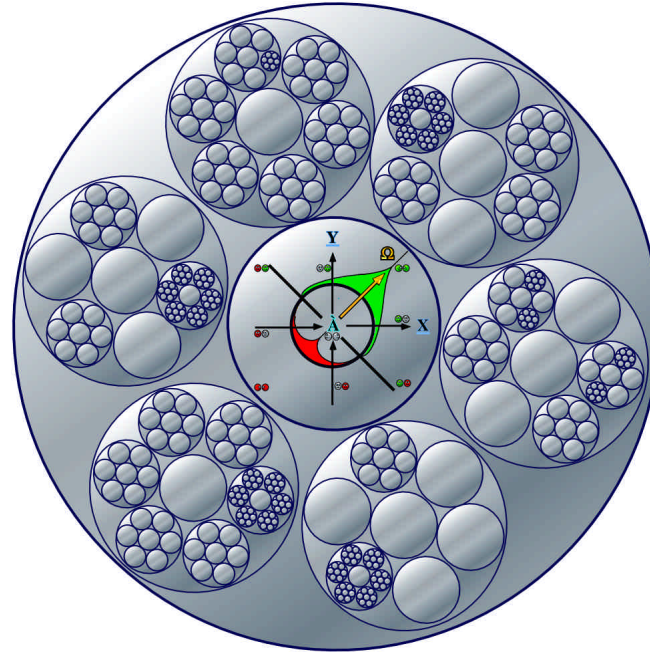


Timothy Wilken, MD



Local Physician, Synergic Scientist,
and Perennial Student

www.SynEARTH.net

The background of the slide is a photograph of a vast, calm ocean under a deep blue sky. A thin, multi-colored rainbow is visible on the left side of the horizon, with its colors blending into the blue of the sky and sea. The water's surface is covered in gentle ripples, reflecting the light from the sky.

Science of Mind

Opening Treatment

A Time for Healing

Timothy Wilken, MD

Thursday Evenings 7:00 to 8:30 PM

A continuing program of events consisting of lessons, meditations, exercises and discussions on health and wellness. Each event is designed to be meaningful, and useful in its own right, but experienced together, they form a whole that is greater than the sum of their parts.

The World of Is and Ought to Be

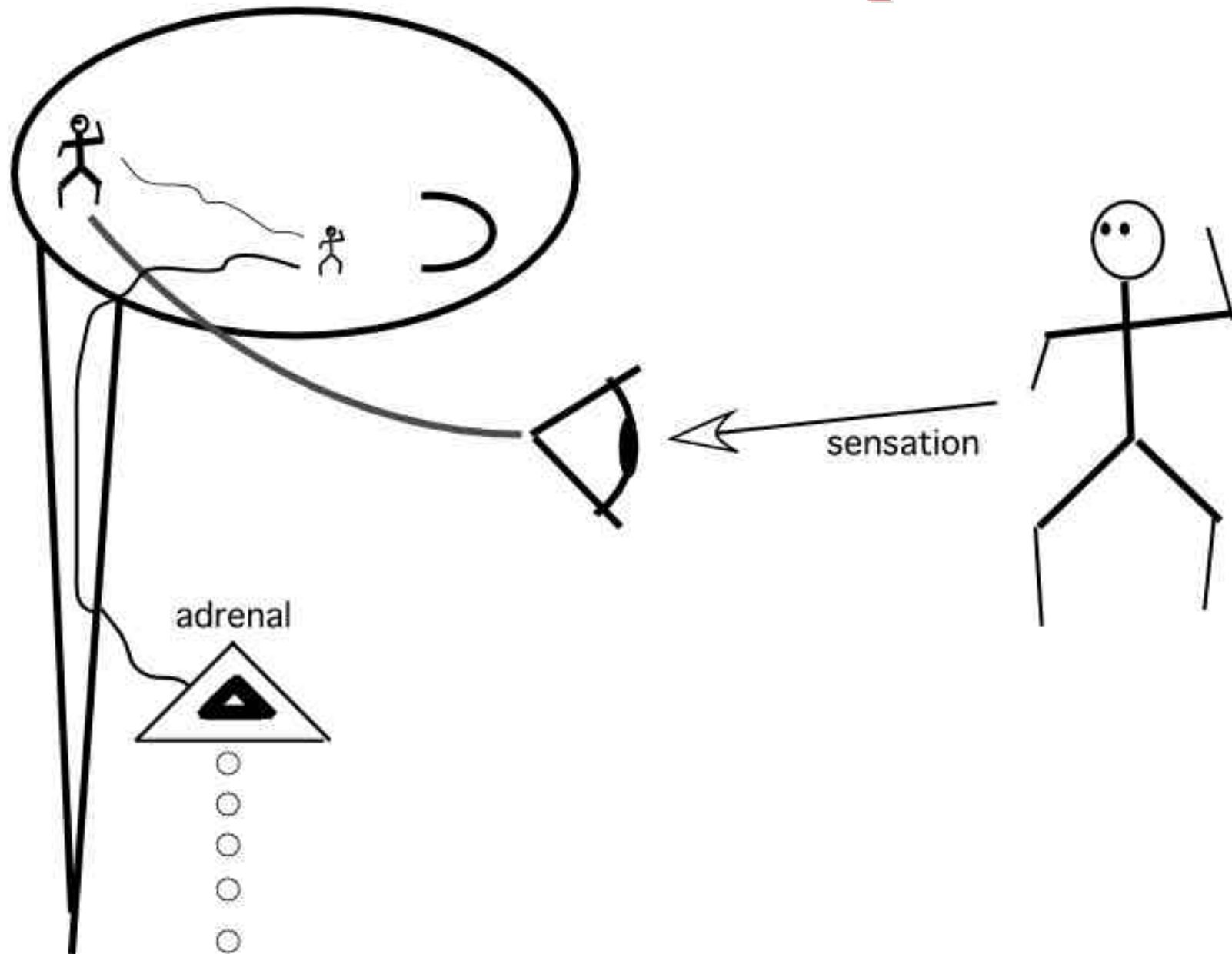
DUAL MIND

Space-Time Intelligence

“Space and Time are modes by which we think, not realities by which we live.” —Albert Einstein

Human intelligence results from the complex relationship of two minds—the Space-mind and the Time-mind. All humans have both a Space-mind and a Time-mind, but often they work in different ways and are developed to different degrees. They sometimes function as separate units. They sometimes function in conflict, and they sometimes function in co-Operation. Understanding your dual mind gives you greater thinking power.

