

Body Rundown

This is a series of Solo Objective processes relating to bodies. Make sure that you are sessionable since they are Objective processes and only the first session is started on a meter.

It is essential that Steps 01 to 13 of this rundown are 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.

Step 00 is of course done in an ordinary auditing environment. A session break is then taken until you get outside in a suitable location with lots of people moving around.

It is not the intention of this Section to exteriorize anyone, but if it happens, don't worry about it or fool around with the fact.

A great many strange things can happen while doing these processes, if they are done honestly. If any of the processes turns on a somatic, you should of course continue that process until the somatic turns off.

Step 00 should be repeated before starting a new Step if there is any hint of out-rudiments between sessions.

Complete a Solo Auditor's Report Form (SARF) for each day's sessions. Each session can consist of more than one of the process Steps found on the next two pages.

This is a very light and relaxed step of the Expanded Clearing Course. Don't demand huge life-changing cognitions of yourself. Always end the session if you do have a big win with VGIs.

The TA position is noted in the first session. Check the TA again at the end of Step 13. If the TA has gone high, a Step has either been

- a) not flattened, or
- b) overrun.

Find out on a meter which it is, and handle it appropriately.

STEP 00: Fly 3 ruds solo

TA position _____

- a) DO I HAVE AN ARC BREAK? _____
- b) DO I HAVE A WITHHOLD? _____
- c) DO I HAVE A PRESENT TIME PROBLEM? _____

STEP 01: Walk around and count bodies until you have a cognition.

Number of bodies counted _____

Time started _____

Cognition _____

STEP 02: Note several large female bodies, then several small female bodies, and repeat until you have a cognition.

Time started _____

Cognition _____

STEP 03: Note several large male bodies, then several small male bodies, and repeat until you have a cognition.

Time started _____

Cognition _____

STEP 04: Find a tight packed crowd of people. Note it as a crowd, then as individuals, and repeat until you have a cognition.

Time started _____

Cognition _____

STEP 05: Seat yourself unobtrusively where you can observe a number of people. Spot things and people you are not, and repeat until you have a cognition.

Time started _____

Cognition _____

STEP 06: Seat yourself unobtrusively where you can observe a number of people. Spot things and people you can have, and repeat until you have a cognition.

Time started _____

Cognition _____

STEP 07: Note some physical thing about yourself that you don't like. Observing people, note that body part in them. Continue until some change occurs.

Time started _____

Change which occurred _____

STEP 08: Observing people, spot things that are not wrong with them, and repeat until you have a cognition.

Time started _____

Cognition

STEP 09: Walk around and note someone walking towards you, then someone walking away from you, and repeat until you have a cognition.

Time started _____

Cognition

STEP 10: Walk around and note how people stick to the ground, and their sense of weight, and repeat until you have a cognition.

Time started _____

Cognition

STEP 11: Spot importances in people while looking at them until you have a cognition.

Time started _____

Cognition

STEP 12: Look into space and find places where there are no people, and repeat until you have a cognition.

Time started _____

Cognition

STEP 13: Walk around and note where there are people, and repeat until you have a cognition.

Time started _____

Cognition