

THREE PRINCIPLES
PARADIGM
QUOTES

and

Implications NOT
Applications

Keith Blevens, Ph.D.

Valda Monroe

William James (1842-1910) is widely recognized as one of the greatest psychologists and philosophers the world has ever known. He is the father of American Psychology. He made enormous contributions to the fields of psychology, philosophy, literature, and religious studies. He was the first president of the American Psychological Association.

His most famous books were *The Varieties of Religious Experience* and *The Principles of Psychology*.

James' vision was that psychology would be a natural science, like physics and chemistry. But it had no principles or laws. It was in a pre-scientific, pre-paradigm era of development like physics *before* Galileo's laws of motion and chemistry *before* Lavoisier's laws of conservation of matter in all reactions.

“[psychology had] not a single law in the sense in which physics shows us laws, not a single proposition from which any consequence can causally be deducted. *We don't even know the terms between which the elementary laws would obtain if we had them...*the Galileo and the Lavoisier of psychology will be famous men indeed when they come, as come they someday surely will.” (italics added).

William James
Psychology: The Briefer Course, 1892

“Sydney Banks is the Galileo and Lavoisier of Psychology.”

Keith Blevens, Ph.D.

William James’ great hope was that the eventual laws of psychology would be recognizable to the common man. He said when these came, if recognized on a large scale, they would be more important to humanity than any technological discovery since fire.

“There was a great psychologist, the father of psychology, his name was William James. He had an insight. This insight was somewhere inside of everybody lay mental health. But he couldn't prove it. And he was honest enough to say he didn't know the answer. But he did say hopefully someday, somewhere, somebody would discover principles that would change Psychology from a personal philosophy into a working science. I honestly believe we have found these principles, the principles of Mind, Consciousness and Thought.”

Sydney Banks
Attitude

“I stood up to try to explain why I was laughing. Instead of doing that I turned around, looked out the picture window at the ocean, and it was like being sucked down a tunnel. All of a sudden I was buzzing and there was white light all around me, just buzzing, buzzing. And I was in the middle of this light. Nobody could see it, just me. And it was like I was captured in this white light and it was just buzz, buzz, buzz. Right there and then, I realized the true meaning of God. And I started to cry.

I turned around to Barb [his wife] and I said, ‘I’m home, I’m free, I’ve made it. I’ve conquered this world. This means to say that you and I will be traveling all over the world. We’re going to change psychology and psychiatry so millions of people will be healed.’”

Sydney Banks
Long Beach Lectures – The Experience

THE THREE PRINCIPLES

“The inside is all created from the usage of the Three Principles of Universal Mind, Universal Consciousness and Universal Thought.”

Sydney Banks
Attitude

“From the cradle to the grave all life is a psychological experience.”

Sydney Banks
Attitude

“We all stem from the One Consciousness. We are One Divine Thought. The entire universe is One Divine Thought.”

Sydney Banks

“The wholeness and neutrality of all Mind, all Consciousness, all Thought cannot be separated nor can any one of them be split. They are each all true, all whole, at once.”

Keith Blevens, Ph.D.

“The Three Principles are the 100% common denominator of all psychological and spiritual functions (all feelings, attitudes, insights, experiences, wisdom, states of mind, etc.). It all comes through Thought.”

Keith Blevens, Ph.D.

“You must see in the singular if you want to find the truth.”