Space Mind



SPACE-MIND

Survival

Mobility

BEING

PROCESS

Feelings

pictures

**SPACE ASSOCIATIVE
PERCEIVER**

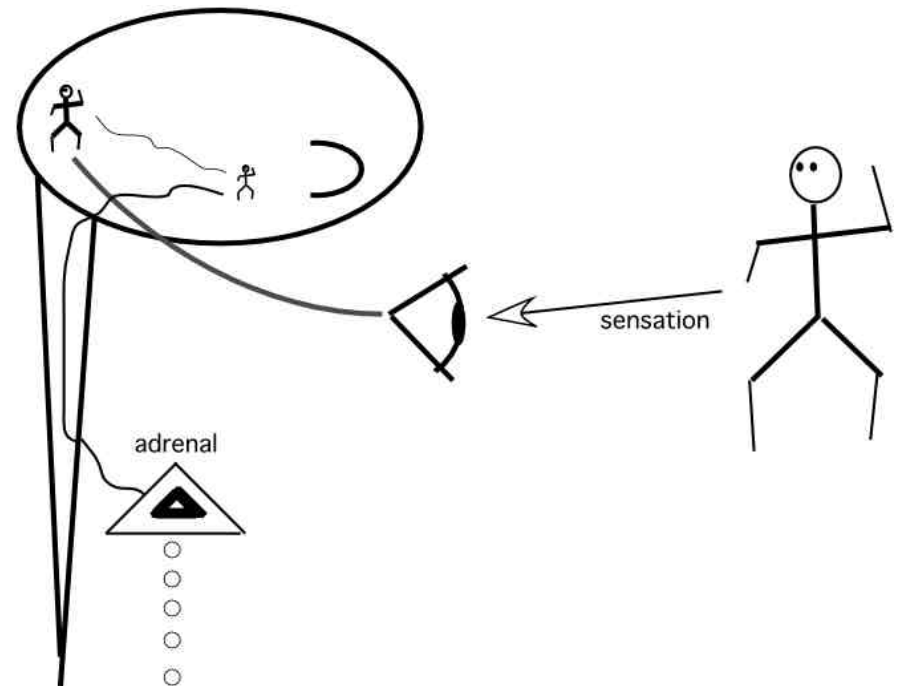
Wholistic

=NOW=

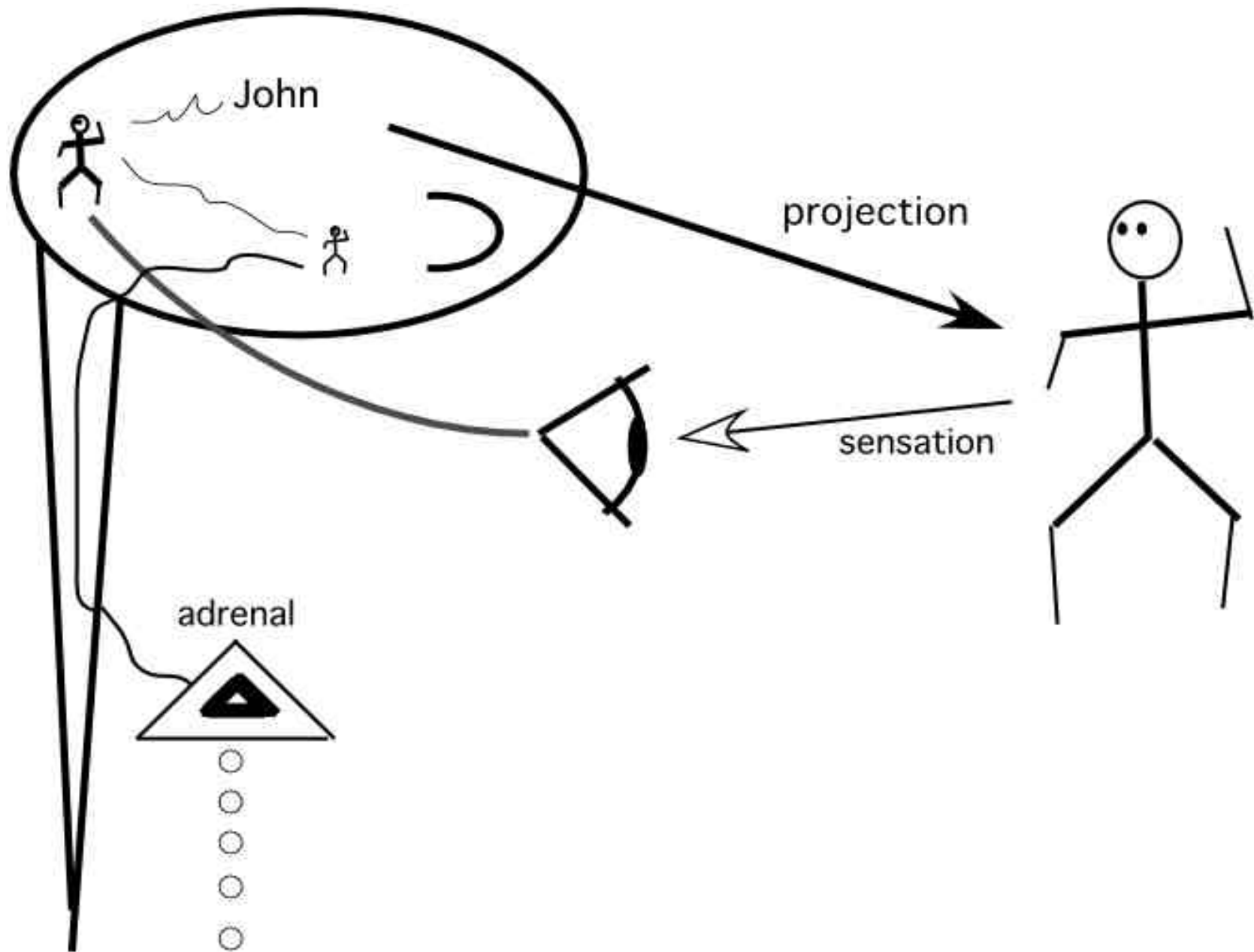
Intuition

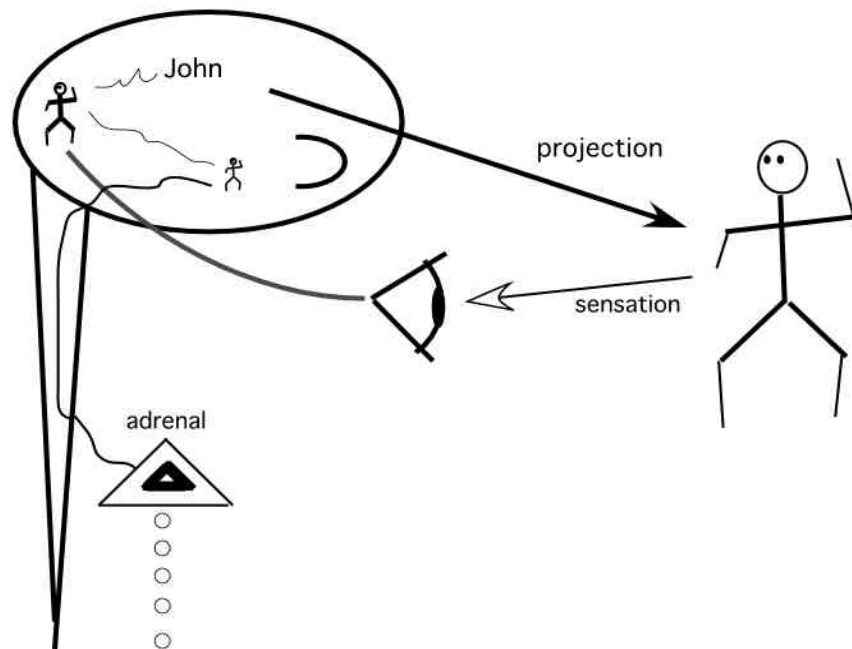
aLogical

aMoral



Time Mind





TIME-MIND

Understanding

Predict & Control

BECOMING

CONTENT

Opinions

words

TIME ANALYTICAL

CONCEIVER

Particulate

Past->Present->Future

Reason

Logical or illogical

Moral or immoral

<i>SPACE-MIND</i>	<i>TIME-MIND</i>
Survival	Understanding
Mobility	Predict & Control
BEING	BECOMING
PROCESS	CONTENT
Feelings	Opinions
pictures	words
SPACE ASSOCIATIVE PERCEIVER	TIME ANALYTICAL CONCEIVER
Wholistic	Particulate
=NOW=	Past->Present->Future
Intuition	Reason
aLogical aMoral	Logical or illogical Moral or immoral

Intuition & Reason

The Space-mind is the home of *intuition*. Intuition is seeing the pattern of the parts and *synthesizing the whole*. I sniff the scent of the tiger. I imagine the whole tiger. I run. Intuition is a powerful tool for *survival*.

