

ILC Inspired Learning Centre

# Clarity of mind for extraordinary results

Structured course within the framework of the programme Erasmus+, Key  
Action 1: Learning Mobility of Individuals

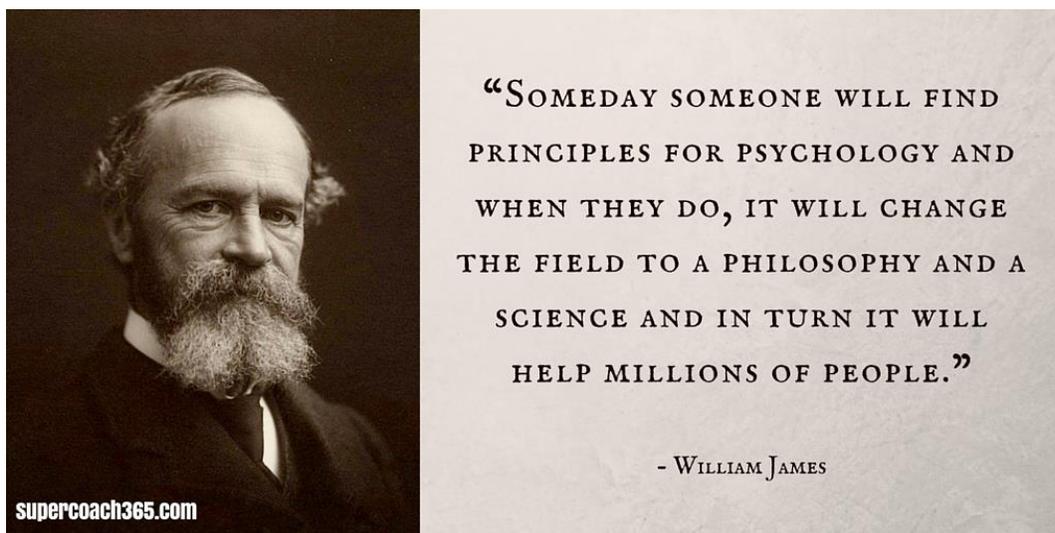


**“If a pond is clouded with mud, there’s nothing you can do to make the water clear. But when you allow the mud to settle, it will clear on its own, because clarity is the water’s natural state...”**

### 3 Principles of Mind, Consciousness and Thought

Psychology of state of mind is known also as “3 Principles of Mind, Consciousness and Thought” (3P) or “Health Realisation”, “Psychology of Mind” or “Inside-Out Understanding”.

At the beginning of 20<sup>th</sup> century William James, a philosopher who is known as the father of American psychology, said:



The 3 Principles approach is an attempt to articulate fundamental Principles that are the ‘building blocks’ of human psychological experience.

Principles are fundamental truths. They are not created but discovered. They operate whether we recognise them or believe in them or not. Once discovered, they allow for a rapid development of a field. An example can be the principle of gravity in physics. Once discovered, it led to new insights and allowed humankind to understand how planets move, how to build bridges etc. In medicine there was a significant breakthrough when germs were discovered. This discovery, even though initially very strongly resisted in the medical world, when fully accepted led to totally new medical and sanitary practices such as sterilising surgical tools, not dumping litter to rivers etc. What gravity is to the physical world, the three principles are to our psychological worlds. Like gravity, the three principles are not things but forces or powers that work behind the scenes to create our experience of life. They are not something we think about, but what allows us to think.

Every true paradigm (the way something has always worked) is based on constants; the three principles of Mind, Consciousness and Thought are those constants of psychological

functioning. These principles, once understood, have many implications that lead to greater psychological freedom and wellbeing. It is important to mention, that when we talk about understanding the principles, we do not mean understanding them on an intellectual level but on a deeper level. An analogy is learning to ride a bicycle, we may intellectually understand the mechanics but it is not until we 'have a feel for it' we are able to ride the bicycle.

**Mind** is the *energy and intelligence of all things, whether in the form or formless. It is the source of all life.* It simply ensures that but for the interference of external circumstance, acorns become oak trees, cuts heal, and life begets life.

**Consciousness** is what makes us aware of what we think at any particular moment. It gives us a sensory experience of our thinking. It also allows us to realize that we are the thinkers and that we are conscious.