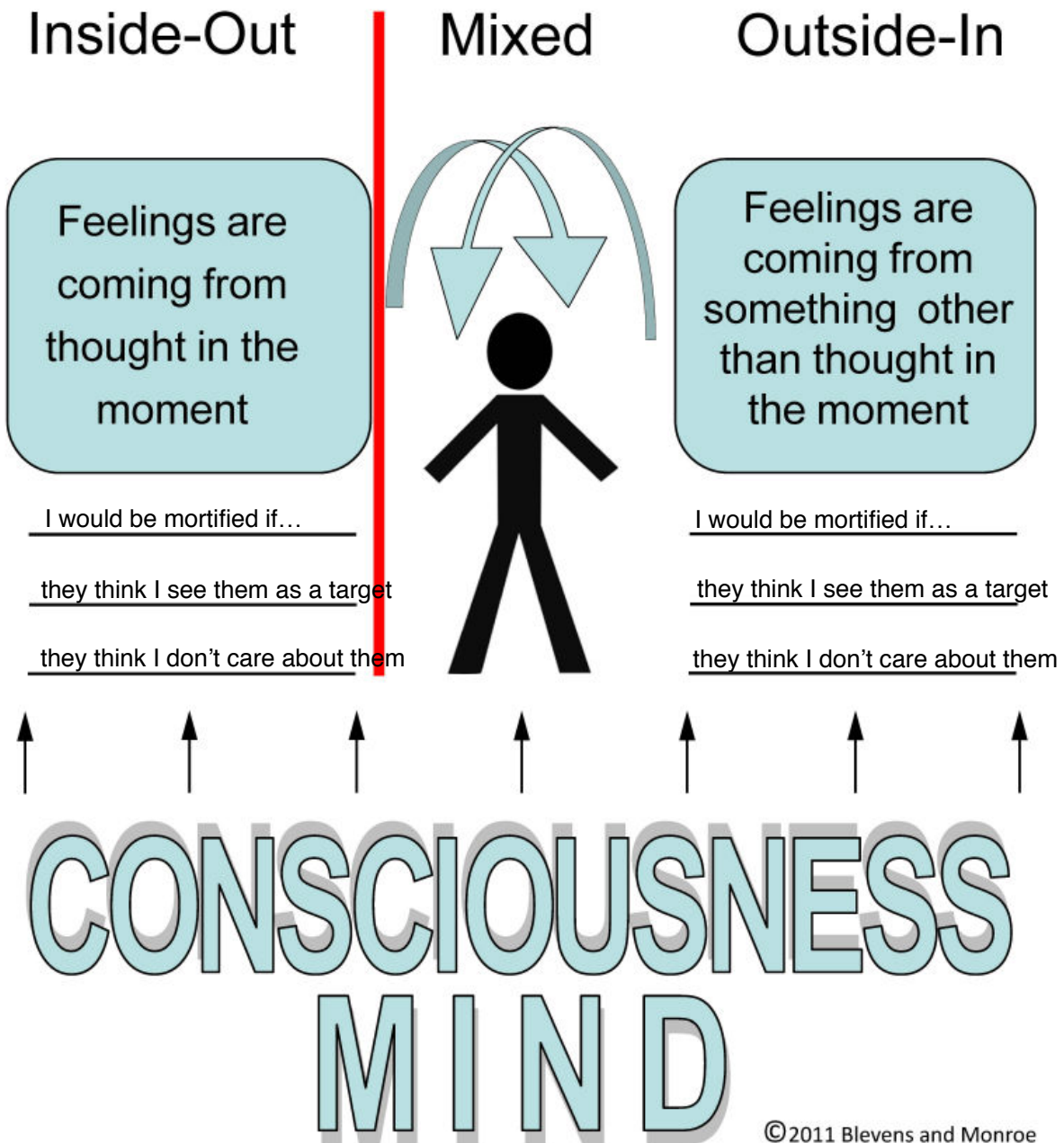
Sydney Banks
The Missing Link

“The Three neutral Principles will not choose for you what to think. But there is nothing neutral about the truth of their impact. There is absolute direction, unavoidable evolution, and self-correction built into them.

