

A Tape of TROM's Level 5

by Dennis Stephens¹

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transcribed by Pete McLaughlin

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Hello Judith this is Dennis... Dennis Stephens here and I'd like to thank you for the very welcome tape I received today which is... which is the 10th of November 1994.

It's a very hot day here in the early summer in Brisbane today, although from the very welcome thumbnail sketch of your life you sent me umm... and with your background in Zimbabwe, Rhodesia and in South Africa and also in the outback of the Kalahari Desert, have I got the word right Numidia?, yes. That Desert in southwest Africa. You would be no stranger to heat would you? No stranger to heat at all. So you be probably quite at home here in Brisbane on a day like today.

00:55

Our climate here in Brisbane is much the same as the climate of Durbin in ahh... in South Africa. Ahh... it's in the eastern... both towns are on the east coast of a large continental mass and their round about the same latitude, although I believe, that umm... Brisbane is a little bit closer to the equator maybe 2 or 300 miles closer to the equator than Durbin so our winters would be a little bit warmer than Durbin's and our summers would be a little hotter and a little more humid than Durbin, although it's probably... difficult to imagine a place that's more humid than Durbin in the summer.

01:34

Yes I very much appreciated your thumbnail sketch of ahh... of your life and so forth. As you say it gave me a... an added reality on you as a person and I'll return the compliment, you'll find on the reverse side of this tape a 45 minutes of a thumbnail sketch of... of me.

I recorded this some, oh a year or so ago for Terry Scott, you may know Terry he's quite well known in Scientology circles in the UK and ahh... I recorded it for him for promotional purposes for TROM but I... as I've got the master copy here I thought, "Well, Judith might like a copy of this so I'll just run off another... run off... just dubbed off a copy for you of that thumbnail sketch of Dennis Stephens. I hope you enjoy it, give you a background... some background material on the subject of me.

02:28

The ahh... the recording you sent me Judith was very good... was good quality I could hear it quite clear. Umm... the only problem I had with the recording was you are a little bit faint. Now the ahh... if you might excuse me saying so, this can be easily rectified if you bring your microphone closer to your mouth while you're speaking. These days the electronics firms, they advertise that you know, that you can hold these microphones 5 miles from the mouth and so forth and this is supposed to be a selling point. Well the simple truth of the matter is that unless you're using professional equipment uhh... the best results with ordinary commercial tape recorders is to get the microphone as close to the mouth as

possible.

Uh... for example I'm recording this on an ordinary commercial tape recorder but I'm holding the microphone about an inch from my lips and it's an extension hand held microphone. You may be using the microphone that's in... that's built into your equipment; I suspect that you are by the sounds; I suspect your using the built in mic. It's not convenient to bring the whole equipment close to the mouth so what I suggest you do if you want to improve ... immeasurably improve the quality of your recordings is to ahh... get an extension microphone, purchase an extension. They're available in any of the ... any of your local electronics stores. Just make sure that the plug on the extension microphone you buy uhh... matches the input socket marked "MIC" on the ... on the tape recorder which your using, but your husband will no doubt, could help with that or one of your sons if either of those have got any electronic knowledge. But then again you too, you may be an expert on these things. So, but that's the only thing to watch for, make sure your plugs match.

04:33

So you can improve your... your quality of your recordings immeasurably Judith by ahh... by getting an extension microphone by holding it in your hand about an inch away from your mouth while your recording. It's no problem.

They usually sell them with a switch on. Mines got a switch on, you hear it go click click occasionally. [switch sound] There it just went; I just switched the switch on. So you can always switch the machine off with the hand... with the switch on the microphone, have a little think and then switch it back on again and uhh... go on talking. They're very handy this little uhh... these little hand held microphones.

Anyway that's just in passing, something you might like to know to improve the quality of your recordings if you're doing recording... sending recordings to me or recordings to other people you might like to uhh... to know how you can improve the quality of your recordings very, very cheaply.

05:23

Yes I'm not surprised to hear Judith that ahh... that you have... that there's very little charge on your case on levels 2 and 3 of TROM after all the excellent auditing you... you've had from Leonard.

