

for me, is "Do I feel lonely with him/her?" If I do then I can be sure that for one reason or another s/he hasn't connected with me. S/he is not receiving me. We've spent hours together in sessions but we've never really met. And if we can't meet then we might as well wrap it up.

If you've tried twenty therapists and you've felt lonely with them all, then maybe you're right. They're all swindlers or you are beyond help.

But if it's only happened to you once or twice, don't get discouraged. A lot of therapists are just as lonely as you are. They're hiding behind theories, techniques, white coats and brass plates.

But somewhere, not too far away, there's a therapist who will really meet you and empathise with you. Then it'll make little difference whether he's a good old fashioned analyst or from the latest school of 'Biodynamic psychosynthetics'; you'll make progress. You'll know when you've found him. You won't feel lonely with him.

John Collett

Becoming more Conscious

We know that there are many methods for consciousness growth, and they all work - if we do.

I have worked with a great variety of them, including many years of individual therapy - as well as group work in the Human Potential Movement.

In this article I would like to briefly share my experience with a method which is not generally known outside the U.S.A. It has been worked out by Ken Keyes jr. and is called the Living Love Method (or the Science of Happiness).

Of all the techniques I have tried in the West and East, this is the one that for me has been by far the most effective and rapid. One of the reasons for this is that it requires going to the roots of the problems. Another reason is that it requires the person to do *all* of the work himself. The method can be used continuously all day - every day - when we are working on a job, raising a family, or whatever we are doing.

It is based on a total reconditioning of unrealistic, negative ways of experiencing and reacting - that are not very effective - and cause suffering, unhappiness and poor functioning in our lives.

Some of this conditioning are paranoid remnants from millions of years of

life in the jungle - automatic "fight or flight" mechanisms - deeply engrained in our nervous systems. The animals also have them and they were effective for surviving the perils of the jungle. But now - not only are they no longer necessary for us most of the time, but functioning automatically, they usually work against our best interests and welfare. In fact, if not radically changed, they may even cause partial, or complete extinction of the human race and of life on this earth in a relatively near future.

In addition to jungle survival conditioning, most of our heaviest and most firmly established programming has taken place in the first few years of our lives - and it has been made more and more solid by constant use after that. Besides that, we go on programming ourselves all the time negatively or positively.

During the first few years of life - when we were biologically immature and very malleable, we had no other choice than to put these programs in - as a result of the conditioning existing in our parents and others in our environment. And the problem is that these negative programs are *still* operating automatically in our lives. Most of them are now inappropriate and cause an enormous waste of energy, perceptiveness, loss of love for ourselves and others, and destruction of our innate wisdom and peace of mind.

The Living Love Method works *directly* on rooting out these inappropriate ways of experiencing and responding - and replacing them with appropriate and realistic ways. The game in this method is to uplevel what we call "addictions" (emotion-backed demands, expectations, and models in our brains and nervous systems) to "preferences, - or to eliminate them altogether. With "addictions" we suffer unnecessarily - while with "preferences" there is no suffering and we can enjoy our lives continuously.

An important part of the system is that we learn to take full responsibility for *all* our experiences, while our training so far has been to blame outside factors when we experience negative emotions and suffering.

The method itself should be experienced by an individual to find out how they work for him or her. A written description cannot possibly do them full justice. However, an excellent boob has been written on the subject by Ken Keyes, Jr. It is called "Handbook to Higher Consciousness" and can be ordered from a local book store or from Cornucopia Institute, St. Mary, Kentucky 40063, USA. The price is \$2.95 plus mailing charges.
