

RESTIMULATION consists of biting off a bigger piece of energy than one can chew, and being stuck with a chronic somatic. He could almost eat it up, but not quite. He keeps it there in the hope that some day the somatic will go away and he'll be able to eat the rest of the energy.

With some P.C.s. there is a scarcity of pain. After you have them waste pain in brackets they can have pain. If they can have pain they can have a lot of energy in the bank. But then they drain on this energy some more and it goes flatter and blacker. This isn't what you really want to do with a case, but the fellow will be a lot happier if you do this.

2) RESTORATION OF ENERGY TO THE BANK:

This is the next admissible process. Such a process would simply be "SELF ANALYSIS." You just keep putting mockups out there. This will increase the person's havingness. You get him back to a point where he at least realizes he can have some mockups. He may not be able to get the real thing out there; but he can get some mockups which is the substitute for MEST or a mass of energy.

If he can't have mockups of his own, show him that something does exist: namely, MEST.

If he is convinced he can't have MEST he is out of present time because he knows it isn't quite there and he can't find it. Since he can't have the blocks of energy which exist here and now in present time, he will take them from some place on the time track. This gives you the "living in the past"; a manifestation of psychosis.

THIS PROCESS INCLUDES GITA, ACCEPTANCE LEVEL PROCESSING, AND ANY PROCESS WHICH RESTORES ENERGY.

3) RESTORING A SPECIALIZED CYCLE TO THE BANK:

This is just one thing. EXPLOSIONS!!!

Here you have one type of facsimile which, when run, is tremendously effective. The reason why is that the explosion is the basic desirable thing. It's what got him into wanting energy in the first place.

So if he DOCSUP enough EXPLOSIONS IN BRACKETS he will be much better off. THIS IS COUPLED WITH RUNNING ATTENTION OUT FROM THE BLACKNESS WHICH IMMEDIATELY FOLLOWS THE EXPLOSION.

TECHNIQUE:

We get huge mobs of people looking up very admiringly at the explosion which explodes so noisily and beautifully and is followed by the blackness. Don't stop the flow of admiration because blackness follows it. That's what happened in real life. So the blackness never quite went away. Give him enough white energy and the black energy will go away. Have the mobs of people give lots of admiration to the blackness and it will get more and more soluble.

If you don't back up running explosions with objective processes (The six steps in "Six Steps to Better Beingness" - especially "holding corners") the P.C. may get sicker and sicker as too many communication lines open at once. Run lots of explosions and admiration of them for short periods between objective processing.

4) DIRECT CONTACT WITH MEST UNIVERSE PRESENT TIME:

This consists of any process which puts him into immediate cognizance with, and makes available to him obviously so he knows it, MEST universe present time.

The goal here is to have him find out he can have present time and that present time is wonderful.

5) REHABILITATION OF HIS OWN UNIVERSE:

Someone only becomes interested in this when he has big, beautiful, gorgeous blocks of energy which he himself can make, put together, and carve up.

You have the entire MEST universe as an antagonist if you insist on being a

single man who is not even part of the collective group. People will agree with you when you say, "That MEST universe did this." The MEST universe didn't do that any more than you did it to the MEST universe. Actually it is a series of overt acts on the part of both you and MEST that stuck you with a collapsed terminal on the MEST universe.

We haven't gone into overt acts, engrams, parascientology, past lives, Fac. #1, etc. We do not need to deal with them any more. But these still exist. We should know about them so that we know what the P.C. is talking about when these things come up.

EXAMPLE:

The P.C. may say when you are asking him to run something, "This camera keeps appearing in front of my face and it won't go away." Don't ignore this. It is "Facsimile #1." This is such a heavy block of self created energy (from fighting a camera like projector) that it has been particularly delicious at various times in the past. Now it's just plain agony.

You're in for trouble if you don't do something about this camera in front of his face. Use #3 or #4 (above) until the camera is gone. MAKE SURE IT IS GONE!!!

This is a phenomenon you will encounter whether you want it there or not. We have it in parascientology because we can't really accurately establish its source.

TECHNIQUE FOR RUNNING OUT A PERSON THE P.C. IS WORRIED ABOUT:

The P.C. comes to you and keeps talking about Gertrude. You could run facsimiles; overt acts; have him mockup himself and Gertrude with him shooting her, her shooting him, back and forth, etc. Or you could run the concept:

"Gertrude is in present time."

"Gertrude is not in present time."

"Gertrude is here."

"Gertrude is not here."

Do this IN BRACKETS, WITH MATCHED TERMINALS.

Also, have a spot out in front of him saying the above. After awhile he will stop worrying about Gertrude.

But this comes under #1 (above) which is the weakest workable process. However, this is the level at which such a case should be entered.

Then there is the individual who "imagines" people who are telling him what to do. This technique will break this case.

"Get HIS certainty that he is there."

"Get SOMEONE ELSE'S certainty that he's there."

"Get YOUR certainty that he's there."

Then run the negative of those. Back and forth, back and forth. And you will have finished it off. It's the only Anchor point the P.C. has out, evidently: - An individual that doesn't even exist.

You'll find a lot of P.Cs. come in talking to you about "demons." (Mystics, usually.) Use the 1st. level (above.) This is the highest level of abstraction you want to hit this case. You don't want to go any farther into abstraction than that. Just use the concept level.

TECHNIQUE:

Run as brackets and concepts on certainty:

"It's mine."

"It's not mine."

"I own it."

"I don't own it."

You'll really have a picnic on your hands. This has been tested by L. Ron Hubbard with "shocking" results.

Concepts have a terrific level of workability. If you get a resistive 5 case you won't be able to get him to run anything else at first unless you are a very, very insistent fellow. Because he knows what's wrong with him. He REALLY knows what's wrong with him. It's Gertrude.

What's wrong with the resistive 5 is that he's figuring. He's figuring because he hasn't got force enough to overcome it. He's thinking about it. He can't think in terms of force so he thinks in terms of words.

"QUESTION AND ANSWER" TECHNIQUE:

On the level of abstraction there is a very "Cute" process which devalencizes an individual fairly rapidly. It's awful nice on some cases to process the P.C. instead of "mama."

It is called, "Q. and A." (question and answer). The question and the answer are the same. The answer to a Coca Cola sign, in terms of BEST, is a Coca Cola sign: "Mockup a Coca Cola sign as a question. Turn the SAME SIGN around FACING THE SPOT WHERE IT WAS as the answer. The only answer to mama is mama; to papa is papa; to SELF is SELF.

HAVE THE P.C. MOCKUP HIMSELF AS A QUESTION AND THEN TURN AROUND THE SAME MOCKUP AS THE ANSWER. The fellow begins to feel he is resolving all the problems of existence.

Have him mockup mama's body over his own body as a question and then you turn mama's body around on him as the answer. And then you mockup mama's body on his as the answer and then turn mama's body around on his body as the question. And then have him mockup mama's body out there and have him mockup his body on mama's body as the question and then turn his body around as the answer.

My, he feels so learned. Because that's all the questions and answers there are. And you do this with anybody he is concerned about, worried about, or in the valence of and you will produce enough of a shift of valence to materially influence a change of attitude on the part of the case.

This is not a long technique and shouldn't be run long. Use a little Q. and A. to throw your P.C. out of a valence only when you run into such a tough valence problem or such a tough problem about some object that your processing is grossly interrupted.

