New Awakening
Part II of The Insight Project

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CONTENTS

Foreword 4

STUDY SECTION:

Introduction to Part II 6
Escaping 8
Who/What Questions 9
Endpoints 11
Fantasy 13
The Being in a Body 15

Part II Instructions 17
Probcons 18
Assessments 22
Further Notes on Running Part II 25
Level Assessment 27
Part II Flowchart 29

CORRECTION SECTION

Something Else? List 31
Free Being Correction List 33
Hidden Standards 38
Withholds 39
Painful Consequences 40
Effectiveness Assessment 43
Past Misdeeds 45
Past Lives Debug 53

PART II LEVELS:

Procedure 58
Secondary Scale 59

LEVEL 1, NEED **61**
The Final Trap 62
Resolution 62
Assessment List, Need **65**
Assessment B List, Need 69
Level Assessment 70

LEVEL 2, FEAR **71**
Anxiety 72
Assessment List, Fear **78**
Level Assessment 81

LEVEL 3, EXTERIORISATION **82**
Out of Your Head??? 83
Exteriorisation as a Level 85
Misdeeds and Justifications 86
The People Pleaser 87
Assessment List, Exteriorisation **88**
Level Assessment 89

LEVEL 4, INTROVERSION **90**
Introspection 91
Individuation 91
Phenomena of Drugs 93
Assessment List, Introversion **95**
Level Assessment 98

LEVEL 5, HAVINGNESS **99**
Isolation 100
Havingness 101
Assessment List, Havingness **102**
Level Assessment 103

LEVEL 6, WAYS OF BEING **105**
Identity 106
Procedure 109
Assessment List, Ways of Being **115**
Level Assessment 127

LEVEL 7, CAUSATION **126**
Competence 129
The Range of Emotions 131
Procedure 130
Assessment List, Causation **133**
Level Assessment 134

LEVEL 8, MONEY **135**
Wealth 136
Assessment List, Money **138**

Level Assessment 139

LEVEL 9, POWER CHANGE 140
Power and Power Change 141
Assessment List, Power Change 143
Level Assessment 145

LEVEL 10, GAMES 144
The Game of Life 147
Assessment List, Games 149
Level Assessment 150

LEVEL 11, AWARENESS 151
The Comedy of Life 152
Assessment List, Awareness 155
Level Assessment 157

LEVEL 12, POSTULATES 158
Postulates 159
Assessment List, Postulates 160
Level Assessment 161

LEVEL 13, ANCHOR POINTS, HOLD ON 164
Anchor Points, Hold On 165
Assessment List, Anchor Points 166
Level Assessment 170

LEVEL 14, ANCHOR POINTS, LET GO 171
Anchor Points, Let Go 172
Assessment List, Anchor Points 173
Level Assessment 177

LEVEL 15, ANCHOR POINTS, CREATE 178
Anchor Points, Create 179
Assessment List, Anchor Points 180
Level Assessment 184
What's Next 185

GLOSSARY 186

FOREWORD

First of all, congratulations on completing Part I of the Project and welcome to the New Part II!

To review what we are doing on the present action: the earlier Part I has revealed the Substitute Beingness and the presence of the Imprint phenomena, so the Meta-Programmer can begin to see - from a stable viewpoint that **is** the Being - the Higher Mind (his own considerations, evaluations, intentions, goals and postulates) and can differentiate its contents from the accompanying Reactive Mind (of misownership, lies, and counter-intentions). However, the current environment may restimulate many Imprints and hold in the Substitute Beingness, the Being's prime solution to all the problems of trying to survive pleasurably in a body on this planet, with a reactive mind, amongst many aberrated people and cultural patterns. So recognising the Imprint phenomena does not necessarily mean that one stops using the Substitute Beingness - it is an engrained habit pattern and is held in place by Substitute Doingnesses and Substitute Havingnesses, in playing the Substitute Game, that of running a body in the Physical Universe.

Part II is a thorough handling of all the basic areas of life that can restimulate the Being, who is now accessible, in Present Time. So it deals with a higher level of Primaries that are the roots of 'case' and the lower level Primaries. It aims to de-programme the 'People Pleaser' Substitute Doingness and restore the Being's causation of Havingness. In this way the Substitute Beingness can be dropped for good and free choice regained. On Part III the Postulates holding the Imprint in place are directly taken apart and Own Goals run, revealing the area of Higher Games to be handled later in the Project.

STUDY SECTION

'If he is indeed wise, the teacher does not bid you enter the house of wisdom, but rather he leads you to the threshold of your own mind.'

Kahlil Gibran, ***The Prophet***

INTRODUCTION TO PART II

This Part could be called the 'Why the hell are you still putting it there chum?' Course, but you wouldn't believe me (that you're still putting the Imprint there) and neither would I have when I started it. Though maybe you have become quietly suspicious of this fact, because the Imprint reads as Released yet you know it is still there. So instead of the crass evaluation I will tell you a story and you will know then exactly what I am looking at.

Way back in 1922 when the Depression was looming its ugly head, a fellow who had no job and not much money decided the way to handle this was to buy himself a horse and cart and deliver vegetables door to door. After all, people had to eat. As he didn't have much money to invest in this enterprise he had to settle for a horse that had been retired out of the Circus. He hired a field with a small shed for the horse. He put the horse in the field after his first day of work, for some free exercise away from the cart. And what do you think that damned horse did? Well, he ran and ran in CIRCLES! Circles the size of the sawdust ring in the Circus. From that day until he died, nothing would persuade that pernickety horse to run any other way. That was it. That was safe. That was familiar.

They say you can't teach an old dog or apparently an old horse new tricks, which may or may not be true. But what is true is you are going to have to find out your old tricks and unlearn them if you are going to make a Fully Realised Being. You have been running round in circles for millions of years in obedience to the Imprint phenomena and have come to depend on this for your survival. As a Free Being doesn't need to physically survive, this, of course, is a nonsense. The fact is it is familiar and safe and you take it for granted and never inspect it, well not often, but unfortunately it is also Human. Human isn't to do with Free Being. So the act of deprogramming you from Human to Free Being is what Part II is all about.

You may be familiar with the Cycle of Action and its application in Be, Do and Have but this action cycle unfortunately creates a Time Continuum. Havingness is in future time, mostly, and is expressed as **Need**. Without a Time Continuum you would create in NOW. So that is the first Level we are heading for on this Part.

Someone who is not in their own identity cannot progress very far in Meta-Programming. Having now let go of the mass of identities along with the Imprint phenomena, you can now handle the true Self at last. This doesn't mean with your attention way back in past lives, wondering what in the past will explain your condition. What you want is what you are doing and not doing and having and not having **right now,** that makes you continue to create that way.

On Part II you can at last ask 'Why?' directly because you know for sure the other Pole IS the Imprint and that's all you need to know about that. The Present Time Pole **IS** the resolution to the 'Why?'.

YOU are the Genie in the bottle and the magic word that will let you out is 'familiarity'. You have become too used to the limited physical environment, the very limited physical game, using a body which has total limitations and hypnotic perceptions. It is a limited, no responsibility, no liability, safe game and provided you don't do anything to upset the other inmates you will be permitted to play it forever. If you do upset them and show the slightest amount of real non-conformity, they will of course give you hell!

To the extent that you are in a condition of 'danger' and you are 'the junior on the job that has to be bypassed', not able to take responsibility and be at cause, you can never become Fully Realised, even though you acquire potential abilities from the viewpoint of Part I being complete. You will only use them to play a better game in the physical universe, which is the equivalent of taking a sledge-hammer to crack an egg. With the rest of the universes and beyond available to run in, you can only run in familiar circles like the circus horse until familiarity as a button is flattened. Just consider the size of the Earth and then the size of the Universe, then the size of the space you actually be, do and have in, keep going till the awfulness of it hits you and you will have total confirmation of what I am saying here.

Each Level of Part II is a thorough handling in itself of one facet of the case and capable of producing Endpoint (EP) type realisations. This does not mean the whole Part is complete or that later Levels should not be run. This would be to deny yourself the whole gain of doing the Part by 'quickying' it. You should have your win after a big realisation but you should continue later. The ground work on Part II is to set you up for Part III and should be very thoroughly done. On Part II you are running out the present time hidden restimulators that would deflect you from looking at the Postulates on Part III as they actually are. So poorly run Part II would also deny you gain on Part III as well.

You should continue to do the next Level and use the Level Assessment for previous Levels until no further charge is accessible on any Level. Knowing the reason for one's situation <u>does not</u> eradicate one's involvement with it, as this exists on many Levels, and they have many link-ups. All these links have to be erased or one continues the reactive involvement in the material life. The fact that you begin to see the nature of the trap is not the exit from entrapment. One's personal involvement has to be run out entirely; these are the guy-ropes that exist on both sides of the Imprint phenomena. The Endpoint of Part II is a free (P/N) needle response on the final Level Assessment.

ESCAPING

By no actual consent of our own, at death we are torn from our friends and possessions and crushed into new lives. But just because we understand this, it makes it no less arbitrary or painful, no less a trap. We are in a trap and it is to a wide extent of our own making. Religions have promised escape and accordingly achieved massive following. They offered hope but their spiritual techniques were not sufficient to offer a route out of the trap for the majority of their adherents and misguided application of such techniques, in the search for an escape from duality or conflict, has lead to identification with the delusory unity of the material universe rather than the intended higher consciousness. This is because the way out is the way through. It requires increased communication, understanding, empathy, involvement and ability - not withdrawal and propitiation. It requires neither fight or flight; attachments and fears have to be overcome by increased understanding.

There are those who would say (e.g. Jesus, Krishnamurti, Sai Baba, Beatles), that LOVE is the answer to this whole conundrum. And they'd be right, except that is the Endpoint and leaves out confronting and duplicating the charge of every Opposed ID on your case, as well as recognising every misownership and falsehood and spotting every postulate held in Present Time. This is the difficulty with following the strictures of religious ideals - loving your enemy requires the pan-determinism of a fully enlightened Being. They do have a value as ethical guidelines but may also fill the role of 'super-ego' and encourage guilt feelings as well as the inevitable hypocrisy, when the standard cannot be maintained.

Freedom is a state of mind - not freedom <u>from</u> something but a sense of freedom, a freedom to doubt and question everything and therefore so intense, active and vigorous that it throws away every form of dependence, slavery, conformity and restriction of choice. So escape is not the result of belief or faith or morality or any such thing as that. There is an escape and that is by means of the exact application of the techniques of this Project. The Truth must come from within. With this technology we have specific methods to remove the clouds of unknowingness. And then we know our original choices and postulates. By knowing these, many of which are specific to the individual, then reversal of these postulates and decisions is a matter of one thing only: **choice**.

When you reject something false, when you throw off a burden, you have more energy, more drive, and the underlying fear no longer exists - no fear of making a mistake, no fear of doing right or wrong, no fear of authority. That energy itself produces the radical inward revolution. So you are left with your Self; no longer looking to anybody or anything for help, you are free to discover. A mind that has no fear is capable of great love. And when there is love you can do what you will.

'WHO OR WHAT...' QUESTIONS

It is well known that negative questions like 'Who could you go out of communication with?' or at-effect questions like 'What would you choose to receive?' cannot be applied without disastrous results. Justifications are of no benefit except to clean the way for exposing the prior misdeeds. Even traumatic incidents only release on the Postulate (the Being's cause) being discovered.

Unfortunately, the Game to which we are accustomed is based on fighting, denial of CUE (communication, understanding and empathy), Games Conditions (pre-requisite aspects of games) and the enjoyment of being effect. If you do not run these aspects of Game and unstick their flows, you are never going to remedy the person's Game and thereby reinstate full freedom.

The best previous approach to handle the conditions of Game was to run misdeeds in various forms. Unfortunately, this approach does not rise above shame, blame and regret and therefore has limited effectiveness. The conditions of Game that are considered legitimate to the Being, do not even get touched by that approach, let alone run.

Conditions of game can only be run from a positive emotional viewpoint, but until the Being can be got into this area stably, you cannot ask the necessary questions without caving him in or making him feel guilty for his actions. This limits his reach and willingness to cause, except along the prescribed and limited lines of the Game on this planet, where only good and socially limited causation is acceptable. This is not the route to Full Realisation and the Remedy of All Games.

The continuous suppression of causation results in the destructiveness common in our society today, as the aberrated Being seeks to express the full range of his ability to cause. The human being is bound only by his allegiance to society and not necessarily by a personal understanding of the ethics necessary to live within this Game. When that allegiance is blown he has no personal resources to fall back on and all hell reigns. Human society can only survive by a strict maintenance of this suppression, guarding itself assiduously against crazy (non-conforming) Free Beings.

The route out is a very narrow one: a restoration of his communication, understanding & empathy, which equals duplication of the Game. This can only be done by addressing the Being's causation at the level of **action**, without caving him in with the accumulated shame, blame and regret for the past and with the Present Time cultural suppression of action; which means the negative questions and the effect questions have to be asked in a non-restimulative form, so the Being can inspect them and duplicate their charge.

By asking him 'W/W would (some negative act)?' you are putting the Being in a pan-determined viewpoint where he can inspect and adjudicate who or what would be capable of, able to do, or has done the action, without having the finger pointed immediately at himself.

When one is being something one cannot inspect that viewpoint because there is no space across which to view. Real objectivity is outward and not introspective. By the time he has listed enough Items that would do the dastardly act, he has created enough space that he is much more himself and can move away from the beingness he has been that actually did the act, and can now list them as viewpoints of no greater magnitude and significance than any others on his list. He has, in fact, now

added the needed Item to the list. The list is complete and can be assessed and the VI (Verified Item) indicated. The pan-determined viewpoint has given him enough space across which to view. Whereas directly asking him for the misdeed/VI would, without the opportunity to discharge, not produce the VI because there would be no space across which to view that Item. So as you can see, negative questions cannot normally be asked. On a W/W Question they can be asked because you are working on a fly-by basis rather than directly asking the question. For example:

'W/W is (negative action) to a (item assessed)?'

Here the ambiguity between which of the 4 flows (self to other; other to self; other to other; self to self) is being asked for makes it possible to surface the facts as the Being is never in the hot seat unless he is the subject of the question. Then he is there only long enough to give the actual Item. This is confrontable as it is now a duplicatable truth and it releases as he separates out from that identity. Until that occurs he lists on all 4 flows that occur, where, due to the 'whirlpool' phenomena the reactive mental mechanism provides the items on an A=B=C stimulus-response basis.

END-POINTS

As I am often asked about EPs, and as it is an area that is not entirely understood, I thought a few words were necessary.

EP, meaning End-Point, is a specific term implying that a phenomena will occur at the end of a Handling, Level or Part. It creates a definite expectation of the phenomenon and its location in time.

This is complicated by the fact that two forms of EP occur in this Project. For example, there are the expected EPs of Part I, which could be called Access EPs. This is an EP that is necessary to the procedure itself as it confirms the student's certainty he has completed Part I and therefore gives access to Part II. He knows who he is being, the Substitute Beingness.

Access EPs are not the same as Personal EPs even if you go over the moon about them. Personal EPs can occur anywhere in any of the Parts and do not necessarily indicate the end of the Handling or Level.

Part I is very easy to overrun because it could be continued with some results almost indefinitely. But for our purposes this is not necessary as it would be a very much slower and probably inconclusive route. All we want is to set the student up to be able to run Part II which means he must have achieved the Access EP for that handling. This does not imply, however, that the EP should occur precisely at the end of Part I of the Project or that no further Part I will need to be run. The Access EP can occur anywhere during Part I and there can be much residual charge to handle, with Personal EPs, before the student feels complete on that Part. And Part I techniques may be returned to for further application at any later point at which they are appropriate.

Time is fundamentally a lie, and it is becoming apparent the concept of time is not native to a Being. The concepts therefore of 'before', 'after', 'later than', 'earlier than', 'past' and 'future' are all physical universe terms and only relevant to a time continuum and a reactive mental state. The reactive contents of mind are continually recreated in Present Time, the mechanism has no time in it, and the Being's problems with it are in PT, which is why we only run NOW. So to introduce these terms into the procedure by limiting the EP to a time, 'at the end of' the action, is a misconception. This misconception becomes even more apparent on Part II with its 15 Levels.

On Part II one weaves about from Level to Level as more charge becomes available. So in practice, one runs a Level, and can achieve what appears to be an EP with no further charge left on that Level, and goes on to the next Level. Later, after other Levels have been run, more charge is uncovered and the Level that EP'd becomes 'live' again - there is now more to run. These Levels have a cyclic nature: after further Levels an earlier Level is seen from a different, raised viewpoint, so new material becomes available to run. One can come back to a Level many times and achieve Personal EPs, or they just go flat for the time being. On later Parts, these Levels can be returned to (using the Level Assessment) and further restimulations handled, resulting in more and more stability of gains. So, the moral of the story is, don't limit yourself to one major EP at the end of the Part you are on. Have wins, as occurring, all the way. Little wins, big wins, no matter - they all accumulate towards the final EP of the Part.

Maybe you will have a Grande Finale at the end of some Parts, or it may be just no more charge available on that type of handling and it will fizzle out. The completion of each Part is necessary to the whole Project - The Remedy of All Games. It is only set up in Parts for technical and administrative reasons, so just run it as it goes. Cases stack up differently so you will only invalidate your wins if you limit yourself to expectations of final EPs, that affect the case like Hidden Standards (your own expectations of abilities to be gained without which you consider the techniques are not working).

Is it not better to have many wins on the way through that actually change your life, than a major EP (Nirvana, Enlightenment, etc.) that doesn't live up to what is promised? Such an EP acts as an unrealistic Standard, invalidating the continuous, small but significant wins that are required, to achieve major progress on a gradient scale of gradually increased awareness, responsibility and confront. Run the Insight Project on its own terms and your own understanding of Truth gained from honestly worked Indicator Tech, and the actual results may be far in advance of other-determined goals because they will be based on your own reality.

FANTASY

This is a central question: Why do Beings compulsively visualise and fantasise? Of course the recognition that a person is a Stable Case is that he realises knowingly that he is putting these creations there every moment of the time, and can choose to do so or not do so. The real explanation behind this is a question of Havingness - when a Being considers he cannot entirely abandon something. There is a revolutionary streak, some form of resistance which exists covertly even when it is not overtly manifest, to assert his position in space. It's in part a refusal to acknowledge leaving a space, and one method by which a Being may be weakened and reduced in power is to force him to move from his chosen position in space.

So when a Being is forced to relinquish space at a point of effect, having had a bad experience, he will recreate that space and provide a picture of that leaving which is to a large extent force and this is the traumatic incident. He may use this negative fantasy to hide where he truly is; that is, he negates the place where he does not wish to be but must be - here and now.

When we look at a traumatic incident there are efforts connected with it, to retain a position in that location. This is why the method of traumatic incident running, where we locate the incident and duplicate it in time, space, form and event is so successful, because we facilitate the Being in relocating that space.

Likewise a contact assist (recreating the circumstances of an original painful contact) will work on this approach because the person is brought back to the reality of the original situation, the space that he/she was in, it is duplicated and the condition blows.

If we look at this structure, of how a Being is the architect and author of his own situation, it is evident that since many Imprints are intended to keep a Being out of an area, he compulsively recreates that location out of resentment and by so doing restimulates the Imprint on himself.

Perhaps earlier in spiritual history a recreated space was a bit like a warning sign saying 'Don't look, don't go there'. We dropped too far in consciousness for this to be useful even in that minor way. So we end up at this level with anxiety which results from not being able to be somewhere, and not being where one is, either. As they say in everyday language: this person 'is not all there'!

In the course of everyday life, making a person leave or transferring them, is highly restimulative. We can see this in the workplace, people really jump up and down when they are made redundant .

If we look at 'How to Handle a Stuck Picture' in the Part I materials, we see exactly what a person is trying to do when he/she is stuck in a traumatic incident, making an attempt to stop something in it, withdraw from something in it, and holding on to it, making an effort to regain the situation at the beginning of that incident. The larger part of a traumatic incident is refusal and there is negation both of place and of time.

As previously stated, power of choice is the signal factor, and the methods we are using here, are to rehabilitate the Being's power of choice. So one can release traumatic incidents by asking some questions to reveal the stuck locations, and then you can pinpoint where and when it was (i.e. Date/Locate), without having to go into the full details of what the traumatic incident contains in the conventional 're-living' manner. The questions would be:

What location is unsafe?
What location could you have held absolutely?
Where did you first get an intimation of danger?
What place would you rather not be in?
What effort would it take to hold that location?
Then Date/Locate

This is not a lower level handling. However, used in conjunction with Indicator Tech, when appropriate during this and other Parts, these methods of finding and discharging a traumatic incident containing pain are superior to all methods hitherto, as they restore personal power - the ability to occupy a location in space, at will.

THE BEING IN A BODY

In common with the major spiritual systems that have evolved, there is a consensus of agreement that there are several parts which make up man - there is the Spirit (the Being or Higher Self), the Mind and the Body. The Mind may be sub-divided into higher and lower parts: the Higher Self views from the spiritual dimension and postulates from it (we can call this the Higher Mind); and the Higher Self manifests in this world as the conscious Composite Self and acts through it (we can call the record and computation of this, which is carried out in conjunction with the brain, the Lower Mind). Both types of mind can be divided into that which is conscious and aware - the Cognitive - and that which is an automatically created, stimulus-response, unconscious way of functioning, that is Reactive.

The non-material Self operates in conjunction with the material body. This includes the brain as an interpreting computer for the Spiritual Being's communications with this world (non-verbal to verbal, intention to motor impulses, etc.). The primitive survival mechanism of the animal species, with all its drives, instincts, and genetic memories, derived from earlier lives and stages of physical evolution, is held in the cells and DNA of the body. These also have a controlling (and communicable) non-material 'intelligence' based in the 'subtle' energy field enfusing the cells, called the Body-mind. For example, sexual attraction to the opposite gender is a genetically transferred instinct, held in this Body-mind. What qualities of woman or man is a choice of the composite of all the aspects of mind discussed.

The Reactive mental mechanisms that are directly associated with the current-life body and its trauma, similarly have an analogue in the body as a cellular record and as tensions and energy blockages, which result from the mental ridges of conflicting intentions.

The combination of the Cognitive and Reactive processes of thought, when they are identified by long association with the body, and the Body-mind, makes up the Composite Self, the 'ego' that many people think is their entire beingness.

The Spirit, we could say, is what we are truly being, something that has intrinsically neither mass nor wavelength nor location in space or time. Therefore we cannot easily perceive the spirits of others, only through their actions or their manifestation through mind, and this leads people to feel or become 'only ones', a particular type of dramatisation.

This leads us on to 'exteriorisation': the phenomena of being in that position in space which depends only on one's consideration or choice, and accompanied sometimes by the ability to view from that point and perceive what is there.

Some people are compulsively exterior, they can't confront dealing with the body except from a distance, and there are others that can't get out of their head; others encompass their body and a much wider space with their presence, or are conscious of their true state of being in the spiritual dimension of no space and time. The distance over which a Being may reach and withdraw from the body is related to abundance or scarcity of bodies, and the ability of vision depends on the abundance and scarcity of things available to experience. Our willingness to experience (for example, to perceive) is monitored totally by the number of things that it is considered there are available to experience, so if there are not enough we go and find some, and therein lies the reason for compulsively recreating Reactive mental contents.

So there are two situations concerning abundance and scarcity. We find that in a society like the Wild West, where there was a scarcity, a person has one attitude towards life and death - there's too few people so he kills those that exist; and then where you have too high a population, a person can look at this from quite a cynical and cold viewpoint, where people don't matter and neglect of starving millions is perhaps regarded as an acceptable thing to do. A Being prefers an optimum quantity, an optimum randomity.

A mind works with a combination of association and differentiation. For example, when we form a concept we use association, and find that things that are of the same class, like tables, are integrated within that concept through sharing similar qualities, such as four-leggedness. However the concept may be expanded because there are differentiating factors - tables are made out of various types of wood.

This works reasonably well until a person is overwhelmed by too few or too many things to experience and then he tends to identify compulsively - the Reactive way of thinking, which is A=B=C. Drama on TV, for example, is a system of ready made restimulation that whirls around the various mental contents of scarcity and abundance and gives us some rather solid pictures to look at. This reduces our problem of wanting things to experience, but also tends to solidify the reactive mechanism.

The body is a solid appendage, which makes a person recognisable to other body-bound beings. Bodies are a very old and popular game and they have two systems of control, like an aeroplane has the pilot and the auto-pilot. In this case the pilot is the Being that controls the body, although there are arguments along these lines with the habitual, set patterns of behaviour installed in the functioning of the Body-mind, which form an automatic substratum. Mostly, we work on auto-pilot. To make much change on a body, both of these things must be looked at: the Body-mind and the Spiritual Being.

So we have three aspects to being in this universe, and these influence one another and interact. The Spirit, the Mind and the Body. Indeed we have a Mind that splits into several parts, so we have several flows of Being to Minds, Minds to Body, Body to Being, plus all of the reverse flows of this. By opening up the communication lines between all of these things a person may re-acquaint himself, and it is only by an approach on **all** of these dimensions that the techniques of self-improvement will radically enhance a person's life.

PART II INSTRUCTIONS

Here are your instructions for Part II. READ ONLY AS FAR AS LEVEL 1. Optimally the material would be handed out Level by Level but to do that is impractical. So you are on trust to do this for yourself. No peeking as it would cause confusion, with more than the one aspect of case in restimulation.

Then proceed until it is obvious you are ready to begin the next Level - you will feel that the subject of the Level is no longer any problem to you. Part II is quite a long action and in addition you should be able to complete Open Lines from Conflict Structures derived from your Part I OLA as this material is unburdened and the remaining Items become available. So keep the Part I OLA to hand as you may need to refer to it and add to it when necessary for Goals and Identity Items that may come into view. Other than that the OLA is unnecessary because the tops and tails of Probcons (the main technical device on Part II) are intentions and counter-intentions of problems and not often Items of Goals as such - but still be on the lookout for running into a Goal Conflict Structure.

Get as much as you can out of every Level before staring work on the next one. You will notice each Level is separated by a page showing the Level Number so that you do not contact details of the next Level until you are ready .

As in Part I the main charge weaves about, so you will do more work later on many of the Levels as more material becomes uncovered. Instructions are in the Level Assessment section for handling this phenomena.

Some Levels will need a lot of work and others only a little, depending on your particular case. The charged areas are different for each person. You should feel quite certain when to move on and probably have a good idea of what comes next as it unravels. Nevertheless check each Level for remaining charge before moving on.

PROBCONS

The Questions for the various Levels are handled with the Parcel technique, as on Part I. In its use on Part I, the intention was to find a charged Item and shut off the charge by opposing for 3 or 4 Items ending on an Opposed ID However the Items found on Part II are not, strictly speaking, Items out of GOALs, though the occasional one is. Nor in fact are they the same as Identity Parcels as their pattern is irregular in formation, i.e. they may not end on the OppID.

- **In the first place you are listing from a Question (sourced from the subject of an Assessment and about the assessed Button) for the first Verified Item (specific answer to the Listing Question, Verified and Indicated) = VI;**
- **You clean the VI with Repeater and Indicator Tech;**
- **Then you have to check the 'Item oppose?'/'oppose Item?' questions to find which way to list from your Item:**

  "W/W would (Item) oppose?" [Item = VI]
  "W/W would oppose (Item)?" [Item = Opposed VI]

- **Then there can be anything from 2 to 7 Items which often end up on a VI instead of the OppVI. In point of fact you have no option here as you will run into an unbudgeable P/N on the last Question and can go no further anyway.**
- **And finally you run the first Item on Repeater again, to P/N.**

Their construction does not seem to be necessarily of the ID/OppID quality - opposing identities, familiar from Part I. Items, concepts, conditions, whole statements, whatever, can come up, but this is okay as long as they assess cleanly.

By way of explanation: as mentioned in Part I, the Universe being a Two Pole arrangement, you have Games at the top, which is Players versus Opponents. Below that you have the Goal IDs versus OppIDs (where the opponent has become an enemy), and below that you have Problems, Intentions versus Counter-Intentions (yours and the Imprint phenomena's). These irregular Parcels are in the main **Prob**lem **Con**structions, i.e. **Probcons**.

PROBCON: A Problem Construction. An Parcel type handling of the Items, beingnesses, postulates, intentions, counter-intentions, efforts and counter-efforts contained in any problem. The number of VIs and Opposed VIs are irregular, anything from one to a whole Goal equivalent. Each Item LISTed for is cleaned with Repeater and Indicator Tech to P/N.

A PROBLEM is defined as postulate vs. counter-postulate, identity vs. counter-identity, force vs. counter-force, intention vs. counter-intention. It is one thing versus another thing. One Item (VI) vs. another Item (OppVI). You've got two forces or two ideas of comparable magnitude which are interlocked and the thing stops right there. With these two things, one stuck against the other, you get a timelessness, the problem floats in no-time, and is accessed in the present.

SERIES: Two or more Probcons originated from one or more Levels that case-wise are related as a single aspect of case. Until the Series is completed, sometimes via the direction of the Level Assessment, then there may well be high BP, less Balance

Action per session and between-session restimulation. All the aspects of Bypassed Charge can be manifested because the charge is being restimulated but can only be handled sequentially. So the apparent Bypassed Charge is in future time, as not-yet-handled charge, rather than by-passed in earlier sessions.

Tips on running Probcons

Probcons frequently lay up in series of two or more. Sometimes the link between them is clearly recognisable, sometimes not or only vaguely. On the first Probcon of a series, the Balance Point goes up high and the needle is quite tight, P/Ns are small and sticky. As long as there is adequate Balance Action by the end of the Probcon all is well, even if the BP is still high at the end. It indicates another Probcon in series with it, not necessarily from the same Level either. Using the Level Assessment printed at the end of each Level, assess for previous Levels that have been done or for the next Level, find the Item and run it. The last one in the series brings the BP down at last, works below your normal range and ends up at your normal reading.

CUE upsets will again show up on the Probcons and are handled as before. If you start to feel angry or upset in the session, suspect this immediately. If you find yourself out-of-session, having 'goes' at others, or they at you, suspect one is around (or bypassed) and handle.

If a Goal or Item comes up during the running of a Probcon, either as an Item or Indicator Expression, then add it to the Part I OLA with the Item-oppose/oppose-Item, pair of Questions. It is likely to be the next obvious candidate but it should still be assessed out from comparable material to be sure it is the major-reading Item. This is achieved by using the Level Assessment before a session - this will either indicate an Imprint Goal needs to be found and run in Part I style, or the correct Level to work from, or Correction actions required.

If 'Something else' reads, then assess the Something Else? List. If 'Imprint Goal' reads on the Level Assessment or 'Bypassed Goal' reads on the Something Else? List, then assess the Part I OLA. One of the most recent Items on the OLA will probably (but not necessarily) be the one you want. Then run this in session with the full Goals procedure of Part I. All of the procedure of Part I still applies, including the Correction Lists and COEX Handlings

If an Assessment button becomes apparent that is real to you but not included on the lists, add it to the appropriate Assessment List.

Ideally, if you can schedule your sessions to be able to handle a Series, with session breaks between Probcons, it is better for you, you won't go overnight wishing you had done that extra session. On the other hand, if necessary take another session to achieve this, then don't continue beyond that win. Done that way you will have the least difficulty. You may well then realise something between sessions and dream up more relevant questions for your lists. Done right it goes on wheels.

It is amazing: you can find yourself in session with a BP at 5.5 and an almost stuck needle, feeling ridiculously high-toned and in good shape without any of the usual somatics of that high-BP situation. This is basic unhandled Interiorisation charge you are confronting. The only difference now is that you can confront it and handle it. Whereas before it was sheer overwhelm and unrunnable. All that could be done was to obtain a release to bring the BP down. Erasure does it now and you are at last up to that on equal terms. These are your last links to the Imprint phenomena that have

kept you going round and round in the groove even though it had apparently been released.

