



# DELTA LIFE SKILLS<sub>sm</sub>



EMOTIONAL FREEDOM IS IN YOUR HANDS with REB<sub>sm</sub>

*Integral Energy Psychology*

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## **PART ONE: THE RADIANT ENERGIES BALANCE (REB)<sub>sm</sub> PROTOCOL: PHILOSOPHY/RESEARCH/THEORY BACKGROUND©**

### **Section:**

11. Some assumptions of orthodox western psychology. Assumptions about:

1. the nature of the universe
2. human nature
3. our function in the universe
4. the relationship between mind and body
5. emotion
6. motivation
7. learning
8. memory
9. perception
10. cognitive processes
11. the nature of human consciousness
12. altered states of consciousness
13. death
14. personality
15. social relationships
16. science and civilization

### **11. SOME ASSUMPTIONS OF ORTHODOX, WESTERN PSYCHOLOGY**

(C.T. Tart in Tart (ed) Transpersonal Psychologies, Harper Colophon, 1975, pp. 61-111)

The following assumptions are largely implicit acts of faith, not subject to critical examination and questioning even at the present time. If we do not know that we assume something, we have no idea of the impact of the implicit assumptions unless confronted by a situation in which the consequences of the assumption are contradicted by some event or alleged event. As long as an assumption is implicit (operating outside our conscious awareness) we are unlikely to ever question it and so are greatly in the power of that assumption. This list is intended to get people to begin questioning their implicit assumptions. These assumptions are all being questioned by recent thinking in transpersonal, energy-information psychology and theoretical physics.

### **11.1. ASSUMPTIONS ABOUT THE NATURE OF THE UNIVERSE**

1. The universe was created accidentally or created itself or has always been around and there is no purpose or reason for the universe existing.
2. The universe is dead; life is only an infinitesimal, insignificant part of the universe.
3. Physics is the ultimate science, because physics is the study of the real world.
4. What is real is what can be perceived by the senses or by a physical instrument, and what can be perceived by the senses can be detected by a physical instrument.
5. Only the present moment exists; time is a linear process.
6. We can understand the physical universe without understanding ourselves.

### **11.2. ASSUMPTIONS ABOUT HUMAN NATURE**

7. People are their bodies and nothing more.
8. People exist in relative isolation from their surrounding environment. They are essentially independent creatures.
9. People start life "fresh" except for limitations set on them by genetic inheritance, cultural environment and accidental happenings, all modified by their reactions to them.
10. People are completely determined by genetic inheritance and environment.
11. Even though we believe people are completely determined, in Practice we must act as if they have free will.
12. We have a rather good understanding of human history.
13. We understand the origin and evolution of human beings.
14. We can't expect too much from people/or there are no limits on people's attainments.
15. Each person is isolated from all others, locked within their nervous systems.
16. Psychological energy is completely derived from physical energy, as expressed in physiological processes in the body.

### **11.3. ASSUMPTIONS ABOUT OUR FUNCTION IN THE UNIVERSE**

17. People have no function in a purposeless universe.
18. The only real purpose of life is to maximize pleasure and to minimize pain.
19. The universe is a harsh, uncaring, unresponsive place.
20. We are here to conquer the universe. (Making it happen vs letting it happen).
21. We are by far the supreme life form on earth, and are probably the only intelligent life form in the whole universe.
22. Lower organisms exist for our benefit.

### **11.4 ASSUMPTIONS ABOUT THE RELATIONSHIP BETWEEN MIND AND BODY**

23. The body is a relatively passive servo-mechanism for carrying out the orders of the nervous system.
24. The physical body is the only body we have.

### **11.5. ASSUMPTIONS ABOUT EMOTION**

25. Emotions are electrical and chemical shifts within the nervous system.
26. Emotions interfere with logical reason and make people irrational; therefore they should generally be suppressed or eliminated except for recreational purposes.
27. Emotions have no place in scientific work, or while they may motivate individuals, they must be filtered out of the final product.
28. Negative emotions are the inevitable lot of people.
29. There are no higher emotions; all emotions are basically self-serving and animal.
30. Play is for children.
31. Pain is bad and should be avoided.

## **11.6 ASSUMPTIONS ABOUT MOTIVATION**

32. Desiring things is the basic motivation that keeps a person's life functioning and lack of desire for things is pathological.
33. The primary motivations affecting people are desires for power and desires for sexual pleasure, along with an avoidance of pain.

