

SOP 8-DA THROUGH SOP 80-DH

A lecture given on
30 April 1954

Like to talk to you this morning about Universe Processing in all of its various wrinkles and attitudes.

Universe Processing was first released under SOP 8-D. This process consists as follows:

Opening Procedure: Have preclear locate spots in space; having him walk around the room and touch those spots in space and get him to such a situation that he can be comfortable about touching spots in space.

Step I: Be three feet back of his head-no further step.

Step II: Duplicate whatever he's looking at many times. Then find a nothing, duplicate it many times.

Step III: Hold the two back corners of the room at least a minute. Then find some places where he is not.

Step IV (and here we have Universe Processing): We take an E-Meter; we hand out an assessment by simply having the preclear discuss those people he has been associated with since birth. We take those people who are markedly stuck or who are markedly fluent on the meter. If the meter consistently and continually sticks, we give the preclear some ARC Straightwire in order to free the meter slightly so that we can get some readings.

You know, of course, that if you ask an individual a question while the meter is stuck, and then another question and then another question, all you get is stuck responses. But it's not stuck on the questions you're asking; it was stuck on the question that was first asked that stuck it.

All right. So we take that personnel and then we find places where this personnel would be safe. That would be Father, Mother, Grandfather, Grandmother, and so forth. Most of the occlusion which you run into is a prenatal in restimulation. Therefore, clearing up the universe of Mother and clearing up the universe of Father quite often will strip off this occlusion with considerable rapidity. This is 8-D.

Now, we go on with this process and develop it considerably, by doing what? In the first place it has to be developed further as the cases are rougher. 8-D just run over and over a few times will exteriorize almost anybody you run into, but when it doesn't - after you have done Step W and you've cleared up a couple of universes more or less...

I beg your pardon, there was another step in Step IV That's get things that the personnel does not own. And after you've cleared up Mama and you've found some places where Mama was safe, so forth, and some things which Mama did not own, you then, of course, go back to Opening Procedure, Step I, Step II, Step III, and then maybe clear up some more Mama or clear up some other personnel that you're working on. In other words, you must remember that 8-D is a repetitive sort of thing and almost anywhere in it you swing through those steps.

Now, there is another step in 8-D which is inherent in all processing. Any time you ask a preclear to locate some spots in space, somewhere along the line, sooner if his case is worse, and later, always - I mean, sometime or other you'll always have to do this, but if he's in very bad shape you'll have to do this immediately - which is to say, remedy his havingness. You ask him to locate a spot in space, you've then got to remedy his havingness. If the case was terribly bad off; just asking him to look into the room with his physical body's eyes would be sufficient, then, to have to remedy his havingness.

A person will start to get sick at his stomach and so forth when you give him too much space. Why? Because making space undoes havingness. When he's not creating new energy it undoes the havingness which he already has. And, actually, creating havingness - that is, pulling eight anchor points together and pulling them in on himself, or mocking up bodies which he can accept on his acceptance level and pushing them into himself are, of course, of necessity simply making space and condensing space.

Havingness is condensed space. And where a person is using that which he already has in order to make space, why, space is uncondensed havingness. After you've made him uncondense some havingness and condense it a few times he will suddenly realize that he's creating the energy which he is uncondensing and condensing and so forth. He's actually just creating energy, and so he gets to a situation where he's perfectly willing to do this. All right. Let's look at some further ramifications on 8-D, and let's discover that we can have an enormous number of 8-Ds just by varying Step IV

Now let's take 8-D in its purest form and take a person with it who is very, very, very bad off. We'll have to run havingness while we're running it. We will have to put up with considerable communication lag. And in addition to that we will very, very certainly have to watch this case very carefully from a standpoint of crossed personnel or crossed items.

For instance, we've run Mama. And we run Mama for quite a little while and Papa keeps coming in. Well, if you bypass Papa's entrance several times without then at least taking some tension off of Papa, why, the case has a tendency to hang up. The case, in other words, is pretty well wadded up, and as you take it apart and so forth you occasionally have to deviate from just clearing up Mama's universe and clear up Papa's for a little while.

But an auditor can err here - he can err badly - by just taking... Out in Los Angeles, by the way, they have some interesting auditors - very, very interesting people. They've never studied Dianetics or Scientology and yet they audit with it continually. This is an interesting trick. It's done by telepathy. What they do, I guess, is hook into the ne plus ultra bank, the ridge that floats over the Pacific or something of the sort, the fog bank that settles over Los Angeles, and consider that it knows all, and then just go on "what-fogging" with the case for a long time. Well, somebody hears vaguely some rumor about some new process. So they immediately conclude Hubbard has changed his mind again. Actually, it's quite interesting that 8-D is the application of the first primary principle of Dianetics. Survive. See? Where people are safe? Well, we've really changed our mind.