The Items themselves do little for the quantity of Balance Action but tend more to separate out the poles in the situation and make the underlying material available. So if you really work your Indicator Tech hard on these Probcons there are realisations to be had by the bushel.

The Probcon is rather like handling the charge of problems just as you fillet fish. You open up the problem and take out the bones of it (the intentions and counter-intentions). It's as simple as that. Then you will really see some Balance Action and wins, as the Reactive mechanism of mind is a seething mass of counter-intentions. Here is where you sort them out.

Unlike Parcels, the Open Lines of Probcons need not be put on the OLA as they are not true Goal Items. Nevertheless, continue the OLA from Part I. Continue to add Dead Horses from Goals run; Dead Horses from Goal clean-ups; both questions for any Goals recognised; and (when it emerges) the People Pleaser as a Goal if it does not run as such immediately.

Realisations and Indicator Tech Expressions may be recognised as Items or Goals and added to the OLA; also Items on a Probcon that you suspect may be Goal Items.

The rest of the Items on a Probcon can release and drop away on the Indicator Tech of the first Item, particularly if it was one that layered for several pages. This can leave you with a one Item Probcon that will not oppose but instead P/N. This is okay and for some people may be common. Write it in the centre of the Conflict Structure page as it is not defined as VI or OppVI.

Misownership can drive the BP up through the roof. If you run into this and Indicator Tech or the next Item doesn't bring the BP down to at least a normal high, find out what the Item is connected with. First check 'What is the misowned Item?', or 'What is being misowned?'. Then if it reads, 'W/W would misown (Item)?' and Parcel it to P/N, Part I style as it would be an Identity.

Use 'would' or 'could' in Questions added to Lists if you have to, but 'is' is always preferable with '-ing' added to second verbs where possible, unless otherwise instructed. You pull the charge off more directly on what the Being is doing in PT by using the present time version of 'to be' - **'is'**.

Metabolism can appear 'out' when it is tested before the BP is in proper register, with the needle still rising. The needle settling can take much longer on this Part as you are working in the area of ridges (conflicting energy flows causing a stuck mass) and the needle has to rise a long way (the resistance of these ridges) before it settles at a higher BP than previously.

If an Item Rockslams <u>do not oppose it</u>. If the Item-oppose/oppose-Item question cannot be got to read with Suppress buttons, treat it as a Dead Horse question and put it on the OLA marked 'RS'. Clear the Item of bypassed charge only. If a suppressed Identity turns up on this, handle by repeater and Indicator Tech only.

You will eventually get to such a certainty about yourself you will know what should read most times and it will. But don't get cocky about it, always check. You may well be right but if it is in the middle of a Probcon series, for instance, and there's a couple of things to come off first, your guesstimate will get you in trouble. So always check, however sure, and don't be skimpy about it either, it pays.

Conflict Structures for Probcons should be headed with the Level and dated. The Listing Question from the Level should be written across the top left-hand corner. On Levels where there are multiple handlings try to keep them all on the same set of pages used for Conflict Structures, ruled off between each action.

On your Worksheet, the last Probcon item that P/N'd when opposed - write the P/N in red at the centre of the page below the last line and rule it off.

How many Probcons there are to each Level will depend on what charge you have already erased on your work in Part I and II, so prediction on this is not possible. Don't be in a hurry with the earlier Levels in this part of the Project. They are very loaded. The later Levels tend to have fewer, but even then a loaded one can come up. Some Levels you may discharge on 1 or 2 Probcons. Earlier Levels could be 30 or more. Some Levels you will come back to later in the Part when they read on Level Assessments.

Just work through steadily and thoroughly, without anxiety to get through quickly. It resolves when all the charge is release and it cannot be hurried.

If a Goal or Postulate turns up in the middle of a Probcon as an Item, treat it as just another Item and continue to the next question. For the Goal, <u>do not</u> try both Questions here, only the next Question you would ask for a Probcon Item. Put the Goal or Postulate on the Part I OLA. It may come up for running (as the major reading Item) when that Probcon series is complete. A Postulate, a Goal or a Goal Item can be worded exactly the same as a Probcon Item but you can only tell which by the way they subsequently handle. Goal Items are identities (viewpoints with a purpose) whereas Probcon items can be anything that comes up - concepts, opinions, postulates, evaluations, intentions, conditions, etc., as well as identities.

ASSESSMENTS

The Assessment lists can be extended. If you recognise something relevant or Buttons (assessment items) come up in the Probcons that indicate for you, do as I have done, and feel free to add to the lists. There is no liability. If you are right the Button will read now or later. If you are wrong, dynamite won't shift the needle. Assess added Buttons first on your next assessment, as they may well be the major reading.

As your confront increases you will observe your own actions more and more objectively. The responses of others and your own realisations point these up. If you put them on the Assessments as Buttons they will prove out, if charged, and lead to more usable material. So cultivate the art of self observation. What you are doing **right now** is more often than not the exact charge you are looking for. The pressures of the Imprint programme and your own counter-effort is always in Present Time and can be observed.

Don't read the Assessment Lists before you come to run them, only the articles and notes about them. (Note: some Assessments have notes at the end which should be read before assessing the list). The reason that you don't read the Assessments until they come into view is as follows. Basically one is seeking the same charge throughout, this doesn't vary. The variable is the Being's viewpoint, this is in a constant state of change. Each assessment is structured to this change of viewpoint in order to tap the charge. If you were to read an Assessment ahead of time it would be viewed from the current viewpoint and would not therefore be valid. I did not write up the Assessments until my viewpoint had changed and I don't think I could have as I would not have known where to look. When you are ready to run it, your attention has transferred onto the new area. To look, before that happens, is to introduce an unnecessary complication which cannot serve any reasonable purpose. So keep to your own backyard until it is cleared of that viewpoint.

Do NOT look up the Buttons in any Assessments in a dictionary. You need to run the concept the question reads on, not something else. If you notice a word you really do not know the meaning of when assessing and it does not read, on a separate occasion that is not assessing, look it up in a dictionary.

When do you change to the next Assessment Level? When its name reads on the final line of the List you are on. When you realise you are operating from a different viewpoint. When you EP the Level with a big win on it. When the next Level indicates for you. The pre-session or end-of-session Level Assessment indicates 'Next Level' as the major read. Or if you missed all of these, you will notice that the running of the last 2 or 3 Probcons is somewhat tacky. Overrun doesn't read nor any part of the Something Else? List. Something is not quite right. The questions are not quite reaching for the material you know is there and you find you are wrestling with the area. So check 'Next Level?' and see if it reads. This situation is not, strictly speaking, an overrun situation, as later you will return to these earlier levels as more charge is uncovered. It is just time to move on now.

The order of the Assessments could also be somewhat arbitrary. This is the order in which it unravelled for me. Here the Level Assessment will be invaluable if you are in any doubt as to where to go for the next level of charge.

Use the Level Assessment at the start of each session except if you have an incomplete Probcon (use 'Next Item? Something Else?').

Later on Part II, you will find yourself changing from one Level to another back and forth like a Jack-in-the-box. This is because, for a while yet, Present Time will still be attempting to kick your teeth in and the restimulated charge is where it is and in no regular pattern. Also many Probcons seem to run in series of 2 or more and the series need not at all be from the same Level. One Level is needed to uncover the charge on a different Level so just follow through as the Level Assessment indicates until it unbuckles.

How to handle the Assessments.

Call the Buttons (or Questions, depending on the List) with good intention, but not too rapidly. If the needle doesn't read instantly, call the next item, except if you can actually feel the charge, in which case put in Suppressed, Invalidated and Unacknowledged. The Button, to be clean of charge, should either P/N or be a definite clean needle. Do not clean the Suppress buttons if they read, call the Button again. A clean needle should really look as though it is minding its own business; the whole area you are working in may be very suppressed.

If you get a strongly reading Button that is probably it. If you continue assessing, the needle can go dirty on all subsequent Buttons and finally stick. End off; indicate the Item and end off the Assessment as usual. For a small read, continue assessing till you get a really good one and only buy the small read if nothing else reads. When you've handled the Item and come back to the Assessment, continue from the point you previously reached. When all the list has been covered, start again at the beginning as Buttons may now read that did not before.

Use a card to cover Buttons below as you assess the list, so that the eye does not dart ahead and confuse the read.

Be very suspicious of any reads on Assessment that are latent, or any hesitation of the needle, as this may indicate a suppressed item. Frequently Assessments may be called against a rising needle; if so put the needle well over to the right of the dial before calling the assessment Button. Note the speed of the rise, and if it is slower or faster than is usual for you be suspicious of that Button. In this case go back and call it again and check it with Suppressed, Invalidated and Unacknowledged so that you are sure it is uncharged before proceeding. Some of the material is very hidden and will only come to light when you do this. The suspicious Buttons will either clear to a very smooth rise or P/N or produce a very good read when inspected so you will be in no doubt on the matter.

I believe much material releases automatically when these Buttons are inspected in this manner and require no further handling. The handling seems to be that your attention was put on that aspect of case. Also it is not unusual on Part II to see a Fall and then an P/N or just a one-cycle P/N. It actually feels as though the last of the charge on that subject releases on the calling of the question but always check again when you see this phenomena.

Part of the way through Part II, P/Ns may become very slightly latent. This P/N is usually preceded by a dirty needle meaning 'No', or some very minor read or change of characteristic, as the last of the charge releases on that Button by inspection. It is a good idea in view of this to **pick up the Assessment at the point where you last took a reading Button**. This makes sure every Item gets called several times. This gets off the suppression and releases by inspection can then occur more often.

An Assessment that does not produce a reading Button should be reassessed and every Item that does not P/N should be checked with Suppressed, Invalidated and Unacknowledged until it reads or P/N's. When the whole List P/Ns then it is clear and that List is completed for that time. Sometimes if it is a late session or one of several for the day this action should be done on the following day when you are fresher.

The Suppress buttons are never cleaned if they read on an Assessment. The read should transfer back on to the Assessment Button.

Adding to an Assessment should always be done as a separate action off the meter. If it is done 'in session' it may become a Listing action and could lead to all the 'incomplete list' and other phenomena. So don't do it. They are separate and different actions.

When you get to the point when these long assessments P/N all the way it is a lot of Havingness to see how much charge you have got off or don't even have. You get to feel quite bomb-proof and why not?

All Listed Items should be Verified before going further (as on Part I). The area is loaded with wrong explanations - Misowned Items on Verification - both ones from the Imprint phenomena and ones you have assigned. Here the intention and counter-intention between you and the Imprint phenomena really starts to come apart. A very good but not totally reliable indication that you are handling a Misowned Item, is that when you get the Item off the list, the read is very tight and small and it doesn't open up on the question 'Suppressed Item?'. This is a good time to get very suspicious. Misowned Items are very insidious and subtle and if you are not very alert to this you will continue to buy them as real.

Items that P/N on Indication are not necessarily uncharged. You have to understand, if an Item P/Ns, this means one of two things:

1. It has erased. 2. It has released.

On this Project you don't want releases as they will restimulate again like they were on elastic. The Item that P/Ns on Indication should still be put on Repeater to P/N, with Indicator Tech. You want all the charge off, not some of it. Opposing the Item completes that action - not the first P/N on Indication, ever. The Imprint phenomena has to be erased to handle it terminatedly. Less than that leaves you vulnerable to it restimulating again on your next exteriorisation (death) or perhaps interiorisation (birth) and that is not the name of the game here.

If MEX or REX doesn't read but you can see something, run Indicator Tech on what you are looking at as a Expression. You didn't get a read because calling the generality, MEX or REX, brought the specific into view and the charge transferred out.

It is an interesting fact that you can predict the whole sequence of a Probcon but it still has to be run if it reads. Which again proves out that the significances are only a vehicle for discharging the energy and force of the reactive mechanisms with Repeater and Indicator Tech.

You may also be very suspicious of all Misdeeds. False ones abound (Indicator Tech will expose these), as do Items that are Misowned Items and the occasional realisation is also false. Accept nothing unchecked and use Indicator Tech very thoroughly.

By way of explanation in allegorical terms, in Part I you have felled a forest of trees; in Part II you are clearing the ground of the stricken trees, undergrowth and debris in preparation to haul out the roots on Part III. So have fun!

FURTHER NOTES ON RUNNING PART II

Please keep us informed of your progress on Part II as this information is valuable for the enhancement of the Insight Project. Some of the Assessments may seem long but I have made them of very broad scope in order to cover the wide variety of cases.

On Part II you are basically discharging the present time restimulators which are one of the main causes of compulsively creating the reactive mental mechanisms. One is unaware of most of this restimulation until it is brought to one's attention because the restimulation is constant. Just as the body experiences 14 lbs of air pressure per square inch and one is unaware of this until there is an increase or decrease, this basic restimulation is unnoticed on the same basis.

On Part II you will be assessing for Items in areas of charge still remaining and holding in the Imprint phenomena. This applies once you've cleared the area of Need (the first Level) and the few remaining Goals to which these are attached, as they become available to run (having been noted when occurring as Items or realisations and added to your Part I OLA).

When the instruction is to Defense Check the Button, use Indicator Tech on every answer and, at the end of the Defense Check (see Pt I), run the Button on Repeater until it P/Ns.

CUE Upsets

CUE Upsets can show up both on Assessment Buttons and Questions as well as Indicator Tech Expressions. To run the CUE Upset, handle C - U - E. When the question is then asked 'Is it a break in (Communication - Understanding - Empathy)?', the answer will produce a Expression which is Indicator Tech'd and then on the Indication this is included with the rest of the material.

Then the Upset is handled Curious about - Desired - Enforced - Inhibited - A Lack of - Protested - Refused - False. Then the same Indicator Tech procedure is handled on the resulting Expression, before Indication. Indicate back to the Button the action is based on.

If you need to go further, ask for a Similar Connected Upset and if necessary, Similar Connected in the Imprint. The original Button is then Repeatered to P/N.

It looks complicated but all you have to remember is, don't Indicate anything that has not been checked by Indicator Tech first, and you will be alright.

LEVEL ASSESSMENT

With the Level Assessment as a hand-rail on one side and your Something Else List on the other, you should be able to find your way safely through. You will find the first Level Assessment at the end of Level 1. For convenience, further Levels each have their Level Assessment after the main Assessment List.

The result of the Level Assessment can sometimes produce realisations on the one hand and on the other hand can sometimes be quite overwhelming and would act as an evaluation if the session was started immediately. In that case, take a break. The break acts as a buffer state whereby one can find ones own anchor points in the matter and commence the session from a more stable viewpoint.

Don't prolong sessions beyond an hour. Breaks are important and the havingness of them can produce realisations and new material to add to the Level Assessments.

The appropriate action is to assess the Level Assessment, with buttons if necessary, up to one Level beyond the last Level worked, as printed at the end of each Level. If at any time the Level Assessment does not read, put in buttons on it: Suppressed, Invalidated or Unacknowledged. If it is late in the day or you do not intend to go back into session, assess it when you are fresher next day, as a pre-session Interview.

The question **'Next Level?'** is on the Level Assessment because the next Level may not read by its name alone if the material of that Level has not been broached previously. This is because the mind could not be restimulated by the Button as the nature of the Assessment is at that point unknown.

When **'Something Else?'** reads on the Level Assessment check the Something Else List (as used on Part I and reprinted on page 28) as your first action, even with buttons if necessary. When you get the 'something else', handle it appropriately and if it's a Goal put it on the OLA to assess which one to run.

If you have done this and not found anything, check 'Something Else on (each Level listed)?'

If that doesn't produce, try it on the Items of the last Probcon, one of them might be a Goal, in which case run it.

If none of that produces, make up an Assessment of what you consider has come into view, particularly if a Goal has appeared in the last couple of Probcons. It could be the Goal-oppose or oppose-Goal or a postulate that you have touched on and bypassed. You might get lucky and get sight of an Own Goal but it may not be runnable yet. Put it on the OLA with the remains of this assessment.

When 'Exteriorisation' reads on the Something Else List but not on the Level Assessment (as a Level), check: 'Exteriorisation as Postulate? Exteriorisation as Goal? Exteriorisation as Safe Solution? Exteriorisation as Item?'

When you have run through most of the Levels the charge will begin to dodge around from one Level to another to pick up the last of the charge that has been uncovered. They unflatten one another as you do other Levels.

The later Levels occasionally bring into view postulates that are relevant to a previous Level. The Question **'Bypassed Postulates?'** on the Level Assessment pulls this into view. If this line reads on the Level Assessment, check it against each Level, (also if it reads on the Something Else List). LIST and Probcon to P/N when you find it. For

example ‘Bypassed Postulate on Need?’ reads, LIST ‘What is the bypassed Postulate on Need?’

‘Bypassed Postulates?’ is not a Level in itself, only a repair check.

The answer on Part II is nearly always: Assess for it, LIST and Probcon to P/N.

Unless you have actually goofed, the Something Else List now becomes an Assessment in its own right for miscellanea not covered in the Levels, rather than a Correction List, but it can be used for either.

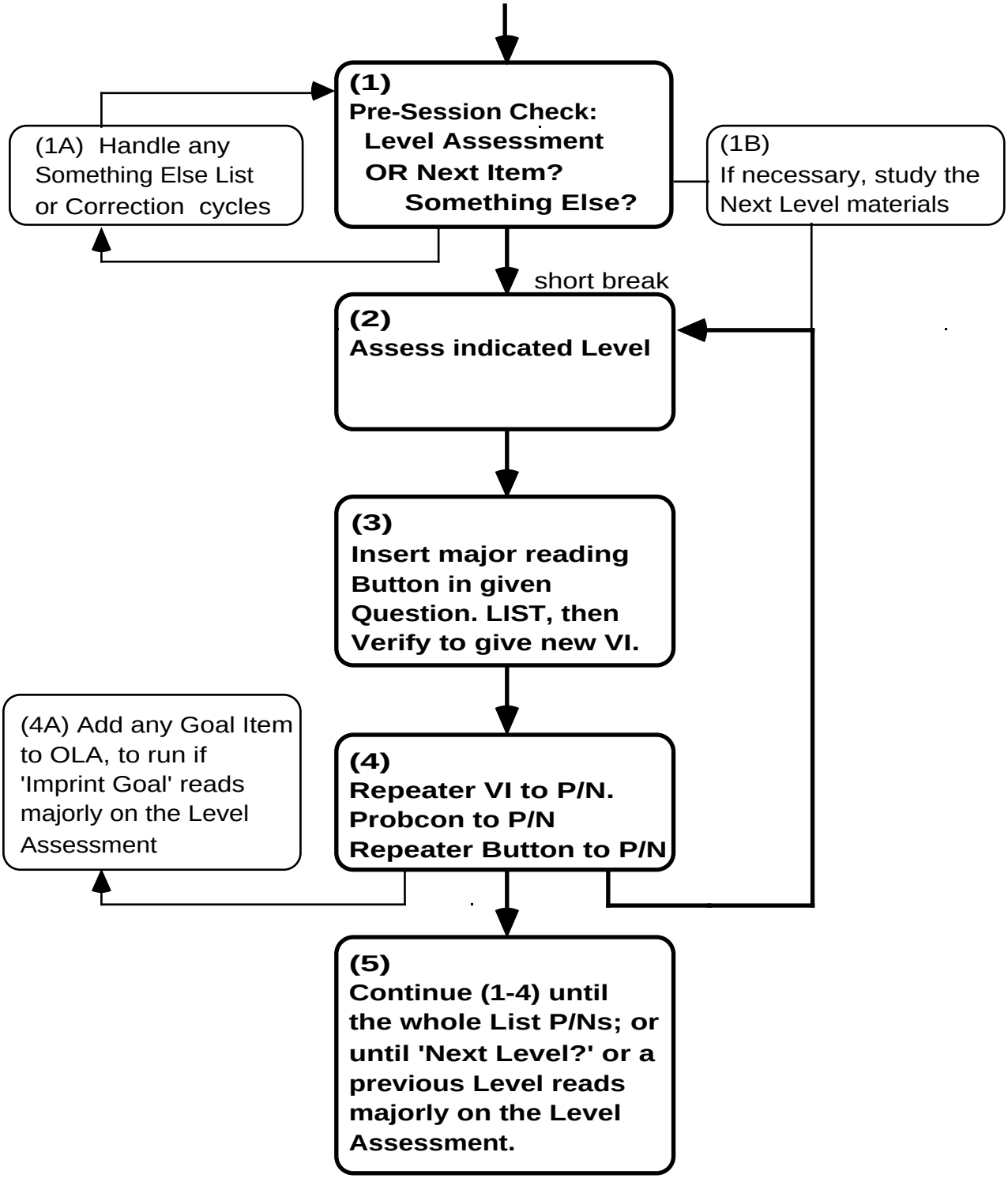
The Repair Lists for Part II are run when the Level Assessment button **‘Correction?’** reads. When this happens then assess the further list below, that is indented, to isolate the appropriate correction to use.

This Correction Section is itself a Level (Level 0) that may be run whenever it reads majorly on a Level Assessment.

When **‘Something Else?’** reads, as previouslymentioned, it indicates the use of the Something Else List.

YOUR FIRST LEVEL TO START ON IS LEVEL 1 - NEEDS

PART II FLOWCHART



CORRECTION SECTION

(LEVEL 0)

'The Spirit is neither good nor bad, it runs where the wild heart leads'

SOMETHING ELSE LIST

Assess to a LFBD Button and handle; or assess the whole List and handle the major reading Button.

01. Next Item? .....Continue Conflict Structure
.....(oppose last Item).
02. Open Line? .....Assess OLA or recent Probcons.
03. Incomplete Conflict Structure? .....Complete the Conflict Structure.
04. Error on Probcon? .....Verify each Item from the first found.
05. Incorrect Item?.....Check suspect VI(s) and continue list.
06. Nearly Correct Item?.....Check suspect VI(s) and continue list.
07. Misowned Item?.....Check suspect VI(s) and continue list.
08. Wrong Indication?.....Check suspect Indications.
09. Wrong Goal to run?.....Check suspect Next Goal Questions.
10. Bypassed Charge? .....BPC Checklist.
11. Bypassed MEX?.....Indicator Tech new Expression.
12. Bypassed REX?.....Indicator Tech new Expression.
13. Bypassed Item? .....Check suspect Question(s) and continue list.
14. Bypassed Release Point? .....Rehab.(See Pt I COEX Handlings)
15. Bypassed Misownership?.....Check suspect Item(s).
16. Bypassed Goal? .....Check suspect Next Goal Questions.
17. Bypassed Assumption?.....Check 'Clearing the Goal' actions.
18. Bypassed Safe Solution? .....Check 'Clearing the Goal' actions.
19. Bypassed Postulate? .....Check 'Clearing the Goal' actions.
20. Bypassed Realisation?.....Indicator Tech new Expression.
21. False Realistion? .....Indicator Tech new Expression.
22. No Wins? .....Suppression Handling (Pt I).
23. Overrun?.....Rehab release point.
.....Use Overrun Handling if Qs read.
24. Misowned Item?.....Ind Tech & Check suspect Question(s).
25. Misowned Expression? .....Indicator Tech new Expression.
26. Misowned Goal? .....Indicator Tech and clear BPC on Goal.
27. Misowned Track?.....Indicator Tech new Expression.
28. Drugs? .....Indicator Tech new Expression.
29. False Data? .....Indicator Tech new Expression.

30. Incomplete Action?..... Complete.
31. Dead Horse Alive?..... Assess OLA for Open Line.
32. Out-Primaries?..... Handle Primary.
33. Suppressed Out-Primaries? ..... Handle Primary.
34. COEX Restimulated? ..... Session Assessment of problem areas; then use appropriate COEX Handling.
35. Interiorisation?..... Interiorisation handling (Pt I) or
36. Exteriorisation?..... Exteriorisation handling (Pt I).
..... Exteriorisation (Pt II Level).
37. Wrong Date?..... Check D/L with Indicator Tech.
38. Incomplete Date? ..... Check D/L with Indicator Tech.
39. Wrong Location? ..... Check D/L with Indicator Tech.
40. Incomplete Location? ..... Check D/L with Indicator Tech.
41. Imprint Released?..... D/L with Indicator Tech.
42. Wrong Suppressive Item? ..... LIST Repair List (Pt I).
43. Next Level?..... Check with Indicator Tech.
44. Hidden Standard? ..... Clear BPC with Ind Tech.
45. No Interest?..... Defense Check: 'On (Level)...?'
46. Present Time Stress?..... Suppression Handling (Pt I).
47. Physically Ill?..... See doctor.
48. Low Havingness?..... Go for a walk & run Havingness.
49. Low Metabolism?..... Have a meal and rest.
50. Unnecessary Action? ..... Check with Indicator Tech.
51. Nothing Wrong?..... Check with Indicator Tech.
52. Something Else?..... Pull & check with Indicator Tech.

Handle each read as indicated. If the Item is not apparent, list possibilities to a LF/BD P/N, Indicate and then make the correction as appropriate, using the various techniques described in the Part I materials. Just cleaning with Indicator Tech may be enough, or in addition, cleaning Bypassed Charge on the item. When necessary a Listing Repair may be required, or the Upsets Repair List. Over-run may require a rehabilitation of a release point or the full Life Over-Run Handling on a life over-run (want to stop but can't). Interiorisation and Exteriorisation have their own handlings, and so on. If there is any doubt contact your Case Supervisor for advice.

FREE BEING CORRECTION LIST

Handle each read *as it occurs*. LIST with Present Time verbs (W/W is ...-ing), and Probcon the result, ending with Repeater to P/N. Run through the list as many times as necessary to have nothing reading with buttons in. ('Hidden Standard' and 'Past Misdeed' have their own handlings).

A. On **bodies**:

Interiorised into a body?
Go in?
Went in?
Put in?
Want to go in?
Can't get in?
Can't go in?
Want to get out?
Kicked out of spaces?
Being trapped?
Forced in?
Pulled in?

On the **physical universe**:

Interiorised into something?
Go in?
Went in?
Put in?
Want to go in?
Can't get in?
Can't go in?
Want to get out?
Kicked out of spaces?
Being trapped?
Forced in?
Pulled in?

If you left the physical universe:

Would you be deserting a post?
Would you commit some misdeed?
Are you wanted anywhere?
Does a worse fate await you somewhere else?
Are you afraid you would cause damage?
Would it be a misdeed to leave?

Have you failed to get out previously?
Are you trying to get out when you are not in?
Is there a confusion about exteriorising?
Are you upset about leaving?
Is there a problem about leaving?
Are you withholding leaving?
Is there some undisclosed evil intention keeping you here?
Is there something misunderstood about leaving?
Is there something you have to do before leaving?

Are you waiting for another?
Are you trying to get even with something or someone?
Have you been trying to get out for a long time?
Are you overrun on trying to get out?
Have you got out previously so are now suffering from being in?

B. Is something here acting as an out-list?
Is being here acting as a wrong item?
Is too much being demanded of you?
Is being here acting like a wrong indication?
Is being here a wrong explanation?
Are you suppressed by being here?
Is there something you are not satisfied with and have to handle?
Is there something too significant to bypass?

C. Are you withholding something you should do?
Is your attention held by some bad product of yours?
Are you still trying to win on some failed purpose?
Is there something you are trying to get others to do?
Is there something you are trying to get others to give you?
Are you upset because you haven't been recognised?
Are you upset because some post has not been assigned you?
Is there some goal or purpose you are still trying to achieve?
Is there some problem you are still trying to solve?
Are you not telling your real purpose here?
Has your real purpose been missed by others?
Is there some crime you have to make amends for?
Is there something you are protesting?
Is there a lie you have agreed to?
Are you hiding out there?
Are you making amends for something you haven't done?
Is being here throwing out your rudiments?
Are there considerations not mentioned?
Are you here for undisclosed reasons?
Are you withholding yourself from being free?
Are there disagreements?
Do you not want to leave?
Are you trying to make up some loss?
Are you stuck on a one-way flow?
Are you trying to make someone guilty for you being here?
Is being here a rest from something else?
Is there something you are still trying to get?
Are you in mystery about something?

D. Are you here for kicks?
Are you trying to get a body?
Do you intend to overwhelm anybody?
Is there some sensation you are here to obtain?
Are there pleasurable misdeeds?
Are there pleasurable withholds?

Do you have some pleasurable purpose here?
Are you here for sex?

E. What is the prior confusion before you came here?

On an **earlier similar universe**:
Is there an upset?
Is there a problem?
Is there a withhold?
Is there a misdeed?
Is there a bypassed postulate?

Is there some reason you are in this part of the universe?
Is this universe solid because it is late on the chain?
Is there a Similar Connected Imprint keeping you here?
Is involvement with bodies the problem?
Is there a false date for this universe?
Is there a false location for this universe?
Are you on a false duration for this universe?
Do you feel suppressed?
Do you feel invalidated?
Do you feel abandoned?
Is there a stuck picture?
Does space seem all black?
Does space seem invisible?
Does space seem unsafe?
Is there some mass you must hold absolutely?
Is there some energy you must hold absolutely?
Is there some space you must hold absolutely?
Is there some time you must hold absolutely?
Is there some motion that must be continued absolutely?
Are you held on a need that isn't yours?
Did you leave and were driven back?
Were you prevented from leaving?
Did you get clear of the universe and come back because it was unacknowledged?
Is there some postulate prior to coming here?
Is there some mystery about being here?
Is there some enforced agreement about being here?
Is there something you failed to predict?
Is there some Hidden Standard that has been bypassed?

Is there a **decision:**
to go unconscious?
to feel nothing?
to go insane?
to escape?
to die?
to get shed of responsibilities so one can die?
to not care?
to endure?
to get better?

to live?
to live better?
to survive?

F. Are you hung up in previous universes?
Is there some earlier universe postulate acting as a first postulate?
Is being here acting as a second postulate?

G. Are you running more than one body?
Are you living here for someone else's sake?
Are you operating on a borrowed case?

H. Is there some word, concept or symbol here not understood?
Is there something not understood that is putting you in mystery?
Have you assigned cause to something else?
Has something convinced you, you do not know?
Are you here because of the bottom pair on a Goal?

I. Have you got too used to having a body?
Is some body need being owned by you?
Is familiarity with a body culture holding you?
Is there some particular body you want?
Has some body been withheld from you?
Are you still seeking the perfect body?
Are you being recruited by a body part?
Is your attention held by another's body?
Is the inability to be both male and female sticking you to bodies?
Something else on bodies?

J. Is there some ridge undischarged?
Is there an overrun not handled?
Has some beingness been bypassed?
Has some postulate been bypassed?
Has some goal been bypassed?
Is being here an excuse for some failure of yours?
Have you decided you are unable to operate as a Being?
Are you hung up in an incomplete action cycle?
Are you trying to prove you were right about something?
Has your beingness been invalidated?
Has your beingness been evaluated?
Have you made someone else responsible for getting you out?
Has what you were doing before been interrupted?
Are you overwhelmed by the Physical Game?
Do you feel you were hit undeservedly?
Are you scared of what might happen in space?
Is there an out-communication-line to somewhere else?
Have you misowned any theories as to why you are here?
Have you set up handicaps on yourself in order to play this game?
Are you waiting for something to happen?

K. Is there something you can’t have?
Is there something you must have?
Is there something you can’t withdraw from?

Is there something you must withdraw from?
Is there some future havingness you are trying to achieve?

L. Is something or someone hostile to you?
Are you feeling suppressed by someone or something?
Is there some contest or game unresolved?
Is someone or something blocking your objectives?
Are you seeking retribution, revenge or recompense?

M. Has something gone on too long?
Is there an earlier time you could have left?
Has something been overrun?
Life kept on going and you couldn't stop it?
Do you feel you have taken more of something than you have given?
Are you puzzled by time, future, past or forever?
Are there stops?

N. Have you separated out?
Are you somebody else?
Are you trying to be somebody else?
Do you think something else is wrong?
Are you on to the end of a spiritual spiral in time?
Are you seeing this one out?

O. Could you leave if you wanted to but haven't recognised it?
Are you blocked by an earlier postulate you've suppressed?
Are you waiting for others to leave?
Do you feel you have to get everyone to leave?
Do you feel you have to duplicate the universe to leave?
Are you trying to take something with you?

