

Human Cybernetics

Go beyond the Ego



By Malcolm Milligan

Human Cybernetics lays out a method which will guide the individual in all of his thinking, saying and doing - so that he or she is then able to control every aspect of their life and thereby pilot themselves toward success and happiness.

Introduction to the 'How To Master Your Destiny' home-study course

'How To Master Your Destiny' is a rigorous personal development training, done by yourself studying at home and practicing what you learn in your life every day. If desired, you have the expert support of your personal tutor through email exchanges.

The course is based on the principles of 'human cybernetics' - the following outline will give you a good idea of what it is all about. If you have any questions, please do not hesitate to email Malcolm Milligan: <mailto:Malgil4254@aol.com>

We all have our personal computer of immense power; our own multi billion gigabyte PC right between our ears.

Please follow this analogy throughout the following pages. Of course I am not talking about an actual PC but about your mind and brain. The brain may be compared to a computer processor and your mind to the software that runs on the computer.

You were born with this ultimate processor which has been evolving and developing since the first human forms appeared on earth.

Your personal PC is so powerful that if you accept personal accountability for its programming and functionality you may truly achieve whatever you want.

Let us investigate why it is that 99% of the people on earth fail to realise even one tenth of their inner potential.

You are at birth presented with a hard disc of infinite capacity preloaded with certain programs enabling all of your senses, vital and prime bodily functions the learning process and instinctive survival skills.

From the moment of your birth however your PC has been receiving 'lifemails'. These are messages received by all of your senses and automatically recorded on your hard drive.

No evaluation of these messages is consciously made by you in the early weeks of life. And therefore the fragmentation of your personal 'C: drive' has already started.

Many of the messages you receive throughout your whole life are unsolicited spam. You did not request the information it just arrived, you recorded it blissfully unaware of the potential for negative it may have.

This myriad of external stimulations you are exposed to begin to form the basis of your core personal valuation system. How you value yourself, how you value others, etc.

While you are very young the choices are simple.

You have learned that when you want to perform natural bodily functions you just do.

When that causes you discomfort you have learned to cry and then the discomfort is taken away.

When you are hungry you cry and that requirement is then met.

Hey! This is great you think...so when you want something you just cause discomfort for everyone else by crying and to relieve their discomfort they give you what you want.

Unfortunately life demands that over time you take responsibility for your own actions and become self-accountable.

This process for most people starts at around the age of three (just after the terrible two's when you suddenly realise that all the noise and foot stamping is just not working anymore) and continues throughout adolescence.

Adolescence for some people is never ending.

During these adolescent years your hard drive becomes cluttered with misinformation, misinterpretation and quite understandably a fair amount of mistrust.

During this time your inner 'C: Drive' is attacked over and over again by hackers wanting to get inside your head and try to make you like they want you to be for their reasons and for their benefit and not yours.

During this time your inner PC is infected with many, many viruses.

Some have been present since you were a child, put there by ill advised, ill informed teachers, tutors.

Some placed there by well meaning but misguided parents.

Some by your class mates at school and your student colleagues at university.

Some introduced by work colleagues and by a succession of untrained inept managers.

Is it any wonder that you become confused, disheartened and defensively aggressive from time to time?

Most people find out by trial and error just which responses and behavioural patterns best suit their needs depending on the prevailing circumstances.

The individual personality which evolves over time is a compendium of these responses.

You become the sum total of all your actions responses and thoughts. You are who and what you are because this is what you have allowed yourself to become.

You are as you have allowed others to program you to become.

Now may well be the time to embrace '**How To Master Your Destiny.**'

Utilise a full suite of personal system accessories designed to enable you to rid yourself of any deep seated negative factors which may be stultifying your personal growth.

The suite of accessories includes:

- A 'Spam Blocker' for your mind.
- A 'Scan Disc' for your mind.
- A 'Disc Cleanup' for your mind.
- A 'Disc Defragmenter' for your mind.
- A 'Virus Checker' for your mind.
- A personal 'Firewall' for your mind.
- A 'System Restore' for your mind.

Now is the time to identify things that may be holding you back from becoming the best you that you are capable of becoming.

Running a full suite of such accessories on yourself takes time and much in the way of self-determination and self-discipline.

But where to start?

Even if you have determined that you want to take charge, want to take control and want to be fully self-accountable you need a track to run on.

The **'How To Master Your Destiny'** course has been designed to give you such a track to follow...