The Time-mind is the home of *reason*. Reason is seeing the pattern of the whole and *breaking that pattern into parts*, then by analyzing and sequencing the parts it can first *understand* and then *predict* and *control*.

Rationality and Morality

Space-mind does not comprehend rationality or morality. These are understandings only available to the time-mind. Rationality and Morality are the result of **consequence**. This is the source of many problems in human culture. The space-mind is not irrational. It is **a-rational**. The space-mind is not immoral. It is **a-moral**. The space-mind does what “feels right”. It doesn’t have any opinions.

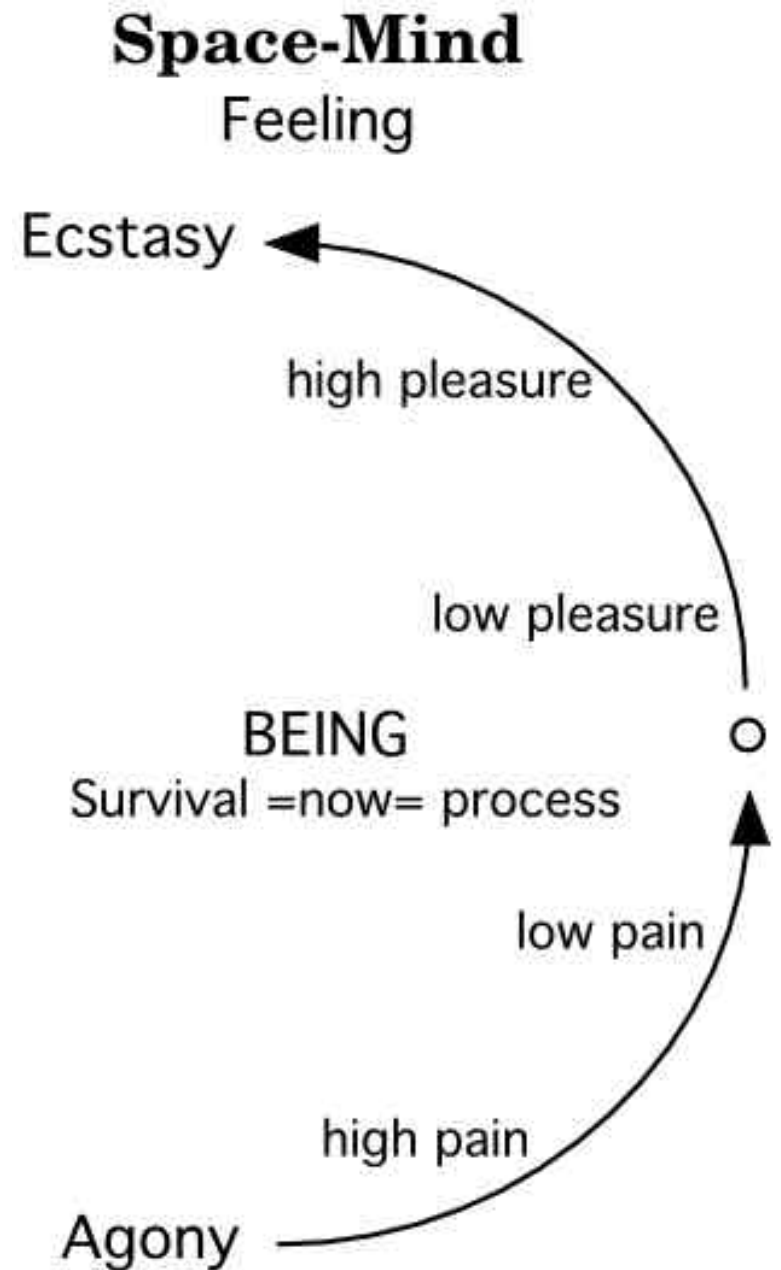
The time-mind is nothing but opinions. The time-mind understands sequence. And so, it can understand the **consequences** of its actions. It can know right from wrong. The time-mind chooses actions that are either **rational** or **irrational**—that are either **moral** or **immoral**. It can learn and understand the the difference between **right** and **wrong**.