P. Is there something you are misowning?
Has something put you in Wait?
Has the game so upset you, you must stay and win?
Something else?

HIDDEN STANDARDS

The Hidden Standard is a problem that the person considers must be solved before he or she will believe that the situation is resolved. It is itself a problem of long standing, and may have been used to judge the effectiveness of several different past therapies before the person comes to this point.

If you have any reason to suspect this is the situation, such as a particular consideration coming up as an Item or on lists, or your progress on the Project has slowed, or you are resistive about doing sessions, or you are considering certain gains should have occurred by now - these are indicative that the situation should be reviewed, even if 'Hidden Standard?' is not reading on the Level Assessment.

Check the Question: **'What would have to happen for you to know you could operate as a Being?'**, or if some similar concept has been coming up regarding your case progress, you could try that as well. Bat it around. Create a list of possible questions and assess. 'What purpose has been suppressed?' might also be appropriate.

LIST and put the resulting Item, when cleaned with Repeater & Ind Tech, into the following Questions:

'W/W is suppressing (assessed item) happening?'

'W/W is suggesting (assessed item) should happen?'

Check for the majorly reading Question. LIST and clean the resulting Item with Repeater & Ind Tech, then Probcon to P/N. Or if it's an Identity, Parcel or run the Goal.

If the difficulty persists, then assess the list below and frame further questions. Repeater and Probcon to P/N until all lines are clean.

Stopping
Withdrawing from
Invalidating
Making nothing of
Being careful of
Failing to reveal

Reassess the questions and handle until none of them read with buttons in. It may take several goes to isolate and discharge all the items involved, so persist until you are happy with the scene. Complete flatness is not so much required as you are happy to continue your work without the Hidden Standard blocking your gains.

WITHHOLDS

1. On withhold...

Assess Primary Scale:

1st Domain	Self
2nd Domain	Sex, family
3rd Domain	Groups
4th Domain	Mankind
5th Domain	Life forms
6th Domain	Physical Universe
7th Domain	Spiritual Beings
8th Domain	Spirit, God, Infinity
9th Domain	Ethics (right action)
10th Domain	Aesthetics

2. On (Primary Scale Item)

Assess Secondary Scale:

Help
Control
Communication
Interest
Problems
Change
Pleasing
Creating
Responsibility
Confront
Occlusion
Unknowing
Remembering
Forgetting
Not knowing
Knowing about
Knowing

Question:

'W/W would withhold (Sec. Scale Item) from (Primary Scale Item)?'

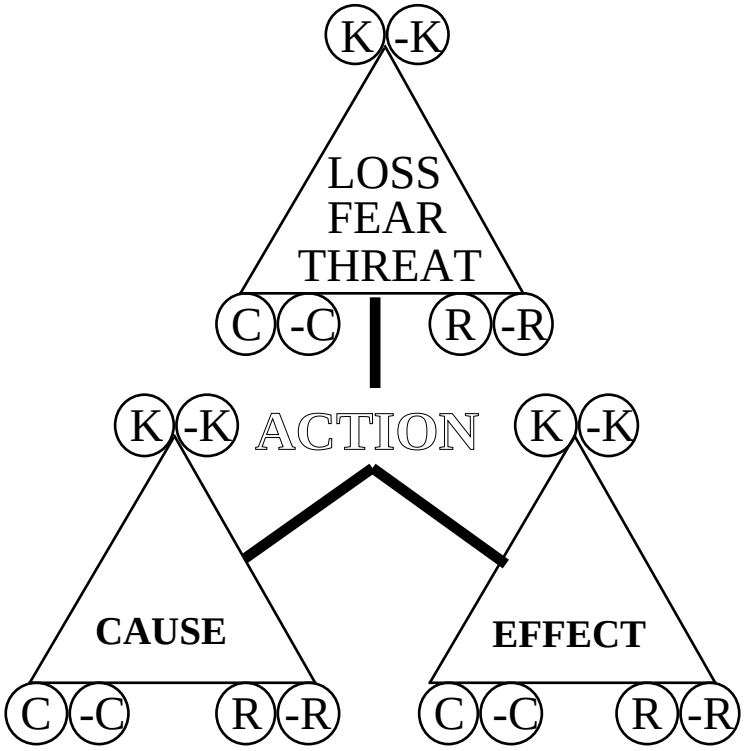
If this Question does not read, represent the Domain. To do this, for example, LIST: 'Who or what would represent withholding (Sec. Scale Item) from (Domain)?', so you get a more specific Item on that Domain. Put it in the second bracket of the Question above. LIST then Probcon to P/N.
Repeat with the same Primary Scale Item, reassessing the Secondary Scale. If it reads put into the Question and Probcon to P/N. If it doesn't, then reassess for a new Primary Scale Item. Repeat the above until nothing can be obtained from either Scale with buttons.

PAINFUL CONSEQUENCES

This technique is drawn from the principles underlying Part II; however it may be applied with great benefit through all the Parts when some event is troubling you - e.g. use it at start of session, or as a special session to handle the issue. It may also be used as a COEX Handling.

What's a misdeed? It's an act that counters or opposes the rules of a game. It's a violation of a consideration that one holds about self and/or others. It's an act which the person associates with an effect that's unwanted or unpredicted. Efforts to conceal the act, from oneself or others, may or may not accompany it. Painful emotions of fear, threat or loss may be associated with the cause or with the effect.

The 9 points of the three triangles below represent the person as Knowing, Responsible and in Control, in each of the three areas - Cause, Effect and related Loss, Threat and Fear - of the action that is causing trouble. The 9 points also represent the person as unknowing (-K), irresponsible (-R) and lacking control (-C), in each of the three areas.



In applying this procedure, one typically starts off feeling at the effect of some thought, feeling or emotion. Effect is the starting or entrance point. Cause is not a problem until it causes an unwanted, unintended or unforeseen effect.

The ability to cause increases naturally as awareness, responsibility and confront are increased. However, the invalidation of one's causation, or the regret of causing, often accompany the unwanted effect. In this procedure the person's causation is acknowledged, and in practice validated to a degree, by inspecting the conditions of KRC relating to the causative aspect.

Procedure:

1. Note down the recent action, causation or event that you feel badly about. This may be a 'misdeed', an incompetence, a traumatic incident or simply something you or another did that is causing confusion and uncertainty. Anything that has caused some sort of undesirable effect.

2. This Step looks at the unwanted effect of an action - what happened and the resulting thought, feeling, emotion, pain - for self or others. What affected you about what happened or what you did? What comes back at you? What affected others?

Run the following pairs of questions. If one reads, run the resulting Expression on Indicator Tech. Alternate the questions and when one pair of questions is no longer producing reading Expressions, move on to the next. Continue this part of the handling until the effect is no longer charged.

Regarding (the result of what occurred),

What part of this effect is known to you?
What part of this effect is not known to you?

What part of this effect are you responsible for?
What part of this effect are you not responsible for?

What part of this effect are you in control of?
What part of this effect are you not in control of?

3. This Step looks at the fear, threat or loss connected with what happened. This could relate to the anxiety of getting caught; fear of being found out; the restimulation of past punishments or undiscovered acts; fear of the consequences; threat of unmocking; fear of loss of game; fear of punishment; loss of self-esteem; anxiety of the missed withhold; loss of status, beingness, control; self-invalidation about what you've done. This is the area of the person's response or reactions to what happened. It is usually creations and considerations you are dealing with here, rather than events that have taken place.

First ask:

Connected with what happened, is there a **Fear**?
Connected with what happened, is there a **Threat**?
Connected with what happened, is there a **Loss**?

Insert the major reading aspect (Fear, Threat or Loss) in the following questions and run as in Step 2, using Indicator Tech all the time, continuing until it is no longer charged.

Regarding the (fear, threat or loss),

What part of the (fear, threat or loss) is known to you?
What part of the (fear, threat or loss) is not known to you?

What part of the (fear, threat or loss) are you responsible for?
What part of the (fear, threat or loss) are you not responsible for?

What part of the (fear, threat or loss) are you in control of?
What part of the (fear, threat or loss) are you not in control of?

4. This Step looks at the cause of what occurred, i.e. the viewpoint or the W/W that caused it.

(a) LIST: **W/W would cause (overt doingness from Step 1)?**

(b) Run the following pairs of questions on the resulting Item. If one reads, run the resulting Expression on Indicator Tech. Alternate the questions and when one pair of questions is no longer producing reading Expressions, move on to the next. Continue this part of the handling until the effect is no longer charged.

Regarding (the causative Item),

What does the cause know?
What does the cause not know?

What is the cause responsible for?
What is the cause not responsible for?

What is the cause in control of?
What is the cause not in control of?

(c) Clean the causative Item on Repeater to P/N. Then Probcon the Item to P/N. Finally clean it again on Repeater to P/N. Apply Indicator Tech to all reading Expressions.

The following **Effectiveness Assessment** may also be used to help spot breaks in Knowledge, Responsibility and Control relating to activities you are connected with. If one reads, answer the question and run the resulting Expression on Indicator Tech. Apply the above handling if there are painful consequences resulting from ineffectiveness.

EFFECTIVENESS ASSESSMENT

An 'action cycle' is to [Start --> Continue --> Complete] something that needs doing. Similar cycles are:

[Start --> Change --> Stop] [Create --> Persist --> Destroy] [Be --> Do --> Have]

It also aligns with [Knowledge --> Responsibility --> Control].

Assess the questions until one reads, answer the question and run the resulting Expression on Indicator Tech. Apply the previous handling if there are painful consequences resulting from ineffectiveness.

1. Is there an incomplete action cycle?
2. Is there something you have withheld doing?
3. Is there an action cycle being neglected?
4. Is there a start being neglected?
5. Is there a creation being neglected?
6. Is there an identity being neglected?
7. Is there some knowledge being neglected?
8. Is there a continuation being neglected?
9. Is there a change being neglected?
10. Is there a persistence being neglected?
11. Is there an action being neglected?
12. Is there a responsibility being neglected?
13. Is there a completion being neglected?
14. Is there a stop being neglected?
15. Is there a destruction being neglected?
16. Is there a havingness being neglected?
17. Is there a control being neglected?
18. Is there an action cut short?
19. Is there an action being ignored?
20. Is something about your intention being misunderstood?
21. Is an intention being misduplicated?
22. Is there a command not being acted on?
23. Is there some data about what to do being ignored?
24. Is there something about your intentions that is not being understood?
25. Is there something about your actions that is not being understood?
26. Is there some situation you have mishandled?

27. Is there a problem in taking action?
28. Has a mission or purpose failed?
29. Is a wrong reason or evaluation being put on your actions?
30. Is something being done other than what was promised?
31. Is your help being rejected?
32. Is a decision being made?
33. Is a false purpose being replayed?
34. Is there a sudden shift of attention?
35. Is there something that has troubled you?
36. Is a perception or understanding being prevented?
37. Is a willingness to handle terminatedly not being acknowledged?
38. Is there a failure of collaboration or cooperation?
39. Are you trying to leave the post you assigned yourself?
40. Are actions being interrupted?
41. Do you not know what others need and want?
42. Are actions continuing too long?
43. Are you trying to avoid a responsibility?
44. Are actions failing to get off the ground?
45. Is information being invalidated?
46. Is an evaluation interfering with your actions?
47. Are you extending unwanted help or collaboration?
48. Is something being overrun?
49. Is an action unnecessary?
50. Is there some goal, project or target you are hanging on to absolutely?

PAST MISDEEDS

If 'Past Misdeed?' reads on the Level Assessment then you could use the following basic question to clear it:

'Concerning your past, what have you done that you know to be wrong?'

and then use Indicator Tech on the answers, since the more specific an answer is, the better. If necessary use 'Is there more to it?' and 'What are you not looking at?' to get all of it. Don't forget to strip it of MEX and REX at the end of the Indicator Tech sequence. And if still charged, handle as a Misdeed Primary to P/N.

Alternatively, if the nature of the misdeed is not apparent, the following Assessment List may be used to find misdeeds on which there is charge, from a present or 'no-time' viewpoint. You are not going to let yourself out if there is an Identity contained within you that would do these things. This is therefore more relevant than a past 'done'. You may add to the list as appropriate. Any reading misdeed should be LISTED on 'W/W would (misdeed)?' and the Item cleaned with Repeater, then Probcon'd, then run on Repeater again to P/N. All with Indicator Tech of course. (The questions at the end should, if they read, be LISTED to find the misdeed and then handled as above).

Misdeeds Assessment

W/W would...

deprive people of hope?
commit murder?
force another into an undesired beingness?
seek to discover a person's whereabouts?
persecute others for their religious or political belief?
train people in untruths for power, or profit?
defile religious places, persons, or objects?
practise terrorism?
do anything shameful?
be a coward?
trap a spiritual being?
be proud of wickedness?
destroy artistic productions, or creations?
burn literature?
forbid people to practise their own customs?
pervert peoples customs?
do anything which it is hoped would be wiped out by the passage of time?
do something differently now there is more data?
deserve to be punished unto eternity?
expose infants?
breed bodies for degrading purposes?
destroy a city?
communicate somethng that shouldn't be?
fail to communicate something that should be?
not be brave enough to do the right thing?
be insane?

be irrational?
be unfaithful?
betray a confidence?
fail to fight for a just cause?
fail people depending on them?
hurt a loved one?
fail to protect a loved one?
destroy a home?
break an agreement?
blanket bodies spiritually for the sensation kick?
steal a body from another being?
fail to stand up for themselves?
upset the ecology?
neglect the environment?
abuse a hostage or prisoner?
order or commit genocide?
destroy a culture?
destroy an economy?
poison food or drinking supplies?
fail to earn their living?
strangle another?
deliberately spread disease?
degrade a religion?
interfere with the free flow of trade?
be a crook?
obliterate a language?
stamp out a religion?
rape a child of either sex?
warp an educational system?
annihilate a group of people?
enslave a group of people?
Imprint conditioning on another?
force beings into unwanted bodies?
prevent beings from leaving their bodies?
do anything to a person or group that wasn't deserved?
desert a just cause?
deliberately torture someone?
enslave another being?
gain, or maintain, a position by portraying self as a victim?
undermine people's trust?
drive another insane?
be a professional prostitute?
be a criminal?
sell their soul?
train people for criminal purposes?
do perverted acts?
take advantage of another's innocence?
recruit another for an unworthy purpose?
trade in others' bodies for profit or power?
steal a mock-up or mental picture?

steal an idea?
usurp a location?
make things scarce in order to profit unfairly?
deliberately create an emergency?
practise human sacrifice?
assume a beingness unrightfully?
kill the wrong person?
take pleasure in inflicting pain?
punish an innocent person?
systematically degrade an individual or group?
desert a post?
betray someone who deserved help?
set a poor example?
pervert an institution for personal power or profit?
deny self?
betray self?
come to Earth for evil purposes?
act contrary to own principles?
deny their beliefs?
fail a friend?
seek to make others dependent?
abuse those under protection?
destroy wildlife?
despoil natural resources?
kill for pleasure?
be in hiding?
set up a mystery?
make nothing of self?
terrify people?
make a profession of destruction?
enturbulate an orderly environment?
be a traitor?
deliberately lower another's knowingness or ability?
maim another's body?
pretend to a power not possessed?
pretend to a knowingness not possessed?
steal?
disappear?
kill own body?
feel that 'the end justifies the means'?
give a cause a bad name?
knowingly teach untruths?
discredit the creations of others?
be off post when most needed?
do something that can't forgive self for?
pretend to be dead?
deliberately mock-up something unconfrontable?
deliberately confuse people?
deliberately send someone to the wrong place or person?
pervert historical truth?

be a spy?
practise unnatural sex?
demonstrate that control is impossible?
pretend to be dead?
philosophise, when should act instead?
disfigure another's body?
want to tear out someone's tongue?
want to blind someone?
want to destroy another's hearing?
want to knock someone's teeth out?
want to punish another by amputation?
be a parasite?
swear not to be something?
swear not to do something?
swear not to have something?
give a debased example of divinity?
ruin a communication system?
criticise for money?
kidnap another for profit?
take advantage of the goodness of another?
cause another's mistrust?
make self a burden on others?
go crazy?
pretend to be insane?
deliberately damage possessions?
highten sexual satisfaction by the infliction of pain?
maltreat a pregnant woman?
corrupt a child?
convince others of their guilt?
start a war?
cause own side to lose?
deliberately distort others' ideas?
convince beings that they are not spiritual?
treat people as though they are animals?
persuade others that there are forbidden thoughts?
make another's thoughts go out of control?
permit another to be punished for own mistakes?
shift blame on to a superior?
want to smother a baby?
want to drown a person?
want to drown an animal?
take pleasure in others' deaths?
inflict pain on a helpless creature?
inflict pain on an insane person?
inflict drugs on another?
take pride in a wrongness?
worship evil?
seek to make others unwilling to produce?
wipe out a family?
reward another for a wrong action?

have sexual relations with an animal?
lose a body entrusted for safe-keeping?
punish another for a rightness?
permit another to be punished for own misdeed?
perpetuate an injustice?
be brutal to animals?
deny others a means of existence?
desert own children?
refuse to support parents or grandparents?
refuse to redress another's grievance?
cause another to be enslaved?
want to disown an action?
not deserve to have any friends?
want to castrate someone?
perform unnecessary surgery?
declare a sane person insane?
torture another with painful devices?
cause others to feel less responsible?
attack others for actions that were beneficial or helpful?
claim another's deed as their own?
rob a disabled person?
want to make love to a dead body?
beat a child?
starve another?
leave someone to die?
fail to save someone?
not deserve to be free?
deserve to be enslaved?
consider another doesn't deserve to be sane?
consider another doesn't deserve to be free?
consider another doesn't deserve to be healthy?
consider another doesn't deserve to be alive?
consider matter responsible for causing harm?
consider energy responsible for causing harm?
consider space responsible for causing harm?
consider time responsible for causing harm?
force another to compete?
make another guilty of causing harm to self?
pretend to be unable to repair something?
attack someone from behind?
be disloyal?
fail another?
knowingly sponsor a swindle?
waste time when ought not to have?
fail to live up to own ideas of how things should be?
make nothing of someone?
want to eat a human body?
want to exterminate a species?
disfigure a beautiful thing?
persuade people that they are basically wicked?

deliberately hurt another's body?
want to be an executioner?
do a bad thing to win approval?
be dishonest?
risk another's life to save self?
avoid obligations?
do a bad thing to help another?
be a cruel parent?
convince another that his goals were no good?
want to abort a pregnancy?
attend a brothel?
spread venereal disease?
spread AIDS?
be a bad father?
be a bad mother?
be a bad son?
be a bad daughter?
be a poor lover?
have an unsupported child?
convince another they shouldn't confront something?
engage in piracy?
assassinate a person?
cause a damaging fire or explosion?
administer poison?
set a booby trap?
violate established rules?
make self out to be less able than is the case?
make self out to have more resources than is the case?
promise help without intending to give it?
abandon the sick, or dead, to the enemy?
give up?
fail to rescue a colleague?
cause someone to be burned alive?
cause someone to drown?
misappropriate funds entrusted to be looked after?
violate a flag of surrender?
impose religious dogma?
enfringe a copyright?
throw another's ownership of property into doubt?
pretend that communication is impossible?
withhold necessary data?
create a disorder?
deliberately supply false data?
cause another to mistrust their judgement?
falsely convince someone of their guilt?
convince others that there is something wrong with them?
offer medicine that is harmful?
practise law dishonestly?
convince another that it doesn't matter what he does?
spread despair?

keep effective solutions from working?
assist an evildoer?
be a pimp?
use psychiatry to damage another's mind?
deprive another of livelihood?
blaspheme against God?
use priesthood for personal gain?
persuade others that spirits are evil?
be an evil spirit?
teach others that nothing can be done?
try to convince others that sex is bad?
try to convince others that postulates are ineffective?
try to convince others that feelings are bad?
try to convince others that knowing about something is bad?
try to convince others that their perceptions are wrong?
try to convince others that love is foolish?
try to persuade others that taking responsibility is unnecessary?
try to persuade others that death is a solution?
mock another's ability?
mock another's knowingness?
mock another's creativity?
mock another's aesthetics?
commit murder?
practise terrorism?
wish to hurt another?
commit rape?
drive another insane?
degrade a religion?
give birth to a bad person?
fail to deliver a vital message?
create something discreditable?
teach that possessions are bad?
make a body disappear?
pervert an ethical principle?
inflict an unwarranted punishment?
desecrate a grave?
be a brutal gaoler?
be a corrupt judge?
be a bad soldier?
do a bad thing to save self?
deny another their desired beingness?
cause another to create against his wish?
lose something important?
interiorise a being?
give another a bad name?
not trust self?

Is there anything you can't forgive yourself for?

Is there anything others should not forgive you for?

Is there anything others should be warned about concerning you?
Is there anything the people of Earth had better not find out about you?
Is there any place you'd better not return to?
Is there any time you'd better not return to?
Is there anything that had better not happen again?
Is there a question on this list that you would rather not be asked again?
Something Else?

PAST LIVES DEBUG

Those who have put a great deal of attention on the past, such as with therapeutic regression to past traumatic experiences, may have been introverted into identities assumed in past lives and incidents of long ago. It is not only that the person has been introverted into this material but also that he is stuck there by lies of one sort or another: REX, MEX, false misdeeds, and various data that are out of sequence with the reality of the experience.

This is further compounded by holding various considerations about the false or misinterpreted beingnesses, lives, incidents and purposes he believes are true, which now act as postulates and opposing postulates in present time, and affect his behaviour and ability to reach. For example, if he is taught to believe he is an evil person by this false material, he will cut his reach so that he doesn't commit further misdeeds.

This can result in a bunch of problems when working on Insight. He may be stuck in his sessions - nothing seems to touch his case. He may have either a very high or very low BP. He can't get reads (by the way, in this situation it is a good idea to check for reads holding the electrodes in the right hand, as this state of unreality is left-brain dominant). He suffers from either very low or exagerratedly high self-esteem. He can sometimes be ill. He talks about his past beingnesses enthusiastically but doesn't make the case gains he wants.

How does one get the scrambled eggs back in their shells, so one can handle the rel case newly in pesent time, to get the objective results one needs and wants?

Procedure:

1. Isolate a specific experience, case handling or procedure that caused past life material to be restimulated and accepted as an explanation of one's identity or one's present condition.

2. Assess the following list for the largest read:

On (item found) ...

earlier existences

previous existences

past life

earlier life

unreal pictures

other times

past death

imaginary incidents

invalidated pictures

other identities

imaginary beingnesses

pretended injuries

pretended illnesses
disgusting pictures
painful memories
enforced pictures
fearful incidents
sad pictures
invalidated experience
only one lifetime
unknown incidents
lost friends
degrading experiences
forgotten lives
déjà vu
forgotten lives
abandoned pictures
past life experiences
memory
amnesia
forgetting
leaving bodies
past bodies
new bodies
lost possessions
forgotten pictures
death
losing a body
forgotten memories
invalidated memories
painful pictures
ignored pictures
fading pictures
fearful pictures
forgotten times
pretended incidents
unbelievable pictures

forgotten families
betwwen body experiences
unreal experiences
forgotten bewingness
abandoned deaths
negated existence
invalidated pictures
invalidated imagination
invalidated perception
things you don't want to find out about
negated existences
invalidated memories
negated imagination
abandoned perceptions
somatic
hidden standard
viewpoint
beingness
item
goal
purpose
postulate
safe solution
survival strategy
opposed identity
misdeed
withhold
missed withhold

(You can add to this list with further buttons as you feel appropriate)

3. You then take the largest reading button found in the above assessment and put it in the brackets below.

If "False (assessed button)" reads, continue directly to Indicator Tech this read, as if it were the False button in Indicator Tech. Use the item found at Step 1 as Source for your Indication of Truth or Imprinted, check REX and MEX, etc.; then go to Step 7.

Otherwise, continue to assess and note the reads on the rest of the list:

False (assessed button)

Omitted (assessed button)

Altered the sequence of (assessed button)

Used (assessed button) to excuse, justify or explain something

Used (assessed button) as a false scenario for something else

Dropped time out of (assessed button)

Added falsehoods to (assessed button)

Altered the importance of (assessed button)

Used (assessed button) to wrongly target something

Assigned the wrong source for (assessed button)

Made (assessed button) a contrary fact

Added time to (assessed button)

Added inapplicable data to (assessed button)

Incorrectly included other data with (assessed button)

Complicated (assessed button)

Suppressed (assessed button)

Invalidated (assessed button)

Unacknowledged (assessed button)

5. Indicator Tech the major reading line from the above assessment. Use the item found at Step 1 as Source for your Indication of Truth or Imprinted, check REX and MEX, etc.

6. Ask, "On (assessed button from Step 2): are there any considerations?"

Indicator Tech each consideration using the button as Source. Repeat the question until nothing is available or this is a P/N.

7. Put the assessed button from Step 2 on Repeater to P/N. Precede by "False" if that read on Step 3.

8. Re-assess at Step 2.

9. Repeat all the above until nothing reads and the issue is fully clarified.

PART II LEVELS

INSIGHT PART II - PROCEDURE

(1) List the question given or assess the Assessment List for the Level, to find the next reading Button.

(2a) Place Button from (1) in the brackets of the Question/Questions given at the head of the List or at the end and LIST for Item.

Verify in full.

Clean with Repeater and Indicator Tech to P/N.

or

(2b) Defense check with Indicator Tech to P/N, if instructed to do so.

(3) Assess for major read:

a) 'W/W would (Item from 2) oppose?'
b) 'W/W would oppose (Item from 2)?'

LIST for Item. Verify. Clean with Repeater and Indicator Tech to P/N.

(4) Continue by alternating (3a) and (3b) Questions until last Question P/Ns or cannot be got to read even with Suppress buttons.

(5) Repeater on Item assessed at (1) to P/N.

(6) Re-list or re-assess at (1).

NEVER TAKE-UP SECONDARY (MINOR) READS FROM ANY EARLIER LISTING OR ASSESSMENT - ALWAYS RE-LIST OR RE-ASSESS TO FIND THE NEXT READING ITEM.

End-of-Session Havingness

'Look around this room and find something you could **put up with**'
'Look around this room and find something you could **let remain**'
'Look around this room and find something you could **have**'
'Look around this room and find something you could **dispense with**'

(also use at start of session if can squeeze is inadequate)

SECONDARY SCALE

This list is included in case you should need any extra Buttons to clear any of the Assessments, to 'get to the bottom' of any Button that won't resolve in the form given on the List - e.g. **if the follow-up Questions do not read**. Assess this Secondary Scale as a prefix verb (use 'to' or whatever additional word is necessary to get the required meaning) immediately before the Button being re-assessed.

Faith in
Cause
Prevent knowing
No effect on
Effect
Obsessively can't have
Make something of
Create
Think about
Peculiar interest in
Disperse
Intend not to communicate
Badly control
Betray
Collect for
Substitute for
Withdraw from
Duplicate
Enter
Inhibit
Disagree with
Enforce upon
Agree with
Desire
Know
Fail to endure
Endure
Abandon
Waste
Fail to protect
Protect
Make nothing of
Survive
Fail in importance to
Important to
Propitiate
Attention for
Separate from
Fail to withhold from
Withhold from
Destroy motion of
Fail to attack
Attack
Dislike
Like
Compete with
Fail to help
Help
Fail to control
Control
Fail to communicate
Communicate
Fail to interest
Interest
Connect with
Have
Fail
Reason with
Challenge
Postulate
Make beautiful
Torture
Make ugly
Panic
Terrorise
Horrify
Make succumb
Feel affinity for
No affinity for
Start
Try to stop
Change
Try not to change
Calm
Win
Undermine
Lose
Civilise
Distrust
Imagine
Show contempt for
Make true
Believe
Not believe
Own all
Deny
Own nothing
Make responsible
Not responsible for
Make right
Make wrong
Try to stay with
Escape from
Throw out of control
Accept
Reject
Drive crazy
Unbalance
Degrade
Try to make guilty
Brutalise
Exhibit
Bury
Pain
Wound
Make apathetic
Mourn for
Plead with
Idolise
Lift
Drop
Push
Pull
Raise
Lower
Close with
Expose
Scorn
Punish
Crush
Make eager
Make responsive
Make content
Scandalise
Be indifferent

Love
Spurn
Neglect
Supplicate
Evade
Identify
Associate with
Impress
Get no response from
Kill
Revive
Resist
Contribute to
Contact
Deprive
Move
Humble
Ruin
Ennoble
Confuse
Disable
Educate
Sicken
Shun
Slander
Injure
Be with
Take away from
Part from
Continue
Criticise
Pity
Avoid
Preserve
Lose
Find
Use
Defy
Adjust
Threaten

Make serious
Hurt
Make irresolute
Doubt
Consider
Remember
Occlude
Receive
Make unconscious
Differentiate
Identify
Disassociate from
Eat
Sexually satisfy
Sexually arouse
Sexually repress
Create a mystery for
Trouble
Worry
Fool
Get into
Get out of
Approach
Force
Energise
Free
Dream about
Associate with
Satiate (satisfy)
Look at
Convince
Lie to
Fixate
Enthral
Entrance
Feel
Touch
Smell
Perceive
Hear

Speak to
Enjoy
Hold off
Attract
Defend
Harass
Nag
Heal
Distrust
Despise
Problem about
Dislocate
Deny
Unknown
Forget
Not know
Hide
Need
Approve
Own
Shame
Blame
Regret
Fail
Make amends
Grieve
Sympathise with
Fear
Resent
Feel no sympathy for
Anger
Antagonise
Bore
Conserve
Enthuse
Exhilarate
Trust
Make serene

Level 1

NEED

THE FINAL TRAP

The yogis figured a way to handle it but, on the whole, I figure you would prefer to run it in a matter of months rather than lifetimes.

Every salesman worth his salt knows it for sure. It's his total target before he can sell you a thing.

The whole of the Western culture runs on it and without it I doubt if anyone would do a stroke of work, they would sooner play.

It's the one thing that will keep you as a Spiritual Being asleep for the rest of forever.

And finally, to convince another of it is really the ultimate misdeed.

By now you should have guessed it but in case you haven't it is:

N E E D

A Being thoroughly convinced he needs something here will come back into a body and into the physical game. A Free Being doesn't need a thing. You name it and abracadrabra he can create it. With this Level flat you would have no need to return to a body on an other-determinism.

Need postulates Becomingness (being in a future time), therefore time and a Time Continuum and a very stuck Game, because Need relates to physical intermediaries acting as a communication point or an orientation point.

Need relates to loss. If you didn't fear the loss of something you couldn't want or need it. Loss relates to exteriorisation and the inability to do so. You need so you hang in there. You fear the loss so you can't exteriorise out of there.

This trap shows up as the second EP of Part I. I doubt it would run earlier but I think in any case it would be too tempting to try and handle it, so I've held it back to Part II Level 1.

RESOLUTION

We have been assured by religious leaders that if we perform certain rituals, repeat certain mantras or prayers, conform to certain patterns, suppress our desires, control our thoughts, sublimate our passions, limit our appetites and refrain from sexual indulgence, we shall, after sufficient torture of the mind and body, find something beyond this little life. And that is what millions of so-called religious people have done throughout the ages.

But a tortured mind, a broken mind, a mind which wants to escape from all turmoil, which has denied the outer world and been made dull through discipline and conformity, will - however long it seeks - find only according to its own delusion.

So to discover whether there is or is not something beyond this anxious, guilty, fearful existence, one must have a different approach altogether. Instead of seeking a future reality promised by another, we must take responsibility ourselves for understanding the present existence. Right now, for no other time has actual existence. Nobody and nothing can answer the question but you yourself, and that is why you must **know yourself**.

