



Resonance with the Self

Towards an empathic society

Martin Euser

Resonance with the Self

*Handbook for connecting with the spirit within
and bringing some empathy to this world*

By Martin Euser, May 2021

*Know your Self
and be whole*

Coverpage (head on front): Background Bokeh Light (Pixabay)

Goals of this book:

Understanding the crisis of civilization: lack of vision, materialistic values, the long descent downwards

Regaining purpose of life: the position of the human being in the world

Finding meaning in a fragmented world

Developing a solid understanding of life

Forming a sound vision of one's role in society

Developing a philosophy of life

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from ego-centric to eco-centric

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Foreword

In today's fragmented society, many people seem to have lost any sense of meaning and purpose.

Our materialistic science has taught us that we are just a kind of advanced ape with a big brain brain. Survival of the fittest and fierce competition has been hammered in like a dogma. Religion has lost its appeal for many, because of its inconsistency or incompatibility with science. "God is dead", Friedrich Nietzsche said.

To make matters worse, the world is facing threats like climate change, ecological destruction, pandemics, resource scarcity, financial instability, authoritarian regimes, psychopathic leadership, and so on.

Yet, this is not the whole story. Throughout the ages there have been and still are spiritual teachers who have tried to help the human race by explaining that there is more to this world than the eye can see. They have provided us with insights that could transform this world into a much better place than it currently is.

Indeed, the goal of this book is to summarize some of the essence of these teachings and provide some techniques and practices for you to expand your awareness of what life, death, cooperation and struggle is all about.

The emphasis lies on your inner game and how to deal with the conflicting impulses in your system. Space is reserved on some pages to write down your observations and experiences with the exercises.

Some consideration will also be given to new organizations that strive to bundle individual efforts to change the course humanity is currently on. After all, insights need to be applied in one's daily life and today that life influences the whole globe through its consumption and ecological footprint.

May this information be of help to you, the reader, and the people you connect with. In case you want to contact me, email me at ResonanceSelf@protonmail.com

Thanks goes to all those who have inspired me to write this book.

Martin Euser

[My academia.edu page](https://myacademia.edu/page)
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Introduction

The topics of this book comprise a vast terrain. They range from perception, belief systems and world views (religion, science), to the underlying principles that can be seen operating throughout nature. Some of this material can be found elaborated in my book "Mysteries of the human mind", freely available at archive.org. Here, I have condensed some of that material and added some new insights and new articles of mine.

Some may ask: why have I chosen the title "Resonance with the Self"?

The reason for this is as follows: unless one has some clarity in mind as to one's purpose and goals in life that fit well with one's character and potential, one will struggle endlessly and may well despair as to the meaning of life at all.

The study of first principles of how nature works will give satisfaction to the brain and heart. Learning to cooperate with nature, including humans, brings joy to the self (and the Self as well!). The "Self" refers to that part in you that is the spiritual part. In actuality, the Self is your parent from which you originate. Learning to attune to the Self means to discover who you are, deep inside, and learning to cooperate with others for a more harmonious world. What could be more important? This is also the natural way to evolve, to unfold one's potential.

The techniques and practices I describe in this book will provide some help to those who are seeking to get a clearer picture of the situation they find themselves in, and of the global state of affairs at this time in history. It is not a scheme of get-rich-and-happy-quick, of which too many already exist. It is not the little self or ego-personality that is the center around which everything revolves, but the larger world in which it is embedded that should matter. Empathy is the quality that is sorely needed in our world.

Many false beliefs need to be exposed and wrong conditioning needs to be undone. Humanity as a whole will need a long time to reach that point. You, as an individual, have an opportunity to start now and have a deep look inside yourself. By doing so, you are also influencing your environment, since all is connected in this world and the universe at large.

Transforming the self is hard work at times. Yet, the gratification and joy can be immense. Have a pleasant and fruitful journey!

The author

Chapter One: perception and beliefs

Perception is everything

Did you ever wonder whether life has a purpose?

What about your own life? Also, do you think that your belief system influences your ideas about purpose? If so, how?

Ponder a while about these questions and write your answers down below on a printout of this page, or in a notebook.

