[1953, ca. late December]

ACCEPTANCE LEVEL PROCESSING

Some people who have exteriorized and have not gone any higher in processing are held down because the genetic entity in other words, the body itself—must be processed. A good process for the body itself is this process of Acceptance Level. The motto of the body is that it has to be acceptable, that other bodies have to be acceptable to other bodies, that other bodies have to be acceptable to it and that it must stay in a general state of agreement with the MEST universe. This tells you, by the way, that a country where equality was stressed would start out the bottom all in a mass and in a hurry once it began to go, for everyone being equal to everything and everybody obsessed with the idea of equality, as soon as the society discovered the existence of one psychotic, it would have to moderate itself to that degree in order to remain equal. This is a very hideous sort of an outlook, but is the end product of equality. There is a political creed known as Equalitarianism; a society adopting it would find itself caving in rapidly and all at once. Equality is a characteristic of cells, not of free beings. But you will see all this as you use Acceptance Level Processing.

Quite aside from the list of Expanded Gita, which is actually a list of buttons rather than a list of things, there is a list of the Acceptance Level run on a Resistive V by myself some time ago. I have kept this list against the time when I would release this technique, and I give it here. These items were run in this order on this case. The data was arrived at through E-Meter testing. I have no reason to believe that this Resistive V was really any worse than many who pass for higher on the tone scale. I have tested the list twice since without adding anything, although in the following two cases after the origin of the list, I had to put some of the things in worse form and had to change the order slightly. In the remaining cases where I have used Acceptance Level, I have worked straight from the Expanded Gita list as contained in 16-G. All the preclears on whom I have used this have been fascinated with the process and their interest in the world it opened to them has, so far as I know, not declined.

Instead of Acceptance Level Processing, I might as well have labeled this short essay for the PAB "How to Make a MEST Clear." This is the best method I know of to make a MEST Clear, and people who have an antipathy to discovering they are a spirit and people who are hanging grimly to earlier work or to P-therapy will not, I can guarantee, accept any faster route than Acceptance Level Processing in order to achieve the state of clear.

Self-audited—and I give you this purely as a guess—a very rough case would probably need a couple of hundred hours of this, but after only an hour or two of it, the case would have advanced remarkably, and it would be a continuing surprise from there on how high one can go, for there are very few people who have any concept at all of the higher range of sanity than those they have seen around them, and those they have seen around them during their lifetime have been, at best, meat animals, meat

animals who wore clothes and who pretended they were not trying to make nothing out of every human contact and person.

When using Acceptance Level Processing, please realize that it is a technique which cannot be audited indefinitely without interspersing it with direct perception technique such as the first five of the Six Steps of Beingness as given in an earlier PAB [No. 7], or at least Spacation as contained in SOP 8 as Step III. Any time the going gets too rough, if one is self-auditing this, or too rough for the preclear if one is auditing one, a shift into holding the two upper corners of the room behind the preclear for a little while will nullify the effect. Formula H applied to present time will also nullify the effect, but not as well as holding the two upper corners of the room with the eyes closed. You understand that the preclear closes his eyes and "finds" the two upper corners of the room behind him and holds these without thinking. There is no more to that process than just that. It will re-stabilize a case which has been thrown out of stability by this process.

You must realize that this process is strong meat and the things which are fed to the preclear to mock up and accept in vast multitudes must be stronger meat than you would occasionally encounter in polite social conversation. One of my associates—and I will not mention any names—published the Expanded Gita list from an early issue of SOP 8 and carefully omitted from it the most vital factors in it, because, I suppose, he considered these too strong for the American stomach. From what I know now in processing, I would consider them, if anything, too weak, for they are not in a depraved form as bad as they are themselves.

One need not expect that the preclear will immediately rush off and engage in strange liaisons because of this process. His morality level will come up to a point where he can be moral. Most of these people who worry about morality, particularly in others, are themselves so low morally that they could not find satisfaction in a society of cannibals.

Here is the specialized list that was first evolved for Acceptance Level Processing. These items were fed in brackets. Large numbers of them were mocked up to the best ability of the preclear, even though he could not see his mock-ups for some time. They were mocked up for himself, others mocking them up for themselves, and others mocking them up for others, and others trying to get him to accept them, himself trying to get others to accept them, and, a few times, others trying to get others to accept them, and, occasionally, good items similar to these being wasted in the same bracket. Because this list worked uniformly on this Resistive V, it would be said immediately that the Acceptance Level of his body was this list. Running this list resolved hungers and cravings, blackness and somatics which he had long combated.

Most of these items had to be put into a depraved, diseased or decayed form in order to run them at all.

