

The Resolution of Mind

A Games Manual
by
Dennis H. Stephens

Wisdom begins when the urge to understand games becomes greater than the urge to play them.

D.H.S

I'd like to acknowledge my debt of thanks to the world's great philosophers, artists, and men of compassion, past and present, who reminded me of man's better qualities. Particularly to George Boole, the man who took logic out of the esoteric and brought it into the realm of a mathematical calculus understandable by a second year algebra student.

I would like to acknowledge my special debt of thanks to L. Ron Hubbard, the founder of Dianetics and Scientology, the man who took psychology out of the brain and gave it back to the people. I was privileged to work with Dr. Hubbard during the formative years of his subjects, and he alone kindled the spark within me the spark which said that sense could be made out of life, and that something could be done about it.

D.H.S. Sept. 1979.

Those whom the gods wish to destroy they first drive mad.

Euripides.

Those whom the gods wish to drive mad they first withhold the nature of life and games.

D.H.S.

If all games are fun, and no game is reasonable, and if resolving the mind is a reasonable activity, then it is not a game, but that does not prevent it from being fun.

D.H.S.

It is not necessary to believe the theory before the practical exercises will work for you; just hold it as a possibility, that is all. Even the fact that the practical works doesn't make the theory right, for there's a number of possible theories from which the practical could be derived. However, until such time as practical derived from theory is found not to work it is safe to regard the theory as useful. No more can be said of any theory. Also, its' rightness or wrongness depends on how well it explains natural law, not what people think about it.

I know of no applications where this theory falls short of explaining observed phenomena. However, I'll be the first to applaud any being who can explain all the facts with a simpler theory from which even more workable practical exercises can be derived. (Occam was an old friend of mine.)

THEORY

Life is a spiritual quality. It has four basic abilities:-

1. It can bring things into existence.
2. It can take things out of existence.
3. It can know.
4. It can not-know.

These actions are accomplished by postulates. A postulate is a causative consideration.

That which is brought into existence, taken out of existence, known or not-known is called an effect.

1. The purpose of bringing an effect into existence is to make it known.
2. The purpose of taking an effect out of existence is to make it not-known.
3. The purpose of knowing is to know.
4. The purpose of not-knowing is to not know.

Thus, 1 & 3 and 2 & 4 are complementary postulates. They enhance affinity.

Thus, 1 & 4 and 2 & 3 are conflicting postulates. They lower affinity.

Conflicting postulates are called a game. The purpose of a game is to have fun. All conflicting postulates are essentially a game, though it may be called other things. Due to contagion with opposing postulates all games tend to reduce the ability of the being to postulate. The power of a being is his ability to make his postulates effective.

A game is won when the loser becomes convinced of the opponents postulates. Thus, all games are essentially contests in conviction, and all failure is basically postulate failure. (Those things which have been variously called engrams, traumas, etc. will be found upon examination only to consist of postulate failure.) Postulate failure is known as an overwhelm. Overwhelming the postulate of an opponent in a game is known as an overt act. Having one's own postulates overwhelmed is called a motivator.

The difference between win/lose and overt/motivator is a very fine one, and is determined solely by the considered value of the game. If the game is relatively trivial, then win/lose is applied; if the game is serious (important) then overt/motivator is applied.

In that the winning of a game brings about the end of the game - and thus the loss of the game itself - winning and losing are junior considerations to the actual playing of the game. Thus the playing of the game is senior to the consideration of win/lose. It is a rule of all games, that intentionally lowering one's ability in order to be more evenly matched with the opponent leads inevitably to the state of an enforced loss of the game.

Thus, the paradox of all games:

- a. All games are played for fun
- b. To always win is no fun.
- c. To invite a loss is to eventually have a loss enforced upon one.

Thus, eventual failure is the end result of all games.

This is the dwindling spiral of ability of the being in the universe. (After the loss of a game considered serious, the loser's only recourse is to blame the victor for overwhelming him. Thus, blame is the assignment of responsibility for the outcome of a game, with an implied wrongness. If the victor accepts this blame - it too is a postulate overwhelm - he feels guilt. Thus, blame and guilt are seen as two sides of the same coin: where one is present you will always find the other. They are a pair, and are quite inseparable.)

Games are played in space and need time for their completion. In the absence of games, space and time cease to exist. Thus, conflicting postulates perpetuate space and time, while complementary postulates vanish it. A game, to be worth playing, must contain elements considered valuable. Value is monitored by the consideration of beauty, and is increased by scarcity. But as both the effect and the consideration of value or beauty are generated by life, then life has a senior value to all things. (Civilizations invariably decline when this truth is lost.)

Complementary postulates enhance life; conflicting postulates detract from it. Thus, games, although considered fun, have the liability of lessening the "amount" of life the being possesses.

Games, by their very nature, can become compulsive, and result in a lessening of life - to such a degree that the true nature of life, postulates and games themselves become unknown to the being. This state of affairs is only resolved, in the final instance, by the application of complementary postulates. Thus complementary postulates, when applied, have the ability to dissolve all games.

The four basic actions of life each have a twin postulate structure:

1. The postulate bringing the effect into existence, and the postulate that it shall be known.
2. The postulate taking the effect out of existence, and the postulate that it shall be made not-known.
3. The postulate to know the effect and the postulate that it shall be made known.
4. The postulate to not-know the effect and the postulate that it shall be made not-known.

Thus, in each of the basic actions, each postulate complements and enhances its' twin. Thus, the postulate structure between beings is:

SELF

1. Make known.
2. Make not-known
3. Know.
4. Not-know.

OTHERS

- Know.
- Not-know.
- Make known.
- Make not-known.

The "self" postulate is at one's own end of the comm line, and is called the self-determined postulate (SD); the "other's" postulate is the one you put at the other end of the comm line, and is called the pan-determined postulate (PD). Thus, when two beings, at different ends of a comm line, adopt (1) and (3) or (2) and (4) respectively, both their self-determined and pan-determined postulates match perfectly, and understanding occurs. However, when they adopt (1) & (4) or (2) & (3) respectively, there is conflict between their SD & PD postulates and understanding is correspondingly reduced.

It is a law of all games that overwhelming failure causes the being to compulsively adopt the pan-determined postulate of his opponent. This is the postulate enforced upon him at his end of the comm line. A game, then, can be regarded as a conflict of postulates wherein a being endeavors to convince his opponent of his own (PD) postulate, while resisting the (PD) postulate arrayed against him. All games, despite their seeming complexity, can be reduced to this basic simplicity and thus understood.

All games contain conviction. Conviction, by definition, is an enforcement of knowingness. Enforcement of knowingness is called importance. Importance is the basis of all significance. Essentially, importance is a “must”.

In games of play our four basic abilities become:

SD

1. Must be known.
2. Must not be known.
3. Must know.
4. Must not know.

PD

- Must know.
- Must not know.
- Must be known.
- Must not be known.

That which is considered important tends to persist and to become more solid. Solidity and persistence - need for - are thus the basic conviction phenomena in games. Things are made more solid and more persistent to convince others of their existence. The mechanism is entirely reversible: that which is persisting and solid is tended to be regarded as important.

Any importance is relative to, and can be evaluated against, any other importance. There is no absolute importance. Thus, what the being considers important is relative to the being and the games he is playing.

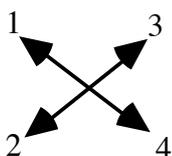
Thus, any field of knowledge which postulates an absolute importance is at variance with natural law. (The search for deeper significance into life or the mind is only the search for prior or greater importance. In that all importance is relative to all other importance it is both a fruitless and endless search. Various past researchers in this field have claimed to have discovered basic importances of a more or less absolute nature (‘sex’, ‘survival’, etc.) and then proceeded to develop a therapy based upon their discovery. We can now see clearly why they failed. The “button” is importance. Having now found it we can stop looking for it.)

The amount of conviction required to convince a being of the existence of a postulate is relative to the being and the games he is playing. A games rule is an agreement between beings denoting permissible play. However, games rules, being postulates themselves, and being junior to the games postulates, also become subject to games play.

Thus, Law, Justice, etc. become themselves a games condition, and are subject to, and junior to the basic laws of games. Thus, any games rule, once introduced, immediately becomes subject to a games condition in its’ own right. Thus, the only immutable laws are the four basic abilities of life itself. All else tends to be of a transient nature.

Collecting and numbering our four basic SD postulates we get:

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. Must be known. 2. Must not be known. | <ol style="list-style-type: none"> 3. Must know. 4. Must not know. |
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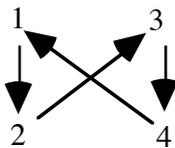
The basic games are:

These four numbers we shall call the legs of the basic game. The oppositions are shown by the arrows.

In that it is not possible to play a game with an effect until it has been brought into existence, all games with an effect start at (1); due to progressive postulate failure the being progresses round the legs of the basic game in the following manner:

The being at (1) is in opposition to (4), whom he is endeavoring to convince that the effect should be known; (4) on the other hand, is doing a ‘Mustn’t Know’ on the effect, and his PD postulate is ‘Mustn’t be Known’. If (1) fails he will adopt the PD postulate of (4), and will move from leg (1) to leg (2) regarding the effect. He has now left the old game, and is confronted with a new opponent, (3), who is endeavoring to know the effect. Failure in this new game will result in (2) being forced to adopt the PD postulate of (3), which is ‘Must be Known’. However, he can no longer adopt this postulate regarding the effect, for it is already in failure from the earlier game, so he now leaves (2) and adopts the valence of (3) and maintains the postulate ‘Must Know’ regarding the effect. He is now in opposition to his own old identity, (2), and carries the SD postulate of ‘Must Know’, with the PD postulate of ‘Must be Known’. Further failure causes the being to adopt the PD postulate of (2), ‘Mustn’t Know’, and so sink into leg (4) with an SD postulate of ‘Must not Know’. In this new and final game with the effect he is opposed by (1), ‘Must be Known’, regarding the effect. Failure in this game will force him to adopt the postulate ‘Must Know’. However, he cannot adopt this postulate regarding the effect as it is already in failure. So he goes into the valence of (1) and henceforth operates with a substitute effect. This is forced, for an examination of the situation will now show that all four postulates, both as SD and PD, are now in failure, so no further game with the original effect is any longer playable.

This cycle is known as the Postulate Failure Cycle regarding an effect. The route around the legs is:



The four legs constitute the four legs of the goal ‘To Know’. All other goals likewise have four legs, but an examination of them will reveal that without exception they are all methods of making known, making not-known, knowing, or not-knowing. Thus, they are junior to the goal ‘To Know’ and we need not consider them.

The past of the being, then, will be found to consist of the various vicissitudes he has encountered on the legs of the goal ‘To Know’ regarding a succession of effects and substitute effects. If desired, this route can be traced back through time.

POSTULATE FAILURE CYCLE CHART REGARDING AN EFFECT

	<u>SELF</u>		<u>OTHERS</u>				
	ORIGIN	RECEIPT	ORIGIN	RECEIPT			
1A	-	Must Know	Must Be Known	-	Motivator	Overwhelm	Forced to Know
1B	-	Mustn’t Know	Must Be Known	-	Game	Game	Game
2A	Mustn’t Know	-	-	Must Be Known	Game	Game	Game
2B	Mustn’t Know	-	-	Mustn’t be Known	Overt	Overwhelm	Preventing from being Known
3A	-	Mustn’t Know	Mustn’t be Known	-	Motivator	Overwhelm	Prevented from Knowing
3B	-	Must Know	Mustn’t be Known	-	Game	Game	Game

4A	Must Know	-	-	Mustn't be Known	Game	Game	Game
4B	Must Know	-	-	Must Be Known	Overt	Overwhelm	Forcing to be Known
5A	-	Must Be Known	Must Know	-	Motivator	Overwhelmed	Forced to be Known
5B	-	Mustn't be Known	Must Know	-	Game	Game	Game
6A	Mustn't be Known	-	-	Must Know	Game	Game	Game
6B	Mustn't be Known	-	-	Mustn't Know	Overt	Overwhelm	Preventing from Knowing
7A	-	Mustn't be Known	Mustn't Know	-	Motivator	Overwhelm	Prevented from being Known
7B	-	Must Be Known	Mustn't Know	-	Game	Game	Game
8A	Must Be Known	-	-	Mustn't Know	Game	Game	Game
8B	Must Be Known	-	-	Must Know	Overt	Overwhelm	Forcing to Know

Note: The Time Track runs from 8 to 1. You work from 1 to 8, around and around.

There is a valence shift on the Track between 1 and a new substitute effect entered at 8B. Also a valence shift occurs between 5A and 4B.

It is to be noted that valence shifts are always diagonally across the goals package. The valence the being goes into is called the winning valence; the valence he comes out of is called the losing valence. Thus, legs 1 and 3 are winning valences, and legs 2 and 4 are losing valences. Shifts from legs 1 to 2, or 3 to 4, are not valence shifts, they are merely the super-imposition of a Mustn't postulate over an existing Must postulate, now in failure. All valence shifts involve the adoption of a new identity, whether real or imagined.

The repository of these experiences on the goal 'To Know' regarding a succession of effects and substitute effects we call the mind. Basically, then, the mind is best considered as a collection of past importances. Due to their intrinsic nature, past importances have a command power over the being in the present. However, as these various past importances are contacted and re-evaluated to present time realities the mind will be found to become progressively less persisting and less and less solid, and will finally vanish. Nevertheless, the being can, at any time, by re-injecting sufficient fresh importance into any part of it, cause it to reappear in any desired solidity. Needless to say, when this stage is reached the mind will no longer have a command power over the being, and his full abilities will be restored. The command power of the mind over the being is only the command power of the postulates it contains. Once these have been contacted and re-evaluated to present time realities the mind, as an entity, will be found to vanish. As the mind contains no postulates that have not been put there by the being during the playing of various games through time, it is of no value to him, and unless required for reference or aesthetic purposes is best kept in a state of vanishment.

The being enters games at a desire level; they later become an enforcement, and then an inhibition. Thus, the being will be found to be in a games condition regarding his past games. As the repository of these old games is called the mind, the being will be found to be in a games condition with his own mind. As the mind only contains his own past postulates, he cannot possibly ever win the game against his own mind. It is the one game he can only lose. Extreme examples of failure in this game we call insanity. What is called the enigma of the mind is the result of the compulsive games condition that the being is in regarding it. The attitude of the being towards his mind, or any part of it, can only be one or other of the legs of the goal 'To Know'. Thus, the mind exhibits the following phenomena:

Any attempt to create an effect upon it (Must be known) will cause it to resist the effect (Mustn't know). The greater the attempt to create an effect upon it the more resistive it becomes.

Any attempt to withdraw from it (Mustn't be known) will cause the mind to seemingly pursue the being (Must know). Hence, the well known feeling of being 'stuck with' ones own mind.

Any attempt to know the mind (Must know) will cause the mind to seemingly adopt a 'Mustn't be known' and become progressively more elusive.

Any attempt to resist the mind (Mustn't know) will cause the mind to immediately enforce itself upon the being (Must be known) and overwhelm him.

It is only this compulsive games condition that a being gets into regarding his own mind, and an ignorance of its true nature, that has defeated past researchers in this field. It has the well deserved reputation of being the most difficult subject of all to discover anything about. This compulsive games condition between the being and his own mind also accounts for the wide-spread apathy we encounter when the subject of doing something about the mind is mentioned, for most beings have long since fought themselves to a standstill on this subject; they have become resigned to what they consider the inevitable. Thus, it can be clearly seen that the mind can never be resolved by going into a games condition with it, for whichever role the being adopts his mind will invariably overwhelm him.

The key to the resolution of the mind, then, lies in exercising the being in the discovery and creation of complementary postulates; and, transiently, in unraveling the tangled mass of conflicting postulates that his mind has become. The mind, being a repository of old games, which are postulates in conflict, has no defense against the application and re-injection of complementary postulates regarding the effects it contains. In short, we vanish the mind by progressively getting the being to create, and do exercises in, complementary and conflicting postulates; to create and experience overt and motivator overwhelms, play games, and generally bring back under his own determinism these four basic postulates - both as SD and PD - which go to make up the interchange we call life. Enroute he will discover, or re-discover, all there is to know about life; he will also discover his true nature as a spiritual being.

Knowing the anatomy of games and the Postulate Failure Cycle, it is now possible to list all conceivable classes of overts and motivators regarding an effect. Its also possible to list them in the order in which they were accumulated through time. Each leg of the goal 'To Know' has its own overt and motivator, giving us a total of 8 classes in all.

- Leg 1. 1) Forcing to know. (overt).
2) Prevented from being known, (Motivator).
- Leg2. 3) Preventing from knowing. (overt).
4) Forced to be known. (motivator).
- Leg3 5) Forcing to be known. (overt).
6) Prevented from knowing. (motivator).
- Leg4 7) Preventing from being known. (overt).
8) Forced to know. (motivator).

If one wished to address these regarding a specific effect on a being one would, of course, work backwards from 8 to 1, as the most recent experiences tend to occlude the earlier ones. Thus, to remove the command power of any effect from the mind it is only necessary to discharge these various overts and motivators where they appear on the time track. As can be seen, there are only four classes of overwhelm, and each has a common name in our language:

Forcing to know	Infliction
Preventing from being known	Rejection

Preventing from knowing	Deprivation
Forcing to be known	Revelation

Infliction/Rejection and Deprivation/Revelation each form a pair, and are associated with one or other of the two basic games. Viz:

Leg 1 commits the overt of Infliction, and suffers the motivator of rejection. Leg 2) commits the overt of Deprivation, and suffers the motivator of Revelation. Leg 3) commits the overt of Revelation, and suffers the motivator of Deprivation. Leg 4) commits the overt of Rejection, and suffers the motivator of Infliction.

(Important note. It must be realized that these 4 words are only substitutes for the exact postulates as given in the Postulate Failure Cycle chart, and should only be used with that in mind. Thus, they may prove useful early on, but later the exact postulates as given on the chart must be used if you ever wish to take the mind apart cleanly.)

People do tend - repeat tend - to become more or less fixed in one or other of the legs of the basic game, and take on the personality characteristics of the postulate they are dramatizing. Viz:

Must be known. Outflowing. Extrovert. Persuasive. Creative. Often prone to jealousy. Overts by infliction, and very upset by rejection. He got into this leg by being overwhelmed by a Must Be Known, whose valence he now occupies.

Mustn't be known. Restrained outflow. Retiring. Devious. Secretive. Obsessed by 'privacy'. Tends to collect mass and wealth by the simple expedient of not being able to outflow it. Overts by deprivation, and very worried by the thought of their secret wheeler-dealings being revealed. He got into this leg by being overwhelmed by a Mustn't know while being in the Must be known leg; he now dramatizes the Mustn't be known PD postulate of his overwheeler.

Must know. Inflow. Nosey. Curious. Inclined to be highly sensual. Demands open comm lines. Hates secrets, and loves exposing them. Good solver of puzzles. Overts by revelation, and just hates being deprived of things. He got into this leg by being overwhelmed by a Must know, whose valence he now occupies.

Mustn't know. Restrained inflow. Rejection. Compulsively makes nothing out of things. Destructive. Overts by rejection, and dreads having anything inflicted upon him. Contrary to popular opinion he did not get this way by having things forced upon him. He got into this leg by being overwhelmed by a Mustn't be known while being in the Must know leg; he now dramatizes the Mustn't know PD postulate of his overwheeler. He's been overwhelmed by deprivation.

Most people are a composite of the above types, but you will come across an almost 'pure' type occasionally. Generally speaking, the more inflexible the personality, the more it will tend towards a 'pure' type. It can also be seen that the class of motivators the being complains of not only tells you the type of overts he compulsively commits, the leg of the basic game he is dramatizing, but also just how he got into that leg. Thus, the data is of inestimable value when dealing with the mind.

The entire secret of making any mental mass vanish is to re-evaluate its importance to present time realities to the point where it is considered so trivial that there is no longer any need to keep it in existence; at which moment the mass can be easily not-known and will promptly vanish. While the mass is considered important it will continue in existence, and the being will continue to know it - even though trying desperately to not-know it. To try and vanish by means of force a mass while still holding the consideration that it is important is thus the height of stupidity, and can only lead to frustration and failure. Thus we see that the re-evaluation of past importances is the only step

required to achieve the vanishment of any mental mass. As a successful psychotherapy can be defined as a system that brings about the vanishment of unwanted mental conditions, we see that this data is vital to our goal.

The ability to assign and unassign importances, while native to the being, will be found to require some attention on the route out.

The assignment of the consideration of unimportance to a mental mass after having considered the mass important is merely an attempt to devalue it (Mustn't know), and is just another method of attempting to vanish it by means of force. Hence, we have no need to consider the subject of unimportance. Once one grasps that the need to regard a thing as unimportant is an importance in its own right, one has entirely got the flavor of all this. The 'button' is importance; the unimportance comes out in the wash.

The being, in his progressively more and more violent games condition with his own mind has endeavored to devalue it in the hope that it will go away and leave him alone. The cycle has been:

Mind considered as a series of past scenes.

Mind considered as pictures of past scenes.

Mind considered as memories, having no objection existence.

Mind considered as configurations in the brain.

The truth is that we have a being who can look at scenes. He can look at 'now' scenes, and he can look at 'then' scenes. The only difference is that 'then' scenes are scenes of 'then' and 'now' scenes are scenes of 'now'. If 'then' seems less real than 'now', it is only because the being has made it so. A being can only communicate across a distance. He cannot communicate through time. So when he is looking at a 'then' he is looking at it now. Whatever he looks at, he looks at now.

A being can view 'now' from any viewpoint. A being can view 'then' from any viewpoint. Thus, every moment in time is a complete universe which is viewable to the being. (Viewpoint here is used in the sense of a 'position from which to view', and not in the sense of holding a mental opinion.) Thus, a being is natively capable of viewing every particle that has ever been brought into existence in this, or any other universe, from any viewpoint he so desire. He is also natively capable of taking any of these particle back out of existence again if he so desires. Whether or not he can get agreement from others on this latter step is merely a matter of how convincing he is to others, and is not a pre-requisite to the accomplishment of the feat. That others may choose to keep these particles in existence, still is, in the final instance, entirely their concern. Thus, you can walk out of the trap without the need to take everyone else with you. Believing differently is not to grant others the right to their own convictions - a trap all of its own.

Any changes you bring about, whether changes in 'then' or changes in 'now' you bring about now. So any changes you make to 'then', later than when the event occurred, will not ipso-facto produce changes in 'now'. Thus, what is called the time paradox is exposed for the lie that it is.

If this concept seems difficult to grasp, it is only because one has become used to the idea of moving through time. This is an illusion brought about by entrapment in mass which is enduring through time. Only the particles, the effects, are created, made to endure, and are finally destroyed. The spiritual being, the creator of all these postulates, is utterly timeless. Once one fully grasps this, it is easy to see that changing the past does not ipso-facto produce a change in the present.

The Law of Duality. This states that the assignment of importance to a thing, or class of things, automatically assigns importance to the opposite or absence of those things. Thus, if life is considered important, then death - the absence of life - has also been granted importance. If the concept of 'self' is considered important, then the concept of 'not-self' is thereby also granted

importance. From this law we see the proliferation and self-perpetuating nature of games.

The evaluation of things, one against the other, is achieved by the noting of differences and similarities between them. The ease of evaluation is inversely proportional to the considered spatial and/or temporal separation of the things being compared. Thus, evaluation is easiest when the two things are placed side by side in the same moment of time. The limit is reached when the two things are viewed simultaneously, for then no time elapses while the attention shifts from one to the other.

