What Freud Really Said!
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Freud never penned these principles, as I do here! They are axioms in the sense they are self-evident truths when viewed along the lines he pursued in his research.
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If these 12 precepts don’t seem obvious to you, then let me state that when you work with the mind and memory, seeking to release thoughts, feelings and behaviors from control by past events and decisions, you will see them at work 100% consistently.
What Freud Really Said!

1. Memory is the mind's recording of past events, which happened to an individual, from the first moment of consciousness to the present (NOW).
2. Much of memory is hidden. The fact that it is hidden does not mean that it does not exist. Freud called this buried material subconscious memory.
What Freud Really Said!

3. Subconscious memory is powerful. It retains the violence and force of original painful and counter-survival experiences. Time does not diminish this latent force, merely obscures it.
4. Hidden memory is the most destructive because it cannot be interpreted by reason. Subconscious memories can take control of conscious personality and force its imprint on thoughts, actions, dreams, phrases and other mental processes.
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In doing so, the subconscious mind does not reveal itself except by inference.
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In doing so, the subconscious mind does not reveal itself except by inference. A “Freudian slip” is something in the subconscious revealing itself in language.

The Psychopathology of Everyday Speech
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5. The conscious analytical personality will rationalize these unwanted actions, thoughts, emotions, dreams, phrases and other mental processes, without recognizing the true origin of them. It tries to "make sense" out what is happening.
6. Hidden memory can also evoke physical symptoms, such as pains, malfunctioning organs, and other signs of organic disease (psychosomatic illness).
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7. If the buried memories can be contacted and experienced in a conscious, knowing way, their force diminishes and the hold over conscious processes is relieved.
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8. One way to access such hidden memory is to re-experience it, as if it were NOW, undergoing feelings, thoughts and sensation within the original time reference. This is called *abreaction* or revivification.
9. Once contacted and re-experienced, these hidden memories return to normal conscious memory and are made available for rational thought processes.
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10. The individual experiences a resurgence of self-determinism and freedom, in proportion to the quantitative release of hidden distressing memories.
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11. Memory experiences tend to be associated in linear sequences, or “threads”; latest back to earliest. The first time it happened (the root) is key to releasing negative effects.
12. The earliest event on a thread may not be available easily but will emerge as later events are abreacted, bringing to earliest or root into view. Freud called this unburdening.
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The **problems with psychoanalysis** seem to be four-fold:

Firstly, it takes an inordinate length of time (perhaps years). This means ultimately it is expensive, which is good for the analyst but not for the patient.
Secondly, it is essentially unguided and the difficulty with problems in the mind is that we tend to shy from—and have trouble confronting—that which is most destructive and hurtful to us.
Thirdly, synthesis is dangerous. If the analyst gets it wrong, the incorrect "explanation" of the person's troubles only adds to the problem by becoming a further confusion, which is then also part of the problem.
Finally, the interpretation becomes the excuse, not a real solution. Instead of being fully integrated, the patient sails through life with a “reason” to flaunt, which “explains” why they are not fully integrated.
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So today we hear deprecation of what are loosely termed regression therapies (or sometimes called "historic work"). The reason that so-called regression therapy often appears ineffective is really a question of poor therapeutic technique.
The way to reduce the power and charge on an event is to re-live it many times, without comment or interpretation. This takes patience and understanding. Gradually, the “psycho-naut” flies free. (see also meter demonstration).
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Practitioners cannot seem to keep their own case out of the way and insist on interrupting, explaining, correcting, interpreting and otherwise adding to the patient's story, all of which is counter-productive.
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When Wagner Bridger, president of the Society for Biological Psychiatry, declared that personality is in no way affected by childhood and there is no relationship between early experience and adult outcome, we realize that science, can at times, be very, very, very silly.

July 1969 Clinical Psychiatry News
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Fortunately, we have Supernoetics™ piloting, “GPS for the mind” like the InnerTrac™ and rigorous training in dealing with issues.

You could call it Electronic Kinesiology!