconnecting consciously and completely with the self, and made a few observations here:-

- 1) From **A State of Being Normal** you cannot on your own reconnect consciously and completely with your self because your **RAT** always takes you away from the experience.
- 2) Habitual use of English language structure is in truth **a normalisation programme** that is simply a reflection of the communication ability of



the overwhelming number of adults on the planet each with a mind in **A State of Being Normal**. They became attached to this same use during their formative years.

- 3) The self is complete, and the experience of the self is a complete experience.
- 4) The experience of the self cannot be taught. It can only be learned.
- 5) A complete training in the experience of the Self is **a naturalisation programme** and the end result is complete conscious reconnection with the self – you taking back your own natural power i.e. your own property.
- 6) The trainer leading **a naturalisation programme** is a master of the self and of communicating the experience.
- 7) **A naturalisation programme** 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, suddenly you take back your natural power to disappear your feelings of separation and negative videotapes – you ‘get it’.
- 8) Your successful participation in **a naturalisation programme** demands willingness, courage, and commitment.
- 9) You get what you need by participating in **a naturalisation programme**.
- 10) The end result is a process of complete transformation, sometimes called ‘enlightenment’, ‘intelligence released’, or ‘personal transformation’.

07: The End Result

Just like before the working through of **a naturalisation programme**, afterwards shit still comes down the tube of life. The difference is in your ability to move simply through your present experience. Your whole mind is now working in complete consciousness and has total natural power to share your experience truthfully and so disappear the feelings of separation being re-created by your **RAT**. You’ve just begun a process of natural personal growth and have begun to run your feelings instead of having them run you. As you share your experience truthfully and hide less and less from your self, you actively discover, learn and grow your:-



- knowledge of your self,
- knowledge of what is truth,
- knowledge of being OK in being who you truly are,
- knowledge of being in a place of safety,
- peace of mind,
- communication ability,
- natural power and abilities,
- ability to withstand pressure,
- ability to contain your present experience harmlessly,
- satisfaction.

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** created as impossible. In short, you learn to handle your present experience, including shit coming down the tube of life, more easily and smoothly and to have more fun – you're returning to **A State of Being Natural**, that state of psychological freedom that is the foundation of well-being and success.