Anyway, they hear some rumor about this and an auditor out there very recently took another auditor who - this second auditor had better sense; this second auditor had better sense than to ever come near a couch around this other auditor because this other auditor wasn't trained - and this auditor ran out on this preclear, just far enough to get each one into apathy, about eight universes consecutively. In other words, ran Papa till the preclear was in apathy, ran Mama till the preclear was in apathy, ran Grandpa till the preclear was in apathy. Never, never pushed them across the chasm at all, just ran each one up to the point of apathy. Well, of course, apathy is down there around mass. And if you're going to get a congealed mass, it's on the emotion level of apathy. Of course, the preclear was in terrible condition, and it took an auditor who did know what he was doing quite some little time to untangle this preclear. If I got the story right, I think about five hours or something like that, just to untangle this preclear.

So you can cross personnel very badly and incorrectly by doing such a trick you see as running personnel until the preclear goes downtone, and taking another one. The way to do it when you run into crossing personnel - you run Mama and it's just getting consistent, now Papa has shown up and shown up and shown up. Well, let's clear Papa for a few minutes, remembering that we have to go back to Mama, and then we clear up Mama some more.

When you are doing a job on a preclear which gives you a big cross-up of personnel, let's remember to hold to the main line until it is even at least slightly clear. See?

Let's hold to the main line, let's say Mama's universe, only clearing up those universes which insist on intruding with just enough so that we can get back to Mama again. In other words, let's clean up what we start, because this manifestation will take place if you have done any kind of a job as an auditor. Whether tensely or otherwise, or relaxedly, Mama will suddenly spring into the place where Mama is and be only there.

It's actually a visual, emotional effort manifestation. The preclear will say, "Say, Mama's over... Mama..." His mother's buried in Milwaukee. "Mama's in Milwaukee! Yeah, well there she is. Milwaukee!" And this will strike him as very peculiar. Sometimes there is considerable tension left on this. But do you know something? There isn't any really enormous value in going up and clearing it beyond the spring part. You've just got to take new personnel now. It's new personnel that is causing the ridge tension which he's getting in there. So let's clear up new personnel now.

But how long do you run one of these? Well, I can't tell you in terms of hours, but you could be fully prepared to run one twenty hours, gaining all the time. And all of a sudden, at the end of two hours of processing or five hours - and in cases that are in pretty good shape you know, Step I's that have been on a Grand Tour and so forth, when you run this you can expect it to take place in fifteen to twenty minutes on some universe springing apart - but all of a sudden Mama's over there, the preclear is where he is. This is a source of great relief to him. He actually tells you that they spring apart.

Now, where they don't spring apart the auditor has crossed up the case with a whole lot of new universes. You know, he ran each one down to apathy and each one down to apathy. Well, all you'd have to do like that if you... in some such a condition is to have him reach and withdraw from the auditing rooms, and repair his havingness in terms of auditors or something of the sort - dead auditors. And then pick up the first universe clipped on the case and clean it up. Pick it up and clean it up, and you'll get this spring-apart mechanism. And then you'll get another one to spring apart and another one to spring apart and another one to spring apart.

Now, don't expect the most significant universe to turn up first. It isn't necessarily true that it will. The first universe to turn up is the first one that dives on the E-Meter. Mama, Papa, other personnel that we consider very significant, may be lying there very quietly. Well, just leave it alone. You got a big dive on a universe, clean it up. In the first place this gives confidence to the preclear. He will see, then, very early in the case this spring-apart mechanism of universes, and you'll certainly have him out of at least one. So you pick up the one which deeply dives on the assessment.

Well, there are other variations on this. All these variations by the way are aimed at cases which are in terrible condition. You don't have to vary 8-D if you've got a case that's in real good condition - you know, a case that we ordinarily, in the old days, have considered SOP 8, Step III, something like that, or even Step IV But you get a case who is SOP 8, Step V - resistive and so forth - well, you have to go into variations on this.

Well now, the first variation that you would run into on it is this: a bracket on the auditing command. The auditing command, SOP 8-D, in its most simple form is simply, "Where are some places..." or "Give me some places where blank (Mama) is safe or would be safe." "Give me some places where Mama would be safe. Give me some places where Mama would be safe. Spot some more places where Mama would be safe." You just keep on with that.

Now, the next variation, however, would be to address a bracket to that. And a case which is having lots of trouble will profit by having a bracket addressed to it. Sometimes this is very rough. You're saying, "Give me some places where Mama is safe." Oh boy, that's as rough as can be. What's happened? You have somebody who is (quote) "battered all over the universe," so to speak, and you have to run a bracket just to free him up. How do you run this bracket? You say, "Give me some places where Mama would find you safe." And you'd run for a while "Give me some places where Mama is safe or would be safe." and then "Give me some places

where Mama would find you safe,” and then “Some more places where Mama would find you safe. Now some places where you would find Mama safe.” In other words, we would just run this two ways on a bracket.

