

## HOW THE BRAIN PROCESSES HUMAN REALITIES

As I write these words and you read them, it is natural to assume that what I am saying with these words is the **same** meaning and feeling that you are giving to them.

How else could we communicate if we did not have the same or at least similar meaning and feeling for the words we use?

The answer to this simple question is one of the major discoveries of the HP/SOS research. The answer is complex because it requires a number of areas of information that are relatively new. We now are aware that:

1. Words are symbols that humans use to **represent** the reality being related to by an individual.
2. The English language uses words that relate to a person, place or thing (she, he or it) that are **named** in a subject/object language model.
3. Subject/object language models use **nouns** and **verbs** to **name** objects and **actions** connected to those objects.
4. English also uses **adjectives** to add **descriptions** of the objects.

You may say none of what you have stated seems very new, however, even though we may not normally think about the words we use to **describe** our realities, **after** an individual awakens to a “**reflective**” **second reality** of the above listed **observations**, another set of observations is possible.

1. Recent research into the **human brain** has discovered that humans **do not** understand their reality with their **five senses** (sight, hearing, smell, touch and taste). It is the brain that **determines** the meaning and feeling of an individual's reality.
2. Subject/object language relates to **particular objects** (person, place or thing) in which the symbol **is never** the actual object being symbolized.
3. It is the **brain** that relates to the **data of the senses** and it is the **brain** that acts as a “**memory bank**” of programmed data (acceptances or beliefs) which determines one's behavior as a result of one's interpretation.

4. **C-fibers** or **neurons** in the brain can **never be the actual objects** being described because it is an individual's current beliefs or acceptances that the brain uses for its descriptions. This **reflective observation** changes one's focus from being a "**victim**" of his/her environment to being the "**cause**" of his/her environment.
5. An individual's current acceptances or beliefs are **programmed** in his/her brain as a result of **three sources**:
  - Human genetics of over a million years,
  - One's environment beginning at conception,
  - One's transcendent connection to the collective unconsciousness or what Ernest Holmes named the Universal Mind.

**Question:** I am already **confused** by the title of this article's reference to **human realities**. How can humans have more than one reality?

**Answer:** Fantastic question. Your question exposes the heart of HP/SOS research. Humans have been living **multiple realities** for centuries without them ever being aware. Differences have been experienced without knowing that their differences would some day be capable of being structured.

For example: Creative people are different than non-creative people. Mystics are different than non-mystics. Successful people are different than non-successful people. Happy, loving, healthy people are different than their opposites, and so on.

HP/SOS, with the help of many of the modern sciences and ancient philosophies is now capable of explaining how and why these differences have existed within humans and have been responsible for these different forms of behavior for many centuries.

Humans have always expressed **multiple realities** without being **consciously** aware of it. The psychological schools of the twentieth century have made it possible **to recognize** and **structure** these differing realities as a **natural evolutionary process**.

The basic four psychological schools (behavioristic, humanistic, psychoanalytic and transpersonal) represent **three different realities** without the psychologists themselves recognizing the different **identity paradigm** each school represents.

HP/SOS exposes **why** and **how** this has happened as we explain the “**lock-in**” that a human is in **psychologically** when believing and practicing one of these differing **paradigm levels**. This was made possible because of **brain research** as well as **physics** and a **new biology** in the late twentieth century and on into the twenty-first century.

The first discovery of a **different reality** by an individual is the result of a **paradigm shift** into a **second reality** in which s/he is now **aware** that s/he actually **relates** to his/her understanding **within** his/her brain rather than to an **outside world** of so-called “**empirical observations**” as believed in his/her first reality.

First reality understanding has **always** related to his/her belief system within his/her brain **without** having any reason to be **consciously aware** of the part his/her brain is playing in his/her understanding process of reality.

This new second reality awareness happens within a **reflective understanding** and produces an individual that is now **responsible** for his/her reality and the behavior it produces. S/he has located within his/her **own brain’s conditioning** what is **determining** his/her **responses** now that responses are no longer based on **external input**.

**Blaming others** or **one’s world** as the **cause** of his/her reactions changes to an **empowerment capability** in which s/he is now capable of **replacing** unacceptable acceptances or beliefs within his/her brain with more beneficial ones. Most self-help systems (sacred or secular) help accomplish this **desired change** by reprogramming one’s brain, usually without knowing or explaining the part **reprogramming** of one’s brain is playing in producing the desired change.

