

ORIGINAL  
OT 5

## OT V

### Cause Over MEST Gain Freedom from Fixated Introversion into MEST

For eons, man has speculated and guessed about the nature of the physical universe. There have been many opinions and much discussion. Even the modern physicist, with his many names and labels, is still in the dark when it comes to how it got here and why. Before Scientology, the exact truth about the MEST universe was lost, and the way out of the trap unknown. Lies and misinformation had taken the place of the truth.

In 1967, L. Ron Hubbard released Section V of the Operating Thetan Course, the most powerful level released up to that time. On OT V you learn the truth about the physical universe, not the laws of physical scientists, but the basic considerations about Matter, Energy, Space and Time.

The tremendous power that this universe seems to have over thetans resulting in entrapment, degradation and death, is traced to its source.

As you exteriorize from the physical universe at Section V, you discover exactly what MEST is, and become free of its laws.

At OT V, a being is refamiliarized as a thetan exterior with the physical universe. OT drills are done to remarkably increase a being's ability to communicate with his environment. He is now able to do so, totally free of the mind and body, and free from a fixated introversion into MEST.

Solo auditing on this level serves as an introduction to the rehabilitation of his total abilities as a thetan. He learns to use his new abilities as a thetan with wisdom and judgment.

### OT 5-1

- A) Fly Ruds if needed.
- B) Pre OT is to lie down in a comfortable position with eyes shut.
  - 1) Spot a spot in the room
  - 2) Spot a spot in your body

Alternate command 1 and 2 until process is flat (Cognition, VGIs, No more change), then

- 3) Spot two spots in your body
- 4) Spot two spots outside

Alternate until flat, then

5) Spot a spot outside

6) Spot a spot on the sun

(Notice the difference between). Alternate until flat, then

7) Spot two spots outside

8) Spot two spots on the sun

(Notice what happens). Alternate until flat.

You may exteriorize or be exterior during these drills but don't have to.

C) With your eyes still shut in a comfortable position indoors do the following commands and write down any major cognitions.

9) Spot an object in the room

10) Spot an object outside

11) Locate a moving object

12) Locate a spot in your body

13) Spot a motion

14) Locate a space

15) Spot a Being

Continue the above steps in sequence until major cognition with very good indicators, or until exteriorization occurs.

## OT 5-2

Pre OT is to lie down in a comfortable position with eyes shut.

A) Create an illusion ( condition, energy or object )

Then

B) Conserve it

Protect it

Control it

Hide it

Change it

Age it

Make it go backwards on a cycle of action

Perceive it with all perceptions

Shift it in time at will

Rearrange it

Duplicate it

Turn it upside down

Turn it on its' side

Make it obey MEST laws at will

Be it

Not be it

Destroy it

Mock it up and un-mock it at will

C) Repeat steps (A) and (B) to a major cognition.

#### OT 5-3

(done outside)

A) Put your attention on an object that is ahead of you - like a parked car, lamp post, etc and walk towards it, noticing the distance between you and it. Continue to do this until cognition.

B) Pick out an object ahead of you and wrap an energy beam around it and yourself and pull yourself toward the object by shortening the beam.  
Notice what happens.

C) Locate an object, draw energy from it into you. Repeat at least ten times.  
Note any cognitions.

D) Locate an object as above and walk toward it. Notice what is holding you to it.

E) Locate a cloud and notice the space between you and it.

F) Notice your body

G) Walk and notice the change in viewpoint

H) Notice the motion of the earth and your relationship to it

I) Notice something about 10 people

Repeat the above steps to a major cognition.

ATTEST TO OT 5