

Int

SELF-DETERMINISM AND REASON

Reason, the ability to extrapolate, is hand-in-glove with self-determinism. As soon as an individual feels that he has a right to reason, to extrapolate on data, he will do so. As his right to reason is inhibited, his self-determinism is inhibited in direct ratio. As self-determinism is inhibited, not only does he feel that he has no right to move where he wishes or do what he wishes, but he feels that he cannot use the data he observes. The rehabilitation of a person's self-determinism is the rehabilitation of his ability to reason. They are almost the same thing. His ability to move and act at his own command approximates his ability to reason at his own will on his own data. Processing is not getting data out of the preclear; it is not assembling his life for him as a complete, consecutive play--it is increasing his self-determinism and his right to reason. A man whose self-determinism has been three-quarters rehabilitated may still have arthritis which hurts, but the auditor has done a good job. But if the arthritis is gone and self-determinism is diminished, the auditor had done a bad job.

From a Lecture by

L. RON HUBBARD

Copyright (c) 1951
by L. Ron Hubbard
ALL RIGHTS RESERVED

This has been reproduced for you
by the Church of Scientology
Celebrity Centre Los Angeles

S
C
T
O
L
O
G
Y

Wook

DON'T
THINK

LRON HUBBARD LECTURES

PHILADELPHIA CONGRESS, 1953

"LOOK! DON'T THINK"

HUBBARD PHILADELPHIA CONGRESS LECTURES

September 30th thru October 4, 1953

Notes by

George Seidler

Copyright, 1953, by L. Ron Hubbard

Published by
SCIENTOLOGY: NORTHERN CALIFORNIA
859 Balra Drive
El Cerrito 8, California

Order from
Mail Order Department
768 Key Blvd.
Richmond 9, California

C O N T E N T S

Lecture 1	"The History and Development of Dianetics and Scientology" -----	1
Lecture 2	" Elements of the Problem and Solution of the Problem" -----	3
Lecture 3	"Processing and Its Goal" -----	7
Lecture 4	"The Most Favorable Processes" -----	14
Lecture 5	"Standard Operating Procedure 8 - Step 7 & 6" -----	20
Lecture 6	"Standard Operating Procedure 8 - Step 5 & 4" -----	25
Extra Lecture	"The Handling of Anchor Points" -----	30
Lecture 7	"Standard Operating Procedure 8 - Step 1, 2 & 3" -----	35
Lecture 8	"Short 8 - Group Processing" -----	40
Lecture 9	"Six Steps to Better Beingness" -----	43
Unscheduled Talk	"Cause and Responsibility" -----	47
Lecture 10	"Uses and Future of Scientology" -----	51
	"Question and Answer Period" -----	55

LECTURE #1-

THE HISTORY AND DEVELOPMENT OF DIANETICS AND SCIENTOLOGY

The purpose of this congress is to put into your hands a simplicity with which you can achieve maximal effect. To clarify the material.

The texts for these lectures are "This is Scientology" in "The Journal of Scientology" Issue 16-G and "The Professional Auditor's Bulletin #7" containing "Six Steps to Better Beingness."

Mr. Hubbard went rapidly over the history and development to show that the changes that have been made in theory and techniques had a reason and to unstick a few people from the time track.

He came out of his ivory tower as a fiction writer into the American scene: Which turned out to be a Roman Arena.

This is a LOVE - HATE universe. You start out LOVING EVERYBODY and end up HATING EVERYBODY. That's the train of cycle. By the time you hate everybody you are good and solid; and that's LEST (matter, energy, space, and time - the material universe) And you're MATTER then.

The whole past in DIANETICS and SCIENTOLOGY has actually been sort of a social experiment by which one tried to find out the channel and level of understanding and the optimum techniques for the use of homo-sapiens.

The social experiment was what was important and the effort to keep going with investigation and to keep learning from what was happening.

We have learned what it takes to bring homo-sapiens up the tone scale.

ACCEPTANCE LEVEL PROCESSING

HOW TO ESTABLISH THE ACCEPTANCE LEVEL OF A PRE-CLEAR

"Acceptance level processing" shows us where homo-sapiens are on the tone scale: (A gradient scale of well-being.) This is a variation of expanded GITA (Give and Take) processing. You take the GITA list from 16-G and have the P.C. (Pre-Clear) mockup (create an imaginary scene) in brackets (P.C. mockup for himself, another person mockup for himself, others mockup for others, others mockup for P.C., P.C. mockup for others) what is acceptable to the P.C. You will find out that that which is acceptable (which the P.C. desires) with even an occluded case will, when mocked-up, go into the bank (storage place for memories) with a "CRASH!"

Something which is really acceptable to him will disappear by collapsing into the bank with great speed. The P.C. will smile, act as if he is enjoying it, or laugh.

The acceptance level of society at large was also being studied and determined. If one knew this level the need could be filled and one could reap a fortune. The snap acceptance level of the public is far lower than anyone has suspected.

As soon as you know the acceptance level of a person, anything that is a problem to you about this person - parents, spouses, children, friends, bosses, neighbors, co-workers, etc. - ceases to be a problem.

The acceptance level of the general public can be determined by the people they associate with. A therapist will not associate with another person above his own acceptance level because he would have to shift his acceptance level to do so.

You can establish this level for any profession or any entertainment with great ease. The result may be shocking to you.

Until several months ago we had no technique that could be placed in the hands of an individual that would do NO damage if misused or that could do all the GOOD that could be done in this universe if properly used.

