

AUDITING DEMO: EXTERIORIZATION

A lecture given on
19 January 1955

LRH: I've got to give you a little bit of processing here, a little auditing demonstration. I'm going to demonstrate to you some exteriorization techniques. Come up here. We'll take a nonexteriorizable, dead-in-the-head, stuck, gone... Sit down.

PC: Okay

LRH: There's no sense in people worrying about exteriorization. It's too simple. I don't expect you to exteriorize during this session; I'm merely showing a technique. I want that clearly understood because I'm just going to show you how the technique works. You've already seen this technique once. You've already seen this technique operate once and just a little bit of reality start to show up on it. Now, there isn't much reason why a great deal of preliminary work has to be done with exteriorization. There isn't any reason why we should make it long and drawn out. Let me give you first here ... just relax.

PC: All right. I'm trying.

LRH: Huh?

PC: I'm trying.

LRH: Well, don't try. Relax.

PC: All right.

LRH: Let me point out something to you here. You ever hear about universes?

PC: Mm-hmm.

LRH: What are the three kinds of universe there are?

PC: Mine, yours and everybody else's. Hm? No? MEST. All right.

LRH: How come you missed that one, Smokey?

PC: Gee.

LRH: Now, let's go over this again.

PC: Okay

LRH: How many kinds of universes are there?

PC: My universe, the MEST universe, and other people's universe, right?

LRH: That's right. That's right. All right. Now, now that we've gone this far – did you know that a person can be booted out of the MEST universe into another universe, like the MEST universe?

PC: I heard.

LRH: Do you know they can be booted out? Do you ever think about robots or anything like this?

PC: Oh, when I read stories about them, I do.

LRH: You do? Oh, you do read stories about 'em?

PC: Yeah, and when you lecture I sometimes do.

LRH: Uh-huh. You do, huh?

PC: Mm-hmm.

LRH: What kind of a robot's head is the worst kind? A robot head?

PC: One that won't obey a command, perhaps.

LRH: That kind of a robot head?

PC: Yeah. One that's kind of screwy.

LRH: A kind of a screwy robot?

PC: Yeah.

LRH: What would the head be shaped like?

PC: I'll have to think, I'll have to think one up.

LRH: All right, go ahead and think one up.

PC: Round.

LRH: Be a round head. Be the center of a round robot's head and spot spots in his environment. Now, is this a clear command?

PC: It's a clear command.

LRH: Be in the center of a robot's head and spot spots in his environment and close your eyes. All right. Now, be in the center of a robot's head and spot spots in his environment. Can you get the idea of doing that?

PC: I can get the idea of doing it.

LRH: Ah, that's my girl. You can get the idea of doing it. What would his environment look like?

PC: Rather drab.

LRH: Drab, huh?

PC: Mm-hmm.

LRH: And what kind of environment? Is it open, spaces, barriers, walls, what?

PC: Well, probably walls.

LRH: Probably walls?

PC: Mm-hmm.

LRH: All right, spot some spots on this probably walls. Why don't you look through his eyes? Has he got something like eyes there?

PC: He probably has.

LRH: All right. Now let's spot some spots on these walls.

PC: Okay.

LRH: Come on. Let's spot some more spots on the walls.

PC: Mm-hmm.

LRH: Spot some more.

PC: Mm-hmm.

LRH: Spot some more.

PC: Mm-hmm.

LRH: Spot some more.

PC: Mm-hmm.

LRH: Spot some more.

PC: Mm-hmm.

LRH: Spot some more.

PC: Mm-hmm.

LRH: Yeah, okay. How you doing now? Is it getting easier?

PC: Why, yes. Mm-hmm.

LRH: Well, you needn't say "yes" if you don't feel like it.

PC: Well, I was doing it. Let's...

LRH: Was it getting easier to do?

PC: Mm-hmm.

LRH: Mm-hmm. Are the walls changing or are they remaining the same? What?

PC: Yeah, they are not very well defined. LRH: Not very what?

PC: Well defined.

LRH: They're not?

PC: No.

LRH: All right. Smokey, open your eyes.

PC: Mm-hmm.

LRH: Spot some spots in this room.

PC: All right. With my eyes?

LRH: Yes.

PC: Okay. Want me to tell you about them?

LRH: No. You have them spotted?

PC: Mm-hmm.

LRH: Now close your eyes. Spot some spots in this room.

PC: Mm-hmm.

LRH: Did you do that?

PC: Mm-hmm.

LRH: Fine. Be in the robot's head and spot some spots in his environment. Okay. Did you do that?

PC: Mm-hmm.

LRH: Huh?

PC: Yeah.

LRH: All right, let's spot some spots in his environment.

PC: Mm-hmm.

LRH: Did you do that easily? Getting easier to do?

PC: Yeah.

LRH: Good. Now be in this body's head and spot some spots in this room.

PC: Mm-hmm. Mm-hmm.

LRH: Did you do that?

PC: Mm-hmm.

LRH: Good. Be in the robot's head and spot some spots in his environment.

What's the matter?

PC: Well, his environment wants to have machines, now.

LRH: All right. Let's spot some spots.

PC: Okay. Mm-hmm.

LRH: Did you do that?

PC: Mm-hmm.

LRH: Getting easier to do?

PC: Not any easiel; no.

LRH: Not any easier. The machines changing around, or?

PC: No, they're not changing around.

LRH: What is changing around?

PC: Viewpoint.

LRH: Oh, the viewpoint? You mean the robot seems to be moving?

PC: Mm-hmm.

LRH: Oh, that's just tough. All right. Spot some spots in this room. Be in this body's head and spot some spots in this room.

PC: Mm-hmm.

LRH: Did you do that easily?

PC: Pretty easy.

LRH: All right. Easier?

PC: No.

LRH: No?

PC: No. No easier.

