



by

**Mary J. Michael**

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**Reengineering & Recreating Yourself Through Chaos**

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**FUTRTOOLS**

**PROJECT REPORT**

submitted to the faculty of  
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by  
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in partial fulfillment of the  
requirements for the degree of  
Master of Sciences  
in  
Studies of the Future

**THE UNIVERSITY OF HOUSTON-CLEAR LAKE**

December, 1994

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FUTRTOOLS

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INTELLECTUAL <<>> THEORETICAL

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## THE TOOLKIT

### EXPERIENTIAL <<>> EXERCISES

#### ON TAPE

Tape 1, Side 1, Part 1	Instructions
Tape 1, Side 1, Part 2	Relaxation
Tape 1, Side 2	The Self Project
Tape 2, Side 1	Blueprint
	Arche(type)ology Dig - Past Mapping
Tape 2, Side 2	Foundation
	Suiting Up - Conceptual Garments
Tape 3, Side 1	Scaffolding
	Beyond Frames - Breaking Frames
Tape 3, Side 2	Selfsingular Architecture
	Critical Mass Library - Virtual Self Videotapes

## PREFACE

*Bruce Lee.*

As I thrash around my mind for an approach to a **FutrTools Preface**, I hear the name *Bruce Lee* shouted from afar. In my mind's eye, I see a person standing on an opposite canyon rim shouting the name *Bruce Lee*. The sound of his name is distant and faint; the connection between his name and **FutrTools** is even more distant and faint.

*I need to connect ... to connect to a coincidence ... to connect to my coincidence ...*

The coincidences are floating around me by the tubful and I cannot see them. All I keep doing is tripping over the tub and never dipping into it. All I hear is the sound of someone shouting a name from a distance. I am deaf; I am blind. I cannot see the tub, until I fall into it. I cannot connect the coincidence to the event, until I fall into it.

*Fall into the tub. Listen to your directions to yourself. Listen to the tapes ... Listen to your tapes ... Connect to your coincidence. Find Bruce Lee.*

The solution I have been searching for, is already sitting there, in front of my eyes.

*Bruce Lee is my preface.  
Bruce Lee is my coincidence.  
Bruce Lee wrote the **Tao of Intersecting Fists**.  
Bruce Lee wrote the book on Eastern Tao for the Western mind.*

The template used, is the template of parallel substitutes, parallel tracks of thought. We both travel parallel tracks on the journey to the top of a mountain, the end of a road. *Bruce Lee* and I are doing the same thing; the Tao is the process, the Way. His background was acting and martial arts; my background was physics and futures. He came to the Tao through his background; I came to **FutrTools** through my background.

*Bruce Lee!*

*... my personal, ah-hah moment. **FutrTools** is my personal, artistic blend of many separate disciplines, many ideologies, many belief systems, many academic categories and, of course, many giants ... standing on the shoulders of giants.*

**FutrTools** stands on the shoulders of giants -- giants in the fields of futures, physics, mathematics, art, ethics, philosophy, computers, architecture, epistemology, logic, language, psychology, aesthetics, metaphysics, and on and on. To list all of the names in all of these areas would be a book unto itself, but as it is, this listing is confined to the bibliography.

I have used the **FutrTools** tapes to build, not only the book, but the tapes themselves - the iterative process - the fractal image within the image. I listen to the tapes over and over again; initialize, permit, affirm, reinforce, change, again and again. Creating yourself is an ongoing process; a process that occurs 24 hours a day, 7 days a week, 52 weeks a year, on so on to eternity. The value of the **FutrTools** exercises comes, not from one rendition, but from the repetition and refinement of the exercises.

As a master's project, **FutrTools** has been my vehicle to the various Ways to the Self and corresponding experiences. *The Toolkit* codifies and reproduces these experiences on tape. *The Manual* backs up the tapes, just as a car manual backs up a driver or a VCR manual backs up a viewer.

*But, Bruce Lee?*

*Bruce Lee* created exercises for fine tuning the workout of the physical body through the framework of the martial arts. **FutrTools** creates similar exercises for fine tuning the workout of the mind through the framework of process meditation and the taped experience. Like all exercise programs, results come after multiple repetitions. Small breakthroughs in consciousness will occur while going through the exercises on a regular basis. Great breakthroughs, while rare, may occur to the practiced mind.

*Becoming Bruce Lee takes time, patience, and practice.*

As a graduate Futurist, my ultimate hope would be to use **FutrTools** to entice the naive user to develop an interest in some of the esoteric subjects discussed on the tapes and in the book. Of course, should this event transpire, adjustments would have to be made for users outside of myself. These concerns and adjustments are above and beyond the scope of this master's project.

Mary J. Michael

December, 1994

**FORWARD**

*Ah-hah, t'ai chi is the Tao, like water, like wind, sailing, surfing, dancing ... spontaneous writing ... the book is writing itself.*



**FutrTools** has been writing itself since February, 1992.

*... but the building or assembling of a tool kit for personal breakthrough is possible.*

*The first tool in our kit, guided imagination or imagery, is a way of understanding and employing the language of the unconscious mind so that we can both reprogram it for more effective living and can better understand its "output" when the moment of illumination comes.*

*The second and closely related tool, affirmation is a way of reprogramming the unconscious idea-and-image processor through mental and vocal repetition of the ideas of images which we want our minds to accept as "input".*

*The third tool, alert relations, is designed to induce what has been called in medical science the relations response. This facilitates the "incubation mode" -- through taking the mind "off-line" and quieting down surface thoughts that might disturb the workings of the deep unconscious -- and helps promote the "output" mode.*

*The fourth tool, dreamwork, takes us directly into the heart of the idea processor, the deep unconscious, and show us how to mine and bring back the nuggets of wisdom we find there.*

*Oddly enough, these tools are as simple as they are effective. None of them requires any great effort or special discipline or long and arduous practice.*

**FutrTools** is a *The Toolkit* for personal breakthrough - *The Self Project*.

**FutrTools** has been using the **FutrTools Toolkit** to write and test itself.

*What we really mean by free will is the visualizing of alternatives and making a choice between them ...*

**FutrTools** is a primer for selfcreation, that is its style.

*... visual, vision, visionary,  
image, imagery, imagination, imagine ...*

**FutrTools** consists of a written section and a taped section.

The written section - *The Manual* - engages the intellectual.  
The taped section - *The Toolkit* - engages the experiential -  
the *t'ai chi*.

*We do not hear nature boasting about being nature, nor water  
holding a conference on the technique of flowing ...*

*The Self Project* then folds the intellectual into the  
experiential to produce flow.

**FutrTools** is based on many, many, many authors and their ideas.

I have refocused what many have said before, in the most  
direct fashion available to me and I have tried ...

*... to lift the usual academic seriousness, along with  
dutiful learning, to new and higher planes of joyous  
playfulness in natural growth ...*

**FutrTools** informs a mass audience of some very complex futures ideas and  
related subjects in the simplest form and fashion possible.  
That is the *why* of the primer approach. The text and tapes  
form the heart of the Futures Studies program at UHCL.

**FutrTools** should be evaluated by the measure of its usefulness.  
How difficult are the materials to use? Is it a chore or is  
it fun? What do you feel when you do the exercises? How  
closely has it enabled the user to reproduce and codify the  
futures experience?

My focus for **FutrTools**

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SIMPLE <<>> NECESSARY <<>> STRAIGHTFORWARD

VIVID IMAGES <<>> BOLD IDEAS <<>> NEON COLORS

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GUARANTEE TO YOURSELF, THAT ONLY THE HIGHEST GOOD WILL BE CREATED.

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