

KERN FROST

HOW TO GIVE UP  
WORK

&

GET RICH  
IN LIFE

BY ACCELERATING YOUR MIND 3000%

INTELLECTUALISING CONSCIOUSNESS

# How To Accelerate Your Mind By 3000%

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Council For Human Development

## Intro TO PART ONE

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### Opportunity Of a life time

This book will give you the fundamentals we should have all been taught at school, about how the mind works, why it works in the way it does, and what you need to do to accelerate your thinking by 3000% – to give up work and have a rich life beyond your current expectations.

This book is not for everyone, although it was written for anybody who suspects that there is much, much, much more to life than meets the eye.

Right now we are in the beginnings of a social re-evolution because of Artificial intelligence, one that will see the biggest opportunity in human development in history, and YOU are a part of that change. Your part however, is up to you, either as a victim, a passenger, or a rare individual, who will not only drive part of change, but actually create it for everybody by what you think and do from this moment on.

Your potential is limitless, but unfortunately it's been stolen from you at an early age. If that makes you mad and angry, then welcome to my world, and that passion is all you will need as a start to reclaim your birthright. In so doing, you will never have to work again in the conventional sense; you will just become richly wealthy in the fruits of life, that through sharing with others, will give you anything and everything you ever dreamed of before you lost your dreams.

This is a manual to life in part one, and a complete structure to accelerate the mind through a futuristic platform in part two. If you're prepared to fully trade who you are right now for who you were meant to be, then you will be rewarded with all the riches you deserve.

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# HOW TO ACCELERATE YOUR MIND BY 3000%

So, how would you like to accelerate your creative, confidence and communication skills by 2000%, 3000% maybe more?

What would you do with huge amounts more creativity and how would it affect you life?

- Well, you'd be able to create fine works of art.
- You'd be able to write inspiring and original books in a matter of days and solve complex problems with ease.
- You'd have loads more energy, as you wouldn't be worrying, as you wouldn't need to stress anymore.
- You would be making decisions very rapidly and have amazing insights into the world you never saw before.
- You'd feel more connected and have a deeper more forgiving understanding of others and yourself, so you would attract more meaningful relationships and really be able to love your self and others from a core level.
- You wouldn't fear anything, so scepticism and doubt would fall away, to be replaced by a true sense of destiny beyond just living and working.
- The workings of the universe would open up so you would enjoy a state of flow and direction that you were born to enjoy, so each moment would be charged with a meaning and a purpose beyond your current expectations.
- Your being would move from an I focus to an US mentality, so you would move from a *"what's in it for me"* to *"what can I bring to the party"* state of mind.
- In this state you would vibrate as a human being at ever higher levels, enjoying great health and limitless wealth through your boundless wisdom.
- Life would be as was meant to be, and your core mission would be unite humanity and change the stars for all people so they could share in a life of equality, love and expansion.

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Sounds impossible doesn't it!! But if you were shown a machine that could achieve all this and more, the question would then be – *would you invest in it?* How much would it be worth to you? How much would give up to attain such a wondrous and amazing mechanism? Or is it just too utopian to believe? Or are you curious enough to explore these potentials???

WHAT PRICE WOULD YOU PUT ON THIS.  
WRITE YOUR ANSWER \_\_\_\_\_

Well, this machine actually exists – and it's YOU.

Not you as you are, but as you were meant to be before a few things stole your potential – just as they did with all of us at an early age.

Over the years your machine has become conditioned to function at a fraction of its capability, but thinks this low level of performance is a natural state!! But across these few pages, together we're going to reclaim that potential, and give you the blueprint, the manual and the road map, so you can become the architect of your life and your future self; to your design, without all the crap and self-defeating patterns, and without the limitations society has unconsciously conformed you to. We will go far beyond the gurus and the leaders you know so well, into your unique wisdom enabling states of super creativity, confidence and consciousness that are entirely natural to you, and were always there for you to enjoy.

But the immediate question for you is – HOW – laced with a good old fashioned coating of doubt and scepticism. Maybe doubt that YOU can, or doubt that it's even possible FOR ANYONE, or doubt in what I'm sharing with you. It's a natural reaction from an unnatural negatively polarised unconscious state that all of our minds are in, regardless of what we think we may think and identify with.

Let me explain.

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You, like 98% of the world, had a genius level of creative and innovate capability when you were five (NASA study by Dr George Land), however you, like me, were infected with a negative social virus at an early age, that meant by the time you were thirty, you only retained 5% of your early potential, with ever less as you continue to age.

We've all heard about the dominance of restrictive left-brain thinking in society, as this is how we are conditioned to think at school to learn to play a valuable conformity role in the wealth pyramid we are born into.

But what you may not know, is the neuro plasticity of you brain changes based on the chemicals you ingest and the function you use it for. Your brain was designed to use a balance of left and right brain thinking (T3 thinking) otherwise known as hemispheric synchronisation. When your brain is out of balance however, you may suffer levels of depression, internal conflict, brain fog, stress, behavioural oscillation, as well as procrastination and waffle :)

To calibrate this, just ask yourself if your life is in sync with the utopian points I mentioned earlier, or are you working for someone or running a business that often feels like it's running you?

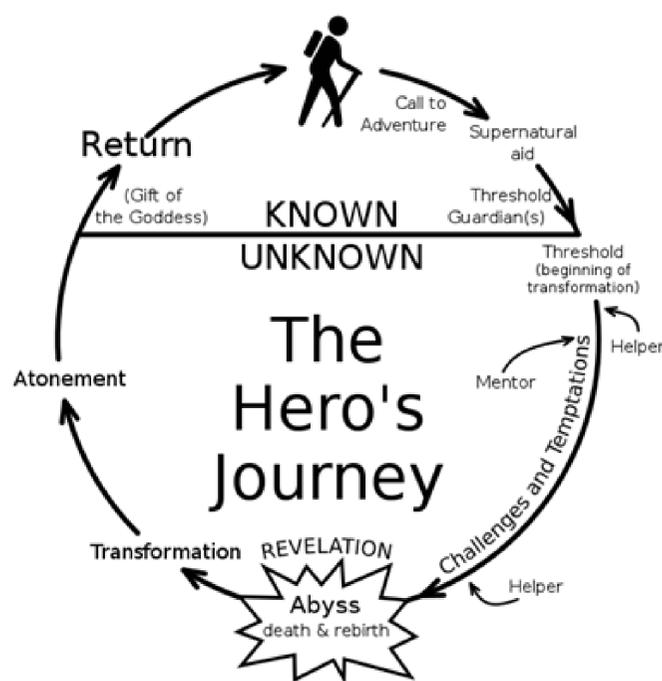
FANCY A CHANGE ??? A TASTE OF FREEDOM??? TICK YOUR STATES

ARE YOU:

- JUST LOOKING, A WINDOW SHOPPER.
- A UN-NATURAL SCEPTIC
- ONCE A PROCRASTINATOR ALWAYS A PROCRASTINATOR
- A THINK ABOUT IT PERSON WHO THINKS TOO MUCH
- ARE YOU COMMITTED TO YOUR CAUSE
- ARE YOU IN THE MARKET TO BUY THE BEST VERSION OF YOU.
- DO YOU LOVE YOURSELF? (NOW THERE'S A REVEALING QUESTION)

Ok, if that's a YES to getting back the potential that's been stolen from you, let's go on a journey together, the HERO'S JOURNEY, and you'll see in our first mind map. Mind maps are like the manual for your car (your mind and body), they tell you how everything works and how to maintain everything and ensure peak performance and longevity; even how to pimp your ride and supercharge yourself!

Fig 1



Seeing yourself as a vehicle - with a body to get you around and a CPU ( management system ) as you're mind/brain - is a good start for our journey. You are not your mind or your body, you are the driver and the programmer, but unfortunately unlike your car, you were never given an operating manual when you started out, or instructions on how to use the programming language, nor were you given any lessons in how to drive/live effectively, let alone learn to race your vehicle in the realms of its limitless performance.

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WOULD YOU LIKE A FERRARI FOR YOUR VEHICLE OR A BASIC FORD?

PICK YOUR RIDE \_\_\_\_\_

In the case of your mind, you have social limiters installed which restrict your ability to really accelerate; limiters that are so powerful that you will subvert your potential from within and defend your limitations at every step. It's YOU against YOU.

Now for our journey, this state is not going to be very helpful or get us very far, especially if you're going to drag your feet, moan, get distracted, or want to go home to your comfort zone; nobody ever climbed Everest with those companions, and on our journey we are going to have to climb a bit of a mountain together to reclaim your birthright; so you are going to have to commit, be consistent and be resolute whatever the difficulties we face.

Can you do that? YES OR NO \_\_\_\_\_

After all, at the end of our journey waiting for you as a prize, will be the capability to see the world in a way that you can't even imagine right now with amazing possibilities for you to choose from, just like picking apples from a tree.

HOW MANY YEARS HAVE YOU BEEN DRIVING WITH THE HAND BRAKE ON AS A TRUCK DRIVER TO OTHER PEOPLE'S DREAMS LEAVING YOURS FAR BEHIND?

WRITE YOUR ANSWER \_\_\_\_\_

So here we know how long you've been on this road, so the big question now is, are the results you've got the ones you're happy with? Are you happy to settle or are you committed to more?  
TICK THE BOX

SETTLE  COMMITTED

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If it's settle then I'm afraid this journey isn't going anywhere for either of us, as it takes two to get you to the promised land, and I'm just your guide not your guarantor. I'm not going to carry you, nor am I going to force you to live the life you were born to enjoy.

YOU HAVE TO WANT IT MORE THAN ANYTHING.

DO YOU \_\_\_\_\_

Ok so who am I?

Well chances are you've never heard of me... I'm something of a ghost online, and I'm a bit of a recluse. I live between the mountains and lakes of Switzerland, researching FAILURE. Yes that's right FAILURE, I'm probably the world's leading expert on failure – why people and society consistently shoot themselves in the foot again and again, yet never admit it to themselves or do something about it.

Everyone else studies success, so why I'm an expert in failure is because there are just very few people in this field, and as a subject, few people want to know it's dynamics, as it's not very motivational at first sight; it's even depressing if you don't look deeply enough into the subject to find the gold.

Socially, it's a bit like studying death, but when you do – it gives wonderful new meaning to life – just talk to a person who has had a near death experience and see how they live life valuing every moment.

STUDYING SUCCESS IS LIKE A GET RICH QUICK SCHEME, STUDYING FAILURE IS WHERE THE PATH TO TRUE HAPPINESS LIES BUT IT TAKES A LOT MORE EFFORT!!

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For the first twenty years of my life I also studied success as an entrepreneur, looking at ways others found success so I could follow their steps. But over the last seventeen years, I've relentlessly studied failure, as there are just far more easily accessible examples in society, and much much more to learn that will accelerate the mind far beyond what following others can do.

The problem with modelling successful people is, you are only looking at the patterns of already established people; this means you only see their behaviour now ( who and what they are today ) and success through their perspective filter as successful.

It's the position and the individual's behaviour (perspective) before they were successful that you really want to find out in detail, as well as realising this was only half the picture; as for success to manifest, a door of opportunity has to open and be walked rapidly through, as it only stays for a very short space of time.

HERE'S THE THREE CORE BEHAVIOURS OF PRE SUCCESSFUL PEOPLE:

- PRE SUCCESSFUL PEOPLE KNOW OPPORTUNITY EXISTS AROUND THEM ALL OF THE TIME
- PRE SUCCESSFUL PEOPLE UNCONSCIOUSLY AND CONSCIOUSLY LOOK FOR OPPORTUNITY ALL OF THE TIME.
- PRE SUCCESSFUL PEOPLE ACT ON OPPORTUNITY IMMEDIATELY

ARE THESE YOUR BEHAVIOURS \_\_\_\_\_

So here I'm going to share with you all that I've learned, not about how to fail, but the strategy you need to employ to accelerate your mind to states where failure simply doesn't exist. 3000% more plus, plus, plus.

This is the manual to your vehicle - your mind and your body, that should have been given to you at an early age, so life could follow the path to limitless expansion it was designed to travel, rather than suppression and regression.

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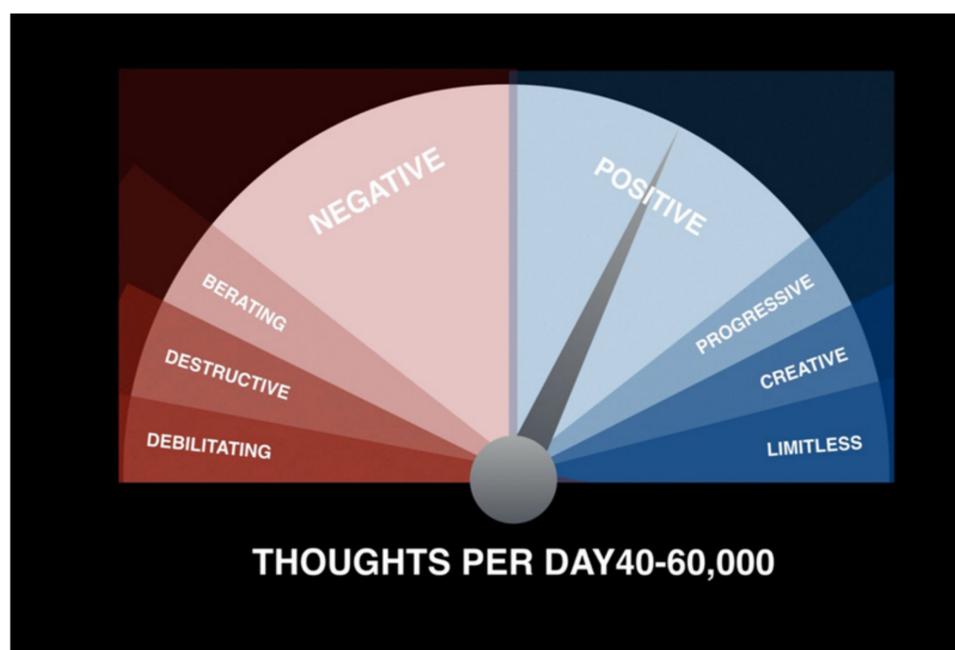
Each mind map you will work through, is a visual representation of an aspect of consciousness and psychology, as well as behavioural and social dynamics. Together they will form the essential guide to mastering every facet of you, so you get to know how to drive and maintain the Ferrari you were born with, and accelerate your symbiotic awareness and mental capacities into your limitless potential.

