

Summary to Date: Handling Step 1 and Demo

A Lecture given by L. Ron Hubbard
on the 17. December 1952

This is first hour, afternoon lecture, on December the 17th following Dreadful Tuesday.

Now, some of you have accused me of operating in this... I mean, of... no... some of you, just – I think, just one has mentioned it to me, „You of course are not giving these lectures with any organizational plan“ – that’s been mentioned to me. And uh... well, that’s all right. And that has not been true up to this moment. What you got was the basic fundamentals you had read to you there the first 20 pages of the book which covered some of the old material and lined it up and showed how much of it we were still using, and this material was followed by our newer theory. And that newer theory was merely, as I was showing you in the last lecture, a little bit higher up the cone than we’d been before, and evaluated the same data. And then this was followed by an interweaving of Tone Scale and Cycles of Action and Cycles of Action and the Tone Scale and Tone Scales and Cycles of Action. And there was an awful lot about Space. There was an awful lot about Energy. And there was quite a bit following that on various techniques, one way or the other. And I talked to you about handling pre-clears, here and there throughout these lectures.

But we built up the body of theory before I started to talk about Standard Operating Procedure. And then I started to talk about Standard Operating Procedure and gave you Standard Operating Procedure and outlined Steps One, Two, Three, Four pretty well. And I outlined earlier Step. No. Five.

And I brought you now to a point where, theoretically, you could operate simply by using this information. And so it has not been true that these lectures were completely disorganized until this minute. And now it happens to be true.

It happens to be completely true from here on. We haven’t, really, any more data to tell you. Somewhere in the bulk of these last many hours of information, practically every datum that interrelates and makes up the package which you need in order to understand and evaluate the human mind has been present, somewhere or other. And in your hands is SCIENTOLOGY 8-8008 and this gives a very rough, brief summary. And the only thing new about it is the technique – the exact technique known as Spacation. And the exact technique known as Balancing. And we’ve given you Standard Operating Procedure Issue Five instead of Issue Three,

as given in the book. And these techniques are outlined on mimeographed sheets which are in your hands.

So there's really... there's really nothing more to know about the human mind, about the universe, about aesthetics, space opera... past lives, other planets – you can read WHAT TO AUDIT if you want a disentanglement. Whether that's true or not, whether the material in it is exact or not is beside the point. That material is there not to tell a story, but to help an auditor solve a case. And it's told from that viewpoint and from that viewpoint it's accurate.

It uh... is also, by the way, probably to a large degree true. But I can't tell you exactly to this day exactly how this GE gets himself into such an accuracy in building a carbon-oxygen engine; he becomes fixated on it. Or if the GE is really just a decayed thetan or another breed of cat. Or if there is such a thing as a thetan native to the MEST universe. I know you're not. No preclear I ever processed was native to the MEST universe – not one.

But it's very possible that the GE and its ilk are. I don't know. Don't have to know either. Otherwise we would have taken large steps to find out.

And so now that you're full equipped and need nothing, not even experience, to go on and produce all the results produceable, why, probably I ought to simply go over something that is very technical or uh... uh... show you that really you don't know after all and that uh... when you do get certain facts memorized you will become an authority and uh... so on. I should do that, but I'm not going to.

The fact of the matter is, is when you haven't seen any of these techniques in operation, really in operation, beyond those few demonstrations which I have given you in between breaks. And some preclear says so-and-so and so-and-so. I didn't give you too much of a demonstration when I did that.

So I think probably from here on, the best thing that I could do is to show you this stuff in action. And in so demonstrating it to you, give you some feel of how you go about it, because otherwise there might always remain a doubt in your mind about the fact that 'Hubbard's doing something else', and 'I'm probably not doing it according to Hoyle' or something. And uh... it might have a different aspect entirely. There is that possibility.

Now, therefore, the first thing that we ought to do is take a Step One and very briefly tell you how to handle a Step One and then very briefly show you the Operation Step One, on somebody who is a Step One.

And then I ought to tell you a little bit more about Two and about Three and about Four and about Five. And we haven't got any Sixes. (We've got several Eight's.) Now we're not going to cover that technique. There's a special technique for these which we're still withholding and which we'll never give up.

And uh... therefore Step One is the first thing in order. I want... I want you to understand this. You really do have all the theory and all the applications and the interweavings in the materials which I outlined to you. You really do have these things at this time. Don't think something new is going to slap you in the face. In other words, you can relax about this.

There's a lot of things on these tapes that you didn't hear; that I can guarantee, because that's always the case.

But that doesn't mean the data is not available to you because at the very worst, if you were to move out to – well, let's really get out in the sticks. I mean, let... let's... let's get out – well. I don't know, I heard that a human being went there once. Let's go to Wichita uh... on this uh... on this level and... and you... you were sitting out in Wichita and you... you didn't have these tapes and all of a sudden you were confronted with a preclear and you were told solemnly that this preclear had epiglottis, and you say, „I wonder how you solve epiglottis?“ and you could get to worrying about this. Well, actually you have the methods of solving epiglottis in these handouts and that textbook. Who cares who gave it a name? Who cares? Who cares what the symptoms are? I mean, just frankly that – who cares what the diagnosis is?