You may find that the person is in the valence of a bed post. Therefore the bed post WAS the question; and it BECAME the answer; and so you get him out of being a bed post and you can process a human being.

This is a rote procedure. It can be varied by substituting BEST objects which stock harder.

DEMONSTRATION:

(Examples of the requests are given below. These should be alternated back and forth a number of times. The technique is improved by using brackets and all mockups should be unmocked.)

"Put Father's body on yours backwards as the question.

Turn around Father's body to align with yours as the answer."

"Put on Mother's body backwards and make it feel like a terrific question.

Turn Mother's body around and make it feel like the answer."

If the P.C. is not able to get the mockup of Mother's body to stop turning, this is a manifestation of trying to attract attention. An additional step is used for this.)

"Put Mother out in front looking at you pleasantly."

"Now put your body on Mother's body backwards. Get a questioning feeling.

Turn it around and get an answered feeling."
(Somatics frequently turn on while this technique is being used. The way in which a chest somatic was dealt with follows.

"Put the chest pressure right where it is as the question, turn it around as the answer. The chest pressure there as the answer, turn it around as the question. Repeat".

"Put chest pressure there as a question, turn it around as an answer."
(P.C. says it's spinning.) "Put it out looking at you." ("It is still spinning.")
"Put it out spinning as a question. Move it over still spinning as an answer."

"Put five chest pressures out here as the question. Turn them around to face you as the answer. Five hundred of them, ditto. Twelve in back, ditto. Mockup lots of chest pressures. Put the feeling of a question through all this mass. Then the feeling of answer through all this mass. Then crush them all to the chest. Spread them out. Put them in Yesterday. Put them in tomorrow."

"Put your body out in front as the question. Turn it around to face you as the answer. Lockup your body out in front of you and ridicule it." ("They shrivel up and disappear.") "Keep doing this." ("They don't care.")

"Put your body out in front and have its head blown off by an explosion. Keep doing this. Can you hear the explosion?" ("No.")

"Who was the big talker in your family?" ("Father.") "Put him out there and have him explode. Keep doing this until you can hear him." (P.C.: "I can hear his voice. Now I can hear him laugh.")

"Get your body facing you. Blow its chest off. Put your body there and have a woman blow its chest off."

"Get the feeling all through your being of a question. Just as you are sitting there. Do the same thing as an answer. REPEAT."

"Reach out of your body and get the two corners of the room. Don't think; just hold onto them. What happened, what was your mockup while you were doing this?" ("It was easier the second and third times.") END OF DEMONSTRATION

"QUESTIONS AND ANSWERS" SHOULD BE DONE IN COMPLETE BRACKETS.

Use "Q. and A." until a chronic somatic turns on and then find the person belonging to the chronic somatic and resolve this valence.

There is never sound in space where there is no air to carry it, except where an electronic wave is carrying it. This is an explosion.

Blow up radio sets, T.V. sets, movies, juke boxes, telephones, alarm clocks, pianos, etc., or the explosive member of the family in mockups. There is no real explosion when the P.C. hears such loud sounds in life. The P.C. expects energy to accompany the sounds but he doesn't get it. When these are run out by mocking them up and exploding them the sound they are making will turn on (sonic). The P.C. drains explosions from his bank to make energy. He then can't afford to see or hear any more because his bank has been drained too much. Have many people admire the blackness of explosions to correct this.

LECTURE #5

SOP #8 - STEPS 7 AND 6

SOP 8 is relatively simple. And, therefore, very "difficult," of course. We'll start with STEP 7 and go back to STEP 1. This is to deal with the most difficult case first.

BEFORE AUDITING YOUR P.C. RUN THE CONCEPTS, "THERE IS NO REMEDY - THERE IS A REMEDY.", WITH CERTAINTY AND IN BRACKETS. Do NOT run "There is no SOLUTION - there is a SOLUTION." This will throw your P.C. right into the center of his reactive bank. Like a train at full throttle hitting him.

That is why the reactive mind got built. There is no solution to a being surviving who can't do anything but survive. He HAS to SURVIVE and so he has to convince himself that he can't survive so that he can survive. If you have life which is immortal, and if life which is immortal is being forced to do what it can't help but do, it is going to assume that force is necessary to make it survive. Further, it would assume that without force it would do something else.

Life has to assume that it can do something else other than survive if somebody uses force on it to make it survive. This is an imponderable because it can't do anything but survive. That's why you don't understand it. The answer is the answer. We have the silly situation of an entire computing machine devoted to solving a problem which is already solved. It can't permit itself to know that the problem is solved without exposing the fact that it has no solution.

If you were to take an electronic brain that was built to multiply 5 times 5 and then start to FORCE it - with all sorts of super currents, batteries, resistance and voltages - to MAKE SURE that it ALWAYS said 5 times 5 you'd start piling up on its circuits; "You've GOT to say 5 times 5." It will turn up a conclusion - a negative solution on 5 times 5. If you started to jolt its circuits too heavily something would start giving away and the next thing you'd know, if you kept insisting that 5 times 5 was 5 times 5 it would blow enough circuits so that it would no longer give you the answer, "5 times 5." So it now cannot answer the problem which is to be answered. Now you have inhibited it from giving the right answer by overloading all its circuits so it can't get and/or won't give the right answer.

"Q. and A." is interesting simply because the THING is IT. There's no problem connected with it until the problem is introduced into it. The answer to running out papa and mama is papa and mama. Not their emotional relationships. Just run out the physical beingness in terms of energy of papa and mama. Get the existence of papa and mama; and the space surrounding them.

DON'T RUN MOCKUPS FROM SELF ANALYSIS AS CONSECUTIVE STORIES. WE WANT DIFFERENTIATION, NOT IDENTIFICATION. The mind adds up on a gradient scale fact, plus fact, plus fact. All gradient scales of fact add together and connect and go together. Therefore we reach inevitable conclusions because of the identification of all these facts.

We're trying to DIFFERENTIATE with Self Analysis, NOT IDENTIFY. Each mockup is complete in itself. Each mockup is the answer to each mockup. This is why we don't use children's stories for mockups and concepts.

"Key to the Unconscious" is a bad book because it permits the thing to be computed upon.

THE REACTIVE MIND ALWAYS HAS A REASON. "Never be without a reason" is its motto. This is because there isn't any reason. So it has to have a reason because it has to reason. $A=A=A$. So if you force it to have a reason it will blow enough circuits so that it doesn't have a reason; and if it doesn't have a reason then you can evaluate for it; and if it can be evaluated for, then it can be enslaved.

You couldn't make a slave out of a human being who said simply, "5 times 5"; and then kept on saying, "Well, yes; that's the answer, 5 times 5: - SURVIVE is the ANSWER." You have to convince somebody one way or the other that he can't survive in order to make him strive to survive. And if he is convinced that he can't survive and you make him survive then you can say, "The only reason you are surviving is because you are doing so and so and such and such in exactly this way or that way." and so the mind can become enslaved. THIS IS ITS TRICK MECHANISM.

"Q. and A." The answer to any object is the object. What is this object? It is this object. This is the type of identification that brings about MATTER itself. If there weren't this type of identification; and if a person weren't all smashed together with the idea of force; there wouldn't be any physical objects, nor would there be a wall, nor would you have a body.

