

Copyright © 1997, 2015, 2016, 2020, 2021, 2024, by Peter W.T. Bogacki
Copyright © 1981, 1994, by John Wiley & Sons Ltd.

The right of Peter W.T. Bogacki to be identified as the author of this work has been asserted by him in accordance with the Copyright, Designs and Patents Act 1988.

Reproduction and distribution of the complete unaltered material for
personal and purely educational use permitted.
Reproduction, distribution, use, of any part of the material not permitted.
Reproduction of material for commercial use not permitted.

ENLIGHTENMENT and NATURAL PERSONAL GROWTH [1]

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

Recently I wrote and shared a story about an experience of enlightenment and natural personal growth. I'm going to tell you that same story now and afterwards hold a short Q&A session about it.

Enlightenment. [2] **What is enlightenment?** Anyone? ... OK. In here now as in the outside world there are differing opinions and imaginings about what enlightenment is. So for the sake of clarity here is a definition of it:-

- [3] **a shift from partial consciousness into complete consciousness**

Also, as you may be aware a human mind is simply a conjoining, a conjoining of the rational and emotional minds working as a single whole. And to facilitate me telling this story I'm going to show 3 diagrams of a model of a human mind. Each mind is in a different state of consciousness. When showing each one I'll say a few words about it and then pause for you to take a few moments to look at it. Later I'll give out a website address where articles that contain more information about all this stuff can be found.

Around 46 years ago I had the experience of enlightenment. It was the end result of participation in a seminar called [4] **The Exegesis Programme** – a more UK friendly version of the [5] **EST** program that was being run in the USA. In that instant my mind became completely open, free from conditioning, and connected in complete consciousness to my source, i.e. to my source of experience, the essence of who I am. In that same instant in complete clarity I realised that I am totally responsible for creating my entire experience, my life, and my circumstances. In this context I'll refer to this state of mind as [6] **a state of being natural**. In this diagram you can see a mind that is always working in complete consciousness.

Right now however in the outside world the general agreement is that we, as individuals, are not the creators of our own experience. And as a consequence of this the English language structure that we predominantly use in communication reflects this. So, from the moment we begin to make sounds, listen, and learn to speak, our minds are in effect being conditioned to fall into agreement with the general agreement and shift our state of minds from complete consciousness into partial consciousness. By adulthood the minds of almost all of us are in a state of partial consciousness. In this context I'll refer to this state of mind as [7] **a state of being normal**. In this diagram you can see at the top a mind that is

sometimes working in complete consciousness and at the bottom sometimes not.

In a state of being normal you already have at least some trust in your use of language and are at least sometimes able to share your experience openly with another person e.g. family member, friend, acquaintance, etc.

My experience however was different. At the age of 6 after a traumatic event I had lost total trust in use of language. It no longer worked for me. I wasn't able to get through to my fellow human beings and they weren't able to get through to 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. Unknown to me then, I'd just begun an 18 year long process of contracting as a human being – becoming an ever increasing mess of confusion. In this context I'll refer to this state of mind as [8]a state of being rational. In this diagram you can see a mind that is always working in rational consciousness alone.

Now enlightenment is a complete experience, a shift from partial consciousness into complete consciousness i.e. into [9]a state of being natural. The end result is simply your re-creation of your natural power to re-create your entire experience and transform it. In effect, you have re-created your process of natural personal growth and have begun a process of learning and using a natural language structure i.e. a language structure that reflects your responsibility for creating your present experience.

After enlightenment when your conditioning, which is still stored in your memory, takes over control you have already begun a process of using your natural power to transform and overwrite it. In my case I had begun an agonisingly slow and incremental process of trial and error in order to discover and learn from source the use of a language structure and collection of words, phrases and sentences that make sense, work, and I trust. Since then there have been several key milestones...

At the age of 28, as project manager I was charged with turning around a loss-making project in a remote location in the Nigerian bush where a form of corrupted basic English was being used to communicate. I did so successfully by all measures on automatic by sensing, using, and completing [10]the communication channels that match the systemic structure of my neurological core. In this diagram you can see on the LHS a systemic structure that is a model of the neurological one on the RHS. ... This same structure is the core neurological form of human organisation. And the systemic set in the structure is complete, creates and makes complete sense, and works. It is in essence, natural power management at work.

