

Qualities & Referents

In the previous lesson, we learned about how we use Complete Thoughts to progress to some Logical Conclusion or Response.

In this lesson, we will learn about the mental structure that Complete Thoughts act upon.

The Language of the Subconscious

Most of our thinking takes place in the Subconscious. This is where the messages of our trillions of cells, each its own Complete Thought, are collated and interpreted into more general Observations. Some of these Observations, after many rounds of interpretation, are sent to the Conscious Mind as a single, Conscious Observation.

For instance, we all experience hunger as a single Thought: “I’m hungry.” But for your Subconscious Mind to send that Thought to your Conscious Mind, it has to receive hunger signals from millions of cells at the same time. These millions of Subconscious Observations are then collated and sent to you as a single Conscious Observation. But if only one or two of your cells is hungry, your Subconscious Mind won’t tell you about it. Instead, your Subconscious Mind will find a way to deal with the problem itself, without alerting your Conscious Mind at all.

When your Subconscious Mind sends a Complete Thought to your Conscious Mind, it expresses it as a Feeling. Feelings are nothing more than the language of the Subconscious Mind. In fact, spoken language seems to have been invented originally by *copying* the language that the Subconscious Mind uses to talk to the Conscious Mind. This “language of the Subconscious” is our original language.

Combining Feelings

Did you know that white light doesn’t really exist? At least not as a single thing. It is only when *three* different types of light-sensing structures of our eyes (the red, green, and blue cones) are stimulated in a certain proportion to each other, that our minds *interpret* it as white light. But for millions of years, we didn’t even know that this white light, which seemed like *one* thing, was actually *three* things. Our Subconscious Minds always knew this, but they didn’t think it was important enough to tell us about it.

In the same way, all of our feelings are really a combination of other feelings. Some of these feelings can still be isolated and recognized consciously, while others, like the three elements of white light, cannot. It is only those feelings which we can consciously isolate that we have the ability to consciously think and talk about.

Take your dog, for example. If your dog is fluffy, then the feeling of fluffiness is part of the “combination feeling” in your mind that represents your dog. But since you can also recognize fluffiness in other animals, you are still able to consciously separate that feeling, from the “combination feeling” of your dog.

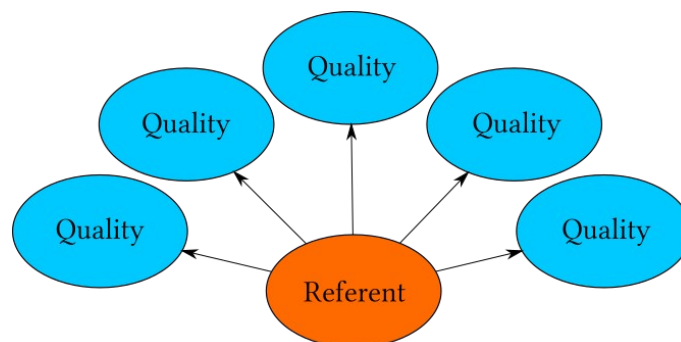
But there are other feelings that we can no longer separate. The “core feeling” of your dog includes all the experiences you have ever had with that dog, including many that have been long forgotten. But before these experiences were consciously forgotten, the feelings of those experiences were added to the feeling of your dog. That means even the feelings we forget will often live on, as a part of other feelings we still carry consciously.

That said, since we can't really think or talk about feelings that are no longer separable, our focus will instead be on feelings we can consciously isolate. Like “fluffiness”, for example. These “seperable feelings” are our **Thoughts** and **Ideas**.

The Quality Structure

When a **Complete Thought** is observed, it has to be recorded somewhere. The place in our minds where information is recorded can be called the **Quality Structure**.

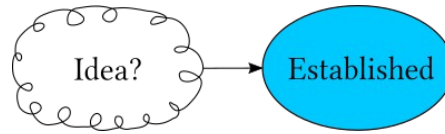
A **Quality Structure** is a static structure of information that only changes when it is acted upon by a **Complete Thought**. It includes everything that someone currently knows or believes, including hypothetical things. **The Quality Structure records information by assigning Ideas as Qualities of other Ideas, which are called Referents.** A piece of this structure can be represented visually using a **Quality Diagram**.



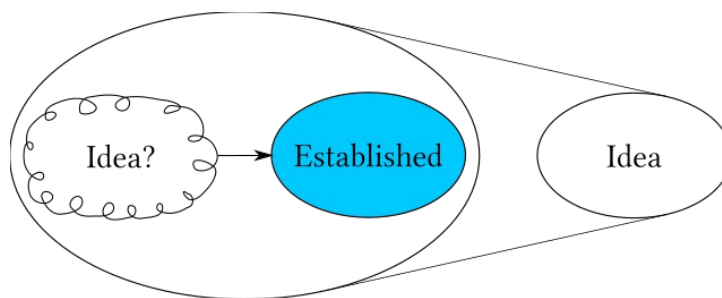
Each of the bubbles in the **Quality Diagram** represents an **Idea**. An arrow drawn from one bubble to another marks a **Thought**.

