



**The
Essential Experience**

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The Essential Experience

To get a true sense of the context and of what this story's all about you need to have already read or heard [Natural Power Management](#), and need not to believe anything that you read here.

01: Introduction

Key to the story so far...right from the off your rational mind is continuously recording all core present experience and as a natural consequence of this at any instant in your life your whole mind, [essence, is simply a container](#)¹ of your entire core experience. And bear in mind that, [essence](#) and everything it contains is made up of [non-material stuff](#) (*material = made of matter*).

02: Reality

In [essence your self](#) is knowing what is [reality](#) and in every here and now [your reality](#) is simply [your present experience of reality](#) – the only [reality](#) you ever have. In short, [your reality](#) is totally in your mind. And the cosmic and [management cybernetic](#) joke here is, although the bus that may run you over is a solid object, in [essence](#) it's [not real](#) – what is [real](#) in truth is [your experience of it](#).

03: From Natural to Normal

You begin your life with your mind in [A State of Being Natural](#)² and then sometime after having accumulated sufficient learned [information](#), you reach adulthood and your mind has already shifted into [A State of Being Normal](#)³. Now your conscious mind is sometimes operating in mode **Being Open/Free**. Sometimes it is operating in mode **Being Closed/Trapped**: here your **RAT** (aka rational mind) is re-creating and replaying [feelings of separation](#).

In short, we all began our lives with our minds in [A State of Being Natural](#), consciously experiencing [the complete self](#), completely free of [feelings of separation](#). Now however, the minds of you and the overwhelming majority of adults on this planet are in [A State of Being Normal](#). Each one of you has a unique collection of [feelings of separation](#) and is consciously experiencing only [part of the complete self](#).

04: Communication

Before continuing here are two definitions.

The first one is:-

“Communication: the sending of an idea from a source point across space/distance to a receipt point.”

And the second one:-

“Essence of Communication: the experience of the self being validated and affirmed.”

Both definitions are statements made by Robert D’Aubigny, the founder of [The Exegesis Programme](#).

05: A Normalisation Programme

From birth onwards, our common innate desire is to **share** our own present experience vocally to our satisfaction and learn the self. Our common goal is to validate and affirm a complete experience of the self vocally through communication with another person. And from a very early age the content (i.e. rational content with emotional content) of each idea that you are sending is a representation of your present experience.

In an adult mind operating in mode **Being Open/Free** in [A State of Being Normal](#) your idea is being fully received and truly understood. And in reply you receive an idea that signals that your present experience is **shared** and that your natural way of experiencing the self matches and is **OK** with a normal way of experiencing the self. In essence the message here is a validation of your experience: you are **OK** when your mind is operating in mode **Being Open/Free**.

In contrast, in an adult mind operating in mode **Being Closed/Trapped** in [A State of Being Normal](#) your idea is being fully received and not truly understood. And in reply you receive an idea that signals that your present experience is **not shared** and that your natural way of experiencing the self does not match and is **not OK** with a normal way of experiencing the self. In essence the message is an invalidation of your experience: you are **not OK** when your mind is operating in mode **Being Open/Free**.

Throughout your formative years and beyond you are immersed in the receiving of these same messages that are all representations of a normal way of experiencing the self. In essence your experience is one of repeatedly receiving ideas that signal

that you are **not OK** when your complete mind is in **A State of Being Natural**. Here the experience of repetition of failure is a form of conditioning: a normalisation programme.

06: A State of Being Normal

Eventually you suffer so many of these setbacks that your **RAT** makes a decision about your feelings of failure: “I’m **not OK** being who I truly am” which creates the problem: “How can I become **OK**?” **RAT** then creates the solution: “By being who I think will please them” and in order to survive socially begins the controlling of your whole mind – your mind has now shifted into **A State of Being Normal**.