Space-mind Decision Making

Remember the animal mind is a space-mind. Animals move toward pleasure and away from pain—toward *good space*—away from *bad space*. My cat comes running when he hears the automatic can opener. He jumps into my lap to get a good rub. He runs away when hears the bark of a dog, or the slam of a door.

The space-mind has only one goal—survival. Once achieved, the space-mind is content. It has no need to become, no need for achievement, no need to accomplish anything more than survival. My house cat once he has obtained shelter and good food has no need to do anything more. He is willing to lie by the fire, day after day, year after year—totally content with his full belly and his masters stroking hand. But if he encounters pain he gets away from it as fast as is possible. And few animals move as fast a “scalded cat”.

The space-mind's purpose is to secure survival for the body. When its decisions produce *high survival* it feels *pleasure*. When its decisions produce *low survival* it feels *pain*. The space-mind tries to guide the organism *towards pleasure* and *away from pain*. *Very high survival* is called *ecstasy*. Sexual orgasm feels very good because reproduction of the organism is the most powerful form of biological survival. *Very low survival* is called *agony*. Space-mind makes all its decisions by moving *towards pleasure* and *away from pain*. *To be or not to be* is a question of survival. Is my *being* pleasurable or painful.



Time-mind Deciding

The time-mind works in totally different fashion. The time-mind is concerned about becoming. To become somebody, I need to understand. And, if I understand something I know what it means. So understanding, allows me to develop meaning in my life. Meaning and becoming are tied integrally to understanding.

Understanding leads us to predict what will happen and with accurate prediction, I can control. We humans judge our lives by how the events in our world compare to our predictions. So if nothing is going the way I predict it should—If nothing is the way it *ought to be*, I feel depressed.

Depression & Excitement

Disappointment and *depression* result when our lives are not working as we predict they *should*. I predict a well deserved raise in my salary, but instead I get fired. I predict the pleasure and enjoyment of a brand new car, but I buy a lemon. I predict my wife will throw me a surprise birthday party, but she doesn't even remember my birthday.

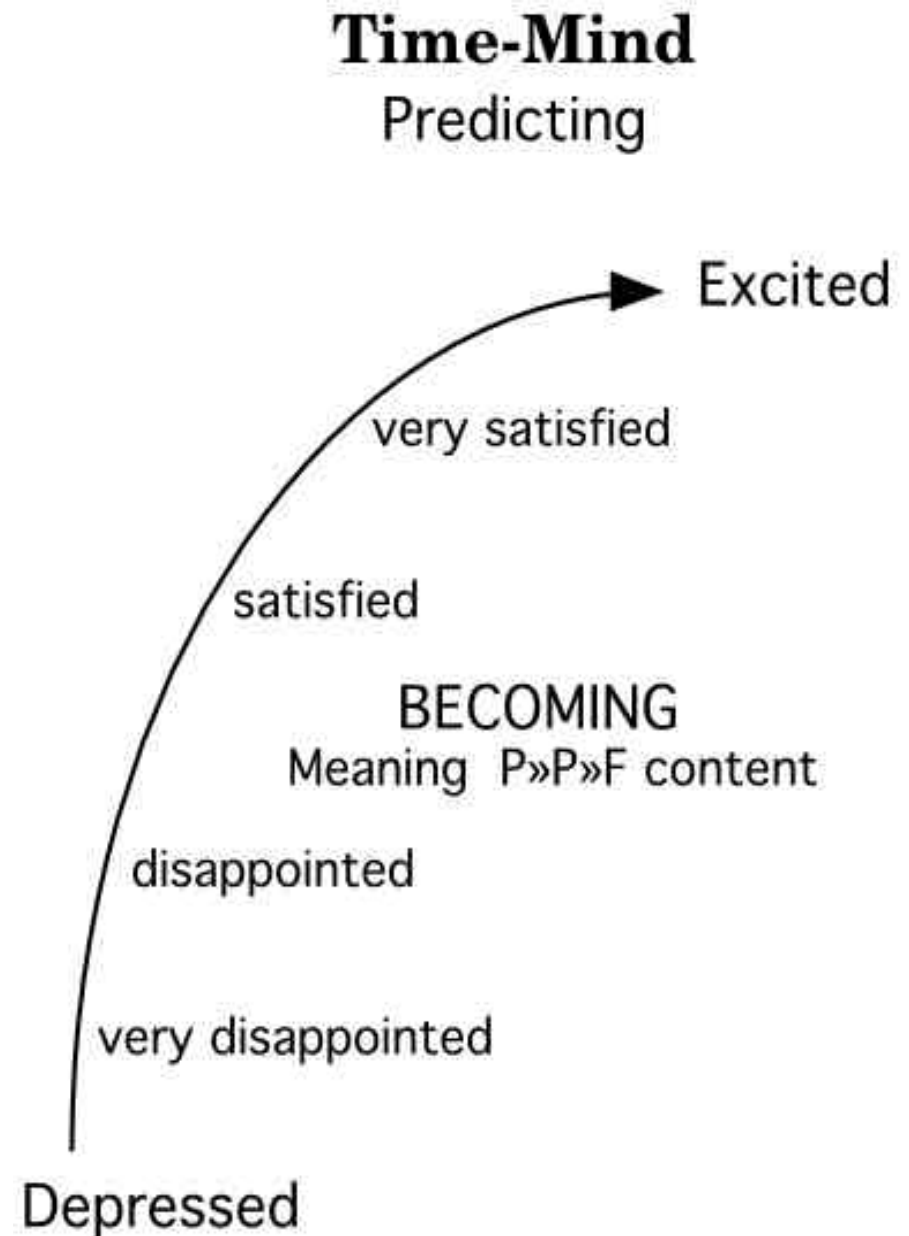
When life does not occur as I predict it *should*, I am *disappointed*. When my experiences do not become what I expect they *should*, I am *depressed*. And, just the opposite, when things go the way I predict they *should*, I am *satisfied* and *excited*. I predicted I would win the award as an outstanding employee, and I won the award. I predicted I should get a new car, and I did and its even nicer than I imagined. I wanted my spouse to celebrate my birthday, and she threw me a marvelous party with all my friends.

