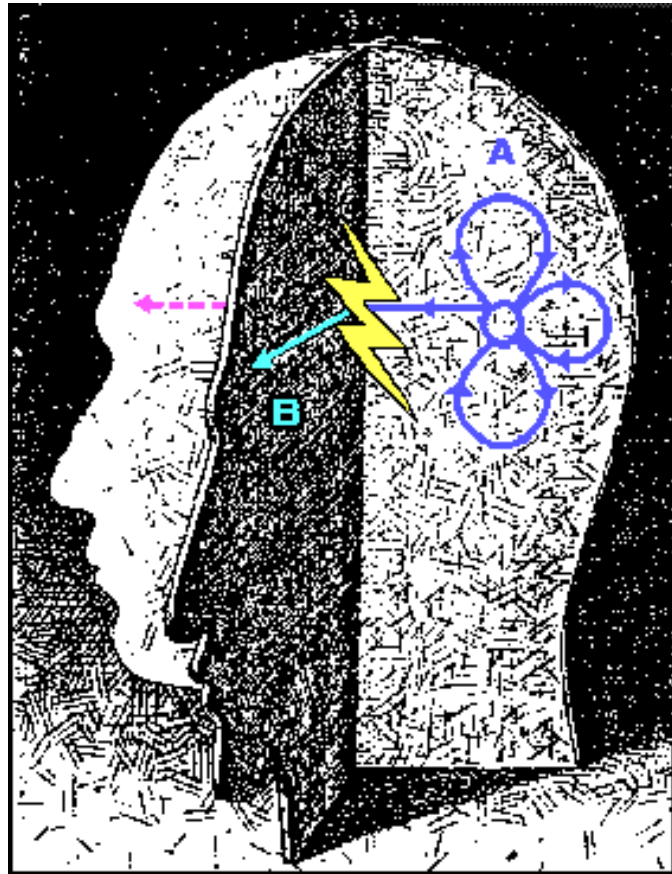# *Meta-Programming*
Part I of The Insight Project

InnerTrac version

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Meta-Programming

Meta-Programming is an enlightening procedure which you apply to yourself, in order to differentiate the spiritual part of your being - the Higher Self - from the mental and physical. From the viewpoint of the Higher Self it becomes possible to rise above the programming imprinted by the experiences and cultural conditioning of your current lifetime and beyond. This is the process of Meta-Programming: to go beyond or transcend programming.

Meta-Programming

Meta: to go beyond or transcend

You work at your own pace through a precise gradient of development. The well-proven techniques are designed to resolve the conundrums, dilemmas and dichotomies that arise from being essentially spiritual and immortal, but living within a survival-driven body and environment. It is a life-enhancing approach, and holistic in that it is about integrating your spiritual life with all of your everyday activities and goals - in the here-and-now.

The factors that prevent awareness of the Higher Self (the non-physical essence of being) are dealt with in great depth, inspected much more thoroughly and incisively than any previous psychological, spiritual or meditative method has made possible, such that the results from this work, properly done, will cause an everlasting freedom of viewpoint. The procedures of Meta-Programming are tools with which progress on the spiritual path may always be supported.

Welcome to Meta-Programming - Part I of The Insight Project!

I am available at all times to help you on your way. To contact me -

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Meta-Programming - Part I of The Insight Project

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Foreword

By the time of beginning this course, the student has repaired those problems and upsets that were most obviously causing stress, and acquired enough personal knowledge, responsibility and control to enable him/her to proceed with Meta-Programming on a self-administered basis. It is recognized that students may be prepared for Meta-Programming by various routes but at all times the Supervisor of The Insight Project, and also any License Holder delivering the Project, have responsibility to ensure that each student is adequately prepared and that his/her progress is regularly reviewed.

META-PROGRAMMING is the technique of looking objectively at all aspects of life in order to develop intuitive insight and spiritual awareness. The Project is addressing and revealing the spiritual Being and the later Parts (II-V) are intended to expand the freedoms and insight attained on Part I, to achieve the state of **Full Realization**. Insight into the Higher Self and Mind forms a body of Higher Knowledge: Gnosis is the study of this Knowledge, essentially the study and practice of causation and creativity. The aim is to awaken from this fixed, physical universe game and to restore the ability to play any game, knowingly and at will.

Whilst studying Meta-Programming be very sure that you do not pass by any word or concept that you do not fully understand, and that you are happy with your competence in each practical technique, before continuing further.

If at any time you are having difficulty, go back to where you were last doing well and spot the word, concept or technique that was not fully grasped. When that misunderstanding or inability to apply is sorted out, continue on from that point.

Introduction

Background, Aims & Method of Meta-Programming

META: 'Going beyond or transcending' [Oxford Senior Dictionary].

The Insight Project was conceived, researched and developed by the late Irene Mumford, between 1983-1990. She drew on many sources for inspiration: primarily Hubbard's valuable early work, the Quabbalah, her experiences in the Subud and Gurdjieff movements and their Gnostic and Sufi roots, knowledge of the work of Fritz Perls, Eric Berne, Assagioli and many others, and her work as an artist, gave her that breadth of vision which is essential to obtain insight. Since 1990, her work has been revised and extended by her friend and pupil Peter Shepherd, a trained psychologist who has similarly devoted his lifetime to the spiritual path.

Creative work is only possible if vision is unhindered by pre-conceived fixed ideas or reverence to a singular ideology. Irene certainly had insight into the make-up of the mind and spirit, and she developed the tools to most effectively obtain further insights into the whole broad spectrum of life experience.

Meta-Programming

Dr. John Lilly says: "In the province of the mind, what is believed true is true or becomes true within limits to be learned by experience and experiment. These limits are further beliefs to be transcended. In the province of the mind there are no limits."

Limiting beliefs are the tunnel through which we view our lives. They are programs, which direct our actions. They are conditioning, imprinted by the decisions we make, as a result of our experiences in life. Such conditioning is responsible for reactive - as opposed to conscious - behavior. The aim of Meta-Programming is to go beyond such conditioning, to transcend the programs that mould the mind, to reveal and empower the meta-programmer.

The meta-programmer - known as the 'soul' in Gnosticism, the 'no-mind' in China, the 'White Light of the Void' in Tibetan Buddhism, 'Shiva-darshana' in Hinduism, the 'True Intellectual Centre' in Gurdjieff, the 'Higher Self' in Transpersonal Psychology - simply represents the mind becoming aware of itself. In the Zen metaphor, it is a mirror that reflects anything, but does not hold on to anything. It is a conscious mirror that knows it can always reflect something else by changing its angle of reflection.

R. Buckminster Fuller illustrates the meta-programmer by pointing out that we feel puny in comparison to the size of the universe. But only our bodies are puny. Our minds, in actuality, *contain* the universe, by the act of comprehending it.

"I think, therefore I am" is an apparency. I am, then I think and create an identity, is how

consciousness really works. The 'soul' of the Gnostics is distinct from the self-identity. The self-identity seems to be fixed and firm, but is not. Whatever program you are operating on at the moment is your "self" at that moment. The 'self' is not constant but shifts back and forth between the imprints on the various programs upon which our minds are structured.

The 'soul' however is constant because it is void or no-form. It plays all the roles you play but it is none of them. It is plastic. It is no-form because it is all forms. It is the 'Creative Void' of the Taoists. By learning to transcend the programming of the mind, one's true nature as the soul - the meta-programmer - is gradually realized.

The Gnostic Way

Meta-Programming is based on GNOSIS, which means knowledge, and the Zen concept of 'Satori' or 'sudden' enlightenment, i.e. insight. Webster defines the ancient school of Gnosticism as being "characterized by the central doctrine that emancipation came through knowledge, Gnosis, the possession of which saved the initiates from the clutch of matter." The Gnostic Way means emancipation through the direct experience of knowledge, which is insight. Knowledge IS power, and the knowledge that sincere application of the procedures contained in this course will bring you, is all that is necessary for you to experience Truth, your immortal identity, freedom from limitation, and happiness.

But surely, you may say, we are in the midst of a 'knowledge explosion' today. But it has not eliminated war, fear, poverty, anxiety or Man's daily inhumanity to man. Nor has it given man any legitimate knowledge of his make-up. It has only been 'knowing about', not knowledge acquired from direct experience, from looking within.

Meta-Programming is also a practical Transpersonal Psychology: studying man not from the viewpoint of what he seems to be or what he may become, or seem to become, but of what he actually *is* - in order to produce a more highly evolved type of man. This new type of man - 'homo novis' - does not submit to life 'as it happens' but is committed to self-development in order to consciously control his own life and his affairs, and in turn, help others to consciously gain the freedom he has gained.

This new psychology and psychoanalysis really means the study of one's Self. The study is founded upon certain basic principles that are not yet known in orthodox psychological systems. Each Level of Meta-Programming - and there are 120 Levels in the five Parts of The Insight Project - presents a fundamental hypothesis and the practical techniques by which this hypothesis may be either proven out or disproved, by you and for you alone.

The Age of Anxiety

The labeling of this age has run the gamut from the 'Space Age' to the 'Age of Aquarius' to the age of 'Sexual Revolution'. However, the one epithet that probably fits more accurately than all the rest is the 'Age of Anxiety'. Anxiety is the one negative force that cuts through all levels of society affecting the rich and poor, young and old alike. Anxieties and tensions are insidious forces which exist below the surface of your awareness, smoldering and building up, until you reach a 'breaking point' and explode in a fit of anger or a violent argument, or some other unreasoned behavior. It also manifests in over-indulgence in food, alcohol, cigarettes, sex or work, in headaches, fatigue, impotence, clumsiness, sleepless nights, or any number of physical ailments. Conscious worry and fear also enter the picture to compound the feeling of frustration already being experienced because you are not able to identify the source of the unconscious anxiety and thus eliminate it.

Consequently, if you are like most people, you will gulp down a handful of pills to alleviate that dull aching feeling, or your 'escape' will be in the form of the after-work booze-up. Or you'll change your job, or get a divorce, or move to another town, or some psychologist will tell you to 'adjust' to your problems. Or you will grin and bear it because your religious leader piously proclaims that sorrow is this life's just reward, and so on. But you find that you receive nothing but temporary relief and that you carry your problems with you wherever you go and whatever you do.

To add to this state of tension, is the sense of 'alienation' that modern society produces. A sense of isolation, separation, loneliness, powerlessness, apathy, non-involvement, pessimism, meaninglessness, rootlessness, and lack of authentic values. Alienation may be described as that state in which the individual feels dislocated from himself, from others, from the world in general.

With mechanization, specialization and automation increasing every day, man has become lost in the giant machinery he once controlled and created, and thereupon he has become a mere 'cog in the machine' - mechanized, reutilized, depersonalized, apathetic, insignificant, an object to be manipulated.

With the threat of nuclear annihilation on the one side, and on the other promises of a super-abundant age of leisure from the resources of high technology, man has become confused, uncertain and schizoid because he cannot relate to or solve problems of such magnitude. With the instant communications systems of mass media, informing Western man of the struggles for freedom of men throughout the world, he feels helpless in his inability to do anything about the situation. Learning about constant crime, the world seems a dangerous place. And stuck in urban dwellings, he becomes increasingly isolated from Nature with all of its beauty, peace and refreshing naturalness. And while the population of the world is exploding at a fantastic rate, he finds increasing difficulty just communicating with his neighbor.

Thus it is that man drifts aimlessly through a world seemingly without meaning or

purpose - a world he created but over which he no longer exercises conscious control or power. Man today has lost his identity and his purpose for existing. He has lost his sense of the Game of Life. He is an unknowing and unwilling games player. Never before has man been so much of a problem to himself. Why does man, with all his intelligence, allow this situation to exist? Is there a practical answer?

Man does not know himself. The task now before you is to begin to know yourself. To possess self-knowledge you must first become free of illusions about yourself, the people around you, and the Universe. Until you begin to understand your illusions you will never be free to see the truth about yourself or anything else. That is, as knowingness, not 'knowing about'. Illusions consist of all sorts of mistaken ideas you hold about yourself, false assumptions as to your abilities, erroneous concepts about your place and purpose in the world, and so forth.

It is difficult to break-up these illusions because they are deeply engrained habit patterns. To be able to change, which is the only way to gain self-knowledge and freedom, you must do things you have never done before, and recognize that viewpoints that you were determined must be right, may possibly be wrong.

The greatest barrier to consciousness is the belief that one is already conscious. Just considering the matter, one for an instant wakes-up, then returns to slumber in the illusion that, yes, he is conscious. The truth of the matter is that 99% of the time, man is behaving mechanically - he is determined by external influences. Nearly all of man's thoughts, ideas, emotions, aspirations, words and moods are triggered by external influences. Events, circumstances and trains of thought trigger this reactive mind automatically, according to his previous conditioning, upbringing, education and experiences, and his innate human nature, instincts and drives. The collection of ingrained habit patterns and memories linked together automatically and unconsciously, is the Reactive Mind. The application of free will is only possible if vision is unblinkered by preconceived fixed ideas or reverence to singular ideologies and cultural norms; this requires relative freedom from this reactive agglomeration.

The subconscious and unconscious minds play the major role in controlling your life and behavior, when you are not fully awake and self-aware in the present moment. In the normal human person it is responsible for over 90% of everyday thoughts, feelings, motivations, desires, prejudices, anxieties, tensions, illnesses, illusions, personality problems, and everyday behavior. Meta-Programming seeks to re-orient your basic unconscious concepts by changing your normal reactions and responses to life's everyday occurrences, in the light of insight by the higher consciousness, intuitively perceived.

Structure of the Mind

The mind, while operating subjectively as one mind, can be differentiated into several levels of function:

Higher consciousness. This non-physical mind is the knowingness of the Being - the Higher Self. It is non-verbal and therefore can only communicate to the other functions of mind, through intuitive channels. This is direct, fully awakened perception and insight. It is an abstract quality, not a quantity; it is implicit, not explicit. It functions increasingly as the 'ego-defenses' (protection of the self-image) of the conscious and subconscious mind are broken down. This mind of the spiritual essence of Being consists of the Being's considerations, postulates, opinions, evaluations, purposes, intentions and goals. It is the essence that is aware of being aware. It is free choice and creativity, what makes Man rise above the animal, the essence of life, love and truth.

Intuitive. This is a higher level of awareness that is non-verbal. It relates diverse sources of information to create a holistic picture. It functions through the right cortical hemisphere of the brain as its intermediary with the left hemisphere 'ego' and the body. ESP is the 'release' of intuition into your conscious experience.

Conscious. This is the normal level of awareness of man, when he is not functioning automatically. It is verbalized thinking, reasoning and analysis. It is 'knowing about'. It is sequential and time-based. It uses the left cortical hemisphere of the brain as its intermediary with the body. It gives a sense of 'ego' personality or self-identity, though this is transitory and shifts constantly and unknowingly through many ego-states or sub-personalities in response to changes of circumstances.

Pre-conscious. This contains all the things you know about and can recall but aren't examining at this moment. It is like the area of mind that the searchlight of consciousness can readily illuminate.

Subconscious. This level of mind contains decisions that have been made consciously at one time and which later became forgotten, though they are still active and effective. Also it contains the memories that at one time were experienced but which the conscious ego wants well out of the way of the pre-conscious, i.e. they are suppressed, though they frequently emerge in dreams. The subconscious functions beneath the surface, and the decisions which accompany suppressed memories act as programming and are dramatized unknowingly, through a reactive stimulus-response mechanism. Thus the mind becomes conditioned. Subjective decisions and computations about survival are a left-brain function and subconscious emotional content is a right-brain function. The harmful split between left and right brain is a result of the conscious ego defending itself against painful memories and painful reality by the act of suppression and the construction of rationalizing beliefs and fixed ideas. It is necessary to break down these barriers and re-integrate the brain, so that the intuitive function of insight is possible; this is achieved by the enlightening procedures used in Meta-Programming.

Unconscious. The unconscious mind is never brought into consciousness. It contains the most basic programming, the innate genetic blueprint of the human organism - the survival, sexual and aggressive drives and instincts, and the 'body knowledge' of sensory and motor skills, innate and acquired. It automatically performs the millions of simultaneous directives that are essential for the human being to function. It also contains the 'unexperienced experience' of traumatic incidents that caused unconsciousness or were unconfrontable and repressed at the time, and therefore were not absorbed into the data-base of the conscious mind (see Appendices 5 & 6). Nevertheless they are stored in every detail at this level of mind, and their contents continue to have an effect on the person in a stimulus-response manner.

From these definitions it is easy to see that the subconscious and unconscious minds play the major role in controlling your life and behavior, when you are not fully awake and self-aware in the present moment. In the normal human person it is responsible for over 90% of everyday thoughts, feelings, motivations, desires, prejudices, anxieties, tensions, illnesses, illusions, personality problems, and everyday behavior. Thus Meta-Programming seeks to re-orient your basic unconscious concepts by changing your normal reactions and responses to life's everyday occurrences, in the light of insight by the higher consciousness, intuitively perceived.

Beyond Survival

For many years philosophers and scientists have unsuccessfully attempted to uncover the 'missing link' - that point in evolutionary history where the primate became man. The evolutionists have, however, been on a prodigious detour because the 'missing link' will never be found physically, since it is to be found within the essential nature of man himself. It is a point of change. A point where pain of some sort was experienced. It could very well have been that the painful moment of dissatisfaction experienced while encountering the sometimes catastrophic forces of Nature, brought about pre-human man's simultaneous 'resolution' to change his present state of natural environment. This was, then, a psychological turning point - a point of supreme dissatisfaction with things as they are. It was a point where man came to look at himself as he never had before.

Since this time when man first began to free himself from the subjective environment which seemingly produced him, man has continued in his attempt to free himself from bondage to circumstance. There can be no doubt that man has gained increasing dominion over his environment but has not yet gained dominion over himself.

We 'moderns' have become a race of near-men and near-women who have never achieved true maturity. Even the most sophisticated and educated people of today are like children who masquerade in adult bodies. We are the sum total of our genetic inheritance and our personal experiences. This means that we have, in fact, been brainwashed by our parents, religions, schools and society. We have been trained like animals since birth to fit into a certain prescribed pattern of behavior. If we follow it, we

gain social acceptance and approval; if not, we gain everyone's scornful glance. As a result we have become a socially-conditioned image or facade wearing only a thin veneer of civilization over our more primitive instincts - which need only the right set of circumstances to be triggered. Thus, almost all people live rigid lives compressed in a tight circle of egocentricity and self-interest. The point is, that we have been brainwashed into believing we are something we are not.

To evolve, to develop, you must first want to be different. You will want to be different than you are now only if you are at present dissatisfied with yourself and your world. This is the first requirement of evolution. If you are responding these words, you more than likely have experienced this feeling and have resolved to do something about it.

Through union of the sperm and ovum, it is clear that man, on a physical basis, recapitulates his entire evolutionary past during pregnancy: from the single celled protozoa to fish to reptile to mammal to man. This evolutionary pattern is today part of everybody's subjective nature, or 'id' and must be transcended for you to be free.

Just as pre-human man evolved to view himself as never before, so must you now come to view yourself not as 'human', not as a rational thinking animal, and not as a random product of 'accidental' evolution. The destiny of man is to become less and less human and more humane, less compulsive and more creative, less instinctive and more intuitive, less material and more spiritual. Man's destiny is to become more fully divine.

Your evolution, now and in the future, requires direct conscious effort on your part. This important step of cognition begins your evolutionary journey into higher consciousness. Know from this moment forward that your evolution at any and all times requires progressive changes of consciousness. It occurs by small but progressive quantum jumps, each one a further insight - a further understanding of some aspect or attribute of the infinite Truth that is your essential nature. Each progression of understanding will be a step into realization of your real identity. This will ultimately, but only after a great deal of concerted effort along the way, set you totally free of all limitations.

With this course you possess the rare secret of self-directed evolution. You will be learning how to release the 'mechanism' of evolution within you, so that you may now become your own 'self-generating' force capable of mutating under your own power. This means that you will be able to change from within; not because of the pressure of external forces, as did pre-human man, but through the systematic application of knowledge.

Everything which comes into material existence must one day die or go out of existence. There is an intrinsic knowing within you that this conglomeration of memories you call ego, and your physical human id-nature, must one day be transcended. The 'survival instinct' is usually evidenced in terms of self-preservation, which means preservation of one's ego. Man will go to any length to preserve this false image he has become. He has created religions solely for the purpose of 'immortalizing' this egocentric concept of which he is so fond. "Survival comes first - MY survival" and "Get the other guy before

he gets ME" is the motto of the day. Thus we have developed a culture in which most people show an apathetic lack of concern for everyone else.

This form of 'will to live' is a perversion of a deeper more legitimate instinct of man. What the psychologists would call basic drives or natural instincts, such as self-preservation, the sex drive, survival of the fittest, preservation of the species and so forth, are all genetically based. They rest however on a more fundamental knowingness that gives man the impulse of immortality. This is the knowingness, usually deeply suppressed, of one's actual nature as eternal. By understanding this now, through insights gained - one by one - on this Project, you regain control of your future destiny.

To accomplish this noble end, Crucifixion and Resurrection are necessary. 'Crucifixion' is an archetypal symbol, which means to cross-out an erroneous concept of yourself. You, yourself, must put to death the belief that you are physical man. With this new validated knowledge about your identity you are then capable of resurrecting up out of the paradigm of animal man and a material world. The eternal question "Who am I" is finally answered by turning the scientific method inward upon man himself to objectively determine his real nature.

Everything is your cognition. All exists in your knowing faculty of mind. If it did not, you wouldn't be able to know anything. This includes your universe, your friends, your enemies, your job, your husband, your wife, your children, YOU. All life is the singular experience of your mind. This is not your human ego mind but a single higher consciousness, which is infinitely pervading and eternal.

The Approach of Meta-Programming

With the tools of Meta-Programming, one looks outward, in the present moment, at the goals, identities, roles and ways of being that are being assumed. Right now, not in the past. Usually these are being dramatized unknowingly, rather than by conscious decision, and therefore no responsibility is taken for the identification. The reasons why one is compulsively playing a role, and therefore behaving reactively and unconsciously, have not been confronted. A network of rationalizations has been put in place to avoid having to make this confront. It is a network of safe solutions to the trials and tribulations of life. It is also the destroyer of awareness, and the preventer of insight.

Meta-Programming examines the area of case which causes these Safe Solutions to stick together, to form barriers against that which cannot be truly perceived. At a subconscious level, the responsibility that perceiving the truth would demand, is considered too much to take on.

The techniques taught on Part I, take down this barrier by questioning - with the aid of the InnerTrac - the validity or closeness to the objective truth, of one's every mental consideration. The Being - YOU - knows, which is why the InnerTrac can work, but the mind hides this knowingness behind a fog of confusions, fixed ideas and 'rightnesses'.

All of them are safe solutions that are being grasped onto, despite the fact that many of them conflict. As one strips these away, gradually increasing one's awareness, responsibility and confront, lo and behold, new and previously unseen layers of rationalization and self-deceit become available to inspect. The view constantly changes and opens up, until finally, in the particular area that is being inspected, the unaltered reality is seen, and the breakthrough to insight obtained.

The charge, or energy that had been taken-up to suppress this truth, is therefore released and the lies erased. Each area that is examined is chosen, by Biofeedback Monitored assessment, because it is the most charged on the case at the current time. Charge is the result of conflict causing stress and distress. There is a body of charge that we call the Reactive Mind, blocking the Being from his native state of spiritual awareness, and when one area of charge is removed another naturally flows into its place - the next item to be examined. In this way, one 'follows the charge through the Reactive Mind'. Whatever responds the most, upon assessment, is what you handle next with the appropriate case handling, e.g. for trauma, painful emotions, upsets, problems, withholds, safe solutions, imprinted programming, etc. All the techniques for applying this 'cyclic' approach to case handling are given in this course.

The case handlings on Meta-Programming involve examining the Present Time viewpoint of the Being. This P.T. pole is what the Past is hooked onto. There is a finite amount of P.T. case but an infinity of Past case that would take forever to resolve. By taking down the P.T. pole, the mass of the Time Continuum Discharges away.

One is always looking for truth - something you didn't realize before - although at one level you already know it. But one's view is always conditional upon the degree of awareness, responsibility and confront you are adopting, for survival purposes or for purpose of game (the need to have challenges). The way you see something is always conditional in this way, unless a subject has been released of all charged conflict. Normal, human, perceptions are - as a rule - reactive or 'stimulus-response', the result of the conditioning of a lifetime and beyond even that. Psychotic perceptions are, of course crazy, neurotic perceptions are illogical; but even normal human perceptions are still other-determined and far below the knowingness of a fully realized Being.

Realizing what one had previously thought was crazy or illogical will cause a release of charge, accompanied by a 'floating' LED indicator on the InnerTrac - a satisfactory 'relative truth'. But on Meta-Programming one goes beyond that, digging up the lies, misconceptions and misownership of concepts or viewpoints, to get to the actual truth of the matter - a full duplication of your OWN viewpoint - and this gives not just a release but a permanent erasure of charge. Then it's really handled for good, and you won't be re-creating your case as soon as the session ends, or troubled times re-occur.

YOU know, the InnerTrac reveals your knowingness or intuition (which is always senior to the InnerTrac), and eventually, layer by layer, this truth is revealed, like a painting being cleaned of centuries of grime. YOU are revealed. Gradually you differentiate your Beingness from the composite case of the human being. The human animal is a

sophisticated (highly evolved) combination of both genetic programming and the brain-mind conditioned from conception by traumatic stimuli and parental and cultural influence. From this the personality-mask or 'ego' develops, and this is multi-faceted, as different masks and different egos come into play in all the many and varying circumstances of life. The Being identifies with these multiple sub-personalities and the archetypal drives and survival instincts this earthly vehicle dramatizes. And the genetic entity is similarly programmed by the Being, and the Being's own intentions and experiences. Thus forms the Composite.

However, the Composite is in conflict. The Being is not, essentially of this world, and has no innate concerns with survival - he is interested in Game and his considerations concern that. The human, genetic entity is primarily concerned with survival. What results is a mass of survival computations - of safe solutions to this conundrum.

When energy flows meet from opposite directions they impact and form massy 'ridges'. Similarly, the conflict of intentions within the composite being, form the mass of the composite case, and this mass of intention-counter-intention effectively acts as an 'Imprint' upon the Being. It is the 'unconfrontable' that causes the being to shut down drastically his awareness and responsibility for causation, to be 'asleep' while the human being robotically takes control. **It is a primary purpose of Meta-Programming to erase this Imprint.**

The Imprint is the mass of ridges, which result from the composite elements being identified and massed as one, although they conflict in basic purpose. The spiritual or non-physical element is trying to play games, but they have become unknowing (like actually becoming a piece on the chess board) and hence trap him. The physical element (of fixed and located Matter, Energy, Space and Time) is programmed through evolution to survive, again without choice.

The Spiritual Being is not of this world, but adopts a viewpoint within it. Adopting a human body, his mind operates through the 'via' of the human brain, to control the body and to perceive through the body. The behavioral instincts of the human are contained in the primitive 'reptilian' brain but this of course interacts with the highly evolved human cortex of the brain, the seat of 'thinking consciousness'.

The left half of the cortex works with verbal, sequential and analytical processes, while the right side deals with intuitive, emotional and synthesizing processes. Both may be distorted. The left may adopt misconceptions, defensive rationalizations and survival computations - the fixed ideas of belief systems, which attach to the various assumed identities or ways of being. These are replayed (usually unknowingly) in restimulative circumstances, i.e. circumstances that 'trigger' the programmed responses.

In the right brain, aberration takes the form of suppressed feelings, emotions, attitudes, pains and experience - truth that is withheld. The Being communicates through the intuitive non-verbal right side (via a crystallized link through the pineal gland) and if right-brain awareness is detached from the left-brain conscious ego, the Being may

become detached from consciousness - asleep behind a smoke screen of words.

Insights and practical ideas are useless if just 'known about' - they are for everyone that can act, to test out empirically for themselves. All belief systems are just another potential trap and all the ideas described within these course materials will either be discovered or not on your own venture into self-knowledge. Certainly don't believe anything until you KNOW. The truth lies within you, no-one else can provide it for you. The Meta-Programming procedure completely eschews any type of evaluation - where you look and what you find are up to you, Meta-Programming simply provides you with a set of powerful tools.

A New Paradigm

Meta-Programming hypothesizes certain precepts regarding the relationship of individual and universal consciousness as the source of creation, to the physical universe of matter, energy, space and time.

Just in the last few years there has been the start of a paradigm shift, or a new way of looking at things, in the area of science, metaphysics, information systems, psychology, medicine and ecology. These and many other subjects have become integrated by advanced thinkers (who recognized the dangers of blinkered specialization) into an holistic world-view, where the disciplines do not just exist independently but relate interactively. It may be the only hope for our planet that this progress continues, since the radical new policies required for survival of this eco-system, will be ineffective if not allied with an holistic view of man, that recognizes his spiritual, mental, physical and social needs and problems.

This new holistic paradigm helps to connect many data of comparable magnitude from different fields of knowledge. Perhaps the most inspiring is the link between the new physics of quantum mechanics and the mystical study of metaphysics. The mathematics of quantum theory postulates a zero-point, a 'static' outside of space-time. Further, changes to one particle may also incur simultaneous changes to other particles in that field or vacuum state - a synchronous communication of information, which is outside of Einstein's laws of space-time. This is an 'information field', i.e. information itself has existence independent of space and time. For example, if Beethoven's 9th Symphony had only existed within the composer's mind, would it 'exist' any less than it does today, on manuscripts and records around the world?

It may be said that this 'creative-vacuum' is of a spiritual nature, or it is the nature of spirit. Physicist-philosopher David Bohm has postulated an extension of these principles from the micro-cosmic to the macro-cosmic, to explain the metaphysical causation by consciousness of matter, energy, space and time, in terms of physics. The results closely match both the findings of Eastern philosophers and the hypotheses of Meta-Programming, so that the mystery of universal consciousness is now brought into the

objective sphere, causing endless potential for further advancement of our understanding and for the humanization of science. We will be examining metaphysical principles, where they are relevant to the procedures for expanding awareness, in the study materials of Meta-Programming.

There is a point in applied metaphysics, however, where personal experience of consciousness is essential to progress further, and where only a profound change in consciousness can effectively prove the hypothesis, that man is part of the spiritual causation of the material universe and that his considerations affect the universe, both as a single Being and as part of the whole Causative order. Science lacks a technology for such change and the mystical techniques are hit-and-miss and require a life-time or more of training. The techniques of this research Project may well prove to be the answer and so it is the task of those of us who are pioneering them, to work through the techniques and find out their full potential.

The nature of 'Spirit'

Life is basically a quality, rather than a quantifiable energy. It has a quality that is unmoving and untouchable - it is a quality that is not *of* this physical universe. Spirit essentially has no mass, no motion, no wavelength, no location in space or time. It does however have **causation:** the ability to postulate and to perceive, to have considerations, evaluations, opinions and intentions. The Spiritual Being, the Higher Self, is not of this universe but it adopts a viewpoint within the universe that is aware of being aware: of perceiving, of emoting, of being, doing and having. When awake - centered and free from dramatization of identities - this is the inner still point that we experience as our true self, that is, without ego-boundaries.

Most meditative techniques attempt to realize and integrate the Higher Self, the true spiritual Being. We can be at rest in this awareness, like the eye of a storm. The world whirls all around, in the field of consciousness. This 'I' is both an observer and a constant centre of all the activity. It is only at this centre, having dis-identified from the many controlling forces, that the person achieves freedom, to master, direct and utilize them. Being at the centre, the observer can also be seen as the experiencer, able to more fully experience inner and outer events and to become unafraid of living. The free person can move around in his personality and in the world, instead of being locked into fixed and safe patterns, and in that way can be in touch with unlimited potential for experience (rather than cut off in a limbo, as is commonly understood to be the spiritual life).

The Spirit is known mystically as 'The Void'. But this is misleading because it is more truthfully a 'no-space', that is packed with the potential energy and intention of all life, in a 'no-time' inclusive of past, present and future. It is the Causative Order of Being, where creation is implicit and enfolded: the unmoved mover. The physical universe is its manifestation, an unfolded, explicit space-time. The two are not separate though; within

the heart of every atom is a zero-point of no-space/time, connected in its quality with every other zero-point, so that in every atom lies a universal nothing-ness. This same zero-point is also the creative vacuum that is the Spirit, so within each atom lies also the source and the knowledge of the whole universe. This is the All That Is, of which we too are part, and at the same time, individuals. It is just as 'big' as the vacuum 'outside' the universe, as both have no size or location, in truth.

Spirit could be said to be an 'information field' that connects all locations and times, and knows all because it is the source of all. It is undifferentiated - has no individuality - and is not mass or energy. A differentiated Spiritual Being, individuated from pure Spirit, does have a unique and extremely fine vibrational energy and is located, by will, in space and time. The thoughts of the Spiritual Being are also of subtle energy, ranging from the finest wavelengths of aesthetics through to the coarsest wavelengths of negative emotion. Below subtle energies are the physical energies measured by science and felt and observed by the body, and the solidified energy that is matter

The practice of mantra meditation aims to cut off distractions from the Reactive Mind, to experience the still centre, but this can result in building a wall against the distraction of all pre-conscious material, and an unwillingness to actually confront and re-experience unpeaceful and painful memories. If these are in restimulation they have to be viewed, not pushed aside. The way out is the way through. Knowledge and awareness of the soul can only be stable with a strong and growing personality, which has come well enough to terms with the lower subconscious and is well centered in the strength of a stable 'I' that is dis-identified with the body and the body's programming.

The usual awareness of Self is that small part of the Higher Self that the waking consciousness can assimilate at that time. It is a reflection of what can become ever more clear and vivid. It is that part of the higher consciousness that is identified within this individual. If we call Spirit the quality of causative consciousness, then an individualized viewpoint would be a Spiritual Being, and in the case of the human being this has become a Composite of spirit, mind, brain and body. The Spiritual Being is connected through the quality of Spirit to all other Spiritual Beings, so ultimately we see here the Universal Consciousness of Eastern religion, that has been personalized and inverted in Western religions to a single Being or Creator God/Father.

The quality of Spirit can be seen as a fifth dimension, perpendicular to this physical plane but which impinges on it, like a LED indicator on a gramophone record, which is itself a physical universe of past, present and future. The Spirit quality - the Spiritual Being - has ability, the foremost of which is being able to adopt a Being*ness*, to take a viewpoint from which it can view objects that it creates by considering them to exist. It can move them around and in so doing persist them in a time continuum. This creation may be called a Universe. If shared with other viewpoints, the individual universe becomes an agreed-upon Reality, within a fixed time-continuum. The gramophone record is then being played.

In this fundamental hypothesis, we are all spiritual Beings; we are largely asleep as

Beings, but nevertheless this quality of Spirit we have in common, connecting us. 'Light that is one, though the lamps be many'. The state of being of one affects all others. And this was Irene Mumford's aim in developing Meta-Programming - to cause a major enhancement of life on earth, by making profound changes in the awareness of relatively few individuals and thereby to the Soul of Humanity.

The aim of Buddhist practice is to detach or dis-identify from Earthly desires and human compulsions, and so to at last free the spirit from the endless cycle of Birth and Rebirth, that attachment to the body entails. Insight works towards the same end, since it is not just a de-programming of cultural hypnosis; the consensus trance has a more fundamental basis, rooted in man's spiritual nature and existence, and the culture merely reinforces this ancient programming. But unlike Buddhism, Meta-Programming does not aim to remove desires and attachments with the world but rather to remove the compulsions and inhibitions which make up conditioned desires and attachments, so that we may have freedom of choice to be or not be, to do or not do, to have or not have.

The Reactive Mind

The Reactive Mind could be said to be a mass or 'agglomeration' of counter-intentions; all the unresolved conflicts held in place and stored in a chaotic manner. Like a tangle of string it is compacted, because it is unresolved, unfinished business. It hasn't got accurate time/location tags on it and therefore 'hangs up' and continues into Present Time. There are all sorts of knots and tangles, as irrational identifications are made between similar items in different contexts - the method in which the Reactive Mind 'thinks'. A = B = C by association, the Association-Line (A-Line) of the Reactive Mind. Much of it is not confrontable by the Being, the data goes in and out of restimulation subconsciously, so it is a mass of unknowns, of lies and misownership. (Misownership is thinking something is yours when in fact it isn't, or vice versa. E.g. taking someone else's experience as your own, saying you did something when you didn't, or vice versa). The primary action of case resolution is putting time and order into the Reactive Mind, and exposing and indicating lies and misownership.

Relative truth

The person doing Meta-Programming with a InnerTrac is working to find his true causation in all domains of life. Charge results from frustrated intention, i.e. it is unresolved emotional energy. Due to increased tension and therefore brain arousal, the charge on an item 'responds' on the InnerTrac (causes the LED indicator indicator to move). This shows it has reality and meaning to the person, it is something he would naturally be interested in looking at, even if to do so is not easy. Awareness, Responsibility and Confront monitor what he is willing and able to view, and as they change and rise in perspective in the course of Meta-Programming, new viewpoints will

therefore be exposed. So the Meta-Programmer's view of truth will always be relative, dependent on the charge or fog that occludes his vision being removed. The way he sees the world is therefore conditional - a realization of 'truth' may subsequently turn out to be seen as untrue from a new position of awareness, responsibility and confront.

Realization

The current, major Item in restimulation (that identity which is most being dramatized in the present) is the wall of charge between you and the present moment, the reason you're not in Present Time, the effort you are putting into **not** being there. It is your communication lag. You may feel it as the mass around your head, which blows when the charge is released, its lie discovered. The InnerTrac LED indicator 'floats' freely at this point, as the brain arousal is not fixated on one particular Item. The charge will then transfer on to the next Item - the next thing you are able to confront that is in restimulation.

Meta-Programming is always primarily concerned with this current, major-responding Item in P.T. - that which is of most vital interest to the practitioner of all the Items in restimulation, that he is dramatizing, or living out, in his life at present. For this reason Assessments are a key part of Meta-Programming procedure, as you want to find not just a charged Item, but **the** charged Item - this requires assessment with the InnerTrac of all likely candidates.

The trap

As Spiritual Beings, we have been persuaded to forego our true creative powers, to forget that we are actually creating the world around us, and to believe that we can only perceive and act in complete identification with a physical human body. Much of this may have been self-imposed for purposes of an interesting game that we became introverted into, but some, it seems, was the result of the interactive identification with the human organism, over many separate lifetimes. This has the effect of a complex forceful hypnotic suggestion or Imprint, which we have taken on board, and which has dominated the determinism, actions and considerations of each of us, to dramatically curtail our powers and our awareness.

Of course like all hypnotic suggestions, when it is acted out, we find ways to justify or rationalize our actions whilst being totally unaware of the reasons for our behavior. This Imprint is re-installed upon assuming a new body at birth, and then at death this is heavily restimulated, normally causing a new body to be compulsively acquired, according to the edicts of the Imprint. It is therefore an underlying stereotype for the human race in all domains of survival, affecting our personal awareness, our sexual and family behavior, how we relate to others singly and in groups, and so on. Not just because of the Imprint phenomena, but because of all the consequent build up of

rationalizations subconsciously based on it, which help to keep it in place and which become, in the group mode, the basis of our cultural psychology.

Goals

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, a Beingness. One can then receive inflow and give outflow. An identity is more than that. It has some commitment - it is the way one decides to be, in order to deal with a situation or handle a problem. It contains a viewpoint but it's also aligned with a Goal and purposes towards that Goal, along with beliefs, decisions, considerations, ideas and so forth.

A Postulate, then, is a decision of what you want (e.g. "I will be famous" or "To get a car") regardless of how it is attained and a Goal determines the practical means and effort deemed necessary to attain it (e.g. "To be an excellent composer" or "To have enough money to get a car") and this requires a way of being, in order to do, in order to have.

The very nature of a game involves opposition, barriers to overcome, others preventing you achieving your objective. Problems are likely to occur: intention versus an equally matched counter-intention. If such a problem is unresolved, the identity that has been created for this point in the game, may as a defense or safe solution, to get around this stale-mated problem, adopt a lower beingness that he feels will be able to achieve at least a satisfactory outcome towards the Goal, even if not what he originally wanted.

This may work for a while, maybe several lifetimes, or not at all, but when the problem (that which is being opposed, which may have changed as circumstances match his new viewpoint in the Game) is not being won over, the game is not getting anywhere or it's getting too painful, a still lower beingness and version of the Goal may be adopted. This structure may be continued until eventually, the Being is actually opposing his own original Goal and this holds the whole Conflict Structure in place as a 'macro' unresolved problem. Colliding intentions cause 'ridges' as the opposing energy flows impact. The ridges acquired in all these unresolved oppositions become a mental mass and the whole structure hangs in subconscious present time.

The structure consists of opposing pairs - an identity versus whatever is opposed - and attached to each pair is a COEX (Condensed Experience, as Stanislav Grof defined the phenomena) of experiences in which the conflict was being played out, or was in restimulation and being dramatized. The COEXs contain all the trauma of the situations, all the postulates and observations surrounding it, all the decisions and emotional charge, all the lies, irrationalities and misperceptions - all the "I must be right and they must be wrong" computations. These are the actual source of the problem areas that people have in their lives.

Since they are held unconsciously and not viewed, these two-pole structures have become permanent, and are a liability to freedom of action in Present Time. With them in restimulation, the person is moving from one out of Present Time viewpoint to another, and recreating the opposed viewpoints that have caused enough counter-intention to stale-mate his game. His effectiveness is limited to their content and failures. He is stuck in old games and the outcome is predictable as the result he always gets in a particular game. These structures are, then, a foundation for 'false personality' and its sub-personality masks, identifications and defenses.

These structures are examined and taken to pieces on Meta-Programming, so freeing the Spiritual Being to recover freedom of choice, but also of course, to be much the wiser!

The Structure of Case

The way you see the world and your position in it may be called your 'case'. This is a term borrowed from psychotherapy and is relevant here because the way you see things is not always clear and objective - it is frequently clouded by the unfinished business of your past and conditioning acquired from all that you have learnt or been taught, in all your upbringing and from the experience of previous existences too.

The structure of case is a natural phenomenon, as natural as a tree. Goal Conflict Structures are the major unresolved conflicts of our past existence, that each form a structure based on the goals we set out with, the problems we encounter achieving them and the changes of identity we undergo to try and see them through. These structures are the 'trunk' of the tree that is the human being's case.

The 'branches' are the upsets and disagreements, misdeeds, withheld communications, problems and solutions of everyday human relationships, and the 'leaves' are the frustrations that ensnare all of our attempts to simply 'be there and communicate'. These frustrations build up - as the emotional 'charge' of a situation is suppressed (bypassed) and we get on with our lives.

The 'roots' are the agreements and compromises the spiritual Being made in order to accommodate himself to life on earth as a human-animal composite identity - we call this the 'Imprint' phenomena because the agreements act like imposed limitations to the awareness and capability of the Being (although in truth they are self-imposed by agreement) and because the charge attached to these compromises is overwhelming it has to be very gradually stripped off.

The 'seeds' from which the tree grew are the fundamental postulates and counter-postulates that lie behind the Being ever getting in such a position as to find such agreements expedient.

Reduced Responsibility

A Goal Conflict Structure is simply the problems a Being has in getting to grips with the material Game - where postulates (simple causative intentions) no longer seem to work - and his solutions to these problems. He adopts what seems to be an adequate identity to achieve a Goal, because the postulate didn't happen and so now he has to work by effort and force, and the counter-effort and counter-force is perceived as opposition - a problem.

The Being considers any strong opposition to his goal to be an other-determinism and now he has moved down from pan-determinism (taking responsibility for both sides) to other-determinism (effect of the other's cause). He has already bought the first lie, because the other determinism is simply seeking an alternative goal, and he has considered the other to be opposing him, whereas in truth he has elected the other as 'opposition' and he is opposing the other. He is no longer taking responsibility for the other side of the game that he created by making an opposition, an opposed person or group for which he no longer has empathy (understanding).

The Being's solution to this perceived opposition, if it cannot be overcome, is self-determinism - to strengthen an identity that he considers right (adequate) to achieve his goal. If this identity (role, way of being) meets continued and irresolvable opposition, his responsibility, awareness and confront reduce further and he descends into adopting, as a safe solution to his problem, a lowered version of the goal.

This cycle continues - lower and lower, more and more fixed identities that at the bottom of the structure are just mechanical identities - no responsibility for self or for the other side of the game.

This is life as lived by humans in the present time, just look around! The case phenomena of upsets, misdeeds, withheld communication, problems and safe solutions, which all link-up together, is based simply on the compulsion to be right and this compulsion derives directly from the Goal Conflict Structures of 'right' identities - identities that provide adequate solutions to the problems encountered.

When a Goal Conflict Structure is in restimulation (and normally several are at any one time) the identities which were previously adopted as safe solutions are again dramatized. This is a sub-conscious process; the Goal Conflict Structure case is normally heavily suppressed (because of all the bypassed charge attached to it) and the 'Goals' of Goal Conflict Structures are not the everyday goals to do with careers, possessions and so on.

In this way the Goal Conflict Structures empower the many identities which a Being adopts to get by in this world. It is a reactive mechanism and directly restricts the Being's freedom and flexibility of viewpoint, to be whatever way he considers appropriate, consciously and at will. It also restricts the Being from viewing the real case - that of the Higher Self's postulates, considerations, evaluations and opinions - and

the Being's Own Goals. That case is only accessible from the Being's true viewpoint, not that of a Substitute Beingness, which is how most human beings are operating.

The Misdeed-Justification Sequence

The Being has a postulate and when this doesn't work out, he makes a second postulate. As always with second postulates, it does not cancel the first one, it only alters it in another direction, giving up on what was intended to be (the first postulate) by suppressing, invalidating or not acknowledging it. It is at this point that the Being violates his integrity. He has not been true to his own first postulate - he has compromised.

Any goal is a second postulate, a compromise, after the first postulate was deemed inadequate. For example, you might have postulated scoring the winning goal in a World Cup Final, but in this world that doesn't just come about, it has to be made to happen, so you create the goal: "To be a successful professional footballer".

An Own Goal is either made independently or it is agreed with and made your own. In the case of an Imprinted Goal, however, the second postulate is enforced upon you by some form of conditioning, an acceptance of an other-determinism due to overwhelm; this may be the result of a traumatic incident or it may be more subtle such as parental or cultural conditioning. The goal might be: "To be a rich chartered accountant".

A really effective Imprint gives you a Goal as well as one or more opposing Goals, so there is a good chance that it will be restimulated without your being able to escape that restimulation. For example, in the area of relationships one might have imprinted goals: "To find the perfect partner" from between lives, "To avoid attachment" as a result of a traumatic incident, "To never trust a man" from a past life, "To get married, settle down and be normal" from cultural conditioning, and further conflicting with an Own Goal: "To have fun with relationships".

The wider the area of game it effects, the 'better' the Imprint works - you can't withdraw, except inwards, so you introvert and reduce your causation. It is not possible to recognize the spiritual Being's actual Own Goals and handle their Conflict Structures until the obscuring Imprint structures are erased; until that time, what may appear to be one's self-determined goals in life are inevitably influenced by the suppressed Imprint case.

Whether the Goal is your own or imprinted, it is a violation of your integrity and you look for a justification - someone or something to blame, to oppose. This justifies the rightness of your new identity, the opposed identity being made wrong. As a dramatization of the succumb and victim attitudes inherent in any second postulate, the opposed identity becomes an opposing identity, and one becomes more at effect, less happy.

If one is not able to win out over the opposed identity or to control and dominate the

situation, a new (well-motivated) safe solution becomes necessary, a new violation of your integrity, and this solution is to adopt a new identity, computed to be adequate to achieve a lowered version of the Goal. One moves one notch down on the Goal Conflict Structure; and in this manner the misdeed-justification sequence continues on down to the bottom of the structure, where one's purposes have become directly opposed to one's original Goal.

The safe solution to justify this conundrum is a survival computation dramatized continuously in everyday life. One or more of these may have been handled previously, through counseling or through peak experiences temporarily releasing the Goal Conflict Structure case, but eventually life will switch this back in. Any amount of case handling does not fully resolve things until the underlying Goal Conflict Structure case is fully handled.

On a personal note, I have found that since completing Part II, I no longer have problems, upsets, withholds or any desire to make others wrong. I simply adopt an appropriate identity - rightness is not an issue and being there and communicating is not a problem. I'm no longer at effect of Imprint phenomena. Above all, I don't perceive others as enemies, even though they may be 'on the other side of the game'. The techniques have worked for me, just as intended, just as they have for many students on the Project.

Indicator Technique

A charged item (such as a Goal Conflict Structure identity) has attached to it various charged considerations, i.e. thoughts that give a response or 'response' on the InnerTrac. Each consideration seems valid enough to the mind but the Being knows there to be lies, suppression and misownership in the apparency. This is revealed by the special Meta-Programming procedure called Indicator Technique, assisted by the use of Biofeedback Monitoring. Only when the final consideration does not response on the InnerTrac, having been checked with the questions, has the mind duplicated the knowingness of the Being. The result of Indicator Technique properly done is always increased awareness, responsibility and confront.

At first, the charged consideration is most often at effect, complaining, justifying or blaming, with prejudices or dogma; further stages of the Indicator Technique reveal viewpoints that are not true enough for the charge to erase; and finally there is a clear realization of one's causative responsibility in the area, an insight of Truth. This differentiation separates the Being from an untruth that previously put him at effect by his identifying with it, and it clearly reveals the Being, the Higher Self, that knows all along but who is not-knowing for purposes of game.

The truth as it is revealed can be painful and sharply contradict the brainwashing of one's conditioning. The answer is of course to set aside prejudice and continue the

process to the endpoint. Funnily enough, when arrived at, the revealed truth is something one always knew anyway, but hadn't admitted to oneself!!

There's no liability in playing games knowingly - games which can be fully experienced - but there's plenty of liability in continuing to play stuck games unknowingly. Indicator Technique sorts this out.

It is interesting that Psychosynthesis, Shamanic Healing and other contemporary Humanistic techniques also recognize that normally the human personality is not an integrated Being but is rather a mass of misowned and split off fragments. As Gurdjieff pointed out, one covers this up with defenses. One reactively moves from identity fragment to identity fragment (each at one time perceived as 'right' for its purpose and so retained). Each identity or 'sub-personality' appears to belong to the same 'I' because one is identified with all of them, they are all the same 'rightness'.

Following the Charge

The frustrated intention (charge) of the first postulate at the beginning of any incident relates to an identity, which is then suppressed or broken off because 'it must never happen again' - but because it is resisted it persists and is still identified with (dramatized) reactively in present time, albeit subconsciously.

The Meta-Programming approach to case handling is, unlike most others, not to dig up suppressed charge if it is not readily accessible, but rather to recognize the most accessible charge that is being dramatized in the present time, and to handle it from a present time viewpoint - how it is being dramatized right now, in terms of the identity adopted and its perceived opposition, and to integrate that identity in order to recover a causative, responsible and truthful viewpoint - to realize that the way in which one is opposing is senior to the way in which one is opposed.

By gradually differentiating the Being from his various adopted beingnesses and his various identifications, step by step awareness, responsibility and confront are improved. It is a safe and gradient approach, never pushing into overwhelm. With this increasing stability the past becomes more and more confrontable, so that without directly examining past incidents, one can be fully realized in the present moment, and therefore not subject to the restimulation of past times in the present. This is because the Goal Conflict Structure identities at back of the various incidents are no longer compulsively dramatized or suppressed or resisted but have been integrated into a more powerful Being.

The compulsion to be right is because of an unresolved need for self-esteem: a need to acquire the 'right' identity. An identity can be proven right through the acquisition of workable knowledge and demonstrated competence; or it can be proven right by making others wrong, by manipulation and domination. When perception is not based on a fixed idea, or tied to a way of being that seems to be required in order to safely resolve an

unconfronted problem, one can then view objectively, without the filter of such conditioning, and live by reason, not by survival computations (safe solutions). This gives the freedom to create, based on one's own goals and purposes, not dictated by Imprinted goals or influenced by conditioned ideas.

The differentiated Being thus acquires true competence and a natural rightness that does not need to be asserted. Instead of perceiving the world as a minefield, full of suppressive people that are opposing you (that represent items on your subconscious Goal Conflict Structures), the world seems a better place, containing people to whom you are happy to grant beingness, though for purposes of game you may choose to either oppose or support their activities. This completely different viewpoint on life releases unbounded understanding and unhappiness is a thing of the past.

The postulated results of Meta-Programming have certainly been realistic for myself, and I know, a large group of successful students. Where the project has not worked for people this has always been because they have not actually done it. Either the techniques have not been fully understood or the individual has not applied them honestly and with an open mind. Total honesty and openness is required for Indicator Technique to flow properly and reach the deeply held truth. The only thing that can foil Indicator Technique is a refusal to let go of the analytical, verbal mind and to let the non-verbal mind of the Being speak through. This occurs when pet theories and dogma are clung to, despite their demonstrated falsity, and then the session effectively comes to a halt. The truth as it is revealed can be painful and sharply contradict the brainwashing of one's conditioning. The answer is of course to set aside prejudice and continue. As mentioned before, when arrived at, the truth is something one always knew anyway, but hadn't admitted to oneself.

So a pre-requisite to advanced work on Meta-Programming is a willingness to be wrong, to learn from mistakes and to look anew. The materials of the early Levels on Part I address this pre-requisite.

More on Goal Conflict Structures

The spiritual Being first postulates an objective and then, if necessary in the context of his reality (the Game he is playing), he may decide to adopt an identity or beingness, to achieve by means of action a Goal that is aligned with the postulate. This identity is the 'ID' at the beginning of a Goal. The very nature of a game involves opposition, barriers to overcome, others preventing you achieving your objective; this is the Opposed Identity or 'Opposed ID'. Problems are likely to occur: intention versus an equally matched counter-intention. If such a problem is unresolved, the ID, i.e. the identity the spiritual Being has mocked-up for this point in the game, may as a defense or safe-solution, to get around this stale-mated problem, adopt a lower beingness that he feels will be able to achieve at least a satisfactory outcome towards the Goal, even if not what he originally wanted.

This may work for a while, maybe several lifetimes, or not at all, but when the Opposed ID (which may have changed as circumstances match his new viewpoint in the Game) is not being won over, the game is not getting anywhere or it's getting too painful, a still lower beingness and version of the goal may be adopted. This structure may be continued until at the bottom, the new ID is actually running a goal opposed to that of the original top ID. When this occurs the Being is actually opposing his own Goal and this holds the whole structure in place as a 'macro' unresolved problem.

Colliding intentions cause 'ridges' as the opposing energy flows impact: holding in place the 'condensed experiences' (COEXs) of each Identity versus an Opposed Identity. The ridges acquired in all these unresolved oppositions become a mental mass and the whole structure is a Goal Conflict Structure.

The Bottom ID also has a safe solution, a sort of 'phantom', even lower ID, that is dramatized in present time when this Goal structure is in restimulation. The Reactive Mind contains many such Goal Conflict Structures, and each opposition pair, ID vs. Opposed ID has a COEX of experiences or periods of time when this conflict was being played out, or was in restimulation and being dramatized. The COEXs contain all the trauma of the situations, all the postulates and observations surrounding it. These are the actual source of the problem areas that people have in their lives.

An example Goal Conflict Structure:

<div align="center">

Postulate: Lots of energy

Goal: to make fire   ⟶   Opposition: angry
    │   property owners

Safe solution: run   ⟶   Competition more
a power station   efficient
    = ID   = Opposed ID
    │

and so on, till
eventually:

ID: farmer   ⟶   Opp ID: forest fires

Current safe solution to Goal = enforce conservation

</div>
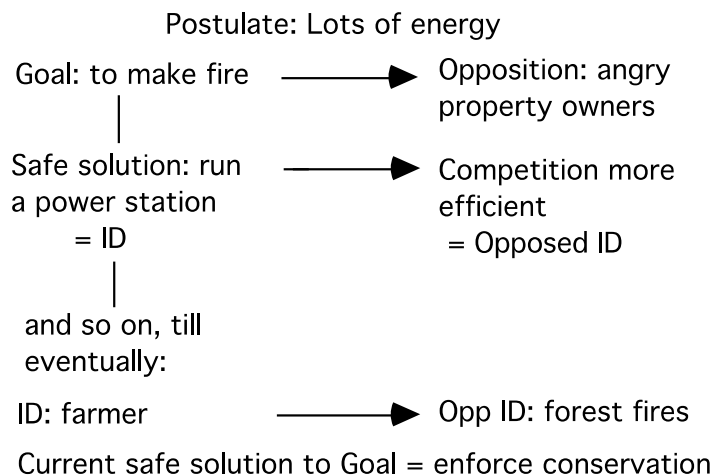
Before the Imprint phenomena became established, the Being had self-determined choice of Goals and purposes - he could make 'Own Goals', though they could still become aberrated in the above Goal Conflict Structure pattern. Own Goals are contacted and handled in later Parts.

The Imprint, as carried-over from life to life, contains a number of 'Imprint Goals'. Some of these may be common to all human beings and some, different for each individual. The Being dramatizes these and in the process, goes on to create further Imprint Goal Conflict Structures that are totally other-determined, against his will, though as with the phenomena of post-hypnotic suggestion, it is unbeknown by him to

be so.

In addition, under the influence of the Imprint phenomena, the Being generates new Goals, attempting to get his objectives in, in spite of the effects of the Imprint phenomena. They appear to be his own goals in that he created them, but they are based not on what he wanted to achieve but to attack, flee, avoid, neglect and succumb to the Imprint, as a means to survive as himself and somehow get on with his own purposes which, of course, are being obfuscated by the Imprint. So these are called 'Imprint-Influenced Goals'.

Since they are held unconsciously and not viewed, these two-pole structures have become permanent, and are a liability to freedom of action in Present Time. With Goal Conflict Structures in restimulation, the person is moving from one out of Present Time viewpoint to another, and recreating the opposed viewpoints that have caused enough counter-intention to stale-mate his game. His effectiveness is limited to their content and failures. He is stuck in old games and the outcome is predictable as the result he always gets in a particular game. These Goal Conflict Structures are, then, a foundation for 'false personality' and its sub-personality masks, identifications and defenses.

These structures are examined and taken to pieces on Meta-Programming, so freeing the spiritual Being to recover the freedom of choice he enjoyed prior to the Imprint phenomena, but also of course, to be much the wiser! The exact procedure is outlined in the final Level of Part I.

Games

The action of a Being in the Universe boils down to the essential cycle: BE, DO, HAVE. Directed action can be described as a Game when there are opponents - you grant beingness to one's co-players and deny beingness to one's opponents. Spiral this be, do and have in many games and you accumulate more and more opponents and denied Beingness. You, the player, have accumulated a backlog of identities (beingnesses), actions against (doingnesses) and denied beingness (and therefore havingness) to thousands of opponents. You are trapped in the unconfronted debris of all your previous games because they were played on a persisting time-continuum and therefore did not disappear afterwards (the illusion of Time being the primary lie). The Being is now trapped in the kinetic of his own actions, intentions and postulates, on a persisting Time Continuum.

The space or beingness of an opponent (Opposed Identity) is denied, whilst the space or beingness of self (Identity) is heavily defended. This cuts down the space one occupies to a single identity, 'Me!'. The frustration of the creative Being trapped in this limiting situation is almost madness, as he wants more free space to open out his game. The spiritual Being who conforms to this universe's game doesn't have this problem - he's content to play the game of clobbering his enemies and taking over their territory. The conflict between the Higher Game and the Survival Game forms a ridge (compacted opposing energies) centered around the conflicts between the Being's viewpoint within the Survival Game, and the physical vehicle he is playing it with.

The dichotomies of the Game (players vs. opponents); the Physical Universe (negative vs. positive); the Composite consciousness (all the dichotomies you can think of); the Reactive Mind (past vs. now); even down to the Problem (intention vs. counter-intention), are all based on Physical Law (the dialectics of materiality) and are the trap, i.e. an apparency hiding the truth. Certainly the Spirit, which is not subject to laws, would not be definable in these terms, except by stating that it **isn't** matter, energy, space or time. Essentially, Spirit is the law and that is all the law there is. That is, only Spirit is the cause-point and in truth, only matter, energy and time are the effect. To put it another way, as Crowley wrote, "Love is the law, love under Will".

So one can't use logic, which is based on material anchor-points or references, to bypass handling one's case. Logic and analytical thought are 'knowing about', which is secondary to original experience. They are secondary to the original causation and so do not exactly duplicate the original. Duplication of an effect - in it's own space and time so that it disappears - requires adoption of the original cause-point, the knowing Being. To enable the intuitive process of simply 'knowing' requires **total duplication - composed of communication, empathy and understanding**.

All the sciences, philosophies, etc., even the materials you are responding now, are merely knowing-about something, so they do not resolve the Being's problems. A true subjective understanding is only arrived at by clearing the whole of one's mental

constructs. If you did that, you would not only understand it, you would BE it, for knowing and being are synonymous. You cannot truly understand something that you have emotional charge on, for the charge of non-confront and reactive considerations (primarily lies) blocks your view. Total understanding would produce the vanishment of the mechanical conditions of existence.

Causation

Thinking and verbalizing will not produce understanding, only the inspection of one's own causation. It is the reactive mental material which needs to be confronted and put into order, and this is the material that Meta-Programming methods reveal and resolve.

This causation of reactive material is happening in the NOW, for the Reactive Mind is created in Present Time. The Being's causation in P.T. is no longer under his control, but is being motivated and arRanged by his backlog of denied understanding for others - he is at the effect of his own postulates. The Game has become serious, solid and stuck. The Being, rediscovering his own postulates and identities, will eventually drop the lies, and free up the Game again. This is why Meta-Programming is called 'The Remedy of All Games'.

The Being is not going to let himself out of any trap until he is good and ready, and he has to learn exactly how he is creating, and has created, his own entrapment. To achieve this release he must be willing to look at his own causation and take responsibility for himself. No-one can do that for him.

One cannot change anything one is not cause of. We are all Spiritual Beings and the aim of Meta-Programming is to get the student to realize this, by extricating himself from what he has created, and the game he is creating now and not-knowing he is creating.

So the correct approach in Meta-Programming is to seek **one's own causation,** rather than hidden causes for one's condition and problems. The Imprint phenomena can cause nothing without the Being's agreement and involvement. He is using the phenomena for game purposes, in practice with survival computations and safe solutions, and is unlikely to let that go until he discovers that what he is putting there is **his** causation.

The Being is locking the doors from within. He is the hidden cause in the Game, not his past bad times and excuses. He must seek to uncover his own causation every step of the way; to be willing to confront himself, and to be the responsible communication point in his games of life, whether inflowing or outflowing effects.

Other causes are not one's responsibility, only one's own causation. Motives for misdeeds are not erasable and can only be temporarily released or forgotten about. Meta-Programming procedure is not just the practitioner answering questions while convinced of the essential rightness of his viewpoint. This will not produce change. He must be willing to question himself, his considerations and motives, as a neutral

viewpoint, willing to find out about himself, however painful that revelation may prove. **Then** there is the possibility of change.

If all was right with the Meta-Programmer, he would have no objective in this work. If all was wrong with him, he would have too little certainty about himself to undertake this work. He must be willing to discover who or what he is being, doing and having, without any considerations as to goodness, badness, beautifulness or ugliness. Truth cannot be so qualified. To win at Meta-Programming one must be a **seeker after truth**, not a seeker after validation of one's own rightness, or a seeker after hidden causes that excuse one's condition as a Being.

The truth is we are nearer to the animals our bodies evolved from, than the Gods to whom we aspire. It takes a lot of courage to accept this status with reality and to be willing to do a great deal about it, because that is what it will take. Meta-Programming provides the tools for an honest practitioner to recover his **true** viewpoint - being **at cause!**

To be really free of this game yet able to play it, one must become Pan-determined Cause playing a knowing game. One should have the potential to become unattached Spirit but also able to play any game of his own devising, not just a fixed game from a fixed viewpoint, which is the material game we play here. But if you can't play this game, you are not going to be able to play a higher game let alone be able to create new games. So the route is through *this* Game in all its aspects - that can't be bypassed. The way out is the way through.

Present Time Pole

The normal action of a Being is to exchange energy, and when he can't, he fouls up. Just consider how you feel if you can't discharge communication to another person, and you are without acknowledgement, duplication or understanding. You get charged up, and it is this inability to discharge energy that is the problem - the Being then becomes energy himself and considers that he is energy, and finally that energy solidifies and becomes material. The Imprint is a total inflow of energy on a spiritual Being to the point of overwhelm, down to materiality.

There are two poles to creating a Reactive Mind, and charge is being generated by the Spiritual Being between the two poles - one in the Past, the other in Present Time. It is actually only necessary to take down one pole to discharge the whole Reactive Mind so you run out the P.T. pole to drain the charge of the Imprint phenomena safely. You simply do not have time to run out the Past Pole, all past experience, and in any case its content when recalled may not be factual, with all kinds of imprinted and misowned material.

You are handling NOW. You never enter past Imprinting experiences but you do have to resolve the Being's solutions to them, what he does everyday and has been doing ever

since he succumbed to them. You are creating it in Present Time by everything you are being or not-being, doing or not-doing and having or not-having.

The Imprint (taking all Imprints as a whole phenomena) is like a ball of live energy emitting intentions, pictures, postulates, memories, goals, purposes - the whole kabbush! The Imprint significances do not resolve the case; it is the mental mass and energy of the ridges around the body that has to be erased. It is the ridges that trap the Being in materiality - the significances merely divert his attention so he cannot recognize the trap. He is trying to get his objectives in across this unknown charge contained in the ridges - he wants to do something but he interprets the Imprint charge as counter-intention. It is the conflict of interest in the restimulated Goal conflict structure - the two-pole situation in which he finds himself - that is the aberrative factor in P.T., that reduces his causation. It is the conflict between the Being and the Imprint phenomena, and his solutions to this are the hang-up. It takes many of these cross-ups to produce a fully functioning humanoid.

Part I of Meta-Programming handles the fixed beingnesses, the Items the practitioner has identified with in past games (contained in Goal Conflict Structures) and is dramatizing in P.T. when a Goal Conflict Structure is in restimulation.

Part II handles the fixed doingnesses and havingnesses set up by the practitioner to handle the influence of the Imprint phenomena. Until you break up the habit structure you cannot be entirely free of it.

A Crazy World But A Great Game Too!

The practicalities of survival must have put you face to face with the realities of this somewhat crazy world in which we live, and that of course puts you equally face to face with your case: the restimulation of aspects of your life which you'd rather ignore.

Perhaps I can help you see the light at the end of the tunnel by describing what I think are the issues that concern a spiritual Being attempting to operate in a material world.

The downward spiral

Natively, the Being makes postulates, i.e. he creatively causes an effect. If he is in control of the space or universe which he viewing, the postulates happen, they cause an effect. This is a lonely life however. This is also somewhat hypothetical, since it is not the world in which we live, but it is familiar to us in the world of our dreams, especially in the more conscious world of lucid dreaming, and maybe in the world of a baby in the womb.

1. To make life more interesting, the Being becomes involved with other Beings in a game scenario, and there are agreements about the scope of acceptable postulates. This is to maintain the game scenario, which is the universe in which he is operating. Postulates that affect other Beings, such as through communicating desire or intention,

or initiating actions towards individual or shared goals, are relatively free, limited by agreed-upon rules. They are much less limited than those that affect the matter, energy, space and time of the game scenario, because these are generally the barriers of the game, like a playing field. The Being adopts a game involving various challenges because to do so is fun (perhaps more fun than things 'just happening'). It's not serious or solid because it's a knowing game with freely accepted freedoms, obstacles and purposes.

2. Then things may go wrong. In this world, the agreements about matter, energy, space and time are very solid. The agreements are forgotten, we just find ourselves here in material bodies, and we are given very strong indications that the body is our identity - who we are. Postulates that contradict the material agreements simply don't happen. So to make anything happen in this world one has to use effort and cycles of action: start - continue - complete. At least, that's how it seems; in fact there are freedoms and ways in which one may be directly causative, e.g. telepathically communicating with others, but the tendency is to be overwhelmed by the solidity of things and the necessity for survival of the body in this context.

3. The Being may build up bypassed charge (frustrated intention) when others do not duplicate his communication; when he does actions which others cannot confront or be willing to experience; when he justifies these actions and solidifies a self-rightness by doing the actions again; when others try to impose a change of direction on him or give wrong indications (by evaluation, invalidation or false information) which cause him to introspect; when he considers others are opposing him and forgets it is he who is opposing for purposes of game. These things all cause confusion - his intention is not working - and the charge is built upon lies, basically non-confronts of the truth of what exists.

With the realization that other people and things are not a wholly owned part of his universe and subject to his whim, he discovers what it is like to be 'wrong', with reduced affinity, agreement and communication with those he thought were of one mind. to be 'right' is to be at cause in one's universe; to be 'wrong' is to experience a loss of control of one's universe, to be unwilling to duplicate that one is not cause over all he surveys. As the charge builds up he moves down in tone, from enthusiasm through boredom to anger, fear, grief and apathy.

His problems solidify. His identity becomes stuck in his rightnesses, and he loses understanding of those he is opposing, who he thinks are opposing him. He can no longer love and is no longer just naturally right - he must be right. He has lost integrity.

4. In the face of this charge - the ridges he has built up in self-defense - he finds a safe solution. After unsuccessfully resisting he reduces the size of his own universe and adopts a lowered goal and a lowered identity to achieve it, with lowered ethics. He finds a suitable explanation to justify this change, not based on rational judgment but on fixed viewpoints (the justifications mentioned above).

5. And this cycle continues, until eventually he finds himself opposed to his original goals and in conflict with his true self, in a greatly reduced area of play. A normal human being.

The upward spiral

1. The normal state of the world around us is as above. We strive towards fulfilling our suppressed postulates by vias such as sex, food, effort, emotion and thinking. Our stable data are fixed ideas along the lines of imposed conditioning - through traumatic experiences, bypassed charge, identification with the genetic animal and all its instincts, cultural influences, and a case structure as above: stuck problems linked to unachieved goals, in this life and past lives. Life is serious, solid, heavy. Thinking is 'them and us', based on compulsive rightness of identity - safe solutions to unresolvable problems. Games are stuck and unknowing. One is unhappy and at effect, at least in the area of one's true goals. One is stuck in fixed identities and failed purposes - one no longer knows who one is.

2. The only way that I know of to resolve this impasse is through examining what is with ruthless honesty, which is what self-administered Meta-Programming should be (but isn't necessarily - it too can be used as a safe solution, hoping to justify rightnesses, but then it never arrives anywhere). Used with integrity, the tools of Meta-Programming can help one to see, bit by bit, the truth. Duplication of what IS can be achieved by opening up one's communication and thereby increasing empathy and gaining understanding in those areas where one had shut off one's vision.

3. By increasing understanding one is increasing awareness of truth, and then in life one needs to actually confront what is (i.e. face it with equanimity) and take responsibility. This is the second place where self-administered Meta-Programming can break down. Without actually confronting and taking responsibility, the session insights may be forgotten and the body-mind programming (the habit patterns of many years) may take over again. With every realization one needs to ask: "How could I apply this?" and "Is there any fear in applying this?" to bring into the open any barrier that could lie between regained awareness and the application of it in daily life. Without such integrity of application, even extensive Meta-Programming can become a charade. Individual Meta-Programming, then, if done honestly, enables a re-education, a new understanding, and the application of this regained awareness through increased confront and responsibility.

4. With increased awareness and confront in life of what was previously avoided, and then taking responsibility, it is possible to regain causation in life. One is motivated to complete cycles of action because one has recovered one's true identity and is aware of one's own goals. What were previously heavy and serious problems are now games to enjoy. One is truly happy with renewed purposes in life. Others are not enemies but either teammates or competition, who make the game more interesting and from whom one can learn - from what they do right and what they do wrong. Without fixed rightnesses, one can learn both from things that go right and from one's mistakes.

5. Life, love and truth become one's operating basis.

The way I see it, all experience is for learning, and when you've learnt the lesson that experience offers then you can move on. Provided you *have* learnt the lesson, and not got serious/solid/heavy about it and justified your ego - otherwise it haunts you till you have really learnt the lesson (which is karma). A misdeed remains to haunt you until you have learnt its lesson. It seems you keep coming back to life on earth (the cycle of rebirth) until you have learnt the lessons that life here offers.

There are two forms of learning: negative and positive. The downward spiral is negative learning - traumatic experiences and imposed ways of being, and the decisions that result from them, together with false data, result in 'learned' or imprinted programs. The truth was not observed and confronted and we drop down in emotional tone, with lowered responsibility. Basically, as in our native state, life is there to experience just for the fun of having experience. Learning comes in after we have not taken responsibility and had an unwanted or unexpected experience considered as bad, or made a mistake, even done something we know is wrong. If this is confronted and we take responsibility this may result in a positive learning experience, so that we are much the wiser. Meta-Programming helps us in this way to move in an upward spiral towards the native state of high tone and full knowingness, responsibility and control.

Usually the positive lesson is that life is a game and if you can see it like that, the problem disappears - you're left with known obstacles to overcome, but not with the solidity - at cause rather than at effect.

A friend recently wrote to me about her young daughter, and how great it was to be around her. The little girl, relatively unrestimulated and untainted by conditioning, lives in a beautiful world of dreams and play. What life could/can be for all of us, I guess, when restimulation and imposed conditioning has been resolved.

So the gist of my message is that work on Meta-Programming, if carried out with integrity, would help any person to recover motivation, rehabilitate their peak experiences and validate the truths that they know. The stupidities of this world don't go away but one can see them in a different light.

I realize how frustrating it sometimes is when you are aware of the discrepancy of what you can be and what you are being (most people of course are not aware of that). The answer for me, and the most workable answer that I am aware of, is to take down the Goal Conflict Structures that cause this discrepancy. This is what Part I, particularly on Level 10, is all about. It's not easy but it is a game in itself and therefore can be immensely rewarding.

Full Realization

A fully realized Being has the ability to postulate, to perceive, to create and destroy and to have considerations and opinions thereon. The essence of regaining this state is to erase these fixities of the Being's viewpoint and to restore his natural flexibility. That which you can reach and withdraw from at will, you can have, and it cannot constitute a trap. But the practitioner is fixed in beingnesses he cannot withdraw from - the IDs in the structure of a Goal. He is also opposed to beingnesses whose spaces he cannot reach into - the Opposed IDs.

Beingness is the creation and occupation of space. Affinity equals willingness to occupy the same space as another. If he could have retained affinity, the opponent would not have become an Opposed ID. If he could have played and won **or** lost, which equals being able to confront and experience anything, he would not have formed this fixed Conflict Structure.

True freedom is being able to be any viewpoint, or not, at will; to be able to be pan-determined, i.e. taking full responsibility for both sides of the game - the ability to grant beingness to another. A psychotic is entirely other-determined. A sane man is in good measure self-determined. An awakened spirit is pan-determined, willing to see another's point of view and to retain affinity even with opponents in a game.

This is Colin Wilson's elusive 'X-factor' - as he describes it: "the bird's eye view, rather than the worm's eye view of life". It's the quality of being able to 'Love thine enemy', which most human beings find almost impossible to comprehend, because it requires truly knowing one's self (and therefore others) as a spiritual Being. Some can manage the concept on a sports field, but the Game of Life is much more restimulative for them.

A consequence of the undischarged energy which the Being has invested in his mental Goal Conflict Structures, is that he has a massive hunger for significances to balance this mass and energy. Further, he knows that something that is not persisted will disappear - it will disappear as easily as that it was created, at a second glance. To prevent this, a 'second postulate' - a lie or alteration - is required and this then has to be 'forgotten about' so that it too won't easily disappear. It takes volumes of such lies or 'vias' to persist his reality, and until his ability is restored to create at will, he will hang on desperately to the reality he has and creates unknowingly, and to the significances he has acquired and hangs on to, due to this shortage of 'havingness'.

If the Meta-Programmer considers that change may be a threat to his havingness (his mental structures, his illusion of survival, his reality) then he won't budge. Change must progress towards causative havingness, with no threat of loss. It can only be done on a very slow gradient that gets him to view what he is being and its attendant misownership of significances and the lies that are holding the charge in place.

So a Spiritual Being has a Labyrinth of defenses, safe solutions and lies that he is holding onto to help him persist the status quo. Change, to a Being that cannot create at

will, equals loss. Threatened with loss he will compulsively acquire new significances, then try to persist them. This results in a stuck game, which he may then recognize, and feel the need to change. At this point progress can occur, but only as above, with no threat of loss of game, or change will be resisted.

Higher Mind

The Higher Mind is all those considerations (of the Higher Self) from which emanate the mechanical conditions of existence. Four types of consideration are involved:

1. CAUSATION is the consideration of immediate creation without persistence, the consideration of existence at the moment of creation, and when that consideration is exactly duplicated - the same creation in the same space and time - it is erased from existence.

2. ALTERATION is the consideration that introduces change (and therefore time) into a creation to obtain persistency. It is a second postulate and a lie - an alteration of truth - therefore creating a delusion. The apparency of existence is brought about by the continued alteration of creation. When agreed upon, this is called reality.

3. NEGATION is the effort to reduce the condition of reality through the use of force. It is a denial, or repression. It cannot entirely vanquish a reality, in the same way that causation can.

4. ACCEPTANCE is the regarding as truth of an agreed upon reality; submitting without argument to the apparency of what exists.

Meta-Programming holds the view that every Being is still a Spiritual Being, because the Universe is still being created in P.T. We put it there, pretend we didn't and view it from a safe via that won't disappear it, so the Game can continue. If Spirit had ceased to be, the Universe would no longer exist as there would be no Source that was creating it. But the Being is no longer running a Game in P.T., the Game is running him - he has become a pawn in his own Game. The Fully Realized Being, which is the target of Meta-Programming, is a full return to being the Gamesmaster in Present Time and not the unknowing Pawn.

If you compare the subjective reality of your most vivid and remembered dreams with the objective reality of your waking existence, apart from its laws which are sometimes different, there is no real difference of any significance to our understanding of our status here as Beings except that the dream disappears, the Physical Universe does not! It should, but then we would have to awaken from that dream too! Awaken to our full consciousness as a Spiritual Being.

The Insight Project

The Levels of Part I re-educate the Being in the considerations of existence, so that in any situation, from any viewpoint, the truth can be realized. Also a Range of human personality types are examined so that where these have become compulsively identified with, this may be seen objectively, and life may begin to become less an automatic dramatization, more a free improvisation.

Part I (Meta-Programming) handles all past identities so that you are in your own identity playing your own game. It is the deprogramming of reactive identities and the beginning of release from the game of being Homo Sapiens. Part I reveals the Imprint phenomena and gets the Meta-Programmer aware of his Higher Self so that he can view the Higher Mind.

Part II (New Awakening) exposes the environmental restimulation and the behavior patterns the individual is stuck in, as he can now view this material objectively. It is the deprogramming of reactive compulsions and inhibitions - the needs and fears which are the barrier to full realization. It produces a full state of clarity, much like that of the Buddhist who - over many lifetimes of meditation - has learned to no longer be a slave to his egotistical desires. But this is learning achieved much more directly, in this lifetime.

Part III (Own Goals) uncovers the layers of decisions, evaluations and considerations that the Higher Self is acting on and which caused the Being to descend into aberrated agreements. On this Part all the material broached on Parts I and II is finalized and any loose ends resolved, so that the highest level of case is now fully accessible.

Part IV (Higher Games) deals with the Games Beings Play and get stuck with, like the Physical Universe. The matrix of postulates of the Higher Self, on which the individual has been operating in this and other time continuums, are revealed with all their ramifications and significances, so that the Being is extraverted from all stuck (unknowing) Games.

Part V (Full Realization) is the culmination of the Project. Games and Conflict Structures are viewed both as Player and Opposed Player, revealing the ways in which Beings individuate and lose touch with their shared spirituality. The blocks to Full Realization are removed and this state is confirmed and stabilized.

Meta-Programming enables you to find the answers to those questions known as the Riddle of the Universe, that philosophers have been teasing themselves with for thousands of years. Not as theory but as cognitive knowingness and certainty. Who am I? Where did I come from? How did I get trapped? How can a Being with the capacity for total knowingness get trapped? Who or what created the Universe? How is it being created now? Am I one Being or are we all One? What is a Human Mind? What is my real relationship to the domains of life and with other Beings. Will I continue to come back here life after life? Do I have any choice other than the material Game or being

Spirit with no Games? Can a Being play a Game that will not aberrate or trap him? How do you trap a Spiritual Being? How am I creating the Reactive Mind in P.T.? Do I have to be ME forever or can I escape the trap of immortality? Whose postulates keep the Universe persisting? Can I escape or is it one out, all out? Is there a spiritual solution to world problems? No answers offered - you discover them yourself session by session.

LEVEL 1
BASICS

THE SPIRIT-MIND-BODY RELATIONSHIP

Several students have expressed to me that they do not understand why the human brain should have anything to do with the Spiritual Being, since one is Physical Universe and the other is Spirit. To illustrate that there is an important connection, I would like to explain the Galvanic Skin Response (GSR) mechanism by which the Biofeedback Monitor operates.

The Being is able, at will, to adopt a viewpoint from which to perceive and to have considerations, opinions and intentions. This Higher Mind is one kind of mind - the mind of the Higher Self. The Being also has the ability to stick itself in a fixed and located identity, such as the identification with a human body, in order to perceive, experience life and express itself through an organic system.

But the human body also has a life of its own: it is a genetic entity - a life form programmed by genes. It is further conditioned by stimulus-response learning, imprinted by traumatic (intense) stimuli and cultural (repetitive or long duration) stimuli. The body has in-built survival drives and develops a sophisticated intelligence (like a monkey but more so due to further evolution of the brain). It may also be programmed by the Being. This second kind of mind, the Body-Mind, that of a fixed identity - a Composite between Body and Spiritual Being - therefore has both analytical and reactive programs, both of which may be aberrated: irrational computations and stimulus-response emotions. In the case of a human being, the imprinted mental programs are carried out by the brain, an incredibly sophisticated computer.

A stimulus, such as an image or perception, may cause an increase of brain arousal if the stimulus is interpreted as frightening or interesting (incitement to act), or a decrease of brain arousal if the stimulus is interpreted as reassuring or of no interest. This stress or relaxation response is transmitted throughout the autonomic nervous system, and because the nervous system is electrical, the emotional response is measurable as a change in skin resistance. Increase in tension and arousal will cause a 'Discharge' of the LED indicator on a GSR (Galvanic Skin Resistance) Biofeedback Monitor corresponding to a drop in body resistance, and relaxation or detachment will cause a 'Increase' of the LED indicator corresponding to a rise in body resistance.

Overwhelm would cause the Range (overall body resistance) to drop below 2.0 on the meter scale as the arousal and tension from a perceived threat causes the LED indicator to continue Discharging; and dissociation (a detachment or withdrawal caused by non-confront) would cause an Increase above 4.4 on the Range scale. A 'floating' LED indicator phenomena, on the other hand, occurs when there is no reactive activity or conflict occurring between the Body-Mind and the Higher Mind and there is an open-channel. The LED indicator follows the gentle pulse - reach and withdraw - on the (subtle-energy) communication line.

If the Higher Mind and the Body-Mind are not differentiated, confusion results. Part of the misunderstanding stems from an identification of the thinking personality, the left-

brain verbal 'ego', with the awareness of awareness which is the Being. The verbal intelligence is very much 'of the brain', whereas the Being is not 'of the brain' but influences the brain through non-verbal communication: will, communicated through intuition.

Because the communication of the Being is non-verbal, the right hemisphere is the medium for such communication. This is the nature of 'intuition': the Being communicating via the non-verbal right-brain to the verbal left-brain, expressing awareness often interpreted by the right brain in the form of metaphor or symbolic images, in order to relay intentions. For the Being to be able to influence all of the Body-Mind's activities depends therefore upon integration of the left and right hemispheres, so that the brain is 'awake' and not obscuring this direct communication line. The following diagram illustrates how the Spiritual Being (YOU) inter-relates with the human Body-Mind:
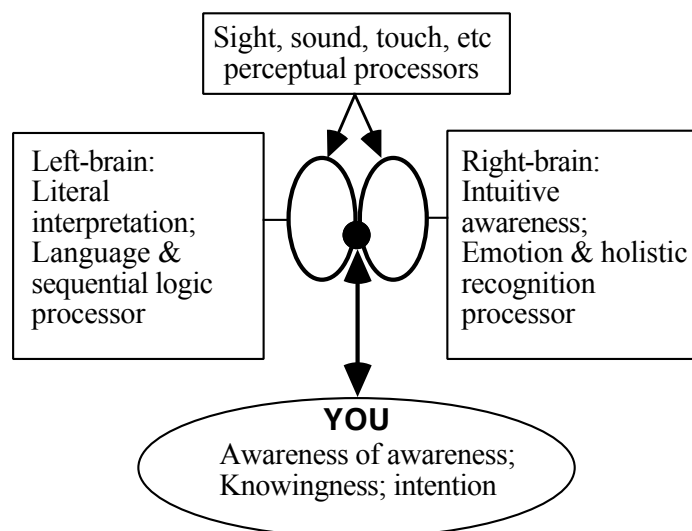
The Spiritual Being is able to operate a mind quite independently from the brain, making mental pictures (including all perceptics) as desired and communicating pictures to the right brain, or communicating intention, will or choice to the right brain. These then change the arousal level and affect the Biofeedback Monitor.

The Body-Mind has learnt the programs for 'intelligence': it can do an IQ test unaided by the Being. Only the Being, however, has knowingness, awareness of its own goals and creative intention or will. Being essentially outside of space and time, it has an objective viewpoint that is unaffected by the irrational or reactive mental processes of the Body-Mind subconscious. It is the source of the highest values of life, love and truth. This is constantly demonstrated in Meta-Programming, as it is the conflict between the knowingness of the Being (causation) and the Body-Mind's lies or suppressions (alteration and negation) that causes a stress-response and therefore the Biofeedback Monitor to give a response.

The brain does have functions, they can be improved, and these functions relate directly

to spiritual awareness; the whole of preparatory case handling works to this end, since brain malfunction (inhibited communication between hemispheres) is a direct consequence of unconfronted experience and charged (frustrated) intentions, i.e. the suppression of the experience of reality in the right brain by the defense mechanisms of the left-brain ego.

THE GALVANIC SKIN RESPONSE

First a little bit of history. The simple psycho-galvanometer was one of the earliest tools of psychological research. A psycho-galvanometer measures the resistance of the skin to the passage of a very small electric current. It has been known for decades that the magnitude of this electrical resistance is affected, not only by the subject's general mood, but also by immediate emotional reactions. Although these facts have been known for over a hundred years and the first paper to be presented on the subject of the psycho-galvanometer was written by Tarchanoff in 1890, it has only been within the last 25 years that the underlying causes of this change in skin resistance have been discovered.

The Tarchanoff Response is a change in DC potential across neurons of the autonomic nervous system connected to the sensori-motor strip of the cortex. This change was found to be related to the level of cortical arousal. The emotional charge on a word, heard by a subject, would have an immediate effect on the subject's level of arousal, and cause this physiological response. Because the hands have a particularly large representation of nerve endings on the sensori-motor strip of the cortex, hand-held electrodes are ideal. As arousal increases, the 'fight or flight' stress response of the autonomic nervous system comes into action, and adrenaline causes increased sweating amongst many other phenomena, but the speed of sweating response is nowhere near as instantaneous or accurate as the Tarchanoff response.

The most advanced layers of the cortex, unique to man, link to the thumb and forefinger especially, and there is a further complex physiological response which occurs when the forebrain is aroused: changes in Alpha rhythms cause blood capillaries to enlarge, and this too affects resistance.

By virtue of the Galvanic Skin Response, autonomic nervous system activity causes a change in the skin's conductivity. The *overall* degree of arousal of the whole brain, is shown by the responses of the InnerTrac, which does not differentiate between the hemispheres, or between cortical and primitive brain responses. Higher arousal (such as occurs with increased tension or confront) will almost instantaneously (0.1 - 0.5 sec) cause a *Discharge* in skin resistance; reduced arousal (such as occurs with withdrawal or backing off) will cause a *rise* in skin resistance.

Thus an Increase or Discharge on the InnerTrac directly relates to reactive arousal, due to restimulation of repressed mental conflict, releasing emotional charge. When the conflict or unknowingness is resolved, by confronting objective reality, there is understanding and the charge dissipates.

The Being is involved, because it is the causative Being that knows the objective truth and therefore is in conflict with distorted mental contents. The Being, however, is not part of the brain; the Higher Self is a quality not a quantity, and is essentially not anywhere, except by consideration. The Being is a non-verbal knowingness that lies back of mental awareness and activity, but which is capable of influencing the

composite human being, through will and creative choice, by postulate.

Jung and Matheson

One of the first references to the use of GSR instruments in psychoanalysis is in the book by Carl Gustav Jung, entitled 'Studies in Word Analysis', published in 1906. Here the Swiss psychologist describes a technique of connecting the subject, via hand-electrodes, to an instrument that measures changes in body resistance via the skin: a psycho-galvanometer. Words on a list were response out to the subject one by one. If a word on this list was emotionally charged, there was a change in body resistance causing a deflection of the LED indicator of the psycho-galvanometer. Any words which evoked a larger than usual response on the meter were assumed to be indicators of possible areas of conflict in the patient, and these areas were then explored in more detail with the subject in session. Jung used observed deflections on the meter as a monitoring device to aid his own judgment in determining which particular lines of enquiry were most likely to be fruitful with each subject.

Without amplification, this device was difficult to use, thus it remained as little more than a laboratory curiosity until the development of sophisticated valve amplifiers in the 1930s. Once a portable psycho-galvanometer with amplification was available, the idea of using a psycho-galvanometer was picked up with enthusiasm by criminologists. These meters became known as 'lie detectors', and have been used by various police forces, in this manner, for more than 60 years. On the other hand, little further work was done in psychotherapy with the psycho-galvanometer, until Biofeedback Research in the 1970s using the GSR meter in connection with meditation and relaxation became popular.

Biofeedback is the technique of self-regulation of awareness states by the subject. The level of cortical arousal is central to a person's level of awareness, so a machine that can measure this factor is of the first importance in biofeedback. Many papers have been presented on this subject over the last 25 years, and the most important findings of this research are:

1. A low level of cortical arousal is desirable for relaxation, hypnosis, and the subjective experience of psychic states and unconscious manifestations.

2. A high level of cortical arousal gives increased powers of reflection, focused concentration, increased responding speed, and increased capacity for long-term recall.

3. Cortical arousal has a simple relationship to skin conductivity. Arousal of the cortex increases the conductivity of the skin and conversely, a drop in arousal causes a drop in skin conductivity. With a sensitive Biofeedback Monitor the level of arousal can be brought under conscious control. With a few hours' practice the level of arousal can be consciously controlled over wide limits. Similarly, with a Bilateral meter, the subject can learn to arouse the left or right hemispheres of his brain selectively, by learning from the biofeedback response. It is a biological response.

