

How to use the internet as your own personal Psychotherapist.

sFTS ... (some)First Things Second*:

Gary Dean Deering < gary@PsychHologyEngineering.com > [pdf](#)

Hello ,

Why you should want my stuff to be your stuff is all about you taking back control over your own life.

Take Back Control



Drive Yourself to New Destinations

By taking back control I mean take control over your own psychological growth and development and complete your journey to authentic happiness and fulfilment in this life while you actually live and breathe.

I suppose I should have put the content herein up front in your first email Newsletters from me but I chose not to. It seemed to me to have been apologizing right out of the gate would have been the wrong approach.

Now however, since you have sampled some of my emails, I believe I should put it out there so that going forward into our individual f.u.t.u.r.e's I don't have to apologize every other day for the fact I CAN'T MAINTAIN **my** legacy websites/websites.

I still want to use them to the extent they still work here and there. And to let old links that are broken be there so that where I decide I want to repair one I can do it. But I'm not obligated to.

Now.

Not only do I NOT want to maintain my legacy web stuff in *perfect-unbroken link* fashion (had "they" not outlawed the basis of my web/html stuff = FRAMES and FRAMESETS I wouldn't have to worry about this) but since I'm 74'ish years old going on 84'ish I just don't have the time.

What I should really say is, I can't maintain my legacy sites in perfect working order FOR YOU.

However, this doesn't mean there is *no* value there for you. There is *some* value but not as much as if it were better. A better--to repeat--that I just can't do.

Sounds like yu are apologizing.

I know, but goddamn it I can't keep linking my old stuff and when it doesn't work, stop to fix it to work perfectly. Hence, WYSIWYG and so when you see that dreaded **404 Not Found** error notation with and without content when linking to my legacy material it will have to be good enough.

For now.

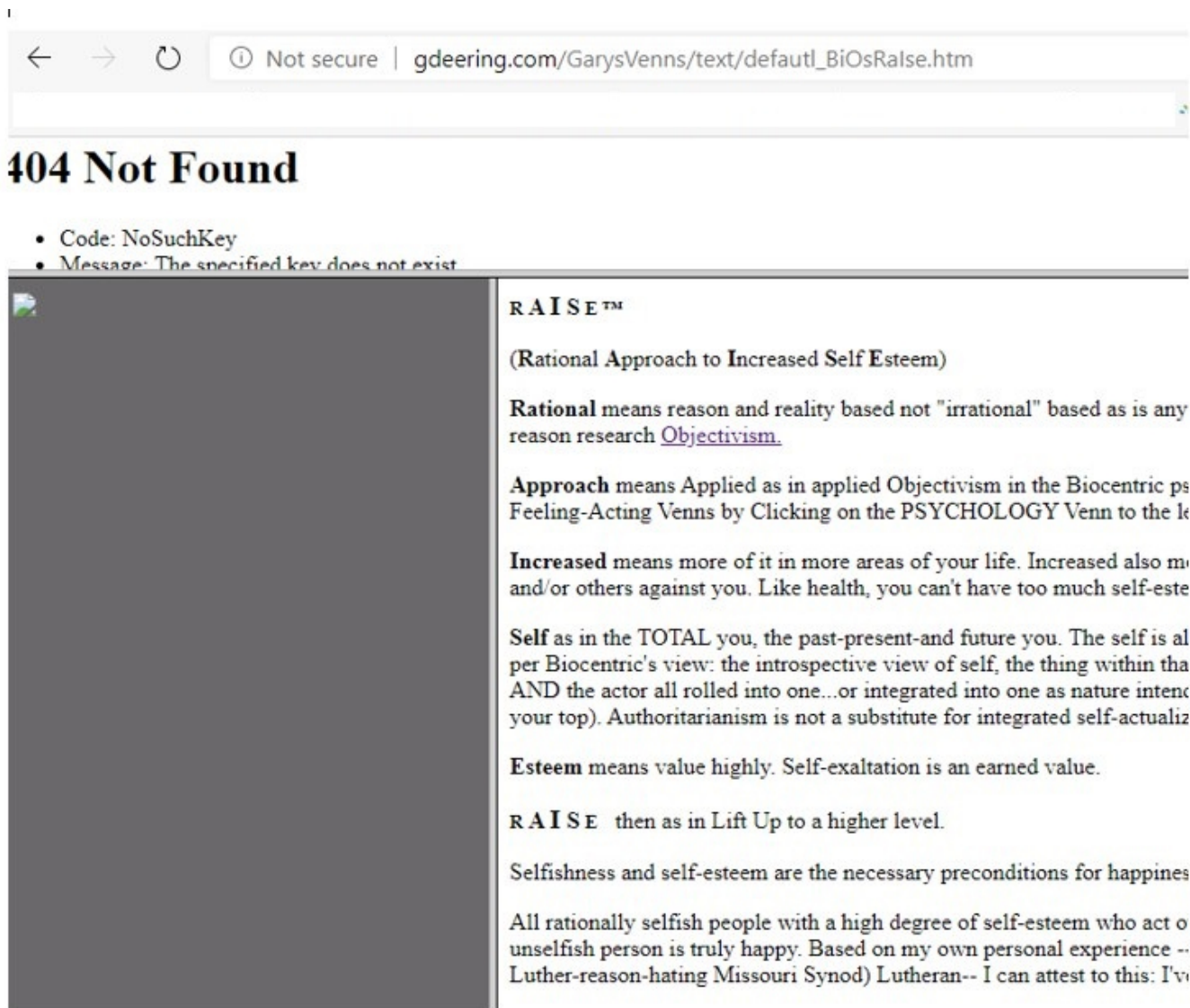
Since the real purpose is to show you how I did it it only has to work good enough to do this.

