

GAMES MATRIX TECHNOLOGY - I

This is to announce the completion of the GAMES MATRIX TECHNOLOGY!

All of our technology has been designed around one objective in mind – that is to set each client up so that they can develop the abilities needed to be masters of their chosen Games of Life.

The GAMES MATRIX TECHNOLOGY is the core technology that will if done correctly and fully - help you achieve that level of ability mastery.

The Zones, the Vital Fundamental Courses, the Basic Courses, the Life by Design Courses are gradient set ups for running the GAMES MATRIX TECHNOLOGY.

There are two moods and levels of existence that prevents a person from Being - Doing – and Having All what they would love to Be – Do - and Have. These two moods and levels of existence create almost all bad conditions in life.

FEAR and ANXIETY are the twin terror moods and levels of existence.

FEAR stems from the – DISTRUST OF SELF.

ANXIETY stems from the DISTRUST OF OTHERS.

It takes a great deal of bravery and personal integrity to face up and fully duplicate and permeate one's FEARS and ANXIETIES. Few can do it.

Most will find an infinity of ways to explain, justify, rationalize and make excuses so that they cannot be present and therefore do not need to face it – hence they are continuously running away from their chronic FEARS and ANXIETIES. It appears the greatest FEARS and ANXIETIES are to do with POWER.

FEAR OF POWER – is the personal "avoidance" stop that each being has put on themselves. The problems caused by the distrust of themselves and their use of power and the distrust of others having power is the cause of the Red Zone Games Condition that most people have put themselves into in order to solve these problems.

Fear of being fully present, fear of being all you can be, fear of being fully known, fear of standing out, fear of taking a powerful position, fear of great success, fear of great fame, fear of love, fear of being omni-responsible, etc., are all stopping a person from being all they can be – which in turn causes others to not be all they can be.

The GAMES MATRIX TECHNOLOGY erases those FEARS and ANXIETIES and restores your inner-core greatness whilst at the same time allowing you to take off the stops, inhibitions and restraints that are preventing you from being all you can be – and consequently begins to allow others to discover their inner-core greatness and be all they can be.

PATTERNS OF LIFE

GAMES MATRIX II

In order to handle fear and anxiety you set up a set of preprogrammed patterns in order to survive. It is these patterns that are contained within a Games Matrix. The definition of a Games Matrix is:

A surrounding formed substance that is a container of life energy within which all parts of a game is created, formed, originated, played, and controlled to a targeted result. Within that container is also an arrangement of elements in a game playing series of circuits that perform specific functions in order to win or survive the game.

A Games Matrix is similar to a chicken egg – there is the egg shell within which there is an arrangement of elements (white and yoke) in a circuit that perform specific functions. The egg is designed to survive and grow into a fully formed chicken - it wishes to survive.

There are vast amounts of these Games Matrices each dedicated to surviving. The problem is they were often made a long time ago and they are no longer appropriate for today's life or living. Yet for many they are stuck in an old Games Matrix. The Games Matrix circuits are very fixed – very resilient – very controlling – very demanding – very survival orientated.

Most people live their lives following and dramatizing the same set of patterns over and over again – so powerful are these Games Matrices that the person cannot even conceive of anything outside of the Games Matrix they are stuck in.

The Games Matrix pattern contains a quantity of life force – an intention – a vision – a mind set – a body to implement the mind set in the physical universe and a targeted result. A full Games Matrix Package contains several hundred Games Matrix Paradigm Spheres – these usually were produced from a high Gold Zone state - these are linked together in a gradient downward set of ever smaller Games Matrix Packages that decline downward from the top of the Gold Zone – then downward from the top of the Green Zone – then downward from the top of the Yellow – and then downward from the top of the Red Zone to its bottom.

The reason the Games Matrix Packages were created was to maintain and monitor the control over ones power – the reason that one went on a downward spiral of Game Playing is that one caused harm to others – thus the person inhibited their power.

The Games Matrix Packages are also designed to oppose each other – what is common to all Games Matrices and what gives them their energy and power is the original intention and holographic vision – often at the bottom of the Games Matrix Package you will find that the

person has now become completely opposed to the original intention and holographic vision – and is now obsessively attempting to destroy it.

Games Matrix Packages are always dichotomous in nature. That is they contain "intentions – versus – counter intentions" - "force – versus – counter force" "power – versus – counter power". It is these dichotomous aspects that hold the Games Matrix Packages together and causes them to float forward into present time.

The reason these Games Matrix Packages have never been found and erased is they contain autonomous survival defenses. So powerful are these defenses that most people will not go near them – it takes very specific processes - a very brave processor and a very well trained strong team to run the Games Matrix Packages. It is also why it has taken me nearly 50 years to discover how to gradiently handle and erase the unwanted Matrices.

Alan

FEAR OF REACHING OUT GAMES MATRIX III

People who fear power continuously violate the correct next steps of what needs to be done to make them whole again. They violate their use of time by doing nothing.

Each of these abilities and attributes of an optimum identity cause naturally to bring into being positive processes that great people constantly apply consistently nearly at all times.

When you find and do what you love to do - you move into a whole new Zone level – life is now at high Green Zone level of Spirit of Play – it becomes effortless to play at doing what you love to do 18 hours a day, 7 days a week. Unless of course you have a worker mentality mindset and several Games Matrix Packages that cut your reach and ability to experience happiness, joy, passion and pleasure.

Most people need to learn how to be playful, happy and successful – it is a natural state, but bad life programming and several destructive Games Matrix Packages can make you oppose and fight yourself.

To expand, to be more whole and to demonstrate and have a power presence - you need to be stay focused on what it is you love to Be – Do – and Have – and be willing and able to reach out and apply these abilities and attributes to each of your major life roles – and be willing to help others do the same – if you do this you and your team can achieve greatness.

HOW TO ACHIEVE OPTIMUM LIFE MASTERY

1. Be more present.....then
2. To find, commit to, stay focused on and go into action on your own Worthwhile Prime Dreams and goals you truly love.
3. To be willing to do the study, training, be coached, apply the processes and procedures as a disciplined master would do - so that you gradiently, with quality and excellence - move through each level of apprenticeship, internship, journeyman, craftsman and mastery steps you need to take in order to facilitate your Prime Dreams and Goals.
4. To reach out and lead yourself and those others who are willing to go through what it takes to achieve wholeness.
5. To reach out and become more and more spiritual, leadership and executive literate in order to increase your reach and become more masterful and whole.
6. To reach out and be able to work with other powerful leaders.
7. To reach out and create the optimum projecting image.
8. To reach out and organize.
9. To reach out and delineate hats.
10. To reach out and hold the form of the organization.
11. To reach out and recruit and train in excess.
12. To reach out and role educate.
13. To reach out and designate the hats.
14. To reach out and give the trust to someone that they can wear the hat.
15. To reach out and empower their hats.
16. To reach out and train anyone.
17. To reach out and coach or process anyone.
18. To reach out and market.
19. To reach out and connect to new people.
20. To reach out and be a master of selling and marketing to others.

21. To reach out and be a master of coaching self and others.
22. To reach out and be a master of processing self and others.
23. To reach out and ask for the order and commitment.
24. To reach out and ask for the money and resources.
25. To reach out, connect and stay connected to power lines.
26. To reach out, connect and stay connected to power players and power terminals.
27. To reach out and honor communication and command lines between power terminals and power players.

The Games Matrix Packages are designed by you - to inhibit you, to cut your reach, to stop you, to make you more ethical – it appears that you are your own justice system – which you have used your infinite cleverness, infinite power, infinite skills, infinite intelligence, and infinite abilities to restrain yourself for past misdeeds or harm you have caused.

If you do not deserve the rewards – you will deny yourself the ability to have them – this is done by unknowingly being in the wrong place, at the wrong time with the wrong people.

If you have earned the rights to deserve the rewards – then your abilities to have and enjoy them will expand – this is naturally done by knowingly being in the right place, at the right time, with the right people doing what you truly love to do.

ALAN C. WALTER

FEAR OF POWER GAMES MATRIX IV

The basic reason the Games Matrix Packages were created by each being - was to maintain and monitor the control over ones spiritual powers and reach – the reason that one went on a downward spiral of Game Playing is that one misused their power and reach.

This misuse of power and reach often caused unintended consequences or harm to others – thus the person created multiple ways of containing their power and reach by inhibiting and restraining them through the use of lesser and lesser lower mood level sized Games, Dreams, Goals, Visions, Mindsets, Playing Fields, Identities, Opponents, Actions and Reactions and Successes by the creation of Games Matrix Containers.

In your full potential natural state there is full awareness and the constant honoring of the truth and power of your infinite intelligence, infinite abilities, infinite cleverness, infinite strength, and infinite skills and the complete duplication and permeation of others that fully honors the truth and power of others and their infinite intelligence, infinite abilities, infinite cleverness, infinite strength, and infinite skills.

It also is being willing to be spiritually, mentally and physically omni-responsible for all sides and parts of any games of life you so choose to play; this includes the goals of the game, the rules and regulations, the playing fields, the choosing of sides, the positive players and negative opposition, the materials and the holographic duplicative levels of study, practice, training, coaching and processing of the actions needed to attain the mastery of skills and abilities with real time demonstrations of competence and effective execution, the winning or losing, the rewards or penalties and all the exchanges that compose the wholeness and integrity of all games of life.

To restore your full power, reach and potential back also includes the willingness to face up to the truth and awareness that ALL limitations, restraints, inhibitions or stops a being puts on itself are self-created or group created mutual agreements (realities) that contain violations of the individuals spiritual, mental and physical capabilities and responsibilities.