**Thought** is a function of the brain that never stops, and takes on a wide variety of forms. Sometimes we become so calm it seems that we're not thinking, but all perception comes through thought, all feeling, and all experience. Thought has the capacity to access personal thoughts stored in memory, and to receive a more impersonal, universal level of thought. When we understand how our mind operates, we allow our thoughts to settle down and take on this more receptive function, people become calm and have experiences of well being. It's also the state of mind people experience when they're 'in the zone', access high performance states of mind and creative thinking. The premise that all people are innately healthy, and have access to their own inner wisdom, is demonstrated by this fact and by these principles. Thought is the power or principle that allows us to *perceive creation* and to generate *unique perceptions* of creation (separate realities). It is via Thought that we construct our identities and insecurities, moods and opinions.

All three principles are working together in every moment to give people their experience of life.

In other words the Principles are: the fact of existence (MIND), the fact we have some awareness of existence (CONSCIOUSNESS) and the fact that we navigate our varying consciousness of existence (THOUGHT). We talk about them as three, but ultimately they are just one conscious thinking mind, hence the three are one.

The 3 Principles were first articulated by a philosopher **Sydney Banks**. As Isaac Newton did not create gravity, he just brought an invisible, pre-existing physical principle or force to our attention, Sydney Banks did not create the Three Principles, he just made an invisible, pre-existing psychological principle or force more visible.

Sydney Banks explained Thought as the missing link between the external world and our experience. Think of this: why is it that a group of people can all listen to the same music track but all have a different opinion on the music? Why is it that a group of people can look at

modern art and have a different opinion about the work of art? Why is it that a group of people can all watch the same film but have differing opinions about the film? Because even with exactly the same stimulus (same music track, same artwork, same movie) we are using our own unique thinking in the moment to come up with an opinion, whether that's liking, disliking or being indifferent. We cannot have any experience of anything without thought (conscious and unconscious) being included. When we think the outside world is creating how we feel (our own thinking not included) then we are mistaken, and when we include thinking in our experience we are getting to the truth of where our feelings are coming from.

### **Why does it matter?**

Most of people operate under the false assumption that external circumstances (people, situations) can directly cause internal feelings. A lot of effort is put in changing the circumstances in order to change how we feel. This is a very effortful and unproductive process based on false assumptions. *Trying to change how we feel by changing circumstances never brings sustainable results. Inspired change from inside-out on the other hand, when we see something clearly and decide to change some circumstances often happens effortlessly and is sustainable.*

Understanding how life works clears up a misunderstanding of how it doesn't work leading to having a lot less unhelpful thinking like stress, anxiety, fear, anger, judgment, and naturally a lot more peace of mind, resilience and love.

*Understanding how your mind works is your best ally for keeping your mind healthy and clear. Trying to change what you think is not as powerful or helpful as understanding the invisible power of thought.*

*Our state of mind impacts on our perceptions, thoughts, capabilities to think creatively, problem solve and communicate.*

*When we understand that our experience of life is created internally, we start working in alignment with how things really operate and we stop interfering with the natural design for balance, wellbeing and clarity.*

*The Principles point towards an intelligence that exists in all things that makes life possible. Our minds are part of this intelligence. When we forget this intelligence exists, we tend to overthink, overanalyze, and overwork. Our minds are designed to move us toward balance with insight and well-being at any time. Realizing the living miracle and capacity of our built-in design for success enables us to relax more and work with our inner resources instead of pushing too hard.*

*Your feeling of unease, upset, anger, irritation, anxiety can be a warning sign that your thinking is going in an unhelpful direction. You don't need to do anything about it. It is enough to notice*

*what is happening and your self-correcting mechanism will bring you back to more resourceful state.*

Here are some results from various studies utilising the Three Principles understanding:

- 90% increase in the ability to remain calm regardless of circumstance
- 63% increase in feelings of goodwill and respect
- 80% reduction in school truancy rates
- 75% reduction in school discipline referrals and suspension
- 200% increase in parental involvement in schools
- 62% reduction in violent crime
- 100% reduction in homicides
- 74% reduction in assaults
- Significant reduction in stress and absenteeism in the workplace.

