

# GOOD MOTION

**Not All Motion is Good Motion**

INTRODUCTION

TO THE

GOOD MOTION

WAY OF LIFE

(The Science behind Happiness, Anxiety, & Depression)

INTRODUCTION

There are lots of ideas on how to beat depression and still others on how to find happiness. Some seem to have merit, others do not. But even those that seem to help, none of them lead us to answering the question: just what are they? In this sense, these ideas are like pieces to a puzzle, a puzzle we have been unable to put together. So, what we need then is the “Picture on the box.” When you buy a puzzle, it comes all scrambled in a box. To help you put the puzzle together there is a picture on the cover of the box, so you can see where all the pieces go and how they interconnect. There is such a “picture on the box” regarding our subject matter. This picture is clear and precise. Neither is it based on philosophical nor theological ideas, although they do, for the most part, harmonize. What makes the picture clear and precise is that it is based on Science. Science is based on Mathematics and sound reasoning. So, for the first time, we can quit guessing as to what these things are and how they fit into the overall scheme of things. This will allow us to step out of depression and into happiness with a clear and precise road map that leaves nothing to chance

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## THE OVERVIEW

We are going to begin with an overview of the picture on the box and then go back and fill in all the details which the pieces to the puzzle are. This way you will start with the picture and then when we overlay the pieces you will know for a certainty that this truly is the answer.

1. The human psyche, which is you, is separate from the physical body.
2. The psyche, which can be likened to a captain of a ship, the ship being the physical body, has tasks to perform. Science tells us that anything that has function must have energy. This would include thinking. Therefore, the psyche too must have energy.
3. Since the psyche is not part of the physical body, they cannot share energy, the psyche must have its own source. The physical source is, of course, food but not so for the psyche, its source is “motion” in the “VIRTA STATE”.
4. A constant flow of energy is vital. If the energy supply is low, the psyche performs sluggishly, thinking is impaired.
5. If, on the other hand, there is an abundance or surplus of energy, not only can the psyche function at its peak but it can also be “rewarded” for doing so. This reward (which is released by the sub-psyche) comes in two ways. One: by having additional energy released which results in energy “high”. This additional release can energize the person and get them excited about life. Two: by having released (again by the sub-psyche) feel good chemicals like serotonin and endorphins that give the person that euphoric or intoxicating sensation we most associate with happiness. It also releases a chemical that gives person courage to help with life's challenges easily. Also, when the psyche is in this state of being, that is to say, full of energy, it feels whole and complete. This constitutes our NATURAL state of being. We, therefore, should be happy 24/7.
6. So, the big question then is: what is the source of the energy and can we control its input? There are actually a few ways energy can get into the psyche but only one that has a significant and constant impact on it, and that source is MOTION. Science recognizes that

an object in motion can collect energy.

7. There is, however, a down side to this. Not all motion is good motion. If one has to expend energy to produce and maintain motion, its gains could be neutralized, or worse, leave one with a negative gain. The challenge then is to produce more energy than you expend in the process. This we call POSITIVE or GOOD MOTION. In the physical state it would be called "PERPETUAL MOTION.

8. Science tells us that all motion is actually free or effortless, and the only time energy has to be expended on its behalf is when it encounters RESISTANCE. So, if it is resistance that causes man to expend energy, then resistance is an enemy of man.

9. There are five major resisters that man encounters in this virta state that the psyche exists in. They are fear, hatred, injustice, anxiety and self. All have to be eliminated to be truly in free or near effortless motion.



So, in conclusion, the psyche needs energy not only to perform its basic functions but also to produce the state we call happiness. This energy, that is so vital to us, is fed to the psyche for the most part through motion. This motion must be positive motion so that there is a net gain. This requires that you expend less energy than you produce. Effortless or free motion would produce the highest level of happiness. DEPRESSION would, therefore, be inhibited motion caused by resistances that would result in a diminished supply (chronic shortage) of energy.

This then concludes the first half of the picture on the box. The other half will be discussed in part two. Here we will learn that motion plays yet another roll. Not only is motion vital to provide us with needed energy but it also plays a role in keeping us ahead of potential enemy of man. This enemy is called ANXIETY, one of the five resisters

### [THE Overview part 2](#)

1. Thus far we have learned that motion obtained with the least amount of energy expended, effortless motion, if possible, is the key to happiness. The whole universe

exists in a state of effortless motion because in part, everything moves in a vacuum; the other reason is because there are physical laws that govern the universe that enhance this free motion. Likewise, on a virta level there are laws, powerful forces that can assist or enhance your motion to make it more effortless. One of these forces is formed by the “collective MOTION of society”. This MOTION gets its power thru “EXPECTATIONS”. This would include the expectations of society, one’s parents, employers and self. This force acts like a wave that can enhance your motion just like a literal wave assists a surfer. As long as the surfer can stay ahead of the wave, he gets a free ride but if that wave should overtake him there will be consequences to pay. The same is true with this wave of expectation. Ahead of it you can bubble over with energy, let it catch you and not only do you lose the energy level, but now you are covered in ANXIETY. Get further into the wave and it will swallow you up. This is what we call a panic or anxiety attack.

2. So, our second responsibility in our quest for happiness is to “stay ahead of the wave”. Since the wave is relentless, there are always expectations you have to live up to at all times, you must forever be “motion conscious”.

3. How do we stay ahead of the wave? First, you must be willing to ride the wave no matter how big it is. Any surfer will tell you that to ride the wave, of any significant size; you must have “self-confidence”. Therefore, you must build this self-confidence on a continual basis.

4. You must also move in a straight line ahead of the wave. Any deviation from this will result in the wave catching you.

5. To move in a straight line, you must focus on your horizon. This calls for, among other things, planning. The more you plan, perhaps with a day planner, the straighter your motion. Also keeping your “eye on the prize” will keep you moving in a straight line.

6. You also want your path to be clear and well lit. Trying to move in darkness or through the fog will bring on fear. Fear, if you remember, was one of the main resisters that inhibit one’s motion causing one to slow down, allowing the wave to overtake them. You overcome the darkness with the light of knowledge, which includes new experiences. Knowledge opens up the path ahead of you, so you can move freely in front of the wave. Since the wave never stops, you can never stop taking in knowledge and learning from it.

7. If you are trying to stay ahead of a wave that could harm you, you want all forces to be

moving with you, not against you. This would only slow you down. People are forces and we must learn to move with them. Hatred is not an option. You can hate what they do, but you cannot hate them.

8. Also, to stay ahead of the wave, we want our ride to be smooth, straight and level. In the *virta* laws we call this “justice”, which we then apply through social laws.

9. Closely linked to justice is “order”. When your life is orderly, it makes your motion more effortless. Remember, that wave is right behind you at all times. So, you must keep that path in front of you as smooth, flat, straight, clear, open and orderly as you possibly can. We could also add to this balance (know your limits).

10. Thus far we have mentioned four of the five resisters to free motion. Free motion is essential if we want to stay ahead of the wave. The fifth one is “self”. It is hard to imagine that we could be our own worst enemy, but we can. How? By dragging our feet. This process itself drains us of needed energy as well as putting us into the wave.

There are other things one can do to stay ahead of the wave which we will discuss in time, but for now we have enough to see the picture.

There you have it, the “picture on the box”. What does the picture show us? That motion is essential for two reasons.

(1) It provides the psyche with energy to not only function, but most importantly, to make us happy.

(2) Motion keeps us out in front of the wave and free from anxiety and other complications.

Now if you are thinking that this is too simple to be true, I'll share with you something Albert Einstein once said when someone asked him how he was able to understand the seemingly complex universe so well when so many before him, with few exceptions, had tried and failed, his response was, “I just used simplicity”.

So now you have some of the pieces to the puzzle, but that's not all of them. On the following pages you will find more of them along with a deeper understanding of the complete “picture on the box”, and by the way, that picture is the picture of “life” itself, ENJOY. I would also like to invite you to send me, by way of e-mail, your questions or personal experiences with any aspect of our subject matter.

In closing, I will tell you what I used to tell my students: “make a note of these things, for LIFE will surely test you on it later.

GOOD MOTION to YOU ----- [MichaelG@goodmotion.com](mailto:MichaelG@goodmotion.com)

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## UNDERSTANDING HOW MAN MOVES

### (THE CARROT AND THE STICK)

All the universe is in MOTION. From the particles that make up the atom to the galaxies and everything in between, it all moves. All inanimate objects move automatically thru the law of INERTIA. Animals move by instinct (almost robotic in nature) plants and trees, move (grow) likewise without voluntary thought, they just move. Man, on the other hand is truly unique in all the universe, because he moves by “choice.” This means he is not preprogrammed to move in any way. He can move straight forward or backwards, side to side or in circles or not at all, whatever he chooses, because man was endowed with free will. This free will enables man to, among other things, to sit and ponder, to imagine, to create, ask questions like, what is the meaning of it all, and does he have a role as caretakers of the planet (whether that role be by appointment or otherwise), none of these questions would be possible if man was at all robotic in nature. So, man’s free will is essential. Despite this ability to move or not move, man has a need to move, in one form or another, on a consistent basis. Why? Because motion generates energy and energy is critical for the psyche (which is you, apart from the body) to function and for that matter exist at all. So how does man stay in motion if he is not pre-programmed to do so and instead has the inclination perhaps to not move at all. The answer is man moves by INCENTIVES and EXPECTATIONS. These incentives include a reward for staying in motion, the greatest reward being “happiness” (this is for good motion), a stimulus when he starts to fall behind and consequences when his motion all but stops, and the ultimate consequence when it does. This amounts to the “blessing and the malediction”. So now let’s breakdown all these stages man goes thru in this process and see what kind of effect it has on him. To do this we’re going to utilize a metaphor to help picture what’s going on. I’m calling it a metaphor but in reality, it’s actually what’s happening, it’s just in a different “State of Being”. We’re all aware that we live in a physical state, but the psyche (which is “you” apart from the physical body you reside in), exists in a different state that we will here after call the VIRTU state (much more on this as we move along). In this metaphor, I would like for you to picture a surfer riding a wave. If he successfully stays out in front of the wave, his ride will be, in a sense, effortless, because he is not expending his own energy to accomplish his motion. This in effect leaves him with a net gain of energy. (As you’re going to learn, for man to collect, retain and conserve energy is his main obligation in life), This in turn causes the body to release feel good chemicals as a reward for doing so. This



along with a surge of surplus energy, which is part of that reward, constitutes the bases for happiness. Happiness being the greatest reward we can have. So, this then is stage one. Stage two is when the surfer slows down (for whatever reason) and the wave starts to overtake him. This is when the wave starts to curl over top of him. He can feel the spray from the wave, forming above him, as it falls on his head. This makes him feel “anxious” because he is now falling behind. This anxious feeling is meant to “stimulate” the surfer to get back out in front of the wave. (Also, the reward he received for staying ahead of the wave is now starting to fade). If this fails to motivate him, he could find himself falling even further behind into stage three. This next stage is when the wave curls over top and totally encompasses’ him (surfers’ call this the tube). In the “virta state” we call it “anxiety”. When he reaches this stage, he is no longer being stimulated, but rather “prodded” to get back ahead of the wave. Anxiety is painful to the psyche. It gives him feelings of fear, guilt, and shame, the reward is now all but gone. If this fails to stimulate him into taking action, and he falls further behind, the wave now totally consumes him. This is stage four. At this point he is tumbling in the wave. This is known as an anxiety attack. At this point the consequence turns physical. With anxiety the pain was, for the most part, psychological, but now it involves the whole body. The physical pain he now suffers includes such things as: heavy breathing, elevated heart rate, trembling, sweating, as well as other symptoms of a heart attack. This on top of feeling completely drained of energy, (all of which one would feel if tumbling in an actual wave in the physical state). Also, the feel-good chemicals that were given to him as a reward are now all gone. Now you would think that when a person experienced this fourth stage, he would immediately do everything possible to get back out in front of the wave. But of course, if one didn’t understand what was happening to him, he wouldn’t know what to do. And if he doesn’t know what is happening, he could very well fall even further behind. This would mean he is now in stage five. At this point he is now on the back side of the wave; he is no longer benefiting from the momentum of the wave. He is now floundering in the water and the free energy he was gaining from being part of the wave is no longer available. He is now on his own to collect energy, and since he has no idea what his needs are, collecting energy is nearly impossible. He is now in a critical state. Not only has he put himself in peril but also the physical body he resides in. This is because if he dies, he takes the body with him. So now the body gets involved. It is represented by the sub-psyche which is most often called the sub-conscious. We will hereafter be calling it the SUB-PSYCHE (SP), in order to make it appear more like a person rather than an object. The SP is like an “assistant” to the psyche, its’ meant to relieve the psyche of many duties so the psyche can concentrate on more important things. In effect it is like the relationship between a Captain aboard a ship and his first mate. But if the captain is not doing his job right and putting the ship in peril, the first mate can initiate a Mutiny whereby removing the captain from his position. This is exactly what can happen within the human vessel, if the psyche puts it in peril. (Its’ mutiny of the Mind). This battle that ensues between the psyche and the SP manifests itself as SCHIZOPHRENIA, PSYCHOESE, DELUSIONS’ and SEIZURES (to seize means to take

possession of, which is exactly what the SP is doing). If the person cannot get himself out of this stage, the next and final stage is INSANITY. It's interesting to note that aboard the great sailing vessels, from centuries past, which of course relied on the wind to provide "motion". If they should find themselves in places like the equator where sometimes the wind can fail to blow for days and even weeks at a time, crew members had been known to go crazy (insane) and cause a rebellion aboard ship. This stands as a testament as to how important motion is to life, in both states of being. (On a side note, these consequences in stages 2-4 can be covered over by drugs such as marijuana so you don't feel all that pain, but make no mistake about it those artificial drugs lose their effectiveness in time and the pain will emerge and even if it didn't, you could still find yourself facing stage 5 if you don't get back out in front of the wave.)

So now just what exactly is this "WAVE" that I called a metaphor. It is an actual wave that exists in the VIRTUA state. Again, this is the state that the psyche, which is you, exists in. And this, which like its physical counterpart, consists of energy. This energy is derived from the collective motion of society. Motion in the VIRTUA state is the result of PRODUCTIVITY. Everything we do as a society contributes to the wave. So, everything we do on an individual basis is our own contribution. If we do our part and actually contribute, we in turn get to ride the wave. This enables us to collect that valuable energy that will subsequently leave us with a net gain of energy that could result in us receiving that reward of HAPPINESS. Failing to do so would result in receiving those consequences. This means that the wave can either "assist or convict". It assists by providing you with free energy (when you ride the wave) or convicts when you fail to do so. This wave is an EXPECTATION that applies to all of us in society for being part of it. The word EXPECTATION is not just a word, it carries real force behind it, for when we fall short of it you experience real PAIN. Expectations are a law in the Virta state and anxiety the consequence for breaking the law. Anxiety leaves you with FEAR, GUILT and SHAME. This then is how the wave convicts you. The expectations we have in life, that are part of this wave consist of expectations we have from society, our work place, family and ourselves as well as other sources. This website is going to deal with all of the above in great detail and its goal is to get you out of depression, subdue anxiety and make you HAPPY 24/7. ENJOY.

### [DEFINING HAPPINESS](#)

FIRST, What Happiness is NOT!

As mentioned, we're going to take a deeper look at what happiness actually is. And to do this we're going to, first, separate it from what it is NOT. That is to say, we're going to show some of the misuses of the word. For instance, happiness often gets confused with

our emotional feelings, like joy, sadness and anger. The difference between them is that emotions are responses to events and circumstances that happen in our lives and these can cause a fluctuation in our feelings almost on an hourly basis. Happiness on the other hand, is a state of being, it does not fluctuate. It is in fact the foundation upon which our emotions set. They are not connected. This means you can be both happy and sad at the same time. Although not connected, your foundation can augment your emotions based upon its strength. In other words, if you're having a joyful day, that joy can be enhanced if your foundation is solid (truly happy). On the other hand, if your foundation is weak, and you're experiencing sadness, perhaps over the loss of a loved one, this sadness could fall into grieving. Grieving is not really an emotion but rather a consequence (More on this later). So, when someone wishes you a happy birthday what they should be saying is, have a joyous day because again, the day is an event and not reflective of your state of being.

Now wishing someone a happy new year would be more appropriate in that you are wishing them a year of "well-being".

Another area of confusion is regarding one's relationship to others. People will sometimes refer to themselves as being happily married, this again would be incorrect. Now you can be married and also be happy, but there just not synonymous with each other, one doesn't make the other. If you're happy it's because you're a happy person not because you're married. And the reason it is important to make this distinction is because when people are unhappy, they tend to look around them and wonder, "who's responsible for my unhappiness, must be my mate, I must have gotten the wrong one", as if there was just one right one.

It's also important that we separate happiness from pleasures. Pleasures would include such things as ENTERTAINMENT. Pleasures should be viewed like dessert after a good meal, something you would partake in every now and then, but not on a constant basis, and you would certainly not sacrifice a good meal for it. If you did, in time it would affect your overall well-being. In other words when it comes to Pleasures, do it in moderation. But here's a problem? When people are unhappy, they feel a void, why, because happiness is your natural state of being, you should be happy 24/7. So, when people are not happy, they try to fill this void with pleasures, and this will never suffice. There is no substitute for happiness; this would include the use of drugs and alcohol. We must pursue HAPPINESS directly. In other words, we must come to understand it, for what it is, and separate that from what it is not, like our emotions and pleasures.

## HAPPINESS—A COMPOSITE STATE OF BEING

So now that we have made a distinction between happiness, emotional feelings and pleasures, let's now focus again on happiness and what it actually "is". As we previously mentioned, happiness is a "state of being", now we're going to learn that it is, more precisely, a "composite" state of being. That is to say it has more than one component. In a sense it is a lot like a Cake. A cake has many ingredients that together make it a complete cake. Happiness, likewise, has many components that make it complete. These components are inner connected and inner dependent on each other; if you try to separate them you will lose your happiness, just like a cake will cease to be a cake if we leave out any of the ingredients. This will serve to validate each component part as belonging to the whole.

Let's get started. Just like a cake, happiness has one main component. For the cake that would be flour. For happiness it would be ENERGY. Energy is absolutely necessary for happiness to exist. In fact, the psyche itself (which is you) can't exist without energy for without it you would no longer possess (among other things) the "will" to live, and that is essential for life. Now just possessing the energy is not in itself enough. You must have it in abundance. Why?, Because only when the reservoir is filled with energy will the physical body, by means of the "sub-psyche" or as others have described it, sub-conscious (more on that later), releases, as a REWARD, feel good chemicals, like serotonin, that give us that intoxicating and euphoric sensation that we most associate with happiness. Along with this, the sub-psyche releases two additional chemicals, one to give us a layer of courage, to take away inhibition's, and the second chemical to coat the physical body to desensitize the nerve endings in our body, to leave one feeling a warm glow.

On top of this, if the reservoir is full of energy then the psyche has plenty of energy for its basic functions. These would include such things as thinking, reasoning and solving problems. Therefore, one's faculties are CLEAR and SHARP. You have your full "wits" about you. (Without, sufficient energy you would walk around in a fog).

This constitutes the basic "state" we call happiness that most of us identify with, again, being "high" on energy and "high" on feel good chemicals. It is also our "NATURAL" state, that is to say, it is the state of being we were "BORN" in and meant to "stay" in our entire lives. How do we know this? Because children are happy, and many remain so thru adulthood. So, this being the case, when we are happy, we feel "WHOLE and COMPLETE". Therefore, when we are not in this "state" of happiness we feel a "void". This void is an ever-present gnawing sensation we attempt to fill by any

means possible. This would include over indulgence in pleasures and the taking of “artificial” chemicals to substitute the “natural” ones, the body produces. (drugs)

Now if you’re truly happy that means you’ve got purpose in life, because having purpose is the only way one can maximize his effortless motion, resulting in the most possible surplus of energy. Therefore feeling “FULFILLED” would be part of that cake mix.

The next ingredient in this cake mix is; SATISFACTION, not the satisfaction that comes from having a good meal but rather that which comes from something you feel inside yourself. That which you feel when you lay your head down on your pillow at night or get up in the morning, in fact it is with you 24/7. Where does that come from? If you look up the word SATISFACTION in the DICTIONARY, you will see it has two major components to it. One: living up to expectations; and two: being free from anxiety. So, where’s the connection with happiness. Well, if you are high on energy and feel good chemicals and all your faculties are clear and sharp, you’re able to best live up to all expectations, and as we have already discussed expectations play a major role in our lives. So, living up to them leaves you satisfied. Also, if you’re living up to expectations your building SELF CONFIDENCE. Why? Because to accomplish things without expending energy needlessly, you have to be employing the sub-psyche, wither or not you realize it, and that builds self-confidence. Now on the flip side of all of this, if we fall short of expectations it will lead to anxiety. Anxiety in turn brings on among other things, feelings of fear and restlessness. So, if we can keep anxiety out of the mix we will, in addition to satisfaction and self-confidence experience inner PEACE and SECURITY, because they are the opposite of fear and restlessness. One more ingredient in our cake mix that adds to our overall feeling of well-being is “character”. Character is something we build from living our life in harmony with the composite wave of society and living up to expectations. Character is important because it gives us “MASS”. Mass as your going to learn, in up coming pages, has the effect of smoothing out our motion, especially in turbulent times.

So, there you have it, the cake we call HAPPINESS. Let’s add up these component parts again.

1. Being HIGH ON ENERGY. This is the result of having an abundance of energy in the reservoir of the PSYCHE, prompting the sub-psyche to release as a REWARD.
2. Being HIGH ON FEEL GOOD CHEMICALS. Also, as a REWARD from the SUB-PSYCHE for keeping that reservoir full.
3. A chemical for COURAGE, likewise as a reward.

4. A chemical that produces a WARM GLOW over the physical body, yet another reward.
5. All your faculties, like reasoning and focusing are CLEAR and SHARP.
6. Feeling WHOLE and COMPLETE because you are now in your natural state.
7. FULFILLED from living your life with purpose.
8. Feeling “SATISFIED” because you can now live up to life’s expectations
9. Building “SELF CONFIDENCE” from tackling and fulfilling expectations that can only be fulfilled thru cooperation of the psyche and the sub-psyche (SP).
10. Feeling “SOLID” from possessing strong character built from accomplishments. Your greatest accomplishments will come from those involving “risk taking” which will now be possible; with your new found “courage” and stronger “will” from an abundance of “energy” now building in the reservoir of the psyche. (SELF-WORTH and RESPECT will result from this as well.)
11. PEACE and SECURITY from staying ahead of anxiety and building character.

So again, how can we be sure that this whole list is connected to happiness? Simple, if you take one component out, your happiness begins to fade. If, for instance, you quit living up to expectations, the “wave” will overtake you and cover you in anxiety. This in turn will rob you of energy. Then the sub-psyche will respond by restricting the feel-good chemicals that it gave you as a reward and so on until it all starts to unwind, and you end up in DEPRESSION. By the way, anything less than complete happiness could be considered DEPRESSION to one degree or another, even if you think you feel fine. Depression can be defined as any loss of energy.

One more thing, if you’re wondering if there is an icing on the cake of happiness, there is. It’s made up of pleasures we have in life. But just like real icing, it’s applied in moderation so as not to take away from the cake.

### DEFINING DEPRESSION

#### WHAT DEPRESSION IS NOT

It’s time now to define depression, and just like we did with defining happiness we’re going to start with what depression is NOT. Depression is not in one’s imagination. It is as real as a heart attack or cancer and just as deadly. The only difference is that the heart attack and cancer kill the physical body first, whereas depression kills the psyche first, all resulting in the death of the whole vessel (physical body and psyche).