Well, a bracket could get very fancy in this. “Give me some places where Mama would consider other people safe.” “Give me some places where other people would consider Mama safe.” “Give me some places where Mama would consider herself safe.” You see, you could go on and on and on with this.

Actually, as I said, a case which is processing relatively swiftly - you know where you’d clean up the universes, ordinarily clean up Mama’s universe in maybe a couple of hours of processing; fellow isn’t exteriorized but he’s not doing too badly, no tremendous comm lag - you’d just use 8-D just as is. And the two auditing commands you’d use is just “Places where Mama is safe” and “Some things Mama doesn’t own.”

And when you got to, however, a Step V, why, you’d have to introduce this additional part of the bracket - “Some places where Mama would find you safe.” You see that? It’s a matter of judgment. Now, this case has gone two hours in auditing on Mama’s universe and he seems to be awfully stuck; well, you should have noticed a long time before that that you were dealing with a very sticky case indeed. Your judgment is entered here. You look at the case; the needle is very sticky on the dial, the case is having trouble, the communication lags are very long; you just start putting in brackets. You see, “Give me some places now where Mama would find you safe.” Just put in some brackets on the thing. Just two brackets is sufficient.

But let’s say the case is really buttered all over the universe; you could run all the brackets that you could think of.

What’s a bracket? Well, I refer you to earlier work in this, and in particular to Issue 16-G of the Journal of Scientology. A bracket is, of course, at optimum six ways. Self for others, others for self, self for self, other people for other people (that is, the other self for self) and other people for other people. Six ways.

Now, we have a great many more variations for 8-D.

Now, what universes are really in trouble? Universe one: the body, the body’s universe. Now, you’re not going to stretch that immediately into a process with somebody. That isn’t the first thing you’d hit, because actually you have to take this person out of some other universes before you can take him out of the body’s universe. Because the last two universes you have to take him out of are (1) the body’s universe, and (2) the physical universe. And the first step of taking him out of the physical universe would be “Places where God is safe.” That would be a routine step. So that there are a great many more 8-Ds.

TBD

Now, you’ve just got 8-D just as such. Now, let’s take 8-DA. 8-DA is a process whereby you would take all the sexual items you could categorize and, with or without brackets, find out where they were safe as far as the preclear is concerned. “Where is semen safe?” “Where are ovum safe?” “Where are wombs safe?” “Where are genitals safe?” and so forth.

Now, this would be 8-DA. The only difference here is Step IV is changed. We use the same processes again. We’ve got a wheel here, and what we do is run from the center Opening Procedure, out through Opening Procedure, Step I, Step II, Step III to Step IV That’s each spoke of the wheel, but Step IV on this wheel is different for every spoke. All right. So then 8-DA would take sex and find where sex was safe. And in a case which is having a very rough time, find sex was safe in a bracket. In other words, “Where would sperm find you safe?” See? “Where would you find sperm safe?” but also “Where would sperm find you safe?” Now, “Where would you find wombs safe? Where would wombs find you safe?”

Now, again you have to repair havingness when you run that step. Now, that is the name of another spoke, 8-DA, and it is simply changed to this degree, that Step IV contains all the sexual elements.

Now, let's get up to the next spoke where we change Step IV again, and we have 8-DB. Now, 8-DB would be this (and you could go right on around on this formula): It would be various physical functions. But its bracket, of course - we've just got through treating sex haven't we? Well now, what's that on the Know to Sex Scale? That's rock bottom isn't it? So 8-DB, of course, would be eating and would contain excreta as part of the process of eating. See that? And it would contain also the organs involved in eating - stomachs, mouths, teeth, bowels, rectum. We just got through handling sex so now let's handle eating, and that's 8-DB. See that?

Now, when you ask somebody, "Where would you find... Where would a stomach be safe?" and "Where would a stomach find you safe?"... Actually, if this case is having a hard time you'd better ask the reverse first - "Where would a stomach find you safe?" Because that's where he's sitting. He's being driven to make money, he's being driven to work, he's being driven to do this and do that solely because he gets hungry. Heck of a note, isn't it? In 8-DA you will discover that one of the reasons he objects to surviving, perhaps, is because his father is, by some token, alive as long as the body he is in is alive. That is to say, as long as the preclear's body is alive his father's body is alive. And he'll come along the line and discover that he is doing a life continuum against his will. He doesn't like this. All right. We go up to 8-DB and I say we handle eating - excreta, stomachs, throats, mouths, bowels, anus, teeth. You would be amazed how upset the stomach gets if the preclear has his teeth pulled. That's right. That's totally that band upset. Somebody who's worried about the dentist and so forth is stuck at that position of the Know to Sex Scale. His stomach is worried about the fact that pretty soon he's not going to have any teeth to eat with. That's about that.