Building an Idea

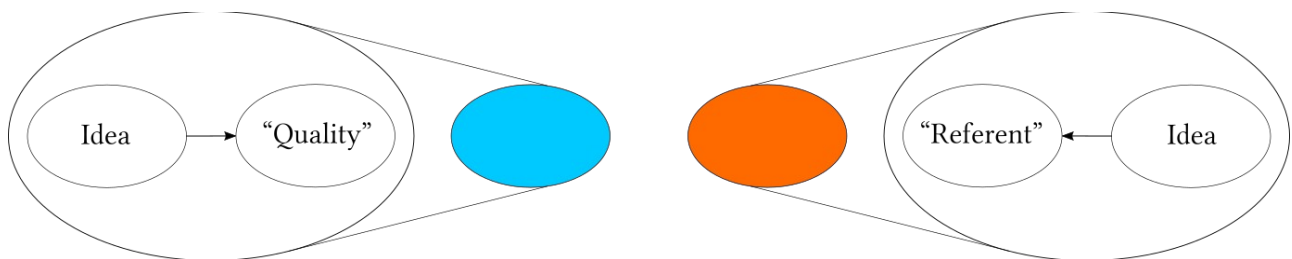
At the core of every **Idea** is an **Establishing Thought**. This establishes that the **Idea** has the **Quality** of being unique and separate from other **Ideas**.



Ideas that are clear enough for us to talk about will usually have this “**Established**” **Quality**. Therefore in our **Quality Diagrams**, we don’t need to always draw the “**Established**” bubbles. Instead, a bubble with a solid line will represent an **Idea** that has the “**Established**” **Quality**.



Ideas must also have a **Structural Role**, which tells us whether that **Idea** plays a **Quality** or **Referent** within the **Quality Structure**. This can be shown by the color. In my diagrams, a blue bubble marks a **Quality** and a red bubble marks a **Referent**.

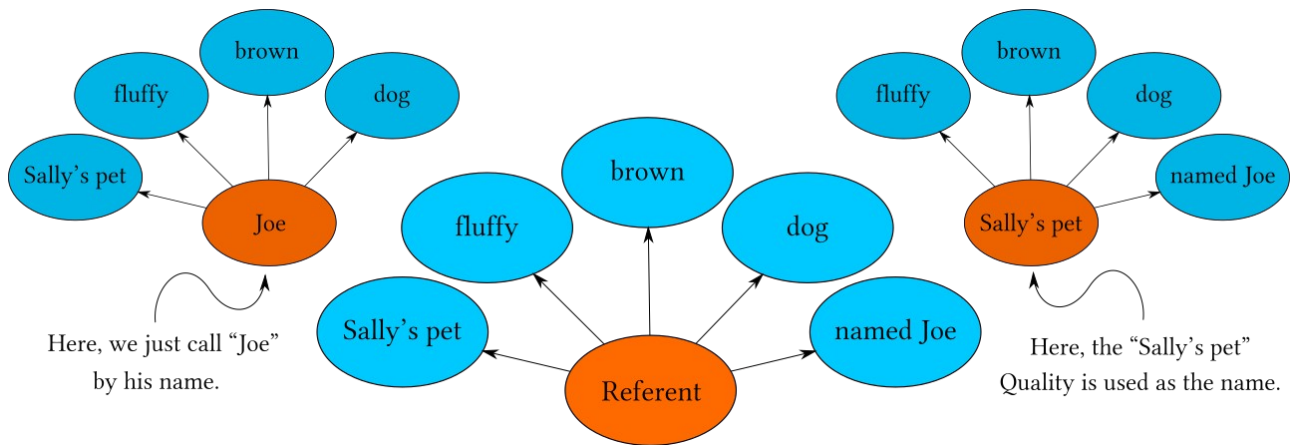


The **Structural Role** can be thought of as another **Quality** of an **Idea**; so long as you don’t think too much about the “turtles all the way down” situation this creates.

Naming by Qualities

Once an **Idea** is established, we can attach more **Qualities** to it. We can then *use* one of these **Qualities** to *refer* to the **Idea**. That's why we call it "the **Referent**"; because it is being *referred* to by one or more of its **Qualities**.