Techniques he produced in the past were often radically changed in use and application by the time they got into the hands of the public. Now he has produced techniques that are so basic that they retain their validity even when they get out to the 15th. hand.

SUMMARY

Today the entire of processing can be summed up in a sentence. DON'T THINK!! LOOK!!! THAT'S ALL THERE IS TO SCIENTOLOGY!

Not looking at the lower stage is where the person not only doesn't DARE look, they DON'T DARE THINK about what's to be THOUGHT ABOUT, can't COMMUNICATE about what's to be COMMUNICATED ABOUT.

GRADIENT SCALE OF "DON'T LOOK"

1. Think about it first, then look. (Reason for road maps; - they tell you all about it before you get there.) The OCCLUDED CASE has to KNOW before he GOES. He has to THINK about it before he can BE. He's so busy THINKING, - he never IS.
2. Not just thinking about it before you go, but setting up the problem before you think about it. Then you accumulate data which is preferably not related to it. If you accumulate enough data it will impress somebody. (That's science.)
3. Next, we have the person who is worried about having to set up the problem before they think about it. (This is getting towards 'normal'.)
4. Then we have the person who doesn't DARE worry. If he worried he'd have to set up the problem. If he set up the problem he'd THINK about it. Then if he THOUGHT about it HARD ENOUGH he MIGHT EVEN LOOK. People with glasses expect the glasses to do all the looking.

FEELING IS CONDENSED LOOKING. If you just shorten up the time span of a glance you will get waves jamming up close enough together to produce feeling. LOOKING PRODUCES SENSATIONS.

Therapies that wipe out the past ended with DIANETICS. DIANETICS is an alteration of energy patterns of the past. We discovered that by very carefully tracing the pattern of life's behavior in this universe we could find out what life was trying to do here. By finding out what it was trying to do and how it was doing it we would obtain a process that would be intensely workable; that could get out to the 15th. hand without going too far wrong. This is because the vectors of existence would be so consistent with the process itself, that life itself would hold the process true to itself. The whole beingness is enlisted as a police force.

The history of DIANETICS and SCIENTOLOGY is not just the history of a man or organizations as many people conceive it to be.

"This isn't a history of me. (Hubbard). I have nothing to do with this as far as a life cycle is concerned because this would have eventually happened somewhere. I don't know, maybe I made it happen a couple of months earlier. But the point is, sooner or later, life itself would have gotten fed up with its deterioration in

this universe and would have made a wild line rush to come up. Sooner or later this inevitably would happen. As I say, maybe I just speeded it up a little bit."

We have a process that in itself delivers into the hands of a person being processed a knowledge of existence. The best way to do research is to be processed. It's much better to have the formula of KNOWING HOW TO KNOW than the data which is to be known.

There is a common factor in all language and rhythm that is recognized by every mind no matter WHERE and HOW it is trained.

CYCLES

In the past, the cycle was training, discipline, punishment. This led to a dwindling spiral.

We were dealing with restriction every time we dealt with the mind. We got a closer and closer restriction of the mind, limitation of its liberty, limitation of its general freedom and so we uniformly got the cycle of the MEST universe; the cycle is: - Birth, Growth, Decay, Death. Cycle of creation and destruction. Evolution of a match is the same cycle: - Birth of fire, growth of fire, dwindling of fire, and banishment of fire.

The history and development of DIANETICS and SCIENTOLOGY is a natural evolution of at least some part of life getting fed up with running the same cycle.

THE CONTEST

The MEST universe is explicitly designed as a trap which goes from the cycle of greatness to nothing. This is exactly backwards to the direction life tries to go. Life is fighting a contest with this universe by trying to turn the cycle around. Yet life becomes so beaten it starts going down stream. Every once in awhile it makes a faint or strong effort to go upstream.

Life at large has an enormous urge toward cooperation, love, goodness, mercy, ethics, justice, and other things which are pretty hard to find. It evidently has a large inherent amount of these things.

It comes up against a formation as a structure which says, "force, viciousness, brutality, uncaringness, individuality in terms of heavy mass, empty space."

Part of life could be said to operate on a beaten level. It agrees that love and justice are bad things and that force and brutality are good things. On so agreeing, it becomes a part of the MEST universe. On the other hand, life fighting back against this, trying to uphold a normal ethical level, has a pretty hard struggle.

We are living in a society that had decided to have force and brutality around. They will agree that justice and love are good; - "But are they attainable?"

This is the main contest, the story and the history of DIANETICS and SCIENTOLOGY. It is simply the HISTORY OF LIFE TRYING TO TURN AROUND AND GO UPSTREAM AGAIN.

LECTURE #2

ELEMENTS OF THE PROBLEM AND SOLUTION OF THE PROBLEM

The problem itself consists of the apparent discrepancies and continuous disappointments between the evident desires of life and the things which occur to life in this universe.

Life says it is doing this or that and winds up with the reverse. This makes a paradox, an inigma.

We hear on every hand that there should be ethics, that people should love one another, that society itself should be just and fair. Yet on every hand one sees betrayal, dishonesty, war, idiocies in general; - injustice. Courts of law seem to be based on the buying power of the individual.

Life is not doing what it says it is doing in this universe. OVER and OVER GOVERNMENTS betray their people. Governments say, "All will be better." and then enslave them.

So SOMETHING is WRONG!!! We have found what it is. A being which is immortal and which CANNOT do ANYTHING BUT SURVIVE is made to FIGHT LIKE MAD because it is AFRAID IT CAN'T. He THINKS he is trying to survive against obstacles of the MEST universe, BUT he is SUCCUMBING all over the place.