Now, right there we find a terror. There is terror in this eatingness step, DB. Terror, however, belongs way up in an upper emotional bracket which is much later on this series of spokes. But you will find sickness and terror coming in there. Well, you just go on running the stomach - where the stomach would find the preclear safe, and where the preclear would find the stomach safe. But there is that terror which nags and tears at the stomach - is right in that bracket. It's the terrific concern of the stomach to go on living by eating. Nothing more debased than that - living solely and totally to eat.

All right. Now let's go up to 8-DC. And what do we find at 8-DC? We find symbols - speech, written words, pieces of paper, books, textbooks, magazines, lectures, everything and anything you want to name in terms of symbolical communication, words, so forth. That one solves the first book. Now, how do you do that one? Now, let's just take a little review - how do we do that one? Let's take a look here and find out that on that one, sitting right square in the middle of it, are all your recodified, retranslated interpersonal relations. Interpersonal relations sit up there at 8-DC, symbols. A person is interpreting from interpretations and so forth. And pictures belong there, so don't forget to have pictures as part of 8-DC, see, including engrams. And there's where we run out engrams.

And what process do we use now? I'll go over this again: Opening Procedure, Step I, Step II, Step III, and the Step IV of that step, which in this case is symbols - books, words, spoken words, magazines, textbooks, books, pictures. In other words, symbols. A symbol is a mass which is mobile with a meaning. That's the definition of a symbol. A symbol is a mass which is mobile with a meaning. And you say, "Why, you reduce everything in the physical universe to a symbol, don't you?" Yup, you can reduce everything down to any step you want. You can reduce everything down to sex. You can reduce everything down to eating. You can reduce everything down to symbols.

And now let's take 8-DD. There is no 8-DDT. And this really should be God, shouldn't it? But it isn't. It's just taken in rotation as we come up the scale. Now, you see there isn't any reason for you to forget this because you know this Know to Sex Scale, and they just follow

backwards up the Know to Sex Scale, and we've gotten into and dropped into, immediately, thinking.

The next spoke then-the Step IV of that spoke-is thoughts, thinking, figuring, computing and problems. Particularly problems: where are they safe and where do they find the preclear safe?

All right. Now let's go to 8-DE, and find out what we find at 8-DE. Well, by golly, here at last we've gotten into the physical universe. We've moved up into the physical universe. Actually, as you begin to survey preclears, you will see very adequately they are not in the physical universe when they are in the sex band, the eatingness band, the symbol band or the thinking band. They're not in the physical universe; they can't contact this space out here. This is not just a little theoretical scale we've got here from sex up to know. It happens to be the way preclears behave.

For instance, John came in the other day and he says, "The Cattlemen's Association is having an awfully hard time. They find out their stock isn't breeding lately. See, they're having an awful time getting cattle to breed, and what do they do about it?" Of course, the answer is obvious. You'd have to starve the cattle before they would breed. The answer is right there on the Know to Sex Scale. He picked it up and he thought this was a very amusing application of it. It's quite true. The remedy which they are looking for... They're spending a lot of money and a lot of people and so forth. And the answer is sitting right here in this Sex to Know Scale. They won't breed for the future generation if surviving in their present mock-up is too comfortable. That's right. And if they've got plenty to eat they won't breed. You have to cut their rations or make their food bad, and they'd breed. What the solution is in that respect, is you take a number of cattle and just segregate them out as good breeding stock, you see, and you take them out on some range someplace or another where the pickings were but slim, and you'd have lots of calves. You have to take some bulls out there too, I mean.

But we've moved up here, in E, into the physical universe. Now, you say it'd be very, very nice if we simply had named each one of these as they went up the line by some designating letter which matched up. No, because we're giving you the alphabet in the rotation that they ought to be done, and that alphabet is very easy for you to understand simply because the scale is just backwards on the Sex to Know Scale. So that's very easy for you to plot. Any time you want to know which designating letter it is, as we go up the line, sex is A; eating, B; symbols, C; thinking, D; E, physical universe; F, emotions; G, look and perception in general; and H, know. Now, all we have to do is just look backwards on the Sex to Know Scale and we've got it.

All right. Now, I'm going to surprise you a little bit, kiddies. You've got a case that you're beating to pieces by using the full panorama of 8-D, you've got a case that has probably all the problems incident to the physical universe. Now, an individual can make more postulates and believe more things than will ever be found in this universe. But what's wrong with this guy is he believes only what's found in this universe, which - believe me, that's really reduced his perimeter of vision.

