



CORPORATE PERFORMANCE IMPROVEMENT THROUGH  
FOCUS ON THE HUMAN DIMENSION

## 'Stone walls do not a prison make, Nor iron bars a cage'

Excerpted from 'To Althea from Prison' (Richard Lovelace - 1618-1657)

Freedom from our thinking... release from the straight-jacket of our accumulated ideas, beliefs, opinions, judgements (about ourselves, others, and life in general), our memories; positive or negative. Freedom from all this is psychological freedom. Such freedom cannot be understood without also understanding fear, its source and impact. Fear is a creation of our capacity to think and a re-creation of our past. Fear blights the lives of individuals, is the bane of humanity and the antithesis of freedom. Fear epitomises the problematic aspect of memory.

## PSYCHOLOGICAL FREEDOM

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At best, memory is an intrusion into our moment to moment experience of life distorting the simple reality of what is. At worst, our past accumulation (including all fears) renders us frozen in time and lost in complexity.

However, let it be said that to live life unfettered by memory is impossible... a life uncontaminated by fear - equally impossible. Nor is it necessary or even desirable.

Psychological freedom is possible and essential if we are to live life from the deeper reality of love, peace, wisdom and common sense... the human manifestation of our true spiritual nature; rather than from the blindness of our dead yesterdays... fear, hatred, jealousy, envy and greed. The antidote to the paralysis of fearful thinking lies in understanding the root cause... memory. In understanding the true nature of memory we experience life free of the crippling affect of all frightening or traumatic past events. With this understanding comes a life of psychological freedom.

The repository of all fear is memory. Memories fall into two groups: **Memories Having Practical Use**; and **Memories with Little or No Practical Use**. Each has two sub-groupings: **Non Fearful**, and **Fearful Memory**.

### **Memories Having Practical Use (Practical Memories)**

**Non-Fearful examples are:** reading, tying shoelaces, washing dishes, speaking, driving a car, cooking; brushing our teeth.

**Fearful examples are:** avoiding accidents with boiling water, walking around a snake, looking both ways before crossing the road, being careful with poison, saving for a rainy day, understanding high voltage electricity. Memories having practical use are (mostly) considered a blessing ('mostly' becomes clearer a little later). Without them we could not repeat yesterday's most basic tasks; fearful and non-fearful.

### **Memories with Little or No Practical Use (Psychological Memories).**

**Non Fearful examples are:** fond memories of a childhood romance, recalling a beautiful sunset, the feeling of joy when thinking of a loved one; remembering a past glorious moment. (There is no space in this article to elaborate on why even these memories have little use other than to say that they keep us from being present to the possibility of now).

**Fearful examples are:** animosity toward authority, phobia of flying, anxiety with public speaking, racial hatred; and procrastination.

Psychological Memories, non-fearful and fearful, when misunderstood, are invariably a curse ('invariably' becomes clearer a little later). In not understanding Psychological Memory, our emotionally charged thinking around the past, we live under the tyranny of yesterday. It is also true that we live under that same yoke with our Practical Memories but the consequences to our day to day happiness and relationships are not as damaging as with Psychological Memories. The following can be said to be true with regard to all memory, practical or psychological:

- What we experience today is ruled by memory... our ideas, beliefs, opinions, and judgements.
- Irrespective of the content or detail, memory is to our moment to moment experience of living what breath is to life.
- All memories, whether we deem them positive or negative, are relics of our past posing as our moment to moment personal reality... our personal truth.

That is why memory is both a blessing and a curse. A blessing in that we consciously recreate what we experienced yesterday and a curse in that we unconsciously recreate what we experienced yesterday. We are indiscriminate as a result of not understanding - that is the crux! Memories of all descriptions, not '*stone walls or iron bars*', create the prison; in which we live such limited and limiting lives. It is Memory that has the world stuck in the mire of conflict and strife. It is the memory of yesterday's grievances in which relationships are trapped, preventing a fresh start; a clean slate. Let me give you an example: Whilst on one hand it is enabling to have a certain skill (another name for memory) such as farming the land in a particular way... on the other hand it is that very knowledge (another name for memory), that can get in the way of discovering how to farm in a way that would be more environmentally sustainable and economically viable. Knowing how to farm could be described as a memory having practical use, you could say a blessing. But is it a blessing or a curse, when a well-intentioned but misguided farmer persists in working the land in a way that progressively turns arable soil into a salty wasteland?

