



## *Author's Note*

**I**n the Western societies, perhaps it is due to the Roman Empire's political and spiritual manipulations to alter the Bible in the 4<sup>th</sup> century (325 A.D.); or rather, it's due to our over-emphasis of the rationalism, reductionist approach, and misuse of Darwin's evolution theory, we have "thrown away the baby (the belief in spirituality) along with the bath water (the blind faith in religion and superstitions) over the last few centuries. We have adapted a very analytical, microscopic, mechanistic and competitive approach to literally all aspects of life. Everything has to be broken down to smaller and smaller fragments for rational analysis. It is so much so, that the famous American systemic physicist and ecology activist Fritjof Capra (1975) once said that we all are specialists in life, but lacked the overall inter-dependent, inter-connecting views of how each component interacts as a whole. Our excessive obsessions with materialism, high technology, consumptions and ego-based pursuits in life are good glimpses to our rather off-balanced evolution as a human species.

We are taught that unless matters can be tested or measured by quantity in a concrete way with consistent results, they either are invalid or do not exist. Being "rational" and "scientific" are almost synonyms for "reliable" and "the truth". In many situations, they even surpass "God". Anything considered as beyond

reasoning is to be ridiculed or disregarded as nonsense even though not all situations can be tested or proven by the science.

We allow our intellects and reasons to rule us like tyrants. However, rational analysis is but one of the many means (and often, not the most reliable means) of accessing the Universal or Higher Truths. Our intuitions, Extra Sensory Perceptions or the sixth sense are the means of how our Soul Self-communicates with our physical body. In many ways, they can be more effective for devising great innovation and accessing the cosmic truths. Nicola Tesla's ingenuous and humanitarian innovations are great examples of using the 6<sup>th</sup> senses, and they are centuries ahead of Thomas Edison's. However, with the dominance of rationalism in our education and society, we are discouraged from being in touch with our own soul languages. Our innate direct knowing has long been put aside as "witchcraft", "superstition", "entertainment", "fiction", "airy-fairy" or "laughing stock" for thousands of years until recently.

In our schools and universities, instead of cultivating the basics of human inner essence, values, high ethics, respect, truth, integrity and altruism with the emphasis on cooperation, gratitude, beauty, peace, harmony, benevolence, self-responsibility, empathy and oneness which are more the "feminine" or the "Yin" qualities of life; we pride ourselves with external acquisition, speed, quantity with major focus on the "masculine" or "Yang" aspects of life such as dollar sign, numbers, material possession, competition, greed, power, and dominance. We justify the latter with "the fittest survive" based on our conditioned fears of lack and scarcity instead of trust of abundance with the equal distribution of our wealth for the highest good of all.

With excessive pursuit of everything external of us, we see lots of "materially rich", yet "spiritually-broken" in our global

society. Ironically, with all these highly advanced technology and massive computerisation and atomisation, we feel ever more so empty, lonely, and alienated around the globe. We have inherited a beautiful and bountiful earth planet and yet less than 1% of our population get to control the 99% of our wealth. We also are poisoning ourselves and our ecosystem with drugs, pollutants, wastes, chemicals and bombings in a speed that is bringing massive self-destructions like never before. In essence, our “global crisis” in our economy, society and environment is “a crisis of perceptions” (Capra, 2014). Our human civilisation has been much skewed towards the Yang (the masculine principles of life) for too long. It’s about time for us to bring back major balance to restore our spiritual wellbeing and fulfilment in life.

Being global citizens, we each as individuals are responsible for what is going on in our community. All changes start from within ourselves. Throughout this book, I am using “we” a lot because literally, we are on this boat of humanity together. In The Butterfly Effect, the author states that we have been created in order that we might make a difference. We have within us the power to change the world (Andrews, 2010).

