

head." You see, it's the difference between being in another location and moving to another location. "Moving" is use of energy and "being" is just another geographical location. It isn't necessary to use energy in this change of location.

An auditor doing SOP 8 and SOP 8L well delivers a tremendous conviction in terms of the public with which he is surrounded: Simply because HE CAN CHANGE-OVER 50% OF THE PEOPLE HE PROCESSES FROM DARK TO LIGHT IN A VERY SHORT SPACE OF TIME! EXAMPLE OF PROCESSING A JUVENILE DELINQUENT:

"Be 3 feet back of your head. Now why are you being a bad boy? O.K. Can you change your mind about that? What do you have to pick up to be more agreeable to your parents? Oh, you don't want to be agreeable to your parents:..... Well, what makes you unwilling to be agreeable to your parents and society at large? Alright, can you change your mind about it? (Yes.) Well, shift your postulates then."

He does. But he looks around at the same time and sees he's not the body. He's been kidding himself all this time. He sees what the situation is in relationship to this body. He suddenly becomes interested in the fact he has a couple of anchor points cut and the body is depending for its electrical current on this and that..... YOU'VE GIVEN HIM A BRAND NEW WORLD! AFTER THAT HE HASN'T GOT TIME TO BE A BAD BOY. He goes home after this short session of 5 or 10 minutes and says, "Hi, Pop." He's always said, "Grrr!" before. So we have an altered behavior patten

You can do this often enough, if you care to, to carry a tremendous impact on the people around you. It doesn't require anything super - special in you. You just communicate with them that you want them 3 feet back of their heads and a very large percentage of the people you run into simply will be.

Of course, those people who are being difficult about it get more time from you; which is probably why they are being more difficult. Because they get hours of attention while the others only get a few minutes. This fellow's in good shape, though and he's happy and there's a lot of adventure in waiting for him. The other fellow is just going around getting a lot of beautiful sympathy for being very abberated.

The first time a P.C. uses energy to push himself out of his head or inadvertently does this as he moves out of his head there aren't any agitated deposits in the vicinity of his head. But then these deposits are restimulated to a sort of gluey consistency and he gets the idea he's fixed in his head.

Very often an occluded case will exteriorize with a great deal of certainty if you say, "Where would you like to be? O.K. Be there." He may look around his old homestead and suddenly discover it isn't the same as it used to be.

But then you start to operate them close to the body where the energy patterns are and the energy lumps, blocks, and goes into restimulation. They get the idea they can't move: Because, of course, you can't move when you're all surrounded by stickiness. THIS CONDITION IS PRESENT TO THE DEGREE THAT THE INDIVIDUAL DOESN'T HAVE SONIC RECALL BECAUSE THIS IS BASED ON AN EXPLOSION.

STEPS 1, 2, and 3 may have to be repeated if it takes you too long to do it. If it happens immediately you won't have to worry much about the case. But the case may have to do a lot of work outside the body.

If a P.C. tells you, "Yes, I am up there." or, "My Thetan is up there." you can be sure he isn't exteriorized. The immediate response of an exteriorized viewpoint is, "My body is down there."

#### CYCLE OF ACTION PROCESSING:

The P.C. merely mocksup the end of all the cycles of action he has started.

People hang up in the middle of a cycle of action when they don't complete it. The fellow who is on the road some place and runs into a truck doesn't get to his destination.

Have the P.C. finish off cycles of action in mockups. Things which he had wanted to do in his life and had never been able to do.

Persons who feel that they will be stopped in anything they start to do will

be in apathy whether they are exteriorized or not. This can be produced by stopping anything he wishes to do, squelching all ambitions, etc.

Such a person could start to get well (i.e. exteriorize) but not finish any further action until gotten out of the conviction that he would be stopped in all action.

If it takes longer than half an hour to make a Theta-Clear get ready to slug. Those you make in 15, 20, or 30 minutes are going to be stable and stay that way for quite awhile. They have a tendency, however, to be over ambitious and get adventurous. Being involved in a heavy explosion will be too big a contest for them, initially. They'll figure they can't make as big an explosion as the MBST universe and hence are no good, or decide they've been blown up.

THIS LEVEL IS WHERE POSTULATE CHANGING BELONGS. Changing postulates in a case level 4 or 5 is a waste of time. Lack of energy is what's bothering these people. Their force potential is increased and they will feel fine and very forceful for a while after a postulate is changed. But they are still inside the body and when they start to emanate energy the whole bank is excited. So they stick and decide that they can't do anything further. You could go up the line with postulate processing since there is a net gain each time this cycle occurs, but it is a very flat curve. They can think better. They feel better. But they know there's a place to get to on the tone scale and they're not getting there very fast.

When you get a P.C. exteriorized in step one and are going on with the drill, you'll do better to not immediately ask him to look at the body. You occasionally get a STEP 3 that looks at the body and pops right in again. HE ACTED LIKE A STEP 1 UNTIL YOU ASKED HIM TO LOOK AT HIS BODY.

THERE IS NO SPECIAL SIGNIFICANCE TO "BE 3 FEET BEHIND THE HEAD." It's just a handy distance. It's better than one foot. Six miles is better except you lose track of your P.C. BE SURE TO COMMUNICATE WITH YOUR P.C. AND GET HIM TO TELL YOU WHAT HE IS DOING.

#### EXAMPLE OF STEP ONE DRILL:

Be three feet back of your head. (Alright.) Now let's be across the street where the sun's coming in. (Yes.) There's a garbage can over there. Now be in the garbage can. (Well ----, Yes.) Now sit down on top of one of those passing cars. (Sure.) Alright. Now let's sit up on the generator housing and listen to the generator. (Sure.) Now let's be in the center of the sun. (Yep.) O.K. Now let's be up in the corner of the room. (Sure.) Alright. Now put yourself where you'd like to have yourself in relationship to your body. (O.K. Gee! Well, you know, life's pretty good. etc.) You suddenly find he is a very changed person.

Or, if he has some chronic somatic, after you have drilled him as above, you say: Reach over and touch the affected limb or area of the body. (Yes.) Alright. Do you see any pinched nerves or anything you'd like to straighten out? (Yeah. You know this is real interesting. I've always heard doctors of anatomy talk about these things, but I hadn't ever realized it was like they said. Gee whiz! Look at all these tendons. Yeah. There's a nerve.) Well, straighten it out. (Well, I just did! There's another little black piece of energy out here. Now let me get that off.) O.K. You've got that? (Yeah) That's fine. Alright. Now let's straighten out the joint a bit and see if that's going along fine. (Yeah.) Now is there anything else you'd like to do to the body? (Well, I've always had headaches. Just a minute. O.K.) Now is there anything else you'd like to do? (No.) O.K. - END OF SESSION.

The guy walks out and he's walking! He wasn't before. It's no tougher than that and you use the pattern just as above.

THE P.C. KNOWS MORE ABOUT HIS ANATOMY THAN ANYONE ELSE. DON'T TRY TO TELL HIM HOW TO FIX IT UP. HE KNOWS HOW! JUST ASK HIM TO DO IT. THIS IS PROCESSING OF PSYCHO-SOMATIC ILLS AT ITS OPTIMUM.

ALL THE OTHER STEPS OF SOP 8 ARE ONLY NECESSARY BECAUSE WE CAN'T GET THIS OPTIMUM OPERATION INSTANTLY IN ALL P.C.s. WE CAN ONLY GET IT IN ABOUT 50% OF THEM.

This percentage will vary for different age brackets. It is fairly safe to assume that cases below the age of eighteen are much easier and more responsive than cases above that age. This is just a rough approximation, not statistics.

