

# LEVEL V COURSE

for

ALETHIOLOGY  
CLEARING  
PRACTITIONERS

**LEVEL V**  
**PROFESSIONAL**  
**ALETHANETIC CLEARING PRACTITIONER COURSE**  
**CHECKSHEET**

17 MARCH 1989

PREREQUISITE: Advanced Clearing Practitioner CLASS IV

ORGANIZATION: \_\_\_\_\_

STUDENT'S NAME: \_\_\_\_\_

DATE STARTED: \_\_\_\_\_ DATE COMPLETED: \_\_\_\_\_

This checksheet contains vital survival knowledge and technology dealing with the Time Track and Engram Running.

**REQUIREMENTS:**

Study Technology is to be used throughout this course.

Processing requirements for course completion are mandatory. When you can apply the processes of the level easily you will be acknowledged as a CLASS V, PROFESSIONAL ALETHANETIC CLEARING PRACTITIONER.

Study the data in checksheet order. Do not go past a word you do not understand. Use a dictionary and for Alethiology terms use the LANGUAGE OF MIRACLES DICTIONARY.

The checksheet is one time through materials and practical.

LENGTH OF COURSE: \_\_\_\_\_  
(Agreement between CS and Student)

Note - Bulletins marked with \* are called Star Rated and are checked out fully. Other bulletins are called Zero Rated and not checked out. Star Rated bulletins are signed off by the Course Supervisor. Zero Rated bulletins are signed off by the student.

**BOOKS:**

Chapter II THE REACTIVE MIND (This chapter is to be read during the course and is to be completed before the end of the course.)

UNDERSTANDING LIFE

LANGUAGE OF MIRACLES DICTIONARY

DRUGS ARE BAD FOR YOU PICTURE BOOK

**SECTION ONE: COMMUNICATION EXERCISES**

The Communication Exercises (CE 0-9) are vitally important in the training of a Class V Clearing Practitioner. The Class V Clearing Practitioner runs a Preclear on basic Whole Track engrams for the purpose of producing a First Stage Clear. These basic engrams can be quite

reactivating for the Clearing Practitioner who does not have a completely flat CE 0. If the Clearing Practitioner goes, even the least little bit, out of present time when hearing about these incidents and seeing the Preclear dramatize them during an Alethanetic session he or she will fail in the goal of producing a Clear. The only remedy is hours and hours of CE 0.

A Preclear's time track will not respond accurately to a Clearing Practitioner whose intention is less than perfect and if the time track does not respond perfectly, the Preclear is left burdened with by-passed charge and falls short of the goal of Clear. The CE's 8 and 9 handle this difficulty and give the Clearing Practitioner the ability to command the time track.

CE 0 is done throughout the duration of the Class V Course at the rate of 2 hours per week. When the student reaches Section Fifteen, the remaining CEs are completed to a high level of ability.

- \*1. READ: COMMUNICATION EXERCISES FOR CLEARING PRACTITIONERS \_\_\_\_\_
- \*2. READ: COMMUNICATION EXERCISE ZERO \_\_\_\_\_
- 3. CLAY DEMO: What happens if the Clearing Practitioner is reactivated by what a Pc is running. \_\_\_\_\_
- 4. CLAY DEMO: What happens if the Clearing Practitioner is not reactivated by what a Pc is running. \_\_\_\_\_
- 5. READ: CE 0 LOG \_\_\_\_\_
- 6. EXERCISE: Begin doing CE 0 at the rate of 2 hours per week. Keep track of your time in the CE 0 Log and sign off as complete when you reach Section Fifteen \_\_\_\_\_

#### SECTION TWO: INTRODUCTION

- 1. READ: MASTERY OF CLEARING CHART - CLASS V \_\_\_\_\_
- 2. READ: LIFE EXPANSION CHART - ALETHANETIC LEVEL \_\_\_\_\_
- 3. READ: CULTURAL LAG \_\_\_\_\_
- 4. READ: THE USES OF CLEARING \_\_\_\_\_
- 5. READ: ALETHANETIC CLEARING AND SOMATICS \_\_\_\_\_
- 6. READ: ALETHANETIC RESULTS \_\_\_\_\_
- 7. READ: INTRODUCTION TO THE PROFESSIONAL ALETHANETIC CLEARING PRACTITIONER COURSE \_\_\_\_\_
- 8. READ: ALETHANETIC USE \_\_\_\_\_
- 9. READ: KEEPING ALETHANETIC CLEARING WORKING IN AN AREA \_\_\_\_\_

#### SECTION THREE: ALETHANETIC THEORY

- \*1. READ: ROUTINE 3R ENGRAM RUNNING BY CHAINS \_\_\_\_\_

2. READ: CE 101 \_\_\_\_\_
3. DRILL: CE 101 \_\_\_\_\_
- \*4. READ: ALETHANETIC CLEARING BASIC DEFINITIONS \_\_\_\_\_
5. CLAY DEMO: ENGRAM \_\_\_\_\_
6. CLAY DEMO: SECONDARY \_\_\_\_\_
7. CLAY DEMO: LOCK \_\_\_\_\_
8. CLAY DEMO: A CHAIN \_\_\_\_\_
9. READ: WHAT THE C/S IS DOING \_\_\_\_\_
10. READ: COMPLETE LIST OF PERCEPTIONS \_\_\_\_\_
11. READ: PERCEPTION LIST \_\_\_\_\_
- \*12. READ: THE TIME TRACK AND ENGRAM RUNNING \_\_\_\_\_
13. DEMO KIT: The Time Track obeys the Clearing Practitioner \_\_\_\_\_
14. DEMO KIT: The three ways to move a Time Track about \_\_\_\_\_
- \*15. READ: CHARGE AND THE TIME TRACK \_\_\_\_\_
16. EXERCISE: Draw the State of Case Scale, adding in the processes  
for each level. Add also the amount of charge  
at each level \_\_\_\_\_
17. READ: METHODS OF THINKING \_\_\_\_\_
- \*18. READ: MANIFESTATIONS OF ENGRAMS AND  
SECONDARIES FURTHER DEFINED \_\_\_\_\_
- \*19. READ: SOME ALETHANETIC AXIOMS \_\_\_\_\_
20. READ: THE STATE OF CLEAR \_\_\_\_\_
21. READ: ALETHANETIC CASE FAILURES \_\_\_\_\_

#### SECTION FOUR: SCALES

1. READ: CHART OF HUMAN EVALUATION \_\_\_\_\_
2. DISCUSS AND CLEAR: Chart of Human Evaluation \_\_\_\_\_

#### SECTION FIVE: ROUTINE 3R

1. READ: A SUMMARY OF R3R COMMANDS \_\_\_\_\_
2. READ: CE 102 \_\_\_\_\_

3. DRILL: CE 102 \_\_\_\_\_
4. READ: A TYPICAL ALETHANETIC CHAIN \_\_\_\_\_
5. READ: ALETHANETIC COMMAND CHANGE \_\_\_\_\_
- \*6. READ: BACKGROUND DATA FOR R3R COMMANDS \_\_\_\_\_
7. READ: PROFESSIONAL UNDERSTANDING \_\_\_\_\_
8. DEMO KIT: The purpose of each R3R command \_\_\_\_\_
9. CLAY DEMO: R3R command #3 \_\_\_\_\_
10. CLAY DEMO: R3R command #6 \_\_\_\_\_
11. CLAY DEMO: R3R command C \_\_\_\_\_
12. CLAY DEMO: R3R command "Erasing/Solid?" \_\_\_\_\_
13. READ: R3R AND CONCEPTUAL UNDERSTANDING \_\_\_\_\_
- \*14. READ: POSTULATE OFF EQUALS ERASURE \_\_\_\_\_
15. EXERCISE: Make a list of 10 examples of postulates \_\_\_\_\_
16. READ: ALETHANETIC F/Ns \_\_\_\_\_
17. READ: FLOATING NEEDLES AND END PHENOMENA \_\_\_\_\_
18. READ: RISING RANGE ARM \_\_\_\_\_
19. READ: ALETHANETIC ERASURE \_\_\_\_\_
20. READ: HOW NOT TO ERASE \_\_\_\_\_
21. CLAY DEMO: The End Phenomena of an Alethanetic Chain \_\_\_\_\_
22. READ: CE 103 \_\_\_\_\_
23. DRILL: CE 103 \_\_\_\_\_
24. READ: SERIOUS ALETHANETIC ERRORS \_\_\_\_\_

#### SECTION SIX: NARRATIVES

- \*1. READ: NARRATIVE ITEMS EXPLAINED \_\_\_\_\_
- \*2. READ: RUNNING NARRATIVES \_\_\_\_\_
3. READ: ERASING BAD SESSIONS - NARRATIVE VERSUS SOMATIC CHAINS \_\_\_\_\_
4. READ: R3R ENGRAM RUNNING BY CHAINS AND NARRATIVE R3R - AN ADDITIONAL DIFFERENCE \_\_\_\_\_
5. READ: A TYPICAL NARRATIVE ITEM \_\_\_\_\_

SECTION SEVEN: ASSESSMENT

- \*1. READ: ASSESSMENT AND INTEREST \_\_\_\_\_
- \*2. READ: ASSESSMENT \_\_\_\_\_
- \*3. READ: SOMATICS \_\_\_\_\_
- 4. EXERCISE: Make a list of 10 somatic items and a list  
10 narrative items \_\_\_\_\_
- \*5. READ: ASSESSMENT AND HOW TO GET THE ITEM \_\_\_\_\_
- 6. READ: PREASSESSMENT FORM \_\_\_\_\_
- 7. READ: ASSESSMENT DRILL -  
ALETHANETIC PREASSESSMENT \_\_\_\_\_
- 8. DRILL: ASSESSMENT DRILL -  
ALETHANETIC PREASSESSMENT \_\_\_\_\_
- 9. READ: ALETHANETIC LIST ERRORS \_\_\_\_\_
- 10. READ: CB METER DRILL - FINDING RUNNING ITEMS \_\_\_\_\_
- 11. DRILL: CB METER DRILL - FINDING RUNNING ITEMS \_\_\_\_\_
- 12. READ: ALETHANETIC RUNNING LISTS \_\_\_\_\_
- 13. READ: CE 100 \_\_\_\_\_
- 14. DRILL: CE 100 \_\_\_\_\_
- 15. READ: CE 100 A \_\_\_\_\_
- 16. DRILL: CE 100 A \_\_\_\_\_
- 17. READ: ALETHANETIC CLEARING -  
QUADRUPLE FLOW ACTION \_\_\_\_\_
- 18. READ: ALETHANETIC FLOW TABLE \_\_\_\_\_
- 19. EXERCISE: Mock up an Alethanetic Flow Table \_\_\_\_\_
- 20. READ: ALETHANETIC PERSISTENT F/N \_\_\_\_\_
- 21. READ: UNREADING FLOWS \_\_\_\_\_
- 22. DRILL: Checking flows for reads \_\_\_\_\_
- \*22. READ: AFTER THE FACT ITEMS \_\_\_\_\_
- 23. READ: HIGH RANGE ARM ASSESSMENT \_\_\_\_\_
- 24. READ: NULL LISTS IN ALETHANETIC CLEARING \_\_\_\_\_

25. DRILL: Putting the suppress and inval buttons \_\_\_\_\_

SECTION EIGHT: THE PRECLEAR HISTORY FORM

\*1. READ: HOW TO DO A PRECLEAR HISTORY \_\_\_\_\_

2. READ: THE PRECLEAR HISTORY FORM \_\_\_\_\_

3. READ: THE SECOND PRECLEAR HISTORY FORM \_\_\_\_\_

4. DRILL: THE PRECLEAR HISTORY FORM \_\_\_\_\_

5. READ: ORIGINAL ASSESSMENT SHEET \_\_\_\_\_

SECTION NINE: DRUGS

1. READ: DRUGS ARE BAD FOR YOU PICTURE BOOK \_\_\_\_\_

2. READ: DRUGS \_\_\_\_\_

\*3. READ: DRUG HANDLING \_\_\_\_\_

\*4. READ: DRUG AND ALCOHOL CASES - PRIOR ASSESSING \_\_\_\_\_

5. CLAY DEMO: Why drugs make a person hard to Clear \_\_\_\_\_

6. DRILL: Drug handling \_\_\_\_\_

7. READ: OBJECTIVE ARC \_\_\_\_\_

8. DRILL: OBJECTIVE ARC \_\_\_\_\_

\*9. READ: INTEREST \_\_\_\_\_

SECTION TEN: ALETHANETIC RUNDOWNS

1. READ: PLEASURE MOMENTS \_\_\_\_\_

2. READ: PLEASURE MOMENT CHAINS \_\_\_\_\_

3. DRILL: Running Pleasure Moments \_\_\_\_\_

\*4. READ: RUNNING SECONDARIES \_\_\_\_\_

5. READ: RELIEF RUNDOWN \_\_\_\_\_

6. DRILL: Running a secondary \_\_\_\_\_

7. READ: DISABILITY RUNDOWN \_\_\_\_\_

8. DRILL: The Disability Rundown \_\_\_\_\_

9. READ: IDENTITY RUNDOWN \_\_\_\_\_

10. DRILL: The Identity Rundown \_\_\_\_\_

11. READ: THE ALETHANETIC PREPARED ASSESSMENT RUNDOWN \_\_\_\_\_

12. DRILL: The Alethanetic Prepared Assessment Rundown \_\_\_\_\_

SECTION ELEVEN: REMEDIES

1. READ: PAST LIVES \_\_\_\_\_

\*2. READ: PAST LIFE REMEDIES \_\_\_\_\_

3. EXERCISE: Write up a possible past life remedies program \_\_\_\_\_

4. READ: HIGH RANGE ARM IN ALETHANETIC CLEARING \_\_\_\_\_

\*5. READ: ALETHANETIC REMEDIES \_\_\_\_\_

6. CLAY DEMO: A mass causing a high range arm \_\_\_\_\_

7. READ: GETTING THE F/N TO THE EXAMINER \_\_\_\_\_

\*8. READ: UNRESOLVED PAINS \_\_\_\_\_

9. EXERCISE: Write a program for an unresolved tooth ache \_\_\_\_\_

\*10. READ: HOW TO PICK UP OCCLUDED DATA \_\_\_\_\_

11. DRILL: Picking up occluded data \_\_\_\_\_

12. READ: ALETHANETIC STUDENT RESCUE INTENSIVE \_\_\_\_\_

SECTION TWELVE: EDUCATING THE PRECLEAR

1. READ: GETTING THE PC SESSIONABLE \_\_\_\_\_

2. READ: CONCEPTUAL UNDERSTANDING \_\_\_\_\_

3. DEMO: Conceptual compared to Literal Understanding \_\_\_\_\_

4. READ: METHOD 5 WORD CLEARING \_\_\_\_\_

5. DRILL: Method 5 Word Clearing \_\_\_\_\_

6. READ: CLEARING COMMANDS \_\_\_\_\_

\*7. READ: ORIENTING THE PRECLEAR - THE ALETHANETIC C/S-1 \_\_\_\_\_

8. DRILL: The Alethanetic C/S-1 \_\_\_\_\_

SECTION THIRTEEN: THE ALETHANETIC PROGRAM

1. READ: BEGINNING A PC ON ALETHANETIC CLEARING \_\_\_\_\_



- \*2. READ: ALETHANETIC CLEARING FULL PC PROGRAM OUTLINE \_\_\_\_\_
- 3. READ: ALETHANETIC CLEARING PRECLEAR CHECKLIST \_\_\_\_\_
- 4. READ: PECULIARITIES \_\_\_\_\_
- 5. READ: CE 104 \_\_\_\_\_
- 6. DRILL: CE 104 \_\_\_\_\_

SECTION FOURTEEN: ASSISTS

- \*1. READ: THE ALETHANETIC ASSIST \_\_\_\_\_
- 2. DRILL: The Alethanetic Assist \_\_\_\_\_
- \*3. READ: THE TOUCH ASSIST \_\_\_\_\_
- 4. DRILL: The Touch Assist \_\_\_\_\_
- \*5. READ: THE CONTACT ASSIST \_\_\_\_\_
- 6. DRILL: The Contact Assist \_\_\_\_\_
- \*7. READ: THE BODY COMMUNICATION PROCESS \_\_\_\_\_
- 8. DRILL: The Body Communication Process \_\_\_\_\_
- 9. READ: ALETHANETIC CLEARING AND ILLNESS \_\_\_\_\_
- 10. DEMO KIT: An illness \_\_\_\_\_
- 11. READ: HOLD IT STILL \_\_\_\_\_
- 12. READ: SERIOUSLY ILL PCS \_\_\_\_\_
- \*13. READ: ILLNESS AND INJURY PRELIMINARY ASSESSMENTS \_\_\_\_\_
- 14. READ: ILLNESS PRELIMINARY ASSESSMENT \_\_\_\_\_
- 15. READ: ILLNESS HANDLING SHEET \_\_\_\_\_
- 16. EXERCISE: Write a program for a severely ill person \_\_\_\_\_
- 17. READ: INJURY PRELIMINARY ASSESSMENT \_\_\_\_\_
- 18. READ: INJURY HANDLING SHEET \_\_\_\_\_
- 19. EXERCISE: Write a program for an injured person who is experiencing extreme discomfort \_\_\_\_\_
- 20. READ: SICKNESS \_\_\_\_\_

## SECTION FIFTEEN: COMMUNICATION EXERCISES

By the time the student reaches this point in the checksheet, he or she should have completed at least 16 hours of CE 0 (Superior Contemplation) and experienced a major stable win.

1. ATTESTATION TO CE 0 COMPLETE \_\_\_\_\_  
NUMBER OF HOURS \_\_\_\_\_

At this point in the checksheet the student cycles through CE 0-9 to a major stable win on each CE. Bullbaiting should be done until all buttons are flat. This could take several hours. Also the student should experience bullbaiting from two or more coaches (not at the same time) to get a variety of buttons.

The student makes a recording of his Communication Exercise Four and compares his recording to the recorded sessions of an experienced professional Clearing Practitioner. This should be done on the final pass for CE 4.

2. READ: COACHING \_\_\_\_\_

3. DRILL: Each of the Communication Exercises for Clearing Practitioners below:

- CE 0 BB \_\_\_\_\_  
CE 1 \_\_\_\_\_  
CE 2 \_\_\_\_\_  
CE 2 1/2 \_\_\_\_\_  
CE 3 \_\_\_\_\_  
CE 4 \_\_\_\_\_  
CE 5 \_\_\_\_\_  
CE 6 \_\_\_\_\_  
CE 7 \_\_\_\_\_  
CE 8 \_\_\_\_\_  
CE 9 \_\_\_\_\_

Note - The student Clearing Practitioner may have to cycle through these exercises to attain a pass.

4. FINAL PASS ON CE 4 RECORDED \_\_\_\_\_

## SECTION SIXTEEN: ALETHANETIC CLEARING PRACTITIONER DRILLS

1. READ: RUNNING FLOWS THAT WON'T ERASE \_\_\_\_\_  
2. READ: OVERRUN BY DEMANDING EARLIERTHAN THERE IS \_\_\_\_\_

- 3. READ: BLOWING BY INSPECTION \_\_\_\_\_
- 4. READ: URGENT - IMPORTANT \_\_\_\_\_
- 5. READ: GRINDING OUT ENGRAMS \_\_\_\_\_
- 6. READ: ERASURE \_\_\_\_\_
- 7. READ: CLEARING SPEED \_\_\_\_\_
- 8. READ: STENOGRAPHIC CLEARING \_\_\_\_\_
- 9. READ: FLAGRANT ALETHANETIC CLEARING ERRORS \_\_\_\_\_
- 10. READ: PROFESSIONAL ALETHANETIC COMMAND TRAINING DRILLS \_\_\_\_\_
- 11. DRILL: \_\_\_\_\_
- CE 100 \_\_\_\_\_
- CE 100 A \_\_\_\_\_
- CE 101 \_\_\_\_\_
- CE 102 \_\_\_\_\_
- CE 103 \_\_\_\_\_
- CE 104 \_\_\_\_\_

SECTION SEVENTEEN: ALETHANETIC CORRECTION ASSESSMENT

- \*1. READ: CLEARING BY LIST \_\_\_\_\_
- 2. READ: ASSESSMENT CEs \_\_\_\_\_
- 3. READ: CB METER DRILL #20 - CORRECTION ASSESSMENT \_\_\_\_\_
- 4. DRILL: CB METER DRILL #20 - CORRECTION ASSESSMENT \_\_\_\_\_
- \*5. THEORY COACH: L3 CORRECTION ASSESSMENT \_\_\_\_\_
- 6. DRILL: L3 CORRECTION ASSESSMENT \_\_\_\_\_

SECTION EIGHTEEN: STUDENT THEORY COMPLETION

I have completed the requirements of this checksheet and I know and can apply this material.

Student Attest: \_\_\_\_\_ Date: \_\_\_\_\_

I have trained this student to the best of my ability and s/he has completed the requirements of this checksheet and knows and can apply the checksheet data.

Supervisor Attest: \_\_\_\_\_ Date: \_\_\_\_\_

**SECTION NINETEEN: PRACTICAL CLEARING SECTION FOR STUDENTS**

**COMMUNICATION EXERCISE REQUIREMENTS:**

1. At least 16 hours of CE 0 \_\_\_\_\_
2. At least two hours of CE 0 Bullbaited \_\_\_\_\_
3. CEs done with two or more coaches and all buttons flat \_\_\_\_\_
4. All CEs to a major stable win and flat \_\_\_\_\_

**CLEARING REQUIREMENTS:**

1. Touch Assist \_\_\_\_\_
2. Contact Assist \_\_\_\_\_
3. Body Communication Process \_\_\_\_\_
4. One Secondary run out done per the bulletin called  
RUNNING SECONDARIES \_\_\_\_\_
5. One injury or operation run per the bulletin called  
THE ALETHANETIC ASSIST \_\_\_\_\_
6. One complete illness handling per the bulletin called  
ILLNESS PRELIMINARY ASSESSMENT \_\_\_\_\_
7. One complete injury handling per the bulletin called  
INJURY PRELIMINARY ASSESSMENT \_\_\_\_\_
8. One chain of Pleasure Moments \_\_\_\_\_
9. Preclear History Form \_\_\_\_\_
10. Alethanetic C/S-1 \_\_\_\_\_
11. One R3R Narrative \_\_\_\_\_
12. One Preassessment fully handled with at least one chain run to  
full Alethanetic EP \_\_\_\_\_
13. One L3 Method 3 \_\_\_\_\_
14. A taped session submitted and approved by Academy C/S \_\_\_\_\_

**I ATTEST THAT I HAVE COMPLETE THE ABOVE REQUIREMENTS  
FOR THE CERTIFICATE OF CLASS V PROFESSIONAL ALETHANETIC  
CLEARING PRACTITIONER**

Student Attest: \_\_\_\_\_ Date: \_\_\_\_\_

Academy C/S Attest: \_\_\_\_\_ Date: \_\_\_\_\_

**COMMUNICATION EXERCISES**  
**FOR**  
**CLEARING PRACTITIONERS**

26 MARCH 1989

When the processes and procedures of Clearing were first developed in the 1950's, it was found that the results of student Clearing Practitioners varied greatly. Some students would get excellent results on Preclears while other students did poorly. After doing a careful analysis of this situation, it was found that those students who performed poorly, did so with all the Preclears they worked with and those who performed excellently did so with almost all Preclears. Since all Clearing Practitioners used the same simple commands and procedures, it was the conclusion of the original researchers that the student Clearing Practitioner's communication skills were at fault when sessions didn't run as expected.

Further investigation and observation revealed that the student Clearing Practitioners who did poorly were nervous, uncertain in their demeanor and exhibited distracting mannerisms, such as twitches and compulsive blinking, which caused their Preclears to become distracted. A Preclear who is distracted from looking at his mental image pictures in this way is not able to easily erase these pictures and often becomes upset with the Clearing Practitioner. Additionally, it was found that the student Clearing Practitioners who did poorly could not be heard by the Preclear, did not acknowledge the Preclear's statements, allowed some Preclears to wander off the subject of the session, and generally failed to exert proper control in the session. All this added up to a poor result or no result.

In order to remedy this situation, Richard and Jan Halpern developed Training Routines called "TRs." These highly structured and patterned exercises, now called Communication Exercises or CEs, teach the student how to effectively handle a session.

In the CEs, all the aspects of good session presence are broken down into simple exercises. By doing these simple exercises, also called Practice Clearing, the student Clearing Practitioner is able to learn the elements of good communication and control in sessions while, at the same time, discharging his own negative attitudes and feelings connected to communicating with and controlling a Preclear. In other words, the student Clearing Practitioner is given the opportunity to get all the bugs out of his communication before doing live sessions. The person acting as the "pretend Preclear" is called a "coach." The coach's job is to put the student through his paces in these Practice Clearing sessions so that the student experiences and discharges all the stress of a session and comes out the other end as a competent and successful communicator.

These Communication Exercises worked so well that the students reported great improvements in their daily lives and relationships with people outside of Practice Clearing as well as in session with Preclears. As a result, the exercises were simplified and written in a form which could be done by persons new to the subject. This beginning course is now called the "Communication Course."

Skill in the practice of the Communication Exercises by the Clearing Practitioner is essential to smooth and successful practice in Clearing. The student should do these exercises daily until they are easy and perfect. All the processes in the world are of no value without good CEs, and the CEs alone, without any processes, can work miracles. The CEs are your most important and vital skill as a Clearing Practitioner (and in life too). That is why we often say, "THE WORLD BEGINS WITH CE 0."

## COMMUNICATION EXERCISE ZERO

26 MARCH 1989

In the practice of Communication Exercise Zero, known familiarly as "CE 0," students sit facing one another, a comfortable distance apart -- about three feet -- with eyes open. There is no conversation or effort on the part of the students to be interesting. This exercise is silent. The students sit and look directly at one another. They say and do nothing. The students must not speak, fidget or move. There is no moving, wiggling or scratching. There is no "system" used to confront, such as counting or thinking certain thoughts. Nothing is added to just BEING here.

The purpose of CE 0 is to accustom the student Clearing Practitioner to just BEING THERE; to get the student to BE there comfortably in a position three feet in front of another person with eyes open -- to BE there and to do nothing else but BE there.

The whole action is to accustom the student to just be here three feet in front of another person without apologizing or moving or defending self.

Naturally as soon as the student begins this exercise, all the barriers to being here with people begin to surface. All kinds of thoughts, feelings, and sensations occur. The student may even go totally unconscious. The student must not resist this. The student shouldn't think certain thoughts nor resist those thoughts that do arise. As the student continues the exercise, all of these uncomfortable perceptions disappear, in the exercise and in life and Clearing sessions.

If the student begins to laugh, he or she must not turn or look away from his or her partner. If the student becomes embarrassed or warm, he or she must not turn or look away. Even if the student's eyes begin to tear and tears are dripping off the end of his or her chin, the student does not turn or look away.

If the student starts to go unconscious or fall asleep, he or she must not try to resist going unconscious. Resisting will only prolong his or her suffering. He or she should just surrender to the unconsciousness or the urge to sleep and when it has passed, resume the direct, eyes open, confront.

Anything that CE 0 "turns on" will "turn off" if the exercise is continued.

ALWAYS END CE 0 ON A WIN IF POSSIBLE.

### THE THEORY OF CE 0

There are two general classes of processes in this physical universe, one is called subtractive and the other is called additive. Simply stated, you can either take something out of (remove something from) a Being's mind or you can add something to it. The subtractive class of processing is called Clearing and the additive class of processing is called Creative Processing.

The basic axiom of Clearing is:

ANYTHING WHICH IS UNWANTED AND YET PERSISTS IF THOROUGHLY VIEWED WILL VANISH OR DISAPPEAR

The basic axiom of Creative Processing is:

THOUGHT IS CREATIVE

Almost all education, meditation, hypnosis and affirmation are forms of Creative Processing and are intended to add something to the Being's mental storage banks. There is nothing wrong with Creative Processing except that the individual Being never gets a chance to get rid of anything. He just keeps adding more "stuff" to his warehouse of mental pictures. And since early data tends to take precedence over later data, we wind up with a situation where later, positive, corrective ideas and postulates lose out to earlier negative ideas and postulates, hence the result is no change.

CE 0 is different from other forms of mental and spiritual practice because it is a Clearing process. In Communication Exercise 0 we are not trying to teach anyone anything or add anything to a Being's mind. We are using CE 0 to Clear unwanted attitudes, emotions, sensations and pains from the Reactive Mind.

A Clearing process works by reactivating a small, controllable amount of charge from the Reactive Mind. This small reactive charge can then be viewed by the Being and dissipated. If the reactive charge is too large, the Being is overwhelmed and no dissipation or Clearing results.

A process is then "a physical or mental action or situation which reactivates a Being's Reactive Mind without overwhelming him." That same action or situation that reactivates, if continued, will cause the original reactivation to dissipate and disappear. That's all there is to Clearing; it's just as simple as that. If a person is instructed to touch a bottle of shaving lotion and for some reason he turns on a feeling of fear and a pain in his elbow, the continued, repetitive touching of that shaving lotion bottle will cause the feeling of fear and the pain in the elbow to dissipate and disappear. Those feelings, pains, etc. that discharged in this manner are gone forever and will not return later. Additionally, the person is now more "at cause," more powerful, less likely to get reactivated in any situation where there is a shaving lotion bottle, e.g. shaving in the morning, etc.

Generally, the most reactivating thing for a person is another person (another Being). Why so? Well this universe has had a bloody history of treachery and betrayal between Beings resulting in anger, grief, despair, etc. This history has left many scars in the Reactive Mind and all that pain is associated with other people. Eventually, just looking at another person reactivates charge and brings about some degree of unconsciousness and a generally lowered confront. One person looks at another person and he starts to go unconscious. He can't really be there so he uses all manner of pretense to try to stay in present time or he covertly attacks the other to maintain a feeling of superiority. This means that the person is a bit unconscious most of the time; he can't really observe what is going on in life. He just reacts and pretends to be alive and conscious. The result of pretense, upset, chronic lying and confusion is stress and an unhappy life. Mostly this unhappy state of affairs gets covered up by more pretense and what is called "Social Machinery." In other words because of the reactivation caused by the unpleasant associations connected to people and bodies, the individual Being becomes an unfeeling robot who just goes through the motions of life in a very unhappy state.

In the practice of CE 0 we put this individual Being in front of another Being in a live body, somewhere between sword fighting and punching/hitting distance. When we do this, he or she is going to become mildly or very uncomfortable. Most people will go unconscious. Some will start blowing off charge by laughing and some will become very embarrassed. One way or another they are going to get reactivated by this situation. And according to the axioms and laws of Clearing, if we continue the process all the unpleasant feelings, etc. will dissipate and disappear if the process is continued long enough. Now with all this cruel charge gone, the person can be in present time in life and not get reactivated by all the situations and actions connected with other people. More importantly, an Aletheic Clearing Practitioner can be there with a Preclear in session and not be thrown off or reactivated by the Preclear's incidents or dramatizations.



**SUPERIOR CONTEMPLATION LOG**

5 JANUARY 1986

This log is used by the student Clearing Practitioner to keep track of his or her time in Superior Contemplation.

DATE AMOUNT OF TIME

DATE AMOUNT OF TIME

SUBTOTAL TIME:

SUBTOTAL TIME:

COMPLETION DATE\_\_\_\_\_

TOTAL TIME\_\_\_\_\_

## CULTURAL LAG

26 MARCH 1989

The reason why Alethanetic Clearing is neglected or even resisted has to do with what is called a "cultural lag."

This has often occurred in the history of new technical developments.

An example is Dr. Semmelweis's discovery of the cause and cure of childbed fever. For over half a century after his discoveries women still died in agony after child-bearing. Eventually the culture caught up and the illness, which had accounted for a huge percentage of female deaths, ceased to exist. Dr. Semmelweis's discovery was "ahead of its time." Pathetically, scoffed and disbelieved, he died before being fully validated.

Many more examples of cultural lag could be sighted.

Cultural lag occurs for many reasons.

In any field as retarded as the human sciences, the emergence of Alethanetic Clearing, fully workable and complete, is startling and thereby subject to disbelief.

It is significant that hundreds of aerospace technicians, working with satellites and rocketry, broadly used Alethanetic Clearing first.

In a world where governments are fighting to dominate men's minds through television, mental technology is needed to protect the individual and to prevent the enslavement of all.

Alethanetic Clearing may be a century ahead of its time. That may be the reason for our cultural lag.

Alethanetic Clearing was the first practical workable easily taught science of the mind. It has endured already 38 years and is better and more used than ever before.

## THE USES OF CLEARING

26 MARCH 1989

Case Supervisors, Clearing Practitioners and other support people should know something of the enormous number of uses to which Clearing can be put.

The idea of selling and applying "Levels or Grades" as all one knows about is an approach that is both lazy and ignorant.

It is doubtful if one could count the number of uses to which Clearing can be placed to help livingness and improve the health, ability and outlook of a person.

Naturally one wants his grades or levels up through Grade IV (ability) and beyond. But to say this is the end of Clearing is silly.

In the pursuit of the "new" one forgets the successful old. There are thousands of processes, all valid.

Alethanetic Clearing particularly lends itself to specific situations. For instance, a pregnant woman should be processed on emotions and somatics relating to birth or babies before delivery. We used to simply process the woman's own birth and any past births. Then immediately after delivery the engram is run out. Handling pregnancy in this fashion has the woman up and about in 3 days and in fine condition. This prevents utterly the extreme of "post partum psychosis," as mental upset due to delivery is called. It prevents any upset with the husband or child. It prevents physical aftereffects. In short, it should be done.

People who have been ill for some time often only get well because they are Cleared.

After any illness the person should be Cleared.

After accidents, medical care, dental work or operations people should be Cleared.

Almost any human situation containing pain or misemotion should be handled by Clearing.

In the field of ability, Clearing transforms lives. The inability to study or to work or even to live can be handled in many ways. The simple action of listing the somatics, emotions and attitudes of the unwanted condition and running them triple or quadruple flow relieves them.

A registrar can sign up "Intensives" on these subjects and get the information relayed to the Case Supervisor.

Clearing is for use.

Clearing is the answer to human disability and travail. It can make life worth living.

Clearing is not a limited action; "He's had his expanded Grades so you can't do anything" is about as limited a view as you can get.

The public should be given lists of things they may want handled. The use of Clearing should be known, particularly among field practitioners. A Case Supervisor should be fully aware of what Clearing can do and insist that it get done.

There is no limit to what good Clearing can do. That is the first thing one should learn about it.

## **ALETHANETIC CLEARING AND SOMATICS**

27 MARCH 1989

If a Preclear has physical difficulties, bad perception, illness or physical disability, he needs Alethanetic Clearing. He may need CE 0, Life Repair and Grades 0 to IV to get him set up for Alethanetic Clearing.

The Alethanetic Clearing he needs is fully contained in the Professional Alethanetic Clearing Practitioner materials.

Using Alethiology Clearing and Grades to handle common Alethanetic problems is to process a Pc over a Present Time Problem.

The big PTP a Being has is his body.

A body is a body.

Alethiology = Being rehabilitation.

Alethanetic Clearing = body improvement.

In Alethiology you handle PTPs, ARC Breaks, and Missed Withholds that occur in sessions.

In Alethanetic Clearing you erase the session or incident in which they occurred.

Alethanetic processing uses a Meter, R3R and assists and CEs. It erases locks, secondaries and engrams or their chains. That's exactly what it does and what is done with it. The mental image picture is the source of continued pain, somatics, bad perception or illness.

The Being, scales, ARC, exteriorization, ability, freedom, the Grades are the sole province of Alethiology.

We can now cleanly separate the two and so obtain enormously increased case gain.

## AELETHANETIC RESULTS

27 MARCH 1989

Every once in a while you get an Alethiology result while running Alethanetic Clearing. Also, sometimes you get an Alethanetic result while doing Alethiology processing or Grades.

This tends to keep the two distinctly different subjects confused with each other.

A Preclear, after Alethanetic Clearing, tells the Examiner he is exterior and feeling fantastically bright. This is an Alethiology result.

Sometimes an Alethiology Preclear after attaining a Grade will state that it has healed his terror stomach. This is an Alethanetic result.

There is nothing whatever wrong with this except that it gives a Clearing Practitioner an invitation to confuse the subjects and think they are the same.

The clue is CONSISTENCY.

Alethiology only occasionally handles a terror stomach. In fact a person whose terror stomach wasn't handled by Alethanetic Clearing and its R3R can go all the way to "Clear" sometimes with it. He doesn't get rid of the terror stomach and he doesn't (since he had a present time problem all the way) make Clear either.

If it is a body pain, sensation, somatic, illness, disability, the subject to use is Alethanetic Clearing.

If it is a gain in ability and beingness that is the purpose, the subject to use is Alethiology.

After many years of handling cases, this emerged as a very factual fact. Alethanetic Clearing is Alethanetic Clearing; Alethiology is Alethiology. If you get the two different purposes mixed up, results are limited.

See these two subjects as clearly separate. They each have their own Case Supervision orders. You don't use Alethiology Case Supervision orders in case supervising Alethanetic Clearing. And you don't use the Alethanetic rules on Alethiology.

One addresses the body; the other the Being. They both go by their own rules.

The Alethanetic result is a well body and a Being happy with it.

The Alethiology result is a free, powerful and immortal Being.

They can and do achieve their proper end results but only when used properly, separately and as themselves.

# INTRODUCTION TO THE PROFESSIONAL ALETHANETIC CLEARING PRACTITIONER COURSE

27 MARCH 1989

The Professional Alethanetic Clearing Practitioner Course is a summary and refinement of Alethanetic Clearing based upon 35 years of experience in the application of the subject.

In that 35 years we have found much that could improve results if properly applied.

And in that 35 years, many issues have been written that were a bit altered and some materials have been lost. The Professional Alethanetic Clearing Practitioner Course corrects these points.

This course puts Alethanetic Clearing into the "miracles as usual" band. The student studying it and the Clearing Practitioner practicing it will find that if he follows its drills with precision, he will be able to handle life and Clearing as never before.

Of course we cannot claim or guarantee that anyone cleared on Alethanetic Clearing will become cured of illnesses which would best be handled by immediate medical treatment, and we cannot promise any Pc that all of his undesirable conditions will be eradicated, since that depends on the state of training and the accuracy of application by the student.

## THE STUDENT

What does a student need to know and do to acquire the skill of a Professional Alethanetic Clearing Practitioner?

0. The student needs to have completed the Basic Study Course or its equivalent. He needs to be able to handle study tech. Without that, his misunderstood words will wipe him out. Study tech is contained in the Basic Study Course. The definitions are in The Language of Miracles dictionary and standard dictionaries. The student must not go by a single word he does not know the definition of.

1. He should know the background of Alethanetic Clearing as contained in several books on the subject, particularly the book called Understanding Life.

2. He needs a CB Meter and must know how to handle it.

3. He should have good CEs, acquired by having a background of at least 75 hours of CE 0 and many cycles of CE 0 through CE 9.

4. He should have a good grasp of coaching CE 0 through CE 9, both to make him a better Clearing Practitioner and to enable him to give a full Drug Rundown to others.

The Professional Alethanetic Clearing Practitioner should have sufficient training and background in the administration of CE 0 through CE 9 to enable him to do those processes necessary to get a person off drugs or to get him in condition to run Alethanetic processes.

5. He should have a good grasp of the materials of Professional Alethanetic Clearing.

6. He should be able to make and assess lists using a CB Meter.

7. He must be able to do the Alethanetic process drills flawlessly, using the commands of Professional Alethanetic Clearing.

8. He must know how to do Alethanetic Assists.

9. He must be able to assess and handle an Alethanetic Repair List and do repair actions.

10. He must be able to handle Alethanetic Remedies and all other actions called for in a complete Alethanetic course or processing.

11. He needs to be able to apply what he knows.

If the student can acquire the above skills, he will achieve fine results. It does require study and hard effective drilling. And it requires a desire to help oneself and others in terms of faultless application.

## ALETHANETIC USE

27 MARCH 1989

The basic use of Alethanetic Clearing is to make a well body and to assist physical treatment.

Any injurious experience can be erased by Alethanetic Clearing. It is very easy to use, and if one wants people well and happy, it should be used at every occasion.

If a person has an operation, the incident should be run out with Alethanetic Clearing. This should be followed by Touch Assists and other handlings from the Full Assist Checklist. The engrams and secondaries related to the incident can then be run using the Preassessment procedure and R3R Quad. The healing time will be greatly speeded and often healing will occur where a relapse might have followed.

If a woman has a child, the engram of delivery should be run out soon after. The result of doing so is very spectacular. There is no "post partum psychosis" or dislike of the child and no permanent injury to the mother. It is in fact best to process the mother both before and after the delivery, which gives one fast, relatively painless childbirth and quick recovery.

Recovery from disease under treatment is speeded by Alethanetic Clearing.

Where the incident of the break is run out, a broken limb will heal (by X-ray evidence) in two instead of six weeks.

Some patients who are not responding to medical treatment who are then given as little as a Touch Assist will then be found responsive to the medical treatment. A Clearing Practitioner giving the person an Alethanetic session will more or less ensure that the medical treatment will now work.

A person who is accident-prone, when processed, usually loses this unwanted characteristic.

Sometimes the "insane" recover from their symptoms when given proper medical treatment, rest, no harassment and then good mild Alethanetic processing. They become and remain normal people without relapse.

Chronic, which is to say, long-term, illnesses cease when processed by Alethanetic Clearing.

Whole classes of "mentally retarded" children have been made more normal by teachers in London County Council schools using relatively unskilled Alethanetic Clearing.

Tiredness, unwanted sensations, bizarre pains and aches, bad hearing or sight also routinely respond to Alethanetic processing.

The sickness and death rate of persons who are part of Alethanetic groups is only a small fraction of that of other groups.

Pilots processed with Alethanetic Clearing, by a test involving a whole squadron, went without a single, even minor, accident for the following year.

Scientists processed with Alethanetic Clearing have greatly improved intelligence. Alethanetic Clearing raises IQ as a side product to usual Clearing, at a rate of about one point of IQ per hour of processing.



Withered limbs, skin blotches and rashes and even blindness and deafness have all responded to Alethanetic Clearing.

It is very much easier to train an Alethanetic Clearing Practitioner than an Alethiology Clearing Practitioner. It requires only about a month to make an Alethanetic Clearing Practitioner who is sufficiently conversant with the subject to get results.

The spectacular personal gains which were available in Alethiology were so great, they tended to obscure the very real use and value of Alethanetic Clearing.

Further, a Clearing Practitioner trained and processed beyond the need of body help tended to forget that much of the public out there first had to be helped out of their physical misery before they could attempt anything like personal gain.

You use Alethanetic Clearing much the way you would use any remedy.

When a fellow is burned, you run out the incident of the burn.

When a woman loses a loved one, you run out the loss.

When a young man can't finish his schooling, you run out his unhappy school experiences.

Alethanetic Clearing is for USE. There is not a lot of admin about it. It isn't something you use after bowing down three times to Chicago. You just USE it.

An Alethanetic Clearing Practitioner who sees someone sick and who doesn't get him treatment and then Clear him is just not humane.

If a woman is going to have a baby, get out the meter and Clear her into shape for it. When she's had it, run out the delivery.

If a fellow burns his hand, break out the meter.

Alethanetic Clearing is the answer to human suffering. USE it.

Ideas build up which halt the use of Alethanetic Clearing, such as "Once you have a floating needle on engrams you don't run them anymore." That's silly. The Alethanetic End Phenomena is postulate off, F/N and VGIs. This means that the chain has blown. That full EP can then be called the end of that chain. But not the end of Alethanetic Clearing on the case. (Ref: POSTULATE OFF EQUALS ERASURE.)

Alethanetic Clearing must be preserved and used in all cases of psychosomatic illness or in physical suffering.

Alethiology is a vital practice in itself. It places a person above any further illness or suffering. But he has to be made well first.

People will ask, "Deafness? Now what special process is needed in curing deafness....?"

This is one of the modern refinements of Alethanetic Clearing. One runs whatever is assessed on the Preclear, with Preclear interest. He doesn't decide to cure somebody of deafness. He handles the illness or disability the Pc offers up that reads on the meter and has Pc interest. Maybe it will be deafness.

You have one single body of tech covering all cases and that is Alethanetic Clearing and the steps given in the bulletin ALETHANETIC FULL PC PROGRAM OUTLINE. The whole

of the person's complaints should eventually vanish if you just keep on going with the Full Pc Program Outline, applying Alethanetic Clearing standardly and fully completing each part of the program.

Having gotten the Pc well by medical care and Alethanetic Clearing, then start out with advanced Alethiology. If he gets sick during the grades, revert to Alethanetic Clearing, handle it and then when he is well, resume Alethiology where you left off.

Never run a Alethiology grade to make a Pc well or cure something. It's a misapplication.

By using Alethanetic Clearing as readily as you use shoes you can make and keep people well. You don't necessarily worry about overruns, rudiments or anything else. You just use R3R even to correct ARC Breaks and PTPs and bad Clearing.

Alethanetic Clearing for the body.

Alethiology for the spirit.

USE BOTH.

## KEEPING ALETHANETIC CLEARING WORKING IN AN AREA

27 MARCH 1989

Altering, doing something else, is a sufficiently serious problem that it will destroy a Course and all the benefits of Alethanetic Clearing in a whole area.

Early on, during the development of the Professional Alethanetic Clearing Practitioner Course, we were suddenly getting case failures. These were traced by Case Supervision to wild variations from Standard Alethanetic procedure. These variations were traced to a Course Supervisor who, during student checkouts, was giving altered data about Alethanetic Clearing. As soon as this was handled, case gains immediately resumed.

Over the many years of Alethanetic use, we must have seen all possible variations of Clearing. "New" phenomena were often discovered and used and eventually the whole subject wandered off into never-never land and ceased to produce uniform results.

What has happened here in the Professional Alethanetic Clearing Practitioner Course is that the exact actions that produce results on all cases have been isolated and used.

The procedure is a thin narrow walkway through a huge field of potential alterations.

For instance, early Alethanetic Clearing was plagued by several problems:

1. Lack of visio - an inability to see pictures. This was solved by getting date and duration. It was found that getting the date and duration turns on visio in most people.
2. Perception shut off. Not required in total now to produce results. Sonic, ability to hear the sound in pictures, is not needed at all. Impression is sufficient.
3. Somatic shut off. Not now required to be solved but its source (drugs and alcohol) has been discovered.
4. Rough sessions. Solved by CEs.
5. Lack of Clearing Practitioner judgement in diagnosis (deciding what to run). Solved by the CB Meter.

In these years of research we have been able to wrap up these and other things.

There have been more cases run on Alethanetic Clearing than could easily be counted. So the research data is very broad. This is no new subject. It has been close to 39 years under research.

Thus what you are told on the Professional Alethanetic Clearing Practitioner Course is the essence of all this work and experience. There are no unsolved problems; there is only varied application where there should not be.

The whole object of the course is to train people to get good RESULTS, and train people to give a course that results in GOOD CLEARING PRACTITIONERS. That's the whole thing.

The essence of a brilliant subject is a simple subject.

Therefore anything that varies the data of a Professional Alethanetic Clearing Practitioners Course can send it out into unworkability.

We've seen Clearing Practitioners use "peyote" (a drug), laughing gas and other drugs "to help Clearing." We've seen many different meter types used. We've looked over a thousand different ways to run a session. And we've seen all these things fail.

The four points of greatest potential failure are:

1. A Course Supervisor who interprets data and alters it in order to satisfy some student's offbeat quest.
2. A Course Supervisor who throws curves into data by means of invalidating the right data.
3. A Case Supervisor who does not simply and only put the Clearing Practitioner back onto the main line and who seeks to "solve" cases by altering data.
4. A Clearing Practitioner who, not knowing his data in the first place, alters the data and, because in an altered form he fails, starts off on a wilder alteration of data and fails harder.

So you see, to get real Standard Alethanetic results going in an area, you have to be very alert to hold the exact data line as contained in the bulletins of the Professional Alethanetic Clearing Practitioner Course.

Where you begin to find case failures, look to 1 to 4 above and to student failure to just simply study and drill.

For the first time you have an exact subject in the field of the "humanities." These "humanities" for all man's history have been a mass of superstition, bad logic, propaganda, authority and brutality. An exact humanity is so new that it has a bit of a hard time. All the errors and prejudices start to "blow off" when truth enters in.

Just be sure you don't lose the subject with the confusion.

Cope, make do, hold the line and you'll have a successful Alethanetic area. It's worth working toward, worth achieving.

You have only one big stable datum.

**IF IT ISN'T WORKING IT IS BEING VARIED.**

To get it working again, find who and what is varying it and get back on the main line.

**ROUTINE 3R**  
**ENGRAM RUNNING BY CHAINS**

27 MARCH 1989

Given a knowledge of the composition and behavior of the Time Track, engram running by chains is so simple that any Clearing Practitioner begins by over-complication. You almost can't get uncomplicated enough in engram running.

In teaching people to run engrams in 1949, the chief despair was summed up in one sentence: "All Clearing Practitioners talk too much." And that's the first lesson.

The second lesson is: "All Clearing Practitioners acknowledge too little." Instead of cheerily asking what the Pc said and saying "continue," Clearing Practitioners are always asking for more data, and usually for more data than the Pc ever could give. Example - Pc: "I see a house here." Clearing Practitioner: "Okay. How big is it?"

That's not engram running, that's just a lousy Q and A.

The proper action is - Pc: "I see a house here." Clearing Practitioner: "Okay. Continue."

The exceptions to this rule are non-existent. This isn't a special brand of engram running. It is modern engram running. It was the first engram running and is the last and you can put aside any complications in between.

The Clearing Practitioner is permitted ONE question per each new point of track and that is ALL. Example - Clearing Practitioner: "Move to the beginning of the incident and tell me when you are there." (Waits a moment) "What do you see?" Pc: "It's all murky." Clearing Practitioner: "Good. Move through the incident to a point 2 hours later."

Wrong Example - Clearing Practitioner: "Move to the beginning of the incident and tell me when you are there." (Waits a moment) "What do you see?" Pc: "It's all murky." Clearing Practitioner: "Can you see anything in the murk?" FLUNK FLUNK FLUNK.

The rule is, ACKNOWLEDGE WHAT THE PC SAYS AND TELL HIM TO CONTINUE.

Then there's the matter of being doubtful of control. Wrong Example - Clearing Practitioner: "Move to yesterday. Are you there? How do you know it's yesterday? What do you see that makes you think....." FLUNK FLUNK FLUNK.

Right Example - Clearing Practitioner: "Move to yesterday." (Waits a moment)" What do you see?.....Good."

Another error is a failure to take the Pc's data. You take the Pc's data. Never take his orders.

Right Example - Clearing Practitioner (meter dating): "Is it greater than eighteen trillion, less than eighteen trillion?" (gets contradictory reads, that is, reads on both numbers called off, or gets a dirty needle). (Off meter - to Pc) "Are you thinking of something?"

Pc: "It's less than 18 trillion."

Clearing Practitioner: "Thank You." (on meter) "Is it greater than seventeen trillion five hundred billion. Less than ....."

Pc: It's seventeen trillion, nine hundred and eight billion, four hundred and six million, ninety-five thousand, seven hundred and six years ago."

Clearing Practitioner (having alertly written it all down): "Thank you." (Ends dating).

Wrong Example - Clearing Practitioner: "Is it greater than eighteen trillion, less than eighteen trillion....."

Pc: "It's less than eighteen trillion."

Clearing Practitioner: "OK, is it greater than eighteen trillion, less than eighteen....."  
FLUNK FLUNK FLUNK.

In dating, the Pc's contrary data unspoken and untaken can give you a completely wrong date. Your data comes from the Pc and the meter always for anything. And if the Pc's data is invalidated you won't get a meter's data. If the Pc says he has a PTP and the meter says he doesn't, you take the Pc's data that he does. In dating, an argument with the Pc can group the track.

So take the Pc's data. And if the Pc is a dub-in case, you should be running ARC processes and not engrams anyway as the case is over-charged for engrams. If the Pc isn't a dub-in then the Pc's data is quite reliable.

Also, minimize a Pc's dependency on a meter. Don't keep confirming a Pc's data by meter read with, "That reads. Yes, that's there. Yes, there's a rocket read....." Just let the Pc find his own reality in running an engram. "All Clearing Practitioners talk too much." You can date on a meter but only so long as the Pc doesn't get on the date on his own. You can help a Pc identify or choose an area of track but only if he specifically asks you to. Example - Pc: "I've got two pictures here. Can you find out which one is the earlier? One is of a freight engine, the other is a whole train." Clearing Practitioner: (on meter) "Is the freight engine earlier than the whole train? Is he whole train earlier than the freight engine?" (To Pc) "The whole train reads as earlier."

If the Pc has two facsimiles, your problem is only that you've missed something and the Time Track has grouped.

**RULE: WHENEVER CHARGE IS MISSED THE TIME TRACK TENDS TO GROUP.**

This does not mean the Clearing Practitioner has to do something about it unless the Pc gets confused and asks for help, at which time the only action is to spot on the meter what charge has been missed and tell the Pc.

## ARC BREAKS

All R3R ARC Breaks are handled the same way, an exact way. There is no deviation from this.

If the Pc becomes critical of anything outside the engram (room, Clearing Practitioner, Alethanetic Clearing, the technology), it is an ARC Break. ARC Breaks are of greater and lesser magnitude ranging throughout the misemotional band of the emotion scale.

The handling of ARC Breaks always follows this rule:

**ARC BREAK RULE 1: IF THE PC ARC BREAKS, ISSUE NO FURTHER CLEARING COMMANDS UNTIL BOTH PC AND CLEARING PRACTITIONER**

ARE SATISFIED THAT THE CAUSE OF THE ARC BREAK HAS BEEN LOCATED AND INDICATED.

Do not issue more orders, do not run a process, do not offer to run a process, do not sit idly letting the Pc ARC Break. Follow this rule:

ARC BREAK RULE 2: WHEN A PC ARC BREAKS OR CAN'T GO ON FOR ANY REASON, DO AN R3R ARC BREAK ASSESSMENT (L3) AND LOCATE AND INDICATE TO THE PC THE BY-PASSED CHARGE.

The only harm that can be done in R3R is issuing further orders to the Pc or trying to run something before the by-passed charge has been located and indicated.

Given this handling of ARC Breaks and an exact adherence to the rote of R3R, all former problems of engram running vanish!

### EARLY ENGRAM RUNNING

No Clearing Practitioner who knew earlier than June 1963 engram running should consider he or she knows how to run engrams.

Routine 3R is itself. It has no dependence on earlier methods of running engrams. Failure to study and learn R3R "because one knows about engram running" will cause a lot of case failure.

R3R is a rote procedure. That is a victory in itself. But it is no substitute for an understanding of engrams and the Time Track.

If you know old time engram running, there is no attempt here to invalidate you or that knowledge or make you wrong in any way. Those are all ways to run engrams and gave you a better grasp on it. We only wish to call to your attention that R3R is not old time engram running but is an Alethanetic Clearing routine designed to achieve the state of Clear.

Therefore, study and use R3R and don't mix it with any earlier data on engram running. Anything you know about engram running will help you understand R3R. But it won't help your Pc if mixed with R3R. We couldn't put this too strongly. You'll trace any failure in the Clearing Practitioner with R3R to:

- (1) Inability to execute the Clearing Comm Cycle;
- (2) Inability to run a session;
- (3) Failure to study and understand the Time Track;
- (4) Failure to follow R3R exactly without deviation;
- (5) Failure to handle ARC Breaks as above;
- (6) Using R3R indiscriminately on lower level cases not prepared by pre-engram running processes.

### ROUTINE 3R

Engram Running by Chains is designated "Routine 3R" to fit in with other modern processes.

It is a triumph of simplicity. It does not demand visio, sonic or other perception at once

by the Pc. It develops them.

The ordinary programming of the lowest level case would be CE 0, the Communication Course, Life Repair, Repetitive Grade Processes and then R3R.

Routine 3R is the process that leads to the state of Clear. So R3R is the fundamental step to Clear.

### R3R BY STEPS

The first thing the Clearing Practitioner does is to make sure the room and session are set up. This means, in other words, that the room is as comfortable as possible and free from interruptions and distractions; that the Clearing Practitioner's meter is fully charged and set up and that the Clearing Practitioner has all the administrative supplies he will need for the session. The correction assessment for Alethanetic Clearing (L3) must also be included.

