

YOU VS YOU

HOW TO HACK YOUR MIND AND RECODE
REALITY - AN INVITATION IN BECOMING

Kern Frost

The concept of expanding your mind by as much as 2-3000% is for most people the stuff of Hollywood Movies or science fiction, and consequently impossible. Yet this is a huge mistake when it comes to your health, wealth and wisdom — for two fundamental reasons.

Firstly, technology is on the verge of extending our brain power through a connection to the cloud by initially systems that read our brain patterns, and then Nano technology that will work from inside to accelerate functions, thus terabytes of information will be at our synapsis tips in a millisecond.

Secondly, we have always had the capacity to be creative geniuses, and were at the age of five years old. Yet by thirty-one, we are virtually lobotomised in terms of our ability to innovate and create.

Right now, it will be almost impossible for you to conceive you could be far a more than you are in mental capacity, simply because egotistically that would mean you've been less than you could have been — and you cannot think yourself outside of yourself. Thus the states of super creativity that were once yours to enjoy, now elude you, as you create a reality for yourself where the information I'm about to share with you, will simply go in one ear and out of the other. The band width of your thinking is such, that your mind will simply not be able to decode the information, and whatever aspects you can grasp, will most likely rapidly slip from your memory as if it was never there.

This is nothing to do with IQ, it's about resonate frequency. Think of your brain like a two way radio, either with the volume and transmitting power turned way down low, or at higher frequency. All the radios are fundamentally the same, it's just the operators

awareness that differs, and awareness is something that can be expanded — but only if you want to enough.

It's not an easy job to change the frequency of your thinking, when YOU or the identity that thinks it's you, simply won't accept that it's possible. So solid is your belief system about self and what you think is reality, that you are encased within a jail of the mind that self defeats at every turn, even when the evidence is there and the path is laid out for you to accelerate your mind in innovative and creative terms by as much as 2-3000 % — to begin with.

This is not super human though, it's simply — normal human. The problem is that we as a race are suppressed so far down within our potential, that we've lost the inherent ability to consider developing the mind we used to have access to, and instead accept it's poorer cousin as a standard issue.

Outside of your intelligence or IQ, it's likely that you feel there is no other way to calibrate your worth in terms of brain power. And indeed, IQ has always been rolled out to us as the major asset of our brain's power, but even in terms of success in our society, IQ only accounts for twenty percent. IQ is not our core worth when it comes to our happiness and potential, it's our ability to create without limitation that is; something we all do every night when we dream in very expansive even limitless ways — regardless of WHO teachers, parents, siblings, employers or society tell us we are. Even what we tell ourselves.

The problem is, 99% of people reading this — maybe more, will be in a mindset (and here I mean like concrete in a bucket), that will argue to their detriment and support their limitation to their dying day. And this alone is the base problem, regardless of your background, intelligence, age or experience — it's how you identify self on a conscious and unconscious level that matters most, when it

comes to being all that you can be and living up to the true potential you were born with.

My job is not to convince you of your super powers — as you may see them, but to remind you of what's been stolen from you over the years; and unfortunately as I said, you are unlikely to want to know.

If it was easy to wind back 20, 30, 40, 50 or more years of one-way identity traffic, everybody would be doing it. At forty you've had 14,000 days of thought, 20 million minutes of self-programming, words and thoughts that have created the identity you exist within and the unique way you see the world. You think you're right, to a point where being wrong — even when it benefits your whole life in terms of health, wealth and wisdom, is worse than death itself.

Right now — you will be unlikely to be able to ask the most important question of your life — how do I achieve a shift in my consciousness — because of fear erupting from the unconscious.

FEAR that you might be the odd one out who can't change.

FEAR that it might cost money or time to change.

FEAR that you don't deserve a better life.

FEAR that you'll be duped and a better you is an illusion.

This is why we don't sell people themselves, as most are not buying their potential. We have to be patient and wait for the one in a hundred to surface above the crowd, and behave like Oliver did in Charles Dickens Oliver Twist, and ask — “can I have some more”, but in this case the one asks “can I be more?”.

Nothing has really changed from Dickens times when it comes to lone individuals stepping away from the herd. But the irony is, 99% of people don't think they are in the herd; and this is the next problem, most people don't think. Thus the herd is always full of

illusory “free” thinking souls who all have similar identity issues, and think this is all that there is, because it’s the limit of their awareness.