Did what?

Used the internet as my own personal Psychhotherapist.

And I believe even with some broken-links my legacy web material accomplishes that.

Here's one [example](#): (eventual dead end when you soldier on through the 3 Questions there - that is, the 3rd one is the tricky one so use back arrow and try different responses after the AR for Ayn Rand response doesn't work):



Follow/scroll to bottom to start First Question.

* * * * *

If there is content with the “404 Not Found” error notice that the content is good.

That is, the content if any is good/ok, it’s the formatting and the flow of it that is “broken”.

So since I have tons of stuff on the web—going back into the last Century—that is linked-to in my old material as well as that which I want to link to going forward I am issuing this heads up to help you read it/use it even in broken-links cases. And in spite of some broken-links I still believe you will find it useful/beneficial.

My first intention of producing all the content that I have produced on the web was to monetize it so I could do it full time forever.

However, my monetizing efforts failed but by the time that happened I found that the “sounding board” usefulness of all my web material for me as invaluable.

My second intention for producing all the content that I did produce on the web was to use the web as both an infinite storage space and infinite blank page to write on for my

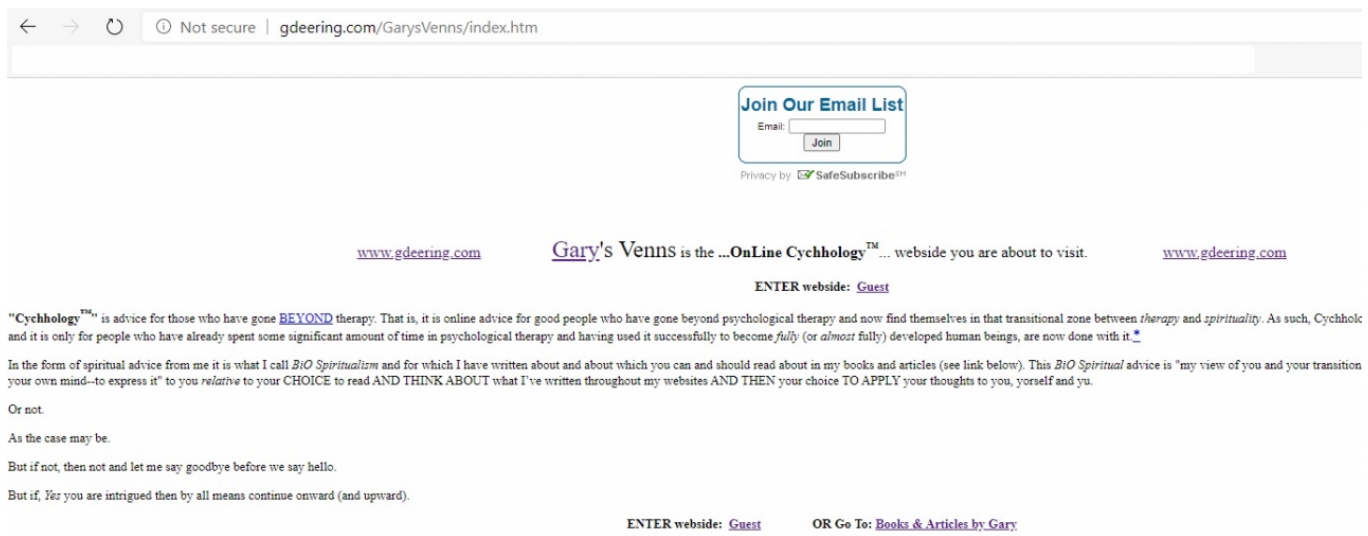
content as ways 'n means to facilitate my need to conceptualize all that I was going through in my reProgramming of me by me efforts. And then to be where I could access it whenever I wanted to. Early on in my web creations I made a commitment to myself that I wanted it to exist in unbroken-links as a TOTAL INTEGRATION of the best me that I could put forward and also search it at will as a kind of self-monitoring of me by me. Sometimes, of my self *monitoring* my ego and other times of my ego *monitoring* my self but *all* times with an eye to reMaking me, myself and i into a better "I"—or what eventually, I identified as a [Metaphysical Metaphysican](http://www.gdeering.com)—Hero type, which became my personal definition of "the best" (in contradistinction to Social Metaphysican—Villain type, which became my personal definition of "the worst").

