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## Unitary Theory on Human Nature

By

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### *Section 2 - Theory on Self Knowledge*

#### 210 Denials

*Denials are denied truths. At the heart of every neurosis or psychosis is a fundamental denial. Denials are short term coping strategies when faced with impossible truths. Denials are the most serious impediment to self-knowledge.*

Denials stand in the way of self-knowledge. They must be conquered to progress. Denials protect us from painful and terrifying self-knowledge. Denial is the struggle to believe something that is not true. We have a vested interest in denying the truth. The truth if accepted will lead to change.

Truth can destabilize an identity in a state of denial and so is feared in the denied state. There is risk associated with gaining self-knowledge. The stability of an individual's emotional state depends on the depth of their denial. The deeper the denial the more fragile that person's emotional state is.

Denial should never be confused with taking a courageous stand on an issue. Denial can never win and will always stand in the way of self-knowledge. It is unappealing and unhealthy.

#### 211 Needs Misunderstood or in Conflict

*Needs conflicted result in repetitive or iterative efforts to satisfy needs.* This gives rise to contradictory and destructive impulses to satisfy needs. Because people have a poor sense of their needs they enter into commitments without realizing how this will affect their ability to satisfy their needs. It's not that those needs don't need to be met it's just that all needs need to be satisfied all of the time.

Imposing conscious constraints on the psyche encourages the thinking that needs is sequential rather than simultaneous. This does injury to the nature of needs. Privileging one set of needs and regulating others produces this effect.

Needs are not linear. They are omnipresent. They cannot be ignored.

#### 212 Quest for Meaning

*Our quest for meaning in our lives is a journey to ourselves. Meaning is solely, always and indefinitely invested in self.* If we have a confused sense of self as we all do at some point in our lives we will invest our sense of self in the people around us. This is not the reality of being and existence. I need look no further than myself to know who I am.

### Section 3 - Theory on Collective Human Activity

#### 213 *Sub - Conscious Mind* - Impulse/Instinct/Fear/Emotion

Our sub-conscious is emotive. Here reside our feelings concerning our lives. When we emote we feel strongly that something is important or true or needs to be addressed. That feeling can change and fluctuate and does not remain constant particularly when we exist in a formative state. (See Section 1 - Theory on Self Knowledge)

These are inherited functions of the sub-conscious. They are not environmentally learned. They are the stored wisdom of our preconscious ancestors. This knowledge was necessary for survival. If the young emerged helpless and vulnerable without some survival tips they would die in much greater numbers.

*The sub-conscious evaluates issues and scenarios also but in the form of role-playing. Characters will enact a drama to convey a message. The sub-conscious is just doing exactly what the conscious mind does with reason.*

There is no hierarchy within the psyche. Our sub-conscious is just as influential in our psyche as the conscious mind is.

#### 214 One Mind - One consciousness

There is only one psyche. The distinction between conscious and subconscious is the schism imposed by natural selection to encourage our genetic diversification.

It is a separation that does not allow consciousness to develop its full potential. The schism encourages an excessive focus on the conscious mind whilst the sub-conscious remains misunderstood and feared.

*Modern man has been conditioned to regard the conscious mind is superior to the sub-conscious. This imposed hierarchy on the psyche privileges the rapid development of consciousness, which was underdeveloped.*

*How do I know if a thought is good or bad? On a conscious level all thoughts are equally valid since value judgements are emotive.*

The complexion of thought comes from the sub-conscious. In other words the sub-conscious or that part of my consciousness that is determined by natural selection heavily influences our thinking processes.

## Beliefs - Conscious

*All beliefs are acquired by the conscious mind. They are learned or schooled environmentally. Natural selection has been applied to beliefs and those that don't endure are discarded and replaced.*

*Mortality is a conscious belief. Without consciousness there is no possibility of premonition of mortality. Time is a conscious belief. Dividing existence into units is a conscious schematic. God is a conscious belief.*

### 215 Natural Selection and Needs

We have needs to satisfy during the course of our lives, and that is all we care about. We evaluate our needs through natural selection.

*Needs are not hierarchical. But are of equal and simultaneous importance. We are attracted to people who can assist us in the satisfaction of those needs. We have little or no interest in those who cannot. Our need for food and warmth is as important as our need for the aesthetic or creative expression.*

Needs have traditionally been ranked hierarchically according to the simple motif conscious needs are good and sub-conscious needs are bad. This is a misnomer.

Failure to satisfy needs results in a great sense of failure. Success in satisfying needs leads to great vindication. Social interaction is primarily a means to ascertain if there is any needs satisfaction present.

Western culture has divided the psyche and privileges the Western cultural model, which has been imposed on the human psyche by violence or threat of violence.

*In the process of need satisfaction we choose based on a simple criterion - does this take me closer to my need or does this take me further away from my need? That which takes us further away is bad and that which takes us closer is good.*

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### 216 Telepathy

Telepathy is not inherent to the human condition. Any and all of us have felt at times connected to a greater selfhood of other people. However in objective reality that belief is based on the people who care about us and whom we care for.

