

This is an excerpt from the book

# **The Fundamentals**

by

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## **The Taxonomy (Study Hierarchy) of Psicanics**

Level 0: Study, Learning and Intelligence\*

Level 1: Cosmology

Level 2: Fundamentals of Existence

Level 3: The Causal Sequence, BE and FEEL

Level 4: THINK, DO and HAVE.

Level 5: Love

Level 6: Reality

Level 7: Creation and Manifestation

Level 8: Discreation

Level 9: Relationships, Couples and Children

Level 10: Communication and Negotiation

Level 11: Piloting

Level 12: Centaur: Body and Health for Spirits

Level 13: Education: New Paradigms

Level 14: Money and Abundance.

Level 15: Organizations: New Paradigms

Level 16: Leadership

Level 17: Society, Government, and Religion

Level 18: Personal Liberty in an Unfree World

Introduction to Mysticism: How to Find God

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## PSICANICS, LEVEL 2

## FUNDAMENTALS

You will need the Psicanics Dictionary to understand any of the Psicanics materials. You may view it free at [www.psicanica.com](http://www.psicanica.com) or request a printable copy in MS Word by email to [support@psicanica.com](mailto:support@psicanica.com)

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## **THE KEY TO STUDY, COMPREHENSION AND LEARNING**

**NEVER, NEVER, NEVER CONTINUE READING  
BEYOND SOMETHING YOU DO NOT UNDERSTAND.**

**Power** we define as the “action that produces the desired results”. The goal of all human effort is either Love or Power.

**Knowledge is Power.** Knowledge indicates and guides the correct actions--from among the infinite possibilities of ineffective actions--to produce the desired results.

**Only Comprehension constitutes Knowledge.** To read over or even memorize data without understanding it is totally useless as knowledge.

**Knowledge builds on Knowledge.** Knowledge of any subject, especially including psicanica, is taxonomic = hierarchical. The comprehension of advanced concepts depends upon the comprehension of the previous, more basic concepts. You must learn a subject in a certain order, simple to complex. It is impossible to understand the advanced concepts of any subject without having first understood the basic concepts.

IT HAS BEEN SHOWN THAT THE FAILURE TO UNDERSTAND JUST ONE, BASIC  
CONCEPT IS SUFFICIENT TO SABOTAGE THE UNDERSTANDING OF AN ENTIRE  
AREA OF KNOWLEDGE.

A SINGLE MISUNDERSTOOD WORD (MUD) IS SUFFICIENT TO MAKE  
IMPOSSIBLE THE UNDERSTANDING OF A CONCEPT (MUC).

CONSEQUENTLY, A SINGLE MISUNDERSTOOD WORD CAN SABOTAGE THE  
COMPREHENSION OF AN ENTIRE AREA OF KNOWLEDGE, OF A SCIENCE.

**MUD à MUC à MUS (MisUnderstood Science).**

There are a dozen ways to misunderstand a word. The easiest is to not know the word at all. The rest involve incomplete or erroneous definitions, confusions with synonyms or homonyms, not knowing all the definitions and/or applying the wrong definition of the multiple definitions of the word, etc.

To continue with a confusion or uncertainty -- whether of a word, an idea, or a concept -- is to guarantee the Graveyard Spiral down in increasing difficulty and eventual failure in your learning. This is especially true for Psycanics, which is a sophisticated, technical model of spirit-ual existence with a precise nomenclature.

**The Graveyard Spiral in Study and Education.** When a person continues to study past MUDs, his lack of comprehension and confusion will increase the further he tries to proceed. The subject becomes increasingly difficult, instead of increasingly easier as it will when each concept is understood in the correct gradient. In fact, any science will quickly become **impossible** to understand without returning to clear up the MUDs.

When a student tries to learn ignoring his MUDs and thereby accumulating MUCs, the subject matter will become so confused and "difficult" that the student gives up and abandons it or tries to get through it with memorization. To the student, it appears that that subject is too difficult or advanced for his intelligence – with the attendant damage to his self-esteem. However, the problem is not that the subject is difficult, but rather that the student, considering his accumulation of MUDs and MUCs, never learned it at all.

A student will often repeat this pattern of jumping over his MUDs and snowballing his MUCs in other subjects. The result is that the student soon finds all study and school itself difficult, unpleasant and a source of constant inability and failure.

The student then forms negative beliefs about himself and his intellectual capacities: “I am not intelligent enough; I can’t understand things well; I am not good enough; I am stupid; I am less than others”; and so on. These destroy his self-esteem and self-confidence to handle life and get what he wants. He then generates the negative AntiPower emotions such as anger, frustration, fear of failure and sorrow. He turns moody and unhappy.

School becomes a place of confrontation on his inability and incompetence, and a source of pain and unhappiness. He often becomes a rebel and a disciplinary problem. He may eventually abandon school and all intellectual activities as the “cause” of his failure and suffering. His faulty education will often truncate the quality of his life. Delinquency and criminality are common results.

All this is because of MUDs. This entire spiral starts with a single MUD and ends in intellectual death. The Graveyard Spiral started the first time the student continued to read beyond a word he did not understand, the first time he let a MUD stick to him.

Remember the story: “For the want of a nail, the horse threw a shoe. For the want of the shoe, the horse stumbled and fell. For the want of his horse, the king lost the battle. For losing the battle, he lost the war. And losing the war, he lost his kingdom”? It is the same with MUDs and MUCs.

Just as bricks and girders are the building blocks of buildings, and ideas, concepts, principles and laws are the building blocks of science; words are the building blocks of the ideas, concepts, principles and laws: of Knowledge. The basic concepts as well as the advanced ones are formed of **words**. The advanced concepts are formed of the basic concepts and of more words.

When you do not understand an idea, the cause is almost always one or more MUDs. (The only other cause: sometimes the grammar is poorly constructed.) In other words, *there are no misunderstood ideas, only misunderstood words*. Words are the critical components of knowledge. ***The misunderstanding of one word is sufficient to block the understanding of an idea, and the misunderstanding of one idea is sufficient to ruin the comprehension of a science.***

If you do not understand an idea, identify your MUDs in that idea. Look them up in a dictionary or glossary. Learn **all** meanings in order to be able to choose the best one for that sentence.. This will also assure that the word in question will not be a MUD in different context in the future.

If your MUD is one of the technical terms used in psicanica, you must define them with the Glossary or the Dictionary-Encyclopedia of Psicanics. The ordinary English dictionary definitions will be inadequate and, in fact, will create a MUC.

You are the only one who can control the quality of your reading and understanding. To pass over a word, a sentence, or an idea that you do not understand completely is self-sabotage against your power in life. Power comes from knowledge; knowledge comes through words.

You should be aware that it is not just technical words that you must be careful of, especially as they will be defined in the book. Any word, for simple that it appears, can be a MUD and make impossible the comprehension of the sentence. Even prepositions -- towards, from, by, etc.-- have been MUDs for some students.

### **BYPASSING MUDS**

The ideal is to be aware and able to identify and define MUDs at the moment of encountering one. However, eventually some will slip by. When this happens there will eventually occur one or more symptoms, which the reader should be able to recognize. These symptoms are:

- Ø Difficulty in comprehension, confusion. The text becomes difficult to understand.
- Ø Difficulty in concentration. You find yourself becoming distracted easily, or thinking of other things. You loose interest or become bored with the material.
- Ø Your mind blanks out. You suddenly find yourself to have read a section but don't know or recall what you were reading.

Any of these indicates that you have gone past a MUD. The problem is that the MUD may be in the section that you are reading or it may be pages before. The solution is to return in the text to where you last understood well and work forward carefully looking for the poorly understood ideas and then in them, the MUDs.

Psicanics offers you power over your life. The foundations of that power are your comprehension of the phenomena and their laws of operation that must be acquired through the comprehension of all the words. Therefore you should read this book with a good dictionary at hand, and above use the PSICANICA TECHNICAL DICTIONARY, available free on [www.psicanica.com](http://www.psicanica.com) .

## TECHNICAL TERMS AND THE PSICANICA DICTIONARY.

As we make new distinctions in any area of existence, we must have words to represent those discoveries. Words are symbols, representations, of things and processes that we can use to communicate with each other about things without having the thing present. Without words, we would still be pointing to things and grunting. Effective and efficient communication, like mathematics, requires precise symbols.

In any area of knowledge as it expands, there is always a tension between the need for new terms, and overloading the area with an obfuscating plethora of extraneous, abstruse, superogatory, ambagious, discombobulated, and labyrinthine nomenclature. Such overloading in some fields, psychology to name one, is not at all uncommon.

Communication about spiritual, mental and emotional phenomena is further complicated by the fact that such psicanic phenomena are non-physical. We can't always produce them on demand for observation, measurement and dissection by others. I can see your body, but not your thoughts. I can't feel your emotions or your identities. For this reason, study, understanding and agreement as regards any psicanic reality is more difficult than in the physical sciences.

Therefore, our problem is how to communicate about newly discovered, often subtle, non-physical phenomena. Over a period of 22 years of describing and teaching, I have developed a precise terminology. Sometimes I have assigned new, technical meanings to normal English words; other times I have had to invent new words. My intention is never to complicate or confuse, but rather to symbolize sophisticated concepts to make communication exact and efficient. Psicanics has a very specialized terminology designed to get you looking at and thinking about life from a very particular viewpoint—one that opens understanding and leads to power.

Eventually, I will be saying things like:

- ∅ **NIRs** and their **AntiLove charges** are the source of all negative **BE-FEEL**. BE-FEEL is the only motivation of all human behavior.
- ∅ **Space** is the absence of **BAD** and therefore of **Resistance** and **AntiLove**. It is, therefore, the beginning of Love, and therefore the beginning of Happiness.
- ∅ The **trigger event** for the **activation** was the violation of a **program**.

- Ø **Reality** and **truth** are very different concepts. Just because something is **real**, does not make it **true**. Furthermore, **truth** is not always **real**. Something can exist but not be **real**.

The words in bold print in the above sentences—NIR, AntiLove, BE-FEEL, trigger, event, program, truth, reality, real, space—are all technical terms with have precise psicanic meanings. Some of those terms require chapters to explain. If you have not carefully learned the definition **and the concept** of each of such technical words, you will be totally in the MUC.

These technical terms are usually written in capital letters and defined when they are first introduced. They are also defined in the Dictionary. You must use the Psicanics Dictionary for such terms: regular dictionary definitions will only create MUDs.