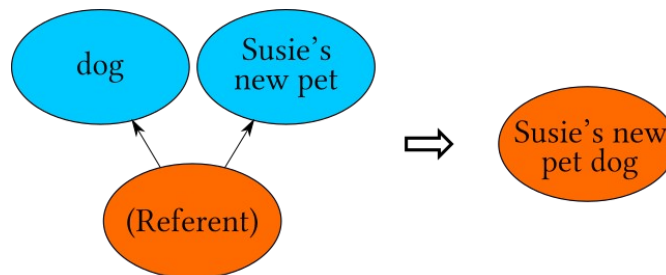
In fact, the *only* way that we can name *any* **Idea** is by using one of its **Qualities** as a name. *Even a person's name* is really no more than a **Quality** of that person. I call this concept "**Naming by Qualities**".



Here we see that our **Referent** has many **Qualities** attached to it, *any of which can be used as a name*. Whether we call it "Joe", "Sally's pet", "the dog", or "that fluffy brown thing", all of these **Qualities** are being used to refer to the same **Referent**.

When a **Quality** and **Referent** are treated as synonymous, we will call it "**Absorption**". **Naming** is a *type* of **Absorption** where the **Quality** is "**Absorbed**" into the **Referent**, as its name. (We will learn about the other types of **Absorption** in later lessons.)

Naming allows us a lot of flexibility in how we arrange our **Quality Structures**. We can choose whether we want to keep a **Quality** separate, or **Absorb** it into a **Referent** name. (We can call these **External Qualities** and **Naming Qualities**, respectively.)



Not only does this save us a lot of space in our diagrams, it also mirrors what happens in our minds. Complex **Thoughts** and **Ideas** constantly sink into the background of our **Subconscious**, as we replace each one with a simple name.

Composite Ideas

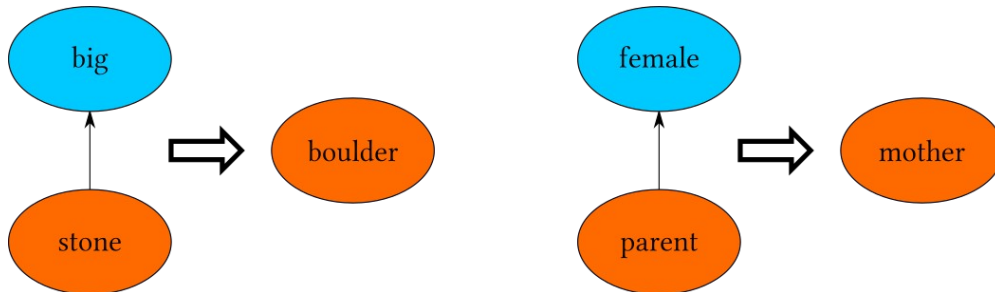
An Idea with multiple components can be called a Composite Idea, while an Idea that we imagine having a single component a Simple Idea. Ideas can be Reduced into more concise Ideas, with fewer components, or Expanded into ones with more components.

Ex. boulder --> big stone

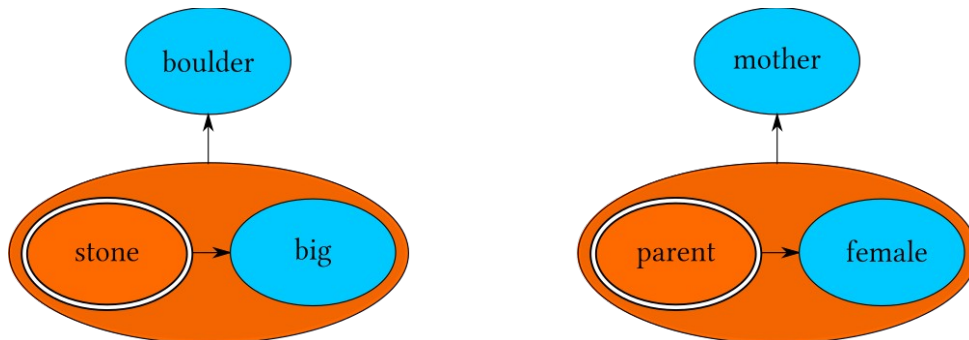
<-- Composite Idea is Reduced to Simple Idea

Ex. female parent --> mother

<-- Composite Idea is Reduced to Simple Idea



If we want to break down a Composite Idea in a diagram, it looks like this:

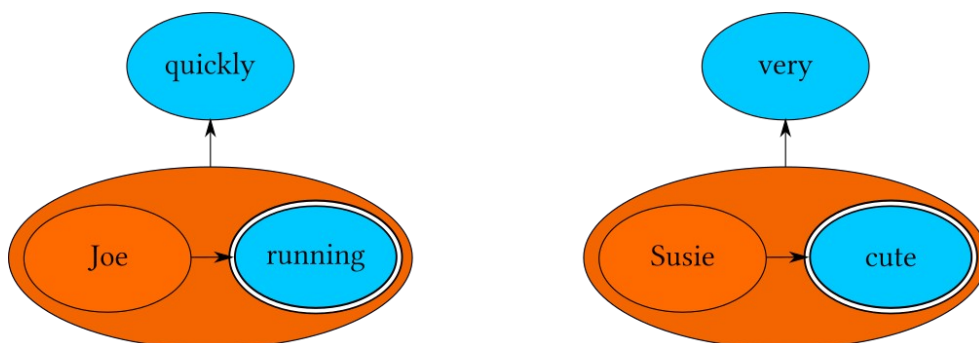


The **white stripes** in the diagram mark the "Focus Idea", or "Focus", which is the "central Idea" (of the "Inner Ideas") that any attached Ideas (or "Outer Ideas") apply to. For instance, when a stone is big, we call the stone a boulder. We are not calling "the stone's bigness" a boulder, or referring to "the fact that the stone is big" as a boulder.

