

## SELF ANALYSIS, PRESENT TIME (CONTINUED)

A lecture given on  
15 January 1954

There's nothing like trying to audit a psycho in the face of a large family.

Female Voice: Can I interject a comment here Ron? It seems to me that when you're getting psychotics - you're probably getting a member of the family to audit anyway. It's usually somebody else is even more psychotic and by making them - somebody reads off the lines, it might just happen to process the right member of the family.

You might. Yes, this might just process the right member if you got them to read Self Analysis.

I remember I was called in on a case up in, in England where a medical doctor ... and he was in bed and so forth and he spent the whole time telling me about how, how he needed some auditing for the wife and - because she was so paranoid. And he had all of the medical terms for it, he had it all packaged. And my god, there he sat right there in the bed. He wasn't even a case of "what fog?"

And I audited him and brought him up a little bit but it was an interesting fact that his wife was one of the sanest women I've ever seen who was trying to carry on in the teeth of a screaming psycho. This was, this was the way that that family was operated. An auditor, a smart auditor by the way would contract the whole family just if something happened.

Now, it seems like I've spent a lot of time telling you about nothing. Huh? Nothing of great wisdom involved here. But if you just put it down there that the emergency situation, the emergency attitude, when we say it in Scientology we mean a very technical thing. We mean something which is occurring without time enough and so it's going to take a great deal of time to get it done.

When an author gets rather bad off, he has the novel to write, do you know he'll stand and look at it for months before he does it? He just can't write it. Why? He hasn't got enough time to write it. "Well," you say, "But look, you've already wasted three, four weeks. Why don't you just sit down and write it?" "Well, I can't write it, I don't have enough time."

Well now, it sometimes occurs with an auditor that he looks at that preclear and he realizes the preclear's real bad off, and the preclear doesn't have enough time and this is restimulative so the auditor doesn't have enough time. And so we get a fascinating problem. We get no recovery.

And when I see cases hanging fire consistently and I see that we're not getting perception changes at the time ratio of a case level in a unit such as this which, you know, you're not at this terrifically low case level. I see that a person is trying to audit the data which has just been given him or something of the sort. Actually, actually what it is to a large degree is an emergency factor.

The golf club is being pressed so hard that the ball stays right there on the tee. The auditor wants to shine, he wants to do something terrific, he wants to do something sensational. But what he probably ought to do if his preclear isn't making adequate progress is simply reach back and pull out the little copy of Self Analysis and start in.

Not that he can't do it himself just that way, you know, he can just know that type of technique so well you can just start reeling it off. It isn't any particular insult to the preclear either, by the way. Honest I, if I could just communicate to you the number of times when I have seen a neurotic person or a person who was very badly bogged in present time problems, recover on an hour's worth of mock-ups and that type of straightwire, not directed at anything, just the most...

[Gap in recording]

..I've seen these people snap out of it and stop acting goofy, stop trying to commit suicide, stop trying to do all sorts of things. It belongs in Step Six of SOP 8. And a step six really doesn't really respond to much of anything else.

Now, the funny part of it is it's so mechanical that the sanity index of the person, which is a different thing a little bit than his case index, you know, "how much problem have you got?" is the big question. How much problem do you have to handle? Well, a person is not merely really just as sane as he's handling his problems, he's as sane as he thinks he is. So sanity's something different than the mechanical aspects of the case in unwinding him.

It's a very funny thing that all these years they've been going forward at insanity and unreasonableness and all of that, when actually there was a terrific amount of just mechanical bric-a-brac which was standing behind and interrupting the flow of communication and so on.

A guy really perfectly sane with his ability, mentally and so on and creatively, is markedly cut down by mechanical bric-a-brac which doesn't have too much to do with his sanity. Well, Self Analysis will even crack through that if long enough applied.

