

TSQ (Truth Seeking Quotient)

James Barton

Copyright © 2020 James Barton

All rights reserved.

ISBN: 9798607673680

DEDICATION

Dedicated to the sincere Truth seeker

CONTENTS

Introduction

Characteristics of a High TSQ Individual

The Relation Between TSQ and IQ

A TSQ Scoring System?

The Benefits of High TSQ

High TSQ can be Cultivated

Do Not Put a Limit to Your High TSQ Cultivation

Intellectual Acceptance vs Deep Contemplation

The Nature of Truth

How to Help Someone With Low TSQ

The Difference Between Facts and Interpretation

Many Sidedness

Identity

Theism or Atheism?

Cultivate a Strong Desire for Truth

Character

Character Flaws Act as a Resistance to Truth

Boosting Nutrition Boosts TSQ

Logic

Three Ways Towards Truth

Beliefs

Redundant Vows

TSQ (Truth Seeking Quotient)

Memory

Optimize Your Environment

Associate With High TSQ People

The High TSQ Mission

TSQ (Truth Seeking Quotient)

Introduction

TSQ stands for Truth Seeking Quotient. It is a concept used to help self-diagnose your relationship with Truth.

Understanding it can help you remove formerly unconscious/hidden biases and irrational tendencies towards truth. It can help in other ways also.

Diet, lifestyle, character, beliefs and subconscious vows all influence your TSQ. Is it not wise to focus on each of those areas and optimize them towards raising your Truth Seeking Quotient?

Characteristics of a High TSQ Individual

A high TSQ individual embodies both passive TSQ and active TSQ. Passive TSQ is about being teachable and rationally evaluating new facts/ideas even if they contradict your long held beliefs.

Active TSQ is about a deep, healthy curiosity and spending effort in researching and investigating particular subjects.

High TSQ people have a natural tendency towards raising their TSQ even higher. They aim to eat healthily so as to preserve and enhance their cognitive powers. They gravitate towards other high TSQ individuals but also outreach to average and low TSQ people because of duty and compassion.

The Relation Between TSQ and IQ

There is a great importance in boosting the TSQ of high IQ people. They have great potential for good or harm and so boosting their TSQ is especially useful for themselves and society. A person of low TSQ but with apparent high IQ is wasting their potential and if they have fallen for false doctrines and harness their intelligence unhelpfully then it is harmful.

How vulnerable are people of high intelligence from subliminal messages, behavioral modification techniques, advertisements, redundant vows and emotional issues?

In my view there is a vulnerability there and so it is the position of real intelligence to do 'self-diagnostics' and other inner techniques to protect

and free up their intelligence from negative/limiting influences. Some sincere effort will be needed to identify personal blind spots and subtle biases.

It can happen that a high IQ person will come up with many clever reasons to justify their false beliefs and as they see it win arguments. That is most unfortunate for them. It is as if their IQ is working against their best interests and keeping them trapped in false beliefs.

There can be a high intelligence which is awake and healthy or half asleep/trance like and self-sabotaging. The awakened healthy intelligence values high Truth Seeking Quotient and aims to protect and strengthen it in themselves and humanity.

We should dedicate some time towards understanding this and aim towards the healthy awakened side.

With great power comes great responsibility. We should cast off the trivial and focus on the root causes, at the same time keeping our inner tools sharp and free from negative influences.

Someone may have a high IQ and yet use their intellect on only trivial subjects. In that sense due to low TSQ their high IQ is wasted. So TSQ level is also based on the individual's interest and active research into profound and fundamental subjects.

Someone may have average IQ but because of high TSQ they can focus on fundamental important topics and make great progress.

High TSQ is of more value than high IQ but both should be cultivated.

Affirm that your IQ and TSQ will work in harmony in accordance with the highest good.

A TSQ Scoring System?

There are many IQ tests and scoring systems. What about for TSQ?

The most basic system would be binary i.e. to simply recognize a particular statement, behavior or person's current attitude to be either low TSQ or high TSQ.

Our Truth Seeking Quotient is multifaceted and a

range of characteristics would need to be taken into account when evaluating someone's TSQ.

A high TSQ individual embodies both passive TSQ and active TSQ.

