

# COMMUNICATION – ARC – DEMONSTRATION

A lecture given on 5 November 1953

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18 57 29A 58 5 Nov 53 Communication – ARC – Demonstration

Transcript of lecture by L. Ron Hubbard AICL-57, renumbered 29A and again renumbered 58 for the "Exteriorization and the Phenomena of Space" cassette series.

[Based on the clearsound version only.]

November 5, afternoon.

This afternoon we're going to take up a subject which is apparently very old, and which I hope, at the end of this hour, you will find very new, and that's communication.

We can go elsewhere, in other lectures, to discover the interrelationship of communication, affinity and reality, but in this one, we're merely going to go in on application.

We've been talking about certainty, haven't we. Well, we're still talking about certainty. Therefore, if we're talking about certainty, we must be talking about reality. "What reality do you get on the incident?" (unquote). That is, "How certain are you of the incident?" We're talking about the same thing.

Now, we can approach certainty by increasing and bettering communication and by doing that we better affinity and when we've bettered affinity, we've bettered what? Reality. And of these the most important, and – certainly the most visible, is communication. And the most hidden is reality; that is the least certain in the case. So we're trying to return certainty. On what? Three universes.

These three universes operate, by the way, like a triangle. When you improve a fellow's communication on his own universe – you can just go on and do that, on and on and on and on and on – and then you ask him immediately to look at another universe and all of a sudden communication on his own universe betters. Why? Because he's interlocked with other universes.

Now, he can pick up communication in his own universe and pick up communication in the MEST universe and then he does what? And get this one carefully. What does this character do? Communication on his own universe? Good. Communication on the MEST

universe? Pretty good. It doesn't seem to go any further though; it seems to kind of stop right about there.

He immediately starts using the communication level of a third universe – and that's his body and that's a third universe. And every preclear you've got is so darned identified with a body that he thinks when he works his own universe that he's working a body. It's not true. There's his universe and then there's a body – as other people's universe.

The body is so doggone convinced by other-determinism that to turn it into self-determinism would be to blow it up in smoke because it can only exist as a solid on other-determinism. And now you have a thetan who is trying to increase his self-determinism and you put it up against something that is totally other-determinism and have him – have him use it for his communication test or use it to find out whether or not it's right.

Now, just look – let's look at this as a piece of idiocy – complete idiocy. We try to pick up somebody's communication level and then ask them how they see through their eyes. No! I mean, this is nonsense.

If we're going to pick up the communication level of a thetan when we pick up the communication level of a thetan – that's all. And then we can pick up communication level on the MEST universe and that's fine. Now let's pick up communication on other universes and the first other universe we actually run into is the body he is using. That's somebody else's universe; that's the other fellow's – right away quick; that's not his universe.

And it is the identification of this other fellow's universe – the body – and the thetan which we're basically trying to solve with exteriorization. So the more a thetan gets mixed up with this identification, the more confused he'll be and his case will bog. You know, 'And then I went back inside and I haven't been out since.' You've heard somebody say that after he's been Clear somewhat. Stabilized a little bit outside, not very well, and then a truck almost runs over his body and he jumps back in the body. To what? Defend and protect it.

This morning we talked about other people's problems. Well, every problem the body has got is somebody else's problem. It isn't the thetan's problem. Every problem, then, that has to do with security, eating, sleeping, all the rest of it that this thetan is going through, see, none of these are his own problem, recognizably; they're the body's problems which he is solving.

Most thetans are on a level of propitiation with regard to a body which is strictly irk; "Oh, my gosh! How horrible!"

Now, there's some levels of technique which have been used in Theta Clearing for a long time, and I think it's Act Eleven of the Handbook for Preclears – no less, no less, no less – which together solve something called sympathy. Sympathy is what? Complete sympathy is same form, same place, same shape.

Let me give you a demonstration of this.

Who exteriorizes more or less? I mean on that basis more or less exteriorization. Do you get out of your head more or less?

Male voice: Mostly less.

Do you get out of your head a little bit? That's what I want, somebody that's just a little bit out of his head. You.

Female voice: Yeah.

Out of your head a little bit? Right from here, I'll run you – give you just a two-second demonstration of what I'm talking about.

LRH: All right. Let's be a foot back of your head. I don't care with what reality there ...

PC: Mm-hm.

LRH: ... about a foot back of your head.

PC: Mm-hm.

LRH: Now let's reach forward and pat it on the head and say, "Poor body."

PC: Mm-hm.

LRH: Isn't that lovely?

All right. Now let's be about two feet back of your head and say to yourself, "I wonder what I can do for this body."

PC: Yeah!

LRH: All right. Be there and say "Poor body"; pat it on the head and stroke its head.

All right. Be about – be about six feet back, and say again, reach down, look at the body, say "Poor body." How does that make you feel?

PC: Rather silly.

LRH: It makes you feel silly!

PC: Yes.

LRH: Well, say now, can you – can you be about six feet back there, easily? Two feet back?

PC: Not easily. I'm usually sort of floating around the space somewhere.

LRH: Well, how about two feet back?

PC: Fine.

LRH: Can you be two feet back? Now, let's look at the body and say, "Poor body, it's blind."

PC: Huh? That's the only one of this partnership that sees!

LRH: Ah! Let's be two feet in back again and say, "Poor blind body."

PC: No conviction.

LRH: No conviction.

PC: I know it sees!

LRH: There we are. Okay. Now let's be two feet back there and say, "Oh, worshipful, worshipful body, thou seest!" Get that again, "Worshipful body, thou seest." Now get yourself sort of in the attitude of being down on your knees and salaaming to the body, saying "Thou seest. Thou seest. Oh, star in the heavens." And while you're there say, "Poor blind me."

PC: Yes.

LRH: Now get the feeling of sympathy from the body for you for being so blind.

PC: Yes.

LRH: Okay. Let's be about two feet in back of your head now. Pat the body on the head and have the body say, "Poor blind thetan." Now pat the body on the head again and say, "Well, I'm glad this body isn't blind."

PC: Yeah!

LRH: Ah! Now let's turn sideways and mock up a blind body.