There was one fellow who wasn't, was one of the roughest fives I ever saw and he got Self Analysis for a couple of hours a day for three months. That's a hell of a diet, isn't it? And it never occurred to anybody to tell him just to be two feet back of his head. And one day one of his friends did, almost jokingly, and he was. He'd worked himself up, sometime down the line, why, he'd cleared up enough so that he could be exteriorized easily and with some certainty, and became a theta clear within the next day or so.

By the way, you work somebody who is notoriously a five and you work them as a five for a long time and you just keep on working him as a five, you don't realize that he's become a four and then a three and he's up around two now. You just kept on working this five, which is persistence. OK.

Let's move up the auditing a little faster by being a little more sensible about it. In other words let's, let's step our pace up by being efficient rather than being in a state of emergency. Always about this time of the unit evidently you get a slight bog along the line somewhere here and there. If we don't interrupt it rather sharply here and there, why, it'll continue.

Well, what happens is, is auditors have gotten a little bit disappointed here and there in a preclear or something. It never occurs to the auditor he's probably overreaching the ability of the preclear quite markedly. And it's time when you look at a preclear, there's plenty of time, there's always lots of time.

The MEST universe is kind of short on matter, that's true. A planet here and a planet there, and a sun here and a sun there, and lots more space than there is matter. That's true, it's kind of short on havingness. But at the same time let's not, let's not try to do it all in a minute. That attitude of trying to do it all in a minute is what prevents you from doing it all in a minute.

And I look over, look over this case and that case as they come along and for instance there isn't a hard case present, there isn't a real hard case present, not a real hard case. We have, because I've seen hard cases in my day. When almost totally occluded and almost totally psychotic, you've got a hard case, that's a rough case. Not just an occluded case, that isn't a very rough case. That'll work out one way or the other.

Now, you've got a weapon, double barreled shotgun for one of these cases that's tippy about this and that. Very often you can over audit the case, you can give them the technique we need, obviously need, the obvious computation, but this person is so bogged down in significances they can't reach it.

That's, that's true of a case that I saw last night. All this case needs, obviously all this case needs is just run "don't touch," that's obviously all the case needs. We just run all kinds of variations and brackets on "don't touch." The case was raised to be very polite and, you know, well bred and cultured and so forth, and has gotten to the point where of course he can't touch anything.

And if you just got "don't touch" in various ways, of Opening Procedure, in brackets and "where aren't you trying to touch something now?" and what isn't, "give me three things aren't touching you at this moment, give me three things which don't want to touch you at this moment" back and forth and around and around, in all possible combinations, including running some flows and some agreements and masses of viewpoint.

Get masses of people out there, all of whom are agreeing now, that's viewpoint processing by the way, masses of people, all of them are completely agreed that nobody must touch anything. And then duplicate it and duplicate it and duplicate it and duplicate it and duplicate it. That sort of thing, you know, just don't touch. Why, this case would recover.

And instead of that, this case gets plunged into all kinds of stuff. I mean, stuff that's way off far away and so forth, but it's liable to be very quick. And everybody's been trying to heal this case quickly for over a year. Case must be healed quickly. Well, if the case had been healed slowly, it could have gotten well in a week or two.

That's just real weird. And it makes one feel rather strange sometimes about processing to realize that the effective process is the, is not the most brilliant process. The two aren't there together. The most brilliant process is not necessarily the most effective process. The most effective process is the one which works. That's all.

Now, you'll find various processes working on various cases and the one, one thing that you must, must be cautioned against is working a limited technique too long on a case merely because it's apparently working on the case. You might be taking the long road to China, you just might be. For instance I can solve things today with effort processing that would appear to be damn miraculous.

The effort within the effort within the effort within the effort, in terms of brackets. The effort not to within the effort not to within the effort not to within the effort not to, in terms of brackets. I can get more perception changes on a lot of preclears but what's the trouble here? Well, the trouble is that it tends to validate the effort band and this is confusing to the preclear and he buries himself away from present time slightly.