You can expect that there will only be a 10 to 15% chance that a 50 year old person who walks in will be an immediate STEP I. BUT DON'T NEGLECT THE FACT THAT HE MAY BE ONE!!!

DON'T EVER ASSUME THAT A CASE IS GOING TO BE DIFFICULT UNTIL YOU'VE AT LEAST GONE THROUGH THE FIRST THREE STEPS!!!

It doesn't take any time to do this and after you've gone past step 3 you know what's wrong with him. EXPLOSIONS! But if he's real bad off all you can do for him is get him to contact a little reality. These are the effective techniques.

A good test of step level is: Can he mockup his childhood home? If he can mock it up with great ease he's probably still there. One method of getting him out of there is to have him reach and withdraw from it and get the childhood home reaching and withdrawing from him. This will free him.

#### GEOGRAPHICAL LOCATIONS:

Theta places things in space and time and creates the space and time in which to place things. The precision of being able to place a point is a direct index of neurosis. A person's belief in where he is is tremendously important to his sanity.

A PERSON CAN BE EVALUATED FOR ONLY BY THOSE PEOPLE WHO HAVE CHANGED HIS POSITION IN SPACE CONTINUOUSLY AND REPEATEDLY.

A drill Sergeant changes soldiers' position in space to the point where, when he tells them to get up and charge into a hail of steel, they do.

This is evaluation, and evaluation doesn't exist unless change in space has existed priorly. Your P.C. is upset about this simply because they have upset him about change in space.

Change in space is important because that thing which he can't perceive, he has to think about. If he can't go to a place, he has to suppose about that place. He mocks it up: How he thinks it is. There is the first echelon of thinkingness. Also, this is the first picture which later on expands to include all language.

He supposes what it looks like, at the level of resistive 5, to the degree that when you ask him to exteriorize by scenery, all he does is mockup what he supposes it to be. This is fine. Just keep him doing this because each time he mocks something up he is creating energy and feeding a starved bank. Eventually he will get enough energy so that he can move actual things under him. This must be continued for some time before this occurs, however.

Your low level case, therefore, just can't be in various geographical places. The truth of the matter is, he's been blown out of too many of them by explosions. Or he's blown too many people out of them with explosions that kick back on him. He's been real active. He finally runs out of places to be even in his bank. There is a scarcity of places to be. Of viewpoints.

The general scarcity gets to be such that as he looks back into the past it's all OCCLUDED. He has a tremendous scarcity of past because THE ONE PLACE HE CAN'T BE IS WHERE HE HAS BEEN IN THE PAST.

IF YOU SEND HIM AROUND IN VARIOUS PROHIBITED SPACES FOR AWHILE HE WILL EXTERIORIZE. And if he stays away from the body he won't get trapped again. He will be in again as soon as he comes near it due to the energy deposits around it.

With a person who can't move out of his body we get many other manifestations. Ask him quickly, "What do you think the room is full of?" (Oh, nothing.) "Well, are there any dark corners that you see anywhere in the room?" (Well, that corner looks sort of dark.) "What do you think is in that corner over there?" (Mother.)

He goes around all the time thinking someone is around. This is the level of delusion on the thing. But he's too sane to admit that this is the case. He is in

a state where he can't be in various places in the material universe, much less making universes of his own.

WE HAVE A GRADIENT SCALE IN SOP 8 OF INABILITY TO BE PLACES:

A STEP 1 is cocky. Able to be anyplace. STEP 2, not quite. A STEP 3 could be some place if he had enough space of his own. But he doesn't doubt that he can have space of his own. So you use STEP 3 - SPACATION - to give him some space. He is willing to exteriorize because he knows he can make some space if he is chased out of some MEST universe space.

STEP 2 has just a little bit of concern over how the body looks. Papa or Mama or others have told him he is ugly. This gets extreme in CASE LEVEL 5. He really thinks he is homely. He's worried about his looks. He can look in a mirror, but doesn't quite trust that mirror. It may be telling him lies.

A STEP 2 has this just faintly. He's a little bit uncertain about how the body looks. You just tell him to mockup the body a few times. He'll get the feeling of mockery, of ridicule.

RIDICULE is holding somebody's anchor points out away from him and not letting him have them back.

TO RUN OUT A BROKEN MARRIAGE OR TOLLANCE:

Mockup the other man or the other women (in the case of a girl who has just been divorced) holding the former partner away. Just let the mockup stand there and hold.

This person will squirm!! They'll get embarrassed, and twist. Then, finally, they'll say, "So what? There are a lot of mockups."

Their attention just got fixed on one mockup. That was their trouble. They didn't realize there are two and a half billion human mockups on this world. That's a lot of mockups. And more coming along all the time.

The STEP 2 is afraid he will be ridiculed if he does something different or strange like going outside. So just get him to mockup a body out there several times. This also resolves a slight body scarcity. He gets the idea that if he could make this body he could make another one too. But don't keep this up, and don't do it at all if the body he mocksup is not brilliant in color, clear, and three dimensional.

If he doesn't do STEP 1 instantly say, "Alright. Now mockup your body. What kind of a mockup is it?" If he says, "I've got an idea it's there." he's a STEP 5. Skip it and go on to step 3.

If the mockup he gets is clear and feels like it has a body it it, have him mockup his body a few times. Suddenly he'll be standing in back looking at his body and maybe mocking up a body in front of it and comparing the two. DON'T MISS THIS! ASK HIM, "WHERE RE YOU NOW IN REL TION TO YOUR BODY?"

If there was a great deal of blackness around him and you just kept him mocking up bodies on and on and on there is some possibility he might get kind of spinnny: Because you might be dealing with a "What wall?" So for caution sake, just do it a few times.

If he isn't exteriorized after step 2 tell him to hold onto the two back corners of the room. THE REASON YOU SAY THE TWO BACK CORNERS IS THAT THIS IMMEDIATELY HITS HIM WITH EVERYTHING IN FRONT OF HIM. He's never held the door behind him before and this has a tendency to completely unettle his thinking pattern.

Holding the back two corners of the room will eventually exteriorize him. When this happens, go back to step 1 and ask him to be in various places. Then have him patch up the body to remove chronic somatics.

If necessary, have him do mockups outside the body until he finishes all cycles of action. Finally, when he is outside the body, get him to the point where he can just get beautiful explosions with full sonic. He's really clear when he does that because nothing can trap him after that.

LECTURE #8

SHORT 8 - GROUP PROCESSING

We have in SOP 8 a tremendous number of techniques. I'm actually giving you SOP 8L and giving you a way to break down SOP 8.

You can use SOP 8 just as it is written. The only change that you would make on 16-G is: To use brackets. For self, another for himself, others for others. Waste and accept in brackets in STEP 4 of SOP 8. This is the only difference in SOP 8L.

EXAMPLE:

To get rid of a peanut allergy: Have him throw them in the mud (in mockups) for himself. Somebody else wastes peanuts. (throws them in the mud.) for himself. Others waste peanuts by throwing them in the mud for others.

A chronic somatic exists because he is on a "maybe" as to whether or not he can or can't have it. He feels he has it but he doesn't have it so he keeps talking about it. By wasting and accepting, it will cease to be. Run it "Something or Nothing" as an easier way. "Q. & A." is still easier. The answer to a Somatic is A Somatic. The answer to the question, "What is this somatic?" is "this somatic."

It is necessary to waste what a person can't have until he can have it. This is the way to knock out allergies. (Peanuts, etc.) CHRONIC SOMATIC: The answer to a Chronic Somatic is the chronic somatic. Q. & A. (Question and Answer)

SOP 8 is safe. The comparative level of the abuse with SOP 8 would be striking the P.C. We can guarantee SOP 8 just as we can guarantee people's conduct right up to the point where people occasionally strike people. These techniques won't slip. The P.C. is NOT at the mercy of the auditor with SOP 8. He IS in RUNNING INGRAMS.