The being deliberately uses theirs and others infinite power, infinite intelligence, infinite abilities, infinite cleverness, infinite strength, infinite skills, integrity, standards, principles, honor to lock in place by mutually agreed-upon consensus of opinions (group realities) and are therefore almost always complete false, stupefying, and degrading realities.

THE CONSEQUENCES OF MISUSING YOUR POWERS

The whole being knows that ALL losses of size, losses of power, losses of position, smallness of games, upsets, problems, non-optimum situations, mediocrity, poverty, failure, misery, unhappiness or any other bad conditions of the being or their life are based upon deliberate unknowns and the making of agreements with others they will remain unknown.

These are placed there by the being in order to play limiting or destructive games – the bad or destructive games conditions are caused by the being using their infinite powers, infinite intelligence, infinite abilities, infinite cleverness, infinite strengths, and infinite skills to deliberately restrain, degrade, dumb-down, stupefy, make less or nothing of themselves or others – the consequences in so doing this causes huge upsets, problems, non-optimum situations and bad life conditions.

In order to keep the restraints of power in place the being compulsively or obsessively seeks out others who have tacit telepathically projected mutual agreements – thus we get the low level agreements and solid realities of someone who says nothing, remains silent, and does not express or declare openly, but is telepathically projecting mutual agreements that constantly implies consent to go ahead with and that it is okay to deliberately restrain, degrade, dumb-down, stupefy, make less or nothing of themselves or others – in order to constantly engage in self-sabotage games and actions.

The chronic Red Zone Self-Saboteur is in a low Games Matrix game playing identity who operates by silently telepathically projecting mutual agreements such as: "I won't fix my Games Matrices - if you won't fix yours", "I won't look - if you won't look", "I won't know - if you won't know", "I won't plan - if you won't plan", "I won't act - if you won't act", "I won't learn - if you won't learn", "I won't work hard - if you won't work hard," "I won't face up to or erase the force, charge and masses that are holding me down – if you agree to not face up to or erase the force, charge and masses that are holding you down," "I won't take a position of power – if you won't take a position of power," "I won't attempt to be all I can be – if you won't attempt to be all you can be," "I won't attempt to do what I love to do – if you won't attempt to do what you love to do!"

The Red Zone Saboteur operates by obsessively seeking out those in chronic Red Zone games conditions also caused by tacit mutual agreements - which are also deliberately keeping and maintaining a Red Zone negative view and reality on life.

The Red Zone Games Matrix Saboteur Identity and compulsive Red Zone Game Player is terrified of people with power – they tend to hate and resent people with power – thus Red Zone Saboteurs go into mutual agreements to create these tacit realities.

These mutual agreements are deadly and are never, never true, but appear to be so real and solid due to the unspoken, unexpressed mutual agreements that created these destructive realities.

Behind these restraints of power are the fears and anxieties caused by misused powers and reach – that caused you to not trust yourself or others with power and reach.

As you can observe it takes a great amount of bravery to go against the status-quo and break the tacit agreements.

Alan

Thanks for re-posting this stuff Ted. It is really well worth a close reading . . . though it is true, many are going to have to pull out a dictionary (or three), and some are going to have to chew and chew on what is written here as in some respects it can be a huge by-passed gradient of info for some.

I'm with Nick on the definitions thing . . . Alan usually did define terms and clarify what he was writing; but this time did not; and it is bloody "complex." Even I had to re-read and put in place what he was conveying, and I know what it is he's talking about!

One thing to know is that Alan was phenomenally word literate and used his words precisely and with full comprehension of meaning . . . though, I would say, sometimes he might not have chosen his words wisely enough to meet the minds of everybody.

Nick cited correctly the part that is ill-defined: "A full Games Matrix Package contains several hundred Games Matrix Paradigm Spheres"

Two senses/definitions of the word "sphere" that apply are:

- 1) The extent of a person's knowledge, interests, or social position.
- 2) An area of power, control, or influence; domain. See Synonyms at field.

For a definition of "paradigm" as might be used here, I take this from the Knowledgism site:
PARADIGM: n. A model, an example, a pattern or a mental pattern. It is the makeup of an individual's, group's or nation's reality, of what their attention is focused on, and it lays out the map of how to get there from here. A paradigm defines what can be perceived, what is acceptable, and what is not acceptable.

Though in his book, Paradigm Matrix and Its Effects on Future Prosperity and Human Events he does give lots of examples of "paradigm matrices" in the form of charts/diagrams.

To put all this in context, now, the first thing to say is that we as spiritual Beings are vast in terms of size and scope of sphere of activity(ies) . . . and we do indeed have many "games" and activities going on all at the same time, and overlapping each other.

In simple terms, we could look at you and your current PT human activity "Games Matrix Package." As the current present time human you are being, you are engaged in a number of coincident, related and coordinated games. As an example, add up all the hats you wear/roles you play. Parent, business-person, provider, coach, home-maker, etc. Each game has a matrix, and the total of those co-ordinated and related matrices is your current human "Games Matrix Package" and further note that each matrix has its "spheres" of (as noted above).

The human game is rough enough If one looks at this in terms of our true spiritual heritage and beginnings, the extent of the spheres of influence and activity/powers and games etc., are vast (and complex).

The good news is that once you correctly tap into the real goal-line and/or the person's Prime Dreams & Aspirations etc., the whole thing begins to fly apart, open up and, with the correct processing R/Ds the hung-up blocks on you and your true abilities, powers and awarenesses evaporate.

It's quite an experience.

RogerB

Thank you, Roger.

I figure it is not up to me to clarify for anyone 'cept myself what Alan wrote or meant in his missives. My appreciation for what he accomplished after scio prompted these postings. I am limited to what he already dumped to my e-mail or the internet.

As for his writing style, I sometimes find it tedious when he goes into repeating things as if he is listing. I can get by that.

Some of his simpler stuff is just brilliant, like his success formula: Find out what someone wants and help them get it.

Ted

Nick, it's complex, mate.

Truth is, we've impeded and countered and altered each of our particular abilities and powers, also our attributes and virtues. Add to this the goals, dreams and aspirations we've had that we then succumbed down the Tone Scale on, and ended up getting pissed at (our own wanted wants and the Power Split I spoke of in Pasadena) thus to then say silly things like "never again!"

Each of these "items" becomes a thread or chain down through our existence and relationships with others. And each pertains to a "sphere" of activity etc.

Interestingly enough, this morning in my session I collided with a "container" which lines up with what you are saying, Nick, and it was a bitch.

As a simple description this was what it was about.

AS a label, I called it the "Failure container."

This is what it was and how it came about . . . and it is to be noted that this monster came into being/was created many earlier universes ago. While it affected PT, its genesis was to do with my "futures" and the Universal Visions (the second universe in sequence from the beginning of my decline).

I had been playing a wonderful, fun loving game . . . and as has been common down through the time-track I declined in mood and screwed up. I actually did something that "harmed" another, got into conflict, tried to handle the conflict with counter-efforts against the other, which ground to a halting failure . . . and then I really got pissed, and solved it all by denying myself the ability to succeed at any intent to affect another!

The rationale being that if I didn't affect others, then I couldn't get myself into any trouble And F**k 'em anyway, they don't deserve my brilliance . . . quite loony stuff.

And, as part of this "containment of a sphere of activity/power in the game" I created the following containment-of-self structure.

I contained and limited myself to "here" . . . "in here, inside my container" and away from and not able to reach "there" . . . the "there at and in which I always ever-after had to fail to be able to reach, and had to fail to be effective at causing upon, etc."

So, the end result was that I was limited to being dotted and contained in and at here and not able to reach to and be effective and cause "there." But the tragedy, till this got undone this morning, was that this mechanism was totally occluded to me.

Part of handling it revealed that this container also had added to it the various relationship mechanisms that triggered others into causing onto me, and making me effect as part of the preventing my cause.

All quite loony stuff, of course.

And this little charmer is only one aspect of and one part of the current matrix I am dealing with.

And this current matrix is part of a package that also includes solutions to the unwanted, unexperienceable, consequential scenarios that stemmed from this container-solution, which new solutions themselves sparked game-matrices.

And it is to be noted that solutions often oppose that which they are solving.

So, it is complex, mate and one does need a rather vast array of processes available and well-honed skills to tackle it and unlock it all. And to be honest, only Alan's processes handle it as far as I can see.

Rog

GAMES MATRIX SELF SABOTAGES

It appears the Games Matrices and their game playing devices were designed and put on automatic creation by us as a frame of reference program and a rewards and penalties set of systems.

The Games Matrices and their game playing devices are an artificial creation designed to automatically make the Games, playing fields and player identities persist and make the individual organizations, teams and player identities oppose each other and at the same time survive and be right.

The major measuring standard of wholeness or integrity of the chosen game was based upon the complete honoring of exchange.

The reward system is codified against honoring the integrity of the game being played.

As you honored the integrity of the game being played you allowed yourself to know more and have more energy for use in enhancing the playing of your chosen worthwhile game.

If or when you violated the integrity of the game being played then survival mechanisms would activate to stop and punish ourselves when or if we commit continuous harmful acts and to stop, hide, make ourselves invisible in order to shift the blame and responsibility onto others, to make ourselves right and to stop ourselves from being found out.

Consequently the Games Matrices have a built in enhancement and empowering or rejection and self protection programs.

As the game deteriorates the games get more and more difficult to play – the reason for this is you begin to use your infinite powers, strengths, intelligence, skills, abilities and cleverness to inhibit and restrain your reach and yourself.

Each time a being violates the integrity of the Game or commits a harmful act of out exchange – either of these violations will activate the rejection of the Game and the rejection of others and put in place an individual inhibiting self protection program.