## **11.7. ASSUMPTIONS ABOUT LEARNING**

34. Learning is a matter of permanent and semi permanent electro-chemical changes in the brain and nervous system.
35. Learning is a matter of accumulating knowledge.
36. Intellectual learning is the highest form of learning, and a person with a very high IQ has the potential to learn practically everything of importance.
37. Learning is a matter of taking in sensory impressions and applying cognitive processes to them.

## **11.8. ASSUMPTIONS ABOUT MEMORY**

38. Memory is not very reliable; it is far better to depend on an objective record.
39. The only memory we have is of impressions in this life up to the present moment.
40. The only memories we have direct access to are our own.

## **11.9. ASSUMPTIONS ABOUT PERCEPTION**

41. The only things there are to perceive are the physical world and the sensations from the internal operations of our body and nervous system.
42. The nature of our sense organs determines the nature of our perceptions.
43. Perception is somewhat selective and biased, but generally gives us a very good picture of the world around us.

## **11.10 ASSUMPTIONS ABOUT COGNITIVE PROCESSES**

44. Reasoning is the highest skill possessed by people.
45. Developing the logical mind, one's reasoning abilities, is the highest accomplishment a person can aim for.
46. Extension of our basically sound knowledge and cognitive processes is the way to greater knowledge and wisdom.
47. Knowledge is a hypothesis, a concept in the mind, and there is no direct, certain knowledge of anything.
48. Philosophers are the ultimate authorities about the nature of knowledge.
49. Almost all important knowledge can be transmitted by the written word, and the written word is the least ambiguous, most accurate way of transmitting it.
50. Logical inconsistencies in the expression of something indicate its invalidity.
51. Fantasy is a part-time cognitive activity, usually done in our leisure hours.
52. When people agree with me they are being rational; when they disagree they are probably irrational.
53. Faith means believing in things that are not real or that you have no solid evidence for, myth has very little relation to truth.
54. Intuition is a word we use for lucky guesses, coincidences, or rational processes that are outside of conscious awareness but are nevertheless rational.
55. Symbols are nothing but physical objects with emotional meaning, or electrophysiological patterns within the brain.
56. Our beliefs and psychological experiences affect only ourselves, not the "real" world,

except when expressed by motor activities.

#### **11.11. ASSUMPTIONS ABOUT THE NATURE OF HUMAN CONSCIOUSNESS**

- 57. Only human beings are conscious.
- 58. Ordinary, average people are conscious.
- 59. Consciousness is produced by the activity of the brain, and therefore the activity of consciousness is identical with the activity of the brain.

#### **11.12. ASSUMPTIONS ABOUT ALTERED STATES OF CONSCIOUSNESS**

- 60. Altered states of consciousness are simply a temporary reorganization of brain functioning.
- 61. Our ordinary state of consciousness is generally the most adaptive and rational way the mind can be organized, and virtually all altered states of consciousness are inferior or pathological.
- 62. A person who spontaneously goes into altered states of consciousness is probably mentally ill.
- 63. Deliberately cultivating altered states of consciousness is also a sign of psychopathology.

#### **11.13. ASSUMPTIONS ABOUT DEATH**

- 64. Death is the inevitable end of human life.
- 65. Physical death is the final termination of human consciousness.

#### **11.14. ASSUMPTIONS ABOUT PERSONALITY**

- 66. Personality is what makes people unique, skilled, worthwhile and gives them their sense of identity.
- 67. A sense of personality, personal identity is vital, and its loss is pathological.
- 68. The basic development of personality is finished and complete in adulthood, except in the cases of neurotics or other mentally ill persons.
- 69. A healthy personality is one which allows the individual to be well-adjusted in terms of his culture.
- 70. Normal adults have a fairly good degree of understanding of their own personalities.
- 71. Personality is a relatively unified structure in normal adults.

#### **11.15. ASSUMPTIONS ABOUT SOCIAL RELATIONSHIPS**

- 72. The selfish, neurotic, unreasonable actions of others are the major cause of our personal suffering.
- 73. No normal person likes to suffer.
- 74. Progress comes from improving society.

#### **11.16. ASSUMPTIONS ABOUT SCIENCE AND CIVILIZATION**

- 75. Scientific progress is cumulative.
- 76. Our civilization (and its psychology) is the greatest civilization that ever existed on this planet.
- 77. Our civilization (and our psychology) are steadily progressing.
- 78. An active, conquest-oriented approach is the way to make progress in understanding and controlling the universe.
- 79. Being a scientist and being a mystic are incompatible.

Tart, C.T. (1975) "Some Assumptions of Orthodox, Western Psychology," in Tart (ed) Transpersonal Psychologies, Harper Colophon, pp. 61-111)