Trying to force, whip, beat, and nag something into surviving when it CAN'T do ANYTHING ELSE. This makes a dreadful conflict and a logical mess out of everything. EVERYONE IS HIDING THIS FACT FROM HIMSELF!!! One can survive at different levels - live at different levels. When a society becomes entirely too intense on the business of surviving it gets very, very unhappy. It gets worse and worse. Its level of survival and interest in living decreases markedly.

Our goal is to reach up to a level where people can be a bit happier and freer not just the goal of making somebody survive: Because he can't do anything else.

By duress you can make someone insane. That's the ONLY nonsurvival thing that Theta life can do. GO MAD!!! THIS is the FINAL ANSWER. INSANITY comes about when a person can't destroy himself in any other way. He becomes insane: Unconscious, unknowing. THAT'S the ONE thing that can happen to life. No way up, but a way down. He can't survive as homo-sapiens. The basic knowledge hidden from EVERYONE (even oneself) is that he can't do anything BUT SURVIVE: Because that's too horrible to face. So he says he must survive as the answer. These two don't equate and so drives one into the frantiness of delivering cruel punishment, injustice, betrayal, destruction, and misery as a revolt against an untruth: That one has to work very, very hard to survive when one can't really do anything else. So we get terrible discrepancies. A P.C. is afraid of surviving, but he can't do anything else. The way to survive is to succumb. The way to succumb is to survive. The philosophy of "Let's succumb. Let's not live." is an impossible one. "We'll pretend we're unconscious enough so we can pretend we're dead even though we're living." The UNCONCIOUS don't KNOW they are surviving.

TECHNIQUE:

Feed your P.C. in mockup form, in brackets, anosthetics, morphine, anything that will induce unconsciousness. First waste it till he can have it, then accept it until he has enough to satiate craving. You will find he will finally be able to have things that make him unconscious. For example, an ocean full of beer. All space full of phenobarbital, etc.

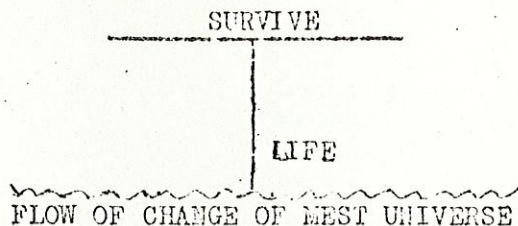
COMMUNICATION DEPENDS ON A GREATER AWARENESS AND THE ABILITY TO PUT OUT FURTHER SPACE. Take someone who's entire being is tied up in being unconscious so he won't

survive and he will resist having more space because this will make him survive. The fellow who buys the law of conservation of energy is in bad shape because he is then unable to destroy energy (his facsimiles, etc.).

You can't understand life by understanding the behavior of the MEST universe. It doesn't work out. We are involved with studying something which is nothing in the MEST universe.

THE ELEMENTS OF THIS UNIVERSE:

TIME
SPACE
ENERGY
MATHEMATICS
ZERO
LIFE FUNCTION
BEHAVIOR



TIME: - Is a CHANGE in SPACE.

People will tell you the future is down low and to the right in this society - because the future in any book is low and over to the right side. We read from left to right. Into the future. TIME HAS NO LOCATION. But if you could consider the MEST universe as coordinated in its motions and these motions merely continuing; and if you could conceive of LIFE not as a flowing mass or energy - but as a SORT OF POINTER which hung over this change of motion, you would get the above picture.

Life has a coordinated viewpoint on the flow of change of the MEST universe. LIFE STANDS STILL AND OBSERVES THIS CHANGE. Instead of looking at it in reverse, life is the one thing that can mobilize MEST. Because of this one tends to have a concept of life as something that moves in any direction. It changes in its atomic structure and particle structure. It's just this consistent interchange. As it changes, life observes these changes and then life measures this as change and doesn't move in space.

SPACE: - A VIEWPOINT OF DIMENSION.

Life can make a static space with great ease. We aren't living in static space in this universe. New space is created at a rate of $1/c$ in the MEST universe. (c represents the speed of light) This gives apparent motion of anchor points in a consecutive and continuous line. We have a constant creation of brand new space all the time. New space because you have a change of particles in light. These are the most fluent particles which we observe in this universe and are traveling at a certain speed.

AT EACH NEW POSITION OF LIGHT PARTICLES THEY ARE A NEW ANCHOR POINT.

They assume a new position at a very high rate of speed - measured by themselves with light viewing it.

EACH PARTICLE CREATES NEW SPACE EACH TIME THERE IS A NEW RELATIVE POSITION AMONG THE PARTICLES.

We then see that new space is being created at the rate each particle is moving. Hence, NEW space is PROPORTIONAL TO the SPEED of LIGHT.

ENERGY: - IS THE FLOW OF PARTICLES.

ENERGY condenses into MATTER. These particles are anchor points. So we get lots of relative spaces rather than a pack of anchor points. We won't say: "We have this space full of anchor points all smashed together making a solid object." We'll say: "THIS OBJECT IS A BUNCH OF RELATIVE SPACES."

MATHEMATICS: - IS A SERVO-MECHANISM OF THE HUMAN MIND.

There is NO PROBLEM until there is a HUMAN MIND to CREATE one. A machine never solves a problem except those that are given to it. LEST doesn't THINK! ONLY the HUMAN MIND can CREATE and SOLVE problems. The thing that has the most reasons is the human body. It has a reason for everything. The SURVIVAL of something that CAN'T DIE is the basic problem.

