

TECHNIQUE 88 AND THE WHOLE TRACK PART II

A LECTURE GIVEN ON 26 JUNE 1952

Note: Due to the quality of the original recording of this lecture, it could not be restored for audio reproduction. However, to provide you with the complete lecture series given by Ron, the written transcript of the lecture is included here.

We have been, up to this time in our study in Dianetics, to some degree groping in the dark. We've been groping in the dark because we had not differentiated what we were trying to treat, completely.

The start-out was the genetic line. In an inspection of the genetic line, you'll find out that you're treating cells. The subject is most closely intimate with cytology, biology. The whole theory of evolution is, in a large measure, correct, but it doesn't wind up with a product known as Man. It is the evolution of cells and an evolution of cells does not give you a rational being called Man. It gives you a MEST body. The MEST body is as alive as asparagus or cats. One cell has a theta body. As such, it's theta of a sort. It probably even has past lives and so forth. It probably splits up its theta from one to the next, which gives you a rather identical memory on mitosis. And that is one of the most fascinating things in the world-is why a cell A, splitting and becoming cell A-1, knows exactly what cell A knew. In other words, it splits its memory bank. It keeps halving up and dividing up its facsimiles.

So there are some wonderful marvels in this line. The body is a colonial aggregation of cells. This body is a carbon-oxygen engine. It runs at 98.6 degrees temperature and it's very mechanical. It's built out of cells. The cells evolved in certain lines. The blueprint of the human body is composed of facsimiles. The facsimiles are collected up all along the evolutionary track. There are billions and billions and quadrillions and quadrillions squared, cubed, of facsimiles connected with the MEST body. It goes straight on back. Now, a MEST body goes through some wonderful states and stages so on. It has a sort of a composite bank and this gets mixed up with the protoplasm line. It travels along the protoplasm line. It skips from death to death. It learns by dying. The colonial aggregation of cells becomes a colonial aggregation of theta bodies, which each one is a cell.

You can actually locate the somatic theta body. The somatic theta body is just exactly where the Greeks said it was. It's just where the Greeks said it was: it's in the stomach. The Greeks said, "The mind is in the stomach." And if you want to test this, you'll find very easily that the somatic theta body is located in the stomach. That's where it centers. But it's a colonial aggregation of theta bodies, really. It's a big collection. But it centers there. There's your nerve system. It evidently hangs onto the vagus nerve. The brain doesn't do any thinking, it absorbs shock. It does some transmission, it monitors the endocrine system, but it doesn't do any thinking. It's just stimulus-response, stimulus-response-recombination of facsimiles.

MEST bodies are a nickel a million. They are very, very easily come by and very

expendable. You can very rapidly increase a population, decrease a population and so forth. There's a high degree of possibility that MEST bodies exist on this Earth today which do not have a theta line body: idiots, morons, so on. It's very possible. I haven't gone into an examination of it far enough to tell you exactly what the percentages would be and so forth. But every once in a while, you will run into somebody who can't think, he can't reason, he's just sort of an animal. And you'll see them in feeble-minded institutions and so forth. Well, it would be one that a theta body wasn't piloting. Now, when you're studying, processing or treating MEST bodies, you might as well be studying, processing and treating celery. It's just about as important to your health, alertness, mental being. Each one of you has got a MEST body. And you've had to fight for that MEST body or you've had to fight for MEST bodies back on the track, time after time. You've abused them, you've thought lots of strange things about them, you have conceived every once in a while that they had actual life and sentience.

You've made a mistake, you've tackled a MEST body, which was actually being piloted by a theta body. You didn't perceive the theta body, tried to knock out the MEST body and it kicked back and you got the idea, all of a sudden, that it was sort of a sentient being. You've protected them, you've submerged yourself into them, you used them as a defense against anything happening to you.

Sometimes you don't like to step out into the clear. You're afraid to. You ask somebody to suddenly separate and he'll generally group his whole track. He'll say-crunch! No, he isn't going to leave it. "You want my MEST body!" is his first reaction.

Your attitude toward MEST bodies has gone down to the level of "I own it and it's mine." That's interesting. You're about as solidly attached to your MEST body as you are to the Moon. You could step off of it as easily as you could lift a cup off a cube of sugar. Invert a cup over a cube of sugar and you actually have a picture, to some degree, of a theta body fitted over a MEST body.

