RUN # ___

THE BODY GPM

There are 38 blocks of 4 opposing items, which are flattened first individually, then as pairs, giving 6 lines per block. Ideally you should not end a session until completing any block of 6 lines that you have started on. If the lines won't read, even after using suppress, invalidate and protest buttons, and if the opposing verbs don't seem quite right, you may need to hunt around for the correct similar verb. However, it is not essential for every line to read.

Say the phrase out aloud, spot the thetan, and say the phrase aloud whilst spotting the thetan. Do these in whichever way most easily produces reads. You can also say aloud … "During [*phrase*], spot the thetan."

01   **TO LOVE A BODY** _____

TO NOT LOVE A BODY _____

TO LOVE A BODY , TO NOT LOVE A BODY _____

TO HATE A BODY _____

TO NOT HATE A BODY _____

TO HATE A BODY, TO NOT HATE A BODY _____

02   **TO WANT A BODY** _____

TO NOT WANT A BODY _____

TO WANT A BODY , TO NOT WANT A BODY _____

TO PROTEST A BODY _____

TO NOT PROTEST A BODY _____

TO PROTEST A BODY , TO NOT PROTEST A BODY _____

03   **TO ACQUIRE A BODY** _____

TO NOT ACQUIRE A BODY _____

TO ACQUIRE A BODY , TO NOT ACQUIRE A BODY _____

TO REJECT A BODY _____

TO NOT REJECT A BODY _____

TO REJECT A BODY , TO NOT REJECT A BODY _____

04 **TO NEED A BODY** _____

TO NOT NEED A BODY _____

TO NEED A BODY , TO NOT NEED A BODY _____

TO CONDEMN A BODY _____

TO NOT CONDEMN A BODY _____

TO CONDEMN A BODY , TO NOT CONDEMN A BODY _____

05 **TO DO WITH A BODY** _____

TO NOT DO WITH A BODY _____

TO DO WITH A BODY , TO NOT DO WITH A BODY _____

TO DO WITHOUT A BODY _____

TO NOT DO WITHOUT A BODY _____

TO DO WITHOUT A BODY , TO NOT DO WITHOUT A BODY _____

06 **TO HAVE A BODY** _____

TO NOT HAVE A BODY _____

TO HAVE A BODY ,TO NOT HAVE A BODY _____

TO GET RID OF A BODY _____

TO NOT GET RID OF A BODY _____

TO GET RID OF A BODY , TO NOT GET RID OF A BODY _____

07 **TO SEEK A BODY** _____

TO NOT SEEK A BODY _____

TO SEEK A BODY , TO NOT SEEK A BODY _____

TO FORGET A BODY _____

TO NOT FORGET A BODY _____

TO FORGET A BODY , TO NOT FORGET A BODY _____

08 **TO LOOK FOR A BODY** _____

TO NOT LOOK FOR A BODY _____

TO LOOK FOR A BODY , TO NOT LOOK FOR A BODY _____

TO IGNORE A BODY _____

TO NOT IGNORE A BODY _____

TO IGNORE A BODY , TO NOT IGNORE A BODY _____

09 **TO DISCOVER A BODY** _____

TO NOT DISCOVER A BODY _____

TO DISCOVER A BODY , TO NOT DISCOVER A BODY _____

TO NEGLECT A BODY _____

TO NOT NEGLECT A BODY _____

TO NEGLECT A BODY , TO NOT NEGLECT A BODY _____

10 **TO FIND A BODY** _____

TO NOT FIND A BODY _____

TO FIND A BODY , TO NOT FIND A BODY _____

TO LOSE A BODY _____

TO NOT LOSE A BODY _____

TO LOSE A BODY , TO NOT LOSE A BODY _____

11 **TO LOCATE A BODY** _____

TO NOT LOCATE A BODY _____

TO LOCATE A BODY , TO NOT LOCATE A BODY _____

