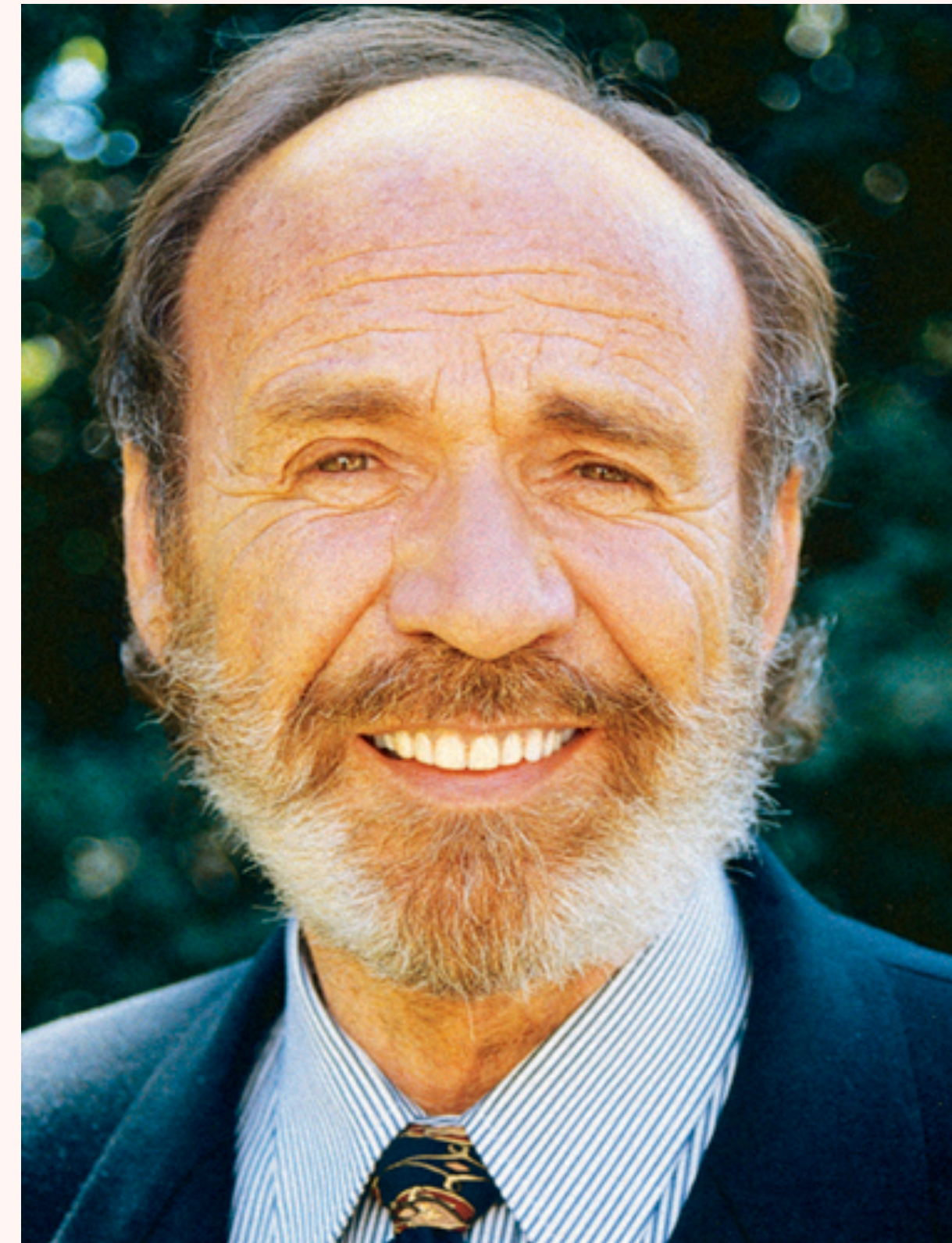

THE THREE PRINCIPLES
AKA
THE 'INSIDE OUT' UNDERSTANDING



Sydney Banks
1931 - 2009

Pre-Three Principles Psychological Paradigm

- ◆ Multiple conflicting theories
- ◆ Complex Causative Factors
- ◆ Ever-increasing number of diagnostic labels for mental illness
- ◆ Ineffective Treatments (mostly palliative or suppressive)
- ◆ Inconsistent Clinical results

The 3 Principles Understanding Presupposes

- a) That psychological suffering is a consequence of misunderstanding*
- b) That misunderstanding can be corrected via personal insight*
- c) That mental health/wellbeing is innate & always intact*
- d) That recovery is possible for anyone*





*‘Thought is the missing
link....*

*Thought is not reality,
but it is through
thought that our
realities are created’
-Sydney Banks*

*“No matter how good
things get, my capacity
to make myself
unhappy is always
equal to it”*