Depression is also not the result of “laziness”. Depressed people are not lazy. In fact, they are the hardest working people in society. They work harder to get out of bed in the morning than a happy person works all day. How is this possible? Well remember the secret to happiness is to have an abundance of energy present in the reservoir of the psyche at all times. We cannot let it get depleted. And where do we collect this energy? According to science, it is collected through motion. Motion generates energy. So, when we’re engaged in activities, we’re generating this energy, all of which could potentially go into the reservoir. Unfortunately, “not all motion is good motion”. Only motion that collects more energy than it expends in the process is good motion, because that’s the only way we can be assured that the reservoir will remain full. Science has a word for this as it pertains to the physical state. It’s called “perpetual motion”. If we are not retaining more energy, then we’re expending then our reservoir is being depleted. This sums up the difference between happy people and depressed people. Happy people gain energy thru their activities, depressed ones expend it. Remember we said that depressed people work harder than happy people, well according to science the word “work” means “to expend energy” and that’s just what depressed people do.

This should also dispel the notion that depressed people “just have a negative attitude”, that they see the glass half empty rather than half full. As you now know the glass (reservoir) “is” half empty for depressed ones because the energy level is always going down. At the same time the glass is always filling for happy people because they’re always collecting more energy than their expending. Why this disparity that exists between the two, will be explained in more detail as we move along.

## WHAT DEPRESSION IS

So now that we’ve covered what depression is NOT, it’s time to discuss what it “is”. We’ve already explained what happiness is, and if you’re thinking that depression would be the opposite you would be correct. True happiness is achieved by maintaining a high level of energy in the reservoir of the psyche. I know it’s hard to wrap your mind around the idea that this one thing (energy) could mean so much to your happiness, but it does. Therefore, energy is ever thing, let me say it again, energy is everything. It should be on your mind all the time. So then when it comes to defining depression what you think we should be looking at. That’s right the energy level in the reservoir of the psyche. Deep depression would result from allowing that energy to get depleted. But we do need to understand that there isn’t a clear line between the two. That they do in fact overlap. There are degrees of happiness as well as depression. To appreciate how this takes place

let's take a closer look at the SP (sub-psyche). The sub-psyche has many "rolls" to play in order to accomplish its main job, which is to "assist" the psyche, where by making things more effortless for him and making it possible to conserve energy. Two of these would be to "monitor and regulate" (roll as controller) activities going on within the vessel (vehicle encompassing both body and psyche). This would include the collecting and releasing of energy (both physical and virta), also the releasing of chemicals like the feel-good ones discussed earlier.

Now the purpose behind these two responsibilities is as follows; the psyche (which is you) is responsible for collecting and maintaining a high level of energy in the reservoir of the psyche which the sub-psyche is "monitoring". If the psyche is doing a good job of keeping it full, the sub-psyche has the confidence to release, freely, energy to the psyche as well as a proportionate amount of feel good chemicals as a reward. The reason the sub-psyche is given this responsibility is to ensure that the psyche always has some energy in reserve. The sub-psyche cannot allow this reservoir to become depleted. In this sense the sub-psyche acts like a "check and balance mechanism". The psyche would of course like to have "feel good chemicals" released all the time, whether or not it deserved them or whether it is in its best interest. An example of this would be when a person is sick, and instead of feeling bad, as it is currently set up, could feel good instead, he would probably not take his condition seriously and take the necessary measures to get better, and this would be detrimental to his health. This control by the sub-psyche is even more important when it comes to regulating the release of energy and feel good chemicals to the psyche. The most important responsibility the psyche has in life, is to keep a high level of energy in the reservoir and the sub-psyche's responsibility is to not only monitor this flow but to also to dispense it.

Here's how this goes. If there is an abundance of energy, the sub-psyche freely releases energy to the psyche but if the psyche fails to keep it full, the sub-psyche will in turn reduce the amount of energy and feel good chemicals it releases. The sub-psyche cannot allow the psyche to delete the reservoir completely for this would result in death. So, it monitors and regulates this energy to make sure this doesn't happen. The sub-psyche does not make its decision solely on what is in the reservoir but also on "faith". Faith in what? Faith in the psyche's potential for bringing in more energy. What the sub-psyche bases his judgment on, is in part, based on how many "AVENUES OF MOTION" the psyche has accumulated. So, what's an avenue of motion? Well so far, we've learned that collecting energy is the most important thing in life. We've also learned that motion is the primary way we collect energy. What does motion consist of? Every activity that man



engages in; the more activities he engages in the greater the potential for more energy. Every activity is an “avenue”, and the more avenues he opens up, the greater his potential.

So, the secret to having an unlimited supply of energy is to open up as many avenues as you can. If you do this the sub-psyche will have total confidence in your ability to collect future energy. This by the way is what self-confidence is. It's confidence within the self. That is to say confidence between the psyche and the sub-Psyche. But now what happens if the psyche chooses to limit the number of avenues. Let's say the psyche is “afraid” to explore new things; and wouldn't take any “RISKS”. The sub-psyche sees this as a potential problem. It could jeopardize the future flow of energy. Let's say the avenue they're currently using becomes impassable. The person could all but stop moving and therefore stop bringing in energy. So, the sub-psyche, in order to protect the vessel, will limit on an ongoing basis, the amount of energy to the psyche. So, then the amount of energy and feel good chemicals the psyche receives will always be in direct per portion to the avenues of risk they're willing to take as they go thru life. What this all means then, is that the individual will be limited on the degree of happiness they will ever achieve.

Now this is not the only situation that would cause the sub-psyche to limit the release of energy and the corresponding amount of feel good chemicals. Another would be the failure on the part of the individual to continually take in knowledge that results in a slower pace in life due to the fact they do not have a clear path way. But now at some point, they could be deprived of enough energy that their ability to keep up with expectations becomes difficult. Once they start falling short of these expectations, anxiety will start creeping in. This is when we begin to enter the “depression zone”. This doesn't mean a person is going into full blown depression, but he won't necessarily feel good every day.

Fatigue is usually the first sign. That fatigue, if allowed to continue will cause the individual to start falling short of more and more expectations. He also stops taking on more expectations and this too is not good. If you remember, we need expectations to give us that “wave” of energy, so we can ride it like a surfer who rides a wave. This in turn adds energy to the reservoir, (keep in mind that this “wave” is real and has real force). Now as he digresses further, not only will he lose all of the blessings from the sub-psyche, but now he will start feeling the pain of depression. Which starts with feelings of fear, guilt, and shame, and if you blend those feelings together you come up with such things as worry and doubt. All of which will impact his future motion. How? Well for one, doubt, would cause you to drag your feet, which is “self-resistance” one of the five

resisters that slow a person down impacting their ability to collect future energy. (More on this later).

Remember we need to move freely to optimize our happiness. We mentioned fatigue would be one of the first signs a person was entering the depression zone, another would be one's inability to focus, due to the depletion of energy, (remember, the psyche needs energy in the reservoir for daily functions like focusing) followed by anxiousness, because the wave is starting to curl over them. Then one begins to question their abilities because their self-confidence is slipping. Then they'll begin to question the meaning of life because they're no longer feeling whole and complete. All of this usually precedes deep depression. If allowed to go unchecked, one could fall into a deeper depression, where the anxiousness turns into anxiety, because the wave is now curling over them, followed by possible anxiety attacks because the wave is now consuming them. With anxiety comes, all the other maledictions we receive from the sub-psyche for not maintaining that high level of energy in the reservoir. Remember the wave is both a blessing and a curse. It is a blessing when riding it (living up to expectations) because it feeds us with energy, (the carrot) but a curse if we don't (depletes energy), and all the consequences that go with it. (The stick).

(If there is any lingering doubt in your mind as to the role energy plays in our subject matter, the next section should alleviate that.)

### STEPPING OUT OF DEPRESSION.

What are the basic steps one must take to get out of depression?

1. To begin with, a person must have on his mind, that is to say, he must be conscious of, at all times, his need to have a surplus of energy within the reservoir of the psyche. (If there is any lingering doubt in your mind as to the role energy plays in depression, the next chapter entitled "Following the Symptoms" should alleviate this). Therefore, the main responsibility of the Psyche, which again is "you", is to collect, retain and conserve energy, where by producing this surplus. Having this surplus on a consistent base is what constitutes the foundation of happiness, and when we say "surplus", we mean, over and above what one's needs are for daily functions. The functions of the psyche consists of the following: thinking, reasoning, focusing, learning, analyzing, delegating (overseeing), governing, recognizing and solving problems, being aware of its existence, past present and future, also

awareness of its surroundings and its needs,( this would include connecting with the outside world and most importantly, interacting (engaging) with ones fellow humans). Looking and moving ever forward in a straight motion. Collecting and labeling information, that it wishes to save so the SP can file it and then retrieve it at a later date, (this information being stored in the brain which is our inner computer or filing cabinet). Collecting information from the senses (real time), which it collects when the psyche is in the mind chamber (this is when the psyche is in its conscious state). Making decisions based on all this information, that might, thereafter, involve finding a solution, and if there is an obstacle, then creativity might be needed (being resourceful), then one would want to visualize the end result so having “imagination” then comes into play. Once a decision is made the physical body needs to be set into motion to accomplish it, this is where will power comes into play, and it’s the starter. On top of all of this, the psyche is responsible for establishing a routine or pattern on all new activities prior to turning them over to the SP (thru practice) so the SP can establish a normal run cycle. Examples of this might be learning how to play sports or drive a car, then training the SP to take over from there. The psyche would “initiate new motor skills” that the SP would then pick up on, and run with it, it then turns into a habit. (the SP is trained not taught, because again the SP is not capable of thinking it’s more mechanical in nature).

So, these needs would come first because these functions are vital for its existence. Once these needs are satisfied, the sub-psyche, which controls the releasing of energy, (one of its key roles as controller) can consider the releasing of the surplus energy at its own discretion. What are its criteria’s? It has to have an “assured expectation” that this surplus will continue without interruption (definition for faith), otherwise it will hold it back. It’s the responsibility of the psyche (which is you) to see that a continuous supply of energy is ongoing, so as to maintain that surplus. This requires the psyche to stay in motion, consistently, (whether this is physical or virta motion). To allow yourself to become sporadic in your motion (productivity), could result in an, on again, off again surge in your spirit known as a manic condition. A manic condition results when a person fails to manage or control (govern) his motion. For instance, when he is experiencing a surge of energy and feel good chemicals, He might believe he can go for long periods of time without resting and before he realizes it, he has drained all his energy (burnt out). Depression can quickly follow. (A gasoline or diesel engine can sometimes be equipped with what is known as a “governor”. This device keeps the engine from accelerating to a dangerous level that could ultimately destroy the engine.) Likewise, within the human vehicle the psyche has the responsibility of keeping itself from “revving” up to a high level resulting in an inevitable crash.

So how do we get out of depression and into the state we call happiness. To begin with let's restate the responsibilities of you the psyche. Because energy means life to your vessel, having it in the reservoir is vital. Therefore collecting, retaining and conserving energy is of the utmost importance. We have already learned how the psyche collects energy and that is thru motion, which is productivity. But we have also learned that although all motion generates energy not all motion leaves you with a net gain (good motion), therefore how you move becomes an important factor so that some of that energy is retained. Once it's retained, we want to keep it in the reservoir and not let it needlessly drain off. So, what could cause this drain off? Well remember the psyche needs energy to function so it is constantly tapping into the reservoir that is primarily what the reservoir is there for. What we don't want is the psyche using energy when it is not necessary. If you recall, a lot of the duties performed by the psyche can be done by the SP, that's what it's there for, to assist the psyche. So, when the psyche includes the SP in its duties, it's no longer expending its own energy but is instead expending the energy of the SP, whereby conserving its own. The energy expended by the SP to perform the task is physical energy and that is of no concern. Only virta energy is of interest to us in this regard because only virta energy affects the health of the psyche and our happiness. So, when it comes to holding the needed energy in the reservoir, the first thing we need to concentrate on is turning as many tasks over to the SP as possible where by conserving vital energy as well as building a greater relationship between the psyche and the SP. Now let's back up a bit. When it comes to dealing with depression, we must recognize that there are two levels; (1) The first level is a short term or shallow depression. This generally occurs when a person has a situation (like the death of a loved one) happen in his life that alters his normal routine. His normal routine would consist of, what I refer to as "good motion habits". Other words before this incident occurred, he was relatively happy. But do to this incident he broke off from this routine resulting in depression. Now if you remember depression is a chronic shortage of energy to the psyche. The psyche of course needs energy to function, and some of these functions include thinking, analyzing, recognizing and solving problems. The most debilitating thing about depression is that once you're in it you don't realize it. You know there's something wrong, you just can't figure out what, and the reason you can't is because your reasoning faculties are operating at a very low level due to the lack of energy. Once this is pointed out to you, that you are in fact depressed and then you are shown the above information on what depression is, you can quickly take charge and get yourself out and back into your normal routine that consists of good motion habits. The fact that a person is lacking energy when they are depressed is what makes depression so insidious. Because without energy a person cannot recognize that he has a problem nor what to do to get out of it, because again, all such functions require energy to perform and it is in short supply. When your Happy, on the other hand, and full of energy and a problem arises you can generally figure out a solution rather quickly or at least have your "wits about you" to find someone who can.

The second level of depression is not so easy to correct. Whereas the 1<sup>st</sup> level was a matter of showing the individual, thru knowledge how they had simply gotten off course and we just need to show them the way back. But level 2 is much more challenging than that. With level 1 the individual, for the most part, had good motion habits already established in his life, and that means he was already taking in more energy than he was expending, the key ingredient in happiness. But with level 2 they have, instead, a history (long term) of bad motion habits that are ingrained (deep), and habits, good or bad are tough to break (just ask a smoker). So, for level 2 it's not a matter of just imparting correct knowledge, they have to "Conquer" their depression. Now this is the last thing a deeply depressed person wants to hear, that he is going to have to "Conquer" his depression, because to conquer depression, or for that matter, conquer anything in life you need three things: self-confidence, courage and will power, and guess what, depressed individuals don't possess any of these things because they all require energy, to perform, and there is none, the reservoir is near empty. That, in part, is why their depressed. This is also why taking a pill for their depression is so appealing, none of the above is required, and they can take a pill while lying in bed. Unfortunately, taking the pill doesn't change they're bad motion habits and, as most are aware, the pills just mask the symptoms and turn you into a zombie, they don't correct anything. So how then does the severely depressed get out of their deep depression. If deep depression requires that one conquer it, and to conquer it one needs to have will power, self-confidence and courage and none of that is available, how do you build upon something you don't have. To get started, you need to stop the bleeding. In other words, stop wasting energy that's already been collected in the reservoir. You waste it by performing tasks that could be performed by the SP. Remember the SP uses physical energy and that is of little concern, in that physical energy is easily restored by simply eating more food (how cool is that), but virtual energy on the other hand is much more elusive and takes a certain skill level to collect, retain and conserve. So, there's the dilemma, you need energy to get out of depression but there is none available, so what do you do. You want to start by conserving as much energy, that's already in the reservoir, as possible. You do this, again by turning over as many duties as you can to the SP. This would require, first and foremost, recognizing its existence. If you don't recognize its existence and that it is there to assist you, then you're not going to rely on it to perform tasks. Now it might be, sometime in the past, that you felt like something internally was helping you, but you couldn't figure out what or how. For instance, you're driving down the road, for some distance, and suddenly you can't recall the last few miles. It's as if you weren't there. So, who was driving at that time? Well it was your assistant the SP. This collaboration was not intentional, because at the time you didn't recognize its existence. But you need to, from now on, start relying on the SP more and more, if you ever want to conserve energy in the reservoir. In the work place we can see a similar situation occurring were a boss gets involved in every one's job. We call it "micro-managing". This occurs when the boss lacks confidence in the relationship between himself and his workmates, he wrongly chooses to do the work rather than "delegate". The result is less

production and more energy needlessly expended. That's exactly what we do internally when we fail to recognize and involve our assistant. On the other hand, if we start using the SP not only will we be conserving that precious energy, but we will also find that we get things done more efficiently. Why? Because the assistant can do any task better than the psyche. This is because the psyche must think about everything before and while he's doing it. This cuts down on his efficiency. Have you ever heard someone say, "don't think about it just do it"? This is how we get in the way of our own production. The SP on the other hand works more like a machine. It doesn't interrupt its self with thoughts that can bring on "doubts". The truth be known, the assistant is capable of doing remarkable things, if we would just let go and turn things over to it. It has the potential to be a superstar if we would just let go. (Every great athlete is great because their SP is performing their tasks for them, even though their probably not aware of it). Surfers who ride the waves will tell you if you want to reach that "spiritual high point" while surfing, you must "lose yourself in order to find yourself". Another words "you" the "psyche" must get out of the way and set the SP free. A prodigy is someone they consider having an extraordinary talent, but it is in fact just an example of someone who has release their SP to reach its fullest potential. Some individuals who are autistic are known to display extraordinary gifts known as savants. These too are simply individuals who have released their SP to fully blossom. In their case, because of their autism, they don't care to function in the first person, that is to say, the psyche does not wish to deal with life (engage). (this would suggest their lacking the chemical for courage we talked about earlier). So, they turn over as much as they can to the SP, which is the opposite of what most of us do, so they can disconnect with the world. For functions that are exclusive to the psyche that can't be turned over to the SP they, as often as possible, rely on a caregiver (surrogate psyche).

Another role of the SP that can greatly assist you (the psyche), and thereby make life more effortless and conserve more of that vital energy, is as secretary. Just as the first mate assists the captain aboard ship so a secretary does the same for a boss in the office. The secretary can reduce his work load by doing such things as filing papers and then bringing them to him when he calls for them. On a psychological level we would call this having a good memory. Persons with great memories are those who develop a good relationship with their SP, without realizing what they're doing. When you're trying to remember some one's name and you just can't come up with it, you will often say "just give me a minute and it will come to me". Why will it "come to you", because the secretary (once you relax, and let the secretary do its job) will bring it to you. You see again we recognize on some level of consciousness that we are assisted internally. When you can relax and let the secretary bring you the info you're looking for and show it to you on a "cue card" right in front of your mind's eye, suddenly the job of gathering info, which you use to "strain" for, is now effortless and instant. And when you finally come to the full realization that this is so, that the assistant can in fact make your life more effortless in areas like filing and retrieving

information you will in turn start taking in more knowledge. When you're depressed, on the other hand, you don't want any more knowledge than is absolutely necessary, for the simple reason that it takes too much energy to deal with. So, you let things go in one ear and out the other. But once you realize how effortless it can be, you'll start absorbing everything you can. This in turn opens up more avenues of motion for you. The new-found knowledge removes the fear in front of you, which we will be learning more about in upcoming chapters, is a major resister that keeps us from moving freely. Once it is gone you can move like the wind (effortlessly). This is how knowledge becomes power. But it lies dormant for the most part because we don't recognize it as such. Once you do, it can add so much to your life. In time, after you develop this relationship and you realize that this assistant can be your very own superstar and acting on your behalf, you can actually start seeing the assistant, sitting on your shoulder, in a sense, ready to assist you, and it's a great feeling knowing together you can accomplish anything. Your reliance on the assistant will grow more and more. Together you will become a power house, you will complement each other, (to compliment means to make perfect or complete), and that's what happens when you build that relationship with your assistant. This is what self-confidence is. Its confidence within the self, between the psyche and the SP. You can start building this relationship right at home, by doing things around the house like cooking, washing the dishes or other cleaning tasks, along with other small projects. Remember the psyche must get out of the way so the SP can take over. This might require at first distracting the psyche, so the assistant can step up to the plate. Listening to music is one good way to accomplish this, (music also adds energy to the psyche). Also keep in mind that because the SP doesn't have to think about what it is doing, it can move faster, so don't be afraid to pick up the pace. Whistling while you move also is effective in distracting the psyche. But keep in mind that the assistant won't take over right away, you must take it through a series of practice runs, so be patient

There's one more example I would like to share with you that reveals the existence of the SP. We know that when we find ourselves in a dangerous situation, we feel a surge of "adrenalin". This surge can happen instantly. Sometimes even before we fully realize we're in danger. So, who released the adrenalin? It was your assistant, who can act almost like a "guardian angel". New cars are now being equipped with a device that can apply the car break faster than the driver can react. This is similar to the relationship between the psyche and SP. Another way it can act like a guardian is when you get a gut feeling, or the hairs go up on the back of your neck, that's your SP talking to you, usually in the form of a warning. So, start relying on the SP, first by recognizing its existence and then by relaxing and turning over task for it to do.

So, let's take a minute now and see where we're at. We know that happiness, which is our goal, and in fact the only thing worth pursuing, because with it all other things are possible, is accomplished by collecting, retaining and conserving energy. If this is successfully done

the SP will reward the psyche by releasing feel good chemicals as well as excess energy stored in the reservoir. This is the foundation of happiness. If, however this is not accomplished the SP will withhold the reward and will instead allow it to experience aspects of anxiety in an effort to prod it back into good motion. This is depression. The dilemma we face with trying to get ourselves out of this condition is that we need self-confidence, courage and will power to do so and none of that is possible without energy, and that is in short supply. So, what do we do? We can't add energy to the reservoir, because of our bad motion habits, so the best we can hope for is to stop what energy might be already stored in the reservoir from bleeding out. We can accomplish this by turning over tasks that in the past had been performed, by the psyche and give to his assistant. This will conserve needed energy and at the same time build a relationship between the two. This, again, is how we build self-confidence. Once we have started building or rebuilding, which ever applies, our self-confidence along with the energy we have salvaged by turning over tasks to the assistant that will signal to the SP that we're on the right path. The SP then can consider releasing a little of that energy back to the psyche, so it can function at a higher level. With these tasks now turned over to the assistant the psyche is free to concentrate on the next step. With this new-found self-confidence and excess energy, the psyche can consider contributing to the Wave. This again is the collective motion, productivity, of the whole of society. It is everyone's contribution, on an individual bases, of their own gifts and talents, that create this wave of motion that makes the world go around. This wave becomes a wall of energy that one cannot only, participate in, but also ride like a surfer rides a wave. This wave then provides one with "effortless motion" (because if the wave is moving you, you're not moving you're self, your motion is thus effortless), this means your collecting needed energy without expending it, thus retaining it. This collective motion is the definition of "love" the energy produced by it is the power of love. The thought of becoming part of the wave can be scary at first, but the SP could offset that with a little bit of courage from the excess energy accumulated from what you conserved, otherwise you can use the excess energy for will power. Remember also that this "collective wave" is also a wave of "expectation", in other words, we're expected to contribute, and if we don't, we experience anxiety which smothers us and robs us of energy. Anxiety, again, leaves us with fear guilt and shame. So, once we become contributors to the wave, anxiety falls away and we feel free. Now when you first start contributing to the wave it might be with a job that you're not crazy about. That's OK; it's just a means to an end. It's a way to get you back into motion and start collecting energy. Our ultimate goal is to get a job that is in line with your purpose. And what is your purpose? It is that which allows you to use your gifts and talents in a way that satisfies a need in society. Once you find it, it's like adding wind to your sails; it makes your motion "effortless". Even though "riding the wave" adds some energy to you, it doesn't compare with moving by purpose. The one thing most all depressed person share in common is that they can't find purpose in life, and why not? Because when you find your purpose in life it will excite you. That's how you know you've found it. But if you are always depressed, you



don't have the necessary energy to get excited and therefore passes you by. Again, this is why depression is insidious.