We have been told that all paths - Hindu, Christian, Muslim, etc. - lead to truth, which is plainly absurd. Truth has no path because it is living, moving. This living thing is **what you actually are** - it has no resting place, is in no temple, mosque or church,

and cannot be led to by any philosopher or priest or prophet - truth is within you, it is your life and your responsibility. It is by discovering the lies upon which your life has been founded, the misowned, false, Imprinted and delusory, that the actual underlying truth is revealed - the Being's **own** considerations, evaluations, decisions, postulates, goals, purposes and creations.

Needs are attachments, interiorisations into the Game. Attachment is a fundamental aspect of case, neglected by Western analysis, but always the cornerstone of Buddhist and other 'enlightenment' practices. It is about desire as the root of all contradiction - wanting something (for pleasure) and then not wanting it (for fear of losing it) - a dual activity. Wanting something with no fear of subsequently losing it is not attachment.

The conflict comes when you compare 'what is' with 'what should be'. Why do we have this psychological duality? We have been conditioned in what is right and wrong, what is good and what is bad, what is moral and immoral. Conditioned by thousands of years of propaganda that you must have an ideal that is the opposite of 'what is', in order to cope with the present. But this discourages the ability to confront and handle the present, to make the most of it and to realistically improve it. It encourages living in the future or past and it encourages hypocrisy and trying to become like somebody else.

Demand is born out of duality: 'I am unhappy and I must be happy'. In that very demand that I must be happy is unhappiness. When you demand an experience of truth or reality, if that demand is born out of inability to experience what **is**, then the demand creates the opposite. What you resist persists.

Buddha taught that suffering in life is due to a clinging or attachment to phenomena, which being naturally impermanent, cannot give the satisfaction of security. Above all, attachment to one's own identity (ego) is the prime cause of suffering, for this also undergoes change and dies. He suggested a path of 'right' actions to follow, which involved constant watchfulness for its fulfilment (but no case handling!). The essential message is that while personal growth must involve self-definition and a role in life, too great an emphasis on individuation produces a defensive ego-consciousness that becomes closed to change, through fear concerning its own maintenance. This closure is a sign of ignorance which only a profound emotional education can dispel.

The conditioning of the average person dictates a striving towards acquired wants (in addition to basic biological needs) and an anxiety about the achievements and the status of the person himself. In short, greed and illusion are the drives, fuelled by fear and anger, which maintain the fixed attitudes of a conditioned mind. This produces further experiences on one side of the dichotomy or the other, and so the cycle is self maintaining. Ignorance of the cause of the cycle maintains the compulsive striving or wanting associated with expectations of permanence and security of what is essentially impermanent and changing. Failure to achieve satisfaction leads to disappointment and aversion to the apparent obstacles. The cycle continues beyond death through necessitating rebirth.

The growth of character identity through emotional attachments implies a clinging to the perceived; yet since life is in a flux this involves an inevitable contradiction and disappointment. The 'right actions' of the Buddhist path, that are intended to enlighten the follower to his situation, inevitably require suppression of the opposing existent 'wrongs' and their rationalisations. So whilst the guidance of the path is

helpful, it is external and does not resolve the contradictions, and the lies which hold them in place, which are suppressed but active in the mind.

The actions of Level 1 however, do expose and resolve these mental barriers to realisation, and so we have a tool to accomplish, in weeks or months, what many have failed to do in many years of dogged meditation.

Procedure:

1. List your answers (on the meter, noting reads) to the following question:

"What needs do you have?"

(Note: this is not Verified Listing.)

The major reading item is cleaned with Repeater and Indicator Tech.

When the above question is no longer productive, the following Assessment List is assessed until there is a reading Button and then this is inserted into the Question

"W/W would need (.....)?"

The Item resulting from LISTING is Verified and then cleaned with Repeater and Indicator Tech to P/N.

2. The cleaned Item from Step 1 is then opposed (check first for the flow: the major reading of 'W/W would Item oppose?' or 'W/W would oppose Item?').

4. This oppose question is LISTED and the new VI run on Repeater with Indicator Tech to P/N.

5. Continue to oppose until a Question has no read with Suppress buttons or P/Ns. This completes the Probcon.

6. Finally, if it still reads, the original Need item from Step 1 is again run on Repeater with Indicator Tech to P/N. Then continue at Step 1 to find the next Need item to run.

If there is a Probcon in series with this Probcon, it will tie in with a later majorly reading Button, i.e. you will recognise it. On later Levels, the Level Assessments will enable you to look to another Level for the next Probcon in series).

The Level is complete when the question at Step 1 and assessing the full list just gives a P/N, or when the Next Level reads majorly.

ASSESSMENT, NEED

W/W would need .....?

Significance
Mass
Location
Sensation
Form
Exteriorisation
Power
Emotion
Attitudes
Affinities
Agreements
Communications
Justifications
Release
Aesthetics
Reason
Change
A Past
The Present
A Future
Mysteries
Automaticities
Own universe
To share a universe
To win
To control
To be controlled
A body
To join in
Orientation
Energy
Purpose
Proof
Death
Problems to solve
Reactive mind
Sleep
Conflict
Survival
Terminals of comparable magnitude
Revenge
Anything
Solutions
Perceptions
Validation
Undischarged ridges
Nothing
The Imprint
A time track
Loss
Freedom
Space
Illusion
To create
Opposition
Physical to agree
To impress
Understanding
To be free
The illusion of being free
Courage
Now
To be an exterior viewpoint
End of game
To hold a location absolutely
Safety
Exchange
Duplicates
Interest
To fight reality
Counter intention
Havingness
Introversion
Create an effect
To let go
Handle terminatedly
Relinquish a location
Relinquish this location
To end off
Protection
Resolution
End of cycle
Give up
Freedom from physicality
Immortality
Body game
Time
Communication
CUE
Doubt
To make amends
Loneliness
Dedication
Love
Escape
Duty
Memory
Forever
To prove it to others
An Achilles' heel
Sex
Rest
License
Flesh
Vindication
Admiration
Reason
Logic
To be duplicated
To exchange
To forget
To remember
Truth
Individuality
Co-existence
Vanishment
Obedience
Allegiance
To be source
Revenge
Ecstasy
Decency
Ethics
Romance
To do a duty
To clear their name
To look
To be looked at
Respect
Something to do
To know
To justify
To forget
Ideas
To beat the system

To run away
To be released
Worship
Forgiveness
Martyrdom
Eroticism
Omens
Signals
Portents
The unknown
Consequences
Magic
To hide
To hold on to MEST
To hold on to a body
To protect a body
To own a body
To control a body
To feel a body
To punish a body
To be a body
Beauty
Beautiful sadness
To be right
Effort
To play it safe
Approval
Light
To please
Eating
Drinking
To hide
Involvement
To help
Hope
To control
To be elsewhere
To learn lesson
To experience
To fight
To rest
To live
To remember
Caution
Colonisation
Defeat
To be ordinary
To conform
Conformity
To be like other people

Dreams
Illusions
Perceptions
Perception
Sickness
Illness
Make believe
Pretend
Possibility of a game
Control
Help
To hide
Pictures
A picture storage system
A mind
Problems
Action
To make amends
Sexual energy
Sympathy
Work
Desire
Feeling
Other beings
Motion
Self
Exteriorisation
Games
Abilities
Freedom
Motionlessness
Pleasing beings
God
Attention from God
To know
Blackness
Life
An attention unit
Wrong righted
Right asserted
Sensuality
Emotion
Fighting
The physical universe
Separateness
Randomity
Customs
Words
Education
Symbols

Communication
Degradation
Energy
A substitute beingness
A substitute doingness
A substitute havingness
Objectives
Games
Sanity
Beingness
To be invisible
Invisibility
Forever
To unknowingly create
To unknowingly create in order to get a game
Duplication
Destruction
Certainty
The truth
Oneness
To please people
Creative imagination
Opposition
Imagination
Fear
Satisfaction
A game
To uncreate
To knowingly create
To think
To be a free being
Exhaustion
To be an effect
To have things go right
To be a victim
Peace
Peace of mind
Health
Explanations
To know why
Terminals
Security
Knowledge
Fame
Work
Identity in the Game
Individuality
Self
To teach myself a lesson

To have a role
To stop
To possess
To alter
To protect
To be amused
To understand
To begin again
Friends
Plans
Solution
Solidity
Taste
Touch
A male body
A female body
God
Sacrifices
To pay a debt
Colour
Heat
Cold
Stillness
Rhythm
Silence
Music
Smell
Gravity
A partner
To belong to a group
To withhold
A particular person
Cigarettes
Drugs
Alcohol
Loving
Stroking
Animals
To run
To put the world right
War
Warmth
Order
Self-esteem
To maintain a reputation
To contribute
Fulfilment
Enlightenment
A spirit guide
Reincarnation
A viewpoint
To blame
To make amends
Revenge
Sexual attraction
Sleep
Habits
Rules
A routine
A challenge
Proof
To go fast
To go slowly
Wealth
Luck
Freedom for others
A healthy body
Present Time
Blackness
Answers
To talk
Toys
Kisses
To inflict pain
A face
Forgiveness
Mother
Father
Between lives area
To be a baby
Death
To look at sex
Books
The feelings of a body
Pleasant sensations
Sexual attention
Language
Travel
Adventure
Beautiful bodies
A home
Forbidden things
To meet again
Perversion
An evil purpose
Justice
Dreams
Support
To say good-bye
Madness
Sympathy
Healing
To sing
Perfection
Independence
To kill
Anaesthetic
A dangerous environment
Certainty
Eyes
A head
To know pain
Safety
To enforce
Genitals
The Sun
The Moon
To dance
Seclusion
To worship
Joy
To be right
Superiority
To meet people
To preach
A Teacher
An easy time
The womb
Recognition
Eyes to see with
Ears to hear with
Body to feel with
No responsibility
God
The Second Coming
Pictures
Explosions
Completions
Money
Consciousness
Death as a body

What do I need to exteriorise?

What need has been bypassed?

A need that needs to be re-run?

A Goal that needs to be run?

Something else?

Assess Fear (Next Level)

This list is only given as a suggestion and may be added to freely. Add anything you feel is a Need for you. The best source of inspiration is constantly recurring items you are listing out. Could be run with 'no' or 'not'.

When the list has been gone through and the major reads handled, Buttons may then each be called *three times*, to be sure the concept has been fully duplicated. Similarly if you *know* a Button is charged, this may get it to emerge and read, as may the Suppress buttons.

In addition, the Secondary Scale (page 51) may be used on a Button, *if you know it is charged* or *if it continues to read* after Probconning and it feels like an aspect of it is being missed. Assess the Secondary Scale as a prefix to the Button:

'W/W would need (Sec Scale) (Need Button)?'

For example: 'W/W would need Faith in Significance?'

ASSESSMENT B, NEED

If Need baulks the answer may be here:

Bypassed charge on Imprint restimulation?
Are there any other bypassed Imprint postulates or computations?
Error on Interiorisation Handling?
Bypassed charge preventing exteriorisation?
Bypassed Release point on Exteriorisation?
What is the Hidden Standard on Exteriorisation?
Is there any misdeed you would commit if you were Exterior?
Would it be dangerous for you to be Exterior?
If you knew you were Exterior what would you do?
Have I been Exterior from the Imprint phenomena? How many times?
False Exteriorisation?
Bypassed charge preventing perception of Exteriorisation?
Considerations preventing perception of Exteriorisation?
Bypassed charge preventing exteriorisation on earlier sessions or practices?
(List and use as separate questions if you know of any likely ones.)
What other approach has restimulated Imprints?
D/L the first Imprint?
Has the Imprint phenomena released?
Is there anything else I need?
What need would pull me back into the body?
A Dead Horse come alive but not on Open Line Assessment?
A Dead Horse come alive on Open Line Assessment?
Traumatic incident of Imprinting?
When have you Imprinted another?
When have you helped others to Imprint others?
What is a primary postulate of the Imprint phenomena?
What need has been bypassed?
What Imprinted postulate have I agreed with?
What Imprinted postulate have I disagreed with?
What is a People Pleaser?
The People Pleaser as a Postulate? As a Goal? As an Item? As a Safe Solution?
Where should you be?
What point (location) is unsafe?
What location could you have held absolutely?
Where did you get the first intimation of danger?
What place would you rather not be in?
What effort would it take to hold that location?
Something else on Exteriorisation?
Next Level?
Something Else?

THE LEVEL ASSESSMENT
(For Part II)

IMPRINT GOALS (Part I OLA)
NEED (Level 1)
FEAR (Level 2)
CORRECTION (Level 0)
NEXT LEVEL?
CORRECTION REQUIRED?
- Bypassed Postulates
- Free Being Correction List
- Hidden Standard
- Withhold
- Painful Consequences
- Ineffectiveness
- Past Misdeed
- Past Lives

SOMETHING ELSE? (Something Else List)

Level 2

FEAR

ANXIETY

We do not typically enter into Meta-Programming in a spirit of disinterested contemplation. Usually we are pushed by something inside of us that hurts, or which demands change, so we are motivated by a powerful sense of self-interest as we try to pick our way through confusion. We are driven by this just as much as by our intelligence and curiosity, and we demand answers that will allay our fears as well as accurately describe reality. But there is a potential for a peculiar conflict in this partnership between our fears and our intellect, particularly because we have trained our intellect to consider only objectively verifiable facts in its deliberations.

The problem is this: the sources of anxiety are ever present and powerfully compelling, while the establishing of certainties which rely on the gathering of incontestable facts tends to be slow and subject to distressing surprises and reversals. The overwhelming need to end my pain and put fears to rest is very capable of forcing logic to take the most nonsensical turns and even to distort perception.

Anxiety is an especially persuasive feeling state which can affect all the operations of the mind in a way that arguments and data never can. It may be ignored or repressed while we force it to wait, but it will still be there creating its distortions.

There is another feeling state which can do away with anxiety, and that is the feeling of certainty. Certainties are warm, dry, shelters in the storm. Anxiety can cloud thoughts and suspend you in a helpless paralysis, while a certainty - no matter how small or grim - lends a basis for decision and action and relaxation of the stress.

This yearning for certainty tends to make us simplify our views of reality; if we can categorise the endless stream of objects and events into a finite number of fixed concepts, then we feel we will have power over them. We describe these objects and events and assign them conceptual forms; these forms then become the bricks and mortar of our reality, the givens upon which future observations and responses are based. And if some bits of data contradict our definitions, or do not fit into our conceptual forms, we try to avoid muddying our present thinking by sweeping them into a large bin filled with all the things that ‘will be explained later’ or are 'wrong because they conflict with my beliefs'.

We have therefore a strong tendency to bend all our capacities towards establishing and guarding certainties, and once we have tasted it we have a strong compulsion to invest all of our observations, theories and beliefs with this feeling, so that they will become potent against our anxiety, although we may hide this from ourselves and consider the certainties as 'obviously true' or true because various authorities back them up. The ‘black and white’ thinking of dualities and dichotomies become entrenched, preventing an integrated or ‘holistic’ perception. And of course, the more collective agreement there is concerning ‘certainties’, the more emotionally potent they become. The movement from certainty to uncertainty is fear itself.

One of the major causes of fear is that we do not want to face ourselves as we are. Beyond the present moment where there does not appear to be any threat, there is a deeper layer in the mind which is unconsciously thinking of what might happen in the future or worrying that something from the past might reappear. Thought steps in and says, ‘Be careful it does not happen again’, or ‘Be prepared for the future - you’ve got something now but you may lose it. You may die tomorrow, your wife may run away, you may lose your job, you may never succeed, you may be lonely’.

A mind that is caught in fear lives in confusion and conflict. It suppresses this and dare not move away from its safe solutions and fixed ideas, and this breeds hypocrisy.

Most of us want to have our minds continually occupied all the time so we are prevented from seeing ourselves as we are. On the subject of Fear, we are looking directly into the face of the Imprint phenomena! We are afraid to be empty, afraid to look at our fears, afraid to experience the emotion of fear. This causes the 'mind chatter' that is familiar to anyone who has tried to silence their mind, perhaps in meditation. If you examine a meter needle at very high sensitivity (there is a special 'activity' meter for this purpose), you see continuous fast movements as the mind wanders from one charged item to another. This charge could be considered the gap between the Being and Present Time, between where you are and NOW.

The technique of meditation has been used to address this, to silence the mind so that the intuitive voice of the Higher Self may be heard. One way is to prevent thoughts occurring by a determined effort. This has the effect of suppressing reactivity behind a stone wall. Superficially there are gains but the Being's case is cast in stone and eventually he will pay the price as he comes down with a big bump or falls out the bottom.

The other primary method is 'mindfulness', watching the thoughts go by with a detached objectivity, learning from this where one previously would have identified and entered the stream. But this is a completely random process and what comes up gets no further handling. The procedure of this Project however cultivates this 'open' objectiveness in its techniques of Listing, Repeater and Indicator Tech. Only in the controlled environment of the session with the essential guidance of the meter, can the reactive material be effectively analysed, and the Reactive mechanisms dis-assembled.

Note that Repeater does use the concentration technique of mantra, but with pauses to allow the restimulated material to emerge. Clearing the extensive Lists in Part II is the ideal technique for this reduction of mental 'noise' and this benefit of a 'quieter mind' is analogous to 'opening the window of the soul'.

It should be stressed that the techniques of this Project are *not* intellectual processes. All the Cognitive Mind does is supervise the case and ask the Questions etc., per the Procedure. The Reactive mechanisms come up with Items and Expressions in stimulus-response fashion. The Being responds to Indicator Tech buttons with its knowingness. For this reason a quiet, receptive mind is appropriate. It is not a matter of 'Why's that?' think-think. As with being a counsellor, the Cognitive Mind needs to be completely neutral, non-judgemental, non-evaluative, giving a safe space and clean slate for the response.

Good Balance Action is often equated with case gain, but it is not quite so simple as that. A Rise reflects relaxation, it is a state of destimulation and withdrawal. The Fall on the other hand reflects tension or brain arousal, resulting from stimulation of the mind, and is a reach. It is a useful exercise to practice this mental reach and withdraw using the meter as a biofeedback device. Life gives 'Balance Action'. You could get Balance Action doing a crossword puzzle, playing darts or painting a picture but that doesn't necessarily resolve the case!

So Balance Action is not the be-all and end-all of case gain. The Being can visualise something, often an evaluation he has taken on-board, and then proceed to take it down again, and get Balance Action. It is possible to do this oneself by bringing the

Cognitive Mind into the answering part of the communication cycle, evaluating to the Being what should be there, and the Being mocks it up. You can overrun or become upset or wrongly indicate, then repair it, and get good Balance Action but no case gain! Or you could use a negative procedure on someone with lots of Balance Action but drive them into the ground (eventually there would be a high or very low BP). Balance Action is a valuable indicator that charge is being released on the particular Item addressed, but what Item is the crucial matter, because it determines whether the charge is off the actual case. And that depends on the technique being correct and evaluation being right out of the picture.

The real measure of case gain is things previously hidden being revealed, lies, repression and non-confront released, to get a new realisation of what you are being, doing and having. That is, increased ability, a new attitude transferred to life. So it is improvements in real life that we are looking for, to judge techniques and case gain, not arbitrary Balance Action. Particularly increased CUE, higher emotional level, higher causation and ethics in place. If these sort of results aren't being obtained then the correct action isn't being done or unhandled COEX is blocking progress, however much Balance Action is released on wrong Items.

The inhibiting fear of making mistakes breeds the importance attached to 'being right' all the time. We feel we must escape our pain, quieten our fears, and must act on this immediately. For this reason we are tempted to adopt beliefs and to defend them staunchly as truths. It is entirely possible for rational individuals to be absolutely certain about notions which later prove to be absurd. Indeed it happens all the time and you will probably have come across many instances of this in your own Meta-Programming. The perfect tool for exposing such self deception is Indicator Tech. On this Level we examine the fears, inspired or empowered by the Imprint phenomena, which lay behind the forming of compulsive and misguided certainties, or fixed ideas, which obscure from you the **actual** truth.

Our sensations and our realities are constantly shifting, and they are not best understood by clinging to any fixed notion, but rather by constant attention to our ongoing processes and by the constant adjustment of our conclusions; seeing reality as it is in the present moment, rather than having to fit in with past conclusions, safe solutions that may not match the actual situation, but which allay hidden fears.

This approach is that of 'being here' in the midst of our experience - bringing all of our sensibilities to bear upon a process in actual motion, gathering together all of our impressions without trying to make hard and fast distinctions between what is 'real' and what is 'subjective' until we begin to get an intuitive sense of how they inter-relate. This is the kind of non-limiting perception that is crucial to the gaining of fresh insights into the subtle and elusive causes and effects, of the spirit, mind and body.

The conditioning of our culture is empowered by fears of repetition of past trauma or of a continuous threat to our existence. The irony being, that the non-material spiritual Being cannot but survive, and can therefore **experience anything** without liability. If we are unwilling or unable to tolerate certain levels of stress - occasionally even very high levels - we are probably not going to accomplish much in our lives.

Many factors - bodily sensations, reactive associations such as traumatic memories and counter-intentions, expectations, emotions, intellectual analyses - are included in the assessment of stress or danger. When threat is perceived the body exhibits a 'fight or flight' response, pumping adrenaline through the system. Because so many daily

circumstances are perceived with anxiety, the body-mind (muscle tension plays a part) may retain an almost permanent state of stress, causing hyper-sensitivity and a restimulated, out-of-present-time state that does not permit the peace of mind required for intuitive reflection as described above. Fear is the main factor keeping the Being at a 'human' level of emotion, mainly concerned with survival. And so long as there is fear there is no love; a mind ridden with fear will never know what love is. In belonging to and depending on another there must always be anxiety, fear, jealousy and guilt.

And lurking behind this is the Imprinted conditioning which programmes us to identify with materiality, to interiorise into a fixed survival game on this planet, and to fear the loss of these attachments. So this Level, Fear, is the reverse flow of the first Level, Need. Need is a compulsive reach, while fear is a compulsive withdraw. Needs keep the fears in place, fears are meaningless without attachments, but it is worthwhile running this flow to complement the first Level and pick up on Items that are not recognised from the viewpoint of Needs.

If traumatic incidents appear on running this Level, they may be handled by use of the questions dealing with holding an unsafe location, run with Indicator Tech. To recap:

What location is unsafe?
What location could you have held absolutely?
Where did you first get an intimation of danger?
What place would you rather not be in?
What effort would it take to hold that location?
Then Date/Locate. All with Indicator Tech.

If an incident of overwhelming pain and unconsciousness is restimulated, which causes you to lose control of the session so that it cannot be discharged, or if at any time you feel that case concerning bodily pain or illness is in restimulation and unrunnable by yourself, it will be necessary for you to obtain Traumatic Incident Reduction sessions from a competent counsellor; <u>if there is any difficulty whatsoever, your Case Supervisor must be informed and the matter fully handled, before proceeding with Meta-Programming.</u>

Misdeeds and withholds should be handled with Indicator Tech. Upsets should be fully explored. Safe Solutions (which may be justifications for misdeeds) should be run with the Six Questions and also, 'What does this get you into?' and 'What does this get you out of?' Goals or Identity Items should be added to the OLA and the Level Assessment will tell you when to run them.

Procedure:

1 Consider: 'What fears do you have?' and assess this list for the major reading fear, clean the Item with Repeater and Indicator Tech and handle further in Step 2. Note, this is not a Verified List, there is no singular item to be found.

When this is no longer productive, use the following main Assessment List. Assess ('Is there a fear of...') for the next reading fear, clean the Item with Repeater and Indicator Tech and handle further in Step 2.

2 List: 'What is the need that relates to (assessed fear)?'

This is a Verified Listing action. Handle the resulting need VI as assessed needs on Level 1, i.e insert the need in the further Listing Question:

'W/W would need (.....)?'

Verify, Indicate and clean the VI, and then Probcon it to P/N.

(Note: the VI may be an Identity, in which case the Probcon will become a Parcel that may lead on to a full Goal Conflict Structure).

3 Assess the Defense Checklist overleaf, asking:

'On (assessed fear) is anything being (Defense)?'

4 With each reading button run Repeater to P/N, with the format:

'(Defense) about (fear)?' repeated.

(<u>Run all reading Expressions with Indicator Tech</u>)

Defense Checklist

On (assessed fear) is anything being ...

SUPPRESSED?
INVALIDATED?
DENIED?
IGNORED?
MIS-OWNED?
OVERLOOKED?
FORGOTTEN?
JUSTIFIED?
EXPLAINED AWAY?
GUARDED AGAINST?
CONCEALED?
UNACCEPTABLE?
MIS-PERCEIVED?
ABANDONED?
INSISTED ON?
OBLIGATED?
AVOIDED?
RESISTED?
REDUCED?

ALTERED?
TWISTED?
MANIPULATED?
DECIDED?
IDENTIFIED WITH?
DESIRED?
HELD ONTO?
RUSHED?
UNEXPRESSED?
MISSED?
BELIEVED?
SACRIFICED?
ENFORCED?
FIXED IN PLACE?
MADE IMPORTANT?
DISLIKED?
RUN-AWAY FROM?
COVERED UP?
WASTED?
ATTACKED?

FRUSTRATED?
EXAGGERATED?
PUT ONTO OTHERS?
NOT REPEATED?
PRETENDED?
SEPARATED FROM?
DONE-IN?
MADE WRONG?
MADE RIGHT?
GOT INTO?
GOT OUT OF?
GIVEN-UP ON?
UNACKNOWLEDGED?
ASSUMED?
PRESUMED?
GENERALISED?
ILLOGICAL?
UNREALISTIC
SELF-DEFEATING?

ASSESSMENT, FEAR

Is there a fear of...

Death
Pain
Losing child
Losing parent
Losing partner
Being there
Communicating
Not conforming
Loss of control
Things going wrong
Making mistakes
Confusion
Mystery
Hitting the ground
Being chased
Prosecution
Attack
Rape
Impermanence
Chaos
Change
Losing self
Failure
Overwhelm
Being alone
A strange place
A new situation
Dead body
Speaking in public
Needle
Knife
Insane
Spirit possession
Falling
Being ridiculed
Explosion
Loud voices
Crowded room
Underground
Unfairness
Filth
Second Coming
God
Secret police
Being sacrificed
Slander
Curse
Threat
Devil
Rats
Secret weapon
Trouble
Killer
Psychopath
Retaliation
Plague
Sharp edge
Trap
Nakedness
Slippery slope
Being target
Vulnerable
Exposure
Fast cars
Dentist
Surgery
Ill health
Sirens
Alarm bells
Entering occupied room
Annihilation of Self
Losing self
Castration
Amputation
Deafness
Dumbness
Blindness
Paralysis
Ghosts
Be forgotten
No memory
False charge
Racism
Sexism
Confession
Starvation
Doing terrible action
Empty space
Unfaithfulness
Violation
Not being loved
Being ignored
Head squashed
Being captured
Assault
Incest
Damnation
Found guilty
Omen
Bad news
Blackmail
Hopes unrealised
No ideas
Burnt alive
Gas chamber
Losing mind
Losing someone's love
Old age
Life going by
Not being good enough
Mutilation
Decay
Locked up
Criticism
Shame
Humiliation
Demotion
Hard labour
Death sentence
Energy beams
Being grabbed
Indignity
Reprimand
Looking stupid
Trial
Day of reckoning
Impalement
Mass execution
Crucifixion
Strangulation
Poverty
Rejection
Underground
Electrocution
Firing Squad
End of Mankind
Evil eye
Poison
Infection
Explosive
Radioactivity

Catching fire
Ground giving way
No air
Hanging by a thread
Long drop
Gun barrel
Can't move
The moment
Trance
Making conversation
Excommunication
Exclusion
Unseen
Unexplored
Unfamiliar
Possessiveness
Sentimentality
Competitiveness
Rival
Revenge
Being eaten
Barbarity
Slaughter
Blood
Being picked on
Destruction
Cruelty
Debt
Separation
Attachment
Being seen
Embarrassment
Being let down
Top heavy
Frailty
Leak
At the mercy
On the brink
Unprotected
On thin ice
Under fire
Surrounded
Trapped
Sentence
Execution
Getting lost
Defeat
Nightmare
Operation
Present time

Argument
Cell
Leper
Robber
Intruder
Isolation
Alone
Unpopular
Destiny
Anger
Being found out
Not knowing
Being bypassed
Consequences
Hurting another
The unknown
Looking down
Aeroplanes
Wild animals
Strangers
Ecstasy
Train journeys
Telephone
Tantrum
People in authority
Insects
Snakes
Injections
Seeing a beating
Large constructions
Sea
Large crowds
Decay
Being picked on
Large open spaces
Cats
Deep water
Tough looking people
Being watched
Dead animals
Dead bodies
Weapons
Dirt
Rejection
Being left
Losing loved one
Wife leaving
Violence
Mathematics
University

Incomprehension
Invasion
Loss of game
Love
Pointed implements
Ugly people
Fire
Sick people
Illness
Agony
Being criticised
Elevators
Parting from friends
Coffins
Jesus
Satan
Void
Can't come back
The unconscious
Enclosed places
Medical odours
Disapproval
Cemeteries
Churches
Darkness
Dreams
Missing a heartbeat
Nude men
Nude women
Ecological ruin
High technology
Doctors
Deformity
Looking stupid
Fainting
Cliff edges
Being sick
Choking
Making decisions
Going insane
Alone with a woman
Alone with a man
Examinations
Being touched
Feeling different
A lull in conversation
Fear
Performing
Death of a child
Getting pregnant

Being run-over
Coming last
Sex
Losing possessions
Being boring
Dancing
Singing
Making love
Playing instrument
Impotence
Masturbation
Large penis
Ugliness
Vagina
Large breasts
Sexual criticism
War
Police
Boss
Headmaster
Waiter
Conscription
Exhaustion
Torture
Birth
Hypnotism
Aliens
Black magic
Penetration
Brain surgery
Shock treatment
Imprinting
Witch-hunt
Epileptic fit
After death
Having to tell
Genocide
Between lives
Tax Inspector
Bank manager
Judgement
Time
Space
Mass
Energy
Electricity
Homosexuality
Truth
Letting go
Remembering

Having to create
Losing
Unconsciousness
Responsibility
Emotion
Stopping
Force
Starting
The past
Futures
Decisions
The present
Blame
Apathy
Inadequacy
Grief
Death of the body
Losing self-control
Dropping the ball
Letting others down
Drowning
Being caught
Girls
Work
Men
Games
Boys
Motionlessness
Women
Displeasing people
Children
Blackness
Babies
Automaticity
Drugs
Opinions
Randomity
Postulates
Spells
Being duplicated
Effort
Unknowingness
Important people
Famous person
Suppressive person
Poison
Responsibility
Disappearing
Being nothing
Having nothing

Doing nothing
Unable to escape
Being zapped
Being reported
Overwhelming flows
Being solidified
Robots
Subliminal control
Unforgiving
Power source
Being split
Being joined
Being lost
Being found
Black hole
Outside the universe
Astral planes
Time travel
Space wars
Other dimensions
Something else?
Assess Exteriorisation?
(Next Level)

THE LEVEL ASSESSMENT (For Part II)

IMPRINT GOALS (Part I OLA)
NEED (Level 1)
FEAR (Level 2)
EXTERIORISATION (Level 3)
CORRECTION (as a Level)
NEXT LEVEL?
CORRECTION REQUIRED?
- Bypassed Postulates
- Free Being Correction List
- Hidden Standard
- Withhold
- Painful Consequences
- Ineffectiveness
- Past Misdeed
- Past Lives

SOMETHING ELSE? (Something Else List)

Level 3

EXTERIORISATION

OUT OF YOUR HEAD???

To my mind to bring up the question of exteriorisation in the context of the subject of Full Realisation, is about the same as asking whether a champion Olympic Athlete can bend down and tie his shoe laces! In other words, more than somewhat non-sequitur.

The impression has been given that exteriorisation was relatively easy to accomplish and was far more linked to spiritual abilities than it in fact is. One only had to be out of his head to do this, that and the other. Apart from the fact that one gains the certainty that one is a Spiritual Being and not a body, it is in fact fraught with liabilities.