This book is a manual, it's not the driving lessons and nor is it taking the high performance vehicle your will rediscover and renovate – to the human race track of enlightenment – to refine your skills ever. It's the first step, and when you are ready we will discuss the second from your new shiny perspective.

## HOW TO FUEL YOUR VEHICLE

Here I'm not going to talk about diet, I'm going to give you food for thought.

In the following schematic you will note that we have between 40,000 – 60,000 thoughts per day, these are the fuel our physical and spiritual beings run on; they create the lives we experience and enjoy.



Your thoughts can affect the thermo dynamics of an atom, and through the double split experiment from quantum physics we know we have a symbiotic relationship with the environments we experience (look it up on the internet).

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We also know thought can affect the structure of water crystals (the thermo dynamics if atoms), and our bodies are made up of 80% water; so thought affects our electro magnetic fields and the health of our bodies. Every thought goes somewhere in the body - positively or negatively charged to settle within an organ. Wellness, the condition of your vehicle is governed by thought.

Fig 2

Calibrate your thoughts by deciding what percentage are in the red zone and what are in the blue.

**Red** - you are living at a fraction of your potential and possibly in reverse

**Red blue** - you are cancelling out your potential by oscillating between potentials - you are stalling

**Blue** - it's time to focus your intention and accelerate as you're moving in the right direction.

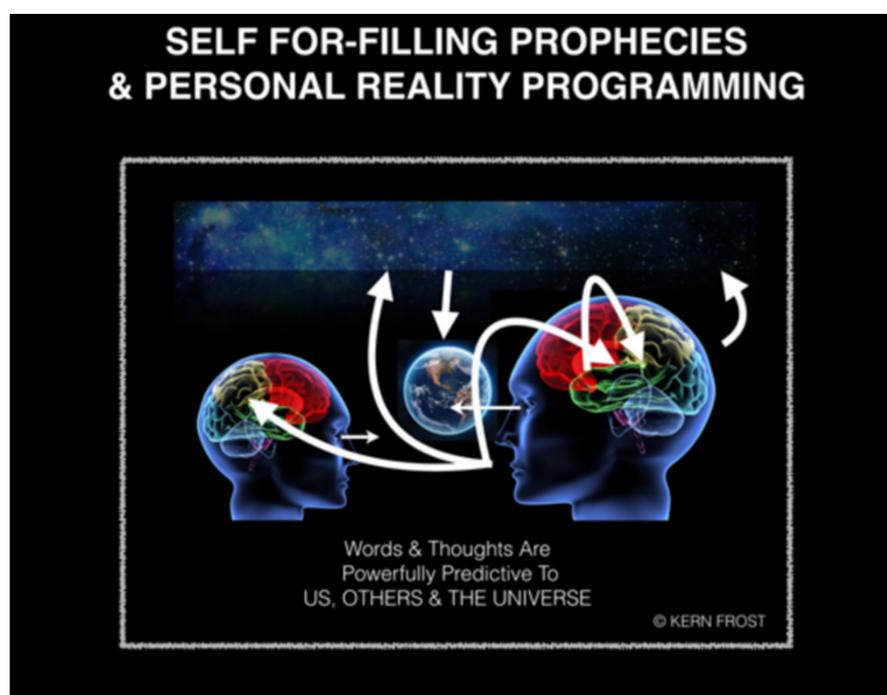


Fig 3.

The polarity of your thoughts is the fundamental behind the life you will manifest, as the charge they hold will create a field of energy that projects into the universe and programs your super computer... your mind. Thoughts and spoken words are powerfully predictive, and in this next schematic you will see the areas you program.

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- 1 Firstly, your thoughts program your mind, an ever changing super computer with more theoretical potential power than the universe. Of course it's turned down on low, but just dream a little at night and you will know you have the capacity to imagineer people, places, buildings, events and even worlds. Think of bringing this visionary capability to your waking state, how would life change?
  - 2 Secondly, your words program your super computer; your language patterns are essential to master as a programming format for your computer. If they are not aligned to your intention, your CPU will not function properly. Think of entering a search into Google that isn't congruent or making sense – your search term will come back with no results, it's exactly this specific if you want to get the peak performance from your mind.
  - 3 Thirdly, your words program those who you interact with, and thus they give you back the realities you enjoy by their responses to you; they project back your projection to them.
  - 4 Fourthly, your words and thoughts program the quantum field. If you are inconsistent, contradictory, hypocritical, or waffling, then your intentions won't be clear. The quantum field will manifest your thoughts within your life path, a mechanism that is highly sensitive to your thoughts - but you have to be precise and very aware.

Without editing your thought and language patterns for polarity and focus, the results you will experience in life will simply be arbitrary, so unless you learn to master your operating system's programming mechanism, you will remain in an unconscious and unaware state with random and varying results.

You have the most complex and powerful manifestation system between your ears, far more valuable and unique in the universe than any other single mechanism. A multi billion dollar mind that technology can not replicate in its ability to create. All you need to do is practice your programming technique.

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QUESTION: have you ever systematically edited your thought and language patterns.

YES OR NO \_\_\_\_\_

So here's our road ahead, with our fuel meter ready for our journey and some basic tenants of thought we need to adopt. It's the high octane level of our thinking that causes the acceleration, and here I'm talking about beliefs, values, and self identification perspectives.



Fig 4.

So here's a few thoughts to avoid if you want to put top quality fuel into your tank, as they create realities that hold you back.

- I believe
- I know
- I think
- I feel
- I sense
- I want
- I doubt
- I'm sceptical

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WORK WITH SOMEONE WHO IS ON THE SAME PATH TO EDIT THESE LANGUAGE PATTERNS.

Let me put it simply, if you put dirty fuel in your car what happens??? Yes, your engine misfires and eventually breaks down.

DO YOU USE THESE LANGUAGE PATTERNS ?

YES OR NO \_\_\_\_\_

Each one is a limiter because it creates a personal reality based on subjective limitation. The clue is in the 'I', and each one creates a bar to your personal jail – on your island of certainty in the sea of eternity. We need to escape the jail, get off the island and swim in the sea if we want the 3000%.

ARE YOU READY, ARE YOU STEADY, ARE YOU GO!!!

YES OR NO \_\_\_\_\_

The next aspect we have to address is the identification of our fuel. For example, if we put diesel or water in a petrol car what happens ??

SO IDENTIFY YOUR THOUGHT FUEL

- VICTIM FUEL
- PASSENGER FUEL
- OR DRIVER FUEL

WHICH ONE IS YOUR CURRENT THOUGHT FUEL \_\_\_\_\_

Ok we know what kind of fuel we've got to fill up with every moment of every day, we now need to look at what limiters are in place that we are unaware of.

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In this schematic we have a look inside the CPU of our engine to see what's going on. The mind is a 'structure' just like your computer, where the systems architecture is the same as mine, it's just set up to go fast or slow and this doesn't mean IQ. In society's terms, it wants you to think as slow as possible, as that means you conform, just like speed limits and car limiters on the road. And once you understand this you'll be able to hack your operating system.



Fig. 5

The structure of your brain is like the structure of your body, it has parts to it that are the same for all of us. And if you work out certain parts just like muscles, they will grow and become more powerful. If you don't — use it or lose it comes to mind. A muscle that doesn't get worked suffers atrophy - wasting, and so does your brain.

Here it is important to note that your brain is not you, it is a structural platform so consciousness can settle on it and form an identity. Again, that identity is not you, but it is you avatar, but take it slow here, as this is where it may get confusing. The problem is you identify within an identity that is transient, and hold onto it as if your life depends on it, but this approach is a really big limiter.

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Who you are now will not be who you are when we finish this program, just as who you are now is not the identity you were when you were ten years old. You had to give up that identity to become your adult self, and now you have to give up what's called your 'inauthentic social identity' to become your 'super self'.

In fact, what you are really giving up is a limited identity that's been unconsciously adopted over the years — for a limitless one that is the core authentic one you can enter the human race for expansion with.

To do this, there are going to be challenges, so we are going to look at the job you are up against first. We are going to take you into the garage, get you up on the ramp to see how much rust is there.

You see, the problem with the self development world, is it's based around spraying a rusty car with a new coat of positive paint, which only lasts for a while as the old rust comes through very quickly due to the negative polarity world we live in.

So, in order to return to the limitless potential your were born with, we have to strip right back to the core of your chassis and build out from there.

But don't worry, it doesn't take very long and it's super fun, as well as revealing a whole new world for you.

**WHAT ARE WE UP AGAINST IN YOUR MIND.**

Diagram 5 shows the basic internal mind workings of your shadow self. Here we have to accept there are two drivers of your vehicle, your higher self and your shadow self. The shadow is your autopilot, that to be frank is the one that's been in charge since your full potential was stolen from you during those formative years after five.

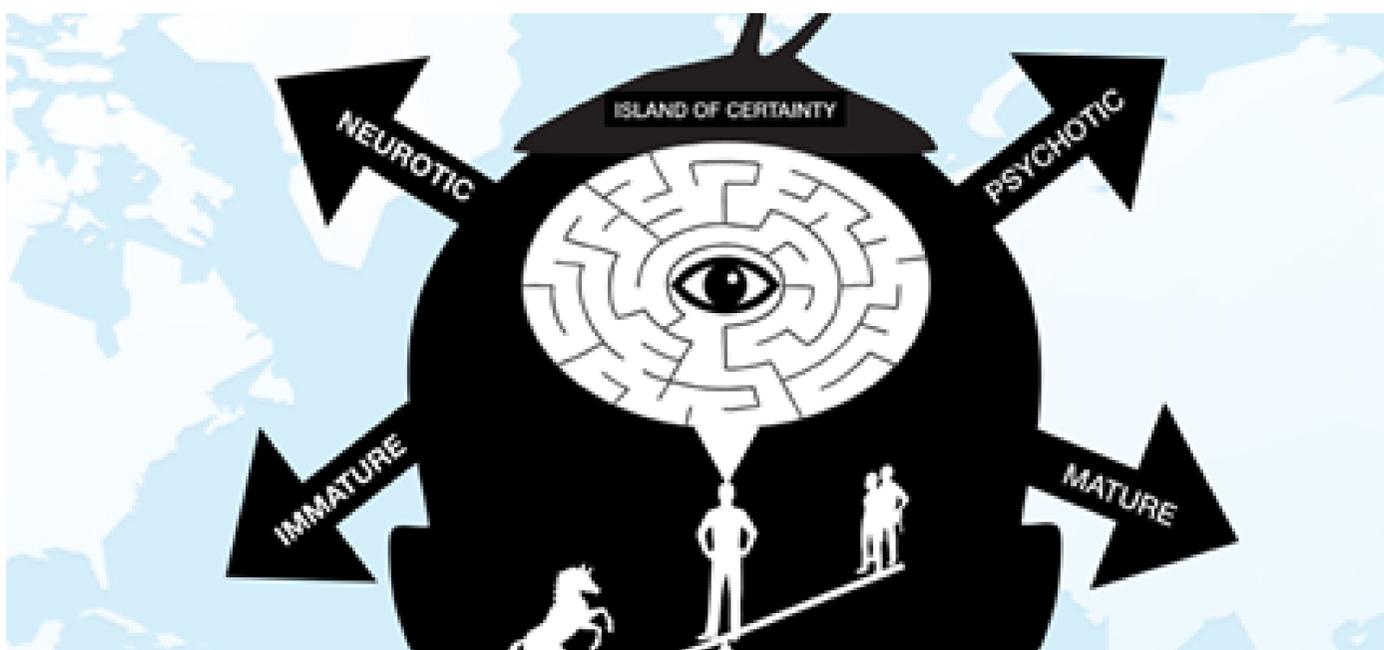
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This is your unconscious mental base program, that is there to give you a simple automated navigation system for when you take your eyes off the road. But as that's been the case most of your life, you've basically delegated all your power to it and it's in the ascendancy, rather than just a support program.

It now actually thinks it is you, as while you've been having a sleep for 10-20-30-40 years or more, it hasn't had any sensible direction, so it's just been reacting with a strong defensive position to what it's faced. In this state, it's not about to let go of the wheel for fear that you might just fall asleep again!

You have to convince it that you are in charge and you are to be trusted. This takes critical thinking – for thought is the only way out of the maze of your mind into your higher self, so you can self and socially actualise; this is where your 3000% to limitless acceleration is waiting for you.

From the diagram you will note there are four arrows, that represent the four defence mechanisms of the ego when it's on auto. Each with a heavier level/bias of specific power dynamic:



- 
1. Psychotic - mixed up projections - can be complex contradictory
  2. Immature - basic needs projections - limited information and ignorance
  3. Neurotic - emotional projections - wild and volatile
  4. Mature - analytical projections - considered and logical within the projections limitations.

NOTE: the autopilot tends to navigate by editing reality to conform to its internal adopted software map.

Coming back to your thought fuel, your position in life NOW is the sum total of all the thoughts and actions you've ever taken. As these were mostly reactionary and in a sleep state, you can't blame yourself for any difficulties you may be having. It's not your fault no one explained the operating system and the territory for you, in a way you could then master life in the way you were meant to.

