

## 26.

**Dick:** "As a simple little self-esteem process, get used to asking yourself a question before you act. '**Am I gaining power or losing power by acting this way?**' Don't give away your power. You give away your self-esteem, thus you program yourself the wrong way. A grade school teacher recently made the news because she was concerned about maintaining her students' self-esteem. She noticed that when the students were ready to bring their papers to her desk, they raised their hands and asked, 'Miss Williams, may I bring my paper to your desk now?', resulting in a loss of their personal power. Instead, she asked them to raise their hand and state, 'Miss Williams, I am bringing my paper to your desk now.' Thus, the students maintained their power and increased their sense of self-esteem."

*To win one hundred  
victories  
in one hundred  
battles  
is not the  
highest skill.*

*To subdue the enemy  
without fighting  
is the  
highest skill.*

**Sun-Tzu**

## 27.

**Trainee:** "I've listened to everything you've said about guilt, but I still feel guilty. I fell in love with another man and I ended up divorcing my husband because of it and that separated my children from their real father."

**Dick:** "Exactly what do you feel guilty about?"

**Trainee:** "I feel guilty about the whole situation."

**Dick:** "No! The whole situation is a concept. You can't feel guilty about a concept. EXACTLY what do you feel guilty about?"

**Trainee:** "I caused my children to be separated from their father."

**Dick:** "You did that all by yourself? That's interesting. In all my days of working with people who have relationship problems, I've never seen a totally one-sided marital situation."

**Trainee:** "Well, my husband didn't show me the least bit of affection for years prior to the affair."

**Dick:** "I'm not interested in your seemingly reasonable justifications. There are no victims in life. When you realize that, you can stop seeking causes which may not relate at all to the situation. Everyone is totally responsible for what happens to them. Can you see that?"

**Trainee:** "Well, yes, I accept karma. I accept that."

**Dick:** "Then your husband experienced what he needed to experience. Right? How can it be that your children aren't also responsible for what happens to them?"

**Trainee:** "All right. But why do I feel guilty?"

**Dick:** "Why do YOU suppose you feel guilty?"

**Trainee:** (shrugging) "I don't know."

**Dick:** "Maybe when all this sinks in, you won't feel guilty. I don't think you have absorbed it yet. WHAT IS, IS. The facts are that you fell in love with someone else and got a divorce. That's over and done, and yet as long as you continue to resist what happened, you're going to be imprisoned within it. As Buddha taught, our suffering results from the way we resist our lives. You have a choice to feel guilty or not to feel guilty. Either way, the situations in your life remain outwardly the same. One way you suffer; the other way you don't. Simple. Can you make this all right with yourself?"

**Trainee:** "I guess I've been punishing myself, huh?"

**Dick:** (long, hard look at trainee)

**Trainee:** "I know you're right. It isn't doing me any good. If I want to stop, all I have to do is ... ah ... oh, to HELL with this guilt!"

**Trainees:** (spontaneous applause)

*We are not punished  
for our sins,  
but by them.*

**Buddhist saying**

**28.**

**Trainee:** "I really don't like what you just communicated to Charlene. It sounds to me like you are providing people with the ultimate cop-out. They don't have to be responsible for what they do. She should feel damn guilty for what she did."

**Dick:** "It couldn't be that a woman left you at one time for another man, could it?"

**Trainee:** "That's right, but that doesn't have anything to do with it."

**Dick:** "It has everything to do with it. Why did your wife leave you for another man?"

**Trainee:** "I'm not standing up here to talk about that. I want to talk about the irresponsibility of your philosophy."

**Dick:** "That's exactly what we are talking about, so you just go along with me and prove how wrong I am. **Why did your wife leave you for another man?**"

**Trainee:** "She said she wanted to enjoy life and off she went. She liked parties and things like that and I didn't, so what?"

**Dick:** "So that is all bullshit! That is George looking for life to be reasonable from his limited perspective. You look at everything from that your life is filled with stress, tension and anxiety. If you want your life to start working, stop looking for it to be fair or reasonable from an earthbound perspective. I want you to use your technique and center yourself. All right, I am now going to count from one to three, and on the count of three, you will have moved back in time to the cause of your wife leaving you. The cause. No cop-outs...be straight. We're going to go back in time just as far as it takes to look at the primary cause. One ... two ... three. Speak up and tell me what is happening at this time."

**Trainee:** "I see...well, I feel and see—it's like a faint fantasy—a woman working in a factory. It's really an ugly environment. She is tired and there are many other women there, too. It is an awful place to work."

**Dick:** "All right, on the count of three, new impressions will come in that will assist us in understanding what is going on. One ... two ... three."

**Trainee:** "I see her now with three children. The children are dressed as badly as she is and they all live in a little bitty room. They are eating dinner and they have hardly anything at all."

**Dick:** "Where is her husband?"

**Trainee:** "I don't know!"

**Dick:** "Where is her husband?"

**Trainee:** "He left her. I think...I think I was her husband. Oh, Lord, I wouldn't have done that!"

**Dick:** "Oh, really? **Did** you do that? **Did you leave your wife and three children? FACE IT!**"

**Trainee:** "Yes, I did!" (crying)

**Dick:** "On the count of three, you will be wide awake, fully alert and back in the room. One ... two ... three."

**Trainee:** "I left her last time and she did it to me this time. She lived a drab miserable life, and so this time around, she wanted to enjoy herself."

**Dick:** "That is still looking for things to be reasonable, tied up in a neat little package. There may have been other lives in between, and there were causes and effects that may go way back, prior to what you just experienced. The cause isn't important once you get that **you and you alone** are responsible for everything that happens to you!"