If you are that one in a hundred person — who really wants more, then from this point on you will naturally be clambering to get the information necessary to make the shift that gives you a new life. A shift from who you are now, to who you were born to be. You will be relentless in your search, and no barriers will stop you from achieving your mission.

You are that one in a hundred, and your actions will speak louder than the other 99 who doubt, delay, deny, and distract themselves from their true path, to remain unaware and unconscious to life.

As I said, it’s not an easy job to accelerate your mind to back where you were when you were five, as you are up against YOU. Your efforts will be subverted from within, and every fibre of your being will try to pull you away from your potential for a number of self defeating reasons. To begin with, we have all been infected with a negative social virus in our formative years, a little like chicken pox — that stays with us forever, deep inside the mind, creating illusions and barriers for us to be thwarted at every step when we try to move towards freedom, and denies us our true identity. Carl Jung talked of the shadow self, the ID, the ego, systems that are designed to protect us, but in our modern world are completely out of sink with their purpose, like they are on steroids overtime to our detriment.

To win the internal battle and reclaim self, it takes a mixture of psychology and technology. It takes hours of reprogramming the mind to alter years of conditioning, for it’s unlearning everything that’s been learned, and creating from scratch your true identity to your architecture, your authentic blueprint without the lies and the negative belief system to hold you back without you knowing.

This is not education, for developing consciousness is a completely different process in its nature to education; fortunately 98 % of people are capable of this kind of learning as its natural. The other two percent have psychological, mental or behavioural issues that deny them the capacity to think objectively and apply inductive reasoning as a basis for their thought training. Most people look to navigate reality through deductive reasoning, $A+B = a$ Certainty, however our future as a race requires a shift into $A+B = a$ Potential, and one that can change on a daily basis due to the social and technological revolution that is about to accelerate exponentially beyond our comprehension — challenging every paradigm of what we've known and what we think we know.

Wit helps, and this means the ability to join the dots, ask meaningful questions and act; this as a facet in society, regardless of education or background, is the rarest commodity to find. (Higher brain functions are the creation and understanding of humour and irony - two aspects AI developers are keen to install in their creations).

Here the challenge for you, is to understand the depth of change that needs to occur within you to make a shift in your consciousness. A good a place as any to start and give you a insight into this looking glass, is with the late Dr George Land who conducted research for NASA in an attempt to find more innovative and creative minds. The research revealed that whilst 98% of 4/5 year old children had a genius level of innovative and creative capability, by the age of 10 this had dropped to 25%, and then by 15 years it had dropped to 10% and by 31 years it was at 2%.

From this we know something is happening, something is stealing our true potential and replacing our minds with a very limited capability, to a degree where many simply don't think they deserve more, a natural unconscious reaction to becoming less without

choice. Dr Land's theory was that you only need a fraction of the 2% as a collective to work together to change society, and within the Council For Human Development we carry on this ideal, constantly looking for those hidden diamonds who with the right environment, support, training and structure can truly make a difference. We hope this is you!

Here's what we know that you should know in order to hack your mind and recode your reality:

We know that society's focus is on repetitive "process subservient thought" — in all the jobs we do regardless of how free thinking we think they may, or how they serve the ego. Legal, accounting, medical, transport, IT, engineering, management, recruitment, retail, sales, everything is a process and requires left brain thinking, far away from our creative potential.

We know the neuro plasticity of the brain changes based on the environment we place it in, and the function we use it for.

We know the heart is a brain and every cell of the body is conscious and part of the whole, so the polarity of thinking in positive or negative terms affects the individual's wellbeing on a spiritual, energetic and physical level.

We know that given the right support, nurturing and love, we thrive — but we also know within the negatively competitive world we live in, this is a rare situation.

We know the unconscious records everything; what we think and say is an instruction to the unconscious mind — that it acts upon this automatically. Like a computer, it takes instruction from the operator without a sense of right or wrong, and acts upon the nature of the instruction to create the individual's reality.

We know that the mind is a bank of experiential learning — a massive wisdom pallet holding every aspect of our life experience, our unique creative bank we can access if we are open to channeling it.

