PART O: Clearing Course §4

THE LOWER BANK

The Machine GPM

The format of this GPM is ...

TO BUILD A (noun-form of verb) MACHINE NOT TO (verb) YOURSELF

So you will get lines like ...

TO BUILD A *lookingness* MACHINE NOT TO *look* YOURSELF

The first step is to flatten the 96 verbs on the verb list to either 3 consecutive no-reads or an F/N for each verb. Look up any words on this list you are uncertain of, but just find a suitable definition. Do not try to clear the word to F/N or take it earlier similar.

There are then 96 pairs of lines, as above, which are flattened first individually, then as a pair. Each pair is opposed by a pair 48 pairs away, so that pair 1 is opposed by pair 49. This opposition is most easily seen in the verb list on page 2.

Not all lines have to read, but check suppress, invalidate and protest buttons on any unreading lines. Take the first reading button and get what the pc has to say about it. Do not take the button earlier similar or try to F/N the button. Having taken that charge off the button, recheck the original item and flatten it to either 3 consecutive no-reads or an F/N.

If a line does not read, and **also** does not seem correct, it is ok to fish around for a verb with a similar meaning. Use the verb list on page 2 to help find the correct verb, as the page layout makes the opposing verb at the same horizontal level on the page.

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.

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VERB LIST

01	TO POSTULATE	49	TO WITHHOLD
02	TO THINK	50	TO UNTHINKIFY
03	TO IDEALIZE	51	TO STUPIDIFY
04	TO REASON	52	TO UNREASONIZE
05	TO SOLVE	53	TO PROBLEMIFY
06	TO ORDER	54	TO CONFUSE
07	TO SPACE	55	TO GROUP
08	TO TIME		TO TIMELESS
09	TO MASS	57	TO CLEAR
10	TO ENERGIZE	58	TO DRAIN
11	TO MATERIALIZE		
12	TO SOLIDIFY	60	TO VANISH TO DISINTEGRATE
13	TO FIND	61	TO LOSE
14	TO FIND TO LOCATE	62	TO HIDE
15	TO POSITION		TO DISPLACE
16	TO WANT	64	TO REJECT
17	TO DESIRE	65	TO DISDAIN
18	TO CRAVE	66	TO HATE
19	TO GET	67	TO DISCARD
20	TO OBTAIN	68	TO NEGLECT
21	TO COLLECT		TO ABANDON
22	TO RETAIN	70	TO IGNORE
 23	TO KEEP	71	
24			
<u> </u>		73	TO WASTE
26	TO SAVE TO PRESERVE	74	TO DECAY
	TO SURVIVE		
<u> 28</u>	TO RECORD		TO DIE
<u> 2</u> 9	TO COPY	77	TO ERASE
30	TO COPY	78	TO ANNIHILATE
31	TO FORM	79	TO TERMINATE
32	TO PICTURE	80	TO BLANK
33	TO CREATE	81	TO DESTROY
34	TO MAKE	82	
35	TO MAKE		TO STOP
36	TO CONSTRUCT	84	TO ABOLISH
37	TO VIEW	85	TO OBSCURE
38	TO SEE	86	TO BLIND
39	TO PERCEIVE	87	TO SCREEN
40	TO SENSE	88	TO AVOID
41	TO FEEL	89	TO SHUN
42	TO FEELTO CONTACT	90	TO SHUNTO DISCONNECT
43	TO SENSATION	91	TO NUMB
44	TO ENJOY	92	TO SUPPRESS
45	TO FXAI T	93	TO SUBDUE
46	TO REMEMBER	94	TO FORGET
47	TO CONSCIOUS-IZE	95	TO UNCONSCIOUS-IZE
48	TO KNOW	96	TO AMNESIA-IZE
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	RUN #
01	TO BUILD A POSTULATINGNESS MACHINE
	NOT TO POSTULATE YOURSELF
	TO BUILD A POSTULATINGNESS MACHINE NOT TO POSTULATE YOURSELF
02	TO BUILD A THINKINGNESS MACHINE
	NOT TO THINK YOURSELF
	TO BUILD A THINKINGNESS MACHINE NOT TO THINK YOURSELF
03	TO BUILD AN IDEAFYINGNESS MACHINE
	NOT TO IDEA-IZE YOURSELF
	TO BUILD AN IDEAFYINGNESS MACHINE NOT TO IDEA-IZE YOURSELF
04	TO BUILD A REASONINGNESS MACHINE
	NOT TO REASON YOURSELF
	TO BUILD A REASONINGNESS MACHINE NOT TO REASON YOURSELF
05	
	NOT TO SOLVE YOURSELF
	TO BUILD A SOLVINGNESS MACHINE NOT TO SOLVE YOURSELF
06	TO BUILD AN ORDERINGNESS MACHINE
	NOT TO ORDER YOURSELF
	TO BUILD AN ORDERINGNESS MACHINE NOT TO ORDER YOURSELF
07	TO BUILD A SPACINGNESS MACHINE
	NOT TO SPACE YOURSELF
	TO BUILD A SPACINGNESS MACHINE NOT TO SPACE YOURSELF
80	TO BUILD A TIMINGNESS MACHINE
	NOT TO TIME YOURSELF
	TO BUILD A TIMINGNESS MACHINE NOT TO TIME YOURSELF
09	TO BUILD A MASSINGNESS MACHINE
	NOT TO MASS YOURSELF
	TO BUILD A MASSINGNESS MACHINE NOT TO MASS YOURSELF
10	TO BUILD AN ENERGIZINGNESS MACHINE
	NOT TO ENERGIZE YOURSELF
	TO BUILD AN ENERGIZINGNESS MACHINE NOT TO ENERGIZE YOURSELF

