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## **GETTING IT TOGETHER**

*Text of a speech given by Peter W.T. Bogacki  
in January 2024 at a meeting of a public speaking club.*

Several weeks ago I wrote and shared a story about an experience of creativity, learning, and personal growth. The story is entitled **Getting It Together**, and I'm going to tell it to you now.

Predominantly our primary form of communication is through use of spoken language. But what if you've already lost total trust in use of language and it doesn't work for you? What if you can't get through to your fellow human beings? And they can't get through to you?

At the age of 6, after a lifetime of being invalidated, I experienced a traumatic event. And from that moment on,

- I had lost total trust in use of language – it no longer worked for me.
- my mind had shifted into a state of no-trust, confusion, and fear.
- mentally I'd become an outsider – isolated from everyone and with no feeling of belonging anywhere.

For the next 18 years I was mentally trapped in the pain of non-stop failure to get through to my fellow human beings and for them to get through to me. I could only watch everyone else do and take for granted what I couldn't – sharing experience, conversing freely, enjoying company, joining in social activities, making friends, dating, building relationships, having fun, having a family, enjoying being alive, being happy. A playing field I had no entry to. I felt alienated, unlovable, worthless, inferior, and terrified. With validation an impossibility, my self-confidence had no existence. Mentally isolated with poor communication ability and social skills, being alive was no fun. To lessen the pain of non-stop failure I avoided company and conversation as much as possible and became increasingly reclusive.

In a ceaseless effort to discover what language I could trust using, I was continuously analysing every word, phrase, and sentence being used. The tragedy here was that I was unable to trust any of the results anyway. A perfect paradox. To survive company and try to fit in, my mind was predominantly focussed on seeking the right thing to say and right words to say it with. In effect my attention had become primarily focussed on my internal processes – my mind was trapped, operating like a hamster running continuously inside an exercise wheel.

From a very early age however I've always had a powerful memory of myself being naturally open, happy, and full of fun and energy. Somehow I knew that my mind had been damaged traumatically and that I needed to seek out a naturally powerful experience of transformation in order to transform my entire experience and re-create my natural state of being. I was 24 years old when I found and had that experience, a seminar called [The Exegesis Programme](#), a complete experience of the self. It marked the end of my process of contraction as a human being and the beginning of my process of personal growth. And 16 years later while working briefly with the [Programme](#) founder I happened across a copy of the complete written model of [Communication](#) at the core of the [Programme](#).

After the seminar however I still had no trust in every word, phrase, and sentence in my memory apart from a core of working language that had been used in the seminar. Randomly once or twice a year for the next 37 years, my energy would soar and each time for several days I would experience relief and freedom from my condition before sinking relentlessly back into my usual state of powerlessness, desperation, dread and fear.

At the age of 28 during one of those periods of freedom I secured my first overseas employment contract. The company had a loss-making project in a remote location in the African bush where a form of corrupted basic English was being used to communicate. As project manager I was charged with turning it around. Using spoken language that was now totally free from the causality that is engrained in English language structure, I did so successfully by all measures on automatic – in essence I had been sensing, using, and completing the communication channels that match the systemic structure of my neurological core, a validation of my natural power management. Then 8 years later I happened across a description of a complete working model of this same core – the systemic set of subsystems at the core of Stafford Beer's Viable System Model (aka The VSM).

Then some 37 years after the seminar, through use of a conjoining of both models I completed a translation of [The Exegesis Programme](#) into a written form – a book that's a validation and affirmation of a complete linguistic model of the [Programme](#). In other words I had now shared the essence of the most important experience of my life by incrementally growing the collection of words, phrases, and sentences that make sense, work and I trust – an agonisingly slow process of discovering through trial and error what language structure and use make sense and work.

By the age of 69 I had validated and affirmed the essence of all other experience that had been stored in my memory and published it in the form of around 30 articles. Now I have trust in the entire collection of words, phrases, and sentences that I've ever used. Now I can trust my use of language to share my experience and I can drop my lifelong habit of focussing my attention primarily on my internal processes – a habit that's no longer necessary. Right now I'm extremely ashamed of myself for being a lifelong failure at sharing my experience, extremely unhappy about it and sorry for myself, as well as feeling extremely proud, clever, and pleased with myself for having progressed this far in the process of re-creating my natural state of being.

Having the experience of my infant trauma no longer determine trust in my use of language was always my main goal. And I feel that it's totally hopeless for me to get across to you how speechless with anger I am that the process of achieving it took up most of my years of prime adulthood with popularly unrecognised and unpaid work. Right now in a hopeless, senseless, jealous, angry, and unwilling quest I keep wanting and seeking some form of compensation or credit for all this time and work. Or at least a second chance to relive my life on the same playing field that you have always been on – an opportunity that I'm never going to have. I'm extremely jealous of the freedom of possibility that you have always had on your playing field and extremely angry at the total impossibility of using language to get across to you the idea of living an entire lifetime without ever having had this same freedom.

Now at the age of 69 I'm joining you on your playing field simply by telling you this story entitled [Getting It Together](#). For the last 45 years I've been wanting to tell this story – it's just taken many years more for me to get it together than I thought it would.