**Trainee:** "I'm sorry I challenged you."

**Dick:** "Don't be sorry. That gives away your power. Let's go back to the original situation for a moment. You felt Charlene should feel guilty. You wanted to see punishment bestowed on her. Right? Well, I want everyone in this room to see that you're the one who punishes you. No one else punishes you. No one else has to. We are all so good at

doing it to ourselves that we don't need anyone else to do it. It may very well be that Charlene has simply perpetrated her karma with her husband and will go through future balance with him. I'm not excusing Charlene or providing anyone with a cop-out. She can forgive herself when she finally learns about human relationships. At that time, she'll have the intuitive wisdom and she'll no longer experience relationship problems. She can explore other learning."

**Trainee:** "You're speaking from a perspective of many lifetimes."

**Dick:** "Yes, and it could all be settled in this lifetime. It depends upon the current level of awareness, and the willingness to let go."

## 29.

**Trainee:** "I don't have it straight. Charlene left her husband. She could have remained in the environment of a man who didn't show her any affection. That's a great choice: damned if you do and damned if you don't."

**Dick:** "There is simply no way for us to understand all the karmic interaction going on for Charlene or for anyone else for that matter. Instead of attempting to do that, let's explore choice for a moment. When you come up against an opportunity or crisis in your life, you have to make a decision as to what to do. In most situations, there will be several alternative courses to take. I feel that you predetermined the crisis as a learning opportunity, but you have free will to react to it in any way you choose."

"Hopefully, you will be able to apply the intuitive knowledge from your past experiences or failures to take the directions which will lead to the learning you require of yourself."

"When you decide which direction and go forward on a particular path, you will have to take all its consequences and you may be forced to go on for a very long way before you have the opportunity to change direction. Think of it this way: you drive your car to a particular destination (goal) and come to an intersection (crisis) that branches into three different freeways. Whichever freeway you choose will be the direction you will go until you come to the next intersection. Freeway Number One will get you to your destination in the most direct way possible. Freeway Number Two may wander around a bit, but is still going in the general direction of your destination. Freeway Number Three would actually carry you in the wrong direction."

"Each freeway will have more intersections as you travel them and you will have to make a decision at each intersection as to which path you will travel. From a metaphysical perspective, Freeway Number One, the most direct path, would also be the hardest. You would be taking on the most difficult high speed road to your destination. In so doing, you hope you can handle the burden you are accepting. You hope you won't crash your car. If this should be the end result, you would actually be further than ever from your destination and would have been better off taking Freeway Number Two where this would have been less likely to happen."

"As an analogy, let's take this understanding into a possible marital situation. You're a woman and you've been married for some time and love your husband very much, but you just found out that he is having an affair with his secretary. He loves her and is indecisive about leaving you, but he finally decides he would prefer to stay with you if you still want him. Assume you have decided upon three alternatives, three freeways from which to choose:

**"Freeway #1—The Hardest:** You tell him, 'Real love for another person cannot be diminished by anything they say or do. I want to remain married to you as long as you want me because I love you and that love is not dependent upon your loving me in return. I give you total freedom, expecting no more from you than what you can freely give. I don't expect you to be anything other than what you are. I love you for what you are, and I'll find joy in the time you want to spend with me.'

**"Freeway #2—Moderation:** You tell him, 'I love you and I want to remain married to you, but I am extremely hurt by your actions. I certainly want you to find a new secretary. It may be difficult for me not to think about this for a while, but I desire to let go of it and I want to restore my trust in you.'

**"Freeway #2—Alternative:** You tell him, 'I love you, I wish I were a big enough person to overlook what you have done, but I'm afraid that if we remain together right now, I will become possessive and vindictive. I don't want this to happen so I think it best that we separate for a while to decide what the best future direction might be. I would prefer all future interaction, regardless of what directions we go, to be without hostility or animosity.'

**"Freeway #3—Wrong Direction:** You tell him, 'Well, two people can play this game. If you want to remain with me, you are going to get a taste of your own medicine because I know plenty of men who will jump at the chance to go to bed with me. You're about to find out just how vindictive I can be. You'll pay for this little escapade for the next five years.'

"All right, let's look at the choices now. If you picked Freeway Number One, you are now on that road. If you could sincerely react to the situation in this manner, you would have a very high level of awareness in the area of personal relationships. You have made many statements that you will now have to live up to, but do you have the ability to handle this beautiful but idealistic outlook? It may be hard to ever trust him again, hard not to dwell on the entire situation, hard not to think vindictive thoughts. If you say one thing and think another, you will be building resentments and hostilities and these emotions will always come out in one form or another. When they do, it could totally destroy your marriage. If you can't handle the road, you may crash the car, thus programming more negative karma that will need to be balanced in the future. If this should happen, you would have been better off choosing Freeway Number Two, which would have been easier to handle and would have kept you on the proper, though slower, pathway to your destination."

### 30.

**Trainee:** "Where does predestination fit into all of this?"

**Dick:** "You may have predetermined some of the crisis situations in your life by you certainly didn't predetermine your reactions to them. You will always have free will."

**Trainee:** “Then how can a psychic read what is going to happen in the future?”

**Dick:** “The psychic can only read potentials. Potentials that already exist and are there in your mind. If you’ve been fighting with your husband for three years and it gets worse every year, the potential for separation is increasing. Still, it is a potential, not a predestined event.”