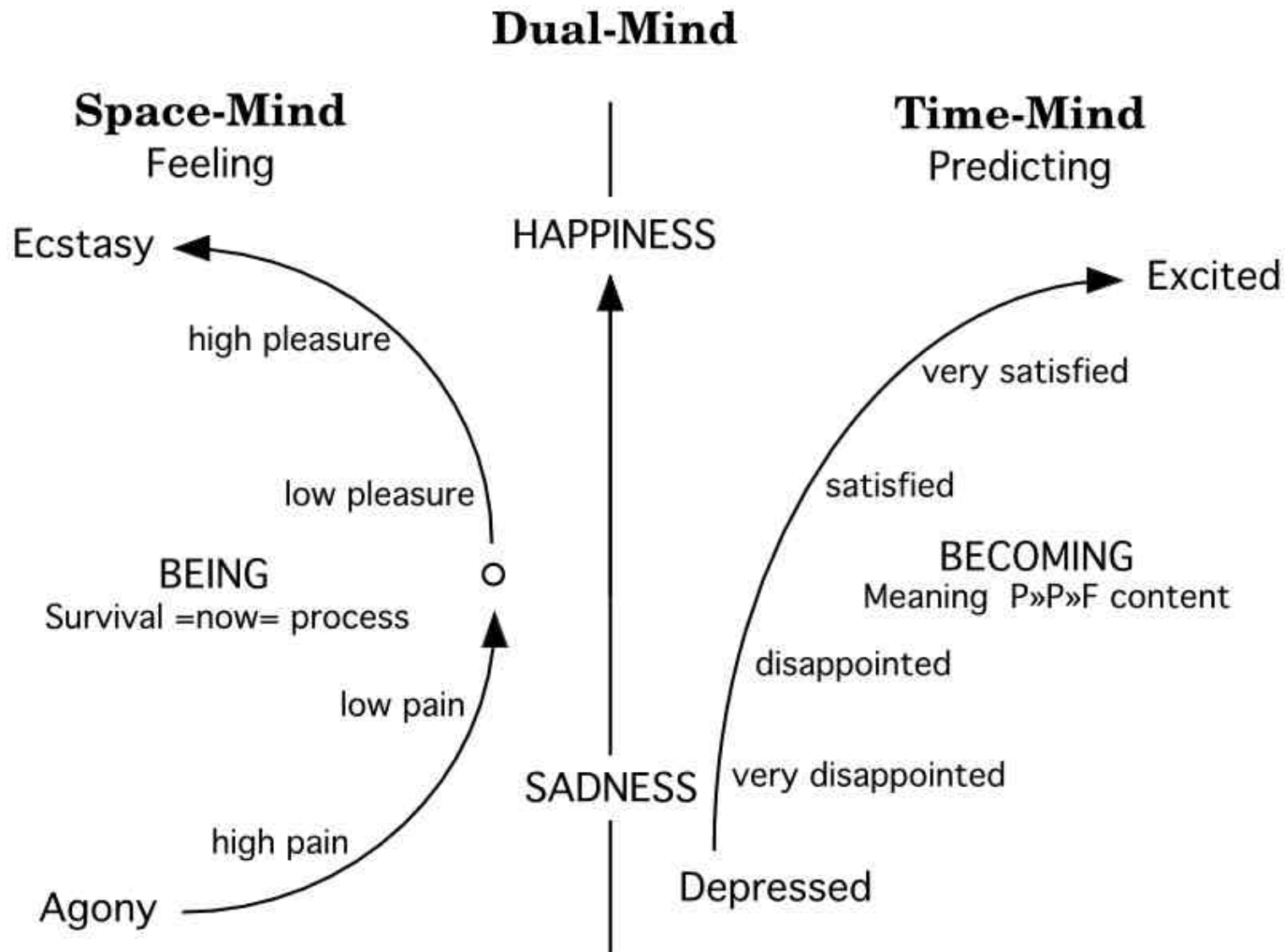
Now let us examine the spectrum of our prediction accuracy. We can have very low prediction accuracy—very low meaning. Life can be depressing.

We can have low prediction accuracy—low meaning. Life can be disappointing.

We can have high predictive accuracy—high meaning. Life can be satisfying.

We can have very high predictive accuracy—very high meaning. Life can be exciting. Things are going the way I predict they should be going. My life is meaningful. I am becoming a success. I feel in control.





Happiness is when my life is both *pleasurable* and *satisfying*. I feel *joyous* when my life is *ecstatic* and *exciting*. *Sadness* when my life is *disappointing* and *painful*, or God help me, *agonous* and *depressing*.

Dual Mind creates a Dual World

The Space-mind creates a virtual model of the world as it “*is*” from its sensings and feelings. Survival in space requires living in the real world. As I cross the busy street, where ‘*is*’ the on coming traffic? Driving my car on the freeway requires that I be very accurate about where every thing ‘*is*’.

The Time-mind creates a virtual model of the world as it “*ought to be*” from its opinions formed in words and sentences. Time-mind is always seeking to understand reality and make sense of what is going on. As its understanding grows it develops increasing powers of prediction and control. It develops strong opinions of how things “*ought to be*”.

Understanding the Dual Mind is made easier by understanding the Dual Worlds created by our two minds.

The World of “IS”

Space-mind is in charge of survival. So it needs to know what the world is really like. Boy if you are in your space-mind, you better live in the real world. Right?

Ever play dodge ball? Remember snow ball fights? All sports are played by the space-mind

The space-mind has to know where things are in space. Where they really are.

If there is a tiger in this room I had better know it's here. So the space mind makes a picture of reality from its sense images and feelings. That's picture of reality is what I call the *world of “is”*.

The Real World

The world of “is” is the way things *really* are. And, at its very best the space-mind’s picture of reality approaches the “real” world.

Now we don’t have an absolutely perfect picture of the universe the way it really is. But our space-mind is pretty good.

It keeps us from running into the walls, and safe in high speed motor traffic.

Reality Is!



The World of “Ought to Be”

The time-mind is into becoming, its interested in cause and effect, it is always predicting the future based on its understanding of the past.

So the time-mind forms an *opinion of reality* from words and thoughts. This opinion of reality is what I call the *world of “ought to be”*.

We all live in the Dual World

Every human has two worlds created by their two minds. Everyone of us has a world of “is” and a world of “ought to be”. I’ve got mother “is” and mother “ought to be”. Teacher “is” and teacher “ought to be”. Son “is” and son “ought to be”. Dad “is” and dad “ought to be”. Husband “is” and husband “ought to be”.

By the way, our husband “is” and wife “is” are always coming up short. Aren’t they? They are never the way they ought to be. Also, son “is” and daughter “is” often come up short. They too are not the way they ought to be.

