

Body Org Basics

Lecture by

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in Switzerland

Welcome to this lecture.

Audience member: Hello.

The title of the lecture is as you can see on the screen here: Body Org Basics. And I'll just turn this off so it isn't too bright right now. When we draw a picture we'll turn it on again.

The interest of people in this lecture I think should be very big interest in this. Because, well, at least everyone here in the lecture is carrying one of these around. Every thetan in the lecture is carrying one around, and you must realize that on this planet at this time, bodies are rather scarce. Contrary to the world government's opinion, the planet is not overpopulated; it is actually under-developed and under-financed for the things of survival. Oh, they spend lots of money on the things that are against survival, but not so much on keeping the planet going. In fact, you only need to turn on your television and you will see several examples, I don't have to give you any and make you wonder what I'm talking about.

In present time, they are using all the bombs they didn't drop in the cold war and using them to be able to replenish their supplies with lots of tax payers' money. And it makes good business for the guys that make those kinds of destructive weapons. So, I don't know how it is in your country, and I don't think Switzerland spends that much on military things, but in America they spend at least five hundred billion dollars a year in the recent years. That was all during the cold war. Now you can imagine what that money would have done if it was applied to handling the environment, and making productive industries to feed people and make better civilization. So that is why I say that the planet is not overpopulated, in fact it'll be less overpopulated if they keep doing these wars [chuckles], but it is under-financed and under-developed to support life forms and to do projects that would bring back life in certain areas like the deserts and so on.

Okay, so I think you all understand that. And the next point I'm going to make, is that if you have a body and you're on the bridge or you're trying to better your condition of the body, one is immediately confronted by many, many, many practices, many, many, many medicines, many, many, many ways to do it, health programs, diets...an amazing array or a multiplicity of ways that are promoted to do it. And medical science and chemistry and biology and most - a lot of sciences connected with the body - the body and its functions have also spent lots of time and lots of money on repairing and trying to keep bodies alive on this planet. And the conclusion is that they're not having that much success at it.

If you look back through this century, you will see that in the early part of the century, people, doctors and scientists, were predicting that they would be able to cure all kinds of diseases. Cure, cure. Not keep them in the hospital and make them live a little longer with tubes, but *cure* diseases. And they were very optimistic and enthusiastic about lengthening the lifespan of bodies. Now it is true that they can point to a tiny bit of success in that, but it's only a tiny bit, because if you compare the average lifespan of a human being from the rate in, say, 1920 or 1930, and compare it to now in 1990, it isn't that much difference. It's about within five years or something like that, that's all they've been able to add on the average. While at the same time in the automobile industry for instance, they can now give you a three year guarantee on your car whereas many years ago it used to be only six months [chuckles]. And I'm not saying that the car won't last longer, it will last longer but that's what they will *guarantee* and replace for you free, all the factory-defective parts, and everything else.

So if we compare the technological advance in the mechanical area and the electronic area we can see that science has advanced the longevity of a machine or an electronic piece by nearly three hundred percent, even if you just take what they will guarantee. But with the human body they've only been able to increase it from maybe sixty years to seventy, which is maybe only about thirteen or fourteen percent. And I suspect most of that is due to probably improved hygiene, and improved understanding about germs and bacteria, which came in mostly in the early part of this century. I mean in wide-spread use. Some doctors knew about it before, but applied, wide spread. So if they had kept pace with the mechanical and electronic reliability then you would expect a body to be able to live on average over two hundred years by this time.

Now when you evaluate this you might come to the conclusion, if you really look at it, see modern science, technology, we can do all this, but they can't increase that very much. And a lot of it as I said before is done with frequent trips to the hospital and a lot of extra drugs, pills, and everything they have to put in to keep it going. So what we can conclude from this — from an analysis, or an evaluation of it: that there is some omitted data. Some things that they have never solved and never looked at about how to increase the efficiency and longevity of a body. You see the point? So yeah...

Now, we happen to have in going up the bridge and duplicating what LRH has written and applying his processes, you can come from even reading the basic books to the conclusion of what the omitted datum is. In fact, the missing datum is way back there, not even confidential, it's sitting in the Dianetic axioms. And in those Dianetic axioms — I don't have them here to quote, I'll just sort of- you can look them up — and there is three axioms there which describe the function or the purpose of Theta, and defining and giving the functions of Lambda, which LRH refers to as the "life form," or the thing which is in-between Theta and Phi which is the next thing, which is the MEST universe. Okay, so let's look at that on the chart here.

So...see, let's put that in green. We have Theta, Lambda, and Phi. Now, let's sort of redefine- put a little more definition in it. This is the spiritual, what we refer to in auditing as the PC, or Pre OT, the Thetan. And Lambda is the life form organizer and handler, and Phi is the matter, energy, space operating through time. Okay, and these are the three parts you have to know about, to know what people are doing and what bodies are doing. LRH talks about Theta bringing order to the MEST universe through Lambda. And that's all in the Dianetic axioms. There's about two hundred and twenty three axioms, which you will find very interesting. And he relates them by saying Theta brings order to Phi through Lambda. Or theta brings order to MEST through life forms.

Now before you get too tied up in that, just look at the examples. If you- if I as a Thetan want to- well let's take a simple example first, if I wanna move this pencil- this pen from there to there, I use a life form to pick it up and moving to there. And if that brings order to it, you know, puts it in order, and another one next to it and so on, then I've done that definition. Look at another example. A man, a farmer here in Switzerland, and he just has a mountainside and he wants to grow food for the bodies and for the other people and make a profit. So what does he do? He goes out there with his tractor — and he's using MEST there in the tractor — but *he* has to drive it, and his body is Lambda (a life form), and he has a mechanical life form to help him — the tractor. Not necessarily Lambda, although you will find some people's automobiles or something seem to have a personality [chuckles].

And he brings order to the hillside, making the furrows and the places he wants to plant things, and provides a space for more Lambda and MEST together in the form of seeds, which are life forms which have MEST around them, and what do they do in that field, these seeds? These little seeds, they grow! They actually have a little organisation there to take the MEST from the ground that they need, if you put the right stuff in there like water and minerals and good soil. So they're actually- the seed contains not only what's in the seed that you can measure with a microscope, it contains Lambda. And *it* is what directs what minerals to take out of the soil and how to grow this plant. What the scientists start into right now is genetics, and we know that every seed or every cell, even, in a peace of MEST that is living has a sort of program in it, but they don't know in science what activates that program. And of course, that is the Lambda.

That is its function in the game, so the Thetan doesn't have to sit around and tell every little cell what to do and when to take in the mineral, and when to take the water and so on, he's got a Lambda assistant. And the Lambda is the life form operator, you might say. But it has- it's between Theta and MEST, so it doesn't have mass, it doesn't have energy- it has energy, you can produce energy. Telepathic, telepathic energy. And it has space or operates in space, it's like a little piece of Theta or an organization of Theta that works together for a specific purpose.

Now we happen to know on the bridge that there are basically, you can break down Theta into those two categories - Thetans that have started to play the game and are playing the game from the beginning, and their created things. Now one thing a Thetan would like to do if he has to play a game, he wants to concentrate on the game, not all the little small things to do in the game, so he created these little organizations, very close to Theta, I mean he created them, sure, and they have a purpose, but it's a limited purpose. It is not playing on all dynamics. It actually appears on the dynamics — as part of the dynamics. But it is a spiritual part of it. And as you know the fifth dynamic is called "life forms," and the sixth dynamic is called "the physical universe," or "matter, energy, space, and time." So you can see that LRH again in the dynamics is using the concept of Theta, Lambda, and Phi.

And on the seventh dynamic he has the spiritual things, and he leaves it open to you to decide what's on the eighth dynamic. Well, you can look at it also as the Thetan before he entered the game. He didn't have all this stuff with him, he said, "I wanna play a game, I wanna make these things," and so on. And there are many players in the game as you hear in the dynamic lecture, and there are several gradients of spiritual entities, and a gradient of Lambda, and a gradient of Phi. And usually it's based on how much of a function or how much analytical capacity in which areas the creation has, because now if we go to the Scientology axioms one and two, we get the definition of a Thetan - doesn't have mass, energy, space, or time, but can postulate and perceive. So this is the guy who's playing the game. And he says in axiom two that all matter, energy, space, and time, and

these other creations are the results of considerations made — or agreements to — these postulates and perceptions that the Thetans in the game have made.

So there again you have another point in the axioms where he's talking about that all of this is coming from basically the Thetans who play the game, the immortal beings. So that happens to mean, when you try to apply that you start to get some results, as you can see in auditing. Because all auditing is based on the axioms. And you can also start to see why science and other people who do not believe in anything they cannot see and don't use it in their calculations cannot solve problems that involve Theta, Lambda, and Phi, because they only look at Phi. Does that make sense to you?

Audience: mhm.

Yeah, so, we come to the thing now of why haven't the scientist been able to extend the lifespan- they have been able to extend the lifespan of mechanicals things, but they're all Phi! But they haven't been able to extend the lifespan or the efficiency necessarily of the Lambda plus the Phi run by a Thetan. And if you don't take all of these things into consideration, you will never be able to arrive at a solution. As we say in the data series, you won't be able to find the right Why, the right reason as long as you have omitted or false data. And believe me, if you examine science — quote — from the viewpoint of Scientology you'll see that there are lots of false and omitted datums. All right?

Audience: mhm.

So, one of the most obvious is, of course, in the field of Lambda and bodies, and people having trouble with their bodies is that the solutions that are most applied in this civilization are merely mechanical. They are MEST solutions. Example — you feel sick, take a pill. Sometime the pill doesn't work, take another pill. A person doesn't respond to a certain treatment, cut the MEST off. Yeah, it doesn't work, uh, we don't know how to make it work, so just cut it off. And that is the current level of technology in medicine.

Now, the reason they do have some success is because sometimes the treatment is the correct thing to do when the Thetan and the Lambda *agree* that that is the thing to do. For instance, if you've ever broken a bone in a body...and they're separated by some space, medicine and doctors do know that, well, it won't grow back together unless we put it together. In other words, you've broken the comm line between the Lambda which was operating this part and this part. They don't know that, but they do know that you have to put those two back together and they will grow together!

And just to prove to you that they don't know exactly why it all happens, they put the leg or the arm in a cast, you know, to keep it in position, which is OK, and then they say, "it's up to you now...heal it." You see? But again, if there's some mystery about it and it doesn't work they have to go to some other physical solution. They never think of addressing the reasons why it doesn't work in Lambda or in Theta.

Now LRH made the breakthrough in 1950 with Dianetics and he realized that these cases where things don't heal very well and where the guy's not in total agreement with the operation or the medical thing, or the Lambda itself is not in agreement or has been rendered — by pain and unconsciousness — incapable...now this is- you say, well, how can you do that? Because Lambda is not physical. How can it get pain and unconsciousness? Well, remember that the purpose of all this is to bring order to MEST, and an accident or injury puts disorder into it. Now disorder, even when accompanied or not by pain and unconsciousness, is an actual condition in Theta universe. So

if the Lambda has been rendered disorderly then it can't do its job. The example of this is beautifully illustrated in policy about organizations. If you bring disorder into an organization in any form, or the people in the organization don't wear their hats correctly you will get enturbulation and you will get misfunctions in the organization. Because remember, the whole thing is put together on a basis of order — bringing order. So what you're doing when you bring disorder is you're stopping or making the Lambda fail in its purpose.

And from auditing technology — not medical technology, but auditing technology — there is issues on what happens when you stop a person, even, or any part of an organization from doing its purpose. I use the Lambda and it has a purpose, all of a sudden it gets disordered and can't carry out its purpose, it gets a failure. Remember, it was created with a purpose to bring order to that part of the body which it was working in. So now it got confused, it got impact or injury, or an engram, and when that effect is more (it can't repair it very easily, in other words) then its agreement on getting back together and doing the purpose again, then it has trouble in healing. The Lambda has trouble in getting the MEST to cooperate and heal.

Now the Thetan who is very powerful because he essentially, in the beginning of the game, he created all of these...well, he created Lambda and Phi, so he knows all about it. But remember, he didn't create *everybody's* Lambda and Phi, but in general terms he can put postulates into there and have it fix it up. And so you get the example, again provable in life, that people of high tone level can heal faster and people at low tone levels remain sick for a longer time or don't heal at all, and that's because they can't put enough intention and enough postulate in there to help the Lambda handle the MEST. You see how simple it is when you know all the factors of the thing?

Now, what LRH developed was Dianetic auditing. You get the Thetan to confront and go through the incident bringing the Lambda and Phi with him, of course- for them, working in auditing for them and it goes through the incident and pulls off all the stops and all the false things and all the omitted things and all the problems that came up in that time and were making him and the other parts unconscious or painful. So since the Thetan is more powerful, I mean he is running on eight dynamics or twelve dynamics, and the Lambda is only on one, and the MEST is on one, and the Lambda is a bit senior. And his F/N or FTA when he completes the cycle will transmit down through the Lambda and give them the feeling everything's OK again. We can fix them.

[In acknowledgement to the translator who used the term “in Ordnung” to translate “OK”]: Exactly, all is in Ordnung, see, it's in order again, it's in - we're all in order again, to the thing.

So that was an incredible breakthrough there that you could handle injuries that did not heal very rapidly and things that took a long time to grow back together, you could handle it by Dianetic auditing. And remember. the Thetan is more powerful so if he had a confusion on it, or if he had concentration on the pain coming from the body and didn't have a chance to examine it and analyze it and put logic back into his perceptions of it, then he is not gonna be able to help the thing heal, and what's the Lambda and Phi gonna do? It's gonna do nothing, it's gonna just sit there and go, “well, the big Thetan is confused, so we're confused,” you know? [laughter] You see? He's the guy that makes the postulates and everything and he's even messed up on this. You see what I mean?

So this is the missing omitted data that the scientists and doctors have that prevents them from extending and doing good healing and extending the lifespan of the human body. OK? So you might ask, “well, what about spiritual healing and people who do recognize the power of the spirit to heal, and so on like that?” Well, remember it's a combination of sometimes necessary to have a doctor and medicine, and you have to also recognize the power of the Thetan in confusing the

MEST and the Lambda. But normally you will find the spiritual healing people omit the physical stuff, and the physical guys omit the spiritual side, you see? So you don't get a full product.

Now this was known since Dianetics, 1950, that these things could be handled by auditing. And LRH even said in Dianetics about the...he called it a comanome in his first writing on that, a comanome which was like an engram, but he said it occurred also in the cell. Now, what he was talking about there was the Lambda organization. And we have gone further into this and realized that even if you do combine spiritual and physical, you will still have an omitted — you might get better — but you'll still have an omitted area. And that is the Lambda organization. And that is basically the subject of this lecture: the body organization. And I will tell you right now it is very hard to confront just how big that organization has to be to run a body. And that this is the missing part which would put all three together, the Theta and his perceptions and the physical part and its perception, and the Lambda and its perceptions to make whatever ideal scene you want with a body. Make the whole thing improve by handling all three.

Now, taking LRH's datum that the engram can occur on a cellular level, how many people have run Dianetics by putting TR0 on every cell in the area? You get a lot of results with Dianetics and it speeds up healing and all that, but imagine how far you could go if you also included the Lambda and handling everything that went wrong in the Lambda organization per cell, by cells. Now this is what we are really gonna get into here, because I want- we found a lot of this or cognited what LRH was meaning on a lot of this by actually going on the upper levels of the bridge. And we actually ran into these Lambda organizations.

Now they're very capable, and they can create sub-Lambda particles to adjust to the size of the body they're running. You realize it's not a particle but it's a Lambda, a little Theta. And as in a regular organization each one has a hat and it has a command structure and comm lines, communication lines, and the functions are very well differentiated. Some of them will run muscles, some of them will run nerves, some of them will run the heart, and it goes even further down than that, the part of the body that is in this area will have its own hat. And there is a command lines and functions and all kinds of- shows a checks and balances in the operation, so you will take your hand away from a hot thing very quickly.

Now, you realize that MEST by itself won't do that. You can take cells from the body that are disconnected from the organization or don't have any organization anymore, they're totally dead, and put it on a hot plate, and it'll burn, but remember if it still has a little Lambda in it it might jump around a little bit before it burns [chuckles] like a frog's leg, you know? It's a function of how much of the Lambda is still left in there.

Now, so, how big is this organization? That's what's hard to confront. OK, well, let's just look at it, how many cells are in the body. I have some data here from a health book, see we're talking about how wonderfully complex the body is, and they say that six quarts — well it's about a litre — six litres of blood are made up of over twenty-four trillion cells. Just in the blood! And this is what they do every day, every day they make three to five *thousand* trips throughout the body, and seven million new blood cells are produced every second. That's a big organization. That's just the blood, that's not even what they're feeding the rest of the body, you see? They're feeding the rest of the body and the rest of the body has a lot more cells.

Audience member: and every cell has Lambda?

Yes. They're all running around in there. OK, now...what was the next point here...now, there's a lot of motion in there and that produces a lot of heat, and they say, but there is another

function in the body that maintains the body at a constant temperature. And it says the biggest organ of the body, the skin is made up of over four million pores, you know these little holes in your skin, like a fabric. Four million pores that regulate the cooling system. You know, the sweat or closing up for the cold and opening up to let some heat out. And then the other thing is the digestive and metabolic system and that has the quality or the ability to translate food or change food into blood and sustenance for the body for all the blood, bone, and cell structure. And he says here that perfect balance is always maintained — or tries to be maintained — and if it was off by only a small fraction you have somebody get sick, or they might even die. For instance, a person with a very high fever, sometimes they die because the body gets too hot.