I invite you to peruse the Dictionary now to get an idea of technical definitions. The Dictionary will also give you a good idea of the subject matter of this book and whether it will resonate with you or not.

## UNDERLINED WORD EQUATIONS

I will often write two or more words underlined with an equal sign between them, as in these examples:

- Ø Most people have some degree of consciousness = awareness = perception = feeling = experience of their emotions.
- Ø Space = the absence of BAD = No Resistance = zero negative energy is the beginning of Love = Happiness.
- Ø BE = IDentities and FEEL are the only cause of your FEEL = emotions.

Underlined word equations mean that we are dealing with multiple words that have arisen in the English language that refer to the same or similar phenomena. It means that the underlined terms are very related: they share the same concept; or they are synonyms, or one includes the other in some way.

Just as we need to assign new words to represent new discoveries, we also need to reconnect multiple existing words to be as one word or one concept when they refer to the same phenomena. The underline is not for emphasis, but to help the reader by grouping the words in the equation as one concept; as all referring to the same phenomena.

There are several ways to handle underlined word equations. You can reread the sentence with each word alone assuring that you understand each resulting sentence. If any of the resulting sentences do not make sense or does not seem to be true, then you are not understanding that particular word in the word equation. As you

advance in your conceptual comprehension of Psicanics, eventually you will be able to read the sentence once, grasping immediately the similarity or relation of each term to the others in the equation. You will eventually understand the word equation as one concept, one phenomenon. (If you don't, you have not understood psicanica.)

Word equations are necessary to reconnect multiple words to their single underlying concept or phenomena. Furthermore, word equations enhance conceptual understanding. When you "plug in" each word of the equation into the sentence, you are using a different perspective for the same thing. This leads to fuller conceptual understanding. This is what we seek: full conceptual understanding (as explained in Level 0, Study, Learning and Intelligence).

## TEXT CONVENTIONS

Conventions are way of writing or noting things to help understanding.

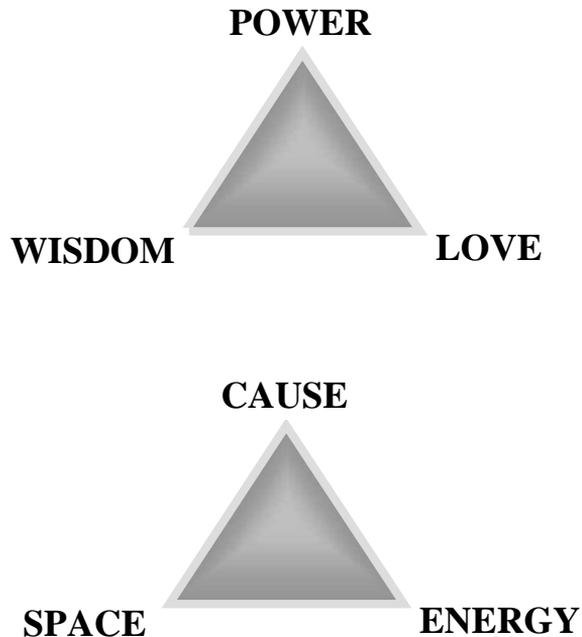
- Ø When a word refers to a primary, global concept in psicanica, it will be capitalized: e.g. Love, Responsibility, Will, Space.
- Ø When a word is in all capitals, it refers to a quality of God: CREATOR, ENERGY, CONSCIOUSNESS, LOVE.
- Ø BAD is always written in capitals to remind the reader of its total concept that requires 3 chapters in Level 2 to explain.
- Ø The psicanic IDentities, AntiWisdom, AntiPower, AntiValue are often written in small capitals to assure the reader's recognition of them as IDentities: example: ICAN'T, IAM UNWORTHY, IDON'T KNOW.
- Ø The elements of the Causal Sequence and their derivative are always written in capitals: BE FEEL THINK DO RELATE HAVE; BEing, FEELing, Doing, etc.

For example: In the sentence "He is being stubborn", "being" is not used with reference to BE in the Causal Sequence. In the sentence "Your BEing is composed of all your IDentities; "BEing" is a reference to the BE in the Causal Sequence. The Causal Sequence will be explained in Level 3.

CHAPTER 1

**THE TRINITY:**  
**CAUSE – SPACE - ENERGY**

The “Trinity” in psicanica consists of the three forces of existence: **Cause**, **Space** and **Energy**. These factors can also be called **Power**, **Wisdom** and **Love**.



**Cause is Power:** The ability to produce the results that you desire, to get what you want and feel how you want to feel. To create and manifest the life that you desire, you need to be at Cause and apply Power. Active Power is the capacity to move energy. Passive Power is the ability to maintain Space, to hold a position despite all attack.

**Energy:** Everything that exists, all realities, are energy. All energy follows laws and principles. Knowledge of the laws gives you control and power over energy. Your experience, your feelings, thoughts and emotions, for example, are all energies. You can control these energies. Positive energy is Love; negative energy is AntiLove. Love and AntiLove will be explained when we need the concepts.

**Space:** Space is the absence of energy. For example, all your negative emotions are energies. Space would be the absence of those energies and therefore the absence of suffering. . **Space is the only way to handle negative energy.** Space is Wisdom. Space is a grand concept that requires a complete chapter to explain.

To control your existence, you only need to understand these three Forces and how they function. Failure to understand them guarantees the inability to manifest what you want (AntiPower) and guarantees you will suffer throughout your life. (AntiLove).

Cause is Power; Space is Wisdom; and Energy is Love. And these, of course, are ESSENCE, the essence of BEing, of which God is the upper polarity. ESSENCE is what you and every human being seek;; you seek Wisdom, Power and Love = Happiness. If you have these three, you have dominated all life. You have all that is experientially important, and you can manifest anything else you want.

#### **DEFINITIONS:**

**Love**, verb: To give positive **energy** that benefits, grows or expands the beloved. Love is any kind of action or energy that benefits the beloved. Love is action: you must be Cause; you must exercise Power, you must DO in order to Love, to generate positive energy. (Love as a noun is any positive energy given.)

**Wisdom:** The combination of knowledge, intelligence, experience and intuition that guides action to produce the optimum result with minimum energy. The ability to foresee the consequences of action.

However, the most important of the three, Power, Love and Wisdom, is Wisdom.

**Law:** **Power and /or Love without Wisdom destroy.**

For an example of Power without Wisdom destroying, take Hitler. For an example of Love without Wisdom destroying, think of a mother who spoils her children in the name of love thereby forming them as irresponsible, lazy, soft, weak and otherwise incompetent to handle life.

Note: Psicanics has nothing to do with religion. There is, however, a seeming correspondence between the concept of the Trinity in the Catholic Religion and the Trinity in psicanica. The Cause-Power-Creator factor in psicanica seems to correspond to God the Father as Creator in Catholicism. The Energy factor seems to correspond to the Holy Spirit. The Space-Love factor corresponds to Jesus Christ, “Son of God”: Space-Love was his main teaching. (The concept of Space-Love will be explained as the last chapter in this Level 2.)

Whether this correspondence is a coincidence, or both systems are observing and describing the same phenomena in different terms, I leave to your judgment.

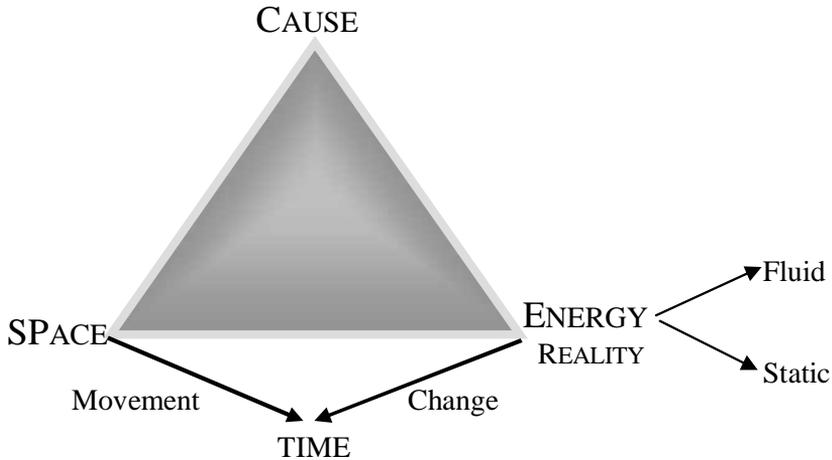
A sub-concept of Energy is the concept of Reality. A reality is any form of energy. Energy = realities come in two basic styles:

1. Fluid energy such as light, electricity and the entire EMR (Electro-Magnetic Radiation) spectrum.
2. Static energy such as matter and all material objects; e.g. a planet, a rock, a house.

A concept that arises as the interplay of Energy and Space is TIME. Time, you will remember, is CHANGE. That change can be any internal transformation of the energy form with or without movement; or it can be movement as change of position in space. Either one creates TIME.

Note for Advanced Psicanics: Time, as we humans perceive it, is an illusion. In reality, all that has ever existed or ever will be exists right now as the Cosmic Matrix. You as a psican are moving through a part of that total created reality matrix, and that motion you experience as change and time.

Adding the two concepts of Reality and Time to our graphic, we have.



This graphic: **Cause, Space, Energy-Reality, and Time**, pretty much sums up the universe. Anything you can think of, experience or know exists within these four concepts. To be a master of your existence, you only need to understand the laws and principles of each factor. Psycanics explains these laws and principles.

The short definitions in this chapter are totally inadequate to understand these concepts: each requires several chapters. You are not expected at this point to understand them, only to know that they exist and that you will be studying these concepts.

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Abbreviations and Symbols for formulas and equations in psicanica:

C	Cause
Cr	Creation
Sp	Space
T	Time
E	Energy
Ef	Effect
Exp	Experience
H	Happiness
J	Joy
L	Love

P	Power
R	Reality
Resp	Responsibility
Rxx	Resistance
Perxx	Persistence.
TE	Time and Energy = Life
TEE	Time, Energy & Experience = Life.
V	Value Polarity
W	Wisdom

## CHAPTER 2

# CAUSE and EFFECT

One of the most important polarities is that of Cause and Effect. You are operating on some point of the Cause-Effect polarity scale at every waking moment. It is critical to your power and your happiness in life that you understand and operate in life in a condition of Cause.

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**Definitions** (Remember that words referring to general concepts in Psicanics are capitalized.)