Although it has great effectiveness for quite a while and it can be run for quite a while, there's always a time not to run it because in the first place it's a GE technique normally. You cure up all sorts of things but it's a GE technique. That is, when effort; thought, emotion and effort; when I discovered thought, emotion and effort and put them together in 1951, so on, we had reached the limit of auditing the GE.

If you're going to audit the GE, you just look at the techniques from '51 back plus creative processing and you've pretty well got it. Nothing much else about it. Alright.

Let me tell you now about something that happens to a preclear and dig you out of this a little bit. Nothing has ever exceeded this, nothing we've ever said or anything we've ever done and so forth has ever exceeded this or thrown it into question in any way whatsoever. Therefore it must be a rather simple central portion of auditing. And it is the problem and question of present time.

Nothing has ever thrown this idea of present time into question. There is nothing wrong with bringing a preclear to present time. The whole computation involving present time is still the most centralized computation which you have because of course the most aberrative factor is time because it's the most hidden and strange barrier

The MEST universe is a game composed of barriers. Well, the most hidden and strange barrier is that barrier called time and the person is in present time or he thinks he is someplace else. Well, in view of the fact that a thetan can evidently create time itself, it is very easy for a thetan of course not to be here and yet appear to be here.

Now, I've run into people sixty and eighty hours in advance of present time. This probably wouldn't occur to you, this case, but it's true. They're way up. It isn't particularly good, it's that they had thought they had to crawl that far ahead of present time in order to be cause. This might be what you would call the, an emergency margin.

They need that much time for a margin. You know, they've got to think all their problems out today, day after tomorrow, and then maybe they'll be able to get far enough ahead of their problems today in order to have. It's a silly picture and it is not an accurate one. But it's, they just act as though they were two or three days ahead of themselves.

You'll find the little child has his greatest objection to his family on these grounds. They're not interested in now. The live ones, the live up and coming adults are terribly interested in day after tomorrow, awfully interested in the future. And the dead ones are all interested in gone and buried yesterdays.

Grandpop and Aunt Belle at one time or another was the queen of the Mississippi, they just don't seem to have any connection with anything except that time when. And this is interesting like a storybook, but it's not even vaguely interesting to the kid because he's living right there in present time and you can run this on a preclear just as such. You could say, "Alright. Now get various members of your family not liking present time." And gee, this guy will just check off the whole list, that'd be you give him enough auditing time. Alright.

What's this, what's this thing about present time? What, what's it got to do with theta clearing? Well, I very seriously doubt, very seriously doubt this, that you can exteriorize an individual who is not in present time, at least most of it. And I would go so far as to say that a very simple statement of non-exteriorization could be made by this alone. He isn't exteriorizing, in synonym, he's not in present time.

He's in the future or he's in the past. He's not here. He has to be able to exteriorize into now in order to have a certainty and perception of now. It seems reasonable doesn't it. Well, remember that a thetan can make time. He can make particles move so he obviously can make time, he can make space. Well, if he can do these things, why, then it's very easy for him to make a time to be in.

It isn't that something is making a terrible effect out of him. It may very well be that he's simply manufacturing a time to be in. It might not have any reality with regard to the past either. He just might, might have just made a time to be in, maybe the time is day after tomorrow. Of course it's right now, but it's day after tomorrow that he's made to live in.

So let's not take this in the aberrated band now. Let's stop talking about aberration and just start talking about time and we find out that to get an individual outside and with some perception, there is a good chance of getting him out if he's well in present time and if he isn't, why, he won't exteriorize into the present time. And let's just look at it like that.

Let's take the GE, way out of present time, and the thetan is agreeing with the GE and the thetan tries to exteriorize and of course he can't exteriorize because he's got this horrible problem. He's, if he exteriorized he'd have to exteriorize into 1870 and it's not there. And so he says of course, "I can't exteriorize."