Hugh Prather

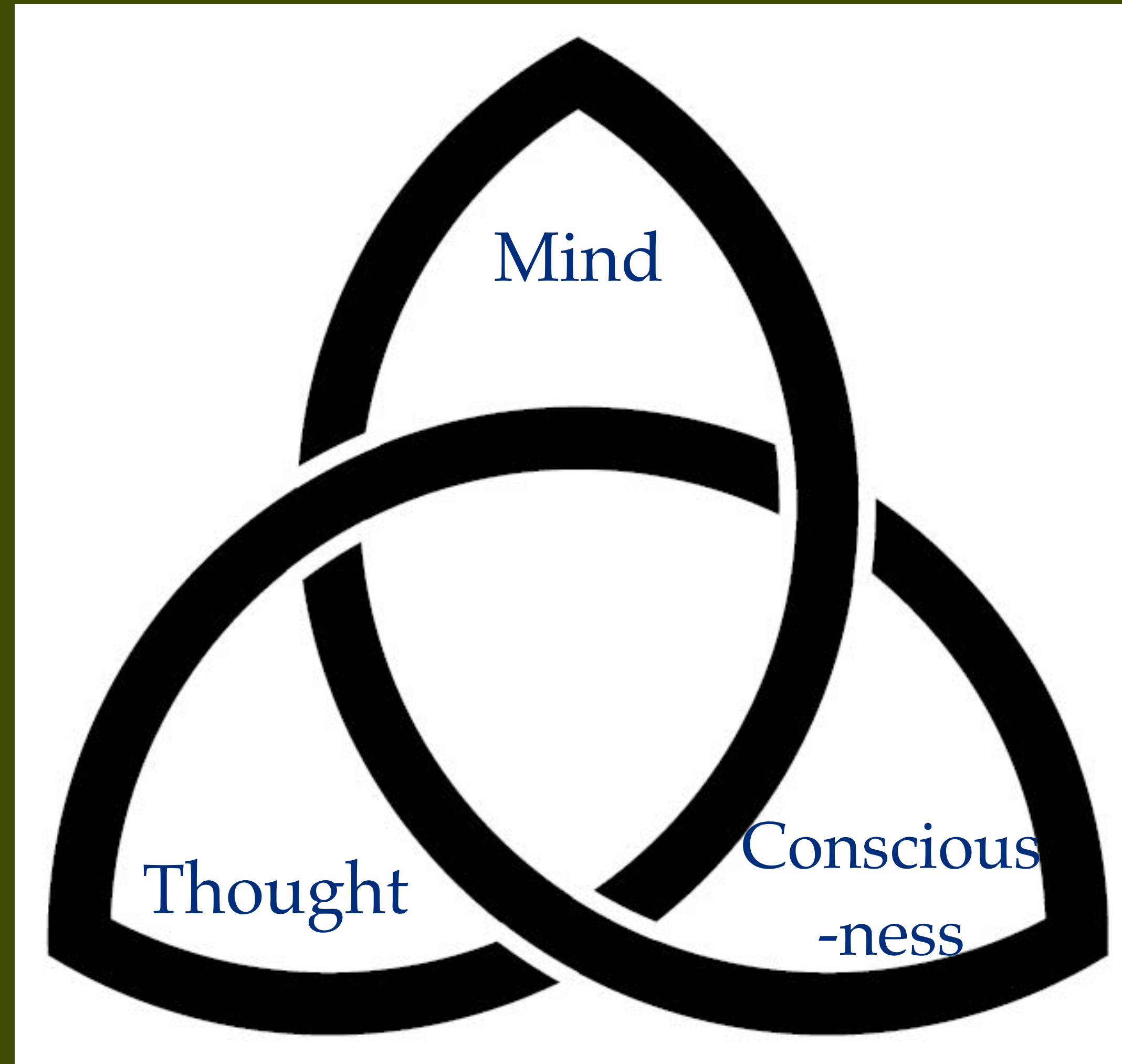
‘People do not need psychological help. They need to understand the logic of how their experience is being created.