**Question:** Are you telling me that a wife **is not** actually relating to her husband or vice versa?

**Answer:** Yes, her understanding **does not** relate **directly** to her outside world (husband), she relates to her **programmed brain** which is **why without** this awareness it helps explain why so many people struggle so often with each other. Until we **are aware** of the part our brain’s conditioning plays in the reality we are living, **how** or **why** would we be capable of having any awareness that our

reality is a “**projection**” of our **conditioned brain** rather than our **five senses**. Only after the awakening of **reflective** second reality’s location of comprehension within one’s brain is an individual **responsible** for his/her reactions because for the first time s/he **is aware** that it is his/her own **conditioning** that is **justifying** his/her behavior.

In first reality we believe that we are reacting **directly** (as an empirical observation) to our outside world of person, place or thing, not to the **acceptances** or **beliefs** within our own **conditioned brain**.

**Question:** Are you suggesting that my **whole life** has been **incapable** of understanding the reality I have been living?

**Answer: Yes** and **no**. **Yes** in first reality because in first reality you have been living a life assuming that you were relating **directly** to an **outside world** in how you felt and gave meaning to that world as the **cause** of your feeling and meaning. **No** in second reality because in second reality you are no longer relating directly to an outside world because after **reflective** second reality awakens, you are now **aware** that your reality **is not** a result of your five senses but is a result of your **conditioned brain**.

**Question:** If I have **unknowingly** been living a programmed reality in my brain, **how** or **why** would I not be aware of this?

**Answer:** Because for countless centuries humans have been **unaware** of **how** and **why** life produces so much **struggle** as long as the **outside world** was always available **to blame**.

After **awakening** to reflective second reality, humans are finally capable of comprehending the part their brain plays in producing **both** their reality and their behavior. Prior to this **reflective awareness** humans have been living by **definitions** of **outer causes** agreed to by **consent** or **custom** which were determined by a culture’s authorities, both sacred and secular.

We are now aware that an individual’s understanding **is not** an “**actual**” reality but is a “**virtual**” reality of our own acceptances or beliefs within our brain.

We are now aware that our brain acts as our **memory bank** or **hardware** with our **transcendent aspect** (Universal Mind) furnishing the **software**. This takes us all the way back to Plato who attempted to help us become aware of our **connection** to a “**perfect**” archetype world that is forgotten by most at birth. Plato referred to the awakening of this **transcendent aspect** of our nature as “**remembering**”.

As a human awakens to his/her **transcendent aspect** (Universal Mind), **learning** is realized as **inner actualization** of our **pre-existing wholeness** rather than our first reality belief when we believe that **learning** is the result of **external input** from our **external world**.

This validates Ernest Holmes’ attempt to **awaken** us to what he named our **Universal Mind**, that at one stage we mistakenly believe is an individual’s brain in a separate individual body. Most physical scientists in today’s world still refuse to accept the possibility of a **transcendent aspect** as a part of a human’s nature. In fact, most first reality scientists use the words “**mind**” and “**brain**” as synonyms.

**Question:** Can you give me an example of what you are saying?

**Answer:** Yes, and the example I will give you explains how and why this belief is still practiced in today’s world.

When I went to a hypnosis school to become certified I was told that all hypnosis is actually self hypnosis, even though most of the public still believes that a hypnotist controls his/her subject when practicing the art of hypnosis.

I was told that when a public performance is taking place the hypnotist begins with a “trial run” on the group to discover who in the group is “suggestible”. Those that obviously go into a deep trance are the ones that later will be called onto the stage to perform his/her act of hypnotizing.

What is actually happening is those people that are oriented to taking orders will accept what the hypnotist is saying, which will result in the subject entering into deeper brain wave levels or self hypnosis.

It is in the alpha and/or theta brain wave level that humans learn to accept the conditioning that has allowed authorities to control most of our world’s populations for centuries.

It is a result of this discovery that led HP/SOS researchers to recognize the correlation of why in first reality one believes that one relates **directly** to an **outside world** rather than a **subjectively interpreted** world within one's brain. This happens because first reality believes that one's reality is a result of one's **five senses**. This historically has resulted in humans **accepting** what they have been told by their authorities **in every culture**, whether secular or sacred.