**Trainee:** “An astrologer told a friend of mine in August that she’d be divorced the following May and it happened.”

**Dick:** “Anyone who is stupid enough to go to a psychic or astrologer and let them provide you with that sort of programming must need that learning, yet a little wisdom could certainly save considerable misery. If someone you respect enough to pay a good deal of money for their advice tells you that a divorce is predestined, how are you going to put that out of your mind? No one could. You begin to live with that in mind and thus begin to create the final programming for the divorce. The potential for the divorce may have been there. The astrology chart may have indicated a weakness in the relationship area in May, but there is always more than one way to red any aspect. It was never predestined, but because she thought it was, guess what? It was.

“There is a glacier up north that is moving south at the rate of six inches a year. It’s been doing so for thousands of years. Its potential to move south another six inches this year is pretty strong but it is **not** predestined. An inverse ratio of snowfall to snow melt could retard or even reverse the process.”

### 31.

**Trainee:** “I’d like to know how you perceive God.”

**Dick:** “You’re God, I’m God ... we are all God. To be symbolic for a moment, let’s assume that once there was a great energy gestalt we’ll call God. And God allowed a great deal of his energy to break off into separate pieces as a form of procreation and expansion of the original energy.

“I like the analogy of a single cell in your body. Assume for a moment that you are just one of the billions of cells in your body. If our cloning abilities were as developed in humans as they are in reptiles, that cell would be all that would be necessary to clone a duplicate of you. The cell has the potential of the original, containing a complete blueprint for the entire body. The cell is a part of Elaine’s body that I see standing here before me, yet the cell is also Elaine. You are part of the great body of God, and you are also God.

“Jesus said this himself when he responded to those speaking of the miracles he had performed, saying, ‘These things ye too shall do and more.’ We have the power to accomplish what men call miracles. Understanding that **we are God** can result in an immediate transmutation of the way we experience life.”

## 32.

**Dick:** “We’ve talked a great deal about how the mind works like a computer, and since we are mind, that makes us machines ... robots. We all have computer buttons; when they get pushed, you become a robot and demonstrate your automatic responses. You see, a robot has no choice in the way it acts. It has wiring and circuits constructed so that, when a button is pushed, **it reacts according to its programming.** And in so many areas of your life you’re a robot; that’s a major reason your life doesn’t work as well as it could.

“You can’t change what you don’t recognize, so it is time to recognize your automatic responses and learn to override them. It’s time to stop going on ‘tilt’ when someone or something pushes one of your buttons. ‘Tilt’ is when you stop functioning rationally.

“All right. Go up to your center.” (altered-state induction given) “Let’s explore a few of your buttons. What causes you to react? As I ask you some questions, be straight with yourself and trust the very first thought that comes into your mind. What causes you to become angry quickly?” (pause) “What embarrasses?” (pause) “What really irritates you about your mate?” (pause) “What really bothers you in your career?” (pause) “What causes you to become fearful?” (pause) “What pushes your sexual buttons off and on?” (pause) “Does what other people think control you in any particular area?” (pause) “What is it that you fear them thinking or knowing?” (pause) “How does what other people think manipulate you?” (pause)

“Can you get that you’ve been programmed? Brainwashed from birth to worry about what other people think? You grew up worrying about what other think. Your parents worried about what other people thought. But what others think may not be in your best interest. What **YOU** think is most important. There is really no such thing as right and wrong, ethical and unethical, moral and immoral. A society, which is a group of people, agrees upon what terminology to use regarding a particular action; maybe they agree to call it moral or immoral. That doesn’t make it either moral or immoral, it only makes it what that group labels moral or immoral. Their naming it one thing or another cannot change what it is. In some countries, eating cattle is immoral. In other countries, the word ‘rape’ is not a part of the language—not even a concept, for the men assume the right to take women by force whenever they desire to do so. In some areas of the world, open sexuality is considered moral and beautiful.

“When living in a society, we must be willing to accept the consequences of our actions regarding the laws of the society, yet most of the conflicts with the opinions of others are not legal issues. It may be ill-advised for you to allow the opinions of others to push your reaction buttons and cause you to repress what you really are. Think about how this relates to your life.”

(pause)

“Okay, we’ve explored just a few of your buttons. When they get pushed, you react quickly, and this will rarely be in your best interest. You know this. You are reacting to the button, to the old programming, not to what is. You need to become consciously aware of all your buttons, and when you awaken, we’re going to explore a technique to hold back in your immediate inclination to react.”

### 33.

**Dick:** “In regard to your buttons: I’m not saying to repress what you are, I am simply saying that if you hold back in your initial inclination to react immediately to anger, fear, or adoration, your life will work better. The idea is to catch yourself long enough to think about your reaction.

“A martial arts student is taught to keep his ‘mind like calm water,’ because if he allows himself to become angry or fearful, he greatly reduces his potential to win in an encounter. To keep your mind like calm water accurately reflects everything within striking range.

“Instead of reacting to extreme emotions, go into a calm inner space where you calculate the best response to get what you want. The goal is to win the game, not to be right. But as a robot, your subconscious computer has one primary goal: **survival**. It achieves that goal by comparing the present to the past. This means, in essence, that your subconscious computer says it is all right for you to live your life just as you do.

“It has survived so far and it knows that it did it by being right. According to computer logic, it **has** to be right. Of course, you know consciously that you aren’t always right ... but your subconscious doesn’t. So, it responds to programming and you get to be right, but you lose the game. When you are challenged, you become indignant. Your button is pushed and you react quickly. And, as you probably know from experience, this is rarely in your best interest.

“You are reacting to the button, **not** to what is. So you need to be consciously aware of your programming instead of subconsciously reacting to it. It is part of the **Bushido** code that ‘the strong are patient.’ Patience in this case means to hold back in your immediate inclination to respond to the extreme emotions of anger, fear, and adoration.”

