

VITAL FUNDAMENTALS ONE – IMPORTANT BASICS

by Roger Boswarva

I was asked recently, "What are the *basics*?"

Well, one such basic is the bulletin and processing R/D titled:

"THE VITAL FUNDAMENTAL PROCESS ONE - THE FIRST BASIC TARGET"

In fact, apart from being a vital basic R/D, it contains within in it several vital basic processes that you should know by heart and be able to run as needed, any time the need arises either solo or on a client.

Let's look at why this is from the perspective of YOU as a client or solo processor.

Question #1, affectionately referred to as simply, "VF1," asks you to describe your mood level . . . note the word *describe*, not discuss.

Looking at what happens when you answer this question and why it works, we see that two things happen:

- You separate from the mood/condition you are to "look at" in order to describe it: that is, "you come out of it," and,
- Being freed from the unwitting stuck condition, you (or your client) rise in mood.

It is quite fascinating to see! You repeat the command till you (or your client) have "Cause Indicators" (CI) . . . this is indicated by huge new awareness, big realizations, laughter and a wonderfully higher mood level. The importance of this is that, in putting the client UP into a high mood, you can then run main line processes from "the top down" where the client is more aware, more powerful and able to see truth more accurately than is the case when they are down in a low mood.

On course, some folks have their VF1 in all the time and do not need to run this . . . but any time you spot a low mood: this is the process to run!

Question #2. "What game are you playing?"

By "game" we mean, what are you on about, what are you trying to accomplish, what are you doing that's real to you?

Most folks are unwittingly locked into playing superficial, meaningless games, often dictated to them by those around them, rather than pursuing their own true wants on a knowing basis.

Here is an example. Some years I was processing a black friend here in Manhattan. He was a practicing Buddhist. Very sweet guy, being polite and friendly to all.

Running the process, he came off with all the usual "humanoid" delights like "business man," "being married" etc., etc., etc., but nothing was lifting or changing . . . he simply was not getting to a right item. I could see he had still not arrived at any point of certainty or "CI's." Alan does say the game will be stated in **one** word.

I could also see that had I continued to press the question he would likely go into protest as he also did not have a full enough comprehension of what we were asking for. When he gave his next answer, I forget what it was, I then asked: "In order to **what?** Accomplish **what?**"

On this I saw his eyes brighten, open wide, as he came to his correct answer. He actually sat up straight and visibly changed complexion cum color.

"HARMONY," he said, as though it was the most profound insight he'd had in his life (it was!). He was aglow with his found right item.

I did my usual of simply shutting up, slowly nodded in agreement and acknowledgement, and spiritual empowered his colossal discovery.

I then suggested we go for a walk around the block for him digest his discovery . . . sometimes I joke and suggest they go kiss a few trees "or something."

What happened next stunned him. On each of the corners on 7th Avenue of my block are subway exits. As we took our leisurely walk, and as we got to each corner, white folks came up to him (they ignored me) and asked him for help and directions! He was dumfounded. He stated to me that that had never happened to him before . . . remember, he is a black guy in Manhattan.

He was as though a new man, certainly in a whole new condition as a result of getting his item.

Mine, in case you might wonder, is in the vein of "teaching," dispensing knowledge, and such.

Question #3. Folks who've been in other practices (including Eastern religions) get too "intellectual" on this one . . . they will give you an endless string of answers as to WHAT they are: "a spirit," "a thetan," "an ego," and so on, and so on . . .

After they run this off for a while, I politely look at them, and with a smile, as I point out: "The question is, actually, **WHO** are you: not **what** are you."

You'll be amazed at the change that can take place when they actually get to experiencing the right answer, that is the truth of the situation: "I am ME."

And there is a reason why we want the client knowing it IS them, themselves, in session and not some artifact or artificial presence like them being their father or some bully they collided with in school. It is because we want the client to be processing his/her case from that point of **truth** . . . we want the client in session viewing and handling his/her case . . . not as some point of deluded

substitute existence giving its version of things.

But, by observing client indicators, just accept his answer and do not dump any opinions on it. If the client gives you an answer that is that he is his "Real Name" and he has certainty and "cause indicators" . . . you had better accept his answer, acknowledge it, honor his certainty and cause indicators and move on to the next question.

You will lose clients and even do them damage by violating the rule of following the client INDICATORS.

And, by the way, you'll note #1 of the 12 Vital Fundamentals is YOU . . . this question gets that in! Also to note is that also understanding who and what the true YOU is as to your spirituality, powers, potentials and virtues are, affords colossally huge and fast gains beyond those obtained by those who do not know these basic truths.

The rest of the VF1, I am sure you can figure out . . . but one final point is both **questions #5 and #6** are equally important as they establish important truths needed for easy and successful attainment of gains in process . . . if these are "out" results are impeded, if attained at all.

On **question #6**: "How big are you?" . . . you'll note you have to expand to your conception of how big you are to encompass, perceive it and answer the question. It is a process you can run for yourself solo any time you feel you need to restore your own personal power level and presence. Alan and I used it as athletes.

You will benefit from knowing the above almost verbatim.

They are important basic truths to have established if one is to operate optimumly.

Rog

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