TO MISPLACE A BODY _____

TO NOT MISPLACE A BODY _____

TO MISPLACE A BODY , TO NOT MISPLACE A BODY _____

12 **TO EXHIBIT A BODY** _____

TO NOT EXHIBIT A BODY _____

TO EXHIBIT A BODY , TO NOT EXHIBIT A BODY _____

TO HIDE A BODY _____

TO NOT HIDE A BODY _____

TO HIDE A BODY , TO NOT HIDE A BODY _____

13 **TO REVEAL A BODY** _____

TO NOT REVEAL A BODY _____

TO REVEAL A BODY , TO NOT REVEAL A BODY _____

TO SCREEN A BODY _____

TO NOT SCREEN A BODY _____

TO SCREEN A BODY , TO NOT SCREEN A BODY _____

14 **TO DISPLAY A BODY** _____

TO NOT DISPLAY A BODY _____

TO DISPLAY A BODY , TO NOT DISPLAY A BODY _____

TO MASK A BODY _____

TO NOT MASK A BODY _____

TO MASK A BODY , TO NOT MASK A BODY _____

15 **TO SHOW A BODY** _____

TO NOT SHOW A BODY _____

TO SHOW A BODY , TO NOT SHOW A BODY _____

TO CURTAIN A BODY _____

TO NOT CURTAIN A BODY _____

TO CURTAIN A BODY , TO NOT CURTAIN A BODY _____

16 **TO APPEAR IN A BODY** _____

TO NOT APPEAR IN A BODY _____

TO APPEAR IN A BODY , TO NOT APPEAR IN A BODY _____

TO DISAPPEAR IN A BODY _____

TO NOT DISAPPEAR IN A BODY _____

TO DISAPPEAR IN A BODY , TO NOT DISAPPEAR IN A BODY _____

17 **TO BE A BODY** _____

TO NOT BE A BODY _____

TO BE A BODY , TO NOT BE A BODY _____

TO UN-BE A BODY _____

TO NOT UN-BE A BODY _____

TO UN-BE A BODY , TO NOT UN-BE A BODY _____

18 **TO FLAUNT A BODY** _____

TO NOT FLAUNT A BODY _____

TO FLAUNT A BODY , TO NOT FLAUNT A BODY _____

TO CONCEAL A BODY _____

TO NOT CONCEAL A BODY _____

TO CONCEAL A BODY , TO NOT CONCEAL A BODY _____

19 **TO DEMONSTRATE A BODY** _____

TO NOT DEMONSTRATE A BODY _____

TO DEMONSTRATE A BODY , TO NOT DEMONSTRATE A BODY _____

TO COVER A BODY _____

TO NOT COVER A BODY _____

TO COVER A BODY , TO NOT COVER A BODY _____

20 **TO BEAUTIFY A BODY** _____

TO NOT BEAUTIFY A BODY _____

TO BEAUTIFY A BODY , TO NOT BEAUTIFY A BODY _____

TO UGLIFY A BODY _____

TO NOT UGLIFY A BODY _____

TO UGLIFY A BODY , TO NOT UGLIFY A BODY _____

21 **TO ENNOBLE A BODY** _____

TO NOT ENNOBLE A BODY _____

TO ENNOBLE A BODY , TO NOT ENNOBLE A BODY _____

TO DEGRADE A BODY _____

TO NOT DEGRADE A BODY _____

TO DEGRADE A BODY , TO NOT DEGRADE A BODY _____

22 **TO PROMOTE A BODY** _____

TO NOT PROMOTE A BODY _____

TO PROMOTE A BODY , TO NOT PROMOTE A BODY _____

TO NEGATE A BODY _____

TO NOT NEGATE A BODY _____

TO NEGATE A BODY , TO NOT NEGATE A BODY _____

23 **TO ENLIVEN A BODY** _____

TO NOT ENLIVEN A BODY _____

TO ENLIVEN A BODY , TO NOT ENLIVEN A BODY _____

TO DEADEN A BODY _____

TO NOT DEADEN A BODY _____

TO DEADEN A BODY , TO NOT DEADEN A BODY _____

24 TO HELP A BODY _____

TO NOT HELP A BODY _____

TO HELP A BODY , TO NOT HELP A BODY _____

TO HINDER A BODY _____

TO NOT HINDER A BODY _____

TO HINDER A BODY , TO NOT HINDER A BODY _____

25 TO SAVE A BODY _____

TO NOT SAVE A BODY _____

