

# Clearing Course §2: Discovery Rundown

Having been back track for months on end, it is time to fully come back to PT with this simple Objective process, run Solo.

**\* Make sure you are sessionable. \***

It is essential that this rundown is done walking around outside, preferably during the day, and certainly in a safe environment where you won't be interrupted or fearful about being either robbed or attacked.

Make sure that you start the process with a definite start, and when it is complete end it with a definite end.

There are five acceptable EPs for this process ...

- a) Feeling "bright" as a result of the process.
- b) A cognition with VGIs.
- c) An increase in perceptic ability with VGIs.
- d) Exterior with VGIs.
- e) No change on the process for 20 minutes (flat process).

It may be more convenient to cut out the commands section below, rather than carrying this whole sheet of paper around with you.

- 1) Notice something **small**.
- 2) Notice something **big**.
- 3) Notice something **near**.
- 4) Notice something **far**.
- 5) Notice something **interesting**.

This process is done repetitively, 1, 2, 3, 4, 5, 1, 2, 3, ... etc to EP. Make sure that you identify a specific object each time. Do not accept a generality.