When I write and intuit this book, my simple wish is to bridge the missing links between our heads and our hearts; our conditioned self and our Soul Self to help humanity. Decades ago, as a shy teenager, I was rather inspired by the Indian yogi Yogananda and his numerous spiritual ventures in the Himalayan Mountains (Yogananda, 1946) as well as the spiritual materials contained in Seth Speaks (Roberts, 1972). Further fascinated by the Taiwanese author Three Hair and her life adventure in Spain and the Sahara Desert (San Mao, 1976), these influences set off my personal spiritual quests to

the foreign lands to explore different means of self-empowerment and assistance to humanity. Decades later, I am returning the favour now. We are channels of blessings to one another. I hope to hear your story one day.

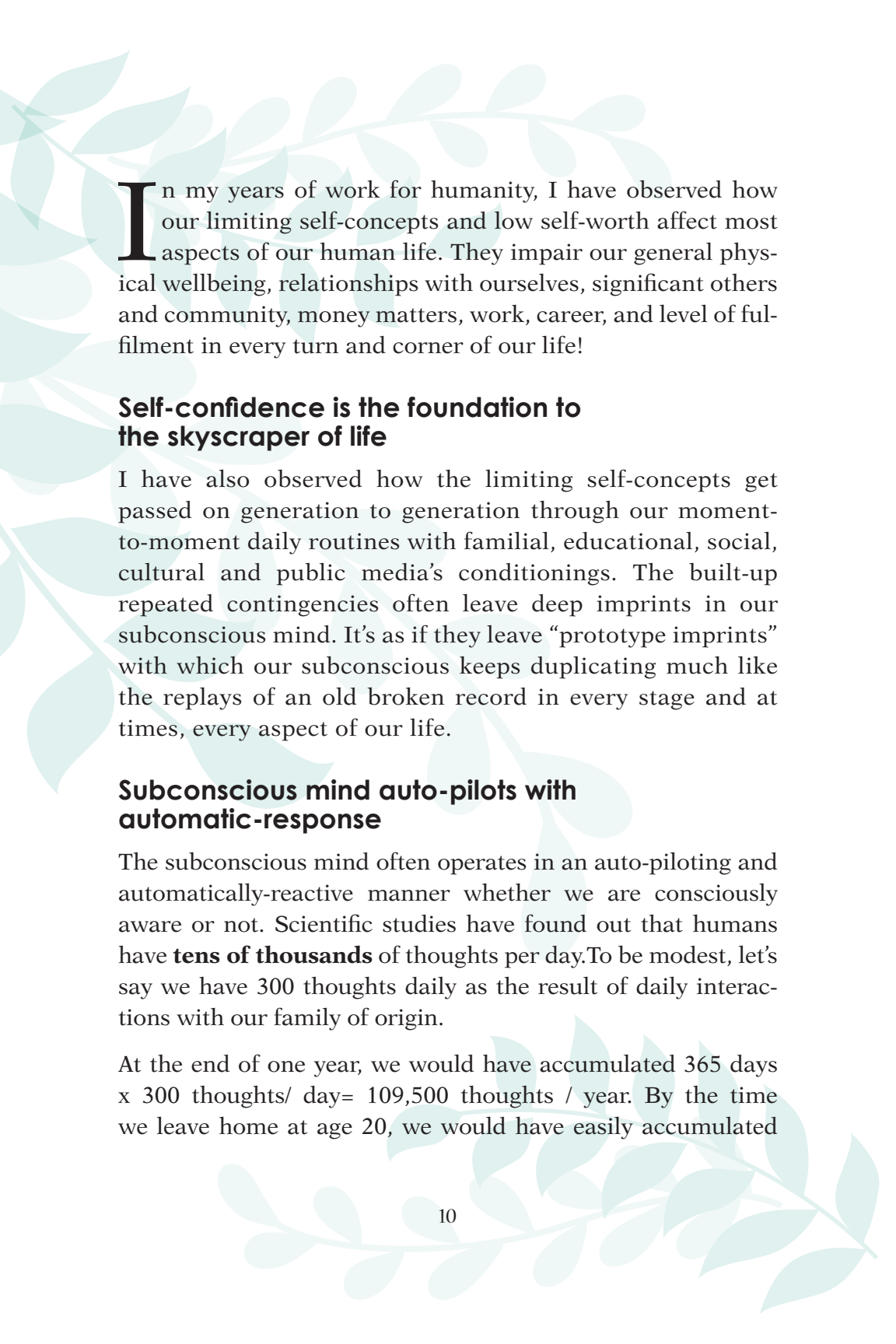
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*Chapter ii*  
**The Conditioning**