High TSQ means the awareness of and avoidance of logical fallacies but also the awareness and correction of character flaws.

Certain beliefs act as dampeners which can greatly cripple our objective truth seeking. For example if someone deeply believes that they or anyone cannot know the truth of certain subjects then that belief will take away the will to properly investigate and may even deafen us to the progress that others have made regarding understanding the topic.

Then we have cognitive functions such as attention and memory. Whilst these can improve with practice and improved attitude (for example we remember things better that we are enthusiastic about) there is also the question of diet and lifestyle.

Just as someone with a healthy high IQ will

naturally seek to maintain and boost it so will someone with a high TSQ seek to maintain and boost it.

It is low TSQ to indulge in detrimental foods or just ignore the subject. It is high TSQ to investigate the helpful and unhelpful foods and make efforts towards the helpful.

There are a few other factors also. My hope is that if the basic concept becomes popular many people will work on their own scoring systems and TSQ boosting protocols. Maybe you.

The Benefits of High TSQ

Boosting your TSQ will have many life changing positive effects. Most people are weighed down with millions of false beliefs. Many of these beliefs are harmful and limiting.

Many are the false paths. Many are the traps and snares. In this world great discernment is needed in order to avoid being misled.

Who would want to wander around in ignorance, confusion and misunderstanding? Developing TSQ

can help deepen our understanding and replace ignorance with true knowledge. Sticking to false beliefs because of ego or other irrational reasons is foolish. Rationally evaluating beliefs including our own long standing beliefs and letting the inaccurate ones go is wise. High TSQ is an essential aspect of wisdom.

Blind acceptance and blind rejection are both examples of low TSQ. Skepticism is a positive quality but it should be directed at our own beliefs most strongly as that is where it does most good.

It is beneficial to be open to opportunities which can deepen our understanding. Sometimes those opportunities may be disguised. High TSQ helps us to see through the disguises and perceive the real dangers and real opportunities. Then we can better guard against any dangers and make use of any opportunities in accordance with the highest good.

Contemplate the pure wish that your TSQ will be raised and that it will benefit your life and the lives of others.

High TSQ Can Be Cultivated

Whatever your current overall level of TSQ it can be cultivated. Blocks can be removed, irrational biases can be dissolved away and positive qualities can be strengthened. It is vital that we understand that our Truth Seeking Quotient can and should be cultivated to higher levels. Those individuals who are unaware of this or deny it lack the motivation to improve and so are stuck in low TSQ attitudes, behaviors and modes of thinking.

Complacency and self-satisfaction can be your worst enemies when it comes to holding down your TSQ.

Even if you do believe that TSQ can and should be cultivated the positive conviction should be boosted via specific exercises and careful attention.

Inwardly affirm that it is possible for your TSQ to be boosted. Make the declaration that you wish to boost your TSQ. Devote time and effort to boosting your TSQ.

Do Not Put a Limit to Your TSQ Cultivation

It is important to allow for the possibility that your Truth Seeking Quotient can reach great heights. You can be a discoverer of world changing facts and principles. Make sure that you are not putting artificial limits on your truth seeking.

Drop false limitations to your TSQ cultivation. Positively affirm that you will cultivate your TSQ beyond any previous assumptions as to what is possible.

Intellectual Acceptance vs Deep Contemplation

A mere intellectual acceptance of a principle is only the shallow beginning and will not produce much inner change. What is needed is to take the point or exercise and study it very deeply. Contemplate it from all angles. If it is an inner/mental exercise then apply yourself with sincere dedication and determination. Those who see an exercise and just say to themselves "yes I agree with that" or "it may be useful for others but I don't need it" are missing out and will not receive the wonderful and life changing benefits.

In the past the ancient seekers of truth sometimes picked one symbol, concept or doctrine and studied it deeply for decades receiving new insights and realizations over the fullness of time. Today many people only browse subjects and investigate them at a shallow level, thinking that reading a few books makes them an expert.

If you want to dig a well in a field to succeed and reach water you do not dig many shallow holes, giving up each time and then digging another hole somewhere else. You have to focus deeply in one place to reach the depths and find the pure water.