In the previous example, a Referent is the Focus. Next we'll see a Quality as the Focus.

Ex. Joe is running quickly.

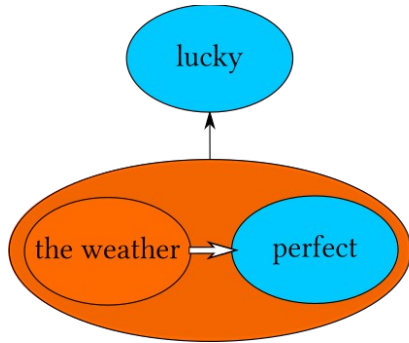
Ex. Susie is very cute.



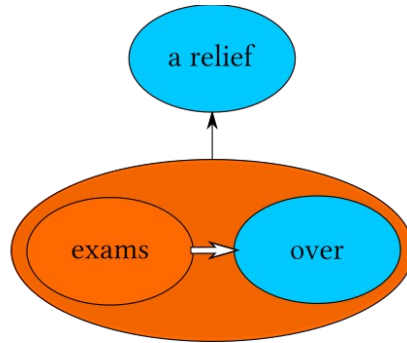
The first example shows that Joe is running, and that Joe's running is what's quick. The second shows that Susie is cute, and that Susie's cuteness is what "very" applies to.

Finally, we can mark *the Thought itself*, or the *connection* of the two **Ideas**, as the **Focus**.

Ex. Luckily, the weather is perfect.



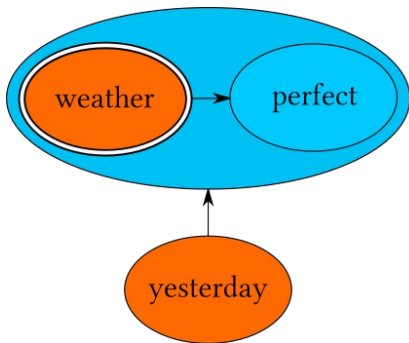
Ex. It's a relief that exams are over.



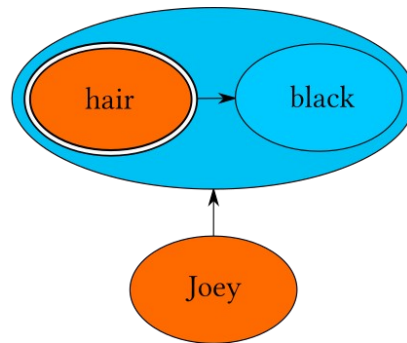
When a **Composite Idea** has a **Thought** as its **Focus**, I sometimes call it a **Thought as Idea** or **Thought-Idea**. This could be distinguished from a **Referent-Idea** or **Quality-Idea**, for which the **Composite's Focus** is a **Referent** or **Quality**, respectively.

The examples we have seen so far show a **Composite** playing the role of **Referent**. We can use **Composite Ideas** as **Qualities** too, though.

Ex. Yesterday, the weather was perfect.

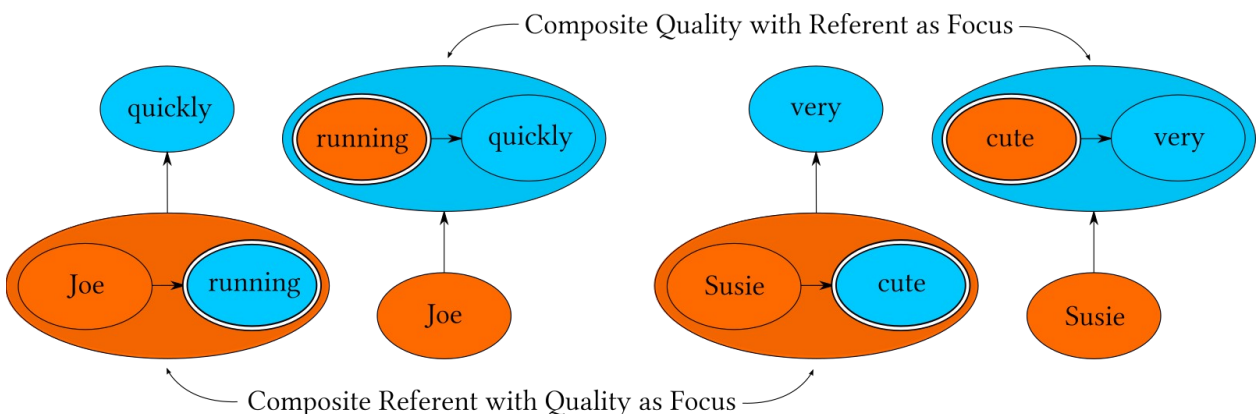


Ex. Joey has black hair.