And I have a great surprise for you: It isn't space so much and it isn't havingness; it's the manifestations of these things that really get the case - the consideration, the feeling incident to these things. Why is this guy stuck in his head? Because he believes he ought to stand by bodies and all that sort of thing? No, the answer is gravity. Gravity. This person is afraid of gravity. You've cleared up a lot of considerations when we've gotten this far on the route, see? You've cleared up a lot of considerations with this case one way or the other, but the consideration which you have to clear up on the effort part of the Sex to Know Scale, which is 8-E... 8-DE rather, is gravity. And that's the first thing where you find out on the Step IV, gravity - where would the preclear be safe from gravity.

I won't tell you to take that to heart. If you run into very many cases that are in this category they'll take it to stomach. Right into the pit of the stomach. Listen, you're going to run into case after case that wishes he could hold his own; he just feels he's getting worse and worse. You

know, if he could just get something so he could hold his own he'd feel happier about the whole thing.

What's the matter with him? He's in a falling engram. He's worried about the fact that he's going down and there's evidently no bottom to hit. Now, get that. There's no bottom. He's just going to get worse and worse and worse and worse, he knows this, and he knows the longer he stays in the MEST universe, the worse he's going to get, and that there's really no great remedy for this and there's really no way out. Why? Because brother, when you start falling you just keep on falling until you hit, and that's distasteful too. The fellow doesn't dare reach bottom.

How many preclears have had falling dreams when a child? Well, that preclear later on will wind up with this computation, you can just count on it, that it's liable to get worse and worse and it'll never end. And he can't reach bottom.

The very funny part of this is you could simply ask him where bottoms would be safe - and you think I'm just being facetious now - and, by George, this'll clear up. Just Where are bottoms safe? Where would bottoms find him safe? Oh well, we get into spankings and we get into all sorts of things but, boy, he'll sure get into falling in a hurry.

Well, you know it's after about the third bounce when you've done a deep fall - you know, a very steep, long fall - it's only about the third bounce that finds the fellow safe. That first bounce - that's real bad. And here we get into the whole problem of (quote) "after the impact." After the impact was over is safe. So that we never really find an impact is safe; we always find the preclear searching for the point after the impact which is after the point when the pain hit.

So let's look at this more anatomically, and let's find out the individual, when he hit the wall, really didn't hurt; he didn't feel the pain or sensation till he came off of the wall. And then he didn't really get comfortable, you see. So the dangerous point was really after the hit, after the impact. And the only safe point would be at the moment when he got well from that having bounced. Now, the way this says to him reactively is "Bouncing off of something hurts. Hitting and holding to it doesn't hurt." You'll find him holding on to impacts, right in the middle of impacts, because that doesn't hurt. It's only when you let go that it hurts. And you're sitting there working and slaving as an auditor, and spitting your teeth out practically over this case, and what do we discover? We discover that this case has the concept that if he ever let go of the impacts he's holding on to, it would hurt like the devil.

Now, let's get gravity into this and find out that the heaviest impacts individuals have ever received have been as a result of two things: (1) explosions, and (2) gravity. As far as explosions are concerned, they have a tendency to work out in terms of gravity. An individual can exteriorize even if he is messed up with an explosion where he won't be able to exteriorize when he's messed up with gravity. So you could ask people where explosions are safe just to clear up the other part of this as part of E, 8-DE. But the point is, it's "Where's the bottom safe?" "Where is the impact safe?" and "Where is gravity safe?"

Now, in the process of falling through empty space an individual conceives an enormous disgust and distaste for empty space, believe me. He doesn't want anything to do with it because he's falling through space and this fallingness is presaging the fact that in a very few seconds his havingness is going to be zero. Now, his havingness is going to go zero and this is presaged by the fact that he is falling through empty space which contains the sensation "sick at your stomach." So his computation later in life, when he feels he's going to lose something he gets sick at his stomach. He's dramatizing a falling engram. Do you see that? His havingness is going to be zero after the bounce and he's not going to have a body anymore, he's not going to have a mass, and his problem is essentially simply a problem of waiting for the bump.

There was a little cartoon in World War I - fellow by the name of... I think his name was Bairnsfeather, used to draw a lot of very comical cartoons in World War I - a Britisher. And he drew this one where the pilot is falling out of his airplane. Airplane has been all blown up and he's falling free through space, and he has the altimeter in his hand. And he's falling and he's

looking at this altimeter and he's saying, "Well, three thousand feet more and then the bump," the guy is saying. He was a British pilot - "Keep calm."

And he had another cartoon that's on the opposite page there, I might as well mention it in passing. The idiocy of this whole thing is very represented in this other cartoon. This fellow is falling free from another airplane which has just blown up, and there's a monkey wrench has just gone by and he's looking at this monkey wrench in great tension; he says, "You know that thing almost hit me!" They didn't have parachutes in those days.