The Nature of Truth

There are 2 kinds of truth: transient and transcendental. Transient truths have not always been so, can be changed and eventually will not be so. Transcendental truths are eternal, unchanging and universal. It means that they are true in any possible universe. Truth is eternal and worthy of deep study.

How to Help Someone With Low TSQ

Teach by example. Concentrate on improving your own TSQ and set a good example for others. You can also share helpful tips and techniques as found in this book along with other advice that you feel is appropriate.

The Difference Between Facts and Interpretation

People correctly base their beliefs on facts. However just because many facts seem to back up your position does not make it necessarily true. The facts themselves may be true but they could be being misinterpreted due to various forms of inner bias and fallacy.

According to Wikipedia: Confirmation bias is the tendency to search for, interpret, favor, and recall information that confirms or supports one's prior personal beliefs or values.

Have the intense wish that your interpretation of facts be fair and accurate.

Many Sidedness

There is a valuable doctrine in Jainism called Anekāntavāda. It means "many-sidedness" and states that the ultimate truth and reality is complex and has multiple aspects.

The parable of the blind men and an elephant originated in ancient India. It is a story of a group of blind men, who have never come across an elephant before and who learn and conceptualize what the elephant is like by touching it. Each blind man feels a different part of the elephant's body, but only one part, such as the side or the tusk. They then describe the elephant based on their limited experience and their descriptions of the elephant are different from each other. The moral of the parable is that humans have a tendency to claim absolute truth based on their limited, subjective experience as they ignore other people's limited, subjective experiences which may be equally true.

The Rig Veda states: "Reality is one, though wise men speak of it variously."

Sincerely look from other person's viewpoint.. even if it seems distasteful or you feel that they

are definitely wrong. If evidence is presented which contradicts your beliefs make a conscious effort to evaluate it fairly from many perspectives.

Our beliefs need to be challenged in order that what we believe is as “true” as possible. Therefore try to give more weight to arguments that oppose our beliefs than we give to arguments that support our beliefs.

The ideal should be neutrality but due to the expected at least subtle bias to our own beliefs it is useful to add some extra weight to the opposing arguments.

Identity

As a basic position we should identify primarily as independent truth seekers rather than as followers of a particular philosophy/Religion/belief system.

This helps protect us from bias. Those with high TSQ may identify as following a particular belief system but that identification is secondary to dedication towards truth whatever it might be.

We are not our beliefs so if our beliefs are challenged it does not mean that we are being personally attacked. In fact we may get great benefits from our beliefs being challenged and should have a feeling of gratitude especially if the other person manages to free us from a false belief.

Theism or Atheism?

Whether someone considers themselves as an atheist or a theist they should consider themselves a truth seeker first. Most of the ideas and exercises related to High TSQ are acceptable to both atheists and theists of all types. If you are a theist: in addition to the personal exercises also pray for Truth and freedom from false beliefs. Ask for divine help in doing the various exercises and towards the goal of purifying/uplifting your TSQ. If atheist have the intention and make inner affirmations along the same lines.

Cultivate a Strong Desire for Truth

Imagine if you were dying, thirsty and starving in a desert searching for a fabled temple/lost library. It is in sight and you are desiring with every fiber of

your being to get there. A strong desire to know and understand truth is a great help in achieving those noble goals.

Do not be satisfied with not knowing or with old comfortable beliefs which may be wrong. Love and respect Truth with great passion and determination. Have the positive intention that your natural curiosity be healed and strengthened.

Character

The many problems in the world can be likened to branches. If we try and tackle the branches but ignore their root they will keep coming back in one form or another.

The main root of all the problems is in the character of individuals. For example greed, hatred, laziness and so on.

Also, in general, when people debate: the character flaws such as too much pride/arrogance, dishonesty and unhealthy loyalty to long held beliefs etc act as a kind of resistance to objective truth.

Furthermore the virtues/positive qualities are like a kind of underlying unifying bridge between all the various belief systems. Their cultivation helps protect people from false beliefs/errors and helps attune them to whatever the Truth may be. It makes people into 'good soil' and so receptive to the highest truths.

It is logical then to study character and the virtues very deeply. If some advances in understanding are made in this area then they can have a very positive effect on the root cause of the world problems and thus help uplift humanity.