TO SAVE A BODY , TO NOT SAVE A BODY _____

TO WASTE A BODY _____

TO NOT WASTE A BODY _____

TO WASTE A BODY , TO NOT WASTE A BODY _____

26 TO PRESERVE A BODY _____

TO NOT PRESERVE A BODY _____

TO PRESERVE A BODY , TO NOT PRESERVE A BODY _____

TO DECAY A BODY_____

TO NOT DECAY A BODY _____

TO DECAY A BODY , TO NOT DECAY A BODY _____

27 TO STIMULATE A BODY _____

TO NOT STIMULATE A BODY _____

TO STIMULATE A BODY , TO NOT STIMULATE A BODY _____

TO DESTIMULATE A BODY _____

TO NOT DESTIMULATE A BODY _____

TO DESTIMULATE A BODY , TO NOT DESTIMULATE A BODY _____

28 TO PROTECT A BODY _____

TO NOT PROTECT A BODY _____

TO PROTECT A BODY , TO NOT PROTECT A BODY _____

TO HARM A BODY _____

TO NOT HARM A BODY _____

TO HARM A BODY , TO NOT HARM A BODY _____

29 **TO DEFEND A BODY** _____

TO NOT DEFEND A BODY _____

TO NOT DEFEND A BODY _____

TO ATTACK A BODY _____

TO NOT ATTACK A BODY _____

TO ATTACK A BODY , TO NOT ATTACK A BODY _____

30 **TO ENERGIZE A BODY** _____

TO NOT ENERGIZE A BODY _____

TO ENERGIZE A BODY , TO NOT ENERGIZE A BODY _____

TO DE-ENERGIZE A BODY _____

TO NOT DE-ENERGIZE A BODY _____

TO DE-ENERGIZE A BODY , TO NOT DE-ENERGIZE A BODY _____

31 **TO ENTHUSE A BODY** _____

TO NOT ENTHUSE A BODY _____

TO ENTHUSE A BODY , TO NOT ENTHUSE A BODY _____

TO SUPPRESS A BODY _____

TO NOT SUPPRESS A BODY _____

TO SUPPRESS A BODY , TO NOT SUPPRESS A BODY _____

32 **TO ELEVATE A BODY** _____

TO NOT ELEVATE A BODY _____

TO ELEVATE A BODY , TO NOT ELEVATE A BODY _____

TO DEPRESS A BODY _____

TO NOT DEPRESS A BODY _____

TO DEPRESS A BODY , TO NOT DEPRESS A BODY _____

33 **TO ENHANCE A BODY** _____

TO NOT ENHANCE A BODY _____

TO ENHANCE A BODY , TO NOT ENHANCE A BODY _____

TO DISPARAGE A BODY _____

TO NOT DISPARAGE A BODY _____

TO DISPARAGE A BODY , TO NOT DISPARAGE A BODY _____

34 **TO GLORIFY A BODY** _____

TO NOT GLORIFY A BODY _____

TO GLORIFY A BODY , TO NOT GLORIFY A BODY_____

TO BELITTLE A BODY _____

TO NOT BELITTLE A BODY _____

TO BELITTLE A BODY , TO NOT BELITTLE A BODY _____

35 **TO EXPAND A BODY** _____

TO NOT EXPAND A BODY _____

TO EXPAND A BODY , TO NOT EXPAND A BODY_____

TO CONTRACT A BODY _____

TO NOT CONTRACT A BODY _____

TO CONTRACT A BODY , TO NOT CONTRACT A BODY _____

36 **TO EXERCISE A BODY** _____

TO NOT EXERCISE A BODY _____

TO EXERCISE A BODY , TO NOT EXERCISE A BODY _____

TO RELAX A BODY _____

TO NOT RELAX A BODY _____

TO RELAX A BODY , TO NOT RELAX A BODY _____

37 **TO USE A BODY** _____

TO NOT USE A BODY _____

TO USE A BODY , TO NOT USE A BODY _____

TO DISUSE A BODY _____

TO NOT DISUSE A BODY_____

TO DISUSE A BODY , TO NOT DISUSE A BODY _____

38 **TO BEGIN A BODY** _____

TO NOT BEGIN A BODY_____

TO BEGIN A BODY , TO NOT BEGIN A BODY _____

TO END A BODY _____

TO NOT END A BODY _____

TO END A BODY , TO NOT END A BODY_____