Next at the age of 36 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**, as represented here in the diagram.

At the age of 39 in order to clarify my confusion I began a process of writing my autobiography. I used a PC, word processor, and printer and repeatedly shared, corrected, and rewrote each section before moving on to the next one. The process involved countless cut and paste operations and lasted for about a year.

Next at the age of 40 while working briefly with The Exegesis Programme founder I happened across a copy of the complete written model of natural communication that had been used throughout the seminar by the group leaders – a model entitled simply, **Communication**. It’s copyright so I’m not showing it here.

Ever since my time spent in Nigeria I had become increasingly frustrated at being unable to use language to re-create the experience of natural power management. Although I’d recognised the essential experience in the core of Beer’s diagram of **The VSM**, his description of it is written in elaborate language and comprises three books and an article in an academic journal. To clarify linguistically my understanding of the working of the model I began a process of reducing the language that he used to a written form that was more clearly, concisely and well defined. While doing this I was learning and using the language structure of natural communication.

Once again, the process involved countless cut and paste operations as I repeatedly shared, corrected, and rewrote each section before moving on to the next one. The end product, a book, is a validation and affirmation of a complete linguistic conjoining of the two models: **The VSM & Communication**.

— [click & watch video clip] —

...The last chapter, Constituent (7): The End Result, is a complete description of the core of **The VSM**. And by the time needed to create this same chapter, have it peer reviewed, and accepted for publication in Kybernetes: The International Journal of Systems & Cybernetics, I was almost 44 years old.

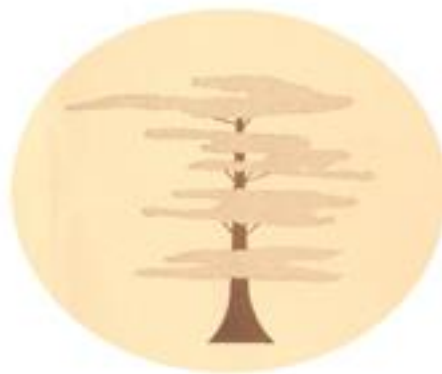
Up until then my attention had always been predominantly focussed on my internal processes and source. Next I began a process of focussing my attention more on the outside world in order to grow the collection and use of the words, phrases, and sentences that make sense, work and I trust.

Then some 16 years later, I began the process of writing an introduction to the book, created a website about the book, and a year later published the complete book. In effect I had now shared the essence of a complete experience of enlightenment in a written form by incrementally deriving from source a complete collection of words, phrases, and sentences that make sense, work and I trust. In other words, the book since entitled [11]The Exegesis Programme, is simply a validation and affirmation of a complete linguistic working model of the Programme.

After this I began growing my natural linguistic ability by writing and sharing more than 30 articles via public speaking and the website [12]theexegesisprogramme.com. And by the age of 69 I had created trust in the entire collection of words, phrases, and sentences that I'd ever used. Finally my infant trauma was no longer determining trust in my use of language.

Ever since having the experience of enlightenment I had always wanted to see a clearly, concisely, and well defined description of it that makes sense, works and I trust. And after some 46 years of natural personal growth I finally got fed up waiting for someone else to produce one. So now at the age of 70 I did so here by writing and sharing this story entitled [13]Enlightenment and Natural Personal Growth.

That's the end of the story and if anyone has a question about it then please raise your hand and wait to be asked to speak.



— [return to top] —



Enlightenment and Natural Personal Growth

Peter W.T. Bogacki

**return
to text**

Enlightenment & Natural Personal Growth

What is Enlightenment?