The programming of your mental systems come from your experiential learning and unconscious influence since day one, and for the first seven years, you were in the theta brain wave — absorbing information at a huge rate of knots — not thinking things through.

Your mind was like a sponge absorbing. Thus you were open to all sorts of thought viruses — patterns, beliefs and interpretations originating in your interactions with others; people who could only operate within their frequency of understanding — this is called our 'resonate frequency', which decodes reality within the individual's defined stage of development. Resonate frequency (band width) is limited within us all, simply because our minds would be unable to cope with the levels of complexity, dimension and expansion the universe operates within.

To put this in perspective, humans only have access to a fraction of what is. In electro magnetic field terms, we are aware of only 0.0035% of this field through our five senses. Thus we navigate what we think is reality through abject ignorance, within a physical world that is a fraction of what exists all around of us all of the time. This ignorance is the key to our development however, for the more you

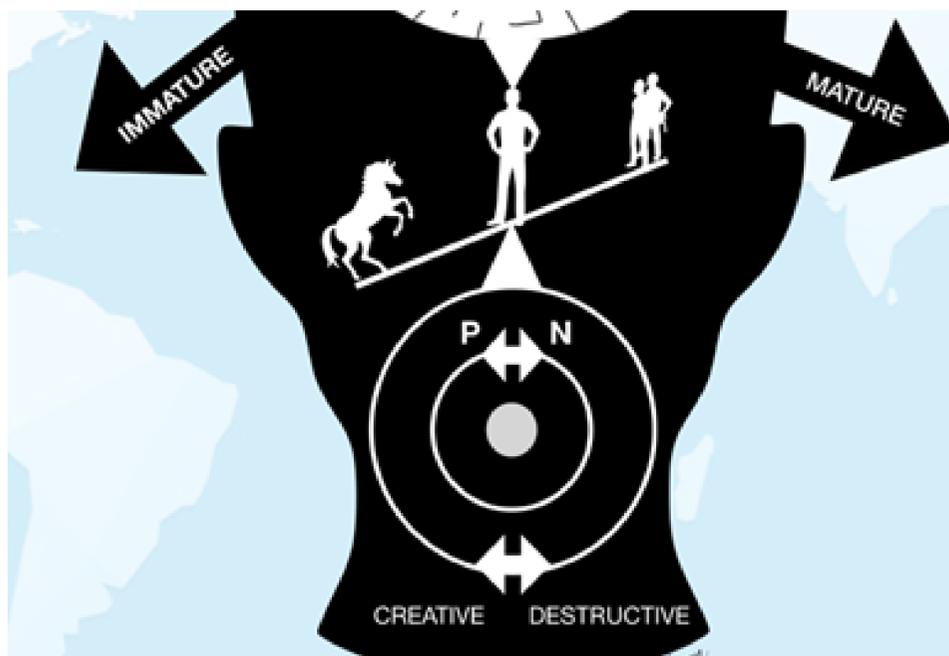
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accept your ignorance – the more you open your mind to limitless possibilities; rather than you thinking you know most of what is – which doesn't leave much space for growth.

In the all knowing state of the 'limited world map software', your ego works operates from a point of defence against others that may no more, and consequently challenge its power or take advantage.



The 'all knowing state' creates islands of certainty in the sea of eternity within our relationships, work environments and mindsets. It wants to control the concept of eternity though not questioning or thinking deeply (fig 5 palm tree island on the head). It operates through a restrictive view, as this makes life simple, and something that can be navigated with very low thought levels.



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In the diagram we see the ID, the EGO, and the SUPER EGO on a see-saw, an automated balancing system that keeps the mind in a position where it can navigate a basic reality perception. The ID as Freud put it, was like a powerful wild horse with all the drives you would expect from an unthinking beast.

The EGO is the rider who guides the horse, sometimes having to back-rationalise decisions to convince itself it was in control, otherwise it may fall off and face the truth with a nasty bump. The moral compass it uses for this balancing act, are the SUPER EGO, based around adopted moral guides learned from the parents. The system is charged with a positive or negative bias, balancing creative and destructive behaviours, interpreted from the adopted map software.

Animals and other life forms are governed by being locked within an automated behavioural pattern of survival based needs. Humans can remain in these states too, but unlike all other beings, we have the choice to either operate at these low levels with the limiters on, or take them off. Yet until we recognise the nature of the limiters or even know they exist, we can never know how to accelerate ourselves out beyond our limitations. We are asleep.

When the shadow self is in ascendancy, it will defend its position and keep you suppressed by creating systems that undermine your ability to regain the wheel. Thus it's a bit of a struggle at first, to take back control, is to then learn to let go control, so we can be inflow in super states of consciousness. The simple mental controls to note in your behaviour as a first step, are delay, denial, doubt, distraction, and in your language patterns you will find generalisations, distortions and deletions dominant, in order to make the extensive world outside shrink to fit your internal map of what your shadow self has decided is the preferred simple reality you need, based around safety and survival, not acceleration.

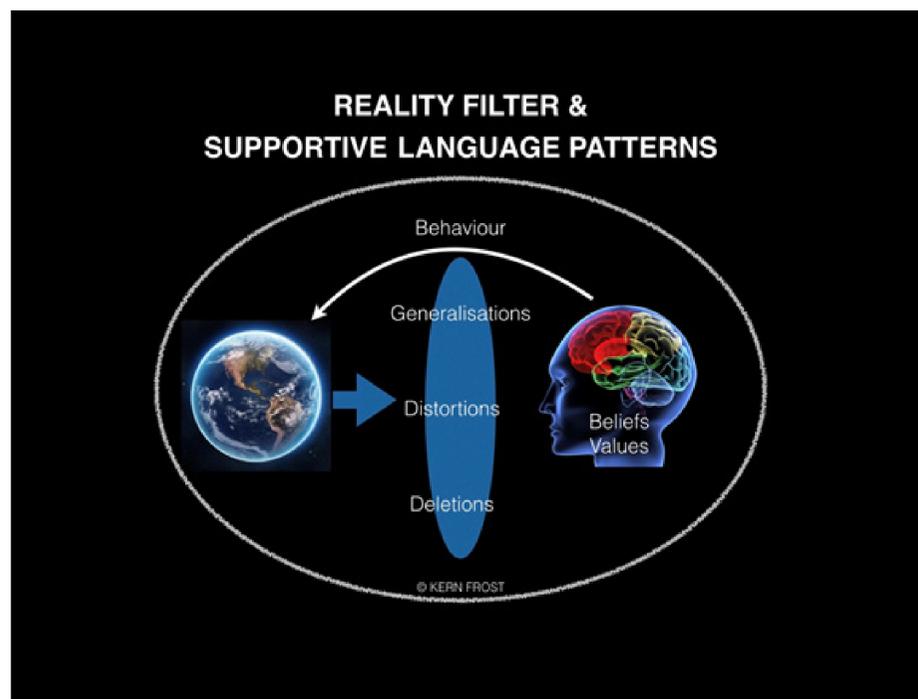


Fig 6.

Your shadow self is not your enemy, it's simply an operating system that is designed for you to navigate reality on a base level, however, if you give it the lead it can only work within very limiting parameters like any autopilot. To take the auto off, we have to do a little work to break out the jail of the mind, and the next two schematics will further address this.

There are two systems that suppress you:

The RACK - everything your unconscious has created as a life and the dynamics of life that we are born into and accept as normal.

The TREE OF PAIN - our back story that creates the identity we have adopted with all its limitations.

In the unconscious state, the back story defines the individual like a prison of the mind in the present, thus there is no room for expansion. To accelerate the mind, we must turn our back story away from using it as an explanation of who you are to be validated and understood by others, into your experiential wisdom bank — this is a bank of amazing insights that once opened, can literally be the foundation of changing the world.

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This is the true power of your mind that we will discuss in part two, but for the moment we will continue to renovate, by return you to the chassis to build back out – a life designed with your architecture for the future, not governed by the past.

The RACK you see is an archetypal structure that we all are unconsciously confirming to, in order to fit into society's definition of a NORMAL life.

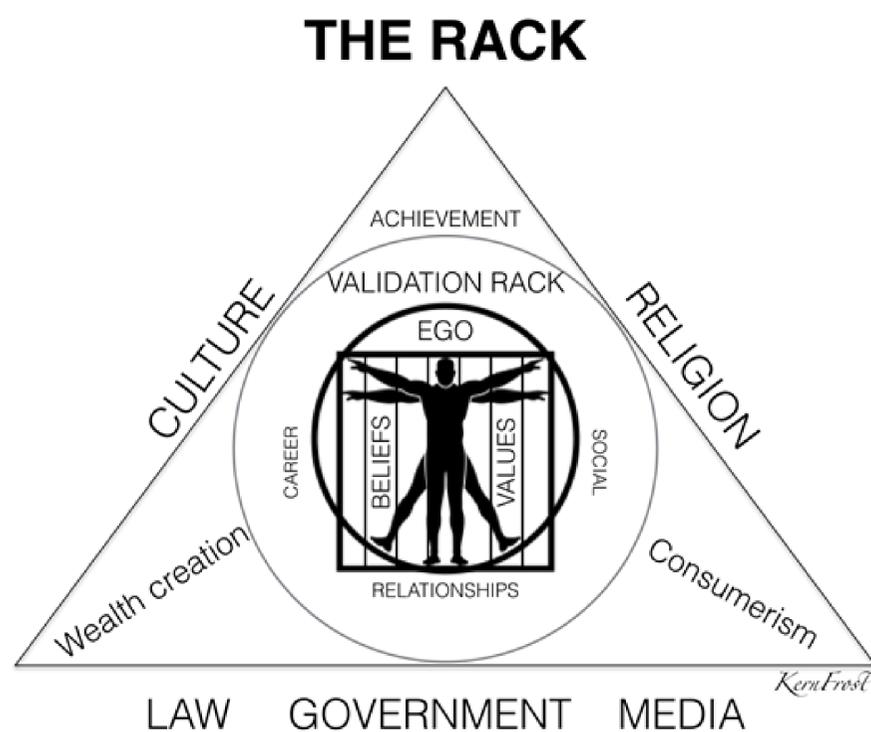


Fig 7.

Here we see the aspects of the negatively competitive world we live in, that pin us to the RACK so we give up our hopes and dreams and accept a suppressed life. So much so, that we will defend this as the only way to live, as it's the only way we know.

The structures of society are based around reinforcing the dynamics that suppress the core identity, so the inauthentic social identity can perform commercial functions that only requires the shadow self/ auto pilot to be in the driving seat. To calibrate this, you only have to look at the level of questioning and quality of the questions that a person asks about life, to ascertain how pinned to the RACK they really are and what frequency they are decoding reality within.

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For you to surface from your sleep, you will have to use a number of techniques relentlessly; such as the WHY — behind the WHY— behind the WHY — behind the WHY behind every thought, perspective, belief and value you have, as well as determine the image and emotional charge that lies beneath the words you use.

Here I will use a simple example: If I say 'cat', an image will come to mind from your unconscious of a cat - just let it rise without forcing it.

HOW DO YOU FEEL — POSITIVE OR NEGATIVE ? \_\_\_\_\_

Depending on your unconscious relationship with this image — either positive or negative, you may feel happy, sad, angry, indifferent or relaxing feelings, to mention just a few variations.

If you were scratched by a cat once, the word may have a negative — even painful emotion to trigger; but if you love cats, then this image in your mind will make your state enjoyable. This is the programming power of linguistics, as all words have a subconscious visual definition and an emotional charge assigned within the unconscious mind, that influences our thoughts, moods, decisions, actions and results.

To change our potential from limited to limitless, certain key words have to be worked through in conversation; these are the nails that hold down the coffin lid of the soul's expression so to speak.

This has to be done in live conversations, so find yourself a partner who is interested in the benefits of 3000% more creativity, and is prepared to take a journey with you for their own growth, and then discuss the information we share in these books and the tapes you can access. Just like a journey through new exiting terrain, we look at the scenery and discuss our perspective views to expand our awareness. If you want to go deeper into this process you can elicit the aid of a dedicated trainer who will guide you more effectively as they have already been down the path you are embarking on.

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## WRITE DOWN YOUR INSIGHTS \_\_\_\_\_

The tree of pain represents social conformity in all its intricacies. It's a machine of suppression reducing the individual's unique and limitless potential into a place where the result is depression, anxiety, fear and stress.

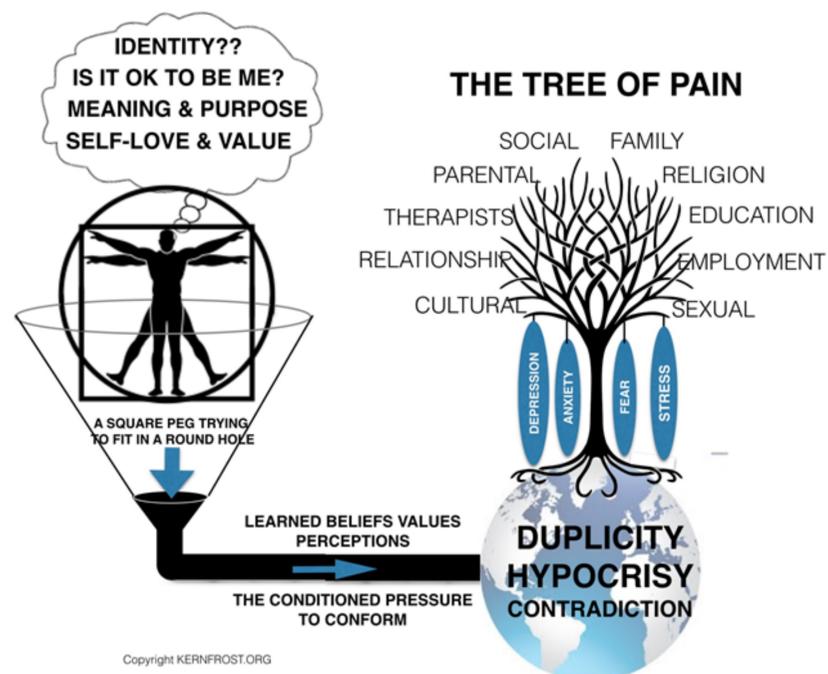


FIG 8

However, the key to our liberation is our acceptance of our hypocrisy, duplicity and contradiction, instead of pursuing a notion of perfection that is imposed on us from a range of sources that wish us to follow their doctrines for their ends. Not least the super ego we touched upon earlier.