He has the C/S for that session.

The Pc is seated in the chair and is asked to pick up the cans.

The Clearing Practitioner checks that the Pc has had enough to eat by doing the Metabolism Test and also checks that the Pc has the correct sensitivity setting by having the Pc squeeze the cans and adjusting the sensitivity knob so that the needle registers one third of a dial fall when squeezing the cans.

The Clearing Practitioner then starts the session by saying, "Start of Session" (Tone 40).

After making sure the rudiments are in, the Clearing Practitioner puts in the R (reality) factor with the Pc by telling the Pc briefly what he is going to do in the session.

### PRELIMINARY STEP:

Establish the type of chain the Pc is to run by assessment. Ref: ASSESSMENT AND HOW TO GET THE ITEM.

### R3R COMMANDS

#### FLOW 1

#### STEP ONE:

Locate the first incident by the command, "Locate a time when you had (a) (somatic item)." or "Locate a time when you felt (experienced) (emotion or feeling)."

#### STEP TWO:

"When was it?" You accept any time or date or approximation the Pc gives you. Do not attempt any meter dating unless the Pc is totally stumped on the date and asks for metered assistance.

#### STEP THREE:

Move the Pc to the incident with the exact command, "Move to that incident." (This step is omitted if the Pc keeps telling you he is there already).

#### STEP FOUR:



“What is the duration of that incident?” Accept any duration the Pc gives you or any statement he makes about it. Do not attempt to meter a more accurate duration.

STEP FIVE:

Move the Pc to the beginning of the incident with the exact command: “Move to the beginning of that incident and tell me when you are there.”

STEP SIX:

Ask Pc what he or she is looking at with the exact command: “What do you see?” (If the Pc’s eyes are open, tell the Pc first, “Close your eyes”, acknowledge him quietly for doing so and then give him the command).

STEP SEVEN:

“Move through that incident to a point (duration Pc said) later.”

STEP EIGHT:

Ask nothing, say nothing, do nothing (except observe the meter or make quiet notes) while Pc is going through the incident. If Pc comments before reaching the end say, “OK, continue.”

STEP NINE:

When the Pc reaches the end of the incident 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 him a final acknowledgement.

If the Range Arm has risen (from its position at Step 1) the Clearing Practitioner immediately checks for an earlier incident (Step EI). If no earlier incident, he asks for an earlier beginning to the incident (Step EB).

If the Range Arm is the same or lower, he runs the incident through again (Step AB).

In going through an incident the second or successive times one DOES NOT ask for date and duration or any description of date or duration.

When the Pc has told what happened and the Clearing Practitioner has acknowledged, do Steps ABCD:

AB. “Move to the beginning of that incident and tell me when you are there.”

C. “Move through to the end of that incident.”

D. (When the Pc has done so) “Tell me what happened.”

E/S. “Is that incident erasing or going more solid?” (A Range Arm rising means the incident has gone more solid so the question is unnecessary if Range Arm is higher).

If the incident is erasing, go through it again (Steps RBCD).

If it has gone more solid, ask for an earlier incident (Step EI) and if no earlier incident,

ask for an earlier beginning (Step EB).

- RB. "Return to the beginning of that incident and tell me when you are there."
- C. "Move through to the end of that incident."
- D. "Tell me what happened."
- E/S. "Is that incident erasing or going more solid?" (Range arm rising means the incident has gone more solid so the question is unnecessary if Range Arm is higher).

If the incident is erasing, go through it again (Steps RBCD)

If it has gone more solid, ask for an earlier incident (Step EI) and if no earlier incident then ask for an earlier beginning (Step EB).

- EI. "Is there an earlier incident when you had (a) (exact same somatic)?" or "Is there an earlier incident when you felt (experienced) (exact same emotion or feeling)?"
- EB. "Is there an earlier beginning to this incident?" or "Does the one we are running start earlier?" or "Does there seem to be an earlier starting point to this incident?"
- NB. "Go to the new beginning of that incident and tell me when you are there." (followed by CD)

#### POSTULATE OFF EQUALS ERASURE

When it appears that you have reached the basic incident of the chain and that it is erasing, after each pass through, ask:

"Has it erased?"

The Pc sometimes thinks the incident is erasing but it's not erasing as noted by a rising Range Arm, so you have to go back to your EI command, followed by Steps two through nine, ABCD commands on the earlier incident. In some cases this can happen several times in one chain.

The postulate coming off is the EP of the chain and means that you have obtained an erasure. This will be accompanied by F/N and VGIs.

Getting the postulate is the important thing. Even if you get an F/N you don't call the F/N until you've gotten the postulate, at which time you have reached the EP and end off on that chain.

If the Pc says the chain has erased, but the postulate made during the time of the incident has not been volunteered by the Pc ask:

"Did you make a postulate at the time of that incident?"

Only when the postulate has come off with F/N and VGIs can one consider that the full EP of a Alethanetic incident or chain has been reached.

You must recognize what the postulate is when it comes up. If you overrun past the postulate you can really mess a Pc up and he may need extensive repair. All you're trying to get off the line is the postulate. That is what is keeping the chain there.

If the Pc has given the postulate with F/N and VGIs, that is it. You have the EP of that chain.

### GOING EARLIER

Ordinarily one runs an incident through twice, (Steps One-Nine, then A-D), to unburden it and allow the Pc to locate earlier incidents on the chain.

However, the Range Arm rising on Step Nine is an indication that there is something earlier. If the Clearing Practitioner observes the Range Arm rising, he should ask the Pc if there is an earlier incident, using in the command the exact same somatic or feeling used in Step One. If there is no earlier incident, he asks if there is an earlier beginning.

A Clearing Practitioner should never solidify a Pc's bank by putting him through an incident twice, when by observation of the Range Arm it is clear that the incident has gone more solid by the end of the first run through.

Checking for an earlier incident after the first run through (if the Range Arm has risen) is the solution to this.

If, after the second pass through, when you have asked the Pc "Is the incident erasing or going more solid?" and the Pc doesn't know or isn't sure, ask for an earlier incident. When a Pc doesn't know if it's solid or erasing, it's time to look earlier.

Never ask "Erasing/Solid?" in the middle of an incident.

### BOUNCERS

If the Pc is out of the session, out of the incident, bounces from the incident, etc., you would have to have him or her RETURN to the beginning of the incident and move through the incident, returning the Pc to the incident as necessary.

The Pc who bounces out of an incident on a "bouncer" has to be put back into the incident and continue running it.

The commands to do this are: As soon as you have seen that the Pc has bounced, give him command RB ("Return to the beginning of that incident and tell me when you are there."), followed with CD.

### FLOWS 2, 3 AND 0

Step One and Step EI (going earlier) commands for Flows 2, 3, and 0 are:

FLOW 2:

STEP ONE:

"Locate an incident of your causing another (the exact somatic or feeling used in Flow 1)."

STEP EI:

"Is there an earlier incident of your causing another (exact somatic or feeling used in Flow 1)?"

FLOW 3:

“Locate an incident of others causing others (plural of the exact somatic or feeling used in Flow 1).”

STEP EI:

“Is there an earlier incident of others causing others (plural of the exact somatic or feeling used in Flow 1)?”

FLOW 0:

STEP ONE:

“Locate an incident of you causing yourself (the exact somatic or feeling used in Flow 1).”

STEP EI:

“Is there an earlier incident of you causing yourself (the exact somatic or feeling used in Flow 1)?”

Each of these Step One and Step EI commands are run on the full verbatim two-nine, A-D steps as given herein.

## RUNNING NARRATIVES

### SECONDARIES

Secondaries and other narrative type incidents are run with the same commands as R3R.

The Step One command is: “Locate the time you (description of the incident).” or some such command, depending on what you are running. Just be sure the command makes sense and lands the Pc in the incident that you want to land him in.

The earlier similar command (ESI) for narrative running is “Is there an earlier similar incident?”

It is not always a wise idea to do Flow 2, Flow 3 and Flow 0 with narratives as you may put the Pc into a narrative way back on the track and stick him there.

## CLEARING PRACTITIONER KNOWLEDGE OF COMMANDS

These commands and procedures as given above must be thoroughly drilled with CE 101, 102, 103 and 104 before any Alethanetic Clearing may be done on a Pc.

Pcs can be messed up by incorrect and sloppy commands.

## SPEED OF COMMANDS

Some Pcs run fast and some run slow. A Clearing Practitioner must never rush a Pc or hold him up when he is ready to go on with the next command. The Clearing Practitioner must never keep a Pc waiting for him while he handles his admin or comm lags before giving the next command.

Timing and speed are especially crucial when the Clearing Practitioner gives the command to move through the incident after having told the Pc to move to the beginning of the

incident. With a slow command, the Pc would wind up halfway through the incident before he receives the command to move through it.

The better a Clearing Practitioner knows his CEs, his process commands, his meter and admin, the faster and more accurately he can operate. Speed is very important, especially when Clearing fast Pcs.

### PC INTEREST

In doing R3R it is necessary that (a) one chooses things the Pc is interested in and (b) one does not force a Pc to run things he is protesting being run on.

### LAST INCIDENT FOUND

If you ask if there is an earlier beginning and you have already checked for an earlier incident and the Pc says there is no earlier beginning, you do not just walk off from the one he was just running. You send the Pc through it again and it will erase with full end phenomena or the Pc will then be able to see an earlier incident and continue with the chain.

### COMPLETING CHAINS

If you do sloppy R3R and do one thing after another without getting the full EP of:

- 1) the Actual Postulate WHICH WILL BE THE ERASURE,
- 2) F/N,
- 3) VGIs,

you will get the Pc stuck up on the track. You complete each chain to full EP as above, remembering that when the postulate comes off, THAT is your EP. The chain will have blown.

### F/Ns

In running Alethanetics you do not stop at the first sign of an F/N, you do not call F/Ns during the running. Alethanetic Clearing runs only by asking the Pc if it is erasing. You ignore F/Ns until the postulate has come off to F/N and VGIs. Then you call the F/N and that's it for that chain.

### BLOWING BY INSPECTION

A Clearing Practitioner may occasionally encounter a Pc who erases chains before he can even tell about them. Along about Step 3 of R3R, the Range Arm blows down, the needle F/Ns, the Pc says, "It's gone", and VGIs come in. This is called blowing by inspection and occurs once in a while with a fast running Pc on a light chain.

If it was basic for that chain and the Clearing Practitioner fails to recognize and handle it, the Pc will go into another chain or a heavy protest.

### ENDING SESSION

An R3R session can be safely ended on a completed chain that ended with the full Alethanetic EP as above stated.

This doesn't mean the end of all Alethanetic Clearing. In the next session another assessment will turn up more unwanted feelings, etc.

#### ENDING ALETHANETIC CLEARING

Alethanetic Clearing is ended off only when a Pc has become well and happy and remains that way.

And there you have it, engram running superior to any engram running ever done and giving superior and faster results.

# **PROFESSIONAL ALETHANETIC COMMAND TRAINING DRILLS**

## **CE 101**

27 MARCH 1989

The most common errors being made by student Clearing Practitioners are:

1. Forgetting the commands during session,
2. Misusing command sequence or procedure or
3. Doing odd things because they get nervous.

The following drill is done in the Professional Alethanetic Clearing Practitioner Course as a first step to handle this. The drill must be thoroughly done.

CE 101

NAME: R3R to a wall

COMMANDS: R3R commands including earlier incident and earlier similar commands.

Included in this drilling are the handling of bouncers, checking for erasure, and checking for postulate, command actions, as well as are the handling of narrative incident commands.

POSITION: Student seated facing a wall.

PURPOSE: To get the student able to give all R3R commands accurately, in correct order without hesitation or having to think what the next command should be.

TRAINING NOTE: This drill is not coached. The student sits facing a wall with a copy of the R3R bulletin in his lap. The student gives the commands, in order, to the wall maintaining good CE 0 and CE 1. When the student falters or is uncertain of the next command he re-reads the commands from the bulletin, then continues to give the commands to the wall. When the student can confidently give all the possible R3R commands accurately without any slightest comm lag, he has passed this drill.

# **ALETHANETIC CLEARING**

## **BASIC DEFINITIONS**

27 MARCH 1989

An ENGRAM is a mental image picture which is a recording of a time of physical pain and unconsciousness. It must by definition have impact or injury (physical damage) as part of its content.

A SECONDARY is a mental image picture of a moment of severe and shocking loss or threat of loss which contains misemotion such as anger, fear, grief, apathy or "deathfulness." It is a mental image recording of a time of severe mental stress. It may contain unconsciousness. When it is reactivated by a similar but lighter experience, another mental image picture is recorded which becomes a lock (a reminder) on the secondary and serves to keep the secondary alive. A secondary is called a secondary because it itself depends upon an earlier engram with similar data but real pain, etc.

A LOCK is a mental image picture of an incident where one was knowingly or unknowingly reminded of a secondary or engram. It does not itself contain a blow or a burn or impact and is not any major cause of misemotion. It does not contain unconsciousness. It may contain a feeling of pain or illness, etc., but is not itself the source of it. Example: one sees a cake, feels sick. This is a lock on an engram of being made sick by eating cake. The picture of seeing a cake and feeling sick is a lock on (is locked to) the incident (unseen at the moment) of getting sick eating cake. When one finds a lock, it can be run like any other mental image picture.

ERASURE is the action of erasing, rubbing out, locks, secondaries or engrams. Erasure occurs when the basic incident on the chain is transferred from the reactive subconscious mind to conscious awareness after the postulate made during the incident is found.

The content of the engram bank is actually shifted rather than removed, for it refiles under the heading of experience in the standard memory banks. The material appears to vanish in processing because the processing is addressed to the engram bank, not the standard memory banks.

It is of the very greatest importance that an Alethanetic Clearing Practitioner really grasp what these things are. Otherwise he won't know what he is doing or to what.

Because he isn't seeing his Preclear's pictures, a Clearing Practitioner can become very careless about them and not handle them correctly.

If a Clearing Practitioner doesn't really know what these things are (engrams, secondaries, locks, erasure), he cannot, of course, hope to handle them for the Preclear.

The basic Alethanetic errors are: not knowing what these are and that they are there to be handled and that these, and these alone, cause psychosomatic ills.

Once one has a full grip on these definitions, he can then and only then hope to do anything for the Preclear.

If the Clearing Practitioner is going to handle the aches, pains, unwanted sensations and psychosomatic illnesses of the Preclear, it requires that he fully grasp these basic definitions.

Literally millions of complications can stem from the simple fact that a Preclear records experiences in mental image pictures and that these thereafter can affect HIS BODY adversely.



Once one really understands that mental image pictures are all there is in the Preclear's "mind," one has understood the total of aberration. There is NOT something else there. No "id" no "ego." There are only mental image pictures.

These, if you use the exact procedures of Alethanetic Clearing, can be found and erased.

When the unwanted locks, secondaries and engrams are erased, the Preclear will be rid of the physical disabilities of which he complains and will be well physically.

SOMATIC means essentially body sensation, pain or discomfort. "Soma" means body. Hence PSYCHO SOMATIC means body sensation, pain or discomfort stemming from the mind.

MISEMOTION is anything that is unpleasant emotion such as antagonism, anger, fear, grief, apathy or a death feeling.

If a Preclear who is being Cleared or has been Cleared on Alethiology Grades becomes ill, one DOES NOT TRY TO MAKE HIM WELL BY GIVING HIM NEW HIGHER GRADES. That has been an error of great magnitude. Instead ONE REVERTS TO ALETHANETIC CLEARING until the Pc is well and only then continues with Alethiology.

This is correct procedure because it works.

People "come into Alethiology" to cure their headaches. Somebody starts them off on grade processing; several grades later they still have their headaches. It is a continual present time problem to them and the Clearing Practitioner. It can sometimes vanish during grade processing; however, this is usually not the case.

The right thing to have done was give the person ALETHANETIC CLEARING, until he or she no longer had headaches.

Continual headaches come from mental image pictures retained by the Pc of having a head crushed or shot off or hit. This is an engram. It actually had to happen. It is NOT imaginary or delusion. The proof is that when the Clearing Practitioner finally erases the engram, the recording of the injury is gone and the headaches will not again occur.

The Preclear often is unable to confront the actual engram at once. He offers one a LOCK, a time when he had a pain in the head. One "runs" this lock (one always runs whatever is offered; you don't force the Pc) and finds after putting the Preclear through it a couple of times that IT IS GETTING MORE SOLID or it simply isn't erasing. One finds an earlier recording. This possibly turns out to be a secondary. The Pc had a moment of loss and cried and also had a headache.

This secondary may or may not erase. If it does, one leaves it, of course, as finished. But if it goes more solid (shown by Range Arm rising at the end of a run through the incident or if the Pc says it is going more solid), one then asks for an earlier incident.

One might then get the actual engram, a recording of a time when the head was actually injured.

The Clearing Practitioner runs this through and as soon as he has completed a run through the incident and discovered (from the rising Range Arm or the Pc) that the incident is going more solid, he asks for an earlier incident.

This one turns out to be the basic incident and it erases.

When it erases the whole chain of headaches ALSO erases.

And that is the end of the Pc's headaches-period.

One then inquires after other somatics or sensations and handles them the same way.

It is all done by using the Alethanetic technique called R3R.

The Clearing Practitioner always has more control over the Preclear's mental image pictures than the Preclear does. Thus the pictures do what the Clearing Practitioner says. This point too must be grasped by a Clearing Practitioner or he will be waiting on the Preclear to act or move in time.

The TIME TRACK is the consecutive record of mental image pictures which accumulates through the Preclear's life or lives. It is very exactly dated.

PLEASURE MOMENTS are mental image pictures containing pleasure sensations. They respond to R3R. One addresses pleasure moments early in Alethanetic Clearing for the purpose of getting the Preclear moving easily on the Time Track. One certainly wouldn't want to run engrams, secondaries or locks on a Preclear if that Preclear could not easily confront and run pleasure moments. Running pleasure moments is a safe place to begin on any Preclear. Pleasure moment running raises emotional tone level.

BLACK FIELD is just some part of a mental image picture where the Preclear is looking at blackness. It is part of some lock, secondary or engram. In Alethiology it can occur (rarely) when the Pc is exterior, looking at something black. It responds to R3R.

INVISIBLE FIELD is just a part of some lock, secondary or engram that is "invisible." It, like a Black Field, responds to R3R.

PRESSURE SOMATIC is, in Alethanetic Clearing, considered to be a symptom in a lock, secondary or engram, simply part of the content.

The symptom (pain, emotion or sensation) is from either the body directly (such as a broken bone, a gallstone, poor nutrition or immediate physical cause) or is part of the content of a mental image picture - lock, secondary or engram.

The Alethanetic Clearing Practitioner does not clear ideas or think. He is handling the physical force in mental recordings. Ideas are in them. Ideas come out of them. But think is not part of Alethanetic Clearing.

In Alethanetic Clearing we handle locks, secondaries and engrams.

KEY-IN is the action of recording a lock on a secondary or engram.

KEY-OUT is an action of the engram or secondary dropping away without being erased.

ALETHANETIC F/Ns ARE HANDLED DIFFERENTLY THAN ALETHIOLOGY F/Ns.

An F/N seen by the Clearing Practitioner in running R3R is not called until the full Alethanetic EP is reached.

A Clearing Practitioner running R3R is not looking for only F/Ns. HE is looking for the postulate which is sitting at the bottom of the chain he is running.

The EP of an Alethanetic chain is always the postulate coming off. The postulate is

what holds the chain in place. Release the postulate and the chain blows. That's it.

The Clearing Practitioner must recognize the postulate when the Pc gives it, not just the VGIs, call the F/N and end off processing that chain.

An F/N seen as the incident is erasing is not called.

The Pc does not have to state that the incident has erased. Once he has given up the postulate, the erasure has occurred. The Clearing Practitioner will see an F/N and VGIs. Now the F/N is called. F/Ns are not indicated until the EP of postulate off, F/N and VGIs is reached.

It's the postulate - not the F/N - that we are going for in Alethanetic Clearing.

MULTIPLE ILLNESS means the Preclear is physically uncomfortable or ill from several engrams of different types, all reactivated. One runs one somatic chain at a time, running each new symptom that is assessed or stated by the Preclear.

CHAIN means a series of recordings of similar experiences. A chain has many engrams, secondaries and locks. A head injury chain in the sequence encountered by a Clearing Practitioner and run by R3R would look like this: seeing a bat in a sporting goods display window (lock), losing a bat (secondary), hit in the head with a bat (engram). The engram is the earliest date, the secondary a later date, the lock the most recent.

By using somatics (meaning discomforts, complaints, sensations, aches, pains) to trace back a chain and by staying on the chain of only one somatic (e.g., pain on the right side of the head), you get back down the single chain without dispersing all over the place into different chains. Thus one runs the chain of one particular somatic or discomfort or complaint down to key-out or erasure before doing the next somatic or discomfort or complaint.

AUTOMATIC BANK causes a Pc to get picture after picture after picture all out of control. This occurs when one isn't following an assessed somatic or complain or has chosen the wrong one or one which the Pc is not ready to confront or by overwhelming the Pc with rough CEs or going very non-standard. Some Pcs turn up in their first session with automatic banks. The thing to do is carefully preassess the physical complaint for longest or best read and gently handle that chain well. Most likely the Preclear is not up to running Alethanetic Clearing at this time and needs a repair and a much lighter gradient.

BASIC is the FIRST experience recorded in mental image pictures of the TYPE of pain, sensation, discomfort, etc. you are running. Every chain has its basic. It is a FACT that when one gets down to the basic on a chain (a) the postulate made at the time of the incident comes off and (b) the whole chain vanishes for good. Basic is simply earliest.

UNBURDENING is the act of digging off the top to get at the bottom, as in moving sand. As a basic is not at once available on any chain, one usually unburdens it by running later engrams, secondaries and locks. As you run off later incidents, the ability of the Preclear to confront basic also increases and basic is easy to run when finally contacted.

VALENCE is the unwitting assumption by one individual of the characteristics of another individual.

ALLY is a person from whom sympathy came when the Preclear was ill or injured. If the ally came to the Preclear's defense or his words and/or actions were aligned with the individual's survival, the reactive mind gives that ally the status of always being right - especially if this ally was obtained during a highly painful engram. The loss of an ally is an extremely devastating type of secondary.

ASSESS in Alethanetic Clearing means choose, from a list or statements, which item or

thing has the longest read or the Pc's interest. The longest read will also have the Pc's interest.

If you know these definitions COLD so you don't have to mutter them or memorize them but just KNOW them, you will really get results with Alethanetic Clearing.

The biggest failure in training Clearing Practitioners was their faulty grasp of what they were addressing and their additive think.

The discoveries of Alethanetic Clearing were basic and vital and opened a wide new unexplored frontier.

The terms are therefore IMPORTANT and what they mean and the things they name must be grasped before success can attend any processing.

Any failures of Alethanetic Clearing Practitioners were not the failures of Alethanetic Clearing. The persons attempting to clear others didn't KNOW what these things were, essentially the lock, the secondary, the engram, erasure and key-out.

So these are essential to any training or use of Alethanetic Clearing.

## WHAT THE C/S IS DOING

27 MARCH 1989

The following is a transcript from an early, 1950's Alethanetic Clearing session:

Preclear: "Oh, nuts."

Clearing Practitioner: Let's go over it again.

Preclear: "Oh, nuts."

Clearing Practitioner: Let's go over it again.

Preclear: "Oh, nuts. This . . ."

Clearing Practitioner: Next line.

Preclear: "Oh, nuts, this . . ."

Clearing Practitioner: Continue.

Preclear: ". . . damn thing won't work."

Clearing Practitioner: Okay.

Preclear: (mutter) "This damn thing won't work. She's out like a light." No, that isn't it. "Oh, nuts, this - this . . ."

Clearing Practitioner: Continue. You know it. Roll it out.

Preclear: "Oh, nuts, this won't work. There ought to be another way of doing this. There's always two ways of doing things. More ways than one to skin a cat."

Clearing Practitioner: Hm-hm. Continue.

Notice, in this example of an early Alethanetic Clearing session, that the Clearing Practitioner is getting the Preclear to run through the incident word-by-word and phrase-by-phrase.

In earlier forms of Alethanetic Clearing considerable stress was placed on the words and phrases in engrams. The Preclear was encouraged by the Clearing Practitioner to repeat words and phrases as the Preclear progressed through the incident. This is still functional; however, as further research was done, it was found that (a) many Pcs were unable to get the words in the engram and (b) the apparent force of the words was derived wholly from the pain, emotion, force and effort contained in the engram and not from the words. In modern Alethanetic practice, running the words and phrases in an engram plays no major role in the Clearing. In modern Alethanetic Clearing the Preclear is only told to "Move through to the end of the incident" and not asked specifically to repeat words and phrases from the incident.

In modern day Alethanetic Clearing the Clearing Practitioner is interested in getting the Preclear to confront and as-is the force contained in the incident.

**FORCE** 1. physical power or strength exerted against a person or thing: as, he used force in opening the stuck door. 2. the use of physical power to overcome or restrain a person; violence: as, the police resorted to the use of force to break up the riot.

Force implies the exertion of power in causing a person or thing to act, move or comply against his or its resistance and refers to physical strength. We're talking here about the actual force or power of an explosion, the impact of a dashboard in an automobile accident, a fist breaking and crunching a nose, a baseball bat caving in a skull or the power of contractions during the birth process (not what the person was thinking or what other people were saying before, during or after the incident).

The use of the words (repeated by the Preclear) to deactivate engrams and the concentration on phrases in engrams is valid, but is of lesser importance to the pain, misemotion, etc. in the engram. Thus, if you run out the force contained in the incident, the words drop into insignificance. The Pc gets cognitions when the words and meaning concealed in the engram change value and devalue. The Pc can then think clearly again on a subject previously pinned down by the force. Get the force out and the words take care of themselves and need no special handling.

**SIGNIFICANCE** 1. A word which is used in the special sense to denote any thought, decision, concept, idea, purpose or meaning in the mind in distinction to its masses, energy or physical force.

The mind is basically composed of masses and significances. Every incident such as an engram is composed of mass (force, effort and energy) and significance (meaning, thoughts, ideas, words, etc.). The mass is the force in the incident such as the impact, pain, emotion, etc., and the significance is the meaning or what happened in the form of words, ideas, thoughts, etc.

The Preclear who is only up to confronting the significance (words, ideas, etc.) and who cannot confront and run out the force and effort in an incident will pull the significance out of the mass, have all kinds of cognitions and realization and yet not get any better because the mass and force are not as-is. In fact, a Preclear running only significance will worsen because his figure-figure about the significance will just reactivate more mass and force.

A Preclear who is up to confronting and running the mass, force and effort in an incident will as-is all the mass leaving the significance (postulate and cognition) free to come to analytical awareness and refile under the heading of experience in the mind.

The remedy for the Preclear who is running all significance (figure-figure, "cognitions," "realizations," etc.) and not confronting and running the force and effort in incidents is lighter processes. Always keep in mind:

#### **THE LEAST FORCEFUL PROCESSING PRODUCES THE BEST RESULTS.**

The meaning of words and phrases (the significance of words and phrases) plays a secondary role in processing to the actual forces contained in the engram. Preclear's have been known to run wonderful and exotic past life fantasies and illusions with all the correct words and meaning while never contacting any force. Such Preclears get no value out of Alethanetic Clearing and are sometimes worse off afterwards because they didn't contact and discharge the force in the incident.

Beings find counter-forces objectionable. All chronic (continual) somatics have their root in force of one kind or another.

Because the handling of things with bodies involves force to a greater or lesser degree, incapability and derangement of mental values is proportional to the Being's fear of and objection to force.

Someone who cannot confront force is caught up in fantasies and illusions.

This objection descends down to a wish to stop things. It goes below that into overwhelm in which propitiation and obsessive agreement manifest themselves.

### LOW RANGE ARMS

The low Range Arm is a symptom of an overwhelmed Being; a Being overwhelmed by forced.

When a Pc's Range Arm goes low, he is being overwhelmed by too heavy a process, too steep a gradient in applying processes or by rough CEs or invalidative Clearing or Clearing errors.

A low Range Arm means that the Being has gone past a desire to stop things and is likely to behave in life as though unable to resist real or imaginary forces.

### HIGH RANGE ARM

Chronically high Range Arms mean the person can still stop things and is trying to do so.

However, all one has to do is reactivate and leave unflat an engram chain to have a high Range Arm. High Range Arm is reflecting the force contained in the chain.

An "overrun" means doing something too long that has engrams connected with it. It should be noted that any activity or subject could have engrams connected with it if we consider the entire whole track. An engram chain connected to the activity or subject with many engrams on it is being reactivated by life or Clearing. Hence overrun.

If this overrun persisted unhandled, eventually the Pc would be overwhelmed and one, in theory, would have a low Range Arm.

### MENTAL MASSES

Mental masses, forces and energy are the items being handled by the C/S and the Clearing Practitioner on any Pc.

If the C/S loses sight of this, he can wander off the road and go into the thickets of significance (ideas and thoughts instead of force).

Engrams, secondaries, and locks all add up to mental masses, forces and energies which express themselves in countless different ways such a pain or misemotion.

### PC SEARCH

The Pc is continually searching for the significance of a mass or force -what is it, why is it.

The C/S is easily led astray by this.

All forces in the bank contain significances.

All forces can be unburdened and lightened up by the various procedures of Clearing.

The search of the Pc is for significance.

The action of the C/S is reduction of forces.

### THE CB METER

The CB Meter records what force is being discharged in every slash, fall and blowdown. The amount of Range Arm per session is the C/S's index of gain.

Note that a discharged process no longer gives Range Arm and case gain results.

The amount of significance recovered or realized by the Pc only shows up as cognitions.

As the Range Arm works off the case, then one has two indicators:

1. There is needle and Range Arm action.
2. The Pc cognites.

One (1) shows that force is coming off. Two (2) shows that thought (significance) is releasing from force.

### PROPER C/Sing

If a C/S processes toward significance only, he will get cases that do not progress.

The needle action detects not so much significance as where the force is.

Diving toward significance, the C/S winds up shortening levels, looking for "magicone shot buttons" and overwhelming cases by shooting them on up the levels while levels remain loaded with force.

### RELIABLE INDICATORS

When a Pc gets no more Range Arm action on Level I, he will have made Level I and will know it. He will therefore attest to "No problems."

The reliable indicators are Range Arm action and cognitions while a level is still charged.

Diminished Range Arm action and cognitions means the purpose of the level has been reached.

A feeling of freedom and expansion on a subject is expressed in a normal (not high or low) Range Arm and a loose needle.

The Pc will now attest to an ability regained.

### F/N ABUSE

To process only to F/N and even chop off the cognitions on a process abuses the indicator of the F/N.

You can find some Pcs who bitterly resent F/N indications.



They have been:

- A. Not run on all the processes of a level;
- B. Still have force on the subject;
- C. Were chopped off before they could cognite.

The ARC Break in this is UNFINISHED CYCLE OF ACTION.

The proper End Phenomena for a process is F/N, Cognition and VGIs. Now look at that carefully. That is the proper end phenomena of a PROCESS. IT is not the end phenomena of a LEVEL or even of a TYPE of process ( "Help" or "Confront" is a TYPE of process).

Let us say there are 15 possible Alethiology processes for orienting a Pc in his present location.

To run one of these 15 and say, "F/N, that's it, you're complete." is a Quickie, impotent action that rebounds on the Pc eventually. If there are 15, run 15 or run enough processes to get a full end phenomenon for the action.

Possibly the Pc on number 12 will cognite he's really right where he is. Only then could you cease to work at it.

An F/N, Cog and VGIs tells you a process is finished, not a whole class of actions.

Thus 2 1/2 minutes from Level O to IV is not only impossible, it is murderous. It will result in an overwhelm, a low Range Arm or a high Range Arm eventually.

Level I says, amongst other things, "Problems Processes." There are certainly half a dozen. Each would be run to F/N, cog and VGIs. When these and the other processes of the level are run, the Pc will have no further reaction to problems and will be able to handle them.

A cognition in lower levels is not necessarily an ability regained. Thirty or forty cognitions on one lower level might add up to (and probably would) the realization that one is free of the whole subject of the level.

It is safe to run more processes. It is unsafe to run too few.

## PC ABILITIES

It is not enough for the Pc to have only the subtractive gains of deleting force. Sooner or later he will have to begin to confront force.

This comes along naturally and is sometimes aided by processes directly aimed at further confront. "What problem could you have?" sooner or later is needed in one form or another.

What force can the Pc now handle?

All Clearing in a body - and any living in a body - makes a Being vulnerable. Bodies break, suffer and intensify pain.

Sooner or later a Pc will go exterior. If the Preclear gets reactivated from re-interiorization, the Interiorization Rundown must be ordered as the next action or you will have a Pc with a high Range Arm.

After the Interiorization Rundown, the Pc is less subject to the body and his ability to confront force will improve.

Do not be too worried or surprised if after this the Pc has some minor accident with the body. Exterior he forgets its frailty. However, such things are minor. He is "learning how to walk" a new way and will run into chairs! He gets this figured out after a while.

Prelears sometimes improve their ability to handle force while interior and have mysterious headaches or new body pressures. Inevitably they have been exterior and need Interiorization run. They were just using too much force while still inside.

Thus force is of primary importance; significance (ideas, thoughts and meaning) is very secondary.

Force, of course, is made up of time, matter, energy, flows, particles, masses, liquids, gasses, space and locations. All this gets inherently handled in processing.

The Pc tends to dive for the thought imbedded in the force. He will tell you he's being processed to find out who his parents were or why he is sterile or who did him in, etc. The C/S who chases after this is going after the wrong thing.

#### C/S PURPOSE

The C/S is there to make certain that the Pc makes gains and attains the actual abilities of the level.

#### THE C/SING IS FOR THE PC.

C/S and Clearing Practitioner control exists only to keep the Clearing standard, the CEs good, the processes done to the end phenomena of each one.

No other reasons for C/Sing exist.

## COMPLETE LIST OF PERCEPTIONS

30 MARCH 1989

Mental image pictures actually contain 55 perceptions, though in Recall Clearing only the 12 perceptions listed in the next bulletin are generally used. For your information, the following is a list of all 55 perceptions.

1. Time.
2. Sight.
3. Taste.
4. Color.
5. Solidity (Barriers).
6. Relative sizes (External).
7. Sound.
8. Pitch.
9. Tone.
10. Volume.
11. Rhythm.
12. Smell (4 subdivisions).
13. Touch (4 subdivisions).
14. Personal Emotion.
15. Endocrine States.
16. Awareness of Awareness
17. Personal Size.
18. Organic Sensation (Including Hunger).
19. Heartbeat
20. Blood Circulation
21. Cellular & Bacterial Position.
22. Gravitic (Self and other Weights).
23. Motion of Self.
24. Motion (Exterior).
25. Body Position.
26. Joint Position.
27. Internal Temperature.
28. External Temperature.
29. Balance.
30. Muscular Tension.
31. Saline Content of Self (Body).
32. Fields/Magnetic
33. Time Track Motion.
34. Physical Energy (Personal weariness, etc.).
35. Self Determinism (Relative on each Dynamic).
36. Moisture (Self).
37. Sound Direction.
38. Emotional State of other Organs.
39. Personal Position on the Scale of Emotions.
40. Affinity (Self and Others).
41. Communications (Self and Others).
42. Reality (Self and Others).
43. Emotional State of Groups
44. Compass Direction.
45. Level of Consciousness.
46. Pain.
47. Perception of Conclusions (Past and Present).
48. Perception of Computation (Past and Present).

49. Perception of Imagination (Past and Present).
50. Perception of Having Perceived (Past and Present).
51. Awareness of Not-Knowing.
52. Awareness of Importance, Unimportance.
53. Awareness of Others.
54. Awareness of Location and Placement.
  - (a) Masses.
  - (b) Spaces.
  - (c) Location Itself.
55. Perception of Appetite.

## **PERCEPTION LIST**

30 MARCH 1989

Here is a list of the standard perceptions used in Recall List Clearing. The Clearing Practitioner uses this list in session along with the Recall Lists.

SIGHT

COLOR

SOUND

TEMPERATURE

LOUDNESS

SMELL

TOUCH

WEIGHT

PERSONAL MOTION

EXTERNAL MOTION

BODY POSITION

EMOTION

**TIME TRACK  
AND  
ENGRAM RUNNING**

30 MARCH 1989

No recapitulation or summation of materials was ever done on engram running. Therefore while all lectures and books on it are true, no one contains a final survey of engram running including everything vital to this skill and the laws which govern it. The material in books and tapes should be reviewed. But the material in the bulletins of the Professional Alethanetic Clearing Practitioner Course should be learned thoroughly, as they take precedence over all earlier material.

**WHY PEOPLE HAVE TROUBLE RUNNING ENGRAMS**

There has been a constant plea for a rote set of commands to run engrams. The need for such commands is a testimony to the Clearing Practitioner's lack of knowledge of the mechanics of the Time Track and the Pc's behavior during an engram running session.

A near rote set of commands has been developed and named R3R (Routine 3 Revised). However, this set of commands is no substitute for a thorough knowledge and complete understanding of the subject of engram running. Actually, a Clearing Practitioner should be able to run an engram (as in the case of an assist) without any commands other than those she invents while doing the session. That is how natural engram running should be.

A Clearing Practitioner must know the basic laws and mechanics of the Time Track in order to run engrams. There is no rote procedure and never will be that will be successful on all cases in the absence of a knowledge of what a Time Track is.

There is no substitute for knowing what engrams are and what they do. Knowing that, you could run engrams with commands invented during the session. Not knowing that, there is nothing that will take the place of such knowledge. You have to know the behavior of and data about engrams. There is no royal road that avoids such knowledge. If you know all about engrams, you can run them. If you don't you'll make a mess, regardless of the commands given for use.

Therefore the essence of engram running is a knowledge of the character and behavior of engrams. This is not a vast subject.

However, these three things stand in the way of learning about engrams:

1. Engrams contain pain and unconsciousness; fear of pain or inflicting pain causes the Clearing Practitioner not to confront the Pc's engrams; and
2. The Clearing Practitioner is so accustomed to projectionists reeling off movies and TV programs for him or her that the Clearing Practitioner tends to just sit while the action rolls forward, acting like a spectator, not the projectionist.
3. Failure to handle Time in Incidents.

On (1) you can remedy this just by knowing about it and realizing it and surmounting it, and on (2) you can remedy the attitude by realizing that the Clearing Practitioner, not the Pc (or some installed movie projectionist), is operating the Pc's bank. (3) is covered later.

Take a pocket movie projector and any bit of a reel of film and wind it back and forth for a while and you'll see you are moving it. Then give a command and move the film and you'll have what you're doing as a Clearing Practitioner. Many drills can be developed using such equipment and (2) will be overcome. (1) requires just understanding and the will to rise superior to it.

### THE TIME TRACK

The endless record, called the TIME TRACK, complete with 55 perceptions, of the Pc's entire past, is available to the Clearing Practitioner and his or her Clearing commands.

The rule is:

THE TIME TRACK OBEYS THE CLEARING PRACTITIONER;

THE TIME TRACK DOES NOT OBEY A PRECLEAR.

The Time Track is a very accurate record of the Pc's past, very accurately timed, very obedient to the Clearing Practitioner. If motion picture film were 3D, had 55 perceptions and could fully react upon the observer, the Time Track could be called a motion picture film. It is at least 350,000,000,000,000 years long, probably much longer, with a scene about every 1/25 of a second.

### DEFINITIONS

That part of the Time Track that is free of pain and misadventure is called simply the FREE TRACK, in that the Pc doesn't freeze up on it.

Any mental picture that is unknowingly created and part of the Time Track is called a FACSIMILE, whether an engram, secondary, lock or pleasure moment.

Any knowingly created mental picture that is not part of a Time Track is called a MOCK-UP.

Any unknowingly created mental picture that appears to have been a record of the physical universe but is in fact only an altered copy of the Time Track is called a DUB-IN.

Any unknowingly created mental picture that appears to have been a record of the physical universe but is in fact a complete fabrication and never actually happen on the Time Track is called a DUB-IN OF DUB-IN.

Those parts of the Time Track which contain misemotion based on earlier engramic experience are called SECONDARIES.

Those parts of the Time Track which contain the first moment an earlier engram is reactivated are called KEY-INS.

Those parts of the Time Track which contain moments the Pc associates with Key-ins are called LOCKS.

A series of similar engrams, or of similar locks, are called CHAINS.

A BASIC is the first engram on any chain. An APPARENT BASIC is that engram (or secondary or lock) which the Pc can get to on a particular chain, given his present level of confront. The running of the apparent basic will cause the chain to key-out.

BASIC BASIC is the first engram on the whole Time Track.

Incidents are not in piles or files. They are simply a part of the consecutive Time Track.

By INCIDENT is meant the recording of an experience, simple or complex, related by the same subject, location or people, understood to take place in a short and finite time period such as minutes or hours or days.

A CHAIN OF INCIDENTS makes up a whole adventure or activity related by the same subject, general location or people, understood to take place in a long time period, weeks, months, years or even billions or trillions of years.

An incident can be an engram, secondary, key-in or lock. A chain of incidents can therefore be a chain of experiences which are engrams, secondaries, key-ins and locks.

A chain of incidents has only one BASIC. Its BASIC is the earliest engram received from (or perpetration committed against) the subject, location or Beings which make it a chain.

### THE INFLUENCE OF THE TIME TRACK

Shakespeare said all life is a play. He was right in so far as the Time Track is a 3D, 55 perception movie which is a whole series of plays concerning the Preclear. But the influence of it upon the Preclear removes it from the class of pretense and play. It is not only very real, it is what contains whatever it is that depresses the Pc to what he is today. Its savageness relieved, the Preclear can recover, and only then. There is no other valid workable road.

There are valences, circuits and machinery in the Reactive Mind, as well as Engrams, Secondaries and Locks. But these all have their place on the Time Track and are part of the Time Track.

The Preclear, as a Being, is the effect of all this recorded experience. Almost all of it is unknown to him.

There are no other influencing agencies for the Preclear than the Time Track and Present Time. And Present Time, a moment later, is part of the Time Track.

### THE CREATION OF THE TIME TRACK

The Preclear makes the Time Track as time rolls forward. He does this as an obsessive create on a sub-awareness level. It is done by an INVOLUNTARY INTENTION not under the Pc's awareness or control.

The road to Clear by making the Preclear take over the creating of the Time Track (Creative Processing) was long explored and proved completely valueless and chancy.

The road to Clear by making the Preclear leave the Time Track (exteriorization) lasts only for minutes, hours or days and has proven valueless.

The road to Clear, proven over 35 years of intense research and vast numbers of Clearing hours and cases, lies only in a Clearing Practitioner handling the Time Track and removing from it, by means governed by the Clearing Practitioner's Code, the material, both motivators and perpetrations, which, recorded on it, is out of the control of the Pc and holds the Pc at effect. Engram running, Prepchecking, repetitive processes, recall processes, Entity Clearing and assists all handle the Time Track successfully and are therefore the basis of all modern processing.

### APPARENT FAULTS IN THE TIME TRACK



There are no faults in the recording of the Time Track. There are only snarls caused by Groupers, and unavailability and lack of perception of the Time Track.

A GROUPER is anything which pulls the Time Track into a bunch at one or more points. When the Grouper is gone, the Time Track is perceived to be straight.

Unavailability is caused by the Pc's inability to confront, or BOUNCERS and DENYERS. A BOUNCER throws the Pc backward, forward, up or down from the track and so makes it apparently unavailable. A DENYER obscures a part of track by implying it is not there or elsewhere (a mis-director) or should not be viewed.

Groupers, bouncers and deniers are material (matter, energy, space and time in the form of effort, force, mass, delusion, etc) or command phrases (statements that group, bounce or deny). When a grouper, bouncer or denier is enforced by both material and command phrases, they become most effective, making the Time Track unavailable to the Pc.

Unless the Time Track is made available, it cannot be as-ised by the Pc and so remains aberrative.

The Time Track is actual in that it is made of matter, energy, space and time as well as thought. Those who cannot confront Mest think it is composed only of thought. A grouper can make a Pc fat and a bouncer thin if the Pc is chronically stuck in them or if the track is grouped or made unavailable through bad Clearing.

## HANDLING THE TIME TRACK

Although finding and curtailing the development of the Time Track at its source (Basic-Basic) is not improbable, the ability of the Preclear to attain it early on is questionable without reducing the charge on the existing track. Therefore, any system which reduces the charged condition of the Time Track without reducing but increasing the awareness and decisionability of the Preclear is valid processing. Any system which seeks to handle the charge but reduces the Preclear's awareness and decisionability is not valid processing but is degrading.

According to early axioms, the single source of aberration is Time. Therefore any system which further confuses or overwhelms the Preclear's sense of time will not be beneficial.

Thus the first task of the student of engram running is to master the handling of Time on the Preclear's Time Track. It must be handled without question, uncertainty or confusion.

Failing to handle the Time in the Pc's Time Track with confidence, certainty and without error will result in grouping or denying the Time Track to the Pc.

The prime source of ARC breaks in engram running sessions is by-passing charge by "Time mishandling" by the Clearing Practitioner. As a subheading under this, trying to erase incidents which are not basic on a chain constitute an error in Time and react on the Pc badly.

An ARC break-less session requires gentle accurate time scouting, the selection of the earliest Timed incident available and the accurate Time handling of the incident as it is run.

There are only a few reasons why some cannot run engrams on Pcs. These are:

1. Q and A with the pain and unconsciousness of incidents;
2. Failing to handle the Time Track of the Pc for the Pc;
3. Failure to understand and handle Time.

2 and 3 are much the same. However, there are three ways to move a Time Track about:

- (a) By Significance (the moment something was considered);
- (b) By Location (the moment the Pc was located somewhere);
- (c) By Time alone (the date or years before an event or years ago).

You will see all three have time in common. “The moment when you thought \_\_\_\_\_,” “The moment you were on the cliff \_\_\_\_\_” and “Two years before you put your foot on the bottom step of the scaffold” are all dependent on Time. Each designates an instant on the Time Track of which there can be no mistake by either Clearing Practitioner or Pc.

The whole handling of the Time Track can be done by any one of these three methods, Significance, Location, Time.

Therefore all projectionist work is done by the Time of Significance, the Time of Location or Time alone.

The track responds. Those Clearing Practitioners who have trouble cannot grasp the totality and accuracy and speed of that response. The idiotic and wonderful precision of the Time Track defeats the sloppy and careless. They wonder if it went. They question the Pc’s being there. They fumble about until they destroy their command over the Time Track.

“Go to 47,983,678,283,736 years 2 months, 4 days 1 hour and six minutes ago.” A clear statement of it, unfumbled, will cause just that to happen. The tiniest quiver of doubt, a fumble over the millions and nothing happens.

Fumbled dating gets no dates. One must date boldly with no throat catches or hesitations. “More than 40,000? Less than 40,000?” Get it the first read. Don’t go on peering myopically at the meter asking the same question the rest of the session. Accurate, Bold, Rapid. Those are the watchwords of dating and Time Track handling.

In moving a Time Track about, move only the track. Don’t mix it and also move the Pc. You can say “Move to \_\_\_\_\_.” You don’t have to say (but you can) “The somatic strip will move to \_\_\_\_\_.” But never say “You will move to \_\_\_\_\_.” And this also applies to Present Time. The Pc won’t come to Present Time. He’s here. But the Time Track will move to the date of present time unless the Pc is really stuck. In getting a Pc to Present Time (unimportant in modern engram running) say “Move to (date month and year of PT).”

In scouting you always use “To.” “Move To \_\_\_\_\_.” In running an engram or whatever, you always use THROUGH. “Move through the incident \_\_\_\_\_.”

If a Clearing Practitioner hasn’t a ruddy clue about the Time Track and its composition, he or she won’t ever be able to run engrams. So, obviously, the first thing to teach and have passed in engram running is Time Track Composition. When the Clearing Practitioner learns that, he or she will be able to run engrams. If the Clearing Practitioner does not know the subject of the Time Track well, then he or she can’t be taught to run engrams, for no rote commands that cover all cases can exist. You couldn’t teach the handling of a motion picture projector by rote commands if the operator had never imagined the existence of film. A Clearing Practitioner sitting there thinking the Pc is doing this or that and being in a general muddle about it will soon have film all over the floor and wrapped about his ears. His plea for a rote command will just tangle up more film so long as he doesn’t know it is film and that he, not he Preclear, is handling it.

If a Clearing Practitioner can learn this, he will then be able to learn to run those small parts of the Time Track called engrams. If a Clearing Practitioner can't run a Pc through some pleasant Time Track flawlessly, he or she sure can't run a Pc through the living lightning parts of that Track called Engrams. That is why we have a new student Clearing Practitioner run lots of Pleasure Moment incidents on Preclears before moving on to anything heavier.

A Clearing Practitioner who cannot handle the Time Track smoothly can scarcely call himself a Clearing Practitioner, as that's all there is to Clearing besides postulates, no matter what process you are using, no matter what process you invent and even if you tried what is laughingly called a "biochemical approach" to the mind. There's only a Time Track for the biochemicals to affect.

There's a Being, there's a Time Track. The Being gets caught in the Time Track. The job of the Clearing Practitioner is to free the Being by digging him out of his Time Track. So if you can't handle what you're digging a Being out of, you're going to have an awful lot of landslides and a lot of Clearing losses for both you and Preclears.

Invent games, devices, charts and training aids galore and teach with them and you'll have Clearing Practitioners who can handle the Time Track and run engrams.

## CHARGE AND THE TIME TRACK

30 MARCH 1989

Charge, the stored quantities of energy in the Time Track, is the sole thing that is being relieved or removed by the Clearing Practitioner from the Time Track.

When this charge is present in huge amounts, the Time Track overwhelms the Pc and the Pc is thrust below observation of the actual Track.

This is the State of Case Scale (All levels given are major levels. Minor levels exist between them).

Level (1) NO TRACK - No Charge.

Level (2) FULL VISIBLE TIME - Some Charge.  
TRACK

Level (3) SPORADIC VISIBILITY - Some heavily charged areas.

Level (4) INVISIBLE TRACK - Very heavily charged areas exist. (Black or Invisible Field)

Level (5) DUB-IN - Some areas of Track so heavily charged Pc is below consciousness in them.

Level (6) DUB-IN OF DUB-IN - Many areas of Track so heavily charged that the Dub-in is submerged.

Level (7) ONLY AWARE OF - Track too heavily charged to be OWN EVALUATIONS. viewed at all.

Level (8) UNAWARE - Pc dull, often in a constant hypnotic trance.

On this scale the very good, easy to run cases are at Level (3). Skilled engram running can handle some Preclears at Level (4). Level (4) is questionable. Engram running is useless below Level (4).

Level (1) is, of course, way above Entity Clearing. Level (2) is the clearest Clear anybody ever heard of. Level (3) can run engrams. Level (4) can run very recent engrams as in assists. (Level (4) includes the Totally Black case.) Level (5) has to be run on general ARC processes. Level (6) has to be run carefully on special ARC processes with lots of havingness. Level (7) responds to CE 0. Level (8) responds only to reach and withdraw.

Older mental studies were observations from Level (7) which considered Levels (5) and (6) and (8) the only states of case and oddly enough overlooked Level (7) entirely, all states of case were considered either neurotic or insane, with sanity either slightly glimpsed or decried.

In actuality on some portion of every Time Track in every case you will find each of the Levels except (1) momentarily expressed. The above scale is devoted to chronic case level and is useful in programming a case. But any case for brief moments or longer will hit these levels in being processed. This is the Temporary Case Level found only in sessions on chronically higher level cases when they go through a rough time.

Thus engram running can be seen to be limited to higher level cases. Other processing, notably modern ARC processes, moves the case up to engram running.

Now what makes these levels of case?

It is entirely charge. The more heavily charged the case, the lower it falls on the above scale. It is charge that prevents the Pc from confronting the Time Track and submerges the Time Track from view.

Charge is stored energy or recreatable potentials of energy.

The CB Meter registers charge. A very high or low Range Arm, a sticky or dirty needle, all are registrations of this charge. The "chronic meter of a case" is an index of chronic charge. The fluctuations of a meter during a session are registering relative charge in different portions of the Pc's Time Track.

More valuably the meter registers released charge. You can see it blowing on the meter. The disintegrating Rocket Read, the blowing down of the Range Arm, the heavy falls, the loosening needle all show charge being released.

The meter registers charge found and then charge released. It registers charge found but not yet released by the needle getting tight, by dirty needle, by a climbing Range Arm or a Range Arm going below 2.0. Then as this cleans up, the charge is seen to "blow."

Charge that is reactivated but not released causes the case to "charge up" in that charge already on the Time Track is triggered but is not yet viewed by the Pc. The whole cycle of reactivated charge that is then blown gives us the action of Clearing. When prior charge is reactivated but not located so that it can be blown, we get "ARC Breaks."

The State of Case, the Chronic Level, as given on the above scale, is the totality of charge on the case. Level (1) has no charge on it. Level (8) is total charge. The day to day condition of a case, its temper, reaction to things, brightness, depends upon two factors, (a) the totality of charge on the case and (b) the amount of charge in reactivation. Thus a case being processed varies in emotional level by (a) the totality of charge remaining on the case (b) the amount of charge in reactivation and (c) the amount of charge in reactivation and the amount of charge blown by processing.

Charge is held in place by the basic on a chain. When only later than basic incidents are run, charge can be reactivated and then bottled up again with a very small amount blown. This is known as "grinding out" an incident. An engram is getting run, but as it is not basic on a chain, no adequate amount of charge is being released.

Later than basic incidents are run either (a) to uncover more basic (earlier) incidents or (b) to clean up the chain after basic has been found and erased.

No full erasure of incidents later than basic is possible, but charge can be removed from them, providing they are not "ground out" but only run lightly a time or two and then an earlier incident on the chain found and similarly run. When the basic is found, it is erased by many passes over it. Basic is the only one which can be run many times. The later the incident is (the further from basic), the more lightly it is run.

There is no difference in the technology required to run a basic or a later incident. It is only the number of times THROUGH that differs. Basic is run through many times. A somewhat later engram is run through a couple of times. An engram very late on the chain is gone through once. Otherwise all engrams whether basic or not are run exactly the same.

Engrams are run to release charge from a case. Charge is released to return to a Being his causation over the Time Track, to restore his power of choice and to free him of his most intimate trap, his own Time Track. You cannot have decent, honest or capable Beings as long as they are trapped and overwhelmed. While this philosophy may be contrary to the intentions of a slavemaster or a degrader, it is nevertheless demonstrably true. The universe is not itself a

trap capable only of degradation. But Beings exist who, beaten and overwhelmed themselves, can utilize this universe to degrade others.

All cases, sooner or later, have to be run on engrams, no matter what else has to be done. For it is in engrams that the bulk of the charge on the Time Track lies. And it is therefore those parts of the Time Track called engrams which overwhelm the Being. These contain pain and unconsciousness and are therefore the record of moments when a Being was most at effect and least at cause. In these moments, then, the Being is least able to confront or to be causative.

The engram also contains moments when it was necessary to have moved and most degrading to have held a position in space.

And the engram contains the heaviest ARC Break with a Being's environment and other Beings.

And all these things add up to charge, an impulse to withdraw from that which can't be withdrawn from or to approach that which can't be approached, and this, like a two pole battery, generates current. This constantly generated current is chronic charge. The principal actions are:

- (a) When the attention of the Being is directed broadly in the direction of such a track record, the current increases.
- (b) When the attention is more closely (but not forcefully) and accurately directed, the current is discharged.
- (c) When the basic on the chain is found and erased, that which composes the poles themselves is erased and later incidents erase, for no further generation is possible by that chain and it becomes incapable of producing further charge to be reactivated.

The above are the actions which occur during Clearing. If these actions do not occur despite Clearing, then there is no case betterment, so it is the Clearing Practitioner's responsibility to make sure they do occur.