Cases advance on little energy jumps. You don't hit these jumps often because these jumps are dependent on Energy Accumulation. You can be sure in a brand new group that you will have somebody that will get a big boost on this, that will hit one of these jumps. DON'T MISS THIS EXERCISE!!! START WITH IT!!! ALWAYS!!! This is a subjective technique.

STEP A - NEXT TO LAST LIST IN "SELF ANALYSIS." Use next to last list of Self Analysis. This is the best way to break a neurosis.

FORGET ABOUT THE TIMES GIVEN FOR STEPS IN 16G. LEAVE IT UP TO THE AUDITOR'S DISCRETION ENTIRELY. The group will respond as an organism rather than as an individual.

If you will look at the group you are auditing you can easily tell when to change the step. A group has a life of its own. It is an organism and responds as such. You don't get so many individual differences. A group and an organism have additions and subtractions. This is an independent life. It is not dependent on individuals. Individuals will respond differently than they responded as a part of the group. A man will feel he is a larger organism because he belongs to a group. He needs the group to make life wonderful. Homo-Sapiens cannot stand alone. It is when he thinks he isn't needed that he stops communication. When a fellow feels he can no longer have human beings, and human beings don't need him any more, that's when Homo Sapiens start to fall apart. You tell a crazy Homo Sapien he can help someone and he realizes an exchange of anchor points because he feels that he is necessary. This may pull him right out of it.

You will observe that some individuals will complain when they are outside the group while they are pleased as a member of the group. One thing you will observe in group processing. Your group behaves as a group and they actually will move up tone scale as a group. They will also change radically as individuals within the group. But you're running the same process on a group of people and you're going to get a response which is tremendously interesting but which is a different manifestation than individual processing.

DROP ANCHOR POINTS IN THE TWO BACK ENDS OF THE ROOM AND OWN THE SPACE IN THE WHOLE ROOM WHEN PROCESSING. This will make the difference between white and black in the results you will get in group processing. Be sure your voice is reaching the whole room. Don't hold a book right in front of your nose. Put all people who look like they have a hearing strain in the front. You can tell when a group is responding as a whole. LOOK AT THEIR FACES. Operate according to expressions on the faces of the people in the group; - not according to a stop watch. LOOK AT THEM. There are always 4 or 5 "slows" in a group of 30. You can't audit out of a book. It's much more impressive if you don't read out of a book. It's alright to have it in your hands, but don't move the book and your lips back and forth.

Break the group into two parts by a show of hands in SHORT 8. Have two rooms. Put "slows" into another group. This is so they don't get ridden over rough shod.

STEP B - EXAMINING AND COMPARING TWO SIMILAR MEST OBJECTS:

Get the differences between two MEST objects and/or spaces. Do this until the group is bored with it. Not very long. Not by a watch. LOOK AT THE GROUP. Do it fairly rapidly.

EXAMPLE:

Get the difference between the two (similar) lights. The two legs of that table. The two (similar) curtains. The two spaces in those two corners. etc. Two stars on that flag. Two stripes on that flag. This corner of (object) and that corner of (same object.)

What happens? You are providing a beautiful means of getting P.Cs. to look:- Matched terminal energy. What happens to people when we do this? A lot of people start in by running "class" of difference. You ask them to get the two differences of the corners of the platform and they'll start to get the difference of the class of the two corners of the platform. They actually will not look at the two corners of the platform at all. You are providing a beautiful method of getting people to look, and at the same time are getting a little charge off the MEST universe. Because it's the universe matched terminaling. He (P.C.) is working very hard trying to hold the MEST universe apart. The MEST universe is holding itself apart. When he finds this out he is quite relieved. That's the process: That's its whole aim. Maximal effect on this is obtained in 3 to 4 minutes, according to Mr. Hubbard's recent experience.

STEP C - WASTING, ACCEPTING

A heavier process is to waste "WORK" in brackets. Just do this during one pass through on groups.

Waste "FIGHTING" the next time around, in brackets. One item each time is enough to get easy results. DON'T WASTE ADMIRATION WITH A GROUP. TOO HEAVY!!!

The only dangerous spot we have in SHORT 8 is STEP C. OMIT STEP C IF THERE IS ANY POSSIBILITY OF SOMETHING GOING WRONG, IF YOU FEEL AT ALL UNEASY OR WORRIED ABOUT YOUR AUDIENCE.

USE STEP D (Self Analysis) IF YOU USED STEP C. DON'T USE D IF YOU DID NOT USE C. THE PURPOSE OF D IS TO FOLLOW C AT THIS POINT.

STEP E \* DUPLICATION:

You can keep this up for a long time; as long as you use MEST eyes. It is practically impossible for some P.Cs. to put up another mockup beside the MEST object. Keep them doing it no matter how pale, thin, or scrawny their mockups may be.

The first thing that happens to them is "this" thing really gets solid. You tell him to mockup an object. Instead of him mocking up an object, the real object takes its place: Because the P.C. has the idea that the whole MEST universe is thirsty for energy. And their stuff goes straight into the MEST universe object because they have the MEST universe object mocked up. So two of their mockups are

out here. NOT one. TWO!!! And so they just go get it. Keep it up and eventually they will start to get a duplicate.

Using MEST eyes is more favorable for groups. Don't be afraid to move. Point and make gestures for the group. "Right along side this (point with your hand) make a duplicate mockup."

Then, "With your eyes closed, put a mockup of the ceiling along side the ceiling. We don't care how you do this." Request the group to duplicate things they are certain are there. Get farther and farther from home. You are giving him a certainty each time. Certainty processing on exteriorization. This is the best way of curing the person who is continuously pulling up facsimiles when exteriorized by scenery.

The ability to duplicate is an index of willingness or ability to go back to geographical locations. A person has to be as super-original as he can't go back to where he has been any more. Impacts drive a person away from where the impact occurred and from having been some place: Besides adding energy to the bank. These two facts will be integrated. He can't be there any more. FER!!! The person who can't duplicate is fidgety, bored. This technique will exteriorize a P.C. easily without any difficulty. He can't have a place so he has to build it in his own mind. DELUSION!!! The person can't have a place so he has to mockup his own place. This is the WIDE OPEN CASE.

#### STEP F - HOLDING CORNERS

"Close your eyes. Reach for the two corners of the room above and behind you and don't think. Get interested in them." This is making space: If held long enough it would run out all the bank. THE MAIN GOAL IS TO GET THE P.Cs. IN PRESENT TIME. When this is used in individual processing the individual will frequently exteriorize and find himself in the corner. When too many in the group get restless in this, go to the next step. This is SOP 8 - STEP 3.

#### STEP G - EXTERIORIZATION BY SCENERY

Have them move scenery under them. This will get them to mockup even if they don't exteriorize. He is translating a perception impression of his environment: To get himself oriented cautiously. Have him do duplications of a lot of places he doesn't dare be. He doesn't remember where they are. Send him around a few times until he starts to flinch. Mockup the things he flinches at a few times until he can go into it easily.

Keep him pulling things under him no matter how long it takes until he isn't just pulling things under him by using his facsimiles. This is exteriorization by scenery. A lot of people will simply exteriorize. Some will pull only facsimiles under themselves. These will have to continue pulling facsimiles under them until they have enough energy built up to pull places under them.