Don't think for a moment a person who is violating their integrity by betraying their loved ones, lying, cheating, not doing what they know they should do, letting people down, not honoring their word, compulsively playing Red Zone Games, etc., will let themselves have their infinite powers back.

The bottom part of the rejection of others and the individual inhibiting self protection program will kick in - it is composed of multiple expellers or bouncers designed to trigger on contact with specific targeted areas these expellers or bouncers disperse your ability to stay focused and stop you from going near the areas or subjects to do with regaining back your infinite powers.

These multiple expellers or bouncers contain a lot of force, charge and pain.

They also have embedded command phrases in the force, charge and pain, such as:

1. "I'll never do that again!"
2. "How can I make myself right?"
3. "Who can I make wrong and shift the blame and responsibility to and then disguise, go into hiding or make myself invisible and unknown?"
4. "How can I get away with this?"

5. "I need to play victim! – who or what can I blame and be a victim to?"
6. "I hate that! (them)"
7. "I'm not interested!"
8. "Leave me alone!"
9. "Go away!"
10. "I quit!"
11. "I must keep myself in the wrong place at the wrong time!"
12. "I must stay in hiding!"
13. "I must play another smaller game!"
14. "I must keep away from there!"
15. "I must not know about that!"
16. "I can't ever remember that again!"
17. "I don't want to know!"
18. "I'll ignore it and hope it will go away!"
19. "I must leave now!"
20. "I got to get rid of that person or thing!"
21. "I must not have any energy!"
22. "I must stay dead!"
23. "I must keep myself small and inconsequential!"
24. "I must keep myself unaware!"
25. "I must connect to those who will keep me unaware!"
26. "I must stop myself!"
27. Etc., etc.

With these command phrases activated a person can invent an infinite amount of excuses, justifications and rationalizations to stop them from regaining their infinite powers and abilities back.

These command phrases disperse a person's life force particles, power, and focus and weaken the skills and abilities of the person to stay on purpose.

Behind this is a tremendous amount of fear of power; for when the person had power they messed things up thus the loss of the power was too big a loss to face up to.

The Games Matrix individual inhibiting self protection programs acts to make less of or nothing of anyone or anything it comes in contact with; thus it is always cutting the persons reach:

There are ten major areas of lost abilities that come into being when one is dramatizing the Games Matrix individual inhibiting self protection programs:

1. PRESENCE INHIBITIONS:

The simple fact is the person does not want to be present. Does not want to be here now. Cannot arrive in the right place at the right time. Cannot hold or maintain a position. Cannot reach out to others.

2. LOVE INHIBITIONS:

Rejects love. Looks, focuses and fixates their attention on what they do not like. Hates power and powerful people. Is constantly in a low mood level. Cannot be wrong or admit mistakes.

3. TRUTH INHIBITIONS:

Has no honor. Seeks to blame others. Considers powerful people as enemies and seeks to destroy them. Will not pass on the truth – obfuscates the obvious.

4. KNOWLEDGE INHIBITIONS:

Does not want to know. Dumbs self down by being illiterate. Cannot study. Cannot train. Withholds vital knowledge from self and others in order to destroy powerful people. Refuses to connect to powerful people or play powerful worthwhile games – inhibits communication.

5. HARMONY and ALIGNMENT INHIBITIONS:

Constantly connects to the wrong people, in the wrong places, at the wrong times. Does things out of sequence. Makes the unimportant – important and the important - unimportant. Cannot follow a cycle of action – is very dispersed and unfocused.

6. SPACE INHIBITIONS:

Has no space, feels intimidated by people with huge presence, seeks to collapse others space.

7. TIME INHIBITIONS:

Cannot handle time, cannot deliver what is promised, and makes false promises, puts off doing what needs to be done. Terrified of responsibility and power. Uses time to destroy others by being unpredictable. Cowardly. Hates present time.

8. ENERGY INHIBITIONS:

Energy tied up in past losses and painful events – refusing to take responsibility for their part of the past loss or painful event. Lack of life force. Not true to their dreams.

9. MANIFESTATION INHIBITIONS:

Cannot make their intentions or visions arrive in present time. Has no definite dreams, goals, visions or wants.

10. INTEGRITY INHIBITIONS:

Refuses to take areas to mastery. Leaves things incomplete. Is in hiding. Fears life and people. Is running a reverse concentric circle on self and others – that is no area expands under their activities. Betrays promises. Fears being known. Fears standing out.

As you begin to dismantle and erase a Games Matrix Package it becomes very obvious that the major reason for making a Games Matrix Package was to keep your honor, integrity and exchange in, and to handle and stop oneself from playing destructive games and committing harmful acts connected to harmful exchanges.

One of the basic common denominators of a Game is to cause exchanges to take place.

It is the quality of exchange that gives a being the feeling of being worthwhile and alive.

The basic positive reason for creating a game and identities to play the game was to create forms of exchange; exchanges of fun, games to play, things to do, people, places to meet, subjects to study and master, sharing adventures, wins, abundances, abilities, skills, moods levels, people, places, subjects and things to reach and withdraw from, etc.

The Mood Scale is really a scale of how alive, honorable, and how whole you are and how well you are exchanging in a specific game.

At a low mood level the exchange is out. You never have enough space, time or energy and your manifestation do not turn out the way you want them to.

At a high mood level the exchange is usually very much in. You have abundances of space, time, energy and your manifestations turn out exactly as you want them to.

ALAN C. WALTER

FEAR AND ANXIETY GAMES MATRIX V

When you are dealing with present time FEARS and ANXIETIES you will run into a tremendous amount of very fixed automatic Red Zone destructive solutions and locked in mortal combat games conditions.

It is the constant dealing with continuous FEARS and ANXIETIES that are the core causes of the formation of the inhibiting Games Matrix Packages.

People with continuous FEARS and ANXIETIES in present time tend to go into hiding as being known and standing out is too much stress.

It is their solutions to FEARS and ANXIETIES that causes the being deliberately to misuse theirs and others infinite power, infinite intelligence, infinite abilities, infinite cleverness, infinite strength, infinite skills in order to restrain and inhibit their dreams and power – to obsessively seek out Red Zone destructive solutions and locked in mortal combat games conditions by getting others to mutually agree-upon consensus of opinions (group realities) in order to collectively restrain and inhibit their dreams and power - and these FEARS and ANXIETIES are therefore almost always completely based on false, stupefying, and degrading realities which constantly puts them into the wrong place, at the wrong time, with the wrong people.

Millions of years of evolution have endowed you, your mind and body with a set of automatic spiritual, mental and physical weapons that take over in the event of an emergency.

At the body level - the sight or sense of danger or threat, (whether real or imagined) your hypothalamus sends a message to your adrenal glands and within seconds, you can run faster, hit harder, see better, hear more acutely, think faster, and jump higher than you could only seconds earlier.

Your heart is pumping at two to three times the normal speed, sending nutrient rich blood to the major muscles in your arms and legs. The tiny blood vessels (called capillaries) under the surface of your skin close down (which consequently sends your blood pressure soaring) so you can sustain a surface wound and not bleed to death. Even your eyes dilate so you can see better.

All functions of your body not needed for the struggle about to commence are shut down. Digestion stops, sexual function stops, even your immune system is temporarily turned off. If necessary, excess waste is eliminated to make you light on your feet.

The autonomic nervous system is the body's control center for stress. When the HPA-axis (Hypothalamus Pituitary Adrenal) is stimulated, the autonomic nervous system activates the "fight or flight" mechanism and shifts cells from growth mode to self-protection.

The response is immediate, mobilizing the body's resources for immediate physical activity.

The above process that activates "fight or flight" can lead to a health crisis one cell at a time.

Every time you misperceive, misrepresent or you feel you are threatened by the sight or sense of danger or threat, (whether real or imagined) your body triggers the fight or flight response it also

triggers mind responses and even identity responses - for situations that are not truly life-threatening, you are experiencing, in effect, a false alarm.

Millions of years of being hunted are always playing subconsciously in your mind and body – then you find out - your boss is out hunting too. But guess what? He's hunting for you.

As you gulp down your third cup of coffee you hear your boss say those dreaded words: "Could I see you for a moment in my office, please?" At the sight of the tiger, er, uh...your boss...your hypothalamus sends a message to your adrenal glands and within seconds your body summons all the same powers that your stone-age ancestor needed to fight a sabre tooth tiger.

You can almost feel your blood pressure soar as you take the long walk down the hall to your bosses' office. You remember a rumor you heard about an upcoming round of firings.

Now your mind is racing, your heart is pumping, your blood pressure is soaring, your mouth dries up, your hands feel cold and clammy, your forehead is perspiring and you may even feel a sudden urge to go (to the bathroom). As you imagine your boss is about to destroy you utterly. The caveman inside of you wants to come out. Maybe you'd like to run and hide or maybe you'd like to punch your boss in the nose, but you can't do either. Welcome to the modern "Golden Age of Politically Correct Behavior." era.

As your boss ushers you into his office and closes the door, you're experiencing a full-blown episode of the fight or flight response. But since you can't fight and you can't flee, all of that energy is pent-up inside of you with no place to go. You feel like you're going to explode. Your boss begins to speak. "Here it comes," you think to yourself. But you're so shocked by what you hear you can't believe you heard it right. "What did you say?" you ask your boss. "I have decided to give you a promotion and an increase in salary as the new head of marketing," he repeats.

Too many false alarms can lead to stress-related disorders like, heart disease, high blood pressure, immune system disorders, migraine headaches, insomnia and sexual dysfunction, which if not handled over a period of many years can predispose you to cancer, ALS, and other degenerative diseases.