Well, while your preclear is worrying about his loss of havingness in the future, you see, and so forth, he'll get this fall-through-space terror at the pit of the stomach - this empty feeling, this loss feeling, pit of the stomach and so on. It all adds in, and if you want to compute it through you would get a very interesting computation. But the point is that people get sick at their stomach when they're falling and they're afraid of hitting.

Now, this is your preclear whose case is deteriorating, whose life is deteriorating, whose whole spiral is deteriorating more and more and more. And he knows it; he knows it can only get worse, it can never get any better. This he's very certain of. He's simply waiting for the bounce. "Three thousand feet more," he's saying, "and then the bounce." Only the bounce never arrives. So you just find bottom for him. You find out where it would be safe to hit.

Now, you know the mechanisms of it, and it's going to translate through to the preclear in various ways, very many ways, but don't be surprised if you get a bit of terror turning on as you run "Where would it be safe to hit? All right, now give me some places where gravity would be safe, it would be safe to have gravity. Or some places where you could be safe from gravity." And that is an excellent command for this - "Some place where you could be safe from gravity" - because that sometimes is where he's sitting, which is the exact balance spot between the sun, moon and Earth.

He is terrified of gravity. He's stuck in his head and he feels sure that he's going to sag through into his stomach, and then he'll probably go out his feet and go on into the center of the Earth.

You want to know how basic this is in the society, this is all that permits people to be frightened of going to hell. That's all there is, just gravity. Fellow feels he's going to bust through the crust and wind up in the molten core of Earth. And he knows this kind of instinctively and so he becomes terrified of gravity and it's very, very easy to sell him pie or anything else in the sky. The easiest thing to sell him in the sky would be a seat. So we have God's throne and other manifestations. He can be sold a seat in the sky any day of the week. All the way down he's trying to put up enough mock-ups and make it solid enough for him to land on them instead of what's below.

Now, crashes into black planets with spaceships are very usually in suspension. They're funny, however. They appear to be on a vertical line. You see, you were in this spaceship and you were coming in at the planet, so therefore what was up was above your head and what is down to that planet or dark star would be in front of your face. So you have head-on falling engrams such as going right into a black star. That is very terrifying to a spaceman, to such a degree that it completely overwhelms him. And when you run it you will find he desires black stars. He's just inverted on it.

You can ask somebody who is relatively in fair shape just to spot all the spots where he's crashed into black planets, and then have him remedy the havingness of black planets and all the spots he's crashed into them and remedy the havingness on them and go round and round; you'll probably turn on more visio than he ever knew existed.

Now, there's many a preclear who gets out of his head and snaps back in. This is the yo-yo effect. He is dramatizing gravity. The body is dramatizing the gravity. The reason a preclear

cannot lift his body off of the couch is gravity, naturally. But gravity is consideration - a consideration.

People have a certain envy of snakes. Believe me, they've hit bottom. They've really hit end of cycle. Remember now that nonexteriorization is easiest handled by remedying all fear of falling and all fear of the stick-to-ivity of MEST objects. MEST has one motto which is "Stick together," and they're stuck to it.

All right. You can remedy one heck of a lot in a case with 8-DE by remedying nothing but gravity. Now you have to get a little fancy about it sometimes.

"Where would you be safe from gravity?" And he says "Huh?"

Well, you'd better define your auditing command and say, "Well, where would it be safe to fall?"

That's just another way of running it, see, and he'd say, "Oh, on a feather bed."

"Spot one."

"Onto this, onto that. In a fireman's net. Here, there, someplace, safe to fall, safe to fall." Of course, the truth of the matter is it's safe for a thetan to fall anyplace. Honest, he can fall anywhere. If his havingness is down to zero, the effect that gravity can have on him is zero. Gravity is a consideration, but much worse than this, it can be remedied as a consideration to such a degree - this is terrible to tell you this - to such a degree that a body doesn't experience it. But you'd have to remedy the body's fear of gravity before it would easily levitate.

Many ways of doing this. Where is a person safe from gravity? Of course, in the center of the Earth. Gravity's going in all directions. Possibly Earth is just a thetan who is so scared of gravity, he's creating it. Could be, you see. Doesn't have to be, but could be. Certainly with all the hellfire and damnation talk there have been a few slip down to the center of Earth. You get down there, you're liable to find it populated.

All right. Now, you could and if it was necessary to do so, carry on such drills as this: "Where would space be safe?" "Where would material objects be safe?" "Where would this be safe and that be safe in terms of just matter, energy, space and time?" You could say, "Where would clocks be safe?" "Where would it be safe to take a long breath with nothing pushing you?" See, that would be time. Most people are rush, rush, rush, crowd, crowd, crowd, crowd.

