

## Messages in my Head

This Internet item mainly describes 4 strange messages that occurred in my head over two months. The first two messages were good useful messages - but the last two to were at first rather terrifying. But it is interesting how your own brain can act independently of your normal conscious brain.

### My first Message (to me a Personal Miracle)

The first of these strange, very personal messages occurred few months ago on Saturday the 2nd of March 2019. I was playing as normal on my melodeon in the open area in front of Ashfield Mall. The picture shows the situation – but, of course, this picture was taken about a year before. And then, when I was having a short break, the event began.



*This picture shows me busking and telling people about my books.*

A very persistent spoken-thought entered my brain. The thought felt very foreign to me and I didn't like it at all. The very foreign thought said to me.

**“I am part of you and I want to help you now. You and I want to give our message to the world that people should form independent, egalitarian communities, so that there would an alternative to our current Capitalist, Globalist, Economic Growth ideas. But, to do this, you must show more empathy to your audience. So you must play simpler tunes and look at your onlookers more.**

**You will naturally object to this foreign intrusion into your current thoughts. And also this message must repeat itself many times, so that both you and I will remember it. You won't like this repetition at all. But, after a few minutes, the message will start to fade. And then eventually you will appreciate this message is just for your own benefit."**

I naturally just hated this experience and I thought I was just 'going around the twist'. But then slowly the message started to fade and I started to accept that the message was correct. And so I started to play simpler tunes and look at my audience more. So the message helped me significantly.

Presumably this whole event was essentially just me talking to myself about a very important subject. But I certainly have absolutely no recollection about thinking about such a difficult subject beforehand. To me this whole event just seemed to be a rather remarkable miracle.

### **My Second Message (also to me a Personal Miracle)**

The second of these two strange, very personal messages occurred on Sunday the 17th of March. On the Saturday before, I was doing my usual chip-ups as shown in the picture. But, sometimes I can have an over active brain – and I can develop what could be a mild form of schizophrenia. And then some negative thoughts can interfere with my normal thinking. I became very worried about this situation.

But on Sunday, a few minutes before I was due to do my chin-ups again, I had another similar miracle. And so again a very persistent spoken-thought entered my brain. And again I didn't like it at all. This time the foreign-thought said.



**"I again want to help you. Your problem this time is that you are not concentrating enough on your exercises. If you just concentrate on the physical aspects of your exercises, then you will find that you will automatically forget about your negative thoughts.**

**Again you will naturally object to this foreign intrusion into your current thoughts. And also this message must repeat itself many times, so that both you and I will remember it. You won't like this repetition at all. But, after a few minutes, the message will start to fade. And then eventually you will appreciate this message is just for your benefit."**

This time I naturally accepted this intrusion into my normal thinking more quickly than the first time. But the repetition of the message was just as horrible. But again slowly the message started to fade and I started to accept that the message was completely correct. And so I just concentrated on my exercises and my negative thoughts disappeared.

This wasn't a new idea at all because I had had to do this when I suffered from "Pins and Needles". This discussed in my Autobiography on pages 143 and 144. And this book can be downloaded by clicking on: [http://brydenallen.com/download\\_files/Glorious\\_Ambitions.pdf](http://brydenallen.com/download_files/Glorious_Ambitions.pdf)

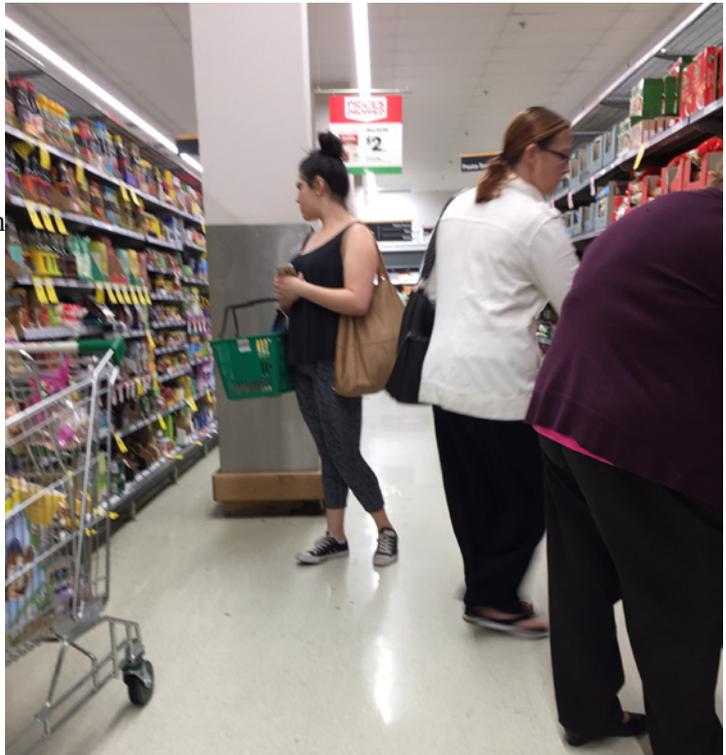
But I still think that this message from a past-me is a rather wonderful miracle.