The above example from the modern era was doubly false since the fight or flight response was in anticipation of an event (such as "getting fired or your reputation being utterly destroyed") that never materialized.

People create a multiplicity of False-selves or Substitute Identity Strategies to Manage Fear (Distrust of self) and Anxiety (Distrust of others.)

From trial and error, ruling personality sub-selves or substitute identities develop habitual ways to cope with their fears and other inner wounds.

These ways become semi-conscious, unconscious or involuntary responses (reflexive), until de-accessing recovery coaching and processing procedures brings them into conscious awareness.

Some common autonomic habitual strategies are...

1. Dominating ("I will crush the opponent.")
2. Attacking ("I will overwhelm anyone who gets in my way.")
3. Fighting ("I will make them wrong for trying to control or help me.")
4. Intellectualizing and over-analyzing ("I can think my way out of this.")
5. Fleeing ("I will make myself poor, weak and invisible and hide out.")
6. Neglecting ("I don't care, nothing matters.")
7. Succumbing ("I will give in, quit, and have nothing more to do with it.")
8. Numbing ("I don't feel anything.")
9. Avoiding ("I'm not going to bother with those boring studies.")
10. Over-focusing on the past or the future - a form of avoiding the present.
11. False sense of superiority ("A legend in their own mind - I know more than anyone else – after all I have spent years studying this subject.")
12. Procrastinating ("I'll get around to getting trained one of these days soon.")
13. Self-distracting via chemicals, activities, sleep, fantasizing, and/or obsessing ("mind churning")
14. Minimizing ("Yeah, I'm a little uncomfortable, but not scared.");
15. Catastrophizing – (Compulsively mentally preparing poverty mindsets by creating destructive or degrading visions of disastrous events and situations that contain the very worst possible outcomes, however unlikely it may be.)
16. Denying ("Nah! I'm not scared of bankruptcy.")
17. Lying - ("Why no, I haven't had a cigarette or a drink in weeks!")
18. Compulsively over-controlling feelings, relationships, conversations, objects and situations

Habitual fear-protections like these tend to reinforce each other - e.g. "I feel stupid and guilty for catastrophizing all the time, so I minimize my worries, don't think about them, 'keep busy,' and I don't tell other people how uneasy I am most of the time. I know I shouldn't do these things so much, but I can't help it."

COMMON BEHAVIORAL SYMPTOMS

Frequent dominance of over-fearful sub-selves causes common behaviors. The behaviors are usually shaped by other false-self wounds. See which of these may feel "familiar" in you or someone you know...

- 1) Over-avoidance of inevitable inner and interpersonal conflicts; "My partner and I never fight!"
- 2) Compulsive pleasing, helping, and/or rescuing key adults and kids.
- 3) Freezing, panicking, exploding, fleeing, or aggressing when others emote strongly.
- 4) Equating a raised or intense voice or face with "You're yelling at me."
- 5) Repeatedly rationalizing and tolerating toxic, demeaning, and depleting relationships.
- 6) Habitual black/white (bi-polar) thinking; a major discomfort with ambivalence and uncertainty.
- 7) "Unreasonable" guilt and/or anxiety ("worry") over crying or raging.
- 8) Chronic "free-floating" anxiety.
- 9) Compulsive, unnecessary apologizing (also a symptom of excessive shame).
- 10) Often "walking on eggshells" with key other people, and doing nothing about it.
- 11) Frequent high discomfort asserting needs and opinions, saying "no," or confronting self or others - i.e. difficulty setting clear, appropriate personal boundaries and enforcing related consequences.
- 12) Identifying with or vehemently denying co-dependence (also a toxic-shame symptom).
- 13) Compulsively choosing approach-avoid or no relationships despite painful outcomes.
- 14) Automatically repressing ("numbing") and/or withholding (not expressing) some or most emotions.
- 15) A notable compulsion to control people, events, perceptions, and/or feelings; Inner or social excessive preoccupation with "what if...".
- 16) Major discomfort with and/or avoidance of changing beliefs, behaviors, and/or surroundings (taking risks); Living an overly-structured, ritualized life; "never going out or traveling."
- 17) Repeatedly picking "emotionally-unavailable" (abusive or victimish) partners, and complaining about that, denying it, or "not noticing" it.

- 18) Compulsively "shading the truth" or lying, directly or by omission, and denying it.
- 19) A history of relationship cutoffs and "failures," including divorces or failed relationships.
- 20) An obsessive need for clear "rules" and "plans," and predicting the future
- 21) Avoidance of, or inability to tolerate, emotional and/or physical intimacy.
- 22) Avoidance of, or high ambivalence about, personal commitment.
- 23) Smiling and/or chuckling (mixed signals) when scared, confused, hurting, or angry.
- 24) Frequent inability to describe current feelings (emotions and/or body sensations.)
- 25) Computing "what I (should) feel now" vs. spontaneously feeling.
- 26) Excessive procrastination, and/or being habitually late and claiming "I can't help it."
- 27) Chronic facial tics, jaw grinding, and/or muscle, head, or stomach aches or pains.
- 28) "Always" being analytic, intellectual, and "in my head."
- 29) Being unable to describe clearly "what I (don't) like."
- 30) Feeling or showing no appropriate shock, anger, and sadness (grief) over major physical or abstract losses (also a symptom of difficulty connecting or bonding). These are common ascension/abuse addiction symptoms.
- 31) Frequently "not breathing" (breathing shallowly), and being unaware of that until someone points it out. A related symptom is frequent use of tobacco, which reduces oxygen-absorption and feeling emotions - like fear.
- 32) "Never" arguing, getting angry or "upset," or showing strong emotions without major anxiety, guilt, and apologizing.
- 33) Often having an expressionless face, a "frozen" body," and/or a "flat" voice.
- 34) Periodic "depressions" and/or uncontrollable rage or weeping "attacks," despite painful personal and social consequences - including post-attack shame, guilt, and fear of going "out of control" again.
- 35) Frequent catastrophizing - focusing on the worst possible outcome/s of human or Natural situations, and having a steady cynical, skeptical, or pessimistic view of life.
- 36) Stubbornly justifying or denying avoidance of appropriate professional medical, spiritual, and psychological help in person or in the media.

These are some (not all) common symptoms of excessive false-self fears.

Reflect for a moment on your favorite semi-conscious fears.

How have these false or imagined fears and anxieties been shaping the creations of your present time identities, your fixed inhibiting mindsets that in turn shape your inhibited life, your inhibited relationships, and your inhibited levels of success, finances, occupation, and health?

Can you imagine how great it would be to be completely free of your false fears and false anxieties – to be completely free of your restraining inhibitions – to be completely free of procrastination - to be completely free of self induced confusions and feelings of stupidity – to be completely free to be fully yourself – to be completely free to create the life you want - to be completely free to enjoy yours and others life and powers!

ALAN C. WALTER

This, FEAR AND ANXIETY - GAMES MATRIX - V, is quite a brilliant write-up of a brilliant piece of tech.

Properly used by those interested, it can lead to huge case gain.

Rog

Yes, cleaning off the force of command phrases (their ability to control you) is still an important action.

You'll see it referred to in my tape #4 or 5 in my "The Tech Error of '62-'63—How it Went Negative: RogerB's FZ Presentation in Pasadena" here:
<http://www.forum.exscn.net/showthread.php?t=14524>

For any of you folks interested, and for whom any of the command phrases "strike a chord," I recommend running the Repeater Technique on them.

Also very workable is to pick up any intentions contained in or associated with the "common autonomic habitual strategies" Alan listed, and run the repeater technique on them.

The object of the exercise is take the automaticity off of the intention or command/control phrase.

It works a treat!

Rog

VITAL FUNDAMENTAL COURSES AND GAMES MATRIX VI

The Vital Fundamental Courses are designed to parallel the Games Matrix Technology.

Anyone who has done the Vital Fundamental Courses has a tremendous advantage in running the Games Matrix Technology.

One of the most Vital Fundamentals of being able to take a worthwhile great position in life so that you can attain, live and occupy a high Green or Gold Zone level of existence is Spiritual Literacy.

Spiritual Literacy is the language of the Spirit.

Spiritual Literacy occurs when a word or term can be known, created and perceived in a full holographic image or visionary concept.

It is the language of the spiritual being known as God, the Guardian Angels, your Guardian Angels, your Spiritual Guides and yours and others Spiritual Teammates.

It takes Spiritual Literacy to create powerful, worthwhile telepathic holographic visions.

Those powerful, worthwhile telepathic holographic visions - when telepathically projected and fused together with others powerful, worthwhile telepathic holographic visions - create powerful, worthwhile mutual high Green and Gold Zone agreements that create powerful, worthwhile high Green and Gold Zone realities.

By knowing how to holographically perceive each Vital Fundamental – and be able to observe any non-optimum Vital Fundamental condition – plus knowing what to do to remedy it – you have greatly improved your abilities to live, study, train, and process to a high Green or Gold Zone life.

The reason the Games Matrix Technology took so long to evolve is that each being deliberately used theirs and others infinite power, infinite intelligence, infinite abilities, infinite cleverness, infinite strength, infinite skills to create holographic disguises in order to keep itself hidden and restrained.

This need to disguise itself in order to keep itself hidden and restrained usually occurred after the being violated an area of their integrity, standards, principles, or honor – rather than face up to their violations which created holographic visions of an enormous distrust of self and consequently created great fear and anxiety deep down in their inner-core of being - they then

sought to handle their enormous fears and anxieties by deliberately deciding "to not know and to hide from others and self" what their violations were.