Leonard's an old hand at this game, he's been... been the game of auditing for many, many years. I remember him way back. He was on the ahh... was one of my students on course way back in the..ummm... oh, way back in the 1950's, and umm... we've been... we've been.. we've known each other many years Leonard and he's a very, very fine auditor, and umm a very, very.. a very, very careful, very, very thoughtful technician is Leonard, so... so ... you've been in good hands and it's proven itself by the... by the fact... the fact that you sailed through levels 2 and 3 of TROM.

06:19

The phenomenon you report at level 4 of TROM of getting some umm... ahh... bodily feelings and bodily sensations and so forth which is very... not easy to pinpoint the source of; is not at all uncommon... not at all uncommon. I had this phenomenon myself.

Umm... when you get to level 5 you will discover the source of them. They show up at level 4 but umm... you often at level 4, you don't find the source of them. Never the less, if you to look... to very, very carefully timebreak each and every one of these umm... bodily sensations that turn up at level 4 you would find that you would be able to timebreak them back out of existence again. There's no need to walk around these... with your body feelings these feelings. You can timebreak them quite... quite comfortably.

07:16

You simply would experience the feeling in the body them find... then become simultaneously aware of the feeling and simultaneously aware of the rest of the universe around you in present time and you would find the feeling would then come up to a peak and then would slowly fade out. It would go through the same cycle as anything else that was being timebroken. So you could always get rid of these ahh...these ahh... unknown and unwelcome feelings that show up at level 4 by ... by timebreaking the... timebreaking the sensation, timebreaking the feeling.

07:53

But never the less, you were correct to leave level 4, you got bored with level 4, fine that's a sure sign that the level's gone flat. So you got all you... all the gain ummm... you can get out of level 4 and uhh... now you want to move on to level 5. And that is... that is quite correct, that's the correct thing to do, and uhh... also you've done the correct thing, you have a query on it and you got in touch with me.

08:20

Umm... you got in touch with me. First of all you took it up with Leonard and ahh... now you've decided to... to come to me to... to... to get an answer to your question. Leonard has helped you as far as he could on the subject and umm... I'll be able to now give you the rest of the information that you need. So you've done everything exactly right so far, Judith. So congratulations umm... many people in your position wouldn't ... would have possible have not have done it as correctly as you, but you've done it exactly right, done the right thing.

08:53

Now before we proceed, Judith, with... to answer your question, I'd like you to take out your copy of TROM and turn it to the page with the ahh... postulate failure cycle chart on. And umm... when you've done that I'd like to make sure that you've got umm... some corrections that I put in.

09:17

Some of the early editions of TROM went out with ahh... with... ahmm... went out uncorrected. Yours almost certainly is corrected but I just want to be sure that you've got a corrected edition. So would you locate umm... pick up your postulate failure cycle chart and count off from the left the seventh column. Umm 1, 2, 3, 4, 5, 6, 7. The column 7 is the column with all the words overwhelm and overwhelmed in, that's column 7.

Now the corrections, and umm... I'll give you the corrections which should be, the way the columns... the way the corrections should be... the way it should be printed.

Umm... row 2B, that's row 2... 2B umm... col... column 7 the word in that square if overwhelm and not overwhelmed. Repeat 2B column 7 the word in that square is the word overwhelm and not overwhelmed.

Similarly uhh... on 4B... row 4B column 7 again the word is overwhelm and not overwhelmed.

Similarly, row 6B column 7 the word in that square is overwhelm and not overwhelmed.

Similarly, row 8B the word in column 7 is overwhelm and not overwhelmed.

11:12

It...it... and that's all the corrections, that is the end of the corrections. Now as I say you're ... the copy you have almost certainly has it correctly but if it doesn't have it correctly put the corrections in because it does change the sense very slightly of the chart. You might as well get the chart exactly right before you use it. It's important to get it exactly right. That's why I sent... I sent out these corrections. There are no other corrections required on the chart. The chart is now exactly as per my research notes cause I have the copy of the ahh... the printed thing in front of me here.

