

BPI
HRD Checksheets
HRD Auditors
HRD C/Ses
All Staff, Orgs
and Missions Hats,
Execs and Registrars

HUBBARD COMMUNICATIONS OFFICE
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Happiness Rundown Series 2

HAPPINESS RUNDOWN, ADMINISTRATION AND DELIVERY

(Ref. HCOB 24 Nov 80, HAPPINESS RUNDOWN)

During the Happiness Rundown pilot auditing some rather spectacular results occurred. Not only did the pcs have many cognitions and wins in session, but these resulted in immediate changes in the pc's life and livingness -- sometimes very noticeably as far as the pc's spouse or associates were concerned.

Often, within the first one to three sessions the pc improved markedly in appearance, started getting along better with people around him and became noticeably different to others.

The HRD produces results that are clearly observable to others as well as the pc! These are gains in beingness, doingness and havingness. It increases ARC, raises the person's sense of ethics, personal integrity and much more.

Highly trained auditors and C/Ses of many years' experience were most impressed with the immediately observable changes in the pc's life and livingness -- real physical universe results.

Within days of the first pcs being started on the HRD, despatches and letters written by associates of the pcs started arriving, describing how much better the pcs were (most of the writers didn't even know what the pcs were being audited on, but were moved to express the changes they had observed).

The pcs themselves rave about the results and are generally very enthusiastic about getting others to get audited on the HRD, too.

Auditors love auditing the HRD, many stating that it was the most interesting auditing they had ever done and how much they enjoyed helping their pcs.

Despite the apparent lightness of the HRD, it actually touches on and handles very basic charge, common to everyone. It is very easy to audit, provided that it is done exactly per the instructions.

DELIVERY

The HRD auditing may be delivered in Class IV orgs and missions who have auditors and a C/S trained to deliver the HRD.

There are two methods of doing the HRD.

The usual method requires a Class 1 auditor trained on the HRD course and interneship. About 95% of HRD auditing can be delivered this way (though this percentage could vary in some areas).

The other method of doing the HRD, and any needed repairs or reviews (comprising about 5% of the auditing) require a Class IV auditor trained on the HRD course and interneship.

The C/S in either case needs to be a Class IV C/S and trained on the HRD C/S course and interneship. Thus one Class IV C/S, one Class IV HRD auditor and several Class 1 HRD auditors would be able to deliver a lot of HRD auditing. The minimum would be a Class IV HRD C/S and a Class IV HRD auditor.

HRD training courses and interneships may be delivered in orgs Class IV and above who have trained HRD delivery personnel as above.

Provision should be made for the HRD delivery personnel to receive the HRD themselves as 50% of the auditors engaged on the pilot found the materials restimulative. Provision should also be made for the staffs of orgs and missions to receive the HRD also; they will want it very much and the increased efficiency and other benefits will make it well worthwhile.

The actual command sheets and techniques of the HRD are restricted to trained HRD auditors and C/Ses and HRD student checksheets. It is a powerful rundown and must be done very exactly. Indiscriminate distribution of the actual auditing materials could be restimulative and would be actionable by HCO. There is of course absolutely no restriction on the distribution of the booklet, nor of gains and wins and results from auditing on the rundown. Word of mouth on the HRD will be good and should be encouraged.

Auditor assignment policy applies in that the auditor or C/S must be of equal or higher case level, to handle cases of persons who have had confidential rundowns, confidential grades or confidential levels. (For example a Clear may only be audited or C/Sed by someone who is Clear or above.)

CASE PREREQUISITES

The Purification Rundown and SRD or Objective processes run to the result given in HCOB 12 May 80 DRUGS AND OBJECTIVE PROCESSES, are the prerequisites. (Rarely, some pcs might require a DRD or OT DRD, which an HRD C/S can determine.) The HRD can be done anywhere on the Grade Chart (except during the Non-Interference Zone). It can be done before or after grades or anywhere after OT III. It can be done on preclears, Clears and OTs.

If a decision has to be made as to whether to do the HRD before or after grades, it would be preferable to do the HRD before grades, as the HRD raises confront, responsibility and the ability to as-is. An HRD completion will be able to run deeper and get more out of auditing. The HRD results are not less on pcs who have not had grades, compared with pcs who have had grades.

One would not interrupt a current major action that a pc was winning on to start the HRD, but otherwise one does not have to try to complete earlier actions or programs on a case before the HRD.