Within **'How To Master Your Destiny'** are all the personal 'system accessories' you will need to obtain a masterful mind.

There are a number of key phases to the program...

Your first action is to complete your [Self-Awareness Questionnaire](#) online - this is the equivalent to running a 'Scan Disc' software program on your PC.

Upon completion, this Questionnaire identifies negations (negative factors) deep within you which, may be acting as a brake on your personal happiness and levels of accomplishment.

Those areas where you discover yourself to be less than totally positive will be addressed by you throughout your study of '**How To Master Your Destiny.**'

The next step is to answer honestly six preliminary questions which are posed to you.

Your answers to these will indicate to you the degree of benefit you may look forward to enjoying as a direct result of your study of '**How To Master Your Destiny.**'

It is vital that throughout your course of study that you keep written records of your thoughts, your progress, your concerns and your discoveries as you encounter them.

You will need to prepare three notebooks in which you will enter these statements:

1/ A **Current Notebook** in which you should writing up your own reaction to each section of each part, noting any point which requires your further deeper attention. Your final notes on any such matters must be your own final conclusions.

2/ A **Daily Journal (Diary)** in which you make note of distinct Positive and distinct Negative reactions you have to important incidents each day. This becomes your daily diary. Remember that almost every person who ever really achieved great things in life kept a diary or journal.

Now is the time to determine that this will be part of your daily life. Making time for your daily entries will be the best use of time and you can make. It will highlight your need to keep on a positive track.

3/ A **Personal Programming Book** in which you create and record the programs you construct prior to input into the recording facilities of your brain, your personal 'PC.'

You will also be introduced to personal programming forms which are designed to ensure that what you are attempting to program yourself to achieve is in fact feasible.

It is critically important that these workbooks and the programming forms are completed in your own handwriting.

After creating these notebooks you are then introduced to the five basic requirements.

These are self-obligations which it is necessary to fulfil in order for you to meet your desired aims.

The next part of this 'self-scan, self-defragment' phase is to measure yourself against the 10 Foundational Needs.

Following on from this you check yourself against the 11 Basic Negations. These negations are dealt with early in the process of engineering for yourself a totally positive mindset.

This is because negations must not be allowed to stand between you and your journey towards self-actualization (becoming as much of yourself as is possible) using '**How To Master Your Destiny**' as your vehicle.

'**How To Master Your Destiny**' shows you how to fashion, design and input a new mental system that leads to what is literally a reorganization of your mental mechanisms.

It is focused on the need to remove all negative thought and action patterns. This will in no way affect all of the positive mental patterns that you have already established.

It will, in fact make them more available by removing barriers to their positive use.

The stages are:

- Your Self-Image reconstruction.
- The development of your positive Creative functions.
- The planning and development of your Core Values.
- The planning of all your future activities including establishing your life ambitions and Goal patterns.

You will begin to understand the need to cleanse your personal 'hard drive' of any potential malfunctions as a first step to re-engineering for yourself a qualitative personality.

At this point you are made aware of just what your brain is capable of and given a little insight into its functionality.

Knowing what your brain is capable of enables you to take advantage of that power in your daily life functions.

Having some understanding how your brain functions allow you to accept the fact that this is an orderly process over which you can have control.

You already have in place an input system, this can be can consciously activated by you and operated under your control.

This input system is concerned with your capacity to perceive.

You are then made aware of the programming and input processes which are such a critically important part of the '**How To Master Your Destiny**' process of personal development.

Next you are introduced to your Brain Filter and your Negative Feedback Systems..... your 'Personal Firewalls.'

These proactive failsafe functions are already present in your brain but they may need activating or re-activating.

'How To Master Your Destiny' progressively leads you through a continuing process of self-discovery and constantly assists your onward journey through life.

Once you have been shown how to clear your mental 'PC' of all viruses and have done so; once you have been shown how to protect yourself against any future viral infections and have done that; and once you have protected yourself against 'spam emails' and attempts by outside influences to hack into your memory banks... you may then focus on loading life programs

designed by you and input by you which are totally in accord with your Life Mission Statement.

‘How To Master Your Destiny’ will assist you in the development of your Life Mission Statement - this will be the solid foundation upon which your future development and success will be fashioned.

Key to your personal re-programming are the following critical syndromes...

The Self-image Syndrome.

This is the way in which you feel about yourself. The way you believe others see you.

The way you present yourself to the rest of the world is dictated by how good you feel about yourself.

Self-image is very important because it tells people about you without you even speaking.