Now it also says the human heart beats about one-hundred-thousand times every twenty-four hours. And we're looking at something that's a very good machine, better than a Japanese car [laughter]. But nobody looks at who's driving it, you know? [laughs] Who does all this stuff? OK? And let's see, now the interesting thing is that the brain, which is the coordination direction thing of all this whole organization so the Thetan doesn't have to do it, he can go out and play and — his dynamics, you see?

And the brain consists of more than twenty-five billion cells, which are the most highly developed of any cells. Well, that's where the top of the org board is. And he says here a single cell cannot be seen without a microscope, but the functions it performs are outstanding. It has to have a lot of coordination and knowledge of what all the other cells are doing and do things at the right time, and all that, you can understand. And a cell is the site of the chemical reactions that go on and the reproductive capacity of the cell to renew itself.

[Translator]: The cell is the what?

The site, the place where it fixes itself up or renews itself, splits and makes another one just like it, and so on. So we're looking at a very huge and very able organization here. Very specialized. OK? And he says here, inside each cell is a nucleus or a centre of the cell that contains what they call chromosomes, and inside of those are the genes, the genetic...the genetic information the cell needs to keep doing all this stuff. Now, he also tells you in here how many cells there are in the body, now let's see what that number is. In one body, seventy-five quadrillion.

[Audience discussing the translation of "quadrillion."]

Seventy five quadrillion cells.

Translator: also fünfundsiebzig Trillionen.

OK, in English it's quadrillion. Cells in the whole body, we were talking building it up from blood, how much is in the blood, how much is in the skin, and now we're talking about how many is in the whole body.

[Audience and translator discussing translation of "quadrillion" again].

Translator: also, fünfundsiebzig Billiarden.

Yeah, seventy-five times ten to the twelve. Now, that just gives you an idea of how big this organization is and how complex, because the body doesn't look very big, so a lot of it is very microscopic, and so is the Lambda. That's what I said, it can create sub-particles of Lambda to coordinate with the overall direction of the body. Now, do you start to see...let's look at a funny example here. A person working in a company, or working in a factory, or working in his own organization, he may have anywhere from one staff member to ten staff members in a small

business, and he may have employed in a big car factory, he may employ twenty-thousand people. And there are very few people that can run an organization with twenty-thousand people in it. And look in the newspapers, all the trouble you have, they had off five thousand people and have to shut down, this business went bankrupt and all.

So you start to see why this subject of the body organization is a bit uncomfortable for most people. They don't have any comparable reality. Oh, they can get somewhere by applying LRH's tech on doing a touch assist, or an auditor can run Dianetics, but I think very few auditors have confronted what LRH is really talking about here. That if you could confront and handle each individual cell in the area you could get a much faster — almost instantaneous — handling of the condition. But I'm here to tell you that you don't need to do that. You can do it as well as you can, but you better realize that that organization is so good and it's so much more than most Thetans can confront or handle themselves that it's better to turn over the hat of handling it to the body org. And don't give him any counter-intention and know-best.

Now we come into the other thing that even Scientologists make the mistake on. They don't get in good enough communication with the body org. They only fix it when it's severe and it does need some help, but they don't turn the hat back over. Or they make a postulate or a wrong assumption about what went wrong and they don't hear the little voice of the body org coming saying, "No, no, no, no, we need this, we need this. We don't need that, what you're saying. We need this." How many people have you heard say, "I hate this medicine the doctor gave me! It makes me sick, but he said it'll make me better, so I have to take it." Well these people didn't obviously confront the body org and say, "What do you need?" Well, the body will accept it immediately if you get the right item. See? Just like the body normally will accept; a broken leg? It's a good thing to put it back together, you know? So it can heal faster.

And that is why the most successful rate of healing amongst doctors and the different categories of doctoring are from osteopaths, the guys who take care of bones. They're usually very successful, having good, high-tone levelled, 'cause they get a lot of wins! See, they're doing exactly what the body org needs, and therefore they get a lot of cooperation, and so on, and they get wins. And even with your microscopes it's physically obvious that if you put the bone together right it'll grow together. But now you take the guy who are handling other diseases which are not so well known about and they don't consult the body org, and they say, "take this medicine, take these pills, take this radiation therapy," and all this and the hair falls out, the person goes blind, and stuff. [laughter]

They don't have that much success, you know, they only replace one area — they usually use a lot of force — and they replace one area of trouble by knocking it out with force with another area which also kills the body on a slower gradient. You know, and they're getting at least a little more honest about it, they spend millions on handling cancer, and they usually will say, "Well, we have gotten to the point where we can keep the people alive another five to seven years," something or other. Yeah. But, the people are in terrible shape. Even though they maybe handled a little bit of that, they still have these other side-effects, what they call side-effects. Hair falls out, you know, the person gets all...you know, some other symptoms that they have to handle and take medicine for and so on. And we know very well that from the purification rundown, the body doesn't like to have excess radiation, for instance. And yet the doctors, you know, often treat the body with radiation. So the best thing to do is get in communication with the body org and find all these things the doctors have no data about, or omitted or false data. The best thing to do is to get in communication with

your body, and your auditor can help you establish that communication if you need to, and find out what it really needs.

We have a little interview on Excalibur level which asks the guy about his vitamins and minerals, for instance. And you know how Scientologists are, they get hooked on this idea, “We’re very healthy, we’re just gonna take vitamins and minerals.” And it’s even in bulletins, you know, when and where you should take them. But a lot of people do it without regard to the body org, and we have found suddenly the TA going “wee!” when you mentioned vitamins and minerals. And you can find out which ones, or which one, or ones are overrun! And immediately you’ll get the blowdown and back to an F/N or the normal range because the *body’s* overrun on these! And so what you’ve been doing is creating an artificial *deficiency* in the other vitamins by overrunning the one that is giving too much of the vitamin. See, LRH never said to do that he said to keep them in *balance*. And he also said that giving too much of one can create a deficiency in another. And that’s why in the purif you do them in balance, when you raise the level of Niacin you’re taking, you raise the others in balance.

See? So, in that level, we start to get in comm sometimes with the body org and find out what it’s protesting against or what you’re with it. Now, we will go a bit further into this in the next part, but, I’ll tell you at the beginning here, the body usually can handle as it’s says it’s so complicated- sorry, so much of a good organization, it can usually tolerate a lot of mistakes done by the Thetan and not show any symptoms unless you really went to examine it very closely. And you know the old thing that LRH says about auditing, he says that, “I can see an ARC break coming into session long before the auditor sees it, ‘cause I see the indicators.” See? Before it shows up on the meter, you can see it in the indicators of the PC.

So, the same occurs with the body. If you’re very good in communication with it you can pick up the indicators long before something bad happens and you have to go to the doctor. And I have personal experience with this because I was doing upper level work, had done some on the body, and then I was able to do things with the body that I had never done before. And I went into a sort of a happy kid, you know, “Hey, look at this new toy, I can- look what I can do with it!”

For instance I found that after doing that level of handling the body org, I found that it didn’t feel pain anymore. Or if it did, it was only for a second, it was [finger snap] gone, like that. So, as you know I ride a motorcycle, and sometimes it gets very cold. And I thought it was a good game — I didn’t consult with the body on this, I just decided it was fun to do — and I froze the body to a certain degree every day for over a month, and unfroze it. [laughter] I mean I wasn’t doing it deliberately I was riding in the cold, in the snow, and everything. And I decided, hey, that’s great! It doesn’t feel pain when I- you know how you get pins and needles when it- *ah, oh, ow!* When it thaws out, if you freeze something. I didn’t have that anymore. It would just freeze, go a bit [knocking sounds] frozen and numb, and then it would thaw out, and you wouldn’t feel anything.

And so I did that on a long ride, and snow storms and minus ten degrees celsius until it was getting unsafe because my hands were so stiff I couldn’t move the levers. And then I would say, oh well, I’ll just thaw it out, you know? Go inside, it’ll all come back to normal again. Just say inside and drink a coffee, and no pain. And I did a little too much of that actually, and the body was trying to probably warn me during this time, I wasn’t listening, and the basic thing was it had to use a lot of its resources to handle this condition because it was a physical danger to other parts of the body and they had to put in all kinds of extra energy and all kinds of extra food and stuff to handle it.

And I got into a condition where the body had a vitamin deficiency. Couldn't make enough vitamins to handle all this stuff. And then I didn't know what that was because I wasn't- I was thinking that, you know, this is a new level of thing, I'm only experiencing this and seeing what the body can do. I didn't think about what might be a deficiency. Because the body is still physical and needed these vitamins and minerals and things. The Lambda wanted to go ahead and do what it could to help me, 'cause I was in good communication with it. And I will explain you that after the break, why it does that. But you can overrun it. So that's what happened, and I didn't get sick but I got really- the body got into a situation where it had a vitamin deficiency and was subject to attacks and all kinds of stuff from stuff that I could normally handle.

Now, anyway, I found that out after about four weeks of doing that or five weeks of doing that and it's the same thing as, you know, how many times can you freeze a piece of meat and thaw it out before something starts to happen with it [laughter]. And it was using up its resources, let's put it that way. And so, to understand that, I will just give you this datum and then we go take a break for lunch. Remember what we said in the beginning, that Theta uses Lambda to bring order to MEST. And that, therefore, if you know computer language and so on, is its purpose or prime directive. To help the Thetan bring order to MEST. That's the prime directive, and that one is the first thing it will try to do. The *Hauptwichtigkeit*, the major importance.

The second priority is to maintain the body. To keep it functioning, and — to keep it functioning for the next days, say. And this is what we call sleep time. That's why the body needs that. Can't keep using up all this energy and everything without some time to repair some of the cells that need to be eliminated, or damaged, that need repair. And the third priority, and this is very important, is to do long-term repair. Not just maintenance from the daily stress of the body. Long-term repair. And right there I have given you the secret of why human bodies age. That is the secret. The bodies on this planet do not normally get to handle the backlog of long-term repair. Therefore they age, and they keep going downhill.

I'll explain more about that in the next part but that is the secret. They don't get to the long-term repair cycles. They only get to daily maintenance and operation, daily maintenance and operation, daily maintenance and operation. And we will talk more about that in the next parts of the lecture, but that is the thing which has been discovered and the reasons for it are very interesting. OK? Good, so, end of part one.

OK, this is part two of body org basics. And we ended off the last part by telling you about the three priorities, or the three, shall we say directives the body org has, and its hat. And number one was operating for the big Thetan. I mean that's its purpose. It's supposed to help bring order to MEST. Theta via Lambda to Phi. And the second was to maintain itself so that it can continue to do that on a daily basis. And the third is to do long-term repair so that it maintains viability over a long period of time. OK, now, as I explained at the last part of the first part of the lecture, I said the part that ever gets done on this planet is the priority number three. Now, first I give you examples of how the body itself and the Thetan who's running may cut into these priorities and tend to overwhelm the body's schedule of doing this.

Young people like to stay out all night. They go to school or work or something and then they go to the disco, and stay there 'till three o'clock in the morning, get up at seven, go to work, etcetera. All right? Some professions, they have a long work hours and so on, such as the Sea Org [laughter]. But also soldiers and people on very demanding- [dog barks, interrupting] [laughter] and dogs. [laughter] Especially watchdogs. And people with very stressful jobs, you know, they can't rest, they can't get to sleep, they stay up and watch television all night or something. Or they're

nervous, and they can't get a good night's sleep. And there are many other things which contribute to a lack of proper maintenance and repair time, such as a lot of worry about something, long driving...long driving periods for people between two cities, they've got to be somewhere very quick, etcetera, like that. And there are other stressful occupations which make it necessary for people to lose sleep for one reason or another.

Now, one of these is the economic treadmill. They have to keep operating at a higher and higher rate to beat inflation and the loss of jobs from other people taking their job, or cutting down the workforce, or depressions, and so on like that. Now, this can become a dwindling spiral. You see, a person has a rough job and they wonder if they're gonna get laid off tomorrow because they heard a rumor in the newspaper that they're gonna lay off two thousand people at this factory. And that is complicated by when they turn on the television to relax they just see bombing and war and all kind of horror movies and things like that, so they worry more. And also, the rest of the family may be coming under stress because of the news and because of this and that, especially the children, they can't go to sleep very easily maybe, and the wife and husband argue, and stay up half the night doing that.

Now, I know you've all experienced some of that because that leads to a decreasing efficiency in the body operation. It's well recognized in medicine, they call it stress. And they further complicate it by giving people uppers and downers, pills to make them stay up or to relax them. In actual fact, if you wanna say anything at all about this planet you can say it's run on a dwindling spiral. OK, now, that's just the part that people can see and be aware of. Now, when you read the Excalibur book and you start on the bridge, you find out there are other scenarios on the seventh dynamic and other telepathic lines, and so on, and other case phenomena to also help you lose sleep.

Now, we must say at this point that the body will operate under command...any kind of- go through any kind of operational thing that it needs to do for the big Thetan. But what I'm saying here is a lot of this is not necessary. The stress while the guy's just laying there watching television, the stress while he's just sitting there listening to an argument, you see what I mean? He's not working, he's not producing, the body's maybe sitting very relaxed but he can't start into a very good repair or maintenance cycle because always it may have to jump up and start operating. So you get a build-up of that over a long period of time and it actually decreases the amount of maintenance and repair time necessary to keep the body going. OK, so, now...also, what can be interfered with is the sleep cycle itself. And on doing research on this I found that one of the biggest distractions to the body or biggest interruptions to its normal cycles of repair and maintenance is the alarm clock.

You see, the body is laying down and it thinks it's supposed to have a normal cycle or so — we'll talk about how long those can be, or how short they can be later on — but it's thinking, "Now the Thetan's not using me anymore, I can lay down here and relax and do a repair maintenance cycle," and it gets interrupted, one of them, at least. One of these cycles will get interrupted because the alarm clock is not in time with the cycle of action of the body. And the same thing can happen for repair cycles.

Now, what is a cycle of say a sleep cycle? Well, it's a normal cycle of action. The body has a schedule of maintenance which it can finish in a certain time and then start another one if there is time for another one. And if the first one goes OK, it does get something done, some waste products out of the body, some cells repaired and so on like that, and if it gets interrupted in the middle of one it has to stop what it's doing and go back to operation priority. OK, so, what we have here is

people live in this stressful world, first of all, and they don't get enough time to get the body maintained to repair. They are not in communication enough with their body to actually groove it over at the end of a cycle into an operation cycle, so they have alarm clocks which break into the cycle of maintenance or repair and start them on an action cycle again — an operation cycle.

Now, this is very similar to a city because a city is like a big organization, and you will notice if you notice the traffic in the streets is very low at night, but there are several vehicles that keep moving at night.

[Change of tape]

OK, so there are several vehicles that must keep operating at night so they don't interfere with the traffic, and that's for instance your garbage trucks. OK, so, they have it — see, what they're doing is taking away the trash or the garbage from the houses and from the people but it takes a lot of time to do it, pack it away, and get everything into it and take it out away to the dump. And the important point here is they are operating at a time when the streets are nearly empty. Not much action.

And this is the same with the body, they're all using the same streets; the blood stream. Now, what do you suppose happens if you're in the middle of one of these sleep cycles, before the garbage trucks had had time to get out of the way when they're cleaning up that area — and remember, you don't have trucks in the body, you have the blood streams carrying all the waste products, and it's said in the little notes here about how many millions and billions of blood cells there are. Now, on one hand they're in a maintenance cycle and they're cleaning out the waste products from the cells, and so on, and all of a sudden *ring! ring! ring!* and the guy running the body wakes up, and he has to go to work right away!

So, what happens? Well, the body is a perfect organization, the priority of action takes over. So, what happens to the garbage? Actually, it is parked in the nearest place it can be in the body to get out of the way. So the poisons and waste products that were coming out of the body from all the cells merely get transferred to another area of the body and cells and they stay there for the rest of the day, and that puts a lot of extra strain on the body because it was thinking it would get something cleaned out in this area and now it's all parked there for the rest of the action cycle.

What is the physical reaction? If the guy feels tired for the rest of the day. You ever experienced that? You wake up and [sighs] really feel heavy and tired, and you go to work and still feel heavy and tired. OK? So, this is something that's experienceable by every single person and they could correct it if they had a communication line to their body. But they won't, they'll go to the doctor and say, "I need a pill to feel better during the day." Now the body has something else to handle, whatever was in the pill. People usually don't take just one, they take several during the day to keep going at work, and the stress, and all that.

So, this is the dwindling spiral coming in there and I say the ignorance and omitted datums that doctors and medical people have about bodies. Even if they have you in a hospital and they *know* somehow you're supposed to get rest- extra rest to do this healing of the broken leg or something, they actually send the nurses around in the morning, wake you up and give you your orange juice, you see? [laughs] [laughter]

So you can tell they have a real dim idea of this stuff but it's not really the whole story. See, they know the body needs more rest to heal itself but they don't know that it occurs in cycles of action. OK, so we have that problem. And we also have another problem, as I said, from the spiritual interference level, and that people refer to as stuff like nightmares and bad dreams and

“tossing and turning all night,” and all that. You see? Now, that is part of the dwindling spiral caused by the aberration on this planet, because as I said there’s a scarcity of bodies on this planet so not everybody- every Thetan has a body, so they try to disturb somebody who does have one, or something like that. And as most of you know on the bridge, most of them are keyed into engramic incidents.