Thus, a 'then' importance and a 'now' importance are best evaluated when viewed simultaneously in the same moment of time - now.

The general action of simultaneously viewing a 'then' and a 'now' scene is called Timebreaking. The name derives from the fact that the action of Timebreaking breaks the temporal separation of 'then' and 'now', and thus removes the command power of the past scene so Timebroken.

That which has been Timebroken no longer has a command power over the being. The ability to Timebreak is native to the being, but due to the compulsive games condition the being is in regarding his past the ability has been to a greater or lesser degree lost, and for many will have to be learned again almost from scratch. There are exercises to improve the ability.

Timebreaking is the basis of all psychotherapy. When the patient tells his therapist of some past happening he is Timebreaking the happening, for the therapist and the incident are thus brought into the same moment in time - now.

However, a being can learn to Timebreak solo, and thus dispense with the need for a separate therapist. The mechanism is in no way dependant upon the presence of another person. As he becomes more and more proficient in the skill the being soon reaches a stage where the presence of a separate therapist is not only unnecessary, but is actually slowing down the patient's progress; he can Timebreak much, much faster than any separate therapist could conceivably follow, and the continual need to keep reporting progress to the therapist becomes increasingly inhibitive of gains.

Mankind has always known that telling his troubles to another was helpful, but has attributed it to some quality in the other person, or to the fact that he is talking to him. But this is not so. The benefit was always derived from the mechanics of Timebreaking: the simultaneous communication with 'then' and 'now'. Now the true facts are known, a separate therapist is only required until such time as the patient is confident that they can do the job alone. From the viewpoint of the therapist it is a matter of helping another until such time as they are capable of helping themselves, and all assistance should be given with this view in mind. Any other approach, although undoubtedly good for business, is just not in the best interest of the patient.

The mind is like an itch. Although early on the being might require a separate therapist to scratch it for him, he must be encouraged to do his own scratching, or he'll be needing a therapist to scratch his itch forever. Dependence upon the therapist must never be permitted to build up, and at all times the patient should be encouraged to stand on his own feet. It's his mind. He created it; he is maintaining it, and in the final instance only he can vanish it.

The intensity of the compulsive games condition between a being and his past is the sole factor that determines whether he can walk out of the trap unaided, or will, in the early stages, require assistance from a separate therapist. There is, in fact, a test which readily determines whether a being can go solo from the word go, or will need assistance early on from a separate therapist.

Due to the nature of the compulsive games conditions between a being and his past, the more he is willing to Timebreak it the less he has to Timebreak. Very soon he is left with nothing to

Timebreak, and has to actively stimulate the past if he wishes to continue the exercise. He soon goes from the cringing victim, afraid to 'tamper' with his mind, to the triumphant victor pursuing the remnants wherever he can find them.

Life and Life forms.

Life is undoubtedly the most abundant phenomena on the surface of this planet, as it is in the entire universe. Only the most superficial glance through a microscope at a drop of pond water, coupled with the realization that every cell in the body is alive in its own right, is sufficient to convince all but the invincibly ignorant of the fact. A life form is an aggregation of cellular life organized and directed by 'higher' life in a hierarchy that leads up to the being who answers up when his name is called. He is the one who does the exercises.

The human body is thus a life form and a complex cellular structure. It is also a mammal, and a member of what is called the higher ape family. A knowledge of the eating, mating cultural and social habits of this ape are invaluable to any being who wishes to walk this route. Know this ape whose body you currently consider yourself a part of, for such knowledge will bear you in good stead. Many a person has spent half their lives at war with one or other of this ape's inherited social or cultural habits, and have at last gone to their graves defeated in the struggle. When you try and fight this ape's evolutionary history you always lose. He has certain basic requirements, and a number of quaint behavior patterns. Learn to live with them, for you will not change him by fighting them; you'll only make him ill and yourself miserable. Ignorance of the true nature of the human ape as a life form has caused untold misery down the ages. If you walk this route far enough you will one day walk away and leave this ape, but you will never be free of him until you understand him intimately.

Addendum to Theory Section.

The four basic complementary postulates.

Be known.

This is the creative postulate; the postulate that brings the effect into the existence. His PD postulate that goes with it at the other end of the comm line is 'know'. This twin postulate structure is still present even if the effect is only being created for the benefit of the creator; in this case he merely responds to his won PD postulate and knows his own creation.

Time is the postulate "Continue to be known", and is the postulate that introduces persistence into the creation. In games play there are many methods of ensuring persistence, so that others are not easily able to vanish a creation. The most basic method is the lie, which calls the creation something which it is not. Thus, the perceiver only views the lie, and is unable to vanish the original postulate, which remains hidden. Therefore, this late in the game very few things are what they appear to be, and illusions are rampant.

There are no screens associated with this postulate, but there are plenty of them to be encountered from the opposition postulate, "Mustn't know" (See later in this section.)

Be Not-known.

This is the vanishing postulate; the postulate that takes the effect out of existence, His matching PD postulate at the other end of the comm line is "Not-know". However, due to the various persistency mechanisms it's not easy these days to make a piece of the universe vanish for everyone. Consequently, the vanishing postulate has long since become the hiding postulate. The being, no longer able to make the effect vanish, has to be content with hiding it. There are many ways of doing this, the most common being to veil it with screens. The most impervious screens are black ones, and you will always find a lot of goeey blackness associated with this postulate.

In point of fact, the lie mechanism which is used by 'Be known' in games play to ensure the persistency of a creation by calling it something different from what it is, is really an attempt to mask the truth and is a part of 'Be Not-known', but I included it in the earlier section for convenience. 'Be Not-known' also uses the lie mechanism by further masking the truth so that the knower will not recognize the effect even when he finds it. It's all very devious - and little wonder that people take up religion, and pray that the Almighty can maybe sort out the mess for them.

Know

This is the postulate that permits the being to know the effect. His matching PD postulate at the other end of the comm line is 'Be Known' - so the effect is there for him to know.

There are no screens or blackness associated with knowing, but as this postulate in games play is opposed by 'Be Not-known', you can expect to be feeling your way through a fair bit of murk from time to time in your pursuit of this postulate. Just work your way through it and understand what is going on, that's all.

Not-Know

This is the 'no-perceive' postulate; it is the postulate the being uses to permit him to be unaware of an effect. His matching PD postulate at the other end of the comm line is 'Be not-known'.

It's necessary to clearly differentiate this postulate from 'Be Not-known'. 'Be Not-known' is a vanishing or hiding postulate; 'Not-know' is merely a desire not to perceive the effect. An example of the use of the postulate is a spiritual being looking through a wall; he chooses to 'Not-know' the wall so he can perceive what is on the other side.

However, due to the persistency postulates of the universe the 'Not-know' postulate degenerates into an attempt to vanish the unwanted effect by force, then, failing that, to hide the effect from oneself behind a screen - usually of blackness. These screens are of an entirely different texture to the screens associated with the 'Be Not-known' postulate, being much harder and almost brittle. They are "impact resistant" screens designed for use against the most enthusiastic 'Must Be Knowers' he encounters in games play. When you strike these screens you will feel as though you are dealing with black Basalt. Sometimes, however, the screens of 'Mustn't know' are quite transparent, and have the consistency of super-hardened quartz. All the screens associated with "Mustn't know" are hard, and clearly designed to resist any conceivable effect. People heavily dramatizing this postulate tend to develop a brittle hardness to their personality too. These people almost literally "crack" under intolerable stress.

The PD postulates.

These are the hidden postulates in life; not because any attempt is being made to hide them, but merely because man the materialist cannot fit them into his theories about life, and so tends to discount their existence. Everyone knows about SD postulates, but few suspect the existence of their PD twins at the other end of the comm line. Thus, being unknown or generally ignored, they tend to be highly effective.

For example, how many people can resist a stray cat who wanders in and looks at you with his big, pleading eyes? You don't know it but that sudden urge to get him a saucer of milk and a nice warm home is more his PD postulate than your SD one! Animals, being entirely natural, and not being educated to the contrary, use their PD postulates to the full, thus making willing slaves out of us "Oh so much more intelligent and rational" humans. Babies too are masters of the PD postulate; they have yet to be educated out of their belief in the efficacy of such things.

A large part of your work will be exercises in developing your PD postulates, and becoming aware of the PD postulates of others, for in our civilization it has become an almost totally neglected aspect of life. What is called a "magnetic" personality is entirely the conscious or unconscious use of PD postulates. The subject of PD postulates is the whole subject of 'action at a distance'. Learn to use them, for they are an integral part of the abilities at your disposal.

Man the materialist is endlessly mystified and intrigued by psionic abilities, where beings know or create effects across a distance, or through time. These are usually, in this day and age, manifestations of PD postulates that are as much a surprise to their originators as they are to those learned scientists who examine them. Most of the manifestations of are pretty elementary, and are not to be compared with what can happen when the being gets the mechanism under his conscious control.

Identity

This is the role a being assumes in order to play a game. Like any other effect it is a created

thing, and obeys the laws that govern effects in general. Thus identity, as soon as it is considered important, tends to persist, become more solid, and have command power over the being.

Intelligence

This is the ability to evaluate relative importances; the ability to note differences and similarities between them. Thus, a person can be very knowledgeable, but if he is unable to evaluate the things he knows he will be incredibly stupid. Children give the appearance of being stupid, but this is not so. The child merely lacks data and experience, and so has nothing to evaluate what he perceives against. This is also why children are so gullible, and will believe anything you tell them. Generally speaking, within the data at their disposal, children are much more intelligent than grown ups.

Stupidity is the inability to evaluate data. Ignorance is the lack of data to evaluate.

Death

This is the loss of a body. At this time it is considered a deprivation of magnitude, and temporarily throws the being into a feeling of degradation sufficient to occlude his knowledge of the lifetime he has just lived; it forces him into a 'Mustn't Know' regarding it (see chart). Without a body he regards himself as a nobody - literally a no-body. Thus, in his subsequent life he has few, if any recalls, of ever having lived before. This is all that is involved. As the being comes up the line his recalls of his past lives will progressively return to him.

Can't

Can't is the feeling one gets when ones' postulates are overwhelmed. The anatomy of 'can't' is must versus must-not. You cannot work with 'can't'. It runs apathy, apathy, apathy - and then, just for a change, more apathy. You work with 'Must' and 'Mustn't' in opposition (see chart) and then you succeed.

Emotions

These are particles a being creates to let other people know how the game is going. there is a scale of emotions from apathy up to serenity. They are very light particles, and as soon as you touch them in recall they change to other emotions further up the scale.

Sensations

These are particles which occur at the boundary between opposing postulates. Like emotions, there is a scale of sensations. As the space opens up the sensations change to ones further up the scale. Pain is a sensation in very collapsed space. Further upscale is sexual sensation. Then tickles. Above this is heat. Then electrical sensations. Then colour, and finally pure aesthetics at the top of the scale. The ones listed here are only some of the well known landmarks on the scale. There is a near infinity of gradations between all of them. Thus emotions and sensations are very elusive things when you contact them in recall; as soon as you touch them they vanish and become something else further up scale.

The Long Night of the Soul.

Things are what they are. Things are where they are. You find out everything there is to know about them by examining them where they are. If you wish to find out about a wall you examine that wall. Everything about that wall is to be found right where that wall is. You don't have to go and talk to the builder who built it. That is an excellent way to find out about the builder, but a very poor way to find out about the wall he built. Talking to the builder in order to find out about the wall he built is known as the search for prior cause.

Mankind fondly believes that the only way to find out about the mind is to select some effect it contains, then look further into the mind to find the cause of that effect. Then, having found what appears to be the cause, to consider it an effect, and to start searching for the cause of this effect even deeper in the mind. Etcetera. Thus, one backtracks in search of prime cause: a cause which is not an effect of an earlier cause. Having found this prime cause, the whole mind will vanish in a puff of green smoke, or something - or so the theory goes.

Now there is some justification for this theory when you are dealing with material objects. One billiard ball canons into another on a table, and imparts a motion to it; the motion of the second ball is indeed caused by its impact with the first ball. But what imparted motion to the first ball? Why, the billiard player, of course! The being who is playing the game of billiards. Once you take him out of the equation, you will search endlessly for your prime cause.

The search for the prime cause of the mind, then, without considering the living being who created and is maintaining that mind, is a futile search, for one is not looking for prime cause in a place where it is possible to find it. The first requisite for finding anything is to search for it in a place where it is possible for it to be. Everything you discover in the mind - indeed, its total content - is an effect. There are no causes in there, so you won't find any. Thus, to postulate that one part of the mind is the cause of some other part is a lie, and in pursuit of this lie you will never discover the truth.

The endless ransacking of the mind in search of prime cause is called "The Long Night of the Soul". Its a very long night: it goes on forever. After the elapse of a theoretical infinity of time, you would emerge from the same door as you went in - much, much sadder, and no wiser.

Everything you wish to know about any effect in your mind lies in that particular effect and your relationship to it right now. To skid off sideways and reach deeper into your mind for the cause of this effect is to commit your-self to the Long Night of the Soul. Don't embark upon it, for it may well be the last anyone ever sees of you.

The hidden Influence: The self-fulfilling prophecy.

In searching for the cause of his difficulties mankind has, over the centuries, pointed his finger at almost everything. Its doubtful if anything has ever truly escaped his baleful glare. The sun, the moon and the stars were early contenders; later came demons, and things that go "boomp" in the night. Very early on man discovered that there's not much future in assigning the cause of his troubles to something that can be easily perceived, for the simple reason that its too darned easy to refute the hypothesis! The field rapidly narrowed down to those things not easily perceived: the hidden. Thus, the Hidden Influence was born. To be really convincing, of course, a hidden Influence should not only be hidden, but be, by its very nature, utterly impossible to perceive. In that way the hypothesis that this thing is the cause of mankind's difficulties could never be refuted: no one could ever come along and inconveniently announce that he'd perceived this thing and found it to be entirely innocuous. The progress of science, endlessly bringing more and more from the unknown into the realm of the known, has also tended to drive the Hidden Influence more and more from the unknown into the unknowable. Indeed, science itself has become a prime source of the

'unknowable' in its own right. For example, science today claims that the basis of all personality (and therefore, presumably all difficulties) is to be found in sub-microscopic particles within the genes of the body - with the strong implication that even with a few billion dollars worth of research grants, it is very doubtful if we'll ever be able to truly perceive these things at all. Even if these sub-microscopic particles are one day perceived and discovered to be harmless after all, a new Hidden Influence will promptly be dreamed up to take their place. And so the game will continue.

While the things postulated as Hidden Influences are either imaginary or truly harmless, the game does little more than make people miserable; but when these things actually do exist then it's an entirely different story. For example, everyone has been born, but few can recall the event in detail. So there is a whole class of possible Hidden Influences to be found in the events everyone knows to have happened, but few can recall ever having happened to themselves. This class also has the advantage of no one being able to claim it is imaginary, and so refute the hypothesis out of hand. In other words, the concept is capable of convincing people of its truth - a prime necessity in the field of Hidden influences. As this class of possible Hidden Influences is near infinite, it is very fertile soil for anyone who has, for whatever reason, an urge to create a convincing Hidden Influence. A number of possibilities in this direction have already, if inadvertently, been explored. Amongst them are: sex, pain, guilt, survival, unconsciousness. Others are being continuously added to the list - as you will find, if you keep up to date with your psychological journals.

Please understand that I am not suggesting that the originators of these theories were merely out to make a fast buck (though many fast bucks are there to be made by the unscrupulous who understand this mechanism), for many were dedicated researchers, and truly believed that their research had found the answer to at least some of mankind's difficulties. No, my whole purpose is merely to point out that the mechanism is not without its dangers.

Let us take being born for example. Now, to the best of my knowledge no researcher has ever seriously claimed that being born was the prime cause of man's difficulties, though I would not be surprised if sooner or later one of them did! For it does fulfill all the requirements of a good, convincing Hidden Influence. Viz:

- a) It has happened to everybody.
- b) It is not easily recalled.
- c) It does contain a certain amount of upset in its own right, quite apart from what is said about it afterwards.

So you go up to a person and say: "The origin of your difficulties, Mr. Jones, are to be found in your birth trauma. This, as the very first thing that ever happened to you, must be the basis for all your later difficulties." He will immediately see that what you say could just have a germ of truth in it. You then go on to add: "Once we lift your birth trauma, then the basis of all your psychological difficulties will be known to you, and all will promptly vanish."

It all sounds very plausible, does it not? But what happens when the person is convinced that you are right? His birth trauma is now, in his own estimation, elevated from whatever it originally was, into a thing of vast importance. It will immediately become much more solid and persistent. It is entirely possible that any pains he experienced in his birth trauma will immediately impinge upon his body; and he will also experience the emotions, right then and there, that he experienced in birth. This, of course, is taken as proof of the fact that the birth trauma was the basis of his difficulties.

The prophecy becomes, in fact, self-fulfilling!

Now, do you see the danger? Whatever the effect, assuming it to be real and not entirely imaginary, which is considered as the prime cause of the difficulties, immediately becomes intensified in importance - and therefore in solidity and persistence (man, you just try to get rid of it

now!) - by the mere act of considering it in such a manner. This is a very real danger, not only to the patient but to the researcher himself. He himself might not have been totally convinced by his hypothesis, but here is a person in front of his very eyes who is proving him right!

So here is the danger:

What ever effect in the mind you choose as being causative over the beings' behavior, immediately intensifies in solidity, persistence and command power, and will tend to prove your hypothesis.

But, you might say, what about this therapy you are advocating, surely it ? . . . No. I never said it. All I'm saying is that that which is considered important tends to become more solid and persistent, and to have a command power over the being.

I have never specified the importance.

Re-read the theory if you don't believe me. At no place in it am I pointing the finger and saying, that is the basic importance. At no time am I postulating a specific Hidden Influence. Oh yes, there are many things in your mind, which are currently hidden from you, which influence your behavior. But only you know what they are. And, what is more, only you are entirely capable of becoming aware of these things, and so vanishing the influence.

You are, in fact, the greatest authority on your own mind. You created it, and now maintain it with the same loving care that mothers reserve for their offspring.

There are no Hidden influences that you are incapable of becoming aware of. If it is influencing you, it is entirely possible for you to become aware of it and so remove the influence. The concept of the Hidden Influence that, by its very nature, you are incapable of being aware of is something dreamed up by people who do not have your best interests at heart. They wish to scare you, and so make you more easy to control. The game of the Hidden Influence is a very insidious one; but a game it is. Its total purpose is to introvert your attention in search of the undiscoverable, and so make you that much easier to overwhelm.

It is a law of life that a being is capable of sensing anything that can influence that being. Otherwise it could not influence him. There are no "forces of darkness" that you cannot sense; no things that go boomp in the night that you cannot discover the nature of if you care to go and take a look.

There are no absolute importances either. There is no class of importances in the mind that you can point a finger at and say "That is the cause of all the trouble", without immediately escalating the importance of this thing, so granting command power over you that could well stick you with it forever.

All importances are relative to all other importances; all are entirely a matter of conviction, and all can be evaluated one against the other. As you do so your mind, as an entity, will progressively vanish, and your full native abilities will be restored to you.

The game of the Hidden Influence is basically the game of 'Must know' versus 'Mustn't be Known'.

The Service Effect.

Every being tends to utilize whatever he has at his disposal in the playing of games. This applies to any effect. For example, he may find himself stuck with (Must know) a chronic pain in the back; he may use this pain in the back to dominate his family (Must be known). He may use it as an excuse for a trip around the world so he can see the sights (Must know). He may use it as the reason he needs solitude (Mustn't be known). He may use it to achieve all three postulates; or he may not use it at all. It depends upon the being and the games he is playing.

Always be prepared then to consider an effect as a service effect: something which the being presses into service in life to aid him in the playing of games. What starts out as a 'Must be known' is used by another who gets stuck with it (Must know) as something to hide in, and resist the world with. And so on; the permutations on the theme are nearly infinite.

Do you have to do anything about this phenomena on the route out? No. One only has to become aware of it; that is sufficient. In truth, the being is hampered by this effect; he is always more capable without the dependency upon it. But only when he spots this will he relinquish the effect. So you won't find any exercises in the practical section designed to handle this phenomena, for it is an integral part of all games play. We all do it. We always have done it. And we'll continue to do it as long as we consider the effect to be more valuable than its absence. Indeed, one could consider the whole mind to be a vast service effect, and in many ways it is exactly that.

The Body.

There is a vast and as yet largely unexplored application of this technology to the body itself. Each part of the body has a specialized function, and is therefore in a specialized games condition. What we call aging, leading finally to the death of the body, is each body part suffering a surfeit of overwhelm in its specialized game during life until it can no long function properly in its' own consideration. Eventually body death occurs when one or other of the vital organs quits entirely.

However, the being himself, once he isolates the specialized function (game) of a body part can, by his own creativity, return that body part to optimum functioning once more by removing the accumulated overwhelms. Thus, it is theoretically possible for a being to make his own body immortal. There is nothing life cannot do once it knows how to do it.

Ethics.

Its relevant to ask at this stage, Should a beings' native abilities be restored to him? Would he not immediately, alone or in association with others so freed, hold the rest of mankind in slavery for his own ends?

The answer to this question lies in the difference between a being in a compulsive games condition, and a being who plays games by choice. Mankind today is in a compulsive games condition. By this I mean he has lost his power of choice in the matter. He must play games; he must win these games; and he must do these thing regardless of all else. You see this frenetic activity around you every day. Its all become so deadly, deadly serious; a matter of life and death. Why, even enjoying yourself has become a serious matter. Only the children can still laugh in sheer uninhibited pleasure; but only then until they receive their education, and realize how serious it all really is.

As the game becomes more serious, more important, the player's concern for the well-being of his adversary becomes less and less. What are a million Jews slaughtered in the gas chamber when its for the glory of the Third Reich? They're only Jews, aren't they? What matter that the jackboots are steeped in blood and gore as long as the war is won? They're only the enemy, aren't they? What

matter that a man be compelled to work long hours under atrocious conditions for miserly pay so his employer can make more profit? He's only a worker, isn't he? What matter that workers band together and form unions, then dissipate the wealth of a nation in interminable strikes to improve their lot? They're only money-grabbing capitalists, aren't they?

The compulsive games condition. The more compulsive it becomes, the more partisan the being becomes; the more partisan the being becomes the less real his opponent becomes to him, and so the more easy it becomes to justify his inexcusable behavior towards him. Yes, it would be folly indeed to give such a being true power, for abuse it he most certainly would at the first opportunity. But while the being is in a compulsive games condition he has no true power. It's only as the compulsion fades that the true power begins to emerge. It's only when he no longer has to play games, has to win, that he can do these things easily. The harder he drives that 'Must' postulate the closer and closer he edges towards the 'can't'; the greater the compulsion to succeed, the more difficult success becomes. Only when the playing of games are light and airy things, when competence is a joy like poetry, and the need to win is a far, far junior consideration to the enjoyment of the game does true ability even begin to emerge. And as he approaches this state he more and more realizes that his own happiness is bound up with the happiness of others, for he cannot easily play games whilst alone. He needs other to share the sensations; others as capable as himself, or his games will soon become unbearably dull. To always win is no fun, and so he learns to cherish a good opponent and becomes very concerned about his welfare.

Thus, as the being frees up from the trap his view of life changes: becomes broader and less parochial. He lives his life more and more from the viewpoint of the maximum amount of benefit for the maximum number of beings. For only in this way is his life truly rich. In short, he has become an ethical being.