LRH: Look around this room, Smokey, and spot some spots in it.

PC: With my eyes closed?

LRH: Yes, with your eyes closed. Stop this nonsense.

PC: Yes, sir.

LRH: Spot some spots.

PC: Mm-hmm.

LRH: What you spotting?

PC: Spotting that recorder over there.

LRH: Good. What else?

PC: The stove.

LRH: Good.

PC: The curtain.

LRH: Good. What curtain?

PC: Behind me.

LRH: Where?

PC: On the door.

LRH: All right. Some more.

PC: Okay Mm-hmm.

LRH: You doing this now?

PC: Yes.

LRH: Well, good. Good. You doing this a little better?

PC: A little.

LRH: You'd better. Now, we won't leave expectance level to chance here. All right, now, let's you be in the robot's head.

PC: Mm-hmm.

LRH: Get the idea of this?

PC: Yeah, I get the idea.

LRH: Good. Now spot some spots in his environment. Getting that real good now?

PC: Mm-hmm.

LRH: Huh? Did you spot a lot of them?

PC: Mm-hmm.

LRH: Well, here's an okay for each spot. Okay-okay-okay-okay-okay-okay-okay-okay. All right?

PC: Okay

LRH: All right. Now let's spot some more spots in this robot's environment. Okay. You getting them?

PC: Mm-hmm.

LRH: Getting them better? Same?

PC: No.

LRH: Better? Worse?

PC: Environment change, okay A little.

LRH: Does he – does he seem to be moving around in it still?

PC: No, he's not moving.

LRH: Oh.

PC: No.

LRH: Well what?

PC: Well, I was hunting for a door in his environment but I didn't find it.

LRH: Upsetting?

PC: Well, it was.

LRH: Not to find a door?

PC: But I find in one place I can see through the walls so that's all right.

LRH: Oh, I get you, Pete. All right. Now be in this body's head.

PC: Mm-hmm.

LRH: And spot some spots in this body's environment.

Doing that?

PC: Mm-hmm.

LRH: All right. What did you spot?

PC: That pole over there.

LRH: Mm-hmm.

PC: And the light.

LRH: Mm-hmm.

PC: And the top of the curtain rod.

LRH: Good.

PC: The wall.

LRH: Good.

PC: The wall back there.

LRH: Now spot a door just so you can make sure that there's an egress.

PC: All right.

LRH: You got it?

PC: Yeah.

LRH: All right. Fine. Now be in the robot's head.

PC: Mm-hmm.

LRH: Now let's spot some spots in his environment. Spot some spots in his environment now. How are you getting along now?

PC: Okay.

LRH: Getting along better?

PC: Mm-hmm.

LRH: Better or worse?

PC: Better.

LRH: Same?

PC: Better.

LRH: Better? Well, good enough. Fine. Now be in this body's head here.

PC: Mm-hmm.

LRH: And spot some objects in his environment.

See, I'm asking her to spot walls and things like that. We haven't gone into locations. My auditing command is just a little bit offbeat, but she's doing it all right. I should be saying, "Spot some objects in this environment," because I don't intend to have to take time out here to remedy havingness. You get the idea? And if she's spotting walls and objects, she won't have to have her havingness remedied. If I'm asking her to spot spots in the air, I will. So the proper auditing command really would be, "Spot some objects in the environment." Because that's what you're doing, isn't it?

PC: Mm-hmm.

LRH: All right. All right. You don't feel like your havingness is being run out, do you?

PC: Hm-mm.

LRH: All right. Now let's spot some more objects in this body's environment.

PC: Mm-hmm.

LRH: Doing that real good now?

PC: Mm-hmm.

LRH: Or are you maundering off and thinking about something?

PC: No, I wasn't.

LRH: All right. All right. Now let's be in the robot's head.

PC: Okay

LRH: And spot some spots in its environment.

PC: He hasn't got too many objects.

LRH: Hm?

PC: He doesn't have too many objects in his environment.

LRH: Or some walls, aren't there?

PC: There sure are.

LRH: Well, that's an object.

PC: Mm-hmm.

LRH: Find some places on the walls.

PC: Yeah.

LRH: There are some objects there, huh?

PC: Mm-hmm

LRH: All right. How are you doing?

PC: Okay

LRH: What's the matter? Are you scared of something?

PC: No.

LRH: What's the matter? Are you in the robot's head? Got the idea?

PC: Well, I have the idea, yes.

LRH: You got the idea. Well, get the idea now of being stuck there and unable to exteriorize. Can you get that?

LRH: All right. Now get the idea of being able to exteriorize.

PC: Mm-hmm.

LRH: Can you get that?

PC: I can get the idea.

LRH: All right. That's all I ask you to do.

PC: That's right.

LRH: All right. Now be in this body.

PC: Mm-hmm.

LRH: You got this now?

PC: Mm-hmm.

LRH: All right. Now let's spot some objects, walls, spots on the walls, in this environment.

PC: Mm-hmm.

LRH: You do that?

PC: Mm-hmm.

LRH: Now get the idea of being stuck in this body's head.

PC: Yes, sir.

LRH: And not be able to get out.

PC: Mm-hmm.

LRH: Now change your idea to the fact that you can get out of this body's head. How far'd you get with changing that idea?

PC: Well, I can get the idea. Yeah...

LRH: Is it your idea?

PC: Yes.

LRH: Huh?

PC: Yes.

LRH: This is a doubtful one, huh?

PC: No!

LRH: All right. Now let's be in the robot's head.

PC: Mm-hmm.

LRH: And let's spot some spots on the objects in his environment, on the walls and so forth.

PC: Mm-hmm.

LRH: Did you do that?

PC: Mm-hmm.

LRH: Let's spot some more. How's this getting now? This getting better?

PC: Mm-hmm.

LRH: Worse? Huh? Getting easier? All right. Now while in the robot's head get the idea that you cannot get out of it.