There's been a lot of confusion about this. There are implants back along the line-lots of nice, beautiful implants that "put a soul into you." That's sweet of them. So they put this electronic spinning cone down through your theta body and say, "Now you have a soul." They say, "It's attached to you by a string." Well, that's an illusion. Of course, after that, when you try to separate, you try to take your theta body out from the middle of your MEST body. So you go through the contortions of trying to step out of your MEST body to be your theta body. Of course, you aren't in yourself, so naturally you can't. Very amusing.

If you sit around and concentrate hard enough to get the physical body into obedience so the MEST body can separate, as in the practice of yogi, all you do is slow the theta body down to a point where it can't lift itself off. This is a study in motion. It's a study in beigness. And no matter how difficult it might be to crack this riddle, its solution is ridiculously simple.

You know you can always spend a long time trying to figure out "Now, look at these human beings. Are their theta bodies inside or outside?" And you put them on a meter and you say, "Is your soul inside your MEST body?" and you always get a bop. Well, I believed the bop for a while, while I found out no Homo sapiens I could locate could step outside of himself, being inside of himself, so I began to look for an implant and I found it. And the implant is-here's your theta body and it's very nice. It runs your "soul" into you, and your "soul" is run into you like this [marking on blackboard] and

it's tied to you. And it's just an electronic illusion.

And so you ask somebody to start monkeying with his theta body and if you stress it real hard, why, he'll get this other one in restimulation, you see? And he'll try to lift this spinning cone out of the middle of his head.

Did you ever have a feeling like the top of your head was flat? Well, that's a result of that incident. That's other results too, but-other things do it-but they just lower this spinning electronic cyclone, you might say, right down inside of you.

Now, this is interesting because very early on the track, unbeknownst to the people (or "knownst" to them-unbeknownst to them, undoubtedly), who were busy planning this one, there is an incident called the Cyclone. A cyclone comes along and hits you one day and tears you all to pieces and you go back together again, wrong way to, and it makes you feel very sad

Now, there is a terrible, terrible liability to being immortal. Immortality has a great liability to it if you can't process it out because it just means that things keep piling up on you and what you worry about-look at all you can find to worry about in just one lifetime. And you start adding on and adding on and adding on. After a while, you'll think, "Well, there's no solution for these lifetimes, there's no solution for the whole track, so the best thing to do is to die and forget about it." And so, if you've decided that, then you say, "Well, I must have a soul of some sort." You sense that, you know you have. And so when they put in this installation here, it generally keys up the Cyclone. And boy, it makes a real tough incident if you start to audit it, until you start to get yourself out. And the next thing, you feel yourself just all falling to pieces and so on. That isn't what it's like to have a theta body.

An actual picture of your situation would be very difficult to draw. In the first place, what you take for your theta body is wave emanation, which you are originating. And you can make that big or small and you can go larger, little-doesn't matter.

A picture of the situation probably looks something like this, a little more graceful.

[marking on blackboard] And here's a being and here's his theta body. That's all.

Now, it's about as comfortable to have a MEST body inside your theta body as it is to have a sliver in your finger. It's not comfortable. But if you have to do it, you have to do it. And if you want everybody else to be arrestable and laborable and so forth, you finally decide that it's the best thing to do. But it's not-not very natural. You're living in glass houses that aren't made out of glass.

Now, I don't ask you to suddenly sense this and so forth. I'm going to give you a technique which will show you where your theta body is without any trouble. So as far as dimensions are concerned, what this is out here is actually emanation-just ordinary energy emanation. Well, you can move that around and you can move around at will with this thing.

Of course, if you've got a lot of call-backs to go into restimulation, every time you get off of a MEST body which is dead or something of the sort-you get off of a MEST body-you lose your awareness. You know, a theta body goes to sleep, wakes up, does the things in various waves of impulses-just like a MEST body does, because it's really the MEST body doing it. But the theta body has learned to approximate these same things and so it goes to sleep and so on. It forgets and all that sort of thing. Because it's you!

I don't care if you think you're in the middle of your head, looking out of your eyes.

You're not looking out of your eyes anyhow. It's a fake. And then you get the lenses of your eyes distorted and then you say, "See, I can't see. I'm not here at all." Tricks that are as interesting as a little baby. A little baby hides his eyes and he says, "See? I'm hidden." They're as simple as this, these tricks are.

