

5ACC-13

5404C15

(5ACC-13B is also included following 5ACC-13)

Tape Number 14 of „*Universes and The War between Theta and Mest*“ cassettes

GROUP PROCESSING: EXTERIORIZATION AND STABILIZATION

15 April 1954

This is an example of Exteriorization-Stabilization, which can be run on groups or individuals.

I want you to find now three points in your body. And now find three points in the space of the room. And now find three points in your body. And three points in the space of the room. In the space of the room - not on the walls. And find three spaces in your body. And three points in the space of the room. Now find three points in your body. And three points in the room. And three points in your body. And three points in the space of your surroundings. Remember, points in the space of your surroundings.

All right. Now let's find some points in the body. Spot them very accurately. And some points in the surroundings. And some points in the body. And some points in the surroundings. And some points in the body.

Okay. Now find the two back corners of the room and hold on to them and don't think.

Now let go.

And find and contact two empty spaces; and continuing your contact with them, don't think.

Okay. Let go of those now.

And find some points in the body. And some points in the space of the environment.

Okay. Now get the idea of putting your hand on your shoulder. The idea of being behind your body and putting your hand on your shoulder. And now the idea of the other hand on the shoulder. The idea of your hands on your shoulders. Now let's let go with one of those hands; and let's pat the body on the head and say: Nice body. And grasp the shoulder again.

And now let's be the space back of the body. Be the space of the room. Be the space back of the body. Be the space of the room. Be the space back of the body. Be the space of the body. Be the space back of the body. Be the space of the body. Be the space in front of the body. Be the space of the body. Be the space back of the body. Be the space of the room. Be the space back of the body.

Be the space of the building. Be the space outside the building. Be the space inside the building. Be the space outside the building. Be the space of the building. Be the space back of the body.

Get the idea of putting your hands on the body's shoulders, and patting the body on the head: Nice body.

Now: Poor body.

Now be the space back of the body. Now be the space of the room. Now be the space back of the body. Be the space of the room. Be the space back of the body. Be the space of the body. Okay.

Now find three points in the body. Now find three points in the space of the room. Now find three points in the body. Now find three points in the space of the room. Now be the space back of the body. Be the space of the room. Be the space back of the body. Be the space of the room. Be the space back of the body.

And now whatever you can see, regardless of whether it's black or white or green or whether it's a view of the room or the view of the body, whatever you're seeing: duplicate it. Get another one just like it. And make another one just like it. And make another one just like it. And another one just like it. And another one just like it. And another one just like it. And another one. And another one. And another one. And another one. Now throw them all away.

Now look around you and find a nothingness - a nothingness. And get another nothingness just like the one you found. Now duplicate that again. Get another one just like it. Now duplicate that first nothingness again. And duplicate it again. And duplicate it again. And duplicate it again. And get another duplicate of it. And another duplicate of it. And another duplicate of it. And another one. And another duplicate of it. And another duplicate of it. Okay. Throw those away.

Look around and find a heavy object. Now make one just like it. Make another one just like it. Make another one just like it. And another one. Okay. Make a lot more just like it. Now let's throw all those away.

And let's find a nothingness. Now let's make many more nothingnesses just like that one, one after the other. Okay. Let's throw those away.

And now let's find the two back corners of the room. Hold on to them. Don't think.

Okay. Put those corners in front of you. Now put them in back of you. Put the two back corners of the room in front of you. In back of you. In front of you. In back of you. In front of you. Above you. Below you. Above you. Put the two back corners of the room below you. Above you. Below you. In front of you. Below you. In back of you. And in front of you. In back of you. And in front of you. Let go of them.

Now find two locations in physical space. Two locations in physical space that are empty - in this universe, two spaces that are empty. Now locate them very exactly. Put them in back of you. Put them in front of you. Put them below you. Put them above you. Put them in front of you. Put them in back of you. Put them in front of you. Let go of them.

Okay. Put your attention on your head. Now pick it up as though it were a quantity of something and put it on a wall. Now pick it up and put it on another wall. Now put it on the floor. Now put it on the ceiling.

