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THE LOGIC OF EXPERIENCE

Keith Blevens, Ph. D.

What if there was a way to understand human experience that *in and of itself* created resolution of psychological problems? Do you have any idea what this would mean for the health and welfare of the world? Psychological problems are the open wound of our civilization. The devastating impact of these problems reaches every person, home, workplace, town and government every day.

What if this way of understand experience exposed a pre-existing logic? What if this logic, when realized, revealed the illogic that is singularly responsible for the perpetuation of psychological problems?

People do not need psychological help they need to understand the logic of how their experience is being created. When people insightfully realize that thought and feeling are inseparable, it changes their perception, experience and behavior. Human problems are the thinking, feeling and behavioral results of misunderstanding this inseparability.

The absoluteness of this inseparability was realized by Sydney Banks. He did not discover it; he insightfully uncovered how this pre-existing logic works. Once he did, he spent the rest of his life teaching others to see it. He taught this as a new psychological understanding based on three principles. He redefined the basis of the human experience and formally taught this as The Three Principles; Mind, Consciousness and Thought. Sydney Banks saw how the world's psychological problems, the atrocities, the starvation, the depression, the violence, the wars, the stress were linked. He said, "You can never change that. Never, never, never in a million years. Not until you change the thought system of humanity. When you change the thought system, all that vanishes. All hate, all that vanishes. It's all thought. That's all it is."

William James is regarded as the father of American psychology. In 1890 he published his book, The Principles of Psychology. In it he clarified that the field of psychology really had no true principles. It was caught in an era of development like physics before Galileo or chemistry before Lavoisier. He regarded his own work as exploratory but provisional. His great hope was for the eventual discovery of the causal laws of psychological experience. He said such a discovery, realized on a large scale, would make the importance of everything humankind has developed technologically since fire, pale in comparison.

We now actually hold this discovery in our hands. It is not, of course, realized "on a large scale". It is known only on an incredibly small scale in fact. But we do now know it! We know the logic that exposes the illogic the human race can use to resolve their psychological problems.

Now that the discovery is here, the question is: What are we to do?

Keith Blevens, Ph.D. is a licensed clinical psychologist with degrees from Indiana University and Texas Technological University. He first met Sydney Banks in 1977. He has taught the Three Principles in businesses, Veterans neuropsychiatric hospitals, rape treatment, community mental health and private practice. He has been an adjunct faculty member at six universities and Director of a major university counseling center. He has served as a teacher, trainer and consultant in the Three Principles to businesses, organizations, psychologists, helping professionals, individuals, couples and families. Dr. Blevens is currently authoring a book which includes an interview with the late Sydney Banks. For appointments contact keithblevens@gmail.com. Sydney Banks materials are found at sydneybanks.org, then click on Lone Pine Publishing.

HOW OUR THINKING WORKS

Keith Blevens, Ph.D.

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Most people would like to be able to stop thinking about thought that is undesirable or unnecessary, but they find it hard to accomplish. Also most people would like to have wiser and more intelligent thought so they could live a better life. These are all good ideas but without a practical way to accomplish them they are not of much help to us. There was a man who understood and taught people how to better understand their thinking. His name was Sydney Banks. He saw the logic and wisdom of understanding thought from a more basic level. Seeing thought from this viewpoint revealed a practical understanding of how thinking works. This new understanding provided insight that helped people drop unwanted thought, not create as much unnecessary thought and have wiser and more intelligent thought. Sydney Banks taught this understanding through psychological ideas that revealed the deeper logical nature of thought. Through stories, lectures, books, CD's, DVD's and the example of his life, he shared his wisdom. We met Sydney Banks in 1977. We studied with him for the last 32 years of his life. He dedicated his life to teaching and consulting with people who were interested in learning and teaching what he had insightfully realized. There is no "how to do it" way to go about learning what Sydney Banks understood. Most people learn by simply listening to or reading his materials or they learn from teachers and programs that share what he taught. It seems it should be more complicated, but learning comes about by listening or reading and then experiencing insight that comes from within.