### CAUSE

noun: The agent of force and action that effects change. That which originates, initiates, creates, manifests, decides, determines, acts, forms, produces, gives, moves, controls, changes, or affects anything. One pole of the Cause-Effect polarity. The concept of Cause includes: Will, Power, Force, Creator and Creation, and Manifestation, defined below.

verb: The action and process of bringing into being or changing something. The action of originating, starting, creating, controlling, changing, moving, affecting, or effecting something. The action of producing an EFFECT. Synonyms: to create, to produce, to effect. To affect and/or to effect anything.

Cause is Power; it is the ability to produce the desired results. When applied correctly, Cause is your ability to manifest what you want in life. When not understood, your own Cause will block your getting what you want and will often produce things you do not want. Low Cause is the condition of many humans.

**EFFECT** -- The other pole of the Cause-Effect polarity.

noun: 1- The influence, change, affect or result produced by a Cause. Examples: The effect of a bomb is destruction. The effect of a psicanic reality on consciousness is experience. Synonyms: result, impact, outcome.

2- That which receives the action of a Cause. Any thing or person that is created, formed, produced, moved, changed, controlled by an external agent. To be subject to a Cause, to a superior force, so that one has little or no control and is at its mercy. E.g., Many people are at the effect of their emotions. This usage is often worded as: “at the effect of” or “in the effect of” E.g.: The victim is at the effect of his persecutor. The poor live in the effect of their ignorance of how to create money.

Effect is a condition of no power, no control; of being affected or controlled by an external cause. For example, one of the laws of Psicanics is: Resistance is Cause at Effect. It means that to resist anything puts you at the effect of it. E.g. Resisting your negative emotions will give them more power (cause) over you.

verb: to cause the desired result successfully; to achieve, to carry out to conclusion. E.g. She effected the maneuver.

TO BE EFFECT or AT EFFECT means to be acted upon. One of the aspects of Effect is experience. Experience is the effect of realities = energies on consciousness.

**AFFECT**: Affect is a word very related to Effect. To affect something is to cause some kind of effect to it, to influence it.

**WILL**: The innate ability of the Psican to exert force and move energy.

**POWER**: 1- Active: The ability to produce the desired result. 2- Passive: The ability to hold a position despite all counter effort. Power is the condition of a successful Cause in action; it is the ability to cause the desired results. (Note: you can be Cause and not produce the desired results: you can fail = no power.) Cause is the entity that exercises Power. Effect is a state of no Power because the Power is wielded by other. **Personal Power**: the ability of a person to manifest his desires and achieve his goals.

Knowledge is Power: An abbreviation of the complete law that is **BEing + Wisdom = Power**, where BEing consists of the optimum identities including **I am Cause**.

**CREATE**: To cause to exist, to bring into being that which did not exist previously. **CREATOR**: that agent which CAUSES something to exist.

**MANIFEST:** To bring into one's experience, into one's personal universe, that which has already been created—often by others--but is elsewhere (out of experience). **MANIFESTOR:** the agent of Cause that causes something to move into experience.

Difference between Creation and Manifestation. You create your thoughts and emotions. You create a painting by painting it; you create music by composing it or playing it on an instrument. However, you manifest your car or your house; somebody else creates these--unless you work in the automobile factory and assemble that car; or actually build the house yourself.

**CREATION:** Any energy form, any reality. Everything that exists was originally a creation.

**REALITY:** Any energy form, any creation.

Difference between Creation and Reality: They refer to the same thing. The choice of which word to use depends on your focus. Use the word "reality" when referring to the fact that some thing exists irrelevant of who created it, when or why. Use the word "creation" when you wish to include reference to the process of its coming into existence = cause = creation; or to emphasize the identity or responsibility of the creator of that reality.

End of Definitions.

At first take, it might appear that Cause is “good” and Effect is “bad”. But not so: ALL experience is Effect. We seek to be the Effect of positive realities that **Cause** us positive experiences = happiness. Two examples: 1- Give is Cause; Receive is Effect: Do you not like to receive gifts? Then you like to be in effect. 2- You go to a roller coaster or a horror movie because you want the effects = experience of fear and terror.

We resist being Effect only when the effects we are receiving are negative = undesired or painful. For example, we resist our negative emotions (e.g. fear or depression). We resist the negative cause = actions of others, i.e. we resist being the victim of others; we resist being damaged by them.

What we most seek, of course, is to be Powerful CAUSE, to be the CAUSE that produces those positive things = results = effects that we want to experience. We seek to be the CREATORS of all our realities = our lives, in order to be at the effect of those creations = experience them. We seek to Cause only positive Effects and then to enjoy those effects = experiences.

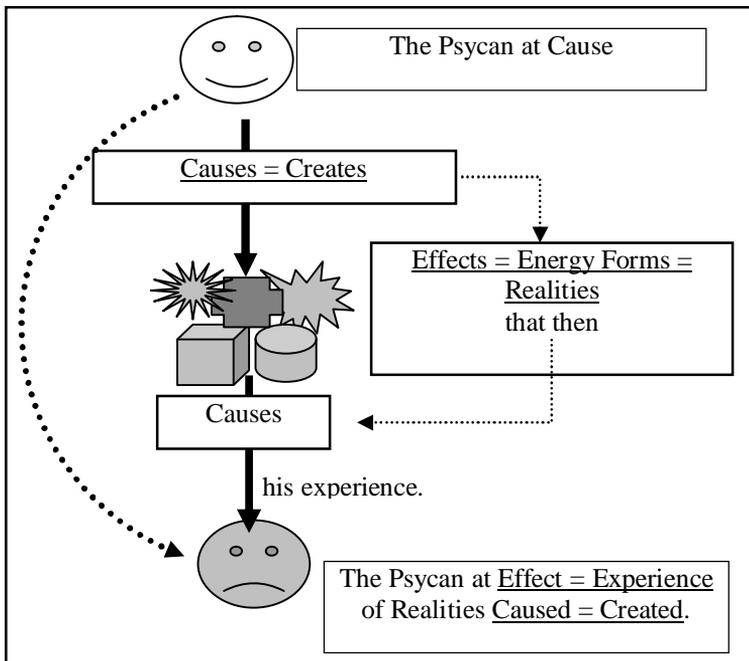
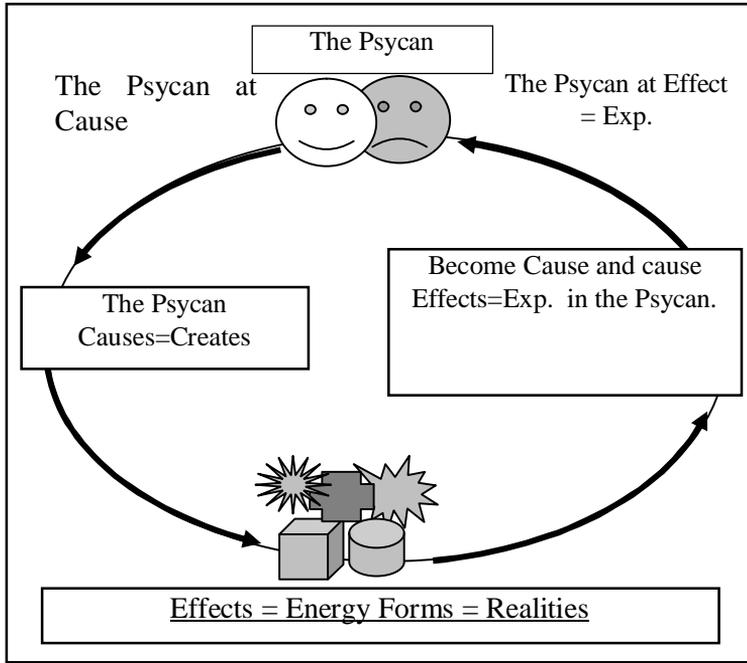
Cause may be successful (Power) or unsuccessful (failure).

Effect may be positive (desired and appreciated), or  
negative (unpleasant and repudiated).

This brings us to a basic equation describing how existence works:

**Cause = Creator à Effect = Reality > Cause à Effect = Experience to Cause = Creator**

This equation means that you are Cause = Creator. First you create your realities; you are **cause**, your realities are **effects**. Then your realities **cause** your experience: They become Cause, you become Effect. We can show this with either of the next two graphics (follow the arrows):



Law:

The psican is a creator of reality that puts himself at the effect of his creations for the purpose of experience = games = drama.

You are Cause; you are Creator of ALL of your realities. In fact, you even create the physical universe itself although you do this at a mystical level of your BEing far beyond your human perceptions<sup>1</sup>. You create your thoughts, your identities, and your emotions. ALL your thoughts and emotions, ALL your psicanic experience, work by this equation as expressed in these graphics. Your psicanic realities then determine (Cause) your physical circumstances – a complex process we will come back to in Advanced Psicanics.

For many people, the very idea that they create their psicanic experience, especially their emotions--and therefore their happiness or unhappiness--will be shocking. At this time (year 2003), most humans still believe that they are not creator of their psicanic experience. They believe that external things, events and others, cause their experience and make them suffer. We will absolutely prove this false in about two chapters.

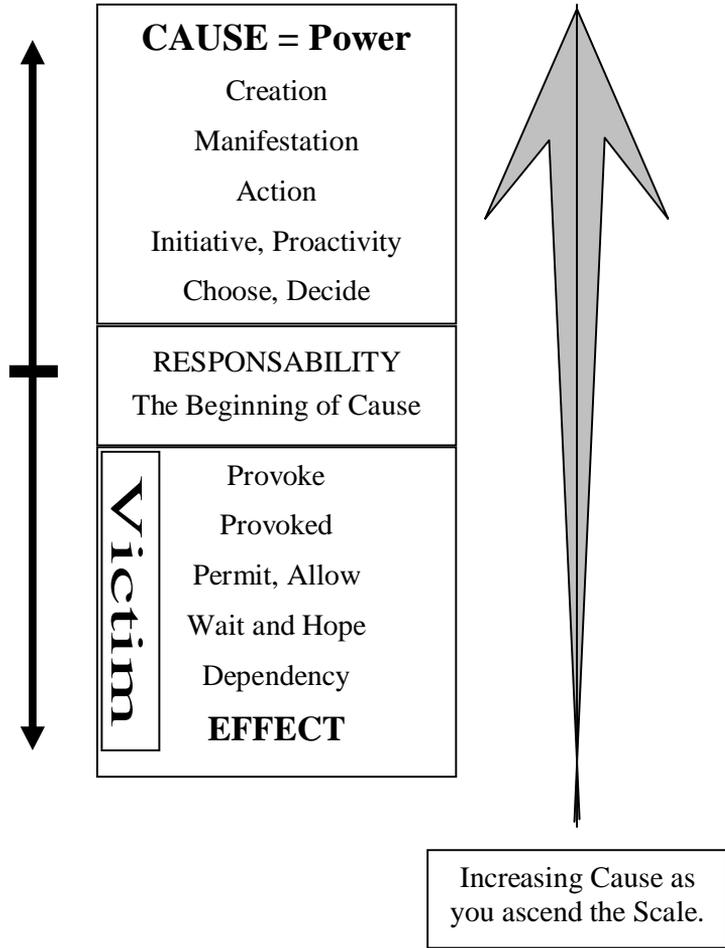
Likewise, most people do not believe that they have much influence over the physical universe, much less that they can control it to achieve their goals and desires. Much later, we will explain the process of creation and manifestation in the physical universe.