Why are they coming up short? Why are they never the way they ought to be?

Got Milk?

Ever run out of milk, and have to make a run to the 7-Eleven Store?

Late in the evening, and I run out of milk. So I get in my car and go down to 7-Eleven only to discover they're closed.

“DAMN IT! That's not the way it **ought to be!**”

My space-mind shows me a picture of a closed store — the world the way it “IS”. My time-mind tells me in words, “That's not the way it “Ought to Be”. And, so my space-mind prepares my body to fight.

Real versus the Ideal

All of us are rejected to some extent because we are never the way our parents think we “ought to be”. Because you see an “ought to be” at its very best is an **ideal**. In the ideal world, the 7-Eleven Store would be open and I’d go in and get my milk.

My son, in the world of “Ought to Be”, would get straight A’s. That’s an ideal. Ideally my husband would remember my birthday. Ideally the people on the road would be more courteous. Ideally the government would lower our taxes.

But in the world of “IS”, we just keep paying more taxes.

False Anger

Now knowledge of the dual world can be of great help to you.

Whenever you find yourself angry at the world of “IS”, it probably is because you are mistaking your world of “Ought to Be” for the real world.

Imagine, I am reading my newspaper when I come across a story I don't like. I exclaim: “I can't believe this! This can't be happening.” In other words, in my world of “Ought to Be”, this doesn't happen.

There are none so blind as those that will not see.

Blinded by the “Ought to Be”

Not believing reality can be very dangerous. The Jewish people during WWII were very much victimized by the world of “ought to be”.

The American government played into that tragedy in a very large way. There was a special group of people imprisoned in the Nazi concentration camps. These were extraordinarily brave individuals who risked their lives to smuggle out pictures of the gas chambers and death camps. These photographs eventually reached the highest levels of American government providing proof of Hitler’s atrocities.

The American government said they were fake.

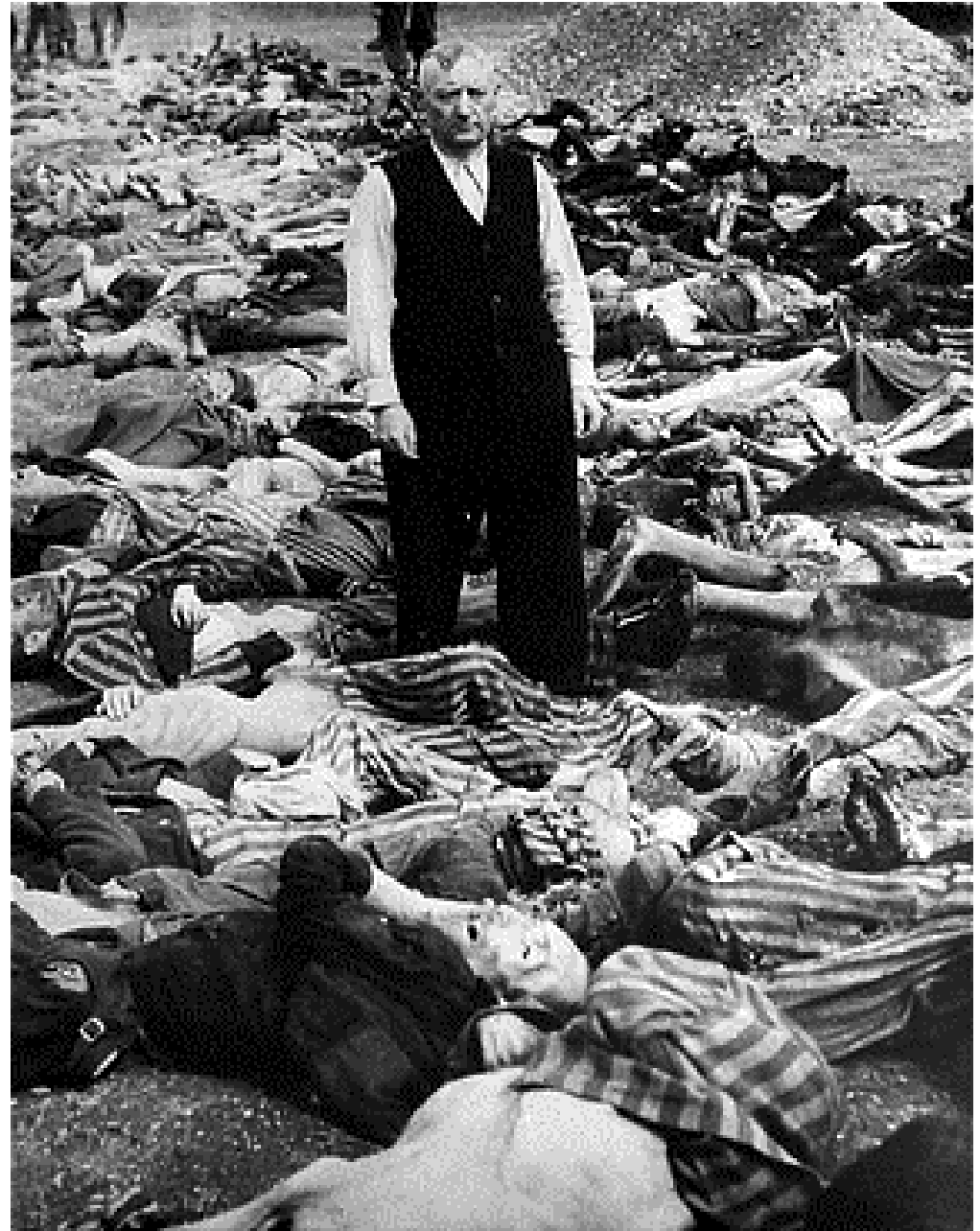


Nazi Atrocities Faked





More Fake Atrocities



Why were they fake?

In the American government's world of "ought to be", atrocities like those shown in the photos just didn't happen. So, the photographs had to be faked. They would learn the real truth four years later. They would also learn more about a man named Hitler.

"When I came to power, I did not want the concentration camps to become old age pensioners homes, but instruments of terror." ... "Cruelty is impressive. Cruelty and brutal strength. The masses want it. They demand it. They need the thrill of terror to make them shudderingly submissive." ... "Hate, hate, and more hate. There is nothing that sustains you like hate!" ... "The joy of killing brings men together."

—Adolf Hitler

Misplaced Anger

If I'm angry about the world of "is", it's often because I am convinced that my ideal world of "ought to be" is the real world.

