

Self Development Tips: Advice for Self Improvement

Prepared by Universal Aspects™ Multimedia

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This PDF is intended as advice for those interested in self development.

Produced in conjunction with:



<https://www.counterdarkness.org>

Belief System

- Knowing the difference between truth and perception
- Awareness of what you know and what you do not
- Do not shy away from being agnostic in any area (agnosticism is rarely unreasonable)
- Working with probabilities instead of belief/disbelief (just in some cases)
- A system of reassessing/weighing beliefs when they are challenged
- A system of understanding the mechanics behind things before believing them, weighing their probabilities
- Be mindful of illusion
- Learn the tactics of psychological warfare intended to manipulate you
- A knowing and acknowledgement of one's own fallibility - open mindedness to being wrong
- Establish deep awareness of the weapons used to manage your perception
- Understanding and/or attention to understand the mechanics of perception (ties into realizing one's own fallibility at times - judging other people in summary as one dimensional in nature is an example of judgment needing improvement)
- Tactical awareness - identification of strategy
- Try not to trigger when your beliefs are questioned
- Recognize the fallibility of belief

Discernment

Focus: correctly categorizing what is a guess, an assumption, an opinion, a theory, a belief, knowledge, and what is factual.

- a) **guess** - a guess is one's best assessment and has a notable degree of error
- b) **assumption** - an assumption is a conclusion based on very little actual evidence
- c) **opinion** - an opinion may be best defined as a point of view (not necessarily objectively right)
- d) **theory** - an unproven explanation for an event or circumstance (theory has many mediocre definitions)
- e) **belief** - an accepted conclusion about reality with an emphasis on not being verified
- f) **knowledge** - knowledge is factual or confirmed beyond all reasonable doubt (knowledge is also serially misdiagnosed)
- g) **fact** - a happening that is observably proven

belief

- a) I have found value in acknowledgement that my beliefs are fallible, and perception of knowledge is also fallible to a degree
- b) as an internal intellectual honesty mechanic I reassess my conclusions when they are significantly challenged
- c) too strong of a programming behind belief can yield repulsive behavior when challenged/triggered
- d) there are powerful sources attempting to program individual's belief systems
- e) there are age old illusions that have toxified planetary culture - advice: find your own beliefs and belief system
- f) mind programming is tied to belief - beliefs are investments of mind programming

Perma-skeptic

definition: An overzealous and serial skeptic masquerading as a critical thinker.

tenets: pseudo-rationalism framed as higher thinking, absurd lack of open mindedness

Sentence: "The pseudo-skeptic is eternally programmable via information warfare."

Credophile

definition: chronic gullibility, typified by irrational conspiracy theory (not to be confused with conspiracy realism)

tenets: pseudo-enlightenment framed as spiritual wisdom, absurd lack of skepticism

(definitions from <https://www.occultdictionary.com>)

Judgement

- a) a healthy balance of open mindedness and skepticism is an optimal model
- b) understanding the feasible mechanics of a reality before investing belief has worked for myself
- c) once a pattern is established reality can be diagnosed easier (e.g. the patterns of evil)
- d) correlation does not definitively mean causality
- e) knowing individuals are as relatively complex as yourself
- f) judging others could be the most delusional state in the world

the difference between evidence and proof

- a) proof is factual / proof is objectively verified
- b) evidence - often processed in a cumulative fashion, is the basis for determining a reality without proof. evidence can lead to a false conclusion or it can reveal the truth
- c) people tend to weigh evidence and proof improperly

subjectivity

- a) not based on objective fact - something that does not have one objective truth
- b) is more catered to a person's personality or tastes

objectivity

- a) factual - objectivity is the truth
- b) is more catered to what is right or true

Character

honesty as a policy - ethos of honesty

- a) intellectual honesty as a policy (e.g. science, debate, media)
- b) absolute honesty with a partner
- c) strictly sticking to the truth in debate
- d) media honesty - no warping the truth - no shifty wording
- e) make an effort to avoid being fake - fake interaction is dishonorable

- Elimination of exaggeration (exaggeration is a character flaw)
- Elimination of deception where applicable
- Refusal of corrupt action
- Don't let fear control your actions
- An intent applied toward emotional mastery / mastering of one's emotions
- Learning to not react irrationally to emotional stimuli
- To not take it out on others when emotionally stressed
- Not applying pressure to others in areas they say no to
- Preservation of moral integrity / refusal to give in to moral eroding tactics
- Holding yourself up to the same standards projected in your speech
- Character purity: integrity - honesty - dedication - altruism - pure intent - irreproachable nature

Irreproachable definition

Immutable morality. Unconditional standards and values.

