

TROM 2023

The Resolution
of the Mind a
Games Manual

DENNIS STEPHENS

Edited by Roger Tandry

**UPDATED 2025
EDITION!**

- 5X The illustrations
- Additional Chapters
 - More notations
 - Expanded Glossary



DIY Salvation



BetterTROM.com

THE RESOLUTION OF THE MIND A GAMES MANUAL

“TROM 2023”

Updated March, 2025

Dennis H Stephens

Edited by Roger Tandry

Illustrated by Allison Tandry

A DIY Salvation/BetterTROM.com

Publication

This is, has been and always will be Dennis Stephens' book, not mine. I take no credit for his work, nor do I seek any compensation for publishing the following. I don't even want my real name widely known. It's about TROM, not me.

I did not "rewrite TROM". I only rearranged it, added some notes, a decent glossary and illustrations. The text of the original manual is included here, plus invaluable data from the 1990s lectures that directly applies to this manual.

I did all this with the intent of making this material accessible to the masses. TROM is too valuable to remain in the dark, as you will discover during your study and practice of it.

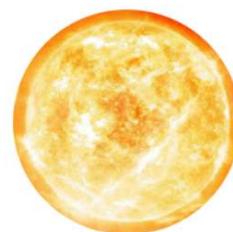
Spread the word. Share this book. Share your insights and success stories with me. Subscribe to my channel. Visit the site so I'll know that someone is watching, listening and reading and that my work is not in vain. That's all I ask.

Roger Tandry

March 5, 2025

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TABLE OF CONTENTS

Introduction to the 2025 Edition

Benefits of TROM Therapy

Who Can Practice TROM?

The S-Word

Notes on Compilation

How to Study TROM

How to Use this Book

BASIC TROM

TROM101 (Roger Tandry)

TROM Exercises Overview & Guidelines

Level One

Level Two

Level Three

TROM THEORY

The Four Basic Postulates

Timebreaking

Life and life forms

Identity

Intelligence

Death

Can't

Emotions

Sensations

The long Night of the Soul

The Hidden Influence: The Self-Fulfilling

Prophecy

The Body

Ethics

The Blame/Guilt mechanism

The Service Effect

Freedom

Postulates and "Reasons Why"

Time

ADVANCED TROM

5 Introduction to the Postulate Failure Cycle (Roger Tandry) 125

6 The Postulate Failure Cycle 138

8 Level Four 154

11 Level Five 160

14 How to Run Level Five (Lecture Adaptation) 178

15 Level Five Running of Junior Goals 190

Level Five Running of Junior Universes 224

APPENDIX

34 What to do if the R.I. Commands don't work on you 249

40 THE SKIN GALVANOMETER OR "E-METER" 252

56 LOGICAL NOTE 256

61 TERMS USED (ORIGINAL MINI-GLOSSARY) 260

Glossary

67 262

82

89

90

90

91

91

92

93

93

95

100

101

104

110

111

114

120

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.)

Introduction to the 2025 Edition

Benefits of TROM Therapy

The Resolution of the Mind, better known as TROM, is not some pop psychology quick-fix. It's not some peaceful activity where you sit on a mountain top and breathe a certain way. We're not trying to start a religion, cult, guru-driven self-help movement or anything like that. There's not going to be some advertisement woven into this book to sell you on professional services, retreats or seminars.

We're talking about ending the games you've been playing for a very, very long time with a mind you've constructed on your own and built to perpetuate itself. It's challenging. It's dramatic. It can also be an absolute joy. I'm almost certain that a few weeks into your TROM practice you'll consider it the greatest adventure of your life.

Through study and practice, one becomes more "in the now", better able to perceive one's surroundings and act in the present. Emotionally charged memories diminish into ones that you can calmly recall without upset. The guilt over one's misdeeds and the anger over what others have done fades away. And the inner conflicts- the arguments one has with himself -are settled. These are the benefits that I've experienced and others have reported to me. There are other possible benefits, but I'll leave those as pleasant surprises to discover on your own.

Who Can Practice TROM?

TROM is divided up into five levels, each of increasing intensity and likewise, increasing benefits.

With this book most anyone who is fluent in English, is of at least average intelligence, a high school graduate, and has the necessary self-discipline can at the very least understand and be able to perform TROM levels 1-3 without much trouble. This is substantial enough that if levels 1-3 are all you ever do, you will be better off than the majority of us on this planet.

Levels 4-5 are a more challenging study and even more of a challenge to perform. Don't let this discourage you. Once you've reaped the rewards of finishing level three, you'll be highly motivated to continue. In any case, 1-3 will take long enough so that you can study the rest of the subject at a comfortable pace.

If you are on medications, especially ones for a psychiatric condition, do not practice TROM until you are off of them. If you are an alcoholic, you're going to have to lay off the booze for at least 24 hours before a TROM exercise session, and commit to staying off the drinking for as long as you are performing them. But also keep in mind that the longer you do TROM, the less likely you are to crave alcohol. Dennis does mention in the main text how he knew of an alcoholic who was cured by the end of TROM Level Two.

If you have brain damage, these exercises may not work on you. If you have a severe psychiatric condition, you take a big risk doing these exercises solo. If you are in doubt as to whether or not you are up to tackling your mind solo, you need not worry. The first set of exercises also serve as a test to see if you are.

TROM, unlike psychotherapy, is mostly used by ‘normal’ people to take them to spiritual states that are exceptional, as opposed to taking people to the level of ‘normal’ and stopping there. After all, ‘normal’ people still have their problems! Lost lovers one can’t force out of their mind.

Arguing with others inside one’s head. Periods of one’s life one can’t recall as easily as others. Daydreaming to the point where one can’t function as well at their job as they should, or pay enough attention when they drive. None of these things would necessarily inspire one to see a psychologist but they are problems that are quite real nonetheless.

Others around you may have issues with you doing TROM. Either they don’t understand it, or take some sort of advantage in keeping you in the dark. Since TROM is self-studied and self-applied, you can keep it a secret. It’s best you do, at least in the beginning. Wait until someone says something to you like, “Wow, you seem so much happier and calmer than you used to be. What changed?” and then invite them to read this book.

The S-Word

Before continuing I'll address the elephant in the room. Dennis Stephens was a Scientologist and friend of L Ron Hubbard before coming up with TROM, and he does build on some fundamental



Scientology theory and practice. If you are so upset about Scientology that you can't look at anything remotely related to it, now's the time to get over that because all of the reasons you don't like Scientology are the very reasons to embrace TROM.

Strictly speaking, TROM is not Scientology. The Church of Scientology itself forbids its members to practice it, and that alone should tell you enough. It does build on some Scientology fundamentals you'll need to understand but that's what I'm here for- to explain some of them to you so you won't have to enroll on a course in a Scientology Academy just to understand TROM.

In the years following the release of *Dianetics, the Modern Science of Mental Health*, Dennis Stephens progressively became more aware of how the goal of a 'cleared planet' (one without insanity, criminality, and war) would be impossible to achieve if everyone had to get professional services to achieve that. There had to be a way in which one could administer the techniques that resolve the mind and spirit to one's self. Dennis believed Hubbard thought the same.

In the 1970s, after leaving the Church Dennis developed a unique therapy that would enable someone to resolve one's spiritual condition operating solo from beginning to end. Dennis did this in the spirit of trying to help Hubbard and his Church, not to rival him or it.

Unfortunately, when he completed his initial research and was ready to

share it, it was during a time when Hubbard could be reached by only a few. TROM never made it into the Scientology curriculum as Dennis intended, so he released it to the public instead.

And there lies the fundamental issue.

Dennis was a researcher- not a writer, an editor, a publisher or book promoter. He did not have a reputation or a money-filled organization to back him like Hubbard did. Instead of releasing a bestseller that got millions interested in his subject like Hubbard did with *Dianetics, the Modern Science of Mental Health*, Dennis released a work that confused most who read it, and few people even knew about.

I am not some hotshot who read Dennis' works and then thought how cool it would be to tell everyone else about it. I am a former Scientology Course Supervisor who began his study in 1987 then after leaving the Church in 2018 I began my TROM study and then practiced it regularly for several years during which I corresponded with other Trommers who advised me on how to practice it and then I turned around and started helping other Trommers achieve my new level of understanding.

TROM is the only Scientology alternative I recommend without reservation. I have checked Dennis' theories against my own understanding of the mind and spirit and have performed every exercise described in this book and I am more than satisfied with the results.

I wish I could thank Dennis personally for his contributions to what I like to call “Spiritual Technology”. I can’t because he passed away before I ever even heard of TROM. Instead, I now express my gratitude with this user-friendly edition of *The Resolution of Mind* a Games Manual*, which I have re-titled “TROM 2023: The Resolution of the Mind a Games Manual” so there’s no confusion between the original

manuscript and this enhanced edition. I offer it for free, as Dennis did with the original text that this book is based on.



THANK YOU,
DENNIS!

*If anyone knows why it was called “The Resolution of Mind” instead of “The Resolution of the Mind” please tell me. My only theory right now is that it was the original transcriber’s omission.

Notes on Compilation

At the end of the original manuscript, Dennis wrote:

I offer you a route out. There may well be other 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.

*Matrix: an environment or material in which something develops; a surrounding medium or structure:

"free choices become the matrix of human life"

I know why Dennis wrote that. Throughout history, those who desire to keep others in the dark have altered spiritual teachings to suit their own ends. But at the same time, by demanding his text be duplicated exactly, he doomed his subject to obscurity.

I admire Dennis for all of his hard work, his ingenious theories and clever methods for resolving man's spiritual condition. But I have this one complaint about him in that his book not only does not communicate

his subject in any way the average person can understand, but he insists it only be transmitted the way he wrote it and thus perpetuates the confusion regarding his subject.

And this is why as early as 2019, a few months into my TROM study and practice, I posted a study guide and glossary on the TROM forum to help the layman along. Then after a few years of practicing TROM, in November of 2022 I started a YouTube channel to demonstrate TROM theory and practice. In 2023, I released an improved version of the manual. In 2024 I launched BetterTROM.com and put an edition of TROM 2023 on that site which is a series of web pages containing the text side-by-side with the videos I had produced explaining some passages of the text.

This new edition that you are reading now has the same benefits of the previous one, which are:

- The order of data is re-arranged so that the simpler theory is introduced first, and the advanced theory is introduced later. I made sure to include all of Dennis' original text. It's all there, just re-organized.
- Helpful annotations.
- A complete, beginner-friendly, layman-friendly glossary.
- Illustrations.
- Key data from lectures Dennis recorded in the 1990s clarifying and expanding on his original text.
- An editor's chapter wherein I explain in plain English one of the more difficult aspects of TROM theory.
- proofreading and error correction.

-I moved difficult passages that were not absolutely necessary to the understanding of and practice of TROM to the appendix. These include passages about the e-meter (the electronic instrument used in Scientology) and the Boolean Algebra (a logic system) equations. Dennis says himself you don't need an e-meter to get through TROM, and you don't need to understand Boolean Algebra. You only need know the conclusions he arrived at, and how to do the exercises, and that's it.

In the past two years since releasing TROM 2023 I've had the benefit of reviewing the work once in a while and making an improvement to it here and there, such as adding some annotations, illustrations, and even correcting a misplaced comma or two that I missed on the initial proofreading. I've gotten invaluable feedback from readers as well.

Recently I've added illustrations to the online edition of TROM 2023, 5xing the previously existing amount. So, it only makes sense for me to add those illustrations to the e-book version as well, and make a few more improvements while I'm at it, including the new "TROM 101" chapter which will be of tremendous benefit to the absolute beginner.

TROM has been around since 1978, and I can only imagine how many people have missed out on its benefits because of its poor presentation.

Well, NO MORE OF THAT, I say!

How to Study TROM

The best initial advice I can give to you is to take your time in absorbing the materials. This is not some feel-good, motivational, or self-help program wherein half of what you are reading are testimonials on how wonderful it all is, and the other half is some fundamental theory stated seven or eight different ways. Dennis gets straight to the point, and he moves from one thing to another rather quickly.

Use a dictionary. Refer to specialized terms in the glossary. Don't pass any word you don't fully understand. Make sure you understand every word of what you've read before continuing.

If you have trouble with advanced concepts, then go back and find what fundamental concept you need to clarify that helps you understand the more advanced one.

If after all that you still have trouble, write me at

Roger@BetterTROM.com or TROMGuides@Gmail.com with your query. If I don't get back to you in a timely manner, assume I am in the hospital, detained, dead, or otherwise inconvenienced. I am also working on finding someone else to answer questions from readers if someday I'm no longer able.

How to Use this Book

Make it your priority to read up to the end of the chapter on TROM Level Two. Then perform Level One as soon as possible, and if you are successful with that, go right on to Level Two. I've designed this book to be fairly easy reading up to that point so you can get started right away.

While on level two, learn about level three. Before finishing Level Three, make sure to read this book regularly without taking time away from your exercises until you are finished.

You do not need to know the whole subject, understand or even agree with all its theory to do levels 1-2, you need only be able to follow the instructions precisely.

Theory that seems unreal to you at first will click with you while performing the exercises. I have had many moments while during a session I will say to myself, "Oh, that's what Dennis meant".

Thank you for your patience in reading my rambling introduction. In the first section I'll explain some fundamental theory so you can start your journey with a nice smooth ride, then I'll let Dennis do the talking.

TROM 101

This first chapter is an overview of all five levels of TROM. DO NOT attempt any of this until you've read and understood the section on that exercise, and have completed the previous required exercise(s). TROM is safe and effective when performed properly.

We'll start with what a postulate is. A postulate is an intention. You could also say it's a goal, desire, or purpose.

Examples would be:

“I want that member of the opposite sex.”

“I want people to read the novel I just wrote.”

“I want to forget this ever happened.”

“I hope no one ever finds out what I did.”

“Postulate” is a five-dollar word that actually has a very simple meaning, but many misunderstand it at first.

Dennis discovered there are four basic postulates.

To know

To not know

To be known

To not be known

All postulates contain an element of one or more of those basic ones. Think of the postulates I just mentioned in terms of the four basic ones.

“I want that member of the opposite sex.”

I want to know that person.

“I want people to read the novel I just wrote.”

I want my novel to be known.

“I want to forget this ever happened.”

I want to not-know that event.

“I hope no one ever finds out what I did.”

What I did is not to be known.

Life is a game, and without postulates, there are no games. Postulates in conflict bring about games. Postulates in agreement end them.

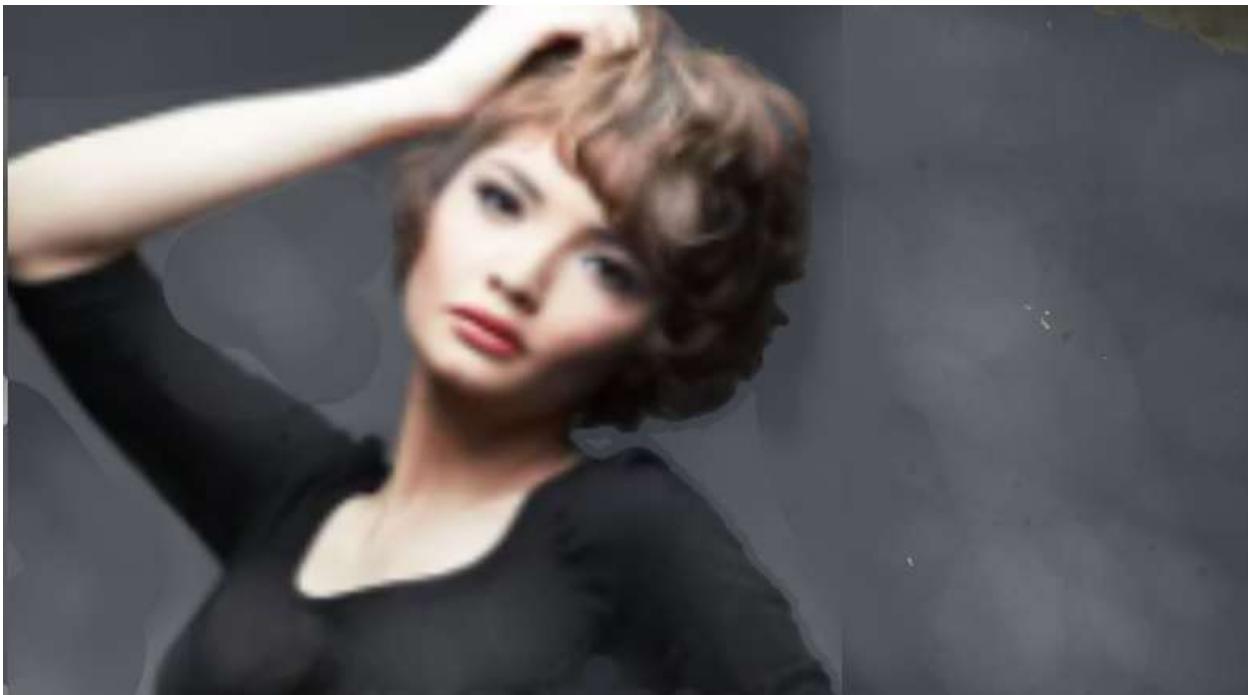


Let's say you have a woman who doesn't care either way whether or not she has a man.

This woman gets attention from men with some harmless flirting.



This next woman overwhelms men into paying attention to her.



She's interested one moment, and the next she's not.

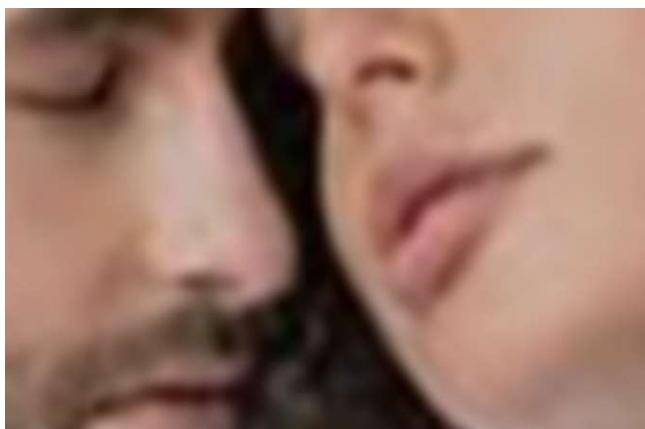
Without postulates, there are no games. When you persuade others without force you play a voluntary game. Harmless flirting is a good example of a voluntary game and so is chess or basketball.

The woman who must be known wants your attention to the degree that you now must know her.



Let's say such a woman wants the attention of a man and he ignores her. He's resisting her must be known postulate by not-knowing her. We now have a compulsive game.

Just for the sake of demonstration, let's say the woman is so bent on getting his attention, one day she overwhelms him.



He's forced to change his postulate. He must know her. She is forcing to know and he is forced to know.

And what about the woman who wants a man then rejects him? She not only opposes the postulates of others but she also opposes her own. She wants to know a man and as soon as one approaches, she not-knows him. She's operating on a postulate and its negative, to know and to not know. When one adopts a postulate and its negative, they're in a state of insanity. She's not going to get carted off to the loony bin just for teasing men like this, but it's insanity nonetheless. She also may behave this way because she wants to be known and not be known at the same time, which is also insane.



From these examples we now know the four conditions or states one can be in, from the highest to the lowest:

A No-Game Condition

A Voluntary Games Condition

A Compulsive Games Condition

Insanity

Most of us are Compulsive Games Players. We must be seen or heard. Others must agree with us. This or that must not happen. We've thrown convincing others of our postulates by communicating or playing voluntary games out the window and now just force others to see things our way.

These compulsive games are settled by overwhelms, or the conflicts just go on and on, never resolving, and perpetuate in our minds. Ever try and forget a past event but you can't? Ever find yourself arguing with someone in your head? Those are two kinds of compulsive games one plays with their mind.

Conflicts, overwhelms, past trauma, all form what we call mental masses. A mental mass is a tiny amount of

substance in the mind. Let's see how this could happen, and how one could handle it.



Earlier in life a man was bitten by a dog. That event remains in his mind as a mental mass. Later in life he goes to a friend's house to watch the game, but his friend has a dog. He sees the dog and wants to go home, whether he's aware of why or not.

