Dist: Tech.

## HUBBARD COMMUNICATIONS OFFICE Saint Hill Manor, East Grinstead, Sussex (Reissued L.A.)

## HCO BULLETIN OF OCTOBER 13, AD9

HCO SECS. D OF P's.

## A Useful Process

On your HGC process you have many who cannot seem to plumb an overt/motivator sequence. On any such and many more, you will find the following process works admirably:

"Recall being Critical."
"Recall withholding friticism".

If the PC tends to become ill push on through. This is the lowest level of force and influences body form. Try it and tell me how it goes.

L. RON HUBBARD

LRH: JS: R&H Copyright (c) 1959 by L. Ron Hubbard ALL RIGHTS RESERVED.