PC: Mm-hm.

LRH: Give it a tin cup and send it on its way. Mock up on the other side of you a blind body and send it on its way, saying "Poor body" as you do so. Did you do that?

PC: Yeah, but it's more like "Good for nothing."

LRH: Oh! Very practical thetan. Say – all right, mock up another blind body and have it walk off in some other direction. Say to yourself, "Good riddance."

PC: Yes.

LRH: Another blind body and have it walk away in some other direction.

PC: Yeah.

LRH: Another blind body, and have it walk away.

PC: Mm-hm.

LRH: Another one and have it walk away.

PC: Yep.

LRH: Another one and have it walk away feeling sorry for you.

Mock up another one and have it walk away.

PC: Yes.

LRH: All right. Let's be two feet back of your head. Where aren't you?

PC: In my feet.

LRH: All right. Where else aren't you?

PC: On your head.

LRH: Where else aren't you?

PC: In that cooler over there.

LRH: Okay. Where else aren't you?

PC: In the telephone.

LRH: Where else?

PC: Under Burke's chair.

LRH: Where else?

PC: Under the couch.

LRH: Where else?

PC: Well, I'm not out of the room.

LRH: Okay. Where else aren't you?

PC: Behind the picture.

LRH: Okay. Where are you?

PC: Well, I'm sort of in midair here somewhere.

LRH: Okay. Are you under your own chair?

PC: No.

LRH: You're not.

PC: No.

LRH: Are you in the middle of your spine?

PC: No.

LRH: Are you in your ears?

PC: No. About two feet over its head, I think, sort of drifting around.

LRH: Uh-huh. Make you feel blind to do that?

PC: No blinder than usual. No.

LRH: Well, get the feeling of how chronic it is to be blind.

PC: Yeah.

LRH: Now feel sorry for yourself.

PC: Mm-hm.

LRH: Now get the body feeling sorry for you.

PC: Yeah.

LRH: Feel sorry for yourself.

PC: Mm-hm.

LRH: Get the body feeling sorry for you.

PC: Mm-hm.

LRH: Now sorry for yourself.

PC: Yeah.

LRH: Body feeling sorry for you.

PC: Yeah.

LRH: You sorry for the body.

PC: Yeah.

LRH: Body feeling sorry for you.

PC: Yeah.

LRH: Body feeling sorry for itself.

PC: Yes.

LRH: You feeling sorry for you.

PC: Yeah.

LRH: You feeling sorry for blind bodies – blind babies.

PC: Not especially.

LRH: You don't feel sorry for blind babies?

PC: Not terribly.

LRH: Let's feel no sympathy for blindness.

PC: Yeah.

LRH: Feel no sympathy for blindness again; get determination not to sympathize.

PC: Mm-hm.

LRH: The body being determined not to sympathize.

PC: Hm, that's harder.

LRH: You being determined not to sympathize.

PC: Mm-hm.

LRH: The body being determined not to sympathize.

PC: No, it isn't.

LRH: You determined not to sympathize.

PC: Yeah.

LRH: You determined not to sympathize for blind bodies.

PC: Mm-hm.

LRH: Blind bodies determined not to sympathize for you.

PC: Mm-hm.

LRH: More blind bodies down below you, determined not to sympathize with you.

PC: Mm-hm.

LRH: More blind bodies determined not to sympathize with you.

PC: Mm-hm.

LRH: Bodies that have had their eyes knocked out with explosions not sympathizing with explosions.

PC: Yeah.

LRH: All right, blow up all the residue you have around you.

PC: Mm-hm.

LRH: Got it?

PC: Mm-hm.

LRH: Okay. Be two feet back of your head now.

PC: Mm-hm.

LRH: Is it easier?

PC: Yeah.

LRH: It is easier. Is there any perception change?

PC: Mm-hm. I'd say I've been getting fairly strong impressions of the room around.

LRH: All right. Is there any perception change...

PC: ...a few feet out.

LRH: ... in the body?

PC: No.

LRH: Is there any perception change in you?

PC: No. About as it was this morning.

LRH: About as it was.

PC: Mm-hm.

LRH: All right. Now get how equal you are to the body.

Now get how the body never has a perception change, damn it!

PC: That's right. Yes, yes.

LRH: Now get how this makes all bodies equal to you.

PC: No, I don't get that.

LRH: You equal to all bodies.

PC: No.

LRH: Bodies equal to you?

A body equal to you?

PC: Mm-hm.

LRH: A blind body equal to you.

PC: Hm.

LRH: You equal to a blind body.

PC: Yeah.

LRH: Blind body equal to you.

PC: Mm-hm.

LRH: You equal to a blind body.

PC: Yeah.

LRH: Blind body equal to you.

You equal to blind bodies.

PC: Hm.

LRH: Blind body equal to you.

PC: Mm-hm.

LRH: You equal to blind bodies.

PC: Yeah.

LRH: Blind bodies equal to you.

PC: Yeah.

LRH: Blind bodies sympathizing with you.

PC: Mm-hm.

LRH: You sympathizing with blind bodies.

PC: Yeah.

LRH: Now get how much you deserve it.

PC: Mm-hm.

LRH: Get blind bodies getting how much they deserve.

PC: Yeah.

LRH: Got that? Get you then and therefore – going how much you deserve it.

PC: Mm-hm.

LRH: Be two feet back of your head.

PC: Mm-hm.



LRH: Pat the body on the head and say, "Poor body, it can see anyhow."

PC: Yeah! Yeah.

LRH: Now get the body feeling a lot of sympathy for you.

PC: Mm-hm.

LRH: And you feeling a lot of sympathy for the body.

PC: Yeah.

LRH: All right. Now be yourself and get the idea of choosing this body out for randomness – needing the body for randomness.

PC: Yeah.

LRH: Choosing it out for randomness.

PC: Mm-hm.

LRH: Needing it for randomness.

PC: Mm-hm.

LRH: Choosing it out for randomness.

PC: Yeah.

LRH: Needing it for randomness.

PC: Yeah.

LRH: Choosing it out for randomness.

All right, let's be the body choosing you out for randomness.