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11	TO BUILD A MATERIALIZINGNESS MACHINE
•	NOT TO MATERIALIZE YOURSELF
	TO BUILD A MATERIALIZINGNESS MACHINE NOT TO MATERIALIZE YOURSELF
	TO BUILD A WATERIALIZINGNESS WACTIME NOT TO WATERIALIZE TOURSELF
12	TO BUILD A SOLIDIFYINGNESS MACHINE
	NOT TO SOLIDIFY YOURSELF
	TO BUILD A SOLIDIFYINGNESS MACHINE NOT TO SOLIDIFY YOURSELF
13	TO BUILD A FINDINGNESS MACHINE
	NOT TO FIND YOURSELF
	TO BUILD A FINDINGNESS MACHINE NOT TO FIND YOURSELF
14	TO BUILD A LOCATINGNESS MACHINE
	NOT TO LOCATE YOURSELF
	TO BUILD A LOCATINGNESS MACHINE NOT TO LOCATE YOURSELF
15	TO BUILD A POSITIONINGNESS MACHINE
	NOT TO POSITION YOURSELF
	TO BUILD A POSITIONINGNESS MACHINE NOT TO POSITION YOURSELF
16	TO BUILD A WANTINGNESS MACHINE
	NOT TO WANT YOURSELF
	TO BUILD A WANTINGNESS MACHINE NOT TO WANT YOURSELF
17	TO BUILD A DESIRE-INGNESS MACHINE
	NOT TO DESIRE YOURSELF
	TO BUILD A DESIRE-INGNESS MACHINE NOT TO DESIRE YOURSELF
18	TO BUILD A CRAVINGNESS MACHINE
	NOT TO CRAVE YOURSELF
	TO BUILD A CRAVINGNESS MACHINE NOT TO CRAVE YOURSELF
19	TO BUILD A GETTINGNESS MACHINE
	NOT TO GET YOURSELF
	TO BUILD A GETTINGNESS MACHINE NOT TO GET YOURSELF
20	TO BUILD AN OBTAININGNESS MACHINE
	NOT TO OBTAIN YOURSELF
	TO BUILD AN OBTAININGNESS MACHINE NOT TO OBTAIN YOURSELF