ZERO: - IS A WILD ZERO.

It is a gradient scale. If you speak of PAST or of FUTURE zero you have one that isn't absolute. A REAL ZERO would be one with no absolute location. So ZERO is a WILD VARIABLE IN ALL MATHEMATICS. Life to this universe represented ZERO, but didn't behave like ZERO should. We examined it and found it had no location, wave length, time element, or mass in itself. It is a theoretical absolute ZERO in this universe. This doesn't mean it doesn't have a somethingness elsewhere. It has a nothingness here.

FIRST IDENTIFICATION:

The first thing which a spirit identifies itself with is space. Space has nothing in it so the being thinks he is nothing. From there on after he isn't there.

When a person can't look he has to think. A person who does an awful lot of thinking isn't looking. And the person who does the most thinking is crazy. If we want people to be happy we have to get them to a point where they can look.

We find out astonishing things such as: work is desirable. (Nobody in America would believe that!) Pain, impacts, action of any characteristic are desirable.

How do we find out about these things? We just LOOK! WE HAVE PROCESSES WHICH BRING A PERSON UP FROM THINKING ABOUT IT TO LOOKING AT IT. The second he looks at it, it all blows away. All the clouds and worries and doubts and anxieties which he has vanish. Knowledge is an instinctive truth.

ONE NEVER FIGURED HIMSELF IN ANY DIRECTION BUT DEEPER INTO ANOTHER PROBLEM! Life in its purest sense knows instinctively and pervasively. You don't find out about knowing by thinking. You find out about knowing by being able to look.

The first stage is - you know how to look. Then you become free enough so you know.

One strives so hard against nothing; - fights against it. He tries to convince people life is worth living. If he gets afraid of being afraid this is the only thing he can be afraid of.

The P.C. will go into action once he gets up the tone scale and you won't see him any more.

LECTURE #3

PROCESSING AND ITS GOALS

Processing and its goals have now been codified much more closely than ever before.

Sometimes auditors have qualms about freeing the mind of an individual who is a criminal or one who has criminal potentials. "What if I free this person? Will he just go out and shoot more people than before?" Until a person sees this clearly there always will be this question.

Is there any use in setting somebody free? Many auditors seem incapable of really letting a P.C. go. Many of them will bring the P.C. up to a certain point and then immediately start to run techniques which won't send him any further. They get up to a point where he is free and then they think that setting him just a little bit freer will make a superior wolf.

In processing, our goal is freedom. The only thing wrong with individuals is their restrictions.

But what happens if you go to the complete limit of freedom? Freedom would be restriction and we'd have to define what was restricting life.

Life is actually being restricted by MEST and it believes that it is being restricted by life. And life, dramatizing the restrictions of MEST, turns around and restricts life; which is antipathetic to the survival of all life. THAT'S NOT GOOD!!!

Life, in order to learn about MEST, approximates and imitates MEST. MEST is quite restrictive, quite forceful. It's made out of force. So we get this imitation which comes back into life and then life restricts life.

It would only be in such a way that parents desiring the very best for their children would do the things to their children that they do. They do these things in the belief that they are preparing the child for life; for better living.

THIS ISN'T TRUE. Life itself (existence in the MEST universe) has a heavy enough hand on a human being without adding and complimenting that heavy hand with a parental hand.

When the parent steps in to compound the injury that the MEST universe can do, the individual is forced to stand alone. He feels himself defied now on all fronts with no refuge. The moment he does this he starts down scale and he becomes essentially MEST - which is "THE ONLY ONE."

He runs this computation deeper and deeper and deeper and worse and worse and worse until he practically is the none one. THIS IS MAINLY WHAT IS WRONG WITH YOUR P.C.

He's the only one who can do it and the only one who can't do it. He is the single identity which itself must face up to the entire existence. He conceives it is "I" against "they" - with "they" being collectively unified and working together against "I". (himself)

Yet all the people in a down scale culture think the same thing.

This presents the rather funny picture of every fragment supposing itself to be the only fragment and that all other fragments are collected and unified.

Out of this sad picture we get anxiety because "I" doesn't consider that he will be permitted to be happy. They aren't happy and he has to agree with them because their collective mass is much greater than his individual mass - so he naturally feels he is succumbing.

The truth of the matter is there is no unified body of "theys": each individual is hoping the rest will go on accepting him. Each one is convinced if "they" really knew, "they" wouldn't be able to accept him.

Infiltrative sources and agitators work on this instinctively. They will

go to workers and tell each worker how alone he is in the world unless he unites. They will get this mockup of a big unification called the union just so the agitator can act as a parasite on the worker.

Each individual is convinced he is offended and put upon and the only way he can resist this hidden source of force is by unifying against that force. Hence, the whole group is depressed in tone because all of them feel like they are resisting; they HAVE to stay together, and there is an enormous force available. Now to expect such a group to be happy and successful is almost impossible.

MEST UNIVERSE RULE: -

There is a rule of thumb in the MEST universe which tells you at once what a facsimile is.

IF YOU WANT TO TRAP HIM, MAKE HIM RESIST IT. THEN YOU'VE GOT HIM.

A thotan, a life unit, starts resisting something and that thing - if a MEST object - will resist back because it follows, it is following the laws of MEST - which are Newton's laws: inertia, interaction, acceleration.

Life doesn't have to follow those laws, but it starts fighting MEST and it resists MEST and then MEST resists it.