PC: Yeah.

LRH: Now be the body again choosing you out for randomness.

PC: Yeah.

LRH: Now be the body threatening you. No?

PC: No.

LRH: Be you threatening the body.

PC: Yeah!

LRH: Be the body threatening you. No?

PC: No.

LRH: Well, get how dangerous the body is now.

PC: No. It's just stubborn.

LRH: Stubborn.

Okay, get how stubborn the body is.

PC: Yes.

LRH: Be you and hate thetans.

PC: Yeah.

LRH: Be the body and hate yourself.

PC: Mm-hm.

LRH: Be you and hate the body.

PC: Mm-hm.

LRH: Body and hate yourself

PC: Mm-hm. Ouch.

LRH: You and hate the body. Ah! Ouch! Here we go. It took a long time to get an ouch out of this.

Be you and hate the body.

PC: Yeah.

LRH: All right. Be the body and hate you.

PC: Yep...

LRH: You and hate the body.

PC: Yes

LRH: Body and hate you.

PC: Mm-hm.

LRH: You and love the body.

PC: Yeah.

LRH: And the body – be the body and love you.

PC: Yeah.

LRH: You and love the body.

PC: Yes.

LRH: Body and love you.

PC: Uh-uh!

LRH: Be the body and hate you.

PC: Yeah.

LRH: Be you and hate the body.

PC: Mm-hm.

LRH: Be the body and hate you.

PC: Yeah.

LRH: You and hate the body.

PC: Yeah.

LRH: Be the body and hate you.

PC: Mm-hm.

LRH: Be you and decide you have to fight the body.

PC: Yeah!

LRH: The body and decide you have to fight you.

PC: No.

LRH: No? All right. Get how noble it is of you to hang around and solve this body's problems.

PC: I give it problems to solve more likely.

LRH: All right. Let's be – let's be the body now and be how nice it is of you as a body to solve the problems for the thetan.

PC: Well, amuse the thetan, yes.

LRH: All right. Be you again and get how nice it is of you to amuse the thetan.

PC: Yes.

LRH: All right. Now be you and get how nice it is of you to take on to yourself the problems of all bodies on all time tracks everywhere.

PC: Let's see. I don't feel that way

LRH: You what?

PC: No.

LRH: You don't feel that way?

PC: No.

LRH: Be you as a body and get how ornery it is of you not to make problems.

How nice it is of you not to make problems.

PC: That's all you do in a body.

LRH: Mm-hm.

PC: You make lots of problems.

LRH: Okay. Be two feet back of your head now.

PC: Mm-hm.

LRH: Pat the body on the head and say, "Poor body."

PC: Yes.

LRH: Let's feel sympathy back from the body now.

PC: Mm-hm.

LRH: You feel sympathy for the body.

PC: Mm-hm.

LRH: Body feel sympathy for you.

PC: Yeah.

LRH: You feel sympathy for the body.

PC: Mm-hm.

LRH: The body feel sympathy for you.

PC: Mm-hm.

LRH: And you feel sympathy for the body.

PC: Yeah.

LRH: Body feel sympathy for you.

PC: Mm-hm.

LRH: Be three feet back of your head.

PC: Yeah.

LRH: Is that easier?

PC: Mmm... Yeah.

LRH: Easier for you to be there now?

PC: Mm-hm.

LRR: Now shut your body's eyes.

PC: Mm-hm.

LRH: All right. Open your own eyes.

PC: Mm-hm.

LRH: All right, now just shift your wavelength up to a point where you can take a look at this room.

PC: Seem to have gone the reverse. I just darkened it thoroughly like I'm blind.

LRH: No! What do you know.

PC: Yes.

LRH: All right. Now lighten it thoroughly by darkening it thoroughly. Make it get real dark.

PC: Well, there's sort of something appearing out of the mist.

LRH: Make it get real dark.

PC: It's gloriously dark now.

LRH: Make it get real black.

Now make it get light. What happened? A ridge pop?

PC: No. Some so-and-so keeps sticking his head up out of the darkness and back in time. I mean, it's someone in the room. Yes. Yeah.

LRH: Make the room get dark.

PC: Mm-hm.

LRH: Make it get light.

PC: It doesn't seem to vary much.

LRH: Well, make it vary a little bit in whichever direction you can.

PC: Mm-hm.

LRH: How can you make it vary so it's lighter?

PC: Well, I can sort of turn on this sort of perimeter vision and sort of see around the edges.

LRH: All right. Now turn it off

PC: Mm-hm.

LRH: Turn it on.

PC: Mm-hm.

LRH: Turn it off.

PC: Mm-hm.

LRH: Turn it on.

PC: Mm-hm.

LRH: Okay, what's happening?

PC: Well, there's certainly something I see. I'm not sure whether it's a facsimile or the room, actually.

LRH: Mm-hm.

PC: One or the other – pretty definite.

LRH: All right. Now turn on some facsimiles to look at.

PC: Yeah.

LRH: All right. Now turn on some of the room to look at.

Turn on facsimiles. Put some facsimiles there so you know you put some facsimiles there.

PC: Yeah.

LRH: Now the room.

Now the facsimiles.

PC: Mm-hm.

LRH: Now the room. What happens as you do that?

PC: The trouble is I've got facsimiles of practically everything in this room in all sorts of different positions and what not.

LRH: Mm-hm, confusing isn't it?

PC: Yeah.

LRH: Hm-mm, real confusing. Well, why don't you be above these facsimiles and duplicate them?

PC: Now it's getting crowded.

LRH: You sure those are your duplicates?

PC: No, hell.

LRH: Are you sure the duplicates are yours?

PC: I'm seeing two of them – two of things.

LRH: Well, are you sure the one you made is yours?

PC: Yeah.

LRH: All right, blow it up.

PC: Mm-hm.

LRH: Blow the rest of them up.

PC: Mm-hm.

LRH: All right. Now, let's make a duplicate of your body in the chair.

PC: Yeah.

LRH: Blow it up.

PC: Mm-hm.

LRH: Put the room below you and make a duplicate of it.

PC: Mm-hm.