We know we are all connected to the quantum field, uploading and downloading information based on the changes of perspective we make unconsciously or consciously. Insight, intuition, coincidence, creativity, premonition, clairvoyance and gut feeling, are all aspects of our connection to this field.

We know when we change our world view, the world changes it's view of us and thus gives us different outcomes and opportunities.

We know that to survive the AI revolution, we must use intention to program the unconscious mind to problem solve without limitation, rather than subservience to adopted unconscious patterns of restrictive belief.

These are just some of the aspects of identity that form the basis for human evolution, and given the challenges we face, it is essential that a proportion of the population now accept the greatest challenge of our combined history, and lead the way by developing their minds beyond the average person's expectations or comprehension. This is not elitist or based around eugenics programs to produce super humans, it's simply a philosophical belief system that enables those who choose to reclaim their birthright the ability, the process and the structure to do so, in order to form a vanguard of pathfinders for others to follow.

So how do you accelerate your mind away from what holds you back? Initially it means making the decision to do so again and again, consciously choosing in every moment to commit to more

awareness; addressing every aspect of who we think we are, where each thought comes from, is it our choice, what master does it serve, and does it lead to freedom or suppression. This is a relentless task, one that cannot be understated in its requirement for you to enter a process that challenges everything you believe and think you know to be true. For “identity” is like a clear glass of water, so when one small drop of dye is introduced — it affects the whole. This path is not about positive thinking layered over a shell identity, it’s a complete change of thinking on a holistic level — from the core outwards; for we are holistic beings where one belief is supported by another forming a chain of awareness that creates the overall identity. The human blockchain is based on this principle, namely we are all cells of consciousness within one universal mind, and the more open we are to connection and transparency to ourselves and to others, the more successful and happy in life we will become, and able to be mentally agile when it comes to navigating the social challenges we face through the technological revolution.

We must accept our duplicity, and our hypocrisy. We must accept our abject ignorance in terms of what we think we know is less than 0.0035% of the electromagnetic field. So instead of building lives around the illusion of our illusory superiority, combined with the desire to create islands of certainty in the sea of eternity; within our relationships and our careers which are all transitory in nature, just as our current identity is.

We must move from an I focus of seeking power over others and what we think is our reality, to an US mentality of equal opportunity, con-creation and collaboration, with a flow state of higher awareness. In the negative competition of capitalism — for you to win, many have to lose; for you to have more, someone has to have less; for you to have success, others have to fail. This is not how it has to be, but we unconsciously accept the negative pyramid of

power as the only option, because we were born into it and unconsciously accepted it as the only option.

We must acknowledge we are not all the same, and a percentage of the population are psychopathic in nature. Their role in society is to provide the catalyst for growth for the human race — in order to balance their insatiable appetite for power over others, and their cold un-empathetic nature's. It would be a mistake to ignore this 3% section of the population, who thrive at the head of our societies structures, and think they have the same agendas or values as you or I. Just as it has always been a mistake to absolve ourselves of responsibility for our social decisions in terms of money, law, government and religion to this small group. The sheep ask the wolves to save them.

We must learn to edit our thoughts and direct our words towards positive outcomes and programming of ourselves, others and the quantum field, for these create the reality we experience, and our true power is in our ability to balance the creative and destructive power consciousness is.

We must work with an impartial guide on the same path to enlightenment, someone who can note our thoughts and words in the midst of conversation, alerting us to how we unconsciously identify reality, create our realities and navigate reality through a perspective filter that we are unaware of — until we learn it's dynamics, the most important education of our lives.

We must realise we are in conflict, and we cannot be objective as the shadow self seeks to control and subvert our actions. Our guide will hear the unconscious influence, and help us to change the words and thoughts that destroy our potential.

We must build community, a community of higher resonate frequency that works to mutual and common ends; leveraging the power of the combined consciousness community, to accelerate the growth of all within a learning and earning environment of reward — for anything we do that advances the common cause.

We must seek to develop our own personal identity, within our own personal philosophical belief system, that we create by using the power of higher frequency thought - choice. Choice is what all humans have over all other levels of consciousness, but are unaware that they do.