Self-image determines the way you think, look, move, and interact with others.

Self-image evolves over time and can become your greatest asset or your biggest drawback.

Your current self-image is continually being reinforced by self-talk and self-visualization.

We tend to think in pictures and as we picture ourselves so we become.

Negative self-talk and negative self-visualization simply serves to reinforce a poor and damaged self-image.

On the other hand positive self-talk and positive visualization reinforces a positive and healthy self-image.

Re-engineering, repairing, rebuilding or healing a poor self-image is vital if you want to move forward and develop.

‘How To Master Your Destiny’ takes you by the hand and leads you step by step through a positive self-image rebuilding process.

‘How To Master Your Destiny’ shows you how to change from negative to positive the text of your self-talk and the internal videos you are constantly replaying to yourself.

You have to learn to understand, accept and respect yourself.

You have to build a positive relationship with yourself first in order to build positive relationships with others.

‘How To Master Your Destiny’ teaches you how to build a negative filter that protects your self-image against negative self-talk and negative self-visualization.

‘How To Master Your Destiny’ helps you understand, accept and respect yourself.

The Creativity Syndrome.

Do you consider yourself to be a creative person?

The understanding and positive use of creativity is one of the keys to the development of a full and successful life.

Creativity is the coming together and blending of imagination, visualization and intuition.

Many people do not consider themselves to be creative in any way.

Those same individuals however use their unconscious capacity for creativity many, many times each and every day.

They 'discover' the answer to problems without any conscious thought and yet they say they are not creative.

When they sleep they have dreams and yet they say they are not creative.

Opening your mind to the pure magic of creative thinking and tuning in to your, perhaps as yet, undeveloped link with intuitive guidance can and will change you for ever

‘How To Master Your Destiny’ explains in detail how you may use positive imagination to create exciting, stimulating and yet achievable goals.

‘How To Master Your Destiny’ explains in detail and shows you how to apply positive visualization to give you a fine leading edge of accomplishment.

‘How To Master Your Destiny’ explains in detail how you may open up the vast store of mental energy and wealth that awaits you within your very own Intuitive Universe.

The Planning Syndrome.

Planning is the laying down of a well thought out and anticipated track you intend to follow to a preferred destination.

Any plan however should be flexible and be capable of accommodating the unexpected.

Every plan will have a certain number of critical ‘must do by’ horizons.

Having a vague idea of what you would like to achieve or where you would like to be ‘some day’ is not planning.

That is at best wishful thinking.

Planning means taking account of and being prepared to meet difficult ‘what ifs?’

Planning means thinking out in advance any likely problems you may encounter and having ready feasible contingency plans.

Planning means you face your worst fears in advance and still confirm that you are ready willing and able to confront them head on.

Planning is not for wimps, planning is for disciplined, dedicated and committed individuals who are determined to travel the hard yards.

Planning and preparation makes strong individuals even stronger.

'How To Master Your Destiny' will be a source of inspiration to you in this regard.

The Personality Syndrome

The **Personality Syndrome** is designed to produce a steady and positive effect on your total persona.

Here you are introduced to the **Personality Factors (P-FACTORS)** these are the equivalent of the series of numbers required to unlock a safety combination lock.

They, when understood and accepted by you enable you to unlock the genius (Genie) within you.

Once you have understood and clearly defined the several P-Factors it is then possible for you to have a permanent steady and positive personality.

Contrast this with an inconsistent and volatile personality. Such people often have deeply entrenched negative attitudes towards most things.

One could say that they were negatively earthed.

These are the people who see a glass as half empty rather than half full.

These are the people who comment on a totally insignificant error in someone's work rather than applaud their overall effort.

These are the people who always seem to catch people out on minor indiscretions rather than catch them doing something right.

Consequently as a direct result of their own disagreeableness they often suffer from paranoia, loneliness and depression, particularly in later years. **'As ye sow so shall ye reap'.**

Personality and character that borne of a sound and stable ‘**Mind Set Status**’ are the foundations of reliability. Therefore it is essential that you understand every aspect of the **Personality Syndrome**.

This section of the ‘**How To Master Your Destiny**’ system is one of the most taxing and difficult for most people.

You must give detailed attention to and study each **P-factor**. This will result in you understanding and acknowledging the huge and powerful contribution each **P-factor** will make to you building a purely qualitative ‘**Mind Set Status**’.

‘**How To Master Your Destiny**’ is a system of personal control. Like most control systems it follows a strict formula:

Knowledge of exactly what your objective is.