When we add a fearful psychological memory into the mix, such as being punished severely as a small boy for experimenting with new ideas, that farmer may be rendered impotent - unable to respond to the need for discovering how to prevent further loss to salt and to reclaim the land already degraded. A long forgotten decision to tread only the path of tradition, in this case the family farming tradition, is the prison of his past. His psychological fear of trying something new might be strong enough to ensure the extinction of good farming land and destruction of the 100-year-old family business. Memory certainly has its practical uses. It has its fond memories. It is also home for all fear and fear's offspring, arrogance, ignorance, authority, power and control. Is it not our individual and collective fearful past memories that block psychological freedom and the flowering of love, peace, wisdom and common sense...the noble feelings that epitomise the deeper spiritual nature of humankind? And therefore, is it not our spiritual nature that will bring into being the following?

- Peace and love in family
- Peace and love on earth
- Sustainability of the earth in agriculture, mining, industry and commerce
- Food, shelter, education and equality of opportunity for all
- The transformation of government and business into servants of the people

I am suggesting that peace, love, wisdom and common sense, are expressions of human psychological freedom, our inherent spirituality manifesting... and not something we learn. Fear we learn. Fear is part and parcel of memory. Peace, love and other freedoms like wisdom, common sense, gratitude and joy come from a deeper place within... a place that is a priori to memory. Before memory, that is: before thinking, is Mind. Mind is the source of the human experience called Life. Mind is not to be confused with the brain... the physical organ enabling the human manifestation of Mind. Mind, as the source, is the natural order of things. The rest we make up as we go, using the two elements of Mind that provide humanity with the capacity to create our moment to moment reality of living, and the free will to experience and navigate our way through life. These two intangible but clearly observable elements bring into creation our Life, for better or worse. One is Thought, the other Consciousness. Thought is the element of Mind with which and from which we create our thinking. Thinking, all mental activity, is the form that Thought takes within our Mind. Consciousness is the element of Mind that enables us to a) be aware that we think, and b) be awake to what we are thinking, and c) understand that in thinking we create and experience our moment to moment reality as a human being. Mind, Thought and Consciousness are the three spiritual principles that are the engine room of the human experience... the Life you and I are a part of. In coming to understand these three universal principles we see that we are making up our moment to moment reality, whatever that reality is. We further understand that we are either creating our reality from memory, that is recreating the past in the moment, or in the moment creating a fresh reality free of past fearful memories. If you see what has just been explained you will realise that all memories, Practical or Psychological, fearful or otherwise, are recreated in the moment via Thought. And in so seeing you will experience psychological freedom from the past.

## Summary

Psychological freedom from memory and therefore from fear does not mean that you will not experience fear. That, as pointed out earlier, would not serve you well. It does mean that you will no longer be fearful of fear itself. Fear will be experienced and understood for what it is... memory carried from the past into the moment and projected into the future. You might call fear an illusion.. an illusion that might be helpful, or one that might be an illusory 'ball and chain' that anchors you to a painful place in time that no longer exists. Practical Fear keeps you from burning yourself with fire whilst Psychological Fear keeps you from using fire at all. Practical fear is coupled with wisdom and common sense and can be a help; not a hindrance. Psychological fear can be immobilising and self-destructive when we recreate a past traumatic event or a moment that occurred long ago.. an event which is not happening now and is unlikely to ever happen again but (for example) still gets in the way and prevents you having a loving sexual relationship with your partner. See the past (another name for memory) for what it is... something that no longer exists, carried through time via memory, recreated in the moment and projected into the future... and be free.

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