The conventional view is that death is a trauma and birth is a trauma and these get restimulated by exteriorisation. In the face of that much charge the Being is no longer sessionable and the answer has been the Interiorisation handling, a somewhat fragile solution and usually requiring several goes at it before it will more or less stay in. Certainly the Being isn't going to pop out again so easily thereafter, which I think beggars the question: how can Interiorisation handlings go out again so easily, if the Being isn't popping out again?

I have always been somewhat suspicious of the rationale of this situation. The error, I believe, lies in the fact that in this Western culture, death, due to our soft way of living and our over-eating of junk foods, is usually death from something. In the East birth is usually quick and the mother is back in the fields working straight away. That doesn't sound much of a painful trauma to me!

I agree that there is a cause, but it is neither death nor birth. It is the Imprint phenomena! The Being gets a major restimulation of it when he interiorises back into the body, and that is twice nailed in the head instead of once. This is why Interiorisation handlings are so fragile as they don't even pretend to take on the Imprinted case.

A further difficulty comes from incomplete definitions as to what the deeper levels of case are. The Stable Case is at cause over his mind to a significant extent, yet he knows he is still up to his eyebrows in case. Case can best be defined as anything that is persisting unknowingly. Now if a spiritual Being, one or many, is unknowingly creating a persisting Physical Universe would this not suggest that the case is not just some aggravating mass and stress in the top of your head but actually incudes the whole Universe itself? If one can now take this view, then the whole question of 'exteriorisation' takes on a different colour entirely. Does it really matter whether you are out of a head when you are not out of a universe? One is still IN something - Interiorised. If exteriorisation could be considered to mean no longer interiorised into ANYTHING; that is probably the true meaning of the condition. Anything else is merely a step in that direction, a shoe-lace tying job.

A Stable Case, given the above definitions, could be said to be, at least to a substantial extent, exterior from the mind's reactive mechanisms. He is now up to viewing the Physical Universe without having to plough back into new restimulation. There is enough causative energy available to hold his space as a Being in a Universe. He now computes between himself and the world and no longer between himself and the masses in his head. He can now LOOK and handle an actuality most of the time. If he can't his problem is more likely to be a lack of data than his case.

Knowing, creating, imagining, predicting, knowing about, mocking-up, lying, postulating, looking at, seeing, remembering, forgetting, occluding, and negating are all ways of viewing this thing we call the Physical Universe. We put it there, pretend we didn't, and view it from a safe via that won't duplicate, so the game can continue.

When you take that lot down and cease your interiorisation in it then you will be Exterior and Fully Realised. In the meantime there are various way-stops that are a hell of a lot more fun than this 'best of all possible worlds'.

I hope that this has put exteriorisation into its proper perspective once and for all, and, incidentally, probably given a truer view of the mind, and your participation in the persisting universe, and the games Beings play and pretend otherwise. I hope so, because that is what this Project is aiming to sort out terminatedly. If you want to really go exterior, then you want to be Fully Realised. Otherwise, best forget it, as it is yet one more part of the illusion called Physical Universe Game.

I am of the opinion that the whole lower case handling is only drawing charge off the same basic Imprint phenomena. No wonder so many have trouble with Past Lives and Exteriorisation. Obviously no Imprint worth a nickel is going to let you exteriorise. You may decide to keep going and that wouldn't do - or would it?

EXTERIORISATION AS A LEVEL

An awful lot has been said on this subject and many methods have been recommended. But the net result is that stable exteriorisation has not been brought about on all cases addressed. The explanation, I am sure, is given in my article above and until the whole of this Project is complete, it is not an EP that should be anticipated.

The bulk of the 'Why' you have tackled on Level 1 and 2, and this Level handles the residual charge on the subject with a **thorough Defense Check of each reading Button with Indicator Tech on every answer.** I cannot stress too thoroughly the EP is not stably exterior any more than it is on the Interiorisation Handling. It is no more charge on the subject or concern with it. Your attention is no longer hung up on it as a problem.

If a particular Item is very charged and the Defense Check alone does not flatten it, then do a Parcel or Probcon from the Item. This is not recommended for every reading Item because they are open ended and may well come up again and if you have parcelled them all then they are unlikely to and you will miss out on pulling the disinformation off on the attached Expressions which was not available on the first time through.

On this Level you are getting off the lies and false-misdeeds on the subject. You are handling Interiorisation as a charged subject so that it shouldn't kick in again.

The Being's deep concern with Exteriorisation is not really that he wants to know how to be exterior, though he will at first believe this. His real concern is whether he can do it safely without getting clobbered again. Sooner or later he is going to have to do it when he dies. He has been clobbered so often he seeks to avoid a further occasion, hence his concern. This area is flat when the Being is no longer concerned nor does he think being able to, is either a solution to a problem or even relevant.

For these very reasons, it is very easy to overrun. One's anxiety to produce an objective EP causes more Expressions to read but they don't run well. If you suspect an overrun then you will have to restore the release. So be alert to this difference of EP, as it is difficult to spot. This Level can be a long runner as were the previous ones, but as usual this is variable from case to case. I mention it as guidance to avoid under-run which is equally important to avoid. It is a nice judgement, to spot the moment and go on to the next Level smoothly.

On this Level, you could assess the major reading Misdeed-Incident (see next page), from relevant material that has come up.

MISDEEDS AND JUSTIFICATIONS

A misdeed is an action that runs counter to the important intentions of the majority of people affected by the action. A destructive act done by the person against one or more of the 10 Domains (of self, family, group, mankind, animal and plant life, the physical world, spiritual life, the universal, aesthetics and ethics).

A justification, or motivator, results from a misdeed which the person, or one of the above Domains, is considered to be the effect of. The misdeed is then justified and this motivates a new misdeed - the act of revenge.

Someone who has received a misdeed may tend to believe he has done something to deserve it. Someone who has done a misdeed may tend to create reasons for why he did it. People may thus rationalise that they caused something bad when actually they were only involved in something bad, or even just learnt about it happening, without actually having caused it. Or they may believe they only were only involved in something bad, when the truth is they actually caused it. Some people tend to see misdeeds they have done, while others tend only to realise misdeeds they have received.

It is known in counselling that, for example, traumatic incidents that won't resolve by running what was done to the subject, usually resolve by running what he/she did. And vice versa, those that won't resolve by running what the person did' usually resolve by running what was done to him/her. A client can be trying to run out a misdeed he thinks he has done when actually he didn't do the misdeed, and vice versa, he can think he didn't do a misdeed when actually he did.

The same pattern occurs with emotions. A person in grief over loss, who can't resolve this by examining the incident, has in fact caused grief and that can then be run satisfactorily. Similarly with the other emotions (such as fear and anger) where they are frozen or can't be felt.

In Meta-Programming, Indicator Tech is a valuable tool to sort these things out. The principle fact here is that on most cases the misdeed may well be a false misdeed, given by the Imprint phenomena. There are many of these to watch out for. The primary Misdeed-Incident is likely to be on some aspect of Imprinting others.

Use Indicator Tech to isolate False Misdeeds. If this does not completely resolve, then Date/Locate and this will release it as being part of an Imprint, if the D/L is done carefully with Indicator Tech, as explained in the Part I pack. Don't buy any wooden nickels as the essence of an Imprint tends to make you feel guilty of 'something', like a 'missed-withhold of nothing', so that it justifies you being Imprinted. So don't buy it!

THE PEOPLE PLEASER

Not only is the 'People Pleaser' a Goal, but it is also a Substitute Doingness for the Being. It keeps him occupied and in the game. If he won at it, it would spoil the Game.

The most classic example in modern times, whichever side of the argument you are on, is the Union leader Arthur Scargill. He is dramatising his People Pleaser publicly in a compulsive, over-the-top fashion that is quite out of touch with reality. The People Pleaser dramatisation produces dedicated allies and equally determined and dedicated enemies. IDs and OppIDs in abundance. It also produces the Substitute Game, the Physical Universe Game.

You can't win at the People Pleaser because its artificiality is felt by others, and however successful you are being, your efforts are rejected. It sets you up for invalidation with extreme prejudice. Those adherents who can accept your People Pleaser and depend on it, only lend fuel to the flames of your zeal. Others will consider them, in extreme cases, as euphorics and zealots - the artificiality of the People Pleaser demonstrated on a via. It is destructive of CUE and as we all know, this valuable commodity is directly related to increased freedom. To quote a well-known saying: 'You can please some of the people all of the time and all of the people some of the time, but not all of the people all of the time'.

It came up quite naturally, in my case, after four Goals with their attached 'Needs'. So just plough on, you will know it when it comes up. I only include this for your information, so you will know what it is you are handling. I hope it pleases!

This Substitute Doingness Goal will eventually turn up in this or the previous Levels. Just spot and run it, and keep your eyes open for the Substitute Havingness Goal!

ASSESSMENT, EXTERIORISATION

Assess:

Between Lives Imprint
Dangerous
Involvement
Space
Body
Mind
Game
Conformity
Forever
Duplication
Source
Isolation
Desperation
Escape
Misemotion
Create
Misdeeds
Energy
Exchange
Unconsciousness
Victim
Exterior Viewpoint
Exteriorisation
Death
Release
Fear
Havingness
Nothing
Going off
Responsibility
Misownership
Dizziness
Conditions
Existence
Oblivion
Power
Aesthetics
Justification
Withhold

Failed
Difficulty
Desire
Here
There
Compulsion
Obsession
Guilty
Location in space
Wavelength
Matter
Human Mind
Upset
Loss
Consequences
Stay
Leave
Forget
Remember
Know
Not know
Viewpoint
Symbol
Disorientation
Confusion
Darkness
Blackness
Invisibility
Mystery
Fighting
Opponents
Survival
Universe
One pole
Static
Attention Unit
Trapped
Elsewhere
Not here

Awake
No game
Physical Universe
Kinetic
Familiarity
Surprise
Dedication
Duty
Interiorisation
Introversion
Unknown Energy
Discharge
Undischarged energy
Mysterious Energy
Go Somewhere
Fight
Stop
Flow through
Fend off
Avoid
Neglect
Attack
Not-is
Flee
Challenge
Consideration
Postulate
Opinion
Another Being
Unknown Energy Flow
NOW

What sort of trap could Free Space be? (LIST)

Something Else?

Assess Introversion? (Next Level)

This list may be added to. Could be run with No or Not.

Procedure: thorough Defense Check of each reading button with Indicator Tech on every answer.

THE LEVEL ASSESSMENT
(For Part II)

IMPRINT GOALS (Part I OLA)
NEED (Level 1)
FEAR (Level 2)
EXTERIORISATION (Level 3)
INTROVERSION (Level 4)
CORRECTION (as a Level)
NEXT LEVEL?
CORRECTION REQUIRED?
- Bypassed Postulates
- Free Being Correction List
- Hidden Standard
- Withhold
- Painful Consequences
- Ineffectiveness
- Past Misdeed
- Past Lives

SOMETHING ELSE? (Something Else List)

Level 4

INTROVERSION

INTROSPECTION

We are looking on this Level to correct those things which cause a person to fixate his attention **inwardly** on himself. Compulsive introspection is caused by a **wrong indication** being given, by the person himself, by others around him or by accepted information, which causes him to look inwardly and worry about the mystery caused by this error. In a normal person this causes diminished activity and unhappiness or illness. With a neurotic person it can push him over the edge into insanity or psychosis.

Wrong indications may come about as a result of invalidations, of being made to agree with something under duress, of forms of violence, of being made to feel he has upsets when he hasn't and various indications of people such as inaccurate or generalised criticism, which act as counter-intention and stop his flow.

This may begin early in childhood with the 'overcautious-parent' syndrome - 'What are you doing?', 'Careful, careful, careful!' when you're climbing up a ladder, and such things that interfere with the natural flow of simple actions, so the person arrives at a point in life where he is inhibited from handling the world around him. Such a person has to think about everything he does, rather that just do it.

Harmful intentions that stem from identities that were adopted as a result of having his flows chopped up, earlier in this life or perhaps in others, may cause a person to continuously self-check and inhibit himself. Handle these factors and a free and unimpeded expression becomes possible where previously there had previously been inhibitions, i.e. masses and ridges.

INDIVIDUATION

Beings are separate as individuals, a viewpoint within the Game, and are most effective when they are separate as individuals, but not compulsively so. Compulsive individuation can be the result of a breakdown of communication, understanding and empathy, with blocked flows manifesting as massed energy (ridges). At the extreme this can lead to a split-off second self, or even the perception of a demon which is attacking the body.

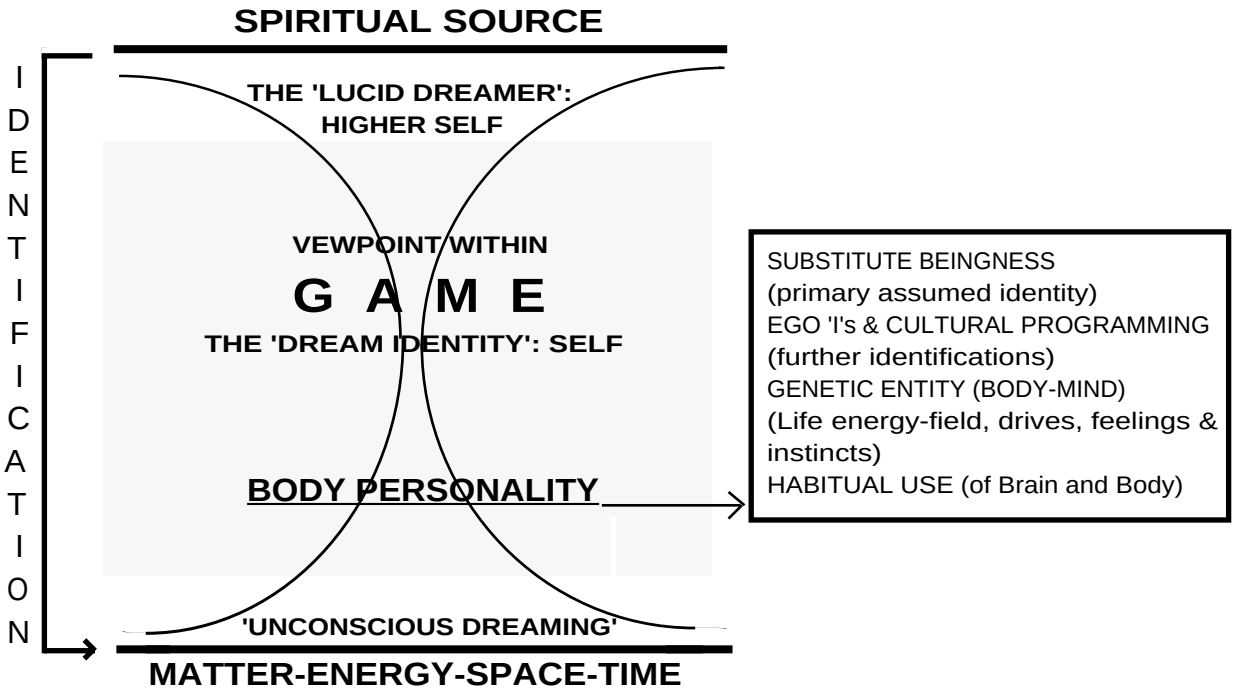
In the absence of CUE there is scarcity rather than an abundance. And as we have seen earlier, the consequence of scarcity is that, as creative Beings, we remedy that scarcity by fantasy.

Individuality is a higher harmonic of individuation, where a Being is expressing his true and unique nature in the light of reason and ethics. The Being has adequate CUE, therefore there is no need for this compulsive fantasy and such conditions do not manifest.

For the purpose of Game, separateness, fighting and opponents are integral parts of the action. But this is a Games Condition (a necessary but usually unknowing and therefore compulsive aspect of a particular Game), rather than an attribute of Spirit itself, which in its pure and uncomplicated expression would lead to a higher type of game based on CUE, in which competition is to creative ends from which all benefit. In such a game we can all be winners, because 'spirit of play' is the ethic, not a competitive struggle which requires the loser to suffer.

The relationship of the Spiritual Being in relation to the Physical Universe is closely analogous with the process of dreaming which occurs in the Being's own created

universe. He is the dreamer but whilst dreaming, considers himself to be a new dream-identity, playing the game or story of the dream. If you can imagine a dream from which one never wakes up, that is the rather scary situation we are in on this plane of existence. It is possible to acquire the ability of 'lucid dreaming' in which the dreamer recognises that the dream is in progress and is able to affect the dream - he knows it is a dream and that he is not actually limited to the viewpoint being taken in the dream, and realises that he does have a knowingness outside of it. This is a part awakening, and may begin to occur regarding this universe during the Insight Project (and may also occur in your dreams).



THE PHENOMENA OF DRUGS

Just as he compulsively creates when threatened by a scarcity, the person who perceives an apparent effort to destroy him, fantasises obsessively and unknowingly. Because this is reactive, they will tend to be images from the reactive mental mechanisms plus a combination of imagination and the present situation. He can do this so effectively, that it becomes more real (and safer) than perception of current reality. The person is then actually only partially here, and partially in some past events or altered version of reality.

This is amplified by the use of drugs, whether forbidden substances or the more conventional ones, such as alcohol or tobacco, when these things are indulged in to excess. They are a solution doomed to fail. People who attempt to use drugs as a safe solution are individuated, i.e. in a state of compulsive individualism, as described previously. Drugs produce a threat to the body like any other poison, the Being reacts by mocking-up and there is an altered version of reality.

The memory is not made up wholly of a sequence of current events. It's the created combination of past incidents, imagination and present events, and this delusion is a result of owning the created elements as if they were real. Where a person has not had a drug history this may only be a small part, whereas with a person who has, it may pass the 50% mark. His memory does not contain, in the main part, the same series of events as actually happened.

How then is a person using drugs as an attempt at a solution? A drug may be taken so the person can exit an unbearable situation, such as the loss of a job or a marriage breaking up, and drugs may cause him to leave consciousness altogether. If he gets very accustomed to that he may not entirely return back to Present Time. Even in the absence of drugs you could retreat from a situation into the past or out of consciousness altogether, however there is a tendency to rock back into Present Time when the situation passes, whereas with drugs it isn't necessarily so.

This factor may be contributing to the chronic restimulation because there is this effort versus counter-effort between excessively fantasising and finding as a result you are actually destroying yourself and the reality you share with others. Reduced CUE results, as what is going on for him is not what is going on for other people.

In the face of a dangerous environment, a person tends to go either fully into P.T. or to retreat from it - this is the 'fight or flight' response to a threat. Less sane people may get stuck in that retreat - either they are overwhelmed by it and are stuck in a moment of the past (low BP types), or banged in the middle of nowhere as they retreat from a long gone time (the high BP of dissociation). And every time a person is overwhelmed or banged in the middle of nowhere they fantasise a few more pictures because they need to counter the threat of anihilation, or to turn their particular form of nowhere into a somewhere, and to obscure where they have actually gone.

A better solution than taking drugs is to confront a situation and handle it. It is necessary to integrate the mental process with actual emotions and action of the body, so things actually *get done*, right now - only then is the person in Present Time. It is necessary to resolve the Mind/Body Split which is caused by the above phenomenon of individuation and compulsive fantasising. By being more grounded in present reality, this also serves to make the person unhypnotisable, less suggestible to

outside determinism and helps to awaken him from the cultural trance. The necessary techniques to achieve this begin with this Level.

This Level extraverts the attention onto Present Time, by locating the restimulators in the environment. The area is loaded with Misowned Items, so check every time when you Verify the Item after Listing.

By Probconing the Item, you are taking apart the Imprinted intentions and counter-intentions, entangled with your intentions and counter-intentions, and in the very charged unstable case, these are what cause the violent psychotic breaks that end in murder and mayhem. The Misowned Items **are** these intentions and counter-intentions. Together they are the basis of insanity. You are not meant to challenge it, only to conform. So check everything thoroughly and misown nothing. The most intense, violent and passionate charge will shut off miraculously and immediately, as soon as you spot the source is Imprinted, and cease to consider it as your own.

The whole area is very suppressed, so when assessing if there is the slightest twinge on the needle, put in Suppressed and Invalidated if necessary, to be sure that is not the Button you want. This list must be P/N'd before you leave it using Suppress buttons on all List Buttons that don't immediately P/N, until you can call the Button and have it P/N.

Sometime near the end of the Introversion questions, with maybe 30-40 Probcons run, you will likely recognise a type of wrong indication that you are using or that is being used on you in Present Time, which points up the major difficulty you have been trying to handle for some while. Put this in the form of a Question (W/W would...?) and Parcel it to shut off the charge.

E.g.
W/W would force an upset on someone?
W/W would demand non-existent withholds from someone?
W/W would make someone feel they have a problem when they don't?
W/W would accuse someone of something they didn't do?
W/W would reject another's withholds?
W/W would ask for things that don't exist?
W/W would do someone in?
W/W would interrogate another for no reason?
W/W would unjustly invalidate another?
W/W would validate another for something wrong?
W/W would hit another unfairly?
W/W would question another's identity?
W/W would question another's intentions?

This Level is ready to be run when Exteriorisation no longer seems to be the real problem, as it runs as the opposite flow. The restimulators in Present Time that kick in one's anchor points, so one remains interiorised into the Imprint programme, and one's solutions to it, are opened up to the light of day and erased.

ASSESSMENT, INTROVERSION

Were you given a wrong indication?
Were you told your purposes were incorrect?
Were you told you had purposes you didn't actually have?
Was some creation of yours falsely invalidated?
Were you hit for no reason?
Were you given false purposes?
Were you given a false beingness?
Were you accused of something you hadn't done?
Were you given a mission?
Were you invalidated for something you didn't do?
Were you told you were being suppressed by something?
Were you set up to be suppressed by something?
Were you interrogated for no reason?
Were you told you were someone you weren't?
Was your real beingness invalidated?
Was your real beingness not believed?
Was your real purpose invalidated?
Was your real purpose not believed?
Were you validated for something you knew was wrong?
Were you validated for something you didn't do?
Were you made to wait for something?
Were you asked for things that didn't exist?
Were you given things that didn't exist?
Were you made to accuse yourself of things you hadn't done?
Were you given misdeeds you hadn't committed?
Were you set up to commit misdeeds?
Were you given problems you didn't have?
Were you given false incidents?
Were you set up to withhold your real beingness?
Were you set up to withhold your real purpose?
Were you set up to withhold your real goals?
Were you set up to CUE break with something?
Were you set up to withhold something?
Were you set up to need something?
Was something done other than what was said or agreed?
Were you set up to mock-up something forever?
Was something you wanted taken away?
Were you given something you didn't want?
Were you given a solution you didn't want?
Were you given the need to fix your attention to avoid thought, discomfort or pain?
Were you ordered or commanded to do something?
Was data omitted?
Were you given an altered sequence?
Were you not given the correct time?
Were you given a falsehood?
Were you given an altered importance?
Were you given a wrong target?

Were you given a wrong Source?
Were you given contrary facts?
Were you given cross orders?
Were you given something to hang up your attention?
Were you given a false withhold?
Were you made to believe something that was false?
Were you given drugs?
Were you given something that you misunderstood?
Weren't you able to understand what was being done?
Were you given something that went on too long?
Were you given a wrong explanation?
Were you given a hidden standard?
Were you given a stuck picture?
Were you made to separate out?
Was the MEX or REX made more solid?
Were you given a substitute for something?
Were you introverted by something?
Were you set up with unattainable goals?
Were you set up with unachievable purposes?
Were you set up with non-existent targets?
Were you asked for the impossible?
Were you set up to seek something that doesn't exist?
Were you set up to do or die on an impossible goal?
Were you set up to seek unattainable perfection?
Were you set up to achieve the impossible?
Were you set up to seek the unattainable?
Were you set up to ask for something that doesn't exist?
Were you set up to reach for something that cannot exist?
Were you set up to do the impossible?
Were you set up with impossible targets?
Were you set up to win by losing?
Were you set up to lose by winning?
Were you given a Catch-22?
Were you given a Catch-22 target?
Were you given a Catch-22 situation?
Were you given a confusion?
Were you given more than one mission?
Were you given something you couldn't duplicate?
Were you given commitments you didn't want?
Were you given a nonsense conundrum that won't solve?
Were you given a false beginning to an incident?
Were you given a false ending to an incident?
Was NOW made impossible to confront?
Were you given a space to hold absolutely?
Were you given an energy to hold absolutely?
Were you given a time to hold absolutely?
Were you given a mass to hold absolutely?
Were you given a location to hold absolutely?
Were you given a motion to continue absolutely?
Were you given something you wouldn't want to ever have happen again?

Were you set up to mock-up the charge unknowingly?
Were you set up to attack yourself?
Was something made too dangerous for you to enter?
Was something made inaccessible to you?
Were you prevented from leaving?
Were you set up to do yourself in?
Were you trying to stop it happening?
Were you trying to fend it off?
Were you putting out something to defend yourself?

Something Else?

Assess Havingness? (Next Level)

Having restimulated a past incident, we run it out on the Present Pole by examining P.T. restimulation:

The major reading Question, having been assessed in the past tense, must then be turned into the present tense '(verb)ing' and preceded by 'W/W is...'. The 'Were you...' at the beginning of the assessment questions, or similar, is obviously unnecessary in the present tense version of the question.

For example, the first Questions on the list would be re-phrased:

'W/W is giving you a wrong indication?'
'W/W is telling you your purposes are incorrect?'
'W/W is telling you you have purposes that you don't actually have?'
'W/W is falsely invalidating some creation of yours?'
'W/W is hitting you for no reason?' and so on.

This List can be added to appropriately and Questions could also be assessed with 'no' or 'not', if appropriate.

Procedure:

The assessed question is made into a present tense W/W Question.
LIST, then Verify the Item. Item is run on Repeater to P/N.
Then Probcon the Item (Item oppose/oppose Item) to P/N.
Finally Repeater the Item again to P/N.

<u>Use Indicator Tech on all reading Expressions</u>.

THE LEVEL ASSESSMENT (For Part II)

IMPRINT GOALS (Part I OLA)
NEED (Level 1)
FEAR (Level 2)
EXTERIORISATION (Level 3)
INTROVERSION (Level 4)
HAVINGNESS (Level 5)
CORRECTION (as a Level)
NEXT LEVEL?
CORRECTION REQUIRED?
- Bypassed Postulates
- Free Being Correction List
- Hidden Standard
- Withhold
- Painful Consequences
- Ineffectiveness
- Past Misdeed
- Past Lives

SOMETHING ELSE? (Something Else List)

Level 5

HAVINGNESS

ISOLATION

A person with low havingness is a person who is surrounded by ridges, such that by denying communication, understanding and empathy, the person is hiding behind a shield of very fine mesh that only lets in a limited number of things that are acceptable to him.

So how does acceptance level become so low? A Being has to cut down his knowingness in order to have a game. Space makes it necessary to look at something in order to know it, and by moving and changing things and interchanging energy with other Beings he causes duration and a time span. When he does not have a game he simply cuts down his knowingness once more until eventually this interchange is no longer possible and he assumes a fairly fixed, stupid, viewpoint. He is below the level of having games and is obsessively dramatising the lowering of knowingness.

There is a continuum of reducing knowingness, from knowing down to mystery. At first one simply knows. Then he makes some space and some energy and so has knowingness in terms of looking. By changing the position of the particles of energy thus created, and by exchanging particles with others, he gets time, emotion and sensation. By thinking about these things instead of observing and experiencing them, he adds a further veil to knowingness. When thoughts become solid he is at the level of effort and ridges. After that the ready-made sensations of eating and sex seem the answer, then finally he concludes it is all a mystery that can't be known.

The single arbitrary is Time. This is because Time does not exist as such but stems from havingness: there must be something there to change in space in order to have the illusion of time. Time is summed up as 'had', 'have' and 'will have' (such as a goal to have or achieve something). One engages in action in order to have.

A Being considers it dangerous to have too many wins or too many losses. These make the game not worth playing and so he reduces knowingness, as represented by his dexterity, prediction or activity. One does not decide upwards, into greater knowingness, unless he has an intention to win in a new, higher game. But having played many games and put most of them in the category of 'must not happen again', his enthusiasm tends to wane.

The Being also considers that some form of mass is necessary in order to have a game, to have something 'to play with', but gets into the belief that he cannot create new masses and so begins to hold onto anything he can get hold of - old pictures, old significances, old decisions.

This Level is intended to make these issues apparent, to become more causative about the things that make up the games one is playing.

HAVINGNESS

Having had most of your good ideas about yourself turned inside out and served up as 'dogs-meat', here comes the bonus. On this level you get to find out those things you were right about yourself all the time. And boy, do you get upsets about them! It allows you to take your attention off the past and puts you in better control of your current activities.

This Level is loaded with upsets of all descriptions, colour and violence. In particular there are those incidents where you express yourself causatively and confidently but the result is not acceptable to the recipient. Most Probcons have at least one. Run them as they show up, with Indicator Tech on both the CUE Indication stages, and run 'Similar Connected' if it reads or 'S/C in the Imprint'.

So Havingness is exactly what this Level is. It takes off the charge of the Substitute Havingness that the Being has either been given or has established in the face of the Imprint programme, and sorts out the upsets that reduce Present Time havingness.

Procedure:

1 **Assess for the major-reading Question.**

2 **LIST then Verify Item.**

3 **Item is run on Repeater to P/N.**

4 **Then Probcon the Item (Item oppose/oppose Item) to P/N.**

5 **Finally Repeater the Item again to P/N.**

6 **Then re-assess at step 1.**

Use Indicator Tech on all reading Expressions.

ASSESSMENT, HAVINGNESS

W/W can you duplicate easily?
W/W can you give your attention to easily?
W/W can you communicate with easily?
W/W is better than nothing?
W/W do you have the most affinity for?
W/W do you have the most empathy with?
W/W do you have the most reality about?
W/W do you have the most agreement about?
W/W do you have the most communication with?
W/W do you have the most control over?
W/W do you have the most ability to help?
W/W cannot stop you?
W/W gives you the greatest havingness?
W/W gives you the most pleasure?
W/W can you create at will?
W/W can you be responsible for at will?
W/W can you contribute to at will?
W/W can you confront at will?
W/W can you have at will?
W/W can you waste at will?
W/W can you substitute at will?
W/W can you destroy at will?
W/W can you change at will?
W/W can you validate at will?
W/W can you neglect at will?
What doingness of yours gets results?
W/W can you substitute for complete freedom?
W/W can you substitute for free space?
W/W gives you the most havingness?
W/W gives you the most interest?
W/W gives you the most communication?
W/W gives you the most control?
W/W gives you the most help?
W/W do you consider is the most important?
W/W do you consider you can leave easily?
W/W do you consider you can protect easily?
What can you do extremely well?
W/W do you perceive that pleases you?
W/W do you like to create?
What creation of yours gets the most validation?
What creation of yours gets the most approval?
What creation of yours gets the most admiration?
What creation of yours can you control easily?
What creation of yours can you be responsible for?
What creation of yours gives you knowingness?
W/W can you have without thought?
W/W can you have without effort?
W/W can you have without emotion?

W/W do you consider is aesthetic?
W/W do you consider is reasonable?
W/W do you consider is acceptable?
What withhold of yours gives you havingness?
What misdeed of yours gives you havingness?
What inflow can you have at will?
What outflow can you have at will?
What do you consider is your most significant power base here?
What cannot control you?
W/W gets you admiration?
W/W could have NOW?
What space can you hold absolutely?
What energy can you hold absolutely?
What time can you hold absolutely?
What mass can you hold absolutely?
What location can you hold absolutely?
What motion can you continue absolutely?

Something else?

Assess Ways of Being (Next Level)?

Appropriate questions can be added to this list. Could run as no or not, if that version appears to be havingness to you.

THE LEVEL ASSESSMENT
(For Part II)

IMPRINT GOALS (Part I OLA)
NEED (Level 1)
FEAR (Level 2)
EXTERIORISATION (Level 3)
INTROVERSION (Level 4)
HAVINGNESS (Level 5)
WAYS OF BEING (Level 6)
CORRECTION (as a Level)
NEXT LEVEL?
CORRECTION REQUIRED?