Here we see that “yesterday” had the “weather is perfect” **Quality**, and “Joey” has the “hair is black” **Quality**. Since **Referents have Qualities**, the “default meaning” would be that yesterday *had* weather that was perfect, and that Joey *has* hair that is black.

This **Composite Quality with Referent as Focus** is similar to the **Composite Referent with Quality as Focus** that we saw before. Sometimes, the two are interchangeable.



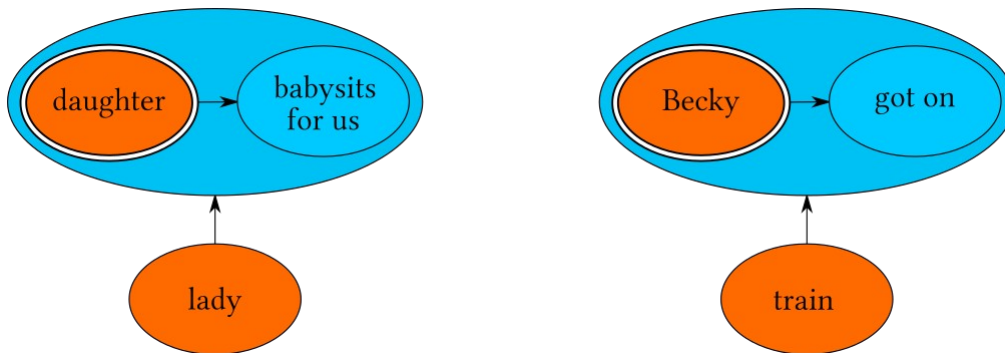
Of course, Composite Ideas like the ones above can be also treated as Simple Ideas...



...but more complicated Ideas are sometimes better expressed as Composites.

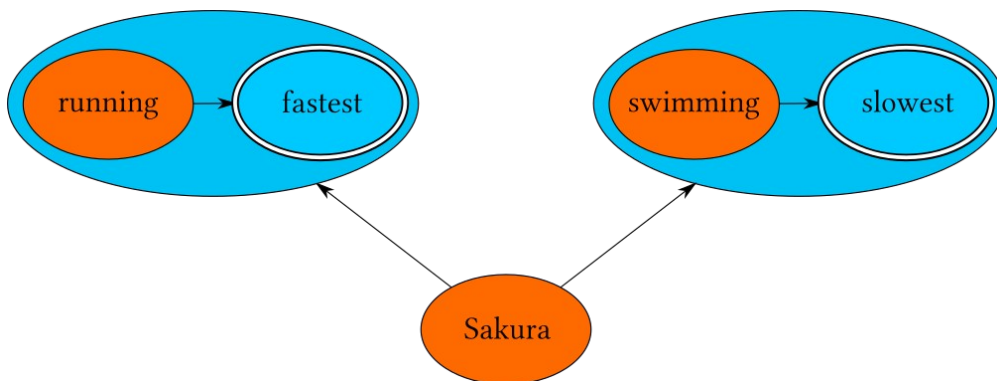
Ex. That's the lady whose daughter babysits for us.

Ex. Which train did Becky get on?



Here are some examples of Composite Qualities using a Quality as the Focus.

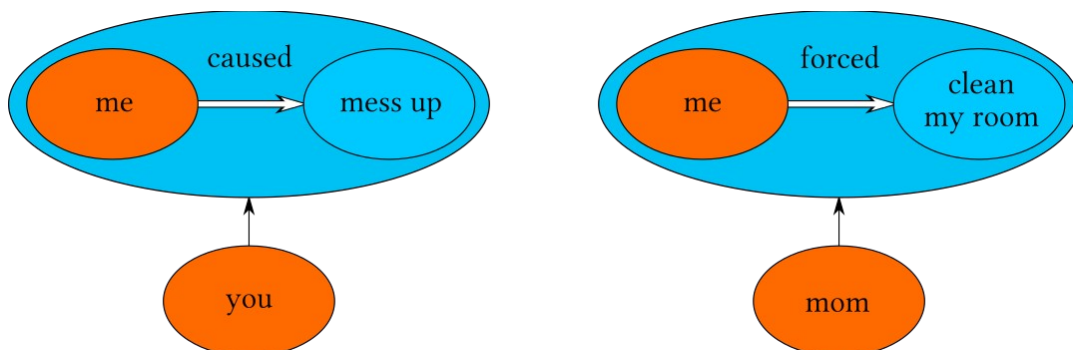
Ex. Sakura is the fastest runner, but the slowest swimmer.



