

TECHNIQUE 88: IDENTIFICATION AND THE THETA BODY

A lecture given on
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I want to talk to you now about the identification of ones Theta body. This is a step by step plan which makes it possible for an individual to reach a point where he can locate, find, and recognize the fact that he is a Theta body, and not a MEST body. You will discover on running this on PCs, that the PC is going to tell you how confused he is about this. He is going to protest about this. He probably is going to squirm around about this considerably. Follow this routine anyway - just boot him through, kick him through, have a club handy, and hit him every once in a while if he doesn't run it. Directive therapy, and this calls for directive therapy. A large number of your PCs are going to be only too interested to run this. They will run it without any confusion whatsoever, and will wind up in beautiful condition with everything all identified and squared away. However, a certain number of PCs are going to run it just so far, and then they are going to jump off into a "maybe" one way or another, and land in the wrong corner. It is going to take considerable persuasion on your part in order to carry them on through. In either case, this procedure is the one that is applicable. We must have a plan of operation. The basic principle of this plan is: How did you get a MEST body in the first place? How is it that you came to have a fixation on MEST bodies? You unravel this fixation or obsession or concentration on having a MEST body, and you have achieved by that process, the location of the Theta body. You run how it is that this PC came to possess, and had an obsession about his MEST body. From this you get the location of his Theta body. That follows! You see, he all of a sudden discovers that his MEST body is not native to him, that it is something else, and that he is not necessarily solely, only, and completely the guardian of this MEST body. The second he discovers this, his sphere of activity gets much wider, much much wider. He can start going out then into the upper numbered dynamics, but until then, he will have a hard time doing so.

At the level where most PCs are - you will find that these people believe that they are a lot of other people, and that there is a big oneness about the universe, and about existence, and about identity. That they are part of everybody else, and so on. This is part of the same confusion. This individual has thrown himself over so many MEST bodies, he has entangled himself in so many lives, on a MEST level that he has come to forget his own individuality, and is sort of mixed up in the pool of the general individuality. At that level, his brotherhood (you might say) with the rest of the race is pretty aberrated.

This whole problem is one of steps on the tone scale. As you go up on the tone scale, you reach each time, new levels of ARC with your own kind, and reaching these new levels of ARC with your own kind, brotherhood becomes more possible. Close, loving association with your fellows is actually only possible well above 2.0 - and these confusion levels where everybody thinks that everybody is one - that is pretty low compared to a real operating efficiency. At a level where you can trust, feel confidence in, and never feel that you have to arm yourself against - that level would be a level of true brotherhood. Enforced brotherhoods are many.

There have been many times in the past when people have had enforced ARC substituted for actual ARC. They are not in affinity with their fellows at all. They are merely forced to be, and they will go through the social graces, and they will very viciously hate their fellows the second that there is no need to go on being in enforced ARC with them. They do not trust people. They have no confidence in, and they would not turn their backs to, individuals. That's a bad level actually, but that happens to be the level where the bulk of this race is located. And with good reason - an enforced ARC produces these various effects of perverted and twisted affection.

As you go up the line, you find a real strong bond amongst your own kind. That is why I say that if we obtained a number of Theta Clears, the chances of them becoming wide apart and

separated and fighting with each other is rather faint, because fortunately the ethic level goes up as a person's sanity goes on up. You would find a small group probably operating in harmony and with considerable individuality. The third dynamic and the first dynamic can operate together, but you have to have very able people on the first dynamic in order to operate a smooth third dynamic operation. On low levels on the tone scale you will find people will use the third dynamic wholly and solely to protect and excuse the first dynamic. In that wise, you find individuals who are saying: "A group exists solely to protect me and my self-determinism, and therefore, I mustn't upset the self-determinism of any part of this group, I must go on and be autonomous, etc." Well, they haven't got a group.

At a slightly higher level than that, a real group is all for the group. A communistic cell operates that way, for instance. The individual (the first dynamic) is absolutely nothing, it's the group, everything for the group, life or death for the group, the group only, and as far as the self-determinism for the individual is concerned - it is completely overcome by the self-determinism of the group. There is only one self-determinism there, and that is the self-determinism of the group. The group utilizes that self-determinism to survive and to make itself as affluent, and as powerful, and as well cared for, as possible. When they want something done, then 2 or 3 of the first dynamics go out and do it, and if they fail - they die. That's all there is to it, there is no compromise. So, a third dynamic group operating in that fashion (sacrificing the first dynamic 100%) actually is capable of getting a considerable amount of work done, and actually will produce a level of loyalty and cooperation which is not possible operating on the first dynamic only.