*“One believes things because  
one has been conditioned to believe them.”*

*— Aldous Huxley (1894-1963),  
a humanist & mysticism philosopher*





**I**n my years of work for humanity, I have observed how our limiting self-concepts and low self-worth affect most aspects of our human life. They impair our general physical wellbeing, relationships with ourselves, significant others and community, money matters, work, career, and level of fulfillment in every turn and corner of our life!

### **Self-confidence is the foundation to the skyscraper of life**

I have also observed how the limiting self-concepts get passed on generation to generation through our moment-to-moment daily routines with familial, educational, social, cultural and public media's conditionings. The built-up repeated contingencies often leave deep imprints in our subconscious mind. It's as if they leave "prototype imprints" with which our subconscious keeps duplicating much like the replays of an old broken record in every stage and at times, every aspect of our life.

### **Subconscious mind auto-pilots with automatic-response**

The subconscious mind often operates in an auto-piloting and automatically-reactive manner whether we are consciously aware or not. Scientific studies have found out that humans have **tens of thousands** of thoughts per day. To be modest, let's say we have 300 thoughts daily as the result of daily interactions with our family of origin.

At the end of one year, we would have accumulated 365 days x 300 thoughts/ day= 109,500 thoughts / year. By the time we leave home at age 20, we would have easily accumulated

2,190,000 repeated thoughts which would form many powerful “core beliefs”. Many of these core beliefs may be unpleasant and distressing, thus, our self-defence mechanism would repress or suppress them into our “subconscious mind” beyond our full-on knowing.

These repeated thoughts and images and conditionings constitute the 95% of our mind. The auto-piloting functioning of our subconscious mind means that when our conscious mind is engaged in something else, our subconscious mind will automatically take over by taking us to our most familiar place called the “comfort zone”. Ironically, “comfort zones” are not always comfortable; it simply means that we gravitate naturally towards the place where we have been for hundreds of thousands of times.

### **Subconscious mind takes us to our “comfort zone” when conscious mind is non-attentive**

To illustrate, on day one when we first learn to drive a car, our coach says to us, “when the red light is on, make sure your foot is on the brake; when it turns green, make sure your foot hits the accelerator of the car”. Initially, when we are not familiar with the car’s different parts, we are super conscious to ensure that we and our foot coordinate perfectly with the traffic lights we see. Despite how nervous we are, let’s say that it takes 20 traffic lights before we reach our workplace and another 20 traffic lights on the way back. This means that we drive through 40 traffic lights per day. At the end of 2 months, this means we will be driving through 2400 traffic lights! Day in and day out, red light (brake); green light (accelerator); red light (brake); green light (accelerator); red light (brake), green light (accelerator) constant pairing

and contingency repeats for 2,400 times, the conditionings of such link of “stimulus- response” has quickly become our “comfort zone” which also goes to our subconscious mind. Two months later, we may be driving on the way to work with our conscious mind pre-occupied with the plan of our best friend’s wedding; however, when seeing a red light, we will not need to interrupt our conscious mind by saying “excuse me, I need you (the conscious mind) to decide where to put my foot on? The brake? Or the accelerator?” Instead, our subconscious mind will bypass our conscious mind’s notice or awareness and “automatically react” and hit the brake immediately without our conscious awareness and decision! With “auto-piloting” our deep conditionings will take us to the most familiar place they always go!

### **Theta brain-wave generates deep hypnotic state, leaving deep imprints on our emotive brain**

Using the above example, imagine the kind of automatic responses and auto-piloting we have in all aspects of our life based on our childhood’s zillions of conditionings in how we emotionally react, think and behave: the ramifications are enormous! The stem-cell biologist, researcher and medical instructor Dr. Bruce Lipton (2005) states that the influence of our early childhood conditionings have most prominent impacts for the rest of our life. He states that this is because before the age of 7, our brain operates with the theta brain wave which puts us in a deep hypnotic state. Whatever the emotive impressions, reactions or conditionings are before age 7, we download in high speed and huge quantity. They go straight to our deep emotive and instinctive parts of our brain from which we generate repeated patterns for the rest of our life until some issues become unbearable to us.



