

Article: The Conditions of Life

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Today is the 16th of July 1994, and my name is Dennis Stephens. The title of this article is "The Conditions of Life". Life can be meaningfully considered to be divided into the following four conditions, or states. I will first give the four conditions, and then discuss each one of them in more detail. While a familiarity with the theory of TROM may help a person to more easily understand this article, such a familiarity is by no means necessary to the achievement of such a feat.

Here, then, are the four conditions of life:

- 1) The no-game condition
- 2) The voluntary, or non-compulsive, game condition
- 3) The compulsive game condition
- 4) The insanity condition

The first of these states is the no-game condition, and that is the one we will discuss first. All of the states are achieved by postulation – by the use of postulates. For one thing we know with absolute certainty in TROM is that this universe only consists of life and postulates. So it's no surprise that each of these four states is achieved by a postulate. So what is the postulate that governs the no-games state? Now, the postulate that governs this state is a postulate which prevents the person from making an opposition postulate. It's a postulate that prevents the person - or prevents the spiritual being, to be more precise -, which prevents the spiritual being from adopting an opposition postulate. He simply postulates that he will not make an opposition postulate – to any postulate. So it doesn't matter what postulate he perceives, he will adopt a complementary - that is, a non-opposing - postulate to it. But we know in TROM that complementary postulates, because of their very nature, satisfy each other, therefore produce a mutual vanishment; and therefore produce a vanishment of any mass in the situation. So the no-game condition is a massless condition. It is also a timeless condition, because time itself in this universe is only achieved by a postulate. It is also a spaceless condition, because space in this universe is brought into existence by a postulate. So we have no mass, no space, no time and, needless to say, no energy in the no-game condition. The condition is roughly equivalent to the *native state* that Ron Hubbard talked of in Scientology. Although, we can, in TROM, define the condition a little better than Ron could, because of our...more familiarity and greater understanding of the postulates and the nature of games play. Now, it's necessary to understand that the no-games condition is not some highly mystical, esoteric state. This belief comes from the Eastern religions, because in the Eastern religions they have a roughly equivalent state to the no-game condition, called *Nirvana*. But because they don't really understand the postulate structures involved - they have no great understanding of the games condition, and the postulates of the games condition, and of the no-games condition -, in the Eastern religion this state has become highly mystical, and highly esoteric. And so when you hear about this state from the Eastern religions, you think there's something very, very mystical and esoteric about this no-games state, or the *Nirvana* state. As a matter of fact, there's nothing mystical or esoteric about this state at all. In point of fact, everyone has some familiarity with the no-games condition. Every person, when they go to sleep in the night-time, for some period of their night

sleep, are in a no-games condition. When they're in the state between dreams, they are in a no-game condition. And as most of their sleeping time, their night sleep is between dreams, and not actually dreaming, they are, for most of the night, most people are in a no-games condition. So there is the state. Everyone has some familiarity with this; so don't think there's anything esoteric about this state. It's not esoteric at all; there's nothing mystic about it. However, it's quite one thing to lapse into a no-games condition every night when you go to sleep without any great familiarity of how to achieve this condition voluntarily. In TROM we can get a person to be able to achieve this state voluntarily, if they so desire. When I say voluntarily, I mean voluntarily in terms of postulates - that they're able to, by manipulation, by the creation and uncreation of postulates, to put themselves into this state anytime they want to go into it; then take themselves back out of it again anytime they want to. They simply do it by the use of postulates. Now this is quite different from a person who is going to sleep - a person going to sleep relies upon their body to put them into this state. They wait for their body to go to sleep, and they can go into the state. Until their body goes to sleep, they can't go into this state. Well, we can do better than that. We can do a lot better than that. A person can do a lot better than that when they understand the postulate structure involved. They can actually put themselves into this state anytime they want to.

Next we get to the voluntary, or non-compulsive, games condition. Now this one is much more familiar to anyone...is much more familiar to people, this state is. This is a state where a person can play games, or not play games, at will. They have the freedom of choice to oppose a postulate or to adopt a complementary postulate. They have that choice. So they can, by exercising their choice to oppose a postulate directed at them, they can go into a games condition. Then, by exercising their choice to not oppose that postulate, and to adopt a complementary postulate, they can end that game and go into a no-games condition regarding that situation. So that is the voluntary, or non-compulsive, games state. There are in TROM...this state is achieved at the completion of Level 3. Once a person has completed the first three steps of TROM, they have arrived into a non-compulsive games condition, into a voluntary games condition. They have regained their ability to do this. And the upper levels of TROM - levels 4 and Level 5 - are devoted to returning to the person their ability to go from the voluntary, or non-compulsive, games state, into the no-games state. It's much more difficult for a person to learn how to go from the voluntary games state to the no-games state, than it is to get them up to the voluntary games state. Do you understand that? That is why the first three levels of TROM are much easier to achieve than levels 4 and levels 5 of TROM. But certainly, by the time the person has reached the top of Level 3 in TROM, they are a voluntary and a non-compulsive games player. The state is also achievable by Scientology auditing. And a person who's had very, very good case gain in Scientology auditing, and has completed many of the grades, has been checked out to clear, and checked out many of the OT levels of Scientology - this person would almost certainly, but not necessarily be, a non-compulsive games player. The state can also, no doubt, be achieved by various Eastern religious practices, and so forth; and has indeed been achieved by many devout Christians.