Now, we have to go well up the tone scale in order to get a third dynamic group which will survive all by itself for the group, and for the individual too. Why? It's because high on the tone scale you get greater and greater spreads out into the dynamics. As a person goes up the tone scale his ability to control his environment becomes wider and wider, and includes outer, further dynamics. So, until he has controlled all of ONE, it is almost impossible for him to control TWO. And until he has controlled TWO, it is almost impossible for him to either control or operate successfully on THREE. And until he is able to operate wholly successfully on THREE, he can't operate on FOUR, and so on. It is an expanding perimeter. If you had a group on the face of the earth today which was operating very heavily on the third dynamic (which also included the first dynamic) it would be people who were so facile, who could so easily, and so quickly see the proper solutions, that there would never be any argument amongst them as to what was best. They would also be very active, and they would be going out at terrific velocity. This earth today would fall into the possession of that group with such speed, nobody could prevent it. Even the group couldn't prevent it. It is not that anybody is forming up such a corps to do that, but any group operating first and third simultaneously on a high level of survival, would be so far above any existing group on the face of the earth today that people would start looking at it, because it would be cause. It would be able to cause things which no other group could cause, and people would start looking to it for solutions. And it, in order to survive in that world and to keep itself from being bothered particularly, would start to take on more and more problems.

More and more problems, like - "And tomorrow we will have to advise the government of Canada that they can't keep monkeying up the water along the St. Lawrence, because it is fooling around with our project in New York, which we had to take on because so many people were starving in upper New York, and this includes the economic conditions of lower New York" In other words, they would just start inheriting. They can't help it, they just start inheriting.

Anybody, as he starts coming up the tone scale starts inheriting. He inherits more and more and more, and his only relief, his only help is to keep on going up the tone scale. Now we have a way of doing that. In the past, everytime somebody would inherit anything he was depressed down the tone scale, because he went into ARC with things that needed help. They needed help so much, and so strongly, that he went on down the tone scale, because they kept pulling at him and doing aberrated things to him. So, it's sort of a contest. If you keep it processed out fast enough you would keep on going up the tone scale, and you just inherit

more and more and more - you just can't help it. That will happen to any one of you in your own community. You just sit on the front porch and it will keep right on happening. You can't stop it from happening, because it is a natural sequence. If you go up to a point of ONE (survival as self), that has a potentiality of being a very strong part of THREE (a group), the group will locate itself to find you. It just works that way.

So, when we talk about affinity (one for another) this technique does not in any degree try to go on an enforced ARC basis. It doesn't try to do anything which will upset ARC specifically and directly, but Oh, what it does to it. Very interesting. You must understand the mechanism by which people come to feel protection and love for, an aberrated lower level protection and love for. You see, there are many levels on the tone scale where people feel protection and love for, but unfortunately this business about the body is one of the lowest levels. It's obsessive, and it's psychotic. There is no reason why you can't feel considerable affection for MEST bodies, without feeling a terrible compulsion to just be a MEST body only. That would be quite different you see. You would have neglected a great deal of your own self-determinism if every part of your self-determinism were devoted wholly and exclusively to the care and feeding of a MEST body. So, if it is reductive of self-determinism, it is also automatically reductive on the tone scale. Well, that is how you get there - ARC with the body, enforced brotherhood with the body, you got there to a point of that. Then you started to get enforced brotherhood with other bodies, and the next thing you know, you've got it all across the board. You start thinking of yourself as part of this, part of that, parts actually of aberrated groups. So, being part of aberrated groups, you naturally lost a great deal of the determinism necessary to bail yourself out. So, we have to examine the mechanism of: How does an individual come to regard, or be fond of, or protect something? What is the mechanism ?

We have taken care of it actually, in Technique 80, which is a process that tells you what you have to process. This is a mechanism that builds up to a very closely identified thing, and a very closely identified thing would be a completely smashed in, unidentified affinity. Now, how do people get into that state? Basically and at first, individuals did not believe themselves to be even vaguely in brotherhood with MEST bodies. Do you think that you belong to the great brotherhood of great Danes? NO, you don't. You are rather apt to be short and fast with great Danes, or cats, or beef steers. You realize that they are for your use, but if you went into close affinity and did nothing but protect short horned cattle - you would get pretty obsessed about cattle after a while.

You go out on the western range, and you talk to some of these cattlemen. All they talk about is cattle. You look at some of them, and they actually look slightly like cattle. That is a small part of what you see in this other mechanism. Now, how does a fellow get excessively fond of cattle? Well, he decides to be a stockman and raise cattle for his own use, he is raising them so that he can make money for himself or his family. So, he starts raising them. He handles them this way, and that way, and he brutalizes them this way, and that way. He is just being very effective and efficient from his own standpoint, with no real care beyond that level of efficiency.