### **More complex Messages in my Head**

This event occurred on Thursday 21 March while I was shopping in Woolworths

See picture

The message started after I had done the first part of my shopping and reached the end part of my shopping in the 2 aisles that contained the non-perishables. Then the following message entered my head.



**“We both wish to persuade the world that living in small self-sufficient communities is the easiest way to allow the world to progress. And then the world could see that there is a good alternative to our current concepts of: Capitalism, Globalism and Economic Growth. But this is a very hard thing to do. Previously these messages have weakened. But the messages could also get “stronger”, if this could help us to solve our problem.”**

I, to begin with, accepted this message quite happily. But then I started to think of all the other messages as well. These were: show more empathy with people so that people might accept my message more easily; we must avoid negative thoughts by concentrating the current practical task; we must support self-sufficient green living; each repetition can get weaker; but each repetition can also get stronger.

But all these ideas then circulated in my brain. But particularly **“the message can get stronger”** worried me because it meant I could die, if I couldn’t control this whole process. I got into quite a panic.

But, when I finished my shopping and I was ready to go to the check-out aisles, the message continued on.

**“Don’t worry about this situation at all now. Your brain is a very sensible organ indeed. It will repeat and grow what is good for you and it will not repeat what is not good for you. So don’t worry. Just continue your good work on trying to form self-sufficient communities. And then all will be well.”**

So this was what I did. So I didn’t worry. And, as I thought back about “my pins-and-needles” problems mentioned in my second message, to get rid of these irritations you must not worry about them. If you worry about them they grow. But, if you forget about them, then they naturally just fade away.

### **A very dangerous Conflict in my Head**

This event occurred on 31st of March on a Sunday night. I was just preparing to go to sleep. But I had a problem. But before I can go any further, I must explain the natural sequence by which a person often solves difficult problems.

Usually there are advantages and disadvantages in any solution of a problem. And then first a person will consider one side of the problem and its advantages. And then a person will consider the advantages of the

other side of the problem. And then a dialogue proceeds in one's head between the different sides of the problem. This process will not be very different from the situation of two people arguing about how to solve a problem. This process is fine.

For me personally this argument is usually whether the world should continue on its current way with our present capitalist way of running the country. And this way allows people to become very rich. Or should we restrict wealth and so all people become more equal in wealth? And then our time, which at present is spent on gaining the wealth associated with having large houses or cars, would be spent on free-time mostly for social beneficial activities. And I personally naturally think that that the "free-time" way is the right way and the capitalist system is the wrong way.

So, when I argue in my head, there is often there is a clear difference between what is right and what is wrong.

But, on this dramatic Sunday night, this process got hopelessly out of hand. The right ideas of my brain tried to get rid of the wrong ideas of my brain. But the wrong ideas of my brain my fought back with remarkable vigour. I didn't understand what was going on in my brain at all. I suffered a terrible panic attack.

Then suddenly the solution became quite clear to me. **Both sides of my brain were equally correct. I should not have tried to get rid of my wrong ideas. They were equally part of my thinking. And I, in quite a loud voice, spoke to the many parts of my brain that both parts were equally valid. And all the parts of my brain agreed with these new ideas of mine.**



*This pictures how I normally sleep at night.*

As I look back on this whole incident now, it all seems to be rather ridiculous – rather like a rather peculiar dream. But this was not what I felt at the time. Back then I felt that this great understanding was the resolution to all my problems.

The picture below shows the problem of a person having very conflicting thoughts.

The naked girl can either think that she is living in a beautiful peaceful world where all creatures are safe. Or else she could think that the tigers might like to eat her. So she must have a problem of very conflicting ideas in her head.