And besides, it is against the law to diagnose. There are 25 ills that it's against the law to cure in California. You could go to prison for years for curing a case of arthritis. That's right – 25 ills – 25 ills; they're just outside the realm of action. You didn't know that? There are several states that have those things.

You never want to advertize that you cure anything. You can tell people you theta clear somebody or you can tell people that you will process them, and this is simply to make the able more able. If they happen to have epiglottis... this isn't just covert hostility; this is the actual truth! If they happen to have epiglottis and the epiglottis doesn't happen to be there when you finish up what you were trying to do, that's their hard luck. That's nobody else's hard luck. That's their hard luck. That's right! You're not Interested in anything, really, but making the relatively able much more able. You're interested in that and you're not interested in epiglottis. You've got epiglottis – if you don't believe it, go out and find a case. And how do you handle it? Step One, Step Two, Step – oh, he's a Step Two. Good. Goal of the body? None. Goal for the thetan? Operating thetan. That's... that's a lot different than an ambulant body that doesn't have epiglottis. That IS a lot different.

Somebody comes around to you and says, „Now, do you people believe... do you people believe that uh... anybody should be permitted to operate upon the mind? Hmmm-hmmm?“ – somebody that looks awfully official or somebody who's trying to get you to make an incautious statement. Because I don't believe that and you don't believe that. And the answer which I give them is perfectly true and perfectly straightforward. I tell them, „Nobody who has not been thoroughly educated in the field of the actual human mind has any business whatsoever doing anything with it at all.“ That's with thoroughness. Unless they REALLY have been educated in it... unless they REALLY KNOW the human mind, they shouldn't do anything with it. And that's the stand we're stuck with. And they'll come along on the other side, and they'll say, „But you train anybody.“ That isn't true. We don't train anybody.

Liability on training at this time is terribly off. I mean, the liability has lightened up enormously because of the techniques themselves. And when we say an auditor is a theta clear, he's just going to have to gimp along because of our time span and so forth, while we are here. But you'll find out that there's no substitute for it, if you're an auditor. And there isn't much time that you have to put in on it in order to accomplish it. If you think you really

have to put in a lot of time on it, you're just not operating in the same reality that we should be operating in.

A Step One can actually be pushed up the line to a theta clear in about six or eight hours – all the way up. And if you are taking longer than that, you are just poking around, and that's all there is to that. You're just poking. You're just wasting time some way or another if you take any longer time than that. And that includes the various exercises comprising Step One.

Now as the cases go on into the deeper steps, it requires more and more time. But how much time is 'more time'? Well, if you were doing your job well, accurately, and doing Standard Operating Procedure Issue Five, for me to make a precise estimate for each case level would be folly indeed, because it has the two variables: The case itself, which will vary in the length of time in each Step; and the speed with which the auditor's willing to audit. And these are two variables.

But believe me. If you spend more than 50 hours on a Five, you ought to have your head examined because I can kick a Five out by running the dichotomy of Responsibility and No Responsibility – in 50 hours. And I've done it. Just all the various ways you can say, „Do you want to be responsible?“... „You don't want to be responsible“... „The beautiful sadness of being responsible“... „The ugliness of being irresponsible“... „The joy of being irresponsible“... „The joy of being responsible“... „The glee of being insane“... „The horribleness of being insane.“ They just go on like this. Run it, run it, run it, run it, run it, run it, run it.

The guy will wake up sooner or later and he'll say, „What? What do you mean... do it in front of my body? I can't reach way down there!“

And you say „What's the matter?“

„Well, I'm... I'm auditing this stuff up here in the corner of the room.“ And you'll say, „Now, wait a minute. How'd you get up there?“ „Oh, I've been up here for hours, didn't you know that?“

Now that's the truth of the matter. So, I know that a technique exists which will do in a Five way back on the track. I mean, way back on our developmental track.

So what's the next? We can then... then rather safely estimate at a guess that if you spent 50 hours on a Five, you sure would have been loafing along the wayside, because you would have gotten there... you would have gotten there if you had just run dichotomies on Responsibility and all the various ways that can be run – because that could be run a lot of ways, see? You could start adding them up.

Oh, yes, yes. I remember something I wanted to talk to you about. I wanted to show you a wheel – a wheel. I'll give you an hour on that wheel.

All right, in other words, the uh... point we're making here is that you are wasting time, then, if you're going above 50 hours on a Five, at a guess or an estimate. So how much time does it take for an auditor to get in good shape? How much time does it take for an auditor to get up to operating thetan?

Well, let's say each one of you could afford 100 hours of auditing. That is relatively, maybe, five times as many as you should have if you are being well audited. Let's put the factor of five in there. And uh... just throw that in there and say it's 100 hours. Could you afford to spend 100 hours as an auditor on the couch? Boy, I'm sure afraid you could. Well, you could dig up 100 hours some place. You could put in three nights a week at a couple of hours a session. Well, what would happen if you put in three nights a week at two hours a session? That adds up to six hours a week, doesn't it? How long does that take to get to 100 hours? 6 and 2/3, is that right? Six and two thirds weeks – sixteen. I have to figure in arithmetic. I have an awful time with MEST arithmetic – just horrible, just terrible. Sixteen weeks. Okay? That's very interesting. I have to completely change reality to get a MEST arithmetical thing.