Now when your mind is operating in mode **Being Closed/Trapped** your **RAT** is consigning your true emotions to unconsciousness, creating your feelings of separation, creating your present experience in partial consciousness and partial unconsciousness, and creating you habitually taking on acts and roles that don’t truly work for you. By adulthood in essence you’re already attached to stereotyped ideas that you have of yourself: ideas about your image, status, reputation, security, territory, whatever. And you’ve forgotten that your whole mind is bigger than your **RAT**.

07: Power Management

You are an autonomous individual human being and in **A State of Being Natural** (i.e. your complete mind is operating in mode **Being Open/Free**) your complete mind is consciously and truly self-aware. In other words, it’s containing and watching itself and is fulfilling your ultimate purpose as a human being. As such it’s containing your present experience of reality in complete consciousness and you’re acting and communicating openly, freely, and naturally while running your feelings. In essence, you are **OK** being who you truly are, being a natural power manager.

In contrast, in **A State of Being Normal** when your mind is operating in mode **Being Closed/Trapped**, your conscious mind is now your **RAT** alone and is not truly self-aware. It’s containing your **RAT** watching your **RAT** and is fulfilling its prime purpose (to survive loss of whatever it’s identifying with: image, status, reputation, security, territory, whatever...) As such it’s not containing your present experience of reality in complete consciousness and your feelings of separation are running you – now you’re taking on acts and roles that don’t truly work for you. In essence, you are **not OK** not being who you truly are, not being a natural power manager.

08: A Decision

The decision to return to **A State of Being Natural**, to being who you truly are demands commitment and is the biggest decision in life that you can consciously make. A naturalisation programme⁴ is led by a natural power trainer, a natural power manager with the ability to **share** and lead you harmlessly through a complete experience of the self. In the process in complete consciousness your complete mind takes total responsibility for and re-creates and **shares** vocally the experience that your **RAT** is resisting:- the confronting, clarifying, and reduction of your entire collection of feelings of separation to essential emotions with you **being OK** with our common underlying true experience: the essential experience⁵.

Following participation in a naturalisation programme the end result is: now in the course of life when your **RAT** re-creates and replays your feelings of separation, as of course it will, you will in your expanded consciousness be aware of them in such a way that you can move through them and on towards successful completion of your ultimate purpose. And once again in the words of Werner Erhard,

*“... 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**⁶ you suddenly get beyond that to experience **the person you really are**⁷.”* – Werner Erhard, 1973

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

09: Commitment

Like EST, The Exegesis Programme is about you making your life work **now** and participation in a naturalisation programme demands commitment. For example, each person who wanted to participate in an Exegesis seminar had first to make the following commitment in writing by answering truthfully “yes” to the following three questions...

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?

In essence this is your commitment to the achievement of the end result: a process of complete transformation, natural power management and true personal growth.

