

# LOI Definitive Series 3: Foundationalism:

## *Consciousness, Identity, Mind, and Change*

[https://www.youtube.com/watch?v=814J1ainAGk&list=PLsMVtiwJ63D0BGnl\\_tmum2RnXnxl9uiik&index=3&ab\\_channel=lawofimplication](https://www.youtube.com/watch?v=814J1ainAGk&list=PLsMVtiwJ63D0BGnl_tmum2RnXnxl9uiik&index=3&ab_channel=lawofimplication)

**David: We need to break through to certain truths and foundationalism.** *Foundationalism* will give you a number of concepts that are perfectly solid that you can stand on, with which you can compare other ideas that you're wondering about that may conflict with the foundational ideas that you can know are true.

Ideas are foundational in the sense that you've figured out *how they must be true* by using some *method* that works properly. Then you'll have more and more you can *know*, places to stand as points of comparison that are practically very important in getting a sense of goals and your power. You'll hit a critical mass where the *Law of Implication* itself becomes something that feels very important, useful, and practical.

### LOI Foundationalism and the Key Paradigm Shift

In the 3<sup>rd</sup> webinar in the Definitive Series, David explains several vitally important concepts of the *Law of Implication*. To get fully foundational in philosophy (epistemology, or how to know what is true), we need to experience a *critical paradigm shift* in how we view our own identity in order to construct an accurate mental model of the world that will greatly accelerate our success in life.

#### The First Foundational Concepts of the *Law of Implication*:

1. Identity and Mind: **You are not your mind.**  
*What or who am I? How do I know what is true?*
2. Change and Unchangeableness: **If it changes, it's not the same thing.**  
*How do I know that my mind is not conscious? How can I identify what I am not?*
3. Consciousness: **You are an unchangeable aware being.**  
*What is consciousness? Where does my mind come from? As a conscious being, how do I work with my non-conscious mind?*

After reading this chapter you may want to listen to David's webinar several times to understand how these concepts fit together to construct a mental model of the world that is fully foundational, and on which you can build everything else back up. Taking whatever amount of time is necessary to understand these foundational concepts will break you through to a deep paradigm shift as you bridge over fully to use your new mental model.

#### How is the *LOI Definitive Part 3* webinar organized?

- **Summary of Part 1** about bottlenecks
- **Summary of Part 2** about quarantining conclusions
- **Summary of the progression of popular success philosophies**, including LOI
- **Presentation of the first foundational concepts** of the *Law of Implication*.

## ■ Mental Picture #13 – A Chain of Concepts

**David:** There are a whole number of mental traps in life that you're not going to be able to get out of, or not be able to do or think or realize or feel unless you have some very deep *paradigm shifts*. I'm giving you things that I figured out are crucially important that are part of a chain of ideas that leads to a critically important paradigm shift.

When you understand these foundational concepts, it gives you a foothold, and then you can build back up from there.

In terms of *meta-progression* in your life, **this chain of concepts holds the key to the castle**. I like this mental image of meta-progression *accelerating your acceleration* in life.

**What is going to accelerate you most in life is increasing your ability to seek understanding about understanding.** But it doesn't always feel urgent in the way the mind usually associates urgency with what's right in front of us, like a fistfight for example, or what feels immediate to our progress or survival.

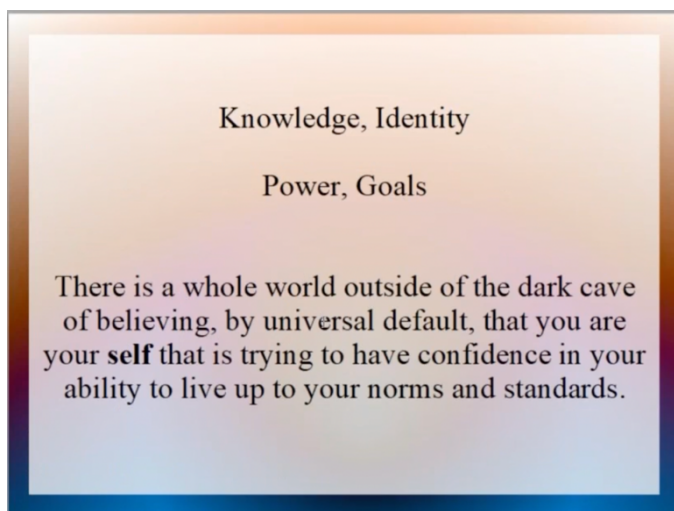


So, the more you can apportion time to the meta-progress of accelerating your acceleration by clearing out wrong ideas, issues and vectors that are messing with you, and by adding right ideas and foundational concepts, then you'll succeed in get something for seeking. It's not only about seeking; it's about attaining understanding about these foundational ideas that are important.