You see, MEST arithmetic doesn't happen to be real – I mean, happen to be actual. It's real. Fascinating.

You know if you put up a whole flock of apples, if you put up 100 apples and then you divide the apples by ten apples, you theoretically get ten piles of ten apples, don't you? Pile 100 apples and divide it by ten and you get ten apples. You can't do that. Why, you... my whole beingness revolts against saying, „Ten into 100 apples gives you ten.“ Boy, that's really down tone scale! It's really diggin' it!

All right, regardless of that. Let's take a look, then, at how many amours of auditing you as an auditor oughta have. If you were to put in, let's say theoretically that figure was 16, if you were to put in 16 weeks ~t a couple hours a night, three nights a week, it... it... it wouldn't cost you a great deal of time. If you were interchanging this auditing with another auditor who was about your level of action, why you ought to be up there at operating thetan if you audited and co-audited with him, you would be putting in, then, 12 hours per week of auditing! You auditing six and being audited six.

And now the best way to do this, however, is to have a triangular team – not to have a two-team. Because they just 'flow' at one another. Uh... let's have three and let's have point A audit point B audits point C audits point A, and then their cases are all disrelated. And that... that's easily a much more workable arrangement.

But we go on from that and we find out, then, that you're stable enough so that you shouldn't require, after that, vast quantities of auditing. You can go in and tackle a preclear and you have your own energy level up to a point where you wouldn't have to apply yourself to swamping yourself up. In other words, you're not doing the trick of crawling up three inches and failing back two, and so on. Maybe you are during those 16 weeks.

And let's just kind of lay that down and wonder if we could spend that much time on a case – that's yourself. Now the lower a person goes on the steps, the less time he'll spend on his own case, until he starts to get down to the bottom and then he'll run himself automatically – that's automaticity – that's final level.

Well all right. Let's suppose now you're out in the sticks – I... I... I... hope none of you have to go that deep into the mire and jungle as that unmentionable place I just mentioned. But let's say you... let's say you get to Bingamton, New York, and the nearest auditor who is a professional auditor is Bungumton, Vermont. Well, you can't audit by mail very

well. Now auditors will ask you this question, and so I'll answer it for you: Can you audit yourself up to theta clear? Well, I don't know how long it would take you. I... I really don't know how long it would take you. And I don't know how fouled up you would get or how flat you'd spin or anything, but it could be done with just using Standard Operating Procedure Issue Five.

You'll find yourself lower on the tone scale when you're self-auditing... I mean lower on the tone scale of steps, than another auditor would find you, because you've got to set up a circuit to audit a circuit and then audit both of those as a thetan and do some other complicated things in order to do this. But if you were to sit down and do this, theoretically you could then, attain theta clear in God knows how many hours – I don't know. Two hundred? Five hundred hours of self-auditing. Because the liability of self-auditing has disappeared. You start self-auditing, you're starting to agree with the MEST universe like mad, and you'll get mixed up in flows. And the second you get mixed up in flows, you can go on forever, and I do not believe it is possible for a person... I have no evidence – no evidence of any character that tells me that it is possible for an auditor to self-audit himself or for an individual to self-audit or self-process himself up scale – no evidence to this effect – on old techniques. On techniques which existed up to three months ago. No evidence.

But I had every evidence to believe that one who audited himself on these flows and techniques of various conditions and running engrams – particularly running engrams – would become slightly relieved about the area around him, but his compulsion to audit himself would increase and increase and increase and finally go out of... almost out of control. And I have lots of evidence in that direction that that took place and no evidence that anything took place beneficially beyond deintensification of the effect of the environment upon the individual, with the consequence that if it were maintained too long, a person would sort of fix himself on that rat race on and on and on and on.

And if you find somebody auditing himself on old techniques, audit him on new techniques and he will stop auditing himself. That's all the solution we have about self-auditing, and that's because it's all we need. A person stops self-auditing when you run Standard Operating Procedure Issue Five on him. That's... that's all there is to that. We won't care if he's self-auditing; we're not even vaguely interested whether he is or not. It's where we find him on the steps and there... where we spring him and what we do for him. That's all.

So, our answer, then, on anything up to three months ago – and as far as you're concerned, up to these lectures because none of this material was at large – that self-auditing was impossible, underscore, exclamation point. Unless you just took SELF ANALYSIS, old American edition, and used it or did HANDBOOK FOR PRECLEARS, self, and did it routine and then you could get an improvement because it's relatively light auditing – it's locks and so forth. I don't think you could even keep that up too long all by yourself without any... this and that. I don't think you could keep that up 200 hours without uh... getting into the other rat race. You start to obey flows, or something of the sort. It would be very bad.

All right, then what's the answer to this then? Why are we all of a sudden able to say it may be possible for a person to audit himself? Well, that's because Standard Operating Procedure Issue Five opposes and disagrees with flows. So you don't start up the horrors of obeying

energy and flows. And it's theoretically and untestedly possible to audit oneself to operating thetan – theoretically possible. Those tests which I have seen so far were in the direction of alleviating one's condition, and improving one's general health and ability. Doing mock-ups all by itself, by oneself, is tremendously improving.