LRH: Blow it up.

PC: Mm-hm.

LRH: Put the body in the room below you.

PC: Yeah.

LRH: Make a duplicate of it.

PC: Mm-hm.

LRH: Blow it up.

PC: Mm-hm.

LRH: Make another duplicate of it.

PC: Yeah.

LRH: Blow it up.

PC: Mm-hm.

LRH: Another duplicate.

PC: Yeah.

LRH: Blow it up.

PC: Mm-hm.

LRH: Another duplicate.

PC: Yeah.

LRH: Blow it up.

PC: Mm-hm.

LRH: Another duplicate.

PC: Mm-hm.

LRH: Blow it up.

Another duplicate.

PC: Yeah.

LRH: Blow it up.

PC: Mm-hm.

LRH: Be two feet back of your head.

PC: Yeah.

LRH: How does the body look to you now?

PC: Well, I certainly see something.

LRH: Mm-hm. Let's turn the visio off. Now let's turn it off because it's too good for you.

Got that?

PC: Mm-hm.

LRH: Let's turn it off deeper.

PC: Yes.

LRH: Get how you really deserve it.

Got that?

PC: Yeah.

LRH: Okay, now turn it on.

PC: Turn it off or on?

LRH: On.

PC: On.

LRH: Turn it on a little bit.

PC: Yeah.

LRH: Turn it off a little bit.

PC: Mm-hm.

LRH: Turn it on a little bit.

PC: Mm-hm.

LRH: Turn it off a little bit.

PC: Gee, it's got ears. Okay.

LRH: Body got ears?

PC: Yes, it has ears.

LRH: Turn it on.

PC: Yes.

LRH: Turn it off.

PC: Mm-hm.

LRH: Turn it on.

PC: Mm-hm.

LRH: Turn it off

PC: Mm-hm.

LRH: All right. Make it entirely unreal.

PC: That's mean.

LRH: Why?

PC: Every time you start to make something unreal, it practically slaps you in the nose with reality.

LRH: Let's be two feet back there and make this body entirely unreal now.



How did you do it?

PC: It gets realer every time I do that. I kind of obscure it a little and sort of say I'm going to unmock it or something but...

LRH: Let's make it real unreal now.

PC: All right. It's unreal. Something – scenes dope off.

LRH: Mm-hm. You got it real good and unreal?

PC: Mm, pretty unreal.

LRH: All right, now just change your mind and make it real.

PC: Yeah.

LRH: Make it unreal.

PC: Mm-hm.

LRH: Make it real.

PC: Yeah.

LRH: Make it unreal.

PC: Mm-hm.

LRH: Make it real.

PC: Yeah.

LRH: Make the room unreal.

PC: Mm-hm.

LRH: Make it real.

PC: Yeah.

LRH: Unreal.

PC: Mm-hm.

LRH: Real.

PC: Mm-hm.

LRH: Make it warm with love.

PC: Make it which?

LRH: Warm with love – the room.

PC: All right.

LRH: Seething with hate.

PC: Yeah.

LRH: Warm with love.

PC: Mm-hm.

LRH: Seething with hate.

PC: Mm-hm.

LRH: Warm with love.

PC: Mm-hm.

LRH: Seething with hate.

PC: Mm-hm.

LRH: Make it real.

PC: Mm-hm.

LRH: Make it unreal.

PC: Mm-hm.

LRH: Make it real.

PC: Mm-hm.

LRH: Make it unreal.

PC: Yeah.

LRH: Okay.

PC: It sort of works by reaching and withdrawing; when you reach, it gets realer, and when you withdraw, it gets unrealer.

LRH: Oh?

PC: Yeah.

LRH: Well, be the waves in the room which are pounding you.

PC: Me or the body? Me?

LRH: You.

PC: Yeah.

LRH: Be you being pounded by the waves.

PC: Mm-hm.

LRH: Be the body pounding you with waves.

PC: I'm not sure it can.

LRH: Oh? Be you pounding the body with waves.

PC: Mm-hm.

LRH: Be the room pounding you with waves.

PC: Yeah.

LRH: Get how much you deserve that.

PC: Yeah.

LRH: All right. Be you pounding the body with waves.

PC: Mm-hm.

LRH: Be the waves pounding you.

PC: Mm-hm.

LRH: Be you being pounded.

PC: Yeah.

LRH: The waves pounding you.

PC: Mm-hm.

LRH: You being pounded.

PC: Mm-hm.

LRH: The waves pounding you.

PC: Mm-hm.

LRH: You resisting being pounded.

PC: Yeah.

LRH: The waves resisting pounding you.

PC: Hm. That's a funny one.

LRH: What's that?

PC: It feels odd. It doesn't seem like the way waves are.

LRH: Mm?

PC: It doesn't seem like the way waves are.

LRH: What is?

PC: Well, without volition, without motion.

LRH: All right, be you resisting this "without volition – without motion" thing.

PC: Mm-hm.

LRH: All right. Be this thing being resisted by you.

PC: Mm-hm.

LRH: Okay? Well, let's be three feet back of your head there.

PC: Yeah.

LRH: Take a look around.

PC: Well, somebody's under me and it isn't me.

LRH: Is that so?

PC: Yes. Who's ever in back of this body.

LRH: Okay. Duplicate it.

PC: All right...

LRH: Blow it up.

PC: ... it blurred. Yes.

LRH: Duplicate it again.

PC: Mm-hm.

LILH: Blow it up.

PC: Mm-hm.

LRH: Duplicate it again.

PC: Mm-hm.

LRH: Blow it up.

PC: Mm-hm.

LRH: Duplicate it.

PC: Mm-hm.

LRH: Blow it up.

PC: Yeah.

LRH: Duplicate it.

PC: Yeah.

LRH: Blow it up.

PC: Mm-hm.

LRH: Duplicate it.

PC: Mm-hm.

LRH: Blow it up.

Now be three feet in back of your own head. What happened? Something bad happen there?

PC: No.

LRH: Be three feet back of your head now.

PC: Mm-hm.

LRH: What do you see?

PC: My head – it's on my shoulders.