**Another way to express my success philosophy in a nutshell involves the idea of "seeking understanding."** So, if we look at the organizational scheme slide (from webinar #2) of bottlenecks, quarantining conclusions, and foundationalism as expounding on what I mean by *seeking understanding*, then we can go back and summarize my success philosophy by equating seeking understanding with progress.

### ❓ What is progress? How can I know if I'm making true progress?

💡 *Seeking understanding = Progress*



*Meta-progression* means increasing your understanding of how to understand things; and then, increasing your understanding of the most important foundational ideas.

These four basic concepts all relate to each other: **power, goals, identity, and knowing**. You want to ask questions about these concepts, and then you'll want to answer these questions to understand how they are going to serve as a meta-progression for you in life and give you more solid

places to stand that are going to accelerate you with everything.

The more resources you apportion to accelerating your acceleration, the more everything else is going to happen faster and easier in your day-to-day life.

✈ **Contrast or opposite:** Your mind equates progress and goodness with furthering its goals, but the goals themselves are derived from *norms and standards*, which in turn are derived from parents or peers or the environment of how things “should” be and how you “should” act. Your mind feels like it’s making progress toward its goals when you live up to your norms and standards, which are encoded as “good” in the mind; but the goals or norms that are currently encoded in your mind may or may not actually lead to goodness for yourself or others.

### Summary of Part 1 – Bottlenecks:

**David:** Some of the main bottlenecks in life are:

1. We're dealing with *misinformation*
2. We're dealing with *incomplete* information
3. We're dealing with our own mind that is *imperfect* at discerning which information, feedback, worldviews, beliefs, decisions, responses, things to say and do, and priorities are correct.

So, both deeply and on the surface, in day-to-day life and in society, the inability of our minds by default to get it right about what's *true*, what's *important*, and what's going to lead to the most amount of *good* is a bottleneck that needs to be a priority.

✈ **Contrast:** If we don't deal with these bottlenecks, then without that filter for thinking accurately, making good decisions, or having an accurate sense of what's important, your fundamental ability to do strategy and your day-to-day efforts are going to be wasted relative to the whatever amount of incorrectness is in your mind that isn't filtered out.

### Summary of Part 2 – Quarantining Conclusions:

There's a critical mass of ideas that are going to be new that you'll need to understand, prove to yourself, and even feel; including the idea of conclusions becoming distinct from non-conclusions or raw experience or raw data to where that feels like an important thing. When you understand why it's such an important stepping stone, a critical mass will be reached, and *quarantining conclusions* will make a very different type of sense.

You guide your mind by *not* rubber stamping its conclusions. That is literally your only power, but it's radically powerful. When you don't rubber stamp a conclusion, that creates a *space* or a necessity for your mind to create something along the lines of a question. You approve of the question and then your mind pursues that question. But that question wouldn't have come unless you didn't rubber stamp the first conclusion your mind gave you.

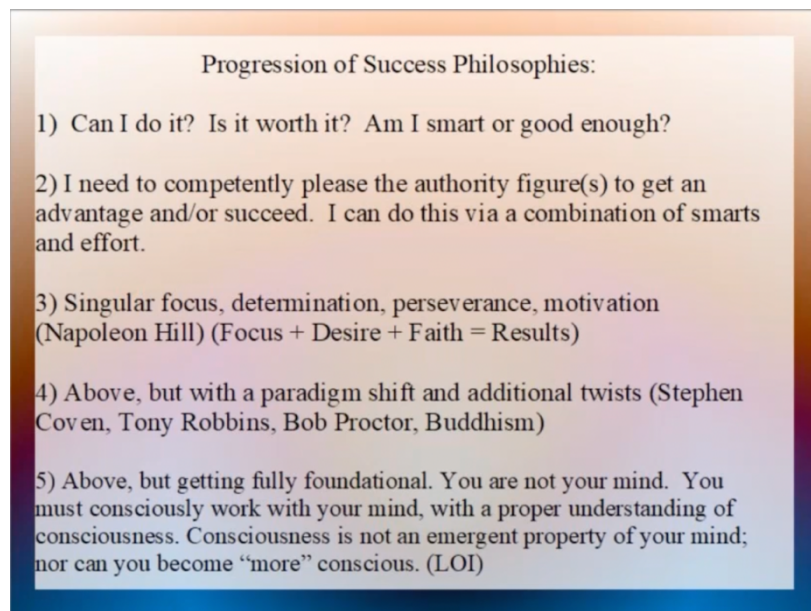
So, we could look at *progress* like this: You don't rubber stamp something, then your mind kind of gets annoyed and comes up with a question, which it feels is bad because it wants answers, not questions. For example, the first question your mind might ask could be, “Well, what the heck, then how do I know *what's true?*” It's like your mind gets exasperated and throws its arms up, metaphorically speaking.