If a fellow were to have an automobile accident and find himself sitting there with his... all over with bruises and he were to audit out the engram of the automobile accident, he might get away with it – he MIGHT. If he were to audit the flows and effort of the automobile on himself, my evidence is very straight that he would start himself down and would be a little worse off than otherwise. If he audited it just as an engram, you see – different. But I mean, if he started using high-powered stuff like 8-80... oohh! Not good. He'd chop into that one and then he'd go into an earlier one and he'd find a past death and he'd be handling energy as itself and the flows would start up and he's in a weakened condition. But he could sit there and do mock-ups for maybe as little as 10 or 15 minutes and find himself in a remarkably improved condition and probably with the engram flipped out. Just do mock-ups.

Or, he could do a Spacation – just sit down and do a Spacation. Just bang-bang-bang – not pay any attention to the automobile accident. Find a spot; exaggerate its motion and minimize its motion until it's suddenly stopped. Hold it. Then, handle it; hold it; do two-dimensional space. Then take the two-dimensional space and make it resistive, unresistive. Get that solid and go right straight on through doing the rest of the exercises contained in Spacation. If he just did those by rote: One, Two, Three, Four, Five, Six – did a Spacation, he probably wouldn't have an automobile engram sitting on top of him. He probably would be in most remarkably good condition.

Or if he just did a mock-up series and he just says uh, „All right, now let's see, uh... That was a Packard car. All right, let's take a Packard car and let's paint it red and put dolls in it and run it down an incline, or have it run up this other hill.“

The first time he'd start this... and now let's put the mock-up behind him; and now let's turn the car green. Now let's turn it around and make it run wrong way to up the hill. Now let's put it down under the feet. Now let's have another car come down the other incline and – let's see – have these two cars start to approach each other and then turn off and go the other way. Now let's have them start to approach each other and crash. Anyway he wanted to put this together as mock-ups, as long as he was adequately handling cars, he would clip the engram, the trap being that he could trap himself into suddenly getting terribly interested in agreeing with the MEST universe. And that's the only liability of self-auditing. The only liability of self-auditing is that the pressure of the flows and somatics cause one to do what one automaticity starts to do, and that's to agree with the MEST universe. And one will be running flows when he ought to be running mock-ups. And that is considerably difficult for a person to overcome. But if he overcomes that, there is no reason why he couldn't audit himself right straight up the line to an operating thetan, really.

God knows how long it would take him, how many times he would falter, how many mistakes he would make, how many times he would get upset and feel like he was about to die as a result of not having finished a session. All of those things regardless, we have a possibility sitting there.

All right, now. Let's take another one: He's in an automobile accident, he's sitting alongside the roadside and they're waiting for the ambulance or something of the sort. And what's he start to do? He starts to balance flows – Give and Take Processing on automobiles. He takes all the automobiles he ever owned or ever had and stacks 'em in himself and makes them run away from him. Or he parks them around all the way outside of him and makes them run into him. Oh, he'd feel horrible doing that for a very short time. Theoretically, he would be out of the engram in a very short space of time. And this applies not just to an assist, it applies also to what an auditor ought to do for a preclear. And it applies also to the proper method of uh... going up the line, because it says 'Don't let your preclear agree with the MEST universe'. It says, 'Keep him disagreeing'.

All right, now... now here's... here's little tricks that a person can use. A person starts... he's thinking obsessively. He starts thinking obsessively on something, see? And he's thinking, thinking, thinking, thinking, thinking, thinking – what he's going to say to this, what he's going to do to that, where's he going to go? What's he going to do? What...? Thinking, thinking, thinking, thinking... running the whole thing off before something or other occurs and... Oh, no! How does he cure that? He makes himself reduce it and increase it, and reduce it and increase it, and stop it and start it and stop it. He puts it on somebody's hat and flits it. That's right, and he won't think obsessively after that. How do you handle that on a preclear?

A preclear comes in and says, „I get these gruesome ideas of this... these horrible idols and they keep coming in and their jaws clank and they're about to eat me all up, and besides I'm covered with grasshoppers all the time!“

Would you go ahead and handle idols and grasshoppers? That's hallucination. You're not interested in hallucination. You're interested in mock-ups. What would you do about this? He's thinking, thinking, thinking, thinking – and he can't stop. He's seeing, seeing, seeing, seeing – and he can't stop. You just don't pick up an idol and have him run around.

You increase doing what he's doing – you want a fast one? This is the fast way to do it: You increase him doing that, and you make him have more and more idols, and more and more horrible bugs crawling on him, and get 'em bigger and bigger, and then turn 'em different colors and get 'em bigger and bigger and more and more of 'em. And then you have just a few less. Now you have more and more of 'em; now a few less, now a few less; now more and more and more; now a few...

He says, „To hell with it!“ I mean, it's that fast.

So when I say don't treat this just as a mock-up – just don't run mock-ups on these things he's talking about, there's a specific way to do it. Do it by a cycle of action. Yes, use the idols and use the grasshoppers if you want to. Turn them a different color. Tie bows on 'em. Turn 'em around. Ship them the other way. Put 'em in coffins. Turn 'em into dead men. Put 'em behind his back and so forth. If you want to, put them behind his back – okay.