Undoubtedly, the most desirable state for a being to be in is in the voluntary, or non-compulsive, games state, while having the ability to return to the no-games state by choice. That is the most desirable state for a being to be in. At any time he wants to, he can play games. And then, by a flip of his postulates, he can simply end the games and go into the no-games state, go into the no-games condition, and there can stay for any length of time he wants to. The no-games condition can be stayed in, of course, for minutes, hours, years, centuries; and a very useful ability to have - if the

planet of your choice happens to be in a nuclear winter or suffering an ice age, you simply shut down as a spiritual being and go into a no-games condition for a couple of thousand of years, until things look better again. Then you come out of it and pick up and become a voluntary games player again. These are just some of the things you can do when you get into the upper levels of ability. In terms of postulates, the voluntary, or non-compulsive, game state is achieved by simply postulating that there will be a game. By simply postulating that there will be a game and making a particular type of postulate that makes it very difficult for you to accidentally go into a complementary postulate situation. In other words, the person simply postulates – he puts a little stopper on his complementary postulates, so he won't accidentally make complementary postulates and so end his game. But he's got his finger on it. He knows exactly what he's doing. And any time he wants to, he can take the stopper off, change that postulate, go into complementary postulates and retire into the no-games condition.

The third state, and we're now getting into the first of the undesirable states for a being to be in, is the compulsive games condition. Now, the compulsive games condition is characterised by an inability to adopt complementary postulates. The person simply postulates that they won't adopt complementary postulates. It's as simple as that. It's not that they've got a little stopper on it. They've definitely postulated that they're not going to adopt complementary postulates. That they're going to be in there pitching until the bitter end. They're going to be in there pitching. They're either going to win the game, or they're going to get overwhelmed. And they don't think about being overwhelmed. They're only thinking about winning the game. So the only way the compulsive games player knows to end the game, is to either overwhelm the opponent or get overwhelmed, and have complementary postulates enforced upon him, or enforce complementary postulates upon his opponent via overwhelm. That's the only way he knows how to end the game. The compulsive games state is a highly undesirable state, simply because it's compulsive. The person simply, once he gets into it, simply cannot stop. He has to be in there struggling. It's all conflict; it never stops. It's all go, and all conflict, and all battles, and it's all fighting, et cetera. It's all go. And this...it goes on forever like that. That's the postulate that makes it so. The postulates make it so. Of all the four states, this is by far the most common state that you will find a being in. If you were to do a statistical survey on this planet, you would undoubtedly find that more beings are in this state than any one of the other states. It's the most common state that the person gets into, is the compulsive games condition. Probably the worst thing about the compulsive games condition is that the person, while he's in it, will exalt it and say that he doesn't want to be in any other state. The rationale the compulsive games player will give you for being in his state is, that he says it's the only way he can generate games sensation, it's the only way he can get anything out of the game, and can generate any sensations, by playing games. What he doesn't understand is that the thirst for sensation only comes about because he is a compulsive games player. When a person goes into therapy in TROM, and starts to remove their compulsion to play games...as their compulsion to play games lessens, their thirst for sensation lessens, their thirst for games sensation lessens. So the point where they cease to become a compulsive games player, and become a voluntary, or non-compulsive, games player, their thirst for games sensation is minimal – if it exists at all. This is the thing that the compulsive games player can never understand. The fastest resolution of the compulsive games state is undoubtedly the first three levels of TROM. These are undoubtedly the fastest route out, to returning the person back to the state of non-compulsive games play. Although this can only be achieved solo by 95% of humanity, the other 5% will need some assistance early on

from a separate therapist; which is a good time for us to introduce the fourth and last of the conditions of life, the insanity condition.