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Figure: 1

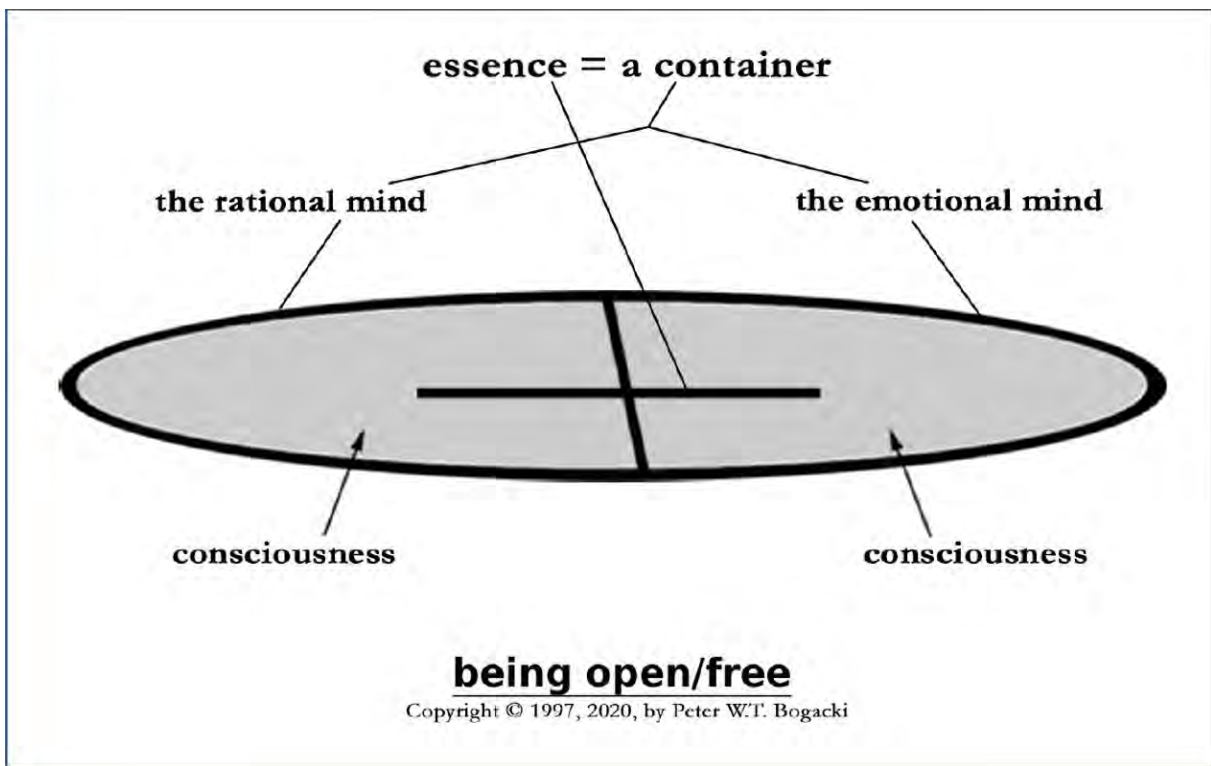


Figure: 2