Are you willing to dedicate your life to the study of virtue? If so then do it. Make that positive declaration and act on it.

Character Flaws Act as a Resistance to Truth

Curiosity is a virtue strongly related to high TSQ. However all the other virtues need to support it.

Character flaws are the result of a lack of the corresponding virtue. So to re-integrate/awaken that virtue will cure us of that character flaw. All

the virtues/positive qualities are within already. Inwardly value and praise the virtues in yourself, in others and as abstract qualities. This will nourish, strengthen and awaken them.

Identifying and remedying character flaws which acts as a resistance to truth is one of the main techniques to boost TSQ.

Here are some examples of character flaws acting as a resistance to truth which is another way of saying they contribute to low TSQ:

Laziness: it takes effort to actively research and also to challenge one's own existing beliefs. The lack of effort caused by laziness keeps people trapped in ignorance and in their existing probably somewhat false beliefs.

Arrogance: if someone is over-confident with their own mental abilities and/or the value of their beliefs then they will not be open to rationally challenging them and so they are stuck in a low TSQ mindset. Arrogant people also do not like to admit that they have been mistaken even in the face of overwhelming evidence.

Cowardice: it takes bravery to be willing to let go of long held beliefs. Those afflicted with cowardice are likely to shy away from debates where they instinctively feel that their beliefs will be shaken or completely shattered. Cowardice can keep people trapped in their comfort zone of ignorance and familiar misunderstandings.

Complacency: this character flaw is defined as a feeling of smug or uncritical satisfaction with oneself or one's achievement. Such a feeling blinds those afflicted with it to their faults and failings of themselves and their beliefs. Complacent people lack the awareness and the drive to tackle their faults and improve.

Greed: the search for truth should be objective and not warped by personal financial or other interests. If someone has been making money in a religious or scientific institution there can be pressures to cling on to old beliefs as to embrace a new understanding and speak about it might threaten the career.

Hatred: don't be blinded by hatred and reject ideas just because you don't like the person sharing them or other associated ideas. Each idea

should be evaluated on its own merit.

Dishonesty: it should be clear that those seeking truth should be honest. Habitually dishonest people become confused and deceive themselves also. Profound self-honesty is needed to realize truth.

Misplaced Loyalty: Loyalty to existing beliefs and viewpoints can obstruct natural learning and the appreciation of new evidence. Healthy loyalty to truth whatever it might be should be developed.

Stubbornness: we can understand how a dogged determination not to change one's attitude or position on something is unhelpful in the quest for truth. We should be open and flexible willing to change in the face of new evidence and understanding. At the same time our determination should be fixed on the realization of truth.

Dis-identify and renounce all vices and character flaws. Study the virtues deeply.

Affirm that all virtues are within you and in others. Have the deep wish that your character be healed and uplifted.

Boosting Nutrition Boosts TSQ

As a general rule health problems are a distraction and so act as a lowering effect on TSQ. More specifically we can boost our nutrition to strengthen our memory, attention and concentration. By eating healthy and focusing on foods known to help the brain we can build a great foundation for effective truth seeking and thus raise our TSQ.

Reduce refined sugar and fluoride which dampen IQ and TSQ.

Natural is usually best. Fresh healthy and wholesome foods will optimize your brain whereas many artificial foods will cause mind fog and other issues as they degrade the brain.

Organic and fresh is best.

Avocados: A source of healthful unsaturated fat very good for the brain.

Extra Virgin Olive Oil: Polyphenols are potent antioxidants found in extra virgin olive oil (EVOO); antioxidants have been shown to reverse age- and disease-related learning and memory deficits.

Green, Leafy Vegetables: rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene.

Rosemary: Contains carnosic acid which helps protect the brain from neurodegeneration by protecting the brain against chemical free radicals Alzheimer's, strokes and normal aging in the brain.

Walnuts: high levels of antioxidants, vitamins and minerals also improve mental alertness. The vitamin E in the nuts can also help ward off Alzheimer's

Turmeric: helps boost antioxidant levels and keep your immune system healthy, while also improving your brain's oxygen intake, keeping you alert and able to process information.

