

HUBBARD COMMUNICATIONS OFFICE
Saint Hill Manor, East Grinstead, Sussex

Fran Hldrs.
Central Orgs.

HCO BULLETIN OF MARCH 3, 1960

OT-3 A PROCEDURE
HGC ALLOWED PROCESSES

This bulletin supercedes all earlier bulletins.

Any case that cannot adequately define simple words like help, change problem, control, responsibility: Runs CCE'S 1,2,3,4 as per their earliest bulletins.

STEP ONE:

Rudiments - (See Model Session HCO Bulletin of February 25th 1960).

Goals

Surroundings

Auditor and ARC breaks

Present Time Problem

Establish Rudiments every session. Establish them more often with touchy po's.

STEP TWO:

Run Cause ARC Straight Wire to give pc a win on getting audited. Once each over and over. End process only with pc in present time on cycle.

"Recall communicating to someone"

"Recall a time you felt affinity for someone"

"Recall something that is really real to you"

STEP THREE:

S-C-S.

High Needle Case: Run with emphasis on SMART.

Low Needle Case: Run with emphasis on STOP.

STEP FOUR:

Scout for present life overts and witholds. If found run "What about that incident could you be responsible for?" (See note on Responsible). Flatten off all present life overt/witholds and zones of irresponsibility (high or low needle).

This should bring the needle into quietness and the tone arm down to clear reading for the pc's sex.

On a low tone arm case, particularly below two, find a terminal that is in a stuck picture and run withhold on that terminal: "What could you withhold from a blank?"

If an overt is a very bad one that the pc can take little responsibility for, run O/W on the specific terminal involved, then generalize the terminal form in the command and run responsibility. Commands here are "What have you done to -----?" "What have you withheld from-----?" Then "What responsibility have you taken for a -----?".

When a pc has done a very bad overt to a person or thinks he has, his level of responsibility is already below zero on that type of person. Therefore responsibility run on the specific terminal (such as "Agnes") won't work as pcs responsibility on "a woman" was very low before he did an overt to "Agnes". Therefore it would be O/W on "Agnes" and responsibility on "a woman".

The whole essence of clearing in this life time is done by the steps up to and including this one. The procedure would be to locate the present life overts (or personnel in pt problems), run O/W on them and then responsibility on the general form.

STEP FIVE:

Clear the pc's field with responsibility as per recent HCO Bulletin on black, invisible or dub in cases. When pc sees pictures of PT then go at case in general. O/W on persons in a stuck picture will move it. Running withhold only on such persons will raise a low needle case.

STEP SIX:

Run "What about a victim could you be responsible for?" Until tone arm tends to read at clear reading for sex in this lifetime.

cont/

Whenever the pc encounters an incident that seems very sticky, which is to say when the picture sticks many commands by the E-Meter, spot the time in terms of years ago and down to the month and day. When the incident is spotted, if it continues to hang up run it as an incident with this command: "What about that incident could you be responsible for?" and as needful on a two way comm basis, and by any process as needed get off its overts and witholds and "Who would it make feel guilty?"

When any incident is reasonably flat continue with "What about a victim could you be responsible for?"

This does not mean that you spot and run every incident encountered. Spot and run only those that stick.

STEP SEVEN:

Explore the immediate past lifetime or lifetimes of the pc. Get the pc's identity and form (sometimes they were animals), and if lifetime alters position of tone arm run "What about (name) would you be willing to be?" "What about (name) would you rather not be?"

Do this until incident is flat. If heavy engram in such lifetime sticks, run "What about that incident could you be responsible for?"

STEP EIGHT:

Run down any famous or enduring identities of the pc on the whole track, and handle as above.

Ease off this with responsibility as a victim.

STEP NINE:

Do a dynamic assessment on the pc and locate any terminal that drops, and run on this "What responsibility could you take for a blank?"

If a severe incident turns up flatten with responsibility on the incident.

This step can be done many times. Most of the pc's case will be found connected with some general terminal.

STEP TEN:

Do a survey of case finding anything that the pc has trouble confronting and run responsibility on it.

Clues: Sick person - Insane Person - Robot - Prize Fighter - Worker.

STEP ELEVEN:

Find anything pc has created arduously for a long time and run responsibility on it.

STEP TWELVE:

Run Responsibility on Matter, Energy, Space, Time, Motion and Thought. Confront can be run first on these as a kinder step.

Caution: Until some confront and responsibility are run on some cases no present life overts show up. Control, Confront and Responsibility are the key to high and low arms. Always handle any severe overts that turn up on case with responsibility process.

Do not run a massless terminal such as 'sex' or 'help'. Find instead some actual terminal, not a significance.

Beware running adjectival commands such as 'Frigid'woman' or 'a little boy with a mole under his left grin'. Run instead the plainest terminal that drops.

Do not run things that are not real to the pc as he has made them unreal to lessen the overt. Instead run lots of overt finding processes such as "What could you admit causing a (terminal real to pc)?" Alternated with "What could you withhold from a (same terminal)?"

NOTE: Confront can be run as a prelude to any and all responsibility, with the following command "What about (-----) could you confront?" Do not use the dichotomy version (rather not). Confront is sometimes easier, sometimes harder than responsibility.

Much of the material here is on the Washington 1960 HCS tapes..

Usage of the rundown should be taught on staff theta clearing courses.

LRH:js

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