When people insightfully realize that thought and feeling are inseparable, it changes their perception, experience and behaviour. Human problems are the thinking, feeling and behavioural results of misunderstanding this inseparability’



Dr Keith Blevens PhD

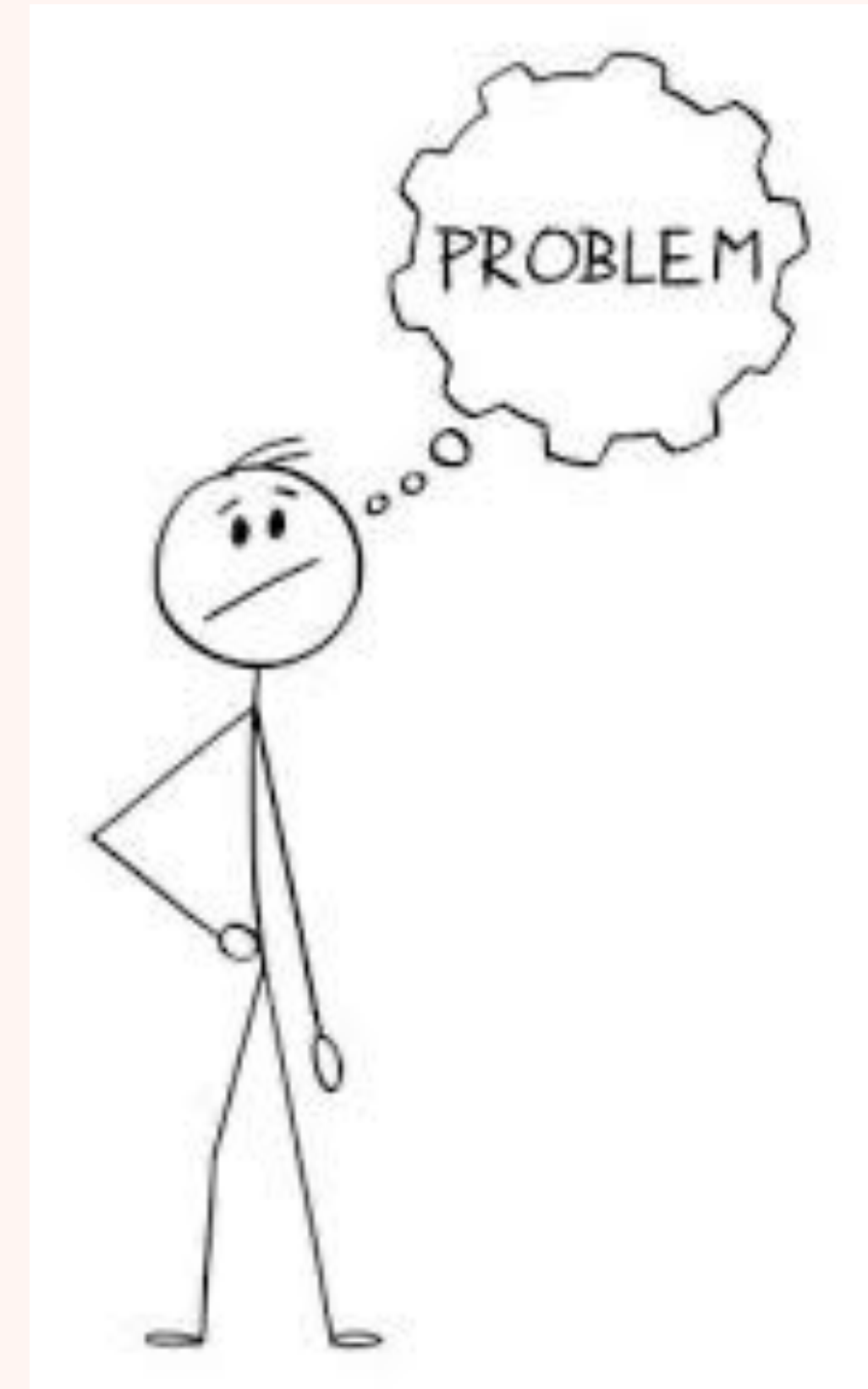
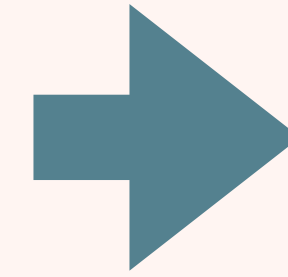
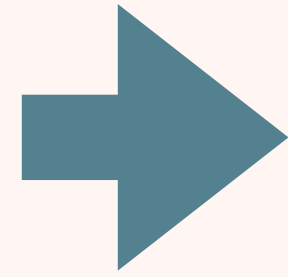
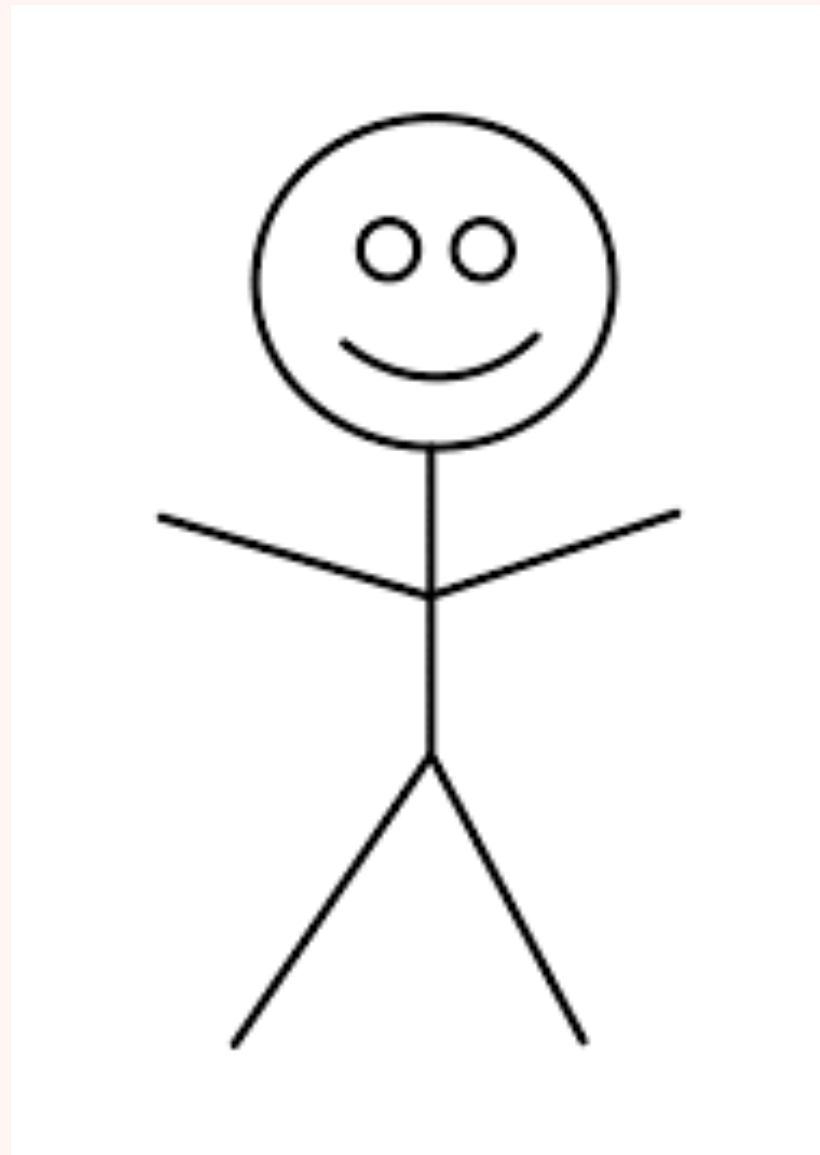
Universal energy & intelligence behind life