Logic

Many people like to see themselves as rational evidence processing machines yet really they are affected by irrational biases and personal blind-spots. Sincere effort is needed to free ourselves from these low TSQ issues. By understanding the

possible logical fallacies we can better recognize and correct them in ourselves. We can also identify them in the arguments of others and so we are protected from being misled. Study the fallacies and try and root the errors out in your own thinking processes:

https://en.wikipedia.org/wiki/List_of_fallacies

Renounce all fallacies and flaws in your thinking. Have the deep wish that your thinking is purified and uplifted.

Three Ways Towards Truth

There are three main ways towards truth: direct perception, logical inference and valid testimonies. Ideally all three should be used together and cross-referenced.

Beliefs

Beliefs are somewhat hierarchical in nature in that slight errors in very abstract beliefs can act as the crooked foundation for more particular everyday beliefs.

Often the more abstract the belief the harder it can be to identify. Conscious effort is needed to

investigate the subtle conceptual underpinnings of your everyday beliefs.

Throughout your life beliefs and hypnotic suggestions have been collecting in the areas of semi-consciousness within you. It is probable that right now you have many negative and false beliefs about yourself and the world around you. Identify beliefs which sap healthy curiosity such as 'the truth cannot be known' etc and renounce them. Recognize low TSQ beliefs which come to mind and counter them.

There are two attitudes towards truth. Some people cherish their own beliefs and opinions to such an extent that they ignore direct evidence to the contrary. The other type of person is loyal to the truth- whatever it might be - over their own beliefs etc. If someone like this is proven wrong, they are not defensive: in fact they are delighted for it means they have moved closer to the truth.

Relax and silently declare to yourself that you wish to let go of all false beliefs that you hold no matter how long you have held them or how much you may have cherished them. If you feel unable or unwilling to let go of all your beliefs, just

pick an area or a particular belief and work on that.

Now, simply allow yourself to love Truth. Trust in it and be open to it. It is entirely beneficial and safe to do so. You can do this exercise any time silently and easily. Eventually it will no longer be necessary as you will have totally and naturally reintegrated the correct attitude into your everyday life.

This exercise will dissolve away many barriers to your understanding and natural well-being. Some beliefs will instantly dissipate. Others may take a little longer. Now that you have uplifted your attitude towards the truth you will be more open to logical persuasion and genuine evidence and you will be protected from those around you who would have you believing self-limiting rubbish etc. Be teachable, you are not always right do not assume you know. Admit: "I may be wrong about some of my beliefs".

You are not your beliefs. Many people identify strongly with their beliefs and so feel that when their beliefs are challenged they themselves are being personally attacked. They then become

resistant and even aggressive losing the opportunity to improve their understanding.

Dis-identify with your beliefs. You are not your beliefs but that which is deeper. Affirm that you are willing to let go of even long standing beliefs if false.

Dedicate yourself to truth: "I dedicate myself to understanding truth".

Inwardly have the intention: "May I be protected from negative influences and unhelpful subliminals"

Affirm: "I am not my beliefs"

Repeat: "May any false beliefs within me be given up."

Renounce irrational tendencies and blockages which lower your TSQ.

Forgive yourself and others. Allow things to be new and fresh.

Have the intention that your understanding of truth be deepened.

Redundant Vows

By redundant vows is meant a vow made in the past which is no longer useful (if it ever was) and

is now completely or partially forgotten but it still has a powerful and often negative effect on the subconscious and our life/choices.

For example someone may have been betrayed in love and got badly emotionally hurt. In their suffering they declare strongly to themselves "I will *never* let anyone get close to me again!" Then, even years later they are struggling to have a healthy relationship but it is constantly getting messed up and they do not know why. It is because even though they have forgotten about it their powerful declaration/vow it is still having a powerful effect on them.

Another example might be a religious or cult formal vow such as a vow of poverty maybe from a past life even. Now the person, although very intelligent may struggle with financial freedom. Although they are intelligent and make intelligent decisions financially still nothing seems to go right and they remain poor.

There are countless vows/declarations that people make and which may include the words 'always!' or 'never!'.

Unless properly disavowed and dealt with they

can shape people's lives in a negative way. Even intelligent people who can potentially offer so much to help humanity may be weighed down by thousands of forgotten major and minor vows thus making them sometimes almost useless or even dangerous and harmful.

