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THE TIME TRACK
AND
ENGRAM RUNNING BY CHAINS

BULLETIN 2

HANDLING THE TIME TRACK

Although finding and curtailing the development of the Time Track at genus is not improbable, the inability of the preclear to attain it early on is questionable without reducing the charge on the existing track. Therefore, any system which reduces the charged condition of the Time Track without reducing but increasing the awareness and decisionability of the preclear is valid processing. Any system which seeks to handle the charge but reduces the preclear's awareness and decisionability is not valid processing but is degrading.

According to early axioms, the single source of aberration is Time. Therefore any system which further confuses or overwhelms the preclear's sense of time will not be beneficial.

Thus the first task of the student of engram running is to master the handling of Time on the preclear's Time Track. It must be handled without question, uncertainty or confusion.

Failing to handle the Time in the preclear's Time Track with confidence, certainty and without error will result in grouping or denying the Time Track to the pc.

The prime source of ARC break in engram running sessions is by-passing charge by Time mishandling by the auditor. As a subhead under this, taking and trying to run incidents which are not basic on a chain constitute an error in Time and react on the pc like By-Passed RIs or GPMs.

An ARC break-less session requires gentle accurate time scouting, the selection of the earliest Timed incident available and the accurate Time handling of the incident as it is run.

There are only a few reasons why some cannot run engrams on pcs. These are:

- (1) Q and A with the pain and unconsciousness of incidents;
- (2) Failing to handle the Time Track of the pc for the pc.
- (3) Failure to understand and handle Time.

(2) and (3) are much the same. However, there are three ways to move a Time Track about:

- (a) By significance (the moment something was considered);
- (b) By Location (the moment the pc was located somewhere);
- (c) By Time alone (the date or years before an event or years ago);

You will see all three have time in common. "The moment when you thought ——" "The moment you were on the cliff ——" "Two years before you put your foot on the bottom step of the scaffold" are all dependent on Time. Each designates an instant on the Time Track of which there can be no mistake by either auditor or pc.

The whole handling of the Time Track can be done by any one of these three methods, significance, location, Time.

Therefore all projectionist work is done by the Time of Significance, the Time of Location or Time alone.

The track responds. Those auditors who have trouble cannot grasp the totality and accuracy and speed of that response. The idiotic and wonderful precision of the Time Track defeats the sloppy and careless. They wonder if it went. They question the pc's being there. They fumble about until they destroy their command over the Time Track.

"Go to 47,983,678,283,736 years 2 months, 4 days 1 hour and six minutes ago." Well a clear statement of it, unfumbled, will cause just that to happen. The tiniest quiver of doubt, a fumble over the millions and nothing happens.

Fumbled dating gets no dates. One must date boldly with no throat catches or hesitations. "More than 40,000? Less than 40,000?" Get it the first read. Don't go on peering myopically at the meter asking the same question the rest of the session. Accurate, Bold, Rapid. Those are the watch words of dating and Time Track handling.

In moving a Time Track about, move only the track. Don't mix it and also move the pc. You can say "Move to ——". You don't have to say (but you can) "The somatic strip will move to ——". But never say "You will move to ——" And this also applies to Present Time. The pc won't come to Present Time. He's here. But the Time Track will move to the date of present time unless the pc is really stuck. In getting a pc to Present Time (unimportant in modern engram running) say "Move to (date, month and year of P.T.)".

In **scouting** you always use **To**. "Move To ——". In **running** an engram or whatever, you always use **THROUGH**. "Move through the incident"

If an auditor hasn't a ruddy clue about the Time Track and its composition, he or she won't ever be able to run engrams. So, obviously, the first thing to teach and have passed in engram running is **Time Track Composition**. When the Auditor learns that, he or she will be able to run engrams. If the auditor does not know the subject of the Time Track very well, then he or she can't be taught to run engrams, for no rote commands that cover all cases can exist. You couldn't teach the handling of a motion picture projector by rote commands if the operator had never imagined the existence of film. An auditor sitting there thinking the pc is doing this or that and being in a general fuddle about it will soon have film all over the floor and wrapped about his ears. His plea for a rote command will just tangle up more film so long as he doesn't know it is film and that he, not the preclear, is handling it.

If an auditor can learn this, he will **then** be able to learn to run those small parts of the Time Track called engrams. If an auditor can't run a pc through some pleasant Time Track flawlessly, he or she can't run a pc through the living lightning parts of that Track called Engrams.