All right, now, for this reason and for the amount of enturbulation on this planet you can actually measure the amount of repair and maintenance a person can get, and you find out that the average person gets very little. Now, you might say, well, what is the normal length of time of a repair or maintenance cycle? In other words a complete cycle of action where a certain area of the body or a certain percentage of the body's waste products can be handled completely. Well, I’ll tell you how you can find this in your own body. Did you ever — no matter how much sleep you got — but did you ever find a time you just woke up, naturally, and you felt rested? You see, completely rested! You just get up and ready to go. Now, that would have been the exact end of a maintenance cycle. Now, if you just measure this and keep a record of this for a few days or over a week or so, you will find out — and when you went to sleep, you see — if you know when you went to sleep, when you wake up like that you also check, “How many hours did I sleep?”

Now you know that at least the sleep has been the first measurement of that, when you wake up and you’re totally ready to go. I don’t care how much sleep you get, just measure from the beginning of when you went to sleep and that waking up. So you have one measurement at least, and you know something. You know that the sleep cycle of your body, the normal one, is somehow divisible into the time you went to sleep and the time you woke up fresh. And then, if you do it a few more times, in other words you wake up fresh and you go, “Oh, wait, when did I go to bed?” And even if you went to bed late, or in a not normal sleep time or something like that you might wake up fresh with a less total hours of sleep. And once you have two comparative datum like that you can almost figure out what the sleep cycle is for your body at that time.

For instance, a guy gets seven and a half hours of sleep one night and he feels fresh when he wakes up, and one night he went to bed very late and he woke up after only two and half hours and he felt good. You’ve heard people say that, “Hey, I only had two hours of sleep last night, I feel great!” Well, the sleep cycle is, again, a multiple- or divisible into those times when you woke up fresh and you went to sleep, so if one time it was seven and a half hours and another time it was only two and a half you might almost come to the conclusion that the sleep cycle of that body is two and a half hours.

Now, you can then further check that even with your alarm clock if you want to, and you put it for five hours and you see if you wake up fresh. Now, that proves it’s at least two and a half hours or at most it could be one and a quarter, so try setting your alarm clock so you wake up some...one and a quarter multiple is there. And you’ll probably find that when you wake up you’re very tired, you wanna go back to sleep. Well, you woke up in the middle of one, so you can then prove that the sleep cycle for your body is two and a half hours, not one and a quarter. OK, do you see how to do that?

OK, now I’ll tell you what the normal...the normal sleep time of bodies on this planet without auditing, without auditing...is normally anywhere from three down to two — but no less — three, two and a half, two and a quarter, no less. And usually the younger the person is, the more sleep they need, so that the children may be three because they have a lot more growing to do, you see? And their repair cycle or maintenance cycles, and so on, they’re growing as well, as just repairing. So, you can determine what it is for a normal human body and then you can take very

positive steps to — if you're getting in communication with your body org — to measure from what time you go to bed and tell the body, "You can have two sleep cycles, or three sleep cycles, and I gotta get up." And then it fits in with your schedule, see? And you find that the body is very fresh when you wake up, even if one night you had to wake up an hour early because you didn't wanna wake up in the middle of a cycle, so that's one of the advantages of being in communication with your body. And when you get to that ability level after a few practice times then you can throw away your alarm clock.

OK? Now, as I was saying before, we have the problem of a lot of interference with sleep cycles on this planet. People that live in cities have certain, like, fire or police wagons coming by in the middle of the night. They have interference from the baby crying, maybe, and the neighbors, or they may have interference from nightmares, and all of this together in society and in life makes it very difficult for a person to get normal sleep. All right, now, I said that a body can operate as its first priority, but when — and the Thetan can maybe run it for two days straight without sleep or even longer, but remember, the *Thetan* is doing it. The body recognizes it as an action or operation cycle and goes along with it, but when it's interference in the sleep cycle it operates as a bypass on the Thetan running the body, because the Thetan is woken up and he goes into operation and it's unpredicted. OK, it's unpredicted. It's a bypass of his operation. The more that happens, the less good sleep cycles he gets.

Now, the next...you understand all this.

Audience member: mhm.

It's very simple, really, and I'm surprised that medicine, doctors and so on have never found it. I just want to make a brief comment here on another reason that there is problems in sleep before we go into the next point, and that's a matter of ownership. You have heard in the lecture on dynamics that it is very rarely, almost unheard of, that the Thetan who is running the body has the body org that he created, because everybody created one or two in the beginning of the game or somewhere far back the track. And these body organizations are quite capable of running doll bodies or robot bodies as well, but during the lifetimes and the different changes of bodies and relocations of the Thetan to another place to pick up another one, and so on, they've all got mixed up. Very similar to the way the MEST universe is all mixed up, that's why it's so solid. This particle on the table here, if you measure it with a small microscope, may not have been created by the same Thetan as the next particle to it.

Although there is a lot of agreement in the game, it still is a question of ownership. And LRH says in another axiom — in the Scientology axioms — he says the as-isness, or the exact truth will cause an as-isness, and that is exact time, place, form, even, and authorship or ownership. So, if you've ever wondered why you can't as-is MEST you may have picked up that you may have not made the determination of whose is it. And also, in the dynamic lecture, there is so many players in the game, it's some ten times ten to the fortieth power, and all of them created a lot of things. So, even if you were lucky enough to have one of your own created particles in the table and you tried to disappear the table, you might only disappear one atom. And if you really wanted to stand around and, "Let's go down the phone book." You'd have to say, "And that's Joe's, and that's Sam's, and that's Pete- and that's Mary's, and that's the- duh duh duh," you work at it long enough years you might get the table to sort of get thin. [chuckles]

But there's much easier ways to do it on the OT levels. You can get much better in telepathic comm with them and so on like that and sort that out. But, anyway, the ownership problem is the one that most Thetans and beginning OTs run into and they can't figure out why they can't make this stuff disappear. And it's not just a question of mine and somebody else's, remember LRH says *exact* time, place, form, event, and authorship.

And we have proven on the OT levels, around OT 12 and 13 that a guy can recall all of the particles he made in the game and as-is them. And that is a big completed cycle for him. We've also proven that it is true also that he doesn't have his own body organization with him, because we haven't had an example yet of a guy doing that and having his body org disappear and the MEST fall down on the ground. It wouldn't actually do that, it would ask him, you know, "Do you want me to do something else?" It would get back to its — "You're my boss, so...the one who created me, what do you want me to do?" And he could end it at that point, and say, "Hey, wait, I've got my own body org, wow."

Now, there have been incidents in the past, you've probably heard about from Indian Swamis and so on like that who could make their body appear and disappear. Now, those guys know about living many lifetimes and so on and they're very perceptive about these Phi and Lambda things and they're in pretty good communication with these Phi and Lambda, so occasionally I'm sure that one or two of them would have located and found their own body orgs, and therefore they can continue the thing with at the end creating their own Phi to go with it, and then they can have this amazing ability of appearing and disappearing.

Now, anybody can do that with LRH's little process of "mock up a cat, who's looking at the cat?" *pffh*, disappears, you see? You see what I mean, that is an example of creating something and as-ising it. But these guys have- just say, it's just a matter of gradient. They have done it to the degree where they can have their body org, their *own* body org mocked up and command it what to do, see? Now, unfortunately they haven't been able to put that into a bridge or into a process where anybody can do it, and so it's rather useless to anybody else.

Now, there is one other way all of these things can come under control which is a very high OT level ability, and that occurs sometimes in the game and sometimes unexpectedly, and you probably heard it referred to by LRH as "necessity level." But this is sort of a- this is done, always, from an out-of-the-game viewpoint, and it has to have that necessity on it to do it from an out-of-the-game viewpoint and that usually is forgotten about after the guy handles what the necessity was and he doesn't know how he did that.

So there is a couple of ways you can do that but it's not helpful in getting a person out of the game on a gradient with the bridge so he has total control of his abilities. We're working on that and have some upper level of the bridge things looked at that do have that possibility but in general use it is not the way that people can finish up the game, so to speak, because they have to learn everything they did in the game, everything they created in the game, and what responsibilities they have in the game.

So these things can be approached on high OT levels but the main thing that prevents people from doing it, normally, are the things which are contained in the bridge. All the different levels of charge, bypassed charge, aberration, implanteering, implating, and those kind of things. So, right now, we are looking at handling this game on a gradient of what people *can* do, and the game is full of creations, of Phi and Lambda, and lots of aberrated Thetans. And to handle all of this we're gonna have to handle the authors, or the sources of these creations and whatever they made in the

game and whatever troubles they got into, because we cannot have a better game than the one we have without rehabilitating all the players, you see? Because games, if you look at the history of games, they started off small, they got more and more complicated, more and more complicated, people liked them that way and now they're so complicated that to have a better one than you've already done before, you've got to have the same- at least that same amount of players in there.

And if you don't — there's an example for that, if you don't believe it — I mean, how many of you would like to have played your whole lifetime in an area as small as maybe one town or one house? And there was nothing else outside of that. I'd it much better to be able to go to another city, another town, even another planet and see some new things and meet some new people, and all of that? Huh, it's interesting, you see? Well, if there wasn't that many players in the game, you wouldn't have that randomness. It would get very boring just to play a little game in a little place with one or two others. So, the way out is the way through. We have a very complicated game, but the bridge makes it simple, because again quoting LRH, all problems can be solved by the use of gradient scales.

OK. [Inaudible mumbling] Aha! Yes, we've covered some of that. Now, let's — what time is it, by the way?

Translator: nine.

Nine. Do we have a break in this period or not?

Translator: no.

OK. So we'll go 'till about ten, then. Now, let's look at another aspect of this, and that is what's happening, when you have — remember I told you there's a lot interference in life, in spiritual level, in physical things happening outside while you're sleeping and all of this kind of stuff. So, what effect is this having microscopically inside the body? All right, let's turn on this thing again. All right, now we're going to look — could we open another window somewhere, or the door, maybe? Get a little air through? All right, thank you.

Let's take a look at what's happening microscopically in the body, because you've got it now, you've got examples and you've experienced it all of what happens to you when you're asleep and what happens to you when you get woken up, and what happens when something interferes with your sleep cycle? You could feel tired. Now, let's take a microscopic — I should have drawn these a little different — let me just reel that on... Theta, Lambda, Phi is what I'm drawing there but I wanna just put some space in between. Want some space in between for the comm lines.

OK, so let's go back to our little microscopic per cell.

Translator: turn it off, it's much too light.

Too much light.

Let's go back to the microscopic picture of the cell, what's happening in there? And remember we said that there was one — at least, we don't know exactly — but LRH says that there's a cellular- a cell can have an engram. So let's say there's a Lambda guy there that's also having the engram and at least say there's one Lambda...one piece of Lambda in the organization for every cell. Now let's also assume that the Thetan is trying to do an assist in that area, and we'll just take the Thetan, at least he concentrates on that one cell, maybe others too. OK, so we have a two-way-comm system here, and we're talking about a Thetan giving an assist or something to the body. And notice that in normal living he doesn't even do this, he just leaves all this out and lets the

Lambda handle it. So we have a two-way-communication system, here, we have...here's the command of, "Feel my finger," you know, get back in comm, etcetera. And here's the Lambda going, "Yeah, wake up again, you know, you hit with an engram or a baseball bat or something." And here's the Phi going, "Huh, huh, huh...I'm supposed to do something now." OK, and the Phi is communicating back to the Lambda who's running him, you say, "Oh, oh he's moving now, that's good. I'm bringing order back into the MEST," so he gets this come back, "I'm moving now." And the Lambda communicates that to the Thetan, "It feels better now. It feels better, it's working again."

Now, that's an ideal scene, right? I mean we're talking about an ideal scene of an assist. In other words, we're saying that some impingement from the physical universe — MEST, force — impinged on that particular Phi and it produced an engram. Now, it isn't just doing it one cell by one cell, of course it affected many more, but we're just using this for an example. And right away the Thetan jumped in, did an assist, and the Lambda felt that it could bring order again and everything got OK.

OK? That isn't the whole picture. In actual fact there are always some interferences going on with the various cells in the body and that is again going back to what I said. This is because of the dwindling spiral on this planet, the interference on this planet, the radiation, the bad food, all of the stuff happening on this planet. The more normal thing is — and you've all probably done the purification rundown, so you know there is poison sitting in there in the body — that there is always some impurities — we've drawn here like little triangles, or something, little spots — until you do the purif or until you eat a better diet, and so on, there's always some impurities in the body or around it.

OK? And not every Thetan is as Clear as the one I'm drawing up here. Oh no, oh no, he's got a lot of case around him. And out-comm of his own, and out-ruds, and all that. And not all Lambda body orgs are in good comm with the Thetan they're now working for and they have their own track of running other bodies and so on like that, and having very bad owners who used to take a lot of alcohol or drugs or something like that, and maybe even teach them how to do non-survival things. So the Lambda has case as well.

OK, now we have the various impurities in the body — just the physical ones that are in the body — now these weren't the impurities of foreign matter, but it wasn't...it could be replaced if you could do enough maintenance cycles. We're talking about now drugs and medicines and things that you have to run out on the drug rundown that are *foreign* to the body, they don't even belong there, see? So they create their own kind of MEST level case around the body cells. All right, it's something the body doesn't need and doesn't want to operate properly.

Now, that isn't all, 'cause now we talked about, remember, we talked about the telepathic effect of people interfering in your space or giving you wrong instructions like the doctor who tells you, "Take the pill even if you don't like it," well that comes right through to the body. See, not the tablet he's taking, not the pill he's taking, but the *intention* behind it. Now that tends to cut the communication line between the Thetan and the Lambda org and it gets a bypass going. "The doctor said, the doctor said, the doctor said," see? He's running the body but the doctor said. With intention, "You must take your medicine!" I'll just put that in as OI, other-intentioned. Other-intentioned which cuts the comm between the Thetan and the Lambda.

Now, you've all heard about implanters. They don't just do other-intentioned on a helpful, trying-to-help basis, they try *counter*-intention. So you have other-intention and counter-intention

just sitting there on the comm line between the Thetan and the Lambda organization, so it's there to some degree and may not be all on one cell, I'm just saying there is some there, you know? The person's been other-determined and never ran it out. Now, let's look at the line between Lambda and Phi. Due to the Lambda, its own body org track in running other bodies and being with other Thetans, it also has some, shall we say, policies its holding onto that maybe have nothing to do with what this Thetan wants and what his body should have, so it's brought them forward on the Lambda track and they operate as OI or CI (other-intentioned or counter-intentioned), which is cutting to a degree the Lambda comm to the cells, or making it not what the Thetan wants. But that's not all.

When you get down to this level of Phi you're in the MEST universe, right? All this before is track and mostly telepathic comm and incidents cropping up with pictures and so on, but this level down to the Phi can be interfered with by physical wavelengths and radiation. It can be anything from electro-magnetic radiation to atomic and nuclear radiation, but it's all physical. OK, so what we have here is a picture of interference possibilities that can interfere with the communication lines and the repair and maintenance cycles of a typical cell in the body. That's in addition to, I remind you, the first thing we drew which is physical impingements from the MEST universe. So, when most people finish Dianetics they feel much better because they've taken away all the records of physical impingements on the body.

But Dianetics does not by itself remove all of these other possibilities of cut communication and impingement into the area. To do that we need some other processes. Right, now, some of them are OT processes because a lot of the case around here is maybe handled around OT 2 and Excalibur, and also some of this can be handled by OT 3 and Excalibur, this stuff around here, and also some of the bad communications, especially the CI ones, the counter-intention from implanting and so on. Now, you understand here we're talking about when a Thetan goes to sleep, for instance, has a nightmare. He may have to feel he has to guard the body from whatever danger he saw in the pictures and the pictures may be coming in on this line here, counter-intention between Lambda and Phi, or on his own track.

Now, with all the additional stress in the environment—because we hadn't drawn the environment here except as this impingement from MEST—but, remember when a guy's sitting there in his body, watching television or—in his body, the Phi, the Lambda, and him are there—and he's seeing restimulative pictures on television or feeling emotions and so on from what's happening there, he's also transmitting that through Theta, Lambda, and Phi. Now, realize that's very light restimulation on the order of locks because it's not an actual incident, but if the guy has similar incidents on his own track, either the Lambda does or the Thetan does and yeah, sometimes the Phi, you'll find out that it gradually builds up to where that incident is in restimulation, more and more.

Now, I would just...[quietly]: interference...[inaudible]. So that's giving you the datums here about how the body can be interfered with by these various things and its cut communication lines — see there's two things here, the aberration of the area, and physical aberration, and the things that cut the communication lines. I might also add at this point that some radiation is called hard radiation, and it consists of particles, so it can actually impinge into the cell and lodge in there. Now, you have a complete picture here almost of what the body is subject to in its lifetime. And as I say, the medical profession only recognizes this little part down here, radiation, MEST impingements, and things in the cell. Only things they can measure.