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21	TO BUILD A COLLECTINGNESS MACHINE
	NOT TO COLLECT YOURSELF
	TO BUILD A COLLECTINGNESS MACHINE NOT TO COLLECT YOURSELF
22	TO BUILD A RETAININGNESS MACHINE
	NOT TO RETAIN YOURSELF
	TO BUILD A RETAININGNESS MACHINE NOT TO RETAIN YOURSELF
23	TO BUILD A KEEPINGNESS MACHINE
	NOT TO KEEP YOURSELF
	TO BUILD A KEEPINGNESS MACHINE NOT TO KEEP YOURSELF
24	TO BUILD A HOLDINGNESS MACHINE
	NOT TO HOLD YOURSELF
	TO BUILD A HOLDINGNESS MACHINE NOT TO HOLD YOURSELF
	TO BUILD A HOLDINGNESS MACHINE NOT TO HOLD TOURSELF
25	TO BUILD A SAVINGNESS MACHINE
	NOT TO SAVE YOURSELF
	TO BUILD A SAVINGNESS MACHINE NOT TO SAVE YOURSELF
26	TO BUILD A PRESERVINGNESS MACHINE
	NOT TO PRESERVE YOURSELF
	TO BUILD A PRESERVINGNESS MACHINE NOT TO PRESERVE YOURSELF
27	TO BUILD A SURVIVINGNESS MACHINE
21	NOT TO SURVIVE YOURSELF
	TO BUILD A SURVIVINGNESS MACHINE NOT TO SURVIVE YOURSELF
	TO BOILD A SURVIVINGIALSS MACHINE NOT TO SURVIVE TOURSELI
28	TO BUILD A RECORDINGNESS MACHINE
	NOT TO RECORD YOURSELF
	TO BUILD A RECORDINGNESS MACHINE NOT TO RECORD YOURSELF
29	TO BUILD A COPYINGNESS MACHINE
	NOT TO COPY YOURSELF
	TO BUILD A COPYINGNESS MACHINE NOT TO COPY YOURSELF
30	TO BUILD A DUPLICATINGNESS MACHINE
	NOT TO DUPLICATE YOURSELF
	TO BUILD A DUPLICATINGNESS MACHINE NOT TO DUPLICATE YOURSELF

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-	RUN #
31	TO BUILD A FORMINGNESS MACHINE
	NOT TO FORM YOURSELF
	TO BUILD A FORMINGNESS MACHINE NOT TO FORM YOURSELF
32	TO BUILD A PICTURINGNESS MACHINE
	NOT TO PICTURE YOURSELF
	TO BUILD A PICTURINGNESS MACHINE NOT TO PICTURE YOURSELF
33	TO BUILD A CREATINGNESS MACHINE
	NOT TO CREATE YOURSELF
	TO BUILD A CREATINGNESS MACHINE NOT TO CREATE YOURSELF
34	TO BUILD A MAKINGNESS MACHINE
	NOT TO MAKE YOURSELF
	TO BUILD A MAKINGNESS MACHINE NOT TO MAKE YOURSELF
35	TO BUILD A PRODUCINGNESS MACHINE
	NOT TO PRODUCE YOURSELF
	TO BUILD A PRODUCINGNESS MACHINE NOT TO PRODUCE YOURSELF
36	TO BUILD A CONSTRUCTINGNESS MACHINE
	NOT TO CONSTRUCT YOURSELF
	TO BUILD A CONSTRUCTINGNESS MACHINE NOT TO CONSTRUCT YOURSELF
37	TO BUILD A VIEWINGNESS MACHINE
	NOT TO VIEW YOURSELF
	TO BUILD A VIEWINGNESS MACHINE NOT TO VIEW YOURSELF
38	TO BUILD A SEEINGNESS MACHINE
	NOT TO SEE YOURSELF
	TO BUILD A SEEINGNESS MACHINE NOT TO SEE YOURSELF
39	TO DUIL D A DEDCEIVINGNESS MACHINE
39	TO BUILD A PERCEIVINGNESS MACHINE
	TO BUILD A PERCEIVINGNESS MACHINE NOT TO PERCEIVE YOURSELF
40	TO BUILD A SENSINGNESS MACHINE
	NOT TO SENSE YOURSELF
	TO BUILD A SENSINGNESS MACHINE NOT TO SENSE YOURSELF