So great! – There's a question: “How can I know what's true?” – And remember, you don't have to know that it's the correct question, you just need to realize that it clearly isn't not

correct, so it might be a good question. All you need is the thinnest thread; the flimsiest question is enough if you persevere with it.

You need to *value that that initial handhold*. When you value the thinnest thread, that'll give you everything; but if you don't value those starting points, then you're stuck. The only thing you do is *not* rubber stamp what your mind says, and then your mind will reflect.

### Summary of the Progression of Success Philosophies:



This slide on the progression of the main success philosophies puts things in context as we start to take a look at the concept of "you are not your mind."

When I talk about a critical mass of ideas or new ideas that will add up for you, the very idea that *you are not your mind* is something that will either make no sense, or a little bit of sense at first, or you might feel that it makes sense, but then when you hear me talking

about it you realize you're not sure if you know what's going on. That's okay, and it might even be necessary to feel that sense of confusion, which opens your mind.

You need to break open your worldview and have a paradigm shift before you can properly understand what I mean by *you are not your mind*; so, this review of success philosophies is something on the way to doing that.

## Foundational Concepts of the Law of Implication

### 1. Identity and Mind

#### 🔍 Who am I? What am I?

Part of the key to meta-progression in life is *identity*. This key part of the chain is going to allow us to properly derive the idea that *we are not our mind*, so that we don't identify with the wrong thing.

💡 **Concept:** *You are not your mind.*

**This webinar is about understanding that you're not your mind, and then understanding who you are.** Getting the answer right about our identity is going to be a *great stepping stone* to a number of other important concepts that will directly help you, related to understanding, power, goals, and knowing. It's part of a chain that's going to allow you to figure out other things.

Getting the correct answer to who you are also immediately tends to help you *let go* of a bunch of vectors, weights, burdens and things that are holding you back, burdening you, and distracting you, sometimes consciously or subconsciously.

The reason why we might start with this idea that “You are *not* your mind” rather than what you *are* is because, by default, we all believe that we are our mind. Our mind isn’t conscious, so it doesn’t believe in the way that you do consciously. But your mind “believes” (or associates) correctly that your thoughts are originating from the mind.

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## ■ Mental Picture #14 – Perseus and Medusa

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**So, you have to work backward by filtering out wrong ideas** to figure out that you're not your mind, because your thoughts make you feel completely like you are your mind and maybe your body, too. Not only are we used to thinking like this our whole lives, but we're surrounded by everyone else who thinks the same thing. It's so incredibly normal that it's almost invisible and probably weird at first.

**You are a being who is conscious; however, your mind is not conscious**, so it can't see “you.” You are well outside of your mind’s faculties and perceptual apparatus, so you have to create a kind of image of you that reflects back.

Your mind can’t see what you do when you’re doing it; it can’t see you, so you have to back your way into it. That’s why I use the metaphor with Perseus’ shield that reflected back Medusa's gaze, so he could see Medusa without the gaze petrifying him. That's what it's like. It's a bit bizarre compared to what we're used to, but it's all we’ve got.

### **Method: How to back your way in to the truth** (or to the best solution or strategy)

1. Quarantine the ideas that your mind presents as conclusions.
2. Do not rubber stamp any of them.
3. Value (approve) the smallest question or starting point that your mind comes up with and presents to you.
4. Eliminate what is clearly not true using a correct filtering method.
5. By doing this more roundabout method, you back your way into finding what remains that is more accurate and more likely to be true.

Your mind is going to try to latch onto some part of itself to keep, and this is the mistake that's made at level 4 of the slide on the progression of success philosophies. The more you pare back who you are not, the more your mind desperately wants to cling to some image



of who you are, but that still isn't you; it's still part of your mind. People [at level 4 of the success philosophies] basically stop there; they feel enlightened, they feel awake, or they feel like "I'm my true self" or "I'm the observer," and then they picture one aspect of their mind or perspective or former self as something separate.