But there's this one, is „Just think about 'em. Now think HARD about 'em. Now think worse and worse and worse and worse about 'em. Now think just a little bit less. Now think much more. Now think a little bit 'less. Now think a little bit less. Now... now let's think

REAL HARD about them.“ He says, „To hell with it!“ It is actually faster when handling an obsession.

Now the fellow finds himself unable to think about something. He just can't BEAR to think about it. Just make him 'Can't bear' harder. „Well, let's not think about this“ you say. „Let's really shut this thing down.“

The guy can't remember something. The MEST universe runs in reverse. So you say to him, „Well, let's shut this down and let's not... now let's not... let's put on all the force you can to thinking about not thinking about keys“ – the guy habitually forgets keys. All right, „Let's not think about keys. Now, let's not think about them a little harder. Now let's not think about them a little less. Now let's keep those keys away a little harder. Now let's keep 'em away a little less.“

All of a sudden he'll say, „Wait a minute. I've got these keys flying past my ears here like mad. What am I going to do with all these keys?“

And you say, „Well, all right. Make 'em flow faster. Now slow it down. Take one key out every once in a while as they go by. You got that? Oh, they've slowed down? You say they've quit? All right, now what else is worrying you?“

I mean, it's really a very fast way to do it on a cycle of action. This is also the way you handle thought. The guy comes in and he says, „I think all the time about...“ something. That's worrying him. He has this piano music going through his head all the time. He has the ringing in his ear all the time. He has something or other all the time. Well, you can do mock-ups and train him around, particularly if you want to clip something else off his case. You figure out, well there's probably a lot on this case. You could do something else and ignore what he's talking about for a while. And then, to really impress him, leave it till last, when you do something for him. And then you'll get a lot of other things off the case that should be gotten off the case that didn't have anything to do with what he's talking about.

So, what do we do? We make him think faster and faster and then think slower and slower and then think faster and faster and faster, and then a little bit slower, and then a little bit faster and faster and then a little bit slower – and then all of a sudden, stop it. He's trying to finish a cycle of action. You have.; in any organism, in any action in the MEST universe, the most persistent and constant effort is to complete a cycle of action. You can think about these things in this line. I... I might not have mentioned it too much in this frame of reference, but I know I mentioned it. I was talking about cycles of action. You think about this in this framework, that anything the preclear can't do is stopped on a cycle of action that is close to the end of Stop.

I'll show you this: Here's a cycle of action he can't do. And this is, of course, Start for any cycle, Change for any cycle, Stop for any cycle. All right, he can't do. Where's that going to be located? He can't do! So it's a cinch that he, at one time, has tried to do, because what he's saying when he says, „I can't do so-and-so,“ he's telling you immediately, „I'm trying to do so-and-so,“ because he wouldn't be interested in a 'can't' unless he was trying to do – you understand that? If he comes around and he's worried about... he runs this buzz-saw all the time and he can't bring himself to reach for the switch and turn it off. He's trying to reach for

the switch and turn something off. And somewhere on the time track, somewhere, Lord knows where in the past or anything like that, where there's an incident where he didn't reach the switch. And he finds himself now with... he can't reach the switch. He's trying to figure out a cycle of action.

The runner who is trying to win obsessively – he must run races, he must win – is running a cycle of action on some race where he didn't get to finish the race, that's all. Simple, huh?

So, he can't do something, means he's trying. And so he's put over here somewhere on this level of action. And he could be right here before Stop, or he could be actually over here trying to Start. But, is he at the beginning of the cycle? No, he's not. He's already started. And you could call the history of any organism, or the history of any thought, or the history of any action the effort or ambition or intention to complete a cycle of action. Everything's trying to complete a cycle 'of action and when it becomes aberrated they're hung up on some point in the cycle of action, and that cycle of action, of course, is...

The thought just occurs to me, there's so many of these cycles of action, there must be a common denominator we don't even know about. There must be some common denominator cycle of action.

Anyway, uh... I just thought of it, uh... the point is that he's trying and so you're going to pick him up someplace and you don't care where he is on that cycle of action. You just run a cycle of action and he'll come off of it. You just start running cycles of action; you increase and decrease and start and stop and you'll pick him up anyplace he is on any cycle of action.

So just by increasing and decreasing, starting and stopping anything, this guy will complete, eventually, all the cycles of action he has ever tried to engage upon in the MEST universe.

Now the trick of the MEST universe is that it won't let anybody finish a cycle of action, because its vectors are 180 degrees in reverse. So, what's basically wrong with the case is that he can't finish a cycle of action and he's trying to finish a cycle of action. That's about all there is to it – simple, huh?

So, you just keep that one in mind in treating minor things. This is a good showmanship technique. Very good showmanship – put it on a postulate level.

The guy says, „You know, I think about the future all the time and I kind of see that the future is...“ and so on. You... you ask him, „Do you see the future?“ „Yeah.“ „Well, where do you see the future?“

„Well, as a matter of fact, it's just ahead of my nose. Well, I don't know,“ he says, „that's impossible, isn't it? But it is. As a matter of fact, when I see the future, I'm looking just ahead of my nose.“ And he says, „The future is definitely black and bleak and terrible and it's not under my control, even vaguely.“

The effort to 'will have' ... 'I hope to have' ... 'I'm going to have' has been disappointed sufficient times so he fills in an area and calls it 'the future', and of course it gets solid be-

cause his ambition is to have OBJECTS in the future. So he keeps adding energy into the future in hopes of getting energy in the future, until the future becomes a solid object or a mass of energy or a ridge somewhere in the vicinity of his head. This is just showmanship techniques; you'd run into these various things.