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4.4	TO DUIL D. A. FEEL INONESS MACHINE
41	TO BUILD A FEELINGNESS MACHINE
	NOT TO FEEL YOURSELF
	TO BUILD A FEELINGNESS MACHINE NOT TO FEEL YOURSELF
42	TO BUILD A CONTACTINGNESS MACHINE
	NOT TO CONTACT YOURSELF
	TO BUILD A CONTACTINGNESS MACHINE NOT TO CONTACT YOURSELF
43	TO BUILD A SENSATIONINGNESS MACHINE
	NOT TO SENSATION YOURSELF
	TO BUILD A SENSATIONINGNESS MACHINE NOT TO SENSATION YOURSELF
44	TO BUILD AN ENJOYINGNESS MACHINE
	NOT TO ENJOY YOURSELF
	TO BUILD AN ENJOYINGNESS MACHINE NOT TO ENJOY YOURSELF
45	TO BUILD AN EXALTINGNESS MACHINE
	NOT TO EXALT YOURSELF
	TO BUILD AN EXALTINGNESS MACHINE NOT TO EXALT YOURSELF
46	TO BUILD A REMEMBERINGNESS MACHINE
	NOT TO REMEMBER YOURSELF
	TO BUILD A REMEMBERINGNESS MACHINE NOT TO REMEMBER YOURSELF
47	TO BUILD A CONSCIOUSIZINGNESS MACHINE
7,	NOT TO CONSCIOUSIZE YOURSELF
	TO BUILD A CONSCIOUSIZINGNESS MACHINE NOT TO CONSCIOUSIZE YOURSELF
	TO BUILD A CONSCIOUSIZINGNESS MACHINE NOT TO CONSCIOUSIZE TOURSELF
48	TO BUILD A KNOWINGNESS MACHINE
	NOT TO KNOW YOURSELF
	TO BUILD A KNOWINGNESS MACHINE NOT TO KNOW YOURSELF
	—— END OF POSITIVE MACHINES ——

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49	TO BUILD A WITHHOLDINGNESS MACHINE
	NOT TO WITHHOLD YOURSELF
	TO BUILD A WITHHOLDINGNESS MACHINE NOT TO WITHHOLD YOURSELF
50	TO BUILD AN UNTHINKIFYINGNESS MACHINE
	NOT TO UNTHINKIFY YOURSELF
	TO BUILD AN UNTHINKIFYINGNESS MACHINE NOT TO UNTHINKIFY YOURSELF
51	TO BUILD A STUPIDIFYINGNESS MACHINE
	NOT TO STUPIDIFY YOURSELF
	TO BUILD A STUPIDIFYINGNESS MACHINE NOT TO STUPIDIFY YOURSELF
52	TO BUILD AN UNREASONINGNESS MACHINE
	NOT TO UNREASONIZE YOURSELF
	TO BUILD AN UNREASONINGNESS MACHINE NOT TO UNREASONIZE YOURSELF
53	TO BUILD A PROBLEMIFYINGNESS MACHINE
	NOT TO PROBLEMIFY YOURSELF
	TO BUILD A PROBLEMIFYINGNESS MACHINE NOT TO PROBLEMIFY YOURSELF
54	TO BUILD A CONFUSINGNESS MACHINE
	NOT TO CONFUSE YOURSELF
	TO BUILD A CONFUSINGNESS MACHINE NOT TO CONFUSE YOURSELF
55	TO BUILD A GROUPINGNESS MACHINE
	NOT TO GROUP YOURSELF
	TO BUILD A GROUPINGNESS MACHINE NOT TO GROUP YOURSELF
56	TO BUILD A TIMELESSINGNESS MACHINE
	NOT TO TIMELESS YOURSELF
	TO BUILD A TIMELESSINGNESS MACHINE NOT TO TIMELESS YOURSELF
57	TO BUILD A CLEARINGNESS MACHINE
	NOT TO CLEAR YOURSELF
	TO BUILD A CLEARINGNESS MACHINE NOT TO CLEAR YOURSELF
58	TO BUILD A DRAININGNESS MACHINE
	NOT TO DRAIN YOURSELF
	TO BUILD A DRAININGNESS MACHINE NOT TO DRAIN YOURSELF