### FOLLOWING THE SYMPTOMS

Depression! Few things take the joy out of life like depression. We can only imagine what our world would be like if depression could be eliminated. For thousands of years man has had to deal with depression and the ramifications that go with it and yet he has been unable to figure out its cause. You would think that with all the technological advancement at our disposal today that we could figure it out and yet, not only does it still exist, but it is actually growing. So, what is the problem? The problem, of course, is that depression is invisible. Therefore, if you cannot see it, you cannot fix what is broken. But the interesting thing is, there is lots of things in our world that are not always visible that need to be fixed on occasion. So how do we do it? Well the most effective method we have is by diagnosing the problem, by looking at the SYMPTOMS. In every facet of society this method is used and again with great success. Take science as an example, when something is not visible, they rely on "force and effect" to see them which is the same as looking at the symptoms. As an example, some of the planets in our outer solar system were known to exist before they were actually seen. The reason they knew that they existed was because of the "effect" that the planets presence was having on neighboring planets. In fact, this method was so accurate that when the planets were finally seen, they were right where they predicted they would be. Doctors rely on symptoms as well to help them pinpoint problems within the body which are not visible with the naked eye without the help of ex-rays. You no doubt have used this method yourself to pinpoint problems when they could not be seen. In fact, let us look at one common example: your car. To experience a malfunction with it is not unusual. Have you not, on occasion, got in your car, put the key in the ignition and tried to start it but nothing happened. At this point, without looking under the hood, you start looking for symptoms to help you pinpoint the problem. You noticed first of all that when you went to start it, it just went "click-click-click." You also observed that the dash lights were dim, then you turned on the head lights and checked them and they were also very dim. It became obvious that your battery was dead and needed to be charged. So, you proceeded to fix the problem and get back into motion (drive away). So, this begs the question: why don't we use this method to pinpoint what causes depression? The symptoms have been clearly defined so pinpointing the problem should be likewise.

Let us take a look at these symptoms and see where they lead us. We will first list them and then go back and look at them individually. They are as follows: fatigue or exhaustion, lack of interest (not motivated to do anything), hopelessness, having the blues for an extended

period of time, cannot focus nor concentrate, empty, helpless and finally, apathetic. Now let us break them down using the dictionary as a guide. We will start with fatigue and exhaustion. According to Webster's Dictionary, if these conditions exist it simply means that you are out of ENERGY! Now let us go on to the next one. Lack of interest, which would also include being unmotivated to do anything. Again, according to Webster's, if you are interested in something, you are "excited" to curiosity or attention. Notice that "excitement" is the key ingredient. So where does this lead us? Well, let us go back to the problem with the car for a moment. Because the battery was low (out of energy), we were unable to start the car. It takes energy to turn over the starter, which in turn, turns over the engine that puts everything into motion. Science tells us that what actually occurs, is that a surge of electricity goes to the starter and "excites" it, and this in turn gets everything moving. Without that electricity the starter could not get "excited". Electricity is, of course, a form of energy. Going back to our symptoms of depression, if one cannot get motivated to do things, it is because they cannot get "excited" or interested and this again, according to science, is because there is no ENERGY. Let us keep going. Next on the list was hopelessness. One definition for hopelessness is being very low in spirit which happens to be the same definition for "sadness". The definition for a "spirited person", which would be the opposite, is lively and energetic. This again involves ENERGY. Next was having the "blues". Definition: gloomy, which is defined as lacking strength. Strength, of course, requires ENERGY. Next is cannot focus nor concentrate. The dictionary defines both as: to direct one's thoughts. Both require thinking. Science tells us that thinking is not possible without ENERGY. The more energy one possesses, the better he is able to think which again would mean the better one could focus and concentrate. Once again ENERGY is the key. Next "empty", definition: to be at a level of ENERGY that is inadequate to sustain worthwhile activities. Finally, "apathy". Apathy is defined as lacking interest. This brings us back to the word "excite" and we already know what it takes to get "excited". Did all these symptoms lead us to one "cause"? Absolutely! The lack of ENERGY.

So that brings us to the next logical question: "what" is low on energy? Is it the physical body? If that were the case, there would be an obvious connection between malnutrition and depression because food is its main source of energy, but there is not. In fact, third world countries, where food and nutrition are lacking, would show a much higher degree of depression than those in developed countries. But in fact, the opposite is true. Third world countries are happier than developed nations so that cannot be the case. No, unfortunately, it is not as simple as that. Whatever "it" is, that is what is depleted of energy, it is not relying on the body as a source of energy and in this lies the problem and the reason the answer has eluded man for centuries. To help us see the answer we are going back to the example of the car. We know that the car has two forms of energy. One: electricity that is stored in the battery which we discussed earlier. And two: the gasoline that is stored in the gas tank. These

two energies are not interchangeable, that is to say you cannot put gas in the battery, nor is put electricity in the gas tank and the reason you cannot that they exist in two different forms. The reason for the two different forms of energy is because their applications are in different forms. This is the precise reason the energy from food cannot be used to fill this other need. Because it too exists in a form other than the physical form used to energize the body. So, what is it that exists in this other form? It is "you" the psyche. It exists in what can only be described as a virta form, that is, something other than that which is made up of atoms. It, therefore, can only absorb energy in like form. Because this has eluded us up until now, we have not been conscious of the need to keep it filled with energy nor how to supply it with this virta energy. The similarities between the way we are structured and that of a car are striking. Both have two forms of energy with similar characteristics. Both have one source that is visible (physical) which would be the food and gasoline. Both the other forms of energy are invisible that would be the electricity, for the car and the virta for the psyche. The two invisible forms of energy, respectively, are responsible for bringing their vehicles to life as well as setting into motion their respective bodies. Once they put their vehicles in motion which would require using up some of their stored energy, their vehicles will in turn resupply them with new energy. Both accomplish the same thing. For instance, once the car's engine is in motion it will set into motion an alternator. This device, when in motion, will produce the necessary energy to replenish the battery. Likewise, once the psyche sets the physical body into motion, the motion of the body can, indirectly, produce energy that can replenish the reservoir of the psyche. So, energy is the key to fixing depression and motion is the key to replenishing depleted energy.

Now, if you are thinking that this answer is to simplistic, that all one needed to do to beat depression was to get into motion, you would be correct. If it were not for but one thing. That one thing is this: not all motion is GOOD MOTION, that is to say, not all motion can replenish the reservoir of the psyche. Only motion that can collect and retain more energy than it expends in the process can do this. And in this lies the key to HAPPINESS. Depressed people have inadvertently been running on empty without realizing it, through a series of bad choices that turned into bad habits in their activities which all involve motion. We have to set these aside and start developing GOOD MOTION habits all of which can be found and explained in the GOODMOTION.COM website.

Someone once said: "You are, the sum total of the choices you have made." This applies as well to our subject matter. You must choose to be HAPPY by making the necessary changes

## [ROLES AND FUNCTIONS](#)

Because of the significance of the relationship between the psyche and the SP we should review it in more detail. The psyche as we've been discussing is "you", the authority of the vessel we call the human. If you're the authority, then you're the same as a captain of a ship. It's important that we point out at this time that all social arrangements we have in society we're copying from the way we ourselves are structured. This was not done consciously but rather on a sub-conscious level. So, whether it's the existence of a captain or CEO or boss, they're all mimicking the roll of the psyche. (There is nothing new under the sun). The main purpose of this role is to COLLECT, RETAIN AND CONSERVE ENERGY. We've been talking a lot about how to collect the energy, and will continue to do so, but not on the need to retain it. When we say "retain" energy, we're referring to the need to end up with more energy than you expend thru the process of collecting it, this we call perpetual motion in the physical state, good motion or positive motion in the virta state. But basically, it's all about moving as effortlessly as possibly so as to expend the least amount of energy thru the process of generating it, where by ending up with a net gain. As to the conservation part, here we're talking about the energy once it's in the reservoir. We want the psyche to expend the least amount of energy when it comes to performing functions, by "delegating", whenever possible, tasks to the sub-psyche, as well as outside sources, and by eliminating the draining of energy caused by the five "resistors" discussed earlier. Another role of the psyche is to, COLLECT and label knowledge and information coming in from the senses, primarily the ears and eyes. This information is collected in the "mind chamber" where the psyche resides when he is awake. The psyche doesn't have to save the information he could just let it come in one ear and out the other. But if he chooses to retain the information he has to go through a process. After collecting the information, he has to pass it off to the sub-psyche who then sends it to the brain for storage. When he (the psyche) needs that information later on, he calls on the sub-psyche to retrieve it and pass it on to the psyche. In order for the SP to recall the information it must know where it's stored. This it can do only if it's filed correctly, and where it is filed depends upon wither or not the psyche clearly "labeled" the information (under what heading). So, the psyche collects and labels the information, then turns it over to the sub-psyche who then files it (so it knows where to look for it later), then stores it in the brain and retrieves it later when the psyche calls for it. If this procedure is followed, that is if the psyche labels it and conscientiously turns it over to the sub-psyche. The psyche does not have to remember anything (long term) on its own.

This makes the process of retrieving stored information almost effortless and unlimited. But if the psyche tries to do this on his own, that is to say skip the process, and "memorize" things instead, he'll find it's a lot of "WORK" on his part and very inefficient. The psyche would be forced to be "selective" on what he remembers.

So, these are some the roles of the psyche. Now as to the functions of the psyche, they would include some of the following: to, THINK, ANALYSE, FOCUS, CREATE DELEGATE, REASON, BEING AWARE OF ITS SURROUNDINGS (consciousness), MAKING CHOICES, EXPRESSING “WILL”. All of these tools would be needed for the psyche to be a good “CAMMANDER” of his vessel. Not the least of which having the authority to “delegate” to the sub-psyche duties such as storing and retrieving knowledge and information, to make things more effortless for him.

Now let’s move on to the sub-psyche and its roles and functions. If you remember we said that we copy in our daily lives, social arrangements that are based on the way we are structured within, like a captain or boss being in charge, again replicating the psyche. Well to carry that a little further, each of these in charge has some one under them to “assist” them in the carrying out of their duties to make their jobs more effortless. The boss and the CEO have secretaries and the captain has a first mate

Once again, they are copying the way we are structured. In this case they are copying the arrangement between the psyche and the sub-psyche. The sub-psyche like the secretary and the first mate “assist” the psyche in carrying out his duties were by making things more effortless. But in order for this arrangement to be successful the psyche has to recognize that the sub-psyche (SP) is there to assist him. Most of us don’t realize that the sub-psyche is there for that purpose and thus do not take full advantage of his services.

Another function or role of the sub-psyche is to “PROTECT the BODY”. Remember the sub-psyche is part of the physical body and it’s attached to the mind and therefore feeds off of physical energy. So, it has a special interest in the wellbeing of the body. One of the ways it safe guards the body is having the responsibility to MONITOR and REGULATE the releasing of chemicals and energy to both psyche and the body. This function is designed to control the state of the vehicle beyond the captain. So, in a sense, it acts like a “check and balance” mechanism so the psyche doesn’t go beyond his limits. The relationship between a CEO and his “board of directors” would be similar. The CEO is of course in charge, but the board of directors can exact an influence by the way they reward the CEO.

There is one more function of the sub-psyche that I wish to point out before we move on, and that is its function as an AUTOMATIC PILOT or as a PROGRAM, like that in a computer. Looking at the computer, we know that programs play a great role in making the use of a computer much more effortless. For one thing it takes the repetition out of some tasks that would otherwise have to be performed by the user. The SP does the same thing for the psyche. Once a routine is established, by the psyche, the sub-psyche can take over and perform tasks on its own, without the direct involvement by the psyche.

Example, have you ever driven down a familiar road for a while and suddenly realized you don't remember the last several miles, who was driving? It was the sub-psyche. This ability of the sub-psyche to take over certain tasks frees the psyche to do other things and of course, save valuable energy. But just like the program for the computer, which first has to be created by a programmer (who would be acting in the same capacity as the psyche), so likewise a "course of action" has to be established by the psyche before turning it over to the sub-psyche (usually thru a practice period that then turns into a habit). If a poor relationship exists between the two, (no confidence), the psyche would end up doing it himself (this we call micro-managing), which again means he's expending his own energy. This is what the conservation of energy is all about. The role of the psyche is to delegate such things to the sub-psyche, to make things more effortless. But the psyche must first recognize the existence of the sub-psyche and the roles it plays to assist him.

### THE ENERGY OF THE PSYCHE vs. THE SUBPSYCHE

It's an interesting relationship between the psyche and the sub-psyche, how one (the psyche) feeds off virta energy and the other physical energy. To illustrate how this could be, let's compare them with the difference between a hermit crab and a clam. The hermit crab lives in a shell that is not its own, they're not connected. They did not grow together, nor do they share energy. It's also good to note that the crab moves about freely within the shell. The clam, on the other hand, consists of a shell, just like the crab, and a muscle, made up of a similar substance as the crab, except it is attached to the shell. They are one, in that they grow together and share the same energy. The shell in both cases is like the "mind chamber". The psyche, like the crab, moves about freely in the mind chamber. Where in the sub-psyche, like the muscle, is attached. And because they are attached, they feed off the same energy. The mind is part of the physical body therefore its energy is physical. So, because the sub-psyche feeds off of physical energy, the psyche can rely on the sub-psyche to perform certain tasks that the psyche could do but would then be expending its own energy and this is what we want to avoid. Physical energy that the sub-psyche would be expending is of no concern. One can simply eat more food to restore itself. Virta energy, on the other hand, is harder to come by and its needs are more critical.

Communications between the psyche and the SP

This brings us to the question; how the psyche and sub-psyche communicate. As close as these two collaborate, they must be able to communicate. They don't obviously care on an open discussion, because if this was the case, we would all be aware of the existence of

the SP. So, their communications are much subtler and more indirect. One way is by give you (the psyche) a feeling in the “gut” to send a message and we can all remember an occasion when the hairs stood up on the back of our necks, this too would be a message from the SP. These are all subtle ways the SP communicates. Also, when we go into a deep dream, and we’re out of the mind chamber, the SP, which again is attached to the mind, can influence that dream. In addition to this the sub-psyche communicates with the psyche by way of pictures and cue cards. This takes place when the sub-psyche retrieves information for the psyche from what’s stored in the brain. You’ve heard of people with a photographic memory which they contribute to having a special “gift”. But in reality, we all have that “gift” if we have the proper relationship between the Psyche and Sub-psyche. (On a side note, it’s not actually a photograph but rather a photo sketch, more on this later). So, if you don’t see this picture or photo sketch when you want to “recall” something, then you’re not In Touch with your sub-psyche.

Beyond these forms of communication, there is communications by way of “feelings”. We’ve been talking about how the sub-psyche expresses its pleasure or displeasure toward the psyche regarding the way he’s collecting, retaining and conserving energy. He doesn’t have to say anything he just gives the psyche either good feelings or bad. It’s too bad that we didn’t recognize until recently that how we we’re feeling was a communication from the sub-psyche, on how we are doing. Now that we understand this relationship, we can adjust our future motion according to these feelings. There is one more area to consider. In that the SP controls all bodily functions that would include controlling ones metabolism, it is conceivable to think it could deliberately lower ones metabolism to cause one gain a lot of unwanted weight so as to cause guilt and shame when one looks in the mirror, so as to express the SPs’ disapproval for the way the psyche is handling things. Specifically, how much energy it’s retaining. So, when it comes to expressing disapproval or concerns, even the SP can become vocal when we “speak our mind”, or rather, “when our mind speaks”.

### [KNOWING WHO “YOU” ARE \(“YOU” the Virta Being\)](#)

To begin to understand what happiness, depression and anxiety you are must first understand who “YOU” are. If you think you can simply look in the mirror to answer that question you’d be mistaken. For what you see in the mirror is merely a physical structure in which you reside. The real “YOU” is what science calls the “PSYCHE”. It is that which contains your personality and character. It is that which makes you conscious of the world around you, as well as what your needs are as an individual, both physical and virta

states, it is also the authority of the body. We often refer to an individual as a “person”; this word does not distinguish between male and female. This is because we are addressing not the physical body but rather that which lies within this physical structure which is the real person, “you” the psyche. The psyche has no physical components; it exists in a “virta” state. We have long recognized the physical state of the universe that which consists of an atom structure (matter), but Science is now beginning to recognize that there is another state which has no atom structure. It is in fact the inner core or liner of the physical (for more on this see the section on “the laws of virta physics” also the section on “life is motion). Recognizing the existence of this virta state and that the psyche is in this state, is a key factor in understanding what happiness, depression and anxiety are because the psyche, not the brain, is what is affected by them. Since the psyche is not physical, then happiness, depression and anxiety are not physical symptoms, but are likewise conditions of this “virta” state, and therefore this is where we must go for answers.

### [“I” the CAPTAIN](#)

Let us start by taking a closer look at “YOU” the psyche. When we use the expression “I changed my mind” we are acknowledging three things. First, that there are two separate entities involved, I and the mind. Secondly, one has authority over the other; the “I” changed the mind. Thirdly, and probably most important to this discussion, is that only one is personal, that is the “I”. The mind is shown to be a possession, like my foot, my heart, my brain, my house, my car. Again, this is because “YOU” are not part of the physical structure we call the body. This physical structure is merely a tool that enables us to function in a physical world. Since the psyche exists in this virta state it is not visible, however, “you” do come to the surface of this physical body through facial expressions and mannerisms and by the way your body moves. Also, your eyes can give us an indication of how “YOU” the psyche is doing, they are often called the windows to the soul, soul being derived from the Greek word for psyche. Other expressions we use that help us realize the state of the psyche are, “I” thought “I” was going out of my “mind” and “I” was beside “myself”. Both of these expressions show that we recognize, on some level of awareness, that we are “fluid” in nature and therefore not physical nor part of the physical body, that it has no "station" as do the other identifiable parts like the brain and heart. The one expression also reveals that we recognize our own existence, “I” thought “I” -----.



## the PSYCHE and the MIND CHAMBER

It is also important to recognize, as we have been discussing, that the mind contains two entities. One: the “psyche” which I often refer to as the “Captain” who is solely responsible for making all major decisions regarding the individuals' future motion. The second is the subordinate psyche or sub-psyche which in the past has been referred to as the subconscious (the reason for the change will be discussed later). To help him (the psyche) make decisions he goes into a chamber of the brain called the “MIND”. In this chamber all forms of information are available for the psyche to make decisions. This information would include past and present knowledge and experiences stored as well as current data from the senses like the eyes and ears (real time). When you wake up in the morning and open your eyes, this is when the psyche first enters the mind chamber and plugs into the eyes. When we use the expression “out of sight out of mind”, we are recognizing that the eyes are connected to the mind chamber. Also available are “feelings”, like one gets in their gut.

## CONSCIOUSNESS

When you, the psyche, are in this chamber and plugged into all of these outlets you are then “conscious” (aware) and truly “alive”. We could, therefore, also call it the “living” room and the “learning” room. When you are unplugged and out of the mind-chamber, then you are “unconscious”. You leave the mind to sleep or when you cannot handle a situation or condition going on at that moment. As mentioned earlier, we have an inner sense of how we are structured and often duplicate these arrangements in our physical lives. For instance, this chamber of the brain we call the mind, is the same as the “board room” or the “situation room”. Again, places where information is gathered and analyzed so those in authority, which could consist of one or more, who are gathered in the room, can make decisions.

## WILL POWER

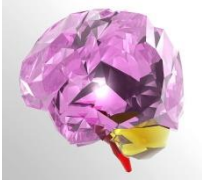
Once a decision is made, the psyche is also responsible to see that it is carried out as per instructed. This can often involve stamina and forcefulness on the part of the psyche. To see that his “will” is carried out when forcefulness is needed requires power. This power is given to the psyche from the excess energy stored in the reservoir. This excess is again the energy over and above what the psyche needs for basic function. The more abundant this excess, the more power that would be available for the psyche to express its will. The reservoir of the psyche could potentially store enough energy for the psyche to become “dynamic”.

## the SUB-PSYCHE (FIRST MATE)

Once a decision is made then it is passed on to others who will carry out the will. This too is the way we are structured in the virta person. The psyche, or captain as I often refer to him, goes into the mind-chamber, analyzes all input then makes a decision that is then carried out by someone other than himself. This someone else is in a sense, second in command, although he doesn't make decisions on his own but rather carries out the will of the captain. He is “trained” rather than “taught”. Because he doesn't make decisions he doesn't have to “think about it”, his performance is more automatic (instinctive, second nature) and therefore doesn't have to be completely plugged in to the mind-chamber and experience full consciousness but exists rather on a subconscious level. We are referring to the subordinate psyche or sub-psyche (SP).

Again, we copy this arrangement in our physical lives. One in particular would be the arrangement aboard ship where we have the captain making decisions and then passing them on to his first mate. The first mate then gathers the appropriate crew members together (called hands) and sees to it that the task is completed. A good captain does not get involved in the task itself. He doesn't attempt to direct the crew on his own. You have probably seen pictures of captains standing on deck with their hands clasped behind them, even though they probably don't realize it, they are making a symbolic gesture to the effect that they don't need their hands because they are not going to do anything physical. They merely speak the word and the first-mate takes care of it. If on the other hand, the captain lacks self-confidence which is confidence within the self and bypasses the first

mate and tries to deal directly with the crew, he will fare poorly. Why? Because the captain is not prepared to deal directly with the crew, that is not his area of expertise. Not only that but also when he is busy with the crew, he is not doing his own job, which among other things, is keeping the ship on course. All of this applies to the function of the psyche. The captain spends his time in the mind-chamber collecting information and making decisions and once made, instructs the first mate (sub-psyche) to carry out his will. The first mate can do a better job of completing the task because one: this is all he does and two: he is not distracted by decision making (ZEN: "to shoot the arrow"). In fact, what he does is almost mechanical because he doesn't have to "think about it". A person who is put under hypnosis is allowing another captain (psyche) to give instructions to his first mate (sub-psyche) while he is sleeping. Because he is sleeping, he is not going to intervene, allowing the sub-psyche to get it done effortlessly. How many times have you struggled with the completion of an assignment when someone says, "you are trying too hard"? What is happening is the captain is bypassing the first mate and trying to complete the assignment on his own rather than relaxing and letting the first mate do his job which is dealing with the crew. As it pertains to the body, this would mean coordinating the muscles. You've heard people say, "don't think about it, just do it". What they are saying, without realizing it, is that the captain is trying to get involved, which requires "thinking about it" because that is what the captain does. Instead, let go and let the sub-psyche "just do it". Because the captain has to think about everything he does before he does it, he is adding a step that the sub-psyche does not have to go through, and this also contributes to his lack of efficiency. Have you ever felt a surge of adrenaline almost before you realized you were in danger? This is because the sub-psyche, which controls the release of adrenaline, along with most everything else like heart beat and metabolism, can respond quicker because it again skips that step, we call "thinking about it". This desire by the psyche to control everything is what we refer to as "micro-managing" and it can stifle productivity as well as creativity. Artists recognize that they can get in the way of their own creativity and what this amounts to is the psyche not letting go and allowing the sub-psyche to "let things flow". Surfers will tell you the same thing, that to really reach that "high point" they must "loose themselves in order to find themselves". In other words, the psyche must "get lost" so the sub-psyche can take over. That creative "peak" and that "high point" comes from that state of "effortlessness" when energy is truly flowing.



### [the SUB-PSYCHE \(SECRETARY\)](#)

Another role played by the sub-psyche is that of secretary. Remember we copy the structure of our inner selves in our physical lives and the relationship between a “boss” and his Secretary is another good example. The boss analyzes information and then makes decisions accordingly. All of which is done in his head, no physical activity is involved. The secretary then files the necessary information and then retrieves it at the appointed time. Once again, if the boss tries to file or retrieve information on his own rather than going through the Secretary, he will fare poorly. It is not his area of expertise. He will run his business more efficiently by relaxing and allowing his secretary to do her job by first, filing the information (that’s been properly labeled by the boss) then retrieving the information and bringing it to him. Again, we are talking about self-confidence or confidence within the self which, in this case, would be the boss’s confidence in this arrangement with his secretary. Applying this again to the structure of the psyche, once the psyche receives and analyzes information, he needs to turn it over to the sub-psyche (Secretary) to file and then allow the sub-psyche to retrieve it when necessary. How many times have you tried to think of someone’s name but couldn't come up with it and you end up saying, “just give me a minute and it will come to me”? The reason it will “come to you” is because you, the psyche, will relax (opposite of panic) and allow the sub-psyche to “bring it to you”.