Now, I'm not giving you the whole of the problem here when we talk about present time and so forth. You know the other elements of the problem, the problem has many elements. It has cause and communication and duplication and it has the, these other factors such as his ability to

create, which is the loss of the ability to create or wonderment about creation adding up to an anxiety about the future and about loss, is a better statement really of what's wrong with the thetan.

But let's just make this crude, this crude analogy about time. See, a person can't lose the body because he can't create a body and so on. Well, let's look at this present time problem and let's find out several things about it. Is this person so much in danger or in trouble according to him right in the present environment that he can't exteriorize into it? That would be what would be interrupting theta clearing into present time. See that?

And therefore you could handle some sort of a present time problem he has, handle it by creative processing, handle it by, oh heck, I one time I was trying to work a preclear and all this preclear could worry about was her husband being faithful to her because the husband had recently hired a very nice looking secretary.

This was really all that was wrong. She had no other evidence, she was going around trying to manufacture evidence, and I matched terminated the secretary for five minutes. The problem blew up and we went on with auditing and exteriorized her and the session went right on off the line. It was no difficulty whatsoever with the case and all it required was just this.

But while that five minutes was going on, first she was apathetic and then she was mad, and then she was this and then she was that, wonderful. What fireworks. Well, being a limited technique, if we'd gone on with this for the rest of the day we had probably had her bogged down like mad at the end of the day, but for five, ten minutes, an hour, that was fine.

Well, she wasn't in present time, see, she was worrying about what all the evidences were, pro and con, and those evidences had all occurred in the last few days. And the funny part of it was they didn't occur, they hadn't occurred but she thought they might have occurred. So she was living in day before yesterday and last week and so on, all mixed up and it didn't have anything to do, she wasn't in the room.

Well now, if you can look at a preclear and say, "Be three feet back of your head," he's not, if you make the next statement, "Well, looky here, he's not, he's not here," you will be for workable purposes, right. He's not here.

Now, the reasons why he's not here is what we go into when we say duplication and communication and creation and all the rest of the reason he's not here. And we add this up we find out that there is a powerful button, oh a powerhouse of a button, and that button is resentment of present time.

Now, let's see why that's a powerhouse. A person who doesn't exteriorize well has gotten into flows. The way you get into flows is the way you get into this universe. You decide to resist it. You know, it can't decide to resist you? You have to decide to resist it. And so you start matching flow, matching flows. And this matching of flows is itself what causes ridges.

Continuous and anxious perception will pile up effort flows, very heavy flows. And so we get the manufacture of ridges and agreement with the MEST universe being the same thing, which is just this matching flows. It starts flowing at you and you're just getting along fine. You're not flowing back at it, it's just going right on its way just as happily as can be. But it'd love for you to team up and match and resist.

So all of a sudden, why, you decide one day that you'll match those flows and you'll resist them in some fashion or another and the next thing you know, you're slightly stuck in that time period, see, just a tiny little bit. And as these things compound more and more and more, and you agree more and more and more that you ought to resist more and more and more, and so on more and more and more, and then the next thing you know, why, bog.

Well, that's the mechanical without any deeper significance, mechanical proposition behind non-exteriorization. That's the mechanics of it. It's just matching flows, you agree with the wavelength of the MEST universe.

Now look what a neat job it is. Here comes light at such and such a sonometer of wavelength, point several zeroes three or something like that, and here comes this light. Boy! What a tricky character you are to be able to match the wavelength of that light and so pile it up. Boy, that's really tricky.

In other words you have to, you have to just exactly hit on exactly that if you'll be using these flows. And as it's very tricky to match it up, it's very easy to unsettle it. One of the easiest things I know of to unsettle is a matched flow from the MEST universe. It is tenuous, it is thin, it's very hard to match one of these flows and it's awfully easy to unbalance it.

Now, if you will run "resenting present time" in brackets and "desiring present time" in brackets and, this little technique I gave you the other day, the "ideal person;" and having the universe, all kinds of objects in it, accusing the preclear that it didn't create it, you know, mountains say to him "you didn't create me," the ground says to him "you didn't create me," so forth, sky is saying to him "you can't create, you didn't create me," round and round and round and round and round; now, that's a little package there which I have used.