2

[return
to text](#)

Enlightenment

**a shift
from partial consciousness
into complete consciousness**

**return
to text**

~ The Exegesis Programme ~

4

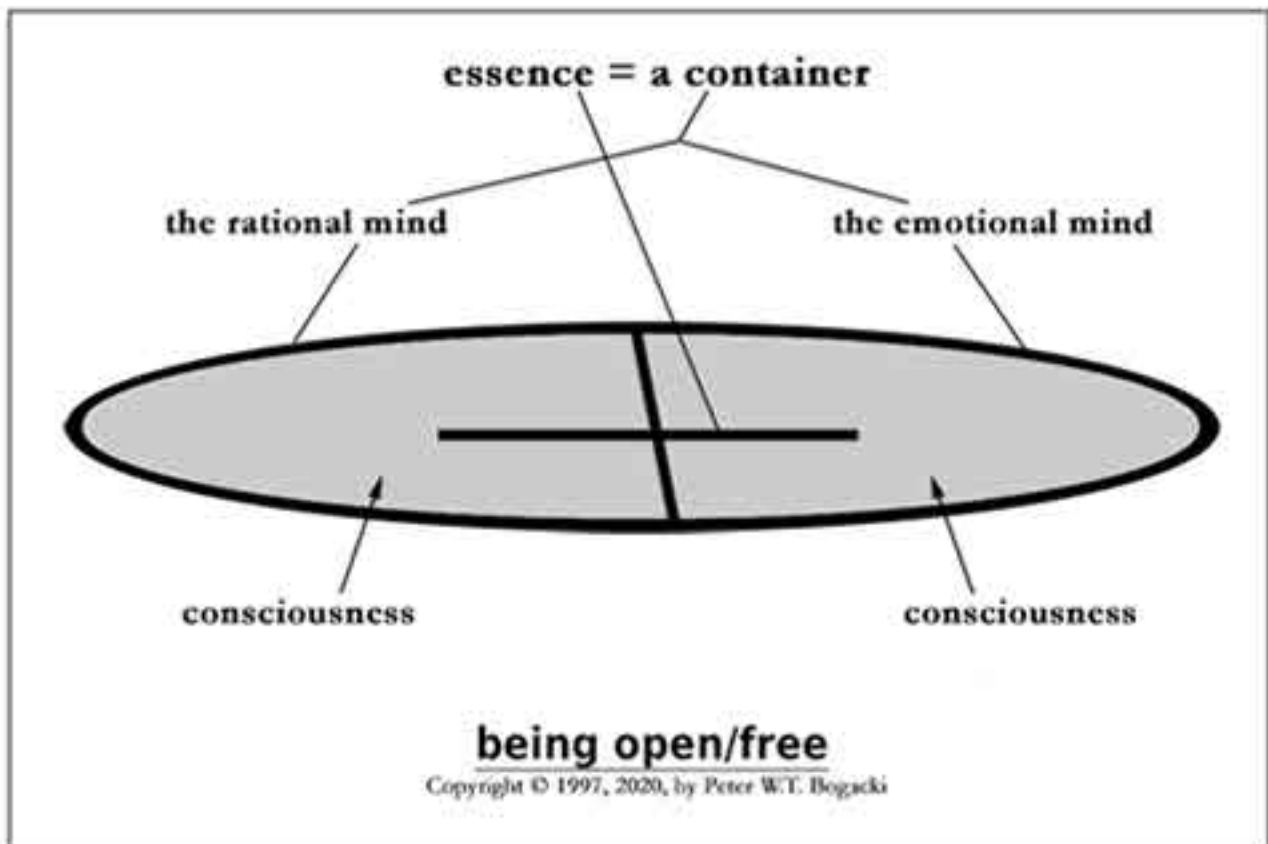
[return
to text](#)

Enlightenment & Natural Personal Growth

~ The Exegesis Programme ~
(~ EST ~)