MEST being inanimate and unthoughtful can resist much harder than the individual can resist and the next thing you know the individual has accepted what he has resisted.

If you can get anybody to put up a battle against something he will eventually become the thing he battles. **THAT'S A FACSIMILE.**

You have a number of units of energy being shot at the environment. This makes a picture just as surely as though you had made a plaster cast of the environment. The plaster particles in this case would be the units of energy shot out by the being.

These units of energy are capable of becoming compact and becoming matter.

A FACSIMILE IS A LIGHT ENERGY CAST OF THE SURFACE ONLY. It doesn't have guts or a back. They sometimes represent patterns of very forceful energy. So the P.C. has the patterns of very forceful energy. This gives the P.C. the idea he is facing the thing when he is only facing a shell of the thing.

Why does one start to take pictures in the first place? At first he makes compact solid pictures for his own amusement. Then he starts to make pictures OF things: - He duplicates the force of them. He does this because he's resisting them or because he wants them.

He starts resisting them and does this until he gets the idea this thing is resisting him. Then the vectors turn around. The facsimile starts to collapse on him. Next, this facsimile will accept a duplicate of itself so he feels he wants things just like the facsimile, mostly because the facsimile is an impression of something resisted. The second you turn a resistance around it will pull.

EXAMPLE:

Take a P.C. and get him to look at Grandpa in a facsimile and then just turn the facsimile around and he'll find that there's a communication line there. An energy line. He thinks it's a communication line there but actually it is just a line of force: - **RESISTANCE.** He has looked at Grandpa and resisted Grandpa often enough that these lines of resistance have become very heavy. You get the strange picture of the child who has to have an ally he **HATES!!!**

It is just a matter of whether or not the facsimile is a collapsed line or still an extended line. He's resisted and resisted and resisted until he gets to the point of complete resistance. And this point is an utter breakdown of all resistance.

This results in an energy deposit which itself has attractive force, just like gravity. Thus he has an energy deposit called "Aunt Bessie." This will pick up other things like it and you get associative reasoning. It's built on resistance.

Things resisted him, he resists those things and that thing which has resisted him harder than he resisted it collapses on him, **BUT HE IS DOING ALL THE RESISTING!** - Yet his **PICTURE** is something resisting harder than he resisted it - and

He THINKS it's still there. Therefore, he has to accept what it wanted simply because of lines of force involved therein.

DEMONSTRATION OF THIS PHENOMENA:

Put up and stiffen your hand against a wall for a few minutes. Then you take your hand away. Even if you put your hand in your pocket you'll still feel your hand against the wall. This isn't a matter of running the effort of it. Just lean on the wall a little while and then stand back and try not to lean on the wall. Or you can run it that the wall is leaning just that hard against you and, if you're trying to push the wall away that hard, that the wall is trying to push you away that hard. You now have an energy picture of the push of the wall. That energy picture of the push of the wall would become a desire for the wall if it so happened that your pushing against the wall collapsed you against the wall. It is obvious, then, that you couldn't resist the wall. SO IF YOU CAN'T RESIST IT YOU HAVE TO HAVE IT. In such a way the MEST universe gets them going and coming.

When his resistance collapses the thing becomes senior to him. He wants to be it and can't get enough of it. IT WON.

THIS IS THE MECHANISM BACK OF THE WINNING VALENCE. How many P.Cs. have you found who wanted to be or are trying to be some MEST object? If you LOOK for it you'll encounter it every time.

You see if he resisted the MEST object long enough all the force of his resistance for the object would seem to be the object resisting. A person would thus get very mixed up about it all. He's not carrying anything in his bank but his own energy and his own energy forms a picture of those things which have happened to him. There isn't any foreign energy in the bank.

People cave in facsimiles by accusing the individual of pretense of pain. He knows he can help these things and so will carry injuries and ills knowing he has to have them because it was his 'fault'. He did it. Everything that happened he now has in a package which is made exclusively out of his own energy. Others had nothing to do with making his facsimiles. So he accepts blame and is stuck with the facsimile. But it's not somebody's fault that he happened to be sleeping in a bed when the wall caved in. And yet he'll be convinced that it was his fault.

Then an ally will die that he has resisted and fought with a great deal and it will be his immediate assumption that he killed the ally.

EXAMPLE:

Well, if I had just called earlier on the telephone I would have stopped him from leaving the house and therefore he wouldn't have stepped under the truck.

By this silly line of 'logic' one makes oneself cause across the board for bad things. And it isn't even vaguely true.

THIS IS THE FACSIMILE PATTERN:

They resisted the ally - so there are overt acts. The ally resisted them - so there are overt acts. Now, every picture of the ally is being made to substitute for the ally that is missing.

The pictures are their own pictures so the ally is now their person but the ally is now dead so of course it follows out that if the ally is only theirs only they could have caused the death of the ally. This is a conflict of the two universes. This produces guilt.

EXPERIMENT:

This is not difficult to understand in action, but is, perhaps, just a little bit difficult to understand in words. If you just sit down and start to resist the wall with energy beams for awhile you will suddenly see the whole mechanism start

to show up. You'll find out that eventually you'll feel, "Well, it's kind of a nice wall."

BEHAVIOR PATTERN OF A RESISTIVE 5:

He isn't going to move anything, change anything, let anything happen, if he can possibly help it. You'd swear from his conduct that if you moved one hair on his head from one side to the other he'd die!