An auditor who cannot handle the Time Track smoothly can scarcely call himself an auditor as that's all there is to audit besides postulates, no matter what process you are using, no matter what process you invent and even if you tried what is laughingly called "bio-chemical approach" to the mind. There's only a Time Track for the bios to affect.

There's a thetan, there's a Time Track. The thetan gets caught in the Time Track. The job of the auditor

is to free the thetan by digging him out of his Time Track. So if you can't handle what you're digging a thetan out of, you're going to have an awful lot of land slides and a lot of auditing loses for both you and preclears.

Invent games, devices, charts and training aids galore and teach with them and you'll have auditors who can handle the Time Track and run engrams.

CHARGE AND THE TIME TRACK

Charge, the stored quantities of energy in the Time Track, is the sole thing that is being relieved or removed by the auditor from the Time Track.

When this charge is present in huge amounts the time track overwhelms the pc and the pc is thrust below observation of the actual track.

This is the State of Case Scale. (All levels given are major levels. Minor levels exist between them.)

Level (1)	NO TRACK	No Charge
Level (2)	FULL VISIBLE TIME TRACK ...	Some Charge
Level (3)	SPORADIC VISIBILITY OF TRACK	Some heavily charged areas
Level (4)	INVISIBLE TRACK (Black or Invisible Field)	Very heavily charged areas exist
Level (5)	DUB-IN	Some areas of Track so heavily charged pc is Below unconsciousness in them.
Level (6)	DUB-IN OF DUB-IN	Many areas of Track so heavily charged, the Dub-In is submerged.
Level (7)	ONLY AWARE OF OWN EVALUATIONS	Track too heavily charged to be viewed at all.
Level (8)	UNAWARE	Pc dull, often in a coma.

On this new scale the very good, easy to run cases are at Level 3. Skilled engram running can handle down to Level (4). Engram running is useless from Level (4) down. Level (4) is questionable.

Level (1) is of course an O.T. Level (2) is the clearest clear anybody ever heard of. Level (3) can run engrams. Level (4) can run early track engrams if the running is skilled. (Level (4) includes the Black V case.) Level (5) has to be run on general ARC Processes. Level (6) has to be run carefully on special ARC processes with lots of havingness. Level (7) responds to the CCHs. Level (8) responds only to reach and withdraw CCHs.

Pre-Dianetic and Pre-Scientology mental studies were observations from Level (7) which considered Levels (5) and (6) and (8) the only states of case and oddly enough overlooked Level (7) entirely, all states of case were considered either neurotic or insane, with sanity either slightly glimpsed or decried.

In actuality on some portion of every Time Track in every case you will find each of the levels except (1) momentarily expressed. The above scale is devoted to chronic case levels and is useful in Programming a case. But any case for brief moments or longer will hit these levels in being processed. This is the Temporary Case Level found only in sessions on chronically higher level cases when they go through a tough bit.

Thus engram running can be seen to be limited to higher level cases. Other processing, notably modern ARC processes, move the case up to engram running.

Now what makes these levels of case?

It is entirely charge. The more heavily charged the case, the lower it falls on the above scale. It is charge that prevents the pc from confronting the Time Track and submerges the Time Track from view.

Charge is stored energy or stored or recreational potentials of energy.

The E-Meter registers charge. A very high or low tone arm, a sticky or dirty needle all are registrations of this charge. The "chronic meter of a case" is an index of chronic charge. The fluctuations of a meter during a session are registering relative charge in different portions of the pc's Time Track.

More valuably the meter registers released charge. You can see it blowing on the meter. The disintegrating RR, the blowing down of the TA, the heavy falls, the loosening needle all show charge being released.

The meter registers charge found and then charge released. It registers charge found but not yet released by the needle getting tight, by DN, by a climbing TA or a TA going far below the clear read. Then as this cleans up, the charge is seen to "blow".

Charge that is restimulated but not released causes the case to "charge up", in that charge already on the Time Track is triggered but is not yet viewed by the pc. The whole cycle of restimulated charge that is then blown gives us the action of auditing. When prior charge is restimulated but not located so that it can be blown, we get "ARC Breaks".

The State of Case, the Chronic Level, as given on the above scale, is the totality of charge on the case. Level (1) has no charge on it. Level (8) is total charge. The day to day condition of a case, its temper, reaction to things, brightness, depends upon two factors, (a) the totality of charge on the case and (b) the amount of charge in restimulation. Thus a case being processed varies in tone by (a) the totality of charge remaining on the case (b) the amount of charge in restimulation and (c) the amount of charge blown by processing.