For example, in first reality, a wife or husband (or any other two people) believing that they **are reacting to each other** will continue to **struggle** rather than being aware of the **location** of their **responses**. In first reality they are **continuing** to practice a habit pattern of a **reaction habit** within their brain that could have been programmed in their brain **before** they were born. Long before they **reacted** to their current husband or wife.

After awakening to second reality's location of comprehension of one's own **belief system** within one's brain, **reactions** are now realized as **habits** or **acceptances** within the individual's brain and that **reacting** can continue with **monotonous regularity** until **located** as **psychological dynamics** within one's own brain.

This brain research has just begun to take place within the past **fifty years**. Most of the **old beliefs** about the brain are beginning to be replaced with **new knowledge** that is dramatically affecting how we understand **human potential** as well as **human identity**.

HP/SOS discovered that the research of two relatively new psychology schools were exploring **two different realities** that **contradict** each other. They are:

1. Behavioristic psychology with its orientation to "**outer**" cause,
2. Humanistic psychology with its orientation to "**inner**" cause.

Humanistic psychology with its orientation to a human's ability to foster creativity as "**inner**" caused **reversed totally** the **cause** and **effect** of behavioristic psychology because in second reality a "**self**" awakens that is capable of **reflective examination** of his/her own brain's conditioning, having gained the ability to **replace** old beliefs and **awaken** to new **options** or **potentials**.

It is the discovery of the **correlation** between the psychological schools and their orientation to human behavior that enabled the research of HP/SOS to be aware that **stages** or **evolutionary steps** are taking place in an **awakening** human being as **paradigm shifts** are **realized** and **practiced**.

1. Behavioristic psychology and psychoanalysis both have a **cosmology** (identity) that is based on a **materialism** universe in which a human is a **finite separate** body with a brain. Their language model is a subject/object **dualism** of past, present and future **time** where change is based on **cause** and **effect**.  
The mind is believed to be an **epiphenomenon** of the brain. This is a humans' first reality in which s/he believes that s/he learns via his/her **five senses** from an **external world** of authorities.
2. Humanistic psychology has a **cosmology** (identity) that is based on a universe that includes self-reflective **mental beings** with a body and a brain that awakens to a **transcendent aspect** after the birth of a person, ego, I or self that is capable of **witnessing** his/her own behavior and the conditioning of his/her brain that is producing his/her behavior. The **mind** is **universal** and **transcends** the **brain**. This is a human's second reality that starts using a **process language** model as cause and effect **changes** in advanced second reality to **acceptance by degree** of **pre-existing wholeness**.
3. Transpersonal psychology has a **cosmology** (identity) that is based on a **spiritual universe** in which consciousness expresses a form of **teleology** or **Spiritual DNA** where the **archetypes** have always been known as the **patterns** or **involution** that produce **evolution**. The awakening **SELF** is now capable of **choosing options** as his/her transcendent nature motivates **actualization** of an **unlimited nature** into expression. This is a human's third reality and s/he uses both subject/object and process language models.

What HP/SOS named **first reality** is how humans **start** understanding reality **without** having any knowledge of **how** or **why** they believe what they are told by their mentors as being **factual** or **truth**.

First reality is the originating or first stage of understanding that has produced **libraries of information** in countless areas of knowledge

humans have used for **centuries** to determine their reality, both **sacred** and **secular**.

It is this relationship to knowledge acceptance **from external sources** in one's environment that will **determine** the first psychological school of **behaviorism**. This is the level of understanding in which a human assumes that his/her **five senses** are relating "**directly**" to an "**empirically**" observed reality. This **justifies** reacting to the people and things in his/her world as being the **cause** of his/her **reactions**. An individual's environment is believed to be the **cause** of his/her brain's conditioning (how we learn) which is named "**operant**" conditioning.

**Question:** Are you telling me that first reality has been **practiced** for centuries?

**Answer:** Yes, because **authorities** created the rules and regulations determining what is **factual** or **true** (sacred and secular). The **rulers** produced **dictionaries** and **scriptures** that continue to be **definitions** believed and worshipped by **consensus** and **custom**. These **rules** and **regulations** only become a problem for a culture when a few humans begin to question what authorities have told them is **factual** or **truth**.

