

The Development of TROM

By Denis H. Stephens (transcribed from a taped lecture)

My name is Denis Stephens, and this is the 18th of January 1994, and I've been asked to cut this piece of tape by Terry Scott for use at his next conference.

0:00:12

About sixty years ago an American president named Roosevelt announced that what America needed at that time was a good five cent cigar. Well, a few years ago I decided that what this world needed was a good workable do-it-yourself psychotherapy. And that psychotherapy now exists and has the name of TROM, which is the acronym for The Resolution of Mind.

0:00:44

Now, those of you who know your Dianetics will be saying to yourself, *"How on earth has Denis Stephens managed to derive a workable do-it-yourself psychotherapy, when we all know—we all know—that the reactive mind cuts in and cuts the analytical mind out of circuit during therapy?"* So if a person attempted to take their own reactive bank apart they would fail, because the reactive bank would get restimulated and would cut the analytical mind, their analytical mind out of circuit and bring the auditing to a standstill. So how did Denis Stephens achieve this remarkable feat? Let me tell you, it didn't happen overnight. I thought about the problem, on and off, for about ten or fifteen years—this idea of preparing a do-it-yourself psychotherapy. And I always did believe there was a way around the problem. Then, one day, the penny dropped. Actually, it's very, very simple. You get the analytical mind, or you train the person, via the analytical mind, to do what the reactive mind does. And that is TROM. That is the first steps of TROM.

0:02:23

The reactive bank, the reactive mind, as we all know...those who studied Dianetics and Scientology know that—well, first of all, they know that there is such things as engrams, and that there is such things as restimulation, and there is such things as reactive mind, and there is such a thing as this reactive mind restimulating and cutting the analytical mind out of circuit. These things are real things, these are true things. These are real things for anyone who's ever studied the subject objectively and subjectively. It's interesting that even knowing this puts you into a far higher category than the average person alive on this planet at this time—the fact that you know it and that you know these things exist and you know these things to be true. The average person doesn't know this, ever...while there is a vast conspiracy afoot to make sure that he never finds out too. But that's another story.

0:03:19

So we have this reactive mind restimulating and impinging upon the analytical mind and cutting the analytical mind out of circuit. Essentially, this amounts to the fact that the...what the reactive mind can do—it can move scenes, incidents, etc., out of the past and bring them into the present. Now that is the basic function of the reactive mind. If it couldn't do that it would be powerless. It can actually bring things out of the past and bring them into the present. Once I'd spotted that I was on the road to doing it. Because I said to myself, *"[Why] don't we apply one of Ron Hubbard's well-known principles: that if we get the preclear to do consciously that which his mind is doing automatically, then this function will come under his own control."* So what if we were to get a

person to take things out of his past and bring them into the present, and then take them back out of the present and put them back into the past again? And we were to put this as an exercise; we were to formalise this as an exercise. Isn't this exactly what the reactive mind is doing? And if we got the person to do this consciously we would be taking over the automaticity of the reactive mind. And the reactive mind would lose its power over him. And this is precisely what happens. I found the technique to do it. You will find these techniques at Level 2 and Level 3 of TROM. There are definite practical exercises which will permit you to do this. You are simply taking over the automaticity of your own reactive bank. So you can eventually—you get to the point where you can say to your own reactive...you can just simply cock a snook at your own reactive bank. You can do what it can do. *It* can restimulate engrams? *You* can restimulate engrams. So it wants to restimulate an engram? So can you. So you can beat it at its own game. And once you got to that point the reactive bank goes quiet. It goes as quiet as a lamb, and it leaves you alone, and it never bothers you anymore afterwards. You achieve that point when you've reached the top of Level 3 in TROM.

0:05:59

Now, can these techniques be run on you by a separate therapist? Oh yes. But they won't achieve any result. Because while you're dependent upon the separate therapist you'll never be able to cock a snook at your own reactive bank. You must do these steps solo. You've got to do them solo. If you want to crack that bank you've got to do steps 2 and 3 solo.