**Trainee:** “I don’t understand why you include adoration as one of the three extreme emotions.”

**Dick:** “Okay, let’s say you are married, but you meet someone and your infatuation is so intense that you respond to the offer to go to bed with him. You’ve broken an agreement, so at the very least, you’re going to have sacrificed self-esteem, which is negative programming. Or maybe your husband finds out about it and the result is a weakened marriage. Or, in today’s society, the result could be AIDS or some other sexual disease.”

**Trainee:** “But how can you overcome a lifetime of conditioning to obtain the kind of control you’re talking about?”

**Dick:** “It would have to begin with the desire, wouldn’t it? You would have to realize that you’ll be better served by changing the way you react to others. Next, a technique such as ‘mudra’ can be of great supportive value.

“Touch your index finger and thumb together to form the mudra position. This is a post-programming technique which can be fully conditioned in about three weeks if you include it every day as part of your self-hypnosis or meditation session. In an altered state, tell yourself, ‘whenever I purposely connect my index finger and thumb, I will immediately become calm and peaceful. The mudra finger position is a conditioned response key to my subconscious mind and when I use it, I will immediately experience an internal balance and harmony that will allow me to override my extreme emotions, giving me time to think calmly about my reactions. And every time I give myself this suggestion, every time I use the mudra finger positioning, it will become more powerful.’”

### 34.

**Trainee:** “My wife wanted me to attend this training because we aren’t getting along at all well. Now I’m getting that it was an attempt to manipulate me into thinking the same way she does.”

**Dick:** “And ...”

**Trainee:** “Obviously, I’m going to be able to communicate better with her because now I’ll understand where she is coming from. But it’s not a big deal.”

**Dick:** “Any marriage counselor will tell you that the primary problem they see in dealing with troubled couples is lack of communication. One partner doesn’t know how the other really feels because there has been no direct communication on the subject. Both assume they know and have thus established distorted concepts based on their own viewpoints, which are not accurate.

“We all need positive feedback from those closest to us. Sadly enough, it is our intimate relationships that are most often ignored. Do you tell your wife you love her?”

**Trainee:** “Of course—I married her, didn’t I?”

**Dick:** “Never count on the fact that the other person knows anything you haven’t directly communicated. Your wife may not show her emotional needs but would give anything to hear those three words from you. The fact that she doesn’t hear them could result in doubting thoughts about the relationship, which creates negative computer programming. Do you love her?”

**Trainee:** “Of course I do. I wish we got along better, but I sure love her.”

**Dick:** “Great! Then express your real feelings. Stop blocking your True Self and say what you feel, not just to your wife, but to all who are close to you. ‘I love you.’ ‘You’re fantastic.’ ‘I’ve been thinking about you.’ Never assume that the other person knows how you feel.”

### 35.

**Trainee:** “I was married for eight years to the perfect man and we had the perfect kids and the perfect house. Everybody in town envied us. Then, out of the clear blue, he just divorced me. That was two years ago and I still haven’t gotten over it.”

**Dick:** “Well, your choices are clear, aren’t they? You can get over it or not get over it. Obviously, no one else cares what you do. One way you suffer, the other way you don’t.”

**Trainee:** “Oh, that is really a lot of help!”

**Dick:** “I don’t have any help for you. Only you can help yourself. What could I do?”

**Trainee:** “Give me some advice.”

**Dick:** “Okay, the same advice I give the world: **Accept that what is, is!**”

**Trainee:** “Since this whole seminar started, I have liked you and I have hated you. Right now, you’re not at the top of my list, you know.”

**Dick:** “At the beginning of this training, I told you that would be the case, remember? I also told you that you’d be depressed, angry, bored and that you’d probably laugh and cry. Right now, I’m not being the way you want me to be, just the way your husband wasn’t the way you wanted him to be.”

**Trainee:** “He was almost perfect.”

**Dick:** (just stares at her)

**Trainee:** “Well, he certainly was in most ways. He was handsome and he was an excellent provider and really good with the kids. It was really his wanting me to be other than what I am.”

**Dick:** “How was that?”

**Trainee:** “Well, he ... he always wanted sex. You know. Men sometimes get carried away that way. I didn’t share his enthusiasm for that portion of our relationship.”

**Dick:** “Why is it that I see you as wanting your perfect husband to have a more perfect sex drive? How is it that you’ve turned that part around?”

**Trainee:** “Well, so what? He made up for it all right. He found a little cutie and gave up everything for her.”

**Dick:** “That’s what you got out of it. That may not be the way he views it at all. Regardless, something that happened in the past is blocking your experiencing the present, the now. Your husband divorced you, that’s what is. You can let go of it and get on with your life or you can continue to chew on it and thus program your computer for a more negative reality in the future.”

**Trainee:** “What do you think about me really experiencing my resentments and hostility, like you told that man over there? Then I could start with hypnosis programming.”

**Dick:** “What do you think about that?”

**Trainee:** “I’m going to do it.”

*“... many attacks are initiated by the victim. If a person is feeling bad about himself and unconsciously desires to be hurt, he will draw his attacker to himself. Or instead, he may just have a car accident or some other injury. So it is important to know yourself thoroughly.”*

**Dr. Terry Chitwood**  
**“How To Defend Yourself**  
**Without Even Trying”**

### 36.

**Trainee:** “I don’t see why you bother exploring some of the dumb aspects of people’s belief systems. We’re not here for that. We want to learn new things.”