#### STEP J - OTHER VIEW POINTS:

This is the only group therapy way of getting a slant of somebody else's universe. Have someone look out of a window. Tell the group collectively to get the idea of what he is looking at. Get the idea of looking at the room from the ceiling, from the window, from the corner, etc. This breaks up not knowing how things (MEST OBJECTS) think, look at life, see things. When we ask the group to assume another person's viewpoint WE WANT TO KNOW WHAT OBJECTS THE OTHER VIEWPOINT'S EYES ARE SEEING! NOT WHAT THE VIEWPOINT IS THINKING.

Every person walking around in this universe looks at and sees the same thing. Everything looks like the same thing to every person present. This lets them get the idea of what things look like from another viewpoint. He will suddenly see that others see things the same way he does. They may THINK differently; but they SEE the same. This is REALITY ON THE THIRD UNIVERSE. THIS IS THE GOAL OF THIS STEP

Any time you use a technique that makes them think, immediately follow it with an unlimited technique that makes them look. BUILD UP CERTAINTY! SELF ANALYSIS!

LECTURE #9

SIX STEPS TO BETTER BEINGNESS

These techniques are designed to take P.Cs. attention OFF HIS BODY and put it ON THE ENVIRONMENT. To change an introvert into an extrovert. Introversion is what is wrong with the person. AN INTROVERTED PERSON IS LOOKING INTO HIMSELF. AN EXTROVERTED PERSON IS LOOKING OUT FROM HIMSELF TO THE ENVIRONMENT. All people are on a gradient scale of introversion and extroversion. It is optimum in this society at this time to have 80% of one's attention on himself and 20% two or three feet from his nose. He is then considered highly acceptable to society because he is apathetic and can be handled by his environment. WE WANT A MAXIMUM OF 2% INTROVERSION AND 98% EXTROVERSION. We want the fellow to keep a finger on his body so that it doesn't run away. Bodies are obedient. WE DON'T HAVE TO WORK HARD TO MANAGE THE BODY OR TO SURVIVE. The harder a person works to survive the less he will survive.

A TECHNIQUE IS OPTIMUM WHEN IT PRODUCES MAXIMUM AMOUNT OF EXTROVERSION IN THE MINIMUM AMOUNT OF TIME. THIS EXTROVERSION IS OPTIMUM IF IT IS STABLE. Of course if you walk up to anybody being processed, hit him in the face with a baseball bat, he will introvert. He will look at where he's been hit with a baseball bat. A person starts with anchor points way out. They get closer and closer.

The eight dynamics contain an expanding perimeter.

- #8 includes all space in the MEST universe.
- #7 includes all spirit - beingness - anchor points into ultimate of life.
- #6 includes all energy, motion, and form there is in the MEST universe.
- #5 includes all life.
- #4 includes all man.
- #3 includes all of group.
- #2 includes sex and continuation as children.
- #1 includes you. (self)

You can fall off any one of these eight dynamics. Each dynamic has a reducing perimeter.

You can ask a P.C. how far he can reach from himself. If the P.C. is in bad shape, he can't reach very far. Neither can he touch such things as work, physically. An inability to handle effort.

THE HANDLING OF EFFORT IS AN ENJOYABLE THING THAT GIVES PLEASURE. The unwillingness to handle effort is what is wrong with people. It is destroying the culture of man. Ask a psychotic to reach two feet from him and he will begin the course of his upward line.

There is a direct relationship between the amount of space embraced by the individual and his alertness, ability to move, act, react, think, and create. There is also a direct relationship between the amount of space that a person can occupy with his anchor points and his sanity. A low toned person will fight to take someone else's space. He is SPACE HUNGRY. He tries to take someone else's space when he thinks he is running out of space. Space is treated by the individual as a commodity. When a person thinks he's running out of space he gets in bad condition. While they don't consider space - or lack of it - they are happy. The cooperative ownership of space is a very difficult thing. Where ownership enters you have a computation that someone else can take your space so he puts a barbed wire fence around his space.

If you put someone in a small space and suppress white or light it will really push down his anchor points and he will become "normal." Because space is formed by expanding anchor points. When you read, you suppress white and let the black in. The mystery of blackness is "What is the significance of that explosion?"

up two mockups of each scene each time. This is putting out two anchor points. This is his own universe in operation.

3) OPPOSITE POLE (simple example of "Q. & A.")

This brings in the third universe. (The other person's universe.) Most people think more of what other people THINK than what they are SEEING. That's bad. "Q. & A." is the best way to rectify this.

Get somebody who is quite afraid of life in general and start to get geographical areas saying, "I'm going to botray you." and him saying, "Nothing there." He is putting out an anchor point. Above, behind, below, before, and on each side of him. Have each one, in turn, think, "I'm going to betray you." He thinks back, "Nothing there." Reaching and withdrawing, dito, back and forth from the geographical area. FORMULA 4.

A person is only concerned with being things when he can't be places. Being places is much senior to being things.

There are three little buttons.

- 1) I don't dare realize it.
- 2) I don't dare let it happen again.
- 3) I don't dare be there any more.

These are concepts. Any thought process is very secondary. The person with any one of these concepts doesn't dare realize how far into a complete artificiality he and the group with which he is associated has drifted. But if he were to sit down - this is therapy itself - and just start spotting complete irrelevant stupidity, he would be surprised because any reason that he finds anywhere would blow up. There isn't any reason about anything which will bear the test of facts. There are no reasons. "Q. AND A."

The auditors mind can enter more problems into the P.C. than the P.C. can solve in ages to come. The man who is being clever most of the time is being clever out of his engram bank. This is not being clever. He got introverted in the first place, searching the reactive mind for the "reason for." He got so interested in the problem of "the reason for" that he introverted.

When a Thetan became a body, it was because it became too interested in the body. He's forgotten how to be a Thetan. He's a body.

SIX STEPS TO BETTER BEINGNES IS A TOP GROUP PROCESS. It finishes up on a step into the third universe. Out to the material universe, into the P.Cs. universe, dito, dito, dito, and finally into the third universe.

When auditing yourself, remember that you can get so interested in the reactive bank and the computations that you don't extrovert again. Limit yourself on time on each step. Go through this with rapidity. Put it up in front of you and run through it. If you find yourself coasting very far off on taking ten minutes of nothing you are introverting because you are too interested in the reactive bank. Go promptly to the next step. These techniques are excellent for alternate introversion, extroversion.

TWO CONDITIONS:

- 1) BETRAYAL. Anchor points driven in. This is the predominant, the one people like best.
- 2) RIDICULE. Anchor points driven out.

Space is terribly valuable and yet people can't have space because if they had space they'd be ridiculed.

A LIMIT TO SIX STEPS TO BETTER BEINGNESS IS: Don't give a person way down on the tone scale TEN MINUTES OF NOTHING. It is too rough for the NEUROTIC LEVEL.

Getting nothing is really very, very satisfying. The P.C. is quite surprised the first time he really gets nothing. It takes several passes through before most P.Cs. will eliminate something from nothing. The whole future of the stomach depends on its having something.

If you were to run nothing else but this one little technique it would eventually produce all the desired results. This is true with any one of these six steps. You don't get an introvert - extrovert shift by just running one, however. This shift is desirable because it changes the aspect of the case if done in that way.

"QUESTION AND ANSWER" can be used on ten minutes of nothing.

"Get all the nothingness around the body as a question. Get all the nothingness IN the body as an answer.

"Get the solidity of the body as a question. Fill in all space around the body SOLIDLY as the answer."

1) TEN MINUTES OF NOTHING:

Just let go of everything. It is not ten minutes of no room or body. It is ten minutes without THOUGHT too. On nothingness people very often get quite sick of their stomach. Major decline.

2) DUPLICATION:

Make another table along side that one. If he can't make the same table, use this step a lot. If he has to keep making tables once he has made one, he has a compulsion. Have him change the size by gradient scale.