There are many of these little combination packages, you might say, of auditing that I have used, just exactly that one, to exteriorize one of the toughest, meanest cases I ever ran into. And I have used that several times on preclears with considerable success. I never turned it over to another auditor before obviously in it's component parts because these component parts work in other combinations with other things. They certainly work together. As I say, I've used this, I haven't handed it out. Alright.

It's just a routine, resentment of present time. Well, that merely tells him resentment, antagonism; you'll run into apathy about present time. You'll be very happily running the bracket and all of a sudden you'll find out these two people he's put out in front of him, he can make one of them make the other one resent present time. But by golly, this one who is making the other one resent present time is himself in apathy.

So you want to watch this one because there are various emotions on ridges. Resentment is a flow and so it drops of course into ridges, and the ridges are apathy, anger, boredom, and these are your ridge levels. So these three things turn up, apathy, anger and boredom, when you run resentment. What you're tryin to do is get the live flows out of the way. They're the - all that bother him.

And then added to this technique is anything you can think of in the line of granting beingness and being sorry for it. "Well, I granted the MEST universe beingness and now I'm sorry for it. I granted that mountain beingness and I'm sorry for it." Fellow says, "Wait a minute. I never did grant that mountain beingness." "You did now. Alright. Let's grant that mountain beingness. Now be real sorry you did it. Now be glad you did it. Now be sorry you did it."

Just pursuing our lecture of yesterday on that, that one added in there is very efficacious. Actually there are so many ways today to crack cases it's just, I could keep going on here for an awful long time trying to give you new combinations and so forth. But that combination I've used with great success.

Now, why do we run this "ideal person" in there? That's the guy had an ideal somewhere in some past life and he's stuck in it, and he's trying to make the body he's in right now compare with a body he had before and he's not satisfied with the body he's got now. He's trying to live in the year 1005. He's got an ideal person.

You can do that one with mirrors or you can just do it with a mock-up. Have him stand there and grant beingness to this ideal person and have the ideal person grant beingness to him, and

you get the kind of character he has misfittingly been trying to be. It's very funny to see a very good looking guy for instance, who's nice and muscular, he's got a lot on the ball and so forth, trying hard to be a, well, to be a girl. This is weird.

Well, why? Why would he be doing this? His ideal person, the best body he ever had. Now, these things don't get wiped out, I mean, they might as well have been yesterday. The body you had in the year minus five thousand on Arcturus might have well have been at eight o'clock this morning.

I'm not trying to jam your track on you, but don't get this old idea that it all wears out because time goes by. You granted something beingness on Arcturus and you're still sorry for it, why, you're still sorry for it that's all. You, it's all very well for you to mock up the fact that you've forgotten all about that life and that life isn't in there anymore and all that, but this just isn't going to be effective auditing-wise.

You can neglect the most enormous quantities of this material however, you can forget about the most enormous quantities of it, but there's one...

[Gap in recording]

Well, the damndest one I ever ran into was the fellow who was holding onto a beautiful blind girl. Boy, was he pathetic. Case occluded, couldn't see, why not? Where did it go off? Well, when he lost his wife. To this point it was good, oh yes. What the hell is this all about? There's nothing else was cracked here. Guy's perfectly sane, couldn't see though. And I broke through on this kind of a process. The ideal person was really parked on the track. The ideal person was a gorgeous blind empress. This was a long time ago I ran into this process, I even wrote a story about it once.

But by golly, I never had the processes which would've undone it swiftly until very recently. I undid it at the time I ran into it. But the total significance of the fact is this business about the ideal person. This was the ideal person. My god, a gorgeous blind empress. Talk about havingness, the whole planet.