We recognize in most of our lower level and interference zone processes up to Excalibur, we recognize this part, impingements on the Thetan and the other-intention and counter-intention to

him which is also impinged to some degree on the body. And recently, on the upper levels, starting with OT 14 and maybe a little bit below, we recognized that we also have to clear the Lambda org, the difference being that you are working on that when you're doing Dianetics and some body org processes or like 8-C or objectives and so on, you're working on that, but mostly you're working it on a sort of a general basis. We're talking about here, taking the Lambda organization as an *organization*. Clearing it from the top down. Does everybody understand that? This is the omitted area that we were doing.

OK, so, there you have almost complete picture of what's going on with your body. Now, we go back now to the sleep cycle.

Oh, by the way, there is one definition I want to give you before we go back to that, so you fully understand. You see all this? All of this put together — everything except the correct comm lines and the correct bring-order-to-MEST lines — can be put under the general heading of “possibilities of mutation.” Mutation, the changes of cells in such a way that they are not anymore normal. They're not operating normally, OK?

Audience member: The aberration of the purpose of a cell.

The what?

The aberration of the purpose of a cell.

Yes, it drives it off purpose or makes it hard to accomplish its purpose. Now, mutation, the word mutation generally means just change but it's normally put into a negative sense, it means harmful change. So, if we look at these broken comm lines and interferences and cut comm lines and particles, and so on, and other intention and counter intention as possibilities of mutation of the normal cycle we see that as a person lives on this planet in his body, he's subject to many sources of mutation.

And now, horror of all horrors, the scientists are deep into the idea of how do you mutate cells? [laughs] *Whew*, so they wanna add *more* mutations to try and handle the mutation that's already there. Now, I'll just give you an example on my own body of how much radiation the body had to handle even after doing the purif, I got caught in the Chernobyl fallout. Yes, and I was sitting in it for, well, all the time it was going on up in Germany. And I took my niacin and all that and I had done the purif, but then I went into this body org handling level and I decided I wanted to idealize my body a little bit, lose a lot of weight and a lot of fat off of it, and you would do a general overall repair.

So, I started about a year ago and it's gonna take another five months at least. Incredible stuff came out of the body. This filtering system that's here, this is a beneficial thing, the body org set it up to keep the radiation in particles of radioactivity away from the normal bloodstream and bring it down through another system, the lymph system, and I noticed that there was a lot of it to handle as it came out of the cells and so on like that, and the body org tells me it will be there for another few months and then it'll all be gone. And it had to devise another comm line to get rid of it on because it's too dangerous to run through the bloodstream because it could get parked anywhere in there and just re-generate the radioactivity again in the body, and the body- it figured it all out to encase all these little particles in iron particles and run them out very deliberately at night, and so on like that.

So, this is an area that was from inside the cells that were being taken off of the body weight and inside the rest of the body that I had never been able to get out on the purif. These were all

stuck inside the cells just like this picture here, the radiation went in and it got in there. Not only that, but they were staying in the area because they were copied because of poor communication down from Theta, Lambda, and Phi, it duplicated them instead of doing it right.

Also, I had other radiation from exposure to sunlight, exposure to a lot of radioactive dust in the air from riding motorcycles and so on, and I lost teeth and everything so that... the body has a lot of things to repair.

Mhm, can we open the window a little bit? Ja, danke.

So, I know it can be handled, I haven't finished the handling yet but I know it can be. Only thing is, do you have long enough to live to handle it? [laughs] Now, I've given you all the bad news, now some good news. The body can be audited to a state, and can be helped out by all the normal things you do, good food, good water, good diet, and so on. And most importantly brought up the bridge where a lot of these things are handled. And one of the most important discoveries on running this pilot project on how to get the Thetans to be able to handle their bodies so they can keep auditing and so they can keep, you know, not having to train new auditors every lifetime. [laughs] You know, you get a good auditor trained up, you want him to last a long time. [laughter]

Anyway, the good news, the good news about that is that these areas here can be handled-knocked off by different auditing levels. You started on Dianetics, but each level you go up the bridge there is some to handle on this, and it can make the picture much clearer.

And the really good news about is that I found out by doing this that the sleep cycle actually shortened, because when I started and when I measured a few other people's sleep cycles they barely had enough sleep time to be able to just maintain the body, and therefore they could never repair the body fully, and therefore we would run into the same problem that the doctors ran into, they could not extend the lifespan and health of the body, and it also proved why it was impossible for the doctors and scientists to do it, because they didn't understand about the sleep cycle and they didn't understand about the Theta and Lambda parts of the...effect on the body.

But as you remove the barriers in between Lambda and Theta and Phi you get a speed-up of the communication lines, and also a more efficient operation of the maintenance and repair cycles. I might mention at this point that just one big wrong item given by somebody with other-determinism can interfere with the normal maintenance and repair cycles for years. For instance, going on a medical program that is actually destructive for that pattern. Do you see what I mean? Or a diet that the body can't find all of its necessary things in. There's lots of things you find out about the body when you get in communication with it.

So, let's see what these normal sleep cycles can become if you go up the bridge. I found that as you go up the bridge you can cut them down from a proportion of say, what they are, say two and a half hours and then it goes down to like one and a quarter hours on a gradient, perhaps just above OT 16, and then perhaps to three quarters of an hour as you go on further because we do body org processes at every level and these mean- I mean, processes that are *addressed* to it as an org.

So- I mean, not everybody has the same length of sleep cycle, I'm just giving an example. You can cut it down by a factor of four hundred percent, or in fractional terms one quarter of what it was.

And now, the other datum you need to know about is how many maintenance cycles and how many repair cycles are required in an average body. Well, due to the aberration on this planet and due to the various interferences the normal body needs at least three maintenance cycles per

night. That's just to handle what you've got around, I mean average. From a city dweller to a country dweller to a guy in high stress, to...that's average. Some people require maybe two, but others require four, you see what I mean?

And since these are normally in between two and a half and three hours, let's just say two and a half...so we get seven and a half hours per night. How many people do you know that get over seven and a half hours of sleep per night? You see what I mean? *That* is the dwindling spiral. *That* is why bodies age. *That* is why doctors and medicine can't help it.

Repair cycles in the average person: none. I'm talking about the unaudited person here...none. And that is the secret of ageing. That is why bodies age, and as they group up from childhood to adults they go through getting in contact with more and more interference normally. The baby is well protected by his parents, he doesn't get in contact with too many other dynamics. He has a diet, he doesn't smoke, he doesn't drink, he doesn't have alcohol, he doesn't have drugs...you see?

Smoking is, by the way, if you're interested about smoking, it's a very minor cause compared to all this other stuff but- and it should not be done, however, if the Thetan or the body org disagrees with it, otherwise you're gonna have some counter intention between the Thetan and the body org. But it's a very minor cause of all this aberration we detailed on the other chart, you see? But doctors thing it's the whole cause of everything, you know?

So, in a body that's getting no repair...[drawing] just draw this right...I need another color...just drawing a little chart here. Oh, another color. Just draw a triple chart here. This is...here is efficiency of the body org and here is time, and we can say that on average this is maybe forty years and this is seventy years average. Some people live longer, that's true, but average. There's always exceptions to the rules, and so on.

Now, what I've drawn here is three curves showing the efficiency...normally increasing in a child. Right, and until they're around...well, they start to go out maybe twelve, fourteen years old they go out — puberty, right? — so they go out and they start going to discos and dates and all this kind of stuff, get involved in other dynamics, get other intentions from other people and start building up all of this interference into their bodies, so it normally goes upward until at least twelve years old.

Now, it can be extended of course, by, the guy lives a clean life, he's an athlete, he sees- you know, takes very good care of himself 'cause he likes to be in the Olympics, and so he may go up on this blue line and keep his efficiency going up for maybe forty years. But some of them go right downhill and start becoming alcoholics and drug addicts, and so on, and their efficiency drops off like crazy and they may stay alive a little longer but their efficiency is...nothing.

OK, so, what you have normally is the guy's efficiency continues up for maybe thirty-five, forty years, and then it starts dropping off. Now, it may not be as steep as I've shown because some people go into health programs there and they change their lifestyle and so on, and some of them are able to extend it on a slower down gradient and maybe come out here, see, about eighty, ninety. But that's because they got scared because they were getting, you know, near death or something. They had to jump into something, a health program or something. You know, they were overweight and had to lose weight and so on like that. Or they had various physical ills and the doctor told them some beneficial advice and told them to "stop doing these things, it's killing you," you know?

But we're talking about some range here, and the average is still around...somewhere around seventy-five or something like that, or seventy years old on this planet. Now, remember, a

guy who is not audited, he never gets rid of whatever's impinged on him case-wise or Theta-wise. He may key it out from time to time, but he never erases it. So your average person will go just like it says here, with no repair cycles. That's what will happen.

Now, some people do have money enough to go to cure places and so on like that and they tell them to rest and they give them all kinds of herbs and things like that, and they can extend it a bit because they get maybe more repair cycles. They start repairing something. They tell them to sleep seven and a half hours at night and two and a half hours in the afternoon. [chuckles] Something like that, I mean I'm just giving you an idea of what happens on this planet. Hardly anybody gets any good repair cycles in unless you're in the hospital and the nurses don't wake 'em up every morning at eight o'clock.

So, we must also say that this is just an average, but during a lifetime a guy will sleep longer sometimes. He's very tired and he sleeps longer or he just takes a day off and rests or something. He may get, you know, extra repair cycle, one or two a week or something like that.

Now, I have to give you this news, which is that on this planet, at least for a body my age (which is around fifty-five — fifty-four, fifty-five), when I went to this program and I communicated with the body org I found out that it wanted to fix up all the previous stuff that had happened to it and it had been involved in like everything from the Sea Org to radiation to staying up many hours at a time and so on like that, that- I was surprised, because- but luckily I had already shortened down the sleep time. See, it wanted three maintenance cycles per night and six repair cycles. [laughter]

So, on a normal body that would be...how much? Nine times two and a half?

Translator: twenty-four and a half hours.

Would be nine times two and a half, which is eighteen...yeah, eighteen...nineteen, twenty...twenty two...

Audience member: well, eating...

Twenty- yeah. [laughter] [laughs]

Even if you broke it up you'd just be able to sleep an eat and eat, all right, that's all. [laughs]

Now you start to see the impossibility that doctors have without knowing everything about this. However, if you cut down the sleep time from two and a half to one and a quarter, three quarters...nine times three quarters, right? Twenty-seven over four...it's about four, seven, six...six and a little bit hours...six and three quarter hours. Not much difference than a normal sleep time, seven to seven and a half hours. So, I saw a way through.

OK, so it is advantageous to anybody to go up to the bridge where they can get all this aberration on the comm lines and Theta, Lambda, Phi off so they can cut down the sleep times to be able to put in repair. Now that was — by the way, I will tell you the length of the program — and that was to handle the fifty-four, fifty-five year old body...say fifty-four years of not much repair in...what was it, a year and a half, in one and a half year. Now, if you look at that, that's about exactly ten days per year. In other words, ten days of that amount of repair cycles per handling one year of body life.

So, in a way it's very efficient, it's very efficient. I mean, if you're only twenty and you go up the bridge you only need...twenty times ten...two hundred days. Yeah, so you could handle it in less than a year, the backlog of undone repair, OK?

So that's the good news, you can handle it. But- and by the way, you didn't- if you just did three repair cycles per night at whatever- see, 'cause as you go up the bridge the gradient of the sleep time goes down, the sleep cycle. So you will get more and more repair as you go up the bridge.

So that's the good news and you can...you get to that level you can program that, and I'll give you more about that — let me check what time we got here...nearly time — as you go up the bridge. We'll talk about this tomorrow, what actually happens, how the body actually does this, how you can help it do this increase of efficiency and longevity and sort of get it more viable.

And just before we end off I will tell you one important datum about it. You can't do this program without or while you have a sort of a thing about how you look. And actually the body org is prevented a lot of times by people because they don't want to- they withhold having anything change their appearance, you see? It might get older all the time, but they don't want anything to change their appearance so their body says, "Well, I can't do that." And I tell you, sometimes it's quite surprising what can go on on that because in actual fact when the repair cycle starts the body org tells you that the best, most logical way to do it so that we can meet the schedule of ten days per year of life on this planet, at this time with cut-down sleep time is to begin at the inside and work toward the outside.

Now, well, if you look at any machine that you're overhauling — a car, or you're overhauling some kind of machinery — you always start with the innards, the motor, the frame, and so on and you gradually work out and repair the outside. So I have even cautioned a couple of girls that are on this program, don't have any things about your appearance and try to withhold things from happening on your body. So you can...you know, they would rather *die* [laughter] while all their innards are going to hell with all these possibilities of aberration, as long as they look good on the outside, that's all right, and a lot of money is spent on just that.

But in actual fact it's a normal thing that the body will repair from the inside out so it doesn't have to push waste products through already rehabilitated areas. So the first thing it will start on, on the overall repair — and this is why it's different from maintenance — is the bone structure. OK, and after I was told that and had started off I noticed- see, it's not just one year, ten days, that's just the average. It does it in different patterns of organization. Yeah, it's just like your mechanic at your garage, it might take him six months to repair the motor and then only one month or so to fix up the body, but in the average it's a seven year old car so it takes one month per year of the car's life.

And I noticed it when I started this program that I was feeling a bit weak in the bones, you know? Compared to my earlier life and anything I did before I was fifty years old. You know the old thing, old people get brittle bones and all of that stuff and I couldn't even, you know, hit my arm on the table like that without making it feel pain. Now it doesn't feel nothing, it's the bones...very strong.

All right, well then it works from there outward, tendons and muscles and various organs and so on. It's a very excellent repair program, it has a pattern to it. I'm not totally...I have not totally kept record of exactly what the program is, but generally it's from inside to outside, and the last area to handle is the skin. And I noticed the other day that when I was young, about fifteen years old, I had these persisting little warts, they call them in English, but little lumps...hard skin.

[Change of tape]

Hard places on the skin, and during auditing they got smaller but they were still there, you could still feel them under the skin, and recently I noticed in a period of about five days they just disappeared. They're gone! The body said, "Yeah, it's part of the repair program." We got to that area and handled it, you know? And of course I kicked the body around, and as I told you, I overloaded it on freezing and thawing out and so on like that, so that took some extra repair cycles out of it. [laughter] So, you don't have to really change your lifestyle very much and you just have to not go overboard, and, "Hey! It feels better now, really see here what I can do!" You know?

And, I noticed also that it started working on the fat areas. I've lost in one year I've been on it, thirteen month, I've lost fifty-two pounds which is about so many kilos, I don't know...twenty-five, without effort. And one interesting point on that is that the body org said, "Don't do the exercise until we — you know, the exercise to build up the body again — until we — no more than normal exercise — until we finish with the fat because it has poisons in it, and if you do a lot of exercise it'll just have to be demanded by other areas of the body, you put it back in the blood stream." Yeah, it doesn't have any other place to take the reserves from so it just takes it from the fat rather than from the foods you eat and you put it back into it.

Over-exercise I'm talking about, not normal exercise, but really going in there and making the weights and all that stuff, you know. Running five miles a day, and so even if you've never done it before.

So, there are a lot of noticeable things that happen during this program, and a lot of strange things that happen that you go, "Woah, what's going on now?" And you have to get in comm with the body and talk to it, and say, "Hey, what's this for?" You know? When I saw them making this thing, and they said, "Oh, that's to bypass the radiation out of the area of the bloodstream." Woah! And the hard radiation, that is the particles. I'm not talking about waves here. And of course it was quite surprising and you can occasionally feel the radioactivity over there but it's not in the body anymore, you see?

So, there is some strange things that do occur, and I noticed that the weight for instance comes off of the body in a reverse...well, in the reverse order it was put on, you know, you get layers of fat and so on like that. So, it takes away the ones in here, so the last- the first ones you put on in your life will be the last ones to go, cause it was first and then the other came inside of that and pushed it out further. It's almost...if you get in comm with the body you can almost tell when you put it on in your lifetime, you know? So that's when it gets to the outside of the body, it starts working on this reverse cycle of the age of your body. It goes from how old you are back to when you started getting that fat.

For instance, the way I've got my legs crossed right now, I couldn't do that one year ago. My legs were too fat, I couldn't cross my legs and have one hang down the side of the other. Things like that you notice and you know the thing is- the program is going on. Yeah, and the body told me that one of the last things it was gonna repair was the teeth, and I wanna see that, [laughter] because it's supposed to be a medical impossibility, you can't grow teeth again, you know? Well, from their records I can see why, it's one of the last things the body would handle on proper repair program and so nobody ever got to that stage of repair program, they haven't do it, not on this planet.

OK, so we're gonna finish off and we have a couple of minutes, we'll ask anybody questions and I'll tell them whether it's something I could say now or whether I wanna cover it tomorrow.

Audience member, in German: On which level can one do this program?

You always on the bridge, you're always working toward it, right? The entire program is on the VAST+ level, and we're looking for ways to bring it closer down the bridge.

Audience member, in German: on the what, exactly?

Translator: VAST+.

Viable Application of Source Training.

Translator, in German: all the way at the top.

