

The Foundations Program
Session 2
The Physics of Consciousness

Principle 2: Every Experience has Two Sides Simultaneously

Quality: Courage

The Nature of the Mind

Smallest unit of energy in the physical world is a photon. Smallest unit of energy in the Mind is a thought.

Put a photon in motion – what happens:

Put a thought in motion – what happens:

Energy in motion = e-motion

All thoughts are mental energy in motion. Thus all thoughts are emotions.

All emotions are bi-polar: apparently separate, but simultaneously occurring pairs of oppositely charged, non-locally connected, particles of 'mental-matter'.

It is impossible to have a positive thought without a simultaneous negative thought.

It is impossible to have an experience of pleasure with a simultaneous experience of pain.

However, we certainly seem to experience pains and pleasures ...what's going on ?

1. Physiology and the Pain Pleasure Principle

We interface with the outside world (the noumenon, or actuality) through our nervous system. The brain is the largest organ in that system. It sits inside your cranium, a very dark and insulated place. It has no direct contact with the outside world. It simply receives electrochemical impulses via your nerves. And yet, your experience of an outside world (the phenomena of your reality) are somehow arising in it.

The brain's primary function is to keep you alive. Its job is to interpret the stimuli your senses direct into it, constantly scanning for things that could cause harm to the body. Harm is, in general, signaled through pain.

We are physiologically predisposed to avoid pain and seek pleasure.

The Pain-Pleasure Principle is a biological survival mechanism.

Problem: the brain can't distinguish between real and imagined (physical or mental) pains and pleasures. It responds with cascades of neuropeptides, creating addictions and subdictions to and from what it associates with pleasure and pain.

Most thinking is actually remembering

You do not see the world as it is. You see the world as you are

As long as you remain blind to the opposite side of your experience, you will be either addicted or subdicted to it.

To be masterful at living a life that is authentically your own, love people genuinely and lead with real presence you must master the skill of expanding your awareness to hold both sides of your experiences in your consciousness.

"He who wants to know the greatest secrets of nature should regard and contemplate the minima and maxima of contraries and opposites." Giordano Bruno

This concept of simultaneous positives and negatives, pains and pleasures, gains and losses, construction and destruction etc is not new.



The only three fields of study that do not acknowledge the simultaneous positive and negative in every experience are Psychology, Sociology and Theology.

Wisdom lies in expanding your mind to consciously acknowledge the simultaneous positives and negatives, pains and pleasures.

Exercise

Think of a time when you were experiencing a pain or negative. Get really clear on where you were, when it was, and what was happening.

Now expand your mind and name the simultaneous pleasures, or positives, in the experience. The devil is in the details. So are love, wisdom and Grace.

"Pain" – challenge, criticism, feeling bad	"Pleasure" – support, praise, feeling good

Homework

Pick at least 2 events in your life, 1 negative, 1 positive. Write them in the first column. In the second column, list all the 'positives/pleasures' that occurred simultaneously for the 'negative' event, and all the 'negatives/pains' that occurred at the same time as the 'positive' event.

Event: when, where, what	All the opposites (pleasures or pains, positives or negatives)

Think in terms of all 7 areas of life: Spiritual, Mental, Vocational, Financial, Familial, Social and Physical.

Please share insights and questions in the FB group or with me via email 😊