In Texas right now, they don't rope cattle, because they claim it will take 35 pounds off a steer to drop a rope around his neck and pull him down to his knees. So, you just don't do that, and you don't run cattle either - it's a financial situation. Now, here is a young boy being raised on that farm, and he goes out one day just after a big blizzard and the wind is still blowing, and he finds a little calf that has lost its mother. He will take the calf in, and he will take care of it. He will be fairly efficient about this, he will be interested in, and fond of that calf. Now one day, you come in and tell him: "Well, we have to take the calf to market, he is going to get slaughtered, he is a young steer now and he is worth 500 dollars." He screams, "No!" What a row. You have interfered with ownership. One of the most valuable things there is would be something that has a great deal of flowing theta -- or life rather than flowing theta, but had capable theta in it. So, he has got hold of this steer. Ow! There have been more farmers boys hearts broken because the sheep goes to market, the pigs go to market, or the cow goes to market, and they were theirs. You see, they endow and imbue

these beasts with personalities. They give them names, they will play with them, they will tie hair ribbons on them - the darndest things. It's just sort of a natural activity, it's there natively. You understand that nothing can be boosted up to an aberrative level, that does not exist as a native capability of theta. Theta is natively able to do anything which you can compel it to do.

So, how would we get very aberrated on this subject? Well, the farmer boy goes out and he is practicing roping. He's being "Hop-along Cassidy" or something, and he ropes this young calf; the calf goes appetite over tin cup down the wash and busts himself all up. The boy has a little bit of affection there (natively) but he sees what he has done. That's bad! Up to this time he hasn't thought about calves as something you could hurt, but this calf evidently hurts. Somehow or other he gets this calf back to the ranch, and the calf goes on living. It is a heck of a nuisance by the way, it hangs around the back door and it thinks of itself as a pet dog and so on. One day, Pop comes in and says: "Well, we will have to take your calf "Jerry" to market." Oh no! Now that is 8,000 times as bad as the other, because it was preceded by an overt act.

Now, what's the cycle there? He hurt the calf, then he saw that it was hurt, and then he felt some sympathy for the calf. What is sympathy? You have 2 tuning forks here, you sound one (a) and purely by "sympathy" this other one (b) will hum. That is sympathy, and it's an energy flow level.

He does a mock-up for himself of the calf hurting, and he feels how the calf hurts. He is actually getting a wave action coming back at him which vibrates him enough, so that he gets a mock-up of that calf hurting. Now, he gets this mock-up of sympathy for the calf, and maybe it happens many times, maybe he injures many calves. Everytime he injures a calf he feels this sudden sympathy only the sympathy is getting stronger, and he finally gets up to the point where he is preventing calves from being hurt. He doesn't want calves to be hurt anymore. People shouldn't rope calves. When he has kids of his own, he just wales the tar out of them if they even think of roping a calf. He gives them lots of reasons, and none of them valid. The kids are not supposed to rope calves, and that's all there is to it. Now, what do we get out of that? Injury, because of an overt act - usually this is a DED, the calves have done to him before he did something to the calves. We get that followed by sympathy, and we get that followed by protection. So your cycle is always: overt act, sympathy, protection. When you have followed that cycle up to where the protection is obsessive, it's a psychosis.

There are people who protect animals in this fashion, and protect plants in this fashion, and protect MEST in this fashion. There are undoubtedly people in this society today who protect machinery in this fashion, and they will just cut people down who dare harm pieces of machinery. It's just that cycle - they have done this and that, and they eventually come to protecting it. So, it will even go into machinery, however, it is much more apparent in live things.

One could say that a person never comes to love an item unless he has first injured it. You don't think anything about this new roadster that you have. It's pretty and everybody admires it. You take it down the street and run it off the curb, and you bend the running board. Everything goes along all right, and one day somebody hits it and dents it. It's getting worse you see, and gradually as you do things to it, or you cause things to happen to it; you can get into a highly protective state of mind about the roadster. Now you understand, that although you get a cycle of: injury, sympathy, and protection for an item, that this sequence can be repeated often enough to drive you down tone scale on that subject. In other words, it gets more and more intense, because you are in sympathy with injured objects and you come down tone scale, because injured objects are down tone scale. It gets to a point finally, where you have recognized your inability in protecting or in helping some item or some object, and you go into apathy about it. You will go into apathy about a car. You will say eventually that you can't do anything about this car. You are in apathy on the subject. Somebody tells you about a car injury, and you just feel apathetic.