This trick also works to give us objects. We take a great deal of space with its anchor points and condense it. We keep condensing it and condensing it until we get matter. If you condense matter enough it explodes. All plutonium in the atom bomb is too many spaces too condensed. It is pushed past the point of tolerance when a lot of it is put together. Now you've really got too much mass for that amount of space and so it explodes. This is the most extreme way of making explosions that we now have.

Possibly life hopes for this as its final release. If a person can just get solid enough and impacted enough he figures that he will explode and then he'll be free.

So you have all this methodology wound around this obvious identification of an object with an object. This identification is the question and answer concerning an object.

TO BE ASKED WHY ONES FACE IS DIRTY IS A CONTROL MECHANISM DESIGNED TO PUT ONE IN THE PAST. The face is dirty because the face is dirty. Not "because" one was playing in dirt. This is obvious. The identification of an object with an object goes down in its extremity to the identification of similarities. The answer to a dirty face IS a dirty face.

When you get an identity of similarities you are getting on the fringe of the lowest level of thought. This is a STEP 7 case. PSYCHOTIC. Object #1 is object #2
EXAMPLE:

We have two microphones. They are different. Different serial number and they occupy different spaces. They are NOT THE SAME MICROPHONE, OBVIOUSLY. But they are SIMILAR. But if you really identified the two of them you would SEE only one microphone. You would simply refuse to see the other if you said: "All microphones are the same microphone." Yet the answer to the microphone on the left is the microphone on the left. The entire problem connected with the RIGHT microphone reminds one of "Uncle Bill." Thus Uncle Bill IS THIS MICROPHONE. So when we think of Uncle Bill, we think of microphones; and when we think of microphones, we think of Uncle Bill. Here we have the reactive mind. $A \approx A = A$.

He "rowed" a horse, and, he "rode" a horse is the same remark to the reactive mind. NO DIFFERENTIATION. The reactive mind states, "Mama is the wife. Everything mama did wrong the wife is doing wrong." It doesn't consult any further. $A \approx A$. The ACTUAL identification is: Mama is mama. Wife is wife. There is NO RELATIONSHIP BETWEEN THEM. THERE IS NO SUCH THING AS A SIMILARITY! A similarity is a pretended identification and so they PRETEND to be similarities. This is what is rectified with "Q. and A." processing. It's obvious to the Thetan.

The P.C. will tell you there is something very pleasing with this technique because "Question and Answer" will give a recognition of truth and this is done instinctively.

In previous work we have been trying to solve IDENTIFICATIONS. Things which are not similar become identified one with the other. This creates a thinkingness problem which is unresolvable because it's not a solvable problem. Two similarities:

become an identity. An apple is an orange. NO!!! It's not even the same as ANOTHER APPLE.

Mathematics is a big lie. 1 plus 1 equals 2. NO!!! 1 what? A SINGLE one plus a SINGLE one equals 2. Two what??? A SINGLE 2; of course. Those ones don't look like twos. That one is not the other one. They don't combine, they are TWO SEPARATE SLABS OF INK!!!

With his mind he can understand perfectly if you say, "I've got two apples." "How do you know you've got two apples?" "Here's one and here's one." This conveys the idea of two apples to someone but it doesn't convey an identification of these two apples. THAT IS PSYCHOSIS. When you say "two apples" one apple plus one apple, and they are the same apple; PSYCHOSIS.

The answer to SURVIVAL is to SURVIVE. There is no NONSURVIVAL to form a dichotomy so we pretend there is one. Identification is sitting right in the middle of the problem. Any way you go out to solve the problem you are solving the identification

SANITY LIES IN MAMA BEING MAMA; roads being roads; microphones being microphones; INSANITY IS A MICROPHONE BEING "MAMA." A equals A equals A.

None of the symbols used in mathematics are anything by themselves. As long as mathematics can compare with a universe - when there is space and action - mathematics is true.

WORDS are used because they are convenient. We have the WRITTEN word and the SPOKEN WORD.

MATHEMATICS IS NOT TRUE AS SOON AS YOU ADD A SYMBOL. When we are TALKING a LANGUAGE we are "of common experience."

The first stage of neurosis is when a person asks, "What do you mean by that?" His level of experience tells him that words are dangerous to him. His anchor points are closer and closer and he is afraid to put out anchor points to communicate. He is identifying similarities. Space is gone when a P.C. is afraid to communicate vocally. You have a one sided conversation.

STEP 7

The whole problem is to get the P.C. to put out (claim) one anchor point. Just get him to reach out and touch something. Find something real. What is the most real object in this room to you? Go over and touch it. Now withdraw from it. (You are getting the P.C. to CLAIM an anchor point.) Put out an anchor point and make some space. Get him to touch something real to him. This is a very good technique for ANY STEP LEVEL.

The FASTEST technique is to simply say, "Come up to present time." It often works. But the percentage is not good.

For a psychotic out of communication, a sanitarium case, give him a stimulant and then get him to put out an anchor point. "Touch something real to you. Withdraw from it. Do the same thing with something else." Continue the process until the P.C. claims an anchor point.

If the P.C. won't put out an anchor point, give him anchor point. For example, give him blocks, one at a time, and move blocks, one at a time; "Do you want this block? This is a pretty block. Etc." until he will finally throw one away. He will then have put out an anchor point.

L. Ron Hubbard has been working on some mechanical aids for dealing with psychotics.

Nothing will wear out an auditor faster than a psychotic because he has an energy starvation. It is just like sitting in front of a vacuum cleaner.

A PERSON PROCESSING A PSYCHOTIC SHOULDN'T HAVE ANYTHING TO DO WITH THINKING-NESS. USE TECHNIQUES WHICH ARE TREMENDOUSLY SIMPLE AND VERY OBVIOUS.

If you want to be on the safe side, don't run a thought concept on a psychotic.

Psychotics are locked in one exact concept: MUST REACH - CAN'T REACH; MUST WITHDRAW - CAN'T WITHDRAW; or its reverse (which is the same concept.) These two, if locked together just right, will produce a thing called the GLEE OF INSANITY. If you can get in communication with a psychotic enough to run this concept, just for a moment or two, his psychosis may stretch apart just enough so you can easily run mechanical techniques. BUT IT IS TOUCH AND GO!!! He might be just the other side of it. In this case he could lock up on the heavier side of the incident.

The GLEE OF INSANITY is an emotion which is a compulsion operating with an inhibition simultaneously and these two things together give you the emotion expressed by the insane.

At one time or another, in any P.C., you can find every manifestation of insanity that has ever been catalogued anyplace. Maybe for a moment or two, an hour or two, or several days. So you can run yourself or almost any P.C. for awhile on "must reach - can't reach," and he will understand psychosis and exactly how a psychotic feels. The GLEE OF INSANITY IS THAT HORRIBLE FEELING, THAT AWFUL INDECISION, OF A "MAYBE" LOCKUP ON THE TWO THINGS THAT THERA DOES BEST: REACH AND WITHDRAW. THAT PRODUCES THIS EMOTION CALLED INSANITY.

The best technique for your STEP 7 is just to GET THE P.C. TO PUT OUT OR RECEIVE AN ANCHOR POINT. GRACEFULLY.

TECHNIQUE TO GET P.C. TO PUT OUT OR RECEIVE AN ANCHOR POINT GRACEFULLY:

A MAN'S HEALTH IS PROPORTIONAL TO HIS OWN BELIEF IN HIS OWN DANGEROUSNESS TO HIS ENVIRONMENT.

