LHS = body that swaps,

RHS = mind in body, (position indicates body, ABCDEFGH)

Blue Highlight = Introduction of new letter as no viable swaps remain since no 2 can use machine more than once

BOLD, Underline = mind body in correct place. (only for the 3 people we start with A,B,C).

A B C = BCA

ADE= DCAEB

BEF= D**B**AEFC

CDF = D**BC**AFE

DGH= D**BC**HFEAG

AGF = **ABC**HFDEG