The same way with animals, animals could get repeatedly injured, and you would eventually go into apathy on the subject. A small boy is given a dog. He hurts the dog, he abuses and teases the dog, and one day the dog gets hurt badly. He takes care of the dog, and he gets more and more attached to this dog, and then one day the dog kicks the bucket. Oh boy! Well, this little boy (who is getting older) will get another dog, and something will happen to this dog. Then he will get a little older, and something will happen to another dog, and all of a sudden, he will not care to have any more dogs. He doesn't want anything more to do with dogs. He doesn't own a dog now, he remembers these dogs only vaguely. He talks about them seldom. He is in apathy on the subject of dogs. He doesn't own a dog, yet once upon a time he considered dogs very joyful things to have around, but he lost one too many dogs. He is in apathy on the subject of dogs, and when he gets down to apathy about dogs, very often he will be in the valence of a dog. He has helped this dog, and he couldn't help this dog, and finally he went into the valence of the dog and did a life continuum for him, which is the final method of helping the dog. Look at that mechanism, you have seen it in PCs.

You have seen them do it, you know people who have life continuums on for aunts, uncles, dogs, cars, and bedsteads. They are doing a life continuum because they failed completely to help, and finally the last apathy is that they abandon their own identity and live on a life continuum. You can solve more cases using life continuum.

Now, what do you think happens with a MEST body? The same cycle. Here is a MEST body (you have of course a native feeling of aesthetics) and one day you are going along, and you're not paying any attention much to MEST bodies, they're just MEST bodies. You are going along on your job doing things, and you suddenly see this MEST body and it attracts you somehow or other. You say: "Isn't that a nice MEST body?" like "Isn't that a cute puppy?" Then some horrible thing like this might happen: You might go over and wrap yourself around this MEST body and say: "Mmmm, feels nice - nice and silky." That's fine, nothing has happened there, you are simply able to appreciate something aesthetically. But supposing you wrapped yourself around it, and it kicked the bucket instantly? That would certainly be a shock to you. You'd say, "What happened?" Well, you didn't understand this particular mechanic, that a MEST body when crushed, dies. And, if you throw in a couple of thousand kilowatts on both sides of that MEST body, it would sort of go up in smoke. You don't realize at that time that you shouldn't do that. You say, "Gee! What happened to it? I couldn't have done it, there it lies." Unfortunately, you possess at that moment the facsimiles of it kicking off.

Did you ever see a little girl go up and take hold of a kitten and "squeeze" it because she "loved" it so much? She loved it so much and squeezed it, and all of a sudden the kitten is deader than a mackerel. The little girl says: "What happened?" Very upset. By the way, that is an actual case - I mean going up and saying: "What a nice MEST body - what a nice MEST body - it's dead!"

Now, there is also the business where one realizes that his world was run all right. Here you are, you are living in a certain place and you are conducting your affairs in a certain way, and a billy goat keeps running into the front yard. You say: "I don't want any billy goats around here." So, you get a gate and you shut the gate, but the billy goat butts through the gate and comes in anyhow. The next day there are 2 billy goats. You growl at them and they continue eating the porch swing, and butting people when they come to call on you. You pick up a rock and say: "You billy goats beat it." and pitch the rock at them, not intending to hit them at all, and you didn't hit them, but the billy goats didn't beat it. They stayed right there and every day they kept coming back, so next time you threw the rock and you did hit them. They still didn't go away, so you got a little bit stronger weapon. Of course that depends on a good weapon estimation. Supposing your estimation was so bad that you went and bought yourself a 50 caliber rifle and said: "This will discourage those billy goats." Billy goat splatters over half the front yard, and the other billy goat stands there, bleats, and wonders what happened to its mate. You say to yourself justifiably: "Well, that fixed him, he shouldn't have done it. Who shouldn't have done it? I guess I shouldn't have done it either, he's awful dead and messy. Here was some nicely organized MEST and it was putting along just fine, and all of a

sudden I splattered it all over the terrain.” Furthermore, dead things have a way of making themselves antipathetic to living things, particularly in an August sun. You see how terribly degraded a body can get? Dead - decayed - and messy.

One of the finest passages that I know of is in T.H. White’s “Witch in the Wood,” whereby the boys go out to hunt a unicorn. It’s well worth reading, if you want to know a cycle of complete degradation, and complete dog-conscious boys who finally realize what they have done in killing this unicorn. It was such a beautiful unicorn and they didn’t mean it any harm, but after they killed it, it was too heavy and they had to cut its head off, and that was horrible. Then they had to drag the head back, but there was a lot of sharp gravel and it cut the head to pieces. It was really a mess. They were getting it for their mother for a birthday present. Well, the sequence on that would be that the next time they thought about killing a unicorn, they really wouldn’t think about it, they would say: “No.” Now, some hunter would come along and say: “You know, I’m going out and kill a unicorn,” and those boys would probably attack him with staves, “Oh no, you’re not going to kill any unicorn, not while we’re around.” That is your natural conclusion. They would go all the way through, and start doing a life continuum on the unicorn.

