



First Stones



Age of Selfishness



On What Planet ...



Take Back Control

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PsychHology  
Engineering



# First Stones NewsLetters



Letters From a First Stone Caster

## PsychHology Engineering 12A of X:

How do you cure yourself of ALL your psychhological problems?

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MAY 8



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### How do you cure yourself of ALL your psychhological problems?

First off, let it be known this is the only way it can be done: *by* the self, *of* the self, *for* the self.

Secondly, recognize that psychhological means true scientific psychology not the false psychology promoted by the United States Governments: State and Federal and those who help these Government agencies promote false science, i.e., brain is mind.

Thirdly, recognize that *Brain is not Mind* but that Brain is a *tool* of Mind—a tool you are personally responsible for cleaning and honing--sharpening on a regular basis--to keep it at the ready for you and your life. That is, to

using it to achieve your own personal happiness and fulfillment in the here and now while you actually live and breathe.

A true psychological problem then is anything about you that prevents you from so achieving.

If, on the other hand, you have so achieved *authentic* happiness and fulfillment then your remaining “[dust bunny](#)” psychological problems are just that: too minor to worry about beyond the usual *maintenance* tasks of maintaining your happy life for as long as you live.

And finally, recognize that this can only be accomplished if you have developed a correct worldview including a *correct* metaphysic, a *correct* epistemology, and a *correct* ethic.

From [Brain is not Mind](#):

Mind—as in The Mind of Man--can really only have 3 basic problems; problems which for sure can't be cured by *any* drug let alone brain drugs.

These three foundation problems have to do with: *our world view*, *our thinking modus operandi*, and *our personal ethics*.

If we think about it, it is pretty easy to see that drugs can't make our world view be *rational* (only we can make this happen), nor can they make our epistemology be based on a *worship* of reason rather than non-reason (only we can do this) and of course no drug can make us see to it that we are the *primary* beneficiary of our own actions (only we can make this happen).

So, make your mind be the best it can be by studying and adopting as your best philosophy *The Philosophy of Objectivism*—so far in human development, the best philosophy, bar none, for living on this earth--and then study the [Biocentric Psychology](#) of Dr. Nathaniel Branden as the start to researching you, yourself and your to be determined future self.

If you end up needing help beyond these two fundamentalists, then try using me. Start [here](#).

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