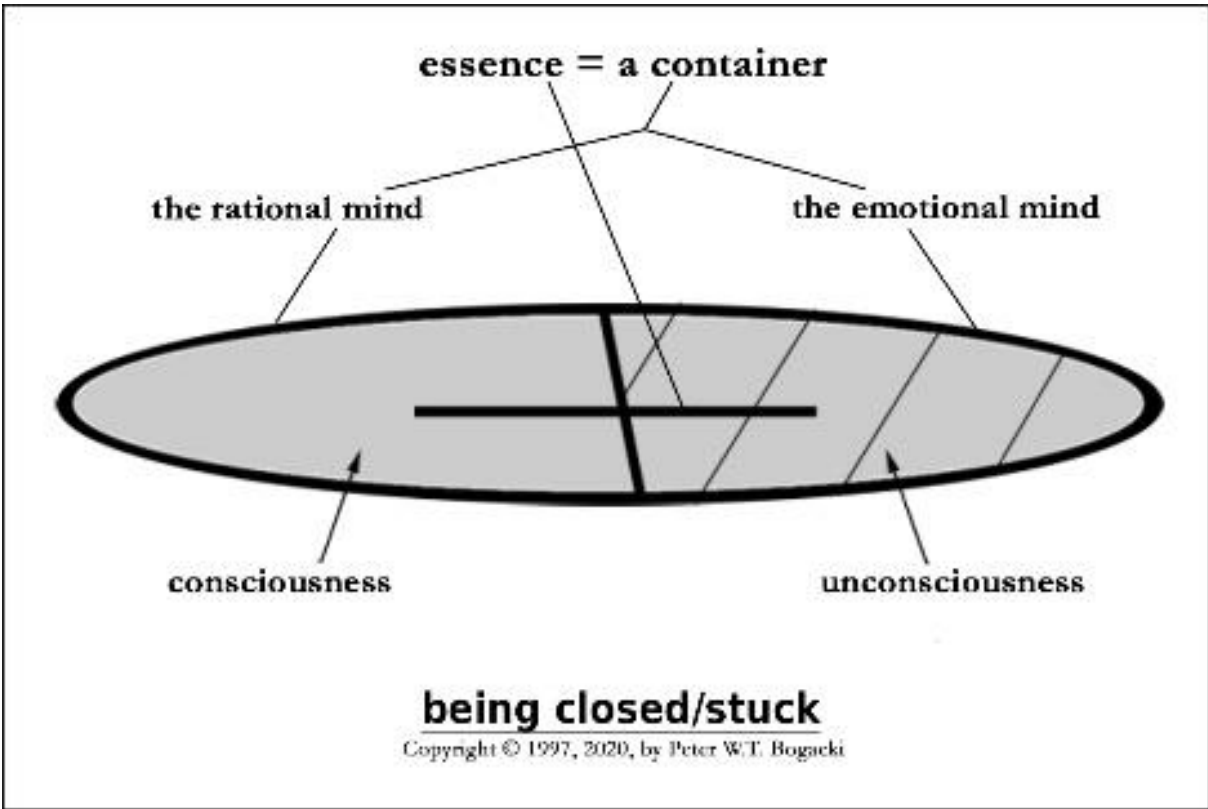
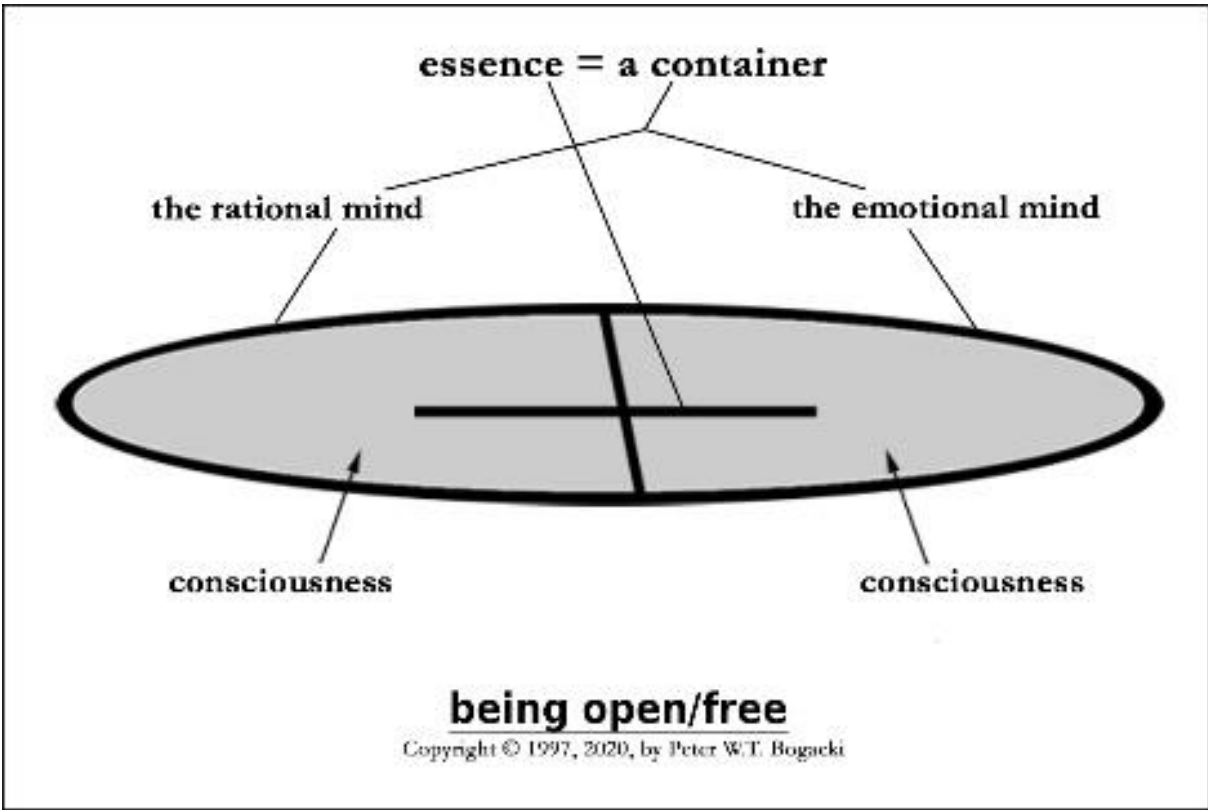
08: The Decision