PC: Mm-hmm.

LRH: Now change that idea to being able to get out of it.

PC: Okay.

LRH: Good. Now be in this body's head.

PC: Mm-hmm.

LRH: You got that?

PC: Mm-hmm.

LRH: Hm? All right. Now spot some spots in this environment.

PC: Mm-hmm.

LRH: You do that?

PC: Mm-hmm.

LRH: Good. Is it getting better or worse?

PC: No better, no worse either.

LRH: It's not getting any better?

PC: No.

LRH: What are you spotting?

PC: Things. Objects.

LRH: What?

PC: Walls.

LRH: Point to them.

PC: Okay. There.

LRH: What's there? Are you looking at it?

PC: Yeah, no. I'm...

LRH: Come on, let's look at that curtain!

PC: I'm,..

LRH: What are you doing? Sitting there figure-figuring if there's a curtain there?

PC: No. No. There is one there.

LRH: Well, look at that curtain.

PC: I can get the idea of it. .

LRH: Yeah. Look at it. Did you do that? Did it bite?

PC: No.

LRH: Well, all right. Look at it.

PC: Awful vague.

LRH: All right. But you looked at it didn't you? Huh?

PC: I'm not sure.

LRH: You're not sure. Let's look at another object in this environment.

PC: Okay

LRH: Did you do that?

PC: Mm-hmm.

LRH: What?

PC: That radio down there.

LRH: Is it there?

PC: Mm-hmm.

LRH: Are you looking at it?

PC: Well...

LRH: Or are you kind of pervasively knowing it is there.

PC: Well, I know it's there.

LRH: You know it's there?

PC: Yes.

LRH: Why don't you look at it? Something horrible happen here if you were to look-
did look at it? Would it bite?

PC: No.

LRH: It wouldn't bite?

PC: Hm-mm.

LRH: Huh? Well, just look at it. What's the matter?

PC: Nothing the matter, except...

LRH: Except what?

PC: I can't see it.

LRH: What are you looking at? What do you see?

PC: Well, I get the idea of looking at it.

LRH: What do you see?

PC: Nothing.

LRH: All right. What's the nothing look like?

PC: Nothing – just nothing.

LRH: All right. Look at it.

PC: All right.

LRH: Are you looking at nothing?

PC: Mm-hmm.

LRH: Hm. That right? Boy, don't tell me I'm running across this one. There's more preclears who will sit there and tell you that they're looking at nothing and this is physically impossible for them to do. There is no slightest possibility for their being able to sit there.

PC: No.

LRH: You bang them around for a little while and you say, "Well, goddamn it. There's something there. Take a look at it. What it is?" And they finally tell you that it is a black wall or a gray mist or some comets or something of the sort. Now, Smokey, you take a look at it.

PC: All right.

LRH: What are you looking at?

PC: Well, I'll say that it is a gray mist.

LRH: You'll say it is?

PC: Mm-hmm.

LRH: Have you looked at something?

PC: Looks like it.

LRH: Huh? You are looking at something, though, aren't you?

PC: Yeah.

LRH: Are you?

PC: Yeah.

LRH: Let's look around. Is there something else around there to look at?

PC: I put something there.

LRH: You've put something there?

PC: I can put something there.

LRH: Well, is there – what are you looking at before you put something there?

PC: Just some gray mist.

LRH: Is it all around you?

PC: Well, I don't know. I can't see all around me.

LRH: Oh, oh. It's impossible to see.

PC: Yes, it is.

LRH: It is all around you? Well, this is curious. Spot a spot in this room.

PC: Yeah.

LRH: What?

PC: A spot on that wall.

LRH: All right. Look at it. Did you do that?

PC: I get the idea of the wall.

LRH: You getting the idea better?

PC: Mm-hmm.

LRH: Hm? You getting the idea better?

PC: Yup.

LRH: Are you or aren't you?

PC: Well, yes. When I say I look at it, I know that I do.

LRH: All right. Now let's spot another spot in this room.

PC: Real vague. Okay Mm-hmm.

LRH: Probably remote viewpoints or something. What you looking at now?

PC: The stove top.

LRH: Stove top? How do you know it's there?

PC: Why, I just know it is.

LRH: Are you looking at it? Do you see a stove top?

PC: I get the idea I can see it.

LRH: Do you see a stove top?

PC: No.

LRH: Well, you look around until you can find something you can look at in this room. There's something here.

PC: There's a lot of things here, and I know it.

LRH: You acutely conscious of them?

PC: Yeah.

LRH: You're very conscious of them?

PC: Mm-hmm.

LRH: All right. Let's take a look at these things.

PC: All right.

LRH: All right. Which is the least harmful of them?

PC: Oh, I don't think any of them are harmful.

LRH: None of them?

PC: Hm-mm.

LRH: Which are the least pouncey of them?

PC: Well, that white board up there.

LRH: All right. That's the least pouncey, huh?

PC: Mm-hmm.

LRH: Well, take a look at it. What's the matter?

PC: I'd just love to. I get – I know it's there. I get the idea of looking at it.

LRH: What's looking at it, Smokey?

PC: Seeing it.

LRH: Yeah, but what, I mean, what have you got, a point up there some place that is doing your looking for you or something?

PC: Oh, there ain't nothing doing my looking for me. If they would, I would disown them.

LRH: Okay.

PC: ... for good.

LRH: All right. All right. Now, let's you be – let's be in this robot's head.

PC: Okay

LRH: Okay. Now let's look around his environment.

PC: Mm-hmm.

LRH: Now, got that?

PC: Mm-hmm.

LRH: Now let's get the idea that you couldn't possibly see anything there.

PC: Okay

LRH: All right. Now let's get the idea that you could.

PC: Mm-hmm.

LRH: Let's get the idea you couldn't possibly see anything there.