Sometimes there are threats associated with giving up a vow. Thus the person is reluctant to face up to and free themselves from a false and inappropriate vow.

For example if someone has been made to say vows of loyalty to a cult they may have been threatened with punishments and bad fortune and shame if they break the vows. Then years later or maybe even in later lives although they have forgotten the vows they are still warping them and there may be a fearful repulsion to resolve them which needs to be addressed.

The answer is to boost bravery and other positive qualities and then the person can free themselves.

Statements such as:

"I will always believe..", "I will never understand..", "I will never accept..", "I will always be a.." and "truth cannot be known" can act as resistances to truth.

When said with great emotion they are like restrictive semi-conscious vows.

Renounce redundant vows especially those related to belief, truth and understanding. Have the sincere wish that all redundant vows affecting you be given up and dissolved away. Affirm to yourself that despite of any past vows you have the right, you can and will give up any false beliefs and embrace the deepest truths whatever they may be.

Memory

In order to cross reference many data points and build up a database of profound inner knowledge a decent memory is needed.

A good memory will help you find connections between different branches of your knowledge and thus gain deeper insights.

An effective memory can be developed. This involves boosting nutrition but also taking care to prioritize your attention on the most important subjects.

A large part of memory is in having a sincere interest and passion for the subject in question. So develop passion for fundamental subjects and realize that even very abstract subjects are of great value.

Optimize Your Environment

Have High TSQ phrases around to help influence you in the right direction and keep sincere truth seeking in mind. Have healthy brain boosting foods in easy reach.

Associate With High TSQ People

To help strengthen your TSQ it makes sense to associate with other people with high TSQ. People of high TSQ can help diagnose and advise each other on the quest for truth. Such people are better at recognizing not just bigger resistances to truth but also the more subtle resistances to truth which most people would miss. They also have a natural benevolent motivation to help others towards truth. At the same time they are more open and appreciative of any of their resistances to truth being pointed out for them.

The High TSQ Mission

A natural characteristic of a high TSQ person is of course to uplift their own TSQ by careful cultivation, inner exercises and study. There is also a natural inclination and a feeling of duty to help uplift humanity.

It is helpful to mention TSQ (Truth Seeker Quotient) as appropriate in forums and groups. During debates when you notice someone making a low TSQ error it can be respectfully pointed out and described as such thus increasing the possibility that they will gain a rise in their TSQ.

If you see someone who debates fairly and seems to be a fellow high TSQ individual then they are likely to be naturally interested in the overall concept and boosting methods therefore share this site so that they can learn and contribute their views.

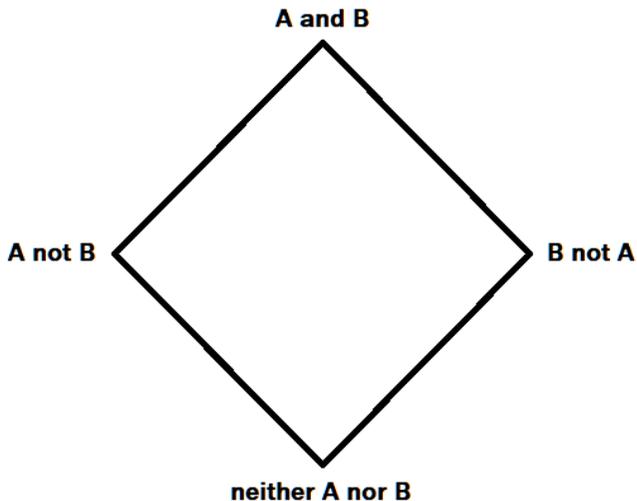
Share this document with people in positions of power and also deep and thoughtful individuals who can make best use of it.

Low TSQ is one of the root causes of most of the

troubles in the world and so uplifting it can and will have a great positive effect for humanity.

Perform the exercises daily and experiment with your own variations once the text has been studied.

Feel free to write your own articles and books about TSQ. It is your concept now that you understand it and value it.



ABOUT THE AUTHOR

James Barton is an independent truth seeker and the founder of the TSQ concept and VirtueScience.com