

Darreck Chen, an SRT Teacher in Malaysia, has kindly agreed to share this article he has written. Using the analogy of simple computer terminology, he explains the concept of SRT. March 2010

“When asked about Spiritual Response Therapy (SRT) and how it could help a person in their life and in facing their challenges, it would take me a while to explain because people would have difficulty grasping the concept and were not able to fully understand it.

So, I asked my High Self Committee, how I can explain it more effectively? The following is what my High Self shared with me.

Imagine a person as a computer. The computer hardware is the physical body. The computer processor is the human brain. The computer hard disk is where the memories are stored. The computer operating system such as “Windows” is akin to a person's light bodies. The computer user represents the conscious mind.

The user writes commands to operate the computer. All these commands can be automatically set to run silently in the background without much manual intervention work - in the same way the human sub-conscious mind keeps the body functioning well and indicates to the body when it needs food, water and rest, etc.

The computer needs further specialized programmes to run within the operating system in order to perform specific functions (much like acquiring skills in life such as socializing, selling, writing, etc.) Depending on individual, some people may install office suites, games, utilities and financial programmes, etc.

Now, we must remember that some people also like to download and install pirated software and free programmes and unknowingly may download spyware, viruses, Trojan horses, junk emails and all sorts of bad stuff (much like faulty beliefs, habits, etc). These, as we know, will do harm to the computer. Over time, without the user being aware of these dangerous and destructive programmes, all sorts of potential harm may befall the computer, finally causing it to break down and lose its capability to perform.

One day the computer will slow down or become unable to function as well as it used to. Only then will the user realize that there is something wrong with it. The user will probably begin to ask around for help and soon suspects or discovers that there is spyware or malware in the computer causing the breakdown or malfunction. The user is unlikely to know how to find these destructive programmes, since most computer viruses are well hidden somewhere in the system files.

The user may then be told or realizes that he/she needs to buy and install anti-virus software to help weed out all the faulty and affected programmes. The anti-virus will run its programmes to identify, uninstall, disable or isolate the viruses. Sometimes the user will need to send the computer to a technician for specialist help.

Interestingly, the realization for the need for help with their computer is very much like a person becoming aware of his/her own spiritual connection, ie a serious event affects one's life and there is a need to start to search for answers.

SRT is very much like the anti-virus software. It is a tool to help us track down all the faulty and destructive programmes stored knowingly or unknowingly in our subconscious mind and memory bank (ie much like the virus programmes). These faulty programmes would have been acquired through our life experiences from the day we were born and many of them may even come from our numerous past lives experiences.

These faulty programmes will cause havoc in our lives by influencing us with incorrect beliefs and knowledge, thus leading us to make faulty or bad decisions. These beliefs and decisions will be manifested as the many challenges and issues we face in life, often called our life lessons.

Amongst many, our experiences may include:

- shortage of money
- breakdown in relationships
- challenging health problems
- challenges with family
- inability to achieve success
- career choice that is not fulfilling, or may be failing
- issues arising from our ego/faulty beliefs/faulty expectations

The above experiences are examples of the manifestation of discordant programmes (just like the computer breakdown), which can then cause us to

- feel undeserving
- have low self-esteem
- be angry
- feel frustrated
- become jealous
- become fearful
- become resentful
- acquire illnesses, etc.

This discordant energy and negative manifestation from our life challenges will block our access to success, clarity, proper and correct understanding and also to experiencing abundance in our daily life.

Just like in a computer breakdown, the good, confidential and important data will disappear from the hard disk, containing the memory banks. This is effect of the of the viruses, malware and malfunction programmes.

Many computer users fail to understand the problem. They try and rectify it by upgrading the computer's RAM, increase the hard disk memory, upgrade their software, or buy a new computer casing etc. This doesn't solve the underlying problem and is just a temporary solution. The original causes are still there, ie the viruses, malware and spyware.

If we translate this example into our daily lives, when faced with challenges some people might try to seek peace within themselves and maybe attempt to stop themselves from feeling and expressing anger, jealousy or other forms of discordant expression. However, 99% of us would not be able to achieve this, basically because we have not dealt with the root issues causing the challenges.

Some computer users will also choose to reformat their computers, or buy a new one. This is the same as choosing to escape by suicide. The user has given up on his/her life and chooses to reincarnate in another lifetime, ie to try again but in a new body.

If the user understands the issues well and in order to get his computer working properly again he will to go to the root of the matter by installing anti-virus software to clear all viruses, junk, malware, spyware and problematic/unwanted programmes. However, there is always a danger that still lacking proper awareness, he may access the internet and download yet another virus or destructive programme. The problem will continue to exist.

Similarly, this may happen to many of us in our lives. We continue to make mistakes due to lack of clarity and awareness of how it is to live responsibly and spiritually. We create the same unpleasant stuff time and again.

In this respect, SRT, as the anti-virus tool, becomes a means for us to research and clear the necessary root causes and discordant energies that have led to unpleasant experiences. We use SRT to clear out the unnecessary clutter from our minds. The mind becomes clean temporarily. But then, it can be very quickly polluted when we do not learn our lessons from past experiences.

So we use SRT constantly to help us clear the faulty energies we acquire daily due to our own imperfect perception and belief systems. For that is what we are here to do – to constantly learn and grow from situations and challenges.

So in essence, observation, vigilance and discernment are the keys to help us take on positive programming in to our minds and to reject or filter out anything that is discordant (which is not of GOD).”