

INSIGHT

ROAD TO MENTAL
MATURITY



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one EXCLUSIVES
PRESS

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If you want a copy of full book “Insight. Road to mental maturity” by Michael Pasterski (coming soon) find out more at: www.insightbook.co

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SELF-SUPPORT

The life span of every cell in our body is pre-programmed in advance. Our cells, at the time that is right for them, lose their ability to perform their tasks and die. They are replaced with new cells that take over the functions of the preceding ones, and the business goes on. This process is regulated by our body, but sometimes it gets out of control. As a result of disturbances in the DNA, the life cycle of the cell may be distorted, so that the cell does not die at its due time and begins to divide (reproduce) endlessly. This way, a lump is formed, which, as it grows, absorbs more and more body resources.

This is the process of development of a tumour, which if found to be malignant, is called cancer and, in most cases, causes death. Let us now get back to the Gaia hypothesis described in the previous chapter, which says that our entire planet is a great, living organism. Every living creature is a part of this organism and contributes to creating conditions favourable for the developing of life on earth. The vast majority of life forms function in symbiosis with our planet, that is, in the process of mutually beneficial coexistence. Unfortunately, it is different for the homo sapiens. With our destructive economy, greed and harmful habits, we are a perfect example of cancer to our planet. We grow at the expense of the system we are a part of. Fortunately, the number of conscious people, sensitive to this harm being done, is also growing. They establish organizations that support a wise and ecological approach to sustain our planet.

Most of us undergoes similar self-destructive processes inside ourselves. I refer to them as mental cancer, which involves constant self-destruction, as opposed to giving self-support. In order to leave the nest when we're young, we should learn independence and the ability to cope with the challenges of life in a modern society. Instead, we pick attitudes of self-hostility, low self-esteem, self-doubt and self-destruction. Our mental software is infected with cancer that overexploits our

mental resources, thereby decreasing our mental immunity. Being unable to support ourselves, we seek help outside and get hung up on other people, from which we suck life energy.

Some time ago, I watched a great documentary about the errors in the education system worldwide. The film title is *Alphabet* and one of the stories it tells is about André Stern, a 38-year-old Frenchman who never went to school. Currently, he not only speaks fluently five languages but also is a musician and a writer. He wrote a book "And I never went to school". André's parents didn't ever force him into anything. They assumed that all that he really needed in his life he would learn on his own and exactly when he needed it. So, he grew up in absolute freedom to do what he felt most motivated to. What I found most surprising was that when his peers had already learned to read, he still did not feel the need to acquire this skill. In such situation, most parents would probably say that something is wrong with their child.

However, André's parents gave him complete freedom. Soon afterwards, he became fascinated with astronomy. It turned out that his only way of exploring a new passion was reading books on that subject. As the natural need emerged, André learned to read. Of course, it doesn't mean that children shouldn't learn to read at a particular stage of school education. It rather illustrates fact that if we need something, we will be naturally motivated to reach out for it. We do not need an imposed curriculum that every child is required to complete to the same extent¹. In his book, André wrote something that perfectly sums up everything he teaches with his life story: "If we throw a mango seed into the water, after a few days we will see the rootlets and stalks sprout - it's natural. Nobody says: "What a wonderful seed, it could sprout on its own!" It's the same with a child - in a natural environment,

¹ I am not saying that children should not go to school. However, the curriculum identical for all students is certainly another major mistake of the current system. For some children, the aforementioned "home schooling", or home education, will be a more suitable solution, allowing them to adjust the course of study to their individual needs. Unfortunately, hardly any parent can afford to devote so much time to their children every day.

unconstrained by unnecessary rigour (you're not allowed, do not enter, do not touch, do not ask), it will develop on its own. That is its nature"².

