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HCO BULLETIN OF AUG. 20, 1956

After a study of processing in general and much testing by HGC's London and Washington and in particular by my own and HCO auditing, the following scale of processes can be considered optimum at this time in the light of what we know. Until further extensive testing is available we can consider the following to be the most productive processes and these should be used by staff on outside pc's and taught in classes.

HGC PROCEDURE OF AUG. 20

1. Make pc at ease in session, build some A-R-C without too much 2-way comm. Get pc's viewpoint. Make him feel auditor regards goals seriously. Run comp. mag. on p.t. problem.
2. Run S-C-S on objects stressing each of them more or less equally, running each until fairly flat. This could take from a half-hour to 25 hours depending on pc. Away and to pc on stop is highly effective.
3. Sc part (a) on body if pc in poor shape. Get it flat if so. (At least until he has no somatics.)
4. S-C-S on body.
5. Locational processing as extroversion process for S-C-S on (4) (run with (4) as an alternating process if needed.)
6. S-C-S on body specializing on stop.
7. Connection processes. (Look around and find something you wouldn't mind connecting with you.)
8. Before and after solids.  
Select an engram from mid life which pc has mentioned or an age and have him find a picture before it. If picture isn't an engram have him make it solid. Then one after the selected time. Keep him out of engrams and painful incidents by having him get earlier or later ones that aren't painful before you let him make it "more solid". Don't change your engram target or selected age no matter what other incident comes up.  
Quit only when pc has been getting them close to p.t. Close by telling him "come to present time", an operation which requires a few seconds or a minute.  
Before and after solids brings up the case computation, the service facsimile and vacuums and discharges them.
9. Run Look around here and find something you wouldn't mind making solid as the objective version of (8).

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Havingness processes, optional as indicated.

Run problems, Trio on self (what you can have in room), can't have on others or body, creative process havingness, and putting things into walls, ceiling and floor and not know plus Trio on people outside.

And mock up confusions for stable data, name, etc. Also Axiom 10 processes.

Observe the following:

Havingness drops when compulsive game cond. comes in. Repair havingness rather than run out agitation.

PCs, I discover, go from minus tone scale up to being able to have problems or tone or solids. Any case has some point that goes from no-effect or unreal or ~~don't care~~ up to apathy. Cases go north to apathy. There are no-tone cases. These are compulsive G.C.

Thinkingness processes reduce havingness no matter what button they hit. Solids, effort, emotion, perceive are all above think.

The pc's cognitions are valuable. But don't run thought out faster than havingness and solids in general run in. Never shoot for phrases. Ignore them. Before and After Solids, calmly run, bring up vast numbers of computations. Don't knock out havingness with too much 2-way. Don't go out of A-R-C with pc with too little 2-way. How much 2-way or think is answered by "how can we get solids into this case."

Always run on a game condition basis. Enemy can have is deadly on pc. Can't have on enemy okay. Effect on pc is fatal. PCs Effect on others okay. What pc could change is fine. What could change pc terrible.

The path to truth lies through solids, effort, emotion, perception and Now Know; it is not to be found amongst thinking.

On Control; it is the first step toward solids. PC won't start until he is sure he can stop.

To have pc insist on light is to bring him to tolerate and handle the dark.

Profiles and IQ gain when pc regains ability in solids in bank and universe and can plant emotion into walls wholesale. Intolerance of solids made him think. Failure to control solids made him intolerant of them. Thus havingness is the first goal.

Havingness is reduced by bad A-R-C, inaccurate or clumsy auditing, running thinking processes and ignoring real p.t. problems.

Reality begins with good A-R-C with auditor and becomes tolerable with regained control of Mest and gets real with solids. That's the best track for high gains in the light of what we know now.