In order to make themselves right – they then went out and found and/or recruited others to mutually agree on their rightness – this then became fixed and locked in place by the mutually agreed-upon consensus of counter truth opinions (group realities) and these counter truth group realities are therefore almost always complete false, low mood and ineffective operating levels, stupefying, and degrading realities and disguises.

I don't know how long this Games Matrix Technology will be allowed to exist – as it is very dangerous to the status-quo – further most people are terrified of power – so they unknowingly seek to prevent people from getting back their full powers and potential.

I first issued the preliminary Fear and Anxiety Technology in February 2004 and the workable Games Matrix Technology back in October 2007. I was amazed to find I could not get one processor to run it. Not only would they not run it – they would not go near it – nor would they let others go near it.

The reason for this was the Games Matrix Technology turned on too many fears and anxieties.

It is incredible the amount of excuses, rationalizations, justifications and unusual solutions a person will use to get away from their inner-core fears and anxieties.

It takes a tremendous amount of presence, bravery, discipline and persistence to fully face up to one's fears and anxieties. It also threatens to undo those Red Zone addictive solutions (Games Matrix Packages) you have put solidly in place so many years ago to handle those deep seated inner-core fears and anxieties.

Many of you who have been connected to us over the last few years have probably experienced a tremendous amount of ups and downs as this Games Matrix Technology was being discovered and developed – sorry about that!

I thank all of you brave people who have invested so much of your time, effort, money and worked so hard to contribute and help us develop and bring into being this Games Matrix Technology.

When I look back over the years – I am amazed at how much we have discovered that was unknown that has brought us this technology – again thank you!

Now of course we need to implement this – now that is a worthwhile game to play!

Alan

EXPANDED DEFINITIONS OF HONOR AND JUSTICE

HONOR (HONESTY): n. The full recognition of respect, esteem, and appreciation with the correct reciprocation of value and exchange whilst delivering what is promised with exact and precise correctness of and to spirits, knowledge's, games, perceptions, intentions, visions, plans, who's, what, where, when, why, how, importance, value, mood, responsibility, motion, and action, with accurately predicted consequences, outcomes, and accomplishments.

HONOR: noun: 1. High respect, as that shown for special merit; esteem: the honor shown to a Nobel laureate.

2a. Good name; reputation. b. A source or cause of credit: was an honor to the profession.

3a. Glory or recognition; distinction. b. A mark, token, or gesture of respect or distinction: the place of honor at the table. c. A military decoration. d. A title conferred for achievement.

4. High rank.

5. The dignity accorded to position: awed by the honor of his office. 6. Great privilege: I have the honor to present the governor.

7. Honor Used with His, Her, or Your as a title and form of address for certain officials, such as judges and mayors: Her Honor the Mayor.

8a. Principled uprightness of character; personal integrity. b. A code of integrity, dignity, and pride, chiefly among men, that was maintained in some societies, as in feudal Europe, by force of arms. c. A woman's chastity or reputation for chastity. 9. honors Social courtesies offered to guests: did the honors at tea.

10. honors a. Special recognition for unusual academic achievement: graduated with honors. b. A program of individual advanced study for exceptional students: planned to take honors in history.

11. Sports The right of being first at the tee in golf.

12. Games a. Any of the four or five highest cards, especially the ace, king, queen, jack, and ten of the trump suit, in card games such as bridge or whist. b. The points allotted to these cards. Often used in the plural.

Transitive verb: Inflected forms: hon·ored, hon·or·ing, hon·ors

1a. To hold in respect; esteem. b. To show respect for. c. To bow to (another dancer) in square dancing: Honor your partner.

2. To confer distinction on: He has honored us with his presence.

3. To accept or pay as valid: honor a check; a store that honors all credit cards.

IDIOM: honor bound: Under an obligation enforced by the personal integrity of the one obliged: I was honor bound to admit that she had done the work.

ETYMOLOGY: Middle English, from Old French, from Latin.

OTHER FORMS: honor·er NOUN

SYNONYMS: honor, homage, reverence, veneration, deference These nouns denote admiration, respect, or esteem accorded to another as a right or as due.

Honor is the most general term: The hero tried to be worthy of the honor in which he was held.

Homage is often in the form of a ceremonial tribute that conveys allegiance: "There is no country in which so absolute a homage is paid to wealth" (Ralph Waldo Emerson).

Reverence is a feeling of deep respect and devotion: "Kill reverence and you've killed the hero in man" (Ayn Rand).

Veneration is both the feeling and the reverential expression of respect, love, and awe: Her veneration for her mentor never wavered.

Deference is courteous, respectful regard for another that often implies yielding to him or her: The award ceremony was arranged with deference to the family of the deceased.

JUSTICE is the action of society or group against the person who has failed to get their own honesty and exchange levels in.

JUSTICE: noun:

1. The quality of being just; fairness.

2. The principle of moral rightness; equity. b. Conformity to moral rightness in action or attitude; righteousness.

3. The upholding of what is just, especially fair treatment, correct exchange and due reward in accordance with honor, standards, or law. b. Law The administration and procedure of law.

4. Conformity to truth, fact, or sound reason: The overcharged customer was angry, and with justice.

5. abbr. J. Law a. A judge. b. A justice of the peace.

IDIOM: do justice to, to treat adequately, fairly, or with full appreciation: The customer wanted so much for nothing - thus was so criminal that we could not do them justice.

ETYMOLOGY: Middle English, from Old French, from Latin *istitia*, from *istus*, just. See just1.

HONOR and JUSTICE GAMES MATRIX VII

Each Games Matrix Inhibiting Package came into being in order for the being to restrain their own violations of the integrity of their own HONOR and JUSTICE levels of truth and omni-responsibility which are the heart of their spiritual, mental and physical inner-core.

When a being is honorable and just - the being can fully trust itself and thus it can also effortlessly be and maintain its own full omni-sovereign spiritual self.

This gives you - the being - a great power which is under your control – a power that is greater than poverty – greater than the lack of education – greater than all your fears, anxieties and superstitions combined – it is the power to take possession of your own super-conscious mind and direct it to whatever ends you may desire.

HONOR (HONESTY): n. the full recognition by holographic duplication of respect, esteem, and appreciation of what has been given or received with the correct reciprocation of value and exchange whilst delivering what is promised.

JUSTICE is the action of society or group in giving the rewards for honorable actions and honoring their levels of exchange for what has been given or received –

Or:

Those life punishment actions levied against the person who has failed to give but has instead taken without adequate exchange; thus failing to get their own honesty and exchange levels in.

As you can easily observe to have the infinite abilities of both HONOR and JUSTICE is that these abilities have much to do with the giving of something of value or the exchanging adequately when taking something of value.

A criminal takes something of value and gives little or nothing in return.

A person of honor gives more of value than they take.

All spiritual beings have infinite levels of honor and justice.

When a spiritual being begins to decline and lose its power and awareness it does it by constantly giving less and expecting more – this makes less or nothing of all things and especially of others and self.

One of the great evils of the criminal out-exchangers is to practice "non-recognition and non-duplication" of what they are taking.

To practice "non-recognition and non-duplication" you have to decide to not perceive correctly, to not duplicate or permeate fully – to not know – consequently you add a tremendous amount of mass and charge in your space and time. This added mass and charge condenses your space and time thus condensing your ability to reach out and be all you can be.

Then end product for doing this too long is to become spiritually, mentally and physically subject illiterate in life.

It is easy to observe this "non-recognition and non-duplication" operating basis, it is called:

Taking people, places, subjects and things for granted.

By constantly taking people, places, subjects and things for granted – the being dishonors and does not give just exchanges to those people, places, subjects and things they took for granted.

There is possibly nothing worse than being taken for granted – this action causes tremendous resentment – the only worse thing than being taken for granted is; for you to take other people, places, subjects and things for granted.

Taking people, places, subjects and things for granted is a form of irresponsibility.

It is a method of very limiting selective perception. It is also a method of disconnection.

The important question is; are you giving to others what is needed or wanted or are you trying to get them to take what they do not want?

The biggest casualty of the practice of "non-recognition and non-duplication" and the taking of people, places, subjects and things for granted is the inability to appreciate or recognize value – thus you end up with having no value and no gratitude for those people, places, subjects and things you love.

The "non-recognition and non-duplication" and the taking of people, places, subjects and things for granted is a deliberate negative destructive process that is run by you or others of seeking to destroy yours or others wholeness.

THE VALUE AND GRATITUDE PROCEDURE

There is a series of processes that have been handed down through time that breaks this automatic "non-recognition and non-duplication" and the taking of people, places, subjects and things for granted destructive behavior pattern.

It is the series of process steps that will turn back on your ability to recover your wholeness.

The value and gratitude procedure is also a prosperity magnet.

It needs to be done every day – or even two or three times a day. The best time to do this is at the end of your day.

The processes are, you write down in your daily journal the following:

1. Your Prime Dream or goal?
2. What did I willingly give to others today?
3. What 10 things do I value and am I grateful for now?
4. Who do I value and am I grateful for right now?
5. What am I happy about right now?
6. What have I done well, increased in value or got better at doing today?
7. If I wanted to be happier what would I be happy about?

These processes will almost instantly put you in the high Green or Gold Zone and thus put you in position to take continuous possession and control of your own super-conscious mind and direct it to whatever ends you may desire.

HOW TO CREATE OPTIMUM PROSPEROUS, SUCCESSFUL, LONG TERM HAPPY FUTURES

To create optimum prosperous, successful, long term happy futures you should be well aware of having the answers to these questions:

1. What is your definite Prime Dream or Goal?
2. What are you willing to give in return for it?
3. Who and what is part of your present time existence?
4. You write down and make a list of who and what is part of your existence.

5. Then number each item by its orders of importance. (This action begins to teach you how to organize your life and to work smarter.)