Well, after you have shot the billy goat with a rifle, don’t be too surprised if once in a while, instead of belching you say: “Baaaaa”

You will find more PCs carrying on a life continuum in this fashion for animals. Every PC you know is carrying on a life continuum for a MEST body (for a large number of MEST bodies) to the point where they are completely identified with these MEST bodies. Sequences like this - they had this place, it’s a small abode on a mountain side. These are theta bodies, individuals, not filmy something’s, just individuals, and they have this nice place on the mountain side. They like to sit there and watch the rain clouds go across the valley and so on, and I’ll be a son of a gun if some hikers don’t keep coming up and throwing garbage all over. After a while they (theta beings) get tired of it. So, the leading hiker one day comes by to throw cans - and picnic papers all over this pretty little pasture, and one of the theta bodies goes over and gives him what he considers a nip. Just a little nip, just to short circuit him a little bit. Hardly anything to it, but this fellow goes into a horrible writhing and falls down dead, “I didn’t mean to do that!” Well, life goes on and this theta being doesn’t consider that this was very horrible, but the guy did, and as the days went by he sort of swelled up and bloated in the sun, it wasn’t very nice.

You get awfully annoyed one day, you’re going down through the canyons and somebody has strung a fence across the canyon, and you have seen that MEST animals go there to drink. You sort of like to watch them come down to drink at this place, and somebody has fenced it. You’d say to yourself, “Huh.” Well, the fellow comes down to finish up the fencing or something like that, or maybe you broke the fence down so the animals could still go through there, and the next time the guy comes down to repair this fence you say, “Well, this time I’ll be careful, I’ll only nip him a little tiny bit, just enough to keep him away from here.” Zzzzt, and he falls over dead too, only the top of his head comes off this time, and you say, “I didn’t mean to do that.”

Then you have the fact that you can pick up sensation from these MEST bodies. So, you get “The Halver,” a beautiful implant that gives you sexual impulses, it aberrates sexual impulses. You use this halver one day, all of a sudden you feel something come over you and you blanket a MEST body or a couple of MEST bodies. That term “Blanket” you can use as a technical term. It means, “To settle down over one or more MEST bodies.” So, you blanket this person or persons and you were not very careful, and maybe when you finish up they are dead, just like that. You will run that out of more PCs, because there is a terrific, high level sensation (zing, bang, then apathy, death, or agony) on the part of the MEST body. You are in close emotional contact with it, with the desire to be in that contact at the start of it- and Bang, Oh boy! Remorse, regret, and you sort of have to pry yourself off of it. You’ve got a nice facsimile; you’ve got the facsimile now. Just keep that up a few times, and one day you are going among (you are flying away to Mount Calf, and you are enjoying yourself and

everything) and you notice a theta being settling down over a small boy. The last MEST body that died when you went into an orgy of this character was a small boy, and you say to yourself, "Oh, that theta being shouldn't be doing that." For you see, if you don't protect the thing, you become the thing that is attacking it, and you don't want to be that. So you say, "I'll protect that boy," and you settle down and all of a sudden blanket the boy and defend the boy. You just fight off anything that comes in at him. Of course the boy is kind of surprised and half scared to death, and later on you try to run this and you get his facsimile of being frightened. But, you have protected him, and he survived it all right.

Well, you don't become unconscious of what you are doing for an awful long time. You do this just repeatedly. You start off on a crusade of defending small boys and then you finally set yourself up - possibly there is a small group of boys in the woods that have sort of learned that you are around. Maybe they have built a little cairn of stones or something of the sort, like the Greeks used to do to the Wood God. You are the theta body that lives there, and you protect them, and you see that when they lose marbles, they get more marbles. You take care of them one way or the other. One of them gets sick one day and you go over and try to pull him through it, and you don't pull him through it. You hit a bad curve - you are all the time going down tone scale, but fortunately there is a terrific depth of tone scale to go down. You can do it for centuries, for thousands of years really, without finally hanging up and going psycho on it. There is just enormous latitude allowable. You can do it over and over and over, times and times, so that you just process a few of these and a fellow becomes alert to what he is doing and what he did. This is fortunate, because the theta body has great capability and capacity of recovering, and so on.

Now, as you went along through this period, you gradually became more and more addicted to protection of ... sympathy for ... protection of Everytime you blanketed a MEST body, it became a little more difficult for you to get off of it afterwards, until finally one day, you didn't get off of it. You stayed with it, and there you were. Understand, that when you did this, you actually felt perfectly content and justified to do it. You said, "Now I'm going to take care of this being, I'm going to nurse this being along and I'm going to take good care of this being, make sure that it gets along fine, make it smart, make it admired, and so on." You are just devoting yourself actually, to the care of this body, out of all the tremendous number of overt acts, protections, and failures. You finally get down to a point where you sacrifice your own identity to this MEST body, and you say, "I'm doing a life continuum now, of the MEST body." Now what happens? You take care of this body, etc. but inexplicably the thing starts to get old. It gets older and older, and you try to make it young again, and frisky, and help it, and of course you are the only one that has any thoughts about it, so you try to take care of it, but it keeps getting older. What happens? Does the little boy remember his first dogs? You have processed a lot of PCs. Do they remember their allies vividly? They sure don't. Well, one day the theta being (living now as a MEST being) is going along and the MEST being dies. OH, this is a horrible shock. No being there, it's lost. This is a real loss, big loss, gone, and he will pick up another one, somewhere or other.