He identifies that dog as being the same dog that bit him as a child.

For the sake of our example, let's say he's aware of why he's afraid. He tells his friend about his fear of dogs because of being bit once.

His friend asks, “Was the dog as big as this one?” and he answers that it was.

“Was it the same color?”

“Not exactly.”

“This dog’s name is Sparky. What was the other dog’s name?”

“Rusty,” he answers.



He reaches down to pet the dog, no longer afraid. He is aware the dog has some similarities to the dog that bit him, but he can clearly see now the difference between the dog from his past and this one.

He forgets about his childhood trauma for the moment. He and his friend watch the game and all is well.



The theory I've just explained to you can be formulated into a body of knowledge about the nature of the spirit, mind and life which in turn can develop into a highly effective therapy, one that can even be applied to oneself, by oneself.



On TROM Level Two, one views objects from his past next to ones in his present. The man attacked by a dog can view that dog next to an object that's different, noting differences between them.

He also notes similarities between the dog from the past and similar objects in the present.



The longer he persists on this exercise, the less command power his past has over his present.

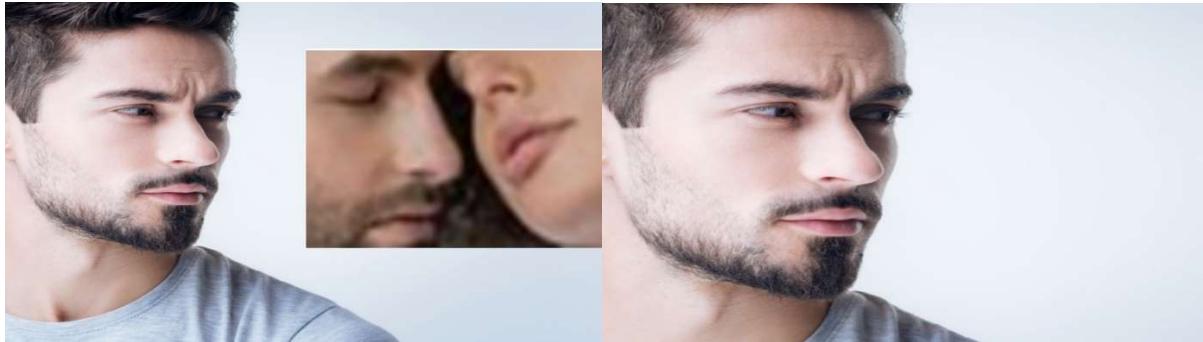
The viewing of the past and present simultaneously is called timebreaking. You break the illusion of time in doing so.

On TROM Level Three instead of just looking at objects, you contact past incidents in full while maintaining awareness of your current surroundings. One continues until the incident diminishes in intensity then fades back into the past.



When you've timebroken enough of your known past to the point you can bring objects, people, and events up to the present and none of them bother you anymore, you then address the overwhelms that led to the upsets.

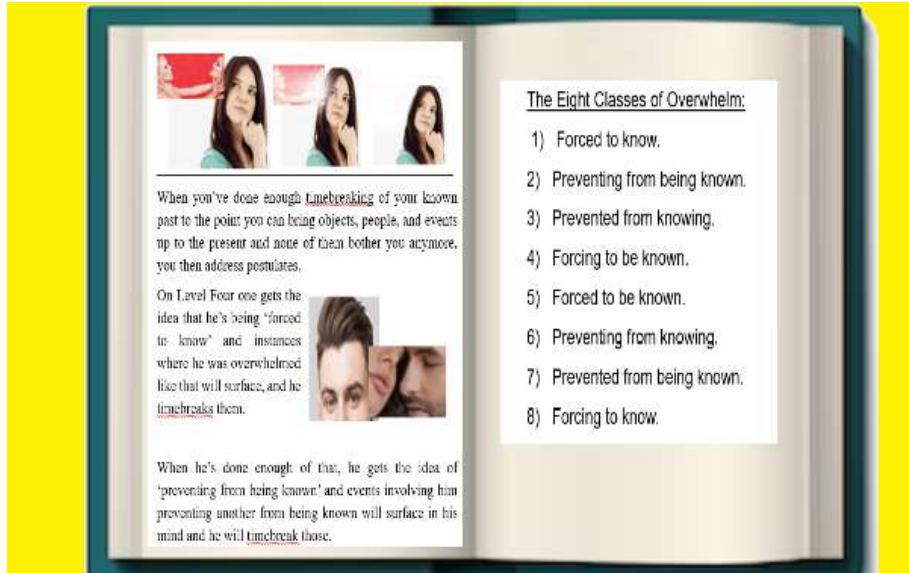
On Level Four one gets the idea that he's being 'forced to know' and moments when he was overwhelmed like that will surface, and he timebreaks them.



When he's done enough of that, he gets the idea of 'preventing from being known' and times he's prevented another from being known will surface in his mind and he will Timebreak those.

He continues down a list of overwhelms like being prevented from knowing, forcing to be known, and so on, punching them into his mind, timebreaking more and more

as he goes through cycles of stimulating his mind then resolving the incidents.



On Level Five he not only gets the idea of the overwhelm, but also **how** his opponent's postulate overwhelms him. He puts a postulate of 'must be known' outside of himself (many prefer to put such in an object) and then he puts the postulate of 'must know' where he is.





After he timebreaks all incidents that show up, he then creates a postulate conflict and does more timebreaking.

He guides himself with “The Postulate Failure Cycle Chart”, covered more in-depth later in this book. This chart shows him which postulates to work with and in what order.

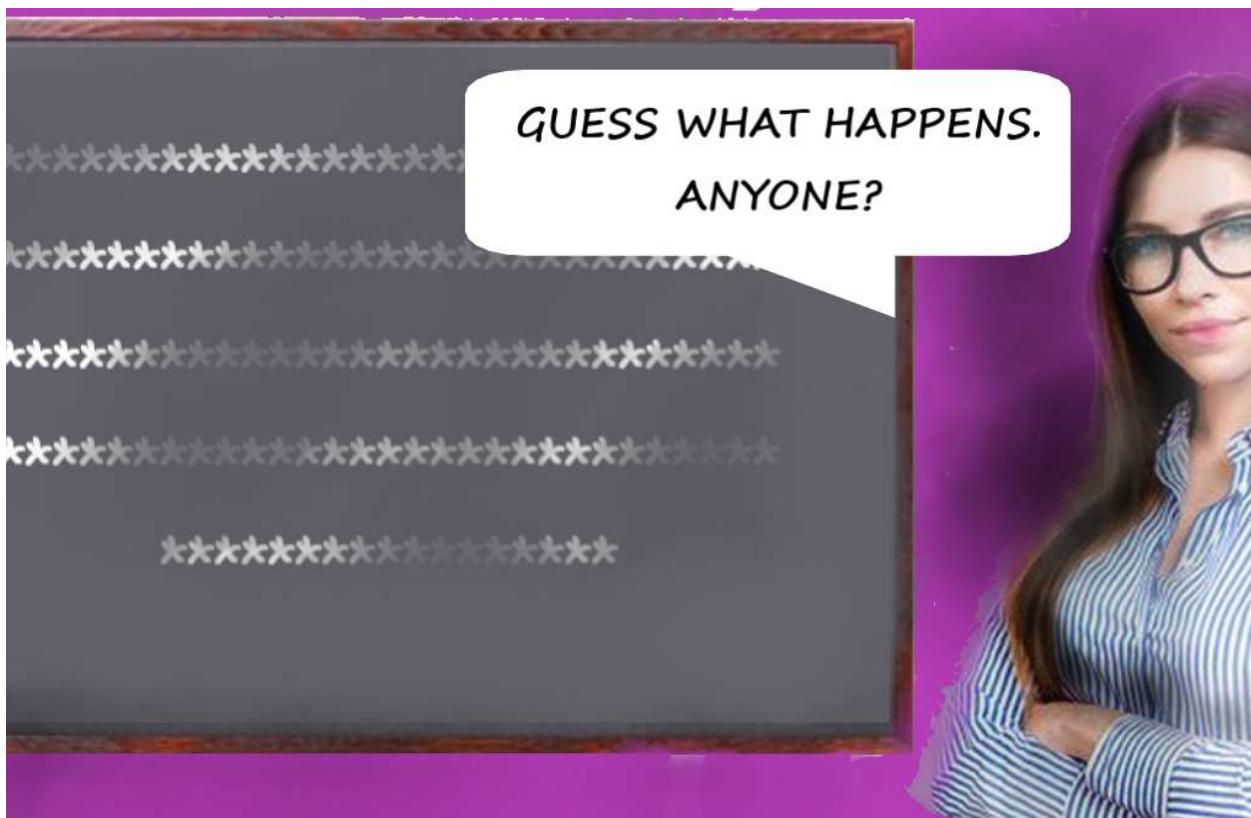


You may be wondering why I didn’t mention Level One first. It’s because I don’t think one truly appreciates the value of level one until they know what the other exercises accomplish. So, I’ll explain now.

These exercises will rid you of a great deal of mental mass. Don’t worry, your memories will still be there, they just won’t be upsetting anymore.

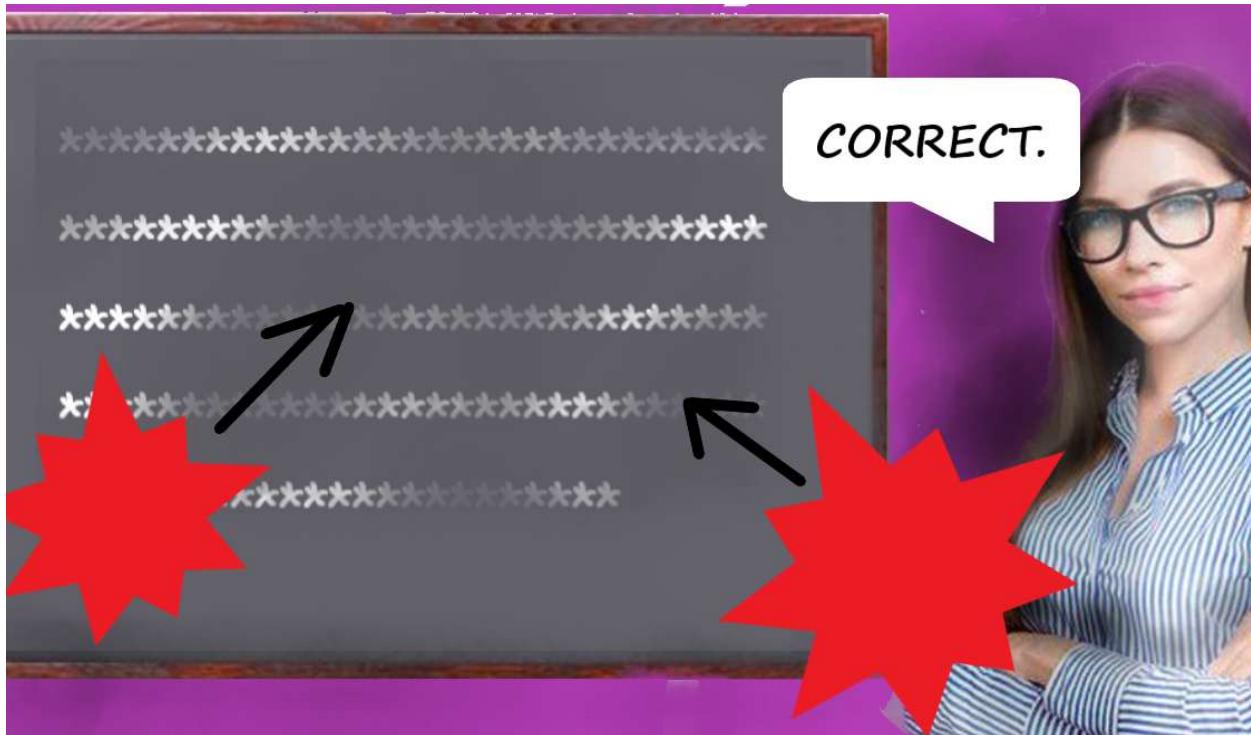
IMAGINE THESE ARE
YOUR MENTAL MASSES.

THEY DIMINISH THROUGH
TIMEBREAKING.



HE TRIES TO REPLACE
THOSE LOST MASSES?





But losing mental mass makes you feel imbalanced, and you'll attract more mass to yourself to replace what you've lost.



That's why on Level One you learn to replace lost mental masses with mental creations of your own. It's a terribly simple process of creating things

around oneself then getting the idea someone else is creating things around you too.

TROM exercises discharge the upsets that form mental masses in the mind by viewing the past and present simultaneously,

then handles the postulate conflicts in every possible combination in order to rid oneself of all upsets from the past. This will end the game you're playing with your mind. You'll arrive at a no-game state where you can choose whether or not to play such games again and if you do it won't be so serious. You'll be calmer and much happier about life.

You don't have to know the whole subject of TROM to start benefitting from it. Learn how to do Level One and just do it. That's all it takes to begin the greatest adventure of your life, resolving your mind and freeing the soul.

There's more to TROM theory and exercises than I've just explained but even this tiny bit of knowledge if thoroughly understood will make your TROM studies go much more smoothly.

As I've said in the introduction, read on keeping in mind that your primary focus is to get started on the exercises. While studying make sure to look up words in the dictionary or the glossary at the end of this book when necessary. Doing basic exercises is more important than learning advanced theory. Always.

And above all, take your time while studying, and view your sessions as more of an adventure than a chore. Before you know it, TROM will be second nature to you, and you'll be glad you went to the trouble to learn it.

TROM EXERCISES OVERVIEW AND GUIDELINES

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 original manuscript blasted you with advanced theory before teaching the exercises. In this edition, I have summarized the applicable theory so you can get on with the exercises sooner.

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 you are instructed, then 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.

*A “cot case” is one who is too ill to leave their bed.

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 realizes 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).

*RI, the Repair of Importance exercise, explained simply is an exercise of surrounding one's self with mental creations and there is a variation of it where one gets into physical contact with their surroundings. A more thorough explanation of how it works is in the section on Level One of this book.

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, also called "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.

*Impinge: have an effect or impact, especially a negative one: "Nora was determined that the tragedy would impinge as little as possible on Constance's life."

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.

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

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 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).

"Entering at level two" means you have passed the test, which is making sure the exercises given in the level one section of this book work for you as performed solo. If they do, you don't need level one performed on you by a separate practitioner, and can start working on level two. More details as to how this works are given in the Level One section of this manual. -The Editor

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 (present time).

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. **

*Overts and Motivators are times when one postulate overwhelms the other. The one overwhelming is committing the overt, the one being overwhelmed is receiving a motivator. When one is enforcing their 'must be known' postulate on another, they are 'forcing them to know'. When one is not-knowing someone, they are preventing that person from being known, and so on.

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.

A fuller explanation of the Eight Classes of Overwhelm is found later in this book in the section on the ‘postulate failure cycle’, the sequence in which one being’s postulate overwhelming another brings about postulate failure in the one being overwhelmed, leading to the overwhelmed adopting a new postulate which in turn overwhelms the other, and so on.

**The postulate Failure Cycle Chart is the chart showing a detailed look at how postulates fail and in what sequence and the conflicts that occur in between the overts and motivators that make up the eight classes of overwhelm. A more detailed accounting of this chart and how it is used in level five, and how level five is performed comes later in this work.

Level One

The exercise known as "R.I." is not actually Level One of TROM, but a test to see whether or not you need to see a separate therapist before going on to Level Two (and that therapist will perform Level One on you). Many Trommers (including us) will refer to the R.I. exercise as "Level One", but when Dennis Stephens talks about it in his book, always understand he means the actions performed by a separate therapist. He will also use the term "Level One case" or simply say "The Level One" when he talks about the person who must see a separate therapist before performing TROM Level Two.

Simply Put, the R.I. exercise is a test to see if you need Level One run (performed) on you before going on to Level Two, and if you fail it, you are a Level One case, and need to see a separate therapist. DO NOT WORRY. 95% of those who perform this test on themselves will be able to go straight to Level Two, and will need not bother with any of the specifics of what the actual Level One of TROM is and how it works.

The instructions on how to obtain a therapist for such are in the appendix.

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 present time (pt). His actions become more and more strange and irrational until, eventually, for his own safety and the safety of those around him, he must 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 present time. It is entirely a matter of the degree to which he is out of touch.

*"This step" referring to the *actual* Level One, not the exercise Dennis talks about in this chapter.

There is a make-break point beyond which contact with present time 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 (present time); 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. It's 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 know' they are sane. Your truly sane person has no such certainty - merely much positive evidence.

*Tenuous: very weak or slight.

**PSYCHOTIC BREAK: What is sometimes politely referred to these days as a 'nervous breakdown'

***Perforce: used to express necessity or inevitability: "*Amateurs, perforce, have to settle for less expensive solutions*"

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 appäreny of being highly sane - if a little too 'fixed' in his ideas. As long as he's not subject to undue 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.

*Games condition: Originally a Scientology term, has roughly the same meaning as 'compulsive games state/condition'.

So only a tiny portion of humanity require Level One to be run, but if it's 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).

*Spin: Scientology slang term for 'go insane'.

The Level One needs to improve his contact with and reality of pt (present time) before he can attempt Level Two safely. It's as simple as that; nothing else is involved. There's nothing wrong with his neurons* or psychons**; it's purely between him and the present-time 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 present-time 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 present-time. That may be more attention than he can afford - and so he'll spin.

*Neurons are the fundamental units of the brain and nervous system, the cells responsible for receiving sensory input from the external world, for sending motor commands to our muscles, and for transforming and relaying the electrical signals at every step in between.

**Psychon: an ultimate particle of psychic (having to do with one's psyche) nature.

I'm mentioning this at great length for obvious reasons: I don't want people spinning on Level Two, especially when Level One exercises are available from any competent therapist who is trained to administer them.

The Repair of Importances (RI).

Before we go into Level Two, I'd like to introduce you to The Repair of Importances exercise. 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 Repair of Importances (RI) will always get you out of any difficulties the later exercises may get you into. However, only a person who doesn't need Level One running* can make RI work for them, and so has this guarantee. I trust I've made my point.

Editor's Note: RI is also called "The Governor" but this confusing and unnecessary term is omitted from this work as it is only used a few times by Dennis then never again. Trommers rarely use this term except to ask, "What does Dennis mean by 'the governor'? on forums, and it only ever was just another term for "repair of importances" (RI), the exercise that will be explained in-depth in the following pages.

*Someone who does not need level one running is someone who passes the test.

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 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 into a state 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?

*While the word “Importance” is most commonly used to talk about *how* important something is (like the importance of getting enough sleep, the importance of having a family, etc.) the way ‘an importance’ is talked about in TROM is meant as ‘something that is important’ or something that *has* importance (a postulate of enforced knowingness). Be careful when you do these exercises that when you are asked to ‘create an importance’ that you create a *thing* that has importance and not just concepts of importance around you. You will be creating mental masses of your own with the following exercises, not just concepts or ideas of how important things are. I am entering this into this current edition because I actually had a dentist write in to me saying he would create “the importance of brushing one’s teeth each day” around him as a concept and I told him he would get better results if he created around himself actual people brushing their teeth instead.

**To “pull something in” is a popular phrase among those who practice the older subject of Scientology, but you could also say, “attract” or “attracting” which suits the more 21st Century pop-psychology thinking person better. To “pull in” and “attract” are just two ways of saying the same thing. You could also say, “Becomes a vacuum for” and it would work.

***Quotient: degree or amount of a specified quality or characteristic: "the increase in Washington's cynicism quotient"

In the line, (*He always likes to be on the safe side, and be sure that his ‘importance quotient’ doesn’t diminish.*) Dennis could have just as well wrote, “He needs to make sure he keeps up his quota of importances.”

****Laurel and Hardy were a British-American comedy duo act during the early Classical Hollywood era of American cinema, and started their careers as early as the days of silent film.



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 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 must 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 cause 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 psychotherapy 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...

The Repair of Importances. (RI).