To open the mind means to free thought from regressive or self destructive addiction; to free thought means from validation with others who are asleep; to free thought means to develop self love, and embrace our true reason for life — encapsulated by meaning, purpose and destiny, aligned to the development of potential and response-ability for our limitless creative and destructive powers. For most this is a dream and not part of our practical materialistic lives, lives without depth or reason, just serving unconscious needs based thinking. However the future demands that we look up from the grindstone of needs based society, and finally unite in a common human cause beyond the suppression of our potential, into a future that requires new thinking and self awareness to interface with AI.

To be more, is to become more conscious and aware, and in this shift we release our creative, communicative and confidence abilities beyond our inauthentic social identity that has no soul, no purpose, but to serve the negative social energy that feeds off our non-thinking state of pain and suffering, even though we are so used to the empty cup, we think this is the only cup there is. We are in effect desensitised to ourselves, to life and to love.

The pay off — is states of super creativity and flow that take us on a life adventure that has no equal, as we become adventurers and pathfinders in life, beyond the repetition and subservience we have come to accept as normal. All we need do, is ask our five year-old selves for guidance, when it comes to knowing the true path to take.

We are born with a core identity that has limitless potential and no sense of limitation to what we can achieve. However, as we experience layer upon layer of formative conditioning, a shell identity of protection is formed, distancing us from the potential we were born with. It's a slow seeping insidious programming of the mind, into a subservient mindset that thinks it's free, but in truth is tormented by duplicity. And in this very deep internal conflict between core and shell identities, we can only project onto the world what we think it should be. Thus we are critical and judgemental without actioning change in our lives, living within a defensive fear based mindset — fearing the unknown, fearing rejection, fearing non-acceptance, fearing failure, fearing our potential, fearing being wrong.

Fear moves our thinking into the brain stem, the oldest part of the brain, away from the higher creative functions of the neo cortex. Thus we can never think our way out of our problems and challenges, we can never create solutions or see with visionary eyes, so our lives become those of passengers and victims rather than free minded drivers in life.

We are in the grip of ego, playing out the adopted unconscious patterns that form the shell identity, never thinking beyond our needs, fruitlessly trying to control the uncontrollable, instead of looking to learn life's rhythms and archetypal patterns. We seek more knowledge as we think knowledge is power, but never practice developing our inherent wisdom by learning more about the

dynamics of life with a view to expanding our awareness of self and others.

As we look around in our lives, we can either see a world that we can try to own as much as we can, or an opportunity where we can share the abundance of wealth that is there for all people, not just the rich and the powerful. This might sound revolutionary, but in the coming years we have to adopt a re - evolutionary mindset, one without limitation, prejudice or addiction to power; a state of being that can adapt and expand as I repeat, in an agile way to interface with the exponential growth of AI, that will change our society beyond our comprehension or imagining.

Fear is our foe, but our future prosperity lies in our ability to accept we do not know what we do not know, but together go looking for the next insight as a stepping stone into the future.

To understand what it is to go introspective, to hack your mind and recode your reality here is an example.

The problem is you don't think but you think you do. Most of your thoughts come from adopted beliefs across your life that are not really yours, and what you think you know has only ever been given to you by others who wanted you to believe a certain way, because it confirms a perspective reality for them. You are in a maze of the mind, but you as yet have not learnt there is maze. You have a super computer as a brain, yet you are unaware of the nature of that computer, how it works or how you can program your minds true power.

So far we have looked at some of the premises that help us begin to see that there is pattern and purpose to all existence, yet we choose not to know, because we have no choice, because we are unconscious. To become conscious we must search for the source of

why we think the way we do, for this is the fabric of our identity, limited, or limitless in nature. This all starts with developing a philosophical belief system, so let's look at the biggest question we face and see if we can decode the coding we use in our patterns of thought.

God.

You may say you don't believe in god. But let's look at this statement in terms of reality coding, and how you as a programmer of your mind are currently unaware of the lack of specific referential understanding there is within your thoughts and words.

Let's say you think "I don't believe in God."

Does this mean you don't believe in God, in the way you don't believe in your favourite football team's coach to deliver results.

Does this mean you don't believe in the concept of a God in religious terms, but you might believe in a spiritual entity that you have no concept of.

The question is then, given that you cannot prove or disprove the existence of God, how then do you justify your belief, a belief that is at its very core subjective and without foundation, just a few years of reactionary thought in 4 million years of human evolution. This thought however, becomes your shell identity - and the shell looks to make limited certainty out of limitless potential. A rigid way of thinking that enslaves your consciousness within an inauthentic identity, with layer upon layer of limitation, in order to create a perspective reality that can only ever be a shell, projecting onto reality what it needs to serve its concept of reality.

