

The Freedom Congress Lectures
Washington, D.C.

GROUP PROCESSING: ACCEPTABLE PRESSURES

A lecture given on 5 July 1957

[Based on the clearsound version only.]

Thank you. Thank you. Thank you.

Well, I bet somebody wonders why the chairs are all this way.

Well, I'm going to do some processing this hour.

I'm going to run an impossible process. Going to do an utterly impossible process that nobody present will be able to do, and then I'll win and you lo...

No, that's old style auditing, I mean, you know, where the preclear loses so the auditor can win. That's old style.

You know, way back, way back when, you know, the HDA days. Remember? The auditor would sit down in the chair, you know, and tell the preclear, "Lie down there. Lie down there. Yes, that's right. That's right. That's good. Close your eyes. Close your eyes. All right. Now, we're going to run ... we re going to run birth. Yeah. I know, just lie down there. Okay. Just... No, there's nothing to worry about, nothing to worry about. I just know instinctively that's what should be run. All right. Now, the somatic strip will now go back to the beginning of birth. (snap!) You there? All right. Let's get the first phrase. Good. Repeat it. Repeat it. That's right. Do it again. Do it again. How're you making out? You're not? Well, here, here, I'll tell you what. You sit down... you sit down in the chair over here. I've been – that's right, I've been putting in some hard hours myself. Now go on, run it."

I didn't mean to be personal. Even that was a lot better than "Sit down there. Start talking" – two years later he's still talking; what's left of him. Psycho-analims.

Well, today – today we've come a long way from that and our Group Processing has come just as far. Now, we've got quite a few people here, and we've got four or five people on the floor, but I am going to ask you for your co-operation in doing the auditing commands as given.

And in view of the fact that a few of you had a very good group intensive, then I won't have to go over that ground at all.

I'm just going to start you off in high gear on a process you can't do and... Is that good?

Well, now, did you ever hear of pressure?

Audience: Yes.

You've heard of pressure?

Audience: Yes.

All right. Now, you all set? Is it all right with you if I begin this session?

Audience: Yes. Sure.

All right. Now I'm clarifying the auditing command and the auditing command is going to be what it will be: pressure.

Put your foot down on the floor there.

Can you feel some pressure between the floor and your foot?

Audience: Yes.

Can you feel some pressure? Hm?

Audience: Yes.

You can, huh?

All right. Now just sit back in your chair. Now do you feel any pressure between you and the back of your chair?

Audience: Yes.

All right. Now you know what I mean, that's pressure. Right? All right. Now here's what we're really going to be aiming at in this process. I want you to put your foot down on the floor with an acceptable pressure. Got that? An acceptable pressure. Just the right amount.

Can you do that?

Did you find it?

All right. That's good.

Now take your hands and put them against your face with an acceptable pressure.

Now adjust those hands around until you get the exact acceptable pressure from your hands.

Audience: Okay, yes.

You did that, huh?

Audience: Yes.

All right. Well, now in essence those are the two auditing commands. And the commands are worded as follows: "With your feet find an acceptable pressure on the floor,"

and the other command is, "With your hands find an acceptable pressure on your face." Got that?

Audience: Yes.

Now those are the auditing commands and I will try to give you an acknowledgement or two during this next hour. All right. You all set then?

Audience: Yes.

All right. Here we go.

With your feet find an acceptable pressure on the floor.

Everybody got it?

Audience: Yes.

Good. Good. Good. Good.

With your hands find an acceptable pressure on your face.

All right. You got that?

Audience: Yes.

Good. All right. With your feet find an acceptable pressure on the floor.

Got that?

Audience: Yes.

All right. With your hands find an acceptable pressure on your face. All right. Thank you.

With your feet find an acceptable pressure on the floor. Good. Fine. Good.

Back at the end of the hall, too, good.

With your hands find an acceptable pressure on your face. Got it, huh?

Audience: Yes.

All right. Thank you. With your feet find an acceptable pressure on the floor. Everybody get it?

Audience: Yes.

All right. Thank you. With your hands find an acceptable pressure on your face. All right, how's that?

Audience: All right. Good.

Getting somewhere?

Audience: Yes.

Kind of interesting?

Audience: Yes.

Good. Thank you. Thank you. Good.

With your feet find an acceptable pressure on the floor. Good. Fine.

With your hands find an acceptable pressure on your face. All right. Thank you. Thank you. Good.

With your feet find an acceptable pressure on the floor. Good. Thank you. Thank you. Thank you.

With your hands find an acceptable pressure on your face. Good. Thank you.

With your feet find an acceptable pressure on the floor. Good. Thank you. Thank you. Thank you. Good.

With your hands find an acceptable pressure on your face. Good. Thank you. Good.

With your feet find an acceptable pressure on the floor. Good. Thank you. Good.