**Dick:** “The most famous Zen story of all is about Nan-in, a Japanese master. It seems that a university professor visited him to inquire about Zen. Nan-in asked his visitor if he’d like tea and the professor accepted. Nan-in served the tea, pouring his visitor’s cup full ... and kept pouring. The professor watched the overflow until he could no longer restrain himself. ‘It is full to overflowing. No more will go in!’

“Nan-in replied, ‘Like this cup, you are full of your own opinions and speculations. How can I show you Zen unless you first empty your cup?’”

“This training is more about deprogramming than it is about new knowledge. All your life you’ve been brainwashed by parents, peers and society with misconceptions, invalid views, convictions, moralities and notions that are restricting your life. Until you begin to question these traps, they’ll block you. Once you realize that there is nobody out there who will save your ass or care about what you think, you can let go of the silly assumptions and get on with living, realizing that the only meaning in your life is what you bring to it.”

**Trainee:** “These ideas make me feel kind of empty.”

**Dick:** “New ideas are seldom immediately comfortable. Yet would you rather base your life upon pretense or upon knowledge?”

**Trainee:** “Knowledge. But where does it leave us?”

**Dick:** “Exactly where we have always been, and with clearer vision. I’m talking about a way of liberation; let your life become a beautiful spiritual pilgrimage, an exploration into creativity and joy.”

### 37.

**Trainee:** “As long as we’re talking about parents, I’d like to share that I’m 34 years old but my father still controls me. My husband hates it but I don’t seem able to help myself. I’m still my daddy’s little girl.”

**Dick:** “As you said that, do you realize that your body language became that of a little girl? You even did a slight curtsy. What do you get out of being his little girl?”

**Trainee:** “I keep hoping to get his approval, I guess, but I never do. He wanted a boy and since he didn’t have one, I’ve been his pal. I’ve gone fishing and hunting with him, but he’s never said he loved me. Not once. He never told my mother he loved her, either. He is very opinioated and I try to be what he wants me to be. I know it is silly but that doesn’t change what I feel.”

**Dick:** “Obviously, you haven’t accepted what your father is. He is a man who doesn’t give you his approval. So what? That’s what is. You can sit around for the rest of your life waiting for approval that won’t ever happen or you can live not waiting for approval. One way you experience anxiety. The other way you don’t.”

**Trainee:** “Well, maybe someday before he dies, he’ll say he loves me. I know he loves us, down inside.”

**Dick:** “What if he doesn’t?”

**Trainee:** “That would be awful. But I know he does. He really does love me.”

**Dick:** “But that isn’t enough, huh? He has to express it in the way you want it expressed before it is acceptable? Let’s find out about this. Close your eyes and go up to your center. On the count of three, you’ll be there. One ... two ... three. All right, now trust the first impression that comes in, just as you’ve been trained to do. Let’s go back to the cause of this need for your father’s approval, back to the most important single event that resulted in the present day manifestations. On the count of three, you will move back in time. One ... two ... three. Speak up and tell me what is happening.”

**Trainee:** “It’s my sixth birthday and my daddy is coming in the front door with some of his friends. I rush up to him and grab his leg. I’m telling him I love him. **I love you, daddy!** But he just pushes me away. He doesn’t say anything, just pushes me away and goes into the other room with his friends. He shouldn’t push me away like that! It’s my birthday! **It’s my birthday!**” (she begins to cry)

**Dick:** (after bringing her back) “You’ve lived the last 28 years wanting things to be different than what they were on your sixth birthday. You’ve been trying to collect your present all this time and daddy doesn’t have a present for you. Daddy doesn’t say, ‘I love you.’ He fed you and clothed you and did what he did, and that’s it. That’s what daddy does.”

**Trainee:** “But that’s not enough!” (still crying)

**Dick:** “Too bad. That’s all there is . Twenty-eight years of hoping and waiting and this is how it all turned out. This is how it will always turn out. Now what?”

**Trainee:** “Well, that just makes me furious. I mean, really furious. I’d like to punch him! I feel so much resentment.”

**Dick:** “Great. Go ahead and feel the resentment. Feel how much it hurts, how miserable it is. Really shitty, isn’t it. **Feel it, feel it. Experience it.**”

**Trainee:** (cries and clenches her fists for several minutes)

**Dick:** “Feel better?”

**Trainee:** “Yes, I really do. I really feel better.”

**Dick:** “Now that this is out of the way, maybe you can see a little more clearly. Where do you get off wanting your father to be what you want him to be? People don’t go around being what others want them to be. The only way they could do that would be to constantly repress their True Selves, and that would result in horrible mental, physical or behavioral manifestations. Everybody is just what they are. Period. Fathers don’t change to be what their daughters want them to be. Can you understand that?”

**Trainee:** “Oh, my God. Yes. You said that before but I guess I couldn’t see it. My situation was too all-important to qualify. Oh, wow. What a jerk I’ve been.”

**Dick:** “Can you make it all right that your father has always been what he is? Can you forgive him?”

**Trainee:** “Oh, yes, I can. I really can.”

### 38.

**Trainee:** “I really don’t like it when you yell at us. I really hate it.”

**Dick:** “I only yell if I feel it helps to break through someone’s block. I only yell out of love. If I didn’t care, I wouldn’t bother.”

**Trainee:** “Well, I don’t like you for it.”

**Dick:** “I couldn’t care less whether you leave this ballroom liking me or not. I care very much that you leave here with your life working better than when we started Friday evening. As I told you in the beginning, I’ll do whatever is necessary to make this training work for you. It is for you, remember. I take it every time I conduct it. I ‘got it,’ as they say in Zen, a long time ago. You just haven’t gotten it yet.”