Volney Matheson was a pioneer in the discovery that all fears, feelings and resentments - all thought and emotion - were electrical in their nature. He found through experiments with lie-detectors during the 1940s that when a person was reminded of certain past events, or when a change of mood was induced in him, the LED indicator in the psycho-galvanometer would jump erratically; the degree of jump was in proportion to the strength of unconscious reaction. In skilled hands the psycho-galvanometer could be used to locate a particular mental content, the nature of that content, the location of that content in space and time, and the amount of force contained within it.

His researches with lie-detectors in the 1940's made it possible for Volney Matheson to go on and invent the modern type of portable transistorized GSR meter - a type that has survived with very little change, until the present day. Our current Biofeedback Monitor (produced by Ability Meters Int.) takes advantage of state-of-the-art electronics to be completely automatic in operation, very sensitive and extremely reliable, with ideal ballistics and very low power consumption, but the fundamental principles remain the same.

Matheson went on to develop a word-list to be used in conjunction with the psycho-galvanometer. He would ask the subject under analysis to take hold of the meter's electrodes, then he would response this list of words to him. Without fail, some of these words would trigger a response on the meter, and in some cases violently. Whenever this was the case, Matheson knew that these words were associated with violent and negative fear or resentment that had its origin in unconscious (reactive) complexes in the subject's mind. Most of the time, the subject was completely unaware that he was reacting on the meter in this way.

THE BIOFEEDBACK MONITOR

Basically the InnerTrac GSR Meter we use is an electronic meter which detects and amplifies very minute changes in the electrical conductivity of an individual, depending on his or her mental and physical state at any given time. It has a transistorized circuit which magnifies any changes in electrical response as detected by holding either an electrode in each hand or a double-electrode in one hand. It is completely safe because the voltage across the electrodes is only about half a volt - an adequate voltage to produce the psycho-galvanic effect. A change in the resistance between the electrodes (i.e. change in conductivity of the body) causes a reaction or 'response' displayed on one or more of the six the LED indicators.

The InnerTrac has user-changeable AA batteries, a power on switch, a voltage test switch which also functions as an off switch, various LED indicators, a Sensitivity Control, a Reset button and a Range readout.

In general, the InnerTrac tells you what the subject's mind is doing when he or she is asked to think of various things, or in the 'self-administered' procedures of Meta-Programming, when one asks oneself to think of various things. When working with a client, two electrodes are used, one in each hand; when working alone, a special type of 'double' electrode is held in the left hand, leaving the right hand free to write session notes.

Provided you understand the InnerTrac, how it responds, and the various biofeedback responses, you can learn to interpret with remarkable accuracy exactly what the subject (or oneself) is going through, where he or she is at case-wise, and the best steps to take to ensure he or she can make fast case gains.

The InnerTrac responds on thoughts and feelings BEFORE the subject becomes aware of them. This is mainly because the meter is a very responsive indicator of mental arousal. When a person is asked a question about a matter he may have emotional charge on, the effect is to cause a 'ripple in the water' so to speak, and once detected by the meter electronics it is represented by the illumination of a LED indicator. By getting the subject to look for an answer to the question, the InnerTrac will be found to again give the same response as the subject's attention comes close to locating the relevant suppressed emotional charge, and by saying "There" or "That" every time the same response repeats, the subject can have his attention guided to the exact item which made the InnerTrac respond in the first place. This is called 'steering' and may be used individually as well as with clients. It's just like having a radar system which helps you home in on a target.

We will describe in detail what each part of the InnerTrac is and what its application is. The best way to become familiar with the InnerTrac is to have one available while you get used to it, touch it, switch things on and off and so on, and in general try to get so acquainted with it that it becomes nothing more unusual than driving a car or using a TV.

SENSITIVITY KNOB:
Once you are holding the electrode on the InnerTrac with the device switched on, there is another important control which is a subsidiary of the Range indicator. This knob is the Sensitivity adjustment, which is another way of saying a 'variable amplifier' or volume control. In the same way as you can increase the power of a microscope to be able to home-in on a detail, with increased Sensitivity you are able to detect in detail what is going on in your case. Sometimes the mental masses are so solid that to make any detectable impingement, you have to work with a Sensitivity that is wound up very

high.

The practitioner usually sets up the correct Sensitivity setting at the start of the session but as the session progresses, he may have to alter it according to how the session is running. If the subject is resisting arousal at the beginning you may have to use a high Sensitivity, but as the session runs you might find the LED indicator is discharging too strongly and the Sensitivity needs to be reduced. You also might find that you have to turn up the Sensitivity as the subject contacts some important and massy area of case, or else the LED indicator just seems to go solid and nothing you ask apparently responds.
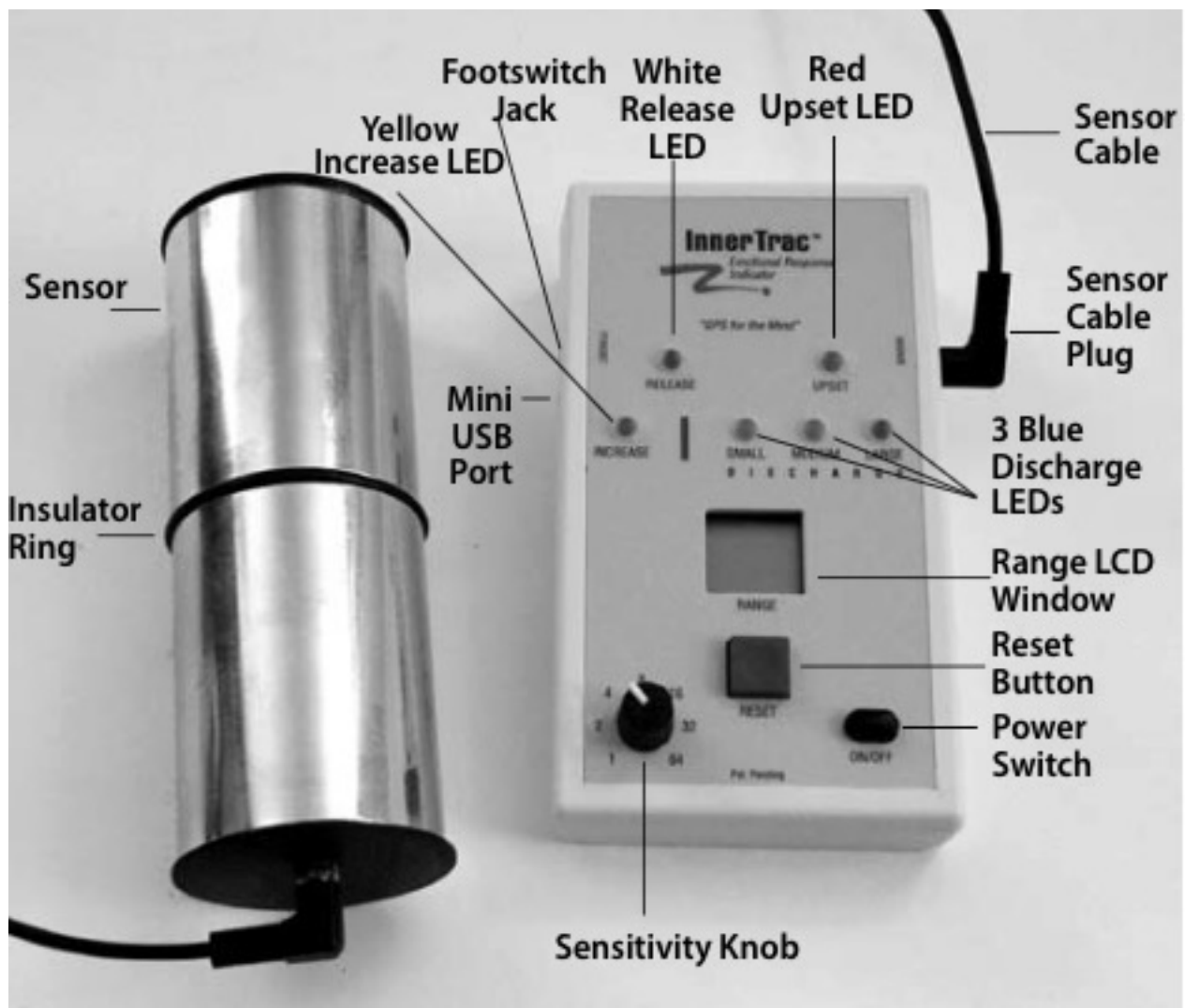
During the session it is up to the practitioner where to set the Sensitivity. It is normally set at the start of session so that a light squeeze of the electrodes causes a Small Discharge. Typically the Sensitivity is set on 8, then adjusted as needed. To be on the safe side there is nothing to stop you turning it up if you plan to, say, assess a correction list (i.e. check the items on a list to see if one causes a Discharge). If the subject has

symptoms such as a barely moving LED indicator, then by all means turn it up.

Note that if there is no activity for 20 minutes, the unit will automatically go into"power save" mode, indicated by "P d" in the Range window. To restart, turn off and then on.

THE LED INDICATORS

On the InnerTrac, there are six colored LEDs. Three of them work together showing degrees of discharge of negative emotion. Each of the other three LEDs up to show when an important event is happening.

1. The three blue Discharge LEDs work together, lighting up when discharge of suppressed emotional energy is occurring. This increase in emotional arousal in the body's nervous system reduces the overall body resistance, measured by the hand electrode. A small discharge (fall in body resistance) = one LED; a medium discharge = two blue LEDs, a large discharge = three blue LEDs.

When an issue that has been suppressed or repressed is approached in conversation (or read off of a list) one or more of the Discharge LEDs will flash momentarily at mention of the subject, but will not remain lit. This is called a "read" - it indicates that the issue has been contacted. It is not yet resolved but it is accessible to work on. A larger response or 'read' would cause 2 or 3 blue LED to illuminate:

2. The yellow Increase LED shows when emotional energy is increasing or accumulating because it is suppressed - therefore arousal in the body's nervous system is reduced and a rise of body resistance occurs. This is an indication of something that feels too hard to look at—accompanied by a building feeling of discomfort, resistance, and backing off. The person is not always conscious of what it is, or even that this is occurring, but as you are responsible for the session you need to know it's happening.

3. The red Upset LED lights up when the person is angry. This is extremely important because if someone is angry, it is extremely unlikely that improvement will occur. Depending on your modality, there are various ways to quickly resolve an upset; but if you ignore it you are probably wasting valuable time.

4. Finally, there is a clear white Release LED that lights up to indicate that a person has attained a state of release from the issue you've been working on with them. It signals that the problem has likely been resolved, and this is a good place to end off.

RANGE INDICATOR:

The electrical current passing through the subject's body via the electrodes, small though this current is, varies depending on just how much resistance is present in the subject's body. When the subject thinks of something there may be a change in emotional and mental arousal, a bodily change in resistance, and a corresponding biofeedback response on the InnerTrac LEDs.

Each subject has a customary overall body resistance or 'Range' (BL), which ideally lies between 20,000 and 40,000 Ohms, equivalent to 2.8 - 3.4 on the Range indicator, which runs from 0.5 to 6.5. This position is called the Range. Various physical conditions can affect this value and should be assessed before the session. The age of the subject, cold hands or feet, dry or sweaty hands, electrodes that are too big or too small to be held comfortably, can all affect the Range. So can fatigue, hunger, tight shoes or clothing, drugs or alcohol, or even unhealthy eating habits. It is necessary to eliminate all of these factors before evaluating the Range.

The position of the Range indicator when it is in the normal Range (2.4 - 4.4 using solo dual-electrodes) has no direct connection with emotional tone. A dead body would have a constant level of resistance and hence Range. The live body, controlled by the Being via the mind (through the brain interface), has a very different response on the InnerTrac. A Stable Case (one who has a 'majority share-holding' over the reactive aspects of the mind) can affect the InnerTrac at will, whereas a low-toned person who is dissociated from his case be entirely unresponsive. A 'dead in the head' (unconscious or 'not there') Being probably won't add or subtract from the dead body response. The average person, however, will be found to register in the normal range (2.4 to 4.4), and have a fairly responsive LED indicator behavior. During the course of a session, where reactive mental content is deliberately restimulated, the Range may move to a high position (up to 6.5) or to a low position (less than 2.0) but when the case being handled is resolved the Range will return to normal.

During any session, as the subject confronts various parts of his mental environment - pictures, emotions, concepts and so on - the Range indicator will increase and decrease in value; this is because of variations in electrical resistance as emotionally charged items are pulled in, viewed, and fully confronted (seen exactly for what they are). In fact this is a very good way of measuring just how much valuable work has been done in the session.

Whereas the Indicator LEDs show subtle changes in skin conductivity that are useful in assessment and validation, the Range indicates gross measurements of conductivity.The Range goes from 0.5 to 6.5, with the higher amount representing less conductivity, and the lower amount representing more conductivity.

When there is sufficient discharge (shown by the blue Discharge LEDs lighting up and eventually blinking to attract your attention) the range will go down in value.

Conversely, when there is sufficient increase of emotional arousal (shown by the yellow Increase LED staying lit and eventually blinking to attract your attention), the Range value will increase.

A Balance Drop (BD) occurs when the LED indicator has a Large Discharge beyond the

scale of the Discharge LEDs. This only happens on a case when some mental mass has been released, i.e. something in the case has been spotted and confronted, insight has occurred and the charge released. Hence BDs are what you are looking for and represent case gain.

If the Range is high at the start of session, well above 4.4, this means that there is something in restimulation, and the correct action is to locate and release it without restimulating anything else. Your job is usually to firstly detect the area in which you are most restimulated and then with the correct procedure run that restimulation out. In the situation above, life itself has restimulated the subject and the practitioner would be working only to de-stimulate, and would avoid asking potentially restimulative questions.

A high Range is often, particularly later on in Meta-Programming, an inevitable consequence of restimulation of highly charged (deeply suppressed) areas of case. However, problems like dry or wet hands, cold electrodes etc. as mentioned above make a big difference to the position of the Range indicator due to large variations, not of the case state but of the physical state of the body.

THE RESET BUTTON:

The InnerTrac resets itself whenever the Range of the client moves up or down so far that the numeric value of the Range changes in the Range Window (usually preceded by the blue Discharge or yellow Increase LEDs blinking. However, the resetting process may take a few moments to occur, and if the practitioner is about to ask a question, the resetting process might interfere with the InnerTrac's response to the question. Therefore, the Reset Button can be used immediately prior to the question to "force" the reset process and make sure that it does not interfere with the upcoming question.

Also, the Release and Upset LEDs are both set to persist a few moments, to make sure they are recognized; pressing the Reset Button will turn them off, and allow the practitioner to proceed with the session.

LED RESPONSES

There are a variety of ways the LED indicator may behave and it is important to be able to recognize each one so as to correctly interpret what it means and hence what step to take next.

An *Instant Response* is a response that occurs almost instantaneously (between 0.1 - 0.75 seconds) after an Item is presented to the subject. A longer delay for a reactive response can be accepted if the subject is not using his native language, or if his comprehension is generally slower than average. You must judge how this affects each person, watching their Expression and behavior as additional indicators of response.

In contrast, a *Delayed Response* is one which occurs later than 0.75 seconds after the Item is presented. Such a response is usually disregarded when you are looking for a restimulative item as it is not clear what it is a reaction to; it is most likely to represent an analytical cognitive process which links with another restimulative topic. Nevertheless it is used when 'steering' the subject, when a restimulated area of case is being looked at or talked about - by indicating to the subject when the LED indicator responds, this gives a 'handle' to help the person spot the charged item for himself.

Discharge and Increase LED indications

A Discharge in resistance is generally correlated with bringing some Item into the consciousness of the person and thereby neutralizing the charge that suppressed it below the level of consciousness. This may happen very quickly, almost subliminally. When the difficulty in confronting the Item is removed and the energy of the charge is no longer needed for this purpose, then this energy becomes available for all other purposes; IQ will increase and the subject will feel better. Unconscious suppression of memory makes a constant drain on one's resources of mental energy.

Generally speaking, the greater the Discharge response to an Item the closer that Item is to the threshold of awareness. But equally large Discharges can be produced by conscious thoughts if an effort is made to conceal these thoughts from the practitioner, such as in the case of a withheld communication (hence the success of the Polygraph lie-detector - and its unreliability, since the response could equally be a reactive association). The immediacy of the response to a stimulus Item determines whether the thought is unconscious, i.e. before the client is aware of it.

In a normal session one observes frequent Increases and Discharges of the Range, as charged material is restimulated and then confronted. The total amount of downward movement (reduced resistance) of the Range is called 'Balance Action' (BA). A rapid rise in the Range, when accompanied by inappropriate mirth, anger, discomfort or unpleasant feelings, often indicates an overrun item, something that has gone beyond its proper level of discharge (release) and because attention has remained on it, the charge has been 'pulled back in' again; or it may be a protest by the subject. A Discharge may have occurred but was not noticed and so the charge on some item was bypassed. When

a rapid rise in Range occurs, then the subject will often protest that too much is going on. This allows the practitioner to spot the difficulty; a quick re-check over relevant material reveals the cause.

Interest and InnerTrac Response in Assessment

Discharges and Balance Drops are useful in assessing the most advantageous areas of case to examine next. By noting their magnitude during the assessment, different items can be rated according to the size of the InnerTrac response. Generally, an Item which gives a large response is easier to address than one which gives a smaller response, so go for the largest response - the 'major responding item'. Items which give a Null (x) response – neither Discharge nor Increase, even though they may intellectually seem to be of significance - are not worth pursuing and cause trouble if you do, because you would be trying to dig up charge which either isn't there or isn't accessible.

There are times when one's attention is drawn to an item which gives just a tick on the InnerTrac, perhaps due to 'body armor' or an underlying heavily suppressed item that is associated with it. By addressing such items, a larger response may well be awakened. Nevertheless, the major responding item is always senior to interest in assessment of comparable items.

Various body motions cause **Body Reaction** 'responses'. The only valid one of these is when you do a Metabolism Check at the beginning of every session - during (or a second or so after) a deep breath and exhalation you should get a decent response unless the subject is not well enough fed or rested. Other than this, all sorts of body motions will affect the InnerTrac - coughs, laughs, yawns, scratching, shaking, tensing muscles, sighs, stretching, lifting a finger off the electrodes, shuffling about in the chair, gripping the electrodes, sneezing, or even a stomach growl. The person on the InnerTrac must be educated to keep still when in session, especially when you are assessing various items for the major response, and the practitioner should learn to discount any of these body reactions. Sometimes, when you contact or get off charge, the subject will cough, sneeze, yawn or laugh, signifying that there is some out-flow of bottled up charge occurring. In general, wait until the body motion is over with before continuing, and don't take up one of these as a valid response. Note: Body motion responses will Increase as fast as they Discharge, whereas responses connected with mental processes Discharge much faster than they subsequently Increase again.

Sometimes a **Release** is short-lived because there are other pressing areas requiring attention. Nevertheless, it is still a valid Release. On the other hand, if the Release continues this is called a Persistent Release, and is accompanied with the subject feeling very, very good. You would end off there because nothing else will be found to respond, the person's case has moved off, and it is important to let him have this win rather than chance overrunning the release. Persistent Releases can last for hours or days. Start again only when the Release is no longer persistent. Always indicate a Release, but not before the full End Point (EP) has been voiced/experienced, i.e. the subject has realized

a truth and has VGIs.

A **Response** (also know as **Read**) is usually simply a Discharge of the LED indicator. Usually they are noted as Small Discharge (SF), Discharge (F), Large Discharge (LF), or Balance Drop (BD or LFBD). Any one of these means there is something there, look no further - you have found it. Find out what it is that responds and handle it to Release, before digging for anything else. A response gives you a foot in the door, you have located something which the subject will have reality on as being interesting, or valid, or troublesome, and it is something which WILL RUN.

The most important of these is the Balance Drop which indicates that you have located a heavily charged item which the subject now recognizes and will have definite interest in - and it will be confrontable. The LED indicator has a Large Discharge and then tends to stick for a small time before slowly increasing again.

When faced with a list of responding items or questions to run you always take up the largest (i.e. major) responding first. As regards the subject of BDs: during a procedure, BDs can occur repeatedly as the subject gets to grip with the charged material. A BD also often happens just before a Release and means that the last of that charge is going. Some BDs during a case handling can be dramatic, moving down again and again, sometimes from a high Range such as 5.5 coming right down to between 2 and 3. This is an unmistakable release of charge and the practitioner watches for the Release.

Note that just because something responds doesn't mean it is 'true'. You can just as easily get False and Protest responses (described later) and reactive (restimulation) responses as well as confirmation responses; hence the InnerTrac should not be used as some kind of Lie Detector - that use of the technology is too limited and unreliable for our purposes. The response simply means there is emotional charge of some kind attached to the item, that needs to be recognized and expressed by the subject to discharge it.

When you see a Release, it should always be noted. If you miss a Release, one will re-introvert and go on searching further, pulling what was released back in again, resulting in a higher Range and confusion as to what has gone wrong.

Usually a Release occurs after a BD, but not always; sometimes the LED indicator can simply move into a Release. However, just because you get a BD is no reason to think you will necessarily get a Release. There may be a great deal more charge to come off this particular item before you get the Release. The correct procedure on seeing a BD is to continue the procedure.

Remember, don't expect the InnerTrac to tell you if you have completed or not. Listen to and observe your inner knowing! The Meta-Programmer consults his own knowingness and observes a feeling of release, and if it is so, the InnerTrac will confirm the release with a Release. The InnerTrac is just a guide and it is the individual who is the senior factor in the session.

THE USE OF BIOFEEDBACK IN META-PROGRAMMING

The object of Meta-Programming is to bring into the light of inspection, old inappropriate programs or behavior patterns and their corresponding imprinted decisions and postulates. This does not necessarily demand looking into the past; the patterns and decisions will be active in the present, especially if the topic being addressed is one that the Meta-Programmer particularly has his attention on, or is concerned about.

The InnerTrac helps the Meta-Programmer to discover these key items, since when one's attention is drawn to an item, the charge on the item will cause an increase in brain arousal, which is visible on the InnerTrac as a sudden Discharge in body resistance, i.e. an instantaneous Discharge on the LEDs. (The body-mind is much quicker to Discharge in response to tension than to Increase in response to relaxation, this being a characteristic of the autonomic nervous system; 'responses' or 'reads' on the InnerTrac are therefore easily distinguishable from hand movements or fidgeting, which causes an equally fast Increase and Discharge).

The LED indicator will first react to items when they are just below conscious awareness, i.e. in the pre-conscious mind and therefore accessible to conscious inspection. There will always be a minimum response time of 0.1 to 0.5 second (varying between individuals), depending on the time taken for mental processing and for the nervous system to conduct the impulse to the hand electrode. This pre-conscious response will normally come within 0.5 second. A response time longer than this correlates with the first aware (i.e. conscious) reaction: this is called a 'latent' response. It is the initial pre-conscious reaction that is of most interest, since we are trying to coax into awareness the repressed parts of mental content, rather than intellectual thoughts.

A fast LED indicator movement that stops very suddenly as though the LED indicator had hit a wall indicates material that is heavily repressed with a defense mechanism (this may correspond to guilt) and has been forced back into the sub-conscious. The faster the LED indicator reaction, the greater the emotional content. A large response ('Large Discharge') indicates that the item is both near to the surface and also that it is accessible to be faced. When the response is noted by the Meta-Programmer, he will have more than an inkling of what the buried item is and be able to 'pull' the material and examine it objectively.

It should be noted that even a tiny response of the LED indicator, means that an item is available. While a Small Discharge may not be related to significant case, very often such items are actually more heavily repressed and are the 'tip of an iceberg', connecting with the primary case of the unconscious. It is therefore also important to spot the feelings, emotions, appearance and comments of the person on the InnerTrac, as these reflect the depth of the charge that is being contacted. The InnerTrac is an invaluable aid but it does not necessarily tell the whole story; as a Meta-Programmer you should not ignore your feelings and 'knowingness' on any item being examined.

A 'Balance Drop' is a large discharge of resistance that causes the Range to stay down

for a period, and usually accompanies a conscious realization about the material being viewed. When the therapeutic process begins, the restimulation of the unconfronted reactive mental content will tend to cause an increase of body resistance (felt subjectively as 'mass') and the Range increases. As introspection occurs and the item is confronted and cleaned of charge, the Range drops. This means arousal increases but also, in this context, it means less withdrawal, less inhibition from past patterns and therefore the subjective feeling is one of greater freedom. Insight will have been gained and when the Meta-Programmer feels that the problem is solved and the charge has been released, his attention is unattached in the present and a Release LED indication. This corresponds with finding a truth - an understanding, that has no charge (further lies) attached to it.

This mini-satori may be accompanied by considerable excitement and the subjective feeling of 'That's great!' or 'I know that's true'. It is the indicator that the current procedure has reached an endpoint and a break in the session is then normally a good idea. A release, though, is not necessarily a full erasure, and an insight is not necessarily the *whole* truth. So depending on the Meta-Programming procedure in use, often it is necessarily to take this item up again and explore where that leads. Certainly that is what Meta-Programming is really all about.

FALSE RANGE CHECKLIST

The position at which the subject registers on the InnerTrac, the Range, depends not only on the state of the subject's case but also on physical factors. Here is a list of things to watch out for and take into consideration if you are faced with a high or low Range at session start.

1. Does the InnerTrac have sufficient voltage?

Before session, test the sensitivity of the InnerTrac to make sure the LED indicator is responding. If in doubt, install a fresh 9-volt battery into the back of the unit.

2. Are the leads connected to the InnerTrac and electrodes?

If there is a break in the circuit, you won't be able to get the LED indicators responding. If this is the case, check that all connections are sound and the plugs are in place.

3. Are the electrodes cold?

Until the electrodes warm up to the temperature of the hands, the Range will be higher than normal. The electrodes supplied with InnerTrac are metallic-coated plastic tubes which take very little time to warm up. The Range will be seen to quickly drift down as the electrodes warm up and stop when at the body temperature. Now you can tell if the Range is high or not.

4. Are the subject's hands dry?

Some people have dry or callused hands due to the type of work they do or old age. This severely inhibits the current flow between the hands and the electrodes. A person's hands can also be dry if they are frequently in water or washed repeatedly. Excessively dry hands look shiny or polished. The correct handling is to use hand cream, well rubbed in, and any excess wiped off with a tissue. Now you can tell if the Range really is high or not.

5. Are the subject's hands cold?

This also causes the Range to be high. In cold weather this can make a significant difference to the Range position. Even when the weather isn't cold, some people continually have cold hands (and feet), possibly due to circulation problems. Sometimes warming the hands before the fire is not good enough because they are cold right through. If this is the case, the Range will be found to still be high after warming the hands. Or worse still, the Range slowly rises as they cool down again. Trying to get responses on the InnerTrac can be very difficult if not impossible in that situation. There are two main ways to cure this. One way is to increase the circulation and thus the internal heat level by jogging or a brisk walk. And, of course, another is to increase the temperature of the room.

6. Is the subject's body cold?

This is similar to 5. above. Ensure the room is adequately heated and if the person is prone to becoming cold, use a coat or blanket. If you find the subject is excessively cold when the room temperature is normal, there could be a medical or nutritional problem

and this should be resolved first. Seek advice on this, otherwise you will find the InnerTrac, not to mention the client, just doesn't response well.

7. *Are the subject's hands excessively sweaty?*

The hands of some people sweat a lot causing low Range (below 2.0). This happens often in hot weather of course but can also happen if the person is extremely nervous or overwhelmed. Wiping the hands with a tissue or towel will resolve this for a short time. If you are planning a long session, it is best to thoroughly wash and dry the hands. You can also use a powder, although that doesn't last for very long and you will find the Range going below 2.0 again. A Correction List for Low and High Range is included in the Appendices.

8. *Is the subject's grip on the electrodes too tight or too slack?*

The grip should be firm but relaxed, not loose but not squeezing either.

9. *Has the subject slept well?*

Lack of sleep also causes a high Range. Ensure adequate sleep to be sessionable.

10. *Does the subject have arthritic hands?*

This always causes high Range and has to be taken into account. It can give a continually false high Range despite using hand cream or whatever. You will have to make allowances for it, i.e. ignore it unless it becomes unusually high - meaning there are case factors present also. A high Range will usually require a correspondingly high Sensitivity setting.

11. *Is the subject hungry?*

Again, this affects the Range and is easily resolved. To be sessionable, ensure the subject is on a fully nutritional diet, with adequate protein and B vitamins.

12. *Is the procedure being done in the subject's normal waking hours?*

Again, violation of this affects the Range and LED indicator behavior. The Range can be high very early in the morning or very late at night, or even at siesta time if there is low blood sugar level (the remedy for this is a protein snack - not more sugar!).

13. *Is the subject wearing any tight clothing?*

This has been known to have a big effect on the Range. Tight shoes, belts and so on. These are the usual offenders, but you might find others, like the subject is wearing rings or the chair is uncomfortable.

If the subject's Range is still high or low and this continually happens, then he is a chronic High or Low Range case and this is handled using the Range Correction List, given in the Appendices. This seeks out and handles all the case reasons why the Range isn't in the normal Range (2.4 - 4.4).

Some people may have been mishandled in previous therapy and now have a Range behavior which is either high or behaving oddly for no apparent reason. This is due to gross errors by previous practitioners who have been missing endpoints, overrunning

and grinding the person on procedures. This too can be resolved using the above mentioned Range Correction List. The student should be aware, however, that when running the Goals procedures on Level 10, it is to be expected that the Range will become high on occasion, and the correct action is to continue running the Goal Conflict Structures rather than trying to correct the Range by other means; when the Goal is completed the Range should return to normal.

IMPORTANT BIOFEEDBACK MONITOR INFORMATION

The procedures of Meta-Programming are aimed at releasing reactivity in the mind. Questions and items cause an immediate reaction in the mind, causing the LED indicator to respond almost instantly. Meta-Programmers who look at the InnerTrac waiting for something to respond after one or two seconds have not understood that the InnerTrac responds almost instantly to a restimulative question or item, even if the reactive material in the mind was first experienced long, long ago. The contents of the reactive mind are not structured in terms of time sequence - all the contents are 'hanging in present time' (i.e. no time) waiting to be restimulated.

1. You don't have to wait for the mind to chew something over when a question has been asked; if there is something on that question, it will make the LED indicator response as soon as you have thought or uttered the complete concept of the question (provided the question is asked with good intention, i.e. impingement).

2. As the subject, one does not have to answer or say one word to make the LED indicator response. All he has to do is listen.

3. If the subject knew about the subconscious reactive contents of his mind, they wouldn't be subconscious or reactive. But the InnerTrac responds to the reactive emotional charge. Hence you don't follow up something unless it gives a response. You don't let the subject's analytical (cognitive) mind control the session or give it free reign to talk about anything it likes. It is the practitioner's responsibility to control the session. This applies just as much to self-administered as to one-to-one work.

4. As mentioned above, time doesn't really exist in the reactive mind. Just because something happened a long time ago is no reason to give the InnerTrac longer to get back to you. If it's a 'live' question and ready to run, the InnerTrac will response immediately.

5. The practitioner has more control over the subject's case than the subject since the subject is influenced by the case. In self-administered procedures it is essential that the Meta-Programmer should learn to separate the two roles of practitioner and subject and when being the practitioner, BE the practitioner; when being the subject, BE the subject.

6. The pace of a session is neither rushed nor slow, as both of these will drastically affect the subject's feeling of being comfortably 'in session' and make him want to control the session.

7. If things aren't responding which one would expect to be responding, then it is likely that the subject's attention is pre-occupied or distracted and unless you find out what this is and get it into the open you could be missing all manner of important charged items.

LED INDICATOR REACTIONS ON ADVANCED SUBJECTS

As we have seen from earlier material, the InnerTrac responds on the subject's case or REACTIVITY. But what about those who have progressed quite far in coming to terms with the reactive mind, as would be the case for Meta-Programming students, either already or on later Levels of Part I.

The advanced subject, unlike those who are beginning to resolve their case, is more aware and usually recognizes what is wrong as soon as it is mentioned. His thoughts and his postulates are much stronger and response as a 'surge' on the InnerTrac. He could say or just think "Yes" or "No" and get a Discharge, since the person has become somewhat differentiated from his case and more able to influence his mind and therefore the InnerTrac. Therefore, when a question or item responds it is wrong to *assume* that it means there is charge.

In Meta-Programming, if a question responds but you know that you instantly thought "No!" in response to the question, you could just check: "Did this question response on 'No!'?" It will probably response again confirming this and you just have to indicate: "It response on 'No!'", and there is your Release. This is one reason why work at this level is best done 'solo'; it would be hard for an external practitioner to keep up with one's subjective knowledge of what is going on in session, which is often at lightning speed.

REALIZATIONS DURING INDIVIDUAL PROCEDURES

If the Meta-Programmer is still fumbling with the InnerTrac and the session notes, he will have less attention available for his case. In this situation he will fail to get realizations or at best go past them and forget to note them. His attention is not on his case but on the InnerTrac or the technique or on the administration. The place to master these three things is while you are training, not when you first begin Meta-Programming in depth.

When self-administered procedures are running correctly it can be VERY fast. It is not unusual to suddenly have a realization, a BD and a Release almost instantly, one after the other. Unless you are trained well so that you know what a Release is, and can handle the InnerTrac and make appropriate notes without thinking, you could miss the End Point (EP). The realization in these situations can be a sudden new thought which leads to more new thoughts in rapid succession. Because it is so fast, the original thought could be forgotten. It's a mistake to think "Let's keep on going while the going is good!" No, you have arrived, and to keep on going leads to overrun. Always stop when you get this upsurge or new enlightenment. It is time to take stock of what you have realized, and indicating the Release ends the cycle, and gives an acknowledgement of it. Have the win; after all, this is what you are doing the Meta-Programming procedures for.

Sometimes advanced procedures result in a state of 'exteriorization' i.e. a feeling of being separate from the case, from the body or even from everything. If this occurs, it's best to end-off the session even if you haven't finished the action you were on. To do

otherwise causes the Range to soar and one to re-introvert into his case. It is best to take a break and have the win rather than go on. Once you acknowledge the win you should also have a persistent Release. It may be necessary to run the Interiorization Handling after having become exterior; this is to be found at the end of Level 9, but the Handling may be done prior to Level 9 in these special circumstances, if the questions in the Handling response.

THE COMMUNICATION CYCLE AND REALIZATIONS

If a practitioner has a natural communication cycle, uses the InnerTrac correctly and never evaluates for the subject, nor invalidates the subject's replies, the subject gets realizations and makes gains. The definition of IN SESSION is a subject who is interested in his own case and willing to communicate to the practitioner. There are many ways to distract a subject from his case in session. Examples of these are: a practitioner who doesn't make himself heard, fails to acknowledge, delays in giving the next question, fails to handle an origination, laughs loudly, over-acknowledges, moves about, is being interesting, and many, many more things which put the subject's attention onto the practitioner.

We call this malpractice, whether in the context of a one-to-one session or a self-administered session. In the presence of bad communication and/or incorrect Biofeedback Monitoring and/or invalidation or evaluation, the subject is prevented from confronting his case. He will not make gains and certainly won't have any new realizations. When the subject voices a realization, you know he has been confronting his case and is making gains.

The subject's attention is supposed to be directed to his case and anything which draws his attention towards the practitioner or room throws him out of session. The practitioner who misses Releases or suddenly calls Releases when the subject is still looking inward, or at the wrong points, or tells the subject what is happening on the InnerTrac at the wrong moments, lessens the chance of any gain and it is just plain bad practice.

The competent practitioner never evaluates (interprets) or invalidates (criticizes) the subject's data at any time, and he never interrupts or distracts the subject's attention onto himself or the InnerTrac.

The definition of IN SESSION and the above considerations apply just as much to self-administered procedures such as Meta-Programming. When a realization occurs in session, and this is often accompanied with a BD, the Meta-Programmer writes it down (and the notation 'BD' as well), acknowledges the realization and watches for and indicates the Release. He doesn't question to meaning or validity of the realization. No other command or question or action is taken while this is occurring; you have got what you were doing the procedure for, and the job is done.

You will notice that there is a disciplined **cycle of communication** being applied here. What you do in Meta-Programming is ask the subject a question (which he can understand and answer), you listen to and duplicate the answer that is given - i.e. fully grasp the content of what the subject says, and finally (and only then) you acknowledge the subject so that he knows you have received and understood his complete answer.

There are other factors involved: the subject has to be ready to receive the question and be paying attention; the question has to be communicated with sufficient clarity and

impingement to be fully received by the subject; and the subject has to make an additional communication cycle within his own mind in which, having duplicated the question, he looks for the answer, finds and elucidates it and then replies to the practitioner.

There are three main communication lines involved. The first is the practitioner's communication to the subject; this is the QUERY line. Second is the subject's line to his own mind, to retrieve the material restimulated by the practitioner's question; this is the RESPONSE line. The third is the subject's Expression to the practitioner, the EXPRESSION line.

The practitioner is only there to use the QUERY line to make the subject confront parts of his reactive mind, using the RESPONSE line. Charge will blow off to the degree that reactive materials are confronted and this blowing of charge is represented by the EXPRESSION line, giving a report as to what has been confronted.

The degree of truth that the subject realizes is conditional upon his awareness, responsibility and confront; as more is Expressed the full truth is approached. The truth as perceived by the subject at any time is relative truth; it is conditional upon the subject's awareness, responsibility and confront. So his Expression is always conditional.

This process of increasing Awareness, Responsibility and Confront continues from procedure to procedure, session to session, and throughout Meta-Programming, so that the subject's conditional Expression contains less and less alteration and negation and more and more causation, towards the EP of the Project which is Full Realization.

In the case of Meta-Programming, one is alternating being the practitioner and then the subject. One has to wear the appropriate 'hat' and be prepared to swiftly swap hats, in order to maintain a smooth and disciplined communication cycle. This is not to say that you have to switch from being one person to another; it is simply a disciplined awareness of the communication lines involved, with the QUERY line coming from the course materials, the RESPONSE line showing on the InnerTrac and the EXPRESSION line delivered to your Worksheet notes:
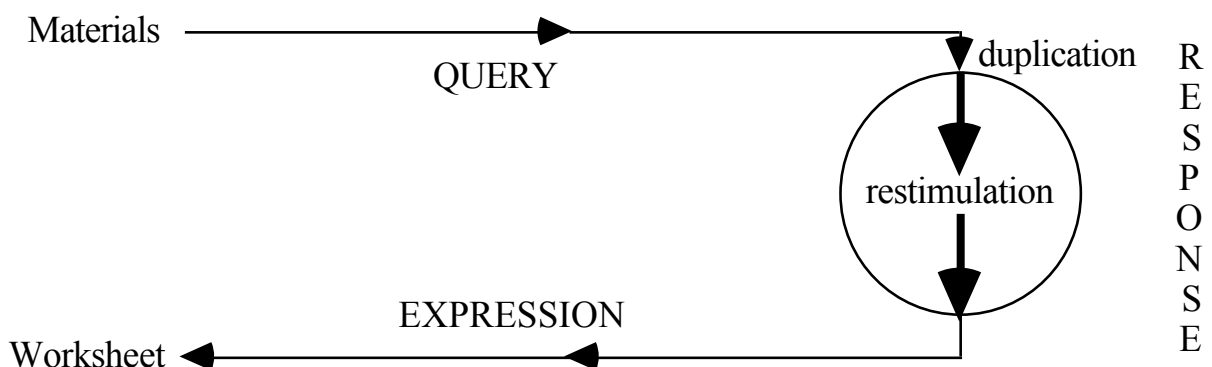
To sum up, nothing should come in the way of the first principle of our Meta-Programming procedure, which is that anything which is unwanted and which persists

must be thoroughly viewed, at which time it will vanish. To put this another way: if something is not confronted (i.e. if it is suppressed and denied, justified and rationalized = negated, altered), responsibility is not being assumed, and so it will persist. In short, what you resist, persists.

Sometimes we find the inexperienced Meta-Programmer is all fingers and thumbs, has too much attention on his administration, or is fumbling over the InnerTrac and can't remember what to do next. He just doesn't know his tools well enough and is unlikely to get the desired results. The place to learn to master your InnerTrac, procedure and admin is on the practice exercises which follow, and in the early Levels of Part I, not in the advanced materials - the real meat of Part I - later on.

Once you have confidence that you can perform basic case handlings, you can move on to confronting deeper parts of your case. Practice makes perfect. Time well-spent perfecting your expertise on the first few Levels, ensures that you do not have too many new variables to deal with when you learn the advanced techniques of later Levels.

BIOFEEDBACK MONITORING IN PRACTICE

On Meta-Programming, the questions, commands or assessment lists that are to be run are found in the printed materials of each Level. If you response a question given in the Case Handling when you are in session, if it is relevant to your case progress it will response - it's as simple as that. It's as if the materials (or the person who wrote them) is being the practitioner.

There is a choice of whether or not to verbalize the questions, commands or assessment items. On the one hand, speaking out loud may help to differentiate the roles of practitioner and subject - you are of course being both consecutively - and to put intention into the commands. Also it may help to make the cycles of action clearer (the question being spoken and the reply made in writing on the worksheet). On the other hand, experienced Meta-Programmers usually do not verbalize and do the whole process on a thought or intention level. As soon as the question is understood or even anticipated, the InnerTrac will response, and this is often much sooner than the question could be response out loud.

The response occurs when you have duplicated the meaning of what is response, whether out loud or silently. This can happen at a glance, and you need to be aware of this happening, keeping an eye on the LED indicator in your peripheral vision. You need to make sure that the InnerTrac, materials and worksheets are conveniently placed, and that you can confidently use and response the InnerTrac.

You can get a response before your eyes have finished scanning the line. This is because you have comprehended the meaning and anticipated the rest of the line. With practice you soon become used to the InnerTrac responding so quickly. An expert Meta-Programmer will also apply procedures that are not prescribed but which are appropriate, and this process can be lightning fast. Of course there is the great advantage that the practitioner at all times knows exactly what his subject is thinking and feeling!

SESSION ADMINISTRATION

Correct session notes are very important in that they not only give the practitioner a useful shorthand way of recording exactly what is going on in session, they also give the Case Supervisor (i.e. the subject himself on Meta-Programming) sufficient and accurate information on which to decide what the next steps should be and what, if any, corrective actions are needed. Most new practitioners fail to grasp the importance of a precise system of administration and just how much it affects the success or failure of the case handling.

Worksheets

The 'Worksheets' are a complete running record of the session and successive sessions. It will be found that it is more efficient to write bigger than normal and space things out, so that it is easier to respond the notes afterwards. To do otherwise leads to having too much attention on the Worksheets instead of on the InnerTrac, and most importantly, the subject - in this case, yourself.

Have a look at the following sample Worksheet (W/S) and you will see what is required. There are the preliminary checks, i.e. Room OK?, Rested?, Fed?, Drugs?, Aspirin?, Alcohol?; the Sensitivity setting resulting from an electrode squeeze; the Metabolism Check giving the size of Discharge when breathing in and out strongly; then the W/S should show the Start of Session (S.o.S.), Time, and Range position.

Once you start the session, each action taken (e.g. question asked) should be recorded in abbreviated form and not whether or not it respond (e.g. F for Discharge or X for no response).

Also in the Worksheets, the Range is noted at regular intervals. Any Balance Drops (BDs) and Releases are always recorded. Along with the Release at the end of a procedure, any realization is noted; and whether or not the subject is looking and feeling good and communicating positively which can be abbreviated GI (good indicators); and the Range position.

You don't have to write down everything that is said. There isn't time for this, but anything of importance (i.e. which responses) must be recorded. Proper notes are essential for those times when you need to find out where you went wrong or if you need to continue a procedure from where it was left off.

As you can see, there is also appropriate admin for the end of session (E.o.S.).

SAMPLE WORKSHEET

                                                                        page 1

Room - OK   DATE
Rested - OK
Fed - OK
Drugs - OK
Alcohol - OK
Anything else want to say - No

10:25 a.m.

Sens. 6 [per electrode squeeze]   3.6 (1) [Range with dual electrode]
Metab LF [= OK]

                              S of S [Start of Session]

GIs [good indicators]
Ind Release [indication of Release]

        [Question]   F [response] Answer]   [any BDs noted]

                                              Ind Release [indication]

                    [GIs (good indicators) or BIs (bad indicators) noted]

     (Range noted when significant changes and at start & end of each procedure)

1.15 p.m.   3.3 (1) [Final Range with dual electrode]

                         E of S [End of Session]

                         BA = 5.5 [Balance Action for session]

Note: the dual electrode, because of the reduced skin contact, normally gives a responding about 0.5 division higher than when holding twin electrodes.

BIOFEEDBACK MONITORING - PRACTICAL

Important Note:
Throughout the rest of the course, theory sections will be followed by practical exercises and in-session Case Handlings which apply the previous theory. These actions should be done at that point in your studies (not left until later).

SETTING UP FOR THE SESSION
The following is the checklist used by new Meta-Programmers for each session they do, to help them become used to the Monitor and grooved-in to what is needed admin-wise for each session. After practicing several times, the Meta-Programmer should find that the necessary steps then come naturally.

0. Before the session the Meta-Programmer should make sure that the room is at a comfortable temperature and free from the possibility of distractions and interruptions. The practitioner should then ensure that the following are OK - the room, food, rest, and no recent intake of drugs of any kind or alcohol. Ensure you have a pen (and a spare), enough paper and a stapler.

1. Set the InnerTrac up on the desk, using the lid as its stand. Position the Worksheets on the right of the InnerTrac and your Part I pack on the left. Note down the date. Mark the Worksheet page number.

2. Switch the InnerTrac on and adjust the Sensitivity to 8 (a typical setting).

3. Check the InnerTrac Range display is working, so the battery is OK.

4. Plug in the electrode's jack plug, then hold the single electrode in your left hand, resting your arm on your thigh or on the table, with a cushion if desired.

5. Wait for the electrode to warm up for 10 seconds, then with your right hand note down the Range displayed.

6. Calibrate the Sensitivity control. Gently squeeze the electrode and note how far the LED indicator discharges. Adjust the Sensitivity setting as needed, up or down, until you get the required LED indicator movement for a squeeze of the electrode – at least one green Discharge LED lighting. Note down the Sensitivity setting.

7. Do a Metabolism Check. Take a deep breath and let it out firmly and fully. Note the length of Discharge which occurs - this is the measurement of Metabolism. It should be a single Discharge LED to be sessionable. If metabolism is inadequate don't start the session - it will get nowhere. You may need to eat, rest or take exercise - some aerobic exercise or a brisk walk around the block is usually enough to 'get you going'.

8. Write down the time.

10. Say "Start of Session" and note down 'S of S'.

12. Note down the LED indicator characteristic (e.g. null or Release) and indicators (e.g. good indicators, abbreviated GIs).

Now practice the End of Session routine:

1. Assuming you have completed the Case Handling, you finally check:
> "Is there anything I would like to say before ending this session?"

Note down any reading originations, then note down the time and Range.

2. Say, "End of Session" and note down 'E of S'.

3. Write down the time.

4. Note the Range changes that occur during the session, and the total of changes at the end.

GETTING THE 'FEEL' OF THE METER
Run over the events of yesterday in your mind, what you did, what you said and what others said to you, and how you felt about each of these things. Notice what the LED indicator does when particular memories occur - you may get Increases and Discharges and Releases, or Discharges that occur when you move your hands or sigh or breathe deeply. Just get comfortable with being on the meter and noticing the LED indicator responses and movements. Don't look fixedly at the LED indicators, as that can prevent your natural thoughts flowing; instead focus beyond the meter and notice the LED indicators in your peripheral vision.

BODY MOTION.
Set up the InnerTrac as above and then physically carry out each of the following - a deep breath, slacken the grip, sigh, stretch, yawn, scratch a leg, cough, lift a finger off the electrode, laugh, tighten the grip, move about in the chair, fidget the fingers. Observe the LED indicator responses. Continue until you are familiar with the characteristic LED responses for each of these physical actions.

BIOFEEDBACK MONITOR GUIDING.
Set up the InnerTrac as above and then give yourself the command: "Think of the events of yesterday". Whilst running through these memories, you should notice any responses. Then repeat the command and when the previously responding items are recalled again, notice the same responses occurring and for each one, say to yourself "That" or "There" and write down what it was that caused the LED indicator to respond and the type of response. This should be practiced until you feel adept at guiding yourself to isolate a particular charged memory by the type of response caused by the recall. Then run through other times, such as the events of last week or last month.

GENERATING TYPES OF RESPONSES.
Now produce the following types of responses by asking the appropriate type of question, as noted below. Use the guiding technique if necessary.

1. A Discharge. Ask for: a problem; lie; disagreement; loss; sexual thought; time of mild fear or anxiety.

2. An Increase. Ask for: something hard to confront; something confusing; elsewhereness; irresponsibility.

3. A Release. Ask for: a past win, a time of release, a happy time. This may be hard to achieve if such as state is unusual for you, in which case just be aware that a periodic LED indicator is likely to occur at such times.

INSTANT RESPONSES.
Set up the InnerTrac as above and then assesses the following questions, noting down the response which each question gives:

1. What is your name?
2. What is the color of your hair?
3. What is your weight?
4. What is your height?
5. What is the color of your eyes?
6. What physical imperfections do you have?
7. Are you married or single?
8. Where are you from?
9. How is your sex life?
10. What is your occupation?
11. What did you dream about last night?
12. Do you like cats?
13. Do you like spiders?
14. What do you like to look at?

Notice what happens when you deliver the question with little impingement and then with a lot of impingement. Also notice what happens when you ask a question verbally (out loud) and then non-verbally (within your mind). Continue until you can spot the instant response, i.e. the response which occurs when you have grasped the full meaning of the question, and can distinguish an instant response from a prior response (one which comes before the meaning of the question has been grasped) and a latent response (one which comes later as a result of thinking about the significance of the question). Continue until you are comfortable at delivering questions to yourself (whether verbally or non-verbally) in such a way that they impinge and you get responses.

QUESTIONS ABOUT USING THE METER

The following are my answers to questions from students about using a meter:

Q: How instant is an 'instant response'?

A: A response can't be completely instant because it does take some time to react, as the biofeedback works through the nervous system. Subjectively it seems instant, unless you're a person who has a slow mind or is very stuck in subconscious thoughts and feelings, then the response is slower. So if you're feeling alert, expect instant responses to be fast and subjectively instant - an instant response follows the restimulation of emotional charge connected with an item or concept, it is not a thinking process but a reactive, mechanical one. Remember that doing solo sessions, you know if you made an intellectual thought, so then you know that isn't an instant response.

Q: If I ask a question, and then, while I am thinking nothing and 0.5 seconds elapse, then a response occurs, is this to be considered instant? I did not think of anything consciously but saw the response occur a bit after asking the question.

A: If a conscious gap occurs then it probably is not instant, i.e. a reactive response, as reactivity is an unconscious state. If you're quite alert and not distracted then 0.5 seconds may be beyond instant. You can't use that kind of response for assessment of which items are reactively charged, because what comes up late may be nothing to do with that item, or it may be charge on some kind of associated item but not charge on the actual stated item.

The instant response phenomena is based on the fact that for a stimulus (such as a word or idea that causes a reactive response in the mind) to be processed by the brain and for a nerve signal to reach the hands from the brain, it takes between 0.1 and 0.5 seconds. The length of time depends on one's state at the time - how alert and also how quick or intelligent you are, which of course can vary, and also your case: how immersed you are in subconscious thoughts and feelings. If it's usually at the 0.1 end of that Range, so that is the typical instant response for you, a latent response could then occur after about 0.25 sec.

The mind is more than the brain but the brain and nervous system is involved with what causes the meter to respond. The restimulation affects brain arousal, and e.g. a big identity conflict can cause a frantic LED indicator that is indeed dramatic changes in brain arousal and is reflected instantly (or subjectively so) on the meter - the nervous system (and also meridians and subtle body energy fields are involved) is quick enough, it's not just the 'sweat response' or biochemical reaction as orthodox biofeedback states.

In a response there is a change of bodily resistance - the LED indicator movement is a direct reflection of this, and if the Discharge is far enough you get a Balance Drop so the Range has to be reset. Both are changes in body resistance. The change of resistance is also in part caused by electromagnetic perturbation in the electric field in and around the

body.

Another factor to be aware of is that with some items the mind may take a bit of time to duplicate the item, i.e. to get what it is or understand the question, which is where IQ comes in (and IQ is multi-faceted, one might be bright in some areas and thick in others). The thing is: is the response reactive or analytical? Is some charge restimulated or did you have to think about it to get a response? (In the latter case the response is not charge on the item but analytical processing and maybe charge on an associated unknown item.)

Q: Some big responses I got were almost always in the range of 0.5 sec after the item, and I went for them. But I am unsure if it's correct or not.

A: It's correct if they were genuine charged items, and you didn't quickly do some think-think about it - I think you'd have to be pretty quick to think about the item, i.e. to analytically rather than reactively associate the item with something else, in 0.5 second.

A 'reactive response' may be a better description than 'instant response'. If something's a heavy and suppressed area of case, it's slower to react than an item that's already on the top of your mind.

The key thing that you are looking for is emotional charge on an item - an emotional reaction. Then with Indicator Technique [to be described later] you sort out the underlying subconscious thoughts that have become mental circuits and which caused that emotional reaction. So you should FEEL an instant response in your nervous system - a little (subtle if it's suppressed or big sometimes if it isn't) adrenaline rush.

You could try it with a list of items, and see how quick responses come for you - if some come within 0.1 sec then you do indeed have a quick mind and nervous system. But also in suppressed areas, or if you're feeling 'heavy', then 0.5 might still apply for you in that state. Again, the issue is: is the response reactive? Was some emotional charge restimulated by the item? Because it's reactive mind that we want to discharge and make clear, not analytical mind. (Of course, reactive mind affects the analytical mind so that it's not rationally analytical, so ultimately we do also clear the analytical mind too).

See for yourself, how long does it take for the LED indicator to react when you have duplicated a reactive item - or how long does it take for an emotional reaction to occur?

Q: Could a response that occurs before I have finished calling an item or question be an 'instant response'? (If, while calling the item or question, I have already 'duplicated' the meaning of it?)

A: Yes, it's from the time you duplicate (understand or get the concept) the item or question, and that can be before it's been fully verbalized, as the eye is quick of course. The emotional reaction, or a feeling of tension or stress, is a clue, accompanying the LED indicator response.

Something to be on the look-out for is a response that occurs on responding the question before you formally ask it. With practice you get used to 'switching off' when responding the materials, preparing to ask the next question, and 'switching on' to actually ask the question and respond to it. Nevertheless, keep an eye on the meter, in your peripheral vision, in case you notice the response occurring at this time.

Q: I respond fast, and can see more than one line or item in the same time. Which one caused the response?

A: The one which you duplicated at the moment when the response occurred.

Q: Usually, I don't "feel" any emotions when there is a response. I am just "there" seeing the response. I assume some mechanism in the mind duplicates the item and reacts, while I am thinking to something else or not thinking at all

A: No, it doesn't work like that. You need to make sure that you do really duplicate, i.e. comprehend the meaning of, the item or question. There is a communication cycle going on here, so it's not completely passive. Being 'in session' is not a passive, empty, meditative state of mind - you are 'getting' the significance of the item or comprehending the meaning of the question.

Q: It seems to me it's not needed to speak the item or question verbally, out loud nor even sub-vocally in my mind. Just getting the concept of the item should be enough.

A: Yes, just 'getting the concept' is enough. Some people believe they can't think without sub-vocalizing, but you're right, it isn't actually necessary. Usually it helps new students to speak items or questions out loud, as it impinges or gets through to the reactive mind better that way, and then they answer by writing on their worksheet, and that helps to separate the functions. But with practice, students may adopt the technique of simply getting the concept, and not vocalizing (nor even sub-vocalizing) at all. And doing it that way does indeed help to avoid the confusion of that may occur when the response happens before the item or question is completely verbalized.

Q: When I breath or right before I inspire there is often a Discharge after which the LED indicator starts rising slowly (and not quickly as it is the case with fidgeting). Also, It usually happens that unconsciously, as I voice a question, I also expel some air, which causes a Discharge. Could you suggest an strategy to deal with this kind of ambiguity and also explain why the LED indicator is slow to return to its previous position?

A: Increases are slower than Discharges because it takes longer for the autonomic nervous system to relax compared to the instant stress response (fight/flight).

Big breaths do give a Large Discharge, and this is used in the metabolism test. Normal breathing shouldn't give this, unless the breaths are bigger as an automatic accompaniment to a stress response.

What you are looking for are instant responses in response to a concept; it doesn't really matter what the LED indicator is doing the rest of the time. Maybe you have the sensitivity too high?

If you are working in an area of interest, case-wise, i.e. the currently most charged area, the responses should be clear. If it's an area that's not of interest, or heavily suppressed, or just not the area that's hot on your case at the moment, responses are hard to get and there is a possibility of bypassed charge and accompanying upset as you're missing the real charge.

Q: Most of the time when I try to make sure about a response I repeat the question but then it no longer responds. This makes it very difficult to be sure about a response.

A: Go on the first response. And your gut feeling/emotional response (equally important as the meter - you are basically looking for things that give an emotional response, not just of academic interest). Or checking 'Did it respond?' usually works. Like you can check, 'Bypassed a Release?' or 'Bypassed a Release?'' or 'Something Else?' Just repeating a button or item that response before doesn't necessarily cause it to respond again because the charge has transferred to the case issues that the response pulled in, i.e. what was restimulated.

Q: How can I be sure I have an authentic Release?

A: If it's an authentic Release, it is accompanied by feeling some sense of letting go of the issue and generally feeling good (GIs). The best thing to go by is feeling a rise in emotional tone accompanied by some new clarity you didn't have before – an insight. When you feel this, then if you glance at the meter it's probably Releasing.

Viewing the meter in peripheral vision rather than focusing on it closely (rather than attention on your case) may help responses to flow more easily and Releases to occur. Peripheral vision may seem blurred but it's good at catching any kind of movement.

The next charge can pull in almost immediately and stop the Release - don't worry about that, the win is the most important thing. Do you feel complete, are your indicators good, are you smiling (at least inside) and feel some release and clarification has occurred? If so, it's nearly always best to stop and have the win, however long that takes (seconds, minutes, hours, days, weeks).

You can check on the meter - 'Bypassed a Release?' - if it responds, just Indicate that it was bypassed and move on. If you go on past an unacknowledged release point you can get overrun and start to feel protesty. Remember your knowingness is always senior to the meter - if it doesn't feel right, you don't ignore that hunch. If you're not sure, always assess your options on the meter.

Q: I am having problems with body movement responses. I set the sensitivity to 6, a level where the electrode squeeze and the metabolism check look good. But when I move the eyes from the question to the meter, the LED indicator responds. So I cannot

tell if the response was because of the eye movement or because of the question. I also have problems when I get a Discharge and I write on the paper. I pick up the pencil and then the LED indicator keeps Discharging (because of the movement), but at the same time I may have something else in my head that just came up, related to the question. So it may be responding the next idea in my mind but it could also be the movement of the hand to reach the paper and writing.

A: Moving your eyes or the other hand to pick up a pencil, should not cause body movement responses directly, unless there are subconscious corresponding changes on your grip of the electrodes, but it may cause thoughts to occur as eye movements and muscular tensions are very connected with mental content. With practice you should be able to keep your electrodes-hand still. But remember, it is instant responses to questions that matter, not 'responses' at other times, which are not necessarily real (reactive) responses but just other kinds of mental activity, or body movements, big breaths, etc. It's also possible you get latent responses, thoughts about the questions or items, and they are causing your confusion.

REPEATER & INDICATOR TECHNIQUES

Repeater and Indicator Tech are the most important weapons in your armory and are used throughout Meta-Programming. They are used to uncover the suppressed layers of charge and all the misinformation, misownership and misconceptions attached to any responding item or statement. Their use strips away the lies that hold your case in place. The procedure to be used is immensely powerful and needs to be totally understood and mastered. With familiarity and practice, Repeater and Indicator Tech will become second nature to you.

REPEATER TECHNIQUE:

When a charged Item has been identified, firstly the Item is run on **Repeater**:

> **Call the Item 3 times, questioningly, and with intention**

For example, "Income Tax, Income Tax, Income Tax .... Income Tax, Income Tax, Income Tax ...." etc. You call the Item in a questioning tone of voice, as though you are 'calling' for an answer, but you also use enough intention in your voice - enough emphasis - to impinge on the Reactive Mind and restimulate charged mental content. Repeat the Item over and over but leaving a few seconds between every 3 calls, and as soon as something appears in the mind, note it down. The reason for calling 3 times, is that the first time calls your attention to the Item, the second time it is really duplicated and the third time it is able to deeply impinge on the subconscious; then you leave a clear space for the reactive response to come to the surface.

This 'mantra' type of technique will restimulate associated material in the Reactive Mind. For this reason the mind should be stilled - there should not be any analytical 'think-think' in this process - and the mind should also be clear for intuitive insights to emerge. Any thought, impression, picture, attitude, emotion, feeling, sensation, pain, realization, idea, query, consideration, fear, compulsion - in fact ANYTHING that emerges spontaneously - is written down (expressed verbally) and becomes a **Expression.** If the Expression responds then it is to be examined by **Indicator Technique (described on the following pages)** so you cease Repeater for the while.

If you did not notice that the Expression response either when it emerged or when you wrote it down, then you call the Expression and check to see that it responds. If it doesn't response, use the **Nudge buttons**:

Regarding (Expression)...

> 'Is there more to this?'
> 'Is something being suppressed?'
> 'Is something being invalidated?'
> 'Is something unacknowledged?'

If nothing emerges which when added to the original Expression now causes it to

respond, then it was not a charged Expression, so you drop the Expression and go back to running Repeater on the Item.

You use these Nudge buttons if ever an Expression does not response, to nudge more of the Expression out into the open so that it does now response. This is an example of how to use Nudge buttons:

You have an Expression which emerges from the item being run on Repeater. Say, "money, money, money ... money, money, money..." then "Money is evil" emerges as an Expression, but in this case it doesn't response on the meter so you try and open it out with the Nudge buttons ("more to this?", etc). This may this produce, "It's not fair that I don't have enough," then when this is added to the original Expression (so it becomes: "Money is evil and it's not fair that I don't have enough") it may then response. So then you have a charged Expression that you can go further with. If it still doesn't response despite nudging then you drop it and go back to Repeater.

The best time to spot when an Expression responds is when you originally come up with it; it can be more difficult to get it to respond a second time, as the charge is already transferring to what comes next, though one of the nudge buttons should still response.

It's important to include whatever you feel in Expressions, even if it can be barely articulated - give it a symbol if necessary. And it may be helpful to draw a diagram of your view of things that is emerging - this connects L/R brain and often triggers realizations or expresses them better than words.

INDICATOR TECHNIQUE:

On a responding Expression, check the 9 Indicator buttons:

> **TRUE?**
> **FALSE?**
> **IMPRINTED?**
>
> ON **TRUE**, IS ANYTHING BEING **SUPPRESSED**?
> ON **FALSE**, IS ANYTHING BEING **SUPPRESSED**?
> ON **IMPRINTED**, IS ANYTHING BEING **SUPPRESSED**?
>
> ON **TRUE**, IS ANYTHING BEING **INVALIDATED**?
> ON **FALSE**, IS ANYTHING BEING **INVALIDATED**?
> ON **IMPRINTED**, IS ANYTHING BEING **INVALIDATED**?

The term 'Imprinted' refers to an imposed intention that is other-determined - not your own. This is installed or implanted in one's mind by various kinds of conditioning (e.g. traumatic, parental or cultural, in this or a past life) and such Imprinted material has been built up and lumped together chaotically in the Reactive Mind.

To imprint means to make a mark, like a tattoo. Any stimulus (such as a command or directive or persuasion) that has been repeated with enough frequency, intensity or

duration can become imprinted, like a hypnotic suggestion, usually with a degree of acceptance or reluctant agreement on behalf of the receiver.

So Imprinted material is anything that's an other-determined, fixed idea, that one now identifies with - whatever the origin. Anything in your mind that directs your attention and actions but which is not determined by you. It might be something you've agreed with but you are not its source. It is not necessarily untrue but it is not your *own* truth.

The mechanism and sources of these counter-intentions which have become overwhelming when viewed as a whole, are uncovered later on in Meta-Programming. In the meanwhile this mass is unpicked bit by bit as elements become confrontable, but there is at this stage absolutely no move to look into it further and confront the whole. This is because by definition there is no self-determined truth contained in Imprinted material, so it simply needs to be clearly indicated as such and then it is no longer identified with, i.e. it is no longer part of you. When the 9 Indicator buttons have become familiar the following abbreviated format may be used:

True?	False?	Imprinted?
True Suppressed?	False Suppressed?	Imprinted Suppressed?
True Invalidated?	False Invalidated?	Imprinted Invalidated?

If there are no responses, Indicate that the Expression is **Truth**:

> 'On (Item on Repeater), (Expression) is a Truth!'

(This Indication may produce a new Expression, such as a realization; if so, assess all 9 Indicator buttons again on that new Expression).

If there is not a Release and a feeling of relief and understanding upon Indication, a further action is to run a cycle of Repeater on this Indication to Release: 'On (Item on Repeater), (Expression) is a Truth!', handling any further Expressions that come up with Indicator Technique (the 9 buttons, and so on).

It is unlikely at first that the *full* truth is apparent, since the Expression would not have response if there were not charged considerations about it. But later on, when these Indicator buttons have been cleaned, *no* responses on any of the buttons means it's time to Indicate that what has been found out is a Truth (to the best of one's current awareness, responsibility and confront).

Stop as soon as there is a response when calling the Indicator buttons. Do not continue to check further buttons! *This is very important.*

If the Imprinted button responds on the Expression, *do not look into it further* - i.e. do not obtain a further Expression from the response on Imprinted - but in this case, simply Indicate strongly that the Expression is Imprinted:

> 'On (Item on Repeater), (Expression) is Imprinted!'

(This Indication may then produce a new Expression, such as a realization; if so, assess all 9 Indicator buttons again on that new Expression).

If there is not a Release and a feeling of relief and understanding upon Indication, a further action is to run a cycle of Repeater on this Indication to Release: 'On (Item on Repeater), (Expression) is Imprinted!', handling any further Expressions that come up with Indicator Technique (the 9 buttons, and so on). You want it to sink in, so use enthusiastic intention when you Indicate - if it helps, bang the desk or shout it out loud!

Note that when an Expression responds as Imprinted, that does not necessarily mean that the consideration is untrue - rather it means that it is not your *own* consideration, it has been acquired through agreement, persuasion or by force of events.

If a True or False button responds, then 'pull the response', i.e. write down a new Expression representing the charge that was restimulated by the button - what came into mind. This is called 'cleaning' the button.

If an Expression does not immediately emerge from a responding True or False button, then repeat the previous Expression followed by the responding button, with strong intention, until the Expression is pulled. If necessary ask: 'Is there something I'm not looking at?' to help get an Expression. The Indicator button did response so you know something is there. Do not censor or evaluate, just get it out.

If the resulting Expression does not response, use the **Nudge buttons** and add what comes up to the Expression:

Regarding (Expression)...

> 'Is there more to this?'
> 'Is something being suppressed?'
> 'Is something being invalidated?'
> 'Is something unacknowledged?'

(If you can't get the Expression, or get it to respond, don't worry; go back to Repeater on the Item and the charge will re-emerge later on, when it's ready to).

When True responds, that doesn't mean that what you have said is necessarily true, it means you have a charged consideration about its truth - there is more to it that is being suppressed or negated. When False responds, this means that your knowingness is telling you that there is some alteration taking place - there are lies, misownership (accepting something that is not yours as your own), made-up or false data, misconceptions, rationalizations, justifications and so on, connected with the Expression. Don't get into the significance of True and False - you simply want the charged considerations attached to these two buttons. For example, the response may reflect a protest or affirmation, in which case you want that consideration as your next Expression.

At any time, the Expression is your current view of what is - the apparency of what is -

and it is a 'conditional' Expression, conditional on your awareness, responsibility and confront at this particular point. The aim is to strip off all these mental considerations and get to the Being's knowingness of what actually is the objective truth of the matter - the causative viewpoint based on full awareness, responsibility and confront. The charge will then be permanently erased, not just released or destimulated.

In order to pull a new Expression from a charged True or False Indicator button, you need to have an open mind - preconceived beliefs and fixed ideas have no place in Indicator Tech. If you stall on Indicator Tech and your LED indicator goes dirty, ask:

> 'Has anything been protested?'
> 'Has anything been asserted?'
> 'Has anything been decided?'

Run the resulting Expression on the 9 Indicator Tech buttons.

Be on the look-out, though, for a false response due to a simple "No!" protest - if you know you had this response then ask: "Protest response?" and if this gives the same response again, then you know it was a false response and so you indicate that and then continue to check the further Indicator buttons.

Check the new Expression with Indicator buttons, and continue with a new 'layer' of Indicator Tech. For example, with 'Income Tax' on Repeater: if the first Expression was "Income Tax is a rip-off" and this responds on True, the next Expression (the second layer of Indicator Tech) might be "I want to keep my hard-earned money" responding on False, this giving another Expression (a third layer), and so on.

Final Indication

When no buttons response, maybe after several layers of this procedure, or if at any time an Imprint button responds, then **Indicate** accordingly (either Truth or Imprinted). To Indicate, start from the original Item that is on Repeater, or when Indicator Tech is used on answers to questions, start from the original question. This is your **'Source,'** i.e. what the Indication relates to, and the Indication is incomplete without it.

Indicate:

'On (Source) I'd like to indicate that (first Expression) response on (button that response); (second Expression) response on (button that response); etc. for subsequent Expressions; and **(final Expression that response on Imprinted) is IMPRINTED!**'

Or: 'On (Source) I'd like to indicate that (first Expression) response on (button that response); (second Expression) response on (button that response); etc. for subsequent Expressions; and **(final Expression that response on no buttons) is a TRUTH!**'

Also add any new view of the situation that comes up during or after the Indication, which again becomes a new Expression to check with the 9 Indicator buttons.

The reason for going through all the previous buttons is to put the final Indication of

Truth or Imprinted in context, relating it to the Source Item. Remember though that because something responds on the button True? or False? doesn't mean it is true or false, but that it is charged and that charge emerges in the next Expression. It is a retracing of the Indicator Tech so you can see how the final Indication is arrived at.

On the worksheet you only need to write down: 'Indication - Imprinted/Truth', as you know it relates to the final Expression, and both should be underlined in red.

The final Indication should seem very clear and certain to you, in particular with regards to the final Expression being either Imprinted or Truth, which should be expressed out loud with a lot of emphasis. This may then Release, but as described, it may also produce a new Expression which needs to be checked out too. If there's no Release, handle by putting '(final Expression that response on Imprinted) is Imprinted!' or '(final Expression that response on no buttons) is a Truth!' on a Repeater cycle - with sufficiently enthusiastic intention - until either a new Expression or a clear Release appears. Alternatively you can check the Indication with Suppress buttons.

An optional further action can also be done after a final Indication of Imprinted, if this Indication leaves you feeling that the cycle of Indicator tech is incomplete and if a further realization has not spontaneously emerged. If so, you then ask, **"OK, so what is my truth?"** and if it responds, get a new Expression and then take this through Indicator Tech to a new final Indication (same source as before).

Application Check

Quite often a realization occurs when making the Final Indication that one is responsible in an area of life that one had previously denied responsibility for. Not applying the new found datum in your everyday life is a sure way to stop your progress. It puts you in contact with a very basic problem: having the guts to live up to your own beliefs and awareness. The following two questions may help to bring into the open a barrier between regained awareness and the application of it in daily life:

> **How could I apply this (realization)?**
> **Is there any fear in applying this (realization)?**

Pull a Expression off the major-responding question and clean it with Indicator Tech. Then check the questions again for response and continue until both are clean. Use this procedure when appropriate to find out and confront why you may be hesitant to act on what you know, so that you can go on and do something about it.

Misowned Experience & Repetitive Experience

The final stage of a cycle of Indicator Tech is to check for **Misowned Experience** and **Repetitive Experience** connected to the Item being run on Repeater, from which the first Expression came (or connected to the question for which the first Expression was an answer).

It is possible that the Item relates to experiences which have been misowned by the Being - accepted as his own, when in truth they were adopted, borrowed or imposed upon him and may be false data or lies - this is Misowned Experience (MEX), and the cycle of Indicator Tech that has just been done has uncovered this. It may be somebody else's experience or mocked up, dreamt or mis-remembered.

Repetitive Experience relates to experience in which there is no resolution, as it goes round and round in circles, probably because there is some logical inconsistency, like a snake eating its tail forever. For example, an Imprinted or misowned consideration that causes a counter-intention makes up one half of a problem or conflict in which you oscillate back and forth indecisively, e.g. 'I desire a result; I believe that result to be harmful.' This is the structure of unresolved internal conflict. Repetitive Experience (REX) may be a mirror copy of real life, e.g. an actual experience which has been given a 'life of its own', put on an automatic repetitive loop, as in the way we may replay tapes of our parents' commands from childhood times. When recognized as such and discharged by Indication this allows freedom of choice to be regained.

It is important to have a clear reality on Misowned Experience and Repetitive Experience, in order for their use as buttons on Indicator Tech to be effective; think of examples until the concepts are clear.

Misowned Experience (MEX) is checked first.

Call: **'On (Item on Repeater), is there Misowned Experience?'**

If this responds, then you need to 'pull' a new Expression from this response. If you can't get the Expression repeat the call. If necessary ask: 'Is there something I'm not looking at?' If the resulting Expression does not response use the Nudge buttons and add what comes up to the Expression:

Regarding (Expression)...

> 'Is there more to this?'
> 'Is something being suppressed?'
> 'Is something being invalidated?'
> 'Is something unacknowledged?'

Any thought, picture, emotion, idea or incident that comes up as a responding Expression on calling '...Misowned Experience?', 'Is there something I'm not looking at?' or the Nudge buttons, must be handled with a new cycle of Indicator Tech - the 9 buttons and Indication - and on down to calling Misowned Experience again.

If '...Misowned Experience?' does not response then check with Suppress buttons: 'Is there any suppressed misowned experience?, is there any invalidated misowned experience?' If still no response then you check for **Repetitive Experience (REX):**

Call: **'On (Item on Repeater), is there Repetitive Experience?'**

If this responds, then you need to 'pull' a new Expression from this response. If you

can't get the Expression repeat the call. If necessary ask: 'Is there something I'm not looking at?' If the Expression does not response use the Nudge buttons and add what comes up to the Expression.

Any thought, picture, emotion, idea or incident that comes up as a responding Expression on calling '...Repetitive Experience?', 'Is there something I'm not looking at?' or the Nudge buttons, must be handled with a new cycle of Indicator Tech - the 9 buttons and Indication - and on down to calling '...Misowned Experience?' again and then '...Repetitive Experience?'.

If '...Repetitive Experience?' does not response then check with Suppress buttons. If still no response then **return to Repeater on the Item.**

If a new cycle of Indicator Tech is started following a response on MEX or REX, or following a realization on a final Indication, then the Source is the Item on Repeater (or the question which produced an Expression). The final Indication in this new cycle does not need to refer to the responses and Indication on the previous cycle or cycles, just to the Source and the responses on the new cycle.

Continue in this way until <u>a Release appears</u> whilst calling on Repeater.

If the responses die out on Repeater, ask: 'Is there something I'm not looking at?' If still nothing, or if you get responses but cannot pull Expressions from the responses, you can use the Defense Checklist buttons (see forward: 'Additional Repeater Techniques').

If you feel you may have bypassed the Release on Repeater, simply check: 'Bypassed the Release?' and if confirmed by a Discharge and Release, indicate the Release and move on to the next step in the procedure.

When using the Repeater Technique, you should spot when uncomfortable feelings occur, and get the sensation of the emotion within the body. If the gut feeling is not confronted, this both alienates the Being from the body and also keeps him attached to it - since what is resisted and not confronted as-it-is tends to be empowered and therefore to persist.

Painful emotions are always preceded by a reactive evaluation or belief, interpreting circumstances according to irrational dictates - the defensive fixed ideas and attitudes that are attached to the identity being dramatized. The truth or reality of a situation is aligned with the original intention of the Being - the first postulate. When things went wrong, when this intention was obstructed, a decision or solution was made that altered the original intention - this is the second postulate. Because the feeling is suppressed, the underlying considerations continue to be applied without inspection of their applicability and rationality in the present circumstances.

The charge on the experience is the frustration of the incomplete first postulate, and this bypassed charge empowers the negative emotion. Feelings are connected with a right-brain and more genuine type of mental process; left-brain processing tends to

intellectualize and rationalize - all the various kinds of defense mechanisms - to repress the feelings and obscure the real case. If you can get the gut feeling, emotion, pain, sensation or attitude this will help to bring out the underlying irrational considerations (second postulates - very often a safe solution, belief, conclusion or decision). As soon as you have grasped this - without 'thinking' just let the Expression emerge - the Expression should be examined with Indicator Tech. Eventually, by applying Indicator Tech, the first postulate will become apparent.

The Range may well become high when an Item has been identified but not yet fully confronted and discharged. The attention is held on the restimulated charge (incomplete intentions) and so less is available in Present Time. As suppression is peeled away more and more attention becomes available. As cycles of Indicator Tech are done and BDs occur, the Range should progressively move from 4, 5 or even 6, back down to 3 or lower, as charge comes off (realizations occur).

Important Note:
The meter combined with Indicator Tech shows where there is charge on the rightness, wrongness or imprintedness or misownership of an idea, not whether the idea is implicitly a truth or not. That comes from knowingness and is relative to the current degree of awareness, responsibility and confront. To use Indicator Tech to prove out ideas is a misuse; it is intended to reveal charge, no more, and we explicitly warn against this misuse. If the Expression or source item is not charged, the meter responds on Indicator buttons are recognition responses only, and may be confirmation of left brain alterations, defenses, etc. or of right brain suppressed beliefs.

Clearing a cognitive response, e.g. "Yes" or "No!" or "This is an interesting idea", rather than a charged one, does not lead to the revealing of suppressed truth, only to more intellectualization. A cognitive response can be big (corresponding to one's intention) and Release - the point is it's not a reactive response, it's a causative one.

If a realization occurs at any time during the running of Indicator Tech, *if this responds on the meter* (use Suppress buttons if necessary) then it becomes a new Expression and should be further cleaned by Indicator Tech - it *may* not response further on Indicator Tech buttons in which case it can be Indicated as Truth.

Indicator Tech - Flowchart

Run Repeater on the
Source Item to P/N

Assess the 9 Indicator Tech
buttons on a reading Expr.

If any of the True or False
buttons read, pull off the new
Expr. (use nudge buttons if
necessary) and run another
layer of Indicator Tech.

If any of the Imprinted
buttons read, indicate
Imprinted

If no buttons read,
indicate the Truth

FINAL INDICATION
'On (Source) (each Expr. read on
button) and (final Expr.) is the
TRUTH or IMPRINTED'

If this gives a new
reading Expr. run
another layer of
Ind Tech

If this doesn't produce a new
Expr., nor a P/N, then Repeater
Final Indication to P/N

If this reads, run
new Expr. on the
9 Indicator Tech
buttons

Check 'On (Source) is there
Misowned Experience?'

If this doesn't read, even with
buttons, proceed to check REX

If this reads, run
new Expr. on the
9 Indicator Tech
buttons

Check 'On (Source) is there
Repetitive Experience?'

If this doesn't read, return to
Repeater on the Source Item
(or if just running Ind Tech,
return to the original procedure)

Example of Repeater and Indicator Tech

Item on Repeater: <u>Sausages</u> - responses: x x sF   x x sF   F [= First Expression]

Expression [in "quotes" to distinguish it as an Expression]:

"Sausages are delicious" F - on Indicator, responds: True F [the response gives the next Expression:]

"They're also full of fat" x [no response, so Nudged:] Is there more to it? F

"They're full of nasty fat" F - on Indicator, responds: True Suppressed F

"Eating fat is bad for you" F - on Indicator, responds: Imprinted LF

Indicate: On sausages, I'd like to indicate that while it's true they are delicious, and it's true that they're also full of nasty fat, it is <u>Imprinted that eating fat is bad for you!</u> Release

On sausages, MEX? [Misowned Experience?] x [no response, even with buttons]

On sausages, REX? [Repetitive Experience?] F [produces Expression:]

"I eat things I like and then feel guilty" F - on Indicator, responds: True LF

"I don't know what to eat" F - on Indicator, responds: False sF

"I need to find out the scientific facts about food, and eat what both tastes good and is good nutritionally, whatever the culture says!" xxx [no response on Ind buttons]

Indicate: On sausages, it's true I eat things I like and then feel guilty, but it's false that I don't know what to eat, so I'd like to indicate that <u>the Truth is that I need to find out the scientific facts about food, and eat what both tastes good and is good nutritionally, whatever the culture says!</u> Release

MEX? x

REX? x

Note: there's no need to write out the entire Final Indication, since it's contents are drawn directly from the Expressions and responding buttons above - just put: <u>Indicated Truth</u> or <u>Indicated Imprinted</u>, and the response.

Exercise

Write down some imaginary Indicator Tech worksheets, doing Repeater on the Item: Father Christmas. Refer to the above descriptions of the techniques involved, and continue with many other imaginary Items until you are thoroughly familiar with all aspects of the procedure.

Include some cases where you use an Application Check and also, when you have response the following 'Further Repeater Techniques', incorporate some imaginary uses of Defense Checklist buttons.

QUESTIONS ABOUT
REPEATER & INDICATOR TECHNIQUE

These questions were asked by students about Repeater and Indicator Technique, together with my answers:

Q: When you are inspecting something that is not very real or obvious to you and you are using Indicator buttons and nothing responds, then how do you go with this? Do you Indicate the last thing as Truth (even if there feels to be more to the whole thing)?

A: Firstly, did it respond? You are getting accessible charge off with Indicator Tech, and if it is not a responding Item or a responding Expression then it is either uncharged (therefore you don't inspect further) or the charge is too suppressed to be accessible at your current stage of awareness, responsibility and confront and will have to wait for later to emerge.

If the item is real enough to respond, i.e. to trigger a response in your mind, then there is something there, either apparent or not so far below the surface, that can be expressed. If it is not apparent, use the Nudge buttons. Don't think, be open to your feelings (let your body speak) and intuition (which is non-verbal by it's right-brain/spiritual nature so needs to be passed over and accepted by the verbal left-brain to be expressed).

If there feels to be more to the whole thing, even though no buttons response, then here as always your knowingness is senior to the meter; express that and explore further.

Q: Something from a past life may seem a bit vague or not clear, but you know there's something on it as whenever you put your attention on to it you get a Discharge. However, you can't describe it very well as there is a lack of certainty. Do you just let your mind tell you what it is, through intuition?. Or do you struggle to understand what it is by connecting more with the thing? Both of these have traps? What would you recommend?

A: You let your mind tell you what it is through intuition, but still, you check that out further with the Indicator Tech buttons as it may still be colored by alterations and negations. You want to connect with it, but not identify with it, i.e. you need to keep some viewing distance whilst still experiencing it.

Express reactive mental content that comes to the fore, however seemingly irrelevant or bizarre. Express feelings (fears, desires, emotions). And express intuition (what you just know, though it may be mixed with other mental stuff till you get to the bottom of it). Don't think about it intellectually, that gets nowhere useful because it doesn't represent the charge, let the Indicator Tech buttons do the thinking.

When all the charge is off - and don't be impatient, there may be a lot of various sorts of charge - the insight of Truth will come as if by magic.

In my experience it is vital to only run responding questions and only take up responding Expressions. If an Expression doesn't response even with suppress buttons,

then I try to find a responding Expression from the previous Expression or Item, otherwise you do run into a sort of unreality on what you are running. The response ensures reality as well as charge.

Something that worked for me on Part I when I got into this situation of unresponding and unreal Expressions or feelings, was I expressed the emotion I was feeling about what was running. By voicing the emotion I was actually feeling, "This is hopeless" or "This is a load of crap" or whatever, the emotion being felt about it, it always produced good responses, got off the considerations or Imprinted attitudes and then resulted in running the earlier bogged Expressions with more reality.

I think that feeling of "inspecting something not very obvious or real" in my case was always caused either by running some uncharged stuff or some by-passed charge being missed and causing the LED indicator action to cease. Expressing how I really felt about it with real emotion or feeling seemed to release the bypassed charge and liven up the LED indicator action for me. It's worth a try in such situations. It's better than Indicating something that is unresponding as Truth when you don't really feel it is Truth.

The other way the session could go astray is if you Indicate the unresponding Expression as Truth, but because you don't feel it really is, you won't feel good about it - the real charge has been bypassed or missed. So at that point try getting an Expression of your feeling about it or your doubts, that should produce a responding Expression which will clear it up.

Basically, follow the meter responses and you will run with reality, lose the LED indicator activity and you will run with poor reality.

This can also work on assessing a prepared list when the LED indicator tightens up and stops responding or becomes agitated. Express what you are feeling or what you think has been restimulated but missed by the list. Clean the Expression with Indicator Tech and your LED indicator will clean and response normally on the rest of the list.

Running these things solo on Part I is not for everybody; it requires a bright, enthusiastic and motivated person. The New Life Course was put together to help an individual to get well enough sorted to be able to handle Part I. But again this requires a person who can work at case issues on their own. The other option is to get sorted with the help of a good practitioner of humanistic or transpersonal psychology, or a Traumatic Incident Reduction (TIR) practitioner if the problem is traumatic incidents that are continually in restimulation and upsetting you (see Appendices 5 & 6 for more on this).

Q: I was thinking about the Indicator Tech buttons. My thoughts were, should or should we not take the responding button as a matter of fact? I'll explain my thinking: If True responds, this could be because the Expression being run is:

• Close to the truth but not 100%, so there is still some resistance from a part truth.

(Maybe you need to keep going to get a more accurate wording of the charge).

• Totally untrue and the thought of such a thing being true makes you annoyed because it stirs something up.
• A confirmation. This is so true it's incredible (probably with very good indicators)!
• A resistance to know the truth. Fear of something being true perhaps, and the fear responding.

I guess the idea is to not think about things but let whatever is within just speak up and let it do the talking rather than you.

A: I think it's like the Verification Check [described later]: Correct Item, Nearly Correct Item, Incorrect Item, Suppressed Item, Invalidated Item, Unacknowledged Item, Misowned Item. The nature of the charge when you call an Indicator Tech button could be many things.

It could be a protest response, i.e. one is saying "No!' to the Expression being True. One should always be aware of what one is saying/knowing, i.e. to listen to oneself, and so spot protest responds - in which case you check if 'False Response?' or 'Protest response?' responds, and if so continue from there down the Indicator Tech buttons.

You certainly can't assume that a response on 'True?', or a Release, means that the Expression IS true (if it Release's you still need to check the remaining buttons, because we are looking for erasure of the charge, not just a temporary release from it).

So what's going on when you get a response on 'True?' (or on 'False?') could be any of these responses, including as you describe above. The response doesn't mean it is or is not true (or false), it means there is more to it that hasn't been expressed, the remainder of the charge - you may need to look deeper (or in a new direction) for the truth to emerge. In any case, that doesn't have to be analyzed: the next Expression derived from that response will be whatever it is, and will response on the next appropriate Indicator Tech button, or not response at all if it's Truth.

Also if there is no response on any buttons and one finally Indicates a Truth, this may be because the whole item is too suppressed for you to have any awareness of at the present, so it is Truth at one's present level of Awareness, Responsibility and Confront in that area, but in the future this area may open up and you discover a new Truth. For this reason, in my opinion one cannot use the meter nor Indicator Tech to 'prove out' favorite theories. It's simply a way to get closer to truth (which in all cases happens to be a more causative viewpoint) and in the process to get charge cleared off items.

Q: If 'Imprinted?' responds then I can only think that it must be because something was imprinted or because one is afraid of something being imprinted and is reluctant to look.

A: Again it could be any of the factors, and on Part III one starts to draw these out so that one only ever Indicates on Truth, with no responding buttons. But earlier than that, Imprinted is such a rag-bag of lies and misownership that it's best - in fact it's essential - to simply Indicate that this is an area that is Imprinted (or at least Imprint affected) and

so get off it and be able to differentiate oneself from that, instead of identifying with it (causing one to express whatever response on Imprinted). Still, one should be aware of protest responses, even on Imprinted, and if that's the case go on to check further buttons (it may still then response on Imprinted Supp, etc).

When you Indicate an Expression is Imprinted, that isn't saying whether it's true or false, it's saying there's an element of other-determinism here, it's not yours, and if you're afraid of it being imprinted it's not really yours either, and at this stage you want to differentiate yourself from that and get off it. Because that's the main point of Part I and II - to differentiate Imprinted and Imprint-influenced parts of your mental environment from your rational, self-determined mind and from your intuitive knowingness, as well as to get many insights and clarifications.

Q: If you have uncovered all the charged considerations and the Expression no longer responds on any of the buttons then the exact Truth must have been uncovered, as there is no resistance (contra-flow) to this. Correct?

A: Yes, at one's current level of awareness, responsibility and confront. But that's always on the up so there may be more to uncover in this area later. That's why the techniques and the Levels and even Parts of the Insight Project are cyclic - one may need to go back to them, and it's why Items that go off the boil and can't be run further are still noted, so you can go back to them when they become hot again.

Q: On the 9 Indicator buttons that are listed, how is the question asked? Do I keep the responding Expression in mind while asking True?, False?, Imprinted? etc.

A: Yes, I would keep the Expression in mind rather than going through the whole thing each time. Also you don't have to keep mentioning the Item on Repeater, just remind yourself of it first. For example:

On Income Tax, "Income tax is a rip off" is True? False? Imprinted?
On 'True' is anything being suppressed? False suppressed? etc

Q: How do I (in my own mind) relate the following 6 Indicator buttons (On true is anything .. , On false is anything .. , On imprinted is anything .. etc) to the same Expression. It seems to me that they relate to the first three Indicator buttons more than they do to the Expression. Am I required to think about the Expression before I ask each question?

A: No, as you say they relate more to the first three Indicator buttons. At back of that is your awareness of the Expression as context.

Q: If I don't get a response on False for example, is it necessary that I response out the "On False is anything being suppressed or invalidated" Indicator button. I don't see how the question relates to the responding Expression.

A: If you haven't got a response on 'True? False? Imprinted? On True is anything being suppressed? - then yes, the next question is, 'On False is anything being suppressed?' And so on. Thing is, False didn't response but that may be because the charge is

suppressed - e.g. you know deep down it's false but don't like to admit it.

There IS charge there, as it's a responding Expression, and it hasn't come off with previous buttons (they didn't response), so maybe it will when you ask 'On False is anything being suppressed?' or one of the following questions. It often happens that the charge is quite suppressed and it takes these 'suppress buttons' - suppressed and invalidated, and unacknowledged is another that can be used - to trigger the next Expression to emerge from the charge ('pull the response'). Only when you arrive at the truth does the charge evaporate, and usually, then the next thing in line becomes accessible, like the charge has transferred or jumped over to this next item.