If he can't go back he can't return: So he must be something different. He can't be the same thing because he can't be in the same place. He can't go back to the same place; geographical locations. If there are places a person can't put out his anchor points then there are places he can't be: He can't duplicate them: So run duplication and places where he can't be will show up. Duplications are efforts to put out anchor points. Here he has internal duplication because mockups are in the head, but eventually he will be extroverted.

3) SPACATION:

"Reach for the two corners of the room above and behind you and don't think." This is really extroversion. Occasionally ask your P.C., "Have you got ahold of those corners?" Watch your P.C. His chin will gradually go back as his whole body relaxes if he is leaving his body. This step will produce exteriorization!! If he maintains rigidity he needs many mockups.

4) CONTACT:

"Reach out, pick up a glass, and put it down." If he thinks this didn't do anything, the glass wasn't real to him. "What in this room is really real to you? Go over and touch it. Let go of it. Pick it up. Get senses of it - pertaining to it." This will put his attention on the environment. It builds space by putting out anchor points. An extrovertive step.

5) SELF ANALYSIS:

We are back inside the person's head in this step. Use the next to the last list of "Self Analysis" as well as other lists. To improve this, have him put

NONSCHEDULED TALK

CAUSE AND RESPONSIBILITY

Many people won't accept the simplicity of advanced process because they "know the mind is more complicated than that and have a very solid certainty on that. To alter this certainty is worth your life. Such impasse was reached when engrams became unimportant. He got worse and worse as he advanced deeper into causation instead of "reason why." GET THE DIFFERENCE!!! He advances further from the "reason why" (engrams) toward "cause." CAUSATION IS NOT THE REASON WHY. CAUSATION IS MOTIVATION.

People think cause is something in the past. The second you come up against somebody who believes implicitly that all cause is the reason why - you have somebody whose cause is in the past.

You must have excellent techniques to break through this case to the computation because that is the computation which is the aberrative computation and that is what you must break.

EXAMPLE:

Individual says, "I'm going to drink." He picks up a glass and takes a sip of the liquid in it. What is the cause of that drink? CAUSE was in the FUTURE of the ACTION; The statement, "I'm going to drink." This statement and/or thought; the decision to take a drink: That is the CAUSE of having taken the drink.

Your behavior NOW is motivated by what happened to you BEFORE. You can vary your behavior NOW by varying, by Dianetic Processing, what happened BEFORE, simply by eradicating its compulsive moment in the future.

That piece of energy floats up here in present time and then says, "do something." So a fellow does something. So there is COMPULSIVE CAUSE which is still in the FUTURE of the ACTION. It's just that engram floating out of place. It floats out of place because of ENERGY and SPACE starvation in PRESENT TIME. Then it says "do something", so even though it is painful, aberrative, etc., the energy is THERE. The ENERGY says, "Jump out the window." It (that piece of ENERGY) is in the present. It is not a piece of the past. It is a piece of ENERGY. So the fellow jumps out of the window to get that energy. THAT IS COMPULSIVE REACTIVE CAUSATION.

SANE CAUSATION:

An individual's statement that he is going to take a drink of liquid PRECEDED the act of actually taking a drink of liquid. It looks like the second you start to take a drink - that CAUSE is in the PAST. So you get people who are INCAPABLE OF ACTION drifting into the PAST. He has to consider that the reason he is taking a drink is because he said so at sometime in the past. He needs no reason for taking a drink. It doesn't matter. HIS POSTULATE EVAPORATES IMMEDIATELY WITH THE ACTION AND ISN'T IN THE PAST ANY MORE. This is SANE CAUSATION.

CAUSE IS IN THE FUTURE

Any SANE CAUSE, at the moment it is being cause, is in the FUTURE of an action. When it drifts into the past it becomes "The reason for." Get the difference between the "reason for" and "Cause." CAUSE is ALWAYS with us, ALWAYS ACTIONABLE, and ALWAYS DEMONSTRATES IMMEDIATELY AFTER IT AN ACTION.

The ABERATED CAUSE is what has gone before because he is so tremulous about what he is doing in present time that he has to assign responsibility to something else. So he assigns it to what has gone into the past. He can't take the responsibility for taking a drink at the moment he is taking a drink. He says, "I'm taking a drink because I said so." "I" in the past is another person.

This becomes so marked on a lot of cases that they cannot see themselves in the past except as other people. They can't be responsible for having back cause so they assign cause to something in the past. Then they say, "This is the reason for."

An individual is CAUSE DRINKING. He is not taking a drink "because" he postulated he would. Cause is with you at all times and in the future of any action you care to make. The "Reason for" is in the past. Such a person can't be responsible for having been cause.

An ACTION MOTIVATOR can only be in FRONT of the action. NOT BEHIND. A person is motivating action every instant if he is in good shape each instant. And, although those instants float away and become the past, he hasn't kept them.

That's how life gets spread out on a time track by the break-down of its causative impulse. (Losing cause.) It wouldn't have a time track if it wasn't retaining the "REASON WHY." The person who has had to admit his "fault" has, of course, said, "I am cause" for what happened in the past. But he can't go into the past to pick it up, so he brings the past to him and he brings the whole causative package here. "The reason why" is what he brings up to the present. And there is the person getting an engram stuck in present time. He doesn't stick in the past. The engram sticks in the present.

RESPONSIBILITY is the ability to handle force and/or to respond. If a person can't handle force, he can't be responsible. Without force he cannot have responsibility in this universe. IF HE CANNOT USE FORCE HE CANNOT BE RESPONSIBLE. A person being pompous is merely advertising the fact that he doesn't have any force. A RESPONSIBLE INDIVIDUAL CAN HOLD HIS ENGRAM BANK OFF HIMSELF. HE CAN HANDLE FORCE. When a person can't handle his own body facsimiles he's really having a rough time.

A person can have as much and more personality as a Thetan than as a body because everything in the body is limited as to MEST. (matter, energy, space, time)

We are no longer trying to knock the reactive mind to pieces. But we do not want to validate it. We try to strengthen the analytical mind so it can handle the reactive mind.

The Analytical mind, all the BEINGNESS of a man, the personality, the GUY, is DETACHABLE.

John Farrel discovered that the Thetan off body could have all the various emotions. In this way a person can discover that their emotional bank is with THEM, NOT THE BODY.

To exteriorize a P.C. anybody can run SIX STEPS TO BETTER BEINGNESS.

#### SOP 8 - SOP 8L

This is what auditors are capable of using today. They AREN'T capable of using - running engrams, postulate processing, emotions, sympathy. Because they themselves tug and pull, before they are exteriorized in the Body vs. Body war, to such a point that their P.C. will come up just so far and then they start bashing him in - whether they know it or not. It takes a terrifically high toned auditor to run engrams. The next step up it took a tremendously high toned auditor to use SOP's 1, 2, 3, 5, and 7. Anybody can run SIX STEPS TO BETTER BEINGNESS.

If a Thetan takes attention off the body he will be able to be CAUSE and RESPONSIBILITY.

People fall away in direct ratio in the amount of responsibility they are ready to assume.

BOOK I - COMPLETE "NO RESPONSIBILITY." Mama, Papa, others did it. NOT YOU.  
A.P.&A. II - SELF DETERMINISM AND FULL RESPONSIBILITY. COMPLETE SELF RESPONSIBILITY

Man understands "NO RESPONSIBILITY." "The cops, car, mom, pop are responsible. NOT ME!" When he turned to the opposite extreme, "BE RESPONSIBLE: SELF DETERMINED," many followers left quickly.

We went from one extreme to the other. You've got to be "self-determined" before you can be anything. People can recognize that for some things you are responsible and for some things you aren't.