### [the SUB-PSYCHE and EFFORTLESSNESS](#)

Understanding this relationship between the psyche and the sub-psyche can prove to be invaluable once we develop it correctly. Basically, meaning that we (the psyche) recognize the roll of the sub-psyche and let it “just do it”. Don't try to “micro-manage” every little thing, it just makes too much “work” out of life. And as you will learn later, work is the worst thing you can do in life. Why? Because Science tells us that work denotes the expenditure of energy. As we have already learned, the key to happiness is to

build and maintain a surplus of energy. Therefore, we need to do things as effortlessly as possible. Do not, however, get the idea that everyone is supposed to sit around doing nothing; on the contrary, the most productive people on the planet are those who “play” at what they do. Science defines play as free or effortless motion. So, learning how to move effortlessly is the key to life. Learning what the psyche is and how its functions is a start in that direction. A good example of how effortless life becomes once the proper relationship is established between the psyche and the sub-psyche is in sports. We have all seen how effortlessly good players can make any sport seem. How do they accomplish this? Well it is a perfect example of the PSYCHE yielding to the sub-psyche and letting the sub-psyche do the job. Remember the sub-psyche can do it better than the psyche because, in part, it doesn't have to think about it. How do they get the psyche to “let go” so the sub-psyche can take over? By doing the same routine over and over again until as they say, “it becomes second nature”. Understand this, that every function must be first performed by the psyche, so it can decide how to do something. This is where the thinking comes in, but, once this is established through a test period (practice) the sub-psyche should take over, then effortlessness is possible (as they say practice makes perfect).

### [the SUB-PSYCHE and INTELLIGENCE](#)

Do you remember in school the kids that made test taking seem so effortless? They would look the information over, perhaps the night before the test and get high grades. They, without realizing it, were simply allowing the sub-psyche to store the information and then bring it forth at the appointed time rather than the psyche trying to. Remember, the psyche is only good at what he does, and this does not include filing information, that job belongs to the secretary who can do it effortlessly because that is what the sub-psyche does. This is what allows math students to effortlessly and instantly resolve math problems. Some have mistakenly labeled such individuals as super intelligent (gifted), perhaps possessing a larger than normal brain capacity. This is simply not the case. The brain does not determine one's intelligence. The brain is nothing more than a computer and computers cannot give you any more than what you put into them. Intelligence can only be defined as a “conscious” recognition of the “need” for more knowledge and understanding. This need is stimulated by feelings such as curiosity and fear, neither of which is possible by a computer. What we call “smart” is the ability to retain and recall information and this is strictly a function of the sub-psyche not the brain. This can only

happen if the psyche lets it happen, which again requires the psyche to let go (relax) being “confident” the sub-psyche can handle it. This will ensure that not only things will move more effortlessly but also faster. Faster in the sense that it is motion without “hesitation” and hesitation is not something we want to do on a consistent basis. Why? Because of the ever presence of the “killer wave”.

### virta ENERGY

Thus far we have determined that happiness which is our greatest possession and the only thing worth living for, is the product of a surplus supply of energy in the reservoir of the psyche which again is “you”. The key then is to know how to build that reservoir and how to live your life so as to conserve that energy by moving as effortlessly as possible. Then we determined that all of this starts with knowing who “you” are and also what state “you” exist in. This state of being as it turned out was a “virta” state which is a state other than that of the physical one the body exists in. This becomes a vital part of the puzzle as we now get into this area regarding energy. Why so? Because this energy that supplies the psyche is also in a virta state. This understanding becomes critically important when it comes to collecting, retaining and conserving that energy. The failure to recognize this virta state is why defining happiness and overcoming depression has been unsuccessful up until now. This is because the responsibility to keep this reservoir full lies with the individual. This, of course, would be impossible if one did not know where to look. We eat physical food to energize the physical body but that does nothing for the psyche. You have heard it said that man cannot live on bread alone. This is absolutely true because the bread does nothing for the psyche. It needs virta energy. Therefore, it must come from a different source. To explain this point, look at the energy sources of a car. There are two sources, one: the gasoline we put into the gas tank. This energy, physical in nature, provides physical energy to run the physical car. The other source of energy is electricity which goes into the battery. This source is like virta energy in that it too is invisible. It provides energy for things like the on-board computer as well as lights, gauges, and a surge of energy to turn over the starter that in turn turns over the engine that sets the physical car into motion. Now we know that if the battery gets low on energy, we can't take gas from the gas tank and put it in the battery. Likewise, if the gas tank goes dry, we can't take electrical energy from the battery and put it in the gas tank. They are two different forms of energy and they are not interchangeable. So, it is with the relationship between the psyche and the physical body. Their energies are not interchangeable, and we must, therefore, look beyond the physical body for the source of energy for the psyche. Again, all of this is important because we need to have control over the input of energy

into the psyche as well as its output. We must be able to identify its source. We can look to the sun as one source of energy for the psyche, after all the sun provides energy for everything in the universe, and the psyche is no exception. Proof of this is in the fact that some people can get depressed when there are consecutive cloudy days.

Another source of energy is music. We all know how it can lift our spirits. Science tells us that energy is transmitted through the beat. A popular song some years ago put it nicely; it said, “get rhythm, when you get the blues”. But neither of these sources are major factors. The most significant source of energy to the psyche is “motion” and once again this motion is in a “virta” state.

### [virta MOTION](#)

This virta state forms the inner lining of the physical state and, therefore, the psyche can actually benefit from physical motion by transforming the physical motion into virta motion (more on that later). Notice I said that motion was the most significant source of energy, not necessarily the most abundant. This is because motion plays a dual role. On the one hand it can collect energy, on the other; it can expend it as well. This is a critical point that one needs to understand if they are ever going to retain the energy they collect. This is where moving as effortlessly as possible comes into play. It’s the only way to leave you with a net gain. On top of this we need to hold on to the energy that has been successfully collected in the reservoir. This we call the conservation of energy, and you must master this to have lasting happiness. If the term “conservation of energy” sounds familiar, it’s because it’s one of the “laws of physics”. As you are going to learn, all the laws in the physical state have a duplicate law in the virta state and we will cover that in the section on “virta physics”. Right now, we’re going to discuss the collection, retaining and conserving of virta motion.

### [COLLECTING virta ENERGY](#)

Let us take a moment and go back to the example we used earlier concerning the two kinds of energy that are necessary to put a car in motion. The electrical energy (invisible like virta energy) and gasoline (physical or energy you can see). As we discussed, it takes both kinds of energy to put the car in motion and yet they are not interchangeable. Neither are they collected from the same source. The physical energy (gasoline) is collected from one outside source but the electrical energy has two sources. One, from an outside electrical source but the other, from the car itself. To start the car, an electrical charge

from the battery turns over the starter ("excites" in scientific terms) which sets the engine into motion and thus the car. This causes a drain on the battery supply that needs then to be replenished. This is accomplished by the car's alternator. This mechanical device, when in motion, converts mechanical energy into electrical energy (please note, that motion is the go between in this conversion), so it can be absorbed by the battery. This process is similar to how the psyche collects virta energy. Did you notice that the cars energy was produced through the "MOTION" of the alternator? Science recognizes, as well, that motion does in fact produce energy. Likewise, with the physical body when it is in motion, the psyche can convert that into virta motion from which it can then extract virta energy. But just like the car battery it can also collect energy that is already in the correct form, it doesn't have to convert it. What that means is that the psyche can collect virta energy directly. Now let us break all of this down so it makes more sense. To begin with, we need to understand just what motion is. According to Science, motion is only detectable (which would include speed) by one object's relationship to another. One object (usually) being stationary and the other in motion. An example of this would be a car going down the road. We know it is in motion because we see objects going by us, like telephone poles that in turn give us that sense of motion. Without such objects going by to relate to, no sensation of motion is felt and therefore, for the purpose of this discussion, does not exist. If it does not exist, then we can't extract energy from said motion. On the other hand, if we can create the movement of objects, whether real or imaginary, we can extract virta energy. How do we know we are actually collecting energy from this motion? Because motion, especially rapid motion, can get you "excited" and Science tells us that if an object is excited, it means it has been charged with electrical energy. So, we know from this that motion does produce energy.

### MOTION MARKERS

The key here is the objects that go by us that create motion, not the motion itself. These objects, like telephone poles, we will hereafter refer to as "motion markers". To again verify their significance: if you are traveling in an airplane that is moving at 600 miles an hour you get no sense of motion because there are no objects outside your window (motion markers) to relate to. You are, therefore, not in motion and cannot generate "excitement". In fact, because no motion is achieved, no energy can be generated for the psyche. On a long trip, if no other source of motion can produce energy for the psyche, the psyche can be left depleted by the time the trip is over. This can contribute to "jet lag". Now to contrast this, if you were to lie face down on a cart, and coast downhill at



even a mere 10 miles per hour you can get truly excited. Why? Again, it has to do with your relationship to the objects around you (motion markers) which in this case are right in front of your eyes and they are small objects that are moving past you rapidly giving you a sense of speed that translates into a corresponding amount of energy released. The examples thus far have been physical examples involving physical motion but now let us look at virta examples that can feed the psyche directly without the need for a conversion from physical to virta. In either case, whether we are dealing with physical or virta motion the key to their existence is in the presence of motion markers. In the virta state the presence of these motion markers is not so recognizable. In fact, you would have never recognized them as such and yet on a sub-level you do. An example of how virta motion is accomplished can be seen by doing a crossword puzzle. There really isn't any physical motion involved in the process but there is the presence of motion markers and again that is all that is required to produce motion. In this case the motion markers occur every time you complete a word. The more words you complete, the more motion markers you pass by, all of which are being interpreted as motion and therefore generating energy. Speed, as we discussed earlier, that can produce a surge of energy can likewise be produced in a virta state. In regard to the doing of a crossword puzzle, speed is determined by the completion of the puzzle in comparison to that of others or by achieving the goal of solution. If your time is much faster than that of others, you can get "excited" over your accomplishment. Why? Because, again, speed will produce a surge of energy that is released into the psyche that "excites" it and since "you" are the psyche, you get "excited".

Here is the point you need to realize about this section: everything we do, whether it involves physical motion or sitting down doing calculations, energy can be generated for the psyche. The more activities you engage in the more you can potentially fill the reservoir within the psyche. Now, when we can consistently keep an abundance of energy in the reservoir, the sub-psyche can release some of the energy as a reward or blessing to the psyche for producing the abundant energy. This reward, of course, is happiness, produced through the release of chemicals and virta energy. Remember, the psyche needs energy to both live and to be happy and it is the sub-psyche that is responsible for managing the release of this energy. If there is energy consistently over and above what the psyche needs, it can release the excess energy. However, if there is a shortage on a consistent basis, it will not release surplus energy on the off chance of depleting the supply. This is why it is so important that we be "energy conscious", therefore, "motion conscious" because motion produces energy at all times

## [POSITIVE MOTION](#)

That brings us to the next important point. That is that although motion produces energy, which is good, not all motion is “good motion”. Some motion, although producing energy, can expend more energy than it produces in the process. As an example, Science tells us that a boat in motion produces energy. However, if one chooses to row the boat in order to achieve that motion, more energy will be expended in the process than is collected. This would result in a “negative gain” of energy. If, on the other hand, we choose to raise the sail, find the wind, and let the wind move the boat, there will be no expenditure of energy; all energy generated can be retained. This is what we call “positive motion” because we end up with a “net gain” of energy that can go directly into storage (this is also the definition for perpetual motion). This is “GOOD MOTION”. In our second example, the wind moved the boat (assisted motion) so that no energy had to be expended. Without employing the wind, the boat required rowing to achieve motion. Rowing takes effort or work. So, in a word, happiness is perpetual motion in the virta state.

### WORK vs. PLAY

Work, if you remember, by definition means “to expend energy”. Play, on the other hand, means “free” or “effortless” motion and is it not interesting that we generally associate “playing” and “happiness” with children; “work” and “depression” with adults? In both examples, the motion of the boat was achieved. The only difference was that one took effort by rowing and the other was accomplished effortlessly by employing the wind to move the boat. And which boat would achieve the greater amount of motion? The one being rowed or the one being sailed? Motion, as we have already learned, is the same as productivity (see also the section on “life is motion”). Obviously, the boat being sailed will produce more motion and thus resulting in even more energy for the psyche. What is the difference between rowing the boat and sailing it when they both achieve the same goal? “UNDERSTANDING”. You see you can row the boat through life or you can sail your boat through life. The choice is yours.

### SAILING vs. ROWING

So, what's the difference between sailing and rowing in the "virta" state? Remember, happiness is a virta condition because it pertains to the psyche. Well, in our two examples of "moving the boat", the one was achieved by using the wind to move the boat (playing) rather than exerting oneself (working) by rowing. This of course proved to be the best way. So how do we achieve this in the virta state? Everything in the physical state has a duplicate in the virta. Have you ever wondered what causes the wind? The wind means "air in motion" and it is caused by a vacuum forming in the atmosphere causing air to rush in to fill it. In the virta state this vacuum is called "PURPOSE". When you have purpose in life it draws you forward making your motion effortless. Too often in our society people take jobs for the benefits, like money and security, rather than because it has meaning to them. Only when a job is fulfilling (filling the vacuum of purpose) can it move you and thus be effortless. Every one of us has a particular gift or talent that we can use to fill a particular need in society and our responsibility to ourselves as well as society is to find out what that gift is and offer it. This would be just like the captain of a sailboat having the responsibility to find the wind to move his boat. If on the other hand, we stay with a job for the benefits then the job will be "work". You will be forever rowing the boat through life. Life was never intended to be "work"; it is supposed to be "fun". We are supposed to "play" every day not "work". The most productive people in our society "play" at their jobs and why? Because they are sailing not rowing. So, put away your oars, find the winds of purpose, and start sailing through life. Now if you're having a problem figuring out what your purpose is, and you feel like you've tried many things, it could be that you didn't achieve "excitement" when exposed to it which is how one comes to realize in the first place that he has found it. Remember, if one is consistently (chronically) low on energy, rising to the occasion will not be possible. So, one's purpose is never realized. This is yet another reason why depression, which is nothing more than a chronic shortage of virta energy, is so debilitating and why one needs to get that energy level up and keep it there. It should be everyone's' number one priority

### NORMAL versus NATURAL

While we are on the subject of sailboats, let us add one more point. If you choose to row the sailboat instead of raising the sails of expectations and letting the wind move your boat, you will experience a lot of discomfort. You will, of course, be exhausted all the time (fatigued) from rowing but, in addition to this, you will have trouble focusing on where you are going (concentrating) because when you are rowing you are facing backwards. In turn, this will bring on many headaches from constantly turning around trying to get your bearings in life. On top of this, of course, is the constant frustration that

comes from watching others being successful in life almost effortlessly, because they are sailing. Now all this fatigue, frustration and headaches would be quite NORMAL. Anyone rowing a sailboat through life is going to feel the same way. The problem is, it's just not NATURAL to row a sail boat, and they are not designed to be row. The same holds true with us. We are not designed to row (work) through life but rather sail (play or have effortless motion). So once again, put away those oars, raise the sails of expectations, find the wind (your purpose in life) and start having FUN

### INSPIRATIONAL MOTION

Now let us put all of this to the test. That is how all things are proven in Science. When you are truly inspired by something it is a great feeling. You feel, among other things, energized. The word inspiration comes from the word spirit. Spirit comes from the Greek word Pneuma which means "air in motion" or "invisible motion" and it is the same word from which we derive the word wind. "Air in motion" physically moves the sailboat while "invisible motion" that which is in the virta state moves the psyche. So, we have one word that covers both the physical state and the virta state. This is significant because both the physical state and the virta state are duplicates of each other. We actually live in a "virta-physical" universe, with the virta being as the inner core of the physical and thereby setting the pattern and structure for the physical. When we are inspired, we sometimes call it a "moving" experience. If something else is "moving" you (assisted motion), you are not moving yourself. Therefore, your motion is effortless. If your motion is effortless, then your motion is adding energy to the reservoir which can trigger the sub-psyche to release excess energy. Also, the chemicals that gives us that euphoric feeling, as well as "courage" that makes us feel like we can conquer the world. With all of this, we can get truly excited about the future. So, what is the key here? Being moved by something other than you. When you move yourself, you are rowing the boat which is "work". You want to rely on other forces in life to move you, don't go it alone. Those forces can be the wind (virta motion) that comes from having "purpose". Or the force that comes from society which would include friends and family that you can ride like a surfer rides a wave, it is a momentum formed by collective motion. This momentum comes from the Greek word "Agape" which we translate into "love". This is the power of love in that its "assists" your motion, so you are not going it alone. Depressed persons isolate themselves from these forces (they don't get into life) which could make their motion more effortless and would bring about more energy for the psyche resulting in happiness

## RESISTANCE, the ENEMY of the PSYCHE

We have been talking about using forces to assist our motion to make it more effortless. Ideally, it would be nice if we moved freely on our own. Out in the universe, all celestial bodies move freely because they move in a vacuum this is why they have been in motion for eons of time. But here on earth we have conditions that cause “resistance” so that objects cannot move effortlessly. If you remember, we said one of the definitions for “work” is to exert oneself (expend energy) to overcome “resistance” to what otherwise would be free motion. Notice the energy was not expended to move the object but rather to overcome the “resistance” that was keeping the object from moving freely. So then, if there were no resistance, everything could move as effortlessly as they do in outer space. In our illustration of the boat, both the water and the air caused resistance to the motion of the boat making it necessary to row it or rely on the wind. Ironically, the very air that caused the resistance was used to assist the boat by putting it into motion by way of a vacuum in the atmosphere. Once again, the principles used in this physical example hold true on a virta level. There are five resistances in the virta state that can hold back the psyche from moving freely. They are FEAR, HATRED, INJUSTICE, ANXIETY and SELF. They say the truth will set you free. Well, part of that truth understands how these five things can hold you back

### FEAR

We will start with fear. Again, we want you to see how it all relates to motion because motion provides us with needed energy which means “life is motion”. So how does fear play a role in our motion? If in fact energy is extracted from motion, then the more motion we can achieve and the more effortless we can make it, the more energy we can put into the reservoir of the psyche. Fear is a factor because it can cause one to slow down or stop altogether. Even if one’s motion continues despite the fear, there will be an expenditure of energy. We certainly don't want the fear to stop our motion but neither do we want fear to slow us down and rob us of precious energy. So, dispelling as much of the fear as possible is a must. What causes fear in the virta state? Basically, fear is caused by a lack of knowledge or understanding. As an example, when we're afraid at night we turn

on the light to dispel the fear, light provides knowledge. Applying this to motion, we know how difficult it is to walk in the dark; we need to light our way to move freely. If you are facing complete darkness and you have no other means of knowing what is in front of you, you will not be able to move, you will have hit a “dead end” and the only way to create the space needed to continue your motion is to acquire light or knowledge. Light for the physical, knowledge for the *virta*. In other words, “you won't go, where you don't know”.

Now you can force yourself to move in situations like this, but it would require the expenditure of energy and this we know is not sustainable. Experience is a form of knowledge, once we learn through experience how to do something; fear will no longer be a factor when we do it again. However, if you avoid doing things because of fear, we close off potential avenues for future motion. As mentioned earlier, the sub-psyche is in charge of distributing the energy stored in the reservoir, it releases the excess energy based on its confidence in our ability to replenish that energy. If you make a habit of limiting your avenues of motion because of fear, the sub-psyche will in turn restrict the amount it releases. This means that, among other things, it will restrict the chemical that gives us “courage” the very thing we need in situations like this. On top of this, when we hesitate or stop altogether, we allow the “wave” to catch us and this brings on anxiety (another resister) which can express itself in the form of “doubt” and this would result in further hesitation. If we continue in this downward spiral, paralysis could set in, leaving one with little more to do then rock back and forth like a caged animal which is characterized as "compulsive behavior". So, it is important that we do not allow fear to stop us. Fear is the great “prodder of knowledge”, it causes us to "turn on the light" of knowledge and understanding so we can take challenges head on and continue our motion without hesitation.

Take on everything that you are fearful of so the sub-psyche knows nothing is going to stop your motion then it has the confidence to release excess energy also without hesitation. This will insure you will always have the courage whenever you need it. This in turn will allow you to take on new adventures, where there is going to be at least some fear present, without expending a lot of energy in the process. Why? Well, have you ever driven on a mountain road through the fog? It is very draining (expends energy) because you do not want to go where you cannot see clearly so you have to force your way through. This is exactly what happens in the *virta* state if you do not take in knowledge on a continual basis to keep your pathway clear. You have heard that knowledge is “power” now you understand why. Knowledge is to the psyche what “space” is to the physical universe. It enables objects to move. In turn when objects move, they become a “force”. So likewise, with the psyche; when it has space to move, through knowledge, it is more powerful and able to move more fearlessly. People, who are chronically depressed, are

most likely inhibited and/or restricted in their motion because they allow fear to enslave them. We cannot stress enough the importance of consistent motion all the time. This means you do not want to be a “feather in the wind” but rather more like a rock in motion. The rock will produce far more “force” than a feather. In Isaac Newton's law of “force”, the force is determined by an object’s “momentum” which is its weight times its acceleration (motion). The only thing missing in Newton's formula for force, is the need for “space” because space is a given in that the physical universe is 99.9999% space. But this is not the case in the virta state. Here the psyche must create the space it needs to move through, and it can only do this through the taking in of knowledge. As you can see and even more so as we move along, being Happy requires that we be “motion conscious” all the time. This does not require “effort” just awareness on your part. Remember, motion is everything to the sub-psyche because from it we derive all energy. Therefore, "we" the "psyche" must be diligent in staying in motion, and as effortlessly as possible, if we do, the sub-psyche will reward us with happiness.

## HATRED

Hatred is a condition that you would not think would have an effect on your motion, but it does. We can look at its duplicate force in the physical state to understand why. In the physical universe an object in motion will stay on a given course unless acted upon (in opposition) by an outside force. This action does not require objects to touch each other to be affected. Just as objects moving together don't have to touch each other to benefit from each other's motion, which we call momentum. Remember, momentum is to the physical universe what love is to the virta, both are assisted motion. When our motion is assisted it becomes more effortless. The opposite is likewise true. If instead of moving with individuals, we move in opposition; instead of gaining energy we actually deplete it because we are now causing resistance. This opposing motion in the virta state is called “hatred”. This friction, caused by opposing forces, not only adversely affects us on an individual basis but also adversely affects us as a society. When we have friction between groups, this slows the momentum of this collective wave that is meant to assist all of us. If we dilute this wave by practicing hatred, we all lose. Whether individually or collectively, we must recognize that we truly benefit ourselves and the whole of society by everyone moving together. This also dispels the idea that everyone can do their own thing as long as they stay in their own space. This is simply not true. Again, objects do not have to touch each other to be affected. In order to achieve effortless motion, all in society must move together, appreciating that we are all benefiting from each other by moving in the same direction and at the same pace, with each individual sharing his

particular gifts and talents for the benefit of all. So, if you are finding that life is draining, this is an area where you should look. Do you look at your fellow man as a competitor? Do you feel like it is “you against the world” and “that if you want to emerge a winner you have to fight for it”? This could not be any further from the truth. This kind of attitude will only cause you to burn out in time. The most successful people will tell you that if you want to get somewhere in life, help others get there as well. This way you benefit from each other’s motion, resulting in more energy rather than fighting your way through and ending up too tired to finish the race. Hatred expends energy and energy is the life blood of the psyche, so if you “hate enough to kill, you are the one dying”. Hatred is like an anchor on your soul – set yourself free.