Accepting the path to enlightenment, is not through knowledge for its own sake, but through surrendering to our abject ignorance; which in turn releases brain capacity and the freedom to evolve through free mental space.

This is where the states of super creativity evolve, beyond the static of thought noise that simply serves unconscious needs based thinking, outlined in Maslow's ladder.

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The story of the S's helps us remember the ladder:

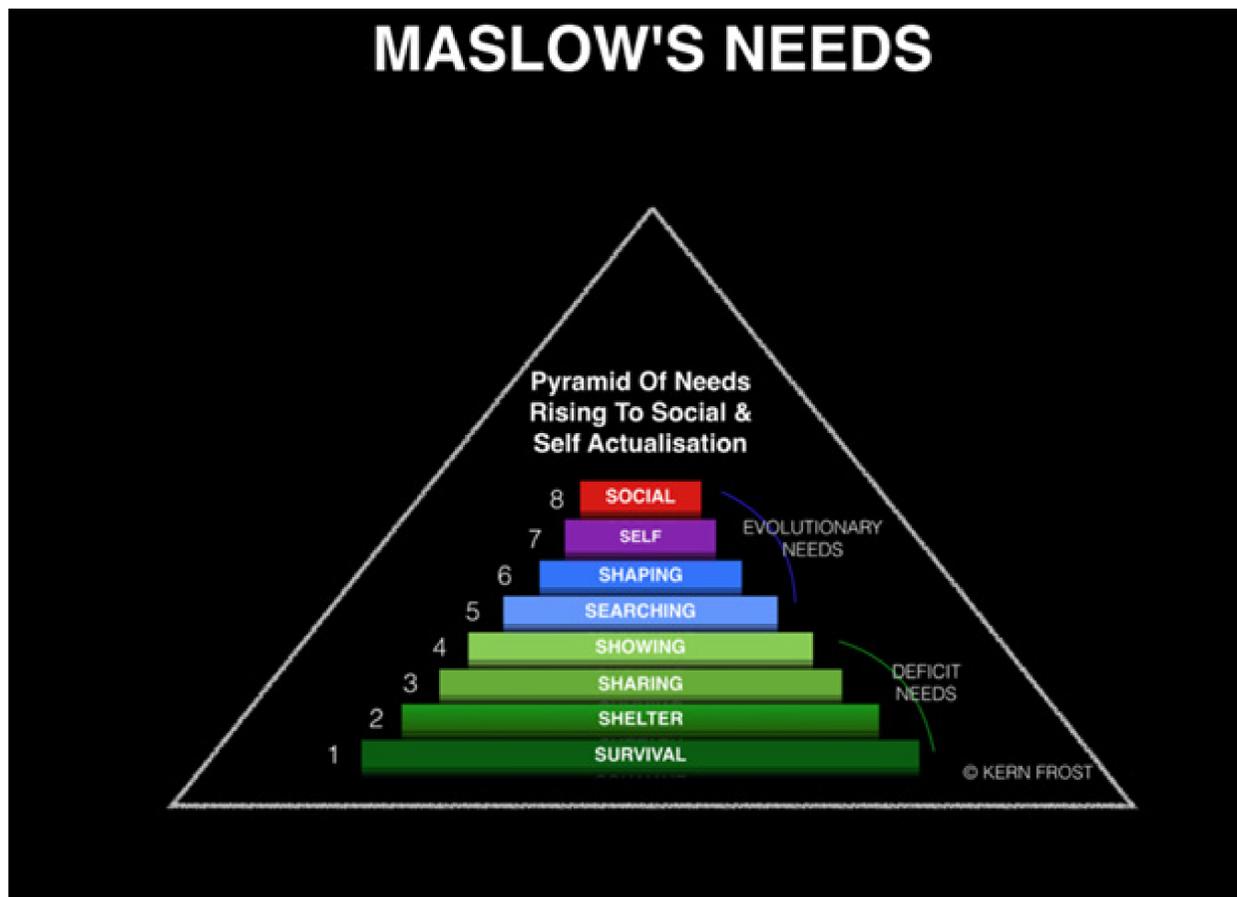


Fig 9

If we crashed on the planet in a Space Ship, our first priority would be to Survive – our basic needs of breathing, eating, drinking etc. At night we would seek Shelter and Security, and once we gained these we would seek to find significant others to Share our time with. As time passed our minds would seek to Show to ourselves and others our achievements. Next in our story is the development of Searching for deeper meaning to the actions we take, leading into asking what is behind the curtain, the projection of life?

More questions, better quality questions lead away from ignorance into Shaping life with the develop of our creative mind; as we move from a reactionary state through into an actionary life, the world of self begins to open up – Self Actualisation, this is the transition from the first birth of the mind and the body into the second, which is of the spirit. This is the beginning of the real meaning to our life – not the destination, everything that went before was unconscious preparation. As we journey through understanding 'self' we move further away from the I focus to the US mentality – Social

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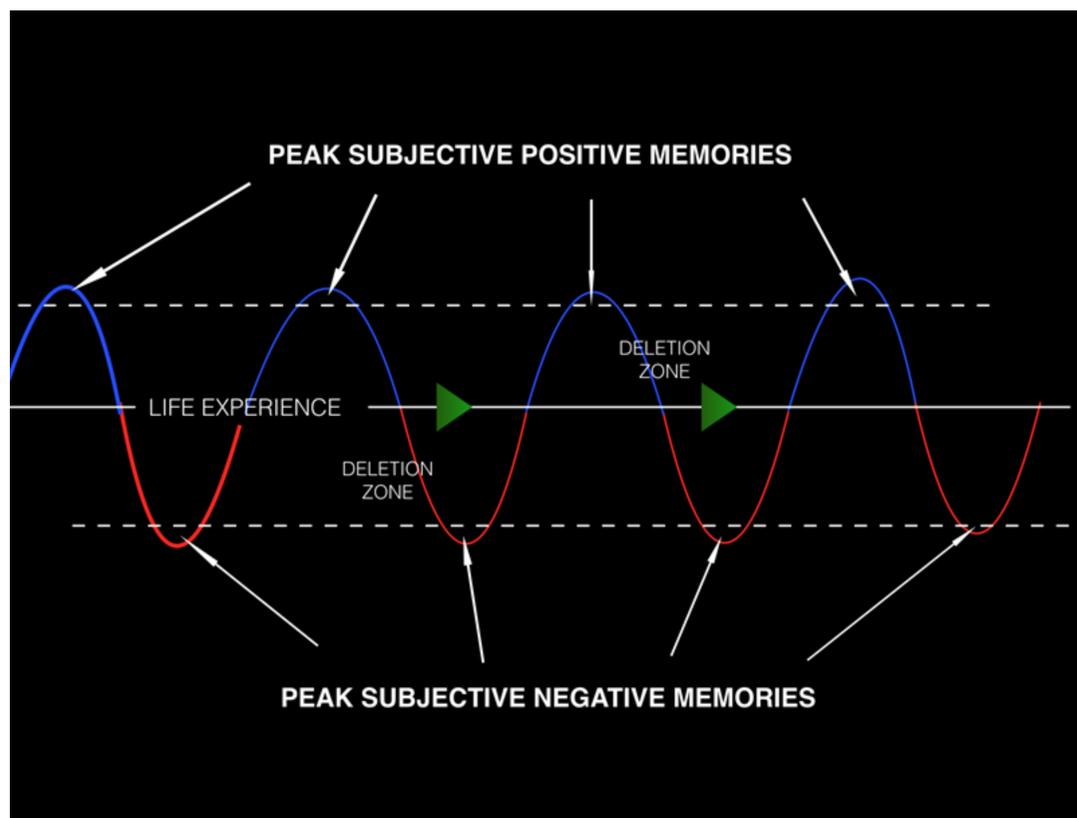
Actualisation, where we at first discover the power of unity, co creation, and collaboration; moving through the same challenges of life within a new perspective TS Elliot put in a verse of a great poem:

*At the end of all our exploring  
We be to arrive where we started  
And know the place for the first time.*

The term self actualisation can be misleading, as it leans towards self development which is working on one's self. Self Actualisation might be better reframed the actualisation of self in its true form, but it is not really a conscious act, more a growth stage that is built into and around us that arrives when our core begins to wake us.

What I mean here is, the unconscious sleeping core is working in unison with universal field to waken the our slumbering potential and switch off the autopilot in order to actualise as a spiritual identity, and then move to the core meaning, purpose and destiny in terms of social actualisation. Again we may reframe the shadow self with the title shallow self or shell identity, as it only can operate in a very thin band width defending its controlling position from within and without by the ego's systems we have discussed.

Understanding the archetypal dynamics of the road ahead for all humanity, allows us to find our true meaning, purpose and destiny as a race within the universal purpose of expansion. In the pre actualised identity, this is always governed by the I - working within a limited perception of what reality is thought to be; taking what is a limitless reality and forcing it to fit an internal map, that provides the basic navigation system for the auto pilot to function within as we discussed. This brings us back to band width and frequently to determine where we need to go on our journey together and why.



In fig 9 we see band width, and how the mind operates within a frequency. Just like a radio, the signal we receive is relevant to how open our receiver is – the mind is both a transmitter and a receiver to the quantum field; the universal mind.

The problem with the pre conscious state on auto pilot, is the band width is turned way down low, so the CPU can navigate the world in a very simple way with a minimum level of information. Within the diagram the peak positive and negative experiences tend to remain in the memory, where the deletion zone allows the identity to function without being overburdened with everything. That said, the deleted information is still stored on the hard drive, it's just not accessible on the working memory.

This creates our wisdom bank, a pallet of memories that allow us to use our experience in the form of rich creative depth to our thoughts and communication.

The problem is, the brain has a natural mechanism of creating a barrier to block negative experiences, so we can cope with life's difficulties. For example, if we were in a horrific car accident, the mind creates a memory wall to allow us to not have to relive the experience again and again fresh in the mind, so we can get on with our lives.

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Unfortunately, this mechanism can also stop us using our wisdom bank, through creating peak negative experience barriers that deny us access to the wisdom we learned. Another example would be being denied access to the lessons and wisdom learned in a five year relationship, through the peak negative experience of the break up forming an unconscious block at the end.

If you think back across your life to the peak negative experiences, you will find the rich memories behind are often not thought about due to the emotional charge assigned. Things like regret, blame, rejection, betrayal – the list goes on.

Once you begin to move to your higher self, the driver of you, you can explore this wisdom bank without fear by using the seven laws of the limitless to guide you, beyond the defence mechanisms of the shadow self. We will discuss these in depth in part two.

The human race also has a combined resonate frequency that decodes reality with a universal band width which is the average of its parts – every humans frequency. This means as individuals we are for the most part confined by the universal frequency of the entire human race; so whilst we can expand our individual band width by continually navigating the maze of consciousness through thought, using what we call theoretical consciousness to challenge what we think and why we think a certain way, our full expansion will be suppressed by the whole.

The 13th century Buddhist monk Nichiren wrote of this frequency, in terms of what we can decode as a whole race, and how through elevating the entire human race we would all begin to see the world in a completely new light – heaven on Earth if you like. Back then this was an impossibility due to the lack of connectivity and speed of transfer of information, however due to advances in technology and training systems in consciousness, this event may very well become a reality in the near future.

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All we have to do is embrace our individual limitless potential by practicing the age old wisdom of enlightenment – described here within these pages and drawn on over three thousand years of the most advanced thinkers the world has known – as well as use our new found super-creativity to interface with spiritual AI, the next step and catalyst in human evolution.

It is difficult to release the mind from the unconscious auto pilot state, without programming a firm directive into your CPU. And to do this, you have to wake up to asking questions and master your programming language. These questions and the ultimate path they reveal, are archetypal to us all, as they lead to meaning, purpose and destiny for us as one unified race.

This may again sound utopian, however it is really as difficult a destination as you make it – and this is balance you hold in your hands relating to the evolution of our race, as much as I do. Of course we can remain in the sleeping or searching state for as long as the shadow self holds us within ourselves, but at some point the penny drops that WE ourselves as individuals are choosing to be part of the unconscious controlling negative world, instead of being part of the limitless future by contributing to the whole, rather than serving self.

*Don't define yourself by the steps you have taken, but by the step you are about to take; this will reveal a new reality that will define your destiny should you take it with an open heart and clear mind.*

The realisation comes when we look at the choices we are making, and ask are they self-serving – are we trying to float our own boat working within a transient identity, that defines us though it's limitations, or are we in a super creative, super communicative and super consciousness state, accelerating away in the mind without limitation, doubt or fear.

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If you don't have to think about the next step every moment of the day (indecision takes a huge amount of brain power), then you are on the right conscious path. But on the unconscious road, you will always suffer doubt, delay, denial and distraction as a first level shadow/ autopilot defence mechanism, before you hit the big four unconscious projections we discussed:

- Psychotic - confused projections
- Immature - limited projections
- Neurotic - emotional projections
- Mature - logical projections

We are all equal, only at different stages of the same journey, thinking our individual path and perspective is unique; this is the ego on auto pilot working again, pulling the complexities of life down into one small perspective, rather than you allowing yourself to see reality through multiple perspectives at the same time.