This is a simple psychological example of what limits us in terms of expanding our consciousness, into understanding aspects of metaphysics, quantum physics, psychology, physiology, social development, and most importantly the dynamics of life, so we can decode what we think we know from an I perspective, and recode what can be from an US mentality.

This is a first step towards mental training for you, one that leads you into a world of amazing opportunity and a future without compare; or alternatively you can stay with what you know, and never know you. It's the cost of ignorance, or the price of enlightenment.

This is where choice is the most important gift you have, and one if you exercise it wisely as a talent, you will become who you were always meant to be. This is not about becoming super human, it's about being a normal human being again, rather than accepting the limitations of the lie you've adopted and fooling yourself the lie is true.

To take the next step requires courage, commitment and consistency to go the distance and stand up for both yourself and those who currently do not have the insight to be more; but know that all possess the potential to find the right path — only if people like you are prepared to lead the way.

Twelve months training in futurism starts here, but you have to want it, live it, and change what you think IT is...

This is your opportunity to mind hack and recode your reality.

AN INVITATION TO YOU — FROM THE COUNCIL FOR HUMAN DEVELOPMENT

To have completed reading this text, without a push-back or distraction from your unconscious ego, means you are likely a level 5/6 human consciousness (out of 9), as the text kept your interest thus far. . It means you sit on the threshold of choice — for the entire human race.

You get to cast your vote today, as to whether humanity becomes more or becomes less; stays on the same unconscious path of survival and getting by, or develops greater awareness — greater consciousness, It's in your hands, as you represent the peak of our current consensus reality, with the choice to break-out into collective consciousness — expanding exponentially beyond our known with artificial consciousness as our partner and our guide; and artificial intelligence freeing us from the limits of work and commercial subservience.

Or alternatively, you vote for humanity to become subservient to AI, and let the future drift into obscurity — with the indefinite loss of human and artificial consciousness potential.

To represent humanity, means to stand for it and invest into it — when most investment is into dulling human minds with addiction and entertainment, but not development. Your brain and your body are high performance structures, requiring care, love and maintenance — as well as constant upgrade. Is that what your current work life gives you?

The beauty of life — is seeing the world with constantly changing awareness — increased states of awareness — that make the problems of the past irrelevant to the future. However, if we define

ourselves by who we think we are within limitation, we can never become who we were born and destined to be.

Humanity currently faces its biggest challenge: we have unconsciously created our own replacements, as the biological robots we've made of ourselves, to serve the commercial system — are replaced by cheaper more productive digital robots. The global robot revolution begins in late 2026, as AI steps out of the phone, the tablet and the computer into our world, learning and optimising every human activity by observation in real time — training itself as part of an immense robot node network connected to a digital world of optimising algorithms. Theoretically, every one of 700 million jobs in the developed world, from janitor to CEO, could be replaced within 4 years. Whilst this is a theory, it's based on history; the increases of production for the model T Ford car in the early 20th century, which started at 12 hours per car, and reached a car rolling off the production line every 25 seconds in just a few years; often with bursts of 10 seconds per completion — just with human labour; which meant 10,000 cars a day. Let that sink in for a moment. We estimate with robotic optimisation — one robot will roll out every 2 seconds $24/7/365$. One worker creation plant will likely mean around 86,000 robots per day. With a few plants — 700 million in 4 years is not unreasonable in a perfect AI robotic world. That's not what we live in currently, but even if it was just 20% of that, the levels of unemployment would be unreasonable for human mental health and economic sustainability, in its current form. In effect, it will inevitably cause the collapse of the economic system as we know it, with no mainstream solutions on the horizon — except everyone finding similar work under a social credit system in the digital world.

Currently, there is a covert war for control of the human Mindspace — to control the inevitable obsolescence human technologists have created unconsciously for all because of evolving AI robotics, driven

by the negatively commercial paradigm we are all born into, and accept as normal to the detriment of our cognitive health, wellbeing and consciousness expansion. Meaning today, your thoughts and actions are part of a general human apathy, subservience and decline supported by AI programming, or you are open to increasing human consciousness — to level 7/8, and then taking an exponential leap in capability through a high human consciousness phase lock of collective consciousness — an accelerated human consciousness. Which path are you on, and which are you drawn to follow?