This is the most powerful lesson I teach in adaptive medicine. If you understand that the world of "is" is the *real* world, and that the world of "ought to be" is only an *ideal* world, you can de-stress yourself greatly.

When my daughter was only four years old I taught her about the dual world. I remember when something wouldn't work out for her, she would say, "Well, that's not the way it *ought to be*, but that's the way it *is*."

If adults could learn to say those words they could help themselves a lot. "That's not the way it *ought to be*, but that's the way it *is*."

Should-ing all over each other

Because we don't understand the dual world, we "should" all over each other? You see the word "should" comes from our world of "ought to be". This "ought to be" should is an ideal. When I say, "You shouldn't have said that." I mean in my world of "ought to be", you wouldn't have said that. Ideally, you wouldn't have said that.

The real "should" is from the world of "is". If I drop this coin it should hit the floor. I drop the coin and it does hit the floor! Always! This is the real should. The holocaust should never have happened is an "ought to be" should and ideal should. The holocaust should have happened is the real should, because it did happen!

Reality Is!



Learning to could on each other

The ideal “should” is from the world of “ought to be”. I should weigh twenty pounds less, but nothing happens. What’s wrong here. Why didn’t I magically lose twenty pounds. This must be a different kind of should. This is an “ought to be” or ideal “should”, not an “is” or real “should”. Ignorance of our dual world can make life very confusing.

To take advantage of our new knowledge of the dual world, we must learn to “could” on each other. Let us learn how to “could” on each other rather than “should” on each other. This becomes very important. Why? Because see when I “could” on you it’s a pull—an invitation to change. But when I “should” on you it’s a push—a demand for change. Space-mind fights all pushes and resents all demands.

Don't Push

A *should* is a push—a demand to move or change. It feels like a threat to survival, and is always resisted by space mind.



Push Experiment

To demonstrate this point, approach someone in the spirit of an experiment. Tell them to relax, then take their hand or wrist and move it around without their control.

Don't inflict any painful movement, but push the subject around a little bit.

Then ask, “How does that feel? How does your space-mind like it? Here, feel it. Don't think it. What does space-mind say? Now you know I'm doing an experiment. But what does space mind feel about being pushed?”

Space Mind Fights Push

Of course the space-mind doesn't talk, but if it did it would say,
“Leave me alone. Get off me. Don't touch me. Don't push me.”

When we “should” on each other we are pushing, “You should have done a lot better on that test.”

“Damn it. I'm all right. I'm OK. You can't tell me I should have done better.”

My space mind defends against all pushes. And a “should” is a push. Anytime you “should” on somebody you invoke their space mind and they shut down. They rebel. They push back and they won't do anything you tell them.

Learn to Could on Other

If you want to win friends and influence others, you need to learn how to “could” on people—a “could” is a pull—a “could” is an invitation.

“You could study a little more and maybe your grades would come up.” The student says, “Yes, I could study a little more and maybe my grades would come up.” That’s not a push. That’s an invitation. That’s a pull. That’s a possibility.

“You could make a note in your schedule about my birthday because it’s real important to me.” And I reply, “You know I could do that. Maybe I will do that. This is a better alternative to: “You shouldn’t have forgotten my birthday. You never have time for me.” To that I may reply, “Damn it. I’ll forget your birthday every year from now on.”

Stop Should-ing on Your Self

Our space-mind does not like to be pushed around. And so, what do we do? We humans push each other all day long.

We also push ourselves don't we? Ever hear your little time mind "shoulding" on yourself? "I shouldn't have done that. I shouldn't have said this." "I should have done this. I should have told my boss off. I should have told him what I really thought of him. With knowledge of the dual world, it is much more effective to could on yourself. I could have communicated my point of view more effectively to my boss.

Coulding is better for others and better for our selves as well.

Two Minds —Two Worlds

All humans have two minds—the space-mind and the time-mind.

These two minds create two worlds—the world of “is” and the world of “ought to be”—a picture of the real world and an opinion of the ideal world.

It is our ability to create these two worlds that makes us human.

Time-binding

Alfred Korzybski defined Time-binding as that “unique human ability to pass the 'knowing' from one generation to the next generation.”

We humans bind time and are bound together in time. The record of our time-binding is everywhere. It is in all that activity that we so innocently call *progress*. We humans catalogue and store our various knowings in libraries, universities, colleges, data banks, and information services. We store our knowing in many formats—books, tapes, films, movies, newspapers, magazines, video, microfilm, photos, computer files, etc., etc., etc. We are time-binders and the mark of human power is everywhere.

The Human Advantage

Both animal and human offspring begin their lives in nearly total ignorance. The differences that exist between them are small, but what advantage in knowing that does exist belongs clearly to the animal. While the animal seems to begin life with a greater store of inherited knowing, it possesses little ability to learn from its parents. The animal is condemned to rediscover over and over, every generation must discover anew the knowings of its parents. The wise old owl may know a great deal, but he has no way to pass what he knows to his offspring and they have no way to receive it. Animals have only the space-mind. They are confined to living in the world of “is”. Only humans have access to the dual-world. We can and do pass our knowing from one generation to the next.

Progress

Progress —defined—> The progression from the world of “is” to the world of “ought to be”— the progression from the *real* world to the *ideal* world.

We humans need our space-mind to survive in space. To be safe in the world of “is”, but we need our time-mind if we want to create a better world — a world that “ought to be”.

Albert Schweitzer, the great humanitarian who worked with the poor and ill in Africa, said he wanted to see a world where there was no disease. Well, I think most of us would probably agree that represents a good “ought to be”.

Hitler's Ought to Be

Now, its important to remember that not all “ought to be”s are good.

“Ought to be”s are just opinions. Adolf Hitler wanted a world where there were no Jews. Not such a good “ought to be”. An “ought to be” is just an opinion. At its very best, it becomes an ideal. At its very worst it can become nightmare of crime and tragedy. Animals kill for food or to eliminate competing genetic lines, but only humans murder each other because their time-mind has decided that someone “ought not to be”.

Working Together

The space-mind and the time-mind are partners. Universe is space-time.