6. You then take the most important items and write down your holographic vision for its Optimum Wholeness Scenario. Include in this ; By when and Where? (This action begins to create and bring into existence your Optimum Futures.)

7. What is (most important item) Optimum Wholeness Scenario? (Recognize to make something whole requires you to be omni-responsible for all of the parts.)

Doing the above unlocked my drive, passion and incredibly increased my ability to keep focused on my dreams and goals.

When I first did the above almost 50 years ago – most of what I wrote down and described the holographic visions of the Optimum Wholeness Scenarios - they at first seemed so far out of my reach – yet it was staggering how fast many areas responded – the greatest areas of response were an incredible rising of my mood level and a tremendous increase in my ability to make money.

The visions I created of my own desired Optimum Wholeness Scenarios instantly changed my poverty fixed mindsets. I went from a poverty mindset of \$10,000 a year to an affluent \$350,000 a year mindset.

Many years ago I realized in order to have prosperous, successful, long term happy futures I needed to not only receive the knowledge, study, training and processing that would help me get better – I needed to be willing to be fully responsible for others to receive the knowledge, study, coaching, teaching, training and processing that would help them get better – I needed to be to learn and become a master of study, coaching, teaching, training and processing in order to be willing to be omni-responsible for all parts of the Game – and be of help at every level of that Game.

My early Prime dream was simple, it was: To get better.

As my responsibility rose it became: To get better and help others get better.

As I got better and better my ability to value others increased and my gratitude for those who helped me get better also expanded.

During the process of getting better; I found that the key to getting better was getting more knowledge, thus my Prime Dream changed, it became: To get and give more knowledge.

As my reach expanded and my life got better and better whilst at the same time I got more and more knowledge I began to realize I needed to attain mastery in many areas and help others attain mastery in the areas they wanted.

This opened up several areas I needed to get to a level of mastery in:

1. Self Mastery.
2. Leadership Mastery.
3. Organizing and Management Mastery.
4. Mindset Mastery.
5. People Handling Mastery: These included masterful coaching, teaching, processing, negotiating and communication skills.
6. Marketing and Sales Mastery.
7. Financial Independence Mastery.
8. Game Playing Mastery.

The only thing that I kept colliding with as I rose up the Zones were my restraining fears and anxieties connect to and emanating from my Games Matrix Packages.

But even those now are being erased.

Alan

Nick,

I dig where you're at and where you're coming from on this, above.

Scn, and many other practices, have given us and/or enforced on us "What we are supposed to do's, be's, have's," that are in essence false and not our own true wants, dreams/aspirations and goals.

Maybe a process to handle that type of scenario is to simply sit down and list out (write down) all the "goals" "wants" one has had or been pursuing and to then recognize and delete those which are not truly our own or wanted by us!

Much therapy and freedom might be obtained by the action.

The other side of the coin is that this "knowing what your prime dream and aspiration, goal(s) and most wanted wants are" is not terribly complicated nor mysterious.

It is not that big a deal, in the troublesome sense; but it is hugely important in the sense of being able to know where you're going and in being able to direct one's life in the most beneficial and optimum way.

Examples. My Prime Dream/Aspiration/goal for life and living is simply: To exchange knowledge with benefit to others.

Others I know, are into love (instead of knowledge), truth, relationships, healing, help etc. We are all individuals.

This is the true story of how I switched my sweet Virginia on :D that in the intellectual, spiritual sense.

After I'd met her and got to know her professionally, I one day asked her: "If you had all the time, money, resources and whatever else you needed in order to be able to do whatever you really, really wanted to do in life, what would it be? What is it, deep down, you really, really want to be doing in life?"

At that point she'd had no tech whatsoever.

She answered rather swiftly and with certainty . . . I say that for many folks are slow to answer and some are utterly flummoxed by the question.

Virginia's answer was that she wanted to help people.

I simply replied with: "Since that is the case, I have a book for you to read (Alan's "Secrets" book). It'll help you do that. Pay particular attention to the part where he discusses the recovery of Life-Force particles."

That cycle switched her onto Kn, and we then became partners going in the same direction.

Subsequent advance of her case has elevated her perspective on what her true most wanted wants, Goals, Dreams and Aspirations are, and they now center around her power, ability and intents To Create . . . and so we have a hierarchy with create at the top and helping/healing others (and other goals) subsidiary but aligned to it.

Now, the interesting thing about all this is that, knowing where she's headed and why, she is able to very correctly and precisely align her processing and case advancement targets.

And it has been wondrous for me to watch the progress.

I, of course, went through the same/similar circuit as you . . . the cultural "goals" and supposed to do's, the church's misdirecting tech, and such.

While I did have colossal ascensions and apparent gains in my early Scn, the truth is, it was not correctly aligned . . . and indeed it was way random, much actually "accidental" or incidental . . . and it left me wondering WTF, even though I had turned on some amazing abilities and awarenesses.

From my personal experience, I can say that one of the most important and powerful things one can do for oneself is to come to a recognition, and full apprehension and appreciation of what one's own Prime Dream/Aspiration and lifetime Goal(s) is/are.

Then one can focus and correctly direct one's life-force and powers. And then life becomes more orderly, more certain, and a far happier scenario.

Rog

Nick,

I'm going to be rude, in a fun and jesting way now I understand the photo in your avatar! At first I thought you were being suave, cool and relaxed but no! It's bored shitless!!

But seriously, since you have it's a'd your considerations and condition on the subject, try this and see how it goes.

We have a subject under discussion . . . you can label it whatever suits you (I myself would label it "dreams & aspirations" or maybe "purpose")

So, the action to do is this: Ask, "Connected to (subject name) describe your mood level."

Now it may be that you will range through a few of them and eventually get a hot one, or more than one that reads for you.

Then pick up each "reading item" mood and run:

1) What part of (named sensation/mood/pain) are you willing to experience?
Acknowledge the answer. Make no other comment.

2) What part of (sensation/mood/pain) would you rather not experience?
Acknowledge the answer. Make no other comment.

Alternate these questions until the person has a win or is free from the sensation, or there is no more change happening (though the sensation/mood/pain should have diminished).

Then ask:

3) What part of (sensation/mood/pain) are you willing to create?
Acknowledge the answer. Make no other comment.

4) What part of (sensation/mood/pain) would you rather not create?
Acknowledge the answer. Make no other comment.

Alternate these questions until the person has a win or is free from the sensation, or there is no more change happening (though the sensation/mood/pain should have diminished).

You can also ask for unpleasant sensations connected to the Area/Subject being address (in my case "Purpose") do the same drill.

The above I copied across from my book.

From personal experience, I would say the toughest moods to find and handle have been those down in the realm of failure, apathy and "give up". That is, all the shit that has accumulated and sits there after failed purposes etc. It gets quite null and lifeless down there, and often quite difficult to find things because there's not much to perceive apparently . . . but that's only because of the no-life aspects of it . . . the Being is not producing much, if any, energy down there to perceive.

We've long known about the scene and consequences of failed purposes, but not really had good ways to move a person out of such.

The above is a very workable way to begin lifting a person out of such.

An alternative process to run on the moods is, instead of "what part . . ." run:

"From where could a spiritual Being experience (item/mood)?" to a win/cog, then,
"From where could a spiritual Being create (item/mood)?"

On big items, I personally run "part" to its EP and then run "where" . . . this way I get all.

The little R/D above you can run on any part of your or a client's life.

Rog

The reason the process "Experience/Create" that I posted earlier on this thread works so wonderfully well, is that what it causes you to do is knowingly exercise and implement two of your most basic abilities/powers . . . those of the abilities to experience/perceive and to create.

Running that process causes the person to upgrade and expand in any area of existence, on any subject or thing of interest.

It is one of my most frequently used processes on my own case, that along with the "repeater technique" . . . both these processes put you in charge of whatever the hell is going on.

On another subject, and at the risk of an evaluation, but in the context of making a technical point (and I leave it to the reader to see if it applies) . . . huge big wins can blow you out of

games one is familiar with. They can actually give one the feeling of the phenomena of "end of game." And "end of game" phenomena can be rough, for the scene now becomes: now what?

It's at times like that, that one then has to reconceptualize one's game, one's connections, one's whole view of things.

But the toughest part of of huge big wins is that, of course one often ascends spiritually, but the problem is that one ascends or rises up into higher/earlier games that one had earlier "trouble or losses or fails" in or with. And at that ascended to level one collides with and often accesses (restims) old shit that was solved by substituting a different game . . . the game just blown by the big win and from which the ascension has occurred.

There are a number of handlings for this but for the folks on the board, the safe and gentle thing to do is the "Experience/Create R/D" I posted.

Pick up all the moods and unpleasant sensations connected to the area and run Exp/Create on them. It works a blast!

It will restore your ability to experience, perceive, know and create in the area (and with that comes the ability to cause as well).

Rog

Yes, the stuff you see on the public lines from Alan is really promotional stuff designed to address the reality and wants of a public. Even these utterances on the Games Matrix posted on this thread are very general public stuff and, while written to inform and educate, they are more promotional than technical (even though a large degree tech).

If I were to write on these issues covered in his Games Matrix series to technically educate, they'd be written very differently and with more explicit tech info of what we actually did (that caused the matrix to form) and what happened as a consequence . . . but it would take a degree of tech education already in possession of the reader for it to be of real value.

I would say, for example, it is only amongst the tech trained folks that any degree of true understanding exists on what happens to one as a consequence of causing and then regretting such cause . . . as in a "bad" or "harmful" done.

And by the way, LRH did not get it all on that subject. He really only scratched the surface of it . . . good and beneficial though it was to get that surface address handled, it did not complete the job.