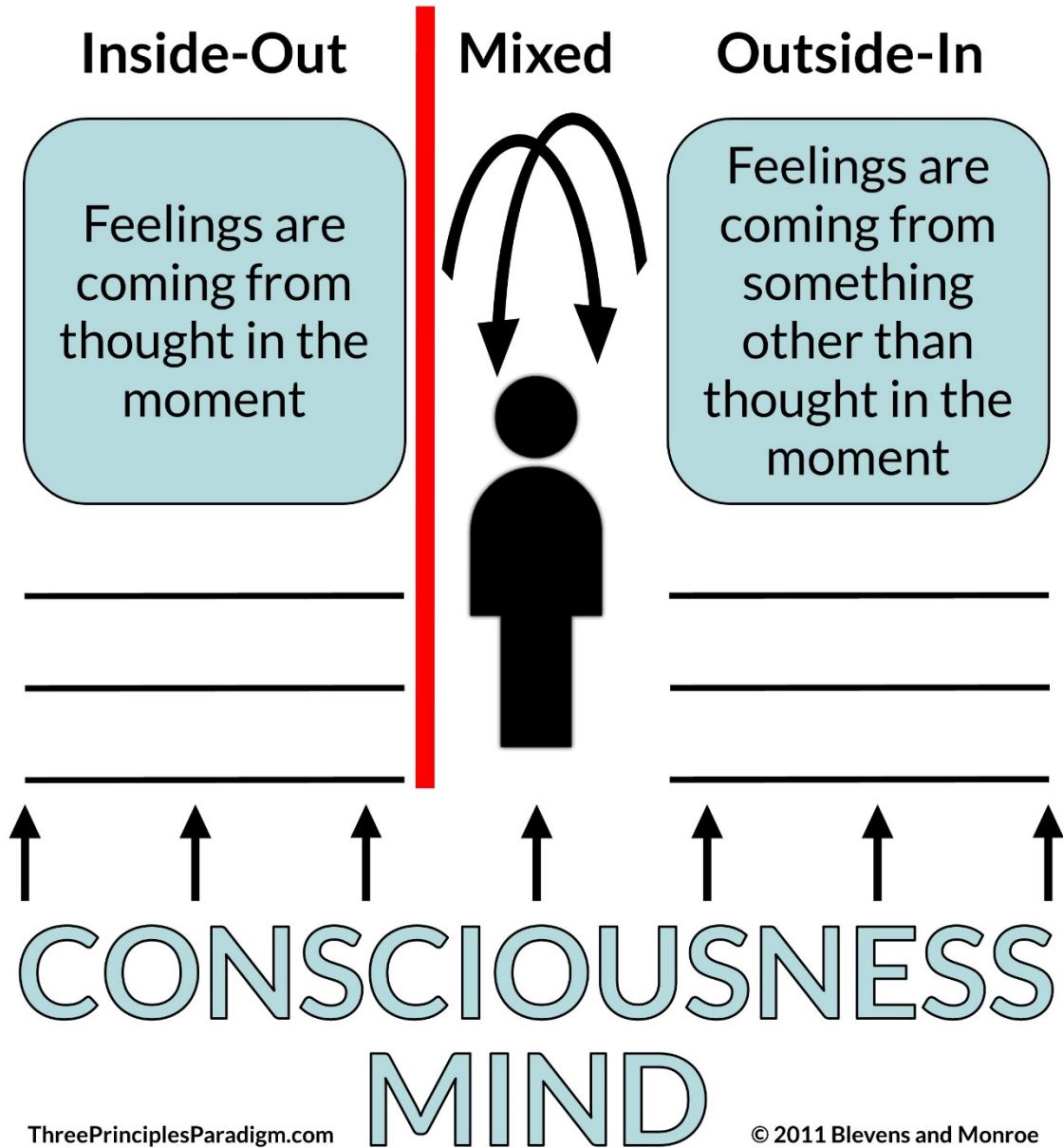
This paradigm enables us to insightfully recognize what is not possible and, therefore, what is not true.”

Valda Monroe

The Illusion of 3 Paradigms



Where Do You Think Your Feelings Are Coming From?



“If you know something is not possible it is a lot less tempting to believe in than if you think it is possible.”

Valda Monroe

“It is only by using the Three Principles that we can even acknowledge the existence of the physical world.

This unifies experience, the Principles and the physical world. This is the missing link.”

Keith Blevens, Ph.D.

I ask you to look at the Principles very carefully and you will see, without them, this world you live in would not exist.”

Sydney Banks

THE PRINCIPLE OF MIND

“Mind is not brain. Mind is not a thing. It is not a thought.

Mind is the neutral power of *psyche* which acts as a catalyst and turns thought, whether conscious or unconscious, into the reality you now see.”

Sydney Banks

“Mind is the energy of **all** things, whether in form or formless.”

Sydney Banks
The Missing Link

“An important thing to realize is that Universal Mind and personal mind are not two minds thinking differently but two ways of using the same mind.”

Sydney Banks
The Missing Link

THE PRINCIPLE OF CONSCIOUSNESS

“I am not talking about the form our level of consciousness has led us to, such as a bad marriage or unhappy life.

I’m talking about Consciousness as a spiritual, neutral power *before* human experience.”

Sydney Banks

“To have an emotion or feeling one must have Thought to create the feeling plus Consciousness to be aware of it.”

Sydney Banks

THE PRINCIPLE OF THOUGHT

“The most incredible thing that can happen to anybody in this world is to realize the power of Thought. There is nothing in this world stronger than the power of Thought. The power of Thought is not self-created.”