You talk about, you talk about appeal. Everybody was very sad for this girl. Oh just, she was, she was a very gorgeous empress. And here was this guy being a blind empress. But he couldn't be a blind empress, but he had terrific potentialities and possibilities to do exactly what he was doing. He was an airline pilot, an airline pilot, think of it, surrounded by all these gorgeous hostesses and subservient crews with all of Earth swishing by underneath you and oh, terrific things to do and be and so forth. He was a blind empress, he wasn't an airline pilot.

So when his wife left him, this was a key-in of the loss of that body and he just stuck in its death. Truth of the matter was he didn't give a damn for this wife at all, she was a little girl that was very pathetic all the time. But of course, she keyed him in. And there he was, so when he lost her that stuck him in a past death.

Well now, the funny part of it was that he knew all about it after a little bit of straightwire. We were, I was straightwiring him just, people his wife reminded him of, and I was beating it around, and it was really no mystery. The bird had it. See, he knew about it, he knew he knew about it all the time but he couldn't think about it any of the time.

Now, have you ever had the funny feeling in auditing like, well, you can pick this lock, you knew that all the time. You knew you were trying to mimic your dog. That's why you kept trying to scratch yourself behind the left ear with your right foot and figured that was the only really satisfactory way to scratch your ear. You knew it was the dog but you didn't know it, you see?

In other words this terrific panorama is sitting right there in front of the preclear and he's never looking at it. Well, that's the way these things come up and that's the ideal person. You run that on an integration of character, and if we could call this integration of character and be very

technical about it, why, we would be far off because we would be more technical than it deserves, which is the guy wants to be something else than what he is. And he can't be anything but what he is. See? Can't be anything but what he is. So life has him trapped. He's resenting present time. Lots of reasons why.

There's a process that's run on that that is questionable but is on a case that is too far down, it's butchery. But you always have to run this on a thetan exteriorized. "Be the past, be the present, be the future. Be the past, be the present, be the future. Be the present, be the past, be the future."

It's actually change of space processing because he's got space mixed up with the past because of course the past is in some other piece of space. You'll find out he has the past to the right of him and the present to the, above him or - oh something. but usually by the way the present is in front of him, the, let's see, the future is to the right and the past is to the left. That's because of the way people read.

He also has prediction machines in the future telling him he shouldn't know the future, and he has machines in the past telling him not to know anything about the, or not to model it, don't be a model of me in the past, you see, you don't care what the past will say, the past will say what it says.

Well, there's another ramification of that, is you're probabilities are that he's got a "duplication, mustn't duplicate" crossed. You know, he's got a duplicate, mustn't duplicate. And that is, I say the probabilities are that's the basic-basic in any case and it's usually applied to time. He mustn't duplicate time, he must duplicate time. He must duplicate the time he was the blind empress, he mustn't or can't duplicate the time he was the blind empress, and so he hangs up on a maybe "can I duplicate or can't I duplicate?"

And this goes off into the second dynamic or the third dynamic or god knows where. That's basic on any case, that's the most fundamental one we've got by the way, must duplicate, can't duplicate.

[Question from audience - unintelligible]

Oh yeah. Well there's, there's all of that, there's a whole battery of buttons from know down to, down to sex.

[Question from audience - unintelligible]

Well, there's your, I gave you one that one day in just resisting knowing, resisting being, resisting looking, resisting emoting, and that would run out the whole darn band because that works in terms of flows.

You've got somebody in the auditing room there, all you do is want him in present time and he's usually not in present time because he'd hate to be in a point of the past but he'd love to be in a point of the past, and between these two things, why, he's hung up in two pasts which he's trying to dramatize in his present. And you think you're looking at somebody who simply is right there and who will exteriorize and you know they should be there but they're not. And that's the whole problem there.