Commands:

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

Dennis does not specify exactly HOW you place the creations around you 360 degrees spherical, or in what order.

Many Trommers, myself included, use a system wherein you "Bring something into existence in front of you" then behind you, to the left, right, above you, below you, upper-left, right, lower-left, right then the same behind you and cycle through that way continuously.



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.

You can have "another create something" with or without seeing the "other" doing so. Some Trommers just put something there with the idea someone else created it, others have the one creating it present as well.



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. It's a mournful dirge* and appears under a myriad** of guises.

*Dirge: song, music, or poem of mourning usually performed at a funeral.

**Myriad: a countless or extremely great number: "networks connecting a myriad of computers"

While running RI it is not necessary to perceive one's 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.



**YOU CAN TRY
"R.I. BY PERCEPTION"
IF THE FIRST
METHOD PRODUCES
NO RESULTS**



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 present-time 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 present-time 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 the de-intensification of 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.

Editor’s note: over-run symptoms are confusion, unwellness, mis-emotion (unpleasant emotion) etc. according to the original ‘terms used’ section provided in the original version of this book (those terms are now incorporated into the full glossary and the running

annotations). There is more about over-run and over-run symptoms and how to prevent over-run in the section regarding level five, and is best studied in that context when one has reached that section in the normal course of sequential studying of this material.

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 and will very soon grind to a shuddering and rather painful halt. Level One is the only exception, but since it is almost entirely perceptual RI the rule still applies. *

*This last sentence is a rather circular and confusing statement as Dennis is now referring to "Level One" as being the exercises run by a separate therapist, and are entirely different exercises than the ones given in this section, and those separate therapist actions involve a sort of "perceptual RI" (they are not creative processes). Therefore, you can just dismiss that last sentence if you pass the Level One Test, or if you are terribly curious as to how this all adds up, you can read the section in the

appendix on “What to do if the Repair of Importances commands don’t work on you”.

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 have achieved Nirvana.**

*Referring specifically to any of the exercises on levels 2-5 of TROM.

**Nirvana, in TROM-Speak means a no-game state.

NOTE: You can think of “RI” as “Replacement of Importances” (replacing lost mental mass with mass one generates himself) if that helps you understand this section of material better. -The Editor

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, it’s 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 it's strictly ho-hum. Good. Feel better? Fine. You've now 'topped up' your reservoir of importances; and are ready for Level Two.

*In simpler terms, stay in contact with the object until you don't experience any more changes from doing so.

Alright, I haven't forgotten the rest of you. 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 it's 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).

*To ‘chitter’ is to twitter or chirp like a bird: “the chittering birds outside were driving the cat crazy” and in this sense I believe ‘all chittered up’ would have something to do with the liveliness of birds, so ‘all chittered up’ would be a lively state where one is ready to get on with it.

** To ‘null’ a process is to run it until it no longer produces change. In this case, when the level one processes run by a separate therapist are done to their specific result (no further change).

IMPORTANT NOTE: Always continue the exercise in order to alleviate the sensations that arise from this and any other of TROM’s levels. Do NOT use some technique of “rubbing it away” or do any other kind of nonsense to handle them. If you need to rest, as Dennis says, you can but you need to get back on what you were working on afterwards.

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 it's 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 goodbye to separate

therapists: he now knows he can do what must 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.

*Cock a snook: openly show contempt or a lack of respect for someone or something: "The title was a deliberate attempt to cock a snook at the establishment" · "he spent a lifetime cocking a snook at the art world" -place one's hand so that the thumb touches one's nose and the fingers are spread out, in order to express contempt.

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 present-time (one you can see with your eyes) that is different from the past object.
- d) How is it different?

Repeat c) and d) (It's permissible to use the same pt object over and over again if you wish) until no more change; then:

- e) Find an object in present-time (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.

*The question of what a ‘scene’ is has come up in my coaching others in doing TROM, with one question being, “Is a scene just a moment or is it an event that can last a minute, hour, etc.?” While Dennis does use the word ‘scene’ for the instructions on levels 2 and 3 timebreaking in the original manual, in a later lecture he does use ‘incident’ referring to level 3. An incident by definition is an event, and a scene is where the event took place. At level two since you are just timebreaking objects, this difference in meaning is inconsequential. Just keep in mind later on in level 3 even though you see the word ‘scene’ again you would want to timebreak the entire incident.

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 quietens 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.

On TROM Level Two you select an object from a past scene then view it next to an object in your current surroundings that is different from it, then continue to note differences until the process produces no more reactions. Then you view that same object from that same scene next to an object that is similar and note similarities until you get no reaction from it.

SELECT A SCENE

SELECT AN OBJECT FROM THAT SCENE

Find an object in present-time (one you can see with your eyes) that is different from the past object.
How is it different?

Find an object in present-time (pt), one you can see with your eyes, that is similar to the object in the past scene.
How is it similar?

You then switch back and forth between those two processes until you can run through one process of noting differences, and one process of noting similarities (two in a row) without any reactions.

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. It’s 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 then 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, what is more, 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 it you cannot effectively Timebreak, and the exercises will not benefit you. So, if in doubt about whether Level Two is finished then it’s 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; it’s 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 present-time 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 scene ‘fades’ - i.e. begins to ‘fall away’ in intensity compared to present-time.
- b) Select a new past scene, and repeat a).

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

*In reference to timebreaking ‘a bit at a time’: This can upon reading be mistaken to mean, “One moment at a time” as if you are moving through the incident slowly, and you can still do this, however, in a later lecture regarding level three timebreaking, Dennis has this to say:

You should get in there; get some of the emotions in them and timebreak the emotions out. Get some of the sensations in those incidents and timebreak the sensations. Timebreak the postulates. Get in there, get everything in that incident, you know, get the lot.

Remember I said in the write-up, do it on a gradient scale, take it a bit at a time. Get the important bits out then get the rest of it out.*

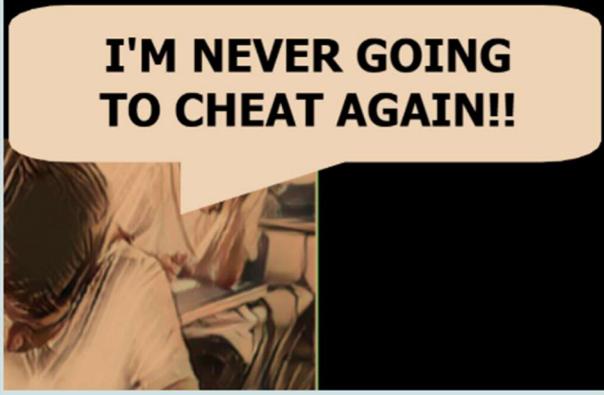
*A gradient approach is a gradual approach to something going from easiest to hardest, simplest to most complex, in steps called “gradients”. So, one need not take up everything in a scene to be timebroken all at once. One can focus on the postulates, then the emotions, then the sensations, and so on and so forth. I personally try and think of everything possible a scene can contain including blame, shame, regret, my emotions, the emotions of others, my postulates, the postulates of others (if it is obvious what the others are postulating) in addition to what one would normally timebreak like sight, sound, and even touch, taste and smell if applicable. Once the scene fades, I stop ‘going down my list’ and consider it timebroken.

IF you get a sensation all by itself that you don’t know the source of, it can be timebroken. The following comes from a cassette correspondence to a friend of Dennis’ and though he was talking about level four it would still apply if it came up on level three:

There’s no need to walk around with your body feelings these feelings. You can timebreak them quite... quite comfortably.

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

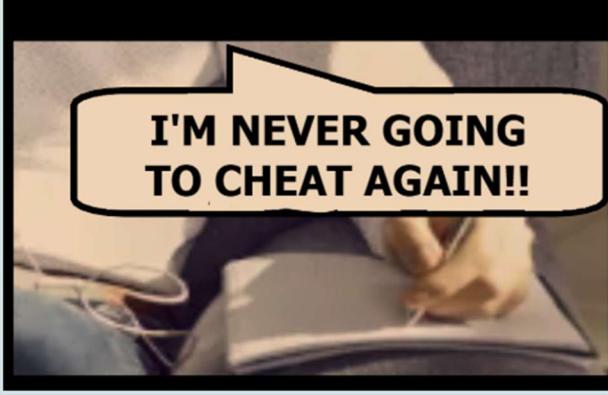
and unwelcome feelings that show up at level 4 by timebreaking the sensation, timebreaking the feeling.



**I'M NEVER GOING
TO CHEAT AGAIN!!**

How do you timebreak a postulate? It's easy! Just take the postulate from the past incident...

...and hold that postulate now, while maintaining your awareness of the present!



**I'M NEVER GOING
TO CHEAT AGAIN!!**

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. It's all there - if you care to take a look.

Tch, Tch. I shouldn't have said this. Let's 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 present time; 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 it's more comfortable and natural to do so (And 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 tranquility 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.

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.

THE FOUR BASIC POSTULATES

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.

*i.e: *Id est.* Translates into, “that is to say..”

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: a firmly held belief or opinion

“A game is a contest of conviction” could also be written as, “A game is a contest of trying to convince the other of your postulate without being convinced of theirs”, a postulate being a causative consideration (You want to cause something). I convince you of my postulate that I am the better chess player by beating you in a game of chess. A woman convinces others she is the most attractive by winning a beauty contest, and so on. -Editor

Conviction, then, is an enforcement of knowingness.

(Could also be written, “Conviction is enforced knowing”. This writing style often uses the suffix -ness to turn verbs into nouns - editor)

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.

**Importance is the intensity of a purpose (its enforcement or "mustness").
The nature of a purpose, plus its importance adds up to its significance.**

There can be no significance in the absence of importance.

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.

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.

*A pair of purposes
in opposition is
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basic building
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OPPOSING PURPOSES ARE HELD IN SUSPENSION IN THE MIND.
A PURPOSE IN THE MIND CAN ONLY BE RESOLVED BY ADDRESSING IT
AND ITS OPPOSING PURPOSE.

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.*

*In plainer terms, a 'causative consideration' would be the idea to cause something.

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

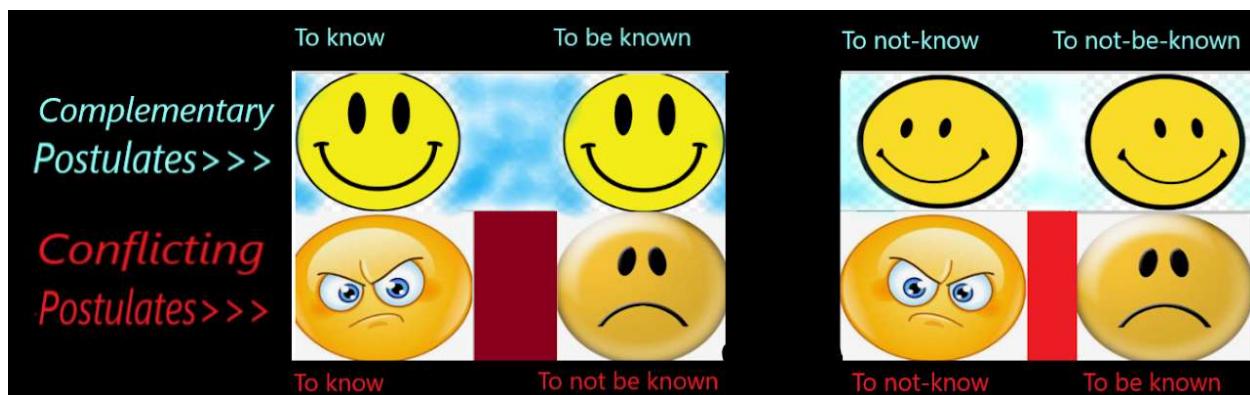
1. The purpose of bringing an effect into existence is to make it known.
2. The purpose of taking an effect out of existence is to make it not-known.
3. The purpose of knowing is to know.
4. The purpose of not-knowing is to not know.

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

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

*Please note the word is “complementary” and not "complimentary", like some faulty transcriptions of Dennis' works have it. Complementary postulates are ones that complete each other. "To complement" means to complete, not pay someone a compliment or give someone something for free as in "complimentary".

**affinity: the degree of love or liking.

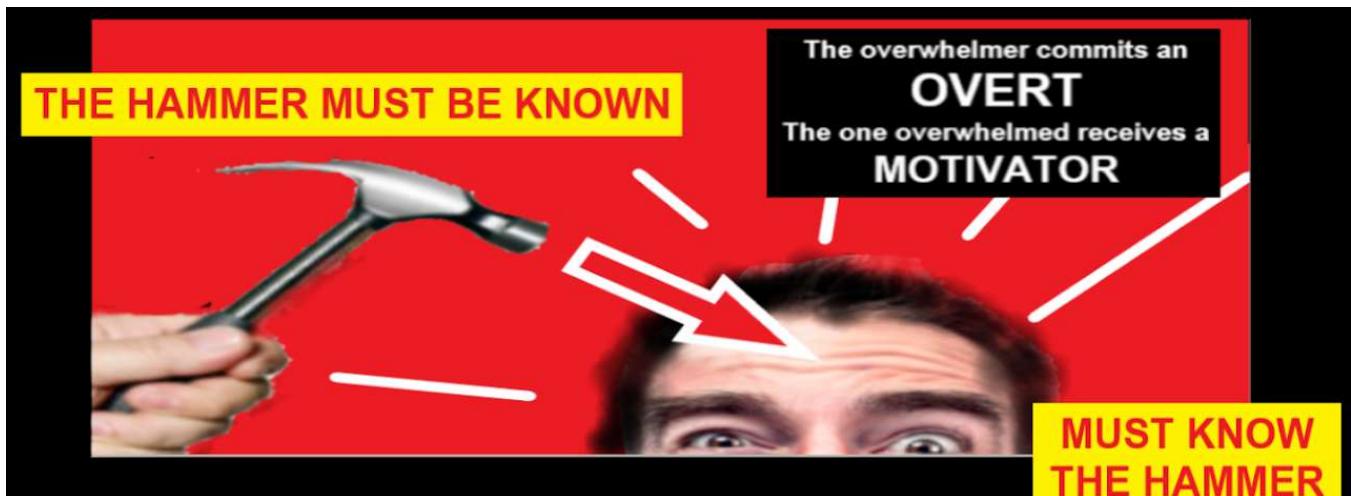


Conflicting postulates are called a game. The purpose of a game is to have fun. All conflicting postulates are essentially a game, though it may be called other things. Due to contagion with opposing postulates all games tend to reduce the ability of the being to postulate. The power of a being is his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

A game is won when the loser becomes convinced of the opponent's 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 term “engram” as a moment of physical pain/impact stored in the ‘reactive mind’, a stimulus-response mind that acts in hidden control of the individual, first appeared in the works of L Ron Hubbard and is covered extensively in *Dianetics The Modern Science of Mental Health*



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.

*One 'loses the game' in the sense they no longer have that game to play.

**Paradox: a situation, person, or thing that combines contradictory features or qualities.

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

OTHERS

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

*Communication line/Comm line: The route along which a communication travels from one person to another. When two people are communicating with each other it is said a communication line (comm line) exists between them.

****Please note that the pan-determined postulate is the postulate you put on the other, not the postulate the other makes. In other words, if you make the self-determined postulate ‘to know’, you are making a pan-determined postulate that the other is to be known. It’s your postulate, not necessarily his. If he agrees with your pan-determined postulate then postulates are complementary. If he does not agree (and makes the postulate ‘to not be known’) then there is a conflict between your PD and his SD postulate.**

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 own 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.)

*Refers to non-perception screens.

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 gooey 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 Knowners’ 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.

*Basalt: a dark, fine-grained volcanic rock

**In simpler terms, "acting out".



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.



"I must have a home." (self-determined) She must give me a home." (pan-determined)

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.

*Psionic: relating to or denoting the practical use of psychic (having to do with the psyche) powers or paranormal phenomena.

TIMEBREAKING

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.



When an upset, conflict, or trauma occurs in life, a "mental mass" is formed in the mind.

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.

*Button: a hidden sensitivity that can be manipulated to produce a desired response. When one “pushes your buttons” they are trying to evoke a response from you. Used loosely in this context as something that is important to the person or that they are concerned/sensitive about.

The being, in his progressively 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 objective 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 desires. He is also natively capable of taking any of these particles 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.

*Ipso facto is a Latin phrase that means “by the fact itself.” Ipso facto can be used the same way you’d use the phrase “because of that fact...”

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.

*Inversely proportional is best understood by comparing it to 'directly proportional' which is its opposite. An example of something being directly proportional would be, "The more junk food you eat, the more you gain weight". Inversely proportional would be "The amount of weight you lose is inversely proportional to the amount of junk food you eat". Dennis could have just as easily said that the difficulty of evaluation is (directly) proportional to the considered spatial and/or temporal separation of the things being compared.



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 dependent 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 that the truth is 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's 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 phenomenon 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.

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* quaint: attractively unusual or old-fashioned: "quaint country cottages" · "a quaint old custom"

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 grownups.

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. 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 one's 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 and then you succeed. *

*Dennis in talking about 'must' and 'mustn't' in opposition is talking about how postulates oppose each other. Simply put, when running postulates, as in the upper levels, always use "must" and "must" not" and never "can't" or you will run into apathy.

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.

The subject of emotions put on a scale is not original to TROM, but to Scientology. It's called the "Emotional Tone Scale" or simply "The Tone Scale". The book *Self Analysis* by L Ron Hubbard has a simplified chart of emotions and the behaviors of people who are chronically expressing such ranging from apathy at the lowest up to enthusiasm at the highest. There is also a section of *The Scientology Handbook* with an even more elementary explanation. For the most thorough explanation of the emotional tone scale, read *Science of Survival* by L Ron Hubbard, but I recommend reading *Dianetics the Modern Science of Mental Health* first.

The lowest emotional tone one could be in, and still be alive, is apathy. Above that is grief, then fear, then anger, hostility, boredom, contentedness, cheerfulness and finally enthusiasm at the top of the human emotional scale. There are shades in-between each of those emotions that you can learn about, but for the purpose of how this relates to TROM therapy, this list will suffice.

If you are timebreaking an incident where someone has just died, you may feel the grief from that incident. Upon further timebreaking, the grief will turn into fear, then anger, then hostility, and then at boredom you may have the incident, or at least the emotional part of it fading away. However, it is not unusual to go up the scale further and at the end of timebreaking an incident to feel cheerful or enthusiastic, or even start laughing at the occurrence. If you do find yourself laughing at the end of timebreaking an incident, say, over someone's death, do not worry. This does not make you a heartless person. Take it to mean that you are no longer burdened by the grief and suffering over the loss of a friend, family member or loved one, and this laughter is laughter of relief, and should not be thought of as joy over someone having died.

Emotions going up this scale are always good signs that you are timebreaking properly. This alone is a good reason to learn about the emotional tone scale in Scientology, and there are other benefits such as being able to better communicate with others and predict their behavior.

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 color, 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 and so on. 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". It's 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 yourself 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. It's 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 it's 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.

*Baleful: Threatening harm; menacing: "Bill shot a baleful glance in her direction"
· "the baleful light cast trembling shadows."

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. Namely:

- 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.

*Plausible: of an argument or statement) seeming reasonable or probable: "a plausible explanation" · "it seems plausible that one of two things may happen"

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:

Whatever 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 easier 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 Body

There is a vast and 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 longer function properly in its' own consideration. Eventually body death occurs when one or other of the vital organs quits entirely.

*Surfeit: an excessive amount of something: "a surfeit of food and drink"

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

It's relevant to ask at this stage, "Should a being's 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 things regardless of all else. You see this frenetic activity around you every day. It's 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 it's 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?

*Miserly: (of a quantity) pitifully small or inadequate: "last year's miserly growth in sales"

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 easier 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 others 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.

*Partisan: prejudiced in favor of a particular cause: "we will need people to put partisan politics aside and work with us for the good of the country" · "his account was highly partisan"

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.

*Parochial: having a limited or narrow outlook or scope: "this worldview seems incredibly naive and parochial"

A man from Nazareth some 2000 years ago who said 'Love thy neighbor 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?