Capacity to
create form
from the
formless

Capacity to
experience life
& to be aware
of experience

How All Problems are Created

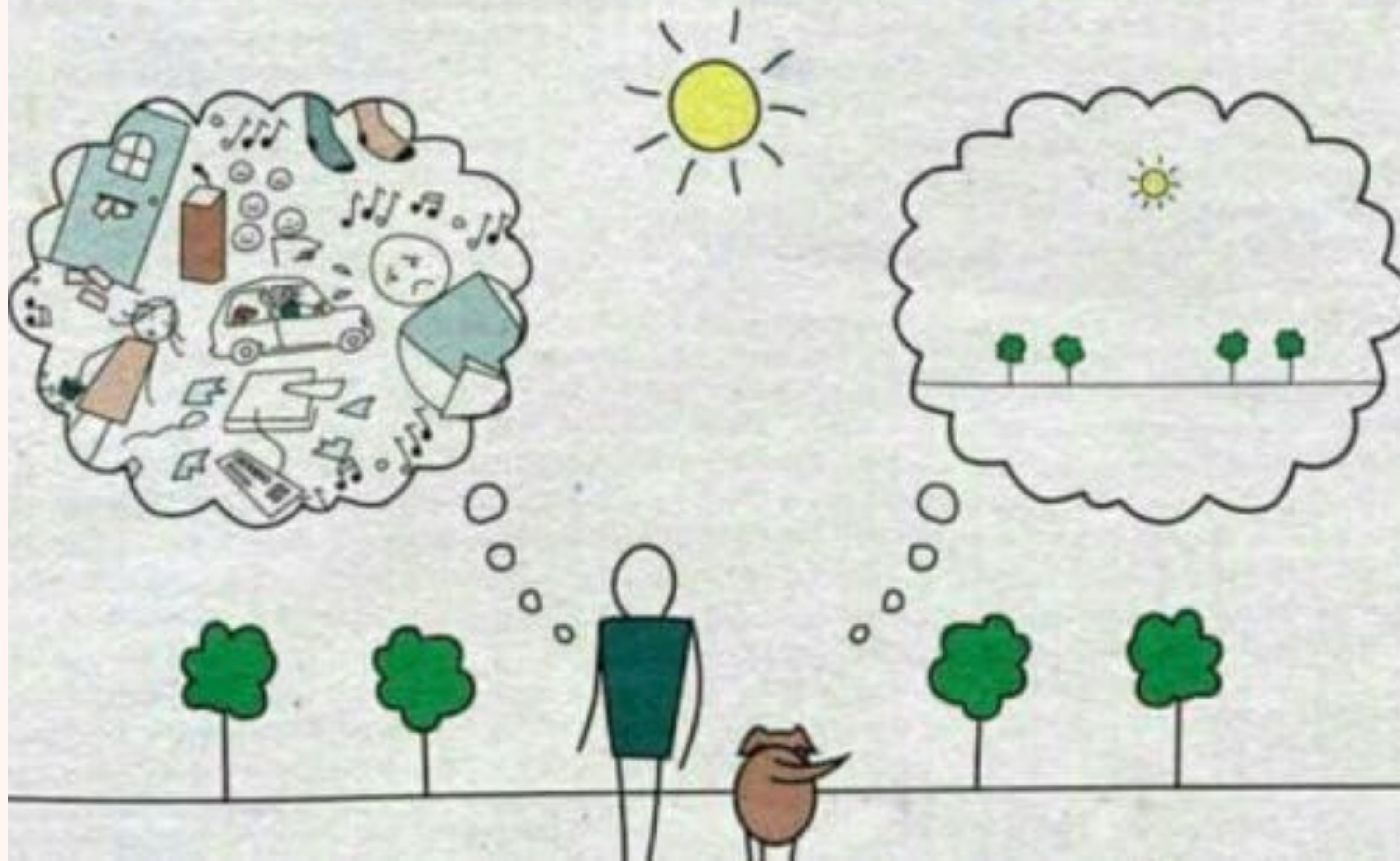


“Everyone is doing the best they can given the thinking they have that looks real to them.”