- Bypassed Postulates
- Free Being Correction List
- Hidden Standard
- Withhold
- Painful Consequences
- Ineffectiveness
- Past Misdeed
- Past Lives

SOMETHING ELSE? (Something Else List)

Level 6

WAYS OF BEING

IDENTITY

Many people in the world are followers, with no particular drive for freedom, nor any wish to think for themselves. They lack adequate self-esteem to be able to grant acceptance to themselves or to others without imposing conditions. They want to be told what to do, to have someone take responsibility for them and to have the security of belonging to any group that will let them submerge into it. For thousands of years the people in power have been able to 'con' such people into giving their money, labour and even their lives to 'higher values', even though these may be unrelated to each individual's best interests. In short, people have been conned because it suits them to be that way.

A person who doesn't understand his own mind feels threatened that anyone could think differently than he does, and then as part of his philosophy, he doesn't respect the right of others to march to different drummers. He is sure that his religion is the only true belief and feels deep down that his skin is the correct colour and his sex is the better sex. He is sure that only his morality is correct and only his country is worth fighting for.

On the other hand, people who know themselves have a strong sense of personal identity, and confidence in their ability to take charge of their own lives and achieve something of importance; they want the freedom to make their own decisions.

You become who and what you think you are. Choosing goals and working towards them, is what life is all about. What your mind can conceive, you can achieve. Restrictions and boundaries are in the mind. As a graphic example, trained fleas, when they are born, normally learn very rapidly that they have the capacity to hop quite extraordinary distances, equivalent to a human leaping over skyscrapers. When the flea is trained, a transparent cup is placed over it, which it bumps into every time it tries to exercise its native ability. Very soon, the trained flea 'knows' that it is impossible to jump higher than the cup and takes this limitation for granted. It too, has been conned. Similarly humans know their fixed, stifling, standard routine and the degree of initiative that is expected of them.

Where there is freedom, what you get in life depends on what you put out - the effort you make. Some will prefer not to put out much effort. After years of conditioning much of humanity is in that mindset, wanting to stay in a familiar institutional lifestyle where they feel more comfortable, facing problems that they know rather than the challenge of uncertainty and unknown changes.

The pursuit of goals is fulfilling. It's the trip that's important, not the end of the voyage. A person with flexibility of viewpoint will welcome such changes, as new possibilities and unexpected opportunities may be discovered. All spiritual roads lead to that uncomfortable destination where the examination and acceptance of the inner self must take place. The first step is to realise our judgements and fears are self-created and limit our scope to deal with the present. They are the surface manifestations that capture our attention and keep us from focusing on the real blocks, deep in our psyche - the unconscious imprinted patterns.

So well have they been hidden, covered by justifications and illusory beliefs, that few have had the strength to break through them. They are the backbone of duality - the rigid 'black and white' thinking that makes understanding of holistic truth impossible.

One fundamental pattern is identification with a 'victim' identity. At this core are the issues of self-worth. This viewpoint blames external incidents for one's lot in life, failing or refusing to recognise one's own part in the creation of circumstances. This and many other such denials, construct polarities, and ridges of blocked energy form, which attracts like energies towards them. Such patterns become compressed and if not dissipated, the forces contained in them may overwhelm and destabilise the individual.

It becomes a ceaseless force that strikes us every instant of our lives. But we are oblivious to it because we have protective shields - we hold on to the past or hide in the future. We have consuming interests, worries about our status or our possessions. Such shields are both a great help and a great hindrance to us. They pacify us and at the same time fool us, giving us a false sense of security.

Wholeness, or being totally in the present, is dependant on breaking the patterns, of erasing their duality; only then can new states of consciousness become possible.

We have our attention trapped in many such identifications, that have been made but not unmade. Recovering spirituality, the Higher Self, is a process of restoring attention units to our true Being, which then has flexibility and freedom of viewpoint - a recovered awareness, responsibility and confront.

It's been known since ancient times in Eastern religions and philosophies and among some Western mystics, that one's resistance to the events and forces of life lead to one's imprisonment in a smaller viewpoint, an isolation from perception, participation and enjoyment of life.

It's only when a Being considers that he can't safely experience something, that he puts force out to stop it. That wouldn't be so bad, but as time goes by, he forgets what exactly he was trying to avoid and begins to generalise it. Eventually this resistance is occurring on an undifferentiated basis, and his intentions form ridges against much of the life and flows of energy from others around him. He has locked himself into a cocoon of his own making.

The procedures of The Insight Project, layer by layer, strip away the cocoon, leaving the Being in a sense quite naked, ridgeless and free. Part I will have exposed many of the identifications that became enmassed in the self-defeating conflict-structure of the Imprinted Goals. Work on this Level of Part II addresses the more subtle identifications - the fixed attitudes and feelings - and reveals the reasons *why* a Being restrains himself, releasing the energy and purposes to participate in all of life causatively.

There is a difference between a viewpoint and an identity as we define them. A viewpoint is simply a point from which one perceives. A Being, in order to operate in this universe, needs to assume a viewpoint. He can then receive inflow and create outflow.

An identity contains a viewpoint, but it is more than that. An identity is a way one decides to be in order to deal with a situation or in order to manifest an intention. So it contains a viewpoint, but it's also an intention to achieve something, with accompanying decisions, beliefs, considerations, evaluations and agreements. It's a package of rules and laws passed by the person of how to be in given circumstances.

Everyone has many such identities, necessary to participate in life. The ones that we give attention to on The Insight Project are ones the person gets stuck in - that are

imprinted on his or her personality. For example a person may spoil people with kindness, forgiving everything, agreeing with everybody and actually enjoying governing those who cannot govern themselves. A popular community leader, perhaps. But the person may be a total robot - that is, if they can *never* give orders in a strict way, are *never* able to criticise others, can *never* impose order or discriminate right and wrong. This is then a severe limitation and a mechanical (compulsive) identification.

There are as many other fixed identifications as there are personality-types and the different masks people put on for all the varying social situations of their life. And there are very many more subtle ones relating to a person's complex belief-system, the affects of personal trauma, sympathies and misdeeds plus the myriad affects of cultural conditioning (shoulds and shouldn'ts necessary to be accepted) by parents, teachers, bosses, peers, media and society.

All of these identities have an accompanying intention - what the person wanted to achieve by that behaviour. If he has formulated an intention and has not achieved or unmade it, then he is still in the middle of that action cycle and that cycle remains part of his perceived present time, taking up his attention, i.e. his energy and power. He is, to that extent, 'not all here' in present time. This tends to happen with an identification that the person is not conscious of because it is such a familiar part of his life or because it is painful or uncomfortable to view and awareness of it is avoided, so it becomes unconscious. Most people have many frustrated intentions that are 'charged' in this way, and are very adept at justifying and rationalising any manifestations of these 'sub-personalities' so they are not recognised.

PROCEDURE:

First: Specify the identity

Assess for a major reading item (LF/BD).

LIST: 'What sort of person would be that way?'

Repeater this Identity with Indicator Tech to P/N.

Then check the following two questions for major read:

'Is this an Identity that you have assumed?'
(If reads majorly - Assumed Identity Handling required - see next)

'Is this an Identity that you have not assumed?'
(If reads majorly - Another's Identity Handling required - see later)

Assumed Identity Handling

1. Recall

First: **'For how long have you been assuming (Identity)?'**

Then: **'For how long do you intend to continue to be (Identity)?'**

Then two commands are given on a repetitive basis, to BD P/N:

1. 'Recall a situation in which you used (Identity) to gain an advantage.'

2. 'Recall a situation where you were able to gain advantage without using (Identity).'

Clean upsets found, and misdeeds, decisions, etc. with Indicator Tech.

2. Find the intention

Any identity (way of being) is assumed in order to be able to achieve a purpose.

LIST: 'What would (Identity) intend to accomplish?'

Repeater intention (Defense buttons if necessary) with Indicator Tech.

3. Determine the *Why*

Consider: 'Why would (Identity) want to do that?'

Most fixed intentions, considerations, postulates, beliefs, etc. that have now become contra-survival or irrational, were originally made for what seemed to be a pro-survival purpose. Some of the possible *whys* follow:

Solving a problem? A conflict? Filling a scarcity? A need?
Getting rid of an excess? To suppress? Cover up?
To falsify? By-pass? Avoid? Make fail? Inhibit? Invalidate?
To destroy? To escape? Enforce? Influence?
Gaining admiration? Gaining recognition? Gaining acknowledgement?
Gaining Communication? Understanding? Empathy? To please?
Resolve confusing thoughts? Efforts? Emotions?
Couldn't grasp something? Based on earlier assumption?
A misunderstood? Uncertainty? Injustice?
A non-confront? Overwhelm? Evaluation? Invalidation?
Failed help? Failed control? Resist change?
Withdraw? Retreat? Give up? Get sympathy?
Misdeed? Withhold? Justification?
Game? Challenge? Revenge? Punishment?
Good idea? Went along with it? Stole it? Noticed it? Accepted it?

When the right *why* seems to be spotted, it should be checked on the meter:

'Is there more to this *why*?' and reading lines run on Indicator Tech.

If it isn't running right, ask: 'Do I have a wrong *why*? Incomplete *why*?'

Then run safe solution questions:

'How could (intention) be used to

...make self right ? ...make others wrong?'
...dominate others? ...escape domination?'
...enhance own survival? ...hinder another's survival?'

'What could (intention) get you into? Get you out of?'

4. Find the *Lie*

Based on the assumption that there must be an alteration of truth (time, place, form, event or consideration) for a Being's creation to fix and to persist, the next step is to

locate the *lie*. What was untrue that resulted in the *why* being perceived. Was it based on one of the following outpoints?

Wrong evaluation	Changed sequence of events	Cross orders
Wrong sequence	Copying another	Added arbitrary data
Wrong time	Admiration for source	Assumption
Omitted time	CUE with aberration	Presumption
Always or never	Wrong source of information	Inaccurate
Mis-perception	Self-invalidation	Generalisation
Omitted facts	Withheld power	Wrong consideration
Added falsehood	Wrong target	Altered importance
Contrary facts	Incorrectly included data	Wrong place
Wrong importance	A threat	Wrong form

Note: the basic idea is that if one cannot tolerate a confusion, then one will either get hold of a rational stable datum and move out of the condition, or one will seize upon a false stable datum and sit there indefinitely. It does not resolve the confusion but one holds on to it as a safe solution and ceases to view the overwhelming reality objectively.

5. Dramatisation

Compulsive dramatisation of negative emotion is the primary manifestation of Reactive Mind. Emotion is what connects the Being to the body and its efforts; when it is compulsive, the connection has become a chain and prevents a free and high-CUE relationship between the Being and the body-mind. Role-play with feelings and uninhibited bodily expression:

'If you were being (Identity) what would you say?'

This can be quite an experience if played for real, and greatly enhances the integration of mental realisations from sessions into everyday behaviour. Dramatisation and any trace of it can then be spotted immediately it surfaces, when due to everyday restimulation the brain/body habit patterns respond in the old automatic ways. Case gain becomes more objective and new programmes can be developed that are free of reactive control.

6. Separate from the Identity

One of the reasons an identity may have been taken up in the first place is if there were misdeeds and withholds connected with the identity, resulting in sympathy and guilt fixations. So you run the following:

Flow 1 - 'Think of something (Identity) might withhold from you'

Flow 2 - 'Think of something you might withhold from (Identity)'
Flow 3 - 'Think of something (Identity) might withhold from others'
Flow 4 - 'Think of something you might withhold from yourself because of (Identity)'.

Also consider:

'Are you through with that beingness or do you intend to go back to it someday?

6. Oppose

Check the following Question for read, with Suppress buttons if necessary:

'W/W would (Identity) oppose?'

If reading, LIST to find the new Item (an Opposed Identity), then clean the Item with Repeater and Indicator Tech, then run on the following handling.

Another's Identity Handling

First check:

'On (Identity) is there an **upset?**
a **problem?**
an **invalidation?**
an **evaluation?**
a **misdeed?**
a **withhold?**
a **can't have?**
an **enforcement?**

Run any Reading buttons on 5 flows (only the flows that read) using the following questions with appropriate Primary handling:

Upset
'Is (Identity) upset with you?'
'Are you upset with (Identity)?'
'Is (Identity) upset with others?'
'Are others upset with (Identity)?'
'Are you upset with yourself because of (Identity)?'

Problem
'Is (Identity) giving you a problem?'
'Are you giving (Identity) a problem?'
'Is (Identity) giving others a problem?'
'Are others giving (Identity) a problem?'
'Are you giving yourself a problem because of (Identity)?'

Invalidation
'Is (Identity) invalidating you?'
'Are you invalidating (Identity)?'
'Is (Identity) invalidating others?'
'Are others invalidating (Identity)?'
'Are you invalidating yourself because of (Identity)?'

Evaluation
'Is (Identity) evaluating for you?'
'Are you evaluating for (Identity)?'
'Is (Identity) evaluating for others?'
'Are others evaluating for (Identity)?'
'Are you evaluating yourself because of (Identity)?'

Misdeed
'What is (Identity) doing to you?'
'What are you doing to(Identity)?'
'What is (Identity) doing to others?'
'What are others doing to (Identity)?'
'What are you doing to yourself because of (Identity)?'

Withhold
'What is (Identity) withholding from you?'
'What are you withholding from (Identity)?'
'What is (Identity) withholding from others?'
'What are others withholding from (Identity)?'
'What are you withholding from yourself because of (Identity)?'

Can't have
'Is (Identity) running a can't have on you?'
'Are you running a can't have on (Identity)?'
'Is (Identity) running a can't have on others?'

‘Are others running a can’t have on (Identity)?’
‘Are you running a can’t have on yourself because of (Identity)?’

Enforcement ‘Is (Identity) forcing something onto you?’
‘Are you forcing something onto (Identity)?’
‘Is (Identity) forcing something onto others?’
‘Are others forcing something onto (Identity)?’
‘Are you forcing something onto yourself because of (Identity)?’

Then dramatise - **‘If you were talking to (Identity) what would you say?’**

Finally, continue to run Identity-oppose/oppose-Identity Questions through to either a Parcel or a full Goal, in Part I style, adding any Dead Horse Items to the Part I OLA.

ASSESSMENT, WAYS OF BEING

1. Assess List and handle each item that LF/BD's with the Identity Handling.

Good
Right
Virtuous
Moral
Nice
Kind
Ethical
Polite
Bad
Wicked
Naughty
Sinful
Unethical
Immoral
Unkind
Impolite
Sane
Rational
Sensible
Logical
Analytical
Reasonable
Lucid
Clear minded
Insane
Irrational
Not sensible
Illogical
Reactive
Unreasonable
Crazy
Foolish
Stable
Reliable
Sturdy
Dependable
Uninfluenced
Unmovable
Sure
Certain
Unstable
Unreliable
Weak
Undependable
Easily influenced

Swayable
Unsure
Uncertain
Calm
Cool
Collected
Not dispersed
Fast thinking
Clear thinking
Aware
Concentrating
Dispersed
Rattled
Confused
Ruffled
Slow thinking
Unaware
Scattered
Unsettled
Happy
Cheerful
Glad
Contented
Cheery
Euphoric
Merry
Light hearted
Depressed
Unhappy
Cheerless
Discontented
Sad
Disappointed
Heavy hearted
Upset
Composed
Together
Calm
Peaceful
Contented
Satisfied
Comfortable
Nervous
Distracted
Unsettled

Not contented
Surprised
Dissatisfied
Uncomfortable
Certain
Sure
Assured
Positive
Firm
Decisive
Uncertain
Questioning
Unsure
Doubting
Indecisive
Active
On the go
Energetic
Inactive
Stopped
Slow
Lazy
Lethargic
Lacking energy
Aggressive
Attacking
Antagonistic
Outgoing
Enterprising
Causative
Inhibited
Defensive
Retreating
Defeated
Withdrawing
Covert
Restrained
Holding back
Responsible
Causative
Caring
Open
Willing
Trustworthy
Reliable

Irresponsible
At effect
Uncaring
Unwilling
Negligent
Untrustworthy
Unreliable
Influential
Powerful\
Dynamic
Effective
Strong
Doing nothing
Uninfluential
Weak
Feeble
Powerless
Ineffective
Useless
Praising
Validating
Respectful
Granting beingness
Worshipping
Observant
Factual
Acknowledging
Critical
Nagging
Condemning
Disrespectful
Fault finding
Unobservant
Disparaging
Berating
Appreciative
Warm
Friendly
Sympathetic
Loving
Grateful
Kind
Tolerant
Unappreciative
Cold
Unfriendly
Cruel
Unloving
Ungrateful
Unkind

Intolerant
Communicative
Friendly
Sociable
Talkative
Outspoken
Forward
Unreserved
Withdrawn
Introverted
Unfriendly
Unsociable
Shy
Retiring
Reserved
Embarrassed
Immortal
Surviving
Enduring
Lasting
Ageless
Timeless
Mortal
Dead
Dying
Growing old
Aging
Tiring
Wearing out
Expiring
Right
Correct
Accurate
Infallible
Faultless
Perfect
Precise
Exact
Wrong
Mistaken
Inaccurate
Making mistakes
Faulty
Imperfect
Erroneous
Blundering
Owning everything
Possessive
Rich
Taking

Greedy
Grasping
Owning nothing
Deprived
Poor
Can't have
Giving
Losing
Wanting
All encompassing
Embracive
Reaching out
Everywhere
Always
Infinite
Nobody
Nothing
Very little
Retreated
Shrunk
Nowhere
Never
Tiny
Truthful
Faithful
Trustworthy
Honest
Honorable
Decent
Loyal
Steadfast
Lying
Faithless
Dishonest
Treacherous
Untrustworthy
Deceitful
Disloyal
Unscrupulous
Real
Actual
Factual
Authentic
Down to Earth
Realistic
Genuine
Sincere
Hallucinating
Unreal
Dreaming

Imagining
False
Illusory
Psychotic
Disassociated
Believing
Trusting
Accepting
Dependent
Convinced
Swayed
Unquestioning
Gullible
Skeptical
Distrustful
Suspicious
Questioning
Doubting
Dubious
Discredited
Challenging
Existing
Substantial
Solid
Unshakable
Definite
Firm
Self confident
Sturdy
Non existent
Insubstantial
Tenuous
Flimsy
A non-entity
Shaken
Annihilated
Wiped out
Righteous
Pious
Virtuous
Saint-like
Decent
Moral
God-like
Sinful
Wicked
A devil
Evil
Corrupt
Criminal

Immoral
Hopeful
Expectant
Confident
Assured
Optimistic
Cheerful
Looking forward
Positive
Despondent
Hopeless
Pessimistic
Despairing
Negative
Cynical
Desperate
Knowing
Omniscient
Understanding
Enlightened
Learned
Educated
Profound
Wise
Unknowing
Ignorant
Naieve
Simple minded
Empty headed
Dumb
Uninformed
Intelligent
Smart
A genius
Brilliant
Quick witted
Fast thinking
Adept
Stupid
Unintelligent
Dull
Moronic
Retarded
Slow thinking
Brainless
Robotic
Exhilarated
Lively
Animated
Invigorated

Stimulated
Inspired
Excited
Bored
Sluggish
In limbo
Dreary
Numb
Slow
Enthusiastic
Eager
Earnest
Intense
Ecstatic
Vivacious
Apathetic
Weary
Unmoved
Untouched
Unaffected
Unconscious
Interested
Curious
Intrigued
Fascinated
Attentive
Enticed
Awakened
Not interested
Repulsed
Wandering
Aimless
Cheerful
Delighted
Jovial
Cheerless
Dismal
Gloomy
Woeful
Antagonistic
Hostile
Opposing
Aggressive
Spiteful
Hateful
Friendly
Kindly
Welcoming
Helpful
Amicable

Neighborly
Peaceful
Angry
Annoyed
Furious
Displeased
Ill tempered
Vexed
Violent
Peeved
Contented
Calm
Gracious
Forgiving
Tolerant
Mild
Afraid
Fearful
Cowardly
Terrified
Petrified
Apprehensive
Anxious
Intimidated
Courageous
Brave
Self assured
Bold
Dauntless
Death defying
Embarrassed
Ashamed
Repentant
Debased
Mortified
Proud
Arrogant
Rude
Ambitious
Dignified
Suppressive
Invalidative
Unrealistic
Illogical
Intolerant
A pretender
Obligated
Mistaken
A trouble maker
Protesting

Not acknowledging
Evaluating
Concealing
Disloyal
Helpless
Hostile
Rebellious
Wasteful
Stingy
Ungodly
Wicked
Cunning
False
Gleeful
Laughing
Mocking
Feeling hurt
Ridiculing
Agitated
Blaming
Griefy
Remorseful
Sorrowful
Sad
Despondent
Depressed
Despairing
Haughty
Contemptuous
Resentful
Conservative
Serene
Unemotional
Overwhelmed
Forced
Frightened
Suppressed
Crushed
Oppressed
Denied
Overpowered
Overthrown
Defeated
Destroyed
Vanquished
Evaluated
Annihilated
Deprived
Changed
Identified

Recognised
Driven out
Driven away
Grieving
Sophisticated
Not caring
Desirous
Shallow
Masturbating
Cheap
Embittered
A big shot
Royalty
A recluse
Intellectual
Opinionated
Independent
Propitiative
Cheerful
Perverse
Indecisive
Married
Motherly
Fatherly
Suffering
A wife
A husband
Submissive
Defensive
Military
Lazy
Calculating
Childish
Social-climber
Dependent
Evasive
Political
Dishonest
Crooked
Pompous
Aristocratic
Sneering
Beggar
Slovenly
Italian
Jewish
Dignified
A gypsy
A witch
A hippie

A prostitute
Posh
German
Disassociated
Haunting
An assistant
Hypercritical
Logical
Irresponsible
Inhibited
Undependable
Unstable
Composed
Capable
Sensational
A playboy
A groupie
A destroyer
A sage
A killer
A straw-boss
Roman
French
A spaceman
Delicate
Medieval
Mechanical
Certain
An individual
All-knowing
Humanistic
Self-centred
Self-determined
Hierarchical
Animal
Iron-willed
Onerous
Vengeful
Sleepy
Confused
A professor
A leader
A joker
Russian
A soldier
A lawyer
One of the boys
A dreamer
Decent
Callous

Detached
Psychopathic
Self interested
Egotistic
Selfish
Nonconformist
A peacemaker
The mediator
Perfectionist
A reformer
A helper
A giver
Efficient
A performer
A motivator
The tragic romantic
The observer
The experiencer
The adventurer
Loyalist
The Devil's advocate
Generalising
A justicemaker
Pushy
Always picked on
Reasonable with people
Dogmatic
Hysterical
Clumsy
Elated
Withdrawn
Human
Golden
Black
Creative
Purposeless
Ascetic
Self-hating
Other-determined
Diligent
A trapper
Plastic
A vampire
A saviour
A teaser
Regal
Western
British
Oriental
Ghostly

Christian
Savage
An idealist
Backward
Co-existent
Sincere
Natural
A jewel
Killed
Provoked
Unable to perceive
Sick
Victimised
Indispensable
Fake
Venomous
Timid
Perverted
Unwell
Indefinite
A bird
Magical
Cruel
Blood thirsty
Drunken
Hungry
Treacherous
Repellent
Unruffled
Worn out
Daring
Flamboyant
Determined
Fascinating
Mysterious
Pretentious
Dirty
Disobedient
Weak
Nationalist
Sensationalist
Diplomatic
Petty
Japanese
Roman Catholic
Capitalist
Communist
Socialist
Fascist
Democratic

Absurd
Denying
Rationalising
Abusive
Horrible
Recriminatory
Masculine
Feminine
Animal
Hazy
Crazy
Still
Sensual
Disciplined
Conventional
Dramatic
Tedious
Exhausted
Stressful
Curious
Loving
A trap
Sympathetic
A fake
Contrary
Argumentative
Disliked
Innocent
Desired
Unloving
Overt
Degrading
Powerful
A magician
Underdeveloped
Superior
Complaining
Superficial
A heckler
Primitive
Committed
Unenthusiastic
Blind
Deadly
Unsavoury
Amusing
Erroneous
Amorous
Protective
A conman

Unpopular
Miserable
A sponger
A man-hater
A groveller
Womanly
Hair-splitting
Celebrated
Disturbed
Surprised
Left behind
Abandoned
Unsafe
Mocked up
Victimised
Inferior
Absconder
Uncomplaining
Effective
Over-powering
Shy
Naked
Extraneous
Laughable
Necessary
Inspiring
Calm
Distinguished
Irresistible
Outraged
Infuriating
Interesting
Oppressive
Irritating
Stopped
Mourning
Miserly
Thankful
Grave
Righteous
Enchanting
Self-defeating
Arrogant
Unavailable
Hypnotic
Heavy
Solid
Nasty
Sexist
Shocking

Notorious
Tyrannical
A mate
Tasteful
Dreading
A dilettante
Reserved
Unreasonable
Exquisite
Banished
First rate
Objectionable
Sexy
Suspect
Banal
A runaway
Unconcerned
Unprincipled
Doubting
Reliant
Stereotyped
Entertaining
Candid
Tranquil
Encouraging
Complete
Demoralised
A champion
Hesitant
Put out
Upsetting
Vague
Hot
Damaging
Distressed
Eager
Guarded
Treasonous
Exposed
A gambler
Sensible
Unemployed
Furious
Vulnerable
Embarrassing
Broken
Introverted
Bare
Made wrong
Normal

Altruistic
A novice
Stripped
Discredited
Persecuted
Irrational
Bent
Fragile
Aroused
Ceremonious
Affected
A racist
A woman-hater
Baffling
Defiled
Hesitant
Unqualified
Inadequate
Dangerous
Cursed
Ingenious
Gutsy
Broody
A ruler
Supercilious
Tactful
Acquiescent
Imprisoned
Self-conscious
Chaste
Bewildered
Patient
Worshipped
Emotional
Controlled
Bold
A survivor
Bizarre
A mover
A flirt
Weird
Promiscuous
Sexy
Randy
Lustful
Gay
Riled
Aloof
Queer
Frenzied

A bastard
A masochist
Wiped out
Unsettled
Vain
Relieved
Difficult
In a rage
Disapproved
An arsehole
Inspired
Preoccupied
Grim
Fortunate
Destined
Cautious
Engrossed
Brusque
Plucky
Intimidated
Cheeky
Wasted
Pushy
Desolate
Soothing
Light-hearted
Bitter
Prejudiced
Disgraced
Peculiar
Misemotional
Suspicious
Docile
Incompatible
Forbidding
Impetuous
Causative
Ambivalent
Praying
Devout
Subdued
Perplexed
Poignant
Artificial
Defenseless
Topmost
An executive
Incautious
Insensitive
Harmful

Blissful
Trusting
A liar
Systematic
Overworked
Moving
Famous
Dispersed
Great
Rootless
A dissident
Ruined
Opportunist
A competitor
An outcast
A hermit
A robot
Discouraged
Brainwashed
Incompetent
A slave
Violated
Depressing
Inconsiderate
Cheerless
On-policy
On-purpose
Doing a good job
Deep
Sneaky
A hero
A stable terminal
A manager
A disciple
An organiser
Police
Aberrated
Shabby
Aggrieved
Facetious
Compassionate
Unfriendly
A hunter
In despair
The highest
A communicator
Crafty
Lamenting
A victim
Interiorised

Impulsive
Macabre
A beggar
A lover
A big being
A peasant
An invader
A torturer
A parasite
An idiot
A martyr
A censor
A drop out
Sanctimonious
Pitiful
A daredevil
An imprinter
A believer
A murderer
A leach
A sadist
A homosexual
Seductive
Foul
Charming
Chaotic
A convert
A puritan
Unsure
Stunned
Extreme
Fierce
Hard-headed
Persuasive
Disabled
Supreme
Positive
Profound
Unbelievable
Childless
An improviser
Thrifty
Formal
Inarticulate
Prompt
Hasty
Incoherent
Rash
A participant
Stinking

Fussy
Mortified
Bogus
Touching
Unbeliever
Traditionalist
Respectful
Hesitating
Pleading
Unfair
Poor
A bad influence
A propagandist
Destructive
Underhanded
Corrupt
Psychic
A fanatic
Effeminate
Tragic
Blunt
Disastrous
Deceitful
Unsolvable
Insidious
Dominant
Keen
Distracted
Self-denying
Aware
Withholding
Pale
Enturbulated
Unforgettable
Methodic
Astonished
Disturbing
A butcher
A judge
Gloomy
A wimp
Radical
Discreditable
Unforgivable
Contagious
Resisting
Unproductive
Crude
Discriminating
Thoughtful

Nostalgic
Foolish
Illegal
Imaginative
Uncooperative
Catastrophic
A failure
A child molester
A rival
An enemy
Senile
Addicted
Servile
Absent-minded
Noisy
Aboriginal
Contagious
Unnamed
Humble
Wretched
Worried
Jealous
Disgraceful
Despicable
Solemn
An informer
Envious
Deluded
Liberal
Paranoid
Punished
Overlooked
Reclusive
Non-conformist
The devil
Antichrist
Unclean
A shining light
A mentor
A wonder worker
A fool
Sub-human
Exhibitionist
A voyeur
A follower
Destitute
Coveting
A servant
An attendant
Tough

A clerk
Obscene
A manual worker
Working class
Middle class
Indiscreet
Upper class
Yuppie
A sex maniac
A meditator
Moody
Tormented
A preacher
Solitary
Lecherous
A mystic
Unavoidable
Improper
Impenetrable
A materialist
A henchman
Artist
Musician
Poet
Aesthete
A sorcerer
A curiosity
A monster
Paralysed
Past it
Immature
A teacher
A rapist
A racketeer
An embezzler
A money lender
A murderer
A politician
A businessman
An heretic
A doubter
A quack
A doctor
A healer
A wise man
Beautiful
Seductive
Neurotic
Clairvoyant
A bragger
Obsessive
Compulsive
Zealous
Worldly
An executioner
A philosopher
Talented
A scientist
A thinker
A priest
A technologist
A composer
A dancer
An entertainer
A researcher
An analyst
A mathematician
A civilian
An adulterer
A masturbater
Coping
Enduring
A glutton
A pimp
A bigamist
A true love
A soul mate
A prophet
A gentleman
A lady
A councillor
An advisor
A governor
A mortal
An intellectual
Giving up
A substitute
Unhelpful
Lonely
Shut off
Careful
Serious
Spiritual
Witty
Afraid
Youthful
A persecutor
A writer
Yearning
Greek
Earthy
Indian
Hiding
Wounded
Guilty
Ignorant
An outsider
The only one
Ugly
A thug
Thick
Joyous
Violent
In apathy
Trodden on
Generous
A thief
Wise
Masterful
Impotent
A maniac
Lovely
Thick-skinned
In agony
Mean
Not giving in
Big-headed
Starving
Romantic
In a bad state
Manipulative
Yielding
A cheat
Old fashioned
Quick
Gorgeous
Uninvolved
Caring
Suffering
Rigid
Squirming
Managing
Practical
Nosy
Asleep
Domineering
Manic
Wonderful
Cantankerous
Ambitious

Cold
In trouble
Frigid
A baby
Impressive
Fanciable
Quiet
Taken for granted
Frustrated
A spoil-sport
Attractive
Admirable
A poor thing
A cry baby
Despicable
Abused
Unreachable
Fixed
Blinkered
Unsophisticated
Heartbroken
Insignificant
Pitiable
A nagger
Proud
Old
A tell-tale
Missed
Pathetic
A misery
In tears
A do-gooder
In charge
Sentimental
A sceptic
Hurt
Outstanding
Malleable
An alcoholic
Clean
Eccentric
Repulsive
Lawless
Mischievous
Intimidating
Overbearing
Wealthy
Skilful
Genuine
Bisexual

Unmoved
Sarcastic
Erotic
Tempted
Observant
Unusual
Clumsy
Intimate
A right-winger
Modern
Fashionable
Approved
Gullible
A traitor
Divided
Unwilling
Imperturbable
Scatty
A student
Amateur
Despondent
Professional
Demented
Trustworthy
Dictatorial
Funny
Obedient
Free
Healthy
Lenient
Indecent
Perfect
Humiliated
Brave
Distrustful
A mediator
An atheist
Undecided
Lonesome
A people pleaser
A doormat
A loser
Beautifully sad
Open minded
Well behaved
Dissatisfied
Terminally ill
A pain in the ass
Jesus
A lamb

Ridiculous
Malicious
A guide
A scoundrel
A murderer
Mediocre
A looter
A labourer
Overwhelming
Obnoxious
A wanderer
Meddlesome
Agnostic
Outspoken
Biased
Vulgar
Disinterested
The boss
Starved of love
Respectable
Stubborn
Speechless
An anarchist
A friend
Loud
Unethical
A performer
Condescending
Vacant
Unruly
A show-off
Penniless
Silent
Soft-hearted
Precise
Permissive
A peeping Tom
Misogynist
A spectator
Acting important
Overawed
Plain
Neutral
Nude
Fat
Trivial
Clinging
Suggestive
A voyeur
Reckless

Religious
Humane
Questioning
Modest
Slow
Left-over
Resourceful
Wild
Procrastinating
Ashamed of self
Private
Not there
Sober
Flawed
Verbose
A tramp
Messy
Tense
Desperate
Polite

Passionate
Charismatic
Lenient
Spoil people
Too willing
Chauvinistic
Overprotective
Expecting admiration
Always giving advice
Forgive anything
Snobbish
Self-satisfied
Calculating
Often unfriendly
Frequently angry
Outspoken
Respectful of authority
Hard to impress
Easily hurt
Frequently disappointed

Easily embarrassed
Usually gives in
Passive
Spineless
Never talking back
Wanting to be led
Suppressing sexual fantasies
Easily fooled
Likes to be taken care of
Believing anyone
Eager to please
Must be liked
Liking everybody
Thinking only of self
Slow to forgive

Something else?