My purpose (or larger goal) in life is:

My beliefs influence my view on life as follows:

The reason I ask these questions is to start you on a journey of investigating your perception of life, your belief system. What did your parents, school, church, friends, and others, tell or taught you about the world we live in?

What was an implicit or hidden message that you got from them?

What did they teach you about religion, spirituality, death, love, work?

Write your answers down below.

My parents, school, church, friends, media told me about religion/spirituality:

About life and death they told me this:

About love:

About study and work:

We will now dive into the world of consciousness and perception, with its many aspects, and start developing a view of things based on the ancient wisdom traditions.¹ True wisdom never ages. It also incorporates new insights when circumstances change. So, universal principles never change, but the application of insights is adapted to specific situations as these invoke the necessary intuitions. Intuition is the capacity to grasp a situation as a whole, in all its aspects. The intellect then can work out plans of action to be dynamically adapted when necessary.

The first thing to do now is to investigate belief systems.

Belief systems: the heritage of humankind

Philosophically speaking, one can divide belief systems in two great categories:

materialistic versus spiritual belief systems, or views on life.

The materialistic view entails the belief that matter is all there is. Consciousness is seen as a by-product of matter, the mysterious something that is produced by the neural networks in one's brain. There is no good explanation of phenomena such as telepathy, clairvoyance, near-death-experience, out-of-body experiences, encounters with angels, origin of life, meaning of life, deep spiritual or mystic experiences, and so on. In fact, such view has little to offer to humanity but shallow pleasure, addictions, greed, ecocide, promises of a techno-paradise. Yet many people live in despair. One may wonder why so many people hold this view. One might counter-argue that technology has brought us, at least in

¹ The wisdom tradition is also known as the *perennial wisdom* and includes the best of the esoteric and mystic writings of several schools of philosophy (Advaita Vedanta, Buddhism, Neoplatonism, Sufism, Kabbalah, Christian mysticism, theosophy, to name a few).

(post)industrial countries some affluence. True, but at what cost!

The combination of a wrong monetary system, based on eternal economic growth, with a neglect of ecological considerations, has brought the destruction of life on earth ever closer to us.

The **spiritual** view on life entails the belief that consciousness is primary to manifestation. It builds the vehicles it needs for its manifestation out of primordial elements. The human personality consists of just such vehicles, which are coupled with consciousness. This is a well-known vision in many religions. Some religions state it more clearly than others, like Advaita Vedanta. It should be noted that consciousness itself has a substantive side. The whole universe is a manifestation of One Life that penetrates all, a bit like an ocean that contains countless water droplets. It has a substantial side as well as a consciousness aspect.

More information about the spiritual view can be found in my e-book “Mysteries of the human mind”. In the following chapters I elaborate the spiritual view as well.

A short note on postmodernism

The postmodern philosophy has some good points, in my opinion. It analyzes things in its context and tries to deconstruct language, among other things.

It stresses the relativity of opinions. So far, so good. It is clear to see, however, that extreme postmodern views negate or contradict themselves. If all is but an opinion, then such postmodern views are just opinions themselves. Such a view negates itself. It is a hollow thing, meaningless.

Above opinion stands an informed opinion, based on facts and reasoning, and above an informed opinion stands direct knowledge of an object. The latter knowledge is known as pure intuition, which is a clear registration of the essence (vibration) of a person or object of perception. The philosopher Plato writes about that in his work “[The Republic](#)”, the so-called *divided line*. We will investigate these matters further in the next chapter.

One sees what one believes to be true

The parable of the snake and the rope

In the Indian Upanishads there is a nice story about a boy who walks in his village

at dusk and suddenly sees a snake. He starts shouting: snake! Snake!

After a while he looks closer and realizes that it is a coiled piece of rope where he nearly trampled on.

This is a perfect example of how our perceptions are colored and influenced by our beliefs about ourselves and the world. If one believes that others can't be trusted, one will see deceit everywhere. It is a self-fulfilling thing. One projects one's opinions and beliefs on situations one encounters. Perception and beliefs act like a *filter* on one's consciousness, blocking a lot of valuable information from our awareness.

So, examine your beliefs carefully. Where did you get your ideas about society, education, work, relationships? From the media? From your parents or friends? From experience?

Clear perception is not easy to attain. It requires a cleansing of the mind.