Whatever happens, as soon as one of the Indicator buttons responds, you go no further and either pull the response from True or False, or if it was Imprinted that response (or Imprinted Supp/Inval) then you Indicate on Imprinted straight away.

Q: In the Indicator Tech theory, I'm not sure about the composite buttons, for instance True Suppressed: "On True is there anything being suppressed?", does it mean it has to respond on the True button and then as a further question you ask if anything is being suppressed? This confuses me since I understand that as soon as a button responds we have to get an Expression.

A: No, you ask "On True is there anything being suppressed?" and so on only if it doesn't response on the first round of buttons, True, False and Imprinted. As soon as a button responds you take that up and don't go further.

Q: You say "stop as soon as there is a response when calling the Indicator buttons. Do not continue to check further buttons". I'm confused because earlier you say to assess all 9 Indicator buttons on the Expression, and any new Expression that may arise. Could you please elaborate?

A: You assess all nine only up to the point that one responds. You reach the ninth if none have response up to that point, and if all nine don't response then you Indicate that the final Expression is a Truth.

This is the trickiest bit of technique to master in Insight. It's also the most important and is used continuously throughout the Project. Most people find it tough but once it's mastered it'll soon become second nature. Practice makes perfect, but then it's no good practicing a wrong interpretation of the instructions either, so you're very much right to ask these questions and to keep asking if necessary till it's all clear.

Q: I would like you to define the meaning of each of the following responses:
True Suppressed -False Suppressed -Imprinted Suppressed -True Invalidated -False Invalidated -Imprinted Invalidated

A: If you haven't got a response on 'True? False? Imprinted? - then the next question is, 'On True is anything being suppressed?' and so on. What that means is, on the question 'True?', am I suppressing anything, i.e. am I avoiding looking at an issue with

full honesty and clarity, maybe sticking to fixed ideas that I'm more comfortable with. Is there more to it? Is there something I'm not looking at? Something I really don't want to be true? The same thing applies to the other questions, 'On False...?' etc.

When you get used to the questions, like "On True is anything being suppressed?" it may be more convenient for you to shorten it to 'True Suppressed', as you know that means the full question but you are just giving the essential buttons True and Suppressed.

With True Suppressed it normally means (if it responds) that you have to look deeper. With False Suppressed it means you need to look in a new or different direction. But not so much intellectually as just letting it come out in response to the button - there is something there otherwise it would not have response. With Imprinted Suppressed it means that's something you don't want to hear, but if it responds then you know it is imprinted or influenced by imprinted ideas, that are not your own, so you Indicate that and get off it. That's all you need to know because you aren't going to find your own Truth down that route.

Invalidated as a button means something has already been accessible to you but you haven't expressed it, maybe thinking it wasn't important or relevant.

With a responding Expression you know there IS charge, and if it hasn't come off with the initial buttons True? False? or Imprinted? (i.e. they didn't response), maybe it will when you ask 'On True is anything being suppressed?' or one of the following questions. It often happens that the charge is quite suppressed and it takes these 'suppress buttons' - suppressed and invalidated, and unacknowledged is another that can be used - to trigger the next Expression to further release the charge.

Q: The principle that beliefs are to be transcended is, at least for me, certainly one of the most difficult points to integrate. We all cling to beliefs and have been taught that somehow we need them to make sense of reality around us.

Is it possible to live without any beliefs, though? Like, even the fact that there is a Higher Self is in some way a belief. But without the belief in an ultimately wise part within us, the procedures in Insight wouldn't be workable. True?

A: No, not really true. It is true that we need provisional beliefs and opinions, such as, "Doing this technique will probably be effective for me as it is based on sound principles," but it is the workability of the procedure that will expose the fact there is an ultimately wise part in us, not the belief in that.

Of course, we do need to have a model of the world, a belief system, in order to plan our actions, indeed to get anything done. But it needs to be as 'provisional' as possible, i.e. subject to continuous revision; and to contain the least amount of imprinted information as possible, i.e. accepted opinions and judgments that are from others and not our own and so identified with that they are no longer subject to inspection.

There is a difference between the intuitively grasped knowingness of our Higher Self, as

well as objective observation, both of which lead us to an understanding of truth, at least to the extent of our current awareness, responsibility and confront; and a belief, which implies information accepted on trust, or acquired in the past that may not be applicable in the present. That doesn't mean that all beliefs are necessarily untrue of course, any more than the fact an idea is imprinted means that it is necessarily untrue. It's just that a belief, especially an imprinted belief, is second-hand; it's not actually your own present time view.

Q: One thing that always surprises me when doing Indicator Tech is the huge number of "Imprinted" responds I get from what I consider cherished principles of spirituality and ethics (and which I'm sure most people who think they are treading the spiritual path do too). At the beginning it was very confusing to accept and Indicate them because somehow I thought I lived by those principles, and since my technique wasn't too solid I didn't want to risk wrong Indication on what I considered to be my core values. Later, as my understanding increased I started to feel that they were really part of an imprinted and somehow limited world view. Now, when I Indicate the imprintedness on any such principle, I usually end up later with a more encompassing, at cause, version of the same principle responding as a Truth.

A: That's great and as Ind Tech is intended to work. Imprinted may be quite common, as many things are not our own, even if they are logical or true, they may not be our own origination.

Q: I have tried to practice with Indicator technique to no avail. Any comment on that?

A: I would guess that the problem is applying it to areas that are not charged and so not accessible nor emotionally interesting. It is very workable in my and many other people's experience provided you are looking at a 'hot' area of case, which you should always be doing anyway.

Q: I do not understand why "true?" or "false?" would react on the meter like they are supposed to. I find it hard to think of "true" as "negation" and "false" as "alteration".

A: If True responds it is because there is more to it, that is the charge on True that's a process of negation of what is, so it's the concept of "and..." that you can use to help get the next Expression that mirrors that charge. If False responds it's because one is looking in the wrong area, that is the charge on False that's a process of alteration of what is, so it's the concept of "but..." that you can use to help get the next Expression that mirrors that charge. Negation and alteration of truth are always charged. You haven't got to the actual full truth of things yet, which is the nature of charge, and the next Expression pulled from that response will take you closer.

Q: Is it dangerous to start Indicating things as True or Imprinted when I'm not sure about the accuracy of the response?

A: Indicating a Truth is only done when none of the Indicator buttons response. If True responds there's another Expression to come out, there's more to it.

If Imprinted responds you do Indicate on that; if it was a false response, and it seems wrong to you that it's Imprinted - again your gut feeling/intuition is important - you can check 'False response?' and if it's so, re-assess all the buttons.

But it's not dangerous, as the truth will out in the end. Remember something can be true and still response as Imprinted - the point is that it is imprinted, i.e. not your own objective truth.

Q: About something responding on the True button, I understand this means there is some charge about an Expression being true, and it doesn't mean the Expression is true. What's the purpose or value of Indicating such an Expression as true?

A: You don't Indicate the Expression is Truth when it responds on the True button; you pull a new Expression from that response and continue the Indicator Tech. When no buttons response and you have got to the Truth, as viewed from your current level of awareness, responsibility and confront, this means you are no longer altering or negating your awareness. To Indicate this truth - the final Expression - is to clarify your mind, to put order in and blow off lies and confusion, to realize your own causation. When doing the final Indication, you go through the previous Expressions and their responses but that's not to say that what response on True IS true, or at least not the whole truth. It's the final unresponding Expression that's important, the previous ones and their responses just put it in context, along with the Source item.

Q: As I do Repeater, and start getting Expressions out, I invariably run into a sort of wall where the LED indicator just doesn't response to anything and just keeps rising. At the same time Expressions just go south and don't emerge at all.

A: Each time an Expression emerges it should be run to an end-point on Indicator Tech. I assume you're doing this and not collecting them before doing the Indicator Tech? Often, just one Indicator Tech cycle, or maybe just a few, can be enough to clean up the charged considerations attached to an Item on Repeater. To continue past that point will cause a rising Range and protest as it is over-run. You can check, 'Bypassed a Release?'

Q: I'm not sure how to know when something is Truth (no responses) or just a stuck LED indicator.

A: A stuck LED indicator is just that, stuck, and doesn't respond to emotional thoughts. For example, if you think of something erotic or frustrating, normally this will give a response, and then you know you don't have a stuck LED indicator. Then if you assess the Indicator buttons and there's no response then you know the last Expression is a Truth (i.e. the truth as you see it at your current level of awareness, responsibility and confront) and nothing is being altered nor suppressed.

Q: Many times an Expression will come up before I test the previous one with Indicator Tech buttons. Should I ignore the new Expression or should I replace the previous Expression with the new one?

A: Best to go with the new one. Make a note of the first one(s), but go with the new one to test on the Indicator buttons. You've probably just skipped a layer or two on the procedure - no problem; by making the Expressions you still got charge off. You might even straight away realize the underlying Truth or that it's Imprinted - if so just check the buttons to confirm it then Indicate. It can all be very quick. If it bogs down, though, go back to those earlier Expressions and see if one or more is responding, and take it from there.

Q: Often (almost always) when running an item on Indicator Teach, I end up piling up pages of Expressions that response mildly but don't seem to converge to EP. You mentioned that I might be going past a release point or bypassing a Release, but I just don't see where the Release could have come since there were hardly any big Discharges.

A: When I mentioned bypassing a Release, I meant the Item on Repeater, or the Question from which the Expression was drawn. If that Release is bypassed then the further Indicator Tech is redundant and probably won't go anywhere, just build up bypassed charge and frustration if the issues being further examined with Indicator Tech are not charged in relation to the Source item or question.

Q: I sometimes get Expressions that have nothing to do with the item on Repeater. When it comes time to Indicate on Truth or Imprinted, relating the Expression with the item on Repeater just sounds a bit illogical.

A: Well, the chain of logic is contained in the sequence of Expressions and their responses, but the beginning to end may seem unrelated. Doesn't matter really if what you come up with in the end is a worthwhile insight and charge off your case. I think when you're looking at issues that are genuinely of concern, then it will make more sense.

Q: Many times when assessing the buttons I only get a tiny response, maybe between a Tick and a SF. Should I disregard the response ? This could make the difference between Indicating a Truth or an Imprint (if it respond on Imprinted for instance).

A: A tick can't be ignored as it may be the tip of an iceberg. If you take one up, it should then develop into a bigger response, if for example you then Indicate on Imprinted. If it doesn't feel right, then check for a false response. When you go back to Repeater, any Expression that would have come up if you had ignored the tick on Imprinted can then emerge and be handled.

When checking if an item responds on the Indicator buttons you are looking for instant responses only. But during Repeater and Indicator Tech, if a thought responds (spontaneously or as a realization or in the gap between Repeater calls) it becomes a new Expression. Even if it was intellectual, if it responds it's charged, i.e. there is a reactive element alongside the analytical which the Indicator Tech buttons can differentiate.

Q: Sometimes a question responds and then, before any Expressions emerged, it doesn't response again. Where did the charge go?

A: The charge transferred to the Expression that hasn't come out yet. That's normal, for a question to respond and then not again - it restimulated something and you then have to put your finger on that something, or there will be bypassed charge (the something).

Q: I do not understand fully the nudge buttons from Indicator Technique. If the Expression does not response, one has to check "nudge" buttons. Are these nudge buttons checked for a response on the meter, or are they just something one wonders, in order to let an additional Expression appear?

A: They're checked for response. If one of the nudge buttons response, it means you can consider the Expression as incomplete but potentially responding. But more importantly, you know that you now need to get an additional Expression pulled from the responding nudge button, which, when added to the original unresponding Expression, forms the completed responding Expression. Then you check the Indicator buttons - the first of these that responds, you handle accordingly (get the next Expression, or if it is Imprinted? Indicate that). If there are no responses on the Indicator buttons, Indicate it is Truth. This truth is conditional to your awareness, responsibility and confront at this time. (But if this is the first Expression and it respond, be very wary of no further responses occurring on the Indicator buttons, as the charge that originally response still hasn't bean cleaned on the buttons. In that case it would be wise to go back and nudge it again.)

It's best to notice an Expression responding when you first come out with it, as the charge can transfer quite quickly and it can be hard to get it to respond again, though one of the nudge buttons should still response, leading to a new Expression.

Q: Could you clarify for me exactly what is impingement (when we talk about getting responses)… Is it talking louder? Almost shouting? Just a bit louder than to be heard? Talking in a curious tone of voice? And then, how do you do to "impinge" while assessing buttons silently, only considering the concept? This is important, because otherwise, I could get no response on Indicator buttons and Indicate something as a truth incorrectly!

A: It's intention and attention and duplication, and whatever helps you to achieve that. In other words, the elements of good communication. If you can do it silently all well

and good, but many people need to vocalize, e.g. when calling the Indicator buttons, to help them 'get' the significance of the button. But a proper communication cycle is the key point.

If the Indicator Tech buttons do not response on your Expression, it is a Truth for you. That is, provided you are truly "in session" and that means your attention put fully on the buttons as they are called, duplicating their meaning. This is the other side of the coin, receiving properly. Not switched off, as if your mind is not involved. The reactive mind is just a part of your mind, mixed in with it, identified with it, and the Indicator Tech helps to differentiate this material again so you're no longer identified with it and your Truth becomes clear.

The other thing is to relax, and just expect responses to occur as they will, and Expressions to emerge when their time is right. Don't be fixated on the meter, rather just notice responses in your peripheral vision - instead look inside your mind and body and be aware of what is coming up for you, in thoughts and feelings and images, that are not intellectual but more like intuitive threads that you need to grasp the end of and pull up into the light.

Notice what happens when you deliver a question deliberately with little impingement and then with a lot of impingement. Also notice what happens when you ask a question verbally (out loud) and then non-verbally (within your mind) and also just 'getting the concept'. Continue until you can spot the instant response, i.e. the response which occurs when you have grasped the full meaning of the question, and can distinguish an instant response from a prior response (one which comes before the meaning of the question has been grasped) and a latent response (one which comes later as a result of thinking about the significance of the question). Continue until you are comfortable at delivering questions to yourself (whether verbally or non-verbally or conceptually) in such a way that they impinge and you get responses.

You could practice getting responses deliberately, by saying "No!!" with strong intention. That practices intention. Also, so you know what responses 'feel like', try thinking of something you find erotic or upsetting and seeing it respond (if the item is sufficiently emotionally charged and real for you).

You can ask, after you pass a button or item that you think response or should have but you're not sure: "Have I bypassed the responding button?" or "Have I bypassed the item?" If that responds, you can check the buttons or items referred to again, if necessary with suppress buttons. If still nothing, the charge is not accessible to you at this time (if it was accessible, i.e. confrontable, it would response) and there's no harm done.

Q: Repeater Tech asks you to "call 3 times with intention." Does this have to be out loud?

A: "Calling" doesn't have to be verbalized, it's repeating the concept. It's just that for many people to have enough impingement requires them to vocalize, so "calling"

became the terminology. It would be just as valid to duplicate the item in your mind, but it needs to be done in way that it is real each time for you. Just vocalizing robotically doesn't work either, out loud or mentally - you need to 'get it' each time, with as much perception as possible.

Q: When calling buttons or Indicating stuff in Indicator technique. or when doing assessments or checking questions on the meter, do you need to speak aloud? Or is just subvocalizing (thinking the words) enough? Or even just the concept?

A: Any of those three, so long as it impinges, i.e. carries enough intention to reach into mind, so it can be easily duplicated. Though in the first two cases one also needs to 'get the concept', not just articulate the words (silently or out loud) without duplicating their meaning.

At the start, I found it easier to ask questions or call items and buttons out loud and to give the reply conceptually and in writing (abbreviated as appropriate); also doing this helps to separate the functions; and it helps prevent getting into an 'intellectual' mode in the session. Now I do sessions silently though. On the other hand, sometimes with an Indication (especially of Imprinted) it helps to shout it out and bang the desk too!

Q: I tried a session today to practice Indicator tech with concept only (no verbal nor subvocalization). I can easily spot the instant response when I find a charged consideration silently. Easy as a pie. But I have a bit of difficulty to form the exact concept for True and False Indicator buttons on the new Expression.

A: What I do is get the concept not just of 'True' but more than that, the concept of the Expression being True (or False, or Imprinted). If the Expression is "I hate bats" then on 'True?' I get the concept of "I hate bats is true".

Q: When one does sessions silently (only concepts), how does one check buttons (suppressed, inval, unack,...) on a given concept? Do you do this in 2 steps, like first getting the concept of the main question, then thinking there is something suppressed (or any button) on that main concept?

Or can you form in one step the complete question including the button? (I find this a bit hard to do). Or anything else?

A: The former is the best way in my experience: "in 2 steps, like first getting the concept of the main question, then thinking: is there something suppressed (or any button) on that main concept."

Q: The following text from Irene [from Appendices] is confusing me:
" On Repeater, the Item is called in brackets of three. Item, Item, Item, good strong intention. The area may contain both drugs and hypnotism (or the equivalent in terms of conditioning) and sloppy calling won't get responses. Responses equal Balance Action is the name of the game." Sloppy calling is obviously aloud, no?

A: Not necessarily. 'Calling' is the terminology because originally it was customary to call the item out loud, but I (and Irene also used to) call silently and it works OK, as you have been doing.

Note that you don't always get a response on an item on Repeater - there may be several or even many 'calls' (silent or out loud) before the next response happens. But when it does you can expect an Expression to emerge corresponding to that charge.

Q: How do you call or assess or check a question/item silently with such an intention that it will restimulate the reactive mind? I response about the cognitive mind, and I don't want to be running cognitive mind instead of reactive mind!

A: Duplicate the concept of the item on Repeater as clearly as possible each time, so that you 'feel' it. That is impingement and means the communication cycle has worked, there was enough intention for you to receive and duplicate it, and then the reaction will occur. It doesn't always occur, that's why it's Repeater technique, because to get through requires repetition. But when it does, you get the next response. Then be open for the reactive response to emerge, and Express it. But don't think intellectually and then you're not running the cognitive mind.

Q: I find it easier to assess (silently, conceptually) these concepts:

"More to <Expression>?" instead of True
"Another angle than <Expression>?" instead of False
"<Expression> is Imprinted?" (no change)

"More to <Expression> but that is being Suppressed?" instead of True Suppressed
"Another angle than <Expression> but that is being Suppressed?" instead of False Suppressed
"Regarding <Expression> is Imprinted, anything being Suppressed?" (no change)

"More to <Expression> but that is being Invalidated?" instead of True Invalidated
"Another angle than <Expression> but that is being Invalidated?" instead of False Invalidated
"Regarding <Expression> is Imprinted, anything being Invalidated?" (no change)

Is this correct to do so, does it transmit correctly the concept of true and false buttons?"

A: Yes, that should work fine. Another set of options is to substitute "And..." for True, and "But..." for False, and "Imposed?" or "Not my idea?" for Imprinted. The main thing is to have buttons that are meaningful to you; but not to change the basic technical procedure.

Q: I was practicing Indicator tech on "things I wouldn't do", which response. My first Expression was: "to kill an innocent" SF. Indicator buttons: False F. I was flabbergasted: I do not feel like someone who would like to kill an innocent! I could not believe this response and had to stop the session, not knowing what to do. What do you do if a

response is incredible or totally unreal to you?

A: The Expression was charged - "to kill an innocent" SF
It then response on False - Indicator: False F
That doesn't necessarily mean you would kill an innocent, it means you think/feel that there's something false about the Expression "to kill an innocent" as "something I wouldn't do" - you need to get the next Expression to clarify things. A response on True or False does not mean it is true or false - that comes with the final Indication of either Truth or Imprinted, when all the charge and various ideas have come off. The next Expression is the charge in that Discharge on False. It could be a protest, "of course I wouldn't kill an innocent!" or it could be, "but I might want to kill an evil person," or whatever...

Follow the charge and see where it goes, trust in the process and be honest. But supposing it was indeed true, you would be prepared to kill an innocent person, there may be a misguided part of you that could do a misdeed that other parts of you would be horrified at, but it's normally suppressed - you need to get these things into the open so they can have no more reactive effect. You, the spiritual being, are essentially good - you are made of love - that's a basic thing that many have discovered on the spiritual path and it has certainly proven true in my experience too.

Q: I suspect that asking any button in Indicator Tech will give a response, because of an unfortunate first session where an Expression response on True continuously, until I went back to it and checked it first with False and it then response on that!

A: This could be anticipation for the answer causing excitation or also that the subject is very charged, the next Expression is just jumping to get out. One need not care very much about whether an Expression responds on False or True, but differentiate primarily between charged (True or False response so you want the next Expression), imprinted (Imprinted responds) and truth (no responses on the buttons). True and False are just appropriate buttons to stimulate the charge and on later Parts further buttons are applied. All sorts of things happen, and sometimes one "knows" the answer but the meter is apparently telling otherwise. The Being's knowingness starts to manifest only gradually as the lower level charge starts to clear out, but until that happens it can get frustrating.

Q: I did a session yesterday and Expressions emerged continually one after another, without giving me time to evaluate with Indicator tech. I felt that I shouldn't stop the flow in order to stick to the procedure, because I could lose the next Expression if I did. As I was writing, what came to be about half a page, the LED indicator was rising. At the end, when I finished writing, I had a realization of the "resolution" to the problem, the LED indicator suddenly dropped and Released. I felt better then. I didn't check Application, MEX or REX, because everything seemed to be contained in my Expressions.

A: Yes, sometimes an Expression just flows and flows and you're right, it's best to put it all down. If the Expression becomes a sequence of Expressions and an unraveling of the truth, the charge coming off enabling a clearer view as you continue (without needing the buttons to trigger the right direction), then so much the better. If you end with a realization that Releases and you feel good, then you can be pretty sure that's a Truth, or at least your highest-integrity current view. (Also normally you will know if there is REX or MEX - these are really a trigger for more realizations of how an untruth had been affecting your life experience.)

Q: I think it would be useful to keep a database containing all my realizations and applications in order to do a periodic check to see if I have incorporated them into my daily life. Let me know what do you think about all this.

A: Yes, that would be a good idea. I suggest underlining Indications in red, so you can go back and review them, and in Part II this is a required step, but better still would be a maintained database of Indications (I'd separate Truths and Imprinted) and accompanying Applications, as it would help you to grow the picture.

Q: Another thing that I don't know how to interpret is having Releases on Expressions before even evaluating Indicator buttons. For example:
Expression 1- Discharge - True or False - Discharge
Expression 2- Discharge - True or False - Discharge
Expression n- Release - I have a good feeling and I realize that Expression is a Truth. Should I stop there then?

A: You can, as your knowingness is senior. It can be very quick like that. But if there's any uncertainty, continue to check the Indicator buttons on that Expression, even though you had a Release, because we are after erasure of charge (by rediscovering truth), not just a release (feeling good).

Q: Other times I don't have the slightest idea why the Expression Releases. For example it may appear while I am assessing the Indicator buttons? What can I do then?

A: Check if the Expression still responds, with suppress buttons if necessary. If not the charge may have blown on inspection. Or if a Release appears after an Expression has been checked on Indicator buttons but before the next Expression appears, check the Indicator buttons again, for the same reason.

Q: If I Indicate a final Expression, and it does not Release, I put that last Expression on Repeater. I have to continue Indicator tech from there. But what is the source for this new Indicator tech cycle, the last final Expression or the original source?

A: The original source. It's not necessarily a new Ind Tech cycle (though it may be if a new Expression comes up, like a realization), it's more about getting the Indication to impinge, to really duplicate it. I sometimes resort to shouting the Indication or banging

my fists on the table (probably seems a bit crazy if anyone is watching!) and then I 'get it'. But then a new view can come up, as you say, but it is still connected to the same original source, though it's a new and separate cycle of Indicator Tech.

Q: Several times, I Indicated some Truth, then more Expressions came, I arrived at a new Truth, then I did not know from where I should build my new Indication - from the previous final Expression as a Truth? From the original source including all previous layers also? Something else?

A: The original source remains the source of the new cycle of Indicator Tech but there is no need to include all the layers of the previous cycle in the next final Indication. I do however like to include the last line of the previous final Indication as that seems to give the new cycle more context. I say, "On (Source), last line of previous Indication, Expressions response on (buttons), and final Expression is Truth (or Imprinted)".

For MEX and REX it's only the original source that you refer to, not the previous Indication(s) that followed. That's basically what the MEX and REX are about: you are cleaning the charge from life experience relating to the source item or question, in the light of what you have found out in the preceding cycle of Indicator Tech.

Q: Sometimes I find an Expression, which is also a realization and is a TRUTH (no response on buttons, feel good about it). But after Indicating there is no Release, and on Repeater, the LED indicator pattern changes and the LED indicator starts to Increase at medium speed. Does this mean there is more that is coming, and that I should continue Repeater until the next Expression appears?

A: The Increase is more likely to be a protest or overrun. I would accept your knowingness (validated by the Indicator buttons not responding) that it is a Truth. The charge may well have transferred before the Release occurred, or you may have missed it. You can check "bypassed Release?" or "bypassed release?" That might have been on the Indicator Tech cycle or on Repeater itself.

Q: There are cases where you use Repeater Tech and Indicator Tech together. For these case, the flowchart in the materials is very clear: After MEX and REX, you go back with the source on Repeater until the source Releases.

But in the cases where one uses Indicator Tech to clean responding answers, such as to a responding question from a prepared list, what is the source in such a case?

A: The question from which the Expression was an answer.

Q: Do you need to do MEX and REX in such a case?

A: Yes, as the question and the resulting final Indication will relate to your life experience.

Q: What do you do after MEX and REX, i.e. do you go back with running the source item on Repeater until it Releases? Or do you simply resume what you were doing

before doing Indicator Tech on the responding answer?

A: Resume what you were doing, as answering the question is the action cycle you are on, not a Repeater cycle to clean an Item. In this case, recheck the question for a response, then continuing with the next question in the list, until EP.

Notes about REX:

The processing of imagined future events can also be Repeated or Repetitive Experience (REX). If you have to go to the dentist's then you can't stop thinking about it. A 'must not happen again' is very much putting it there so that it is more likely to. Same with any other obsession or fixed idea, it causes repetitive experiences, cyclic or patterned behavior, must have-can't have, reach-withdraw, Catch-22s and the like.

Checking REX is intended to enlighten further about the Item being cleaned with Indicator Tech, in light of the Indication of Truth or Imprinted that has just been made. If you get a responding Expression from calling REX, then you begin a new cycle of Indicator Tech on it, with the same Item as source.

Following are some specific examples of what might come up on the Repeated Experience (REX) button on Indicator Tech. I've used my imagination - what you actually come up with will of course inevitably be different - but hopefully the following will expand your concept of what 'Repeated Experience' means and so make it more productive for you in session.

1. In each case in the following examples, I start with the Item that is on Repeater, or that is the subject of a question that was asked.

2. Secondly, I give the final Indication that was made following the layers of Indicator Tech, either a Truth (no buttons responding on the last line or Expression) or Imprinted (because it respond on Imprinted).

3. Thirdly, there is what came up on the REX button, when it's asked: 'On Item, is there Repeated Experience?'

4. Fourthly, a brief description of that type of REX.

Example A
1. Item: Anger
2. Indication: 'Aggression impresses people' (Imprinted)
3. REX: 'Over and over I find myself being nasty to people when I don't really want to be'
4. Description: Pattern of compulsive behavior

Example B
1. Item: Communication
2. Indication: 'I have a right to say whatever I think is true' (Truth)
3. REX: 'The idea I had that it's safest not to say anything was continually frustrating me and causing bypassed charge'
4. Description: Fooled again! Same mistake repeats, based on false data or a blindly

applied safe solution

Example C
1. Item: Mother
2. Indication: 'I don't have to feel sad when I think about my childhood' (Truth)
3. REX: 'Wallowing in resentment of my mother'
4. Description: Reactive emotional response due to past trauma

Example D
1. Item: My body
2. Indication: 'Being overweight makes me sexually unattractive' (Imprinted)
3. REX: 'Starting relationships with people who show that they like me but breaking it off before I get rejected'
4. Description: Situation logically impossible to resolve, so cycles - thought distortions such as a false assumption, an over-generalization or an exaggerated negative view can cause this illogic

Example E
1. Item: To succeed
2. Indication: 'I can become wealthy and still retain my integrity' (Truth)
3. REX: 'I've been holding myself back all this time'
4. Description: Equipoised problem or conundrum where must/should/want opposes mustn't/can't/don't want to, so one bounces back and forth (the very nature of Goal Conflict Structures)

Example F
1. Item: Misdeeds
2. Indication: 'Making a mistake is unacceptable' (Imprinted)
3. REX: 'Being afraid of making mistakes has repeatedly caused me to mess things up even more'
4. Description: Mustn't happen again so it does, or holds a repeated avoidance pattern

Example G
1. Item: To love
2. Indication: 'To care about someone doesn't mean I have to like all their foibles' (Truth)
3. REX: 'Beating myself up because I'm not a good Christian'
4. Description: Unrealistic ideal, so keep trying to achieve it but never get there

Example H
1. Item: To be a winner
2. Indication: 'If you stop you won't get started again' (Imprinted)
3. REX: 'I've been trapped in this idea, that I can't take a break!'
4. Description: A life over-run item, so can't stop or get off

Note: asking the REX button helps you to spot an automaticity, to blow its cover. Once a repeating mechanism has been uncovered, it can't affect you in the same way.

Note: the REX button (if it responds) may produce an insight (and hence erasure of charge) that is based not just on the prior Indication but also on previous Indications (insights) on the Item. It may blow the charge on the Item as a whole so you can leave off there (release, float, new freedom), or it may be just part of it so you need to continue; the same applies to MEX.

If the REX insight itself responds, i.e. is a new Expression, then this has to be put on a new cycle of Ind Tech. For example, in Example B, the 'idea I had' may turn out to be Imprinted.

Q: What is 'recursion' and could you give some examples?

A (Ken Ward): Recursion is an idea from mathematics. You apply a function to its own values eternally and into infinity. So you keep going back to the same thing. This logically means that recursion is a kind of REX. However, I believe it is a special kind of REX. In a simple case, REX is always doing the same thing under similar circumstances. For example, going quiet when others get mad. Or pretending not to be interested when you are very interested in a member of the opposite sex.

An example of recursion could be talking to someone with a problem. Foolishly, you decide you will give this person advice. You go through all the options, and the other person rejects them. Yet that person still says they want what they aren't prepared to get.

Someone said I wish I could take my wife on holiday to America, but she won't fly. Go by boat (Not acceptable). Get therapy (Not acceptable). Go away in this country (Not acceptable) ... and on through all possibilities ... so that no solution is acceptable. Yet he still wished his wife would go on holiday to America! (Even though every possibility had been rejected).

Sometimes we do the whole thinking ourselves. We go round and round in circles and end up with the same problem and work on it in the same way. I remember a perfect example of recursion from my childhood. In a book was a picture of two children responding the book. The book they were responding had, of course, two children responding the book on the front cover ... and presumably into infinity.

Although recursion is a complicated part of mathematician and physics, it can be understood even by children. (Although you have to be a bit of a mathematician to articulate it).

Let's go back to problem solving. We could go back and forwards between problems and solutions and gradually solve the problem. The process could go on for ever, but normally we stop well before then. We realize what is happening and the problem is solved. On other occasions, when we do this, the problem gets worse and worse or goes on without a solution, perhaps for ever.

Perhaps the basic anatomy of recursion is no different from any other mental process.

There are one or more opposites which we cannot really confront so we never get them to release. We whiz around them (or the hidden contradiction) like electrons round a nucleus. We are irresistibly drawn to the centre of the problem, but skate around it for ever.

Recursion can lead to never-ending therapy and development. In some systems you can get stuck in using techniques that never lead to a final solution and go on and on for ever. Although they might be entertaining, they are not a solution, even if applied for eternity.

It is important to realize that although this phenomenon is dealt with in physics and mathematics, it is part of the thinking of even the dullest of us. A famous example is the Paradox of the Cretan. A Cretan says, 'All Cretans are liars!'. This appears OK until we think about it. If the statement is true, the speaker is a liar. If the speaker is a liar, then the statement is false. If it is false, 'All Cretans aren't liars'. So the speaker is telling the truth. And he is saying ... 'All Cretans are liars' ...

When this trail of reasoning goes on it becomes a good example of REX. The ideas reflect each other. The Cretan is a liar, so he is telling the truth, so he is lying ... The reasoning goes back and forth and does not erase. We bounce around.

The solution is the same as for any other mental event, but it does require a special awareness. According to quantum physics, this same reasoning explains the nature of the universe. The unresolved contradictions give rise to eternity!

Notes about MEX:
Indicator Tech is all done from a present time viewpoint until you get to REX and MEX - then it's viewing your past experience in terms of what you've found out (from the current unburdening of the Item on Repeater or subject being considered). Misowned Experience basically means experience which is not yours that you have nevertheless been identifying with and considering as yours.

This could include events you presumed had happened to you but it turns out they didn't, or it could be something you didn't do but preferred to think that you did. It could be you didn't personally participate. Perhaps you were pretending to a skill or knowledge that wasn't really yours. It could be an emotion, thought or perception that wasn't yours. For example:

Item: Intelligence.
Expression: I can't do cross-words.
This arrives at the Indication: I'm not stupid is Truth.
REX: Lots of times I've not done courses, games, etc - wanted to but pulled back.
MEX: Been acting like my Dad who hated 'clever-dicks'.

So here I had mistakenly accepted another's viewpoint as my own, resulting in the misownership of another's way of being, doing, having, feeling, communicating, controlling, creating, etc.

If it was false and you believed it then it's misowned experience - you identified with it, mistakenly owned it, accepted a wrong explanation. So this button can give insight into the way you've been deluded, blinkered, misled or fooled.

It could be something you thought you were, but you weren't! Something you thought you had but didn't. It could be a mistaken, inappropriate or irrational emotion. And so it goes on, but in common there is this concept of false data that has been accepted. Now you can change your mind about that.

Q: A student explained to me that they have some confusion over what is actually the target being handled on Part I, i.e. is it electronic implants, hypnotic/drug suggestion, ordinary life conditioning or the reactive mind as a whole which could be defined as an uninspected mass of suggestions, counter-intentions and conditioning?

A: On Part I we're looking to identify the phenomena of Imprinting as it affects our minds and our freedom to be, do and have with integrity. By recognizing this phenomena, we're a long way towards being no longer under its thrall. So exactly what does it mean when we ask the button, 'Imprinted?' during Indicator Tech?

By Imprinted is meant: anything in your mind that directs your attention and actions but which is not determined by you. It might be something you've agreed with but you are not its source. It is not necessarily untrue but it will not response as your own Truth (i.e. no responses on the Indicator Tech buttons), but instead it responds on Imprinted.

Anything that's an other-determined, fixed idea, that one now identifies with - whatever the origin, and that may include all the thinks mentioned in the question - is what is meant by Imprinted. But on Part I one doesn't worry about the origin, one simply differentiates oneself from it

Part I is intended to handle anything that is identified with by you and misowned - taken on board as your own when in fact it isn't - rather than what you can observe rationally in present time. The button Implanted was used previously, but that was too limited a concept. Implanted implies an idea that is forced into place, accepted at a time of weakness or duress, such as a traumatic incident or under hypnosis.

I wouldn't say the old idea of 'implants' is false; I would say the process of imprinting is more varied in method than just the very traumatic and overwhelming incidents that may have occurred in some people's ancient history in the universe, though it certainly doesn't preclude that kind of thing - imprinting includes implanting.

Imprints may be implanted but they may also occur much more insidiously, without any resistance by ourselves. Any stimulus that has sufficient intensity to overwhelm, or is repeated with sufficient frequency or over a long duration, may become accepted and then identified with, as the norm. A persuasive idea, or one from an authority figure (church, teacher, parent, elder brother, famous person, dominant person, established authority, etc) may be accepted if it fits in with the safe solutions one has adopted, aligned with Goal identities. Or one may be susceptible to imprinted ideas if one is in

people-pleasing mode, or is being sympathetic, or looking for justification for misdeeds, or if one is thinking with such distortions as over-generalizing, exaggerating or negatively, or if one is pessimistic or optimistic due to emotional tone and no longer viewing objectively, or if the idea fits in with one's needs and fears. That's just what comes to mind; in Part II/III, these and many further ways are examined.

The Imprint phenomena is broad (interconnected/interactive) and cannot be logically described as relating to singular events, and one's apparent memory of singular events may be interpreted and symbolic, based on other experiences and conditioning, rather like dreams are - which is not to say that root experiences didn't occur.

To put this another way, you are not looking at horrific electronic implant experiences nor testing the validity of memories of such, you are looking at how the phenomena of Imprinted considerations affects your thinking in the here-and-now, by taking your present time thoughts (the charged ones) and sorting out in what way they are being distorted by Imprinted (imposed/installed/conditioned/programmed or even implanted) beliefs/ideas/assumptions/intentions.

The Introduction of Part I attempts to describe the nature of such conditioning, and Transforming the Mind says more, the New Life Course still more... But really, you don't need to know that philosophical and psychological background information. Anything that is other-determined and misowned - as shows up on Indicator Tech without preconceptions from me or any evaluated scenario - is what is being got at and differentiated from your own objective and intuitive truth, the knowingness of your Higher Self.

Your Indicator Tech should reveal what's true for you, a picture that changes as awareness responsibility and confront increases, and therefore becoming closer and closer to actual truth as you continue, through to the end-point of Full Realization at the culmination of the Project.

The important realizations which occur through Indicator Tech are what is found to be Truth (no responses on any of the buttons - not what responds on True, which just means there's more to it that is charged and still to emerge) and is Indicated as such; and what is found to be not your truth (responds on Imprinted) and is Indicated as such.

An Indication of Imprinted is a differentiation from Imprint significances, rather than a direct realization of Truth, i.e. it is the difference that is the truth in that case.

Any imprint is an identification: it becomes part of oneself and it is no longer questioned. It is difficult to see what you are being as there is no distance from which to view; the Meta-Programming techniques and the use of Biofeedback Monitoring help you to do this. The solution is to recognize the imprint phenomena as such, to differentiate oneself from the idea, to recognize it is not you or yours, that it is a misowned idea. And to do this in present time, not concerning yourself with its origin, as that is not a truth and gives no benefit to know about.

So the emphasis is towards Truth which is your own, that your knowingness tells you is

true, rather than Imprinted materials which are really all just alterations from truth as far as YOU are concerned.

Q: I'm just not sure how it ever gets handled as it seems there can be an infinity of goals, considerations, pictures, etc. attached to it.

A: This is characteristic of Part I - something of a grind. It's open-ended; there is an infinity of material and one can overrun by trying to handle it all. To do that is to miss the point. At times one may need to check for bypassed release point(s) and also maybe for Life Overrun (something going on too long that you can't get off), which has a handling on Level 9.

What you are looking for is starting to get a clear idea of what the Imprint phenomena is, so that it becomes easy to identify. Then you become released from the Imprint phenomena ('Imprint blown'). Not erased, that comes later, requiring the underlying postulates to be found - but the phenomena can be released when it has been sufficiently identified that it can be differentiated from.

So you need on Part I to get enough of a handle on the Imprint phenomena, to get some distance from it so that it no longer envelopes you - the real you emerges. You got your head above water. You have more than a 50% share holding in your own mind. Then you're ready for the techniques of Part II that handle the senior case which underlies and holds the lower-level case in place, and which wouldn't be touched by endless years of work on Part I.

I hope this makes what we're doing clearer. It's not easy at first but with practice and some wins you will acquire confidence in your Indicator Tech skills and hone them further; eventually, it becomes like second nature. Please don't hesitate to voice your questions, in private or on the mailing list (which helps others too). That's what I'm here for and it's the purpose of the list too.

Q: Energy enters Chakras from the back of body. I found it very interesting to follow these energy flows back to their sources and found that they were coming from various planets in line with those given in my astrological birth chart. You can check these quite easily by meter assessment and Indicator Tech.

A: I do not recommend checking such things on the meter. That would create a dependency on the meter to tell you what your objective reality is. The meter and Indicator Tech are used to establish charge and subjective truth and not for checking out physical or etheric "truths."

This description of the use of a meter is not how it should be used on the Insight Project. It is not a truth machine nor a lie detector, it is an emotional charge detector. It is inappropriate to use it to 'check out' the truth of ideas that are not charged - you may get no response, or a recognition response, or a postulate response, and these latter may just be confirming an imprinted preconception.

Similarly when assessing a list of options, items may be charged and give a Discharge,

give no response (may still be charged but too suppressed at this time to respond), give a recognition response followed by a float maybe, or one may have some immediate consideration and postulate 'Yes!' or 'No!' causing a response.

Indicator Tech arrives at a Truth, but one has stripped off the lies and alterations that the charge represented, leaving you with a truth conditional to your current degree of awareness, responsibility and confront - this viewpoint can continue to develop, it is still subjective not an absolute.

However, as one advances on Insight one begins to get fairly independent of the use of a meter at all, one just knows upon inspection what's charged and also what is one's reality, as the imprint phenomena is largely erased. In this case what is a highly unreliable method for most people can become workable, because one 'just knows,' e.g. whether a recognition response is confirming a truth or confirming a fixed idea. Loads of practice with biofeedback has developed one's intuition.

So it might work in this unorthodox way for some, but I don't think it would be so straightforward to get anything objectively useful for those on earlier Parts of Insight; one would as likely be misled. Unless it was an area one was completely clear on and one was just getting recognition responses backing up intuition. Everyone's different in such things though. Knowingness is always senior to the meter - in present time - even if one later finds out one was bullshitting! Because validating one's knowingness is the route to rediscovery of the nature of one's Higher Self.

FURTHER REPEATER TECHNIQUES (1)

Defense Checklist

If Repeater on the Item is not surfacing the required material for Indicator Tech and discharge there is another tool in your armory. This is to check the Defense Checklist buttons.

The **Defense Checklist** is a list of possible defense mechanisms with which one may response to handle situations or restimulations that are perceived to be difficult or threatening. These are self-serving beliefs, fixed ideas and safe solutions, which color one's perception of reality (sometimes in just a fleeting or pre-conscious moment of self-talk) and so cause an irrational interpretation of circumstances and a resulting misemotional response.

If you are finding it hard to pull Expressions on Repeater, assess down the list below until a Defense button responds, then pull the Expression and run Indicator Tech on it.

On (Item) 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?

ATTACKED?

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?

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?

GENERALIZED?

ILLOGICAL?

UNREALISTIC?

SELF-DEFEATING?

Running Repeater with Defense Buttons

```
        ┌──────────────────────────────┐
        │           Repeater           │
        │   Call Item in brackets of 3 │
        │              - Rhythmically   │
        │              - Questioningly  │
        │              - With Intention │
        └──────────────────────────────┘
```

When a reading Expression appears, clean it with Indicator Tech, then resume Repeater on the Item, to P/N

If reading Expressions are not appearing, assess the Defense Checklist for major read

'On (Item) -
Is anything being (Defense Button)?'

Pull Expr. and if reading, clean it with Indicator Tech.
Then resume Repeater on Item to P/N.

FURTHER REPEATER TECHNIQUES (2)

Focusing

A second technique that you can use to help make your Repeater Technique 'bite' is to specifically address an Attitude, Emotion, Sensation or Pain while also focusing on the body area where you feel this.

> **Attitude**: This can be any opinion or outlook which also has a charged connection. Virtually any attitude which is inappropriate and is predominant because it is driven by charge from an earlier experience or imprint.

> **Emotion**: Any negative emotion, e.g. annoyance, irritation, anger, anxiety, fear, sadness, grief, loneliness, despair, apathy, etc. which is unwanted and yet persists.

> **Sensation**: Any physical feeling other than an ache or pain; i.e. tension, pressure, a burning feeling, nausea, vibration, cramp, solidness, constriction, breathlessness, dizziness, etc.

> **Pain**: Any type of ache or pain, sharp or dull, big or small, sharp or hot, constant or throbbing.

By focusing on these feelings where they manifest themselves in the body it is found that this will give you the best trigger or leverage in the direction of repressed material. In effect Focusing provides you with a tool which is both gentle and the most powerful kind of Repeater technique available.

When you become confident with this technique you will see significant changes happening before your eyes. It is very direct, flexible, and can enable deeply-suppressed material to be expressed.

Procedure:

Check to see if this question responds:

> **"Are there any Attitudes connected with (Item on Repeater)?"**

Repeat for **Emotions**, **Sensations** and **Pains**.

For the first question that responds, take it up and clarify further. E.g. When you have a panic what are the main unwanted emotions, feelings or physical sensations? Or describe what it feels like. Is it a kind of anger, or fear, or sadness? If it's a feeling of fear, is this anxiety, anticipation, dread, worry, terror, horror, shock or what? When you say you feel tense, how tense? Where do you feel it mainly? Do you feel heavy, restrained, or held down, held back? Etc. etc.

The correct description will be real to the you, it will response and most important of all it will help the Repeater to run, bringing up Expressions that response, which you run on the Indicator Tech.

You can also work to focus more on this as felt inside your body. Take up the best

responding area and ask - where do you feel this in the body? The Head? Chest? Stomach? Somewhere else? This tells you where you are storing the problem inside right now in present time. Focus your attention on this part of the body and see what happens when you do this. The feeling will do one of three things: it will turn on stronger, get less, or change in some way to another feeling. You are actually confronting something you didn't before, and it is right before you.

Now describe the main feelings you are still aware of in the chest or wherever it was. Watch for responses and home in on the main one. It may have changed, something new might have come up now.

You can ask the following: What is it's color? What shape it is? What is it's temperature? How solid is it? Does it vibrate or move, press, ache? If it is a pressure, which direction is it pressing? If you find you are getting tensed up again or using force or effort, stop and relax for a few seconds, then confront the area again paying particular attention to focusing on the feeling that is sited there. Don't accept vague answers. For example: when you say you can feel a pressure in the chest, where in the chest is it? All over, in the centre, on the surface, deep inside or what? Which way does this pressure go? In, out, downwards, upwards, outwards? Each time you get specifics your confront gets better and things start to change as the suppression releases.

Sometimes one or more incidents turn on. When this happens you will need to scan these through and then continue focusing on the same body area and feeling. Appendix 5 contains a further technique for releasing painful emotions, that that be used with focusing, and Appendix 6 contains a technique for clearing a traumatic incident that stays in restimulation even though you can confront the experience. If pictures remain stuck in your mind, there is a handling on page 206.

It may be that what you have been running is some type of body recording - possibly even a genetically inherited program, in which case just doing the procedure as outlined will clear it without having to know exactly what it is. This procedure also runs well on physical complaints such as fatigue, migraines, backache, indigestion, cramp, mysterious illnesses, irritable bowel, etc. Things which you might think to be purely physical problems may be found to disappear.

The focusing technique is a process of putting live energy on the body feelings, thus awakening the charge and the underlying repressed material - which you then clear up using Indicator Tech.

FURTHER REPEATER TECHNIQUES (3)

Image Streaming

The greater part of our information and experiences is retained not in words but as sensory images. Your innate ability to receive and interpret these visual insights is your faculty of intuition.

Image-Streaming relies on an inner reflex that sorts through all the visual, sensory data in our unconscious and relates it, seemingly instantly, to whatever is going on with us at any given moment (the "context" in this case is the Item being run on Repeater).

Using Image-Streaming techniques we capture and focus these data and examine what emerges with Indicator Tech. These images are always there, every time, providing immediate, reliable inspiration.

Procedure:

As you run the Item on Repeater, describe in words whatever images suggest themselves. Go with your first, immediate impressions and describe them, rapid-flow, in sensory detail. More free images will then emerge. Notice when the scene changes or other images emerge, and describe these as well.

It's important to describe verbally, in your mind or out loud, to bring the mind's images into conscious awareness, no matter how unrelated the images may at first appear. This process helps bridge the left and right hemispheres of the brain.

To take this further, pick out some particular feature - a wall, a face or bush, whatever's there. Imagine laying a hand on that feature and study its feel (and describe that feel), to strengthen your contact with the image. Ask that item, "What do you represent (or symbolize)?" See if the imagery changes when you ask that question. Describe the changes.

If a picture comes to mind that is hard to describe, make a drawing, symbol or diagram to represent the concept, and then label it. As you then do Indicator Tech on this Expression, you may want to change or develop the picture or diagram to represent your further insights and understanding.

Key to this process is to observe closely your subtlest, most sensitive perceptions and, while examining them, to develop those perceptions fully into focus by describing them fully.

THE BENEFITS OF INDICATOR TECH

Indicator Tech validates the knowingness of the Being - the Being that already knows the Final Indication - and *differentiates the Being's knowingness* from the mental processes that come up with each Expression. In this way, the Being - the Higher Self - is discovered and recognized. This results in a gradually increasing differentiation or exteriorization from the body-mind.

Each Expression seems valid enough to the mind - hence the Expression emerges - but the Being knows it to be only apparently True (there's more to it, something's being negated)*,* or to be apparently False (an alteration, one needs to look in other direction for the truth) or to be Imprinted (it is not one's *own* consideration, evaluation or opinion - so there is negation of one's own view and an acceptance of an alteration of what one *knows* to be true). The alteration and negation cause the InnerTrac to respond. Only when the final Expression does not response has the mind duplicated the knowingness of the Being and a Truth is perceived, representing the best awareness of the Being at the present time.

In this way the Higher Self - the Being that knows - is revealed.

Indicator Tech is the core of Meta-Programming. All the procedures are simply ways to get new Items and new viewpoints of the case on which to hang Indicator Tech. One should never cut the process short or resent doing another cycle of Indicator Tech to 'get on with' the originating procedure - the Indicator Tech is the 'raison d'être' of the procedure.

The only thing that can foil Indicator Tech is a refusal to let go of the analytical, verbal mind and to let the intuitive non-verbal mind speak through and thereby to access the knowingness of the Being. This occurs when pet theories and dogma are clung onto, despite responding True and False buttons, and then the LED indicator tightens, the Range rises and the session comes to a halt. Total honesty and openness is required for Indicator Tech to flow properly and reach the deeply held truth.

The result of Indicator Tech properly done is always increased awareness, responsibility and confront. The first Expression of a cycle of Indicator Tech is usually a viewpoint that is at effect, complaining, justifying or blaming; further Expressions are Conditional Expressions (still containing alteration or negation) that are not true enough for the charge to blow; and finally there is a clear Expression that is a realization of one's causative responsibility, a realization of Truth. You know you are progressing in your cycle of Indicator Tech when the Expressions are becoming more causative, taking responsibility, demonstrating a willingness to communicate with understanding and empathy. These are the qualities of spirit and of truth, and of your Higher Self.

At this stage, one does not look further into the matter when an Expression responds as Imprinted, but by indicating that the Expression *is* Imprinted, this differentiates the Being - you - from an untruth that previously put him at effect by virtue of his identifying with it, and so this too raises awareness, responsibility and confront.

You will now be given specific Case Handling instructions to follow, in the context of a full session environment.

CONSIDERATIONS

Case Handling

Practice using Indicator Tech by applying it to responding Expressions that emerge as you look at your considerations about the list of subjects following. You can add to the list with any further subjects you wish to examine, and on those that response, run your considerations with Indicator Tech. This is meant to be practice for Indicator Tech but also to be helpful, and you can't practice without looking into areas that are charged for you (or you get no responses). Also the list is arbitrary, as are all such prepared lists, so you can be creative. Indeed it's best to look into areas that are most charged for you, as anything else is bypassing them and will likely be resisted somewhat.

1. Working down the list on the next page (with additions if you've made any), note the responses as you look at each subject. Take up the biggest-responding subject first. This subject is then the Source for your subsequent cycles of Indicator Tech.

2. Then consider the subject. Include your likes and dislikes, and things you agree with or disagree with, in the subject area. A consideration is a view, opinion or judgment. For example, "I consider that women tend to be in closer touch with their emotions than men". It may be clouded by conditioning (Imprinted considerations), e.g. "I consider that people who are out of work are just lazy" (my father was always saying that).

Note: Only apply Indicator Tech to Expressions that response or can be made to respond (with Nudge buttons) on the InnerTrac.

3. If, after cleaning the considerations you have about the subject with Indicator Tech, the subject still responds when checked on the meter, then clean the subject further putting it on Repeater, with Indicator Tech on all responding Expressions, to a Release on Repeater.

4. Then re-assess the list for the next biggest-responding subject.

5. Continue until the list is clean (no more responses when you assess the list).

What are your considerations, opinions or beliefs about …

health	women
correct diet	men
exercise	love
appearance	marriage
types of personality	bringing up children
intelligence	family life
way to behave	friendships
emotions	communication
getting older	running an organization
maturity	being an employee
entertainment	being part of a group
films	goals
drink	productivity
drugs	people at work
food	young people
careers	old people
schooling	trade unions
further education	newspapers
your successes in life	TV
your failures in life	politics
your future	economics
what you would like to do	royalty
what you wouldn't like to do	the establishment
sex education	history of your country
what is attractive	other races
what is unattractive	human beings
sexual preferences	prospects for the world
sexual practices	what you would like to see happen
close relationships	animals

countryside

the planet

the universe

technology

music

painting

drama

poetry

literature

creativity

what is ugly

what is beautiful

self-realization

spirituality

superstition

psychic phenomena

death

life after death

past lives

religion

God

SENTENCE COMPLETIONS

Case Handling

Complete each of the following sentences, and if your answer responds, clean the Expression with Indicator Technique. Continue with the question until you have no more answers or it Releases, then go on to the next.

I am a person who ...

One of the things I'd like people to know about me is ...

One of the things I have to do to survive is ...

All my life, I ...

It isn't easy for me to admit ...

Sometimes I feel frustrated when ...

If I didn't care what people thought, I would ...

Ever since I was a child, I ...

One of the things I'd like to be valued and appreciated for is ...

One of the things I wish my partner understood about me is ...

One of the things I wish my parents understood about me is ...

One of the things I wish people understood about me is ...

One of the things I appreciate about my partner is ...

One of the things I appreciate about my friend is ...

One of the things I appreciate about my family is ...

One of the things that first attracted me to my partner is ...

If I were to communicate all this to my (partner/friend/family/colleague) then ...

Mother gave me a view of life as ...

Mother gave me a view of men as ...

Mother gave me a view of women as ...

Mother gave me a view of love as ...

Mother gave me a view of sex as ...

One of the unspoken messages I got from Mother was ...

One of the things I'm still doing to win Mother's love is ...

Father gave me a view of life as ...

Father gave me a view of men as ...

Father gave me a view of women as ...

Father gave me a view of love as ...

Father gave me a view of sex as ...

One of the unspoken messages I got from Father was ...

One of the things I'm still doing to win Father's love is ...

One of the rules I try to live by is ...

One of the things I long for in relationships is ...

One of the things that frustrate me about relationships is ...

With people, sometimes I'm afraid that ...

The scary thing about being more conscious is ...

I am becoming aware that ...

PERSONAL INTERVIEW

Case Handling

Run through the following **Personal Interview**. Answer all the questions, whether or not the question responds, but do not introspect or deliberate for long - just write down the first answer that comes to mind. Do this on the InnerTrac, so that you can note down any response that occurs as you answer the questions. The answer to a question may include a person or persons, or a concept of some sort that responds - this is an Item.

When a question on the Personal Interview produces an Item that responds (F, LF, BD) then clean that Item using Repeater Technique to a Release, handling all responding Expressions with Indicator Tech.

1. Your name?

2. Other names you have used, been called or been given?

3. Your date of birth?

4. Your place of birth?

5. The names of your parents?

6. The names of your brothers and sisters?

7. What kind of person does your mother seem to be?

8. How is your relationship with your mother now?

9. What kind of person does your father seem to be?

10. How is your relationship with your father now?

11. How is the relationship between your parents now?

12. Who is the one person who has done most to help make you who you are?

13. How is he or she significant for you?

14. How important is your religious upbringing?

15. How much of an influence upon you does religion retain?

16. Are there subjects that you find hard to study?

17. What sort of person are you?

18. How do you get on with other people?

19. Who are your friends?

20. Are there any people whom you fear or especially dislike?

21. What is your work?

22. How do you get on at work?

23. Is there a position you would like to have?

24. Is there a position you would rather not have?

25. What is your area of influence?

26. What groups do you belong to?

27. What groups do you refuse to have anything to do with?

28. How do you get on with employers?

29. How do you get on with peers?

30. How do you get on with those under your authority?

31. Are you missing an opportunity in your life?

32. If you could change one thing about yourself, what would it be?

33. Who is your hero or heroine, and why?

34. What do you find most sexually stimulating?

35. Do you have any sexual difficulties?

36. What do you hope for from sexual relationships?

37. If you have children, what are their names?

38. How do you get on with people you meet and acquaintances?

39. Are there people that are hostile, negative or suppressive in your life?

40. What are your major achievements?

41. How is your health?

42. How is your sleep?

43. How is your memory?

44. Are there things that you would rather not do?

45. Are there things you like to do?

46. Are there things you are forced to do?

47. What are your interests?

48. Where would you like to travel to?

49. How do you normally tend to feel, emotionally?

50. What makes you feel happy?

51. What makes you feel sad?

52. Does anything make you feel like giving up?

53. Is there anything you are running away from?

54. Do you feel resentment?

55. Does anything make you afraid?

56. Does anything make you feel anxious?

57. Do you have any enemies?

58. Does anything make you angry?

59. Is there anything that is making your life miserable?

60. Do you think a lot about an unfortunate side of your life?

61. Is there anything you feel self-conscious about?

62. Do you have possessions you are particularly attached to?

63. Are you doing anything that you feel ashamed of?

64. What do you find exhilarating?

65. Is there anything you find you can't stop thinking about?

66. Is there anything you find you can't stop doing?

67. Are there things you would like to have?

68. Are there things you are prevented from having?

69. Are there things you must have?

70. Is there something you have you started but not completed?

71. What do you hope to achieve this year?

72. Is there anything that you worry about happening in the future?

73. Do you have an area of difficulty in your life you want to resolve?

74. Is there anything that should have been asked about?

75. Is there any area you are reluctant to look at or disclose?

76. Is there anything covered in this interview that your attention is still on?

LEVEL 2
LETTING GO

HANDLING PRIMARIES

This section covers exactly how to deal with Primaries, which are those fundamental aspects of case which need to be sorted out by the start of a session, so that attention is not stuck on unhandled Primaries, preventing the Meta-Programmer from putting his attention on the subjects to be addressed in the session. The whole point of doing Primaries at any level is to get the Meta-Programmer IN SESSION - interested in his or her own case and willing to communicate. In this way we avoid attempting to run a session over the top of current everyday-life restimulations.

Many people get considerable case gain out of running Primaries even before starting on the major action, and in fact Primaries are a good form of case entry, i.e. a way of starting off access to the real case which is sitting there. Upsets, Problems and Withholds (unrevealed communications) are the three main obstacles to a smooth session.

If one continues the session over the top of an Upset it tends to hang the session up at that point, one gets worse or goes into a 'sad effect'. If there is a Problem or Withhold, continuing over these produces no case gain and one is likely to feel critical or sour or just the same as before.

UPSET

An Upset is a sudden drop, breaking or lowering of Communication, Understanding, and Empathy with someone or something - the failure to Duplicate a Reality.

These are the factors of which relationships are made. 'Communication' is the senior factor, since it is by communication a Reality is described. By 'Understanding' is meant comprehension of the viewpoint of the other. By 'Empathy' is meant a willingness to be in the other's space and to see their point of view. By 'Reality' is meant what is, an existing condition or a description of it, grasping the existence of something.

The three factors Communication, Understanding and Empathy (CUE) add up to Duplication of a Reality - there is a duplication of one person by another; what has been expressed (C) is clearly understood by each person (U) and each is willing to experience the viewpoint and the effects of the other (E). That doesn't require that they necessarily like or agree with this shared reality (R).

An Upset occurs when these factors break down - when Communication, Understanding or Empathy are reduced - so that there is the frustration of a lack of Duplication by the other. The upset person will usually experience some kind of negative emotion; he will feel, for example, sad, angry, annoyed or irritated, and take a while to recover from it. Some people in fact never fully recover from an upset that was sufficiently disorienting and possibly very early in life. Often the most severe upsets occur when the initial communication, understanding, reality and empathy were high; the break-up or cutting-off seems more drastic in these situations - upsets tend to persist in, e.g., divorce cases.

The reason the upset sticks and can easily become restimulated is that there is bypassed charge that has not been recognized in its exact nature and so it continues. To release the charge you need to find out and indicate the exact charge and then it will blow. So this is a 'release' technique, releasing the upset so that you can get on with the session. To actually erase the reasons for having upsets in the first place and therefore to finally erase the charge so that it cannot become restimulated in the future, requires the handling of the Goals case, achieved by the end of Part I.

When you start a session, the first Primary to check for is the Upset. You don't start with Problems or Withholds because attempting to run a session in the presence of an Upset can worsen the case, so get this one checked first.

Here is the procedure:

1.   If there is no Release at start of session, ask "**Is there an Upset?**"

Other questions you can ask that may be more real for you in determining an upset are:

> "Are you sad about something?"
> "Is there a breakdown in communication?"
> "Is there a misunderstanding?"
> "Is there a disagreement?"
> "Is there something you or another doesn't like?"

2.   Get a full description of the Upset and clearly summaries this in a few words. This is the Upset item and is the Source for later Indicator Tech.

3.   Find out what the exact nature of the Upset is by assessing:

"Is (Upset) a break in - Communication?
Understanding?
Reality?
Empathy?"

Note which one gives the major response.

4.   Then check: "Is it a break in (e.g. Communication, if that was the major response)?" This should produce an Expression, which should be run through Indicator Tech. If having done this, it still seems correct (Communication in this example) then you go on to Indicate. If not, re-assess CURE.

On the other hand, if the answer to "Is it a break in Communication?" is "No", then re-assess and handle.

5.   Then **Indicate** "I'd like to indicate it IS a break in Communication" and also add the Indication from your Indicator Tech. Write 'Ind.' on the worksheets to show the indication was made, plus any response or Release.

If you get the correct item, you should brighten up, even if it is only very slightly. What we are doing is finding out by assessment the exact nature of the charge that has been bypassed and suppressed, and then Indicating it. Sometimes, on this correct Indication alone you will get a BD and a Release.

6.   If there is no Release, realization and VGIs at this point, taking the Upset factor found in 4 above, in this case Communication, you would then assess:

"**Is this   CURIOSITY about a (Communication)?"**
           A DESIRED (Communication)
           An ENFORCED (Communication)?
           An INHIBITED (Communication)?
           A LACK of (Communication)?
           A PROTESTED (Communication)?
           A REFUSED (Communication)?
           A FALSE (Communication)?

7.   As in 4. above, you would check the assessed button is right, e.g. "Was this a *Desired* Communication?" Get the Expression and clean with Indicator Tech. Then **Indicate** that the upset IS a Desired Communication, plus the Indication from the Indicator Tech, which should produce a Release. Or re-assess if the Indicator Tech demonstrated the assessed button is incorrect.

8.   If there is still no Release you need to look for a similar, connected Upset. This may be earlier in time or another current situation, or it may even be an anticipated situation. Because it is similar it is being restimulated by association, i.e. it is connected, and needs to be examined as well, for the Upset to be handled to Release.

So you ask, "Is there a Similar Connected Upset?" and handle as 1.-6. above.

PROBLEM

A Problem is some kind of a dilemma or conflict which a person has his attention on. Usually it happens because there are two or more opposing intentions, ideas, or decisions and this results in a worry, confusion or inability to compute through the situation. A Problem is a worry or concern which exists just now and may include some incomplete or undelivered communication which fixes the person's attention.

1.   If there is no Release at start of session, and Upset did not response, ask:
           "Is there a present time problem?"

Other questions you can ask that may be more real for you in determining a problem are:

           "Is something worrying you?"
           "Is there something you don't want to happen?"
           "Is there something you can't do that you want to?"

"Is there something you must do that you don't want to?"
"Is something not working out as you intend?"
"Is there something that is hard for you to confront?"

2.   If there is a problem, find out all about it - summaries the problem in a few words - this is the Problem item that is the Source for later Indicator Tech.

3.   Examine the problem in terms of any missing information, exaggerations, generalizations and assumptions. Ask what are the intention and counter-intention in the problem situation. What problem does solving the problem create? Any responding Expressions - run them on Indicator Tech. When the problem has been fully confronted it should Release. There will always be something realized that was obscured from view before.

4.   If there is still no Release, you need to look for a similar, connected Problem. Does having the present problem help you to resolve or avoid another problem? This may be earlier in time or another current situation, or it may even be an anticipated situation. Because it is similar it is being restimulated by association, i.e. it is connected, and needs to be examined as well, for the Problem to be handled to Release.

        Ask, "Is there a Similar Connected Problem?" and handle as 1.-3. above.

MISSED WITHHOLDS

Misdeed: Something done wrong or something not done that should have been. An act which is harmful (contra-survival) and is usually a person's way of trying to deal with a problem. It is something that you do which you are not willing to have happen to yourself. It is an act of omission (not done) or commission (done) which causes a feeling of guilt or regret.

Withhold: An undisclosed act or information. A secret. Something the person did or is doing that he is definitely not talking about.

Missed Withhold: This is a withhold which another person is nearly finding out about. It leaves one in a state of wondering whether he has found-out or not, or if it may soon be. A Missed Withhold is a primary cause of Upsets, since it is impossible to have a good relationship with someone if you are withholding communication and if you anticipate a falling out with them.

A subject who has a withhold will not be genuinely 'in session' and failing to get the withhold or *all of it* can cause the subject to become upset. Some of the following difficult situations and manifestations can be resolved by looking for and pulling missed withholds: A subject who is not making progress or who is critical, nattery, angry, refusing to communicate, not wanting sessions, exhausted, foggy at session end, with dropped havingness, telling others the procedure is no good, demanding redress of wrongs, lack of gains and generally full of complaints.

This time the procedure is:

1.   If there is no Release at start of session and neither Upset nor Problem response, ask: **"Is a withhold being missed?"**

   Another question you can ask that may be more real for you in determining a missed withhold: "Is there something you or another don't want known?"

2.   Find out what it is, get what was DONE that was missed (nearly found out).

3a.   Then find out: "When was it?"

3b.   "Who is missing it?"

3c.   "What does he/she do to make you think he/she knows?"

3d.   "Who else is missing it?"

3e.   Repeat 3c/d until there are no more.

3f.   "Is that all of the withhold?"

Any responding Expressions - clean with Indicator Tech, the Source being the action that was done that is being missed.

4.   If there is still no Release, you need to look for a similar, connected Missed Withhold. Ask, "Is there a Similar Connected Missed Withhold?" and handle as 1.-3. above.

USING SUPPRESS BUTTONS

Sometimes a Primary question doesn't response yet there IS an out-Primary - there is no Release and no VGIs. This is because the out-Primary has been suppressed, invalidated or unacknowledged. If you have checked the Primary question and it is not Releasing, the next step is to put in the Suppressed? Invalidated? and Unacknowledged? buttons, called the 'Suppress buttons':

"On the question 'Is there an Upset?' is something being suppressed?"

If it responds, you can now find the Upset. Indicate "Something IS being suppressed" and then repeat the question in the form: "What IS the Upset?" since you now know there is one. Note: the original question does not have to be checked for a response again; if it responds on the Suppress button, that's enough. Often a lot of the charge has come off just by asking the right question, and the question may no longer response; but that doesn't mean it doesn't need handling properly - otherwise the charge would just be put back in place.

If no go on this, the next question would be "On the question 'Is there an Upset?' is something being invalidated?" or if no response, "...is something unacknowledged?" If either response you handle as above.

On the admin it would look like this:

<div style="text-align:center">

Upset? x
     Supp? x
     Inval? x
     Unack? sF

</div>

Normally you will run the Primaries at the start of a session if there is not already a Release (except on Level 10, where this would be counter-productive to contacting and running Goals). If a Primary responds, you always take it to Release. When you start the session, you check over Upset? (with Supp? and Inval? and Unack? if needed); if this isn't producing go on to Problem and if necessary, Missed Withhold. You normally only need these three Primaries at start of session in order to get a Release, but there are other Primaries to be discussed later which could be used.

Beware of missing your End Point (EP) on Primaries, sometimes it can be very quick. You are not trying to handle the whole case on Primaries, just set it up for the session, so that one's attention is in the here-and-now. Sometimes, however, one gets a major win just on this action, in which case you would end off for a while and enjoy the win, before going back into session.

RECOGNIZING OUT-PRIMARIES

BYPASSED CHARGE

Bypassed charge is the name used to describe the situation where charge has been restimulated but it has not been recognized or confronted and as a result it is suppressed. It is a common misconception that 'time heals' but in reality the hurt is only suppressed and it's charge is hanging around below the surface of consciousness in present time, affecting one's current behavior and outlook.

Restimulated charge can be bypassed in session or in life, and when it happens, one will tend to feel irritated or upset or frustrated. It becomes a mystery as there is no apparent reason why one feels this way. However, once one spots the exact nature of the charge that was bypassed, the charge blows, the mystery is solved, and one realizes new truths.

UPSETS

You never run anything else when an Upset is being felt. To continue over the top of bypassed charge would only accumulate more bypassed charge, and the case becomes worse. This is why the Upset is the first Primary you check at the beginning of the session. The correct action is to run the Upset as a first action. How do you recognize if there is an Upset? One is upset, sad or gloomy, one snaps and snarls or is critical. In severe cases, one would refuse further sessions. If one isn't bright and happy, there is an Upset. If you continue over this, no good results.

PROBLEMS

If one has a present time Problem, he will be serious and concerned about it, worried or stuck as to how to solve it. Sometimes while running a Problem you may have to employ extra steps in order to free up one's attention, or at least see what one should do to resolve it. Often this will involve other people and it may be necessary to ask "Are there any undelivered communications to anyone about this problem?" Where necessary you may have to end off and deliver those communications before you can be successfully 'in session'.

Occasionally, as one's confront comes up, you will recognize a long-standing problem that had previously been suppressed. Now is the time to handle it in session. Sometimes people are oblivious of their real problems; other people usually observe such problems before the person does himself. Some people are so used to having the same problem in life, they think it is just part of life and don't bring it up in session. And then there is the type who cannot get into session because he has so many worries that hold his attention. The only solution is to run these first.

Another reason for failing to make progress and probably the most crucial of all is the inability to let go of misdeeds and withholds. These are one of the main reasons a person gets upset or gets 'glued' to problems. If one has misdeeds and withholds on another, he Discharges into the trap of having problems and upsets with that same person - the Primaries phenomena are really different angles on the same aberrated experience.

If one fails to make progress or is critical or nattery then some withholds have been missed, i.e. not owned up to. There is no point in being reasonable about "all the bad things they did to me". This is the misdeed-motivator sequence: the justifications are rationalizations for the misdeed. So don't buy the critical thoughts and solutions which make you right; search for the missed-withholds before you become upset and un-sessionable.

We all make mistakes and do things wrongly. We may be selfish or greedy or envious, or we may be doing the best we can but it all goes wrong. But it is from these experiences that we have the opportunity to learn valuable lessons. In fact it is only when we cease justifying our actions and take responsibility for them, that we can obtain this positive learning, and then can we release the charge and it becomes a clear experience.

Many things can occur during the session and it is the student's responsibility to maintain his Primaries during the sessions. No action should be run if there is at the same time an unhandled Upset, Problem or Missed Withhold. Even when there is no direction in the Case Handling about running the Primaries, this is assumed. When out-Primaries show up in session the student should put them back in. If he cannot do this successfully, or if the Range goes high, he should end-off and arRange to do an appropriate correction list or remedial action as follows:

Sad or upset: Upset - Locate what the upset is and handle to Release. If the Upset Primary is not specific enough to locate the charge, go to the Upsets Repair List.

Worried or no Balance Action: Problem - Locate and handle to Release.

Critical: Withhold - Find and clean the withhold to Release.

Antagonistic: Bypassed charge - check the Primaries. Also use the Antagonism Handling if the Primaries do not release the antagonism.

No interest: No interest or Primaries out - check for interest or run Primaries.

Tired: Needs sleep or failed purpose - Rest or handle failed purpose as an Item on Repeater to Release. Also use the Life Stress List.

Dope-off: Needs sleep or bypassed a Release - Rest or check for bypassed release point and spot and indicate it.

Soaring Range: Overrun or protest - Spot the point of release before overrun and indicate it; or handle protest with Indicator Tech to Release.

Primaries won't run: i.e. none of them response or get to the issue that is causing the current restimulation. The problem may be an error or bypassed charge in the last or recent sessions, or in the current Primaries session, in which case check your worksheets to find it. Or the nature of the charge is not duplicated in the Primaries - in which case run the most appropriate Assessment List (see later in this Level - Bypassed Charge Checklist, Upsets Repair List or Life Stress List).

Four Further Primaries:

Indicator Tech is used on all responding answers.

MISDEED
Run the Misdeed Primary using the question

> **"Has a misdeed been done?"**

> Other questions you can ask that may be more real for you in determining a withhold are:

> > "Is there something you did or are still doing wrong?"
> > "Is there something you feel you have to justify?"
> > "Are you not doing something you should do?"
> > "Is there something you're ashamed or embarrassed about?"

Use Suppress buttons as necessary. Handling as for a Problem, i.e. get to the bottom of the issue, with Indicator Tech on all responding considerations.

INVALIDATION
An invalidation occurs when your opinion or belief or achievement is made wrong by another, through direct criticism that you feel is unjust, or perhaps indirectly through lack of acknowledgement. Run the Invalidation Primary using the question:

> **"Is something or someone being invalidated?"**

Use Suppress buttons as necessary. Handling as for a Problem, i.e. get to the bottom of the issue, with Indicator Tech on all responding considerations.

EVALUATION
An evaluation occurs when another presents information to you that causes you to doubt your current opinions or beliefs or understanding and wonder if yourself or the other is right. Run the Evaluation Primary using the question:

> **"Is an evaluation being made?"**

Use Suppress buttons as necessary. Handling as for a Problem, i.e. get to the bottom of the issue, with Indicator Tech on all responding considerations.

ENFORCEMENT
An enforcement occurs when you are forced to be, do or have something, against your will. Run the Enforcement Primary using the question:

> **"Is something being forced on you or another?"**

Use Suppress buttons as necessary. Handling as for a Problem, i.e. get to the bottom of the issue, with Indicator Tech on all responding considerations.

Start of Session Primaries

From now until the end of Level 9, use the Upset, Problem and Missed Withhold Primaries at the start of every session, if you do not already have a Release:

If there is no Release, check for an Upset. If it responds, handle to Release. If no response, check Suppress buttons. If still no response, indicate there is no Upset.

If no Release, check for a Problem. If it responds, handle to Release. If no response, check Suppress buttons. If still no response, indicate there is no Problem.

If no Release, check for a Missed Withhold. If it responds, handle to Release. If no response, check Suppress buttons. If still no response, indicate there is no Missed Withhold.

If no Release, check: 'Has a response been missed?' If this responds, check which Primary and handle to Release. If no response, check: 'Has a Release been bypassed?' If so, indicate that a Release has been bypassed, which should now Release.

If still no Release check the further three Primaries: Misdeed, Invalidation, Evaluation and Enforcement – and handle to Release. These factors should clear up your attention so that you are ready to get into the main session.

There are other case handlings to use if you feel bad at start of session. You can check: "Has there been a procedural error?" and if so, find out what it was in your Worksheets and correct it. The Upsets Repair List and Life Stress Repair List are shortly to be described. A high or low Range can be handled with the 'Range Correction List' (in the Appendices).

So start a session and check for a Release. Use the proper start of session procedure.

If no Release, run the Primaries to Release. Then end the session.

Session Repair

If the session bogs down and your indicators are not good, perhaps with a rising Range, you can check the following to release bypassed charge:

	Is anything being:	**suppressed?**
		asserted?
		invalidated?
		missed?
		protested?
		decided?
		unacknowledged?

Also   **Have you failed to find and clear:**

> **Something you're being careful of?**
> **Something you're not revealing?**
> **Something you're anxious about?**

Also   **Have you bypassed a release point?**

In general, go back to where you were last doing well, work through your notes and spot the point things started to go wrong, and correct from there.

Antagonism Handling

When running Primaries, you may develop an antagonism, due to a disagreement or upset. Or after the handling you may be left with an unpleasant feeling. This feeling will cloud your judgment and may do so for some time afterwards if not handled.

The Antagonism procedure starts by identifying the subject or the person that you have antagonistic feelings towards. Then the following specific questions are asked.

Each one is asked until it no longer responds, or there is a release (GIs, Release, EP - no longer antagonistic). Use Indicator Tech on all responding answers (the Source for Indication being 'the subject or the person that you have antagonistic feelings towards').

Regarding ...., is your antagonism caused by:

> **Something you are forced into?**
> **Something forced upon you?**
> **Something you're not achieving?**
> **Something you're finding out?**
> **Something you feel is missing?**
> **Something someone supposes?**
> **Something someone isn't grasping?**
> **Something you want to keep secret?**
> **Reminding you of something else?**

Note: If the antagonism doesn't resolve by the end of these questions, then the final question will reveal a similar connected situation; in which case the procedure is repeated from the start. This procedure may expose a new issue that needs a separate Primary handling of its own.

QUESTIONS & ANSWERS - ABOUT PRIMARIES

Q: For me it's clear that I can duplicate someone, I know why he is doing some actions, I understand him. But I can disagree in the same time. Can you define what is a break in reality?

A: By 'Reality' is meant what is, an existing condition or a description of it, grasping the existence of something. Fully duplicating a reality is to realize its truth. No charge then exists. A breakdown of reality is a breakdown in duplication.

Communication, Understanding and Empathy are essential for the duplication of a reality, so these functions interact. CUE is a high-level concept that encompasses pan-determinism, so that you can dislike or disagree but still have high C, U and E. CUE and R are appropriate entrance points for pinpointing the charge of an Upset, which is often a breakdown of personal relationships but may also be about one's relationship with a situation or subject or group of people. CURE is used in the assessment as it's an easily-remembered acronym. Note that Understanding is not the same as Duplication; Duplication requires Communication and Empathy too.

The concept of Reality encompasses disagreement, but the Indicator Tech should raise that to a higher level, more pan-determined viewpoint, where an alternative viewpoint is acceptable. One can share a reality with another, without the necessity for agreement.

Similarly a personal dislike is encompassed by the breakdown of Empathy, but the Indicator Tech should help to raise the dualistic like/dislike relationship to the more pan-determined relationship of Empathy. The spiritual viewpoint of unconditional love does not depend on liking or agreeing with the other's reality.

Q: I do not clearly see how to mix Indicator Tech with CURE and CDEILPRF assessments, nor how Indicator Tech would show if the assessed button was correct or not. Could you give a full example of the Upset Primary handling including Indicator Tech?

A: Here is an example of the Upsets Handling...

1. If there is no Release at start of session, ask "Is there an Upset?" (Gives Discharge)

2. Get a full description of the Upset and clearly summaries this in a few words. This is the Upset item and is the Source for later Indicator Tech. In this example:

  "I'm angry with Nicole because she never cleans the kitchen floor."

3. Find out what the exact nature of the Upset is by assessing:
"Is (Upset) a break in -
  Communication? (x)
  Understanding? (F)
  Reality? (x)
  Empathy?" (x)

Note which one gives the major response. (Understanding - Discharge)

4. Then check: "Is it a break in Understanding?"

This may produce a responding Expression, which is run through Indicator Tech:

"Yes, because she should understand it is a woman's job to do house work!" Discharge (=Expression) - *Ind Tech: True* - F (more to it)
"I have more important things to do" F - *False Suppr* - LF (different angle)
"She does too I suppose, hmmm." - F - *True Inval* - F (more to it)
"I've been invalidating her by considering her time less important than mine." - F - *no response on Ind buttons* - <u>Indicate Truth</u> – Release
MEX xxx (no response, nor with suppress buttons)
REX F
"This misunderstanding has been going on ever since we got married. Damn!" - F - True - F
"I realize I get this from my father who used to treat mother just the same." - F - *no response on Ind buttons* - <u>Indicate Truth</u> - Release

Return to Primary - assessment of breakdown in Understanding is correct.

On the other hand, if your answer to "Is it a break in Understanding?" is "No", or if it is apparent from the Indicator Tech that it is not correct, then re-assess CURE and handle.

5. Then <u>Indicate:</u> On "I'm angry with Nicole because she never cleans the kitchen floor" I'd like to indicate it IS a break in Understanding.

If you get the correct item, you should brighten up, even if it is only very slightly. What we are doing is finding out by assessment the exact nature of the charge that has been bypassed and suppressed, and then Indicating it. Sometimes, on this correct Indication alone you will get a BD and a Release.

In this case, doing the Indicator Tech has clarified the situation enough already to blow the charge on the Upset without needing further assessment or going to another (similar connected) incident.

6. If there is no Release, realization and GIs at this point, taking the Upset factor found in 4. above, in this case Understanding, you would then assess:
On "I'm angry with Nicole because she never cleans the kitchen floor"
"Is this CURIOSITY about a (Understanding)?" x
A DESIRED (Understanding) F
An ENFORCED (Understanding)? x
An INHIBITED (Understanding)? x
A LACK of (Understanding)? x
A PROTESTED (Understanding)? sF
A REFUSED (Understanding)? x
A FALSE (Understanding)? x

7. Check the assessed button is right, e.g. "Was this a Desired Understanding?" Get the

Expression and clean with Indicator Tech. Then, if the Indicator Tech validates the assessment, Indicate that the upset IS a Desired Understanding, which should produce a Release. Or re-assess if the Indicator Tech demonstrated the assessed button is incorrect.

8. If there is still no Release you need to look for a similar, connected Upset. This may be earlier in time or another current situation, or it may even be an anticipated situation. Because it is similar it is being restimulated by association, i.e. it is connected, and needs to be examined as well, for the Upset to be handled to Release.

So you ask, "Is there a Similar Connected Upset?" and handle as 1.- 7. above.

Q: I was not sure if/when to use MEX and REX when the Indicator Tech is used as part of the Primaries, or when to go back to further assessment (Curious about, etc.).

A: Finish the cycle of Indicator Tech with MEX/REX (if they response) before going back to the Primary. If the Upset is handled (realization/VGIs/Release) then that's done, if not you need to further assess the exact nature of the charge on C, U, R or E.

Q: If I get a Release at any point in the Indicator Tech, is this the EP of the Primary handling also?

A: No, a Release on Indicator Tech is not the EP of the Primary too. The realization may mean that the Upset is handled but it may not.

Q: I checked "Upset?" and got a response. I found an upset, indeed, and I assessed CURE and got a Discharge on "Understanding." That seemed OK, so I indicated it. After I assessed CDEINRP and got no response. I just had a rather sticky LED indicator. No more response, no matter what I was thinking about. What do you do when CURE or CDEI... do not response?

A: You can check with suppress buttons. If the handling still dies on you, check that you haven't bypassed a Release or are overrun. Maybe the upset was released after the first Indication of Understanding. Sometimes one spots the charge very quickly and it's done. If there's still an upset, though, and the Primary assessments don't work for you (maybe Understanding was a False Response), try the Upsets Repair List [later in this Level].

Q: I have a question on the missed withhold (MWH): Is the withhold necessarily a misdeed? I wonder, because there are things I do not say in order not to cause an upset, not because I've done anything wrong.

A: A missed withhold is conventionally something you've done or not done that you don't want to be known by someone, but you fear it might soon become known. In other words it's being 'missed' by that person. But something that might upset him, and being afraid he'll find that out, even though it's not something that's a misdeed, is indeed another angle on this, and it should be handled in the same way.

Q: More on missed withholds. I am a bit puzzled with these questions being phrased in the present tense: "Who is missing it?" "What does he/she do to make you think he/she knows?" "Who else is missing it?" If I am currently in session, how can someone do something right now that makes me wonder if he knows or not?

A: Well, it's true that they're not being missed by someone right now in session, unless it's from yourself, but it may be something you're worried about happening after the session, or that nearly happened just before and you're worried about it happening again, or there may be someone who could find out something right now even though you're not there. The thing is you're worried now.

There is a present time approach in Insight, because it's in the here-and-now you find yourself with whatever is currently restimulated and being dramatized. There's an infinity of past case but a limited, handleable amount of present time case. It's what you're holding on to right now that keeps all the old experiences attached to you, like holding the tail of a tiger. And the missed withhold is affecting your sessionability right now. The Primary is a handling to get you into session or back into session. However, if you need to go earlier to blow the charge, there is Similar Connected for that.

FIVE-FLOW PRIMARIES

One of the main remedies you can use, if you have fixated attention on a person or persons you are associated with, is to run all the Primaries on all five communication flows on this person or persons (the 'item' in the questions below). These five flows are: another to you; you to another; another to others; others to another; you to yourself. Quite often it has been found that out-Primaries just melt away when you spot what YOU did to get yourself into this mess. The true solution - the solution that blows the charge - is always to assume responsibility, to be cause. The following questions cover the full six Primaries (though Missed Withhold is handled as simply Withhold) and two further important buttons relating to Suppression of one person by another. The 'item' is a person or persons with whom there are bad feelings.

Assess the following buttons. Call out the list and note down the response (x, sF, F, LF, BD) for each. You are looking for the major (biggest) response.

On (item), is there a   **Upset?**   **(1)**
                               Problem?   **(2)**
                               Withhold?   **(3)**
                               Misdeed?   **(4)**
                               Invalidation?   **(5)**
                               Evaluation?   **(6)**
                               Can't Have?   **(7)**
                               Enforcement?   **(8)**

Run the major responding button on the Five Flow Primaries questions (1-8, on the next page). Just run the flows that response, using the appropriate Primary Handling.

For example, if Upset (1) is the major-responding button and 'John' is the item, and the flow 'Is John upset with you?' responds, then note down what the Upset is and handle with the normal Primary procedure. Then check the other responding flows on (1) Upset and handle, until there is no more upset (VGIs, Release). Then re-assess the above list of buttons (1-8) and continue until you feel fine about the item in question.

Case Handling

Five Flow Primaries:
Make a list of people (or groups of people) in relation to whom you are not happy. Assess this list to find the major responding item. Then insert that item in the Five Flow Primaries Handling described about. Don't forget to use Indicator Tech on all responding Expressions and to run Similar Connected situations if necessary to reach a Release on a responding out-Primary.

When you have reached an End Point on that item, go back to the list and re-assess for the next item to run. You can add people to your list if they occur to you. Continue until your list of people no longer responds.

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

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

(3) Withhold   'Is (item) withholding anything from you?'
                      'Am I withholding anything from (item)?'
                      'Is (item) withholding anything from others?'
                      'Are others withholding anything from (item)?'
                      'Are you withholding anything from yourself because of (item)?'

(4) Misdeed   'Is (item) doing anything harmful to you?'
                      'Are you doing anything harmful to (item)?'
                      'Is (item) doing anything harmful to others?'
                      'Are others doing anything harmful to (item)?'
                      'Are you doing anything harmful to yourself because of (item)?'

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

(6) Evaluation   'Is (item) evaluating for you?'
                      'Are you evaluating for (item)?'

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

(7) Can't have   'Is (item) holding something back from you?'
'Are you holding something back from (item)?'
'Is (item) holding something back from others?'
'Are others holding something back from (item)?'
'Are you holding something back from yourself
        because of (item)?'

(8) Enforcement   'Is (item) forcing something onto you?'
'Are you forcing something onto (item)?'
'Is (item) forcing something onto others?'
'Are others forcing something onto (item)?'
'Are you forcing something onto yourself because of (item)?'

ASSESSING LISTS

One of the most important activities a Meta-Programmer needs to be expert in is assessing prepared lists (such as your list of people in the previous Case Handling), and on this Level, Repair Lists. There is a wide Range of Repair Lists (further ones are included in the Appendices); each one is used for a different purpose or in a particular situation. No matter what non-optimum state the practitioner is in or what action he is stuck on, he can be dug-out by the use of such lists. The gains which Meta-Programmers have by doing these Repair Lists can frequently be described as miraculous. This section shows you exactly how to get the best out of assessment.

Firstly, the Meta-Programmer has to master the appropriate style of communication for Assessment. To make a list (such as a Repair List or list of items) response properly, one has to ask the question or speak the item in a way which impinges on the mind and restimulates reactive content. There are many wrong ways to go about it; some may think you have to shout the questions or use force in some way; some practitioners just speak robotically without interest, or end up asking the questions in some unnatural way. The easiest and best way is to ask all the questions in the same way you would ask a question to a friend, such as "Do you like Mozart?" or "Would you lend me your car?" The point is that you ask the question as if you really want to know; hence your communication must have intention that reaches into the reactive mind - you are genuinely participating and want to know.

The other main point is knowing which words to accentuate. Some people start off the sentence loud and clear, but mumble the last few words or let the sentence Discharge off. No way will this response on the InnerTrac, and so it is important to maintain the same volume to the end. In fact, there is no harm in accentuating the last word a little. Try this with the above two questions. Usually it is best to drop the tone of the voice very slightly whilst accentuating the last word with a raised tone, like you naturally would with a question. Again, try this with the above questions to get the idea, and end off when you get the right level that you feel is natural and comfortable. This also applies even when assessing single word questions or 'buttons', as with Indicator Tech.

Believe your InnerTrac when assessing. You don't normally take up answers to non-responding questions. Occasionally, it IS possible that a question doesn't have an instant response but you *know* there is a charged answer and it then responses on what you say and this can be taken up; but proceed with caution, because it is reactive material that you want, not analytical, intellectual or chit-chat answers.

Steps in assessing a list of questions:

1.   Introduce the procedure that will be followed, such as: "I am going to run the Life Stress Repair List to handle a current feeling of stress. I'll assess it and handle each item that causes a response."

2.   Position the assessment list conveniently close to the InnerTrac, response each

question in turn and deliver it in such a fashion that it sounds natural, clear and impinges, i.e. without force or strain and not losing impact by the time you get to the last syllable. Try to speak each question one after the other with no hesitation and equal time spacing. This inspires confidence.

3.   When a question doesn't response, ignore it - don't try to think of an answer or response. But when you do get a Discharge or larger response, immediately note the question number down along with the response and expect an answer. Just let it come out, with no censorship of what 'seems sensible' or 'thinking about it'. Repeat the question and/or steer as needed to get an answer. Record the answer and any important responses or BDs.

4.   Get the material that comes out in response to the question ('pull the response') until you feel satisfied that the charge has been viewed in full. If necessary ask: "Is there more to it?" or clarify your response. Use Indicator Tech on all responding Expressions.

5.   If there is no Release, ask: "Is there a similar connected incident/situation?" Use Suppress buttons if the Similar Connected question won't response. Continue to the EP, i.e. the realization and the Release. Indicate the Release.

6.   Continue assessing and handling until you have an EP for the list.

When assessing a list of buttons or items you are usually looking for the button or item on the list which has the biggest response, so that you then handle just this particular one - the 'major responding' one - first with a particular Case Handling. This is done on the Five Flow Primary Handling, for example.

