

From: UNDER THE CODE by Gordon Stokes/Daniel Whiteside

THE BEHAVIORAL BAROMETER

THE PROGRESSION FROM CONSCIOUS TO SUBCONSCIOUS AND BODY MEMORY

Conscious, subconscious and body-memory are etched by the intensity of emotion felt at the time. Nothing is forgotten, everything is accessible through one of these memory levels:

CONSCIOUS MEMORY - what we choose to believe, remember, feel or imagine to be true.

SUBCONSCIOUS MEMORY - what we have felt/decided/imagined-is-true in the past, which is just as impactful whether we deny/suppress that "truth" or not.

BODY MEMORY - the total truth, unvarnished and un-judged as experienced by the whole organism at the time.

EMOTION is the common denominator of these three levels of memory. And each lobe of the brain has a center for the specific sensations attached to any given memory.

For instance, what we HEARD is remembered in the temporal lobe of the brain; so is the memory of what we felt emotionally. The parietal lobe remembers the part touch, temperature and pain played in the experience. The frontal lobes remember how that experience related to fear, while the occipital lobes recall what we saw.

What's more: all these "partial" memories are categorized according to specific states of emotion. Antagonism, anger, resentment, hostility, fear of loss, guilt and grief, indifference and separation are the SURVIVAL CODE COMMANDS of our mental computer. So are specific forebrain states of mind: acceptance, willingness, interest, enthusiasm, assurance, equality, attunement and oneness.

However, since these positive STATES OF MIND lack the INTENSITY of negative emotional experience, they're much more difficult to remember or be felt as "real". So for most of humanity, it's the NEGATIVE that takes primary focus - because that's how we were "done in" or did ourselves in, which is why it's so important to DE-FUSE THEN-impact on our NOW awareness.

Every time something traumatic happens in the "now", ALL similar recorded events/sensation are IMMEDIATELY programmed into our Common Integrative Area (CIA) for inspection. Consciously, we aren't aware of the enormous memory-bank read-out flashing in micro-seconds within our CIA, but that's what's going on. Only the traumatic experiences will be recalled in order to trigger survival reactions. Still, all the rest ARE there, too - especially the subconscious (read: "suppressed") memories we most want to deny.

It's hard to escape this past-into-present pattern. And that's another reason why it's so important to de-fuse as many subconscious suppressed trauma experiences as possible. With each defusion, the mental computer has "more room" (read: "ROM") for new, positive input.

Until we've cleared up our mental garbage, our conditioned reactions are bound to be at least partially invalid to the needs of NOW. (In computer parlance: "Garbage In/Garbage Out".)

Our business in UNDER THE CODE is getting a handle on the emotional experiences which socked limited perception into our consciousness. And the first step in defusion is understanding the pattern we used to do ourselves, in on the negative side of life. Once that's been accomplished, we can access positive, affirmative memory inherent to our human experience. So let's start taking a look at the negative emotional steps by way of which we descended from the heights of ONENESS into the pit of SEPARATION.

ANTAGONISM UNRESOLVED LEADS TO ANGER

In the "now", we're clearly aware of feeling ANTAGONISM. It's a conscious emotional state. Someone steps on our toes, we say "Ouch". Someone denies help or aid, someone isn't doing the job "right", someone threatens our "control" and we're off and running, doing our best to keep things in equilibrium. Hopefully we manage to de-use the conflict when it happens. Should we succeed in resolving such clash-of-values incidents before they get out of hand, we're free to continue on our merry way, unscathed.

But if we remain in ANTAGONISM for any length of time without doing something to resolve it positively, we're bound to become ANGRY at ourselves or the unfortunates who are "the cause" of our distress.

ANGER LEADS TO RESENTMENT

However, ANGER in our cultural belief system is a no-no. We're not supposed to get angry, be angry, act angry or think angry, are we? Oh no, "perfect people" don't act that way! Besides, overt anger means direct confrontation and since such knock-down/drag-out confrontations are so thoroughly I Win/You Lose, they're risks we're not often willing to take after the initial tantrum stage of childhood. This being the case, we learn to suppress our ANGER.

And even when we do express it, we don't usually deal with the real issue - our hurt. So telling other people how they did or did not meet our expectations causes miscommunication, and usually backfires. The result? RESENTMENT.

