

THE LITTLE BOOK OF HPT



HUMAN POTENTIAL TECHNOLOGY

THE ART OF
NOT GETTING CAUGHT
BETWEEN A
DOG AND THE LAMP
POST

The truth
doesn't mean
anything...

...It just is.

If you keep
saying it the way
it really is,
eventually your
word is law in the
universe.

Man keeps looking for a truth that fits his reality.

Given our reality, the truth doesn't fit. If you experience it, it's the truth. The same thing believed is a lie. In life, understanding is the booby prize.

Obviously the

truth is

‘what’s so’.

Not so obviously,

it’s also ‘so what’?

"People don't get stuck in what happened to them, they get stuck in the significance of that event"

a belief is your
perception of the
reality, not the
actuality of the
reality. The actuality
of the reality is
experience.

Notice that what is
real does not require
a belief!

Remember the past
but don't go back,
you don't live there
anymore. If you have
any sense you will
have changed the
locks

Remember the past
but don't live it.

Let it go.

You cannot grasp a
new opportunity if
your hands are full.

You don't get
to vote on the
way it is. You
already did!

When you've said all of
the bad things and all of
the good things you
haven't been saying,
you will find that what
you've really been
withholding is,

“I love you.”

You don't have
to go looking
for love when it
is where you
come from.

Happiness is a function of
accepting what is. Love is
a function of
communication. Health is a
function of participation.
Self Expression is a
function of responsibility.

It's much easier to ride the horse in the direction he's going.

The trick is to get the horse to go in the direction **YOU** are going

Life is a rip off when you
expect to get what you want.

Life works when you choose
what you got.

Actually what you got is what
you chose.

To move on, choose it.

Perfection is a state
in which things are the
way they are and are
not the way they are
not.

As you can
see, this
universe is
perfect. Don't
lie about it.

I'm not telling
you it is going
to be easy, I'm
telling you it's
going to be
worth it

You are in control of your universe. You caused it. You pretended not to cause it so that you could play in it, and you can remember that you caused it any time you want to.

If you're not all right
the way you are it
takes a lot of effort to
get better.

Realize you're all right
the way you are, and
you'll get better
naturally.

One creates from nothing. If you try to create from something you're just changing something. So in order to create something you first have to be able to create nothing.

This is it. There are
no hidden meanings.
All that mystical stuff
is just what's so.

A master is someone
who found out.

"There are certain things you can only know by creating them for yourself"

The essence

of

communication

is intention.

David Moore

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HPT-Transformation

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