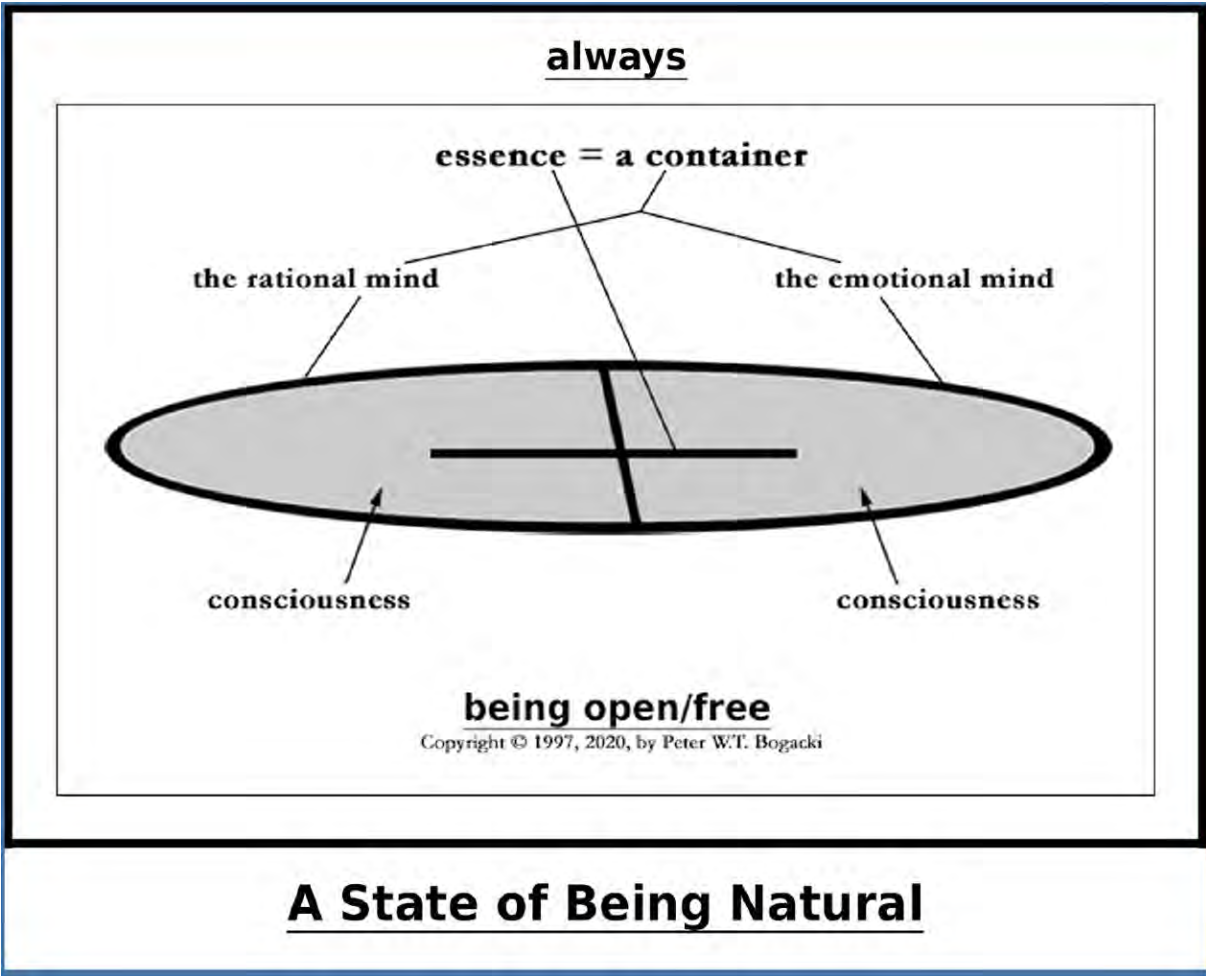
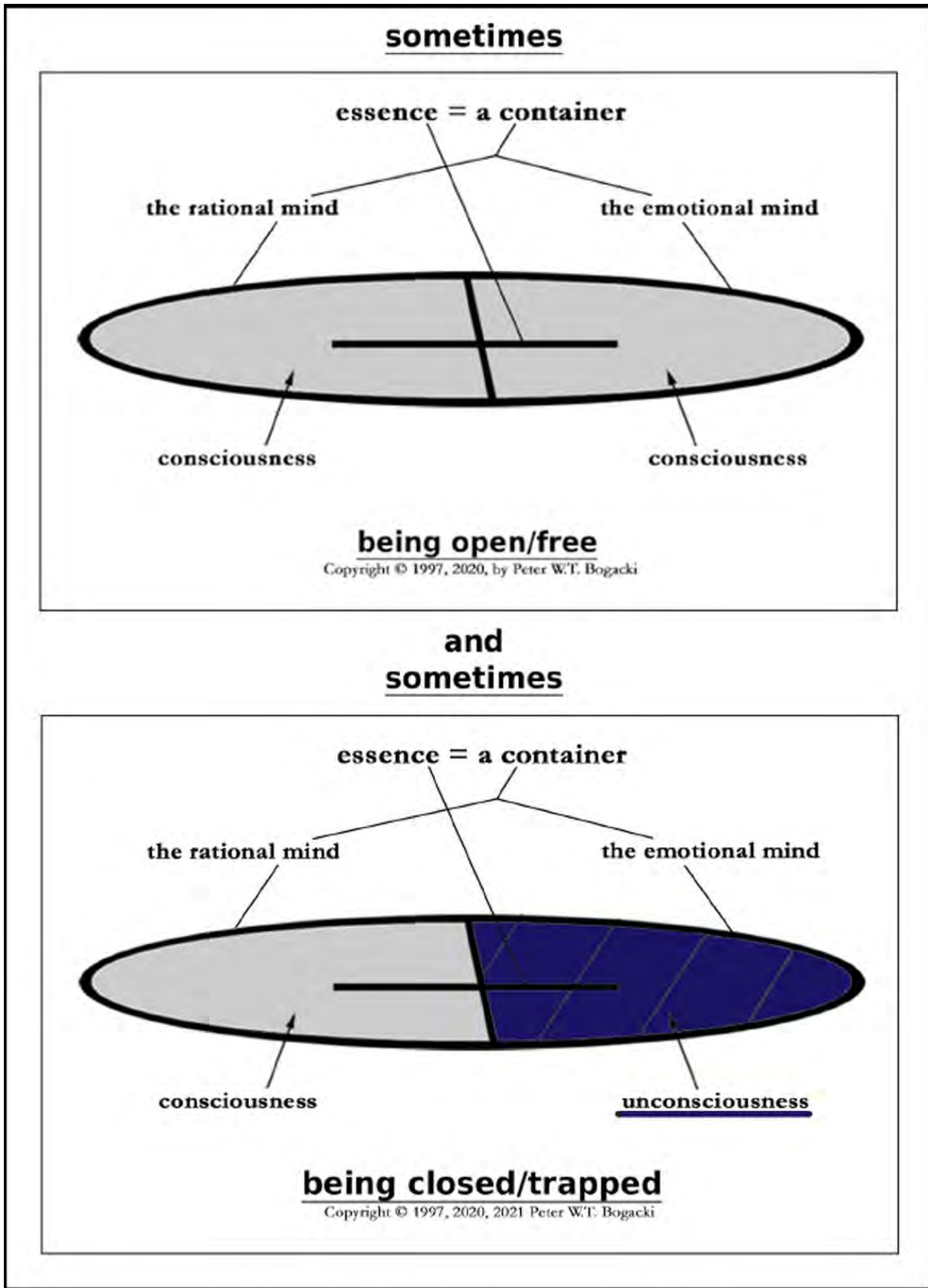