11:51

All right well now without more ado we'll go in now and answer your question. I will go through the chart as if I'm the subject and I'm running level 5. And I'm starting in at level 1A... I'm starting in at level 1A and my goals package I'm using is the basic "to know" goals package.

Ok? So I'm starting in now at level 1A. before I start as given in the manual I would timebreak out all the days activities and also I would make sure that levels 1, 2, 3, and 4 are... have been run to no more change. I wouldn't attempt level 5 until... til those first 4 levels have been run to no more change and also I've timebroken out the days activities.

12:50

Establishing a space in which to work

Right well here we go, level 1A. ummm... the first thing we would ahh... We need is a little bit of space around us. Now it doesn't matter which space you use. You can use the space of the present time universe around you or you can use the space any past moment in time, it doesn't matter. You're not limited in any form whatsoever; you just need some space in which to work. So it doesn't have to be present time physical universe space. It can be past physical universe time space, follow me? You just need some space there to work.

Level 1A:

So umm were at level 1A and the ... the first thing you would do is put up the postulate... ummm...the others postulate there “Must be Known”, the postulate is “must be known” and that is in the class of not self.

Now, it doesn't matter where you put the postulate. Most people prefer to put the postulate into a mass. But there's no reason why you should put it into a mass you can put it into empty space if you want but most people find it easier to put the postulate into a mass. Either a created mass of your own... own choice or into a wall, a part of the physical universe or... or... or any... a fence or... or... a passing car or any. It doesn't matter where you put it but the important thing is that it's a “must be known” postulate and it's in the class of not self.

14:29

That is important, that it must be... you must be certain that it's in the “others”, it's in the class of others, which I will refer for more precision as the class of “not self.”

So you will put up that postulate “must be known” in the class of not self. Ahh.... Then you put... you yourself then umm... create the postulate “must know”... “must know”.

Now that postulate is in the class of “self”, that's you, right where you are. It's you holding the postulate must know.

So you... you've got “must be known” over that way, origin. Receipt, you... where you are, you with the postulate “must know” and the... if you go over to column 8 on the chart you'll see that the ahh... that this... the level here is “Forced to know”, and it's you being forced to know. Get that?

15:37

Doesn't matter what it is you don't have to specify, you're just working with the postulates. So you would put up “must be known” over that way in the class of not self and then get yourself there.

Don't see yourself over that way doing this. You get yourself right where you are... right where you are... mustn't... with a “must know” postulate. There's a little danger there that you... you can say, “Well, I'll get me over that way” well no that's wrong. You get you right where you are with a “must know” postulate. You understand that?

16:11

It's you right where you are creating a “must know” postulate then you simply timebreak out anything that shows up. Any sensations that show up, you hold the situation as a cameo, as a scenario, as a scene and you timebreak out anything that happens, anything that shows up you timebreak it.

Timebreak it out till it's gone away and you put the postulates back up again. You put the postulates back up and if more, more scenes show up from the past you timebreak those back out, have a good look at them, timebreak them back out of existence.

Then put the postulates back up again.

And you keep on doing this until you can put those postulates at level 1A with no more change occurring. That you can quite happily put up the postulate “must be known” in the class of not self over that way while you’re sitting there with “must know” and you got the idea that your being forced to know and that it’s quite ok, nothing happening, and it’s all... all quietened down.

17:15

Right that... you’ve now... your now ready to move on. You’ve started... In other words you’ve starting to get bored at that level. You’ve done all you can with that level, it’s time to move on.

Level 1B

So we now move now from level 1A to level 1B. Now that is signified by you changing your postulate from “must know” to “mustn’t know”. You’re still at receipt point but our changing your postulate from “must know” to “mustn’t know”.

The postulate “must be known” is still out there in the class of not self but now it’s a game. We now have a games condition. We now have the opposition. We now have an opposition situation. We have “must be known” in the class of not self and “mustn’t know” in the class of self and they are opposing postulates and that is a game situation.