Charge is held in place by the basic on a chain. When only later than basic incidents are run charge can be restimulated and then bottled up again with a very small amount blown. This is known as "grinding out" an incident. An engram is getting run, but as it is not basic on a chain, no adequate amount of charge is being released.

Later than basic incidents are run either (a) to uncover more basic (earlier) incidents or (b) to clean up the chain after basic has been found and erased.

No full erasure of incidents later than basic is possible, but charge can be removed from them **providing they are not ground out** but only run lightly a time or two and then an earlier incident on the chain found and similarly run. When the basic is found it is erased by many passes over it. Basic is the only one which can be run many times. The later the incident is (the further from basic) the more lightly it is run.

There is no difference in the technology required to run a basic or a later incident. It is only the number of times THROUGH that differs. Basic is run through many times. A somewhat later engram is run through a couple of times. An engram very late on the chain is gone through once. Otherwise all engrams whether basic or not are run exactly the same.

Engrams are run to release Charge from a case. Charge is not released to cure the body or to cure anything physical and the meter cures nothing. Charge is released entirely to return to a thetan his causation over the Time Track, to restore his power of choice, and to free him of his most intimate trap, his own Time

Track. You cannot have decent, honest or capable beings as long as they are trapped and overwhelmed. While this philosophy may be contrary to the intentions of a slavemaster or a degrader it is nevertheless demonstrably true. The universe is not itself a trap capable only of degradation. But beings exist who, beaten and overwhelmed themselves, can utilize this universe to degrade others.

The mission of engram running is to free the charge which has accumulated in a being and so restore that being to appreciated life.

All cases, sooner or later, have to be run on engrams, no matter what else has to be done. For it is in engrams that the bulk of the charge on the Time Track lies. It is therefore those parts of the Time Track called engrams which overwhelm the thetan. These contain pain and unconsciousness and are therefore the record of moments when a thetan was most at effect and least at cause. In these moments then the thetan is least able to confront or to be causative.

The engram also contains moments when it was necessary to have moved and most degrading to have held a position in space.

And the engram contains the heaviest ARC Break with a thetan's environment and other beings.

And all these things add up to charge, an impulse to withdraw from that which can't be withdrawn from or to approach that which can't be approached, and this, like a two pole battery, generates current. This constantly generated current is chronic charge. The principal actions are:

(a) When the attention of the thetan is directed broadly in the direction of such a track record the current increases.

(b) When the attention is more closely (but not forcefully) and accurately directed, the current is discharged.

(c) When the basic on the chain is found and erased, that which composes the poles themselves is erased and later incidents eased, for no further generation is possible by that chain and it becomes incapable of producing further charge to be restimulated. The above are the actions which occur during auditing. If these actions do not occur despite auditing, then there is no case betterment, so it is the auditor's responsibility to make sure they do occur.

As the Time Track is created by an involuntary response of the thetan, it is and exists as a real thing, composed of space, matter, energy, time and significance. On a Level (8) Case the Time Track is completely submerged by charge even down to a total unawareness of thought itself. At Level (7) awareness of the track is confined by extant charge to opinions about it. At Level (6) Charge on the track is such that pictures of pictures of the track are gratuitously furnished, causing delusive copies of inaccurate copies of the track. At Level (5) charge is sufficient to cause only inaccurate copies of the track to be viewable. At Level (4) Charge is sufficient to obscure the track. At Level (3) Charge is sufficient to wipe out portions of the track. At Level (2) there is only enough charge to maintain the existence of the track. At Level (1) there is no charge and no track to create it. All Charge from Level (1) and up into higher states that is generated is knowingly generated by the thetan, whose ability to hold locations in space and poles apart results in charge as needful. This would degenerate again as he put such matters on automatic or began once more to make a Time Track, but these actions alone are not capable of aberrating a thetan until he encounters further violent degradation and entrapment in the form of implants. Aberration itself must be calculated to occur. The existence of a Time Track only makes it possible for it to occur and be retained. Thus a thetan's first real mistake is to consider his own pictures and their recorded events important, and his second mistake is in not obliterating entrapment activities in such a way as not to become entrapped or aberrated in doing so, all of which can be done and should be.

Engram running is a step necessary to get at the more fundamental causes of a Time Track and handle them.

So it is a skill which must be done and done well.