As the Time Track is created by an involuntary response of the Being, it is and exists as a real thing, composed of space, matter, energy, time and significance. On a Level (8) Case the Time Track is completely submerged by charge, even down to a total unawareness of thoughtitself. At Level (7) awareness of the track is confined by extant charge to opinions about it. At Level (6) charge on the track is such that pictures of pictures of the track are gratuitously furnished, causing delusive copies of inaccurate copies of the track. At Level (5) charge is sufficient to cause only inaccurate copies of the track to be viewable. At Level (4) charge is sufficient to obscure the track. At Level (3) charge is sufficient to wipe out portions of the track. At Level (2) there is only enough charge to maintain the existence of the track. At Level (1) there is no charge and no track to create it. All charge from Level (1) and up into higher states that is generated is knowingly generated by a Being, whose ability to hold locations in space and poles apart results in charge as needful. This would degenerate a Time Track again as he put such matters on automatic or began once more to make a Time Track, but these actions alone are not capable of aberrating a Being until he encounters further violent degradation and entrapment in the form of implants. Aberration itself must be calculated to occur. The existence of a Time Track only makes it possible for it to occur and be retained. Thus a Being's first real mistake is to consider his own pictures and their recorded events important, and his second mistake is in not obliterating entrapment activities in such a way as not to become entrapped or aberrated in doing so, all of which can be done and should be.

Engram running is a step necessary to get at the more fundamental causes of a Time Track and handle them.

So it is a skill which must be done and done well.

## THE PRACTICAL ASPECTS OF RUNNING THE TIME TRACK

There is real magic in running secondaries and engrams. We have seen the most fantastic recoveries from running merely a secondary (most spectacular recoveries with secondaries were obtained from running the death of an ally). We have seen severe physical ailments - Heart disease, arthritis, malfunction, allergies, impotency, frigidity, lameness, etc., through the catalogue of human ills - vanish or reduce on properly running engrams to erasure.

No Clearing Practitioner will ever be worth very much unless he has come in the right way - through Alethanetic Clearing. The concept of physical and mental difficulty stemming from a mental image picture was a great discovery and the technology of erasing such pictures as developed must not be lost in our Clearing Practitioners. There are many whose whole lives would be changed by finding and running the incident necessary to solve their cases. A woman who looked 60 appeared 20 after 9 hours of Clearing on a single secondary (the recent death of her husband).

When we originally tried to teach this technology (running of secondaries and engrams, 1950-1952) we had no Ethics; we were at that time already drowned with SPs. Clearing Practitioners weren't duplicating tech. They often couldn't even state the basic definitions of "secondary" or "engram." They steered the Pc all over the track or let him wander like a lost soul. They tried to force the Pc to run the Clearing Practitioner's aberrations. And it was a jolly old mess! But those few who were taught personally and simply, had, as any old timer will tell you, the most fantastic successes with incredibly low effort by the Clearing Practitioner.

It's just a picture, secondary or engram. The whole of the technique is just finding the incident the Pc is "in," running the Pc through the incident, beginning to end, several times and not letting him digress and letting him come up the emotion scale past boredom to enthusiasm by doing so.

Early Alethanetic Clearing, before whole track was known, made releases like mad but they were then overrun like mad. It failed only on SPs and PTSs. It was and is the answer to psycho-somatic ills and human aberration.

The best results with Alethanetic Clearing are obtained when:

1. the Clearing Practitioner stops as the ability of the Pc on any one subject is regained;
2. the Clearing Practitioner Clears smoothly;
3. the Clearing Practitioner doesn't use the subject to invalidate the Pc.

Many Clearing Practitioners did duplicate the tech and made "Clears" which we now call "Releases" due to total Clear being so much higher.

That we are today producing Clear routinely as well as Entity Clears is completely out of comparison with what Alethanetic Clearing was trying to do in the early days.

Alethiology is the route from human being to total freedom and total beingness. Alethanetic Clearing is the route from aberrated or aberrated and ill human to capable human. This step had never before been achieved in Man's history.

Oddly, the step from human being to a free spirit had been achieved, if rarely, but was not generally credited (Buddhism, other spiritual practices, even Christianity). Alethiology really achieves it and for the first time with TOTAL stability, no relapse and invariably one for one. Nevertheless Man had an inkling of the goals of Alethiology, even though he considered them almost beyond his imagination.

But Man had no inkling whatever of Alethanetic Clearing. None. This was the bolt from the blue. Man was hacking and sawing and shocking and injecting and teaching and moralizing and counselling and hanging and jailing men with enthusiasm without any idea at all of what caused Man to behave as he did or what made him sick or well.

THE answer was and still is Alethanetic Clearing.

The ORIGINAL version of Alethanetic Clearing was all done on a gradient. One searched nothing out by meters or trick questions or tests or flash answers. One got what the Pc could comfortably face and cleared it. If the Clearing was smoothly done, the next incident was tougher but the Pc was comfortable in facing it. In that way the incidents (secondaries or engrams) become progressively more horrifying but the Pc is quite comfortable facing each one in turn. This is what is meant by "gradient" - it is a steepening or an increasing from the slight to the heavy. But you see the Pc smoothly cleared is gaining ability and confidence all the time and so can face more and more violence in his past. It's all there in pictures.

Alethanetic Clearing is too easy, really, for the student to conceive that his minimum mild actions will produce such fabulous results. So the Clearing Practitioner feels called upon to add. Additives are what checked old Alethanetic results in the vast majority of cases that were checked.

Past life incidents are handled just like any other secondaries and engrams. A "past life" and memory of it is buried under the terrific loss of possessions and body and natural recall can be restored by just general Alethanetic Clearing as given. No special attention is required.

Do not demand and run prenatal or birth engrams unless they come up naturally on R3R. WHAT COMES UP IS WHAT COMES UP.



## METHODS OF THINKING

29 MARCH 1988

Ask a small child if she would like to ride a pony in memory. She will try to remember the last time she rode a pony, perhaps at a fair or amusement park. She will probably make some facial expressions as she looks for a time that she was on a pony ride.

Now tell her to go back to a time when she had fun riding a pony. With a little coaxing she will suddenly come forth with a complete experience and will be able to relive the experience in every detail as if she was right there riding the pony.

This way of reliving an experience can sometimes be mistaken for imagination, but it is not imagination. Anyone can be sent back wide awake to an experience of the past. It is easier to relive an experience which is pleasant and is closer to present time.

Reliving of past experience is called returning and is different from just remembering or recalling. Remembering or recalling means to call up a mental image picture and look at it. Returning means to actually relive the experience with all the emotions, feelings, sights and sounds of the original incident. Remembering is done with eyes open; returning is done with eye closed.

One could remember or recall a moment of happiness and simply get a mental image picture of a past event with none of the feelings of that time or one could return to that time and relive all of the emotions, feelings, sights and sounds of the happy experience. Remembering is a mental exercise while returning is a full experience which is felt in the body. Remembering can be a superficial experience while returning is a full experience of a past event.

Next time you have difficulty remembering something, perhaps the location of a lost article, a conversation or something you have read, try closing your eyes and returning to the past time and reliving the experience. It helps to be relaxed and lying down when you do this. You will have much greater success in recovering the lost data. When one wishes a very precise, specific bit of information or when one seeks to recover a past pleasure to contemplate it, returning is far superior to just remembering or recalling.

In Alethanetic Clearing we use the method of thinking called returning rather than the method of thinking called recalling because returning gives the Preclear a more complete experience of the past.

## **MANIFESTATIONS OF ENGRAMS AND SECONDARIES**

### **FURTHER DEFINED**

30 MARCH 1989

In order to provide a more accurate differentiation between the manifestations of an engram and a secondary, below are detailed definitions of Pain and Sensation.

Pain (in its various forms) is the indication of an Engram.

Sensation (in its various forms) is the indication of a Secondary.

### **DEFINITIONS**

SOMATIC is a general word for uncomfortable physical perceptions coming from the Reactive Mind. Its origin is in early Alethanetic Clearing, and it is a word used to denote "pain" or "sensation" with no difference made between them. Anything is a SOMATIC if it emanates from the Reactive Mind and produces an awareness of reactivity along with pain or a sensation. Symbol SOM.

PAIN is composed of heat, cold, electrical and the combined effect of sharp hurting. If one stuck a fork in his arm, he would experience pain. When one uses PAIN in connection with Clearing, one means awareness of heat, cold and electrical or hurting stemming from the Reactive Mind. According to experiments done at Harvard, if one were to make a grid with heated tubes going vertically and chilled tubes going horizontally and were to place a small current of electricity through the lot, the device, touched to a body, would produce the feeling of PAIN. It need not be composed of anything very hot or cold or of any high voltage to produce a very intense feeling of pain. Therefore what we call PAIN is itself heat, cold and electrical.

"Electrical" is the bridge between sensation and PAIN and is difficult to classify as either PAIN or sensation when it exists alone. Symbol PN.

SENSATION would be all other uncomfortable perceptions stemming from the Reactive Mind. These are basically "pressure," "a feeling of motion," "dizziness," "sexual sensation" and "emotion and misemotion." There are others, definite in themselves but definable in these five general categories.

If one took the fork in the pain definition above and pressed it against the arm, that would be "pressure." "Motion" is just that, a feeling of being in motion when one is not. "Dizziness" is a feeling of disorientation and includes a spinniness, as well as an out-of-balance feeling. "Sexual sensation" means any feeling, pleasant or unpleasant, commonly experienced during sexual reactivation or action. "Emotion and Misemotion" include all levels of the complete Scale of Emotion. All these are classified as SENSATION. Symbol SEN.

## SOME ALETHANETIC AXIOMS

30 MARCH 1989

- AXIOM 1: BRINGING THE INDIVIDUAL BEING TO VIEW ANY CONDITION AS-IS, DEVALUATES THAT CONDITION.
- AXIOM 2: BRINGING THE INDIVIDUAL BEING TO CREATE A PERFECT DUPLICATE CAUSES THE DISAPPEARANCE OR VANISHMENT OF ANY MATERIAL EXISTENCE OR PART THEREOF.
- AXIOM 3: ANYTHING WHICH IS NOT DIRECTLY OBSERVED TENDS TO PERSIST.
- AXIOM 4: ANYTHING WHICH IS UNWANTED AND CONSIDERED UNDESIRABLE BY THE INDIVIDUAL, CAN BE BROUGHT TO FULL VIEW, AT WHICH TIME IT WILL VANISH.
- AXIOM 5: THE POSTULATES AND COMMUNICATION OF A LIVING BEING ARE NOT MEST AND ARE SENIOR TO MEST; THEREFORE, THE POSTULATES AND COMMUNICATION OF A LIVING BEING CAN ACCOMPLISH A CHANGE IN MEST WITHOUT AT THE SAME TIME CREATING A PERSISTENCE IN MEST.
- AXIOM 6: ANY PROBLEM, TO BE A PROBLEM, MUST CONTAIN A LIE, IF IT WERE TRUTH, IT WOULD VANISH
- AXIOM 7: PAST ENGRAMS ARE REACTIVATED BY THE PERCEPTION OF CIRCUMSTANCES SIMILAR TO THAT ENGRAM IN THE PRESENT ENVIRONMENT.
- AXIOM 8: A PERSON IS INHIBITED FROM CONTACTING THE CHARGE OF AN INCIDENT DUE TO THE CHARGE STEMMING FROM AN EARLIER SIMILAR INCIDENT.
- AXIOM 9: AN INCIDENT WILL GO MORE SOLID IF IT IS NOT THE BASIC ON THE CHAIN.
- AXIOM 10: AN INCIDENT WILL ERASE IF IT IS BASIC ON THE CHAIN.

## THE STATE OF CLEAR

31 JANUARY 1990

The following definition of Clear is non-Confidential and may be (and has been) used in publications.

**DEFINITION OF A CLEAR: A BEING WHO IS UNREPRESSED AND SELF-DETERMINED.**

**ANOTHER DEFINITION OF A CLEAR: A PERSON WHO NO LONGER HAS HIS OR HER OWN REACTIVE MIND.**

The State of Clear can occur on Alethanetic Clearing. Sometimes it has occurred on Grade Processing. Perhaps it can occur on CE 0 if it is done over a long enough period of time.

It is not, however, attained by feeding people cognitions. Clears are made through Clearing.

### VERIFYING AND DECLARING THE STATE OF CLEAR

When an individual thinks he is or might be Clear, or when he has read on a correction assessment (such as a C/S 53, Basic Assessment Form, etc.) as having gone Clear, he must be given the Clear Special Intensive to verify the State and rehabilitate it, if valid.

When the steps of the Clear Special Intensive have been thoroughly done to full End Phenomena along with a full resurgence of the State, the person may attest to the State of Clear. (Ref: CLEAR SPECIAL INTENSIVE.)

Of course, if the State of Clear is recognized by the new Clear as it happens, there is no need to do the Clear Special Intensive. Just acknowledge and validate the state attained and go right on to the Discovery Rundown. The Clear Special Intensive (CSI) is used when the State of Clear has been by-passed, unrecognized or unacknowledged. The CSI is a rehabbing procedure.

The State of Clear must be acknowledged and declared when it has been validly attained and verified.

### PROGRAMMING THE CLEAR

#### FOR FURTHER CLEARING

The Clear does the Discovery Rundown as soon as the State of Clear is verified or rehabilitated.

A Clear must not be run on engrams, R3R or any version of R3R or Alethanetic Clearing.

A Clear can do the Purification Rundown or the Communication Course if he has not had these. He can be given the Alethiology Recall Drug Rundown (unless he has previously completed a full Alethanetic Drug Rundown). He can be run on Recall Clearing and Expanded Grades O-IV to full Ability Gained for each Grade not previously done (Note: He would not be run on the R3R section of the Service Fac handling on Grade IV, however).

He can be given Touch Assists or Contact Assists but not an Alethanetic Assist nor any Alethanetic Clearing.

When each Grade has been handled to Ability Gained, the next step is the Solo Clearing Practitioner Course.

A Clear is not run on Power or Dichotomy Clearing but, upon completion of the Solo Clearing Practitioner Course, goes directly on to Advanced Courses.

To review, the best program for a Clear would be:

1. Clear Special Intensive (if needed to rehab the State of Clear)
2. Discovery Rundown
3. Solo Clearing Practitioner Course
4. Advanced Courses

Although the new Clear can be run on Grades 0-IV, he should be given Advanced Courses as soon as possible.

C/Ses who are Clear or above, will need to be able to recognize the State of Clear when it occurs on Alethanetic Clearing or otherwise, to ensure (using the steps of the Clear Special Intensive) that the State is real and to declare any such Pc Clear when the State has been truly attained.

Once declared, the person's Pc folders must be clearly marked "Clear," for purposes of further programming.

Once the person has attested to Clear he may then be C/Sed for further Clearing, per the programming data above.

## ALETHANETIC CASE FAILURES

30 MARCH 1989

The foremost failure of Alethanetic Clearing on cases, by actual inspection, is a failure to do Alethanetic Clearing.

It may sound peculiar or too obvious to say that, but this fact has to be stressed since it was found to be the leading reason for non-recovery.

The worst degree of error is "just NO Alethanetic Clearing done." A case wasn't Cleared at all. No session, no Clearing Practitioner, no Clearing.

Complaint: "I'm a Clear and I still have awful headaches." Sounds real incriminating. The FACTS are revealed in this question, "Did anybody run the engram?" "No, just grades."

Alethanetic Clearing wasn't used at all.

The next degree of error is starting in on a lock, secondary, engram or chain of them and not completing it to erasure. Running the Pc through one engram once with no Good Indicators or erasure and then calling it a session is really no Clearing. Next session you must complete the action started.

The next degree of error is to get rid of one chronic somatic or sensation and then fail to carry on when the Pc has others too.

It was discovered that an illness has several sources expressed as different sensations, aches, pains or emotions. EVERY ONE OF THESE IS OUT OF A MENTAL IMAGE PICTURE OR THE SERIES OF THEM CALLED A CHAIN.

The error in applying Alethanetic Clearing was that one did not take up each separately stated or assessed symptom and erase its source - that particular mental image picture.

The vast majority of failed Alethanetic cases have this in common - NO CLEARING in one or more instances outlined above.

This is particularly true with assists for injury or illness. The Clearing Practitioner waits for someone to tell him what to do. When someone is ill or injured or has just undergone an operation, the Clearing Practitioner should just roll up his sleeves and do some Clearing. He should give the assist (run out the engram, touch assist, etc.) and not wait or use some excuse like "I didn't have a C/S." You don't need a C/S to do an assist. Just do it - with or without a meter.

Really, it's kind of "corny" as an error. It is so "corny" that people try to make more of it than simply the engram didn't get cleared.

"She still has her headaches."

"Did you find and run the mental image picture of the experiences which had head injury in it?"

"No."

"Well did you give her a session?"

"Yes".

“What did you run?”

“I did Grade 0 on her.”

“Then you didn’t give her an Alethanetic session.”

“Oh, no. Alethanetic Clearing is old, we don’t do that anymore. She still has her headaches...”

## A SUMMARY OF R3R COMMANDS

30 MARCH 1989

The first thing the Clearing Practitioner does is to make sure the room and session are set up. This means, in other words, that the room is as comfortable as possible and free from interruptions and distractions; that the Clearing Practitioner's meter is fully charged and set up and that the Clearing Practitioner has all the administrative supplies he will need for the session. The correction assessment for Alethanetic Clearing (L3) must also be included.

He has the C/S for that session.

The Pc is seated in the chair and is asked to pick up the cans.

The Clearing Practitioner checks that the Pc has had enough to eat by doing the Metabolism Test and also checks that the Pc has the correct sensitivity setting by having the Pc squeeze the cans and adjusting the sensitivity knob so that the needle registers one third of a dial fall when squeezing the cans.

The Clearing Practitioner then starts the session by saying, "Start of Session" (Tone 40).

After making sure the rudiments are in, the Clearing Practitioner puts in the R (reality) factor with the Pc by telling the Pc briefly what he is going to do in the session.

### PRELIMINARY STEP:

Establish the type of chain the Pc is to run by assessment. Ref: ASSESSMENT AND HOW TO GET THE ITEM.

### R3R COMMANDS

#### FLOW 1

#### STEP ONE:

Locate the first incident by the command, "Locate a time when you had (a) (somatic item)." or "Locate a time when you felt (experienced) (emotion or feeling)."

#### STEP TWO:

"When was it?" You accept any time or date or approximation the Pc gives you. Do not attempt any meter dating unless the Pc is totally stumped on the date and asks for metered assistance.

#### STEP THREE:

Move the Pc to the incident with the exact command, "Move to that incident." (This step is omitted if the Pc keeps telling you he is there already).

#### STEP FOUR:

"What is the duration of that incident?" Accept any duration the Pc gives you or any statement he makes about it. Do not attempt to meter a more accurate duration.

#### STEP FIVE:



Move the Pc to the beginning of the incident with the exact command: "Move to the beginning of that incident and tell me when you are there."

STEP SIX:

Ask Pc what he or she is looking at with the exact command: "What do you see?" (If the Pc's eyes are open, tell the Pc first, "Close your eyes", acknowledge him quietly for doing so and then give him the command).

STEP SEVEN:

"Move through that incident to a point (duration Pc said) later."

STEP EIGHT:

Ask nothing, say nothing, do nothing (except observe the meter or make quiet notes) while Pc is going through the incident. If Pc comments before reaching the end say, "OK, continue."

STEP NINE:

When the Pc reaches the end of the incident 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 him a final acknowledgement.

If the Range Arm has risen (from its position at Step 1) the Clearing Practitioner immediately checks for an earlier incident (Step EI). If no earlier incident, he asks for an earlier beginning to the incident (Step EB).

If the Range Arm is the same or lower, he runs the incident through again (Step AB).

In going through an incident the second or successive times one DOES NOT ask for date and duration or any description of date or duration. When the Pc has told what happened and the Clearing Practitioner has acknowledged, do Steps ABCD:

- AB. "Move to the beginning of that incident and tell me when you are there."
- C. "Move through to the end of that incident."
- D. (When the Pc has done so) "Tell me what happened."
- E/S. "Is that incident erasing or going more solid?" (A Range Arm rising means the incident has gone more solid so the question is unnecessary if Range Arm is higher).

If the incident is erasing, go through it again (Steps RBCD).

If it has gone more solid, ask for an earlier incident (Step EI) and if no earlier incident, ask for an earlier beginning (Step EB).

- RB. "Return to the beginning of that incident and tell me when you are there."
- C. "Move through to the end of that incident."
- D. "Tell me what happened."

E/S. “Is that incident erasing or going more solid?” (Range arm rising means the incident has gone more solid so the question is unnecessary if Range Arm is higher).

If the incident is erasing, go through it again (Steps RBCD)

If it has gone more solid, ask for an earlier incident (Step EI) and if no earlier incident then ask for an earlier beginning (Step EB).

EI. “Is there an earlier incident when you had (a) (exact same somatic)?” or “Is there an earlier incident when you felt (experienced) (exact same emotion or feeling)?”

EB. “Is there an earlier beginning to this incident?” or “Does the one we are running start earlier?” or “Does there seem to be an earlier starting point to this incident?”

NB. “Go to the new beginning of that incident and tell me when you are there.” (followed by CD)

## FLOWS 2, 3 AND 0

Step One and Step EI (going earlier) commands for Flows 2, 3, and 0 are:

FLOW 2:

STEP ONE:

“Locate an incident of your causing another (the exact somatic or feeling used in Flow 1).”

STEP EI:

“Is there an earlier incident of your causing another (exact somatic or feeling used in Flow 1)?”

FLOW 3:

“Locate an incident of others causing others (plural of the exact somatic or feeling used in Flow 1).”

STEP EI:

“Is there an earlier incident of others causing others (plural of the exact somatic or feeling used in Flow 1)?”

FLOW 0:

STEP ONE:

“Locate an incident of you causing yourself (the exact somatic or feeling used in Flow 1).”

STEP EI:

“Is there an earlier incident of you causing yourself (the exact somatic or feeling used in Flow 1)?”

Each of these Step One and Step EI commands are run on the full verbatim two-nine, A-D steps as given herein.

# **PROFESSIONAL ALETHANETIC COMMAND TRAINING DRILLS**

## **CE 102**

3 APRIL 1989

The most common errors being made by student Clearing Practitioners are:

1. Forgetting the commands during session,
2. Misusing command sequence or procedure or
3. Doing odd things because they get nervous.

The following drill is done in the Professional Alethanetic Clearing Practitioner Course to handle this. The drill must be thoroughly done.

CE 102

NAME: R3R on a doll

COMMANDS: All R3R commands and Professional Alethanetic Clearing Practitioner procedures.

POSITION: Student seated at a table with CB Meter and Clearing Practitioner worksheets (a Clearing Practitioner's Report Form is also needed to complete the drill). In the chair opposite the student is a doll occupying the position of the Pc.

PURPOSE: To familiarize the student with the materials of Clearing and coordinate and apply the commands and procedures of Professional Alethanetic Clearing in a Clearing session.

TRAINING NOTE: This drill is not coached. The student sets up the CB Meter and worksheets exactly as in a session. He starts the session and runs a complete Professional Alethanetic Clearing session on the doll, keeping full session admin and using all standard procedures of Professional Alethanetic Clearing.

This drill is passed when the student can do the drill flawlessly with good CEs 0-4, correct procedure and commands, without comm lags or confusion and can maintain proper session admin, including worksheets and Clearing Practitioner's Report Form.

All the R3R commands used in CE 101 are again used here. Admin must communicate adequately which command is being used.

These drills were developed in July 1969 when it was found that all failed sessions resulted from a Clearing Practitioner's failure to give the next command, forgetting the commands in session or giving a wrong command.

## A TYPICAL ALETHANETIC CHAIN

19 APRIL 1989

Incident	Date of Incident	Duration of Incident	Range Arm Position
1st Incident run 2 times through	1 Mar 1970	2 hours	3.3 at Step 1 3.2 at Step 9 3.5 at Step C
2nd Incident run 3 times through due to Earlier Beginning	2 Jul 1963  EB	7 minutes 3.4 at Step C (Earlier Beg)	3.4 at Step 9  3.5 at Step D
3rd Incident run 1 time through	3 Aug 1960	5 hours	3.6 At Step 9
4th Incident run 2 times through	1 Dec 1951	1 1/2 hours	3.5 At Step 9 3.6 at Step C
5th Incident run 1 time through	16 Feb 1921	2 1/2 hours	3.7 at Step 9
6th Incident run 2 times through	2 Feb 1898	2 hours	3.2 at Step 9 3.4 at Step C
7th Incident run 8 times through (BASIC)	22 May 1832	1 hour	3.3 at Step 9 3.2 at Step C 3.0 at Step D 2.8 at Step D
	EB	(Earlier Beg)	2.8 at Step D 2.9 at Step D
	EB	(Earlier Beg)	2.6 at Step D BD & F/N Pc gives postulate Wide F/N & VGIs EP of Chain

The three remaining flows are each run as above to their basics. Then do further preassessment. Twenty-five more running item Quad chains to go (100 in all). Meaning 100 more chains, each one of which reaches a BASIC and each one of which has an EP of F/N, POSTULATE, VGIs accompanied by an erasure.

## ALETHANETIC COMMAND CHANGE

3 APRIL 1989

It was found in 1978 that Alethanetic Clearing was being run using the wrong commands and even had some omitted procedure. This was quite a breakthrough to find, as it explains some of the trouble that was showing up with Alethanetic Clearing throughout the world.

### MOVING THROUGH THE INCIDENT

When a Pc is first made to run an incident, he is given the command to move through the incident to some certain time later. On the second run through the Pc was given the command, "SCAN through to the end of the incident." This second command was incorrect. The Pc should be made to move through the incident with each run through.

Scanning an incident is another tech entirely and is covered in the early work under scanning (See LOCK SCANNING). When you scan a Pc during engram running, you don't get them back into the incident and can't possibly discharge that incident. Early in the history of Alethanetic Clearing it was found that you had to return the Pc to the incident and MOVE them through, and if they bounced, then you would command them to RETURN TO THE INCIDENT, as that is what you are after. So R3R Command C was changed to, "MOVE THROUGH THE INCIDENT."

### RETURNING THE PC TO THE INCIDENT

It will happen in Alethanetic running that something in the incident that the Pc is running will command them off the incident. This is called a BOUNCER. The Pc just bounces right off the incident. The way to handle this is quite simple: you simply command the Pc to RETURN TO THE BEGINNING OF THE INCIDENT and to move through the incident. Commanding the Pc to RETURN TO THE INCIDENT will enable you to get the Pc to move through it, and the force of the incident will come off.

This is quite an interesting piece of tech that has been known and worked with since the advent of Alethanetic Clearing. It unfortunately fell out somewhere along the line and wasn't being used. It is now being reinstated and, in fact, its use is making a tremendous difference in Alethanetic Clearing running right this very minute.

### GETTING THE POSTULATES IN THE BASIC INCIDENT

Now and again a Pc will run Alethanetic Clearing whereby they F/N on the basic incident and have VGIs but no cognition has come off. The Pc has not fully viewed the postulates in the incident to obtain full end phenomena.

When this occurs and you have your F/N VGIs yet no cognition is voiced, ask the Pc, "Was there something that you postulated in that incident?" The results will be quite astonishing and the Pc will have his or her full end phenomena and that will be it for that chain.

To not allow a Pc to fully view the incident that is basic and get all the charge and postulates out of it will leave the case charged up, and sooner or later the case will go sour on Alethanetic Clearing.

There may be more than one postulate in the basic incident. You, as the Clearing Practitioner, want to get off the postulates in the basic incident, accompanied by F/N and VGIs. This is your Alethanetic end phenomena.

When the Pc voices the postulate and has the full end phenomena, there is no need to check further.

The Clearing Practitioner has to know his bulletins on end phenomena.

### NARRATIVE HANDLING OF INCIDENTS

We just had a Pc the other day that ran for 25 hours on one incident and when that Pc was finished with the incident, the results were miraculous - a changed person with changed activities in life. The old rule of, "it takes as long as it takes," is really true with Alethanetic Clearing narrative running or any other Alethanetic Clearing, for that matter.

Narrative running can take a long time to get the Pc through and what you are interested in here is running the incident narrative to erasure and only going earlier similar if it starts to grind very badly.

Failure to properly run a narrative incident will give the Clearing Practitioner and C/S the idea that things don't seem to handle on this case. It also gives the Pc losses on handling things for himself. All that is needed is sufficient running of the narrative incident to its full end phenomena, and this will no longer be the case as Alethanetic Clearing does work, except when it is not applied correctly. Part of the application of narrative running is to ensure that enough run-throughs have occurred so that the incident is fully discharged.

### URGENT EMPHASIS

Emphasis on the proper running of Alethanetic Clearing cannot be stressed enough, as it can make the difference between a well and happy Preclear or one with losses in Clearing; it can make the difference in things not being handled and Alethanetic Clearing getting a bad name, when in fact it is the only technology ever known to handle the mind.

Alethanetic Clearing, when properly applied, produces miracles, so why settle for less. Apply it by the book and those miracles are yours to be had.

# ALETHANETIC CLEARING

## BACKGROUND DATA FOR R3R COMMANDS

3 APRIL 1989

Some Alethanetic Clearing Practitioners do not know the reason for each R3R command and, not knowing why the commands exist, miss on cases.

A Course Supervisor can achieve a remarkable result by working with a student Clearing Practitioner to get the why of each R3R Alethanetic command, using the basic materials. Each command of R3R is taken up and its purpose demonstrated, using the basic definitions and mechanics of the Time Track.

A student should study the Bulletins THE TIME TRACK AND ENGRAM RUNNING and CHARGE AND THE TIME TRACK and also the book, UNDERSTANDING LIFE. He reads and studies them vigorously for the purpose of application. Then the student demonstrates and explains the purpose of each R3R command.

For example, what is the purpose of Step 6 of R3R, "What do you see?" Sometimes students think it is to "orient" the Pc to the incident or some such, but basically the purpose of Step 6 is see if the Pc has visio. The purpose of Step 4 (duration) is to turn on the visio. Before moving the Pc through the incident, one would have to know if the Pc had visio so he could move through the incident. Conversely, if the picture was not "turned on," then the duration would have to be corrected. And that is the real purpose of Step 6.

The purpose of Step 3 is to verify the date. On Step 3, if the Pc can't get to the incident, can't move to the incident or can't contact the incident, the Clearing Practitioner would go back to Step 2, "When was it" and correct the date or get a more accurate date.

If the Pc can't answer Step 3 or 6, it's time to go back to the cause of the inability. Don't just repeat the command or try to push the Pc on; go back and correct the cause.

Here is another example. Step 9 ("What happened?") has a purpose of running out the Locks created in PT, in session, by virtue of the fact that you're reminding the Pc of Secondaries and Engrams right there!

The principle of recounting is very simple. The Preclear is merely told to go back to the beginning and to tell it all over again. He does this many times. As he does it, the engram should lift in emotional level on each recounting. It may lose some of its data and gain other. If the Preclear is recounting in the same words time after time, it is certain that he is playing a memory record of what he has told you before. He must then be sent immediately back to the actual engram and the somatics of it reactivated. He will then be found to somewhat vary his story. He must be returned to the awareness of somatics continually until these are fully developed, begin to lighten and are then gone. See the bulletins called ALETHANETIC ASSIST and RUNNING SECONDARIES for examples of how to reactivate the somatics and perceptics of an engram or secondary.

This, of course totally invalidates the use of a completely rote system and requires an understanding of what is happening to the Pc, bank etc.

After demonstrating and achieving a true understanding of the R3R commands, the student Clearing Practitioner now feels in comm with his Pcs and not "stuck" to some rote procedure which truly inhibits the real gains to be gotten from Alethanetic Engram Running. As evidence to this action and its resultant gains in the student's ability to clear, the following is a brief description of a case run on R3R applying a true understanding of engram running.

This case had run many hours of Alethanetic Clearing with a hidden standard to do with his hand and had been trying since earliest Alethanetic sessions to get this handled. The somatic was addressed by many different wordings and many chains but had never blown; yet chains had apparently gone to EP. The Clearing Practitioner was C/Sed to find the actual somatic and run it out. It was found in session that the somatic had been run out to "EP," so an L3 was done. From the L3 the Clearing Practitioner found it was one incident in reactivation and proceeded to flatten the somatic chain connected with it. During this the Clearing Practitioner had to correct three dates and two durations. The Pc began on Steps 9 and D to say the same thing regarding the incident each time. This being indicative of the Pc running a memory record, the Clearing Practitioner reactivated the somatics and perceptics of the basic engram. The somatics intensified and then blew (for the first time) with the Pc exterior and VVGIs.



## **PROFESSIONAL UNDERSTANDING**

3 APRIL 1989

**A PROFESSIONAL ALETHANETIC CLEARING PRACTITIONER MUST UNDERSTAND THE FUNCTION AND PURPOSE OF EACH OF THE R3R COMMANDS IN AN ALETHANETIC SESSION.**

An Alethanetic session given in the absence of an understanding of the basic laws of the Time Track and how the R3R commands handle and control the Time Track is a chancey proposition.

You will not have confidence in yourself as a practitioner of Professional Alethanetic Clearing nor get uniformly good results with R3R until you know this. No rote procedure, L3 correction assessment, CE4, or any remedy or solution can take the place of such an understanding.

Every Professional Alethanetic Clearing Practitioner is to study the references and demo out what each R3R command does (showing how it affects the Pc and the bank) to a full understanding.

The following are your references:

THE TIME TRACK AND ENGRAM RUNNING

CHARGE AND THE TIME TRACK

ROUTINE 3R ENGRAM RUNNING BY CHAINS

BACKGROUND DATA FOR R3R COMMANDS

## **R3R AND CONCEPTUAL UNDERSTANDING**

1 MAY 1989

While running R3R it can occasionally happen that the Preclear, especially an inexperienced one, will tell the Clearing Practitioner what is happening WHILE he is moving through the incident. The Preclear has inadvertently combined command #7 (“Move through the incident to a point (duration) later”) and command #9 (“What happened?”). It is important at this point for the Clearing Practitioner to not be robotic and proceed to ask the Preclear the usual next command after #7, which is #9, “What happened?” The Preclear just told you what happened. To ask again is an invitation for an ARC Break. The Preclear will now wonder if you are listening to and understanding him; he might even wonder where you are; he might wonder any number of things. To do this is to introvert and upset the Preclear. Additionally, you are having the Preclear tell you what happened twice without having him run through it twice, thus robbing him of that second opportunity to look at the pictures with more confront (derived from the first run-through). All in all, to do this is a Clearing error.

The solution is simple. If the Preclear tells you what happened while he is going through the incident (Command #7 of R3R), acknowledge him when he finishes and don't ask him again by giving Command #9 but proceed to the next appropriate commands (A, B, C, & D). The same applies to Command C & D, by the way.

The quality of being a good Clearing Practitioner does not lie in the ability to rotely memorize and deliver Clearing commands. What makes a good Clearing Practitioner is the ability to conceptually understand the data, in this case, the running of engrams. Conceptual understanding allows the Clearing Practitioner to deliver a Clearing session that produces good results and wins, regardless of unplanned deviations from the intended procedure.

## POSTULATE OFF EQUALS ERASURE

1 APRIL 1989

When an individual has a stressful or overwhelming experiences of any kind, the content of the incident is recorded in the reactive function of the subconscious mind. During the incident, the individual normally makes a decision concerning the occurrence which is never consciously verbalized. This decision is also recorded reactively in the subconscious mind. We call this type of decision a postulate because it is a negative affirmation which can detrimentally affect the individual's life. Whatever he decided in the incident as a postulate will generate future bad circumstances and is the source of the negative energy or charge contained in the mental image pictures of the incident. When he discovers and verbalizes this postulate, the charge contained in the mental image pictures dissipates and the incident is then erased from the reactive function and refiled as ordinary experience in the standard memory banks of the subconscious mind.

The end phenomenon of a narrative incident or a chain of incidents is the Preclear voicing the postulate along with a floating needle (F/N) and very good indicators (VGIs). The postulate is what holds the charge in place. Release the postulate, the charge blows. That's it.

You must recognize the postulate when the Preclear gives it, note the very good indicators, call the floating needle and end off processing on that incident or that chain of incidents.

Even if you get a floating needle as the incident is erasing, you don't call it until you've gotten the postulate.

Here is the sequence of erasure:

1. When it appears that you have reached the point where the incident is erasing, after each pass through the Clearing Practitioner asks, "Has the incident erased?"
2. When the Preclear has stated that it has erased, the Clearing Practitioner should also expect a postulate to be volunteered by the Preclear.
3. If the Preclear says the incident has erased, but no postulate (made during the time of the incident) has come off and been volunteered by the Preclear, the Clearing Practitioner should ask, "Did you make a postulate at the time of that incident?"

Note that the postulate will usually come off in the form of a cognition. However the Preclear may give a cognition which does not contain a postulate. If this is the case, simply ask, "Did you make a postulate at the time of that incident?"

4. The Preclear does not have to state that the incident has erased. Once he has given up the postulate, the incident has blown. You will have a floating needle and very good indicators. This is a full Alethanetic end phenomenon. NOW you call the floating needle. Do not call a floating needle until you have reached the end phenomena.

You must learn to recognize a postulate when you hear one. Here are some examples:

"Women are no good" is an obvious postulate.

"That's the way men are" is a postulate.

“You have to be crooked to make a lot of money” is another example.

To force a Preclear to go on after he has given the postulate is a severe invalidation of the erasure and you will soon have the Preclear believing that nothing erases, anyway.

To cause a Preclear to search for further material in a incident (which is no longer there) will get him into some very serious overrun. He may pull in other incidents, he may think the erased incident is still there and try to recreate it up, or he may find another entirely different incident and start to run that.

Alethanetic overruns are repaired by assessing and handling the L3 which is done by a Class IV or above Clearing Practitioner. But the real cure is to flawlessly handle Alethanetic end phenomena by getting the postulate, floating needle and VGIs and then promptly ending off on that incident or chain with a bright and happy Preclear.

Recognizing the postulate when it comes off and never running a Preclear beyond it are vitally important to the success Alethanetic Clearing sessions.

It's the POSTULATE we are going for in Alethanetic Clearing.

Note - A Preclear new to Alethanetic Clearing may not be able to give you the postulate at first, but if you just keep clearing incidents and chains to VGIs, floating needle and erasure, he will begin to come up with the postulate. So don't push too hard for the postulate at first. Remember, processing is always done on a gradient.

## ALETHANETIC F/Ns

3 APRIL 1989

An F/N seen by the Clearing Practitioner in running R3R is NOT called. It simply means that the Pc is running well.

A Clearing Practitioner running R3R is NOT looking for F/Ns. He is looking for total, complete erasure of the basic of a chain.

An F/N can occur five or more engrams before basic is reached! You just go on with R3R. Only when the Pc says the engram has totally erased, when he has cognited, is VGIs and the postulate in the basic has come off do you consider the chain complete.

The CB Meter will have been F/Ning for some time.

When the full end phenomena of a Alethanetic chain is obtained, the needle will of course be F/Ning. The F/N simply broadens.

The Clearing Practitioner does not call F/Ns when running Alethanetic Clearing until the full EP of the chain is reached.

These are the steps:

1. When it appears that you have reached the basic incident of the chain and that it is erasing, after each pass through the Clearing Practitioner asks, "Has it erased?"
2. The meter will have been F/Ning for some time.
3. When the Pc has stated that it has erased, the Clearing Practitioner should also expect a cognition volunteered by the Pc.
4. The Clearing Practitioner should expect to see very good indicators (VGIs).
5. If no postulates made during the time of the incident have come off and been volunteered by the Pc, the Clearing Practitioner should ask, "Did you make a postulate at the time of that incident?" Note that the postulate may have come off in the form of a cognition and, on the other hand, may not have, even though a cognition was given.

Only when these latter steps have occurred can one consider that the EP of a Alethanetic incident or chain has been obtained.

## FLOATING NEEDLES AND END PHENOMENA

3 APRIL 1989

Now and then you will get a protest from Preclears about “floating needles.”

The Preclear feels there is more to be done yet the Clearing Practitioner says “Your needle is floating.”

A lot of by-passed charge can be stirred up by calling the floating needle too soon. This ARC Breaks (upsets) the Preclear.

The reason the Clearing Practitioner gets into trouble on this subject of floating needles is that the Clearing Practitioner has not understood a subject called END PHENOMENA.

END PHENOMENA is defined as “those indicators in the Pc and meter which show that a chain or process is complete.” It shows in Alethanetic Clearing that basic on that chain and flow has been erased and in Alethiology processing that the Pc has been released on the process being run. A new flow or a new process can be embarked upon, of course, when the END PHENOMENA of the previous process is attained.

### ALETHANETIC CLEARING

Floating needles are only ONE FOURTH OF THE END PHENOMENA in all Alethanetic Clearing.

Any Alethanetic Clearing has FOUR DEFINITE REACTIONS IN THE PC WHICH SHOW THE PROCESS IS ENDED:

1. Floating needle.
2. Cognition and postulate.
3. Very good indicators (Pc happy).
4. Erasure of the final picture.

The Pc may not always voice the cognition.

Clearing Practitioners get panicky about overrun. If you go past the End Phenomena, the F/N will pack up (cease) and the Range Arm will rise.

But that’s if you go past all four parts of the end phenomena, not past a floating needle.

If you watch a needle with care and say nothing but your Alethanetic commands, as it begins to float you will find:

1. It starts to float narrowly.
2. The Pc cognites (What do you know-so that’s...) and the float widens.
3. Very good indicators come in. And the float gets almost full dial, and
4. The picture, if you inquired, has erased and the needle goes full dial.

That is the full End Phenomena of Alethanetic Clearing.

If the Clearing Practitioner sees a float start, as in 1 and says, “Your needle is floating,” she can upset the Pc’s bank. There is still charge. The Pc has not been permitted to cognite. VGIs surely won’t appear and a piece of the picture is left.

By being impetuous and fearful of overrun, or just being in a hurry, the Clearing Practitioner’s premature (too soon) indication to the Pc suppresses three quarters of the Pc’s end phenomena.

## ALETHIOLOGY

All this also applies to Alethiology processing.

All Alethiology processes have the same end phenomena.

The 0 to IV Alethiology end phenomena are:

- A. Floating needle.
- B. Cognition.
- C. Very good indicators.
- D. Release.

The Pc goes through these four steps without fail IF PERMITTED TO DO SO. The Pc may not always voice the cognition.

As Alethiology processing is more delicate than Alethanetic Clearing, an overrun (F/N vanished and Range Arm rising, requiring “rehab”) can occur more rapidly. Thus the Clearing Practitioner has to be more alert with Alethiology processing. But this is no excuse to chop off three of the steps of the End Phenomena.

The same cycle of F/N, as in Alethanetic Clearing, will occur if the Pc is given a chance. On A you get a beginning F/N, on B slightly wider, on C wider still and on D the needle really is floating and widely.

The Clearing Practitioner saying “Your needle is floating” can be a chop if said too soon.

Preclears who leave session F/Ning and arrive at the Examiner without an F/N, or who eventually do not come to session with an F/N have been inexpertly cleared. The least visible way is the F/N chop, as described in this bulletin. The most obvious way is to overrun the process (Running a Pc after he has exteriorized will also give a high Range Arm at Examiner).

In Alethanetic Clearing, one more pass through is often required to get 1,2,3,4 EndPhenomena above.

It says in the Clearing Practitioner’s Code not to by-pass an F/N. Perhaps it should be changed to read “A real wide F/N.” Here it’s a question of how wide is an F/N? However, with experience, the problem is NOT difficult.

Follow this rule - never jolt or interrupt a Pc who is still looking inward. In other words, don’t ever yank his attention over to the Clearing Practitioner. After all, it’s his case we are handling, not your actions as a Clearing Practitioner.

When you see an F/N begin, listen for the Pc’s verbal cognition or watch for the Pc looking like she has cognited silently by brightening up. If the cognition isn’t there, give the

next command due. If it still isn't there, give the 2nd command, etc. Then get the cognition and shut up. The needle floats more widely, VGIs come in, the F/N goes even wider. The real skill is involved in knowing when to say nothing more.

Then with the Pc, all bright, all end phenomena in sight (F/N, Cog, VGIs, erasure or release, depending on whether it's Alethanetic Clearing or Alethiology processing) say, as though agreeing with the Pc, "Your needle is floating."



## **RISING RANGE ARM**

3 APRIL 1989

In running R3R, when the Pc's Range Arm is rising after 2 runs through, the indication is that there is an earlier incident (or in rare cases, an earlier beginning).

One does not need to ask "erasing/solid?" when he sees the Range Arm rise as obviously it (the incident) is going more solid. It is correct, the Clearing Practitioner seeing the Range Arm rise, simply to ask for an earlier incident and if "No," then an earlier beginning.

The exception is the low Range Arm (below 2.0). If the Range Arm is at 1.6 and rises to 1.8 during or after the second run through, the incident may well be erasing as a below 2.0 is abnormal. It will come above 2.0 only when the chain is erased. So one DOES ask for erasing/solid? and carries on as usual with R3R when the Range Arm is below 2 but rises.

## **ALETHANETIC ERASURE**

3 APRIL 1989

There are several things that can occur in Alethanetic Clearing, any of which will add up to no erasure:

1. Trying to run an item that didn't read on being given or when being called. As the chain does not have available charge, it will be hard, if not impossible, to run. Instant F/N and BD items are, of course, the very best and almost always erase very easily.

2. Starting a new session with a new item with the Range Arm way way up. The Alethanetic Clearing Practitioner who starts a session and a new action at the same time with the Range Arm high is very foolish. It may not be high on what the Clearing Practitioner is now newly trying to run. The correct action is not to start the session. Just end off with no Clearing done.

If you were running a chain in the last session and continue it in the next, disregard the high Range Arm.

A way to get around this is get some new items from the high Range Arm Pc and take one that blows down well and you can probably bring it off. Safest is don't process a high Range Arm Pc unless to repair an unflat chain (or to run Interiorization RD). This rule is variable. But you should know it is risky to process a new item taken from an earlier list when the Pc comes into session with a high Range Arm as it may not be high on what you are about to run and so you may get no F/N and erasure. The only remedy is to get new items and choose a BD one (or to turn the Pc over to a Class VI Clearing Practitioner to assess a Hi-Lo Range Arm list and handle).

3. Narratives are too often just run through once or twice and abandoned. This leaves the incident still charged and affecting the Pc. (A narrative item describes only one possible incident, e.g., "dropping an ironing board on my foot" = no chain.) A narrative needs to be run and run and run on that one incident, asking for earlier starting points. You run the incident narrative to erasure and only go earlier similar if it starts to grind very badly. You run the incident to EP.

4. Running a Pc who has exteriorized in Clearing on something other than an Interiorization RD will produce a high Range Arm and no F/N and erasure in the session. After Int RD has been run, anything can be run.

5. Probably the WORST blunder is failing to run the Pc through the incident again when the Pc says, "It's erased" but the Range Arm is still high.

Pc says, "It's erased! All blank now" and the Clearing Practitioner fails to run the Pc through the incident once more. There is a moment when the Pc's NOT-IS of the picture squeezes it into invisibility. The mass of it is still there. It takes just one or two more passes through to get the BD, F/N, postulate and VGIs (which is the erasure). It's up to the Clearing Practitioner not to let the Pc go without that additional run through the incident, which will then bring the BD, F/N, postulate off and VGIs.

This error is more common than one would think.

6. Of course, not asking for an earlier incident mentioning the same item will also cause agrind and no erasure (For example: "Is there an earlier incident where you experienced a pain in the left foot?"). When the item isn't also mentioned in the command, the Pc can jump chains. And if the earlier beginning is not asked for at all on basic, when there is one, or on narratives, of course there will be no erasure.

7. Clearing a Pc under protest will cause the Range Arm to stay up and no F/N and erasure.

8. Ending off a chain or engram at the first sight of an F/N without getting the full Alethanetic EP.

The skilled Alethanetic Clearing Practitioner knows these things cold and does not make these errors. Thus he gets his end of session erasure and F/N regularly and gets F/N at the Examiner as well, when the case has had a few sessions.

## HOW NOT TO ERASE

3 APRIL 1989

(Reference: POSTULATE OFF EQUALS ERASURE)

There are two extremes an Alethanetic student can go to on the subject of erasure.

A. He can grind and grind and grind (RBCD, RBCD, RBCD, RBCD, on and on) with the Range Arm going up, up, up and never once tell the Pc to go earlier.

B. He can watch the Range Arm come down to between 2 and 3 and go loose on the last incident run, ask the Pc "erase or solid," get a noncommittal answer and send the Pc earlier. He can keep sending the Pc earlier and earlier on another chain without ever noticing he's finished the first chain.

These are the two extreme cases. In Case A it is OBVIOUS from Range Arm rise that the chain has an earlier incident or the incident being run has an earlier beginning. In Case B it is obvious from the Range Arm that the chain erased.

In A the student is preventing the Pc from going earlier when he should.

In B the student is forcing the Pc to go earlier when he shouldn't.

In both cases the student hasn't a clue of what an engram chain is.

It is marvelous how students demand "the exact phrase" to use as an effort to avoid having to really understand what they are doing in Alethanetic Clearing.

If a student hasn't a clue about what he is doing, then a thousand goofy outnesses will keep cropping up, each one requiring (a supervisor thinks) a special instruction. After a while you get a course text weighing one ton, and all because the student didn't grab the basic definitions in the first place.

A student who will do either A or B above has not grasped the most basic facts concerning erasure:

1. An engram chain is held in place by the basic for that chain and the postulate made at the time of that incident.

2. The basic is the FIRST TIME.

3. The clue to erasure is unburdening down to the first time and getting the postulate made at the time of the incident.

4. That all picture chains are there because the first time and the postulate made at that time are there.

The student assumes one ALWAYS asks "solid or erasing." Or that one always does only what the Pc says. Or some such consideration.

A real Pro would never ask "solid or erasing" if he saw the Range Arm start to climb. He would know the Range Arm measures mental mass and that it was accumulating and wouldn't erase. He would immediately send the Pc earlier as soon as he had completed this pass through the incident.

A very odd outness a student will encounter when he is so dedicated to the exact words

is the fast Pc who erases before he can tell about it. Along about Step 3 on R3R the Range Arm blows down and the needle F/Ns.

A student who knew his business by understanding would ask, "Did it erase?" The Pc would say, "It vanished," and VGIs would come in.

A fast running Pc on a light chain can occasionally blow an engram by inspection. If it was basic for that chain, one would be committing the crime described in B above. The Pc is likely to go into another chain or a heavy protest.

So you see, there's no substitution for actually understanding what's going on.

There's the Pc, there's the bank, there's the meter needle, there's the meter Range Arm and there's the Clearing Practitioner, there's the procedure, there's the report. That's all the parts there are to a session.

When one understands each one, one can clear. When one doesn't understand some part of any of the above, he will require unusual solutions.

Anything truly powerful is truly simple.

So a student who goofs is being complex and hasn't understood something about one of the major parts named above.

A goofed-up session goes like this:

Pc: It (the engram) happened every day for three days.

Clearing Practitioner: RBCD.

Flunk. The Clearing Practitioner was so deficient in knowing about chains and first time that he didn't tell the Pc to go to the first day's engram but let the poor Pc flounder in day 3! And so the chain did not erase and the Pc hung up in it.

If the rule of first time is really understood, one would realize a lot of things, even that the Pc was beginning an incident halfway through it and hadn't begun to run the beginning of it so, of course, no erasure.

If this happened on basic:

Pc: "There's no earlier incident" (Range Arm high).

CP: "Is there an earlier beginning to this incident?"

Pc: "Hey, yes there is."

CP: "Go to the new beginning of that incident and tell me when you are there."

Then an erasure occurs.

This is no invitation to depart from procedure. It's an invitation to see procedure as an action, very precise, capable of being understood and done, not a rote chant.

## SERIOUS ALETHANETIC ERRORS

3 APRIL 1989

Aside from Clearing Practitioner's Code violations, there are only four serious errors an Alethanetic Clearing Practitioner can commit:

1. Cease running R3R suddenly with the Pc down the track somewhere.
2. Make a sudden evaluative remark in the middle of the session.
3. React or comment adversely on what the Pc is running, such as being critical of the Pc for having such an incident.
4. Force a Pc to go on when he doesn't want to.

These mess up Pcs quite badly and give them a great deal of trouble afterwards.

Over the years these four actions have been observed being done from time to time by persons trying to do Alethanetic Clearing. They are just as bad in Alethiology Clearing but oddly, we don't recall them being done in Alethiology Clearing, only in Alethanetic Clearing. Perhaps the added stress of running engrams causes the Clearing Practitioner to go out of present time and freeze up.

Example of 1: Clearing Practitioner fails to give next command or any further commands and leaves Pc hanging.

Example of 2: "Are you really interested in this session or not?"

Example of 3: "That was a horrible thing to do."

Example of 4: "Go ahead. Get into it," after Pc has asked to stop.

There are countless variations of these. In 1 the Pc volunteers it's all sort of unreal in the incident so the Clearing Practitioner, instead of using CE 4, just ends session.

These are very bad things to do. They don't kill anybody. But they surely make Pcs less Clearable.

The first step in a remedy for Clearing Practitioners making such errors is CE 0, at least 25 hours over a month to two month period. This is followed by a review of the Professional Alethanetic Clearing Practitioner Course, including extensive drilling on CE 100 to 104.

# PROFESSIONAL ALETHANETIC COMMAND TRAINING DRILLS

## CE 103

3 APRIL 1989

The most common errors being made by student Clearing Practitioners are:

1. Forgetting the commands during session,
2. Misusing command sequence or procedure or
3. Doing odd things because they get nervous.

The following drill is done in the Professional Alethanetic Clearing Practitioner Course to handle this. The drill must be thoroughly done.

CE 103

NAME: R3R on a doll coached

COMMANDS: All R3R commands, situations and procedures of Professional Alethanetic Clearing.

POSITION: Same as in CE 102 except that a coach sits beside student calling out command numbers and situations and the student following them and keeping admin and handling his meter.

PURPOSE: To give the student total certainty in the use of R3R commands despite any distraction.

TRAINING NOTE: Coach calls for commands at random by stating the letter or number of the command or the situation by saying "solid," "erasing," "solid but nothing earlier." The student addresses the right command or action to the doll, handles meter and admin. The coach also uses Pc responses such as "that's all," "I can't find one," etc. These are called for in quick succession and in any order.

Coach starts in on a gradient, gradually getting the drill faster and becoming sharper on flunks for any comm lags, uncertainties, groping for commands or breaks in CE 0-4.

If the student becomes too confused, the coach has probably proceeded with too steep a gradient and given the student too many losses. In such instances have the student go through the commands in proper sequence a few times and then continue with random commands, building up the drill on a gradient.

The use of the correct command (including those for handling bouncers, checking for erasure, and checking for postulates, as well as correct narrative procedure) is required at the appropriate point.

### ALETHANETIC CE NOTES

To avoid coach reactivation in doing CE 103, please observe the following guidelines:

1. In CE 103 the "session" is between STUDENT and DOLL. CEs are done on the DOLL and not the coach.

2. In CE 103 the coach is not obliged to answer all of the commands - he may or may not. If he doesn't, the student assumes the DOLL has answered and proceeds accordingly.

3. In CE 103 NEVER give dates and durations, as a coach, in actual units of TIME; use something else; for example, "4 figs," "2 potatoes," "horsefeathers" are all perfectly good "dates" for coaching purposes or in bullbaiting.

4 Likewise never use real somatics in coaching or bullbaiting CE 103; use nonsense terms or harmless ones.

5. In CE 103 the coach occupies the position of a bullbaiter who interjects distractions, bullbaiting and disruptive remarks into the "session" between student and doll. He can throw in answers on behalf of the doll which the student must abide by, but the coach does not play the part of "Pc." Don't go playing the role of "Pc" on a real set of process commands!

Also, please note that the POSITION of the coach in CE 103 is beside the student, not across from him.



## NARRATIVE ITEMS EXPLAINED

3 APRIL 1989

A Narrative Item is one which will land the Pc in a single incident for which there is no chain.

Flagrant example: "The time the horse Baldy dumped me in the Potomac."

Obviously there was only one such incident. IF it doesn't F/N, where are you going to go with R3R? No chain.

Example: "When my mother spanked me." One incident. No chain.

Example: "A feeling like catching my hand in a 322 IBM computer on March 3 last year." Only one incident. No chain.

Example: "Like being bitten by a dog." Several examples on a chain but the SOMATIC he is trying to get rid of has a basic on it of being tortured and that incident has nothing to do with dogs.

### NARRATIVE CHAINS OF EXCESSIVE LENGTH

These are by repeating story. By incident description.

There may be 40 billion times his shoe pinched.

Example: "Feeling like a shoe pinching me." The chain is endless. On the same somatic list was "A painful foot." This, being a somatic, permits you to get to a basic.