Rog

OPPONENCY - GAMES MATRIX VIII

Have you ever wondered how you lose your power?

How you lose your awareness?

How you lose your infinite intelligence, infinite abilities, infinite cleverness, infinite strength, and infinite skills?

How you get created as an identity you do not want to be?

How you end up doing what you don't want to do?

How you end up not having what you want out of life?

How you end up playing Red Zone Games – in the wrong place, at the wrong time – with the wrong people?

It all boils down to one secret action – that secret action is contained in the answer to this vital and incredibly important question:

Who or what are you unknowingly and reactively creating yourself as?

To answer that question requires you to inspect who or what are you relating to – for you always create yourself on a matching and equal parity with what you are creating someone else as.

As I was writing this report – the phone rang – my immediate reactive response was to ask the negative question of: "Who is this idiot?" – this led to the immediate projection of the image of "An interfering idiot!" - I instantly went into a Red Zone opponency with the caller – for in order to be on a matching parity with my "imagined" opponent I unknowingly created myself as "A righteous idiot!"

I had to make myself very small in order to play this game – what was worse a hidden unknown Red Zone destructive games condition went into play of "The war of the idiots!" and the warring identities or players of the game - being me as "A righteous idiot!" - versus - the innocent phone caller as - "An interfering idiot!"

Luckily, I sheepishly confessed to my righteous idiocy and we had a good laugh about it. But for both us it brought to view the 1,000's of times we had reacted in this manner.

Neale Donald Walsch wrote in his book RELATIONSHIPS:

"The act of relating is the MOST important phenomena of our lives.

Without relationships, "we are nothing."

The reason for this is; "in the absence of anything else, WE are not."

If you should put yourself in a void of nothing – there would be no honor or dishonor - no up or down - no big or small - no worth or not worth - no good or bad - no beauty or ugliness - then you would be just as void - as you would have nothing to relate to - nothing to want - nothing to desire - nothing to compare to.

The moment there is something to relate to – you can compare – you can desire better or worse – bigger or smaller – want or not want – to be or not be – to do or not do – to own or not own."

It is the spiritual, mental, and physical knowing awareness and acts of exactly who, what, when, where, how and at what mood level we relate to someone or something, places, subjects, areas or zones that defines our RELATIONSHIPS.

Who or what you choose to put into your space and time and fully relate to sets the parameters as to the bigness, quality and depth of your standards and virtues in relationship with and for yourself – of what games you will play – what mood levels you will play your games at - who and what you will love – honor – know - be – do – and own about yourself.

NEGATIVE OPPONENCY

There is nothing more important in regards success, prosperity and happiness than your choice of disciplined, worthwhile, far reaching, willing to learn and improve skills and abilities teammates and your choice of games that are worthwhile, far reaching, which will also allow you and your teammates further ways to be willing to learn and improve skills and abilities to play those games.

There is a secret to making the right choices – a secret to picking the winning teammates and games – a secret to greatness – a secret to obtaining great wealth – a secret to being truly happy - that secret is contained in the answer to this 2nd vital and incredibly important question:

Who or what are you opposing?

You choice and size of game – your selection of teammates – your choice of locations – your ability to Be – Do – or Have is directly monitored by what you oppose.

For it is your opponency to people, places, subjects and things that causes you to be continuously too accessed and too over-charged to win.

It your freedom from opponency with people, places, subjects and things that allows you to be free of charge which allows you to win big.

It is your choices of what you oppose - that causes your Prime Goals to become slowed, stopped or nullified.

The problem most people have is they unknowingly reactively fear and oppose strong, knowledgeable, intelligent, powerful, affluent people, places, subjects and things – thus they are fighting unknown fears and unknown opponents.

The biggest losers in life reactively and unknowingly fear, oppose and destructively fight that which their survival depends upon.

Most people are completely unaware of what they are really opposing – even the most common simple life enhancement actions are often what they heavily oppose.

Can you imagine being in opposition to:

Study – yet many will do anything to get out of studying.

Positions of Power – few people can allow others to be in positions of power – most often they undermine them, talk behind their backs, and resist doing what needs to be done.

Space – many feel very nervous in big spaces.

Time – few can arrive on time or follow a schedule.

Motion – most want to control all motion.

Energy – there is often great fear connected to people, places, subjects and things that have too much energy.

Mind – very few people are in harmony with their minds – often they are in a state of continuous war with them.

Presence – most people feel very uncomfortable and threatened being around someone with a lot of presence.

POSITIVE OPPONENCY

There is a positive side to opponency – you can be an opponent of being poor – or – being illiterate – or being in the Red Zone – or being ignorant – or not being a master of the Games of Life, etc.!

The question still is:

Who or what are you opposing?

Which often really means: Who or what are you using as an excuse to stop, slow or nullify yours and others Prime Dreams, Goals and Games in order to limit yours and their ability to be omni-responsible for all parts of the Games and the people, places, subjects and things you are

connected to – in order to restrain yourself and others people, places, subjects and things from having back their full power and thus becoming a threat to you?

The correct questions to use - the answer to which will remove a tremendous amount of negative opponency out of your life is:

Who or what are you willing to be omni-responsible for?

What part of Knowledgism are you willing to be omni-responsible for?

What part of the ranch are you willing to be omni-responsible for?

What part of the game of getting better and more optimum are you willing to be omni-responsible for?

What part of the game of increasing your skills and abilities are you willing to be omni-responsible for?

Who and what part of your life and connections are you willing to be omni-responsible for?

Add to the list any other areas you need to be omni-responsible for.

By doing this you go to the highest level of Game Playing - this will take you out of playing meaningless, petty, trivial Red Zone Games!

I know this works - as I used these questions and their answers almost 50 years ago - I've come a long way since that time! A very long way!

Alan

Let's see how far this goes

You'll notice Alan writes often and a lot about "omni-" responsibility, love, knowledge, truth, presence, etc., etc. In the old days we did use the term "Pan" . . . same thing, the words (or prefixes) mean the same thing, though I prefer "Omni."

At the very top of our powers and abilities to operate and relate, there was great harmony and alignment of action with other Beings.

Problems occurred, however, when we declined from this level of omni-responsibility and omni-knowingness etc., and when we then collided with another who had an identical "goal" as ourselves.

For it was then that the flows and reciprocation between Beings jammed . . . and it is to be noted, the goals of those involved not only collided but opposed each other equally.

And so the Beings involved really got into a pickle

From my experience processing at this level, I can relate that, from my personal experience (you'll find you own truths on this scenario, of course), we didn't have any hatting or experience in handling such a situation as colliding with another Being creating exactly the same flow as ourselves at the same precise time.

As independent operating Beings, our best relationships are had when there is a balanced, harmonious two-way flow.

But that takes degrees of omni-responsibility, omni-knowledge, omni-love, omni-presence, etc. It is when we decline from that level of operation that we get misalignments and screw-ups. And, of course, our goals, dreams and aspirations can then become failed.

In my experience, and I only came to this recognition recently, it was the result of colliding with another pursuing and emanating the exact same intent, goal, purpose and vector flow at the same times as myself that the jam-up occurred that became the basis/basic of my Games Matrix case phenomena.

You see, we ended up getting into trying to dominate each other in order to accomplish our own individual viewpoint goal. And that is very much a "why" at the bottom of all this.

Thus, one big answer to all this is the recovering of our abilities at the omni-responsible, omni-knowingness, omni-loving levels.

Rog

This tech maven says this:

LRH lightly, very lightly touched on and dealt with "goals" and "purposes" at various times prior to the big push in Feb. '61 when he started off with S.O.P. Goals as written up in the Tech Vols. And the own goals and GPM tech continued to be developed and processed till April '63. That's the public and HCOB record. He certainly will have dealt with the stuff "off the record" before it hit HCOB publication.

As I wrote on Alan's "Opening Pandora's Box" thread, LRH made the idiotic statement in April, 1963, "That all goals/GPMs processed to date, were not your own, but implants." That HCOB is not reproduced in the Tech Vols . . . along with many others HCOBs.

On February 24, 1964, Hubbard reversed himself with the HCO Policy Letter titled: "Urgent: Org Programming." In it he stated:

"GPMs

"Issue publicly PCs do have their own goals and GPMs. The best way to get them run is to graduate up through the levels. "The invalidation of the idea that a PC had his own goals was a severe blow. Invalidation of a PC's own GPMs, calling them implants, produced an instant ARC Break and physical repercussions. "So correct this quick on Broad Public Interest (BPI), regardless of classification."

However Hubbard and the tech never returned to running the PC's own Goals and GPMs. It is a dropped out and abandoned tech subject. He even knocked out ascertaining PC goals as part of session setup in the beginning Ruds.

So folks who came into Scn after April 1963 got the bum rap that implants are where it's at, and your own goals "do not matter" as it's implants that are screwing you.

As I look at this now, I actually get a little angry for I can't see why LRH did this or let it happen unless he was colossally bent, dishonest, criminally irresponsible or really, as some hold, that he was a criminal fraud through and through. Certainly what he did in this respect was a colossal technical error and damaging to folks; and certainly criminally negligent "research."

Personally, as noted in my Pasadena lecture, I have seen implants are an "in-the-physical universe light lock on the real deal" of your own creations and, of course, your own goals.

The idea of games and domains of existence and "universes" prior to or outside of and above the physical universe (PU) was not part of Scn tech till around 1978-80 . . . I wrote it up after I could not date locate a spiritual connection on OT3 in the PU, but found it to be way earlier . . . this finding later was introduced into Scn.

Obviously, we have had goals and purposes as spiritual Beings way before the existence of implants in the PU . . . for Hubbard to suggest or let it be a part of the tech that implants preceded own goals and that they are the basic is a gross irresponsible violation of truth.