The Blame/Guilt mechanism

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 compusiveness to play games in a being.

*surfeit: an excessive amount.

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.

*This code being the one covered elsewhere in this work— NEVER FORCE A PERSON TO KNOW A THING AGAINST THEIR CHOICE, and so on.

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 easier 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 game 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 must 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. It's not that the compulsive blamer is always right, it's 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 healthier 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.

The Service Effect.

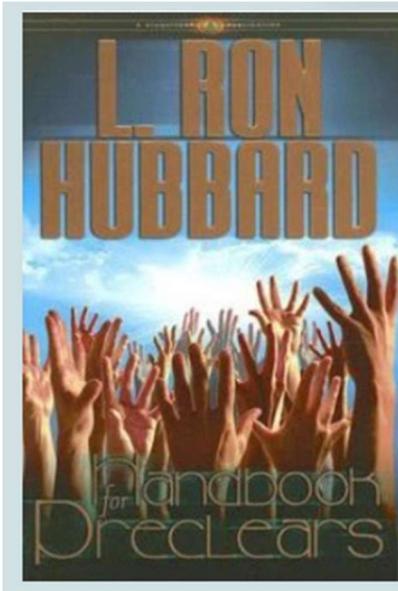
Every being tends to utilize whatever he has at his disposal in the playing of games. This applies to any effect. For example, he may find himself stuck with (Must know) a chronic pain in the back; he may use this pain in the back to dominate his family (Must be known). He may use it as an excuse for 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.

*Permutation: a way, especially one of several possible variations, in which a set or number of things can be ordered or arranged: "his thoughts raced ahead to fifty different permutations of what he must do"

Do you have to do anything about this phenomenon 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 phenomenon, 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 term "Service Effect" has nearly the same meaning as what's known in Scientology as a "Service Facsimile" (Facsimiles are pictures in the mind). Service Facsimiles are widely covered in that subject, and an early mention of this phenomenon can be found in Handbook for Preclears by L Ron Hubbard. He also covers the subjects of blame, shame and regret in that book.

Freedom

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 one's 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 it's 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.

Postulates and “Reasons Why”

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 ever 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.

*Synapse: a junction between two nerve cells.

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 making one.

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.

It's 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. It's 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. It's 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 patients' 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 it's 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 the 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.

*In the ‘to know’ goals package, for example, ‘to know’ opposed to ‘to not be known.’ In a junior goals package, such as ‘to eat’ an example would be ‘to eat’ opposed to ‘to not be eaten. ‘To know’ and its four legs are the basic package, and other goals are junior to it. -The Editor

Some modern ‘schools’ of psychotherapy are what are 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.

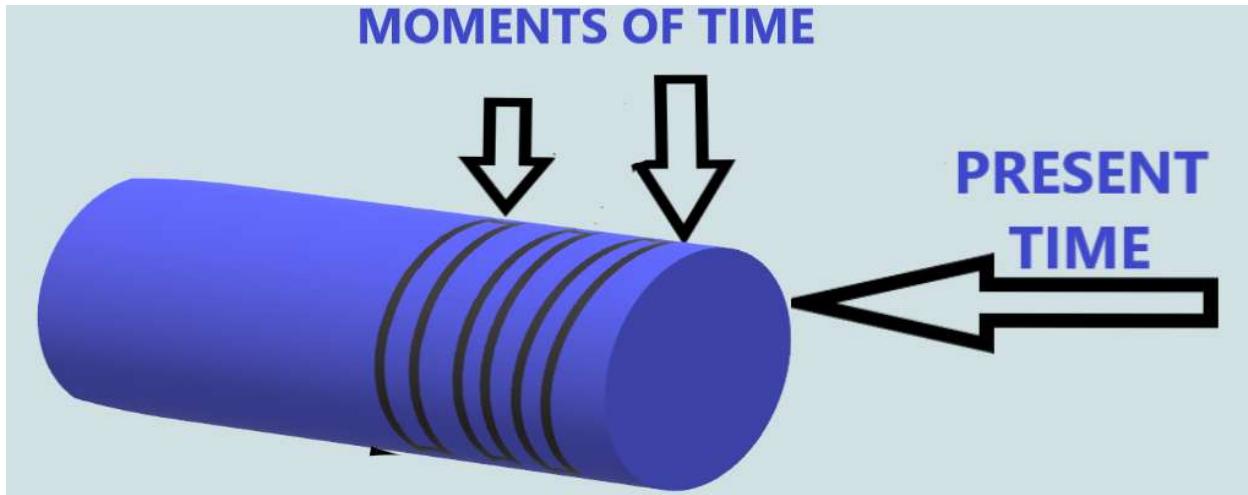


These schools have come a long way from the definition of a workable psychotherapy: one that can vanish unwanted mental conditions. I suppose the acquisition of a set of convincing reasons why one has a mental condition is an improvement upon not having such a set, but it's a very poor substitute for being free of the unwanted mental condition.

TIME

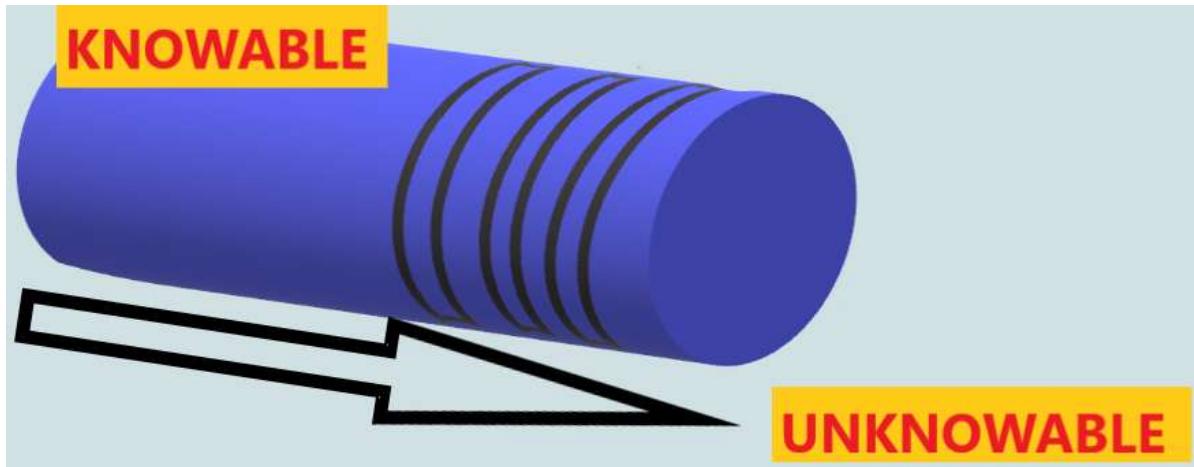
This universe has been well described by physicists as a space-time continuum. It has three spatial dimensions, and one time dimension at right angles to the three spatial ones. Although this concept is easy to handle mathematically it is not easy to visualize, for once within the universe our minds 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 phenomenon 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 – that is to say, 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.



In this universe, one will only know those things which are brought into existence to be known. Therefore, while in this "tube" the future, or that which has yet to be brought into existence, is unknowable.

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. It's 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 one's freedom of choice in the matter of whether or not to stay in the tube.

*Nulling the 'to know' goals package: TROM Level five has you do exercises with the "to know" goals package (to know, not know, be known, not be known). When you do this to no more change, it's said to be "nulled".

Now this tube we call the universe has been in existence for some 200,000,000,000 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.

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. Using 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 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.

AN INTRODUCTION TO THE POSTULATE FAILURE CYCLE

(Roger Tandry)

The first thing to know about the postulate failure cycle is that, well, postulates can fail. It's inevitable in games play where one pits their postulate against another, there is going to be a failure on one side or the other. The next thing to know is that postulates fail and change in a particular sequence. For example, in compulsive games play, if you are postulating something ‘must be known’ then you are going to overwhelm the other into ‘knowing’ it, forcing them into the ‘must know’ postulate. That’s how it all starts.

Your self-determined postulate of ‘must be known’ is at the same time a pan-determined postulate of ‘must know’. You’ve committed an overt, your opponent receives a motivator and is forced to adopt your pan-determined postulate of ‘must know’ as his own self-determined postulate of ‘must know’.

But then your opponent throws a ‘must not know’ postulate at your created effect, committing the overt, you receiving a motivator, and now your postulate regarding the effect is “must not be known” because that is the result of his ‘must not know’ postulate when it succeeds, it throws you into ‘must not be known’.

You can also look at this as you forcing him to know and him responding by preventing from being known.

This will become clearer to you in this example:



A little girl screams at her father.
She forces him to know her.

He covers her
mouth, preventing her from being
known.



The girl runs away, preventing her father from
knowing her.

Note that once the father prevents her from being known, in other words, enforces his ‘must not know’ postulate on her, she reactively makes the corresponding ‘must not be known’ postulate and is now actively making sure that her father does not know her by running away. This, in turn makes the father pursue her because he now opposes the very postulate that he pushed her into which she is now dramatizing, but as her own. It’s kind of like she is saying, “Hey I want you to know me, but if you don’t want to know me, I am going to make sure you don’t know me.” Then he wants to know her.

On with the story...

The father reacts to the girl running away by looking for her. In finding her, he overwhelms her with his ‘must know’ postulate, driving her back into ‘must be known’, but this time against her will (as opposed to her being in ‘must be known’ causatively like she was at the beginning with the screaming).

This postulate overwhelm, from the viewpoint of the girl is “forced to be known.”

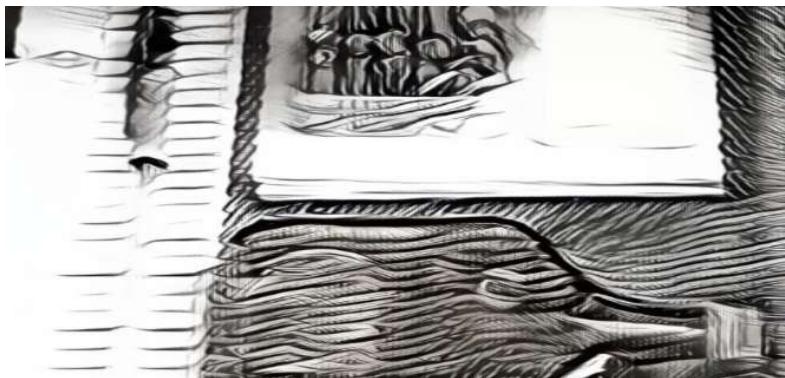


The girl is found by her father, and he discovers she is smoking!

Now consider carefully what happens next and why. The girl has already tried and failed in her ‘must be known’ postulate (the screaming), and then failed in her ‘must not be known’ postulate (running away). So, she isn’t going to react to being discovered like this with either of those postulates. Those postulates are already in failure.

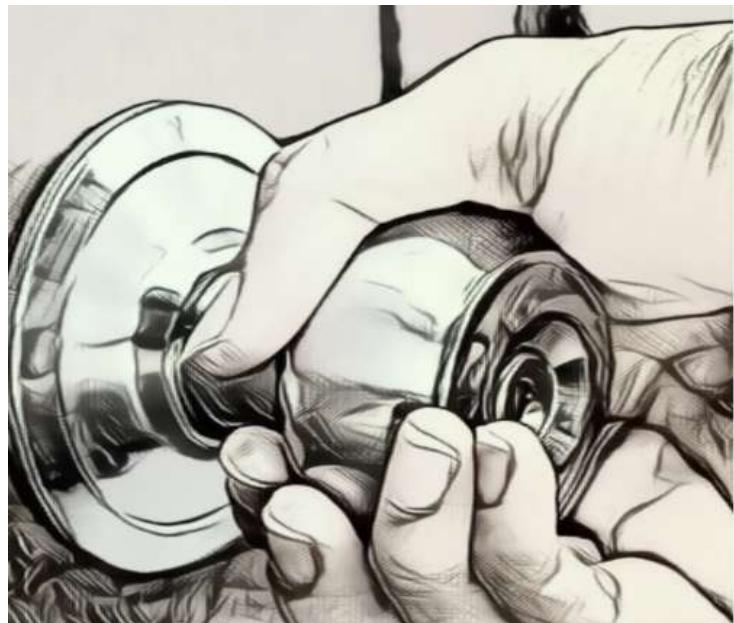
Instead, she is going to go into her father’s valence (remember, a ‘valence’ is an identity assumed in games play). He’s obviously won this round of the game, so she is going to adopt his postulate of “must know”. Those who have studied Dianetics will recognize this phenomenon of ‘taking on the winning valence.’

He found her, and discovered she is smoking. She’s forced to be known. She is going to turn the tables and force him to be known now!

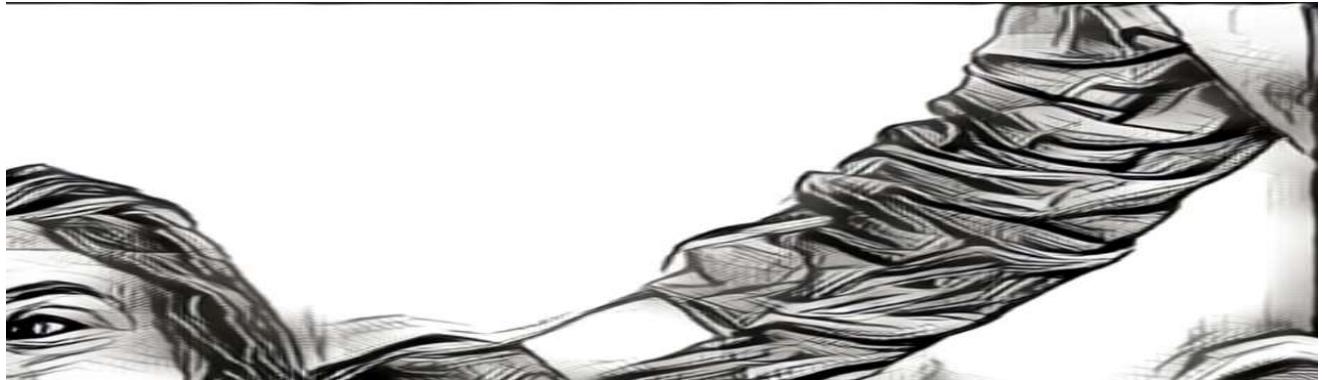


The girl sneaks into her father's office late at night and discovers a bottle of liquor in his desk drawer. She is committing the 'forcing to be known' overt overwhelm, not just forcing him to be known, but also his drinking.

The father wants to make sure nothing like this happens again, so he puts a lock on his office door. The girl is now prevented from knowing what's in his office.



Now that the girl is prevented from knowing, she in turn starts to ignore the father. She is preventing him from being known.



See what just happened? The father prevents himself from being known, thus preventing her from knowing him, so she not-knows him. In other words, she was forced into not-know, and now she is actively making that postulate her own, so to speak.



The father does not like being ignored like this, so he yells at her. She is now forced to know father.

We started out with the girl forcing the father to know, and now the girl is at the end of the cycle, being forced to know. She has given and received all possible overwhelms. All postulates are now in failure. What happens next?

She shifts to her father's valence. Her father is forcing her to know him, so she goes into her father's valence and forces him to know her. But she started the last game by screaming, and look where that lead her to eventually—complete postulate failure. So, she starts a new cycle with a new effect.

Now instead of screaming to get attention, she breaks dishes. She starts a new compulsive game by forcing to know.



And so on and so forth, and as the cycle continues, things just get worse and worse between the father and the child...



...and having grown up being overwhelmed by and overwhelming an alcoholic back and forth, it's no surprise she becomes one herself later in life.

I will now express this series of events just labeling what the overwhelms are:

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

... Then a new cycle would begin after that with 1) above, but with a new effect.

When you get to level four of TROM, this series of overts and motivators, known as the Eight Classes of Overwhelm are run in reverse. After all, one gets into the trap in a certain sequence, so one gets out of the trap by reversing that sequence. These overwhelms also appear on the postulate failure cycle chart used in level five. But for now, let's just stick to what we have just learned:

- 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

On level four, one stimulates the mind to produce scenes to timebreak with 1), then when all possible scenes are timebroken, they move to 2), timebreaks all of that, then 3) and so on, and then starts again at 1) once they have covered one cycle of 1) through 8). This peels the mind away in layers in the reverse sequence the overts and motivators occurred in life. That is level four in a nutshell, but please read the full instructions for level four before trying this, and of course, make sure you have done levels 1-3 before attempting level four. It's quite all right just to study it at this time if you haven't completed those levels yet.

I want to note here that the woman whom I used as an example previously, when running level four on herself is NOT going to run the scene of her father forcing her to know, then jump to preventing her father from being known (her ignoring him) then jump to 3) when he was ignoring her. No, she is going to, at 1), Timebreak ALL events that come up that involve that overwhelm, then at 2) Timebreak ALL events that come up involving that overwhelm, and so on.

Level five gets more complex in that you aren't just dealing with overwhelms, you are also dealing with the conflicts that occur in between the overwhelms.



Prior to one getting overwhelmed by a 'must be known' postulate forcing them into 'must know', one resists their opponent with a 'must not know' postulate. So just prior to the overwhelm there is a conflict, or a game.

Let's take look at the chart, but just a portion of it:

**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

Confusing at first glance, isn't it? Well, I am going to walk you through it. Remember, the chart is the reverse of the sequence as it occurs in life, because its purpose is to guide you into un-doing life's damage in therapy, as mentioned before.

Now look at column 2B. Here we have, as in our example, the girl is ignoring the father and has overwhelmed him into "mustn't be known" with her "must not know" postulate.

Now that the girl is prevented from knowing, she in turn starts to ignore the father. She is preventing him from being known.



	<u>SELF</u>		<u>OTHERS</u>				
	ORIGIN	RECEIPT	ORIGIN	RECEIPT			
2B	Mustn't Know	-	-	Mustn't be Known	Overt	Overwhelm	Preventing from being Known

At 2A we now have the beginning of a game. She's aiming "mustn't know" at her father, but now he goes into the "must be known" postulate in reaction to it. At 1B instead of just reacting, he is now at the origin point, deliberately aiming "Must be known" at the girl, and she is reacting, and so her 'mustn't know' is a resistance to his "must be known" postulate...



	<u>SELF</u>		<u>OTHERS</u>				
	ORIGIN	RECEIPT	ORIGIN	RECEIPT			
1B	-	Mustn't Know	Must Be Known	-	Game	Game	Game
2A	Mustn't Know	-	-	Must Be Known	Game	Game	Game

...until finally, at 1A she can no longer resist and is overwhelmed and forced to know.



The father does not like being ignored like this, so he yells at her. She is now forced to know father.

	<u>SELF</u>		<u>OTHERS</u>					
	ORIGIN	RECEIPT	ORIGIN	RECEIPT				
1A	-	Must Know	Must Be Known	-	Motivator	Overwhelm	Forced to Know	

Those are the basics of how all this works. I am going to now let you back to the original work, the chapter on the Postulate Failure Cycle as written by Dennis Stephens. I believe once you read this, you will understand the wisdom behind how this edition of *The Resolution of Mind a Games Manual* does not start out with this section like the original did, and why I am so heavily prefacing it.

THE POSTULATE FAILURE CYCLE

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 pan-determined (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".*

*It's important to note at this time, as Dennis will explain later in this work, that "must" has two meanings in TROM. "Have to" and "Can't help but". I must be known. I have to be known. You must know me. You can't help but know me. Knowing these two meanings of "must" is essential to understanding how postulates change on the Postulate Failure Cycle Chart, like how one is prevented from being known by being overwhelmed, then is left with a compulsion to prevent others from knowing them. First they can't help but being prevented from being known, then they have to prevent others from knowing them. Think of the person who is teased, bullied and rejected at school then decides to hide from others on purpose.

In games of play our four basic abilities become:

SD*

PD**

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

*Self-Determined

**Pan-Determined

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 game's postulates, also become subject to games play.