I ran a preclear one time who had been a very successful gunman. Brother! A space opera gunner, but a gunman. A lot of space opera, what they were dramatizing here out in the old west was just space opera evidently. Fast on the draw and that sort of thing. Boy, there's lots of that in space opera. Man, this reputation, this guy's reputation, he was not on the side of the law, but his reputation was so tough from one end of the system to the other that the police were terribly polite to him. And boy, was that successful. And he hit the old west back in the eighties and boy, was he successful. But this was just a lock on it.



And we tried to give this boy anything, no, he was regretting this past dangerousness, you know, he wanted that past dangerousness again and he had no dangerousness where he was. And between these two things, the past, in the past he was dangerous so he was in the past, he was not in the present.

You mustn't continue to go, just as a parting word on this by the way, you mustn't continue to go forward on the idea that it is normal and usual for a thetan to be in present time. It is not normal or usual. Staying in present time is like walking a tightrope because present time is going by pocketa pocketa pocketa pocketa pocketa. Each one of them is present time.

Any moment of the past has been at some time present time of course. And it's quite a trick staying in present time, quite a trick. What's the automatic machine that keeps him in present time? Well, when he depended upon an automatic machine to keep him in present time, it ordinarily broke down some time or another and skidded him out of present time.

That's why holding the two back anchor points of the room is very beneficial. It takes a hold of this old machine which kept him in front of present time, you see, and it just runs it out. He's keeping himself in present time now. See how that is? He's just taking over that machine and the actual benefit of hold the two back anchor points of the room is putting out of the automatic category staying in present time. And the fellow gets it onto the other side of (?).

If you don't want to see a preclear really stopped, really stopped, this is about, this... Preclear's every once in a while tell you they're reaching for the bottom of the bucket, you know, they can't go any further south. Yes they can. I'll tell you how far south is, computationally. And that is the preclear sits there and at each instant - there's techniques, very simple ones, designed on this by the way - any instant is lost. He's at a dead stop. Every instant that goes by is lost utterly. No new instant gives him something new.

He doesn't look at it like that. The motorcycle has really taken this guy down the road. Every instant finds him stopped and he goes through a consecutive period of stops. Stop stop stop stop stop stop stop stop stop stop. That's the way he feels and it's all unreal, and the havingness of present time, all of it is defeating him. And the fact that it has arrived, that it has arrived is simultaneous with the fact that it is irreparably and forever lost.

He isn't necessarily psycho, which is the oddity of it. Psycho isn't the bottom of the bucket. Psycho is just the lock-up on must reach and can't reach, must withdraw and can't withdraw. That is an emotion. Psychotic attitude is, it is an emotion, it's a feeling. This other is the real bottom of the bucket.

The fellow can be perfectly sane and be in this bottom spot, but that is the bottom spot, is every moment as it goes by is a lost moment and he counts them as lost moments pong pong pong pong pong. But he's at a dead stop and he's sort of jerkily going from stop to stop to stop to stop to stop to stop to stop. It's the most fantastic sensation.

I got into a pc's head that was going through it once, just to see - that's a strange remark to make, that's true - and examined exactly what was happening and that was what was happening.

For over about a year now and the reason I haven't ever, I didn't used to ordinarily, but I did once in a while, pay attention to, quote, "my own case" in order to give you data. Well, for about a year it hasn't been very necessary to do this. All you had to do is, you know, pop into somebody's head and match wavelengths and feel how he felt, look over his facsimiles. That's mainly why we've made a tremendous amount of progress. It wouldn't be having anything to do with basic knowingness or anything like that.

Well anyhow, we must investigate. Where your preclear's concerned, let's just go over this again, he may be an emergency situation and when the emergency situation occurs the thing for you to do is to be very efficient.

Now, sometime or other in your life you may have run into somebody who was terribly efficient and you wanted to be terribly nervous about the emergency, and there was no more maddening person than that, and you may be unwilling to be that very maddening person. So let's get that one remedied. And you don't have to be that person. That person is merely expressing a manifestation that you can express too.