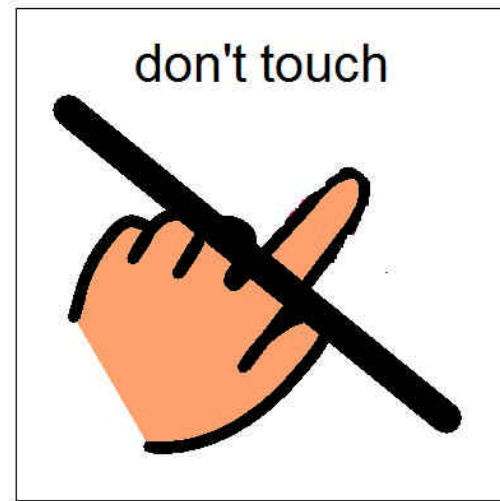
When we use our dual minds intelligently, our space-mind tells us what *is* and our time-mind tells us what *could be*. What could be! Our world of “ought to be” is an opinion of how reality could be. The term *should* is best left to describe the picture of how reality *is*. This is also the scientific definition of the term should.

The dual-world model is also very helpful in determining whether your relationship with someone should continue. I have used this model in couple counseling. Not uncommonly, when a husband and wife come in to see me, they are at war with each other. After I have got to know them and learned how they perceive their problems, I teach them about the dual-world. Then it becomes a simple matter to ask each of them to define their “ought to be” mates. Then the next step is find out if they are willing to “could” on each other and work together to move in the desired direction.

Pictures & Feelings

Space-mind thinks in pictures and codes those images with feelings. So if a lot of pictures in your memory are attached to negative feelings, then you will carry a lot of beliefs and associations that are hurtful. All of us carry some of these painful pictures around. Most of us have seen somebody, that we care very much about, when they were very angry, screaming, or crying. And further, because no one is the way they “ought to be”, nearly all of us have felt some time felt rejected by our parents even though they may loved us. And, if you are not the way you “ought to be” then there must be something wrong with you. This makes us feel second rate and inferior. These old injuries often occur in our childhood and are carried throughout our lives unless they are repaired.

Catastrophizing & Touch Disorders



Gifts from our Parents

If you are a catastrophizer, it's almost always because you know a catastrophizer who was usually your parent. And your parent knew a catastrophizer who was probably her parent, and so on. If you have a touch disorder, chances are high one of both of your parents had a touch disorder.

We always get two things from our parents. We get their 'knowing' and their 'not knowing'. So, if mom was really good with a checkbook, always had the budget balanced, knows where every penny is, then probably I'll also be good with a checkbook. But if mom had a touch disorder, then I may have a touch disorder too.

Could-ing on Each Other

After learning about the dual-world, my wife and I were both able to could on each other. I was able to tell my wife Judy that my “ought to be” Judy would be less catastrophizing. And she told me that her “ought to be” Tim would be warm, affectionate and more comfortable with touch.

So, after thinking about it for a while and I said, “Well, my “ought to be” Tim would also be warmer, affectionate and more comfortable with touch. And she said, “You know, my “ought to be” Judy would be less catastrophizing.” So we helped each other move towards our mutual “ought to be”s.

Mutual “Ought to Be”s

If you can't agree on mutual “ought to be”s with the important people in your life then you don't have a sound basis for a successful relationship. You will probably be better off terminating that relationship. But before you decide to end a relationship, you need to make sure both of you understand the dual world.

When I worked with couples in stressed and troubled relationships, I would teach them about the dual world. This was often the very first lesson, because it explains so much about human relationships. And when we reached the point in counseling where I felt they understood the dual-world, I would say, “Now let's talk about what's wrong.”

Defining our “Ought to Be”s

The wife would say, “Well he’s doing this, and it really annoys me.”
... “All right, so your “ought to be” husband wouldn’t do that.
He would do something different.”

And then the husband would say, “Well, she is doing this, and it really annoys me” ... “All right, so your “ought to be” wife wouldn’t do that. She would do something different.”

Now are the two of you willing to could on each other? To put away your shoulding, and instead invite each other to change. Pulling each other with invitations, and leading each other with kindness in the right direction?

RESPECT

And you would be amazed at how often individuals using this model can decide that they really would like to move in the directions that the other individual really does want. And that it hasn't been that they didn't like the idea, in fact they often agreed.

But they want to feel respected. They didn't like being pushed. They didn't like being shoulded on. They didn't like feeling NOT OK, bad, defective, not all right. They didn't like being treated as inferior and without respect.

Getting Home Late

Imagine you are occasionally late getting home because you work overtime to help pay the bills, sometimes you forget to call your wife and she always gets upset. One day she gives you an ultimatum, “You never call me when you’re going to be late. If you don’t start calling me, I’m going to leave you.”

Now you start thinking, “Why should I have to call her? I am working hard for her and the kids. She knows I’m not goofing off. She should trust me. How dare she threaten to leave me for working so hard for the family. I shouldn’t have to call her.”

So my wife is shoulding on me, and I am shoulding on myself. Maybe one of my friends is shoulding on me as well, perhaps telling me that I shouldn’t let my wife tell me what to do. And I become reactive and say, “No. I’m not going to let anybody tell me what to do.”

Moving from Should to Could

Remember the space-mind is in charge of survival. Survival is an individual experience. When you are angry, when you are hostile, when you are in a rage, you are fighting against the world.

So if we can get rid of the shoulds, and the badness, and the NOT OK's, then very often human beings can say, "You're right. I could call you when I am going to be late. If you'll stop telling me that I should call you, then I could call you."

Now the time-mind doesn't think there is much difference between saying, "You could call me," rather than, "You should call me." But the space-mind feels an enormous difference. Remember, it's not what you say it's how you say it.

Reading Body Language

The time-mind focuses on content, while the space-mind focuses on the process. And, your could has to be genuine.

If the tone of your voice is demanding when you say:

“YOU COULD CALL ME!”

then your words will not be heard as a request.

The space-mind is an expert at reading tone of voice and body language. We cannot hide our true feelings from the space-mind of others. Your could-ing must be a true invitation. A request for change, never a demand.

Lead the Way

A could is a pull. An invitation to come along. Lead those you would like to change including yourself.



Future Positive

So if we want to make progress in our personal lives, or as a community, we must learn to could on each other—to pull our fellow humans from the world of “is” toward the world of “ought to be”— to pull our fellow humans from the real world toward the ideal world.

We humans could solve our problems. We humans could work together. We humans could love each other.

And, together we could build a world without hate — a world without crime — a world without war. Together, we could do anything.



Develop Calmness for Self

Practice Unconditional Respect for Other

Be Ready, Able, and Willing to Change

Live your Life Intelligently and Wisely

Live by Reality's Rules

Balance is the Key to Validation

Obtain Meaningful Survival by seeking Pleasure and Satisfaction

Making True Progress by Could-ing on Each Other