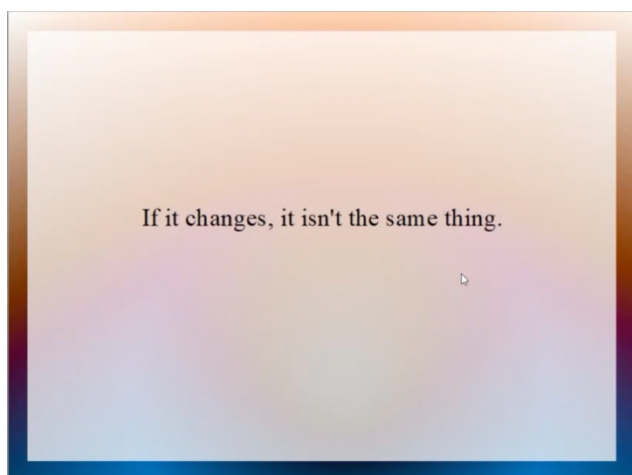
They separate their identity from a *part* of their mind that isn't them, and they identify with some other part and feel like they're better off. But now they're trapped again; they're stuck and they don't realize it. They might be even more trapped than they were because they think they've gotten it right, so they're no longer curious in that way.

Now they're a practitioner of that philosophy and they begin building back up; but they're **building a framework on top of a false foundation**. It might be a more useful foundation than what they had before, which makes it feel true and real, but it's still not fully correct.

To work backward to find what we are *not*, first we need to understand this next foundational concept about things that change and things that do not change:

## 2. Change and Unchangeableness

### ❓ What is the law of non-contradiction?



According to the rules of logic, the **law of non-contradiction**, means that *something and its opposite can't both be true at the same time in the same relationship*, unless you play with the meaning of words.

💡 **Concept:** *If it changes, it isn't the same thing.*

As soon as you put the word "not" in front of a statement, then exactly one half has to be true. If it's "p" and "not p," then either "p" has to be true or "not p" has to be true if it's at the same time in the same

relationship. That's the law of non-contradiction.

Two things that are opposite can't both be true at the same time. For example, it can't be raining and not raining at the same time in the same place.

Early on, I was made aware of the idea of **equivocation**, which is, you can't change the meaning of your words halfway through your sentence. Words can be used in different ways in society or culture, and you can use a word in a specific way that might be different than how someone else uses it at another time, which could be okay; but you don't want to change the meaning of a word halfway through your thinking or your argument.



## Mental Picture #15 – Bouncing Balls

### ❓ How do I know that my mind is not conscious?

The key distinction is that *if it changes, it's not the same thing*.



This distinction intuitively came to me when I was a freshman in high school biology. They were talking about the brain, and it occurred to me in a flash that our brain is made of atoms that come together as molecules and that there's something correct about that. It wasn't that I questioned atomic or molecular theory. Even though they give you an oversimplified version in high school, they're not wrong in a way that matters here; the

basics are still a good model and approximation.

**So basically, your mind is a bunch of balls bouncing around.** But if that's who "I" am, then I couldn't have free will. Nothing I do could matter. There would really be no "me"; there'd just be a bunch of balls bouncing around, right? It's more complex than that, but the complexity is not relevant for the conclusion, which is: "I can't be boiled down to a bunch of balls bouncing around because where's consciousness? Where's free will if what I am is determined by physics or by quantum physics?" Metaphorically speaking, there's no way that I am a bunch of billiard balls, bouncing around on the atomic level. What occurred to me in that moment were the underpinnings and the beginning of what I call *logical intuition*, which turned out to be correct as I pursued it and got a better understanding of it.

Now I have a much clearer and deeper understanding of it, but the basic idea is actually correct, that **your mind is a mechanism**. Again, a bunch of balls bouncing around is a gross oversimplification, but the idea is that it's determined by physics and that your brain or mind is a mechanism is correct in a way that matters for the moment. Even if you have a mind apart from your brain, there still has to be a mechanism that works according to laws and has substance.



If through the metaphorical imagery we can clear out wrong ideas, we'll get to whatever it has to be. It's obvious that *the brain is in motion* to process thoughts. There's movement going on and there are electrical impulses and neurons growing, which are obvious changes.

So, if we're identifying with anything that has properties such as originating thoughts, then there is *processing* that has to go on in order to create a thought. There has to be *change*, and anything that changes isn't the same thing.

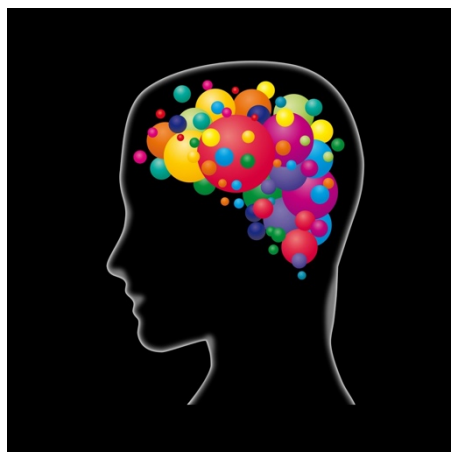
### ❓ So, how can we identify what we are not?