Figure: 3



A State of Being Normal

A Naturalisation Programme

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

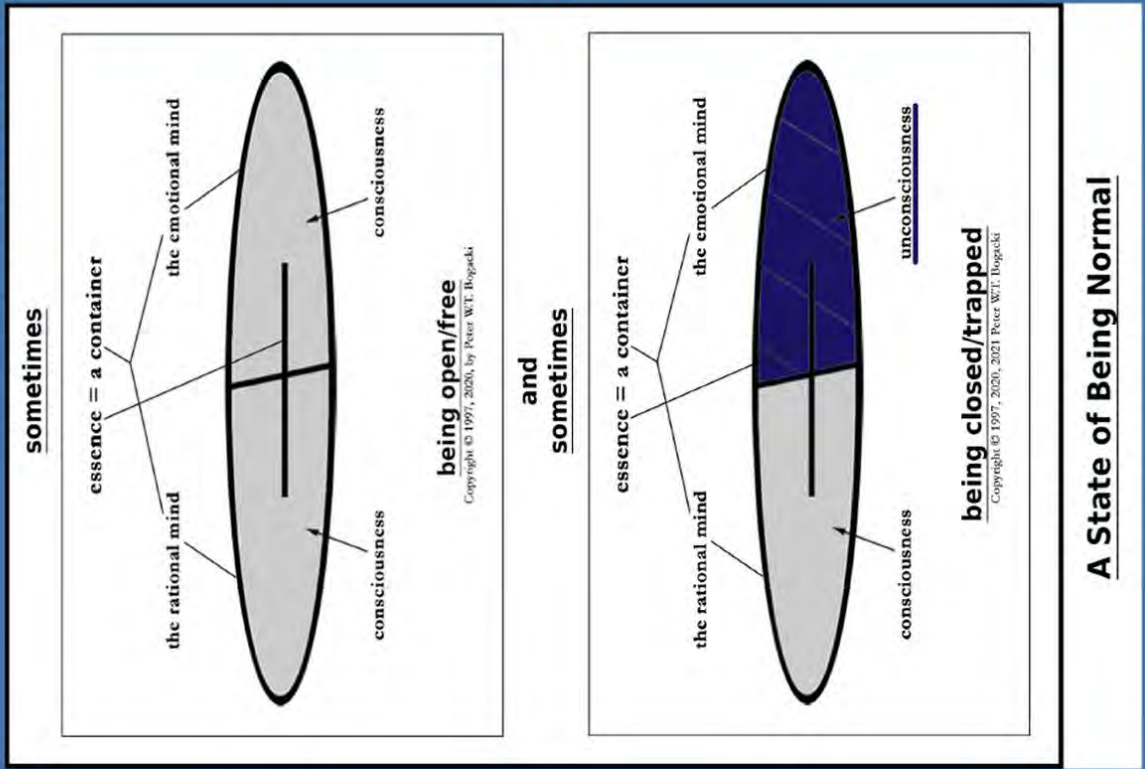