PC: Okay

LRH: Let's get the idea that you could.

PC: Mm-hmm.

LRH: Get the idea you couldn't possibly see anything there.

PC: Mm-hmm.

LRH: Let's get the idea that you could.

PC: Mm-hmm.

LRH: Got that?

PC: Mm-hmm.

LRH: All right. Now let's get the idea that you couldn't possibly get out of his head.

PC: Okay

LRH: All right. Now let's get the idea that you could.

PC: Mm-hmm.

LRH: Let's be in this body.

PC: Mm-hmm.

LRH: All right. Now let's spot some spots in this environment.

PC: Mm-hmm.

LRH: Whatcha doing?

PC: Spotting spots.

LRH: Is it better?

PC: It's there. It's here.

LRH: Oh, it's here now?

PC: Mm-hmm. All around.

LRH: Mm-hmm. Is it more here than it was?

PC: A shade.

LRH: Just a shade. All right, fine. Now get the idea that you couldn't possibly see anything.

PC: Okay

LRH: All right. Now let's get the idea that you could.

PC: All right.

LRH: Would you better that idea, too?

PC: What'd you say?

LRH: I told you to get the idea you could see something. What did you get?

PC: Well, I got the idea that I could.

LRH: Oh, I see but that you aren't. What's the modifier on this "that I could"? How are you modifying this?

PC: I don't know.

LRH: All right. Now get the idea that you couldn't see anything out of this body.

PC: Mm-hmm.

LRH: Now get the idea that you can.

PC: Mm-hmm.

LRH: All right. Now get the idea that you couldn't possibly.

PC: Mm-hmm.

LRH: Now let's get the idea that you can.

PC: Okay

LRH: All right. Now let's get the idea that you couldn't possibly get out of this body.

PC: Mm-hmm.

LRH: Now let's get the idea that you can.

PC: Mm-hmm.

LRH: Okay. Are some locks coming off there?

PC: Probably

LRH: Are they or aren't they?

PC: I wasn't conscious of them.

LRH: All right. Then they weren't. All right, fine. Now let's get the idea that you couldn't possibly get out of this body.

PC: Mm-hmm.

LRH: Now let's get the idea that you can.

PC: Mm-hmm.

LRH: All right. Getting that a little better?

PC: Mm-hmm.

LRH: Is there any change in the way you are doing it or are you just changing your-

PC: Yeah. There's a change.

LRH: All right. Fine. Fine. Now let's be in the robot's head.

PC: Okay

LRH: Got that now?

PC: Mm-hmm.

LRH: All right. Now let's spot some spots in his environment.

PC: Mm-hmm.

LRH: How is it now? Better? Worse?

PC: His environment's getting a little dimmer.

LRH: It's dimmer?

PC: Yeah.

LRH: All right. Now get the idea...

PC: At least it's not as solid-looking.

LRH: Hm?

PC: It's not as solid looking.

LRH: It's not as solid looking.

PC: Uh-huh.

LRH: Gray? PC: No, not exactly, no...

LRH: What color is it?

PC: It's gray, and there's some yellow.

LRH: Oh, I see. Well, all right. Now get the idea that you couldn't possibly get out of this robot's head.

PC: Mm-hmm.

LRH: Let's make it into a production: "Oh, I couldn't possibly get out of his head. I'm stuck there forever." Go on. Make a production out of it.

PC: Yeah.

LRH: Got that? "Oh, woe is me!"

PC: Dismal.

LRH: Dedicated to robotizing forever.

PC: Real dismal.

LRH: "Oh, woe!" All right, now, good. What's the matter?

PC: It's real dismal there. It's dismal all around.

LRH: All right. Now get the idea that you can get out of the robot's head.

PC: Hm. Yeah.

LRH: Got that?

PC: Mm-hmm.

LRH: All right. Fine. Be in this body's head.

PC: Mm-hmm.

LRH: Did you do this?

PC: Mm-hmm.

LRH: All right. Swell. Now let's spot some spots in this environment.

PC: Okay

LRH: Did you do that?

PC: Mm-hmm.

LRH: How are you making it? How are you making it?

PC: Well, I'm spotting spots there.

LRH: Good. Where are they?

PC: Here and there. There. There.

LRH: Are you getting more rapid at it?

PC: Mm, pretty rapid.

LRH: Okay. Are they there?

PC: Sure, they're there.

LRH: You know they're there?

PC: Mm-hmm.

LRH: How do you know they are there?

PC: I know.

LRH: You just know.

PC: I just know.

LRH: How about seeing them?

PC: I can get a vague...

LRH: All right. Now let's look at this vague.

PC: Yes.

LRH: All right. Let's spot some vagues.

PC: Oops.

LRH: Let's spot some vagues in this environment.

PC: Okay. All right.

LRH: How's that? Is that more satisfactory?

PC: Oh, no!

LRH: No? Oh, my.

PC: Well, it'd... no.

LRH: No. All right. Let's spot some more spots in this environment.

PC: Still vague spots?

LRH: No – just anything you got.

PC: All right. Mm-hm.

LRH: How are you now, hm?

PC: What'd you say?

LRH: How are you now?

PC: Oh, I am all right.

LRH: Why'd you say, "What'd I say?" Where were you?

PC: Well, I was almost seeing something.

LRH: No kidding!

PC: Yeah.

LRH: Oh, gee. Did I spoil it?

PC: No. Hm-mm.

LRH: Didn't spoil it. Can't even blame me?

PC: Well, I wouldn't blame you anyway because I – I mean, it didn't bother...

LRH: All right. Okay. Let's spot some more spots in this environment.

PC: Okay

LRH: Okay. What did you spot?

PC: Walls.

LRH: Mm-hm.

PC: Back there's some.

LRH: Good.

PC: And over there.

LRH: Good.

PC: And the window over the door.

LRH: Good.