Well, your MEST body dies and you go back to whoever is monitoring the line at the time or whatever is monitoring the line at the time. And you fly back there and you hit through screens-field screens, force screens. You go through these force screens-bang! And boy, do you forget in a hurry.

They have a device, for instance, between-lives, that you'll find that you'll be running on people, whereby-it's a series of pictures. [marking on blackboard] They're on a little hinged roller like this-they're pictures and as this thing runs, these things go flop, flop, flap, flop, flop, flop, flap in front of your eyes. They're generalized situations, very generalized. Well, they're no pictures of anything that happened in your life, but they could be any life, you see? They could be anybody's life. And when these pictures start to run, flop, flop, flop, why, you have a feeling that you are getting your memory erased. It feels like your memory is being erased because sitting back here, hitting you simultaneously, is a force screen. And every time you look at one of these pictures, you get a wave emanation-bop, bop, bop, bop, bop, bop. See? And pretty soon, it crushes back all the facsimiles you've got on the surface, you see? Your energy is simply pushed back and crowded back and your lifetime is gone.

What is forgetting? It's complete invalidation. So this-you sitting over here and you eventually get all pounded down, you don't remember your past life. Well, actually, they don't have to go to all that because you don't want to remember your past life anyhow, if there isn't any way to clean up these past lives.

Well, so they go to all this elaborate stuff. And then, then they have a mirror situation and as you look at these pictures, bop, bop, bop, bop, bop, and they go on film too, some of them do. Undoubtedly, a lot of you have run preclears into this without auditing it. And they said, "I'm seeing reels of filmy'-why, there's another gadget there that moves a mirror this way and a mirror that way and a mirror this way and a mirror that way while this is going on, so you are being moved off. And you see, well, there you go, there goes you. That's your last lifetime identity, as far as you're concerned-gone. And they move you off this way and that way and forward and back. And very often, you'll pick up a pc that every time he gets into a situation, he's following himself, he's looking at his own back. That's the only visio he can get. Well, he's just sort of dubbing these. All right.

So anyway, here is a split-up. And by the way, that locks up on what we call entities. That makes a complete set of entities. They move mirrors forward and backwards, give you the illusion that you are being taken off the top of you, so you aren't there anymore. It's just a sloppy job.

Now, you'll occasionally find a preclear who has a whole flock of pictures that don't seem to relate to his own life. Well, he's just sitting there between-lives and you tell him, "Scan," so he runs the reel some more. Nothing happens in this case. You say, "All right, scan through these incidents."

"I'm scanning. My visio is kind of bad," he'll say, "and it keeps fading out and disappearing."

Well, that's the trick. Because they say, "Your lifetime, your memory, is gone." It's

all predicated on the basis that you are your personal memory. They can actually wipe out your life this way. It only takes them a moment or two and they take you down the hall and they say, "Now, you're you and you're new and fresh and you want to be good and you want to do this and your goals are so-and-so and so-and-so. And particularly follow this line." And, *zing* the next thing you know, you're being born again-all young, innocent, fresh and new.

Well, the people who are wide-open cases, completely-coqktely wide-open cases-are people that this thing has worked on 100 percent. And occluded cases are those cases that it hasn't worked on. Big difference between the two.

So there goes your past lives. But that isn't the only place your past lives go. You have been wiping out your past lives by agreement for an awful long time. You wanted to wipe out other people's past lives. You've stood around and you've sold people: "NOW look," you've said, "we want to start anew in all this." And they belonged to some other tribe or something of the sort and you wanted them for troops or-big swindle-and you say, "Now, the thing to do is to be born again."

Various books that you have heard of vaguely, probably, they talk about being born again. Same deal. So what do you get? You get people who are completely loyal. Why are they completely loyal? Because you start them out from idiots and educate them. So you're sold-oh, because it's practical. Lacking a therapy, death is the therapy. It wipes out the past.

Now, this is very demonstrable on preclears, but it's very important for you to know this, because you're going to say right away, right away-is, "Well, if you've got this theta body and it knows about the whole track and it's on the whole track, then why don't people just suddenly remember the whole track?" And the answer is they do, every now and then. Somebody looks back along the whole track and gets a wide-open memory on lives and everything else.