Example: "Feeling like my parents were cross with me." There may be seven thousand such incidents. You never get to basic.

### SOMATICS

In old Alethanetic Clearing we often ran narratives. They can be run. But now and then there is only one incident and it never arrives at any basic.

Or there are so many similar incidents you go on for days!

The breakthrough came in assessing only somatics, sensations, emotions, attitudes.

There are two types of chains: (1) story or narrative (2) feelings.

The feelings chains (pain, soreness, physical sensation) are the ones that get at what's wrong with the Pc. You can process for a long time on narrative or story incidents without relieving any somatics.

Narrative items can give you trouble in R3R.

Somatics, sensations, emotions, attitudes as R3R items not only give you no trouble to process but deliver the goods.

A sore arm chain can include incidents such as:

1. being hit by a tree.

2. run over by a carriage.
3. being wounded in a duel.
4. being hit by a stone axe.

If “sore arm” is the item assessed (a somatic), then you get all four incidents listed.

Suppose you assess (3) “Being wounded in a duel” as the item. It’s a narrative item because it describes the incident. So you run (3) only, never get to (4) and leave the Pc with a sore arm.

He’s trying to get rid of a sore arm, not a duel.

## RUNNING NARRATIVES

3 APRIL 1989

In narrative running you are handling one single narrative or descriptive incident, such as an accident or specific loss, a physically or emotionally painful experience, an illness or period of great emotional stress. A narrative incident is not, ordinarily, part of a chain. It is just one incident.

You are running that one incident many, many times through to erasure. The clue to erasure of a narrative incident lies in locating earlier beginnings to the incident. It will be found that the Preclear finds earlier and earlier moments when he was told or had an awareness that the incident was going to occur.

The basic stable datum is and always has been: If the Range Arm is up even slightly at the end of Preclear's run through the incident, there is something earlier. The "something earlier" could be an earlier incident or an earlier beginning to the incident being run.

In running narratives, it is the earlier beginning that takes precedence. Earlier beginning is what the Clearing Practitioner asks for after each run through a narrative incident. Only if the incident starts to grind (no change of content, etc.), after having repeatedly searched for an earlier beginning, would the Clearing Practitioner ask for an earlier similar incident in narrative running.

Erasure of the incident occurs when the postulate is obtained, and it is vital that the Clearing Practitioner not go beyond that. Of course, a Preclear who is new to the process may not get postulates at first, but he will eventually.

A narrative item is often run in order to run out the physical experience the person has just undergone. This could be for example an accident, illness, operation, emotional shock or loss.

However, a condition or circumstance without an incident is NOT a narrative. It's just an incorrect item. An example of this would be trying to run the item "Obstruction of Justice." It would not run as there is no exact incident there. The Clearing Practitioner finds the incident which could be an actual incident of false arrest and a night in jail that happened on a specific date and in a specific location. If it is not a recent incident, preassessment would be a better way of handling.

Narratives are too often just run through once or twice and abandoned. This, unfortunately, leaves the incident still charged and affecting the Preclear. A narrative needs to be run and run and run, on that one incident, finding earlier starting points or earlier beginnings to that one incident. What you are doing is running the incident narrative to erasure and only going earlier similar if it starts to grind very badly.

Most narratives will run out by themselves without going earlier, even though it takes a very long time, but if you want to change somebody's life, that's how you can do it.

When you are running a narrative you always add the known incident to the command.

Using the earlier beginning command in running narratives is essential. For example: If the pc is running out a death of somebody closely related to him, you will find that the incident actually started when he heard the phone ring, then, going back earlier to when somebody looked at him peculiarly, etc.

So using the earlier beginning command in narrative running is VITAL.

The command for narrative running is:

Locate the time you (specific incident).

The Clearing Practitioner gets the date and time and then follows up with the rest of the Alethanetic commands.

For example:

Locate the time you lost your hat at the prizefights.

or

Locate the time you got upset with the ticket taker.

or

Locate the time you got knocked out in the prizefight.

or

Locate the time you got fired as a prizefight manager.

**ERASING BAD SESSIONS**  
**NARRATIVE VERSUS SOMATIC CHAINS**

3 APRIL 1989

Now and then it is necessary to run out the last session or some other session.

One does this by using Narrative R3R. One asks for an EARLIER SIMILAR INCIDENT. "Is there an earlier similar incident?" A session, when run, does not always erase. Instead it has become part of a chain. Therefore one has to run Narrative R3R on it and get an earlier similar incident.

One does, of course, run "narrative incidents" by similar EXPERIENCES. (See RUNNING NARRATIVES.)

The chain may go back vast amounts of time.

Whereas the Pc may only have been in Alethanetic Clearing 3 days, before Alethanetic Clearing there were other types of "sessions" such as psychoanalysis. And before that, in Rome and Greece, dream therapy in which one was "visited by a God." And before that -- as well, the chain can have a very far back basic. One does not of course suggest ever what the earlier incident may be. There is no telling what the bank may confuse with a session.

If one asked the Pc to "locate an earlier incident with a similar feeling," one would be on another chain entirely. Hence one asks, simply, "Is there an earlier similar incident?" when running a session out.

Running a session out has the liability that one is running a NARRATIVE CHAIN, a similar experience rather than a similar somatic.

One of the major 1969 breakthroughs was that chains are held together mainly by somatics. The body condition or somatic is what keeps the chain in association.

These narratives will run and erase but they must be done properly. This is by running the incident over and over to erasure, asking after each run through for earlier beginning, and only going earlier similar if it starts to grind badly. Running only narrative incidents is what made early Alethanetic Clearing run up such fabulous numbers of hours in processing.

The commands for running Narrative incidents and further data on running Narratives are to be found in ROUTINE R3R ENGRAM RUNNING BY CHAINS.

Somatic chains go quickly to basic and are the important chains.

Thus when we erase a chain of sessions, we sometimes run into a very long session. Sometimes the Range Arm goes up to 4 or 5 (particularly if the incident grinds). Using a wrong go-earlier command is a primary reason for trouble.

Usually if you ask simply for an earlier beginning or an earlier similar incident, the Pc goes back to something that will erase and it blows.

But remember, asking for similar types of experience can get very long and erasure may not occur for some time.

Running out sessions can be a worthwhile action, but the best thing to do is goof no assessments or sessions in the first place.

## **R3R ENGRAM RUNNING BY CHAINS AND NARRATIVE R3R AN ADDITIONAL DIFFERENCE**

3 APRIL 1989

The basic stable datum is and always has been - If the Range Arm is up even slightly at the end of Pc's run through the incident, there is something earlier. The "something earlier" could be an earlier incident or an earlier beginning to the incident being run.

There is a slight difference between the way these two are handled in R3R Engram Running By Chains and R3R Narrative Running because of what the Clearing Practitioner is trying to accomplish with each. The difference is in the order of importance of "earlier beginning" and "earlier incident."

### **R3R ENGRAM RUNNING BY CHAINS**

In R3R Engram Running By Chains you are following down and erasing a somatic chain. Here, in almost all cases, an earlier incident on the chain takes precedence over an earlier beginning to the incident being run.

Therefore, if the Range Arm is even slightly up at the end of the Pc's run through an incident and if there is no earlier incident (or none the Pc can yet see), the Clearing Practitioner asks for an earlier beginning to the incident being run.

Where you find an earlier beginning to an incident on the chain that is not the basic incident, you rerun that incident only once more through from the earlier beginning to the end of the incident. If Range Arm does not come down on that run through, there's an earlier incident.

The whole point begin made here is that on engram running by chains, you always want the earlier incident as soon as that is available. Thus, you ask for the earlier incident first, then, if necessary, for an earlier beginning.

### **R3R NARRATIVE RUNNING**

In R3R Narrative Running you are handling one single narrative incident, such as an accident, a physically or emotionally painful experience, an illness, loss, or period of great emotional stress, which is not, ordinarily, part of a chain.

You are running that one incident many, many times through to erasure. The clue to erasure of a narrative incident lies in locating earlier beginnings to the incident. It will be found that the Pc finds earlier and earlier moments when he was told or had an awareness that the incident was going to occur. Thus, in running R3R Narrative, it is the earlier beginning that takes precedence, and that is what the Clearing Practitioner asks for after each run through a narrative incident. Only if the incident starts to grind (no change of content, etc.), after having repeatedly searched for an earlier beginning, would you ask for an earlier similar narrative incident.

This data on earlier beginning is a new breakthrough on narrative incident running and erasure, and the Class V Clearing Practitioner should fully understand it and the tech on which this additional difference between the two procedures is based.

As pointed out in other issues, erasure of the somatic chain or the narrative incident occurs when the postulate is obtained along with an F/N and VGIs, and it is vital that the Clearing Practitioner not go beyond that.

**A TYPICAL NARRATIVE ITEM**

10 MARCH 1989

NARRATIVE ITEM : DEATH OF MY FATHER

1st pass through

-----original duration, 2 hours-----

2nd pass through

EB\_\_\_\_\_

3rd pass through

EB\_\_\_\_\_

4th pass through

EB\_\_\_\_\_grief

5th pass through

\_\_\_\_\_ (center now missing) \_\_\_\_\_

6th pass through

\_\_\_\_\_ (center to end now gone) F/N

7th pass through

EB\_\_\_\_\_ (center erased) (new piece appears) F/N

8th pass through

EB\_\_\_\_\_ (everything now gone) F/N

9th pass through Broader continual F/N, erased, cognition, VGIs and any postulate.

## ASSESSMENT AND INTEREST

3 APRIL 1989

An assessment consists simply of calling off the items the Pc has given and marking down the reads that occur on the meter. The Pc is not required to comment during this action and it is better if he does not.

This action is called "Assessment for Longest Read." It is used in Alethanetic Clearing.

In Alethanetic Assessment by Longest Read one uses these symbols:

X - didn't read

Tick - small jerk of needle

sF - Small Fall (a quarter to half an inch)

F - Fall (about one to 2 inches)

LF - Long Fall (2 to 3 inches)

LFBD - Long Fall followed by a "blow down" or Range Arm motion downward.

All falls are to the right. A "BD" is a Range Arm motion to the left made to keep the needle on the dial.

The favored actions for an item is an instant F/N or an LFBD and if one item on the list does so, that is it without any further assessment.

The reason one assesses is that IF AN ITEM DOES NOT READ ON THE METER WHEN ASSESSED, IT IS BEYOND THE PC'S LEVEL OF AWARENESS.

It is very unwise and unsafe to try to run a somatic which has not read on the list. It will be beyond the Pc's reality and beyond his awareness and will result in overwhelming him.

That an item reads guarantees that the Pc will be able to confront and erase the chain. So that an item reads well is a guarantee that the Pc can handle it and will not get in too deep.

The exception to this is a PROTEST read. An item, possibly already run, is seen to read. The Pc frowns. He is protesting and the meter is registering protest, not the item. One never runs a Pc against his protest. To do so will overwhelm him and give a bad result. A protest almost never blows down the Range Arm.

To be sure that the item is right, one usually asks the Pc if he is interested in the item chosen.

If the Pc says no, he doesn't want to run it, this is a protest read.

One then picks the second best reading item on the assessment already done and checks that with the Pc for interest. The Pc will usually be interested in it.

The Pc can almost always be counted on to be interested in any item that gives an LFBD.

One never simply asks the Pc which on the list he is interested in as "an assessment" as it will be found the Pc simply chooses at random and may choose a non-reading item. The



result may be a very unsuccessful session.

A Clearing Practitioner may sometimes be astonished by what reads. The Pc, let us say, obviously has a broken leg but what reads is an earache. One runs what reads, not what the Clearing Practitioner knows should be run. A “know best” in a Clearing Practitioner can be a fatal fault.

On a second or third assessment, items which were at first non-reading or reading poorly will be found to “come alive” and read well. The Pc, by being cleared, has had an increase of ability to confront and, if the Clearing is standard, an increase in confidence. The result is that items beyond his reach previously (did not read well) are now available and can be run easily.

The CB Meter measures the awareness depth of the Pc. On things which do not read on assessment you would find his reality poor. Things that read well on assessment will be found to be things on which a Pc has a high reality and a high interest level.

Only if pushed to do Clearing without a meter could a Clearing Practitioner assess by interest only. There is no real excuse for it if one has a CB Meter.

Clearing without a meter is a chancy activity.

Good assessment by longest read is the best entrance to a successful session.

The same list will serve for the next item to be run and should be used rather than just asking the Pc.

## ASSESSMENT

3 APRIL 1989

In Professional Alethanetic Clearing if you assess the wrong item or a wrongly worded item the case won't run, the Range Arm goes up above 3.5 or the Range Arm goes down below 2. HIGH Range Arm (above 3.5) is a lot of mass coming in. LOW Range Arm (below 2) is overwhelm.

Bad CEs can cause low Range Arm as the Clearing Practitioner is overwhelming the Pc. Too many times through without going earlier is the usual cause of these 4.5 to 5.5 Range Arms.

But both high and low Range Arm are in some degree caused by not quite right assessment.

Pictures turning off (Pc gets a black or invisible field) is also caused by a wrong assessment.

The whole subject of assessment means PICK OUT THE THING THAT WILL RUN. That's all one is trying to do.

As experienced professional Clearing Practitioners have never had the faintest trouble finding items and assessing or even finding the right somatic with no meter at all, it is hard for one to advise how to correct MISASSESSMENT or assessment errors. The whole subject is too easy. Just too awful easy.

Students try to put too much into it. They try to get a pat-phrased question to ask like "What is the feeling?"

They stare (CE 0) at the Pc when they should be looking at the meter.

An old operating definition of ASSESSMENT is:

ASSESSMENT IS DONE BY THE CLEARING PRACTITIONER BETWEEN THE PC'S BANK AND THE METER. THERE IS NO NEED IN ASSESSING TO LOOK AT THE PC. JUST NOTE WHICH ITEM HAS THE LONGEST FALL OR BD. THE CLEARING PRACTITIONER LOOKS AT THE METER WHILE DOING AN ASSESSMENT.

One is assessing for PAINS, SENSATIONS, UNWANTED EMOTIONS, ACHES, etc. It can get so far out that the Pc is made to say only feelings like "a going in feeling" and never even mention a pain.

There are so many signs and indicators that it is a wrong item when it is that we can't see how it could be missed. On a wrong item the Pc has bad indicators, the meter doesn't read, there is no Pc interest. Wow. It's as obvious as a sinking ship.

On a right item the meter reads well when the Pc says it, the Pc's good indicators come in, somewhat, when it's announced, the Pc is very interested in running it. It's about as obvious as sky rockets.

So just given these two descriptions of the reaction to a wrong item and a right item, we should think anybody could tell them.

Rote procedure gets heavily in the road of an Alethanetic assessment. The Pc gives a list, the Clearing Practitioner doesn't watch the reads and note them, then the Clearing

Practitioner commonly goes back to assess the list. By that time the charge is off. He should have watched the meter in the first place and taken that. Why all this assessing of the finished list. Of course when you already have a list done by another with no reads marked on it, you have to read it off and mark what reads. And using a list a second time, you have to read it off to the Pc to see what reads.

When the student demands a rote procedure for Alethanetic assessment, he is asking for trouble and is trying not to understand.

If the student simply understood that he was trying to find an item that read well, brought in moderate GIs and in which the Pc was interested and which was usefully worded and which would run, he would have it made.

L & N listing gets all mixed up on an Alethanetic Course. There are precision Listing and Nulling actions which must not be violated. These have NOTHING to do with Alethanetic Clearing.

A Standard Alethanetic list can be so sloppily done it's hard to believe. BUT the Clearing Practitioner has to watch the meter and be sure he has one with the Pc's interest, worded so as to run into an engram chain.

We've seen an incredible botched-up job such as finding a somatic done this way: PC listed, needle and Range Arm all over the dial. The Clearing Practitioner picked out four somatics. Wrote them down and called them off. None read. The Clearing Practitioner then said the Pc couldn't be run on Alethanetic Clearing and should be processed on Grade 0. Who is kidding who? The somatics read like mad. There was even one with an LFBD. Yet the Clearing Practitioner had to go into some goofy rote procedure or ritual and by it "discover" there were no somatics.

The errors in this operation of finding a somatic can be so corny and so idiotic that we have to assume the Clearing Practitioner doesn't know or understand what he's trying to do and doesn't even look at the meter while he does it.

This action of finding the somatic to run is SO easy to do that only over-complication can block it.

The Clearing Practitioner wants to know what aches, pains, bad feelings, misemotions the Pc complains of and out of these takes the one that reads best while the Pc is saying it or it is being called off and which brings in the Pc's GIs moderately and in which the Pc is interested. The somatic MUST read.

It requires one looks at his meter when the Pc is giving it or it is being talked about.

There are no L & N listing considerations in it.

Now and then the Pc has a discreditable somatic and the Clearing Practitioner has to coax the Pc to give all.

Now and then the Pc says "My Bronchitis" and if you ran that or any medical term you'd only get him in doctors' offices or in hospitals, as it's a medical term, not a somatic.

In L & N lists there's only ONE item. On Alethanetic lists there can be a dozen, for an Alethanetic list isn't really a list in the L&N sense. It isn't trying to isolate the mental troubles of the Pc. An Alethanetic list is simply the Pc's physical aches and pains. People are notorious for discussing their aches and pains. Why is it so hard to find one that reads well on a meter?

Well, you have to watch the meter.

That's probably the outness. Students are so socially adjusted they keep looking at the Pc, maybe even trying to look pleasant rather than trying to read a meter.

When you are looking for a somatic in the Pc and hit it, the meter reads well, the Pc has moderate GIs when you tell him what it is you've chosen, he is interested and it will run.

## SOMATICS

3 APRIL 1989

You must run only by somatic, not by narrative. Narrative means "Falls down stairs" "An earlier fight with brother." By somatic is meant a pain, ache or sensation and also misemotion or even unconsciousness. There are a thousand different descriptive words that could add up to a feeling. Pain, ache, dizziness, sadness - these are all FEELINGS. Awareness, pleasant or unpleasant, of a body is what we are trying to run in Alethanetic Clearing.

All chains are held together by one similar feeling. Chains are not held together by narratives or personnel or locations. They are held together by FEELINGS. Thus we ASK FOR AND FOLLOW DOWN ONLY FEELINGS. Those can be aches, pains, sensations, misemotion - any FEELING.

This brings to light a further discovery. One never assesses medical terms or symptoms.

An engram contains pain and unconsciousness. Its basic would be a physical duress and not a symptom resulting from that duress.

Example: The Pc says "headache." You assess headache, you try to run "headaches" and all you ever get is times a Pc had a headache. Well, the headache is a symptom caused by a head injury. The engram must have contained a shot in the head or a crushed skull or some actual injury. The word "headache" would describe only how the head feels later when the engram occasionally goes into reactivation.

So you would get only locks and secondaries to run and only by chance and an alteration by the Pc of the command to find an earlier headache would you ever get to an engram in which the head was crushed or injured. "Headache" is the result of a head injury, and it doesn't describe the injury which, in engram form, is now giving the Pc headaches.

Take the medical term Arthritis. You could ask for arthritis and get only visits to the doctor or times in a wheel chair. The physical injury contained in the engram causing the arthritis is not described.

Alcoholism would present the same problem. If the Pc listed and the Clearing Practitioner assessed "Alcoholism," we would get times when he was drunk, not the engram causing the symptom which might contain "Feeling very dry."

Therefore one has more than one column on an Alethanetic assessment sheet. One would be the physical disability or complaint column. The second column would be the Pc's description of the FEELING. We would land the real engram every time, not only its locks or secondaries. (It is quite all right to run locks and secondaries as it is necessary to unburden the chain and increase the Pc's confront, but chains always end up in a basic engram at the bottom and if you don't get and erase that, then the chain will key in again.)

In asking for Alethanetic list items one puts down only what the Pc says. That's an invariable rule. But when the Pc says some mere symptom like "headache" or a medical term like "arthritis," the Clearing Practitioner writes it down but also asks "What is the feeling of that?" or some such question and writes what the Pc then says AND ONLY ASSESSES THE FEELING STATED.

Example: Pc says a complaint is "SINUSITIS." The Clearing Practitioner writes it down. But asks also for the feeling of it. The Pc says, "A burning sensation in the nose." In assessing the list the Clearing Practitioner does not call out "Sinusitis." He says, "A burning

sensation in the nose.” And marks down its meter read.

If the Clearing Practitioner took and assessed only “SINUSITIS” and then asked for incidents of sinusitis, he would get only locks and secondaries - times when the engram was in reactivation. And he would rarely get the real basic and engram that causes the symptom.

This discovery opens the door to swift “cures.” But one is obviously not treating SINUSITIS. He is looking for an incident in which there was a “burning sensation in the nose.” And after a few locks and upper engrams, he’d find and run the real injury in which the nose was burned.

## ASSESSMENT AND HOW TO GET THE ITEM

3 APRIL 1989

A great deal of material has existed about assessment of the Preclear in Alethanetic Clearing. It is important to understand what Alethanetic assessment is and what you are attempting to accomplish when doing this type of assessment.

You are trying to find an item:

1. that reads well;
2. that brings in the Pc's indicators;
3. in which the Pc is interested;
4. which is usefully worded and will run.

Example: The original item is "bronchitis." The Clearing Practitioner assesses the Preassessment Form below by asking the Pc:

### PREASSESSMENT FORM

"Connected with bronchitis are there?":

ATTITUDES \_\_\_\_\_  
DISLIKES \_\_\_\_\_  
EMOTIONS \_\_\_\_\_  
FEELINGS \_\_\_\_\_  
MISEMOTIONS \_\_\_\_\_  
FEARS \_\_\_\_\_  
SENSATIONS \_\_\_\_\_  
DISCOMFORTS \_\_\_\_\_  
INTENTIONS \_\_\_\_\_  
COMPULSIONS \_\_\_\_\_  
NUMBNESSES \_\_\_\_\_  
TIREDNESSES \_\_\_\_\_  
UNCONSCIOUSNESSES \_\_\_\_\_  
PRESSURES \_\_\_\_\_  
SORENESSES \_\_\_\_\_  
ACHES \_\_\_\_\_  
PAINS \_\_\_\_\_

He gets an LF on misemotions. This is the largest read.

To get the running item, the Clearing Practitioner asks:

"What misemotions are connected with bronchitis?"

### PREASSESSMENT ITEMS

The Preassessment item is the largest reading item on the Preassessment Form above. Subsequently, lesser reading items from the same list are taken up.

With the preassessment item gotten, the Clearing Practitioner can do an Alethanetic list to find the running items.

Example: The preassessment item is “misemotion.” The Clearing Practitioner asks, “What misemotions are connected with bronchitis?”

He writes down all the answers the Pc gives him with their reads.

Feeling like I want to give up X

Worried about my lungs LFBD

Feeling angry about not breathing F

Scared to death sF

The Clearing Practitioner would first run “worried about my lungs” R3R Quadruple Flow and then would return to the next best reading item, in this case, “Feeling angry about not breathing.”

Note that this is an Alethanetic assessment list and not a Listing and Nulling (L&N list). With the Alethanetic assessment list we are looking for reading running items and not necessarily the one LFBD F/N item as in Listing and Nulling. Occasionally, the Alethanetic assessment list will act like an L&N list and produce one LFBD F/N item. In this case you have a very hot Alethanetic running item to run R3R Quad. When you get an LFBD F/N on an Alethanetic assessment list, you run it and forget about the other lesser reading items as all the accessible charge has transferred over to this one LFBD F/N item just as in the case of L&N lists.

#### RUNNING ITEM

The Clearing Practitioner chooses the largest reading item (worried about my lungs) the Pc has given and checks interest. If the Pc is interested, this item is run R3R Quad.

#### FINDING THE NEXT RUNNING ITEM

The Clearing Practitioner has a choice of taking a lesser reading item from the Preassessment Form or the running item list or (safer) do a new preassessment on the same original item. (You don’t stop working on the original item until it is gone completely and forever.)

Having done a preassessment on the same original item you do a new running item list, take the best read (Fall, LF, instant F/N) and use it as your new running item for R3R.

#### PRECLEAR HISTORY FORM

This is the first assessment done in Professional Alethanetic Clearing. It has been known by various names, “Health Form,” “Preclear Assessment Sheet” “Original Assessment” and is now reissued with only minor changes as the PRECLEAR HISTORY FORM.

It contains the Pc’s physical history and background, and gives the Clearing Practitioner and C/S a picture of the case. It is an assessment as it is done on the meter and enables the Clearing Practitioner and C/S to see what needs to be handled.

#### ORIGINAL ITEM



The original item is a condition, illness, accident, drug, alcohol or medicine, etc. that has been given by the Pc to the Clearing Practitioner. This will come from the Preclear History Form, from another Alethanetic Clearing rundown or may simply be offered by the Pc.

Original items tend to be general in character, such as “lame” or a medical condition like bronchitis. Pcs normally give items this way when asked for them on the Alethanetic Clearing Preclear History Form.

## PREASSESSMENT

Preassessment is a new procedure in Professional Alethanetic Clearing. It is done with a prepared Preassessment and determines what categories of somatics are connected to the original item and which of these has the most accessible charge.

It is called the preassessment because it comes before the Alethanetic assessment of the actual item to run out R3R. (The item to be run out is called the “running item”.)

Preassessment is done on the original item with the Preassessment Form.

## PREASSESSMENT FORM

The Preassessment Form is a prepared assessment of categories of somatics which are assessed in connection with the original item. (The list includes attitudes, dislikes, emotions, feelings, misemotions, fears, sensations, discomforts, intentions, compulsions, numbnesses, tirednesses, unconsciousnesses, pressures, sorenesses, aches, pains.)

## PREASSESSMENT ITEM

The preassessment item is the largest reading item obtained on an assessment of the Preassessment Form. This item is used to get running items.

## LISTING FOR RUNNING ITEMS

The Clearing Practitioner now takes the preassessment item and makes an Alethanetic list on a separate sheet of paper and asks the Pc, “What (preassessment item found) are connected with (original item found)?” as in, “What misemotions are connected with bronchitis?”

The Clearing Practitioner writes down exactly what the Pc says in a column and notes the meter reads at the exact moment the Pc thinks of the running item.

The result is a list called the “running item list.”

If the Pc gives you an exact feeling (“feeling scared,” “a burning feeling in my ear,” “a sharp pain in my toe”), the feeling is simply run out R3R Quad if it reads and the Pc is interested.

An item which states a somatic and is runnable is called a running item. Running items are exactly stated attitudes, dislikes, emotions, feelings, misemotions, fears, sensations, discomforts, intentions, compulsions, numbnesses, tirednesses, unconsciousnesses, pressures, sorenesses, aches, pains.

If the Pc gives you a general type item like “stomach problems,” a drug, alcohol, medicine, medical term or narrative, which does not state a feeling (etc.), the feelings

(somatics) for the item must be found so they can be run.

## RUNNING ITEM

The Clearing Practitioner takes the best reading item on the running item list (possibly an LF or an LFBD or an instant F/N) and checks with the Pc, “Are you interested in this item?” and if so it becomes the running item which you will run by R3R Quad.

Running items are sometimes abruptly volunteered by the Pc and if they are within the categories of the assessment list they can be run, but be careful of: 1) jumping onto some other subject than the original item you are trying to handle or 2) upsetting the Pc because you refuse to run it. Warning: If you go off Professional Alethanetic Clearing assessment procedure, you will be “pot shooting” all over a case and never finish it.

All this Professional Alethanetic Clearing procedure is leading up to finding items that will run and resolve the case. So the thing you are after in assessment is the running item and it is most accurately obtained as above.

This is done by taking the original item, say “stomach problems,” doing a preassessment on it, and with the preassessment item, finding a running item.

(Example: Stomach problems is the original item. A preassessment is done and “sorenesses” is the largest reading item on the Preassessment Form. The Clearing Practitioner then lists for running items, using sorenesses, and gets “A dull soreness on my left side.” This is the running item, which will be handled with R3R Quad.)

## HOW A PREASSESSMENT WORKS

Previous to Professional Alethanetic Clearing you would have taken an Alethanetic item such as a drug or a chronic condition or an accident and you would have asked the Pc to give you the attitudes, emotions, sensations and pains connected to the item without doing a preassessment. This is still a valid technique.

The new procedure on the handling and running of Alethanetic Clearing is called the preassessment. This is how it works.

1. The Clearing Practitioner obtains original items from the Pc. This will be from a drug list, the Preclear History Form or other Alethanetic rundown. (It will be a drug, condition, an illness, an accident, etc.) The original item must read small fall or better for it to be used in the preassessment step.
2. The Clearing Practitioner then preassesses the feelings on the Preassessment Form to find out which preassessment item has the most available or accessible charge in connection with the original item.
3. From the preassessment item (the largest reading Preassessment Form item) the Clearing Practitioner can get specific somatics called running items from the Pc. These running items will be the ones the Pc is most interested in.
4. The running item found in Step 3 is run R3R Quad.

## ASSESSMENT COMMANDS

Commands for the Professional Alethanetic Clearing Rundown:

- 1) Ask the questions on the Preclear History Form. Write down answers and note meter reads. Use the largest reading original item first.
- 2) “Connected with (original item being preassessed) are there (preassessment item being called)?”
- 3) “What (largest reading preassessment item) are connected with (original item)?”
- 4) “Are you interested in running (largest reading or instantly F/Ning running item found in 3 above)?”
- 5) Go straight into R3R Quad, using the item in 4 if the Pc is interested.

### HANDLING SOMATICS

The Preassessment Form is designed to locate somatics which the Clearing Practitioner can then handle with R3R.

By somatic is meant a pain or ache, sensation, misemotion, or even unconsciousness. There are a thousand different descriptive words that could add up to a feeling. Pain, aches, dizziness, sadness, they are all feelings.

All chains are held together by the various awarenesses which are named on the Preassessment Form.

Difficulties given by the Pc on the Preclear History Form are, in all cases, composed of attitudes, dislikes, emotions, feelings, misemotions, fears, sensations, discomforts, intentions, compulsions, numbnesses, tirednesses, unconsciousnesses, pressures, sorenesses, aches, pains as well as one or more postulates. It is very possible that any major Preclear History Form original item contains 4 or more full chains.

Hence a Clearing Practitioner really hasn't got a prayer of eradicating all the original items on a Preclear History Form unless he runs 64 or more complete chains thoroughly and accurately. Some might give up with less and some might require many more.

If you follow the Professional Alethanetic Clearing assessment procedure perfectly and flawlessly, you have every chance of achieving a well and happy human being and perhaps a Clear.

### HANDLING NARRATIVES

A narrative is a story, an account, a tale.

For many years narratives were held in disrepute and Clearing Practitioners were sometimes warned against running them. The reason for this is that when you try to solve a case on narratives alone, it takes several thousand hours of Clearing.

However to abandon narratives totally is to abandon some of the most dramatic case changes you can get.

Narrative running is particularly valuable in the case of the new physical injury (including operations and oral surgery) which has just occurred.

Ordinarily the last engram on a case can be run, providing it has not acquired too many locks. Further, any engram seems to depend, for its inaccessibility, on the locks it has accumulated. It is the charge in the locks which “seals in” the engram. That is why a recent injury or operation will run easily as a narrative item and incidents which are not recent are

difficult or impossible to erase with a direct narrative approach. These non-recent engrams, therefore, must be preassessed. This is true to some extent with secondaries; although, many non-recent secondaries are still accessible to direct narrative running. If in doubt, preassess.

Where a person has just been hurt physically (anything from a bumped knee to a serious operation), there appears to be a time lag before the pain of the engram is occluded and covered over by secondaries and locks as to be unavailable. In this interval, roughly the interval when the injury is still hurting, it is possible to discharge and release the physical pain and emotion by running the incident Narrative R3R.

Occasionally the Pc will come into a session after a physically or emotionally painful experience, oral surgery, an accident, illness, loss or great emotional stress. Running these incidents out narrative erases the psychic trauma the person has undergone and speeds recovery.

This is the proper use of Narratives. Recent incidents run excellently by narrative. Incidents which are not recent are risky to run narrative and are best handled by preassessment.

You sometimes find that a person's whole life changed around the death of a relative or child or a divorce or an auto accident or some other similar catastrophe. This is usually found and handled in the FULL ALETHANETIC PC PROGRAM OUTLINE.

When running a narrative, one is running out the narrative incident. A narrative needs to be run and run and run on that one incident. You are running that incident to erasure and you only go earlier similar if it starts to grind very badly.

The trick in running narratives is to find the earlier beginning each time the person is moved through it.

A condition or circumstance without an incident is NOT narrative. An example of this would be "obstruction of justice." It would not run as there is not an exact incident; however, one can preassess "obstruction of justice" to find running items for R3R Quad. "Hitting a cop" is a narrative. "Feeling sick about cops" is not a narrative as there is no story connected with it, but there is a somatic and could be run R3R. If in doubt, preassess the item, find the running items and run those R3R Quad.

## RUNNING NARRATIVES

To run a narrative item, the Clearing Practitioner must first find out exactly what happened with the Pc, then, by asking the Pc, "What shall we call this incident?" He will have the Preclear's wording and can run it narrative, using the Professional Alethanetic Clearing narrative commands. One would run a narrative item ONLY if it reads well and the Pc is interested in running it out.

Narrative handling to its full EP can give miraculous results, but it can take a long time to get the Pc through it. A full Alethanetic EP of postulate off (which IS the erasure), F/N and VGIs must be reached. If the Pc gives a cognition which is not the actual postulate from the incident or doesn't sound like it to the Clearing Practitioner, the postulate is asked for.

## NARRATIVE ASSESSMENT COMMANDS

- 1) Ask the questions called for on the Preclear History Form.
- 2) Note any original items that contain recent losses, illnesses, accidents, upsets or deaths and ask: "Are you interested in handling (description of item on the Preclear History Form)?"

- 3) If the Pc signifies that he is, go immediately into R3R Narrative.

### ASSESSING TONE OF VOICE

The Clearing Practitioner does the assessing by asking the question as a question, not as a statement of fact. To assess the question as a statement tends to evaluate and can even invalidate the Preclear.

You can go around asking questions with a tape recorder going. Play it back and you will notice the voice tone rises on a question and goes down on a statement. So the right way to assess the questions would be to have a slight upcurve at the end, and actually assess it as a question

ASSESSMENT IS DONE BY THE CLEARING PRACTITIONER BETWEEN THE PC'S BANK AND THE METER. THERE IS NO PARTICULAR NEED IN ALETHANETIC ASSESSING TO LOOK AT THE PC. JUST NOTE WHICH ITEM HAS THE LONGEST FALL OR BD. THE CLEARING PRACTITIONER LOOKS AT THE METER WHILE DOING AN ASSESSMENT.

Rote procedure gets heavily in the road of an Alethanetic assessment. The Pc gives a list, the Clearing Practitioner doesn't watch the reads and note them, then the Clearing Practitioner commonly goes back to assess the list. By that time the surface charge is off. He should have watched the meter in the first place and taken reads while the Pc was originating the item. Why all this assessing of the finished list? Of course when you already have a list done by another with no reads marked on it, you have to read it off and mark what reads. And using a list after all reading items have been run, you have to read it off to the Pc to see what reads.

In Alethanetic Clearing one always handles an instant F/N first, then any LFBD, LF, F or sF, in that order. The largest reading items are the ones the Pc can most easily confront. When the largest reading item is handled, go on to the next biggest reading item (and so on) until all reading items have been handled. This same principle applies to all Professional Alethanetic Clearing. Take up the biggest reading areas and handle those first.

You may find there is something plainly visible that is wrong with the Preclear, like a broken leg, yet it may not read at all. Instead the meter is reading on the pain in his arm. You do the standard action of handling the items that the meter reads on.

In assessing a prepared list such as the Preassessment Form, always take up the item which got an instant F/N first, followed by the next largest read.

In a list like the running items list, you continue listing until the Pc says that's all or you've got an LFBD or F/N item. If you get in trouble right after listing a running item list on a Pc and the Pc seems upset and you are not a Class IV Clearing Practitioner, go get a Class IV fast and have him repair the list for you as it may have become a Listing and Nulling type list error.

The laws of Listing and Nulling always apply to Listing and Nulling type lists and sometimes, on rare occasions, apply to an Alethanetic assessment running list and can in these cases cause trouble.

Listing for a running item on the running item list usually doesn't cause trouble as it is already taken from the Preassessment and is not a very broad question.

This and a failure to follow Professional Alethanetic Clearing assessment and R3R procedure exactly or failure to erase the basic on a chain is about all the trouble you'd run into.

**PREASSESSMENT FORM**

1 MAY 1989

Connected with (Original Item) are there:

ATTITUDES\_\_\_\_\_

DISLIKES\_\_\_\_\_

EMOTIONS\_\_\_\_\_

FEELINGS\_\_\_\_\_

MISEMOTIONS\_\_\_\_\_

FEARS\_\_\_\_\_

SENSATIONS\_\_\_\_\_

DISCOMFORTS\_\_\_\_\_

INTENTIONS\_\_\_\_\_

COMPULSIONS\_\_\_\_\_

NUMBNESSES\_\_\_\_\_

TIREDNESSES\_\_\_\_\_

UNCONSCIOUSNESSES\_\_\_\_\_

PRESSURES\_\_\_\_\_

SORENESSES\_\_\_\_\_

ACHES\_\_\_\_\_

PAINS\_\_\_\_\_

## ASSESSMENT DRILL - ALETHANETIC PREASSESSMENT

3 APRIL 1989

(Note: It is required that anyone doing the following drill shall have done a CE course (0 through 9) and the CB Meter Drills.)

The make or break point of a Clearing Practitioner is his ability to get reads on a prepared assessment. This depends upon (a) His CE 1 and (b) His Metering.

In 1978 this was further studied and in ASSESSMENT CEs, it was found that correct voice pitches had everything to do with assessment.

### CB METER

To begin, a Clearing Practitioner should review his CB Meter drills, if needed, and practice CB Meter Drill 21.

Being able to see and read and operate a CB Meter has everything to do with getting reads off a prepared assessment such as the Alethanetic Preassessment Form. Where a Clearing Practitioner misses, it is simply that he has not adequately done the CB Meter Drills and has not practiced up to a point of full, easy familiarity with the CB Meter. The point of being able to make assessmentss read is pointless unless the Clearing Practitioner can set up, handle and read the CB Meter. But the skill is easily acquired.

### ASSESSMENT TRAINING DRILLS

The following drill has the letter "Q" after it to mean that it is used for QUESTIONS.

NUMBER: CE 1-Q4

NAME: Whole Sentence Questions.

POSITION: Student and coach sit facing each other across a table. The CB Meter is set up and used. Copies of the Book of CB Meter Drills are used.

PURPOSE: To train the student to ask whole questions that sound like questions, read a CB Meter and handle a session at the same time.

COMMANDS: The usual coach commands of CE drills. The Prepared Assessment Lists are used. The questions in these drills are reworded so that the item occurs as the last word. Example: List 1 states that the Assessment Question is "Which fruit tastes the best?". This is converted for each question to "Do you like \_\_\_\_\_?" Prepared List 3 is converted to "Do you dislike \_\_\_\_\_?" A whole sentence is used in every case.

TRAINING EMPHASIS: The usual CE commands are used by the coach. CB Meter Drill No. 4 must be used to start. Any CE errors or Metering errors may be flunked, but special attention is paid to the student's ability to ask a question that sounds like a question and that sounds natural. The drill has three parts. In the first part, although the coach is on the meter, the ability to ask the question is concentrated upon. The second part concentrates upon the student's ability to look at the written question and then ask the coach directly without undue comm lag or hesitation. The third part is to do the first two parts and read the meter (in accordance with CB Meter Drill 21) and to keep session admin, all smoothly and accurately. If a question arises about meter accuracy, a third person who can read a meter or a video tape is employed to ensure that the student is actually not missing or dubbing in reads.

END PHENOMENA: A person who can do all the necessary actions of asking questions from a prepared list and run a session smoothly without errors or confusions and be confident he can.

#### SUMMARY

The purpose of these drills is to train the student to ask questions that will get answers and to assess prepared lists that will get accurate reads. If a student doing these drills has difficulty it will be traced to false data, misunderstood words or not having passed earlier CEs including CE 6 through 9 or his CB Meter Drills. If a satisfactory result is not obtained, the faults in the above items should be located and remedied and these drills repeated. If any earlier omissions are found and repaired and if these drills are honestly done, heightened success as a Clearing Practitioner is assured.



## **ALETHANETIC LIST ERRORS**

3 APRIL 1989

An Alethanetic list of somatics, pains, emotions or attitudes is not a Listing and Nulling list. The Clearing Practitioner simply lists out somatics and runs all the reading items in order of largest read first. He is not looking for the one big LFBD F/N item.

It can happen that an Alethanetic list of somatics, pains, emotions and attitudes can act as a list under the meaning of the Laws of Listing and Nulling. If the Clearing Practitioner gets an LFBD F/N item, it will turn out to be a very hot running item for R3R. There is, however, an additional liability. If the Clearing Practitioner flubs on such a list he can wind up with a Listing and Nulling error.

The most violent session ARC Breaks occur because of list errors under the meaning of Listing and Nulling. Other session ARC Brks even under withholds are not as violent as those occurring because of listing errors.

Therefore when a violent or even a "total-apathy-won't-answer" session upset has occurred in Alethanetic Clearing, one must suspect that the Preclear is reacting under the Laws of Listing and Nulling and that he conceives such an error to have been made.

The repair action is to assess the prepared assessment which corrects listing errors. This is the L4.

The L4 is prefaced with "On Alethanetic lists \_\_\_\_\_" at the start of each of its questions when employed for this purpose.

When a Pc has not done well on Alethanetic Clearing and when no other reason can be found, the C/S should suspect some listing error and order an L4 to be done "On Alethanetic lists \_\_\_\_\_" at the start of each question.

Each read obtained on the assessment is carried to an F/N as per the bulletin "F/N Everything" or, preferably, the list is found in the folder and properly handled in accordance with what read on the L4.

Alethanetic lists can be carried to an item that blows down and F/Ns.

This does not mean the item found is now wholly clean. Even though it F/Ned, it will in most cases need to be run on secondaries and/or engrams (R3R Quad) to erasure and full Alethanetic End Phenomena.

A C/S must be alert to the fact that:

- (a) Extreme upsets and deep apathies are almost always list errors.
- (b) That an Alethanetic List can be conceived to be a formal list and can behave that way.
- (c) L4 is the correction assessment used in such cases.
- (d) Laws of Listing and Nulling can sometimes apply to Alethanetic lists.

Very few Alethanetic lists behave this way but when they do, they must be handled as above.

## **CB METER DRILL - FINDING RUNNING ITEMS**

3 APRIL 1989

**PURPOSE:** To train the Level V student Clearing Practitioner to ask for running items, to write down the item and to note the meter reaction when the item is given by the coach.

This drill trains the student in the procedure that is used to find R3R running items in Alethanic Clearing.

**POSITION:** The coach and the student Clearing Practitioner sit facing each other across a table with a CB Meter set up and the coach holding the electrodes.

**COMMANDS:** The Prepared Assessment Sheets (no actual or made up items are allowed). The items on the lists are not actual items; they are just "pretend" items.

**TRAINING EMPHASIS:** The student Clearing Practitioner writes the question from The Prepared Assessment Sheet at the top of a sheet of blank paper and then places The Prepared Assessment Sheet on the table in front of the coach. The coach should not look at the list of items at this point. The student Clearing Practitioner clears the question with the coach and notes any read on clearing the question. The student Clearing Practitioner then asks the coach the question with the intention of getting items from the coach. The coach gives items from The Prepared Assessment list somewhat slowly, comm lagging once in a while and mostly looking off into space. The coach should, however, give an item at the same instant that he sees it on the list so as not to spoil the read.

The coach can cover the Prepared Assessment Sheet with a card. The coach then exposes an item and reads it aloud with no comm lag. If the coach looks at an item and doesn't say it at exactly the same instant, the read will probably occur at that instant and then not occur when the coach says it at a later time. The coach can give items randomly from the list, but should instantaneously say the item as he sees it. As the coach says an item from the list, the Clearing Practitioner should write down the item and any read (sF, F, LF or LFBD) that goes along with the item.

The coach should, once in while, comment on the item, express pretended emotion about it, laugh, grimace or repeat the item to make the drill more realistic. Any read which occurs while the coach's attention is on the item is a valid read and should be noted down by the Clearing Practitioner. In the case of an LFBD, the amount of blowdown should be noted (a BD is any downward motion of the Range Arm). The coach should give 10 to 15 items off the list. The coach then gives a "That's it" and checks out the student Clearing Practitioner's list of items and reads.

The Clearing Practitioner should have noted whether the original question read or not and should have a list of all the items given with reads noted or an "X" where no read occurred. The coach then asks the student Clearing Practitioner to number the items in the order they would be run in a process (largest read first).

No "Flunks" are given during the drill. Once the drill is complete, the coach gives the student Clearing Practitioner a critique of his performance. If the student's performance of the drill is not perfect, the student is given any necessary correction and then he does the drill again. This is continued until the student has mastered the process of finding items.

## ALETHANETIC RUNNING LISTS

3 APRIL 1989

An Alethanetic Running List is a list of Somatics or Items given by a Pc and written down by the Clearing Practitioner with the reads marked that occur on the Meter.

An Alethanetic Running List is not done by the Laws of Listing and Nulling and is not an L&N type list. An LFBD F/N is not needed, although one may occur. On an Alethanetic Running List all reading items are run R3R Quad.

An Alethanetic Running List is always done on a separate sheet and never on the worksheets.

The Pc's name and the date are put on the top of the sheet.

The Alethanetic Running List question is noted.

In the Alethanetic Running List the read is taken when the Pc first says the item and is written down next to the item. Suppress and Inval buttons can be put in on an unreading item if needed. This is noted on the list.

If interest is asked of the Pc this is noted next to the item. Drug items, intentions and Evil Purposes are automatically run if they read and interest is not asked.

### POSITION IN FOLDER

These Running Lists are not stapled to the worksheets but are paperclipped under worksheets the same as L&N Lists.

### R3R'd ITEMS

Items on the list that are R3R'd should be circled and marked: "R3R QUAD (date)."

Details of the Alethanetic Running List and all Items on it run R3R Quad are noted IN FULL on the Folder Summary and on the Full Flow Table.

# **PROFESSIONAL ALETHANETIC COMMAND TRAINING DRILLS**

## **CEs 100 AND 100 A**

3 APRIL 1989

The most common errors being made by student Clearing Practitioners are:

1. Forgetting the commands during session,
2. Misusing command sequence or procedure or
3. Doing odd things because they get nervous.

The following drills are done in the Professional Alethanetic Clearing Practitioner Course to handle this. The drills must be thoroughly done.

Preassessment is a vital step of the Professional Alethanetic Clearing Practitioner Procedure.

CE 100 and CE 100-A are made part of the Professional Alethanetic Clearing Practitioner Course to ensure that the student can apply the Preassessment Procedure in CE 104 and in session.

CE 100

NAME: Preassessment Procedure On A Doll

COMMANDS: All commands of the procedure are per the Professional Alethanetic Clearing Practitioner bulletins ASSESSMENT AND HOW TO GET THE ITEM and THE PREASSESSMENT FORM.

POSITION: Student seated at a table with CB Meter and the Preassessment Form. In the chair opposite the student is a doll, occupying the position of the Pc.

PURPOSE: To familiarize the student with the delivery and use of the Preassessment Form.

TRAINING NOTE: This drill is not coached. The student sets up the CB Meter and Preassessment Form exactly as in a session. He starts the assessment and delivers a complete Preassessment on the doll, keeping full admin and using all standard procedures to get items for running.

Student uses nonsense terms or harmless ones for the original item. He then delivers a Preassessment on that.

Student then selects the Preassessment Item from the Preassessment Form and asks:

“What (Preassessment Item) are connected with (the original item)?”

The drill is passed when the student can do the drill flawlessly with good assessment CEs, correct procedure and commands, without comm lags or confusion and can maintain proper assessment admin.

CE 100 A

NAME: Preassessing A Doll Coached

COMMANDS: Same as CE 100

POSITION: Same as CE 100, with coach holding the CB Meter cans and seated beside the student. Coach provides nonsense and harmless items for the student and squeezes the can to simulate CB Meter reads.

PURPOSE: To train the student to deliver and use the Preassessment procedure.

TRAINING NOTE: Coach provides a list of original items as from one of the Professional Alethanic Clearing Practitioner Rundowns or Assessment Sheets. The student must choose the best reading Original item and deliver the Preassessment Form to the doll on that item. All reads on the Preassessment must be correctly noted and marked. Student must then select out the correct Preassessment item to list for a running item and ask the correct question.

As the coach gives running items, the student must get these down accurately with their reads. Then he must select which he would run on R3R Quad and in what order.

The student must reassess and extend the list of running items and use suppress and invalidate buttons as needed until the list is exhausted.

The student must then reassess the Preassessment Form, find the next Preassessment item and handle.

Flunks are given for any out CEs on the doll, any incorrectly marked reads, any missed or altered items given and any incorrect selection of an item.

Stress is on the student's ability to make a distinction between an item which requires a Preassessment and one that does not. Student must not try to run drugs, medicines, medical terms or multiple somatics.

Drill is passed when the student can do the full Preassessment procedure with good CEs, proper commands without comm lags or confusions, can maintain proper assessment admin.

## **ALETHANETIC CLEARING - QUADRUPLE FLOW ACTION**

1 MAY 1989

R3R running items are run Quadruple Flow.

The reason for this is to be found in the basic Technology of the Perpetration Motivator Sequence.

A Pc who only runs motivators (done to him only) will worsen. You will see him becoming more and more critical. He may blow or become ill. He will commit perpetrations (harmful acts) on himself, the group or others. And he will continue going downhill until you get his perpetrations - i.e., what he has done.

In Alethanetic Clearing the first flow, F1, is the motivator chain - (done to him).

The other three flows, F2, F3 and F0 are the perpetration chains.

Running only Singles - i.e., the motivator (done to him) chains could go on and on without lasting gains and could wind up with a Pc getting sick, committing perpetrations or blowing.

Therefore, the perpetration chains, Flows 2, 3 and 0 must also be run before going on to the next item.

Alethanetic Pcs who have had only Alethanetic Singles run in the past should have Flows 2, 3 and 0 run on those items.

The following rules are in effect:

1. NEVER RUN ALETHANETIC SINGLES.
2. ALWAYS RUN ALETHANETIC CLEARING BY QUADRUPLE FLOWS - ALWAYS, ALWAYS.

## THE ALETHANETIC FLOW TABLE

3 APRIL 1989

The Alethanetic flow table is a chronological list of Alethanetic items run, from earliest to latest, with the flows that have been run.

Here is an example of the way to do it:

DATE	ITEM	F1	F2	F3
2Feb62	Marijuana	EP	EP	EP
3Feb62	LSD	EP	EP	EP
29Sep67	Lost my bike	EP Repaired to EP 2Oct70 (red ink)	Unflat Repaired to EP 2Oct70 (red ink)	Unflat
30Sep69	Upset with F	EP	EP	X
4Oct70	Feeling numb	EP	EP	Unflat

For Quad flow simply add another column labeled F0.

Any flow that is later repaired is marked on the table in a different color with the date. A blank space means the flow was not run. An "X" means the flow did not read and was not run.

The flow table is kept at the back of the folder for reference and use.

## **ALETHANETIC PERSISTENT F/N**

3 APRIL 1989

When the Original item is not totally and completely gone, you can run into a condition where the PC is on a persistent F/N with regard to it but it's still there slightly and nothing reads but it only F/Ns.

What you can do in that case is:

1. Take the Pc off Clearing for a few days while the persistent F/N dies out and the environment keys something in and continue then with the assessment of that Original item; or

2. Go on with some other Original item that does read and make a big clear notation in the Pc's program to come back to the Original item after you have run some other Original items on the case.

If you get stopped by a persistent F/N and some condition is still there, don't use an F/N as an excuse not to come back to the Original item!



## UNREADING FLOWS

3 APRIL 1989

EACH FLOW OF AN ITEM OR QUESTION IS CHECKED FOR A READ BEFORE RUNNING IT. UNREADING FLOWS ARE NOT RUN.

One of the governing laws of Clearing is that you don't run unreading items. It doesn't matter what you are clearing. You don't run unreading items. And you don't run unreading flows. You don't run an unreading anything. Ever. For any reason.

Clearing is aimed at reactivity. You run what reacts on the meter because it reacts and is therefore part of the Reactive Mind. A read means there is charge present and available to run. Running reading items, flows and questions is the only way to make a Pc better. This is our purpose in Clearing. To run unreading flows, etc., requires the Pc to run "analytical" answers or to "run" things that aren't there or to put something there to "run."

The most trouble you can get a Pc into is running him on uncharged items or flows. For a Clearing Practitioner to sit in session watching a meter that didn't read, looking expectantly at the Pc for an answer to an uncharged question, flow or item is a Gross Clearing Error (GCE) and will wreck cases faster than anything you can do.

So you must check questions, flows or items before running anything. If it doesn't read, you just say "Thank you" and go on to the next one. You would, of course, use the buttons to ensure nothing was suppressed, invalidated or misunderstood before leaving an unreading item, flow or question.

This is probably one of the reasons that it has been observed that a top notch Professional Clearing Practitioner can process a Pc for 2 1/2 hours and get the same result that another Clearing Practitioner might get in 25 hours. There's nothing mysterious about it. The pro never runs a Pc on things that don't have available charge. And he or she doesn't miss reads.

## AFTER THE FACT ITEMS

3 APRIL 1989

You will sometimes have trouble with a particular kind of running item.

It is known as an “after the fact item.”

Why do you get erasures when you ask for earlier beginnings or earlier similars? Because the Being’s mind parallels the Time Track.

Late things hang up where earlier like things exist.

You have to get the earlier like thing before you can erase the later like thing.

This is built into R3R.

But what isn’t built in is preventing the Pc giving or the Clearing Practitioner choosing an “after the fact” running item like “Repression.”

Now clearly something had to happen before in order to have something to repress.

The Pc dutifully begins to run “Feeling repressed.” But what happened that caused it, is not part of the item. So he is forced to run late in the incident.

Example: “Feeling blue about hospitals.”

This will find him in hospitals but will avoid letting him run what put him there.

The item is after the fact of having been “run over by a car.”

The way to handle “after the fact” running items is:

1. Learn to recognize them.
2. Don’t choose one off a running item list. Choose something else that read.

## HIGH RANGE ARM ASSESSMENT

3 APRIL 1989

When a Pc has a high Range Arm (3.5 or above) after having one or more sessions, it is OBVIOUS THAT THE EARLIER CHAINS FOUND WERE NOT ERASED.

What makes a Range Arm high? A Range Arm, in Alethanetic Clearing, is high ONLY for one reason. One or more engram chains are IN REACTIVATION.

A high Range Arm equals mental energy mass.

Engrams have mass. The figures in the picture, the scenery, the picture have mass.

It is electrical mass.

It registers as a Range Arm above 3.

To say that the Range Arm is 3.3 and the pictures were erased is silly. That .3 is indicating that part of the mass is still there.

When the meter needle is not floating, the Range Arm is registering mass. Mental mass.

So when you see a Range Arm going up, up, up, you know the picture isn't erasing but is getting more SOLID.

The solidness is visible right on the Range Arm dial.

So to ask for a rerun through the incident when you've already ground and ground and the Range Arm has been up up up is silly.

The meter is already telling you there is an earlier incident, as the one the Pc is in is getting more solid and is not erasing.

In Alethiology a high Range Arm mean "overrun." The Alethanetic Clearing Practitioner doing Alethanetic Clearing does not "rehab" the F/N. He is handling the unflat chain that causes the Range Arm to go high. Mental mass consisting of pictures is the reason for the high Range Arm.

In Alethiology, one gets a release and not an erasure. If you keep on running the same action, the mass moves in again. The Alethiology Clearing Practitioner recovers the moment the mass moved off by "rehabbing the point of release." The Alethanetic Clearing Practitioner in doing Alethanetic Clearing finds the incomplete chain, carries it to basic and gets it GONE forever.

If the C/S cannot find the incomplete chains by folder inspection, he orders the Clearing Practitioner to "assess the pictures or masses the Pc has touched in life or Clearing that has been left unflat," get its somatic and Run R3R. (See the bulletin called ALETHANETIC CLEARING REMEDIES).