PC: Looks like a bicycle handle on that mike,

LRH: All right. Fine. Fine. All right. What have you got? Give me that last one.

PC: The rod on the mike.

LRH: Okay. Is this getting better?

PC: Yeah, I think it is.

LRH: Oh, that's too bad. All right. All right, now, I want you to get the idea that you couldn't possibly get out of this body.

PC: Mm-hmm.

LRH: Get – make a production out of it. It would be utterly fatal if you did. Go on.

PC: I'd probably be dizzy and everything.

LRH: Mm-hmm. Make a good production out of it.

PC: In fact, I'll never be able to get out of it.

LRH: That's right. That's good. That's fine. Have you added, “No matter what anybody does” to that?

PC: It doesn't make any difference.

LRH: Yeah, that's good. That's good. Now you got that real solid?

PC: Mm-hmm.

LRH: All right. Now change it to the fact that you could get out of it with the greatest of ease.

PC: I feel real easy about it.

LRH: Hm?

PC: I feel real easy about it. I get that idea real well.

LRH: Well good. Fine. Now let's be in the robot's head.

PC: Mm-hmm.

LRH: Okay. How's he doing by the way?

PC: Oh god, he's just real still.

LRH: Real still, huh?

PC: Mm-hmm.

LRH: All right. Now let's spot some spots...

PC: I think he's been there forever.

LRH: All right. Been there forever. All right. Let's spot some spots in his environment.

PC: Mm-hmm.

LRH: What you got?

PC: Spots.

LRH: Getting them real good?

PC: Pretty good.

LRH: Worse?

PC: No, not worse.

LRH: All right. Spot some spots there. What's the matter?

PC: Well, his environment is a real cell. Just a...

LRH: Hm? Just what?

PC: Just walls and...

LRH: Oh, boy.

PC: Wow.

LRH: All right. All right. Now let's get the idea that you'll never get out of there.

PC: That's easy to do.

LRH: All right. Now, let's change that to you'll be able to get out of there.

PC: Okay

LRH: Change that to you can get out of there any instant.

PC: Mm-hmm.

LRH: Change that to you can get out of there at will.

PC: Mm-hmm.

LRH: Under your own steam.

PC: Mm-hmm.

LRH: Without even an auditor.

PC: Allright.

LRH: Just going way up scale here. All right. And be in this body.

PC: Mm-hmm.

LRH: Now, let's spot some spots in this body's environment.

PC: Mm-hmm.

LRH: How are we doing here?

PC: Pretty well. A little slow on this.

LRH: Oh, nobody's rushing you. A little slow on what?

PC: Spotting the spots.

LRH: Spotting the spots?

PC: I'm getting them now.

LRH: You're getting them now, though?

PC: Mm-hmm.

LRH: All right.

PC: Like I'm straining to see it.

LRH: You got to strain to see them, huh?

PC: I'm straining to. Yeah.

LRH: All right. Are you doing it?

PC: Well, I sure get the idea that I'm doing it anyway.

LRH: Mm-hmm.

PC: That rug there.

LRH: What's the matter?

PC: It kind of aggravates me.

LRH: Why does it aggravate you?

PC: Because I want to do it.

LRH: Huh?

PC: Because I want to do it, but I can't.

LRH: All right. Now you got the idea real solidly that you can't?

PC: In fact, I'm burning an awful lot of energy!

LRH: No kidding?

PC: No kidding!

LRH: Burning a lot of energy to what?

PC: Yeah!

LRH: Huh?

PC: I'm real warm!

LRH: No kidding?

PC: Mm-hmm.

LRH: Hm. PC: Hm. Phew!

LRH: Let's spot some more spots in this environment.

PC: Okay.

LRH: Okay. How are you doing?

PC: Okay

LRH: Well, what are you doing?

PC: Spotting spots.

LRH: All right. Point out a couple of them that you've spotted.

PC: There's a ball back there.

LRH: Is that there?

PC: Yeah.

LRH: You know it's there.

PC: It was there when I looked.

LRH: Okay. Fine.

PC: And some spots over here on this wall.

LRH: Good.

PC: Still some more down here, the floor, the ceiling, those lights and that curtain.

LRH: Hm? Well, good. Good. Now let's get – let's get the idea that you'll never be able to get out of this body.

PC: Mm-hmm.

LRH: Well, let's get the idea that you can.

PC: Mm-hmm.

LRH: And let's get the idea again you'll never, never be able to get out.

PC: Mm-hmm.

LRH: Now get the idea that you can.

PC: Mm-hmm.

LRH: Get that easily?

PC: Not too easily; but I get it.

LRH: All right. Get the idea you can never get out.

PC: Mm-hmm.

LRH: And now change that to you can get out.

PC: Mm-hmm.

LRH: You get that more easily now?

PC: Yeah, there's a – a shifting...

LRH: Hm?

PC: A feeling of shifting.

LRH: Hm. All right, get the idea that you can't get out.

PC: Mm-hmm.

LRH: Now get the idea that you can.

PC: Mm-hmm.

LRH: All right. Did you do that now?

PC: Mm-hmm.

LRH: What's the matter?

PC: It's nothing, except a feeling of shifting.

LRH: All right. You got that feeling, though, huh?

PC: Yeah.

LRH: All right. Now let's get the idea that energy can trap you.

PC: Mm-hmm.

LRH: Got that?

PC: Mm-hmm.

LRH: Now change that to the fact that energy can't.

PC: Mm-hmm.

LRH: Got that?

PC: Mm-hmm.

LRH: All right. Again. Energy can trap you. PC: Mm-hmm.

LRH: And once more energy can't.

PC: Yeah.

LRH: Now how's that?

PC: That's – that's a good idea.

LRH: All right. Get again the idea that energy can trap you.

PC: Mm-hmm.

LRH: And again that it can't.