Figure: 4

A State of Being Natural

Figure: 5

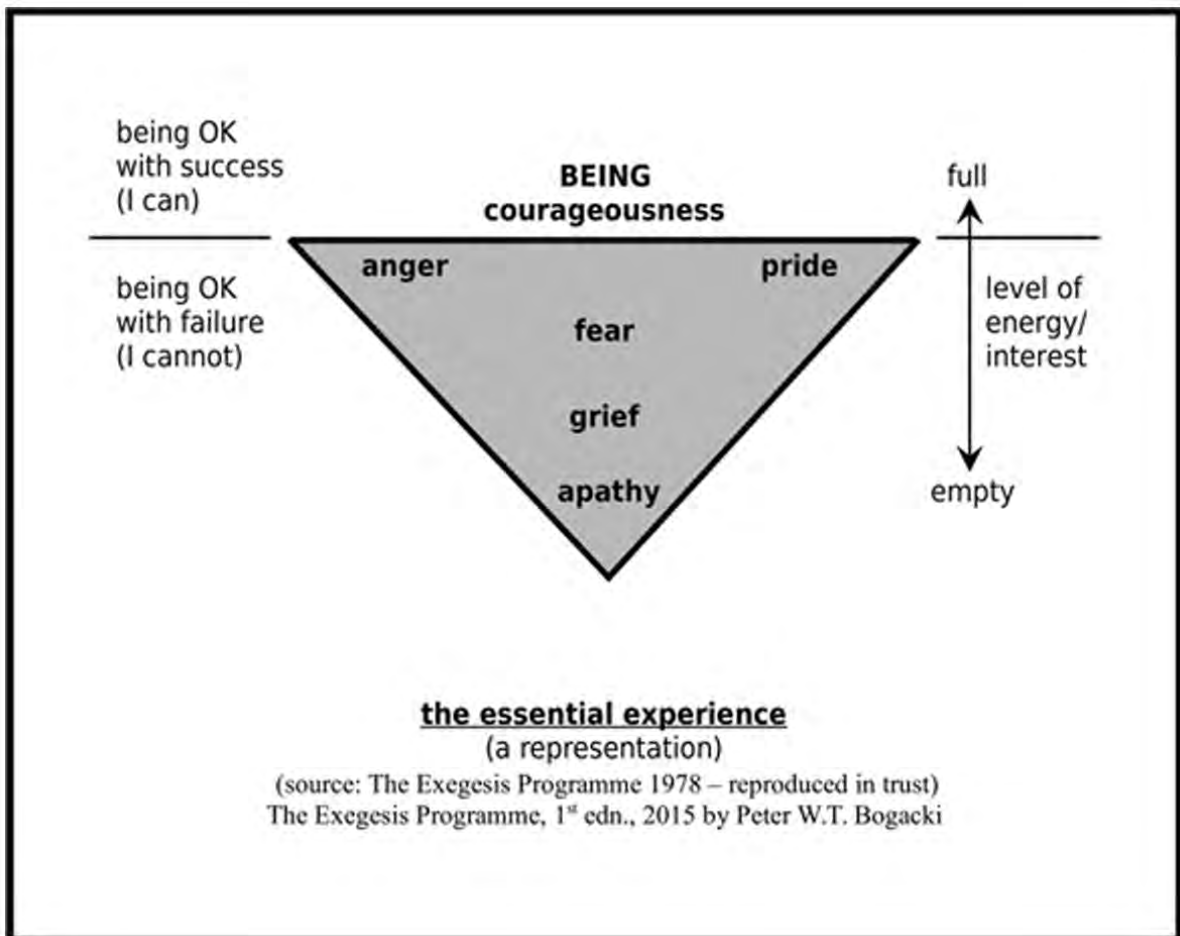
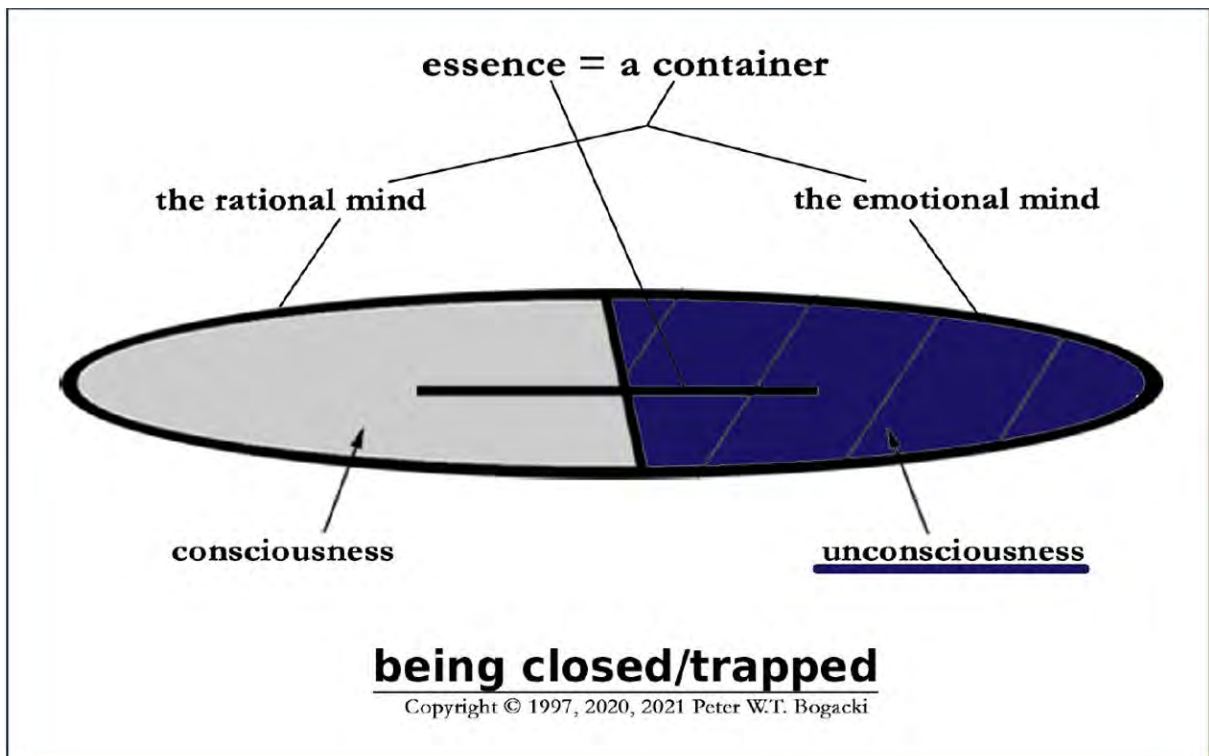