LRH: Okay. Have you had a perception change here?

PC: It hasn't been for a while. I keep seeing it in front of my shoulders, sort of out here somewhere.

LRH: What's that?

PC: Well, on this body, the head is in front of the rest of it.

LRH: The head isn't what?

PC: It's not on its shoulders!

LRH: No!

PC: No. See what is in front of the shoulders.

LRH: What shoulders are these?

PC: They seem to be wearing my shirt.

LRH: How?

PC: Sort of ridiculous looking.

LRH: All right. Where aren't you?

PC: Under the chair.

LRH: Where else aren't you?

PC: In the cupboard back there.

LRH: And where else aren't you?

PC: On Dick's head.

LRH: And where else aren't you?

PC: On the desk.

LRH: Where else?

PC: Behind the curtain.

LRH: Now you know where you are?

PC: Yeah, I know approximately.

LRH: Okay. Are you in the-in your hands?

PC: No.

LRH: Head?

PC: No.

LRH: Shoulders?

PC: No, behind the body somewhere.

LRH: Ears?

PC: No.

LRH: Hair?

PC: No.

LRH: Which hair aren't you in? Particularly.

PC: Well, I think there's one sticking up there somewhere.

LRH: Okay. Let's be three feet back of the head.

PC: Mm-hm.

LRH: All right. Now, let's reach for present time.

PC: Yeah.

LRH: Withdraw from it.

PC: Mm-hm.

LRH: Reach from it.

PC: Mm-km.

LRH: Withdraw from it.

PC: Mm-hm.

LRH: Reach for it.

PC: Mm-hm.

LRH: Withdraw.

PC: Yeah.

LRH: Reach for it.

PC: Mm-hm.

LRH: Withdraw.

PC: Mm-hm.

LRH: Reach for it.

PC: Yeah.

LRH: Withdraw.

PC: Mm-hm.

LRH: Reach.

PC: All right.

LRH: Now get present time reaching for you – now be present time reaching for you.

PC: Mm-hm.

LRH: Be present time withdrawing from you.

PC: Mm-hm.

LRH: Be present time reaching you.

PC: Mm-hm.

LRH: Be present time withdrawing from you.

PC: Mm-hm.

LRH: Be present time reaching from you.

PC: Yeah.

LRH: Be present time withdrawing from you.

PC: Mm-hm.

LRH: Is there any effort in this?

PC: No. It's much easier to be present time doing the reaching and withdrawing than it is me, apparently.

LRH: Hm! All right, let's be – let's be you resisting present time reaching for you.

PC: Yeah.

LRH: Withdrawing from you.

PC: Yeah.

LRH: Be you reaching – with present time reaching for you.

PC: Mm-hm.

LRH: Now be you reaching against present time.

PC: You mean, both reaching together?

LRH: Mm-hm.

PC: Yeah. Mm-km.

LRH: All right. Be you withdrawing from present time as it withdraws.

PC: Mm-hm.

LRH: Okay. All right. Now, let's hold on to the four upper corners of the room from where you are; let's feel them.

PC: Hm.

LRH: Let's withdraw from them.

PC: Mm-hm.

LRH: Reach for them.

PC: Mm-hm.

LRH: Get a withdrawing.

PC: I seem to watch myself doing that from another viewpoint.

LRH: Hm?

PC: I seem to watch myself doing that from another viewpoint.

LRH: Oh, really?

PC: Yeah. I see something else as the center of the reaching and withdrawing.

LRH: Good. Let's not be in the center of the reaching and withdrawing.

PC: Mm-hm.

LRH: Let's be in the center of the reaching and withdrawing.

PC: Yeah.

LRH: Okay? Now let's reach as you put up the viewpoints.

PC: It's not so easy to back off and look at what's reaching.

LRH: Oh, really?

PC: Yeah.

LRH: All right, just put up a viewpoint there that reaches and withdraws automatically, very rapidly.

PC: Okay.

LRH: Put up another viewpoint just alongside of it that's doing the same thing.

PC: Mm-hm.

LRH: Put up another viewpoint just below you that's doing the same thing.

PC: Yes.

LRH: Put up one just behind you that's doing the same thing.

PC: Yeah.

LRH: All right, move those out into space; make a piece of space with them.

PC: Okay.

LRH: Let's look at them.

PC: Mm-hm.

LRH: Isn't that nice? Now let's make some more of them; let's make some more of them and move them up into the corners of the room.

PC: Yeah.

LRH: How's that? Better?

PC: Well, I just stuffed a viewpoint at each corner.

LRH: Mm-hm. All right, let's blow them up.



PC: Mm-hm.

LRH: All right. Let's be four feet back of your head now.

PC: Mm-hm.

LRH: Okay. Now let's get how real the room is.

PC: Yeah.

LRH: How unreal it is.

PC: Mm.

LRH: Make it unreal.

PC: Mm-hm.

LRH: Make it real.

PC: Yeah.

LRH: Make it unreal.

PC: Mm-hm.

LRH: Make it real.

PC: Mm-hm.

LRH: Fill it full of love.

PC: Mm-hm.

LRH: Full of hate.

PC: Mm-hm.

LRH: Full of love.

PC: Mm-hm.

LRH: Full of hate.

PC: Mm-hm.

LRH: Full of lo...

PC: It's hard to do for some reason.

LRH: Huh?

PC: It's hard to do.

LRH: No!

PC: Yeah!

LRH: All right. Now make it unreal.

PC: Yeah.

LRH: Make it real.

PC: Mm-hm.

LRH: Make it unreal.

PC: Mm-hm.

LRH: Make it real.

PC: Yeah.

LRH: Make it unreal.

PC: All right.

LRH: Make it real.

PC: Mm-hm.

LRH: Make it unreal.

PC: Mm-hm.

LRH: Make it real.

PC: Mm-hm.

LRH: Make it unreal.

PC: All right.

LRH: Make it real.

PC: Mm-hm.

LRH: Make it unreal.

PC: Mm-hm.

LRH: Make it real. That getting easier to do?

PC: Yeah.

LRH: All right. Let's get it loving you desperately.

PC: All right.