AN ANIMAL: Put your finger near a cat's paw. It reaches out and touches it. Withdraw several inches. Do this several times, withdrawing a little farther each time. After about the 4th. or 5th. time, withdraw, and QUIETLY and GENTLY say, "Ow!" Repeat this process several times. You can use this on cats, dogs, people.

This is a mechanical approach. It is very effective on a very small child. A CHILD: Reach down with a bright toy or ribbon. Let the child touch it and then you pull it away just a little. Repeat this several times. The child will decide that he is driving it away or will decide he wants it and grab it. About the 3rd. time you might say "Ow!" GENTLY.

A PSYCHOTIC: Put out your hand. Reach for the psychotic's fingers. When the psychotic touches it withdraw a little, as with the cat. Repeat several times. IF USING "OW!", USE IT QUIETLY, SO AS NOT TO DISTURB THE PSYCHOTIC, ONLY TO ENCOURAGE HIM. DON'T ASK HIM ABOUT ANYTHING! DON'T RUN ANYTHING!

The psychotic is usually in a contest with spirits. He's gotten down to the last ditch as a Thetan and is trying to waste CHRIST or GOD so as to save himself. THEY HAVE TO WASTE IN THE MATERIAL UNIVERSE WHAT THEY SHOULD BE WASTING IN MUCKUPS IN THEIR OWN MINDS IN BRACKETS TO GET WELL. God, Christ, Angels, etc. THE LAST THINGS HE CAN BE. He has to waste admiration of Christ and God to save himself as a Thetan.

Inability to accept an anchor point from anyone or to put out an anchor point, or to borrow or recognize an anchor point for what it is, is a sign of a STEP 7. This is all clouded with thinkingness and misidentification. So stay away from these. If you get them to accept anchor points or put one out you've got them on the road. Unless you wreck them by running a complex thought therapy on them. They're below the limit of scarcity of energy.

The P.C. doesn't move; or he moves too radically. He must waste "Control of motion." He won't eat, so we have to waste food. DON'T LET YOURSELF GET INTO THINKING!!! He is unable to resume, OF HIS OWN VOLITION, communication with the BEST universe or his fellow man.

STEP 6

Here we have a very acute state of energy starvation. The running of concepts on this case may be almost fatal. (These P.Cs. are quite resistant.) They talk and complain a lot. NEUROTIC. They are at the critical point. They can be easily tipped over to a STEP 7 by abuse from life. STEP 7 is WAITING for step 6. This person doesn't think clearly about a lot of things and is barely able to keep up with the more evil aspects of present time. This is the way they're identifiable. He doesn't go into the future at all about anything. He shows emotion about present time only when confronted with something horrible: Or he merely considers everything in present time as horrible.

This is the NEUROTIC. This is the person who is NERVOUS. When this person holds a coffee cup the cup "chatters" against the saucer. Or, if he has a drink he has a hang-over for three days. Or, when he has a drink he has to follow it with "one more" repeatedly. Because the drink runs him out of energy, and THE ONLY WAY HE CAN GET TO THE STATE HE WAS IN BEFORE HE HAD A DRINK IS TO HAVE A FULL GLASS IN FRONT OF HIM. So he's trying to run back on the track to the time before he had the first drink. He can't get there.

This person, if given any sedative or stimulant, will carry it through to its final ADDICTION, if given any chance at all. This is a result of the inability of the neurotic or psychotic to restrain himself from continuing with anything which will deliver a sensation. They have a terrific scarcity of sensation. Addiction to anything, including alcohol, is not resolved by studying the drug, but by studying the mind.

"QUESTION AND ANSWER"

The answer to being drunk is being drunk. That's what he thinks! The answer to raising the dickens and stealing money from the family is raising the dickens and stealing money from the family. The answer to being nasty to Father is being nasty to Father. Thus you get a persistence of these conditions. They are only interrupted when you vary the energy pattern. You will only vary the energy pattern when you CHANGE THE ADMINISTRATION AVAILABLE IN THE BANK.

EXPLOSION PROCESSING IS TOO TOUGH FOR A STEP 6. THE BEST TECHNIQUE FOR THIS LEVEL IS "SELF ANALYSIS." This will consistently, easily, and pleasantly resolve the scarcity of energy in the bank and mind itself. While using "Self Analysis" have the P.C. make two mockups out in front of him, if he can.

For an alcoholic, drug addict, sex pervert, the answer is a lot of "Self Analysis." It will take many hours. Get someone else to sit there and do it for you. From 80 to 200 hours, possibly more, will be required, depending on the deficiency of energy in the bank. Give them enough "Self Analysis" so they have enough energy in the bank to be stable on the level you get them to.

SELF ANALYSIS, SELF ANALYSIS, AND MORE SELF ANALYSIS. Don't get super-ambitious. Just give them SELF ANALYSIS. This is good solid ground. It is the remedy for the NEUROTIC.

which dissolves force. Force applied will get admiration from a Thetan. If you don't get admiration from force you just haven't used enough force. If you don't get admiration you've used too much force and he isn't putting out any more. A nice test: How much force do you put out to get admiration? Admiration is a Thetan particle. It's NOT a MEST particle. THE ONLY HEALING ENERGY IS THAT ENERGY THAT IS PUT OUT BY THE THETAN. MEST CAN'T HEAL LIFE. LIFE CAN HEAL LIFE.

This cycle of Creation, Growth, Decay, and Destruction is represented by the explosion.

The Thetan is imitating explosions as this cycle. Running this cycle will solve all the secrets of life. NOTHING - BLACK - WHITE - NOTHING. NOTHING - BLACK - WHITE - NOTHING. This is running it backwards and you get the emotion of regret. Keep running it to build up energy.

Soon one realizes the Thetan CAN and IS approximating something in the MEST universe. How many men have been known to mama and papa as "Son" and found out they were not a "good" son. Fathers and mothers generally run for many years the beautiful sadness of having a son. So he finds out he can't be the "sun." He'll tell you all about it, he'll find it out. You just keep on running the process.

More computations come up because you're blowing circuits. You blow circuits because you're feeding up enough energy back into the bank. Keep feeding energy into the bank because a resistive 5 will take it out faster than he mocks it up. He will say, "Well, we really oughtta run this concept, don't you think?" (There might be some white energy left in it.) Then one day he realizes he has only black left. He's no worse off, but he must be processed longer to get back to where he was.

THE RESISTIVE 5:

The resistive 5 has a tendency to run explosions backwards. TO RUN OUT ENERGY. Tell him to: "Throw some explosions up there that you can't have. Put up some more you can't have." Do this repeatedly with brackets and resistance toward explosions will be alleviated. After awhile he will be able to have mockups of explosions. "Have masses of people admire the blackness following the concussions when the STEP 5 resisted the MEST universe, he RESISTED!!!

A DEMON IS a ridge or mass he won't take responsibility for. NO RESPONSIBILITY NO RESPONSIBILITY equals BLACKNESS equals LOSS (something going away, part of an expanding set of anchor points, a dispersal.)

These are synonymous: - "I have no force" equals "I'm not responsible." "Get the blackness to mockup masses of people admiring it." (The blackness following an explosion.)

THE STEP 5 CASE MUST HAVE LOTS OF HOURS OF EXPLOSIONS. NOT AS MANY AS the 80 to 200 hours of "SELF ANALYSIS" needed for a STEP 6, but lots of hours.

