

ORIGINAL
OT 6

OT 6

Familiarisation as a Thetan Exterior with the Physical Universe.

Reference: Creation of Human Ability Route One.

Before doing the following solo processes, listen to the tape recorded lectures called “Route One of Intensive Procedure”.

Note - If you have a feeling of reduced havingness during any one of these processes, mock up eight anchor points and push them into your body.

NEVER DO THESE PROCESSES OVER OUT-RUDS.

The following processes are run to

- 1) floating needle,
- 2) major cognition,
- 3) regained ability

STEP ONE

1. Be three feet in back of your head. If you have any trouble with this command, use “Try NOT to be three feet back of your head”.
2. Whatever you are looking at, copy it a dozen times (copy means to make another one just like it). Now dispose of these copies in some way. eg. You can push them all together and pull them in on yourself to suppliment havingness. In any event DO NOT leave yourself with these copies. Dispose of them in some way. Locate a nothingness around you and make a copy of it. Repeat a dozen times. Dispose of these like you did above.
3. Find two back corners of the room and hold onto them for two minutes.
4. Find two locations or positions on Earth and hold onto them for two minutes.
5. Find some places where you are not. (Repeat)
6. Spot three spots in your body and Spot three spots in the room. (Repeat)
7. Be in the following places: The room, the sky, the moon, the sun.
The above steps should be done to a Major Cognition or ability regained. Repeat until this occurs. Write it down.

STEP TWO

The following steps are done in your auditing room lying down with your eyes closed.

8. Mock up your own body until you slip out of it.
9. Locate an animal. Postulate it moving from one spot to another. Observe it doing this.
10. Find a walking man — postulate his walking faster. Repeat this with 20 people.
11. Find a walking person — postulate that he will stop, then continue walking. Do this 20 times.
10. Find a person in a distant land. notice the time of day. Notice the terrain. Notice the general environment. Smell the air. Locate a thought that is his. Locate a thought that is yours. Continue until flat.
11. Notice differences between you and your body.

The above should be done to a major cognition or ability regained. You can repeat the above steps until this occurs. Write it down.

STEP THREE

12. Create in your body a feeling of calmness; create in your body sexual desire and turn it off. Continue that step until you feel you have control over the sexual drives.

Create in your body a feeling of pain.

Create in the body a feeling of serenity.

Do the above until flat.

Create in the body a feeling of hunger and turn it off. Continue this step until you are in control of hunger drives.

Create in your body a flow of admiration particles and turn them off. Repeat until you can do this easily.

The end result of these particular drills is the regained ability to control the body and its sensations. You may have to cycle through the steps more than once.

The Operating Thetan must be able to manufacture and experience to his complete satisfaction, all sensations including pain in mock-up form, and all energies such as admiration and force.

STEP FOUR

14. Postulate anger, boredom, grief, cheerfulness and serenity — in that order. This is continued until you are sure that you can create any emotion.
15. Finally, exteriorized visit a friend who lives in another state. Greet him and flow affinity to him. Ask him to communicate to you by letter.

ATTEST TO OT VI