Next Level: Causation

Final action on Level 6

At this point on the Project it may be advantageous for you to go through all of your worksheets for Part I and II, and extract every final Indication that you have made as a result of Indicator Tech.

List these in two categories: Truth and Imprinted. Spot any contradictions and changes of mind, and run any resulting Expressions (realisations, comments, etc. that occur to you) on Indicator Tech.

THE LEVEL ASSESSMENT
(For Part II)

IMPRINT GOALS (Part I OLA)
NEED (Level 1)
FEAR (Level 2)
EXTERIORISATION (Level 3)
INTROVERSION (Level 4)
HAVINGNESS (Level 5)
WAYS OF BEING (Level 6)
CAUSATION (Level 7)
CORRECTION (as a Level)
NEXT LEVEL?
CORRECTION REQUIRED?
- Bypassed Postulates
- Free Being Correction List
- Hidden Standard
- Withhold
- Painful Consequences
- Ineffectiveness
- Past Misdeed
- Past Lives

SOMETHING ELSE? (Something Else List)

Level 7

CAUSATION

COMPETENCE

Anyone making a mistake through incompetence naturally builds up charge because of it. He wanted an outcome and fouled it all up and now he is upset. Handling this upset and other attached Primaries takes this charge away, and allows him to view the situation clearly, but does not in itself increase the person's competence. In order to increase his competence, the person would then have to learn whatever is necessary to control things better and be able to take more responsibility towards them. The factors of Knowledge, Responsibility and Control (KRC), then, come into play.

The removal of charge is a negative gain - the person wins by losing a burden. Positive gain would be achieved by learning to live one's life on the higher level of awareness which the removal of charge has made possible. CUE and KRC, which result in understanding and competence, go best hand-in-hand.

Knowledge consists of the complete store of experience a person has to draw from, and the principles and observations he has deduced. At a deeper level it includes Knowingness, the intuitive insight of the Being. **Responsibility** is expressed in the willingness to predict a result, to cause it to happen and to bear the consequences of success or failure. **Control** is the ability to start, change and stop things, people or activities; control makes prediction realistic. These three factors are inter-dependent - one can not exist for long without the others. Competence is solely determined by the degree of KRC and can be judged by looking at a person's products - it is deeds not words that count here. By raising each of K, R and C together, the Being discovers his power and command of life.

A Being cannot genuinely be controlled, just as he cannot genuinely be located in space and time. He can, however, **determine** (e.g. agree or decide) to assume a location in space and time, he can determine to comply with requests and orders given by others, and he can determine to respond in certain ways to changes in his world.

When a person feels, without conscious decision, that he has no choice, that someone or something else is the cause of his actions and therefore responsible for them, then he is being compulsively **other-determined** (as opposed to agreeing or complying through choice). To the degree that a person is other-determined, he considers himself to be the victim of circumstance. Having assigned responsibility away from himself, he has become dependent - he must wait for the other person to do things, or wait until he is told what to do. A person who has committed harmful acts in an area will tend to deny responsibility and to try to assign responsibility to someone else.

Self-determinism is being responsible for one's own actions. This may involve an element of other-determinism in seeing the other's point of view, or of following his orders, but the decision is conscious and willing. When a person is compulsively self-determined, however, finding himself frequently in opposition to others (games where if one wins, the other loses), if someone else prevails against his intentions or does better than him, he may feel quite invalidated - he would rather be 'one up' and for the other to be dependent on him.

What a person perceives to be the cause of a situation will depend on the identity he has assumed at the time and its relevant intentions and interests; different people will

contribute their individual causation to any situation. A person may widen his scope of identity to include a larger portion of the world around him. He is not just concerned about inflow (things happening to him), or reflection (what he is doing to himself); he is also concerned about outflow (things he does affecting others) and cross-flow (things others do to others).

When a person is **pan-determined**, he takes responsibility for others' well-being in addition to his own; he is willing to take account of what others are working towards, what cause they are trying to effect, and to share responsibility with them towards a greater goal. This state may also become compulsive when altruistic 'people-pleasing' is adopted as a fixed solution, applied indiscriminately.

On this Level, we are looking to find ways of being that are ineffectual - incapable of producing the effect desired - and incompetent, due to a break in knowledge, responsibility or control. The underlying intention is found and the false reasoning upon which it is based. Whenever you have thought confusions (e.g. opinions taken as fact, a similar thing considered the same thing, or an order taken as a suggestion) you have a foul-up of lines. Out of misunderstandings come hostilities; out of these come overwork or the destruction of dreams. Valid solutions may only be obtained by using valid data. As one has to reach conclusions in order to act and has to act correctly to ensure his own or his group's continued survival, it is vital that he be able to observe, analyse and conclude with minimal error.

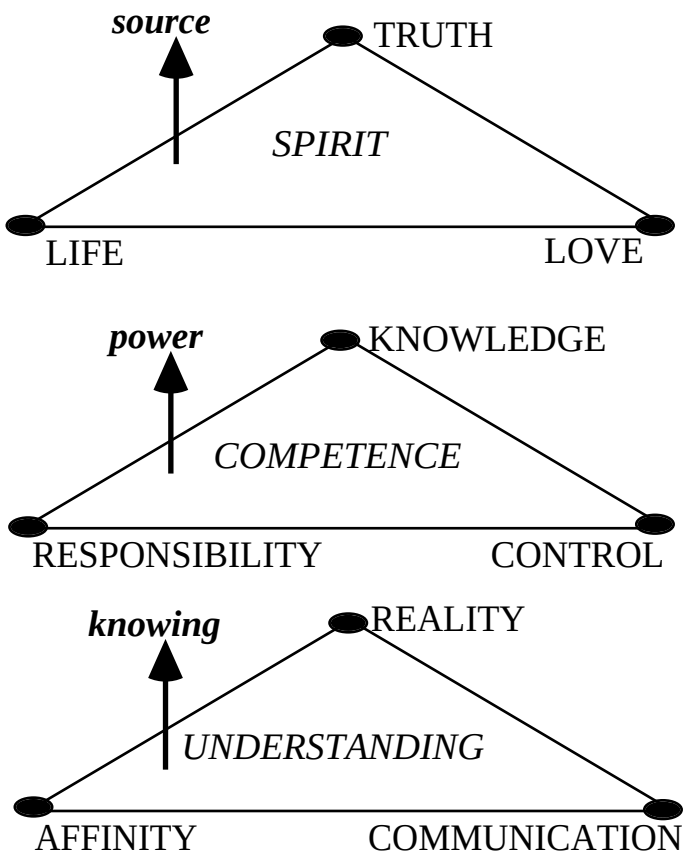
Any incompetence based on an untruth conflicts with prior intentions based on what is considered a truth. This is the charge that reads on the meter: disagreements the Being has with himself, inside his own universe - cracks in his personal integrity. As such, incompetence may be perceived as a misdeed. The person has decided upon very personal principles and is certain of their truth and value. Also, he has adopted the laws and morals of those groups he has chosen to identify with. He will develop charge anytime he transgresses against his own principles or those of his society in a way that he considers unethical. His emotional tone will tend to drop accordingly, as his ethical condition deteriorates (see scale of emotions overleaf).

Below the emotional level of antagonism, blame and 'finding fault' enters as a major factor. Above this level there is sufficient breadth of understanding to see that interdependencies and randomities can exist without fault and blame. At the level of apathy there is no question of either blame or responsibility: the person has become almost material. Materiality is not responsible for anything - it causes no action except when acted upon and owns nothing but is itself owned.

On the other hand, as an individual demonstrates competence towards desired goals, his ethical condition (a measure of KRC) will rise towards power, and his emotional tone (a measure of CUE) will rise accordingly. Able to confront and handle life, and rising in tone, the Being will be awakened and empowered to reflect the higher values of life-enhancement, love and truth, qualities that derive from the source of spirituality.

The Range of Emotions

Serenity at Source
Knowingness
Individuality
Awareness
Bliss
Aesthetics
Games
Inspiration (Power Change)
Exhilaration (Final Success)
Thrill (Power)
Enthusiasm (Success)
Cheerfulness (Affluence)
Strong Interest
Conservatism
Mild Interest
Contentment (Normal Operation)
Ambivalence
Complacency
Disinterest
Boredom (Tedium)
Monotony
Why Bother?
Imposed Upon (Drudgery)
Rebellion
Antagonism
Hostility
Pain
Anger
Rage
Hate
Resentment
No-sympathy
Revenge
Envy
Covert Hostility
Anxiety (Emergency)
Fear (Danger)
Despair
Terror
Numb
Sympathy
Propitiation
Grief
Undeserving
Victim
Self-pity
Apathy (Failure)
Regret
Blame
Shame
Useless (Final Failure)
Dying



PROCEDURE:

1. Assess the Causation List. On the reading Item, check:

Is this a break in KNOWLEDGE?
RESPONSIBILITY?
CONTROL?

Indicate major read, and run Ind Tech on lines pulled from it, if no P/N.

2. On break in (K/R/C) is there an intention to .....?

Suppress	Change	Justify
Cover up	Solve a problem	Please
Falsify	Not confront	Create an effect
Bypass	Neglect	Destroy
Help	Deny	Escape
Avoid	Attack	Enforce
Make fail	Refuse	Withhold
Make wrong	Make guilty	Dominate
Hinder survival	Impress	Influence
Invalidate	Not reveal	
Alter	Assert	Something else?

Get the intention. Repeater and Ind Tech it.

Probcon it (W/W would (intention) oppose? W/W would oppose (intention)?)

3. Is (intention) based on .....?

A wrong evaluation	A wrong target	A wrong source
A wrong explanation	A cross-order	Incorrectly included data
An omitted fact	Non-compliance	Added in-applicable data
An altered importance	A false report	Unreal analysis
A contrary fact	An added arbitrary	A changed sequence of events
Dropped-out time	An assumption	
Added time	An added falsehood	A threat

Get the illogic. Handle to P/N with:

'How does (the illogic) affect the outcome?'
'Who should know about this?'
'What do you consider you should be doing?' (using Ind Tech)

NOTE: This can also be run on any other majorly reading general topic, or specific person or problem area of life.

ASSESSMENT, CAUSATION

Is there incompetence concerning .....?

Goals
Recognition
Prediction
Purposes
Research
Observation
Development
Policy
Hiring
Training
Plans
Communication
Programmes
Supervision
Production
Ability
Correction
Enhancement
Targeting
Projects
Promotion
Orders
Selling
Communication
Business
Statistics
Products
Delivery
Service
Help
Morale
Leadership
Teaching
Finance
Schedules
Justice
Health
Nutrition
Fitness
Appearance
Education
Work
Career
Possessions
Childhood
Friendships

Relationships
Sex
Marriage
Family
Babies
Survival
Sexual role
Guidance
Choosing
Music
Language
Harmony
Violence
Sport
Art
Poetry
Self expression
Writing
Calculation
Hearing
Seeing
Touching
Speaking
Remembering
Mind
Imagination
Emotion
Attitudes
Sensing
Feeling
Knowing
Confront
Entrapment
Intention
Perfection
Creating
Destroying
Controlling
Ability
Telepathy
Enemies
Mending
Building
Noticing
Finding
Opposition

Resources
Poverty
Morals
Belief
Codes
Instructions
Study
Rules
Evil
War
Prayer
Ethics
Law
Religion
Magic
Ecology
Economics
Politics
Philosophy
Science
Engineering
Mathematics
Space
Time
Energy
Matter
Fire
Water
Air
Earth
Electricity
Movement
Force
Attraction
Size
Weight
Colour
Texture
Density
Temperature
Distance
Compatibility
Position
Form
Age
Value

Appearance
Structure
Design
Quality
Quantity
Craftsmanship
Stability
Property
Savings
Habits
Valuables
Cars
Machines
Technique
Hunting
Animals
Plants
Beauty
Self
Love
Awareness
Havingness

Something else?

Assess Money?
(Next Level)

THE LEVEL ASSESSMENT
(For Part II)

IMPRINT GOALS (Part I OLA)
NEED (Level 1)
FEAR (Level 2)
EXTERIORISATION (Level 3)
INTROVERSION (Level 4)
HAVINGNESS (Level 5)
WAYS OF BEING (Level 6)
CAUSATION (Level 7)
MONEY (Level 8)
CORRECTION (as a Level)
NEXT LEVEL?
CORRECTION REQUIRED?
Bypassed Postulates
Free Being Correction List
Hidden Standard
Withhold
Painful Consequences
Ineffectiveness
Past Misdeed
Past Lives
SOMETHING ELSE? (Something Else List)

Level 8

MONEY

WEALTH

Information can be defined as coherence - a pattern that is not random. Useful new information is a pattern that you can't otherwise know or that you can't predict easily on the basis of what you do know. The dynamism of evolution is the selection of information - coherence - out of a random series of events, so that a pattern emerges from the unpredictable. Information is a measure of the liveliness of a system - life is an ordering, selecting, coherence-making process.

The evolutionary life-force behaves as if it were always aiming at higher coherence, i.e. higher intelligence. This process accelerates as information builds in an ever-rising learning curve. Human beings are able to accelerate this curve faster through the ability to pass information from generation to generation in the form of symbols (words, maps, equations, etc.) and further information is added at each stage by alive minds contributing creatively.

World-wide wealth in terms of 'real capital' (manufacturing plants and resources, etc.) has been doubling in every generation since economists started collecting statistics in the 18th Century. Where does this wealth come from? According to orthodox economists it comes from land, labour and capital. According to Marxists it comes from land and labour alone, and the capitalist is a thief who has inserted an artificial book-keeping system into the process. Both are limited views. Land and labour alone, and land, labour and capital together, can't produce new wealth if they are organised by a false idea, such as searching for oil where oil does not exist.

The real source of wealth is correct ideas, workable ideas, that is, useful information. The origin of this coherent order is the human life-force, using its mind intelligently. It creates all the ideas which, socially employed, become wealth: roads, engines, scientific laws, printing, computers, life-saving medicines, etc. All that you see, whoever theoretically 'owns' it, is the product of the manifested ideas of creative life-force.

All ideas are not equally good, of course. This is why John Ruskin, a century ago, introduced a distinction between wealth and 'illth'. Wealth, in Ruskin's sense incorporates all those artifacts (concretised ideas) which enhance human life, or life generally. Illth consists of those artifacts which destroy, demean or degrade life. The exponential increase in wealth (life enhancing ideas manifesting) has led to more Utopian yearnings; at the same time, the equal and opposite increase in illth (pollution, weapons, trivial media, etc.) has led to apocalyptical fears. One's expectations about the future are therefore based on what one thinks is the dominant force in evolution, and the responsibility one intends to manifest within this system, both alone and with others.

The conditions of creation imply self-limitation, by manifestation of a creation in space, in time and then in equilibrium. All that exists, exists as a result of the converging action at the same point and at the same time of three forces: Passive, Active and Neutralising. These are the three basic principles of life: the **Static** (corresponding to the passive force, of *being* in space), **Dynamic** (corresponding to the active force, of *doing* through time) and **Neutralising** (corresponding to *having* of manifestation through the balancing of energy flows). These forces work through cycles of action, from recognition of the desired outcome towards its fulfilment.

An example which an ancient esoteric school gave to represent the play of the three forces, is the making of bread. To make bread we need flour, fire and water. In this example, flour is the conductor of the passive force, fire is the active force and water is the neutralising force. If the balance is wrong, this can lead to failure. For example, with the same good flour, the bread can be inedible if we have added too much water or used too high a flame. The passive force contains all the *possibilities* for creating the phenomenon, the active force intervenes as the *realiser*, and the neutralising force as the *regulator* of the relations between the two other forces.

Another classic example is the conception of a child. The woman appears here as the passive force, the husband as the active force and sexual love is the neutralising force; if these three conditions are present, then conception is possible.

In the case of a purchase, the offered merchandise constitutes the passive force, the need or desire of the purchaser intervenes as the active force, and payment as the neutralising force.

Anything that is manifested can be analysed in the light of these three principles. To take the creation of an enterprise as an example, the idea must first be conceived as possible, the project studied and plans drawn up - all of this is based upon the Static principle. Then the creation passes on to realisation, in accordance with the Dynamic principle. In addition the principle of Equilibrium must be maintained between the efforts which the project requires for its manifestation (dynamic), and the plans for that realisation (static) - this will normally require balancing flows, such as interchange of communication and payment for the expertise and labour of hired assistance.

The subject of money is obviously at the heart of all our lives as a balancing medium for the exchange of material wealth (in universally recognised symbolic form) in return for our personal efforts. It particularly exposes us to the brutal realities of survival, of our bodily selves, our families and all that we identify with. It is also closely related to issues of right and wrong actions, good and bad creations, of what is valued and what is disparaged, of caring and neglect, of responsibility and blame.

Reading buttons on the following assessment are Listed to produce an Item which is then run on Repeater to P/N, then Probcon'd to P/N, all with Indicator Tech.

ASSESSMENT, MONEY

W/W would .....?

Consider money an end in itself
Envy someone who has money
Criticise someone who has money
Steal money
Make money unimportant
Think money 'the root of all evil'
Sell themselves for money
Consider 'money is bad'
Hurt someone for financial gain
Gamble away money
Worship money
Be mean with money
Hoard money
Withhold money
Waste money
Sell their soul
Sell their body
Use money in order to be admired
Feel guilty about money
Begrudge paying
Not be able to afford basics
Not be able to afford to keep a child
Be thrifty
Buy their way into a group
Hate a rich person
Devalue their worth as an employee
Devalue their time
Suppress a rich person
Sell something belonging to another
Obtain money by gaining sympathy
Threaten someone to obtain money
Accept payment for hurting someone
Give someone money in propitiation
Feel guilty for not having money
Feel stupid for not having money
Use money to control someone
Marry for money
Buy another's body with money
Consider that 'money talks'

Desire to not have money
Consider wealth to be sinful
Justify taking money
Refuse to pay a debt
Hold back from money
Resent giving money
Refuse to accept money
Do something bad to get money
Stop a money transaction
Use money to destroy someone
Blame money for the way they are
Underpay someone
Withhold money from an employee
Disagree with a friend about money
Upset with family about money
Be obsessed about money
Be careless with money
Buy secrets
Sell secrets
Blackmail someone
Consider money doesn't matter
Betray someone for money
Borrow money and not repay it
Feel unable to have money
Write cheques with insufficient funds
Forge a signature on a cheque
Squander money in order to impress
Feel compelled to spend money
Embarrass someone about money
Be confused about money
Swindle someone out of money
Feel guilty to ask for money earned
Cheat on income tax
Take money not deserved
Lie in order to keep money
Be afraid to spend money

Something else?

Assess Power (next Level)?

This list can be added to as appropriate; it can also be run with 'Not ...'

THE LEVEL ASSESSMENT (For Part II)

IMPRINT GOALS (Part I OLA)
NEED (Level 1)
FEAR (Level 2)
EXTERIORISATION (Level 3)
INTROVERSION (Level 4)
HAVINGNESS (Level 5)
WAYS OF BEING (Level 6)
CAUSATION (Level 7)
MONEY (Level 8)
POWER CHANGE (Level 9)
CORRECTION (as a Level)
NEXT LEVEL?
CORRECTION REQUIRED?
- Bypassed Postulates
- Free Being Correction List
- Hidden Standard
- Withhold
- Painful Consequences
- Ineffectiveness
- Past Misdeed
- Past Lives

SOMETHING ELSE? (Something Else List)

Level 9

POWER CHANGE

POWER AND POWER CHANGE

An operative condition of Power is attained when the objectives of an activity are being routinely achieved, and high quality products are being produced or services rendered, and exchanged for income on an ever-increasing statistic. The situation of Power Change occurs when a person who has achieved the condition of power wants to move on, for example, if he has been promoted or wants to move on to a new game; the person who replaces his functions is then in a condition of power change - he is assuming a condition which has been held from power. If this change-over is not carried out correctly, the power-base of the person moving up will deteriorate; very likely he will have to take over his old position again and get things going as they were before.

So the message is: in a position of power, **don't disconnect**. You can't just deny what you're leaving behind - what you need to do is take responsibility for these connections. You need to write-up the job so another person could take over that position and run the operation as well as you, without blindly changing your successful methods. Otherwise you leave an incomplete cycle of action in your old job, that will continually act to pull you back down in that direction.

In moving into a senior position from a more junior position all incomplete cycles of action which are your responsibility, should be brought to reasonable and ethical conclusions. Otherwise much of your time will be taken up by people reaching into your new universe asking you to take responsibility for things that should no longer be your immediate concern.

When a game ends there must be a new game. If you don't provide a new game somebody else will and it will be over your dead body.

In a position of power you must either let people get on with what they are doing (if that is being done adequately) or lead them to improve their products actively. If you have Power you must either use it or delegate it, or you will lose it. When you are in a team and have people to work for you, you must get them usefully active as quickly as you can or they will become unhappy and you won't have the use of them any more. When you move off a point of Power you must pay all your obligations and wrap up all the outstanding cycles, otherwise the situation will go out of control.

The position near to Power may be dangerous, as others may perceive you to be more vulnerable than the Power you are attached to. So if you are close to some power, get some delegated to you, enough to do your job and protect yourself and your interests. You must gather and use enough power to hold your own.

Lastly and most important, always push power in the direction of anyone on whose power you depend. It could be financial support, it could be defense of his reputation or anything of a similar nature. Real power is developed by tight conspiracy of this kind, pushing somebody up in whose leadership his co-workers have faith. That way a very powerful network can be created. So never feel weaker because you work for somebody in a stronger position. The only real failure is not supporting a strength on which you depend.

This requires active contribution, both from the power and to the power. That is, if you are in a powerful position you must empower those below you and then there is exchange and in return they will empower you. We are looking here at the dynamics of power which are interactive: your retention and expansion of power depends on

supporting the people who are supporting you, and on demanding power from them to strengthen your position. And likewise, supporting the power that is above you, to give that more power, on the basis that the power above you delegates power to you, so the whole thing moves forward like a train.

Power is not being a manipulator or a bully. Many people have learned to manipulate by weakness ('I'm going to fall apart if you don't give me what I want'), or through the threat of hostility. People do win sometimes through intimidation but they are not being powerful - they end up lonely, alone, insecure. Powerful persons can direct their energies to create what they want, knowingly and directly, and do not need to rely on intimidation or force. Power requires the ability to act: to consciously create a chosen reality with the least expenditure of energy and with the maximum result. What are the components of power?

- To get in touch with your personal power requires complete honesty - telling the truth to yourself, however uncomfortable. Confide in that person (you). Tell that person the gut level, bottom line, bald, cold truth.
- The second step is accepting the fact that you do have impact - your actions do have an effect and the world out there is not all your imagination.
- The third component of power is responsibility - the ability to respond. The more responsibility you are honestly willing to take, the more potential for power you will have - which will be actualised by action.
- The fourth component is willingness to be powerful - many feel that they have to be deserving but they don't, they just have to be willing.
- The fifth component is to have the courage of commitment and conviction, to have principles that you stand for and the character to act on them.
- The sixth step to be powerful is to give love, and receive love and also to be transformed by the love you receive.
- The seventh component is trust in yourself and in others selectively: trust those who've earned your trust.

It is critical in your spiritual growth to understand that you create your own reality. Once you experiment with manifesting what you want in your reality - the car, the better home, the job, the money and friendships - and you establish a certain expertise, if you retain your integrity then you'll come truly know yourself through power, not weakness. It's one thing to know that you can create what you want physically and then rise above all challenges - that's freedom through success. It's quite another to struggle and struggle and fail repeatedly, and then say, 'I'm going to give it up, I didn't want it anyway' - that's detachment through failure.

This contains all the points that would hold you in existing conditions of Power or Power Change as a being, and prevent you from attaining expanded Power, unprogrammed by the Imprint.

ASSESSMENT, POWER CHANGE

Reading questions on the following assessment are Listed to produce an Item which is then run on Repeater to P/N, then Probcon'd to P/N, all with Indicator Tech.

W/W do you have to disconnect from?
W/W should you remain connected to?
W/W are you connected to?
W/W can take ownership for your connections?
W/W can take responsibility for your connections?
W/W do you need to retain domination over?
W/W would you need to retain communication with?
W/W could occupy your post?
W/W do you depend on for power?
W/W needs to be changed?
W/W could delegate power?
W/W could you assign power to?
W/W have you assigned as Source?
W/W needs to be Source?
W/W have you assigned a condition of Power Change?
W/W has to exist?
W/W is part of existence?
W/W has to be controlled?
W/W has to be communicated to?
W/W are you committed to return to?
W/W requires your protection?
W/W should remember you?
W/W should forget you?
W/W could assume a Power condition?
W/W could have a new game?
W/W could originate a new game?
W/W do you consider is your power-base?
W/W are you obliged to?
W/W needs your attention?
W/W needs your duplication?
W/W needs to be confronted?
W/W needs to be contributed to?
W/W needs to be experienced?
W/W needs to be known about?
W/W needs to be known?
W/W needs to be not known?
Where should you be?
What should you be doing?
What should you be having?
W/W in future time needs to be got rid of?
W/W have you promised something?
W/W do you have a debt to?

Where is your presence needed?
W/W is dependent on you?
W/W are you being responsible for?
W/W requires your control?
W/W should have power?
W/W should not have power?
W/W should be free?
W/W should not be free?
W/W should not change?
W/W should remain?
W/W should leave?
W/W should stay?
W/W should be free of material limitations?
W/W should not be free of material limitations?
W/W is in control of the playing field?
W/W is responsible for the playing field?
W/W should be here now?
What space must be held absolutely?
What energy must be held absolutely?
What time must be held absolutely?
What mass must be held absolutely?
What location must be held absolutely?
What motion must be continued absolutely?
W/W can begin life anew?
W/W cannot begin life anew?
W/W can make life persist?
W/W cannot make life persist?
W/W can stop life?
W/W cannot stop life?
W/W can change life?
W/W cannot change life?
W/W can start life?
W/W cannot start life?

Something Else?

Assess Games (Next Level)?

This list can be added to as appropriate, or run with ‘not’ if appropriate.

THE LEVEL ASSESSMENT (For Part II)

IMPRINT GOALS (Part I OLA)
NEED (Level 1)
FEAR (Level 2)
EXTERIORISATION (Level 3)
INTROVERSION (Level 4)
HAVINGNESS (Level 5)
WAYS OF BEING (Level 6)
CAUSATION (Level 7)
MONEY (Level 8)
POWER CHANGE (Level 9)
GAMES (Level 10)
CORRECTION (as a Level)
NEXT LEVEL?
CORRECTION REQUIRED?
Bypassed Postulates
Free Being Correction List
Hidden Standard
Withhold
Painful Consequences
Ineffectiveness
Past Misdeed
Past Lives
SOMETHING ELSE? (Something Else List)

Level 10

GAMES

THE GAME OF LIFE

Life is a game consisting of freedom, restrictions, problems, havingness, awareness and interest. Play is communication. A frozen mood of game is reached by assuming that interest can exist on only one emotional level. A no-game condition occurs if a preponderance of win or of lose is reached.

Games consist of purposes which are set to be achieved and certain barriers which are boundaries and limitations of the actions that are allowed within the parameters of the game. Within those barriers there is the freedom of play. Games, in their fullest sense, also include opponents and fighting, and suggest a player who is a conscious and voluntary participant, who's playing for fun or other benefits such as what can be won in a particular game. Games are invented (postulated) including who the players and opponents will be (their identities), the objectives of the game, the playing field, the rules (stated or otherwise), and the duration (determined by time or the achievement of an objective). For the game to be worthwhile there needs to be a possibility of winning and a possibility of losing or failing to achieve the objective.

A game also requires self-determinism: to be a conscious player. If a player becomes so fixated upon a game, so wrapped up in its identities and traumas, that he is no longer conscious of playing a game, then he may be said to have adopted a 'games condition', and to no longer be playing the game self-determinedly: he has become a pawn in his own game. His power of choice has become subjugated into a fixated activity from which he cannot take his attention. Games may in this way become aberrative.

One day I was playing a game of snooker with a friend of mine and about half-way through the game he said 'What's the score?' Do you know, I didn't know and what is more I didn't care. I was enjoying playing and that's all that mattered. So, of course, I won hands down. At that point the penny finally dropped. So my view of the liability of games is: 'All games are fun. Most *contests* (played primarily to win rather than in the spirit of play) on the other hand are aberrative, though some are fun. And solid games, called problems, are a pain in the neck'.

The human being is very competitive. Competition says the winner is great and everyone else is last and that is an invalidation whether it is a game of skill or chance. Once *competition* enters a game the 'spirit of play' tends to leave and that spirit *is* the spirituality of the Being.

The next aberrative quality is persistence, the old time-maker. This is dramatised today in the Test Cricket Series. The prize of the game is the 'Ashes' of somebody's old cricket bat that was ceremoniously burned. It is okay to have a prize in a game otherwise there's no fun but if the prize is taken out of one game into another that is *persistence*. If one is willing to experience anything then one can experience a win or loss. The inability to do this is the essence of 'games conditions' and there lies the problem. A games condition causes persistence and such games do not un-mock except with true duplication.

The final real aberrative quality is solidity. When a game goes *solid* - becomes too serious - you get the physical universe, war, and all the other aberrative conditions flesh is heir to.

This Level takes out the restimulators of the past which make you less aware in Present Time. It destimulates the attractions of past games and their reactive persistence. You can end cycle on past failures and losses.

Reading questions on the following assessment are Listed to produce an Item which is then run on Repeater to P/N, then Probcon'd to P/N, all with Indicator Tech.

ASSESSMENT, GAMES

W/W is part of a game?
W/W does a game consist of?
What is the policy of a game?
What is the purpose of a game?
What is the target of a game?
What is the goal of a game?
W/W is the objective of a game?
W/W is the prize of a game?
W/W should continue a game?
W/W sets up a game?
W/W should be overwhelmed by a game?
W/W should agree you are right in a game?
W/W should be dominated in a game?
W/W should succumb in a game?
W/W should a game please?
W/W are you obliged to in a game?
W/W is the Source in a game?
W/W in a game delegates power?
What part of a game do you confront with?
W/W can un-mock a game?
What space has to be held absolutely in a game?
What energy has to be held absolutely in a game?
What time has to be held absolutely in a game?
What mass has to be held absolutely in a game
What location has to be held absolutely in a game?
What motion has to be continued absolutely in a game?