The **discovery** of the part the **human brain** plays in understanding what is producing behavior puts all current **facts** and **truths** (sacred and secular) under the microscope for **new options** to be **tested**.

After second reality **discovers** that understanding is a result of our conditioned brain, humans are **no longer** dealing with absolute **facts** or **truths**, but with **neurons** within our brain that have been programmed by **human opinion** (genetics, environment and one's transcendent aspect) **not divine truths** or **scientific laws**.

At about the same time that physiological psychology was forming to be later named behavioristic psychology, Freud's system, which became known as **psychoanalysis**, started to become popular as a form of therapy. Freud agreed with the behavioristic model that is based on **operant conditioning**, however, he added an **important factor** which he named the individual's **subconscious** or **unconscious**.

This discovered unconscious brain programming is not available to a human **consciously** in first reality, however, it is often unhealthy or

negative programming that continues to produce “**illness**” until it is discovered and replaced. This form of therapy is currently practiced in today’s world as relating to an individual’s “**wounded child**”.

Both **behaviorism** and **psychoanalysis** assume that a human is a body with a brain in which all human behavior is **reducible** to the brain and its **conditioning** by its **environment**, both past and present. This form of reducing all behavior to one’s conditioned brain is known as “**reductionism**” and is currently the dominant belief system of most physical scientists.

This orientation to the nature of behavior by both **behaviorism** and **psychoanalysis** is believed to be the result of **external conditioning** of one’s brain and is what HP/SOS names **first reality**. It is a model in which the human being is a **victim** of his/her environment and justifies **the need** for an **authority to learn** how to handle unwanted conditioning that is damaging to one’s life. This is a continuation of **outer** authority orientation and can **produce** years of therapy.

The next school of psychology that began in the 1960s became known as **humanistic psychology**. Many of its discoveries included **ancient mystery teachings** because for the first time a **modern science** recognized **both a person or self** with pre-existing potentialities that **transcended** a body with a brain. HP/SOS names this **paradigm shift** in human consciousness **second reality** because it is a level of understanding that is **unknown** to first reality understanding.

Remember, in first reality an individual is a body with a brain and usually believes that s/he is reacting to his/her environment. There is **no self or person** to accept or reject the programming that is **producing** his/her reactions believed to be outer-caused.

Some of the **dramatic changes** in human understanding when this second reality paradigm shift is happening include the following changes in one’s **personal identity**.

1. An ego, I, self or person is “born” (awakens) with a **reflective ability** to analyze his/her currently conditioned brain.
2. This produces a **new ability** to recognize awareness of awareness in which an individual is now **reflectively aware** that his/her reality

is a “**virtual**” reality within his/her brain rather than an “**actual**” (outer) empirically observed reality of fact or truth.

3. This awakens a **responsibility** within the individual for the first time because s/he is now aware that **all reactions** to input from his/her outside world are actually being **determined** by his/her **subjective evaluations** within his/her brain rather than **externally caused** by a person, place or thing.
4. This awakens an **empowerment** to entertain options to his/her current **conditioned acceptances** which is unknowable in first reality because a first reality understanding is **automatically reacting** in a **stimulus/response** manner to his/her current feelings and meanings believed to be **caused** by the data that has been inputted from his/her outside world. This is why first reality **must** and **does** play the **victim** of his/her **circumstances**.
5. Second reality reflections produce a **freedom** unknown in first reality understanding because **blame** of an outside cause (person, place or thing) is now **replaced** with an inner evaluation capability to **practice change** within one’s brain’s conditioning. A proof that this is happening on a massive scale is the evidence of self-help systems (sacred and secular) that are happening globally.

It is reflective second reality understanding in which humans realize a **freedom** that is quite impossible in first reality understanding when two people are arguing over **differing definitions** believing that they are arguing **facts** or **truth**. Second reality understanding is producing behavior that is realized as **beneficial** or **not** by having the **reflective ability** to change **unwanted habits** and the behavior they are producing.

Remember, second reality understanding is aware that “**knowledge**” is **programmed data** in one’s **neurons** of one’s brain, not a person, place or thing (she, he or it) as believed in first reality understanding.

First reality believes that “**thoughts are things**” not **symbols of things**.