When you do processing along that level it's quite workable. But it's better to forget about who is responsible for what - except the auditor. And he'd better know that his P.C. is as responsible as he can generate energy as a Thetan.

THAT'S THE TEST!!!

When we have a person who is capable of taking responsibility we have a person who is capable of generating force. When a person is capable of generating force he is capable of being "cause." These things go together. It is not necessary that a Thetan PUT OUT force - just be capable of it.

The way out of this universe is through it - THROUGH ALL of the DYNAMICS. From dynamic 8, up through dynamic 1. Be the first dynamic, completely and utterly. Be everything there is to be about dynamic one as far as a BODY is concerned, as far as homo sapiens are concerned. Then everything there is to be about dynamic two, three, four, five, six, seven, and eight, each in turn.

The faster you run away from any dynamic, the quicker you collide. (Vectors reverse.)

When you don't HAVE to be it any more, you CAN be it. And so on up through the dynamics. This is the road to "OPERATING THETAN."

The only way to get rid of living is to live. IF YOU DON'T DO THINGS BECAUSE THEY ARE ABERRATIVE OR YOU'RE AFRAID OF THEM, YOU ARE RUNNING AWAY. Be afraid of something only when you have nothing with which to overcome it.

SIX STEPS TO BETTER BEINGNESS is an answer to any case, but especially A TOUGH CASE. If he doesn't do well on SOP 8 - steps one through 3 - then go right to SIX STEPS FOR BETTER BEINGNESS, unless he is psychotic. If psychotic, use step seven.

WE SIT HERE WITH TECHNIQUES THAT ARE SO EFFECTIVE WE DON'T HAVE TO BE AFRAID OF DOING ANYTHING IN LIFE BECAUSE WE CAN RUN THEM OUT.

P.C. WANTS TO LEARN ABOUT LIFE.

Run acceptance level processing instead of step 4. Makes SOP 8 - SOP 8L.

"L" standing for "LIFE." P.C. will learn all about life from this. SOP 8, all by itself, just as in 16 G will produce results with that slight change of wasting in brackets. Step 4 in brackets. You can do a great deal with these techniques.

The only people fooling and monkeying around with these techniques and trying to understand desperately are people who need auditing BAD.

A person who figures, figures, figures, has to understand before he is, he has to think about it before he can BE, and so he never gets his chance to BE; he always thinks about it. These techniques break that cycle. There's too many good men stuck in "have to know before you go." Who have to see in their minds before they can look. The more they see in their minds, the less they look. There they go. IT'S A FORCE UNIVERSE. WE ARE FORCE-ADMIRATION BEINGS. This universe cannot admire anybody. But YOU can admire IT all the way. If many people admired the universe with admiration particles it would actually start falling apart.

TECHNIQUE FOR GUY WHO WON'T ACCEPT RESPONSIBILITY FOR HIMSELF OR ANYONE ELSE.

He's a man. All you have to do is solve his tremendous concern of being a man. TECHNIQUE:

Mockup vast numbers of men, women, parents below him looking up admiring him for having become or stolen a baby. (the assumption)

This is very workable when run on a STEP 5. But it verges on madness. So vary it with SIX STEPS TO BETTER BEINGNESS. This is a wonderful introvertive technique so extrovert it too with SIX STEPS TO BETTER BEINGNESS. Thousands and thousands of mothers and fathers looking up eventually will work up to admiration of him for stealing a baby. Maybe they will snarl, ridicule, etc. at first. That's O.K. Just keep people looking up at the P.C.

<u>People looking down on the P.C.</u>	"A"	People on "A" looking down to "B" on the P.C. is a blessing to the P.C.
<u>Hero stands the P.C.</u>	"B"	People on "C" looking up to "B" at the P.C. is adoration, admiration. For this process we are interested in people on "C" looking up to the P.C.
<u>People looking up at the P.C.</u>	"C"	on "B".

If a mockup is not perfect, (lacking a head, for example) get a lot of people below the mockup admiring imperfections of the mockup and the imperfections disappear. While running explosions you will run into "A, B, C." Mockup a lot of people below the engram admiring him for having it. It will go BAM!!! Where parents have felt they should have gratitude the technique of having taken or stolen a baby, and admiration for it, is especially useful.

RAPID RUNDOWN IN PROGRESS, IN RESEARCH, INVESTIGATION, AND UNDERSTANDING OF EXISTANCE

- 1) Establishment of mechanism of Stimulus-Response in workable terms. This was studied in the field of hypnotism, and stimulus-response. Seeing how you could create stimulus-response situations and seeing the fact compared to life. That was a new front foot forward in the field of the investigation of the mind. Aberrative character of language. How synonyms and homonyms work and how they became identified. A lot of that is in BOOK I.
- 2) Character and composition of picture images. (mockups) - BOOK I
- 3) Time Track. Developed dynamics and that the basic principle of man is survival.
- 4) Self determinism and responsibility axioms. First workable organization of psychotherapy.
- 5) Early days of Theta clearing brought up responsibility level and they ended up out of the body. It happened because of dichotomies of responsibility in brackets on the concept level.
- 6) Research on evolutionary time track. Now don't worry about this. It is Para-scientology. How we got Theta clear. Just pick up "History of Man" and go to work with your E-meter. It's fun.
- 7) Started LOOKING instead of accumulating data. Picked up speed. Found out what Thetans did and got Thetans to observe what they were doing and do what you did and work with it that way. How they got stuck and came out. Didn't have to know why, just how. Found out that was what they were doing and did something else. So man started "coming to pieces" and, for the first time, we could get rid of chronic somatics with ease.
- 8) Definitions of space, zero, static, mathematics, time, etc.
- 9) Space processing Certainty. Certainty of three universes. Certainty low on the scale is an impact. High it is having as much or as little space as desirable with freedom to choose and use.

SOP 8 - 8L. The problem is the absence of quantity of energy. Don't hit line too hard. Don't try to rush P.C. That wastes time. Unwillingness to take responsibility is unwillingness to do anything with his body because he might hurt it.

If Your case DOESN'T RESPOND to STEP 1 through STEP 3 of SOP 8 - give him ADMIRATION FOR STEALING BABIES, SIX STEPS TO BETTER BEINGNESS, EXPLOSIONS, SIX STEPS TO BETTER BEINGNESS, EXPLOSIONS, SIX STEPS TO BETTER BEINGNESS, ADMIRATION FOR STEALING BABIES

LECTURE #10

USES AND FUTURE OF SCIENTOLOGY

Optimum use of Dianetics was an optimum resolution of problems of existence. This is A goal of Scientology. Dianetics stressed problems. People who favor problems rather than action will stay with Dianetics.

THE RETURN OF MOTION AND ACTION TO THE EXISTENCE OF SOCIETIES IS OUR GOAL. Cultures and societies should not be as dull as they are, where man is forced down into a super-control-mechanism, compressed to a point where he doesn't dare win. This is not a return to viciousness, unethical conduct, cruelty, etc. These are products of low tone. People in high tone find themselves in trouble mostly because they do not specialize in "how to hate." The individual who is hating is turning himself into a nice, solid piece of MEST.

ADMIRATION betokens in itself a kind of respect. It borders on liking. ADMIRING IS A BETTER WORD THAN LOVE. "LOVE" is often a compulsive passion which devours the very young; and they starve to death, blow their brains out, pine and sigh, and learn ridiculous dances, and this is "love." One who is in love often doesn't even see the person to whom they have attached themselves. They don't even see the person there. They're in "love." ADMIRATION BETOKENS RESPECT AND UNDERSTANDING OF EXISTANCE AND HIM OR HER. It is more pleasant and more enduring than this thing called love. Admiration is to admire existence. Defined interest. (Pleasant interest.) A PLEASANT EXCITEMENT IN LIFE ITSELF: - ITS MOTION AND ACTION To be able to respect and admire livingness in a thing rather than trapping it and caging it for possession.