However, when you are assessing a list of questions, you handle the first question that gives a Discharge; then you continue assessing the list from that point, handling each responding question, until you reach an EP for the list (realization, GIs, Release).

BYPASSED CHARGE CHECKLIST

The Bypassed Charge Checklist (on the next page) is a tool which serves to uncover suppressed bypassed charge that exists on an item - a person, situation or period of life experience - to bring clarity and resolve confusion. The Checklist consists of 22 buttons, e.g. 'suppressed', 'evaluated' and so on, which describe the way in which the charge has been and is continuing to be bypassed. These buttons are used in relation to a charged (responding) Item. The Checklist offers 22 'angles' to get at a known charge and blow it. The responding Item serves as the 'prefix' to each question, e.g. "On (Item), is something being (button)?"

When running the Bypassed Charge Checklist, you ask the first question; if it doesn't response, ask for an example concerning the question. Invent one if necessary, to demonstrate your understanding. This makes the button more real. It may well response now; if not you leave it and check the next button.

If the question does response, only now do you answer - you come up with an Expression, and if it responds you clean it with Indicator Tech. Then you go back to repeat the identical question until it no longer responds and you've run out of answers, i.e. it has gone flat, or there is a Release. You then take up the next button on the Bypassed Charge Checklist and proceed in the same way - if it responds you answer it, clean all responding Expressions with Indicator Tech and keep on asking it until it goes flat or there is a Release.

After a while, going down the list, you will come up with a realization - something that opens up the subject of the Item as a whole and makes it confrontable and open to inspection. There will be a wide Release and GIs. You use as many buttons as needed to get to this EP, which may mean repeating the list from the top.

When repeating questions, they may be phrased differently, e.g. "On (Item), is something being mistaken?" may be re-phrased: "On (Item), is a mistake being made?"

Note that, as with all Case Handlings in Meta-Programming, we are looking at current life. For example, there may have been a huge number of mistakes made in the past but we are interested in the mistakes being made in the present time. By discharging and confronting the finite present time contents of the reactive mind, the infinity of past charged content has nothing to hang on to and Discharges away. To put this another way, the incomplete cycles of the past hang in a no-time, therefore they are accessible in the present, and when the confusion is removed, the charge Discharges away.

Bypassed Charge Checklist

On (Item) is something being SUPPRESSED?

On (Item) is something being EVALUATED?

On (Item) is something being INVALIDATED?

On (Item) is there something you are CAREFUL OF?

On (Item) is something NOT being REVEALED?

On (Item) is something being MADE NOTHING OF?

On (Item) is something being SUGGESTED?

On (Item) is something being MISTAKEN?

On (Item) is something being PROTESTED?

On (Item) is there something you are ANXIOUS ABOUT?

On (Item) is something being DECIDED?

On (Item) is something being WITHDRAWN FROM?

On (Item) is something being REACHED FOR?

On (Item) is something being IGNORED?

On (Item) is something being STATED?

On (Item) is something being HELPED?

On (Item) is something being ALTERED?

On (Item) is something being REVEALED?

On (Item) is something being ASSERTED?

On (Item) is something being AGREED WITH?

On (Item) is something being FALSIFIED?

On (Item) is there something UNKNOWN?

<u>Case Handling</u>
Assess down the following **Life Stress List** and when a question responds, handle it. Get as much detail and specifics as possible - who, what, why, where, when, how. To pull off the charge it is necessary to see the reality of the situation very clearly. Ask:
      "Tell me more about that?"
      "Exactly how (e.g. is your reality being rejected?)?"
      "When did you first start to feel (e.g. that your reality is being rejected)?"
      "What was your attitude (to that) at the time?"
      "Where were you at that time?"
      "Tell me exactly how you felt about that at the time?"
      "What decisions did you make as a result of that experience?"
      "How does that (upset or incident) seem to you now?"

When you recognize an out-Primary, handle it as such. Use Indicator Tech on all responding Expressions.

In addition, use the Bypassed Charge Checklist on the aspect of the answer (the Item) that is most charged (giving a F, LF or BD). Use Indicator Tech on all responding Expressions. If it still responds, the Item should then be run on Repeater with Indicator Tech to Release.

Then go back and re-check the question. To complete your handling of the question, if necessary find a Similar Connected experience or situation, to reach a Release on that question.

Continue assessing down the list until you reach an End Point of realization, GIs and Release on the subject of Stress in your life.

If bad feelings remain regarding a particular person or group of people, run the Antagonism Handling and the Five Flow Primaries Handling.

LIFE STRESS REPAIR LIST

1. Is something upsetting you?

2. Is something concerning you?

3. Is someone nearly finding out something?

4. Are you not communicating something?

5. Are you doing something you are worried about?

6. Are you being invalidated?

7. Is someone evaluating something incorrectly?

8. Are you experiencing a loss?

9. Are you experiencing a failure?

10. Is something going on too long?

11. Is there something you can't stop thinking about?

12. Is there something you find difficult to express?

13. Is there a failure in communication?

14. Are you being unjustly criticized?

15. Is there something or someone that annoys you?

16. Is there something or someone you are trying to avoid?

17. Are you being ignored?

18. Are you not being properly acknowledged?

19. Are you having trouble getting someone to listen to you?

20. Are you having difficulty getting your ideas understood?

21. Is your affection being rejected?

22. Is there a disagreement?

23. Are you being made less of?

24. Does something seem confusing?

25. Are you resisting something?

26. Is something or someone hard to understand?

27. Are there too many obstacles?

28. Is something or someone out of control?

29. Are you having trouble controlling yourself?

30. Is there a problem which doesn't seem solvable?

31. Are others worried about you?

32. Are you worried about others?

33. Is a goal being frustrated?

34. Can you not get agreement on something?

35. Is there someone in your life who constantly gives you problems?

36. Is there a past traumatic incident which is on your mind?

37. Is there something you can't get your mind off?

38. Is there something you feel guilty about?

39. Are you suppressing your true feelings about something?

40. Are you avoiding a situation which needs attention?

41. Are you afraid someone might find out about something you've done?

42. Is there a lack of trust?

43. Is there something you regret having done?

44. Is someone continually telling you what to do or think?

45. Is someone overly dependent?

46. Do you feel you have let yourself down in some way?

47. Are there any opinions you dare not express?

48. Is there something you try not to think about?

49. Are there opinions you find difficult to keep to yourself?

50. Is something else stressful, that you are aware of?

Case Handling

Assess down the following **Upsets Repair List** and when a question responds, handle it. Get as much detail and specifics as possible - who, what, why, where, when, how. To pull off the charge it is necessary to see the reality of the situation very clearly.

Ask: "Tell me more about that?"
"Exactly how (e.g. is your reality being rejected?)?"
"When did you first start to feel (e.g. that your reality is being rejected)?"
"What was your attitude (to that) at the time?"
"Where were you at that time?"
"Tell me exactly how you felt about that at the time?"
"What decisions did you make as a result of that experience?"
"How does that (upset or incident) seem to you now?"

When you recognize an out-Primary, handle it as such. Use Indicator Tech on all responding Expressions.

In addition, use the Bypassed Charge Checklist on the aspect of the answer (the Item) that is most charged (giving a F, LF or BD). Use Indicator Tech on all responding Expressions. If it still responds, the Item should then be run on Repeater with Indicator Tech to Release.

Then go back and re-check the question. To complete your handling of the question, if necessary find a Similar Connected experience or situation, to reach a Release on that question.

Continue assessing down the list until you reach an End Point of realization, GIs and Release on the subject of Upsets in your life.

If bad feelings remain regarding a particular person or group of people, run the Antagonism Handling and the Five Flow Primaries Handling.

If a painful emotion stays with you, apply Appendix 5: Releasing Painful Emotions.

Repair

If the session bogs down and indicators are not good, perhaps with a rising Range, you can check the following to release bypassed charge:

"In this session, has anything been   suppressed?"
                                        asserted?
                                        invalidated?
                                        missed?
                                        protested?
                                        decided?
                                        unacknowledged?

also   "Have I failed to find and clear   something I've been careful of?"
                                            something I did not reveal?
                                            something I've been anxious about?

UPSETS REPAIR LIST

1. Is anything being protested?

2. Are you withholding a protest?

3. Is something going badly wrong?

4. Is your affection being rejected?

5. Are your feelings being rejected?

6. Is your opinion being rejected?

7. Is your communication not being accepted?

8. Is your communication being cut short?

9. Is your communication being ignored?

10. Is an earlier rejection being restimulated?

11. Is an earlier upset being restimulated?

12. Is a feeling of upset being suppressed?

13. Is a feeling being ignored?

14. Is an earlier disappointment being restimulated?

15. Is an earlier communication breakdown being restimulated?

16. Is there something you don't understand?

17. Is there a misunderstanding?

18. Is an earlier misunderstanding being restimulated?

19. Is someone being misunderstood?

20. Is a reality being enforced?

21. Is there a disagreement?

22. Is something being made less of?

23. Is something being invalidated?

24. Is there a criticism?

25. Is someone being treated as unimportant?

26. Is something being regarded as unimportant?

27. Are you upset about something that you did?

28. Is someone nearly finding out something about you?

29. Are you doing something that is resulting in an upset?

30. Is there an injustice?

31. Is there a false accusation?

32. Is the truth about something not being accepted?

33. Is someone jumping to a wrong conclusion?

34. Is something being taken the wrong way?

35. Is there some false information?

36. Is there something that you find confusing?

37. Is something different than you expected it to be?

38. Is there a problem that does not go away?

39. Is the wrong reason for an upset being given?

40. Is your attention being fixed on something?

41. Is an agreement not being kept?

42. Is a goal being disappointed?

43. Is your help being rejected?

44. Is a decision being made?

45. Is something being asserted?

46. Is an observation being invalidated?

47. Is a traumatic experience being restimulated?

48. Is a belief being invalidated?

49. Is a willingness not being acknowledged?

50. Is something being rushed?

51. Is something going on too long?

52. Is someone evaluating for you?

53. Is an action unnecessary?

54. Are you being forced into something?

55. Is something being forced upon you?

56. Is something being done without your agreement?

57. Is something being found out?

58. Is there something you feel is missing?

59. Is something being taken for granted?

60. Is there something someone isn't grasping?

61. Is there something you want to keep secret?

62. Is someone trying to make you feel wrong?

63. Is someone failing to help you?

64. Are you failing to help someone?

65. Is something being left incomplete?

66. Does some action seem wrong to you?

67. Are you deciding to be upset about something?

68. Are you not accepting responsibility for something?

69. Is someone else not accepting responsibility for something?

70. Does something make you feel embarrassed?

71. Does something make you feel unsafe?

72. Does something make you feel intimidated?

73. Is a statement too generalized?

74. Is a criticism nearly right?

75. Is someone trying to make you feel wrong?

76. Is someone trying to provoke you?

77. Is something happening too slowly?

78. Is something being forced on you that you don't really want?

79. Is a grievance not being acknowledged?

80. Is there a loss of status?

81. Is a win being belittled?

82. Is a win not being acknowledged?

83. are you silently protesting to yourself?

84. Have you been asking yourself the same question for a long time?

85. Have you being looking for an answer for a long time?

86. Are you not being asked the right question?

87. Is the real upset being missed?

88. Is there no upset in the first place?

MORE QUESTIONS & ANSWERS

Q: Sometimes the things I find out from my Insight sessions are a bit hard to swallow.

A: Insight is a process of increasing awareness, responsibility and confront. Confront is an acceptance of what is, that you are newly aware of, and taking responsibility for that may be hard to swallow - but "the way out is the way through". You can do that much more easily if all the charge is taken off, and if there is still sadness and grief then that reflects charge that remains - the Upsets Repair List should help.

Q: What do you do, if you are in the middle of Indicator Tech, working through Expressions, and you feel upset at some point?

A: Best to continue Indicator Tech, as when you get to the truth of the matter, the charge causing the grief or sadness will probably blow. But if it has other connections, and so you are still left with an upset, then handle it with the Primary or the Upsets Repair List.

Q: I have a current problem that I want to handle but the Problem Primary does not response.

A: Don't let the meter invalidate you - if you know there is a problem then there IS, you just need to identify the nature of the charge more accurately, as really all case is problems of one kind or another (i.e. you're not seeing clearly enough to erase the charge and corresponding confusion because of some false or fixed or assumed idea). Later on you will have other options but at this point the RangeC Checklist is your best approach to clarifying the situation, and the Indicator Tech will help you erase the charge and get to the truth of the matter.

Q: What should I do? I would like to have a program that I can follow. Should I follow the sections exactly as given in Part I, and skip when I have no response on one section, and simply go to the next, until something responds?

A: The material in a Case Handling or even a whole Level needs to be of interest/ concern for you, relevant to your case as it is now, and therefore producing good responses - otherwise continue on (or back if necessary). You can always return to a case handling later, as there are assessments at the end of later levels for detecting when an earlier Level becomes relevant.

Q: If the charge is on something else, and this prevents me from putting in Primaries, what should I do? How can I find this charged area? Bypass Charge Checklist needs first that I locate a charged (responding) subject.

A: You can use the RangeC list this way:
"Recently, has anything been.... (buttons on the list assessed)?"

If anything is on your mind that makes the type of case handling you are about to do

seem irrelevant, the Primaries and the Bypassed Charge Checklist are your weapons, and then you can use further, more specific handlings when the issues have been identified.

If you have several issues that you know are bugging you, make a list of them and see which one responds biggest (this is called a Session Assessment) and deal with that first. It is best to make a Session Assessment of the options whenever you are not sure what to do next. Also include issues from recent sessions that may still have bypassed charge and at the end of the list add 'Something Else?' in case the thing to go for is not yet on the list. If Something Else responds it will bring that issue to mind.

Q: I felt emotion of anger, antagonism. when I was stuck on the Upset Primary, and could not find any S/C incident. Can I switch to the antagonism handling, even if the upset is not to Release?

A: Yes, you can switch to the Antagonism Handling. Also simply expressing the anger and Indicator Tech on that. Then check if the Upset is cleared.

Sometimes, although there is a problem or upset, that isn't the right handling because it needs to be more specific, such as the Five Flow set of questions, or the long Upsets List, to duplicate the charge, and Upset or Problem is too generalized.

Q: When doing the 5 Flows Primaries, how do you apply the "normal Primary procedure" to the other flows? For example: "Does Tom have an upset with you?". Are you supposed to assess CURE/CDEI...?

A: Yes, run that flow with the Upset Primary procedure.

Q: In this example: "Is Tom withholding anything from you?" If the answer is yes, how can I know what it is? And how can I know who missed it and how? I don't see clearly what charge is targeted on the other flows than F1.

A: It's not a Missed Withhold, just a Withhold Primary. If it's charged, then you must think Tom is withholding something - you have some charge on this flow that needs to come out.

Charge on the other flows is what you suspect another person is thinking or knows, or how you think he is relating to you from his point of view. It may be irrational to put thoughts into another person's mind, but this is nevertheless a very common thing to do and often very charged. It's charge connected with irrationalities like 'people-pleasing', and 'projection' of one's self-opinion onto others, or identification with another due to sympathy or misdeeds against them, or because they are considered a dominant authority, and many other such case reasons.

Q: Are the Life Stress List and Upset Repair List actions to be done when you study that level, even if you don't feel stressed or upset at that moment? Or tools to use only if/ when needed?

A: Initially they are done when studying this Level to get used to the tools, and then used again later when they become necessary for handling a current case issue. Most people will have charge in these areas, but if they don't response or don't feel particularly relevant, they can be left to a later time when they become more appropriate.

Q: In both of these handlings, one has to use the RangeC Checklist on the most responding part of the answers, the item. Please give an example of what is meant by an item?

A: On the Life Stress List question "Is something concerning you?", if the answer is that I don't have enough time to watch TV because of too much time at work, and then it comes out (more to it?) that my partner is upset with my priorities, and this responds LF, then the item to look at with the RangeC Checklist is "My partner is upset with my priorities".

Q: When shouldn't a session be done?

A: There are certain things that may indicate that it is not the right time to run a session. It is useful to be aware of these as carrying on through without addressing them first may lead to little or no gain from the session. What are these things?

1. An immediately pressing external situation that can be resolved quickly at the present time (e.g. an essential phone call). The session could go on, but it's likely that ones attention will keep going back to the distraction.

2. An immediate physical need (thirst, hunger, sleep, etc.) You don't want to be hungry, tired or cold. Without satisfying these first, progress may be slow due to a lack of free attention.

3. Inhibition through drugs, medications or alcohol. These can waver one's attention, distort what is being viewed and reduce the depth of access of material. My own experience on this is that you can still run a session if you are not heavily under the effect of something, but progress maybe slower.

4. If you are worn down emotionally or physically. If this is stress related it may be the focus of the session. However, there are times where you can be just too worn out so that it's better to relax, take it easy and recharge your solar cells before continuing. Get metabolism up by good nutrition and exercise, and externalize your viewpoint (quick walk round the block) if you feel too much 'in your head'.

5. You've got to have sufficient 'metabolism' or mental energy to run a session. There are general pre-requisites to running sessions. These are adequate basic nutrition to build up mental and physical energies; adequate rest so you're bright and alert; and daily physical exercise to improve circulation, raise metabolism and to help release stress at the same time.

6. Also from my own experience sessions generally run better in the morning than at

night, as in the morning your mind is refreshed and case is more accessible. Also you have the intuitional and previously suppressed emotional content of dreams not far below the surface, which can introduce some useful material.

Q: Should you do a session even when you don't feel like it?

A: If case is in restimulation, in clear view, that is also a great time to go into session and sort it out. That's not easy if you're depressed or tired, in which case it's best to get some entertainment, relax and then take a walk and externalize your viewpoint. But it is easier if you are angry, tearful or confused, which are more energized states.

Upsets, present-time problems, etc. need to be sorted out with the Primaries to get you feeling OK, with your attention on the session ahead.

Clearly you need to be motivated to do a session, but that doesn't mean you need to feel good. The motivation when you're not 'feeling up to it', is previous experiences of having gone in to session, applying the techniques and gaining relief and inspiration as a result. Specific troublesome case is in full view and so although not at first pleasant to have to deal with, it is giving you an opportunity to directly face up to the issues underlying negative feelings, that might be less accessible when you're feeling great.

Bypassed charge is usually the factor that causes an upset about continuing with your sessions. Review your session notes and find the procedure in recent sessions that was not completed satisfactorily. Perhaps you made an error, or accepted a wrong item, or maybe you bypassed a release point or Release and overran the procedure.

Q: At other times, things come out well and the mind just talks to me. Like reeling in a fish on a line and I get a nice win when I catch the fish. Is there a right action to always ensure a good session?

A: To ensure a good session, always be on the look out for bypassed charge (where charge was not fully expressed and the whole truth found) and for bypassed releases (where you got an insight but carried dutifully on without acknowledging it). The whole picture of the available Part I tools (such as the various case handlings, lists and Session Assessment techniques) only Discharges into place as you go through the Levels, and is fully in place on Level 10, the major action of Part I. But since you may need some of these tools earlier, it's worth responding ahead in the course and familiarizing yourself with what's available. And to ask me <shepherd@trans4mind.com> if case has emerged that the techniques of the Levels you have done to date cannot handle.

Q: The feeling of bogging down in session relates to consciousness. When you are less conscious you are drifting next to or in the memories and feelings more. If you are in a high conscious state you see everything from above and have more control over what is inspected.

A: Unknitting the ball of wool is what Part I is all about. You need to get in there and sort stuff out and when you have done, it becomes increasingly easier to stay at the higher level of consciousness. The way out is the way through, which gives permanent

results rather than a temporary high followed by a worse downer. If you always look to your knowingness (true feelings and intuition) rather than your knowing about (that may contain lots of imprinted rationalizations and justifications, etc), you won't go far wrong.

But to get access to your intuitive knowingness you don't just 'view from above' - you first have to confront and fully experience your feelings, so the charge emerges; along with that come the negations and alterations, the thoughts that empower those feelings; and when they are sorted out by Indicator Tech, then the Truth becomes apparent.

Q: I have been doing some sessions using the Considerations list, the first practical application of Indicator Tech. So far I have done just the first few ones, mostly one consideration item per session. But in all of these sessions, whatever the starting item, they all wind up addressing the same issue, which seems to be one of the main issues of my case. The fact that there is a different starting item every time, just serves the purpose of observing this issue from different points of view and its different aspects how the issue manifests in all the different aspects of my life. Some aspects of it seem to be solved with every session, or better understood, but the whole big issue is still there and I keep going around it, with a rising LED indicator. Am I on the right path?

A: It's good that you've identified a major issue already, and that you've been able to get some different views of it, but the reason there's a rising LED indicator is that this issue is not being addressed directly, i.e. the consideration questions are not directly enough to the point. A Case Handling aimed directly at the issue would be more effective, such as the Bypassed Charge Checklist, a Life Stress List or Upsets Repair List, with the questions asked about this issue in particular.

How your case unfolds in general doesn't necessarily follow the order techniques are given in the Levels of the course; it's more important to handle the major-responding item on your case in present time, as anything else is bypassing that charge and will be resisted/protested. Of course, I'll help with that.

Q: I am still not sure when the LED indicator is rising, is it because of something like a bypassed charge or it is just the LED indicator slowly going back to the previous Range after a Discharge. Should I ignore the Increase? Or, should I wait until the LED indicator gets back to balance before starting to check the Indicator buttons?

A: If it's bypassed charge it will keep rising and you'll feel protesty about continuing. If it's just normal Increases and Discharges, you'll still feel OK and so you keep going.

Q: I need to use the Range Correction List given in the Appendices, but I'm a little confused as how I should use some parts of it, since I'm only at Level I and they mention some techniques taught in further Levels.

A: Yes, that is a problem that can occur. If you tell me the items that response, I can 'talk you through' the necessary handlings. That way you learn some useful stuff in

advance too. A high Range normally means there is an item in restimulation and you need to find that particular item, nothing else will move the Range. You could do a session assessment - the best thing to do when you don't know quite where to go next - which is a list of issues and items that you have your attention on right now, though some may be long-standing, and then assess this list to see what the biggest-responding item is, and go from there. Put 'something else?' at the end of the list in case you haven't included the item on the list. If this responds it may jog your mind as to what it is.

The Range correction list is to help find some major item that is sticking you; it shouldn't be run beyond the point where you are unstuck, as there's everything in that list and those issues would be better approached with the case handlings in the different Levels.

I wouldn't worry too much about a Range higher than normal - the main thing is to get into charged areas that you know are relevant to your life and then there should be Balance Action and the Range will go down as the issue resolves and back up when you get to the next thing, which is what you want to happen.

Q: I would like to understand where the part of me which is running the procedures on Meta-Programming stands in relation with the spiritual being and the part of me which suppresses things down (or is it the being itself?). I guess I'm just confused by the fact that we have an all knowing Being which is aware of the suppression but does nothing.

What is the part of me which is concerned with betterment, with reaching freedom? Is it not a higher part of me? I've response the materials but I still don't seem to get it. Maybe if I understand I'll be able to better direct the procedures I'm running.

A: The part of you which is running the procedures is the mind and persona that you put in place, with all of your education and conditioning, positive and negative, making up your case and added to your talents and qualities. This mind has fixed ideas and beliefs, included as solutions to the problems of survival and defenses against the pain of past or feared failures. It's this mind which suppresses material, not the higher awareness. The higher awareness has a higher case too (postulates and goals) with suppression - its own brand which may be described as not-knowing - but first one addresses the personal body-mind composite. Though with Indicator Tech, you are contacting your higher awareness whenever you intuitively realize a truth, and that awareness is also there when you spot negation and alteration in your Expressions, causing the buttons to respond.

It is the higher part of the composite, the spiritual aspect, which is concerned with betterment and freedom, and with creativity and ethics. It's the higher aspect of man which differentiates him from the animals. On the brain level it's an additional evolutionary layer of cortex, but actually it's more than that, as OOBE, past life recall and so on demonstrate. It's still YOU, in truth much more so than the body-mind aspects of the human personality which will die in a number of years.

Q: After a couple of days of no results I started to get some responses with some of the Correction List Items, mostly showing I had some deeply suppressed material that I didn't dare confront. After a few more days I started to get some responses on Repeater & Indicator tech, which led to some surprising insights about my motivation to do certain things. For one thing, I could have never imagined (even after mastering the theory behind it) what a sudden realization is and the emotional charge that it can release at once. For the first time in my life I'm aware that there is something beyond my rational ego at play within me.

A: Very well done on getting to this point. It's a breakthrough because it's something you can remember: if at future times it's hard to get through, now you know you can!

Q: The concept of erasure of charge is a little vague. When we talk about erasure, are we saying the topic shouldn't response anymore? That thoughts regarding the topic shouldn't come up any more? In my own experience I find increased awareness of the topic and the subconscious reasons for it to be charged. Thus I can easily control my reactions to thoughts and feelings associated with the subject, meaning it is less reactive.

A: The word 'erasure' means to clean all the charge attached to an item so that it is no longer reactive. It will no longer restimulate in particular circumstances and cause reactive thoughts/feelings/behavior. So it's an erasure of charge not the item, topic or issue itself. The item can still be recalled and thought about in a calm and accepting manner. The following information about Acceptance is relevant here:

> When a belief, feeling or physical sensation is stuck and just won't go away this is usually due to a lack of acceptance. We resist and this only empowers and validates that which we don't like, or hate or fear. This judgment puts us out of contact with our belief, feeling or physical sensation - we can't fully experience it so it doesn't naturally discharge. What you resist persists...

> The most powerful antidote to stuckness is our natural ability to accept.

> To accept a situation does not mean we are pleased with it or resigned to it, rather it is observing without demanding our self or the world to be anything other than what we are or it is. If our perceptions and thoughts are clouded by intolerant and judgmental attitudes, our view of ourselves, others and the world will be distorted.

> When we accept reality, we cope with it better. Our beliefs, feelings, and physical sensations are no longer stuck. We create our emotions, based on our interpretation of reality; acceptance leads to less enduring and intense negative emotions, and it creates a clearer and more focused mind leading to constructive and positive actions. We see what is and we know better what can be done to improve it.

> What are some of the hints that we are not accepting reality? Rage, panic, depression, anger, anxiety, hostility, guilt, impatience, shame, frustration, and a long list of painful feelings. Denying, ignoring or rationalizing away reality blocks

acceptance and causes an array of self-defeating behaviors. Seriousness implies solidity; on the contrary, smiling about your situation shows you've likely accepted it and will do something constructive about it.

Need and fear (two sides of the same coin) are the biggest factors that get in the way of acceptance and they are Levels 1 & 2 of Part II.

This is another way of looking at it: Release = a new mastery of the problem, but with the possibility of automatically (accidentally or compulsively) re-creating it. Erasure = a complete handling or duplication of the problem so it cannot automatically (accidentally or compulsively) be re-created. There are no more unknowns and distortions of the truth. There is no longer resistance or attachment to it.

To handle something to a point of completeness you need to also handle the beliefs and safe solutions. that you have which keep you re-creating the issue (or holding it in place). E.g. I can't live with out this, I can never forgive this person, I will never be the same again. Once you clear these issues with Indicator Tech then it should not bother you again unless there is something you have missed.

Sometimes an item is connected with various different conflict structures, either Goals (handled in Part I) or inner conflict structures (in Part II), or postulate structures (in Part III), and further advanced ones in Parts IV and V --- hence the need for Parts I-V. So an area of case may be revisited from various different angles before it is fully resolved. Sometimes, on Part V even, one may also revisit Part I and II Levels and handle again from a Part V perspective. One should not expect a complete handling of an area of case on Part I. For example, Part I exposes the Substitute Beingness - what one is being and not realizing one is being, as a dominant identity for this life - and this gives some relief and increase of awareness, and it's the end-point of Part I; but the charge and hence restimulatability of this item is not fully handled until the Substitute Doingnesses and Havingnesses attached to it are run on Part II. And only then do true Own Goals usually become available to run. And so on.

Q: I'd like to know what the average path should be for the course. How are the levels to be attained, or if they are supposed to be accessed simultaneously on demand. Can I just pick and choose based on interest and relevance to issues I'm facing in my life?

A: The most straightforward path is to follow the structure of the Levels and work through them one by one, in that order. However, this breaks down if there's a correction to be done or if a later Level needs doing earlier, because that is the number one hot issue that needs handling, and further techniques have to be learned in order to skip the gradient. In particular the information about Session Assessments is often needed earlier, but then that introduces a whole can of worms, i.e. the possibilities of needing techniques that haven't been learnt yet like Verified Listing and opposing Identity Items.

The idea of the Levels is to provide a case set-up for the running of Level 10, the real meat of Part I, and to introduce the techniques one by one rather than having to learn

them all at once. If the order isn't appropriate in a particular person's case, another approach would be to study all the Levels and enter at the point that responds biggest in a Session Assessment, and then apply the other Levels as and when needed. But whichever, Indicator tech is needed whatever you do, so that is presented first.

Q: How long is it supposed to take on each Level? I feel that if I try to get all the issues I know I have to deal with to Release on Level 2, it'll take a really long time before I can continue with the rest of the course.

A: Some Levels might be very relevant to you, others not much at this time (though you can apply them later as and when they become relevant). You need to resolve only enough of your case to be able to access more advanced techniques, and that continues as a principle through the Parts. One could do Part I forever but that would be a waste of time as Part II techniques - provided they are accessible (which requires the end-point of Part I)- would get you much further and much faster.

I would do enough on each Level that you feel you have the hang of the techniques introduced and you have a handle on the main aspect of case introduced on that Level, i.e. when you have got a genuine win in that area. Then go on to the next. You can always return to the Level if you need its techniques to handle a further particular issue that crops up during later Levels. But don't try and handle your whole case on each Level or expect to be able to, in other words don't try to make it handle more than it does handle. Your case unravels bit by bit as it is ready to.

Q: In the past, I used to try to make myself evolve by opposing and controlling (suppressing) the "lower" inclinations of my Self. This led me to an extensive work of self-observation, which allowed me to identify the major areas of charge in my life, but also to the accumulation of repressed charge (i.e. bypassed charge) which I think explains my high Range. I believe this might be the reason why nothing else runs, since my subconscious attention is stuck in those issues.

A: We all have major issues that have been suppressed for a long time, usually without realizing it, but having spotted some of them and covered them up, you will have accumulated more bypassed charge as a result (which is another way of saying 'my subconscious attention is stuck in those issues'). They'll need to be picked apart bit by bit, as they become accessible, it can't be done all at once. Plenty of use of assessment, for finding what aspect has become accessible, is the main tool.

Q: I've been actively searching for truth about myself and the universe for many, many years, I've tried different things but at the end found out they didn't lead anywhere. The knowledge contained in "Transforming the Mind" seems to be sound and insightful, free from mumbo-jumbo and pseudo-knowledge. It just gets complex and a little hard to grasp when you get to the Goals part and what you call "The Game." How much of that has been personally verified?

A: That picture of things has been verified because the structure of the various Parts of Insight is based on it, and the workability of those Parts depends on the picture being accurate, and so it is verified when the procedures do function as expected. They also are the result of insights which may occur at any time in sessions. At the same time the materials are never evaluative in terms of telling you what specifically is in your case. There's a number of people who have done some or all of the further Parts - besides myself and the originator, Irene Mumford - and the comments on the Insight web site are from them.

Q: As I look back in life, I realize that peace of mind or positive moods are short lived. Please tell me, is there a light at the end of the tunnel? I am tired of chasing after mirages but I am determined to resolve the things that pull me back. What would be a reasonable period of time and right expectation?

A: Your situation is not unusual, except in the big advantage you have which is your desire to do something about it, which you have retained despite everything. With this motivation I'm sure you will succeed in doing the course. It requires working hard and consistently, and with patience - because it is the sum total of all the small gains and insights which add up to the significant and stable end result. If you expect each technique to resolve your whole case, that invalidates such small gains and progress gets nowhere; if you keep going, eventually the big things do get solved as all the strands and context Discharges into place.

It's a difficult period when you first start Insight and need to absorb all the technical information and distill it into a workable practice. But when all your questions are answered and when you have got the hang of the methods, it all becomes more straightforward.

LEVEL 3
CLARITY

VIEWPOINT AND DISINFORMATION LISTS

This Case Handling examines your viewpoints on a charged area, and checks for any disinformation you may have on the subject. The following Outpoints & Pluspoints Lists can be assessed on any subject or area of life that is non-optimum.

1. Make a short-list of such areas (e.g. 'the situation at work', or 'my relationship with (person)') and assess the list for the major responding Item. This should be used as a prefix as you assess the Outpoints & Pluspoints Lists, i.e.:

> **"On (assessed Item) .... ?"**

2. Assess the Outpoints list first, to a response, answer the question and handle responding Expressions with Indicator Tech. Use the further questions in brackets if the answer does not readily emerge.

3. Then assess the Pluspoints list to a response and again handle the answer with Indicator Tech.

4. Repeat 2. and 3., each time from the point of the last response taken up, as needed until full clarity is obtained on the assessed Item (with a wide Release). Always complete the handling on the Pluspoints list.

5. It may also be necessary to use one of the case handlings from previous Levels on the subject in question, e.g. applying an Primary handling, the Upsets List, Life Stress List, Five Flow Primaries or Bypassed Charge Checklist - see if the questions response and if so, run them. Finally run the Item being examined (if it still responds) on Repeater with Indicator Tech, to Release. Then re-assess your list at Step 1. and handle as Steps 2. - 5. until all the list is clean.

Note: When assessing the following lists, if a question that responds has further options in brackets, if you have not already got an answer to the question, assess the buttons in the brackets to help you to further differentiate the nature of the Outpoint or Pluspoint. Get all there is on a particular question before you continue assessing further down the list.

Outpoints

> Has something inapplicable been introduced?
> > (opinion? datum? event? fact? object? person?)

> Is something irrelevant?
> > (opinion? datum? event? fact? object? identity?)

> Is something inappropriate?
> > (communication? location? event? object? identity?)

> Is something arbitrary?
> > (opinion? location? datum? identity?)

Has something been changed?
    (position? fact? location? object? identity?)

Has something been falsified?
    (an identity? datum? intention? fact? location?)

Has an importance been distorted?

Has a value been altered?

Is there conflicting data?

Are there contrary facts?

Has something been decreased in importance?

Is there a delusion?

Is everything different?

Is there a fixed idea?

Is something impossible?
    (event? occurrence? situation? identity? intention? purpose?)

Is there something missing?
    (person? action? energy? fact? object? intention?)

Has an association not been made?

Has something not been identified?

Is something not matching reality?

Has something been omitted?
    (datum? energy? fact? location? object? person?)

Is there a consideration about Time?
    (not given? endless? incorrect? invented? rushed? unexpected? waiting?)

Have things all stayed the same?

Is something too important?

Is something unimportant?

Has an idea been twisted?

Is something unbelievable?
    (action? occurrence? statement? idea? claim? report?)

Has something been over-valued?

Has the source of something been falsified?

Has something come from the wrong person?

Has something come from the wrong place?

Is the origin of something incorrect?

Is something wrong?
>   (action? person? purpose? policy? objective? description? location?)

Pluspoints

Is something acceptable?
>   (sensation? action? fact? event? person? object? location? time?)

Is something adequate?
>   (datum? energy? form? position? event? person? quantity? quality?)

Is something applicable?
>   (opinion? datum? event? fact? object? person?)

Is something relevant?
>   (opinion? datum? event? fact? object? identity?)

Is something appropriate?
>   (communication? location? event? object? identity?)

Is something believable?
>   (apparency? location? fact? opinion? intention? identity?

Is there something you know is plausible?

Are actions being done in the right way?

Is data in proper alignment?

Are events occurring in the proper sequence?

Are people in the right places?

Have things been counted correctly?

Are things in the proper order?

Is a location correct?

Has a source been assigned correctly?

Is data in agreement?

Do the facts align?

Does the information match reality?

Do you know what is more important and what is less important?

Is there something that's really important?

Is there a possible situation?

Is there a datum you know is correct?

Is there something you know is right?

>   (answer? solution? communication? reply? policy? direction? intention? purpose? goal? objective? place? person? feeling? time? orders?)

Is there something you know all about?

Are there considerations about time?

>   (known? past? correct? proper? exact? expected? adequate? well-timed?)

Is there a person at the right time?

Is there something that is true?

>   (object? identity? source? fact? location? purpose?)

Is somebody telling the truth?

Is there a truthful Being?

Are some things identical?

Are some things similar?

Are some things different?

What are the true facts?

LEVEL 4
VITALITY

THE COGNITIVE MIND

The basic difference between sanity and insanity is the degree to which one is free from subconscious reactive material, distorting and interfering with the cognitive processes of both left and right hemispheres, and at a higher level, the knowingness and intention of the Being. The cognitive processes may be called the Cognitive Mind. Without this problem of surfacing reactivity, the Cognitive Mind is a near perfect computer limited only by its 'input' - the person's education and life experience within the culture: in other words, his database. As it is said in the computer world: 'Garbage in equals garbage out.'

So the only real imperfection of the Cognitive Mind is the person's database. He can compute well, in the absence of reactivity, to the degree his database is sound and well informed. In computer terms, the 'virus' which destroys analytical, objective cognitive processes is the garbage he has taken in from outside sources.

The classic approach to handling a case is to find a subject or question, via the GSR Biofeedback Monitor, that shows itself to be charged. The person on the InnerTrac is then encouraged to talk about the subject, or to answer a question posed repetitively. 70% to 90% of such a session will be handling cognitive material only. Gradually the Cognitive Mind will be lulled into a false sense of security, that the subject being handled is a safe one to look at. The defenses against the suppressed and uncontrolled reactive mechanisms of the mind - the Reactive Mind - will gradually be eased off, enabling reactive material to surface and be viewed. So, a release on that subject will occur, with accompanying insight, good indicators (feelings) and a Periodic LED indicator, as attention detaches from the issue.

So you will see, this route is a slow boat to China approach and it can be hampered if the person is insistent on retaining his defenses, if he will not let go, if he insists on holding off restimulated reactive mental content. This rigidity can be excessive due to strict control exercised in childhood by parents and teachers, his social machinery that demands he appears sane, his own unwillingness to confront and find any error in the integrity of his own personality, and many other reasons. His thinking process is 'sanitized'.

The Cognitive Mind's defense mechanisms must be exposed and bypassed, to ensure a fast and deep access to the reactivity that percolates into and subconsciously affects the person's ability to think analytically and objectively. With the techniques of Meta-Programming, this is what we are trying to do. This can be hampered by the subject's iron control of his mind as above, but, even more importantly, if the practitioner is not bypassing the Cognitive Mind's defenses mechanisms with adequate communicated intention. Because the mind remains unrestimulated, the Meta-Programmer thinks about the question and answers it cognitively, just as a normal conversational question. This produces lightly charged Items that are acceptable to him, that do not threaten his egotistical rightnesses.

Therefore the Meta-Programming question must be delivered with enough intention to penetrate the Cognitive Mind's defenses and restimulate the Reactive Mind, so that it cannot do otherwise than surface the reactive material called for. With inadequate impingement, he does not lull the Cognitive Mind off its post as suppressor of unacceptable and illogical thought, so that the real reactive material can surface because then there is nothing holding it down.

Few practitioners have realized the degree to which the Reactive Mind is totally and absolutely illogical. So, when such material *was* restimulated into view, if it appeared to be non-sequitur to the procedure being run, it was blocked from being thoroughly viewed. The practitioner simply made an acknowledgement of having received the origination, ignored the material as an irrelevance, and repeated his previous question. The piece of cotton attached to the piece of string, etc. that ends up with the tiger on a chain, was never pulled and viewed.

So those thoughts which are most likely to pull into view the reactive tigers that are the core of the issue, are never even noticed by the practitioner. They are too illogical and unacceptable. His cognitive rationalizations about the Item being run may response slightly, but the real reactivity is censored and so realistic gain is not achieved. The reactive material is ruled out by the use of logic, and a need for what appears to be relevant, important or interesting. This frequently edits out the reactivity: it deals only with the relevant, the sane and the normal that is acceptable, and not the snarling tigers buried in the Reactive Mind.

For the Meta-Programmer, the criteria for reactive material is NOT significance, something that explains his condition, something that makes sense to him. It IS the illogic and nonsense that he would never suppose from his viewpoint of rightness and sanity could ever have any real influence in his affairs and behavior. To try and control the emergence of reactive material is to edit oneself into a position of apparent analytical sanity. Somehow one must make sense to oneself which is the whole reason for suppressing the reactive material in the first place.

At the preparatory level of case handling, the subject has little control of his mind, so he can be directed into reactive material rather easily. But his awareness, confront and responsibility are not yet up to running the more causative handling of fixed beliefs and their accompanying defense mechanisms. The Meta-Programmer, with a controlled and disciplined mind, is up to running these matters, but his very status on control can severely hamper him in accessing his reactivity. So here we have a Catch-22.

It can only be resolved by understanding precisely why and how one sets about achieving this necessary access to reactivity: that is, being willing to view from a relaxed viewpoint that is unconcerned about one's rightness and other 'valued' conditions of status. And, most importantly, the ability to deliver commands with enough intention to impinge on the Reactive Mind.

Without this understanding and ability one will only achieve an analytical approach, and very little discharge of the effort and painful emotion on the case. Here you have to be

the Being that you actually are, not his cognitive effort to appear sane if only for himself. Assume the Being is quite crazy, don't be too startled when you find that he is, and handle that only, and you will get the best of the Meta-Programming route, and some real objective gains. After all, that is what you are running the session for, not to establish yourself as the only sane human being on the planet. There ain't any! If there were, there wouldn't be any problem in the first place, only a damn good Game.

VERIFIED LISTING

Listing answers to a question in order to find an Item for further inspection, is a technique used throughout Meta-Programming. You will be asking a question that requires a list of answers, and from those answers you will then look for **one** particular Item, i.e. the most charged answer from the list of answers in reply to the question. A **Listing Question** is asking a question about a specified person, identity, situation or context - this is the 'Source' of the Listing Question. A disciplined approach to Listing is called for, which enables **a singular Item** to be assessed from the list of answers, and then to Verify the Item. The Item then becomes a **'Verified Item' (VI)**, and this new VI can then be the Source for further Listing Questions.

1. Listing

Firstly, the Listing Question is asked. The Listing Question must response before you start listing; if not, use the suppress buttons (suppressed, invalidated, unacknowledged) and clean the responses off these buttons with Indicator Tech. Then call the Listing Question again, three times if necessary, with strong intention. If it *still* doesn't response then you go no further with the Listing Question; to do so would be like 'flogging a dead horse', so this is called a Dead Horse Listing Question.

When you list, *without looking at the InnerTrac,* write down EVERYTHING that comes to mind, don't sit and think about it, get it **out** and down on paper. To think about it will stop the flow of items coming out and possibly suppress the right item from appearing. After you have asked the Listing Question, be the 'subject' and let the answers roll out. Everything that is a Who or a What that comes to mind should be written down, without any judgment on whether it might or might not be a sensible item - don't keep it cluttering up the mind. Trying to run out the Cognitive Mind gets you nowhere. The reactive answers come off first, often quite fast. When you find yourself wondering what the Listing Question was, most often you have a complete List, meaning that **the** Item is on the List (though you may or may not have recognized it yet).

The method used on Meta-Programming, done *off* the InnerTrac, means that you continue listing to get *all* the listing items that are associated with the Listing Question. It may help to turn the Sensitivity to zero when listing, so that responses do not distract you. There may be many answers to a listing question that seem appropriate - whether or not they are rational is irrelevant - but you are looking for the 'umbrella' item, the one that is inclusive of other charged items, therefore the Item will probably not be a personal name but a more general identity, e.g. not 'Joe Bloggs' but 'a sly person'. Of course you still list Joe Bloggs, who represents a sly person to you, and continue listing until there are no more items to list.

If you were to list on the InnerTrac, and stop when there is a LFBD (e.g. on Joe Bloggs), some items that would otherwise have been listed may then be missed and the charge on

these missing items would not then have an opportunity to 'transfer' to the umbrella Item. The Item you are looking for, in fact, often comes early on a List but does not response until later items have been listed, because it is suppressed. Also, the first item to LFBD may well be a Misowned Item, i.e. it may initially seem to be the correct item, but it is not the item to which the charge on the Listing Question can fully transfer, and this will seem obvious once the Correct Item (the VI) has been found and indicated.

As you list items, although you are not observing the InnerTrac when listing, they will in fact have charge, but this charge disappears when you have finally listed the umbrella Item and then only that correct Item will response; even the question no longer responds - the charge has transferred. This principle the transference of charge is clearly demonstrated on Listing but it is also used throughout the Project - one is always 'following the charge' from one major-responding Item to the next. This transference naturally occurs: after the Item has been found the charge transfers from the Listing Question to the Item; after the charge on the Item has been cleared with Repeater and Indicator Tech, the charge transfers to the next Listing Question, and so on. In this way you can safely trace your path through the chaotic structure of the Reactive Mind.

2. Completion Check

The next action is done *on the InnerTrac* - check the list for completeness. First call the Listing Question to see if it still responds. If it responds you would directly proceed to extend the List, as the charge has not yet transferred to an Item on the List. If the Listing Question doesn't response, you may have a complete List, but to be sure first check the Listing Question with the Suppressed and Invalidated buttons.

Therefore the procedure for a **Completion Check** is:

1. Call the Listing Question - if it responds, extend the List

2. If no response, check:

'On (Listing Question) is anything being suppressed?'

- if this responds, extend the List

3. If no response, check:

'On (Listing Question) is anything being invalidated?'

- if this responds, extend the List

4. Call the Listing Question again - if it responds extend the List

5. If no response, the List is complete.

3. Assess

After the List has been made and you have checked that the charge has transferred from the Listing Question, i.e. that the list is complete, you have still to identify the Item - this is done by assessing on the meter.

When the List is complete you then **assess** it - you check which items response. Before you assess, check that you have a clean LED indicator - not stuck (i.e. doesn't move with thoughts) or dirty (i.e. moving about for no reason). If the LED indicator is not clean, check: **'Has anything been protested? ...asserted? ...decided?'** and handle to a clean LED indicator, and then call the Listing Question again, to check there's still no response.

First, call the Question again. Then call out each item on the List in turn. This can be done out loud, or subvocally in your mind, or just conceptually - but whichever method you prefer, you need to fully duplicate the question and each of the items, not just go through the list robotically.

When the umbrella item (the Item we are looking for) is recognized, it will be the **only item** that gives a Discharge or larger response. The charge has still not transferred to it and is being held in other items already on the list or still to be listed which are covered by the umbrella item or identified with it. So, **if a second Discharge occurs** during assessing, break off the assessment and **continue to extend the list, then check for completeness and assess again**.

If there is no response on any of the listed items when they are called, then the List is assessed using the Suppress button: '(item) suppressed?' on each item down the List. If there is still no response, use the Invalidated button, and then if necessary, the Unacknowledged button.

If there is still no response, recheck the Listing Question. If the Listing Question goes dead, i.e. stops responding, and the Suppress buttons do not bring it back to life, then the charge has transferred from the unfound Item to somewhere else, and the Listing Question is noted for a future handling, in case it comes back to life. There's no point flogging a dead horse! For this reason such a List is called a 'Dead Horse list'.

Good administration is very important when you are Listing, all relevant information should be clearly noted, and you should have a confident attitude, simply *expecting* the Item to come out.

When assessing a List you want to detect the one Item which is the umbrella for all the other relevant items; the others should be null, i.e. give no response. For example the Item to which the charge on the case has transferred may be 'the Boss', and you would then run this, rather than running 'last Thursday at work', plus 'the work assignment', plus the other associated items. The charge on all these things comes under the heading of ONE umbrella Item.

Having checked the List for completeness and having assessed the Item, you now Verify

the Item.

4. Verification

The next step is to **Verify** the Item by doing the following check:

> **Is (Item assessed)...**
>
> > **'CORRECT ITEM?'**
> > **'NEARLY CORRECT ITEM?'**
> > **'INCORRECT ITEM?'**
> > **'SUPPRESSED ITEM?'**
> > **'INVALIDATED ITEM?'**
> > **'UNACKNOWLEDGED ITEM?'**
> > **'MISOWNED ITEM?'**

Assess the whole list, for the biggest response.

If **Correct Item** responds biggest then **Indicate**:

> **'On (Listing Question), the Correct Item is (Item assessed)'**

The Indication will probably BD Release and most importantly, the Item should 'feel' like the *right* Item. This is the **Verified Item (VI)**.

If **Nearly Correct Item** or **Incorrect Item** responds biggest, then check the Listing Question for a response, with buttons if necessary, and either re-assess or extend the list as appropriate. The items that are listed in answer to a Listing Question may be 'correct answers' and represent the actual Correct Item in one way or another, but may be too specific or too general to accurately duplicate the charge. Only one description will adequately define the Correct Item, so when Nearly Correct or Incorrect response, you know that you have not yet spotted it.

If **Suppressed Item, Invalidated Item** or **Unacknowledged Item** responds biggest, the assessed item is probably correct but is suppressed, invalidated or unacknowledged. You clean this suppression, invalidation or lack of acknowledgement with Indicator Tech. Then re-assess this Verification Checklist. (Note: If a new item becomes apparent during Indicator Tech on the suppress buttons, that is not already on the list, add it to the list and check for completion again.)

If **Misowned Item** responds, the item is not yours. Handle responding Expressions (use suppress buttons if necessary to get them - 'Suppressed misowned item? Invalidated misowned item? Unacknowledged misowned item?') with Indicator Tech until all the confused considerations are out in the open. The Expression which you pull from this response should reveal why the item was being accepted by you as an explanation, when in fact you know deep down that it isn't the truth of the matter. It was a wrong explanation. For example 'the boss' may have been accepted as the Item when in fact

the correct Item was 'the sack', and this had been suppressed. Indicator Tech should be used on all responding Expressions which come up on this exploration. You then go back and check the Listing Question; if it now responds then extend the List; if no response then re-assess the List to find the actual Item you are looking for. (Note: If a new item becomes apparent during Indicator Tech on the suppress buttons, that is not already on the list, add it to the list and check for completion again.)

Having Verified and Indicated the Correct Item, the charge on it can now be cleaned and *erased* by full realization of the truth of matters as they actually and fundamentally are (i.e. erasure by duplication). This is achieved using **Repeater & Indicator Techniques**.

Note: Verification may also be used as a further Repeater Technique. If, having cleaned the charge off a Verified Item with Repeater, there is no Release or you become unsure about the validity of the VI, do another Verification Check. This will either give you further responding material or a Release on Repeater, or alternatively, you will realize that the VI is false and now you can go back and find the Correct Item.

Example of Listing

Listing Question: <u>W/W would a worker oppose?</u> F   LF

	F	LF	
pay cuts	x	x	x
<u>the boss</u>	F	LF	x
hard work	x	x	x
people who work too hard	x	x	x
ending holidays	x	x	x
boring work	x	x	x

      going home F   x   x

ext.   overtime   x   x

_____

ext.   <u>the sack</u>   LF

After listing down to 'going home', the Completion Check is clean so Assess.

This gives 2 responses, so extend the list [ext.] (gives the extra item 'overtime').

The Completion Check is clean so Assess [second column].

A single item (the boss) responds so Verify: responds on Misowned Item sF

Further, it responds on Suppressed Misowned Item. LF

Recheck the Listing Question LF

Extend list, do Completion Check and if that is clean, re-assess [third column]

A single item (the sack) responds so Verify: responds on Correct Item F

<u>Indicate: Item is the sack</u> LF Release

Repeater VI: 'the sack' [etc.]

EXERCISE: Practice the Listing procedure with imaginary Listing Questions and imaginary listed items, e.g. 'Who or What would Father Christmas oppose?' and so on, until you are thoroughly familiar with all the ins and outs of Verified Listing.

QUESTIONS ABOUT VERIFIED LISTING

Q: On Repeater, is there (very roughly) a certain number of hours on the same VI when you definitely should expect an overrun? Or, asked differently, what is a typical duration for cleaning a VI?

A: Between a couple of minutes, if the VI quickly Releases with hardly any Indicator Tech, and hours or even days if there's a lot of multi-layered Indicator Tech required to clean it. Sometimes the next Item is already apparent and the charge has already transferred to it, so the cycle is very quick indeed. Typically, though, it takes about an hour in my experience, maybe 5 cycles of Ind Tech. But when your attention/interest goes off the item, check if a Release has been bypassed (it easily happens) and the charge has transferred to the next item.

Q: Sometimes, when doing Verified Listing, when I get to assess the list I get several items responding, even though I'm sure I've got the Correct Item listed. What's going on?

A: Verified Listing is done off the meter, nevertheless one is usually still holding the electrodes and may notice a big response or a Release during the listing. That doesn't mean that item is THE Item you looking for, the 'umbrella' item that encapsulates the charge. When this Item is eventually listed, which may be very quick or may take a while, the charge on the other items transfers to it. So if you assess before that Item is listed, several of the other items are likely to respond. Often the actual Item is listed early on, but it needs the other items to be listed before the charge transfers from them back onto the actual Item, which should then be the only item that responds when the list is assessed.

That's the theory but in practice the charge doesn't always transfer so cleanly, 'by the book'. If you've continued listing too long, that can pull in further items relating to other Listing Questions, maybe Items pulled off other Conflict Structures, and the charge will not transfer off these to the Item you're currently looking for. This is where you need to apply your knowingness and go for the item you know is the one (probably it will still response the biggest). Your safety shield is the Verification Check, so in this situation you'd do best to ignore the rules and go on to check if it really IS the Correct Item, or if you have further to go yet.

In theory, if several items response on assessment it means THE Item isn't on the list and the list needs extending - that still applies if you haven't come across the Item that you know is the one. But the number one guiding light remains the Verification Check, so always use it - the item you were sure about may be correct, nearly correct, incorrect, suppressed, unacknowledged or misowned. If the item doesn't prove out to be correct, the actual Item will be waiting to come out when you continue listing, and the Verification will help to clear the way.

When you get the Correct Item then you know it's correct and it couldn't be any other way. Listing validates your knowingness - the Verification shows that you know the item, even though the mind comes up with lists of incorrect, nearly correct and misowned items while listing.

Q: I am studying Verified Listing. If the Question does not response but a suppress button does (e.g. suppressed), one has to clean the button with Indicator Tech. What is the source for the Indicator Tech? Also, for MEX and REX, is it the same source?

A: The Question is the source, and the same for MEX and REX.

For example:
Listing Q: "WW would eat blue bananas?" X
On "WW would eat blue bananas?" is anything being suppressed? SF
Pull an Expression from the response on "...suppressed?"
"Only Martians would eat blue bananas" F
Indicator Tech: False sF
"I think blue bananas are likely to be inedible or poisonous" sF
No responds on Ind Tech
Ind Truth Release
REX & MEX clean
Recheck Listing Question
This procedure cleans up the question so it is clearer in it's true meaning.

Q: Then, when MEX and REX have been done, do you need to use Repeater Tech on the source, or can you proceed to check the Listing question again for a response?

A: There's no need to do Repeater on the Question.

Q: When doing the Verification check, do you stop at the first response or do you assess the whole list?

A: Assess the whole list, for the biggest response.

Q continued: When we assess "Correct item?", "Nearly correct item?", etc. I assume it is in relation to the item that responds on assessment. In which case, how could it be "Misowned"?

A: The found item can be misowned - you think it's the correct item but on calling this "Misowned?" button you realize it isn't actually correct, it's not your item, it's a 'wrong explanation' (maybe the result of what somebody else said or that you believed or an assumption), so the button responds. You may then realize what is actually the correct item or you may not. Or you may realize after checking the suppress buttons on it, with Indicator Tech to clean up the issue. Or still you may not. In any case, then you go back, recheck the Listing Question and extend the list.

Q: What do you do when you get no response on Verification assessment?

A: It may be because you're not sure of the assessed item. Check through the list items first and see if it still feels right for you, as the umbrella item that encapsulates all the charge, then do the Verification Check again. If still no response on Correct Item, check the assessed item itself for response and if it responds put the Item through Repeater and Indicator Tech; if the assessed item doesn't response apply the suppress buttons and clean them with Indicator Tech (the source being the listing question); then go back and do a Verification Check again of the supposed item, now it has been cleaned.

Also apply your knowingness - IS IT the correct Item? That's always senior to the meter or a technical procedure.

Often you are likely to be dealing with a suppressed and deeply connected area of case; for this reason, the listing procedure may not be as clean as you'd like it to be, with various items on your list having their own associations and charge, not directly related to the listing question.

Q: When cleaning the newly Verified Item with Rep/Ind Tech, what is the source? The Item itself or the Listing Question from which it came?

A: The Verified Item is the source for subsequent Indicator Tech.

Q: Is there any limit to a list? I have reached 4 pages and it's still incomplete. However the listing question still responds well so I guess I should keep going as per the instructions. The only thing that got me is that I really was running out of responses and found myself repeating things although it felt better to get them out on the page from doing this.

A: Yes, it can go like that sometimes. The real Item may already be on the list but it needs all the other items to come out before it becomes apparent or unsuppressed. You can 'cheat' sometimes, if you feel you know what the Item is, by asking the Verification questions about it. If it is correct and the question stops responding, you can save time and go on. Also you can do this if some items continue to get little responses and mess up the assessment for the Item, and you know they're not it (just associations that are charged). If it turns out to be incorrect then you just continue.

Another thing that helps is to clean the LED indicator before assessment for protests, disagreements, decisions, considerations, etc., with Indicator Tech. This cleans the charge from some of those misleading associations and the LED indicator is then cleaner during the assessment.

Also strongly connect the listed items to the Question by calling it again before assessing the list.

Q: It seems to me that Listing can be quite a fine art. I know you're not meant to let yourself get involved intellectually but it's hard sometimes not to place judgments as

you're working through the techniques.

A: You need to validate your intuitive knowingness about which is the item, rather than being 'in mystery' when assessing. Use the meter as a tool to uncover suppressed information, but rely also on your gut-feeling about what is right - and if it turns out not to be so right, then be prepared to go back and look again.

Q: What do you do if the assessment does not produce a single responding item and instead several items response, but the Completion Check says the list is complete.

A: In this case, with several items on a completed list responding, I would take the biggest responding item and check it on the Verification Checklist. Or if I don't feel convinced that the major-responding item is correct, then after making sure the LED indicator is clean and indicating the Listing Question clearly, I would go through the listed items again, checking each one with the suppress button, then if necessary invalidated and unacknowledged, looking for a big response and realization about one of the listed items.

Q: I wonder whether it is possible to clean an Item purely through Listing. If you really get it and it LFBDs with Release and realizations, then it might not pick up again so easily.

A: Yes, that does happen. You get the Item and run Repeater on it and it's clean already. That's because it actually is clean now and the charge has transferred onto another item. This stuff can be very quick!

Q: What do you do when you are sure the item is correct but there is no response on the Verification check?

A: I have sometimes been sure an item is correct and naturally indicated it to myself, with a resulting LF Release, before checking the Verification, and then got no responses at all on that check. I considered that as correct then and did not find that was wrong later. I accepted it as correct because it 'indicated to me' as correct (i.e. my knowingness/intuition/feelings) and because it didn't response on the negative verification buttons - it was like the response had already happened when I recognized it was the Correct Item before Verification. So if you feel sure you have the item OK, then go ahead anyway - but be prepared to revise that later, as you can always re-check "Correct Item?" at a later time, if doubts emerge.

Q: This morning, I went in session. I could not get any response on CURE assessments, and Range was high (4.4+). Having response ahead in the materials about Interiorization on Level 9, i.e. to do with problems one feels about being in the body or stuck inside something, I asked myself 'Problem with Interiorization?' and got a SF. I checked it again: SF. I checked again: SF, F, BD. I was responding so easily, while almost nothing else would response! And I was only asking myself silently, not even needing to check

aloud! So I indicated that Interiorization needs handling. It felt the correct indication and might also explain the migraines I often have. What do I do next?

A: The issue of Interiorization, if it is responding, must be handled as the top priority, so you need to study the handling on Level 9 and move on to run it. To resolve this handling also requires learning to find an identity and who or what it is opposing, which would otherwise not be covered until Level 5, which does put you right into it! But this way you get to learn all the main techniques and that will leave you much more flexible in following the charge on your case by Session Assessments.

If nothing in the Levels you have done seems to be appropriate to handle aspects of your case that are of major concern right now, it might be needed to preview later Levels so you know what is available and email myself, Peter Shepherd to help locate the problem and debug it. This may require learning the techniques of the relevant Levels in advance.

SUPPRESSION

It's easy to blame 'devils under the bed' as the cause of all one's difficulties. Evilly disposed entities holding one enthrall. Evil purposes being projected into ones space and similar hidden influences.

Wonderful, at last, to have something else to blame so one can shed responsibility and be unaccountable. But what happened to being at cause?

Maybe you can put a normal person at that much effect and get away with it because he does not want to be found the cause of anything anyway. But do it to a Spiritual Being, set up that many sources for which he is not cause and you have got big trouble. Set up something for which they were not cause. There is no bigger lie if you want to do a Being in.

A 'Suppression' is not necessarily the result of any such evil identity. It is simply caused by a person who has had a counter-postulate to the Being, who now feels suppressed, depressed and stressed.

There does not have to be someone who is fundamentally a 'Suppressive Person' or evilly intentioned towards you or anything of that nature to create a state of Suppression. They can be well intentioned and often are. They merely have to cross your Goals and purposes without malice or forethought and for the best of reasons. As someone once said: "The path to Hell is paved with good intentions and roofed with tears." How right he was.

So what is Suppression? Suppression can be defined as being forced out of one's own time and space by another's purposes and goals. 'Space' because space is beingness, ethics presence, and 'time' because that is the continuum of game.

One moves out of one's own Beingness into the time continuum of another's game in order to handle the situation being presented. The Being moved, instead of saying "Get stuffed" or something more diplomatic and going on with what he was intending to do in the first place. In other words he didn't maintain his ethics presence.

He has two directions in which to move - towards or away from. Either creates the Catch 22 situation called Suppression. He can become the Identity which the goal or purpose imposes or he can resist the goal or purpose and become another Identity, not Self. Alternatively he could maintain his ethics presence and hold his space, but would mean taking responsibility, knowing his own Beingness and being at cause.

Suppression is basically the result of being given and/or accepting a wrong item, way of being, purpose or goal. It does not require an *evil* person, intention or purpose to achieve this. The person either complies with the wrongness and becomes something he isn't or resists the situation and opposes the false goal or purpose. Either way he is in difficulties: a person who doesn't know who he is.

For example. A proud father wants his son to become an engineer like himself. If this is

not what the son intends he either complies and makes a lousy engineer and is subject to Suppression by engineering. Or he resists it and becomes say, an artist, but doesn't do well at it because he cannot get the mechanics of the subject together because he is forced out of his own position in time and space. So again that person is Suppressed. His problem is that neither way can he be himself. Compliance or resistance generates constant charge in the person's life that doesn't resolve. Its a locked situation, a Catch 22.

Some people are Suppressed by uncongenial work. Strikes are a phenomenon of this type of Suppression. I have yet to meet a dustman that was not Suppressed by his job. Either they won't take the rubbish or they leave a mess. If you try to remonstrate with them you get the length of their tongue. But then who in his right mind would aspire to be a dustman?

Any evolution of Beingness has to be a voyage of discovery of one's own causation, not another's. Those therapies that postulate entities and influences for which one is not cause, that furnish an explanation of one's difficulties so thoroughly that no further investigation of one's own causation seems necessary, are running in the wrong direction. Only full responsibility for the creation of one's own mud pie can lead to freedom, not causation assigned to other source points than self. The latter can only cause persistence of case.

A Being is truly the effect of his own postulates not another's. If you can revive the failed purpose at the back of the Suppression you will raise the dead.

Suppression Handling

1. Assess the following buttons:

SUPPRESSING	**OPPRESSING**
INVALIDATING	**MAKING WRONG**
MAKING NOTHING OF	**ENFORCING**
UNMOCKING	**OVERWHELMING**
THREATENING	**DEPRIVING**
INHIBITING	**WITHDRAWING FROM**
STOPPING	**SUGGESTING SOMETHING TO**
BEING CAREFUL OF	**FAILING TO REVEAL SOMETHING TO**

2. Insert the major responding button in the following Listing Questions. Check for the major-responding of the four Listing Questions, then LIST to produce a Verified Item:

> **'Who or what is (button) you?'**
> **'Who or what are you (button)?'**
> **'Who or what is another (button)?**
> **'In what way are you (button) yourself?'**

Run the resulting Item on the Five Flow Primaries; then finish by cleaning the Item with Repeater and Indicator Tech to Release. Then check the Listing Questions again and handle accordingly. Don't re-List a Listing Question that has been Listed; if it still responds, you may have assessed the wrong Item, in which case go back and complete the Listing. If you get into difficulty, use the Listing Repair List in the Appendices.

3. Then check the questions with the next major-responding button (re-assess the list to find it), and continue until all the buttons are clean.

Stuck Picture Handling

During Meta-Programming you may find constantly recurring pictures, thoughts, emotions or concepts coming up on Repeater that do not clear with Indicator Tech. They persist session to session. The following is a useful assessment in this situation. Indicator Tech must be used on all your answers.

On (whatever is persisting) is there:

> **(a) An effort to withdraw from it or something in it?**
>
> **(b) An effort to stop it or stop something in it?**
>
> **(c) An effort to stop and withdraw at the same time?**
>
> **(d) An effort to suppress the picture or something in it?**
>
> **(e) An effort to invalidate the picture or something in it?**
>
> **(f) A protest against the picture or its content?**
>
> **(g) An effort to hold onto the picture?**
>
> **(h) An upset about the picture?**
>
> **(i) A problem about the picture?**
>
> **(j) A misdeed (for which the stuck picture is the motive)?**

Use Indicator Tech on all responding Expressions. If still no Release, use Repeater & Indicator Tech to Release on the effort, protest, etc. Continue until the item blows.

Use the above Handling on any pictures, images, ideas, etc. that tend to stick in your mind and that you can't get rid of.

FIXED IDEAS

The handling of fixed ideas can be divided into three distinctly different steps:

> 1: Discover fixed ideas. First we need to find them of course. One at a time.
>
> 2: Separate the idea. One needs to dissociate a bit from the idea.
>
> 3: Free up the idea. Explore and challenge the idea until it is no longer fixed.

Step one: Discover fixed ideas

Finding fixed ideas is both a sport and an art, and not at all a rote procedure. You need to be very flexible and be able to smell fixed ideas from a distance. We have a list of likely ways of getting to an area with fixed ideas, but once you get the area, you need to sniff it out yourself the rest of the way. The key way of tracking down the actual fixed ideas is by challenging any kind of logic your mind presents you with, by applying Indicator Tech.

These are some general questions that can be used to weed out fixed ideas:

1. "What things do you say to put others in their place?"
2. "Do you have ways of dominating others?"
3. "Are there any ideas that make your life better?"
4. "Are there things about which you are sure you are right?"
5. "How do you prevent anybody else from getting the upper hand?"
6. "What ideas and beliefs do you firmly consider to be true?"
7. "What ideas are constantly with you in your life?"
8. "What things in your life would you not be willing to change?"
9. "What principles do you use in dealing with other people?"
10. "What are your principles for evaluating things?"
11. "What don't you want to get involved in? Why?"
12. "What don't you like? Why?"
13. "What is an acceptable level of activity? Why?"
14. "What bothers you about others? Why?"
15. "What routines do you follow in day to day life? Why?"
16. "Is there anything you do to prove you are different?"
17. "What basic ideas about life guarantee your personal survival?"
18. "What do you use to make people feel sorry for you?"

19. "What weaknesses have you shown to get people to do things for you?"

20. "What must people think of you for you to feel alright about yourself?"

21. "What ways do you get people to pay attention to you?"

Step two: Separate the idea

It is not enough to find out what the fixed idea is. You need to perceive it as an idea separate from yourself, at least a little bit. You can not unfix it if you are completely being it. Instead of just being an unquestioned, unconscious truth, it must become an idea that can be subject to intelligent examination. You might still think it is perfectly true and universally workable, that is fine.

However, sometimes the idea becomes apparent but still you may not yet see it as something that is subject to discussion at all. In that case we need to prod a bit more to establish a separation. Questions along these lines:

"Is that an idea?"

"Is that something you are using?"

"Is that something that enhances your life?"

"Is that something you don't question?"

"How long have you __?"

"Are there people who don't think __?"

Step three: Free up the idea.

Now we need to move the idea from being fixed towards being dynamic. There are a collection of ways in which that can be accomplished. This is not a rote procedure, but simply a collection of hints for what one can do. Some may be appropriate and others not. Use Indicator Tech on considerations that response.

1. Advantages

Ask for advantages that are attained from the use of the fixed idea:

"What is the advantage of ___?"

"What are the benefits of ___?"

"What does ___ get you?"

2. Betterment

Find out how the idea is believed to make you do better or be a better person or have better conditions. Get examples of how things have been better because of the idea.

"How would ___ make you do better?"

"How has ___ made you better?"

"How has ___ improved your life?"

3. Hindrance

Find out what the idea is keeping away, e.g. it may be there to keep something "bad" away, make it not happen, or make it not appear as bad.

"What does ___ hinder?"

"What does ___ keep away?"

4. Putting Down

Fixed ideas are often used to keep others down, in order to make oneself better off by comparison. Those are some of the most important aspects to handle.

"How does ___ put others down?"

"How does ___ slow others down?"

"How does ___ put others in their place?"

5. Solutions

One is using fixed ideas because they somehow appear to solve something. The usually don't really solve anything if we look a little deeper.

"What would ___ be a solution to?"

"What has ___ solved?"

6. Out and In

Fixed ideas appear to get one out of trouble or into contexts one would like to be in. But usually they don't really do it, so we ought to look at that.

"What has ___ gotten you out of?"

"What has ___ gotten you into?"

7. Consequences

One might simply not have looked at the consequences of not using the fixed idea. It simply be a matter that one has been so familiar with it that it is taken for granted or assumed.

"What would happen if you no longer ___?"

8. How do you know

A fixed idea is something that is used without really thinking it through. It will tend to free it up if we find out what beliefs you use to establish its "truth". You might well find

out that it is verified only by something really wacky that you never looked at objectively.

"How do you know that ___?"

9. Perceptions

Is this something that is felt, if so, where and how. Is it something you see or hear, a voice inside? Connecting it up with actual perceptions will tend to take it out of the realm of abstract generalities.

"What does it feel like, sound like, look like?"

10. Securing a Space

A fixed idea gives the appearance that one has secured a space that is safe from outside enturbulation. That is done by pretending that things are unchangeably in agreement with the fixed idea within the safe zone. Having fixed ideas doesn't really make anything secure.

"Does ___ secure a space?"

11. Not Exist

Fixed ideas try to keep unwanted confusions out of existence. The fixed idea pretends that everything is ordered and predictable and that the unpredictable enturbulation isn't there. We of course need to find out what it is that is being kept out of existence. Because if we actually face it and resolve it, there wouldn't be much use for the fixed idea any longer.

"Does ___ make something not exist?"

12. Balance

Life is most fun if there is an optimum balance between what is predictable and what isn't. It wouldn't be enjoyable to control the whole world. Ideas usually have contrasting ideas, actions have opposition, etc. It might be sobering to realize how it would actually be if the fixed idea was absolutely true and nothing to the contrary could exist.

"What would happen if ___ was all that existed?"

"What if the opposite didn't exist?"

13. Examples

Getting examples of the application of the fixed idea will tend to ground it more in reality, so that it can be examined. Even better, if you can come up with counter-examples, well, then the fixed idea is already freeing up.

"Give me an example of ___?"

"Give me an example of ___ not being true."

14. Origin

If we can examine where the fixed idea comes from, how one decided on it, or didn't decide on it, and so forth, that will tend to free it up. The idea is most powerful as a stand-alone generality. If it becomes clear that one decided it at an exact moment, then one can also un-decide it just as well.

"When did you decide that ___?"

"Where did ___ come from?"

"Who says that ___?"

"Who would think that ___?"

15. Who uses it

By noticing others using it, it becomes more clear that it is something one is USING. Examining times when it has been used against you is also useful.

"Who have you noticed using ___?"

"Has anybody used ___ on you?"

16. Pre-suppositions

Explore what is implied or pre-supposed. The idea doesn't just stand alone. For it to be true, other things must be true also. Track it backwards and forwards to find out what that is.

"What must be true for ___ to be true?"

"What must be true if ___ is true?"

17. Exaggeration

Exaggerate the idea until it gets absurd. Generalize it to the extreme. Expand it out of the boundaries you has been using it in, to realize that it isn't an absolute or universally applicable.

"So, it's like that all the time, always, for everybody, under any condition?"

18. Happen/Not Happen

Explore the boundaries and consequences of the idea. Move it out of the realm of being just an idea into examining what actually would take place if it is true or it is used, or if it isn't true or isn't used. This makes it more clear that it is always a choice, there are pros and cons involved.

"What would happen if ___ was true or widely applied?"

"What would happen if ___ was not true or widely applied?"

"What would you miss out on if ___ was true or widely applied?"

"What would you miss out on if not ___ was not true or widely applied?"

19. Intention

Find the positive intention behind the idea. Move it from a fixed idea towards a dynamic principle.

"What is the underlying intention behind ___?"

20. Value/Importance

Value and importance are abstractions, not absolutes. Compare the idea with other ideas, setting it in relation to the context, rather than seeing it having a fixed value.

"What is the value of ___?"

"What is the importance of ___?"

SAFE SOLUTIONS

It is necessary to understand the principles of what a Safe Solution is and how it is used, as it comes up right through all the Levels in different forms and you need to recognize what you are dealing with.

A Safe Solution is a computation, identification, postulate, consideration, evaluation, opinion, belief or decision that is used by the being to handle existence without further inspection of its validity. It is a fixed idea.

The Safe Solution is essentially all we are ever running. It has different labels. You can say it is an Identity, you can say it is a Goal or you can say it is a Postulate, but they are all Safe Solutions right through. You created it. You suppressed the fact and it's on automatic. You can't not create it, and it serves you. So that is basically what a Safe Solution is. So if you understand this thoroughly this will apply right through all the Levels and Parts of Meta-Programming, because this is what one is really running.

The Safe Solution is initially generated as what seems like a reasonable conclusion regarding particular circumstances. It is a computation - it is not made reactively. However, it becomes a stable datum that the individual uses to handle life. He uses it to make himself right and others wrong, to dominate or escape domination, and to enhance his own survival or injure the survival of others. Once fixated and used without inspection of it's applicability and rationality in current circumstances, it then becomes part of the Reactive Mind - an automaticity - and it is indeed the strongest connection between the Being and the Reactive Mind.

Though the Safe Solution originally seemed a rational decision, it was made frequently at times of stress and trauma, when the individual was unable to confront the circumstances and see the situation clearly. Therefore it is an aberrated evaluation, decision or postulate. He uses the computation to serve him in life. It is a kind of defense mechanism. It becomes a fixed answer or a fixed idea in his life, and this phenomenon is the basis of aberrated human behavior, prejudice and irrationality, and discord between human beings. Examples of Safe Solutions are: People can't be trusted; I'm not good enough; I'll make you sorry because you didn't care; Look what you did to me, you made me ill; Everybody is a sinner; If I have a cold I won't have to go to school; and of course there is an infinite variety of others.

A Safe Solution is also adopted in order to recreate circumstances in which the person received sympathy. If there was a time when the individual was hurt, or failed, or had a hard time, and he got sympathy for it, the individual may seek to recreate those circumstances in order to again get sympathy and avoid having to face and confront reality. He can see that there is an easy way out by using this computation. This is the basis of psychosomatic illnesses and disabilities. The illness or disability itself has become the solution, i.e. a stable datum in the confusion of unconfronted life. In this way the individual can get sympathy, escape domination and superficially make himself right.

When an individual has been suppressed heavily he will still try to be right, in the best way he feels he can. The only thing he can do when faced with oppression or opposition that he cannot face up to, is to attempt to stop this happening by making himself right and the other wrong. He looks for any computation that will serve him in this way, that will make him safe, right and survive better. When this is used habitually it becomes fixated, and used without inspection of its actual rationality in the context of current circumstances. These fixed ideas, born out of difficult or unpleasant circumstances, become so fixed that the individual cannot see beyond them. His mind is blinkered and his life becomes full of the limitations that the computations enforce.

The Safe Solution, in the form of a fixed idea, illness or disability, is held on to as an aid in his survival - it is the explanation to himself and the world as to why he failed, or why he is currently failing to confront the actions necessary for his survival. It is a way of manipulating both himself and others. It is a self-made lie, yet it 'feels right' to him. The computation 'explains' why he is not responsible for not being able to cope. It is a safe solution to his problems of survival.

The most aberrative factor of trauma and 'bad times' is therefore not the pain of such experience, but the 'solutions' the individual adopted as a result. In terms of case handling, an individual may hang on to his own ideas so strongly that it prevents him looking objectively at his experiences and the world around him, such that the duplication of many areas of his case is clearly not possible. Indeed, this is the reason many people are not interested in personal development, for there is 'nothing wrong with them'. There are situations where it is obvious a person is wrong, but he cannot admit this as he has been crushed down into such a low condition and lack of self-esteem that he has to insist on being right. He has lived with his case day-in and day-out, so of course subjectively it seems the norm.

A person who continually *has* to be right, has been heavily suppressed in life, and proving him wrong would do no good, it would only make matters worse. To help him you would get him to discover enough valid rightnesses so he can acquire the stable data necessary to reduce the confusions of his life. Then he can look at the ways he has been making himself right that are not based on confront of objective reality.

To sum up, the individual's efforts to stop and reduce others (or some kind of opposition or imagined opposition) backfires on himself. Once his Safe Solutions have sown him up neatly, he will find it very hard to move out of fixed conditions in his life. He is blocked at every turn by his own thoughts. The Computations he has adopted only superficially make him right, and he is the loser in his own game. He has hung on to these fixed ideas and fixed solutions ever since, constantly building on them and reinforcing them, and he can be so immersed in them that he cannot admit to himself that anything is actually *wrong* with his life, such that he needs to change and re-evaluate.

Ironically the aberrated solutions that the individual uses to deal with his environment are the very factors which reduce his ability to deal with the environment. Life is full of

examples of these situations and they are the cause of much turmoil and unhappiness in the world. They can rarely be removed by persuasion - indeed a significant degree of personal development is necessary before they can even be looked at, in most cases. Then he can find out that his mind is full of these installed safe solutions that have become the foundation of his personal 'belief system'. Such computations are illogical analytically, but are considered sensible reactively. They are fixed ideas, made at a time of confusion or reduced analytical ability, held on to reactively for survival purposes and used without further objective inspection of their validity.

Running the Safe Solution

For practical purposes the two things that are the most important are the Whirlpool Phenomenon (which applies not only to Safe Solutions but to every Listing action you take on any of the Levels) and the Six Questions below. If you have found a responding Safe Solution in your case, the Six Questions serve to release the automaticity of the computation, therefore they will tend to swirl out like a whirlpool, so you do not interrupt this automaticity with Indicator Tech.

The Six Questions:

1. How would (Safe Solution) make you right?
2. How would (Safe Solution) make others wrong?
4. How would (Safe Solution) help you dominate others?
3. How would (Safe Solution) help you escape domination?
5. How would (Safe Solution) aid your survival?
6. How would (Safe Solution) hinder the survival of others?

The first Safe Solution question is run until there are no answers forthcoming. Do not use Indicator Tech at this point as that would block the automaticity running off the computation. Then the second question. Repeat this until nothing responds, produces answers, or it Releases. Then go on to the third and fourth and run in the same way; then the fifth and sixth.

Safe Solutions Handling

1. Assess the following list of buttons in the context of the Listing Question:

'Who or what are you ....?'

Blaming	**Maintaining**	**Controlling**
Resenting	**Preventing**	**Trying to control**
Making amends for	**Not preventing**	**Disliking**
Owning	**Not helping**	**Attacking**
Approving	**Not confronting**	**Withholding from**
Feeling no sympathy for	**Contributing to**	**Trying to withhold**
Fearing	**Justifying**	**Separating from**
Sympathizing with	**Trying to impress with**	**Paying attention to**
Grieving for	**Neglecting**	**Propitiating**
Not giving up on	**Punishing**	**Making nothing of**
Being angry about	**Exposing**	**Wasting**
Needing	**Exhibiting**	**Protecting**
Hiding from	**Degrading**	**Agreeing with**
Not knowing	**Rejecting**	**Creating**
Denying	**Accepting**	**Not creating**
Having a problem about	**Trying to stay with**	**Failing to endure**
Despising	**Escaping from**	**Enforcing upon others**
Distrusting	**Throwing out of control**	**Inhibiting**
Defending	**Making wrong**	**Not communicating**
Helping	**Making right**	**Failing to understand**
Communicating to	**Being responsible for**	**Making something of**
Lying about	**Not being responsible for**	**At effect of**
Enforcing	**Believing**	**Making nothing of**
Getting into	**Not believing**	**Unable to have**
Getting out of	**Showing contempt for**	**Starting**
Associating with	**Undermining**	**Having faith in**
Asserting	**Beating**	**Getting attention from**
Holding off	**Trying to keep the same**	**Something Else?**
Identifying with	**Changing**	
Differentiating from	**Trying to stop**	
Remembering	**Having no effect on**	
Doubting	**Making ugly**	
Hurting	**Making beautiful**	
Being serious about	**Failing**	
Criticizing	**Reasoning about**	
Continuing	**Interested in**	
Avoiding	**Connecting with**	

2. Insert the first responding button from 1. in the Listing Question and List to produce a Verified Item. Clean the VI with Repeater and Indicator Tech to Release.

3. Check the following Question for a response and if it responds then LIST:

> **'In what way is (button from 1.) (Item) a safe solution?**

to produce a Verified Item - the Safe Solution.

4. Then ask the Six Questions to a Release (don't clean answers with Indicator Tech):

> **'How would (Safe Solution) make you right?'**
> **'How would (Safe Solution) make others wrong?'**
> **'How would (Safe Solution) help you to dominate others?'**
> **'How would (Safe Solution) help you escape domination?'**
> **'How would (Safe Solution) aid your survival?'**
> **'How would (Safe Solution) hinder the survival of others?'**

When you have run the automaticity out of the Safe Solution (off the InnerTrac but briefly note your answers down), go back and check your answers for responses, and run responding Expressions on Indicator Tech.

You can also ask the following questions to a release point, handling all answers with Indicator Tech.:

Regarding (Safe Solution) ...

> **'What does this *get you into?*"**
> **'What does this *get you out of?*'**
> **'What does this *prevent you from* being-doing-having-feeling-creating?'**

5. Then clean the Safe Solution (only if it still responds) with the Bypassed Charge Checklist, using Indicator Tech.

6. Finally run the Safe Solution (if it still responds) on Repeater with Indicator Tech to Release.

7. Then re-assess at 1. and continue until no more buttons response. Do not repeat the handling on a button that has already been Listed from.

8. Do the follow completion step for this section:

> **'What things are all right the way they are?'**
> **'What things are all right if they persist?'**
> **'What things are all right if they disappear?'**

THE PRESENT TIME ENVIRONMENT

1. Off the meter, write down all the people, topics of concern, activities and situations that your present time environment consists of. What are you in contact with? (Note: this is not Verified Listing).

2. Assess this list for the largest responding item.

3. Off the meter, consider and write down what your safe solutions are to the item, safe assumptions about it, safe decisions about it, safe approaches to it, safe way to handle it.

4. Assess this list for the largest responding item.

5. Then ask the Six Questions to a Release (don't clean answers with Indicator Tech):

> **'How would (Safe Solution) make you right?'**
> **'How would (Safe Solution) make others wrong?'**
> **'How would (Safe Solution) help you to dominate others?'**
> **'How would (Safe Solution) help you escape domination?'**
> **'How would (Safe Solution) aid your survival?'**
> **'How would (Safe Solution) hinder the survival of others?'**

When you have run the automaticity out of the Safe Solution (off the InnerTrac but briefly note your answers down), go back and check your answers for responses, and run responding Expressions on Indicator Tech.

6. You can also ask the following questions to a release point, handling all answers with Indicator Tech.:

Regarding (Safe Solution) ...

> **'What does this *get you into?*"**
> **'What does this *get you out of?*'**
> **'What does this *prevent you from* being-doing-having-feeling-creating?'**

7. Then clean the Safe Solution (only if it still responds) with the Bypassed Charge Checklist, using Indicator Tech.

8. Finally run the Safe Solution (if it still responds) on Repeater with Indicator Tech to Release.

9. Then re-assess at 1. and continue until no more buttons response. Do not repeat the handling on a button that has already been Listed from.

8. Do the follow completion step for this section:

> **'What things are all right the way they are?'**
> **'What things are all right if they persist?'**
> **'What things are all right if they disappear?'**

LEVEL ASSESSMENT (LEVEL 4)

Use this Assessment to find where the major charge is at present. It covers the main areas of Levels 1 to 4 inclusive and Repairs that may be necessary. Run it only when major cycles are complete.

Out-Primary:	Five Flow Primaries, page 159
Upset?	
Problem?	
Withhold?	
Misdeed?	
Invalidation?	
Evaluation?	
Can't have?	
Enforcement?	
Bypassed Charge?	Bypassed Charge Checklist, page 164 on subject of RangeC
Disinformation	Handling on page 185
Suppression?	Handling on page 203
Stuck picture?	
Something persisting?	Handling on page 206
Safe Solution?	
Are you making yourself right?	
Are you making someone wrong?	6 Safe Solution Qs, page 213

   Repair needed? -

Feeling Upset?	Upsets Repair List, page 171
Feeling Stressed?	Life Stress Repair List, page 167
Low havingness?	Havingness Handling, page 291
Exteriorized?	Exteriorization Handling, p. 290
Overrun?	Restoration Handling, page 297
High/Low Range?	Range Correction List, page 367
Listing Error?	Listing Correction List, page 372
Interiorized?	Interiorization Handling, p. 375
Stuck Emotion?	Release Technique, p. 426
Traumatic incident restimulated?	Trauma Handling, page 431

Something Else?	If not readily apparent, make a list of possibilities and assess.

LEVEL 5
IDENTITY

IDENTIFICATION

The vast majority of people in the world 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' this vast majority into giving their money, labor and even their lives to imposed 'higher values', 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 color 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 mind-set, 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.

But the pursuit of happiness is what life is all about. 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 realize our judgments 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 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 recognize one's own part in the creation of circumstances. This and many other such denials and conflicts cause polarities, and between these polarities form ridges of blocked energy, which attract similar energies towards them. This is a physical manifestation of subtle energies, of polarized (black and white) vibrations, that can be measured with a Biofeedback Monitor. Such ridges become compressed and if not dissipated, the forces contained in them may overwhelm and destabilize 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 dependent on breaking the patterns, of erasing their duality; only then can new states of consciousness become possible. The inner, higher self has its 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 this true Being, which then has flexibility and freedom of viewpoint - a recovered awareness.

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 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 generalize it. Eventually this resistance is occurring on an undifferentiated basis, and his intentions form ridges against much of the life and flows of energy of others around him. He has locked himself into a cocoon of his own making.

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 accomplish 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 Meta-Programming are ones the person gets stuck in - that are imprinted on his or her personality. For example a person may spoil people with kindness, forgives everything, agrees with everybody and actually enjoys governing those who cannot govern themselves: a popular community leader. But the person is probably a total robot - that is, if they can *never* give orders in a strict way, are *never* able to criticize 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 acceptable to parents, teachers, employers, friends, lovers and society).

All of these identities have an accompanying intention - what the person wanted to achieve by that behavior. 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 units, i.e. his energy and power. He is, to that extent, 'not all there' 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 - it becomes unconscious. Most people have many frustrated intentions that are 'charged' in this way, and are very adept at justifying and rationalizing any manifestations of these 'sub-personalities' so they are not recognized.

Meta-Programming has many cunning techniques to awaken the Being, so that these debilitating trapped viewpoints can be freed, and the Being can come more and more into the HERE AND NOW, realizing the *incredible resources* that each one of us intrinsically possess. Previously perceived limitations dissolve away and new horizons appear. Life goals that seemed impossible then become an exciting new challenge.

The Considerations of Existence

There are two ways that a condition of existence may be viewed:

> Firstly, there is the **objective reality**: the condition that existence actually **IS** in physical reality.

> Secondly, there is the **subjective reality**: the condition that existence **APPEARS** to be in the mind, i.e. the way it is perceived or remembered to be.

There are four primary subjective (mental) considerations about objective reality:

> Firstly, one may view objective reality from a viewpoint of **CAUSATION**. This is a total duplication of the original source postulate. Subjective reality then exactly 'maps over' objective reality: there is no conflict between the two, and therefore no mental 'charge' (the energy of conflict). None of the buttons would response on Indicator Tech and there is hemispheric synchronization (as shown on a Bilateral meter).

> Secondly, one may **ALTER** the perception of objective reality, such that the subjective reality is then different from the actual reality. The subjective map may overlap that of objective reality, but the added parts will differ. This mental process thereby causes a conflict, and the resulting charge would cause a response on the Indicator Tech button 'False?', since the brain's left hemisphere is aroused (as shown on a Bilateral meter) in the mental process of *alteration* - one is looking in the wrong direction.

> Thirdly, one may attempt to **NEGATE** the condition of existence by suppression, such that the subjective reality is then different from the actual reality. The subjective map will then not include parts of objective reality. This mental process thereby causes a conflict, and the resulting charge would cause a response on the Indicator Tech button 'True?', since the brain's right hemisphere is aroused (as shown on a Bilateral meter) in the mental process of *suppression* - there is more to it.

> A fourth response occurs where there is neither Alteration nor Negation, because a reality has been **ACCEPTED** or agreed-upon. When this subjective reality does not accurately 'map over' the objective reality, or if it is not a causative viewpoint of objective reality (for example, if this is a truth that has not been inspected objectively for oneself), the Being at a deeper intuitive level knows that this is not a causative viewpoint of the truth of existence, and the InnerTrac will response on the conflict (corresponding to an arousal of the deeper, primitive brain) when the button 'Imprinted?' is called on Indicator Tech. (On a Bilateral meter there is no response as the hemispheres are not aroused, since this is accepted material and is not questioned).

An Imprinted consideration, then, may or may not be actually true, but in either case it

is something that has been agreed with or otherwise taken on-board, rather than something that has been and is being inspected objectively in present time, with free choice and determinism. This includes beliefs and cultural agreements, and all of one's safe solutions to the problems of survival.

The overwhelming solidity of the apparency of the way things are, blinds one to other possibilities and dimensions of existence. Acceptance of apparent reality is a limiting tunnel-vision. Where subjective reality is a projection, where it does not accurately and knowingly map objective reality, it is a smokescreen, a misleading illusion, what in Eastern religion is called Maya.