## NULL LISTS IN ALETHANETIC CLEARING

3 APRIL 1989

It happens all too often in Alethanetic Clearing that:

- (a) No further items on the assessment list read but
- (b) The Pc still has these somatics.

This is quite a problem. It cuts short the number of hours that can be delivered and leaves an unhappy Pc.

But what do you know, the list isn't null. It is suppressed or invalidated.

Here is where the Alethanetic Clearing Practitioner bridges over into Alethiology, to which this action properly belongs.

There are many many such Alethiology actions which the Alethanetic Clearing Practitioner will use from his past training in Alethiology Clearing.

SITUATION: NO ITEM ON THE ALETHANETIC LIST NOW READS, ONE OR MORE HAVE BEEN RUN AND THE PC STILL HAS SYMPTOMS THAT ARE ON THE LIST. BUT THEY WON'T READ.

SOLUTION: THE ALETHANETIC CLEARING PRACTITIONER NULLS WITH THE SUPPRESS "BUTTON" AND IF NEEDED, THE INVALIDATE "BUTTON."

This is normally called "getting in the suppress button" or "getting in the invalidate button."

It is called BUTTON because when you push it (say it), you can get a meter reaction.

In Listing and Nulling (L&N), this is called "nulling with suppress."

All right, the list comes out all X - nothing reading.

The Clearing Practitioner, watching the needle out of the corner of his eye and also looking at the list (a trick you must be able to do so as never to miss a read on the meter), nulls (assesses) down the list on all unrun items.

"On the item 'Dizzy feeling' has anything been suppressed?"

"On the item 'painful head' has anything been suppressed? That reads."

Pc: "Yes, I suppress it all the time."

Clearing Practitioner: "Are you interested in running that item?"

Note - If an item reads on "Suppress" or some other button, it is not necessary to check the item itself for a read as the read on the button is identical to the read on the item.

Pc: "Yes! I kept wondering why it never read."

The Clearing Practitioner then runs R3R.

In the case of Invalidate, if suppress doesn't read, one "puts in the invalidate button."

Clearing Practitioner, reading an apparently null list:

“On the item ‘dizzy feeling’ has anything been invalidated?”

“On the item ‘sore feet’ has anything been invalidated? That reads.”

Pc: “Yes, because it didn’t read in the first place.”

“Are you interested in running that item?”

Pc: “Yes!”

So the Clearing Practitioner runs R3R.

As you learned in Alethiology, when the Pc suppresses or invalidates something, the read transfers to suppress or invalidate, whichever they did. Suppress or invalidate now read, the item itself doesn’t until one puts the button (suppress or invalidate) in.

**DON’T LET AN ALETHANETIC PC OFF CLEARING JUST BECAUSE HIS UNRUN LIST ITEMS WON’T READ ON THE METER.**

Get in Suppress and Invalidate on the items as above.

It is a rapid action, not two-way comm between items. You ask the meter, not the Pc.

## HOW TO DO A PRECLEAR HISTORY

3 APRIL 1989

One of the oldest rules of Clearing is “know before you go.” What this means is that the Clearing Practitioner must do a thorough interview and history of the Preclear before any Clearing is done.

The preliminary interview is the first step. This is where the Clearing Practitioner gets to know the Preclear and the Preclear has a chance to get to know and become comfortable with the Clearing Practitioner.

In the interview the Clearing Practitioner asks the Preclear a series of questions that allow the Preclear to talk about his present time environment. After each question is asked, the Clearing Practitioner just sits and listens until the Preclear is finished talking. The Clearing Practitioner gives an occasional half acknowledgement to keep the Preclear talking and to let the Preclear know that the Clearing Practitioner is listening and is interested in his case. The interview is done with the CB meter and all answers are recorded along with any reads and blowdowns on a separate sheet of paper and not on the session worksheets. These separate sheets are paperclipped behind the session worksheets. When this preliminary interview is complete, the Clearing Practitioner writes up the session and turns the folder into the Case Supervisor.

The next step is the Preclear History. In the Preclear History, the Clearing Practitioner uses questions that delve deeper into the background and history of the Preclear. The questions include information about past relationships, drug history, pleasurable experiences, upsets, losses, accidents, injuries, illnesses, etc. Here the Clearing Practitioner is looking for material to run in Alethanetic Clearing and all items given by the Preclear should be noted down on the PRECLEAR HISTORY FORM with any reads or blowdowns. When the PRECLEAR HISTORY FORM is complete, the session is written up and the folder turned into the Case Supervisor. The Case Supervisor will then go over all the data that the Clearing Practitioner has collected and write a program for the next few sessions; however, the Clearing Practitioner should turn in a suggested program.

The preliminary interview is done before the history because, from the data gathered in the interview, it may be apparent to the Case Supervisor that the Preclear is not ready to do Alethanetic Clearing. The Case Supervisor may want the Preclear to do the Communication Course and Recall Lists or a full Life Repair along with Grades 0-IV before doing Alethanetic Clearing. In this case, the history is not done, as it would unnecessarily stir up and reactivate the Preclear's case. The history would then be done after the completion of the setup program.

# THE PRECLEAR HISTORY FORM

5 APRIL 1989

Date \_\_\_\_\_

Name of Pc \_\_\_\_\_ Date of Birth \_\_\_\_\_

Clearing Practitioner \_\_\_\_\_

Location of Session \_\_\_\_\_

Range Arm position at start of form \_\_\_\_\_

## PART ONE: THE PRECLEAR INTERVIEW

### Session Scheduling:

1. Set up the time and place for the session.
2. Briefly go over the ground rules and get the Preclear's agreement to follow them.
3. Verify the time and place for the session.

### Presession:

1. Get into casual 2 way comm with the Preclear. Establish some ARC and rapport.
2. Ask, "Is it alright if I give you a session today?"
3. Give a little explanation and demo of the meter and how it works. Keep it very simple, with perhaps a pinch test.
4. Put the Preclear on the cans. If the Range Arm is above 3.5 on two cans or above 4.0 on a solo can, have him apply some hand lotion. If below 2.0 have the Pc wash his hands before session.
5. Check to see if he has had enough food and rest per the ground rules. If not, R-factor and reschedule the session.
6. Are you taking any drugs currently? If so, get data on what and when AND NOTE ANY READS. If on drugs currently, allow a 3 to 4 day period for "drying out."
7. Have you had any alcohol in the last 24 hours? If so, get data on what and when. Reschedule session if client has had alcohol in the last 24 hours.
8. Is the room comfortable for you? If not, do whatever is necessary to make the room comfortable.

9. If Range Arm is still high/low, do false Range Arm handling.

The Session Start:

1. Is it alright with you if I start the session?
2. Start of Session.
3. Is there anything you'd care to say or ask before we proceed?

Preliminary Interview:

Note - When you get a "yes" on a question, get the Preclear to tell you about it and note all reads. Use a separate sheet to record the Preclears answers.

Tell the Preclear that you are going to do a short interview to locate areas to work on in Clearing.

1. Is there anything you'd care to say about how you're doing today?
2. Is there anything you can tell me about what's going on in your life currently?
3. Where do you live? Do you live with anyone else?
4. Does anyone not like you the way you are?
5. Has anyone tried to make you change or be different?
6. Are you in any particular danger at this time?
7. What is your present physical condition?
8. Do you have any fears?
9. Do you have any criminal record?
10. Is there anyone in your life who forces things on you that you don't want?
11. Are you close to anyone who is antagonistic to what you are doing?
12. Is there anything in your life that you are putting up with?
13. Is there anything your trying to get rid of?
14. Is there anything in your life or surroundings that you feel you need to take you attention off of?
15. Is there anything in your life or surroundings that you feel you need to put your attention on?
16. Is there anything we have missed or omitted while doing this interview?
17. Have you had Clearing in the past? (If so, get all the details such as which processes or levels, the Clearing Practitioner's name, when it occurred, wins, gains and whether or not there were any difficulties).
18. Is there anything in particular that you'd like to accomplish?



19. R-factor: "I'm going to ask you to remember something pleasant and enjoyable from your past. Is it all right if I do that?" If ok, ask the Preclear to remember a time when he was happy. Note how long it takes for the Preclear to find a time. Use the following commands:

1. Remember a time when you were happy?
2. What did you see?
3. Remember another time when you were happy?
4. What did you see?
5. What is the earliest happy memory that you have?
6. What did you see?

Note - Here we want to see if the Preclear can see pictures or whether he just tells some idea about his past. If he doesn't see pictures and just tells you some idea about the past, he will probably need to start out with some very light form of processing like CE 0 or THE COMMUNICATION COURSE.

Seeing pictures means he says something like, "I see my mother and father and the house we used to live in when I was in high school." Telling you an idea about the past means something like, "I see that people are happy when they're having a good time." In the second case the Preclear didn't tell about what he actually saw in the past and, in fact, he may not be able to see pictures at all. Be sure to write all this down for the Case Supervisor.

Noting the comm lag in these questions is also important. A short comm lag (a few seconds to a minute) is best. If there is no lag, it may mean that the Pc is not looking at his past at all. Noting a zero or no comm lag is very important.

20. Is there anything you'd like to say or ask or comment on before I end the interview?

End the session and set up the next appointment for the Preclear. Write up the session and turn the folder in to the Case Supervisor.

## PART TWO: THE PRECLEAR HISTORY

THIS FORM IS DONE AFTER THE PRECLEAR INTERVIEW AND SHOULD NOT BE DONE IF IT IS DETERMINED FROM THE PRELIMINARY INTERVIEW THAT THE ALETHANETIC CLEARING PROCEDURE WOULD BE TOO HEAVY FOR THE PRECLEAR. DO THIS FORM ONLY WITH CASE SUPERVISOR APPROVAL.

INSTRUCTIONS: Be sure to write clearly and mark all reading items. You can vary the question to get more answers. Write all answers and reads on this form. Check all the pre-session items (food, rest, alcohol, drugs, etc.) and start the session by saying "START OFSESSION."

R-factor: "I'm going to ask you some questions about your past. Is it all right if I do that?" If the Preclear say no, find why and if still "no," end off here and return the folder to the Case Supervisor with all the details.

Range Arm at start \_\_\_\_\_

### A. PLEASURABLE EXPERIENCE

1. Tell about some of the pleasurable experiences you have had.

Range Arm\_\_\_\_\_

2. What were your most successful activities?

Range Arm\_\_\_\_\_

3. What activities do find most enjoyable?

Range Arm\_\_\_\_\_

4. Have you ever won any contests or prizes?

Range Arm\_\_\_\_\_

5. What were some of the high points of your life?

Range Arm\_\_\_\_\_

6. Do you have any special interests or hobbies?

Range Arm\_\_\_\_\_

**B. DRUGS, MEDICINES AND ALCOHOL**

1. Have you ever taken drugs or medicines?  
(Make a list of all drugs and medicines)

Range Arm\_\_\_\_\_

2. Have you ever drunk alcohol?  
(Make a list of the various types of alcohol)

Range Arm\_\_\_\_\_

**C. UPSETS AND LOSSES**

1. Have you had any upsets that have influenced your life?

Range Arm\_\_\_\_\_

2. Have you had any losses that troubled you afterwards?

Range Arm\_\_\_\_\_

3. Have there been any deaths that have been upsetting?

Range Arm\_\_\_\_\_

4. Have you ever lost anything?

Range Arm\_\_\_\_\_

5. Are you upset with anyone or anything at this particular time?

Range Arm\_\_\_\_\_

6. Have there been any little losses or failures that have been upsetting?

Range Arm\_\_\_\_\_

7. Have you ever had an emotional shock?

Range Arm\_\_\_\_\_

8. Have you ever had an emotionally painful experience?

Range Arm\_\_\_\_\_

9. Have you ever experienced a period of great emotional stress?

Range Arm\_\_\_\_\_

D. RECENT PHYSICAL STRESS

1. Have you had an operation, oral surgery or dental work in the last month?  
Do you still experience any pain from that?  
Range Arm\_\_\_\_\_
2. Have you had an accident or injury in the last month?  
Do you still experience any pain from that?  
Range Arm\_\_\_\_\_
3. Have you had an illness in the last month?  
Do you have any lingering symptoms?  
Range Arm\_\_\_\_\_
4. Have you had any other bad experiences in the last month?  
Range Arm\_\_\_\_\_
5. Do you have any current treatment in progress?  
Range Arm\_\_\_\_\_
6. Do you receive any disability payment or pension?  
Range Arm\_\_\_\_\_
7. Is there anything we have missed or omitted during this interview?  
Range Arm\_\_\_\_\_

Then ask, "Is there anything you'd care to say or ask or comment on before I end the session?" Listen, acknowledge and say "END OF SESSION."

Schedule the next session with the Preclear, write up the session and turn the folder into the Case Supervisor.

## THE SECOND PRECLEAR HISTORY FORM

5 APRIL 1989

The SECOND PRECLEAR HISTORY FORM is designed to dig a little deeper into the Preclear's past.

**INSTRUCTIONS:** Be sure to write clearly and mark all reading items. You can vary the question to get more answers. Write all answers and reads on this form. Be sure to get dates and other important facts.

**R-factor:** "I'm going to ask you some questions about your past. Is it all right if I do that?" If the Preclear say no, find why and if still "no," end off here and return the folder to the Case Supervisor with all the details.

Date \_\_\_\_\_

Name of Pc \_\_\_\_\_ Age \_\_\_\_\_

Clearing Practitioner \_\_\_\_\_

Location of Session \_\_\_\_\_

Range Arm position at start of form \_\_\_\_\_

1. Have you had any operations? (Be sure to vary the question to get all surgery such as oral surgery).  
Do you still experience any pain from that?  
Range Arm \_\_\_\_\_
2. Have you had any accidents or injuries?  
Do you still experience any pain from that?  
Range Arm \_\_\_\_\_
3. Have you had any serious illnesses?  
Do you have any lingering symptoms?  
Range Arm \_\_\_\_\_
4. Do you have any bad physical conditions?  
Range Arm \_\_\_\_\_
5. Do you presently have any illness?  
Range Arm \_\_\_\_\_
6. Do you have any recurring physical ailment?  
Range Arm \_\_\_\_\_
7. Have you had any bad experiences?  
Range Arm \_\_\_\_\_
8. Have you participated in any mental or spiritual practices?  
(Be sure to find out if the Pc is still participating.)  
Range Arm \_\_\_\_\_
9. Have you participated in any seminars or trainings?  
(Be sure to find out if the Pc is still participating)

- Range Arm\_\_\_\_\_
10. Are you trying to solve any problems with Clearing?  
Range Arm\_\_\_\_\_
11. Have you had any unpleasant experiences connected with training or education?  
Range Arm\_\_\_\_\_
12. Have you had any unpleasant experiences connected with your work or career?  
Range Arm\_\_\_\_\_
13. Is there any history of insanity in your family?  
Range Arm\_\_\_\_\_
14. Who took care of you when you were sick as a child?  
(Check on each - Is that person still living? If not, get date of death, Pc reaction and meter read.)  
Range Arm\_\_\_\_\_
15. Do you feel compelled to do anything?  
Range Arm\_\_\_\_\_
16. Is there anything that you must prevent yourself from doing?  
Range Arm\_\_\_\_\_
17. Is there anything that we have missed or omitted in this interview?  
Range Arm\_\_\_\_\_

Then ask "Is there anything you'd care to say or ask or comment on before I end the session?" Listen, acknowledge and say "END OF SESSION."

Schedule the next session with the Preclear, write up the session and turn the folder into the Case Supervisor.

## ORIGINAL ASSESSMENT SHEET

2 NOVEMBER 1988

DATE:

CLEARING PRACTITIONER:

PRECLEAR:

DATE OF BIRTH:

RA AT START OF ASSESSMENT:

NOTE: All reads on the Meter should be marked down following the asking of the question and the answer or statement of the Pc. If no read, mark "X."

### A. FAMILY

1. Is mother living?
2. If no, get date of death:
3. Have Pc describe relationship with mother in one statement or as briefly as possible.
4. Is father living?
5. If no, get date of death:
6. Have Pc describe relationship with father in one statement or as briefly as possible.
7. Have Pc list names and relationships of other family members and date of death of any:
8. With whom do you live?
9. Are you currently associated with anyone who has doubts or negative attitudes about mental or spiritual treatment or practices?
10. Is anyone actively objecting to your seeking and receiving treatment?
11. Has anyone insisted that you get treatment?
12. Has anyone in the past ever objected to your getting treatment?
13. Has anyone in the past ever encouraged you to get treatment?
14. Has anyone in the past ever objected to your getting better?
15. Has anyone ever assisted you in getting better?
16. Does anyone not like you the way you are?
17. Has anyone tried to make you change or be different than you are?

### B. MARITAL STATUS

1. What is your marital status? (Married, divorced, single, etc.)

2. Have Pc briefly describe his/her 2D relationship:
3. Have Pc list any present time marital difficulties:
4. If divorced, have Pc list reasons for divorce and Pc's emotional feelings about divorce:
5. Have Pc list children and date of death of any child:

#### C. EDUCATIONAL LEVEL

1. Have Pc state level of schooling; find out what training Pc has had:

#### D. PROFESSIONAL LIFE

1. Have Pc state the main jobs the Pc has held:

#### E. DRUGS

1. Are you taking any drugs currently?

What Drug	How Long
-----------	----------

2. Have you ever taken drugs?

What Drug	How Long
-----------	----------

3. Are you taking any alcohol or alcoholic drink currently?

WHAT ALCOHOL	HOW LONG
--------------	----------

4. Have Pc list any medicine currently or previously taken:

What	When
------	------

#### F. LOSSES

1. What severe losses have you had in your life that influenced it?

Loss	Date	Description
------	------	-------------

#### G. DEATHS

1. What deaths have severely affected your life?

Death	Date	Description
-------	------	-------------

#### H. UPSETS

1. Are you upset with or cross about anything or anyone at this time?

Upset	Date
-------	------

I. DANGERS

1. Are you in any particular danger at this time?
2. Are there any bad experiences that match this in the past?

J. ACCIDENTS

1. Have the Pc list any serious accidents the Pc has had, the date of such, and any permanent physical damage:

Accident	Date	Physical Damage
----------	------	-----------------

K. ILLNESSES

1. Have the Pc list any serious illness the Pc has had, giving date of each and any permanent physical damage:

Illness	Date	Physical Damage
---------	------	-----------------

L. OPERATIONS

1. Have the Pc list any operation and the date of each:

Operation	Date
-----------	------

M. PRESENT PHYSICAL CONDITION

1. Have the Pc list any negative physical condition the Pc presently has:

N. PRESENT TIME ILLNESSES

1. Have the Pc list any illnesses the Pc currently has:

Illness	Date
---------	------

2. Do you have any recurring physical ailment?

O. DISABILITY PAYMENT OR PENSION

1. Have the Pc list any disability payment or pension received by the Pc, what it is for, how much and for how long it has been received:

What For	How Much	Duration
----------	----------	----------

P. FAMILY HISTORY OF INSANITY

1. Have the Pc tell you of any family history of insanity:

Who	What	When
-----	------	------



Q. EYES

1. Any tint in eye white
2. Eye color
3. Color Blindness
4. Glasses

R. BODY WEIGHT

1. Overweight?
2. Underweight?

S. PERCEPTION DIFFICULTIES

1. Have the Pc tell you any perception difficulties:

T. ANY PERCEPTION TROUBLE IN FAMILY

1. Have the Pc tell you of any perception trouble of family:

U. SICK OR DISABLED FAMILY

1. Have the Pc tell you of any sick or disabled family members:

Who                      What

V. EARLIER ALLIES OR CLOSE FRIENDS

1. Have the Pc tell you of any earlier allies or close friends:

Who                      Circumstances

W. HUSBAND OR WIFE PHYSICAL TROUBLES

1. Have the Pc tell you of any physical problems of spouse:

X. ATTITUDE TOWARD ILLNESS

1. Have Pc tell you what he thinks/feels about illness:

Y. ATTITUDE TOWARD TREATMENT

1. Have Pc tell you what he thinks/feels about treatment:

Z. ANY CURRENT TREATMENT IN PROGRESS

1. Have the Pc tell you of any treatment he is currently receiving:

AA. COMPULSIONS, REPRESSIONS AND FEARS

1. Have the Pc list any compulsions (things the Pc feels compelled to do):
2. Have the Pc list any repressions (things the Pc feels he must prevent himself from doing):
3. Have the Pc list any fears:
4. Are you trying to change something about yourself that someone else doesn't like?

What and Who

BB. CRIMINAL RECORD

1. Have the Pc list any crime committed and prison sentence, if any:

Crime	Sentence
-------	----------

CC. INTERESTS AND HOBBIES

1. Have Pc tell you his interests and hobbies:

DD. ARE YOU HERE ON YOUR OWN SELF-DETERMINISM?

EE. PREVIOUS ALETHANETIC OR ALETHIOLOGY PROCESSING

1. Have the Pc list Clearing Practitioners and hours:

Clearing Practitioner	Hours
-----------------------	-------
2. Have the Pc list briefly any processes run:
3. Have the Pc list the goals attained from such processing:
4. When you see pictures of the past, do you see yourself from a distance?

FF. FORMER PRACTICES

1. What practices or treatments have you engaged upon in the past?:

Practice or Therapy	Date
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2. Are you continuing any of the above in the present?
3. What problems are you trying to solve through processing?

## GG. COMPLETION

1. Is there anything we have missed or omitted while doing this interview?
2. Is there anything you would care to tell me about that?

## HH. ENDING OFF

1. Is there anything you would care to say, ask or comment on before I end the session?
2. End of Session.

Range Arm at End of Session\_\_\_\_\_

## DRUGS

5 APRIL 1989

Drugs are poison. A little bit can make you feel happy and energetic, more can put you out or make you unconscious, and a lot can make you sick or even kill you.

This is true of coffee, arsenic, alcohol or pot. A few sips of gin and you feel happy and energetic, several shot glasses can make you sleepy or unconscious and a whole bottle would cause you to get very sick. If you could hold that much down, it would kill you. So it is with all drugs. The amount determines the effect.

The ancient Romans used arsenic as a drug. A tiny bit makes you feel good, more puts you to sleep and still more kills you dead! So it is with all drugs.

Analgesics, like aspirin, block the nerve flow and so relieve pain. It's still there, but you can't feel it.

Anesthetics, like cocaine, artificially induce unconsciousness or local or general insensibility to pain. This creates a feeling of euphoria and the illusion of increased mental and physical strength and sensory awareness.

Soporifics, like barbiturates and alcohol, cause you to feel relaxed and go unconscious through sleep.

Narcotics, like heroin, morphine, cocaine and "crack," block all sensation to the body and give the feeling that everything is wonderful even when it is not.

Hypnotics, like marijuana (pot), cause you to feel high and also make the world seem strange and very funny. These can make you laugh a lot but can backfire and give you horrible feelings also.

Amphetamines, like Crystal and Dexedrine, cause you to feel speeded up, energetic and wide awake, but they can also backfire on you and cause life to turn into a real nightmare.

Psychedelics, like LSD, cause the world to seem bizarre, weird and funny; they can cause you to feel artificially crazy. Some people like this and some never recover.

Drugs don't sound like they're very good. So why do people take them?

Mostly, people take drugs to get rid of things they don't want. Let's see how this works.

Let's take a look at a person named Pete. Most of the time he feels ok, but sometimes he feels bored with human existence - he has a "life is a drag" feeling. The "Life is a drag feeling" comes to visit him like an unwanted relative. Who wants it? So Pete smokes some pot, feels great and the "life is a drag" feeling goes away. The only problem is that he feels like he's in a chemical haze or smog. You know - he feels stoned. Soon the drug wears off and he comes down. The "Life is a drag" feeling comes back even stronger.

Now he's stuck with the "Life is a drag" feeling and the chemical haze. He has crashed and is worse off than before. The "Life is a drag" feeling is usually worse than before. Life really is a drag now! Pete thinks there is a solution to this problem. Smoke more pot! This works for awhile. But remember, drugs are poisons. Eventually, the pot levels build up in Pete's body so he just feels sleepy from pot. Also, it takes more and more pot to get less and less high. The "Life is a drag" feeling is gone when he's on pot, but so is any happiness or fun.

Some drugs like pot are oily, like the insecticide DDT, and are attracted to the fatty tissue in the body and just stay there forever. The pot builds up in the fatty tissue and leaves Pete in a constant chemical haze. Because this happens gradually, he doesn't realize he has lost awareness and consciousness. It seems normal to him. This chemical haze is with him constantly morning to night. He forgets what life was like before the drug. This chemical haze seems normal to Pete.

Scientists have shown that the chemicals from one joint stay in the body for up to one month. After one week, half the pot chemicals are still in the body. A once a week pot smoker is always, at least, half loaded. The frequent smoker stores these chemicals for years. The oily pot chemicals just love the fatty tissue because oils and fats stick together. So the pot never gets washed out of the body. As the pot smoker gets older, the active chemical in pot overworks the adrenal glands to exhaustion and a sort of terminal burnout results.

Is the pot smoker just doomed to live in a chemical haze that can't even be seen and then just slowly die from the poisonous effects? The answer is: No!

There is hope. Through years of research in the area of drugs, techniques have been developed which can help a person out of the endless cycle of drugs and more drugs.

The first thing a person must do is realize or see the condition he is in regarding drugs, to realize that drugs might be ruining his life and that it could and possibly will get worse as he gets older.

In addition, he sees that he needs a change and then demands improvement. At that point there is hope because there is a four step program to help people live happy, drug-free lives. Here's how:

#### STEP ONE

Stop using harmful drugs for six weeks. We can help the person get through this period with some very powerful procedures, if necessary.

#### STEP TWO

Before, during or after that six week period, we will arrange for the person to see a doctor so that he can get a complete physical checkup to make sure that he is physically well and strong.

#### STEP THREE

Do the purification program. This is a program where he exercises and then sweats in a sauna in order to remove those poisons from the body. He also takes vitamins at this time.

#### STEP FOUR

Take the COMMUNICATION COURSE. The COMMUNICATION COURSE restores mental balance and self awareness. This course of ten simple mental exercises will help to erase the desire to use drugs and also help to eliminate some of the harmful mental effects of using drugs.

Many people have found that it works. The person comes out of this program feeling bright and happy, ready to begin a new life free of drugs.

## DRUG HANDLING

5 APRIL 1989

A person who has been on drugs, alcohol or medicines seldom runs well on any type of engram, seldom goes backtrack well, and is subject to somatic, emotional and perceptic shut-offs, making any type of Alethanetic running a difficult activity.

Drugs since 1962 have been in very widespread use. Before then they were rare. A worldwide spread of drugs occurred. A large percentage of people became and are drug takers.

By drugs (to mention a few) are meant--tranquilizers, opium, cocaine, marijuana, peyote, amphetamines, LSD and Angel Dust. Any medical drugs are included. There are thousands of trade names and slang terms for these drugs.

ALCOHOL is included as a drug and receives the same treatment in Clearing.

By alcohol (to mention a few) is meant whiskey, beer, wine, vodka, rum, gin, etc. - in other words, any fermented or distilled liquor or drink of any kind or fumes of such with some percentage of alcohol content.

Drugs are supposed to do wonderful things but all they really do is ruin the person.

Even someone off drugs for years still has "blank periods." The abilities to concentrate or to balance are injured.

The moral part of it has nothing to do with Clearing. The facts are that:

- (a) People who have been on drugs can be a liability until the condition is handled in Clearing.
- (b) A former drug user is a resistive case that does not make stable gains until the condition is handled.
- (c) Clearing is the only successful means ever developed for handling drug damage.

## DRUG ENGRAMS

People who have been on drugs are sometimes afraid of running engrams.

In fact, it is almost a way to detect a "druggie."

A drug incident fits the definition of an engram as the drug incident has the unconsciousness produced by the drug and at the same time has the pain and the threat to survival produced by the poisonous effect of the drug. That is why these incidents are called "drug engrams." It is a very "devious" engram as the threat to survival and the pain are covered over by the anesthetic quality of the drug. The person can receive an engram on drugs and never know that he has received one.

Additionally, these drug engrams cover over and seal off access to other engrams, secondaries and locks. Drugs make the rest of a person's case inaccessible. This happens to some degree even in the case of light or mild drug users or even in the case of a person who "claims" that she has never used drugs. That is the reason a Drug Rundown is a vital step done early in a Preclear's program.

Drugs, particularly LSD and sometimes antibiotics or other medicines to which the

person has an allergy, can turn on whole track pictures violently.

These tend to overwhelm the person and make him feel crazy. Some of these people are afraid to confront the bank again.

If a person “doesn’t like Alethanetic Clearing” and doesn’t want to be run on engrams, it is necessary to put him through CE 0 and THE COMMUNICATION COURSE first. If Alethanetic Clearing has been run but poorly, it should of course be repaired fully with an L3 (list used to correct Alethanetic errors). But if the person still flinches, CE 0 and THE COMMUNICATION COURSE successfully completed will handle.

## THOSE ON DRUGS

Objective Processes are numerous. It may be necessary to run these on a person still on drugs and even put the person through CE 0 and THE COMMUNICATION COURSE to get the person off drugs. Doing this usually avoids the painful “withdrawal symptom,” particularly present in coming off hard drugs. (Note - Some persons have been put on some therapeutic drug by a Medical Doctor, such as insulin, and should remain on it until well advanced into Clearing. But these are not the usual drugs. It is up to the Preclear, the Clearing Practitioner and the doctor as to what should be done in such cases. Tranquilizers are not acceptable, however).

## DONE FIRST

Drugs are done first.

Why? Because drugs make a resistive case! Other Alethanetic actions will get losses if drugs are not handled first.

Any current Alethanetic case failures are from flabby Alethanetic Clearing or the person has been on drugs or alcohol which were not handled by Alethanetic Clearing.

It hasn’t harmed anyone to omit drug handling. But it made it hard or impossible to get stable case gain.

**THUS ANY ALETHANETIC PC WHO HAS HAD DRUG HANDLING OMITTED MUST BE RUN ON DRUGS AS SOON AS POSSIBLE BEFORE MORE PROCESSING IS GIVEN.**

Drugs or alcohol in most instances make a resistive case so the point must be handled before the case will attain and hold case gain.

**ANY PC WHO IS NOT MAKING IT IN CLEARING SHOULD BE CHECKED FOR A DRUG OR ALCOHOL HISTORY.**

## NARRATIVE HANDLING ON DRUGS

All drugs, medicine and alcohol which the Pc has taken in this lifetime are listed on THE PRECLEAR HISTORY FORM.

Choose the best reading drug, alcohol or medicine from THE PRECLEAR HISTORY FORM and run it out using R3R Narrative. (For example: “Locate a time you took whiskey.”)

**YOU DO NOT CHECK INTEREST ON DRUG ITEMS. RUN OUT EACH READING DRUG, ALCOHOL OR MEDICINE ON THE DRUG LIST (IN ORDER OF READ) BY R3R NARRATIVE.**

In running narrative on a this lifetime drug, medicine or alcohol, you will find that it is easier to do if you run earlier beginning and earlier incident rather than attempt to limit the Pc to the first incident he comes up with, as there will usually be more than one incident when he took whiskey, for example. So you always ask earlier beginning but if it is necessary you ask earlier incident with the question. "Is there an earlier incident when you took whiskey?"

Preclears commonly tend to wind up way back down the whole track at this stage of their Clearing and that is not what you're aiming for here. What you're interested in is this lifetime, this body. But this doesn't mean you don't run track on the Drug Rundown; just don't push it. And never insist the Pc run any type of chain when he says there's nothing there.

On a drug handling, we are very interested in getting times the Preclear committed the perpetration of giving drugs to another, when he participated in the drug experiences of others and when he gave himself drugs.

To handle all these situations, we run out drugs on four flows using the following Quadruple flow commands:

FLOW 1      Locate a time you took\_\_\_\_\_.

Is there an earlier time you took\_\_\_\_\_?

FLOW 2      Locate a time you gave\_\_\_\_\_to another.

Is there an earlier time you gave\_\_\_\_\_to another?

FLOW 3      Locate a time another gave\_\_\_\_\_to other.

Is there an earlier time another gave\_\_\_\_\_to others?

FLOW 0      Locate a time you gave yourself\_\_\_\_\_.

Is there an earlier time when you gave yourself\_\_\_\_\_?

The name of the drug, medicine or alcohol goes in the blank. The commands can be rephrased to make more sense on a particular item. For example, you might want to say "smoked pot" or "drank gin" instead of "took pot" or "took gin." Just remember to say what makes sense.

### PREASSESSMENT OF DRUGS

When all reading drugs, medicines and alcohols on the list have been run to EP by R3R Narrative Quad, go on to the next step.

1. Choose the best reading drug, alcohol or medicine from the Preclear History Form and do a Preassessment on it.

The Preassessment question is: "Connected with (drug, alcohol or medicine) are there (Preassessment Item)?"

2. Take the best reading Preassessment Item and ask the Pc: "What (Preassessment Item) are connected with taking (drug, medicine or alcohol)?"

This is the Running Item list question for that particular drug, alcohol or medicine. You write this question at the top of the Running List page and write down exactly what the Pc says, making sure to note any read that occurs when he says it.



3. Take up the best reading Running Item and run it R3R Quad.  
DO NOT CHECK INTEREST ON DRUG ITEMS.
4. Handle all reading Running Items in order of read with R3R Quad.
5. Take the next individual drug, alcohol or medicine from the Preclear History Form and repeat the above steps until you have handled every drug, alcohol and medicine that read on the Preclear History Form.
6. When all reading drugs, alcohols and medicines from the Preclear History Form have been handled, null with Suppress and Invalidate buttons any other items given that didn't read previously.
7. Repeat until the list of drugs, alcohols and medicines F/Ns on assessment.  
The Drug Rundown is now complete.

## **DRUG AND ALCOHOL CASES**

### **PRIOR ASSESSING**

5 APRIL 1989

Those cases which have been long and habitually on drugs, medicines and alcohol sometimes suffer from a "SOMATIC SHUT-OFF." They appear anaesthetized (unfeeling) and sometimes have "nothing troubling them" whereas they are on drugs, drink or medicine and are in reality in a suppressed physical condition and cannot cease to take drugs, alcohol or medicine.

One can find, in such a case, a very high Range Arm which doesn't seem to reduce. The Range Arm can be brought down by clearing the drug and alcohol engrams as a chain.

Any such case took up drugs, alcohol or medicine because of unwanted pain or sensation or misemotion. You can use that as a stable datum which resolves the situation.

All it requires is a special assessment called a PRIOR ASSESSMENT. Because the person looked on drugs, alcohol or medicine as a cure for unwanted feelings. One has to assess what was wrong before or prior to the "drug cure."

(Note: Prior Assessment is a remedy. It is not done on every case. Use it on those who have "somatic shut-off." It can be done before, during or after Narrative running and Preassessment).

### **PRIOR ASSESSMENT TECHNIQUE**

Using the Drug List obtained on the Preclear History, take up the largest reading this lifetime drug, medicine or alcohol and ask the Pc the following Preassessment question:

"Prior to taking (the drug, medicine or alcohol) were there (Preassessment item)?"

Take the largest reading item from the Preassessment and ask the Pc:

"What (Preassessment item) did you have prior to taking (the drug, medicine or alcohol)?"

Continue with a full handling of the Preassessment per ASSESSMENT AND HOW TO GET THE ITEM and DRUG HANDLING.

In doing this assessment, you must grab the read and mark it plainly as it occurs. If you just list and then go over the list, the person may be back in present time and, as the running items are now cut off by the masses of drug or alcohol engrams on top of them, they won't read again. So you must catch the read as the person first mentions it.

You choose the longest read and find and run the chain by R3R as in any other Alethanetic Clearing.

The only difference is the assessment time period. You are listing for a time before they went on drugs, alcohol or medicine.

The above Prior Assessment steps are done on each drug, medicine or alcohol that has read. They are handled in order of largest read. (Ref: DRUG HANDLING)

The running out of the chain of unwanted feelings they had before going on drugs or alcohol or medicine removes the reason they started taking drugs, or medicine, smoking

marijuana or drinking. The compulsion to still use drugs or drink is lessened and they can come off it.

This can also be used as a working rule to get earlier than any “curative activity.” Almost anything which comes later is a cure for something earlier. It could be said that the present time condition of a Being is a compound of past cures. To handle, the action would be the same as for drugs, alcohol, or medicine. Preassess the unwanted pains or feelings before the cure and run the longest reads by R3R.

As there will be more than one chain involved, you of course take your next longest read and run that next, just as in any assessment.

The general term for this type of assessment is **PRIOR** Assessing, not because it is done before Clearing but rather to determine what the Pc was suffering from before he used a harmful “cure” such as a drug.

## OBJECTIVE ARC

5 APRIL 1989

Objective ARC is done right after the completion of the Drug Rundown to bring the Pc into present time and to restore havingness.

The commands of Objective ARC are run 1-2-3, 1-2-3, three commands given repetitively.

The commands are:

1. "Look around here and find something that is really real to you."
2. "Look around here and find something you wouldn't mind communicating with."
3. "Look around here and find something you wouldn't mind being around."

The Pc and Clearing Practitioner are ambulant.

Objective ARC can be done outside.

This process will bite suddenly and bring a person up to present time. IT has been known to crack cases.

Of all objectives, this process tends to be the shortest. It often ends with a very bright cog after only a few commands.

The end phenomena of this process would be person in present time, cognition, and very good indicators, accompanied by an F/N.

The above will accomplish a great deal for the Pc if done correctly and with flawless CEs.

## **INTEREST**

5 APRIL 1989

On two certain subjects the "Interest?" question is omitted from Alethanetic R3R patter.

On drugs and when running Evil Purposes or Intentions one does NOT ask the Pc if he is interested in running the item.

The requirement on both drug items and intentions is that the item read on the meter (suppress and inval can be used) and has not been run by R3R previously.

Many Pcs, it has now been found, have replied "No, no interest" on a drug item, the item has not been run and the Pc then continues to have trouble with drugs.

Checking back on Pcs who returned to drugs after Clearing show "drug rundowns" that were so brief as to be nothing. One Pc who had been on LSD for years had only a 1 hour quickie drug rundown. Later this person relapsed.

In each case the "Interest?" question had been used and the Pc had replied, "No interest" BUT MEANT, "I'M NO LONGER INTERESTED IN DRUGS."

So drug items that have read are run R3R without asking for interest. The command is simply omitted.

The rule about not running a Pc over a protest applies here also. If the Pc protests an item, that item should not be run.

In Expanded Alethanetic Clearing the same thing has occurred in running Evil Purposes or Intentions. The Clearing Practitioner asked the Pc if he was interested in running the item and the Pc said "No" and so it went untouched. But the Pc had it confused with interest in doing the purpose and missed running it and then fell on his head later. Tracing the case back it was found that R/Ses and such had not been run, due to the Pc saying "No Interest."

Nothing bad will happen if the item is run.

## **C/S RESPONSIBILITY**

The C/S must keep telling his Clearing Practitioners on Drug Rundowns or on Expanded Alethanetic Clearing, "Omit asking for interest on R3R on these (drug) (intentions). Run them if they read on the meter."

## **REPAIR**

In repairing cases it is good sense to check this point on drugs and intentions to see if they were neglected in R3R due to "no interest."

If so, then have them run and the case will suddenly do well.

## PLEASURE MOMENTS

5 APRIL 1989

John Anderson was working in New England in 1979 as a producer of TV specials, starring his talented wife Annie, when the musical director of one of his television shows gave him a book on the subject of Alethanetic Clearing. He read the book and began to give his wife Alethanetic Clearing sessions the next week. For the next two weeks he gave his wife and son Clearing sessions, while continuing to read about Alethanetic Clearing, and during that time he noticed a marked increase of affinity and general improvement in his family.

With the assistance of a professional Clearing Practitioner, John was introduced to the idea of running pleasure moments. He began using pleasure moment processing on all of his Preclears with great success. He found that his Preclears moved up the SCALE OF EMOTIONS very quickly, and that the processing was much safer and easier on both the Clearing Practitioner and the Preclear when the Preclear was introduced to Alethanetic Clearing through this method. For the next ten months or so, until late 1980, he continued to clear more and more Preclears with great success and many many wins.

Anderson says, "When you use the Chart of Human Behavior from THE HANDBOOK FOR CLEARING PRACTITIONERS, you have a much easier time of it with your Preclear. You have to realize where your Preclear is on that chart. If he is below 2.0 on the SCALE OF EMOTIONS, he is trying to die, and in fact, take you with him. You will get far better results with less wear and tear on yourself if you just let such a person go, or give him recall lists until he is above 2.0 on the SCALE OF EMOTIONS. There are many people who are above 2.0 on this scale. All that is needed for those of us who care about helping these people is to get into communication with them. It is not a matter of trying to make a good impression or anything like that. These people are seeking to survive. You just tell them it deals with helping people through Alethanetic Clearing, and tell them you would be happy to give them a demonstration of how it works. And then you clear them.

You see, we make a distinction between a Clearing Practitioner and a missionary. A missionary is someone who tries to help people who don't want to be helped. A missionary usually gets killed for his efforts. Alethanetic Clearing, however, is not like that. Alethanetic Clearing is easy and it is fun, especially when your Preclear is operating with a lot of free life energy and is up there on the SCALE OF EMOTIONS. So you do everything you can to select a Preclear who is after survival in the first place, and you use processes which increase his free life energy so that he moves higher on the emotion scale.

The best thing is to study THE ALETHANETIC PRACTITIONER'S COURSE as it does explain all procedure. You will find that pleasure moments have a lot of positive life energy in them. So the more pleasure moment you can contact, the more free life energy your Preclear is going to have available to him. And in contrast to engrams, pleasure moments do not erase with Alethanetic Clearing. So your Preclear has a lot more free attention on the pleasant things and automatically rises on the emotion scale. You take a Preclear at, say, 2.2 and you Clear him for, say, 30 hours on just pleasure moments -- you know, times of joy, times of accomplishment, times he created something by himself, a baseball game where he hit a home run or a football game where he scored a touchdown. You just keep this up and that Preclear will gain a lot more reality on his ability to be happy and his ability to win. And you just keep this up, and the Preclear will go to 3.0 on the emotion scale or higher at some time, and from there he is able to deal with the remainder of the negative charge much more easily from his new point of advantage than from where he was before.

I run pleasure moments on a Preclear until he has reached 3.5 or higher. And as I have said, I do not run a Preclear on pleasure moments who is below 2.0 on the emotion scale; I give him recall lists. Each Preclear is different. Some may take 15 hours of running pleasure moments to get to 3.5; some may take 50 hours. But every Preclear, sooner or later, is able to

get to 3.5 on the emotion scale by running pleasure moments.

The 3.5 case is very easy to process, but a case is almost never at this level when first addressed. When a case has reached this level through processing, it is relatively easy to bring the case up to Clear. Almost anything can be done with this case in the way of running negative charge, and it is merely a question of how fast this individual can be brought to the state of Clear rather than whether or not he will reach it, for he can almost clear himself IF HE HAS REACHED 3.5. AT 3.5, ENGRAMS CAN BE SCANNED, A PROCESS WHICH IS DONE MUCH LIKE LOCK SCANNING EXCEPT THAT PHYSICAL PAIN INCIDENTS, SECONDARIES, AND WORD CHAINS WHICH ARE SURROUNDED BY PHYSICAL PAIN CAN BE SCANNED. ON THE 3.5, HOWEVER, JUST AS ON ANY OTHER CASE, ONE SHOULD KEEP THE CLEARING SESSIONS SCANNED OFF THE CASE.”

## PLEASURE MOMENT CHAINS

5 APRIL 1989

Here are some examples of pleasure moment chains that can be used in running pleasure moments with R3R:

1. You were happy.
2. You ate something good.
3. You felt energetic
4. You saw something you liked.
5. You drove fast.
6. You acquired something good.
7. You received money.
8. You felt strong.
9. You enjoyed life.
10. Somebody thought you were important.
11. You were together with friends.
12. You heard some good music.
13. Somebody had given you something.
14. You enjoyed life.
15. You mastered something.
16. You enjoyed somebody.
17. You made progress.
18. You enjoyed physical exercise.
19. You had an enjoyable time with a good friend.

These are examples of Pleasure Moment chains. Others can be made up by the C/S or the Clearing Practitioner.

In running Pleasure Moments by R3R, the “erasing/solid?” command is skipped.



## RUNNING SECONDARIES

5 APRIL 1989

The way one runs out a secondary is simple. It is easier to have a Clearing Practitioner do it because the Preclear is likely to bolt from it if she tries to run it alone. If you start a secondary on a Preclear, you ought to have her finish it all the way.

No single act of processing is more beneficial to a case than running out a grief secondary.

You have the Preclear locate the first moment of news of loss or failure and run it through again and again, releasing the mis-emotion simply by having the Preclear re-experience it. You do this until long after the Preclear thinks it is gone.

The Preclear re-experiences a facsimile by seeing it, hearing it, feeling everything in it including, especially, her own thoughts and conclusions, just as though she were there again.

A death is done this way. You get the Preclear to pick up the instant, the very first instant, she heard or knew anything bad about that event. You have the Preclear contact who gave her the news or how she got it. You have the Preclear go through the whole thing, over and over and over, reliving every portion of it. You have the Preclear re-experience the mis-emotion. After each run through the incident, check for an earlier beginning. You finally get that facsimile to a point where it no longer has any "charge" in it. Then you run it until it is erased. Then you get the postulate if the Preclear hasn't already voiced it.

You will find, as the Preclear runs the incident, that more and more detail appears.

The danger of running a secondary is that you may lose your nerve and leave it half finished. Don't. Run it until it is fully knocked out, so that the Preclear could even laugh about it. Don't let the Preclear fake it.

You can best get started on a secondary by having the Preclear recall and re-feel earlier times when she loved the person or animal or possession and have her dwell on this emotion until the loss or death facsimile turns up. If the facsimile eludes the Preclear, then get more times when she loved or felt sympathy for the person, animal or object. If it still eludes the Preclear, just have her recall the mean things she did to it, her neglect for it and the thought that if she had been better and hadn't been so mean, it would be well now.

Have the Preclear think of the ways she tried to help the person, animal or thing. Have the Preclear think of how she failed or her love, etc. Then run the facsimile!

Better be in a quiet place where you won't be interrupted when you do this.

The Preclear will come out of it when she has run all of the secondary and her level of recovery will be fantastic. Her very physical appearance will change for the better on the running of such secondaries.

If the Preclear finds the whole period is blank or black, have her recall the times when she promised herself she would not grieve about it anymore, or the times when she would not give it up. Then have the Preclear run the times she blamed herself or others for the incident. And have the Preclear recall the times she regretted things about it.

A man, almost dying, ran two secondaries with this technique and recovered. A woman who had been branded psychotic ran a number of secondaries, with this technique, and became sane and happy. A woman whose husband had been dead for ten days had assumed the character of an old woman, her entire glandular system was interrupted. She ran out the

secondary of his death in nine exhausting hours and twenty-four hours later, although she had built her whole life around this man, looked young and happy again. It not only can be done but it is being done. Simply crying about the matter in present time, without re-experiencing it, serves no purpose. The grief has to come by re-experiencing every moment of the secondary facsimile itself. It's rough but it can be done!

A secondary may be a little more difficult for a Preclear to run than engrams or locks because there is a lot of fear in a secondary and this causes the Preclear to want to flee and not face it. Part of it says to the Preclear to flee and she may obey it. So when the Preclear gets into the secondary with the facsimile around her, be brave and get her to run it out thoroughly. The way to get around this is to "run" the times when people wouldn't let the Preclear get away when she wanted to run.

Half way through running a secondary, it may seem very difficult. The thing to do is to flatten it. Then the Preclear can look at it with ease. Secondaries are flattened simply by having the Preclear re-experience them and having your Preclear get the old conclusions and postulates out of the incident.

## **RELIEF RUNDOWN**

5 APRIL 1989

Where the Preclear History Form has shown losses by death or other severe changes in a person's life such as losses of position or pets or objects, it will be found that the person's life changed for the worse at that point. (See Section C of The Preclear History Form.)

The Clearing Practitioner spots these points of change either on the Preclear History Form or by asking the Preclear. These points are then run narrative R3R Quad.

If the narrative R3R Quad does not clean it up fully, one goes to Preassessment and carries on from there, but do not do this until the narrative is fully handled.

In running such incidents narrative it will be found that the clue to erasure lies in locating earlier beginnings each time the Pc has been moved through the incident. It will be found that the Pc finds earlier and earlier moments when he received the information that then built up to a catastrophe. This can even go back to a dream or a telepathic awareness or a premonition that the incident was going to occur. Narrative erasures often depend utterly on finding, after each run through, if there was any earlier beginning.

If the incident starts to grind (no change of Range Arm or content) despite having repeatedly searched for an earlier beginning, only then do you go into an earlier narrative incident but do so with caution as most narratives expertly run will erase all by themselves and running a chain of deaths, for instance, can go back an awfully long way.

When all such great changes in a person's life have been found and erased, the person should experience a considerable sense of relief.

If he does not, then treat the narrative, even though handled as a narrative, as an original item and preassess it to find other running items connected with it and treat it with R3R full handling. Also do this if the narrative grinds and there is trouble going earlier.

Narrative chains properly run produce dramatic and miraculous case changes.

## **DISABILITY RUNDOWN**

5 APRIL 1989

This rundown is done by getting the Pc to give you anything he considers a disability, mental, physical or otherwise.

This list can include anything from a withered foot to being too small to not being able to learn French.

Make a list of all items the Pc gives you, ensuring you get the meter read as the Pc gives you the item.

Take the largest reading item and do a full Preassessment on it. Check interest and handle each reading running item Quad R3R. Take up the next biggest reading disability and do a Preassessment and handling on it.

Reassess/Add to the original list. Use suppress and invalidate buttons as needed. When you have exhausted the list of all reading disabilities and the Pc says there are no more disabilities, this rundown is complete.

## **IDENTITY RUNDOWN**

5 APRIL 1989

We have never before had an Alethanetic process specifically directed to getting a Pc into valence. This result has occasionally been achieved by Standard Alethanetic Clearing as one of many miracles produced, but previous to this there has been no Alethanetic rundown which specifically lends itself to handling valences.

### **PROCEDURE**

1. Have the Pc make a list of all the things he has never wanted to have.
2. Do a Preassessment on those that read in 1. Quad R3R reading items, first checking interest.
3. Have the Pc list all of the things he has never wanted to do.
4. Do a Preassessment on those that read in 3. Quad R3R reading items, first checking interest.
5. Have the Pc list all of the things he has never wanted to be.
6. Do a Preassessment on those items that read in 5. Quad R3R reading items, first checking interest.

The End Phenomena of this process is when the Pc originates that he is in valence, or some similar remark such as for the first time he feels like himself.

# THE ALETHANETIC PREPARED ASSESSMENT RUNDOWN

5 APRIL 1989

1. The first action of this rundown is to assess the following list:

infirmity	_____	anxiety	_____
sickness	_____	terror	_____
being unwell	_____	horror	_____
bad feelings	_____	panic	_____
unpleasant feelings	_____	apprehension	_____
disagreeable feelings	_____	qualms	_____
soreness	_____	alarm	_____
hurting	_____	timidity	_____
physical disabilities	_____	ailment	_____
complaint	_____	casualty	_____
a malady	_____	distress	_____
bodily affliction	_____	a disorder	_____
hurt body parts	_____	allergies	_____
disabled body parts	_____	relatives	_____
skin irritation	_____	jobs	_____
skin disorder	_____	environment	_____
unwanted feelings	_____	this area	_____
dental problems	_____	upsets	_____
an unwanted body condition	_____	problems	_____
unwanted states of the body	_____	children	_____
defective body parts	_____	marriage	_____
depression	_____	smells	_____
infection	_____	machinery	_____
unwanted behavior	_____	matter	_____
injuries	_____	energy	_____
mishap	_____	space	_____
perception troubles	_____	time	_____
loss of a loved one	_____	organizations	_____
Alethanetic Clearing	_____	impulses	_____
crimes	_____	Alethiology	_____
Clearing Practitioners	_____	urges	_____
restraints	_____	Clearing	_____
frights	_____	Preclears	_____
damaged body parts	_____		

2. You then take an item found as above and ask the Pc to describe it briefly. Ask him, "In your own words briefly describe (item that read )."
3. Use the exact wording the Pc gave you in 2. Treat that wording as an original item exactly as though it had been obtained on the Preclear History.
4. Handle the items in 3 above exactly as you would handle any original item (Ref: ASSESSMENT AND HOW TO GET THE ITEM).
5. Exhaust all readings items on the above assessment.
6. Reassess the assessment above and do 2 to 5 above.
7. When this assessment no longer gives reads and only F/Ns, you have finished the Prepared Assessment Rundown.

## THE L3 CORRECTION ASSESSMENT

If you run into any trouble an L3 should be done immediately.

## PAST LIVES

5 APRIL 1989

The reason the first Alethanetic Research Foundation had trouble was that its Board of Directors attempted to stop past lives from being run.

In fact, a notice was placed on the bulletin board which read, "STUDENTS AND OTHERS FOUND RUNNING PAST LIVES ON ANY PRECLEAR WILL BE EXPELLED FROM THE TRAINING ACADEMY AND DISMISSED FROM MEMBERSHIP IN THE FOUNDATION."

It is reported by one of these early students that the students of the academy continued to run past lives on each other secretly in the evenings behind closed doors. The quest for knowledge could not be stopped so easily by the conservative members of the Board of Directors.

When a group seeks to forward only what is currently acceptable, it of course stalls all progress.

Further it is dishonest to suppress or fail to reveal scientific discoveries.

Disagreeing with the Law of Gravity could give one some very bad falls.

Mental studies customarily threw out anything that did not agree with their pet theories or would be "unpopular" with authorities.

The facts are that what the Clearing Practitioner believes has little to do with the Preclear's reality. If a Clearing Practitioner challenges or demands proof of a Pc's data the Pc becomes ill - that is the bald fact of it. It's part of the Clearing Practitioner's Code.

As far as past lives are concerned, if you don't run mental image pictures from past lives when they come up on a chain, the Preclear will not recover.

A pathetic case of this occurred in early research. A girl crippled by polio was able to throw away her crutches after one session and would have become entirely well except that she recalled seeing and hearing Lincoln give his Gettysburg address. Her mother condemned her for such nonsense. The girl's lameness was confirmed and perpetuated by this and by a psychotic father who raved at the Clearing Practitioner for daring to suggest such things. The Clearing Practitioner didn't suggest anything. In session the girl suddenly came up with being at Gettysburg listening to Lincoln.

Seems a bit cruel to condemn a young girl to a lifetime of lameness just to satisfy a fixed idea.

The weird idea is that one only lives but once.

We have several times traced the graves of Pcs in a special project and they usually came up correct. One Pc was very upset to find his friend had failed to erect a fitting tombstone, substituting a common slab, possibly to pocket the difference.

Some Pcs have been so overwhelmed in the past by some great figure that they go into his valence in that life. This often throws discredit on past lives.

One woman had been every famous figure in history. When we got her in valence, it turned out she had been a victim of these famous figures. The great generals and politicians of history, it must be sadly remarked, aren't easily distinguished from mass murderers.



But even famous figures are somewhere.

Past lives as a subject is made distasteful, possibly purposely, by some who, by fearing to have been a nobody and seeking status, talk loudly to others about having been Napoleon, Julius Caesar and Brutus all at the same time.

In a society which tries to hide in current identity or seeks to mortalize everyone and make people only animals, the subject of past lives can be a difficult one.

The truth in Clearing is: **IF YOU DON'T RUN THE INCIDENTS GIVEN BY THE PC, HE DOESN'T GET WELL.**

One spectacular recovery of an insane woman occurred when she ran an incident as a lion who ate her keeper. Freudian work hadn't been able to crack the case. The therapists at the sanitarium kept her in by explaining how it was all delusion. An Alethanetic Clearing Practitioner found and ran the incident, and she became sane at once and stayed so.

Also, one should not invalidate having known certain people before. It turns out that the **ONLY** PTS situation that is serious and lasting and can cause rollercoaster comes from having known the person before this lifetime.

It is **NOT** the Clearing Practitioner's role to handle the philosophic or social aspects of incidents. To chide a Pc for having an anti-social engram or a record of a crime or to challenge his data or refuse him his past life will bar his road to recovery and is itself a crime.

It will be found that Man is basically good. Only his aberrations are bad. When you run out his engrams, he becomes social and reverts to being good.