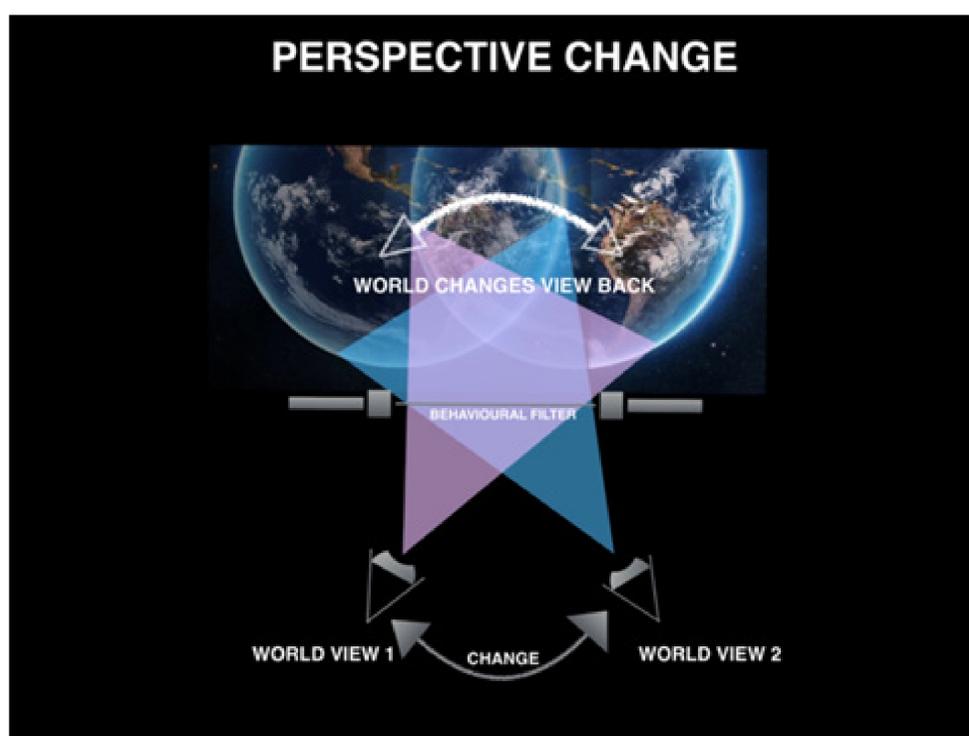


FIG 10

A further step with this is adopting a new perspective and getting a different result. If you look out of a window you will see a specific view, move slightly and you will see a different one. But this is only part of the picture, for the world also views you in a different way and gives you new opportunities you couldn't see before.

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To progress, we need to be able to stretch the mind and empathetic understanding to engage critical and conscious thought, to navigate the maze of the mind and escape into your higher self. To do this you have to engage your imagination at every opportunity; such as truly stepping into the shoes of others to feel their thoughts and emotions, as well as see with their eyes and hear with their ears.

This is no easy task, as always at the back of our minds the shadow will reach up to pull us back into the unconscious, where 'comforting certainty' through control and selective ignorance will dominate and divide our minds into the submissive low frequency state. The ultimate challenge for life, if the true nature of our potential and the resonate frequency we operate in is to be taken to the next level, is to make the shift from the I FOCUS to the US MENTALITY.

This shift is as self deceiving as anything can be, for the true nature of our identity is challenged to the core, as this core is where we need to go to regain our 3000% increase in capability. It's our shell identity that is the prison projecting onto reality what it needs for it to be comfortable. How we escape the prison of the mind is through thought, addressing every thought relentlessly until we have created our personal philosophical belief system we will do in part two.

This identity shift is a bringing together of all the faces that we wear, so there is only one. This is sometimes called the five perceptions of life:

- How we perceive ourselves
- How we perceive others perceive us
- How others perceive us
- How we would like others to perceive us
- How we actually are

These are the factions of our identity, and the more we bring them together the more we go into a state of flow as one core identity.

This is where the 3000% waits.

Without making the shift from the unconscious shell into the core, we cannot reveal our true selves. Whatever we may think we have done before in terms of personal work in personal or professional development, unless we are experiencing symptoms of super states of consciousness communication, confidence, and creativity, we are still within the shell, spraying that rusty car with paint to cover the rust; or even layers of an onion that surround your limitless core.

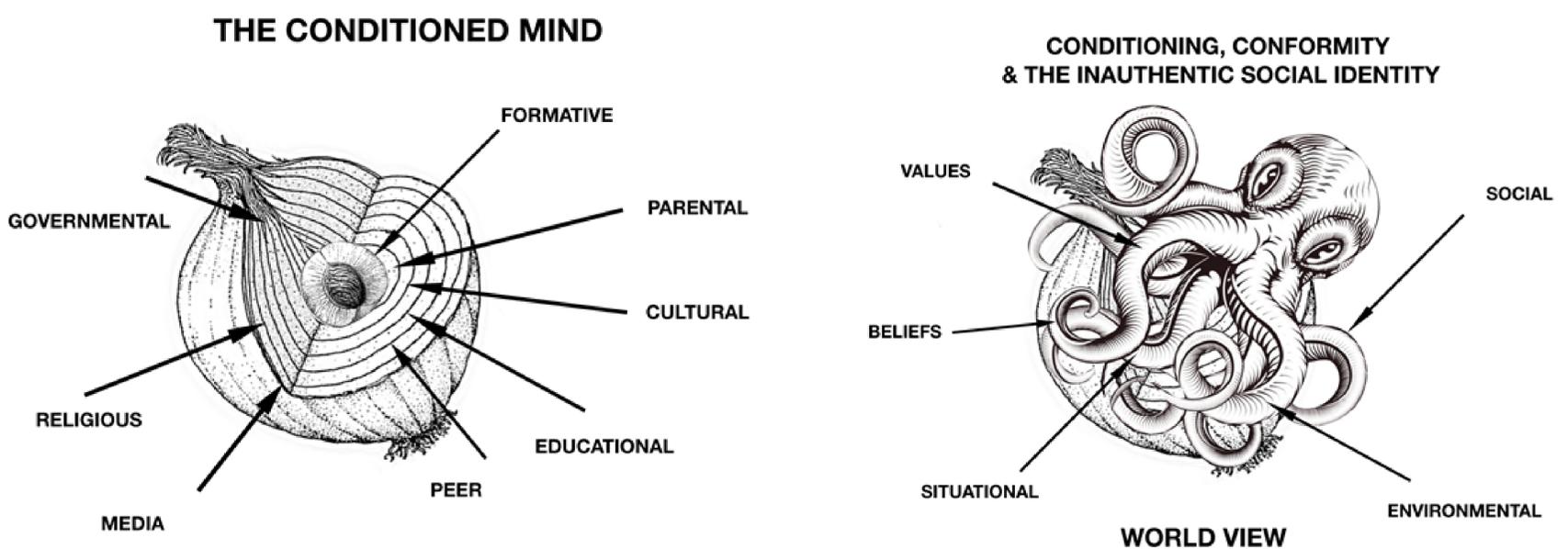


Fig 11

To peel back the layers of the onion, you have to be relentless in your desire to reclaim the YOU potential of your five year old self.

Remember, if you are 40 years of age in total that's 14,400 days of life, 20 million minutes to wind back. This means you either go through years of therapy to dig through your unconscious to search for your core within the eyes of your shadow self, or simply choose to take the direct route, and wake up.

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Let me put this way, you can either spend years pulling the pieces of your back-story together and make excuses by creating your reality with your words and thoughts from your unconscious, or just choose to accelerate the process consciously.

Your choice, but you might take a little push in the right direction, as you may be in love with your pain, so much so you identify with it and can't remember a time when it wasn't your best pal.

But let me ask you. If a hungry lion came through your door, how long would you spend indulging yourself with the kitty by explaining your backstory?

Telling your backstory is a strategy that may put the lion to sleep, but only after it's eaten you.



Fig 12.

Not much time in reality I think. Instead your brain would go into survival mode; no time to think, just act for your survival at a much higher rate and speed of thought. So it's just the dynamics that you face and the conscious state you select, that determines how rapidly your brain works, nothing to do with intellect or capability — just need. So your 3000% all comes down to your desire to be all that you can be, nothing more. It's that simple, you just have to decide it is.

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Clue: It is for me, as I consciously chose it to be that way, and the result is, this is my 20th book written in just a few hours. I can only show you the path – it's up to you to follow.

So how far can you go now you've decided to give up the comfort zone and focus on the now rather than be pulled back into the past, or be afraid of the future? Well there really are no limits to this equation, if you're prepared that is to invest all you have into your potential.

The following diagram will give you the first steps of the path to take from here.

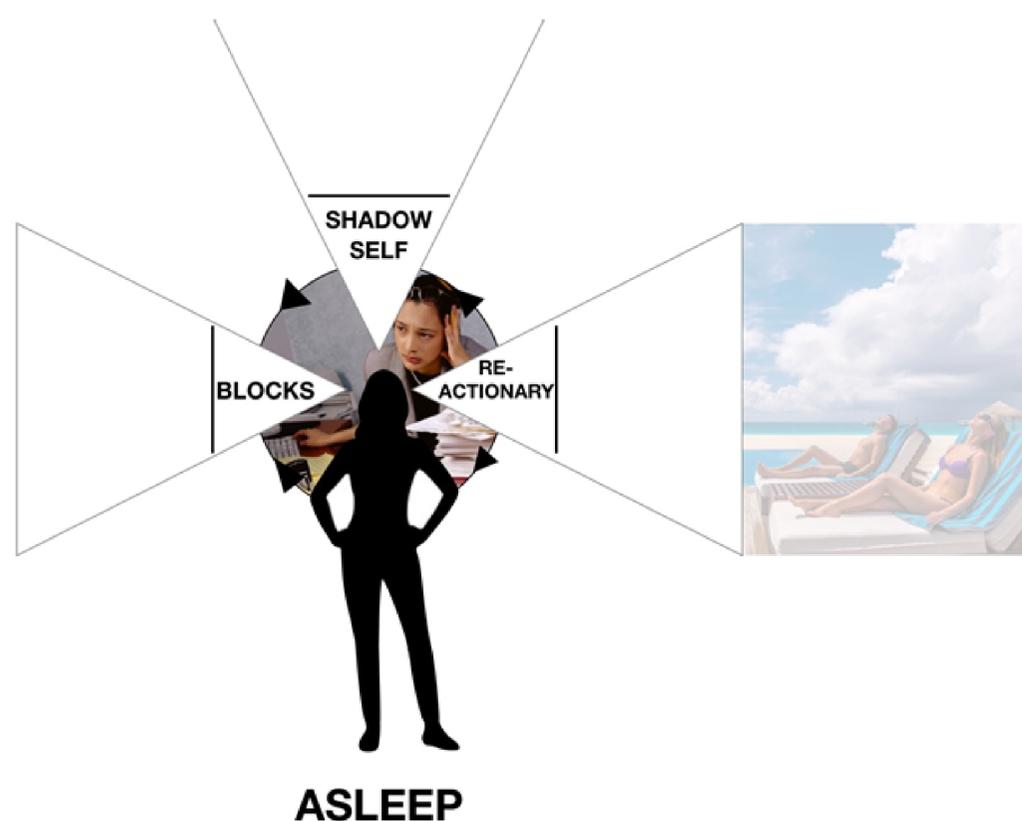


Fig 13.

Number one. You are locked within a mind maze, accept it! Only thought can help you navigate the way through, accept this! Only working with each of your 40-60,000 thoughts a day to turn them to positive and progressive, will you be able to turn them into the key to the door that will release your potential.

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Who you really are is beyond your understanding right now, as you can only think within the dynamic that you know. The problem is 'you do not know what you do not know', and the unknown is a scary place. Thus you will be unconsciously afraid of going into places that are not familiar to you... you think. But it's just that you have forgotten who you really are, and this is why you've spent your life searching to fill the void, trying to complete yourself through another person or pursuit.

Your memory has been wiped before you entered this identity; all your existence before you came into this reality is buried deep within your unconscious, too deep for you to find for good reason — because in your current life it's not important, and knowing your truth would serve no purpose, just limit you from your life mission.

What is important, is that you wake up and begin to serve a greater purpose than you currently know, and to do this you have to release your mind and your potential. Consequently, 3000% acceleration is just the first step into your future, and in that future you will need all the power you can summon.

