

## Musings on Thoughts in the Unconscious Mind

October 21, 2021

As I become more and more cognizant of my thoughts and wonder how they originated, I am increasingly aware of unconscious activity taking place. It is not easy to perceive. We think of it as a habit without understanding what a habit really is. We drive home from the store without remembering anything along the route – habit. We practice a musical instrument until we become proficient – habit. We develop balance and reactions to ride a bicycle – habit.

Watch a piano player and try to count how many keys are struck per second. Could one possibly produce enough conscious thoughts to place each finger on the proper key at the right time? Only five thoughts are produced each second. Reading music and translating it to fingering, pitch, loudness, tempo, duration, and chords takes hours and hours of practice. That trains the pianist's unconscious mind to process the musical score and activate the muscular activity.

Habits are part of our personal unconscious (as opposed to the collective unconscious available to everyone). We develop habits through priming, practice, and repetition. One can break a habit – sometimes easily and sometimes not.

The easiest way to break a habit is forgetting. I took calculus in college but I forgot the process. Other habits are harder to break. It is impossible to unlearn how to ride a bike, or swim. Between those extremes lays a spectrum of varying tenacity. Sometimes therapy or a very enlightening experience (trigger event) is necessary to shock a person to awareness of addiction.

The Culture of Entertainment is a tenacious habit that has been ingrained in people by virtually all mediums for many generations – everything from education to work ethics; from religion to sports. It is the 'American way of life' – our right to personal pleasure. Addiction to the 'American way of life' spills over to supporting the government and politicians that make it possible. Reality is transposed to a phenomenal world of 'deserved entertainment' by everything that is seen, heard, felt, tasted, or smelled.

Helping people overcome the entertainment habit is the monumental challenge facing the Global Satyagraha Movement. To meet that challenge we must become skillful in influencing the inner goodness of all people, **or** we must become more ingenious in mounting trigger events that jolt people into seeing reality in proper context. Those choices must be forefront in every nonviolent warrior's mind when planning activities.

Lacking this help in recognizing an addiction, people are unlikely to change. Entertainment addicts actually need help to overcome their phenomenal worlds. I will review a sampling of the knowledge needed.

### Personality Traits

Chapter 7 of *The Goodness Field* introduces thought processing as theorized by the psychology and physical science (quantum mechanics) disciplines. It explains how all relevant data from

every previous event in the entire Universe since the beginning of time (the collective unconscious) enters the matrix of potential thoughts through the physical pole; and how one and only one of those potential thoughts actualize to conscious awareness.

Chapter 7 also explains how the discipline of science philosophy added a mental pole access to the matrix of potential thoughts. Through this pole the Goodness Force enters to counter the influence of *egothink*. That allows people to overcome their phenomenal worlds and actualize thoughts compatible with reality.

On the other hand, so long as people allow their phenomenal worlds to guide their thinking and actions they will retain habits consistent with the Culture of Entertainment. That is the behavior our Invisible Government strives to perpetuate.

Chapter 13 introduces thought processing according to the Hindu discipline. Three *Gunas* – *Rajas*, *Tamas*, and *Sattva* – interact to produce the work a person does. *Tamas* and *Sattva* are personality qualities. *Rajas* is incessant energy and undirected action with no analytical thought. *Tamas* and *Sattva* influence *rajas* to produce the work desired.

A *Tamas* personality is typified by inertia, ignorance, resistance to change, indifference to progress, dogmatism in thought, and reluctance to try new concepts. Rather than do good, *Tomastic* people would more likely seek gratification by translating reality to agree with their phenomenal worlds. They would allow *Rajas* to have full rein in satisfying sensual pleasure. That person's mind would then be controlled by the ego and *egothink* would perpetuate the Culture of Entertainment.

*Sattva* personalities seek enlightenment, healing, goodness, wholesomeness, truth, creativity, balance, virtue, confidence, detachment, and self-control. *Sattvastic* people are more receptive to their inner goodness. They would hold a tight rein on *Rajas* to create work that helps others.

Of course people aren't all one or the other. A spectrum of personalities lies in between – a gradient from very culturally prejudiced people seeking self-gratification to the least culturally prejudiced who are concerned for others.

Personalities are learned behavior but inner goodness has been with us since birth. It is not affected by the *gunas*. It enters our unconscious mind through the mental pole and applies 'reason' to moderate the *guna* interplay. The mind is reasonable and it is 'reason' that overcomes *egothink*.

### **Overcoming *Egothink* to Change Personalities**

Chapter 14 delves into practical ways for nonviolent warriors to influence unconscious and preconscious activity in others. Our good influence, properly and ingeniously presented, can enter a person's matrix of potential thoughts through the mental pole and influence what thought will actualize. Thoughts stimulate what is known as ideomotor action.

**Ideomotor Action:** Ideomotor action has two phases. First is the conscious thought of a goal to be achieved. Once a person is aware of that goal, the five physical senses assist by perceiving ‘images’ to guide bodily movements toward achieving that goal. This secondary activity is called ‘perception-guided movements’, and is often done unconsciously, by habit. The actor is unaware of them if they are habitual.

In Chapter 14 I used an action carried out by Otpor to illustrate both phases. A painted sign introduced an enticing goal into the minds of a people on a public street. One less-culturally-prejudiced person mustered the courage to take action. His action stimulated ‘perception-guided movements’ in the more-timid to follow suit. That continued in an escalating chain reaction until the entire gathering had achieved that enticing goal.

Ideomotor action is a powerful tool for inducing good-thought goals. Chapter 14 provides examples of how imagination and vision can make good thoughts possible. Good thoughts are what trigger ‘cognitive dissonance’; and that is what affects personalities.

**Cognitive Dissonance:** Felicity Menzies describes cognitive dissonance as “the uncomfortable emotion experienced when individuals are aware of an inconsistency in their beliefs, attitudes, or behaviors.”<sup>1</sup> A serious mental dilemma occurs when people discover that their activity conflicts with what they believe in. I experienced this personally.

During most of my missile-designing years at Lockheed I believed I was building a weapon to deter nuclear war. I had succeeded well as an engineer and was assigned design responsibility for a maneuvering warhead for Trident missiles. I had the ‘need-to-know’ for accessing much classified information. Those secret documents gradually revealed to me that Pentagon ambitions were to achieve the extreme accuracy needed to disarm the Soviet Union by striking first at its missile silos. I was astounded! All the while I thought I was working on a defensive weapon and now I had discovered it to be an aggressive, first-strike system. Cognitive dissonance jarred my thinking and eventually led to abandoning my engineering career.

Proactive nonviolent actions should be intricately designed to create ‘cognitive dissonance’ in people trapped in the Culture of Entertainment. Cognitive dissonance is the surest way to agitate thoughts that will overcome *egothink*. It will take vision and creativity to give new meaning to what people already know. But when they see their behavior in a different context, change will happen. Nonviolence works proactively through the thought process. It worked with me so I know that is true.

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*The Goodness Field* is not just another nonfiction book. As indicated by the subtitle – *A Guidebook for Proactive Nonviolence* – it is exactly that; a guidebook. Its content cannot be grasped in one reading. As recognizing the proactivity of stimulating good thoughts in others

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<sup>1</sup> “Unconscious Bias Activities” (Culture Plus Consulting)

grows, successive readings become more informative. I sincerely hope it will become more useful in these ways.

In peace and love, Bob Aldridge