By the way, in the early days these were picked up in you - they weren't picked up as babies or anything like that. You just go off, and you find another one. Eventually you get to the point where you devote yourself to it, and you got to a point finally, where you didn't think that you could exist unless you had a MEST body, and every time you lost one of these MEST bodies it wiped out everything about it. What happens? What do you do with a babies toys after the baby is dead? If you lose a child, what do you do with its toys? Do you keep them out on the mantle piece? No, you sure don't? You bury them deep in a drawer some place where you won't look at them. Well, that's what the theta body does with all the facsimiles of the MEST bodies its lost. It just throws them aside. It says, "NO, no, that was yesterday, I'll do better tomorrow somehow or other," each time, on each cycle. It gets to the point finally where it picks them up as babies. On each cycle as it goes along, he will just hope, hope, hope he is going to big, strong, ambitious, and he's going to do everything for it, going to get it up higher in life, and suddenly he realizes that this same cycle is being followed all over again.

You don't need any implants to blank out between lives when you look at this mechanism, because it is an automatic wipeout. A person just lays aside the loss, the failure, because this is a big failure - the loss of this MEST body. Now, you become addicted to the care of MEST bodies. You have a natural liking for living things. That is natural, but an addiction - a life continuum (for all these MEST bodies consecutively) is very far from natural and as a matter of fact, is quite insane. Supposing you knew somebody who was nothing but a series of life continuums on all of his allies, and he wasn't there at all himself. You would say, "Gee whiz, he's sort of funny." Well, that's your PC, he is a life continuum for all of these bodies. He doesn't admit, even to himself, that any of these are his own experiences, "They belong to the body, they belong to the body." So, what is the process by which to undo this? The process by which you undo it is - to locate with an E-meter or just making the person travel on the track, you locate the first time, or one of the very early times when the theta being of the individual blanketed, for any reason what so ever, a MEST body. Run that very thoroughly. Then get a next time this theta being blanketed a MEST body, for any reason whatsoever, and then run a third one, locate it and run that incident out. Then find 3 or 4 second dynamic blankets. Times when the PC has blanketed beings or animals on a sexual line, and run each one of those (as itself) out. Every one of those is an overt act, and very often they go back to (as the motivator) the Halver - this one that makes a person Black on one side and White on the other. The halver is usually the motivator for those sexual ones, but you'll get blankets without that one, you would have gotten blankets anyhow. So, you get these sexual adventures which will run against this, and run against that, the halver. Now, you will find that each one of these when it is an overt has motivators kicking around the track that you will have to run half way, and they will just show up automatically. You run the motivator - run the overts - run the motivator - run the overts. So, run at least 3 times when your PC has blanketed MEST bodies for any purpose whatsoever, usually way back. Run those all out, and you have to resolve them as maybes, because each one is. Then run at least 4 times, 4 incidents where your PC has blanketed MEST bodies (1 or 2 MEST bodies at the same time, on the second dynamic) for the second dynamic reasons. By the time you have done that, your PC should be pretty well differentiated with regard to which is he.

He will all of a sudden recover recognition of what he is. He will know what is he is by that time. He will know where his theta body is too. Now, having done that - and by the way, 20 such Incidents of each kind here (blankets) would not be too many to run to achieve that goal, because it doesn't take too long to run them, with attention units and so forth. Then you run the incident which we will call "The Duplicator". We will call this incident "The Duplicator."

Here is a theta being and here is the individual which he is today, in solid lines. He thinks he is this MEST body. Well, make him find the one represented by the dotted line, the facsimile that he has confused with his present identity. Now, that facsimile is "ridge," it's got ridges on it, and it is fitted pretty well over his present MEST body. It is an old facsimile - you will have to run it as ridges, and you will find out that it is a Holder. He is holding on to this MEST body, and he may or may not be trying to get off of it, but it's a MEST body that he unsuccessfully tried to leave. It's a facsimile which says, "I couldn't get off of it. This old one is a point where he got hung up with it. That is "The Duplicator." Here he is, and actually in his theta beingness he has a facsimile that he thinks he is - and it's thousands, or hundreds of thousands, or millions of years old.