It's kinda doable. It's after the Source levels and the VAST levels. Now, the reason for that, you see, is I couldn't have gotten the sleep cycles down that far and I couldn't have known that the body wouldn't have any interference that I couldn't handle unless I had made it to that level, and I could handle any interference it got on it, and I could handle any of the problems that might have come up because I knew the processes, and everybody who gets to that level will know the processes to handle any interference or any of those cut comm lines or anything like that. If you don't know how to handle it, they'll just get cut and you won't notice it and you will go inefficient again.

And remember, you're learning and doing the gradient of getting the body ready for this whole program, and it's already improving all the time all the way up the bridge. All right? And I can just give you a small example of one of the reasons why you can't do it at a lower level, and it's because you have to find — remember I told you about getting the body back on purpose — you see, it's partly auditing and partly doing this communication with the body, but the auditing part is what you gotta do first to get the body able to do it, and to do that you have to take the Lambda, the matter, the energy, the space, the time — oh, well, you know, arbitrary, but time — back through, back through — as an auditor — their track. Matter, energy, space, time, and Lambda, you have to get them back through their track all the way to their basic purpose by auditing and not have any interference in there that you can't handle.

Definitely could not be done by anybody below, well, where it is. But even at the most vaguest possibility the games master course, *possibly*, because you are taking responsibility on this level for other people's creations on a little gradient of your body. And there are many things that we know of on the bridge that can stop you from doing that. Believe me, I want to have it further down the bridge 'cause I know most people are suffering from body problems, and there are a lot of processes to handle body problems, but there's nothing like this where you can totally renew the whole body. I can say that conditionally now, 'cause I'm not finished with it, but I can say that it seems to be going all right.

That answer your question there? I mean, it just can't be done without all these other things being done first, now *that's* a measure of how aberrated it is on this planet, in this game.

Tomorrow I will give you a couple of hints, though, on how you can start improving the cycle with your body outside of auditing and just with normal communication, and you will find that the efficiency of it does improve quite a bit, and you won't make any mistakes which hold you back by taking food or medicine or things that are really- it doesn't want. And we will go over that tomorrow at the end so that you can start on a more efficient program and you at least won't get stops and what we call dev-t and time which is wasted, time wasted on doing something wrong, so I'll give you the proper cycle to do with the body so that you don't waste any time on it, OK? So you'll come here tomorrow, and then we do the rest.

[Applause] [Change of tape]

OK, welcome to the second day. It's part three of body org basics. OK, so, yesterday I think you may have gone off with a lot of thoughts about "what can I do from where I am now on the bridge to get better in comm with what I know I'm gonna have to handle later on?" And I promised today that we would look a little bit into that, how you do that, to get in better comm with your body. Now, we must realize again — hang on — what we're dealing with here before we spring out a bunch of comm lines and hit just about anything, we gotta know what we're aiming the communication line at.

Fat. [laughter] It's the way Ron used to draw the bodies for the courses. It's not necessarily meaning any of you is overweight, or.... [laughter] So, remember as we said yesterday — get another color here, must take green — there are three levels of things here we're dealing with plus interference, so let's say that this is — what I'm drawing in green — is actually invisible to the naked eye, but not to Thetans. You can see it if you're a Thetan. Some people might have confused that with an aura or something like that, but you gotta watch it about that because some of that is interference, energy around the body in certain shapes and so on. We're not talking about that here, this is invisible, I mean you can perceive it as a Thetan and I'm sure some people have the right definition of an aura, but most of the time it's not. They usually have a mock up with it.

We have certain levels on the bridge, if you've done Excalibur for instance, or some OT 3, you may have experienced that some of the things you're running there that actually have mocked up mass and carry pictures with them, and so on, are in the shape of a body or are in the shape of some form around the body but those are not the body org, not the same thing, you see? So, many untrained people or unaudited people might confuse one of these mock ups with their "aura" and think that is their astro body or something like that, but the body org is not visible to the normal eye and it doesn't have a nose and eyes and...you know what I mean? It doesn't have the characteristics of a body, it has the characteristics of an org board, more or less.

And anyway, the eye mocos, the small pieces of Theta, Lambda Theta that are controlling the eyes and controlling the nose are not outside of it, they're in there working with the cells of the eyes and nose, so you don't see them outside, you see what I mean? They're not pasted on, they're actually in there working with the Phi and directing it.

So, let's just say that the body org, if you could see it, it's this quadrillion of Lambda particles that are just invisibly shadowing the actual physical what you can see of the body. Now, they can have telepathic energy fields around them and you can measure the health of a body by how much energy it can generate, so some people see it as a field of energy. That's closer to what it is, but it's not physical universe energy as much as it is telepathic energy.

So, basically, the whole thing is hooked together by these communication lines and you have an organization there, and the executives of that organization are usually located near the brain area or in the head area, so you might say it's a one-on-one correspondence cell per cell, and a bit larger Lambda Thetans which are actually in control. The executives, so to speak. They have an executive function to direct through the rest of the org board.

Now, we have another concept here that we have on the OT levels but I will tell you because you have to realize that the Thetan doesn't necessarily sit parked in one position in the head, or above the head, or something like that as he goes up the bridge. In actual fact as he goes up the bridge — and actually especially after Clear — becomes expanded in his concept of his viewpoint in space and time. So we might look at the space controlled by the Thetan as being like this at some

stage and maybe he can- and he can extend it out and bring it back and that's how he can put in telepathic lines to others and so on like that.

Now, the thing is that the Thetan in a cleared state, when he is Clear, he has basically disconnected from all the other things- he knows he is separate from, let's say, not disconnected, because that infers that he's not-ising it, but he knows he is separate from the matter, energy, and space, and time around him. And if you have done Excalibur you know he can extend that space and time concept all the way through the MEST universe track and all the way out to the edges of the MEST universe at will, but he normally doesn't have to do that to just play in the game of life on this planet. But if he *can't* do it he needs to have some more case handling. [laughs]

So, what he- you normally occupies, which is very flexible — I'm talking about now after Clear and especially after Excalibur — is what we call a central viewpoint of the game. So, it can be either large or small depending on how much of the game he wants to confront at that time. And that is the actual reason that there's a shift of telepathic ability as you go up the OT levels, because instead of the guy having to push a telepathic line out from his CVP or from his body, if he's in the body, he just becomes where needs- he extends his space and time to where he needs to be to telepath that thing. So, say if the thing he's telepathing to is out here — or sorry, out here — he just extends his space out there and puts a direct line. There's no effort.

So, he's very able at that stage when he's going up the bridge to actually, in other words, be where he wants to communicate to. Part of his viewpoint will be there and he doesn't have to push a line through. I think if any of you have done the telepathic course you will understand what I mean. There are three telepathic bands, and the first one is with effort, and the second one is more with emotion or force which pushes it out like a wave in a certain direction, but it spreads out. And the third one is merely by being there and communication, and it's very effortless.

So as the guy goes up the bridge, of course he normally gets back into that habit of doing it effortlessly because he's gotten rid of all of the charge around the body and around himself and he can now just extend his viewpoint. Which leads to a very interesting observation from people who think they are on the right bridge, and...not in our orgs, but people who have picked up some idea for instance that they're getting telepathic comm from LRH, and they sort of- if you get them to describe- see, these are the cases where the comm from LRH is a bit weird, you know? He's telling them, "Cancel these grades, cancel these levels, do it this way," and all that, and he's telling this to untrained people. This has happened, by the way.

And there's all kind of things in there, like, "Tell them all to go back to the Church," or "Captain Bill's crazy" and all that stuff, and this is all supposed to be from LRH, you see? [audience chuckling] And he's telling them technical instructions, you know? "Cancel this, don't do this anymore," and "Excalibur is not good" and all this kind of stuff, you see? And if you examine these reports very carefully you will find out that the guy got it on a telepathic line, and that it is also very out of character for LRH to communicate technical data to an untrained person, and especially giving them an authority to tell everybody that this technical area is cancelled. [laughs]

And you find out it's merely something from Excalibur which we know about, the implanters can pretend to be or have a line to the person's body or to him and pretend to be LRH. Now, this of course gets them in a lot of trouble and they're almost never on our lines, they're from somewhere else and we hear these reports from outside.

And that's why I wanted to differentiate these abilities of telepathy as you go up the bridge. You, knowing that LRH is much higher on the bridge than we are, he would not need to

communicate through a line and force a line to the guy and pretending to be from somewhere else, he would just be there and talk to the guy. I mean, he is a Games Master and his viewpoint, his central viewpoint can comprehend the entire game and far beyond that if he wants to. And that was apparent even in the Saint Hill Briefing Course where he used to come talk to the auditors in session, he was right there, right beside you. Yeah, he would either observe their auditing and so on, and if he saw them doing something wrong, he would say, "Hey, hey, that's a dirty needle. Ask for cut communication." [laughter]

You see? So, anybody that really did the briefing course or any training under Ron knows he has that ability, and therefore he shouldn't be fooled, because I'm talking about he was doing that exterior, of course, or with an extended central viewpoint where he was looking over what the auditors were doing. And as you go up the bridge you find out you can do that too, and in fact that's the way you can audit telepathically as you go through OT 3 and you go through Excalibur, especially on Excalibur because you find you have to extend your viewpoint very far sometimes to get the upper end of these things we call plugs. In fact, Excalibur is the area where you start really expanding your central viewpoint, and you do find all kind of interference in there and false datums and false lines and false terminals.

Now, that's the interference, we're not communicating to that when we're communicating to the body org, right. You know, I want you to just differentiate that the body org, the Lambda body org is quite closely contained around the body and in the body and it is not necessarily a mockup or an aura or anything, although if you're very perceptive you might see a thin energy field of telepathy comm going back and forth inside and around the body, but it does not have a...necessarily a mockup of solid nose, eyes, face, etcetera like that. It is really a one-on-one correspondence of the Lambda to the cells.

An example in the physical universe would be you have a bottle or a jar, a big jar, and you have air in it which you can't see very easily, and that would represent the Lambda in that bottle, would be the Lambda org, say, the air molecules. Now, you have some other particles in there like little pieces of paper and maybe some dust and some different colored light objects in the bottle and you shake it up and the stuff takes a little form or something, and it gradually settles down. You've all seen the *Schneekugels*, the snow glass for Christmas, and you turn it over and the snow starts falling inside. Now, that would be sort of like for an instant you see the form of the snow coming down but it's really gently falling through the air in the bottle as you put some at the top and it comes down slowly.

Now, suppose that that air in there had its own intention and its job was to keep that form there, and so it goes into the form of the snow and then it just gently moves around but it doesn't fall very fast, that would be for instance an example of Lambda operating Phi. And that's only for a very short time in a snow kugel, Schneekugel. But see what happens when there is no Lambda there and you take the air out of the bottle. Well, then, when you turn over the ball and turn it back all the dust particles and all the little snowflakes and all go *whom!* fall right down to the bottom, they have no life. No life other than responding to a law of gravity.

Now, it's obvious that the human body although it has response to the law of gravity in its physical part, it can somehow move around, walk, climb, violate the law of gravity, and apparently disobey the laws of physical universe, you see? Because of its control on the Phi, you can raise your arm against gravity and therefore you are making the Phi disobey the law of gravity. But remember, it's the Lambda that is directing all those parts of Phi to coordinate in that way and build an organization together that can do that.

Now, that is the one-on-one correspondence of Lambda which directs and controls Phi or matter, energy, space, and time in a body. And realize the extreme amount of coordination that has to be there, because you can take one little piece of the body and it won't do it by itself. And even scientists can take one or two cells out of a body, and they- even if they're from the muscle or from the arm they don't jump up in the air, they sort of sit there and only do what they can as a single unit, so it has to be coordinated, and of course if the cell doesn't have any Lambda in it it's called dead. It won't move and it won't reproduce. If it needs sustenance it won't go for food.

So, scientists know this well, they know that some cells are alive and some of them are dead and so on like that, but they haven't really made the connection that there's another invisible but telepathically oriented force behind this. So, they just have not discovered or defined the Lambda function. Now, I must say at this point that the Thetan, when he's directing the body — I'm not just talking about reaction of the body, and you touch a muscle and it moves — I'm talking about when the Thetan, this guy up here *directs* the Lambda org to do something.

The sequence of course is, the Thetan decides to do it and at that moment is communicating to the Lambda what to do. So he can, the Thetan can quote, "intend" his arm to rise, and since he is much more powerful than the body org, in good shape, he will actually make the Lambda conform or comply with what he wants to do at a maximum speed. And this is where LRH talks about if you're good you can permeate the space of where you want the arm or the arm and then permeate it and move it to the area where you want it to be, and the arm complies with that, it goes right into that space that you've mocked up and does what it's supposed to do. But still, it is the Lambda complying with the Thetan's order.

And you run into this on- again, I'm telling you there's body processes on the bridge at level one, when you're doing objectives. And you start getting more and more control and coordination with the body, you know? The old thing of, "Put your hands next to mine, follow them and contribute to their motion." So you have your hands out there, but you're now in a position where you are making sure the body controls and coordinates with what you want. And those CCHs are designed to run out any mis-coordination or communication lags or aberration in sitting in the body so that it does comply exactly with what the Thetan wants it to do.

So you can see that there is body org processes all the way up the bridge, well, a little bit at every level, and we have made those much more obvious and much more important by getting to this level where you start handling the entire case, so to speak, of the Lambda body org. And you know in emergency situations sometimes you've wanted to reach something and the body itself wouldn't reach all the way and you just push it a little further and it reaches, you see? So, in all of what we're talking about, Lambda, it isn't only Lambda that's doing everything in the active state, the operational state — which I told you is priority one for the Lambda org — it's not only the Lambda, it's a combination of the Thetan putting in the orders and also sometimes assisting, like in CCHs, the Lambda.

And the whole idea, of course, on helping the body org along with the bridge is to make sure that it's done with less and less effort and more and more certainty. OK, you understand that? Operation state, we have a combination there of Theta directing and Lambda complying. Now, that's what it's supposed to do, but in the second state where we have maintenance and repair — oh, sorry, maintenance, and in the third instance where we have repair, this is almost always left totally to the body org, the Lambda body org to do by itself. In other words, it actually works better like that because it has the hats of all this organization and stuff and you can actually interfere with the process of maintenance and repair if you interfere with it too much without knowing what it's

doing. And as we told you yesterday there are other types of interference which are constantly around in this universe, and it leads to a thing we have on another level called the Games Basics course which has to do with what does the Thetan do while the body is asleep doing its maintenance and repair. If you wanna put on a mechanical level, how do you get around when your car is being fixed in the garage? [laughs] You see?

So what do you do while the car is being repaired? Well, this is very interesting, actually. It's a very interesting level, and we're not here to go into that level, but it answers a few questions that again people have always wanted to know. What do they do when they go to sleep? And I will tell you one of the things — there's about eight different things the Thetan can do, eight or nine different things we've identified that he can do while the body's asleep — and of course you realize that these different areas he can operate in while the body is asleep is the source of dreams and different things like that. Or even exterior visits to somewhere else. But this is what I wanna warn you about, that one of those options — we call them sleep options, what does the Thetan do while the body's asleep — one of those options in an aberrated person or a normal person on this planet, and he spends a lot of time on that, is just merely protecting the body from interference.

And people can spend a lot of time on that and after the sleep is finished, they might say, "I tossed and turned all night and I worried, I worried, I worried. I don't know what I was worrying about, but I worried, you know?" They didn't really fall into a deep sleep, you see? They were actually as a Thetan trying to keep interference away from the body org so it could do its repair and maintenance.

So you realize it's a little more complex than just this drawing I made of the Thetan and his space and time, his CVP, central viewpoint, and the body org Lambda which is the green and the body physical part which is outlined in black here. It's a little more complicated than that in the aberrated state. OK? So, could we open the window a little bit, please?

But for what we're going to talk about here, and since you're on the bridge anyway and you're getting rid of all this other interference and planetary aberration and psychic aberration. We're going to talk about- I'm just giving you this background so that you don't make a mistake and get in communication with the wrong thing when you try to communicate to your body org, your Lambda body org. In other words it won't appear as a guardian angel coming down in a robe, it won't say, "I'm your guardian angel, you must do this you must do that." No, it's not gonna be that. That's not the body org you're talking to. [laughter]

And it's not the body org when it's got a whole lot of pictures of weird things which might have come out of the bank. You could pick up from the body org, however — if you're in communication with it — a picture of an injury that it got that never got handled, but it would be a picture of some area of your own body and it has sort of a...there's something wrong in it...a wrong color, or it has a wrong shape or it says, "This is messed up, we gotta fix that." But remember- and when you're going up the bridge of course you run into all kinds of false and implanted pictures of *bodies* and of situations in engrams that occurred on the track but not with this body and all that. That may be impressed on the body but that's not the body org you're talking to.

Now, I will say that after you get more and more in comm with the body org you can get actual pictures off of *its* track. But normally these are so weak compared to the normal pictures of what's going on on this planet and the aberration of the implants and so on that they never come through until you've cleaned off a lot of that on OT 3 and Excalibur, then these come rather as

interesting “oh, that’s what happened” type of thing to you, you know, to the body. They’re very thin.

Remember, the differentiation here is merely on a matter of force level versus information. See if you’re in good communication with the body org it may send you a telepathic scene of what it experienced, but it’s not doing it to scare you or to frighten you, it’s just giving you the information. But these aberration pictures and implant leftovers from the incidents that have happened on this planet are more like with force and they’re frightening, they’re shocking.