Because your psicanic experience--happiness or suffering--is the effect of your psicanic realities; and because your personal physical universe is the reflection of your psicanic universe, the key to everything is the control--**the creation and discreation**--of your psicanic realities. How you create and can discreate your realities is a major area of psicanica and one that we explore later in your studies. Right now, we need to get back to the Cause-Effect Polarity.

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<sup>1</sup> As you remember from Level 1 Cosmology, there is only the ONE. You are part of IT. As you go back “up” the chain of individualization to the ONE, you are part of a Bigger Being, who is part of an even Bigger Being, who is part of an even Bigger Being, all the back to the ONE. You create the physical universe at one of these levels of Big Beings.

**The Polarity Scale of  
CAUSE and EFFECT**



## The Spectrum of Cause-Effect

<b>CAUSE POWER</b>		
Create	<b>Proactive</b>	The highest expression of Cause and Power is creation, the bringing into existence of that which did not exist previously.
Manifest		To Cause to come into one's world (experience) that which is already created, often by others. Sometimes called Attraction.
Act		To take action, to move oneself to move other. Often a preliminary step to manifestation or creation.
Decide		The exercise of Will to choose between alternatives of action.
<b>RESPONSABILITY</b>		Responsability is the point of change between Cause and Effect. The concept of Responsibility is so grand; it will be the next chapter. (Note spelling as a technical word in Psycanics)
All levels below Responsibility are the condition of VICTIM, explained in the next chapter.		
↑ Provoke	<b>Reactive</b>	
Victim Provoked		
Permit		
Wait and Hope		
↓ Dependency		
<b>EFFECT = NO POWER</b>		

**Definitions:**

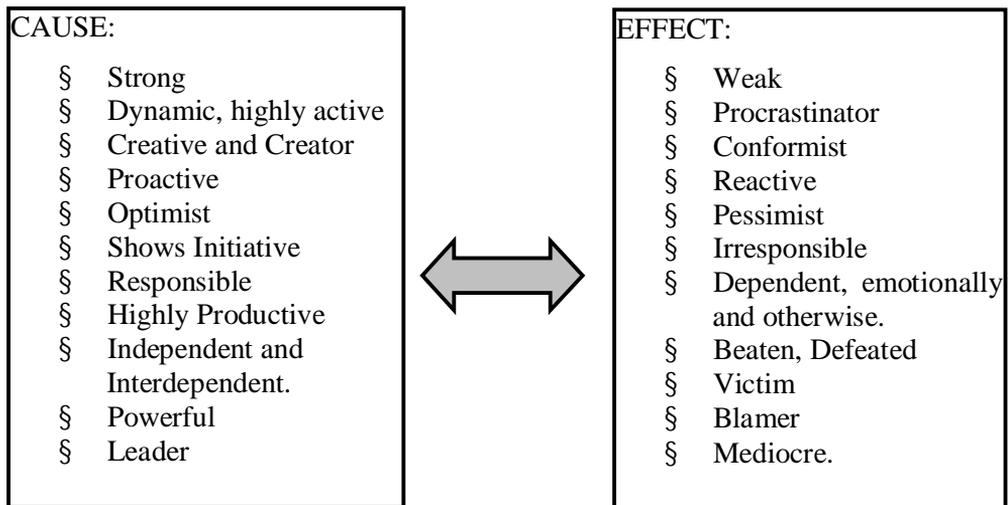
**Proactive:** A person who is ahead of events; who foresees consequences and events and takes action in time to prevent or control the negative ones and to produce the positive ones. Such a person is at Cause.

**Reactive:** A person: 1- Who is behind events; who fails to see things coming or fails to take action in time to prevent or control the negative ones. 2- A person who is emotionally reactive to others and events; who activates easily with the negative emotions such as anger, resentment, guilt, fear, sorrow.

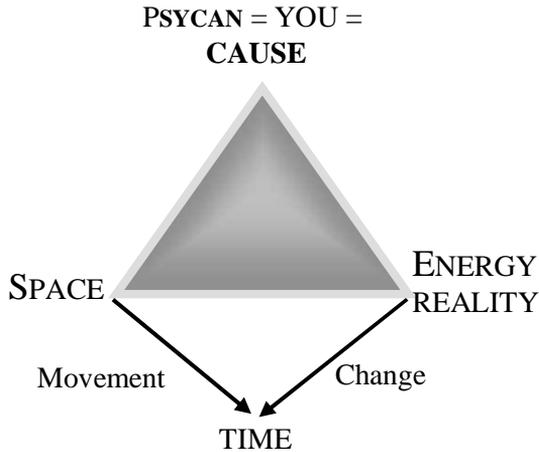
To understand the Effect = Victim levels, it is necessary to first understand the concept of Responsibility. Therefore, the levels of Victim will be explained more fully in the next chapter on Responsibility.

Every human being is operating at some point on the Cause-Effect Polarity Scale above. Furthermore, our level changes from situation to situation. For example, we may be Cause and Creative in our work world, but a Victim in our relationships.

**Comparison of Characteristics of Cause and of Effect in Beings:**



**One of the purposes of Psicanics is to bring you to  
FULL CAUSE and POWER over SET: SPACE, ENERGY, and TIME.**



What to take with you from this chapter:

1. The concepts of Cause and of Effect = Victim
2. Cause-Effect is a polarity spectrum. You assume a position on it on facing any person, event or thing. Your Power to handle that person, event, or thing depends on your Being = Identities and your knowledge and wisdom. Those IDentities must include with **I AM CAUSE; I AM RESPONSIBLE** or you are denying your own Cause = Power.
3. Responsibility is the middle point and the change point between Cause and Effect.

## CHAPTER 3

# RESPONSABILITY

Responsability is a unique concept. It can only reside in a single individual. You may share it with others, but your portion is not diminished. You may delegate it, but it is still with you. You may disclaim it, but you cannot divest yourself of it.

**Admiral Hyman Rickover**

Law:

**CAUSE and POWER are only possible within  
the psicanic condition of RESPONSABILITY<sup>2</sup>.**

**Personal Power begins with Responsibility**

Our objectives are for you to become more at Cause in life, to acquire more Power over yourself and both of your universes and for you to BEcome a more Powerful Being. Our goals in psicanica include that you become able to play better and bigger games; that you learn to manifest your movie according to your desires.

Such Cause and Power start with Responsibility. Responsibility is a make or break point in life. It is the point of transformation between Effect = Victim and Cause = Power.

If you are already in a condition of Responsibility for your life and everything in it, congratulations. However, most of humanity is **not** in a condition of Responsibility. The consequences of living in No-Responsability include no Power and not getting much of what you want, relationship problems, low self-esteem, negative emotions and unhappiness. It is, in fact, impossible to be happy in a condition of No-Responsability.

Responsability = Response + Ability. Responsibility is the ability to respond. To respond to or for something is to be **at Cause**. It is to **act** in some manner whether to answer or to take physical action. Response-ability then is the ability to act.

**Responsible, Responsibility = ABLE TO ACT.**

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2 (Note that Responsibility in Psycanics is spelled with an “a” as a distinguishing mark for a technical term.)

## DEFINITIONS: RESPONSABILITY

### Main Definitions

1. The point of change between Effect and Cause on the Cause-Effect Spectrum.
2. Consciousness of Cause; acknowledgement and awareness of being Cause, of being able to act.
3. The relationship of a Creator to his creations.
4. An essential element of Love: to deny Responsibility is to deny Love.
5. Any condition of possibility of action, including when in the negative effects of the Cause of others.

### Secondary Definitions

6. The ability to respond deliberately under self-control and reason as opposed to out-of-control emotional reaction: logical choice as opposed to emotional reactivity and resistance.
7. The ability to vary your actions and responses until you achieve the desired result (as opposed to repeating over and over an ingrained habit or behavioral rut)
8. The duty or privilege to care for someone or something.
9. A counterpart of Freedom.
10. Accountability: The ability and the duty under Love and Justice to respond for our negative actions, to restore damaged or lost energy. Without Accountability, Responsibility does not exist.

### Explanation of each definition:

1. Responsibility is the point of transition between Cause and Effect on the Cause-Effect Polarity Spectrum. The negation of Responsibility automatically puts the Being in Effect = Victim. Recognition of Responsibility automatically moves the Being to Cause.
2. Responsibility is Consciousness of Cause. To be responsible is to be aware of Cause, of the duty to act when necessary. When a person declares or believes she is not responsible, she is declaring she need not act; that she is not Cause. Responsibility, then, is recognition and acceptance of Cause.

Note: As Cause includes decision, initiative, proactivity and creativity; Denial of Responsibility (DOR) impairs all of these.

3. Responsibility is the relationship of a Creator to his creations: Every Being is Cause when she creates something, and remains responsible for that creation. A person who creates a bomb is responsible for the effects of that bomb. Every person creates her psicanic realities (identities, thoughts, and emotions) and remains response-able for those creations. This response-ability = Cause includes the power to discreate any of those realities. For example: You are the creator of and responsible for your emotions. (This will be proved in a later chapter.)
4. Responsibility as an aspect of **Love**. Love is action for the well-being of the beloved: Love requires Cause. To be loved is to be in Effect (the recipient of energy); to love is to be at Cause, (the giver of energy). Responsibility is the beginning of Cause. Response-ability as part of Love—and of Wisdom--is to be conscious of our Cause, our actions, and their consequences to avoid harm to others. A person whose actions result in harm to others is at Cause and is responsible for those results and failure to love.