Well, it's typical of one of these media-media, halfway therapies that it has a lot of liability in it. There's liabilities in this therapy of death.

What happens? This person gets hit with these invalidative waves-that is, any wave that would hit him that strong and repeatedly-bang, bang, bang, bang, bang-would eventually invalidate him. Unfortunately, invalidates the skills he's been trained in, in the lives just succeeding [preceding].

And he might have been a very good concert pianist twenty-five years before he is suddenly taking lessons again. He was a concert pianist. And for some reason or other, every time he starts to get to that piano, he knows he can't play. Why? He's been invalidated, so his skills have all been invalidated and they've also knocked flat-bang! sock!-his ability to be a concert pianist. So there he is. They didn't knock it out just for that life, they've knocked out his ability to learn to play the piano.

Now, add that to reading, writing and arithmetic, you will see why your boys and girls, who are thirteen and fourteen right now-this thing is getting, you see, it started to move up by the square, rather rapidly. Have you taken a look at some of the writing of your thirteen-, fourteen-year-old children in this society today? It's pretty grim. You take a look at the thirteen-, fourteen-year-old writing in a society just a hundred years ago. It's copperplate. And today, it's a-gee, it's not even chicken tracks. A chicken would be disgraced if he walked like that on paper.

So this therapy of death has this liability. But it has many gains: you get a new body,

you get new goals, you get this and that. Your new body, it'll grow and you're perfectly happy with it and so forth. It's swell.

In the absence of being able to retailor the body, you've got or swap bodies in the middle of a lifetime, that's naturally a very fine skill to have: to grow up a body and then when it gets old and feeble, kill it off. That's a cycle. It's workable-not very, though. The trouble with this thing is, is it leaves-actually leaves the bank wide open and half-invalidated. People reecho on all the old incidents and their past lives aren't cleaned up worth a nickel. The degradations of the past just keep mounting. They just get worse and worse and worse and worse and worse.

Wd, why don't you remember the taking off from a body here and suddenly reporting back? Well, the middle of the report-back is this. [tapping on blackboard] Try to remember your childhood. Well, you go through a death, a bad death, hit a screen (which is a bad shocker in itself), hit one of these wheels, come down here again and you've gone through a cycle there in almost minutes. It takes about fifteen minutes to go through the whole cycle from the moment you die on forward. Well, look at the composite engram it makes. It's a death, hitting these screens, knockout and so forth. Nobody would be doing this for any of you if it didn't have good political significance. There's actually somebody still trying to get the show on the road here in this universe. Of course, you're kind of goats now. You've come down this track this far. But this gadget, for some of you, maybe hasn't run for five thousand years. You've lost your bodies. You've got no body to report back to. You don't report back there anymore. All you do is report back toward the screen. And you hit the screen and go through. And there's a screen right here on Earth and it's up there, not too far up.

And you have to know this because you start running a preclear and he'll hit this screen, every once in a while. Make him feel like he's being knocked to pieces. There's ways to go through this screen and you know what the ways are. Very amazing that it could be this complex and this lost.

You should also know all about that screen so that if you get stripped down to a theta body, so that you can do anything you want to do, don't take off and hit it again. Because what will happen to you? You'll go right straight through that screen, Mars, this wheel, Earth. And there you'll be-all that processing going to the devil. [laughter] So you just have to know about this. It's just as incredible as it may seem to you, you just have to know about this, that's all.

All right. Now, what's so wonderful about having a MEST body? Well, do you remember-men start to wear a certain kind of a hat and then all men start to wear a hat. Well, it could have been that mild but it wasn't. It's a sordid tale.

All the way along the track, every so often along the track, you've got incidents that are implants. Now, of course, you're capable of anything that an implant can make you do. If you weren't natively capable of doing it, the implant couldn't make you do it. There's quite a description of that in the First Book. You can return motion before you're obsessed about returning motion. And you could appreciate and enjoy the wavelength of sex before you became obsessed about it.

It shows up variously on the meter-six million, four million years ago-incidents which take the aesthetic band and throw it down into the sexual-excitement band. But one of the most interesting ones is the Halver. It halves people and it makes half of them bad and half of them good. And actually, there are little pictures in this doggone

thing that-a lot of symbols come from this. This Halver takes your theta body or takes you- takes you . . .