It’s the difference between going to a horror movie to be afraid, you know, because you don’t know when the iggy is coming in, the oogies are coming in, and how they do it with the camera, *duh dun duh dun, bwah!* there he is, you know? The door creeks open.... [scary noises] [laughter] You know? That’s not from the body org, you see? No, no, that’s part of this aberration and bank stuff that’s around, and it may be dispossessed Thetans or exterior Thetans that are dramatizing that.

No, it will be more like if you get information, see, you’re in comm with the body org and it wants to give you information about what’s going on with it, it would be more like if you happened to buzz back into the garage while your car’s being fixed. And the garage mechanic is saying, “You see, it was this part.” He shows you the little book and where the picture is of the part of the motor that’s bad, and he says, “It was this. We had to fix this, and this, and this, and that’ll cost you a hundred and twenty dollars,” you know? But the body org won’t even charge you for it, so it’s not even as scary as that, you go, “A hundred and twenty dollars?!” [laughter] [laughs] Not even as scary as your garage mechanic. Or it may give you an impression or even a picture because it communicates to you better of a certain type of food or vitamin it needs, or it may give you something that it doesn’t want any more of, it’s overrun on, and you get the intention with it, “I don’t want any more of this.”

And this gets to be, when you’re good communication with the body, a rather interesting little telepathic game. And if you have a nice open line between the body org and yourself you can actually save yourself a lot of time and money usually in a grocery store. And you can just open the line between you and the body org, you see, and just walk down the aisles and the body org will go, “That. I need some of that.” You see what I mean? If you’re in good comm with it, I mean, it’ll do your shopping for you. [laughter] [laughs]

I know a lot of you probably experience that ‘cause you’re on the bridge. You walk in a store and you suddenly get your attention pulled over and say, “Hey, I want some of that.” You didn’t think of it before. You know, you’re going to buy things for a party and you don’t have oranges on your list. You just think about the people coming to the party and what you’re gonna, you know, give them drinks and food and stuff, and cakes and stuff like that. And all of a sudden you walk past this nice display of very orange oranges, you know, from Spain or somewhere and the body just seems to stop and put your attention over there and you go, “I better get some of those.” [laughs]

Well, you can be in such good communication that the body of course already realizes you’re going to have a party, you’re going to drink alcohol and all that stuff, and you do need some vitamin C. [laughs] [laughter] And you may stick ‘em in your basket and not even use them at the party but the next morning when you wake up with the *ohhh...* and you look in the bowl and you see the oranges, you go, “Yeah! That’s what I need!” [laughter]

So, some of these things are ignored by people and some of them don't realize where it's coming from, but it's actually the body trying to help keep itself operational, you see? So, now we come to the point where, how to get into communication with the body org? Because you've probably had smatterings or small pieces of communication from it, you never realized where they were coming from. So, with this understanding of it you can now start acknowledging these as coming from the body. I mean, you can also plan a meal and so on like that, that's not the thing I'm talking about, I'm talking about when you didn't have this in mind and the thought comes to you or the picture comes to you, "I want some of those."

So, it's best to establish a communication system between you and the body org. Of course, there is one there already because you are operating the body, but you've maybe ignored it for a long time, you haven't...and you've overridden it or you haven't acknowledged it. And this is especially important when the body gets into a situation or you have gotten the body into a situation where it is ill or hurt or sick or something happens like an accident, or something, or it's over-exposed to the cold.

And there, people's normal response, see...they actually have, without realizing it, a communication with the body all the time to operate, but as soon as the condition changes and something happens painful or destructive a bit to the body, whether you put in that situation or not, you tend to right away cut the comm line and go get other people's advice, other determinism.

"Oh, I hurt my finger!" You know? "I'd better go to the doctor." You see? And if the doctor's good he will do exactly what the body org wants him to do, but if he's a little bit into the selling drugs game he may start you on a prescription of harmful drugs to the body for thirty days and hook you onto things. So, I'm not saying don't ever go to the doctor again, I'm just saying that consult your body org to find out if what the doctor is advising you to do after he's done the normal things is correct for your body. Because remember the doctors are trained not to recognize any Lambda abilities. They don't have any training or theory or technology about handling Lambda, and the spiritual healers don't have any technology about medicine or fixing broken bones, say for instance.

Now, LRH always says in C/Sing technology, he always says if the person is physically ill, get a medical examination. And of course you assist the person with Dianetics or assists to get over that. But he also tells you that if the medicos or the doctors do not have an analysis of what is wrong and they can't really tell you what it is but they prescribe some pills or something like that, then you better go get auditing. [chuckles] You see?

So, you use the medical profession to the point of their knowledge and their certainty. After that you have two channels open to you; you can consult the body org about *its* certainty, or if you're around an auditor, as you should be, you can get a session on it, which also in the session you might find out exactly what the body org needs. Now, the good thing about having a session about it is you're on the meter with an auditor who's trained to differentiate between these things of interference and the things of actual helpfulness coming from the body. I will say, like, at least auditors in the free zone that have been trained are up to that skill, or we will have a C/S that is up to that skill.

And first, you know, they will usually clean off the interference due to you. Trying to put in your own evaluations without consulting the body org, or stopping it from doing something because you don't know anything about the comm line to the body org or something like that, and perhaps even removing the opinions, considerations, and so on that you as a Thetan have had about

whatever sickness or incident it was so that the body can not be suppressed by your not-is and by your charge on that. So, these things can be removed by auditing and they can be differentiated by auditing.

I give you a perfect example in life of the people who go against what the body org's normal function would be, and they tend to suppress the normal function of the body, and that would be in the German duelling schools where whenever they get cut by a sword, they wanna keep the scar there, so they have to put counter intention into the body to not have it heal. The body wants to keep the body operational and it normally would heal this, but the big Thetan is saying, "Nah, I like that scar, let's keep it there. Shows I'm a duellist," you know?

Now that goes down as you go down the scale of the tone levels, you get people that being victims and also being what we call hypochondriac which always go around and get sympathy for being sick, you know? So they have to keep the sickness there so they can get this sympathy communication. That's the only way they can get anybody to pay attention to them. Now you can start to see why sympathy is down there below 2.0 on the tone scale. If a person is hooked on sympathy they usually have to keep bad conditions going in the body so that they can get communication lines in to live their life.

So you see all the variations in there of Thetan possible ARC breaks or out-of-comm with the body. So, having said all that, if you're interested now to find out how to get into communication with your body we can go into that. Does anybody have any questions to this point? Good, you understand it.

Audience member's question [translated]: You addressed the aura before. What is it exactly in regards to Lambda organization.

Oh, I think I explained that as some auras are not the auras of the body org, it would only be if a person is very good...vision as a Thetan, he might see a bit of energy around and inside the body. This is very much higher skill than seeing a picture or mockup around the body because that would normally be, if it was a picture or mockup around the body, it may be coming from some interference or one of these guardian angel type guys, or something like that, you see? As you go up the bridge you tend to differentiate more and more exactly what the actual energy fields are. An aura is not necessarily from the body org, if you can see it you can't say, "It's from the body org." Only after you'd cleaned off a lot of this interference could you then say, "OK, it's not that, it's not that. Oh yeah, it's just the body." We're talking about, here, probably after Excalibur you can start to see that very easily because it's so faint in amongst all of the interference the guy has around his face from OT 2 to Excalibur that it wouldn't even come through.

But there is an exception to that, and that's when the guy has a very good FTA or F/N and is very keyed out he may have pushed all the other things, pictures and interference and so on out of his space to some degree, and you might see exactly the body aura. So I'm not saying you can't see it, I'm just saying that it appears there when a guy's in good shape and when he doesn't have any case around him.

Yeah, but remember I'm talking here on two levels, you guys are on the bridge and I'm talking on the tape also for people that haven't been audited at all and they still have their full Dianetics case, grades, everything...not Clear, and therefore for them it would- or with them it would be very hard to differentiate, you know? In which- in other words, what belongs to the body org, ownership, see? What is the body org's energy field and what is the interference from somebody else? I mean, if you validate a wrong ownership you might find that you're validating

some guardian angel type of guy that comes from the Excalibur case and the next thing you know you validate the hell out of that and you actually end up running you and the body also, and the person will be totally effect of it.

I'll tell you how to differentiate that if you wanna know, if you're dealing with people who haven't gone up the bridge and they tell you, "My body aura," and all of this stuff. When you ask them, "Would you like to go to the store?" Or, "What do you think about that?" And so on, they don't answer you directly, they go... [small silence] "Uh-huh...uh-huh..." you see? "Oh it's...it's this!" So they get the answer from somebody else.

You know, and you ask them some...a little bit of a more philosophical question like "why did you come to Europe at this time?" or "what is your purpose in life?" or something, and they'll go, [in a monotone voice] "My purpose in life is uh...I have to save all these people, and I have to...oh yeah! I have to do this and..." see, they're getting it from somebody else. An auditor's evaluation of this is that the guy went out of valence when you asked him that question, you see what I mean?

I'm not talking about recall here. I'm not talking about a guy trying to recall something he did yesterday and he says, "Oh, yeah..." and he sort of goes back to yesterday and looks at like in recall processes or just saying, "Where did I put the car keys?" I'm not talking about that. I'm talking about the act of getting the answer from somebody else. OK? To differentiate, you see, auditors and what we're talking about here is...we know what all these spiritual phenomena are and we can differentiate them. And people that can't do that — I'm not saying you can't, because Scientologists can do it — but people who can't do that often mess up their whole lives and their health and make wrong decisions and so on like that.

OK, does that answer the questions about that? Go ahead.

Audience member: Is there any relationship between this Kirlian Photography type of fields and the telepathic field of Lambda?

Yes, there can be, there can be. It is made in a high electrical energy field, this photograph, Kirlian photograph. Made in a high energy electric field. And as they say, it definitely shows the presence of life there, and therefore you might look at it as the Lambda guys trying to communicate and using extra energy to get the communication through in the middle of this high electrical energy field. They have to use more effort, 'cause if you put the field too high it might even kill the guy.

So, remember that — we're talking about those interference lines and so on — when you put a guy in a high energy electric field or magnetic field you are actually making it more difficult for the Lambda to communicate — sorry, didn't have the right picture here, but — more difficult for the Lambda to communicate through to the cells, the Phi cells. Whoops, I'll draw it again. So you have these comm lines and you have something else which is exciting all the areas around the body. Exciting, yeah, it's exciting it because it's a high energy field, and to maintain the operation of the body the intensity of the communication lines between Lambda and Phi — Theta, Lambda, and Phi, actually, but mostly Lambda and Phi — would have to be strengthened. It's like trying to yell across a crowded room.

And that would be very similar. If it's used in moderation, I'm sure they can pick out areas where the comm lines are not so good, as they show you in Kirlian photography. They show you hurt areas and the comm lines are not so good and it's a little dark there. And having gotten into communication with the body org, it has told me that high energy electromagnetic fields, lasers, and

radiation of all types are interference to the normal operation of the Lambda and Phi, so don't use it all the time, you see what I mean? It's like an x-ray, a little bit more safe than an x-ray.

So, you don't have to have a very strong or forceful telepathic line to go from one cell — some monitor of the cell, Lambda, and to the cell itself. It's a very short distance. When you get a lot of extra noise in the circuit then it would have to amplify itself to stay alive and to keep the comm lines in, and this is the problem with all kinds of radiation effects, microwaves, and so on. They're adding a little bit of difficulty into the normal communication between the Thetan, the Lambda organization, and the body org. It's just like trying to audit in a disturbing environment, it's a distraction. So for analysis it could be used if the doctors really don't know where the bad part of the body is but it's much easier to just get in communication with the Lambda org, the body org, and ask it. Use the existing communication lines.

Just remember that a lot of modern medicine and modern sciences we told you before is based on the fact that they don't believe there is any Theta or Lambda areas in the area of the body, or that control anything. They have a not-is on that. Much easier to use the comm lines that are already established and communicate down through the body org to the cells or areas that are needing repair.

Therefore, what we're gonna go into next is how do you get into communication with the body, because the doctors won't tell you how to do it and neither will the scientists because they don't believe in it. So remember, the Lambda body org is enormous, it's a big organization. It's hard to confront, we talked about that yesterday. See, lots of functions going on, lots of actions going on in the body, awake or asleep.

So, what is the first thing you should know now about getting in communication with your Lambda body org? Well, the first thing to know is: use a gradient. You don't wanna jump in there and say, "I want you to do this, I want you to do that, I want you to do that," and screw up all of its programs and projects going on. Let's put it this way, if you're not running four quadrillion...what was it? Fifteen or twenty-five quadrillion man organization then you really better approach it carefully because you don't have the ability to run that organization, even if you took it over by force. I mean, look at it in business, you know? They have a twenty-five thousand man large company and they go bankrupt, you know? And then they go searching around the world for who can pull this organization back up, you know? And the guys who do it are very famous.

In body organization technology that would be about the same as fixing a broken toe. A small toe. [laughter] Nothing to do with running the whole of the circulatory system, the hearts, the organs, and the digestive system and all that. I mean that takes a real good management system. So approach on a gradient.

[Change of tape]

OK, the second thing is put on your auditor hat and listen. Remember, the body org, when I tell you how to get in comm with it with the process, it has a lot of undelivered communications to you. Many of them you have ignored, you didn't them. You had the extra five drinks on the New Year...what do they call New Year? Silvester. And you have done all kinds of weird...probably diets and advices from other people without consulting the body org.

Now, again, I wanna differentiate that we're not talking about operating the body, we're talking about what you put in it and what it's gotta deal with to keep itself operating. So, let's put these down so you can have them on the chart.

Comm to body org, to Lambda. And the first thing we said was gradient, use a gradient. And the second thing we said was listen rather than originate. Be able to listen, like a good auditor. So you have to have that idea, I'm talking about before you start the communication cycle. I can guarantee you, when I start doing that level of getting in real good communication with the body — and many people have experienced the same thing — you find out surprising things that are not even known to the medical profession and you never knew 'em either.

OK, and then you have: start with a simple process of two-way-comm. And that's the first time when you're getting in comm with it, you don't have to do that every time once you've established the comm, but to start with use a simple two-way-comm process. The one that is recommended by LRH is called, "Hello, Hello, OK." Yeah, but many people do not even know how to run that simple process, and it is done...[writing]. Now, that's the full commands, but who is doing them? I'll put another color here so you can see who's doing them.

Let's say you are the blue and the Lambda is the red. So, you say hello, you get the Lambda body org to say hello back, and then you acknowledge that. Now, it is not complete, the process, until you do this part which is you get the body org to say hello to you, you know, open the line and have it say hello, and then you say hello back to it and then have the body org acknowledge you for doing that.

That is one cycle of the full two-way-communication process to get in communication with it. You may need one cycle, you may need two cycles, but you always ended up with these two things done — let's see, another color, green, OK — that's what we call a bracket. So, you see, there are two complete cycles of communication in there and that's why it's called two-way. That is because you are a terminal — ah, I messed that color up, that's a red one.

OK, you originate the first- 'cause you're the CO, you're gonna open the comm line to the body, and you're gonna encourage the body to say hello to you. Now, don't put the words in its Lambda mouth. [laughter] I mean, you can even nudge it with, "Say hello to me," and then you will hear a telepathic communication coming, "hello," from the body. See, don't be so stupid to put in both sides of the comm line. I've seen people do that and they think they're communicating with something they're just mocking up the answer...*they're* mocking up the answer that they expect from that- and they never even opened the communication with it.

In other words it's a two-way-communication between [singing] me and my mockup! [laughter] [laughs] And that's very introverted, that's a flow zero. And then they mock up the answers for the other guy or the other terminal and so on, they never get in communication with the other terminal. As a C/S, I mean, I'm telling you the nitty-gritty of how to do Hello, Hello, OK. And as a C/S I know how many people can mess up a very simple process, you see? No, you're gonna say hello directed to the body org and then wait for the answer from the body org, or encourage it, say, "Say hello to me, come on." And then, when it does that and you hear the telepathic message coming from it, then you acknowledge.

Now, you encourage the body org to originate hello to you. LRH says, "Have the body say hello to you, or have whatever you're communicating with say hello to you," so you encourage, "Come on, say hello to me." And when you hear it — you don't mock it up! — you actually get it coming in as a telepathic line, right? Then you say hello to it. And then you have, encourage the body org to acknowledge you for doing that. Now that is one bracket, one complete cycle. You see that?

Just a minute. Now, if you had difficulty, comm lag, non instantaneous response, a little comm lag in there before it could say that or it needed a lot of encouragement, then just continue the process. And just do it until there's a very friendly communication there. Hello, hello, OK. Hello, hello, OK. Ah, that's it. You have established the two-way-communication without a comm lag. Question?

[Audience member asks question in German]

Translator: She said she sometimes doesn't know the difference between hearing it and mocking it up and she doesn't know if others feel the same. Sometimes she can't say if she hears it or mocks it up.

OK, I suggest you do, before you start any of this, that you do a little TRs course, because it's mainly in the auditor's TRs and communication cycle. Auditor has the hat of asking the question, then he has the hat of sitting back and listening for the preclear's response. He doesn't mock up anything during that period. So, it's just a matter of practicing the TRs with somebody and realizing you're not mocking up anything while the other guy's answering. See, it's a bit of TR 0 put into the comm cycle. OK, I'm just confronting the guy, I'm not putting anything there and I get his answer, not a mockup, OK?