A THING THAT IS "LOVED" MUST BE TRAPPED AND CAGED. A THING THAT IS ADMIRERD IS THE THING YOU LIKE TO SEE FREE. Love and hate are very close. So close that they flip like a gamblers card. PASSIONATE DEVOTION WITHOUT OBSERVATION IS "LOVE." DEVOTION WITH OBSERVATION IS ADMIRATION.

There's nothing wrong with loyalty and honesty. They are fine. Most men say, "It doesn't pay. You get it in the neck." People are so hungry for love, admirati attention, space, etc. that they chew up and spit out the individual who is honest and helpful.

THE WHOLE ANSWER TO THE PROBLEM OF BEING DEVoured IS TO BE TOO BIG A MOUTHFUL. Just be in the state of mind in which you are WILLING to BE any of the eight dynam. at any time and to use force if necessary. Force is sitting from 20.0 on down. Get above force, you don't need force.

You get into flows the second you start running concepts of things, ridges, and energy in its raw masses. When you get into flows you become the effect of flows just as the person getting into too many engrams becomes the effect of engram. An EFFECT is NOT CAUSE. It is that thing upon which CAUSE OPERATES. The glass which was moved is the effect. It responded perfectly and completely.

Be WILLING to be ANYTHING. This doesn't necessarily mean you HAVE to be anything. A person must be SOME effect to be here. WHEN A PERSON IS AFRAID TO BE AN EFFECT IS WHEN HE GETS INTO TROUBLE. So in using the material of Scientology we want to get one up to a consideration that one is WILLING to BE. There is A HIGH LEVEL OF TOLERANCE which can be mistaken at the bottom of the tone scale as "abject surrender."

When one wants to see life in a better, happier, and higher state he can admire and appreciate the struggles that are going forth and on computations of eight dynamics, try to resolve problems in terms of maximal survival for the maximal number of dynamics. THAT IS AN OPTIMUM SOLUTION AND ALWAYS WILL BE. It consists of a lot of admiration and very little hate. Optimum solution is maximum survival on the maximum number of dynamics. WHEN YOU CAN LOVE ALL MEN WITHOUT COMPULSION YOU ARE

THERE.

Life has a tremendous strength and potentials. It is an enormously wonderful manifestation. It fights. When you look at life you realize that life has bred to itself discipline, punishment, and agony. It's randomness. But when it loses its sense of direction you're sure entitled to do something about it.

A Scientologist is getting wheels turning, getting the show on the road. Keeping the cultures from falling on their faces.

WHAT A SCIENTOLOGIST IS:

- 1) HE BRINGS LIGHT AND HUMANITY TO MAN AND HIS SCIENCES. Man neglected to bring humanity in when he brought in science. There's nothing wrong with math, physics, chemistry, and electronics, or anything else, until the slap-happy guy who doesn't even know he has a next door neighbor decides that the machine is far more important than man.
- 2) HE IS A TROUBLE SHOOTER. People get into trouble, they can't get out of it. Suddenly the gates drop across the time track. A baby is born and the wife decides to kill the child. Scientologist can help. The criminal is one because he's not allowed adventure. SOCIETY HAS NO RIGHT TO KEEP MAN IN CAGES. A Scientologist can very definitely do something about that. He is for the individual, child, family, and/or groups.
- 3) HE RECTIFIES AND REMEDIES CONDITIONS OF DESIRABLE LIFE FORMS. He rectifies and remedies conditions favorable to undesirable life forms.
- 4) HE IS A COUNSELOR FOR PROBLEMS OF CULTURE. Culture consists of productivity, art forms. Survival in the raw deals with art forms.
- 5) HE IS A LEADER IN MAN'S CONQUEST OF THE ENVIRONMENT. A counselor for conduct and planning of political men, a teacher of doctrine, useful in tasks of survival. A social catalyst dedicated to raising the level of man and bringing him to recognize his brotherhood with the universe.

There are two parasitic groups in the world today which are at war with each other and are causing more commotion. No one knows what's happening.

- 1) Communism! A military aristocracy which depends upon the worker.
- 2) Capitalism! A money aristocracy which depends upon the worker.

The manager, worker, and people who service the managers and workers are the service group. It works fine until the Military says, "We can shoot." and the money says "We can buy everything, including you."

Somebody once said, "The world is carried on the backs of a few desperate men." This is very probably true. If you find any desperate men, just give them a little more back! (Shove them up the tone scale.)

- 6) Individuals are capable of creating their own universes. This is out of our ken when dealing with this universe alone. YOU AND YOUR P.C. WILL COME UP TONE SCALE IN MOTION TO THE POINT WHERE LIFE WILL BECOME SO INTERESTING THAT YOU WON'T BE ABLE TO STAY OUT OF ACTION AND MOTION.
- 7) When you decide life is too good to be left alone - and are stabilized there - away you go. Many forget about this and only go into complete motion. It is easier to process many together rather than one alone. GROUPS ARE EXCELLENT. No one should spend his lifetime auditing. LIFE AT LARGE IS WAITING FOR YOU WITH OPEN ARMS.
- 8) BE PITCHING AN OPTIMUM SOLUTION. This isn't only working with the sick and unable. Society is run by capable people. Tremendous numbers of things can be

done for capable people.

9) What to do: Simply stop somebody in the lobby or on the street. Say, "Come to my office (or home) tomorrow. I'm going to give you some Scientology processing DO IT!!! Their motion is practically stopped. THEY COME!!!

10) WHO WILL THANK YOU? YOU WILL. AND YOU ARE THE ONLY ONE WHO CAN REALLY GIVE ADMIRATION TO YOU. LEST is unable to give admiration and most men are too dried out and won't. Women specialize in pulling anchor points in rather than pushing them out. This is because of the nature and construction of the body. You are your own pay master and always will be.

11) It's O.K. to mockup yourself being things. Even admired. IF YOU DON'T FEEL YOU HAVE TO HAVE IT. You can look at an entire universe; but you look at one not of speculation, but of action. You don't have to think twice of or give notice to people who are THINKING about it. People who are THINKING about it are NOT DANGEROUS! DON'T THINK ABOUT SCIENTOLOGY AND ITS USES. JUST USE IT. ACTION IS MOTION. ANY ACTION IS BETTER THAN NO ACTION!

12) THE ONE THING ART ISN'T - IS RESTRAINT. IT IS DIRECTED MOTION, BUT NOT RESTRAINT. Yet it is taught with restraint.

Optimum use of what we know is best taught by example as well as by basic material. ACT!!! Give rudimental integrated data plus techniques which, having moved him into thinking, will move him out again.

THE DIFFERENCE BETWEEN THE YOUNG MAN AND THE OLD MAN IS THAT THE OLD MAN KNOWS HE CAN BE HURT, WHILE THE YOUNG MAN DOESN'T CARE.

The woman with CHARM and ANIMATION, with ABILITY to REACH OUT, BE, and ADMIRE, will be FAR MORE POPULAR than the BEAUTIFUL woman. CERTAINTY, with POISE, DIGNITY, ABILITY TO LAUGH (when appropriate), will allow you to move FREELY. ANIMATION ARRIVES AT THE FINISH LINE WHILE BEAUTY IS THINKING ABOUT IT. Walk through life. It goes apart like grass. Nothing can interrupt your line of motion.

Life today has no resistance, no vitality, and is on the wane. No OPPOSITION: Hubbard is not attacked because LIFE IS TOO LOW ON THE TONE SCALE. The pioneering of life is at an end. The only people that have ever fought Mr Hubbard are those he has brought up tone scale enough so they could fight.