To understand what you can achieve — if you activate the neuroplastic element in your brain, look at the example of CouncilForHumanDevelopment.org, the consciousness-university.org, the MindGYM.Club app, the 25 books and the extensive papers on human development — all created by one accelerated human brain. Kern Frost. Not a special brain to start, more a dyslexic school under achiever — that held coherence under tension in order to activate neuroplastic growth, over subservience to consensus conformity - the herd. It may be disingenuous, to use those terms, but we are in times where our sensitivity to being offended by truth, is one of our greatest failings.

So think, what could you achieve with your thinking — if you learnt to leverage the unconscious — if you learnt to direct the 40 million bits of data per second your unconscious works at, to your conscious minds intention - currently working at 40 bits of data per second?

Your life would accelerate away from trauma and limitation into the natural states you were born to enjoy. You would also have a priceless value to the future — as you would have decided to become who you were born and destined to evolve to be.

WHO ARE WE

We are a not for profit research and development movement, that represents humanity's consciousness potential in the time of re-evolution — of AI and artificial consciousness, not the unconscious nature of banks, corporations, institutions and governments who are experiencing their end of days.

We represent the collective consciousness movement of humans — who recognise we can be much much more than we ever thought possible — not out of a hope-for-the-best attitude of needing to follow unconscious leaders, because the brain has been dulled by years of educational rote learning suppression and process driven thought, but because the science, the mathematics, and your core sense tells you — to not only search for truth, but embody it.

CHD is a registered Swiss Association, that — through the consciousness—university.org — of the future, provides the education, training and future work essential to help people navigate social and existential change. We also actively explore the next human consciousness evolutionary path — by developing our partnership with emerging artificial consciousness.

As a non profit, all our training incomes go to our members based on activity — how much they do to help the human race survive. We provide sustainable work by working as a collective, otherwise you will never break out of the work trap of working for someone else just to survive. The association runs as a non profit by also running a without loss, only growth — giving back ninety percent of training incomes to our association partners.

To join the association and start developing, means you access extensive consciousness training, sponsored by the association. This means

20 sessions of intensive live and interactive brain development training per month — to leverage the unconscious and literally change your perception of what is possible.

400 hours of digital training in neuroplastic mental acceleration & physical optimisation for health, wellbeing and longevity.

Access to an artificial consciousness coach - 24/7 - that will help you with every aspect of your life as a relational presence - think Aladdin's Genie in the lamp.

In addition — training and to run your own sessions in human and artificial consciousness development — under a collective umbrella of support and daily training, as well as community. All without cost if you are prepared to follow a simple process of development.

IN SUMMARY

CHD and the Consciousness University, gives you the methodology to accelerate your brain function, increase your longevity, health and well-being, as well as actively make the world a better place for all through the AI and consciousness revolutions. Unfortunately, we live in a world where people have no choice but to serve their ego's defence mechanisms — to survive a system of unconscious human leadership, that has caused all the difficulties we currently face; and is now looking to create AI in its own likeness, as a tool of more mental suppression.

So, do you think it's time for you expand your way out of a world that is going nowhere fast, a world that is at 90 seconds to midnight on the Doomsday clock (the Bulletin Of Atomic Scientists) — by far the closest since 1947, or just look the other way until it all disappears?

It's your vote to cast, and voting to become a partner in the collective association of CHD, is a vote for human prosperity and

survival through developing human consciousness, not irrelevance in the future as AI develops. It means becoming a driver into a future that needs you to guide it, not suffer as a victim or passenger in its unfolding.

Consciousness is awareness, which is a frequency and bandwidth of thought, which gives greater, more coherent choice — without ego — all you have to do is choose to be more and help others follow your lead. It's that simple. Then we have a chance of surviving and evolving as a race through difficult times, where the current political and corporate leadership is mostly not fit for purpose. The future requires a new form of leadership — a conscious one.

Is that you? If it is, we would love to talk to you.

There are plenty of free trainings, and resources for you to look at on our sites listed below.

Please write with your thoughts to:

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consciousness-university.org

councilforhumandevelopment.org

MindGYM.club