A man from Nazareth some 2000 years ago who said 'Love thy neighbour as thyself' possessed more than a glimmering of the true factors involved. The route out is from the compulsive playing of games, through the voluntary playing of games, to the state of Nirvana - eternal bliss and oneness with all life.

As the being walks this route he soon perceives that there is a basic code of ethics that governs conduct, and that when he violates this code he suffers just as much as his victim.

- 1) NEVER FORCE A PERSON TO KNOW A THING AGAINST THEIR CHOICE.
- 2) NEVER PREVENT A PERSON FROM KNOWING.
- 3) NEVER FORCE A PERSON TO MAKE A THING KNOWN.
- 4) NEVER PREVENT A PERSON FROM MAKING A THING KNOWN.

This code is as easy to live by as the being is no longer in a compulsive games condition. Evaluate yourself against it, for it will give you many insights into the nature of your current compulsive games conditions. When a being is free from the compulsive playing of games he quite naturally lives by this code; he would no more dream of violating it than he would of cutting his own throat. For he knows all too well the consequences.

It's entirely safe then to free a being, for what being could be considered dangerous who lives by such a code?

Finale.

I offer you a route out. There may well be others routes out; if there are I know not of them after many lifetimes of searching. The fortuitous combination of games matrix and circumstances that permitted me to discover this route at this time may not ever happen to me again; and others too could easily overlook it. So don't lose this data, for it may be many lifetimes before you come across it again - if you ever do.

The data is quite free. I only ask two things:

- 1) You use the data.
- 2) When you duplicate the data, you duplicate it exactly. Not because I am enamored with my prose style, but because altered it could very easily become just another trap in a universe already abundantly endowed with them.

PRACTICAL

General

You are about to take a mind apart - your own. It might have already started to come apart just reading the Theory section. I hope it has. How long does it take? It takes as long as you remain in a compulsive games condition with it; stop playing games with it, and it will promptly vanish.

The very best advice I can give you at the outset is to be very positive when you do the exercises; then be very passive and willing to learn when bits of your past show up. In this way you'll most rapidly discover all there is to know about that most fascinating of beings - you.

There is a short list of "Do's and Don'ts" to guide you on your way. You ignore them at your peril.

1. Don't attempt the exercises while your body is tired, hungry, suffering from disease or dietary deficiency, or while under the influence of drugs or medication (including alcohol).
2. The exercises are done with the body's eyes open at all times.
3. Do the exercises alone, away from interruptions or distractions.

The Golden Rule

An exercise is continued as long as produces change and is then left.

The Royal Road to making a complete cot case out of yourself with these exercises is to change the exercise every time you change. You might as well cut your throat at the outset; it will be quicker and far less messy. The exercises will produce changes. They are designed to produce changes. The benefits are often preceded by unpleasant sensations. If you press on and do exactly as instructed, you will derive the benefit. If you quit when the going gets a bit rough, you could stick yourself with unpleasant sensations for days. What turned the unpleasant condition on will, if continued, turn it off.

Don't panic! (Or in the immortal words of Julius Caesar, who loudly exhorted his legion when the hordes of screaming barbarians came charging over the hill: 'Nonus Panicus Est!'). If your head falls off, quietly replace it on your shoulders (remembering to put on the right way round) and continue with the exercise. It is still producing change.

There are only two pitfalls while doing these exercises:

1. To stop doing the exercise while it is still producing change.
2. To continue the exercise after it has ceased to produce change.

Of these, the first is by far the most serious. Any bad effects brought on by over-run immediately vanish when one realises that one has over-run.

Now what do I mean by change? Any change in awareness, sensations, emotions etc. A yawn, for example, is a change. It is a sign that unconsciousness is lifting. One therefore goes on with the

exercise. However, it is entirely safe to leave an exercise that is still producing change at the end of one session, and continue it at the beginning of the next session. (There is a supplementary exercise called “RI” which facilitates this).

It is always best to set aside certain periods of your life to do these exercises. Don't attempt them while crossing busy streets as a pedestrian, or while driving a car; the resulting accident could well put an untimely end to your progress.

The vast majority of the unpleasant sensations that occur ‘en route’ are associated with various moments in time where your attention has been stuck. As you free up from them, you move through and out of them and into present time (pt) (now). There is, however, one other class of phenomena which may occur. This is over-stimulation of the body's nervous system. The sensations here are more startling than unpleasant, but you best know about them or you may wonder what is happening to you. Many things can over-stimulate the body's nervous system, including drugs, allergies and sudden impacts (shock). We all know the sensation of ‘seeing stars’ as a result of a sudden impact to the skull, or even to other parts of the body.

Electric shock can also produce the same phenomena. The mind itself, by suddenly impinging upon the body, can over-stimulate the body's nervous system too. And this is what can sometimes happen during these exercises.

The exercise simply impinges some part of the mind against the body, resulting in over-stimulation of the nervous system. As a result, you may experience weird phenomena in your body's visual field. It can show as blind spots, patches of flickering light etc.

The phenomena is always of short duration, and after half an hour or so it will fade out. You don't do anything about it. Just understand what has happened. If you wish, go off and rest until the phenomena dies down, then continue with the exercise that turned it on. You must do this, for it is a change.

If you happen to be connected to a skin galvanometer at the time, you will see the characteristic ‘zig-zag’ motion of the needle that accompanies the phenomena; it would also record strongly on an electro-encephalograph trace. It is not serious, and you are not harming your body, for the body's nervous system is built to withstand enormous over-load before it cuts out entirely and unconsciousness occurs. It just isn't possible to over-stimulate the nervous system this far with the exercises, and the most you will ever manage is a few blind spots or flashing lights in your visual field.

The Skin Galvanometer

If you possess such a device, and know how to use it, then it can assist you to determine when an exercise is no longer producing change. The meter no longer registers significant change. However, the device is by no means essential, for a being is entirely capable of relying upon his own estimation of change.

Even if you do use a skin-galvanometer you will soon outstrip its usefulness, and will find it registering no change even though your senses clearly tell you that change is occurring. Thus, in the final instance, you are thrown back upon your own perception of these things.

However, if you do use a skin-galvanometer to help you early on, then abide by what it tells you. If you know how to use it, the device will not let you down. Early on, the device is more sensitive than your perception; later, your perception is more sensitive than the device.

The device also has an unexpected value in that it gives you something to hold onto with your hands, and thus prevents you from fidgeting and smoking unnecessary cigarettes during your exercise period.

The Five Levels

The practical work is divided into five sections. Each section has its own purpose, and subsequent sections build upon the abilities developed in earlier sections. Thus, you start at Level one and proceed on through to level Five, where you stay thereafter until the job is done. (I will explain in a moment how most people can enter at Level Two).

No benefit is to be gained by skipping one or more levels, for no further progress can be made until the missed level or levels have been completed. Just as you can ruin a good mystery story by reading the last chapter first, so too can you ruin a good set of exercises by starting them at Level Five. Either nothing will happen at all, or the exercise will put you in hospital. The former is much more likely, but I wouldn't take a chance on it if I were you.

Level One

These are exercises devoted to the discovery of, and improving the reality of pt.

Level Two

These are exercises devoted to the discovery of the past, and its evaluation to pt.

Level Three

These are exercises devoted to the general timebreaking of 'then' to 'now'.

Level Four

These are exercises devoted to the discovery and timebreaking of the eight classes of overwhelm.

Level Five

These are exercises devoted to the creation of conflicting and complementary postulates in conjunction with the Postulate Failure Cycle Chart.

Level One

If this step needs running it can only be successfully completed by a separate therapist. As the being goes into a more and more compulsive games condition with his own mind he becomes more and more fixated upon it, and less and less in contact with the realities of pt. His actions become more and more strange and irrational until, eventually, for his own safety and the safety of those around him, he has to be institutionalized. Everyone who has a mind is in a compulsive games condition with it, and therefore to some degree out of touch with the realities of pt. It is entirely a matter of the degree to which he is out of touch.

There is a make-break point beyond which contact with pt is so slight that any attempt to contact the past will dangerously lessen this tenuous contact, and so easily precipitate a psychotic break. The first step is always contact with pt; only when this is above the make-break point is it safe for the being to contact his past. This is true whether the being is working solo or with a separate therapist. In that the being is never aware that his contact with pt has fallen below this make-break point, we see the reason why Level One is, perforce, a separate therapist step. Its never easy for a being to be aware that he's not aware, which is why you will find a higher proportion of people totally convinced of their sanity inside insane asylums than you will find outside. Their delusional system has become pt to them, and as they know they are in contact with this they 'just known' they are sane. Your truly sane person has no such certainty - merely much positive evidence.

Fortunately, only a small percentage of humanity are below this make-break point, and most of those have a long history of being in and out of institutions. However, there are a few below this point who may have no such history; they are those who possess a 'sane' delusional system. The state is appropriately known as computational psychosis. The being gives all the appearance of being highly sane - if a little too 'fixed' in his ideas. As long as he's not subject to under stress he lives a completely normal life. But he's a walking powder-keg, likely to disintegrate at any moment. Too much stress can at any time precipitate a psychotic break in such a person. (What is sometimes politely referred to these days as a 'nervous breakdown'). He's immediately hospitalized. Often he recovers - and five years later disintegrates all over the place once again. And he'll continue to do so as long as he maintains such a highly charged games condition with his own mind, and the consequent tenuous contact with the realities of pt.

So only a tiny proportion of humanity require Level One to be run, but if its necessary it must be run before Level Two is attempted. For the mere attempt to do Level Two can precipitate the psychotic break.

It would be terribly easy for me to say: Well, we have a fine test for Level One. Let him try Level Two; if he spins he was Level One. It is a test, but hardly a humane one. Fortunately there is a better test - and an entirely humane one. It sorts out those who are below the make-break point without spinning them. (The test is in the next section.)

The Level One needs to improve his contact with and reality of pt before he can attempt Level Two safely. Its as simple as that; nothing else is involved. There's nothing wrong with his neurones or psychones; its purely between him and pt physical universe. The Level One is, because of his compulsive games condition with his own mind, too far out of touch with the realities of pt to safely attempt Level Two without running the danger of being utterly overwhelmed by his mind, and suffering a psychotic break. In order to contact his mind he has to take a little bit of attention off pt. That may be more attention than he can afford - and so he'll spin.

I'm mentioning this at great length for obvious reasons: I don't want people spinning on Level

Two. Particularly when Level One exercises are available from any competent therapist who is trained to use them.

Undoubtedly the foremost experts at this level are the Scientologists, and their 'CCH' exercises are excellent in achieving the desired result. So if you need Level One running, go and see a Scientologist and tell him you want the 'CCH Processes' run. He'll be happy to oblige, and you'll derive enormous benefit from these simple exercises. Then you can start in solo at Level Two.

The Repair of Importances (RI). The Governor.

Before we go into Level Two I'd like to introduce you to The Governor. This is a simple exercise that will stay with you during the rest of your solo work. The response to this exercise also determines whether or not it's safe for a person to undertake Level Two, or will require to complete Level One first. People who fail the test yet insist upon continuing with Level Two do so entirely at their own risk. I can only warn you of the dangers, not insist that you abide by my warning. If you successfully pass the test, The Governor will always get you out of any difficulties the exercises may get you into. However, only a person who doesn't need Level One running can make the Governor work for them, and so has this guarantee. I trust I've made my point.

The being, becoming more and more enmeshed in the compulsive playing of games and their accompanying importances, first becomes surrounded with them and then, by contagion, believes that he needs them. Thus he is in the frame of mind of needing to be surrounded by importances. As that which is considered important tends to persist and become more solid, we find the being in the state of actually believing that he needs to be surrounded by mass and solidity (It's the importance he craves, not the mass and solidity.) This soon reaches the point where he feels bad if this mass begins to vanish. Left to himself he solves any scarcity by pulling in around himself more old mental masses. As these old mental masses also contain various unpleasant sensations (pain etc.), he will pull in upon himself these things in order to be surrounded by the accompanying mass. It's an incredible mechanism, and explains so much of life. For example: problems and solutions. The being gets to the stage where he literally cannot afford to solve a problem without first ensuring that his solution will create a larger problem for him than the original problem. (He always likes to be on the safe side, and be sure that his 'importance quotient' doesn't diminish.) His life becomes like one of those old Laurel and Hardy films, where, in endeavoring to solve a simple problem a larger one is created, and in attempting to solve that... etc. The audience used to curl up in laughter at their antics - then promptly go home and do much the same things themselves! I wonder how many wives have regretted asking their husbands to replace a tap washer - as they stood viewing the smoking ruins of the family home?

The exercises from Level Two onwards tend to dissolve mental mass at an accelerating rate. Thus, the exercise is at variance with his compulsion to be surrounded by mass (importance). This is a very real dilemma, and there is only one final solution to it:

The being must replace the old mass (importance) with mass of his own creation.

In this way he can do the exercises which vanish the unwanted mental mass without compulsively pulling in around himself further unwanted mental masses to fill the vacuum so produced. In the final instance this is the only way that he will ever 'let go of' his mind. While he is in the frame of mind of needing importances, he will never permit one to vanish until he is assured that he can easily replace it with another.

Early on the being is like a prisoner who has been incarcerated in a cell for all of his life. He has come to believe that he needs the walls of his prison, and if suddenly freed will demand to be locked up once more; failing this he will rush into the nearest room, slam the door after him, and hide. This mechanism is well known by prison authorities who have to deal with long-term

prisoners; it is one of the hidden benefits of the parole system.

Right now you are like such a long-term prisoner regarding your own mental mass. You've come to believe that you need it, and so will pull in round yourself more mental mass to replace that which the exercises causes to vanish. Thus, we have to repair the importances we vanish with self-generated importances or the being will soon get himself into a frightful mess. He will find himself in possession of highly persistent aches and pains he knows not what of, as well as a host of other unpleasant emotions and sensations. This mechanism, if not understood and allowed for, will sooner or later bring any psycho-therapy to a grinding halt. The researcher was thus led to believe that his therapy was of no use; when, in fact, it was working all too well...

So, the Repair of Importances. (RI).
Commands:

- a) Bring something into existence.
- b) Have another bring something into existence.

a) is run over and over until there is no more change; then b) is likewise run. Then a), and then b) again, until both produce no more change. The creations should be placed around you 360 degrees spherical. You don't have to do anything with the creations; the act of creation is sufficient. Quality of creation is far secondary to quantity of creation; abundance is of the essence. There are alternate commands:

- a) Create something.
- b) Have another create something.

The word 'create' is for many an emotionally charged word, and these people will find the preceding commands easier. They mean the same thing.

Third alternative:

- a) Create an importance.
- b) Have another create an importance.

Many will prefer this set, and should use it.

In passing, those who have followed the theory so far will have realized that one sure way to louse a being up is to convince him that he cannot create. Once he is convinced of this lie he is, of course, trapped forever - not only in the universe, but in the compulsive playing of games. In the final instance only his creativity will free him. Thus, the 'entrappers' of this universe basically sing only one song: 'Thou cannot create'. They don't have to sing any others; this one is quite sufficient to do the trick. Its a mournful dirge and appears under a myriad guises.

While running RI it is not necessary to perceive ones creations. The certainty that one has created is sufficient. Lack of perception is a very poor proof of non existence. (There are many Chinese stirring their rice pots in Peking right now. The fact that you cannot perceive them doing so is no proof that they aren't there doing it.)

Early on many beings find themselves plagued by 'non-perception' screens, which prevent them from perceiving their own creations. As you progress through the levels you'll become more and more aware of these screens. Finally you'll vanish them, and thereafter be able to perceive your own creations. Some beings have always been able to perceive their own creations - often in glorious Technicolor - and will wonder why I'm making such a fuss about all this. These notes

aren't for you, but for the being who has got himself backed up hard against a 'no-perception' screen - either one of his own, or someone else's. (Refer to Theory Section for more detailed info. on the subject of screens).

There is another class of RI called RI by perception. This is where the being repairs his scarcity of importances by increasing his contact with, and reality of, an existing importance in the physical universe. As any solid object has a residual importance postulate within it, we therefore see that a being can repair his scarcity of importance by physically contacting such a solid physical universe object. Grasping such an object with your hands and feeling its solidity, temperature, texture etc., will repair importance. Many beings who have difficulty with the creative RI commands will be able to use RI by perception. Any being who can use the creative RI exercises will also be able to use RI by perception, but should use the creative version by preference. Any being who can only use RI by perception early on should from time to time during the Levels have another go at the creative versions. Sooner or later one will 'click', and thereafter should be used in preference to the RI by perception method. The only difference between the two methods is that in the creative version the being is actually generating the importance. He's got to be able to do this eventually, and the sooner he gets onto it the better. RI by perception will work alright up to the top of Level Four, but Level Five, being intensely destructive of mental mass, really does require the creative version to permit its successful completion.

The immediate effect of running RI is to de-intensify any compulsive games condition you are currently engaged in, whether with your mind or with life in general. It 'cools' the game. Thus, the exercise is an extremely valuable one for a being to use at any time. It de-intensifies stress of all types, and is infinitely preferable to the taking of drugs for this purpose. Use it. (Just before you sink the meat-axe into your mother-in-law's skull pause and run a little RI; you'll find you'll be able to put the axe away.)

RI also has this remarkable property:

You cannot over-run it.

Being an entirely natural ability of life, it's quite impossible to harm yourself in any way by running RI. It stops producing change after a while, but further running of it does not produce over-run symptoms.

However, RI can be badly under-run when it is required. This is a definite pitfall, and one you should avoid.

The main use of RI during the exercises is to act as a lubricant. It keeps things going smoothly. It should be used in generous amounts. It must be used at the following times:

- a) Between the ending of one exercise and the start of a new one.
- b) At the end of every session.
- c) At the beginning of every session.
- d) During the session if the going gets rough - i.e.. you suffer an intolerable amount of unpleasant sensation.

Bluntly, these exercises will not work in the absence of RI (Level One is the only exception to this, but as Level One is almost entirely perceptual RI the rule still applies). In the absence of RI the exercises will very soon grind to a shuddering and rather painful halt.

When in doubt - run RI. Whenever you run creative RI in session always run both commands to no further change. Do not leave it while it is still producing change. The second command is just as important as the first. Do not leave either while they are still producing change. The exercise will 'run down' your stock of importances; use RI to repair it. Thus, although RI is run to no further

change, just the doing of the exercise will make it produce changes once more. Early on your tolerance of loss of importance is very slight, so RI will have to be run frequently; later your tolerance increases enormously, and you have a much wider latitude in these things. However, never will you be entirely free of the necessity to run RI as an adjunct to the exercises until you've got to the very end of Level Five and achieved Nirvana.

The Test.

We are now in a position to determine whether or not you can begin at Level Two, or will require to complete Level One.

The test is very simple. Just work your way through the list of RI commands. Creative ones first. Give each pair a good run before you move on. You are looking for changes. Any changes. If it produces any change its a usable RI command. If none of the creative list produce a change, then up on your hind legs and start getting your paws into contact with the walls and floors and tables in your room right now. OK. You found one? Good. Now run all the change out of it. I don't care how long it takes. Run all the change out of it; run it until its strictly ho-hum. Good. Feel better? Fine. You've now 'topped up' your reservoir of importances; and are ready for Level Two.

Alright, I haven't forgotten you others. Don't tell me: nothing happened. It all seems silly, does it? Tell me, Did running perceptive RI make you feel a wee bit queasy in your stomach? Touching all those solid objects? It did? Good. Continue with it until you feel relaxed once more. You are up to doing Level Two. Just make with the paws on the furnishings for an hour or two; it will work wonders for you. However, if you don't feel up to it, then go and see a separate therapist who is skilled in Level One exercises and let him help you do it.

And, finally, those to whom absolutely nothing happened at all during the test. You aren't up to tackling your mind solo right now. Don't try it - it could put you in hospital. You need Level One. Go see a separate therapist and get it run. But don't let him 'tinker' with your mind until Level One has been properly run, for even with a separate therapist its not entirely safe for you to do so until Level One has been completed - even though he has a sympathetic ear, and a nice leather couch for you to rest your bum on. Get Level One run, and I'll see you later - all chittered up and ready to tackle Level Two solo. (Oh yes, when Level One is properly nulled you'll find one of the RI commands will work for you).

Level Two.

Purpose: To find the past. To exercise the being in evaluating the past to the present.

Now I'll be brutally honest with you. If you need this level running badly its going to hurt. It all depends upon how severe the compulsive games condition is between you and your mind. If you're rather chummy with your mind the exercise will be a breeze, and you'll enjoy it as well as deriving benefit from it. However, if you are a mass of so-called repressions and inhibitions you are in for a hot time of it. You'll probably be absolutely sure that you are going to die before you've got your teeth a couple of inches into this Level. There's nothing like Level Two to separate the men from the boys. Crack this one, and the rest is easy. However, the Level must be done, for there's no other way to get a being to be able to Timebreak.

Use RI liberally. Don't be a martyr - run RI when the going gets rough; you've nothing to gain by suffering any more than you have to. This Level is designed to crack the compulsive games condition you are currently in with your own mind. It does it with ruthless efficiency - to the full extent you are currently capable of achieving. But I'll tell you this: once you come out the other end you'll have lost all fear of your own mind. You'll know with absolute certainty that there's

nothing it can do to you that you can't handle. You're over the biggest hump. The being who has successfully completed Level Two has said good-bye to separate therapists: he now knows he can do what has to be done alone. If this technology ever becomes lost to mankind it will only be because some faint hearts could not confront the horrors of Level Two, and so will change it all into something pleasant - and useless. Never miss it: Level Two is the only barrier that sits between mankind and the attaining of Nirvana. He cannot face Level Two, and so he goes to a separate therapist to help him through it - never realizing that by so doing he has negated his own responsibility in the matter, and so doomed himself to failure. He must do this step alone, or he'll never be able to cock a snook at his own mind; there is no other choice.

So Level Two will be a baptism of fire for many of you. So be it. Press on. I've known the successful completion of this Level to cure chronic alcoholism in a being all by itself, so the results are well worth attaining. Remember: you've lived through the original of whatever your mind has to throw up at you, so you can live through the recall of it, The last thing you do before you expire is - run RI. Then you won't expire. Get it? Then you continue on with the exercise. Get it?

Commands:

- a) Select a non-significant past scene.
(Masochists can select a significant one.)
- b) Select an object from this scene.
- c) Find an object in pt (one you can see with your eyes) that is different from the past object.
- d) How is it different?
Repeat c) and d) (Its permissible to use the same pt object over and over again if you wish) until no more change; then:
- e) Find an object in pt (one you can see with your eyes) that is similar to the object in the past scene.
- f) How is it similar?
Repeat e) and f) until no more change, then repeat c) and d). Continue until both c) and d), and e) and f) produce no more change.
- g) Select a new past object, either from the same past scene or a different one.
Repeat c) and d), then e) and f) with this new past object until no more change.

Continue the exercise, using more and more significant past objects, until no more change occurs with any past object you care to select. Now do the exercise with past persons. Select them one at a time, and complete the exercise with each person. Continue until no more change occurs with any past person you care to select.

As you do this exercise, and the compulsive games condition between you and your mind begins to break down, you'll find that it becomes progressively easier to place the 'then' and 'now' objects side by side for comparison purposes, until you are quite easily able to view both the 'then' and 'now' objects simultaneously. You are learning to Timebreak. By the time the exercise has gone null you'll be an expert Timebreaker. Don't rush the exercises; nothing is to be gained by so doing. Once started on a past object or person you should persist with the object or person. To change around all the time will not make it easier for you; you are just prolonging the agony - and the exercise. Run the changes out as you go, that is always the fastest way.