And, by the way, I'll just give you in passing here a very, very quick definition on the subject of time. It may be that the total creation of time and the total modus operandi of time is simply your refusal to have viewpoints. You see, if you refuse to have the viewpoint which you just had, you'd get a new viewpoint, wouldn't you? Then if you refused to have this viewpoint which you just had then you'd have a new viewpoint, wouldn't you? And so you'd get pocketa-pocketa-pocketa-pocketa, all the way down the time track. And this would explain engrams going into restimulation because the basic thing in each experience is "I don't want this viewpoint anymore." Maybe when a person is tolerant of all viewpoints - as I talked to you about the other day - maybe when a person at last is tolerant about all viewpoints, maybe time will do anything he wants it to do. Maybe.

All right. So time could be said to be an intolerance of viewpoints which you've just had, and you would get the tick of the clock, just as sure as shootin'.

All right. All that would come under various headings, but they would be 8-E. So Step IV in 8-E is... 8-DE, is to remedy an individual's fear of the physical universe in terms of gravity and effort and space and time. It could be a long and complicated process, couldn't it? And yet there are only two parts of it that are important. One is gravity, this time for the purpose of exteriorization, and the other one is effort itself.

So we've got an A and a B for Step IV of 8-DE. Remember that although we're treating the physical universe, we're also treating effort. And that is the name of that band at that point. So let's hit that point right there with this one: "Where would a working man be safe?" "Where would a working woman be safe?" "Where would working men find thetans safe?" and "Where would working women find thetans safe?" That's the rest of the step. Gravity, working men, working women, and in its purity, that is your step.

And now let's go into SOP 8-DF, which is just a new spoke of the wheel. We've already handled E. All right, now F is emotion, and so it has several parts: "Where is apathy safe?" "Where is grief safe?" "Where is fear safe?" "Where is anger safe?" "Where is antagonism safe?" "Where is boredom safe?" and "Where is enthusiasm safe?" and "Where is courage, enjoyment and serenity safe?" That would be reductio ad absurdum. This would be the ne plus ultra of this step, wouldn't it? I mean, you develop that step it would simply be the Tone Scale backwards. Where is each one safe and where would each one find you safe?

But really, there's only one of them that's very important for the purposes of the auditor and that's terror. "Where does terror find you safe?" "Where do you find terror safe?" And that is the step of 8-DF, total step. But you, of course, are very much at liberty to vary that if you see the individual is definitely in grief. "Where is grief safe?" But the key one, and the one you've got to hit if you're running this wheel all the way around, the only one you really hit to amount to anything is terror. Well,- you will take the rest of the falling engram off, see? You will do the rest of the falling engram, because there was terror in it.

Now, you've loosened up this case on fear, on terror, already by running out "gravity safe" somewhat. And you've probably got him gorgeously restimulated on terror, so you just flip over onto it.

Now, the funny part of it is, he may be in apathy - more apathy than terror. This is to your judgment, but remember that you've got to clean up terror on the case. See, you could run some other emotions but you've got to clean up terror.- Of course, what's really holding him up against and in things is anger and hate, to tell you the honest truth of the matter. But just as far as this step is concerned we're going to run the terror off the case. We already got it started with falling, let's finish it up with 8-F, and go on immediately to the next step up the line which is G. And that is "Where would viewpoints be safe?" "Where would viewpoints find you safe?"

Now, just add to that one, just remembering that one as a neat little modus operandi, that the whole Sex to Know Scale is being used to make space one way or the other. Remember this, the body is trying to make space in the most peculiar and numerous ways imaginable. People are trying to make space with excreta. According to Freud this was very aberrative. And it's true. They try to make space with this, they try to make space with that. They try to make space with words. All kinds of things. But you're mainly interested in viewpoints and that is the command which is run as G: "Where are viewpoints safe?"

Okay. And then we go as the final one right straight off the band... Oh, you could make that G very complicated, you know. "What's it safe to smell?" and so on. Boy, could you really build that one into a full production, but the only thing you want there is viewpoints. And we get into the next one and, what do you know, we get into our first tolerable no-space exercise. We don't pay any attention to space for DH, 8-DH. "What is it safe to know?" That's it. Of course, reverse to that's true is "What is there that's safe known about you?" "What is it safe for people to know about you?" "What is it safe for your mother or father to know about you?" something on that order. But the basic command is "What is it safe to know?"

Now, that, up and down the line, is the wheel. And the only reason you own this wheel is because cases very often, too often, insist on hanging up on something like 8-C. You understand, 8-C's quite rapid, does quite remarkable things, and then we find a case hanging up on it. Well, let's go into this case and let's butcher it and tear it to pieces.