You will note that there is very little Love on this planet as few people take responsibility for the well being of their brethren, or for the environment. This planet's highest feat until now has been Fairness and Justice, not Love. Were there Love, ignorance and poverty would not exist. We will come back to this in Level 6, Love.

5. Responsibility is any condition of possibility of action, especially when at the effect of the negative actions of others (vulnerable to others). In any situation, if you have any possibility of action, then you are responsible—you do not need to be the initial Cause of the situation. For example: you are not responsible for it raining. However, you are responsible for standing outside in it and getting wet as long as you have any possibility of action such as going inside or opening an umbrella. If you have no possibility of action--for example, you are chained to a post--then you have no responsibility for getting wet. **Any possibility of action establishes responsibility.**

Here is the key question to determine if you are response-able in any situation where you are suffering negative effects: Do I have any possibility of any kind of action to stop, change or avoid those effects? As an adult, you almost always have some

possibility of action in any situation. (Note how it matters not who or what is causing those effects.)

6. The concept of Responsibility includes the ability to respond to others and events with self-control and logic--as opposed to out-of-control negative emotional or irrational reaction. It is the ability to respond from reasoned decision in awareness of actions and consequences (Wisdom) as opposed to “knee-jerk” emotional reaction in resistance and effect (reactivity). A person who is response-able acts as opposed to reacts. A person who is at the effect of his negative emotions (activated) is reactive rather than response-able--although he is responsible for those reactions nevertheless. When a person is activated, he reacts without thinking and usually with unwise, negative consequences for himself and others.
7. The concept of Responsibility includes the capacity to vary your actions and responses until you achieve the desired result. The opposite of this is to repeat over and over any pattern of behavior (communication or action) despite the fact that it does not produce the desired result. A person who is response-able, on not achieving the desired result, will try again using a new approach. A person who is not response-able will keep trying with the same futile approach over and over again, sometimes for years.

In psychology, there is a famous story about this “vary-your-response-ability”. In this story, psychologists test rats by hiding cheese a specific spot in a maze. At the same time, they test humans (using students) by hiding money in a specific spot using as a maze a school laboratory. Both rats and students find the prize (cheese or money) with about equal ability, and both quickly learn to go directly to the hiding spot.

The difference occurs when the prize is moved to a new spot. The rats quickly learn that the cheese is no longer in the old spot and respond by concentrating on finding the new spot. They say that the students are still breaking into the laboratory at night looking for the money.)

8. Responsibility can be position of caring for someone or something, or of doing = Causing something positive. This is a very common usage of the word. Examples: She is responsible for her children. He is responsible for getting the reports out on time. This is also Responsibility as positive Cause = positive action = Love (see #4 above).
9. Responsibility is a counterpart of Freedom, of Liberty. A- Freedom requires Responsibility; and B- Responsibility does not exist in the absence of Freedom.

- A. One of the prices of Freedom is the Responsibility to control one's Cause and to avoid actions that are harmful to others (AntiLove). Each entity (except the insane) is response-able for his actions and the consequences of those actions. The violation of this responsibility will result in others revoking your liberty and controlling your Cause (prison, for example). Both civil and criminal laws have as their purpose to control Cause. However, no amount of laws will ever replace Beings operating consciously in Love, Wisdom and Responsibility.
- B. If a person is not free to act (to be Cause), but is under the coercion (at the Effect) of another, the responsibility is with him who controls, who has the Power. This is similar to #5 above.

10. **Accountability:** Responsibility is the ability and the duty to respond for our actions, including to restore any damage we Cause. This aspect of Responsibility is also called Accountability. Accountability is justice; it is the equalization of energy.

There are two sides to accountability. The first is the positive side: that positive results be rewarded. This is a basic premise of capitalism: to each according to his production. The violation of this principle is what makes communism and socialism unworkable.

The second side is the negative side. He who produces negative results is responsible (is to be at Cause) to restore the energy lost or damaged. He who damages or loses anything is responsible for restoring that thing. Without such accountability, without the restoration of energy, responsibility does not exist. (The violation of this principle destroys any system.)

**NOT PUNISHMENT:** The restoration of energy is not to be confused with punishment. Punishment is negative energy designed to make bad-and-wrong and to hurt, to Cause pain to the offender, either as vengeance or so that he does not repeat that behavior. Punishment is AntiLove. Restoration is the production of positive energy by the responsible subject to restore damage done: restoration is an act of Love. The restoration of damages is Accountability

## LOVE AND RESPONSABILITY

Note the relation of Responsibility to Love. Responsibility is the beginning of Cause and positive Cause is one of the definitions of Love. Responsibility is also the condition of caring for someone or thing and that is Love. For example, should a parent say that he is not responsible for the well-being of his child, you would know instantly that he does not love her. He is denying being at Cause for his child and denial of responsibility is denial and the refusal to love. Responsibility as accountability is the reparations of any damage or harm we do, intentionally or unintentionally, to others. And, that too, is Love. Responsibility is a prerequisite for love.

Law: **DENIAL OF RESPONSABILITY IS DENIAL OF LOVE.**

The difference between Accountability and punishment with children is critical. Children respond very well to Accountability, even on the negative side of restoring damages they Cause. And Accountability teaches them Wisdom, Justice and Love (as explained below).

On the other hand, children and your relationship with them will always be damaged by punishment, as it will be by all AntiLove. Children (and everybody else) should never be punished; they should always be held accountable (according to their age level, of course).

## WISDOM AND ACCOUNTABILITY

Wisdom and Accountability are reciprocal factors. Wisdom is the ability to predict the consequences of one's actions. To be responsible and avoid harm to others (AntiLove), and to be Positive Cause = Love, requires the ability to foresee the consequences of our acts. One of the definitions of Wisdom is the ability to predict the consequences of actions.

Reciprocally, Accountability develops Wisdom. When you must respond for the consequences of your actions, you are maximally motivated to learn to predict and control those consequences in order to maximize reward and reduce damage restoration. You become a Wiser and more Powerful person.

The consequence of excusing people from responding for the consequences of their actions, is to fill the world with people who are either unable to calculate those

consequences (unWise), or who don't care (unLoving), or both. As Herbert Spencer put it so succinctly:

**The ultimate result of shielding men from the effects of their follies  
is to fill the world with fools.**

To the degree that parents raise their children without training in responsibility and accountability, those children as adults will lack Wisdom (the ability to foresee the consequences of actions) and Discipline and Personal Power.

Definition: Discipline: The ability to do what you should do, when you should do it, to the best of your ability, whether you want to, or like to, or not.

Accountability is a great teacher of Wisdom and a great trainer and motivator of Discipline.

**Without Accountability, Responsibility does not exist.** Without Responsibility, any energy system will collapse. At the current, extremely primitive level of spiritual consciousness of mankind, if there is no Accountability, there will be no Responsibility. Where there is no Responsibility there is no quality Cause, only fools loose in the universe. Where there is quality Cause, there is no Love.

In advanced races, races that understand that we are all ONE, races that understand LOVE; everybody is naturally responsible and accountable as they play win-win and seek the greatest good of the greater number at all times.

**Responsibility à Accountability à Quality Cause à Love.**

**Notes on the Fall of Civilization**

There are several things that will destroy a person, a society, or all civilization. One is the denial of personal liberty, including freedom of speech. Another is the annihilation of responsibility and accountability. To the degree that any entity—government, government official, corporation, group, or individual is freed from the consequences of his actions, the quality of the Cause of that entity deteriorates. This naturally deteriorates the entity's surroundings, destroys the organization.

The annihilation of Responsibility and Accountability is now widespread in the U.S., and a major signal of the decay of that society from its origins of Liberty, Cause and Responsibility as practiced by the founders and settlers.

To name just a few examples:

1- One way in which accountability is cancelled is by taking from those who produce to give to those who do not. This destroys the incentive for production and awards those who do not produce. One name for this is communism: other names are proportional (unequal) taxation, subsidies, socialized medicine, and welfare—all rampant in the US. Another is the government giving away money to anybody for any reason. As someone put it so succinctly for one example of this: “Foreign aid is the taking of money from the poor in a rich country to give to the rich in a poor country.”

2- Government officials do not have to respond for their bureaucratic nonsense, excessive regulations and other harmful acts to citizens or to the country. Brokers and corporations lie and cheat causing the loss of billions of dollars to citizens, and get off with a slap on the wrist.

3- When the government does bring a case against corporate malfeasance, (e.g. Enron); the case is often allowed to bog down in legalities and “if they knew”, “if they personally did it”, and other irrelevant details. The only real question is “Was this person in a position that was *or should have been at Cause = in control* of the negative events?” Even if the person did not know of the malfeasance, if it was his position and duty to know, he is responsible. Unless such a person can prove—and the burden of proof is on him, not the government-- that others above him deliberately and successfully kept him in the dark, he is responsible. In other words, just being in a position of Cause in the corporation is proof of responsibility.

4-Criminals do not have to repay damages to victims. They may be punished, but that does no good, neither to the criminal nor to his victim.

5-Children and teens are not held accountable for their actions by parents and schools. Parents are not always held accountable for the actions of their children.

The consequence of saving such men from their follies is to fill the world with such men who harm others, intentionally or not makes no difference. When there is no accountability, they do so without restitution and therefore without justice – which only encourages them to more of the same. They do not learn, do not become Wiser and more Loving.

Juries violate Responsibility when they ignore an injured party’s responsibility in the disputed event: the injured party almost always has some degree of responsibility. Juries violate accountability when they award totally excessive compensation for damages. An example of both situations: A jury awarded a woman millions of dollars in damages for her

spilling hot coffee on herself while chasing her rambunctious child at a McDonald's restaurant.)

Another example of the annihilation of Cause, Liberty and Responsibility and the de-powering of the individual and the society are all laws that deny freedom of choice. These are usually justified in the name of safety and security.

For example: there are all the laws that deny you the freedom to choose whom you want for medical advice: you must use AMA/government approved (i.e., licensed) doctors only. Nor may you offer your healing services to others without such approval no matter how effective you are. Jesus Christ, today, would be arrested for practicing medicine without a license.

Nor may you go into a pharmacy and buy any medicine that you wish; you must have the written permission of approved doctors. An American today has very little freedom or options in health care.