Remember: you are running out a compulsive games condition between you and your own past. The exercise continues to produce changes as long as this compulsive games condition is highly charged; as the compulsive games condition quiets down, so the exercise ceases to produce change. You end up feeling quite different about your past - quite friendly towards it - as well as being a competent Timebreaker, and so ready for Level Three.

Level Three.

General Timebreaking.

Timebreaking. Definition: The simultaneous viewing of 'then' and 'now'.

If Level Two has been properly done then Level Three will be easy. Its just a romp around your past; learning your skills and applying them. However, if you've skidded off Level Two and hope to find salvation in Level Three I have some bad news for you. Either nothing will happen, or all the things you hoped to avoid will come back and haunt you at Level Three. And, whatismore, you'll be stuck with them from here on out. You've either 'cooled' this compulsive games condition you are in with your past at Level Two, or you haven't. Level Three is no place to be playing this sort of game. Simply because while you are still playing this game you cannot effectively Timebreak, so the exercises will not benefit you. So, if in doubt about whether Level Two is finished, then its not finished and you must go back and finish it. Then, and only then, will Level Three help you.

Once Level Two is complete the being is able to comfortably place 'then' and 'now' objects side by side for comparison purposes. Indeed, it will be found that the comparison has become largely automatic. Once he so places them the comparison occurs almost instantly. This is as it should be. A being cannot view through time; this is an illusion. He can only view across a distance. Everything you view, you view right now. The action of simultaneously viewing 'then' and 'now' breaks the illusion of time. It literally breaks time - Timebreaking. While the being continues to try and compare the 'then' and 'now' objects while still considering them in different moments in time he never achieves a full comparison; thus, he never achieves a true evaluation of their relative importance, and the 'then' object still retains a residual command power over him. Once Timebroken, the command power of the 'then' object is vanished forever. This cannot be done until the illusion of time is broken: the illusion of time is broken once it is done. There's nothing mystical about this; its all good, solid natural law. How can his past influence him if his past is now in the present? Flip... See it?

Commands:

- a) Select a past scene. Become simultaneously aware of the scene and pt around you. Don't try and Timebreak all of the scene at once. Take it a bit at a time. Continue to do this until the past scent 'fades' - i.e.. begins to 'fall away' in intensity compared to pt.
- b) Select a new past scene, and repeat a).

Continue until you are willing and able to Timebreak all your known past.

This exercise will take many hours - joyful hours! - and you are gaining all the way. The past will first be found to become increasingly intense in perceptics, then to progressively vanish. As the Level nears completion you'll be hard put to find new scenes to Timebreak, and will be searching for them. This is quite normal. Run RI as necessary. The exercise is not particularly destructive of importances - compared to Level Two, say - but RI will speed your progress considerably. Every so often you'll come across a scene that just will not Timebreak. Not to worry. Just roll up your sleeves and drop back to Level Two regarding it and start finding some differences and similarities between the scene and pt. suddenly it will flip out easily. Run a bit of RI at this point. You've found a 'sticker'. There's something in that scene; more to it than meets the casual gaze. You'll be picking that one up again later on Level Four or Five. At this stage we are only interested in Timebreaking it.

As you get well into this Level Three don't be shy about having a good nosy around in these past scenes. They are your past, you know. Spread yourself out and have a good look around. Go take a walk through these scenes. Find a scene with a bus in it; get on the bus and see where it takes you. You'll be amazed! Each scene is a complete universe at that moment in time. Its all there - if you care to take a look.

Tch, Tch. I shouldn't have said this. Lets be more scientific. Here we go: During this Level, or the subsequent ones, you'll find yourself occupying a viewpoint exterior to your body in pt; you'll also find yourself occupying exterior viewpoints to the ones you occupied at the time during the past scenes. All this is quite normal. A being is natively capable of occupying any viewpoint he so desires in any scene, whether 'then' or 'now'. This ability is returning to you. Very soon you'll be continuously operating your body in pt from a viewpoint exterior to it - simply because its more comfortable and natural to do so. (Any you'll do this despite the fact that science has conclusively proven that the 'ego' is nothing more than a figment of the brain!)

Although the past will progressively vanish during this Level, nothing is being lost except the enforcement to view it; any part of your past that has been Timebroken can easily be brought back into existence once more merely by desiring to view it.

As you complete this Level you will get your first preview of Nirvana. For the first time you will feel free of your past, and no longer feel it pressing around you; the endless 'chatter' of the mind will at last be still, and you'll be able to experience the tranquillity of utterly still beingness. Unless you actually recall something your past will remain in a state of total vanishment. This, again, is as it should be. If you've been connected to a skin galvanometer during your exercises, the completion of Level Three will show the instrument now sitting quite motionless at 12,500 ohms for a male, and 5,000 ohms for a female. The needle is quite calm and lifeless. Indeed, from this point onwards the skin galvanometer will never move much again. It has served its purpose, and can now, if you wish, be discarded. Your perception of change is now equal to or superior to that of the instrument.

However, Nirvana is still a long way off. But you've now got your feet a couple of rungs up the ladder, and know which direction the ladder is taking you. Level Four will get you up another couple of rungs, and give you an insight into how you ever managed to get a mind in the first place.

Level Four.

Purpose: The systematic discharge of the eight classes of overwhelm.

The completion of Level Three signifies the end of your mind impinging upon you in session involuntarily. However, it will still be found to impinge upon you involuntarily in life to some degree - even if you are now capable of Timebreaking it back out of existence again as fast as it appears. You'll find that you just cannot maintain your state of inner stillness amidst the hurly-burly of life. Away from life and alone, you can by Timebreaking get yourself to a state of total peace and relaxation in a matter of minutes; but you'll find it difficult to maintain it while on the hoof, so to speak. Its now time to do something about this state of affairs. There's clearly still things in that thar mind of yours that you know not what of. This is the whole subject of Level Four.

Once Level Three is complete you'll find that you have to actively stimulate your mind in session before any of it will appear. What is happening is that its becoming more and more under your control, and less and less under the stimulus-response control of the environment. From this point onwards you can expect this tendency to increase. Eventually, only you will be able to stimulate your mind; the environment will have lost its power to do so. Level Four will start you in this direction, and Level Five will complete it. To do this we have to take up the whole subject of games. Playing games got you into the mess and the understanding of games will get you out of it once more. You used to be an expert games player. You are going to be an even greater expert very soon - so great an expert that you will see the futility of them, and so give them up for the infinitely greater joys of Nirvana. Never miss it: the route to Nirvana for the compulsive games player is through the voluntary playing of games and then out the other side. You don't get there by running away from them and contemplating your navel. You get there by running through the whole gamut of games play in exercise form. That is Level Five. Level Four prepares you for this by getting you to take a look at the subject of overwhelms, for this is where a lot of your 'livingness' is tied up. You need to free this up before you embark upon the rigors of Level Five. Level Four will also vanish another large and unwanted chunk of your mind.

The eight classes of overwhelm:

- 1) Forced to know.
- 2) Preventing from being known.
- 3) Prevented from knowing.
- 4) Forcing to be known.
- 5) Forced to be known.
- 6) Preventing from knowing.
- 7) Prevented from being known.
- 8) Forcing to know.

We are going to work our way round this list, from 1) to 8), round and round, Timebreaking everything that shows up as we go. There's no need to be shy about the nasty things you've done in your time; we've all done such things. You're working solo, and no one but you need ever know about the gruesome details. That's right, now you can Timebreak there's no longer any need for the confessional. You become your own confessor. Just Timebreak it all out; that's all its necessary to do. Get it all nicely Timebroken - the guilt feelings, the blame, the shame, the regret, the whole works. Lock the door and plug up the keyhole if it makes you feel a little bit better. But lets get it done, shall we?

Command: Get the idea of being forced to know.

Just punch the concept into your mind, and Timebreak any incident that shows up. Don't try and force the pace; just take your time. Now punch out the 'Forced to know' idea again. Get anything that shows up Timebroken. Continue with this command until nothing further shows up, and you've run it dry. Now run RI.

Now move to command number 2). Run it just the same as number 1). Continue through the list. Run plenty of RI, for this Level tends to chop it up a wee bit.

When you've completed through to number 8), go back and start in again at command number 1). New material will show up.

Continue round and round the list until there is no further new material, and no further change. When in doubt - run RI.

As you work with these commands you will find that you are taking bits here and bits there out of incidents. That's quite alright. Many upsetting incidences contain more than one type of overwhelm; really hot ones can contain all eight! You can see how it is that beings get into such a terrible mess with these things. One thing we know about games play: its never orderly; anything can happen - and sooner or later will. These overwhelps come apart best in the sequence I've given them. They come apart this way much better than trying to run the incidents in a consecutive time sequence. There's nothing which says an incident has to be run in its strict temporal sequence; that is just being a slave to the illusion of time. The sequence you are using is the basic game sequence, the sequence in which the whole mind is stacked. That's why it comes apart easiest this way. so run the sequence from 1) to 8), round and round, and you'll get there fastest.

Early on only a few commands will produce material, then later other commands will spark off and produce for you. Soon you'll be finding all commands more or less live. Just clean each one up thoroughly before you leave it. Then they all begin to fade, until finally you are unable to punch any new material into view for Timebreaking.

Level four is now complete. When it's complete you are no longer bothered by any of the overwhelps on your known time track. If this is not the case, then Level Four is not complete.

Its as simple as that. Those eight commands are the complete list of overwhelps (upsets). There are none outside of that list. Just go round and round that list until the job is done. There are no inhibitions, repression's, suppressions, withholds or anything else ever dreamed up by the tortuous minds of psychiatrists that is not one or other of those eight classes. You've got them all. Any you've got all those that have yet to be discovered, as well!

Just get the job done. It won't take anywhere near as long as you think it will.

Good. You are now ready for the rigors of Level Five.

The environment is now virtually incapable of triggering your mind against your conscious choice. Only you can do it now - and even you are having trouble! Only the creation of raw postulates can take your further. That is the whole subject of Level Five.

Level Five.

Purpose: To exercise the being in the creation of complementary and conflicting postulates in accordance with the Postulate Failure Cycle Chart.

The completion of Level Four signals that the being is ready to work with pure postulates. In point of fact he has no choice in the matter, for only by the creation of postulates is he able to progress further. Nothing else is capable of stimulating his mind, and so producing material for Timebreaking. At Level Two the being only has to think of something in order to have mental mass flying round his ears. By the time Level Four is complete only the creation of raw postulates will trigger his mind in the slightest. This is as it should be. Raw postulates are very rare things in life these days - which is precisely why the being's mind is so little triggered by life once Level Four is completed. Humanity at large does not create effects by direct postulates; they cannot use direct postulates; they work on 'systems' of getting things done. A man may shout and rave at you, but it's all noise and bluster; the actual postulate content of his tirade is virtually nil. If he were capable at handling postulates he would speak in a whisper, and people would feel compelled to do as he asks... The power of the silent postulate. Mankind has many 'systems' of power. Wealth is one of them. It permits a man to make his postulates effective when the true power of his postulate is close to zero. As the being comes up the line he progressively abandons his 'systems' of power and returns to the direct postulate. And in so doing his life becomes incredibly simple and uncomplicated.

So when we reach Level Five we are, as they say, down to the nitty-gritty: the basic building blocks upon which the mind is built; the four basic postulates which go to make up life and games play.

A postulate is a causative consideration; it is a consideration which contains an intention that something will occur. (The flavor of its meaning is contained in the old Latin 'postulare' - to demand.) One creates a postulate like one creates anything else: one brings it into existence in a certain location in space. Early on you may like to surround your postulates with mass. That is quite alright. You can create them with pink stripes and funny hats on if you wish; they are, after all, your creations. Later on you'll be able to do without the mass, and just create the pure postulate.

A being tends to feel at the completion of Level Four that there is very little of his mind left. This is not so. The truth of the matter is that the vast majority of the mind is still there intact at the completion of Level Four. The illusion of vanishment only occurs because there are so few pure postulates in everyday life to stimulate the mind, so it stays out of existence. Get a spear through your guts and you'll soon realize that you've got a lot of mind hanging around still - as those mental masses begin to fly around you once more. That spear, you see, is a bit of solid postulate, and will get things jangling once more.

So even though Level Four is complete we still have a residual hard-core of mind left, and our job on Level Five is to bring it into view so it can be Timebroken. As your power of postulate increases on Level Five, so you'll be able to spring more and more of this into view; this in turn will improve your power of postulate even more, which will permit you to spring even deeper levels into view. And so on until the job is finally done. How capable will you be? I don't know, for to the very best of my knowledge no one has got there yet. You write and tell me about it. I do know this, though: the sky is a lot higher than you think. Even when you can knock a couple of planets out of orbit with the whisper of a thought, you're still only a babe in arms in terms of your full potential. Only life has ever put a limit to the ability of life.

One last word before we go into Level Five proper. Be sure you want to make the trip. There's no going back, you know. Can you go back now and enjoy the games you played as a five

year old? Once you walk this road you can't get off it. My advice is to take someone with you, or you'll soon be running a terrible scarcity of people to talk to about the really interesting things in life. If you don't fancy yourself as a being with god-like abilities, on the other hand, then the top of Level Four is the place to quit. You are still more or less human, and Level Five will soon change all that.

Are you coming? Good! Nice to have you along.

At this point take out the Postulate Failure Cycle Chart and study it. I advise you to make your own copy of it on a piece of cardboard. This can be folded to fit into a plastic sachet, and so be carried around with you without getting all crinkly and dog-eared. The chart is worth studying, and there is always something to be learned by looking at it. Indeed, it will soon become a very valued possession. There is a great symmetry and beauty about the chart, which grows on you as you use it. There is a great oddity about this chart: It is almost impossible to remember it! Which is quite understandable once one begins to appreciate its true significance. (It took me six months to get it exactly right.)

The chart is divided into 8 major levels; each level is sub-divided into two sections. This gives us a total of 16 possible games situations regarding an effect. You'll also notice that the chart is divided into Origin and Receipt, and Self and Others. Self and Others is self-explanatory. Origin means the originator in a game; Receipt means the responder in a game. Receipt responds to Origin; Origin causes Receipt to respond. Its purely a matter of who starts, or originates, the game.

So we have 16 possible game situations regarding an effect. There aren't any others. (There's a standing prize going for the first being who can find any!)

The 16 consist of 4 overt overwhelms, 4 motivator overwhelms, 4 origin of games, and 4 receipt of games.

Life goes from 8b to 1a; we work from 1a to 8b. Always. The reason for this is that later games occlude earlier ones. So we start late and go early. This means we are running life in reverse. You'll soon get used to this, though early on it can be a bit puzzling. We don't have any choice in the matter. Have you ever tried peeling an onion from the inside? You peel it from the outside inwards; you peel your mind the same way. Your mind is very much like an onion in this respect. If you want to waste time you'll run the chart from 8b to 1a; its a great way to get nowhere fast. Its also a guaranteed way to put yourself into deep apathy. (Oh boy, if you really wanted to louse this Level Five up, that is one sure way to do it. Talk about booby traps...)

The being, in life, enters games with an effect at 8b; after many vicissitudes he quits playing games with this effect at 1a. No more games are possible with this effect once 1a is reached, as all four postulates are now in failure (overwhelm) both as SD and PD. Check it through and you will see that this is so. He now goes back in at 8b with a substitute effect, and starts the circuit all over again. (Talk about futility!) So the chart is really circular, and 8b should be folded round to join 1a forming a cylinder. (I believe there is something in Eastern religion called 'The wheel' which is similar to this. Or maybe they had this chart once out East and lost it...)

The next point is that the chart only shows the SD postulates. The PD postulates you have to put in yourself. There's no difficulty in this, for they are always the complementary postulate to the SD postulate. To save you looking them up in the Theory Section the list follows:

SD
Must be known.
Mustn't be known.

PD
Must know.
Mustn't know.

Must know.
Mustn't know.

Must be known.
Mustn't be known.

You'll need to learn this list; its not difficult.

Next I'd like to recap for you, so you are absolutely sure of what we are doing on Level Five. Its necessary to be very clear in your mind on the differences between the following life situations.

A no game situation.

This is a complementary postulate situation. You look at a wall; the wall is there to be known, and so you know it. Its 'be known' and 'know'; complementary postulates. This is not a game situation. There is no postulate conflict; all the postulates match up. I'll leave it to you as an exercise to spot life situations for the other three sets on the above list. Remember: Complementary postulates enhance affinity; conflicting postulates detract from it.

A voluntary game situation.

This is a conflicting postulate situation. You look at a wall; the wall is there to be known, and you decide you don't want to know about it. Its 'be known' and 'not-know'; conflicting postulates. Thus, this is a game situation, for there is postulate conflict; the postulates are in opposition. I'll leave it as an exercise for you to spot life situations for the other three sets on the above list.

A compulsive game situation.

This is identical to the voluntary game situation except that the game is compulsive. The being feels compelled to play it; he's lost his freedom of choice in the matter. He sees the wall and has no choice but to 'not-know' it.

While the game is voluntary, the being can always end it by adopting complementary postulates. E.g.. He stops fighting the wall and adopts a 'know' postulate regarding its 'be known' postulate. End of game. All games can be ended in this manner. No exceptions. If you want to stop any game you are engaged in you only have to adopt the complementary postulate to the one being held by your opponent, and the game promptly ends. He too, of course, can end it by adopting the complementary postulate to yours. You cannot force any being into a game who insists upon adopting complementary postulates to your own. Thus, a being who is free from the compulsion to play games can never be forced into a game against his choice. He'll play only as long as he wants to play, then, if you try and force him to continue, he'll merely go into a complementary postulate situation with you. There's nothing you can do about it. I mean, you can't even complain that you've lost the game, for you've clearly won it! Or have you? For you never overwhelmed him. I leave you to ponder this, for it has a large number of interesting philosophical ramifications.

But what of the being in a compulsive games condition? Ah, he must go on playing. He cannot ever end the game. He's in it for keeps. He must go on, and on, and on... Just like time goes on, and on and on in the universe. Now do you see what I mean when I say that in the absence of games, space and time cease to exist? The whole universe is kept chugging along through time and endless change by life engaged in a compulsive games condition. A being achieves Nirvana when he can adopt complementary postulates with the whole universe. Then, and only then, can he leave the universe and go in search of pastures new. Until that point is reached the being is always to some degree trapped in the universe.

The route out is from the compulsive playing of games, through the voluntary playing of

games, to an ending of all games by the adoption of complementary postulates and so the achieving of a non game situation: Nirvana.

So let us be very clear about the direction in which we are traveling on Level Five. There is nothing wrong with playing games, for games are fun; but there is an awful lot wrong with having to play games. The trap is not in the playing of games. The trap lies in the fact that the playing of games leads to the compulsive playing of games. That leads straight into every trap this universe contains. We only have to return to the being his freedom of choice in the playing of games and the job is done.

Now, once more take out the Postulate failure Cycle Chart. The chart can be divided into 8 'games' levels, and 8 'overwhelm' levels. 'Game' and 'overwhelm' are all part of games, but we need to separate these levels from a practical point of view.

First, the game levels. In each one of these levels there are actually four postulates on the board (The term 'on the board' comes from the game of chess, and I use it in the sense of 'in play'). There is your SD postulate (shown on the chart), your PD postulate (not shown on the chart); your opponent SD postulate (shown on the chart), and your opponent's PD postulate (not shown on the chart) is where you are; your PD postulate is 'out there' where your opponent is. Your opponent's SD postulate is where he is; his PD postulate is over where you are. You are trying to get him to adopt your PD postulate; he is trying to get you to adopt his PD postulate. If either succeeds an overwhelm occurs, and the game is lost or won; the overwheeler is the victor, the overwhelmed is the vanquished.

The overwhelm levels. In each of these 8 levels there are only 2 postulates on the board: Those of the overwheeler. His SD postulate is still where he is. His PD postulate is now entirely round the vanquished (who is convinced of it). The SD postulate of the vanquished has now gone off the board; with it, of course, goes the PD postulate of the vanquished. Both the SD and PD postulates of the vanquished are thus off the board (out of play) at the point of overwhelm. Where have they gone to? They are in failure: they are no longer considered tenable in that game. (The vanquished may resurge and play another game of this type later in time, but that game with that particular effect is lost in the opinion of the vanquished.)

So in all 8 game levels on the chart there are 4 postulates on the board, while in all 8 overwhelm levels on the chart there are only 2 postulates on the board.

In the overwhelm, the vanquished literally buys the PD postulate of the overwheeler. He considers this PD postulate as his own. Thus, in every overwhelm we see a misownership of postulate. Its entirely a matter of conviction. The overwhelmed is now convinced that 'this is the way things are' - and so misowns the PD postulate that overwheeled him. However, as soon as he spots the misownership the overwhelm vanishes, and his own postulates reappear. But until he misowns the postulate the overwhelm never occurred! See it? Its all a matter of conviction. Its very necessary, when working at the overwhelm levels of the chart, to be aware of this overwhelm and the misownership of the PD postulate. These levels don't come apart otherwise. Once the being has fully bought the PD postulate of his opponent in a life game, he now adopts it as his own SD postulate and moves to the next level upwards on the chart (towards 1a). In the exercises, however, once he frees the misownership at the overwhelm level he is able to move down (in the direction of 8b) to the next level of the chart, for these postulates are now once more available to him.

If you've been following this closely you'll have realized that at the overwhelm level we have the semblance of a no game situation, for there is no longer any conflict between the postulates; they are, indeed, complementary. (Every torturer knows that sufficient torture will render his victim 'compliant'. This is also why a being cannot immediately be free of the entrapping influence of past games by adopting complementary postulates in all directions in his everyday life. All he will

succeed in doing is throwing himself into his past overwhelms. This is why the edict 'Love thy neighbor as thyself' is so incredibly difficult for a being who is heavily enmeshed in games to apply with any great benefit. I'm not saying its impossible, and is not a route out, but I am saying that, due to the overwhelm mechanism, its incredibly difficult to apply across the boards and so attain Nirvana. Level Five gets over this difficulty by simulating the overwhelm, and thus freeing the being from it; by playing these games in exercise form he comes to grasp the true nature of the factors involved, and thus is no longer influenced by them. It also gives him a look at his own overt overwhelms - which is quite salutary.

We are now almost ready to embark upon Level Five. However, before we do so a word about RI. Level Five is by far the most destructive of past importances of all the Levels. Mental mass is vanished at a truly startling rate. One would expect this to be the case, and we must be prepared for it.

I can tell you right now that the only thing that will cause Level Five to grind to a shuddering and painful halt for you is insufficient RI. Indeed, your total progress on this Level is determined by how regularly you repair your importances with self-generated ones. Perceptual RI is just not good enough at Level Five; only creative RI will do the trick. So sort one out if you haven't already done so. If you've successfully completed Level Four one or other of the creative versions will now work for you.

This matter is so vital that I'm going to give you, here and now, the details of the Level Five Repair Session. I don't have to be told that you'll fall flat on your face sooner or later on Level Five. So I'll tell you what to do when it happens. This is not me being pessimistic; its me being realistic. I wouldn't expect any being to start feeling his way through these raw postulates without coming a cropper. You'll learn how to do it properly - but only after you've got your teeth kicked in a few times during the process of learning. This Level Five Repair Session will quickly get you back in one piece again, and fit to carry on.

Level Five Repair Session.

- a) Stop doing Level Five exercises.
- b) Run RI until no further change.
- c) Timebreak all mental mass in view. If its not pt universe mass Timebreak it. Repeat b); then c). Continue to alternate b) and c) until all has quietened down, and there is no further change.
- d) Return to Level Five.