It is actually difficult to achieve this state of resistance to the MEST universe - this delicate balance. It takes a nice neat calculation to get just the right wave length to get just the right facsimiles.

Yet the individual thinks, "This is all I can do. I can't do anything else. I'm trapped!" He's done it so often he is very used to this wave length.

EXPERIMENT:

To shift your perception of this wave length do the following: Look at a wall and say to yourself very forcefully (get the concept forcefully), "IT'S AN ACTUAL WALL, IT'S REAL AND ACTUAL." Do you note anything happening? What happens to that wall?

You are running only half of the energy flow on it and of course during that moment the wall would tend to fade or disappear. If you hold that concept for a little while using your MEST eyes, it will disappear to your MEST eyes.

Now run the opposite to get yourself out of it. Look straight at that wall and say, "THE WALL'S NOT THERE!" Now what happens to that wall? Does it get more solid? Does it move up to you?

But it's really just like walking a tight rope trying to keep check on time, motion, and these particles. A person, to assist himself in keeping track, can't do anything else but make pictures. But he then says he's doing it to assist himself. He starts to have reasons. He thinks he has to do it and that he can't do it without a crutch.

MEST is rigged with a gravitic pull when it is in solid mass. The person has a picture of the flow of gravity. Man carries pictures of gravitic pull in his MEST body.

DEMONSTRATION:

Have your P.C., while lying down, get the idea in terms of effort and thrust, that he is standing up: Then that he is not standing up: The P.C. will get peculiar flows through his body. He'll find out that when he tries to hold force down he will start feeling like he's going up because he is carrying pictures of gravity.

CONCLUSION:

Life itself is not dependent for its ABILITY TO THINK on FORCE, but it THINKS it's dependent on force.

STIMULUS RESPONSE THOUGHT IS A SOLID SOCK IN THE JAW. AN IMPACT. An IMPACT is a piece of SOLIDITY and the SOLIDITY has a certain GRAVITY COMPONENT and it will compare and match itself to other pieces of solidity in the bank and so currents flow automatically.

Life is capable of thought INDEPENDENT of MEST. But you bang someone around and they will become thoughtful. If not unconscious. Illness is followed by thinking. A person 'learns' from a number of injuries. This is stimulus-response at work. It is one of the behavior patterns of life.

The person who has resisted and ended up wanting things believes he needs

energy. He feels that energy is very limited and must be saved; that labor saving devices are necessity. We have a great civilization that has mechanized itself solely because it 'knows' it doesn't have enough energy to do it itself. And yet, that is insane.

Having something to do gives one an opportunity to create, direct, and control effort; to use direct rather than indirect effort. In this universe that is action, motion, enjoyment, life, and sensations. The creation and direction of effort. Look at our society that has as its goal retirement and mechanization to save it effort.

THE COMMON DENOMINATOR OF NEUROSIS AND PSYCHOSIS IS: "CAN'T WORK." "NO EFFORT."

Because when a person no longer creates, directs, and uses energy he is no longer able to keep his facsimiles at bay. So they collapse upon him. They go into restimulation and he only wants the BAD things which he has FORMERLY RESISTED.

If you want to find out whether or not someone in your family was crazy, just find out who it was that couldn't work. If you start processing on that person, more things will turn up than you ever dreamed were there. The person who couldn't work really did you in. He was the most aberrative person in your environment.

These people may go completely unspotted. There was "dear old Aunt Lizzy who never did anything around the house. She was a lady. She never did anything to me." Oh, NO??? Put the P.C. on an E-meter. That's where he got religion, fear of ghosts, noises in the night, and why he can't sleep now without a light in his bedroom!

Such a person uses for their own energy past IMPACTS. They are energy hungry. They get starvation on the subject of energy (any kind of energy) and they can't get enough of it. So they try to eat themselves out of it in the MEST universe. But they can't cure this in MEST because WHAT'S WRONG WITH THEM IS IN THEIR OWN BANK and their own bank ISN'T THE MEST UNIVERSE. They will go through all sorts of gradations of trying to get more energy. They don't care how it's evaluated, what kind it is, where it came from, whose it is. Just so they get MORE ENERGY.

Cleptomania, sexual pervert, etc. are simply that. Trying to get a piece of energy. They will fall under tractors, for instance, surreptitiously trying to acquire sufficient injury in order to have energy.

THE P.C. WHO CAN ONLY THINK OF BAD THINGS - ALL THEIR FACSIMILES ARE BAD. This is because the bad things are the ones that have the impact. They are only bad because everyone said it was bad to get injured and, therefore, he couldn't have pain. But there are blocks of energy and the P.C. is starved for energy and therefore tries to pull in every piece of energy in the whole bank on himself. Especially the heavy pieces, the heavy facsimiles. He didn't want to have that energy at all and resisted having to have exterior energy until that caved in and he felt he had to have energy from exterior sources.

He then packs all the heavy facsimiles from his entire bank around him very solid and drains all the white out of them leaving only the black. THIS IS YOUR RESISTIVE 5.

In an effort to get more impact kids will start a fight that they lose time after time. People will have automobile accidents. Check such a person on the E-meter and you'll find he is energy scarce. He will take vitamins and tablets of all sorts. He will frequently be very careful about his food, careful how many hours he works, or careful he doesn't get tired. He has to sleep. He has to have a rest. He has to save and conserve his energy. THAT'S THE MEST UNIVERSE. SAVE IT AND CONSERVE IT.

PROCESSING AND ITS GOALS

We are handling two things today.