Blackness hangs up because he got perceptions in explosions. So he identifies explosions with perceptions. He then believes the explosion takes place before perception is received and is alert to get the energy which took place before the perception. The energy was not there. Only blackness. The MEST universe has him fighting nothing. He finds that explosions aren't there for radio, movies, books, etc. THE STEP 5 IS ALWAYS A VERY EDUCATED FELLOW.

Live theatre will never die because there is an explosion behind every perception. Not so with radios, movies, etc. THE WELL-READ, WELL-EDUCATED FELLOW IS A RESISTIVE 5. THAT IS BECAUSE IN ORDER TO READ YOU HAVE TO SUPPRESS WHITE AND RECEIVE BLACK!

Tell any P.C. to "Get the idea of suppressing white," in brackets, and the P.C. will suddenly find himself reading a book. Suppress white paper and blackness is supposed to "say something to you." All that occurs is THE RESIMULATION OF THE BLACKNESS OF EXPLOSIONS. By suppressing white paper the blackness does not say anything to you. It leaves a person sitting on a "Maybe."

LECTURE #6

SOP 8 - STEP 5 AND 4

STEP 5 - The Occluded Case

DON'T IDENTIFY A TECHNIQUE WITH A CONDITION. A technique that reaches clear down to a STEP 7 is a very good technique for a STEP 1.

When you ask a P.C. to find the realest thing in the room this doesn't mean he is psychotic. The best technique possible would be one that would go through all the steps.

The OCCLUDED CASE isn't the most difficult case. The neurotic and psychotic are the difficult cases.

Ten minutes of nothing barely reaches through to a step 5. It won't reach through to a 6 or 7. This is because the entire anxiety of a 6 or 7 is trying to get something.

The next step of "SIX STEPS TO BETTER BEINGNESS" remedies 10 minutes of nothing

From STEP 4 down there is a necessity to have something rather than nothing: A SCARCITY OF ENERGY. The only energy the mind has in it is the energy which the mind has generated. Energy recorded is energy of the energy of the P.C. being recorded by the energy of the P.C.

STEP 5 can't get mockups or see facsimiles. Can get mockups of blackness, silence, and blindness.

TECHNIQUE:

Get a large mass of blackness where it is as a question. Get it where it is as an answer. Do the same with SILENCE, BLINDNESS, DEAFNESS, etc.

To understand a STEP 5 we have to go into THE THEORY OF EXPLOSIONS. Cycles of action all follow one pattern. (There are many listed in 8:8008.) They go from an area of NOTHING (which is the thetan) to CREATION, GROWTH, DECAY, AND DESTRUCTION. (This is the Cycle of the MEST universe.)

The Thetan is trying to approximate the MEST universe. The first thing he encounters in the MEST universe is SPACE. So he approximates space. He is NOTHING in this universe, but something in other universes. He has nothing when he is space

The concept of a Thetan is space. He understands he has nothing when he has some space. Because there isn't anything in this space and the space in this universe is hungry. If he happens to be unfortunate enough to have something on him when he comes into the MEST universe he is "frisked" immediately. Because the vacuum of space, containing no resistance, - yet contains an enormous hunger for anything which is solid unless the solid object is hung together with the greatest of cohesiveness, such as earth. So Mr. Thetan would appear in space. Any particle of energy he had, which was closely compacted, would have more pressure in it than the space with which he is surrounded, and so you would get suction. And Mr. Thetan has nothing but space.

A Thetan in this MEST universe considers himself to be nothing unless he has something. He thinks it is bad to be nothing. So he starts building. (cycle of action) He builds by putting out energy. Then he puts out a solid object into someone else's space and there is an explosion. As the rays reach back to him he can even hear the concussion. So he starts imitating explosions. Brighter and brighter. Impact and darkness reach him at the same time and this is painful.

Pain is a collapsed communication line. It is dark and then he has nothing. Nothing, bright, dark, nothing. This is the cycle of an explosion. The STEP 5 has used up all the bright and has only black left. Admiration is the only thing

THE ONLY REASON A PERSON READS NOVELS IS BECAUSE THERE IS NOT ENOUGH ACTION IN THEIR OWN LIVES! If a person mockup as he reads this is better than nothing, but he then is delivering into the hands of an author the commanding power to regulate his own mockups exclusively. Next he would depend on others to give him a mockup.

The mission (effort) of THETA is to locate things in time and space - and to create time and space in which to locate things. Explosions do that too. Explosions move things from one place to another. One gets in the habit of having the environment move him around. When he depends on the environment to move him around, and when he's had lots of explosions move him around, the dispersal characteristics of the explosion and the dispersal feeling characteristic of moving around generates a fear in him about going back to places where he has been. HE IS UNABLE TO RETURN. This makes it impossible for him to exactly duplicate anything. THE INABILITY OF PERSON TO GO BACK DOWN THE TIME TRACK MEANS THAT HE IS UNABLE TO GO BACK TO A GEOGRAPHICAL LOCATION.

Find this geographical location by having him reach and withdraw. Then have IT reach for him and withdraw from him. All a person's activities can be traced back on an aberrative level to the explosion.

DIFFERENTIATE between the reactive level of stimulus-response as depending on explosions, and the Thetan's ability to approximate or BE anything. The Thetan does not like this cycle. It is reversed for him. It is the opposite of the way he'd like to go.

THE STEP 5 IS LOCATED ON THE WRONG SIDE OF THE EXPLOSION.

He has decided there are many places he can't be. He doesn't like to be left behind. He's "the only one," because he can't return.

Residue and debris is the unadmired end of an explosion. THAT WHICH IS NOT ADMIRER TENDS TO PERSIST. The STEP 5 has come to the end of the explosion - which is the debris. This is what is left behind. HE IS VERY ANXIOUS ABOUT BEING LEFT BEHIND IN ANY WAY. HE'S GOT TO EXCEL. The law of conservation of energy tells him he can't burn cinders. So he feels he can't do anything about residue.

That's a real point of apathy and that is what's left behind when the explosion explodes. This is left behind. SO A STEP 5 DOESN'T WANT TO BE LEFT BEHIND BECAUSE ONLY DEBRIS IS LEFT BEHIND. IT'S O.K. TO LEAVE SOMEONE ELSE BEHIND, BUT SOMEONE ELSE CAN'T LEAVE HIM.

RUN EXPLOSIONS IN BRACKETS ON ANY STEP ABOVE A STEP SIX!!!

STEP FIVE OF SOP 8L IS THE BEST WAY TO HANDLE A STEP 5 CASE. THIS STEP IS RUNNING EXPLOSIONS IN BRACKETS.

THIS IS A COMPLETE BRACKET:

P.C. MOCKING UP EXPLOSIONS FOR HIMSELF.

SOMEBODY MOCKING UP EXPLOSIONS FOR HIMSELF.

OTHER PEOPLE MOCKING UP EXPLOSIONS FOR EACH OTHER.

P.C. MOCKING UP EXPLOSIONS FOR OTHER PEOPLE.

OTHERS MOCKING UP EXPLOSIONS FOR THE P.C.

THE THETAN LOVES TO MAKE MOCKUPS. If he is not permitted to put them up in MEST he will put them up in his own universe. He thinks it's much better to put them up in MEST.