Don't make any mistake about it, your awareness-the awareness you feel right this *second* is theta body awareness. Going to take a little while and a little processing to show you that it's theta-body awareness and it has nothing to do with anything else.

The second you become aware of the fact that you are theta body awareness when you are aware, your whole perimeter and aspect changes-bang!

The old lady who came home with her clothes all cut to ribbons says, "Can this have been me?"

Well, this Halver is very important. As you would look at somebody (and you would look at somebody head-on) [marking on blackboard], this side of him is black and this side of him is white. This is evil. This is good.

And they show you various slides. There's some of these are interesting-they have little statues on tracks. Little statues come along these tracks toward these various sides. One phase of one of them has a devil, complete with horns, in it, who lashes his tail. If you look very close, you will find, you will find that his tail is lashing because he's just a little bit uneven on the track. All he is, is a mechanical doll that comes forward and then suddenly looks at you. And the other one, you'll see angels and so forth-oh, any kind of a mock-up. As a matter of fact, we could get together and we could cook up things just as good as this.

This one, by the way, tells you you have to love everybody and stay together and check yourself and so forth and what it actually produces is rather an impulse toward sadism, because it's very aberrative on a sexual line.

Now, you may have done this to a lot of people before it was done to you. You eventually got caught up in it. It's sort of a routine incident, like Fac One, but it varies more. It's got a sexual implant or compulsion in the line. This has been going on for a *long* time-long, long while. But this is just typical of some of the causes of it. You were free as a bird until you found out that a MEST body had a lot more sensation on the subject of sex than anything you'd ever known about before.

Now you'd think then, normally, the routine would be for you as a theta body to go out and find a MEST body and then get it to go out and find another MEST body. You'd think this would be your routine. Oh no, not quite that way. You'd find a couple (something of the sort) MEST bodies or animals or anything of the sort like that and *anything* that they were doing-you might be compelling them to do something else or you might be compelling them to do this and that-but sex rears its ugly head.

Here are two beings and you as a theta body are very expansive. You just set yourself down across them, over them-bang! Very exciting, let me assure you. And you'll find out the oftener you did it, the harder it was to leave afterwards. There was an emotional curve there: tremendous sexual excitement-high excitement, peak and then suddenly, bing!-a drop in emotion. Which, of course, is about the same as hitting a very *sudden* line clear up here to exhilaration and then all the way off to apathy-an emotional curve drop of that character. Well, you'd hit this-it was very exciting, very nice, very wonderful, huh!-but you'd hit that curve-they go into listlessness, apathy-so do you. Because at the beginning of this incident, you had a desire to feel their sensation. You wind up at the end of the incident feeling their apathy. This is an interesting situation. Sex is not simply the only aberrative factor, but it happens to be the factor most

responsible for getting you into trouble about MEST bodies. Because after you've done this dozens, hundreds of times, you found out that once you had a MEST body-you had hold of a MEST body-you couldn't let go of it at will. And you gradually deteriorated in your ability to leave, until all of a sudden you couldn't.

Now, playing a major role in this was the overt act, because, of course, each one of these is a DED-it wasn't done to you before you did it. And you take some situation where you seduce a boy and a girl, something like that, you all of a sudden realize that you have hurt the little boy. You hurt the boy, one way or the other, and you feel some sympathy. And the next thing you know, there you are protecting him. And the next thing you know, you're protecting him so thoroughly that you don't leave. And after that you say, "I'm he."

Do you know that every one of these theta bodies, any one of them here, has in restimulation an incident somewhere on the track where you are so thoroughly protecting-way back, most of them-you're so thoroughly protecting the individual and have such a thorough hold on the individual, the engram is so thoroughly in restimulation, that you think you are the individual. You've done a complete identification

between the MEST body which you now have and the MEST body which you protected. Why? Motivator is not there-it's a DED. It's the overt act and then sympathy, protection, stay with, identification and there you are.

You might have, in settling down over the top of some MEST body, got somebody killed. You might have gotten somebody killed- just that. Or you might have suddenly said, "Well, for the good of setting up this sort of a situation here, I think that I'll just hold this fellow here and let the cannonball hit him." Crash! Sure blew him up. And you feel the surge, the complete emotional transfer of his curve drop. It's not safe to do that. It's stupid to do that. You shouldn't have done it, because it stuck you, to some degree. So you start feeling that and you'll all of a sudden pick up this fellow's full set of somatics and you'll feel guilty and you think you should have protected him. You get this in restimulation and you'll fit it over the MEST body which you have right this minute. So you'll set up a set of somatics over this body. And you've got at least one incident on the track in which you're firmly fixed.