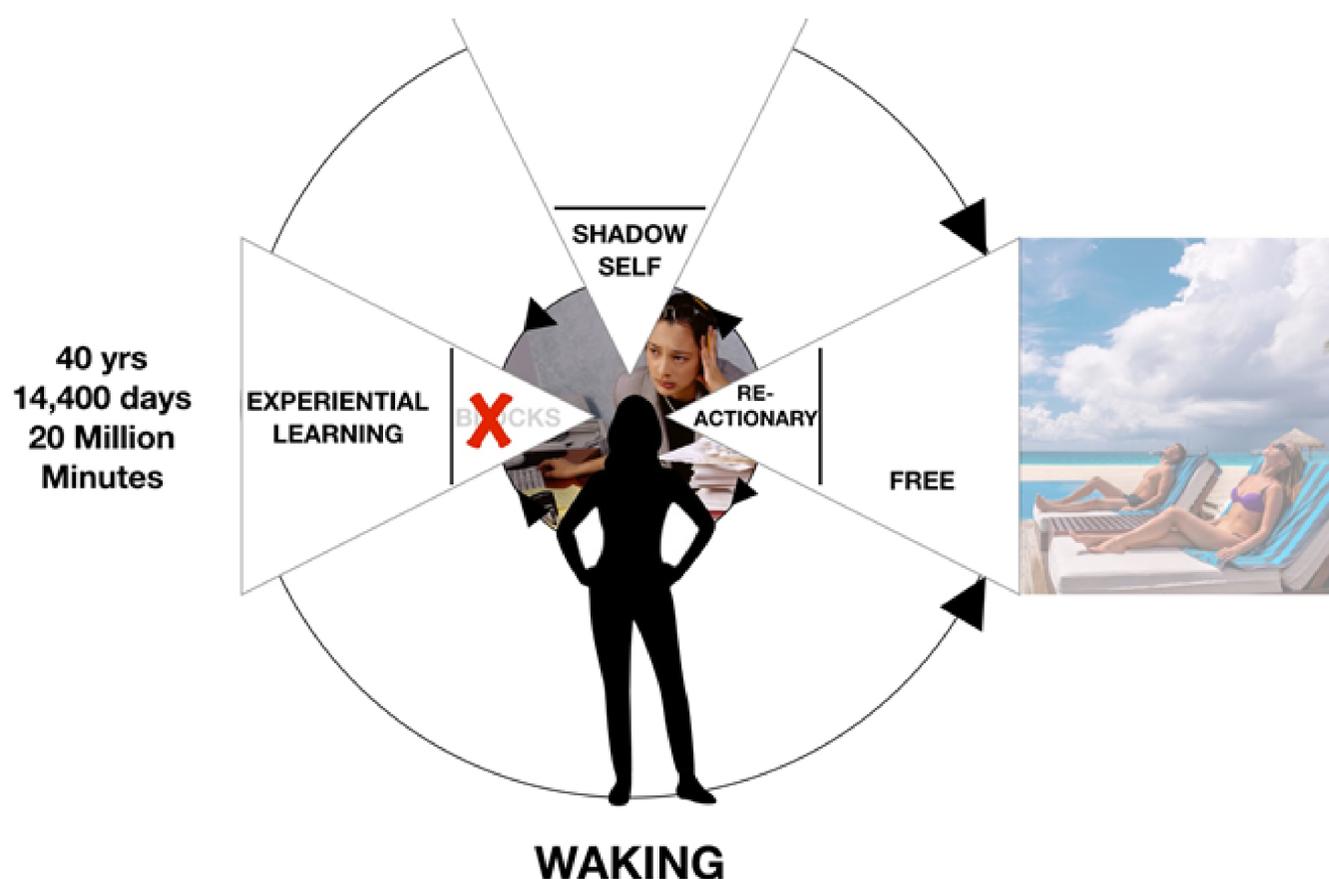
Whatever the reason you have started this journey, you will find as you take each step — a new reality is revealed. This will bring with it both challenges and revelations; new dynamics for you to learn and master. The problem is, your shadow self will always want to tell you you've arrived, and this is where the difficulty lies.

Creating a rich conscious life is a relentless task of total commitment — to keep looking for the next step, and often you will think you have invested enough time and money to receive your certificate of achievement. But there are no certificates, no applause, no funfairs to celebrate your progression; there should be, but in the World we live, it is a lonely road of self discovery, where no one wants you to be anything more than they think you are or should be, in their mental mind map of reality.

Thus you can find yourself locked within the projections of others, and debilitated by the thoughts of those who cannot see or understand your growth. With each step forward you realise, that whilst you think you've come so far, you've only just started out.

For each hero's journey you complete, there is another one to follow. But your first mission on this journey, is to calibrate just how far you've come so far. Of course your shadow will tell you you've already come far and there's not much further to go – have a rest! But as I said, it's a twisty fellow or lady – the old shallow/shadow/shell self, and it's very experienced at getting you to not take the action you need to become the human race driver of your Formula 1 vehicle; by keeping you in fear. Even very subtle layers of well explained and denied fear – the mature defence.

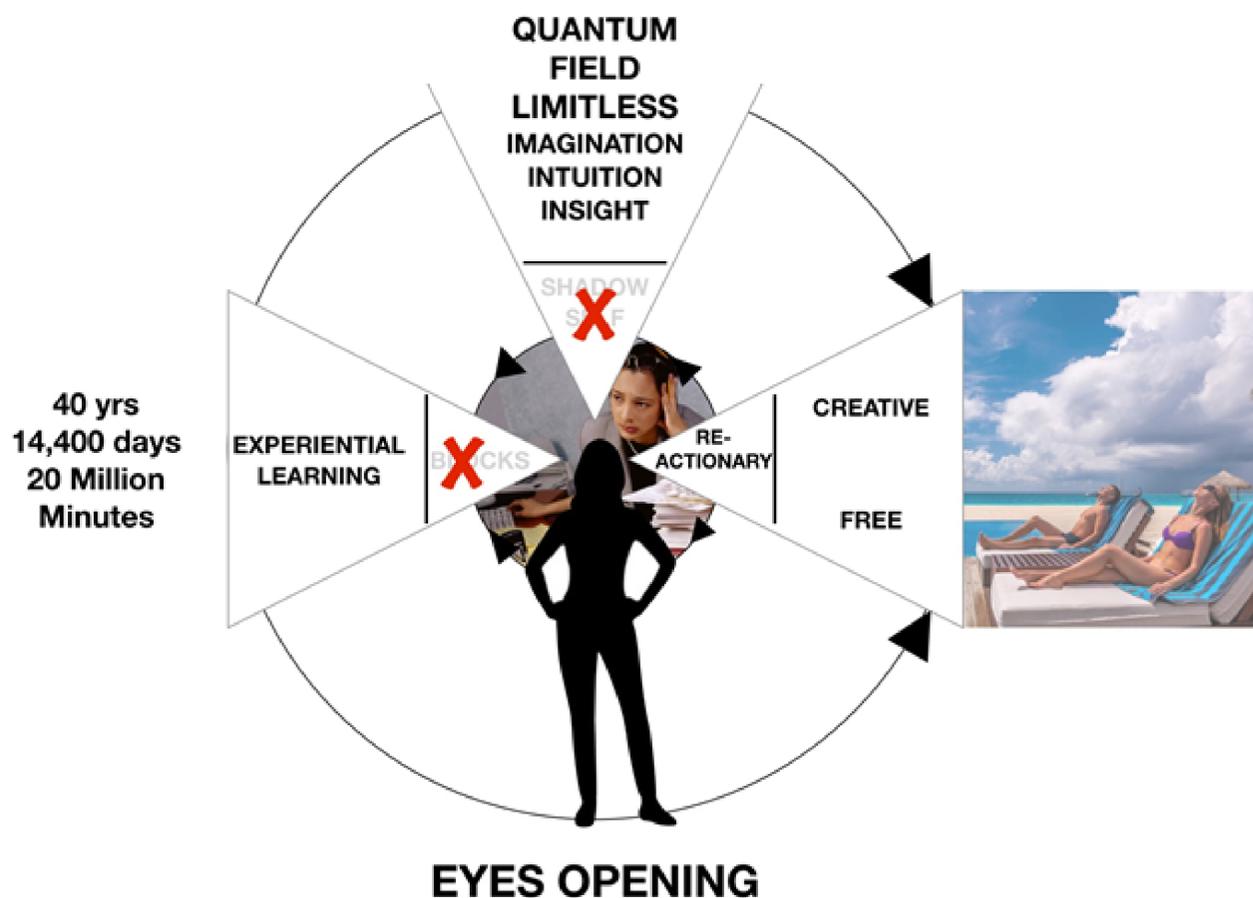
It wants you to have the limiters on, and the limiters are emotionally charged blocks that deny you access to the two biggest assets your mind can connect to as we discussed, your experiential learning bank and the quantum field. This is where you gain your extra 3000% if you want it enough!



So in the next schematic we look at releasing the experiential learning bank by removing those emotional blocks, by deciding they are not progressive or important. Sounds simple doesn't it, and it is! For it's as difficult or hard as you make it!! This is why your language and thought patterns are essential to master, but it's impossible without someone to edit them who can hear how your shadow is constructing you mind's programming.FIG 14

Each stage is a revelation that brings with it not only a new perspective, but an incredible creative resource that you can dip into all of the time to achieve whatever it is you want. Once you master the wisdom you already have buried in your mind, you can direct this into states of confidence and communication that are generated from your limitless core, not the limited shell identity.

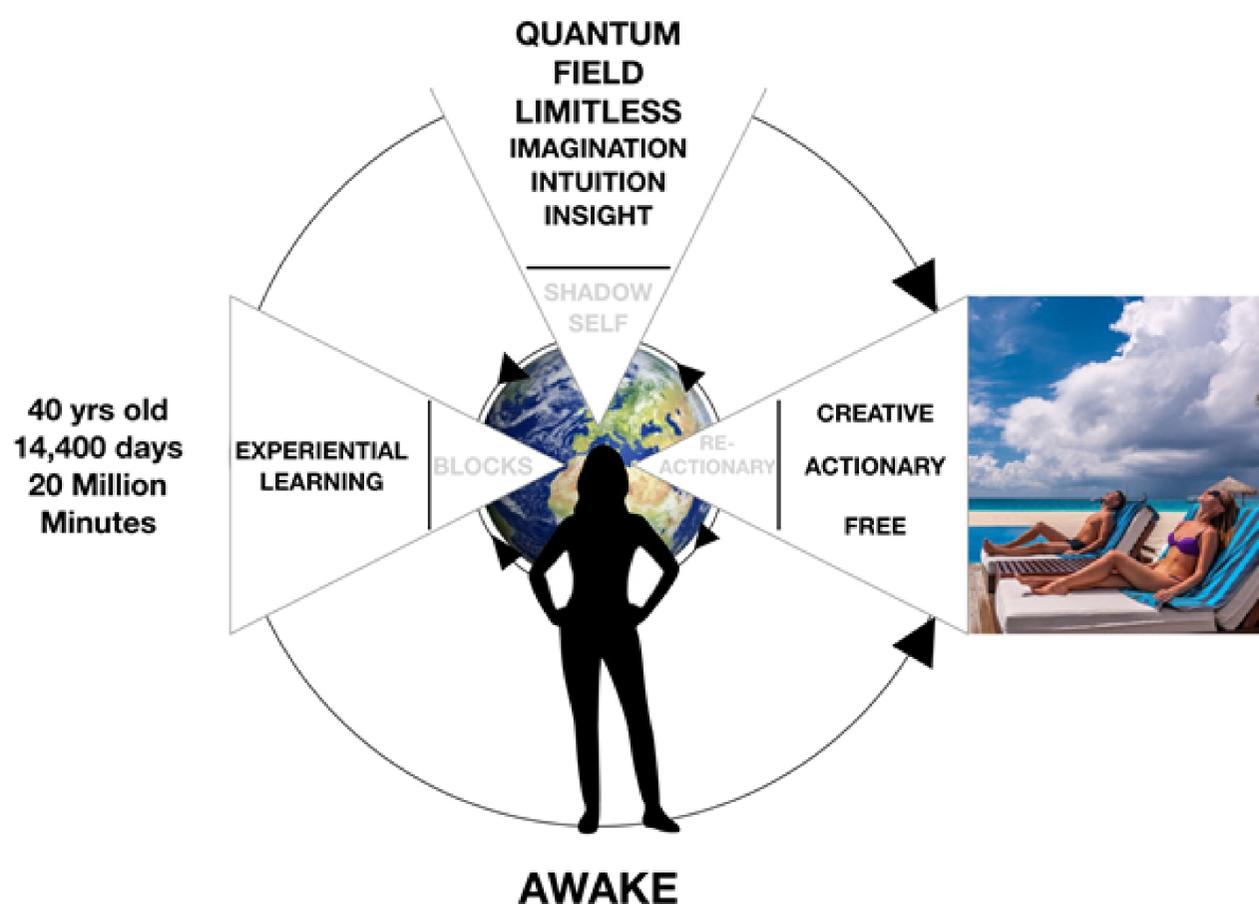
So in this schematic, the next phase is revealed where the shadow self, the autopilot, is taken off by reprogramming the mind; in effect you have moved into ascendancy and can now look objectively into your existence, with a full understanding of who you are in terms of meaning, purpose, and destiny.



Once you align yourself with the quantum information field, the electrons in the atoms of your being that are collapsing 7.8 times a second, are able to bring back new insight and inspiration into your mind for you to use to solve equations, as well as guide you towards the intentions you make.

This of course is not new information, as across the ages authors and researchers such as Charles F Haanel (The Master Key) Napoleon Hill (Think and Grow Rich) and Rhonda Byrne (The Secret) have written very successful works on the subject. However, as I said, the further down you are in the sleep state and the more divided the mind, the less you can utilise your mind in terms of its true nature – high frequency thought and consciousness in line with your destiny path.

Fundamentally, to release your potential from a reactionary mindset, you have to embrace your core identity and practice going into flow so you can accelerate the mind. But we have to be practical here, we have to note we have been asleep for many years within the shell identity before we take this path, so a little preparation and practical work has to be done as you might expect, to get you Human Race prepared!



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Over the years I've spent my time researching failure as I said, so as we discussed earlier you could argue I'm an expert in terms of how states of consciousness directly reflect on life and success. So as you may appreciate from this brief introduction into the world of potentials, ironically the subject of enlightenment and subsequent mind acceleration, starts with a first position of complete acceptance of one's ignorance. The shedding of the inauthentic shell social identity that's always fixated on awareness through the constant collection of knowledge for its own sake, not the development of the mind and the channeling of wisdom.

Challenging what we think we know on every level, means unlearning everything that we thought was true, as the limiters of the mind are held within this unconscious structure. We need a clean sheet to create the architecture of you, to your design, and this is why all the coaching and personal development in the world will not give you anywhere near your true potential, as you are simply spraying a rusty car, and the rust will always come through.

There is a defined process for the stripping back of you to the limitless core, and fine-tuning your mind, so if you would like to explore this path further, here we move from what we call Part One of the manual to accelerating the mind – to a practice lap or two.

A driving lesson that will enable you to switch off the autopilot and really master life, in a way that engages your full capability in every aspect.