One part of the answer or maybe even the full answer is going to turn out to be that **something that changes can't be conscious.**

In the normal world view, people only have a vague notion about *consciousness*. Below the surface where people aren't quite aware of it, there's the idea that consciousness must be some sort of emergent property from matter or mind; that the mind or brain is made up of a bunch of molecules, and then somehow consciousness comes out of that. They feel like "I'm not the brain itself; I'm the consciousness that emerges from it."

If you ask someone to give an answer on what they think about consciousness and who they are vs. what they think the brain is made up of, then they'll usually say something like that. Their mind keeps them from even addressing the issue, but that's what people think if they're forced to give an answer or when scientists try to address consciousness. It's kind of silly once you understand what is actually correct. They sound like kindergarteners, but they think they're profound and smart.

We need to have a paradigm shift; like how it became clear to me at 14 years old that you can't begin with balls bouncing around and then have consciousness emerge from that. No matter how many balls you bounce, no matter at what angle you bounce them, you don't get consciousness.



It ends up making as much sense to ask, "Is your mind conscious?" as it is to ask, "Is one calcium ion traveling around inside of a neuron conscious? How do I know that a tree is not



**Anything that changes cannot be conscious**

conscious? Is my chair conscious? Is my computer conscious? Is an ion conscious? Is my brain conscious? Are there billions and trillions of conscious things inside my mind?"

It's a bit like proving a negative to prove that something is unconscious. These just aren't the sorts of things that are conscious or you'd have to have an infinite regress. Your mind itself would have to have a mind and your mind would have to have a have to have

a consciousness screen, plus your mind changes so it's not the same thing, and so there is no such thing as your mind in that way. Of course, there is an underlying reality to your mind;



not what you're picturing, but these aren't the sorts of things that are conscious in the first place.

**Contrast:** A common, but incoherent, world view about consciousness

It's part of our world view and there are millions of examples of people believing and talking about all sorts of things that change and yet are the same thing. Our bodies change, but we also refer to them as the same body. That normally works; it's practical to view my body as a thing that continues through time, and yet it changes. It works, except for when it when it doesn't. And the part that doesn't work won't often come up in day-to-day life.

It's a bit like playing a video game or watching a movie. It's appropriate during the game or movie to be immersed in the experience and to feel like or that you identify with the main character, or to identify with the situation of what's happening in the movie as if it were real. You're feeling it and it works, *except* when you need to be out of the movie to pay attention to what's going on around you in real life.



Furthermore, if our world view or **our basic understanding of reality involves things that are supposed to both change and stay the same, then we have flaws in our understanding of reality.** We need a way to view reality so that we can understand the world and have a coherent world view, while at the same time not thinking that things both change and are the same.

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## ■ Mental Picture #16 – Chipping Away at a Statue

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### ❓ So, how can we know what is true?

I tried to understand how reality worked and how I should view the world because I didn't know what was screwing me up. **By rejecting things that had to be wrong, it cleared a space to keep on seeking until I could get it right.**

**Concept and Method:** *Consistently eliminate wrong ideas to create a space for what has to be true.*

If you're rigorously and relentlessly **consistent with the idea that *anything that changes can't be you***, then you're going to keep eliminating stuff.



To understand who we are, we want to pare down our identity to where we don't identify with our mind or with anything that processes, and therefore comes up with thoughts.

To do that, you guide your mind, which simply means not rubber stamping the mind's conclusions. **Anything else where you feel like you're a thing that can push or create or do – that's not you.** That is going to create a paradigm shift and free you up and create a new space, a correct space. It's going to give you a

place to stand that might seem a lot narrower than where you were standing before.

The idea that you *are* your mind has a lot of other associations and thoughts associated with it, but it's wrong. So, finding something to hold on to that's solid and true, no matter how narrow it might be or how small of a handhold it might feel like, it's still terrific.

**[Method]** So, the test is: *If it changes, it isn't the same thing.* **This concept (the law of non-contradiction) is the test that can cause you to let go of anything you're identifying with if it's attached to something that changes.** If so, then you can let go of identifying with it.