And the other one is if the preclear isn't exteriorizing he's not in present time and we've been talking about this for a long time. There are many methods of remedying this. One of them is simply "come up to present time, be three feet back of your head." Rather fantastic technique, isn't it? Happens to be workable. It'll work, oh, maybe every fifteen or twenty preclears. The guy's an awful tough preclear, you know that, so you say come up to present time and be three feet back of your head, and he is, perfectly stable, very certainly.

You go into an insane asylum, you go down the aisles of the insane asylum and you tag every few patients, you tag every patient that goes by and every few patients with just this come up to present time, and they're sane and they stay that way. Interesting, isn't it?

Well now, let's not go getting too bogged down about case state or what you are or aren't doing, and whether your auditor's simpatico with you or not. We're not trying to make friends, we're trying to make theta clears.

When you get your best innings in is when you are being the most efficient, not when you're being the most brilliant. And when you look over the things that can be wrong with a preclear, why, they all add up to basically this "must duplicate, can't duplicate" cross up, and that's all over the track, that's all over existence. You see the sunlight coming in through that window there, well, it's telling you you must duplicate it. You're saying, "Well, I can't duplicate that, I got something else to do." That's existence in this universe.

And we go down the line from that we find out the biggest barrier and why the MEST universe is a game of barriers. The biggest barrier of course is the most mysterious one and that's of course time. And the tightrope walk which the preclear's doing to try to stay in present time is an interesting walk, even when he's the sanest. And we find that that's very easy to handle if we handle it from the basis of people exteriorizing in present time.

As far as communication is concerned, your communication lag is your direct index to the tone scale. And it's actually a very simple problem and I hate to keep telling you it's so simple, it's so simple, it's so simple; it must be quite maddening to somebody who's trying to latch onto some corner of it, knowing all the time that it's very difficult, but it isn't.

Now, certainty of course; knowingness, certainty, certainty is merely a synonym for knowingness but it's where you can get knowingness to change over into human experience. That's the bridge, certainty is the bridge there. Several bridges around that are tremendously interesting bridges.

You're using tools, now, you very often will add to a tool to its detriment but, for instance somebody was giving an assessment the other day of what should a person create and destroy. You know, the old time create and destroy assessment on the eight dynamics, this is a very good assessment, he's giving this assessment. And he's only doing one thing wrong about it.

He's finding out what the preclear could create, what the preclear's willing to create and what the preclear's willing to destroy, but the auditor continuously asked the preclear why. And this was, had gotten the preclear bogged to the point where the preclear was upset about an assessment. That was easy to remedy, just adding too much.

And so there's a little rule of the thumb goes along with all of this. The less significance you get into, the better. And if you have a question about significance, believe it. That is to say if you want to know whether you should go deeper into this and find greater significance concerning it or not, if you've got a maybe on this, see, then you answer the maybe by not going in. That isn't

saying you should never plow into a significance, it's just saying that if you have a maybe as to whether or not you should proceed into a significance, don't.

It's better to err toward nothing than toward something. Your preclear's really better off to be run wholly and entirely on nothingnesses, if we were just going to do an arbitrary, stupid division of things, he would be better off to be run totally on nothingnesses than upon somethingnesses, if we had a choice between these two techniques. And you'll find nearly every auditor early in the game will run a great deal of somethingnesses and damn little nothingnesses.

Now for instance the ideal, the most horrible person he doesn't want to be is the nothingness person. See?

Look in the mirror now and see nothing, absolutely nothing. Try it sometime. Now, look in that mirror and see nothing. Don't see a face, don't see anything at all, you just look in that mirror with your MEST eyes wide open and see nothing.

You could make a preclear - more preclears will go into the bathroom and vomit on that one. That's the horrible thing you mustn't be. That's what you feared you must become. You know, mustn't become nothing, so you become nothing.

OK. Let's take a break and get to auditing on schedule this morning for a change, with a seminar for the first group unit, for the first [unintelligible].

So you have - oh 18 minutes for a break.