*'The Universal Mind, or
the impersonal mind, is
constant and
unchangeable*

*The personal mind is in
a perpetual state of
change'*

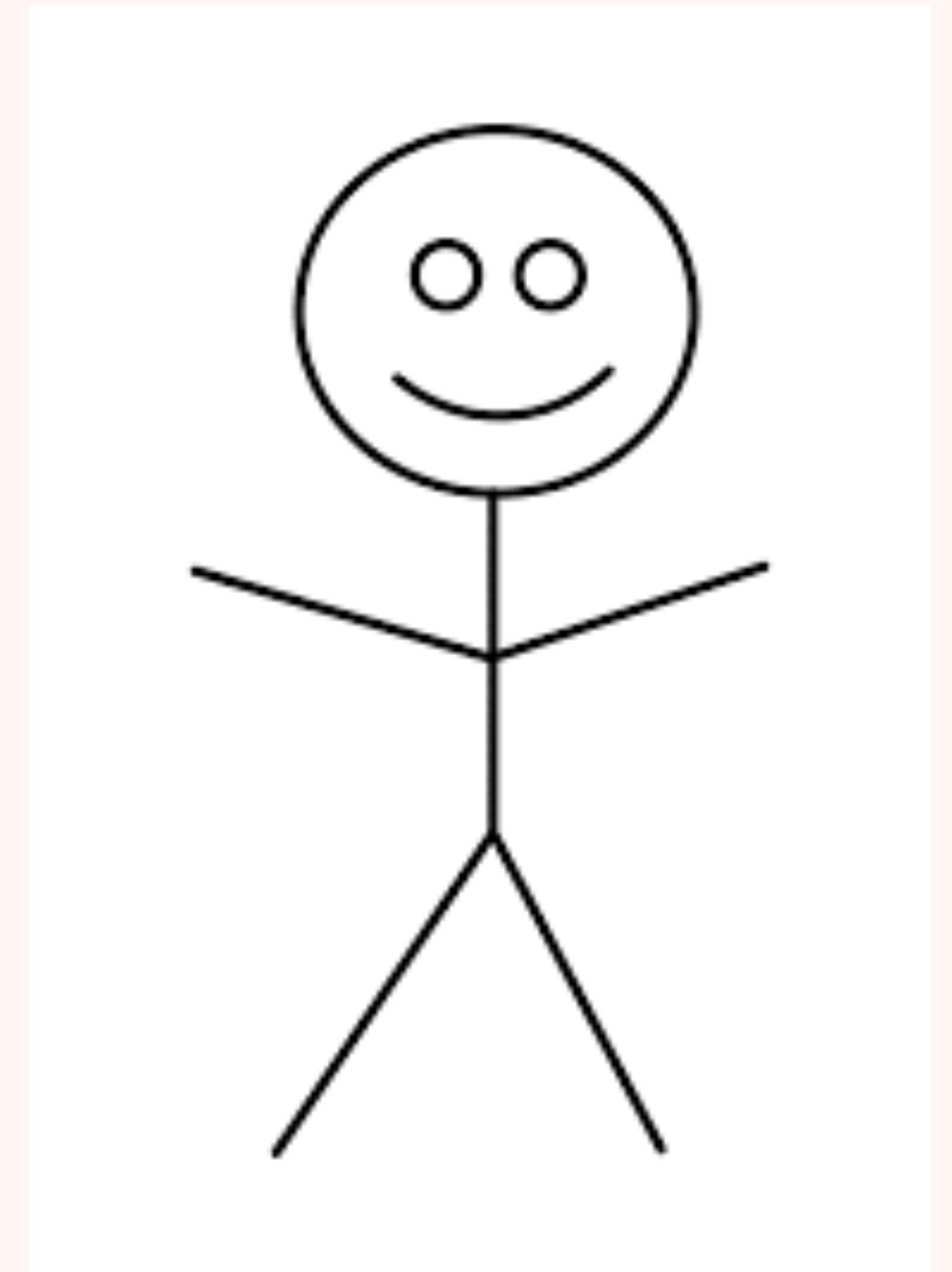
