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Dianetic Checksheets
Ext Int Checksheet
HGC Auditors

ISSUE II

(Adds to HCOB 6 May 69
"Routine 3-R Revised Engram Running by Chains."
Cancels HCOB 26 Jan 70 "Re R3R."
This HCOB takes precedence over
any earlier Commands for running R3R.)

PRECISION DIANETICS – THE COMMANDS OF R3R

Dianetics is precision run.

Altering commands, skipping commands, stumbling over commands, re-arranging the sequence of commands drives a preclear out of session and often throws him into different chains, leaving un-erased masses in restimulation and causes unhappy sick pcs.

Altering, skipping, stumbling re-arranging sequence of commands has the additional consequence of adversely training the preclear to be wary of auditor control and seek to control his own session. This has a deadly result for a pc as it makes him massy, sick and difficult to control in subsequent sessions.

It also causes the pc to lose confidence in auditors and auditing.

A "fast" pc is never too fast for a precision auditor. There is a difference between a *fast* pc and a pc whom the auditor is not controlling.

There is no such thing as a "slow," "bad" or "rough" pc. It is the auditor who "educates" the pc into being difficult to control.

An auditor who permits a pc to skip commands and jump steps not running R3R but is permitting the pc to run some poor form of Recall on himself. Such an auditor could *ruin* that pc's chances for gains in future auditing as he has "educated" the pc to be "difficult."

Since most pc's start their auditing with Dianetics, it therefore is very important to do *precision*: R3R, have flawless TRs and metering and session control so that the preclear is handled and controlled correctly from the start. It is the auditor who controls the pc's time track and the session and educates the pc for good or for worse.

It is the auditor's full responsibility to audit the pc **flawlessly**. Thus the myth of "rough PCs," "slow" and "bad PCs" will disappear and *all* PCs will audit like a dream.

THE PROCEDURE – PRELIMINARY STEP

Establish the type of chain the pc is to run by assessment. This is done usually by using the Health Form.

The item that reads best and has the pc's interest is the one you will run. The same item is run on all four flows. There is one chain to each flow. Each chain is run to F/N, Cog, VGIs – Erasure.

FLOW ONE

STEP ONE: Locate the first incident by the exact command: "Locate an incident that could have caused _____ (the exact item worded exactly as assessed from Health Form or list.)"

STEP TWO: Date the incident. This is done by asking the exact question: "When was it?"

Take what the pc gives you. It may be a date – or "years ago." It may be "a long time ago" or "during the Middle Ages" or "when there were Dinosaurs." He has told you when it was. Take it.

Or the pc may answer "I don't know." You can place the incident by location, *significance* or *time* by asking "Is there any way you can place the incident?" He'll answer "Oh yes, there's a hill with a tree on it" or some such. Take it.

STEP THREE: "Move to (date pc gave in Step Two.)" If pc didn't give a date in Step Two but said "A long time ago" you'd say "move to a long time ago" or if he said "during the Middle Ages," you'd say "move to during the Middle Ages." You would *never* say "move to I don't know" but you'd include the *content* – i.e. "move to the time there's a hill with a tree on it."

STEP FOUR: "What is the duration of the Incident?" Use this *exact* command to establish duration (length) of incident. An incident may be anything from a split *second* long to 15 Trillion Trillion years long.

STEP FIVE: "Move to the beginning of the incident at _____ (date pc gave in Step Two.)" Wait until meter flicks or pc indicates OK. If *date* was not given but *content* was given: "Move to the beginning of the incident at a long time ago" or "Move to the beginning of the incident at the time there's a hill with a tree on it," etc.

STEP SIX: (If pc's eyes are open, say softly "Close your eyes.") Ask the exact question, "What do you see?" Acknowledge *whatever* the pc says. Do *not* ask a second question here ever.

STEP SEVEN: "Move through the incident to a point _____ (duration pc gave in Step Four) later." Send the pc through the incident with this exact command.

STEP EIGHT: Ask nothing, say nothing, do nothing (except make quiet notes) while pc is going through the incident. If pc says anything at all, let him say it. Do not interrupt him in any way. When the pc has finished saying whatever it was, just gently acknowledge with the exact command "Okay, continue" and *let* him continue.

If the pc has obviously finished going through the incident you would not say "Okay, continue" but go on to the next step. Do not coax, distract, prompt or question the pc during this period.

STEP NINE: When the pc reaches the end of the incident (usually pc moves or looks up) say *only* "What happened?"

Take whatever pc says, acknowledge only as needful, say **nothing** else, ask **nothing** else. When pc has told little or much and has finished talking, give a final acknowledgment.

After 1 to 9 (the first time through,) go through the incident a second time.

On going through the same incident a second or third or fourth etc. time, one does **not** ask for the date and duration again or for any description.