**Trainee:** “I don’t care about that. I just care about yelling. You shouldn’t yell. Everyone that yells should stop yelling.”

**Dick:** “Let’s find out what it is with you and yelling. Do you want to go exploring?”

**Trainee:** “Okay.”

**Dick:** “Close your eyes and go up to your center. On the count of three, you’ll be there. One ... two ... three. All right now, you are going to move backwards in time to the point where you got stuck on yelling. I will count from one to three, and on the count of three, strong impressions will come in that relate to the source of your anxiety about yelling. One ... two ... three. Speak up and tell me what is coming in for you.”

**Trainee:** “People. Lots of people. They’re running. They’re all dressed in medieval costumes. They’re screaming in panic. I can’t see myself; I don’t know what ... Oh, God, there are barbarians ... they’re killing all the people, yelling and laughing and killing. Oh, my God, I don’t believe human beings can act that way—it’s awful!” (she begins to cry)

**Dick:** (after bringing her back) “Every time you respond to someone yelling in your present life, you are actually responding to an ancient barbarian who died a long, long time ago. Can you see how that works? A Mag. I experience in a past life caused your

conscious and subconscious minds to be out of alignment with regard to the subject of yelling.”

**Trainee:** “Got it!”

*Nothing whatever  
is hidden;*

*From of old,  
all is clear  
as daylight.*

### The Zenrin Kushu

## 39.

**Trainee:** “I don’t see how believing destroys experience.”

**Dick:** “What have you really looked forward to in the last year?”

**Trainee:** “Well, my girlfriend and I really looked forward to taking a cruise from Los Angeles down to Central America and back.”

**Dick:** “Did you have a lot of fantasies about it prior to the trip?”

**Trainee:** “Yes, I guess I did. Especially about meeting eligible men.”

**Dick:** “What else did you fantasize about before taking the trip?”

**Trainee:** “Oh, how neat it would be in the tropical countries. Picturesque things like that, romantic days in the sun, plus all the great food on board the ship.”

**Dick:** “How did it all work out? Be straight.”

**Trainee:** “Truthfully?”

**Dick:** (just stares at her)

**Trainee:** “Well, there weren’t any eligible men on board that I wanted anything to do with. The one guy I liked was gay. The countries weren’t picturesque, they were depressing. The days in the sun were boring because there wasn’t any action. I will say the food was good, but I gained eight pounds, so I could have skipped that, too.”

**Dick:** “If you’d taken that trip without preconceived beliefs about what it was going to be like, you might have enjoyed it. Instead, your beliefs about what it would be destroyed your experience of the trip. When there were no eligible men, you were disappointed. Obviously, you were disappointed again and again. If you had experienced each portion of the trip as it occurred, experiencing your experience for what it was, not for what you expected it to be, you might have enjoyed your vacation.”

#### 40.

**Trainee:** “I’d like to know why my old relationship seems to block any new involvements. I divorced my husband four years ago, but I can’t let go of him. I can’t commit to another man. Every time I get serious about someone new, my husband is there in my mind—and not in a positive way, either. I certainly don’t want to think about him, yet it just comes in.”

**Dick:** “All right, use your technique and go up to your center.” (pause) “And now, on the count of three, you’ll receive strong, vivid impressions that relate to the situation with your ex-husband. One ... two ... three. Trust what comes in.”

**Trainee:** (After a moment, anxiety begins to manifest.) “He’s my ex-husband, but he looks so different! I’m getting impressions of Europe, probably in the Middle Ages.” (pause) “Oh, I see. I was married to him, but I fell in love with his brother, who got me pregnant. My husband was quite a bit older. He found out and brought us before a public tribunal. It was awful! They cut out our tongues and left us in the square to be ridiculed for days. Then they hung us.”

**Dick:** “All right. On the count of three, you will awaken, feeling calm and relaxed. One ... two ... three. Do you see how it works? You don’t need to fear your ex-husband any more. This time around, he won’t cut out your tongue and hang you. The past doesn’t relate to the present. Do you see how your conscious and subconscious minds are out of alignment on this issue?”

**Trainee:** “You mean, on a subconscious level I fear involvement with another man because I think he’ll punish me again? I guess that’s pretty obvious, isn’t it? But what happens now?”

**Dick:** “First of all, I hope you will forgive your ex-husband for everything. That is a sure way to break the karmic tie. Your present awareness will probably end the problem with the other relationships. If it doesn’t, you can use some of the other techniques we’ll be covering during this training.”

#### 41.

**Trainee:** “I’m really bothered about something you said in the lecture before. When my husband chooses to watch football instead of accepting social invitations from friends, it

makes me furious! According to your philosophy, I'm wanting him to be other than what he is."

**Dick:** "Ideally, all relationships include compromise. However, you are resisting what your husband is. He is a man who places football games in a high priority position. It is your resistance of life that causes your problems."

**Trainee:** "Well, that doesn't make me feel any better about it. I still resent it. He chooses football over me!"

**Dick:** "What is causing your problem is that you don't want your husband to have that opinion about football. Can you get that? That is what is going on with you every time you get upset at the way he thinks."

**Trainee:** "Yeah ... well, when you say it that way, it sounds like I'm off the wall, doesn't it?"

**Dick:** (just looks at her)

**Trainee:** "Okay, I can see that."

**Dick:** "What do you really enjoy?"

**Trainee:** "Clothes. Shopping for clothes."

**Dick:** "How would you like your husband to tell you clothes aren't important? You see, he no longer wants you to have your existing opinion about clothes."