An objective view of what actually is, as it is - the precise time, place, form and even - gives erasure of any charge connected with that condition, since there is no longer any conflict between subjective and objective reality; the truth has been uncovered, as shown by Indicator Tech when no buttons response and the Expression is indicated as a Truth. One then has a clear view of objective reality according to the current level of awareness, responsibility and confront, which of course has now moved up a notch. The end-point of The Insight Project is to attain Full Realization of one's Causation of the actual objective reality in all domains of existence - there is then full awareness, responsibility and confront.

Life is a quality that essentially has no mass, no motion, no wavelength, no location in space or in time. Nevertheless the essence or life-force that is Life or 'Spirit' has the ability to decide TO BE, to assume a VIEWPOINT within the objective reality of the physical universe space-time continuum. The Spiritual Being may then make further postulates, opinions, evaluations and conclusions about the objective reality, to form a structure of beliefs that - together with continued perception of objective reality - comprise a subjective reality. The Being has then adopted an IDENTITY within the objective reality. An identity is a belief structure; some are fixed, some are flexible. When the Being's beliefs incorporate alterations and negations of the objective reality, or accepted Imprint material, the beliefs cause irrational behavior - behavior that defeats the attainment of the goals which the Being has set within objective reality. Alterations are lies, twists and embellishments that alter the appearance of the objective reality. Negation of reality is due to non-acceptance of the truth of the actual reality. The Imprint phenomena is due to acceptance of untruths about one's identity within objective reality and one's causation of existence.

The Being's subjective reality is largely influenced by others with whom he has gone into agreement - the subjective reality of the groups and culture of which he is a part. The Being's subjective reality is also influenced by the innate drives and patterns of behavior of the human organism with which he identifies. Further, the Being has independently made many assumptions, conclusions and solutions in response to his learning experiences in life.

The Being, in his subjective reality, is therefore subject to influences which he has adopted and empowered. These derive from his body, the world around him and his

mental processes, and act as enforcements: they drive him. To defend his free determinism, he then rationalizes these introjections. Perceiving the world as though through a filter, he projects his fixed solutions onto others. The lies which are consequent upon these agreements and beliefs need to be unwrapped to get to the original situation or starting point, i.e. how objective reality actually IS. The fixed conditions such as solutions, compulsions and inhibitions, i.e. the survival computations which affect the Being, can then be seen for what they are. He has the map to get out of the maze.

The Why & the Lie

Most fixed intentions, considerations, evaluations, agreements, 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?	Solving a conflict?
Filling a scarcity?	Filling a need?
Getting rid of an excess?	To influence?
To suppress?	To cover up?
To falsify?	To bypass?
To avoid?	To make fail?
To inhibit?	To invalidate?
To destroy?	To escape?
To protest?	To please?
Gaining admiration?	Gaining recognition?
Gaining acknowledgement?	Couldn't grasp something?
Gaining empathy?	Gaining reality?
Gaining communication?	Gaining understanding?
A misunderstood?	An uncertainty?
An injustice?	A non-confront?
An overwhelm?	An invalidation?
Failed help?	Failed control?
To resist change?	To withdraw?
To retreat?	To get sympathy?
To give up?	An evaluation?
As a game?	As a challenge?
As revenge?	As punishment?
A good idea?	To go along with it?
Because you noticed it?	Because you accepted it?
Because you stole it?	Because of a misdeed?
Because of a withhold?	Because of a justification?
To resolve confusing thoughts?	To resolve confusing emotions?
To resolve confusing efforts?	To stop something?
To seek excitement?	To avoid anxiety?

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	Agreement with aberration	Presumption
Always or never	Wrong source of information	Inaccurate
Mis-perception	Self-invalidation	Generalization
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
Based on an earlier assumption?		

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. Lies and Whys configure in chains:
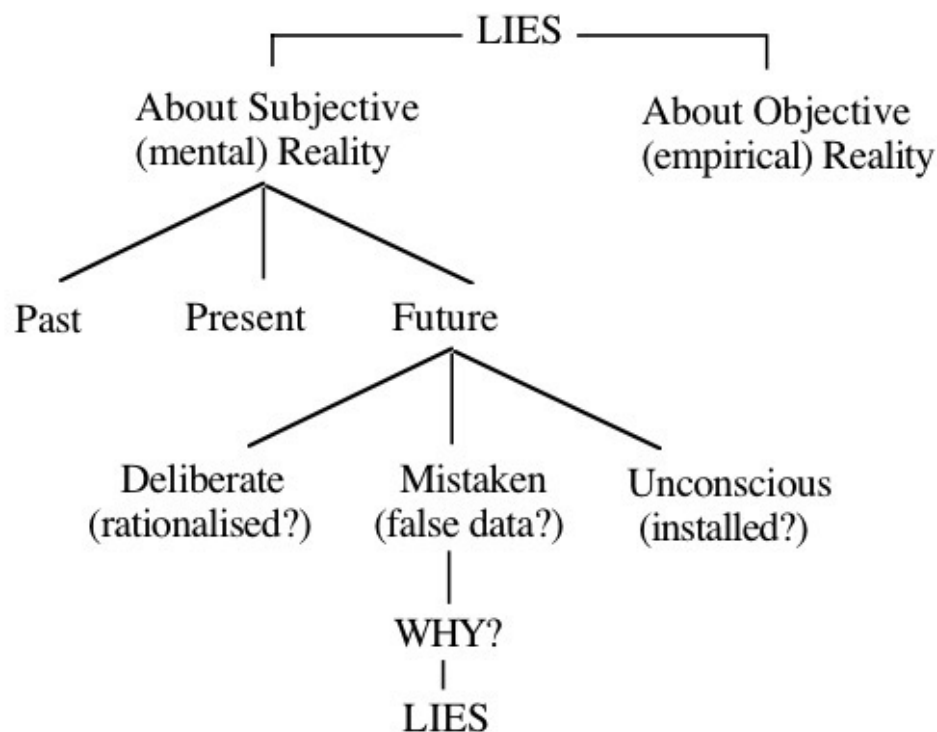
Note: It would be very worthwhile for you to do the following exercise, based on the above Why and Lie lists. Clear the lists of any misunderstood words, and then provide several examples - from your own experience or imagination - of each item in the lists. Then do this exercise in combination, i.e. the why and then the lie. Also note that a further why and lie may undercut the first pair, i.e. these may go in chains.

Beliefs

Our beliefs strongly influence our behavior. They motivate us and shape what we do. For instance, it is difficult to learn anything without the belief that it will be pleasant and to our advantage. What are beliefs? How are they formed and how do we maintain them? Beliefs are our guiding principles, the inner maps we use to make sense of the world. They give stability and continuity; they are stable data which helps us to make order out of confusion. Shared beliefs give a deeper sense of rapport and community.

When we believe something we act as if it is true; we have then made an investment of effort. This makes it difficult to disprove; beliefs act as perceptual filters - events are interpreted in terms of the belief, and 'exceptions prove the rule' (an irrational fallacy since exceptions actually disprove general rules). Beliefs are not just maps of what has happened, but blueprints for future actions. Positive beliefs are permissions that turn on our capabilities; they are permissions to play and explore in the world of possibility. Limiting beliefs on the other hand, usually centre around, 'I can't...' This may be a valid statement at the present moment, but believing it is a description of your capability now *and* in the future, will program your mind to fail, as it will prevent you finding out your potential capability. It is far more sensible to say 'I won't...' rather than 'I can't...' Limiting beliefs have no valid basis in experience.

Beliefs come from many sources - upbringing, imitation of significant others, conclusions as a result of past traumas, and repetitive experiences. We build beliefs by generalizing from our experiences of the world and those of other people. Some beliefs come to us ready made from the culture and environment we are born into. When we are young, we believe what we are told about ourselves and the world, because we have no way of testing, and these beliefs may persist unmodified by our later achievements, because they had parental authority and became embedded as unconscious commands in the developing Super-ego.

When people are neurotic or have unreasonable outlooks on life, the basic difficulty is not usually that they do not know enough hard facts; it is rather that they are not aware of their own feelings and the feelings of other people, or that they lack the self-control and motivation to allow this awareness to operate effectively. There are of course simple cases where false beliefs lead to mistaken or unreasonable outlooks. For example, if a person genuinely believes that all Jews are plotting to overthrow the State, or that all Negroes behave like animals, then he could be asked to examine the evidence, which would show him that these beliefs were false, and he would change his attitude. This would not be a case of prejudice, but just a case of ignorance. But if there is some hidden reason why a person hates Jews or despises Negroes, or why he is unduly scared of his boss, or is disposed to think that people hate him, or is unable to face life without relying on a god, and so on, this must first be uncovered.

Much of the difficulty arises because it rarely happens that a person quite straight-forwardly wants this, or decides to do that, or believes the other - the person is very often in a state of conflict. Not all their emotions and beliefs are on the surface, in their

conscious minds; it often happens that they have a set of unconscious emotions and beliefs which work against their conscious ones. They may not admit these emotions and beliefs to themselves, or only in fleeting moments of extreme honesty and self-awareness. It is very common for a person to deny, even to himself, that he feels frightened, small, insecure or impotent; or to pretend to himself and to others that he is competent, powerful and brave.

A person's outlook on life is a product of his total personality: his inborn human drives and potentialities, his childhood fears and desires, his later learning and experiences, his ideals and moral values, and the emotions that he once felt but has perhaps now forgotten and repressed (but which continue to influence him). To unravel all these, to make him properly aware of what he feels, to free him from those compulsions and limiting beliefs which cause self-defeating behavior, is obviously a large task of subjective discrimination, but an essential one.

Conflict or challenge?

Beliefs can be a matter of choice. They change and develop. We think of ourselves differently, we marry, divorce, change friendships and act differently because our beliefs change. We have each created many beliefs about our possibilities and what is important in life, and we can change them. But it is no use attempting to do so in the context of conflicting intentions. We have to duplicate such Conflict Structures completely so that we can confront their contents and then they will no longer be charged and limiting. Only in that context, knowing ourselves more fully, can we then visualize new possibilities, ones that we genuinely want to happen, without limitations, and work enthusiastically towards them with a creative (integrated high arousal) frame of mind.

When you want to change yourself or help others to change, you need to gather information, the noticeable parts of a problem, the symptoms one is uncomfortable with. This is the present state: the current reality. To be a realistic view, the subjective component of this reality should minimally distort or delete from the objective reality - it should be the truth, without rationalization or suppression.

There will also be a desired state: an outcome that is the goal of change. To be a genuine, self-determined goal, there should be no counter-intention: it should be one's own goal, not an obligation or safe solution. Plus there needs to be clarity: it should be objective and specific. One also needs to take account of the resources that will help to achieve this outcome, and also the side effects to reaching it, for oneself and others. There will of course be the barriers and difficulties. These may be considered as challenges or as problems.

Challenges deteriorate into problems when there are underlying causes that maintain the problem: what does the person keep *having* to do that maintains the problem, and why?

The element of conflict is intrinsic to problems and the trick of solving them is to be able to spot the *counter*-element to one's own intention, and thereby to recognize that one does indeed have a causative contribution to the situation, otherwise it would not be

intention versus counter-intention - a problem! The 'solution' to the problem is simply a realization of the *structure* of the problem itself. The charge or confusion of the problem will then drop away, and appropriate actions may be taken.

More on problems

The definition of a problem is: an intention against or opposed to a counter-intention; any situation requiring a solution.

The mark of a successful individual isn't whether or not he has problems; it is whether or not he has the same problems that he had last year. In other words, how long has the person had a problem and how much is it troubling him? Everybody has problems. There is nothing wrong in this of itself. Without problems as challenges, life would be boring indeed. A person's difficulties arise when he is at the effect of a problem, i.e. when a problem has him. The ideal scene is to have problems and to be at cause over them.

A problem, by definition is: equal and opposing vectors or forces that are held in stasis. E.g., 'I must leave/I cannot go', or 'I should/I don't want to', or 'I ought to stay/I must leave'. These dilemmas often arise as the result of deep trauma. In this case, the intellect may modify the memory of an event and in some cases repress it altogether, creating a form of mental blindness. Mental blindness results in sincerely held belief systems containing hidden contradictions. E.g. people can work in the armament industry, yet go to Church on Sunday, praying for 'peace and good will to all men'. This type of behavior results from mental blindness combined with the mental ability to put the contradictory elements of a belief into separate compartments, and repress these elements selectively, depending on the context.

The hidden contradictions in a belief are the opposing vectors in a problem that give it force and persistence. When any two or more vectors of comparable magnitude are opposed, they are held in stasis, and this is the basic mechanism of a problem. To resolve such a problem, one has to examine the vectors, and unbalance one side or the other, bringing the hidden contradictions into view. At that point, there is a change of belief or viewpoint; the problem vanishes, since the optimum solution is inherent in the actual facts of the problem situation itself, when it is clearly seen. For an unwanted condition (the 'problem') to continue to exist, it must contain a lie, and a lie is a contradiction. ('If you find a contradiction, check your premises; contradictions don't exist.' Ayn Rand, Atlas Shrugged, p 578).

The anatomy of a problem:

must   have to   leave

go   come

stay   can not   must not
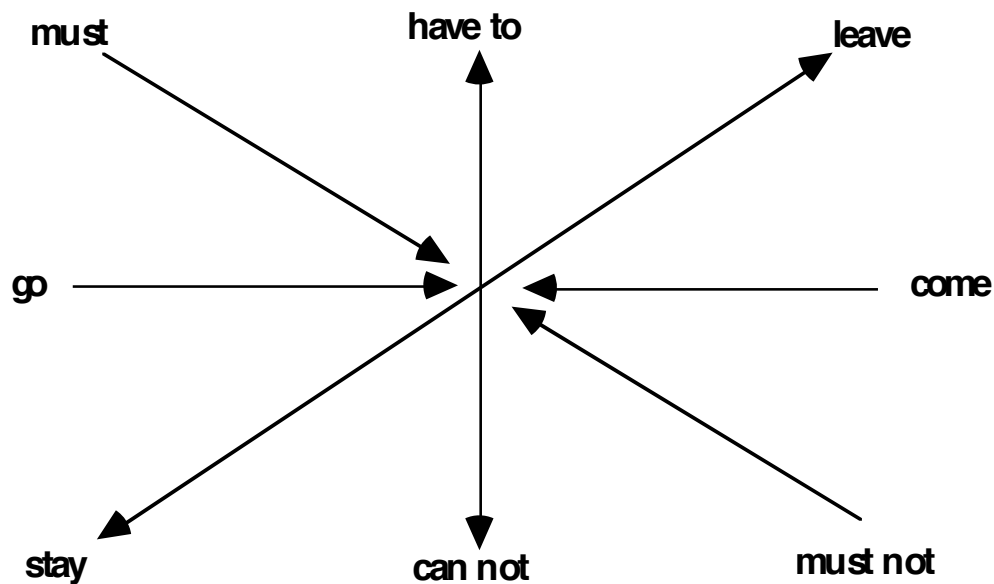
Suppressive situations are by definition a problem. Problems could be **behavioral**, e.g. over-eating, shyness, procrastination, lack of confidence; or **relationship** problems, such as with boyfriend/girlfriend or relatives; or **situational** problems, e.g. unhappiness at work, lack of money, various forms of personal dilemmas, etc.

It is impossible to do anything to you - the actual You - at any time; it is always your thought/consideration/decision/postulate, that affects you. Thus *only you* suffer from holding grudges, hatreds, resentments or revengefulness. No-one has ever affected you but your own thoughts. No-one has caused you to be frightened, angry, hurt or happy but your own mind, because if you didn't identify in your own mind what was said or done to you, you would not have been affected in the least. This is one of the most difficult facets of existence to perceive, but once perceived, its worth becomes priceless.

The Gnosis or knowledge you release by Indicator Tech (for you always knew it) will not immediately make you more comfortable or secure. In fact, it is painful at times, because you will be aware of your false identities, your facades, your defense mechanisms, your silliness, your viciousness, and your primitive self, perhaps for the first time. But persist for you are recovering a genuine identity that no-one can take away from you. Your security and comfort will gradually be found in your change from a pseudo-self to a permanent harmonious Self that is objective and unlimited in scope. This is the way to higher consciousness and higher powers of mind.

DATING AND LOCATING

The Reactive Mind is composed of energy ridges (compacted energy flows due to conflict structures) which feel subjectively like 'mass'. It has no space or time in it. So by Dating and Locating you are putting back the missing space as a specific location and the missing time as a specific date. Now, all things being restored, you should be able to get a duplication of the incident, picture or whatever.

Truth is the exact time, place, form, and event. To discover truth and thereby achieve a causative viewpoint you would have to spot the exact time, place, form, and event. This ties in with the general rule of Meta-Programming which is that anything which is unwanted and yet persists must be thoroughly viewed, at which time it will vanish.

When a Date/Locate (D/L) is used, what you want is to blow (duplicate) the persisting mass and charge associated with a subject or incident, and indeed the D/L is continued until a RangeOW occurs. This is defined as a sudden dissipation of mass in the mind accompanied by a feeling of relief and a BD Release on the InnerTrac. A blow can occur anywhere along the way and should not be missed. If a BD occurs during a Dating step, (and the same goes for the Locating step), you can check: 'Did something blow?' Usually it's a Yes, it BD's and you have a Release. You have to be careful not to become too Biofeedback Monitor-dependent. It is the Being you ask the questions, and the InnerTrac will confirm the answers. The InnerTrac itself can't tell you anything. When you get the correct answer to any of the Dating or Locating (D/L) questions you should also get a good response on the InnerTrac, thereby confirming the answer.

Dating

When dating an incident or experience, you first establish your order of magnitude. The first question is: **'When was it?'** This will give you an order of magnitude such as 3 years ago or last week or 1923, say. This alone may blow it, or you may need to get the exact year, month, week, day, hour or how many years, months, weeks, days ago it was. You may get it exactly straight off such as 24th of April 1965 at 3 in the afternoon, plus a BD Release. But if you need to use the InnerTrac to guide you to an exact date (which the Being always knows) the steps you cover are:

      What year was it?

(Ask 'Before (approximate stated date or age if that is more real)? After (date or age?' and then depending on which responds, call off the years to a response.)

      What month in _____ was it?

(Ask: 'First half of the year?' 'Second half of the year?' and then calling off the months to a response.)

      What day in _____ was it?

(Again asking what half of the month sometimes works better.)

> **Time of the day?** i.e. the hour.
>
> **How many minutes past the hour?**
>
> **How many seconds?**

If no blow yet, repeat the whole answer and it should give you a blow.

Unfortunately you don't always get a Release on dating because now that you're more aware you'll get into the Higher Mind of postulates and considerations. The postulates and considerations that are attached to the incident have floated into view and are now accessible, whereas previously they weren't accessible. The experience that you are dating is less charged than the postulates, considerations, evaluations and opinions of the Being. You cannot get an EP on Date/Locating if any of these items are attached, however closely you date it or however exactly you locate it in space. The unspoken consideration will act as a communication failure or withhold and kill the Release. The Being is more powerful than the residue of the Reactive Mind and his postulates, considerations and opinions are more heavily charged.

So having got your date, if there is no Release you then ask:

> **'Are there any considerations on this date?'**

Then, if it responds, you get your consideration and you do Indicator Tech on it. Then you go back in and get more off to Release.

If necessary you can also ask:

'On this date, is anything suppressed? ...invalidated?' ...unacknowledged?'

Some detail will come up which hasn't been looked at, then the rest of the charge on the date will blow and it will Release.

Then recheck the date for blow or Release - ask: **'Did it blow?'** If you have unburdened it, it will then Release. Sometimes considerations can be found even after the date has Release'd and these should be taken up and handled with Indicator Tech. If these considerations are not cleared and the Being isn't being asked for the postulates that are hanging about, he starts to pull pictures of the incident in on him.

If there is no Release, you may have to get it more exact or maybe there are more considerations to unburden. Juggling between these two aspects of more exact, more considerations, you'll get your Release. The important part of this handling is not so much the date (this is just to bring into focus a specific time rather than a generality) but the considerations which hang the incident up.

If you suspect, due to the material coming up, or the inability to get the date to Release even after you have pulled off all the considerations available, that you are dealing with an invalid date, then do a False Date check:

> **'Correct date?'**
> **'Already blown?'**
> **'Incompletely dated?'**
> **'Incorrectly dated?'**
> **'A false date from an Imprint?'**
> **'An actual date from an Imprint?'**

Handle what responds and you will get a blow Release. This may require that you re-date and pull off further considerations to get your blow, or if it was a false date from an Imprint, to Indicate the fact and get off it and then re-date. An incorrect date may be because there is an **earlier beginning** to the incident or a **similar connected** incident, so check for these.

So you make this False Date check when you can't get it to Release or if at any time you suddenly suspect the date may be wrong. You have done all the actions you are supposed to do, pulling off all the considerations and doing Indicator Tech on them . If the check doesn't response, no harm done. If it does then you will get on with getting the right date. Only when you have pulled all the charge off a false date can you then find out it is a false date, but before you have done this you aren't going to find out. While it's charged you are not going to get reliable information.

Having done all those actions, the situation suddenly can clear and you get your Release. So you ask: **'Did it blow?'** and if this BDs, your final action is to **Indicate the date,** before continuing the action you are on. When calling back a date as an Indication, always call it back in the same sequence that it was found.

Dating

When was it?

If past lifetime, ask:
Earlier than (date of birth)?
More than 100 years ago?
More than 1000 years ago?
More than 10,000 years ago? etc.
Meter read = confirmation.
Then having got the order, find out the
units by elimination and assessment.

If this lifetime, ask:
What year was it?
What month was it?
What day of the month was it?
What time of the day was it? etc.
Meter read = confirmation.
Use the meter to find the exact time,
by elimination and assessment.

If at any time a BD
occurs, ask:
'Did something blow?'

If F/Ns, then Indicate:
'The correct date is ...'

If no BD, repeat whole answer, in the
same sequence as it was derived.

If still no BD, ask: 'Are there any
considerations about this date?'
Clean reading lines with Indicator Tech.
Repeat to BD F/N.

If still no F/N and Imprinted material
is suspected, then ask if this is:

- a correct date?
- already blown?

- incompletely dated?
- incorrectly dated?

- a false date from an Imprint?
- an actual date from an Imprint?

Clean with Indicator
Tech then re-date

Indicate Imprinted
then re-date

A person can have a wrong date for an incident, or he might have a date totally occluded. He might have a confusion on two incidents, thinking one happened before the other when it is actually vice versa. He could have two incidents collapsed into one, time-wise. Or, more severely, he can be stuck in the time of an incident which acts as Present Time for him. In other words, that time is still in existence for him in P.T. He is seeing things from that point in time.

Sometimes one can blow the charge on just the first question: 'When was it?', giving an answer that responds well, which may even be approximate, and this answer can then be cleaned with Indicator Tech to Release and then you check: 'Did it blow?' and if so, Indicate.

D/L does not have to be a long-winded procedure, just whatever it takes to blow the charge on the unknowness of date or location. You put order in the Reactive Mind and confusion blows off. If the mass has blown on Dating it may be unnecessary to Locate as well - use your knowingness and good indicators. At other times the exact date and precise location may be required, with all considerations pulled and cleaned, before you get the blow EP.

Locating

The first question is: **'Where was it?'** This will give you a starting point such as e.g. at my girlfriend's house in Liverpool, and this alone may blow it with a BD Release, or you may need to get the precise location (which the Being always knows) using the InnerTrac and elimination to guide you:

> **Where about in (**your girlfriend's house**) was it?**

(If necessary ask: 'First floor?' 'Second floor?' and then describing possible rooms like 'Main Bedroom? Bathroom? Landing? etc. to get a response.)

> **Where about in (**the back bedroom**) was it?**

(If necessary ask: 'By window? On the bed? By the door? etc. to get a response)

If no blow yet, repeat the whole answer and it should give you a blow.

Having got your location, if there is no Release you then ask:

> **'Are there any considerations on this location?'**

Then, if it responds, you get your consideration and do Indicator Tech on it. Then you go back in and get more off to Release.

If necessary you can also ask: **'On this location, is anything suppressed? ...invalidated?' ...unacknowledged?'** - some detail will come up which hasn't been looked at, then the rest of the charge on the date will blow and it will Release.

Then recheck the location for blow or Release - ask: **'Did it blow?'** If you have unburdened it, it will then Release. Sometimes considerations can be found even after

the location has Release'd and these should be taken up and handled with Indicator Tech. If these considerations are not cleared and the Being isn't being asked for the postulates that are hanging about, he starts to pull pictures of the incident in on him.

If there is no Release, you may have to get it more exact or maybe there are more considerations to unburden. Juggling between these two aspects of more exact, more considerations, you'll get your Release.

Locating

Where was it?

If not on Earth, point to Direction.
Located in this solar system? this
sector of the galaxy? this galaxy? this
universe? Meter read = confirmation.
& ask for Distance:
How many miles or light years away?
Having got the order, find out the units
by elimination and assessment.

If on Earth, ask for Location:
What country was it?
What town was it?
What building was it?
What room was it? etc.
Meter read = confirmation.
Use the meter to find the exact location,
by elimination and assessment.

If at any time a BD
occurs, ask:
'Did something blow?'

If F/Ns, then Indicate:
'The correct location
is ....'

If no BD, repeat whole answer, in the
same sequence as it was derived.

If still no BD, ask: 'Are there any
considerations about this location?'
Clean reading lines with Indicator Tech.
Repeat to BD F/N.

If still no F/N and Imprinted material
is suspected, then ask if this is:

- a correct location?
- already blown?

- incompletely located?
- incorrectly located?

Clean with Indicator
Tech then re-locate

- a false location from an Imprint?
- a false incident from an Imprint?
- an actual location from an Imprint?

Indicate Imprinted
then re-locate

If you suspect, due to the material coming up, or the inability to get the location to Release even after you have pulled off all the considerations available, that you are dealing with an invalid location, then do a False Location check:

> **'Correct location'**
> **'Already blown?'**
> **'Incompletely located?'**
> **'Incorrectly located?'**
> **'A false location from an Imprint?'**
> **'An actual location from an Imprint?'**
> **'A false incident from an Imprint?'**

Handle what responds and you will get a blow Release. This may require that you re-locate and pull off further considerations to get your blow, or if it was a false location from an Imprint, to Indicate the fact and get off it and then re-locate. An incorrect location may be because there is an **earlier beginning** to the incident or a **similar connected** incident, so check for these.

Having done all those actions, the situation suddenly can clear and you get your Release. So you ask: **'Did it blow?'** and if this BDs, your final action is to **Indicate the location,** before continuing the action you are on. When calling back a location as an Indication, always call it back in the same sequence that it was found.

Date/Locate is a very effective tool for the handling of particular items such as points of overrun, wins that have been bypassed or invalidated in some way, moments of loss, trauma, painful emotion, or any of various stuck points of this nature.

Date/Locate Exercise

Date/Locate several times in your life such as when you won something, the first time you had sex, an illness, the break-up of an affair and your birth.

ASSUMED IDENTITY HANDLING

The Listing Questions in the Case Handlings that follow will produce a Verified Item that is an Identity. Having cleaned the VI with Repeater and Indicator Tech, check for response:

> **'Is this an identity that I assume?'**

If one or more of these responds, run the following handling :

Assumed Identity Handling (Indicator Tech is used throughout)

1. Time.

First ask: **'When did you first adopt the identity of (VI)?'**

Date/Locate. Note: if, on asking this question, you immediately get a responding Expression, such as 'It was very early this lifetime' or 'it was in a past life', handle this with Indicator Tech and continue to D/L if necessary, i.e. if it has not already blown.

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

If this responds, apply Indicator Tech to responding Expression.

2. Recall.

Two questions are asked on a repetitive basis:

> 1. **'Recall a situation in which you used (VI) to gain advantage.'**
> 2. **'Recall a situation where you were able to gain advantage without using (VI).'**

This is done to a realization (BD Release on the InnerTrac). Apply Ind Tech to responding Expressions.

3. Find the intention.

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

> **LIST: 'What would the identity (VI) intend to accomplish?'**
> Repeater the resulting Item (Intention) with Indicator Tech to Release.

4. Determine the Why.

Ask: **'Why would the identity (VI) want to (Intention from 3.)?'**

Most fixed intentions, considerations, evaluations, agreements, postulates, beliefs, etc. that have now become contra-survival or irrational, were originally made for what seemed to be a pro-survival purpose. If the above question responds and an answer is readily apparent, if the Expression responds then apply Indicator Tech. Alternatively, assess the following list of some of the possible Whys, pull the responses and when you get a responding Expression, Indicator Tech it.

Whys

Solving a problem?
Solving a conflict?
Filling a scarcity?
Fulfilling a need?
Getting rid of an excess?
To suppress?
To cover up?
To falsify?
To by-pass?
To avoid?
To make fail?
To inhibit?
To invalidate?
To destroy?
To escape?
To enforce?
To influence?
To gain admiration?
To gain recognition?
To gain an acknowledgement?
To gain empathy?
To gain reality?
To gain communication?
To gain understanding?
To please?
To resolve confusing thoughts?
To resolve confusing efforts?
To resolve confusing emotions?
Because you couldn't grasp something?

Based on an earlier assumption?
Based on a misunderstood?
Based on an uncertainty?
Based on an injustice?
A non-confront?
Overwhelm?
Evaluation?
Invalidation?
Failed help?
Failed control?
To resist change?
As a withdrawal?
To retreat?
To give up?
To get sympathy?
Because of a misdeed?
Because of a withhold?
Because of a justification?
As a game?
As a challenge?
To get revenge?
As punishment?
Because it seemed a good idea?
You went along with something?
Because you noticed something?
Because you accepted something?
Something Else?

If there is no Release, ask:

> 'Is there more to this Why?' and run responding Expressions on Indicator Tech.

If it isn't running right, ask: 'Do I have a Wrong Why? ...Incomplete Why?'

5. Safe Solution

Then run the 6 Safe Solution questions, in case the Why is a Safe Solution:

> 'How could (Why from 4.) be used to
>> ...make self right ? ...make others wrong?'
>> ...dominate others? ...escape domination?'
>> ...enhance own survival? ..hinder another's survival?'

When you have run the automaticity out of the Safe Solution (off the InnerTrac), go back and check your answers for responses, and run responding Expressions on Indicator Tech. If the Why from 4. still responds, run it on the Bypassed Charge Checklist and finish with Repeater to Release.

6. Find the Lie

Ask: **'What was untrue that resulted in the Why being perceived?'**

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. If the above question responds and an answer is readily apparent, if the Expression responds then apply Indicator Tech. Alternatively, assess the following list of some of the possible Lies, pull the responses and when you get a responding Expression, Indicator Tech it. Was it based on one of the following outpoints?

Lies

Wrong evaluation?	Changed sequence of events?	Cross orders?
Wrong sequence?	Copying another?	Added arbitrary data?
Wrong time?	Admiration for source?	Assumption?
Omitted time?	Sympathy with aberration?	Presumption?
Always or never?	Wrong source of information?	Inaccurate?
Mis-perception	Self-invalidation?	Generalization?
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?
Something Else?		

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.

7. 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 (using Indicator Tech on responding Expressions):

> Flow 1 - 'Think of something (VI) might withhold from you'
> Flow 2 - 'Think of something you might withhold from (VI)'
> Flow 3 - 'Think of something (VI) might withhold from others'
> Flow 4 - 'Think of something you might withhold from yourself because of (VI)'.

8. Dramatization in the present

Dramatize the identity in the present time. Compulsive dramatization 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 it has become a chain and prevents a free and beneficial relationship between the Being and the body.

> **'If you were being (VI) what would you say?'**
> Role-play with uninhibited feelings and bodily Expression!

This can be quite an experience if played for real and greatly enhances the integration of realizations from session into everyday behavior. Case gain becomes more objective. Dramatization and any trace of it can then be spotted immediately it surfaces, if due to everyday restimulation the brain/body habit patterns response in the old automatic ways. In this your new behavior will become free of reactive influence.

9. Release.

Also consider the following and run responding Expressions on Indicator Tech:

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

OPPOSING THE CLEANED VI

'Who or What ...?' questions (abbreviated W/W) are asking for an identity - Who? or What sort of person? or What goal, intention, role, approach, attitude?, etc. The answer required is not 'me' or a person's name, but rather a way of being, a type of person, or an individual purpose. We all adopt different approaches, roles, 'personae' or sub-personalities in the different situations we find ourselves in.

For example possible identities might be: 'insecure person', 'jealous man', 'ditherers', 'an extrovert', 'a sex-maniac', 'an intellectual', 'promiscuous' 'to go away', 'to be happy', 'wanting it to end', and so on - there's no end to the possibilities. The field is as wide and deep as life itself. Sometimes the Item that comes up on your Listing will be a surprise to you, yet you *know* it is the right Item. This may be because it is a deeply suppressed role that you play, a role you played in previous lifetimes or a misowned Imprinted role.

Opposing the Cleaned VI

The VI will be the Source for your next Listing Question. Now that the VI has been thoroughly cleaned, the charge will transfer to the opposed or opposing Item in an Identity Conflict Structure. A 'Identity' (abbreviated ID) is the identity that the Being has adopted as a Safe Solution to his situation. An 'Opposed Identity' (abbreviated OppID) is the opposition the Being has encountered in achieving his objectives.

A Identity - Opposed Identity pair is always run with the causation flow from the ID to the OppID, so that the practitioner who is identifying with the Identity is always at cause in relation to the Opposed Identity.

The following two Listing Questions are called to find which has the major response:

> **'W/W would (VI) oppose?'**   **(VI) --------> ??**
> **'W/W would oppose (VI)?'**   **?? ---------> (VI)**

If 'oppose' questions don't response they should be checked with Suppress buttons; in addition 'oppose' may be replaced by: 'have difficulty with?', 'dislike?', 'disagree with?', 'fight?', 'object to?' as alternatives which may hit the button.

The first of the two Listing Questions would list to produce an OppID; this also indicates the VI was a Identity. The ID is the **active** element and it always *opposes* the OppID. If the VI response as an Assumed Identity, it was probably an Identity (though the identity of an OppID may also be assumed if it has had an overwhelming influence).

The latter Listing Question would list to produce an Identity; this also indicates the VI was an OppID. The OppID is the **passive** element and it is always *opposed by* the Identity.

The major-responding Listing Question is now Listed and the resulting new VI is cleaned with Repeater and Indicator Tech. (If it is a Identity, also run the Assumed Identity Handling if 'Is this an Identity that I assume?' responds).

Important Note: The identity 'me'

The identity 'I', 'me' or 'myself' may be listed and verified as the Correct Item. However, in this case the Being has not identified the Item but **is** identified with it. One should not proceed further with 'I' or 'me' as the Identity, as to do so would risk opening up all of the case: 'W/W would I oppose?' would restimulate every OppID! Instead, accept 'I' or 'me' as the Item for the list but do not take any further action with that Item. Consider the Listing Question which gave the 'I' or 'me' Item a 'Dead Horse' Listing Question (there's no point flogging it!) and a note is kept of it in case it comes alive again later.

Similarly, one would not try to find out what the Item 'I' or 'me' represents, because that would be an invalidation of the Item and would be trying to enforce a differentiation of the Being from that with which he is identified, and that needs to come naturally.

Unsolvable Problems Handling

1. Assess the following questions and clean each one that responds by clarifying the nature of the problem. Use Indicator Tech on responding Expressions:

> 'Are you doing something that you don't want to do?'
> 'Are you not doing something that you really want to do?'
> 'Is there something you are not doing because you don't want to?'
> 'Is someone making a problem for you?'
> 'Are you having a problem with someone?'
> 'Are you making a problem for yourself or others?'
> 'Is there a problem that is hard for you to confront?'
> 'Are you connected to someone who is against you?'

2. As an analytical (out of session) action, make a list of what may seem to be unsolvable problems. Refer to the problems given above, and include the problematic Items from the Suppression handling on Level 4.

3. For the major-responding unsolvable problem, run the following questions with Indicator Tech:

> 'What are the facts about the unresolvable problem? (opposing ideas, intentions, etc.)?'
> 'Are you dramatizing (exaggerating or identifying with) the problem?'
> 'Are you dramatizing that which gives you the problem (the perceived opposition in the problem)?'
> 'Are you making attempts to solve the problem?'
> 'Does this problem solve a prior problem or confusion?'

4. LIST: 'What advantage is there in having this problem?'

Verify; Repeater the VI to Release with Indicator Tech. Then run the 6 Safe Solution Questions on the VI.

5. LIST: 'Who or what would think like that?'

Verify; Repeater the VI to Release with Indicator Tech.

6. Apply Assumed Identity Handling if appropriate.

7. Oppose using the major-responding of the two oppose Listing Questions:
       'W/W would (VI) oppose?' and 'W/W would oppose (VI)?'

Repeater the new VI, with Indicator Tech to Release.

The EP will be a freedom from any compulsion to dramatize the unsolvable problem, and therefore for it to no longer seem like a problem any longer. This can be quite spectacular as you're taking a big chunk out of a Goal Conflict Structure (these will be handled in full on Level 10).

8. Repeat from Step 2. on the next major-responding unsolvable problem.

Purpose Suppression Handling

As an analytical, out-of-session action, make a list of purposes with reference to the following questions:

> **'What are you trying to do?'**
> **'What are you giving up on?'**

Assess the list to find the major responding item. Insert this into the following Listing Questions and check for the major response:

> **'W/W is making nothing of _____?'**
> **'W/W is attempting to stop you from _____?'**
> **'W/W is trying to unmock your purpose to _____?'**
> **'W/W is suppressing your purpose to _____?'**
> **'W/W is preventing you _____?'**
> **'W/W would your purpose to _____ oppose?'**

Verify; Repeater the VI to Release with Indicator Tech.

Oppose using the major-responding of the two oppose Listing Questions:

> 'W/W would (VI) oppose?' and 'W/W would oppose (VI)?'

Repeater the new VI, with Indicator Tech to Release.

Continue until all questions are clean. Then re-assess your list of purposes, and continue the handling until all are clean.

Identity Clearing

If your attention is on a behavior that you or someone else is manifesting, LIST:

What sort of person would (behavior)?

If your attention is still on a problem area, as an analytical, out-of-session action make a list of the main considerations in the area, assess for the major response and LIST:

What sort of person would consider _____?

If there is an unwanted behavior when doing a certain activity or skill, LIST:

When you (unwanted behavior) what do you become?

The resulting Verified Item from any of the above questions should then be run on Repeater with Indicator Tech to Release. Then, if it responds, run the Assumed Identity Handling. Then oppose the Item using the major responding of: 'W/W would (VI) oppose?' and 'W/W would oppose (VI)'? and clean the resulting VI with Repeater and Indicator Tech.

Further identification handlings that may be used (to an Endpoint):

Do you have any beliefs or ideas that lead you to be (identity)?
Is there any time when you decided that being (identity) is a good thing?
Is there any time that you wanted to be like (identity)?
Have you done anything bad to (identity)?
Have you felt sympathy for (identity)?
What differences are there between (identity) and yourself?
What similarities are there between (identity) and yourself?

When the end-point has been attained, the positive gains from the session can be realized and integrated by asking the following questions:

Is there something you have realized?
Has something been connected up with?
Has something been shown to be true?
Is something changing in your life?

Attitudes, Emotions & Conditions Handling

Assess the following Listing Questions for the biggest response. Complete the Handling on the first group of Listing Questions before going on to the second and then the third.

LIST, Verify, clean with Repeater and Indicator Tech. Use the Assumed Identity Handling if appropriate. Then Oppose to find the Identity or Opposed Identity, depending on which of the 'oppose' questions gives the largest response.

1.   **'W/W would be disloyal?'**
'W/W would be helpless?'
'W/W would be rude?'
'W/W would be cruel?'
'W/W would be disobedient?'
'W/W would be rebellious?'
'W/W would be hostile?'
'W/W would be ruthless?'
'W/W would be snidey?'
'W/W would be perverted?'
'W/W would be treacherous?
'W/W would be stingy?'
'W/W would be dirty?
'W/W would be wicked?'
'W/W would be cunning?'
'W/W would be critical?'
'W/W would be false?'
'W/W would be shallow?'
'W/W would be wasteful?'
'W/W would be cowardly?'
'W/W would be blasphemous?'
'W/W would be gleeful?'
'W/W would be embarrassed?'
'W/W would be oppressive?'
'W/W would mock?'
'W/W would laugh?'
'W/W would ridicule?
'W/W would pretend?'
'W/W would blame?'

2.   'W/W would feel hurt?'
       'W/W would feel apprehension?'
       'W/W would feel afraid?'
       'W/W would feel hate?'
       'W/W would feel agitated?
       'W/W would feel ashamed?'
       'W/W would feel regret?'
       'W/W would feel grief?'
       'W/W would feel remorse?'
       'W/W would feel sorrow?'
       'W/W would feel sad?'
       'W/W would feel despondent?'
       'W/W would feel depressed?'
       'W/W would feel despair?'
       'W/W would feel anger?'
       'W/W would feel rage?'
       'W/W would feel greed?'
       'W/W would feel haughty?'
       'W/W would feel cold?'
       'W/W would feel contemptuous?'
       'W/W would feel hostile?'
       'W/W would feel resentment?'
       'W/W would feel antagonistic?'
       'W/W would feel bored?'
       'W/W would feel inhibited?'
       'W/W would feel proud?'
       'W/W would feel enthusiastic?'
       'W/W would feel elated?'
       'W/W would feel serene?'
       'W/W would feel unemotional?'
       'W/W would feel involved?'
       'W/W would feel detached?'
       'W/W would feel sympathy?'
       'W/W would feel masterful?'

3. 'W/W would be dominant?'
    'W/W would be the underdog?'
    'W/W would be violent?'
    'W/W would be insane?'
    'W/W would be overwhelmed?
    'W/W would be made wrong?'
    'W/W would be forced?'
    'W/W would be frightened?'
    'W/W would be suppressed?'
    'W/W would be crushed?'
    'W/W would be oppressed?'
    'W/W would be denied?'
    'W/W would be overpowered?'
    'W/W would be overthrown?'
    'W/W would be defeated?'
    'W/W would be destroyed?'
    'W/W would be wiped out?'
    'W/W would be changed?'
    'W/W would be identified?'
    'W/W would be recognized?'
    'W/W would be driven out?'
    'W/W would be driven away?'
    'W/W would be the loser?'

BE, DO & HAVE

One reduces one's power to the degree one is acting suppressively by continuous misdeeds, or is suppressing oneself by self-invalidation.

Be, Do & Have Case Handling

1. Each of the following questions, if responding, are Listed. If a question does not response, use suppress buttons. If a suppress button responds, Indicate that something was suppressed (or invalidated or unacknowledged) and ask the question again (don't worry if the question now doesn't response - you know there is charge - so now express it). If still no response, clear the concept of the question (mock-up possible examples) and re-check for response. If still no response, Indicate that there is no charge on that question (and use Ind. Tech if responding Expressions emerge from the Indication).

> **1A. What are you doing that you feel to be wrong?**
> **1B. What are you omitting to do that you feel to be wrong?**
> **1C. What are you doing that you feel to be right?**
> **1D. What are you omitting to do that you feel to be right?**
>
> **2A. What are you being that you feel to be wrong?**
> **2B. What are you not being that you feel to be wrong?**
> **2C. What are you being that you feel to be right?**
> **2D. What are you not being that you feel to be right?**
>
> **3A. What are you having that you feel to be wrong?**
> **3B. What are you not having that you feel to be wrong?**
> **3C. What are you having that you feel to be right?**
> **3D. What are you not having that you feel to be right?**

Clean the resulting Item with Repeater and Indicator Tech to Release

2. If it responds, LIST:

> **'To whom would (Item from 1.) be a Safe Solution?'**

3. Verify; then run this VI on Repeater with Indicator Tech; use the Identity Handling if 'Is (VI) an identity that you assume?' responds.

4. Oppose, then clean the new VI on Repeater with Indicator Tech.

5. Then recheck the questions at Step 1. and continue to EP.

6. To end off the Handling, do the Havingness Procedure overleaf.

This is a Havingness Procedure to end the Be-Do-Have Handling:

1. Ask the following questions alternately to a Release:

> **Is there something you are being/?**
> **Is there something you are doing?**
> **Is there something you are having/?**
> **Is there something you are feeling?**

2. Ask the following questions alternately to a Release:

> **Is there something you could be?**
> **Is there something you could do?**
> **Is there something you could have?**
> **Is there something you could feel?**

3. Ask the following questions alternately to a Release:

> **Is there something you really want to achieve?**
> **What do you need to do to achieve that?**
> **What way do you need to be in order to do that?**
> **How would it feel to be that way?**

4. Positive integration:

> **Is there some realization you can't quite put into words?**
> **Is something changing in your life?**
> **Has something been shown to be true?**

> If so: **Is something being classified? understood?**
> **connected up with? achieved? validated?**

CRITICISM

A person tends to defend himself and protest, when confronted by another's criticism or complaint. The episode passes, and the person may later clear the bypassed charge that this incident contained, during a conventional session. However, the criticism or complaint may in fact have been valid, and this goes by unaddressed, uninspected and unhandled.

The reason for this is that another's criticism or complaint is rarely a spot-on-the-target indication, such as 'You are blaming other people for your own behavior'. It tends to be rejected either because it is a generality, i.e. more than the truth ('You're *always* moaning'), or because it is not quite true ('You're always *upset* about things'). Alternatively, the criticism may be completely off the mark ('You've got something seriously wrong with your mind!') but nevertheless it causes the actual truth to become a withhold, nearly found out but missed by the other person. The trouble is, the criticism often has an element of truth in it, which then doesn't get handled.

Even if the criticism is accurate, having behaved in a certain way for some time, often all his life, a person asserts the rightness of it - he IS the behavior! - and becomes resistive to inspecting and handling the condition objectively. Unless a person is able to evaluate his own behavior objectively, including by learning from other peoples' point of view, he will not be able to break free from the shackles of a limited personal identity and realize his actual unbounded Higher Self.

Criticism Handling

1. **Make a list of all the persons you know** (including those that response on the previous Case Handlings).

2. Insert each person in the following Listing Question:

   'Is there something that (person) has suggested, implied or thinks is wrong with your behavior or attitude?'
   (If nothing: 'Is there something (person) dislikes about you?')
   If the Listing Question responds, LIST to produce a Verified Item
   (= Criticism).

3. For the Criticism from 2. -

   'Regarding (Criticism) is there an upset?'
   Handle with Primary.

   'Regarding (Criticism) is there a protest?'
   Clean responding Expressions with Indicator Tech.

4. **'Have you ever accused anyone of being (Criticism)?'**
   (Or of doing/having - if appropriate)
   Clean responding Expressions with Indicator Tech.

5. **'Is (Criticism) a generality for which there is a specific?'**
   (or if more appropriate:
   'Is there any aspect of (Criticism) which could be true?' or
   'Is there any aspect of (Criticism) which is nearly correct?')
   Clean responding Expressions with Indicator Tech.

6. Using this new more Specific Criticism (or original Criticism if no specific):
   'Is there an assertion that (Specific Criticism) was right or OK?'
   Handle with 6 Safe Solution Qs.
   Run (Specific Criticism) on Repeater with Indicator Tech.

7. Continue at 2. and handle until all Criticisms to EP.

LEVEL ASSESSMENT (LEVEL 5)

Use this Assessment to find where the major charge is at present. It covers the main areas of Levels 1 to 5 inclusive and Repairs that may be necessary. Run it only when major cycles are complete.

Out-Primary:	Five Flow Primaries, page 159
Upset?	
Problem?	
Withhold?	
Misdeed?	
Invalidation?	
Evaluation?	
Can't have?	
Enforcement?	
Bypassed Charge?	Bypassed Charge Checklist, page 164 on subject of RangeC
Disinformation	Handling on page 185
Suppression?	Handling on page 203
Stuck picture?	
Something persisting?	Handling on page 206
Safe Solution?	
Are you making yourself right?	
Are you making someone wrong?	6 Safe Solution Qs, page 213
Unsolvable problem?	Handling on page 247
Purpose suppressed?	Handling on page 248
Attention still on a behavior?	Identity Clearing, page 249
Attention still on an identity?	Identity Clearing, page 249
Unwanted behavior?	Identity Clearing, page 249
Attitude?	Attitudes Handling, page 250
Emotion?	Emotions Handling, page 250
Continuous misdeeds?	Be-Do-Have Handling, page 253
Self invalidation?	LIST: 'To W/W would (invalidation) be a Safe Solution?' as page 253
Criticism or dislike of you?	Criticism Handling, page 255

Repair needed? -

Feeling Upset?	Upsets Repair List, page 171
Feeling Stressed?	Life Stress Repair List, page 167
Low havingness?	Havingness Handling, page 291
Exteriorized?	Exteriorization Handling, p. 290
Overrun?	Restoration Handling, page 297
High/Low Range?	Range Correction List, page 367
Listing Error?	Listing Correction List, page 372
Interiorized?	Interiorization Handling, p. 375
Stuck Emotion?	Release Technique, p. 426
Traumatic incident restimulated?	Trauma Handling, page 431
Something Else?	If not readily apparent, make a list of possibilities and assess.

LEVEL 6
VIRTUE

VIRTUE

We're not going to lay the law down on what is virtuous behavior. The aim of this Level is for you to uncover the considerations you have in this area, sort out their validity in terms of truth and falsehood according to your own knowingness, and find out whether they are your own or misowned, through the application of Indicator Technique.

Procedure:

1. Are you treating others -   **justly?**

with loyalty?

with good sportsmanship?

fairly?

honestly?

with kindness?

with decency?

with consideration?

with compassion?

with self-control?

with tolerance?

with forgiveness?

benevolently?

with patience?

with respect?

with trust?

politely?

with dignity?

with appreciation?

with friendliness?

with love?

Run all Expressions that emerge with Indicator Tech.

2. Are others treating you - (above buttons)?

Run all Expressions that emerge with Indicator Tech.
3. Assess:

Are you -

        mistreating your body?

        not keeping your body clean?

        not taking care of your appearance?

        not eating properly?

        not obtaining adequate rest?

        taking harmful drugs?

        taking alcohol to excess?

        being unfaithful to a sexual partner?

        refusing love or help to a child?

        not respecting your parents?

        not setting a good example?

        telling harmful lies?

        giving false witness?

        maliciously hurting someone?

        deliberately hurting yourself?

        trying to make someone insane?

        wanting to become insane?

        doing something illegal?

        harming a person of good will?

        not keeping your own area in order?

        stealing?

        not keeping your word?

        not fulfilling your obligations?

        being lazy?

        being incompetent?

        failing to observe before making up your mind?

        failing to practice a learnt skill?

        not respecting the religious belief of another?

        doing things to others that you would not like to have done to you?

        not treating others as you would want to be treated?

Run each responding question. Clean all responding Expressions with Ind. Tech.

4.   **'Do you have any beliefs or ideas that lead you to (assessed question)?'**

       'Is there any time when you decided that (assessed question) is a good thing?'

Check all responding answers with Indicator Tech.

5. LIST:

       ʻ**W/W would (assessed question)?'**

Verify the Item. Clean the VI on Repeater and Indicator Tech. Use Assumed Identity Handling if appropriate. Then Oppose and clean the new VI.

6. Re-assess the list at Step 3. for the next responding question, and continue until all are clean.

LEVEL 7
REALITY

DUPLICATION

This Level deals with the fundamental considerations which govern existence, as previously described. A short summary of the nature of these considerations follows.

Causation is the postulation of an apparency which when agreed upon by others becomes real to them too - an existing condition. Alterations are lies, twists, embellishments that alter the apparency and prevent the recognition of the actuality or duplication of the first postulate. A causation is altered to make it persist primarily by the lie of time: alterations introduce change and therefore time and persistence to the apparency, so it cannot be erased or un-mocked by duplicating it. To duplicate something is to look at it as it is actually, in truth, without mis-perception caused by second postulates. Negation is non-confront and suppression of reality, due to non-acceptance of how it is. Acceptance is the regarding as truth of an agreed upon reality; submitting without argument to the apparency of what exists.

Duplication can only occur with the proper assignment of source, i.e. the viewpoint from which the dimension points were put out and viewed, creating space.

The Spiritual Being is essentially non-material, neither is it essentially a viewpoint in a space-time location, identified with matter and sourcing energy towards dimension points in other locations. The apparent source of causation is an Identity within a Physical Game, creating the existence of dimension points recognized by others, and the interaction of dimension points (mass, energy). A higher understanding is that the viewpoint which has adopted that Identity is the source. A still higher understanding is that the Spiritual Being which adopted that viewpoint in the Physical Game is the true source. The Spiritual essence of the Being is non-material and is not sourcing within the time-space continuum, but is totally knowing of the causation of the viewpoint's postulates, linked to an Identity.

The current state of Spiritual Beings identified with bodies, is that they are stuck in second postulates and counter-postulates, i.e. they are stuck in the Physical Game. Because these lies occlude the duplication of causation, they may consider the existing altered view of existence must be the duplication of causation but since this does not then disappear, they are confused and stuck, and resort to negation to try and make the alteration a truth. This only worsens the situation.

The aim of Meta-Programming and in particular of this Level is, by the use of Indicator Tech, to realize that one has been altering one's personal knowingnesses of the truth of matters into the form of fixed safe solutions. Realizing this restores the power of the Being to hold a stable viewpoint and to be able to act in life based on a realistic viewpoint of the objective reality, without compulsive subjective negation and alteration.

The whole of the rest of the Project aims to further elucidate this personal knowingness towards a causative understanding of all of life, and the vanishment of the mechanical conditions of existence. This requires restoration of full duplication of the Goal Conflict

Structures on your case, and on the later Parts, the uncovering of the original Spiritual Postulates with which you set-up your Game in this space-time continuum.

Apply Indicator Tech to all responding Expressions throughout the following Case Handlings.

Only run a question if it responds (use Suppress buttons if necessary to get it to respond).

Conditions Handling

    1.   **'Describe an *existing condition'*** (to a LF Item)

Follow up with the following steps on the Item:

    2.   **'How have you handled that?'**
                     (Run handling on the 6 Safe Solutions Questions if they response)

    3.   **'How could you handle that?'**

    4.   **'What are the implications of that'** (of new creative solution)

    5.   **'How does this condition seem to you now?'**

Then continue at 1. to EP.

Run the following commands similarly:

         'What are some *existing conditions in yourself?'*
         'Are there situations in which you feel a *failure?'*
         'Are there situations in which you feel *non-existent?'*
         'Are there situations in which you feel *in doubt?'*
         'Are there situations in which you feel a *liability?'*
         'Are there situations in which you feel *in emergency?'*
         'Are there situations in which you feel *in danger?'*
         'Are there situations in which you feel *normality?'*
         'Are there situations in which you feel *affluence?'*
         'Are there situations in which you feel *power?'*
         'What are some examples of *evidence?'*
         'What are some examples of *counter-evidence?'*
         'What are some examples of *a standard of achievement?'*
         'What are some *possibilities?'*
         'What are some *impossibilities?'*
         'What are some *probabilities?'*
         'What are some *improbabilities?'*
         'What are some *certainties?'*
         'What are some *uncertainties?'*

Connections Handling

1.   **'What are some *practices* you are connected with?'** (to LF Item)

Follow up with the following steps on the Item:

2.   **'What fixed belief have you encountered in (practice)?'**

3.   **'How have you handled that?'** (fixed belief)
                (Run handling on the 6 Safe Solutions Questions if they response)

4.   **'How could you handle that?'** (fixed belief)

5.   **'What are the implications of that'** (of new creative solution)

6.   **'How does this connection (from 1.) seem to you now?'**

Then continue at 1. to EP.

Run the following commands similarly:

                'What are some *treatments* you are connected with'

                'What are some *philosophies* you are connected with?

                'What are some *religions* you are connected with?

                'What are some *intentions* you are connected with?'

Doing & Not Saying Handling

Repeat the question until you get a responding answer (LF Item), then ask the supplementary question about that Item. Repeat the supplementary question to Release.

    1.   **'What is another doing to you?'** (to LF Item)
           'What problem is (other) trying to solve by doing that?'

    2.   **'What isn't (other) saying to you about that?'** (to LF Item)
           'What problem is (other) trying to solve by not saying that?'

Repeat at 1. to EP.

    1.   **'What are you doing to another?'** (to LF Item)
           'Who nearly found out about that?'
           'What problem are you trying to solve by doing that?'

    2.   **'What are you not saying to (other) about that?'** (to LF Item)
           'What problem are you trying to solve by not saying that?'

Repeat at 1. to EP.

    1.   **'What things is another doing to others?'** (to LF Item)
           'Who nearly found out about that?'
           'What problem is (other) trying to solve by doing that?'

    2.   **'What is (other) not saying to (others) about that?'** (to LF Item)
           'What problem is (another) trying to solve by not saying that?'

Repeat at 1. to EP.

    1.   **'What are you doing to yourself?'** (to LF Item)
           'Who nearly found out about that?'
           'What problem are you trying to solve by doing that?'

    2.   **'What are you not saying to yourself about that?'** (to LF Item)
           'What problem are you trying to solve by not saying that?'

Repeat at 1. to EP.

Reverse Primaries Handling

'Is someone upset about you?' (to LF Item)

(Handle as Upset Primary)

'Does someone have a problem regarding you?' (to LF Item)

(Handle as Problem Primary)

'Does someone have a withhold from you?' (to LF Item)

(Handle as Withhold Primary)

'Is someone committing a misdeed against you?' (to LF Item)

(Handle as Misdeed Primary)

'Is someone evaluating you?' (to LF Item)

(Handle as Evaluation Primary)

'Is someone invalidating you?' (to LF Item)

(Handle as Invalidation Primary)

Repeat the questions until none response.

Negative Emotion Handling

Repeat the question until you get a responding answer (LF Item), then ask the supplementary question about that Item. Repeat the supplementary question to Release.

    A.   **1.**   **'What *people* do you have sympathy for?'** (to LF Item)

           2.   **'What have you done to (person)?'** (to LF Item)
                'Who nearly found out about that?'
                'What problem were you trying to solve by doing that?'

           3.   **'What haven't you said to (person)?'** (to LF Item)
                'What problem were you trying to solve by not saying that?'

Repeat at 1. to EP.

           1.   **'What *places* do you have regrets about?'** (to LF Item)

           2.   **'What have you done in (place)?'** (to LF Item)
                'Who nearly found out about that?'
                'What problem were you trying to solve by doing that?'

           3.   **'What haven't you said about (place)?'** (to LF Item)
                'What problem were you trying to solve by not saying that?'

Repeat at 1. to EP.

           1.   **'What *subjects* are you interested in?'** (to LF Item)

           2.   **'What have you done in relation to (subject)?'** (to LF Item)
                'Who nearly found out about that?'
                'What problem were you trying to solve by doing that?'

           3.   **'What haven't you said about (subject)?'** (to LF Item)
                'What problem were you trying to solve by not saying that?'

Repeat at 1. to EP.

           1.   **'What *abilities* do you have?'** (to LF Item)

           2.   **'What have you done with (ability)?'** (to LF Item)
                'Who nearly found out about that?'
                'What problem were you trying to solve by doing that?'

           3.   **'What haven't you said about (ability)?'** (to LF Item)
                'What problem were you trying to solve by not saying that?'

Repeat at 1. to EP.

           1.   **'What *justifications* are you using?'** (to LF Item)

           2.   **'What have you done based on (justification)?'** (to LF Item)
                'Who nearly found out about that?'

'What problem were you trying to solve by doing that?'

3.   **'What haven't you said about (justification)?'** (to LF Item)

'What problem were you trying to solve by not saying that?'

Repeat at 1. to EP.

B.   **'What things are you doing in relation to *sex?*'** (to LF Item)

'Who nearly found out about that?'

'What problem were you trying to solve by doing that?'

'What haven't you said about that?' (to LF Item)

'What problem were you trying to solve by not saying that?'

Repeat the question until EP.

And handle similarly:

'What things are you doing in relation to *eating?*'

'What things are you doing that require *effort?*'

'What things are you doing that cause *emotion?*'

'What things are you doing that require *reasoning?*'

'What things are you doing in relation to *money?*'

'What things are you doing in relation to *faith?*'

'What things are you doing in relation to *duty?*'

'What things are you doing in relation to *loyalty?* '

'What things are you doing in relation to *honor?*'

'What things are you doing in relation to *love?*'

'What things are you doing in relation to *charity?*'

Note: We are looking at things the Being is giving power to, because of shame, blame, regret and sympathy.

Negative emotions are a self-indulgence, a non-confront of what is. Happiness, on the other hand, is integrity. Integrity requires honest and unbiased inspection of the truth of things. Happiness, then, is being yourself: doing what you consider worthwhile, being recognized for who you are, proud of what you've done, excited by what you have planned - and also, a willingness to learn from mistakes, to do things better from now on, not in a defensive way but with openness. It is outflowing love. Love is the granting of beingness, and this therefore means a tolerance of another's alternative viewpoints and subjective reality.

Responsibility Handling

1.   **LIST:**   **'W/W would it be awful to have to take responsibility for?'**

> Clean resulting Item with Repeater & Indicator Tech.

2.   **LIST:**   **'W/W would find it awful to take responsibility for (Item)?'**

> Clean resulting Item with Repeater & Indicator Tech.
> Apply Assumed Identity Handling.
> Oppose.

Want Handled

LIST: **'What is it you REALLY want handled?'**

> Clean resulting Item with Repeater & Ind. Tech.

Then   LIST: **'W/W would be/do/have [as appropriate] (Item)?'**

> Clean resulting Item with Repeater & Ind. Tech.
> Apply Assumed Identity Handling.
> Oppose.

Duplication Handling

Make a list of all problems emerging from the previous Handlings on this Level. Add anything else that occurs to you, and put 'Something Else?' at the end. Assess for biggest response and run in the following questions:

      1.   **'Is there a *suppressed fact* about (the situation)?'** (to LF)

      LIST: **'What is the source of that suppression?'**

      2.   **'Is there an *altered fact* about (the situation)?'** (to LF)

      LIST: **'What is the source of that alteration?'**

      3.   **'Is there an *apparent fact* about (the situation)?'** (to LF)

      LIST: **'What is the source of that apparency?'**

      Repeat 1-3 to Release, then:

      4.   **'What are the *actual facts* of (the situation)'**

      As always, handle all responding Expressions with Indicator Tech.

Re-assess the list of problems and repeat the Handling with the major-responding situation, to EP of being able to see the *truth* of any situation (i.e. what is/isn't true).

Positive Integration

[This may be used on any Handling in Part I when appropriate]

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

      'Is something changing in your life?'

      'Has something been shown to be true?'

      If so: **'Is something being classified? understood?**
                  connected up with? achieved? validated?'

Emphatic Word List

Call the following list of words with ***strong intention***; if one responds then run it on Repeater with Indicator Tech.

PUNISH!	**LAUGH!**	**GIVE UP!**
HIT!	**CRY!**	**ASSUME!**
STOP!	**DESTROY!**	**WITHHOLD!**
START!	**TORTURE!**	**OVERWHELM!**
INVALIDATE!	**HIDE!**	**DRIVE-OUT!**
EVALUATE!	**PRETEND!**	**DISAPPEAR!**
SUPPRESS!	**CRITICIZE!**	**DOMINATE!**
DENY!	**REBEL!**	**PROVOKE!**
IGNORE!	**DISOBEY!**	**DEGRADE!**
OVERLOOK!	**HELP!**	**EXCITE!**
FORGET!	**FORCE!**	**TOLERATE!**
EXPLAIN AWAY!	**HATE!**	**GOOF!**
GUARD AGAINST!	**BLAME!**	**REVEAL!**
CONCEAL!	**REGRET!**	**SUGGEST!**
ABANDON!	**RESENT!**	**DISOWN!**
INSIST ON!	**CRUSH!**	**SPY!**
RESIST!	**WIPE-OUT!**	**WEAKEN!**
AVOID!	**CHANGE!**	**PERMIT!**
ATTACK!	**LOSE!**	**PERVERT!**
ALTER!	**REFUSE!**	**JOIN!**
MANIPULATE!	**PROTEST!**	**EXPOSE!**
DECIDE!	**BORE!**	**FAIL!**
HOLD ONTO!	**FRIGHTEN!**	**CONFUSE!**
RUSH!	**BETRAY!**	**THREATEN!**
BELIEVE!	**COMPROMISE!**	**MISJUDGE!**
SACRIFICE!	**CONVINCE!**	**MAKE RIGHT!**
ENFORCE!	**EAT!**	**MAKE WRONG!**
FIX IN PLACE!	**FUCK!**	**WASTE!**
DISLIKE!	**KNOW!**	**FEAR!**
RUN AWAY!	**WONDER!**	**CONFRONT!**
COVER UP!	**LOVE!**	**EXAGGERATE!**
PRETEND!	**LOOK!**	**LIE!**
THINK!	**DO IN!**	**KILL!**
GET OUT!	**BE THERE!**	**COMMUNICATE!**

LEVEL ASSESSMENT (LEVEL 7)

Use this Assessment to find where the major charge is at present. It covers the main areas of Levels 1 to 7 inclusive and Repairs that may be necessary. Run it only when major cycles are complete.

Out-Primary:	Five Flow Primaries, page 159
Upset?	
Problem?	
Withhold?	
Misdeed?	
Invalidation?	
Evaluation?	
Can't have?	
Enforcement?	
Bypassed Charge?	Bypassed Charge Checklist, page 164 on subject of RangeC
Disinformation	Handling on page 185
Suppression?	Handling on page 203
Stuck picture?	
Something persisting?	Handling on page 206
Safe Solution?	
Are you making yourself right?	
Are you making someone wrong?	6 Safe Solution Qs, page 213
Unsolvable problem?	Handling on page 247
Purpose suppressed?	Handling on page 248
Attention still on a behavior?	Identity Clearing, page 249
Attention still on an identity?	Identity Clearing, page 249
Unwanted behavior?	Identity Clearing, page 249
Attitude?	Attitudes Handling, page 250
Emotion?	Emotions Handling, page 250
Continuous misdeeds?	Be-Do-Have Handling, page 253
Self invalidation?	LIST: 'To W/W would (invalidation) be a Safe Solution?' as page 253
Criticism or dislike of you?	Criticism Handling, page 255
Right behavior?	
Wrong Behavior?	Virtue Handling, page 260
Condition?	Conditions Handling, page 265

Doing and not saying?	Doing & Not Saying page 267
Connection?	Connections Handling, page 266
Negative Emotion?	Negative Emotions, page 269
Reverse Primary?	Reverse Primaries, page 268
Awful Responsibility?	Responsibility Handling, p. 271
Something you want handled?	Want Handled, page 271
Truth hard to find?	Duplication Handling, page 272
Realization?	Positive Integration, page 272
Restimulative word or concept?	Emphatic Word List, page 273

Repair needed? -

Feeling Upset?	Upsets Repair List, page 171
Feeling Stressed?	Life Stress Repair List, page 167
Low havingness?	Havingness Handling, page 291
Exteriorized?	Exteriorization Handling, p. 290
Overrun?	Restoration Handling, page 297
High/Low Range?	Range Correction List, page 367
Listing Error?	Listing Correction List, page 372
Interiorized?	Interiorization Handling, p. 375
Stuck Emotion?	Release Technique, p. 426
Traumatic incident restimulated?	Trauma Handling, page 431

Something Else?	If not readily apparent, make a list of possibilities and assess.

LEVEL 8
STABLE CASE

STABILITY

In addition to the Case Handlings already covered, there are a number of other areas of case which need to be cleared-up, in order to completely stabilize the case and prepare it for Goals running. This Level goes about handling those on which you may have charge.

If a question responds, then you run it (you may need Suppress buttons to get it to respond). Some of the questions are run 'repetitively', i.e. you ask the question repeatedly until you reach an End Point on the question, i.e. Release, GIs and some realization resulting from the release of charge in the area addressed. There will have been at least one LF or BD.

Indicator Tech must be applied to every responding Expression that comes up in answer to the questions on this Level. Indicator Tech takes you beyond a release to get erasure of the charge.

If Primaries become apparent, run these as usual, with Indicator Tech.

Any Item arrived at by Assessment or Listing should, when all handlings are completed, be put on to Repeater to Release.

Each Handling is completed when a major realization (increase of understanding) occurs on the subject heading being handled, with GIs and wide Release. Do not persist with the Handling beyond this point.

CONFRONT Handling

To be able to confront is the ability to face up to something without flinching or avoiding, to be able to comfortably hold one's own space while perceiving something. It is a pre-requisite to duplication, and the opposite of negation, since the practice of negation reduces understanding. Any condition which is not observed with good confront, tends to persist.

1.   **'What are some things you could confront?'**

       'What are some things you would rather not confront?'

Run alternately and repetitively to EP.

2.   **'What are some things you could continue to confront?'**

       'What are some things you would rather not continue to confront?'

Run alternately and repetitively to EP.

3.   Assess: **Matter**
                       Energy
                       Space
                       Time
                       Thought
                       Emotion
                       Motion
                       Effort

Put the majorly-responding button in the brackets of the following question and run repetitively to EP. Reassess.

       'What are some things you could confront about (........) ?'

4. Assess: **Wife**   **Son**
               Mother   **Uncle**
               Woman   **Boy**
               Grandmother   **Boyfriend**
               Aunt   **Child**
               Daughter   **Baby**
               Girl   **Lover**
               Girlfriend   **Sexual partner**
               Husband   **Business partner**
               Father   **Boss**
               Grandfather   **Organization**

Put the majorly responding button in the brackets of the following questions and run alternately and repetitively to EP. Reassess.

> **'What are some things you could confront about a (........) ?'**

> **'What are some things you would rather not confront about (.........)?'**

5. Out of session, make a list of people about whom you are or have been critical.

Assess the list and put the majorly responding person in the brackets of the following questions and run alternately and repetitively to Release. Then re-assess the list and continue to EP.

> **'What are some things about (person) you could confront?'**

> **'What are some things about (person) you would rather not confront?'**

6.   **'What are some questions that nobody should ask you?'**

> For each that responds - **'Answer that question'.**

7. If there is something you find hard to confront:

LIST: **'W/W would find (_____) hard to confront?'**

Clean VI with Repeater and Indicator Tech to Release; oppose.

COMMUNICATION Handling

Out of session, list all major-responding persons from all Levels done to this point. Assess the list. Take the major-responding person and run in the following:

> **'Think of something you might withhold from (person)'**
> **'Think of something you might say to (person)'**

Run repetitively to Release. Then re-assess the list and continue to EP.

CREATE Handling

1.   **'What creations have you helped?'**
     'What creations have you not helped?'

Run alternately and repetitively to EP.

2.   **'What are some creations you could be responsible for?'**

Run repetitively to EP.

3. Out of session, make a list of people you are most closely associated with. Assess the list and insert the major-responding person in the following questions:

     'What are some effects you could create on (person)?'

     'What are some effects you could withhold from (person)?'

Run alternately and repetitively to Release. Re-assess and continue to EP.

CONTROL Handling

1. Assess: **Sex**
             Power
             Money
             Love
             Your name
             Your body
             Your mind
             Survival
             Desire

1.   'Is _____ something you have never controlled?'
     'If you were never in control of _____ what would happen?'

2.   'Is _____ something that you let go out of control or that went out of your control?'
     'If _____ went out of your control, what did, could or would happen?'

3.   'What assumptions would be necessary to let _____ get out of your control?'

4.   'What decisions would be necessary to let _____ get out of your control?'

5.   'What assumptions must exist for _____ to have meaning for you?'

6.   'What excuses could you use if _____ was out of your control?'

7.   'How could you benefit if _____ was out of your control?

8.   'Get the idea of starting to (use or have) _____'.

9.   'Get the idea of continuing to (use or have) _____'.

10.   'Get the idea of changing the way you handle _____'.

11.   'Get the idea of ceasing to (use or have) _____'.

12.   'How does _____ seem to you now?'

13.   'What can you do now and in the future to causatively handle _____'.

PROBLEMS Handling

A problem is the conflict arising from two opposing intentions; any situation in which you've got two vectors of comparable magnitude which are inter-locked. With these two things, one pushing against the other, you get a sort of timelessness - it floats in time and doesn't go away. The problem persists because it cannot be duplicated easily - it contains a lie, and that is what is hanging it up. Subjectively, this results in confusion, indecision and worry.

[Datum: The solution to a problem *is* the problem! That is, you have a situation but if the resolution of it not confronted, then that is the real problem.]

1.   **'Invent a problem for which you are the solution'**

Run repetitively to EP.

2. Out of session, make a list of personal sub-optimum conditions - things you are not happy with about yourself or your situation which you would like to improve. Assess the list and insert the major-responding condition in the following question:

   'Invent a problem for which (condition) is the answer'

Run repetitively to EP.

3.   **'Invent a problem that would get attention'**

Run repetitively to EP.

Note: if a real one turns up, LIST:

   'W/W would you have to be to resolve the problem?'

Clean VI and then oppose.

HELP Handling

Help is the willingness to assist. It is the make-break point of sanity; a person who is unwilling to offer or accept help in an area is neurotic in that area.

1.   **'What are some ways you have helped'**

      'What are some ways you have not helped'

Run alternately and repetitively to EP.

2.   **'How have you helped yourself?'**

      'How have you failed to help yourself?'

Run alternately and repetitively to EP.

3. Assess:

Wife	**Uncle**
Mother	**Son**
Woman	**Boy**
Grandmother	**Boyfriend**
Aunt	**Child**
Daughter	**Baby**
Girl	**Lover**
Girlfriend	**Sexual partner**
Husband	**Business partner**
Father	**Boss**
Grandfather	**Organization**

Put the majorly-responding button in the brackets of the following questions and run alternately and repetitively to Release.

      'How have you helped a (.........)?'

      'How has a (.........) helped you?'

Reassess the list and continue to EP.

PLEASING Handling

To please is to afford pleasure or satisfaction, to be agreeable, to gratify. There is nothing that people like more than admiration; other things that may please them are sympathy, propitiation, subservience, gifts and so on. So 'people-pleasing' is a liability, particularly if it has become an unknowing and compulsive sacrifice of self-determinism. The self-determined viewpoint is that if one's actions and creations please people, great; if not, then that's tough!

1.   **'What are some things you consider pleasing?'**

       'What are some things another considers pleasing?'

       'What are some things you consider unpleasant?'

       'What are some things another considers unpleasant?'

Run consecutively and repetitively to EP.

2. LIST the major-responding of the following Listing Questions:

       'W/W is failing to please you?'

       'W/W hare you failing to please?'

Clean the resulting VI with Repeater and Indicator Tech, then oppose.

Then check the other Listing Question and if it responds, handle similarly.

3.   **'What things do you admire about yourself?'**

       'What things do you not admire about yourself?'

       'What things do others admire about you?'

       'What things do others not admire about you?'

       'What things do you admire about others?'

       'What things do you not admire about others?'

       'What things would another admire about others?'

       'What things would another not admire about others?'

Run consecutively and repetitively to EP.

4. Assess:

Wife	**Uncle**
Mother	**Son**
Woman	**Boy**
Grandmother	**Boyfriend**
Aunt	**Child**
Daughter	**Baby**
Girl	**Lover**
Girlfriend	**Sexual partner**
Husband	**Business partner**
Father	**Boss**
Grandfather	**Organization**

Put the majorly responding button in the brackets of the following Listing Question.

LIST: **'W/W would please a (.........)?'**

Clean with Repeater and Indicator Tech, then oppose. Then re-assess the list.

5. LIST: **'What do I do when something doesn't please me?'**

Clean with Repeater and Ind Tech; then run the VI on the 6 Safe Solution Questions; then (if still responding) run the Bypassed Charge Checklist on the VI to EP.

6. LIST: **'What do I do when I fail to please another?'**

Clean with Repeater and Ind Tech; then run the VI on the 6 Safe Solution Questions; then (if still responding) run the Bypassed Charge Checklist on the VI to EP.

TRUST Handling

1. Check the following Listing Questions for response:

'W/W are you trying to do in?'

'W/W is trying to do you in?'

'What is the worst thing you have ever done?'

'What is the worst thing that has been done to you?

'What is the worst thing that has been done by another to another?'

'What is the worst thing you have done to yourself?'

'W/W have you failed to help?'

'W/W has failed to help you?'

'W/W must you help?'

'W/W can't you help?'

'What would be an adequate exchange for help?'

'W/W have you let down?'

'W/W has let you down?'

'W/W do you owe something to?'

'W/W owes you something?'

'W/W can't you trust?'

'W/W can you trust?'

LIST the major-responding Listing Question. Clean VI with Repeater and Indicator Tech to Release. Oppose.

Check the Listing Questions again and continue to EP.

DESTROY Handling

To destroy by negation is to create something against a creation of something else. To destroy by duplication is to know one's causation of a creation and simply to cease creating it, so that it no longer exists for one.

1. Check the following Listing Questions for response:

'W/W could you abandon?'

'W/W could you not abandon?'

'W/W could you deny havingness to?'

'W/W could you not deny havingness to?'

'W/W do you consider important?'

'W/W do you consider unimportant?'

LIST the major responding Listing Question. Clean VI with Repeater and Indicator Tech, to Release. Oppose.

Check the Listing Questions again and continue to EP.

2.   **'Are there orders that are not being obeyed?'**
     'Are there intentions that are not being followed?'

Run alternately and repetitively to EP.

3.   **'What are some things you could not-know about?'**
     'What are some things you could overwhelm?'

Run alternately and repetitively to EP.

4.   **'What are some actions you could complete?'**
     'What are some actions you could stop?'

Run alternately and repetitively to EP.

5.   **'What are some conditions you could handle terminatedly?'**

Run repetitively to EP.

CHANGE Handling

Change is a shift of location in space, a redirection of energy, or an alteration of a postulate, consideration, evaluation, opinion, idea, intention, purpose or goal. Change is the primary manifestation of time. When change is too rapid or too slow, or if it is enforced or inhibited, both beingness and havingness suffer.

1.   **'Tell me some things you wouldn't want to have happen again?'**

        'Tell me some things you would like to have happen again?'

Run alternately and repetitively to EP.

2.   **'Tell me some things you want changed?'**

        'Tell me some things you want to remain unchanged?'

Run alternately and repetitively to EP.

3.   **'Recall a change'**

        'Recall a failure to change'

Run alternately and repetitively to EP.

4.   **'Recall a time when you successfully changed something'**

Run repetitively to EP.

5.   **'Recall a time when you changed your mind'**

Run repetitively to EP.

6.   **'What are some things that have changed you?'**

        'What are some things that failed to change you?'

Run alternately and repetitively to EP.

7.   **'Tell me an intention you could decide to change?'**

Run repetitively to EP.

8.   **'How have you changed another?'**

        'How have you failed to change another?'

Run alternately and repetitively to EP.

9.   **'What are some changes you have avoided?'**

        'What are some changes you have sought?'

Run alternately and repetitively to EP.

RESPONSIBILITY Handling

Once the major Safe Solutions on a case have been run (which is an EP of Part I), the Being will find it much easier to have a responsible viewpoint on life. His power of choice and ability to observe accurately without prejudice will bring new freedom. The Being is really there confronting, and not hiding behind some dramatized identity.

Responsibility is the recognition of one's causation or potential for causation in any field. This affects the sphere of influence a person can rationally effect upon other people and his environment, in terms of starting, continuing and completing cycles of action. It is the concept of being able to reach and to care for and control.

Responsibility interactively relates to Knowledge (and at a higher level Knowingness) and Control in any area. These factors are a pre-requisite to causation and duplication and are necessary to be able to experience life fully. In practice this amounts to the ability to be competent. So as a person becomes more and more responsible his Range of successful activity can expand.

Where a person has been unable or unwilling to be responsible is where he will become at effect, as life's broad array of games and conditions impinge. For example, if one considers another to be an enemy in order to have a condition of game, this is an out-duplication situation, a ridge and a reduction of responsibility. So responsibility includes duplication - being successfully in communication with the other side, with empathy and understanding, even if there is opposition or a divergence of intention. Pan-determinism is taking responsibility for both sides - a granting of beingness to the opponent rather than an attempt to take over his causation. This is a knowing level of game in which understanding is not reduced and respect is retained. The purpose of running the ID-OppID ridges in Conflict Structures is to achieve Pan-determinism: the Remedy of Game.

There is a dwindling spiral of Responsibility that can also be reversed. Dropping down from Pan-determinism, full responsibility for both sides of game, there is Self-determinism, wherein there is full responsibility for self but no responsibility for the other side of game, due to becoming at effect of the other side, the Other-determinism. Below this is the reactive dramatization of an Identity, in which there is no responsibility for either side.

When a person fails in an Identity by committing harmful acts or failures to act, this may, if he fails to take responsibility, put him into obsessive or compulsive care - outreach associated with guilt. At this point the flow may invert again into a withdraw, manifesting as shame and ignoring what happened or regret. As an effort to refuse responsibility he separates out further and withholds what happened. Below this, as an effort to make himself right by making the other wrong, asserting his Self-determinism, the person goes into opposition and blame as motivators are pulled in, justifying his action. When this assertion of the identity inevitably fails, as a Safe Solution a new and apparently adequate Identity is adopted and this includes the tendency to forget and to

repress the previous Identity.

The identities and memories of occluded experience can only be recovered after the individual can take responsibility for his past Identities, dramatized in the present.

1.   **'What unpredicted effects are you causing?'**

               'What part of that could you be responsible for?'

Run the first question to a LF Item and then apply the second question repetitively to Release. Then re-check the first question and continue to EP.

2. LIST   **'W/W are you failing to protect?'**

Clean VI with Repeater and Indicator Tech to Release, then oppose.

3. LIST   **'W/W are you failing to care for?'**

Clean VI with Repeater and Indicator Tech to Release, then oppose.

4. LIST   **'W/W are you failing to control?'**

Clean VI with Repeater and Indicator Tech to Release, then oppose.

5.   **'What aspects of your life could you be responsible for?'**

Run repetitively to Release.

EXTERIORIZATION Handling

Exteriorization is the act of moving outside of something; the consideration of being outside; an exit from a previous location or situation.

Assess: **Exteriorization**
                 Death
                 Release
                 Fear
                 Havingness
                 Nothing
                 Going Off
                 Responsibility
                 Dizziness
                 Desiring to escape

Clean the major-responding button with the Bypassed Charge Checklist, using Ind. Tech on all answers. Then run the button on Repeater to Release. Then re-assess and continue to EP (no longer concerned about exteriorization)

HAVINGNESS Handling

Finally run the following Havingness procedure (the practitioner needs to be able to remedy his own havingness at start of session if there is a poor response to the electrode squeeze or at the end of session to replace the mass of charge erased). Continue to a feeling of extraversion.

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

Stable Case Assessment

Assess the concept buttons of the Handlings done on this Level to check that they have been cleared. If one of these buttons responses, go back and check the questions on the appropriate Handling. If these don't response, clear the button on the Bypassed Charge Checklist.

> **CONFRONT**
> **COMMUNICATION**
> **CREATE**
> **CONTROL**
> **PROBLEMS**
> **HELP**
> **PLEASING**
> **TRUST**
> **DESTROY**
> **CHANGE**
> **RESPONSIBILITY**
> **EXTERIORIZATION**
> **HAVINGNESS**

Stable Case Verification

Stability requires that one has at least a 51% share-holding in the business of one's own mind. This is checked by assessing the following list, which covers all possible areas of unviewed charge at this stage, below the area of Goals and the Higher Mind to be handled on later Parts. When the clarification on a particular button does not Release, you know there must be a non-confronted Item behind it.

Insert each of the following buttons in the two Listing Questions below. List the major responding Listing Question (check with Suppress buttons if necessary to get them to respond) then handle as described below. If the Listing Questions don't response, go on to the next button.

Have	**Fail to help**
Fail to have	**Compete with**
Connect with	**Like**
Interest	**Dislike**
Fail to interest	**Withhold from**
Communicate to	**Fail to withhold from**
Fail to communicate to	**Separate from**
Control	**Propitiate to**
Fail to control	**Not have**
Help	**Not cause an effect on**

> **'W/W could you (button)?'**
> **'W/W could (button) you?'**

LIST the major responding Listing Question.

Repeater the resulting VI to Release, with Indicator Tech on all responding Expressions. Then oppose.

Continue to clean the whole list similarly. The EP is certainty about being able to duplicate the charge on your case by confronting it, with the aid of Indicator Tech.

LEVEL ASSESSMENT (LEVEL 8)

Use this Assessment to find where the major charge is at present. It covers the main areas of Levels 1 to 8 inclusive and Repairs that may be necessary. Run it only when major cycles are complete.

Out-Primary:	Five Flow Primaries, page 159
Upset?	
Problem?	
Withhold?	
Misdeed?	
Invalidation?	
Evaluation?	
Can't have?	
Enforcement?	
Bypassed Charge?	Bypassed Charge Checklist, page 164 on subject of RangeC
Disinformation	Handling on page 185
Suppression?	Handling on page 203
Stuck picture?	
Something persisting?	Handling on page 206
Safe Solution?	
Are you making yourself right?	
Are you making someone wrong?	6 Safe Solution Qs, page 213
Unsolvable problem?	Handling on page 247
Purpose suppressed?	Handling on page 248
Attention still on a behavior?	Identity Clearing, page 249
Attention still on an identity?	Identity Clearing, page 249
Unwanted behavior?	Identity Clearing, page 249
Attitude?	Attitudes Handling, page 250
Emotion?	Emotions Handling, page 250
Continuous misdeeds?	Be-Do-Have Handling, page 253
Self invalidation?	LIST: 'To W/W would (invalidation) be a Safe Solution?' as page 253
Criticism or dislike of you?	Criticism Handling, page 255
Right behavior?	
Wrong Behavior?	Virtue Handling, page 260
Condition?	Conditions Handling, page 265

Doing and not saying?	Doing & Not Saying page 267
Connection?	Connections Handling, page 266
Negative Emotion?	Negative Emotions, page 269
Reverse Primary?	Reverse Primaries, page 268
Awful Responsibility?	Responsibility Handling, p. 271
Something you want handled?	Want Handled, page 271
Truth hard to find?	Duplication Handling, page 272
Realization?	Positive Integration, page 272
Restimulative word or concept?	Emphatic Word List, page 273
Difficulties confronting?	Confront Handling, page 278
Difficulties communicating?	Communication Handling, p. 279
Difficulties creating?	Create Handling, page 280
Difficulties controlling?	Control Handling, page 280
Problems?	Problems Handling, page 282
Difficulties with help?	Help Handling, page 283
Pleasing?	Pleasing Handling, page 284
Difficulties with trust?	Trust Handling, page 286
Difficulties with destruction?	Destroy Handling, page 287
Difficulties with change?	Change Handling, page 288
Difficulties with responsibility?	Responsibility Handling, p.289
Difficulties with exteriorization?	Exteriorization Handling, p. 290
Difficulties with havingness?	Havingness Handling, page 291
Case unstable?	Stable Case Verification, p. 292

Repair needed? -

Feeling Upset?	Upsets Repair List, page 171
Feeling Stressed?	Life Stress Repair List, page 167
Low havingness?	Havingness Handling, page 291
Exteriorized?	Exteriorization Handling, p. 290
Overrun?	Restoration Handling, page 297
High/Low Range?	Range Correction List, page 367
Listing Error?	Listing Correction List, page 372
Interiorized?	Interiorization Handling, p. 375
Stuck Emotion?	Release Technique, p. 426
Traumatic incident restimulated?	Trauma Handling, page 431

Something Else?   If not readily apparent, make a
list of possibilities and assess.

LEVEL 9
STUCK FLOWS

RESTORATION

When the Being becomes free of a difficulty or personal 'block' or inability stemming from the mind, that is a Release. Actually one can go release on any subject and theoretically one could restore any Release a person has had.

A Release Point, if bypassed, becomes suppressed and invalidated and also any gains made at that time are as well, because the state was left unacknowledged. The Being will again recreate that piece of Reactive Mind he was released from. Continuing beyond a Release Point constitutes an Overrun.

Overrun

Overrun occurs when the Being considers that something has gone on for too long or has happened too often. When the person begins to feel this way about something, he begins to protest it and tries to stop it. This tends to make things more solid and builds up mass in the mind. People who are very intent on stopping things in life appear solid and massy.

In Meta-Programming, an overrun means the Being came out of the Reactive Mind and then went back into it again. For instance, the subject released on the repetitive question 'From where could you communicate to your dog?' but the practitioner continued the procedure after he should have indicated the Release and gone on to something else. By continuing, the practitioner throws the Being back into the Reactive Mind again and wrecks the Release state.

The reason the Reactive Mind pulls back in is that the concept of the question is unflat. In other words there is still charge on the item 'dog', but the procedure is not pulling more available charge on that concept with that particular question. It will require further handling or handlings to fully erase the concept the question is restimulating, such as the Postulates, Goals and Items that it stems from. You could have run 'What have you done to your dog? What have you withheld from your dog?' and gotten more charge off 'dog', which is what you are trying to run. If you take the procedure beyond the Release, you will get this cave in and restimulation, because the concept is unflat but the question isn't getting any more charge off it. So continuing to run it is an overrun.

Restoration Handling

When a release point has been bypassed in the current or a previous session any steps taken after the release can be counter-productive. It would have been better to have ended-off to have the win, and continue when the remaining case has again become accessible. The Restoration Handling helps to restore the feeling of the previous win and key out any masses pulled in just after the release state. It also confirms what the release was about and in some cases can make it more real than when first experienced, due to the fact that any associated suppress. and inval. is also cleared away.

The Restoration technique can also be used to address states of release that have

occurred but cannot be recaptured, such s an ability that seems to have faded way resulting in failed purpose. Here are the steps:

1. Establish **what** the release or win was about, briefly but as exactly as possible, e.g. 'Talking to my parents was no longer any problem!'

2. **Date/Locate**.

3. Ask: **'On (exact wording of the release) is something suppressed?'**
Indicator Tech any responding Expression. Repeat checking this question until it stops responding and there are no more answers or it Releases. You are looking for what exactly you *postulated* or what you *felt* emotionally and physically at the moment of release. As you Express you blow charge and the release starts to come back to the surface, and can be formulated more exactly (in the present tense), e.g. 'I can get through to Dad!'.

4. If no Release on 3., similarly ask: **'On (release) is something invalidated?'**
Indicator Tech all answers.

5. If no Release on 4., ask: **'On (release) is something unacknowledged?'**
Indicator Tech all answers.

6. If Steps 2. - 5. have not fully restored the release, go on to find the charge which disappeared immediately before the release: **'What charge disappeared immediately before the release?'** Having found what you were released from, and when and where, use suppressed, invalidated and unacknowledged as above to further uncover what exactly you *postulated* or what you *felt* emotionally and physically at the moment of release, e.g. 'I felt like a gag was removed from my mouth'.

7. To further restore the release, continue to find what you postulated and felt when the restimulation occurred which ended the time of release. Ask:
'What was restimulated again after the release?' Handle as Step 6, i.e. use suppress buttons to clarify the ending of the state of release.

8. If you have done all the above and there is no Release, look again at each item (disappearance of charge, release and restimulation) to integrate the process. If this doesn't give you a Release either, the release may be overshadowed by an out-Primary at the time it occurred, or slightly earlier. So check the **Primaries**: 'Concerning the release, was there....'' A further possibility is that there is an **earlier beginning** to the release, or there may be a **similar connected** release to find.