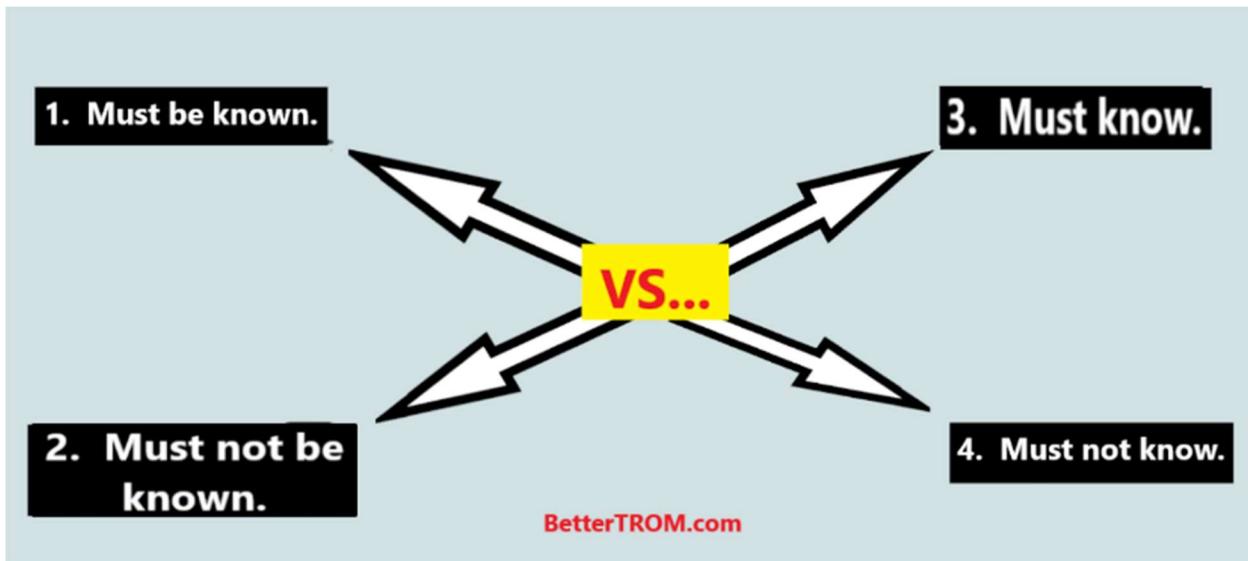
Thus, Law, Justice, etc. become themselves a games condition, and are subject to, and junior to the basic laws of games. Thus, any games rule, once introduced, immediately becomes subject to a games condition in its own right. Thus, the only immutable* laws are the four basic abilities of life itself.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

*Immutable: unchanging over time or unable to be changed: "an immutable fact"

Collecting and numbering our four basic SD postulates we get:

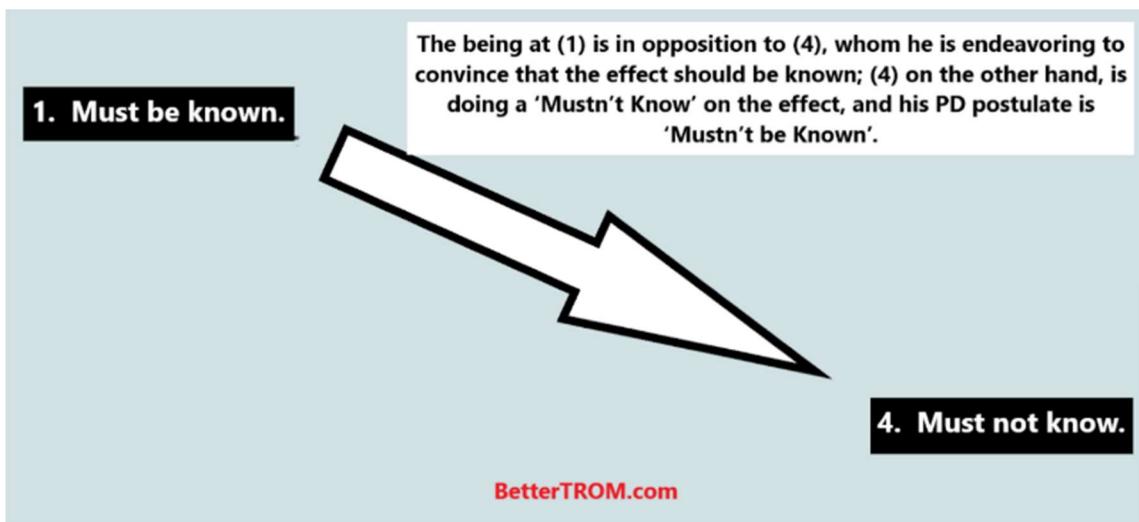
1. Must be known.
2. Must not be known.
3. Must know.
4. Must not know.

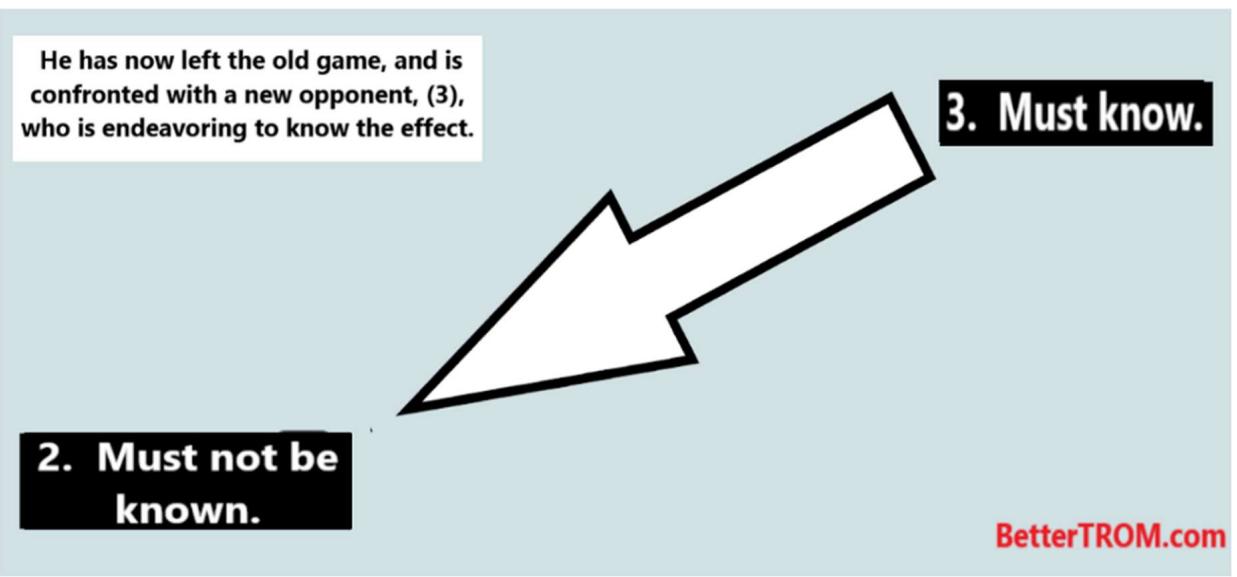
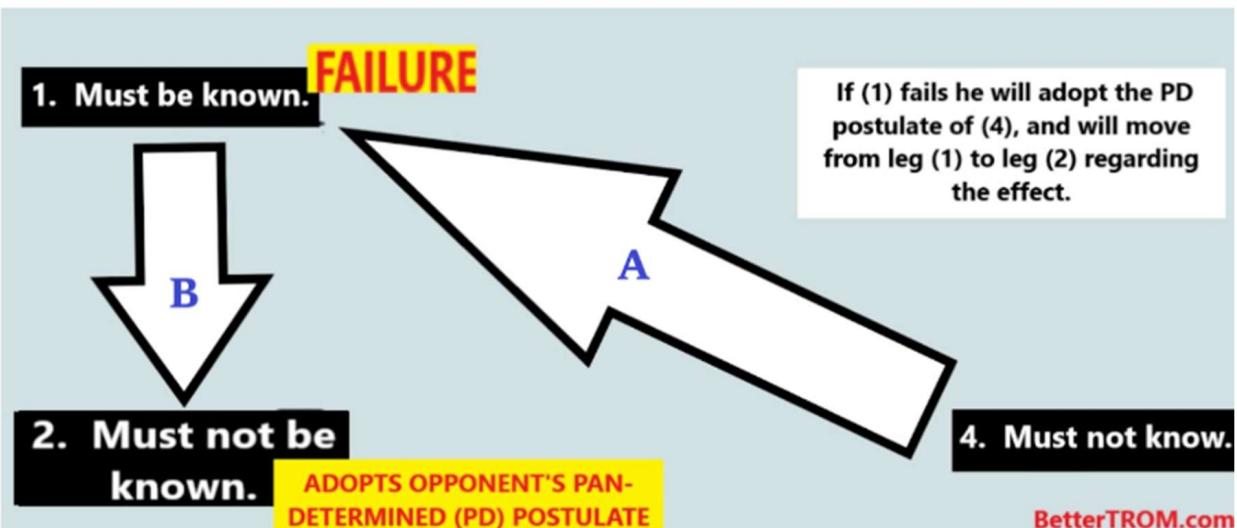
The basic games are:



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:

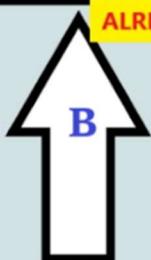




Failure in this new game will result in (2) being forced to adopt the PD postulate of (3), which is 'Must be Known'.

1. Must be known.

ALREADY IN FAILURE!



2. Must not be known.

C

3. Must know.

A

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'.

2. Must not be known.



4. Must not know.

1. Must be known.

ENTERS OPPONENT'S VALENCE
WITH NEW EFFECT

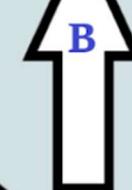
In this new and final game with the effect he is opposed by (1), 'Must be Known', regarding the effect. Failure in this game will force him to adopt the postulate 'Must Know'.

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.

C

3. Must know.

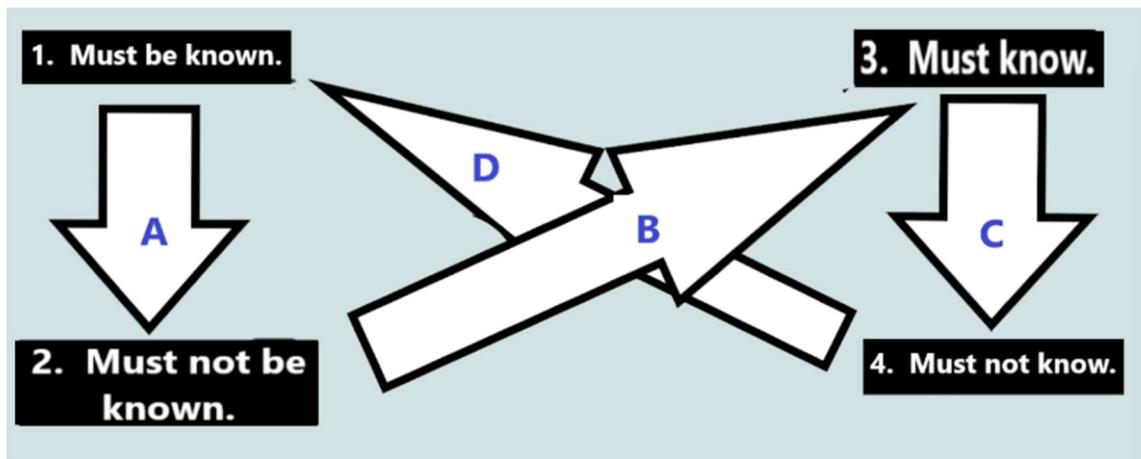
POSTULATE
ALREADY IN
FAILURE!



4. Must not know.

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.

*By "all other goals" Dennis is talking about 'junior goals', like to help, to create, etc. They all can be formulated in the same way as the 'to know' goals package. For example, to help, to not help, to be helped, to not be helped, and to create, to not create, to be created and to not be created.

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.

*Vicissitude: a change of circumstances or fortune, typically one that is unwelcome or unpleasant:

"Her husband's sharp vicissitudes of fortune"

ALSO: alternation between opposite or contrasting things: "the vicissitude of the seasons"

POSTULATE FAILURE CYCLE CHART REGARDING AN EFFECT

	SELF		OTHERS				
	ORIGIN	RECEIPT	ORIGIN	RECEIPT			
1A	-	Must Know	Must Be Known	-	Motivator	Overwhelmed	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	Overwhelmed	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	Overwhelmed	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.

*The period going from birth to present time. Also known as ‘the track’.

**It’s important to know that a ‘valence shift’ is a shift into the other’s identity. It is not just you changing your postulate. In order for it to be a true valence shift your postulate changes to the exact one your opponent just leveled at you. They force you to know, so you force them to know. They force you to be known, and then you force them to be known.

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 importance.



*Repository: a place, building, or receptacle where things are or may be stored: "a deep repository for nuclear waste"

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.

*Intrinsic: belonging to the essential nature or constitution of a thing.

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’ one’s 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. En route 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. It's 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).

Leg 2 3) Preventing from knowing. (overt).

4) Forced to be known. (motivator).

Leg 3 5) Forcing to be known. (overt).

6) Prevented from knowing. (motivator).

Leg 4 7) Preventing from being known. (overt).

8) Forced to know. (motivator).

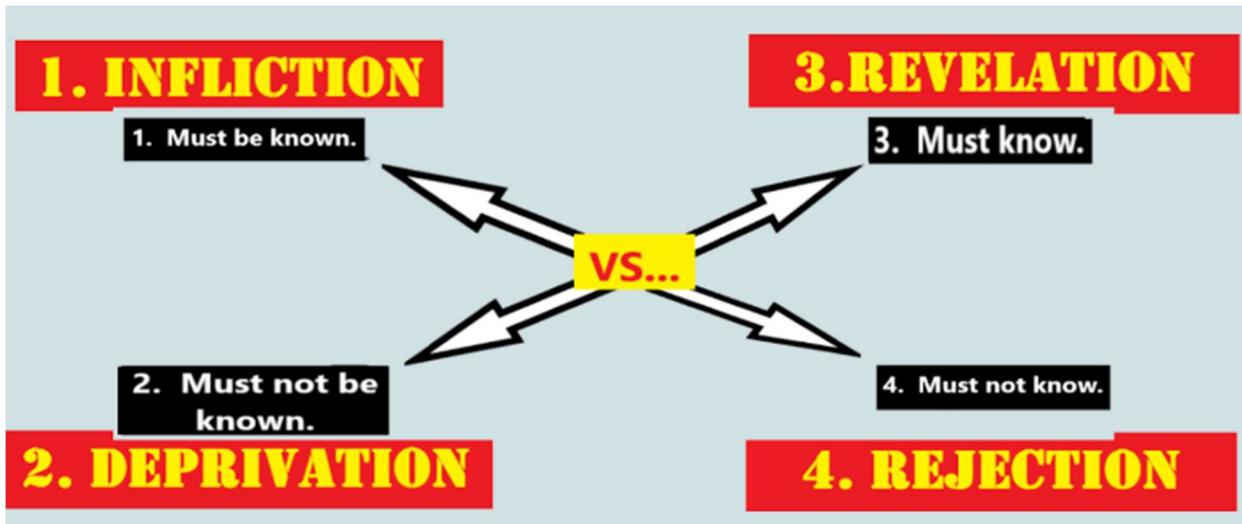
If one wished to address these regarding a specific effect on a being one would, of course, work backwards from 8 to 1, as the most recent experiences tend to occlude the earlier ones. Thus, to remove the command power of any effect from the mind it is only necessary to discharge these various overts 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.

Namely:

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. Namely:



Must be known. Outflowing. Extrovert. Persuasive.

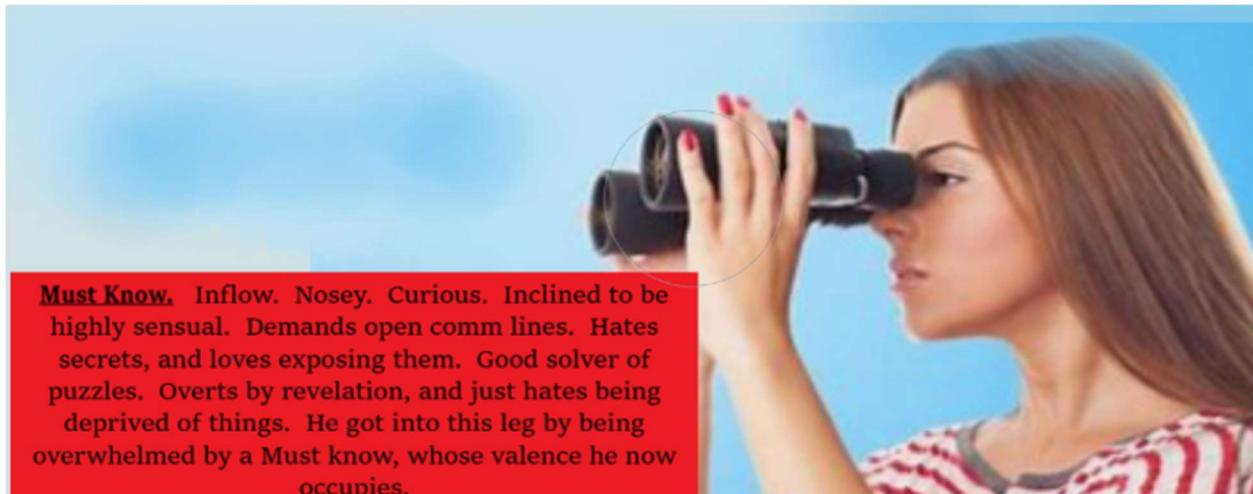
Creative. Often prone to jealousy. Overts by infliction, and very upset by rejection. He got into this leg by being overwhelmed by a Must Be Known, whose valence he now occupies.

Mustn't be known. Restrained outflow. Retiring. Devious.

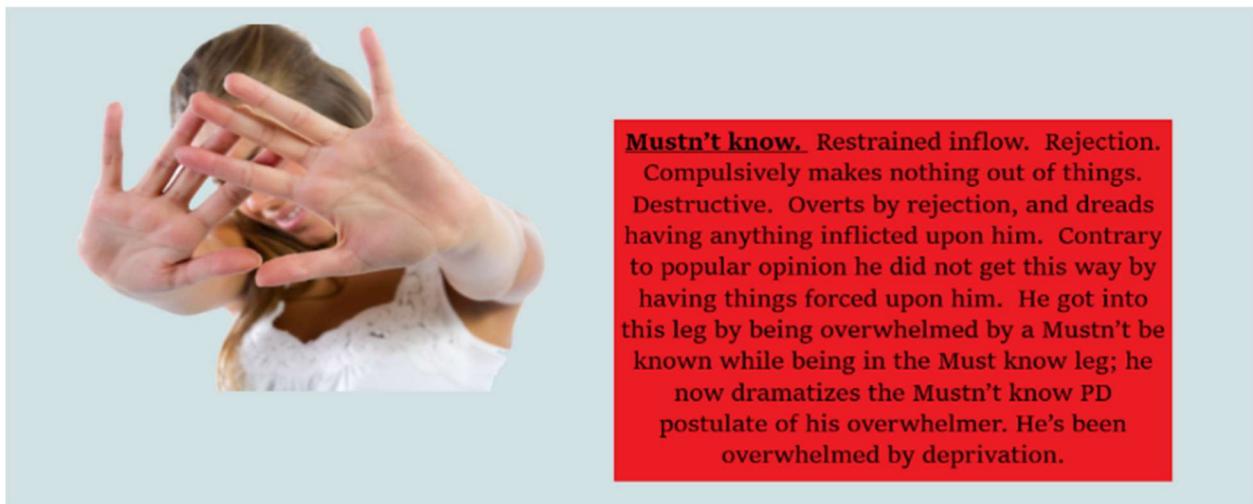
Secretive. Obsessed by 'privacy'. Tends to collect mass* and wealth by the simple expedient of not being able to outflow it. Overts by deprivation, and very worried by the thought of their secret wheeler-dealings being revealed. He got into this leg by being overwhelmed by a Mustn't know while being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



*In this context, simply means 'solids' -Editor



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 overhelmer. 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.

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. It's now time to do something about this state of affairs. There are 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 it's 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.