RESENTMENT LEADS TO HOSTILITY

RESENTMENT is withdrawal. We vote with our feet and take our business elsewhere, or elect sullen silence and general avoidance. Even when we know how unproductive and terminally foolish RESENTMENT is, it's hard to break out of its paralyzing grasp. If we don't, however, we'll think up some covert way of expressing our suppressed ANTAGONISM-grown-into-ANGER. That "way" is HOSTILITY.

HOSTILITY DEVOLVES INTO FEAR OF LOSS

In HOSTILITY we've decided to come out fighting, but not so overtly we might lose the war. Our agenda is fairly well hidden. We "act out" positives while really being negative - "performing" according to social expectations, all the while getting our digs in to let "them" know "who's really boss". Oh sure, "they" react with some hostility of their own when we snipe, jibe and belittle them (and/or their efforts). But that's somewhat satisfying, isn't it - if only "somewhat". Even so, it's better than getting a left hook to the jaw. We're out to get them without "being gotten".

This "gotcha" level of life is a miasma of uncertainty with lots of "Oh I forgot to tell you", missed appointments and deadlines, late arrivals and departures, snotty responses and sarcasm - not to mention practical jokes which make others look like fools, or sexist jokes which demean, plus endless "time later" spent reviewing "what I should have done" and "what I should have said". While there are minor victories along the way (read: "successful inconveniences to the enemy"), it's not a comfy way to handle life. Shame and blame backfires. So does bitching and back-biting. And since it's all based on suppression, repression and covert oppression of our own real feelings, we finally realize HOSTILITY's never going to win the war. And that means giving way to FEAR OF LOSS.

FEAR OF LOSS underlies all ANTAGONISM, ANGER and HOSTILITY of course! Why else would we be antagonistic, angry or hostile if we weren't afraid of losing CONTROL? That is loss's bottom line. And FEAR is LOSS's prime concomitant. The prior levels of lock-on are shams obscuring deeper feelings.

And in our subconscious mind, FEAR OF PAIN (as real as pain itself) lurks to nag and chide and confuse as well. There's no difference between FEAR and FEAR OF PAIN. They're one and the same. To lose a loved one is to fear losing all other loved ones. To lose a job is to fear losing all other jobs. More accurately, to lose ASSURANCE is to doubt we'll ever be assured again. Day after day, we find ourselves losing (whatever) and each new LOSS adds to the FEAR we'll never be all right or acceptable or loved.

FEAR OF LOSS DEVOLVES TO GRIEF AND GUILT

When we surrender to FEAR OF LOSS, GRIEF AND GUILT are sure to follow. We've failed "them", we've failed ourselves and so we grieve. We've accepted victim status (or, more accurately, we've achieved victim status). Feeling victimized, "unfairly condemned" to suffering, we either give up and give in, or we start a mad campaign to justify ourselves. On the one hand, we may become cruel and petty tyrants to those over whose lives we have some small degree of control. On the other hand, we most likely feel that none of our efforts will be satisfying because we aren't worthy of success.

GRIEF AND GUILT are too painful to allow into consciousness most of the time. So now, for the most part, our focus is clearly on what THEY do wrong. In fact, GRIEF AND GUILT is a total focus on the WRONG. We're into "shaping them up for their own good" here. No matter the pain, no matter the sacrifice of love, we "make" them do what's RIGHT. And the same applies to us. At whatever emotional cost, we can't let ourselves be WRONG. Change, insight, expanded consciousness? Not on your life! Discipline is everything. Punishment is required.

GRIEF AND GUILT BECOMES INDIFFERENCE

All of which is too overwhelming to deal with directly, so at some point the choice is made for INDIFFERENCE - indifference to suffering (theirs or our own or both). It seems the only way to by-pass the horror, by-pass the pain. While illustrations like the Nazi empire's INDIFFERENCE to the suffering it caused are obvious, how about our CHOICE as children to go indifferent to our parents, or to learning, or to our peers or to ourselves - or to LIFE ITSELF?

Operating off the level of INDIFFERENCE nothing matters, nothing is important. Functional zombies, we maintain according to "the letter of the law". And whose law?

"Theirs." Failed marriages, relationships and partnerships can "go on" for lifetimes of unspeakable, numb misery. All because FEAR OF LOSS led to GRIEF AND GUILT and thence to apathetic, bleak INDIFFERENCE.

What's most appalling about all these CHOICE-less emotional states is that we're still functional while in them. They have nothing to do with innate intelligence or talent or even accomplishment.