Self Reflection

self reflection models

- a) applying judgment to your own actions
- b) finding flaw via self reflection and adapting your behavior
- c) self reflect during meditation
- d) self reflect while trying to sleep
- e) you are your own judge

self reflection is a self perfecting mechanism

Debate Ethos

intellectual honesty

- a) address each significant/worthy point of the opposition
 - b) do not change the context of what your opponent is saying in order to confabulate your position
 - c) do not use dishonorable tactics such as fabrication or exaggeration
 - d) have a legitimate intent to know when you are wrong - realize your opposition's victories
 - e) always be honest in debate - never lie in debate
 - f) debate for pure reasons
 - g) make an effort to not warp what your opposition is saying - make an effort to truly understand what your opposition is saying
 - h) do not resort to ad hominem personal attacks
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- scoundrels will bring you down to their level in debate - do what you can to not mirror them
 - be mindful of not overreacting (a lot of people do this)
 - it is abominable to practice debate sadism - e.g. purposeful humiliating of one's opposition
 - debate can be productive, or it can be divisive

Self Development Advice

- Techniques to center one's self in bad times (e.g. deep breath, music)
- Learn to not self destruct / oppose self destruction programming
- Healthy coping mechanisms
- Avoid fruitless or dangerous actions
- Avoid harmful drugging / alcohol
- Avoid victim mindsets
- Do not let people psychologically manipulate you
- Do not give in to coercion (if possible)
- Be ready to defend yourself
- Stand up for yourself when applicable
- Don't settle for less
- Treat life with respect
- Try to look out for others when you have an opportunity
- Defend the indefensible
- Seek to be there for those in need

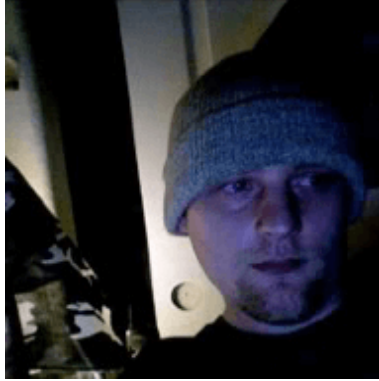
Individuality

- Develop your own individuality, do not conform to things you do not agree with
- Resistance to group think and peer pressures - be your own person
- Dedicate time and effort into developing your character and belief system
- Make an effort to adjust flaws in character or actions
- Develop skills in areas you find satiation in or are talented in
- Spend time researching reality
- Find yourself - find your own taste - find your own niche
- Avoid conforming to the sicknesses of this society - stand up for your own values
- Don't go along with something that is against your inner wisdom or ethics
- Research the planet and develop passions (perhaps areas to do activism in)

Individuality: A Life's Work

Advice: start a library of life's work (which is different than a monetary job)

1. art - illustration
2. graphic design
3. photography - photo enhancing
4. music production
5. singing - songwriting - lyricist
6. filmmaking / videography
7. writing
8. web design
9. niche software development
10. street history
11. activism projects
12. clothing design
13. create or moderate a forum
14. founding, developing, and maintaining a personal website
15. develop a web portfolio
16. publish an electronic press kit - publish work portfolios
17. small business - entrepreneurial endeavors



(photo taken at the beginning of my overt targeting)

About the Author - Phillip Walker

Phillip Walker Bio: independent music producer, independent author, graphic designer, filmmaker / videographer, amateur photographer, webmaster, activist, futurist, entrepreneur, targeted individual, whistleblower, and researcher. I am a heretic, a street historian, and a de-occultist who identifies with altruism, the artistic and the esoteric.

Some of the subjects that interest me are music / sound, photography, the arts, language - words, social progress, decentralization, self development & self discovery, black project science, the electromagnetic spectrum, technology (BCI & Ai), the tactics of warfare, de-occultism, history, the future, universal aspects & archetypes, and the natural laws of the universe.

I dedicated my life to serving Planet Earth when I was about 15-17 years old. I enjoy making music and art, writing, the internet, activism of several types, opposing evil and it's systems of control, making informational videos, thinking about the future and more or less assisting any innocent being find their way to good fortune. Two words I live by are Truth and Progress. I believe in the [open movement](#), de-corrupting the world, the evolution of society, caring for the planetary ecosystem, and overall being responsible stewards of our planet and solar system. I am a dedicated activist who agrees with social idealism and the militaristic destruction of evil.

In 2017 I founded the multimedia company Universal Aspects™ and through my multimedia company have dedicated my time almost every day since to inform the public about the war crimes I have witnessed.

De-Occultist definition

someone who reveals hidden knowledge, particularly for collective gain.

Tenets: truth. progress. dedication. discernment. human rights. free will. collective gain.

Ideology: emancipation. disillusionment. transparency. decentralization. creative arts. justice.

The de-occultist is an antithesis of brainwashing & illusion.

(definition from my website: www.occultdictionary.com)



The name **Universal Aspects™** is inspired by the aspects of the universe. Each individual component of reality is a universal aspect. For example the color black is an aspect, human is also an aspect of the universe...

<https://www.universalaspects.io/>

Universal Aspects™ does not restrict our multimedia to only those who pay:

- music is offered for free / donation: <http://label.universalaspects.com/>
- films release on youtube: <http://aspect.li/Films>
- websites are free of charge: <http://aspect.li/Web>
- books we release also come in free PDF: [Free PDF Library](#)
- we are a company with altruistic intent, activism & values before profit.
- see our business model: <http://aspect.li/BusinessModel>

Universal Aspects™ Documents:

[Hi-Tech War Crime Report for Congress & The Trump Administration](#)
[Appeal to the International Community to Ban Nuclear Power & Weapons](#)

Phillip Walker Electronic Press Kit (Music & Bio): <http://aspect.li/EPK>
Universal Aspects™ Multimedia Project: Music Organization - DarkSynth.org

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