In other words, but let me draw that for you again. I'll draw it for you the other way now. Here he was, in dotted lines (B). Here he was, and he had a MEST being here (this may have been a couple of million years ago) he had hold of this MEST being, and here (in dotted lines) is his Theta being surrounding this MEST body, and has a hold of it for some reason or other. He was exerting pressure on all sides of it - it was actually probably struggling or something and it was making a ridge pattern. A pattern that is just like a shell; it is almost solid in this facsimile. So, he had a hold of this MEST body and then tried to leave, and he didn't make it. Now today, your PC is walking around and here (B - in solid lines) is his Theta body, and here (in solid lines - B) is the MEST body he has now. He has the old facsimile of the old MEST body (dotted lines) that he is packing right along with him,

complete with its ridges and everything else. He is packing that old facsimile right with him, and actually it is probably his arthritis. He is trying so hard to hold on to this old one. He will try to hold on to this body with this old one, and it's liable to smash his nose out of line, or it will aberrate him one way or the other. In other words, it will aberrate his physical features, because he is trying to make this present body into a duplicate of the old body, willy nilly, unwittingly. Now, because he can't get off this body he restimulates the other one - sometime or other, in an operation or something, he tried to leave and he found he couldn't do it, so then he has both, the MEST body and the facsimile. In some PCs you will find several "Duplicators", there are several facsimiles that are in restimulation, and so there he is in a shell, and so on.

You will get many PCs who have the feeling that there is an actual ridge to themselves, that they are a ridge, or that some area is a ridge, and that their Theta beingness is itself an actual physical shell. They will think that this is the case, because of these old duplicator facsimiles. Well, find that facsimile, "The Duplicator" and run it. You will have a time with that. By that time the PC should have differentiated well enough, but he will still have a tendency to say, "Let's see, which body am I? Oh yes, yeah, I can run this and run that, etc." You will have to run out these times when he was unable to get off, in order to get him to a position where he can just step off. Some people will be found who can do this right now, some people have to be audited through a half-dozen incidents, some 25, and some 200 before they can do this, and the process of stepping off means just that. Now you mock-up with a facsimile a MEST body of your own, or you can take over another MEST body.

Now, here is another typical incident, and it may be necessary for you to run this incident before you do it. Here was your Theta being and you are doing all right, he had a MEST body and everything was swell. By the way, are prenats ever restimulative to this. A MEST body in the womb is putting up a sphere. Well, a baby in a womb has a sphere around it, and a Theta being very often has one of these old facsimiles with a ridge - this area is a ridge, energy is piled up there to make a ridge and then he joins this MEST body in the womb, and it almost automatically keys in an old duplicator, because this is a body in a sphere, and that is the way he feels about it. This whole process is why prenats go into restimulation so easily. You don't need to audit any prenats anymore, but you will find out they hang up with this. All right, here is the Theta being doing perfectly fine. He got hold of this MEST body and he had it animated, and he was doing all right by it, and one day some other Theta being came along and blanketed him. This other Theta being didn't see that MEST body had a Theta being, and settled over it - Zing - and you have this being who was here originally, struggling and trying to blow the second one off. The one that blanketed him sees a terrific upset and all that sort of thing, and it makes quite an enturbulence. Later on, PCs begin to wonder and say: "I wonder if there are any Theta beings around here?" They get scared of them, because they have been jumped on accidentally - blanketed every once in a while. Now, here then is a bad situation. It is also bad for the exterior being (the one who does the blanketing) because he says: "Here is just a MEST body," and he comes down over this thing, and all of a sudden it starts developing voltage. It goes - Zing - and it's uncomfortable, so you get a confusion where this happens on the track. So, don't run into an incident of this character, which is "The Double Play." Don't run into this situation and wonder why it is so confused, because all of a sudden he will say: "Yes, I know where my Theta body was, because I can feel it crushing here." What he can feel is another Theta body crushing him. There is a double.

Now, the mystics had what they used to call "Concentric Shells." They conceived man to be built this way: and each one of these shells was a new identity, and so on. Actually, it's a take off on The Double Play incident. Now, as you run this you will be able to find concentric shells, and run them one after the other. You will find a lot of these old ridges, but they are just old ridges, that's what they are. They are pretty heavy, pretty messy, they burn down rather easily, and you can free an Individual this way. Always use Technique 80 in reducing these incidents. Now, those are most of the conditions involved in this.

I want to add a word on Energy Running. I made you a list of the bouncers, deniers, holders, etc. You will find out that your PC is not at all willing (sometimes) to go very deeply into this, and he will go into it so far, and he will sort of bounce out of it. That is why it is very good to run this on a meter. You can tell whether he is running or not. He will say: "Yes, I'm running it, yes, I'm running it," and the meter just sits there. "I went through it again," the devil he did. What has happened when you get that sort of situation is that he has settled down over this area, and there was a dispersal going on. He settles over this area and has run into this dispersal, and of course the dispersal bounces him. So, he goes into the incident, there is a dispersal going on, and he can't settle over this MEST body because of the dispersal, usually that's a Double Play incident going on. This inner-body starts dispersing energy to drive this other one off. All right, here is your dispersal going, and your PC is bouncing. What did you do with the early Techniques we had on a bouncer? You made him repeat the bouncer until he got into the incident again. You de-sensitized the bouncer, in other words.