To whatever degree we still allow ourselves the freedom to be, do and have, we operate effectively. We can be "on" at the office and "off" at home. Or vice versa, to some degree. But "home is where the heart is" and that's the primary field of battle. Parent and child, personal one to one relationships of all kinds, "committed relationships", marriages and family ties - all these are the focus of usual emotion. The very relationships in which we want (and expect) the BEST bring out our WORST.

And yet there IS hope. At some point during INDIFFERENCE we may decide to clear up the mess, go back upscale, and handle what's upsetting us. Or we may opt for the only other alternative remaining: SEPARATION.

SEPARATION IS AN OLD BEGINNING

The truth is that we never separate from another. We separate from ourselves.

SEPARATION, for most of us, is simply the ultimate proof we've failed. Saying goodbye to the painful condition - getting up and getting out - ends nothing. The memory of our failure lives on in our brain, coloring every new relationship and situation. Now we anticipate failure in all succeeding situations. Plus we anticipate failure in handling our own or others' feelings.

And all because we forgot we had a CHOICE.

Way back at the beginning, in our womb-world, we were making choices all the time - and happily. In that protected, nurturing environment almost everything was choice - the choice to move, to experiment with our developing bodies, for instance - THE CHOICE TO BE BORN.

What we knew in the womb-world was that we were in charge of the universe, our universe, ourselves. Oh certainly we "heard and saw and felt" what was going on around us outside our mother's body. But because we were so at ONE with that world (just as we were at ONE with mother's body) we felt protected to a great degree. Then came the terrible pain of birth and in that agonizing moment we forgot that CHOICE was our very nature. From then on, we were in reaction to pain and fear of MORE pain.

Not the prettiest of pictures, eh? Especially when it doesn't "have to" be that way.

What if we reverse the whole human process of reaction to life and start acting in life? What if we remember that our highest good takes place when we CHOOSE TO CHOOSE? What if we elect CHOICE?

THE CHOICE IS OURS

Rather than allowing our usual reactions to take over with CHOOSING TO CHOOSE as our modus operandi - we change and our world changes, too. Instead of confronting threats with instant ANTAGONISM, we can choose ACCEPTANCE of the situation as it IS right now.

In ACCEPTANCE, there's flexibility.

Choosing to accept the situation exactly AS IT IS RIGHT NOW offers myriad options and alternatives. When un-plugged from TRYING TO CONTROL that situation (or people or person), we're free to find new ways to deal with he/she/it/them. ACCEPTANCE has no expectations.

What it has is a salutary sense of responsibility. We're in charge of ourselves, we're making choices, we can adapt. In fact, with the increased awareness ACCEPTANCE guarantees, we find ourselves WILLING to deal with situations and people which in the past would drive us bananas!

And being WILLING, we see, hear and feel different - free, unfettered. In accepting a portion of our own true power, we find ourselves more WILLING to re-evaluate our ANGER. Situations and people that "made us angry" in the past now become challenges. The enemy-element de-fuses. ANGER is examined realistically - meaning objectively, without prejudice.

"They" aren't enemies anymore. They're just what they are, no more, no less. And the situations which "made us angry" are just that: situations to be examined WILLINGLY in order to de-fuse them, or our reactions to them.

WILLINGness boots RESENTMENT out of the mental picture, too - replacing it with INTEREST.

That's right: having made the CHOICE to view a situation/person with ACCEPTANCE and be WILLING to create new responses, we're bound to take a genuine INTEREST in putting those new responses to work! That's really INTERESTing - fascinating, actually. And INTEREST is infectious, too. When we become INTERESTed in someone or some situation, he/she/they/it becomes INTERESTed in us. Farewell RESENTMENT for being over-looked or passed-over or not being heard! No more sullen sulking. Hello participation and cooperation!

All of which is fun - and FUN = ENTHUSIASM.

ENTHUSIASM cancels the nonsense of past HOSTILITY. When we're enthusiastic, there's nothing to be acted out. We NATURALLY do/say/feel "right" (according to our needs and the needs of the situation/relationship). Instead of struggle, there's a natural FLOW to life. And the more ENTHUSIASM we find in/for life, the more ASSURANCE we have.

With ASSURANCE, FEAR OF LOSS unplugs from consciousness - and fear of pain as well.