All right. With your hands find an acceptable pressure on your face. Good. Thank you. Thank you. With your feet find an acceptable pressure on the floor. Good. Thank you. Thank you.

With your hands find an acceptable pressure on your face. Good.

With your feet find an acceptable pressure on the floor. Good. Thank you.

With your hands find an acceptable pressure on your face. All right. Thank you. Thank you.

With your feet find an acceptable pressure on the floor. Okay.

With your hands find an acceptable pressure on your face. All right. Thank you.

With your feet find an acceptable pressure on the floor. Thank you.

With your hands find an acceptable pressure on your face. All right. Thank you.

With your feet find an acceptable pressure on the floor. Thank you.

With your hands find an acceptable pressure on your face. Thank you.

With your feet find an acceptable pressure on the floor. Good. Thank you.

With your hands find an acceptable pressure on your face. Thank you.

With your feet find an acceptable pressure on the floor. Thank you.

With your hands find an acceptable pressure on your face. All right.

With your feet find an acceptable pressure on the floor. Thank you.

With your hands find an acceptable pressure on your face. Good.

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With your hands find an acceptable pressure on your face. Good.

With your feet find an acceptable pressure on the floor. Thank you. Thank you.

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With your feet find an acceptable pressure on the floor. Thank you. Good. Thank you.

With your hands find an acceptable pressure on your face. All right. Thank you.

With your feet find an acceptable pressure on the floor. Good.

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5 GROUP PROCESSING: ACCEPTABLE PRESSURES

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5 GROUP PROCESSING: ACCEPTABLE PRESSURES

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With your hands find an acceptable pressure on your face. Okay.

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With your hands find an acceptable pressure on your face. Thank you.

With your feet find an acceptable pressure on the floor. Thank you. All right. Thank you. Thank you. Thank you very much.

All right. How are you getting along?

Audience: Fine. Good.

Getting along pretty good?

Audience: Yes.

You found that this acceptability, the pressure that's acceptable, varies a little bit, huh?

Audience: Yes.

Anybody felt like socking himself in the jaw is... you know, a good sock in the puss would be acceptable?

I notice nobody has given away to the temptation to stamp.

Are you making out all right then, huh?

Audience: Yes.

Well, this duplication isn't killing you then, huh?

Audience: No.

You can keep up with it?

Audience: Yes.

Well, that's all right. Any of you that want to as we go on with this can blow session, you know, perfectly all right. Perfectly all right to blow session. We have a seminar leader with a shotgun over there, and one over there to shoot people as they go out. But you can blow session if you want to.

All right. You're doing all right then, huh?

Audience: Yes.

All right with you if we keep on with this session then?

Audience: Yes. Sure.

Is that all right with everybody if we keep on with this session?

Audience: Yes.

No exceptions now. All right then, we'll go on with this session.

The auditing commands will be the same and we will carry on as before, okay? All right. Here we go.

With your hands find an acceptable pressure on your face. Good.

With your feet find an acceptable pressure on the floor Thank you. With your hands find an acceptable pressure on your face. Thank you.

With your feet find an acceptable pressure on the floor Thank you.

With your hands find an acceptable pressure on your face. Thank you.

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With your feet find an acceptable pressure on the floor. Thank you.

With your hands find an acceptable pressure on your face. Thank you. All right.

Is it all right with you if I just run this a few more times and end the process?

Audience: Yes.

All right.

With your feet find an acceptable pressure on the floor. Thank you.

With your hands find an acceptable pressure on your face. Thank you.

With your feet find an acceptable pressure on the floor. Thank you.

With your hands find an acceptable pressure on your face. Thank you.

All right. And this is the last command.

With your feet find an acceptable pressure on the floor. Thank you.

Now, how'd you make out now?

Audience: Good.

Made out pretty good, huh? That's not too horrible a process, huh?

Audience: No.

Do you know what you were running?

Audience: No.

You were running the thetan's chief experience with havingness. Go on, cognite. Go on, cognite.

A thetan's chief experience, his main experience with havingness is what?

Audience: Pressure.

Pressure. Is that right or wrong? Is that right?

Audience: Yes. Feel it.

It isn't the only experience he has with havingness by a long ways but it's certainly the major one, isn't it? You got that?

What do you know of the floor? Pressure. Is that right?

Audience: Yes.

What do you know of the face? Is that right? Hm?

Has something to do with havingness, doesn't it? You'll at least settle for the fact that there is some factor in pressure that has some vague resemblance to, three vias later, havingness. Will you settle for that?

Audience: Yes.

All right. Now we got a total cognition, haven't we?

Therefore is it safe to end the process?

Audience: Yes.

Safe to end the session?

Audience: Yes.

Call it flat?

Audience: Yes.

Call it intermission? Thank you.

Thank you.

[End of lecture.]