PC: Mm-hmm.

LRH: Got that?

PC: Mm-hmm.

LRH: All right. Now get the idea that you're in the robot's head.

PC: Mm-hmm.

LRH: And let's spot some spots in his environment. What's the matter?

PC: I – his – his environment...

LRH: What's the matter with it?

PC: It's all messed up.

LRH: What's the matter with his environment?

PC: Well, it's sort of not very solid.

LRH: Oh? Thin, huh?

PC: Yeah.

LRH: How is it messed up?

PC: Well, that machine over there is all – just an – it's just not solid.

LRH: Is it fragments?

PC: It's sort of yeah – sort of chewed up.

LRH: Not only is it not solid, but it's chewed up too.

PC: Yeah.

LRH: Okay.

PC: And that ledge around the top is sort of crumbly-like.

LRH: The what around the top?

PC: Ledge.

LRH: No kidding?

PC: Mm-hmm.

LRH: All right. Now, let's get the idea that you'll never get out of here.

PC: Mm-hmm.

LRH: Now let's get the idea that you can.

PC: Mm-hmm.

LRH: And again, you'll never get out of here.

PC: Mm-hmm.

LRH: And now the idea that you can.

PC: Mm-hmm.

LRH: How's that? Getting it more solidly?

PC: The idea is, yeah.

LRH: Oh, the idea. All right, now have his whole environment start saying okay to you.

PC: All right.

LRH: Make it do it easily?

PC: Fairly easy.

LRH: What happens when you do that?

PC: Well, it gets even more unreal.

LRH: Gets more unreal? All right. Have the environment say okay some more. What's occurring?

PC: Well, it gets solidier.

LRH: Now it's getting...

PC: I mean it's getting solider than it was.

LRH: All right. Have it say okay some more to you. Was it saying okay to you or was it just saying okay?

PC: Just saying okay to me.

LRH: All right. Have it say okay to you some more.

PC: Mm-hmm.

LRH: How's that now, getting solider?

PC: Huh-uh.

LRH: Did it get thinner again?

PC: Mm-hmm.

LRH: All right, have it say okay to you some more.

Now what's it doing?

PC: It just – it's so thin to me that it's just not anything there.

LRH: There's hardly anything there at all now, huh?

PC: Huh-uh.

LRH: Well, have it say okay to you some more. Yeah, okay, what's occurring?

PC: It seems to be down there.

LRH: Seems to be further from you?

PC: Mm-hmm.

LRH: All right. Have that environment say okay to you some more.

Now where is it?

PC: Whew. Way down there.

LRH: Way down there.

PC: Mm-hmm.

LRH: All right. Have it say okay to you some more. Okay, how are you doing on that now?

PC: Okay.

LRH: Practically gone?

PC: Yeah.

LRH: All right. Be in this body's head.

PC: Mm-hmm.

LRH: Got this better now?

PC: Yeah.

LRH: All right. Let's spot some spots in this room.

PC: Mm-hmm.

LRH: How's that, hm?

PC: Okay.

LRH: Better?

PC: A little bit.

LRH: A little bit better?

PC: Mm-hmm.

LRH: All right. Now I want you to have various spots in this room say okay to you.

PC: All right.

LRH: How are you doing?

PC: Oh, I get real tense about this.

LRH: Get tense about it?

PC: Uh-huh.

LRH: What's the matter?

PC: Well, there's nothing the matter, I just get tense.

LRH: Your tenseness suddenly turn on?

PC: Mm-hmm.

LRH: Are you tense quite often?

PC: No.

LRH: No? All right. Now, let's have just some more spots in this room say okay to you. Okay, how are you doing now?

PC: Real peculiar.

LRH: What's happening?

PC: I don't know. Just...

LRH: What's the matter?

PC: Sort of – sort of an isolated feeling that's real out of this world.

LRH: You've got an isolated feeling, huh?

PC: Wow!

LRH: Wow, all right. Now let's have let's have some spots in this room say hello to you. Okay, what are you doing now?

PC: Having this – having spots all around say hello.

LRH: All right.

PC: Whew!

LRH: Is that – still give you that isolated feeling?

PC: Yeah!

LRH: Worse?

PC: Well, no, I wouldn't say it was worse.

LRH: All right. Now have all these spots, a lot of spots in this room, objects and spots in this room, one after the other, say okay to you.

PC: All right.

LRH: How are you doing?

PC: Okay.

LRH: How's that isolated feeling seem to you?

PC: I still have it.

LRH: Is it worse?

PC: It doesn't seem unpleasant, but it's just – just isolated.

LRH: Does it seem worse? Is it getting stronger or weaker?

PC: Stronger.

LRH: Stronger! Well, all right. Now let's have the spots in this room say okay to you.

PC: Mm-hmm.

LRH: All right, how is it going now?

PC: All right.

LRH: Worse?

PC: No.

LRH: Isolated feeling is getting less now?

PC: Well, it wasn't in evidence too much this time, but the brightness...

LRH: What brightness?

PC: Well, there is a brightness.

LRH: Where?

PC: Well, sort of all around.

LRH: A brightness all around?

PC: Uh-huh.

LRH: Well, good. Fine. Now let's have all the various objects in this room, one after the other, each one individually, say hello to you.

PC: Okay

LRH: Okay, how is it?

PC: It's nice.

LRH: Oh, it's getting nice now?

PC: Mm-hmm.

LRH: You feel quite as isolated?

PC: Well yes, it isn't... Yeah.

LRH: Is it a pleasant feeling?

PC: Yeah.

LRH: In what sense do you feel isolated?

PC: Well, I don't feel – I mean, I don't know how to express that.

LRH: Express what?

PC: In what way do I feel isolated.

LRH: You just do?

PC: I just do.

LRH: You feel detached from the room?

PC: Why, yes.

LRH: Mm-hmm. Do you feel detached from the chair?