This repair will always work for you. The trick is to use it before you have to. Its like eating 'Allbran' for breakfast; if you eat it you never have to eat it.

The datum behind all this is: The only mistake on Level Five is to leave a level while its still producing change. (Over-run is not harmful at Level Five, for the exercises are entirely creative.) But. And get this very clearly. If RI needs running you don't spot that the level is still producing change. And so you leave it. Bingo! Very soon it all collapses round you, and you are wishing that mum had given birth to anyone but you. So when it all falls apart you just know you've left a level before you should have done. After you've done the repair you go back and find the incomplete level. (It will stand out like a third ball on a greyhound). Then you run it fully. Then you move on. Until the next time it happens. But you're learning all the time. Eventually you don't make this mistake. And then Level Five runs like a well oiled dream.

So help me, there aren't any other snags on Level Five. Just keep your importances topped up, Timebreak as you go, and you'll win all the way. Its very easy to get terribly significant about Level Five - simple because you've got deep significances flashing around you all the time, and its too darned simple to reach out and grab one. (Old Mosman proverb: 'He who grab at passing significances is running scarcity of them; he should run RI.')

We now need to take up the sense, or meaning, of the word 'must' on the chart. With one exception the meaning is 'got to'; its a striving to make the postulate effective. The only exception is at the overwhelm levels. At the point of overwhelm 'must' means to the being overwhelmed 'cannot help but'; it echoes the failure of his postulate in the game. So keep this in mind as you work through the levels.

Now we come to the question of what effect do we use when running Level Five? We don't. We don't put up effects at Level Five. We only Timebreak effects at Level Five. At Level Five we only put up postulates. The mind throws up the effects, which we Timebreak. In this way we guarantee that we take the mind apart in the exact manner that it is available.

At Level Four you experienced the phenomena of taking bits from here and bits from there off you time track while using the 8 classes of overwhelm; well, at Level Five you will see the same phenomena occurring. The mind comes apart easiest in the sequence that it is available. This is not necessarily in its temporal sequence. There is no reason why it should come apart in a temporal sequence. Trying to make it do so is merely trying to fit the mind into someone's preconceived idea of how it ought to come apart. Its one of these pieces of fiction that was dreamed up one day by a psychologist who'd never got closer to a mind than observing his guinea-pigs in their cages. Because man is such a slave to time it seemed reasonable, and everyone has been going along with the idea ever since.

But it just won't do if you ever hope to get your mind apart cleanly and efficiently. You just have to take it apart in the sequence that its available. You just put up the postulates, Timebreak everything that shows up, then, when putting up the postulates produces no more change, you move on to the next level. Its as simple as that. In fact its so simple that you'll have to resist the urge to make it more complicated.

When putting up these postulates don't be miserly. There's no shortage of them, you know. Churn out as many of them as you need. If they fade out, then create some more. Abundance is of the essence. Put them where you like. Just make sure you keep the 'self' postulates separated from the 'others' postulates that is all.

Early on you'll find that as one level goes null you find yourself 'sliding' into the next level on the chart. Later this stops, and you have to do it all yourself. This, again, is as it should be.

One final point. As you move from level 4b to 5a, and from level 8b to 1a, you will feel a definite 'flip'. This is the valence shift that exists between these levels. Early on it can be quite startling. Later you just note it in passing.

Don't try and rush things at Level Five. There's always an urge to race round and round the levels - rather like writing faster and faster so as to finish off before your pen runs out of ink. Resist this urge. Null each level as you go. One of the signs of over-run of a level is boredom; its a sure sign that its time you moved on. You'll soon learn to strike that happy medium of leaving a level as soon as it goes null. Always run RI between levels. If a level is still live at session end, then pick up that same level again next session. Start your sessions with plenty of RI, then Timebreak out the day's happenings, and off you go.

You'll find quite a number of incidents that showed up at Level Three and Level Four showing

up again at Level Five. You're just taking more off them, that's all. You'll continue to do so until you've got the lot. Then they'll Timebreak out completely and you'll never have them cropping up again. (These are the 'stickers' I mentioned back at Level Three.) Indeed, very soon you'll probably never even think of them again. They'll have no more significance to you than the number of the bus ticket that you casually glanced at that wet Wednesday night back in 1962.

Just keep going round and round that chart, level by level, Timebreaking as you go, and running plenty of RI, and you'll make it to Nirvana. Remember: There's no place to go after Level Five. There's no Level Six. And don't get sidetracked into playing around with other goals. 'To know' is the granddaddy of them all. All the roads lead back to the goal 'To know'. So stay on that one from beginning to end; and you get there fastest. (It took me a year of research to discover this truth, and there's no need for you to waste time.)

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And now, a final word about these practical exercises. Don't become an exercise-fanatic. You won't get there any faster by making a hermit out of yourself in your urge to get there. Live your life too. Just fit your exercises into your normal life; that is always the best way.

Good Luck.

Dennis H. Stephens
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February 1978.

Addendum to Theory Section.

Cause is the action of bringing an effect into existence, taking an effect out of existence, knowing, or not-knowing. That which is brought into existence, taken out of existence, known, or not-known is called an effect.

Thus life, in all its manifestations, is causative.

Causation is the common denominator of all life impulses.

Causation is achieved by postulates. A postulate is a causative consideration. A consideration is defined as a thought, or idea.

Life can believe itself to be an effect, but that belief is itself a causative consideration.

Responsibility is the willingness to assume causation. A being can assume causation for anything. The only liability to assuming causation is to run the being out of games. The only liability to not assuming causation is to give the being a surfeit of games. Thus, as games become progressively more compulsive, the willingness to assume causation (responsibility) is seen to lessen. Unwillingness to assume causation is thus a measure of the compulsiveness to play games in a being.

Complementary postulates enhance affinity; conflicting postulates lessen affinity.

Thus, affinity is the willingness to create complementary postulates. Love is the expression of affinity.

Reality is the degree to which complementary postulates are created. Thus, as games become progressively more compulsive things become progressively less real to the being. Things are only as real as one is creating complementary postulates regarding them.

Communication is the action of creating complementary postulates.

When two or more beings adopt complementary postulates regarding a creation they share that creation, which is now a co-creation. They are said to be in agreement regarding that creation. Thus, agreement is a shared creation.

Beings, by means of their willingness to create complementary postulates (affinity) and by actually creating complementary postulates (communication), achieve co-creation (reality). Thus understanding is achieved between beings.

Games, because they contain conflicting postulates, lessen understanding between beings.

A right action is a lovable action; it is an action that one is willing to create complementary postulates with. A wrong action is an unlovable action; it is an action that one is unwilling to create complementary postulates with.

Thus, the concept of right and wrong is a concept brought about by games. There is no absolute right and no absolute wrong. What is considered right or wrong is relative to the being and the games he is playing. Thus, what is considered a right action in one society can be a capital offense in another.

However, although the subject of what is right and what is wrong is within games there is a senior ethic. This is the subject of the right way to play games. This ethic, being about games, is not relative to the being and the games he is playing and is thus not within games. This ethic is the Code of the Ethical Being. While games are played within this ethic they retain all their element of fun, but cease to be the traps they become when played outside of this ethic. The only safe way to play games is to play them within this ethic. But the being can only play within this ethic while games are non-compulsive. Therefore he needs to address the subject of games with a view to taking the compulsion out of them. Thereafter he'll be able to play within the ethic, and enjoy games forever with no liability to his beingness.

Continuing on the subject of within-game ethics. A games rule is an agreement between beings denoting permissible (right) play. Play outside of the rules is considered improper and therefore wrongful play. Laws are games rules denoting permissible play in a society. Thus, to accuse another of a wrong action is to accuse him of acting outside the rules of the game; it is to accuse him of unethical behavior.

A being, having lost a game played fairly within the rules, can either accept the loss or attempt to imply that the victor had committed wrongful play. These are the only two choices open to him. If he can convince his opponent that he has committed wrongful play he (the victor) will believe that he has behaved unethically and did not win the game fairly. The action of assigning causation for wrongful (unethical) play to an opponent is called blame. If the opponent accepts the blame he feels guilt.

Not wishing to behave in an unethical manner the guilty being resolves not to play in such a manner again. This, of course, is the precise effect intended by the blamer, who, now having succeeded in limiting his opponent's willingness to act, is more easily able to overwhelm him.

Thus, blame is seen as an attempt to lower another's willingness to act by invoking the suggestion of wrongful play, and thereby make him more easy to overwhelm.

The Blame/Guilt mechanism is pure games play. The purpose of blame is only to permit the blamer to win games. Unable to win games any other way, and having the need to win games, he resorts to the blame mechanism in order to do so.

In that any life game has a near infinite number of possibilities within it, and that it is clearly impossible to draw up games rules for all of them, the Blame/Guilt mechanism is always available to a games player. There is always some action he can point his finger at, declare it wrongful, and so attempt to make his opponent feel guilty - and thus use less than his full abilities in the playing of the game.

As a wrong act is essentially an unlovable act, the use of the blame mechanism is pure emotional blackmail: I'll withdraw my love (affinity) from you if you persist in acting in such a manner that prevents me from winning the game.

However, blame has the liability of having to convince the other being that a wrongness has occurred. So the blamer has to keep the wrongness in existence in order to convince the other that it has occurred. Thus we find the blamer having to keep whole sections of his mind in existence in order to convince others that he has been wronged. It is a terrible price to pay for his compulsion to win games, but it clearly shows the limits to which beings will go in order to do so.

The Blame/Guilt mechanism breeds compulsive games play. Compulsive games play breeds the Blame/Guilt mechanism. They are inseparable, and where you find one you will always find the other. By means of the Blame/Guilt mechanism life finally degenerates into a frantic attempt to make others guilty while equally frantically resisting their attempts to do the same thing to you. At

this level life is seen by the player as one vast sea of wrongness containing one tiny island of rightness - himself. And he knows above all things that if he stops assigning wrongness (blame) for even one instant his island will sink, and he will drown and be lost forever in that sea of wrongness. Its not that the compulsive blamer is always right, its just that he has a vast need to be right. He is always right. Even when he is wrong he is right. And he'll still be protesting his rightness when the coffin lid is nailed down on him. For he knows how to win games: always make sure that self is right and others are wrong. It becomes his epitaph.

This is how the subject of right and wrong got into games play. And games have never been the same since. It has no other significance. Once it is understood for what it is, it will be found to resolve with no other address by use of the exercises in the Practical Section. As the compulsion to play games lessens, the need to invoke the Blame/Guilt mechanism also lessens, and finally vanishes. It always was a crummy mechanism, and games are much more fun and healthy without it.

Shame is guilt exposed. Ridicule is the exposure of guilt. Shame/Ridicule form a pair like Blame/Guilt, from which they were spawned.

All of freedom lies within the concept of freedom of choice. When one is no longer free to choose one has lost all the freedom there is. The basic freedom of choice is between making and not making a postulate. In life this translates into the freedom of choice to play or not play a game. Thus, to the degree that the playing of games becomes compulsive freedom becomes lost. All entrapment is to be found in the compulsive playing of games. The route from entrapment to freedom, then, lies in the regaining of ones freedom of choice to play or not play games. As the being got himself into this trap, then only the being can get himself out of this trap. One being can show another the route out, but the trapped being must walk this route out himself. Thus, one being cannot free another; he can only help him to free himself. You will never find freedom 'over that way'; no matter how thoroughly you ransack this universe in search of freedom you will only discover more and more traps. Indeed, the search for freedom over that way is one of the basic traps of the universe. You can say to another being, Free me, and with the best intent in the world he will only succeed in making you into his slave. The very best he can do for you is to show you the nature of life and games, and indicate the route out of the trap. The rest is up to you. This is the basic truth about freedom. Outside of this truth lie the freedom games: games which cash in on the desire of every compulsive games player to be free.

We always tend to imagine a slave master as a rather muscular man armed with a large whip. Such a man is not even a novice at the gentle art of making slaves, for all the very best slaves are voluntary slaves and would not give up their slavery for anything. They are convinced that they are on the 'road to freedom', and need no whips to keep them on it.

To trap you while promising to free you is probably the oldest game in this universe. This is the game of the 'freedom maker': he makes slaves out of those who walk a road to freedom that he has created for them. All the very best traps in this universe are clearly marked, The road to freedom. The game of the freedom maker is big business in this universe, and always has been - simply because the willing slave, deluded into walking the road to freedom, is always more than happy to work long hours for next to no pay, and so create enormous wealth for the slave master. The places where his willing slaves toil on their road to freedom are called Freedom Factories. (This is a slang term). The universe is strewn with them. Whole planets have become vast freedom factories. Very probably the first extra-terrestrial visitor to this planet will be an agent from a local freedom factory - scouting the territory to see if its worthwhile setting up shop here. The whole technique of the freedom maker is to suspend a carrot called 'freedom' in front of the person's nose. The carrot is on a string joined to a stick, the other end of which is attached to the person's back. Once the device is in place the person will follow the carrot forever down the road to freedom created by the freedom maker.

Freedom is the only thing that a being will permit himself to be put into slavery in order to achieve. Ponder these words as you ransack this universe in search of freedom, for the gates of the freedom factories are always open, and a new slave is always made most welcome while the carrot is being suspended in front of his nose.

The subject of freedom has always been bigger business in this universe than the subject of power. This is because the carrot of freedom is always considered a more valuable carrot than the carrot of power. It has been said that a man will sell his soul in exchange for power. What, then, is he willing to sell in exchange for promised freedom from the compulsion to be powerful? Why, his freedom, of course! It is the only thing he has to offer in exchange for such a prized goal. Hence the game of the freedom maker and freedom factories.

Reasons why for a postulate always come later than the postulate for which they are created as the reasons why. The postulate always comes later than the desire to make that postulate. The sequence is always: Desire - Postulate - Reasons why for that postulate.

The reasons why for a postulate are only justifications to convince others that the postulate is reasonable. Thus, reasons why are only created in order to justify a postulate, and always come later in time than the postulate. The postulate, in turn is always later than the desire to achieve the effect which the postulate puts into action.

The closest you can every come to a 'reason why' for a postulate is that it seemed like a good idea at the time.

Now this is not something dreamed up by me after a heavy night reading Alice in Wonderland. It happens to be the truth of the matter. (Something I believe that gifted mathematician who wrote Alice suspected too.) The fact that the mere suggestion we function in such a manner sends those with a mechanistic view of the mind crawling up their own synapses is only indicative of how little they know about the mind, and how trapped they are within the whole subject of reasons why and conviction in general.

Now it is true that a being, feeling unable to dream up convincing reasons why to justify a postulate, will not make that postulate. But these are reasons why for not making a postulate, not reasons why for make a postulate.

The truth is that a being never needs a reason why for making a postulate until he has made that postulate, and needs convincing reasons to justify it to others. His postulates stem from his desires, his desires stem from his urge to be alive and in there playing the game.

Its easy to see how the general belief that the reasons why for a postulate preceded the making of the postulate came about. The being, having made a postulate and now having to dream up convincing reasons why he made that postulate in order to make the postulate appear reasonable to others, will always swear on a stack of bibles that his reasons for making the postulate existed prior to the making of the postulate. For to admit otherwise is to open him up to the charge that he's making postulates without due reason why, and then justifying them afterwards. The only way he can defend his postulate as being reasonable is to swear that the reasons for making the postulate existed prior to the making of the postulate. Eventually he comes to believe his own lie, and becomes trapped in a 'web of reason'.

If a being ever needed a reason why to make a postulate then the first postulate ever made in the universe could never have been made, for at the time it was made no reasons why for postulates existed. That first postulate could only have been made from a desire to achieve a certain state of affairs. That is the way it was then, and that is the way it has been ever since. First came the desire,

then the postulate - and only later were reasons why invented to justify the postulate and make it convincing to others. See reasons why as pure and simple conviction phenomena and you have the entire flavor of all this.

The mind, then, is full of convincing reasons why one should not make postulates, but it contains no reasons why a postulate has been made. Of course, one can always point to some part of the mind and assign it as the reason why one has a compulsion to kick cats, say, but this assigning is coming later than the postulate to kick cats. If you wish to be free of your compulsion to kick cats you need to address this postulate to kick cats, and the whole subject of cats and kicking. There is clearly a compulsive games condition here between you and cats. Ransacking your mind and assigning reasons why to your compulsion to kick cats will not help you in the slightest. Any person can sit down and invent an infinity of convincing reasons why they have to kick cats. Its a very interesting intellectual exercise, and can give insight into the whole subject of justification and reasons why in general, but don't expect it to do anything about your compulsion to kick cats.

That can only be resolved by resolving your compulsion to play games with cats.

The mind, then, is only resolved by addressing postulates, and the subject of games - postulates in conflict. Reasons why for the postulates always come later than the postulates, and so have no part in the resolution of the postulates in conflict.

When you fully grasp this you will stop ransacking your mind in a futile attempt to discover the reasons why for your current mental state. For the only reasons why you will discover there are the ones you are putting there now, and they are all later than the event. Its futile searching a stable for a horse that has gone; but its bordering on the ridiculous to search a stable for a horse that was never there, and then convince yourself that the piece of straw you find is really the horse.

It is only ignorance of the truth of this matter that causes patients to spend years with psychotherapists in search of the reasons why for their troubles, and why psychotherapists waste their own and their patient's time in such a futile search. The only justification for the activity is that its profitable for the therapist, and the patient always lives in hopes that he might one day get somewhere.

Whole 'schools' of psychotherapy have grown up professing to know the 'real' reasons why of behavior, and they vie with each other to see who can be the most convincing. As its possible to invent an infinity of convincing reasons why for any facet of the mind this activity has unlimited prospects for future games play, but bleak prospects for helping people to resolve their compulsion to play games.

Once you grasp the truth about this subject of postulates and reasons why you will also learn to cut through the smoke screen of reasons why that others throw up to justify their postulates, and be able to see their naked desire and postulates clearly exposed. The brush salesman may give you a thousand convincing reasons why you ought to buy his brush, but all of them come later than the fact that he desires to sell a brush to you.

Life gets very simple once you realize that the correct sequence is: Desire - Postulate - Reasons why (Invented) for postulate.

The subject of reasons why gets combined with the Blame/Guilt mechanism. Thus, a person may search their mind for the reason why of some unwanted mental condition. Having found (assigned) a reason why that is convincing to them, they promptly blame it for the unwanted mental condition. This is compounding the lie, and only traps them further in the Blame/Guilt mechanism, and in the whole subject of conviction and justification. The unwanted mental condition is essentially a postulate, which is held in place by the compulsive games condition with its opposition

postulate within the goals package. Only when addressed in this context will the unwanted mental condition resolve.

Some modern 'schools' of psychotherapy are what is known as evaluative schools. The practitioner of their type of school does not search in the mind of his patient for the reasons why of the patient's difficulties, for he has already convinced himself that he knows the 'real' reason why for everyone's difficulties. Therapy (if it can be called such) with this type of practitioner is not a matter of searching for anything, it is purely a matter of the practitioner convincing the patient of the practitioner's beliefs. As some of these beliefs seem very strange to their patients - and to most other people, come to that - it can take years to convince them. (All the difficulties in convincing are ascribed to the patient's resistance to accepting the truth.) Even after conviction has been achieved the patient still has his unwanted condition, but he now also possesses a thoroughly convincing argument as to why he has that condition. These schools have come a long way from the definition of a workable psychotherapy: One that can vanish unwanted mental conditions. I suppose the acquisition of a set of convincing reasons why one has a mental condition is an improvement upon not having such a set, but it's a very poor substitute for being free of the unwanted mental condition.

If one were to inquire into the nature of the quality or ability that is closest to life itself one would eventually arrive at the subject of knowing. Life can know. All else is the subject of methods or systems of knowing.

The basic law, or agreement, of this universe is that one will only know that which is brought into existence to be known. Thus, this universe sets a limitation upon knowing as only being possible for the class of things which are brought into existence to be known.

This law is peculiar to this universe. A being can only operate, i.e. play games within this universe while in agreement with this law. Once he starts to know outside of this law he is operating outside the universe.

The action of bringing something into existence so that it can be known is called creation. Thus, in this universe knowing is limited to those things which have been created in the universe.

It should never be considered that knowing is by nature limited to those things which are created to be known. Life can know; it can know anything, whether it has been brought into existence to be known or not. In order to operate in this universe life considers, or agrees, that it will not-know until something is brought into existence to be known.

This limitation upon knowing is the basic law, and the only basic law, that governs this universe. Other universes can be constructed upon other basic laws, but they would all be some type of limitation of knowing, for while knowing is unlimited any type of universe or game is impossible. Bear the basic law of this universe in mind as you do the Practical Exercises, for all the games you have ever become trapped in in this universe have been based upon the basic law of the universe.

Purpose, Intention, Goal and Postulate can be regarded as synonyms. A game is a contest in conviction.

Conviction, then, is an enforcement of knowingness.

Enforcement of knowingness is called importance.

Purposes are made more intense in order to make them more convincing. Thus, importance is the intensity of purpose; the degree of 'mustness' in that purpose. As the intensity, or importance, of a purpose approaches zero so the purpose itself approaches zero. Importance bears the same relation to purpose as cattishness does to a cat: when all the cattishness has been removed the cat has gone.

too. Thus, to resolve a purpose in the mind it is only necessary to address the importance of this purpose; once this has been resolved the purpose itself will approach zero and finally vanish. This is the basis of all effective psychotherapy.

Significance is the consideration of both the nature of a purpose and its importance. So significance too approaches zero as the intensity, or importance, of that purpose approaches zero. There can be no significance in the absence of importance. Thus, importance is the basis of all significance.

So any purpose, to stay in existence, requires an importance 'rating'. But importance is an enforced knowingness, and once the importance has gone the purpose too has vanished. Thus, all purposes are systems or methods of knowing, not-knowing, making known, or making not-known.

Purposes are held in suspension in the mind by opposing purposes. Thus, a purpose can only be resolved in relation to its opposition; it can never be resolved in isolation. A pair of purposes in opposition is called a problem. Problems are the basic building blocks of games.

It is necessary to clearly differentiate between the rather loose term 'opposite' and the very precise term 'opposition'. Opposition is the exact opposing postulate, whereas opposite has a much broader use. E.g. The opposite of knowing is loosely regarded as not-knowing. However, the opposition postulate to 'To know' is 'To be not-known'. This is not a matter of conjecture, but of logical necessity.

Life has four basic abilities. Every purpose in life must manifest in line with one or other of these basic abilities. The totality of these manifestations regarding a purpose we call the goals package of that purpose. Thus, all possible manifestations of the goal 'To know' are within the To know goals package.

Thus, all possible games regarding a purpose are within its goals package. Thus all possible non-games (complementary postulate situations) regarding a purpose are within its goals package. Thus, the totality of charge (upset) on any goal is to be found within its package.

It is a fundamental error in psychotherapy to go outside a goals package looking for charge that is within the package. It is always within the package. There is no other place it can be. E.G. A man has a compulsion to drink. The totality of this problem, and all other possible problems on the subject of drinking, are within the 'To drink' goals package. To go searching outside the 'To drink' goals package for the 'reasons why' of his compulsion to drink is to court failure. Yet some 'schools' of psychotherapy maintain that the man's compulsion to drink - and everything else about him, apparently - is to do with his infantile sex life. His sex life, both infantile and non-infantile, is within the 'To sex' package. His drinking life is within the 'To drink' package. They are separate packages, and its a fundamental error to address one in an effort to resolve the other. Its analogous to a medical doctor bandaging up a man's toe when he has a cut finger. It may be necessary for some psychotherapists to resolve their own 'To sex' packages before they will be able to appreciate this simple truth. If so, then so be it.