Living organisms know very well what they need in order to grow in harmony and at a natural pace. Just watch the animals – they have no tendency for self-destruction. Human being is the only species on earth that complicates his/her life and suppresses the natural inclination to learn and explore the world based on the instinct. The present system of education overlooks our natural needs and, at the same time, indoctrinates the never-ending list of socially imposed, artificial expectations towards the individual. For every person, there is a pre-set list of things to learn (practically in all countries, there is a legal obligation of school education and examinations according to the curriculum set by the government). Among these things, you won't find any skills needed to independently deal with your habits, emotions, behaviours, or problems. Everyone studies numerous things, but learns nothing that will allow them to manage themselves. We are so absorbed with studying what school requires, that we do not even have time to learn what is really important to us. We are not familiarized with the world of our emotions or methods of calming our thoughts, using our memory, taking care of our own health or organizing our professional life or finances. Instead, we pick self-destructive attitudes and mental habits that give us only an illusion of getting on with our everyday life. The truth is that we are constantly undermining ourselves. And we are not even aware we are doing it. Our mental helplessness makes us rely on constant support from the outside.

That is why, we learn to fill what we lack using other people. Think about all the expectations we have towards the people from our environment. We expect that others will provide us with what we don't give ourselves. We want people to show us acceptance, respect, praise, to help us and do things for us. We want them to

² Stern A., ...und ich war nie in der Schule, München 2013.

listen to us and agree with our point of view. We expect them to change ("My partner should be as I want him to be, because it makes me feel good.") and behave the way we want it, so that we can feel comfortable with them. We are pitying ourselves to manoeuvre them into taking care of us ("I will whine and cry, oh, poor me, so that others finally see me and comfort me"). During a conflict, we act like we're a victim and break into tears, so that the partner take pity on us and this way the conflict will be ended. When we invite friends for dinner, we say "I've ruined it" just to make the guests compliment our dish. We pretend, we wheel and deal, we meddle and play games with others. We manipulate people without even being aware of that.

We do most of these things unconsciously repeating the pattern that we have learned from our parents and peers. We give control over our lives to other people. We make ourselves their slaves. We don't take responsibility for our lives and we expect others to do our job for us. And when they don't, we huff and start to manipulate them, so that in the end they act accordingly to our expectations. We hold grudges and treat them as if they were the source of all evil and the reason for our unhappiness. This is what helplessness and dependence on others is about. This is the core of mental immaturity, which is a mild and hidden form of mental disability.

The basis for supporting yourself is taking responsibility for yourself and your life. You cannot become independent if you leave control over your life to others. People usually run away from responsibility because it requires some effort from them. It requires moving your ass, taking risk, getting involved in life. The English term "responsibility" was formed by combining the words response and ability, so "responsibility" stands for the ability to act and respond to the situation, which you have found yourself in. Lack of responsibility makes you passive - you do not react to the current conditions and you expect from the whole world that it will do it for you. So, the lack of responsibility means the lack of control. When you blame the

whole world for your failures, you have no power to change anything. You are powerless. You put the blame on every person you meet, but can't recognize any in yourself.

When you have a lousy job, you say it's the government's or the president's fault. If you are in a bad mood, you blame the people who upset you. If you have any flaws you find hard to deal with, it's your parents' fault as this is how they raised you. When your relationship doesn't work out, it's obviously your partner's fault. If you fail an exam, it is because the material was too difficult and the teacher was mean. And when there is nobody to put the blame on... there is always this commonly used metaphor of "fate" that has settled so well in our everyday language. We are all very sceptic towards this idea, but whenever it is possible, we try to escape responsibility by blaming "fate" for everything.

If you make other people responsible for your emotional states and your life situation, you give them power over yourself. You no longer steer your life and start drifting inertly, letting the wind randomly throw you back and forth. You have no direct influence on anything, you sit on your couch and wait for the world to change in order to please you.

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The truth is that no one will live your life for you. No one will free you from the challenges that you encounter on your path. No one will save you from your demons, constraining beliefs or difficult emotions. You are the only person who can help yourself. You are the only one who has a direct access to your inner world. Only you can sort out this mess.

Others can give you support, show you the right way to do this, offer guidance – but only you can do the actual work on yourself that will get you where you want to be. Taking responsibility releases you from being dependent and addicted. This is the only way to regain control over yourself and your life and start to deal with the challenges of everyday life on your own.