PC: Yeah, until you mentioned it.

LRH: Huh?

LRH: Yeah.

LRH: Do you feel detached from the body?

PC: In a way, yeah.

LRH: Which way?

PC: Well, it just doesn't – it just doesn't seem like anything there.

LRH: Mm-hmm. Okay. Now let's have – you were having them say hello before?

PC: Uh-huh.

LRH: All right, now let's have them all say okay.

PC: All right.

LRH: All right, what's occurring now?

PC: I feel sort of a shifting, swirling like...

LRH: Feel a what?

PC: Sort of a swirling-.

LRH: You feel a whirling sensation?

PC: Yeah.

LRH: Is that so?

PC: Mm-hmm.

LRH: Whereabouts?

PC: All around.

LRH: All around the room?

PC: Yeah.

LRH: Hm?

PC: All around me.

LRH: Is the room swirling?

PC: No, no.

LRH: Are you whirling?

PC: Might have been. Felt like it. Sort of shifting.

LRH: Were you making things say hello, or okay rather?

PC: Okay.

LRH: You were still doing it?

PC: Mm-hmm.

LRH: You hadn't shifted your attention off that?

PC: No.

LRH: All right. Now let's make some more things say hello to you, things in this room say hello.

PC: Okay

LRH: Now, how're you doing? Things still whirling?

PC: No, it's sort of settled down.

LRH: All right. What's the matter, you feel a little breathless?

PC: No. Just different.

LRH: All right. Let's have some more things say hello to you.

PC: Okay.

LRH: All right, how's it going now?

PC: Okay. There's...

LRH: There's what?

PC: Dim – dims and gets brighter.

LRH: What does?

PC: Things around me.

LRH: Oh, really?

PC: Mm-hmm.

LRH: All right. Now let's have some more things in the room say okay.

PC: Okay.

LRH: All right. Now, how's that?

PC: Okay.

LRH: Looking a little better?

PC: Yeah. Shifting.

LRH: What's shifting?

PC: The dimness and brightness is shifting.

LRH: Is it shifting more violently?

PC: More rapidly.

LRH: Oh, it is, huh?

PC: Mm-hmm.

LRH: Well, have some more things say hello to you, in the room. All right, what's this change of perception doing now?

PC: It's still doing that.

LRH: Stronger?

PC: Yeah.

LRH: Oh, it's even stronger?

PC: Uh-huh.

LRH: Where is it, inside your body somewhere?

PC: Oh – no.

LRH: No? Around you?

PC: Mm-hmm.

LRH: Where are you?

PC: I'm right here.

LRH: All right, you're right here. And where's the body?

PC: Right here, too.

LRH: Is it here?

PC: Mm-hmm.

LRH: Is it a distance from you?

PC: Not too far. I mean – I don't know.

LRH: All right. Now let's have the room say okay to you some more.

PC: Okay.

LRH: All right, how's that going?

PC: All right.

LRH: This dimness and brightness getting faster?

PC: Yeah.

LRH: Making you uncomfortable?

PC: A little. Mm-hmm.

LRH: All right. Now let's have the room say to you, in a very friendly voice, in all directions, everything in the room, start saying to you "Hello."

PC: Okay

LRH: Now, how's that? That slow it down a little bit?

PC: Yeah, it did, but...

LRH: All right. Now let's have everything in the room start saying to you "Okay that you have this condition."

PC: All right.

LRH: "It's okay for you to have this condition."

PC: Mm-hmm.

LRH: How's that?

PC: Okay.

LRH: What's happening to this condition?

PC: It gets real detached.

LRH: Gets real what?

PC: Detached feeling.

LRH: Really?

PC: Yeah.

LRH: Well good. Now just have things in the room, now, continue to say, "Okay for you to have this condition."

PC: Mm-hmm.

LRH: Okay, how's it going now? What's the matter?

PC: Whoo!

LRH: What's the matter? Relief?

PC: No, I mean, I don't know it's...

LRH: Worse?

PC: Whee!

LRH: What's the matter?

PC: I felt real detached then.

LRH: You did, huh?

PC: Yeah.

LRH: Gone for good, huh?

PC: Well, no, I wouldn't be gone from me!

LRH: All right. Now you tell the room okay for a while.

PC: Okay.

LRH: All right. How's that now? Is that leveling out? What's the matter?

PC: No!

LRH: You don't know?

PC: I do know; it's lopsided.

LRH: The room is?

PC: Or I am!

LRH: All right. Let's tell the room hello some more. And you say hello and the room says okay, and you say hello and the room says okay.

PC: All right.

LRH: How's that going now?

PC: All right.

LRH: Getting a little better? Room a little less lopsided?

PC: You mean, am I?

LRH: Are you a little less lopsided?

PC: Yes.

LRH: All right. All right. Now, let's do that some more; you say hello and the room says okay. All right, how's that doing now, huh?

PC: All right.

LRH: You worse?

PC: No, I just feel real tall.

LRH: Real what?

PC: Real – I mean, I feel stretched.

LRH: You feel stretched?

PC: Yes!

LRH: Okay. Which way?

PC: Bzooogg!

LRH: Oh, really?

PC: Yes.

LRH: You say hello and the room says okay...

PC: Whew! I'll say hello to the mike too.

LRH: All right. How's that going?

PC: Okay.

LRH: All right. Now, you have the room say hello and you say okay for awhile.

PC: All right.

LRH: All right. How's that going?

PC: Fine.

LRH: How do you feel?

PC: Okay.

LRH: You leveling out? You getting the proper proportions?

PC: Oh, I'm not sure about that!

LRH: What's the matter?

PC: Well, there's so many shifts.

LRH: You just keep shifting?

PC: Yeah.

LRH: Oh, really? Isn't that interesting. Puzzling isn't it?