Now, these incidents are just a little bit difficult to run for this reason: it's confusing to run . . . Now, if you just had this-[marking on blackboard] just you-that wouldn't be so hard. Here's an incident: You've got an incident of a guy here and something or other has happened to him and you've got this incident. You run this incident and it's pretty apathetic, some of it. And you run this incident and it just blows, that's all. You've gotten rid of it. Use Dianetics on it, you've gotten rid of it. That's all there is to it. But the trouble with running these is that you've already got a MEST body inside your theta field. So when you start to run this guy, here you are here, your MEST body over here, see? And this facsimile shifts around and you start to run part of that out of you and this out of that and-you understand? The MEST body which you have now interferes with your running of the old facsimiles of your being over bodies.

As a consequence, the inside of this-of your theta beingness-is just studded with old bodies, old facsimiles, which you'll very easily mistake for old spirits or something of the sort, because they of course can move and so forth. And they'll be small and they'll be big and they'll be this and they'll be that and some are early and some are late.

So as you start to run this line-actually, the only really important thing to run on this line are the high emotional tensions and the emotional curve drops contained on the sexual line.

Sex has at last reared its ugly head in Dianetics, at the proper point on the time track. We know enough now to run it. It's very, very amusing. You know, the excitement contained around these sexual incidents is not mild. I hate to stand up in front of you nice people and tell you how violent this is. But that's nothing compared to the shyness your preclear is going to show in demonstrating what's happening to him while he's running these things. Mount Vesuvius-lots of expansion and explosion and heat of fission. And your preclear, of course-the girl starts to run away and your preclear suddenly puts some more tension on that side, "Back!" and holds on tight. Wonderful. [laughter]

Now, over here, over here we have a situation that you must understand in order to run this. It's how does a theta being hold on to or move anything? Are you capable of moving physical objects as a theta being? And if so, how do you do it?

Well, you sure are capable of moving things. I can't tell you the degree of perception of which you're capable-it's pretty high-but I can tell you, your degree of being able to move things is fabulous. How do you do it?

Here is an object which you want to move. You are just a theta being. You are capable of creating a radiant action-that is to say, you are capable of creating an energy flow. And that's all you can create. How do you make this thing move? You don't reach out with your hand and move it. How do you make it move?

Well, here's an airfoil. Why does an airfoil stay up? It creates a vacuum in here and pressure, heavy pressure, down there and the vector force is up. In other words, as it moves its force through the air, it lifts.

Same way here. [marking on blackboard] You put a lot of energy over on this side of something and very little on that side and this thing will move over here. You know, you get a shove. Nothing simpler, actually. You do it very instinctively. If you wanted the microphone to move, you'd just pile up attention units on this side and wipe them off this side simultaneously and your microphone would move.

When you start to take hold of a MEST body or a MEST object of some sort or another, what do you do? Well, you just lay a radiant screen over the object and you can hold it in place-stiffly if you want to-or move it at will. In other words, you just bang it with energy all around here and it'll stay still. And if you bang it up here with energy from all sides and only bang it on one side with energy there, it would move *that* way. You know, you have some mechanical assistance in handling your body, but essentially that is the way you handle your body. Only you do it so easily that you mustn't let yourself

know that you're doing it. Because if you knew you were doing it, then somebody else might know you were doing it and that would be that. All right.

Now, we have then, this being and what do you do to hold on to a being? Very simple to hold on to a being. You just sort of wrap yourself around this being-crush! Just put points of force going in like this [marking on blackboard], energy flow points going in on the individual's body. And you can hold him still or you can move him around. Yeah, you're very good at holding their faces still, changing their facial expressions and that sort of thing.

I know of only one theta being that might have been on the loose and capricious here in the last few years. And it was very sporadic, didn't last very long. He probably left or something. They had a little boy back East-think it was in New Jersey-that was being thrown all the way around the room. They'd put him on a rug-they'd make him lie down on a rug and the rug would *sad* in this direction, *sail* in that direction, sail under the bed, sail out into the hall. And they had a lot of Catholic priests and they were trying to exorcise him, get rid of this "demon" that was possessing him. I suppose the demon got bored with them after a while and left.