**Trainee:** "No way, but that's not the same."

**Dick:** "Isn't it?"

**Trainee:** "Yes, I guess it is. Oh, well. Football's over in the spring!"

## 42.

**Trainee:** "I've been listening to all these women talk about their relationship problems, but my problem is my desire to reexperience the romance that my husband and I had in the beginning."

**Dick:** "Romance is the first stage of a relationship, the intense sexual interest and longing for the other person. Ideally, you carry some of that into the second stage, which is commitment. Commitment is based on really knowing each other. It's when you love and care for each other even after the masks are removed. A lot of couples never make it to commitment."

**Trainee:** “Well, we’re certainly happy and committed, but he never tells me he loves me anymore.”

**Dick:** “Does he love you?”

**Trainee:** “Oh, yes, but he doesn’t say it.”

**Dick:** “Would his telling you he loves you make him love you more?”

**Trainee:** “No, I guess it wouldn’t change what is, huh?”

**Dick:** “What if I were to tell you that I don’t think you are loving your husband correctly? I know the kind of man your husband is and I want you to start loving him according to a plan I’ll give you.”

**Trainee:** “That would be your kind of love. I don’t know if your ideas about love would be right for me.”

**Dick:** “Do you think it would be unfair for me to ask you to love him according to my ideas?”

**Trainee:** “Yes. I can only love him the way I know.”

**Dick:** “Then why are you asking your husband to love you any differently than he does? He is giving you the kind of love he knows how to give. If he were to give you a gift you picked out, wrapped and gave to yourself, would it mean nearly as much as one that he thought of, wrapped and surprised you with?”

**Trainee:** “No, I guess it wouldn’t.”

**Dick:** “He is giving you the gift of his love, the way he picked it, wrapped it and gives it every day.”

**Trainee:** “Thank you.”

### 43.

**Trainee:** “It took a while, but now I can really understand what you mean when you say, ‘Don’t believe in God, experience God.’ But I was raised Catholic and I’m still stuck on heaven and hell.”

**Dick:** “To me, heaven and hell are symbols that relate to the here and now. When you experience peace, balance and harmony, you experience heaven. When you are

disharmonious and fearful, you experience hell. Heaven and hell are reflections of your consciousness.”

**Trainee:** “I like that. I realize it isn’t part of this seminar, but what do you think about the forthcoming antichrist?”

**Dick:** “It is my truth that the antichrist is already here and has been for a very long time. An antichrist is one who exploits in the name of Christ. Who would that be?”

**Trainee:** “The pope, priests and preachers!”

**Dick:** (smiles)

*Pride isn’t always negative--  
as a means to an end it can  
be used profitably.*

**Jan Willem van de Wetering**  
**“The Empty Mirror”**

#### 44.

**Trainee:** “Both you and your ideas seem to be pretty anti-establishment. Your long hair alone says you reject the dictates of society.”

**Dick:** “I’m anti-establishment, but I don’t resist the establishment. I feel it’s in my best interest to minimize my dependency upon the establishment, which is basically the government, big business and religion in the form of churches. They will always attempt to manipulate, control and enslave you mentally. They demand repression and conformity. Conformity breeds repression and kills creativity. Their message is ‘Wear the right suit, cut your hair our way and act according to our rules and we’ll accept you.’ So you become a phony and repress what you really are, complying out of fear.

“The establishment isn’t very self-actualized. It wants you to believe that all answers can be found outside yourself. Even churches want you to find your answers outside, through a preacher, priest or set of commandments. Is it any wonder the establishment is threatened by metaphysics and Eastern philosophy, which encourages you to find your answers within?”

**Trainee:** “But without the establishment, there would be no services ... it would be total chaos.”

**Dick:** “Certainly, there are benefits from the establishment, and until mankind is more enlightened, there aren’t going to be many alternatives. But remember, the establishment doesn’t exist for you—you exist for it. It needs your body to work and make money, buy

products, pay taxes and donate. **It needs your body but fears your soul.** If your soul is free, you may reject the dictates of the establishment.”

## 45.

**Trainee:** “I’ve been working at enlightenment for three years and I can’t honestly say that I’m any closer today than I was when I started.”

**Dick:** “You’ve been **working** very seriously at enlightenment?”

**Trainee:** “Very seriously!”

**Dick:** “Well, I can practically guarantee you that enlightenment isn’t going to take place until you stop working and start playing. Replace work with relaxation and playfulness. Even with Buddha, it wasn’t until he stopped seeking that he awakened, enlightened, beneath the Bodhi tree.”

**Trainee:** “That’s ridiculous!”

**Dick:** “Your doing, in this case, is probably your undoing. You need to walk the path to enlightenment because you enjoy traveling the path, not because you desire to get where the path is going.”

**Trainee:** “Playing is enjoyment, and there is certainly no enjoyment in attempting to attain enlightenment.”

**Dick:** “And until there is no enjoyment in the process, you won’t attain it. Can you tell me why you want enlightenment?”

**Trainee:** “People who are enlightened are superior to those who are not.”

**Dick:** “Let’s go back to square one.”

*Put your faith in men, not truth.*

## 46.

**Trainee:** “Why do you do these seminars and write the books you write?”

**Dick:** “For my own selfish satisfaction and because that’s what I do.”

**Trainee:** “I understand that because I’ve been through a day and a half of this seminar, but I doubt if others would understand how you mean that. They’d see that as total selfishness.”

**Dick:** “Than that’s what they would get out of it. Be aware that **I am what you think I am**. If you think I’m selfish, then that’s what I am to you. If you think I’m a hero, then I’m a hero to you. I am whatever you think I am, and I’ve make it all right with myself for you to think whatever you want to think.