This second reality **reflective self** is now capable of **practicing** self-mastery rather than **winning** arguments with someone with different definitions that are still **determining** their behavior.

This **paradigm shift** starts to be intellectually entertained after one is practicing the **fun** of second reality's **creativity**. This is the result of the questioning that takes place as an individual is having fun "**creating**" a whole **new self-image** that is busy **actualizing** talents and abilities.

A new language model is now being used which HP/SOS has named "**process**" language.

As s/he manifests new and exciting change, s/he will **start to question how** and **why** change that s/he is **practicing subjectively** is **manifesting change** in his/her outside world. In other words, **why** or **how** do changes in how I **understand reality** have the ability to **manifest** changes in my world?

This **change process**, when it is happening, is what Ernest Holmes named "**the law of correspondence**". The fantastic book and DVD by Rhonda Byrne which she named **The Secret** has been seen by millions of viewers and what Ernest named the **law of correspondence**, she named **the law of attraction**.

In an article in the January 2008 Science of Mind Magazine Rhonda Byrne states on page 14:

"Any law or principle is working all the time, but if we don't have knowledge of it, we often misuse it. I'm a perfect example of that. I had no understanding of the law of attraction, which is the particular law we focus on in *The Secret*. According to this law, what we think and feel, and therefore believe, creates our life, every single second of it. We create our lives from the inside out."

At the time of this writing in the *Science of Mind* magazine, the book has sold over seven million copies in English and has been translated into fifteen different languages with thirty more translations in the works.

HP/SOS feels that it is a result of such **SOURCE** questions that are motivating humans **globally** to buy her book and to start **practicing** the **fun of change**.

We have **evidence** of a new **paradigm shift** happening which HP/SOS named **third reality**.

This new and exciting paradigm shift is a human beginning to **participate consciously** as his/her **transcendent aspect** which Ernest Holmes named our **Universal Mind** and Carl Jung named the **collective unconscious**.

HP/SOS explains that the **motivation** to ask these **new questions** is a **natural awakening** of an individual's **spiritual DNA** as s/he awakens to his/her **transcendent aspect**. It is also an awakening that often starts happening after experiencing an NDE (near death experience) or an OBE (out of body experience). It is an **exciting proof** of an **inner space beyond** the physical realm of conscious awareness.

It is this **transcendent aspect** that **mystics** have experienced throughout the centuries, both East and West. There is, however, a **major difference** between many of the writings of the East and the West.

Second reality is the waking up of the **human** to his/her **awesome potentials** awaiting actualization. In the West, there is a strong **motivation** to participate in **programs** that help make this a **better world**. In contrast, most Eastern teaching gurus attempt to **destroy** the important step of **individual creativity** (the individual self or ego) in their push for **Nirvana**. Many even claim that the **world** is an **illusion**.

The East uses **reincarnation** to justify its custom of having “**fixed**” stages that require one to be **reborn** in order to change one's **caste**.

This is not a problem for the West because with its orientation to the **science of genetics**, every human **inherits** the **genetics** of every other human throughout history. Yes, humans have the ability to **accept beliefs** that go all the way back to a **Neanderthal** level of expression.

There is, however, a much more important reason for **rejecting reincarnation**, which is when the **paradigm shift** from a finite **individual I am** (with its individual karmas) is taking place as an **individual's INFINITE I AM** (universal mind) **is awakening** to what HP/SOS names **third reality**.

The **importance** and **fun** of the **individual** self-mastery level of understanding (second reality) is left out in many Eastern Teachings.

The proof of **genetics** is validated by the practice of “**past life regression**” therapy in which one is **consciously capable** of reprogramming his/her brain from what many name **former** unwanted acceptances or “**karma**”.

Third reality as well as the science of genetics **justifies** the ability to experience **any former life** because we are all **connected** at the **transcendent level** of understanding.

In other words, **wholeness pre-exists** at our **transcendent level** which makes it possible for an individual’s acceptance of **stages** of understanding of **any one** that did or will ever live. This, of course includes the ability to accept **limitations** or **excellence** in any endeavor that did or will exist.

Without the current research of the human brain it is difficult to be aware that our so-called **empirically observed** outside reality **is actually** an **inside evaluation** of our **conditioned brain**.