LRH: Now get you loving it desperately.

PC: All right.

LRH: Get it hating you.

PC: Mm-hm.

LRH: Get you hating it.

PC: Mm-hm.

LRH: Get it being contemptuous of you.

PC: Mm-hm.

LRH: Get you being contemptuous of it.

PC: Mm-hm.

LRH: Get it being adulatory.

PC: Yes.

LRH: Now get you being adulatory toward it.

PC: Mm-hm.

LRH: Get you hating it.

PC: Mm-hm.

LRH: And it hating you.

PC: Mm-hm.

LRH: You loving it.

PC: Mm-hm.

LRH: And it loving you.

PC: Mm-hm.

LRH: You wanting it.

PC: Mm-hm.

LRH: And it wanting you.

PC: Hm. Yeah.

LRH: You wanting it.

PC: Mm-hm.

LRH: It wanting you.

PC: Mm-hm.

LRH: You loving it.

PC: All right.

LRH: It loving you.

You hating it.

PC: Yeah.

LRH: It hating you.

PC: Fine.

LRH: Make it real.

PC: Mm-hm.

LRH: Make it unreal.

PC: Mm-hm.

LRH: Make it real.

PC: Yeah.

LRH: Make it unreal.

PC: Mm-hm.

LRH: Make it real.

PC: Yeah.

LRH: Make it unreal.

PC: Mm-hm.

LRH: Reach for it.

PC: Mm-hm.

LRH: Withdraw from it.

PC: Yeah.

LRH: Reach for it.

PC: Mm-hm.

LRH: Withdraw from it.

Be three feet back of your head.

PC: Yeah.

LRH: All right. How's your perception?

PC: Well, I seem to be seeing things, sort of.

LRH: Seems to be what?

PC: I seem to be seeing things, sort of, in sort of a misty way.

LRH: Why don't you get feeling them, instead.

PC: Yeah.

LRH: Get the tremendous amount of effort in the room.

PC: It's easy to get on my own body but not in the others.

LRH: Get how much thinking there is in the room.

PC: Nope, feeling is about the easiest.

LRH: Feeling's the easiest. Okay. All right, now let's put bad feeling into the room.

PC: Is this emotion or actually touch?

LRH: Touch.

PC: Yeah.

LRH: Put good feeling into the room.

PC: Mm-hm.

LRH: Bad feeling.

PC: Mm-hm.

LRH: Good feeling.

PC: Mm-hm.

LRH: Put good emotion.

PC: Mm-hm.

LRH: Bad emotion.

PC: Yeah.

LRH: Good emotion.

PC: All right.

LRH: Bad emotion.

PC: Mm-hm.

LRH: Good visio.

PC: Yeah.

LRH: Bad visio.

PC: Mm-hm.

LRH: Good visio.

PC: Yeah.

LRH: Bad visio.

PC: Mm-hm.

LRH: Okay. Be three feet back of your head.

PC: Mm-hm.

LRH: How do you got?

PC: I still think I'm looking down on somebody's head...

LRH: No kidding.

PC: ... and it's not mine!

LRH: And it's not yours? What's this head...

PC: I have this feeling it's Lovejoy's.

LRH: What's this – what's this head look like?

PC: It looks like Lovejoy's head.

LRH: It does, huh?

PC: Yeah.

LRH: Duplicate it.

PC: Don't be uneasy, Tom, I won't drop.

Male voice: It's all right with me.

LRH: Duplicate it.

PC: Yeah.

LRH: Duplicate it again.

PC: Mm-hm.

LRH: Blow up the duplicates.

PC: Mm-hm.

LRH: Blow up the first one you saw.

PC: Okay.

LRH: What happened as you did that?

PC: Well, I blew up the one I saw behind this body in back, which isn't Lovejoy's because he's over on the other side.

LRH: Okay. Be three feet back of your head again.

PC: Mm-hm.

LRH: What do you get?

PC: There's somebody down there, I'm sure.

LRH: Mm-hm.

PC: It's like blindman's buff.

LRH: Well, okay. Now let's get certainty that there's nobody to the right of the one you see.

PC: Mm. I'm practically certain that somebody is. I can sort of invent a certainty that somebody isn't.

LRH: Oh, somebody isn't?

PC: I mean somebody is there.

LRH: Well, get somebody – get certainty there isn't anybody on the level with you.

PC: Yeah.

LRH: Certainty there isn't anybody on other – another level.

PC: Yeah.

LRH: Another level.

PC: Yeah.

LRH: Another level.

PC: Mm-hm.

LRH: Another level.

PC: Mm-hm.

LRH: Get certainty there are no Indians under you.

PC: Yeah.

LRH: Certain there are no cows.

PC: Yeah.

LRH: Horses.

PC: No.

LRH: Sheep.

PC: No.

LRH: Empty space.

PC: No. No empty space. There's a little here and there.

LRH: Goats.

PC: No. No goats.

LRH: Are there any Martians?

PC: Nope.

LRH: Okay. What's this body look like now?

PC: I got the impression of rather curly, dark hair.

LRH: Mm-hm. All right. Now let's get a look at your own body.

PC: Yes.

LRH: Got that?

PC: Mm-hm.

LRH: Now let's find another body.

PC: Okay.

LRH: Now, where are these other two bodies in relationship to your own body?

PC: Now, let's see. I'm sure there are a couple back there.

LRH: Mm-hm. Got two other bodies now? And your own body?

PC: Yeah, I'm sure of some of them.

LRH: Well, where are you in relationship to these three bodies?

PC: Sort of in the middle of the triangle formed by my own and...

LRH: Mm-hm.

PC: ... somebody's finger over there.

LRH: Oh, well. Let's put in four or five room corners, real quick.

PC: Just anywhere?

LRH: Just anywhere.

PC: All right.

LRH: Blow them up.

PC: Yes.

LRH: Put four or five more room corners anywhere.

PC: Mm-hm.

LRH: Blow them up.

PC: Mm-hm.

LRH: Okay. Now let's find the room corners.

PC: Yeah.

LRH: All right. Well, where are the room corners in relationship to your body?