Audience member: This is also the way you would run Hello OK as an assist or so on another person, on a PC.

That is exactly right. This is the full process, it's been destroyed more or less by people not understanding it and so on, what it's supposed to do. It's supposed to establish two-way-communication. You see, they've taken the title of the process and run it as the process, "Hello - OK, Hello - OK," you see? So that is just what they call a quickie or a cutative or an alter-is of the actual process. It is referred to as Hello OK, but that isn't the commands. The commands is these, "Hello, hello, OK. Hello, hello, OK." And I might even say that not all of these are your commands, you only have three of 'em in there. Hello, this OK, and that hello. The rest is encouraged to be answered by whatever terminal you're getting in communication with. You only say three things.

Everybody understand that? You probably have to blow off some of your earlier confusion and misapplications that you may have picked up from somewhere, but this is the correct way to run the process.

In the actual issue Ron wrote on it, or...he wrote it in a book, too, I think creation of human ability...but he says in there you also have another possibility, which is get whatever you're getting in communication with to say hello to you. So the only thing you can add to this is what we call in auditing a prompter.

I get another color here. Now, you say, "Where you can put in the prompter?" I mean, we can go into the whole Class VIII course on how to do this process, you know? [laughs] So, let's put here a little triangle which means that the auditor can say, or not say but encourage telepathically, "Say hello to me." And the other places here where after you have asked that hello that you got you can encourage, "Now, you say hello to me." And, you can also then encourage them to acknowledge you, do you see? Now, that might be normally needed in the first bracket of the process but you'll find out as you run the succeeding brackets that it comes more naturally and you don't have to do the prompter or the encouragement to do it.

So, this is only optional, you don't have to do this part, the encouragement, as you go down the process. It usually comes naturally once it's grooved in, OK? So you're grooving over from a

sort of unwillingness to answer through a bit of other-determinism, “Say this to me, say this to me,” all the way to self determinism where whatever you’re in communication with is now going to, you say hello, it says hello, you say OK. And you just nudge the other cycle, “OK, you say hello.” It says hello, you say hello, and it acknowledges, OK? Everybody understand that?

Now, you continue this process until the comm lag is flattened out. In other words you don’t have a long gap here between, “Say hello to me...” ..”Hello.” See, it’s a comm lag. But it just goes, “Hello - hello - OK.” *Bum, bum*. You’ve got it grooved in now after several brackets to where it’s “Hello, hello, OK,” and it comes up tone. And you can end off when there is VGIs from both sides about it. And as I say it may take several brackets but always complete whatever bracket the VGIs come in on, you just go ahead and complete that bracket. If the body org didn’t get to answer, well you let it do its origination, “Hello,” and you give the “hello” and let it acknowledge, that completes the bracket. Even if the VGIs came in at this point.

You’ll find that you and the body org are smiling when you finish this. Now, I guess we have gone a bit into technical matters here because these are two of the oldest forms of processing before they had meters, auditing by obnosis and comm lag and tone scale, see what I mean? You observe what the comm lag is, you shorten the comm lag and you finally bring it up to 4.0 or higher on the tone scale, above two at least, [something about VGIs which I can’t understand].

OK, now that’s how you get started. Now, as I’ve said before, this point is very important too when you have gotten started, this is — well, I first put ‘em down — to be willing to use a gradient when willing to listen, and that is the first process where you use those- it’s a gradient of getting in comm, and you do listen for the answer.

And I would suggest then, that the next thing is to just simply ask the body org, “I haven’t been in communication with you for a while or not in very good communication...do you have any originations? Something you’d like to tell me.” *Pfft*. And his is where you start getting very surprised. [laughter] This is where you may find out some things that will make medical history. “The doctors don’t even know that! You know? Wow!” Or, “I’ve been trying to tell you to eat apples every day for the last twenty years and you haven’t eaten one damn apple!” [laughter] “And that’s why you had to go to the doctor and get these special vitamins and all this kinda stuff, ‘cause you don’t eat the apples.” And bringing it back to an economic thing, apples cost a lot less than a visit to the doctor. [laughs] [laughter] You remember the old saying — I don’t know if it’s in Switzerland — but an apple a day keeps the doctor away, you see? [laughs] And who knows? That may have been a recorded origination from somebody’s body org! [laughs]

Anyway those are very funny things you’re gonna find out on the originations.

Time? OK, and we’re gonna end off here for the break but I want to just put one more thing, we’ll discuss it after the break. [writing] It’s not coming out so well. So, I don’t know if you can read that — work out a program with the body org for improvement. Now, that can come- there’s maybe some more cycles in there. You wanna congratulate it on it won a track meet the other day or did very well when it avoided that car crash and got the car quickly moved to the other side of the road and reaction time was very good and so on, I mean you can do all kinds of normal communication like you would with a pet or a dog or something like that, but I’m saying that somewhere along here you get all the originations off and you’re in pretty good comm now, you better work out a program with the body org for improvement of the condition of the body, because I guarantee you, most people when they first get in comm with the body org, there’s a lot of things with the body that need to be improved.

OK, so I just added the last one because it comes in there, see the first thing is a backlog of comm from the body org to you and it really wants to put a program in and you've been preventing it. And the last thing here, we'll cover these in more detail afterwards, but the last thing is here acknowledge well done operation actions. In other words, you know, the operation stage, that's the body doing what you want it to do. Yeah, you know, it walked up the hill when your car broke down and you got to the gas station, OK, and you didn't fall down or anything and that's well down. Yeah, you say thank you, well done or good job, or whatever. Just acknowledge. Keep in comm.

Because remember you're the one controlling the operational actions from the body by its first priority, its first category of importance, and that it totally leaves up to you what you wanna do with it. But on the other hand on priorities two and three, maintenance and repair, you're the idiot. You don't know hell about what its doing. So be willing to learn, because remember, most of the time while its doing its repair and maintenance, you're asleep. [chuckles] OK? So this is what I'm saying, that it has an area of expertise or ability in this running and maintaining this organization but you have the say so about what it does.

OK? Understand that? Good, well I hope you can all have much better communication with your bodies, the Lambda org. OK, we take a break now for lunch.

[Applause]

OK, this is part four of body org basics.

Now, in the end of the last part we talked about how to get in communication with the body and what gradient to use. And...go back to this chart. And at the end I added in a couple of points quickly.

First was originations, that is the catchup of all the communication you missed in the years that you had the body but didn't listen to it very much, and you keep your ruds in on that because you might be in the situation of like a car driver all of a sudden having his car talk to him and tell him what he's been doing wrong with the car. [laughs] It can be very funny, and it can be a bit incredible some of the things that you've been taught ever since you were a child and things that you've been heard from reading or from study in school or from doctors, and you find out that they are totally counter-productive to running a body. But also, you will find some things that are correct and you have been told correctly about them. You see?

But some of them, as I say, are quite surprising, because they are especially — well, I will give you an example — especially in the field of reducing weight and trying to fix up the muscles and tone of the body with exercise and so on like that and also with diet fads and diet and exercise combinations. And one of these which I have heard both sides of promoted by doctors and dieticians, but they're each promoting a different viewpoint, you know, and that is on the combination of exercise and losing weight. And I've heard both sides, so you would not know who to believe.

This doctor says, "Well, you should not exercise while you're losing weight," and that's in the minority. But all the others say, "No! You must take this exercise program and blah blah blah blah," and even have large promotions about this in gymnasiums and all that. So, in all cases of where you have a confusion, they lack a stable datum. And the stable datum that the body org told me has to do with what we were explaining yesterday about the garbage trucks. If you go too much on the exercise while you're losing weight — remember you're on a diet at the same time. You're trying to lose weight *and* exercise — the amount of food intake you get is usually not enough to

handle the exercise you're doing. And you always have these programs that are promoted, you know, "Burn off excess fat by doing this exercise program," and so on.

Now, remember we're going up against the fact that on this planet very few body orgs get to do real repair cycles and that very few people who have done these exercise programs and so on live much longer than anybody else. So, there must be a missing datum in there somewhere because they keep saying you're gonna get more healthy, more fit, and all of that, but you don't live any longer. And as I say, the repair programs are the key to viability of the body, ability to live.

And so going back to that example yesterday, it's not just the garbage trucks being woken up- sorry, waking up in the middle of the night and the garbage trucks have to be driven off the street, wherever they are. This is the case where you're doing the exercise and for the body to keep operating and do the exercise it runs out of food for you to use and then it has to burn up the sugars and fats and the very cells that you're trying to replace, that you're trying to get rid of, the fat cells.

So, in effect, all you end up doing is taking the bad material or not-quite-good-enough material and pushing a cope situation on the body where it has to use it without inspection. Very logical, remember operation is the priority. The big Thetan wants to keep pushing up those weights and doing all this exercise and the body is going, "Warning, warning! We're having to now go into these dirty cells, they have impurities in them and we have to use them again. We have to put the food from them into the good cells!" Because remember, he's on a diet so he's eating good food for a change and so on but a lot of the fat that was brought into the body was from eating all kinds of junk food and all that.

So, now the body is forced to use some of this garbage which it was gonna get rid of during the next sleep periods and it has to put it back in the muscles, back in the cells that you're now burning up while you're exercising. And if you would be able to talk to your body at those times you would find a protest there. You would go, "Uh oh, we're not using the new material anymore! We're using the old, junk material." And you even have encouragement around the gyms and the exercise places for people to do this. I've heard them say it on television programs, you know, "No pain, no gain!"

So they take the guy's pride and his status, you know, and they push him into more exercise than he should do. But the body is protesting, it's saying, "Wait a minute...we're putting in again these bad cells, bad products from the cells and bad fats and sugars back into the body you're trying to repair."

Now, the body normally keeps some reserve of fat just for emergencies. But remember, that's an emergency. When you're like starving for three days and you need to have more insulation around you or something for the body to use up while you don't have enough food. So, now you see what is happening there, you're getting into the dwindling spiral again, and that food went into the good muscle structure and into the good bone structure and all that and now it's got impurities in it again. So one of the first things I found out from my body org was don't overrun on exercise, in fact keep it very lowkey until you lose all the fat off of your body by diet or just cutting down on food, not a special diet.

You'll find if you're cooperating with the body org on this that it will go through each fat cell that is on the body very meticulously and only select out the good portions of the Phi to use in the body and the rest will get eliminated. But remember that is part of its maintenance cycle or repair cycle while you're doing a diet so it has to be slow and sure to differentiate all the good particles from the bad particles, but if you're running five miles a day or pushing weights up and

down you go right past that point, it can't differentiate anymore. It has to, for operation, it has to put energy into those cells right away. It has to repair them, now. [snaps fingers]

So that gives you the exact balance point between exercise and diet. To find that you have to consult the body org, you know? Not just strong arms and the gym instructor. He says, "Do some more, do some more! You gotta get the- no pain, no gain!" You know? So, you see, you can get false data and bad advice from other Thetans around without consulting your body org, your Lambda body org. It knows, it's done this, I mean this is its job. It runs an organization much bigger than a gymnasium.

Yeah, so that is one thing I learned about that, that you shouldn't be adding exercise while you're losing weight, you know, there is a balance point there, see? And each body would have to have its own communication with the Thetan to find out where that point is.

Do you realize — and this is a very funny datum — that when you're on such a diet and working a program to remove weight from the body you normally have less appetite for meat. And the reason for that is actual, if you're on a diet and losing weight, you are engaging actually in the practice of self-cannibalism. Or as I like to call it, solo-cannibalism. [laughter] The body is actually using some of the fat from itself to feed itself, some of it. When it decides which are the good particles it uses those and eliminates the others. So you could say that a diet is a program of self-cannibalism...with differentiation. Don't say that in polite society because people will be shocked, you know? [laughter]

Yeah, funnily enough, on the track, societies which ate other human beings were looked down upon. They had these in Mexico and Africa and so on, but there was a certain logic behind it and it's very applicable. They would only eat the parts from the best warriors, and the rest of the guys who were cowards or ran away from the fight they would throw to the dogs. So they had some idea of the guy who could fight better was more healthy and he was more brave and all that and he had higher tone level and all so that's the ones they preferred.

You see what I mean? There was some kind of a logic there, they had some kind of twisted logic about this. How to improve their own body...how to improve their own body courage and their body bravery and so on. So it shouldn't be just dismissed, but there's a little bit of datum in there which can be valuable, and that is what I was just telling you, that the body org will go through the fat cells and pick out the ones that are still good and up-tone and good for nourishment and throw away the rest.

So, as I say, anyone on a diet is actually engaging in self-cannibalism. But you don't wanna tell people that because they have these hidden standards about that. It's not supposed to be a good thing to do. OK, do you understand that point? This is one of the surprising things you will find out from the body org. The next thing you may find out is that the body org is so well organized that it can give you, if you're in communication with it, an exact length of repair- sorry, an exact length of maintenance time...or repair time, anyway, it takes to repair something that, you know, just went wrong with you, like you hurt your arm or you cut your foot or your head or something. You will get the exact answer in days or in weeks or whatever, and if you don't add any extra work to the body like having other things go wrong and so on in that time, it will take exactly that amount of time to fix it up totally.

Now, younger people it usually occurs faster, for instance. And that's because they don't have such a backlog in repair when they're young. You see, the body is always trying to pick up an extra repair cycle here and there to start renewing things that need to be renewed and in older

people there's much more backlog of repair cycles than maintenance cycles, and therefore in a younger person there will be more chance to maybe get in a repair cycle because they've just grown the cells, there's nothing too much wrong with them if they've had a good diet and childhood.

The doctors recognize this in that younger people heal faster. And I give you another example here from my own experience. When I started doing some of these OT levels and getting in communication with the body org — this was only around OT 14, that's where you actually...what we call "clear" the body from all the effects of the- at least keys out all the past effects and you can operate it pretty well in present time. And you find out in that stage of the bridge that it can handle most anything that comes along except the impingement of other big Thetans on it. It can't audit a big Thetan, it can't handle a big Thetan because of course you're the big Thetan, you're on the body and you're handling it, and so someone of comparable size, it doesn't handle them.

So, you make a sort of an agreement with the body, "Notify me, give me a warning if any big Thetans impinge on you and I will help you audit them." But for all the small stuff, you know, like other...bad air, bad water, bad things, it can handle all of that, see? 'Cause that's only Phi. Smaller particles, less power.

What the interesting thing is, and the example I wanted to give you is that if you have these abilities and you start to get them you still must consult with the body org of how long the cycle will take. And if you don't get that or you don't have an agreement with the body org of how long it takes, you can enforce your will on the body org by operation, you're operating it, and tell it to do something in its area of expertise that it wouldn't normally do.

And that actually happened to me after I was doing OT 14 and I was in good communication with the body and I was at a dinner, a rather formal dinner with napkins and tablecloth and all that stuff and they were serving shelled crabs. You know what a crab is, *Krabben*.

OK, now, we were at that dinner and we were all reaching in and picking up the crabs, you know, and opening them up and eating the meat up, and I happened to cut my finger on one of those shells, they had the very pointy shells, you know? They're very sharp. And instead of consulting the body org I sort of went into a social acceptable thing and I just ordered the body org, "Close that cut up immediately because it might drip on the hostesses tablecloth with blood." They had nice white things in linen, tablecloths and napkins, I didn't want to have blood on them, you know? So I ordered the body org, I just looked at it and I said, "Fix that up immediately," and while I watched, within twenty seconds it stopped bleeding.

And it was a good centimeter-and-a-half cut. And I went, "Yeah, that's great. It's a good use for OT abilities, huh?" So it stopped bleeding and I was in no danger of hurting somebody's — 'cause they had little finger bowls there, you know, for the crabs and so on, so I just washed the thing, nobody even noticed, I just washed the thing there and I told it to stop bleeding and I just dipped it in the finger bowl. It didn't get on anybody's tablecloth and no napkin.

Yeah, so that was only the blood that had come to the outside, you see, it just went *pfft* and it's all finished, and I kept eating and nobody noticed. I thought that was good manners. And then the next day... [chuckles] I felt something going on in the finger and it was starting to get a ridge underneath and it was starting to puff up a little bit. So this was- I was not at the dinner party so I went into communication with the body org, "Hey, what's going on? You fixed that up yesterday."

Well, what I found out was, "Yeah, but you told us to close it up too soon, we hadn't cleaned out the wound yet." So it was gonna grow a...you know, a thing until it popped open and

started getting all the crab — the stuff from the bottom of the sea and all this crab impurities — out of the cut. So, I actually said, “OK, you’re right,” and so on like that. I just put a little pressure there and I said, “Open it up and clean it out,” and it just sat there in the sink and bled for a little while ‘till it cleaned it out and then it closed up. Huh!

So that shows you again the priority that operationally you can override the normal functions of the body org in repair and maintenance and end up maybe having extra dev-t or cycles to do with the doctor if you don’t really stay in comm with the body org. And I will tell you another important datum here, you might say, “Well, why didn’t the body just flush it out through the bloodstream?” You know, it could have done that and so on. And this is again a question if you ask the body org you’ll find out why it doesn’t like to do that. Because it has a “policy,” so to speak, an organizational policy of trying to remove the impurities as close to the source of the wound as possible so they don’t, in any case, have any possibility of getting transported anywhere else in the body.