Here:

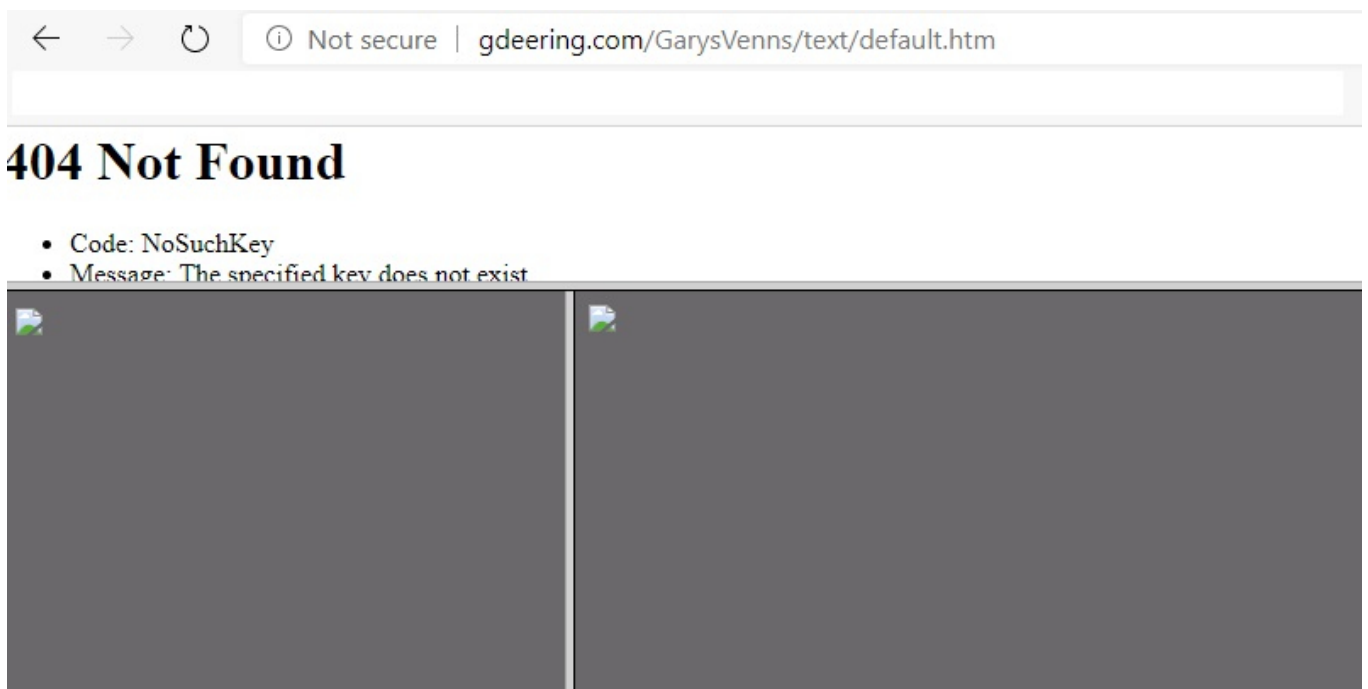
gdeering.com

The diagram is a large rectangle divided into several sections. At the top left, a box labeled 'Gary's' contains a 2x2 grid with 'Venns', 'Books', 'Blog', and 'Archive'. To the right of this box is the text 'Choice Logical' and 'Thoroughbred Handicapping'. Below the 'Gary's' box is the text 'BiO Spiritualism'. In the bottom right corner, there is a graph with a vertical axis labeled 'H', 'ps', 'MM', 'I', 'C', 'A' and a horizontal axis labeled 'a', 'c', 'i', 'SM', 's', 'ps', 'V'. The graph shows a curve starting from the origin and ending at point 'V'. The text 'teleometrics' is written in blue above the curve, 'not' is written in blue in the middle, and 'psychometrics' is written in blue below the curve. The URL 'http://www.gdeering.com' is repeated around the perimeter of the diagram.

via Venns link to:



via Guest to:



Which is a **broken-link** that should be the following and still is on my personal computer but not on the web any more:

www.gdeering.com [Home](#) Gary's Venns. (not Zen but) Venn. Click in the Venn Space you desire to travel in. Logout Request Feedback www.gdeering.com

PHILOSOPHY
psycho-epistemology
PSYCHOLOGY
RECREATION
POLITICS
unpublished-4-YES
ECONOMICS

METAPHYSICAL METAPHYSICIAN

OR

SOCIAL METAPHYSICIAN

Which one are you?