9. In completing the Restoration, if the above does not bring back the Release and GIs use **Repeater Tech** on the Release (as defined at 1.), to pull anything else into view to handle. This pulls up more Expressions for Indicator Tech, so you are going to get what is actually holding it down - the second postulates of supp., inval., unack., etc. - so that the first postulate (the release) is freed up again.

If an in-session release was bypassed resulting in a feeling of overrun, the two main causes for a need to Restore are:

1) The postulates at the back of the charge that was released are disturbed but not handled. The above Restore procedure applied to a release in session should pull this material into view.

2) Not really 'having' the win. Life restimulates charge and blocks the full EP. Realizations that are relevant to the full EP can occur in the hours after a session has been ended and not be acknowledged.

You may well have out-Primaries on the subject being Restored, so handle and don't forget to use Indicator Tech on your response after the two assessments of the Upset Handling.

Case Handling

Look over your life and find several major Release points. Points where you felt powerful and capable in an area which was previously blocked. In addition, add purposes that have failed even though at one time the purpose inspired you. Also add the major releases you have obtained from your work so far on Part I. Assess this list and run the major-responding item on the above Restoration Handling. Then continue to clear the rest of the releases similarly. Add further items to this list if they become apparent during the Handling.

STUCK FLOWS

There is a vast difference between a session overrun where a procedure is run beyond an unacknowledged release point, or when Reactive Mind keys back in after a release point in life, and a **Life Overrun**. The latter is, in point of fact, seeking a release point that has not occurred and should in the Being's reality have occurred long ago.

When a person considers something is going on too long or is repeating too often, it is a symptom of another basic mechanism. In truth a Being can do anything forever, but when life coincides with a person's case there enters an effort to stop. The person feels, on that subject, that he is being dragged through the Universe like a sack of potatoes and is no longer at cause in the matter. He longs to stop but he cannot. So on that subject he is running at effect. He considers that he cannot stop and so he will feel he is being prevented by an outside cause-point. The Being thinks of this as overrun and so quits on the subject or wishes he could. It is this basic protest or effort to stop which sends the Range up.

As a result of these protests mixed up with other human emotions and reactions such as blame, antagonism, fear, etc. he will build up ridges and eventually a lot of mass. He defends himself behind the ridges and may feel there is a counter-effort to stop him. This is the trap. Basically it is a stuck flow.

Life Overrun is expressed in two ways:

(1) The Being who is protesting at something having gone on too long, and is upset on the subject. This may be protest at a feeling of restimulation that won't go away. Two or more flows are opposing thus making a ridge or mass. The Range here will be high as it corresponds to the mass of the accumulated ridges and Upsets.

(2) The Being who has gone through this cycle into overwhelm on the subject. He is no longer able to fend off on the subject and may even be found to have gone into agreement on the subject and is handling it at a compulsive level. He has to do the action on the overrun subject. With some people this effort to stop can become so strong that the person wants to stop everything - this is the starting point of insanity. Low Ranges are caused by overwhelm by flows. As charge comes off the Range will go high as at (1), as he starts to confront the extent of the mass and charge which had sent him into overwhelm.

To unravel this squashed-up ridge of charge you could run 'What is being overrun?' and hopefully push to the surface the incident or item which will discharge the ridge. But this doesn't address the effort to stop directly or lead to greater causative ability. So the reverse process is used: 'What is being continued?' in order to blow all the emotions, computations, identities, decisions and resultant efforts to stop.

The significant responses on the subject are Increases and sticks. So when assessing for Life Overrun, Increases and the stuck LED indicator should be noted when they occur as instant response. What sticks the LED indicator totally is the major charged of the

two. Something that moves the Range up 0.1 or more is the next most charged. On indicating the subject of the overrun a LFBD can occur as the area is identified but it still requires the full handling to erase.

Life Overrun Handling

1. Make a list of areas in your life which you feel are going on too long, repeating too often, stuck, protested, upset about, overwhelming, unable to fend-off, compulsive, no longer at cause over, things you cannot stop, ways you are prevented from stopping. Assess for the major response, i.e. stuck LED indicator or Increase occurring upon mention of the subject. The Assessment is done slowly and carefully, waiting until the LED indicator stops rising (if it was made to Increase due to a button) before going on to the next button.

2. Having isolated the subject of Life Overrun, the next action is to assess (in the same manner, looking for sticks and Increases) which flow is majorly involved.

> **A.   Self to Another**
> **B.   Another to Self**
> **C.   Others to Others**
> **D.   Others to Self**
> **E.   Self to Others**
> **F.   Self to Self**
> **G.   Another to others**
> **H.   Others to another**
> **I.   Another to another**

3. The most stopped or rising response is where the major charge is. So you run this flow on the appropriate Listing Question on the next page.

Rather than the Verified Listing Procedure, in this Handling the appropriate Question should be listed *on the InnerTrac* to the point that you get a LF Release Item, with a realization and GIs. This is because actually the list could be listed forever - there could be many items on this stuck continuing flow, which is why you get an Increase or stuck LED indicator - but you will get an Item you like and that Releases. You then Indicate this Item. You don't assess such a list.

The Listing Questions are:

On (assessed subject) ...

If A response:	**'What are you continuing to do to another?'**
If B response:	**'What is another continuing to do to you?'**
If C response:	**'What are others continuing to do to others?'**
If D response:	**'What are others continuing to do to you?'**
If E response:	**'What are you continuing to do to others?'**
If F response:	'**What are you continuing to do to yourself?'**
If G response:	**'What is another continuing to do to others?'**
If H response:	**'What are others continuing to do to another?'**
If I response:	**'What is another continuing to do to another?'**

4. Clean the Item with Repeater and Indicator Tech to Release.

5. If it has pulled out-Primaries such as misdeeds or withholds into view, do the Five Flows Primary handling, 'On (Item from 3.) ....?' with Indicator Tech. Watch out for False Misdeeds on the Ind. Tech.

6. It could be a Safe Solution. Check if the 6 Safe Solution Questions response and if so, run them.

7. Viewpoints and Disinformation Lists on the Item is another option.

8. If an Identity Item has been pulled into view, Oppose it (having checked both oppose questions).

9. Then re-assess the flows and continue (Steps 4. - 8.).

A very big Item that alters your whole concept of things is a good place to stop a session. Eventually on assessing the nine flows you can only get a wide, persistent Release.

10. Finally, in the next session, see if another subject on the Step 1. list responds as a Life Overrun.

INTERIORIZATION

Interiorization is the act of entering something and charge on Interiorization frequently becomes restimulated, particularly when the opposite concept of exteriorization (exiting or leaving) occurs. Going outside brings up the matter of going back in again. Feeling trapped in a body and the occurrence or desire for out-of-body experiences, and the subject of death, are typical restimulators in this area, but so too are the more everyday actions of entering or exiting situations.

Interiorization Handling

1. The first step is to assess the following list of Interiorization buttons:

> **(1)   Want to go in**
> **(2)   Can't get in**
> **(3)   Can't go in**
> **(4)   Go in**
> **(5)   Put in**
> **(6)   Forced in**
> **(7)   Pushed in**
> **(8)   Pulled in**
> **(9)   Gone in**
> **(10) Interiorized**
> **(11) Identified**
> **(12) Want to get out**
> **(13) Kicked out**
> **(14) Trying to leave**
> **(15) Trapped**
> **(16) Can't leave**
> **(17) In too solidly**

2. Take the major-responding button and check the following questions. Each button (1-17) has a set of five questions, and you assess the major-responding question to run first.

3. Then List that question. Clean the resulting VI with Repeater and Indicator Tech, followed by the Assumed Identity Handling (if the initial questions response).

4. Oppose if one of the two oppose questions responds - 'W/W would Item oppose? W/W would oppose Item?'.

In the case of Items resulting from "In what way are you..." Questions, it may be necessary to make the resulting Item into a personal Identity in order to oppose. To do this List the Question: "W/W would ...(Item)..."

5. Then check the other questions for that button and handle similarly.

6. Finally re-assess the above Interiorization buttons and continue to EP.

The EP is none of the Interiorization buttons responding and a resolution of the issue - a major realization and freeing-up in this area.

(1) Want to go in:

> **'W/W wants to go in?**
> **'In what way do you want to go in?**
> **'In what way are you causing another to want to go in?**
> **'In what way are others causing others to want to go in?**
> **'In what way are you causing yourself to want to go in?**

(2) Can't get in:

> **'W/W can't get in?**
> **'In what way can't you get in?**
> **'In what way are you causing another to be unable to get in?**
> **'In what way are others causing others to be unable to get in?**
> **'In what way are you causing yourself to be unable to get in?**

(3) Can't go in:

> **'W/W can't go in?**
> **'In what way can't you go in?**
> **'In what way are you causing another to be unable to go in?**
> **'In what way are others causing others to be unable to go in?**
> **'In what way are you causing yourself to be unable to go in?**

(4) Go in:

> **'W/W would go in?'**
> **'In what way are you going in?'**
> **'In what way are you causing another to go in?'**
> **'In what way are others causing others to go in?'**
> **'In what way are you causing yourself to go in?'**

(5) Put in:

> **'W/W is being put into something?'**
> **'In what way are you being put into something?**
> **'In what way are you putting another into something?**
> **'In what way are others putting others into something?**
> **'In what way are you putting yourself into something?**

(6) Forced into:

> **'W/W is being forced into something?**
> **'In what way are you being forced into something?**
> **'In what way are you forcing another into something?**
> **'In what way are others forcing others into something?**
> **'In what way are you forcing yourself into something?**

(7) Pushed into:

> **'W/W is being pushed into something?**
> **'In what way are you being pushed into something?**
> **'In what way are you pushing another into something?**
> **'In what way are others pushing others into something?**
> **'In what way are you pushing yourself into something?**

(8) Pulled into:

> **'W/W is being pulled into something?**
> **'In what way are you being pulled into something?**
> **'In what way are you pulling another into something?**
> **'In what way are others pulling others into something?**
> **'In what way are you pulling yourself into something?**

(9) Gone in:

> **'W/W has gone in?'**
> **'In what way have you gone in?'**
> **'In what way have you caused another to go in?'**
> **'In what way have others caused others to go in?'**
> **'In what way have you caused yourself to go in?'**

(10) Interiorized:

> **'W/W is interiorized into something?**
> **'In what way are you interiorized into something?**
> **'In what way are you interiorizing another into something?**
> **'In what way are others interiorizing others into something?**
> **'In what way are you interiorizing yourself into something?**

(11) Identified:

> **'W/W is totally identified with something?**
> **'In what way are you totally identified with something?**
> **'In what way are you totally identifying another with something?**
> **'In what way are others totally identifying others with something?**
> **'In what way are you totally identifying yourself with something?**

(12) Want to get out:

> **'W/W wants to get out?**
> **'In what way do you want to get out?**
> **'In what way are you wanting another to get out?**
> **'In what way are others wanting others to get out?**
> **'In what way are you wanting yourself to get out?**

(13) Kicked out:

> **'W/W is being kicked out?**
> **'In what way are you being kicked out of spaces?**
> **'In what way are you kicking another out of spaces?**
> **'In what way are others kicking others out of spaces?**
> **'In what way are you kicking yourself out of spaces?**

(14) Trying to leave:

> **'W/W is trying to leave?**
> **'In what way are you trying to leave?**
> **'In what way are you trying to make another leave?**
> **'In what way are others trying to make others leave?**
> **'In what way are you trying to make yourself leave?**

(15) Trapped:

> **'W/W is being trapped?**
> **'In what way are you being trapped?**
> **'In what way are you trapping another?**
> **'In what way are others trapping others?**
> **'In what way are you trapping yourself?**

(16) Can't leave:

> **'W/W can't leave?**
> **'In what way can't you leave?**
> **'In what way are you causing another to be unable to leave?**
> **'In what way are others causing others to be unable to leave?**
> **'In what way are you causing yourself to be unable to leave?**

(17) In too solidly:

> **'W/W is in too solidly?**
> **'In what way are you in too solidly?**
> **'In what way are you causing another to be in too solidly?**
> **'In what way are others causing others to be in too solidly?**
> **'In what way are you causing yourself to be in too solidly?**

If you run into problems during this Handling, use the Interiorization Correction List in the Appendices.

QUESTIONS ABOUT INTERIORIZATION

Q: I am not too sure of the semantic of the question. "In what way…?" What is meant exactly by that in this context? Could you give me a few examples of answers to the sample question: "In what way do you want to catch catfish?"

A: "In what way do you want to (e.g.) get out?" is asking indirectly what the charged aspect of "to get out" is for you specifically - what is it about getting out that is a button for you or that you are anxious or concerned about?

"In what way do you want to catch catfish?" could be answered: "In a boat in the middle of the ocean on my own" or "Swimming with a net underwater" or "Looking for a bargain in the supermarket" or "I've never been able to catch a catfish", etc. When you get that item, you Verify it, clean it with Repeater and Indicator Tech and then find the Identity opposing it or that it would oppose.

Q: The item was "I don't want to cease to exist". It's not really an Identity but rather a consideration. I find it hard to formulate the oppose questions when the item is not an Identity: "W/W would oppose 'I don't want to cease to exist'" - is this OK?

A: It may be necessary to make the item into an Identity -

> W/W would not want to cease to exist?

List this Question then do oppose questions on the new Identity item.
Keep a record of Items that are not opposed in a separate file called Open Line Assessment (OLA) so that they can be taken up again later on Level 10.

Q: How do you formulate oppose questions?

A: Say the resulting item from W/W would not want to cease to exist? is 'a loving father' then your oppose questions are:

> W/W would a loving father oppose?
> W/W would oppose a loving father?

You take up the biggest responding question. Details are on Level 5, and how to take it further into multi-item Parcels or Goals is on Level 10.

Q: Is it OK to obtain the Item "Me" as a Verified Item?

A: Sometimes an aspect of oneself opposes another aspect of oneself, or one consideration opposes another, creating an internal conflict. The Goal Structure is like that, where the top identity (Goal) directly conflicts with the bottom identity (which deteriorated to the extent that it eventually opposed the Goal).

But "Me" as an item does not normally work, as it is too generalized, therefore untrue/ incorrect. Also it is not a suitable Item to oppose: 'W/W would I oppose?' would

restimulate all the case! Instead, you want to know what a particular sub-identity would oppose. 'Me' may seem OK as an item, but it's not specific enough to really duplicate the charge, and it's too general to go further with.

For example, the Identity "envious person" is Me, and many other identities are Me (so you can't go wrong with Me), but "Me" doesn't duplicate the charge like "envious person" does, or whatever is the viewpoint that I'm coming from in the particular circumstances.

Remember also that the resulting item from an oppose question may be an Identity (ID) that you are assuming or have assumed, or it may be an Opposed Identity (OppID). You find this out when checking the two oppose questions, 'W/W would (item) oppose? W/W would oppose (item)?' The ID - you - is always doing the opposing; you're always the one at cause since it's your case you're running. You do not run 'W/W is opposing you?' because that is their case, not yours.

You can however have adopted the identity of something you're opposing, which you may come across when you are running Goals on Level 10. The Identity you deal with on the Interiorization handling may not be a Goal Item, just a single identity - if it's heavy case, though, it is likely to be a Goal item, whether ID or OppID.

Q: Can I run Indicator Tech on, let's say, a worrying present time problem, while the Interiorization handling is incomplete?

A: Yes, you can do Indicator Tech on a charged Expression if a Primary handling is necessary to get properly in session. But then get back to the incomplete Interiorization handling, because this is always the top priority action on your case.

Q: I am confused on when to use the Assumed Identity Handling. Should it be run on the Item from the first Listing question? Or only on the item from the oppose Listing question? On both?

A: The Assumed Identity Handling is introduced on Level 5. It is part of the Level 5 handling of identities; however it can be used later if an identity that is cleaned is still charged, i.e. feels like it needs more resolution. So you could use it after cleaning the Item from the Listing Question, or the W/W question that produced an Identity, if cleaning that with Repeater/Indicator Tech is not sufficient for you to release the interiorization problem. Outside of the context of Level 5, it's a repair handling for an Identity that doesn't release without a more in-depth look at your attachment to it. It's mentioned in the Interiorization procedure as it's quite likely to be appropriate here, in which case one of the initial questions of the Assumed Identity Handling will response.

Q: It's sorted now, what do I do next?

A: If it's clean now on the Interiorization buttons, you move on and find where the charge has transferred to. Do a Session Assessment of possibilities, like:

Continue with Int item
Next thing in the course (where you were previously)
Some other issue that you feel is in restimulation
Something else?

FIXED VIEWPOINT

Based on the need to justify the rightness of an assumed Identity, the viewpoints and opinions associated with that Identity may become fixed, with an effort to enforce them upon others, and with a refusal to inspect their current validity.

1.   Out of session, write down a list of viewpoints and opinions that you like to assert, and viewpoints and opinions that you would be unwilling to give up or change. This is then a list of Items.

    Then in an Interview session, assess the list to find the major-responding Item.

2.   In session, clean the major-responding Item from 1. by running the Item on Repeater to Release, with Indicator Tech on all responding Expressions.

3.   Check the following Listing questions for response:

    'W/W would assert (Item from 1.)?'

    'W/W would be unwilling to give up (Item from 1.)?'

    LIST the major-responding Listing Question. Clean the resulting VI with Repeater and Indicator Tech to Release.

4.   Oppose the VI from 3. by Listing the major-responding of:

    'W/W would (VI from 3.) oppose?'

    'W/W would oppose (VI from 3.)?'

    Clean the resulting VI with Repeater and Indicator Tech to Release.

6.   Re-assess at 1. and handle as 2.-5.

    Add to the list at 1. if Items occur to you.

    Continue to EP.

LEVEL ASSESSMENT (LEVEL 9)

Use this Assessment to find where the major charge is at present. It covers the main areas of Levels 1 to 9 inclusive and Repairs that may be necessary. Run it only when major cycles are complete.

Out-Primary:	Five Flow Primaries, page 159
Upset?	
Problem?	
Withhold?	
Misdeed?	
Invalidation?	
Evaluation?	
Can't have?	
Enforcement?	
Bypassed Charge?	Bypassed Charge Checklist, page 164 on subject of RangeC
Disinformation	Handling on page 185
Suppression?	Handling on page 203
Stuck picture?	
Something persisting?	Handling on page 206
Safe Solution?	
Are you making yourself right?	
Are you making someone wrong?	6 Safe Solution Qs, page 213
Unsolvable problem?	Handling on page 247
Purpose suppressed?	Handling on page 248
Attention still on a behavior?	Identity Clearing, page 249
Attention still on an identity?	Identity Clearing, page 249
Unwanted behavior?	Identity Clearing, page 249
Attitude?	Attitudes Handling, page 250
Emotion?	Emotions Handling, page 250
Continuous misdeeds?	Be-Do-Have Handling, page 253
Self invalidation?	LIST: 'To W/W would (invalidation) be a Safe Solution?' as page 253
Criticism or dislike of you?	Criticism Handling, page 255
Right behavior?	
Wrong Behavior?	Virtue Handling, page 260
Condition?	Conditions Handling, page 265

Doing and not saying?	Doing & Not Saying page 267
Connection?	Connections Handling, page 266
Negative Emotion?	Negative Emotions, page 269
Reverse Primary?	Reverse Primaries, page 268
Awful Responsibility?	Responsibility Handling, p. 271
Something you want handled?	Want Handled, page 271
Truth hard to find?	Duplication Handling, page 272
Realization?	Positive Integration, page 272
Restimulative word or concept?	Emphatic Word List, page 273
Difficulties confronting?	Confront Handling, page 278
Difficulties communicating?	Communication Handling, p. 279
Difficulties creating?	Create Handling, page 280
Difficulties controlling?	Control Handling, page 280
Problems?	Problems Handling, page 282
Difficulties with help?	Help Handling, page 283
Pleasing?	Pleasing Handling, page 284
Difficulties with trust?	Trust Handling, page 286
Difficulties with destruction?	Destroy Handling, page 287
Difficulties with change?	Change Handling, page 288
Difficulties with responsibility?	Responsibility Handling, p.289
Difficulties with exteriorization?	Exteriorization Handling, p. 290
Difficulties with havingness?	Havingness Handling, page 291
Case unstable?	Stable Case Verification, p. 292
Life overrun?	Life Overrun Handling, p. 301
Fixed viewpoint??	Fixed Viewpoint Handling p. 310

Repair needed? -

Feeling Upset?	Upsets Repair List, page 171
Feeling Stressed?	Life Stress Repair List, page 167
Low havingness?	Havingness Handling, page 291
Exteriorized?	Exteriorization Handling, p. 290
Overrun?	Restoration Handling, page 297
High/Low Range?	Range Correction List, page 367
Listing Error?	Listing Correction List, page 372
Interiorized?	Interiorization Handling, p. 375

Stuck Emotion?   Release Technique, p. 426

Traumatic incident restimulated?   Trauma Handling, page 431

Something Else?   If not readily apparent, make a
                                                          list of possibilities and assess.

LEVEL 10
GOALS

THE ANATOMY OF A GOAL

The anatomy of a Goal is rather like a family tree. At the head of the family is the Postulate. A true Postulate is a spiritual intention and it is above effort. If the Postulate goes in and the Being gets the result of the Postulate then that is the end of the sequence. But at this level it rarely does. The Being is in the basic game of Spirit versus Physical Universe, and the latter is a powerful counter-intention or opponent. The Being realizes that to achieve his objective he must Do something. He has now entered into the effort band. So the Safe Solution in this situation is the Goal: To be, do or have something, and this is the top position on the structure of the Goal, called a Conflict Structure (see diagram below). Some time after this the first Opposed Identity shows up. The Being encounters resistance to his Goal, and he therefore opposes this resisting force. He can't win and he can't lose, the situation is a stalemate (as in chess) and in equilibrium.

His Safe Solution is to move off the viewpoint of the Goal Identity (that identity which has adopted the Goal), and this solution is the best he can do to get off the unwinnable-unlosable game. He becomes the viewpoint of the lower Identity (ID) on the Conflict Structure, which is a lowered version of the Goal and thus avoids the impasse. Then the next Opposed Identity (OppID) shows up, and so on down through the structure of the Goal. So each time you isolate one ID-OppID pair (of those that constitute the structure of the Goal) you are releasing a Safe Solution of magnitude. These are the 'Grandfathers' of many further Safe Solutions, each one a type of survival computation.

Now at the bottom of the Goal, after several such reductions of the Goal, the Being becomes so in opposition to his original Goal, that there is no more mileage left in that game. Then, that Goal is complete. BUT just below that last Identity is a 'phantom' Identity, that is, what he would have had to become in order to continue that game. This is the Safe Solution to the situation of the bottom ID opposing the bottom OppID. You List for that and you get the 'Father' Safe Solution. This is the Safe Solution that is applied in Present Time, which holds the Goal in constant restimulation. The other Safe Solutions (which are the Identities of the Conflict Structure) are also applied in PT but are more deeply suppressed and in conflict one with another.

TOP	**<u>Goal</u>**	versus	**Opposed Identity**
Grandfather	**Identity**	versus	**Opposed Identity**
Safe Solutions	**Identity**	versus	**Opposed Identity**
	Identity	versus	**Opposed Identity**
	Identity	versus	**Opposed Identity**
	Identity	versus	**Opposed Identity**
BOTTOM	**Identity**	versus	**Opposed Identity**
	(opposed to Goal)		(same as Goal)
Father	**Phantom Identity**		
	Safe Solution		

When you put the bottom Safe Solution through the 6 Safe Solution questions you get a whole raft of little everyday Safe Solutions: the 'Children'. Once the Being steps off his spiritual viewpoint he is into effort and connected to the cycle of the Goal Conflict Structure right down to the everyday Safe Solutions because effort is related to Time and the Kinetic of the Physical Game. He is in motion on a Time Continuum which he has no power to stop.

So, there would be no point in running these Safe Solutions all the way down the Goal *as* Safe Solutions. Finding the next Item accomplishes this. It is merely mentioned here as it gives some reality as to why one should run a Safe Solution at the bottom of the Goal (part of 'Cleaning the Goal' described later). It is part of the pattern of a Goal formation. You are dealing with the everyday Safe Solutions *en masse* by this method without the need to take any other action to isolate them. So here is a summary of what they are about:

The Safe Solution is that computation generated by the Being (not the Reactive Mind) to make self right and others wrong; to dominate or escape domination and enhance own survival and injure that of others.

Note that it is a computation, not a beingness, doingness or havingness, but it may directly result in the adoption of such. It is a computation that the Being made or agreed with as an escape when he felt threatened by a situation that he could not view and handle rationally.

Irrational behavior, anybody's irrational behavior on any subject, has been of some use to them at some time or other. You can trace it back. It has been of some use, otherwise they wouldn't keep creating it. But, now, if you put it up against survival standards, you would find it very non-survival.

The Being adopted this because he couldn't stand the confusion in a situation. So he adopted a Safe Solution. A Safe Solution is always adopted as a retreat from the environmental restimulation. He adopted a Safe Solution in that instance and he survived. His Safe Solution became his stable datum. He has hung onto it ever since. It

is the computation, the fixed idea, he uses to handle life.

The adoption of a piece of information, a datum, an opinion or evaluation as a stable or fixed reference - whether or not it is rational in the original circumstances - can only cause problems later on if it is used as a substitute for further inspection. Anything that is fixed and substitutes the Being's own inspection may be used as a solution to the Being's own feelings of inadequacy in fulfilling a Postulate or a Goal.

A stable datum that is used to align other data in specific circumstances, becomes a liability if used in other circumstances without inspection of the appropriateness of the stable datum to those new circumstances.

The theory is that a Spiritual Being even when pressed or suppressed to the absolute limit of near extinction will still try, even when 'co-operating', to some way be right. A Spiritual Being cannot die. His only out is to try to stop something as he himself cannot stop living. This gives rise to fixed ideas as he is trying to stop - therefore the ideas hold in time and continue. His efforts to be right eventually have the effect of stopping him, in a reverse flow. A prime example of this occurs in the Goal Conflict Structure: the Being feels he is inadequate to fulfill a Postulate, so then a Goal is assumed as a 'right' Being*ness*, 'adequate' to fulfill his Postulate. Then through a series of Safe Solutions as efforts to be right he assumes Identities that are gradually more degraded versions of the Goal, to a point at which he reverses his original Postulate and becomes the effect of his own cause, therefore at the bottom Identity he is opposing his original Goal. He becomes the effect of his own fixed-idea efforts to handle the situation.

Just as a man, being crushed by a house-sized rock, still puts his hands out to resist, so will a Being continue to fend off his believed oppressions by stopping them as an effort to control.

Insistence on rightness is a last refuge of beingness. Thus one adopts some very aberrated beingnesses (Identities). A fixed identity is actually a self-installed disability that 'explains' how he is not responsible for not being able to cope. So he is not wrong for not coping. Part of the 'package' is to be right by making wrong. The Safe Solution is therefore an automaticity containing an explanation of the condition of self and also a fixed method of making others wrong.

How the Safe Solution becomes fixed

An idea most easily substitutes a Being. An idea doesn't have any mass connected with it, and it appears to have some wisdom in it, so it is very easily substituted for a Being. A Substitute Beingness is a fixed idea in the form of an Identity. Thus the idea, the stable datum he has adopted of an Identity, is substituted for the Being.

How does this idea become so fixed? It gets fixed, and more firmly as time goes on, by the confusion it is supposed to handle but in fact does not. The fixed idea was adopted to replace the act of inspection. The person ceased to inspect, he fell back from inspecting, he fell back from living. He put the idea there to substitute for his own observation and

his own coping with life, and at that moment he started an accumulation of confusion.

That which is not viewed and inspected tends to persist. Thus in the absence of his own viewing, mass collects. The fixed datum (idea, computation) forbids inspection. It is an automatic solution. It is 'safe'. It solves everything. He no longer has to inspect to solve, so he never duplicates the mass. He gets caught in the middle of the mass. And it collects more and more confusion (which we call the COEX) and his ability to inspect becomes less and less. The more he isn't viewing, the less he can view. The distance between the Being and that which is not viewed is gradually being reduced. This is a dwindling spiral that eventually reaches a point of collapse.

In the dwindling spiral of the Conflict Structure, the collapse occurs when a Identity identifies with the Opposed Identity, becoming it - as the result of overwhelm, a total inability to confront (to view). This tends to happen particularly at the bottom of the Goal, because the bottom Identity is opposing that which is also his Goal at the top of the Conflict Structure. The whole conundrum of the Goal Conflict Structure is dramatized at this point.

So the thing he has adopted to handle his environment for him - the Safe Solution - is the thing which reduces his ability to handle his environment. Rightness is the mark of survival. In order to survive you have to be right. There is a level at which rightness is rational. Below that, rightness ceases to be analytical or comprehensible. When it drops below that point it's aberration. The moment one becomes worried about one's own survival one enters into the necessity to survive, then the necessity for a more adequate solution - the compulsion to be 'right'.

People will defend the most fantastic wrongnesses on the basis that they are right. They have assumed a 'right' beingness (the Safe Solution to be a certain way), therefore they cannot afford to be wrong. Once the Being considers he is losing control, he attempts to dominate, and this is done through a domineering identity that is also used to avoid domination - this is the Safe Solution. We see here that the Safe Solution has six ways of application - refer to the 6 Safe Solution questions. It goes: the necessity for survival, followed by the attempt to dominate, followed then by the insistence on being right.

At any point along the time continuum, the fellow is trying to be right, trying to be right, trying to be right. Whatever he is doing, he's trying to be right. In order to survive you have to be right more than you are wrong, so you get the obsession to be right in order to survive. The lie of course is that essentially the Being can do nothing but survive.

There is nothing rational about a solution that has become fixed in its rightness; the computation does not fit the current circumstances, except by luck. It simply destroys the Being's flexibility and freedom. The intention to be right is the strongest intention in the Universe. Below it, you have the effort to dominate and below that you have the effort to survive. These things are strong, but with the intention to be right and its application in the Safe Solution we're talking about a mental activity. A thinking activity. An intentional activity.

The Safe Solution is always an aberrated solution. It always exists as part of the environment of the Being. He's generating it. It's his solution. Overwhelmed as he is by it, he is still generating it. It's aberrated because it's an uninspected solution and therefore an uninspected problem. And it is something everyone, unintentionally or otherwise, is telling the person is wrong and this causes him to assert that he is right about it. It was the perfect solution when he first got hold of it but now it monitors his life; it's living his life for him, and it doesn't even vaguely begin to take care of his life.

An Identity is a solution, therefore it *has* to be right. It is adopted as a solution to the previous Identity being proved inadequate to achieve its goal. The Safe Solution at the bottom of the Goal, the intention to be right by using a particular computation, when used compulsively in everyday life, is the mechanism that holds the Goal Conflict Structure in restimulation. A further mechanism is that the threat of loss of his game, a game he plays with this fixated Identity (however aberrated that game may be) causes the Being to compulsively create. So between these two mechanisms of (a) the Safe Solution, and (b) the compulsion to create due to fear of loss of game (which is how he represents the bottom OppID), you have the creator of a persisting Reactive Mind.

A Goal requires the full operation of a Being: *to be* an appropriate (adequate) identity with the intention *to do* the actions necessary to bring about the desired end result - *to have* something, to achieve a goal. This may encounter the counter-intention of an OppID. If this counter-intention is strong enough to cause persistent frustration of the Goal, this no-win situation builds up bypassed charge. (If the intention simply failed badly that would not be much charged as it would then be a no-game situation, which would soon become history. Or if he simply perceived the OppID as an identity that he is opposing rather than as an identity opposing him, he would be at cause - responsible - and able to take a pan-determined viewpoint, which would not be charged; but in the case of a Goal Conflict Structure the fixity of his determination to be right by making the other wrong does not allow for that much duplication).

When the frustration becomes too much, the Being abandons that identity (along with its intention and purpose) and suppresses awareness of it, putting attention instead on a Safe Solution to the previous conundrum. The Safe Solution is to modify the Goal towards a version that seems achievable, which requires a modified Identity, adequate for the task. The new identity has a lesser goal and therefore is a minimized Identity.

Each further modification of the goal and the suppression of previous intentions, takes the Being away from his original direction and closer to adopting the intention that originally countered his goal. Having crossed-over towards being aligned with the counter-intention, he finally adopts it in full, creating a static (stalemated) intention versus counter-intention Conflict Structure. This massy solidification is a Goal Conflict Structure. All of this is then repressed and never consciously examined or discontinued, but the Identities are dramatized as Identity or Opposed Identity Items become restimulated by circumstances in Present Time.

The Being's Goals, then, contain many subsidiary Identities and intentions, which

conflict. All of these are the elements that govern a person's life, experience and activity and lie closest to him as a Being. They underlie all trauma (painful experiences) and bypassed charge (out-Primaries), incidents that frustrate or threaten the Goals or the survival of Identities.

Each ID/OppID pair is supported by fixed ideas, make right/wrong computations, postulates and alterations as Safe Solutions to the problems encountered in trying to fulfill the Identity's intentions. The postulates, computations and lies together with trauma and bypassed charge constitute a 'COEX' (COndensed EXperience) ridge or mass between the Identity and Opposed Identity, as the result of the Identity's resistance towards the Opposed Identity and the consequent counter-intentions received from the OppID. This situation finally leads to the major Safe Solution which is effectively the next Identity down on the Conflict Structure.

The fixed ideas and solutions make the Identities compulsive. They limit the Being's versatility - his ability to move in and out of Identity viewpoints spontaneously and at will. Having lied, one tends to defend, justify and believe one's own lies and therefore to be trapped by them. Becoming aware of the structure and supporting framework (fixed ideas) of the IDs and OppIDs, one can see the Goal objectively. Duplicating the intentions, ceasing compulsively to follow them, they cease to be charged (charge is frustrated intention). So the Identities can now be released. One reclaims intention-units from all these fixations; power and freedom of viewpoint are restored.

Goal Conflict Structures are pursued on the principle of 'following the charge' through the Reactive Mind. One finds *the* Identity that is most in restimulation at the current time, i.e. giving the biggest response when assessed alongside other available comparable Items. The Conflict Structure surrounding it is then resolved, by opposing, to find a series of ID-OppID pairs. This may continue to a Parcel (enough Items of the Conflict Structure to 'wrap-up' the charge related to a major Item in restimulation) or to a complete series of ID-OppID pairs producing a full Goal Conflict Structure, before the charge transfers to an Item from another Goal Conflict Structure which has come into restimulation.

A Goal may be submerged at one time and not re-emerge until some time later, when restimulated and dramatized. The COEX incidents (usually from widely differing periods at times when the ID/OppID pair was in dramatized) tend to be grouped or massed together and not readily available until one item of the pair is discharged. It is not usually necessary to run this COEX case as finding and duplicating the OppID removes the two-pole structure between which the COEX case was fixed.

Only when the COEX becomes dramatized in Present Time and *obscures* the OppID need it be run, using Primary-type actions along with Indicator Tech, to discriminate the validity or otherwise of the data and postulates that emerge and hence to discharge the COEX enough that it no longer obscures finding the next Item on the Conflict Structure.

In practical terms, you may complete many Parcels and handle a COEX or two, before you find the 'Goals Channel', i.e. the sequence in which one Goal leads directly on to

the next. When this is so, then the charge will not transfer-out after 3 to 5 Items (as with a Parcel), but will continue through to a complete Goal Conflict Structure with its ID and OppID pairs and an attached Postulate (at the top) and Safe Solution (at the bottom), and this then leads to another Goal Conflict Structure. Then the Goals Channel has been found! This is pursued through a series of Goals, until there is a major Release from the Imprint phenomena which is intrinsic to the Goals that are found at this level. The true Own Goals of the Spiritual Being are submerged deep below the Imprinted Goals that are dramatized in the normal human being's life and in our human culture.

MORE ABOUT THE STRUCTURE OF GOALS

Goal Conflict Structures are the 'trunk' of the tree that is the human-composite case. The 'branches' are the upsets, misdeeds, withholds, problems and safe solutions of everyday human relationships, and the 'leaves' are the bypassed charge that ensnares all of our attempts to 'be there and communicate'. This is because the structure of case is a natural phenomena, as natural as a tree. The 'roots' are the agreements the Being made to become a human Composite - the fundamental aspect of the Imprint phenomena - and the 'seeds' from which the tree grew are the spiritual Postulates that lie behind the Being ever getting in such a position as to agree to all of this in the first place.

The case phenomena of upsets, misdeeds, withholds, problems and safe solutions are based on the compulsion to be right and this compulsion derives directly from Goal Conflict Structures. The Goal Conflict Structure is simply the problems a Spiritual Being has in getting to grips with the Physical Game, where postulates no longer seem to work. He adopts what seems to be an adequate identity to achieve a Goal, because the Postulate didn't happen and so now he has to work by effort and force, and the counter effort and force (other-determinism) is perceived as opposition - a problem. Now he has moved down from pan-determinism to other-determinism.

His solution to this opposition, if it cannot be overcome, is self-determinism - an Identity that he considers right to achieve his goal, albeit a lowered version of the goal. This Identity also meeting opposition, his responsibility, awareness and confront then reduce further and he descends into lower and lower, more and more fixed Identities that at the bottom of the Goal Conflict Structure are just Identity automaticities (circuits) - no responsibility for self or for the other side of the game. You will recognize this degradation of responsibility from the description given in the Level 8 Responsibility Handling.

The principle of the misdeed-justification sequence can also be seen to apply to the making of Goal Conflict Structures. The Being has a postulate and when this doesn't work out, he makes a second postulate. As always with second postulates, it does not cancel the first one, it only alters it in another direction, giving up on what should be (the first) by suppressing, invalidating or not acknowledging it. It is at this point that the Being violates his integrity.

An Own Goal is a second postulate that is either made independently or is agreed with and made your own. In the case of an Imprinted Goal, however, the second postulate is enforced upon you by some form of conditioning, an acceptance of an other-determinism due to overwhelm. This may be the result of a traumatic incident or it may be more subtle such as parental or cultural conditioning. It may be in this lifetime or a previous experience; it may also be between-lives or on adopting a new body.

A really effective Imprint gives you a Goal as well as one or more opposing Goals, so there is a good chance that it will be restimulated without your being able to escape that restimulation. The wider the area of game it effects, the 'better' the Imprint works - you

can't withdraw, except inwards, so you introvert and reduce your causation, which is what was wanted.

It is not possible to recognize the Spiritual Being's actual Own Goals and handle their Goal Conflict Structures until the obscuring Imprinted Goals are discharged; until that time what may appear to be one's self-determined goals in life are inevitably influenced by the suppressed Imprinted Goals case.

Whether the Goal is your Own Goal or a directly Imprinted Goal or influenced by the Imprint phenomena (an Imprint-Influenced Goal), it is a violation of your integrity and you look for a motivator - someone or something to blame, to oppose. This justifies the rightness of your new Identity, the Opposed Identity being made wrong. As a dramatization of the succumb and victim attitudes inherent in any second postulate, the Oppos*ed* Identity becomes an Oppos*ing* Identity. Duplication (communication, understanding, empathy) is removed. Rather than you opposing someone or something for purposes of game, the other is perceived as an enemy that is opposing you - and so one becomes more at effect, more negative emotionally.

If one is not able to win out over the Opposed Identity or to control and dominate the situation, a new (well-motivated) Safe Solution becomes necessary, a new violation of your integrity, and this solution is to adopt a new Identity, computed to be adequate to achieve a lowered version of the Goal. One moves one notch down on the Goal Conflict Structure. And so the misdeed-justification sequence continues on down to the bottom of the Goal Conflict Structure, where one's purposes are directly opposed to one's original Goal. The Safe Solution to justify this conundrum is a survival computation dramatized continuously in everyday life. One or more of these may have been handled on earlier Levels, temporarily releasing the Goal Conflict Structure case, but eventually life will restimulate the Goal Conflict Structures back in; this is why earlier EPs are release states which are not permanent until the Level 10 Goal Conflict Structure case is fully handled.

Normally, the human personality is not an integrated Being but is rather a mass of misowned and split off fragments. As Gurdjieff pointed out, one covers this up with Safe Solutions, as one reactively moves from Identity fragment to Identity fragment (each at one time perceived as 'right' for its purpose and so retained as stable data). Each identity or 'sub-personality' appears to belong to the same 'I' because one is identified with all of them, they are all the same 'rightness'.

The frustrated intention (charge) of the first postulate at the beginning of any incident relates to an Identity, which is then suppressed or broken off because 'it must never happen again' - but because it is resisted it persists and is still identified with and dramatized reactively in present time, albeit subconsciously. The Meta-Programming approach to case handling is, unlike most others, not to dig up suppressed charge if it is not readily accessible, but rather to recognize the *most accessible* charge that is being dramatized in the present time, and to handle it from a Present Time viewpoint - how it is being dramatized right now, in terms of the Identity adopted and its perceived

opposition, and to integrate (duplicate) that Identity in order to recover a causative and responsible viewpoint.

By differentiating the Being from its various adopted Beingnesses, step by step, awareness, responsibility and confront are gradually improved. With this stability the Reactive Mind becomes more and more confrontable, so that without directly running past incidents, one can BE fully in the Present Time, and not subject to the restimulation of past times in the present. This is because the Identities at back of the various incidents are no longer suppressed but have been integrated into a more powerful Being.

The *compulsion* to be right is because of an unresolved need for self-esteem. This can only be resolved through the acquisition of workable knowledge and demonstrated competence. When perception is not based on fixed ideas, tied to Identities adequate to fulfill Safe Solutions in the face of perceived opposition, one can then view objectively, without the filter of such conditioning. This gives the freedom to create cycles of action based on one's own goals and purposes, not dictated by Imprinted Goals or influenced by a conditioned belief system. It gives a freedom to be involved in games while retaining pan-determinism, i.e. without the reduction of duplication.

The differentiated Being thus acquires true competence and a natural rightness that does not need to be asserted. Instead of perceiving the world as a minefield, full of people that are opposing you (that represent the items of your subconscious Goal Conflict Structures), the world seems a better place, containing people to whom you are happy to grant beingness, though for purposes of game you may choose to oppose or support their activities.

SESSION ASSESSMENTS

Whenever you need to know what to run next, the answer is to make an Assessment of likely or possible alternatives. This is done prior to the session, or during a break in the session, as a C/S (Case Supervision) action. This Session Assessment should include issues in your life and areas of your case that need repair; the current VIs that you are running in the form of the next oppose Listing Question; suspect OppIDs from your case handlings that seem to you to be affecting your out-of-session life; and always end the list with 'Something Else?'

Similarly, if you have a choice of possible case handlings, make an assessment list of these as well and assess for the major response. Choose these handlings from the Level Assessment found at the end of Level 9 (page 311).

Remember your out-of-session life *is* your case, and Identities and Opposed Identities (or substitutes that represent them) are out there in real life. As these come into restimulation or are discharged, expect corresponding real-life events and changes to occur.

In this way, what you do in session will relate directly to your everyday life activity, and the gains you achieve from Meta-Programming will become objective lasting gains that extend from your subjective insights. What you do in life and what you do in session are inter-active. If you do not expand the depth and breadth of your activities according to your increased awareness, responsibility and confront, and face up in real life to what you have confronted in session, the gains will not be actualized.

The Reactive Mind is composed of Conflicts and their Safe Solutions, so if you don't change your in-life implementation of revealed Safe Solutions they will remain a habit, installed at the level of brain. The brain is a part of the Composite Self (the identity composed of spirit, mind, brain and body) and performs a million-and-one simultaneous behavioral operations at the conscious, pre-conscious, sub-conscious and unconscious levels - without the brain it would of course be impossible to function as a human being. But the Spiritual Being is senior to the brain and the application of will by an awakened being is true self-determinism, making the brain's programming irrelevant - in fact it will re-program itself accordingly!

The time to create a Session Assessment is always recognizable, as you will be wondering, 'Should I do this, or should I do that?' This is the time to do an Assessment of the options, plus any current difficulty you think should be handled. Add 'Something Else?' at the end to cover anything left out. If 'Something Else?' responds and you cannot spot what it is immediately, then use the Something Else? List (given at the end of this Level), either as it is to assess the area of case that needs handling, or if the difficulty is already clear, prefix the List with 'On (difficulty) ...' The Something Else? List responses are then handled, either with Indicator Tech or another handling as appropriate.

Writing the Session Assessment is a C/S action, done out of session, off the InnerTrac. It

is analytical, based on one's understanding of Meta-Programming procedures and on recent session contents. Then you go on the InnerTrac and start an Interview: you assess the list for the major response - this is not analytical, it is simply using the InnerTrac to find which item has the greatest reactive charge. Putting on your C/S hat again you write down the appropriate next action, then you go into the session proper and run it.

COEX HANDLINGS

Attention may hang-up on charged material that emerges from the procedure of cleaning Verified Items on the Goal Conflict Structure with Repeater and Indicator Tech, preventing further progress until the matter is handled appropriately. This is the 'COEX' showing its face, and this has to be handled before the next VI can be found. The charge has transferred to this material rather than the next Item and it obscures the next Item such that the oppose question to find it does not run.

A COEX is composed of charged experience, evaluations and decisions which occurred in the past and continue to be restimulated when the Identity is being dramatized and faces the Opposed Identity in unresolved conflict and counter-intention. It is that part of the Reactive Mind which is attached to that Identity. Fully viewing the ID versus OppID conflict normally dissipates this COEX. This is the advantage of finding and cleaning OppIDs - the associated case cannot then become restimulated when an OppID (or someone or something which is sufficiently representative of the OppID) appears in life or is stumbled upon during introspection.

Finding and cleaning an ID or OppID may, therefore, sometimes cause a restimulation of COEX case that needs to be run directly, because that case is being dramatized in Present Time and the charge has transferred to it, thereby obscuring the next Item in the Goal Conflict Structure being run. The next Listing Question doesn't response and (unlike a simple Dead Horse situation) you also feel stuck in out-Primaries. This situation cannot be handled by attempting to continue running Goals; you need to adopt use the basic case handlings given on Levels 1 to 9. Normally, Primary Handlings are inappropriate on Level 10 because they are release techniques that bypass the Goal Conflict Structure case, but when COEX case is restimulated and is obscuring the next Item, you have no choice but to become a lower-Level student again and handle the charge with Primaries or other appropriate Case Handling.

Earlier Case Handlings should therefore be used whenever this kind of case becomes the major-responding item, i.e. what all your interest and attention is now on. If handled at the time it first emerges, then bypassed charge will not build up and stall progress.

To summarize, you handle a COEX when you notice that you have an upset, problem, withhold, fixed idea, etc as per the earlier Levels, and this takes all your attention, so that Goals will no longer run. Because you are no longer facing the Goal Conflict Structure case, it becomes appropriate to use the procedures of earlier Levels to handle your case - you are temporarily back on Level 1, 2, etc.

The COEX is the result of the restimulation of a Goal's Item. The trick is to recognize that this restimulation has occurred, to the degree that you cannot continue without handling the COEX case first - it has become the major-responding item. This is the exception rather than the rule; usually you can simply find the next oppose Item on the Conflict Structure and continue, which blows the COEX automatically. It's when you are brought to a halt that you need to handle a COEX. It doesn't have to be a long handling; just recognizing it as such may blow it, or a simple Primaries action may be enough.

The Rogue Item

Apart from the charge attached to an Item on the Goal Conflict Structure currently being run, it can also occur that a COEX is restimulated that is attached to an isolated Goal Conflict Structure Item - what we call a 'Rogue Item' - that is not currently being run but which is restimulated by everyday life events. This latter may be caused by a particular person who you feel represents an OppID on your case, and there may be a resulting negative emotion that is taking all your attention, preventing Goals running. But this should not stop you getting into session and handling the charge!

A Rogue Item is not part of the COEX between a pair on the Conflict Structure that is being run but is from another Conflict Structure. In this case you need to apply the techniques of Level 10: having found and then cleaned the Item with Repeater and Indicator Tech, check the Oppose Listing Questions. If one responds, oppose the Item and continue to produce a Parcel, i.e. get enough Items that the charge is 'parceled off' and the main charge transfers back to the Conflict Structure that you were originally running. Producing a Parcel is described in detail later.

COEX Handlings

An Upset in life can be looked at with the Upsets Repair List and feelings of Stress with the Life Stress Repair List (both Level 2) or the further Suppression handlings on Level 4; a responding Safe Solution with the Six Questions on Level 4; a Primary with the usual handling.

There are further Handlings included in earlier Levels for Life Overrun and concern about Exteriorization (Level 9), Confusions (Level 3), Corrections for Listing errors (see Appendices), and so forth. How you determine which action to take is described next.

Session Assessments & COEX Assessments

Whenever you come to a stop, whether because of COEX or because of a Dead Horse Listing Question, and also whenever an action has been successfully completed, then you do a Session Assessment. The Session Assessment is a list of all appropriate possibilities, to tell you which direction to go in to follow the charge.

Making this list is a C/S action, so it is analytical, based on one's understanding of the

Meta-Programming techniques and recent session contents.

Then you go into an 'Interview' session and assess the list on the InnerTrac. Then into Session proper, to do the Case Handling that responds majorly, e.g. a Case Entry, assessing the OLA (see next page), an Interiorization or Upset handling, a Listing Correction, checking the Something Else List, etc; or if 'Handle a COEX?' responds majorly, you will need to put the C/S hat on again and make up a **COEX Assessment** in order to find the Item in restimulation.

A **COEX Assessment** contains possible options to find out the most accessible direction to continue on. It is likely to be one of the last Items run or a person or situation from life that is causing upset or difficulty.

Write up all the possible things that could be wrong, should be handled, that there are incomplete action cycles on, relevant Case Handlings, etc. Add any recent unresponding Listing Questions. Include Identities and Opposed Identities from recent sessions and aspects of your daily life that are causing upset or difficulty. Always put 'Something Else?' at the end.

As the C/S you make the COEX Assessment list; do an Interview (the assessment); as the C/S find the appropriate tech handling; then as the practitioner go into session and run it.

So you swap hats back and forth, on and off the InnerTrac. Sometimes the COEX Assessment reveals a Rogue Item that therefore runs best with Level 10 technique rather than with lower-Level tech. So the COEX Assessment should also include Listing Questions based on Items from life and recent Items run (W/W would Item oppose? W/W would oppose Item?). If these response, oppose, etc; if Listing Questions based on an Item do not response but nevertheless the Item itself responds, use appropriate procedures from Level 1 - 4: Primaries, Bypassed Charge Checklist, Upset Repair List, Suppression Handling, etc.

The following two kinds of **Represent List** will also help:

1) If an Item is recognized from daily life in terms of a personal name, it should be made into a generalized Item by Listing: 'W/W would (Item) represent?' This is more likely to be an Item from a Goal Conflict Structure than the name of a particular person. If this 'represent' Listing Question doesn't response but the Item itself responds majorly you handle the Item with lower-Level techniques; if the 'represent' Listing Question responds majorly you go into session proper and do the List; then run the resulting VI to a Parcel. If this resolves the COEX, do another Session Assessment which will probably return you to the original Goal Conflict Structure you were on. If the COEX is still in restimulation, do another COEX Assessment.

2) Alternatively, if you have found a generalized concept that responds majorly and you need to do a handling on it that requires a specific identity to be named (such as the Suppression handling), you can List: 'W/W would represent (Item)? and do the handling on the resulting VI.

Handling the COEX attached to an Item doesn't have to be a long handling, and usually it isn't necessary at all - if the next Listing Question responds you just continue on, and finding the next Item blows the COEX automatically.

When the COEX is handled, re-check the original Listing Question that died, since it may well now be alive. Always use Repeater and Indicator Tech in these Handlings and add further Listing Questions (based on 'hot' Items that turn up) to the Open Line Assessment, as follows.

The Open Line Assessment (OLA)

An oppose question that did not response or which did not produce a Verified Item when Listed - i.e. which Dead Horsed - leaves open the connecting Line between a Identity and an unfound Opposed Identity, or between an Opposed Identity and the unfound opposing Identity.

The OLA is a list you make yourself. It is for all the Listing Questions that Dead Horsed at one stage or another of the Conflict Structure, leaving the connection Line between a ID and an OppID open or unhandled.

Such a Line is put on the OLA in the form of the Listing Question which died, or in the case of a VI which was not run further but may be either a ID or an OppID, add it in the form of the two Listing Questions: 'W/W would oppose (VI)?' and 'W/W would (VI) oppose?'. Later on the charge may transfer back to that Item and the assessed Listing Question can be taken up again and found to be 'live'.

In this way the OLA is used to help you 'follow the charge through the Reactive Mind', by assessing the OLA to find the majorly responding Listing Question - the next action to run.

When you get into the situation of finding a Dead Horse Listing Question, you cannot go further so you write the Listing Question on the OLA.

You now need to find a new responding Listing Question from which to proceed, or to confirm if a COEX needs handling. So (as at any time when you need to find which direction to go in to follow the charge) you do a **Session Assessment** that includes 'Assess the OLA?' plus any other action that may need to be done (e.g. Case Entry, COEX handling or Correction List), and adding 'Something Else?' at the end of the Session Assessment list.

At the end of any assessment you always put 'Something Else?' If this responds majorly then either something that you have neglected to put in the Session Assessment has become apparent, in which case add it to the list and re-assess, or you need to assess the Something Else? List, which is a prepared list of corrective actions (given at the end of this Level).

At this point you should write your OLA from all of the Verified Items that have emerged from the procedures of Levels 1 - 9 that have either not been opposed or whose

next oppose Listing Question has not been asked.

Put a previously unopposed VI in the form of the two oppose Listing Questions:

'W/W would (Item) oppose?' and **'W/W would oppose (Item)?'**

Or if a VI has been opposed, put the next oppose Listing Question on to the OLA. If your first Item was an Identity ('W/W would (Item) oppose?' response majorly) then the next Item must be an Opposed Identity, so you put on the OLA:

'W/W would oppose (OppID)?'

If your first Item was an Opposed Identity ('W/W would oppose (Item)?' response majorly) then the next Item must be an Identity, so you put on the OLA:

'W/W would (ID) oppose?'

Next to each Listing Question include the session date on which the Item was originally handled (if not opposed) or the date an oppose Listing Question on the Item was run.

At the head of the OLA, before any other items, write: 'Assess the 1000 Goals List?' The reason for this is that the first action in the Case Entry to running Goals is to make a list of 1,000 Goals, to be described in the following pages.

Whenever the OLA needs to be assessed, all of the questions on it are assessed for the major response, to get a new Listing Question from which to proceed.

Sample of a Session Assessment

      1. Do a Case Entry?
      2. Assess the OLA?
      3. Handle upset with (person)? [or bypassed charge?, out-Primary?]
      4. Handle current stress in life?
      5. Stuck picture?
      6. Life Overrun handling required?
      7. Complete Interiorization handling? [previously incomplete]
      8. Handle COEX attached to (Item)?
      9. Listing error? [or any recent action you have doubts about]
      10. The last few Listing Questions that Dead Horsed.
      11. Realization out of session [or on Indicator Tech]
      12. Possible Goal from recent Indicator Tech Expression.
      13. Anything from previous Assessments that didn't get handled.
      14. Something Else? [i.e. add an item or check Something Else List]

Sample of a COEX Assessment:

      1. Persons that are intimidating, e.g. bank manager.
      2. People and situations that are restimulative.
      3. Situations that should be handled, or that hold your attention.
      4. Recent unresponding Listing Questions.
      5. IDs and OppIDs from recent sessions and their oppose Listing Questions.
      6. Aspects of daily life that are causing upset or difficulty.
      7. 'W/W would (a bank manager) represent?' [and others, refer 1. - 2.]
      8. 'W/W would (a bank manager) oppose?' [and others, refer 1. - 2.]
      9. 'W/W would oppose (a bank manager)?'
      10. 'Something Else?'

In short, you are always looking to run the most charged item on your case at the present time - to run anything else will be to bypass this charge. It's the issue that concerns or troubles you most or which has the most suppressed charge. This is usually the next Item of the Goal Conflict Structure, or the next Goal that follows on, but when other things get in the way, they need handling first.

GOAL CONFLICT STRUCTURE - CASE ENTRY

1000 Goals List

The first action is done out of session, off the InnerTrac, in bursts of 1 - $1^{1/}_2$ hours over a period of several days. Make a list of 1,000 goals: all the major or minor purposes, ambitions, wishes or wants, that you have, have had, have contemplated having, suspect you may have, or that you think you might or could have in the future. All basically this life. Get down whatever you think of, without further thought or editing. Use lined paper so that you will know how many lines there are on each page and therefore know how many goals you have listed: you only have to multiply that figure by the number of pages completed. Don't review this list or worry about writing the same goal down more than once.

This is an exercise, a remedy of havingness, so that your attention can come off any perceived scarcity of goals, or things to be, do and have. Rather like a long distance runner, you'll find you get a second wind, and realize there is an infinity of options. When you get this release, you could leave it there, or go on to the finishing line if you like the challenge! If you're not hanging on to these unsuppressed goals - the goals that you are aware of on the surface of the mind - then you will be more open to the underlying, more suppressed goals that are part of the Goal Conflict Structures and which, oddly enough, rarely appear on the 1,000 Goals List.

When you've done this, put the list inside the back cover of your worksheets folder, behind the OLA (Open Lines Assessment). You have already started making the OLA List, commencing with this first item: 'Assess the 1,000 Goals List?' and adding other Listing Questions which are open Lines.

'Assess the 1,000 Goals List?' is included on the OLA in case at some future time one of these goals is the most charged Item you are looking for.

Case Entry - Recurring Upset

You cannot ask a person 'Who or What are you being?' and expect a single answer, because he is being thousands of Identities. Likewise you cannot ask him 'Who or What are you opposing?' for he is opposing thousands of OppIDs as well. This is a Catch-22 situation. Either question is unanswerable - they produce lists miles long without a specific, verifiable Item to select out - but an answer to either question is what is vitally needed to make an entrance to the Goals case.

The only way you can reliably achieve this entrance is to take a specific moment in time which is highly charged, where the Being was in the identity of just one Item and opposing another one-Item. This is the only situation where you can nail this down for sure. The most fruitful moment is the Upset. Upsets are only ever de-stimulated when run by the Primary Handling. But behind the Upset lies one of the person's Goals and the charge of the Upset is the fact that the person he is upset with, has missed, or failed

to recognize, the person's Goal. That is the biggest missed-withhold on anybody's case.

To actually run an Upset to erasure, it would be necessary to find out exactly who or what one was being before or at the start of the Upset, since the charged nature of the Upset is primarily caused by the Being not being able to stay sufficiently in the Identity to fulfill its intentions towards a Goal. This Identity was not recognized and change was being forced upon him, so he was pressured to be, do or have, differently than he would have liked.

So Upsets are basically the bypassed charge of a missed withhold. You got agitated about somebody or something in some way failing to recognize, response to, duplicate or understand your Identity, thus threatening or affecting your self-determinism, self-esteem or sense of belonging, then you had to push this charge away and repress it so that you could get on with your life. Upsets hang up attention and prevent being in the here-and-now. At last, though, with the Case Entry Procedure you can properly handle this phenomenon.

When this Identity is discovered, then it can be cleaned of charge with the methods to be described, so the Upset can be permanently handled and not re-activate again whenever that Identity or 'Item' is restimulated in new circumstances. The Item brings with it a package of considerations, evaluations, beliefs and experiences which make up that sub-personality we are looking for.

Finding the Item at the back of an Upset is, then, an entry route to the Goal Conflict Structure. Because we are following the charge through the Reactive Mind, looking for the majorly-responding Item, we do not want just any Upset, but **the** one which leads to the hottest Item on the case at this moment.

So now you locate a repetitive (recurring) Upset, the Upset that is most in restimulation at the moment and one which you have had for a long time and that keeps coming back just when you think you're clear of it. If you clean it up to Release, sooner or later you start another chain of it. The content may be different each time it recurs but the viewpoint is the same every time. Such an Upset is most likely to lie directly on a Goal.

The concept is: 'What would someone have to do to make you as mad as hell at them?' or 'What really frustrates or upsets you?' This will be something that has troubled you for a long time and which continually recurs in one form or another. The reason for this approach to Case Entry into running Goals is that you are looking for the Upset that directly links with the Goal Conflict Structure that is most in restimulation in your life, and which has been for some considerable time, and is therefore the most accessible.

Out of session, make a list of recurring Upsets as described. Then do an Interview on the InnerTrac to assess the list for the major-responding Upset. Use this upset for your Case Entry.

The remaining Upsets on the list can be used for future Case Entries, if required, and the list added to.

Do not run the Upset as a Primary with assessment and indication to Release.

You now need to start a session to work from this repetitive Upset, but first you need to set up for the session and do the Pre-Session handling on the next page. Note: Primaries are no longer run at the start of every session if there is no Release.

Setting up the Session

       1. Write the **date** on your worksheet.
       2. Number the **page.**
       3. Note **Range** (Range on InnerTrac) and the **time.**
       4. Note **LED indicator characteristic** (e.g. Release) and **indicators** (e.g. GIs).
       5. Squeeze the electrode* and note the resulting **Sensitivity** setting.

       *NOTE: If the LED indicator movement is inadequate, apply **Havingness**:

         'Look around here and find something you could have.'
         'Look around here and find something you could let remain.'
         'Look around here and find something you could dispense with.'

       Continue until you have a feeling of extraversion.

       6. Check the **metabolism** and note the distance the LED indicator moves.
       7. Note: 'Start of Session' ('S of S').

Pre-Session Check

       A. If upset or Range high, check the following buttons for major response and handle as indicated:

         I. Upset? [Note: you do not use the Primaries Handlings at start of session; to do so would temporarily release the Goals case that you are wanting to handle. Instead, if you are upset about something use the version of the Upsets Repair List. If you have a problem of some sort, use Indicator Tech to clean responding Expressions about the problem.]

         II. Listing Error? [Use the Listing Repair List in the Appendices; in the Case Entry this may relate to earlier Levels.]

         III. Bypassed Charge? [If the item is not readily apparent use the Something Else List given at the end of this Level.]

         IV. Next Item? [In the first session this means: start the first Case Entry session (as described on the next page); in later sessions this means: continue from where you left off in the previous session.]

       B. If you feel OK check the following buttons for major response and handle as indicated:

I. Next Item? [In the first session this means: start the first Case Entry session; in later sessions this means: continue from where you left off in the previous session.]

II. Something Else? [If what needs handling is not readily apparent use the Something Else List given at the end of this Level.]

Note down the first action that you will do in the session.

Case Entry Session

1. Taking the major-responding recurring Upset assessed in the earlier Interview (p294):

'Locate an earlier time at which this Upset occurred'

Take a time in this life that is still real to you and easily remembered. Recall what happened, and what it felt like (noting down the essential points). Note: you don't want a Present time version of the Upset because that would be an out-Primary for the session.

2. Date/Locate the incident exactly, handling all considerations with Indicator Tech.

3. To get more charge off the incident, so that it can be more clearly recalled (with all the attitudes, emotions, pains and sensations), check the following questions:

'**On (Upset) is anything being suppressed?'**

'**On (Upset) is anything being invalidated?'**

'**On (Upset) is a withhold being missed?'**

'**On (Upset) is there anything you're being careful of?'**

Clean those that response, with Indicator Tech on responding Expressions to Release.

4. Test the following three Listing Questions for response:

'**Who or What were you being just before the upset?'**

'**Who or What were you being when you became upset?'**

'**Who or What were you upset with?'**

LIST the major-responding question to produce a Verified Item.

Clean the VI with Repeater and Indicator Tech to Release.

Having found your source Item you now proceed to build up the Conflict Structure as described on the following pages.

Running the Goal

The Procedure from this point continues as on Level 5 - Identity, except that we go beyond finding an opposition Item and instead continue to oppose, building up a Conflict Structure of opposition pairs.

1. First of all, the VI found above is cleaned with Repeater and Indicator Technique.

If you feel you may have bypassed the Release on Repeater, simply check: 'Bypassed Release?' and if confirmed, move on to the next step in the procedure. If not confirmed, and the Range has not come down to around 3 (or whatever is your usual position at a time of erasure or realization) or if having largely cleaned the Item, you are now unsure that it is the correct Item for the Listing Question, you may use the Verification Check again and if it is confirmed as the Correct Item, return to Repeater. This will help to cause a wide Release ERASURE upon returning to finish off Repeater on the VI. If it turns out that an Incorrect Item has been run, break off the session to restore havingness (with a walk, drink, communication with somebody) and then a little while later in session, check the Listing Question again and you will quickly find that it is an Incorrect Item and couldn't possibly be yours anyway!

When the VI is cleaned very thoroughly, if necessary by using the above techniques, this virtually eliminates repairs, corrections and difficulty looking for the next charge to run.

2. Then continue to **Oppose** the cleaned VI and produce the beginnings of a Conflict Structure, as on Level 5 and subsequent Levels when you made an ID-OppID pair. This is a 'Line', from ID to OppID. On Goals running, though, you continue to oppose each VI listed for, to plot the Goal Conflict Structure.

First you check the two oppose Listing Questions for the major response:

                'W/W would (VI) oppose?'   **(VI) ----------> ??**

and   **'W/W would oppose (VI)?'**   **?? ----------> (VI)**

If the Conflict Structure starts from the top, corresponding to an **Imprint Goal**, the first Verified Item will be an **Identity on the top left** of the Conflict Structure, with the major responding Listing Question being: 'W/W would (VI) oppose?' It starts from the top (furthest from Present Time) because the Being is not able to suppress the intention put behind the Imprinted top Identity, the Imprint Goal, because that intention was an overwhelming other-determinism. The VI would be in the form: 'To be/do/have (some way or some thing)'. If it is simply an identity, e.g. 'A bad person', this may be not the Goal Item but an Item from further down the Conflict Structure, or it may be that it just hasn't been listed in the form '*To be a* bad person'; either way, this will later become clear as the Conflict Structure is built up further.

If the Conflict Structure starts from the bottom, corresponding to a self-determined **Imprint-Influenced Goal** (seemingly an Own Goal but one that is heavily, though maybe unconsciously, influenced by Imprint content) or an actual **Own Goal**, the first Verified Item will be an **OppID on the bottom right** of the Conflict Structure, with the

major-responding Listing Question being: 'W/W would oppose (VI)?' This starts at the bottom because the OppID aligns with the original Goal at the top, but the person can't see this as it is more and more suppressed towards the top, each Identity suppressing the previous one. The bottom ID will tend to be overwhelmed by the bottom OppID because it is effectively the same as his own Goal at the top of the Conflict Structure, which is always the senior Item. Nevertheless he is still fighting against it, and dramatizing that fight with the Safe Solution below the bottom of the Goal, i.e. the Safe Solution of bottom ID versus bottom OppID.

Many basic this-lifetime goals are Imprint-Influenced Goals. The Being's Own Goals are unlikely to emerge until the Imprint has been thoroughly released (initially on Part I and further on Part II) since they tend to be long term and started off freely determined, preceding the Imprint phenomena. They are much more charged and significant than Imprint-Influenced and Imprinted Goals since they are closest to the Being; they can be expected to emerge and be run during Parts II-III of the Project.

When the Conflict Structure has been completed, the top Identity will be found to be opposite in intention to the bottom Identity (as the Safe Solutions to each ID-OppID conflict move further and further from the original Goal) and the top Identity will be the same, or similar in intention, to the bottom OppID. In this way the Goal Conflict Structure is a self-defeating and persisting conflict structure. When it has been discharged, i.e. fully duplicated, it erases the mass and the structure collapses.

It is an ideal-versus-reality conflict, represented by the top and bottom Identities. One feels one ought to achieve an ideal, at the same time one feels one can't or doesn't want to. When in restimulation, this structural conflict causes feelings of confusion and of counter-intention to one's purposes in life, and resolving these structures gives corresponding relief.

The flow always goes along the Line from ID to OppID, with the practitioner at cause. This is accordingly the right way to list all Listing Questions - the Identity is always doing the opposing, the Opposed Identity is always the one that is opposed.

A vertical arrow is drawn on the plot of the of the Conflict Structure to indicate the direction in which it was run, according to whether it was started from the top Identity (the Goal) moving down from there, or from the bottom Opposed Identity moving up the Conflict Structure.

The bottom of the Conflict Structure is nearest to Present Time, with the 'phantom' Identity below, the Safe Solution, being a Present Time solution to the Goal Conflict Structure and therefore helping to keep it in place and active. This Safe Solution will therefore be aligned against the OppID which is equivalent to the top Identity, the Goal. Above the Structure is the Postulate from which the Goal was derived, as a solution to manifest the Postulate in this Physical Game. The Postulate and bottom Safe Solution are discovered later, during the procedure of 'Cleaning the Goal'.

The Structure is built-up as follows:

Now that the original VI has been thoroughly cleaned, the charge will transfer to the next opposing or opposed Item in the Conflict Structure. The VI will be the 'Source' for your next Listing Question. An Identity - Opposed Identity pair is always run with the causation flow along the Line from the ID to the OppID, so that the practitioner's found Identity is always at cause in relation to the Opposed Identity.

So the following two Listing Questions are both called, and checked to find which has the major response:

> **'W/W would (VI) oppose?'**　　　**(VI) ----------> ??**
>
> and　　　　**'W/W would oppose (VI)?'**　　　**?? ----------> (VI)**

If the two 'oppose questions' don't response they should be checked with the Suppress buttons; in addition 'oppose' may be replaced by: 'have difficulty with?', 'dislike?', 'disagree with?', 'fight?', 'object to?' as alternatives which may hit the button.

'W/W would (VI) oppose?' would list to produce an OppID; this also indicates the source VI is a ID. The ID is the **active** element and it always opposes the OppID. It is placed at the top in the left hand column of the Conflict Structure.

'W/W would oppose (VI)?' would list to produce an ID; this also indicates the source VI is an OppID. The OppID is the **passive** element and it is always opposed by the ID. It is placed at the bottom in the right hand column of the Conflict Structure.

The major responding Listing Question is now Listed and the resulting new VI is cleaned with Repeater and Indicator Tech.

If the Listing Question 'W/W would oppose (VI)?' responds majorly, when Listed it would produce an ID and this new Item would be drawn on the Conflict Structure at bottom left. You know from the question 'W/W would oppose (VI)?' that the answer must be an item doing the opposing, therefore the source VI must be an OppID. You also know that if the source VI is an OppID, it is placed at the bottom right of the Conflict Structure. The Line is (as always) from ID to OppID.

New ID
From 'W/W would
oppose (OppID)?'　　　　　　　　　　　　　　**Source VI**
　　　　　　　BOTTOM　　　　　　　　　　**OppID**

Following on from finding and cleaning the new Identity, the next Listing Question would then be: 'W/W would (new ID) oppose?' to give the next OppID, one step up on the Conflict Structure. Because the charge has been cleaned from the original VI, attention is no longer on it as an opponent, and the charge has transferred to the next OppID up. This is illustrated below:

From 'W/W would
(ID) oppose?'

**Next
OppID**

NewID

From 'W/W would
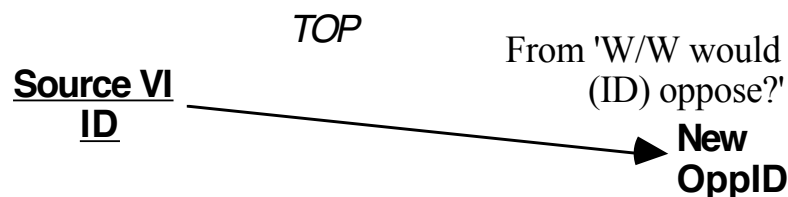oppose (OppID)?'   *BOTTOM*
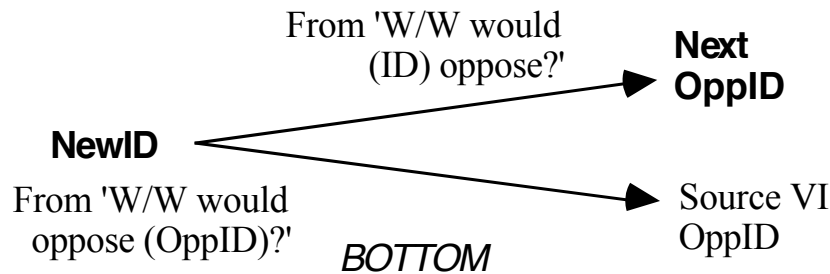
Source VI
OppID

Alternatively, if the Listing Question 'W/W would (VI) oppose?' responds majorly, when Listed it would produce an OppID and this would be entered on the Conflict Structure at top right with the source VI (therefore an Identity) at the top left. The Line is from ID to OppID:

TOP

**Source VI
ID**

From 'W/W would
(ID) oppose?'

**New
OppID**

The next Listing Question would then be: 'W/W would oppose (new OppID)?' to give the next Identity down on the Conflict Structure. Because the charge has been cleaned from the source VI, attention is no longer on it and the charge transfers to the next Identity down.

TOP

Source VI
ID

From 'W/W would
(ID) oppose?'

**New
OppID**

Next ID

From 'W/W would
oppose (new OppID)?'
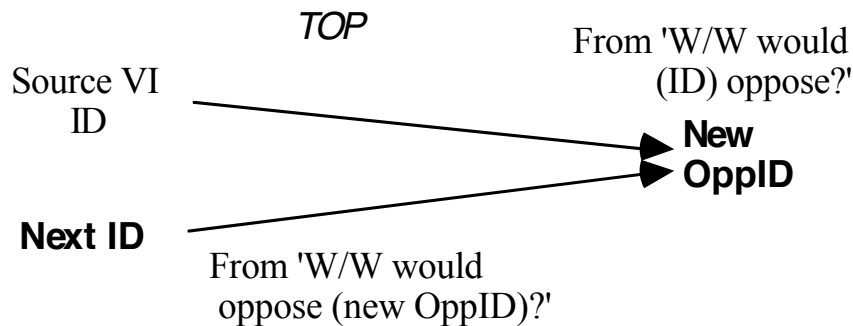
In this way a Conflict Structure is produced, either from the top left ID or bottom right OppID. The procedure continues to either a Parcel or a complete Goal.

A **Parcel** 'wraps-up' the charge on the original VI - who the practitioner was being or was opposed to, connected with the repetitive Upset. The final Listing Question would then Dead Horse (have no response) - it is an Open Line. A new cycle would then continue with the Case Entry procedure or by assessing the Open Line Assessment (OLA) for the next major-responding Listing Question to continue from.

In the case of a Parcel, the final Listing Question that Dead Horsed is added to the OLA. The Parcel may be extended at a later date when the last Item becomes live again, as assessed from the OLA. This may result in a full Goal Conflict Structure if the original Item was a Goal or a bottom OppID of a Goal.

It would be perfectly normal for many such Parcels to be run in this way, with major case gain, before complete Goals are found to run. Items may run to a Parcel rather than a full Goal at any time on the Project. Parcels, then, relate to restimulated Goal Items, on which enough has been resolved for the charge to transfer on to another Item from a separate Goal Conflict Structure.

See the examples below of a Parcel that started from a mid-structure Identity and Dead Horsed after five Items, and a Parcel that started from a Identity that was an Imprint Goal but which Dead Horsed after four Items.

Example of a Parcel:

Parcel   CONFLICT STRUCTURE 17

(24.11.91) Independent person

Lover (24.11.91)

(25.11.91) Boyfriend

Homosexual (25.11.91)

(25.11.91) Homosexual hater

[Dead Horse] (25.11.91)
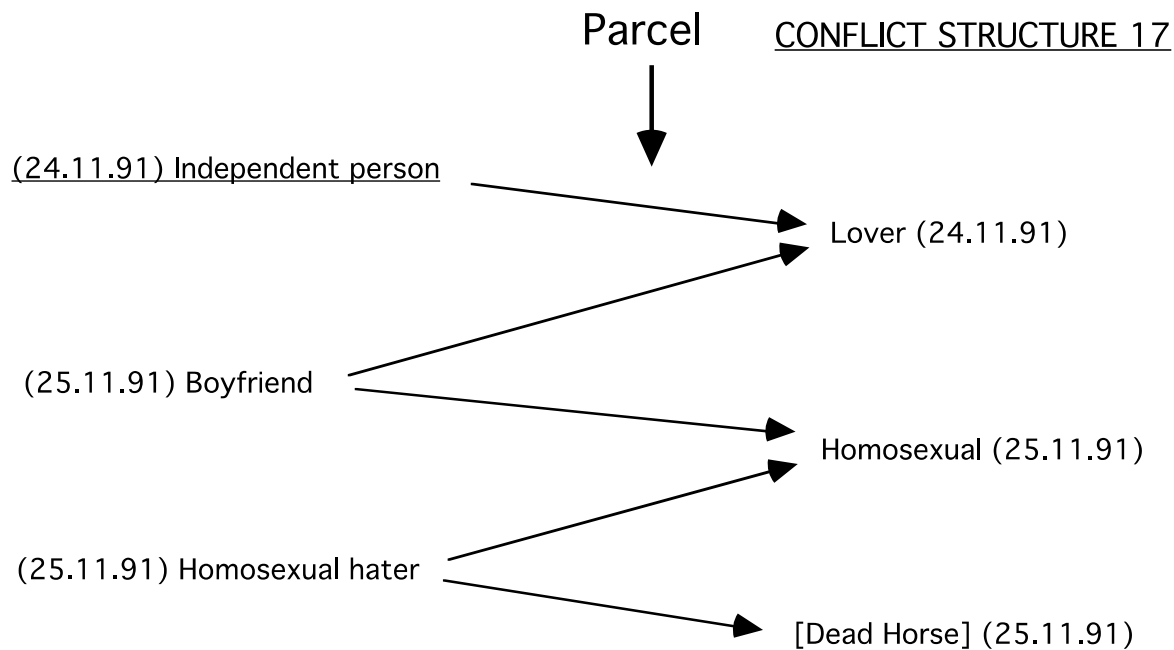
Example of a Dead Horse Goal:

Goal   <u>CONFLICT STRUCTURE 30</u>

<u>(16.2.92) To share my viewpoint</u>
(Imprinted Goal)

Person who won't listen
(16.2.92)

(16.2.92) An intellectual

Unintelligent people
(16.9.92)

(16.2.92) [Dead Horse]
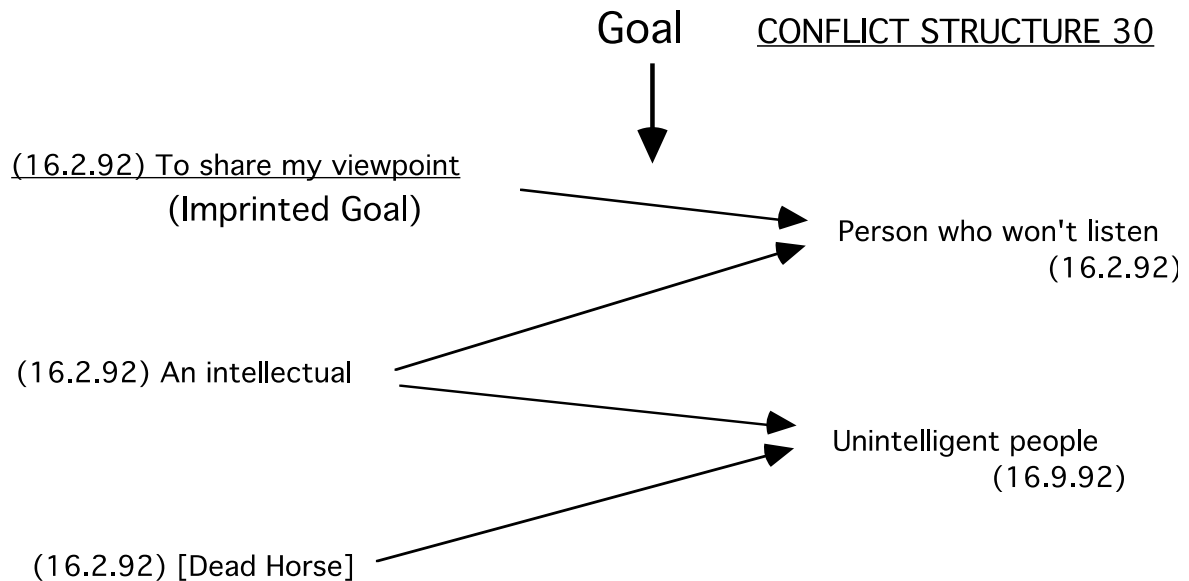
Note that a Parcel can only be continued either from the top or from the bottom. To use the example on the previous page, 'W/W would an independent person oppose?' has already been listed - you can't list it again to find the next OppID up the Conflict Structure. 'W/W would a homosexual hater oppose?' can still be listed but it Dead Horsed, therefore it is put on the OLA in case it 'comes alive' at a later date.

It is possible a later Parcel or incomplete Goal produces an OppID that melds in with a previous Parcel. For example, if a bottom OppID like 'An employer' was opposed with 'W/W would oppose an employer?' and that produced the Item 'Independent person' then the Parcel or incomplete Goal with the OppID 'Employer' may meld with the 'Independent person' Parcel, if they were from the same Goal. If they joined together to form a complete Goal then the top ID (Goal) would be similar to the bottom OppID and opposite to the bottom ID.

Even if they do not make a complete Goal, it should be clear how each ID is a Safe Solution to the previous ID-versus-OppID pair as you move down the Conflict Structure, and when two Parcels have been melded together, the second may now start to respond from the other end that previously Dead Horsed, so that the whole Structure can be found.

For additional information see pages 311 (Q & As), 334 (Notes on Running Goals) and 351 (Further Tips).

On the following page is an example of a full Imprint-Influenced Goal, which started from a bottom OppID. It is quite possible for your first Conflict Structure from the Case Entry to run to a full Goal, whether an Imprint-Influenced Goal running from a source OppID or an Imprinted Goal running from a source ID.

The action of Cleaning the Goal (to be described later) is the point at which, having

completed a full Conflict Structure, you go on to find the Postulate at the top of the Goal and the Safe Solution at the bottom of the Goal.

EXERCISE

At this point, before actually running the Conflict Structure based on a VI from your Case Entry, as an exercise, work out an imaginary Conflict Structure for the Imprint Goal: 'To be Father Christmas' starting from the top ID. First invent the OppID (who or what Father Christmas would oppose), the next Identity (W/W would oppose the new OppID), and so on down the Conflict Structure, such that the bottom ID is opposite in intention to 'To be Father Christmas', and the bottom OppID is similar in intention to 'To be Father Christmas'.

Then work out an imaginary Conflict Structure, working from the bottom OppID: 'King of England', on up the Goal to the top Identity, a Imprint-Influenced Goal 'To be King of England'.

Example of a Complete Goal Conflict Structure:

(20.2.92)   Goal   CONFLICT STRUCTURE 31
Postulate: To get admiration

(19.2.92)
 TO BE THE ONLY ONE
(Imprint-Influenced Goal)
                                                  People who don't realise
                                                              (19.2.92)

(19.2.92)
 To be a philosopher

                                                  A cynic (19.2.92)

(19.2.92) An altruist

                                                  Ditherers (19.2.92)

(18.2.92) A strong man

                                                  People telling me
                                                  I'm no good (18.2.92)

(18.2.92) A political worker

                                                  Disobedient people
                                                              (18.2.92)

(17.2.92) A person in charge

                                                  An extrovert (17.2.92)

(17.2.92) A person who
needs lots of friends

                                                  To be the only one
                                                              (17.2.92)

(20.2.92) Safe Solution: To ingratiate people.

Cleaning the Goal

Before going on to find the next Goal, you first need to clean the Goal of any residual charge and deal with both the Postulate preceding the Goal and the Safe Solution which attaches to the bottom of it, keeping it in active dramatization.

1. **Indicate whether it is an Imprint Goal** (runs from top ID) or **Imprint-Influenced Goal** (runs from bottom OppID) or **Own Goal** (not Imprint-influenced, runs from bottom OppID - though this is unlikely to be contacted on Part I, do not rule out the possibility). If you are unsure, assess the three possibilities for major response, then Indicate.

2. Check the Conflict Structure Items are valid. Call each Listing Question in the order the Conflict Structure was made. If a Listing Question responds, Verify the Listed VI: 'On (Listing Question) is (VI) the Correct Item? Nearly correct Item? Incorrect Item? Suppressed Item? Misowned Item?' If Correct then Indicate or if necessary correct that list appropriately and re-run the Goal from that point. Since this may involve considerable extra work, it is a good idea to verify the Conflict Structure after every ID-OppID pair, particularly if there are any doubts. By doing this, bypassed charge is not built up by going too far past a wrong Item, with all sorts of other Items having been dug-up (possibly from other Goal Conflict Structures) in the effort to complete a false Conflict Structure. If this happens there is no need to worry, since you have found and Indicated the error. Put all the false Items on the OLA, in the form of Listing Questions, so they can be run in their appropriate Goal or Goals, if they become on-line in the future (so it wasn't wasted time!).

If an Item needs correction, it is not necessarily the case that all later Items are incorrect; it may just be the case that the Item needed rewording, and the following Listing Question still gives the same next Item.

It may be the case that a series of Items that are invalid on the Conflict Structure being run, nevertheless make up a Parcel, or a Parcel (or whole Goal) can be completed from them, after the current Conflict Structure is complete. Only do this, however, after a Session Assessment to find the next major charge to run.

3. Check: 'Is there bypassed charge on (the Goal)?' If this responds use the Bypassed Charge Checklist: 'On the Goal, is something being ...?'

If a button responds Indicator Tech all Expressions which are pulled off it. Continue calling and cleaning it until it Releases, then go on to check further buttons, to a release of all bypassed charge on the Goal.

If you feel you have not fully erased the fixity of a particular Identity, run Identity Clearing (page 249).

4. Find the Safe Solution on the Goal.

LIST: **'What *safe solution* would (bottom ID) opposing (bottom OppID) have?'**

If this doesn't response, check the following alternative questions for response:

> **'What *assumption* would (bottom ID) opposing (bottom OppID) have?'**
>
> **'What *belief* would (bottom ID) opposing (bottom OppID) have?'**

Run this Safe Solution in the 6 Safe Solution Questions:

> 'In this lifetime how would (Safe Solution) make you right?'
> 'In this lifetime how would (Safe Solution) make others wrong?'
>
> 'In this lifetime how would (Safe Solution) help you escape domination?'
> 'In this lifetime how would (Safe Solution) help you dominate others?'
>
> 'In this lifetime how would (Safe Solution) aid your survival?'
> 'In this lifetime how would (Safe Solution) hinder the survival of others?'

The first question is run until there are no more answers; then the second one similarly; then back to the first, until these two Release. Then the next pair of questions are run to Release, then the final pair similarly, until a release occurs.

When running the 6 Questions, the practitioner will experience the 'whirlpool effect', where a stream of realizations emerges of the ways he has been operating. This break down of his automaticities will be followed by a Release. Do not interrupt this in any way, such as with Indicator Tech. Wait until the avalanche stops, then take a break. You can later check the answers you wrote down for responses, and clean responding ones with Indicator Tech.

If the Safe Solution still responds, the next step is to run the Bypassed Charge Checklist, in conjunction with Indicator Tech. Where it is questionable whether the correct Safe Solution is being run, it will uncover the truth of this as well.

5. Next find the Postulate on the Goal:

LIST: **'What is the Postulate on (the Goal)?'**

First check the resulting Postulate: 'Is this the next Goal?' and if this responds, pull the Expression and clean it with Indicator Tech. If it is the next Goal, Bypassed Charge should not be cleared, since this should not be done on a main Goal Item, as it tends to restimulate Items before their appropriate time for handling. If the Postulate is the next Goal, then proceed to clean it with Repeater and Indicator Tech, as the first Item on a new Conflict Structure.

If the Postulate found is not the next Goal (as is usually the case), run the Bypassed Charge Checklist on the Postulate, then Repeater it with Indicator Tech to Release.

6. Locate next Goal:

Goal Conflict Structures may be in opposition to each other or one Goal may lead on to another, as the establishment of one Goal may cause a new or wider situation to become apparent followed by the taking up of a better Goal to accomplish the Postulate than the

previous one which got stalemated.

Check: **'What Goal would (Goal run) oppose?'**

          'What is the final accomplishment of (Goal run)?'

LIST the major-responding Listing Question, to find next Goal to run on the Goals Channel (the series of one Goal leading directly to another).

7. If neither of these questions response, even with Suppress buttons, then you would put them on the OLA in case they come up later. Now you need to make a **Session Assessment** to determine the next action to run, including the items: Case Entry?, Assess the OLA? and Something Else?

If **'Case Entry?'** responds majorly, use the 'Recurring Upset' **Case Entry** to find a new Goal source item.

If **'Assess the OLA?'** responds majorly, assess all the Listing Questions on your **Open Line Assessment** to find the major-responding Listing Question, which may run to produce a Parcel or continue to a full Goal Conflict Structure.

If **'Something Else?'** responds majorly and the item is readily apparent, such as a necessary repair or Case Handling, then run that - you can use the **Level Assessment** on page 311 to help you. If the 'Something Else?' item is not readily apparent, go to the **Something Else List** overleaf to find your next action.

Also put on your Session Assessment any apparent Goals or Goal Items that have come up on recent Indicator Tech Expressions, in the form of the two oppose Listing Questions.

For additional information on Cleaning the Goal see page 388.

If you feel the need to re-orient yourself to the Present Time environment at end of session, use the following Havingness procedure:

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**'

(continue to feeling of extraversion)

SOMETHING ELSE LIST

Assess to a responding button and handle as described:

01. Next Item? ....Continue Structure (oppose last Item).

02. Open Line? ....Assess OLA for next Listing Question to run.

03. Incomplete Conflict Structure? ....Complete the Parcel/Conflict Structure.

04. Error on Goal? ....Check 'Clearing the Goal' actions.

05. Wrong Item?...Check suspect Listing Question(s) and continue list.

06. Nearly Correct Item?............................Check suspect Listing Question(s) and continue list.

07. Misowned Item? ....Check suspect VI(s) and as 06.

08. Wrong Indication? ....Check suspect Indications and as 06.

09. Wrong Goal to run? ....Check suspect Next Goal Listing Questions.

10. Bypassed Charge? ....Upsets Repair List.

11. Bypassed Misowned Experience? ....Indicator Tech new Expression.

12. Bypassed Repetitive Experience? ....Indicator Tech new Expression.

13. Bypassed Item? ....Check suspect Listing Question(s) and continue list.

14. Bypassed Release Point? ....Restore Release Point

15. Bypassed Misownership? ....Check suspect Item(s).

16. Bypassed Goal? ....Check suspect Next Goal Listing Qs.

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 Realization? ....Indicator Tech new Expression.