[return
to text](#)

always

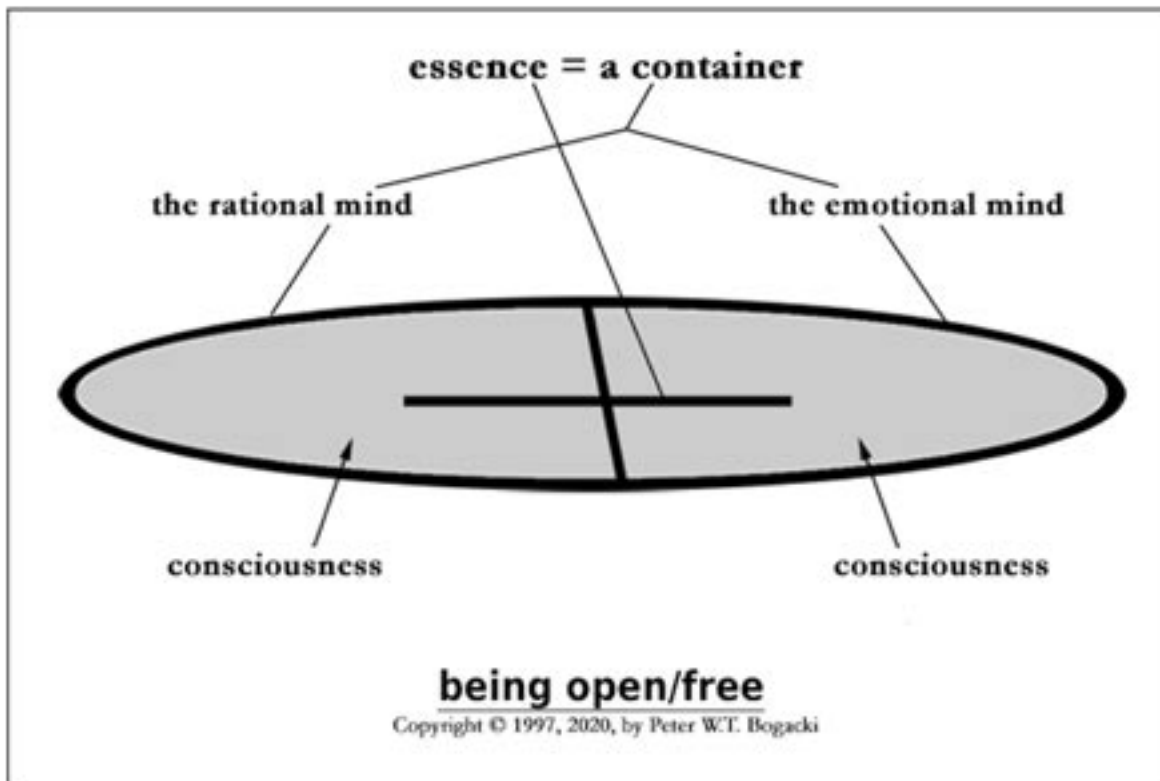


A State of Being Natural

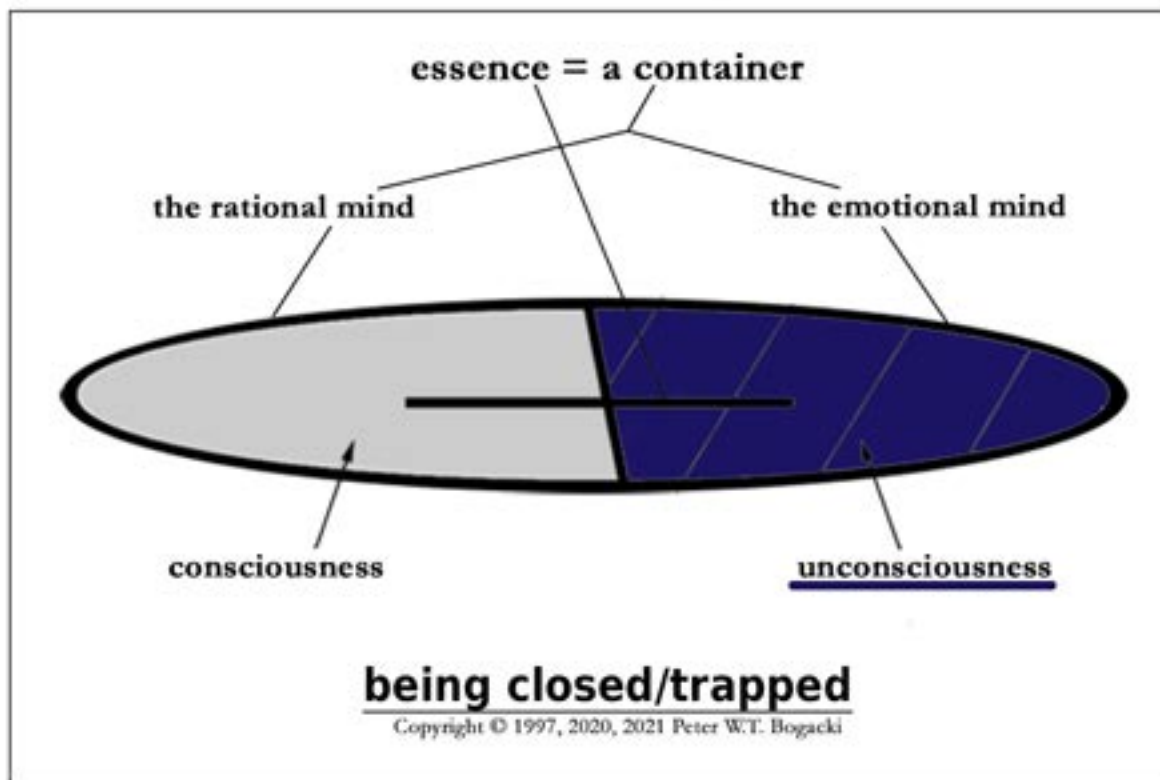
**return
to text**

Enlightenment & Natural Personal Growth

sometimes



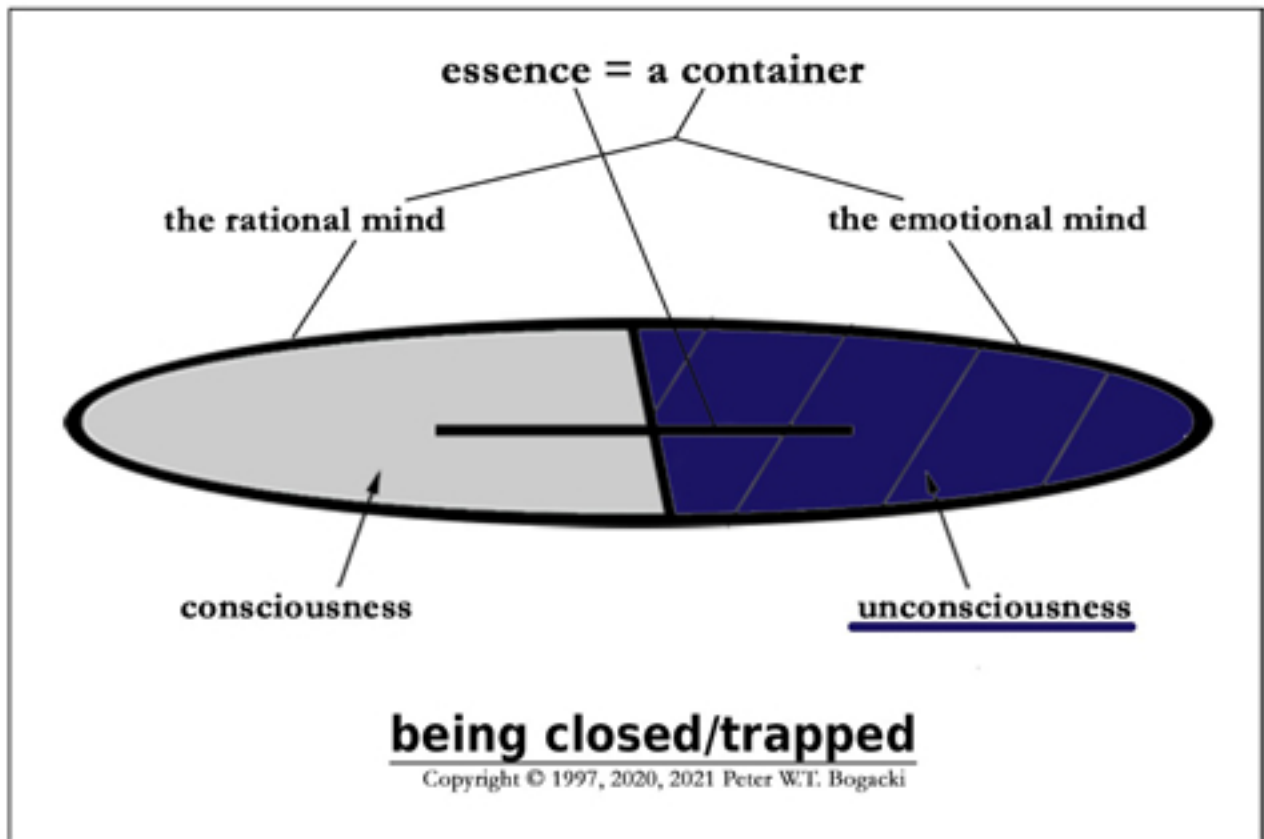
and
sometimes



A State of Being Normal

**return
to text**

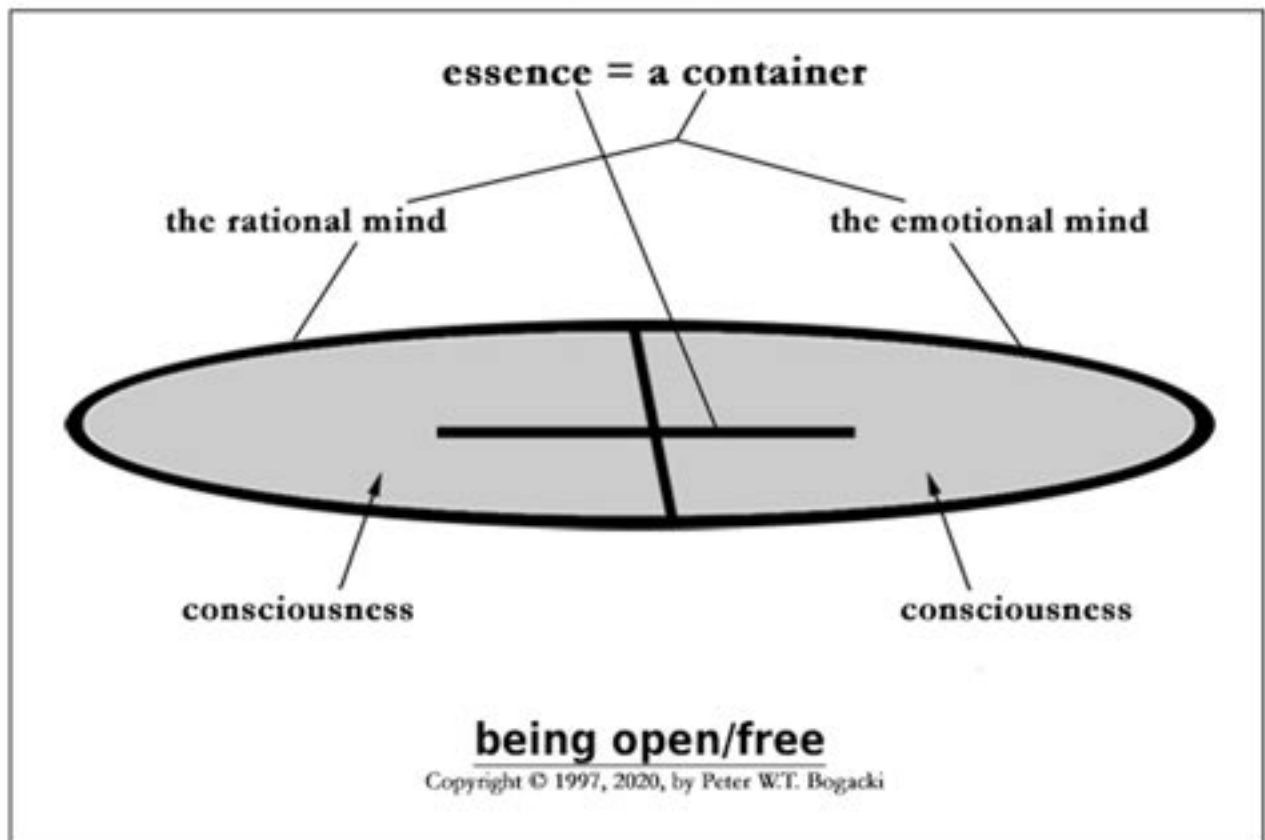
always