I have lived many years in a society where such laws are nonexistent: Mexico. I have found it far, far superior to the US system. If you want such government-approved advice, doctors are available for consultation and treatment. But there are also many forms of alternative healers and treatments, often just as effective. And if you want to treat yourself and to buy freely the medicines to do so, that option is available – your responsibility, of course, for the results. And if you do choose to treat yourself, you decide the degree of investigation and study you will employ before taking action. Everything is options and freedom – with the attendant responsibility, of course. They go hand in hand.

Note, that no matter what, you are always responsible. When you let others dictate your treatment, that is your decision. And you are still responsible for the outcome: you are who suffers the results, positive or negative of the other person's treatment.

You loose your freedom when you let others dictate what you can and can not do (outside of harming others) – no matter how someone tries to justify that in the name of your own well-being or safety.

This state of no-freedom and control exists in the U.S. for many things, not just medicine: legal representation, psychological consultation, etc.

## Maturity and Responsibility

Responsibility is the measure of the process of metamorphosis from child to adult. A child is totally dependent on the Cause of others; she is unable to fend (be Cause) for herself. She has no responsibility for anything, including anything she does--adults are totally responsible for her well-being and for anything she does, even should she get hold of a gun and shoot someone.

Growing up is the process of acquiring responsibility for one's actions and life and exercising Cause to become independent and self-reliant. **Responsibility is a sine qua non of maturity.** And note that responsibility = maturity has relatively little to do with age. Some people are very responsible while still quite young: others never mature, never become really responsible—a common complaint of many women about men.

## VICTIM

The opposite polarity of Responsibility → Cause is Effect → **Victim**.

**Definition of Victim:** A person who **Assigns Cause** for his (negative) experience outside of himself. A person who **denies responsibility** for something he does and for anything that “happens to happen” to him. A Victim denies responsibility both as the original Cause of a situation (Provocation or Permission on the Cause-Effect scale); and as being able to respond, to stop or avoid the negative effects. The Victim therefore believes that life or others are doing things to him without his Cause and participation being involved; and furthermore, that he has no ability (Cause) to stop or avoid those things.

Negation of Cause and Responsibility conducing to complaining and blaming are characteristics of the Victim. He or she perceives him/herself as having very limited Personal Power and is unhappy: his experience consists of the antipower emotions: anger, frustration, resentment, guilt, fear, sorrow, grief and depression.

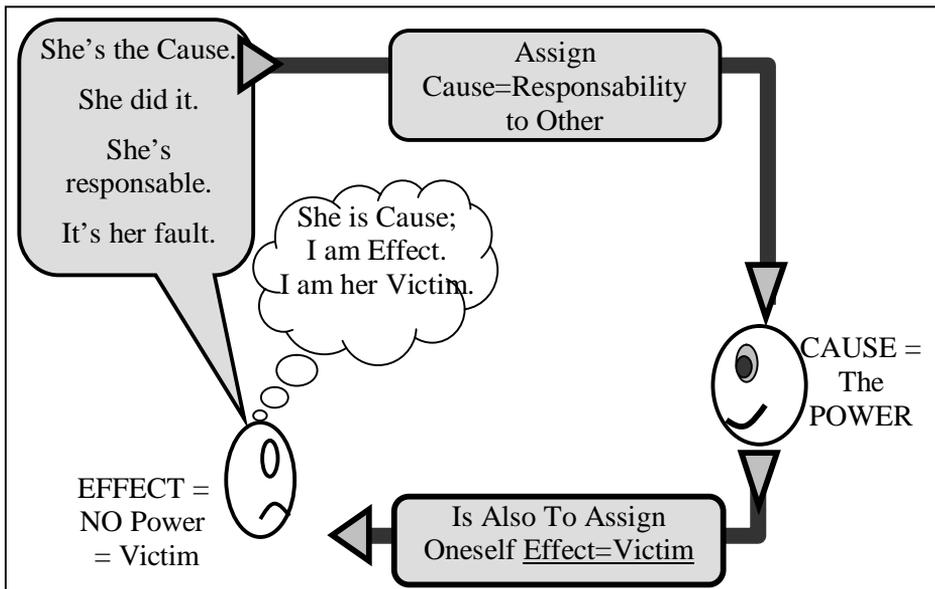
### The Denial of Responsibility Creates Victim

Responsibility is Cause: the ability to act. To deny responsibility for something, you must assign that responsibility to somebody or something else. In other words, you **ASSIGN CAUSE** to Other.

The opposite polarity of Cause is Effect. You are one or the other (relative to any given event). If you are not Cause, then you must be Effect, a condition of No-Power. To deny Responsibility = Cause = Power in you and assign that Cause = Power to Others, is to automatically assign yourself the role of Effect = No Power. To deny Responsibility is to give away your Personal Power.

On denying Responsibility = Cause, you put yourself at VICTIM of the Cause = Power that you assigned to Other. When you blame somebody else, you are giving away your Power; you are saying that that person is more powerful than you are.

The following diagram shows all this:



Note: The Formula of Life is: BE FEEL THINK DO HAVE. The Causal part of the Formula is BE or IDENTITY. The essence of Victim is the AntiPower and the resulting AntiValue Identities. The AntiPower Identities include: I AM UNABLE; I CANNOT DO IT, I AM LESS THAN; I AM WEAK; I AM A FAILURE. The AntiPower Identities then catalyze the AntiValue Identities: I AM LESS THAN, I AM NOT WORTH MUCH, I AM UNDESERVING; I AM BAD, etc. The Victim lives in much negative emotion as all emotions are love or AntiLove for self according to the identity assumed. (The student need not try to understand this last statement now—it will first be necessary to understand Being and Identities, information in a later level. This paragraph is included here in order to assure the completeness of the concept of Victim.)

## THE FATAL IDENTITY

An Identity is any statement of “I AM”. Observe how we create IDentities and the resulting thought processes:

1. “I am not the Cause; I am not Responsible.”
2. Thought process: “So who is Cause?—it must be around here somewhere.” This leads to the Assignment of Cause:
3. “X” is the cause; s/he or it is responsible. S/he did it; s/he is the Cause. It is her/his fault.”
4. “Since I am not responsible, why look to me for remedy or action? It’s not my responsibility. I cannot (or do not have to) do anything about it: I am not the Cause: s/he is!”

#1 is the main AntiPower IDentity, the Fatal Identity; and the rest are part of an AntiPower paradigm. Apply these to anything or any area of your life and you have killed your Personal Power. You will have little power to change that situation. For examples:

- § State that you are not responsible for your emotions and you will have no power over your emotions. (And if you are not responsible for your emotions, then who is?)
- § Say you are not responsible for your love relationship or any particular problem in it--assign that the other is the Cause of all the problems-- and you will have no power to improve that problem or relationship.
- § Declare that you are not responsible for your poor financial situation and you will have no power to change it.

Law:     **The Negation of Responsibility Kills Power.**

## SELF-ESTEEM, HAPPINESS AND RESPONSIBILITY

Self-esteem is your subconscious evaluation, your estimation, your good opinion of yourself. Your self-esteem depends on whether that evaluation is positive or negative. The most powerful factor in your evaluation of yourself is your perception of your Personal Power. Your Personal Power is your ability as Cause; it is your perception of yourself as able and competent to handle life, as capable of reaching your goals. You are “good” and therefore self-love-able when you are able and powerful. You are “bad” and consequently self-unloved when you are unable, not powerful.

As Responsibility is Cause; the ability to respond, to be powerful; it is an essential factor in self-esteem. Denial of Responsibility puts a person in Victim, and Victim

is a position of very poor self-esteem. Furthermore, self-esteem is self-love, and self-love is the essence of happiness. The Victim, then, lives with very little self-love and is fundamentally unhappy. Furthermore, there is no remedy to that unhappiness without exiting Victim by taking Responsibility.

### Examples

A classical Denial of Responsibility that many people squat in concerns their upbringing. It is very common in life that someone blames (assigns Cause) to their parents for how they are or for their lives, problems or suffering. They have created themselves as the Victims of their parents or their childhood.

The solution is the principle of Responsibility:

**It doesn't matter what anyone made of you;  
It only matters what you make out of what they made of you.**

**It doesn't matter what anyone did to you;  
It only matters what you do with what they did to you.**

As Charlie Brown puts it: "If life gives you lemons, make lemonade". Make lemonade is being response-able; this is being Cause.

### THE EMOTIONAL VICTIM

A common form of Victim is the emotional victim. Many people deny Responsibility for creating their negative emotions, their pain and suffering, blaming others for their pain and suffering. They also use this as a control mechanism of others. "Poor me," they say, "look how you are making me suffer. It is BAD that I am suffering and you are BAD for making me suffer. Stop making me suffer by changing what you are doing to what I want you to do. Then you will be GOOD again and I will love you again. "

The victim wants you be Cause--to act, to change—in order to alleviate his "suffering". That way he does not have to take responsibility for his emotions or learn how he creates them and how to control them. (We will return to this in the next chapter.)

## VICTIMS IN RELATIONSHIPS

Another common area of DOR (Denial of Responsibility) = Victim is relationships. Either or both parties accuse and blame the other for being the source (Cause) of the problems in the relationship. They deny any participation or contribution to Causing the problems: they feel they are the innocent Victim of the other partner:

“It is the other’s fault; I am the innocent Victim here; I am not doing anything to Cause this. Therefore, it is the other who must act and change to improve the relationship—not I. I am not the cause of the problems; I am not the one responsible.”

As long as either person is in Victim, it is difficult to better the relationship. When both parties are in Victim, there is no hope whatsoever.

A common solution is to divorce themselves from that “bad” partner, source of the problems. They often do so, only to repeat their Victim pattern in the next relationship.

When both persons are denying responsibility for the negative energy in the relationship and blaming the other, both are denying Cause. There is, then, zero percent Cause in the relationship: no force, no effort, to have it work or to improve it. The correct way is for both to take 100% responsibility for the quality of the relationship. Thus, there is 200% responsibility for the relationship; and even if one party fails at times, the other can easily carry the relationship through those times.

However, it should be noted here, that it requires great Wisdom for one person to be 100% responsible for the relationship for any length of time. The person at 100% must bring the partner up to a position of higher responsibility. For one person to remain at 100% and allow the other to remain at very little would be very tiring and eventually destroy the relationship.