And what do you do about this? Well, you turn it blue, of course. And then you turn it red, and then you turn it green and then you turn it orange and then you turn it yellow, and then you make it little bit longer. You're just handling a ridge, see? All right, now make it a little bit shorter, and then you make it a little bit redder. and you say, „Where did you say that was, in the beginning of your nose? Well, let's shift it up just there so you can get a better look at it there. Let's get it up just above the level of the eyes. That's good. Now turn it redder; now turn it bluer, now turn... By the way, just to make sure we get both ends of this, let's put it around to the back of a head and uh... fix it up. Okay, you got it there now? All right, we... now we can run it better there. Now, make it get redder, now darker, now make it sort of jumpy like that. Now make it go smooth, like that. Oh, you can do that? That's fine. Well, now get it down here in your hand, so you can watch it a little bit better. You got it there? All right. Now let's make... What are you doing with your future in your hand?“ That's... that's all.

Now what do you do with him? You just change his position on the cycle of action grossly. One by one you can knock out and let him finish any cycle of action there is on the track. But of course, the finish of every cycle of action on the track is nonexistence on this track. So what are you trying to do? The preclear goes 'poof!' That's right.

Well, so, when you're confronted with a terrible problem, you've always got this one to fall back on. If you can't think of anything else, as I told you much earlier, get the effort to have it and the effort not to have it, and get the effort to have it and the effort not to have it, and he has half the bellyache he had before.

Or, you say, „All right, now, get that bellyache. Well, there's no reason for you to stand up so close to it. Mock-up something out there and get its bellyache.“ If he can't do that, „Well, just put where it's bellyache would be and let's...“ I mean, you're already on your way. He's put that bellyache out here in front of him.

If you just run it out here a little while, no matter how bad that bellyache is, it is eventually going to be out there. And it's going to be out there, it's going to be over here some place and he's going to put his stomachache up here. And actually a fellow will sit there and run a stomachache down below his feet and behind his head and... and so forth.

And you don't have to ask him, as I asked that pilot that night – an awful shock! „What are you doing with an earring on top of your head?“ I mean, that's just too good to miss. That's just randomness for my sake. That has nothing to do with processing. As a matter of fact, it injures the process just a little bit. But it's fun. It didn't do him any harm.

Uh... so, wherever he is on this cycle of action, he's still trying.

Now of course, if he's got to, what's got to? If he can't do... all right, he's got to. He's trying. This... this simply means he can't, obviously. So we have Start, for any; Change, for any; Stop, for any. That's 'for any' – 'any' here is Cycle, of course. He's got to and he can't.

Well, what's the score here? Compulsion – compulsion. He has a cycle of action operating on him, and this is a circuit really – this is a compulsive circuit working – and he's got a cycle of action operating on him which is trying to start him. He's over here a little bit along the way on Start. And if he's got to go into action, he's on a compulsive cycle of action, but the truth of the matter is that he's more likely to be with this one right here; he's much more likely to be because it's closer to apathy, you see. He's much more likely to be at position 'A' here than down in this other cycle, position 'B' here – just more likely to be, not necessarily is.

'He's got to' means an impulse in an effort to increase. But at the same time, 'he's got to' can be over here. Why is that? Because of flows run both ways! So compulsion is the same as an inhibition as far as your handling is concerned on a cycle of action. You don't care, then, where the cycle of action is. All you've got to do is increase and decrease whatever he's trying to do, change what he's trying to do, stop what he's trying to do, start what he's trying to do, or increase, decrease, change, stop and start what he can't do.

So, enforcement and, up here, inhibition – same breed of cat. Well, where does this apply on what case on what tone scale? I showed you the... the small cycle inside the big cycle, didn't I? So we could have this thing operating anyplace on the tone scale for any action, because actually the theory of a cycle of action is the theory that if you start, stop, increase, decrease anything that's occurring or can't occur – let's make it 'can't occur' more. Let's really stop it. He's over here at 'A' – something like that – flagrantly at 'A'. He's stopped – just before he got to the real stuff. He never finished it.

Where will you find the guy parked on the whole track? You'll quite normally find him deceased at the end of a spiral, so grandly and with such wild abandon, deceased that he couldn't finish the spiral. Many deaths can occupy one spiral, you see? One piece of livingness – but all of a sudden he was going to live a spiral this time that was maybe as much as two hundred, three hundred thousand years ago. Nobody determined this. It was just his potentiality as you see in the ratio of energy use... change. He was going to run this spiral that long and he lived for eight thousand years and then one day ran into the most horrendous 'poof' that ever puffed, and it stopped the spiral. Where will you find him? RIGHT THERE. You'll find him at point 'E'. He's still trying to finish a spiral of action which... the havingness of which marks it on an E-Meter as eight million years ago. He stopped on a cycle.

