

OT Perception Process

This process is done in a formal solo auditing session, but without an E-meter and without admin. You do not and must not speak out loud during the process. It is sensible to check your metabolism using an E-meter prior to starting sessions using this process. Typically you would do this metabolism check in your normal auditing area then go elsewhere to run this process due to the requirement for a completely different auditing setup.

This process must be done in an armchair rather than an ordinary auditing chair because it is quite possible to become disorientated during the process and fall out of an ordinary chair. An armchair is chosen as it is low, comfortable and safe. It is necessary to have minimal attention on keeping the body safe. However, you should not do this process laying flat on a bed as you need to differentiate between the session and going to bed.

An E-meter cannot be used on this process because you will have your eyes shut. This can therefore be a difficult process to run. The idea is to do this process in short sessions until you are able to perceive mental masses in, on or near the body.



The light level in the room needs to be low so that it does not cause a distraction and it is also advisable to use an eye shade to minimise the light ingress.

The picture on the left shows a typical eye shade. There are so many different names for these things, a picture cuts through any language barriers!

Process Steps:

- i. Recline and relax quietly in an armchair with your eyes shut.
- ii. Go through the standard Model Session steps, neglecting only those parts relating to the E-meter.
- iii. Reach out with your perception.
- iv. Silently ask yourself the question: **WHAT AM I LOOKING AT?** [†]
- v. Find the location of the entity which is creating what you are looking at and release that entity using the Valence Process. (Only handle one entity per session.)

Although it is important not to swap from one mass or category to another[†] this step can restimulate more entities than are fully handled. It is therefore important to alternate sessions on this step with metered sessions in order to fully handle any restimulated entities.

Once you can perceive mental masses around your body this process is complete.

[†] A possible variation, to be used sparingly, is "**WHAT AM I AVOIDING LOOKING AT?**"

[‡] NOTs #30.