Now find an empty spot in the room and put your attention on it. Now pick up your attention and put it on a wall. Now find an empty spot and put your attention on it. Then pick it up and put it on the wall. And find an empty spot and put your attention on it. Pick it up and put it on the wall. An empty spot, put your attention on it. Now carry your attention over to the wall. Now an empty spot, and put your attention on it; and carry your attention over to the wall. And an empty spot, and put your attention on it; and pick it up and carry it over to the wall. And an empty spot, and put your attention on it. And pick it up and carry it over to the wall. And an empty spot, and put your attention on it; and pick it up and carry it over to the wall.

Now push it through the wall - put your attention through the wall. Now put your attention on this side of the wall. Now push your attention through the wall. Now put your attention on this side of the wall. Now push your attention through the wall. Okay.

Find some points in your body. Find some points in the room. Some points in your body. Some points in the room. Some points in your body. Some points in the room.

Now anything you're looking at, at this instant - get a duplicate of it; make one just like it. And another one. And another one. And another duplicate. And another duplicate. And another duplicate. And another duplicate. And make another duplicate. And another duplicate. And another duplicate. And another duplicate. And another one. And another one. And another one. And another one. Now take all these duplicates and push them together into a solid mass - pull them together real tight. Do what you please with them.

Now find a nothingness and duplicate it. Now make a great many duplicates of it. Great many more duplicates of this nothingness. And some more duplicates of it. And some more duplicates of this nothingness. Okay. Throw all those away.

Now mock up or get the idea of the body of a giraffe. Now get the idea of just having exteriorized out of this body of this giraffe. Now get the idea that you've just snapped back into the giraffe. Now exteriorize from this giraffe. Snap back in. Exteriorize from this giraffe. Snap back into this giraffe. Exteriorize from the giraffe. Snap back into the giraffe. Now throw the giraffe away.

And get the idea that you have just acquired the body of an ant. Get this body of this ant. Now let's be three inches back of the ant's head. Now let's interiorize into the ant. Now let's be three inches back of the ant's head. Now let's be in the ant. And three inches back of the ant's head. Now let's snap back into the ant. Let's be three inches back of his head. And let's snap into him again. Now be three inches back of his head and throw him away.

And get the idea that you have the body of a planet. Be two light-years back of the planet. Now snap back into the planet. Now be two light-years back of the planet. Now snap back into the planet. Be two light-years back of the planet. Snap back into the planet. Okay. Take the planet now and crush it all down.

Change it into a piece of uranium. Be three yards back of this piece of uranium. Now snap into the piece of uranium. Now be three yards back of this piece of uranium. Snap back into the uranium. Three yards back of the uranium. Snap back into the uranium. Three yards back of the uranium. Snap back into it. Crush it all down and eat it.

Okay. Find the two back corners of the room. Put them in front of you. Put them behind you. Put them in front of you. Put them behind you. Put them in front of you. Put them behind you. Put them in front of you. Put them above you. Put them below you. Put them above you. Put them below you. Throw them away.

Now let's check off several things that you're not inside of at this moment. Several things - with certainty - that you're not inside of at this moment. Some more things you're not inside of at this moment. Some more things you're not inside of at this moment.

Now find three spots in the body. Three spots in the space of the room. Some spots in the body. Some spots in the room. Find two heavy objects and hold on to them and don't think. Okay. Let go.

And let's mock yourself up as having failed to get out of the body. Now let's duplicate that again. Let's get another duplicate of it. And another duplicate of it. And another duplicate of you having failed to get out of the body. And another duplicate of it. And another one. And another one. And another one. And another one. And another one. And another one. And another one. Throw those all away.

And get a picture of you perished and gone forever because you failed to get out of the body. Get another one just like it. And another one. And another one. And another one. And another one. And another one. Throw those away. All right.

Now let's spot - from where you are right at this moment - the geographical areas, one after the other, where you have failed to get out of your body in the past. Let's spot them one after the other.

Okay. Let's find the two back corners of the room now, and hold on, and don't think.

[end of lecture, part A, part B follows]