But the point is, is this was actually a manifestation which was occurring. It's not a very puzzling manifestation. You could certainly do that as a theta being. You have potentiality.

Now, in order to solve this situation, you have to know these mechanics. All you have to do is find the incident, find the incident necessary to show you the first time that you did this. You run that incident. You will run it oddly and strangely, probably. You'll feel pressures on this thing. You'll probably feel that there's a head inside of your head or maybe a head hanging over your right ear. Or the guy's head will be down here or something of the sort. He'll be out of position with relationship to you, but there'll be another body there. Or there'll be two other bodies there. There'll be a ridge or an empty space here. Or a ridge or an empty space here. And here will be a girl and here will be a boy-crush. Now, you start running those and you'll get some very fancy somatics.

Also, you'll run complexity, because one of them has one mood-. When you have two of them encompassed, one of them has one mood-one is saying, "No, no, no" and the other is saying, "Yes, yes, yes," for instance-so that you get a compulsion against the negation. And you have to run that simultaneously. Otherwise, it won't run.

Very interesting, but you just look at these mechanics of the situation, you'll find out that it will work out rather easily.

Now, the next thing you're looking for after you've found out one of these things that can be run-preferably, the first one that can be run-run two or three of them. They're rather easy to run. They run just like other incidents, except that you're running the preclear outside of people. Find the one where the preclear is fitting the past facsimile to his present life.

Now, he'll have a facsimile somewhere on the track-he'll have a facsimile that will look like this. [marking on blackboard] Here he is. And here are his arms and so on. And here's his theta body and he's got a facsimile that looks like this. And then he has his own present MEST body fitted with this same facsimile. So, in other words, he's taken the old facsimile and duplicated his present MEST body with it. And the difference between these two facsimiles is some distance in time. So the trick is to *ran* the incident.

Now, you'll find that he gets confused as the dickens. He starts running his own MEST body and trying to reduce *it*. And then he starts trying to reduce this facsimile and then he loses the facsimile and he starts to reduce his MEST body again. And then he-and gradually get differentiated and then it'll get sticky. And then you've got to find why it was getting sticky, why it was an overt act and trace back and run why it was an overt act for him to have jumped over the top of this old body. That was an overt act. It's *always* an overt act to fit over a MEST body. It's *always* an overt act. You

don't intend it any good at first.

And then you get sympathy and you really start running this sympathy and you'll find that the cycle is overt act, sympathy and then you have to protect it. It's covered in *Advanced Procedure and Axioms*- that cycle of sympathy. Overt act, sympathy, protection.

And it gets so bad that you finally dedicate your *whole* beingness to carrying forward this girl. And after that, you're a girl and, life to life, you go on being a girl. Born into this girl and you're that girl and you're the other girl and all the time you get more and more mawkishly sentimental about taking care of this girl. You get psycho on the subject. And you take care of this girl so that anybody can sell you toothpaste or appendectomies or anything under the sun, because you've got your present MEST body confused with this old MEST body that you pledged to take care of forever. And you start running sympathy for that original person, it'll be this incident.

[marking on blackboard] That'll be the incident. You start running sympathy, sympathy, sympathy, protection. You'll go back, you find the overt act, the sympathy, the protection. You'll find times when you were protecting this girl from other attacks and all of that sort of thing.

By the way, you wonder why some people look at men and women-every time-you'll run into lots of preclears, every time they see a man and woman together walking down the street, dancing or anything like that, they feel disgust. If they only knew. Of course they feel disgust. They're feeling the repulsion after they drew away from having done this to a couple. They see people out there and they're walking together or being together or something like that, they're getting into restim the incident where they as theta bodies had backed off several feet away from this couple *after* the overt act. So they say, "Men and women together, no good," but they go on doing it. So this is the one you're looking for.

Now, you'll find out in any lifetime some marital partner or somebody will have come along and treated the person in some fashion, so that they will select out for that lifetime that person they were going to protect. They will take the role of some old facsimile. They'll take this role and they'll fight it religiously. Actually, it is very easy to relieve-it is very easy for a person to start, all of a sudden, identifying where these theta bodies were and then start getting them out on the time track in span properly. And then suddenly find out what he is as a theta body. I won't tell you how many hours of running this takes, but it's less hours of running than to find basic-basic.