Very little or no set-up is required before the HRD. Usually none. The only exception would be the repair of a recent flubbed session or auditing, if the pc had his attention on it. During the pilot, set-up actions attempted on pcs before the HRD proved unnecessary, especially when the pc had read even part of the booklet. The rule regarding set-up is:

IF YOU CAN FLY THE PC'S RUDIMENTS, HE'S SET UP FOR THE HRD.

Once started, the HRD must be completed with no other auditing or case actions interjected. Experience has proven that once started on the HRD any other case action, mixing practices or other therapies are detrimental. In truth, the HRD covers aspects of a being's existence that are so universal, so fundamental and of such interest, that it is not possible to shift attention to other processes or actions.

LENGTH OF RUNDOWN

While the length of any rundown will vary from one person to another, the HRD can generally be done in 25 hours. The longest it has taken is 56 hours (on a pc who had only done the Purif Rundown, SRD, virtually no other auditing, was not Clear and had had a history of heavy street drugs), the shortest was 7 1/2 hrs on a pre-OT who was OT III Expanded, had had a considerable amount of auditing and was in very good case condition. Both of these are exceptions. The majority of cases take about 25 hrs, usually slightly less.

BOOKLET: THE WAY TO HAPPINESS

The pc needs to obtain his own copy (or copies) of the booklet and bring it to session. It is used during the sessions. The pc will also use it in life after the rundown and will want extra copies for his friends, acquaintances and relatives.

TEST RESULTS

Pcs should be given tests before and after the HRD. During the pilot the OCA test invariably showed an improvement, always a different OCA pattern (denoting a change of valence(s), personality or beingness). In fact, most pcs on the HRD have several to many changes of valence, becoming more and more themselves. This can be expected as a routine result on the HRD. (Sometimes a very high point on an OCA, when other OCA traits are much lower, will come down a bit while the low points come up -- but that is an improved OCA.) IQ tests, Aptitude and Leadership scores usually improve, especially where these were not already high before the HRD.

Overall the test results on all cases audited on the HRD show improvement. The most striking being OCA improvements, due to the pc having been freed from unwanted valences.

GAINS

The gains pcs have had on the HRD are numerous and varied, but there are certain gains that are common to all cases audited on the HRD. These follow in brief:

All experienced improvements in their beingness, doingness and havingness, very often making very observable changes even near the beginning of the rundown.

Confusions on the subject of right and wrong handled and replaced with workable stable data that can be used in day-to-day living.

A sense of security and calmness about oneself and one's future; knowing that one is indeed on the way to happiness.

A return of ARC with life across each of the dynamics and increased ability to get along well with others.

It has been observed by the pcs and by others that some of the benefits of the HRD seem to "rub off" on the pc's associates. In other words, not only does the pc change for the better, but often there is also a change for the better in those persons the pc is in contact with.

About 50% of the persons audited on the HRD had improvements in perception such as seeing objects in the environment more clearly, more color and better depth perception; better hearing and other perceptions.

All experienced increases in their enjoyment, happiness and pleasure in life.

All stated increases in their energy level, doingness, efficiency, competence and action level.

Many persons on the HRD were relieved to get rid of misunderstandings and false data (often that they would never have guessed they had) that had been holding them back and preventing clear thought and decisive action.

About 50% terminately handled PTS conditions, both current and long term.

Those who had guilt feelings, feelings of inferiority or inadequacy, shame, blame or regret concerning the past, persisting sadness about life, etc., got rid of these feelings and gained a fresh outlook and fresh start on life.

Areas of life where the pc had been effect changed with the pc becoming causative over them.

Many pcs stated that the HRD handled their ruin; handled what they came into Scientology to Set handled.

All got a considerable rise in their chronic tone level.

All experienced happiness.

PREDICTION

Based on the earliest cases completed on the HRD, there is no fading of the initial glow on completing the HRD. Not only was there no fade but those persons report an increase or expansion of their gains following the HRD. The result promises not only to be stable, but to actually get better as the person goes on in life applying the principles learned.

Due to the immense popularity of the HRD amongst the pcs, auditors and others in contact with it, the demand for the HRD can be expected to be very high, and it can be expected to accelerate in each area where it is delivered.

The combination of the booklet: "The Way to Happiness" and the availability of the Happiness Rundown are a boon to FSMs and Distribution Divisions.

The goal for Mankind and this planet of a world without war, insanity or criminality and happiness for all, is now much much closer.

L. RON HUBBARD

FOUNDER

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