The reverse is the case . . . the "implanters" attempted to superimpose over and on top of and to "harness" the charge, force, and life-force of our own basic powers as locked up in or basic to our own goals/purposes.

"Goals," as you note, Challenge, are not that "big" a deal . . . we are setting and creating them all the time! They are what sparks energy into the game. They are what directs our life-force. And whether it is done as part of an Admin Scale, or for personal reasons, they are still important to your life as they are what direct your life!

But it is the jammed-up, failed and encysted old goals/purposes that are locking up our true deep-down spiritual powers that are the problem. Our human level goals and purposes are light weight by comparison.

So, Hubbard was certainly in error, criminally so, to invalidate anyone's goal(s). It is also a perversion of truth to portray "implants as being the basic on the subject, and that your own goals are lesser and only locks."

The truth is, we have each been operating on and following an "own goal/purpose" (or more than one) since the beginning of our involvement in games, any games—for games are based on such. And we have been doing it for a very, very long time . . . way, way earlier than the PU and any attempts to control us with implants.

RogerB

Originally posted to alt.clearing.technology. On August 19, 1999, Alan Walter wrote:

Hi y'all,

Possibly one of the most misunderstood subjects or at least very confused subjects has to do with own Goals.

Own Goals means simply you created the intention that became a Goal. But there have been practitioners down through time who have felt you needed to be directed so they too created Goals for you. These practitioners have been somewhat vilified as they are usually known as Implanters.

The problem is that often an Implant Goal is also the same as one of your own Goals. Or heaven forbid you should have Spiritual Teammates who also have their own Goals which are easy to mis-own by the Being in Charge. (You.) Which can also be the same Goals as yours.

Then there are Goals for different dynamics.

An even more insidious set of own Cultural Goals can stem from a Culture. There are whole bodies of knowledge stored in the Cultural mind from past civilization that will educate you on whole bodies of knowledge.

A Universe is in fact a co-created Culture and it too can have its own Goals which create those inside the universe to be in compliance with the Goals of the universe.

Cultures have a basic problem they start out as something very positive but dwindle over time from being something you can willingly Be - Do - and Have or not Be - Do - and Have as you so chose, to an enforced Be - Do - and Have which is a destructive Cult.

In my long processing career I believe the two most powerful questions you can ask a client are:

What are your Goals for this session?

And:

What are your Goals for life and livingness?

When asked at the beginning of every session you will observe the clients case unfolding before you.

For those to question to the processor what the client future wants and where they have their attention directed. In other words what the clients present time own goals are.

As charge comes of the PT case often the client will say you know that goal to be a doctor is not really my Goal it is my mothers goal for me. Under that Goal will be another more basic Goal. And as time goes along the client will begin to get certainty on what are their true Goals and what are not.

Goals are possibly the most important subject on a clients case as the clients own Goals give the client the PT process command to use in creating futures for themselves and those they are connected to.

Much of the inhibition of the beings own Goals stems from being part of a Cult.

The Cultural DeOppression and DeProgramming Procedure works marvelously at unburdening Goals and erasing other determined Goals and enforced created-as identities, false programs or implants.

The old Goals - Problems - Mass technology is in fact very flawed as it does not include the outside forces that the GPM is created to handle.

The subject of Goals and what they create and the identities needed to forward the Goals is a vast subject and needs to be fully understood if we are really going to help our clients and students.

Alan

When you address and satisfy the client's (or PC's) wants, you and they win!

Of course, underlying any goal is a "want." And these run as nicely as any "goal." It's almost as though they are gradients of or expressions of the same basic spiritual "urge" or use of life-force.

Rog

When I was in Dallas on the Setup/Upset Course, I found the Clean Slate procedure lacking when the process questions required my searching the past for an answer. I had no concern over

the past, my concerns were of the now leading into the future. The solution was to remove time constraints from the process commands allowing the pc/client to answer from past, present, or future as he felt appropriate.

LRH and Alan both had mentioned that a psycho is concerned with the past, a neurotic with the present, and a sane person with the future. It therefore made no sense to have a sane person unnecessarily probing the backtrack.

I stated my observations to Eric who relayed them to Alan. I conversed with Alan over the phone about this after I left Dallas also mentioning another process I objected to, but he apparently had enough outside help and argued for keeping the other process as he had written it. Changes to the Clean Slate process were made. I did not care for the new process commands but as long as the processor understood the client was free to answer from past, present, or future observations, feelings, projections, etc. I saw an improvement over the earlier process.

You would not be the only one to have bypassed this lifetime charge/case while hammering away at the backtrack on someone else's preconceived notion of what needs to be run on everyone.

In the past few years I have taken to asking for goals or objectives at start of session, using two-way communication as the key process, and resorting to other processes only if two-way communication fails.

Ted

All this talk about "goals" had me make a misstatement.

Alan's "Vital Fundamentals Process One" doesn't use the word "Goals" in the last questions, but asks: "What are your needs and wants for life and living?" and "What are your needs and wants for this session?"

And finally you take each and ask: "Do you have an optimum intention and vision for (want)?"

That way the PC ends up wholly with you in PT creating and working toward their wanted wants.

For grooved in PC's who already have their Vital Fundamentals in in their life and sessions, this action can be omitted, as it would become a cleaning the clean and O/R.

Rog

On 20 May, 1999 on alt.clearing.technology, Alan wrote:

Rogers wrote:

What forms the "mass" of a recent track GPM if it is just goal versus goal? Indeed, is there any mass to a recent track GPM?

The sequence of an actual GPM is:

The being has a goal.

The being runs into an opposing force to the goal = Goal versus opposing goal. = PTP.

The being adopts a more solid solution.

The opposition adopts a more solid counter solution = Solution versus opposing Solution = More solid or massier PTP.

This is repeated over and over for thousand of lifetimes, slowly degrading and getting more solid and massier as time goes on.

The mass is a composite of all the creations and counter creation, plus pictures, plus emotions, force, pain, charge, etc. surround by significance's.

To put this question another way, it seems to me that only the Goals-Problems of a much earlier universe would have the energy involvement to induce any sort of mass-building. Do more recent track GPMs have their own mass, or are they just locks (as it were)?

The GPM's have there own mass. But to get to the central RI's usually means running of lots of lock packages which are harmonics of the main GPM package.

OR, is this GPM business on such a level of automaticity that even current ones are being built on a mass level?

Once started the tend to go on automatic creation as every solution is usually a substitute for the being.

I guess I am only talking Actual GPMs here. But, as I think about it, there was an ongoing confusion in early research between Actual GPMs and Implant GPMs (and I CAN understand the engramic masses associated with implant GPMs, no matter how recent.)

Shoot! as I think about it I can appreciate that more recent implanted GPMs could actually have more MASS even though they may ultimately have earlier Actual GPMs as basic. I think I almost just stepped into an old folly of assuming that more basic means more force.

Implant GPM's almost have no mass. As an implant GPM is really only a brief moment in time. An Implant GPM is really only an engram. And should be treated as such. If an Implant GPM has a lot of mass, that mass is probably coming from somewhere else and it pays to find where and erase it.

Okay, step back. A GPM has MASS as part of its title and definition. Could it be that this MASS is LESS RELEVANT to Actual GPMs (even though these are earlier, more basic and more powerful) than it is to Implant GPMs?

All is relevant, but the mass is the most important as it contains the most charge and locked up pieces of you. Erase the mass and the rest tends to just unravel. Erase the significance and leave the mass unhandled and you end up with a highly charged by-passed case who talks brilliantly about everything but lives and operates in an appalling state. When you only erase significance you end up taking the labels of the masses. This makes it almost impossible to correct.

Obviously, I need a bit of differentiation here. Anybody got a guess as to what is closer to the surface? I mean to say, what was probably being addressed in the 1961 Goals and GPM processing, the implant or the actual?

1961 were the Actual GPM's. Implant GPM's were discovered in 1963. The old timers had very little difficulty with Implant GPM's as they had had lots of basic auditing. When the new crop of students came on the Briefing Course they were much less audited and poorly trained.

Which has more mass (as distinct to power)? What do the structures look like?

An Actual GPM would be the equivalent to a set of planets and all the activity and wars going on. An Implant GPM would be the equivalent of a car wreck. Of course if you are very highly charged a comma is the equivalent of a GPM. Reality is proportional to the charge taken off. Consequently so is truth.

Up the poleness can be very deceiving. Someone who only runs significance can seem like the most brilliant being in the universe, but they get found out in life by actual products.

But if one can only confront significance's then one will easily be deceived. It is not possible to run GPM type material and be heavily involved in life games, as the GPM items tend to automatically super-impose themselves on PT. The life games will tend to act as a counter-force to the items you need to run. If you this too often life will become very uninteresting.

It is best to take a specific time off. End your life games for that period and then run the tech.

End that cycle and go back to playing.

I believe this is what happened to LRH. Due to the return of the original Briefing Course graduates Scio began to expand tremendously and there were major life games PTPs, consequently he could no longer keep his attention on the Tech and run GPM's.

Alan

One of the tricky things about our old games (that have hung up) is that, that which we feared and didn't want to happen was, due to that fear and action/intention/solution of resisting the unwanted "as a future occurrence," we actually projected into our future.

In other words, by fearing something might occur in the future guess where you project and manifest it to be?

And the trap of the "matrix" and GPM case is that it is a monster of automatic creation to others and the inciting from them the what one is effect of. In other words it actually incites others to create upon us both the what you want and the what you don't want.

Nuts, of course, but that's the way it is.

'Tis good shit to be rid of

Rog