A self-help psychological [test](#) to measure the degree to which you are [FOR](#) or [AGAINST](#) your own life and [happiness](#)...here on this earth while you actually live.

(psycho-epistemology/telemeter/click here/ OR [BACK](#))

www.gdeering.com [Home](#) Gary's Venns. (not Zen but) Venn. Click in the Venn Space you desire to travel in. Logout Request Feedback www.gdeering.com

PHILOSOPHY
psycho-epistemology
PSYCHOLOGY
RECREATION
POLITICS
unpublished-4-YES
ECONOMICS

For the purposes of my test I am going to divide the world of people into two all encompassing and mutually exclusive classes: *Social Metaphysicians* and *Metaphysical Metaphysicians* with this latter classification representing an extension of my grasp of the former. *Social Metaphysicians* are people who *suffer* from the psychological syndrome called *Social Metaphysics*. This syndrome was identified, named and elaborated on by Dr. Branden of the Biocentric Institute. In his work [The Psychology of Self Esteem](#) he defines Social Metaphysics as:

...the psychological syndrome that characterizes a person who holds the minds of other men, not objective reality, as his ultimate psycho - epistemological frame of reference. (p. 179-80 pbk).

By juxtaposition and contrast then there is another psychological state we can label Metaphysical Metaphysics and define it as follows:

...the psychological state that characterizes a person who holds objective reality, not the minds of others, as his ultimate psycho-epistemological frame of reference.

continuing ... [click here](#)

And so on and so forth ... link after link after link to explore the inner workings of my mind as I forever continued my quest for happiness in fulfilment in the here and now.

And when I obtained this state of being to continue on using the internet to continue trying to “monetize” it as motivator (and organizer) to keep climbing higher and higher as ways ‘n means to enjoying living and being alive here and now on planet earth.

There is an aspect of [Biocentric Psychology](#) (which is PsychHology Engineering with me taken out of it) that I haven’t fully explored yet but want to. It’s called the Mutnick or Visibility Principle and if you can find other people—especially a competent psychotherapist—to use as your sounding board to change and improve yourself then more power to you.

But you have to be aware of a PsychHology Engineering addendum to the principle:

when interacting with others as a psychological mirror you have to be aware of the possibility of interacting with a fun-house mirror and not knowing it so you have to be able to adjust the “image” of you, that is, yu that they reflect.

After I got all I could out of Branden’s [intensives](#) (search/see: My Full Review) and some other group therapy follow up work I found it easier to just use the internet as my mirror in the way I did and continue to use it.

* * * * *

You could say I used the internet as my own Personal (sounding-board) Psychotherapist and saved millions of dollars in-the-process as I succeeded in rePrograming myself to be an *authentically* happy, fulfilled person INSPITE of being raised by Jesuit Priests steeped in Kantian Philosophy atop their super-duper engrained Christain Philosophy of a metaphysics that sees reality as a haunted house, epistemology as faith-is-the-best as in only losers need evidence and all of it with an ethics that says you should nail yourself to the cross.

STS.

So To Speak: that is, that last is a bit of an exaggeration but not entirely.

Plus the exaggeration could be categorized under what—in MY ancient times—I name “psycho-hermenutics”.

And.

Stop.

This--“psycho-hermenutics”--is just another NEW thing I have to flesh out to be a formal thing rather than at this point just an informal thing. See Yes Chapter 17 for more.

For now ... done.

Sincerely yours,

Gary Dean Deering

PsychHHology Engineer in the brand-new field of self-study by the same name:
PsychHHology Engineering:

Know Thyself. You can't actualize the unknown.

* **PS:** One of my first beneficial benefits from my psychotherapy (re)training (from Branden in one of the many Intensives (search: My Full Review) of his that I attended in my earlier days) was the value of being aware of my thoughts to such a high degree that I could *easily* capture them as they were “streaming” within me and could choose to say the first thing that came to mind *rather* than the second or third or whatever came down the pike (as was my m.o. at the time) thereafter to be *that* which I thought others wanted to hear not what I really thought was the case as was most often in my first thought—albeit not exclusively, but predominantly.

Between now and my next email DO SOMETHING in *action* to ***continue*** taking back control over your own psychological growth and development to *authentic* happiness and fulfillment in the here and now.

More free-stuff reading for the interested reader [here](#), [here](#) and [here](#).

For ideas on themed action aimed at solving your psychological problems explore [this](#).

Know Thyself. You can't actualize the unknown.

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