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Transforming Your Experience

01: Your Damage Creation

Who You Are

Consider an individual human being made up of material (= made of matter) stuff (meat, bones, fluids, etc.) and non-material stuff (mind, spirit, soul, desire, etc.). Now consider the state of this same person immediately before and after point of death. Before death both material and non-material stuff are present. After death the non-material stuff is no longer present – only the material stuff remains.

In short, who you are is simply the non-material stuff. And right after your conception, the non-material stuff is your self/source/essence – containing all knowledge you need in order for you to grow, learn, and fulfil your potential as an individual human being.

Experience

From conception onwards you are an organism in an environment, an organism that via its senses is continuously in communication with itself and its environment. And here and now your experience is your mind making sense/no sense of communication (yours included) being received. Throughout life you are continuously accumulating and containing your experience (in memory). In other words, here and now you are simply the container of your experience.

A Mind

From the beginning of complete consciousness your rational and emotional mind work as a single whole continuously creating: experience, communication, sense, learning, knowing:

- the experience of the self (of who you really are) – by looking inwards as you share your experience vocally your mind senses, recognizes and learns your self in essence – your self is already complete i.e. being natural (not ‘being who I think will please them’).
- the experience of information – by looking outwards and receiving (from older/other individuals) ideas about stuff conveyed by language structure used, attitude and behaviour.

Social Survival

At a very early age your rational mind made a decision (as did your predecessors) to give up you being natural and begin a habit of ‘being who I think will please them’ by taking on acts and roles in order to survive socially (not survive death) in your environment – i.e. survive loss of security, status, image, territory, reputation, whatever.

As a consequence of this you became attached to (an) idea(s) that you have about yourself and you lost your complete conscious connection with who you really are (i.e. your self) – you shifted your mind into a state of partial consciousness of your self, a state of mind dominated by your rational mind that then began a process of continuously (re-)creating feelings of separation (from your self) and psychological pain – aka your damage.

A Paradox

Now the paradox became and is, your rational mind (having created separation from your self) defends (using its infinite imagination/reasoning) your partial consciousness by resisting/avoiding the very feelings of separation that it is creating – simply by virtue of us being born into and raised in our current environment, from a very early age the rational mind runs this programme in every one of us, and this makes the training of an alternative programme that reflects and delivers a complete experience of the self appear dangerous to anyone expert in knowledge-got-from-information and not in knowledge-got-from-the-self.

02: Your Re-creation Of Your Self

Through conscious re-creation of the experience of the self you rebegin your whole mind sensing, recognizing, and learning who you really are – your whole mind begins a process of creating, re-creating and transforming your experience (memory stuff included) into being OK with you and overwriting the damage already done by your rational mind. Then, to get what you desire most in life you begin acting more naturally by dropping your ‘being who I think will please them’ acts and roles – they never really worked for you and were never really satisfying.

In due course once the above-mentioned damage is overwritten you use your natural power freely, choose your acts, and go on to fulfil your ultimate purpose and realize a state of satisfaction, peace of mind and happiness.

Re-creation of the experience of the self demands courage and willingness and is the most rewarding and terrifying experience that you can make happen in your life – it is not for wimps. When you finally confront and push through all of your feelings of separation you suddenly and consciously see your complete self in operation and

get that you are OK as, and safe simply being your self – in that instant you have taken back your natural power and ability to disappear your damage and replace it with you simply being your self. In other words, you begin a process of transforming your experience.

03: An Example

My damage was not typical: aged 6 I lost total trust in my ability to make sense (of experience) using words and instantly I was literally isolated from my fellow human beings – communication using words was impossible. For the next 18 years (operating as my rational-dominated mind) I was either approval seeking (by ceaselessly thinking about and trying to get right every word that I used in company before I said it) or simply avoiding speaking (to avoid my feelings of separation) – I was powerless literally, desperately seeking some way to get through to another person, hide my inability, and experience belonging. And nothing worked for me.

Aged 24 when I was searching for answers and willing to take a chance, EST (Erhard Seminar Training) in the USA (with almost half a million graduates), and [The Exegesis Programme](#) in the UK (with several thousand graduates including me) were available – trainers using knowledge-of-the-self were sharing a complete experience of the self harmlessly with trainees in a safe environment. Afterwards and for the first time in my life I got that I had created trust in a kernel of language that worked for me, and I began using it to expand my ability to make sense (of experience) using words – I began an incremental process of disappearing 18 years of compacted damage.

13 years later aged 37 I had grown enough literally to begin sharing my experience using words with my first friend/partner. And 18 months later through sharing using words with her I began to clarify my literal confusion by validating and affirming my entire experience in written form. Then 10 years and two books later (after sharing the material extensively) aged 47 I completed a written form of [The Exegesis Programme](#) (without an introduction), and 14 more years later I published the complete version – I had substantially expanded my ability to make sense (of experience) using words.

Aged 63 with the support of my next friend/partner (who later became my wife) and after completion of a series of short written articles I had created to my satisfaction trust in my fledgling ability to stand my ground unsupported in communication using words. And 3 months later I put this article together in order to share my experience here.

Currently my intention is to grow my conversation ability with other people and be open to:- having more people in my life; having more than one friend; working in a team/group; a commercial opportunity to make a lot of money soon (before my pending dotage); – i.e. some new stuff...