## INJUSTICE

In the laws of physics, which we will from here on call “matter physics” in order to distinguish them from virta physics, we learn that objects must move in a straight line in order to be truly free or effortless. We likewise recognize this in the virta state, without realizing it, we say things like, “the truth will set you free” and “tell me the truth, tell it to me straight”. So, the truth and a straight line will both set you free. When our motion becomes crooked, we are no longer free. This crooked motion is the act of moving contrary (sideways) to the expectations of society, which results in anxiety (see the section on “the virta laws of physics”) so we stay straight, ahead of that wave to avoid this. This anxiety produces feelings of fear, guilt and shame all of which can drain us of energy.

There is another deviation from a straight line that we can experience. This deviation is up and down motion. The result of things not being level, and the psyche requires that our motion be not only straight but also level to achieve effortlessness. This up and down motion is the result of “injustice” and it can hinder our motion whether the injustice was done to us individually or to others and just like the side to side deviation we feel the “effects” or “consequences” from it. Now, before we go any further, it is important that we discuss force and effect. In Science, the existence of things unseen can be verified by the “force and effect” they have on other objects. We likewise verify the existence of this virta state by force and effect. The only difference is that in the virta state which ultimately applies to social interaction because it deals with the psyche which means we are dealing with people; we do not use the words force and effect. Instead we prefer to use the words "power and consequence". Power being the force and consequence being such things as anxiety, depression and even the emotion "anger".

Getting back to our subject matter, the effect or consequence for motion that is not level is



different than the consequence for crooked motion and for good reason. When we experience “injustice”, we get “angry” rather than experience “anxiety” which can leave us with such feelings as fear, guilt and shame. If we experience the feelings associated with anxiety, we would not have what it takes to correct the imbalance or injustice. Anger on the other hand gives us the “will” to correct it so we can get back into free motion. Every part of our being requires things to be level. Like a "picture hung crooked on the wall". If we do not correct it right away, anger will start building within us until we finally do. There is an old saying “tear down the mountains and fill in the valleys” and yet another says “level the playing field” which is quite fitting in that to “play” means free motion which is not attainable unless the field or path is level. Remember, being happy is all about making our motion as effortless as possible and making our motion level as well as straight; this is all part of it. We are “motion conscious” which means we are conscious of our need to stay in motion, so we can gain the energy we need to live and function. But we are also “motion sensitive”, that is to say, we can feel both power and consequence and this enables us to adjust our motion to make it more effortless. If you are experiencing “anger” on a regular basis, remember that you are given that emotion because something is not “right” (right means level) in your life and you need to determine what that is, so you can correct it and move on. If you do not, you will not free up your motion (take out the resistance) and true happiness will not be possible. Now having said that, we do have to recognize that some things are beyond our power to correct and for these things we have to learn to just let go of knowing that someday by somebody they will get corrected. There’s a popular saying that I think says it best. It goes like this,” God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

## SELF

Thus far we have learned that “life is motion” because from motion we can extract energy and energy enables us (the psyche) to live, function and most importantly be happy. This motion, however, must be positive or GOOD motion. Again, positive motion is where we extract and retain more energy than we expend in the process, leaving us with a net gain. So, the more free or effortless we can make our motion the more energy we can build within the reservoir of the psyche. This in turn makes us feel whole and complete, and with great “confidence within the self”. What we will be learning in this segment, is that one of the keys to all of this is to minimize, or if possible, eliminate “resistance”. Resistance causes us to expend energy and in fact could in time deplete it all together causing first depression followed by death. This makes “resistance” a true enemy of man. We have learned about three of these resistances, fear, hatred and injustice. Now we are

about to learn that we can cause our “own” resistance. It’s hard to imagine that you could cause your own resistance, and since resistance is the enemy of man, we could become your own worst enemy. There is a word in the ISLAMIC faith that is meant to make a person more pleasing to GOD and this word is “JEHAD”. This word is too often misunderstood, and no doubt misused. The word means to “strive or struggle, by using one’s utmost power, in contending with an object of disapprobation”. This object can be an enemy that is visible or invisible. One object that is listed is “aspects of one’s own self”. So again, we can be our own worst enemy. Here are some of the ways in which we can cause our own resistance. They are procrastination (dragging one’s feet), lying and worrying

### PROCRASTINATION

We will start with procrastination. How could it possibly cause resistance? Well, if we think back to the beginning, we need to stay in motion for two reasons, one we collect needed energy from motion and two, because we need to stay ahead of the “wave of expectation”. If we don't, we allow the wave to catch us and we experience “anxiety”. (Anxiety being a resister in itself). Anxiety then covers us like an “exterior” weight. Take note of the type of weight it is, “exterior” rather than “interior” and this is important. Interior weight is good weight and it contributes to your “good motion”. It is like ballast on a ship, it is weight that is placed in the bottom of the ship (the core) to give it stability enabling it to move more smoothly through the water even in rough seas. The reason this occurs is because this weight acts as a “mass” and as we already know, mass is a key ingredient in producing “force” and force enables an object to move in a straight line with the added benefit of “momentum” that makes it more effortless. In the virta state, (remember every physical law has a “twin” law in the virta state, which is you) this weight or mass is created by building “character” and character is the core of man. When a ship carries cargo, it too adds to the mass or ballast of a ship as long as it is properly secured in the cargo hold which is also in the bottom of the ship which again is the core. If a captain would instead carry that cargo on deck, which then would become “exterior weight”, it would become a burden rather than a benefit to its motion. It would adversely affect the overall function of the ship by, among other things, causing undue resistance to its motion. No good captain would carry his cargo on deck but rather would secure it in the cargo hold, this would be the “responsible” thing to do and being “responsible” is part of your “character”. Again, the only good weight is interior weight, that which you carry in your core that makes up your character, all other weight is exterior and constitutes a burden and all burdens cause resistance. Anxiety is one of them.

Let us look at one example of procrastination and see its adverse effects. Let us say its morning and time to get up. But instead of getting up right away, you just lay there instead. In a short time, you could start feeling the wave of anxiety coming over you. Why? Because the expectation of society is that you be a productive member of it, and we should start being productive first thing in the morning. So, when we delay (procrastinate) the wave starts to overwhelm us. This in turn makes it even harder to get out of bed and if we continue to lie there, the wave can become so overwhelming we become paralyzed making it almost impossible to get up and get into motion. We could end up lying in bed all day covered in anxiety. But even if we manage to get out of bed and get moving, the wave could stay on top of us all day, turning what should have been an effortless day into “work”. So, get up early and get out in front of the wave so you can ride it rather than be covered by it.

The wave either “assists” or “convicts”. That is to say, if we can ride the wave, like a surfer rides a wave, it can add to (assist) our motion making it more effortless. On the other hand, if the wave is on top of us covering us with anxiety draining us of life's energy from the heavy weight of “guilt”, it convicts. So, do not allow anything to set on deck, or in other words, do not allow anything to “weigh heavy on your mind” and get that “weight off your shoulders”. It is all a “drag” as they say, and anxiety is the heaviest weight of them all. There is an old saying “whatever your hands find to do, do it”, and I would add to that “do it in a timely fashion”. Do not allow that wave of anxiety to overtake you, this is one of the ways we take things that we do, that should be “fun” and turn it into “work”. Remember, work, by definition, means to add resistance to what would otherwise be “free motion” which again is the definition for “play”. Let us add one more reason to why you don't want to procrastinate and allow anxiety to overtake you. Anxiety gives us three basic feelings; they are fear, guilt and shame. But if blended together, you can experience such things as “doubt”. Doubt, in turn, can erode your confidence and without confidence all motion (all things we do is a product of motion, see the section on “life is motion”) feels like “work”. In turn, this means any project you are doing will leave you with a net loss of energy rather than a net gain of energy as all motion should. All motion, which means everything we do, should build on our reservoir of energy. But if we allow resistance to interfere, it will turn a “positive” experience (where we have a net gain of energy) into a “negative” one (loss of energy

### [DRAGGING YOUR FEET](#)

This category may seem on the surface to be the same as the one before, but it is not. Procrastination has to do with when you choose to start a project. “Dragging one's feet”

has to do with the speed in which you accomplish it. Life has a pace to it just as it has a rhythm. If you want to know what the pace of life should be, just watch a happy person go through his daily routine. If you are moving slower than that, you are dragging your feet. Remember, if the person is truly happy, then he has figured out how to move effortlessly or in free motion. So, the pace of life, that is to say for humans, is set in free motion, and this motion is “deliberate” (see the section on the characteristics of life’s motion).

Everything in the universe moves in free or effortless motion, it is the “natural” state of all things, including man who is “born free”. Therefore, if you are moving slower than that, if your motion is more “restrained, you would have to “cause” it to be. How do you “cause” it to be? By dragging your feet. We are not, of course, talking in a literal sense (physical) but rather in a *virta* one. So how do we drag our feet in the *virta* state? By moving cautiously. Why would a person move cautiously, what is he concerned about? It is “energy”. You see, we recognize through the sub-psyche our need for energy. If keeping a supply of energy at an acceptable level is an ongoing problem because we are not moving as effortlessly as we should, we will move in such a way so as to expend the least amount that we can.

Conventional wisdom has always taught us that all motion expends energy and, therefore, if the shortage of energy is an issue, one would want to move as little as possible and when they have to move, they do so in a preservative way. This is simply not true. It is this kind of wrong thinking that has led to so much depression. All motion should generate energy and add to the reservoir. It is only motion that encounters resistance that will drain one of more energy than it collects (negative gain). Motion without resistance is free motion, free motion amounts to free energy. How do we free up our motion? In the case of those who are guilty of moving so as to preserve energy, they must simply “let themselves go” and move with the flow of life. Holding yourself back, will in time, drain your energy level to the point of “fatigue”. We use the word “simply” only to identify the answer but “doing” it that is “letting you go, is yet another thing. This is not so easy.

When a person has spent, in some cases, years moving so as to preserve energy, it has become a habit and just like any habit it’s tough to break. On top of this, it is also difficult to wrap your mind around the idea that motion, which means any activity you engage in, can actually energize you rather than cost you energy. Yet if they would think back when they were a child, they could undoubtedly remember an occasion when they were outside playing with their friends, running and jumping for perhaps hours and when they were done, they had built up so much energy they could not relax. Why was this so? Because they were “playing” and the definition for play is “free motion”. At the point, when a person finally realizes, that motion does in fact build energy rather than deplete it, as long as they are free from resistance, which would include holding oneself back, when they finally truly believe it, they can start “letting themselves go” and enjoy the abundance of

life's energy through motion and leave fatigue behind. This “dragging of one’s feet”, as well as the other forms of “self-resistance” has caused so much “fatigue” in society we will devote the following section to identifying it and distinguishing the virta fatigue from the physical.

## FATIGUE

A growing problem we have in society today is that more and more people are experiencing long term fatigue. This is especially true for those who are suffering from depression. Many will try to remedy the problem by getting more rest or eating healthier, but in most cases it has little or no effect. There is actually a very good reason for this and that is we are targeting the wrong energy needs. We have always assumed that the only energy needs for the human vessel were physical, and therefore we would fill this need with a sufficient amount of food. But as we are learning the human vessel consists of, not one, but rather two components. One is physical, and the other is virta. The psyche, which is “you”, exists in this virta state and needs energy just like the physical body you reside in, does. The problem is that the psyche cannot absorb nor utilize the energy (food) collected by the physical body, they are not compatible. The virta component, the psyche, can only absorb and utilize energy that exists in the same form (each according to their kind). Again, as the saying goes, “man does not live on bread alone” that he in fact needs energy from a different source to live and this other source is a virta one.

To illustrate this, let us look at how a car is made. It too is a vehicle that utilizes two forms of energy. One is gasoline that powers up the engine that allows the physical car to move and this source is visible in that we can see it. The other form of energy is electricity that is much like virta energy in the sense that it too is invisible. Its responsibility is to bring the car to life by providing energy to such components as the on-board computer. It also provides energy to the starter which enables the physical car to get into motion. Once again, just like in the case of the human vehicle, these two energies are not interchangeable; you can't put gasoline in the battery or electricity in the gas tank. They require separate sources. Now that you are aware of both kinds of energy that exist within the human vehicle it will make it easier to pinpoint which energy source is depleted or exhausted and needs to be replenished. For instance, going back to the example of the car, if the car is experiencing fatigue, that is to say, has exhausted its energy supply; you know you have two possibilities and the answer as to which one lies within the symptoms. If when you turn the key on, the dash lights are dim and when you

try to start the car the starter just will not turn over, then you know the battery is low on energy. But if instead, you turn on the key and the dash board is well lit and you start the engine and it turns over rapidly (Science would call this an “excited” state) but the engine just would not fire, you know it is the physical energy (gas) that is exhausted, and the gas gauge confirms it.

This same method can be used in the virta state regarding the psyche. The symptoms will help you determine which source of energy is depleted. If on the one hand, you cannot get going because your muscles have lots of aches and pains, especially after a day of vigorous activity but you want to because you have lots of “exciting” things to do, but you just can't get going. Then you know the fatigue is physical. On the other hand, if you just do not want to get going and nothing “excites” you, then its undoubtedly virta fatigue. So, this is how you can distinguish between the two sources. Making the distinctions is important, not only so you would know which energy source needs replenishing but also, and this is really important, “how” you go about replenishing it.

Again we can look at the example of a car for the answer. If you are driving your car and notice, from the gas gauge, that you are running low on fuel and you are concerned about whether you can make it to the nearest gas station, you may start driving “conservatively” to save fuel. On the other hand, if your battery is low on energy you will do the opposite. Instead of being conservative you will “rev” or accelerate the engine. Why? Because the “motion” of the engine will generate the needed electrical energy to replenish the battery. The same holds true regarding the human vehicle. If it is the body that is experiencing the fatigue, you need to “rest” (or move conservatively) but if it is virta fatigue you are experiencing, it is not rest that you need. What you need is to “get into motion”, get active doing something, and “rev” up your motion. Again, it is the opposite of what you would think. Now if you are saying to yourself: “well I have been active in the past when I was experiencing fatigue, and I did not notice any gain in energy as a result.” This is understandable, and the reason you didn't experience a surge in energy is because your motion was not free. Remember only free motion can produce enough energy to replenish the reservoir in the psyche once it has been depleted. If your motion had any resistance in it, you would not end up with a net gain. So if you were in motion, in a “fatigued state”, you would be conscious, on some level; that your energy supply was low therefore you would move so as to preserve it.

As we have already discussed, in order to move in such a way, you would have to “drag your feet” which would be counterproductive in that you would be causing your own resistance and this would cause you to expend energy rather than gain energy as you should. It is like snow skiing downhill. If you “let yourself go”, that is to say, let gravity move you (assisted motion), your motion would be free. But if you decided you wanted to move more cautiously than that, you would have to “snow plow” down the mountain

which is the same thing as dragging your feet. So instead of reaching the bottom of the mountain full of energy (excited) because of the net gain of energy from all that free motion that you have now added to your reservoir you would instead be exhausted (fatigued) from moving with resistance. So again, when you are experiencing virtual fatigue you must do the opposite of what would seem natural. You need to get into motion, that is to say “free motion” which is motion without reservation. Just let yourself go in order to eliminate fatigue. Do not move slowly so as to preserve energy nor go into a state of “rest”. Now this is not going to be easy to do at first for two reasons. One is because old habits are tough to break and no doubt if you live with fatigue, you have been moving this way (cautiously) for some time. Secondly, it’s difficult at first to wrap your mind around the idea that you need to get into motion to replenish your energy supplies. But in time, if you put it into practice, the psyche will “let go” and allow the sub-psyche to find that “groove” so as to move freely.

### THINKING POSITIVE

A suggestion people often make to combat depression, which would include fatigue, is to “think positive”. Could this possibly be of any help? Absolutely. Why? Because it goes right along with the attitude of “letting go” so as to move freely. Here’s how. When we say, “think positive” what does the “positive” relate to? Well, as we have been discussing, all life depends on energy to exist. As it pertains directly to the psyche, not only is its life and function dependent upon energy but also its happiness. If you think about it, life really isn't worth living without it, at least in the long run. Therefore, the word “positive” as it relates to human life, could only refer to the surplus of energy stored in the reservoir of the psyche because again energy, is our greatest concern. Since “life is motion” our goal is to collect more energy than we expend in the process of moving, this is what we call “positive” motion. So, getting back to the phrase “think positive” what people are really saying, without realizing it, is that we should move as if the depletion of energy was not a concern, this would require that we ignore the fact that we may be experiencing fatigue at the time and therefore the lack of energy is on our minds. This attitude, of not being concerned about the loss of energy would allow us to move freely rather than cautiously which requires the “dragging of one’s feet” to accomplish. This causes “resistance” that results in the expenditure of vital energy rather than its retention. As we have stated before, “resistance” is the enemy of man so when we are responsible for causing the resistance, we become our own worst enemy. By the way, you might find this interesting, if you personify the word resistance it becomes “resistor” and resistor in many languages is the definition for the word “SATAN”

### LYING

This is a subject matter that universally (that is to say, throughout the human family) we recognize as being wrong to engage in. This would cover all stations of life within our social structure as well as, the legal, moral, religious and ethical factions and, in fact, this is one area where all four overlap each other. Lying is wrong anyway, any time, any place. But why is it wrong? Is it just because mom and dad said so or someone from a podium did, or is there a deeper more compelling reason? We have been learning through “good motion”, that happiness is the only thing worth living for. In fact, if you are not happy you are not really alive; you are just existing. We have also learned that happiness, as well as, anxiety and depression are based on science. Now you are going to learn that lying likewise has a scientific connection. Based on science, happiness is the result of an abundance of energy held within the reservoir of the psyche. When the sub-psyche is confident that you will collect, retain and conserve energy on a consistent basis, it will reward us with happiness. If, though, the energy falls below the surplus level, not only can we lose that powerful sensation we call happiness, but we could now go the other way into depression and all the negative feelings that go with it. We also learned that the greatest culprit in draining one of vital energy is resistance. This is where lying comes in. Lying causes resistance. Now that might seem like a stretch, but not at all. We said it was based on science, so what is the scientific connection? Well, according to science, if an object strays from a straight line (under force) it will encounter resistance. Now this finding is based on the physical laws of motion but as we have learned everything in the physical state has a duplicate in the virta state. If resistance is connected to crooked motion in the physical state, it would have the same effect in the virta. The virta is, of course, the state the psyche exists in which is “you” and you are what is affected by lying. This virta state has no physical properties and is, therefore, difficult to comprehend. Science tells us that when something cannot be seen the only way, we know it exists is through “force” and “effect”. An example of this can be seen in the way we were able to discover some of the planets in the outer reaches of our solar system. Long before they actually saw the planets, they knew they were there because of the “effect” they had on planets around them that could be seen. Likewise, regarding the virta state, the only way we know that this state exists is through “force” and “effect”. The only difference is that in the virta state, which has to do with “social interaction” because we are dealing with the psyche, we use different words that mean the same thing. In place of the word “force” we use the word “power”, like the power of love or the power of knowledge or will power. For “effect” we use the word “consequence”. When we say things like “there are consequences for our actions”, this is going right along with the physical state of being, for in “matter” physics, objects will “naturally” move in a straight line unless “acted” upon. When we deviate from the straight line of life this constitutes an action. How do we



know that a straight line has the same significance in the virta state as it does in the physical? We absolutely recognize on some level of consciousness the significance of the straight line when we say things like “straighten out your life” or “straight is the path to life” we are making that connection. So, what does “straight” do for us on a virta level? The same thing it does on a physical one. It keeps us in free motion and that is the key to life and happiness. When we say, “the truth will set you free” and “tell me the truth, tell it to me straight”, we are tying it altogether. We are making the connection between freedom, the truth and a straight line. So, if the truth is a straight line then a lie would have to be a deviation or action from that line. So where is the consequence? Once our motion becomes crooked, we are no longer moving freely and so we no longer feel free, we are now burdened by the weight of resistance. This in turn slows us down so that we get caught by that killer wave. I hope you did not forget about that wave of energy produced by the “collective expectations of society” that is our constant companion. A wave that, if we ride it like a surfer rides a wave (that is to say, live up to society’s expectation) it can “assist” our motion. But if we allow ourselves to get caught by the wave (that is to say, fall short of the expectations of society) then we experience the consequence we call “anxiety” and anxiety gives us feelings like “guilt” and “shame”, those the wave “convicts”. By the way, to “fall short” is the definition for “SIN”. It is also important to note that anxiety is the greatest killer of man, either directly or indirectly, so it’s imperative that we stay ahead of that wave, and this can only be accomplished by moving in a straight line in front of it. It is also good to mention that this “assistance” we receive from the wave and we will take all the assistance we can get, makes us more “powerful” because it is energy that is backing it. This “assistance” is tied to a Greek word called “AGAPE” and this is one of three words that we translated into the word “LOVE”. Yes, this is the “power” of love.

The truth is not only a straight line, or path, but it is also a solid one. When we realize that life is all about staying in free motion ahead of the wave of expectations, that could potentially kill us, then there are certain conditions we want to have to exist regarding this motion. We want the path in front of us to be straight (resulting from virtue), level (justice) well lit (through knowledge) and we also want our path to be “solid”. You cannot move freely or confidently unless your path is solid. If you are concerned that the path could give way at any time you will move cautiously, and we already know what happens when we move that way. We have to hold ourselves back and to do that we have to drag our feet which in turn causes resistance resulting in the expenditure of energy which leads to depression. So, what causes our pathway to be shallow and easily broken? If something is shallow, then it does not have any “mass” to it. If you remember, mass in the virta state was built upon one’s “character”. The pathway of life is actually built upon the “character” of our fellow man as well as our own. We want to be able to “trust” the path

we walk on and when we are trustworthy it adds to one's character. What then takes away from our character, it acts more like a veneer than something solid? "Hypocrisy". When you no longer believe in the goodness of your fellow man, that you cannot trust him, and therefore not solid, then it will affect your motion. Sadly, enough this hypocrisy can start in the home, when you are a child. If your parents are always putting people down, privately, let's say when you are all gathered at the dining room table for dinner and then they are nice to these same people when they see them in public. This is hypocrisy. We need, instead, to find the good in people and highlight that instead of always pointing out their faults. We want to move with people, not against them. When we all move together, we benefit from each other's motion, this is assisted motion or love. To move in opposition to others is hatred and this causes resistance. Remember this, "when you hate enough to kill, you're the one who is dying". Why? Because again hatred causes resistance and resistance expends energy and the exhaustion of energy results in death for the psyche (the psyche does not grow old like the physical body, it just runs out of energy). So, think well of people and speak well of them to others. This does not mean you have to agree with everything they do, in fact it's all right to even hate those things if necessary, just not the people themselves. It is too costly in energy.

### WORRYING

By now it should be clear, that if you want to be truly happy you must move in free or effortless motion. This requires, among other things, that you throw off every weight, that is to say, exterior weight. The only weight that should be on your person is interior weight, that which makes up your core. This core weight is good weight because it gives the person "mass" and mass is essential for good motion. When we think about your need to continuously build a surplus of energy and this requires that we move, among other things, in a straight line so as to avoid resistance then we do not want to be like a "feather in the wind" but rather we want to move like a "rock". What a rock has that a feather doesn't is mass, and mass gives one "power". Isaac Newton's formula for "force", states that force (momentum) is equal to mass times velocity ( $P = M \times A$ ). This formula applies to the movement of objects in our physical universe but as we have been learning, every law in the physical state has a duplicate one in the virta state. The only difference is in the names we identify them by. When it applies to the physical state, we use the word "force" but in the virta state which applies to "us" we use in our social interaction the word "power" and in place of the word "mass", we use the word "character" because in the virta state this is where we get our mass. In the remaining part of his formula he uses the word "velocity", which is motion. The point one needs to remember is that the only good weight is core weight or mass which we gain as we build our character. All other weight would be exterior weight and it must be removed, we must cast it off.