PC: They're in back and they're still considerably in front.

LRH: Mm-hm. Where are you in relationship to the room corners?

PC: Well, I'm nearest the right-rear.

LRH: Mm-hm. Good. Now, let's...

PC: Every time I say where I am I back off and take a look at where I'm supposed to be.

LRH: Yeah.

PC: Rather silly!

LRH: Yeah. Well, now let's get a passion for observing.

PC: Yes.

LRH: Now let's get somebody else observing you.

PC: Him.

LRH: Be you being observed.

PC: All right.

LRH: Somebody else observing you.

PC: Oh my! All right.

LRH: Be you being observed.



PC: Yes.

LRH: Somebody else observing you.

PC: Yes.

LRH: You observing somebody else.

PC: Yeah.

LRH: Somebody else being observed.

PC: Yeah.

LRH: You being observed.

PC: Yeah.

LRH: You observing the MEST universe.

PC: Yeah.

LRH: Okay. Let's blow up any residue you have around.

PC: Mm-hm.

LRH: Be three feet back of the head again.

PC: Yeah.

LRH: How do you feel?

PC: Well, I feel fine.

LRH: All right. Is all the emotion in the body or is some in you?

PC: I think all the emotion, actually, is in the body.

LRH: Mm-hm. Why don't you put some in you, where you are?

PC: Mm-hm.

LRH: Make it feel happy.

PC: Yeah.

LRH: Apathetic.

PC: Mm-hm.

LRH: Happy.

PC: Mm-hm.

LRH: Apathetic.

PC: Mm-hm.

LRH: Happy.

PC: Mm-hm.

LRH: Angry.

PC: Yeah.

LRH: Happy.

PC: Yeah.

LRH: Happy.

PC: Mm-hm.

LRH: Make yourself feel enthusiastic.

PC: Hm. I must be used to getting all emotions back from the body or something, just putting them there and having them. I can't feel it myself.

LRH: All right, right below you, put some happiness.

PC: Mm-hm.

LRH: Got that?

PC: Yeah.

LRH: Blow it up.

PC: Mm-hm.

LRH: Put some enthusiasm.

PC: Yeah.

LRH: Blow it up.

PC: Mm-hm.

LRH: Put some sexual excitement and get it back.

PC: Mm-hm.

LRH: Ah, you can do better than that.

PC: Except the body's getting it, not me.

LRH: Oh? Waste some sex – right from where you are, waste some sexual excitement.

PC: Hm. Now, how the devil would you do that?

LRH: Hm?

PC: I said, how the devil would you do that?

LRH: All right, you tell me.

PC: Oh yes.

LRH: Get somebody else wasting sexual excitement.

PC: Mm-hm.

LRH: Other people wasting other people's sexual excitement.

PC: Yeah.

LRH: Somebody wasting yours.

PC: Mm-hm.

LRH: You wasting somebody else's.

PC: Mm-hm.

LRH: All right. Put some sexual excitement under you.

PC: Mm-hm.

LRH: Get it back.

PC: All goes to the body!

LRH: Still goes to the body.

PC: Sure does.

LRH: Well! Put a vacuum in the body for sexual excitement.

PC: Mm-hm.

LRH: Blow it up.

PC: Mm-hm.

LRH: Put a vacuum in the body for sexual excitement.

PC: Yeah.

LRH: Fill it with flitter.

PC: Mm-hm.

LRH: Got that?

PC: Yeah.

LRH: Okay. Now put some sexual excitement below you.

PC: Heck, that's how you waste it! Putting it anywhere but in the body!

LRH: Mm-hm.

PC: Yeah.

LRH: Okay, let's put some more below you.

PC: Mm-hm, yeah.

LRH: Let's feel it back.

PC: Utter confusion. No.

LRH: Mm? What's the matter?

PC: Well, I just seem to be a nonentity in this arrangement.

LRH: Oh? You finally found out that you didn't have any passion or emotion of your own?

PC: Well, that's the way it seems at the moment.

LRH: All right. Get you wasting sexual feeling.

PC: For myself or the body?

LRH: I don't care, for yourself.

PC: I can waste it for myself by giving it to the body exclusively.

LRH: Okay. Now get somebody else wasting it.

PC: Yeah.

LRH: Somebody else wasting somebody else's.

PC: Mm-hm.

LRH: Your wasting somebody else's.

PC: Yeah.

LRH: Somebody else wasting yours.

PC: Mm-hm.

LRH: You accepting it under duress.

PC: Yeah.

LRH: Somebody else accepting it under duress.

PC: Mm-hm.

LRH: Other people accepting others' under duress.

PC: Yeah.

LRH: Other people accepting yours under duress.

PC: Mm-hm.

LRH: You accepting others' under duress.

PC: Mm-hm.

LRH: You desiring it.

PC: Mm-hm.

LRH: Somebody else desiring it.

PC: Yeah.

LRH: Others desiring it from others.

PC: Yeah.

LRH: Others desiring it from you.

PC: Mm-hm.

LRH: You desiring it from others.

PC: Mm-hm.

LRH: You being curious about it.

PC: Yeah.

LRH: Others being curious about it.

PC: All right.

LRH: Others being – getting curiosity from others about it.

PC: Yeah.

LRH: You getting curiosity from others about it.

PC: Yeah.

LRH: Others getting curiosity from yours about it.

PC: Mm-hm.

LRH: Okay. Now let's be three feet back there. And now let's mock up some sexual excitement in a block of wood.

PC: Well, sort of.

LRH: You got it? Blow it up.

PC: Mm-hm.

LRH: Mock up some more. Blow it up.

PC: Mm-hm.

LRH: Mock up some more.

PC: Yeah.

LRH: Blow it up.

PC: Mm-hm.

LRH: Mock up some more.

PC: Hm.

LRH: What happened?

PC: It's not very convincing. Every time lots more of it goes to the body than the object I'm trying to put it into.

LRH: Oh, there's still a big flow of it?

PC: Mm?

LRH: Still a big flow of it?

PC: A big what?

LRH: Flow of it to the body?

PC: Yeah.

LRH: Mock up a hose...

