

HUBBARD COMMUNICATIONS OFFICE  
Saint Hill Manor, East Grinstead, Sussex,  
HCO BULLETIN OF SEPTEMBER 22, 1960

Re-issued HCO LA  
Dist: Tech hats  
D, of T.  
D, of P.  
Staff Auditors

PRESESSIONS AND REGIMENS

Here are Preessions XXXII to XXXV from the 1st Saint Hill ACC, and a list of the oommands of Regimens 1 to 6:

PRESESSION XXXII:

HAVE: "How could you deter a.....?"

"What have you not given a.....?"

CONFRONT: "What would a..... own? (To clean up Scientology auditing or instruction, run on, "auditor,"

"What would a ,.....not own? "pc", "instructor", "student", as indicated.)

POSTSESSION I, replace with:

PRESESSION XXXIII (to clean up an intensive)

HAVE: Whatever havingness runs best on pc, as havingness command.

CONFRONT: "What have you done in this room?"

"What have you withheld in this room?"

(To clean up all auditing use "an auditing room")

PRESESSION XXXIV:

HAVE: Whatever pc runs best, as havingness command.

CONFRONT: "Who have you overwhelmed?"

"Who have you not overwhelmed?"

PRESESSION XXXV:

HAVE: "Notice that ( indicated room object). How could you get it to help you?"

CONFRONT: "Whom have you failed to help?"

(This will fish up a case who is out the bottom with ARC breaks. Corrects alter-is-ness.)

REGIMENS 1-6

REGIMEN ONE: (Repeated here from HCO Bulletin of August 4, 1960)

a. Assessment- Ask the pc what is wrong with him. Take the pc's answer, make it into a general terminal. Run that and nothing else. When it's cooled off, assess again, same way, run that. Don't argue or dispute or change what the pc says except to convert it to a general terminal.

Example: Auditor: "What do you think is wrong with you?"

P.C. "My wife"

Auditor: "OK, we'll run a wife"

Example: Auditor: "What do you think is wrong with you?"

P.C. "I'm impatient"

Auditor: "Can you think of somebody who was impatient?"

P.C. "My father"

Auditor: "OK, we'll run a father"

Example: Auditor: "What do you think is wrong with you?"

P.C. "Well, I think I'm attenuated."

Auditor: "Did you ever know an attenuated person?"

P.C. "Yes,"

Auditor: "Who was it?"

P.C. "George James"

Auditor: (since this is a specific terminal and we want a general one) "What was George James?"

P.C. "A Loafer!"

Auditor: "OK, we'll run help on a loafer, all right?"

P.C. "Fine"

When "a loafer" is flat, flat, we do the same assessment again and as above get a new general terminal.

- b. Use as a process two way concept help. Example: "Think of a father helping you" "Think of you helping a father", etc. Flatten it down to a no reaction on meter, (lay meter aside for most of sessions. Use only to check)
- c. For a quarter of any session time run alternate confront, "What could you confront?" "What would you rather not confront?"
- d. For a quarter of every session's time run havingness to end with - "Look around here and find something you could have".
- e. Start session with checking for PTPs and ARC breaks. Handle PTP with "What part of that problem could you be responsible for?" Only.
- f. Handle ARC break with "What have I done to you?" "What have you done to me?"; only.

Regimen I omits pre-sessioning. It does a rough kind of Model Session, as good as one can get but skip being critical of it.

#### REGIMEN TWO: ( See HCO Bulletin of August 26, 1960)

Step (a) "What motion have you helped?"

"What motion have you not helped?"

Step (b) "What can you confront?"

"What would you rather not confront?"

Step (c) "Look around here and find something you could have"

Step (a) is run for the bulk of the session and Steps (b) and (c) are given equal times at session end.

Step (c) may be run at any time if pc's havingness drops. Step (c) must however always be run until the

pc can have each one the bulk of the objects in the room.

Cases which do not respond to Regimen Two should be pre-sessioned until the tone arm becomes active,

no matter how many sessions this requires.

#### REGIMEN THREE:

Model Session form. Havingness and Confront commands as found to run best on that pc.

Regimen commands: "What motion have you helped?"

"What motion have you not helped?"

The order in which the processes and commands are run are: Havingness - Help on motion - havingness - confront - etc. etc.

#### REGIMEN FOUR:

Same as Regimen Three except that the Regimen commands are:

"What distant motion have you helped?"

"What distant motion have you not helped?"

and the confront command is:

"What sensation could you confront?"

"What sensation would you rather not confront?"

The order of commands is therefore: Havingness (best havingness command for pc). Help on distant motion - havingness - confront (alternate confront on sensation) etc.

#### REGIMEN FIVE:

The havingness command is the one that best suits the pc.

The confront command is:

"What emotion could you confront?"

"What emotion would you rather not confront?"

The Regimen commands are:

"How have you helped time?"

"How have you not helped time?"

Order of commands: Havingness - help on time - havingness- confront - etc. etc.

REGIMEN SIX:

There are three variations of commands:

1. "Get the idea of doing something to....."  
"Get the idea of withholding something from a ....."
2. "What have you done to....."  
"What have you withheld from....."
3. "Get the idea of having done something to....."  
"Get the idea of having withheld something from....."

In each case the blank is an assessed 6th dynamic terminal. Command no. 3 runs regret. The havingness and confront commands are those which are best suited to the preclear.

Issued by: PETER HEMERY  
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for L. RON HUBBARD

LRH:jsrsh

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