Now we have the list:

A TERRIBLE PAST, A DANGEROUS ENVIRONMENT, A TERRIBLE FUTURE, A MISSING PRESENT, NO HELP, INDEPENDENCE, INABILITY TO ACCEPT PRESENTS, DEATH, KILLING, EATING, SLEEPING, ANAESTHETICS, AGREEMENT, DISAGREEMENT, LOW REALITY, LOW AFFINITY, LOW UNDERSTANDING, NO COMMUNICATION, CAUTION, LOW SPEED, SUPPORT, NO FALLING, NO LOOKING, REASONS, EXPLANATIONS, THINKING, NOT THINKING, TALKING, NOT LISTENING, SERVICE, CONVICTION, KNOWING, PRECISE COMMUNICATIONS SYSTEM, DESIRE FOR EXPLANATIONS, ANSWERS, REPLIES, TRUTH, NO LIES, SOLID MEST, NO SPACE, NO GEOGRAPHY, CRITICISM, NO CRITICISM, ABERRATIONS, SANITY, PERFECTION, HIDDEN ENGRAMS,

HIDDEN BETRAYALS, HIDDEN RIDICULE, DEFAMATIONS, THINGS BEING STOPPED, CHANGE, HELP, CONSEQUENCES, FEAR OF CONDITIONS, AN ACCEPTABLE LEVEL OF BEING ILL, AN ACCEPTABLE LEVEL OF BEING CRAZY, THREATS, ARRESTS, COURTS, HONORS, MEDALS, IDENTITIES, FACES, POLICE, TORTURE, BACTERIA, SYPHILIS, GONORRHEA, BLACK PEOPLE, THINGS TOO HORRIBLE TO PERCEIVE, EFFORTS TO GET COMMUNICATIONS OUT, EFFORTS TO GET COMMUNICATIONS IN, FORGETFULNESS OF MEN, FORGETFULNESS OF WOMEN, FORGETFULNESS OF PAST, ACCEPTANCE OF WRONGNESS, THE GOAL TO GET BIG, THE NECESSITY TO UNDERSTAND, FATHERS (IN THE WORST FORM), MOTHERS (IN THE WORST FORM), ALLIES (IN THE WORST FORM), GRANDPARENTS (IN THE WORST FORM), FRIENDS (IN THE ACT OF BETRAYAL), BUSINESS ASSOCIATES (IN THEIR WORST FORM), BEING BABIES, BEING BODIES, TEACHERS IN FRONT OF ONE, LEARNED BOOKS, ACCEPTANCE OF AN IN-BETWEEN LIVES AREA, DEATH, FAILURE, BEING VARIOUS PROFESSIONS, BEING VARIOUS PARTS OF THE BODY, NERVOUSNESS, SERIOUSNESS, A GOOD JOB, WANTING THINGS GONE, HAS-TO-BE-TOLDNESS, TIREDNESS, ANXIETY, WANTING PEOPLE TO WORRY, LONG DAYS, FAST TIME PASSES, SLOW TIME PASSES, CLOCKS, SCHOOLS, FACES, LEARNING, MINDS, POOR MORNINGS, BAD NIGHTS, NO-TIME, ARRIVALS, COMPLETIONS, NO AFFECTION, LOVE, NO KILL, STOMACH TROUBLE, HUNGER, INABILITY TO EAT, WORK, FLOWS, INHIBITED SEX, CLOSED COMMUNICATION LINES, HATE, KILL, BOWEL TROUBLE, COVERT EATING, NO WORK, HOLDS, PRETENSE, ENFORCED SEX, LONELINESS, WOMBS, HOT WOMBS, BIRTH, KIDNAPPING OF BABIES, STERILITY, EMPTY WOMBS, BLACK WOMBS, ABSENT GENITALIA, FIGHTING SOMETHING, NEVER FIGHTING NOTHING, FIGHTING WORDS, FIGHTING DIRECTION, ACCEPTING DIRECTION, HATRED OF MUSIC, HATRED OF SIGHT, HATRED OF SOUND, ACCEPTABLE LEVEL OF PAIN, NO PETS, BEING GOD, ASSOCIATING EVERYTHING WITH EVERYTHING, HATING TO BE REMINDED, SEMEN, EXCRETA, NOTHINGNESS, POVERTY, NO MONEY, NO FOOD, NO HOME, EXPECTING SOMETHING BAD TO HAPPEN, KNOWING IT IS WRONG, BEGRUDGED FOOD, THE WEIGHT OF OBLIGATION, NO RESPONSIBILITY, REFUSAL TO BE CAUSE, DESIRE TO BE AN EFFECT, GUIDING SPIRITS, STRANGE SCIENCES, FORTUNE-TELLING, CRYSTAL BALLS, DEMONS, STRANGE SEXUAL PRACTICES, SELF-DENIAL, WRONGNESS, LOSING, ACCIDENTS, AND BEING A HUMAN BEING .

The case was then run on the Expanded Gita list in addition to the above.

Much of the auditing done on Acceptance Level Processing is done by the preclear following the procedure by himself in a room near the auditor, or simply by self-auditing. However, a very low-toned preclear is incapable of the persistence necessary to follow through the process and needs auditor supervision.

The ingenuity of the auditor lies in discovering just what the acceptance level of his preclear is. Persistence of the auditor and the preclear is vital to carry through the process item by item until each and every item is itself entirely surfeited.