A State of Being Rational

return
to text

always

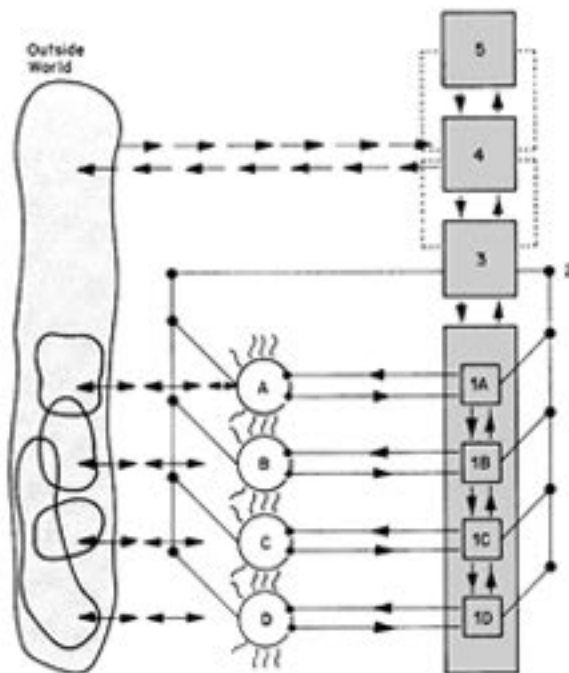


A State of Being Natural

**return
to text**

Enlightenment & Natural Personal Growth

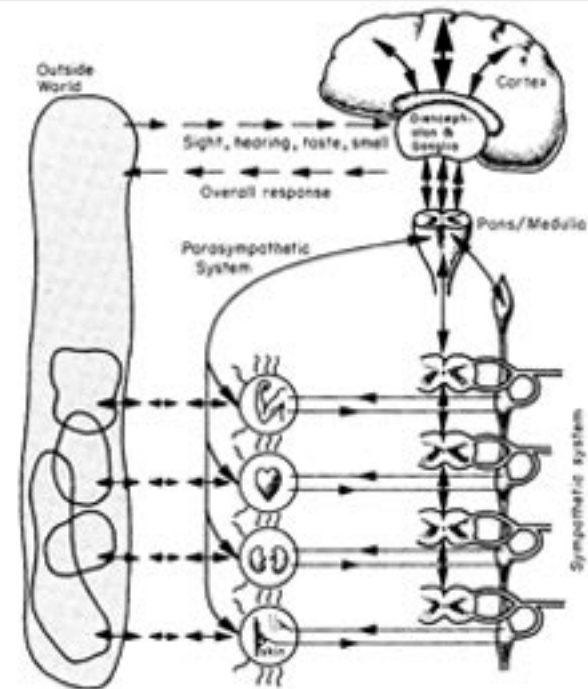
return
to text



Beer's simplified representation of
The VSM
(Beer's systemic set of subsystems in
the one-person-business) *

Figure 4

Brain of The Firm, 2nd edn., 1994, by Stafford Beer
Copyright © 1981, 1994 by John Wiley & Sons Ltd.
Reproduced with permission of John Wiley & Sons Ltd.
* present title replaces original.



Beer's simplified representation of
**Beer's essential system of communication and control in
the one-person-business** *

Figure 5

Brain of The Firm, 2nd edn., 1994, by Stafford Beer
Copyright © 1981, 1994 by John Wiley & Sons Ltd.
Reproduced with permission of John Wiley & Sons Ltd.
* present title replaces original.

A Systemic Set



[return
to text](#)

theexegesisprogramme.com

**return
to text**



Enlightenment and Natural Personal Growth

Peter W.T. Bogacki

13

**return
to text**

Enlightenment & Natural Personal Growth