Due to the nature of conviction (an enforced knowingness) the basic goals package is 'To know'. All other goals packages are within this package. All other goals are methods of knowing, not-knowing, making known or making not-known.

(This truth can also be arrived at by examining the purpose of any purpose. Eventually you will arrive back at one or other of the legs of the 'To known' package. Once there, you can backtrack no further, for the purpose of each of these purposes is its own purpose.)

All goals packages are in exactly the same form as the 'To know' package.

All goals packages are addressed in exactly the same manner as the 'To know' package.

A goal can be general or specific. E.G. 'To grow' is general; 'To grow petunias' is specific; 'To grow petunias in the springtime' is even more specific. All specific versions of a goal are within the general version. Hence, only the general form of a goal is ever addressed, for all possible specifics are within the general.

Logical Note.

This section can be glossed over if desired. The purpose of the section is to demonstrate to those interested that the subject of the goals package rests upon a firm logical foundation.

The subject of logic rests upon two fundamental axioms:

- 1) The common class of a concept and its absence does not exist. ($x(1-x)=0$). This equation is only satisfied when x is either zero or unity. Thus, in the algebra of classes (Boolean algebra)(symbolic logic) the symbols can only have the value of zero or unity.)
- 2) The universe can be divided into any concept and its absence. ($x + (1-x) = 1$.)

From these two basic axioms all other logical propositions are derived. One of these propositions states that the types of possible classes that can exist with two concepts, x, y , are four. Their sum equals the universe: unity.

$$xy + x(1-y) + y(1-x) + (1-x)(1-y) = 1.$$

(Any high school student can, by extending out the left hand side of the above equation, discover that it does in fact equal unity.)

Any goals package contains two concepts; these plus their absences (negatives) constitute the four legs of the package.

The 'To know' package is such a package. If we represent 'To know' by x , and 'To be known' by y , we can see from the above equation regarding two concepts that the four possible classes are:

- | | |
|--------------|--|
| xy | This is the class To know and To be known. These are complementary postulates, and are a no-game class. |
| $x(1-y)$ | This is the class To know and To not be known. These are conflicting postulates, and are a game class. |
| $y(1-x)$ | This is the class To be known and To not-know. These are conflicting postulates, and are a game class. |
| $(1-x)(1-y)$ | This is the class To not-know and To not be known. These are complement -y postulates, and are a no- game class. |

The sum of these four classes is the totality of the universe of the two concepts. To know and To be known. Within these four classes, then, the whole subject of knowing and being known is contained. When we consider each of these four classes from the viewpoint of 'self' and 'others' we arrive at $2 \times 4 = 8$ classes. When we consider each of these 8 classes from the viewpoint of 'origin' and 'receipt' we arrive at $2 \times 8 = 16$ classes. These 16 classes are the 16 levels we find when we examine the 'To know' goals package. We can equally, of course, cut the universe into any two

purposes in the form 'To -' and 'To be -', and arrive at the same conclusion viz: That the whole universe of the two concepts is within that package.

Thus, we have proven within the rigors of strict logical reasoning that any goals package contains the full universe of its component concepts, and that no part of life is external to the package. In the language of the mathematician the 16 levels of the goals package are necessary and sufficient for our purposes.

All four legs of a goals package hold each other in suspension in the mind. No goal in a goals package can be erased (vanished) from the mind without also erasing the other three goals in the package. Thus, a goals package is the smallest unit that can be erased from the mind. To attempt to erase any purpose from the mind without also erasing the other three purposes in its package is merely an exercise in futility. E.G. A man has a compulsion to drink. He will never be free of his compulsion to drink until he is also free of his compulsions to not drink, to be drunk, and to not be drunk. They are addressed as a set, and they erase as a set.

The oppositions in any goals package are in the same form as the oppositions in the 'To know' package.

The complementary postulates in any goals package are in the same form as the complementary postulates in the 'To know' package.

However, the purpose of the goal may embrace more than one leg of the 'To know' package. E.g. You can grow something in order to be known as a grower; you can grow something in order to know what it looks like when its grown; you can grow a privet hedge in order to not-know the view of the local gasworks; you can grow a privet hedge in order to be not-known by your neighbors.

Thus it is an error to try and draw a one-to-one correspondence between the legs of a goals package and the legs of the 'To know' package. Life knows no such limitations.

This universe is a universe of purposes, either complementary or conflicting. While viewed as such it is possible to understand it. If viewed in any other manner it forever remains a mystery. What we regard as an object in the universe only consists of purposes. It is held in existence by its own internal conflict of purposes. It is a highly compressed goals package. As the basic goals package is 'To know', every object in the universe can only basically consist of this package. Within this truth lies the key to vanishing unwanted universe objects.

All goals packages are within the basic package, 'To know'. Why, then, may it be necessary to address other (junior) packages on the route out? Simply because a being may not clearly perceive that any given purpose in life is a method of achieving one or other of the legs of the basic package. Once he perceives this regarding a given purpose the charge (upset) on that purpose vanishes and reappears in the 'To know' package. While he does not perceive this the charge remains in the junior package.

It is a truism of psychotherapy that a patient can only be helped within the structure of his own convictions. Or, as they say, you can only help him 'where he lives'. One could, of course, by means of the technique of listing the purpose of a purpose eventually get the patient to realize that the purpose bothering him was really one or other of the legs of the 'To know' package. However, this is not desirable, and no matter how smoothly achieved will leave the patient feeling as if he's been deprived of something. Which he has. He's been deprived of the other purpose! Far better to address the junior purpose in the context of its own package. When you do this it very often happens that the junior package suddenly 'collapses' at the instant when the patient realizes that the purpose in question is only a method of achieving one or other of the legs of the basic package. All residual charge will then leave the junior package and reappear in the basic packages - where, of course, it

truly belongs. However, junior packages, being complete in themselves, will also erase in their own right quite independently of the basic package.

The legs of a junior package must bear the same relation to each other as do the legs of the basic package. Otherwise the package is not a true package and will never erase. E.G. The complementary goal of 'To free' is 'To be free' not 'To be freed'. Some care is always required in formulating the exact wording of junior packages. When a junior package is not erasing cleanly the most common fault is that the package is not a true package. This is known as cross-packaging. It is one of the 'deadly' sins. When two or more junior packages are crossed up into one package neither of the packages will erase, and the whole mish-mash just grinds on forever. The therapist who tries to resolve a man's drinking problem by addressing his infantile sex life is guilty of cross-packaging. This is why the 'therapy' goes on forever with no relief for the patient. Indeed, the basic way to confuse a being is to cross-package him. Much thought has been given to this gentle art in the history of the universe, and the most confusing things that have ever happened to beings have been overt attempts to cross-package them - all under the guise of 'education', of course. Once cross-packaged the being is stuck within the crossed-up packages forever. Cross-packaging is the primary method of enslaving spiritual beings that has been used in the universe. It is infinitely more effective than the use of rubber truncheons. So make sure that the legs of your junior packages bear exactly the same relation to each other as do the legs of the basic package. Only then will they erase.

Check that the complementary postulates are indeed complementary, and that the opposing postulates are exact oppositions. This can only be done empirically, on the basis of cold, hard logic. To do it any other way is to court disaster. One may have a strong 'gut feeling' that the goal 'To eat' is opposed by the goal 'To not be edible', however logic tells us that the correct opposition is 'To not be eaten'. The difference between the package cleanly erasing and grinding on forever is to be found within such fine shades of meaning. Nowhere in life do you have to be more precise than in this area of composing junior goals packages.

Erasure is vanishment. When a goals package has been erased from the mind it is gone. Literally. All four legs have vanished. It has not been suppressed, repressed or any other type of pressed. It has neither been adjusted to or not adjusted to. It has gone. Even the concepts contained within the package have to be consciously created by the being before they exist. You can hunt in the mind forever with lie-detectors, skin galvanometers, et al, and find no trace of the component legs of an erased goals package. Thus, the concept of erasure is a psychotherapist's dream. It is also a nightmare to those who hold a mechanistic view of the mind, and maintain that once an 'impression' is made on the mind it is in that mind forever. Faced with the phenomena of erasure they either don't believe it, tear up their textbooks and acknowledge that they were in error, or jump out of sixth story windows taking their textbooks with them, depending upon their mental stability and general willingness to change their minds about such things.

A goals package is the smallest unit that can be erased from the mind. Hence, when something erases from the mind some goals package or other has been erased. This can and does happen in general psychotherapy, and accounts for the 'miracle' cures we sometimes read about.

Partial erasure of a goals package is called nulling that package. Nulling a package reduces the intensity of the compulsive games condition between the legs of the package. If a goals package can be nulled it can also be erased.

Are we then free to take any purpose, formulate it into a goals package, and proceed to erase it from the mind? No. We are not free to do this for every purpose.

To understand why this is so we have to examine the basic urge of life in this universe. In this universe life is endeavoring to be. It is endeavoring to exist. The purest expression of this urge is contained within the 'To be known' leg of the basic package. This is true of all life in the universe

right down to the cellular, bacterial and virus levels. Goals which further or enhance this basic urge can be formulated into goals packages and will erase. They are called life goals. Goals which oppose this basic purpose, when formulated into goals packages, will not erase. They are called non-life goals. An examination of the basic package also reveals that the goal which most furthers and enhances the 'To be known' leg is the goal 'To know', the complementary goal in this package. Thus, 'To know' most furthers and enhances life's basic urge in the universe.

Thus, a life goal is defined as one which is not opposed to the 'To be known' leg of the basic package.

Thus, a non-life goal is defined as one which is opposed to the 'To be known' leg of the basic package.

Non-life goals, upon examination, will invariably be found to be part of the negative legs of life goal packages. E.G. The goal 'To hinder' is clearly totally within the 'To not help' leg of the 'To help' package.

Non-life goals can only be erased from the mind by erasing the life goal package in which they are contained.

This limitation upon the formulation of goals packages is put on us by the nature of this universe, and the purpose of life within it. It is not a limitation of method, but a limitation imposed upon us by the basic agreements and nature of the universe itself. The reason why non-life goals packages do not erase is because the goal upon which they are based is opposed to the basic urge of life in the universe, not due to some quirk in people's minds. The fact that non-life goals packages do not erase is extremely powerful evidence supporting the theory of life's basic urge in the universe.

One could wax very moralistic about all this, and point to non-life goals as being 'original sin' or some such, and use it as a platform to assert the way to the 'good and pure life'. One is, of course, free to do this. And it is true that a spiritual being gets himself into all the trouble its possible to get into in the universe by adopting non-life goals as a total way of life. And, in so doing, he can also make the life of those around him a misery too. However, no matter how much we moralize and point the finger, the truth is that some people have become convinced that the only way to live is to base their life upon non-life goals, and they will continue to do so until they change these convictions. The problem boils down to a problem in therapy, not a problem in morality, for only therapy can change their convictions without overwhelming them, and so driving them further into the trap. As, for the majority, this therapy can be completed by themselves in their own homes at no cost to themselves except their own time, we see this as the optimum solution to the problem.

Once a life goals package has been erased all the non-life goals to be found within its negative legs will also be found to be erased. E.G. Once the 'To help' goals package has been erased, the 'To hinder' package, and all similar packages to be found within the negative legs of this life goal will also be erased.

The more fundamental a life goals package is, the more non-life goals are to be found within this negative legs. Thus, the 'To know' package, being the basic package, contains all possible non-life goals within its negative legs. It also contains, of course, all possible life goals within its positive legs.

The general rule of therapy is to address the most fundamental life goal that will produce change in the being when addressed. From this rule is derived the rule that we always address the basic package first, and stay with that package as long as it produces change. We only leave that package when it ceases to produce change in the being, and then only temporarily until it can once

more be run gainfully.

The main purpose of addressing junior packages is to permit the basic package to be run gainfully. This is purely a matter of the most efficient use of therapy time. Life contains a near infinity of significances, and we are addressing all of them when we address the basic package. To address a junior package while the basic package can be addressed gainfully is a non-optimum use of therapy time.

Knowing the nature of life's basic urge in this universe it should come as no surprise to us to learn that non-life goals packages not only never erase, but produce a steady worsening of the state of the being while erasure is being attempted. Its not that they just grind on forever, like cross-packaged life goals do, never nulling and never erasing, but they actually produce a marked worsening in the state of the being. And there is no relief from this worsening. If the non-life goals package is persisted with it would eventually lead to the demise of the by now thoroughly demented and tormented being. One either does this right or it will kill you. There is no middle path.

I could not stress this fact too strongly. I've walked to the gates of hell researching non-life goals packages on myself to discover this truth, and there's no need for others to repeat the torture on themselves. We have, within the technology of the goals package, the power to give a being either life or death. All coins have two sides. The non-life goals package is the other side of the coin called life. However, such is the power of the basic package (To know) that it will actually repair the ravages brought about by running non-life goals packages. If this were not so I would not be writing this now. But I only caught it in the nick of time. You may not be so fortunate.

If you wish to play with non-life goals packages while the life goals packages are still heavily charged, there is a very precise way to go about it. Contact your local undertaker and get him to deliver you a coffin. Lay in the coffin and address non-life goals packages. Then your next of kin will only have to screw the lid down when you expire. They won't have long to wait.

I can give you the basic non-life goals package. I give it to you so that you can avoid it. A spiritual being cannot be destroyed. He can only be degraded. And he has been degraded. He's been degraded so much that the urge to degrade can beat strongly in his breast. Life on this planet is being constantly degraded by those who deny that it is basically a spiritual quality, and insist that it is basically mud. The whole philosophy of materialism is a direct degradation of life. Its purveyors, themselves degraded to the point of being convinced that they are no more than mud, take a perverse joy in trying to drag others down into the ooze. Most of the 'education' a spiritual being has ever received in this universe has been an overt attempt to degrade him - to strip him of his native spiritual qualities. For while he is cognizant of his true spiritual nature he is considered infinitely dangerous to those who wish to use him for their own ends.

The 'To degrade' goals package, when formulated and used, is one very 'hot' non-life goals package. It will soon have you scraping agony off the walls of every torture chamber this side of Galaxy 4. And that is only for starters. Very soon death is regarded as a welcome release. The whole of the 'To degrade' package is within the negative legs of the 'To enhance' package. This life package, when erased, also erases the 'To degrade' package amongst others. And this erasure is achieved painlessly. Once achieved, the 'To degrade' package can be run with impunity. It has no more charge left in it than a piece of dead codfish. I trust that you are getting the message.

Such is the power of the 'To degrade' postulate in the universe these days that the basic upset in any person's life is invariably an overt attempt to degrade them by others. It is usually in early childhood, or even infancy. The incident is so abhorrent to the being that he rapidly shuts it out of mind (not-know), and by adolescence it is no longer a part of his or her conscious recalls. Yet the incident continues to have a profound effect upon the being for the remainder of that life-time, and colors his physical, emotional and intellectual approach to everything he does. By addressing the

'To enhance' goals package in the form of the 8 classes of overts and motivators, just as given for the 'To know' package earlier, any psychotherapist could rapidly 'spring' this basic lifetime degradation into view and permit its re-evaluation to pt(now) realities. Such an action would be enormously therapeutic to the patient, and would result in a betterment of their whole personality. Such are some of the applications of this technology in the field of psychotherapy. The same results can, of course, be achieved by a person running solo on the exercises given in the Practical Section.

The basic law of this universe states that its only possible to know those things which have been brought into existence to be known. From this law it follows that those things which have been brought into existence to be known are ipso facts considered knowable. This means that the universe imposes upon us a willingness to know those things we bring into existence to be known. While we function inside this law we can play games in this universe with impunity. However, once we try and function outside of this law the universe becomes a trap. The trap is, of course, our ignorance of the basic law of the universe, not something intrinsic in the nature of the universe itself.

This means that its quite safe to create any effect in this universe as long as one is willing to experience (know) the effect one has created. Once one loses sight of this law one becomes trapped. Trapped where? Trapped within the basic "To know" goals package. And, of course, trapped within the universe itself.

As all junior goals packages are within the basic package, they too follow the same basic law. E.G. The 'To free' package. Its not possible to be free without being willing to free (others).

This aspect of the basic law of the universe is called the Law of the Complementary Postulate. It states:

To adopt any postulate in a goals package while being unwilling to adopt its complementary postulate leads to entrapment in that goals package.

The only entrapment this universe contains is violation of the Law of the Complementary Postulate. Bear this law in mind as you erase goals packages.

Thus we can always measure the degree of entrapment in a goals package, and the intensity of the games condition between the legs of the package, by discovering how willing the being is to adopt the complementary legs of that package. E.G. The 'To control' package. The positive complementary legs of this package are 'To control' and 'To be controlled'. Entrapment in this package is indicated when one of those postulates is preferred to the other. As the package erases, of course, this imbalance lessens and finally vanishes, at which time the being is equally willing to occupy any of the four legs of the package. Of course, an imbalance in the positive complementary legs of a package also produces an equal and opposite imbalance in the negative complementary legs of that package.

One may wonder if we can get round the limitation of non-life goals packages being unerasable by addressing them in a negative form. E.G. 'To hate' is a non-life goal, for 'To hate' is totally within the 'To not-know' leg of the 'To know' package (one does not wish to know those things that one hates), and is therefore opposed to the 'To be known' leg. Would not, then, the goal 'To not hate' be erasable when formulated into a package? The answer is no. This can be proven empirically. The conclusion has been verified by testing. It can be proven empirically by an application of Boolean algebra, or even by formal logical reasoning. Given that the class 'To hate' is within the class 'To not-know', it follows that the class 'To not hate' contains within it all the class 'To know' plus some of the class 'To not-know'. Therefore, some of the class 'To not hate' is opposed to the class 'To be known'. Thus, 'To not hate' is also a non-life goal and its package will not erase. In life, one does not get out of the trap of hating by adopting a policy of not hating. This is true for the negative legs of all non-life goals. Their packages do not erase, and in life one does

not become free of them by adopting their negatives.

Only life goals are erasable from the mind. None of the legs of non-life goals packages can be formulated into erasable packages.

The negative legs of life goal packages, when formulated into goals packages, also will not erase. This much is obvious from first principles, but has also been verified by testing.

When we violate the basic law of the universe in formulating goals packages the packages never erase and are intensely non-therapeutic. When we try and live our lives in this universe on the basis of non-life goals, or their negatives, we become further and further entrapped in compulsive games play, and in the universe itself.

Once trapped within a goals package, whether a life or a non-life package, it is incredibly difficult to get out of this trap by livingness alone. The being moves compulsively from one leg of the package to the next, round and round, like a tennis ball bouncing inside a box. He endlessly tries to get relief from the agony that every leg eventually becomes by adopting a new leg, only to find that that leg in turn sooner or later becomes agonizing. No matter how he twists and turns and struggles, he is trapped within the box - within the goals package. Is it so surprising that some eventually go insane, and retreat to private hells of their own manufacture? A hell that is only slightly less agonizing than life has become.

There may be a relief for some by adopting the philosophy of the world's great spiritual leaders. E.g. Christ's message: 'Love thy neighbor as thyself'. But for the many they are simply unable to use these routes to get out of the trap that life for them has become. They are far too enmeshed in the trap to be able to get out of the trap by changing their mode of life and thought. Their compulsive thoughts governs their behavior; their compulsive behavior governs their thoughts. They are trapped forever in the universe. This is literally true, for when the basic law governing the game of this universe was dreamed up no arrangements were made to ever bring the universe to an end. Why should they be made? Do children, left to themselves, ever put a time limit to their own playtime?

The only release for the majority from the trap this universe has become for them is to methodically take apart the trap they have made for themselves. This universe was never designed as a trap. But it most certainly becomes one when one acts in it in ignorance of its basic laws. This technology is such a route out of the trap.

There are only three steps that a spiritual being needs to take in order to free it from any trap. They are:

- 1). Realize that you are in a trap.
- 2). Discover the true nature of the trap.
- 3). Walk out of the trap.

We see, then, that the subject of traps is intimately connected to the subject of knowing. It is no accident that the basic goals package that governs life in this universe is 'To know'.

A partial list of non-life goals follows. Each of them has been tested and found to be intensely non-therapeutic and non-erasable.

To Degrade. To Destroy. To Blame. To Enslave. To Hate. To Drug. To Trap. To Lie. To Cheat. To Steal.

There are many other non-life goals, but most will be found to be variations of the above list.

A partial list of life goals follows. Each of them, in addition to the 'To know' package, have been tested and found to be therapeutic and erasable.

To Create. To Love. To Admire. To Enhance. To Help. To Feel. To Control. To Own. To Have. To Eat. To Sex.

There are also the perception packages. These are all within the 'To Know' leg of the basic package, and are therefore therapeutic and erasable.

To See. To Hear. To Touch. To Smell. To Taste.

Language purists who complain that the word sex is a noun in English are free to use the Anglo-Saxon four-letter verb. It means the same thing. When working with goals packages one quickly gets used to verbalizing nouns when simple verbs are not available in the language. After all, words are only symbols representing concepts, and when working solo we are free to use them however we please. Only when dealing with others do the meanings of the words have to be agreed upon.

The main list of life goals, headed by 'To Know' and continuing with 'To Create' etc., form a scale of increasing condensation, or solidity. You will be able to write a book about what you will find as you erase each of these packages. I'll leave you to make your own discoveries. Quite apart from therapeutic considerations as you erase the package you will learn more about the subject matter of the package than you could ever learn by taking a course at a university in that subject.

The list of life goals given are by no means a complete list of all possible goals of this class, but you will find that most others are variations of the ones listed. The list is certainly adequate to get you out of any type of compulsive game you have got yourself into in this universe.

However, you may like to formulate your own life goals packages. A very useful trick when confronted with a non-life goal, and wishing to find the life goal in whose package it resides, is to take the opposite (not the opposition) of the goal and formulate that into a package. E.g. The opposite of To Destroy is regarded as To create. Formulate and run the To Create package. To Destroy can also be considered as the ultimate in hindrance, or non-help. So formulate and run the To Help package. Both packages resolve compulsive destructive tendencies - as, indeed, do all life packages. Again I would like to remind you that when formulating a goals package be very sure that the legs bear the exact same relationship to each other as do the legs of the basic package (To Know). You can waste hours - even years - trying to erase packages where the complementary legs are not exactly complementary, and the opposition legs are not exactly opposing. Consult a good dictionary when in doubt. Get it right before you start. Its always quicker in the long run. The complementary legs of the life goals listed follow. Their negative legs are obtained by adding the word 'not' to the positive legs.

To be Created. To be Loved. To be Admired. To be Enhanced. To be Helped. To be Felt. To be Controlled. To be Owned. To be Had. To be Eaten. To be Sexed.

The similar list for the perceptics packages is:

To be Seen. To be Heard. To be Touched. To be Smelt. To be Tasted.

'To Drink' is a part of the 'To Eat' package. Thus, it too is a life goal and will erase. Its complementary leg is 'To be drunk.' I mention it because it is a specific package for the resolution of alcoholism - if you can get the alcoholic to stop drinking for long enough to null the package.

Some life packages are shared in common with your body (e.g. To Eat; To Sex). As you erase them you can expect to experience passing body stimulation. It will pass away as the packages erase. But remember that even though you have erased one of these packages, and are free of the compulsions within it, your body will still be active with the package. E.g. Even though you have erased the 'To Sex' package your body will still require sexual activity to remain healthy. Similarly with eating. Its the way the body is. Its a built-in part of its existence as a life form. You can be free of the compulsions within these packages, but your body never will be - and still remain a body. If you want a body that is free of the needs of food and sex then I suggest you look around for a Mark VI robot body. They are very popular in some parts of the galaxy, although they are not without their own peculiar maintenance and upkeep problems.