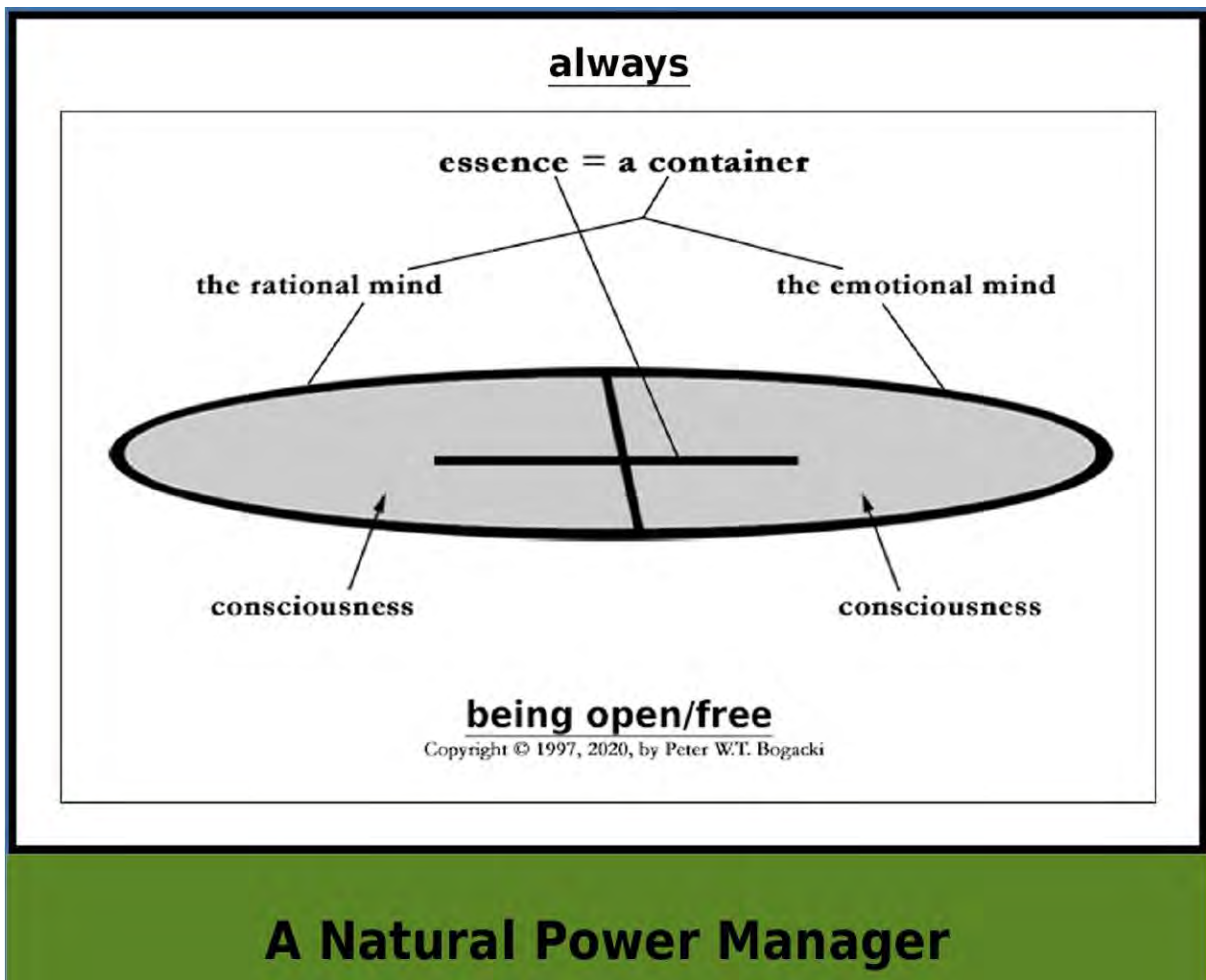


Figure: 6



The person that you're afraid you are.

Figure: 7



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