More about that in chapter two where some techniques and methods are given to set the mind on a path of clear perception and thinking.

Values guide us in our thoughts and beliefs

It will not come as a great surprise that values exercise a great influence on our life. After all, values play a role as diverse as to the importance of success, having good relationships, making money, looking attractive to the other sex, but also in ethical issues and moral decisions and developing virtues. One attaches value to things, persons, achievements. We give meaning to our sense-impressions, filtered through our belief system.

Which are your values? A short questionnaire

A quick way to discover your values is to ask yourself the following questions: what do I want or expect from a life partner? What do I like to do most of my time (paid or unpaid)? What kind of work would I like to do best? How do I spend my money? What kind of hobbies do I have? Do I like to work with people? Do I like to do research? Work in nature? Care for children? Repair cars? Why? Try to get an overview of your most important values. Make a note on the next page. It may pay off to revisit your notes some years later to see whether you have shifted your values in some respect.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Psychocybernetics

Lately, I have been listening to the audiobook “Psychocybernetics” by Maxwell Maltz. It is published by Penguin random House audio. I found it on audiobooks.com. Matt Furey, president of the psychocybernetics foundation gives a commentary in the audio.

I was pleasantly surprised to recognize many points of agreement with my own writings, which give a spiritual form of psychocybernetics. Some highlights, from the first half hour of the audiobook, paraphrased, are the following:

1. Work with visualization and mental imagery
2. The self-image and success
3. The theater of the mind
4. The goal-directed feature of the brain-mind

The self-image is defined in the (audio)book as “the individual's mental and spiritual concept or picture of himself”. It is “the real key to human personality and behavior”. See chapter one . Maltz/Furey state that “a mental blueprint in subconscious mind controls our future”.

If one gets stuck in the past and only remembers one's failures, then this is a sign of a poor self-image. The advice is “to relive your best memories, picture what you want and feel you can have it and do have it”. Do this on a daily basis.

Of course, you also have to set goals for yourself. In positive psychology (Seligman) and NLP (neuro-linguistic programming) there are helpful exercises as well to get on a positive track.

In the theater of the mind “remember, relive your best memories, victories, successes, happiest times”. Then comes an especially interesting point: “imagine and feel achieving a goal in the future, but experiencing it *now*, almost like a memory of an accomplished goal”. That corresponds with an exercise I mention in my article on Roberto Assagioli, that is included in chapter six.

“You can be happy before you reach your goals”.

My comment: when you see life as a process, you can enjoy the moment and focus on the here and now.

The brain-mind is goal-directed. It is *teleological*. This is not mystical at all. Cybernetics (science of steering and feedback) grew out of the (programmed) goal-

directed behavior of mechanical systems in and shortly after world war Two. Anti-aircraft missiles needed to be more effective in downing airplanes. So, feedback control was implemented in the machines.

Purposeful behavior of machines was studied and optimized.

The idea of teleology, or goal-directedness, was banned from science in the nineteenth century. It is still controversial, I believe, but will be the accepted wisdom of future times. Scientists are just humans, most of the time limited by a very narrow education and suffering from a tunnel vision. History shows this all the time. The greatest minds of science always realized this. No-one has ever been able to explain how exactly a person is able to pick up a pen from a table. How does a thought of the pen in your hand materializes in the action to accomplish this fact? Nobody knows exactly. We must be humble in this regard!

Back to the audio: "self-image is the key to human personality and human behavior". "Change the self-image and change the personality and the behavior". The self-image "is changed for better or worse, not by intellect alone or by intellectual knowledge alone, but by experiencing".

"Our present state of self-confidence and poise is the result of our experiences". Indeed, and the exercises given here and in chapter two can help one to organize one's life and orientate it in a more positive direction.

"Use creative experiencing to create a better self-image".

This is further explained in chapter two, where a visualization technique is given to transform negative thoughts.

Successes help build our self-confidence and from failures we can learn a lot. So, be flexible and have an open mind. Self-acceptance is stimulated by the recognition that we form an integral part of the universe. Much more about that in the next chapter and appendix A, where the capabilities of the human being are discussed in light of the experience and knowledge of the great sages of all time.

Lastly:

Remember your successes, however small or great, and let these inspire you to go on with the challenges you face in your daily life.

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