Mr. L. Ron Hubbard is going to open a clinic to train auditors way, way up. SUPERTRAIN already trained auditors. No paying P.Cs. He hopes to process children in the main, and many of them. Some day to have a children's hospital where children can get well and get oriented. A recreation center, really.

A better dissemination of material and better auditors is the goal of Hubbard. May possibly mean fewer auditors. There's no longer any reason for an auditor to be incapable of processing people properly. Group process auditors that have gone down the tone scale. There is no such thing as a scarcity of P.Cs. EVERYONE is a P.C. The answer is Six Steps to Better Beingness. The answer to any of a person's problems is to LOOK, NOT THINK!

#### ACCEPTANCE LEVEL PROCESSING:

Start at the top of the tone scale and go down. "Can you accept a nice, bright, cheerful mama?" (no.) "A dull mama?" (no) "A cross mama?" (Wellllll) "A mean, vicious mama?" (Yessssss) "A mean, vicious, diseased mama?" (Yeah!!!)

That's acceptance level processing. If that is the acceptance level of that P.C., HE WILL ACTUALLY TRY TO MAKE HIS MOTHER INTO THAT KIND OF PERSON: - AS she lives. Not just in mockups. He'll really WORK to make her that person. So he

can accept her, of course. THIS IS THE WHOLE PROBLEM OF INTERPERSONAL RELATIONS !!

But if you have a question about something, LOOK! For you have all the periscopes and binoculars you need in these processes. There'll be other processes other developments, other news, reports, tremendous qualification of data necessary in terms of "what sickness are we really knocking off? How long can a man live? How old a P.C. can you process? And all sorts of things. The whole horizon is open. So there's lots of material to be known."

(Question from the audience)

"What's the record on age, L. Ron? L. Ron: "I don't know. I processed a fellow 96 once with success. I imagine somebody's done better than that."

THE BEST WAY TO HAVE AN ORGANIZATION IS TO HAVE A SUBJECT. If you have a question about something, anything; - LOOK!!! DON'T THINK!!!

## QUESTION AND ANSWER PERIOD

Do an E-meter assesment on the case on create and destroy. Check the usual relatives: Mother, Father, brothers, sisters, etc. This will save much time, energy, and effort. Use the Expanded GITA list in Journal 16-G. It is all laid out in the Journal: Go down the list: All the way to destroying Christ and God. (This is a way of wasting admiration on spirits.) Waste ghosts. You can go up the dynamics on wasting. Reading the Bible frantically is wasting admiration on seventh and eighth dynamics. This isn't theraputic because it is in the BEST universe. If creating or destroying Christ or God hits the pin on the E-meter, go easy with your P.C.

IN EXPANDED GITA - Add "SAVE" between "WASTE" and "ACCEPT". Run the entire thing in brackets.

A MAN'S SECURITY IN THE FUTURE DEPENDS ON HIS ABILITY AND WILLINGNESS TO USE EFFORTS IN THE FUTURE. "Can't work" is the basis of neurosis and psychosis. Unwillingness to put out effort - to put out and receive anchor points is the only evil.

"Get a large area of nothing. Now get the idea you're fighting it." This will give a P.C. a funny feeling. This is all word arguments are.

### OCCLUDED CASE TECHNIQUE:

Get all blackness out there as a something and then get all blackness turned around as nothing. Repeat this, then get blackness as a question: "Is it something?" Then turn it around as the answer. "It's nothing!"

### CYCLE OF ACTION OF PROCESSING:

"Get the idea of an engram, then nothing. Get the feeling of present time, then nothing. Engram erased, then nothing. Running an engram, then nothing. Feeling of being down time track, being in present time. Get the idea of being aberrated, now of being clear."

This will run out past auditing by completing cycles of action.

"QUESTION AND ANSWER" shouldn't be followed by "SELF ANALYSIS." These and Opposite Pole are introversive techniques. - Subjective techniques. These should be followed by extroversive techniques. "TEN MINUTES OF NOTHING" will gradually extrovert the P.C. as he gradually moves out.

USE A SUBJECTIVE TECHNIQUE AND THEN AN OBJECTIVE TECHNIQUE ALTERNATELY.

On "Q. AND A." have the P.C. extend anchor points after collapsing them. Question and Answer on his body and then a body out there that he puts his body on forward and then backwards.

When using "Q. & A." with a group leave out husbands and wives because this would take too long to work with a group. Wearing heads is a lighter technique, and can be used a little more easily with a group. Same with Opposite pole: Throw in past people and leave out present time people.

Mirrors automatically double terminal a person. "Get the idea of a spot out in front of you looking back at you. Now get the idea, 'How I'd like to be that view point.'"

When there is a serious auditing failure it will be due to: Auditing too many hours between one and four A.M., or your P.C. has not eaten sufficiently for the preceding week, or he was deficient in Calcium lactate and Vitamin B1.

The P.C. needs sufficient food, sleep, and vitamins to progress. Always ask your P.C., "Have you been to a doctor recently? Are you on any drugs?" Do this before you audit him.

Halucinations from sulfa or alcohol will clear up if the person is given Vitamin B1. Give an alcoholic Vitamin B1 before you audit him. Ten grains of

Calcium Lactate, fifty to one hundred miligrams of Vitamin B1, is a reasonable supplement to a P.Cs. diet.

Be sure to have P.Cs. in group processing take Vitamin B1: Their not being able to sleep, having Nightmares, will result if there is a deficiency.

For a Post-partum psychosis: Let mother have quiet, no baby for awhile, Vitamin B1, then run out the delivery, her own birth if available, step 7, 6, etc.

To bring a family back into Scientology after they were invalidated in its early days: Pick a friend of theirs, explain the problem, bring the friend up the tone scale by auditing. Make a common communication point of yours and theirs. The friend will reestablish communication.

An overt line of action that results in knocks and bruises is apparently desirable to a certain extent.

To STRAIGHTEN OUT A P.Cs. GOALS: Have him mockup horrible futures in brackets. On gradient scales, make them better and better and better until he has a beautiful future. HIS GOALS WILL SHOW UP.

Use special mockups for a child, but not continuous stories. Touching child and withdrawing will develop his confidences as described before. A child runs beautifully on SOP 8. But remember a child's attention span. It is very brief: Only about two minutes. In schools allow five minutes to quiet them, give ten minutes of "SELF ANALYSIS." End with five minutes of the next to the last list of "SELF ANALYSIS." (third grade children.)

A baby will give you much attention, but only for very brief spans. A parents act of getting a child to sit down to talk will frequently exhaust the child's attention span.

Withdraw slightly, make them reach for you, etc. Technique to use with cerebral palsey, etc. Covered under "OLD MAN'S CASE BOOK." in the Journal. Use this on any case that is out of communication.

A TERMINAL is an end of a communication line.

An ANCHOR POINT is something which encloses any extremity of an individual space

A VIEWPOINT is a geographical location in space from which to view.

A mass is made out of DIMENSION POINTS.

For ACCEPTANCE LEVEL PROCESSING: Feed the P.C. the most loathsome things you can think of until the P.C. starts to smile and accepts the mockups.

A gradient scale on beer might be: Beer. Warm beer. Warm beer with glass in it. Warm beer with strichnine in it. Warm beer with a few unmentionables in it.

Alcohol. Bad alcohol. Denatured alcohol. Canned hot alcohol. Alcohol with some unmentionable quantities in it. Give him completely poisoned alcohol, (in mockup!) and he will accept it.

Optimum for a Thetan is to be able to do what he wants to do with energy, to have no set location or size, etc.

YVONNE GILLHAM