

Eve: 1.11-3.14

The Center of Your Universe

A looking glass into behavior, habits, and your mind

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**This is the debut article of the Tool Army Periodical entitled: “The Center of Your Universe”. Enjoy.
Reach out. Act. Grow.**

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Greetings in Light/Love. This is the first Eve (1.11-3.14) of the Tool Army Periodical (TAP) entitled: “The Center of Your Universe.” We encourage you to read “Introduction to TAP” located in the Right Area before you continue into the subject matter of this Eve.

The Mind

This seems an appropriate starting location for the evolution of the TAP Eves. I would like us to full-heartedly dive into an investigation of the Mind, and specifically how it interfaces with the body and facilitates much of what we consider ‘every day life’ and ‘our belief and habit structures.’

A man named William S. Moxley has written a volume of genius work concerning the mind, our habits / behavior, and has proposed a fascinating model for ‘how the mind functions’ or ‘neuromechanics.’ Much of our initial discussion will integrate his work into preliminary understanding. The work is called “The Center of the Universe”

The all-mighty Habit – Why should I keep reading?

I will refer to them as the Habit Routine [HR]. Before we dive into some deep technical talk about HRs I would like to preface the reason for examining this topic. The world is changing very rapidly, as most can detect, and a new science is rapidly boiling to the surface as evident by the growing popularity in Consciousness Science.

Movies like “What the Bleep do we Know”, “The Secret”, “The Matrix Series”, and presentations like “The Science of Peace” are becoming very mainstream and affecting the collective consciousness of the entire planet. So much radically new information is being presented that I think it is fair to say that most people understand the implications, understand the possibilities, yet have a very real and de-motivating trouble understanding how to apply these practices, or how it relates to them personally.

I believe the first step is to create a useful and relatively simple to understand model of our Mind complex and how it interfaces with the fundamental elements of our ‘existence’ as a human being (a mind / body / spirit complex). And so we shall continue. . .

What is a Habit Routine [HR]?

The word habit is not foreign to most people; in fact, it is a very simple concept for most. However the HR that I will be speaking of goes deeper than the classic understanding. The purpose of a HR is to make your life easier by eliminating the laborious process of thinking, analyzing, and reasoning. It is a survival technique, but can severely inhibit growth if not understood properly. The classic understanding is I have a habit of “biting my nails” or “smoking after a meal” or “having a cold one after work when you get home.” These are definitely Habit Routines, but they are of a rather complex nature. HRs can be understood on a more basic level AND in relation to cognition [the aspects of perception]. A HR is part of a larger more complicated neural system I will refer to as the Habit Routine Search, or HRS. We will talk about the Habit Routine Search – in detail - at a later time.

It is important to understand that HRs are connected with every function of your human body. The ‘Mind’ itself is not necessarily a physical thing –as most people would define physical- but interfaces with the physical properties of the body to perform various functions.

The Tool Army Periodical [TAP]

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Let's talk about perception

A habit routine [HR] is comprised of several pieces of memory that are assembled on the fly according to Environmental [ENV] data and according to the last known impression of relevance. The HRS system also uses a system called Logical Memory Access (LMA) which will be explained more in detail in a later edition. In order to talk properly about the HRs of perception we need to understand the difference between the act of consciously thinking and what is happening before you become conscious or aware of something.

Consciousness [CON] and Pre-consciousness [PRECON]

Both of the above terms will be used quite frequently and will from here on out be referred to by CON for conscious / awareness thinking or PRECON for the act of pre-consciousness. This concept is critical in developing a powerful understanding of behavior, how to change it, and how to gain perspective of it. People tend to think that their conscious mind is in control of their choices and their perception, but this may not necessarily be the case. CON interfaces with PRECON in what I will call a feedback loop.

CON is what you are aware of, and the ability of reasoning and problem solving. PRECON includes ALL activities that take place before information is selected to be given to your CON.

Let's talk about the cognitive ability of Sight. When you see a tree you do not expend any energy (that you are aware of) in thinking "what is this object I'm looking at?" You know instantly that you are looking at a tree. When you anticipate performing a turn in your vehicle you do not consciously calculate the muscle tension required in your arm to execute the turn correctly. You just seemingly instantly know these things. How is that possible?

You have a HR of seeing a tree. You have a HR assembled to turn your car. All of these actions and much more have been previously assembled throughout your life depending on the choices you've made.