Telepathy is highly subjective and serves no particular purpose in the 21<sup>st</sup> century. Anyone who comes through the manic depressive neuroses will quickly discard telepathy as a distraction. So 21<sup>st</sup> century human is disinterested in telepathy for this reason. It robs him or her of his mental clarity and throws him back into the mayhem of his own internal representations. From which of course he or she wishes to immediately escape.

### **Manic depressive psychosis:**

Committing criminal acts as a result of paranoiac overwhelm. Hitler, Saddam Hussein, Stalin.

### **Manic depressive neurosis:**

Passing through paranoiac overwhelm (overwhelm of internal representations) without committing any criminal acts. Bill Clinton, George W Bush, Barack Obama.

*Manic depressive neurosis is treatable and curable. Manic depressive psychosis results in action which is irreversible.* Often manic depressive psychotic's suicide. They can also become criminal minds of great craft and cunning.

As in all things nature takes its course. Bad people need to be sanctioned by the state and locked up for their evil acts.

Culture is robust and the best way to deal with criminals is the time honored way. They need to be sanctioned.

When the state legitimizes violence the perpetrator of that violence becomes an agent of the state and is therefore protected. Secret service personnel, soldiers, their commanders and etc. The police. Culture guards the guards and due process and ombudsmen.

### **Enlightened state of mind**

When an individual reaches enlightenment. They do not abandon their duties. Rather they complete them in a fuller way. That old individual exists but now they enhanced in their capacities. Enlightenment is permanent and there is no regression. However the individual will require benchmarking for some time after making their personal breakthrough. Any who wants to be up can be up.

### **Stabilization Phase**

This can vary but personal delusions always return to self. Indeed the delusions are the accumulated information self acquires on the road to self-hood. Everyone's delusions are unique and ego specific. Family and friends, loved ones are the best antidote during this period, but are also the antidote on a permanent basis. The newly enlightened individual will seek the company of loved ones and feel the need for that company and to be reacquainted with those who remain unreconciled.

## 217 Journey of the Mind (Thought Journey)

In life the individual seeks self. This is their task. This is their agenda. This is an agenda that for the individual never ceases. Life unfolds as it should. Knowing oneself better confers extreme advantage and is always desirable. Self reveals itself over the life span of the individual. There is no closure except death, which is a cessation of the journey of self-knowledge. Death plays an apocalyptic role in the minds of the living. The grim

reaper rattles his chains often. We can only have a presentiment of our doom in the land of the living. Irrational fears can be resolved. But the true question of our worth is left to the end of our days.

Being as I am a Western man in good health and of sound mind and body I would expect to live to 80-90 given current medical technology. However I know I will die. But I know also that the presentiment of death is not death. And so I am not so thought disordered as to make that error. So thought disorder centered on death for me. My own life flashed before my eyes often enough in the last 2/3 weeks. But I kept my head because I knew it wasn't real.

So death is the final end in life. There is no return or coming back. The earth is a graveyard of all the creatures that no longer are. Our time in the sun is fleeting. And there is no achievement or planning after death. Death is not to be scoffed at though the living often trivializes what they fear.

I can tell you nothing about death because I don't know anything about it. I can state what I believe. That those who do good works will be favorably reviewed. And those who do not will be unfavorably looked at. However the mind of God is beyond my comprehension and I do not pretend to speak for God. I am not his representative.

So there it is. You all witnessed a presentiment of your own demise. You conceived of it in your own minds. But you live. So thought does not kill. There is no thought crime. And there is no double think. There is ambiguity only the truth. And the truth is a personal matter. There is no telepathy and there is no ruling mind.

So there it is. You were and are afraid to die and so am I. But depersonalization is not death and is quickly depersonalized. So in the matter of our own individual demise we are always reformulating and that is natural and acceptable. We have no choice but to reformulate on this topic. However I can tell you delusions are not fatal.

Further delusions always resolve themselves in favor of the truth. Only when a deluded man dreams does he accept his personal truth. I no longer really dream - because I am living my dreams. In the past when I dreamt I felt many people were watching me.

## 218 Dreams/Subconscious/Conscious

Dreams are messages from the subconscious that enter the conscious mind when the individual is asleep. These messages can be premonitions or foreboding. In 20<sup>th</sup> century humans the subconscious and the conscious are separated and ringfenced. However in the 21<sup>st</sup> century human there is no such demarcation. All the buried memories have been unleashed and fears have been resolved. Freud first posited the concept of the subconscious. For the harmonious man or woman such a distinction or classification has no relevance. The process by which the schism in the psyche between conscious and subconscious is resolved in favor of the truth is of course through experience and can be accelerated through the judicious use of Gestalt.

Since the model of the human psyche is of course scalable in its application and relevance when I liberated my own subconscious this was quickly communicated around the group of Watchers. And as my psyche came into closer focus so did that occur for my community and world. In this context therefore fear confrontation and resolution is a one way street. There is no going back. When a fear is conquered it ceases to be a fear. This is the means by which resolving my delusion quickly resolved the delusion, which was the world around me. It was a synergistic wave of self-awareness and enlightenment.