18:12

So you just now hold that; just hold that situation and timebreak out anything that shows up, anything that shows up, there. And uhh... you continue with it until there’s no more change, you’ve timebroken out everything and you quite happily have that situation there where you have “must be known” over there in the class of not self and “mustn’t know” in the class of self and you can hold that situation and there’s nothing else, it’s all quietened down, there’s nothing else happening and your getting bored with it. And say, “Right, it’s time to move on.”

Level 2A

18:55

So you now move on from 1B to 2A. Now this involves a definite uhh... change of umm... your going from origin now to receipt. There’s a definite... there’s a bigger change there... going to happen now between 1B and 2A.

When we go from 1B to 2A umm... when we go from 1B to 2A you... y...y... you start off by instead of feeling yourself at receipt point you start to say to yourself, “Well... well now my “mustn’t know”... I’m in “mustn’t know” but now I am starting to originate.” You start to

originate in “mustn’t know” and drive your postulate “mustn’t know” across to the other person, to the “must be known”, there.

In other words the... instead of you... of him being the originator and you being at the receipt. At level 2A it’s you the originator of “mustn’t know” and he’s... you drive him into the receipt of “must be known.” And in other words you’re beginning to... to get at him, you begin to get at the opponent. So it’s you at “mustn’t know” and him still holding his postulate of “must be known” but now instead of him being at the origin point he’s at the receipt point. But it’s still a game.

20:29

Then again you would do all the necessary timebreaking the handling of anything that shows up. Clean everything up till you’re quite bored with that level and can hold level 2A.

Level 2B

20:40

Then you would go to level 2B where now you’re going to actually overwhelm the ahh... the opponent. You still stay in your “mustn’t know” postulate. Your origin or... or... or...originating your “mustn’t know” postulate at level 2B and now you drive him. You actually force him. You drive him by sheer power of postulate; you drive him from “must be known” into “mustn’t be known”

And make... in other words you make him comply with your... your... your postulates. So he is driven from... from “must be known” he held at level 2A, he now goes to “mustn’t be known” at level 2B. And level 2B has you... self with “mustn’t know” as the origin and the... the ahh... the opponent is at “mustn’t be known” at the receipt point, there.

21:47

So now we’ve gone through a whole little cycle, haven’t we, we’ve gone through a whole little cycle.

We had... we had the complementary postulates at level 1A of “must be known” and “must know”. Now we’ve gone through ahh... two game cycles there and now we... we’ve come back now to complementary postulates again but the postulates are now of... notice that umm... that umm...that the postulates have changed. The... We’re now in at uhh... at 2B

If I pause here it’s because of my bad eyesight. I’m struggling to read this uhh... chart with my bad eyesight.

At 2B we have “mustn’t know”, “mustn’t be known” and we’re back with complimentary postulates again but now you’re at the origin point and the “mustn’t be known” is at the receipt point. But again we’ve achieved complementary postulates.

22:48

And the level here now, it's not a game level. This is the overt... the overt of preventing from being known. "Mustn't know"

Now I really don't have to go any further umm... Judith, umm... because that is a complete little cycle I've run there in 1A, 1B, 2A, 2B. That gives a complete little... little cycle this 4...it's actually a quarter of the whole... of the whole set. And if you can follow that quarter then the other quarters... the rest of the postulate failure cycle chart is three more quarters. That they all follow the same pattern, they all follow the same pattern as that first quarter. So if you can follow what I've just given you, you've got it.

Now I just re-checked over your tape and ahh... I think I've answered your question... I think I've answered your question.

Your difficulty is... prob basically you're difficulty is... is... is.... Um... lack of understanding that you're dealing purely with postulates. That you're not dealing with effects here on the chart. You're dealing with postulates, that's all your putting up is postulates.

24:10

You're not putting up effects. You're not putting up sensations or you're not creating people, you're not mocking up people, you're not mocking up walls or floors or situations. You're simply mocking up postulates and that is... that...that... that bugs... bugs many people right at the start. They're not used to working with just postulates. Well that is the whole level of level 5, is postulates

24:35

That's all we work with at level 5, is postulates. We don't work with anything else, we timebreak out everything else that shows up we only work with postulates at level5.