“Let’s get back to your question, though. You are looking for a reason ‘why.’ Reasons are just rationales, excuses that attempt to justify your behavior, to attempt to justify your doing what you want to do. Reasons seldom have much to do with what is, and when you go about explaining yourself, you give away your power. I do what I do because I do it. That’s why!

“Now, if the planet is in any way served by my communications, that’s wonderful. I do feel that if this awareness were to become universal, to quote Alan Watts, ‘The pretentious nonsense which passes for the serious business of the world would dissolve in laughter. We would see at once that the high ideals fo which we are killing and regimenting each other are empty and abstract substitutes for the unheeded miracles that surround us.’—in nature and in our own existence, our own perfection.”

#### 47.

**Trainee:** “What do you feel is our goal of living on the earth at this time?”

**Dick:** “To learn to let go of all fears and to express unconditional love. It is your resistance to what is that causes pain. Resistance is always fear. Before we can stop resisting others, we must forgive, accept, respect and love ourselves. You can only do that by getting in touch with your True Self. Once you’ve let go of the fears that are part of your programming, what is left is the self-actualized Master of Life. A Master of Life would express unconditional love in response to life in general.”

**Trainee:** “You mean, to be extra nice and loving to everybody?”

**Dick:** “Not necessarily. Unconditional love doesn’t mean ‘nicey-nicey.’ Unconditional love transcends blame and judgement. It is acceptance, compassion, sharing and service.”

*“It’s all right to have  
a good time. That’s one  
of the most important  
messages of enlightenment.”*

**Thaddeus Golas**  
**“The Lazy Man’s Guide  
To Enlightenment”**

#### 48.

**Dick:** “I want everyone participating to close your eyes and go up to your center.”  
(pause) “All right, now listen closely to my words. Life is a process of preparation, and everything you have ever experienced has led up to your being the person you are now. You have experienced hard times, sadness and problems that are uniquely your own. But these problems actually have contributed satisfaction to your life, for if there were no problems to challenge you, there would be no growth. There would be no way for you to learn how to handle things and become aware of your ability to make your life work.

“Obviously, many people manifest problems. Not consciously, but subconsciously, they create challenges for themselves. So, from this moment on, the idea is to create positive challenges for yourself, instead of allowing your subconscious mind to create its own. And if you aren’t ready to do that, at least alter your viewpoint. The secret to growth through problems is to look upon all problems as opportunities. The bigger the problem, the bigger the opportunity.

“And all the positive, beautiful situations in your life have also been part of creating the person you are today. All the experiences of loving and caring, the warmth and the joy, have helped to form the person who is here, sharing with me today. And all your experiences have been preparing you; you have been incubating all of your life up until this very moment. And the question is, what have you been preparing for? You have a unique background, unique abilities, unique conditioning. I want you to meditate for a few minutes upon what all of your lifetimes and all of your experiences have been preparing you for.” (silence)

“You are a self-actualizing Master of Life who accepts the warmth and joy in life while detaching from the negativity by allowing it to flow through you without affecting you. You rise above the effects of fear. You open and develop psychically as you evolve spiritually. You are accountable and aware, and compassion is a way of life. You think positively and your viewpoint is to see problems only as opportunities. Each and every day, your life becomes more joyful and fulfilling. You fully realize that you are unlimited in your potential to create your own reality. And these suggestions are communicated to every level of your body and mind ... and so it is.”

*You are not alone.  
There are others, on their way on the same track.  
Travelers from nowhere to nowhere, on their way  
from nothing to nothing.  
The track may be narrow and steep and boring  
and frightening but everybody walks on it.  
You are not alone but linked to everything around you.*  
**Jan Willem van de Wetering**  
**“A Glimpse of Nothingness”**

Participants in any Sutphen Seminar may ask for the microphone and interact with Dick Sutphen if they desire, but they are never forced or asked individually to share. The

majority who attend participate in the regressions and self-exploration sessions, and observe without interacting.

Out of the context of the seminar, trainer techniques often appear cold and unfeeling to a reader. In reality, they are a form of “hard love,” for the trainer has one goal in mind—to create the space for the participant to help himself, by finding his own truths. The Trainer/Participant association is a modern-day version of the Zen Master/Student association. The Seminar Training is (as is Zen) a process of seeking to find in self, opposed to ceremony or doctrine, the path to wisdom.

Zen is neither a religion nor a philosophy, but a way of liberation. It is a game of discovering who you are beneath your fear programming. The Zen Master often used a stick to hit a student who wasn't “getting it.” In the Seminars, Sutphen purposely uses attitudes and words as his stick. One participant might react best to shock, another to gentle support, another to regression awareness, et cetera. The trainer must do this even at the cost of incurring the participant's dislike.

As in Zen, the participant is encouraged to leap into the unknown and find the True Self within. The True Self is found when the false self is renounced. To accomplish the goal, the trainer must jolt participants out of their intellectual ruts, passe notions, views and convictions that are restricting their lives.

Most of the dialogues in this book are from **The Bushido Training®** and a few are from **The Master of Life Training®**, an updated and gentler version of **Bushido®** which Dick began conducting in 1986. Dick also offers an annual professional seminar to teach people to become hypnotists and trainers.

Write for a free copy of *Soaring Spirit* magazine. It is published quarterly and contains many articles, plus complete listings of Dick Sutphen's books, tapes and seminars. The magazine is sent free for a year to everyone attending a seminar or purchasing Valley of the Sun tapes: hypnosis, meditation, sleep programming, subliminal programming, Seminars on Tape and a complete line of New Age music.



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