## WHEN OTHERS CAUSE ME “BAD” THINGS

Even when others are the Cause of negative energy in your life, you are responsible. You may be responsible that they treated you that way (see Provoked)—or you may not. However, you are responsible for how you handle that negative energy. In every situation in your life, you are Cause or you are Effect: It is your declaration or denial of Responsibility that determines your condition – not what the Other person did.

Another way to look at this is to ask the question: “Who is going to suffer the effects?” That is the person it behooves to respond (take responsibility) and act to avoid or change those effects, no matter who is causing the effects.

In other words, the greater importance in your life is not what Other did, but rather your response: how you are going to handle (your Cause) what they did (their Cause)? Your Cause starts with Responsibility, your recognition that unless you are chained to a post, you are at Cause over everything in your life. And if you are chained to the post, it may be your responsibility for getting chained to the post—and certainly is to get unchained. To deny responsibility is to give away your Cause and your Personal Power no matter what the situation or how it came to be. As we said before:

It matters not what anyone did to you;  
It matters only what you do with what they did to you.

### **DILUTION OF RESPONSABILITY**

Your responsibility in a situation is independent of, irrelevant to, the responsibility of others. To say that others are also responsible is to try to dilute or deny your own responsibility.

Admiral Rickover expressed it very well: “Responsibility is a unique concept. It can only reside in a single individual. You may share it with others, but your portion is not diminished. You may delegate it, but it is still with you. You may disclaim it, but you cannot divest yourself of it.

### **DISTORTIONS OF RESPONSABILITY: OBLIGATION AND BURDEN; BLAME AND GUILT.**

#### **Obligation and Burden**

Responsibility is the beginning of Power, and normally a pleasure for a psican. However, it will be experienced as negative, as an obligation or burden, under two conditions:

1. **Burden:** AntiPower Identities: Confronting responsibilities can activate the antipower identities ( I am unable; I can’t do it, I am too weak; I am a failure, etc.). When a person feels, consciously or unconsciously; he is not going to be able to fulfill the responsibility that he may fail; these IDentities and their negative emotions may activate, putting the person in a negative experience towards responsibility.
2. **Obligation:** Imposed Cause: When the responsibility as duty = obligation is forced upon the person against his Will, whether by someone else or by

circumstances; his experience of responsibility may also turn negative and resistive.

These two factors: “imposed by Other” and “antipower identities”, are often found together, making a person feel that he cannot fulfill his obligations, obligations forced upon him by Other.

## **BAD AND RESPONSIBILITY**

One of the major resistances to Responsibility is that when we fail, we label that failure and the Agent of Cause who failed (ourselves) “BAD”. This sends us into guilt. Nobody wants to be “BAD” or to feel guilty. We weasel out of this by denying Responsibility; deny having been the Cause (of the failure), and often assigning the blame elsewhere. Thus the “BAD” results may exist, but we did not Cause = are not responsible for them. Therefore, we are not “BAD”.

For this reason, we so readily claim responsibility for our victories and the good things in life; we accept ourselves as “good” Cause. However, most of us quickly deny responsibility for our defeats and the “BAD” things in our lives. We assign Cause = Responsibility to someone or something else; we blame them.

### **Blame, Complaints and Guilt**

Pure Responsibility is free of all judgment of good and bad. It is pure Cause = Action → Results = Consequences. These may be judged positive or negative, but they are never Good or BAD. Therefore, Blame and Guilt, which imply “BAD”, are distortions of Responsibility.

1. **Blame:** Responsibility is NOT blame. Blame is *invalidation for failure*, invalidation for failed cause (invalidation means there is a label of BAD and wrong). Blame is to assign Cause while labeling the results of that Cause, and often the causal agent, as “BAD”. Thus blame involves negative energy; responsibility is always neutral.
2. **Complaints:** Complaining is similar to blame and is a sure sign of denial of responsibility. Complaining is invalidating a “BAD” situation while denying cause, therefore is invalidating the failed Cause of Other. The difference between blame and complain is the center of focus: blame focuses on the causal agent: complain focuses on the result = situation. The solution to complaints is taking responsibility and action, starting with communication with whoever is at Cause over the situation, and ending with taking the initiative to fix the problem oneself.
3. **Guilt:** Responsibility is NOT guilt. Guilt is how you feel when you blame yourself. Guilt is to recognize one’s Cause while labeling the results

“BAD”, and oneself “BAD” for having Caused them. Guilt is the IDENTITY “I am Bad” for having done (Caused) something BAD”.

(Note: Blame, Guilt and “BAD”--and Responsibility as free of these--will not be fully understood until the theme of Good, Bad and Evil is studied.)

These four factors: obligation, burden, blame and guilt give responsibility the heavy negative connotations that so many people have about responsibility. In Psycanics, Responsibility is always positive, free of invalidation and negative energy. It is recognition of the cause-effect relationship without invalidation. It never involves punishment; it always is accountable for the consequences. To blame, complain, or feel guilty is to fail responsibility.

The solution to BAD, Blame and Guilt is to understand and transcend the creation of “BAD”, a later chapter in this Level.

## **COST-BENEFIT STUDY OF VICTIM**

### **THE VICTIM’S PAYOFF**

Nobody ever does anything unless he calculates in some way that it is to his benefit. Assuming the position of Victim is no exception: it seems to have its rewards.

**Comfort:** Taking the position of Victim is comfortable; it is easy: no action required. The Victim is not the Cause of anything, of any situation. And he does not have to take Cause in any situation. He does not have to respond for anything. He does not have to make any kind of effort, does not have to exert himself to change things. He can just sit back and criticize, complain and blame.

**Positive Value Polarities:** As the Victim is never the Cause, never responsible for “BAD” things and situation, the Victim gets to play the positive value polarities. The Victim gets to be innocent, to be right and to be “good” by assigning guilty, wrong and “BAD” to the failed Cause.

**Failure:** All failure is failure of Cause, of Power. Unconsciously, the Victim believes he is isolating himself from failure. The Victim subconsciously calculates that because he is not Cause, not doing anything, not responsible; he is not and cannot be a failure.

**Manipulation and Control:** The Victim uses victimhood to manipulate and control others. He uses the “poor, weak, helpless me” IDENTITY strategy to attract attention, sympathy and cooperation from others. He accuses others of “BAD” Cause, of hurting him, of betrayal, in order to manipulate them with duty and guilt. He uses the

value polarity: he invalidates others; labels them “BAD” when they do anything he does not like. They can redeem themselves, become “good”, by pleasing the Victim.

### **THE PRICE OF BEING A VICTIM:**

The Victim pays a high price to be a Victim and “enjoy” the benefits above:

**Power:** Power is successful Cause, the ability to produce the desired results. By denying Responsibility, the Victim has blinded himself to his own Cause and thus does not take much action—he limits himself to complaining and blaming and trying to manipulate others to do what he wants. Victim is the antithesis of Power and a Victim has very little Personal Power.

**Failure:** Unconsciously, the Victim believes he is isolating himself from failure by relieving himself of responsibility and action. What he does not realize is that the consequences of his failure to act include that he does not get his desired results. Thus he is in failure all the time.

**Self-Esteem.** Self-esteem is your good opinion of yourself. The most powerful factor in self-esteem is Personal Power: your perception of yourself as able and competent to handle life, as capable of reaching your goals. The Victim is assuming a position of no power and that is very damaging to self-esteem.

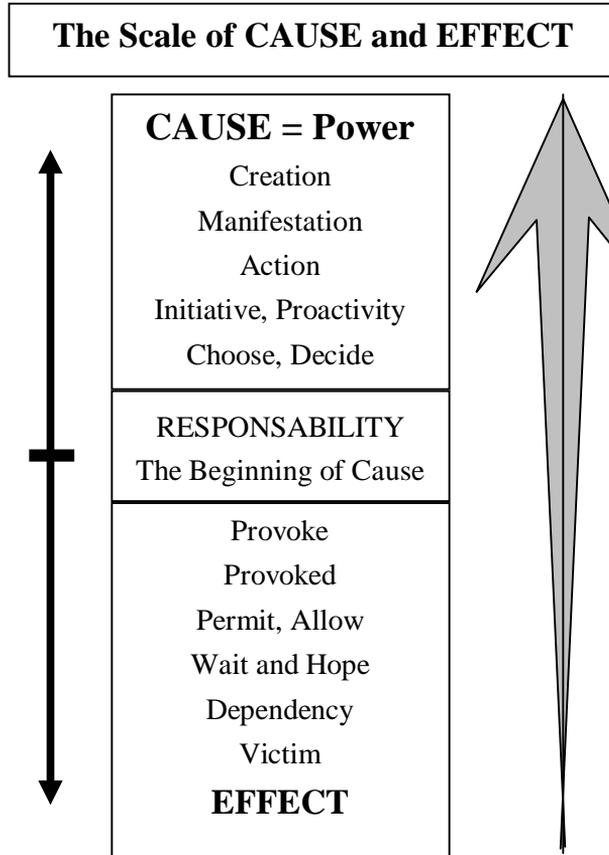
**Relationships:** The relationships of a Victim tend to be negative for several reasons. The Victim lives trying to manipulate and control others: others resist being manipulated and controlled. The Victim lives invalidating (labeling “BAD” and wrong) others; he lives broadcasting complaints and blame. Others resist being “BAD”. The Victim is emotionally reactive and therefore often in frustration, anger, and resentment. He is unpleasant to be around. The Victim present himself as helpless, dependent and needy of others. He drains energy. Other people naturally resist this.

**Love:** Love is Cause; it is Power. It is to act and produce results for the well-being of the loved. Victim is a low-power condition. It is an antithesis of Love. In fact, Victim is a condition, not of Loving, but of seeking attention and support = trying to obtain Love by pretending to be incapable and needy. Furthermore, the Victim does not Love himself for being so powerless and valueless. His experience is frequently AntiLove = anger, frustration, sadness, depression, etc.

**Happiness:** All of the above factors: Cause, Power, Success, Self-Esteem, Relationships and especially emotional control are relevant to happiness. Above all, happiness is emotional; it is how you feel at any moment. The Victim is submerged in AntiPower and AntiValue IDentities and these are the cause of all the negative emotions. The Victim, therefore, lives in negative emotions: anger, fear, grief, resentment, guilt, blame, dissatisfaction, and depression. There are no truly happy Victims: Victim and Happiness are opposite conditions.