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59	TO BUILD A VANISHINGNESS MACHINE
	NOT TO VANISH YOURSELF
	TO BUILD A VANISHINGNESS MACHINE NOT TO VANISH YOURSELF
60	TO BUILD A DISINTEGRATINGNESS MACHINE
	NOT TO DISINTEGRATE YOURSELF
	TO BUILD A DISINTEGRATINGNESS MACHINE NOT TO DISINTEGRATE YOURSELF
61	
	NOT TO LOSE YOURSELF
	TO BUILD A LOSINGNESS MACHINE NOT TO LOSE YOURSELF
62	TO BUILD A HIDINGNESS MACHINE
	NOT TO HIDE YOURSELF
	TO BUILD A HIDINGNESS MACHINE NOT TO HIDE YOURSELF
63	TO BUILD A DISPLACINGNESS MACHINE
	NOT TO DISPLACE YOURSELF
	TO BUILD A DISPLACINGNESS MACHINE NOT TO DISPLACE YOURSELF
64	TO BUILD A REJECTINGNESS MACHINE
	NOT TO REJECT YOURSELF
	TO BUILD A REJECTINGNESS MACHINE NOT TO REJECT YOURSELF
65	TO BUILD A DISDAININGNESS MACHINE
	NOT TO DISDAIN YOURSELF
	TO BUILD A DISDAININGNESS MACHINE NOT TO DISDAIN YOURSELF
66	TO BUILD A HATINGNESS MACHINE
	NOT TO HATE YOURSELF
	TO BUILD A HATINGNESS MACHINE NOT TO HATE YOURSELF
67	TO BUILD A DISCARDINGNESS MACHINE
	NOT TO DISCARD YOURSELF
	TO BUILD A DISCARDINGNESS MACHINE NOT TO DISCARD YOURSELF
68	TO BUILD A NEGLECTINGNESS MACHINE
	NOT TO NEGLECT YOURSELF
	TO BUILD A NEGLECTINGNESS MACHINE NOT TO NEGLECT YOURSELF

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69	TO BUILD AN ABANDONINGNESS MACHINE
	NOT TO ABANDON YOURSELF
	TO BUILD AN ABANDONINGNESS MACHINE NOT TO ABANDON YOURSELF
70	TO BUILD AN IGNORINGNESS MACHINE
	NOT TO IGNORE YOURSELF
	TO BUILD AN IGNORINGNESS MACHINE NOT TO IGNORE YOURSELF
71	TO BUILD A DISMISSINGNESS MACHINE
	NOT TO DISMISS YOURSELF
	TO BUILD A DISMISSINGNESS MACHINE NOT TO DISMISS YOURSELF
72	TO BUILD A FREEINGNESS MACHINE
	NOT TO FREE YOURSELF
	TO BUILD A FREEINGNESS MACHINE NOT TO FREE YOURSELF
73	TO BUILD A WASTINGNESS MACHINE
	NOT TO WASTE YOURSELF
	TO BUILD A WASTINGNESS MACHINE NOT TO WASTE YOURSELF
74	TO BUILD A DECAYINGNESS MACHINE
	NOT TO DECAY YOURSELF
	TO BUILD A DECAYINGNESS MACHINE NOT TO DECAY YOURSELF
75	TO BUILD A DYINGNESS MACHINE
	NOT TO DIE YOURSELF
	TO BUILD A DYINGNESS MACHINE NOT TO DIE YOURSELF
76	TO BUILD AN ERADICATINGNESS MACHINE
	NOT TO ERADICATE YOURSELF
	TO BUILD AN ERADICATINGNESS MACHINE NOT TO ERADICATE YOURSELF
77	TO BUILD AN ERASINGNESS MACHINE
	NOT TO ERASE YOURSELF
	TO BUILD AN ERASINGNESS MACHINE NOT TO ERASE YOURSELF
78	TO BUILD AN ANNIHILATINGNESS MACHINE
	NOT TO ANNIHILATE YOURSELF
	TO BUILD AN ANNIHILATINGNESS MACHINE NOT TO ANNIHILATE YOURSELF