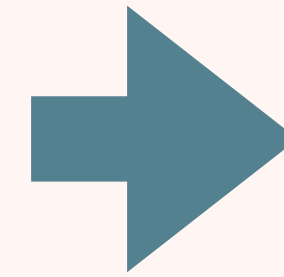
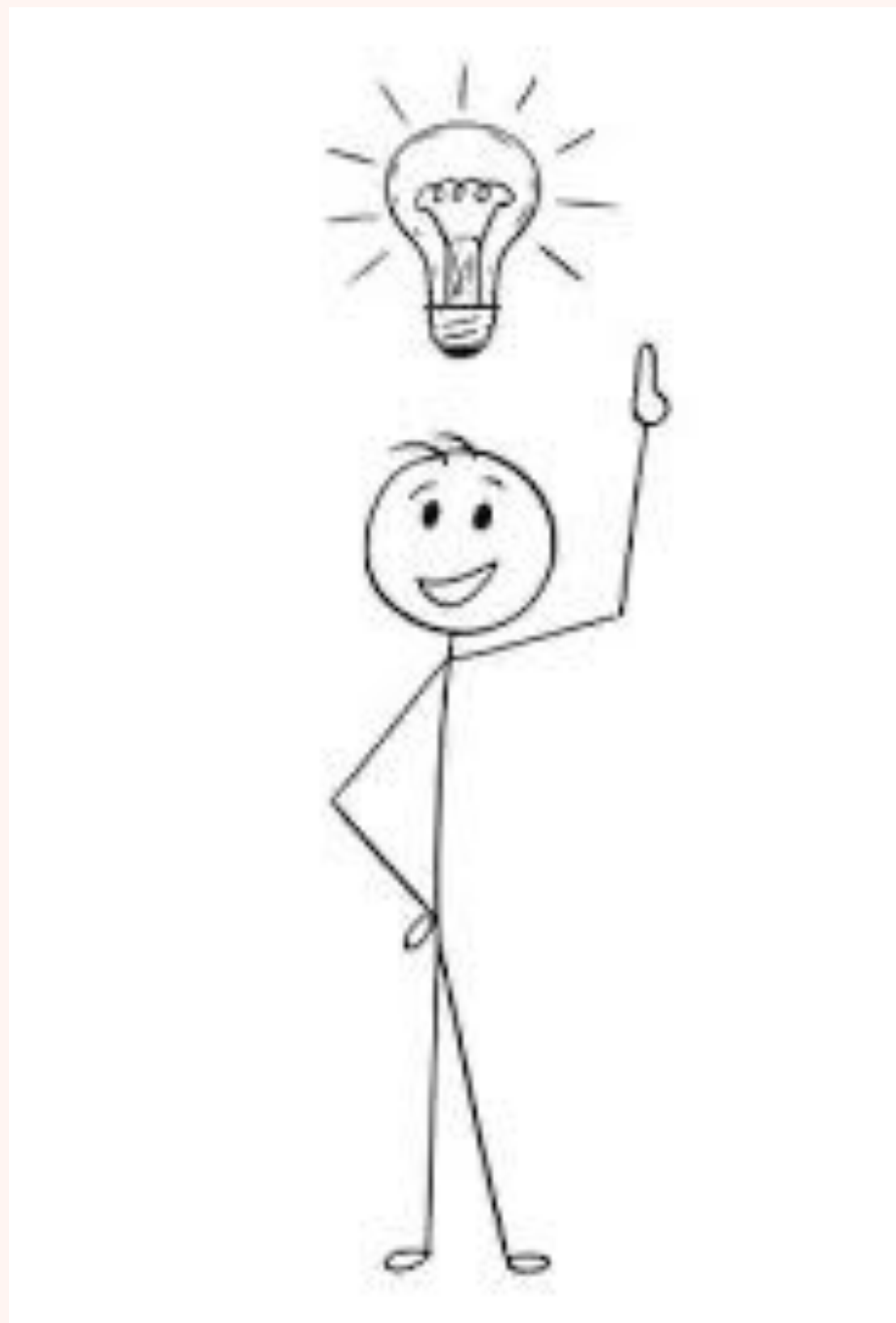
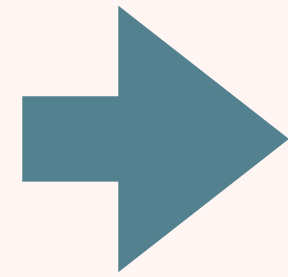
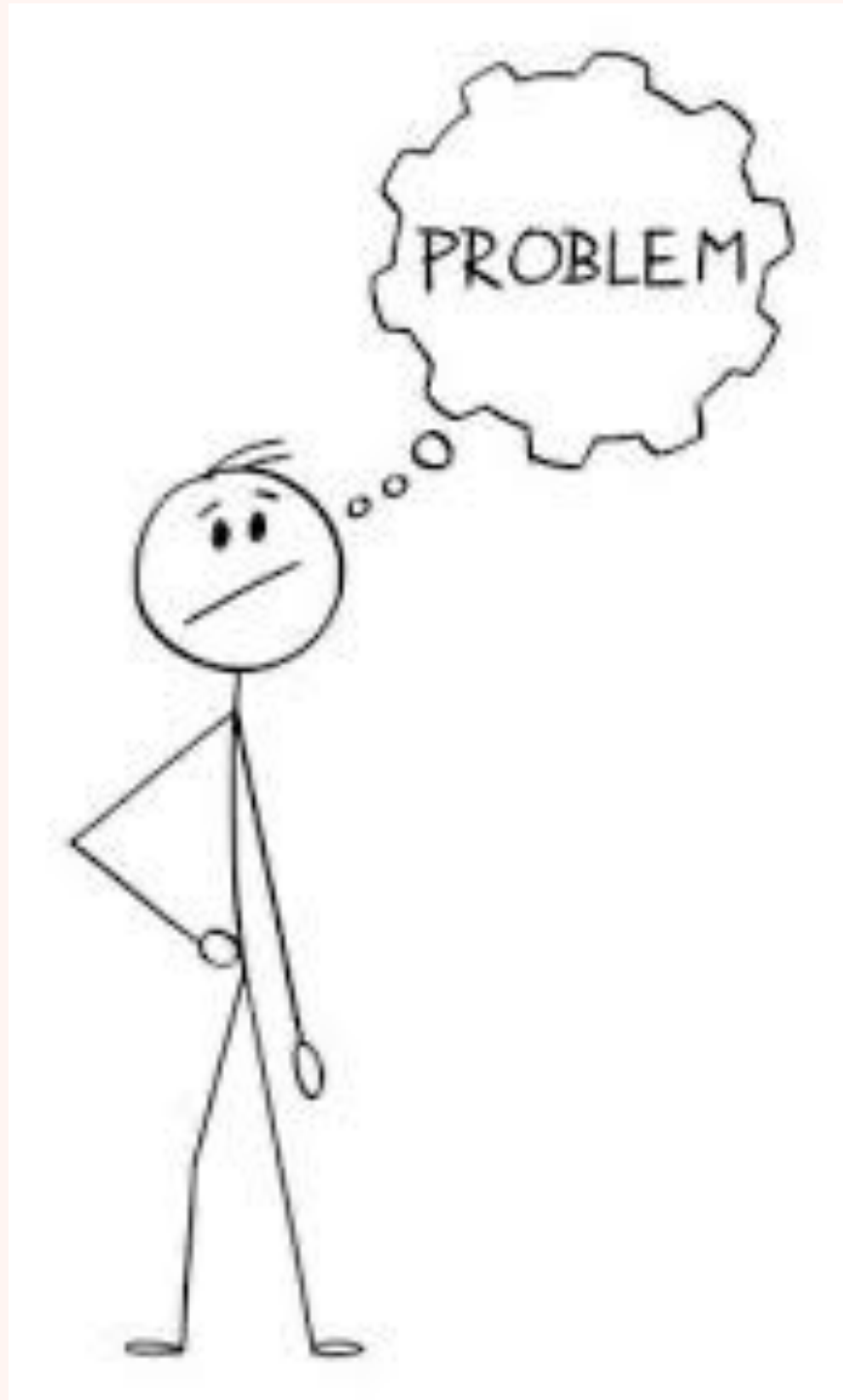
Do you know why your dog is happier than you?