Thought-Ideas, in which a Thought is the Focus, are extremely useful for showing cause and effect, since an effect can be thought of as a Quality of the thing causing it.

Ex. Hey! You made me mess up!

Ex. Mom made me clean my room. :(

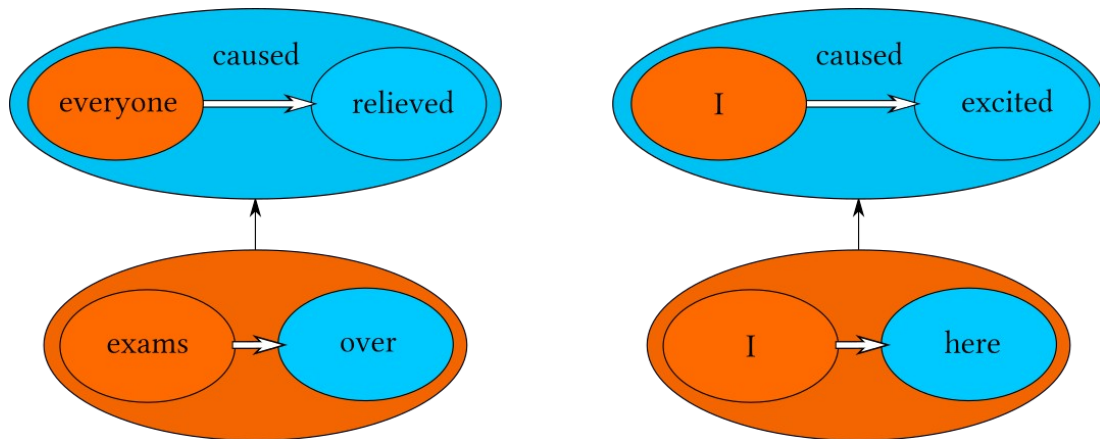


I added "caused" and "forced" as additional Qualities of the Composite, because it's a bit different from the "default situation" in which the Referent simply has the Quality.

We can also have one event causing another event.

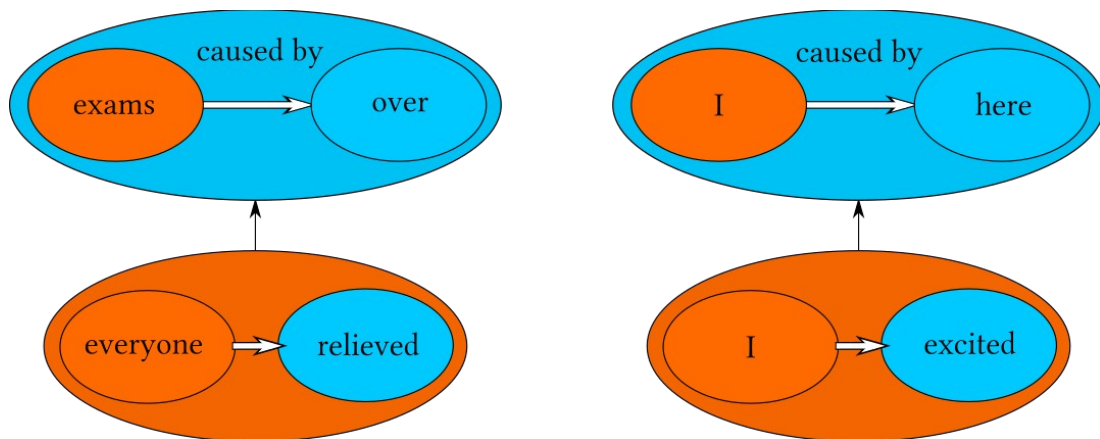
Ex. Everyone is relieved because exams are over.

Ex. I'm just excited to be here!



In the first example, one of the Qualities of “exams being over” is that it “caused everyone to be relieved”. The second example works the same way.

In some cases, it might be better to think of the cause as the Quality, and the effect as the Referent. It's really up to you.

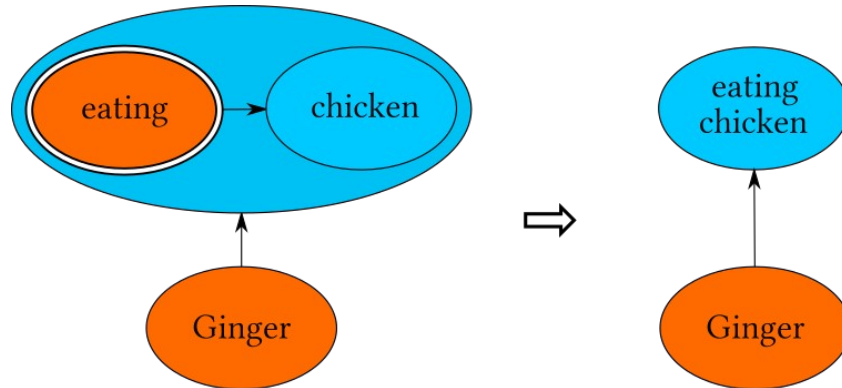


In this example, one of the Qualities of “everyone being relieved” is that it is “caused by exams being over”. And so on.