Now, this is the key one. You want to find out what old facsimile he's got confused with this lifetime. You'll find the same thing is wrong with his MEST body in this lifetime that's wrong with this old facsimile there. You reduce this old facsimile, blow it out, throw out the protection and so forth. All of a sudden, he isn't running the care-of-a-body phobia. That's a terrible phobia, by the way. This whole society has got it-got it bad. Care of the body: "Don't get your feet wet," "Blow your nose," "Take Argyrol" "Go to school" and "See your dentist twice a year." Why? That's silly. Care of the body, care of the body, be careful of the body, be careful of what you do, care of the body. You have to like your body. You, of course, tell people that all the time. When you audit preclears, the first thing you get concerned about is the care of their body. That's your automatic response.

Now, we've gone up on a higher level of knowledge than that and we realize care of

their body-so what! Let's take care of *them*. It's something like treating a child's illness by painting his toys. You treat the individual.

Now there, that sexual line-as diffident as I am to tell you about the birds and bees-the sexual line is the line which was the most compulsive line for you to do this. But most important, because there are two people in it, it is the line which permits you to differentiate all of a sudden and say, "My gosh, I'm a theta body. Ah, so I am." You'll run a guy up to the point where he'll suddenly realize this.

It's most easily differentiated because he knows, you see, that he hasn't got two people under his roof in this life. Whereas you could run him for a long time with just one-he's got a MEST body here and you can fit these old MEST body facsimiles onto this present MEST body here, just one person at a time, and he'll feel a little bit large sometime, a little bit small, but he won't get this sudden realization, because he has one MEST body. If he were two MEST bodies here, you see, you'd solve it by running the

times when he threw himself over one body. Well, so what you're doing, you resolve the thing by finding times when he threw himself over two bodies. And when he threw himself over two bodies-he can actually distinguish the motion, shape, size, general characteristics of these bodies and all of a sudden he'll find himself.

When he finds himself, he'll very often after that lose himself again, then he'll find himself again, because he'll start running incidents that have heavy waves and they tend to invalidate him. And the first thing you know, you've busted through all the past life barriers. You've got full track in recall. It's perfectly safe for you to have full track in recall. You've got Symbological Processing, you've got Attention Unit Running, you can unravel the maybes, you can take a lifetime to pieces in a matter of hours.

And if you run a lifetime, all of a sudden you run into a lifetime that's too unbearable, you can no longer face that lifetime (you thought, when you finally blew your brains out), you know you can solve it in an awful hurry. Pick up Symbological Processing, take it to an E-Meter. And you know you can clip it. Actually, they're seldom acute.

The second that you begin to find out "My God, I've lived forever and I'm going to live forever and now I've got savvy enough to go on and on and on and on," these things don't affect you very deeply.

But one word of warning about all this: When you get the individual running in this one, he'll get into this Halver. That is why I told you the Halver, because that was what was basically done to him that gave him the compulsion about sex. And he'll move into this as the motivator-quite often move into that.

And that is a very sticky one. And this side of him mismatches suddenly with this side of him. One side will go dead and one side feel alive and vice versa. This is the source of stroke, evidently. Half of him will go dead and he'll feel all out of balance and he'll feel very upset and he can't run this sexual union anymore, because all of a sudden he's half-dead himself and so on. What you've done is run him back to a portion where he can run the motivator. So just run him through that a little bit, of being gunned with rays-half of him with one side, half of him with the other side. You'll quite often have him facing sexual partners in this life and he will get a visio of a sexual partner as this side black and that side white. And that is the old Halver in restimulation. That's all it is. Because actually, the Halver contains a light. The light flashes as the rays flash and the light divides the person in half. And the person then

thinks he's two people and lots of things. All right. That's beside the point. There is another word of warning I would like to give you: that is the motivator for these incidents quite often. You'll find other motivators. Don't let him go on running the motivator forever. Realize that you've hit a motivator for sexual overt acts of suddenly jumping over the top of some beautiful young girl and whistling at a farmer boy. The other word of warning is, is when you get to a point where you can handle this body adequately and you're pretty well swamped up with a theta body, don't do that so often! And if you do it, run it out. [laughter]