Sydney Banks

“I’m not talking about your thought or my thought. I’m talking about the universal power called ‘Thought’. There are no components to Thought. It is an element that can never be broken down into smaller segments.”

Sydney Banks

“Thought is a psychological and spiritual power, but on its own it really has no power. Thought itself is completely neutral. It is not until you put your ideas into that thought that that thought gets its power. Whatever you put into that thought, whether it be negative or positive it will manifest itself into actual experience.”

Sydney Banks

“All feelings derive and come alive, whether negative or positive, from the power of Thought.”

Sydney Banks
The Missing Link

“Everything comes via a feeling and a feeling comes via Thought. It’s all connected. You can’t get away from it.”

Sydney Banks

“What is the difference between Thought and feeling? Thought is neutral. A feeling is a reaction from Thought. You have a bad feeling, but it’s still a reaction from Thought. You have a good feeling but it’s still a reaction from Thought.”

Sydney Banks

“When we split feeling from Thought we create an illusory outside. We create ego.

This is precisely where all human problems begin, and end. All human problems are paradigm problems.

This is the logic and wisdom of the Three Principles Paradigm.”

Valda Monroe

“The problem is not your thinking. The problem is *believing* that your feelings are coming from something other than thought in the moment.

This is a Three Principles paradigmatic discriminator.

Feelings/experience/reality is being created always, only, this one way.”

Valda Monroe

“There’s nothing outside that can help you,
there’s nothing outside that can hurt you,
because there is no outside.”

Sydney Banks

“The sicknesses of the mind are feelings that we
create and put onto objects. But if you can see
the objects without the feelings, then you are
healthy.”

Sydney Banks
The Best of Two Worlds

“The ego creates duality and separates us from the great divine oneness and the wisdom we seek.”

Sydney Banks
The Missing Link

“This is why I say to you if you use the Three Principles wisely, it is the cure for all mental disturbances.”

Sydney Banks

Implications NOT Applications

FLAT EARTH THINKING

Definition: 'Flat Earth Thinking' is believing a system works in a way that it actually does not.

INSIDE-OUT

'Flat Earth Thinking' is what is rendered obsolete. When we realize something is not true or even possible we are less tempted to think about it and believe it is relevant.

Our mind is quieted through subtraction of the obsolete thinking we no longer believe in.

OUTSIDE-IN

We are fooled by 'Flat Earth Thinking' and innocently believe it to be true. This thinking preoccupies our mind and exponentially multiplies our thinking.

Implications NOT Applications

SEPARATE REALITIES

INSIDE-OUT

We do not waste time being dismayed that others do not think like us. This puts us in the position to respect and embrace diversity rather than be annoyed or be afraid of it.

We understand, I actually cannot have your thoughts and you actually cannot have mine. No one can think the same as anyone else. As much as I may think it would be better if you would think like me, it cannot happen.

We find ourselves able to listen and communicate more and more effectively.

OUTSIDE-IN

When we believe in the 'Outside-In' false paradigm, 'Separate Realities' are not obvious to us.

When others do not think like us we think there is either something wrong with them, or us. This illusion creates unnecessary 'Outside-In' thinking and reactions.

We stay trapped in the illusion that we could or should think and feel the same.

Implications NOT Applications

THE 100% SOLUTION

INSIDE-OUT

This is a paradigm of no exceptions. Feelings are 100% of the time coming from our thinking in the moment. If we are thinking it, we are feeling it. If thought in the moment is not included we will not have a psychological experience. Understanding this one psychological truth automatically quiets our thinking and aligns us with the paradigm of the 3 Principles.

The experience of this truth acts as a doorway to deeper thoughts and feelings.

The definitive black and white distinction between 'Thought in the moment included' or 'Thought in the moment not included' brings simplicity to life.

OUTSIDE-IN

Some measure less than 100% immediately creates the illusion of a 'second paradigm'. This suggests we can have experience without thought in the moment included. This adds a never-ending number of possible causes for our feelings. If a paradigm worked this way, it would necessarily be full of exceptions and anomalies.

Complexity and a busier mind are an inevitable outcome of this misunderstanding.