This universe has been well described by physicists as a space-time continuum. It has three spatial dimensions, and one time dimension at right angles to the three spatial ones. Although this concept is easy to handle mathematically it is not easy to visualize, for once within the universe our minds become to some degree trapped within the three spatial dimensions. Which leaves the fourth dimension a bit tricky to grasp. However, life can embrace a four dimensional continuum. If life could not embrace it then life could not have created the idea of the universe in the first place. (Even if it is considered that the universe was created by God he too is considered as being alive). Indeed, this universe is within life, rather than life being within the universe. Only when we consider life to be a phenomena generated by the masses and spaces of the universe do we have any real difficulty in grasping the nature of the universe. This is the ultimate trap of materialism.

We can get over the difficulty of conceiving of a four dimensional continuum very easily by dropping one of the spatial dimensions. This leaves us with a model containing two spatial dimensions and one time dimension. We can conceive of this very easily. Such a model is a cylinder closed at one end and open at the other. The two spatial dimensions of this tube are its cross section. The time dimension is the length of the tube at right angles to the cross section. The closed end of the tube is the beginning of the universe. The open end is now. As time passes the tube gets longer.

If we now imagine our tube to be populated with beings who can only easily perceive the two spatial dimensions our model is complete. We, of course, being easily able to perceive in three dimensions, can see the whole tube. The beings in the tube, by their own creativity and games play make time, and thus continuously extend the tube. We outside the tube, by observing them and seeing what they are doing, could easily predict the future of the tube. But if we were to enter the tube and agree to abide by the laws of the tube - i.e. to only perceive spatially in two dimensions - we too would become a tube dweller, and be limited accordingly.

And this is precisely how a being gets into the real universe. He considers that such a game looks like fun, and pops into the tube. After a while he may well wonder how he is ever going to get out again. He gets out again by contacting and reviewing his decisions to go into agreement with the laws governing the tube.

The basic law of our universe is that one will only know those things which are brought into existence to be known. Agreement with this law keeps us in the tube. Its as simple as that. As one continues to null the 'To know' goals package one progressively frees up from the compulsion to be in the tube. Eventually one has regained ones freedom of choice in the matter of whether or not to stay in the tube.

Now this tube we call the universe has been in existence for some 2×10^{14} (200,000,000,000,000) Earth years. This is a long time when compared to an Earth year, but how long is it to a being who is outside the tube, and only needs to flip his attention from one end of the

tube to the other?

Not every being currently in the tube has been in it since the tube began. They have been drifting in to see what the game is like continuously - like children joining in an existing game of cowboys and Indians. Most have eventually become more or less trapped in the tube as they lost cognizance of their true nature as spiritual beings, and of the basic law governing the tube.

One of the many phenomena that stem from the basic law of this universe is that no matter when a being entered the tube all of the past of the tube is available to him. His agreement to only know those things which have been brought into existence to be known does not prevent him from knowing anything and everything that has ever happened in the tube, whether or not he was in the tube when the event happened. Because everything ever brought into existence in the tube is knowable by the basic law governing the tube, the being can know it.

So you can know anything and everything that has ever happened in the past of this universe. But you cannot know what is going to happen in the future of this universe, because that has yet to be brought into existence to be known, and so by the basic law of the tube is unknowable. To know the future of the tube you have to go out of the tube - and out of agreement with the basic law of the tube.

So you can know what has happened in the past of this universe, whether or not you were actually present when it happened. You can observe the fall of Carthage, the crucifixion of Christ etc. But don't be surprised if the event turns out to be different from what is reported in the history books. Historians use a system of knowing, not direct knowing. By the use of systems of knowing history becomes the common denominator of what people can agree upon as having happened, which can be and often is very different from what actually happened.

As we know, people can and do assume the identities of well known historical figures for the purposes of games play. This can and does become quite compulsive amongst certain types of personalities. We can predict that it would be most compulsive amongst the insane. And it is so. Any given insane asylum may have five Napoleons, four Christs and a couple of Genghis Khans. Where did they all learn so much about these identities to be able to ape them so well? Need we ask? Are any of these insane people reincarnations of the originals? Probably not. But all of them have the native ability to know everything there is to know about the originals by examining the past of this universe.

Another aspect of the same phenomena is that any incident that occurred in the distant past of this universe can be found in the past of any being in the universe today. And it is ridiculously easy for the being to believe that he was actually involved in this incident, for he has no evidence to the contrary.

Again, then, we see the sheer futility of ransacking the past of this universe in search of the 'reasons why' for current behavior. The being has the whole history of this universe to draw upon when he is a bit short of a convincing 'reason why' for a postulate, and will not hesitate to do so when pressed. Clutching a cherished postulate to his bosom, he will happily and methodically relate any and all of it to those who are stupid enough to search for the 'reasons why' of his postulate.

Only by resolving postulates in conflict can the being be freed from the trap the universe has become for him. This is the subject of the goals package in general, and the 'To know' package in particular.

Addendum to Practical Section.

The only additions to the existing Practical Section are additions to Level Five. Nothing already written in the Practical Section is changed in any way.

Do the practical exactly as given in the existing Practical Section. Level One, Two, Three, Four and Five.

Continue on Level Five with the 'To know' package while it continues to produce change. Never - repeat, never - leave this package for a junior package while it is still producing change. You may never have to leave it, and it will take you all the way. It is the only package that can do this.

If running the 'To know' package on Level Five never produces any change, then one of the following is happening:

- 1) You aren't running it properly. Check your instructions.
- 2) Levels 1,2,3 or 4 are not properly run. Go through them all once more from the beginning and complete. Then return to Level Five.

The basic package, when correctly run as per Level Five by a being who is ready and properly prepared to run it (i.e. Levels 1,2,3 and 4 run until no more change) will always produce some change. It is usually considerable. There is no exception to this rule. If the being is in this universe, and is ready for Level Five, then Level Five run on the 'To know' package will always produce change when first addressed. The reason for this is because no matter what goals the person is functioning on in life these goals must contain some conviction component associated with them. Conviction is enforced knowingness, and so the 'To know' package will mop up this charge.

The primary error on Level Five is to abandon the 'To know' package because it has never produced any change, and go ransacking amongst junior packages like a shopper looking for bargains at a sale. None of the junior packages will aid you in the slightest until you can make the basic package run for you. The fault is not in the significance of the basic package, it lies in the fact that either you are not yet up to doing Level Five, or you are not running it properly. Get the basic package running. Stay with it as long as it continues to produce change. Only when the basic package is running are junior packages runnable. To do Level Five any other way is the royal road to making a cot case out of yourself. You are already playing with dynamite, so don't push your luck too far.

If the 'To know' package ceases to produce change after having produced change, then select another life goal that interests you. Interest is always the keynote that determines the selection of a junior package. It takes precedence over all other types of assessment. If a goal is of no interest to you then don't waste time addressing it, for it will not help you. Later you may become intensely interested in this goal. Then is the time to address it.

Preference should be given early on to the tested list of junior life goals given in the Theory Section. Its a very comprehensive list, and one or other of these are usually of considerable interest to most beings. This list also has the advantage of having been tested and proven out as life goals. There is really no need to ever look outside this list, but you are, of course, entirely free to do so.

However, the following rule must be observed:

Always look up the meaning of a goal in a good dictionary before addressing that goal.

The reason for this is obvious. If you have an offbeat understanding of the meaning of the word you can very easily turn a good life goal package into an intensely destructive non-life goal package. E.g. If you believe that 'To control' means to hit over the head with a hammer then you should order your coffin and have it ready before you address the 'To control' package. The meanings of the list of junior life goals gives in the Theory Section are as per the Oxford English Dictionary. They are only life goals when defined as such.

Next, formulate your junior goal into a package. I have given you the complementary and opposition goals for the tested list, and they are correct. When doing it for other goals take great care. First, thoroughly ensure that the goal is a life goal. Does it in any way oppose the goal 'To be known'? If it does its a non-life goal and cannot be used. The rule here is, When in doubt don't play with the goal as a therapeutic tool. Its far better to be safe than sorry, for we have no shortage of tested life goals for you to address. Many goals at first glance appear to be life goals, but further examination reveals them to be non-life goals. Check the opposite (not the opposition) of the goal. Is that a life goal? If it is, then the goal you have in mind is very probably a non-life goal. But the basic test is always: Does the proposed goal in any way oppose life's basic urge in the universe: To be; To Exist; To be Known? Does it prevent others from being, from expressing themselves? Does it help others? Does it enhance others? If it passes all of this test it is probably a life goal, and is usable. But you still won't be certain until you've tested it.

Next, is the proposed goal within one of the tested goals listed? Or is it a synonym for one of these goals? E.g. 'To possess' is a life goal, but its a synonym for 'To own'. Use the 'To own' package, which has been tested. E.g. 'To grow'. This is a life goal, but it is a system of creating. Run the 'To create' package. E.g. 'To survive'. This is a life goal, but its an expression of 'To be known'. Run the basic package.

Having selected your junior goal, formulate it into a package. Ensure that the complementary legs are indeed complementary, and that the opposing legs are exact oppositions. To complement means to complete. Thus, a complementary goal completes or fulfills, its twin. Its always an exact fulfillment; never approximate. If the fulfillment is not exact you are cross-packaging, and the package will never erase. Check it out thoroughly with a good dictionary before proceeding - unless you like to spend six months grinding away at an unerasable package. Cross-packaging is very dull, particularly when it can be so easily avoided before you start. (Cross-packaging may be good business for psycho-analysts, but its a curse for anyone who wants to get anywhere.)

The anatomy of a goals package can be very precisely stated:

- a) Let the goal be denoted by x .
- b) Let the complementary goal of x be denoted by y .
- c) Then the opposition goal to x is $(1-y)$, the negative of y .
- d) Then the opposition goal to y is $(1-x)$, the negative of x .

The universe of the goals package is given by:

$$xy + x(1-y) + y(1-x) + (1-x)(1-y) = 1.$$

Unless any restrictions are added, the universe of the goals package is co-extensive with the real universe.

Logic is the science of reason. I only mention it here because of the fact that as games become progressively more compulsive with a being his behavior becomes progressively more illogical. Also his regard for the subject of logic itself steadily lessens, until he eventually considers the subject to be both useless and incomprehensible. Thus, a person in a highly charged games condition will have a terrible time trying to study logic; he will endlessly burn the midnight oil trying to grasp even its most fundamental axioms, then, failing, will refute the whole subject. Yet such a person, once relieved of the compulsion to play games, will naturally lead his life in a logical manner - quite independently of any cognizance of the subject of logic itself. Then, once again discovering the subject of logic, will find it to be a very simple and obvious subject, and may even wonder why so many other people find it both awesome and incomprehensible. Its entirely a matter of the compulsion to play games. You see, games are not reasonable. They are fun, but they are not reasonable. So as they become more and more compulsive, the subject of reason itself becomes more and more alien to the being. Thus, this is also the entire subject of insanity.

The rule of thumb about the opposite (not the opposition) of a non-life goal being a life goal is not invariable, and will sometimes let you down. Some goals and their generally accepted opposites will both be found to be non-life goals. This is true of the whole class of goals which arbitrarily compartmentalize things - i.e. goals which divide life into arbitrary classes. E.g. 'To be within' and 'To be without'; 'To be for' and 'To be against'. These classes are not natural classes, and only stem from games play. Thus, both the goal and its opposite are restrictive upon life, and are opposed to the full expression of the 'To be known' leg of the basic package. The compulsive games player is always trying to convince you that you must either be for him or against him. This is not a complete statement of the choices, or options, that are available to you, for you can also be both for him and against him, or neither for him nor against him. The fact that he cannot grasp this reasoning is only indicative of his compulsion to play games, and in no way limits your full freedom of choice in the matter. Thus, all goals which arbitrarily compartmentalize life are non-life goals. There are many of them, and when searching for junior packages its very easy to inadvertently fall foul of this class of goal. But you'll know all about it as soon as you try and run the package: you find yourself on a very slippery slope that leads to the graveyard.

Having formulated your life goal package, you run the package exactly as you would run the 'To know' package. And I mean exactly. No variations whatsoever are allowable - not by me, but by the fundamental nature of this universe. And that means all the extras, like RI as indicated. Everything you know about running the basic package also applies to the running of junior packages. You take the whole technology, en bloc, and apply it to the junior package. Junior packages won't come apart if addressed in any other manner. I know, because I've tested all possible variations, and the only way junior packages come apart is when addressed in the same manner as the basic package. You enter the package at the same point, and you leave it at the same point as you do the basic package. That's it.

One of the following will occur:

a) The package is nulling. Good. Keep on with it and shoot for erasure. Never leave a package which is nulling, and therefore producing change.

b) The package erases. The effect here is the complete vanishment of the package. All the conflict (charge) between the legs of the package vanishes. The package is now strictly ho-hum. Get off it. Don't over-run it hunting around for charge that is no longer there. That is just being dull. Leave it at the point of erasure. When they erase you always know it. There's never any doubt. Its gone. You can wave that one good-bye forever. You couldn't even put the charge back into the package if you tried. Go back to the basic package.

c) The nulled package stops producing change without erasing. Good. Get off it and go back to the basic package. There's no more benefit to be gained by you at this time by further

address to the package. Don't worry, it will come out in the wash. You've done all you can do at this stage with that package. The chances are that it will now erase of its own accord while you are addressing the basic package. Never grind away at an unerasing package.

d) The package suddenly collapses upon the realization that its really within the basic package. Good. Get off it. Its now a 'dead' package. Go back to the basic package. All the residual charge on this junior package has now transferred to the basic package, where it truly belongs. Never play with collapsed packages. Its a complete waste of time.

e) The package doesn't null. It just grinds on forever, never producing any change, never doing anything at all. You are cross-packaged. Check your package legs. Get out your dictionary. If you can't spot the cross-packaging, and therefore cannot made the package null, then get off it and return to the basic package. Never waste time with crossed-up packages. Your whole mind is a vast crossed-up package - which is why you are holding it in suspension trying to figure it out. Crossed-up packages can never erase; they just sit there forever all crossed-up. Go and give the package to a psycho-analyst; they love them, and spend their whole lives playing with them.

f) The package is slowly killing you; the birds are no longer singing in the trees; life seems to get more and more solid and desperate; your space starts to cave in on you; you see brawny men in little white jackets observing you furtively from around corners; your body feels as if its about ready to step into a coffin - if you had the energy to go and find one. No, its not a vitamin deficiency that ails you. You have found yourself a non-life package. Get off it now. Get back onto the basic package and start repairing the ravages.

Don't feel embarrassed about it, for it happens to the best of us who walk this path.. The only good thing about running a non-life goals package is that it instills a healthy caution about goals packages in general, and you rarely make the same mistake twice. If it weren't so intensely non-therapeutic I'd recommend it as an integral part of any being's education in this subject.

g) The package is very heavy, and knocks you about badly as you work with it. Yet the package is slowly nulling. You've found yourself a hot package. If at all possible stay with it until no more change, then return to the basic package. But if you do have to abandon it because its too heavy, you must be prepared to return to it one day and null it. You'll never be entirely free of it until you do so. It will stick in your craw as a failure until you finally lick it.

There's never any difficulty in differentiating between a heavy package and a non-life package. The non-life package is insidiously destructive; its bad effects are slow and progressive, never startlingly painful. The heavy package will hit you - bang! - as soon as you address it. Your whole mind can light up like a pinball machine, with energy flying all over the place. You can feel like a twig in a storm. Its strictly Whee!!... Yet as soon as you return to the basic package the fireworks are rapidly mopped up, and all is quiet once more.

We can see, then, that whatever the outcome of working with a junior package, the next step is always to return to the basic package and re-null it. Why? Because any address to a junior package changes the breadth of your understanding of the subject of knowing, and thus permits more charge to be nulled from the basic packages.

The basic package also has this quality: It has the power to straighten out any difficulties you encounter with junior packages. It is the only goals package that possesses this quality. Remember this, for it may save your life one day. It saved mind in the early days of researching junior packages, when I fell foul of a non-life package. This is one of the reasons why you have to null the 'To know' package before addressing junior packages. Until the basic package has been nulled, and you realize its potential, you are adrift in a vast sea of significances called life.

The 'To know' package is always your life raft: something you can return to and get things straightened out once more. It will never fail you.

One certain way to come a nasty cropper on the subject of goals packages is to ignore the basic package completely, and start wandering around the junior packages, a nibble here, a bite there. Such a dilettante attitude would show a profound ignorance of the nature of the mind in general, and of the basic law of this universe in particular. And the person could easily pay for it with their life or their sanity. When we are addressing goals packages we are addressing the very stuff of which the mind is composed; the very building blocks of sanity itself. To treat them with less than the respect they deserve is to only court the disaster that will inevitably follow.

Any person reading this who, without addressing Levels 1,2,3 and 4, and thoroughly nulling them, proceeded to compose and address junior packages at Level 5, is best advised to do so while sitting in a padded cell wearing a straight-jacket. For that is precisely where he belongs, and where he will most certainly stay. I mean it. We are not playing patty cake here at Level Five - and particularly Level Five of the junior packages. The whole subject is booby-trapped, and full of yawning chasms for the unwary. Until you get that basic package running for you, and you won't until Levels 1,2,3 and 4 have been properly nulled, I can assure you that you are a lamb going to the slaughter when you start playing with junior packages at Level Five. Yet once you have that basic package running for you, and you have nulled it as far as you possible can, you can pick your way through the minefield of the junior packages with relative impunity, for you always have the basic package to fall back on and straighten things out once more for you. Oh, you'll get your feathers singed and your fur ruffled more than once en route. That is inevitable. But you'll get there. Which is something you'll never do without the basic package running for you. I trust you get the message. I kid thee not. And there's nothing in it for me to be less than totally honest with you.

The only reason we ever run a junior package is to permit the basic package to be once more run gainfully. Dispel any ideas you may have that there are any hidden secrets of life deeply buried amongst the junior packages, only awaiting your arrival with the key to unlock them. There's nothing in any of them which isn't also in the basic package. But you don't believe this. So you'll have to address junior packages in order to find out that it is so. If you knew this, the basic package would never go null on you, and you would never have to run a junior package. These junior significances only got into life as the result of games play. Later they became importances in their own right. To some they have become all of life. Once this stage is reached the junior significance has to be addressed in its own right before the person can again realize that it always was a part of the basic package all along.

So after addressing a junior package your next step is always to return to the basic package. And there you stay as long as the basic package continues to produce change. If it once again goes null, then select another junior package that interests you and repeat the procedure I've indicated. Then, whatever the outcome, back you go to the basic package once more.

There's no need to knock yourself about unnecessarily trying to null hot junior packages. There's no medals being given out for bravery in the face of the opposition legs of a goals package. If its a mite too hot to handle right now, then leave it and return to the basic package. Just note that junior package down for future reference, that is all. Then, one day when you are feeling real chirpy, you can nip in and erase or collapse that troublesome junior package once and for all.

As you progress along the route as given you will find yourself more and more working with the basic package, until eventually the merest sniff at a junior package is sufficient to erase or collapse it. After this you have to stay on the 'To know' package - simply because its the only package that does anything for you. As this is the basic package, this is exactly how it should be. If anyone had asked you what the basic package was at the time you came into this universe, you would have thought him a little bit mad to be asking such a ridiculously simple question. Its

obviously 'To know'. Why, the basic law of this universe clearly states that...

The subject of junior packages is complete in therapy when, and only when, the being is utterly certain that any purpose in life is a method of achieving one or other of the legs of the basic package. This is not merely an intellectual certainty - something which I tell you, and you believe because my reasoning seems sound. It is something you must discover for yourself. The only way to discover this is to run junior packages. Then you will know it is true. Then, and only then, will you be free of the junior packages. When the job is done you'll know that the 'To know' package is basic. Until the job is done you'll still have lingering doubts in the matter, and these doubts will halt your progress right there. The junior packages have an entrapping influence in their own right, quite independently of any games you may play with them - simply because they are junior packages, and not basic. The only way out of the entrapping influence of the junior packages is through them. You came in this way, and you go out in the reverse way that you came in. Then you will see them for what they are - methods of knowing, not-knowing, making known and making not-known. They are methods, or systems, of knowing, brought into existence by reason of games play within the legs of the basic package. Once free of them you'll never need to address them again in therapy. From that point onwards you'll only work with the basic package, for there is nothing else left with which you can work.

Undoubtedly, for many beings the erasure or collapsing of the junior packages will be the most difficult part of Level Five. Its entirely matter of how much you have convinced yourself and others that there is more to life in this universe than the subject of knowing. There isn't, and so you will have to take these lies apart. The doing so is all the strife you will encounter on the subject of junior packages in therapy. But once this has been done the rest is easy. All the booby traps and minefields are on this subject of junior packages. Once free of them, the rest is good roads and good weather.

Clearly, the time has come for us to subdivide Level Five.

5a. The nulling of the 'To Know' package.

One only leaves this step if the basic package ceases to produce change. It may never cease to produce change, in which case one stays on 5a until the basic package erases. This will be true for a percentage of beings who do these exercises.

5b. The erasure or collapsing of junior packages.

The whole purpose here is to address junior packages with a view to collapsing or erasing them. There is no other purpose. While junior packages are 'alive' in their own right the basic package may be inhibited from erasing. This step is complete when all junior packages have either been collapsed or erased. (The non-life packages, being within the life packages, will also collapse or erase.) When this has been accomplished the basic package may now run to erasure. If it again goes null and ceases to produce change before erasure occurs it can only mean that the being is trapped within some junior universe that is inhibiting the erasure of the basic package. So step 5c is indicated.

5c. The erasure of junior universes.

A junior universe is a universe that is totally within the physical universe.

All junior universes are co-extensive with the physical universe.

All junior universes are within the 'To know' basic goals package.

Examples of junior universes are cats, kings and coal heavers. Any class of identities or

objects are within the class of junior universes. All junior goals packages, whether life or non-life, are within the class of junior universes.

It is necessary to clearly grasp at the outset that any junior universe is co-extensive with the physical universe. The physical universe can be divided into any concept (object) and its absence. Thus, the sum of the class of cats and the class of non-cats is co-extensive with the physical universe. The physical universe does not consist of cats, non-cats, and sundry other things. It only consists of cats and non-cats. A being playing games with cats can be bothered by cats, or be bothered by the absence of cats (the presence of non-cats).

While we consider the class of a junior universe to be co-extensive with the physical universe it is possible to erase (vanish) its influence upon the being, and return to the being his full freedom of choice regarding the junior universe. While not so considered it is not possible to erase junior universes. E.G. Cats are a part of the physical universe, but the class of cats and non-cats is co-extensive with the physical universe. As we cannot erase cats from the mind without also addressing and erasing the subject of non-cats from the mind, we are bound to address the whole junior universe of cats - which is co-extensive with the physical universe. Re-read this until you fully grasp it, for it is vital to an understanding of what we are doing at step 5c.