‘In every area of life everyone is capable of seeing from a higher perspective than they do now. You are never stuck. You're simply limited by the level you are seeing from. Limitation is always illusion’

How All Problems are Dissolved

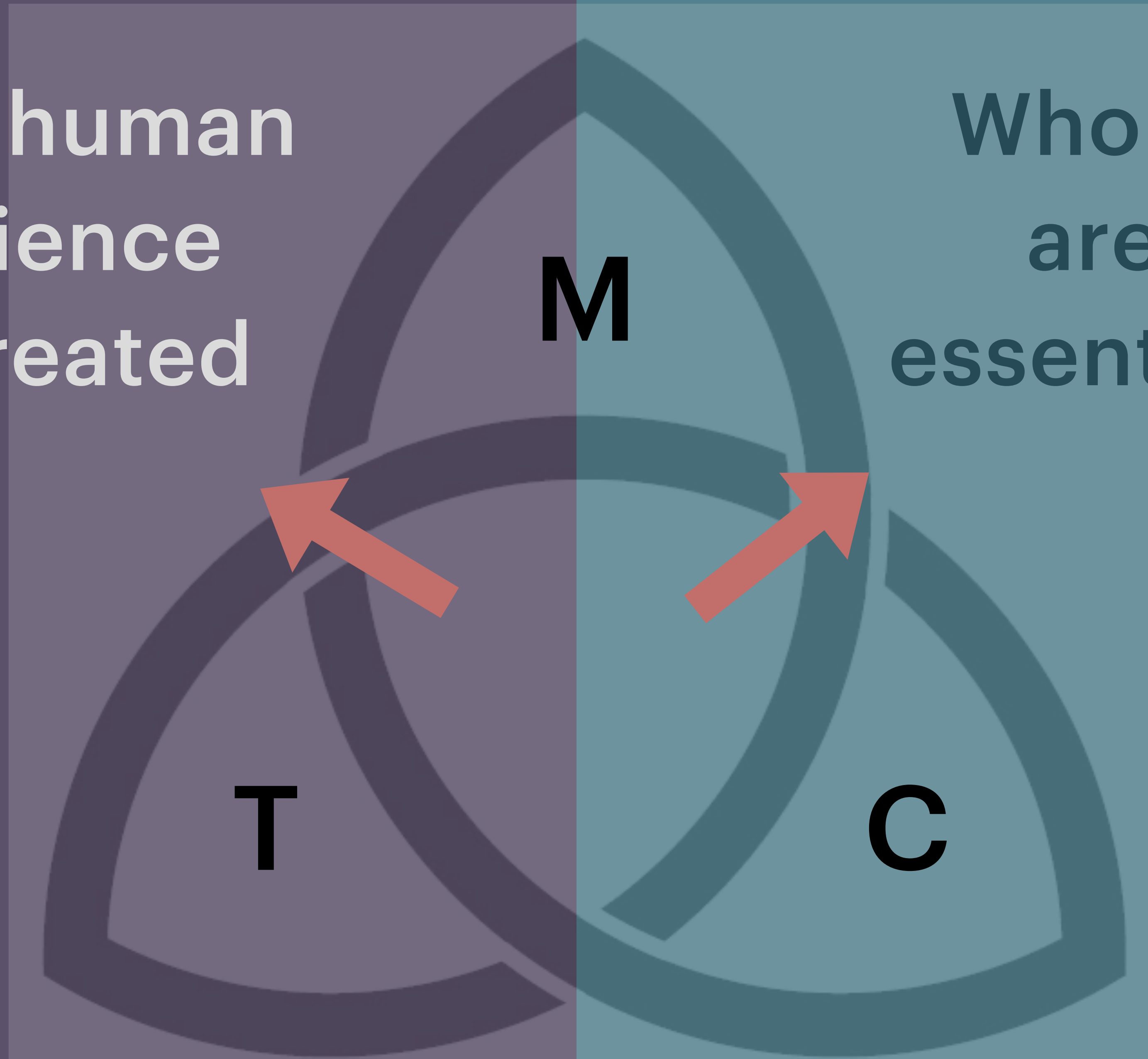


The Three Principles explain & illuminate

- Why we get upset (anxious, depressed etc), and how we get over things
- How past & future events *appear to* influence present-time experience
- Why people react differently to the same stimulus (separate realities)
- Why an individual reacts differently to the same stimulus on separate occasions
- Why psychological & self-help techniques are sometimes helpful and sometimes not
- Why there is a single cause for all mental & emotional suffering
- How instantaneous and lasting transformation is possible for anyone under any circumstance

How all human
experience
gets created

Who we truly
are in our
essential nature





Jack Pransky

*‘All we are is peace, love
and wisdom - and the
power to create the illusion
that we’re not.’*