Luckily, life is very kind and generous to us. It provides us infinite opportunities and a huge scope of free wills for us to unlearn for the needed healing and growing. The pioneer metaphysician Stuart Wilde (1946-2013) who taught personal development and human etheric life-field observed that one positive thought can easily dissolve thousands of negative ones. *Thus, the snowballs of our negative self-views accumulated over decades require only a fraction of such time to melt down.* With our mindful awareness, discipline and persistence in our daily routine, we can undo the sheep-mind conditionings to fulfil our real potentials.

## **Two Levels of Truths:**

### ***Man-made truths and Universal truths***

There are two ways of looking at who we are: one from the cosmic perspective which is called the higher truths; the other one from the human perspective which is called the man-made truths (Tipping, 1997). In my observations, *the higher truths always guide and empower us back to our true divine essence, rendering us the true inner freedom to soar high; whereas man-made truths often limit and weaken our spirit, holding us back from fulfilling our true divine and infinite potentials.* Without remembering the higher truths of our true Divine Nature, Identity and Principles, it is so easy for us to be manipulated and exploited. *The higher truths are the antidotes to the vulnerability and inadequacy we so often battle with in life.*

To differentiate: man-made truths operate through our societal customs, laws, political system, hierarchical power structure, traditions and religions especially when they overly or covertly

support and promote the wellbeing for a few elites and minorities only. Because of the skewed distribution of wellbeing to only the elites, man-made truths vary depending on who are in charge of the power. They thus change from generation to generation, system to system, culture to culture, time era to time era. Even within the same contemporary period, the definitions of such truths differ from location to location because of the different power involved. They can be cleverly packaged or disguised under the name of “norms”, “values”, “deeds of honour”, and “trends or taboos”.

Whilst most norms, traditions and deeds are man-made concepts, they are however, an essential part of our duality world. One cannot learn about freedom without limitation and responsibility. They go hand in hand. My point is not about questioning everything that is man-made; but to stay independent in our thinking. If we can observe our human systems as if we are some aliens visiting the earth planet for the first time, it becomes much easier to see how well the systems are serving us. When in doubts, a good change with high principles in place is not a bad idea.

For example, in the name of “virtue”, “loyalty” and “honour”, the ancient Japanese samurais from a few centuries ago were well known for having to commit suicide when they failed in a battlefield or were forced to serve a new war lord. Whilst such acts are unthinkable to our modern minds, with the deep conditionings to associate suicide with “virtues”, and “honour” as defined by the Japanese hierarchical power then, it is hard to break such man-made distorted truths. Clearly, it served to benefit the wellbeing and sustain the power for the elites at the cost of the majority others’ wellbeing. The obedience of citizens to such conditionings reinforces the elites’

power, only for the elites to set up the rules to maintain its own power structure.

With the “one size fits all” “squares”, “should”, “have to”, “oughts” and “societal formulas of success”, we are encouraged and conditioned to put on many “masks” which push us further and further away from our authentic selves. Whilst “masks” are part of life, having too many masks on inevitably pull us away from living our authentic self which brings up the “alienation”, “loneliness” and “void” in life. With the lack of self-fulfilment, purpose and meaning in life, it is no wonder that we see the ancient Chinese Taoists (the oldest hippies in the Chinese history) seek to live a simplistic life away from the stifling feudal society; the Flower Generation in the 60’s and 70’s liberated themselves to protest against the wars; and the Japanese youth formed a Shinjuku subculture of Manga (cartoon - figures) dress-up for rebellion to a rather perfectionistic, conformity-based society. With us not able to differentiate our true Divine Identity and Nature from our man-made society-demanded masks, many of us feel very lost and live in the lies and self-denial in our modern living. We seek escapes through addiction or indulgence with recreational drugs, alcohol, addictions to work, money, power, sex, status to numb the pain, only to deepen our emptiness and void which is a vicious cycle.