Something Else?

Assess Awareness (Next Level)?

This list could be added to as appropriate.
Could be run no- or not- if appropriate.

THE LEVEL ASSESSMENT
(For Part II)

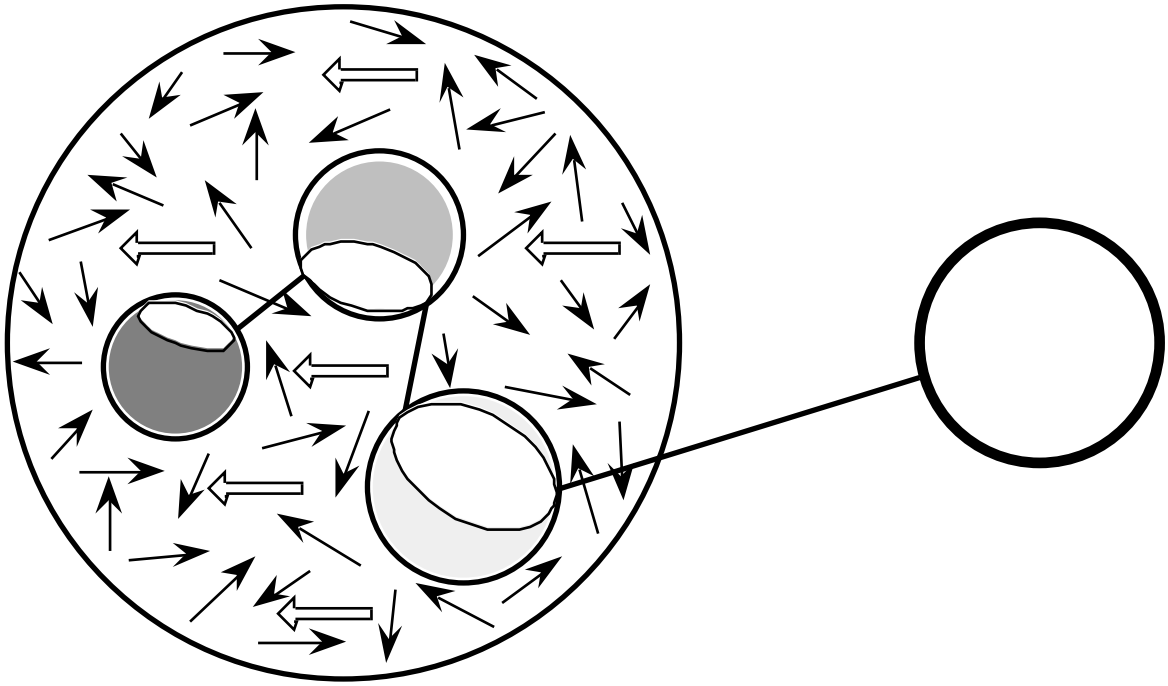
IMPRINT GOALS (Part I OLA)
NEED (Level 1)
FEAR (Level 2)
EXTERIORISATION (Level 3)
INTROVERSION (Level 4)
HAVINGNESS (Level 5)
WAYS OF BEING (Level 6)
CAUSATION (Level 7)
MONEY (Level 8)
POWER CHANGE (Level 9)
GAMES (Level 10)
AWARENESS (Level 11)
CORRECTION (as a Level)
NEXT LEVEL?
CORRECTION REQUIRED?
Bypassed Postulates
Free Being Correction List
Hidden Standard
Withhold
Painful Consequences
Ineffectiveness
Past Misdeed
Past Lives
SOMETHING ELSE? (Something Else List)

Level 11

AWARENESS

THE COMEDY OF LIFE

Let us now examine from the practical point of view, how man can attain consciousness of his spiritual nature and of Spirit itself. The diagram below will help to illustrate this:



The black arrows represent influences which occur within the physical game of life, by which man is surrounded. You will notice they are distributed almost equally over the circle of life. A person is subject most of all to the arrows influencing him from his immediate surroundings; he is pulled every instant by the way they act at that moment. The influence of this constant restimulation on a man who is other-determined, not conscious of his spiritual nature, is effectively to be driven, to wander in the circle of his life from birth to death, subject to the law of chance or accident or fate.

In this way man is subjected to the rules of materiality. Yet if we look at the diagram more closely we perceive that each black arrow is counterbalanced, neutralised in some other part by another arrow equal in force or diametrically opposed, so that if we had left them to effectively neutralise one another the resultant force would have been equal to zero. This means that in their ensemble the material forces are illusory in nature, although the effect of each one of them is real, so the physically-orientated man takes them for reality.

The white circle represents the Spirit life-force, located outside the general laws of material life. The white arrows represent the influence of Spirit. They are thrown into the turmoil of life and originate from Spirit as **Source**. Created in the fifth dimension, outside the four dimensions of space and time, these arrows are all oriented in the same direction. In their ensemble they form a sort of 'magnetic field'. Since material influences neutralise one another, Spiritual influences constitute the true reality.

The small circles represent individuals, with the shaded areas representing their material components and the white areas representing their Spirit component. If man spends his life without distinguishing between material and spiritual influences, he will

end life as he started, mechanically driven by the law of accident. Although of course he can make the best of it, he will not have known anything of Truth. But if he discovers the spiritual influences and learns to recognise them in his own nature and contribute to them, he will undergo a certain kind of evolution and a 'magnetic centre' can be formed within him: a development of Spirit Consciousness, a beginning of true self-determinism.

A nurtured Spirit Consciousness in its turn will be able to exercise an influence over the results of the material arrows which are always active, deflecting them. Such a deflection may be violent - it transgresses the material game rules - and may provoke conflict in and around him. If he loses the battle he emerges with the conviction that the Spirit influences are an illusion, that the only the material influences are real, and slowly the magnetic centre which had formed within him disperses. But if he emerges a winner in his first struggle, his magnetic centre strengthens and draws towards him others with still stronger Spirit Consciousness, and this link with Spiritual Source further encourages his development. Henceforth in life, that man will no longer be isolated. To the measure of his growth, he will escape the dominion of the law of accident and enter the domain of consciousness, which has no law over him. If he reaches this result before his death, he can say that his life was not in vain.

It was for this reason that Irene Mumford set up a Network of co-workers, for mutual support in the quest to establish a spiritual body of consciousness, that would be far more powerful than any person alone.

The bi-polar structure of human intelligence, an exact counterpart of the structure of the material world, allows man to study and recognise all the material influences, to orient himself in their immediate and furthest field of action and to apply his abilities to it in order to search, calculate, combine, intervene and act within this sphere. The task of the seeker after Truth is different, but he must guard against falling into the extremes expressed by some teachings; he must neither despise nor neglect his intellectual faculties.

Strengthened by the preceding, someone who is developing in awareness, can and must better understand the comedy of life, in which pretentious blind men lead more modest blind men towards an abyss which will engulf both. Once he knows this, then with the limited independence left to him after the commitments he has undertaken, he will have the possibility of warding off the harmful effects of material influences. The intelligence must be developed and sharpened up to the limit of what is possible, and thought must become sharp as the point of a needle, in order to be able to recognise and master material influences rather than conflict with them head-on. And this must be done in a strictly realistic spirit, free from hypocrisy, self-justification and particularly, free of lying to oneself. Those who make these mistakes think they alone are just, so consequently they are right while others, as well as circumstances, are wrong ('My mind's made up - don't confuse me with the facts!').

The mind at the level of Spirit Consciousness becomes Will, i.e. the fifth dimension is Choice in the no-time of present time. But the reasoning mind, in spite of its complexity and many abilities, is a mechanical instrument and can never know anything of esoteric (spiritual) matters with any certainty. Concerned with phenomena, it is limited by form and function to the three dimensions of space and the fourth dimension, two-pole structure of past and future time.

Awareness, obviously, is a very relevant factor here.

LEVEL ASSESSMENT

This Level releases off the lies and charge that shut down your awareness and screw up reality and agreements for you. There is no reason it could not be Probcon'd if you hit a very charged Item and it seems relevant to you. But I would be inclined to Defense Check it first all the same.

On this Level it is best to Defense Check each reading Button to P/N: 'On (Button) is anything being...?' with very thorough use of Indicator Tech.

Defense Checklist

SUPPRESSED?
INVALIDATED?
DENIED?
IGNORED?
MIS-OWNED?
OVERLOOKED?
FORGOTTEN?
JUSTIFIED?
EXPLAINED AWAY?
GUARDED AGAINST?
CONCEALED?
UNACCEPTABLE?
MIS-PERCEIVED?
ABANDONED?
INSISTED ON?
OBLIGATED?
AVOIDED?
RESISTED?
REDUCED?
ALTERED?
TWISTED?
MANIPULATED?
DECIDED?
IDENTIFIED WITH?
DESIRED?
HELD ONTO?
RUSHED?
UNEXPRESSED?
MISSED?
BELIEVED?
SACRIFICED?
ENFORCED?
FIXED IN PLACE?
MADE IMPORTANT?
DISLIKED?
RUN-AWAY FROM?
COVERED UP?
WASTED?
ATTACKED?
FRUSTRATED?
EXAGGERATED?
PUT ONTO OTHERS?
NOT REPEATED?
PRETENDED?
SEPARATED FROM?
DONE-IN?
MADE WRONG?
MADE RIGHT?
GOT INTO?
GOT OUT OF?
GIVEN-UP ON?
UNACKNOWLEDGED?
ASSUMED?
PRESUMED?
GENERALISED?
ILLOGICAL?
UNREALISTIC
SELF-DEFEATING?

ASSESSMENT, AWARENESS

Conditions
Existence
Source
Recognition
Communication
Perception
Orientation
Understanding
Enlightenment
Energy
Adjustment
Body
Prediction
Activity
Production
Validity
Enhancement

Correction
Purposes
Realisation
Clearing
Result
Ability
Exterior
Duplication
Causation
No-game
Now

Something Else?

Assess Postulates (Next Level)?

The above should also be prefixed with 'Resisted ...,' 'Asserted ...,' 'Denied ...,' 'Reversed ...,' 'No ...,' 'Anti- ...,' and may also be prefixed by the Secondary Scale buttons (see page 50).

Use the following buttons if you cannot clear this Level otherwise:

Help
Hope
Demand for improvement
Need of change
Fear of worsening
Effect
Ruin
Despair
Suffering
Numbness
Introversion
Disaster
Delusion
Hysteria
Shock
Catatonia
Oblivion

Detachment
Duality
Secrecy
Hallucination
Sadism
Masochism
Elation
Glee
Fixity
Erosion
Dispersal
Disassociation
Criminality
Uncausing
Disconnection
Nonexistence

And use the above prefixes.

THE LEVEL ASSESSMENT
(For Part II)

IMPRINT GOALS (Part I OLA)
NEED (Level 1)
FEAR (Level 2)
EXTERIORISATION (Level 3)
INTROVERSION (Level 4)
HAVINGNESS (Level 5)
WAYS OF BEING (Level 6)
CAUSATION (Level 7)
MONEY (Level 8)
POWER CHANGE (Level 9)
GAMES (Level 10)
AWARENESS (Level 11)
POSTULATES (Level 12)
CORRECTION (as a Level)
NEXT LEVEL?
CORRECTION REQUIRED?
- Bypassed Postulates
- Free Being Correction List
- Hidden Standard
- Withhold
- Painful Consequences
- Ineffectiveness
- Past Misdeed
- Past Lives

SOMETHING ELSE? (Something Else List)

Level 12

POSTULATES

POSTULATES

This Assessment may seem a dauntingly long one but do not despair. It is a very large net to catch a few big fish. It is an area of not only postulates but counter-postulates as well. This Level gives the source of persistence of counter-intentions and wrong effects blocking the achievement of your objectives. The conflict of interests between you and the Imprint phenomena is paramount.

Both your own and Imprinted postulates can be made in many circumstances, so keep your Level Assessment going and follow the charge where it leads. If it indicates earlier Levels, be alert to their postulate and counter-postulate content which tend to come up on Indicator Tech actions. Also, because of the conflict of interest you may find Games Conditions are set up and need to be indicated (or the Item will Repeater for ever and not go to P/N).

As the Probcons lay up in series the reads can be tight, small and faint. Persist with buttons where you feel there is charge or the needle is unclean. When Assessing the Level and an Item reads well and is the Item, subsequent buttons may give a dirty needle or don’t P/N on calling, so don’t waste time on the rest of the Assessment on that time through.

Indicator Tech is even more important here to sort out the conflict of interests. Occasions for it may occur many times during Repeater to release the charge. Be vigilant to the slightest emotion coming up and leave nothing unhandled by Indicator Tech.

Some postulates will be recognisable as how you view things but do not assume anything is yours. Misownership of a postulate can create large disaster areas in your life and is intended to.

A postulate was never intended by a Being to persist. Persistence creates a time continuum. So all postulates that are persisting both knowingly and unknowingly, yours and Imprinted, are aberrative. Root them out with Indicator Tech assiduously as Time is the primary lie.

Reading buttons on the following assessment are Listed to produce an Item which is then run on Repeater to P/N, then Probcon'd to P/N, all with Indicator Tech.

ASSESSMENT, POSTULATES

What is the postulate on .....?

Location
Faith
Cause
No Effect
Obsessive Can't Have
Create
Think
Peculiar Interest
Disperse
Intend Not to Communicate
Inverted Control
Betray
Collect
Substitute
Withdraw
Duplicate
Enter
Inhibit
Disagree
Enforce
Agree
Desire
Want to know
Failed to Endure
Endure
No Motion
Failed to abandon
Abandon
Failed to waste
Waste
Failed to protect
Protect
Failed to leave
Leave
Wait
Survive
Failed to arrive
Arrive
Failed importance
Importance
Propitiate
Attention
Separate
Failed withhold
Withhold
Misemotion
Destroy
Motion
Failed attack
Attack
Misdeed
Dislike
Like
Compete
Failed Help
Help
Failed Control
Control
Emotional
Failed Communication
Communication
Failed Interest
Interest
Connect
Failed Havingness
Havingness
Not Know
Forget
Disinterest
Self-determinism
Identity
Individuality
Problems
Can't have
Alive
Opponents
Facsimiles
Continued Solidity
Continued Adherence
Continued Loyalty
Continued Disloyalty
Continued Betrayal
Continued Help
Motion
Emotion
Continued Action
Hot
Cold
Thinking
Hate
Some Love
Continued Doubt of Result

Expecting a Revelation
No Effect on Self
Effect on Others
Stop Communication
Change Communication
Into it
Agitation
Noise
Some Silence
Control
Start
Change
Stop
Responsibility
Consequences
Confusion
Never Happen Again
Non Arrival
Illusion
Persistence
Alter-is
Not-is
Useful
Helpful
Hold on to
Continue
Maybe
Compulsively Responsible
Ridges
Objects
Energy
Doingness
Current
Alternation
Living
Association
Fixed Space
Fixed Time
Fixed Matter
Fixed Energy
Fixed Location
Motion Away
Motion Towards
Becomingness
Kinetic
Affinity
Reality
Lies
Fixity
Solidity
No Havingness
Somethingness
Needs
Wanted
Not wanted
Stuckness
Mystery
Have
Receive
Acquire
Indecision
Decision
Possession
Ownership
Mistake
Desired Havingness
Desired not Havingness
Enforced Havingness
Enforced not Havingness
Inhibited Havingness
Inhibited not Havingness
Terminals
Something here
Something there
Nothing here
Nothing there
Absence
Waiting
Hiding
Approval
Admiration
Reward
Mocking up
Communication lines
Agreements
Body
Mind
Flow
Scarcity
Abundance
Counter Efforts
Counter Intentions
Force
Logic
Competition
Power
Experience
Memory
Alteration
Timelessness

Foreverness
Revenge
Vendetta
Feud
Get Even

Something Else?

Assess Anchor Points (Next Level)?

This list can be added to, or called with:

No-
Past-
Present-
Future-
Anti-

THE LEVEL ASSESSMENT (For Part II)

IMPRINT GOALS (Part I OLA)
NEED (Level 1)
FEAR (Level 2)
EXTERIORISATION (Level 3)
INTROVERSION (Level 4)
HAVINGNESS (Level 5)
WAYS OF BEING (Level 6)
CAUSATION (Level 7)
MONEY (Level 8)
POWER CHANGE (Level 9)
GAMES (Level 10)
AWARENESS (Level 11)
POSTULATES (Level 12)
ANCHOR POINTS:
HOLD ON TO (Level 13)
CORRECTION (as a Level)
NEXT LEVEL?
CORRECTION REQUIRED?
Bypassed Postulates
Free Being Correction List
Hidden Standard
Withhold
Painful Consequences
Ineffectiveness
Past Misdeed
Past Lives
SOMETHING ELSE? (Something Else List)

Level 13

ANCHOR POINTS, HOLD ON TO

ANCHOR POINTS, HOLD ON TO

The three Levels: Anchor Points - Hold on to, Let go, and Create, all use the same Assessment. Different buttons tend to come up on each Level but not always.

Time in the field of behaviour and experience becomes 'having'. The desire, enforcement and inhibition in the possession, giving and taking of objects can be found to establish a time continuum. Here we are doing a sideways approach on the basic format of creative visualisation techniques, e.g. 'Visualise something' (corresponds to Create), 'Now throw it away' (Let go), 'Shove it into your body' (Hold on to).

The effect is to run out the unknowing create on present time restimulators. They have always been there to kick in your anchor points (the aspects of your life and environment with which you orient yourself) and keep you restimulated. The three Levels, 13, 14, and 15, bring them into full view and discharge their reactive content.

The main Question for Level 13 is:

'W/W is holding on to ( )?'

Further Questions are given at the end of the Assessment.

Anchor Points.
Here we are working on the dimension points of your life - things that are really real to you - that are charged. While you are holding on to them because they are safe and familiar and therefore uninspected you cannot change your space, move out into the great unknown. A bit more stuckness stemming from association with the Imprint programme which gets you running round and round the same old route of familiarity. Sure it is safe and known but, unfortunately it is a three legged race you can't win with the Imprint phenomena as your partner.

This Level removes the unknown parameters of your existence and frees you up to create known barriers.

If the area is very suppressed you will have to work hard for your reads. Do not call too rapidly. Wait to see what the needle does if it does not immediately P/N or give a totally clean needle, before you go on to the next call. If there is any sign of hesitation, tick or change of characteristic, even if slightly latent, recheck the Item thoroughly. Put in Suppressed buttons where necessary and don't pass anything that could have read without thoroughly checking, including if you thought it should have read.

Reading buttons on the following assessment are Listed to produce an Item which is then run on Repeater to P/N, then Probcon'd to P/N, all with Indicator Tech.

ASSESSMENT, ANCHOR POINTS

W/W is holding on to .....?

A Body
The Physical Game
Familiarity
Sensation
Game
Possibility of game
Past
Present
Future
The mind
Aesthetics
Terminals
Affinity
Reality
Communication
Objects
Matter
Mass
Energy
Force
Time
Change
Space
Light
Darkness
Location
Orientation
Reward
Validation
Consequences
Approval
Admiration
Not knowing
Know about
Looking
Emotion
Effort
Thought
Symbols
Eating
Drinking
Sex
Mystery
Waiting
Hiding
Involvement
Interest
Help
Hope
Control
Elsewhereness
Cause
Effect
Interesting misdeeds
Interesting withholds
Fighting
Opponents
Rest
Repair
Doingness
Havingness
Living
Forgetting
Remembering
Memory
Identity
Role
Purpose
Target
Desire
Curiosity
Enforce
Inhibit
Ownership
Misownership
Possession
Protection
Understanding
Absence
Amusement
Hidden control
Motion
Pressure
Sight
Taste
Colour
Solidity
Barriers
Friends
Association
Plans
Schemes
Problems
Solutions
God
Religion
Philosophy
Answers
Questions
A created universe
Anchor points
Sacrifice
Duty
Loyalty
Betrayal
Injury
Harm
Defense
Attack
Exchange
Interchange
Obligation
Debt
Existence
Liability
Hot
Cold
Noise
Silence
Sound
Rhythm
Smell
Touch
Gravity
Stillness
Ridges
Body field
Self determinism
Groups
Imagination
Illusion
Pretence
Lies
Importance
Domination
Seniority
Wisdom
Good

Evil
Perception
Viewpoint
Dimension points
Prediction
Post
Power
Life
Family
Relationships
Love
Hate
Particular terminal
Negating
Altering
Destruction
Creation
Failed purpose
Pleasure
Irresponsible
Another being
Rightness
Wrongness
Mistakes
Satisfaction
Self esteem
Shame
Blame
Regret
Making amends
Loss
Fear
Terror
Pain
Competition
Beauty
Beautiful sadness
Ugliness
Despair
Bank
Revenge
Retribution
Persistence
Consideration
Should be there
Shouldn't be there
Opinion
Postulate
Reachingness
Withdrawingness
Perversion
Degradation
Regeneration
Improvement
Something unresolved
An expected revelation
Doubt of something
Something here
Something there
Nothing here
Nothing there
Justification
Rightness
Wrongness
Rationalisation
Something owed
Agreements
Make guilty
Making it right to have been wrong
Making it wrong to have been right
Being right all along
Sleep
Survival
Something to do
Habit
Routine
Confusion
Unknown mystery
Unprediction
Separateness
Beingness
An effect point
An unknown energy flow
Win
Lose
Stalemate
Challenge
Gambit
Last ditch stand
Wont give up
Won't give in
Proof
Logicalness
Reasonableness
No answers
Certainty
Nothing
Anything
Now
Toys
Blackness
Fixed ideas
Good ideas
Significance
Location
Aesthetics
Orientation point
Purpose
Death
Problems
Conflict
A time continuum
Imprint phenomena
Safety
This location
Memories
Forever
Obedience
Allegiance
Omens
Destiny
Magic
Hiding place
Conformity
Dreams
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Possibilities
Light
Genetic inheritance
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Freedom
Health
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Excitement
Shelter
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Ability
A terrible past
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Listening
Independence

Consciousness
Disagreement
Morality
Caution
Low speed
Support
Out of communication
Not falling
Not looking
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Reasons
Talking
Conviction
Replies
Perfection
Sanity
Words
Freedom for others
Work
Strength
Ethics
Motionless
Thoughts
Concepts
Mock-ups
Distance
Stupidity
Copies
People
I
Seriousness
Resistance
Strong emotion
Hard effort
Wife
Child
Lover
Learning
Emptiness
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Penis
Vagina
Breasts
Art
Creations
Withholds
Films
Stomach
Legs
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Silence
Baby
Mate
Mouth
Innocence
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Pets
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Forbidden things
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Play
Stolen item
Stolen picture
The sky
The stars
Clothes
Going away
Running away
Doubts
Fame
Weapons
Walls
Dolls
Idols
Worry
Kisses
Hands
Face
Anxiety
Tiredness
Being young
Being respected
Being expert
Not knowing
Success
Failure
Learned books
Entertainment

In-between lives area
Soul mate
Teacher
Best friend
Father
Mother
Brother
Sister
Necessity to understand
This life
Together
High position
Idleness
Clocks
Loneliness
The womb
Killing
Being God
Birth
Explosion
Accident
Forgiveness
Perversion
Looking at bodies
Showing body
Being a human
Orgasm
Home
Money
No responsibility
Good perception
Good recall
Degradation
Confinement
Dead bodies
Beautiful bodies
Bed
Christ
Maps
Farewell
Assurance
Self-esteem
Disappearance
Membership
Reputation
Order
Jealousy
Inflicting pain
Inventions
Failed purpose

Evil purpose	Skill	Self
Curiosity	To be best	
Sin	Inspiration	Something else?
Trance	Decency	
Modesty	Resentment	Assess Let Go?
Talent	Affection	

All 'W/W is holding on to (a, an, the - as necessary) _____?' Questions can also be run with the prefix: Past, Present, Future, No, Not or Anti-.

This list can be added to as appropriate.

Alternative Questions are:	'W/W could hold on to ...?'	(ability)
	'W/W would hold on to ...?'	(prediction)
	'W/W must hold on to ...?'	(compulsion)
	'W/W should hold on to ...?'	(enforcement)
	'W/W can't hold on to ...?'	(inhibition)

THE LEVEL ASSESSMENT (For Part II)

IMPRINT GOALS (Part I OLA)
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POSTULATES (Level 12)
ANCHOR POINTS:
- HOLD ON TO (Level 13)
- LET GO (Level 14)

CORRECTION (as a Level)
NEXT LEVEL?
CORRECTION REQUIRED?
- Bypassed Postulates
- Free Being Correction List
- Hidden Standard
- Withhold
- Painful Consequences
- Ineffectiveness
- Past Misdeed
- Past Lives

SOMETHING ELSE? (Something Else List)

Level 14

ANCHOR POINTS, LET GO

ANCHOR POINTS, LET GO

The main Question for Level 15 is:

'W/W is letting go of ( )?'

Plus there are other Questions at the end of the Assessment.

Let Go.
To give you an analogy of what you are trying to do here: imagine you are hanging from the branch of a tree 100 feet from the ground. Hanging on grimly and dangling. Now what you are trying to do with the buttons of the Assessment is to talk to yourself into the unusual solution of - letting go! You are caught between the total liability of having a body in this predicament and the total absence of liability of being a free spirit!

As you sort out the cross-flows of charge between these two viewpoints you are gradiently pushing yourself into realisations of your Spiritual nature and running out the stuck programme of the Imprint. The Imprint solutions are always the soft option, play for safety and go on doing what you are doing because you know that's safe. Huh! Says who? This Level enables you to free yourself from unknown factors that limit you to the Physical Game.

If the area is very suppressed you will have to work hard for your reads. Do not call too rapidly. Wait to see what the needle does if it does not immediately P/N or give a totally clean needle, before you go on to the next call. If there is any sign of hesitation, tick or change of characteristic, even if slightly latent, recheck the Item thoroughly. Put in Suppressed buttons where necessary and don't pass anything that could have read without thoroughly checking, including if you thought it should have read.

Reading buttons on the following assessment are Listed to produce an Item which is then run on Repeater to P/N, then Probcon'd to P/N, all with Indicator Tech.

ASSESSMENT, LET GO

W/W is letting go of .....?

A Body
The Physical Game
Familiarity
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Possibility of game
Past
Present
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The mind
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Affinity
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Reward
Validation
Consequences
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Not knowing
Know about
Looking
Emotion
Effort
Thought
Symbols
Eating
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Sex
Mystery
Waiting
Hiding
Involvement
Interest
Help
Hope
Control
Elsewhereness
Cause
Effect
Interesting misdeeds
Interesting withholds
Fighting
Opponents
Rest
Repair
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Purpose
Target
Desire
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Hot
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Beautiful sadness
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Despair
Bank
Revenge
Retribution
Persistence
Consideration
Should be there
Shouldn't be there
Opinion
Postulate
Reachingness
Withdrawingness

Perversion
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Something unresolved
An expected revelation
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Something here
Something there
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Brother
Sister
Necessity to understand
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Evil purpose	Skill	Self
Curiosity	To be best	
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Trance	Decency	
Modesty	Resentment	Assess Create?
Talent	Affection	

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CORRECTION REQUIRED?
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- Withhold
- Painful Consequences
- Ineffectiveness
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- Past Lives

SOMETHING ELSE? (Something Else List)

Level 15

ANCHOR POINTS, CREATE

ANCHOR POINTS, CREATION OF

The Questions on this Level is:

W/W is creating ( )?

Plus there are further Questions at the end of the Assessment.

Create.
It does not matter how far down you push a Being, he will continue to create somehow. Bang him into a body and then into a concentration camp, a prison or something worse and he will create some form of game even at that level. He never gives up. We each of us are a God-being that creates, so how come we end up creat**ed** in a created universe? Until your awareness of create is at cause-point you stay created at effect-point. This Level sorts out the unknowingness of create. It puts you in control of the unknowing creation of reactive mechanisms which are holding you in the Physical Game.

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Wisdom
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Relationships
Love
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Particular terminal
Negation
Alteration
Destruction
Creation
Failed purposes
Pleasure
Irresponsibility
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Trance	Decency	
Modesty	Resentment	Level Assessment?
Talent	Affection	

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ANCHOR POINTS:
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- CREATE (Level 15)

CORRECTION (as a Level)
NEXT PART? (Part III)
CORRECTION REQUIRED?
- Bypassed Postulates
- Free Being Correction List
- Hidden Standard
- Withhold
- Painful Consequences
- Ineffectiveness
- Past Misdeed
- Past Lives

SOMETHING ELSE? (Something Else List)

WHAT'S NEXT

The Levels are run cyclically: you may well need to return to previous Levels (and Parts) when the Level Assessment indicates a new layer of charge has surfaced at that point. The result is a complete handling of the factors that keep the Imprint phenomena restimulated in day to day life, the conflicts of intention which hold the Being in unawareness.

Part II is complete when 'Next Part?' reads on the last Level Assessment and each of the Level Assessments has been completely cleaned, with Suppress buttons if necessary, to give a continuous free needle throughout. To enhance the EP of Part II, do the following action:

By reconsidering your wins in doing Part II of The Insight Project, you can recall and integrate these positive states. Check out the following with Indicator Tech:

Is there some realisation you can't quite put into words?

Is something changing in your way of life?

Has something been shown to be true?

If so, is something being...

classified?
understood?
connected up with?
achieved?
validated?
acknowledged?
pleasurable?

You should now make a full completion report to your Case Supervisor, and apply for the materials of Part III. Have a regular Session Assessment, in case new material has become live and needs to be handled.

After Part II, the potential which was foreseen on Part I can be stably accessed: the Being is able to BE HERE NOW with his Spiritual Primaries (the Part II Levels) in place. As a result of fully completing Part II, the Being's Own Goals and the Postulates that determine them can now be examined in depth, including the guy-ropes (in all domains) that attracted the Being to the Imprint phenomena in the first place and cause him to stay connected with it in the present. Part III resolves this Gordian knot with the great precision that is necessary, to strip off the many layers of second postulates so as to reveal the primary Spiritual Postulates at the very core of the case.

GLOSSARY

ALTERATION
The action of altering or changing the reality of something. Introducing a change and thereby time and persistence to an original creation. Adding a lie to obscure the original condition so that it persists.

ANCHOR POINT
Any kind of object or location or stable datum by which one orientates.

COMPOSITE
The Composite is spiritual being + body-mind.

DUPLICATE
To view something as it actually is, at which moment it will cease to exist.

GAMES CONDITION
A fixated identification with an aspect of game, e.g. competitiveness, in which the more there is for one player, the less there is for others.

HAVINGNESS
The result of creation, CUE with the environment, the feeling one owns or possesses.

HIDDEN STANDARD
A problem of long duration which the person thinks must be resolved before procedures can be seen to have worked.

KNOW TO MYSTERY SCALE
A scale of affinity: Know, not know, know about, look, positive emotion, negative emotion, effort, thinking, symbols, eat, sex, mystery, wait, unconscious, unknowable.

MOCK-UP
Visualising or physically creating a phenomenon.

NEGATION
Repression, denial of responsibility. The act of trying to become unaware of something.

PROBCON
A **Prob**lem **Con**struction. A Conflict Structure handling of the items, beingnesses, postulates, intentions, counter-intentions, efforts and counter-efforts contained in any problem. The number of IDs and OppIDs are irregular, anything from one to a Parcel or what may become a whole Goal. Each Item Listed for is Verified, cleaned with Repeater and Indicator Tech to P/N and opposed.

SPIRIT
Thought, life force, source, life energy, divine energy, the energy that acts upon and animates the physical universe.

TIME CONTINUUM
The apparency of persistence of matter and energy through movement and change. The record of a person’s entire past.