The exact steps for the second, third, fourth, etc. time through are done exactly as follows:

- A. “Move to the beginning of the incident,”
- B. “Tell me when you are there.”

Steps A and B can be done at one time. They will sound like one sentence, “Move to the beginning of the incident; tell me when you are there.”

- C. When the pc has said he is, “Scan through to the end of the incident.”
- D. When the pc has finished, “Tell me what happened.”

The second, third, fourth, etc. time through the same incident one uses the same A to D commands as above, exactly.

ERASING OR GOING MORE SOLID

After the *second* time through and every time through the same incident thereafter (but not after the *first* time through) find out if the incident is erasing or going more solid.

You ask: “Is the incident erasing or going more solid?” If pc says *it is erasing*, you go through steps A to D again a third etc. time, asking at the end of “D” each time if the incident is erasing or going more solid.

But you would ask if the incident were erasing or going more solid **only** if the Tone Arm were not rising by the end of Step D. (i.e. You ask if it’s Solid or Erasing if the Tone Arm has been blowing down.)

Tone Am blowing down usually means incident is erasing. See HCOB 28 MAY 69 HOW NOT TO ERASE.

Occasionally the Tone Arm may be going down but the incident may be fading for the pc or it may appear more solid to him because an earlier incident is coming up and he may say “I don’t know.” In any of these instances **do not go through** A to D again. You must go earlier (see exact commands for going earlier later in this HCOB.)

If the Tone Arm is **higher** after Step D than it was just previously you would *not* ask if the incident is erasing or going more solid because **tone arm going up = increased mass, increased pressure or intensified somatic**.

If the Tone Arm is **higher** after Step D, you *know* it is going more solid and **do not ask** if it is erasing or going more solid. Do *not* run the incident on Steps A to D again.

You must now find an **earlier incident on the same chain**.

The idea is, if after a few times through, the incident is not erasing, you'll want to go earlier. If it *is* erasing, you'll want to continue running the incident.

The *Tone Arm* indicates if the incident is erasing by blowing down, and it indicates that the incident is *not* erasing by rising or going high and sticking.

GOING EARLIER

If after Step D the Tone Arm is higher than previously – gone up at all – or if in answer to “erasing or going more solid?” the pc says it’s going more solid, or if he doesn’t know, you ask for an earlier incident on the same chain **with the exact question**:

STEP ONE A: “Is there an earlier incident that could have caused _____ (the exact somatic or feeling – the item assessed from the Health Form or list) as was used in Step ONE.

Then you go through Steps One to Nine and A to D in the same way, always going down the chain to an earlier incident whenever the incident you are running is going more solid after the second time through.

EARLIER BEGINNING

Sometimes when you ask for an earlier incident the pc will say there isn’t an earlier incident. In this case, the incident you have been running may *start* earlier.

You would therefore ask, “Does the one we are running start earlier?”

If the pc says “yes,” then you give the command, “Move to the new beginning of the incident,” Then continue on to B, C, D and continue as usual.

The important thing is to give the pc time to find the earlier incident or the earlier beginning.

If the pc can’t find an earlier incident or an earlier beginning, run the incident you were doing on A to D again.

THE FOUR STEP ONE AND ONE A (GOING EARLIER) COMMANDS

FLOW ONE:

STEP ONE: “Locate an incident that could have caused _____” (the exact somatic or feeling assessed from Health Form.)

STEP ONE A: “Is there an earlier incident that could have caused _____” (the exact somatic or feeling used in STEP ONE.)

FLOW TWO:

STEP ONE: “Locate an incident of your causing another (the exact somatic or feeling used in Flow One.)

STEP ONE A: “Is there an earlier incident of your causing another _____” (the exact somatic or feeling used in Flow One.)”

FLOW THREE:

STEP ONE: “Locate an incident of others causing others (the exact somatic or feeling used in Flow One.)

STEP ONE A: “Is there an earlier incident of others causing others _____” (the exact somatic or feeling used in Flow One.)

FLOW ZERO:

STEP ONE: “Locate an incident of your causing yourself _____” (the exact somatic or feeling used in Flow One.)

STEP ONE A: “Is there an earlier incident of your causing yourself _____” (the exact somatic or feeling used in Flow One.)

Each of the Step One and Step One A commands are run on the full verbatim 1 to 9 and A to D steps as given herein, **with no omissions or alterations.**

Each flow is run to basic on the chain, F/N, cog, VGIs = Erasure.

STYLE OF RUNNING R3R

R3R is run **muzzled**. Only the commands as given herein are used. The full extent of TR 0 to 4 is used. No step is skipped over. No command is altered ever.

R3R is precise and exact and never varied whether run by a Dianetic Auditor with no other classification or by a Dianetic Auditor who is also a highly classed Scientology Auditor.

Training & Services Aide
for
L. RON HUBBARD
FOUNDER