It's ahh... it's an incredible thing to work with. At first it seems very strange and so forth, and very odd and peculiar to be just working with postulates but after a while you get used to it and when you get into level 5 you get to a point eventually that umm... that... you wouldn't... you wouldn't...you wouldn't dream of working with anything else but postulates because you get the fastest result working with postulates. And you work... you always work with just postulates and you simply timebreak out anything else that shows up, any incidents that show up, any sensations or any emotions or what have you that show up you simply timebreak them out.

25:28

So at level 5 you're working purely with postulates.

Once you grasp that you've got it. You've got it. You really get that, you've got it. You can work then at level 5 and realize... and realize what you're doing.

25:42

As I said in the write up there, there's no... umm... take it steady. If you... you can't overrun these levels at level 5. If you stay on a level longer than you need to run, all that's going to happen's your going to get bored. So ahh... boredom is the sign it's time to move on.

Nothing terrible's gong to happen if you overrun a level at level 5 but ... things can start... nasty things can start happening if you leave a level before you should... before you should have left it. so it's always best to err on the side of staying a little... on the level a little longer than you... than you need to because uhh... as I mentioned in the write up, if you leave a level before you should have left it you can get into a lot of difficulty, but I've given you the repair for level 5. It's in the text. There's the repair of what you do if this happens to you if you over... in other words your bypassing a level, your leaving a level before you should have left it. If you do that you'll know all about it, sooner or later, but there's a repair there and I've explained that very, very carefully in the text and there's nothing... nothing I need to add any further on that subject, it's all thoroughly covered in the text, in the write up.

27:01

But that the only real mistake you can make, is to leave a level before you should have left it, before you should have left it. It's best to err on the side of boredom. Stay with a level till you're so bored with it that "Oh my God, it's time I moved on. I'm absolutely bored with this. This is getting to easy.

Opponent's postulate won't move

27:20

Now what happens if you can't get the opponent to move his postulate? Supposing he's got... his postulates stuck there at umm... "must be known" and you can't drive him in say to "mustn't be known". He... he... he's a "mustn't be known" and he refuses to budge. Ok well just simply mock up lots and lots and lots of him in that... with that postulate. Just keep creating the opponent with that postulate, just keep going. Might take 5 minutes, might take 10 minutes, 15 minutes, half an hour, just keep creating more and more and more of him and more and more an abundance of him with that postulate. Eventually you'll be able to change the postulate.

28:00

So don't quit there. Never feel that there's a sacristy of postulates here. If a postulate fades out put it back. If it fades out on the opponent create it back in the opponent. But make sure the opponent's in the class of not self and you're in the class of self. You are always in the class of self and the opponents always in the class of not self. You get that? You're ok.

28:25

If your postulates fade out you put it back. If the postulate... if the opponents postulate won't easily change, you can't get him... push him through the overwhelm, alright, mock up lots and lots

of the postulate he's stuck in, that he insists on staying in.

He insists upon staying in "mustn't be known", ok well mock up lots and lots of that postulate with the opponent in "mustn't be known", then we timebreak out anything that shows up, and then we move on.

28:57

Eventually you'll always be able to move on. There's no such thing as getting stuck on the chart. If you get stuck you just simply create your way out of... out of the stuck situation. You get the idea? You ... your own creativity will always get you out. You just simply have to create the stuck point. Keep creating lots and lots and lots of copies of the... of what is happening... the point what's sticking, get it. Get the idea? Then you move on.

29:23

But I'm sure I mentioned this in the write up. But if I hadn't well I'm mentioning it now.

Importance of RI

29:28

The final point I'd like to mention on the running of level 5 here is the subject of RI. Now as I mentioned in the write up but I'll mention it again because it's so dreadfully important.

Level 5 will not, repeat not; run in the absence of RI. that when it all starts to grind and get difficult and get hard and your field starts to go black and so forth, the most likely explanation is that you've neglected to run RI.

If you don't run your RI on level 5 and run it copiously, if you don't do that the whole thing is going to grind to a shuddering halt, and you won't know what's happened. You'll think, "Oh my god, I'm... I'm going mad. It's all falling apart." And all you need to do is just run RI for 5 minutes and it will all come back right again.