Let's get into detail about perceiving a tree

"How come I don't have to think to know that this is a tree?" Well the logical response would be "because I already know that it's a tree" But do you really realize what that is implying?

Here is how it works. ENV data is collected through your sensory organs. ALL ENV data is collected and stored in your MEMORY in the form of holographic images / symbols. Depending on the information being received from CON (such as the current task at hand) your PRECON places significance on certain ENV data and then the HRS uses LMA to recall the appropriate actions. Once the appropriate data and actions have been decided ONLY the information required for survival / success of the current situation, are transmitted to your CON awareness. Please be mindful this is an extremely simplified version of a process happening millions of times a second in your mind. The simpler the explanation the better for the purpose of understanding.

So what does all that mean?

It means your PRECON makes choices and determinations before your CON awareness ever has a chance to think about it. That's right. That may come as a shock, but a simple demonstration will help you understand how this is happening. For instance, when you look at a tree you cannot "choose to not know that it is a tree." When you hear your mother's voice or see a picture of a familiar face you cannot "choose to not know who it is or to not attach meaning to it automatically." If you think you can, be careful that you are not recognizing the data and then choosing to pretend that you do not.

ALL perception happens pre-consciously [PRECON]. Every instance of perception has fragmented HRs associated with them. You have a HR for perceiving the frequency of the electromagnetic spectrum associated with the color blue, you have a HR for perceiving the frequency of a sound wave as a vibratory complex known as your name, or someone else's name. HRs are assembled for every aspect of your cognitive abilities. These HRs become extremely complicated, intertwined, and efficient as you move through your life and concentrate on certain aspects. "Muscle Memory" is an aspect closely related to cognitive HRs.

Idea. The Survival of the HR

HRs are stored in your memory with relevant data concerning the success/failure of the cumulative outcomes of all the time that or a similar HR was recalled for action/response. When a HR succeeds (success is a highly debatable topic and should be carefully thought upon) in taking you through an experience it is stored in your memory as “The HR for this event.” So next time you experience something similar you do not have to think and are given the answer automatically. Obviously there is a certain threshold relative to ‘success’ and the automatic recall with a complex known as ‘difficulty’ or discipline. One of the main points to walk away from this with is that you only become aware of the data essential to your survival when you are in a highly automatic / robotic state of mind.

Once your awareness is given the information it is requesting you must consciously choose to analyze your automatic response. At that point you have the ability to feedback new information into your memory. This creative or ‘high level’ conscious function is paramount in reconfiguring your HRs and implementing new behavior and changing old behavior.

How to apply this knowledge

Here we will discuss the practical applications of this extremely simplified explanation. In order to escape destructive habits, implement new knowledge, or to just generally understand yourself and your own behavior better you must strive to pull yourself out of a zombie like state of robotic existence. The evolution of the HRS started millions of years ago and has become increasingly engrained in the minds of all animals and especially the modern day Human Being. Eventually a human being can get to the point where very little to no actual high level thinking occurs and their entire lives (for the most part) happens automatically with HRS system in agreement with past events that were identified as ‘acceptable’ or ‘successful.’

Think about how powerful this CON and PRECON feedback loop can really be. If you are consciously aware that this is happening then you can carefully choose to analyze each of your automatic functions, and feedback the new function that you want to recall. Also know that anytime you learn information, or react to a situation you are storing that reaction in your memory and making it accessible by your PRECON. This can be a very good or a very bad thing. REMEMBER! The PRECON chooses what your awareness analyzes based on events/choices your CON made in the past and then fed back into the PRECON! I cannot stress the importance of that point enough. Just knowing this information will dramatically change the paradigm of your behavior and how you perceive the behavior of others.

The Intention / Conclusion of the TAP Eve 1.11-3.14

The intention of this article is to provide a starting point for discussion into this topic, to raise awareness and interest of our collective, and to provide a basic introduction to the Tool Army Periodical [TAP]. The topics of TAP will demonstrate great diversity. Some will be far less technical, some will be far more technical and involved. We are very excited to see how this initiative progresses and evolves as a highly charged social complex interfaces with the entity known as TAP.

This presentation is by no means a comprehensive explanation of the above explained topics. This is meant as a starting point and will be expanded through conversation, future Eves of TAP, and in the Right Area of this edition or future editions.

Remember you can visit this article outside of the Tool Army website, or refer it to people who are not members of the TA by providing them the link below. Please come again!

We leave you in love/light.