To restore our wellbeing, we have to question whether or not any so-called truths honour all individuals with equal respect for everyone’s wellbeing involved. *Often, man-made truths bear no merits other than the fact they are programmed to us zillions of times through our moment-to-moment day in and day out reinforcements in all aspects of our life throughout our life span.* Such is exactly how “sheep mind” is formed and reinforced.

Higher truths on the other hand have been consistent for eons despite the variation of culture, time, location or situations. This applies to all species, all sentient beings in this universe, for example, all higher Cosmic Laws such as the Law of Physics, the Law of Balance, the Law of Manifestation and the Law of Cycle apply to all sentient beings the same and equally, regardless of their societal ranks, status, characteristics and circumstances. *The universal truths stand by themselves whether we understand, accept, validate them or not. With the universal truths, there are no squares, no criteria nor any exceptions to their ruling: they respects every living being the same without criteria or conditions.*

## **Man-Made Truths:**

### ***How man-made conditioning works***

We have adapted our man-made truths or conditioning since day one when incarnating on this planet earth. Our human world has created lots of “squares” or “criteria” for us to fit in throughout our life span for thousands of years. *If we fit in or conform, we are included as “us”, and treated as “normal”, “special” and “superior”. If not, we are excluded as the “outsiders”, “outcasts”, “abnormal”, “deviates”, and “inferior”.*

*The inferior status makes us vulnerable which reinforces us with the incentives to fit into more squares and norms to improve our worth (as conditioned). This is because when we are vulnerable, it is easier for us to be influenced and manipulated. Therefore, when being commanded to jump, we can say, “how high”? On the contrary, if we are empowered as equal and competent, when commanded so, we are more likely to say, “why should we?”*

***Man-made conditionings begin at our birth***

If our real worth were \$100, we are not deemed as \$100 instantly in the human society upon our birth. Instead, our human world has created many “squares”, “boxes” and “norms” for us to “fit in”. *None of them are defined by us: ultimately, we get to “have no say” about our worth as individuals. We lose our innate power by giving away our say of our self-worth.*

The conditionings go like this: upon birth, if we are born fit, happy and healthy, we will earn our first \$10 worth and will be treated as \$10 worth because we “fit in” to the norm of “fit, happy and healthy”. If however, we happen to have two heads but one body, the world news would broadcast about us because we “deviate” from the norm. The head-turnings, funny looks, judgements, gossips and discriminations we receive in our day in and day out events would make us feel like \$9 worth only.

By the time we are twelve months old, most babies can manage to sit up, stand up, calling “mama” or “dada” with proper eye-contacts. If we fit into this category, we earn another ten dollars’ self-worth for ourselves, making it \$20 worth now. However, if all we can do is to roll around in a sick bed, not able to sit up nor stand up, make funny noises, drooling and rigid eye contacts; we are treated like \$8 only. Despite having a few toddlers that play around with us to start out, many of them will be steered away by their parents behind the scene because we are deemed as “handicapped”, “inferior” and “not one of us”!

By age four or five, most of us have to go to kindergarten or preschool. If we can “sit still and comply”, and “prove” that we can read our “ABC” and count our “one, two, three”, we

are deemed as “intelligent”. With “proof” that we are “intelligent”, we fit in again. We are treated like \$30. However, if we have some speech delays, learning difficulties such as ADD (Attention Deficit Disorder), ADHD (Attention Deficit Hyperactive Disorder), autism or some disabilities and deformity, we are deemed as “nuisance”, “troubles”, “stupid”, “misfits”, and “headaches”. When other children refuse to sit next to us, play with us or call us names, and we are sent to the school principal’s office for discipline or sent home earlier because of the “troubles” we create, we are deemed and treated like \$7 only!