### Application and Examples

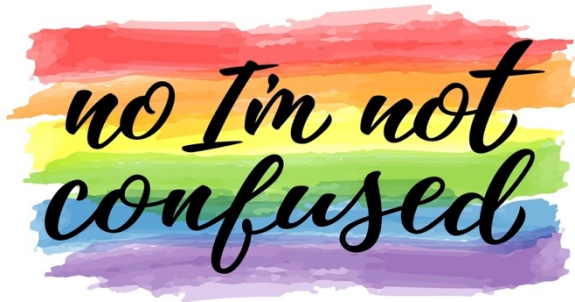
One practical takeaway from this webinar about understanding that you're not your mind, and then understanding who you are is that **there are some ideas in your mind that you may be suspicious of and that you want to drop**, but you don't know how.



For example, someone might be gay and feel like "It's got to be okay, but maybe it's still a bit wrong because I was raised Catholic," or whatever other reason. That's an example of what I mean by being suspicious of an idea.

Or, there might be something that you're putting a lot of time and focus into in your life that you feel maybe you shouldn't be doing, but you don't know for sure; and therefore, it's hard to drop.

In some cases, just realizing that you're not your mind will be enough to let you drop any incorrect thoughts. Based on feedback and stories I've gotten from people over the years, it can be a very powerful life-changing concept. Like the example of being conflicted about being gay; as far as I understand, there's not a way to drop being gay any more than I can drop being heterosexual.



So ideally, it's good to drop any idea if it's actually incorrect that it's wrong. I believe it's fully incorrect; it's perfectly great to be gay in the same way that it's perfectly great to be heterosexual, or it's perfectly great to be left-handed or right-handed.

There are also going to be ideas that your mind has that you're *not* suspicious of, but that are still really hurting you that you need to drop. Those ideas are going to be more difficult to identify and drop, so it takes more time and understanding.

But in terms of the more immediate benefit, we all tend to have things that we are conflicted about that maybe we should drop, or maybe they're wrong; so, using a correct method, the part we want to drop is the incorrect idea that we identify within the conflict.

### 3. Consciousness

#### ❓ If I'm not my mind or my body, what's left?

There is something that doesn't need to change, which is the being or entity that is aware of what you're conscious of; you don't have to change, the being doesn't have to change.

💡 **Concept:** *Who you are has to be something that does not change.*

**Change** means that something is different than whatever was there before. That can't apply to you. To have something conscious, you need to have a whole system to make it all make sense.



To be conscious, there has to be something you're conscious of, so you need a *consciousness screen*. You need to have a mind separate but attached to a system that's part of creating a consciousness field. A conscious being is going to need to also have *free will* or it doesn't really make any sense to make you conscious in the first place.

So, you need you need an entire latticework, a whole complex

system to have a being that's conscious. The conscious being needs to have free will and it's going to need some sort of *interface* like a body that goes with the mind. So, to do that, you're looking at a person with a mind and a body and free will.

However, my *consciousness screen* is not conscious. That which I'm aware of, that which I'm conscious of, that which I feel like I'm seeing or hearing or thinking or feeling, those thoughts and other things that I'm aware of are not themselves conscious. My body is not conscious of consciousness; I am conscious and I'm conscious of my body.

Your consciousness screen can change. What you're aware of changes from moment to moment. You're hearing something different now than what you did a moment ago. If you turn your head, you're seeing something different, right?

So, your consciousness screen can change, but nothing inherent within that definition of *you* as a being who's aware of your consciousness field means that *you* have to change, because if you change, you're not the same thing; you're not you and it would be equivocating to refer to you as the same person or the same thing. If you could change then you'd die every time you change. You would cease to exist and then a whole new thing would be there; but we would be equivocating if we called it "you" because it would be *different*.

### ❓ So where does my mind and its non-conscious processes come from?

That question can be a tough one for people. "How do I know my mind's not conscious?" In several other webinars I deal with it thoroughly as to why God has to be directly responsible for our consciousness, as opposed to just having it happen by chance.

Your mind can only be a thing if there's a God upholding it as a thing in God's mind or God's awareness. As you understand more about these things and have less false ideas that are confusing you, then things will clear up for you more and more so you'll understand that your mind and brain aren't the sort of things that can be conscious.

For now, we can leap ahead and just say that our mind or brain is not conscious and that we are conscious, and yet our thoughts originate from our brain, which is not conscious. But *you* are conscious, so by the time your thoughts get to you, then you, as a conscious being, will sort of project

consciousness onto your brain. That's why people normally feel like their brain is part of a whole system that's conscious; which is why a person who is a conscious being will *feel* like their brain is conscious.