So when you say a person is stuck on a time track, he is stuck on a cycle of action, and a cycle of action goes from... from no space to all object. So of course he's stuck on the track. And when we say 'stuck on the track' that means he's... he's got too much energy in one lump about something that he has nothing further to do with, and that energy may be representing something, which is symbolism, or it may be the actual energy he was working with at the time. And there he is on the track, in that fashion.

Okay. What's stuck on the time track then? Now you can get this – the effort to have it and not to have it. That's peculiarly workable. Or you can spring somebody with just Responsibility or No Responsibility. But this is a better way to do it.

If you have to address the actual injury, if this automaticity is such that he thinks he's doing mock-ups and he isn't, you'll probably go along for quite some time with mock-ups – until all of a sudden you ran into this thing called a 'cycle of action' in processing. And you increase, decrease, change, start, stop – anything that he can't do, make him 'can't-er', and he can do, make him 'can-er'; that is being done to him, make it 'do-able' harder. In other words, overplay it, get it up that increase curve. But 'can't' is way over, usually, past change. So to get it upscale, you just change it. Got it?

Well, that's the length and breadth of it. Now I'm just giving you that as a... as a note here, relatively interjected. And now I'm going to ask for Step One. As I say, Step One consists of telling somebody to be two feet back of their head, and then getting them – a few mock-ups until they're fairly well oriented and they can more or less perceive where they are and what they're doing with a little certainty. And then you get them to lift pieces of the body and nothing to that.

And when all of a sudden they say, „What do you know? I can handle this body from outside!“ That's all you're interested in convincing them.

Okay, who's the One? Are you the One? Have you ever been out?

Voice: I've been out...

LRH: But?

Voice: But the visio is... I wouldn't say I can pick out objects, but I certainly have pretty decent mock-ups.

Voice:... at one point – I was being audited and I was told to put the mock-up behind my head and I had to pop in to find out where the head was.

LRH: Maybe we'll catch you later on this cycle. Who's got fair visio outside? Have you got fair? Who's got pretty good visio outside? Let's really boot somebody up the tone scale. Who's got good visio outside? Who would say he had pretty fair visio? What's the matter? Somebody scared? You mean Washburn?

Voice: Try me.

LRH: Hmm?

Voice: Try me.

LRH: All right, all right. All right.

Okay, you want to uh... I'm going to move this machine down and put it in front of the pc.

Okay. Sit down. Sit down. Make yourself comfortable there. You'll notice I'm not doing an assessment again. Now the reason I'm not doing assessment is just pure cussedness on my part because this is just a demonstration.

Actually, I know this man's psychometry uh... his electrometry. Uh... mind if I mention it?

Voice: No, go ahead.

LRH: No? All right. This is really too good. I ought to read this to you later. I

could actually send him out of the room and tell you what you will find on the machine, and then afterwards... How could I do this? Well, I'll tell you: It's just gauging physiology, that's all. It's just looking at the physiology of the human being.

But that isn't fair to say that the physiology of the human being is gaugeable and that that is the test, because the truth of the matter is the engram he is sitting in, is sitting right straight in front of his face and it's about as visible as it gets. All you have to do is shift wave length, get his wave length, and take a look at it. Just walk in around behind it, take a look at this motion picture that he won't let finish. He's stuck at scene two. There's one entity on the thing which is in pawn. Got a body in pawn, and it interferes with you as a circuit.

Did you ever have any...? What do you... how do you... how do you feel about arrests?

PC: About what kind of arrest?

LRH: Being arrested?

PC: Oh, I don't like it!

LRH: You don't like it.

LRH: You've got lots of company? Now do you ever have the feeling of... of uh... has anybody ever tried to force food on you? Tell you you had to eat? How do you feel about that – have to eat?

PC: I think that – yes.

LRH: You feel bad about that?

PC: No – I think I had food forced on me at one time or another.

LRH: You got that feeling?

PC: Yeah.

LRH: What kind of feeling does it make – do you feel?

PC: Well, full...

LRH: Full.

PC: Hm...

LRH: Awful full.

PC: Hm...

LRH: Have you ever had sort of a gritty feeling in the stomach, or kind of whitish in the area of the stomach while very, very badly stuffed?

PC: Yeah.

LRH: Hmm?

PC: Yeah.

LRH: Did you ever have that feeling?

That's the way they fed them at Arslycus and that's the way they feed one of the particular entities who are sometimes kept in pawn. This is really wild stuff. You don't have to know anything about this. It is the most curious thing, though, in the world. And that has a physiological aspect and if in restim will actually change form and if knocked OUT of restimulation will completely change a person's build.

PC: I got some... One time I ran... and I felt... thought as if I had something hanging right here at the waist. It was, say, about that big, and I thought that was gotten rid of.

LRH: Oh, it is, it is, they just never changed this particular physiology. Now which side of your body do you feel most alive?

LRH: All right, I'll ask you another question, if you didn't decide that in a hur-

ry: Uh... how about the middle of your body? Does the middle of your body feel a little more alive than some other part of your body?

PC: Yeah. LRH: Yeah.

((to class)) Because that's where that entity is sent to the center of the body. There's a center to the body entity. And forcing a child to eat – you'd think might make it thin – will very often kick in one of these old, old, old past deaths.

((to pc)) Mock up a body lying on a wooden... on a wooden board.

PC: Yeah.

LRH: We might just as well finish this thing off. Mock up this body on this wooden board. Got it?