Your first lesson is a FREE call, and is conducted by an experienced driver in the human race; someone who has already been where you are, who can give you insights through the twists and the turns of the mind maze that are archetypal to us all, as well as begin to edit your thought & language patterns.

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It's an exploratory drive that will give you an experience of just how much potential and acceleration there is within you, that will certainly put a smile on your face and is incredible fun. So much fun that you may find you would like to train as an instructor too, in order to GIVE UP WORK AND GET RICH ON LIFE! Most people do, as there really is nothing like it and it's totally addictive.

In fact, the transition into the next stage of your higher self, actually comes from training other people, as your mind goes into a higher frequency of understanding and creative thought.

There's nothing to be afraid of here, although your shadow may throw up some doubt, delay, denial and distraction to get you to go back to sleep.

But if you really want the 3000% acceleration, NOW is when the green light is on and it's READY STEADY GO!!

Most people think they are good drivers, it's the ego talking. And in this mindset they will never calibrate how good they really are; better to remain in the illusion, rather than accept limitation and address it.

Even if you think you're great already or you'd like to see what your mind can do with 3000% high octane thought, then put yourself to the test, let's take that vehicle of your mind out on the mental training track and see just how well you fair with an experienced instructor in the seat next to you.

You never know, you might just teach us a thing or two!!

So simply follow the link and book your FREE mental driving lesson for the experience of your life – one that will show you...

HOW TO GIVE UP WORK AND GET RICH ON LIFE TODAY!

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A little bonus. I've dropped in below some of our advanced driving manual diagrams, to give you a little insight of what accelerates the mind, and what you need to know next to get to your 3000% more capability.

These are called MIND MAPPING SCHEMATICS, and they hold the secrets to super confidence, communication and creativity; everything you need to make a six or even seven figure income, and become rich in the fruits of health, wealth, and wisdom.

The problem with operating a mind far below capacity and at massively reduced levels of performance — 3000% less performance no less — is not just the limited life to be enjoyed by underperformance, but also the long-term damage to the synapses. The neuro plasticity of the mind changes with where we place or minds and the function we put them too, so this is the neuro science we use to get you what you want. Thinking in new ways creates new path ways.

So the more you use thought to accelerate the mind in terms of our three favourites — creativity, communication and confidence, the more you generate greater levels of resonate frequency; which means more synapses connecting and firing ever quicker, which in tern accelerates you once again.

It's a never ending elevating spiral of increased consciousness and adventure, as opposed to a slow decline through the years.

It's always your choice what vehicle you want to drive in the human race of consciousness, a Ferrari of the mind, an SUV, or a mobility scooter maybe!! It's not about intellect or intelligence, it's about increasing your ability to create, innovate and inspire; to connect with other minds and the universe for a far richer, more vivid life experience in full HD.

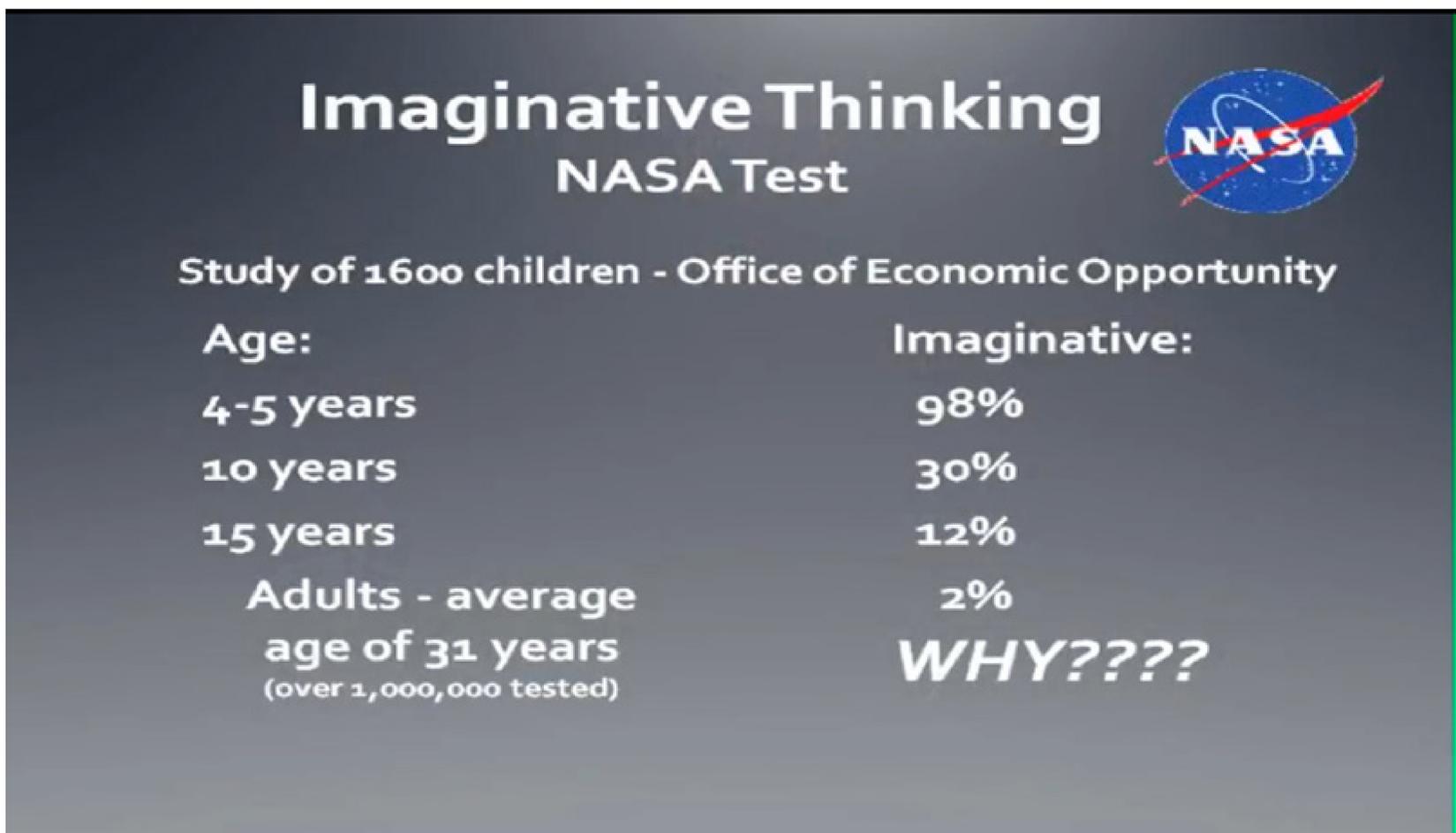
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Every moment of your life is a jewel you can shape and polish as a unique moment in time; millions of moments that add up to the quality of your life experience, and the value you place on you.

Unfortunately, we are only taught the basics at school, so we can only conform and contribute in a process subservient limited way; yet think we are all that we can be, and we are all that we ever will be. This is the illusion, as social scientists would suggest, the average citizen in Athens 1000 years ago would be a genius amongst us today.

This is born out by psychological studies, one notable one is by Dr George Land I mentioned earlier, who carried out an assessment of innovative and creative potential in people for NASA.

In it he found that 98% of five year olds had a genius level, but this had reduced to only 2% by the age of 31 years. Unfortunately, regardless of the research and the science, the majority of people choose not to reclaim their 5 year old potential as the shell identity is so strong, and denies them their destiny.



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As I said, on the surface it's incredibly difficult to rationalise the logical or emotional choice to be less than you can be, or even not be bothered that your potential was stolen from you and you are living at a fraction of your capability.

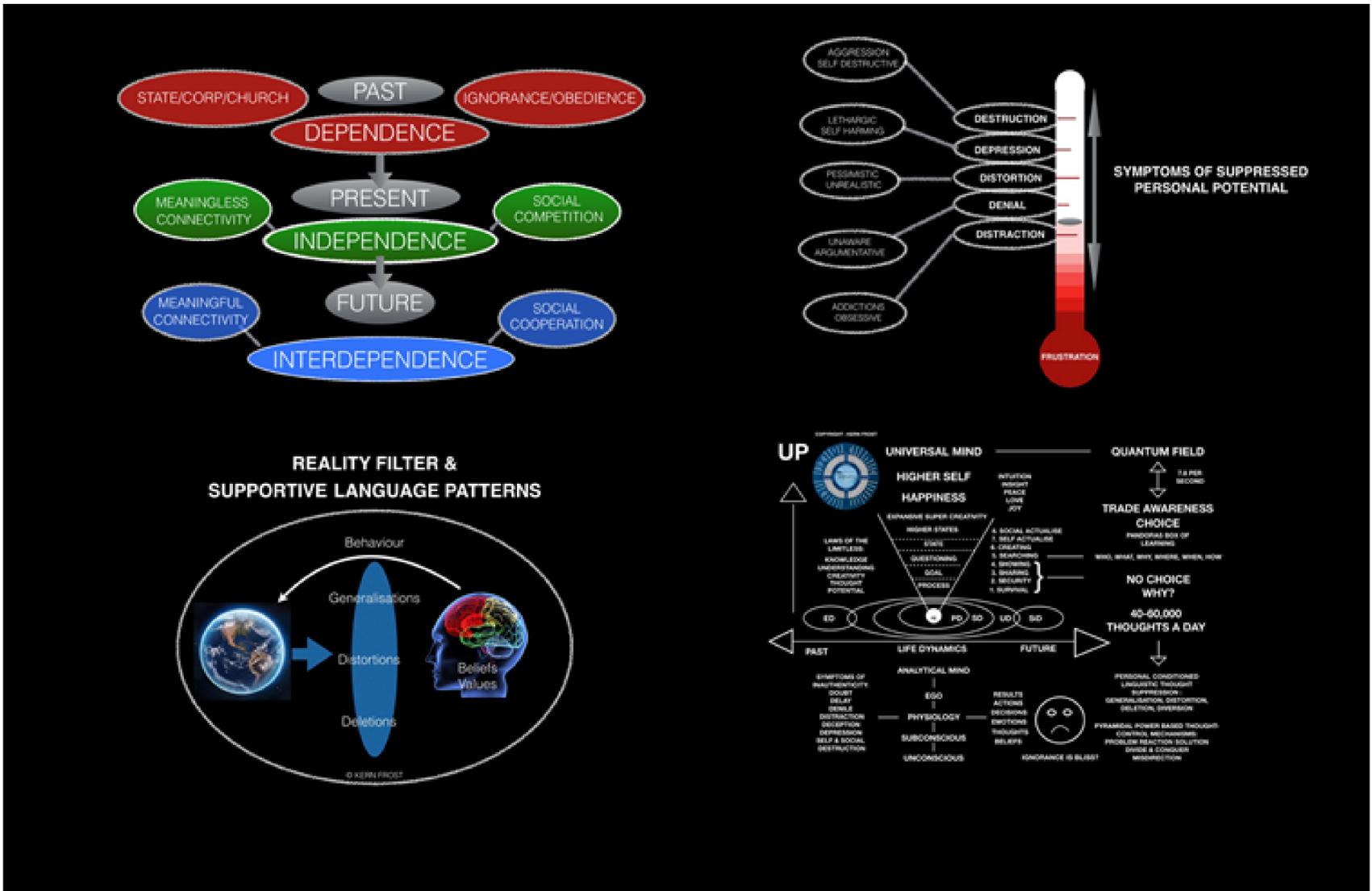
However, when you peak under the bonnet of your vehicle, as we have done together through this mind manual, you start to appreciate the dynamics at play here, in terms of states of awareness and systems that decode consciousness. So you too can accelerate to 3000%, rather than doubt yourself or that it's even possible, and consequently deny yourself the facility to reclaim your birthright. Not everybody wants to be all that they were designed to be, so as you will come to learn, you are actually a very unique individual in the world today.

There is much to learn and enjoy in terms of the wisdom that has been shared with a relative handful of people for many thousands of years, not so much because it was denied to the many, but simply, it was only the few who aspired to reach for their potential.

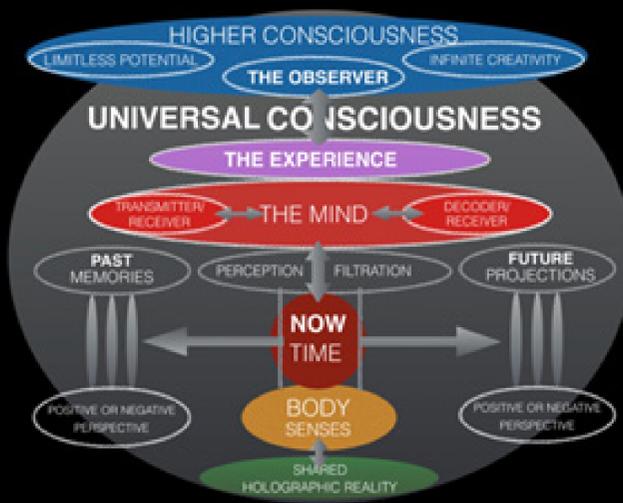
So when you take your first lesson, you will join a privileged group of aspirational minds, who are destined to inspire generations to come and have a considerable legacy to bestow in terms of human development.

It's all there waiting for you, all you have to do is take that first step into the unknown, and realise you knew the path ahead all the time, as it was always the one you were meant to take.

BOOK YOUR LESSON TODAY AS YOUR TRUE LIFE POTENTIAL CAN'T WAIT TO BE FREE, AND WE CAN'T WAIT FOR YOU TO JOIN US IN THE HUMAN RACE WITH ALL YOUR CYLINDERS FIRING.