Do you see how efficient it really is? It would rather use a local cleaning process by using flowing blood in the area rather than carrying the possibility of disease particles coming through the whole bloodstream. Very smart! I mean, it’s obvious. And you might even say well even the doctors know that, I mean, they know you’re supposed to let the thing bleed and clean it out and so on before you wrap it up, and so on.

I’ll tell you, there’s another reason for that that they don’t know, and the body or explained that to me very carefully. When you get cut with something that is a foreign, non-biological object — I think you call it in current environmental talk “non-biological degradable” or something like that, non-degradable — the body will tend to keep it right there and not put it into any kind of blood system or any kind of other system, and you will just get a lump there. And I especially found that prevalent when it gets cut by plastic and things like that, things that the chemistry of the body can’t handle, or a form of metal that it can’t dissolve.

So, in this case the body will keep it right there, and it will what they call swell up and fester and all that, until finally the thing comes out. It can’t break that down, it can’t make sure that it’s gonna go through every little bloodstream no matter how big or small, you see, it could get caught in there.

And this is where, again, I caution the ladies that if you get impurities into your skin somewhere and you have some kind of an attitude about “I don’t wanna look bad” then those things will stay under the skin and never come out, ‘cause you’re the boss. See, they have between the prime directive and the second directive, they have a conflict. The Thetan doesn’t want it to come out through the skin, but they don’t want to put it in the bloodstream, so they just leave it there. And you have this situation with women who maybe have spots or pimples or little imperfections in their face and they try to cover it up with makeup and creams and all that stuff, but they certainly don’t want it to come out any further. You see what I mean?

So you have just put a problem into your body org. See, the woman is out on the freeway and she gets out of the car to do something and a lot of diesel exhaust and dust from the road and all comes into her face. So instead of cleaning it off or encouraging the rest of the Phi to come out, you know, which may discolor her or make little bumps in the face or something, she tries to cover it up and withhold it, and therefore you find them spending millions of dollars on complexion creams and so on like that.

Now I've ridden a motorcycle with my face right out in the wind and all this dust and traffic fumes and everything, but I don't have that consideration, and so I was surprised when I looked at this level that my face remained pretty good. I don't have that consideration. So, I used to just let-you know, tell 'em, "OK, come on out, come on out," and all you gotta do is wash the face to get most of it off and then, "OK, guys. Come on out, come on out." You see? I let it flow. And if you do it that way you find it disappears very quickly, all right?

Can we open that a little bit?

Now, these are very practical points in keeping your body healthy and looking good. And it may look bad for a little bit after you've got some kind of garage fumes or diesel fumes in your face but it's only for a little while, one or two days, and then it's gone. But if you try to withhold it, you know, to have a good appearance or to keep the crab cut blood from coming on the tablecloth, you're gonna have problems. You see, we're looking at two different priorities here. One is your priority and one is the body's ability to repair or maintain that area which got hurt.

I give you one more example there. When I was in the Sea Org I had a very poor diet, especially in the area of fresh milk. Wasn't any fault of ours, it's just the areas we were in did not have fresh milk. And I was also one of these guys that didn't like to take pills of any kind, including vitamins and minerals like calcium and so on. They were all available, they were on the ship but I just didn't — "Oh, I don't need any of that," you know? And as I said before, we didn't get much sleep time and repair cycles in, so in actual fact I started having to have a lot of fillings in my teeth and that didn't help very much. I mean they just sat there and they just died away, you know? I sort of kept them there by postulate until I was out of the Sea Org.

And afterwards when I got onto this body level of, "Hey, you can fix up the body, and so on, it looks like we're getting somewhere on this," the body started, one by one, letting the teeth fall out that were no good. Now, this is very interesting because normally when you have some tooth that's wrong, you know, it's a lot of pain and problems with this tooth, but I found- well, it got rid of about three or four of 'em, the body org said, "This is no good, that's no good, that's no good. Just take it out." The funny thing is there was absolutely no pain. The whole tooth, the rest of whatever was there came out without any effort. It would predict, the body org would say- I'd say, "Hey, this tooth is getting loose," it would say, "Yeah, we're gonna get rid of that. Don't worry, we won't embarrass you. It won't fall out while you're talking, or something like that." [laughter]

And actually I was amazed, 'cause you could move it with your tongue and it was loose but it wouldn't fall out. I remember one morning I got up and I went to the sink to brush my teeth and the body says, I got this comm, "Is it OK now?" And I said yeah. And I just held my mouth open, the tooth fell out. *Pum*, just like that. See, no pain or anything, no bleeding after. It had already got it down to where it was just holding on by a couple of Phi Thetans or something and it just fell out, *ting*, like that, that was it, finish.

And then it was one more that was broken in the back, it was pretty good tooth but it had broken, you know, and so it kept cutting the tongue. I consulted with the body org and it said yeah, that one's gotta come out because it's more trouble than it's worth, you can't really eat right and you have to ward at being cut and you start talking on the side of your mouth like that. [laughter] So I had to get it out a little sooner than normally would have fallen out, and I went to the dentist and of course it was fairly good tooth, he checked on it and it was very solid in there and he had to put a special tool on it to grab it 'cause it was a bit broken, you know? And I asked him, "Just tell me when you're ready to pull on it" and he said, "OK, I'm all set up now." See he had already tested

that it was very stuck in there and from his experience you had to really pull on the sucker. Already had the agreement from the body org and I agreed and so I just told the mocos in there, the little Phi Thetans or the Lambda Thetans that were running that area, I just said “OK, you guys push from the inside. Don’t try to hold it, just push.” And the dentist was amazed, I mean he just started pulling and it went *tssh*, it just came out like that. He’d never seen one that- he’d just tested it and it was really stuck in there and then I just put the push on the guys to push from inside, the body org and the Phi guys, “OK, let it go, push it out” and he just went *woop* and came out.

And as I say, these are the kind of things that you can do and if you’re high enough on the bridge there’s no pain with it, because it’s total cooperation. The pain is the resistance, you understand? It’s the resistance to having the body messed with or non-agreement with the Phi and the Lambda and non-agreement with you as the CO and all of these out-ruds and everything. So if everybody’s in agreement you have quite easy time with that, it’s actually kind of an F/N comes, you know, it’s like OK we’re gonna finish this cycle and you sort of feel “ahh...F/N.” [laughs] So that’s a few examples of what you can do when you go on the bridge and these are not all on this level I’m running now, these are just from around the point where you start clearing the body and it’s been very easy to handle those things.

And as I explained in the beginning, I think somewhere near the beginning of this lecture, I actually went too far — this is again going too far with the newfound abilities and lack of pain and I rather enjoyed freezing my body and thawing it out, freezing my body and thawing it out over a period of motorcycle day for six days, and then later on riding the motorcycle or scooter in the snow and ice for another nine days, you know? And I rather enjoyed freezing and thawing and having no pain.

And that was usually from the knees down and the hands and the arms down before I could get out of control, before I couldn’t control the motorcycle anymore, I would let it freeze to the point where I couldn’t actually move the fingers. And the feet were kinda funny because they were like solid objects you know, you’d *clump, clump, clump* around on ‘em, you don’t feel them. But again I didn’t consult the body org and I went too far with that. Apparently it uses quite a bit of vitamins and minerals and so on to handle these rapid cycles of freezing and defrosting and I didn’t give it any vitamins to help it out.

So again, that was my own mistake, I mean I didn’t consult with the body org soon enough. So, as I say, it doesn’t matter what level you’re on, you still can be pretty stupid about that communication between the Lambda org and yourself or the Lambda and the Phi. And now I’m having to build up that thing, cause it just happened recently, December and January, and I’m just building that reserves back up again and I’ve probably thrown about another dozen repair cycles that could have been used for something else, you know? And now they’re having to use it to fix up the balance again of all the minerals and vitamins and get reserves up again and eliminate damaged cells and all of that kind of stuff that created a lot of dev-t with the body, you see? And I happened to remember that LRH said something about that when he was researching OT 3, he felt so good after he was doing a lot of the OT 3 stuff that he actually tried to make the body move in directions and speed that it couldn’t do.

And he made a joke about that on one of his tapes, you know, that he actually had moved his body so fast that he broke his arm. And I didn’t really fully understand that at the time I must say, but now I do, now I do. He was experimenting with what he could do with the body. Now I will say that if you now — let’s go to this idea of the repair program because that’s where the importance is, remember I told you people don’t get enough repair cycles on this planet.

And that here is number five which is work out a program with the body org for... [silence].

Audience member and translator: Improvement.

Oh, improvement! Yeah, I wrote it as improvement there. Right! So now, there are two things you can do with that. You can take a look at the current malfunctions of the body, let's say. You got a sore arm, you got an area of the body that doesn't work right, and you can ask the body to fix those up and ask it how long will it take. And don't be surprised if it says, "Uh-uh, you should't fix that one before you do this one." They have a reason for that.

And in a same comparison to a car repair, this is like taking in a car not for a complete overhaul, no, just to fix the things that are wrong right now, you know? The light doesn't work here and the carburetor *cuff, cuff, cuff, cuff* a little bit there, you see? So it is not a full repair cycle on the body, it is a maintenance cycle of things that were going wrong and you were maybe preventing it by your postulates or didn't have the right order to do it and you kept insisting that it repair this thing on your hand before it handled something on your digestion or something, you see?

And if you insist on that what you're doing again is putting a stop on it, you see? Big Thetan says this and body org has, no this is the next thing to do, and so nothing happens. See, we're talking about the things outside of normal maintenance of digestion and rebuilding the energy into the cells and getting rid of the waste products. We're talking about the guy, also, during the day he broke something- not broke, but maybe he had a bruise somewhere on his body so the body is sitting there going, "Doesn't this guy realize that the diet he's eating is upsetting his stomach? And there's too much acid and alcohol in his stomach and I can't even get the right minerals and vitamins through the system to help him repair this." So if you do get in comm with your body expect that sometimes the program — as any C/S will know — can go out of sequence. You want that repaired but it's gotta do this first so it can get all the things in to repair this that it needs.

So that is when its doing a normal maintenance but a little bit of repair, that means you got a little extra rest while your stomach was upset or well, you had this bruise, you decided to stay in bed for another few hours and you got a little bit of repair done there, you see? So you can get some repair done during maintenance cycles or one extra or so repair cycles, you can get some things done and that's how you heal yourself.

But that does not solve the problem of ageing. We went into that before and that is the bottom line, so to speak. How can we extend the lifespan and prevent ageing of the body? And that is done by having enough repair cycles to do a complete, comprehensive overhaul of the body, you see, handling the slow gradient of decay from youth to age. Doesn't affect your daily operation then, but after a few years.

And this is the part I was talking about where you have to be able to get more sleep cycles in, shorten the sleep cycle time so that you can get all this repair done, and fortunately that does happen as you go up the bridge because you have less interference, less case around and all of that, and you're in better communication with the body and the Lambda body org and of course it can operate more efficiently and you're not putting counter intention on it.

I gave you a datum yesterday on my body, I'm working on...it takes average ten days to repair one year of life living, but that's with a three quarters of an hour sleep cycle. And if you're — everybody has a different sleep cycle time or minimum time they can get so it may vary and it may take a bit longer to repair and so on or the sleep cycle might not be as short in some cases, but I'm saying it is doable within, depending on how old you are, within, well months to years.

And I will tell you a little more about that to end off here, tell you a little more about that, what happens in a repair cycle? Because not many people realize that. We're not talking about repairing a bruise or maintaining the body for the next day's activity, we're talking about a complete reconstruction of the body. You know, just like you see it in building a building, they go through all the various stages to make a new building, but it's more really like rebuilding an old building and making it very strong and new and making it newly in a new unit of time.

So you realize it has to operate every day and it's being done — this long repair cycle — it's being done while the body is operating every day and so on, but it's like the construction guys, they knock off while all that's happening and they just fix maybe this much of the spine and the next day they fix a little more, you know?

And as I believe I'd mentioned then, but now you will fully understand it at this stage of the lecture, is that it doesn't- you don't tell it what to do, it knows how to do this if you give it the repair cycle time. It knows how to do it. And as I said, it generally begins on the inside, the frame of the body, and works toward the outside. Again, extremely logical because you know yourself, if you're going to string a bow or tension a wire, like make a muscle stronger, and you have a weak bone it's gonna break the bone. It's extremely logical, they fix the bones first so they will support the new muscles and the new tendons and all the things that go with it.

You understand what I'm saying? It's a complete repair and overhaul of your body. And theoretically it should extend the lifespan of the body and keep it from ageing if done correctly.

[Change of tape]

OK. So, you see what's happening here? This is a totally different area than medicine got into, than even people on this planet have gotten into with all the interference and interference in their sleep times and so on...this is a whole new process that the body org can do. And theoretically it can be done. I have seen results already that the bones, for instance, in this body and a lot of the internal structure is getting much stronger than it was two years ago.

I might also add this caution; it will eventually, in my opinion it will repair the body totally if you don't kill it first. [laughs] You know, by playing around and seeing how many times you can freeze and unfreeze it and so on like that. I'm not saying here be careful and start not operating, I'm just saying consult your body org with what you're doing to it and find out what it needs and wants during these cycles.

OK? That's good, now, just to finish off I'd like to say that LRH predicted this in one of his tapes. He talked about that bodies — I think it was in the OT 3 area, the class VIII course or something, around that time — he talked about — or maybe the PDCs — that bodies on other planets used to live a longer than they do on this planet.

Now, we know that there has been a lot of extra aberration around this planet, and so knowing that I made that assumption that it's just because of aberration and extra charge around the body and interference with sleep and all these things that are causing the lifespan to be shortened. And of course all the bad or incomplete knowledge of science and so on like that and the environmental pollution and all that, you have to add all the MEST things into it too. But you can handle a lot of them both by going up the bridge and trying to make sure that your intake of what you take into the body is as good quality as possible.

So, you can help in this all the way up the bridge. And the main thing we were talking about in the beginning is we don't want people who are coming to the peak of their abilities say as

auditors, C/Ses, expanding, and so on like that, or doing big projects as OTs and we don't want them to get weak and die. It's a lot of time and effort to train an auditor and as you know there's a lot of legal formalities you have to go through on this planet when you pick up another body.

You know, suppose you picked out a nice body, you say, "Anyway, the org will recognize me as a trained auditor and that's good so, it's a nice body, I think I'll take this one!" And then you find out that the mother and father of that body are very anti-Scientology, you see? And you've picked up the body somewhere in-between the ages of maybe sixteen to nothing and you can't get out of it, you can't get out of that family no matter what you do, and you have all this problem of now either learning a new language or finishing your schooling because that's required by law, and all this.

So, what I'm saying is it can be a lot of dev-t. And plus the fact that Silvi mentioned the other day is you have to now do all the processes you did on your former body, you have to do them on the new body, and that's maybe a third of the whole bridge, you see what I mean? Even if you can prove by your recall and they have your folders there and you rehab on all the things you did, the body you're not using is not anywhere up the bridge. It has to do everything, purif, CCHs, you know, all of that stuff, Dianetics maybe even. Yeah, if you're not Clear when you do it, but...and Clear, they can do it with another process but still, it's a lot of work.

And of course you have to convince the family of the body or the relatives of the body, if it's over 21, that what you wanna do is the correct thing to do. They might decide you're crazy and try to put you in a mental institution and all that stuff. So it's a lot of dev-t and it doesn't keep the show on the road. So that is...and it's also the sort of- you can thumb your nose at the enemies that have tried to keep you from advancing because they don't have this technology and they think it's all squirrel and everything and they're gonna die at the average age of whatever. And one of the funny jokes I thought of while I was examining the consequences of doing this or getting into it — because you see apparently LRH wanted this to happen — I can imagine one of these guys running up to you from the church and saying, "You're a squirrel, I know you!" And you say, "Yeah, your great grandfather used to tell me the same thing." [laughter]

You see what I mean? As I told you in the other part it's theoretically possible to get the body to live at very good condition for a couple of hundred years at least, maybe more, and LRH said in that same tape, he says bodies used to go on and on and the only way you could get rid of them was by throwing them over a cliff. [laughter] So there's more to it than just experiment and keeping the tech going, there's a little more to that as well in that it sort of makes by default a proof that the technology does work.

And it also shows that a new civilization and a new way of life is possible. Now, one of the interesting shall we say side effects of this is that you will be gradually increasing your knowledge about things and it won't be limited by time, not Earth idea of time and one lifetime. So you can comfortably learn many more subjects and operate many more areas and proceed to higher and higher training levels if you want and start putting in knowledge where there is only blankness today and misunderstandings and omitted data.

And that is what it's all about, because we still need...on this planet, you still need to put in a personal comm line across a meter to be able to pull these people out of the mud on this planet, they cannot listen to you auditing them telepathically, there's too much interference.

OK? So you see there's several purposes in this and you can look at it from your first dynamic or any other dynamic, and it seems to fit into the handling of bringing about a viable planet and a viable civilization. Thank you very much.

[Applause]

And I'd just like to add at the end, we couldn't have done it without the basics laid down by LRH. We didn't have to use any new processes, nothing that was not derived from axioms already laid down, processes, or basics from LRH. So that, we must acknowledge. Thank you very much.

[Applause]

OK, end of lecture.