21. False Realization? ....Indicator Tech new Expression.

22. No Wins? ....Suppression Handling.

23. Overrun? ....Restore last release or use Life Overrun Handling if responds (Increase or stick).

24. Misowned Item?.....................................Check suspect Listing Question(s) and continue list.

25. Misowned Expression? ....Indicator Tech new Expression.

26. Misowned Goal?......................................Indicator Tech and clear RangeC on Goal.

27. Misowned Experience?...........................Indicator Tech new Expression.

28. Drugs? ....Indicator Tech new Expression.

29. False Data? ....Indicator Tech new Expression.

30. Incomplete Action? ....Complete the action.

31. Dead Horse Alive?.................................Assess OLA for open Line.

32. Upset?..Upsets Repair List.

33. Suppressed Upset? ....Upsets Repair List.

34. COEX Restimulated? ....COEX Assessment of problem areas; then use appropriate Handling.

35. Interiorization? ....Interiorization handling.

36. Exteriorization?....................................Exteriorization handling.

37. Wrong Date?..Check Date with Indicator Tech.

38. Incomplete Date? ....Check Date with Indicator Tech.

39. Wrong Location? ....Check Location with Indicator Tech.

40. Incomplete Location? ....Check Location with Indicator Tech.

41. Imprint Released?..................................Check with Indicator Tech.

42. Wrong Suppression Item? ....Check with Ind. Tech. List Q again.

43. Next Level? Next Part?..........................Check with Indicator Tech.

44. Hidden Standard? ....Clear with Bypassed Charge Checklist.

45. No Interest? ....Defense Check: 'On (Level) ...?'

46. Stress? ....Suppression Handling & Life Stress L.

47. Physically Ill? ....Run Upsets Repair List & see doctor.

48. Low Havingness? ....Go for a walk & run Havingness.

49. Low Metabolism?...................................Eat, rest, stretch, breath deeply.

50. Unnecessary Action?.............................Check with Indicator Tech.

51. Nothing Wrong? ....Check with Indicator Tech.

52. Something Else? ....Pull & check with Indicator Tech.

Handle each response as shown: usually by Indicator Tech or making the appropriate correction using the various techniques described in the Part I materials.

A 'No Interest' item should be examined with the Defense Checklist. When necessary the Listing Correction List, Range Correction List, Interiorization Correction List or Upsets Repair List may be used. A Bypass should be found and handled. Overrun may require Restoration of a release point, or if a release point has not been reached use the

Life Overrun Handling (a flow which is continuing too long will response as a stick or Increase) and this will also handle a persistent high Range. Interiorization and Exteriorization have their own handlings, and so on. Refer to the Level Assessment (page 311) for a full listing of earlier Handlings; this may also help to find a Something Else. If you are in any doubt, contact your Case Supervisor Peter Shepherd for advice <shepherd@trans4mind.com>.

Administration

Details of all sessions should be clearly written down as you go along, in concise but legible form which you will be able to understand when referring back to it at a later date. Range responses should be noted at their high and low points, before and after specific procedures, and total Balance Action noted at the end of session. The Conflict Structures should be kept in a separate section. Only essential information such as responding buttons and Listing Questions need be noted (with the responses), but all responding Expressions run on Indicator Tech are written in full, with "quotes" to distinguish them. Corrections are written in red biro. In other words, the admin should be an intuitive process which does not intrude into the session but enables you to keep a record of the procedure you have used and the material that was run, for future reference and use. An example is given below:

Example of Using Indicator Tech in a Goals Session

17.2.92

[Pre-session] Next Item? F   S of S   Release 3.2

Run Goal "To be the only one"
[found from Next Goal Listing Questions at the end of Cleaning the Goal]
[First clean the VI on Repeater. Note: "in quotes" = Expression]
Repeater
"Makes me feel sad" F - on Indicator responds True   4.2
"It feels a bad thing to be" F - on Indicator responds False
"Not true that it feels bad or is a defense, to be the only one" F - on Indicator, responds: Imprinted
Indicate Imprinted F ['On VI, (each Expression) responds on (its responding button), (last Expression) is Imprinted', i.e. Indicate: 'On to be the only one; "makes me feel sad" responds on True; "it feels a bad thing to be" responds on False; and I'd like to indicate that the idea that it is not true that it feels bad or is a defense to be the only one is Imprinted!' There's no need to write this out as it follows from the above notes.]

[New Expression following the Final Indication: (if this does not emerge ask "So what is the Truth?")]
"The natural feeling of sadness obscures a safe solution about being the only one, reinforced by the Imprint." F - on Indicator responds xxx [no responds]
Indicate Truth [Source is VI 'To be the only one'] Release   3.5
MEX - x REX - x [no response on calling even with buttons] [Release underlined acts as indication of Release]

[Repeater Continued]
"I feel separate and cut off in this state" F - on Indicator responds False Inval
"It makes me feel good" F - on Indicator responds Imprinted
Indicate Imprinted   3.2
[New Expression:] "I'm feeling bad to cover up feeling good" F - on Indicator responds

False Supp
"No, it's OK to be the only one anyway, and both feeling good and feeling bad are irrelevant to my identity, which I'm choosing" F - on Indicator responds xxx
<u>Indicate Truth</u> <u>Release</u>
MEX - x REX - F
"This has been going back and forth for me for ages - it's unnecessary!" F - on Indicator responds True
"I'm curious about what it's like to be the only one" F - on Indicator responds False Supp
"I'm curious about the others, as the only one!" F - on Indicator responds xxx
<u>Indicate Truth</u> <u>Release</u>   2.9
MEX - x   REX - x <u>Release</u>   2.5

<u>Repeater Release</u>

[Check Listing Questions:]   W/W would 'to be the only one' oppose? x
                                 W/W would oppose 'to be the only one'? F   3.3

[This tells me the original VI was an OppID, so this is a Imprint-Influenced Goal running from bottom right.]
LIST - W/W would oppose 'to be the only one'?

satisfied man	x	[responds on assessing]
man with a lot of friends	x	
sad person	x	
unhappy person	x	
jolly person	x	
person who needs people	x	
jealous man	x	
insecure person	x	
person who needs lots of friends	LF	

Completion check - xxxx   [no responses on Completion check, therefore list complete]
[Assess List; one item responding, therefore Verify:]
Verify - Correct F
Indicate: The Item is <u>person who needs lots of friends</u> - LFBD <u>Release</u>   3.0

Clean the new VI on Repeater: xxx [no responses]   3.6
Check Defenses: Not revealed? - LF
"I don't have many friends" F - on Indicator responds xxx
<u>Indicate Truth</u>
MEX - F
"I don't like not having many friends" F - on Indicator, responds: Imprinted
<u>Indicate Imprinted</u> LFBD <u>Release</u>   3.0
MEX - x REX - x <u>Release</u>

<u>Repeater Release</u> [so 'person who needs lots of friends' is clean]

LIST - W/W would person who needs lots of friends oppose? F
[Single item list] An extrovert LF

Completion check - xxxx.
Verify - Correct F   3.7
Indicate: The Item is <u>an extrovert</u> LF <u>Release</u>

[Clean the new VI on Repeater, etc.]

QUESTIONS ABOUT RUNNING GOALS

Q: I sometimes doubt that I am doing Meta-Programming properly when it doesn't run well. I stick my head down into the emotion of it all and get lost in the incident/feeling, instead of standing above it and viewing it from there. When this happens I tend to bog down. Any advice?

A: If you bog down during the session, it's worth checking 'Has charge been bypassed?' and spotting it and handling it, because that's an easy thing to happen, and it builds up and makes you feel bad, and that can carry over to the next session. The 'Something Else' list at the end of Level 10 contains a lot of possibilities. If you've bypassed a release point, this also causes a downer - the handling for that is to spot the release point and Indicate that it occurred.

If you're feeling reasonably OK but still don't look forward to the session ahead, you need to do something about that. You need to check for bypassed charge or an overrun release-point in previous sessions, and if it's not those things, check the Something Else list. Most often, though, when you're into the flow of running Goals on Level 10, it's the next Item on the Goal Conflict Structure in restimulation, so you just get on and run it. Another fairly frequent occurrence is a COEX in restimulation, i.e. a current life problem or upset that links directly to a Goals Item in restimulation, in which case you make a Session Assessment, find the Item, sort it and then get back to where you were at the end of last session.

Q: If a Parcel starts mid-structure, how can you tell when you reached the Goal? I think, a Goal can be worded like an ID and an ID like a Goal. You list "a rich man" but your concept is "to be rich". Any advice on that?

A: As you say, an Item can be worded "to be rich" like a Goal or "a rich man" like a normal ID or way of being. If a Parcel starts off, it may or not be from the top or bottom of a Goal, and it may also be from the middle of a Goal Conflict Structure (GCS). If it's from the middle, it may not reach the top or bottom before it 'parcels' out the charge and Dead Horses - which is what you're looking for, to handle a bundle of restimulated COEX charge, not necessarily to try and make it into a Goal.

But still, sometimes it does reach an Item that you recognize as a Goal, either that you have had (top left), that you oppose (bottom right) or that you have now (bottom left). It should Dead Horse at that point, which is one sign. Also it should make sense to you as something you have been or are trying to achieve, or to fight against, even if it is not worded that way. But even if that's so, you can't extend the Parcel from the other end, as you have already run the oppose question from the first item; you have to wait and see if at a later time another Parcel crops up that can meld or flow into it and form the other end of the GCS.

You really get into a proper GCS when you start out with a clear Goal-type item, whether it's yours (on the ID side) or another's that you oppose (on the OppID side).

This may emerge as an item on a Listing Question or on Indicator Tech, and it is specifically what you are looking for when you do a Case Entry procedure.

When running a Goal, you know when you have reached the other end of the structure when the top ID is the same in intent as the bottom OppID, and the opposite in intent to the bottom ID.

Q: You say that the VI found from Case Entry is either a top left ID or a bottom right OppID. Couldn't it be an ID or OppID out of the middle of a structure?

A: It is top left or bottom right that you start, and it works on from there when you Parcel in one direction or other, but of course it won't produce a full GCS if it turns out you started in the middle and not at one end of a GCS. But the Case entry procedure to running Goals does tend to make the top or bottom items accessible first in practice. That's because, in the case of an Imprinted Goal (from top left ID), it is closest to the misowned other-determined Imprinted intention, or if it is an Imprint-influenced or Own Goal (from bottom right OppID), it feels more 'owned' and the most accessible Item on the GCS is what you're up against in present time, and the original Goal is most suppressed, as at present you're working against it as the bottom ID.

Q: Also on Case Entry: Why is the VI you find with "Who or what were you ... ?" not itself a part of the Goal Conflict Structure it precedes?

A: This first VI on Case Entry is indeed the first ID or OppID on a Goal - the Case Entry takes you right into it, it doesn't precede it. The next Item is found by the major-responding of the two oppose questions, W/W would Item oppose? (to produce an OppID at top right that the ID is opposing), and W/W would oppose Item? (to produce an ID at bottom left, opposing the OppID).

Q: I'm a little confused about how exactly the bottom OppID resembles the Goal in a conflict structure.

A: It has a similar intention, not necessarily phrased in the form of a goal, 'to be ...' or 'to do ...' or 'to have ...' Sometimes it works the other way too, you get to the top of a goal structure, working from the bottom, and the top ID isn't phrased as a goal, but it has the same intention as the bottom OppID, so you know it's an identity with an unexpressed Goal - in which case, express it to round things off.

It is the fact that the bottom ID opposes the bottom OppID, and the bottom OppID is similar to the top ID (Goal) that makes it a conflict structure, with the being sitting in present time effectively opposing his own suppressed Goal, and so confused, going nowhere, ineffective, stuck. And so the structure just sits there, causing problems whenever it is restimulated, and manifesting primarily as the safe solution the being has adopted to the situation of bottom-ID opposing bottom-OppID. Remember, Goals aren't necessarily good or ethical.

Q: Also, I'm not 100% clear on the forms an OppID can take. Could it be an identity we have ourselves? Something exterior?

A: Normally it's something exterior. It can be also an identity we have become overwhelmed by and so adopted as our own identity too (or one of our own identities). But not within the present goal structure, as it's something we oppose.

Primarily, an ID or OppID is an item that comes from a listed oppose question, and which Verifies as the correct item (VI - Verified Item), and so it is correct whatever significance you attach to it intellectually.

Q: I'm a little confused about the type of goals we are looking for at this level. When are they made?

A: Usually early in this life or in some undetermined past lifetime, and the charge is added to as the various identities are assumed and played out, and as they are later restimulated again, in later times. If the idea of past lives is unproven to you, then you could consider some aspects of the conflict structures to be part of collective archetypal unconscious, or something like that. But whatever, they are real enough in their effects on your mind and viewpoint in present time. They are not the trivial or even interesting goals that we make frequently as part of our lives, that are listed in the 1000 Goals exercise - rather they are more suppressed or inbuilt into our psyche, and they are the foundation of the reactive mind.

Q: What type of goals are they? Could they be as vague as "to be the only one"? Are they related to "material success" or of a spiritual nature? Are they goals one could be aware of?

A: The Goal "To be the only one," the example Goal given in Level 10, is from a real-life case. Yes, they are often quite vague and generalized, as they have wide application. They're not usually related to specific material circumstances as that would have either succeeded or failed and so would not have become a conflict structure - but if put in generalized terms then it might still be. One may well be aware of it, but usually one does not realize that it's something one is so closely identified with.

Q: Thanks to the procedures I've run so far, I've identified what I think are the most important goals for me. They are goals that I recognize having had since childhood. They are all very far-reaching and "grandiose". I can remember vaguely how they came about, or the source of their imprinting.

The stRange thing is that they are very few, and in reality they all seem to be more or less versions of two or three major goals. I imagine that compared to such big goals nothing else could have been important.

A: You may well have spotted some or even all of the crucial goals on your Part I case, even before Level 10. Yes, the big goals do tend to be far-reaching and not that many in number. You need to include all these on a new assessment list, the OLA (Open Line Assessment), in the form of both oppose questions, so they can be taken up and run when the charge transfers to them.

Q: I had an upset with a person I have known well for many years, and I realized it was probably the biggest OppID I could imagine in my life right now (or in my GCS case).

A: You can use the represent question (W/W would Person represent?) to find the real ID/OppID here, and it may fit into a current Goal structure, that's a possibility, or be the start of a new one.

Q: I have the impression the recurring Upset Case Entry procedure, at least for me, is bound to produce a Parcel and not a Conflict Structure. I've run it twice and both times it only went to a Parcel. This became obvious right from the start, since the type of source item I got wasn't in the form of a goal (to be, to have, to do).

A: It's fine to run some Parcels for a while till you get an entry to a Goal; this is quite normal. The first VI is unlikely to have been listed in the form of a goal, however, as the Listing Question was asking for an identity - it's only later, as the structure is built up that you see if that Identity represents a Goal or has an intention similar to the Goal.

The two first questions "W/W were you being just before the upset?" and "W/W were you being when you became upset?" are asking for something you're being (an ID).

An Imprinted Goal works from the top ID. In this case the new VI responds biggest on 'W/W would VI oppose?' It starts with an ID, meaning that from the Case Entry, if one of the first two questions were listed, you're aligned with an Imprinted Goal, represented by the top ID.

It's less charged than a Goal you created for yourself, such as the Imprint-influenced Goal, which has suppressed IDs. (True Own Goals are not likely to be contacted yet, and are by far the most charged, working from the bottom OppID).

The third question, "W/W were you upset with?" will list what you were opposing.

An Imprint-influenced Goal works from the bottom OppID, nearer present time, and you don't get to the original ID/Goal till you've worked up to the top. In this case the new VI responds biggest on 'W/W would oppose VI?' It starts with an OppID, meaning that from the Case Entry, if one of the first two questions were listed, you're actually in opposition with your own goal, represented by the OppID.

This VI, if it is indeed the bottom OppID of a Goal Conflict Structure, will be similar in intention and purpose to the top ID or Goal, that is further from present time and at this stage relatively suppressed, and probably an Imprint-influenced Goal. These are more charged than Imprinted Goals (that run from the top ID) as there is more of you in them, it's your goal though not truly self-determined like an Own Goal (which are even more charged which is why they normally don't become accessible until late in Part II).

Another way to get into a Goal, as a Case Entry, is to list the unopposed VIs that have occurred to date in your sessions, in the form of the next oppose question, or both oppose questions if the ID has not been opposed at all. This is in fact the OLA mentioned above, which you do now need to make up to date and use. Also include personal goals that you suspect may be relevant to your case. You then run the one that

responds biggest when the OLA is assessed. Also on this 'Session Assessment' include the item 'Something Else?' in case it's not on the assessment list. Note that there's the Something Else list that you can go to if necessary, to help find the next step.

Q: I am trying to understand fully how a Goal Conflict Structure is built, especially from the viewpoint of how to reconstruct it from one VI, with a succession of listing questions (the oppose questions). Let's take an example, starting with a VI being an ID, "a funny guy". We list "W/W would a funny guy oppose", and we get: "a serious guy". So far, so good.

A: Yes, if you start from an ID it is from the top left of the GCS, corresponding to an Imprinted Goal. (If you start from an OppID it is from bottom right, corresponding to an Imprint-influenced Goal, or an Own Goal though the latter rarely crop up in Part I).

Q continued: But next, we list 'W/W would oppose a serious guy?" to get the next ID down. Here I am confused. I already know that "a funny guy" would oppose "a serious guy" ! It looks like the reverse of the previous Listing question, so it seems it would go back to the original ID in the listing. (Well, of course not, or the whole procedure wouldn't work, but that's where my confusion is: I don't see how that second listing question would give the next ID).

A: The charge is cleared on the ID "a funny guy" and then you oppose to get the OppID "a serious guy". When you then ask W/W would oppose OppID? you get the solution a funny guy had to the situation of unsuccessfully opposing a serious guy. Each ID down the GCS is a safe solution to the above ID/OppID conflict. But this answers your question: because "a funny guy" is cleared, the charge transfers to the next ID down. Yes, fortunately this does work in practice or you couldn't run Goals.

Q continued: Similar question of course if the goal is built upward from an OppID.

A: Working from the bottom OppID as your first Item. The charge is cleared on the OppID "a serious guy" and then you oppose to get the ID "a funny guy". When you then ask W/W would ID oppose? you get the opponent a funny guy previously had which resulted in him making the safe solution of adopting that ID ("a funny guy"). As before, each ID down the GCS is a safe solution to the above ID/OppID conflict. But to answer your question: because "a serious guy" is cleared, the charge transfers to the next OppID up the GCS. And fortunately this does work in practice or you couldn't run Goals.

So the key is the transfer of charge from a cleared Item on a GCS (or on a Parcel). Often at this stage you just get Parcels - enough ID/OppID pairs to 'wrap up the charge'. It may be a section of a GCS but all that is accessible at this time. You put the last unopposed VI on the OLA (Open Line Assessment) in case it becomes accessible later.

Q: I'd be quite interested to know what other types of 'substitute beingness' people have started from - are they always victim type roles or are there others?

A: No, not necessarily victim type roles. The one in Part I, the 'Only One' ID, is from my own case and is not uncommon. Others are idealistic goals that are not achievable

and usually not self-determined either, 'should be/do/have' kinds of things. Others are from past life scenarios carried forward. A very aware guy might be operating from an Own Goal. But whatever, the Goal is not being fully achieved - and not outrightly failing either - otherwise it would not be a structural conflict.

Q: I need to ensure I've grasped the Case Entry properly. Can you correct me on this:

We start off by finding the biggest responding OppID. Usually a recurrent type of person who we have had the greatest trouble with all of our life (we find out what this person represents as we want a generalized ID that the charge shifts on to). We clean this, then ask the two W/W oppose questions.

A: No, you first get an Item, you don't know if it is an ID or OppID yet, whichever of the Upset questions you listed from. You clean it and then you ask the two questions.

Q continued: If there is no response on one of the oppose questions, we clean the Item further?

A: No, if it is cleaned you can't go back and re-clean it, unless it still responds with suppress buttons. If there isn't a response on one of these questions, you put the Item on the OLA, in the form of the two oppose questions, in case it comes alive again later on.

Q continued: If there is a Discharge on one of these then we list and verify on that question. If 'W/W would oppose Item?' responds we start at the bottom right of the page, otherwise the top left.

A: Yes, if 'W/W would oppose Item?' responds biggest, then the Item is an OppID, if the other Q ('W/W would Item oppose?') responds biggest then the Item is an ID.

Once the Item is Verified we then clean this with Repeater and Indicator Tech.

Then we ask the other W/W question to the one used to start with to get the next Item in the sequence.

We clean this.

Eventually we get to a point where the bottom ID is opposite to the top ID, and similar in intention to the bottom OppID.

At this point we work to clean the Goal, find the senior Postulate, and once the Safe Solution is determined, the whole structure is resolved and that is a structure handled.

Q: Is it our purpose in Insight to transcend all Goals? Do Goals trap us? Can we give up our Goals without feeling like losers and that we are "giving up"?

A: The Goals we target in Insight are those that are stuck in an unresolved and unresolvable conflict structure, as those are the one's that mess us up, due to the large amounts of bypassed charge they accumulate (not the fact that it's a goal). Goals are fine to have, no they don't trap us, and there's no need to give them up!

Q: I would be inclined to think no identity can be truly erased until all the goals that identity meant to achieve are achieved. Yet, some goals may be objectively impossible to achieve, like for example, an athlete who lost a leg still wanting to win the gold medal in the 100 meters sprint at the Olympics. He would consciously give up the goal, but nonetheless still be troubled by his unfulfilled desire.

A: The idea is to unstick identities, not to erase them; they can happily remain part of our repertoire after the charge and reactivity is cleaned off them.

Goals that fail absolutely or those that eventually succeed are not a problem, as there is no remaining conflict structure. They may be a failed purpose or a peak experience that is lost, but that is a different aspect of case. The athlete may well pick up his Goal again in his next lifetime, or he may sublimate the Goal by helping coaching others to succeed at Olympic level.

Q: Going back to my example of the one-legged runner. If he subconsciously keeps the desire to (or regret for not having been able to) win the gold medal at a race. Wouldn't the unfulfilled desire maintain the goal still active and the conflict in it?

A: Yes, though there isn't necessarily a conflict if he maintains the purpose, but I agree: he will likely soon assume a realistic counter-intention that he is unlikely to win and so give it up. So he has an unfulfilled desire, c'est la vie. Best to accept that reality and choose a new goal at which he has some chance at succeeding. But this is not a GCS situation unless he actively begins working against his original intention.

Q: From what I understand, an identity has a viewpoint and a purpose attached to it. Wouldn't those generate the "need" to do/have/be something and thus trap us in some way?

A: Yes! That's why the first Level of Part II is indeed 'Need'! And the next Level its opposite flow, 'Fear'. It's the primary factor addressed by Buddhist techniques, but instead of meditating on a mountain top for 30 years, the issue of attachment is addressed on Part II and you can sort it in a matter of weeks :0

Q: As we fully assume an identity, aren't we giving up awareness of our true self?

A: The more Insight you do, particularly as a result of Indicator Technique, the more one is conscious in present time (rather than unconsciously reacting or dramatizing) and so aware of the constant presence of the Higher Self (that part of you that just knows) - even when adopting various identities for the purpose of involvement in the games of life.

Q: In running a Goal Conflict Structure, how many pairs (ID - op ID) can one expect in one Goal? 10? 100? 1000? What is the usual order of magnitude?

A: 9 pairs is the most common structure, though this can vary between 4 pairs at least and 12 at the most in my experience.

Q: Do you do a Session Assessment at the end of a session, noting down uncompleted items/actions (if any) or do you put that on to the OLA as you go along?

A: Best to do a Session Assessment of uncompleted Items and actions as a preliminary to the next session. If you do it at the end of the session then they are restimulated again and you have to live with that till the next session, by which time also the assessment may no longer be valid.

After a Session Assessment, the items on that list that didn't response the biggest should be retained to add to the next Session Assessment.

The OLA is intended for GCS Items (Identities and their oppose questions) that have run dry, leaving an 'open line' that can be gone back to later, if 'Assess the OLA?' responds majorly on a Session Assessment. It's best to add such Items to the OLA as you go along, when the next Listing Question Dead Horse's.

Q: Is it fair to say that as you handle OppIDs and IDs then in real life different people present themselves as being troublesome (as perceived by you), which may or may not have been so before? If so then is it okay to take these people and do a W/W represent question on them, to get the OppID, and work like that. Or is it best to stick to the structure and work with the oppose questions?

A: Normally you stick with the structure. But sometimes an Identity comes along that restimulates a major charge in you, and that is described as a Rogue Item in the materials. It may well relate to a person who has appeared in your life, and you ask "W/ W would (that person) represent?" (to go from a particular to a general item). It's useful to know this technique because also it is possible that an item comes up while listing that is a particular person and it's nearly correct, but it just needs to be turned into a general item in order to be the correct item for the goal structure, and you can do this by using the represent question.

Q: What I found remarkable in my last session was just how much stuff in recent life was tied in with what I was running. Almost like life was presenting itself out of my immediate case, to the point of what people were saying seemed to be a re- enactment of some previous life experience.

A: Yeah, that's the magic of this stuff. It makes the "You create your reality" thing of New Agers more plausible - you do, but without Meta-Programming, trying to see things from that point of view has too much charge obscuring the truth.

COMPLETION OF PART I

Meta-Programming is designed to uncover the major Safe Solutions on a case, and ultimately the Substitute Beingness, the major identity which is unknowingly being dramatized throughout this lifetime, which is probably a well-suppressed and major Goal that will emerge towards the end of Part I.

When this can be seen objectively, the Imprint phenomena is to a significant extent separated from and dis-empowered. However it will still be restimulated by Present Time aspects of existence that reinforce cultural conditioning and these are handled on Part II - revealing the Substitute Doingness and Substitute Havingness.

When you have found this key Substitute Identity, you will know it. It may be necessary to tie up the loose ends of further responding Listing Questions, even run a Goal Conflict Structure or two, and then you will feel that the Imprint phenomena has been significantly released from your case: 'Imprint Released', as checked on the Something Else List. Instead of 'Next Item?', 'Next Part?' responds instead, with the rest of the Something Else List clean. This is the EP of Part I and at this point further work on Goals will not be productive - you need to move on to Part II. The case will then need to be reviewed by the Case Supervisor - preferably by a personal case review - to confirm that progress to Part II of Meta-Programming is appropriate.

When the Substitute Beingness is recognized the Meta-Programmer will find it much easier to observe accurately and without prejudice and this flexibility will give him a new freedom. You, the Being, are really there confronting, not some identity adopting a fixed Safe Solution without inspection of reality. Part II takes this further to find and run out those associated Substitute Doingnesses and Havingnesses that cause the Substitute Beingness to continue to be dramatized, so that this area of case is fully cleared, and then the Being's Own Goals can be addressed.
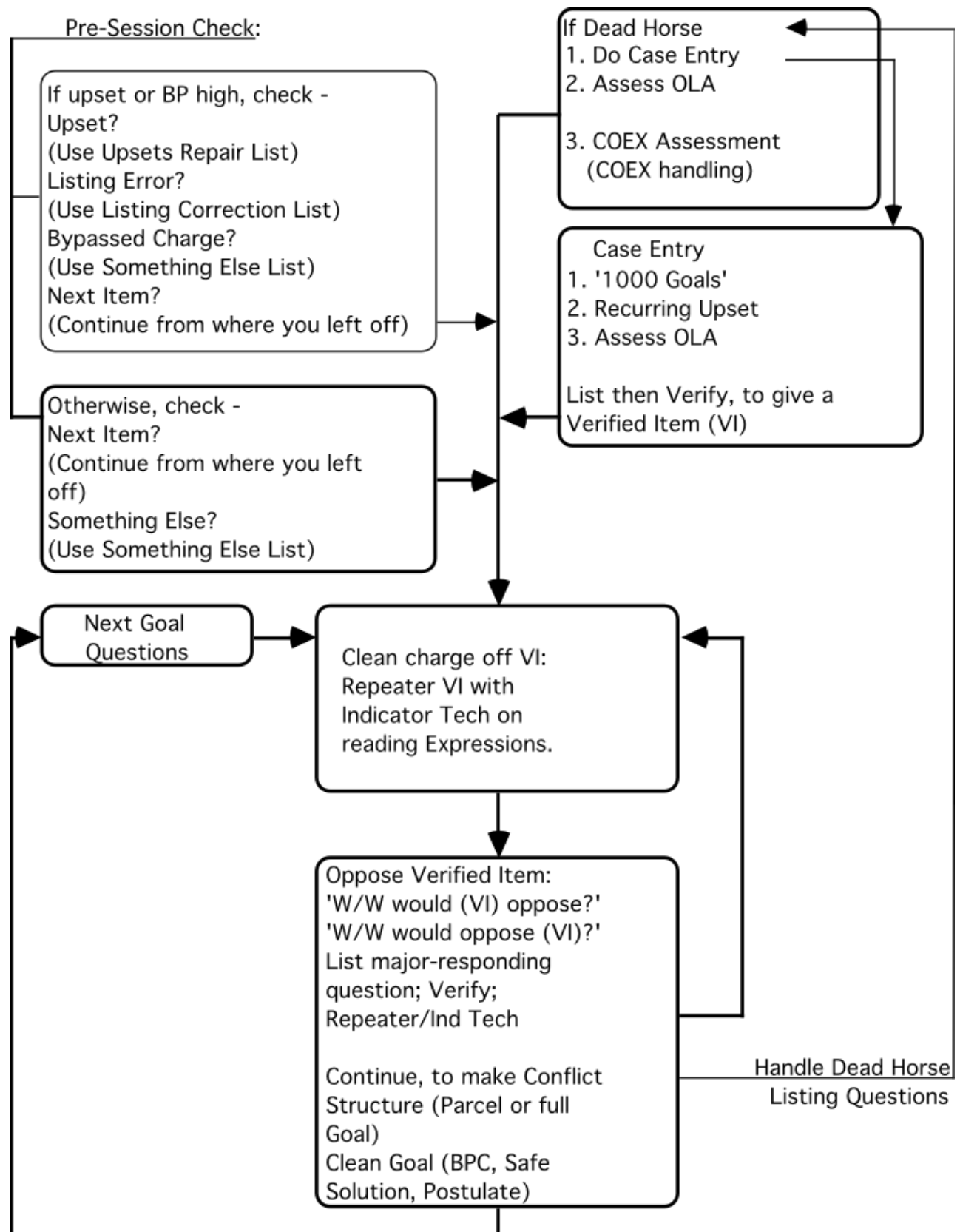
Further information about the EP of Part I is to be found in 'Notes on Running Goals' in Appendix 2 and 'Further Tips & Suggestions' in Appendix 3. It is recommended to respond these notes when you have some experience on Level 10, to further your understanding of Goals running procedure. It is also recommended that you response about 'Repairs' in Appendix 1, so that you are familiar with the procedures before you need to run them.

Meta-Programming techniques are designed to handle your case from a Present Time viewpoint so that looking into the past is unnecessary, nevertheless sometimes past experience is restimulated. If you contact a troubling past traumatic experience whilst running Goals or during COEX Handlings and it does not turn-off by applying Repeater and Indicator Techniques, then turn to the 'Trauma Handling' in Appendix 6. It is best to respond this in advance so you are familiar with the procedure. In the unlikely event that an experience containing pain and unconsciousness comes into restimulation, you will need to have a one-to-one session with an experienced Traumatic Incident Reduction therapist - contact the Supervisor of the Insight Project for Case Supervision.

Summary of Level 10 Procedure

1.   **Get Verified Item** (Case Entry by Recurring Upset or assessed from the OLA and in later stages from Next-Goal Listing Questions).

2.   **Clean charge off VI.** (Repeater and Indicator Tech).

3.   **Oppose Item** (The major-responding question of: 'W/W would VI oppose?' and 'W/W would oppose VI?' is Listed to continue the Conflict Structure).

4.   **Continue** (to make a Parcel or full Goal, and deal with any procedural errors or restimulated COEX with appropriate assessment and handling).

5.   **Clean the Goal** (Handle Bypassed Charge, find and clean the bottom Safe Solution, and find and clean the Postulate at the top).

6.   **Find Next Goal** (with 'What Goal would (Goal run) oppose?' and 'What is the final accomplishment of (Goal run)?' Listing Questions).

Goals Running - Summary Flowchart

Pre-Session Check:

If upset or BP high, check -
Upset?
(Use Upsets Repair List)
Listing Error?
(Use Listing Correction List)
Bypassed Charge?
(Use Something Else List)
Next Item?
(Continue from where you left off)

Otherwise, check -
Next Item?
(Continue from where you left off)
Something Else?
(Use Something Else List)

If Dead Horse
1. Do Case Entry
2. Assess OLA

3. COEX Assessment
   (COEX handling)

Case Entry
1. '1000 Goals'
2. Recurring Upset
3. Assess OLA

List then Verify, to give a
Verified Item (VI)

Next Goal
Questions

Clean charge off VI:
Repeater VI with
Indicator Tech on
reading Expressions.

Oppose Verified Item:
'W/W would (VI) oppose?'
'W/W would oppose (VI)?'
List major-responding
question; Verify;
Repeater/Ind Tech

Continue, to make Conflict
Structure (Parcel or full
Goal)
Clean Goal (BPC, Safe
Solution, Postulate)

Handle Dead Horse
Listing Questions

APPENDICES

(1) REPAIRS

High Range: On running Goals, 'Overrun?' should not be your first thought on the matter but your very last one, when everything else has been applied. If you are feeling OK and you can still response the LED indicator, crank up the Sensitivity if necessary and if work is progressing smoothly, you don't have a problem. You are just in a highly charged area, with 99 other Listing Questions responding while you are trying to run the 100th major-responding one. If this is not the case, COEX case may have been restimulated and need handling. Also the 'Range Correction List' may be assessed and handled if you are concerned. And then check for Overrun.

Small and tight Releases: The same reason as above. You will get in more trouble bypassing a very small Release on Repeater than in accepting one. The overrun of this Release sends you straight into the oppose charge which won't flatten because you haven't listed for the next Item and Indicated it. Just mark it on your worksheet 'p/n' instead of 'Release' just in case. I can almost guarantee you, you won't need to come back to it again.

Physical pains during and after session: Same problem. Just indicate to yourself that is the scene and put your attention on living your life and it does finally release. Trying to repair it really sticks the cat among the pigeons. Don't.

Incorrect Item: Indicate it and handle as per Listing Correction List ('Has the wrong item been taken off a list?'). Re-assess using Suppress buttons.

Dead Horse: A Listing Question that doesn't response or that produces no Item. Check the Question or assess the List with Suppress buttons. If it won't move then put the Listing Question on the OLA. It will come alive again when you have handled the intervening charge.

Nearly Correct Item: Check Listing Question with buttons etc. and either complete the list or re-assess as appropriate. Some Nearly Corrects can also be Misowned Items. If this is the case handle with Indicator Tech thoroughly. Then proceed with the handling for Nearly Correct Item.

If the Verified Item does not response or a very tiny response, or responses tighten or disappear on Repeater without Release, check for 'Nearly Correct Item?' If it responds check the Listing Question, with buttons if necessary, and continue the list from the now responding Listing Question.

Unresponding Listing Question: One sometimes realizes the next Item and suppresses it as you know you are not supposed to take an Item out of thin air. It must come off a list. Call Suppressed Item? and if it responds (don't clean it as it is the next Item) call the Listing Question again and list, usually the one Item.

Next Item realized during cleaning the Item: End off Repeater Tech as the Item you are cleaning won't flatten now. List for the next Item, or handle with Indicator Tech and continue.

Item can be a Goal: Items found on Handlings other than oppose lists can be a Goal. If you feel sure of the Item but it won't response put it on your OLA in the form of the two oppose questions.

Different Goal top-left and bottom-right of the Conflict Structure: Here there are two options: a) One Goal is incorrect, b) you have run the top of one Goal and the bottom of another. Check all Listing Questions of the Conflict Structure in the order run and repair any incorrect Items and then continue to complete the Conflict Structure. If the error is mid-Goal make a new plot of the part of the Goal that is found to be correct. Complete that Conflict Structure. Then check the remaining Listing Questions to see if you have part of another Goal; if so complete that Goal. Then check, by largest response, which Goal should be cleaned first as one of the two Goals could be the Final Accomplishment or Oppose Goal of the other one. Clean both Goals.

Over-Listing: If your list is overly long in comparison with a typical list it is probably over-listed. If this was completed and assessed out it would probably produce an Item on the same side of the Conflict Structure as your Listing Question, thereby skipping the intervening Item. The over-listing is usually because you have bypassed the Item, (suppressed or invalidated), and are now listing the next Item. Correct with Listing Correction List.

Correction Lists: All Correction Lists are assessed down to the first LF item, which is then handled. Then check the rest of the list if still necessary. You are looking for major charge. Minor charge is unlikely to throw Goals running anyway.

Range CORRECTION LIST

This is a Prepared List to get a Range up or down into normal Range or to correct case outnesses.

The Range rises because the Being is protesting against something - against the charge of a similar incident that has become restimulated; against something undesirable happening; against something desirable having gone away or taking too long to achieve (overrun). When you start handling a charged item you will see a building up of charge and a rising Range, then a working off of charge and a falling Range - which is fine, it means work is getting done. You only have to handle a high Range when one's indicators are bad - not in-session, disinterested, grumpy, finding nothing to look at, stuck LED indicator, etc.

When the Range is low, one has given up protesting and fighting, one is overwhelmed - evaluated, invalidated, suppressed, made nothing of - and starts identifying with the counter-intention and dramatizing the counter-effort.

Handling the following aspects of case should resolve the high or low Range. Start at the top of the list and take up and handle to Release each LF response as you come to it. Each section of the List (A, B, C, etc.) has appropriate handlings.

A. **Want to go in**
Can't get in
Can't go in
Go in
Put in
Forced in
Pushed in
Pulled in
Gone in
Interiorized
Identified
Want to get out
Kicked out
Trying to leave
Trapped
Can't leave
In too solidly
[Interiorization Handling.]

B. **Listing errors?**
Over-listing?
Wrong items?
Dissatisfied with a listed item?

Feeling bad after listing?
Responding item left charged?
Upset with giving items?
Misowned Item?
Wrong Indication?
Incomplete list?
Suppressed incomplete list?
Dramatizing a wrong item from a list?
Listing out-of-session?
Have you been incorrectly labeled?
BLC on listing actions?
Wrong date?
Wrong location?
Wrong Suppression item?
Do you feel you have to handle your case after session?

[If any of these response, handle as appropriate. For Listing errors complete the list or do a Listing Correction List. Otherwise clean by Indicator Tech.]

C. **Upset?**
Somebody upset with you?
A problem?
Withholding something?
Somebody nearly found out something?
Is there something you cannot tell anyone?
Some sort of withhold?
Not doing what you think is right?
Something that would kill you if it were told?
A withhold that isn't true?
Withholds communicated more than once?
Are you withholding your actual case state?
Harm done?
Inaction that was harmful?
Running over out-Primaries?
Feel sad?
Feel rushed?
Do you feel attacked?
Feel upset?
Feel tired?
Are you afraid?
Deadness?
Unconsciousness?
Can't get something?
Protest?

Disagreement?
Dislikes?
A lie?
Don't dare say?
Don't like it?
Considerations not mentioned?
Self-analysis out-of-session?
Doing something with your mind between sessions?
Someone else's problem?
Making nothing of something?
Overwhelmed?
Waiting?
Incompetent?
Unaesthetic?
Untrue?
Can't figure it out?
Feeling hate?
Death a problem?
Something in restimulation?
A loss?
Hiding?
Living out someone's life for them?
Dependency?
Sessions over out-Primaries?
Study over out-Primaries?
Making love over out-Primaries?
Working over out-Primaries?
Living over out-Primaries?
Are you waiting for something to happen?

[Handle with Indicator Tech. Use standard handlings on Primaries questions. Use Upsets Repair List and Life Stress List and Five Flow Primaries as appropriate.]

D.   **Drugs?**
        Alcohol?
        Medicine?

[Do not continue work on the Project whilst these response.]

E.   **Are you protesting anything?**
        Has an achievement not been acknowledged?
        Incomplete actions?
        Invalidation?
        Has someone made less of your truth?
        Evaluation?
        Has someone implied different importances?

> **Interrupted action?**
> **Overwhelm?**
> **Over-repair?**
> **Bypassed Release?**
> **Went on past a release point?**
> **Missed a release point?**
> **Same thing run twice?**
> **Bad sessions?**
> **False responses?**
> **Life is too tough?**
> **Didn't understand what was being said?**
> **Misunderstood words?**
> **Misunderstood concepts?**
> **Didn't understand what was being done?**
> **Constantly interrupted?**

[Indicator Tech. Restore missed release or point when things were OK. Indicate incomplete action and complete.]

F.   **Can't have?**
      Can't confront?
      Low havingness?
      Low confront?

[Indicator Tech; Havingness handling; go for a walk or talk to people; Locate COEX and handle.]

G.   **Going up and down emotionally?**
      Feel suppressed?
      Pains?
      Connected to someone hostile?
      Is someone antagonistic to what you are doing?

[Run Suppression Handling.]

H.   **Something gone on too long?**
      Is there an overrun?
      Do you feel stopped?
      Do you feel betrayed?
      Sick of solutions?

[Check for Life Overrun, or assess for COEX and handle.]

I.   **Stuck Picture?**

[Stuck Picture Handling.]

J.   **Physically ill?**

[Run Suppression Handling, or assess for COEX and handle. Treat physical symptoms with reference to your doctor.]

K.   **Something else?**

[Check Something Else List.]

L.   **Nothing wrong?**

[Indicator Tech.]

VERIFIED LISTING CORRECTION LIST

Assess the List down to a LF and handle. Then assess the list further until clean.

1. Was it the first item on the list? (Indicate and Verify this Item.)

2. Did you fail to answer the Listing Question? (If it responds, find out what question and check the question for response; if so, list it, find the Item, Indicate and Verify.)

3. Was the List unnecessary? (If it responds, indicate RangeC and Indicator Tech on: Was it an unnecessary action?)

4. Did the question have no charge on it? (Indicator Tech.)

5. Were you ashamed to cause an Upset? (Upsets Repair List after list corrected.)

6. Were you amazed to react that way? (Upsets Repair List after list corrected.)

7. The Question had already been Listed before? (Indicate, restore.)

8. You had no interest in the Question? (Indicator Tech.)

9. Was the action done under protest? (Indicator Tech.)

10. Is a list incomplete? (If responds, find out what list and complete it, and Indicate.)

11. Has a List been listed too long? (If so, find what List and get the Item from it by assessing with suppress buttons: '_____ suppressed?' etc. for each item on the overlong list. Indicate the Item and Verify.

12. Has the wrong item been taken off a list? (If this responds, put in Suppress, Inval. and Unack. on the list and assess as in 11. above; find the right Item, Indicate and Verify it.)

13. Has a right Item been denied you? (If this responds, find out what it was and clean it up with Suppress buttons, Indicate and Verify it.)

14. Has an Item been pushed onto you that you didn't want? (If so, find it and check for Misowned Item on it and Indicate it wasn't your Item; then continue the original action to find the correct Item.)

15. Had an Item not been given you? (If responds, handle as in 13.)

16. Have you invalidated a Correct Item found? (If so, restore the Item, get off the considerations and Indicate it again.)

17. Have you thought of items that you did not put on the list? (If so, add them to the appropriate list. Re-assess the whole list and Indicate the Item.)

18. Have you been Listing to yourself out of session? (If so, find out what Question and try to write a list from recall and get an Item and Indicate.)

19. Have you been given somebody else's Item? (If so, check Misowned Item and get Correct Item.)

20. Were earlier listing errors restimulated? (Make an assessment of earlier Listing actions. Assess and handle.)

21. Had this List already been handled? (Indicate.)

22. Has a release point been bypassed on Listing? (If so, indicate the overrun, restore and get off all considerations.)

23. Has a release point been bypassed by asking the question? (If so, indicate the overrun, restore and get off all considerations.)

24. Have you gone exterior while Listing? (If so, restore. Check Interiorization buttons and handle.)

25. Has it been a misdeed to put an item on a list? (If so, find out what Item and Indicator Tech.)

26. Have you withheld an item from a list? (If so, get it and add it to the list if that list is available. If not put the Item on the OLA in the form of its two oppose questions.)

27. Has a withhold been missed? (If so, get it; if discreditable ask 'Who nearly found out?')

28. Has an Item been bypassed? (Locate which one.)

29. Was a Listing Question meaningless? (If so, find out which one and Indicate.)

30. Has an Item been abandoned? (If so, locate it and re-check the list.)

31. Has an Item been protested? (If so, locate it and check for Misowned Item.)

32. Has an Item been asserted? (If so, locate it and check for Misowned Item.)

33. Has the Item already been given? (If so, locate it and restore the Indication.)

34. Has an Item been found previously? (If so, find what it was and put it on the OLA if it isn't already and assess.)

35. Had earlier Listing been restimulated? (Make an assessment of earlier Listings. Assess and handle.)

36. Has an earlier wrong item been restimulated? (Make an assessment of earlier Listings. Assess and handle.)

37. Has an earlier Upset been restimulated? (If so, locate and Indicator Tech the fact.)

38. Do you have an Upset because of being made to do this correction? (If so, indicate it and handle the Upset Primary.)

39. Has this List Correction been overrun? (If so, restore.)

40. Was the List done while you already had an Upset, Problem or Withhold? (If so, indicate it and handle the Primary.)

41. Is there some other kind of bypassed charge? (If so, check Something Else List.)

42. Was there nothing wrong in the first place? (If so, Indicate it.)

43. Has the Upset been handled? (If so, Indicate it.)

44. Have I misowned an Imprinted Goal as my Own? (Indicate and clean again as an Imprinted Goal, with Indicator Tech on all considerations.)

45. Have I misowned any data or information out of an Imprint? (Indicate and handle each item with Indicator Tech.)

46. Have I misowned any data or information about myself? (Indicate and handle each item with Indicator Tech.)

47. Have I bypassed or misowned any Misowned Experience? (Indicate and handle each item with Indicator Tech.)

48. Have I bypassed or misowned any Repetitive Experience? (Indicate and handle each item with Indicator Tech.)

INTERIORIZATION CORRECTION LIST

This Correction List is used in conjunction with Indicator Tech where there is some Interiorization trouble (as shown by getting a response on the Range Correction List or on the Something Else List) or if difficulty is encountered trying to run the Interiorization Handling. Assess the List down to a LF question and handle as described.

1. On your Interiorization Handling is a flow unflat?

Check the five questions on the Interiorization button that is unflat and run accordingly. Then re-assess the Interiorization buttons, as they may not have been flattened and now need to be.

2. Was some part of your Interiorization Handling mis-run?

Find out what and re-do correctly.

3. Did you run another concept instead of the button assessed?

Sort it out. Find out what was run. Handle any confusions. If it is established that you didn't run the concept of whatever the assessed button was, check the button for response. If it responds, run the button properly. Don't run it if the button doesn't now response.

4. Were you running a button that was different than the one assessed?

Indicate it. Get the button you were actually running and take it to full EP if not yet flat. Then recheck the button that was previously assessed, put in Suppress and Inval as necessary, and if charged run that button.

5. Did the Interiorization button assessed have no charge on it?

Indicate the button was uncharged and should not have been run and all actions connected with it should not have been run. Restore, with D/L if necessary, and get off any considerations.

6. Was there another Interiorization button that should have response?

Get what it was and note its response. Find out if the Interiorization button that was taken up instead is charged. If so, complete any handling on it to Release. If not, handle as in 5. above. Then handle the new button if charged.

7. On your Interiorization Handling did you run a flow that had no charge on it?

Find out which one and indicate that flow should not have been run.

8. Can't you get in?

If so, LIST: 'W/W would be afraid to go into things?' Repeater and Indicator Tech on VI to Release. Then assess: 'W/W would (VI) oppose?' 'W/W would oppose (VI)?' If on Level 10, complete the Conflict Structure to a Dead Horse or full Goal.

9. Do you have an out-List?

Handle with Listing Correction List.

10. Was the handling done over an Upset? Problem? Withhold? Misdeed?

Indicate and handle to Release with Primary.

11. Was the Handling done over some other bypassed charge?

Find out what and handle with Indicator Tech.

12. Are you afraid that if you get out you will cause damage?

LIST: 'W/W would cause damage if let out?' Clean with Repeater Tech and oppose. On Level 10 continue Conflict Structure to D/H or full Goal.

13. Would letting you out be a Misdeed?

Indicator Tech.

14. Have you failed to get out in an earlier religion or practice?

Indicator Tech.

15. Do you just move back into the body and push against it?

Indicator Tech.

16. Were there procedural errors?

Indicate. Sort it out and clean up RangeC. Use Upsets Repair List if necessary.

17. Has Interiorization been neglected for a long time?

Handle with Indicator Tech.

18. Are you worried because Interiorization continues to respond?

Handle with Indicator Tech.

19. Was the Interiorization Handling already flat?

Indicate. Restore the flat point, with Date/Locate if necessary. Get off any considerations.

20. Was your Interiorization Handling overrun?

Indicate. Restore the flat point, with Date/Locate if necessary. Get off any considerations.

21. Was an Interiorization Handling unnecessary in the first place?

Indicate. If no Release, Date/Locate the point you felt good about going into things. Get off any considerations.

22. Did you feel fine about going into things to begin with?

Indicate it. If no Release, Date/Locate that point. Get off any considerations.

23. Is your Interiorization Handling perfectly OK?

Indicate. If no Release, Date/Locate the point you felt good about going into things. Get off any considerations.

24. Has your Interiorization Handling been over-repaired?

Indicate. Restore the flat point. Get off any considerations.

25. Has Interiorization been run several times over?

Indicate. Restore the earliest flat point with Date/Locate if necessary. Get off any considerations.

26. Has the Interiorization Correction List been overdone?

Indicate. If no Release, Restore the point you felt the Interiorization RD was repaired. Get off any considerations.

27. On your Interiorization Handling did you go past a win?

Indicate. Restore the win to Release, with Date/Locate if necessary. Get off any considerations.

28. During your Interiorization Handling did you go exterior?

Indicate. Restore the win to Release, with Date/Locate if necessary. Get off any considerations.

29. Is this action unnecessary?

Indicator Tech.

30. Is there something else wrong?

Find out what and handle.

If at any time while doing the list you have a big win with Release and GIs, acknowledge, indicate the Release and end off. Do not take the Correction beyond a major win.

(2) NOTES ON RUNNING GOALS

I am going to start off with a general picture of the structure of the Reactive Mind we will be handling on this Project.

When you run a repetitive question, the subject will duplicate only at his level of Awareness, Responsibility, and Confront. When you've got all at that level he will gain some understanding and Release. If you continue and the procedure has not increased his A, R, and C that much, you'll push him into a higher level than he can cope with. He will give you answers, proving there is more on the question but he will be in above his ears at that level and the Range will go up. You have not overrun the question, you have overrun the person's capability. Provided you observe this barrier of Awareness, Responsibility, and Confront, progress can occur because you are only addressing a singular item on such repetitive procedures.

When you are running Goals you are not asking for a singular thing, you are asking for a whole concatenation of things grouped together as one mass. A number of IDs, OppIDs, COEXs, countless years of experience with all its attachments, lots of Safe Solutions, a Goal, a Postulate, dozens of second Postulates, and hundreds of lesser Postulates, and God knows what else. So if you push ahead blindly you foul up. You very soon exceed your awareness, responsibility, and confront. But you really try. So when you cannot reach the next Item or OppID, you cross over to it's associated equivalent (even to the same wording) on a different Goal. You can do this several times before you accumulate so much bypassed charge that you pancake out on the nearest telegraph pole.

You try and sort that out and you can't. The best you can do is cool it. It doesn't resolve until you've cleared up every Item, OppID, Goal, and Postulate you bypassed, completely, and any of the 'what goes with it' as well.

Meta-Programming runs strictly on the A, R and C of the Being and never pushes beyond that by even one Listed Item. Run this way you never end up in another Goal rather than where you should be. It never accumulates more bypassed charge than can be pulled off lightly. And the chances of getting into a wrong or substituted Item are very remote and easily detected. You run clean all the way. You take it apart in the order of restimulated charge. You are tackling the major charge at any one time and if it is the major charge, it is the accessible charge.

Types of Goal

Now to give you a view of the Reactive Mind we are preparing to handle. At the bottom of the Reactive Mind, nearest to present time, are the Unsuppressed Goals. The Unsuppressed Goals are mostly of short duration, sometimes only a few days. A few have been around for a few lifetimes and it is not necessary to run most of these. They would drop away on the 1000 Goals List. Some of them may have to be run as they are the structure of problems containing Suppression Items, protagonists and all the junk

that goes into a problem, with its Intention versus Counter-Intention. These are the progenitors of Problems of long duration on the case and the Items they involve, when found on Level 5-8 Case Handlings, can be placed on the OLA (in the form of oppose Listing Questions) as a possible future entrance to running Goals.

Above these are the Imprint-Influenced Goals. These are the Being's attempt to operate on his own purposes in the face of the unknown charge of the Imprint phenomena and therefore contain a bias in favor of the purposes of the Imprint.

These two types of Goals appear to run as the Being's Own Goals at first, with the first Item found being an OppID at the bottom of the Conflict Structure, and contain many identities or sub-personalities. They are also the 'guy-ropes' that hold in the Imprint phenomena. They are basically only concepts and force. So it does not matter how the Being states each Item as long as it discharges as either the ID or the OppID. Each Item, whether it is a personality or a concept is in itself a COEX and these lie between the ID and the OppID and contain lengths of experience where the ID was being dramatized.

Some of these COEXs do need to be discharged as part of their time continuum is in the present life and is disturbing the Being's daily life experience. They mainly run out on the familiar Primary Handlings or drop out as the OppIDs are found. A COEX containing present life experience however will not discharge against the OppID, or if it does the discharge is minimal and the Range goes up. This is not the only indicator, as the Being's attention will have transferred onto actual charge and he will be well aware he has something he has to handle, and though he may procrastinate for several Pairs it becomes very obvious and one must stop off and apply the appropriate Handlings from earlier Levels to discharge the problem.

The difference between the Imprint-Influenced Goals and the Imprinted Goals is very apparent. The Imprinted Goals run from the top, furthest from present time, down towards present time, whereas the Imprint-Influenced Goals and the Unsuppressed Goals (and also the Being's Own Goals) run from the present time end up towards the top end. One must identify any Goal encountered as to what it is, as this places it in its correct register in the Reactive Mind, and it is to that degree less reactive.

Above the Imprinted Goals lies the Higher Mind which you will be handling on Part II onwards, which includes Own Goals Here are the prior agreements necessary for the Imprint phenomena to have occurred and to have stayed in place.

Above this are the Spiritual Being's Games which have players and protagonists. These are the harmonic of the Unsuppressed Goals which are structured as problems but are not unresolvable. Such Games do not exist as contactable experience and do not form Reactive Mind, as their structure is so set up that at the end of the game they would disappear, like a dream. They are not Own Goals because they are unstalemated, they are not Conflict Structure masses.

Some of the Spiritual Games are hung over in the same way that in sports the hangover is the Cup or the Ashes. And this is how the Spiritual Games hung over so that a

continuum was established of further games about the same subject, creating a series of Goals. How much of this it is necessary to run, will be the subject of later Parts so it is mentioned here as of passing interest. The Stuck Postulates are carried forward into Present Time and applied to present circumstances, so they are contactable and this forms the main handling of Part III. After this, it is a matter of stripping off layer after layer of these second Postulates to recognize the most basic Spiritual Postulates of the Being's case.

The whole of the work prior to running Goals and Postulates is merely a preparation to run this material and it is the explanation why so many things do not run out at the lower levels, particularly Primaries. These can only be finally run out in resolving the false material in the Imprint phenomena.

The foregoing is a rather simplistic view of the Reactive Mind and if anyone thinks they are going to start with Unsuppressed Goal one and run straight through to the top Spiritual Postulate, they are in for a rude awakening. The situation can be described as three dimensional since no Being is operating on one Goal at a time, and while you have one body with one set of vocal cords and one InnerTrac and one pair of hands there is no way you are going to be able to run more than one Goal at a time.

This is further complicated by the Imprint material being condensed and grouped and pulling in adjacent material which lies around it. It balls-up the past into great knots of unbelievable complexity. If you consider the original idea of the Reactive Mind running in chains of earlier similar experiences and the associated Items of the Reactive Mind running in lines between Goal Conflict Structures, you get the idea of a vast net. Now take this net and tie great knots in it and tangles and you begin to see the real situation. The Imprint phenomena is a 'rat bag' of short ends and that is the way it will run out. And any attempt to run it in a straight line will end up getting nowhere.

So that is a very general bird's eye view of this thing we call the Imprint phenomena. It is just one great complex tangled hang-up, that's all. It really takes a vast something to hang up a Spiritual Being's attention but that is what it is doing and his big problem is he has been looking in the wrong places for the wrong items for countless eons. Just interesting significance or lies. The thing he needs to confront is effort, energy, force and hiding behind those, the truth. The more he looks at significance and lies, the less duplication he can have for the Universe. The more he confronts the force of the Reactive Mind, as effort and counter-effort, the more understanding he can generate for those beings, situations, and objects he has separated himself from. This is what the InnerTrac registers: withheld duplication.

Getting Started

Now to get down to the nitty-gritty of dealing with it. Firstly there are a few people who will have difficulty getting started on this course. So let's start off with them and what to do about it. The first category is the person who is so cluttered up with Unsuppressed Goals he cannot find the Goals Channel, i.e. he cannot find an Item that leads into a

Goal or move on from Goal to Goal in the running of Goals. Unsuppressed Goals are about the Physical Game. To be a saxophone player, to have a hi-fi like the Jones's. The handling here is to list, out of session and off the InnerTrac, 1000 Goals. This blows off the Unsuppressed Goals and then of necessity he will have to list real Goals. Well, as real as you are going to see at this level. Don't try to assess the 1000 Goals. More wrong Goals have been run from this source than any other. Just put it as the first line on your OLA and catch the million to one chance that you need it. Listed as 'Assess 1000 Goals List?' Then forget it and get along with the Procedure.

Then there is the person whose technique is so creaky he cannot get deeply into session as his attention is on the mechanics of the session. Thorough work on the earlier Levels of Part I, both the theory and the practical, is the answer here. Be certain never to pass by a word or concept that is not fully understood, and never pass by a technique that is not fully mastered. Get help if you need it.

The next problem is the person who is inadequately prepared to start Meta-Programming. Again, work on the earlier Levels should handle this, but if it is accompanied by inadequate technique then he will have to have some sessions with a senior practitioner to get him sorted out..

The next one is the person in a heavy unethical situation. Present Time will so kick his head in with problems that have to be handled, that he won't get a clear run to do sessions regularly enough. Get the situation squared away by handling whatever parts of the situation response, with Primary materials and application of Repeater and Indicator Tech. Short sessions, if necessary. Working only for wins and regular sessions.

The next one is the person with a COEX in full flower as the first thing contacted - because you won't contact anything else in this situation. If this is you, assess the parts of your present scene and handle what responds with appropriate Handlings and Repeater and Indicator Tech until you can ease into Goals running.

The last category is the person who is well below effort. Fortunately he won't have got this far on the course, because he probably won't even have got around to opening the pack. This is as well because he won't make it without a lot more preparatory work to get him through it, or a lot more living and falling on his head so he has got some motivation in making the effort to handle himself.

Unlike basic therapy where you selectively restimulate something and run it out, here you have everything in restimulation at the same time and can only run one thing at the time. The margin of charge differential between what you are handling and the rest of it is sometimes so fragile that the running can be quite heavy and stressful, particularly early on. This is no fault of Meta-Programming. The cure here is to push on through until it eases up, which it gradiently does. It is not a Project for the faint-hearted or the work-shy.

Repeater

As Repeater and Indicator Techniques are the key-stone handlings of Meta-Programming, I want to talk about these first. In traumatic incident running, the repetition of an imprinted phrase by the practitioner brings the incident into view that should be run. In Goals running, all Items that have been assessed off a List are put on Repeater to Release. The whole area of the Imprint phenomena is heavily suppressed. Suppression is a Being's only defense against this material, so you have to break through this barrier a lot of the time. When the assessed Item has been Verified and is acceptable to you, it is Indicated and then put on Repeater even though the Item Release'd on Indication. This would apply even if you got a wide Release because you are looking for erasure, not release.

A Release can be either because the material released or because it erased. Even though an Item assessed off a list and Indicated Releases, still run it to Release *erasure* on Repeater with Indicator Tech. It is so real, it releases on Indication. That is no good to you, you want to erase it, so run it on Repeater to Release. When you run Repeater on an Item that Release'd, it will start to respond again, so run it until all the charge is off. There is that difference in Releases on Meta-Programming compared with preparatory work.

If the first Release was a very wide one, then I would take a break and then go back into session and finish it off to erasure. It will Release again when there is no remaining charge, otherwise keep running Repeater, until it does. So the rule is: Never go on the first indication Release, which is a recognition Release not an erasure Release. I have never had a Release Item, that did not then response on Repeater Tech. To leave on a recognition Release is to leave the charge in the Reactive Mind.

On Repeater, the Item is called in brackets of three. Item, Item, Item, good strong intention. The area may contain both drugs and hypnotism (or the equivalent in terms of conditioning) and sloppy calling won't get responses. Responses equal Balance Action is the name of the game.

The Release on Repeater can be very tiny, say a quarter of an inch, because there is no true break between the Item and the OppID. It is one complete charge Line. What you are looking for is the make-break point between these two Identities where you have cleared the charge off the ID and are now facing the charge of the OppID. If you run beyond this point, you will not flatten the Line as you are now calling the wrong Item to clear the OppID charge. I did it once and was calling it for 2 sessions until I realized the goof. I hope you won't have to learn this one the hard way. So the moral is, buy the first Release, however tiny.

You have to clean an Item before you oppose it, and if you don't, this is the main reason why you get cross-overs from one Goal into another Goal. The Item that is not unburdened will, when opposed, run across its association-line to a similar ID or OppID on another Goal.

Sometimes the Release is tiny because the charge has collapsed, because you should have pulled off responding material but didn't get it, which is one of the reasons to clean

the Goal at the end. If you run charge off the Item to the Release it is then facing the actual opponent but if you do not clean it then it can be facing any opponent that is the same or similar in another Goal. Goals link up on the association-lines and cross over one another. So Repeater to Release.

If the Repeater response dies out on you for more than half a dozen calls ask: 'Is there something I'm not looking at?' This may not response, but miraculously it brings the response back on. It is almost like the practitioner giving the subject a nudge. "Wake up you dozy so and so and do the job!" So robotic Repeater is going to get you nowhere. Put some 'pep' into it.

Indicator Technique

When your Repeater pulls something into view - without looking in the past for an answer, it just comes up - now is the time to put in Indicator Tech. When any thought, picture or idea floats into consciousness, during Repeater calling, handle this Expression with Indicator Tech. Just anything. After all, if you are deeply in session there is no reason for you to be thinking about anything else. Sometimes from the silliest ones you get the biggest BDs, because you are trying to get off the misownerships, lies, and falsity and that is what is holding you in. So if something comes up it has just got to be because it has been uncovered by your Repeater action, which is the purpose of it. Sometimes the material coming into view is so fleeting you can miss it. Get out of the habit of accepting your casual thinks and ignoring them as general mind chatter you have. If you thought or viewed something, that is material for your Indicator Tech. Absolutely anything and if you don't handle it you accumulate bypassed charge and that is a lot harder to handle.

Now you call that Expression - or near description of it, if it is a visual image or concept. Sometimes a diagram helps with this. Write it down on your worksheet with its response. If it doesn't response or did not response when you first thought of it, use the Nudge buttons. If nothing then comes into view which responds, when added to the original Expression, the Expression was a random think, so leave it. If you are really deeply in session this should be as rare as 'winning the pools'. In many hours I have had no more than a couple.

Now put in your Indicator Tech buttons: 'True? False? Imprinted? On True is anything being suppressed? On False is anything being suppressed? On Imprinted is anything being suppressed? On True is anything being invalidated? On False is anything being invalidated? On Imprinted is anything being invalidated?' Write down the first button that responds, which you will need to call back for your Indication. If there is no response write on your worksheets: 'All buttons Release' or 'xxx', according to what happened.

Stop at the first response and get whatever it is. (Don't continue to check further buttons.) Write down the Expression that comes up on your worksheet and note its response, or get it to respond as above. You are now back at the beginning of the

Indicator Tech cycle. So you put the buttons in on this new Expression. You continue this sequence of action until either no buttons response or an Imprinted button responds. You never do more than Indicate if an Imprinted button responds, NEVER.

If 'True?' (or True Suppressed? or True Invalidated?) has a response you clean it, as even though the Expression appears to be true, there is some charge obscuring the real truth, there is more to it, which should be handled as a new Expression. Or if 'False?' (or False Suppressed? or False Invalidated?) has a response you clean it, as the Expression is missing the point of the charge, which should then emerge as a new Expression. You continue in this way, sometimes through several 'layers' of Indicator Tech.

Now you Indicate: 'On Item (that is the item you have been using Repeater on), then you call every Expression with what button response on it, through to the last Expression, and then state: 'is Truth' or 'is Imprinted'. Don't panic if no buttons response, the Expression is a Truth and should be Indicated as such.

The Indication at the end may seem an unnecessary action sometimes but if done, it will pull more charge or Release. If it doesn't, or the response is tiny, I would investigate it thoroughly with the three Suppress buttons. You may have blown all there is to it on the first response, but it's more likely there is more to it, or there is suppression in some way. Now if you pull more information into view, you would start the Indicator sequence on this as a new Expression.

If the Indication gets a good response or you really cannot pull anything more into view, then that cycle is complete. And then you call with good intention as a question: 'On Item, is there Misowned Experience?' Misowned Experience can be attached to what you have just looked at or the Item as a whole, but will tend to be an Expression of what is apparent in the light of the Final Indication just made. If it does not response, even with Suppress buttons, leave it and go on to the next action. If it does response you run the Expression pulled from the response on the Indicator Tech buttons as a new cycle. The Final Indication will be sourced from the original Item on Repeater as this is what it is all attached to. You would of course call 'Misowned Experience?' newly after the final Indication, in case there is more.

Now, when you have passed Misowned Experience with no response, you now call Repetitive Experience. The procedure for Repetitive Experience is exactly the same as for Misowned Experience. It is a phenomenon best demonstrated by holding up two mirrors facing one another which produces an infinity of mirrors. If you try to handle this mental content in any other way, you will never flatten it, as it is immediately recreated. It is only by showing it to be what it is, that it will run out.

When your complete Indicator Tech handling is done, that is: the first Expression through to Repetitive Experience, all complete, you would resume Repeater on the original Item.

The first lot is done with and does not have to be referred to again, except in this one

instance: If an apparent Goal or Goal Item comes up during the Indicator Tech this would be put on your OLA in the form of its two oppose questions, as it may run subsequently.

Indicator Tech has to be persisted with as it may not work well at first, since the action of revealing suppressed knowingness is very 'against the grain' for most people. But if persisted in, it will produce rich rewards. At first it may only run through the initial sequence. Later you may sometimes get four or five pages of it, with many realizations. So work at it, as its value builds up through the Parts, and it cleans up hundreds of lies, and strips false data and wrong explanations away, which is the garbage you need to slur off to get to the truth, Spirit.

Now a word of warning. Don't ever use Indicator Tech for testing out isolated pet theories, because if it is not material that came up as part of Repeater on an Item, or questions on that subject, you have nothing with which to align what you are looking at - you have no Source. You will restimulate old mental content and not have any way of isolating where it is from or what Goal or Item it belongs to or discharging it. Of course, if one of your pet theories actually comes into view, no cheating, as a responding Expression during Repeater - yes, that is a horse of a different color. Indicator Tech on that is very necessary, but not otherwise.

Indicator Tech is also used to handle responding Expressions that emerge in Case Handlings other than Repeater, but here too you have the subject of the question being asked, which acts as the Source to which the Indication aligns.

If you have a big realization at any time, write it out as a statement out of session with a clear pointer to the subject or Item with which it aligns. Check it out with Indicator Tech next session, if it responds as an Expression. There are false realizations about, which act as Misowned Items, so do check them.

On a Bypassed Charge Checklist or Viewpoint & Disinformation List or any Primary Handling where questions are asked about a subject or Item, you always run Indicator Tech on all responding Expressions that emerge during the Handling and if it still responds or doesn't Release you flatten it on Repeater Tech.

Listing

When you aren't Listing pow-pow-pow, item-item-item and you need to reach for the question again, then that is probably the time to assess, though you test for completeness first. If you list beyond that point 90 per cent of the time it's going to be intellectual thinks, which aren't case, or you are going to list through the Item you want into the next Item. Lists should be short and come out as fast as you can write. That's a good list from a charged Listing Question.

But highly charged or not, you don't often see the LFBD Release kind of Items on Imprinted Goals. You have to get the charge off them to get a Release. You might see them when you first start on running Goals but when you are really into the material you

won't., because they are too highly charged, there is too much Misowned Experience and Repetitive Experience and other junk on them which is why you must get that off before you oppose.

So, when you are ready to reach for the question again, you test for completeness. Call the Listing Question. If no response: 'Is something being suppressed?' Present time verb always. 'Is something being invalidated?' If these response, clean them with Indicator Tech on every answer, and when you've got it all, then call the Listing Question. If it doesn't response you assess. If no Item assesses out, assess suppressed, then invalidated, then unacknowledged. You want one responding Item only. More than one then you have an incomplete list, so carry on by extending the list.

Now, if at any point during testing the question for completeness or assessing another item comes to mind, this is added to the list. Anything that comes up on the suppressed and invalidated that is an item or might be, add it to the list. Items can be very suppressed and the act of handling can loosen up the suppression, so the Item comes up late in the proceedings. All you want is the Item, so don't ignore a 'Johnny come lately'. They are usually the Item you need or a Misowned Item that has to surface first.

Now do a Verification check: 'Correct Item? Incorrect Item? Nearly Correct Item? Suppressed Item? Invalidated Item? Unacknowledged Item? Misowned Item?'

If Nearly Correct or Incorrect responds biggest, then check the Listing Question for a response, with buttons if necessary, and either re-assess or extend the list as appropriate.

If Suppressed, Invalidated or Unacknowledged responds biggest, the assessed item is probably correct but is suppressed, invalidated or unacknowledged. You clean this suppression, invalidation or lack of acknowledgement with Indicator Tech. Then re-do the Verification check. (Note: If a new item becomes apparent during Indicator Tech on the suppress buttons, that is not already on the list, add it to the list and check for completion again.)

If Misowned Item responds, the item is not yours. Handle responding Expressions (use suppress buttons if necessary to get them - 'Suppressed misowned item? Invalidated misowned item? Unacknowledged misowned item?') with Indicator Tech until all the confused considerations are out in the open. You then go back and check the Listing Question; if it now responds then extend the List; if no response then re-assess the List to find the actual Item you are looking for. (Note: If a new item becomes apparent during Indicator Tech on the suppress buttons, that is not already on the list, add it to the list and check for completion again.)

Now you've got your one Verified Item, Indicate it and note the response if any. If your assessed Item Release's on Indication that is no reason not to run it through the rest of the procedure. An Item can Release on recognition, but this is only a release and you want erasure. When you've got through all those hurdles you start your Repeater as described earlier, to Release.

A couple of important points I can give you here that affect your listing of Identity

Items. The flow line is between the ID to the OppID. Never from the OppID to the ID. If you feel any confusion on this point, just demo the two questions: 'Who or What would (Identity) oppose? Who or What would oppose (Opposed Identity)?' You've got to get this one right otherwise you would be on a wrong-way-to list. And they always Dead Horse or produce Incorrect Items and the Being would be feeling absolutely ghastly. So get your flow-line always running outwards at cause from your Identity.

The other important information to give you on listing is that here we are dealing with concepts, not semantics. So I don't care if you list Father Christmas if it describes the concept and it assesses out. That's the Item. You can list any damned thing you like if you think it answers your Who or What question. There is only one rule here: If it assesses out, it is the Item, and if it doesn't, who cares anyway.

Another point on Listing: don't bother about the InnerTrac. Forget it, just list. The rule here is the same as for Safe Solutions. Because an Identity Item is basically a Safe Solution in capital letters. You don't stop the automaticity of answering the question. Fiddling with the InnerTrac is cutting the Being's comm-line. Just waggle your pen on that worksheet and let the Being rip. That way you get clean short lists, that assess out. The chances of seeing a LFBD Release Item on Imprint material is zilch anyway, so who cares? You are going to put it through the wringer afterwards, whatever it does.

The action of Listing produces little Range motion, and the further you go on, the less you will get. The Range motion comes after the Indication, on the Repeater and Indicator Tech. Sometimes on a ratio of as much as 1 to 10 plus. That is where the real charge is. The lies, false data, and misowned garbage - it is that which is trapping you. As to the Items, who cares? There is no law in the Universe which says a Being cannot be whatever he wants.

Cleaning the Goal

Which brings me to the job of cleaning the Goal. Your first action is to identify the type of goal. Unsuppressed Goal, Imprint-Influenced Goal, Imprint Goal. Now you know what you are dealing with. Then check all the Listing Questions you have listed from, to be sure they are all flat, which means, right ID correctly opposing right OppID. This can be done from the Conflict Structure plot. If any response then re-Verify the Item; if incorrect that's a repair job and you do that now, and leave off clearing the Goal.

Then you Bypassed Charge Checklist the Goal, using the question: 'On bypassed charge on (the type of goal) (goal) is something being (button)?' Always 'is', in PT. When you have done this, see if the Goal still responds, and Release it on Repeater and Indicator Tech if it does response or doesn't Release.

The next action is to get the Safe Solution. Some of these will have blown on earlier Levels. So only run if responding. Test the question: 'What safe solution would (Bottom ID) opposing (Bottom OppID) have?' 'Safe assumption' might response better for you than 'safe solution'. If it responds, LIST to Release, then run the resulting line on the six Safe Solution questions and/or a Bypassed Charge check to Release. The Safe Solution

is that computation which was set up by the original Identity. It is the solution that worked then, and because it worked the being goes on using it again and again. Actually various Safe Solutions travel right down the Goal. But you don't have to blow the higher ones because they blow with the Pair. The lower Identity is a solution to the one above it, in other words. But when you get to the bottom you need to run it, because that is the nearest to Present Time, and the person is still likely to be using it. And also, because the bottom ID is the most restimulated, because it opposes the Goal, which situation is a mystery to the Spiritual Being.

Now to digress, it is amazing how these Items you have so patiently taken to Release with Repeater will, when thoroughly disturbed again with a different action on them, suddenly pop up, still ready to bite. Every Item has many ramifications and you want the lot! So don't begrudge taking it to Release yet again. Some Items you will see many, many times on different Goals and they won't even say hello. So you handle them newly in Present Time once again.

Your next job is to get the Postulate. Getting the Postulate off equals erasure of the charge or mass of the Conflict Structure. It's a Listing job and a Bypassed Charge check to Release.

Your final action is to locate the Next Goal. And there you have two possible questions given you, to try out for major response. If neither response they both go onto your OLA, because now you've got to find out where the charge transferred out to, or you are left standing with nothing to do and nowhere to go.

This is a good time to glance through your Indicator Tech to see if any other Goals or Items came up and crossed into this one. I have the habit of underlining anything like this at the time in red, so it shows up fast and saves time.

If you have to repair the Goal, because of an incorrect Item, it is in the same direction you ran it. And you cannot use any of the Items either above or below it, according to which direction you were working. In other words, any later Items on that Goal past the repair. And you repair not using any of the later lists but rebuild the Goal up again. It may suddenly link up with a later Item already found, but you cannot count on it. When you have finished you must re-check the Items for correctness. To avoid hassle you can check the Goal Items for correctness periodically and not wait until the end.

This is the whole system, and when you thoroughly clean that Goal you can get the next Goal. So, now let us have a look at some of the extra things you need to know.

Charge streaming off

If you hit a real jaw-cracking session of laughter or yawning, tidy up the cycle you are on fast and end session. To buck these two phenomena is worse than overriding a wide Release. You may not even know, consciously, what you are laughing at or yawning about, but you can take it from me, the Being is out to lunch. And if you don't end off, you'll get nowhere with the handling thereafter. And don't go back in until even the

broad smile has disappeared, and there hasn't been a twitch of a yawn for at least an hour or more. Do something extraverting and don't try to fish around for any whys. Forget it. You've done a good job so let it sort itself out.

Correction

Correction is another odd ball situation. Sure you have to do something about a List that doesn't produce an Item or produces a wrong one but 99% of the time when you think you should repair there is nothing wrong. What you have to keep firmly in mind is you are sailing straight into the eye of the storm across a sea of charge, and any pre-determined standards about how the handling *should* go don't apply. You are handling the very stuff of Interiorization phenomena and this is what the Imprint phenomena is really about. So high Ranges and feeling up against it are to be expected. My rule is, if I'm getting good Balance Action and I feel okay I don't care if the Range has gone up through the roof. I only care when I feel ghastly and there is *no* Balance Action. That's the time to worry. In hundreds of hours I only had to repair lists a few times. The quick dust off at the beginning of the session if you really have to is: 'Listing error? Bypassed charge? Out Primary? Next Item?' Ninety-nine times out of a hundred 'Next Item?' responds. So get on with the session and get it. That's most of the repair you'll need.

The Something Else List

All Session Assessments should end up with the question 'Something else?' If it responds and you can't spot it, your best bet is the Something Else List. Sometimes it needs to be checked with buttons to get the response. No response, then it is your OLA, but that is strictly speaking not a repair, because you are looking for where the charge has transferred out to. And that is what your next step is, anyway.

The Something Else List has two functions: as a repair list and as an adjunct to your assessments of what to do next. Your OLA is your last port of call, when all else fails, so keep it up to date and moving through your folder. If there is no response, even with buttons, it's rest, food, and get your metabolism sparkling and the response will appear. The area, I repeat, is heavily suppressed, it's the only way you could live with it so long: be it or suppress it.

The restimulations of the Imprint phenomena, if you like to check by a D/L, run into many thousands, while the release points are in the lower tens. So the Imprint phenomena are restimulated and dramatized in each life and also in various ways during the present life, and there is quite a lot of Balance Action up for grabs in this D/L with Indicator Tech repair action, when prompted by the Something Else List.

'Bypassed release point?' and 'Bypassed win?' are Restorations. 'Hidden Standard?' (the way you think something *should* be) is either LIST or a Suppression handling. 'Overrun?' could be a Restore or Life Overrun job. 'Exteriorization?' and 'Interiorization' have separate handlings, but be aware there are false misdeeds which will show up on your Indicator Tech, or the handling for Exteriorization. 'Open Line?' -

check your OLA for it. 'Out Primaries? Suppressed out Primaries?' is an Upsets Repair List.

If you Bypassed Charge check, don't forget the datum: Repeater to Release on the Item checked. Other than that, if the handling is not obvious try Listing and then Parceling, as you have probably disturbed a loose end in the Imprint mass and need to turn it off, or it will act as bypassed charge.

Parcels

Now, while we are on the subject of Parcels: Always run it to four or five Items and end off on a found OppID. That shuts off the charge and you aren't bitching at everyone because you don't know who the assigned enemy is. A Parcel, even when complete because the charge has wrapped up the Parcel and transferred out somewhere else, has a further W/W question that Dead Horsed but would produce further Items if Listed. This must be put on your OLA.

As to melding a Parcel into a Goal, it is a rarity and you will either recognize it or it will come up on an OLA assessment. The explanation to this is that we are running all that is operative in Present Time, rather than all that has been mocked up. It is less important to be neat and tidy than to get off charge that is in restimulation and not leave any bypassed charge untouched. Parcels are a marvelous tool, use them frequently.

Your COEX handlings will produce Items that can be Parceled from 'Who or What would (on that Item)?' When you've got that Item, test it for Identity and OppID with your two oppose W/W questions. Then Parcel it. Then you can then dump that one permanently. You may well find you are doing many more Parcels than complete Goals but then we are dealing with available loose ends. So we have another vehicle, a Rolls Royce, to pull up more material for Repeater and Indicator Tech, which, as I have said, is where the bulk of the charge lies. And lies in both senses of the word is where it is at.

Session Assessments

Your best armaments are your constructed Assessments of possible things to do next and your Open Line Assessment trailing behind you. Most of the time you will use these session Assessments, covering the material you have been recently running. Circle what you ran in red, so it doesn't get onto the OLA as un-run.

Further, you will have occasional stop-overs to run lower Level material which is pulled into view in the COEXs, which will then give you more material for your Session Assessments and ultimately your OLA.

The OLA should be left in your folder at the last point it was brought up to date. This will save you continuous scouring of your folder to find out what to run when your Assessments are not producing a new opening. It should all be on the OLA and to hand if you've kept it up to date with a certain degree of imagination as to what should be on it.

So all the time you are following the charge through the Reactive Mind, picking major charge in comparison with anything else. You follow that major charge until you unravel it. You may have to put in the buttons suppress, invalidate, unacknowledged to get that response, but it will be there. The same applies to the OLA.

COEXs

The commonest cause of the charge transferring out is likely to be a COEX pulled into Present Time. Every Pair of Items has a COEX. It is periods of past experience and has everything in it down to the humblest restimulation and any of those can be restimulated in Present Time. The Goal is pulled out of alignment and into Present Time and you can't run the Goal while this is so. You run Primary and other basic actions on it, until you've cleared enough charge off that you can get the OppID, which of course will blow it. You can run Misdeed/Withhold, Bypassed Charge checks, Life Overrun, Viewpoint & Disinformation or other appropriate handlings on whatever one's attention has gone on to, whatever it is.

It might be your sex life or the landlord - that will go on your Assessment and if that is the major response that is what you've got to handle. You always handle your major charge, and if it is basic material, you handle in whatever way it will handle, plus always using Repeater and Indicator Tech.

You see that charge is migrating around, all the time, transferring out. Say you are running this Item 'Bread and Butter' and you call the question to oppose and it won't response and your attention has flipped out onto this landlord in present time. It appears not to be anything to do with the Item. Actually it is part of its COEX. It has restimulated Present Time and been pulled out of alignment by what is happening in Present Time.

It may sound odd to say 'restimulated Present Time', but it is a two-way flow. The Item coming into view in Goals running pulls its attached Postulates into action and Present Time lines up on that basis. And conversely, something happens in Present Time and restimulates the Items and Postulates that match up with it. Present Time seems to duplicate the Reactive Mind being handled rather too often and exactly to be coincidental. So you do an Assessment and find out what actions would discharge the COEX enough for the Goal to re-align and be runnable.

It is just like running the Primaries to get back to the major action, your oppose list. It is a tangle and you've got to operate on the basis it is a tangle. And not only is it a tangle, but some of it is pulled into Present Time, right here and now. Those are the things you are having trouble with, here and now - the roots of your human emotion and reaction.

Following the charge

Interest is your biggest indicator. If something comes up and grabs your attention, e.g. a stuck problem of long duration, what you were doing will go dead on you. The charge has transferred out so you had better run it. When you have, the dead Line comes alive again, which can be from ten sessions back. The new Line crossed over the old one and took the charge. Present Time can kick the charge into restim because you are near the Goal or Pair that is the cause of the problem. You can't get at the Goal or Pair because your lead towards it has died on you. Run what kicked in with Bypassed Charge clearing, listing from a responding Listing Question and Parceling it, or whatever is necessary to flatten it. Then you can get going again.

When inspiration and interest leave you up the creek with no paddle, Assessment is your recourse. Put on it all the items from previous Assessments that didn't response and get handled. All the usual things that can go wrong. All the incomplete actions. The OLA should contain the rest of this material. Maybe they are ready to go now.

When you have run everything you can off one of these Assessments, the balance of it, what is left, goes onto the OLA as it may be ready to run much later. Never worry about putting too much on the OLA, it is far better than too little when you are looking for the LED indicator in the haystack. That way you are sure the LED indicator has been included. Never lose a Listing Question you have called on yourself. Any questions to do with Items, Goals or your basic case. (The difference between a question and a Listing Question: a Listing Question should produce an Item, a question produces an answer that doesn't relate to a specified source or context). That way you never leave anything un-run, except minor questions.

You are running basically what is staring you in the face and responding heavily on the InnerTrac. So, even if you make a mess of things, you can't get into real trouble, as long as you keep the system going, without forcing the issue. That way you never get into total overwhelm.

Play the thing at its own game, so you are always in the cause position. That way you can handle it. If you ever let it put you at effect, by doing the wrong thing, you will know all about it. Staying at cause and picking the one that will run, that is the secret and you will have no real trouble with it. You will have some heavy sessions and some heavy between-sessions, but it won't get you into real trouble.

If you do get trouble between sessions the best cure-all is to Indicate it is coming out of the Imprint phenomena and go to bed. Sleep will destimulate anything and you will have to restimulate it again to get back in and run it. So you never force the issue. You never enter the Imprint mass, because if you do at this stage you are in trouble. The Imprint is basically heavy energy flows that you wouldn't and couldn't confront all at once. All you can do now is to drain it. It is loaded with lies, wrong explanations, false incidents and traps of many kinds. What you can do, to discharge this mass, is find the actual explanations - because they *are* true, the rest are just ways of bending you to their

will.

There are realizations in there or what appear to be. But remember, a realization is a re-alignment of significance, so you are going to get your significances bent round lamp-posts by the Imprint. The realization has got nothing to do with the force. You can re-align incorrect data just as easily as you can re-align correct data.

So every realization, be suspicious of it, until you have tested it with Indicator Tech. I don't test it in the same session if it is a big realization with a wide Release. Just end off, take a break and then when you go back in, handle it. I don't try to handle it at the time, if it's a big one. Never override your big Release.

Always end up if at all possible on a known OppID. Don't end off on an Identity if you can avoid it. It doesn't matter for a short break if you are going back into session again. That's okay. But never end off on an ID if it's going to be any long period of time before your next session. Even if your metabolism is down and you are feeling rough, if you can get the InnerTrac to respond then push through until you've got your OppID, because you will find it a lot more comfortable.

You will grow to understand the methods of the Imprint phenomena and how it thinks, because you learn how it traps you. Its viewpoint is covertly hostile. Start getting interested in what is in the Imprint (there is some very interesting stuff) and you go round the wheels. You get these people with their lovely theories about space civilizations and all the rest of it and you know they ploughed into the Imprint material. They are buying rubbish. They will tell you who they have been and where they have been. Forget it, it's an absolute trap and it's being fed in by the Imprint. All to keep you in a body, behaving yourself. I don't say there aren't ancient recalls, just take them with a pinch of salt and don't get beguiled by them.

To the degree to which you are looking at areas and Indicating the charge that isn't yours, you are blowing off lies. Even if you can't totally see what the material is. It enables you to draw charge. Anything that responds, however unlikely it seems, check it. If it comes up on calling the Item on Repeater then, however unlikely it may seem, check it. If it responds it is something to do with that Item even if it happened a few days ago. The Imprint has attached to it. Just the indication that it was attached is enough to blow charge off. You don't want to know any more about what that thing is. Whenever 'Imprint' responds, Indicate and get off it.

Never enquire on an Imprint response, never clean an Imprint response, never, never, never, because if you do, you get involved with more of it, and pull more of it into restimulation. You don't attempt to clean Expressions from it. You only want to clean charge off the Imprint rubbish by Indication. Not get into its significance. That way you keep out of trouble.

You don't run Primaries when running Goals - that just releases you from areas that you now want to handle and erase. If something or someone has upset you, use the Upsets Repair List with Indicator Tech on every answer. Do not buy any answer that is not

checked with Indicator Tech, even on an Upsets Repair List, because if you've been upset it has got to do with the Imprint phenomena so you might as well find out where it lies.

If it is a technique error, you've got the Listing Correction List, as well as the Something Else List. To run Primaries on Level 10 is counter-productive. At the back of every Upset is the Goal. It is all right to do Primaries on lower Levels, because you are releasing charge but on this Level you are looking for erasure of the source of the out-Primary, the Goal ID - OppID pair.

When you start the session you may get a Release or just a clean, gentle Increase. Buy it and get into session. I only worry if the LED indicator is jumping all over the place and I am feeling terrible. Just look at the four things it could be (Upset, Listing error, Bypassed Charge or Next Item); handle and get on with the session. It is hardly ever necessary to do more. It is nearly always Next Item.

So, basically on this Level you are pulling off what you can, where you can and keeping it organized by your Assessments and never burying a Dead Horse. After all, if a question responds and you list and nothing happens at the end, where did the charge go to? So it is common sense to keep an eye on it afterwards. When it happens you may think "What have I done wrong?" but don't worry, it goes like that all the time. Just keep running these little short-ends until the charge transfers out. It runs all over the place and you don't worry about even joining up the short ends. If they belong together it will eventually come up in the handling. You don't have to do anything about it otherwise.

Though you may refer to the OLA infrequently, it is there, guarding those incomplete Conflict Structures so they can never get lost. A Dead Horse usually is a Listing Question that won't response with buttons and you can't get it on its feet to list from, but you know it is the next logical question in sequence. If a list Dead Horses and not the Listing Question itself then you put the Listing Question you listed from on the OLA with the session date, so the list can be found, transferred to your current worksheets and completed. In the main you will find it is the Listing Question when called that Dead Horses rather than the list not being able to be assessed, but you may get the odd one. That's how you handle it.

Now the reason you put ideas and hunches on your Session Assessments is that you don't want to take them out of thin air and run them. You want to justify running them, because something else might response better. So it goes into a current Session Assessment of possibilities, which includes 'Assess the OLA?'.

Just occasionally, it happened to me once, you can't find the charge anywhere. Just assess everything very slowly and with buttons and you will get it. If not, try again on the following day when you have rested. It could be metabolism that's the problem. Metabolism on Goals running is a general problem. You are running very heavy material so don't take a chance and go in even slightly under par. You will regret it if you do, as you will be below duplicating, and that is what you are in session for.

If the charge is not in your Session Assessment items or the OLA, you will have to go back and do a new Case Entry from a Recurring Upset. Once you really get into Goals, though, one Goal leads directly into another with the Next Goal questions.

It is very important to keep your hats of C/S, Practitioner, and Being very separate. Never wear your C/S hat in session or your Session Assessment will act as an incomplete List and require extending, not assessing. With discipline and practice you should get enough separation that you can formulate a question, write it down and not have it respond until you call it. But until you achieve this then you had better take note of any responses that occur at any reasonable point and check it. Responses don't usually disappear, so checking the question by calling it should prove the response. You can really separate out and have it only response when you call it. Calling Listing Questions vocally helps to achieve this separateness. Therefore you can think analytically about your case without having it respond.

The Substitute Beingness

The Substitute Beingness is a BIG Beingness. It has BIG purposes. The Spiritual Being hangs on to this identity like mad because he considers it is himself and considers it his main Goal. This way he is conned into holding in the Imprint phenomena. His native Beingness is blotted out and his own purposes (Own Goals). It is HIM so he hangs on to it and it is the handle to the Imprint.

The wording of its Goal is 'To be (a BIG BEINGNESS)' of some sort. It runs from top to bottom usually (Imprint Goal). It carries very heavy charge and usually runs for very many more sessions than other Goals run. It runs heavily and long with high Range at the start of session.