Subject-Verb-Object

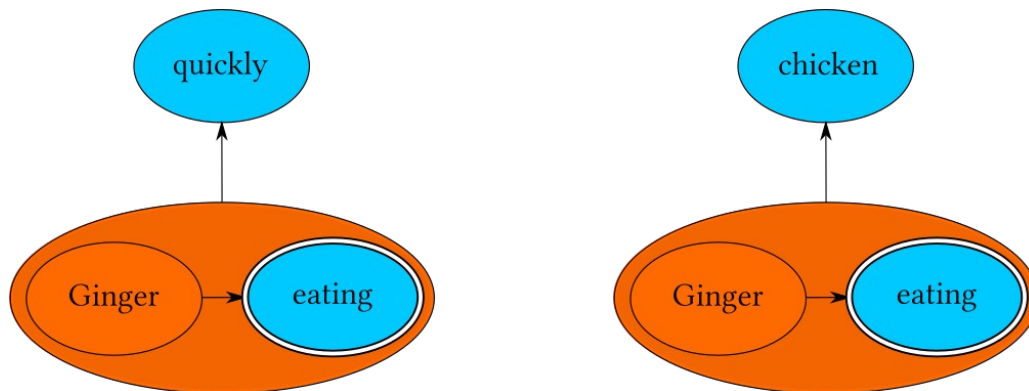
Since most English instruction starts with the basic “Subject-Verb-Object” sentence (aka “SVO”), you might be wondering how we would diagram that. One way is simply to combine the “VO” into a Simple Quality.

Ex. Ginger is eating chicken.



Another way is to treat the Object the same way that we treated Adverbs earlier; by making it into a Quality of the “SV” Composite Referent.

Ex. Ginger is eating quickly. <-- Adverb /OR/ Ex. Ginger is eating chicken. <-- Object



Here, “quick” or “quickly” is a Quality of Ginger’s eating. Likewise, “chicken” is also a Quality of Ginger’s eating. Since both “quickly” and “chicken” apply directly to “eating”, we can mark “eating” as the Focus of our Composite Referent.

There are more ways to diagram SVO sentences, but we will leave those for a later time.

A New Definition of Ideas

We previously said that Ideas were “Any concept that can be commented on, or used to comment on something else. If you can say “A is B” or “A does B”, then both “A” and “B” are Ideas.”

Now that we know a bit more, we can update our definition. We will now define an **Idea** as “A Thought or collection of Thoughts, that can play the role of either a Quality or a Referent”. This doesn’t replace the old definition, but it’s a bit more precise.

Our definition of a **Thought** can stay the same. That is, “The connection of two Ideas”. However, since we are now defining an **Idea** as a type of **Thought**, but still saying that a **Thought** is the connection between two **Ideas**, it creates a bit of a “chicken or egg” scenario, wouldn’t you say?

As interesting as this question is, for the purpose of learning grammar it’s probably best to just accept it. As a general rule, when you have trouble figuring out what something is, you should ask the question “What is this thing’s function?” Instead of trying to figure out whether the **Thought** or the **Idea** is the more fundamental element, it’s better to think of them as a solution to various problems.

