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excerpt from HCO Bulletin of July 3, 1959  
"General Information"

- COMMANDS:** "Recall something that was really real to you." "Thank you."  
"Recall a time when you were in good communication with someone." "Thank you." "Recall a time when you really liked someone." "Thank you." The three commands are given in that order and repeated in that order consistently.
- POSITION:** Auditor and preclear seated facing each other at a comfortable distance.
- PURPOSE:** To give the student reality on the existence of a bank. (When used as a training drill.) This is audited on another and is audited until the preclear is in present time. It will be found that the process discloses the cycling action of the pc going deeper and deeper into the past and then more and more shallowly into the past until he is recalling something again close to present time. This cyclic action should be studied and understood and the reality on the pictures the preclear gets should be thoroughly understood by the student. The fact that another has pictures should be totally real to the student under training.
- NOTE:** It should be thoroughly understood that this is a valuable process and an excellent step in preparation for running the heavier recall processes.
- HISTORY:** Developed by L. Ron Hubbard in 1951 in Wichita, Kansas. This was once a very important process. It has been known to bring people from a neurotic to a sane level after only a short period of application. It has been run on a group basis with success but it should be noted that the thinkingness of the individuals in the group would have to be well under the control of the auditor in order to have this process broadly beneficial. When it was discovered that this process occasionally reduces people's havingness, the process itself was not generally run thereafter. It is still, however, an excellent process with that proviso, a reduction of havingness in some cases. If this process is "policed" the auditor asks the preclear "when" before giving the acknowledgement, as often as is necessary to maintain control of the preclear - or as often as is necessary for the auditor to maintain his own confidence that the preclear is under his control and doing the process. This process can be run "muzzled" and should be, where muzzling is indicated.