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TRAUMA THINKING AND UNREASONED DISTORTION OF JUDGMENT

We want to know how to rid ourselves of unreasoned distortions of judgment and trauma thinking, which are two different things but have similarities. When they combine themselves in your mind you have a human being that is in what you call a state of mental illness. Step 2 tells us that many people are willing to say they have problems but cannot begin to endure the suggestion that they are living in mental illness.

The two elements that are talked about a lot in the Thought-Life Connection workshops are the unreasoned distortion of judgment, which indicates the warped mind. Trauma memory is referenced as those violent emotional twists that took place at various times of our lives which have discolored our personalities and altered our lives for the worse, and changed us forever by creating a negative psychic change.

Trauma thinking is a by-product of how our lives have unfolded and the damages that we incurred because of the way that we grew up, or the environment that we were subjected to, or the personal relationships that we were subjected to as children. And because at the time of these occurrences they were not tended to or treated, or processed in a healthy manner, they have become what we call characteristics within our character. Unreasoned distortion of judgment is a by-product of alcoholism or any other addiction that someone has fallen into within his or her life. Both of these two ailments have severities within them that are relative to each individual.

So, when an individual has made a decision to manifest a psychic change because of the pain and suffering that they have endured in their life that continues to repeat itself over and over again, because it has never been exposed or addressed,



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they must develop an awareness of trauma thinking and warped thinking and how they function in the day that they're in. They must be willing to recognize the duality of these two elements in their mind.

An unreasoned distortion of judgment is when we perceive something in a very stark, negative way that has no justification, other than a moment when we see something that we don't agree with and decide to attach a distortion to it that makes it more severe than the reality of what is happening. It may be so severe that it is a hurtful opposite perception of what is really happening. Like when someone says, "Can I help you?" and you react like they're telling you that you're not doing it correctly when they just want to help and be of service to you. The alcoholism is when we take something and twist it into something other than what it is, and we react to the twist.



We twist it into something that it is not, and we do this in a negative way. It is an active alignment with the seed of self-destruction that changes our perspective and causes us to twist things into something they are not. And then we attach emotions to our perception, and then the emotions become so overwhelming we'll do anything to shut them off. The emotion creates a physical charge that makes us unruly, disagreeable, jumpy, anxious, edgy, erratic, and uncontrollable. Then our minds convince us that we're never going to be able to escape from these feelings and this state of consciousness. That we'll remain in this state and we'll never get out. That it will get worse.

Once that process starts our energy starts to flow to the most severe trauma that we've ever faced. For those of you who are non-alcoholic, the process is just the same. You would refer to it as past trauma thinking or injury thinking. Once it enters this trauma thought realm it starts to generate an incredible amount of anxiety and fear that the trauma will happen again in this current situation. So it compounds our concerns, our fears, our worries because we've brought forward the trauma in our past lives through distortions of perception in our current lives. This process repeats itself over and over again in an endless cycle of repetition, infiltrating every area of our lives. Scientific America states that the average human being has 64,000 thoughts a day. Just imagine how quickly this injured thinking can overtake all of those thoughts. We are describing a state of mind because everything the mind perceives is affected by the state in which the mind is in.

So, we're looking for the kind of thinking that's too aggressive, that passes a critical judgment out of nowhere on someone or something. We're looking for when our mind is in a very savage state and looking for trouble, trying to stir the pot, getting in the mode of "everything is going wrong." When we find ourselves in such a stubborn mode that even when someone tries to show us something nice, we refuse to allow ourselves to connect to it. When we hear that voice that says to us that we're totally messed up right now, the voice that says everything is going to fall apart, the voice that says to you that you don't have it together, the voice that tells you, "Oh you are such an idiot. You are so stupid." This voice is very hard to hear. You've got to ask your Creator to allow you to help you hear this voice in order to become familiar with this voice, so that you can disengage from this voice. And you must become familiar with how these thoughts spring into your consciousness and how you attach emotions to them because you are attracted to these kinds of thoughts. That's right: as impossible as it seems, we are attracted to these kinds of thoughts. We are attracted to attaching energy to these kinds of destructive thoughts for there is a momentary sense of false power before the seed of destruction turns itself on us.

ABOUT KENNETH CHARLES

Kenneth Pierson is an acclaimed author and speaker known for his remarkable ability to inspire positive change in the lives of others. Despite a deeply challenging upbringing filled with rejection and abuse, he developed an unwavering resilience that has become the foundation of his powerful message. A message which is rooted in light, love, and illumination of the higher truths available to all of humanity.

Drawing from his own experiences in Los Angeles navigating the streets and battling addiction, Ken discovered a profound insight into the human mind and spirit. He developed the groundbreaking "Thought-Life Connection" method, a transformative approach that goes beyond addiction recovery and empowers individuals to embrace spiritual principles for a more fulfilling and purposeful life.

Ken's journey is a testament to the power of transformation and inspiration. He continues to impact countless lives with his Thought-Life Connection approach, offering a path to a brighter and more fulfilling future for all those who seek it.

For the past 20 years, he has been a guiding light for thousands of individuals through his empowering 12-Step workshops and internet-based seminars. Participants from around the world are drawn to his unique ability to connect deeply with each person, helping them identify and overcome personal limitations.

Kenneth's teachings touch the hearts of all who seek to maximize their potential and lead happier, more meaningful lives. His audio library of over 500 audio files serves as a step-by-step guide for manifesting a psychic change and improving the quality of life.



This is when we enter into that state where our lives have become unmanageable. There are three states of this unmanageability: there is the mental state that distorts our view about everything in a negative way; the emotional state where we have low energy and it seems that we're in a state of sadness all the time; and there is the physical state of colds, illnesses, aches and pains, and the lack of ability to get up and move or get anything going.

This unmanageable state is what we surrender to as the power of Self. When we find ourselves in this state we must surrender to the fact that we have taken our lives back into trauma lives, into fear lives, and therefore we have taken ourselves to this state, where the world we're living in doesn't look good or feel good, and we don't feel good. We are out of alignment with our Creator and anything good our Creator could possibly represent and have aligned ourselves with negativity or injury or the injured Self.

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The key here is to get back to your Creator, and offer back everything that you have taken, piece by piece. Thought by thought and feeling by feeling we change our perception of all situations in our lives into what our Creator's perception would be for us. We take our Creator back to our past and we see where it has brought us to a new relationship with the God that we have understood today and the method that shows us how to embrace life today. Everything that led us to this new power, method, and life now makes sense, for we have learned to transform our past into assets and opportunities of growth that have created a character today that is walking humbly under the grace of God. When you become aware of negative thoughts and negative feelings, immediately offer them to your Creator. Emmet Fox talks about negative thoughts and negative feelings being like enemy soldiers. If you pick them off in the open field they're easy to eliminate. But if you let them burrow in, they can take forever to get out.

Remember you always need your Creator to help you in this process of awareness. So if you exert yourself in maintaining a conscious contact with God or your Creator you will be more likely to become immediately aware of injurious thoughts and feelings. And when you ask for them to be removed, perform knowing that they have been removed. There's always a positive charge every time you make these kinds of connections with your Creator. This can be a fun and exciting internal application, so enjoy it. It is meant to be enjoyed because it means that you're on the spiritual path and manifesting a positive psychic change.

Much love,
K.C.



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