*Gamut: the complete range or scope of something: "the whole gamut of human emotion"

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 that 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 it's 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 let's 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.

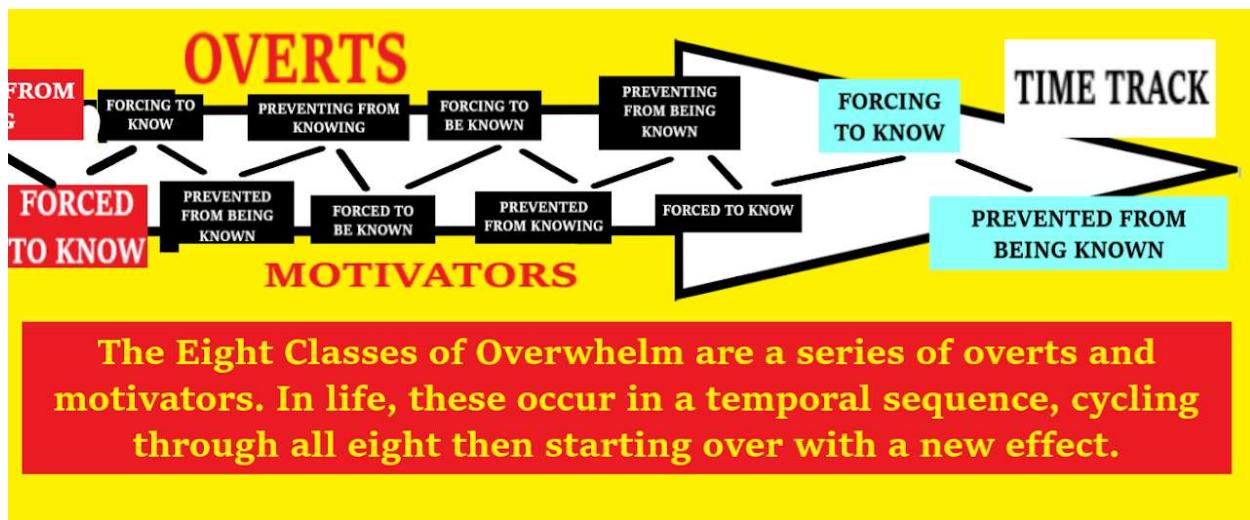
Now move to command number 2). Run it just the same as number 1).

Continue through the list. Run plenty of RI, for this Level tends to chop it up a wee bit.

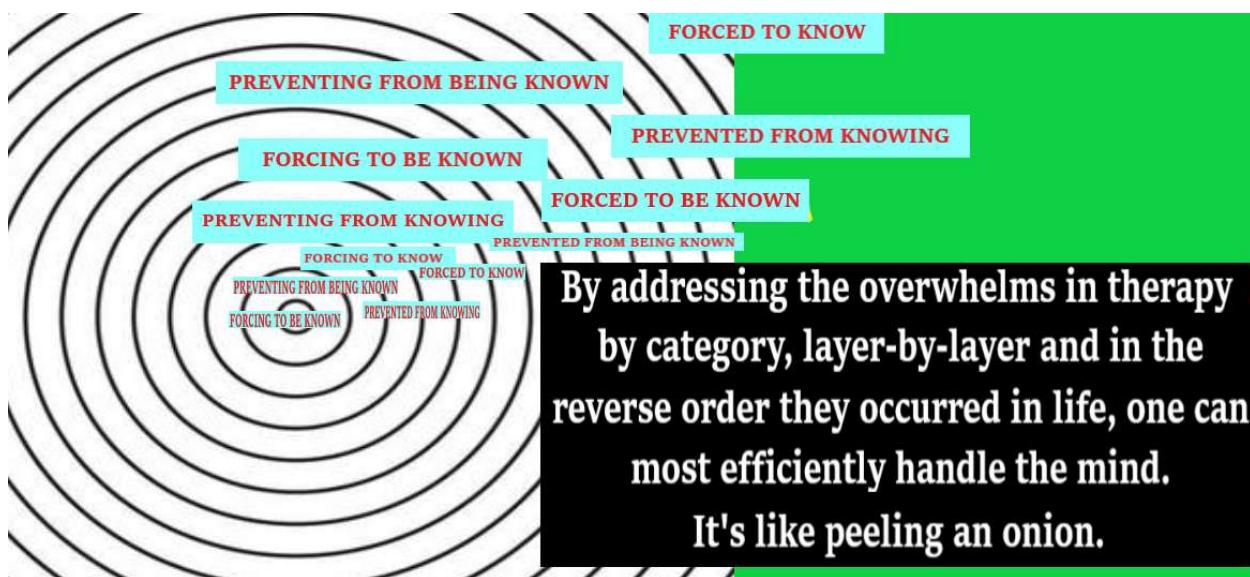
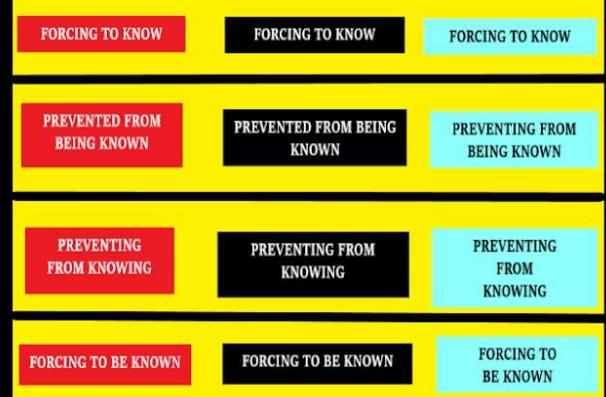
When you've completed through to number 8), go back and start in again at command number 1). New material will show up.

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 incidents 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've known about games play: it's never orderly; anything can happen - and sooner or later will. These overwhelms 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.



The mind, however, does not categorize these overwhelms in a temporal sequence. Instead, it files them by category of overwhelm. This is how your mind is "stacked".



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 overwhelms on your known time track. If this is not the case, then Level Four is not complete.

It's as simple as that. Those eight commands are the complete list of overwhelms (upsets). There are none outside of that list. Just go round and round that list until the job is done. There are no inhibitions, repressions, suppressions, withdraws* 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!

* "Withhold" in this context most likely refers to an overt act which is not known to others. If you commit an overt and no one knows about it, or no one knows it was you that did it, it is said you have a "withhold".

**Tortuous: full of twists and turns: "the route is remote and tortuous"

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 you 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 can stimulate 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.

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.

*Jangling: make or cause to make a ringing metallic sound, typically a discordant one: "a bell jangled loudly" · "Ryan stood on the terrace jangling his keys"

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).

POSTULATE FAILURE CYCLE CHART REGARDING AN EFFECT

	SELF		OTHERS				
	ORIGIN	RECEIPT	ORIGIN	RECEIPT			
1A	-	Must Know	Must Be Known	-	Motivator	Overwhelmed	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	Overwhelmed	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	Overwhelmed	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

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. It's 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; it's a great way to get nowhere fast. It's 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).

*Circuit: a roughly circular line, route, or movement that starts and finishes at the same place: "I ran a circuit of the village"

The next point is that the chart only shows the SD postulates. The PD postulates you'll 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.

Must know.

Mustn't know.

PD

Must know.

Mustn't know.

Must be known.

Mustn't be known.

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

Next, I'd like to recap for you, so you are absolutely sure of what we are doing on Level Five. It's 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. It is 'be known' and 'know'; complementary postulates. This is not a game situation. There is no postulate conflict; all the postulates match up. I will 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. It's 'be known' and 'not-know'; conflicting postulates. Thus, this is a game situation, for there is postulate conflict; the postulates are in opposition. I will 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 has 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. For example, 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 many 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 overwhelmer 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 overwhelmer. 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).

*Tenable: able to be maintained or defended against attack or objection: "such a simplistic approach is no longer tenable"

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 overwhelmer. He considers this PD postulate as his own. Thus, in every overwhelm we see a mis-ownership of postulate. It's entirely a matter of conviction. The overwhelmed is now convinced that 'this is the way things are' - and so mis-owns the PD postulate that overwhelmed him. However, as soon as he spots the mis-ownership the overwhelm vanishes, and his own postulates reappear. But until he mis-owns the postulate the overwhelm never occurred! See it? It's all a matter of conviction. It's very necessary, when working at the overwhelm levels of the chart, to be aware of this overwhelm and the mis-ownership 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 mis-ownership 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.

*Note how in the example of the girl and her father how the father forces her daughter into 'must not be known' by covering her mouth. Then she makes that postulate her own and runs away.

If you have 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 it's impossible, and is not a route out but I am saying that due to the overwhelm mechanism, it's 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***.

*You can think of this as "restimulation". A past moment of someone forcing you to agree with them makes it now difficult for you to voluntarily agree with others, because the act of agreeing with someone else brings about the discomfort of previously being forced to agree with that previous person. The past is once again stimulated in one's mind by something in the present, thus the term "restimulation".

**Edict: an official order or proclamation issued by a person in authority: "Clovis issued an edict protecting Church property"

***Salutary: (especially with reference to something unwelcome or unpleasant) producing good effects; beneficial: "a salutary reminder of where we came from"

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; it's 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.

*Coming a cropper: 1. fall heavily. "He came the most appalling cropper—I think he knocked himself out" 2. suffer a defeat or disaster. "The club's challenge for the championship has come a cropper"

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 it's 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. It's like eating 'All-Bran' 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 it's 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 have left a level before you

should have. After you have 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 are learning all the time. Eventually you don't make this mistake. And then Level Five runs like a well-oiled dream.

*Datum: A piece of information. It's the singular of "data": "I read all the data and found only one datum useful"

**Level Five is 'creative' in the sense that one puts out the postulates himself, creating the postulates that will stimulate scenes/mental mass to be timebroken. Therefore, if one continues to do this even though no more mass for timebreaking appears, all he is really doing is creating postulates. This exact procedure will be explained later in the book. It is quite different than levels two and three, where objects and incidents are taken from the past, and there are no added creations. RI is also a creative process, and so also has this property where there is no harm in over-run.

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. It's very easy to get terribly significant* about Level Five - simply because you've got deep significances flashing around you all the time, and it's too darned easy to reach out and grab one (Old Mosman** proverb: 'He who grab at passing significances is running scarcity of them; he should run RI').

* "Importance is the basis of all significance" (from earlier in the manual). When Dennis says you have deep significances flashing around you all the time, he could just as easily have said 'importances'. "Getting significant" about things can also involve looking for the meanings of things. If you find yourself in such a state, just run more RI so you can get your 'significances' or in other words, 'importances' quota all topped up.

**Mosman, New South Wales, Australia

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’; it’s 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.

*As opposed to how you create ‘effects’ doing RI, or put up effects from the past in the form of objects and people from past scenes to be timebroken on level 2. In level five, one uses postulates alone to stimulate ‘effects’—mental masses—to be timebroken using the same method you learned at level three. The section you are reading is now known in TROM as level 5a. Later, Dennis developed levels 5b and 5c, and on 5c you will be putting up postulates as well as effects. But until you reach 5c, you only work with postulates. There is also a level 5d but it is not covered in this manual, but is in the later 1990s lectures.

At Level Four you experienced the phenomena of taking bits from here and bits from there off your 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. It’s 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 it's 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. It's as simple as that. In fact, it is so simple that you'll have to resist the urge to make it more complicated.

*Unfortunately, a shortcoming of the original TROM manual, there is no precise explanation of how the postulates are 'put up'. And the original readers of this manual wondered same as you wonder now, "How exactly do you do this?"

Luckily, a friend of Dennis' inquired as to what the step-by-step procedure is, and he sent her a cassette 'lecture' about it (Dennis as he got older sent correspondence via tape cassette rather than writing or typing letters), going step-by-step through the process. Instructions sourced from that lecture transcript are in the next section.

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 will find that as one level goes null you find yourself 'sliding' into the next level on the chart. Later on, 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 is 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; it’s a sure sign that it’s time you moved on. You will soon learn to strike that happy medium of leaving a level (of the chart) 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 will find quite a number of incidents that showed up at Level Three and Level Four showing up again at Level Five. You are just taking more off them, that’s all. You will continue to do so until you’ve got the lot. Then they will 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 will 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 will make it to Nirvana. Remember: There is no place to go after Level Five. There is 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).

*In your later study of TROM that goes beyond the original work, you may find lectures labeled as 'level 6' and for a while he was calling some newer exercises 'level 6'. Eventually he realized these exercises properly fit into TROM level 5 and incorporated them into that level. TROM level five as put forth in this manual consists of three sublevels: 5A, 5B and 5C. You are now reading about 5A. "Level 6" later became 5D. Without getting too far ahead of ourselves, this level is explained in detail in the 90s recorded lectures, but Dennis also does mention that you can still get the whole job done with just this manual. Learning the data in the lectures does develop a deeper understanding of TROM, making the practice of it more efficient, and are recommended study AFTER gaining a thorough understanding of this text.

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

Mosman, NSW

Australia.

February 1978.

HOW TO RUN LEVEL FIVE

(Dennis Stephens Lecture Adaptation)

Following is the step-by-step procedure for running level five of TROM, extracted from a taped correspondence to Dennis Stephens' friend Judith in answer to her inquiry.

I have limited the content of the recording to what is relevant. I have eliminated all the ‘errs’ and “ahs”, repeated words and other awkward aspects. I have proofread the errors the original transcriber made. I cut out data repeated from the book and made other such revisions so you can get a nice smooth read from the following and know exactly what to do next. Annotations and word definitions are also included.

I will go through the chart as if I’m the subject and I’m running level 5. I’m starting in at level 1A and the goals package I’m using is the basic “to know” goals package. Before I start, as given in the manual I would timebreak out all the day’s activities.

At level 1A the first thing you would do is put up the other’s postulate. The postulate is “must be known” and that is in the class of “not-self.”

Now, it doesn’t matter where you put the postulate. Most people prefer to put the postulate into a mass. But you can put it into empty space if you want but most people find it easier to put the postulate into a mass. Either a created mass of your own choice or into a wall, a part of the physical universe or a fence or a passing car. It does not matter where you put it but the important thing is that it’s a “must be known” postulate and it’s in the class of “not-self”.

You must be certain that it's in the class of "others", which I will refer for more precision as the class of "not self." Then you create the postulate "must know." Now that postulate is in the class of "self", that's you, right where you are. It's you holding the postulate "must know".



You've got "must be known" over that way, origin. Receipt, where you are, you with the postulate "must know." The level here is "Forced to know," and it's you being forced to know. Doesn't matter what it is, you don't have to specify, you're just working with the postulates.

Don't see yourself 'over that way' doing this. You get yourself right where you are with a "must know" postulate. There's a little danger there that you can say, "Well, I'll get me over that way". That's wrong. You get you right where you are with a "must know" postulate.

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

*Cameo: a short description that neatly encapsulates someone or something:
"cameos of street life"

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

Then put the postulates back up again.

And you keep on doing this until you can put those postulates at level 1A with no more change occurring. You can quite happily put up the postulate "must be known" in the class of "not-self" over that way while you are sitting there with "must know" and you got the idea that you are being forced to know and that it's quite OK, nothing happening, and it's all quietened down. You are now ready to move on. You've started to get bored at that level. You've done all you can with that level. It's time to move on.

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

The postulate "must be known" is still out there in the class of "not-self" but now it's a game. Games condition. An opposition situation. We have "must be known" in the class of "not-self" and "mustn't know" in the class of self and they are opposing postulates.

Just hold that situation and timebreak out anything that shows up. You continue with it until there's no more change, you've timebroken out everything and you quite happily have that situation there where you have "must be known" over there in the class of "not-self" and "mustn't know" in the class of self and you can hold that situation and there's nothing else, it's all quietened

down, there's nothing else happening and you're getting bored with it. And say, "Right, it's time to move on."

So, you now move on from 1B to 2A. You're going from origin now to receipt. There's a bigger change there (that's) going to happen now between 1B and 2A.

When you go from 1B to 2A you start off by instead of feeling yourself at receipt point you start to say to yourself, 'I'm in "mustn't know" but now I am starting to originate.' You start to originate in "mustn't know" and drive your postulate "mustn't know" across to the other person, to the "must be known", instead of him being the originator and you being at the receipt. At level 2A it's you the originator of "mustn't know" and he's... you drive him into the receipt of "must be known." You're beginning to get at him, you begin to get at the opponent. So, it's you at "mustn't know" and him still holding his postulate of "must be known" but now instead of him being at the origin point he's at the receipt point. But it's still a game.

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

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

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

You’re not dealing with effects here on the chart. You’re dealing with postulates, that’s all you’re putting up is postulates. You’re not putting up effects. You’re not putting up sensations or creating people, you’re not mocking up* people, you’re not mocking up walls or floors or situations. You’re simply mocking up postulates and that bugs many people right at the start. They’re not used to working with just postulates. Well, that is the whole level of level 5. It’s postulates.

*A ‘mock-up’ is something the being creates instead of something in the physical universe, so to ‘mock it up’ is to create it yourself.

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

So, at level 5 you are working purely with postulates. Once you grasp that you’ve got it.

As I said in the write-up, you can't overrun these levels at level 5. If you stay on a level longer than you need to run, all that's going to happen is you're going to get bored. Boredom is the sign it's time to move on.

Nothing terrible is going to happen if you overrun a level at level 5 but nasty things can start happening if you leave a level before you should have left it. As I mentioned in the write-up, if you leave a level before you should have left it you can get into a lot of difficulty, but I've given you the repair for level 5. It's in the text.

Stay with a level until you're so bored with it that you say, "Oh my God, it's time I moved on. I'm absolutely bored with this. This is getting too easy."

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

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

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

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

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

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

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

It's very important that early on when you're working with goals packages* that you put the pan determined postulates in place, otherwise you won't know why the postulates change on the chart. The whole thing doesn't make much sense except in terms of the self-determined and pan determined postulates so if you try and take the pan determined postulates out of the equation the whole thing starts to become rather puzzling. So, we have to put them in, particularly early on in therapy.

*Remember, a 'goals package' is the sum of a goal expressed in its four legs. To know, to not know, to be known and to not be known are the 'legs' of the 'to know' goals package.

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

At level 1A the only postulates on the board are the opponent's postulates. There's his self-determined postulate of "must be known" and there's you at your end of the comm line complying with that. Actually, they are both his postulates and they are his self-determined postulate "must be known" and at your end of the line you are sitting there holding "must know" which really is his pan-determined postulate, but you're calling it your self-determined postulate. You see? You've bought it. You've bought the lie.

As soon as we go to level 1B which is a games level, you now stop buying the lie, your self-determined postulate of "mustn't know" reasserts itself at the receipt point and with it your pan

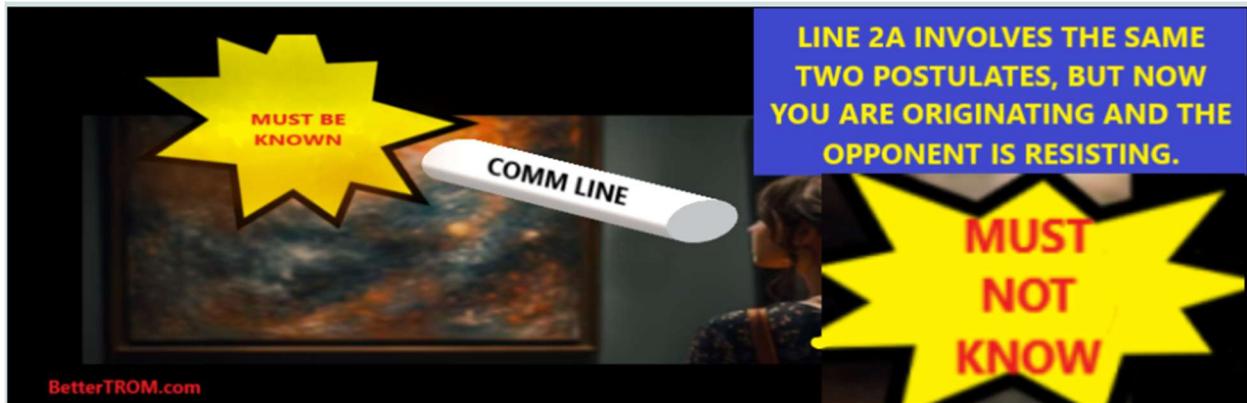
determined postulate of “mustn’t be known” reappears round the opponent at his end of the comm line.