So in conclusion there is no threat from an enhancement of self-knowledge. Quite the opposite the individual becomes a more responsible citizen. I can give an entirely human and safe explanation of this phenomenon.

The delusion centered on many of my own fears. They were also fears that others shared. Aliens, God, damnation, my own darkness. As I challenged and confronted my fears I was simultaneously challenging and confronting the fears of the circle.

### 219 The new age enlightenment

I believe it will be the task of successive generations to unravel the unknown regions that is the human psyche. What has been achieved in this exposition is a greater truth but there is no whole and absolute truth. This we can never know. I believe that it is our earnest intention to know Godhead. So I am a develop mentalist when it comes to human nature. And that I see and interpret events as culminating now in today's enlightenment.

### 220 The sub-conscious

In the sub-conscious reside the 2 unresolved fears. The first being of course death which Western man has repressed during the course of his life. The second being the prohibition against incest which is the animal side of human nature. These primal taboos emerge periodically in the minds of the confused and cause great stress and anxiety when they do. Unresolved they are repressed back into the subconscious to emerge again under the right conditions of stress and worry. This leads to the cycle of reformulation or depersonalization and depersonalization, which is an ongoing feature of modern life.

Men and women do not readily part with their primal fears and so only the most educated and informed can quickly or readily make the connection that there is a better interpretation of these fears. My working hypothesis is that for the vast majority of people this would mean very little. A one page excel sheet would not really do it for them. I know this from personal experience, because even though I earnestly desired to learn my life was fairly disastrous until I made some important connections.

### 221 Complicated Grief

I labored under the same primal fear – a presentiment of my own demise for most of my life. Even though I was intelligent and educated I could not make anything work for me. Until I came into contact with a bereavement councilor. Then I quickly reinterpreted my life's experience.

As to the possibility of a synergistic wave of enlightenment sweeping around the globe – I think this possibility implausible. Every one of the watchers is highly educated and desirous of new information. Most people are not seeking new information. They are caught up in their own lives. Most of the human family leads very childish and ephemeral lives. They need and expect to be guided. This is what they want from the Ruling Elite.

## 222 Reorientation of Society

Given the above it is incumbent on the Ruling Elite to spread this information in an orderly fashion. This is to be done in a targeted way in each community. The rule of association applies. Key players are identified and informed but also told to lead by example – role models in effect. There are existing role models in all communities. They may need to be hooked into the effort so a more cohesive forward motion can be accomplished. For those who sincerely want to know the truth there is the time honored method. They must seek to find out by themselves.

Since the dawn of human civilization has been engaged in an endless cycle of depersonalization and depersonalization. This has led to all wars and conflicts in my view. If we take the recent 9/11 attack. It led to a cyclical response from the USA. And the Iraq and Afghanistan engagements resulted.

The Second World War unleashed a cycle of depersonalization and depersonalization also. Germany invaded Poland. The allies declared war. France was knocked out. Britain survived. Russia was involved and ultimately the 3 allies Britain, America and Russia were able to defeat the Nazi regime.

Ireland and England similarly were engaged in a cycle of depersonalization and depersonalization. England occupied Ireland and after a terrorist campaign ceded the 26 counties which became a state. Then the cycle moved to Northern Ireland where it went through much iteration until finally it was resolved in power sharing, decommissioning and mutual respect.

Any human conflict can be so analyzed. Also an individual's life can be so analyzed. Mine was a cycle of depersonalization and depersonalization during which time I strove to make sense of the world I lived in. I know from 1997 onwards that child sexual abuse was widespread and significant and much of that has emerged since. More recently I became confident in my knowledge of complicated grief and the implications. At least 8 or 9 times I went through the cycle as described. The result was always the same. Nothing happened. And nothing has happened. I am free and at liberty and well and enlightened. Nothing in the mind ever leaves the mind unless it goes down in my diary or journal.

So I am very sure in my mind that the empirical demonstrations of this schematic are proof positive of the effectiveness of my theory. I am proud that God has given me the insight to make such a discovery and present it in a meaningful way. I am also content that it will be well managed. I had concerns about that but they are resolved.

The collective psychic energy of the watchers was responsible for the cinematic effects. But I also know that light plays through the clouds often in Dublin as the cloud cover is very changeable and I know that centrality of feeling is central to paranoid delusions and also to discovery.

### 223 The Power of Belief

Belief is self-fulfilling prophecy. And since I believe in God I am a man of faith. I found my faith and that of my fathers to be very robust under pressure. I appreciate also that my culture of belief is not shared by the whole human family. In fact there are scarcely 1 billion Catholics in the world. Just one sixth of the total human family. But we exist and we are here.

Belief is subjective and does not enter the objectivity realm in which I live – save only in my mind. As an objective man I understand this and so for the times when I cannot make the connection, faith makes it for me. Faith sustains my reason. Nurtures it against lust, terror, jealousy and the rest. Faith cannot be empirically analyzed or tested.

**THE END**