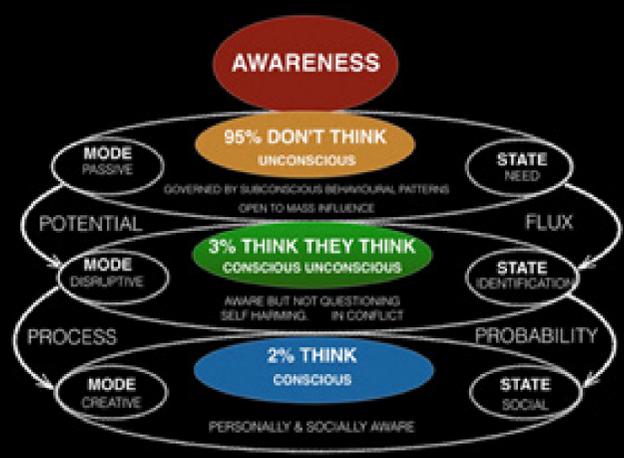
BOOK YOUR SESSION TODAY & RECEIVE PART TWO TO YOUR GET RICH IN LIFE MANUAL



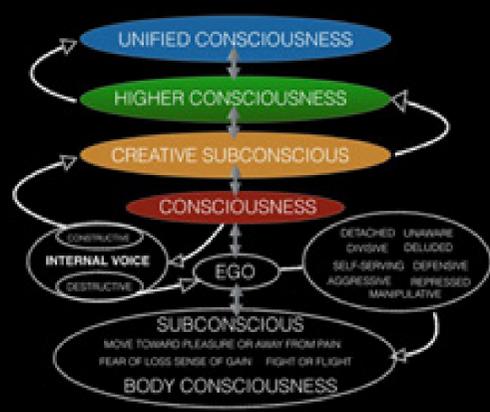
**THE QUESTIONS TO ASK EVERYONE**



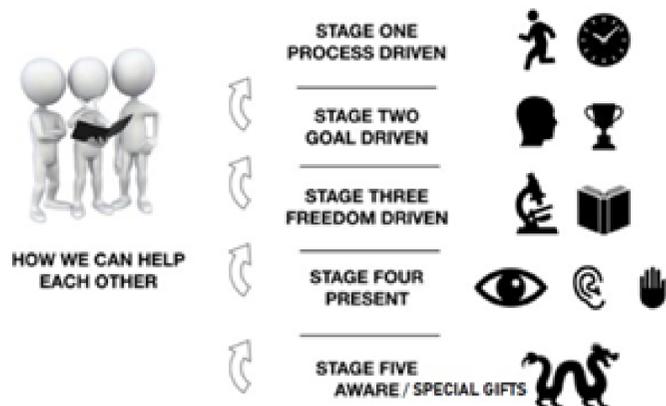
**MAPPING AWARENESS**



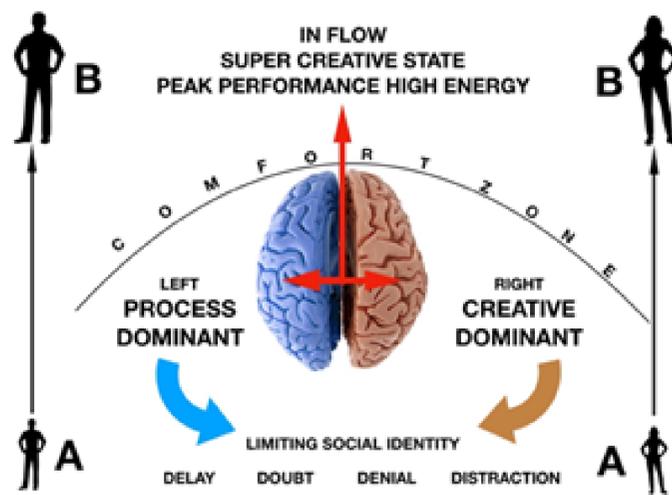
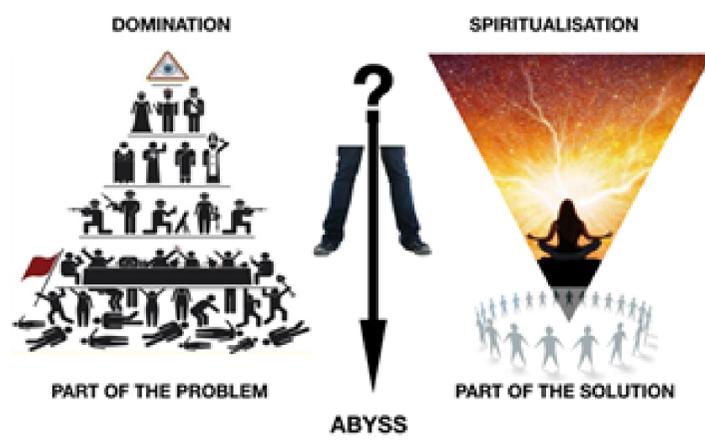
**MAPPING CONSCIOUSNESS**



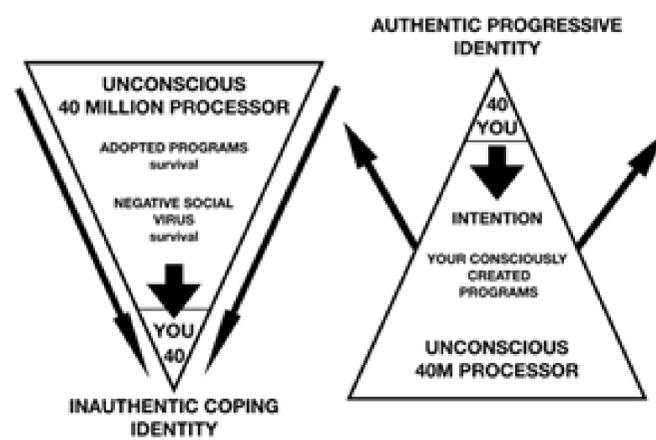
## Five STAGES Of CONSCIOUSNESS

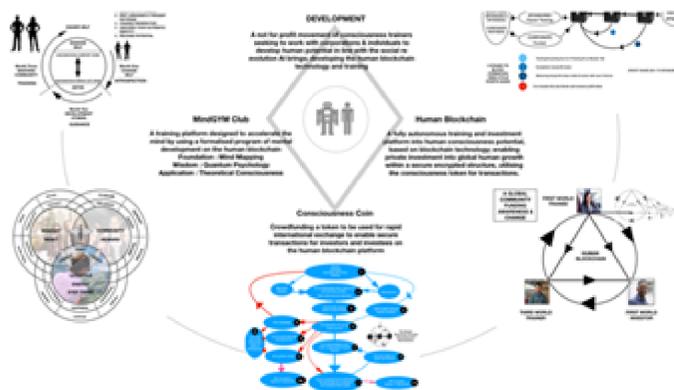
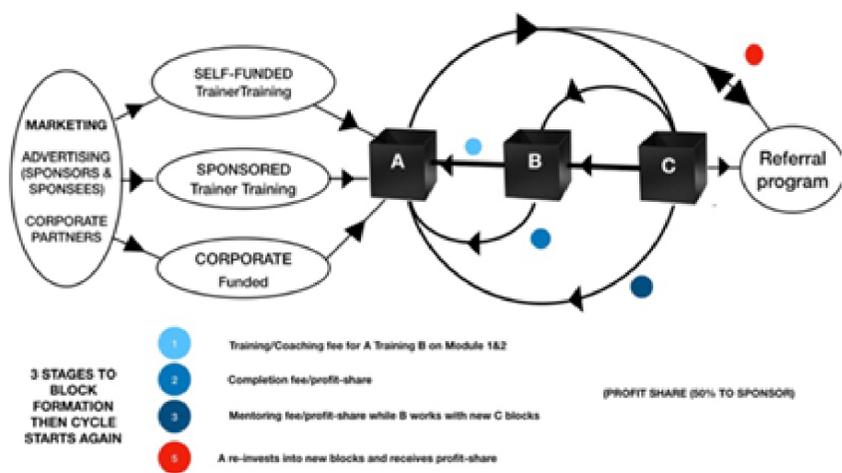
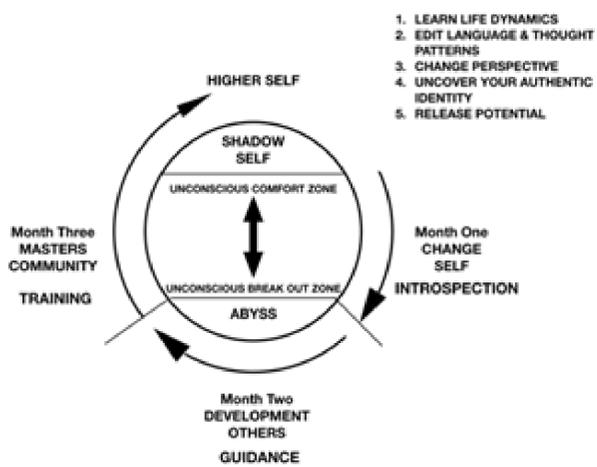


## SPIRITUAL DYNAMICS

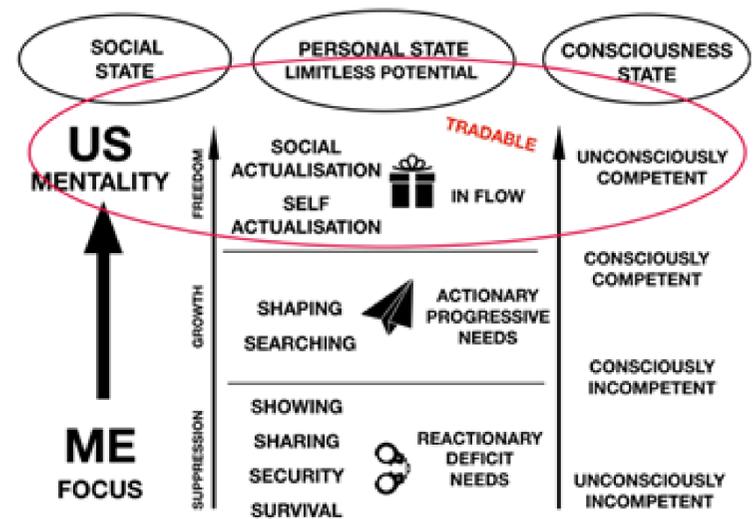
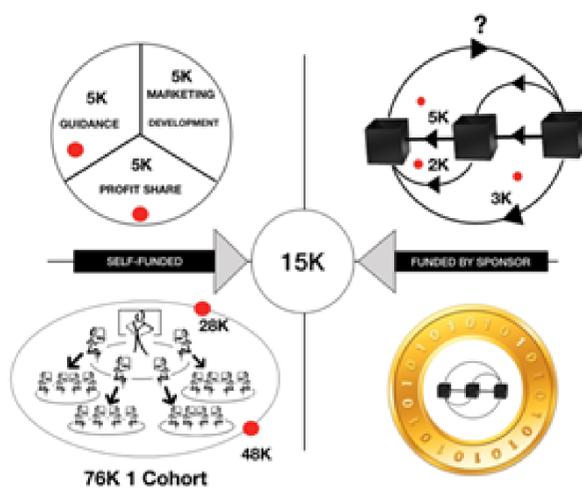
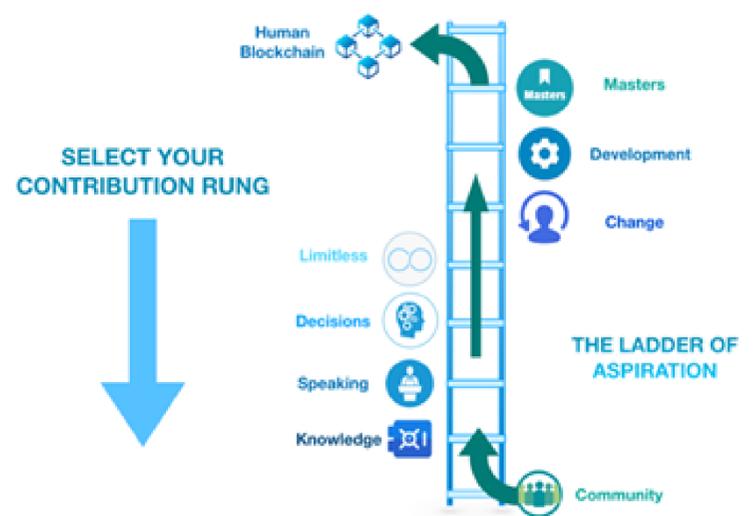


## THE CORE ISSUE





### THE GROWTH OF CONSCIOUSNESS





## About The Author:

As you will appreciate, my focus is on human development in terms of intellectualising consciousness, in order to accelerate the mind so we can effectively interface with AI within the social revolution we are experiencing.

We are in the sixth/seventh social epoch of technology/consciousness, which means the way we live has to change. Over the years I've moved from the I focus to developing the US mentality in society; a position based around creating an international platform of equality and equal opportunity, beyond the negatively competitive world we live in.

After twenty years in international entrepreneurialism, I moved into the therapeutic world, primarily researching failure through my hypnosis practice in London ([harleystreethypnosis.clinic](http://harleystreethypnosis.clinic)) and my consciousness clinic in Zurich ([kernclinic.com](http://kernclinic.com)).

Through studying individual human behaviour & social development, I developed a new futuristic way of working – for anyone who sought to aspire, beyond employment or business, with personal and collective development at the core; leveraging the collective and co creative, for a fully autonomous platform of global investment into human potential – the Human Blockchain.

Personally, I've used the techniques I train trainers in, to accelerate my mind massively beyond the limitations that dominated my sense of self identification for the first 40 years of my life. Put it like this, once I was a dyslexic school failure who wanted to one day write a book. Now I've written twenty, and nothing limits me in my aspirations, even changing the world for the better. Maybe you would like to too.

Kern



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Further Reading :

AI VS HUMANS  
 YOU VS YOU  
 TO BE OR NOT TO BE  
 THE NACEBO EFFECT