0:06:24

What about step 1? Oh, that's simply an introductory step that finds out whether the person is capable of running solo. It's as simple as that. I simply discovered a technique which would find out if a person is up to running solo. Obviously, below a certain case level the person isn't up to it, and that it could damage themselves as they attempted to run solo. So we got to find this level out. Well okay, I developed a technique which would do this. And that's Level 1. If the person is below—if they do Level 1 and Level 1 indicates that they're not up to running solo: okay, they do a very well-known set of Scientology objective exercises, and when they've flattened those objective exercises they can then go back and do Level 1, and they will now find that they will pass Level 1 and they're ready to run solo. And they can then go on and complete the job solo.

0:07:27

Technically, what Level 2 and Level 3 of TROM achieve is to break the compulsive games condition that exists between a person and their own reactive bank. It breaks that games condition down, until the game ends. The person stops playing games with their own bank. Once they stop playing games with their own bank, of course their bank quietens down and goes away and leaves them alone.

0:07:54

Okay, so we have this person who's reached the top of Level 3. Well, where do they go from here? Well, they go into Level 4 and Level 5, which is a general procedure for handling games across the whole of life. They simply go in and take this whole subject of games apart. This is why I call TROM—it's called a Games Manual. It is a Games Manual. By god, you learn about games in TROM! You learn all there is to know about games in TROM. You learn so much about games in TROM that you give them up after a while and stop playing them. You realise the sheer futility of them. But before you can do that you've got to go through Level 5. You've got to go through the subject of purposes, goals in conflict, and get this whole subject of games resolved. That is Level 5. It takes—it's much longer to do this than Levels 2 and 3. Level 2 and 3 happen rather quickly; you can get to the top of Level 2 and Level 3.

0:09:04

For many people they will simply stop there. The results are enormously good at that stage. They

might not want to go on to Levels 4 and 5. But for those who want to go on, well, they've got to have to spend some more time at it. But the results are well worthwhile, because you learn all about—in Levels 4 and Level 5 you learn all about this universe, you learn all about the games, and you learn all about the human psyche, and all about minds. It's all there, all locked up inside your own psyche. It's slowly divulged to you as you do Level 4 and Level 5—mainly on Level 5; Level 4 is simply a preliminary step. It's simply an introductory step to Level 5. Level 5 is the key step there.

0:09:56

When you've finished Level 5, where do you go from there? Well, you don't go anyplace. I don't know any Level 6. I've been looking for Level 6 for quite a while now. Every time I find a procedure that looks like a Level 6 I find it's a subdivision of Level 2, 3, 4 or 5. So I don't know of a Level 6. When you have got to the top of Level 5 and you reckon you've found a Level 6, well you let me know. I would be pleased to hear from you. But I don't know of a Level 6.

0:10:22

All right, now what about case gains? What about case gains from TROM? Well, talking from myself: by the time I'd reached the top of Level 3, every procedure that I knew of in Scientology and Dianetics—those processes—, every process and procedure that I knew of in Dianetics and Scientology was flat. Not one of them had any charge on it. Flat. The emotional tone on the top of Level 3 was serenity, which I could always return myself to back very, very quickly any time I wanted to. Now, by the time you've finished Level 5—and again I checked this out on myself—every piece of Scientology technology and the upper levels of...the OT levels of Scientology, is flat, flat, flat. There's nothing. Nothing that I know of in the field of Dianetics and Scientology will do anything for your case. You've flattened the lot. You've finished. In fact, I know by the time you've finished Level 5, I don't know of any psychological procedure that would do anything for you. You've done it, you've resolved it. You've resolved *mind*. The mind is resolved. The goal has been achieved by the time you get to the top of Level 5. If it weren't, I wouldn't be giving you this material; I would still be researching it, I can assure you. Because I'm a very thorough researcher. One thing you can be sure of: whatever you have when you get to the top of Level 5, it is not an aberration. You've erased the lot.

0:12:07

Well, that is TROM. And I'm very grateful to Terry Scott for this opportunity to introduce you to the subject. Thank you very much.

END OF TRANSCRIPT