In the West, with its strong emphases on **the importance** of the **world** and **technology**, we have the benefit of **including** the **physical sciences** as well as the **mental sciences** of psychology and philosophy and the **spiritual revelations** throughout history with all their levels of research.

This was why Ernest Holmes **did not** teach reincarnation. He was attempting to help people realize their **universal mind identity** rather than karmas from an **individual’s** past lives that **need correction**.

If past life orientation helped a person change his/her identity, Ernest was always for **any system** that worked for an individual. His focus was, however, on actualizing one’s **universal potential** as acceptance of **wholeness** rather than correction of imagined **individual** past life **goofs**. Practicing change works because **wholeness pre-exists**.

In today’s world, an increasing number of people are having **epiphanies** or **cosmic consciousness** experiences, which is their **awakening** to the **transcendent aspect** of their nature. It is a human’s **pre-existing wholeness** that justifies every form of **healing**, sacred or secular.

It is the awakening of the “**oneness**” experienced by the **mystics** of every culture, East or West. After awakening to third reality, one is now aware that healing is the result of **wholeness realization**. It is this awakening to **wholeness** that Ernest Holmes named “**Universal Mind**” and others name “**Christ**” consciousness. It is what HP/SOS has named third reality in which **oneness** or **wholeness** is practiced as the basis of an **awakening** INFINITE I AM.

**Question:** How can a subject/object language model explain what you are saying?

**Answer:** You are asking an important question about how can a language model that is “**static**” relate to the awesome dynamics HP/SOS research is discovering? The quick answer is that it **cannot**. Language can **never be the experience** it symbolizes.

Early in second reality, HP/SOS introduces a **process language** model to better understand the **dynamics** of change being discovered.

When a human first begins to **practice change**, s/he is into **process dynamics** within the brain. This takes us back to the **two methods** of **treatment** explained by Ernest Holmes in his textbook.

Any **new idea** in first reality understanding must and does **argue** with a brain’s current conditioning when **entertaining change** of any kind.

This Ernest named the “**argumentative**” method. In first reality one’s conditioning is **unable** to accept **any change** when it is **first presented**. Remember, first reality is not aware that **definitions** are its reality that it believes are **fact** or **truth**. It is this **ignorance** that has produced the **wars** and **struggles** between humans for **countless centuries**.

Second reality is a major **switch in focus** as an individual is motivated to express an important urge to **actualize** talents and abilities. This requires **awareness of awareness** in which a self, I, ego or person has awakened to the part s/he plays in **practicing change**.

In first reality s/he named the process of change **cause** and **effect**. This is because s/he was still operating from a **finite individual basis** of time/space **dualism**. As s/he awakens to **universal mind** s/he begins to practice change using the method of **acceptance by degree**.

Third reality is aware of **wholeness** or **perfection as pre-existing** one's acceptance, which is what **justifies** the second treatment method of Ernest Holmes which is "**feeling as if**" the desired **already exists**.

This is why all "**healing**" is acceptance by degree of **pre-existing wholeness** whether practicing a sacred or secular method.

This is also why cause and effect changes to acceptance by degree after awakening to one's **Universal Mind**.

This new identity **justifies** eternal existence of love, joy and happiness.

We can again turn to *The Secret* interview in the Science of Mind magazine where Rhonda Byrne explains the process in her book about **Asking, Believing** and **Receiving**. She exposes the **reflection necessary** for someone to know what they desire by **asking** for it and to expose what believed-in limitations may be currently keeping one's dreams from manifesting. **Believing** requires **acceptance capability** of manifesting the desired and **receiving** is the **feeling as if** the desire is **already accepted** and being lived.

This newly awakened **identity** of third reality opens the doorway to **multiple dimensions** and **parallel universes** that are now being **experienced** and **practiced**.

When this journey starts to happen to you on Planet Earth, you can **depend** on your life being **avant-garde**.

This allows **all** of humanity to be an **awakening example** of the awesome life **awaiting actualization** that is **available** to everyone, regardless of the **culture** of their birth or their current level of understanding being practiced.

We will close this article with the final paragraph from the Science of Mind article about *The Secret*.

"We have all been given this beautiful power to choose, the freedom of choice, to create a life that is a reflection of what we truly are. The amount of joy and happiness we can experience is unlimited."