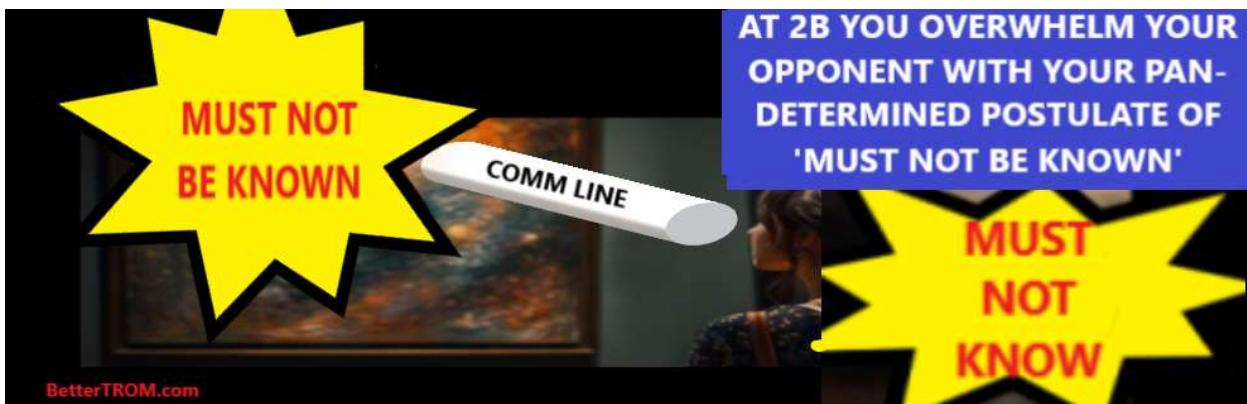
At the same time, you've now clawed your way out of his pan determined postulate, so his pan determined postulate is still at your end of the comm. line and his pan determined postulate of course is “must know” but it's not... it's... you're not in it. You're not dramatizing* it anymore but it's still at your end of the comm line. So, at level 1B there's four postulates. There's the two self-determined postulates and the two pan determined postulates and there in the positions I've given.

* “Dramatizing” something could also be expressed as ‘acting it out’.

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



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



So, at the overwhelm levels there are only two postulates there, but at the games levels on the chart there's always the four postulates, the two self-determined postulates and the two pan determined postulates.

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

**REMEMBER THAT WHEN YOU
ARE AIMING A 'MUST NOT
KNOW' POSTULATE AT A
'MUST BE KNOWN'
POSTULATE, YOU ARE ALSO
AIMING A PAN-DETERMINED
'MUST NOT BE KNOWN' AT IT.**



It gets so easy after a while that the pan determined postulates are so obviously there, you put them there so naturally that you don't have to think about them anymore, you know? It's like going out shopping in the morning and its daylight and so obviously the

sun is above the horizon, you know, it's that sort of obvious. You know? Well, later on in level 5. Still, you're always putting the pan determined postulates there when they ought to be there. You get it?

You cease to do it, but it becomes second nature to you after a while. It's just that early on in therapy you must do it. Be very consciously aware of doing it otherwise the chart won't make any sense to you.

LEVEL FIVE RUNNING OF JUNIOR GOALS

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. For example, 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. For example, 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 it's 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.

*The junior goals package of, to sex, to not sex, to be sexed, and to not be sexed. It's awkward sounding, but there really is no proper verb for the package to come out right unless one uses the F-wordbut I am not going to print it in this book. You'll have to make your own Postulate Failure Cycle Chart for that one. - The Editor

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 know' package. Once there, you can backtrack no further, for the purpose of each of these purposes is its own purpose).

*Could also be expressed as "enforced knowing." This writing style copies the Scientology writing style of adding the suffix -ness to form some verbs into nouns.

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. For example, ‘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.

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. For example, 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.

*Literally ‘the other’ drinking one, as opposed to being intoxicated.

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. For example, 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 it’s 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.

*Privet is a shrub of the olive family that has green leaves, white flowers, and sometimes black berries.

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 has been deprived of something. Which he has. He has 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 package - 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. For example, 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 the exact same relation to each other as do the legs of the basic package. Only then will they erase.

*Truncheon: a short, thick stick carried as a weapon by a police officer.

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.

*Empirically: Based on, concerned with, or verifiable by observation or experience: *"They provided considerable empirical evidence to support their argument."*

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*, and so on, 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.

*Skin galvanometer: Also known as an "e-meter". It is the electronic device commonly used in the older subject of Scientology to detect upsets during the specialized counseling the Church offers known as "auditing". It operates in a similar way to a lie detector; in that it runs a tiny electrical current through the body and measures resistance to that current which will change and give a reading on the instrument when an upset or disagreement is detected. Its primary purpose is to help locate areas of upset and when such upset is resolved through auditing, the instrument will no longer react to the matter being audited.

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. For example, 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 it's 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.

*Wax: begin to speak or write about something in the specified manner: "They waxed lyrical about the old days."

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. For example, 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 its 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. It's 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 have 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 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 has 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.

*Purveyor: a person or group that spreads or promotes an idea, view, etc.: "*a purveyor of traditional Christian values*"

**Perverse: (of a person or their actions) showing a deliberate and obstinate desire to behave in a way that is unreasonable or unacceptable, often in spite of the consequences: "*Kate's perverse decision not to cooperate*"

***Cognizant: having knowledge or being aware of: "statesmen must be cognizant of the political boundaries within which they work"

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 lifetime, 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 it’s 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 facto 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 it's 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. For example, the 'To free' package. It's 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.

The only entrapment this universe contains is violation of the Law of the Complementary Postulate.

WHICH IS:

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



Her goal is 'to attack'. She's not willing 'to be attacked'. That limitation will trap her inside of the Non-Life goals package of 'to attack', 'to not attack', 'to be attacked' and 'to not be attacked'.

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. For example, 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. For example, '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 based on 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.

*Or could be written, “by the activities of one’s life”.



There may be a relief for some by adopting the philosophy of the world's great spiritual leaders. For example, 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 govern 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.

THERE IS HOPE

For those trapped in Non-Life Goals Packages

- 1) All Goals Packages, Life and Non-Life are in the basic "To Know" Goals Package (5A).
- 2) Non-Life goals such as "To Destroy" diminish when you run the corresponding Life Goal of "To Create", "To Degrade" diminishes when you run "To Enhance" and so on (5B).
- 3) Non-Life Goals can be made the subject matter of the "To Know" Goals Package at level 5C (Which is discussed later in this work).

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. For example, 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. It's 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 with your body (For example, 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. Even though you have erased the 'To Sex' package your body will still require sexual activity to remain healthy. Similarly with eating. It's the way the body is. It's 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.

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 (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.

*Cot case: Someone in a hospital restricted to their bed.

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 earlier. It's 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. For example, 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 it's 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. It's 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? For example, 'To possess' is a life goal, but it's a synonym for 'To own'. Use the 'To own' package, which has been tested. For example, 'To grow'. This is a life goal, but it is a system of creating. Run the 'To create' package. For example, 'To survive'. This is a life goal, but it's 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. It's 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 psychoanalysts, but it's a curse for anyone who wants to get anywhere).

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 – that is to say, goals which divide life into arbitrary classes. For example, '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 it's very easy to inadvertently fall afoul 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.

* Fall afoul of: to get into trouble because of not obeying or following (the law, a rule, etc.) "After leaving home he fell afoul of the law."

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.

* En bloc is a French term that means in a lump or block, as a body or whole, or all together.

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.

*In this case, it is progressing towards a 'null' state of no change, and is producing changes as you head towards that state.

- 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. It's gone. You can wave that one goodbye 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 a non-erasing package.
- d) The package suddenly collapses upon the realization that it's really within the basic package. Good. Get off it. It's 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. It's 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 make 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 psychoanalyst; 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 it's about ready to step into a coffin - if you had the energy to go and find one. No, it's 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.

*Furtively: In a way that attempts to avoid notice or attention; secretly: "I furtively glanced over at my father to see his reaction" · "customers slipped furtively in"

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 it's 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.

*Craw: the crop (a part of an animal's throat) of a bird or insect.

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. It's 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 mine in the early days of researching junior packages, when I fell afoul 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.

*Dilettante: a person who cultivates an area of interest, such as the arts, without real commitment or knowledge: "*a wealthy literary dilettante*"

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 possibly 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.

*Yawning: (of an opening or space) very large and wide: "the yawning entrance of the cave" · "my headlights picked out what seemed to be a yawning chasm in the middle of the bridge" · "the yawning gap between rich and poor"

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.

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 are no medals being given out for bravery in the face of the opposition legs of a goals package. If it's 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 really chirpy*, you can nip in and erase or collapse that troublesome junior package once and for all.

*Chirpy: cheerful and lively: "she looked positively chirpy"

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 it's 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. It's 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. It's entirely a 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.

Junior Goals on level 5 are run in the same format as the 'to know' goals package.

	SELF		OTHERS				
	ORIGIN	RECEIPT	ORIGIN	RECEIPT			
1A	-	Must sex	Must Be sexed	-	Motivator	Overwhelm	Forced to sex
1B	-	Mustn't sex	Must Be sexed		Game	Game	Game
2A	Mustn't sex	-	-	Must Be	Game	Game	Game
2B	Mustn't sex	-	-	Mustn't be sexed	Overt	Overwhelm	Preventing from being sexed
3A	-	Mustn't sex	Mustn't be sexed	-	Motivator	Overwhelm	Prevented from sexing
3B	-	Must sex	Mustn't be sexed	-	Game	Game	Game
4A	Must sex	-	-	Mustn't be sexed	Game	Game	Game
4B	Must sex	-	-	Must Be	Overt	Overwhelm	Forcing to be sexed
5A	-	Must Be sexed	Must sex	-	Motivator	Overwhelm	Forced to be sexed
5B	-	Mustn't be sexed	Must sex	-	Game	Game	Game
6A	Mustn't be sexed	-	-	Must sex	Game	Game	Game
6B	Mustn't be sexed	-	-	Mustn't sex	Overt	Overwhelm	Preventing from sexing
7A	-	Mustn't be sexed	Mustn't sex	-	Motivator	Overwhelm	Prevented from being sexed
7B	-	Must Be sexed	Mustn't sex	-	Game	Game	Game
8A	Must Be sexed	-	-	Mustn't sex	Game	Game	Game
8B	Must Be sexed	-	-	Must sex	Overt	Overwhelm	Forcing to sex

LEVEL FIVE RUNNING OF JUNIOR UNIVERSES

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. Therefore, 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.

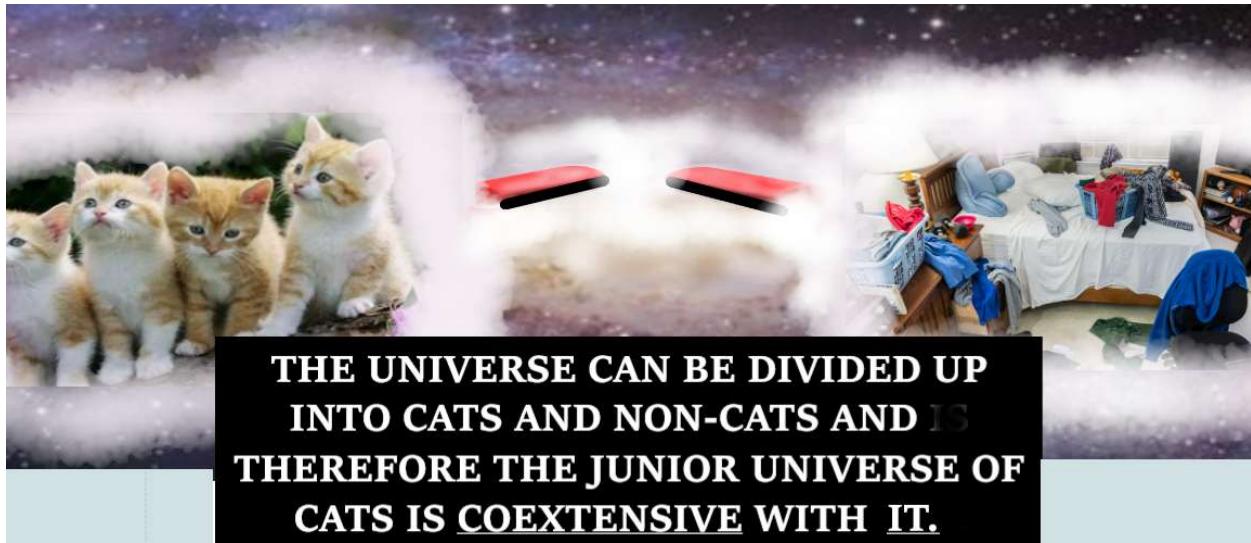
All junior universes are within the ‘To know’ basic goals package.

*Co-extensive: equal or coincident in space, time, or scope. Having the same spatial or temporal scope or boundaries.

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).

*Sundry: of various kinds; several: “*lemon rind and sundry herbs*”



**THE UNIVERSE CAN BE DIVIDED UP
INTO CATS AND NON-CATS AND IS
THEREFORE THE JUNIOR UNIVERSE OF
CATS IS COEXTENSIVE WITH IT.**

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. For example, 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 not erased or collapsed, 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. **

*Amenable: (of a thing) capable of being acted upon in a particular way; susceptible to: *"the patients had cardiac failure not amenable to medical treatment"*

**Level 5c utilizes the basic package to bring about erasure of the junior universe. For example, if the junior universe is ‘cats’ then it would be run: must know cats, must not know cats, cats must be known, cats must not be known.

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.

*Injunction: an authoritative warning or order.

The being becomes trapped in junior universes as the result of games play. It's 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.

For example, one can injudiciously play games with bodies until one is forced to be a body and has totally lost one's freedom of choice to not be a body. This is also true of inanimate objects, and other life forms. Many a compulsive fisherman end 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.



For example, one can injudiciously play games with bodies until one is forced to be a body, and has totally lost one's 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.

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 one's 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 in ignorance of the rules, and of one's 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 one's 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. For example, being in the universe of a material object one 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.

*Parameter: a limit or boundary that defines the scope of a particular process or activity: "they set the parameters of the debate"

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. For example, the addition of the word cats to the basic package 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*.

*I am going to go out on a limb here and say this is someone's mistake, either Dennis' or the one who typed this up for him. It makes more sense to write it, "Forcing to know cats". You are going to construct the chart, according to the logic mentioned previously, with "Forcing to know cats" and when running, mocking up an overwhelm of forcing to know cats, not some 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. For example, 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, it's 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 it's 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 - it's 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 interests you it's erasable - eventually. However, you may have to get inside it first. In other words, it's 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.

Therefore, 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 (produces no more change) 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 a non-erasing 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.

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.

*Remember that “nulling” and “erasing” both mean a similar thing. When you null, the charge is reduced (to the point there is no more change during the exercise you are running) and erasure means the charge is gone (charge being the upset and/or importance of the item).

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.

* Self-recrimination: The act of accusing or blaming oneself.

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! - it’s gone. The whole universe has vanished from your mind. Once it’s happened to you, you’ll recognize it. It’s 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 it’s gone

to. It's gone. It's erased. It no longer exists in your mind. It's 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's 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 it's 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 are 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*.

*Superfluous: unnecessary, especially through being more than enough: "the purchaser should avoid asking for superfluous information"

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. It's 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 (thee “to know” goals package) and re-null 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 of its non-life goals too. I trust 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.

*Editor's note: though you are heavily warned not to run non-life goals at Level 5b, it is safe to run them at level 5c, as you are actually running the 'to know' package with the non-life goal as the subject matter. For example, running a non-life goal like "to hate" at level 5b would be dangerous, as you are running "must hate, must not hate, must be hated and must not be hated" whereas on level 5c you can run "must know hatred, must not-know hatred, hatred must be known, hatred must not be known". There is a big difference, as with the latter you are actually running a version of the "to know" package, and the "to know" package being the most basic of all, it is quite safe to do so. ONLY ever use the "to know" package at 5c. If you add a subject to a goals package like 'to feel', and, for example, you run "to feel love" at best it just won't erase. And if you try running "to feel hate" you are courting disaster.

"To know" is the only goals package that can bring about erasure when adding a subject to the goals package.

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. For example, 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, not-known, etc. There is a difference. For example, 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 is an end in itself. 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,* 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**: it's an either/or situation. And this is the root cause of mankind's sexual difficulties.

*A hermaphrodite is an organism with both male and female genitalia. I omitted Dennis' explanation of 'bi-sexual' which he put in parentheses because even

though there is a definition of bisexual that is synonymous with this word, I do not want the reader to mistake what Dennis is talking about to mean one's romantic preferences, as in people who are attracted to members of both sexes. This is not my agenda against bisexuality, I just recognize that's not where Dennis is going with this.

** lacking connection: "*the novel's disjunctive detail*"

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 it's well known in Freudian psychoanalytic 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.

*Onerous is an adjective that means involving, imposing, or constituting a burden, laborious or oppressive, or having legal obligations that outweigh the advantages.

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. Fish. 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

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 unerasable, will be found to reside in the negative leg of some other erasable junior goals package. For example, the goal 'To Display' can be formulated into an erasable goals package. 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.

For example, 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:

** "N.B." means "nota bene," which we use to refer readers to a specific piece of information and "take note" of it. You can also say "Note well".

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 its 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.

Dennis H. Stephens.

Redland Bay, *

September 1992.

*A suburb of Brisbane, Australia

	<u>SELF</u>		<u>OTHERS</u>						
	ORIGIN	RECEIPT	ORIGIN	RECEIPT					
1A	-	Must Know DRESSES	DRESSES Must Be Known	-	Motivator	Overwhelm	Forced to know DRESSES		
1B	-	Mustn't know DRESSES	DRESSES Must Be Known	-	Game	Game	Game		
2A	Mustn't know DRESSES	-	-	DRESSES Must Be Known	Game	Game	Game		
2B	Mustn't know DRESSES	-	-	DRESSES Mustn't be known	Overt	Overwhelm	Preventing DRESSES from being known		
3A	-	Mustn't know DRESSES	DRESSES Mustn't be known	-	Motivator	Overwhelm	Prevented from knowing DRESSES		
3B	-	Must Know DRESSES	DRESSES Mustn't be known	-	Game	Game	Game		
4A	Must Know DRESSES	-	-	DRESSES Mustn't be known	Game	Game	Game		
4B	Must Know DRESSES	-	-	DRESSES Must Be Known	Overt	Overwhelm	Forcing DRESSES to be known		
5A	-	DRESSES Must Be Known	Must Know DRESSES	-	Motivator	Overwhelm	DRESSES Forced to be known		
5B	-	DRESSES Mustn't be known	Must Know DRESSES	-	Game	Game	Game		
6A	DRESSES Mustn't be known	-	-	Must Know DRESSES	Game	Game	Game		
6B	DRESSES Mustn't be known	-	-	Mustn't know DRESSES	Overt	Overwhelm	Preventing from knowing DRESSES		
7A	-	DRESSES Mustn't be known	Mustn't know DRESSES	-	Motivator	Overwhelm	Prevented from DRESSES being known		
7B	-	DRESSES Must Be Known	Mustn't know DRESSES	-	Game	Game	Game		
8A	DRESSES Must Be Known	-	-	Mustn't know DRESSES	Game	Game	Game		
8B	DRESSES Must Be Known	-	-	Must know DRESSES	Overt	Overwhelm	Forcing to know DRESSES		

APPENDIX

What to do if the Repair of Importances commands don't work on you

Dennis writes in the section regarding level one that you will need it run by a separate practitioner. I excluded this from the main text because 95% of people won't need this, and there are issues involved not only understanding how he puts it, but in the execution of the advice. Here's the exact passage followed by my advice:

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 first issue is that Dennis seems to hint that there are other level one exercises, practiced by other therapists. As far as I know, there are not any other therapists who have anything like this that is going to get one through level one of TROM who has failed the Level One test.