Then we can ask a separate question: "Well, maybe this thought comes from a place of consciousness, but from where? – From some other conscious being?" If it's from God, then it's kind of irrelevant. It's fine to think, "Okay, the thought came from God" in a certain sense, but not in the sense that God choreographed it. I still did something to cause a certain type of physics to result in the thought being created. So, in one sense, the thought came from God, but in another sense, it came from the *physics* that God upholds. And it's also based on you using your free will or not.

There's physics and there's you and there's God, and God upholds the physics that God came up with in order for us to have free will. When I say physics, it could also be a





metaphysics the sense that there could be a spiritual physics like prayer that could be relevant. But it's still physics, it's still God.

The critical thing here is that God doesn't have whims, or God isn't going to put this thought in your mind for no reason. The whole system is perfect and correct the way God made everything. It allows us to have free will, and there really isn't another way that I can think of that does that. God, who's not limited and is all-knowing, came up with this, so you know it's going to be pretty good.

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### **Mental Picture #17 – Mixing Powdered Milk**

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#### **How do I as a conscious being work with my non-conscious mind?**

**Concept:** *Your brain or mind stores concepts like dehydrated powdered milk, and your conscious awareness is added like water when you want to use it.*



A conscious being will *feel* like their brain is conscious; however, your brain can't process the idea of consciousness correctly because your brain is unconscious. Your brain actually has no concept of consciousness. You can imagine that your brain is totally dark. Your brain has no conscious experience; it processes things without any sense of any conscious experience, so anything it remembers or processes has to have the consciousness stripped out.

Obviously, this metaphor is somewhat of a stretch, but it has some validity: the brain is like dehydrated powdered milk. They take the water out of the milk, but then you can add the water back in for your brain. If you needed to transport the milk or store it, then in some cases you might want the milk to be dried and powdered; but then the water has to be added back in when you want to use it. In order for your brain to store any concepts that involve consciousness, it has to dry out like powdered milk where it has to remove the consciousness; so, it has to twist the idea of consciousness.

As we start to untangle these things, you'll see that we need to begin with this distinction of *we're not our mind*, and then also realize how we are conscious, but our mind is not. Either one is going to project the opposite onto the other. Your mind is going to think you're not conscious or the whole system is not conscious, and you're going to think the whole system is conscious.

I've pretty much covered what is on number 5 [on the success philosophy slide] about getting fully foundational – that *you're not your mind, but you must consciously work with your mind*. That might give you an indication of why we're continuing in the direction we are, why it's necessary, and why I'm so motivated to talk about consciousness.

### ❓ **Why is the distinction between my conscious awareness and my non-conscious mind so important to understand?**

As you tease this line of reasoning apart, the distinction between consciousness and your non-conscious mind is going to be critical for understanding a concept like “goodness” because **your mind is going to have a non-conscious version of the idea of good and you are going to have a consciousness-based version of the idea of good.**

We need to understand who we are in order to understand *consciousness*, and we need to understand how we're distinct from our mind in order to correctly understand *goodness*, because our mind is going to have a twisted version of goodness.

The conscious-based version of goodness is: *that which is the experience of goodness in our conscious awareness*. Then the things or events or thoughts that are good are things that lead to more good conscious value of experience.

And when you know that, it relates to *importance*. Unless we have an understanding of the very concept of goodness then we can't have a sense of the concept of importance. Importance will also keep getting twisted by the mind to *that which is most neurologically associated with what furthers goals that are based on norms and standards*.

And because the norms and standards come from the environment we're trapped once again; it's all outside of our control even while it feels like it's inside of our control, because it's inside the control of our mind and body as a mechanism. So, we need this conscious idea of goodness to understand the idea of importance. Importance needs the conscious version of the idea of goodness to make sense and to be properly analyzed and understood.

**With importance we're back to something radically practical because the idea of importance is the most practical day-to-day thing of all for getting the results you want.**

*How* you arrive at a feeling, a conclusion, a correct calculation, or an accurate thought of what's important is going to be radically important for your day-to-day motivation, actions, focus, and resource allocation.

All your results and your good feelings in life are going to be part of a chain that involves what you conclude about what's important; but you can't properly analyze and conclude correctness about what's important unless you have an accurate idea of goodness. You can't possibly have an accurate idea of goodness and importance unless you have the correct foundational pieces to stand on and until you understand consciousness and the distinction between your mind, your aware self, and how they both process or don't process consciousness properly.

So, that's how our meta-progression circles back around to something super important and practical. Everything I'm talking about is necessary and critical for understanding and getting it correct about what's important day-to-day.

✈ **Contrast:** Without getting that correct, you're so far behind and so trapped. Trying to have a success philosophy without getting fully foundational (number 5) and getting it correct about consciousness, and therefore goodness, and therefore importance, is a fool's errand. It's fully foolish, it's "much to do about nothing" to quote Shakespeare. So, the truths that we ideally want to discover and focus on are those that are going to help us figure out what's important.