Implications NOT Applications

THE FUTURE IS AN INCOMPLETE EQUATION

INSIDE-OUT

In thinking about the future, we know we do not have a complete equation. We know we do not know what thinking will come to us in the moment. We spend less time imagining future scenarios.

This is not saying, “Don’t think about the future.” It is saying that when we do think about the future, we know thinking in the moment will always be missing.

This being reality, we are surprisingly unburdened.

OUTSIDE-IN

We think we have a complete equation when we think about the future. We imagine scenarios, create expectations and spend time thinking about them as if they were true. This detaches us from reality.

We also try to talk others into believing them too.

We get disappointed, afraid and upset when our imagined scenarios do not come true.

Implications NOT Applications

WE CAN HANDLE THE TRUTH!

INSIDE-OUT

When we know our feelings are coming from thought in the moment, it eliminates other false possibilities. It narrows down to one moment in time – the present – where we consciously experience feeling is being created through Thought.

We experience no misunderstanding or separation between us and the logic and wisdom of the 'Inside-Out' Paradigm.

We do not feel insecure. We can handle the truth.

OUTSIDE-IN

We think something other than thought in the moment can make us feel in a way we do or do not want to feel. We inevitably feel insecure. We cannot handle the truth.

We turn to wishful thinking, sticking our heads in the sand like an ostrich or just repetitively thinking the same thing over and over.

Implications NOT Applications

WHO'S GOT THE POWER?

INSIDE-OUT

When we understand the 'Inside-Out' psychological paradigm we are not bound circumstance or past.

We are not saying the circumstance did not happen. We are saying the circumstance did happen, but it does not have the power to dictate how we will feel.

The illusion is not the circumstance. The illusion is that the circumstance has the power to dictate how we will feel.

Only thought in the moment can give us an experience of the circumstance.

OUTSIDE-IN

When we believe the 'Outside-In' illusion it appears as if the circumstances have the power to dictate how we feel. We seem to lose our psychological freedom and safety. We forget we are experiencing the power of thought in the moment.

Implications NOT Applications

THERE'S NO OTHER PLACE TO BE

INSIDE-OUT

There is one specific place in time we can experience thinking creating feeling. It is not in the past or the future. This only exists in the present moment.

There is truth and insight in this present moment. Once we experience the value of this insight we will find ourselves in the present moment more often.

It is as if we finally have a practical reason to be here.

OUTSIDE-IN

When we are in the false 'Outside-In' misunderstanding, we get focussed on and attached to something other than thought in the moment as the source of our feeling.

We are preoccupied away from the present moment.

We seem to lose our freedom and our resilience.

Implications NOT Applications

THE BIG TAKE AWAY

INSIDE-OUT

As Outside-In misunderstanding is seen for what it is, it naturally falls away. We are left with secure, not fearful, thought and feeling. This is the Big Take Away.

We find ourselves living in an Inside-Out world of deeper wisdom where feelings of love, compassion, gratitude, quiet mindedness, respect, humility and an inner strength reside.

These are not a list of things to try to accomplish. These happen to us when the Outside-In falls away as logical or even possible.

We will naturally live a more loving and better life.

OUTSIDE-IN

We believe the false Outside-In explanation of where our feelings are coming from. We consider many different reasons for why we feel the way we do. Our minds work overtime and repetitively.

We are looking for a resonate feeling that registers as true, and truth does not exist in the Outside-In.

Shallow, fearful, insecure feelings are hallmarks of the Outside-In misunderstanding of our life.

SOMETIMES WE SEE IT, SOMETIMES WE DON'T

INSIDE-OUT

We begin to catch sight of how deceptive the 'Outside-In' illusion really is. We see that we are sometimes fooled by it and sometimes not.

Everyone gets fooled by this deception. In this way, we are all in the same boat. It is illogical to judge and criticize others because they lose sight of the 'Inside-Out,' just like we do. In light of this understanding, compassion and humility emerge naturally without effort.

We are capable of being honest about ourselves. We stop judging and we start listening and communicating.

OUTSIDE-IN

We are fooled by the deception of the 'Outside-In' and innocently forget to factor in 'Thought in the moment' as the source of feeling.

It honestly seems as if what we are thinking about has the power to dictate how we are feeling. It does not.

We do not purposefully lose sight of the 'Inside-Out Paradigm'. This has been the greatest deception since the beginning of time.

The moment we lose sight of the 'Inside-Out' we lose the chance to be honest with ourselves.