30:20

So always bear that in mind. It's a good thing to run RI before you start your session on level 5, and it's a good thing to run RI between levels on the chart, and it's a good thing to run RI when the going gets rough, and it's a good thing to run RI at the end of the session, before you leave the session and end the session. In other words you can run it at any time. And don't be sparing on the running of RI.

Now that all... I couldn't ... I couldn't say how important... over stress the importance of those remarks on this subject of RI. I said it in the write up, I'm saying it again here now. Run RI.

As you get further and further in to level 5 this need to run RI lessens, it lessens, and towards the end you can... you can... you can almost do without it but your never completely free of the

necessity of running RI. That the need is greatest at the beginning.

31:35

When you start level 5 you have a great need to run lots of RI. It does chew up your...your... your importance's rather murderously, level 5 does. You've got to repair them you've got to repair these importances that you're chewing up. The answer is RI. Ok? It's in the write up; I'm just repeating it again to make sure you've got the message.

Don't Abandon the "to know" Goals Package to Soon

32:00

One of the great errors you can make early on in level 5 is to abandon the "to know" goals package prematurely. That is a very, very bad mistake. Umm... A person starts in on it and goes round the whole cycle once and says, "Aw well, nothing much happened there and uhh... I think I'll leave the "to know" goals package and start going on to the junior goals packages." Well that is a definite mistake that is a definite mistake. You should stay with that "to know" goals package until you're so bored with it that it... it... it's coming out your ears. You know? And that's the time to leave it. And that is a long way ahead I can assure you. That is a long way ahead.

32:50

There's absolutely no reason why you shouldn't... why a person shouldn't stay on that the whole way, that... that goals package can take you the whole way. No other goals package can. All the other goals packages are junior to that one. That is the senior goals package, that's the granddaddy of them all. There's nothing in any of the junior goals packages that isn't in that basic "to know" goals package, that one's the major one.

33:20

Now that's the one you start with and that's the one you stay with as long as you can.

Dropping Back a Level

33:25

Never feel ashamed about dropping back to a lower level in TROM. If you have a lot of trouble with level 5 then drop... just simply drop back. Drop back to level 4. You know, if you're having terrible trouble with level 5 and it's too hot for you and the going gets really rough and you've done everything and it's still The going gets rough. Ok, just drop back to level 4. You'll find there's plenty of charge on level 4 will turn up for you, and if level 4's too tough to handle drop back to level 3. Just do straight timebreaking, just do a session of straight timebreaking, and if that's too tough to handle well go back to level 2 and find some differences and similarities.

34:05

You can always drop back, you see. Don't be ashamed to do it. I've done it many, many times with great, great benefit. So you... there's no loss of face here... there. So always be prepared to do that. If the going gets rough at level 5 drop back to level 4, if it's rough at level 4 go back to level 3, if it's rough at 3 go back to 2... you'll get some... you know, you... you'll arrive at a level you can work at, then you can work ... crawl you way back up the chart again, not the chart, crawl your way back up the levels again, to get back onto level 5. That's the... that's the... that's the clever way to do it.

34:41

The... the un-clever way to do it is to say, "well now I'm at level 5, I must stay at level 5, I mustn't go back that will be a loss face." No, that... that's the wrong approach. If you have to go back then you go back. Get the idea?

Self determined and Pan determined Postulates

34:57

Now finally, ahh... Judith, and I've saved this purposefully for the very last, is the subject of the umm... of the pan determined postulates. You didn't mention your having any difficulty understanding this so I'm assuming that you... your pretty well straight forward on it, but I will just cover it for you briefly just to make sure, to be absolutely certain, that your very, very ok with this subject of the... self.... Self determined and pan determined postulates at these levels.

35:29

Let's go through our levels again now and just make sure that umm... that we know what we... we're doing here. It's very important that early on when you're working with... with those goals packages that you get those... put the pan determined postulates in place, otherwise you won't know why the postulates change on the chart. The whole thing doesn't make much sense except in terms of the self determined and pan determined postulates so if you try and take the pan determined postulates out of the equation the whole thing starts to become rather... rather puzzling. So we have to put them in, particularly early on in therapy.