To illustrate this let us go back to our example of the ship. The ship needs mass, which is called ballast, in the bottom of the vessel which would be its core and this mass would give the ship, among other things, stability, especially in rough seas such as in a storm. Now if the vessel is carrying cargo, it is going to be carried in the cargo hold which is in the bottom or core of the vessel right next to the ballast. This cargo, if properly placed and secured, can add to the ballast and thus add to the stability of the vessel, it becomes part of its mass. In the *virta* state, this cargo would be the same as our “responsibilities” as individuals and if we carry them well, it would mean we were being responsible persons. Being a responsible person would add to one’s “character” or mass and thus would become part of their core and just like ballast on a ship it would add to our stability and overall motion. Now, going back to the physical state, the ship. If the captain chose to carry his cargo on deck rather than in the cargo hold, the cargo would now become a detriment rather than a benefit to the ship’s motion. Instead of adding to its mass and making it more stable, it is now making it unstable or top heavy. This cargo would now be “clutter” on deck and make it difficult for the captain to “look forward”. On top of this, it would add resistance to our motion and would also obscure the view of the captain who is trying to look forward. The added resistance slows the vessel down, so it could possible late to its destination and thus delivery of its cargo.

In the *virta* state, this is exactly what happens when we “WORRY”, we are now carrying our “cargo of responsibility” on deck where it can be seen which would mean in our conscious thought. When it is on deck, or in our conscious thought, it becomes a burden, because it takes away from the captain’s good motion rather than contributing to it. How so? Well, just like in the case of the physical ship, misplaced cargo, that is cargo on deck, slows you down by causing resistance, obscures your sight, keeps you from focusing on where you are going, and makes you unbalanced or unsteady as a person. Think about this for a moment: what do we worry about? It is things that we are “responsible” for and we worry about them because we believe that we must keep them in our consciousness because we believe if we think about them all the time, it will somehow have a better outcome when it is time to actually deal with them. In reality, the opposite is true. When you clear the mind (clear the deck) of worries the captain does a better job of keeping his vessel in free motion, and as we have learned, free motion produces more energy and more energy for the psyche means greater thinking capacity, more creativity, more courage and more “excitement” to put into whatever challenges are before you. So, whatever you have to deal with, that you thought you had to worry about, you will do a much better job if you do not worry about it. So, take that “cargo of responsibility” and give it to the first mate (sub psyche) and let him stow it away until it is time to off load it (deal with it). Do not leave it on deck where it can be seen, you want it “out of sight and out of mind”. So, set it and forget it. This is all part of being a “good captain” that results

in smooth sailing. As one song puts it “don't worry, be happy”.

While we are on the subjects of cargo and responsibility, it is good to keep in mind that although taking on responsibility is good for you in that it adds ballast to your vessel making you more stable, taking on someone else's responsibility does not. There is no place in your cargo hold for their cargo. That means that if you choose to take it on, it must set on deck. This would be bad for both of you. You would be top heavy, and they would be missing valuable mass, so in a storm, you could both be shipwrecked. Being able to distinguish your responsibilities from that of others and taking on only what is yours as well as taking on only what you can handle at any given time is all part of being a good captain. Smooth sailing (happiness) is the responsibility of the captain.

This will conclude our section on “resistances”, and we have learned that in order to be in free motion we must eliminate all resistances on a continual basis. I liken this to the sport of “curling”. In this sport a stone object slides on ice toward a circle at the other end of a rink. A player stays in front of the stone with a broom sweeping away any objects that could cause resistance, so the stone can glide freely to its destination. And that's exactly what we must do to stay in effortless motion.

### THE GOOD MOTION “PROCESS”

The relationship between the psyche and the sub-psyche, when it comes to understanding happiness and depression, is of the utmost importance. We are learning that to be happy one needs an abundance of energy in its reservoir to draw from on a consistent basis. This energy is collected through motion. It is the responsibility of the psyche (which is you) to produce this motion through activities of all kinds. It is also the responsibility of the psyche to see that this motion is “good motion”, that is to say, that it collects more energy than it expends in the process leaving you with a net gain. Eliminating resistance would be part of this. Once this energy reaches the reservoir it falls under the control of the sub-psyche. The sub-psyche is in a unique position in that it deals with both the psyche, in the virta state, and the body which is in the physical state. It, unlike the psyche, is actually attached to the mind. Again, this relationship is a prototype for that which exists aboard ship, in that you have the first mate dealing with both the captain and the crew. It is the responsibility of the sub-psyche to coordinate all activities between the two parties and see to it that all things are carried out. This facilitates the control and release of energy from both sources, virta and physical. It provides needed power, as well as, chemicals to augment a given situation. It cannot be stressed enough that energy is the sub-psyche's highest priority because it provides both life and function to the human vehicle.

## HOPE / FAITH

People talk about “hope” being an important component in life. So, what would be the most important thing to hope for? It is this, that one’s motion continue unimpeded, unrestricted and uninhibited so as to extract as much energy as you can because when you have abundant energy, at your disposal, you can conquer all things whereby acquiring that which you thought you were hoping for. It is known that a shark must stay in continuous motion from the day it is born. This is because it extracts needed oxygen from moving through the water. The same holds true for the psyche, it must stay in motion to extract energy, so it too can function and accomplish its goals. So, the psyche is responsible to stay in motion and the sub-psyche is responsible for releasing the energy collected from that motion. Now when the sub-psyche has confidence in the psyche (confidence within the self, or self-confidence) that it will stay in motion, despite any obstacles that might lie in its path, even a mountain and keep moving, "finding" that light at the end of the tunnel, which is the exercising of "hope", it will release energy in direct proportion to that confidence, allowing that energy to help one get through the obstacles with additional courage and creativity to insure its success. But we need to stress that the sub-psyche has to have an “assured expectation” that this motion will continue before it will start releasing this energy. Now when it has an “assured” expectation of these things, it will release this energy in abundance. This “assured” expectation of things “hoped” for, is the definition for “faith”. So, as you can see hope and faith are necessary ingredients to being successful and thus happy in life especially if it includes "great expectations". But, as you can also see, everything begins with you (the psyche) getting into and staying in motion. The withdrawing from motion, which again involves shrinking back from activities, is how depression starts. What causes this slow down can be due to many things, some of which are covered in this article. What is important is that we set them aside and get back into motion. Someone once said that “hope was a good thing, perhaps the best of things”. And this is true, because hope keeps us moving even when a way thru is difficult to see. But find it we must. (On a side note, when we get up in years and we are no longer part of the work force, other words we no longer participate in contributing to the “Wave” and therefore no longer gain the free energy from riding it. And also, no longer benefiting from the “winds of Purpose” that likewise provide us with free energy and there is no “hope” of ever regaining these things, it sets the stage for “Alzheimer’s”).

## ANTI-DEPRESSANTS / PLACEBOS AND BELIEF

This brings us to the subject of anti-depressants. Anti-depressants can be effective in that they cause the psyche (you) to “believe” that the pill can “assist” you in getting back into motion and therefore you do. Once you start back into motion, the previously mentioned "process" takes over. The motion is once again adding energy to the reservoir which is being monitored by the sub-psyche. When the sub-psyche is confident that there is a reasonable expectation that this energy will continue to build, it will start releasing the excess energy that will in turn make you feel good again. It should be noted that placebos can be about as effect as anti-depressants because again their benefit is in getting you to “believe” that you are being “assisted” in your motion. Ultimately, however, you need to recognize that “belief” in yourself is the only real answer. As one song puts it, “the hero lies in you”. This, along with “assistance” from the “winds of purpose” that can fill your sails of expectations, and the “wave” which produces the “power” of “love”, will put you on the road that leads to happiness. As another song puts it, “all you need is love”, and that is pretty close. You just need to add some “faith” and “hope” and you are on your way. Also keep in mind that “natural” solutions never have side effects like withdrawals which in the case of antidepressants could bring on suicidal thoughts among other things.

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Thus far we have been mainly focused on happiness versus depression. We will now focus more on anxiety and the “wave” that is responsible for producing it. To do all this we must first recognize the “VIRTA STATE OF BEING” and the laws that govern it. We will start with recognizing this virta state.

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PART II

# OUR VIRTA/PHYSICAL UNIVERSE

The  
Laws  
of  
Virta Physics

ENERGY

MASS

The  
Laws  
of  
Matter Physics

ENERGY

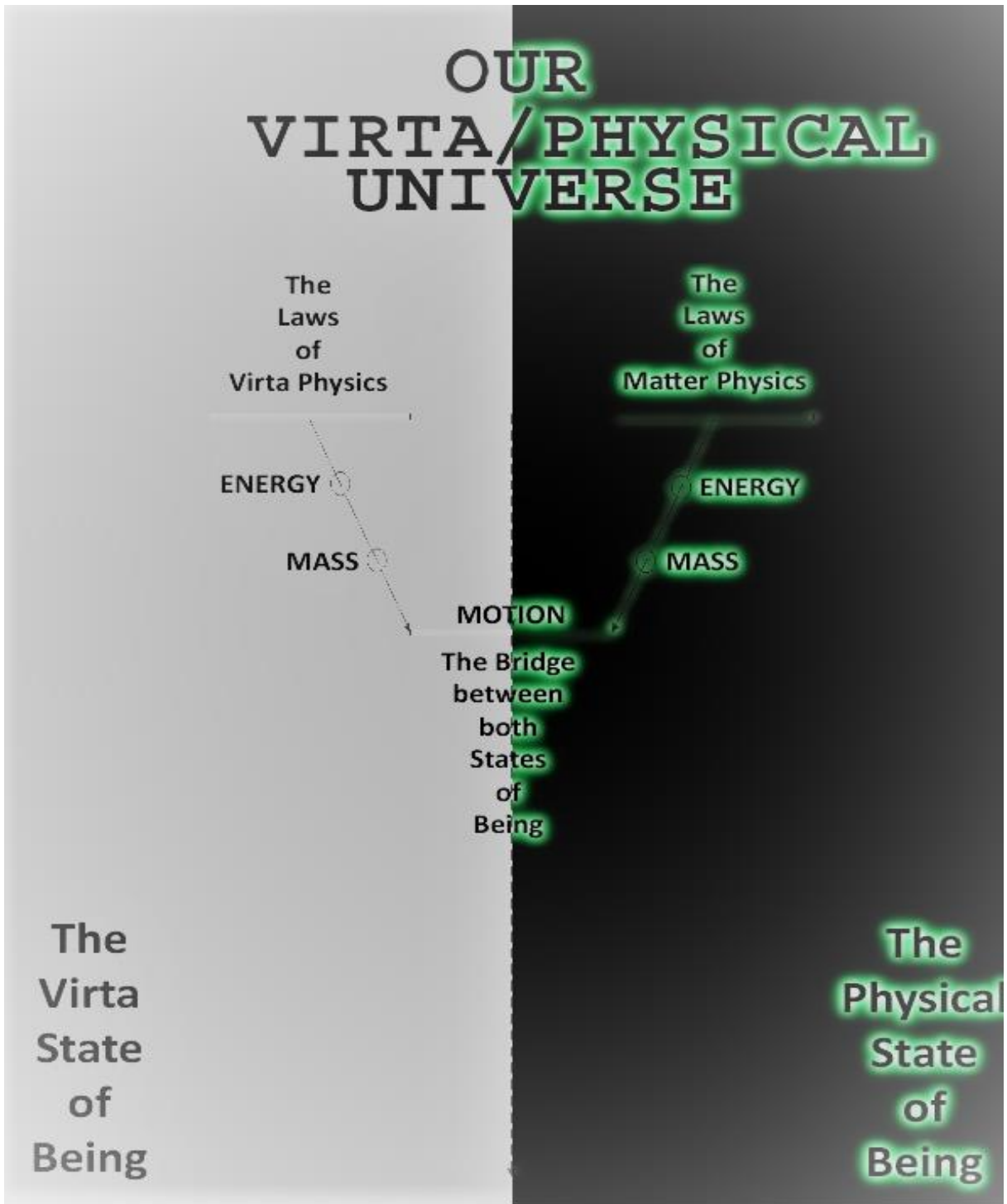
MASS

MOTION

The Bridge  
between  
both  
States  
of  
Being

The  
Virta  
State  
of  
Being

The  
Physical  
State  
of  
Being



## THE “VIRTA” STATE OF BEING

( the true final frontier)

Up until now man has recognized but one state of being in the universe and that is a physical one, that which is comprised of matter. This state has four basic components, motion from which we derive both mass and energy (See the section on “life is motion”) and a set of laws that govern it all. This set of laws (in the physical) keeps all things within this state, from the sub-atomic particles to the galaxies in perfect order and harmony. We cannot see these laws but know that they exist through what science calls “force and effect”. But there is another “force and effect” that is not directly connected to nor does its “influence” anything in the physical state but instead plays upon the inner actions of man. The only difference between the two is in what we have chosen to call them. Instead of referring to them as “force and effect”, we call them “power and consequence”. Power, as in the “power of love” and “consequence”, as in “anxiety”. Neither love nor anxiety have any physical attributes and are not subject to nor influenced by these physical laws. Therefore, they must exist in a state other than a physical one. This state we will here after call the “VIRTA” state. (the study of which will be called “VIRTATOLOGY” and those studying it will be called “VIRTATOLOGISTS”). These two states of being, coexist and together form all things which means we live in a “VIRTAPHYSICAL” universe. It’s important to note that both states of being have the same four properties, which, again, are motion, mass, energy and are governed by a set of laws. They actually mirror each other. Even the laws in each separate state mirror the other. (Although these two states of being are separate they are connected thru motion. So, although you cannot go from physical energy directly into virta energy, you can cross over thru motion which acts like a catalyst between the two states). As to exactly what this virta state is comprised of, in that it is not matter, is yet unknown and until it is, we will have to call it “nothing”. Because the virta state consists of “nothing” it predates the physical state, before the “beginning” when the universe was “nothing”. In the “beginning” it was the virta state in the form of motion that gave “mass” to the subatomic particles bringing them into existence. So, the virta state forms the core or inner lining to all matter and thus the physical universe. This “virta state” has motion, mass, energy and a set of laws just like the physical state, in fact the physical laws are patterned after the virta ones in that the virta laws which likewise predated the introduction of matter (the beginning), giving structure to the physical laws. Thus, when the physical state first appeared, laws went into effect immediately, to give it structure and harmony, so it could



flourish and expand. The only difference between the two sets of laws is that in the physical state the laws govern absolutely, compliance to the law is not an option, everything from the atom to the solar system obeys these laws, nothing “wanders” and it is this strict compliance that makes the universe “mechanical” in nature.

In the virta state, compliance is not absolute but rules instead as an “influence” rather than rigidly. The reason for this is because its subjects, unlike that which makes up the physical universe, are neither mechanical nor robotic in nature but instead move by choice and free will or instinct, (instinct gives them some latitude in expressing free will). So, what is it that we know of that exists in this virta state and is subject to these virta laws? Science calls it the “PSYCHE”. There is an old saying; “we do by “nature “the things of the law” and this is so true. What we do naturally is the result of this influence of these virta laws that in turn, cause us to create social laws to mimic them. The result is, we have physical laws that are patterned after the virta laws. And we have social laws, created by man, that likewise are patterned after the virta laws. Because these virta laws consist of nothing, proving their existence is difficult and no doubt the reason they have gone undefined for thousands of years. The word, “undefined” is appropriate here in that it is not that man has not known there was something there it is just that he did not understand what it was. For instance, the “power” of love is undeniable and yet to see it as a law of “virta” physics as we see momentum as a law of “matter” physics had not been recognized. This is important when we consider the implications.

For instance when Galileo, who studied the movement of celestial bodies, began to realize that their movement was being controlled by laws and that these laws were absolute, meaning that their motion was predictable. Predictable in the sense those mathematical formulas could then be developed to explain their behavior. In fact, he later wrote a book entitled the Assayer where in the forward section he wrote, “the universe is a book of knowledge, written in the language of ‘mathematics’”. Isaac Newton, as well as other men, then built upon this by creating mathematical formulas to explain such things as “force” which we used earlier in our discussion. So, if we were now to recognize these same laws, only in the virta state, that which pertains to the psyche then we too could likewise develop similar formulas to understand the behavior of man (social engineering).

First, we must recognize and then identify these laws before we can create these formulas. Going back to the scientific approach, using force and effect or as it applies to the virta state, power and consequence; we will further bring this virta state and its laws into clarity. There were planets in the outer limits of our solar system that were known to exist before they were actually discovered. How did they know they were there if they couldn’t see them? By the “effect” they had on other bodies around them. In the following section, we too will “discover” the virta state and its laws the same way.

(On a side note, we said that the psyche exists in this virta state, and that the psyche is “us” minus the physical body, it’s also important to note that all creatures great and small, that we share this planet with, have a psyche and thus are subject to the virta state and its laws as well. The only difference lies in the way they are administered. When we see a flock of birds or a school of fish moving in harmony with each other, (appearing almost choreographed) it’s not the wind or ocean currents responsible for their behavior, but more likely the virta “waves” in their heads. These same “waves” are undoubtedly responsible for the migration patterns that many animals are subject to. And when we see a school of dolphins peached on the shore, it’s not likely caused by ocean waves pushing them, but rather again the virta “waves” in their heads).

### THE LAWS OF THE “VIRTA” STATE OF BEING

(featuring the WAVE and ANXIETY)

The physical universe is governed by the LAWS of PHYSICS. Because of this fact there exists complete order and harmony throughout its realm. But not everything in the universe is physical. Therefore, not everything falls under its direct control or influence. Another state of existence, which we will here after call the Virta state, is governed by its own set of laws that are a duplicate of its counterpart, only with different names. So, what then exists in this virta state, that make these laws so important. Nothing less than the most important thing to us as humans and that is the PSYCHE. How important is it that we recognize and understand these laws of the virta state? It is as important as life itself for these are the laws that govern the STATE of BEING of the PSYCHE. These laws are not visible. Like their counterparts, they are only detected (made visible) by the “force and effect” (power and consequence) on their subjects. Take momentum, as an example, one of the laws of physics (which will hereafter be called “matter” physics in order to distinguish them from virta physics). It is a wave of energy that follows behind an object that can assist it in its forward motion. You cannot see this wave but if you let it catch you, if you stop suddenly, you will feel its presence as it over takes you. If you are in a car crash, the damage sustained will have been caused by this very wave. So even though we cannot see this wave, we can feel its effects and therefore know that it exists. Momentum, like all the laws of matter physics, are good in that they can assist your motion (add force). If, however, you fail to cooperate with or recognize these laws, in the case of momentum, stay ahead of it, there can be consequences to pay, including death. In the virta state there is a duplicate law to momentum. This too is a wave of energy that is the result of the “COLLECTIVE EXPECTATIONS of SOCIETY. This would include

our responsibilities as citizens, as well as the expectations of family, employers, gender and self. This wave is also a great force that can assist our motion, like a surfer riding a wave. Now is this wave real? Well, the same rule applies to the virta laws as they do for the physical laws, they are only detectable by the effect they have on their subjects. So what effect is there if we get caught by this wave, in other words, what is the consequence for falling short of the expectation of society? If we get overwhelmed by the wave, we experience “ANXIETY”. Is anxiety real? It is one of the leading causes of death in the world if you factor in the indirect effects. So, if anxiety is real, so is the wave. Taking this a little further and incorporating the example of the surfer, if the surfer can feel the spray from the wave, he begins to feel “ANXIOUS”, and then as the wave curls over the surfer, this would simulate “ANXIETY”. But if the surfer is swallowed up by the wave, overwhelmed, this would be the same as an “ANXIETY ATTACK”. So again, are anxiety attacks real? Then so is the wave. On the bright side, if a person can live up to the expectations of society, in other words, ride the wave, then he can benefit from the “force” the wave creates. Again, this force, as it pertains to the virta state which controls the psyche and thus social behavior we call “power” and we call this power “LOVE”. So, is the “power of love” real?

(In the following sections we’re going to see how this “wave”, in the virta state, influences our daily lives in different ways.)

### [THE “WAVE “and CONSCIENCE](#)

Evidence that this wave exists and thus this virta state exists, is in the “CONSCIENCE”. How so? One of the things you have to do to stay ahead of the wave, so you do not get caught by it is to move in a straight line ahead of it. If you allow your motion to become crooked, you will surely be caught by the wave, resulting in anxiety. Anxiety in turn, expresses itself in three basic ways: FEAR, SHAME and GUILT. So, when you do something wrong, your motion becomes crooked and you fall short of the expectations of society (to fall short is the definition for “SIN”), you then experience, at the very least, guilt and shame. So, you see, the “CONSCIENCE” is not some meter inside our heads, that tells us right from wrong, but rather it is the “effect” this wave has on “us” the psyche. If the wave did not exist, there would not be a sense of right and wrong. When we use expressions like, “make your path straight” we are recognizing on some sub-level of consciousness that the wave is there, and we need to move straight ahead of it to avoid being caught by it and feeling its effects (consequences). In this sense the Wave either assists or convicts

## THE WAVE and MOTION SICKNESS.

Another way you can prove to yourself that the wave exists is thru the following: If you develop a deep longing for something in your past, that you just can't seem to let go of, it can trigger a hollow and nauseous feeling in the pit of your stomach. What you are experiencing is a form of MOTION SICKNESS. You are looking in your past while the wave of expectation is moving you forward. Just like physical motion you have to look where you are going or pay the consequences. Is this motion sickness real? Absolutely. Ask yourself, "how could I be experiencing motion sickness without being in physical motion?" Welcome to the virta state.

## IS RIDING THE WAVE MANDATORY?

Let's face it, being a surfer can be fun if you are into it. But not everyone wants to surf. When it comes to riding or staying ahead of the virta wave, however, is not optional, and neither do you want it to be. WHY? Because that wave can assist your motion, making it more effortless just like momentum can assist you on a physical level. And yet it can be daunting especially if you lack self-confidence. The alternative is to live with anxiety or worse, anxiety attacks if the wave completely consumes you. Keep in mind that the wave is a composite expectation of society which would also include the expectations of family, friends, employers and self. It is not that people do not want to live up to these expectations, for the most part people do. It is just that they cannot. Why? Because it takes three important things in order to do so. One: self-confidence, which we just mentioned; two: courage; and three: will power, which requires abundant energy. If you are depressed, you do not possess these things and so millions of people live in anxiety. Some have wrongly concluded that depressed persons are perhaps lazy. This could not be any further from the truth. A lazy person does not recognize the wave because he does not care about the expectations of others towards him and certainly does not have any of his own. He is quite content with doing nothing. A depressed person, on the other hand, does care about living up to expectations; he is just not capable of doing so. You can often see the pain caused by anxiety on his face and in his eyes. He wants to be a productive member of society, he just cannot. In fact, depressed people are the hardest working people in society. They work harder to get out of bed in the morning than a happy person

works all day. Here is why. When a depressed person wakes up, the wave of expectation starts building behind him. It is the same wave we all build because society expects us to get up and become productive, so we can be contributors. Unfortunately, the depressed person hesitates because he does not have the energy or courage to get started. Then the wave starts overwhelming him and forces him out of bed. But unfortunately, he is consumed by the wave and anxiety has become his constant companion for the rest of the day.

It cannot be stressed enough, the importance of keeping a surplus of energy within the psyche. If a person can wake up with this surplus, he will have the courage and energy (in the form of electricity, so as to get “excited”) to get straight out of bed in the morning without thinking about it. And to get started before the wave overwhelms him. Some people work at night because expectations are not so great or work the weekends because that traditionally is a “time out” from the wave of expectations. For some, Friday is their best day because Saturday (that time out) is next. But on Saturday they are already feeling “anxious” because Monday is getting closer and the pain from anxiety will be back because they just cannot live up to them. When a surfer is about to catch his wave, he has to paddle for a moment, exert himself, to get out in front of the wave. A car battery, likewise, must send out a surge of energy (excites the starter) to turn over the engine so it can get going. So, having a surplus of energy in the psyche to start your day or move on to a new project can always keep you ahead of the wave and thus always benefiting from the wave.