Unfortunately, everywhere we turn to for a different answer and treatment in our society, we get more of the same reactions mostly because the majority of us have been subject to the similar conditionings since birth. Despite the unjust treatments, when asking our parents why things are the way they are in our society, we often get the same answers that “that’s just the way it is”. After years of getting such answers, we eventually give up asking and accept that “that’s just the way it is”. The man-made norms have become our “comfort zones” after a while. *The constant and persistent reinforcements and comfort zones perpetuate even more of the same belief that we all have to “fit in” the “squares” as defined externally to earn our self worth!*

Whether these conditioned beliefs are functional or not, they all inevitably leave strong subconscious deep imprints on our minds. Years later, these *subconscious conditionings continue to affect our emotional, thinking and behavioural modes*. By the time we reach age 21, it is no wonder that we have long forgotten that we are truly powerful and magnificent divine entities with divine nature and infinite potential. Instead of beaming

our true glow of 500, 000 watts, we beam 50 watts only! We have become the products of our man-made conditionings, replaying our self-doubt programming until we fit in, prove it, achieve it, earn it, impress others, please others, compromise and sacrifice us to justify our worth. We keep bending backward by giving away our power and yet, *the more we give, the more we have to give. It's a never-ending rat-race servicing no one but a handful of minorities until we awake to the Higher Universal Truths.*

***The man-made formulas for human worth***

As the result of human conditionings, our formulas of self-worth go like this:

- I am worthy only if I fit in.
- I am worthy only if my family are normal without dysfunction, drama or traumas.
- I am worthy only if my family are rich.
- I am worthy only if my body size is within normal range.
- I am worthy only if I am good looking, popular and smart.
- I am worthy only if I am successful, earning top incomes.
- I am worthy only if my significant others validate me so.
- The bigger the income I produce, the more worthy I am.
- The higher the social status I achieve, the more superior I am.
- The more influential, prestigious and famous I am, the more worthy I am.
- If only I can impress the whole world, I'd be able to justify why I am super worthy.

- If only my mother can love me as much as she loves my sister, I'd be worthy.
- If overnight I lost all of my earning and assets, I am just useless, a failure and nobody!

The list goes on and on....

***Externally-defined truths makes us vulnerable and disempowered***

With our worth being defined by others, by society, by traditions, by any authorities, our religious leaders, our parents, our spouse, our peers, our next door neighbours *or anyone else but ourselves, we literally have no power to our most precious self-worth no matter how much we achieve.* Just when we think we finally fit into the squares and meet with the bars, the whole set of bars and squares are changed beyond our control. It's therefore, a *never-ending rat-race.*

In addition, with our worth outside of our control, it also means that we are forever on a *roller-coaster ride!* When life treats us nicely, we feel like \$2000 worth; when life treats us badly, we feel like \$2 only. When others praise us and love us, we feel like \$2,000,000 worth; when they abandon us and choose to move on with the other, we feel like \$5 worth only!

This explains why despite having gorgeous body and images, earning millions and billions of dollars, owning luxury and having powerful influences and prestige, most of celebrities or movie stars still go through their cat fights, depression, drug rehabs and overdose. They have not been exempt from the rat race either. *With our self-worth being externally defined, we are forever living other people's versions and definitions of success, happiness, identity and fulfilment but not ours!* If our



true innate capacity is to beam 500,000 watts (as emitted by our inner sacred jewels), by allowing others' definitions to rule our self-worth, we are dimming our light to 50 watts only.

By the time we die, we live a life impressing the whole world but ourselves. There is success and applause, but there is no self-fulfilment nor joy. No wonder not having the guts to put aside others' nay says to follow our inner callings is one of the top regrets at our death beds in Australia!

*Has it not dawned on us that "self"-worth should come from our "selves" to begin with? Ultimately, our self-worth has nothing to do with what we own, do or have, it's to do with **how** our self-worth is defined! If it's externally-defined, we will be doomed with misery even if we achieve the highest high of all (because we still give away the power as if we don't know our true self-worth better). If it's internally-defined, we finally will have our own say about our worth, and we can be self-content and self-appreciative irrespective of what the others define or say about us!*

### **Small Homework:**

*For the rest of our life, on the moment to moment basis, whenever we feel down and inadequate, not worthy enough, say and act deliberately with chin-up:*

***"I am worth 100 no matter what!"***