A painter would much rather paint a painting on a wall because then it gets other people's admiration. He thinks he can then pick up other people's admiration and use that in his bank. What he's actually doing is to make an approximation in his own bank of the admiration which is coming to him. This is an exterior control that gives him a pattern which he can then mockup. But, if he can no longer mockup a pattern which is coming into him then he can't get people's admiration admiring his painting. Then he begins to believe that people don't admire anything because he can't feel any of this admiration. Well, that's because he isn't mocking up the admiration which is coming into him any more - so he has an aberration.

PAINTINGS ARE MADE IN THE BEST UNIVERSE FOR OTHER PEOPLE'S ADMIRATION.

just run explosions in brackets and he'll start learning all about life.

He has suppressed so many explosions in order to get ahold of them, own them, and grab them, that's he's gotten the idea that he must suppress ALL explosions. So when you get a fellow reading too much he is suppressing white which represses his explosions. He's living in a carbon - oxygen engine. The carbon - oxygen engine needs explosions in order to exist and only runs if it can be permitted to explode in a certain way. So he suppresses existence and runs down. THIS IS AN EXPLANATION OF A STEP 5. He's trying to run out and eat up the whiteness he has just mocked up on the pretense that he has a good reason to do it. At first, he still feels that he has to suppress ALL explosions. JUST KEEP THE P.C. RUNNING EXPLOSIONS. DON'T LET HIM GO OFF ON A LOT OF PHILOSOPHY.

STEP 4 - SOP 8L "ACCEPTANCE LEVEL PROCESSING" (A variation on expanded GITA)
ACCEPTANCE LEVEL PROCESSING:

Run it so you are feeding the bank items he is resisting. This is to give the P.C. enough insight and understanding into his various problems so that he'll let go of some of his most cherished problems and get on with processing.

That's why we have SOP 8L as a slight variation and a part of SOP 8. It is addressed toward cases which start sliding down the line too far and which have to understand before they can BE.

It is the best method we have today for handling a resistive 5 and a step 4 case. FEED THE BANK ITEMS HE IS RESISTING. IN LOCKUP FORM!!!

We don't use SOP 8L to remedy anything in terms of energy. We use it just enough so that he'll see that he has to accept a certain level of being ill. We are in a society where it isn't polite to be well. A person has to have something wrong with him to be accepted.

Just start feeding your P.C. an acceptable level of illness. "Now just get an acceptable level of illness. Now put out the level of your own discomfort, your condition, until somebody shows up that it was acceptable to." THIS SURE TEACHES THEM ABOUT LIFE. He will find that all that was acceptable to grandma was sick people. She was sweet and sympathetic all the time when you were sick. But she sure didn't like well people. What was acceptable to father was to be worried. The only attention father ever gave him was when father was worried. "What's wrong? Did you hurt yourself?" So he got the idea that the answer was to make papa worried to get some attention. To demonstrate this: - "Be papa worried about the things papa was worried about." Then use "Q. and A."

Suddenly there is a backfire in the street and a squeel of brakes and this is the first time the P.C. showed any animation at all. He rushes to the window to see if somebody was hurt. An impact has happened so he could be sympathetic. By "Q. and A." BE the other person. Sympathy is mocking oneself up as the other person and if one does this expertly he THINKS he is getting the energy from the other person's illness. Operations are real tasty.

The way to be sympathetic is to mockup oneself as the other person. Impacts are sources of energy. He figures he'll get this by being the other person. Things resisted will be accepted. This is the ACCEPTANCE LEVEL OF THE P.C.

Run STEP 4 of SOP 8L. His condition as acceptable, other people's conditions as acceptable, and remedies as acceptable. Then try to find things REALLY ACCEPTABLE to him. The SOP 8 list of expanded GITA is very helpful. But there's one being printed in a later PEB which you will find even more shocking.

He learns that he resisted dirt. He resisted dirt until he couldn't have anything but dirt and so he stopped bathing. He has a concept, "DON'T BATH."

Energy is good. Yet everybody says it is bad. Pain is bad. Brains; (no) dull brains. (no) dead brains. (no) Decayed brains crawling with maggots. (yes) THIS IS ACCEPTABLE!!! "It's so bad everywhere else - you have to look where

I tell you."

TAKE THE EXPANDED GITA LIST AND ASK - AND SIMPLY RUN

"What is acceptable in it?" "What is unacceptable in this list?" Find the acceptable form of each item on the list. You will find that some items have to be put into an incredibly bad form, from your viewpoint, before they are acceptable to your P.C.

You may find an appetite for excretia. Run it a few times and it is gone. Accept it. This is a level of food. When the person gets civilized he has some weird appetites.

He can solve why he never got along with certain people; with his parents. HE WAS UNWILLING TO GO DOWN TO ACCEPTANCE LEVEL OF HIS PARENTS AND THIS IS WHY HE WAS REJECTED BY THEM! If he'd been sick, anemic, studious, obedient; or if she'd been a gaunt, sex starved female, they would have been acceptable to the family. The P.C. will say, "I wonder if that's why I am that sort of a person now?" Run: What is acceptable to the parent and what is acceptable to him. His family problems have a tendency to vanish after this.

The most important things to run in SOP 8 - GITA - are: WASTING FIGHTING, WORK, PAIN, ADMIRATION. IN BRACKETS!!! FOR SELF, FOR OTHERS, BY OTHERS FOR OTHERS, BY SELF FOR OTHERS. EXPANDED GITA can be run just like that. These four are all that are really important to run. This will suddenly demonstrate to the P.C. that work is scarce and he wants to work; that pain is not unbearable and is even desirable, and it tells him that he has shunned admiration because he's seen it given away to too many unworthy objects, and it tells him he hates force because fighting is something he doesn't dare have. He comes out the other end of it as scrappy as a bantam. Then he gets mild and says, "Why fight - except maybe it might be exciting."

WE PROCESS AT STEP LEVEL 4 ONLY TO TEACH HIM ABOUT LIFE. WE FEED HIM EXPLOSIONS AT CASE LEVEL 5 TO FEED THE BANK ENERGY. LOOKUPS AT CASE LEVEL 6 ARE AGAIN TO FEED THE BANK ENERGY.

Take the first three steps of SOP 8. If ONE of these is successful we do not have immediate starvation problem in the bank. We just run those off.

EXTRA LECTURE

THE HANDLING OF ANCHOR POINTS

ADMIRATION OF INSANITY would reduce the insanity if the person was very sane to start with, but it is too heavy to use with an insane person. Admiration is a fairly high level technique and should be used with unlimited techniques such as holding two corners of the room.

Society connects doing anything with the mind with insanity.

The beingness of a person is dependent to a large degree upon his communication ability. IF A PERSON CAN'T COMMUNICATE WELL HIS BEINGNESS IS SLIGHT.

A writer starts out in the early part of his career in a beautiful communication state. After he's been at it a few years he starts to write on his experience. He is no longer really communicating. He's carrying on with a formula. HIS ABILITY TO COMMUNICATE CAN BE PICKED UP WITH THESE TECHNIQUES.

The reaction time and perception ability of jet pilots could be speeded up so much with SOP 8 they could adequately protect the country against an incoming force of atom bombers. Air force training reduces reaction time because of regimentation and changing their place in space without their consent.

These techniques should not just be used to make the insane more sane. LET'S MAKE THE SANE MORE SANE! We can do much more good by improving those who are running our society and who are integral working units of our society.