Well, in this case - he gets it - he struggles for a minute - and all of a sudden he is off it again - he's gone. He says: "Yes, I'm running it." Oh no he's not, he has bounced. You can tell whether he has bounced or not, because he is suddenly calm about the whole thing. He was excited, and then he is calm - he is bouncing, he is hitting an energy dispersal. Well, get him to run the feeling of energy exuding from what he is trying to settle over. You just get him to run that, run it from its central source, and all of a sudden he reduces that particular dispersal and he goes right into the incident. In such a wise, if he sticks, you know that he has hit ridges. He is in a ridge if he is stuck. If he is running along just fine, it is an energy flow, just a plain energy flow. He will go on and reduce the incident.

Now, what do we have to know in particular to safeguard against? It's just the same thing as in Technique 80. It's, don't let him run too much motivator without running some overt, and don't let him run too much overt without running some motivator. He will tell you what the overts are, and he will tell you what the motivators are, because they are sitting right there, they aren't hard to find. They are usually part of the picture that he is getting - he is getting some sort of a picture - well, he's getting the other side of the picture. So, remember that he can come off of it.

Now, what is a real convincer for this Technique? How would you like to be able to get a tactile (maybe for the first time) and something that really feels like a tactile, and you get it 2 feet from your body or 5 inches out from your head where there isn't any nerve line? Maybe your PC has never felt anything in recalling his facsimiles, and all of a sudden he is getting a tactile- clear out here! He is touching something out there. You are running an old facsimile, and you are getting a sense of touch maybe way out here, that is very solid. Well, don't let him get just a faint shadow of touch when you are running a facsimile, because it is the Theta body that gets perceptics. The real good perceptics you get on a case, you get with the Theta body, the Theta being. MEST body perceptics are faint compared to the perceptics of which the Theta being is capable. So, you want to get a sense of touch. I can't tell you too much about sight on Theta beings, you can figure that out for yourselves. It's an easy one, and you don't have to know about it anyhow, but the sense of touch is something that you should remark on, because you can get a sense of touch exterior to the MEST body, and if your PC can't get this sense of touch in a facsimile, outside himself, lord knows what he is running. It will be there, he can get it, the only reason he won't is this dispersal effect probably, or because you have just hung him up in too many facsimiles, and he is on a sort of apathy line. If he doesn't get a sense of touch around himself, or outside of himself, why you just haven't run it very far. Now, you could possibly start one of these incidents through a half dozen times, and then after you've done this he would say: "Oh, that's fine, I'm not worried about it anymore." He probably hit it once and bounced- He hit a dispersal and bounced. He's not in the incident, he hasn't been in the incident, he isn't worried about it because he is running away from it so fast that he is away from it. You make sure that he runs it until he gets a tactile on the incident, and a tactile from the incident. You make sure that he runs it that long. Do you understand?

Don't think that because the Theta body is filmy, thin, ethereal, and ephemeral, that it isn't solid on its contacts with the MEST universe - it sure is. And on recall, you will get a stronger tactile perception than your PC has ever been able to get with his MEST body, because all MEST body perceptics are secondary to Theta body perceptics. The heaviest incidents that your PC has run since he has been in processing were (unwittingly) Theta being incidents. He didn't know quite what they were, and the somatics didn't fit in quite the right place. His arms were sort of sticking through in some direction or other, but they are the strong perceptics. He ran these strongly, and all of a sudden he had this weird somatic over here, and there was apparently a head over here on this side, coming half-way through his head. So, what you have got is a Theta body that throws this facsimile into place, and it just happens to penetrate this present MEST body, and as it touches this body it makes ridges, because this MEST body has some matter in it which conflicts with the old energy flows. Do you see how this is?

Now, what is a Theta body after you get! all through with it? It is a body capable of possessing any other body, but it can also do a mock-up and be its own body. It is a composite of all the memories that a person could have. There are 2 types of Theta Clear. The Theta being which is cleared of the necessity or compulsion to have a body, and a Theta being which is cleared all the way along the track. Well, make the one without any need or compulsion for a MEST body, before you make the other. I would recommend, if you process PCs to make them very well, that you don't tell them what you are trying to process, just tell them what you are looking for. You will be able to process more, and you will be able to process it faster than processing MEST bodies. If you must process MEST bodies process it in this life only, and if you have to go back into the past about MEST.