The fact is, there are some situations where it’s easier to think of **Thoughts** as being a connection of **Ideas**, and other situations where it’s easier to think of **Ideas** as being a collection of **Thoughts**. There are times when a **Thought** can be used *as* an **Idea**, building some larger **Idea** or **Thought**; and times when a **Thought** can be used as a **Complete Thought**, leading us to some **Logical Conclusion** or **Response**. As long as you understand *what Thoughts and Ideas are used for*, you will know everything you need, to master the grammar of any language.

~~~ Review ~~~

Today we learned the following terms:

Subconscious Mind (aka the **Subconscious**) ~ The vast majority of your mind, which runs your body, stores information, and makes **Observations** and **Interpretations**. Communicates with the **Conscious Mind** using **Feelings**.

Conscious Mind ~ The small part of your mind that is usually responsible for actually moving your body around, and making decisions about how to fulfill the needs communicated by the **Subconscious**. In some situations, everything the **Conscious Mind** does can potentially be done by the **Subconscious Mind** instead.

Subconscious Observation ~ An **Observation** made by your **Subconscious**.

Conscious Observation ~ An **Observation** sent from your **Subconscious Mind** to your **Conscious Mind**.

Feelings ~ The mysterious language the **Subconscious Mind** uses to send messages to the **Conscious Mind**.

Quality Structure ~ Everything that someone currently knows or believes, including hypothetical things. Only changes when acted upon by a **Complete Thought**.

Quality ~ An **Idea** that is assigned to another **Idea**, called a **Referent**, in order to give information about it. Works by connecting one **Referent** to another **Referent**.

Referent ~ An **Idea** that we can attach **Qualities** to.

Quality Diagram ~ Uses bubbles and arrows to depict a part of the **Quality Structure**.

Establishing Thought ~ A **Thought** that assigns the “**Established**” **Quality** to an **Idea**. Can also be thought of as the “birth” of an **Idea**.

Established ~ A **Quality** that marks an **Idea** as unique from other **Ideas**.

Structural Role ~ The role an **Idea** plays (**Quality** or **Referent**) in the **Quality Structure**.

Naming by Qualities (aka **Naming**) ~ The concept, and act, of naming **Referents** with **Qualities** they have. The act of **Naming by Qualities** is one type of **Absorption**.

Naming Quality ~ A **Quality** that is being used as the name for a particular **Referent**.

External Quality ~ A **Quality** that applies to a particular **Referent**, but is *not currently* being used to **Name** that **Referent**.

Absorption ~ When a **Quality** and its **Referent** are considered synonymous. In **Quality Diagrams**, this is shown by omitting **Idea** bubbles. Includes **Naming by Qualities**, **Internalizing a Referent** (Lesson 3), and **Relating Referents** (Lesson 4).

Reduce ~ To convert an **Idea** into another **Idea** with fewer components.

Expand ~ To convert an **Idea** into another **Idea** with more components.

Composite Idea (aka **Composite**) ~ **Idea** that is viewed as having multiple components.

Simple Idea ~ An **Idea** that is viewed as having a single component.

Inner Idea ~ An **Idea** that is a component of a **Composite Idea**.

Outer Idea ~ An **Idea** that attaches to a **Composite Idea**.

Focus Idea (aka **Focus**) ~ The part of a **Composite Idea** that **Outer Ideas** can attach to.

Thought-Idea (aka **Thought as Idea**) ~ A **Composite Idea** with a **Thought** as its **Focus**.

Referent-Idea ~ A **Composite Idea** that has a **Referent** as its **Focus**.

Quality-Idea ~ A **Composite Idea** that has a **Quality** as its **Focus**.

Idea (**enhanced definition**) ~ A **Thought**, or collection of **Thoughts**, that can play the role of either a **Quality** or a **Referent**.

We also encountered, but did not really cover the meaning of: **Object** and **Adverb**. I will properly define these terms in a later lesson, so you can just ignore them for now.



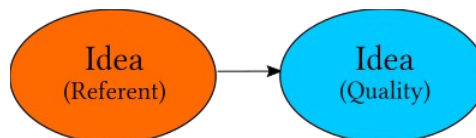
Today we learned how the **Subconscious Mind** collates information and sends messages to the **Conscious Mind** in the form of **Feelings**. **Feelings** can be combined to make other **Feelings**. The **Feelings** we can *consciously isolate* are what we call **Thoughts** and **Ideas**.

Then we learned about how information is stored in the mind, using a format called a Quality Structure. In a Quality Structure, Ideas are established and then described by assigning them Qualities. Some of these Qualities are even used to name the Idea they are describing. The Idea that is being assigned a Quality is called a Referent. Qualities and Referents are connected to each other using Thoughts. The Quality Structure is the entire network of these Qualities and Referents that exist in a single person's mind.

An Establishing Thought creates a new Idea by assigning an “Established” Quality, which just means the Idea is unique and deserves to exist. Once the Idea is Established, we can attach more Qualities to it, like the Structural Role (is it a Quality or Referent?) as well as other Qualities like “dog” and “pet” and “belongs to Susie”.

Any of the Qualities we attach to a Referent can be used to Name that Referent. This is called “Naming by Qualities”.

We can represent *a piece* of a person's Quality Structure visually, using a Quality Diagram. The bubbles in the diagram represent Ideas, and the lines with arrows represent Thoughts. Blue bubbles are Qualities, and red bubbles are Referents.



We also learned how Composite Ideas, which have multiple components, can be Reduced into Simple Ideas, which have only a single component. We learned that Composite Ideas have a Focus Idea, which is the Inner Idea that Outer Ideas modify. And we saw how some Composite Ideas use *the connection* of their Inner Ideas, *the Thought itself*, as their Focus.

We then saw a few ways that “SVO” sentences can be expressed in the Quality Structure, and ended by talking about the “chicken or egg” relationship Thoughts and Ideas have.

In the next lesson, we will learn more about the different kinds of Qualities and Referents, and where Qualities get their meaning.