### 🔍 **To further my goodness of experience, how can I change my thoughts?**

Tony Robbins describes it as a neurological battle inside of our mind when there's *cognitive dissonance*. When there are two competing motivations or thoughts or goals or feelings about what to do, then we experience cognitive dissonance. Our mind doesn't like cognitive dissonance, so it goes deeper into its core beliefs or associations stored in our mind and uses those to resolve the issue. However, the mind's core beliefs themselves came from the environment and from the norms and standards of authority figures and peers.

The mind's core beliefs are outside of a perfect method to determine what's true. So instead, we change our thoughts by not rubber-stamping conclusions until we first get to *a method* to verify certain basic truths. We use those basic truths as points of comparison and as places to stand.

Our mind is forced to put truth into a space if we keep clearing a new space by refusing things that are obviously incorrect. We need to tell it, "Look, that's not good enough" until it puts a method into our space and into our consciousness field that *has* to be correct for determining truth. Until it figures out or comes up with what is the correct method of determining truth, there's no point in anything else. But once it comes up with that, then you can use that method to verify other truths and fill in more and more places to stand.

What I'm telling you is not just theoretical. When we talk about bottlenecks, we're talking about which is the first bottleneck to clear. That's how I do strategy – by apportioning limited resources or alternative use of resources, which obviously means that *importance* is an absolutely critical part of strategy because it all revolves around importance when we're apportioning resources.

**RESULTS AND IMPACT:** Understanding that you're not your mind just pays dividend after dividend. It's a tremendously important and practical and amazing paradigm shift to make and it's super easy to get started. You can live your life normally and do all the same things; but now, you have *a space where you're questioning things*. It's not that you'll question whether the sidewalk is going to hold you up when you step outside your door. You'll eat and drink and do things in your normal life, but then you'll have a time, such as during our webinars and ideally on your own time as well, when you're thinking through these things.

You just behave normally, but then have a separate space where you're rejecting everything that you need to reject, and starting from scratch and building a set of things that you can hold on to and stand on solidly. There won't be enough of it at first; it'll be a blank space. And then, there'll only be a few things, and you'll wonder whether it's worth it.

But at some point, that space going to have enough in it where you can use it more and more to adjust ideas or solve issues that you're trying to work on, where previously you've been stuck trying to figure it out with your normal thinking, and the meta progression will accelerate.

So hopefully, that starts to fill more in for you. I can't fully answer these questions except by doing webinars to fully answer them; but there's more you can know. There are a bunch of pieces of the puzzle that will fit together more and more as we continue.

## Links:

1. This is the link to watch David Mills' webinar *LOI Definitive Series, Part 3* that goes along with this chapter on the Foundational Concepts of the *Law of Implication*:

[https://www.youtube.com/watch?v=814J1ainAGk&list=PLsMVtiwJ63D0BGnl\\_tmum2RnXnxl9uiik&index=3&ab\\_channel=lawofimplication](https://www.youtube.com/watch?v=814J1ainAGk&list=PLsMVtiwJ63D0BGnl_tmum2RnXnxl9uiik&index=3&ab_channel=lawofimplication)

2. This link to Part 2 of *The Law of Implication Explained series* titled "**The Method,**" is about **scenario-thinking**. It explains why scenarios are so necessary and powerful as the right *method* for thinking accurately by navigating through a series of thoughts guided by an effective method of communicating with our mind:

[https://www.youtube.com/watch?v=w5ebKohA-Eg&ab\\_channel=lawofimplication](https://www.youtube.com/watch?v=w5ebKohA-Eg&ab_channel=lawofimplication)

3. To expand on the concept of the existence of God to uphold our consciousness, here's a link to the playlist, "**How to Know that God Exists**" – a series of 4 webinars by David Mills:

<https://www.youtube.com/playlist?list=PLsMVtiwJ63D2hb3941DrMkYIUeQcw9Z7>

## What's Next?

**David:** Foundationalism gets even deeper than having a paradigm shift. **We also want to get to ideas that we can know and that are absolutely solid.** These ideas will serve as places of comparison and places to stand, where we can know that something has to be wrong if it directly contradicts something that we know has to be right.

We're also going to build our understanding of the world, *beginning with consciousness* – a totally opposite starting point than how our minds normally understand the world.

And the sub-idea we'll talk about is understanding life, happiness, and effectiveness in terms of *getting time on our side* by stepping all the way back to a foundational understanding of who we are and how things work.