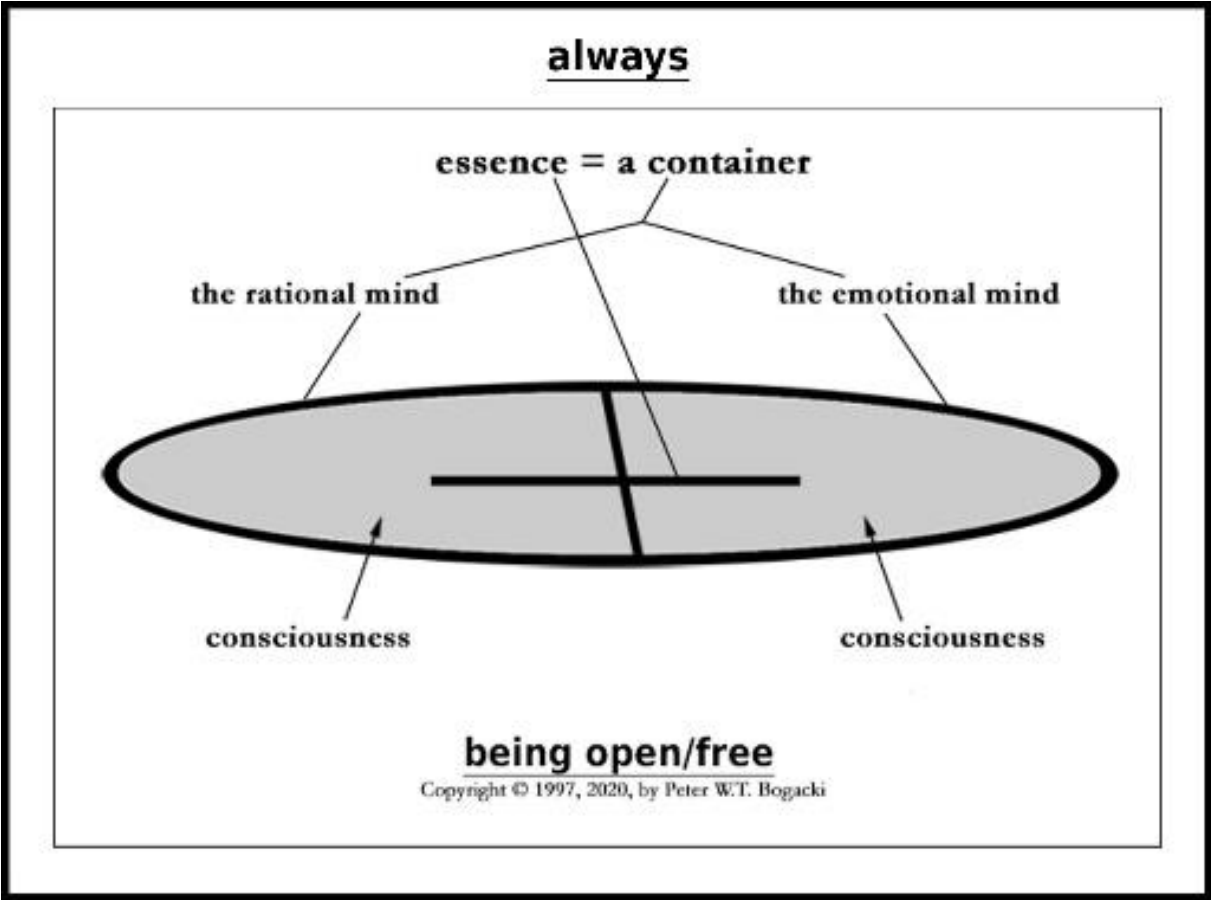
That said, no one truly needs the experience of the self and anyhow, most people back off from the challenge of confronting who they truly are – they prefer the attachment to and comfort of their habitual acts and roles. Often in order to be right about this they have their **RATs** seek and of course get agreement from the **RATs** of others, including masters in every field of information, to what feels like the life-or-death warnings that their own **RATs** are creating.

Throughout your life your **RAT** is the worst master you can ever have. And although it's always your best servant too, taking the decision to make the return journey to the freedom of **A State of Being Natural** is totally unreasonable – it goes against your **RAT**. In other words, making this decision demands that consciously you take responsibility for your **RAT** keeping you stuck and for having created your stuckness in **A State of Being Normal** in the first place.

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 who you truly are, and only you can make the decision whether or not to return consciously to that place and begin to (re)learn a totally natural way of being.