It is not practical to address the subject of junior universes until the subject of junior goals packages has been resolved (step 5b.). This is because the address to junior universes triggers junior goals packages which, while alive in their own right, inhibit the action of the basic package. An example will clarify this. A possible junior universe is that of 'a controller'. Clearly, a controller controls. While the 'To control' package is still unerased or uncollapsed the junior universe of 'a controller' will not be amenable to an address by the 'To know' package. The first step is to collapse or erase the 'To control' package. Then, and only then, can the junior universe of 'a controller' be successfully erased by the basic package. The junior universe of a 'controller' cannot be cleanly erased by use of the 'To control' package, for the 'To control' package is itself a junior package, and is totally within the basic package. A junior universe may utilize many junior goals; until these have been either collapsed or erased at step 5b, the junior universe is clearly not amenable to an address by the basic package.

To address junior universes while junior goals packages are still alive in their own right is therefore futile. The being rapidly drowns in a sea of unresolved junior goals packages, and gets nowhere. However, once this matter of junior goals packages has been resolved the junior universes will be found to erase cleanly when addressed as a part of the basic package. You will recall my injunction in the earlier Practical Section regarding the putting up (creation) of specific effects at Level Five (now Level 5a). I was aware then that there was something inhibiting the indiscriminate use of the basic package regarding specific effects, but hadn't clearly isolated the factors involved. The inhibiting factor was junior goals packages. This has now been overcome at step 5b, so at step 5c we are free to use the basic package as broadly or narrowly as we desire.

The being becomes trapped in junior universes as the result of games play. Its exactly the same mechanism that entraps him in the physical universe itself. When we examine the basic package regarding an effect we see it goes from the knowing creation of the effect down to the enforced knowing of that effect. Just how much can a being be forced to know an effect? He can become the effect. This is not the being consciously deciding to be something, but being forced to be that thing against his choice. E.g. One can injudiciously play games with bodies until one is forced to be a body, and has totally lost ones freedom of choice to not be a body. This is also true of inanimate objects, and other life forms. Many a compulsive fisherman ends up with a remarkable physical resemblance to his quarry, and is found to be totally within the universe of a fish - complete with the open and closing mouth.

So the being, by reason of compulsive games play, ends up unknowingly trapped within the

masses and spaces with which he plays. He is now totally within a junior universe which itself is totally within the physical universe. And, as entrapment proceeds, this process continues forever. The being, now trapped within a junior universe, plays games in that universe, and in turn eventually becomes trapped in junior universes within the junior universe. The fisherman first becomes a fish then becomes a dead fish. (Dead fish are within the universe of fish.).

Thus, individuation progresses, and the being becomes progressively more compartmentalized. Is there no limit? No. One either plays games in this universe while cognizant of ones basic spiritual nature and the basic law of the universe, or one becomes more and more trapped within the universe. The easiest way to become trapped in any game is to try and play it is ignorance of the rules, and of ones basic nature as a player of games. It is futile to blame the universe for trapping one, for that will only trap you within it further. One became trapped by ones own ignorance. Recognize that and you can get out of the trap.

Once trapped within a junior universe the being takes on the characteristics of that universe - its behavior, and so on - and finds it next to impossible to recognize that he is in such a universe, or to reason outside the values and parameters of that universe. E.g. A being in the universe of a material object would find it next to impossible to conceive of life as being of a spiritual nature. He would only see it as being within the confines of the object in which he is trapped, while remaining ignorant (unaware) of the fact that he is trapped within the object. It would be futile to discuss spiritual matters with such a being, for he is no longer capable of grasping the subject under discussion. However, he would be able to converse intelligently on such subjects as impacts, having pieces chipped off one, etc., for these are all very real things in the junior universe of the object in which he resides.

We can see, then, that entrapment in a junior universe can very easily prevent the basic package from erasing. Indeed, once the subject of junior goals packages has been resolved, it is the only thing that can prevent the erasure of the general 'To know' package, and the regaining of full freedom of choice regarding the physical universe and its parts. Thus, step 5c is the last step, and any future improvements can only be in the selection and mode of address to this subject of junior universes. However, we have an enormous latitude within which to act at level 5c, and any future improvements to the procedure can only be marginal.

The subject of valences, used in the earlier Practical Section, is totally within the subject of junior universes. (See glossary for definition of the term 'valence').

A junior universe is addressed by the addition of a noun representing that junior universe to each of the legs of the basic package. This limits the basic package to the junior universe in question. It changes the basic package from a general tool addressed to the whole of life and the physical universe, to a precision tool for the erasure of a junior universe. E.g. By the addition of the word cats to the basic package it permits the package to be limited to the universe of all cats.

This limited goals package is erased in the usual manner. In the case of cats it would be erased from the level of Forced to know cats up to the level of Cats Forcing to know.

The basic package in its limited form is addressed exactly as it is in its general form. No changes in the mode of address are permitted. Junior universes do not erase if you change the mode of address to the package. This rule is the same as the rule about addressing junior goals packages.

In this universe the particular is always within the general. E.g. A particular cat named Snoozer is a junior universe within the junior universe of all cats. Within the junior universe of Snoozer the cat we find the junior universes of Snoozer's fur, Snoozer's paws etc. If a being is in a compulsive games condition with Snoozer's paws, then by an application of Level 5c he can free himself from this junior universe. However, such a being would find it extremely difficult to erase the whole

junior universe of Snoozer from his mind. For such a being to attempt to erase from their mind the class of all cats would be clearly impossible at their current level of ability. They would just be walking themselves into a failure. The correct route for them would be to first erase the universe of Snoozer's paws, then to erase the whole universe of Snoozer, and only then to embark upon the erasure of the whole class of cats.

So the general rule governing the erasure of junior universes is:

If a junior universe is difficult to erase, then select a junior universe within that universe to erase first.

If you proceed in this manner you will get there. To attempt to grind away at junior universes that are not readily erasing is not only a waste of therapy time, but is to walk yourself into failure. If a junior universe is not erasing them it is too heavy for you right now. Get inside it and erase something you can handle easily. There is nothing else involved at the level of 5c. All other possible facets have been resolved in the earlier steps. If the junior universe is not erasing readily then its too heavy for you right now. So get off it, and work with something you can erase. Don't waste time hunting round for the reasons why of it. I've just given you the reason why - its too heavy for you right now.

Junior universes, like junior goals packages, are selected on the basis of interest. No other assessment is required or indicated. If the junior universe interest you it is erasable - eventually. However, you may have to get inside it first. In other words, its possible to be interested in a junior universe that turns out to be a fair bit tougher to erase than you currently believe. Of course, you won't find this out until you try. So the following procedure is recommended.

- 1) Select your junior universe.
- 2) Formulate your goals package.
- 3) Run the goals package.
If the junior universe erases, fine. Get off it at the point of erasure, return to the general basic package and re-null that once more. Then, if the general basic package once more goes null before running to erasure, select a new junior universe.
- 4) If the junior universe doesn't easily erase, then leave it. Never grind away on an unerasing package. Thoroughly run RI. Then return to the general basic package and re-null that.
- 5) Select a junior universe that is within the one you just failed with.
- 6) Do steps 2) and 3) on this universe.
- 7) If it doesn't erase readily, do step 4) on it.
- 8) If it erases readily complete step 3), then return to the one you failed with earlier.
- 9) Continue this procedure until you have succeeded in erasing the universe you set out to erase in the first instance. Once you select a junior universe you are going to erase it - eventually. Never leave a universe in failure. The moral is to pick easy ones at the outset! A quick and easy erasure is what you have your sights set on every time. That way you get there fastest. Nothing succeeds better than success. There are no medals being offered for bravery in the face of a tough junior universe.

At first on level 5c there is nearly always a tendency for the being to bite off more than he can chew, so to speak. However, after a few tears and self-recriminations, you rapidly come to grips with your true strength if you follow the above procedure. My best advice to anyone starting Level 5c is to err on the side of cautiousness in the selection of your first junior universe. If you reckon you can handle all of Snoozer the cat, then set out to erase his whiskers. Its quicker in the long run.

There is only one other factor to mention. This is the subject of over-running the point of erasure. Here the being misses the point of erasure and goes on trying to erase a junior universe that is already erased. Clearly, you can never erase a junior universe that has already erased. But you can go on trying forever! I mean it. Don't fall into this trap, for its very dull. When a junior universe erases you always feel it go. Suddenly - flip! - its gone. The whole universe has vanished from your mind. Once its happened to you you'll recognize it. Its a unique experience. (It gives the lie to those who say that once an 'impression' is made in the mind it is there forever. They only say that because they haven't got the faintest idea how to go about erasing things.) The point of erasure is the precise moment to leave that junior universe. Don't waste time trying to find out where its gone to. Its gone. Its erased. It no longer exists in your mind. Its a good idea to run RI at the moment of erasure - to fill the vacuum created by the vanishment of the mass.

If you suspect that you've over-run, then do the following.

- 1) Ask yourself, Has this universe erased? Am I over-running?
- 2) Run RI.
- 3) Repeat 1) and 2) until you are certain one way or the other.

You can never discover over-run by continuing to try and erase the package.

That is the wrong way to go about it. The correct way is steps 1), 2), 3) above.

This data about over-run is general to all your therapy on these exercises, but its mainly applicable to Level Five where erasure commonly occurs. The above three steps will pick up over-run, if it occurs, at any level of your therapy. The phenomena of over-run is always repaired by 1) Discovering that over-run has occurred. 2) Running RI. These two things are sufficient and necessary to do the job. All else is superfluous.

Is it possible to avoid over-run completely? Yes. There's no need for it to ever happen. The entire secret of avoiding over-run is to run sufficient RI at all times during your therapy. Then you won't miss the point of erasure, and you won't over-run. Its awfully simple. Over-run only occurs in a state of depleted RI. Only then is it possible to miss the point of erasure, and go sailing on trying to do the impossible - trying to erase that which is already erased.

Whatever the outcome of addressing a junior universe, the next step is always to return to the general basic package and renull it. You may never have to leave it again and it will run straight on out to erasure.

As with Level 5b, the general basic package has the power to straighten out any difficulties you may get into while erasing junior universes. Learn to use it if and when you feel yourself being backed up into a corner while trying to erase junior universes. You can bail out at any time, and repair the ravages with the basic general package.

Junior goals packages, both life and non-life, are junior universes, and are therefore erasable at Level 5c. One merely converts the verb of the package into a noun, then formulates the limited basic package just like for any other junior universe. However, non-life goals are within life goal

packages, so the fastest way to erase them is to address and erase the life goals. It's an error at Level 5c to spend a lot of time on non-life goals - simply because the time is better spent erasing the junior life goals. One junior life goal may contain a thousand non-life goals within its package. Erase that and you've erased all its non-life goals too. It trusts you get the message. An example is the goal 'To eat'. The noun form of the verb to eat is eating. Thus, eating becomes the subject matter of this junior universe. Erase this junior universe and you've erased all the non-life goals with the 'To eat' package. These include such things as vomiting, poison, and a host of others. Work with the life goals at Level 5c and you get there fastest.

The junior universes of junior goals contain very little mass, or substance, in themselves (All the mass is in the junior goals package at Level 5b), and are entirely concepts. Therefore, you will find that you will need to run a lot of RI to erase them successfully. They should not be attempted early on. You do much better early on addressing junior universes that contain visible mass. E.g. Snoozer the cat is a thing of substance; he is not just an idea, or concept. Of course, before a junior goal can be addressed at Level 5c, its package must be collapsed or erased at Level 5b. To attempt to address it at Level 5c while the junior goals package is still alive in its own right is merely to court failure. The junior universe will just never erase. Level 5c is not a substitute for Level 5b. Nevertheless, the final erasure of any junior goals package or concept from the mind is achievable at Level 5c. Indeed, it's not until Level 5c is reached that such a total erasure can even be contemplated. When we address a goals package at Level 5b we are erasing or collapsing the goal as a method of achieving the legs of the basic package. At Level 5c we are erasing the subject matter of the goal as something that can be known etc. There is a difference. E.g. A person may have a compulsion to eat. Only after this compulsion has been resolved is it possible to erase the whole subject of eating from the mind, and to return to the being his full freedom of choice in the matter.

We only address junior universes in order to permit the general form of the basic package to be run gainfully. Indeed, the whole purpose of Levels 5b and 5c is to achieve this state of affairs. Levels 5b and 5c are only to permit Level 5a to run - to permit the general basic package to run to erasure. 5b and 5c are only means to this end. Neither of them are an end in themselves. You came into this universe on the general basic package, and you can only go out of this universe on that same package. All else are methods of getting the job done.

Before going on to give you a list of junior universes, I'd like to mention a specific application of this technology at level Five. Mankind has always been bothered by the subject of sex. It's essentially a bodily function for the purpose of reproducing the body which, as everyone knows, does not live forever. People also eat and breathe. Yet people are generally more bothered with this subject of sex than they are with the subjects of eating and breathing. Why? Whole libraries of books have been written on this subject. Freud based a whole psychotherapy upon it. Yet all have seemingly missed the obvious fact - a fact which only becomes clear when the subject of sex is addressed in the light of logic, and what we know about games.

To illustrate this matter I'd like to tell you a story. Back in the middle ages there was once a very small and isolated town in Spain. The town was a complete kingdom, and had little contact with the outside world. One morning the King, who was always clean-shaven and immaculately dressed, got fed up with seeing the men of the town walking around wearing scruffy beards. So he promptly issued an edict, which was pinned up in the town square. The edict stated: 'Henceforth, all the men of this town, on pain of death, will be clean-shaven. All those, and only those who don't shave themselves will be shaved by the town barber.' That afternoon the town barber read the edict - and promptly went insane. Why? Because he couldn't obey the edict. If he shaved himself he would be being shaved by the town barber, and the edict stated that only those who don't shave themselves will be shaved by the town barber. And if he didn't shave himself he would have to be shaved by the town barber - himself. So he went insane. Fortunately, the story has a happy ending, for the King, upon hearing what had happened to the town barber, issued a special royal dispensation permitting him to both shave himself and be shaved by the town barber. The barber immediately

regained his sanity, returned to his - by now - overflowing barbershop, and resumed his occupation.

Those of you who are familiar with the subject of logical paradoxes will recognize the famous paradox of The Barber of Seville in the above. But what has this got to do with why mankind is endlessly bothered by the subject of sex? Everything.

If the human body were hermaphrodite (bi-sexual) man would have no sexual problems. His body would merely reproduce itself from time to time, and that would be an end to it. But the human body is not hermaphrodite. It comes in two genders: male and female. Thus, there are two junior universes called masculinity and femininity. And that is where the fun and games - and the problems - start. The spiritual being, upon assuming a body, is placed in an either/or situation: he can either be male, or be female. He is like the unfortunate barber in the story. He cannot easily be both male and female. The full freedom of choice between male and female is one or other of the following classes: 1) Both male and female; 2) Male but not female 3) Female but not male; 4) Neither male nor female. This exhausts all the possibilities. But the gender of his body tends to fix him in either class 2) or class 3). Classes 1) and 4) are not readily available to him. While as a male, he cannot easily understand a female; while as a female, she cannot easily understand a male. Logically speaking, the classes of male and female in humans are disjunctive: its an either/or situation. And this is the root cause of mankind's sexual difficulties.

As a male, he soon starts to get opposed to females, and vice-versa. Very soon his is in a terrible state on the subject, for the two genders are not intrinsically in opposition to each other. You end up with a classic case of cross-packaging. We find the male desperately asserting his masculinity, while heavily suppressing any feminine characteristics in his personality, and vice-versa for the female. The whole subject soon takes on the quality of a nightmare, and becomes one big unsolvable problem. And it stays this way until the being regains his full freedom of choice to occupy, at will, any one of the four classes available to him on the subject. The barber in the story only became sane when he could both shave himself and be shaved by the barber. Spiritual beings running bodies with two genders only become sane on the subject when their full freedom of choice regarding the four possible classes are restored to them.

And that, in a nutshell, is the cause of mankind's sexual difficulties. His body gender restricts his freedom of choice in the matter, until even his very sanity can become lost. There's nothing else involved. You cannot only be a male and not a female, or a female and not a male, and be sane on the subject of sex. There is also the class of being both a male and a female, and the class of being neither a male nor a female. These classes, being resisted, must sooner or later catch up with you and overwhelm you. Sanity lies in the direction of being able to occupy any one of the four classes at will. Only in this way can the compulsive games condition that sex becomes be resolved.

The full resolution of sexual difficulties cannot be attained until Level Five is reached. Levels 1 to 4 can bring relief, but never full erasure. The steps for a full resolution at level Five are:

- 1) The erasing or collapsing of the 'To sex' goals package at Level 5b.
- 2) The erasure of the junior universes of 'masculinity' and 'femininity' at Level 5c. The achievement of this step may, or may not, involve the erasure of the junior universes of male bodies and female bodies, and of sex as a sensation.

Thousands of books have been written on the subject of sex. I thought it might be useful to fill a page telling you how the subject can be erased once and for all as a specific application of our Level Five technology.

Sex is a classic example of a compulsive games condition. The compulsive games player is always trying to convince you that you must either be for him or against him. In sex, this becomes

being either a male or a female, with one opposed to the other. Yet they are not opposed - as any person who has been in love with a member of the opposite sex can tell you. There are many examples of this restricted freedom of choice that comes about by reason of games play to be found in life, but none of them match sex for the sheer hell that can result when that game really begins to charge up. Our insane asylums are full of its victims. And this is how you take it apart. Once resolved, you are only left with the sexual desires of your body. These are quite placid, and satisfying them is no more onerous than satisfying its needs on the subject of food and drink. When you do so your body purrs like a great big pussy cat. The body, regardless of its gender, has desires on the subject of sexing and being sexed. This may come as a surprise to those who have yet to erase the 'To sex' package, but its well known in Freudian psycho-analytic theory. They just never had an effective means of resolving the compulsive games condition. That is all. While the subject of sex is highly charged the being enforces his own peculiar games compulsions upon his body. This, in extreme cases, can lead to its demise. The body is always much healthier when its lord and master is no longer in a compulsive games condition on the subject of sex.

Any list of junior universes is, of course, a list of every class of things and ideas to be found in the universe. Such a list is only useful if compiled in a rough sequence of increasing difficulty of erasure. Even allowing for the differences between beings on this planet at this time, the following list will be found useful.

Mothers. Fathers. Relations. Friends. Associates. Clothes. Food. Excreta. Body parts. Male bodies. Female bodies. Baby bodies. Pets. Animals. Birds. Fishes. Insects. Bacteria. Plants. Robot bodies. Machines. Valuable masses. Important masses. Large masses. Energy sources. Energy. Gases. Emotions. Sensations. Time. Space. Games. Death. Spirits. Gods. Life.

The junior universes of the main life goals are:

Knowing. Creating. Loving. Admiring. Enhancing. Helping. Feeling. Controlling. Owning. Having. Eating. Sex (plus Masculinity and Femininity).

Some common non-life goal junior universes that may need address are:

Degradation. Blame. Destruction. Drugging.

There are a number of general life concepts that also may need address. They include:

Freedom. Honor. Courage. Beauty. Truth. etc.

Again I would remind you that junior universes are only selected on the basis of interest. Interest takes precedence over all other methods of selection. If a junior universe interests you at Level 5c then it is erasable by you - eventually. However, you may first have to erase junior universes within that universe.

Take things steadily on Level 5c. Far better a series of easy erasures than to grind away at a junior universe that is too heavy for you right now. Always return to the general basic package after addressing a junior universe, regardless of the outcome. One day you will return to the general basic package and it will run out to erasure. The job is then done.

Those who read this work and, resisting the temptation to sit around and talk about it forever, actually do the exercises and discover that they work just as described, may care to mention the fact to others including their children. Then if we so desire, and if we work at it, we will be able to create a civilization on this planet of which we can be truly proud. The choice is ours.

Dennis H. Stephens
Mosman. NSW. Aust
Sept. 1979

Terms Used.

All terms used in a special sense have been-defined within the text. However, a few terms have been used with the sense they are given in the subject of Scientology. I have used these terms because they are the most concise and meaningful available for the phenomena they describe. Their Scientology definitions follow:

Overt Act. An act committed, considered harmful, and justified.

Motivator. An act received, considered harmful, and a justifier.

Valence. An identity assumed unwittingly (in games play). (The word valence is derived from the Latin word for power. A being assumes a valence in an effort to obtain its real or imagined power.)

Self Determinism. (SD). Determining the action of self.

Pan Determinism. (PD). Determining the action of self and others (non-self).
(The word pan is derived from the Greek word for all).

Addendum to Theory and Practical Sections.

This universe only consists of life and purposes. Some of the purposes are perceived as more solid than others. The basic purposes from which all others stem are the four legs of the 'To know' goals package. All other (junior) purposes are methods of achieving one or other of the basic purposes, and are therefore within the basic 'To know' goals package. If you can clearly see how a junior purpose is within one or other of the basic purposes, then it will erase at Level 5a and need no further address in therapy. However, due to the vicissitudes of games play, some junior purposes come to be regarded as independent of the basic purposes, and they will have to be addressed at Level 5b.

The purpose can either be formulated directly into a junior goals package and erased or collapsed in therapy, or, if uneradable, will be found to reside in the negative leg of some other erasable junior goals package. Eg. The goal 'To Display' can be formulated into an erasable goals package. Eg. The goal 'To Hide' cannot be formulated into an erasable goals package, but it resides within the goal To not Display, so can be erased by erasing or collapsing the 'To Display' goals package at Level 5b. An object only consists of one or more purposes (functions), and can be erased from the mind by erasing these purposes. If the purpose or purposes of an object are clearly seen as within one or other purposes of the basic 'To know' goals package, then this object will erase from the mind at Level 5a without any need for further address in therapy. However, if the object is believed to consist of purposes independent of the basic purposes, these purposes will have to be addressed at Level 5b as indicated above. Finally, the object - if still not erased - can be erased by making it the subject matter of the 'To Know' goals package at Level 5c.

E.g. A girl has completed Levels 1, 2, 3 and 4 of therapy, and has nulled the basic package as far as possible at Level 5a. She obviously has purposes which she considers to be independent of the basic purposes (Otherwise her whole mind would have erased at Level 5a.) and she recalls that she's always felt uneasy about wearing a dress, and decides to erase the class of 'Dresses' from her mind. (N.B. The choice of material to be run at Level 5b and 5c is always made on the basis of interest.) She decides that a dress has two purposes:

- 1) To display her femininity.
and
- 2) A modesty function of hiding her body.

Addressing each of these in turn she first formulates the 'To Display' goals package which she discovers to be erasable. The concealing function of the dress is 'To Hide' which she discovers cannot be formulated into an erasable goals package, but spots that it's within the 'To not Display' leg of the 'To Display' goals package. She addresses the 'To Display' package at Level 5b, and it collapses after a few minutes when she realizes that 'To Display' is a method of being known, and is therefore within the 'To be Known' leg of the basic package. She now re-nulls the basic 'To Know' package at Level 5a according to the rule.

The position now, she realizes, is that the class of Dresses, although reduced, has not yet erased from her mind, so she hunts around for some other function of a dress. She soon spots that a dress has a sexual function when displaying her femininity, so she addresses the 'To Sex' goals package at Level 5b. During the erasure of this package a childhood sexual incident involving her dress pops into view and explains her lifelong unease with wearing a dress. When the 'To Sex' package erases she returns to and re-nulls the 'To Know' package at Level 5a. She then makes 'A Dress' the subject matter of the 'To Know' goals package at Level 5c, only to discover that it's already erased during the re-nulling of Level 5a. She has now erased the class of 'Dresses' from her mind, and is ready to find another object or junior goals package for erasure. One day, when

routinely re-nulling Level 5a after erasing an object or junior goals package from her mind, to her great joy the basic 'To Know' goals package will itself go on through to erasure. She will then have achieved a full resolution of mind - and know it.

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