

The latent loathsome list

Out of session, look over the list below and cross out any of the **BOLD** words that you don't recognise. Word clear others that you do recognise but are uncertain about.

In a solo session, with one can per hand, direct your attention to your whole body and say the question **out loud**. If the question reads then find the location of the entity responsible and handle it using the Valence Process.

In the next session it is better to re-check the list from the beginning, but you can just re-check the last reading question if re-checking the whole list becomes tiresome.

- 1) an entity being **LIFELESS**?
- 2) an entity being **UNSEEN** or **UNSEEABLE**?
- 3) an entity being **FORGETFUL**, **FORGETFULNESS** or **FORGETTING**?
- 4) an entity **CEASING TO EXIST**?
- 5) an entity being **DOMINATION** or **DOMINATING**?
- 6) an entity **CONQUERING** or **VANQUISHING**?
- 7) an entity being **VIOLENCE** or **VIOLENT**?
- 8) an entity being **HUNGER** or **FAMINE**?
- 9) an entity being **PLAGUE** or **PESTILENCE**?
- 10) an entity being **RAPE** or **RAPING**?
- 11) an entity being **DESTRUCTIVE** or **DESTRUCTION**?
- 12) an entity being **OVERWHELM** or **OVERWHELMING**?
- 13) an entity being **SUFFERING** or **MISERY**?
- 14) an entity being **INJURY** or **INJURING**?
- 15) an entity being **PUNISHMENT** or **PUNISHING**?
- 16) an entity being **KILLING**?
- 17) an entity being **MURDER**, a **MURDERER** or **MURDERING**?