

OT1

21 July 68

(Cancels Earlier OT 1 materials which were a Clearing
Course repeat)

1. Walk around and count bodies until you have a cognition. Make a report saying how many you counted plus your cognition.
2. Note several large and several small female bodies until you have a cognition. Note it down.
3. Note several large and several small male bodies until you have a cognition. Note it down.
4. Find a tight packed crowd of people, note it as a crowd, then as individuals until you have a cognition. Note it down. Do step over until you do.
5. Seat yourself unobtrusively where you can observe a number of people. Spot things and people you are not. Do to cognition. Note it.
6. Seat yourself unobtrusively where you can observe a number of people. Spot things and people you can have. Do to cognition. Note it.
7. Note some physical thing about yourself you don't like. Observing people, in them note that body part. Do to some change. Note it down.
8. Observing people, spot things that are not wrong with them. Do to cognition. Note it.
9. Walk around and note someone walking toward you, then someone walking away, then someone walking toward you, etc. Do to cognition. Note it down
10. Walk around and note how people stick to the ground and their sense of weight. Do to cognition. Note it down.
11. Spot importances in people while looking at them. Do to cognition. Note it down.
12. Look into space and find places where there are no persons. Do to cognition. Note it down.
13. Walk around and note where there are people. Do to cognition. Note it down.

End of OT 1