### **Where has it been applied?**

- Education (primary and secondary schools)
- Prisons and Jails
- Corporations
- Addiction
- Criminal Justice System
- Psychiatry and mental health
- War veteran rehabilitation
- Communities
- Government Organisation
- Health Care
- Policing
- Sporting Performance
- Parenting and relationships

*One of the most powerful implications of understanding the Principles is that you **stop overthinking** and you become more **receptive to insight**. You start appreciating the fact that you can have new thinking at any time. Another implication is that you start understanding that we are all living in separate realities. Your compassion increases as you realize that everyone lives in a different reality created by their own thinking. You become **less judgmental and more understanding**. Third implication that we would like to mention is '**psychological freedom**'. The more you understand that you always feel your thinking, you become less reactive and take what others say and do less personally.*

## Let's have a closer look at the connection between feelings and thinking

- **Our feelings come from our thinking, not from external circumstances**

*It is easy to see in in somebody else, imagine for instance a friend going through a big break up with her boyfriend. She is feeling very depressed and hopeless as if it was the end of the world. You know that with time her thinking will change and she will get over it and feel differently (she might even see that this was for the best and that 'there is plenty of better fish in the sea').*

*It is also easy to see it in ourselves when we look back. Sometimes we get very upset about something and the next day, without anything in the circumstances changed we feel different about the issue.*

*However...*

- *When we are in the middle of intense feelings **our thinking looks completely real to us**, so real that we think we are right and everyone else is wrong and we often cannot see that our feelings come from our thinking, it really looks as if they were caused another person, by circumstance etc.*

*It is helpful to know that from time to time we get lost in our thinking but the moment we realize that it was just our thinking and usually things are not that bad or complicated as they looked like a moment ago, we recover quicker and make room for fresh thinking to emerge.*

- **There is Wisdom behind life** *hence there is always new way of looking at things available and there is unlimited potential of creativity and for new experience. When our head clears, we are more receptive to helpful new ideas. Moreover, when we let our thoughts settle, natural wellbeing, compassion, inner peace, joy and connection come to surface. It can be compared to the weather – when the clouds clear, the sun, that was always there, becomes visible.*



- **Our feelings are an excellent barometer letting us know about the quality of our thinking!** Feeling upset, anxious, stressed are signals that in the given moment our mind is filled with insecure thinking.



## *GPS – our internal navigation system*

*How many times your ‘intuition’ was telling you something else than your ‘rational mind’? To which ‘voice’ did you listen? What was the result?*

*Sometimes the voice of the deeper wisdom is guiding us in a different direction than our intellect or our desires or other people would like us to go. At other times our thinking is so loud that we cannot hear the voice of deeper wisdom. “When we get caught up in the machinations of the intellect it becomes considerably more difficult to hear the whispers of a deeper intelligence.” (M.Neill)*

However, the internal guiding system is ALWAYS working for us. All it takes is to be willing to stop rushing (literally and mentally) and open to the intelligence of our ‘inner knowing’. It also takes understanding that this pre-existing design for clarity and optimal decisions is our best ally in order to act on our insights and be inner-directed. The more we chose to listen to the ‘internal GPS’ the more evidence we gather that it always guides us in the right direction.

The ‘inner knowing’ should not be dismissed easily as untrustworthy, on the contrary, our ability to have a quiet mind and be open to insight is our strongest power.

*“The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.” A.Einstein*

We often operate under the illusion: ‘when I keep thinking about a problem, I will finally solve it’. But the reality looks more like this: ‘when I keep thinking about the problem I will add complexity to it. When I let my thinking settle, I have better chances of seeing something new about the issue and often the problem doesn’t look as serious and/or a solution is evident’. Once we truly understand that it pays off to let our thinking settle, it is easy to STOP manufacturing more and more ‘business’ in our minds. Then the natural design for clarity brings us more balance and clarity and it is easy to see clearly where the ‘inner GPS’ is prompting us to go.

Are you a person whose mind is ‘addicted’ to being busy? Would you like an additional tip on slowing down? Here you are: *Ask yourself (and tell no lies!): Does what you think needs to be done really need to be done? And if so, does it need to be done today? This minute? Is there something more important, more essential that could be discovered first in the stillness of your mind—that might pave the way gently for good things to come?*

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