But let's not worry about society as a whole. Let's take a little unit - A family. EXAMPLE: - A standard family. Father works, mother works around the house, and they have a 5 year old boy named Johnny.

Johnny can't concentrate. He goes into screaming tantrums, he fades away, he fights with other children, he's continually in trouble, he can't remember what happened. This whole family is going to pieces because of Johnny.

TAKE JOHNNY AND SOP 8 HIM:

"Be three feet back of your head. Now take a look at your body. What's hurting your body? Oh, that is! Well remove that energy and throw it away. That's fine! Now let's mock you up killing a couple of dragons. Now let's have you sitting in the center of the sun." - - - And the kid's alright. Now the family all of a sudden can relax.

AT THE LEVEL OF JOHNNY YOU HAVE YOUR EASIEST PRECLEAR!!!

ONE OF OUR GOALS IS SHIFTING PUBLIC ORIENTATION ABOUT THINKINGNESS. THIS CAN ONLY BE DONE WHEN YOU CAN CREATE A VERY FAST EFFECT UPON SANE AND ABLE PEOPLE. THIS CAN BEST BE DONE WHEN YOU PROCESS PEOPLE IN GROUPS RATHER THAN INDIVIDUALLY.

We have achieved something that can produce a fast enough effect on an individual and on a group to shift public orientation from "Anybody who thinks about the mind is therefore crazy." By producing such effects we can arrest a dwindling spiral of an entire culture.

When an auditor says he would like to do this but doesn't know how to get the people to come into a group - you have a person who is unwilling to take someone else's mockup. He needs step 1 through 5, of SOP 8 run on him.

A Thetan loves to put up mockups. A little bit lower, he has to take other people's mockups. (Eating an egg is taking a hen's mockup.)

People with stomach trouble are unable to take another's mockup - the mockup of a pig or hen - much less a human being's mockup.

All these things echo in the mockery at the bottom of the scale and there comes

a point where a fellow knows he can't have a mockup and gets into a terrific compulsion about having to steal a mockup. He can't own one so he starts stealing one. That insanity is criminality.

Life always has sort of a sneering, ridiculing, bottom side tone scale going. So whatever somebody does at the top of the tone scale always has an irritating mockery at the bottom.

There is such a thing as FRIENDSHIP, but THERE IS A MOCKERY OF THIS AT THE BOTTOM OF THE SCALE: The salesman who greasily and insinuatingly informs you he is your friend and then sells you a car without pistons. This is the level where friendship is being used and employed, but doesn't really exist. These people can be distinguished by their vast physiological difficulties.

High on the tone scale there is another aspect of difficulty in taking someone else's mockup. Perception difficulties are simply an unwillingness to accept the pattern of light rays coming from a person - which themselves form mockups.

The light hits Joe and then goes out. At each motion (1/c you have another Joe in mockup form going out through the air. This large number of individual mockups gives the impression of a continuous mockup of Joe. Now a person with bad perception knows he doesn't dare take a mockup of Joe. This is all that is flowing from Joe to him so he puts up a screen - he wears glasses because he can't have a mockup of Joe.

This is a gradient scale. A little higher this person would think for awhile whether or not to accept Joe as a good friend.

Higher he would think Joe should be or shouldn't be a part of this group. Here he is thinking about this mass called Joe, not the mockups of Joe.

HEARING results from a complex pattern of sound waves. Never-the-less, every one of those sound waves is simply a mockup of the uttered wave. All the way through the air is vibrating in exactly the same pattern as the voice box vibrated. That is a mockup of the voice box. The ear then has to receive and re-mock the voice box in order to create the sound again in terms of hearing. Every word uttered is thus a mockup.

Hence, we have the MEST universe duplicating and sending forward a mockup.

An inability to face the idea of pulling people together for group processing, therefore, is an inability or an unwillingness to take other people's mockups. If you process this out of somebody all of a sudden he'll have friends over to the house, he'll be perfectly willing to take people off the street for group processing, and he'll get hold of preclears.

Your effort to restore the self determinism of another person can go down tone scale to being unwilling to take away from him some of his aberrations if you agree that they are sacred. In the extreme this can be a complete unwillingness to change anybody else's mind about anything. This would be defining self determinism as "existing state."

Also, not acquiring as much MEST as you'd like is unwillingness to pick up mockups when they're all over the place.

ONE OF THE CENTRAL THINGS PARENTS DO: "The child must feel gratitude for all the work expended upon him. He must be grateful!"

The funny part of it is THE ONLY REAL REWARD THERE IS FOR EXERTING EFFORT IS THE PLEASURE OF EXERTING EFFORT!!! If people don't get pleasure in exerting the effort then they certainly will never get paid for it. Because THAT'S REALLY THE ONLY PAY THERE IS!!!

Parents frequently exert the effort of raising the child and then say: "Now you must be grateful. I went through so much. Birth was so terrible. And your

father worked and slaved. And we did without everything so that you could go to school - - - - -."

Little kids get crushed. They get frantic because the kid can't contribute anything in return for all the parent's mockups.

A little baby becomes quite happy if you will just let him give you a story book or a shoe or an old rock or something. HE WILL BRIGHTEN RIGHT UP IF YOU TAKE WHAT HE HANDS YOU.

One of the greatest aberrations of our society is the indoctrination that the person who takes things is "a dog." This is shown by an unwillingness of parents to take anything from the child, the young man, the adult. They won't take anything back so one has to be grateful. But how can one be grateful? They won't take mockups or money, thanks or apologies are not enough - - - -. "I'm sorry that birth ruined you - - - -." No good.

As time goes on the person will become more and more frantic because HE HASN'T BEEN ABLE TO GET THEM TO TAKE ANYTHING! He feels so deeply indebted on all fronts because he can't hand out a mockup in any direction whatsoever.

The way for a pre clear to get full revenge on his parents is to give them something too valuable for them to refuse. Like several thousand dollars or a new house.

ANXIETY is that state of worry or beingness that one enters when one finds oneself unable to determine whether he should put out or pull in an anchor point.

If you run putting out, pulling in anchor points on a P.C. - back and forth, back and forth, - all of a sudden he'll start to get anxious.

HORROR is just down scale from anxiety. "Formula H" actually stands for horror and use of that formula will run out horror.

HORROR is an inability to reach or withdraw, grasp or let go.

You start running this on a person in brackets and all of a sudden he finds himself rigid with horror. And then many locks will come off. Next, the deepest part of some somatic will showup.

The deepest moment of an impact is the complete lock up of cannot reach or withdraw, grasp or let go. The emotion which accompanies this is FROZEN HORROR.

Horror is different than fear. FEAR is the action of dispersing or getting away or putting out anchor points rapidly.

If you teach somebody he shouldn't be afraid he will get so he doesn't dare let an anchor point go away from him. Every time he loses something he becomes afraid because this is an anchor point going away. This is just one portion of a dispersal.

If a parent keeps talking about being pinned down utterly and all his money was spent to send Junior to college - just ask him: "Why didn't you make some more dough?" That's within his level of determinism.