The first thing we would do is simply say, "Well, 8-D-that's what we'll run. We'll just run some 8-D and hope for the best." You know, we spring Mama's universe out and, by golly, you know Mama's universe springs off of this case in about forty-five minutes, bing. And there went Papa's universe off the case, bing, and there went Grandpa and Grandma and some aunts and uncles and so forth. Oh heck, just nothing to this. You've got this guy mopped up. But let's say it didn't happen that way. Then you'd better go in for a full wheel.

So what's the gradient scale of tough cases? Here are processes which certainly address every side of them that you could imagine. Gradient scale of tough cases would find you, first, very competent and easily handling good old 8-C, just as itself, eight steps. Running them then on a Grand Tour and chased them around, going up, you might say, into 8-O. 8-C, 8-O would be your modus operandi. That would be all there was to it - very easy, routine, so forth.

Yeah, but supposing this case didn't work out after a few minutes of 8-C; you didn't get him exteriorized and so forth. Well, this takes some 8-D. We just consider he's stuck in some other universe, doesn't have a viewpoint of his own. Let's see if we can swap his universes. We run down, then, just 8-D, just right according to it is, Opening Procedure of 8-D, which is "Locate some spots in space. Be three feet back of your head. Duplicate whatever ydu're looking at. Find a nothing, duplicate it several times. Hold on to the two back corners of the room. Find some places where you are not. All right, now take a hold of that electrode there. And let's see now who have you known since birth?"

"Well," he says "I've known Mama." And here we go, see? And we just take the deepest bop on this. If we get a stuck, why, of course, we free it up with a little Straightwire and take some more assessment. Then we clear up the deepest diving universe there and go back up through 8-D and come down to some more of it, finding out where it would be safe, what it would own.

All right, so the guy didn't break up on this. Made him a little better but boy was it going to take you time as an auditor. Just resign yourself to the fact that it's going to take time to roll the case. Tell him so. You don't care whether he makes a postulate or not; he hasn't got any postulates to make anyhow.

And you just start in right then. You can go ahead, then, run some more personnel for quite a while, take a lot of edge off of his case. And then DA, DB, DC, DD, DE, DF, DG, DH. You'll never get to DH. I can just tell you that; you'll just never get there. He'll spring and become somebody for you to now use SOP 8-C on before you get to H.

If the case is hanging up clear on through to E - he's just been so worried about gravity he just can't let go, he's liable to fall, he's afraid, he just knows he's going to hit bottom, he's never going to get well. The case that nothing is happening is sort of suspended in an impact. But the case that's never going to get well, he's just falling forever. He just is going to get worse and worse. Well, you'll solve that on the case which is one of the principal things you run into with a really rough case. You'll solve these sexual connotations and so forth. But, boy, you're in for a lot of hours of auditing on this case, so you might as well just make up your mind to put them in.

I don't know of faster processes, I'm sorry to tell you - or I'd tell you about, because it just would be hope, hope, hope, hope. "I hope. I hope," on the part of the auditor. "Well, we'll try this, we'll try that, we'll try something else, we can try something else." And after he got all through, how many elements would he have had to clean up in the case? He'd have to have cleaned up the entire Sex to Know Scale in some fashion or another when he finally got through. He would have cleaned these up, so why not do it in an orderly fashion? The case is going to be rough, he knows he's going to have to hit and clean up so many things on this case. Of course, it gets into an auditor's judgment to a slight degree, how long do you run each one of these things? Well, you run it until you get a rise in tone or a freer needle, then go on to something else.

Actually you could run it quite rapidly if you wanted to. But you'd certainly better not start in on any kind of a universe and run it until the preclear is in apathy. You run any kind of a universe you start in on until the preclear springs apart from that universe. You start a universe you get this spring-apart mechanism. It is there, it does happen, it is worth waiting for and it is worth auditing toward. You'll get your very stable advances on the part of this case, and you'll go on getting advances on the part of this case. And those advances will be held.

You actually don't give a darn, actually, in any reasonable number up to two hundred hours, how much time you would have to put on on a case if the case were just going on getting well; you were getting better and you were getting better and you were getting better and better. I won't say that you'd ever have to put in that many hours on a case. But an auditor would actually be perfectly content to audit maybe two hundred hours on a case if the case just kept right on pulling up the grade.

You see, the difference is an auditor auditing for maybe a hundred hours on a case with no improvement. Oh, that would be a tough thing to take, wouldn't it? But you could audit a hundred hours on a case if the case was just steadily improving.

Well, on examination it has been found that cases steadily improve on this system which is 8-C, 8-D, and a wheel and back to 8-C again. And the Advanced Course Procedure, which includes all these various drills, Grand Tours, which, of course is really part of 8-O.

(end of lecture)