- 1) Geographical locations of the individual. This will be covered later.
- 2) A problem of the purest mechanics in the world. ENERGY SCARCITY!!!!!!

We want to get the P.C. in good shape. What is good shape? How can we observe whether or not we have done anything for a P.C.?

CRITERIA OF GOOD SHAPE:-

HAVE WE GOTTEN HIM INTO MORE MOTION THAT HE HIMSELF IS CONTROLLING??? (Not a manic or frantic stage which is a lot of motion that the person isn't controlling.) Is he capable of putting out more work? Does he work? Is he interested in handling effort?

We are not here using the COMMON DEFINITION OF WORK which is: - a crushing, boring, repetitive motion that one must engage in in order to eat. WORK is foot pounds of energy: - creation and direction of energy and effort.

So, will he create and direct more effort? If we havn't made this possible for him obviously we havn't done anything for him.

The best representation of an increase in his ability to handle foot pounds of energy is CHANGING HIS COMMUNICATION CONDITION. If you see an alteration in his communications you have done something for the P.C. If you don't, you have done nothing.

The slowing down of hectic, frantic communications to a point where it is under control is just as much a gain as speeding up slow communication.

Communication includes perception and force. If P.C. starts seeing better, hearing better, talking better, etc. you have achieved your goal.

CHART OF CASE PROGRESS:

Very often a case will improve during a session and then slump. The case improves and then sags a little bit, then improves a lot then sags quite a bit, then improves some more - ALWAYS ON A HIGHER HIGH. This is quite normal in processing. It isn't a smooth upward curve. It's a jumpy one.

How do you tell if the person will work? Look at the rate of response of communication. - COMMUNICATION LAG.

A secretary does 65 - 70 words / minute accurately. This is excellent. Hire her. Don't hire one who does 35 words / minute. A really good secretary would do 80 words / minute consistantly. Ask, "How many years have you been working?" What is the communication lag? If it is long, fire her before you hire her.

A communication lag stays slow because of a SCARCITY OF ENERGY. They can't put out any space because any energy that comes into the space is immediately drawn up into the bank at such rate that the bank collapses. So they don't have any space: - even that which is right in front of them.

COMMUNICATING IN ITS FULLEST SENSE IS THE ONLY THING AN INDIVIDUAL IS PUNISHED FOR IN THE BEST UNIVERSE. Communicating is putting out an anchor point. So you can tell how often this person has been slugged, slapped, and hit by the reluctance he has to putting out an anchor point.

Some people have a tremendous energy creation capacity. These people can take an enormous slugging around without altering their communication level. The energy creation potential may be different for each individual. But there is a similarity among all individuals.

MAKE-BREAK POINTS ON THE TONE SCALE:

1) There is a point above which they create, manufacture, and direct their own energy and below which they depend on energy from exterior sources before they can operate. This make-break line is well above 20.0 on the tone scale because it is above the point where the person begins to eat.

If you want to run shame out of your P.C. just run the shame of having to eat. A being in good shape knows he can create enough energy to run the body. He starts eating when he goes down the tone scale. Eating is stealing somebody else's mockups in order to go on living. Shame on eating shows up in the stomach.

As soon as parental behavior around a child - particularly forcing them to eat - is processed out of a child the child not only ceases to have any stomach trouble, but frequently ceases to eat enough to amount to anything at all! This shows a terrific efficiency rise in the child's body: - but is usually "explained."

There is a theoretical point above which eating doesn't exist. A person who was very high toned wouldn't be desiring somebody else's mockups.

2) The second break point below this is where he is no longer capable of producing independent and clear thought. He has to depend for the generation of thought upon former impacts which themselves were storages of energy. Their impact was a certainty and so he relies on the certainty of impacts in order to get his data. Below this break point he only looks for data, not for truth.

GOALS OF PROCESSING:

These are:

Restoration of the ability to create and direct energy.

The rehabilitation of location. (One must have a good sense of location to direct energy.)

The rehabilitation of the ability to make space and to make particles in that space.

The P.C. is in better shape if he's in better communication.

Theta must impact with something and withdraw from it in cycles to operate with and know anything about the interior material of MEST. Hence, THE CYCLE OF LIFE IS: IMPACT, WITHDRAW, IMPACT, WITHDRAW, ETC.

With what we know today we can turn a cycle of theta, where it has gone in just a little bit deep, and bring it back up again with what it knows. Just because it disentangles itself from MEST does NOT mean that it becomes, then, blank and ignorant of MEST. YOU ARE TRYING TO TURN THAT CYCLE, TO PULL P.C. OUT OF IT. You are trying to bring your P.C. past these break points where he is compulsive and obsessive about masses of energy. You know he is no longer compulsive and obsessive about it the moment when he is able to communicate better.

You restore and better the communication of your P.C. (the goal of processing) by remedying mechanically, the scarcity of energy. This is done by contacting the MEST universe, showing he isn't dependent on the body, or by feeding the body - with mockups by the P.C. - enough chunks of energy so the energy is no longer obsessively absent. Scarcity of energy is cured either way: by showing him there's an awful lot there or an awful lot here.

THE MOST FAVORABLE PROCESSES

An auditor using the techniques we are now using would find all the techniques we have used in the last 3 years.

The MEST universe specializes in data. We are interested in results. A collection of data is only an examination of the past. We are interested in predicting the future. The best way to predict the future is to MAKE IT.

The only time in the past when you've ever thought hard was when you didn't have or thought you didn't have enough force, energy, MEST, ability, or skill to overcome the opposition with which you believed yourself to be faced. Then you started to THINK.