It will be found that some preclears will rise so rapidly in tone at the lower levels offered, that they do not find any area to "feed." In this case, higher-toned objects must be fed to the preclear just as these low-toned objects are fed.

What we are doing here is "remedying the scarcity in all things."

The main thing the preclear will discover is that he has been carefully taught that certain things are bad and therefore not enjoyable and that he has set up resistances to these things and that they at length—these resistances—have become a sponge for the

things they were set up to counteract and the resistance caving in has created a hunger for the object which was at first resisted. This is the MEST universe at work in its very best operation: make one fight something, then so arrange it that one winds up craving for what one was fighting. You can use this formula in general on any aberration which the preclear has. If he is fighting something, feed it to him in mock-up form, done, of course, by the preclear. And then finish off the bracket by feeding it through the preclear to others, and others to others, and then going on getting the preclear to get others to accept this thing to fight, and then others getting the preclear to accept this thing to fight, and thus the item is discharged.

This is Acceptance Level Processing. You can, if you look about you, see acceptance level dramatized in every activity of life. You can understand now why so-and-so will not clean up a living room: a living room is not acceptable except in a cluttered fashion to this person. You can understand also why this fellow leaves a beautiful and helpful girl and runs off with a maid or a prostitute: his acceptance level was too far below the beautiful girl. You can understand, too, some of you, why you were not acceptable in your own homes when you were young: you were too bright and too cheerful and this was too high above those around you. You can understand, as well, why the newspapers print the stories they do, and most and foremost you can understand that everybody in a body is being subjected to the body's craving to be acceptable, a thing which in itself will end one up at the bottom of the tone scale.

You might think that running Matched Terminals or Matched Terminal Brackets on being acceptable will remedy this; unfortunately, this is above the body's level of acceptance. It is raw meat; it wants raw meat. Trying to run something out of the body which it craves is a difficult thing indeed.

On lower-toned cases the reason Dianetics often worked was because instead of running through the engram, the case was permitted to go over and over some unsavory incident which it actually considered extremely savory, and so was able, by these repeated "returns" to this muck, to feed the bank to some degree and adjust and surfeit its craving for such incidents even when they had not occurred. Thus one was actually feeding the body numbers of mock-ups rather than running out engrams, even though at that time it was supposed that an engram was being run out.

Where engrams were exhausted from the body with a betterment of the case, it was because the body did not have an extensive hunger. Where running an engram out did not remedy the condition it was because a hunger existed for that engram and it was being offered. Thus we have the case which insatiably ran engrams but which would not get well. That case had a level of acceptance of not-too-sick and not-too-well, the level of acceptance of the general society today.

Remember that evaluation depends upon the preclear having been actually moved or directed from one space to another by something. Change in space is the basic on all evaluation and thinking as it is known to Man. Remember that change in space in geographical area is like an evaluation of those areas. Thus you will find the most aberrative people in the bank, those people who have most changed the preclear in space. In running Acceptance Level Processing, be sure to stress accepting exterior direction, and be sure to stress acceptance in various forms of those people who have greatly directed the preclear and who then created a scarcity of direction either by not being there or by stopping direction.

You must also be aware of the fact that this technique, this process, is to a large degree an informative process and is addressed to the MEST body; it does not dispense with or displace other processes we now have.

The bracket method of accepting is also the method of wasting which could be run in Expanded Gita. In other words, in running wasting in Expanded Gita one should waste in brackets and have material forced upon in brackets. Acceptance Level Processing is a variation of Expanded Gita.

As a note which may be of interest: Expanded Gita was developed from phenomena discovered after I developed Creative Processing. It was originally plain Give-and-Take Processing, hence the Gita. Acceptance Level was developed by observing Expanded Gita in action. Expanded Gita and Acceptance Level are in effect the same process and so we are not dealing here with anything new.

There are a great many of these levels and one could easily compose a chart—and, indeed, I have composed a chart—called Character Processing—which is as yet of no enormous value, which lists the following levels: Acceptance (Grasp), Determent (Withdraw), Deprivement (Let Go), Interest (Reach), Intention, Enthusiasm, Spiritual, Applause, Death, Sonic, Visio, Tactile, Friendship, Enmity, Physical Strength, Emotional Strength, MEST Aid, Obedience, No Sympathy, Fear, Propitiation, Grief, Apathy, Agreement, Communication, Affinity, and Responsibility levels, by which a character could easily be read. An auditor who knows his Scientology could without much trouble draw up this chart using as a guide the chart in *Science of Survival* or *Self Analysis*. As the use of these things comes to view or takes on sudden value, they may be included in later PABs. For instance, only somebody interested in control would be interested in specified levels; in processing we are only trying to raise the Acceptance Level of the individual high enough so that he can finally accept himself on all eight dynamics.

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The apathy case resolves with this Acceptance Level, and much to many a preclear's surprise he finds apathy on the road up rather than below his operating level.

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