The Substitute Beingness has earlier diminished versions that come up as Items on earlier Goals that have been run. The basic one comes up usually as the top Identity on its Goal. It is the Item one has most constantly been since becoming involved with Imprint phenomena and has the purposes one has been operating on since then.

It can have visible Misowned Experience. It is easily recognized when it comes into view because it is recognized as 'Who you always thought you were' and ties up what has already been run quite logically. It makes sense of the nonsense which is what it is supposed to do.

Obviously, it is the Item most in restimulation and most dramatized in Present Time. Though it is not clearly visible to self until this part of the Reactive Mind is discharged it is very visible to others and they response either negatively or positively to it. And finally it is the Item that causes you not to win for fear of losing this Identity.

Endpoint of Level 10

Finally, the subject of EPs at the end of a Level. I don't believe in specifying the gains a student can expect to obtain from a Level. A person's wins are a person's wins, whatever they are. I prefer to look at it in terms of what we are trying to achieve and leave you to have your wins where, when, and as often as you like. No holds barred.

What we are trying to achieve on Part I is to find the Substitute Beingness It will come up when the rest is unburdened. And running its Goal or Goals, if it turns out that way. That and realizing what incentive will make you want to return to a body next life and to this world. When that happens you are ready for Part II.

It is the first major EP of the Project and the only one we tell you about because you have to know it to run it. Beware of pre-setting your own EP. It is nearly always a Hidden Standard (the way something *should* be) that one has carried all the way through and not achieved. Hidden Standards block case gain and lead to chronic overrun as you try to push this EP into being. This type of overrun happens because such an EP is usually much higher than can be attained on this Part of the Project. There are, after all, four more Parts to go. Also the divisions between the several Parts are somewhat arbitrary as one is running the same basic phenomenon all through. The divisions are more based on the difference of technique as one goes into deeper and deeper handlings of the Imprint phenomenon and its ramifications in order to erase it.

Part I is liable to overrun anyway as it will run a lot further than is needed to set up for Part II. But when this occurs there is a definite feeling that running Goals is no longer going any place (which is true, it isn't) and an unwillingness or reluctance to continue.

If you should suspect that this is the situation then assess for a responding version of the Hidden Standard and use the Bypassed Charge checklist with Indicator Tech to Release and/or do the Viewpoint and Disinformation Lists with Indicator Tech to a win. Any Goals that come up should be put on the OLA as Listing Questions. The Substitute Beingness Goal can come into view on this handling. In this situation, if you have also been on Part I a long time, then check on your Something Else List: 'Bypassed Win?', 'Overrun?' and 'Imprint Released?' and a wide Release will appear among the responses. Clean up what is responding by Listing or Bypassed charge checklist as appropriate. This should handle.

There is a lot of suppression at the tail end. If a Listing Question doesn't response here, after buttons, call its Source on Repeater again, that can blow off the Suppress when the buttons don't. Call Listing Questions three times before you decide they don't response, even with buttons in.

Be suspicious of everything at this point, even Items that assess out. Check everything with Indicator Tech and buy only what is real to you as yours and Indicates as Truth. You may go up quite a few blind alleys to get it right but persist until it is right or you will not be free of the Imprint. It only requires a piece out and it will continue to tag along.

If you suspect you are near the end, low Balance Action, difficult to get Expressions and Items to respond, Misowned Items coming up etc., try to D/L the Imprint, this may uncover the suppressed guy-rope that is holding it in. There are of course countless D/Ls in the Imprint phenomena but separating out a few can be helpful. Try running the Imprint as a Safe Solution if you can get it to respond. Rely on your own knowingness that it hasn't blown till you know it has.

If you can get it to respond: 'On bypassed charge on the Imprint, is something being (Bypassed Charge buttons)?' Also List: 'What is the Postulate on the Imprint?' Also D/L this life restimulations, this life releases, past life restimulations and releases. Whatever you can get to respond off your Session Assessments is all grist-for-the-mill and charge off.

The end of it can be pretty tangled and even your own Items suppressed and pernickety. Just use your Session Assessments, OLA, Something Else List, and Indicator Tech to sort it out. Eventually you will tumble into the Substitute Beingness and/or its Goal. I would like to be able to say that Part I was the total end of it but as you know there is a Part II. I wasn't so lucky, I had to find that out the hard way. Yes, you will blow the Imprint with an emphatic Release but there is a lot more to letting the Genie out of the Bottle and that is what Part II is all about.

Your wins out of achieving these targets are yours and personal and I'm not making any promises or restrictive edicts on the matter. Have fun, you will have earned it, is all I want to say on that.

The bad news is this Part of the Project is the hardest end of the deal. I haven't promised you an easy ride, only that I would get you there.

The good news is that now you have done all the training you need for all five Parts. The rest of the Project is method based on these principles. Make it go right. The rest of the Universe needs your help as a Fully Realized Being.

Irene Mumford (1985-91, edited by Peter Shepherd)

(3) MORE TIPS & SUGGESTIONS

• Having sessions every day is recommended even if you only get in a short one. The name of the game is to keep ahead of the restimulation of the charge of the next Pair, if possible. If you don't, as the Chinese curse goes, you will live in 'interesting times!'

• If on Indicator Tech the Indication pulls in a new Expression before MEX and REX are run, handle the new Expression. NEVER run past an item for Indication or you may lose it and accumulate bypassed charge. Sometimes new Expressions come up very fleetingly, so always handle immediately unless Listing or running Safe Solution questions. Indicator Tech is the most important part of the Rundown and it is senior to Item or Goal finding. Indicator Tech will release you from the misownership of experience and the Web of Lies that hold you here. Goals and Items are only the significance that hold the structure in place and knowing them does little for you.

• Never run a Goal that pops out of nowhere, however reasonable it may seem, if it does not then assess as the major responding item from the usual alternatives in a Session Assessment.

• Another phenomenon you will run into sooner or later is the Reverse Goal. The OppIDs look as though they should have been Identities (your Items) and vice versa. Just look at the diabolical logic of the entrapment and this will make sense of it.

• While on the subject of Items, don't worry if they are concepts, significances and even conditions, rather than a 'who you were' identity. You are some way from getting the latter for real until the Imprints are run out. The Imprint Goal Items are about problems and the biggest problem is, of course, the Imprint and its charge.

• If you have realized the next Goal during the cleaning of the one you are on, things can get a bit ragged, the Range goes up, the responses are smaller and there is obviously some extraneous charge about that the usual questions are not drawing. Finish the cleaning as best you can and get through to the Next Goal questions to find the next step. Sometimes it can all seem a bit baffling but if it made complete sense you would have spotted it eons ago and blown it. We are often trapped for our own need of Logic which is well below Postulates and only just above the Physical.

• Somatics (physical sensations and pains). Here you loosely Date/Locate the earliest time of having the somatic. Too exactly doesn't work. Another approach would be: 'W/W would have (somatic) as a Safe Solution?' and 'To Whom or What would (somatic) be a Safe Solution?" Put both versions on a Session Assessment with other relevant material and run if it assesses out as the major response.

• NEVER list from a W/W Listing Question that has ceased to respond. The list is complete: either the list will assess out or the Item is either Suppressed or Invalidated and therefore to continue adding items will only list on to the next Item.

- When you are grooved in on Listing, the Listing Question will 'whirlpool', the same as a hot Safe Solution question. Test the Listing Question as soon as you have got the first flush of answers down and are reaching for the question again. Eight out of ten lists will be complete at this point. Something between 3 - 10 items. Do not push for long lists or you will overrun into the next Item.

- A small response or no response on the Indication at the end of Indicator Tech means you didn't say all that could have come off. Spot the rest of it and Indicator Tech on it before doing MEX or REX. If you have second thoughts about an Indication do the same. Also don't worry about stating the obvious. The fact you know doesn't clean off the charge off it; Indication does. The obvious can make the biggest BDs.

- All high Ranges and tight LED indicators should be handled by continuing the Goals running as long as you can still get Items out. Unless, of course, the problem is low metabolism. Only resort to Correction Lists when you can't get Items out or if an actual technical error is obvious. Failure to observe this and the resulting over-correction will mess up your progress. Just keep going; it does resolve within the next two or three Pairs.

- A kind of Release that might throw you starts as a spirited Discharge, immediately Increases and the Increase includes a one beat Release of usually about 1 inch, then it dies on you. If you miss it and continue to call on Repeater there are no responses for several times and then possibly a tiny p/n. What has happened is the last of the charge has blown off - the spirited Discharge - and this starts a Release which is immediately killed off by the charge of the opposing Item pulling into the Line. There is no true break between the charge of the ID and the charge of the OppID. So buy the one beat Release. You may actually feel the charge dispersing as it blows.

- Never reject an Item on the grounds of what an Item 'should' be. As long as it responds, discharges and Releases, and discharges against its OppID, it doesn't matter whether it is 'Father Christmas'. Just do the procedure and the true scene will unfold.

- The same Item can come up more than once on a Conflict Structure, this seems to be okay. Possibly to do with subtle differences of concept which cannot be verbalized.

- Pictures, concepts, and ideas from Mythology, Legends, and the Bible come up now and again as Items or material for Indicator Tech. This is okay. After all they had to get some of their wilder ideas from somewhere and, let's face it, the Imprint phenomena is a very powerful control mechanism. The rest is history.

- Never list beyond your inspiration. Pushing for more leads to over-listing, complications and repairs. Your safeguard to under-listing is the Completion Check of Question, Supp, Inval, Question.

- All Indications should be made from a position or viewpoint of Cause or at least aggressive self-assertion. From that viewpoint they will be as correct as can be achieved at that time. The main thing is you do not agree to an Imprint viewpoint at

any time.

- Don't always believe there is no MEX because it does not response. If you can see something, do Indicator Tech on it even if MEX or REX do not response. Never invalidate your own Knowingness in this area.

- Only scrupulous honesty with yourself will clean your Expressions of lies and misownership. You're the C/S, no-one's going to respond your worksheets, so what the hell, really let it fly with where it is at. That is the only way you can make it.

- If an Item occurs to you when assessing, write it into the list straight away and continue assessing. There is heavy suppression and invalidation in the area and it takes what it takes to dislodge it.

- A Misowned Item will assess out as an Item if: a) It is on the list b) The list is complete, and c) The correct Item is suppressed, invalidated or unacknowledged. It seems that in these circumstances the response (charge) of the Misowned Item is greater than the response (charge) of the Correct (your own) Item. Until its false status is identified and Indicated it will obscure the actual Item. The only clue you have is your own Knowingness as to its spurious nature. Other clues such as small response or no response on Indication can also apply to Correct Items that are suppressed and Nearly Right Items. If in any doubt as to its validity, check it. If you get a Misowned Item, Indicator Tech it, check the Listing Question and either re-assess or continue listing as appropriate.

- As a note of warning, under no circumstances ever look up dictionary definitions of words from a Listing Question you are going to list from. If you do, you will be running an altered interpretation and pull in similar Items from other Parcels or Goals. So don't do it because it can get very messy.

- In Part I you are basically doing a Life Repair on a Spiritual Being. Much of the lower case that did not resolve in Primaries and so on is contained in the COEXs and held in by the Identity viewpoints, along with the false data that is still operative until isolated. Some of this material blows off on finding the Pair, ID and OppID, that the COEX is attached to. The rest, because it is pulled into Present Time, will only resolve if the material is assessed out on a Session Assessment and run on lower Level handlings. This must be done with Present Time verbs where possible in the questions and commands and run with Indicator Tech and Repeater to Release.

- It is the MEX and REX that holds the case in place as it is false data the Being has been operating on in PT. At this level you do not want to know the significance of this material is if the Expression responds as Imprinted. You only want to get the raw energy out of it by Indication. On Part II when it is less charged you can actually take it apart but not now otherwise you pull in the Imprint Mass.

- Be aware there are many false misdeeds, false realizations, and wrong explanations in this material, so check everything out with Indicator Tech. Goals and Items will come up on Indicator Tech and if you can spot them as such, underline them in red

and later handle via Session Assessments or put them on the OLA for later handling. So do not lose these leads into the Reactive Mind.

- By the time you have been running for a while you may well have a concatenation of unrelated Parcels, OLA items, and other miscellanea. This is okay.

- The subject matter of what comes off is neither here nor there. It is Balance Action off the main charge, the Imprint, that is important. If you are not getting lots of it THEN you should start to worry about how it's going. Either you are not handling Repeater and Indicator Tech thoroughly enough or you are running too lightly and generally.

- The 'Frantic' LED indicator response is, as far as I can see, the 'must reach' - 'can't reach', 'must withdraw' - 'can't withdraw' of the charge going from the Identity to the Opposed Identity when the Pair is very heavily charged. These are the four flows or parts of insanity. The Frantic LED indicator appears when this charge is tipped and it can be just any aspect of that original hung-up conflict which, of course, is still in PT. The intention towards the OppID will obviously appear evil as it is some form of non-survival postulate for an enemy. In four Parts of Meta-Programming I have not yet seen a real Frantic LED indicator on myself. The reason is that is that in Goals running you should not be confronting the ID with the OppID with all the charge intact. You clean the ID with Repeater and Indicator Tech before you confront the OppID. Therefore, the charge that lies between them is no longer equal and opposite and if you have done a good job of cleaning to Release then the Frantic LED indicator cannot appear. This only happens when the charge on either Identity is equal and flips back and forth ("I must ... I can't") and if it occurs then you have, somehow, missed the charge or some part of it. But don't worry, your Bypassed Charge check on Cleaning the Goal will clear it up.

Irene Mumford (1985-91, edited by Peter Shepherd)

(4) MISCELLANEOUS QUESTIONS & ANSWERS

Drawn from the student questions. Answers by Peter Shepherd except where noted.

Responsibility

Q: One of the things which has been apparent recently from things I have response or experienced in life is responsibility. What has been indicated to me from several sources including Insight Part 1 is that we should always be at cause over our life experience. And we may not be when we have given our power (or ability to make things happen) over to other people or things.

A: I think that "we should always be at cause over our life experience" is a bit of a misunderstanding. Involvement in a game - such as our lives and goal attainment on earth - requires us at different times to be both at cause and at effect. Any game does, otherwise it's a no-game. Sometimes one needs to be at effect in order to participate in the game.

Q: Now I realized that this seems very crazy but is also what happens and I guess like a lot of things it has become an automatic response to a certain situation. What I found for myself is that when someone criticizes me when I am being empathic towards them I am hurt a lot, have a big upset and then feel that they have some sort of control over me. I would then (certainly more in the past) have negative feelings towards the person and be critical or unhelpful towards them or want to avoid them because I simply dislike them.

A: This is a failed help, which you consider a misdeed, and then try to justify and make yourself right by the criticism of the other.

Another's determinism (including their emotional responses) is their responsibility, not yours. And vice versa. You are not responsible for the war in Kosovo and your friend is not responsible for your getting upset. The thing is to take responsibility where you have the right and the obligation to have choice and determine things, and to be able to confront as-it-is any effect created on yourself. Our case gets in the way of this - various restimulations of past hurts and 'must not happen again' scenarios, and various fixed and imprinted (other-determined and misowned) ideas, from whatever source. In looking at Imprints, yes, one is at effect and it has affected you; but now, seeing it as-it-is you can reclaim responsibility and recognize your own causation in that area. So it's about recovering choice, when the choice is yours to make.

You are responsible for confronting the effects of others' action towards you (as you do in session) and then for recovering your choice about how to respond to this kind of effect in the present and future - whether to remain under the thrall of the imprints or to recognize that they are but imprints and to differentiate that from your own consciousness and determinism.

So what is 'pan-determinism'? Isn't that being responsible for both your own determinism and that of the other person too? No, not in practice, not whilst involved in the game of life we have here. In the context of game, pan-determinism is communication, understanding and empathy for another's viewpoint and determinism - not necessarily to like or agree with it, but to encompass it rather than to fight or flee from it. It is not 'taking over' the other person or taking away their determinism. If you consider that as a spiritual being one is part of universal spirit, a cause of all that is, then that does encompass responsibility for all determinism. But still, 'God' allows free will to all beings.

Expanding one's responsibility is not taking cause from others, it's reclaiming one's own in an increasing sphere of influence - one's own mind, body and spirit, one's relationships and family, one's adherences - doing what feels right and being true to one's integrity and at the same time, respecting other's rights and differing viewpoints.

It means not compromising one's reality even if that is unpopular and doesn't fit in with the consensus. It nevertheless also means continually questioning what that reality is - is it one's own or is it other-determined and so misowned? And is it objective or is it self-serving? - and that's Indicator Tech.

Another's answer: I was reminded of a "truism" from a former technology which said "The highest purpose in the Universe is to create an effect" - this did tend to lead to the conclusion that one must be at cause and responsible at all times. This is a no-game situation and rather frustrating to try to maintain, leading to manic behavior and aberration.

Has anyone ever played a board game where you didn't mind if you won or lost? Not in an apathetic sort of a way, but in an enthusiastic way where you enjoyed both creating an effect on the other players and enjoyed receiving an effect from them. It can be a wonderful and joyous experience to just enjoy the taking part!

There can be pleasure in just experiencing effects whether you caused them or not. I think that is the nearest analogy I can think of to what a pan-determined viewpoint of a game would be like.

Perhaps the above "truism" should be amended to "The highest purpose in the Universe is to freely create and receive effects."

After a session

Q: My question is what do you do when you end a session on a good win? Where do you focus your attention. Do you ever find yourself starting to cave back in a bit and start thinking about the next item to be run?

I wonder if anyone has a good suggestion on how to sustain a release point and hold your space so that you can stay feeling less at effect for longer.

A: Firstly, when you get a good win in session it is best to end off at that point and to enjoy it. But don't think about it intellectually as that will draw in counter-intentions and

relevant Imprints and they will bring you down with a bump and need handling in the next session, preventing you getting on with what would otherwise be the next action. It is best not to think about case matters at all outside of session. Get on with things you enjoy doing, take a walk and externalize your attention or listen to a favorite record; then you don't pull in all this other stuff that can't be resolved without the facilities you have in a session.

Unless one's insights from sessions are actually applied in everyday life, then in practice things will remain the same and our habitual patterns will re-establish themselves. This means, not thinking about the case, but remaining self-aware so that in situations where before one would have dramatized the handled case, now one can behave differently and break the pattern.

If something does become restimulated, you need to go back in session at the earliest opportunity and handle it by doing a Session Assessment of all the relevant possibilities (things bugging you, recent incompletely handled items, etc) and probably a COEX Handling based on the Assessment, or else some other type of appropriate Handling, applying the various tools of Levels 1-10 in Part I.

Stable gains are like quantum jumps. You go round and round in circles, clearing items up and other relevant items getting restimulated, and so on, until you arrive at a genuine end-point: a raised level of awareness, responsibility and confront. This jump occurs as you move from Level to Level and on a larger scale, from Part to Part. While you're going round in circles, however, you need to just keep going. At early stages, particularly in Part I, this can be a slog. When you've experienced some stable EPs, however, it becomes easier to keep the faith, knowing that an EP will arrive and that you will get your head above water and get onto dry land again. And eventually climb mountains and learn to fly.

Ego

Q: Here's a quote I came across a while back. It made a lot of sense to me at the time and made me smile after realizing how back to front I was regarding a long standing issue.

"A lot of the time your worst enemy is your ego" - John Frusciante

So what do you think. Is this really true or maybe just a partial truth?

A: This is an interesting question, and I suppose a full answer requires all of Transforming the Mind and the Insight Project! But in brief, I do think it is true. The 'ego' is the personality mask one puts on to face the world. It is composed of an array of fixed ideas, safe solutions to past problems, your own and acquired from others by agreement or enforcement (our cultural conditioning). It is the Substitute Beingness that Part I exposes and Part II resolves. This ego tries to please others (for selfish ends) and betrays the integrity and knowingness of the core being within.

Synchronicity, telepathy

Q: My experience of synchronicity have been very limited, but when it has been apparent the times have been almost magical with things just fitting very naturally into place like pieces in a jigsaw. I think for this to work well you have to let go of a lot of false ideas and fixed beliefs and do what feels to be the right thing in the moment as much as possible. For me, I think as soon as I start to analyze a situation or question why or resist something then this stops the natural flow of events. So I guess it's a question of going with the flow and not being scared at what may lie ahead or to move out of that safety zone that we all live in so dearly. When I have traveled in the past I have sometimes had a sense of synchronicity with things working out really great in a stRange and winding way. I don't think that it's something which can be described easily or rationalized. It just is.

A: In my experience with making causative intentions, or 'postulates', nothing usually comes of them if any effort is involved, as to apply effort is to assume (and so put in place) an equal and opposite intention. Also counter-intentions may already be in place due to one's case: if I'm making an intention from the viewpoint of a particular identity (such as a person wanting revenge) then there are the various imprinted intentions attached to that identity and the intentions of the identity that the vengeance opposes, given power by the vengeance. When case is clear, when there is no seriousness, effort or blocked flows, then things happen as intended!

Q: One of the things I response recently is that we are all like mini broadcasting stations and receiving stations, sending out and picking up each others broadcasts. It went on to describe that we broadcast out whatever is in our mind, so if we focus on either negative or positive things we attract those in to our life. I guess this might be why it is very easy to sometimes get into a downward or upward spiral depending on how you anticipate events and then evaluate them. Often you only realize what went on when you re-evaluate the considerations and experiences afterwards.

A: Telepathy is a major factor in intentions occurring, or events aligning with one's goals. Telepathy reaches other beings and affects their viewpoints too, so intentions align - or if the intention is negative the other may 'ridge' against that intention and go against it or retreat from it or attack it.

Q: It's interesting to note how quickly the external world changes in step with the state of our inner world. Often this is in subtle ways. I wonder if focusing on really positive things for a while on the inside would also bring about a positive external world. One to try sometime!

A: Focusing on positive things, when all the counter-intentions have been cleared with Indicator Tech and Goals procedures, will have a positive external effect and it will happen effortlessly. That's the wonder of it and the reason why working on your case is the ethical thing to do.

We can 'pull in' circumstances depending on our attention, interest and expectations. In other words our case affects our day to day circumstances.

If you resolve an upset about a person in session, very often you suddenly get to hear from that person, with an emotional tone that would not have occurred had you not resolved the upset from your point of view, in session. So previously you had been putting up a ridge or barrier against the other, which opposed communication flows from the other, that they were able to sense, perhaps subconsciously.

Synchronicity also occurs on a group or universal level, as a result of a group agreement on the nature of reality, so as changes occur at a cultural level, we can spot corresponding synchronous changes in circumstances. So this is 'group case' at work that affects the very fabric of the universe. And of course, each of us is very much a part of that group, so our case affects the group.

Another's answer: We resonate harmonically with or tune in to other vibrations out there that match our vibrations. In this way our present-time lives reflect our current case (what's in restimulation, what's erased or not in restim, etc.). This also affects how people react to us and we react to them (either harmonically or discordantly) and is an explanation of the phenomenon of synchronicity where we are in tune with something outside of us.

I believe everything in the universe is basically a vibration. Scientists has analyzed matter down to the point where there is "nothing" there except a vibration with a certain wavelength. So matter, thoughts, emotions, mental images, purposes, goals, identities, intentions, everything is actually a vibration.

Indicator Tech to me is like tuning a musical instrument so that it is in-key. The more versatile we can be in the vibrations we can emit and receive the more in tune with life we are. Case completion would be where every aspect of our being was correctly in tune, just like when every string is in tune, a musical instrument can play anything.

Another's answer: My experiences with synchronicity may be similar or different than others on this list, but they certainly are notable!

The clearing work that I do Solo tends to expand my awareness, sometimes enormously. I have found that when my awareness expands (and/or my base level of "spiritual vibration" increases), I experience synchronicity as a natural process. What happens for me is that as an indefinable, infinite being, I begin to become aware of my own co-creation of those things that I normally perceive as "other". I can literally feel my own energy and consciousness flowing into these things, sometimes for miles around me. In some instances, I have felt like the entirety of the physical universe was contained within my own greater mind, and that I functioned from a completely different dimension. Please understand, this is not a quality of my size (being enormous), it is a quality of sensing mind itself from a different perspective. When this occurs, I experience synchronicity because, after all, I'm helping to make this stuff. It's sort of a wink.

Q: I believe that synchronicity happens constantly and that all actions and counter-actions are eternally balanced. The question is, is my awareness in a place where I can perceive it?

A: To add another angle to these descriptions of an energetic and balanced universe, I would also add that it is an intelligent universe. In parallel with energy (from solidity to the finest wavelengths of aesthetics) being basic to all things, so also is 'information' and 'ideas'.

Tom Bearden has shown that information is organized in 'scalar fields' and that these are basic in the organization of all things including the 'vector fields' of energy. Scalar fields are not located in time or space - does that sound familiar?

One really needs to be a mathematician to follow his detailed analysis but his 'popular' descriptions seem credible and all phenomena (including psychic and mental) can be derived from them. This is particularly so as his theory ties in with Rupert Sheldrake's idea of 'metamorphic fields', which explain evolutionary mechanisms and many instances of synchronicity. For instance, a newly researched crystal or genetic structure, once discovered, is likely to recur spontaneously in other labs around the world (and maybe around the universe?).

All our intentions add to this 'postulate structure' or 'universal mind' that encompasses this reality and other planes of existence too, since we operate in more than one - e.g. lucid dreams, near death experiences, exteriorization from body and universe, etc.

You can look up Bearden and Sheldrake on the Web and learn more. They do seem to have found a link between physics/biology and spirituality/consciousness, so that metaphysics is no longer mystical or mysterious. After all, we know in practice that our ideas and energy flows affect the way things are, particularly when doing Insight sessions and these analogies between case and the outside world are made apparent.

I came across these researchers and their ideas at just the time during my Part I a few years ago when I was wondering about these concepts. Have you had instances where you 'pulled in' information or events (further examples of synchronicity)?

I'm no expert on these subjects but I've learned enough to realize that they ring the bell of truth. Another scientist who has developed this link is David Bohm, with his description of implicit and explicit orders, which (based on quantum physics) explain the holistic and even holographic quality of all existence, where there are two sides to every coin and all things are to be found in any one thing.

One might ask, if all human life on earth were to be extinguished, and all writings destroyed, would Beethoven's 9th Symphony still exist? What do you think/feel/intuit?

I might add that anything hypothetical or a personal 'world-view' that I or others express on this list (or anywhere for that matter) should be taken with a pinch of salt and certainly not 'believed in'. If you were to take it on board without inspection, it would likely response on an Indicator Tech button, because it's not a result of your own insight

and knowingness. But if it serves as inspiration for your own enquiries and nothing is accepted 'as response', or if it genuinely does 'ring the bell of truth' for you, then I think this kind of input may be helpful.

Another's reply: When I was doing Part 1, I began to be obsessed with a line of thought that indicated I was discovering the nature of the universe. The weird thing was that this was true! I later response a great deal about physics and quantum theory and realized that this was an accurate reflection of my learning through Insight.

This insight (sic) remained with me and is often apparent in my communications.

I remember, especially from long ago, that whenever I learned about some new thing, I kept noticing it on the television and elsewhere. To some extent this is becoming more aware and noticing what has always been there (whereas previously I didn't notice it).

Part of the idea of synchronicity is not that new things are happening, but that we are increasing our understanding and awareness of what is always so.

Things do not necessarily pop into existence when we experience synchronicity. What is often the case is we give more significance to what we have missed for so long.

Do clones have a soul?

Q: What do you think about this? Were a human being to be cloned would the clone have a soul?

A: It's a fascinating question. My answer is: yes. How come?

There's billions of human bodies on Earth, many times more other animal life forms, and in the Universe, God knows how many. All have consciousness that extends beyond the life of the organism, from the best evidence (personal and otherwise) that I can muster. And yet, the conception of the life energy of the organism seems to be the key starting point, at which Spirit meets Matter. Incarnation seems to be incredibly well 'organized', like the physics of matter, the metaphysics of life is equally ordered. The spark of life seems to draw in existing identities from other planes of existence, and necessarily new ones created too from an infinite resource. So we none of us have the same history and our incarnation is linked to the material and genetic circumstances of conception, which I would say also includes factors such as astrological alignments (maybe the 'map' for our entry).

A clone, as soon as it becomes alive, would draw in and incarnate a consciousness, and all that the clone would have in common with the original body would be the genetic inheritance - physical form, brain chemistry, hormonal balance, auric structure, etc. Like identical twins. Probably telepathic communication between the two would be enhanced due to the similar structure, and cultural conditioning may or may not be the same. But beyond the (super-intelligent-chimp) sentient human clone you also have a new and different being: with its own goals and purposes, own ways of being and oppositions, own fixed ideas and decisions from the past, own fears and needs, own knowingness

and creativity, own beauty and love, freethinking and with a great deal of imprinted thinking, making new mistakes and learning from them or not.

Or maybe it would be a zombie, but I tend to think the former.

To follow on from this, how about the question of robots or super-duper computers. Ray Kurzweil has written a book called 'The Age of Spiritual Machines: When Computers Exceed Human Intelligence'. I think that the divine quality of life is denied silicon chips, however complex or advanced, so that although the chips may be incredibly 'clever' computationally, they will be limited by their software, which is programmed by humans. But maybe I'm being naive.

Artificial Intelligence - thorny subject, like 'consciousness', where discussion is usually ridiculously abstract and boring. Or at least it seems that way to me after I've passed a few misunderstood words and concepts - but I think the writers generally have too.

Kurzweil, though, writes in a 'popular' style that I can understand; at the same time he makes some profound observations. What do you think? Fancy reincarnating into a chip? Immortality guaranteed - as if it wasn't anyway - unless someone pulls the plug out!

Another's answer: If we try to define 'the mental' as opposed to the physical we usually end up with problems and contradictions. We seem to know what is 'mind' and what is 'life', but defining it is another thing. For example, do I believe that my computer is 'alive' and when I switch it off I kill it? Does it die when I switch it off and re-incarnate when I switch it on?

People with 'multiple personalities' usually project them upon things. They keep the empty ice cream packet because they believe it is a person or an identity. They can be surrounded by hundreds of things which they believe are alive.

We believe that things are real when they are consistent. So a scientist does an experiment and others repeat the experiments. If they get the same results each time they believe that what they are researching is true, or real. Do we not therefore consider that life and mind are the opposite and inconsistent and unreal? I have used the words in a way that 'unreal' doesn't mean false, but 'not material or physical'. Clearly mind is non-physical or un-real.

But what about inconsistency? Often life is considered to be not rule-bound, but free to act differently from a rule. Psychology is the enemy of this belief because it seeks to find rules of behavior. We might have experienced a bus breaking down, but we might never have experienced a bus driver breaking down - say stopping the bus to pick daisies! In some way humans are more rule-bound (and non-mind?) than machines.

My computer might stop responding and not work. But if I were to turn off in the same way I'd be in a bad way. Strangely, it can be argued that machines are more fickle than people! But if 'mind' is consistent then we contradict what we originally said - that mind was inconsistent and unreal.

It may be that mind postulates rule-following and order, but is itself inconsistent and unreal. When it postulates an identity, such as a bus driver, it postulates reality and consistency. But in itself it is none of these.

Q: Do I believe that my computer is 'alive' and when I switch it off I kill it? Does it die when I switch it off and re-incarnate when I switch it on?

A: Clearly not, and this puts very well the big difference between a machine and a living consciousness. Though some would say this is what happens at our death - that the light simply switches off - but I think there is plenty of evidence to the contrary: my own subjective knowingness and recall, others' subjective memories of past-life experiences affecting their present state of mind, others' tests of past life recall proving out, and accounts of near-death experiences, remote viewing, etc.

Levels of Mind

Q: Do we consider that life and mind are the opposite and inconsistent and unreal?

A: Depends what you mean by 'mind'. I think there are different categories of mind. There is mental functionality that goes on in the brain or body-mind. There is also 'higher mind', the 'higher self' that functions intuitively and non-verbally and seems to exists after the body-mind has snuffed its light.

The body-mind functionality is pretty mechanical, it's programmed, and if we just follow these programs of our cultural conditioning then we are, indeed, just robots. That's most of the time for most people. Though it has a catch: the body-mind has it's own consciousness, separate from the higher self, with different goals, like a flower or an animal. Mainly this genetic entity's goal is survival (at the bottom end of Maslow's hierarchy of needs) whereas the higher self's goals are many and varied but more to do with self-realization (at the top end of Maslow's hierarchy) which is to express oneself aesthetically and ethically.

In both cases it is mind that is the tool to express life, in one case by computation (needing a brain or chip) and in the other, by postulate or intention (closer to the ethereal, non-material nature of life).

Q: But what about inconsistency? Often life is considered to be not rule-bound, but free to act differently from a rule.

A: Life has the potential to be both rule-bound and to have free determinism.

Q: Psychology is the enemy of this belief because it seeks to find rules of behavior.

A: Orthodox behavioral psychology, yes, but humanistic, transpersonal or transformational psychologies incorporate the concept that life is self determined.

Q: In some way humans are more rule-bound (and non-mind?) than machines.

A: Humans follow rules - or they lose their job - but they don't have to! Breaking the rules may often just be reactive, but sometimes people wake up, make a stand and don't do what they are expected to do.

Q: My computer might stop responding and not work. But if I were to turn off in the same way I'd be in a bad way.

A: You can switch yourself on again, like we do every morning after our dreams.

Q: Strangely, it can be argued that machines are more fickle than people! But if 'mind' is consistent then we contradict what we originally said - that mind was inconsistent and unreal.

A: Mind can be consistent (mechanical) or it can be fickle (aware), so mind encompasses a duality. But in the case of our super-chip, programmed fickleness (apparent awareness) is limited by the fickleness imagination of the programmer.

Q: When mind postulates an identity, such as a bus driver, it postulates reality and consistency. But in itself it is none of these.

A: I think this is true. Dualities do involve recursion and if the mind is not holistically aware, to be able to see both sides at once, it swings back and forth from one certainty to another (a left-brain mode, that is culturally as well as genetically imprinted, and affects the higher, non-brain self by identification).

This is important in logic. It is also important in terms of advanced development. We might think of different levels (and levels is just one word we might use here) as if they were different universes. This is how the mind-body question has always been viewed. So with the different levels they relate to each other in different ways. So at one level, things relate to each other logically. And at another level in that 'universe' things relate to each other logically. But when one relates one thing in at one level with another in another level we get contradiction and confusion.

This is resolved by considering the universe that comprises the two conflicting universes. Really there is not such mind-matter (or mind-body) dichotomy. At first and at the end there is unity. But there are levels. So at the mental level some things relate to each other and at the matter level other things relate to each other. The relationship between the bits in both levels is only understood by some meta-level or universe which comprises both. This is Unity.

The Higher Self is one way of describing a higher level. And the body-mind (lower mind) is a way of referring to a lower level. In the middle, of course, there are many possible levels, categories or universes.

One consequence of this is that techniques and procedures that apply to, say the body-mind may not be applicable to the Higher Self. For example, traumatic incident reduction refers to the body-mind. However there are Higher Self issues and these would be handled differently. For the sake of the body or the current life, the lower issues require handling. And for the sake of Eternity, the Higher Self issues need to be handled.

If we try to reduce trauma by getting a higher level mind to run it, it can be quite funny, because that higher mind won't react to it! This is when we think of doing something

intellectually and get nowhere. We should be involving our whole body-mind (that is the body and its mind)

When I say it's funny to run a higher-level mind on lower level stuff, it sometimes is really funny. The spirit cannot be harmed and so doesn't give a fig about trauma. Sometimes this means running a process and the process doesn't work or doesn't create an effect. Yet what is not funny is that the trauma can continue to affect the body and its mind.

On the other hand, we can get the body-mind to run some higher stuff. Now this mind doesn't give a fig about this stuff. It may get itself enturbulated but it does nothing to resolve the higher stuff.

Now, one theory of recursion is that it involves a confusion of levels. At the moment, it means a confusion of minds. The Higher Self gets into reducing trauma, for example, and it just goes on and on. The lower mind tries to handle higher issues, and this to repeats endlessly. Therefore, the issue of levels has great importance in therapy and in spiritual development.

A traditional aim of spiritual development has been to escape, to not have to return here. But stable exteriorization is only possible when the issues of fear (compulsive detachment) and need (compulsive attachment) have been resolved - then it's not escape but expansion.

Personally, I love nature and everything here, regardless of whether or not there are alternative realities. I expect physics to eventually meet up with metaphysics, and spirituality to be recognized as another wonderful quality of nature.

I would point out that one does not necessarily get abilities such as remote viewing, viewing auras, etc from case resolution on the Insight Project. You get insights, clarity of view (though it's true that if you don't apply those insights or continue to develop them they may get lost in the morass). The various manipulations of paranormal phenomena are skills in their own right, all function at the energetic level (albeit subtle energies), and these skills need to be studied, learned and practiced. They are not skills taught on the Insight Project and one should not invalidate one's gains because such skills have not been magically acquired. Case gains on Insight do however put you in a much better position to learn these skills - you won't be restimulated or susceptible in ways that would otherwise make psychic practices dangerous.

Q: One is always and forever picking up invalidation from the environment via one's energy field, why do you think peak experiences don't last forever? You can either embark on an endless process of running this out (pointless as one is then running the body-mind) or you can start living a spiritual reality on a day to day basis.

A: Susceptibility to invalidations from the environment and other forces is a case issue that needs to be addressed, as is restimulation by the body-mind (genetic entity). It's the body-mind that is susceptible, the spirit is susceptible to nothing except by consideration, and it can differentiate itself from the body-mind imprints. It isn't an

endless process to handle these issues and the many other issues that result in peak experiences usually being of temporary duration, it's a matter of applying the right technique (as contained within the Insight Project) at the appropriate time (determined by Session Assessments and knowledge, understanding and experience with all relevant Insight techniques). There is no substitute for actually doing all the various Levels on the five Parts of Insight, and re-applying them intelligently whenever appropriate.

To learn how to practice paranormal skills, one needs the correct information. Though some of these skills may just 'switch on' for some people, others have ingrained habits at the body-mind level that prevent ready access to psychic phenomena.

For example, Tim Rifat offers excellent correspondence courses in Remote Sensing and Remote Viewing - details at this location. In time, because they're obviously of interest and related to spiritual development, I intend to short courses complementary to the Insight Project that help in the acquisition and practice of psychic skills - and related skills such as lucid dreaming and operation on other planes of existence. But remember the view that advanced mystics and yogis have always expressed towards such phenomena - they consider it 'lower level', part of the 'illusion', trivial compared with the most important issues of spiritual enlightenment.

Q: I disagree with your statement that there are always case reasons for the temporary nature of peak experiences. I recently had stomach pains and a feeling of anxiety. These, I realized, were coming from a friend of mine who was feeling bad and who was doubting her own abilities. This was the first time that I had been aware of these incoming vibrations in real time and once spotted and indicated the stomach pains and anxiety vanished. This led to the realization that I have always been sensitive (perhaps too sensitive) to vibrations and that in the past I have tried to shut this kind of empathic/ telepathic flow off (not knowing what it was) or to find a case reason for the feelings I was getting from them. Extrapolating from this it seems to me that we are all constantly picking up vibrations from those around us, consciously or not, and that we try to shut these off to prevent being overwhelmed. In so doing we are of course limiting our own awareness and abilities. In order to remain open and to hold onto peak experiences we would have to be constantly and immediately aware of all incoming flows and to be able to indicate them immediately. Failing this we are constantly being subverted by the agreed realities of the physical universe.

A: I think this is an aspect of case, by definition. It is an aspect that one only becomes conscious of when one is already much more aware than the normal human state; normally it goes on subconsciously. Anything less than serenity, with full communication, understanding and empathy means that negative aspects are affecting one's native state. When native state is achieved in a peak experience, there are many factors than can restimulate the case that had been temporarily released, so that one loses the high state. The phenomena you describe is just one such. To say that you have been in the past too sensitive to such vibrations and have tried to cut them off indicates that this is something that can be looked at in session to resolve the case connected with

it, applying Insight techniques, to achieve the ability to confront such flows with equanimity, as you were able to do in the case of your friend's incoming vibrations.

Q: I disagree with the view that psychic abilities are trivial, even if 'advanced yogis and mystics' said so.

A: Insight is about discovering in depth who you are, not about determining what you do or how you do it, such as practicing psychic powers. The holy men of India look down on 'fakirs' that show off with magical tricks, as they feel this is trivializing their meditative practices. They are looking to become one with God - to embody love, life and truth - and demonstrating physical phenomena is, they feel, besides the point. Of course they could do these tricks too.

However, I certainly don't mean that you are bringing up a trivial subject here. As you've explained, the phenomena that occurs on the psychic level affects us all, and information and techniques that better enable us to identify it would be a worthwhile complement to the tools that Insight contains to help us rise above the human condition. But they would probably be contained in a separate recommended course, since the ways to deal with the case that psychic attack provokes are already within the Insight materials.

The peaks available on Insight can be stably maintained, by applying Insight tech to the case that such psychic phenomena restimulate, or that any other phenomena restimulate (since we have different susceptibilities), until the issues are handled and there is no more such case to erase.

One could equally state that nutritional information should be contained within the Insight courses, since deficiencies or toxic effects can have large consequences on state of mental health. Because I recognize the subject's importance, I've got a site on trans4mind devoted to it, but it's not part of Insight because it doesn't deal with case handling.

Q: There is nothing dangerous about the study or practice of Psi, it is after all only one step above the physical. Anyone on the Insight project (even a beginner) deserves to be treated as a fully able Being.

A: Remote viewing, for instance, involves being out of the body. For some people, that is no big deal; for others that is very restimulative (of past deaths and failed efforts to get in or out of things) and it can make one more open to psychic attack as well. It's a bit like taking LSD - it can cause hellish restimulation or be an enlightening experience - only when the case is very stable can the result be safe and predictable (not that you'd want to take LSD for many sensible reasons).

You need to know who you are first, and that is achieved in large part on Part I. The case surrounding the issue of interiorization/exteriorization is resolved (to an initial degree) on Level 3 of Part II, so I wouldn't want to recommend such techniques before then. Besides, environmental restimulation is the subject of Part II and I would point out

that the techniques it contains are very relevant to dealing with the case that psychic interference provokes.

Q: One must always be on guard against fixed ideas and the danger of turning 'Insight' into an established or group reality. The technology belongs to all those who use it and it is a research project to which all who use it should contribute. There are no reasons to believe that it cannot be advanced or improved.

A: The Insight techniques, as presented in the existing Parts, are extremely safe in their application and are proven to be effective in handling the generic issues of case that we all face. I have been endeavoring for years to clarify the techniques and the intellectual background to the subject, and to take on board the feedback of participants, and that is ongoing, as shown by the postings to this list to date. I have also always been open to participants practicing additional techniques that complement Insight, as in no way does Insight claim to be the total holistic solution to all things. I recommend other techniques and courses on the trans4mind.com Website, and I even recommended the Remote Viewing courses in my previous postings. But - I'm not going to have the Insight materials altered and expanded with techniques that do not fit in the context of Insight, or inserted at an inappropriate level in the carefully worked out safe and gradient path that Insight maps out. That is my responsibility as the supervisor of his Project.

Q: I agree that as far as achieving enlightenment and stepping off the 'Wheel of Life' after this current one the Insight project is complete as it stands but is that all that we are interested in? or do we still have in mind Irene's original goal of creating a better game?

A: The point I've tried to get across is that one should not forget the case handling materials already exist in the Insight Project and they are generically applicable to whatever else we might explore that has it's own special technology but that also might restimulate case. So if you do get involved in this separate technology, you get the benefit of new skills learned, like various psi skills, and as a side-effect new case material restimulated to further your Insight progress. But it's no use trying to use the new psi skill to handle the case that it brings up.

It's like watching violent TV programs can apparently cause violent behavior, but actually the cause is underlying unhandled case issues, not the TV programs.

A person in good shape is not nearly as susceptible to psychic attack and influence as someone who is depressed and with negative inclinations, that these external factors reinforce. A person in excellent shape is not at all susceptible.

I believe, by the way, that the filter we have built-in that cuts out our awareness of the mass of external communications, has evolved as a necessary survival protection. Can you imagine what it would be like if we were open to the telepathic communications of millions of upset or suffering individuals? One would have to be very well-sorted to confront that, and humans have not been in that clear state in recorded history.

In clearing ourselves, and increasing in awareness, responsibility and confront, it's a natural side-effect that we do become more able to open these filters and handle what is

perceived. A lot of natural psychics, who are not in the least bit clear, have a terrible time confronting that, so I do sincerely believe that for a smooth ride, it is best to get a lot of case cleared up first and be prepared to further apply such case handlings to whatever ways one might become affected.

If it becomes apparent that there are valuable case handling techniques with universal application included in various materials outside of Insight, then they may be candidates for extending and improving the Insight materials - something I'm always open to. Look how they've progressed in the last few years!

As far as learning new psi skills is concerned, though it is junior to Insight as a whole, I think it is both relevant and interesting, and I recommend participation in it, to those who feel ready (which for some may mean they want to get their case basically sorted first on Part I/II) and are interested. Not everyone will be though; we each have different realities and some may be thoroughly involved in 'down to earth' spheres of interest, whether it's playing with the stock market, enjoying their kids growing up, taking responsibility in local community affairs, or whatever.

I agree that there are available a wide Range of fabulous approaches to physical, mental and spiritual development. The Insight Project is one approach that focuses on a specific aspect - upper level spiritual case - and it is complemented by these many and varied techniques that deal with other aspects of the holistic make-up of the human being.

Not all are effective or based on valid premises, but many are, and indeed you can use your Indicator Tech to determine the validity of any new ideas - if they are charged, i.e. introducing any kind of conflict - so they do not become new fixed belief systems. And of course that applies to any ideas that are introduced within Insight materials too!

I certainly don't discourage Insight students from trying out these alternative approaches to their development. What I would emphasize though, is that you can apply your Insight skills in the context of the alternative approach, which often can bring to the surface new case that might not otherwise have become accessible for a long time.

When I did my personal training and case set-ups for Insight with Greg Mitchell and Irene Mumford (the founder of this subject) in 1990, before each session I had a preliminary hour of bioenergetic massage, intended to release blocks in the meridian energy system of the body-mind, and that was a dynamite method of bringing things to the surface that were suppressed and that were a complete surprise to me. And Greg used a Bilateral Meter, which is a dramatic enhancement of the effectiveness of one-to-one sessions.

Other things I've found to be enlightening to say the least are floatation tank sessions and the use of nootropic (mind enhancing - not hallucinogenic) drugs. Some things I've done have been in some ways basically flawed but still the experience was interesting, such as Robert Fritz's Techniques for Creating and various kinds of Rebirthing. And just having a decent diet can clear the head and remove depressive feelings that no amount of case handling would have been able to touch. If I was to get more exercise, I'm sure

I'd feel better for it. There's things that can help set up for Insight like the Centerpointe tape courses that exercise brainwave frequencies, and CES (cranial electro-stimulation) can be very effective for just getting your brain working right, in conjunction with amino-acids and other supplements. I'm sure there are many things I don't know about, and things that each of you have tried that proved either to be effective or not.

We are each very different and I would not want to discourage any person's explorations in new areas that they feel are right for them.

Q: I'm a little baffled by the fact that the "Being" knows the truth of everything, yet allows itself to be muddled up by all the lies and other crap we carry. I'm confused as to why the Being allows itself to be trapped and does nothing to free itself. Why 99.999999999% of people on this planet will never find a way out?

A: The Being does know but the mind obscures that, and Ind Tech sorts this out. As to why this occurs, the reasons are what Insight is about, but suffice to say it is a collection of safe solutions to problem conundrums connected with goals that the Being has long been involved in. The Being is playing a very fixed game here on Earth, but part of him does still know everything - it's a question of what level one chooses to operate on. We forget we have made choices and then think we are effect of circumstances. You're doing something about it now, but if it was easy or obvious you'd have done it long ago. Most people will never find a way out unless there is some paradigm shift in consciousness - a shock of some kind - on earth or between lives, that would cause people to take a new look at so much they take for granted. Awakening requires a conscious effort and for most of us that is quite a prolonged and intense struggle to really get to the bottom of all the issues. The tech works but in addition it requires a strong motivation to keep at it.

Q: I really need some things spelled out for me. I'm incapable of blind faith, having been burned many times before. If there is something I don't fully grasp is impossible for me to go on.

A: That's the best approach to take. Blind faith is not a route to insight. This stuff isn't easy and I expect plenty of questions and support to be required, so don't worry about that, that's the main thing you're paying for really. I'd much rather that, than keeping confusions to yourself and coming to a stop because of it (this happens to some people but if they don't communicate I can't help them).

About past lives

Q: As someone who still hasn't bought into the past lives thing, I'm aware that Insight openly embraces the idea and still wonder how long can I go without reaching a threshold where that belief becomes vital to proceed.

A: My experience with Insight is that preferably you are looking at what is with you right now in the present and although you may recognize a memory as being from a certain point in your existence this is not essential. When you delve into an area with

more intention (or put more attention on to an area) then your likely to pick up more on the details of what was going on.

My suggestion is don't get caught up on past lives. If they happen then cool and it may make you feel happier about not turning to dust at the end of your current life. One of the aims of Meta-Programming is to be more in the present with less attachment or resistance to your past or future.

Q: Correct me if I'm wrong, you're looking for the unaligned identities - and the beliefs (postulates) holding them in place - which are creating the mass or charge we are trying to handle.

A: Yes, it is the decisions and postulates and safe solutions, along with its position in an unresolved conflict, that remain with an identity and keep it in force as it moves forward in time to the present. The charge can be handled as if it is a present time identity, because actually it is! It is irrelevant to get into the past experience surrounding an identity, though sometimes it becomes visible and then you handle it by indicating on Repetitive Experience or Misowned experience if appropriate. But it is what is being held and used in the present that keeps the identity in restimulation that is significant.

I have come across past life identities (I suspect they're past life because they're very real to me but not things I've been this life and also some come with pictures that aren't from this life) that I can see play a big part in my current life experience, but that they are from a past life is irrelevant to the case handling, that they play a part in my current life is certainly relevant.

Beliefs are not truth and actually I can't think of any beliefs that are useful to hold, including any that may be suggested by Insight materials, such as past life experience. I tried to remove such suggestions from the materials because they are not helpful, but some remain and really they are out-points.

You can go all the way without the belief in past lives. Even if you know you have lived before, a belief in the same is not helpful. Objective observation of your present thoughts, emotions and behavior is what is required. And if you spot other beliefs being suggested by the materials, chuck them away as well, they are not required!

Richard (to a friend)**:**

"I've been working on the Insight project which is a 'DIY' project where YOU clear away all the garbage to find the underlying identities (i.e. what you are being) and clear these away also so you can work to become unstuck from the conditions of life and become increasingly whole and free again.

This works in present time, instead of digging up the past. This makes sense as the past would not be an issue if it were not for you holding onto it and carrying it with you into the present. This can happen from many different things, e.g. from not fully accepting something that has happened, or feeling guilty about something, or being hurt etc...

If you dig into the past, which I have done before, you find there is an endless amount of stuff to work through, real gain is very slow and after a while it doesn't always seem very real. When working in the present, it's much faster and you don't risk getting into anything more than what is there already. Interestingly because past experiences hang around in the present you still get to understand how things came to be the way they are now and as well as that your perception and recall of things becomes much better."

Erick: An interesting analogy came to mind. I thought knowledge could be like a hologram, in which individual pieces give you the general image of the knowledge you are facing, but only putting it all together makes the image tri-dimensional and fully defined. That's probably why some affirm knowledge itself can't elevate your awareness, but only insight. Maybe insight means the hologram is completed.

Lucid dreams

Q: I have lucid dreams occasionally, and it's like being in another universe where my postulates have a much more direct effect than here. However, it's kind of hard to stay there: the lucid dream tends to literally "dissolve", getting less and less visible very rapidly (two or 3 seconds at most, once the process begins), like if something pulls me back on some other vibration frequency, back into this universe's frequencies. When I spot the dream starting to dissolve, I have this gap of 2-3 seconds to "bring it back solid". I force it solid, putting all my attention on the textures. Sometimes this succeeds and I can play a bit longer there. Sometimes it fails and I am back in my bedroom.

So much fun in lucid dreams, things one cannot do normally, but that you can do there because of no nasty consequences! Pure game, spirit of play, pleasure of experiences...

Sometimes I wake up after a non-lucid dream and remember there was some aspect that could not have happened in real life. How come I did not spot it while in the dream? It's like some aspect of my reasoning mind was absent. I was aware and experiencing the dream as if it was real, but did could not spot that it was a dream when the unreal things happened - I didn't become lucid! However, occasionally, I do spot that I'm dreaming, and then it becomes a lucid dream, where I can try all kind of things and have fun.

My question is: why is it so rare to "spot" that one is in a dream? The fact that one can sometimes do it is also interesting in itself: the ability is there, but very rarely active. Why? Any ideas, thoughts on that matter?

A: I guess that's the million dollar question. Similarly, why do we only occasionally awaken from this physical reality dream on Earth? It's because we identify with a viewpoint, like the view from 'self' in the dream or the view from your body's eyes in the waking reality. What you identify with you can't view or be objective about.

Q: Lucid dreaming occurs when you get aware of yourself like when awake and spot some impossibilities indicating that you are in a dream. The dreaming mainly goes on in the right brain hemisphere and the 'ego' identity in the left hemisphere. If this is so, then lucid dreaming should be easier when both hemispheres are working in good

communication. The Insight Project should thus make lucid dreaming easier. What is your experience on that?

A: Lucid dreaming is enhanced in my experience through the increased awareness and improved L/R communication that naturally occurs as case is resolved (since case is the factor that reduces L/R communication).

Take a look at www.mysticweb.org and follow the links from there. It's a good source of information about awareness and lucid dreaming and their free online course is worth doing too. This sort of information is complementary to resolving case issues on Insight, so I think it's good to be open to such sources of undogmatic and open-minded materials.

Q: I believe Ron Hubbard was the originator or re-discoverer of the "physical universe game" idea. Do you know how he got to that?

A: He stole the philosophical outline developed by Jack Parsons, a physicist who was also very involved with Crowley, as was Hubbard at the time. Scientology mysteriously appeared one month after Parsons died, with the philosophical basis miraculously fully developed.

Q: Why did a soul capable of such insights turn wacko?

A: They weren't necessarily his insights, though Hubbard certainly had a prolific and inventive mind. His story was a long line of misdeeds covered up by lies, and hidden evil purposes, and that eventually paid its toll. His initial Goals technique had basic errors and made those who did it pretty crazy. He changed drastically for the worse after that, in '63, and the equally crazy OT Levels then emerged.

Q: I do wonder how Irene Mumford figured all of this out? I presume that Meta-Programming is mostly her work.

A: Level 10 of Part I, which together with Indicator Tech was Irene's original breakthrough, is based on the Goals-running courses held by Hubbard in 1963 which she attended … and they did her in. The only thing that can sort out improperly run Goals is to run them properly and that wasn't possible then. So Irene stayed crazy for 20 years until she gave up on advanced Scientology (which made her even crazier) and decided to go back to basics and find out why the Goals tech didn't work back in 63. She did find that out and ran it properly and became sane again (though she was crazy she was not stupid). That became Dianasis when she shared it with other old-timers, which is now Level 10 (the rest being a gradient that I added) and the subject evolved as one insight led to another, incorporating also the wisdom of ancient philosophies and transpersonal psychologies.

Q: Do you know of anyone who is able to create or move physical matter at will?

A: The experience of Dale Askew, described in the May 2001 Newsletter, is pretty much that. And a very similar experience was independently described by a friend in LA, with accompanying psychic and materializing abilities, at least for a while. But being in a

body, playing a game (the human experience) at physical universe level, is not conducive to operating at source level, "playing God", other than at such 'peak moments' - the connections and agreements are too strong.

Of course we can all create at our 'own universe' level, rather like the abilities of lucid dreaming, and this carries over into everyday life as intentions (when effortless and certain) come to pass, and knowingness proves true, and these are much more common validations of the higher self, experienced by myself and Insight students.

Q: Wouldn't someone who, say, finished Part V be able to attain source status at any time? Wouldn't someone like that be able to achieve immense riches and share with the poor? Wouldn't someone like that be able to influence very important people at key places in order to save the environment? One of the basic axioms of spiritual knowledge is that we are all spirit, the same spirit who creates the universe. Wouldn't someone who reached it's spirit source be able to accomplish the things above and more?

A: But if you're operating as spiritual Source, you're not being Peter Shepherd or Erick Espinar-Mick, having a human experience on the playing field of Earth. The EP of Part V is full realization of what is, not necessarily to be God! Yes, if you've sorted all issues of your case on Insight, then you should be able to attain this Source status at any time. As one works through the Project one gets at least the taste of this - more and more as one progresses. But still there are indeed agreements about the physical universe game and our involvement, and what is OK to influence or affect, including with the body's inbuilt intelligence, and with the culture and beings that supervise these levels, and it is up to the individual whether s/he wants to be independent of all such restrictions.

Q: I've had many lucid dreaming experiences myself (I used to be a Castaneda freak), as well as astral projection experiences. A very close relative of mine is a natural medium and experiences projection and some weird things regularly. But all this doesn't mean a thing for you in the everyday world. It doesn't bring compassion or CUE unless you do the clearing work.

A: Exactly and that is why I don't emphasize psychic abilities and the like. They may or may not occur, and there seem to be genetic limitations for many people (brain chemistry and the like). What matters is clearing the case, that's what Insight is about. There are excellent courses available to train and enhance psychic abilities. These complement Insight and Insight complements them. When you die you leave the body with your case intact, then you're operating outside the body and in the afterlife plane you may be very powerful psychically, but still as limited as ever by the fixed ideas of your case, unless you've handled these on Insight.

Also, if such psi stuff is what you measure case gains by, then that acts as a hidden standard so every small gain is invalidated as irrelevant (not giving psi abilities) and the various small gains do not have a chance to add up to the big changes, as they would otherwise do. Ironically such big changes may well have psi implications.

Q: I understand you can recover one's connection and one-ness with the 'Source' or 'Universal Consciousness' and still be completely aware of your individuality. You may transcend the limitations of your persona but still be utterly connected with it. I would think you could still operate in the physical universe, only now you're able to align with its flows and thus be able to accomplish much more. History certainly agrees with your view in the sense that mystics and people who attained high degrees of source rarely openly use their powers and generally denigrate them as irrelevant. It may also be, as many have reported, that once you reach a high degree of unity with the source you perceive everything as being OK and thus nothing needs to be changed, or that nothing should be changed in that way. It just seems like a paradox though, in these times of imminent self-destruction. Maybe we can start to change that pattern.

A: Well, I certainly no longer accept the authority of beings like 'spirit guides' who may think they can direct you into continuing to "play the game" or not disrupt it, for the sake of millions of others who need to learn from it. Or to go back to continue one's purpose of being of service to humanity. At the same time, they have a point and the things one would ethically do, according to the big picture, are not all of the things one might like to do. I feel that post-Insight we can be independent in this regard but not irresponsible.

Q: I would have thought the more source you become the more compassionate you become and thus being of service to humanity would be the natural thing to do.

A: Yes, but do that because you want to, not because some authority says so. In fact, spiritual guides and presences do not over-ride freedom of choice, in my experience. But one has made agreements that make sense. Agreements is a Level late on Part V.

Q: I haven't response any material that talks in terms of not disrupting the game, though.

A: That is a factor in my experience. The hatred most cultures have for those who 'break the rules' and are at cause over materiality, even those that do healing, burning them as witches in the past and suppressing them these days, is based on this fear of the safe solutions of the status quo being no longer secure. But also, we are part of a collective consciousness of human beings, particularly in the sense of our body-minds, with such things as astrological and archetypal factors playing a part, so humans have mapped out destinies. We need to be independent of this level of programming, but also mindful of it's significance in the culture around us.

Q: There seem to be two different schools of thought here, one (which includes most spiritual paths) saying that incarnation has the purpose of purification and spiritual growth until we regain our shared divinity. The other, like Gnosticism, Platonic thought, and the more recent Crowley, Scientology, some UFO stuff and even Castaneda's writings, talk about escaping from some kind of forced imprisonment, attributing some evil qualities to whatever is running us without our knowledge.

I'm mostly inclined to the first. Although I can't help being influenced by the conspiracy feeling of the second. When I look at the amazing, almost inextricable way my conflict structures were arranged, I can sense a hint of very intelligent design, almost as if they were designed never to be solved. The fact that Insight's tech is based largely on Scientology ideas makes it a little more confusing still.

A: I'm inclined to the first too. Insight's basis is in early Scientology, before all the paranoia set in - it has little relation with the later version of the subject that most intelligent people despise. I think the 'imprisonment' ideas are projections of case. I response a book called The Journey Home by Lee Carroll, in the Kryon series, that is much closer to the way things are in my experience. Any 'space opera' nasty stuff has always response Imprinted in my case, i.e. just mocked up according to the Scientology evaluations I was exposed to in the past. Many times a Truth has evolved from my Indicator Tech that indicates one is fully responsible and therefore in charge of one's own future. And fully responsible also for the creation of one's Goal Conflict Structures, especially as they emerge in the form of Own Goals after Part II, based on one's own higher postulates.

Q: Another piece of puzzling thought arose recently when I was responding some Tibetan stuff , Tulku's "Hidden Mind of Freedom" (which is supposedly what the advanced Avatar materials are based on). To my amazement, I found the most advanced description of awareness and consciousness handling I had ever laid my eyes upon. These people were masters of awareness, way beyond any other human culture to date, but it didn't help a bit against the Chinese invasion of their homeland. Are compassion and the feeling the universe is OK just another device to fool us? Are they just "rules" of the game? Or are they our true purpose?

A: Very good questions. Advanced Avatar is not particularly advanced, by the way, in my opinion, but certainly advanced Tibetan Buddhism is. The book you mention is available at http://www.bodhistore.com/hiddenmind.htm and I agree with your recommendation. But as you say, the Tibetans did nothing physical to protect their homeland nor did they influence minds, when all indications show they had the power to.

I don't think our situation is 'OK.' We're mostly asleep spiritually, with highly developed (GCS) cases that are not likely to suddenly become resolved to enable freedom from cyclic rebirth and continuation of destructive eco-social trends, some of which indicate a scary end. But this is largely of our own making, not imposed in some sinister way. There may also have been sinister influences, but it's ultimately our choice if we go along with them. But are we all imprinted with "Don't break the physical rules" and "The rules are there for the overall good" and "Things are as they should be according to the plans we made for our life lessons"? Well, sometimes an imprint and the truth coincide: we can follow the principle other-determinedly or (by choice) self-determinedly or pan-determinedly.

We need to continue working on our cases and expect clearer answers to these sort of questions to emerge at the appropriate time; intellect does not really answer them, and intuitively the window may not yet be clear enough for us to see properly.

Q: It's amazing how as you start to recover your status as source, the Insight stuff becomes so much more compelling and at the same time an amazing possibility. The techniques are much easier to apply, since you know what you want out of them and your knowingness is crisper. I can certainly say that as I look back, I'm totally bewildered at the fact that ideas I found hard to accept in the past are now an integral part of my belief system. And it's not because I've become gullible but because I've fully owned up to them by experiencing first hand their validity.

Now as I stand in a plateau where I can peek at the possibility of a universe created by us in present time, I want to continue to apply the same objectivity that got me there. Hence the reason of my inquiries about the ways we can operate from source.

A: It depends what level you're viewing from and operating at. From source, it is as you say. From a mind or body viewpoint it is quite different, more like the conventional view. All are true at the same time. This is the article I wrote in the May 2001 Newsletter about 3 levels of game:

Play the (Right) Game

It is sometimes hard to reconcile the physical realities of life with the high-level spiritual truth that "you create your own reality". I think we need to look at it this way. Life is a game, and games necessarily have these elements: freedoms (to choose and act), barriers (to define the field of play) and problems (challenges to overcome). The wholeness is broken up - we move from knowing to not knowing - in order to become whole again. There are three types of game that each of us plays here on Earth:

Physical Game: Within the fixed boundaries of physics, a reality we share with everyone else, we can create by moving, building, touching, and so on. As far as the body is concerned, it's a survival game, a playing field of eating, sex, emotion and effort. Here we need to illustrate and obtain agreement about changes we want to make, or we can expect to find opposition.

Mental Game: We create our own reality in our minds through our interpretation of events, based on beliefs that we have learned through negative and positive learning experiences. Our world view is through this colored filter, that is different for each person. It may be under our control or reactive and irrational. We also may adopt many different identities, and accompanying filters, according to the various situations and relationships in our lives.

Spiritual Game: We only occasionally awaken to this level, which is the viewpoint of pure will, determined by unlimited communication, understanding and empathy. This is what we might call God's love, of which we all are essentially an integral part. There are no physical barriers from this view, and the game is one of reconnecting, with the

benefit of shared experience. This is the source that is ultimately responsible for creation, and we each play our part in that.

We play at all levels simultaneously, and they each have truths that appear to contradict but actually are complementary, when seen like this.

Q: What kind of things are you looking at after Part V. Are there further Parts?

A: After Part V, I'm working right now on Part III! Or wherever I'm interested to go. This is because from the viewpoint of Part V, and with the additional techniques introduced there, areas looked at on earlier Parts now have new dimensions and unhandled aspects. And life introduces new issues, especially as one expands into new areas of responsibility and awareness, giving new experiences with energies/identities and so on that I'd never considered before. It's easier and quicker now, but I do find there are many of these 'cyclic' gains to be made. The EP of Part V is not an absolute, nor a stop to one's continued development. (Same applies when say you're on Part III and some Part I technique becomes relevant that perhaps never did before).

When life brings up areas of case that could do with more clearing, then you need to look at what is the best tech to deal with it. In my case, sometimes it's not so much metered sessions as confronting and understanding with the benefit of my insights from Parts I-V. After all, we can't take a meter with us when we move on, but after plenty of experience, and when you know there is little suppressed case left to trick you up, your knowingness is sufficient guide.

(5) RELEASING PAINFUL EMOTIONS

The work we do on the New Life Course and the Insight Project is more in the field of personal development than psychotherapy, i.e. you're starting off with a state of reasonably happy and stable, and looking to enhance your life by recovering freedom of viewpoint, free of cultural conditioning and also free of previous belief systems, including unconscious ones - so there is some overlap with psychotherapy.

In therapy you are looking to uncover the underlying beliefs that cause the presenting problem, which is causing the client distress, but first you have to release the painful emotion enough so that the client is capable of looking deeper. On the courses the student is not suffering distress so you can ask directly for beliefs in many specific areas and address them. Though the student may not feel distress in any area, they are looking to find areas in which they might be blocked, and in Meta-Programming there are special techniques for that, using GSR biofeedback as an aid to detect subconscious suppressed material and to reinforce intuitive insights.

As you work on Insight, you may nevertheless restimulate something you can't think about without tears, or which causes an unconfrontable fear that severely interrupts what you want to do in life. Or it may have deeper roots in the kind of case that is handled on Insight, to do with personal identity and life goals.

The model that is most effective to help with this is Rational Emotive Therapy as discovered by Albert Ellis, and fully described in Transforming the Mind. Briefly stated, it is about spotting the thoughts that go through your mind when circumstances trigger an unpleasant or self-defeating emotional reaction, resulting in behavior that is not in one's best interest. In other words it is the irrational thoughts that drive emotions and resulting behavior. These thoughts derive from times when they seemed like the best solution to trying circumstances, and they may be an agreement with a dominant or persuasive force. Then, because those circumstances were unpleasant and so later suppressed, the accompanying thoughts, decisions and purposes become suppressed too, but continue to operate subconsciously.

When brought to light, it is normally apparent that the thoughts are affecting current life unnecessarily, as they are usually an over-generalization, an exaggeration, a negativity or an intolerance that is irrational. The therapist asks appropriate questions so that the client can see this for themselves - being careful not to evaluate for the client: it needs to be their own insight to be meaningful and to give positive change (this is the main difference between psychoanalysis in which evaluation is used in error, in my opinion).

So the route to the beliefs is to find the situation that triggers unwanted feelings and behavior, then see what the underlying thoughts are that drive that reaction - often fleeting and suppressed, so one needs to go over the incident repeatedly until it can be viewed with equanimity. Also there are frequently similar, connected experiences that underlie the more recent one that is first recalled, and one needs to go back down a

chain of such experiences to find the time when a basic decision was made that affects all later situations. This will be familiar to you from the Primary handlings in Level 2.

Finding that decision is therefore crucial to resolving the problem, and when it is seen in the light of an objective view this is a great relief, because the decision - and the beliefs surrounding it - can normally be changed quite readily. It may however mean finding a new solution to the problem that it has been 'solving' in the person's mind. This may be difficult if the solution is used to make the person feel right (or justified if connected with misdeeds) and/or to make others wrong defensively or manipulatively. Again the therapist needs to ask appropriate questions to expand the client's view in this area. In personal development the student can ask these questions, having been educated in the principles involved, and being emotionally stable enough to do so.

So these are the principles involved, that are common to much of humanistic psychology, and in my approach are also the basis for further transpersonal work. The way it works is this:

1. The person has a traumatic experience, of pain or loss.

2. As a result of the experience, s/he makes a decision or intention for the future, such as "men are violent bastards" which becomes part of their belief system.

3. Because the incident was painful it is suppressed, together with the decision, which therefore continues to act subconsciously.

4. When the incident is restimulated by similar circumstances in the present, the old decision is subconsciously dramatized.

5. The decision may have been relevant and appropriate to the original circumstances but it is probably not appropriate now - it is therefore irrational and somewhat stupid, i.e. it may contain an assumption or generalization that causes intolerance or negativity.

6. The subconscious decision also causes unpleasant emotions (sadness, fear, antagonism, anger, etc), which drive the person to behave in an inappropriate and self-defeating way. This is the cycle of irrationality - misemotion - negative behavior pattern that is described in rational-emotive therapy and in Transforming the Mind.

In helping yourself in this way, you can use the technique of Releasing, described here in the next pages, to become able to re-experience the painful emotion, to the point that you realize that you actually create the emotion based on your interpretation of events, and that you are not the emotion, i.e. "I create the feeling of being angry" rather than "I am angry".

For the releasing to be permanent you need to spot the underlying irrational thought, assumption, decision or intention, and how it has been driving your emotions. When that is handled, and you feel free of such 'unexplained' feelings and behaviors, that's it. It's best not to dig up further traumatic incidents that are not already in restimulation; there are better ways to be free of these, by continuing Meta-Programming.

Release Technique

This is a process of consciously and intentionally releasing emotions as they arise - a technique developed by Lester Levinson. In essence, Levinson found that people have three usual ways of handling a feeling:

* The first way is to **suppress the feeling**. But suppressed feelings don't go away - they build up and fester inside, causing anxiety, tension, depression, and a host of stress-related problems. The repressed energy (or 'charge') these suppressed feelings create eventually drives you to behave in ways you don't like or understand, and which you cannot control.

* The second way is to **express the feeling**. By 'blowing up' or losing our tempers we relieve the pressure of the accumulated emotions. This can feel good because it puts the feeling into action - but it doesn't get rid of the feeling, or the roots that create the feeling; it simply relieves the pressure of it momentarily. Negative emotions may also be unpleasant for the person on the receiving end, which in turn causes more distress and guilt.

* The third common way to cope with feelings is by attempting to **avoid the issue by attending instead to distractions** - by talking, watching TV, eating, smoking, drinking, taking drugs, having sex, etc. But despite our attempts to escape them, the feelings are still there - and still take their toll in the form of stress.

But there is another option for handling a feeling - you can focus on it, fully experience it, and then let go of it: release it, discharge it.

This is the healthiest way to handle a feeling that is consuming us. We've all had the experience of being in the midst of an emotional explosion and then suddenly began to laugh at ourselves, realizing how silly or inappropriate or useless our behavior is. In other words we became conscious.

Painful feelings include the following:

* **Apathy** and related feelings such as cold, cut-off, dead, defeated, depressed, discouraged, disillusioned, drained, futile, hopeless, lost, numb, overwhelmed, resigned, shocked, stuck, worthless, neglected, unaccepted, insignificant, lifeless, abandoned, loveless, pessimistic, rigid, stagnant, stopped, insensitive, disconnected, depressed, defeated.

* **Grief** and related feelings such as abandoned, abused, accused, anguished, ashamed, betrayed, blaming, cheated, embarrassed, helpless, hurt, ignored, left out, longing, loss, melancholy, misunderstood, neglected, pity, poor me, regret, rejection, remorse, sad, unhappy, melancholic, betrayed, discouraged, self-punishing.

* **Fear** and related feelings such as trapped, anxious, apprehensive, cowardly, devious, doubt, dread, foreboding, inhibited, insecure, jealous, nervous, panicky, scared, secretive, shaky, shy, stage-fright, suspicious, tense, trapped, withdrawn, worried, threatened, fearful, undesirable.

* **Resentment** and related feelings such as exploited, harassed, frustrated, deprived, hurt, embarrassed, used, abused, confused, rejected, offended, unacknowledged, disappointed, ignored, hidden hostility.

* **Anger** and related feelings such as aggressive, annoyed, defiant, demanding, disgusted, fierce, frustrated, furious, hatred, impatience, lack of control, mad, mean, outraged, rebellious, resentment, rude, spiteful, stern, stubborn, vengeful, vicious, violent.

* **Antagonism** and related compulsive feelings such as aloof, argumentative, arrogant, boastful, clever, contemptuous, craving, critical, demanding, driven, envious, frustrated, greedy, impatient, judgmental, manipulative, lack of acceptance or approval, need to be right, lust, obsessed, pushy, resentment, righteous, rigid, ruthless, selfish, self-satisfied, snobbish, spoiled, superior, unforgiving, vain; wanting desperately to have or to hurt; wanting to make another wrong.

* **Indifference** and related feelings such as bored, careless, cautious, conservative, forgetful, indecisive, lazy, skeptical, tired.

The Release Procedure

Step One: Locate. Find the painful feeling that is upsetting you now.

Step Two: Identify your feeling. Describe the current feeling. What word comes to mind? If necessary examine the previous list of feelings as a reminder. Check on the list also to determine the primary nature of the feeling - for example, if you perform your releasing operation on fear, rather than hesitance or worry, you will find the results are much more dramatic and powerful.

Step Three: Focus. What do you really feel? Open yourself up, become aware of the physical sensations attached to the feeling and focus on them.

Step Four: Feel your feeling. Deliberately create it. Let your feeling inhabit your entire body and mind. If the feeling is a grief feeling, you may break into tears; if it is anger, you may feel your blood begin to boil. That's good - now is the time to feel the feeling.

Step Five: Individuate. Become aware of the difference between your Self - YOU - and what that Self is FEELING. When the feeling is fully experienced and accepted, there will at some point be a clear sensation that your feeling is not you, so it would be possible to let go of the feeling.

If you do not feel that it is possible to let the feeling go, feel it some more. Sooner or later you will reach a point where you can truthfully answer: "Yes, I could let this feeling go".

Step Six: Learn the lesson. Spot the underlying thought, assumption, decision or intention, and how it has been driving your emotions. See now how rational it is in interpreting your current circumstances, even though it may have seemed appropriate in

the past. What do you learn from this? To help you see the truth of the matter, use Indicator Tech on responding expressions that emerge from this process.

The most vital aspect of this process is the learning of life lessons. Unless you recognize what you are to learn from your negative emotions, they will not release permanently, because they will have to regenerate again until the lesson is learned once and for all. After all, the very nature of negative emotions is a message to you -- letting you know that something needs to be learned. When you don't recognize the situation as an opportunity to learn, another situation will be created. And it will continue to be re-created until the lesson is learned.

Step Seven: Release. When will you let this feeling go? Sooner or later you will be able to answer: "I am willing to let this feeling go now". So let the feeling go, simply release it, if you haven't done so spontaneously. It feels good to let it go - all the built-up energy that has been held in the body is released. There is a sudden decrease in physical and nervous tension. You will feel more relaxed, calm, centered.

Step Eight: Check. Do you still have any of the feeling? If some of it is still there then go through the procedure again. Often releasing is like a well - you release some and then more arises. Some of our pent-up emotions are so deep that they require a number of releases.

It is possible that in the course of releasing a particular Traumatic Experience comes to mind, the original experience which set up the pattern of negative thoughts and painful emotions every time it is restimulated in similar circumstances, and even though you've released the emotions and decisions, you still feel uncomfortable in confronting the experience and you still feel it has an affect on you. The following Trauma Handling will help by clearing the Identity issues that keep the experience in restimulation.

Once you've learned to Release you'll find that simply becoming aware of a feeling is often enough to trigger a natural, spontaneous release, and you will carry the ability over into your everyday life, resulting in a stress-free mind and body.

The New Life Course, which is freely available to Insight students contains a number of additional handlings for fixed emotional states. It's a good idea to be familiar with the contents of the New Life Course, as sometimes the techniques in there are very useful and nicely complement those in Part I.

(6) TRAUMA HANDLING

If a traumatic experience becomes heavily restimulated during your session, normally the best thing to do is end the session and have a few days break; this will naturally cause the incident to move back into the past. If pictures remain, apply the Stuck Picture Handling. If painful emotions are upsetting you, do the Release Technique in Appendix 6.

Sometimes one continues to dramatize the Identity one adopted as a result of the traumatic experience and this holds the experience in Present Time. In this case, and if this situation responds majorly in your Session Assessment, apply the following **Trauma Handling**:

1. Date/Locate the end of the incident (D/L described on page 233).

2. LIST: **'W/W were you being at the end of the incident?'**

3. Clean VI with Repeater and Indicator Tech. Apply the Assumed Identity Handling if appropriate. Oppose (continue to Parcel on Level 10).

4. Date/Locate the start of the incident.

5. LIST: **'W/W were you being at the start of the incident?'**

6. Clean VI with Repeater and Indicator Tech. Apply Assumed Identity Handling if appropriate. Oppose (continue to Parcel on Level 10).

7. A further aspect to examine would be:

    Is there anything you wanted to say but didn't?

Clean all responding Expressions with Indicator tech.

8. If the incident is still not clear, ask:

    Was there a suppressive influence at that time?

Spot the source of overwhelm in the incident or what caused you not to be able to have what you wanted. Apply the Suppression Handling on page 203.

When the end-point has been attained, the positive gains from the session can be realized and integrated by asking the following questions:

    Is there something you have realized?
    Has something been connected up with?
    Has something been shown to be true?
    Is something changing in your life?

(7) GLOSSARY

A-LINE Association-Line. The charge that runs between two apparently similar Items on different Goals, on the basis of the A=B=C of the Reactive Mind. It will produce that Item that is more confrontable to the Being than the next Item he should be producing on the Line between Identity and Opposed Identity, if the Goals running is forced beyond his Awareness, Responsibility and Confront. It is the main cause of foul-ups, wrong Items, wrong Goals etc.

ACTUAL That which exists despite all appearances; that which underlies the way things seem to be; the truth of existence. That which appears to be true for the Being is monitored solely by his Awareness, Responsibility and Confront at any given moment of time and his Postulates.

COEX Abbreviation for COndensed EXperience. A minor Reactive Mind that lies between the Identity and Opposed Identity and that is generated by the charge flowing between these two Items. It contains long and short lengths of experience in which the Spiritual Being, identifying with and dramatizing the Identity, opposes the Opposed Identity (or assigned the OppID identity to others in order to oppose the OppID). The charge contained in the COEX releases automatically when the OppID is found. The COEX that is restimulated and dramatized in Present Time prevents the Being viewing the OppID and must be discharged by lower Level techniques to a point where the OppID becomes available.

COMPOSITE: The human being, consisting of a Body, a Mind (the 'e go' or human personality including a Cognitive and a Reactive Mind) and a Spiritual Being (the spiritual essence that is not of the body but may be identified with the body by its own considerations - the Higher Mind).

CONFLICT STRUCTURE The diagrammatic record of the Goal and those Identities and Opposed Identities that have been assessed as Verified Items on that Goal. It is written up in the sequence in which the Verified Items were found with the Identities (IDs) on the left, the Opposed Identities (OppIDs) on the right, and a vertical arrow shows the direction in which the Structure was compiled.

DATE/LOCATE (Abbr. D/L) A procedure whereby the precise date and time and location of an incident or release point are ascertained, if necessary with the aid of the InnerTrac. The result of so doing is to release (de-stimulate) associated charge, as the handling inserts both Time and Space into the Reactive Mind. It can only be done effectively if the Being's considerations on the date and location, which act as Postulates, are handled with Indicator Tech.

DEAD HORSE (Abbr. D/H) A Listing Question that does not response, even though attempts to activate it with Suppress buttons have been made. A Dead Horse occurs when the Being's Awareness, Responsibility and Confront are not high enough for him to be able to see the next Item, which is therefore not available.

DUPLICATE To make something disappear by duplicating it exactly in its own matter, energy, space, and time, i.e. re-creating it exactly as the original Postulate.

GOAL CONFLICT STRUCTURE A composite of all the games played to achieve the Postulate and purpose of the Goal, that were never won or lost. These games hang perpetually in Present Time because they are still games-in-progress. The actual Identities and Opposed Identities vary for each Being and are what the Being says they are if they assess out as Verified Items. These masses connect with Present Time via the Safe Solutions and they are what pull the Imprint phenomena in on the Being.

GOAL That cycle of action, set up as a solution to the failed Postulate that precedes it, dependent upon physical effort. As this requires the use of Force it attracts Counter Forces, as a basic law of physics (Newton: For every action there is an equal and opposite reaction). The cycle of action is Be-Do-Have: one adopts an appropriate Identity to act towards a desired Goal.

GOALS CHANNEL That part of the Reactive Mind held in place by the Spiritual Being's Postulates which produce the Goal Conflict Structures. One Goal leads in series to the next Goal, which is in harmony or opposition to the previous Goal.

GUY-ROPES Those Postulates, Goals and Safe Solutions that the Being has generated as a solution to his entrapment and which pull in and hold the contents of the Imprint phenomena in Present Time. In particular, the concatenation of lies, false data, Misowned Experience and Safe Solutions attached to Imprint-Influenced Goals hold the Imprint in Present Time. These are creations that the Being has made or misowned in order to cope with the Imprint. By doing this the Being continues to grant life to the Imprint and so keeps it created. In addition, Guy-Ropes are that matrix of Postulates that made it possible for the Spiritual Being to become the effect of the Imprint phenomena.

HAVINGNESS: A subjective feeling of ownership and reliable persistence of one's reality and achievements. It is part of the cycle of action Be - Do - Have. Havingness includes one's mental structures, such as belief systems, as well as one's problems and their safe solutions.

HIGHER MIND: The 'Higher Mind' is the sum of the Postulates, Considerations, Opinions and Evaluations made by the Spiritual Being which have not been duplicated, i.e. are still in operation.

IMPRINT That phenomena that restimulates each lifetime upon the adoption of a body and impinges upon the Being so that he acts and reacts on the basis of its aberrative and false content. The foundation upon which each lifetime's cultural and traumatic conditioning is built.

IMPRINT-INFLUENCED GOAL That Goal generated by the Being in an attempt to get in his own Spiritual objectives, in spite of the effects of the Imprint phenomena. At first they appear to run as his Own Goals and, in that he created them, they are his own. But they feed charge from the Imprint as they are based not on what he wanted to achieve but to attack, flee, avoid, neglect and succumb to the Imprint as a means to

survive as himself and somehow get on with his own purposes which, of course, are being obfuscated somewhat by the Imprint.

IMPRINTED GOAL   An Imprinted Goal Conflict Structure. That concatenation of intention versus counter-intention conflict that has been imposed on the Being and which he has misowned and tried to resolve and which influences his present game detrimentally.

INDICATOR TECHNIQUE   The basic handling used throughout Meta-Programming which isolates and indicates the relative truth, as it is for the Being at that Level, of the Item being viewed, and which clarifies whether Misowned Experience or Repetitive Experience is attached. Indicator Tech resolves the fundamental issue of misownership and reveals material which would not otherwise be available and releases the Being from the lies and misownerships that trap him in his own game.

ITEM Any one of a list of identities, things, people, ideas, significances, purposes, etc., given as an answer to a question while listing. There is in fact no limitation on what the practitioner may list. An Item which is Verified as Correct may be cleaned of charge by Repeater and Indicator Tech and then plotted on a Conflict Structure.

LISTING   A procedure in which one gives a list of answers to a question, in order to find the single Item to which the charge on the other listed items transfers.

LISTING QUESTION   A question that relates to a specific context or 'Source' and which, when listed from, will produce a single Correct Item. The most commonly used Listing Questions are: 'W/W would (Identity) oppose?' and 'W/W would oppose (Opposed Identity)?'

LOWER LEVELS   That area of case which is preparatory to running Goals, included in Levels 1-9 of Part I. When run successfully this produces the state of case known as Stable Case.

MELD   To join two sequences together where the join doesn't show because they belong together naturally. This particularly applies to joining two Parcels together as part of a Goal Conflict Structure.

MISOWNED EXPERIENCE (Abbr. MEX)   Incidents, memories, significances etc. that never actually happened to the Being. Experience that does not belong to the Being because he did not live it. The Imprint phenomena contains much of this material that the Being has misowned and acted upon as his own and which is therefore highly aberrative.

NUDGE BUTTONS   The Nudge buttons are: 'Is there more to it? Is something being suppressed? Is something being invalidated? Is something unacknowledged?' They are used when an Expression doesn't response, to add to the unresponding Expression and so get the full responding Expression.

OPEN LINE ASSESSMENT (Abbr. OLA)   An assessment which contains all the Listing Questions that have Dead-Horsed during the procedure to date, hence leaving

open the Line from Identity to Opposed Identity on the Conflict Structure. In other words, the Open Line Assessment keeps track of all the cycles of action that are as yet incomplete. It is a complete list of Dead-Horse questions and also, hunches and miscellaneous material that has come up previously but was unrunnable at that time but can be assessed when a new take-off point is needed. It is the bull-pen where Listing Questions that were not previously runnable are held until they come alive when the intervening material has been run.

OPPOSED IDENTITY (Abbr. OppID)   That Identity which could not be prevailed against or succumbed to. The opponent in a game that is still being played out in PT. The denied and resisted space of an Identity that the Being has no affinity for and could not be or duplicate.

PARCEL   A package of four to five Items that are obtained from running a Conflict Structure of IDs opposing OppIDs, and which ends in an OppID which cannot be further opposed since the Listing Question to do so is a Dead Horse.

POSTULATE   A causative decision or intention.

PROBLEM   A problem is intention versus counter-intention resulting in indecision, worry and confusion. The conflict arising from two opposing intentions. Something which is persisting, the duplication of which cannot be attained easily. Something that bothers a person that he can't handle or resolve. Two equally opposed forces or equally balanced sets of considerations in which only one resolution is acceptable but is unattainable. The end result of a game the Being made important and took seriously and thereby made solid.

REACTIVE MIND   The 'Reactive Mind' is the conglomeration of aberrative mental material that affects the human being, causing 'reactive' stimulus-response dramatization (unconscious behavior). This material is either Imprinted through the body's innate programming and subsequent cultural and traumatic conditioning or created by the Composite (Spirit-Mind-Body) human being under the influence of the Imprint phenomena, such as misconceived Postulates, Goals and Safe Solutions.

REPEATER TECHNIQUE   A repetitive statement of the Item found, called in repetitive sequences of three. It stimulates the material in the Reactive Mind that is connected to the Item so that it can be retrieved and expressed.

REPETITIVE EXPERIENCE (Abbr. REX) Experience that is constructed in such a way as to make it go on for ever until its exact nature is indicated. It appears to be a perpetually repetitive occurrence in the Being's life. If the content of Repetitive Experience is run it never goes flat. It can only be resolved by Indicating what it is. Repetitive Experience is best demonstrated by holding two mirrors facing one another. The reflections will show an infinity of mirrors.

SAFE SOLUTION   A computation, stuck viewpoint (Identity), fixed idea, belief or assumption, that is used by the Being to handle existence without further inspection.

SESSION ASSESSMENT A list created as a Case Supervision (C/S) action, before going into session, of possible things to handle next. It is not expected to be a complete list but it may contain several runnable items for that Level. It is always concluded by the question 'Something Else?' to cover the missing part of the list. If 'Something Else?' was the major response one would then look towards the OLA and the Something Else List to find the missing items.

SIGNIFICANCE A word which is used in the special sense to denote any thought, decision, concept, idea, purpose or meaning in the mind.

SUBSTITUTE BEINGNESS The most powerful and assertive Identity the Being dramatizes to handle his role in the Physical Game. If the Being becomes thwarted in his purposes he will go into total opposition to anything that he substitutes for its Opposed Identity. It appears from an outside viewpoint to be a major Safe Solution on the case which, of course, it is. It is apparent to others but not to the Being as he is thoroughly being it and therefore can not see it himself.

UNSUPPRESSED GOALS Minor goals, mostly confined solely to this lifetime. Those minor targets and purposes of this life which link onto the main Goals Channel. These need to be discriminated with the '1000 Goals List' in order to gain entrance to the main Goals Channel.

VERIFIED ITEM (Abbr. VI) An Item which has resulted from a correctly-done Listing, has been Verified as the Correct Item and which is then cleaned with Repeater and Indicator Tech to Release. It is then a suitable Item to become the Source for subsequent actions.

VERIFIED LISTING An action whereby a Listing Question which responds majorly from an assessment of comparable Listing Questions or which is the next step of the Meta-Programming procedure and is responding, is listed from to produce a complete list which is then assessed. The resulting Item is Indicated and then Verified before it is cleaned with Repeater and Indicator Tech.

W/W An abbreviation for 'Who or What?', which asks for beingnesses, identities, objects, concepts, evaluations, considerations etc. that apply to the subject the W/W is asked on. It is the standard prefix used when running Goal Listing Questions.

WHIRLPOOL An automatic response to a listing question that should not be interrupted by inspecting the InnerTrac or doing anything other than listing the items that come into view.

WRONG-WAY-TO LIST Listing against the flow-line of the Goal. For example: 'W/W would (Opposed Identity) oppose?' or 'W/W would oppose (Identity)?' are both the wrong way to list, since the Identity should always be at cause in a Listing Question. To List in the wrong way would be harmful to the Awareness, Responsibility and Confront of the Being.

(8) ABBREVIATIONS

BD	Balance Drop.
C/S	Case Supervisor.
D/H	Dead Horse.
D/L	Date/Locate
E of S	End of Session.
EP	End Point
Ext	Exteriorization.
F	Discharge.
GIs	Good Indicators.
Ind.	Indicate
Inval	Invalidated.
LF	Large Discharge.
LFBD	Large Discharge Balance Drop.
MEX	Misowned Experience.
OLA	Open Line Assessment.
Release	Periodic LED indicator.
PT	Present Time.
REX	Repetitive Experience.
Rep.	Repeater Technique.
S of S	Start of Session.
sF	Short Discharge.
Supp	Suppressed.
Tech	Technique.
VI	Verified Item.
W/W	Who or What.
x	No response.