The next issue is, the CCH processes are intended as the Scientology curriculum. They were not developed specifically for the purpose of getting someone through TROM level one. Yes, they will get you through TROM level one, I have no doubt about that having had them run on me decades before I even found out about TROM when I was a Scientology practitioner. Dennis just happens to know these CCH processes will work because he was a Scientology practitioner himself at one time.

So, the point I am circling around here which I can now finally make is this—I don't know what the scene was in the 1970s in Australia or Britain as far as being able to walk up to a Scientologist and say, "Hey, can you run CCH on me?" and whether or not they would just oblige you happily like Dennis says they will. BUT I am certain that nowadays, here in the 21st Century any card-carrying member of the Church of Scientology is not just going to casually do this for you. They are going to ask you why. They are going to ask you how you even found out about them. And if you say, "I want to do TROM and it says here in the book I need CCH," I can only imagine the look on their face when you ask them.

Any practice that resembles Scientology or has any sort of root in Scientology, like TROM, for example, is heavily frowned upon by the Church. A true, card-carrying member of the Church is not only going to refuse a request to casually run CCH on someone, but they will most likely insist you do it within the context of the Scientology curriculum. You could see an independent Scientologist and get CCH run, but you do risk them not knowing what they are doing, as an Independent is not under the scrutiny of the Church and there is a risk of non-standard delivery.

Your best bet is to go to the Church of Scientology, keep your mouth shut about TROM, and enroll on a course called "Hubbard Qualified Scientologist" which includes you doing CCH with another student, taking turns running them on each other and under supervision.

I do understand that this advice means I may just 'lose some people to Scientology' because once one goes there, they may prefer a one-on-one approach to attaining their spiritual freedom as opposed to this do-it-yourself method in this book. But honestly, if this happens, I don't look at this as a loss. I am not looking for loyalty or money or anything like

that. I am only interested in people getting what helps them, and if they choose Scientology over TROM, I am not even going to blink over it. I can't be instructing you about a path to spiritual freedom on one hand and then not respect your freedom to choose your spiritual practices on the other.

If you can't pass the test at level one, to be blunt, you need help so badly that I don't care who helps you as long as you get it from someone who knows what they are doing. And the only people I would ever trust to do this would be either an auditor trained by the Church, or another student doing them with you under supervision in a Scientology courseroom. Consider the weight of what I'm saying. I am telling you they are the only people you can be 100 percent sure of helping you and helping you correctly despite how I feel about the Church.

Now for some definitions:

CCH is a type of objective processing. Objective processes are intended to orient the individual in present time by having him touch things, look at things, and move around his body.

One very well-known lower-level type of objective processing is called "CCH" which stands for control, communication, and havingness. They are a set formula for improving the person's degree of control of his mind and body; his free communication with his environment unaffected by reactive stimuli (things that would restimulate his case) and his tolerance and ability to reach his environment ("Havingness" being that last- the ability to reach his environment).

THE SKIN GALVANOMETER OR “E-METER”

The e-meter, put at its simplest, is an electronic device used by the Church of Scientology in their specialized counseling called “auditing”.

I excluded these passages because 1) even though an e-meter can be used in TROM therapy, it's not necessary and 2) If someone is not familiar with the e-meter, this is just plain too steep of a learning curve.

TROM was originally written for a primarily Scientologist audience. I have gone to great pains in re-arranging this book, coming up with a comprehensive glossary for it, annotating, explaining, adding to it, etc. to make sure that a Non-Scientologist could understand TROM just from reading this manual. But when it comes to the meter, this is where I draw the line.

The e-meter is not just some device you can order online, read the directions for and start using. It takes study. It takes practice under supervision. It takes some experience, and I am not talking about trial-and-error here, I am talking about using it in a Scientology Academy under supervision to master it.

I don't want to exclude anything from the TROM manual. That's why I made this appendix so anyone familiar with TROM and has read the original work can see that I have included all of Dennis' words that he used save some proofreading that any normal book publisher would do on his work.

If you want to learn how to use the e-meter, enroll in the Academy at the local Church of Scientology. If you want to just study the e-meter so you can understand what Dennis is talking about, you are going to have to read L Ron Hubbard's works on it. Period.

The following are the excerpts missing from the main work. I have not annotated them as I cannot really give you sufficient explanation about this subject without making this book terribly and unnecessarily long. Those trained on the e-meter may find the following useful. Those not will soon understand why I excluded them from the main work.

-Roger Tandry

Editor

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.

Another passage from the manual where I omitted a reference to the e-meter also known as the ‘skin galvanometer’:

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.

These phenomena are always of short duration, and after half an hour or so will fade out. You don’t do anything about it. Just understand what has happened. If you wish, go off and rest until it 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 overload 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 above passage is from the section introducing the practical exercises and is given here in context.

Another passage referencing the skin galvanometer or ‘e-meter’:

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 tranquility 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.

The above passage is in the level three instructions, talking about verifying completion of level three using the e-meter. It is given in its original context. You do not need an e-meter necessarily to verify you have completed level three. You simply one day realize there is nothing left to timebreak as every time you try and come up with something to timebreak it just flips back into the past. You are utterly bored with the level and now it is pointless to continue on it, and it’s time for level four. If level four overwhelms you, then you weren’t ready, and, from my personal experience, will stimulate your case well enough that you’ll find level three running again. This happened to me the first time I attempted level four—I got overwhelmed at command one (nothing that sent me to the hospital, it was just too much to timebreak all at once, and

I got uncomfortable), so I did plenty of RI to stabilize myself and then dropped back to level three for several weeks. Then I went to level four and got it running just fine.

Logical note

Dennis Stephens was an expert logician. I am not. And many people have not even heard of Boolean Algebra (also known as Boolean Logic) much less understand it.

Part of the TROM's effectiveness is that it's logical. Dennis likes to prove this from time to time by writing logical equations such as the following.

As for me, I need no such proof. My studies of other practices including and especially Scientology gives me adequate context to know Dennis' theories about the mind are sound. So as far as the logic is concerned, I just take his word for it and you can too.

That said, if you are familiar with Boolean logic, then sink your teeth into the following passage. You won't be disappointed...

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.

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 following is the sort of 'glossary' included in the original manual...

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:

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

Nirvana 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.

Over run Past the point of erasure

Over run symptoms confusion, unwellness, mis-emotion etc.

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

Pan Determinism. (PD). Determining the action of self and others (non-self).

(The word pan is derived from the Greek word for all).

Postulate (noun) a postulate is a causative consideration. A consideration is defined as a thought or idea.

PT Present Time - now!

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

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.)

*If you've ever read the original manual, you know that this list is incomplete. There are still some terms used that were not explained in the running text and are also missing from this list. I have done my absolute best to try and define all of them in the running text and the glossary, but if I missed anything, write me at either TromGuides@Gmail.com or Roger@BetterTROM.com .

Finis

GLOSSARY

ABERRATED BEHAVIOR/ABERRATION: Aberration is a departure from rational thought. Content found in the reactive mind is said to aberrate the individual. See REACTIVE MIND

AFFINITY: The degree of love or liking is said to be one's affinity for something.

AFOUL OF: SEE FALL AFOUL OF

AUDITING/AUDITOR/AUDITING COMMAND: In Scientology, the therapy parishioners receive from the Church provided by AUDITORS is called AUDITING. This consists of a set of AUDITING COMMANDS the auditor gives to the person receiving therapy. In TROM there are similar processes most commonly referred to as "exercises" and are self-administered, though the two terms, "auditing" and "exercises" are often used interchangeably in the subject of TROM.

BANK: see REACTIVE MIND

BLACK SCREENS: SEE NON-PERCEPTION SCREENS

BOOK ONE: "Dianetics The Modern Science of Mental Health" by L Ron Hubbard is commonly referred to as "Book One".

BUTTON: a hidden sensitivity that can be manipulated to produce a desired response. When one "pushes your buttons" they are trying to evoke a response from you. Used loosely in the following context as something that is important to the person or that they are concerned/sensitive about:

"The 'button' is importance; the unimportance comes out in the wash."
(From TROM A Games Manual)

CASE: The sum of a person's aberrations, problems, failed purposes, etc. Scientology auditing and TROM exercises are directed toward handing a person's "case".

CASE LEVEL: A determination of how much of a person's CASE has been handled by Scientology auditing or TROM exercises.

CCH or CONTROL, COMMUNICATION AND HAVINGNESS: see OBJECTIVE PROCESSES

CHARGE: upset or conflict in the mind.

CLEAR: A being who no longer has a REACTIVE MIND. It was the original intent of L Ron Hubbard that everyone on Earth become a "clear" and thus attain a CLEARED PLANET. See REACTIVE MIND.

CLEARING: Bringing the person up to a point where he realizes that he can handle his mind and handle his life.

COMING A CROPPER: fall heavily. "He came the most appalling cropper—I think he knocked himself out"

suffer a defeat or disaster. "The club's challenge for the championship has come a cropper"

COMM LINE OR COMMUNICATION LINE: The route along which a communication travels from one person to another. When two people are communicating with each other it is said a COMMUNICATION LINE or COMM LINE exists between them.

COMPULSIVE GAMESPLAY: See GAMES CONDITION.

CROSS-PACKAGE: To take a goal out of one goals package and oppose it to a goal which is out of another goals package.

DIANETICS: The word Dianetics is derived from the Greek dia, meaning “through,” and nous, “mind or soul.” Dianetics is further defined as “what the soul is doing to the body.” When the mind adversely affects the body, it is described as a psychosomatic condition. Psycho refers to “mind or soul” and somatic refers to “body.” Thus, psychosomatic illnesses are physical illnesses caused by the soul.

DICTUM OF ARISTOTLE: A thing cannot both exist and not exist simultaneously.

DILETTANTE: One who studies an art or science for amusement without serious study.

ELECTRO-ENCEPHALOGRAPHY: measures electrical activity in different parts of the brain and the recording of such activity as a visual trace.

E-METER: An electronic instrument that measures mental state and change of state in individuals and assists the precision and speed of auditing. The pictures in the mind contain energy and mass. The energy and force in pictures of painful or upsetting experiences can have a harmful effect upon an individual. When the E-Meter is operating and a person holds the meter’s electrodes, a very tiny flow of electrical energy passes down the wires of the E-Meter leads, through the person’s body and back into the E-Meter. When the person thinks a

thought, looks at a picture in their mind, re-experiences an incident or shifts some part of the reactive mind, they are moving and changing actual mental mass and energy. These changes in the mind influence the tiny flow of electrical energy generated by the E-Meter, causing the needle on its dial to move. The needle reactions on the E-Meter tell the auditor where the charge lies, and that it should be addressed through auditing.

ENGRAM: ENGRAMS are mental image pictures of pain and unconsciousness of past events. They exist in the REACTIVE MIND. See REACTIVE MIND.

ERASING: The removal all of the charge (upset) to the point of vanishment.

FALL AFOUL OF: to get into trouble because of not obeying or following (the law, a rule, etc.) “After leaving home he **fell afoul** of the law.”

FLAT: When a process or exercise no longer produces change it is said to be FLAT.

FLOAT/FLOATING NEEDLE: On an e-meter when an incident, subject or process is no longer “charged” the needle will smoothly go back and forth. Also called an “F/N”. See E-METER and CHARGE.

GAME: *is a contest in conviction between opposing postulates.* -
TROM A Games Manual.

A game, then, can be regarded as a conflict of postulates wherein a being endeavors to convince his opponent of his own postulate, while resisting the postulate arrayed against him. Games are all about getting the other person to agree with you, if you want to use the simplest of definitions for it.

GAMES CONDITION or COMPULSIVE GAMESPLAY: These two terms, the former originating in Scientology, and the latter in TROM are comparable in meaning. A GAMES CONDITION occurs when one's attention is fixated on a game and playing it against his own will. COMPULSIVE GAMESPLAY is games play wherein the game has become serious and he "must" play it.

There are games in life that one can voluntarily play. When the word "must" is added to the postulate, then the postulate becomes compulsive. This is why the words "must", "forced" and "prevented" are used when running levels 4 and 5 of TROM. You are handling the upsets caused by COMPULSIVE GAMESPLAY.

GOALS PACKAGE: *Life has four basic abilities.* [know/not-know/to make known (bring into existence)/to make not-known (to take out of existence)] *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 be known' goals package.*

INSANITY 1. “*... 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.*” (*TROM A Games Manual*) 2. Holding a postulate and its opposite (not its opposition) at the same time. “I am going to China and not going to China” or “I know and I not-know”.

IPSO-FACTO: by that very fact or act.

"The enemy of one's enemy may be ipso facto a friend"

JUNIOR PACKAGE/JUNIOR GOALS PACKAGE: The basic goals package is the to know/not know/to be known/to not be known postulate package. Other “packages” are called JUNIOR PACKAGES and are on other subjects but follow the same structure i.e. the “to eat” junior goals package will be structured to eat/not eat/ be eaten/not be eaten. All JUNIOR PACKAGES are part of the basic package.

JUNIOR UNIVERSE: 1. A junior universe is a universe that is totally within the physical universe. 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.

2. 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, and then formulates the limited basic package just like for any other junior universe.

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.

MENTAL MASS: The pictures in the mind contain energy and MASS (Mass in this sense being a body of matter). The energy and force in pictures of painful or upsetting experiences can have a harmful effect upon an individual. This harmful energy or force is called charge. “*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.*” (From TROM a Games Manual)

METER: See E-METER

MOCK-UP: 1. To MOCK-UP is to get an imaginary picture of 2. We call a mental image picture a MOCK-UP when it is created by the being or for the being and does not consist of a photograph of the physical universe.

MOSMAN: A suburb on the Lower North Shore of Sydney, in the state of New South Wales, Australia.

MOTIVATOR: A *motivator* is an aggressive or destructive act received by the person or part of life. (Scientology Handbook website)
“*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.*” (From TROM a Games Manual)

NEEDLE: E-METER NEEDLE see E-METER

“**NEEDLE FREES UP**”/“**NEEDLE WOULD TIGHTEN**” (On an E-meter): In the passage from TROM a Games Manual: “If I started to run the process the needle would tighten. Overrun? Yes. Needle frees up.” Dennis is using an E-METER to run processes on himself. The E-METER needle tightens because he is trying to run a process that is “flat” (does not need to be run). On this realization the needle “frees up”. See OVER-RUN, E-METER, PROCESS.

NIRVANA: An ending of all games by the adoption of complementary postulates and so the achieving of a non-game situation. Eternal bliss and oneness with all life. A roughly equivalent state to the no-game condition.

The original Sanskrit etymology *nir* + *vana* might be ‘not driven’ or ‘not blown’

NON-LIFE GOAL: 1. A goal that in any way opposes life’s basic urge in the universe: To be; To Exist; To be Known. 2. A destructive goal

NON-PERCEPTION SCREEN: “*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.*” (From TROM a Games Manual) ...*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 ‘Not-know’ screens are of an entirely different texture to the screens associated with the ‘Be Not-known’ postulate, being much harder and almost brittle.” (From TROM a Games Manual)

NOT-KNOW: An actual ability to “not know” is an ability to erase by self-command the past without suppressing it with energy or going into any other method (Scientology Technical Dictionary). “The opposite of knowing is loosely regarded as not-knowing. However, the opposition postulate to ‘To know’ is ‘To not be known’. This is not a matter of conjecture, but of logical necessity.” (From TROM a Games Manual)

NULLING: 1. Run to the point of no change (applies to all levels of TROM). 2. (as pertains to level five of TROM) 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. See GOALS PACKAGE & ERASING

OBJECTIVE PROCESSES: Processes intended to orient the individual in present time by having him touch things, look at things, and move around his body.

One very well-known lower-level type of objective processing is called “CCH” which stands for *control, communication, and havingness*.

They are a set formula for improving the person's degree of control of his mind and body; his free communication with his environment unaffected by reactive stimuli (things that would restimulate his case) and his tolerance and ability to reach his environment (“Havingness” being that last- the ability to reach his environment).

OCCAM/OCCAM'S RAZOR: ...has been assimilated into our culture as the widespread layman's formulation that "the simplest explanation is usually the correct one."

OPPOSITE GOAL (OR POSTULATE) VS OPPOSITION GOAL (OR POSTULATE): “The opposite of knowing is loosely regarded as not-knowing. However, the opposition postulate to ‘To know’ is ‘To not be known’. This is not a matter of conjecture, but of logical necessity”
(From TROM a Games Manual)

OVER-RUN: Continuing a process past the optimum point. (Dianetics & Scientology Technical Dictionary)

OVER-RUN SYMPTOMS: Confusion, unwellness, mis-emotion etc.

OVERT ACT: 1. An act committed, considered harmful, and justified.
2. Overwhelming the postulate of an opponent in a game.

OVERWHELM: 1. Postulate failure 2. Upset

PACKAGE: see GOALS PACKAGE

PAN-DETERMINED POSTULATE: the "other's" postulate is the one **you** put at the other end of the communication line, and is called the pan-determined postulate (PD).

PAN-DETERMINISM: Determining the action of self and others (non-self)

PARADOX: Anything that conflicts with one's preconceived ideas or notions.

PD POSTULATE: PAN-DETERMINED (OTHER'S) postulate as opposed to one's own (SD or self-determined postulate).

Postulate: *Purpose, Intention, Goal and Postulate can be regarded as synonyms.*

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.)

PRECLEAR: In Scientology, the person receiving auditing.

PROCESS: A set of questions asked by an auditor to help a person find out things about himself or life. (Scientology Technical Dictionary)

PSYCHOTIC BREAK: *What is sometimes politely referred to these days as a 'nervous breakdown'*

PT: PRESENT TIME. Now.

PURPOSE: all purposes are systems or methods of knowing, not-knowing, making known, or making not-known.

REACTIVE MIND/ REACTIVE BANK/ BANK: The stimulus-response mind that operates underneath the person's awareness or volition. The REACTIVE MIND stores ENGRAMS which are mental image pictures of pain and unconsciousness of past events.

RESTIMULATION: The past is brought into present time by something in the environment RESTIMULATING it. For example, if there is a certain object or person in an engram, and the person sees it in the present, the effects of that engram may be RESTIMULATED. See ENGRAM.

RI/REPAIR OF IMPORTANCE: Could also be thought of as "replacement of importances". TROM exercises reduce mental mass and therefore can leave one craving the mental mass he has lost by doing the exercises. These mental masses or IMPORTANCES can be replaced by the being himself by doing the REPAIR OF IMPORTANCE (RI) exercise. See also MENTAL MASS in this glossary.

SCREEN: See NON-PERCEPTION SCREEN

SD POSTULATE: SELF-DETERMINED (one's own) POSTULATE

SELF-DETERMINISM (SD): Determining the action of self.

SENSATION 1. Particles which occur at the boundary between opposing postulates. 2. A sort of mass. 3. That which is generated at the boundary between opposition postulates in games play. 4. Occurs at the boundary when the classes of self and not-self are in conflict with each other.

SELF-RECRIMINATION: The act or an instance of blaming or censuring oneself.

SIGNIFICANCE: the significance of a thing is simply the purpose plus its importance.

SKIN GALVANOMETER: SEE E-METER

TIME 1. The postulate “Continue to be known”. 2. The postulate that introduces persistence into the creation. 3. (Scientology) a postulate that space and particles will persist.

TIMEBREAKING: The general action of simultaneously viewing a ‘then’ and a ‘now’ scene. 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.

TIME TRACK (ALSO KNOWN AS “THE TRACK”): The time track of a person is made up of all of the things that a person has experienced in their life.

VALENCE: 1. An identity assumed unwittingly (in games play).

“All valence shifts involve the adoption of a new identity, whether real or imagined.”

VIS/VIZ: namely; in other words (used to introduce a gloss or explanation).

"the first music reproducing media, viz., the music box and the player piano"

synonyms: namely, that is to say, that is, to wit, to be specific, specifically, in other words, to put it another way;

WITHHOLDS: An overt that is WITHHELD or not made known to others.