## THE CAUSE-EFFECT SCALE

Now that we are familiar with the concepts of Responsibility and its antithesis Victim, we can return to the Cause-Effect Polarity Scale in more detail on the next pages.



## The Effects of DOR (Denial of Responsibility) on the Cause-Effect Spectrum

<p><b>CAUSE</b></p>	<p><b>POWER:</b> the ability to produce the desired results.</p> <p><b>LOVE:</b> ALL FORMS OF POSITIVE <u>CAUSE</u> = <u>ACTION</u> are FORMS OF LOVE. <b>Power</b> is a prerequisite to Love and you can Love on to the extent that you are powerful. DOR and Victim kill Love.</p>
<p>Create</p>	<p>The highest expression of Cause and Power is creation, the bringing into existence of that which did not exist previously.</p> <p><b>Creativity:</b> Creativity requires a high level of awareness of Cause. DOR blinds the person to possibilities of action thereby suppressing creativity.</p>
<p>Manifest</p>	<p>To Cause to come into one's world (experience) that which is already created, often by others. Sometimes called Attraction.</p> <p>In DOR, the person blinds a person to his Cause and puts him in the paradigm that the world is great machine mostly beyond his influence.</p>
<p>Initiative, Action, Proactivity</p>	<p>To initiate action, to move oneself to move other.</p> <p><b>Proactivity:</b> to lead and act before events shaping them to one's preference. A stitch in time saves nine.</p>
<p>Decide</p>	<p>The exercise of Will to choose between alternatives of action. .</p>
<p>RESPONSIBILITY</p>	<p>Responsibility is the point of change between Cause and Effect.</p> <p>All levels below Responsibility are the condition of VICTIM.</p>

<p>DENIAL of Responsibility = Denial of Cause = Effect</p>	<p>Denial of Responsibility is Denial of Cause and ability to act, sending the Being into the EFFECT polarity, which includes Victim.</p>
<p>Provoke</p>	<p>The Victim hides the hand that throws the stone. The Victim does many things including complaining, invalidating, blaming, instilling guilt, manipulating, lying, etc. that <b>provoke</b> the negative reactions of others. But because he has created himself in a condition of NOT-responsible, NOT Cause; he does not perceive his own Cause (participation and contribution) to his problems and conflicts with others. He only perceives their reactions, which he feels are not in any way his fault or otherwise justified. This sends him into Provoked.</p>
<p>Provoked</p>	<p>The Victim perceives himself as attacked, insulted, offended, hurt by others and reacts accordingly with blame and counter-attacks. To him, it seems world conspires against him. He takes no responsibility for his experience (emotions) or his provocations to others. He feels himself as justifiably provoked and reacts accordingly.</p> <p>As regards initiative and proactivity, Provoked is a state of reaction to events after they happen, trailing behind, instead of action to lead events. The deny of Responsibility blinds the person to the need and possibility of his proactivity and initiative.</p>
<p>Permit, Allow</p>	<p>“Permit” refers to a person allowing avoidable negative events in his life. “Permit” can be due to either of two things:</p> <p>Failure to be proactive; to initiate action in time to achieve the desired result; or avoid negative events.</p> <p>Failure to respond to stop, remedy and avoid such</p>

	<p>events in the future.</p> <p>This is the level of the person who lacks sufficient self-assertiveness to stand up for himself. He lets others “walk over” him, which is why this behavior is called “being the carpet”.</p>
Wait and Hope	<p>In this level of no Responsibility and no Cause, the person lives from day to day with few plans and less action to create his future. He lives waiting and hoping for somebody or something to come and change things, to save him and make him happy.</p> <p>Known as the White Knight Trap for the common theme in fairy tales of the prince on a white horse who comes to save the helpless maiden. Many women are raised in this trap: to marry and live happily ever after.</p> <p><b>Nobody is coming.</b> <b>If it's to be; it's up to me.</b></p>
Dependency	<p>When person A depends emotionally, economically, or otherwise on person B; A is at the effect of B. If that B treats A with AntiLove (negative actions), then A becomes the victim of B. <b>All dependency is a sign of negative identities in the dependent.</b></p> <p>This mechanism is also called attachment and is the result of the AntiEssence Identities. We will study all forms of dependency later.</p>
<b>EFFECT</b>	<p><b>NO POWER = Inadequate Results, Failure.</b></p> <p><b>Victim:</b> a person who denies Cause and Responsibility for his experience and his results in life.</p>

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In your life, other people may help you, but they cannot and will never be responsible for you or your happiness--for several reasons.

First, remember one of the laws of Experience: The only motivation of all human behavior is one's own happiness. It is a law of nature that everybody seeks their own happiness and can never put this in second place. Your happiness will always be secondary to others no matter how much they profess to love you. If they ever have to choose between your happiness and theirs, you lose.

Secondly, even if they could and wanted to be responsible for you, there is no way that they can ever really know what is best for you. Only you can know that and only by consulting your heart and intuition. Others do not have the knowledge neither of you nor of the dynamics of happiness to make you happy. Hell, most of them can't even make themselves happy.

Third, you are who will finally have to responder = experience the effects of everything in your life, all choices, actions and events. No matter what others try to do for you, or how accountable you would like them to be to you; you are who is going to respond; you are who is going to suffer the consequences. In the sense that responsibility is to respond to effects, there is really no way you can avoid it.

If you live wanting, waiting, hoping, or trying to make others responsible for you and your happiness, you are playing a losing game with a 99% certainty of dissatisfaction with the results. First, of all, nobody is coming who is seriously dedicated to your happiness. And even if they did, they could not be effective, successful Cause for you all the time or even most of the time. Others, even the best intentioned, are bound to eventually fail, "betray" and disappoint you. It is the nature of life.

And if someone wise and dedicated to your happiness were to come, the first thing they would do is insist that you take Responsibility for your life—just as it is the job of an effective parent to insist that her children become Responsible. There is no happiness not founded in Responsibility.

**Nobody is coming.**

**And even if they did, they can't be responsible for you.**

And don't think that Psycanics has come to save you. It has only come to tell you that nobody is coming.

## THE DENIAL OF RESPONSABILITY IS INSANITY

One of the definitions of insanity is **the negation or inability to perceive reality (what is)**. A person out of contact with or who denies reality is insane (e.g., someone who thinks they are Napoleon). The reality of life is that you **are** responsible. You will experience the results of decisions and your actions and your no-actions: you will respond to the natural law of responsibility with the same certainty that you respond to the law of gravity.

To deny that you are responsible is to deny reality, and to deny reality is insane. Failure to take responsibility is self-created blindness; it is insanity. It is to be an “ostrich” and stick your head in the sand to not see What Is and what is coming.

On this same theme of insanity, a very well-known psychiatrist said:

**“There is no insanity, only varying degrees of failure to take responsibility.”**

## RESPONSABILITY IS GOOD!

In Psycanics, Responsibility is something very positive. In fact, it is one of the “scared” concepts. To play the game of life, you must be Cause. To win, you must be a Power-ful player. Cause-Power has a switch that turns it on and off. The on position of that switch is Responsibility. The off position is Deny Responsibility.

**Responsibility is recognition that I am cause.**

**It is to stop assigning cause outside of myself and retake it within me.**

**Responsibility is to recognize that: “If it’s to be, it’s up to me.”**

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## HOW TO TAKE RESPONSIBILITY

There is nothing to take: you already have it. You are and always have been responsible. You are the main Cause in your life. If you believe that you are not responsible, you are responsible for that belief. That belief may blind you to your responsibility, but does not change the fact of its existence.

If you have been living denying your responsibility in any area of your life (e.g. your emotions, your relationships); you are responsible for denying it and trying to live as if you were not responsible. You have been living the effects of that denial, including impotence to change things and many negative emotions. **There is no way you can escape Responsibility.** So you see, you do not have to create Responsibility, you just have to wake up to what already is.

However, if you want to adopt the point of view that you must create Responsibility or yourself as Responsible; well, you can create it at any moment. It is easy. You-  
psican are God in your psicanic universe. **You can create your Responsibility from nothing, just with your declaration that you are responsible.**

This seems too easy? Notice that that is exactly how you created your **no-responsibility**: You simply denied Responsibility and assigned it to Other. Simple as that. The idea that you are not responsible is just an idea, a belief. All ideas and beliefs are creations of the psican.

Some humans take to Responsibility like ducks to water. They find in it a relief and a solution to life. Others resist RESPONSABILITY. Some resist because of fear, fear of not being able to fulfill it, fear of failure. Some do not want it because it seems more comfortable emotionally to blame others to avoid guilt. Still others flee it because they want to keep playing the VICTIM game and try to manipulate others. Some resist it because of laziness; responsibility requires action.

**No matter what the negative attitude or resistance to Responsibility, it is based in the antipower identities.** Discreate the antipower identities and the resistance disappears.

#### **SUMMARY OF LAWS AND PRINCIPLES OF RESPONSIBILITY:**

- ü Responsibility is not blame, and to blame somebody is the denial of Responsibility.
- ü Complaining is usually a denial of Responsibility.
- ü Responsibility is not guilt: it involves no opinion of bad.
- ü Responsibility is not obligation and is not burden.
- ü To identify the Responsible person in any situation, ask: Who is going to suffer the effects and has any possibility of action?
- ü The Denial of Responsibility.
  - § Creates the Victim
  - § Kills Self-esteem
  - § Kills Power
  - § Kills Initiative
  - § Kills Proactivity
  - § Kills Creativity
  - § Reduces Productivity
  - § Kills Love
  - § Damages Relationships
  - § Kills Happiness

- § Contributes to pain and suffering
- § Is insanity.

**Responsibility is the end of Victim and  
the beginning of Cause,  
and Cause is the beginning of Power.**

Recommended Reading: *Taking Responsibility* by Nathaniel Branden. This book is essential reading for personal development.

GENERAL LAW of Psycanics:

**CAUSE -- and therefore POWER -- START with RESPONSABILITY**

**Corollary: Denial of Responsibility kills Power.**

No matter the area of life (work, relationships, success, health, etc.); whenever you deny RESPONSABILITY, you are denying CAUSE. You thereby create yourself as without power and in EFFECT and VICTIM.

*Denial of RESPONSABILITY alone is sufficient to cause the persistence of any problem in life.* The psycanic condition and viewpoint of RESPONSABILITY puts the being in a position of CAUSE and POWER that is an essential primary step to control, change or remedy any situation.