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	RUN #
79	TO BUILD A TERMINATINGNESS MACHINE
	NOT TO TERMINATE YOURSELF
	TO BUILD A TERMINATINGNESS MACHINE NOT TO TERMINATE YOURSELF
80	TO BUILD A BLANKINGNESS MACHINE
00	NOT TO BLANK YOURSELF
	TO BUILD A BLANKINGNESS MACHINE NOT TO BLANK YOURSELF
04	TO DUIL D A DESTROYINGNESS MACHINE
81	TO BUILD A DESTROYINGNESS MACHINE
	NOT TO DESTROY YOURSELF TO BUILD A DESTROYINGNESS MACHINE NOT TO DESTROY YOURSELF
	TO BUILD A DESTROYINGNESS MACHINE NOT TO DESTROY YOURSELF
82	TO BUILD AN IMPEDINGNESS MACHINE
	NOT TO IMPEDE YOURSELF
	TO BUILD AN IMPEDINGNESS MACHINE NOT TO IMPEDE YOURSELF
83	
	NOT TO STOP YOURSELF
	TO BUILD A STOPPINGNESS MACHINE NOT TO STOP YOURSELF
84	TO BUILD AN ABOLISHINGNESS MACHINE
	NOT TO ABOLISH YOURSELF
	TO BUILD AN ABOLISHINGNESS MACHINE NOT TO ABOLISH YOURSELF
85	TO BUILD AN OBSCURINGNESS MACHINE
	NOT TO OBSCURE YOURSELF
	TO BUILD AN OBSCURINGNESS MACHINE NOT TO OBSCURE YOURSELF
86	TO BUILD A BLINDINGNESS MACHINE
	NOT TO BLIND YOURSELF
	TO BUILD A BLINDINGNESS MACHINE NOT TO BLIND YOURSELF
87	TO BUILD A SCREENINGNESS MACHINE
	NOT TO SCREEN YOURSELF
	TO BUILD A SCREENINGNESS MACHINE NOT TO SCREEN YOURSELF
88	TO BUILD AN AVOIDINGNESS MACHINE
-	NOT TO AVOID YOURSELF
	TO BUILD AN AVOIDINGNESS MACHINE NOT TO AVOID YOURSELF

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89	
	NOT TO SHUN YOURSELF
	TO BUILD A SHUNNINGNESS MACHINE NOT TO SHUN YOURSELF
90	TO BUILD A DISCONNECTINGNESS MACHINE
	NOT TO DISCONNECT YOURSELF
	TO BUILD A DISCONNECTINGNESS MACHINE NOT TO DISCONNECT YOURSELF
91	
	NOT TO NUMB YOURSELF
	TO BUILD A NUMBINGNESS MACHINE NOT TO NUMB YOURSELF
92	TO BUILD A SUPPRESSINGNESS MACHINE
	NOT TO SUPPRESS YOURSELF
	TO BUILD A SUPPRESSINGNESS MACHINE NOT TO SUPPRESS YOURSELF
93	TO BUILD A SUBDUINGNESS MACHINE
	NOT TO SUBDUE YOURSELF
	TO BUILD A SUBDUINGNESS MACHINE NOT TO SUBDUE YOURSELF
94	TO BUILD A FORGETTINGNESS MACHINE
	NOT TO FORGET YOURSELF
	TO BUILD A FORGETTINGNESS MACHINE NOT TO FORGET YOURSELF
95	TO BUILD AN UNCONSCIOUSIZINGNESS MACHINE
	NOT TO UNCONSCIOUSIZE YOURSELF
	TO BUILD AN UNCONSCIOUSIZINGNESS MACHINE NOT TO UNCONSCIOUSIZE YOURSELF
96	TO BUILD AN AMNESIA-IZINGNESS MACHINE
	NOT TO AMNESIA-IZE YOURSELF
	TO BUILD AN AMNESIA-IZINGNESS MACHINE NOT TO AMNESIA-IZE YOURSELF
	