Force is substitute for a complete pervasion. It is the first entrance into randomness. Below force is thinking and figuring. So we have the paradox called man.

AN INSUFFICIENCY OF ENERGY TO OVERCOME FUTURE OBSTACLES MAKES MAN REACT AS HE DOES TO PRESENT TIME SITUATIONS. This is reflected by an inability to accept something offered because he "Can't have it." Why can't he have it? INSUFFICIENCY OF SUPPLY!!! "Got to do it and can't."

This is stimulus-response. Not reasonable. He will feel he has an insufficiency of supply no matter how much you give him.

The reactive mind borrows energy from other sources. It doesn't manufacture it. Its motion can be reduced but not increased in terms of Theta.

THETAN = "I." That is what you are. The person who says, "My thetan thinks." is speaking out of his reactive mind. The reactive mind is very hungry for energy. It soaks up the little energy of reasonability and creativity put out by a person. When a person is 3 feet back of his body he can put out a little energy. Count on it being soaked up. Farther away he can create more energy without it being soaked up. Farther away he can think a thought without having it disappear.

P.C. WHO DOESN'T THINK HE CAN MAKE A MOCKUP:

Mockups are chambers of energy that are soaked up so fast that the P.C. didn't even know they were there. So just keep him making mockups. Finally, enough energy will be fed into the bank by these mockups that he will be able to see them. He is starved for energy. He specializes in inflow and betrayal - because this slams in anchor points and he will do anything to slam in anchor points.

The Thetan has a reactive mind of his own which is all the bric-a-brack he is carrying around.

Many people have gone down tone scale immediately following an electronic explosion which occurred after an operation. They will have trouble remembering the exact symptom when they started to go down hill since it was a dispersal. They may recall that three days after the operation they awoke in the middle of the night with a blinding flash in their stomach.

The easiest way to get people to recall these things is to just have them start mocking up explosions. As he mocksup explosions all the data about explosions will eventually come into his possession.

All we have to do is feed the reactive mind energy and it will stop this think, think, think and start straightening out.

Energy is a somethingness. The somethingness has to have a nothingness around it. If you start feeding the reactive mind lots of space you reduce the havingness of the P.C. This will evaporate the energy he has and as you feed him more and more space you will come down to where he has identified himself with nothing. This is because the Thetan's first contact with the MEST universe is space; and space is nothing.

You could perhaps run out the idea that he was nothing by running out space with "Q. and A." (see below)

ENERGY IS REAL CANDY TO A THETAN.

You will find some cases that it is almost impossible to run anything on except a concept. This is because the concept will keep chowing up the energy and converting the energy without wasting it.

So the thing to do is to restore a lot of HAVINGNESS to the P.C. by the form of mockups. You give him havingness.

The reason you go on this cycle of returning his havingness is because the only thing that is wrong with his thinking is his thinking. WHAT IS WRONG WITH THE MIND IS WRONG IN THE MIND. Not some place else.

Everything that is wrong with the mind is connected immediately and intimately with the mind. Hence, for example, you will only get a rigid control of claustrophobia (not a cure) by making him occupy small spaces. PROBLEMS OF THE MIND ARE NOT SOLVED IN MEST - THEY ARE SOLVED IN THE MIND.

MEST can't talk. It can't think. You see a sign. It 'says' nothing; - until you come along and read it. THE HUMAN MIND COMPUTES MEANING TO THE SIGN, THE SIGN DOES NOT COMPUTE MEANING TO THE HUMAN MIND.

Only after the "resistance and want" cycle takes place will you have a picture in the mind. THE ONLY REASON A PERSON HAS A PICTURE AROUND IS BECAUSE HE CAN'T HAVE THAT THING OR PERSON! HE ONLY KEEPS BLOCKS OF ENERGY AROUND WHEN HE CAN'T HAVE ENERGY. This is dramatized by keeping photographs of people that have been lost or that he can't have.

The picture contains something that belongs exclusively to the thetan - which is the esthetic. An esthetic is the combination of energies and forms and spaces so as to create what the thetan classifies as a pleasing object or motion. He could keep a picture that was esthetic and wind up by chewing it up just because he was short of energy. The energy has become more important than the esthetic. This would be the degeneration of the person from an esthetic individual to a very practical man.

WHAT A P.C. HAS IN MENTAL PICTURE FORM IS THERE BECAUSE:

- 1) He's short of energy: - so he's got this picture because it represents a mass of energy (which he's liable to chew up some day and then he won't have that picture any more).
- 2) It's a picture of something he can't have. When he really can't have it, and he knows he can't have it, and it's gone forever; IT IS A BLACK PICTURE AND HE CAN'T REMEMBER IT.

He doesn't need a picture to remember. He can make as many as he wants unless someone has convinced him that he can't.

Blackness can be blackness of chewed up and burned energy or a blackness of space or of nothing. But there is some energy in blackness and this is preferred to nothing.

INCREASING LEVELS OF PROCESSES:-

- 1) CONVERSION OF THOUGHT-ENERGY PATTERNS INTO USABLE ENERGY.

This is the WEAKEST ADMISSABLE PROCESS. It is accomplished by CONCEPT RUNNING which runs out the "dangerous" thought from a facsimile; then he can use that little slice of energy which he had, but couldn't use.

Running the perceptics out of an engram also comes under this. You are running a slab of energy flat without destroying the energy. Then the energy doesn't impinge an effect so it becomes usable energy.