Knowing how to Pilot yourself to a chosen goal.

Knowing that it is the **anticipated Satisfaction of a Personal Desire** provides the inner drive and fuels the necessary activity.

Knowing and using this formula puts you in the position of having a true sense of purpose and personal direction. This then empowers you to use and project your personality with maximum positive effect.

When you have programmed yourself to express fully the above syndromes you are then ready to tackle the next three areas of self-development.

You will then be guided to develop complete mastery of the following three critical aspects of total personal development...

Concentration

Self-Control

Co-operation

Concentration.

The ability to concentrate fully on a particular objective to the exclusion of all else is a skill not learned or practiced by many.

However if you are able to focus on a clear direction in your life then you are well on the way to understanding the quantum leap you may make in your own personal achievements through applied concentration.

True concentration is learned over many years and in truth only ever practiced by those who have mastered the art of isolated contemplation.

‘How To Master Your Destiny’ offers you a pathway to levels of personal achievement you probably feel are only attainable by superstars.

Once you begin to apply the principles of **‘How To Master Your Destiny’** in their entirety you will begin to realize and accept that you are one such superstar yourself.

You will discover that you can actually have what ever you truly desire.

There is but one caveat...

All that you engage in, all that you commit yourself to and all that you aim to achieve must not be at the expense of others but must be for the positive benefit of all.

Self-Control.

When faced with a crisis you have an instant decision to make.

This decision may be taken consciously or sub-consciously.

Are you going to take control of the situation and take positive action or are you going to allow the crisis to control you?

If you do not take control and take positive action, you by default allow the event that caused the crisis to control you.

You lose control if.....

You stick your head in the sand and hope someone else will deal with the problem.

Out of fear you allow yourself to be bullied, intimidated or taken advantage of.

You meekly allow yourself to be persuaded against your will or better judgment.

You allow yourself to become consumed by hate or anger and thoughts of revenge.

You stay in control if.....

You face your fears and problems and deal with them now, today and do not push them to one side.

You think things through calmly and build a well thought out strategy for dealing with the situation.

You firmly but calmly and civilly resist all attempts by others to intimidate you or try to force you to accept things against your will.

You learn to apply the 'How To Master Your Destiny' laws of rational belief.

You resist the temptation to retaliate without thinking through the full consequences of your intended actions.

You remember the truism 'Act in haste, repent at your leisure'!

Every crisis you face each day of your life offers you the opportunity to take control and practice self control.

Granted this may sometimes not be so easy (especially if emotion and deep feelings of hurt are running high for instance) and you may indeed simply feel like hiding away and letting the crisis or the causal series of events run their course.

Holding feelings of anger and revenge in check are the corner stones of self-control.

‘How To Master Your Destiny’ helps you to attain high levels of self-control. This through positive self-projection and by introducing you to a number of strategies, and applied mindsets designed specifically for this purpose.

Cooperation.

One individual is capable of achieving outstanding accomplishments.

A number of individuals coming together as a group are capable of immeasurably more.

Combining the talents, skills and personal abilities of a team of people to achieve a published objective is the critical business skill in the modern commercial world.

Learning to understand, accept and respect the views and opinions of others (even if they are very different to your own) is vital if you would work with others towards the achievement of a common goal.

This does not mean you must agree with their views, it simply asks that you take the time and trouble to understand them, accept that their views are a valid alternative and respect the basis of their beliefs.

An individual’s perception of any given situation is for them a reality.

It then follows that if you ask, say, five people for their personal perception of a situation you have five separate realities to take account of.

Granted some may be very close in their perceptions but none will be identical.

It therefore follows that if you want to be sure to have a 360 degree view, a global interpretation of a situation or problem you must at the very least respect the views of, and welcome input from those holding very different beliefs and opinions from yourself.

Do not pre-judge the contributions from others rather take the time and trouble to discuss and debate various approaches based upon the varying perceptions that are available to the team.

‘How To Master Your Destiny’ examines fully the value and effectiveness of positive cooperation for the benefit of all.

The final parts of the study of **‘How To Master Your Destiny’** help you to finely hone the **New You that you have ‘released from within’**.

You will finally be given the opportunity to measure yourself against a 52 point competency check-list.

Having then completed your first study of **‘How To Master Your Destiny’** you will be able to take yourself through the system again and again... as often as you find it helpful to do so.

To enrol please visit this web page:

[How To Master Your Destiny](#)