### [The “WAVE” and taking a TEST](#)

So, what is the wave? A literal wave that follows right behind you at all times. If you haven't already guessed it, this wave is in a “virta” state just like the psyche. A wave that produces many consequences if it catches you. One of the consequences produced by the wave is doubt, and you certainly don't want to deal with that when you are taking a test but that is exactly what happens if you cannot stay ahead of the wave. Every time you have to stop to think about an answer the closer the wave gets to you until it finally overwhelms you. Because this wave is real, the proper way to take a test is to start by quickly going through the test and answering only the questions you know the answer to without thinking about it then go back a second time and answer the questions you are pretty sure you know the answer to but will take a little more thought. Then thirdly, with what time is left go back and deal with the difficult questions. By following this procedure, you stay out in front of the wave because you are staying ahead of “expectations” in that you got to the end of the test long before you were due, even

though you would be going over it again. Being this far ahead of the wave through the first part of the test keeps anxiety at bay as well as giving you an extra shot of energy that keeps you confident and calm as well as helping you think faster when you get to the questions that require it. In the future, when you finally recognize that this wave is “real” you will start moving with the wave instead of being a victim of it. By the way, as you will learn later that the main consequence for allowing the wave to catch you is “anxiety”

### The WAVE and the POWER of LOVE

Let us take a moment and think, how do we know this wave truly exists? We know because of two things, force and effect. The “effect” is better known on a social level as “consequence”. The “force” is better known as power, again on a social level. This power is the same as the “Power of Love”. When we say “love” we are not talking about the erotic type of love. We are talking about Agape. Agape is one of those words from the Greek that we translate into love. Agape is a “principled” love. Its power comes from the collective motion of man (the power of the people). In the physical state the motion of physical objects moving together can create a force, “power”, that is greater than what is possible by itself. Applying this to its corresponding virta law, a person moving in cooperation with other people can produce a power beyond what is possible as an individual. This also means that if he is moving in opposition to others around him this will weaken his power and resolve. This then kills the notion that people in society can all “do their own thing” as long as they do not interfere with others in what they are doing. What we learn from the law of momentum (in the physical state) is that objects do not have to touch each other to be affected by their motion. When there is opposing motion, “energy will be lost” eventually bringing the object to a halt. So, if a society wants to remain a vibrant one, they move as a collective body (mass) whereby energy is built, not expended. This calls for all of us to contribute to the wave and not be bent on doing our own thing. So, anything other than collective motion is corrupted motion and this kind of motion will not stand the test of time, it could bring about the collapse of even a nation. So, this behooves us all to be contributors to the collective motion of society. We will benefit from the power within and thus add to our own energy supply. Do not adopt the attitude of so many who believe “it's me against the world.” This will eventually “burn you out” as they say, deplete your energy. Instead, feel the power; recognize that every person can contribute to your energy level if you move with them, even at your place of employment. Do not view others as competition but rather as help to yourself because you will gain more energy whereby you will become more productive and creative, making you a greater asset to the company as well as yourself. Nothing could be more valuable to

a company, as well as a society, than a happy employee. Now you may be thinking: “Why would I want to help someone else become well, they might wind up with the job I want?” Getting the 'job' you want is really secondary in importance. For jobs will come and go and so will people. What is more important is that you maintain a high energy level. Energy will give you the courage to take the necessary steps but will also help with other things like creativity that will make you successful. That is your greatest asset. It will take you where you want to go, and you will truly enjoy the ride, as well. Besides this, any company that is worth staying with is going to recognize your co-operative spirit and your desire to help the company by helping others and will see it as a great asset and reward you accordingly. So again, do not view others as a threat to your goals but rather as a way of securing your goals because you can gain needed energy by moving with them and it is that energy that will help you get where you want to go and do it with “excitement” and great joy.

One other thing worth mentioning, although a man should feel good about applying his trade for the benefit of society and being able to provide a living for his family, in the process, the expectations of society have increased. Now, because of the prevalence of greed, a man is now expected to make lots of money to be considered to be successful. This for a man, working with his hands, is not realistic. Hence this becomes like a weight that he carries around and it never goes away. This holds true for women as well. Being a wife and mother is one of the most demanding jobs on the planet and yet some feel that they should have an outside income as well to be successful. All of this adds unnecessary anxiety for all involved. All of this means then that you don't have to live up to the expectations of others if they're not leading you toward Happiness.

### [GRIEVING and the WAVE](#)

Another effect of the wave that one can experience is when you lose a loved one and the “effect” is called GRIEVING. To experience sadness, of course, is to be expected when you lose a loved one but too often it goes beyond this. For instance, have you ever felt guilty when someone dies or have an empty, hollow, nauseous feeling? Or perhaps, hopelessness, like you cannot go on or do not want to. These fall into the category of GRIEVING. We have always contributed grieving, that is to say, that which goes beyond sadness, to the “significance” of the relationship between the deceased and the one still living. But those additional feelings, those connected with grieving, are actually the results of the “effects” of the “wave” and little to do with the loss of the loved one. This is

what is occurring: The loss of the loved one can cause us to slow down in our motion which, in turn, causes us to get caught by the wave. In turn, this brings on anxiety which can express itself in three basic ways, one of which is guilt. Also, because the wave is now on top of us, it becomes like a heavy weight that results in resistance that drains us of valuable energy that makes us tired and unable to function like we would normally. On top of this, we're trying to hold on to the one who has died and who is now being left behind. This can bring on a form of motion sickness. Why? Because motion sickness occurs when we are looking in one direction while moving in another and even though this is happening in the *virta* state, the rules still apply. As it pertains to our subject matter, we are trying to hold on to the one who has died while the “wave of expectation” is continuing to move us forward. This results in that nauseous and empty feeling we mentioned earlier. All of this makes letting go of the person even more difficult because we believe living without the person would be unbearable. So now we hang on even tighter to the person, making our forward focus even more difficult. This creates still other problems. For one, a loss of hope because hope requires forward focus. Two, now that we are engulfed in the wave, we are drained of energy and we no longer have the “will” to go on. Why? Because “will”, along with courage, which is also important at a time like this, are products of energy and you now have neither. As you can see the “effects” are almost compounding themselves, leaving the person to believe that this relationship was even more “significant” than previously thought, causing the person to hang on even tighter. So, grieving is a "consequence", not a natural emotional response for violating the laws of *virta* motion. This dictate, among other things, that we look and move forward at all times.

So what's the remedy? How do we get out from under the “effects” of the “wave” that is causing the “grieving”? You have to start viewing the deceased one as being out in front of you rather than being left behind. This way you continue to move in harmony with the laws of motion by looking at the deceased one out in front of you. No matter what your belief system, you most likely believe that the deceased person is where you will be someday. Therefore, he is in front of you and this will cause you to “look forward” and thus get ahead of the wave once more. Hope will once again be possible. Your energy will return producing the necessary courage to go on. The nauseous feeling will vanish. You will no longer feel guilty about moving on and then realize that moving forward is your best hope of seeing them again. (By the way, the “effects” of the “wave”, in this application, apply whether you are dealing with the death of a loved one or the death of a “relationship” including one’s “marriage”).

Believe it or not, you can actually be sad and happy at the same time. How? Sadness is an emotion. Emotions are responses to circumstances or events, like the loss of the loved one. Happiness, like depression, relates to your state of being. It is the foundation upon



which your emotions are set. Your emotions can sometimes be like a heavy weight and if your foundation is not solid, those emotions can have a greater impact. Happiness produces a solid foundation because its key substance is courage which again is a product of energy. This is something a happy person has in abundance. On the other hand, if you are depressed, then you lack energy and thus courage resulting in a weak foundation. This means then when you place the weight of emotions, which sometimes can be quite heavy, upon yourself, you could experience a “breakdown”.

### [The WHEEL and the WAVE](#)

This wave follows us, not only as individuals but also as “gender”. The wave follows each gender on a different path (roles) causing them to place different values on the different responsibilities in their lives. We talk constantly about the need for motion because life is motion. But not all motion is the same motion. Life for humans takes on the motion of a wheel. The wheel goes around and forward at the same time. Men and women place differing values on this motion. Women, on the one hand, place more value on the rotation of the wheel. They are more interested in the things that hold life together. Like the steel band that held the old wagon wheel together. Women are more interested in family and home. Therefore, the wave of expectation follows behind them as they rotate on the rim of the wheel. Men, on the other hand, are more interested in the forward progress of society. Designing and building things that will advance us. Also supplying society with food. They see themselves on the hub of the wheel with the wave of expectation right behind the hub. If you can, picture the wheel in a wave with the backside of the wheel up to the hub immersed in the wave and the front side, including the hub, in front of the wave. As long as man can stay on the hub and keep up with ever expanding moods of society, he avoids anxiety. But put him on the rim of the wheel that will turn into the wave, this makes him very uncomfortable (restless). This is why it is hard to get him to do things that are associated with the turning of the wheel like taking out the garbage, doing the laundry, doing the dishes or anything else that he associates with the turning of the wheel. Even going shopping has to be quick before the wheel turns into the wave. That is why he goes in and gets just what he needs and gets out, that wave is right on him.

Even playing with the children can build his anxiety level because that wheel keeps on turning and if he stays on it, he will eventually be submerged in the wave. If you can get him distracted from the wave which is easier on the weekends because the expectations of society are less, he will fare better. Entertainment is effective (such as watching sports)

because it does what it is intended to do, distract. This is what the word entertainment means. What are they being distracted from? The wave. Fishing is popular with man because he views it as a potential part of his responsibility because he just might catch a fish to feed his family. And society would be okay with that. Hunting, likewise, can be relaxing for a man because again there is the potential of catching something for the family to eat. As to which one of those motions of the wheel are more important, keep in mind that the wheel cannot move forward unless it also goes around. Women make our world go around. Now the argument in our time is being made that women have assumed the traditional role for women only because that is what is expected of them. But if given the choice, as they are now being given, would they choose roles deemed exclusively for men? Time will tell whether women are “naturally” suited for those manly roles or not. At the end of the day, only “natural” roles will endure because they are the most “effortless” and only effortless motion can endure. If you constantly have to “work” at something, you will eventually “burn out”. There is also the matter of “focus”. To be great at anything, you have to “keep your eye on the ball”. If you get distracted, even for a second, you will miss the mark. It also becomes “work” to keep your eye on the ball if deep down your interests and concerns are elsewhere, like perhaps with family, relationships, or even one's “biological clock”. What comes “naturally” will endure.

Remember, one of the five major resistors (in the virta state) that is pertaining to us the psyche, is “SELF”. We can become our own anchor. Those other things can drag us down. If anyone who chooses a path that does not fit them, “NATURAL” resistance will cause their motion in time to slow and eventually get caught by the “wave” bringing on constant anxiety, leading to depression with all its symptoms. It used to be said of women that they lived longer and happier lives than men. This is now changing. Women are beginning to experience anxiety and depression at rates that now rival men. There was a cigarette commercial that aired some years ago that had a jingle that was directed towards women. The jingle went like this: “You've got your own cigarette now Baby – you've come a long, long way!” It's true, they have. But in what direction? One that benefits them? Women now have a cancer rate that rivals that of men. Heart disease among women is also on the rise. So again, is this new direction in their best interests?

All of this applies to men, as well, when it comes to doing what comes “Naturally”. But it is not the same for all men. There is an expression my mother used to say: “there is a lid for every pot.” Likewise, there is a man for every job. That is to say, there is a job that certain men are “naturally” suited for and they, therefore, “Love” to do that job. Case in point, some men like to fix cars, others, including myself, do not. Because they love it, they do it all the time and since practice makes perfect, they get good at it. They love it, in part, because they see it as an important contribution to society which gives them that all important sense of purpose. Each man, however, must take it upon himself to find that job

that is "fulfilling" for him. For a man to find that who gives him that all-important sense of purpose it might take him years to realize. This is because men, unlike women, who are born with the equipment (such as a uterus) that allows them to see their purpose, even if they choose something else down the road. Men are not born with a hammer in their hand or say a scalpel that shows them from the get-go what they are going to be. The sad reality of it all is that to many, while looking for that purpose, end up settling for a job for the money or security and never come to know that feeling of fulfillment that only finding purpose can give. Now having said that, it would be understood that one might have to take a job that is not in line with his purpose, that is to say he is not passionate about, while he is looking for what "moves" him. Just don't quite looking till you find it.

### [The WAVE and GENDER.](#)

There are lots of things to consider when discussing the wave because the wave involves so much. For one thing, the wave is the expectations of society which pertains to everyone. Everyone is expected to obey the rules and regulations. The wave would also include the expectations one has on an individual basis. This would include expectations from employers, family members, teachers, etc. Not to mention what one has upon him or her. On an individual basis, there are expectations based upon gender. For women, that expectation has always included getting married and having children. No woman ever wanted to end up an old maid. For men, it was always to get married, have a family, provide for them and raise his children to have respect for others. These traditional values have been under attack in recent years making these expectations harder to live up to. Divorce has become so common place, with one of the main causes being infidelity. This has caused lots of heart aches, especially for women. Women look at the models in magazines and on TV and see that even they cannot keep a husband faithful, and no matter how hard they try, they will never look like these "stars". So how much more difficult will it be to keep a man faithful, or for that matter, even get one in the first place. Men, as well, who by nature want to be "king of their own castle" are being stripped of their power because more women are asserting their independence and no longer feel they should be in subjection to their husbands. Likewise, children are being given more rights, by society, within the family arrangement and no longer have that healthy fear of consequences that once kept them in line. All this leaves the father/husband with less than what he feels is necessary to maintain control. On top of this, if divorce does occur, he will still be strapped with years of child support or spousal support payments that could be overwhelming. This has led more and more men and women to second guess the

marital arrangement. Yet that wave of expectation hangs over them to live up to this expectation. Many have chosen to negate this responsibility by publicly declaring themselves GENDER NEUTRAL. This effectually removes the wave, as it pertains to gender, freeing the individual to do his or her own thing independent of society's expectations. Once they make that public declaration, which is now being supported by society as acceptable; it in effect, lifts that wave off of them making them feel like they just came out of confinement or perhaps, a closet. This position adversely effects society as a whole. Remember, we not only want to ride the wave, whereby benefiting from its power, but also need to be part of the wave. For when the wave is depleted it diminishes its benefit to all.

### [SUPERSTARS and the WAVE](#)

Another area where attempts are made to get out from under the “effects” of the wave is with so called superstars. There expectation does not have to do with gender but rather status. Society or, in this case, fans have placed these idols in such a revered position that some of these stars cannot live up to these elevated expectations, resulting in a wave of anxiety they just cannot stay ahead of. In order for them to get out from under this kind of wave some have resorted to self-sabotage. They accomplish this by over indulging in such things as drugs and alcohol making it impossible to continue to live up to these elevated expectations. Their fans are forced to lower their expectations to compensate for their new-found handicap. Leaving them to only imagine how great they would have been if they had not fallen victim.

### [DISEASE and the WAVE](#)

People in the general population can likewise resort to this tactic to get out from underneath the wave of expectation, even though the wave is smaller in their case. Because they lack will power (energy), self-confidence and courage they are unable to stay ahead of it. They too will use such things as the effects of alcohol and drugs to get society to lower their expectations of them. The reason society is willing to except this excuse is because such things have been labeled a “disease”. A disease, of course, is something you catch. It is not your fault because it is out of your control; therefore, society cannot hold you accountable and should give you a free pass. The idea to label such things as alcoholism as a disease was first introduced as a way to get "drunkards" (as

they use to be called before it was changed to "alcoholic") to accept the fact that they had a problem. It was believed that if such ones thought they had an illness, through no fault of their own, they would be more willing to accept it and then deal with it. Since then, it has taken on a life of its own and more and more people are using it as a way to get out from under the wave. Keep in mind that depression has likewise been labeled as a disease for the same reason.

### OVER EATING and the WAVE

Weekends, as I mentioned earlier, are like a "Time Out" from the wave, for that matter, so are evenings and nights. Again, society's expectations allow for a rest from your productivity. They also allow for a break so that one can nourish the body, replenish physical energy. This factor adds to the enjoyment of a meal, because this "time out" can give one relief from the pressure of the "wave". At the end of the meal, you can become "anxious" to get back to being productive because this wave is once again building. This "Time Out", or comfort zone, however, can cause problems if it is misused. People who are not productive during the day and, therefore, are covered in anxiety may choose to stay for extended periods in this "time out" to get relief from this gnawing pain of the wave (anxiety). This results in overeating (comfort foods) causing one to gain weight which only serves to compound his problem. How? Remember, the psyche needs energy to live, function and as a reward, be happy. It collects this energy, in large part, from motion. Because it exists in a virta state, the energy must likewise be in the virta state. However, the psyche can convert physical motion into virta motion to extract the needed energy (motion is the catalyst between the physical and virta states). So then, our physical motion becomes important. If we are overweight, we become sluggish, thus it becomes another form of self-resistance only this is in the physical state. In either state, the sub-psyche sees this as a further inhibitor to its energy supply. This, in turn, causes further erosion in confidence that a steady supply of abundant energy is going to be available. This causes the sub-psyche to further restrict the releasing of what energy supplies that might be remaining, sending one deeper into depression. (Depression is best defined as a "chronic shortage of energy to the PSYCHE".) With this decrease in energy, ones "will power" is also reduced because its "power" relies on energy. On top of all of these one's functions are also reduced so thinking and reasoning are no longer "keen" enough to help you make right choices. Also, keep in mind that the expectation of society would involve one doing some physical activity to be productive, if not the person is handicapped. The more overweight one is, the less one can do which means the further behind the wave one

gets. This in turn, brings on more anxiety causing one to want to spend even more time in this “comfort zone” (time out) and eat still more. It becomes a compounding problem. So what is the solution? Once again, we are talking about “conquering,” something depressed persons do not want to hear. Why? Because, to conquer something, anything for that matter you need three things. You need self-confidence, will power and courage, all of which depressed persons do not have. These are some of the effects of depression. Therefore, any solution must contain these three things. How do we get started? By putting one foot in front of the other, literally. Yes, by getting out and WALKING. What does walking do for us? It puts us into motion, and motion can generate needed energy, life's energy. Once we start building energy, on a consistent basis, the sub-psyche will start rebuilding “confidence” that it will have a continuous supply of energy. Remember, the only thing the sub-psyche cares about is “energy”. So, when we talk about “confidence”, the only confidence the sub-psyche is interested in is that which results from the building and retaining of energy. Any avenue of our motion that we allow to either stop, restrict or inhibit directly impacts the amount of energy available to the sub-psyche resulting in an erosion of its confidence. So by replenishing needed energy to sufficient amounts, in the reservoir of the psyche, the sub-psyche (SP) will have the confidence to release energy back to itself in the form of courage and virta energy (virta energy, like electrical energy, gets us “excited” about our challenge and the feeling of “strength and power” to know, deep inside, we can take on anything and succeed or conquer). At the same time, while the sub-psyche is building energy and courage, the body should be losing weight. This too will add confidence to the sub-psyche in that the less you weigh, the more you will be able to accomplish which translates into more motion and thus more energy. Second, walking will put you ahead of the wave. Why? Because society's expectation of you, at this time, is to recover so you can become a more productive member of society. Another added benefit to all of this is the more time you spend walking the less time you will have for eating. Not only that, but now that you are back in front of the wave you are not dealing with the weight of anxiety. So “comfort foods” are not so addictive. Putting all of this together, you are eating less and exercising more. This loss of weight gives the sub-psyche the confidence that he can release even more energy that will not only make you feel better but also gives you more courage to do even greater things that will enhance your motion. That in turn, will produce even more energy. Before you know it, you are on your way to a full recovery which is when you, the psyche, is bubbling over with energy. One of the laws of “matter” physics states that “A body in motion tends to stay in motion”. So just get out there and take that first step, you will be on your way. Do keep in mind, that “how” you walk is important, for not all motion is good motion. Only motion that leaves you with a net gain of energy is positive motion. Even though all motion generates energy, if you move with “resistance” it will

rob you of your gained energy. You have to move “freely” to avoid this. So, when you walk do not allow your motion to be “laid back” for this requires that you, in effect, “drag your feet” in order to move slower than the “pace of life”. This adds resistance to what otherwise would be free motion. So, loosen up and enjoy the walk.

### The Wave and CRIME

As we have stated before, the wave can either assist or convict. If you are in a straight line in front of the wave, it can assist your motion. Just like a wave can assist a surfer. If, on the other hand, you move to either side of the wave, in effect becoming crooked to the straight line, the wave will surely overtake you and engulf you in anxiety. This is what happens when you do not live up to the expectations of society which includes obeying its laws. The interesting thing about the wave is that it compliments straight motion. That is to say, it by nature keeps you in a straight line and it actually requires effort on your part to move off that straight line. The power (force) of the wave naturally helps to keep you on the “straight and narrow path”. This inclination to move in a straight line unless acted upon has a duplicate law (inertia) in the physical state. This means then that moving against expectations requires some “effort” to achieve. On top of this, once you deviate in your motion, you immediately start experiencing the effects of anxiety. These effects can vary, depending on the height of the wave which is determined by the seriousness of the infraction but could wind up being very traumatic. For instance, a person attempting to rob a bank can become so overwhelmed he cannot think clearly, resulting in mistakes being made which ultimately leads to his arrest. This has prompted many who attempt such deeds to rely on drugs like XANAX to calm them down enough to stay focused (marijuana can also relieve one from the effects of the "wave of expectations").

We also must recognize that not everyone is adversely affected by the wave when they engage in crimes against society. It is not that they are numb to the effects of the wave but rather, because there is no wave to affect them. Why? Well remember, the wave consists of the combined expectations of society. Some individuals do not care what society wants; they are not interested in being contributors to the wave. We often say of such ones that they have NO CONSCIENCE and this, in effect, is true, because one’s conscience is nothing more than the effects they feel from the wave. (We call such individuals SOCIOPATHS). But if one does not recognize the wave, that is to say, they do not care

about others; then the wave does not exist for them and therefore they do not feel the effects. The wave is the collective expectations of society and this wave would qualify as the definition of the Greek word Agape which we translate in English as “Love”. Thus, the power of the wave is the love of the people. So, it could be said of such ones, who do not recognize the wave that they have no “love”. Now the kind of “love” we are talking about is not to be confused with the love between two people. This kind of love comes from the Greek word “Eros” and it is an affectionate kind of love, one formed by attraction or magnetism. In fact, it is a duplicate law to one of the four known forces in the universe and that is the law of magnetism. (Remember, every law in the physical part of the universe has a duplicate in the virta.) But the love we are talking about here is a principled love. One that applies to the bond of the whole of mankind. It is an unselfish love; it is more about giving or contributing than receiving.

### [The WAVE and MANKIND](#)

The bottom line in all of this is that the wave can be a friend to mankind in that it encourages or prods us to, not only stay in motion, but to do so in a straight line and a straight line can lead to happiness.

But this requires that we recognize and live up to the wave. The thing we cannot do is ignore or cover over the wave. We talked about how some will use drugs to cover the effects of the wave (anxiety) to enable them to move contrary to societies expectations. But these drugs (like marijuana) can also allow a person to escape or hide from the wave so as not to be an “anxious” or eager contributor. We do not want to forget that we not only ride the wave, but we also contribute to the waves power through our own participation. The more that we willingly participate in the wave, the greater its force and thus its accomplishment. Expectations help a society grow and not just exist. Look at all the advancements in technologies that have benefited the whole of the family of mankind, that have come from societies with great expectations opposed to those with very little. This brings to mind another situation: where you have two societies living together, one has great expectations and the other expects nothing more than to hold on to the “old ways” and the traditions that go with it. It puts its younger generation in a painful situation. On the one hand, they are expected to move in compliance with the traditional wave while the greater wave is overtaking them. This could, in effect, cover them in a blanket of anxiety that would “gnaw” at them on a constant basis. In an effort to combat this gnawing pain they might resort to drugs and alcohol. Societies need to move together if they are going to live together.