Clearing is Clearing. Clear what the Pc has to clear. Leave the social aspects of the case to others. It's not the Clearing Practitioner's job.

## PAST LIFE REMEDIES

5 APRIL 1989

There are many remedies and considerable tech developed over the years on the subject of Pcs unable to go earlier than this life.

### IMAGINARY INCIDENTS

The earliest remedy involved getting the Pc to locate and run imaginary incidents. The Clearing Practitioner clears the idea of imaginary incidents and running them, then persuades the Pc to run them without forcing him.

Sometimes a Pc cannot confront the actual incidents that are keyed in by life or Clearing. Such a Pc will not go backtrack. In this case the running of imaginary incidents is quite productive. Sometimes the Preclear will run them, quite astonishingly, with somatics. But he is not being required to face any reality about them, and the Clearing Practitioner is not insisting that any reality exists concerning them. In a surprisingly high percentage of times, however, he will be running actual incidents.

It should be understood that no amount of imaginary incidents can supplant the running of real incidents. The first value that this technique has - the invitation to the Preclear to run avowedly imaginary incidents in his past - is to build up the Preclear's confidence in the Clearing Practitioner. The Preclear begins to feel that he will not be censured for indulging in fantasy.

When the Preclear discovers that he has a Clearing Practitioner who not only will listen to imagination but encourages it, the affinity level rises and the Preclear's ability to differentiate in terms of reality will itself rise.

The Clearing Practitioner must never, after the incident has been run, then insist that the incident was real. This would be a break of faith. He and the Preclear have entered into a contract that what is being run is pure imagination, and the Clearing Practitioner must not break his contract.

To run imaginary incidents, the Clearing Practitioner discusses with the Pc how they will be running imaginary incidents and gets the Pc's agreement to do so.

The Clearing Practitioner then asks, "What imaginary incidents or pictures have you touched on?"

All the Pc's responses to this question, with their meter reads, are noted by the Clearing Practitioner. He then takes up the best reading incident or picture and runs it out R3R Narrative, first checking interest. Lesser reading items are then taken up.

This action is done until the Pc is brighter and more able to confront actual incidents as they come up in Clearing.

Delusion tends to run off but the real incidents move into view as well.

These imaginary incidents can be run R3R Narrative. In addition, full Preassessment procedure of the somatics, emotions, etc., of the imaginary incident, can be incorporated in the Past Life Remedy as part of the action of grooving in the Pc. (See: ASSESSMENT AND HOW TO GET THE ITEM, and R3R COMMANDS, for Narrative and R3R Quad Commands).

In doing this remedy be certain the Pc understands R3R procedure and has NO MISUNDERSTOODS.

### PAST LIFE REMEDIES

There is another way of getting a Pc to run past track incidents in Alethanetic Clearing when imaginary incident running is not producing immediate results. This remedy is for a Pc who does not run incidents or somatic chains back to basic, in past lives. You would list:

“What Attitudes would make one unwilling to go earlier than this life?”

You get the best reading item, check for interest and run the item by R3R Quad. You reassess, check for interest and R3R Quad.

Continue to reassess (or add to the list) until the list is exhausted.

Repeat these steps listing (separately and in this order) for Emotions, Sensations, and Pains that “would make one unwilling to go earlier than this life.”

Somewhere along the line, the Pc will go earlier than this life, and that is the result of this action. (Make sure, however, that any remaining reading items are run - if they have Pc interest).

### THE MORE MODERN APPROACH

The more modern approach for a Past Life Remedy would be for the Clearing Practitioner to assess the following list on the Pc:

earlier existences	abandoned pictures
previous existences	past life experiences
past lives	memory
earlier lives	amnesia
unreal pictures	forgetting
other times	leaving bodies
past deaths	past bodies
going backtrack	new bodies
imaginary incidents	lost possessions
invalidated pictures	forgotten pictures
other identities	death
imaginary beingnesses	losing a body
pretended injuries	forgotten memories
pretended illnesses	invalidated memories
disgusting pictures	painful pictures
painful memories	ignored pictures
enforced pictures	fading pictures
fearful incidents	fearful pictures
sad pictures	stuck pictures
forgotten times	invalidated track
pretended incidents	only one lifetime
unbelievable pictures	unknown incidents
forgotten families	lost friends
between body experiences	degraded experiences
unreal experiences	deja vu
forgotten beingness	forgotten lives
abandoned deaths	not-ised existence
not-ised existences	invalidated pictures
invalidated memories	invalidated imagination
not-ised imagination	invalidated perception

abandoned perceptions

Any item can be added to the above by the Pc.

You then take the largest reading item found in the above and ask the Pc to describe it briefly. Ask him "In your own words briefly describe (item that read)."

Use the exact wording the Pc gave you. Treat that wording as an Original Item exactly as though it had been obtained on the Preclear History.

Handle the items the Pc gives you exactly as you would handle any Original Item by Preassessment.

Exhaust all reading items in the above assessment.

Reassess the assessment and do each of the above steps.

When the Pc is able to go earlier than this life with good reality, then the remedy is complete.

## DRUGS

Often the Pc won't go backtrack because he's taken drugs.

What has happened here is that he reactivated past lives with drugs, got into frightening pictures that he didn't understand and now backs off from ANY bank content except drugs. That is handled with a full Drug R/D, including many hours of CE 0 and The Communication Course. The standard approach on any Pc is to get full drug handling done first. (See: DRUG HANDLING).

## RECENT SHOCK

Another reason that a Pc doesn't want to go earlier than this life could be the "recent shock of having died." Such a case is overburdened and should be deactivated with general Clearing and then get a Past Life Remedy if he hasn't gone backtrack. You could even do a Prior Assessment to this life.

## INVALIDATION OF PAST LIVES

The subject of invalidation of past lives and people talking about them out of session or claiming to be famous people invalidates past lives for a Pc and is actually related to suppression and PTS phenomena. If you suspect this you could ask, "Has anyone been talking to you about past lives or famous people?" From this question possible suppression in the environment can be located and used in a PTS R/D.

## CHILDREN

Some children respond positively and successfully to the above remedies. However, children are very burdened cases and can be hard to C/S on Alethanetic Clearing. If the child runs this life only, he may be left wide open to key-in later. At the age of 20 he may be found all keyed-in even though "all grades have been run."

Children are jammed into fiction stories, education, books and movies and run these like engrams. These children speak of "remembering" all the time. They say they can't go backtrack "because they don't remember." They don't seem to take it from pictures.

Contrary to psychological theories and popular belief, we find children in very rough case shape, nervous, frightened, griefy, etc. They get stuck in the books and movies they see. They run very shallow, which means they F/N too easily and they run incidents very close to PT.

We have handled this in various ways. The easiest way to unburden cases is with The Communication Course, CE 0 and Recall (Recall Lists, ARC Recall). That is the general approach.

Specifically, the easiest way to unburden cases is by:

- 1) The Communication Course
- 2) CE 0
- 3) New Understanding Course
- 4) Key to a Happy Life Course
- 5) Clear and fly all ruds - using suppress and false
- 6) PTS C/S-1 and PTS handling if needed
- 7) Life Repair if needed
- 8) Recall Lists
- 9) Run ARC Recall to F/N. Clear the commands well
- 10) Grades 0 through IV

Pcs run on the above action unburden tremendously. They usually cognite on Recalls that the actual way to look at the past is to look at the pictures that flashed to view.

Once on Alethanetic Clearing, if the Pc does not run past lives, you would list as follows:

“What Attitudes would make you not want to look at earlier lives?”

You get the best reading item, check for interest and run R3R Quad on that item. Reassess. Get the next best reading item, check for interest and run R3R Quad. Continue until you have exhausted the list. (Add to the list if necessary.) Then repeat this procedure listing (separately and in this order) Emotions, Sensations, and Pains that “would make you not want to look at earlier lives.”

Somewhere along the handling of the list (or lists) made, the Pc will look at pictures that he doesn't recognize easily, can't date etc. The Alethanetic Clearing Practitioner handles those inabilities with Standard Alethanetic R3R commands and off you go with a Pc looking at pictures of earlier lives, cogniting and winning and F/Ning on erasure of incidents with VGIs (Make sure, however, that any remaining reading items are run - if they have Pc interest).

You can also list for mental image pictures the Pc has seen in life, in movies or books, take the best reading one and do full Preassessment procedure on it, handling the running item obtained with R3R Quad. Then repeat the Preassessment steps until you get no reads on the Preassessment List you have assessed for that original item. Return to the mental image pictures list, take the next largest reading item and do full Preassessment, etc. Follow ASSESSMENT AND HOW TO GET THE ITEM exactly.

Preassessment can also be done on unwanted attitudes, emotions, pains, etc. (the Preassessment List) one had as a child. These would then be fully handled as above to unburden the case.

A direct approach is to ask, "What book or movie were you particularly interested in?" You'll usually find that the person had a stuck picture on it. Then ask, "Did you ever have anything to do with that sort of thing?" They go into it because you're actually asking for an E/S. You could then run out the earlier incident narrative R3R.

Where the Pc is stuck in upsetting incidents from movies or books you can list for "Bad incidents you've seen or read about," take the best reading one with Pc interest and run it out R3R Narrative Quad. Then handle with Preassessment procedure, per above. Be sure to accept stories, TV, movies or books as these are fully valid to run.

After the above action has been performed, the Case Supervisor would put the Pc on Alethanetic Clearing for a new Preclear History Form and there you have a Pc running on Alethanetic Clearing very successfully, winning all the way.

All of these remedies for children can used on adult Pcs with great benefit.

## REVIEW

An Alethiology Review action that can be done is to clear and assess the following list:

- Clearing Practitioners
- Clearing
- Past Lives
- Alethanetic Clearing
- Alethiology
- Time
- Preclears
- Erasure
- the Past
- Memory
- Pictures

Then Prepcheck in order of reads, reassess and Prepcheck. This is a valuable action to do and often by itself will handle those unable to go past track.

A further Alethiology approach would be to List and Null "Who or what would have no future?" and/or "Who or what would it have been awful to have been?" These items can be checked and used in a PTS R/D or can have their intentions listed and run as part of Expanded Alethanetic handling.

## SUMMARY

The technology on past lives is important for a C/S to know, especially the Alethanetic Clearing C/S.

The subject usually resolves with a Drug R/D and general Clearing but when it doesn't you have these remedies to use.

## HIGH RANGE ARM IN ALETHANETIC CLEARING

3 APRIL 1989

In Alethiology a high Range Arm is almost always an overrun.

In Alethanetic Clearing it means AN ENGRAM TOO LATE ON THE CHAIN TO ERASE IS IN REACTIVATION.

An Alethiology Clearing Practitioner “rehab” overruns.

An Alethanetic Clearing Practitioner cures high Range Arm by finding what engram (lock or secondary) is in reactivation (active). This will show up as a PAIN, SENSATION, MISEMOTION OR OTHER PRESENT TIME FEELING. In short, just by finding the somatic by list and assessing for longest read and running R3R, you can cure a high Range Arm.

You handle a Range Arm that goes up during a session by completing the chain exactly with R3R.

The same action you do for R3R also cures the high Range Arm.

By running a Pc on an incident late on the chain without going earlier, you drive the Range Arm high.

By ending off before the Pc has given the postulate he made at the time of the incident (hence not getting a complete erasure), you can leave the picture partially there and capable of affecting the Pc.

There can be an infinity of wrong ways but only one right way and the right way is R3R by the book.

A high Range Arm (3.5 or above) is simply the CB Meter's reaction to increased mass. Mental Image Pictures have mass. The mental mass causes the body's sweat pores to close down creating resistance to electricity. The CB Meter measures electrical resistance. These closed down pores cause resistance to electricity. Thus in the presence of mental mass as contained in mental image pictures, the Range Arm of the CB Meter rises.

When you reactivate an engram, the CB Meter current flow has more trouble getting through the Pc's skin and the Range Arm rises.

When the engram (or lock or secondary) is “keyed out” (moved away), the Range Arm comes down and the meter needle will float.

If you find a long chain with many engrams on it and run a late engram, the Range Arm goes up. As you go earlier, and eventually find Basic, the Range Arm comes down and when you get the postulate and erase the basic engram, the Range Arm will come down to between 2 and 3 and the needle will float.

When you run several engrams through only once or run several somatic chains without erasing any, you pile up too much mass and the Range Arm will go high and stick.

Even if nothing is done to repair this, the Pc will deactivate (the pictures will drop away) in from 3 to 10 days.

It is very poor Clearing to do R3R other than exactly by the book. It is very easy to do it exactly right. The drill is simple. If done exactly right the result is good and invariable.

## **ALETHANETIC REMEDIES**

5 APRIL 1989

The remedies given here will handle Pcs who go anaten or dope off in session even though they are well rested beforehand. They will also handle high Range Arms caused by chains left in reactivation by reason of not taking them to a full Alethanetic EP.

### **WORD CLEARING**

One of the beginning Pc's first steps in Clearing is a thorough and complete CS-1. This is given on the FULL PC PROGRAM OUTLINE. It must be done until the Pc well understands the commands of R3R and knows what is expected of him as a Pc (Ref: ALETHANETIC CLEARING CS-1).

DO NOT attempt to run R3R on a Pc who is not properly indoctrinated. Clear the commands. Clear the L3 words, clear the procedures and clear each line of the L3 assessment with him. It is the Clearing Practitioner's responsibility to ensure the Pc understands the commands and the procedure he is being run on.

So the first remedy given here is WORD CLEARING. A Pc who does not understand R3R commands, assessment procedures, etc., will only reactivate masses in Alethanetic sessions; he will not be able to erase them.

If there is any doubt that your Pc understands the commands and procedures of R3R, you clear these up immediately.

There are uniformly two things that prevent Pcs from running engrams. They are the failure to fully clear all the commands and procedures of R3R as we have covered above, and unhandled drugs.

Hence, the following remedies are to be done in their correct sequence on the Pc's Alethanetic program, after a full and complete Drug Handling per the bulletin called DRUG HANDLING. (Ref: FULL PC PROGRAM OUTLINE.)

### **PICTURES OR MASSES**

The following remedy is ordered by the C/S when the Pc has no misunderstood words but still goes anaten in session, even when assessment and R3R procedure are correctly done and the Pc has had sufficient sleep, with no unflat chains evident by folder inspection but has a very high or low Range Arm.

The Clearing Practitioner asks: "What pictures or masses have you touched on in life or in Clearing that have been left unflat?"

The most obvious remedy is simply to take the best reading picture that was left unflat in Clearing and simply finish the chain. If the Pc had only run it single flow at the time, then finish it single flow for certain and check the other flows to see if they read and run them if they do. The question one checks is Step One narrative or Step One regular R3R. One uses narrative when it is simply an incident and regular R3R when he remembers what somatic he was running at the time.

The essence of this is simply to complete something that was already started and wasn't completed.



If it was a picture which simply appeared in life, one can treat it as an Original Item and carry on from there.

Caution should be observed in running a Pc on Quad who hitherto had only been run on Single or Triple flows. One can get onto the subject of bypassed charge when he suddenly runs a new flow (like Flow 0) that has never been run before on a new item. What happens is the Pc, run on Single or Triples on other items in previous Clearing, collides with some of the unrun charge of previously unhandled chains of that flow and can get quite upset. The best handling of his sort of thing is called "Quading up a Pc" as contained in the bulletin called USE OF QUADRUPLE ALETHANETIC CLEARING.

Masses are handled simply by treating them as an Original Item.

In pictures or masses remedies, one is best off following the Preassessment procedure. Just treat the picture or mass as an Original Item. Therefore, when the Pc gives you a list of pictures or masses that have been touched on in life or Clearing he is really giving you a list of Original Items so far as handling is concerned. The Clearing Practitioner takes the best reading item from that list and does a Preassessment on it.

"Connected with (item) are there (preassessment item)?" is the preassessment question.

The Clearing Practitioner then follows the procedure outlined in the bulletin called ASSESSMENT AND HOW TO GET THE ITEM, doing a full Preassessment and running out R3R Quad all reading items with Pc interest.

When this action is correctly performed the Range Arm of the Pc will be back in range, and the Pc will be bright.

#### AUTOMATICITY OF PICTURES

There are some Pcs who keep talking about "this huge automaticity of pictures coming in, faster and faster." They also dope off in session and they are somewhat hard to get an F/N on.

The thing which is really wrong with the Pc is instability. He can't hold things still.

The best thing for this type of Pc is CE 0. After flattening CE 0 it will be found that the Pc's bank is more stable.

As the multi-pictures may also have keyed something in, a C/S, after CE 0 is flat, could order the following:

Ask the Pc "What pictures have you seen in life or Clearing?" and treat the best reading items in the resulting list as Original Items.

#### PERPETRATIONS

When the Pc goes anaten in session but there is no evidence of unflat chains, the C/S issues this C/S:

Assess for:

- Perpetrations on unconscious people
- Perpetrations on anaten people
- Perpetrations on sick people

Run each reading item with interest R3R Narrative Quad.

The C/S could vary the assessment list, adding items if necessary in accordance with what the Pc was motivating from.

## IMAGINARY INCIDENTS

Sometimes a Pc cannot confront the actual incidents that are keyed in by life or Clearing. Such a Pc will not go backtrack. In this case the running of imaginary incidents is quite productive. Sometimes the Preclear will run them, quite astonishingly, with somatics. But he is not being required to face any reality about them and the Clearing Practitioner is not insisting that any reality exists concerning them. In a surprisingly high percentage of times, however, he will be running actual incidents. So long as he does not have to admit that these incidents are actual, he can do something about them.

It should be understood that no amount of imaginary incidents can supplant the running of real incidents. The first value that this technique has - the invitation to the Preclear to run avowedly imaginary incidents in his past - is to build up the Preclear's confidence in the Clearing Practitioner. The Preclear begins to feel that he will not be censured for indulging in fantasy.

When the Preclear discovers that he has a Clearing Practitioner who not only will listen to imagination but encourages it, the affinity level rises and the Preclear's ability to differentiate in terms of reality will itself rise.

The Clearing Practitioner must never, after the incident has been run, then insist that the incident was real. This would be a break of faith. He and he Preclear have entered into a contract that what is being run is pure imagination, and the Clearing Practitioner must not break his contract.

To run imaginary incidents, the Clearing Practitioner discusses with the Pc how they will be running imaginary incidents and gets the Pc's agreement to do so.

The Clearing Practitioner then asks, "What imaginary incidents or pictures have you touched on?"

All the Pc's responses to this question, with their meter reads are noted by the Clearing Practitioner. He then takes up the best reading incident or picture and runs it out R3R Narrative, first checking interest. Lesser reading items are then taken up.

This action is done until the Pc is brighter and more able to confront actual incidents as they come up in Clearing.

In doing this remedy be certain the Pc understands R3R procedure and has NO MISUNDERSTOODS.

**GETTING THE F/N TO THE EXAMINER**  
**(HIGH, LOW RANGE ARMS AND CHRONIC SOMATICS)**

5 APRIL 1989

If after an F/N session, the Pc's Range Arm goes up, as at the Examiner, the Pc is afflicted with unflat Engram Chains.

All high Range Arms depend on unflat or reactivated engram chains.

Range arms go high on overrun because the overrun reactivates engram chains not yet run.

Engram (or secondary or lock) chains can be keyed out. This does not mean they stay out. In a few minutes or hours or days or years they can key back in.

A Pc will also de-activate in from 3 to 10 days usually. This means he "settles out." Thus a Pc can be overrun into new engram chains (by life or a Clearing Practitioner); Range Arm goes up; 3 to 10 days later the Range Arm comes down.

When a Pc is Cleared to F/N VGIs and then a few minutes later has a high Range Arm, the usual reasons are:

1. Has had his comm chopped or full Alethanetic or Alethiology End Phenomena not reached or
2. Has been run on an unreading item or subject or
3. Is overwhelmed or
4. Has a lot of engrams keyed in or
5. Has been run in the past without full erasure of engrams or attaining End Phenomena.
6. L&N lists which are badly done or other mis-clearing cause a Pc to feel bad and key in chains.
7. A Pc can be Cleared when too tired or too late at night.

The solution to any of these is easy - on (1) always see that the Pc attains full EP, particularly on engram chains. On (2) make Clearing Practitioners check for reads even in two way comm subjects, with list questions or on Alethanetic items before running them. On (3) see also (2) and get the Pc a proper Repair Program. On (4) repair or isolate Pc so his PT isn't so ferocious-looking (meaning Repair him until he is well or let him change his environment and then Clear him) or (5) look into his folder to see who Cleared him on so many chains with no real erasure or EP. With (6) you use Repair assessments (like L4, L1, etc) and other usual actions. On (7) you make the Pc get some rest and if he can't, make him go for a walk away until he is tired and then walk back and get some sleep.

All these really add up to keyed in or unflat engram chains.

Of all these, past Clearing without attaining EP on engram chains (whether done in Alethanetics or Alethiology) is a usual reason for a "much Cleared Pc" to have a high Range Arm.

The reason behind any high Range Arm that won't come down and any Pc who continually arrives at Examiner after an F/N VGI session with his Range Arm UP are:

- A. Not letting the Pc go on to Full Alethanetic EP when running engrams.
- B. A false Clearing report (PR type report meaning promoting instead of Clearing).
- C. Too many engram chains reactivated by life or Clearing.

Any correct Standard Alethanetic Clearing will eventually handle. But it is usual to do a PICTURES AND MASSES REMEDY (see the bulletin called ALETHANETIC REMEDIES).

### CHRONIC SOMATICS

A Pc who has a chronic somatic would get programmed like this:

- I Repair program until Pc feeling better.
- II Pictures and Masses Remedy with all reading and interest items run R3R Quad.
- III Full handling of all reading items on the Preclear History Form by preassessment and R3R Quad or narrative on very recent incidents.
- IV Somatics of any troublesome area found by preassessment of the troublesome area with all reading and interest items run R3R Quad.
- V Preassess the incident (operation, accident, etc) he believes caused the troublesome area and run all the somatics R3R and run the incident narrative if very recent.
- VI Preclear History Form to F/N on the Preclear History itself and attest full Alethanetic result as per the Life Expansion Chart.

That's maybe 50 hours, all done in Alethanetic Quads, of course, in steps II to VI.

If the Alethanetic Clearing is standard and to Alethanetic EP (F/N Postulate Cognition VGIs) you will see this pattern at the Examiner or a few minutes after session.

First few sessions: Range Arm 4.0 or more at Exam. DoubtfulGIs.

Next few: Range Arm 3.75 and blowing down to 3.25 at Exam. GIs.

Next few: Range Arm 3.5 BD to F/N at Exams VGIs.

Finally: Range Arm 2.5 F/N VGIs at the Examiner.

Another pass at the Preclear History Form finds it F/N and Pc can and will attest Alethanetic Clearing completion.

That's what you would expect to see if the Clearing was standard, if the case was straightened out of past flubs in the Repair step. Errors such as running unreading items or fire fights caused by out CEs or false Clearing reports or Alethanetic EP not reached at session end or Pc needing ruds in at session starts would prevent this pattern from happening at the Examiner. So if the pattern doesn't happen you know the Clearing is goofy or something is out which had better be found. One Pc, for instance, had a huge w/h of having a disease and was Cleared over it for 2 years = Clearing over a w/h and PTP = no case gain. Silly Pc. But also a very dull C/S not alert to some outness there and find it. Another Pc had a high Range

Arm and the fault was just that she never got any Clearing at all! So they kept operating on her! Somebody didn't know Alethanetic Clearing was for USE.

### HIGH RANGE ARM AND ILLNESS

Pcs with high Range Arms feel ill and get ill.

No use to elaborate on that. It's just a fact and is THE fact about Pcs who get ill.

### LOW RANGE ARM AT EXAM

Pcs with low Range Arms are more or less in apathy.

If it is F/N VGIs at session end and Range Arm low at Exam (like 1.9) (OR if it went low in session and didn't F/N), then the Pc is:

- (a) overwhelmed and needs Clearing and life repair
- (b) could have been run on a flat or unreading item that invalidated his former win.

Example: Pc listed on an unreading list few sessions later is worrying about it and coming to Exam with low Range Arm. Repair is the answer. Low Range Arm Pcs need a Life Repair also.

## UNRESOLVED PAINS

5 APRIL 1989

It occasionally happens that a Pc's certain pain does not resolve with Alethanetic Clearing.

There are two reasons for this:

### 1. NOT ENOUGH ALETHANETIC CLEARING ON ENOUGH CHAINS.

Sooner or later the exact small piece of an engram "already run" shows up on another chain later.

Example: Pain in an area of an operation occurs, now and then, again weeks, months or years after the operation has been run out as an engram. Sooner or later, just on general Clearing, the missing bit of the operation shows up, blows. Voila! Pain gone forever.

This happens frequently, especially with abdominal operations like an appendectomy. The operation was run out. The scar stays puffy. The Pc is occasionally ill from it. Pc's conclusion is that Alethanetic Clearing hasn't worked on it. More Clearing on other somatics (just general Alethanetic Clearing) is given. One day the remaining bit of the operation, hidden from view, apparently erased, shows up, blows.

There is no way of forcing it. In fact it would be fatal to try.

The other reason for it is that the missing bit causing the pain is a different somatic, like "a Chest Compression." This bit of the operation had another basic than the one run.

The answer to a persistent or recurring somatic in an injured area is always more Alethanetic Clearing. Persistent, chronic and recurring somatics are handled fully with Professional Alethanetic Clearing Tech.

### 2. SYMPATHETIC NERVOUS SYSTEM PAINS.

There are two sides to the body. As you learn in Touch Assists, if the right hand is injured, you include also the left hand.

Body nerves conduct pain. The two sides of the body interlock. Pain gets stopped in the nerves.

If the right elbow is hurt, the LEFT elbow will have echoed the pain.

Example: you find a Pc with a pain in the left elbow. You try to run a left elbow chain. It doesn't fully resolve.

If you ran injuries to the RIGHT elbow, suddenly there's a somatic going through the left elbow! It gets well.

This is the sympathetic nervous system. The right ear, injured, also gets echoes with a somatic in the left ear. You run the right ear only. Pc comes up with a sore left ear!

You can actually direct a Pc's attention to it (non-standard but a research technique) and he can find where the uninjured ear echoed the injured ear.

Where you can't fully repair a crippled left leg, don't be surprised to find it was the right leg that was hurt.

You run the left leg somatic in vain. If you do, start Clearing somatics in the OPPOSITE SIDE OF THE BODY.

## TOOTHACHE

The mystery of toothache is resolved in both 1 and 2 above, especially 2.

The pain is concentrated on the left upper molar. You run it in vain. Toothache persists.

Look at the Pc's mouth. Has the RIGHT upper molar ever been pulled or injured? Yes. That's how the left molar began to decay. The right upper molar was pulled. The pain (especially under the painkiller on the right side only) backed up and stopped on the opposite side. Eventually the left upper molar, under that stress, a year or ten later, caves in and aches.

Mysterious, as it wasn't injured. Mysterious, as the opposite molar is long gone, doesn't hurt anymore.

When a toothache does not resolve in Clearing, run the opposite tooth on the other side. You can actually do it by count of teeth.

It's sort of Clearing a no-somatic.

Pc in misery with right upper molar. No pain on left side. Run an injury he had on the left side (it will read on the meter also). Voila! The toothache that wouldn't go away eases up!

The fellow who has the exact opposite teeth pulled (upper right wisdom, upper left wisdom) is in for it as there is a constant cross-play. Makes the mouth odd and pressury. Both sides are reacting to the other side!

Dentists often note the strange pressure, "bursting feelings," a patient has when a tooth "needs pulling." This is the stress in the nerves from an injury which occurred on the opposite side!

A Clearing Practitioner can run a right side tooth in vain unless he knows enough to run THE OTHER SIDE.

For a Pc with a toothache on the right side, you can list for feelings on the left side of the mouth and get "numbness," "no feeling," etc. Run that list and suddenly and magically the toothache on the opposite side not being run eases up.

Full Preassessment of the troubled area and R3R Quad is used when the tooth trouble persists.

As toothaches sometimes give an Alethanetic Clearing Practitioner a failure, he should know about the sympathetic factor as above.

## HOW TO PICK UP OCCLUDED DATA

5 APRIL 1989

Problem: The Preclear cannot remember a bad moment he had with someone.

Action: Run recalls or scan good moments with this person until the bad moment shows up.

Problem (in detail): The Preclear cannot remember a bad telephone conversation with a certain person.

Action: Run recalls or scan any and all telephones, then telephones ringing, then phone conversations with anyone, then any conversation with the person in question. Then contact the bad telephone conversation.

If it is still occluded, repeat the process.



# **ALETHANETIC STUDENT RESCUE INTENSIVE**

5 APRIL 1989

This is an optional step to be taken if your Pc is having any trouble with study.

The steps are very simple:

1. Assess:

Being Trained	Stress
Being Educated	Education
Study	Schools
Learning	Teachers
Examination	Enforcement
Misunderstoods	

for best read.

2. Do a Preassessment on the largest reading item from Step 1.
3. Find the running item, using standard preassessment procedure.
4. Run out the item you have found in Step 3 R3R Quad.
5. Repeat the Preassessment on the original item found in step one, and repeat steps 3 and 4 on that item.
6. Continue reassessing the preassessment list on the original item and running out R3R Quad on the best reading running item until there are no further reads on the Preassessment of that original item.
7. Find a new original item from step 1 and repeat the above procedure steps 2 through 6.

The intensive should be concluded when the Pc is happy about study.

## GETTING THE PC SESSIONABLE

6 APRIL 1989

When you start to clear a new Pc, the responsibilities are these:

1. Show the Pc what Clearing is, so that he knows what is expected of him. Thus, he is in session, not in mystery.
2. Educate him into what he is supposed to do when you give him a question or command, so that he may answer the question or comply with the command.
3. The CP must be in control of the session and the Pc must permit himself to be in your control. Then, if anything goes wrong, you can handle it. This ability comes from CE 8.

### COVERT CLEARING

Some people, particularly students, “covertly clear.”

In “talking” to someone they also seek to process or “clear” that person “without the person knowing anything about it.” This of course is nonsense, since Clearing results are best achieved in a session, and a session depends upon a self-determined agreement to be cleared.

You can achieve changes in a person with covert Clearing - we won't say you can't, since it has been done. But it is uncertain and not very popular since most “victims” of covert “clearing” dislike it very much.

In an assist, you may have to process without agreement when the Pc is unconscious and can't respond, but only until the person regains consciousness. To make it a common practice would be foolish.

Using good communication to handle situations in life is perfectly acceptable and isn't covert Clearing.

EXAMPLE: A person is angry; a friend locates and indicates the by-passed charge.

EXAMPLE: In the case of a person having a psychotic break, a friend arranges for the person to have a rest away from his ordinary environment and associates and forbids damaging “treatments.”

EXAMPLE: Somebody seems to have lots of problems; the Alethiology student teaches him what a problem is.

EXAMPLE: By observing the anxiousness of a person to receive motivators, the student estimates the degree of perpetrations the person has committed.

EXAMPLE: One sees a difficulty in planning is not getting any better so she decides there must be a lie in the plan and locates it, at which time a good plan can emerge.

There are countless ways to use the philosophy of Clearing in direct application to life. Even hopeless physical conditions respond to just understanding more about life. For instance, there are many cases on record of a bedridden person becoming well and active after reading a book like UNDERSTANDING LIFE .

One doesn't have to “covertly clear” if any communication is possible. One can teach, advise, orient someone in existence applying the truths and knowledge of Alethiology.

The point is, when Clearing is begun, it is best done by agreement to be cleared in formal sessions. It is most successful when the Preclear understands what he is supposed to do in response to Clearing Practitioner actions, and is only disastrous when there is not enough control in the session to set things right if they start to go wrong.

Any Clearing Practitioner who just sits and lets a Pc ramble on and on with no regard to the subject being handled, even in Listen Style, is very foolish, has no session and is wasting time.

The wrong thing to do is chop the Pc up and cut his comm because he is so far adrift.

The right thing to do is to prevent it before it happens by working only with Preclears who have agreed to be cleared or who know what's expected of them.

In the hands of an unskilled "Clearing Practitioner," running a psycho-analytic type session (letting the Pc talk endlessly with no session control), a Preclear can give all the expected psycho-analytic symptoms and responses and get nowhere.

There are two ways this can be handled:

1. Explain: This isn't psycho-analysis and then fully educate the Pc in the basic principles of Clearing.
2. Find and clear up misunderstood words in the subject of psycho-analysis and run processes which release the Pc from charge connected to the subject of psycho-analysis.

Probably both would be necessary if educating the Pc did not handle the condition.

One of the rules of Clearing is never to let any part of any question or command be agreed upon once and never repeated.

EXAMPLE: The Clearing Practitioner tells the Pc, "When I say 'her' in this command, I mean your mother. Now what could you say to her?" The Pc is always having to think back to this agreement as to what "her" refers to in order to answer the command.

When educating a Pc, one is knocking out past response patterns, as in social actions or some earlier form of treatment. One is in effect cancelling out earlier habits of response in order to get Clearing to occur. Sometimes a Pc still wanders about before he answers the question. But the Clearing Practitioner in any case must get his question answered or the command complied with.

Only clear a Pc who has agreed to be cleared, and use a Clearing Communication Cycle, no matter how long or short that cycle may be.

## CONCEPTUAL UNDERSTANDING

12 AUGUST 1988

When conceptual understanding is achieved, a person can apply what she has learned without having to think about it step-by-step. Information which is understood conceptually can easily be put into action.

A literal understanding is superficial. The person is able to think about the data or information in a step-by-step fashion but has a difficult time putting it into action. With a literal understanding, a person cannot see the relationship between pieces of information in the form of similarities and differences. Literal understanding is rote and not intelligent.

A literal understanding of music might allow a person to plink out a tune on a piano, but a conceptual understanding allows a person to play a beautiful sounding piece of music or to improvise on the piano.

A mechanic who has a literal understanding of automobile engines can repair an engine by referring to manuals and by going slowly step-by-step. One who has a conceptual understanding can repair any engine directly and easily.

A Preclear who has a literal understanding of Clearing will answer your questions but will not fully participate in the process of Clearing. A Preclear with a conceptual understanding works with the Clearing Practitioner and participates fully in the process because she has a conceptual understanding of what is needed and wanted in a session and how to participate with the Clearing Practitioner so that the correct result is achieved.

A Clearing Practitioner who has a literal understanding of Clearing could read processes off a card and achieve sporadic wins with Preclears. He looks mechanical and seems uncertain at times. A Clearing Practitioner who has a conceptual understanding could sit down with anyone under almost any circumstances, do a masterful job and produce "miracles as usual." This would not be limited to sessions, since the Clearing Practitioner with a conceptual understanding would be capable of creating miracles in all aspects of her life.

People who have no idea of "concept" get bogged down in terms and mechanics. They can't operate at the level of concept and are extremely literal.

True understanding is conceptual. One could handle things, objects and symbols endlessly without achieving understanding or real communication unless one finally was able to graduate up to conceptual comprehension.

People who are literal rather than literate simply haven't achieved conceptual understanding.

## METHOD 5 WORD CLEARING

24 SEPTEMBER 1988

This is a simple method for clearing words. Ask the Preclear,

1. "WHAT IS THE DEFINITION OF \_\_\_\_\_?"

Have the Pc say the definition out loud. If the Pc understands the word, have him use it in a sentence.

2. If the Pc hesitates or seems to falter or is not sure of the word, then find the word in the dictionary for him. Place the dictionary in front of the Pc and point out the definitions that you want him to read.
3. Have him read the definition(s) out loud to you.
4. Using that definition, have the Pc define the word in his own words.
5. Have the Pc use the word in a sentence(s) until a conceptual understanding is achieved.

## CLEARING COMMANDS

24 SEPTEMBER 1988

When running a process newly or whenever the Preclear is confused about the meaning of a command, clear each word of the command with the Preclear, using the dictionary if necessary. This has long been standard procedure.

You want a Pc set up to run smoothly, to know what is expected of her and to understand exactly the question being asked or the command being given. A misunderstood word or misunderstood Clearing Command can waste hours of Clearing time and keep a whole case from moving.

Thus this preliminary step to running a process or procedure for the first time is VITAL.

The rules for clearing commands are:

1. UNDER NO CIRCUMSTANCES IS THE CLEARING PRACTITIONER TO EVALUATE FOR THE PC AND TELL HIM WHAT THE WORD OR COMMAND MEANS.
2. ALWAYS HAVE THE NECESSARY (AND GOOD) DICTIONARIES IN THE CLEARING ROOM WITH YOU.

This would include the Technical Dictionaries, the Administrative Dictionaries, a good English dictionary and a good dictionary in the Pc's native language. For a foreign language case (where the Pc's native language is not English) you will also need a dual dictionary for that language and English.

EXAMPLE: English word "apple" is looked up in an English/French dictionary and "pomme" is found. Now, look in the French dictionary to define "pomme."

The foreign language case requires two dictionaries: (1) English to foreign language (2) foreign language itself.

3. HAVE THE PC ON THE CANS THROUGHOUT THE CLEARING OF THE WORDS AND THE COMMAND.
4. CLEAR THE COMMAND (OR QUESTION OR LIST ITEM) BACKWARDS BY FIRST CLEARING IN TURN EACH WORD IN THE COMMAND IN BACKWARDS SEQUENCE.

EXAMPLE: To clear the command "DO FISH SWIM?" clear: "SWIM" first, then "FISH," then "DO."

This prevents the Pc from starting to run the process by himself while you are still clearing the words.

- 4A. NOTE: THE F/Ns OBTAINED ON CLEARING THE WORDS DOES NOT MEAN THE PROCESS HAS BEEN RUN.
5. NEXT, CLEAR THE COMMAND ITSELF.

Clearing Practitioner asks the Pc,

"WHAT DOES THIS COMMAND MEAN TO YOU?"

If it is evident from the Pc's answer that he has misunderstood a word as it is used in the context of the command:

- (a) Re-clear the obvious word (or words) using the dictionary.
  - (b) Have him use the word in sentences until he has it. (The worst fault is the Pc using a new set of words in place of the actual word and answering with the alter-ised word, not the word itself. See CLEARING UP A MISUNDERSTOOD WORD, Part I of the QCP.
  - (c) Re-clear the command.
  - (d) If necessary, repeat Steps a, b and c above to make sure he understands the command.
- 5A. NOTE: THAT A WORD READS WHEN CLEARING A COMMAND ON AN ASSESSMENT QUESTION OR LISTING QUESTION DOES NOT MEAN THE COMMAND OR QUESTION ITSELF HAS READ NECESSARILY. MISUNDERSTOOD WORDS READ ON THE METER.
6. WHEN CLEARING THE COMMAND, WATCH THE METER AND NOTE ANY READ ON THE COMMAND.
7. THE COMMANDS OF ONE PROCESS ARE CLEARED JUST BEFORE THAT PROCESS IS RUN. FOR EXAMPLE, IN RUDIMENTS, CLEAR THE COMMAND OF EACH RUDIMENT, THEN RUN EACH ONE.
8. ARC BREAKS AND LISTS SHOULD BE WORD CLEARED BEFORE A PC GETS INTO THEM AND SHOULD BE TAGGED IN THE PC'S FOLDER ON A YELLOW SHEET AS CLEARED.

The yellow sheet goes in the front of the folder behind the Folder Summary.

As it is difficult to clear all words of a correction list on a Pc over heavy by-passed charge, it is standard to clear the words of a Repair or Correction List and ruds very early in Clearing and to clear the L4 words before commencing listing processes or an L3 before running Alethanetic Clearing. Then, when the need for these correction lists arises one does not need to clear all the words as it has already been done. Thus, such correction lists can be used without delay.

It is also standard to clear the words of the Word Clearing Correction List early in Clearing and before other correction lists are cleared. This way, if the Pc bogs on subsequent Word Clearing, you have your Word Clearing Correction List ready to use.

9. IF, HOWEVER, YOUR PC IS SITTING IN THE MIDDLE OF AN ARC BREAK (OR OTHER HEAVY CHARGE) AND THE WORDS OF THE L1 (OR OTHER CORRECTION LIST) HAVE NOT BEEN CLEARED YET, DON'T CLEAR FIRST. GO AHEAD AND ASSESS THE LIST TO HANDLE THE CHARGE. OTHERWISE YOU'LL BE DOING CLEARING OVER AN ARC BREAK.

In this case you just verify by asking afterwards if s/he had any misunderstands on the list.

All the words of the L1 (or other correction lists) would then be cleared thoroughly at the first opportunity - per your C/S's instructions.

10. DO NOT RE-CLEAR ALL THE WORDS OF ASSESSMENT LISTS EACH TIME THE LIST IS USED ON THE SAME PC.

Clear the words of an assessment list once, fully and properly the first time and note clearly in the folder, on the yellow sheet for future reference, which of the standard assessment lists have been cleared.

11. THESE RULES APPLY TO ALL PROCESSES, ASSESSMENTS AND LISTING QUESTIONS.



## ORIENTING THE PRECLEAR

### THE ALETHANETIC C/S-1

4 JULY 1989

One of the oldest rules of Clearing is “Know before you go.” This rule not only applies to the Clearing Practitioner knowing about the Pc before proceeding to clear him; it also applies to the Preclear - he has to know where he is going too!

The purpose of this orientation is to effectively prepare a person to be a Preclear. As with any new subject, a person must have some idea of the language, procedure, purpose, etc., of that subject if he is to succeed. A sane person wouldn't hop into the cockpit of an SST and try to take off without any training, although he wouldn't be in any danger because he probably would never get off the ground. And so it would be with a person new to Clearing or simply new to Alethanetics - without some kind of education and training on the subject, he wouldn't be in any danger but he might never get off the ground!

The Alethanetic C/S-1 is designed to teach a new person general (and specific) data about Clearing so that the person can have an understanding of the technology that will support him in having successful Clearing sessions.

There are five parts to the Alethanetic C/S-1 Definition Sheet, arranged to some extent on a gradient. Each Part begins on a new page so that it is a separate entity and can be used as such.

Part I	Basic Clearing Terms
Part II	Rudiments Terms
Part III	Basic Alethanetic Terms
Part IV	Preassessment Form Terms
Part V	L3 Correction List Terms

#### ALETHANETIC C/S-1 DEFINITION SHEET

##### PART I - BASIC CLEARING TERMS

**ALETHANETICS** 1. a system of exact procedures which clears wrong answers from the subconscious mind.

**ALETHIOLOGY** 1. the study or science of truth 2. a system of natural laws which allow a person to discover for himself those personal truths that help the person to create the quality and content of his life such as he has always wanted. 3. The science and the study of the nature of truth and error, and of the highest laws for their discrimination. 4. The doctrine of truth, that part of logic which deals with the subject of truth. [Greek alethi- coming from alethea, truth + -ology coming from logos, study of or science of] (See THE OXFORD ENGLISH DICTIONARY, Oxford University Press, page 215, original 13 volume edition, on page 54, compact edition).

**BEING** (noun) 1. the individual, himself or herself, who exists in a nonmaterial dimension, yet operates and handles a body in the material universe. 2. the person, oneself; who one is; not one's body, not one's name, not one's mind, not the physical universe (not a thing but

rather, a creator of things). 3. that which is aware of being aware.

**MIND** (noun) 1. a control system between the Being and the physical universe. 2. a storage place for mental pictures and data; a computer.

**BODY** 1. a carbon-oxygen engine which runs on low combustion fuel at 98.6 degrees Fahrenheit (The Being is the engineer running this engine). 2. a solid grouping of appendages which make the person recognizable. 3. the Being's communication center with the physical universe. 4. a physical animal with basic needs for food, shelter, sleep and sex.



**COMMONLY HELD VIEW**

**ALETHANETIC & ALETHIOLOGY VIEW**

**CONSCIOUS MIND** 1. that portion of the mind we are most aware of in day-to-day life. 2. that portion of the mind used by the Being to control all conscious, voluntary actions of the body and to analyze data, handle language, etc. 3. that part of a Being's mind which is alert and aware, which thinks, observes data, remembers it, and resolves problems.

**PICTURE** (noun) 1. a visual representation of something not actually present. 2. an exact likeness of something; a copy or representation of a thing, not the thing itself. 3. an image or mental image of something.

**MENTAL IMAGE PICTURES** 1. pictures stored in the mind which are copies of the physical universe or imaginary images.

**REACTIVE MIND** 1. that material of a person's subconscious mind that works on a stimulus-response basis (given a certain stimulus, it gives a certain response); it cannot be controlled by his will and exerts force and the power of command over his awareness, purposes, thoughts, body and actions; it consists of mental pictures and decisions which are recorded during moments of pain, unconsciousness and stress. 2. the quality of the subconscious mind that, during moments of stress, shock, injury, loss or hypnosis, accepts information and later plays back the decisions made (in these moments) in the form of mental aberrations and psychosomatic illnesses.

**BANK** (slang) 1. a common name for the Reactive Mind.

**BRAIN** 1. the soft grayish and whitish mass of nerve tissue enclosed in the skull or head of vertebrate animals, consisting of nerve cells and nerve fibers. 2. a part of the nervous system which receives and sends impulses to the body parts; it has very little to do with thinking, which takes place in the conscious mind. 3. a sort of a switchboard that you use to translate thought into action and to coordinate energy.

**CHARGE** 1. harmful energy or force accumulated and stored within the reactive quality of the

mind, resulting from the conflicts and unpleasant experiences that a person has had.

**MENTAL MASS** 1. solidified mental energy which often brings about undesirable pains or sensations (charge). 2. mentally created matter and/or energy. 3. involuntarily or voluntarily created mental matter, energy, space and time. (Its proportionate weight would be terribly slight compared to the same object as it exists in the physical universe). Note: Charge is mental mass but not all mental mass is charge. For example, if you picture a chair in your mind, it does not necessarily have charge connected with it; however, it is mental mass.

**CLEAR (noun)** 1. a person who is free of the reactive quality of the subconscious mind. 2. an unrepressed person. 3. someone who could confront anything and everything in the past, present and future. 4. the name of a button on a calculator. (When the CLEAR button is pressed it clears all previous calculations from the memory bank of the calculator. Before a calculator can be used to solve a problem, it must be cleared of old problems, of old data and conclusions; otherwise, it will add all the old conclusions in the new one and produce an invalid answer). 5. a Clear is a person who has cleared all wrong answers from the mind that keep him from living and thinking freely. 6. a relative word applied to a person who has raised himself to a level where he has command of his thinking process.

**CLEAR (verb)** 1. to release all the physical pain and painful emotion from the life of the individual.

**CLEAR (adjective)** 1. bright; light; free from clouds or mist: as, a clear day. 2. perceptive; orderly; logical: as, a clear mind. 3. free from confusion or ambiguity; not obscure; easily understood: as, the meaning is clear. 4. certain; positive: as, I am clear on that matter. 5. free from guilt; innocent: as, a clear conscience. [Latin clarus, clear sounding, hence clear, bright.]

**CLEARING** 1. a making clear or being cleared. 2. the action of erasing or releasing harmful energy from the Reactive Mind, allowing the person to discover the truth for herself. 3. procedures designed to help an individual become well and happy, includes as its basic principle, the exhaustion of all the painfully unconscious moments of a person's life; returning a person to complete rationality, sanity and health through erasure of reactive material in the subconscious mind. 4. asking a person a question, getting an answer to that question and acknowledging the individual for that answer.

**CLEARING PRACTITIONER** 1. a person trained and qualified in applying Alethiology and/or Alethanetic Clearing processes and procedures to others for their betterment.

**PRECLEAR** 1. anyone who is progressing toward the state of clear; however, it is principally used to describe a person who, through Alethiology and Alethanetic processing, is finding out more about herself and life.

**CLEARING SESSION** 1. a safe environment free of any disturbance that is carefully and specifically set up to help a person look at and remove reactive material from his subconscious mind; it has a definite beginning, middle and end. 2. a precise period of time during which the Clearing Practitioner asks the Preclear questions and listens to the Preclear's answers

**HAVINGNESS** 1. a process used in a Clearing session to put the Preclear in communication with his present-time environment.

**CLEARING PROCESS** 1. a process that deletes or erases reactive material in the subconscious mind without adding any new data or material. 2. a subtractive process.

**CLEARING BIOFEEDBACK METER (BIOFEEDBACK METER)** 1. a meter used in a Clearing session. 2. a meter (measures the electrical resistance of the skin) used in a Clearing session by the Clearing Practitioner to determine which incidents and subjects (parts of the reactive subconscious) are accessible to the Clearing.

**CYCLE** 1. from the beginning to the conclusion of an intended action.

**ATTENTION** 1. observing carefully; a taking notice. 2. a readiness to respond to stimuli. 3. a person's power to notice and observe.

**INTENTION** 1. direction or application of one's mind toward bringing about a desired result. 2. wanting to do something. 3. purpose. 4. the activity of holding an idea, plan or purpose before the mind.

**COMMUNICATION CYCLE** 1. a completed communication. 2. the sequence of events that makes up communication: having attention on the person who is to receive the communication; having his attention; sending the communication across with the intention that it will be received exactly as it was sent; having it received exactly as it was sent; and getting a communication back from the receiver saying so (an acknowledgment).

**CLEARING COMMUNICATION CYCLE** 1. the communication cycle used in Clearing, consisting of:

- a) The Clearing Practitioner observing the Preclear to see if the Preclear is ready to receive the Clearing question;
- b) The Clearing Practitioner asking the Preclear the question;
- c) The Clearing Practitioner observing the Preclear to see if the Preclear has received the question;
- d) The Preclear looking into his bank and finding an answer to the question;
- e) The Preclear telling the Clearing Practitioner (who listens attentively) the answer to the question;
- f) The Clearing Practitioner acknowledging the Preclear for answering the question;
- g) The Clearing Practitioner observing the Preclear to see that the Preclear has received the acknowledgement.

**POSTULATE** (noun) 1. a consideration generated by the Being; a self-created truth. 2. a self-created thought which shapes, forms or creates past, present or future existence. Example: a person once bitter about the past decides to consider his past experiences as helpful and educational; this consideration or postulate literally shapes, forms or creates his past. 3. a self-created idea or consideration out of which intentions are based. Example: a person considers or has the idea (postulates) that eating meat is not good for her body. Based on this consideration, the person intends to never eat meat.

**COGNITION** (noun) 1. a new realization about life which results in a higher degree of awareness and consequently a greater ability to succeed with one's endeavors in life.

**FLOATING NEEDLE** 1. a floating needle is a rhythmic sweep of the dial at a slow, even pace of the needle; it is the idle uninfluenced movement of the needle on the dial without any patterns or reactions in it; it can be as small as one inch or as large as dial wide; it does not fall or drop to the right of the dial; it moves to the left at the same speed as it moves to the right. It is an indication that no charge is in reactivation at that time.

## PART II - RUDIMENTS TERMS

**RUDIMENTARY** 1. of or dealing with the simple, necessary parts to be learned first; having to do with first principles; introductory.

**PRE-SESSION RUDIMENTS** 1. basic elements necessary for the Preclear to have in to insure that the Preclear can successfully confront his Reactive Mind in a Clearing session; the Preclear must have eaten a sufficient amount of food prior to the Clearing session (not hungry), have had a minimum of 7 hours sleep the night before the Clearing session or a nap (not tired), not have had any alcohol for 24 hours prior to the Clearing session and not have had any drugs or medicines for 2 weeks prior to the Clearing session; the Clearing Practitioner checks all these points before starting the session.

**RUDIMENTS** 1. processes which are used to get the Pc in shape to be cleared in the session; they handle present time upsets and difficulties that are interfering with the Preclear being able to have his attention available for the major action of that Clearing session.

**RUDS** 1. slang for Rudiments.

**AFFINITY** 1. a natural attraction to a person or liking for a thing. 2. a mutual attraction. 3. degree of liking or affection; the feeling of love or liking for something or someone. 4. a willingness to share the same space or a desire to be close to something or someone.

**REALITY** 1. in human relationships, reality is measured by the amount of agreement between two or more people; a high reality means a high level of agreement. 2. the solid objects, the real things of life.

**COMMUNICATION** 1. the action of sending an idea across a distance to a receipt point (receiver) with the intention that it arrives at the receipt point; at the receipt point there must be attention and an understanding of what was received. 2. an interchange of objects or ideas between two people. 3. the consideration and action of impelling an impulse or particle from source-point across a distance to receipt-point, with the intention of bringing into being at the receipt-point a duplication and understanding of that which emanated from the source-point.

**ARC** 1. a word from the initial letters of Affinity, Reality, and Communication which together equate to understanding; pronounced by stating the letters: A-R-C; it has come to mean good feeling, love or friendliness: as, "she was in good ARC with her friend." 2. the three things (ARC) necessary to the understanding of someone or something. (First the person must be in communication with someone or something. The most important activity in creating a relationship is communication. Then the person or thing must be real to some degree. Finally, there must be some degree of closeness or affinity. These three together (ARC) give us understanding.)

**ARC BREAK** 1. a sudden drop or cutting of one's affinity, reality or communication with someone or something; upsets with people or things come about because of a lessening or violent breaking apart of affinity, reality, communication or understanding. (The person with an ARC break is unwilling or finds it impossible to communicate to someone or something. It is called an ARC break instead of an upset because, if one discovers which of the three points of understanding has been cut, one can bring about a rapid recovery in the person's state of mind. It is pronounced by its letters, A-R-C break.) 2. the first rudiment. [see RUDIMENTS]

**CURIOUS** 1. eager to learn or know; inquisitive. 2. strange, surprising, odd.

**DESIRED** 1. Something wished for or wanted strongly.

**ENFORCED** 1. imposed by force.

**INHIBITED** 1. stopped or checked; hindered; held back.

NO (adjective) 1. not any; none; zero: as, "He has no friends."

REFUSED 1. declined to accept; rejected; said "no" to.

COUNTER 1. opposing, as in opposing direction or opposing purpose.

PROBLEM 1. a problem has the anatomy of purposes; a problem consists of two or more purposes opposed; it does not matter what problem you face or have faced, the basic anatomy of a problem is purpose counter-purpose. 2. two or more opposing and conflicting views on the same subject. 3. an intention counter-intention (two opposing intentions) resulting in worry and indecision. 4. a situation demanding a solution.

PRESENT TIME PROBLEM 1. a particular problem that exists in the physical universe, now, on which the person has his attention fixed; it is a desire, thought, idea or purpose opposed by a counter desire, thought, idea or purpose that exists in present time. 2. something that worries the person. 3. it is a problem that so engages the person's attention that he would rather be doing something about it than be in session. 4. the second rudiment. [see RUDIMENTS]

PERPETRATION 1. an unintended bad result. 2. that thing you do to another or others which you aren't willing to have done to you. 3. an aggressive or destructive act which harms broadly. 4. an intentionally committed harmful act, committed in an effort to solve a problem; this can be done "overtly" or "covertly."

PERPETRATION OF OMISSION 1. a failure to act resulting in injury, reduction or degradation of another or others.

WITHHOLD (verb) 1. to hold back; keep back; restrain. 2. to refrain from granting, permitting; refuse. 3. to hold back knowledge; keep information from.

WITHHOLD (noun) 1. an undisclosed harmful act; for example, if a person steals from his employer, he will withhold that transgression; a withhold comes after a perpetration, hence the abbreviation of P/W. 2. an unspoken, unannounced transgression against a moral code by which the person was bound. 3. the unwillingness of the Preclear to talk to the Clearing Practitioner. 4. something the Preclear believes, that if revealed, will endanger her self-preservation.

MISSED WITHHOLD 1. an undisclosed harmful act which has been reactivated by another; a withhold which another person nearly found out about, leaving the person with the withhold wondering whether his hidden deed is known or not. 2. the third rudiment. [see RUDIMENTS]

## ALETHANETIC C/S-1 DEFINITION SHEET

### PART III - ALETHANETIC TERMS

ENGRAM 1. a mental image picture which is a recording of a time of physical pain and unconsciousness.

SECONDARY 1. a mental image picture of a moment of severe and shocking loss or threat of loss which contains unpleasant emotion such as anger, fear, or grief; a mental image recording of a time of severe mental stress. It is secondary because it itself depends upon an earlier engram with similar data but physical pain.

LOCK 1. a mental image picture of a non-painful but disturbing experience where a person was knowingly or unknowingly reminded of an earlier secondary of engram. 2. a moment of

severe restimulation of an engram.

**INCIDENT** 1. a physical experience that happened in a person's past which is recorded in mental image pictures. 2. an experience related by the same subject, location, perception or people that takes place in a short and finite period of time, such as minutes, hours or days.

