

Sample 2

Introduction to Part Three

Today's Well-Adjusted Human, PSYCHOLOGICALLY

Sigmund Freud would be so impressed with us. Never could he have imagined how regular people like us, in this age, would be able to access our subconscious minds. Or how Post-New-Age perceptiveness might help us change our lives for the better.

Back then, the great psychoanalyst still managed to change human life in a way that was pretty amazing. Little more than a century ago, Dr. Freud was just getting started. In 1901 he published "The Psychopathology of Everyday Life," which first popularized knowledge of the subconscious mind and related discoveries that have since gone mainstream.

For example, the **FREUDIAN SLIP** was one of his mind-boggling discoveries. When *hadn't* people made little speech errors? But Freud gets credit for investigating how certain slips of the tongue are not random but, instead, hint at deeper feelings and beliefs. Through Freudian slips, subconscious material can present itself in the midst of everyday life.

This discovery, alone, was such a breakthrough. Yet it was only one of Freud's genius discoveries. All of them resulted from courageously delving into his patients' subconscious experiences, a.k.a. "Unconscious" experiences.

Back then, psychiatrists didn't know that the vibrational nature of life on the planet was changing. Yet the veil was thinning compared to centuries past. This is why it became possible to think in the terms that shaped modern psychological thought.

Even so, it's to Freud's credit that he helped patients to purposely explore their subconscious minds; then Freud developed theories to make sense of those findings. Writing and teaching, he changed collective consciousness forever.

In his fascination with the mind's potential, Freud used hypnotism. For a couple of years he also experimented with cocaine, which he considered a way to boost his "self-control." From a vibrational perspective, what happened was a bit different. Cocaine gave Freud access to frequencies beyond human-level experience -- astral frequencies -- and temporarily put *that* in control. (Also, sadly, depositing plenty of STUFF in his aura, as such recreational drugs always do.)

Living today, we can only imagine how heroically Freud and his patients struggled, seeking buried treasures of psychological insight. By contrast, fast forward to today. Slip-sliding into subconscious experience isn't the least bit rare. Anyone with average intelligence can do it. And does. Innumerable times every day.

For instance, the last time you shopped at a supermarket, where was consciousness positioned for your fellow shoppers? Most likely, many were involved in their habitual pursuit of self-growth... which contributed to their psychological overwork. (Without knowing what was going on, you may have been doing a bit of that kind of thing yourself.)

Yes, Freud came to fame with a book called "The Psychopathology of *Everyday Life*." Today we could fill many books with "The Psychopathology Caused by *Too Much Psychological Focus in Everyday Life*."

In Part Three you will make new discoveries about how, in this Age of Awakening, you can become better adjusted psychologically. Better adjusted because of how you position your Post-New-Age consciousness.