## [The WAVE and RISK](#)

So, do not be afraid to ride the wave. If you are having trouble doing so, it is because you are lacking in will power, self-confidence and courage, in that order. How to rebuild these things is covered in this article. You should also add to your list of needs, taking “risks”. Risk involves taking new paths of motion (trying new things). This is important because it tells the sub-psyche that you are broadening out on ways to collect energy and this will give the sub-psyche more confidence that a consistent supply of energy will always be available. In turn, the sub-psyche will be more willing to release excess energy when it is available. However, let me take this a step further. It is not just the taking of risk that results in the building of self-confidence (again this is confidence within the self), but it involves the follow through. In other words, it is not just the taking of a new road but succeeding on that new road. Like riding a roller coaster, it is not just your willingness to get on board but also would include “how” you ride it. Do you close your eyes and shrink down in your seat and hold tightly to the security bar? Or do you sit up tall with your eyes wide open and your arms high in the air, yelling out in defiance of the fear? The same holds true with riding the roller coaster of life. Take on every road that comes your way. Now some have wrongly concluded that some experiences can have long lasting adverse effects. This is simply not true. Remember this, circumstances and events do not make your “character” but rather how you choose to deal with these circumstances and events does. So, we either build character or weaken it by the choices we make. Again, it is how we choose to ride the roller coaster of life. We build character through right choices. Our character makes up our core that our emotions set upon. If our character becomes weak, through a series of wrong choices, we could easily fall apart when dealing with an emotional situation. Again, how do you choose to ride the roller coaster? Some might point to the effect that the horrors of war have had on some soldiers as evidence that circumstance or experience, in them, are responsible. However, it is important to note that this long-term emotional trauma that our soldiers are experiencing is not common to all wars. World Wars I and II saw very little of such effects, even though their soldiers were exposed to the same horrors. The difference? It all goes back to choices and choices are often decided by convictions or the lack there of. Neither wars where goals are not clearly defined nor a worthy outcome foreseeable. Wars that lack purpose or good reason (money in the form of bonuses not being one of them) can weigh heavy on a soldier's mind in the after-math, making them feel alone and abandoned. Remember, motion that is not assisted by purpose or the "wave" (love from society) is not sustainable. Without it, life becomes work, work in turn causes us to expend energy, and this slows us down allowing the wave to catch us, covering us with anxiety in the form of fear, guilt and shame. We have to stay

ahead of the wave, which requires we move in a straight line. Conviction and purpose keep us on track. When you move with purpose, you move more effortlessly which means you are going to retain more of the energy you are generating. This added energy adds power to your forward motion that enables you to plow through any obstacles that get in your way, so you can continue on your straight path, in other words, take things “head on”. When we do this, the sub-psyche rejoices because it shows the sub-psyche that you are unstoppable. This “assures” the sub-psyche that energy will always be available, and it will reward you for this by releasing an abundance of excess energy that results in greater “happiness”. So, take on everything that comes at you, and forget the path of least resistance, it is the path of least “involvement” or “commitment” that you want to avoid. Taking out resistance just levels the playing field but play the game you must. Engage, therefore, in everything with conviction and energy (karate). When you make the choice to shrink back in the face of adversity, you have to deal with the “wave” that is now going to overtake you and all the effects (consequences) that go with it. Remember, you are the captain of your vessel and your choices affect the entire ship. If you hide below deck whenever difficult situations arise, the sub-psyche (first mate) starts losing confidence in you (confidence within the self). If this happens on a frequent basis, the sub-psyche could “revolt” resulting in such things as panic attacks, or worse yet “mutiny” which would involve the entire crew (convulsions). So, stay on deck, stay engaged, show resolve in everything you do. Stay focused; know where you are going which will keep you ahead of the wave and anxiety that leave you with fear, guilt and shame. People who get lost in the wilderness often die of “shame” because knowing where we are at and where we are going is an expectation of society, so do not “wander” aimlessly through life, have goals on a daily basis, as well as long term. Remember goals are a source of “motion markers” and motion markers are the only way we can gauge our motion. Without them there is no motion and thus no energy can be extracted and supplied to the reservoir of the psyche. You have to be energy conscious at all times, especially in challenging times. If your energy levels go down and you are not conscious of it, you could lose not only your power and courage but also creativity and thinking ability that keeps you on top of things and gets you through challenging times.

[The WAVE, PRESSURE and STRESS](#)

While we are talking about paths that are challenging, we should also deal with the subjects of pressure and stress. These are an everyday part of life, especially in business, and many wish they could be done away with all together. In fact, where as one of those is bad for you, the other is actually good for you, as long as you understand it and use it correctly. As you might have already guessed, stress is definitely bad for you and needs to be eliminated. Pressure, on the other hand, can be your friend. To help you understand why, we are going to once again look at the laws of physics. Remember, when it comes to “social behavior” which is the realm that the psyche exists in, it is governed by the laws of the virta state and these laws are duplicated by the laws governing the physical state. An application of such physical laws can be seen in structural engineering and an application of the virta laws can be seen in social engineering and they are one and the same, just in different states of being. Pressure is welcome in structural engineering because properly placed pressure adds “strength” to a structure. Stress, on the other hand, is pressure that comes from a direction that is unnatural, that is to say, which the structure is not designed to handle and will result in the weakening of the structure and might even cause it to collapse. The same holds true in the virta state. Pressure, when properly applied, can add strength to your motion that can assist you in getting through obstacles (taking things head on). This occurs when you are dealing with deadlines where time restraints are narrower than the motion produced by the wave of expectation. Just like the pistons in a car’s engine, the more pressure combined with energy gives you more power to help climb a hill. Likewise, the more pressure that builds behind you, combined with your own energy, can plow you through any obstacles. Take note that it is pressure and “energy” that makes success possible and the energy is coming from you. It is your responsibility to see that the needed energy is available. If it is not, you will lose power resulting in more pressure coming from what is in front of you or from the sides or behind, depending on whether or not you are straight with the wave. This would constitute unnatural pressure or stress that would result in the weakening of your vessel, which would include both your physical and virta states. So once again, energy becomes a key factor. How do we keep our energy levels up under such conditions? By making sure that you are passing “motion markers” routinely. Remember, this is the only way motion can be detected and made real. If there is no motion, there is no energy to be extracted. These motion markers can be goals. You, therefore, must have discernible goals, things you are accomplishing, on a daily basis as well as long term. If you are part of a team moving on a project, the team leader should see to it that goals, as well as direction are clearly defined. Likewise, when you are on your own time, you must create these motion markers to keep this level of energy up. This can be accomplished by doing projects at home like gardening or things around the house, even things like, doing the dishes or

taking out the garbage, anything that will keep those motion markers moving passed you. Do it with the proper mind set, that is, that all motion generates energy as long as you move freely. In other words, do not drag your feet. Also remember that virta momentum (“agape” love) can assist your motion. Take time to do things with friends especially involving team sports or games, this will keep you focused on the benefits of assisted motion in challenging situations. It cannot be stressed enough that the collecting and retaining of energy is your responsibility and if you will stay conscious of that need, especially in “pressure” situations, when you succeed, the sub-psyche will rejoice and reward you with elevated happiness.

### THE LAW OF FULFILLMENT / PURPOSE

Thus far we have focused most of our attention on the “wave” and the power it exerts on us to move us forward. This time we’re going to look at another force that is generated in a different way that likewise can move us forward. This force instead of pushing us draws us forward. This difference is significant because of the following. Even though both forces assist us in achieving “effortless” motion, which is the psyches ultimate goal so as to end up with a surplus of energy. One of these forces can bring on unwanted pressure. This one, if you haven’t already guessed, would be the one produced by the “wave”. This happens when our motion is hindered by some obstacle in our path, (many of which have been discussed in the article), which cause us to slow our pace and allow the wave to gain on us. Even though we may still be ahead of the wave, pressure can build. Now although a little bit of pressure can prod us to pick up the pace, it’s not always possible. If the psyche is not able to remove the obstacle the pressure could turn into stress. The psyche is not designed to handle stress, in time it has the effect of wearing the psyche out. Keep this in mind, the psyche does not grow old but instead becomes tired, runs out of energy and loses the will to keep living, and so it dies, that is if the body doesn’t give out first. Stress is a major factor in causing it to wear out. Now regarding the other force, the one that draws us forward rather than pushing us. This is unique in that it gives one that effortless feeling like the wave but in addition to that it leaves one feeling weightless, almost a lifting sensation because of this drawing effect. When we add this to the added energy one receives because they are moving effortlessly and the feel-good chemicals that are being released by the SP, that give it that euphoric feeling, as a reward along with that chemical for courage and you end up with a sensation we experience when we’re truly “INSPIRED”. So, what is it that creates that drawing motion? To answer that lets take a look at what causes the air to move, which we call the wind. The wind places a major role in our lives because so many things are affected by the wind and few of us have ever

stopped to think what causes that phenomenon. Basically, what happens is a vacuum is formed in the atmosphere that causes air to rush in to fill it. This constitutes this drawing motion we've talking about. This of course is an application in the physical state but as we've been discussing, every law in the physical state has a duplicate in the virta state. So, what then in the virta state causes this? This like the physical state, happens when a vacuum is formed, needing to be filled. What caused this vacuum to come into being? This is formed out of a need in society for a particular gift or talent which is subsequently filled by someone. This filling of this need is what we call having "purpose".

In the physical state we all recognize the power of the wind and how the wind can move things such as a sailboat. The "wind" by definition means "air in motion". It comes from the Greek word "pneuma". Pneuma can also mean "invisible motion". This shows us that the Greeks recognized two states of being. The physical and the virta. They, however, did not use the word virta but instead used the word spirit which by definition means the same as soul or psyche, which means we're talking about an entity in the virta state. From the word spirit we get the word inspiration. Now when we feel truly inspired don't, we call it a powerful and "moving experience"? Well, if something else is moving you, you are not moving yourself. So, then what is moving you? It is this drawing sensation created by the vacuum of purpose caused by the needs in society. Now understand that there are other things that inspire us, some even more so then our purpose. Again, is this force real? Have not great and powerful things been accomplished under inspiration? Now we said that the word spirit and virta were one and the same and we know that many cultures and religious groups have long recognized the power of the "spirit". So, what is the difference? The spirit has always been looked upon as a force given to an individual to accomplish some good usually on religious level. What we now recognize is that the power of the spirit is the result of law and not given on just an individual basis. But rather benefits anyone who applies the law even though they are not aware of doing so. Just as the rain falls upon the righteous as well as the unrighteous, all can benefit from the physical laws and likewise all can benefit from the virta laws if they choose to do so. So, when someone has a spiritual experience, they are tapping into this virta state.

### [THE LAW OF MASS / CHARACTER](#)

There are a few more examples I would like to give you, only this time they involve other laws governing the virta state. In the laws of physical motion, the greatest law is MASS. MASS is responsible for holding everything in the physical universe together, making it a key factor in maintaining ORDER. The more MASS or weight an object has the more gravity or INFLUENCE it has. Again, mass has a duplicate law in the virta state. The virta state has no physical properties thus MASS cannot have actual weight but rather is

achieved through “CHARACTER”. When we say that a man's word carries weight, we are recognizing this relationship between MASS and CHARACTER, and thus INFLUENCE or GRAVITY. This influence in the virta state that again covers the psyche is what we call RESPECT. “ULTIMATE RESPECT” is the definition for WORSHIP. So, INFLUENCE and RESPECT are one and the same. This we seem to recognize on a sub-level of consciousness. This is why we use words like weight and heavy to symbolize power or force. This goes right along with Isaac Newton's discovery about “force”. That force is determined by mass time’s acceleration which is motion. This “wave of expectation”, that produces “force” is built upon the collective “character” of a society. There is an old saying, “we do (and say) by nature the things of the law”. What we do naturally we do without thinking or conscious thought, it comes from within, it is this subconscious recognition of these virta laws that cause us to create social laws that are patterned after them. In the laws of matter physics, which again are duplications of the virta laws, we understand that every object in space moves “FREE” because it moves, in part, in a perfectly “STRAIGHT” line. Intuitively we say things like “tell me the “TRUTH”, tell it to me “STRAIGHT”, and then we have social teachings like “the TRUTH will set you FREE”. You see we go full circle, because the physical laws and the virta laws (intuitively understood) and the social laws that have emerged, all interweave.

(One additional thought about CHARACTER being the same as MASS. Not so long ago an "insightful" man suggested, that we should judge each other by the "CONTENT" of character... content is substance, and substance is "MASS").

### THE LAW OF ACTION / JUSTICE

In the physical state, objects move in a straight line unless acted upon by an outside force. Once this occurs, the law of “ACTION” automatically causes an “EQUAL” reaction that brings the object back into a straight-line orbit. Without this “corrective” measure the universe would be unable to maintain order and everything would collapse. In the virta state the corresponding law to the law of action is the law of “JUSTICE” and we render decisions on social disputes based on the principles of “an eye for an eye, tooth for tooth”, which corresponds to the equalizing of the action. Again, we “do by nature the things of the law”, the law being our social laws. So, we have an inner sense, a need, to “make things right” (which means to make straight again) without realizing what is behind it. Regarding “straight” motion in the physical state we view it in a two-dimensional way. But as it pertains to the virta state we add a third dimension. That is to say, we view straight as in side to side motion. But we also consider up and down motion separately. In

other words, we need to have things “level” as well as straight. This is important because we are “affected” differently by each distortion. When our motion becomes crooked (side to side), we experience “anxiety” as we discussed earlier. But when our motion gets out of level, it invokes an entirely different feeling. This feeling is one of “ANGER”. Anger is the great “equalizer”, in that it causes us to force, or to “make things right” or level. It is like looking at a “picture hung crooked on the wall”, if we do not straighten it out, in time anger will start building within us until we do. This brings us back to “justice”. When things are not “right”, that is to say not level; anger builds within us, whether as an individual or group

## CONCLUSION

So, there you have it friends, the GOOD MOTION program. As you can see it is not something you can read once and put away. Good motion is a “way of life”, it is one that requires that you establish GOOD MOTION “HABITS”. This means you will have to get out from under “bad habits”, those that are responsible for robbing you of energy, and thus happiness to begin with. Here is a riddle for you: if you had a choice to feel good or bad, how would you feel? Before you answer, let me share with you what I did not say. I did not say, if you had a choice to feel good or bad, which would you, choose? We know, of course, what you would choose. The question is: what will you be? The answer is: you will be whatever your “habit” is. You see, people, especially depressed ones, cling to habits even if they are not in their best interests. Smoking is a perfect example of this. This is because habits are “zones” that we get into that are familiar and thus safe and secure. This produces a perfect environment for the depressed. Because they are depressed, they lack energy, courage and self-confidence that make this “zone” so appealing. But at the same time, it is this “zone” that is stopping them from venturing into new avenues of motion that the sub-psyche so desperately needs to build confidence. So, one needs to break out of this “zone” even though it will be scary at first. Once you start moving in a new direction, will power, courage and self-confidence will follow shortly. Do not give up. Just keep putting one foot in front of the other, “if you build it, they will come”, do not give up. Also, do not forget to rely on family and friends to “assist” you in your journey. Let them know that you are now setting your sights on conquering depression. Do not be afraid to tell others what you intend to do. This also adds

confidence through “risk” that you need to grow. You can do it! You can be all you were meant to be, whole, complete and satisfied because you conquered. Then, on top of this, you can help others to conquer as well. In fact, we would enjoy hearing your experience so please stay in touch. Also, any questions you might still have, please feel free to E-MAIL me at any time. Again, that address is Michaelg@goodmotion.com  
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### ADDITIONAL THOUGHTS

#### LIFE IS MOTION

ALL THE UNIVERSE is in motion, most importantly, it is a PRODUCT of motion for in the absence of motion there would be nothing. As it was before the beginning there was nothing until a vacuum was formed that proved to be less than nothing (0-1). This vacuum set into motion, motion itself, as well as, time, space, gravity, potential energy (E) and purpose and this motion was INVISIBLE. The motion began to swirl like a vortex, giving it MASS (M). At the same time, the vacuum was expanding at a tremendous speed (C2), as well as other like vacuums throughout the universe, allowing more vortexes to form and they began rotating around each other at great speed, to and fro, they went about each



other forming a sphere which became the first particle of the first atom of matter. From this came all things great and small. And all were transparent, like glass, for all were made from invisible motion. Light itself went forth, also a product of atoms formed from motion, and shone upon all matter giving them the appearance of being solid in color but in fact they were all transparent because they were all made from invisible motion. Eventually, all the vacuums expanded until they merged with each other and formed our current universe leaving the remnants of nothing as black holes.

### THE CHARACTERISTICS OF LIFE'S MOTION

And these are the characteristics of LIFE'S MOTION and they are but one, for no other form of motion can produce LIFE. It, therefore, has no rivals nor equals and commands the highest respect. It is first and foremost invisible, straight, ever forward, absolute, assured, diligent, fixed, deliberate, orderly, disciplined, whole and complete, solid (having mass), rigid and yet it flows. Independent and yet cooperative (contributes to the collective force). Unwavering and yet in subjection (for every action there is an equal reaction). It is constant and yet it accelerates. It is free and yet secure (like a fallen tree branch held tightly by the stream) and because it moves in a vacuum it expends no energy (the conservation of energy). Motion also generates energy and since it doesn't expend energy, it exists in a constant state of excitement. Although in motion, because it is effortless, it is in a peaceful state of rest.

This is the NATURAL state of life's motion and it is perpetual.

### THE MOTION CONNECTION

Thus far we have learned that motion is not only the STATE of the universe, but it is the "CAUSE" of the universe, that the universe is a product of motion. Therefore, motion and productivity are one and the same. It stands to reason then if motion is the "CAUSE" of all life, then its blueprint or characteristics or image should be found in all things. Let us start connecting the dots as it pertains to the psyche. We already recognize that, like the universe, the state of one's psyche (whether happy or depressed) is reflected in his motion or productivity again as a symptom or effect. But just like the universe, it is both the cause as well as the effect. So now let us look at our psyche. Just what is it? The psyche is our consciousness. What does it make us conscious of? Well, for one thing, it makes us conscious of our needs, like food for the body and air for the lungs. Both items, when assimilated provide energy so the body can function. The psyche, although not physical, likewise needs energy to function. How does it get the energy? The same way the lungs

receive oxygen, by breathing. As air passes through the lungs they extract the oxygen and send it through the body. Breathing or breath by definition means INVISIBLE MOTION. The psyche takes in invisible motion from which it extracts energy direct. Remember, life's motion can generate energy. With this energy the psyche can live and function. With the lungs, if there is no breath, invisible motion, the physical body dies and likewise with the psyche, without this invisible motion it too would die. Now, the psyche is not physical like the lungs. Therefore, the motion that feeds it is not physical. It is interesting to note that you can stimulate (bring to life) the psyche by breathing through the nostrils. But again, that is only stimulation; the motion that actually feeds the psyche is virta MOTION. What is virta motion? It is a perception of motion that may or may not be based on physical motion. Basically, what happens is the psyche translates everything we do into virta motion for the purpose of extracting energy, again, so it can function? It does not matter if you are physically riding a bike or sitting down solving a problem. The psyche translates all of it into virta motion. Motion, by the way, whether it is virta or physical, is determined or gauged by one object relationship to another. When you are riding in a car watching telephone poles go by, it gives you the sensation of motion. The faster the poles go by, the greater the sensation. Whether you are sitting in a car or at home on the couch, watching the same scene on TV, it can still produce the sensation of motion. The telephone poles help you gauge your motion, they act as road markers. When you sit down to solve a problem, you see the experience as going from question to answer. The psyche sees you going from one road marker to another or starting line to finish line. When you successfully solve the problem, the psyche sees you passing the second road marker or finish line. So, the more things you accomplish, the more productive you are. Remember, productivity and motion are the same thing. During the day, the more road markers the psyche sees you passing, the greater the sensation of motion it perceives and thus the more energy it extracts. As a side note, science tells us that when an object has a surplus of energy, it is considered "excited". Well, when you are in rapid motion, don't you get excited?

We now understand that the psyche has a "need for speed". It is therefore motion conscious. But as you are about to learn, it is also motion SENSATIVE. And not all motion is GOOD motion. What is GOOD motion? That should be a no-brainer. Why? Remember, what the motion does for the psyche. It provides energy. So, it would make sense that the freer the motion flowed past the psyche, the more energy it could extract and thus the more excited or alive it could be. It would be just like our lungs. When we can breathe freely, we feel very much alive. Here is another benefit to good motion, not only does the psyche feel free or effortless, it is charged with energy. But when the psyche is in that state, the body releases chemicals, like endorphins, that create the effect we call HAPPINESS. Yes, happiness is effortless motion. This means the opposite is also

true; if happiness is good motion then depression is bad motion. What is the difference? If good motion is free, then bad motion is inhibited motion. Again, using the lungs as an example: when our breathing is free, we feel alive. If our breathing becomes restricted or inhibited, if it becomes an effort to breath, then we do not feel so alive and it could impact everything we do. When the motion feeding our psyche becomes inhibited, there are many consequences that come into play beyond the obvious. That is, of course, if the motion to the psyche is restricted, then the energy supply goes down which results in fatigue. Also, the body shuts off the flow of chemicals that make us feel good because we are no longer in our NATURAL state. Remember, good motion is life's motion.

### SUMMARY

So, there you have it. Happiness is effortless motion or good motion. And depression is inhibited motion or bad motion. The great news is that both of these motions can be controlled, you can choose which motion you want. That again might sound like a no-brainer, who would choose to be depressed. You make that choice by doing nothing. To attain good motion, although not costing you money, it does require time and concentration because depression is the result of bad thinking, which resulted in wrong choices that became bad habits. As you know, bad habits can be tough to break, they take time and concentration. If you are depressed, that last statement is not what you wanted to hear. It is understandable. When you are depressed, the last thing that you want to hear is that you are going to have to conquer it on your own. Why? The greatest characteristic your psyche is lacking, because in part you have allowed it to become depleted, is energy, self-confidence and courage. Without that you do not feel like you can accomplish anything on your own. This is why taking a pill is so appealing to people; they do not have to do anything. Unfortunately, there are no short cuts. Besides, the pills only mask the problem, they do not fix it. They only serve to numb the pain of depression along with everything else. It does not correct your motion. It does not put you into good motion, effortless motion which is life's motion. How long do you plan on living? LIFE IS MOTION. Would it not make more sense or be better if it was effortless? Besides, the journey from depression to happiness does not require climbing great mountains although it does require taking risks. It is more a matter of time and concentration, just putting one foot in front of the other until you get all your facilities under control. In other words, you must take “charge” of your motion, just like a sail boat captain must take charge of his vessel if he wants to be successful which, by the way, would include not letting another boat steal his wind. I recommend that you go back over the information several times until it becomes “second nature” to you. Also keep in mind that you are not taking this journey alone, there are many beside you to “assist”. Make no mistake about it: you do

have to want to be all you can be; you do have to want to be part of the collective motion of society and want to share your gifts and talents with your fellow man. This walk will require focus, in part because you have to walk in a straight line, although this seems almost impossible when you are depressed. It will come in time. You will also have to add to your character the three D's. You will have to become disciplined, deliberate and diligent. I know you are not going to accomplish this overnight. I do not expect you to. When you are depressed, you do not believe you can accomplish anything. Even if you thought you might, you probably will not have the energy to pull it off. Do not worry about it. Just keep these things in the back of your mind as goals, but above all else “stay in motion”. GOOD MOTION to YOU ..... MICHAEL G.