ASSURANCE is what we've been wanting to feel and now it becomes our usual response to what life dishes up for dinner. Sure, there are moments when the old "chronic" fear state flashes on our mental screen - but now we know how to handle it: we go back to CHOICE and start climbing the levels of ACCEPTANCE, WILLINGness, INTEREST and ENTHUSIASM again - taking each step one at a time until we reach ASSURANCE. That way nothing is as painful or fear-producing as previously. Our dark moods get handled in comparative jig time.

ANTAGONISM and ANGER have now become positive adjuncts to our "allowable" emotions, too. We express them appropriately when that's what we're feeling - we're over and done with them post haste. They don't get "masked" or devolve into RESENTMENT or nonsensical HOSTILITY because we're playing the game by OUR own rules now.

In ASSURANCE there's no I Win/You lose; we're beyond victim and victor. The only "win-over" is winning-over negative reactions within ourselves. And when we've turned that trick, we graduate from ASSURANCE to EQUALITY. Now we feel equal to almost every challenge. More importantly, we feel equal to ourselves - the best in ourselves.

In EQUALITY, GRIEF AND GUILT (our own or others') aren't of much interest - except to identify and de-fuse their negative effects. What's more, we're in very close touch with our emotions now; there's very little subterfuge taking place subconsciously. We're free to grieve when grief is valid. We're free to acknowledge guilt when that guilt is ours - and to state honestly, without shaming or blaming, another's "breach of contract".

EQUALITY is a free state, a pivotal state. And the more we're really equal to our own potential (and to the challenges of life), the more we begin to feel a real ATTUNEMENT to ourselves and life.

ATTUNEMENT is a "humming along" state of mind - a shared vibration with whomever or whatever's going on. It's such a high vibration, in fact, that it seems almost like extra sensory perception. The more attuned we are, the more aware we are. And that awareness is of the positive, the beautiful and healing. When it continues as our "often if not actually usual" state of mind, we naturally begin to gravitate toward ONENESS, true kinship with all life in its highest and best manifestations.

ONENESS is highly rarified state, a state of BEING rather than a state of mind. Most of us only glimpse it for seconds at a time. But it's different than "Cosmic consciousness" or what Hindus call it samadhi - divine bliss discovered in deepest meditation. The ONENESS we're speaking of is ambulatory, a state of awareness that embraces everything. We don't have to check out of life to have it.

After all, we were born to live - to function positively and creatively right here in the so-called three dimensional world - not to retreat from that world, or deny our physical beings. Why else would we have chosen to be born?

ONENESS/SEPARATION/CHOICE

And what happens when ONENESS is the basic? SEPARATION.

Feeling at-one-ment, we're that much more vulnerable to ALL levels of the Barometer. And reaching ONENESS means that SEPARATION is right around the corner. As the Hindu Shiva Principle points out, destruction precedes creation, just as what is created has begun its own destruction.

Life's a fluid state of continual change and challenge. Beyond the moment, there's no such thing as stasis. To maintain the upscale mental levels, CHOICE needs to be exercised all the time. Any slip up and it's ALL the way back down to the bleak despair of SEPARATION - and fast! Nobody knows - or IS - wise enough to be at ONENESS all the time. The best any of us can do is take responsibility for CHOICE in the moment.

A NOTE ON RESENTMENT, ANGER AND ANTAGONISM

Keep in mind that these are CONSCIOUS emotional states, which makes them secondary to the SUBCONSCIOUS feelings which prompt their expression in present time. Deeper, more threatening emotions underlying ANTAGONISM, ANGER and RESENTMENT. They're the effects of which HOSTILITY, FEAR/LOSS, GRIEF/GUILT are the cause. (People into INDIFFERENCE or SEPARATION rarely "rise" to ANGER; they've given up response.)

When you - or someone else - expresses antagonism, gets angry or withdraws into a resentful sulk, TAKE A LOOK "DOWN UNDER" for the real emotion being denied. Especially if it's YOU, check out the PRIMARY feeling; don't be content to be angry, when you're really afraid or ashamed. Identify and DE-FUSE the feeling which preceded conscious emotion. This is all-important if we're ever going to stay in present time.

THE "PROBLEM" IS RARELY THE PROBLEM. Take responsibility for finding out WHAT IS!

Whenever possible, clear up your own case with a partner, using the dyslexic identification and defusing skills here in UNDER THE CODE.



Left: Gilbert Cuevas handles the shipping and Grace Baldrige looks forward to taking orders for the TH Enterprises Store