PC: Yeah.

LRH: Put it behind your head.

PC: Yeah.

LRH: Above your head.

PC: Yeah.

LRH: To your right.

PC: Yeah.

LRH: To your left.

PC: Yeah.

LRH: Below your feet.

PC: Yeah.

LRH: Turn it blue.

PC: Okay.

LRH: Scrunch it into a football.

PC: Okay.

LRH: Take a great big bicycle pump and pump up its stomach – great big bicycle pump and pump up its stomach.

PC: It exploded.

LRH: Huh?

PC: It exploded.

LRH: The stomach exploded?

PC: No. The football.

LRH: Oh, the football. Oh, I beg your pardon. I was way ahead of you on the mock-ups. All right – exploded, huh? PC: Yeah.

LRH: All right, let's put that right back where it was, and put that football back there again. PC: Yeah.

LRH: And this time, no matter how much air is pumped into it and no matter the terrific strain that comes onto it, just pump it up.

PC: Okay.

LRH: Got it pumped up real good? Now let's take a needle and not let it break but make it feel like it's going to. Let's jab it with little pins and not let it break. How does that make you feel?

PC: Hmm, it makes my teeth chatter.

LRH: Yeah? That's the way they treat that particular body in pawn – fascinating.

((to class)) You can probably have more fun monkeying around with this stuff, particularly because in a mock-up, it's no liability.

((to pc)) Now shove that body out and put that... shove that football out and put teeth in it.

PC: Yeah.

LRH: Got the teeth in it?

PC: Yeah.

LRH: Got them real good?

PC: Yeah.

LRH: Now make 'em chatter. Can you make 'em chatter?

PC: I get much motion in there and just barely get them to...

LRH: Won't stop, huh? Well, get a bunch of teeth going around and around in an orbit. Got that?

PC: Yeah.

LRH: Real good. Okay. You got that real good? Does this make you feel unhappy?

PC: I don't notice about being unhappy.

LRH: Well, put some unhappiness on the mock-up. Make the mock-up feel unhappy. Now put it up your head... above your head and make it feel cautious.

PC: Yeah.

LRH: Now put it below you and have this football suddenly develop this and get up and just bat its way straight through a wall. PC: Yeah.

LRH: Make you feel good?

PC: Yeah.

LRH: All right, let's bat it through a second wall.

PC: Yeah.

LRH: Now mock up a couple of ghosts who are guarding it.

PC: Yeah.

LRH: Strangle 'em.

PC: Yeah.

LRH: Throw 'em away. Put the mock-up above your head. In front of you. Blow it up.

PC: Okay.

LRH: Step two feet back of your head... be two feet back of your head. How was that?

PC: Yeah.

LRH: You there?

PC: Yeah.

LRH: Okay, now let's mock up this room as being full of goats right from two feet back of your head.

PC: Yeah.

LRH: Now let's take a... a great big squirt gun...

PC: Yeah.

LRH: ... and shoot each goat.

PC: Where do you want to start?

LRH: Huh?

PC: Where do you want to start?

LRH: Oh, it doesn't matter. Just go around the room with this squirt gun and shoot all the goats.

PC: Okay.

LRH: Now make the blue goats develop halos and have them ascend to heaven. They all get there?

PC: Yeah. LRH: Just take a look at the room.

PC: Yeah, they're all there. There's nothing here now.

LRH: Are you two feet behind your head?

PC: Yeah.

LRH: All right. Let's take a look at the room. How does the room look. Shut your eyes.

PC: Yeah.

LRH: Take a look at the room. Where's the dark spots? I just want to find the dark spots in this room. Remember I told you about finding out what's in... lurking in that space?

PC: Uh...

LRH: What would you hate to see there? Where's the dark Spots?

PC: There's a dark spot out there and I think one here.

LRH: Oh, there's one right back there?

PC: Yes.

LRH: What would you hate to see right there in that dark spot right behind your shoulder?

PC: Well, I don't know. I've got a hell there.

LRH: Huh?

PC: I'd hate to see a hell there.

LRH: You did? You would?

PC: Yes.

LRH: Well, put a trident there – a spear.

PC: Yeah. All right. Put some weenies on it.

PC: Some what?

LRH: Weenies.

PC: Weenies?

LRH: Frankfurters.

PC: Yeah.

LRH: Got that?

PC: Yeah. LRH: Build a fire out in front of you and toast the frankfurters. Did you make that?

PC: Yeah.

LRH: Okay, let's throw that away. What would you hate to see in that area out... out that-a-way?

PC: Well, I don't know.

LRH: What would you hate to see out there? Well, just name something.

PC: Sugar.

LRH: Hmm? What?

PC: Sugar.

LRH: Sugar?

PC: Yeah.

LRH: All right, put some sugar out there. Put a whole bunch of sugar out there. Great big bags of sugar. Got that?

PC: Yeah.

LRH: Now mock up a sugar termite.

PC: Yeah.

LRH: Got that?

PC: Yeah.

LRH: Now have this sugar termite dwindle in size to only one inch long.

PC: Yeah.

LRH: Now let's have him get in... down in size to a quarter of an inch long.

PC: Yeah.

LRH: Now let's let him see a mock-up of sugar.

((TAPE ENDS))