A person who is employed and can't accept other people's mockups will eventually become terribly anxious. He doesn't know whether to accept that pay check or not. He will become more and more anxious about his job and more and more sure he's going to be fired. All that's happening is that his work is going out and his pay check is coming in. He gets so he doesn't know whether he ought to put out some work for that pay check or not. And he'll put out less and less work for that pay check and less and less work and the pay check will keep coming in and he'll fend it off more and more and the next thing you know he'll get himself fired. He'll go around and think and think and figure and figure how to get himself out of his state of anxiety - because he's on a "maybe." The "maybe" is just a wobble in and out of an anchor point.

IF A PERSON CAN'T ACCEPT ANCHOR POINTS, IF HE CAN'T ACCEPT MOCKUPS, HE ALSO WON'T BE ABLE TO ACCEPT PEOPLE. And the whole problem of interpersonal relationships will take on a sullen and grim tinge.

If you want to drive somebody batty come up to him and put your face right close to his and then no matter what he says or does keep looking at him and don't go away. He isn't listening to what you have to say. He isn't glad to have you there. He gets upset, embarrassed, and fidgety. All he can concentrate on is the G--- D--- mockup in front of him that won't go away.

When you have somebody who has stage fright, who gets embarrassed easily, who has a bad time of it in trying to talk to people or sell people that's what is wrong with him. All his life he hasn't been able to make anybody walk away from in front of him. So, instead of trying to send that mockup away from in front of him, trying to converse, trying to find out what it's all about, or enjoying the fact that there's this person in front of him - all he can think about is, "How am I going to get rid of this person?"

TECHNIQUE: - To resolve this, have the P.C. mockup people or mockup anything (kid's blocks, etc.) and just throw them away from him. Just keep throwing them away from him. Just keep throwing them away and throwing them away. Make people walk away from him. He'll just sigh with relief.

A young actor will see an audience and be scared stiff the audience will stay there. He, also, is afraid the audience may suddenly jump up out of its chairs and swarm up on the stage. An actor may brace himself against this for years: The result being a very rigid stage presence. TO RESOLVE THIS RIGIDITY: Have the actor get the idea of everybody in the audience suddenly rushing up on the stage and eating him. Run this and other versions of it for awhile.

THIS IS JUST A PROBLEM OF SPACE. A person gets an idea of relative spaces and then says: I've got to have this much space. A plainsman will feel he needs much more space than a city dweller.

REACTION TIME is established by willingness to put out anchor points and by willingness to receive anchor points.

People see something happen and then they immediately pull it into something that "could happen." Each person pulls it over further into their own agreement. It will be as much removed from the original as it was incredible to begin with.

Demonstration techniques and group techniques which show a group something can happen are, therefore, of tremendous benefit. These people will then have a subjective reality on what you are talking about.

To rapidly give a person you are talking to subjective reality, say: "Now close your eyes and grab hold of the two back corners of the room behind you and sit there a minute without thinking." He'll be startled enough to do it. Something will happen. Then you say: "That's Scientology. Now, we're going to talk about Scientology."

The acceptability of anchor points also depends on their form. When you start dealing with interpersonal relationships you have beauty and ugliness entering in and this again is on an agreement basis.

BEAUTY is something that is quite visible, easily perceived, brightly colored so that there isn't enough clash to make it imperceptible.

UGLINESS is something which is imperceptible, but which exists. Or its perceptibility is in such a clash that the waves emanating from it are no consonant with ones own wave length.

Therefore, one might see a gargabe can as something ugly or disagreeable; a pitch black, smoke filled night as being quite ugly and disagreeable; a London fog at night as being very ugly.

If a pretty girl really wants to be a pretty girl she just sets herself up as being tremendously perceptible. And the more perceptible she makes herself the prettier she looks. But this must be harmonized without too much overt motion or she's a "hussy!"

SUMMARY:

You can have any goal you wish in using these techniques. But realize that anchor points, space, and the interchange, handling, accepting, and giving of mockups, and interpersonal relations are all interrelated.

Your ability as an auditor to a very, very marked degree depends upon your willingness to give and receive anchor points with complete calm. An auditor who cannot do this goes into restimulation.

Current techniques are very unstimulative compared to the older techniques. But just the same one can be restimulated. If one finds himself being restimulated there is only one really good answer to it. And that is improve his ability to put out and pull in anchor points. When this is improved he will improve his communications, his auditing, his tone, his interpersonal relations, and many other things.

We are dealing with a tremendous simplicity. Anchor points, the handling of.

LECTURE #7

SOP 8 - STEPS 1, 2, & 3

People have a certain thirst for complication and very often steps such as 1, 2, and 3 will be complicated by an auditor: Either in his understanding or in his application.

These steps are three of a kind. Any case that is going to exteriorize on these 3 steps will do so in a very short space of time: From 5 to 20 minutes. Just give a quick run-down through the steps. If he's not out in a few minutes, give him step two. If the mockup of his body isn't clear, give him step three.

If a case is going to be rough he will take more than 20 to 30 minutes with a good auditor to exteriorize. You will find that he will plot a curve of exteriorization and then he can't get out, alternately. This is because he has such an energy starvation that he is incapable of putting out energy without restimulating something in the body. The second that this occurs you know you've got to remedy energy starvation one way or another and you are below the first three steps.

He'll be in his head and out, in and out. Now he's feeling better, now he's feeling horrible. Now a great deal better, etc. And he'll go over the humps on this for some weeks until he's finally feeling fine all the time. He gets to this state by remedying energy starvation.

We are breaking SOP 3 into two pieces. STEPS 1, 2, 3, and 4, 5, 6, and 7. There are two distinctly different types of cases. There is a gradient scale of cases, but it is convenient to make these two types. There is THE OCCLUDED CASE and the case who has GOOD RECALLS IN TERMS OF PERCEPTION. Also, below the OCCLUDED CASE is the case who recalls with vivid perception things that never happened. It is sarcastically called THE WIDE OPEN CASE. The wide open case is very frequently found at level 6 and 7.

EXTERIORIZATION AND RUN-AWAY CASE:

You will find STEP 6 or 7 cases who can exteriorize or who are exteriorized, but who are mad as hatters inside or outside. Some cases present a perfectly sane aspect, but become roaring mad when you tell them to be 3 feet back of their head. They may take off into space leaving a limp and silent or a stiff body with no intention of coming back. (They can be coaxed back.)

THE SINGLE CHARACTERISTIC OF THIS CASE IS THAT IT ALLOWS IT TO BE EASILY IDENTIFIED IS CONSTANT CHATTER ABOUT HOW BAD THINGS ARE! They'll tell you bad occurrences and horrible happenings.

EXAMPLE:

"When I was a little boy I was told that ants got into the skull. I never believed it, but the other day I saw a person that ants had crawled under the scalp and eaten the whole brain away."

Or, "I knew a fellow that when you touched him on the shoulder all of a sudden the whole shoulder caved in because he'd had cancer for years and hadn't known it. He died the next day."

This type seems to predominate in farming districts. But don't take an exterior manifestation. It might be a pretty, sweet looking girl or a nice, pleasant young man. But they will sit there and tell you how their Great Aunt Rebecca, at the age of 90, had the mumps and it rotted her jaws away. Such a case is delusory. They can't reason, don't reason, and they are antisocial.

At least 50% of the people who come in and sit down - no matter what their age - will exteriorize when you say, "Be 3 feet back of your head."

Sometimes you get the reaction, "Why?" "Well, it might be more comfortable outside." "You mean people are INSIDE their heads?"

"Be 3 feet back of your head." is much better than, "Push yourself out of your