**CHAIN** 1. a series of recordings of similar experiences; a chain is composed of engrams, secondaries and locks.

**TIME TRACK** 1. the consecutive record of mental image pictures which accumulates through a person's life. 2. an exactly dated and very accurate record of a person's entire past. 3. a system of filing recordings made of the environment and the person, filed according to time received.

**KEY-IN** 1. the moment an earlier upset or painful incident has been reactivated.

**KEY-OUT** 1. a release or a separation from the negative charge of one's Reactive Mind or some portion of it.

**ERASURE** 1. the removal of an engram from the files of the Reactive Mind. 2. the removal of all negative charge from an incident.

**BLOWN** 1. gone; vanished. 2. mass in the mind having suddenly dissipated with an accompanying feeling of relief. When an incident erases, it can be said that it has blown.

**RUN** 1. to re-experience an incident in order to erase the reactive charge connected with that incident.

**RUNNING** 1. the action of re-experiencing an incident in order to erase the reactive charge connected with that incident.

**R3-R (Routine 3 Revised)** 1. the Alethanetic process of running engrams by chains to erasure.

**COMMAND** 1. an order; direction.

**LOCATE** 1. to discover the place of. 2. to find out where something is.

**TIME** 1. the point or period when something occurs.

**WHEN (noun)** 1. the time or moment (of an event): as, I know when that incident occurred.

**MOVE** 1. to go from one point to another; proceed.

**INCIDENT** 1. a physical experience that happened in a person's past which is recorded in mental image pictures. 2. an experience related by the same subject, location, perception or people that takes place in a short and finite period of time, such as minutes, hours or days.

**WHAT (pronoun)** 1. which thing, event, circumstance, etc.: used interrogatively in asking for the specification of an identity, quantity, quality, etc.; specifically, a) in asking about the nature or class of a thing: as, what is that object? b) in asking for an explanation or repetition of something previously said: as, what did you say? c) in asking about the value, importance, or effect of something: as, what do you feel? 2. that which or those which: as, I know what you want.

**DURATION** 1. the amount of time something lasts or continues.

**BEGINNING** 1. the point at which something begins or starts; first part or first action.

THERE 1. in that place.

SEE 1. to perceive by the eye; visualize; to be aware of; recognize.

THROUGH 1. from beginning to end of.

POINT (noun) 1. an exact time or moment.

LATER 1. after some time; subsequently.

CONTINUE 1. to go on with; keep on; keep up.

HAPPENED 1. took place; came about; occurred.

END 1. the last part of anything; final point; finish; completion; conclusion.

ERASE 1. to go over an incident until the harmful energy connected with the incident has vanished entirely. 2. to cause reactive material in the subconscious to refile under the heading of non-reactive experience.

ERASED 1. past tense of ERASE.

ERASING 1. a lightening up of an incident; lessening pain or sensation; becoming less intense. 2. charge dissipating from an incident.

SOLID (adjective) 1. heavy; massy; bulky and weighty.

GOING MORE SOLID 1. mass increasing and becoming heavier or more bulky and weighty; the opposite of erasing.

EARLIER 1. more distant in past time from the one at hand; farther back in time than the present moment.

SIMILAR (adjective) 1. alike in substance, structure, subject, general location, people or perception.

EARLIER SIMILAR 1. a more distant incident that is like the one currently being viewed.

RETURN 1. to go or come back, as to a former place, condition, etc.

NEW 1. now first thought of, known of, felt or discovered.

FLOW 1. a direction of energy between objects or persons.

FLOW ONE 1. something happening to self. Abbr. F-1

FLOW TWO 1. self doing something to another or others. Abbr. F-2

FLOW THREE 1. others doing things to others. Abbr. F-3

FLOW ZERO 1. self doing something to self. Abbr. F-0

ALETHANETIC C/S-1  
DEFINITION SHEET

PART IV - PREASSESSMENT FORM TERMS



**ASSESS** 1. the action of a Clearing Practitioner in calling out (speaking aloud) items from a prepared list of words, phrases or sentences. 2. calling off words from a prepared list while looking at the Clearing Biofeedback Meter in order to find out which one gives the largest read. 3. to look for an item that has accessible charge. 4. to look for and choose the largest reading item on an assessment list.

**ASSESSMENT** 1. the action of calling off items on a prepared list to locate accessible charge so that the charge can be released. (The item with the largest read is most accessible).

**ATTITUDES** 1. a word, usually a noun, which expresses a state of mind, emotion or mood, e.g., happiness, aggressiveness, cunning, cruelty, hopelessness, dread, panic, reluctance, indignation, etc. 2. a manner of acting, feeling or thinking that shows one's disposition, opinion, etc.: as, she has a friendly attitude toward all.

**DISLIKE(S)** (noun) 1. a feeling of not liking; distaste; aversion.

**EMOTION(S)** 1. a mental state or feeling such as apathy, grief, fear, anger, boredom or cheerfulness.

**FEELING(S)** (noun) 1. the power or faculty of experiencing physical sensation. 2. an awareness; consciousness; sensation: as, a feeling of pain. 3. an emotion. 4. an opinion or sentiment. 5. a premonition: as, she had a feeling the package would arrive today. 6. any of the subjective reactions, pleasurable or unpleasurable, that one may have to a situation.

**MISEMOTION(S)** 1. emotion which is irrational and inappropriate to the present time situation. 2. emotion which has been suppressed and which remains a part of an individual's locks and secondaries unless he is cleared.

**FEAR(S)** 1. a being afraid; dread; anxiety and agitation felt at the presence of danger.

**SENSATION(S)** 1. an uncomfortable perception, excluding pain, originating from the Reactive Mind, such as: "pressure," "motion," "dizziness," "emotion" and "misemotion."

**DISCOMFORT(S)** 1. absence of comfort; uneasiness hardship; distress.

**INTENTION(S)** 1. direction or application of one's mind toward bringing about a desired result. 2. wanting to do something. 3. purpose. 4. the activity of holding an idea, plan or purpose before the mind.

**COMPULSION(S)** 1. an irresistible impulse to perform some irrational act.

**NUMBNESS(ES)** 1. the condition or quality of having lost the power of feeling or moving; an insensibility.

**TIREDNESS(ES)** 1. a statement that expresses various states of exhaustion or weariness.

**UNCONSCIOUSNESS(ES)** 1. the state of not knowing or perceiving; the state of not being able to think; unawareness.

**PRESSURE(S)** 1. the continued action of a weight or force. 2. the force per unit area.

**SORENESSES** 1. places in and on the body that are painful, tender, etc.

**ACHE(S)** 1. to have or give dull, steady pain.

**PAIN(S)** 1. whatever one is unwilling to experience. 2. unpleasant or distressing sensations due to bodily injury or disorder. 3. acute mental or emotional distress or suffering. 4. a warning something is wrong with an organism.

**L3** 1. a prepared assessment used for locating and handling all errors and trouble in R3-R sessions.

**ITEM** 1. any one of a list of things, people, ideas, etc., given by a Preclear to the Clearing Practitioner.

**CUT SHORT** 1. to end suddenly; interrupt.

**SOMETHING** 1. a particular but unspecified thing, event, fact, etc.

**FLAT (adj.)** 1. no further available charge on an item being run on a Clearing process. 2. all the charge on an item being run on a Clearing process is gone.

**FLATTEN (verb)** 1. to run a process until it no longer produces a reaction (no more charge available or charge gone).

**UNNECESSARY** 1. not necessary; not needed; not required.

**ACTION** 1. doing of something. 2. the bringing about of an effect.

**JUMP** 1. to skip over to another. 2. to move or change suddenly.

**ANOTHER** 1. unnamed additional person or thing, different from the first or present one.

**JUMP TO ANOTHER CHAIN** 1. a situation in which a Preclear has been run on an Alethanetics process past a win and unknowingly has started running another chain without any new assessment.

**STILL (adverb)** 1. a word indicating the continuance of an action or condition at or up to the time mentioned or now.

**CHARGED** 1. having harmful energy or force accumulated and stored within the reactive quality of the mind.

**COMPLETE** 1. whole, entire or perfect.

**TOO (adverb)** 1. to a regrettable extent. 2. extremely; very.

**HEAVILY** 1. to a greater degree than usual; severely; acutely.

**MISSED** 1. overlooked. 2. failed to see, hear, perceive, etc.

**OVERRUN (verb)** 1. to continue a process past the completion point. 2. to run past; exceed; to continue a specified action beyond the point of a specific accomplishment or achievement. 3. to run a Clearing process or procedure past the completion point.

**OVERRUN (noun)** 1. an action or a situation that has gone on too long or happened too often.

**INCOMPLETE** 1. unfinished; lacking some part.

**BASIC** 1. the earliest incident on a chain of similar incidents. 2. underlying or supporting, causing or permitting other things to be true or exist or maintain their position.

**WRONG** 1. incorrect; not agreeable to a standard; not suitable or appropriate.

WRONG ITEM 1. an item taken up by a Clearing Practitioner to run when in fact it was either not a reading item or the Preclear was not interested in running it.

NO 1. not to any degree; not at all.

INTEREST 1. a feeling of wanting to know or find out about something.

NO INTEREST 1. having no feeling of wanting to know or find out about something; used in reference to a Preclear not wanting to run a particular item or work on a particular area, etc., in a Clearing session.

DATE 1. the time at which a thing happens.

DISTRACTED 1. diverted. 2. confused; agitated. 3. having one's attention drawn away.

EXTERIOR 1. being on the outside of something. 2. the feeling and experience that one is larger than the body.

IN THE FIRST PLACE 1. to begin with; first in an order of succession.

REAL 1. authentic; genuine; actual.

REASON (noun) 1. cause, motive, ground, as: I have my own reason for doing this.

REAL REASON 1. the genuine, actual cause for an effect that has been produced.

ELSE 1. different; other: as, somebody else or something else.

## **BEGINNING A PC ON ALETHANETIC CLEARING**

6 APRIL 1989

It is necessary to follow a certain sequence when processing a Preclear with Alethanetic Clearing. To do otherwise would overwhelm the Preclear and deny gains. Below is the proper sequence.

### **PLEASURE MOMENTS**

This is the lightest gradient of Alethanetic Clearing. Pleasure moments are easy to run on any Preclear and they also strengthen the Preclear's ability to run more severe incidents. You can run any reading pleasurable experience given on THE PRECLEAR HISTORY FORM or you can use the PLEASURE MOMENT LIST as a guide to finding pleasure moments. Pleasure moments are run just like any other Alethanetic incident. You can skip the "Erasing/Solid?" question.

For a Preclear who has gotten a lot of pleasure out of taking drugs or alcohol, you can run drug pleasure moments. If you run lots of pleasure moments, subsequent Alethanetic Clearing will be very easy and fast for the Preclear.

### **DRUGS AND ALCOHOL**

**IF YOU GET ANY RANGE ARM ACTION OR READS ON DRUGS OR ALCOHOL WHEN DOING THE PRECLEAR HISTORY FORM, DRUGS ARE THE FIRST ALETHANETIC ACTION TO BE DONE AFTER PLEASURE MOMENTS.**

If the Preclear is currently on drugs, it may be necessary to put him through CE 0 and the Communication Course to get him off drugs. Doing this will ease the painful withdrawal symptoms present in coming off drugs.

The Pc in many cases won't be able to run any engrams at all unless you run out drugs, alcohol or medicines first. They will run these and these alone until the drug engrams are gone.

People who "can't run engrams" are usually drug cases.

### **MEDICINE**

If medicine reads then handle it, as it reacts like any other drug, but Pc sometimes don't think of medicine as drugs. They are.

### **LOSSES AND DEATHS**

If losses (of position, possessions, pets, etc.) read or if deaths of relatives, etc., read, check for interest and run them out narrative secondaries.

### **UPSETS**

If an upset read and the Pc is interested in running it out, handle it with narrative.

### **ILLNESSES, ACCIDENTS, OPERATIONS**

These are handled, if reading, by checking interest with the Pc and running out the illness, operation, accident, etc. narrative. In the case of physically painful incidents, the incident must be quite recent, like in the last month or sooner, in order to insure a smooth and easy running of the incident to full erasure. Non-recent incidents should be preassessed.

For further information on programing, see the bulletin called ALETHANETIC FULL PC PROGRAM.

## **ALETHANETIC CLEARING FULL PC PROGRAM OUTLINE**

6 APRIL 1989

As a person goes through life and lifetimes, he collides with secondaries, losses, deaths of those he is closely connected with, injuries, accidents, illnesses, operations and emotional stresses. These of course are not all, but cover the main causes of the complaints and symptoms of Pcs.

Alethanetic Clearing handles the causes of current, past and occasional complaints and symptoms as above.

It achieves its results by addressing and handling the Being and is in no way to be confused with medical or other practices.

The end phenomena of Alethanetic Clearing is a well and happy Pc. These steps as laid out below if ALL DONE and with precision will give just that.

### **ALETHANETIC CLEARING FULL PROGRAM OUTLINE**

THE STEPS OF THE ALETHANETIC CLEARING FULL PROGRAM ARE TO BE RUN IN THE ORDER THEY ARE GIVEN. THE PRODUCT IS A WELL AND HAPPY PC AND THIS IS THE DIRECTION YOU GO, STEP BY STEP TO ACHIEVE THAT PRODUCT.

#### **STEP ONE: PRECLEAR HISTORY FORM**

This form is thoroughly filled out with the Pc on the meter. It gives you the Pc's history, what drugs and alcohol he has taken in this lifetime, illnesses, operations, present physical conditions, mental treatment, medicines, etc.

At this point the data is taken only. Do not attempt to handle any of the items on this step.

#### **STEP TWO: ALETHANETIC CS-1**

Before we can even begin a Pc on Alethanetic Clearing, we have to indoctrinate him into what Alethanetic Clearing is and what is expected of him as a Pc.

This is standardly and effectively accomplished by:

1. Having the Pc read UNDERSTANDING LIFE either on his own or with the Clearing Practitioner.
2. Giving the Pc a presentation on the subject of Alethanetic Clearing and how it works.
3. Clearing all the words and commands of R3R.
4. Clearing each line of the L3 Correction Assessment.
5. Running the Pc on Pleasure Moments using the commands of R3R.

This is a vital educational step and must be done so that the Pc has a complete

understanding of the basic Alethanetic data and procedures.

### STEP THREE: DRUG RUNDOWN

It has been proven time and time again that until you run out, each by name, the drugs, alcohol and medicine a person has taken, he does not make good case gain. (Ref: DRUG HANDLING)

A person who has been on drugs, alcohol or medicine seldom runs any other type of engram, seldom goes backtrack well and is subject to somatic, emotional and perceptic shut-offs, making any other type of Clearing a difficult activity.

Therefore if drugs, medicine or alcohol, or individual names of them read on the meter on the Preclear History Form, they are handled FIRST AND FOREMOST.

(Note: You do not ask the Pc for whole track drugs. You want only drugs, medicine or alcohol he has taken in this lifetime.)

In Alethanetic Clearing the Drug Rundown has five parts: 1) The Preclear History in which the names of drugs, medicines or alcohol the Pc has taken in this lifetime are obtained, 2) The running of each reading drug, medicine or alcohol Narrative R3R Quad, 3) The Preassessment of each of these and the running by R3R Quad of the running items, 4) The Prior Assessment to drugs or alcohol for each, 5) The final step of bringing the Pc fully into PT and stabilizing him by the running of Objective ARC.

#### 1. The Preclear History

This has already been done as Step One. It may be necessary to get the Preclear to add to the list and it is highly possible that he has taken more types of drugs in this lifetime than he remembered at the time the Preclear History was done. You have to have all drugs, medicines and alcohol by their actual names as known to the Pc. It is not enough to use an item like "Drugs" "Alcohol" or "Medicine" as you will get nowhere. They have to be "heroin" or "penicillin" or "bourbon."

#### 2. Narrative Handling of Drugs

Before any other handling, the Pc runs out each of the reading drugs, medicines or alcohols Narrative R3R Quad. This is done first.

#### 3. The Preassessment

Alethanetic Clearing of drugs includes the use of the Preassessment List. This is a new procedure in Alethanetic Clearing. Previous to this you would ask the Pc for attitudes, emotions, sensations and pains connected with an item. While this earlier procedure is totally valid, the Preassessment ensures that every somatic is gotten off in connection with whatever you are handling. (Ref: ASSESSMENT AND HOW TO GET THE ITEM).

Each item found by Preassessment is run by R3R Quad as soon as the running item is found in every case. Then one continues with further preassessment until all possible drugs, medicines and alcohols are fully handled R3R Quad.

#### 4. The Prior Assessment

After all reading drugs, medicines and alcohols have been preassessed and run out R3R Quad, the Prior Assessment to Drugs or Alcohol is done.

#### STEP FOUR: OBJECTIVE ARC

As a final step on the Drug Rundown, the Pc is brought fully into present time with Objective ARC. (Ref: OBJECTIVE ARC)

This completes the Alethanetic Drug Rundown.

#### STEP FIVE: RELIEF RUNDOWN

Where the Preclear History Form has shown losses by death or other severe changes in a person's life, such as losses of position or pets or objects, it will be found that the person's life changed for the worse at that point.

The Clearing Practitioner spots these points of change either on the Preclear History or by asking the Preclear. These points are then handled by either Narrative R3R or by Preassessment.

It will be found that when all such great changes in a person's life have been handled, the person will experience a considerable relief. (Ref: RELIEF RUNDOWN).

#### STEP SIX: ALETHANETIC REMEDIES - OPTIONAL

The Picture and Masses Remedy and the Past Life Remedy are optional and are only done when you run into trouble. They are run after the Drug Rundown because unhandled drugs are the cause of most of that trouble.

The Picture and Masses Remedy

(Ref: HIGH RANGE ARM ASSESSMENT and ALETHANETIC REMEDIES)

Past Life Remedy

(Ref: PAST LIFE REMEDY and ALETHANETIC REMEDIES)

#### STEP SEVEN: COMPLETE HANDLING OF THE PRECLEAR HISTORY FORM

You have handled all drugs, alcohol and medicine and all losses the Pc has had fully and completely. The Pc is now set up to go ahead with handling the rest of his complaints and symptoms.

The full procedure of handling the remainder of this Preclear History Form is laid out in full in BEGINNING A PC ON ALETHANETIC CLEARING and ASSESSMENT AND HOW TO GET THE ITEM. Follow these bulletins exactly.

#### STEP EIGHT: THE SECOND PRECLEAR HISTORY FORM

The SECOND PRECLEAR HISTORY FORM is designed to dig a little deeper into the Preclear's past. It is handled in the same way as the Preclear History Form.

#### STEP NINE: ALETHANETIC STUDENT RESCUE INTENSIVE

This is an optional step to be taken if your Pc is having any trouble with study. It takes up and handles any and all somatics connected with the subject of study.



A Student Rescue Intensive is not run until the Pc has been completed up to STEP FIVE as drugs, if he has taken any, are a probable contributory cause to being unable to study. Also the Alethanetic Student Rescue Intensive is not a substitute for proper Word Clearing of earlier courses and training. It does however make the latter much more effective. (Ref: ALETHANETIC STUDENT RESCUE INTENSIVE).

#### STEP TEN: PREPARED ASSESSMENT FORM

This is a step developed in Alethanetic Clearing which fell into disuse and abandonment. However it can produce some amazing results and so is being put back as a standard step in the running of Alethanetic Clearing. It is done by assessing a prepared assessment of types of charged items and preassessing the item found.

When you have an F/Ning list and the Pc is VGIs, it is the end of this step.

The procedure and list is covered on ALETHANETIC CLEARING PREPARED ASSESSMENT RUNDOWN.

#### STEP ELEVEN: DISABILITY RUNDOWN

This rundown handles anything the Pc considers a disability - mental, physical or otherwise. It handles everything from being too short to not being able to speak Arabic or not wanting to go to parties. It takes each disability and handles it with preassessment and R3R. (Ref: DISABILITY RUNDOWN).

#### STEP TWELVE: IDENTITY RUNDOWN

The Identity Rundown is an Alethanetic process specifically directed to getting a Pc into valence. It specifically takes up and handles valences the Pc may be in by using the Alethanetic Clearing tech. (Ref: IDENTITY RUNDOWN).

#### STEP THIRTEEN: WANTS HANDLED RUNDOWN - OPTIONAL

Two Way Comm Sessions are done to find out what the Pc wants handled. The items found are preassessed. This is continued until the Pc has no further "wants handled" items.

#### STEP FOURTEEN: PRECLEAR ATTESTS TO THE COMPLETION OF ALETHANETIC CLEARING

**ALETHANETIC CLEARING  
PRECLEAR PROGRAM CHECKLIST**

6 APRIL 1989

When a Pc is ready to start Alethanetic Clearing, this form is filled out with his or her name and commencing date and kept in the front of the Pc folder.

It is the basic program.

As each step of Alethanetic Clearing is done, the Clearing Practitioner attests by that step that this Pc has done the step thoroughly.

PC NAME \_\_\_\_\_

STARTING DATE \_\_\_\_\_

COMPLETION DATE \_\_\_\_\_

CLEARING PRACTITIONER \_\_\_\_\_

STEP ONE: Preclear History Form \_\_\_\_\_

STEP TWO: Alethanetic CS-1 \_\_\_\_\_

STEP THREE: Drug Rundown \_\_\_\_\_

STEP FOUR: Objective ARC \_\_\_\_\_

STEP FIVE: Relief Rundown \_\_\_\_\_

STEP SIX: (Optional) Pictures & Masses Remedy \_\_\_\_\_

(Optional) Past Life Remedy \_\_\_\_\_

STEP SEVEN: Complete Handling of Preclear History Form \_\_\_\_\_

STEP EIGHT: Second Preclear History Form \_\_\_\_\_

STEP NINE: (Optional) Student Rescue Intensive \_\_\_\_\_

STEP TEN: Prepared Assessment Form \_\_\_\_\_

STEP ELEVEN: Disability Rundown \_\_\_\_\_

STEP TWELVE: Identity Rundown \_\_\_\_\_

STEP THIRTEEN: (Optional) Wants Handle Rundown \_\_\_\_\_

STEP FOURTEEN: Attest Completion of Alethanetic Clearing \_\_\_\_\_

## PECULIARITIES

6 APRIL 1989

When you run into Pc peculiarities or odd Pc phenomena in Alethanetic Clearing that get in the road of R3R, DO NOT try to solve it by going non-standard or getting inventive. It will be fatal.

The operating rule is end off the session and get the Pc on to a repair program. Don't go on hoping.

If you are an Alethiology as well as an Alethanetic Clearing Practitioner, you can do the repair action yourself. The repair program should include an L3 Correction Assessment and a Basic Assessment Form.

Some odd phenomena that come under this rule follow:

1. Pc gets a stuck picture and can't run the chain he should be on because that stuck picture keeps coming in.
2. Pc's pictures are constantly changing, sometimes too fast to grab onto.
3. Pc gets a dozen pictures at once and can't run them or decide what to run.
4. Field goes black and won't clear up.
5. Pc gets angry at Clearing Practitioner.
6. Pc very nattery about Alethanetic Clearing.

The Alethanetic Clearing Practitioner should NEVER try to force a Pc to go on or do something odd or brilliant. He should simply say, "I am sorry. I will end this session and schedule you for another session." And does so.

Most likely, if you run into 1 to 6 above, the Pc shouldn't be on Alethanetic Clearing. The Pc needs, after the failed Alethanetic Clearing is fully repaired, a much lighter gradient of processing, beginning with many hours of CE 0 and the Communication Course, followed by an extensive Life Repair consisting of Prepchecks and Two Way Comm. The Pc is then brought back to Alethanetic Clearing through Recall Lists, Recall Processing, Grade Processes (0-IV), Pleasure Moment Running, Lock Scanning and a Drug Rundown. Then the Pc should be ready to run Alethanetic Clearing.

# PROFESSIONAL ALETHANETIC COMMAND TRAINING DRILLS

## CE 104

6 APRIL 1989

The most common errors being made by student Clearing Practitioners are:

1. Forgetting the commands during session,
2. Misusing command sequence or procedure or
3. Doing odd things because they get nervous.

The following drill is done in the Professional Alethanetic Clearing Practitioner Course to handle this. The drill must be thoroughly done.

Preassessment is a vital step of the Professional Alethanetic Clearing Practitioner Procedure.

CE 100 and CE 100-A are made part of the Professional Alethanetic Clearing Practitioner Course to ensure that the student can apply the Preassessment Procedure in CE 104 and in session.

CE 104

NAME: R3R Coached and Bullbaited.

COMMANDS: All R3R commands and procedures.

POSITION: As for R3R on a doll (CE 102) with coach seated beside student and a bullbaiter as "Pc" across from the student instead of a doll.

PURPOSE: To train the student to deliver a standard session with correct commands and procedure and without session additives of any kind despite distractions.

TRAINING NOTE: The drill is the same as for R3R on a doll except that the "Pc" coach bullbaites the student Clearing Practitioner during the session in an attempt to throw the student off session while the coach calls the numbers as on CE 103. Flunks are given for any improper commands, procedure, comm lags, breaks in CEs or improper session admin. The coach does the "start," the flunking or "That's it." If the student is not making the grade, he is returned to the earlier CE that is out. This drill is coached tough and only passed when the student is totally competent, exact and correct in all commands, procedures, Clearing actions and session admin with excellent CEs and no slightest variation from or additives to Professional Alethanetic Clearing.

Coach ensures the student has total certainty on the application of all R3R commands and sequences including handling bouncers, checking for erasure, checking for postulates, and handling narrative incidents.

Preassessment procedure must also be correctly applied exactly as in a session.

These drills were developed in July 1969 when it was found that all failed sessions resulted from a Clearing Practitioner's failure to give the next command, forgetting the commands in session or giving a wrong command.

## ALETHANETIC CE NOTES

To avoid coach reactivation in doing CE 104 and CE 103, please observe the following guidelines:

1. In CE 103 the “session” is between STUDENT and DOLL. CEs are done on the DOLL and not the coach.

2. In CE 103 the coach is not obliged to answer all of the commands - he may or may not. If he doesn't, the student assumes the DOLL has answered and proceeds accordingly.

3. In CE 103 and CE 104 NEVER give dates and durations, as a coach, in actual units of TIME - use something else. “4 Figs,” “2 potatoes,” “horsefeathers” are all perfectly good “dates” for coaching purposes or in bullbaiting.

4 Likewise never use real somatics in coaching or bullbaiting CE 103 and CE 104 - use nonsense terms or harmless ones.

5. In CE 103 the coach occupies the position of a bullbaiter who interjects distractions, bullbaiting and disruptive remarks into the “session” between student and doll. He can throw in answers on behalf of the doll which the student must abide by, but the coach does not play the part of “Pc.” Don't go playing the role of “Pc” on a real set of process commands!

Also, please note that the POSITION of the coach in CE 104 and CE 103 is beside the student, not across from him.

## THE ALETHANETIC ASSIST

6 APRIL 1989

When a person's body is injured, an engramic situation is immediately established. At the exact moment of injury anaten (unconsciousness) occurs, although it may be of such short duration that it is unnoticed. Even a pinprick or a pinch or a light cigarette burn will establish momentary anaten. The amount of anaten and the resulting engramic influence are relative to the magnitude of the injury and the duration of unconsciousness. Regardless of whether the injury is merely a pin-prick or the result of being hit by a Greyhound bus, the principles involved are the same.

The Alethanetic Assist is a procedure that enables the individual to re-experience the injury. The sooner the assist is given, the easier and more effective it is.

The procedures of the Alethanetic Assist are as follows:

1. Make sure that all emergency medical treatment has been given and is complete.
2. Lay the injured person down in an area that is safe and away from all confusion and danger.
3. Get his permission to do the assist and give a short R-factor about what you are going to do. Have him close his eyes. Say to the injured person, "Remember what you were doing just prior to the injury." Then say, "Remember the exact instant of the injury." Direct his attention by saying, "Remember the pain." "Concentrate on recalling the pain."

If he is not recalling the pain with good reality, ask, "What were you thinking when you realized you were injured?" Direct his attention by saying, "Go over the first thought and repeat it out loud." Use the repeater technique (repeating phrases out of the engram) to turn up the pain if necessary. Ask him, "Did you make any vocal sounds at the moment of injury?" All of these commands are designed to build his recall of the injury and emotion to as high a level of reality as possible.

4. Now direct the injured person, "Relive the entire incident as it happened originally. Feel the pain. Feel the emotion." Further direct him by saying, "Recall the thoughts and postulates." Then use the commands "Move to the beginning of the incident and tell me when you are there" and "Move through to the end of the incident and tell me about it as you go along." After the person has been taken through the incident two or three times to relieve the initial charge, give the command, "Feel the various efforts in the injured area."

Whether he can contact the efforts or not, continue to run the incident, again and again, from the beginning to the end, checking again and again for earlier starting points, until the pain is completely reduced, the emotion is completely discharged and the injured person has come up the Scale of Emotions to a state of cheerfulness. Check occasionally to see that the person is starting at the true beginning of the incident by asking, "Does this incident have an earlier starting point?" or, "Did something happen just prior to the injury that may have caused it to occur?" Don't stop until the reactive recording of the injury is fully discharged.

5. After running the incident to completion, say to the person, "Open your eyes." When his eyes are open, then say, "Point out something that is real to you" and repeat until the person is back in present time fully.
6. At this point a Touch Assist should be done (see TOUCH ASSIST).

Regardless of the level of occlusion of the case (ability/inability to recall pain, emotion, thoughts and postulates) you may still administer an Alethanetic Assist with benefit.

Even if the person is not willing to run through the incident more than once or twice, a considerable amount of benefit may be derived. The degree of benefit, of course, will be relative to the thoroughness with which the injured person is able or willing to contact and discharge the incident of injury.

The Alethanetic Assist may be applied with benefit to any type of injury whatsoever. Operations and dental work can also be run out with great success using the Alethanetic Assist.

Even if a person has been involved in a serious automobile accident and is completely unconscious, the sub-awareness level of the injured person's mind can be directed to return to the moment before the impact and proceed forward in time through the incident, contacting and discharging the pain and emotion. Depending on the depth of shock involved, an injured person may or may not be brought back to conscious awareness in this manner. In any event, it is certainly valid to follow this procedure. As soon as the injured person regains consciousness, he should be run through the incident in the normal manner, picking up and discharging all the perceptic contents (sights, sounds, smells, etc.) that can be recalled, as well as, all emotion, thought and effort.

In addition, the entire content of the Alethanetic Assist should also be picked up and run to the conscious awareness level. This means that after running out the incident, the assist itself should be run out as an incident.

A certain amount of care should be exercised by the Clearing Practitioner when running a person rendered unconscious by a serious accident. Limit the amount of verbalization, using it only to direct the injured person's thoughts.

All possible First Aid procedures and precautions should be followed before the assist is attempted. Whatever movement of the person is necessary to place him in a comfortable position should be accomplished without talking, with as little noise as possible, and before any processing is started. Any movement of the body against the self-determinism of the individual, particularly during periods of unconsciousness, has a definite aberrative influence. When coupled with verbal perceptic content, the aberrative effect is intensified.

Once you have learned to do this assist technique well, you can successfully apply it to yourself. You can do the assist technique given above in all cases of minor and medium injury such as cuts, burns, bruises, mashed fingers or toes, skinned knees or elbows, rope or mat burns, pulled ligaments, and sprains, to name a few. Children four or five years of age can easily be taught how to run the Alethanetic Assist on themselves and their playmates. They can even run out spankings if they desire to, or fist fights, or cat scratches or the pain and physical damage resulting from stepping on a nail.

Under ordinary methods of First Aid or medical treatment, a burn may be expected to create a blister and require from one to two weeks to heal. With a successful Alethanetic Assist, the same burn will not create a blister and all the effects of the burn will have disappeared within two or three days. All burns where the skin is not broken should be put under cold water or have ice applied first. All very serious burns should be, of course, treated by a physician first. Use your own judgement on this.

Even if the assist appears not to be successful at the time of application, benefit will still be derived if the assist is at least attempted. Even if the injured person only runs through the incident of injury once and without apparent recall of the perceptic contents of the incident, the injury will be much less painful during the healing period and will heal more rapidly than otherwise.

The demonstrable results of the Alethanetic Assist are one of the most effective ways of bringing the validity and usefulness of Alethanetic Clearing to the attention of uninformed or doubting individuals. It is not necessary to use any Alethanetic or other unusual terminology in order to do an assist. Once the assist has been accomplished and the injured person has experienced the rapid healing that occurs, he may then be told that Alethanetic Clearing was responsible.



## THE TOUCH ASSIST

6 APRIL 1989

The Touch Assist is administered under several circumstances. For example, when a person has been injured and the location of the incident is not accessible for doing a CONTACT ASSIST, one may do a TOUCH ASSIST. Let's say that Mary stubbed her toe while going through a revolving door in a busy department store. It may not be appropriate to halt all use of the door in order to do a Contact Assist on Mary's toe, so a TOUCH ASSIST is an action you may take, in addition to having her run the incident. Also, a person who is ill or in a state of general discomfort could be given a TOUCH ASSIST

The individual receiving the Touch Assist can be sitting. During a Touch Assist, it is a good idea to have the person shut his eyes so that he focuses his attention on the area of the injury and is not distracted by the environment.

The command is simple: "Feel my finger." State it before touching the body and then you touch the body gently until the person says "Yes" or something that confirms his attention is on that spot. Wait for him to acknowledge after touching his body each time. Then you say, "Thank you." This ends one Touch Assist Cycle. Continue these cycles until the pain has vanished and the person feels calm and centered. Personal or private areas of the body are not touched.

This assist eases a person's attention from a concentration upon an injured area to healthy areas which aren't near the injury. As the individual re-experiences the healthy areas of the body and then the injured area, shock and other negative charge vanishes.

The Touch Assist reduces havingness, but it is positive and gets positive results. To restore havingness, simply have the person spot objects in the room until he is bright. This can be done by an untrained person.

The purpose of the Touch Assist is to get communication flowing through the body again. The shock of injury stopped it.

The person receiving the Touch Assist will experience sudden pains in the area; the "psychic trauma" is being discharged. It is run until the person is in good communication with the body. Somatics (body pains, discomforts, illnesses, sensations like itching, etc.) turn on and blow as the person focuses attention on various areas of the body.

The Touch Assist is not just in the area of the injured part. It is a balance between healthy parts of the body and the injured part. You have to approach the injury, go away from the injury, approach closer, go away further from the injury and so on until you gradually get to where you can touch the injured part.

When going away and coming close to the injury, try to follow the nerve channels of the body, which include the spine and the limbs. There are certain relay points like the knees and the elbows and the finger tips. These are all points in which the pain can get locked up and therefore are points you should not miss. Always go to the extremities.

When there is an injury, the Touch Assist is run around the injury and especially below the injury, i.e., further from the head than the injury.

The most difficult area to do an assist on is the head. The head and nerve system of the body are a pain-absorption cushion. With an electric shock or impact, the wave of pain from the shock or from the impact goes through the body. In the case of a hit on the head, the shock wave from the impact goes all the way down the nerve channels, through the spine to the extremities of the body. Normally with a head injury, the shock wave is locked up in the

spine, so the Touch Assist always includes going from the head, down the spine, and to the extremities of the body.

The Touch Assist is run on both sides of the body. If you do anything on the right side of the body, you also do it on the left side of the body. If you do a Touch Assist on an injured right hand, you go to the left hand, the right foot and the left foot. Continue this procedure. Give equal attention to both sides of the body as you go closer to the injury and further away from the injury. Eventually, you touch and pass the injury. Always carry the Touch Assist to a release point. End at the precise point that the Touch Assist is a win for the person receiving it.

Minimize conversation around the injured person. Conversation just puts content into the engrams.

Repeat the Touch Assist each day following the injury until the person is feeling healthy and on the mend. When you are unable to run out the engram of the injury immediately, give him a session that runs out the engram a day or two later when he is somewhat recovered.

This is the Touch Assist. When done in the standard way described above, it produces miraculous results and greatly speeds up healing time.

## **THE CONTACT ASSIST**

6 APRIL 1989

A CONTACT ASSIST produces the greatest miracles. It is run with the injured person at the exact spot where the injury occurred. It is best to do a Contact Assist immediately. Have the injured person duplicate what happened at the time of the incident.

For instance, if he hit his head on a pipe, have him go through the action of putting his head against the exact spot on the pipe, having the pipe also touch the exact spot on his head. He duplicates the whole thing. That is, the rest of his body is in the position it was at the time of the injury. If he had a tool in his hand, or was using one, have him go through the same motions with it. If the object is hot, cool it first; if current is on, turn it off before doing the assist. In this way you are running out the incident .

Have the person repeat the actions many times, until the pain turns on. Pain turns on and blows off as he exactly duplicates the injury. Ask him, "What's happening?" from time to time, and then continue the Contact Assist until the pain is completely gone.

# THE BODY COMMUNICATION PROCESS

6 APRIL 1989

The Body Communication Process (Body Comm) is a simple procedure that:

1. Reduces and relieves stress
2. Speeds the healing of injuries
3. Assists in the recovery from illness

**METHOD:** The person being treated lies on his back on a couch, bed, mattress or floor. The clothed body, with shoes removed, gives satisfactory results. Any constricting articles of clothing, such as, neckties, tight belts, etc. should be removed or loosened. It is not necessary to remove any clothing except for heavy or bulky garments.

Where more than one session of this process is given, the body position may be varied to advantage by lying face downward during alternate sessions.

**COMMAND:** "Feel my hands" ("Feel my hand" on the occasion where one hand is applied).

The Clearing Practitioner tells the person "Close your eyes" and acknowledges him by saying "Thank you."

Next, the Clearing Practitioner gives the command, "Feel my hands" (or "hand").

The Clearing Practitioner says "Feel my hands" and then touches.

The Clearing Practitioner places his hands on the individual's shoulders with a firm but gentle grip, using an "agreed" firmness. That is a firmness which the Clearing Practitioner knows is as agreeable to the individual as it is to the Clearing Practitioner.

The individual replies, "Yes," "Um hm," or something that lets the Clearing Practitioner know the touch is felt.

The person's response is acknowledged with "Thank you" (or "Good," "Fine," "Alright" or "OK").

The Clearing Practitioner continues to complete similar cycles, with hands moving together down the body according to this pattern:

each shoulder  
down the right arm to the elbow  
down the left arm to the elbow  
down the right arm from the elbow to the hand and fingers  
down the left arm from the elbow to the hand and fingers  
over the front of the chest (not breasts)  
sides of chest  
both sides of abdomen at the waist  
one hand going around the abdomen in clockwise direction (Move clockwise  
because this is the direction of flow of the large bowel)  
both hands on the small of the back  
both hands over each hip with firmer pressure on these bony parts (do not  
include genitals)

both hands down right leg to the knee  
both hands down the left leg to the knee  
back to the right leg at the knee moving both hands down over the calf  
the lower calf  
the ankle, the foot and the toes  
and then back to the left leg from the knee to toes similarly.

Then return back to the head area, using the same pattern as above in reverse.

Then do the neck and head according to this pattern:

Place both hands behind the neck, one from each side, right side of face with one hand, left side of face with one hand, forehead and back of head, right side of head, left side of head.

The Clearing Practitioner observes the individual as he administers the Body Comm Process, watching for any phenomena to occur, such as a lag in response, a slight change of expression, or twitch of the body. When any phenomena such as these occur, the Clearing Practitioner may ask, "What's happening?"

The person describes what just happened or what is happening. The Clearing Practitioner leaves his hands in position with exactly the same pressure sustained while the individual is talking. The communication is acknowledged and the Clearing Practitioner continues with the process.

Note: When you ask, "What's Happening" and the person says, "Nothing" or looks at you in puzzlement, or has any response of this nature, just say, "Thank you" and continue with the process. This can happen sometimes with new people and is no cause to do anything other than continue. Asking "What's happening?" can become a harrassment in the eyes of some Pcs. Always "clear the person in front of you," and you will know what is best for that person.

The process is continued until the person has a good change and looks bright and happy. At this point the Clearing Practitioner says, "Thank you" and ends off. He does not, however, interrupt any communication from the person to do so, and lets the person finish what he is saying before ending off.

After a successful session, good feelings are apparent in both Clearing Practitioner and the individual who experienced the Body Communication Process.

## **ALETHANETIC CLEARING AND ILLNESS**

6 APRIL 1989

The idea that one can always get rid of an illness by running ONE chain to basic is false.

Here is an example: A Preclear "has always wanted to get his bronchitis handled." In Alethanetic Clearing a list is made for chest or lung pains or sensations. One is chosen and erased. The "bronchitis" is now better or even absent for a few days. Then we have the Preclear back again saying, "It didn't cure my bronchitis."

Enough cases are handled successfully by running one chain on a somatic that people get stuck in the win.

Here is another example: The Pc says he has migraine headaches. The Clearing Practitioner assesses a "head pain" quite correctly and then runs out one chain. The migraine does not occur for a week after. Then here's the Pc again saying, "I've still got a headache."

This invites invalidation of the tech and Alethanetic Clearing. A Clearing Practitioner hearing this tends to lose faith in the powers of the tech.

The FACT is that the illness was not properly handled or C/Sed or cleared.

In the first place, a Pc trying to get cured of bronchitis or migraine - or anyone of a dozen other illnesses - should be sent for a medical examination. How do you know the bronchitis isn't tuberculosis? Or the migraine headache isn't a fractured skull?

A "continual side pain" may be a gallstone.

In short, something which continually hurts or disables may be structural or physical.

So, when you omit the first action (medical) in handling an illness, you set up a Clearing Practitioner for a possible failure.

Many of these things can be cured medically without too much heroic action.

If it is medical and can be cured medically, then it should be.

Also it should be processed. This lets the medical treatment work. Many "incurable" illnesses become curable medically when they are also cleared.

The second thing that gets overlooked is that AN ILLNESS IS A COMPOSITE (composed of many) SOMATIC.

The correct Clearing action on "bronchitis" or "chest trouble" or "migraine headache" or any other continual worrisome illness is to continue to find somatics, sensations, feelings, emotions or even attitudes in the area affected and run their chains.

It takes more than one chain of engrams to build up an ill area.

Having found and run the "deflated feeling" of bronchitis, which was the first best read, the C/S should order that the Clearing Practitioner find and run the NEXT somatic, sensation, feeling, emotion or attitude in that area.

It is sometimes necessary to add to the list for that area of the body.

Seeing a continual or recurring illness the C/S and Clearing Practitioner should dig out of that area every somatic, sensation, feeling, emotion and attitude that can be made to read and run those chains, each one to basic and erasure.

THAT is the way you handle any illness, whether continual or temporary.

The maxim is that IT TAKES MORE THAN ONE CHAIN OF ENGRAMS TO MAKE A BODY ILL.

Continual reassessing and adding to general lists will get there eventually, providing it is done long enough. But this general approach will find a certain number of Pcs saying "I've still got my \_\_\_\_\_."

It is in fact a false report. They didn't still have all of it. It is one chain less and therefore better.

But Clearing gives gains by deletion. A Pc does not suffer from what has been erased. He suffers only from that which has not yet been erased.

Some persons tried years ago to get their trouble handled, somebody or some practice failed and after that, they don't mention it at all. They don't support the technology anymore either.

So, in handling illness, give the handling of the structural disease side of it to the medical doctor and thoroughly handle all the mental side of it with Clearing and everyone wins.

Anyone hearing "My bronchitis was not handled" should call this bulletin to the attention of that person, the Case Supervisor and the Clearing Practitioners.

## HOLD IT STILL

6 APRIL 1989

A persistent temperature can be brought down by running the Pc on Objective "Hold it Still."

### VERSION A

For a Pc running a temperature who is too ill for regular Clearing, he should be given antibiotics or aspirin and an assist-type boost, not a major action like Alethanetic Clearing.

This version is run if the Pc is far too ill to get up.

The commands are:

1. Look around here and find something.
2. Hold it still (until Pc can or feels he can).

Run it alternate repetitive 1,2,1,2,1,2...

This will drop a fever. Version A is not very lasting. It is for very ill Pcs and very high temperatures.

### VERSION B

This is true Objective "Hold it Still" and is very lasting.

It is done on a Pc who can, even with effort, walk around a room.

It is done off the meter to Cog, GIs. The Pc then should at once be put on the meter and will be found to have an F/N. The Range Arm may be above 3.0 due to cold hands or medicine such as aspirin. Don't be concerned about the Range Arm, just look for the F/N. If no F/N on the meter, the process is either (a) unflat (b) overrun. If unflat it is continued, flatten off the meter and the same meter test follows. If overrun, the release point is rehabbed.

The commands for Version B are:

1. Look around here and find something.
2. Walk over to it.
3. With your hands, hold it still.

The three commands are given in sequence, repetitively 1,2,3,1,2,3... The Pc executes each command and is acknowledged until he has a cognition and GIs. He is then checked on the meter.

A thermometer can be used to check temperature after the meter check for F/N. The temperature will be found to have subsided.

Both Version A and B can be used on the same Pc.

Let us say on Monday, Version A is used. Then on Tuesday if the temperature has gone back up but Pc is better, Version B is then used.



The temperature process is most effective on low order persistent fever that goes on for days and even weeks. In such cases Version B would be used and the temperature would come down and stay down very nicely.

After the temperature is down you could run 2WC “How do you feel? Have you felt this way before?” earlier similar to F/N VGIs.

## **SERIOUSLY ILL PCS**

6 APRIL 1989

The Resistive Cases Assessment is made up of the following items:

1. Doesn't want Clearing.
2. Cleared with rudiments out.
3. Overwhelmed.
4. Continuously committing perpetrations.
5. Suppressed.
6. Seriously physically ill.
7. Seeking the same thrill attained from drugs.
8. Stuck in an earlier practice or former therapy.
9. Out of valence.
10. Pretending.
11. Misunderstood words connected with Clearing.
12. Cleared with prior grades out.

The item "Seriously Physically Ill" is handled as follows:

1. Medical Examination
2. Medical Care
3. Clearing composed of the following:

Touch Assists, a Contact Assist, two-way comm, ruds on the incident, ruds before the incident, Alethanetic Assist, life ruds, two-way comm on suppression, 3 S&Ds, assessment for area of illness, Prepcheck on area, ruds on area, hello and OK with the affected area, Reach and Withdraw from area, two-way comm and Recall on persons similarly ill, location of the postulate that caused it with itsa earlier itsa, Prepcheck on the body or its parts, more ruds, assessment of failed purposes, Two-way comm on the sickness.

That's not a program. It's just a list of a LOT of things to do. It would not greatly matter what order they were done in but lighter actions should be the earlier.

As a Pc who is ill is easily made an effect, the Clearing sessions should be smoothly done and each session relatively short.

The remaining items on the Resistive Cases Assessment are then handled.

If "Seriously Physically Ill" is not the main Resistive Cases Assessment item, it is still handled but in its turn by doing the above actions.

## ILLNESS AND INJURY PRELIMINARY ASSESSMENTS

6 APRIL 1989

The Assist Summary bulletins were never intended to be used as a rote sequence of handling Assists. Procedures vary, based on the circumstances of the Pc.

For example: Illness and Injuries are two separate subjects and are handled differently. With both, however, you have a person who is easily overwhelmed so you stay away from anything that might key them in. For instance, you have to be careful with asking for "earlier similars" with such a person, as he will dive clear back to the year zero. You have a hard time holding them in PT.

On all Pcs you want to run out a recent engram (such as an injury or operation) R3R Narrative as soon as possible. Touch Assists can be done afterward.

You handle operations (surgery, oral surgery, etc.) the same way as injuries. Operations are, in fact, intentional injuries.

Where a person is injured, given a Contact or Touch Assist and then medical examination and treatment, he is given the remainder as soon as he is able to be cleared. Sometimes you aren't able to run out the incident immediately and if so, run it out at the earliest possible time. The drug "five days" does not need to apply. But where the person has been given an assist over drugs, one must later come back to the case when he is off drugs and run the drug part out, or at least make sure that nothing was submerged by the drugs. It is not uncommon for a person to be oblivious of certain parts of a treatment or operation at the time of initial Clearing, only to have a missing piece of the incident pop up days, months or even years later. THIS is the reason injuries or operations occasionally seem to persist despite a full assist: a piece of it was left unhandled due to a drugged condition during the operation. Such bits may come off unexpectedly in routine Clearing on some other apparently unrelated chain.

It can happen that a person is in the midst of some grade Clearing at the time of an injury, illness or emotional shock. The question arises as to whether or not to disrupt the grade Clearing to handle the situation. It is a difficult question. But certainly the person cannot go on with grade Clearing while upset or ill. The usual answer is to give a full assist and repair the case to bridge it back into the grade Clearing. The question, however, may be complicated in that some error in the grade Clearing is also sitting there, not as a cause of the illness or accident but to complicate the assist. This question is handled fully only by study of the case by a competent Case Supervisor. The point is not to let the person go on suffering while time is consumed making a decision.

### CHECKLISTS

Attached are Preliminary Assessments and checklists for an injured person and an ill person.

The C/S or Clearing Practitioner "assesses" the condition of the Pc based on information from interviews and medical reports, using the Preliminary Assessment. The Pc may fall in more than one category.

The C/S then circles the actions to be done on the Handling Sheet and numbers them according to the order stated on the Preliminary Assessment.

The Clearing Practitioner uses the Handling Sheet as the program. The Preliminary Assessments and Handling Sheets stay in the folder and are signed off as done.

## ILLNESS PRELIMINARY ASSESSMENT

6 APRIL 1989

1. SYMPTOM: ILL AND HAS DONE A BUNK.  
HANDLING: DO: A; C; B/D/E; F; K; M; N; O; L; P; R; S;  
T/U/V; Y; CC; DD.
2. SYMPTOM: SEVERELY ILL AND CLOSE TO DEATH.  
HANDLING: DO: C; B/D/E; F; K; M; N; O; L; P; R; S; T/U/V;  
Y; CC; DD.
3. SYMPTOM: SEVERELY ILL.  
HANDLING: DO: D/E/F; K; L; M; N; O; P; Q; R; S; T/U/V; Y;  
BB; CC.
4. SYMPTOM: ILL AND IN A COMA/UNCONSCIOUS.  
HANDLING: DO: B/D/E; F; K; M; N; O; L; P; R; S; T/U/V; Y;  
Z; CC.
5. SYMPTOM: ILL AND IN A STATE OF SHOCK (OR WAS).  
HANDLING: DO: B/D/E; K; M; N; O; P; R; S; T/U/V; Y; CC; DD.
6. SYMPTOM: ILL AN IN PAIN/EXTREME DISCOMFORT.  
HANDLING: DO: C; D/E; F; K; M; N; O; L; P; R; S; Y; CC.
7. SYMPTOM: ILL WITH AN INFECTION/TEMPERATURE.  
HANDLING: DO: C (ANTIBIOTICS); D/E; J; F; K; M; N; O; L; P;  
Q; R; S; Y; CC.
8. SYMPTOM: ILL AND TAKING DRUGS.  
HANDLING: DO: C; D/E; F; K; M; N; O; L; P; R; S; Y; Z; CC.
9. SYMPTOM: ILL WITH LITTLE/NO DISCOMFORT.  
HANDLING: DO: F; K; L; P; Q; R; S; CC.
10. SYMPTOM: ILLNESS NOT HEALING.  
HANDLING: DO: GG; FF; T/U/V; AA; BB; KK; LL; MM; NN.
11. SYMPTOM: ILL DURING/AFTER CLEARING.  
HANDLING: DO: G.
12. SYMPTOM: AN OLD ILLNESS RECURRING.(CHRONICALLY ILL)  
HANDLING: DO: GG; FF; KK; LL; MM; NN; X.

13. SYMPTOM: ILL AND IN NON-INTERFERENCE AREA.  
HANDLING: DO: H.
14. SYMPTOM: RANGE ARM HIGH OR LOW.  
HANDLING: DO: I.
15. SYMPTOM: NOTHING WORKS.  
HANDLING: DO: OO.  
WARNING: NEVER MISS AN F/N ON A SICK PERSON.

## ILLNESS HANDLING SHEET

6 APRIL 1989

The C/S circles the actions to be done then numbers them (Example: 7 J.). This sheet is put in the Pc's folder and signed off as done.

- A. Plead with him to return - "think of your wife," "think of your children," etc. As a last resort, "think of your poor Clearing Practitioner," until he takes back the body.
- B. Run: "You make that body lie on that bed" to a win or more relaxed, breathing easier, improved skin tone or until he comes out of it. Repeat until flat.

**UNCONSCIOUSNESS:** A Pc can be Cleared even if in a coma. The processes are objective, no significance processes. Use his hand to reach and withdraw from an object such as a pillow or blanket. One makes the hand do it while giving the commands. One can even arrange a "signal system" where the Pc is in a coma and cannot talk by holding his hand and telling him to squeeze one's hand once for yes, twice for no. It is astonishing that the Pc will often respond and he can be questioned this way.

- C. Get any necessary medical treatment done that assists the Pc. Continue Assist actions. Get him off drugs as soon as possible, if on them.
- D. Run: "Touch that pillow" to a win. Repeat until he's out of it. The Clearing Practitioner moves the Pc's hand to execute the command if necessary.
- E. Run: "Feel the bed" to a win. Repeat until he's out of it. Move the Pc's hand to execute the command if necessary.
- F. Touch Assist to a win. Repeat until no more change or for the duration of Assist handling at the beginning of each session.

**TOUCH ASSISTS** are done until the person has reestablished communication with the physical part or parts affected.

- G. Repair the earlier Clearing with the appropriate correction assessment and a Basic Assessment Form Method 5 as soon as possible.
- H. Use the correction list for the Advanced Course level he is on or just completed and repair it as soon as possible. Don't go doing Touch Assists and objectives.

**ILLNESS FOLLOWING CLEARING:** It can occur that a Pc gets ill after being Cleared where the "Clearing" is out-tech. When this occurs or is suspected, a Basic Assessment Form should be assessed only by a Clearing Practitioner who can meter and whose CE 1 gets reads. The reads are then handled. Out Interiorization, bad lists, missed W/Hs, ARC Breaks and incomplete or flubbed engrams are the commonest errors.

- I. Assess a C/S 53 and handle.

**HIGH OR LOW RANGE ARM:** A C/S 53 should be used to get the Range Arm under control during assists if it cannot be gotten down. It must be done by a Clearing Practitioner who knows how to meter and can get reads.

- J. Run: "Hold it Still" version A or B, making sure Pc holds it absolutely still. The usual reason "Hold it Still" doesn't handle a temperature is due to the Clearing Practitioner

not getting the Pc to really execute the command.

- K. Run: Locational Assists (Objective Havingness) that increase the Pc's Havingness and get him into PT.

PRESENT TIME: An injured or sick person is out of present time. Thus running HAVINGNESS in every assist session is vital. This not only remedies havingness but also brings the Preclear to present time.

- L. Run: "Spot a spot in the body. Spot a spot in the room."

- M. Run: "Hello and OK" on the ill body area to EP.

- N. Run: "Reach and Withdraw" on the ill body area, other body parts, the environment.

- O. Run: "From where could you communicate to a (ill body area).

- P. Run "Hold it Still" on body parts, until somatics blow.

(Example: "Hold your neck absolutely still" until he can, your back still, your legs still, etc., each one until he can do it and really making sure he gets it absolutely still.)

- Q. 2wc: "Did you have a loss?" or "Was there anything you may have lost?" to F/N. (NOT ES).

LOSSES: A person who has just experienced a loss may become ill. This is particularly true of colds. 2wc anything the Pc may have lost to F/N.

- R. 2wc Prior Confusion: "Was there a confusion prior to the illness?" to F/N. (NOT ES).

PRIOR CONFUSION: Fixed ideas follow a period of confusion. This is also true of engrams that hang up as physical injury. Slow recovery after an engram has been run can be caused by the Prior Confusion mechanism. The engram of accident or injury can be a stable item in a confusion. By 2-way comm see if a confusion existed prior to the accident, injury or illness. It may be 2wc'd earlier similar to F/N only if it doesn't F/N on the most recent Prior Confusion.

- S. 2wc: "Was there any suppressive or invalidative presence that may have caused a mistake to be made or the illness to occur?" to F/N (NOT ES).