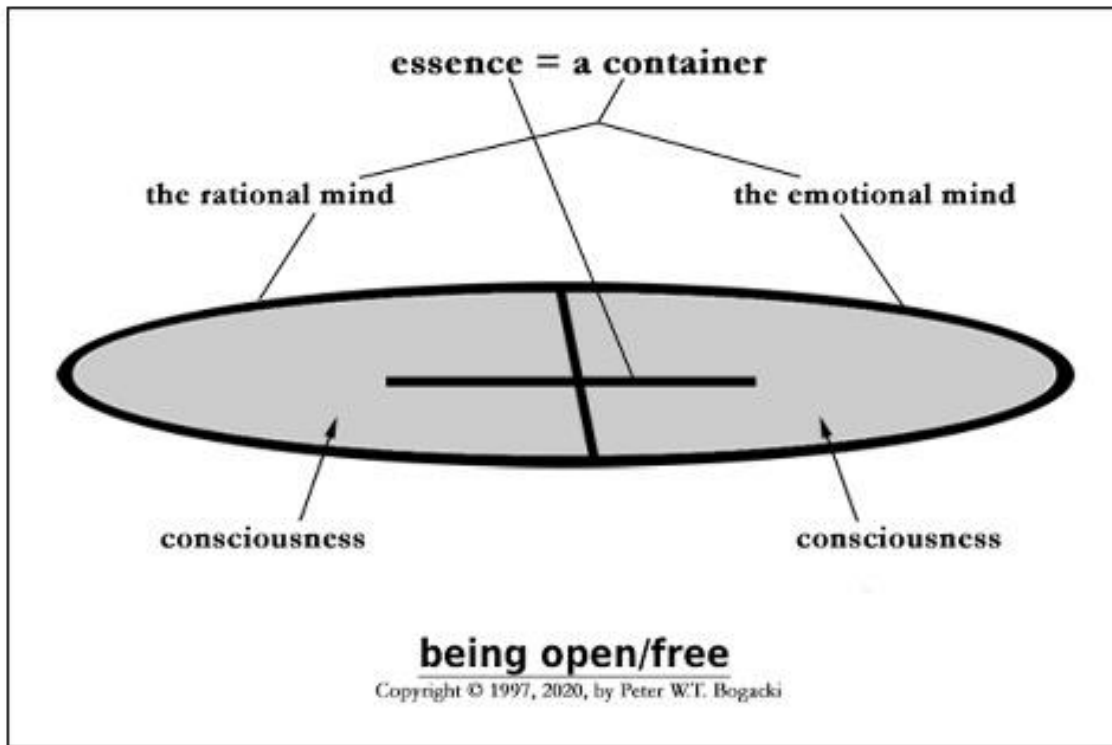




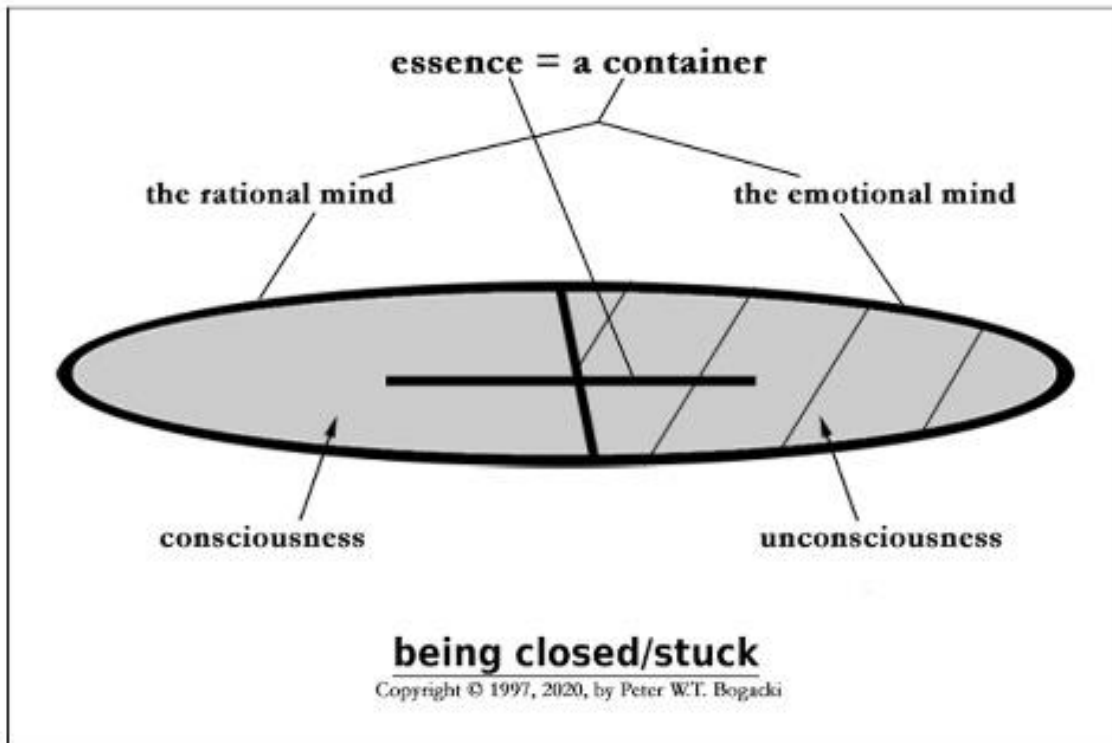
A State of Being Natural



sometimes



and
sometimes



A State of Being Normal