PC: Well, no, I mean, I didn't puzzle about it. I was just interested in it.

LRH: Okay. All right. Now, let's – let's just have the room – all the objects in the room chorus at once, many times over, okay to you.

PC: All right.

LRH: Are you getting better?

PC: Mm-hmm.

LRH: Hm? : PC: Yeah.

LRH: You going through all these shapes now?

PC: Not all of them. I think I left some of them out.

LRH: Okay. All right. Now you just spot some spots in the room now.

PC: Okay.

LRH: How's that going?

PC: Pretty good.

LRH: That smooth you right on down?

PC: Yeah.

LRH: Hm?

PC: It smoothed me down, soothe me down.

LRH: Soothe you a little bit?

PC: Yeah.

LRH: Hm?

PC: Uh-huh.

LRH: All right. Let's spot some more spots, some more objects in the room.

PC: Mm-hmm.

LRH: Spot some more objects in the room?

PC: Mm-hmm.

LRH: Hm?

PC: Yup.

LRH: Are you doing it more easily than you did at the beginning of the session?

PC: Yes, I think I am. Yes.

LRH: You think you are?

PC: I know I am.

LRH: You know you are?

PC: Yeah.

LRH: Are the objects there to be spotted?

PC: Yes, they're there.

LRH: All right. Go on. What else were you going to tell me?

PC: Some of them are closer.

LRH: Oh, really? Why, is the room out of shape in some fashion?

PC: Well, not exactly. : LRH: What is it?

PC: It – well, maybe it is out of shape. No, it's not out of shape.

LRH: What is it?

PC: Well, I can see them closer, or I have the idea that they're closer.

LRH: These things are closer to you?

PC: Yeah.

LRH: Things are closer to you than they were before?

PC: Yeah.

LRH: Ah. What's the matter? It's all right, what's the matter?

PC: It's real odd.

LRH: Real odd, huh?

PC: Yeah. It's just funny.

LRH: Well, open your eyes.

PC: I'm afraid to. Well it is, too.

LRH: Things are closer to you?

PC: Uh-huh.

LRH: Reach out and touch one.

PC: I'll bet I touch that one.

LRH: All right.

PC: Okay Wow.

LRH: Is that closer to you?

PC: That is, too.

LRH: How about the floor?

PC: Yeah.

LRH: Is that closer to you?

PC: Uh-huh.

LRH: Oh, gee, this is bad, isn't it?

PC: It's different.

LRH: It's different?

PC: Yeah.

LRH: All right. How about that recorder there?

PC: They're all closer The walls are closer than they were.

LRH: The walls are closer Well, are they plainer to you?

PC: Yeah.

LRH: They a brighter color?

PC: Mm-hmm.

LRH: Something like that?

PC: Mm-hmm.

LRH: Why don't you feel the floor

PC: Yeah. I feel it. I feel it.

LRH: Does it feel more than it felt before?

PC: Mm-hmm.

LRH: All right. Feel the chair.

PC: Thah, that's real.

LRH: Is that real good?

PC: Yeah.

LRH: Is it solid?

PC: Mm-hmm.

LRH: Are things solider?

PC: Well, it's a...

LRH: What?

PC: Yeah.

LRH: Are things solider than they were? All right, feel the floor.

PC: Mm-hmm.

LRH: Feel the chair.

PC: Mm-hmm.

LRH: Feel the floor.

PC: Mm-hmm.

LRH: Feel the chair.

PC: Mm-hmm.

LRH: Feel the floor

PC: Mm-hmm.

LRH: Feel the chair.

PC: Mm-hmm.

LRH: Remember something that's real.

PC: Yeah.

LRH: All right. Remember something else that's real.

PC: Yeah.

LRH: Remember something else that's real.

PC: Yeah.

LRH: Remember something else that's real.

PC: Yup.

LRH: Remember something else that's real.

PC: Yup.

LRH: Remember something else that's real.

PC: Yup.

LRH: All right. Now, how about this room? Is this room closer to you?

PC: Mm-hmm.

LRH: Is that better or worse?

PC: Seems all right.

LRH: Should it be this close or should it be the same distance it was before?

PC: Oh, I don't think so. I think it's all right the way it is.

LRH: It's all right the way it is. Is it the proper proportions?

PC: Mm-hmm.

LRH: Hm? Is the ceiling square? Huh?

PC: No, it isn't square.

LRH: All right, what is it?

PC: It's long, oblong, I think that's what it's called.

LRH: All right, good. Is that a 90 degree angle up there?

PC: Ninety degrees – that's – if it's straight up and down, that's right.

LRH: That's 180, straight up and down.

PC: Well, it's not 90.

LRH: All right. 90 is where it takes a right angle turn.

PC: Well it isn't, it's straight up and down.

LRH: Straight up and down.

PC: In proper proportions.

LRH: It's in proper proportion. Take a look at Wing there, is he...

PC: Yeah, he's in proper proportions.

LRH: Is he in proper proportions, he hasn't got green eyes or anything?

PC: Well, I mean, things are the way they should be right now.

LRH: They should be this way?

PC: Mm-hmm. Sure.

LRH: Make you feel a little better to know that they're this way?

PC: Mm-hmm.

LRH: Hm?

PC: I was surprised that they would change, I mean, well, that's all right.

LRH: You're surprised they would change?

PC: Uh-huh.

LRH: Okay. Find the floor.

PC: I've got it.

LRH: Find the chair.

PC: Mm-hmm.

LRH: Remember something real.

PC: Yeah.

LRH: Think of something real big.

PC: Yup.

LRH: Think of something real small.

PC: Mm-hmm.

LRH: Think of something real big.

PC: Something else.

LRH: Real small.

PC: Mm-hmm.

LRH: Okay, how do you feel now?

PC: I feel fine.

LRH: All right. End of session.

PC: Thank you.

(End of lecture)