PC: Yes.

LRH: ... to the body...

PC: Yeah.

LRH: with a tremendous flood of sexual excitement.

PC: Okay.

LRH: Now just keep it rolling.

PC: Now it doesn't work!

LRH: What happened?

PC: Too direct or something.

LRH: Huh?

PC: Too direct or something; I don't know.

LRH: Yeah?

PC: Yeah.

LRH: What doesn't work about it?

PC: It's too direct.

LRH: It's jus-

PC: It's no fun or something.

LRH: Oh! It isn't acceptable to the body.

PC: No. It's not like that special.

LRH: All right. Work up a terrifically intricate system, cogs and gearwheels, and so forth, so that it'll be acceptable to the body. Float a battleship in with it.

PC: A battleship?

LRH: Yeah.

PC: This I don't quite get.

LRH: All right. You weren't expected to. All right, get the "reason why" then. Yeah.

[To audience:] On the side, that's just to test they got to have a reason why. You want to know what it's about. It's significant.

[To pc:] You got that? Let's get – let's get the place in the universe you would most like to be.

[To audience:] Another technique.

[To pc:] Got one?

PC: Yeah. Three feet in back of my head and knowing it!

LRH: Well get the ...

PC: Or practically anywhere and knowing it.

LRH: Think up a beautiful reason why you have to be there.

PC: For my own good!

LRH: Think of another reason why you have to be there.

PC: That seems to be the only one.

LRH: Well, just get one there; just give it a real good reason; "Because roses are red" or something of the sort.

PC: All right.

LRH: Now, get a better reason than that.

PC: Well, it might be a convenient place to handle the body from.

LRH: Mm-hm. All right, let's get how impossible it is to control a body from three feet back of the head.

PC: Yeah.

LRH: Now get how utterly impossible it would be to get any sexual satisfaction out of one.

PC: Three feet in back of it?

LRH: Mm.

PC: Yeah!

LRH: Got that?

PC: Mm.

LRH: Okay.

PC: It puts you in such a ridiculous position – under the bed somewhere.

LRH: Now...

PC: I see I'm not the only one who's been worrying about this.

LRH: Now get how practical you have to be.

Male voice: You must both get on top.

LRH: Now get how you deserve having to be practical.

PC: Yes.

LRH: You got that?

PC: Mm-hm.

LRH: Okay. Be three feet in back of your head now.

PC: All right.

LRH: How's your perception?

PC: Well, there's still somebody under me.

LRH: Uh-huh. Has your perception on it improved any?

PC: Well, the blur under there will keep out the front.

LRH: Mm-hm. Now get a tremendous desire – just your feeling – a tremendous desire now, for inflow.

PC: Not that!

LRH: Get that? What happened?

PC: I said, "Not that!"

LRH: Go on.

PC: I don't want any inflow at the moment.

LRH: Get some more inflow – tremendous desire for inflow.

PC: All right.

LRH: More desire for inflow.

PC: All right.

LRH: More desire for inflow.

PC: All right.

LRH: Now get inflow to desire.

PC: Oh, inflow to desire something?

LRH: Mm-hm.

PC: Okay.

LRH: More inflow.

PC: Mm-hm.

LRH: Get how much you deserve it.

PC: Yeah.

LRH: Got it?

PC: Mm.

LRH: Now get bad inflow.

PC: Yeah.

LRH: Good inflow. Now get how big and strong this inflow makes you.

PC: Mm?



LRH: Oh, it doesn't?

PC: Uh-uh.

LRH: What does it do to you?

PC: I sort of shrivel.

LRH: All right, get sexual sensation inflowing.

PC: Mm, yeah.

LRH: Get it outflowing.

PC: Mm-hm.

LRH: Inflowing.

PC: Yeah.

LRH: Outflowing.

PC: Yeah.

LRH: Inflowing.

PC: Yeah, but it's all from the body.

LRH: Still all the body, huh?

PC: It sure is!

LRH: Okay. Let's take – be three feet back there and take a look again.

PC: Mm-hm.

LRH: What's your perception?

PC: Well, there's that head that isn't quite on the shoulders; a little to the left of the shoulders now.

LRH: A head not quite on the shoulders.

PC: Yeah. My head and my shoulders, but they don't quite jibe.

LRH: Well, are they cut apart?

PC: Yes! The head is over on the left shoulder at the moment.

LRH: Well, mock up a duplicate of it.

PC: Yeah.

LRH: Now cut the duplicate's head all the way off.

PC: All right.

LRH: Another duplicate.

PC: Yes.

LRH: Cut its head all the way off.

PC: Yeah.

LRH: Another duplicate.

PC: Mm-hm.

LRH: Cut its head off.

PC: Yeah.

LRH: Another duplicate; cut its head off.

PC: Mm-hm.

LRH: All right. Now, just get the idea of you having your head cut off.

PC: I haven't got a head.

LRH: Well, let's see here if you can get the idea of you getting your head cut off.

PC: All right.

LRH: All right, now let's put it fifty times in the past that you as a thetan have been decapitated.

PC: All right.

LRH: Let's put it a thousand times back on the track now, how often you were decapitated as a thetan.

PC: Mmm!

LRH: Get how much you deserved this.

PC: Yeah.

LRH: And how it's a good thing it happened to you.

PC: Mm-hm.

LRH: And get the amount of relief which you can feel now, that all this has happened to you.

PC: Yeah!

LRH: Okay. Stay three feet back of your head and take a look at the body again.

PC: Now, right – the head's in the right place now.

LRH: The head's in the right place.

PC: Mm-hm.

LRH: How does the body look to you? Better?

PC: Oh, it's all right.

LRH: Mm-hm. Has your perception improved any during this session?

PC: Well, it's been kind of interesting during this session. I haven't tried checking it with actually who's where or anything.

LRH: Mm-hm. Well, be up in the ce- ...

PC: I'm looking at more things.

LRH: Be up in the center of the room.

PC: Uh...

LRH: Up in the upper center.

PC: Yeah. Yeah.

LRH: Got that? Now just sail around to each one of the corners of the room.

[End of lecture.]