Let me say at once that the insanity condition is, far and away, the most difficult of the four conditions for a person to understand, simply because in the other three conditions the person is operating upon reason, while the very essence of insanity is unreason. And it's very, very difficult for a reasonable being to duplicate unreason, or to duplicate insanity. The urge of the rational being is to shun and to pull away from insanity, to pull away from unreason. So the insanity state is an incredibly difficult state for a person to understand. Nevertheless, every spiritual being en route through TROM, when they get into levels 5...onto the fifth level, onto Level 5, will start to regain a familiarity with the anatomy of insanity. They will get to understand how insanity comes about. The first thing we would need to know about the insanity condition, is that it's only entered by compulsive games players. Insanity is not a hazard to the non-compulsive, or voluntary, games player. It's only when a person embarks upon the compulsion to play games, are they at risk of going insane. Now, this tells us at once that we can proof any person against insanity, by getting them to complete the first three steps of TROM. Once they reach the top of the third level of TROM, they're in a voluntary games condition – voluntary, non-compulsive games condition. And from that point onwards they are proofed against insanity. But while they're below that level, and in a compulsive games state, they are at risk, always at risk, of going insane. One must understand this very, very clearly about the compulsive games player. He's at risk of going insane; and sliding into this fourth state of the insanity condition. Essentially, the compulsive games player goes insane when he has no class to occupy in the event of overwhelm in games play. It's essentially...it's as simple as that. That's how it comes about. What has happened is that his game play has become so compulsive, he's got his life so restricted, he's narrowed his freedoms of choice down so much, that he's now in his last game. And if he loses this game he has no place to go. And then he goes and loses the game. So where else can he go but insane? The insane person is literally caught in the crack between a postulate and its negative. He's trying to dramatise both postulates simultaneously. He's trying to operate on both the postulate and its negative simultaneously. He can't stay in the game because he's just been overwhelmed. But he can't go out of the game because he has no other place to go to. So he got to stay in the game. So he's in the crack in between. And that, briefly, in essence, is the insanity state. Another way to look at the insanity state, in terms of Scientology, would be that the person is simply stuck in an engram. He went into the engram, and there he's stuck. He never came out. And there he is today. He's still in that engram. And the engram happened to him twenty-five years ago. And he's still in it. He hasn't made any sense since. He went into that engram and it ruined him psychologically, and he's never really come out of it. And that is the Scientology look at insanity. And it's a very valid look at it. It's a very valid look, because this is, factually, what happens to the person. He gets overwhelmed and there's no place to go, except insane. I'll be preparing a full logical analysis of this subject of insanity, which will be made available, with various other matters, in supplementary material to TROM. We do understand the postulate structure of insanity in TROM. And because we understand it we can do something about it. Although at the practical level, the best procedures for handling the insane are still the CCH procedures of Scientology. And these CCH procedures will be run till such time as the person has completed Level 1 of TROM. And when they pass the test in Level 1 of TROM, they can then go onto Level 2 of TROM solo as a compulsive games player. Never miss it, when a person...when the insane become sane, they are compulsive games players. They went from compulsive games play into insanity. And when they return back out of

insanity again, they go back into compulsive games play. So that's where you would pick them up. So that is our fourth level, and completes our four conditions of life.

What may be very difficult for a person with a Scientology background to understand, when they first meet TROM, and meet these four conditions, is that as we move a person up through the conditions – say, up from insanity through compulsive games play, into non-compulsive games play, into the no-games condition -, as we move a person up through these conditions in therapy, as a person is moved up through the conditions in therapy, their engrams, their engram bank, their reactive bank, as we know it in Scientology, is progressively erased. The action of changing a person, say, from a compulsive games player to a non-compulsive games player in TROM, will result in an enormous reduction in the amount of their bank; in the amount of bank that they have, or the amount of engrams they have in restimulation – call it which way you will. But their reactive bank, as such, progressively vanishes, as they move through the steps of TROM and go up through these various conditions of life. Some of this bank, some of this reactive bank, will be experienced by the person en route through these...up these conditions. But the vast majority of their bank will fall away untouched - that will be available to them in their standard memory banks in their analytical mind. So nothing is being lost to the individual. There's nothing magical about this. It's simply that we're working at such a tremendous level of simplicity when we're working with these fundamental postulates – of conflicting and complementary postulates, and the goals packages at Level 5 -, that vast amounts of complexity in the mind simply fall away, simply resolve. And associated with this complexity is a vast amount of engrammic material. So the engrammic material falls away untouched – because we're working with this great simplicity. You would have to do this to actually fully comprehend what I'm talking about. But it's quite remarkable. It's quite remarkable. In the final instance, it's not the amount of reactive bank that the person has that determines at which level they are on these conditions. It's the state of their postulates, and their freedom of choice to use these postulates, that determines the amount of reactive bank that they have.

Well I hope this article on the subject of the four conditions of life will be useful to you, and give you a greater reality of just what we're doing with TROM. Thank you very much.

END OF TRANSCRIPT