36:14

Later on in therapy they'll become so automatic that you know they're there, that you don't really have to bother about them, their obviously there. You know? But early on you've got to consciously put them there so that you can thoroughly grasp the reasons why the postulates change when they change, and this whole subject of overwhelm then starts to make sense.

Level 1A

36:36

So let's go through our levels we have 1A. Now at level 1A umm... the really... the only

postulates on the board, the only postulate there are the opponents postulates. There's his self determined postulate of "must be known" and the... there's you at your end of the ... of the comm. Line complying with that... actually there both his postulates and there his self determined postulate "must be known" and at your end of the line your sitting there ahh... holding "must know" which really is his pan determined postulate, but your calling it your self-determined postulate. You see? You've bought it, you've bought the lie.

37:17

Now... So there's only two postulates involved there at level 1A.

Level 1B

37:23

At level... soon as we go to level 1B which is a games level, you now stop buying the lie, your self-determined postulate of "mustn't know" reasserts itself at the receipt point and with it your pan determined postulate of "mustn't be known" reappears round the opponent at his end of the comm. Line. At the same time you've now clawed your way out of his pan determined postulate, so his pan determined postulate is still at your end of the comm. line and his pan determined postulate of course is "must know" but it's not... it's... you're not in it. You're not dramatizing it anymore but it's still at your end of the comm. line. So at level 1B there's ... there's four postulates. There's the two self determined postulates and the two pan determined postulates and there in the positions I've given.

Level 2A

38:20

Similarly at level 2A, level 2A is a games level so there's the... still there's the 4 postulates, they haven't changed, the only difference as I said at ahh... at 2B is that you've moved now from... moved now from ahh... receipt to origin, but there's still the four postulates on... on the... in play. There's still the two self determined postulates and the two pan determined postulates in the positions I've just given.

Level 2B

38:49

Then we move to level 2B... we move to level 2B and here we have an overwhelm level. Now what happened here is that you've now overwhelmed the opponent. He's lost his umm... he's lost his self determined postulate; he's now bought your pan determined postulate. So there's your self-determined postulate of "mustn't know" and he's now bought your pan determined postulate of "must be known"... sorry of "mustn't be known". So there's only two postulates on the board and their both yours. There's your self-determined postulate of "mustn't know" and there's your pan determined postulate which the opponent has bought and he's now in "mustn't be known". So there the only two postulates on the board. The opponent's postulates have gone. He's been overwhelmed.

39:45

Whenever the... whenever the opponent is overwhelmed his postulates are... have gone, they're no longer in play. When you get overwhelmed your postulates have gone and theirs only the opponents postulates in... in... in play.

So at the... at the overwhelm levels theirs only two postulates there, but at the games levels on the chart there's always the four postulates, the two self determined postulates and the two pan determined postulates. Now you get it?

It...it...it...it's very difficult to explain this in words but its much, much simpler once you start to put it out there in your mind and do it. You'll see it immediately. But as I said unless you see the need for these self... these self determined and pan determined postulates, unless you see why we have to get the pan determined postulates, you never understand why the postulates change on the chart and the whole chart becomes rather meaningless to you. But put the pan determined postulates in, then it starts to make an awful lot of sense. And suddenly it, click, it will go click, and you say, "My god yes, I've got it, I get it, I get the whole thing. I see what Dennis is talking about." After that it's easy.

40:55

It gets so easy after a while that the pan determined postulate that they... that they are so obviously there, you know, that... that umm... that you put them there so naturally that you don't have to think about them anymore, you know?

41:13

You know, they're so obviously there it's like going out shopping in the morning and it's daylight and so obviously the sun's above the horizon, you know, it's that sort of obvious. You know? Well, later on in level 5. Still you're always putting the pan determined postulates there when they ought to be there. You get it?

41:31

You never... you never cease to do it, but it becomes sss... second nature to you after a while. It's just that early on in therapy you must do it very, very consciously and you must...you must do it... be very, very consciously aware of doing it otherwise the chart won't make any sense to you.

End of tape

41:48