For step S. get any necessary Ethics handling done. \_\_\_\_\_

SUPPRESSIVE PRESENCE: Mistakes or accidents or injuries occur in the presence of suppression. One wants to know if any such suppressive influence or factor existed just prior to the incident being handled. This could be the area it occurred in or persons the Preclear had just spoken to. 2wc any suppressive or invalidative presence that may have caused a mistake to be made or the accident to occur. 2wc E/S to F/N Cog VGIs if you can get most recent to F/N.

- T. Do 10 Aug 73 PTS Handling.

Get any Ethics handling done.

- U. Do a PTS Interview.

Get any necessary Ethics handling done.

- V. Do 3 S&Ds.

- W. Prepcheck the Prior Confusion to the illness. (NOTE: DO NOT PREPCHECK THE ILLNESS).
- X. Program the Pc for Expanded Alethanetic Clearing.
- Y. Do Ruds at the time of the illness.
- Z. Fly Triple Ruds and Perpetrations before the illness.
- AA. Do an L1 "Concerning the illness."
- BB. 2wc: "How long do you expect to take to recover?" to F/N. 2wc: "Have others made any predictions about it?" to F/N.
- CC. Run out the illness R3R Narrative.
- DD. Run out any emotional shock or stress R3R Narrative.
- EE. List (individually) and run out AESPs connected with the illness.
- EE. Preassess the illness using the Preassessment Form as per the bulletin called ASSESSMENT AND HOW TO GET THE ITEM.
- FF. Check if the area was cleared before with R3R. If so, L3 to F/N list on it.
- GG. If any L&N done in connection with the area, verify or correct each list.
- HH. 2wc: "Did you agree with the incident or some part of the scene?" to F/N (NOTES).
- I I. 2wc: "Was there any mysterious aspect to the incident?" to F/N (NOTES)
- J J. 2wc: "Was there any protest in the incident?" to F/N (NOTES).
- K K. Where the Pc is so stuck that he has a fixed picture that does not move, Run: "Recall a time before the incident. What was it?" "Recall a time after the incident. What was it?" Alternative repetitive to EP of picture jarred loose (unstuck) and F/N VGIs.
- L L. List (individually) and run AESPs (Preassessment) in the incident R3R Quad.
- M M. If the Pc has not already discovered that he had decisions connected to the incident, 2wc: "Was there any decision connected with the illness?" to F/N (NOT ES).
- N N. If Pc has a Ser Fac or E. Purp behind it, R3R Quad.
- O O. Get Pc's statement of the condition. Run: "Tell me something worse than \_\_\_\_\_" ignoring all F/Ns, until condition is blown.



## **INJURY PRELIMINARY ASSESSMENT**

6 APRIL 1989

1. SYMPTOM: INJURED AND HAS DONE A BUNK.  
HANDLING: 1; 2; 3; 5/6; 15; 7; 9; 14; 16; 20; 21/22; 26; 19; 23; 24;  
25; 37/38/39.
2. SYMPTOM: SEVERELY INJURED AND CLOSE TO DEATH.  
HANDLING: 3; 2/5/6; 15; 7; 9; 14; 16; 20; 21/22; 26; 18; 19; 23; 24;  
25; 37/38/39.
3. SYMPTOM: HAS HAD AN ELECTRICAL SHOCK.  
HANDLING: 4; 2/5/6; 15; 7; 9; 14; 16; 21/22; 24; 26; 45; 19; 40;  
41/42/43; 20; 37/38/39.
4. SYMPTOM: SEVERELY INJURED AND BLEEDING/BROKEN BONES.  
HANDLING: 3; 2/5/6; 15; 7; 9; 14; 16; 20; 21/22; 26; 18; 19; 23; 24;  
25; 37; 38; 39.
5. SYMPTOM: INJURED AND IN A COMA.  
HANDLING: 2/5/6; 15; 7; 9; 14; 16; 20; 21/22; 26; 19; 23; 24; 25;  
37/38/39.
6. SYMPTOM: IN OR WAS IN A STATE OF SHOCK.  
HANDLING: 2/5/6; 15; 7; 9; 14; 16; 20; 21/22; 26; 18; 19; 23; 24;  
25; 37/38/39.
7. SYMPTOM: INJURED AND UNCONSCIOUS.  
HANDLING: 2/5/6; 15; 7; 9; 14; 16; 20; 21/22; 26; 19; 23; 24;  
25; 37/38/39.
8. SYMPTOM: INJURED AND IN PAIN.  
HANDLING: 2/5/6; 8; 15; 7; 9; 14; 16; 20; 21/22; 26; 19; 23; 24;  
25; 37/38/39.
9. SYMPTOM: INJURED WITH EXTREME DISCOMFORT.  
HANDLING: 8; 2/5/6; 15; 7; 9; 14; 16; 20; 21/22; 26; 19; 23; 24; 25;  
37/38/39.
10. SYMPTOM: INJURED WITH AN INFECTION/TEMPERATURE.  
HANDLING: 2/5/6; 15; 11; 7; 9; 14; 16; 20; 21/22; 26; 37/38/39;  
19; 23; 24; 25.
11. SYMPTOM: INJURED AND TAKING DRUGS/MEDICINE.  
HANDLING: 2/5/6; 15; 7; 9; 14; 17; 16; 20; 21/22; 26; 19; 23; 24;  
25; 37/38/39.
12. SYMPTOM: INJURED WITH LITTLE/NO DISCOMFORT.  
HANDLING: 15; 7; 9; 16; 20; 22; 26.
13. SYMPTOM: INJURY NOT HEALING.  
HANDLING: 27; 28; 29; 30; 31; 32; 33; 34; 35; 36; 40;  
41/42/43; 47; 46.
14. SYMPTOM: INJURED AFTER OR WHILE INCOMPLETE ON A CLEARING  
ACTION.

HANDLING: 10; 13 if no joy.

15. SYMPTOM: AN OLD INJURY RECURRING OR REACTIVATED.  
HANDLING: 27; 28; 29; 30; 31; 32; 33; 34; 35; 36.
16. SYMPTOM: REPEATING INJURIES/ACCIDENTS (ACCIDENT PRONE).  
HANDLING: 45, as soon as injury handled.
17. SYMPTOM: INJURED AND IN THE NON-INTERFERENCE AREA.  
HANDLING: 12, then let him recover.
18. SYMPTOM: RANGE ARM IS HIGH OR LOW.  
HANDLING: 13.
19. SYMPTOM: PC CAN'T RECALL RECENT ENGRAM.  
HANDLING: 19 until Pc recalls engram; 15; complete 19;  
proceed based on current symptoms as well as above.

## INJURY HANDLING SHEET

6 APRIL 1989

1. Plead with him to return - "think of your wife," "think of your children," etc. If all else fails, "think of your poor Clearing Practitioner," until he takes back the body.
2. Run "You make that body lie on that bed/ground/whatever." to a win - relaxes, breathing easier, improved skin tone, or until he comes out of it somewhat. Repeat this until no more change or ability regained.
3. Get any First Aid done or do it yourself. Maintain solid comm line (hold his hand, etc.)
4. Run "Give me that hand" to a win. Repeat until he's out of it.
5. Run "Touch that pillow" to a win. Repeat until he's out of it. The Clearing Practitioner moves the Pc's hand to execute the command if necessary, **BUT USE NO FORCE.**
6. Run "Feel the bed" to a win. Repeat until he's out of it. Move the Pc's hand for him if necessary.
7. Touch Assist to a win. Repeat until injury handled. Can also do this at the beginning of each session for the duration of Assist handling.
8. Get some medical assistance to ease the discomfort such as Epsom salt baths, liniment, changing bandages, etc.
9. Contact Assist to EP of pain blown.
10. Repair the Clearing with the appropriate correction assessment as soon as possible.
11. Run "Hold it Still", making sure Pc holds it absolutely still. Check with him. The usual reason "Hold it Still" doesn't handle temperatures is due to the Clearing Practitioner not getting the Pc to really execute the command.
12. Use the correction list for the Advanced Course Level he is on or just completed and repair it as soon as possible. Don't go doing Touch Assists and Objectives.
13. Assess a C/S 53 and handle.
14. Run Locational Assists (Objective Havingness) that increase Havingness and get him into PT.
15. Run out the injury R3R Narrative.  
  
RUN THE INCIDENT ITSELF Narrative R3R Quad to erasure and full EP. Interest is checked. It is understood here that Flow 1 was the physical incident itself, not necessarily something done to the person but as something that happened to him or her.
16. Date/Locate the injury.
17. Verify the R3R done after drugs have worn off.
18. Run out any Emotional shock or stress.
19. List (individually) and run out AESPs connected with the injury

or

Preassess the injury and handle running items R3R Quad.

20. 2wc Prior Confusion: “Was there a confusion prior to the injury/accident?  
to F/N.
21. Run “Spot a spot in the body. Spot a spot in the room.” to EP
22. Run “Spot the spot where you were injured. Spot a spot outside (the house, etc) away  
from (the gate, etc.) until Pc Ext or something blows.
23. Run “Hello and OK” on the injured area to EP.
24. Run “Reach and Withdraw” on the injured member, the location where he was injured,  
other body parts, the thing that caused the damage (example: the knife that cut him, the  
anvil that dropped on his toe, etc.)
25. Run “From where could you communicate to a (injured member).” to EP.
26. Run “Hold it Still” on body parts. Example: Pc injured his back. Run “Hold you right  
leg absolutely still, left leg still, pelvis still, neck still, etc” running each one until he can  
do it and really making sure he gets it absolutely still. Run on body parts until somatic  
blows entirely, ability regained, etc.
27. Check if the area was run before on R3R. If so, L3 to F/N list on it.
28. If any L&N done in connection with the area, verify or correct the lists.
29. 2wc “Did you agree with the incident or some part of the scene?” to F/N.  
  
AGREEMENT: Get any agreement the person may have had in or with the incident.  
There is usually a point where the person agrees with some part of the scene. If this  
point is found it will tend to unpin the Pc from going on agreeing to be sick or injured.
30. 2wc “Was there any mysterious aspect of the incident?” to F/N  
  
MYSTERY POINT: Often there is some part of an incident which is mysterious to a  
Preclear. The engram itself may hang up on a mystery. A Being could be called a  
“mysterysandwich” in that he tends to stick in on mysteries. 2wc any mysterious  
aspect of the incident. 2wc it earlier similar to F/N Cog VGIs.
31. 2wc “Was there any protest in the incident?” to F/N.
32. Where the Pc is so stuck that he has a fixed picture that does not move run: “Recall a  
time before the incident. “What was it?” “Recall a time after the incident. What was  
it?” Alternative repetitive to EP of picture loose (unstuck) F/N VGIs.
33. List individually & R3R AESPs in the incident.

or

Preassess incident and handle running items R3R Quad.

PREASSESS THE INCIDENT and take to full Alethanetic EP all somatics connected  
with the incident in which the Pc is interested. The full Preassessment procedure is

given in ASSESSMENT AND HOW TO GET THE ITEM.

34. If the Pc has not already discovered that he had decisions connected to the incident 2wc “Was there any decision connected to being hurt/injured?” to F/N. If Pc starts listing, complete the list to BD F/N item.
35. If Pc has a Ser Fac or E. Purp behind it, run it out R3R Quad.
36. 2wc “How long do you expect to take to recover?” to F/N. 2wc “Have others made any predictions about it?” to F/N. NOTE: Avoid getting the Pc to predict it as a very long time by getting him to talk about it further.
37. Ruds at the time of the injury using:  
  
HANDLE ANY ARC BREAK that might have existed at the time a) with the environment, b) with another, c) with others, d) with himself, 3) with the body part and f) with any failure to recover at once. Each to F/N.  
  
HANDLE ANY PROBLEM the person may have had a) at the time of illness or injury, b) subsequently due to his or her condition. Each to F/N.  
  
HANDLE ANY PERPETRATION OR TRANSGRESSION the person may feel he or she committed a) to self, b) to the body, c) to another, and d) to others. Each to F/N.  
  
HANDLE ANY WITHHOLD a) the person might have had at the time, b) any subsequent withhold, and c) any having to withhold the body from work or others or the environment due to being physically unable to approach it.
38. Fly Quad Ruds and Perpetrations before the injury/accident.
39. Do an L1 “Concerning the injury/accident \_\_\_\_\_.”
40. 2wc “Was there any suppressive or invalidative presence that may have caused a mistake to be made or the injury/accident to occur?” to F/N. Get any necessary Ethics handling done.
41. Do a 10 Aug 73 PTS Handling. Get any necessary Ethics handling done.
42. Do a PTS Interview and any Ethics handling.
43. Do “3 S&Ds”.
44. Prepcheck the Prior Confusion to the accident/injury. NOTE: DO NOT PREPCHECK THE INCIDENT.
45. Have Pc do CE 0 to a major stable win.
46. Program the Pc for Expanded Alethanetic Clearing.
47. Get Pc’s statement of the condition. Run “Tell me something worse than \_\_\_\_\_” ignoring all F/Ns until the condition is blown.

## SICKNESS

7 APRIL 1989

It will sometimes happen that a Pc has a session and then three or four days later becomes physically ill.

The Clearing Practitioner may feel that Clearing did it. It didn't. The Clearing given would have to be non-standard for this to happen. The Clearing is not to blame.

We would say that the mental image picture of the incident was stopped at a "stuck point" and that it would "run out" of itself if it were unstabilized.

A Touch Assist can do this. The person may become wildly ill after one and then recover.

What apparently happens is that the chain of incidents becomes unsettled and the same incident on the chain in which the person has been stuck for a long while runs out physically. It completes itself, which is to say, it finishes its cycle of action.

Medicine sometimes will not work on a patient. It works on others but not on a particular one.

If that particular one is given mental attention even as mild as brief Freudian analysis, it will be found that medicine will now work on the person.

This formed one of the first application discoveries of Alethanetic Clearing. From it one of the early researchers inferred that function monitors structure (i.e., mental functioning regulates and controls the physical health and structure of the body) and proceeded to investigate mental actions and reactions in the field of illness. From this came the processes of Alethanetic Clearing some years later.

Mental therapy prior to 1945 was so ineffective, consisting only of 19th Century psychoanalysis and Russian and East European psychiatry, that no one else seems to have observed, then or now, that "mental blocks" are able to obstruct medical treatment of a real physical nature.

The proof is that when one even reduces the mental block slightly, medicine such as antibiotics or hormones will now be effective when they were previously ineffective on some patients.

It is this factor which gives purely medical treatment a somewhat random appearance. The patient is "stuck" at some point in time. Even inadequate handling of him mentally (such as a Touch Assist or a poorly or partially done session or even a "bad" session) "unsticks" the person from the frozen or fixed "stuck" point.

One of three things can now happen:

1. The person can be treated medically for his illness with greater effect.
2. The person in two or three days gets apparently sick or sicker but eventually recovers and is not subject to that exact sickness again - (it "ran out").
3. No further result is noted.

These data are very useful to an Alethanetic Clearing Practitioner or a Medical doctor. A person can be ill and the illness not surrendering to the usual treatment. Brief mild

Alethanetic Clearing can be done. The medicine may now work.

An Alethanetic Clearing Practitioner who specializes in keying out locks with the first F/N will find occasionally that his Preclear becomes ill in two or three days from some occasional but long standing illness which then “runs out” and doesn’t appear again.

A Clearing Practitioner who gives a non-standard, very poor session may find a Preclear occasionally becoming ill within the next three or four days. The Clearing Practitioner and others blame the Clearing

Any Clearing is better than no Clearing.

Standard Alethanetic Clearing is much more powerful than old Alethanetic Clearing and should only be done by Clearing Practitioners trained to do it exactly.

Sessions which are non-standard should be corrected as soon as possible, certainly within two days or you may find the Preclear beginning to go through an illness cycle.

The cycle was waiting to complete itself for a long time. The Clearing unsettled it. It “ran out” physically because the Pc was moved in time in the incident in which he has been “stuck.”

An understanding of this phenomena is necessary. It is useful data. Clear a Pc badly, run a Pc too much to F/Ns on locks only, give a Pc too many Touch Assists and you will find now and then that the occasional Pc becomes physically ill, runs a temperature, etc. Before blaming yourself too much, realize the Pc has often been ill in the past, that the mental cause of it has been loosened up and manifests itself and runs out physically. It is not fatal. That illness won’t recur again as it has in the past.

However, that it is not fatal to the Pc is no excuse not to do a good STANDARD job of Clearing.

If Standard Alethanetic Clearing is used WITH NO DEPARTURE from its technology and procedure, the phenomenon will not occur and no Pcs experience a physical aftermath.

STANDARD ALETHANETICS taught precisely, done precisely only makes people well.

## **RUNNING FLOWS THAT WON'T ERASE**

7 APRIL 1989

You can run into trouble in R3R with a flow that won't erase, and this can be due to an earlier unerased flow.

You can be running a flow and it won't erase because you have left an earlier flow unerased.

You have to go back and erase the unerased flow and then return to the one you are working on, which will then erase.

If you are on Flow 2 and find it won't erase because Flow 1 has been left unerased, the thing to do is go back to Flow 1 and fully erase it. Then return to Flow 2.

What you are running into on the flow that won't erase is generally the earlier unerased flow and that is what you need to handle to obtain a clean erasure.



## **OVERRUN BY DEMANDING**

### **EARLIER THAN THERE IS**

7 APRIL 1989

When you go past the postulate or insist on an earlier incident when there isn't one, the Pc can go later or jump chains and put into action other phenomena. This, and bad assessment, is when you get tangled cases and have to repair.

### **OVERRUN OF BASIC**

When you get a blowdown and the Pc tells you the postulate and then you tell him to return to the beginning of the incident again, you can overrun the incident and turn the analytical concept of it back into a solid picture which will just get more and more solid and you'll think there was nothing erased.

What you're erasing, actually, is the basic postulate that made the chain occur in the first place.

### **OVERRUN OF NON-BASIC**

In engram running by chains, when you demand a Pc go through the incident more than twice, and it is not basic, that incident will grow more solid. A good Alethanetic Clearing Practitioner watches the Range Arm and the moment that Range Arm starts to rise while running an incident, he knows there is an earlier incident on the chain. It is told to him by the Range Arm, which is saying this incident is getting more solid.

When he sees this, he immediately asks for an earlier incident after either Step 9 or Step D of R3R.

In Engram Running by Chains, when you ask for earlier beginnings and then run the incident again and keep doing this, you can run a non-basic through several times and it will inevitably become more solid. This can exert pressure on a Pc and is extremely uncomfortable.

A really smooth Alethanetic Clearing Practitioner never increases the solidity of the bank.

### **AMOUNT OF RANGE ARM**

An Alethiology Clearing Practitioner works for amount of Range Arm out of a process.

An Alethanetic Clearing Practitioner works for the eradication of a chain. The Alethanetic Clearing Practitioner could get lots of Range Arm if he overran every non-basic engram, but it is this that he does not want.

The Alethanetic Clearing Practitioner is not concerned with the amount of Range Arm that he gets. In running an engram chain if you let a non-basic engram raise the Range Arm more than a thousandth of an inch at Step 9 or Step D and do not immediately ask for an earlier incident, you goofed, as you will make the Pc's bank more solid.

Alethiology Clears by the amount of Range Arm. The most expert Alethanetic Clearing Practitioner runs R3R with a minimum of Range Arm.

## **ASSESSMENTS**

A lousy job of assessment or trying to run unreading items will find the Pc going into chains that are not ready to be run and will cause trouble, which consists of many unwanted phenomena such as Pc unable to find incidents, jumping chains, etc.

## BLOWING BY INSPECTION

7 APRIL 1989

It is possible to get a floating needle and Very Good Indicators while simply spotting or dating an engram.

This does not often happen. But when it does happen, it occasionally also causes trouble if the F/N is by-passed.

If in doubt as to what to do: let the Pc have his win.

A Pc who gets:

1. An F/N
2. A Cognition, and
3. Very Good Indicators

on an incident or chain has

- A. Keyed it out (still there but not keyed in) or
- B. Erased it by inspection or
- C. Has erased it by running the chain.

---

C. is the case in by far the greatest percentage of Pcs and sessions.

B. is called blowing by inspection and is so rare that you won't find it except on Clears or persons who are nearly Clear.

A. (key out) is rather common.

The Clearing Practitioner's problem is to tell which it is. Really it isn't much of a problem.

Almost all of the time C. is the case. One just does Standard Alethanetic Clearing - original item, preassessment, assessment, running item and R3R, and you eventually get an erasure of the basic of the chain, with an F/N, VGIs and a cognition along with a postulate.

When a key-out occurs, you can get an F/N, GIs and possibly a cognition BUT THE INCIDENT THE PC WAS RUNNING HAD NO IMPACT OR INJURY IN IT. You can by-pass the F/N in Alethanetic Clearing in this case and complete the chain. If you just leave it at that, no damage is done BUT THE PC MAY KEY-IN AGAIN EVEN BEFORE HE/SHE GETS TO THE EXAMINER. Even the somatic may come back. If so, just finish the chain. There's no real damage done. But if it WAS an engram (contained pain and unconsciousness) and it erased and the Clearing Practitioner got an F/N, VGIs and a Cognition and tried to force the Pc to go earlier, you can get a very upset Pc who has to be sent to be repaired.

When you get the very rare Pc who, well advanced, actually blows an engram by inspection, you will know it. Such a Pc already runs very fast - hard to keep up admin - and is Clear or near Clear. The somatic and picture simply go. If you try to push the Pc into running it, some sort of fire-fight may occur, a thing to be avoided.

If judgement of all this seems difficult, there's a safe rule: "Let the Pc have his win."

And remember that a win consists of

1. An F/N
2. A Cognition and
3. VGIs.

The main liability of pushing a Pc past a win is that he may "jump chains" and begin on another chain with no assessment. This gets him into trouble.

If, in A. above, you left it as a keyed out lock, the Pc will simply get the same symptoms again sooner or later.

You are dealing with an exact activity in Standard Alethanetic Clearing. It has no "special cases" or "exceptions." The procedure is the procedure and it is the procedure that gets the wins.

This matter of key out or erasure is the only area of the subject where judgment comes into play. And even that can be handled by letting the Pc have his or her win.

## URGENT - IMPORTANT

7 APRIL 1989

In 1969 a breakthrough was made in Clearing Practitioner training which eliminated failed Clearing Practitioners and failed sessions and gave 100% training success and 100% successful Alethanetic sessions.

In C/Sing hundreds of Alethanetic Clearing sessions, it was found that the Clearing Practitioner's reports on failed sessions did not include any reason for the failure. In researching this it was found that only certain Clearing Practitioners were failing. Thus, it was not a technical failure but a Clearing Practitioner failure. These folders must therefore contain false reports or no reports or no reports on what had happened.

For all that one could see, as a Case Supervisor, Alethanetic tech was failing on some cases.

Further investigation disclosed that things had gone on in those sessions which were non-standard but not reported.

This led to the discovery of a rule:

**WHEN YOU HAVE A FAILED SESSION YOU ASK THE PC WHAT THE CLEARING PRACTITIONER DID.**

In this way you discover an amazing array of flagrant outnesses. With these you can retrain the Clearing Practitioner and he or she will then win every time.

We have compiled a large array of samples of outnesses found, any one of which would have made a session fail or cause an Alethanetic student not to obtain results.

The variety can be infinite in number but the chief one is:

**FAILING TO GIVE THE NEXT COMMAND**

The new Clearing Practitioner does not realize how serious it is to flub a command.

The Pc is "down the track" and not in present time. He looks like he is there in present time but he is not. When he fails to get the next command or gets a wrong command, he becomes alarmed, comes into present time as best he can and the Clearing Practitioner loses control.

Anytime a Pc is made to wait, whether by a wrong command or no command or a Clearing Practitioner writing too much on his worksheet, an Alethanetic session crashes.

The Range Arm may go up or down, the chain messes up and the session fails.

Other additives or outnesses mess things up. A Clearing Practitioner talking about other Pcs or his own case, a Clearing Practitioner halting to look up a word for himself, a thousand such actions can, any one, wreck a session.

Clearing is very fast and very exact.

It is a business-like activity.

It is a technical preciseness.

When that is violated, one gets failed sessions.

A student Clearing Practitioner may think he knows his commands. When he is working with a doll, he can do it. When confronted by a live Pc, he needs to know the commands so well that Pc randomness does not throw him off the right command.

We have therefore developed four Alethanetic CEs. They are CE 101, 102, 103 and 104.

When a student fails to get a good result we (1) ask the Pc what he did, (2) send the student back to training, (3) sent the Pc to Review for an L3 and a Basic Assessment Form to F/N and handle all reading items, (4) send the student to Review for a Basic Assessment Form to F/N and handle all reads and run three-way failed help, three-way help brackets, (5) get the student corrected on what we learned he did wrong from the Pc and (6) get the student drilled on CEs 101, 102, 103 and 104.

We tolerate no flubbed sessions.

If a Pc suffers because of a flub, we boost him way up with Review as a case.

If a student flubs, we handle him as a case and retrain.

All this has been subjected to a lot of research and proof.

And what do you know! We get 100% training wins and 100% Alethanetic session wins!

No failed Clearing Practitioners, no failed Pcs.

## **GRINDING OUT ENGRAMS**

7 APRIL 1989

Now and then a Clearing Practitioner encounters the phenomenon called (since 1950) GRINDING.

GRINDING means going over and over and over a lock, secondary or engram without obtaining an actual erasure.

The sense of the word comes from the action of using an emery wheel on a hard substance. It doesn't get much smaller or thinner, no matter how long it is done.

The reason grinding occurs is that the incident is too late on the chain. There are earlier incidents.

It is a highly undesirable action. An Alethanetic Clearing Practitioner who puts the Pc through an incident four or five times without erasure or appreciable reduction is encountering "grinding." He should ask the Pc to see if there isn't something earlier with the same somatic.

### **NOT FOLLOWING SOMATIC**

A Pc who does not go down the somatic chain but who skips from one somatic to another could get into grinding.

### **THROUGH ONLY ONCE**

A Pc not put through each incident on a chain twice before going earlier could get into grinding. The Pc who is run through each incident once only before being sent earlier will certainly fail to get off enough charge to get to the basic incident.

### **NO PAST LIVES**

The Pc who is stubbornly refusing to go into any past lives will certainly get into grinding, as they seldom reach basic on any chain.

## **ERASURE**

7 APRIL 1989

Now and then a Pc does not understand that he is supposed to be erasing a PICTURE and only goes far enough to erase the somatic. Clearing Practitioner says, "Is it erasing?" Pc can't feel somatic so he says "It's gone." Clearing Practitioner puzzled by no F/N but buys it.

What you want to know as a Clearing Practitioner is, "Is the picture erasing?" You can use that line to check, but not habitually.

Erasure depends in some measure on the Pc getting to the BEGINNING of the incident. Sometimes the Pc keeps starting a bit late in the incident and so does NOT get an erasure. That is why checking for an earlier beginning is so important.

If you assess an item like "Dizziness after an operation" and try to run it, the Pc will bog utterly as the whole operation precedes the somatic called for and not only won't erase but also won't show as a picture.

Trying to run a somatic like "my mother's hitting me" is a narrative incident, not a somatic. It won't erase because you can't go earlier on the somatic as it's not named. There's probably a whole chain on "a stinging face" and chains are connected by somatic, not narrative or the same people or incident type. FEELING makes the chain. Only chains of feelings (pain, sensations, misemotions, etc) uniformly go down to a basic that will erase.



## CLEARING SPEED

7 APRIL 1989

Almost any failure you have ever had with a Clearing Practitioner or in Clearing came from Clearing Practitioner Comm Lags or errors.

This is a vital datum. It came to light from applying the rule -- ask the Pc what the Clearing Practitioner did after any failed session and get it corrected in the Clearing Practitioner.

SPEED is the main factor behind the mystery of a failed session.

The better a Clearing Practitioner knows his CEs, his processes, his meter and admin the faster he can operate.

If you train Clearing Practitioners only up to slow, comm-laggy handling of a session, you will get a lot of mysteriously "failed sessions," ending with the Range Arm high and the Pc very low!

A somewhat slow Clearing Practitioner clearing a new Pc may be fast enough to get away with it.

Put him on a person who has some grades in and he begins to have a few "case failures" because the Pc is too fast for a somewhat slow, comm-laggy Clearing Practitioner.

The remedy is to speed the Clearing Practitioner up with CEs 101, 102, 103, 104.

In assigning Clearing Practitioners you only dare assign fast ones to fast Pcs.

For 35 years this hidden speed factor has lain behind the vast majority of our "failed sessions." As it never appeared on the session reports (except as excessive admin for which the Pc must have had to wait), anyone doing C/S work was in mystery and tended to get desperate and even squirrel (change and invent processes).

The only other source of failure was the physically ill aspect. This has just been verified in a series of over one hundred cases. Alethanetic Clearing combined with Alethiology reviews progressed splendidly on all but about seven and these, who when physically examined thoroughly, were found to have serious and current physical illness.

Speed and accuracy then is the stress of all training and the lack of it is the source of all Clearing failures on Pcs who are not severely ill.

Even the latter respond, once their purely physical illness is properly handled.

## STENOGRAPHIC CLEARING

7 APRIL 1989

Any time a Case Supervisor sees long stenographic recountings and notes in the Clearing Practitioner's worksheet, he knows the Pc has not got a Clearing Practitioner there running the session.

If the Clearing Practitioner is writing down every word the Pc says (like a stenographer), the Clearing Practitioner's CEs will be out and session control will have passed to the Pc. No Clearing Practitioner can write fast enough to take down everything the Pc says and at the same time observe the Pc, maintain session control and keep in this CEs.

On the worksheets you note, in abbreviated form, the technical actions taken by the Clearing Practitioner, the Pc response, time and Range Arm.

The Case Supervisor expects a synopsis of the incident or what the Pc says. In Alethanic Clearing the Clearing Practitioner writes down sufficient data for the Case Supervisor to see what sort of incident is being run and if it is on the correct chain.

One should not go to the other extreme by noting only the Clearing Practitioner's tech actions, as this gives the C/S no means of evaluating the session.

The Clearing Practitioner who just sits and lets the Pc roll on and on, running a sort of solo session, will seldom get results. It is a pretense of Clearing. The Clearing Practitioner controls the session. The Clearing Practitioner does not supersede Clearing with admin. Never hold the Pc up while you write or the Pc will go onto automatic.

Because he does not see the Pc's pictures, the Clearing Practitioner in some cases feels he cannot control them or that they do not really exist. The pictures do exist. They respond to the Clearing Practitioner, not the Pc. Clearing Practitioner plus Pc is greater than the bank. A stenographer is not a Clearing Practitioner. A Clearing Practitioner controls the session, has excellent CEs and gets results.

## **FLAGRANT ALETHANETIC CLEARING ERRORS**

7 APRIL 1989

The following Clearing errors were discovered by asking the Pc what was done in his sessions after the sessions had mysteriously failed without any reason apparent in the Clearing Practitioner report sheets. Each one of these is a flagrant departure from standard Clearing and is adequate to stop all Pc gains for the session and to leave the Pc stuck down the track and heavily keyed-in.

These are just given as samples of outnesses to show what you will find by asking the Pc and to show what can cause an Alethanetic session to have a poor result. These instances and others actually occurred in sessions and the sessions failed. There was no mention of them in the report form or worksheets and only asking the Pc brought them to light.

1. Clearing Practitioner not remembering one or more of the commands.
2. Clearing Practitioner delaying the Pc while thinking of the next command.
3. Clearing Practitioner failure to give the next command.
4. Giving wrong or altered commands.
5. Incorrect procedure.
6. Invalidating the Pc's cognitions.
7. Not recognizing that the Pc has gone through the incident and just waiting or saying "OK continue" when the Pc has said that was all.
8. Clearing Practitioner during session looking up something he (the Clearing Practitioner) didn't understand that the Pc said.
9. Clearing Pc in circumstances where the Pc is expecting he may be disturbed at some time later in the session.
10. Clearing Practitioner walking out of Clearing room, leaving Pc folder in room with Pc.
11. Continuing to run a chain that the Pc insists is erased (usually because Clearing Practitioner missed the erasure).
12. Not acknowledging Pc originations.
13. Telling Pc to close eyes when Pc already has eyes closed.
14. Keeping Pc waiting after Pc has carried out command.
15. Telling Pc to wipe her hands on her dress during session (Clearing Practitioner attempt to change Range Arm position by session additive).
16. Clearing Practitioner running out of ink and having to borrow a pen from the Pc during session.
17. Forcing Pc to continue looking for earlier incidents when the Pc can't find any.
18. Clearing Practitioner talking too quietly for Pc to hear (out CE 1).

19. Clearing Practitioner ignoring Pc originations (out CE 4).
20. Continuing to “clear” when Clearing Practitioner doesn’t know what should be done next.
21. Clearing Practitioner staring at meter for a long time looking for F/N (can turn off a real F/N and bring on an ARC Break needle).
22. Clearing with a contemptuous, sympathetic, too sweet, motherly, or any attitude that is a departure from a pleasant business-like attitude.
23. Clearing Practitioner talking to Pc about Clearing Practitioner’s own case in session.
24. Clearing Practitioner discussing other Pcs with current Pc in Session.
25. Bullbaiting Pc when doing CEs on a C/S 1.
26. Clearing Practitioner and/or Pc smoking or chewing gum during session.
27. Clearing Practitioner doing or saying anything during session other than assessment and exact R3R procedure.
28. Clearing Practitioner talking to Pc after session about something the Pc ran during the session.
29. Clearing with a discharged meter.
30. Clearing with legs up on table or some other improper posture.
31. Clearing Practitioner commenting on the Pc’s cognitions.
32. Clearing Practitioner continuing to grind on the same incident when there’s an earlier one.
33. Clearing Practitioner keeping voluminous admin during which the Pc has to wait.

These are just a few examples. There is an infinity of wrongnesses possible. Every session additive is a departure from CE 0-4 and a violation of the Clearing Practitioner’s Code and a gross goof.

The Clearing Practitioner did not do these things maliciously. He was unaware of these as goofs and that the session didn’t come off seemed to him to be a complete mystery. The failed sessions were also a mystery to the Case Supervisor who also thought Tech had failed, until he had others ask the Pc what happened in that session.

Needless to say, the Clearing Practitioners who goofed as above were extensively cleared and retrained using CEs 101, 102, 103 and 104.

# **PROFESSIONAL ALETHANETIC COMMAND TRAINING DRILLS**

## **CEs 100, 101, 102, 103 & 104**

6 APRIL 1989

The most common errors being made by student Clearing Practitioners are:

1. Forgetting the commands during session,
2. Misusing command sequence or procedure or
3. Doing odd things because they get nervous.

The following drills are done in the Professional Alethanetic Clearing Practitioner Course to handle this. The drills must be thoroughly done.

Preassessment is a vital step of the Professional Alethanetic Clearing Practitioner Procedure.

CE 100 and CE 100-A are made part of the Professional Alethanetic Clearing Practitioner Course to ensure that the student can apply the Preassessment Procedure in CE 104 and in session.

### CE 100

NAME: Preassessment Procedure On A Doll

COMMANDS: All commands of the procedure are per the Professional Alethanetic Clearing Practitioner bulletins ASSESSMENT AND HOW TO GET THE ITEM and THE PREASSESSMENT FORM.

POSITION: Student seated at a table with CB Meter and the Preassessment Form. In the chair opposite the student is a doll, occupying the position of the Pc.

PURPOSE: To familiarize the student with the delivery and use of the Preassessment Form.

TRAINING NOTE: This drill is not coached. The student sets up the CB Meter and Preassessment Form exactly as in a session. He starts the assessment and delivers a complete Preassessment on the doll, keeping full admin and using all standard procedures to get items for running.

Student uses nonsense terms or harmless ones for the original item. He then delivers a Preassessment on that.

Student then selects the Preassessment Item from the Preassessment Form and asks:

“What (Preassessment Item) are connected with (the original item)?”

The drill is passed when the student can do the drill flawlessly with good assessmentCEs, correct procedure and commands, without comm lags or confusion and can maintain proper assessment admin.

### CE 100 A

NAME: Preassessing A Doll Coached

COMMANDS: Same as CE 100

POSITION: Same as CE 100, with coach holding the CB Meter cans and seated beside the student. Coach provides nonsense and harmless items for the student and squeezes the can to simulate CB Meter reads.

PURPOSE: To train the student to deliver and use the Preassessment procedure.

TRAINING NOTE: Coach provides a list of original items as from one of the Professional Alethanic Clearing Practitioner Rundowns or Assessment Sheets. The student must choose the best reading Original item and deliver the Preassessment Form to the doll on that item. All reads on the Preassessment must be correctly noted and marked. Student must then select out the correct Preassessment item to list for a running item and ask the correct question.

As the coach gives running items, the student must get these down accurately with their reads. Then he must select which he would run on R3R Quad and in what order.

The student must reassess and extend the list of running items and use suppress and invalidate buttons as needed until the list is exhausted.

The student must then reassess the Preassessment Form, find the next Preassessment item and handle.

Flunks are given for any out CEs on the doll, any incorrectly marked reads, any missed or altered items given and any incorrect selection of an item.

Stress is on the student's ability to make a distinction between an item which requires a Preassessment and one that does not. Student must not try to run drugs, medicines, medical terms or multiple somatics.

Drill is passed when the student can do the full Preassessment procedure with good CEs, proper commands without comm lags or confusions, can maintain proper assessment admin.

CE 101

NAME: R3R to a wall

COMMANDS: R3R commands including earlier incident and earlier similar commands.

Included in this drilling are the handling of bouncers, checking for erasure, and checking for postulate, command actions, as well as are the handling of narrative incident commands.

POSITION: Student seated facing a wall.

PURPOSE: To get the student able to give all R3R commands accurately, in correct order without hesitation or having to think what the next command should be.

TRAINING NOTE: This drill is not coached. The student sits facing a wall with a copy of the R3R bulletin in his lap. The student gives the commands, in order, to the wall maintaining good CE 0 and CE 1. When the student falters or is uncertain of the next command he re-reads the commands from the bulletin, then continues to give the commands to the wall. When the student can confidently give all the possible R3R commands accurately without any slightest comm lag, he has passed this drill.

## CE 102

NAME: R3R on a doll

COMMANDS: All R3R commands and Professional Alethanetic Clearing Practitioner procedures.

POSITION: Student seated at a table with CB Meter and Clearing Practitioner worksheets (a Clearing Practitioner's Report Form is also needed to complete the drill). In the chair opposite the student is a doll occupying the position of the Pc.

PURPOSE: To familiarize the student with the materials of Clearing and coordinate and apply the commands and procedures of Professional Alethanetic Clearing in a Clearing session.

TRAINING NOTE: This drill is not coached. The student sets up the CB Meter and worksheets exactly as in a session. He starts the session and runs a complete Professional Alethanetic Clearing session on the doll, keeping full session admin and using all standard procedures of Professional Alethanetic Clearing.

This drill is passed when the student can do the drill flawlessly with good CEs 0-4, correct procedure and commands, without comm lags or confusion and can maintain proper session admin, including worksheets and Clearing Practitioner's Report Form.

All the R3R commands used in CE 101 are again used here. Admin must communicate adequately which command is being used.

These drills were developed in July 1969 when it was found that all failed sessions resulted from a Clearing Practitioner's failure to give the next command, forgetting the commands in session or giving a wrong command.

## CE 103

NAME: R3R on a doll coached

COMMANDS: All R3R commands, situations and procedures of Professional Alethanetic Clearing.

POSITION: Same as in CE 102 except that a coach sits beside student calling out command numbers and situations and the student following them and keeping admin and handling his meter.

PURPOSE: To give the student total certainty in the use of R3R commands despite any distraction.

TRAINING NOTE: Coach calls for commands at random by stating the letter or number of the command or the situation by saying "solid," "erasing," "solid but nothing earlier." The student addresses the right command or action to the doll, handles meter and admin. The coach also uses Pc responses such as "that's all," "I can't find one," etc. These are called for in quick succession and in any order.

Coach starts in on a gradient, gradually getting the drill faster and becoming sharper on flunks for any comm lags, uncertainties, groping for commands or breaks in CE 0-4.

If the student becomes too confused, the coach has probably proceeded with too steep a gradient and given the student too many losses. In such instances have the student go through

the commands in proper sequence a few times and then continue with random commands, building up the drill on a gradient.

The use of the correct command (including those for handling bouncers, checking for erasure, and checking for postulates, as well as correct narrative procedure) is required at the appropriate point.

### ALETHANETIC CE NOTES

To avoid coach reactivation in doing CE 103 and CE 104, please observe the following guidelines:

1. In CE 103 the “session” is between STUDENT and DOLL. CEs are done on the DOLL and not the coach.

2. In CE 103 the coach is not obliged to answer all of the commands - he may or may not. If he doesn't, the student assumes the DOLL has answered and proceeds accordingly.

3. In CE 103 and CE 104 NEVER give dates and durations, as a coach, in actual units of TIME - use something else. “4 Figs,” “2 potatoes,” “horsefeathers” are all perfectly good “dates” for coaching purposes or in bullbaiting.

4 Likewise never use real somatics in coaching or bullbaiting CE 103 and CE 104 - use nonsense terms or harmless ones.

5. In CE 103 the coach occupies the position of a bullbaiter who interjects distractions, bullbaiting and disruptive remarks into the “session” between student and doll. He can throw in answers on behalf of the doll which the student must abide by, but the coach does not play the part of “Pc.” Don't go playing the role of “Pc” on a real set of process commands!

Also, please note that the POSITION of the coach in CE 103 and CE 104 is beside the student, not across from him.

#### CE 104

NAME: R3R Coached and Bullbaited.

COMMANDS: All R3R commands and procedures.

POSITION: As for R3R on a doll (CE 102) with coach seated beside student and a bullbaiter as “Pc” across from the student instead of a doll.

PURPOSE: To train the student to deliver a standard session with correct commands and procedure and without session additives of any kind despite distractions.

TRAINING NOTE: The drill is the same as for R3R on a doll except that the “Pc” coach bullbaites the student Clearing Practitioner during the session in an attempt to throw the student off session while the coach calls the numbers as on CE 103. Flunks are given for any improper commands, procedure, comm lags, breaks in CEs or improper session admin. The coach does the “start,” the flunking or “That's it.” If the student is not making the grade, he is returned to the earlier CE that is out. This drill is coached tough and only passed when the student is totally competent, exact and correct in all commands, procedures, Clearing actions and session admin with excellent CEs and no slightest variation from or additives to Professional Alethanetic Clearing.

Coach ensures the student has total certainty on the application of all R3R commands and sequences including handling bouncers, checking for erasure, checking for postulates, and



handling narrative incidents.

Preassessment procedure must also be correctly applied exactly as in a session.

These drills were developed in July 1969 when it was found that all failed sessions resulted from a Clearing Practitioner's failure to give the next command, forgetting the commands in session or giving a wrong command.

**LEVEL III**  
**CLEARING BY LIST**

8 APRIL 1989

Use any authorized, published list (RUDIMENTS CHECKLIST for upsets, BASIC ASSESSMENT FORM for general repair or the SESSION CORRECTION LIST for repair of session errors).

**METHOD 3**

Use meter at a sensitivity so meter needle is loose but it is easy to keep needle at "Set." If sensitivity is too high the needle will be in constant motion as one tries to set the Range Arm. If too low, the instant read will not be visible. One uses a can squeeze to determine the correct sensitivity setting.

Have your meter in a position (line of sight) so you can see the list and the needle or you can see the needle and the Pc. The meter position is important.

Hold the prepared list close beside the meter. Have your worksheet more to the right. Keep a record of the session on your worksheet (W/S). Mark the Pc's name and date on it. Mark what list it is on the W/S with time. The prepared list remains in the folder stapled to the W/S.

Read the question on the list, note if it reads. Do NOT read it while looking at the Pc, do NOT read it to yourself and then say it while looking at the Pc. These are more advanced actions and are called Method 6, not Method 3. It is more important to see the Pc's cans than his face as "can fiddle" can fake or upset reads.

CE 1 must be good so the Pc clearly hears the line.

You are looking for an INSTANT READ that occurs EXACTLY at the end of the last syllable of the question.

If it does not read, mark the line X. If the list is being done through F/N and the F/N just continues, mark the question F/N.

If the question reads, do not say "that reads." Mark the read at once (tick, SF, F, LF, LFBD, R/S), transfer the number of the question to the W/S and look expectantly at the Pc. You can repeat the question by just saying it again if Pc doesn't begin to talk. He has probably already begun to answer as the question was live in his bank as noted by the meter.

Take down the Pc's remarks in shortened form on the W/S. Note any Range Arm changes on the W/S.

If the Pc's answer results in an F/N (Cog and VGIs sometimes follow, GIs always accompany a real F/N), mark it rapidly on the W/S and say, "Thank you. Your needle is floating."

Do NOT wait endlessly for the Pc to say more. If you do, he will go into doubt and findmore; also, do NOT chop what he is saying. Both are CE errors.

If there is no F/N, at the first pause that looks like the Pc thinks he has said it, ask for an Earlier Similar \_\_\_\_\_ whatever the question concerned. Do NOT change the question. Do NOT fail to repeat what the question is. "Is there an Earlier Similar suppression?" This is the "E/S" part of it. You do not leave such a question merely "clean."

It does not matter now if you look at the Pc when you say it or not. But you can look at the Pc when you say it.

The Pc will answer. If he comes to a “looks like he thinks he said it” and no F/N, you ask the same “earlier similar” question as above.

You ask this question “Is there an earlier similar \_\_\_\_\_” until you finally get an F/N and GIs. You indicate the F/N.

That is the last of that particular question.

You mark “F/N” on the list and call the next question on the list. You call this and other questions without looking at the Pc.

Those that do not read, you X out.

The next question that reads, you mark it on the list, transfer the question number to the W/S.

Take the Pc’s answer.

Follow the above E/S procedure as needed until you get an F/N and GIs for the question, acknowledge, indicate the F/N and return to the prepared list.

You keep this up until you have done the whole list in this fashion.

If you got no read on the list question but the Pc volunteers some answer to an unreading question, do NOT take it up. Just ack and carry on with your prepared list.

**BELIEVE YOUR METER.** Do not take up things that don’t read. Don’t get “hunches.” Don’t let the Pc run his own case by answering non-reading items and then take them up. Also don’t let a Pc “fiddle the cans” to get a false read or to obscure a real one (very rare but these two actions have happened).

## BIG WIN

If half way down a prepared list (the last part not yet done) the Pc on some question gets a wide F/N, big Cog, VGIs, the Clearing Practitioner is justified in calling the list complete and going to the next C/S action or ending the session.

There are two reasons for this: (1) the F/N will usually just persist and can’t be read through (2) further action will tend to invalidate the win.

The Clearing Practitioner can also carry on to the end of the prepared list if he thinks there may be something else on it.

## BASIC ASSESSMENT LIST AND METHOD 3

When a BASIC ASSESSMENT LIST is taken up Method 3 (item by item, one at a time and F/Ned) it can occur that the Range Arm will go suddenly high. The Pc feels he is being repaired, that the clearing up of the first item on the BASIC ASSESSMENT LIST handled it and protests. It is the protest that sends the Range Arm up.

This is not true of any other list.

Thus a BASIC ASSESSMENT LIST is best done by Method 5 (once through for reads, then the reads handled).

Almost all other lists are best done by Method 3.

The above steps and actions are exactly how you do Clearing by List today. Any earlier data contrary to this is cancelled. We F/N everything that reads by E/S or a process to handle (L3 requires processes, not E/S to get an F/N) and we never tell the Pc that it read or didn't read, thus putting his attention on the meter.

We still indicate F/Ns to the Pc as a form of completion.

RUDIMENTS CHECKLISTS and Method 3 are NOT used on high or very low Range Arms to get them down or up.

The purpose of these lists is to clean up by-passed charge.

A Clearing Practitioner also indicates when he has finished with the list.

A Clearing Practitioner should dummy drill this action on a doll.

Assessment of prepared lists is very successful when precisely done.

## ASSESSMENT CEs

21 SEPTEMBER 1988

ASSESS 1. An action of the Clearing Practitioner in calling items from a list. 2. Calling off words from a list while looking at the Clearing Biofeedback Meter in order to find out which one gives the largest read. 3. To look for an item that has charge.

ASSESSMENT 1. An action of calling off items on a prepared list or correction list to locate charge so that the charge can be released.

Assessment is one of the most powerful techniques that the Class III Clearing Practitioner has at her disposal. Using the assessment, the Clearing Practitioner can locate and pinpoint charge areas in the Pc's bank.

The right way to do an assessment is to ask the Pc the question in a questioning tone of voice.

In assessing, some Clearing Practitioners have made assessment questions into statements of fact, which of course is a cousin to evaluation.

A downcurve in voice tone at the end of an assessment question contributes to making it a statement. Questions should go up at the end.

A remedy for this is to record ordinary conversation. Ask some normal questions and make some normal statements, and you will find that the voice tone rises on a question and goes down on a statement.

Assessing with a statement tone of voice instead of a questioning tone of voice results in evaluation for the Pc. The Pc feels accused or evaluated for rather than assessed and a Clearing Practitioner can get a lot of false and protest reads.

It's all tone of voice. Clearing Practitioners have to be drilled in asking questions. Assessment questions have an up curve at the end.

**CB METER DRILL #20**  
**CORRECTION ASSESSMENT**

7 APRIL 1989

NAME: INSTANT CORRECTION ASSESSMENT READS

PURPOSE: To train the student Clearing Practitioner to recognize and call instant correction assessment reads.

POSITION: The coach and the student Clearing Practitioner sit facing each other across a table with a CB Meter set up and the coach holding the electrodes.

COMMANDS: The Rudiments Checklist.

TRAINING NOTES: The student Clearing Practitioner is to assess the Rudiments Checklist on as many coaches as he has time, keeping a written record of each coach assessed.

The student Clearing Practitioner puts in the R Factor that he is going to do a Rudiments Checklist on the last Clearing session of the coach or, if the coach has not been cleared that week, the assessment on today with each question prefixed by "Today," and that no answer from the coach is expected. The student Clearing Practitioner then proceeds to ask the Rudiments Checklist questions, marking reads. He just asks the questions without getting any answers from the coach. After the assessment is complete, the student Clearing Practitioner indicates the reading items to the coach.

This training drill is passed when the student Clearing Practitioner can do a perfect correction assessment using the Rudiments Checklist with no errors as to which questions are reading and which are not and can define accurately an instant read.

An Instant Correction Assessment Read: On correction assessments, the instant read can occur anywhere within the last word of the question or when the major thought has been anticipated by the Preclear and must be taken up by the Clearing Practitioner. This is not a prior read. Preclears poorly in session, being handled by Clearing Practitioners with indifferent CE 1, anticipate the instant read reactively as they are under their own control. Such a read occurs in the body of the last meaningful word in the question. It never occurs latent. The supervisor, in checking out the student Clearing Practitioner on this training drill, should note any student Clearing Practitioner weakness on any earlier CEs or training drills and put in any needed correction.

### L3

## ALETHANETIC CORRECTION ASSESSMENT

9 JANUARY 1989

This correction assessment is used to correct and repair any errors made while running Alethanetic Clearing or to correct and repair any past errors.

If a Preclear has any difficulties in life between sessions, this list should be assessed at the beginning of the next session to either pick up or rule out the possibility of errors made in the last session. If in doubt, assess the list.

This assessment contains the most frequent Alethanetic errors.

Assess Method 3 for a correction and Method 5 for a general repair of Alethanetic Clearing.

With Method 3 cease the assessment when the by-passed charge has blown.

1. WAS THERE AN EARLIER INCIDENT? \_\_\_\_\_  
Indicate it. Run the chain to full EP
2. WAS THERE AN EARLIER BEGINNING? \_\_\_\_\_  
Indicate it. Pick up the earlier beginning and complete the chain to full EP.
3. WAS THERE NO CHARGE ON THE ITEM? \_\_\_\_\_  
Indicate it, and that it shouldn't have been run. Run out the bad session R3R Narrative if needed.
4. HAS ANYTHING BEEN CUT SHORT? \_\_\_\_\_  
Indicate it. Complete the action that was cut short.
5. DID SOMETHING FLATTEN OUT OF SESSION? \_\_\_\_\_  
Indicate it. Spot the flat point to F/N.
6. HAS THERE BEEN AN UNNECESSARY ACTION? \_\_\_\_\_  
Indicate it. Run out the bad session R3R Narrative if needed.
7. DID YOU JUMP TO ANOTHER CHAIN? \_\_\_\_\_  
Indicate it. Reorient to the original chain. Find out if it erased and get the postulate if not previously given. Indicate the overrun, or run the chain to full EP. Then locate last incident Pc ran on the chain he jumped to. As this has been reactivated but not run, do an L3 on it. Run out the bad session R3R Narrative if needed.
8. IS AN INCIDENT STILL CHARGED? \_\_\_\_\_  
Indicate it. Pick up the incident and run it to EP.
9. IS AN INCIDENT NOT COMPLETE? \_\_\_\_\_  
Indicate it. Pick up the incident and run it to EP.
10. WAS AN INCIDENT LEFT TO HEAVILY CHARGED? \_\_\_\_\_  
Indicate it. Pick up the incident and run it to EP.

11. **HAS ANYTHING BEEN MISSED?**  
Find out what it is and handle. \_\_\_\_\_
12. **HAS ANYTHING BEEN OVERRUN?**  
Find out what it is and rehab. \_\_\_\_\_
13. **WAS THE ERASURE INCOMPLETE?**  
Indicate it. Pick up the incident and flatten it. \_\_\_\_\_
14. **DID YOU PASS BASIC ON A CHAIN?**  
Indicate it. Spot the flat point and get the postulate if not already given.  
If Pc jumped to another chain, get last incident Pc ran on the jumped-to  
chain and do an L3 on it. R3R Narrative on the bad session if needed. \_\_\_\_\_
15. **WAS THERE A WRONG ITEM?**  
Indicate that it was a wrong item and that all the other actions  
connected with it were wrong. If any further difficulty, do an L4. \_\_\_\_\_
16. **WAS THERE NO INTEREST IN RUNNING AN ITEM?**  
Indicate it, and that it shouldn't have been run. R3R Narrative  
the bad session if needed. \_\_\_\_\_
17. **DID WE GET A WRONG DATE?**  
Indicate it. Correct the date. Flatten the incident or chain if needed. \_\_\_\_\_
18. **DID WE GET A WRONG DURATION?**  
Indicate it. Correct the duration. Flatten the incident or chain if needed. \_\_\_\_\_
19. **WAS A POSTULATE MISSED?**  
Indicate it. Get the postulate. \_\_\_\_\_
20. **WERE YOU DISTRACTED WHILE RUNNING AN INCIDENT?**  
Indicate it. Go earlier similar to F/N by asking "Is there an earlier  
similar time you were distracted" if needed. Run the incident  
(if unflat) and any chain to full EP. If any difficulty do an L1  
on the session or run out the bad session R3R Narrative. \_\_\_\_\_
21. **WERE YOU CLEARED OVER AN ARC BREAK?**  
Indicate it. Handle the out rud to EP. Flatten the incident or chain  
to EP. Run out the bad session R3R Narrative if needed. \_\_\_\_\_
22. **WERE YOU CLEARED OVER A PROBLEM?**  
Same as 21. \_\_\_\_\_
23. **WERE YOU CLEARED OVER A WITHHOLD?**  
Same as 21. \_\_\_\_\_
24. **WAS AN ITEM SUPPRESSED?**  
Indicate it. Get the suppress off earlier similar to F/N.  
Run the item and any chain to full EP. \_\_\_\_\_
25. **WAS AN ITEM INVALIDATED?**  
Indicate it. Get the inval off earlier similar to F/N.  
Run the item and any chain to full EP. \_\_\_\_\_
26. **DID YOU GO EXTERIOR?**  
Indicate it. Rehab by counting the number of times exteriorized.  
Int R/D if range arm has gone chronically high (consult with \_\_\_\_\_



C/S first).

27. **DID YOU GO CLEAR?** \_\_\_\_\_  
Indicate it. 2WC to F/N and end off.
28. **WAS THERE NOTHING WRONG IN THE FIRST PLACE?** \_\_\_\_\_  
Indicate it. R3R Narrative the bad session if needed.
29. **WAS THE REAL REASON MISSED?** \_\_\_\_\_  
Indicate it. Locate the real reason and handle with this L3  
assessment or another correction assessment. You may need to  
consult with the C/S first.
30. **WAS SOMETHING ELSE WRONG?** \_\_\_\_\_  
Indicate it. Sort it out and handle it.  
You may need to consult with the C/S first.