Insight is an extremely leveraged way to learn. Because each of us is unique, what we learn from inside is custom designed to be relevant and speaks directly to us. Insight has a feeling of vitality and wisdom that keeps us interested in learning more. We do not have to create this interest. The deep impersonal feeling of insight reminds us of our unlimited potential for new thought.

Sydney Banks helped us take a new look at how our thinking works. He did not teach through the forms of traditional psychology, morality or traditions. He taught through the formless nature of insight. This forced us to take a fresh look at something we had lived with all of our lives, our thinking. He knew that there was wisdom and power in understanding thought at a principle based level. He was tenacious about the importance of insight in understanding what he was pointing to.

He helped us see the value of understanding that at a basic principled level there is a logic that explains how thought works. There is a pivotal point in understanding thought that appears to be unimportant, but turns out to be profoundly important. We have the misperception that thought and the feeling of thought can be separated. Realistically, it is impossible to separate feeling from thought. The feeling of the thought defines the meaning of the thought.

The fact that no one can think love and feel hate in the same moment or vice versa is a constant example of the principle of thought that is true every time we think.

This single misunderstanding about thought creates unnecessary and unwanted thinking that diminishes the opportunity for wiser and more intelligent thought.

It also creates barriers to dropping thought. When we artificially separate thought and feeling, it creates the possibility that the way we feel or our perception is being caused by a source other than our thinking in the moment. It is at this exact point that we part with logic. We misplace power outside ourselves and we become distracted by and reactive to these imagined other reasons for the way we feel. We think about this other source as if it is real and we focus on it. We forget that thought and the feeling of thought cannot be separated. We get distracted by this thinking. We then take our focus off the power of thought as the source of why we feel the way we feel. It is like thinking it would be ok to separate driving and being in control of the car. Driving without realizing that you are in control of the car would be a disaster. It would be like driving and getting distracted from watching the road, because we were focused on something else. This would not be a wise way to drive and it is not a wise way to think.

When we separate our attitude or the way we feel from our thinking we dismantle the intelligence of our feeling feedback system. Our feelings can no longer alert us to what our thinking is doing. Our focus immediately attaches to something outside ourselves and we lose track of the fact that the way we feel is an inseparable part of our thinking.

When we lose track, we think that our feeling or attitude is a comment on a situation or someone else. It is not. It is a comment on the way we are thinking.

When we do not separate our feelings from thought we have an opportunity to take advantage of our feeling feedback system to alert us about how our thinking works. We learn where our thinking takes us and what that feels like. We intelligently embrace some thinking and drop other thinking. This understanding *itself* empowers us to be self-correcting advocates for ourselves rather than living in reaction to outside sources.

Each time we understand it is always our thinking creating our feeling, it eliminates other possibilities as distractions and we naturally and logically are enabled to drop unnecessary and unwanted thought. We then have more space in our minds for the newness of insight and wisdom.

It does not appear that understanding this basic simple principle about the inseparable nature of thought and feeling could really matter or make such of a difference. But in fact, it is life changing.

Experiencing the pre-existing intelligence of the oneness of thought and feeling is beyond individual intelligence. This oneness eliminates the feeling of separation and we experience the impersonal nature of life and we change.

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Valda Monroe is a mother, artist and writer. She is a Three Principles counselor, consultant and teacher. She first met Sydney Banks in 1977. She has been married to Keith Blevens for thirty-two years and they have been collaborating on Three Principle projects throughout that time. They have a daughter, Mattie, who is 23 years old.

Keith is currently working on a book which includes an interview with the late Sydney Banks. Keith and Valda can be reached through their e-mail, keithblevens@gmail.com. Sydney Banks' Three Principles materials can be found at sydneybanks.org then click on Lone Pine Publishing.