

HUBBARD COMMUNICATIONS OFFICE

Remimeo
Class IV

Saint Hill Manor, East Grinstead, Sussex

HCO BULLETIN OF 24 JANUARY 1969

SUB-ZEROS -- TRIPLE GRADES

LOWER LEVELS -- TRIPLE GRADES

Auditor	pc Name
Case Super	date

Note: This HCO B is to be used ONE FOR EACH PC as a check sheet for that pc and belongs in his/her folder. IT IS DONE DURING session, not filled in after.

Triple Grades depends upon the three primary flows: Out-Flow, In-Flow, and Cross-Flow. These are designated respectively: F1, F2, and F3.

Each Grade is now followed by a Havingness process. Processing deletes unwanted mass. Havingness restores the mass "desired" and eventually brings one up to not needing it. Each grade is complete when it's Havingness processes have been run to FN after all flows of all processes here listed for that grade have been run each to FN.

TRIPLE RUDS RUN
in earlier session

To FN _____
Auditors
Initials

Rud flown this session

To FN _____

STRAIGHT-WIRE TRIPLE

SW F1: Recall a time that was really real to you.

Recall a time you were in good communication with someone.

Recall a time you really felt affinity for someone.

Recall a time you knew you understood someone.

To FN _____

SW F2: Recall a time that was really real to another.

Recall a time someone was in good communication with you.

Recall a time someone really felt affinity for you.

Recall a time another knew he/she understood you.

To FN _____

SW F3: Recall a time that was really real for others.
 Recall a time another was in good communication with others.
 Recall a time another really felt affinity for others.
 Recall a time another knew he understood others.

To FN _____

Havingness: SWH F1: Look around here and find something that is really real to you.

To FN _____

SWH F2: Look around here and find something that would really be real to another.

To FN _____

SWH F3: Look around here and find something that would be really real to others.

To FN _____

DIANETIC SECONDARIES TRIPLE

RECALL STEP: SR F1 - Recall losing something.

To FN _____

SR F2 - Recall another losing something.

To FN _____

SR F3 - Recall others losing something of another's.

To FN _____

Havingness: (1 process) SMI Notice that _____

To FN _____

INCIDENT STEPS:

IS F1: "Locate an incident where you lost something."

1. Date the incident.
2. Move pc to the incident with the exact command "Move to (date)."
3. "What is the duration of the incident?"
4. "Move to the beginning of the incident at (date)."
Wait until meter flicks.
5. "What do you see?" (If pc's eyes are open, tell pc first, "Close your eyes".)
6. "Move through the incident to a point (duration) later."
7. Ask nothing, say nothing, do nothing (except observe meter or make quiet notes) while pc is going through the incident. If the pc says anything at all, just acknowledge and let him continue, using this exact command softly "Okay, Continue".
8. When the pc reaches the end of the incident say only "What happened?" When pc has finished talking, give a final acknowledgement.
9. Repeat exactly and only 2 through 8.
10. After the second and subsequent runs through an incident check "Has the incident become more solid?" with the pc.

11. Continue the above until
 - a. The pc spots an earlier incident, or
 - b. The pc gets no change on a run through the incident from the run just before, or
 - c. The incident becomes more solid or fails to discharge.

12. If a, b, or c above occurs: "Locate an earlier similar incident."

13. Then 1 through 9.

To FN _____

IS F2: "Locate an incident of you causing another loss and misemotion."

1. Date the incident.
2. Move pc to the incident with the exact command "Move to (date)."
3. "What is the duration of the incident?"
4. "Move to the beginning of the incident at (date)." Wait until meter flicks.
5. "What do you see?" (If pc's eyes are open, tell pc first, "Close your eyes".)
6. "Move through the incident to a point (duration) later."
7. Ask nothing, say nothing, do nothing (except observe meter or make quiet notes) while pc is going through the incident.

If the pc says anything at all, just acknowledge and let him continue, using this exact command softly "Okay, continue."

8. When the pc reaches the end of the incident say only "What happened?" When pc has finished talking, give a final acknowledgement.
9. Repeat exactly and only 2 through 8.
10. After the second and subsequent runs through an incident check "Has the incident become more solid?" with the pc.
11. Continue the above until:
 - a. The pc spots an earlier incident, or
 - b. The pc gets no change on a run through the incident from the run just before, or
 - c. The incident becomes more solid or fails to discharge.
12. If a, b, or c above occurs: "Locate an earlier similar incident".

13. Then 1 through 9.

To FN _____

IS F3: "Locate an incident of another causing others loss and misemotion."

1. Date the incident
2. Move pc to the incident with the exact command "Move to (date)".
3. "What is the duration of the incident?"
4. "Move to the beginning of the incident at (date)."
Wait until meter flicks.
5. "What do you see?" (If pc's eyes are open, tell pc first, "Close your eyes".
6. "Move through the incident to a point (duration) later."
7. Ask nothing, say nothing, do nothing (except observe meter or make quiet notes) while pc is going through the incident.
If the pc says anything at all, just acknowledge and let him continue, using this exact command softly "Okay, continue."
8. When the pc reaches the end of the incident say only "What happened?" When pc has finished talking, give a final acknowledgement.
9. Repeat exactly and only 2 through 8.
10. After the second and subsequent runs through an incident check "Has the incident become more solid?" with the pc.
11. Continue the above until:
 - a. The pc spots an earlier incident, or
 - b. The pc gets no change on a run through the incident from the run just before, or
 - c. The incident becomes more solid or fails to discharge.
12. If a, b, or c above occurs: "Locate an earlier similar incident."
13. Then 1 through 9.

To FN _____

If the pc drops into the underlying engram chain on any secondary flow being run, before FN on the chain, continue down the engram chain to FN and note the fact on this checksheet so that that engram flow will not be run again in error. After FN on that engram chain, take up the next remaining Secondary flow.

Havingness:

ISH F1: Tell me something you could touch.

To FN _____

ISH F2: Tell me something another could touch.

To FN _____

ISH F3: Tell me something another could get others to touch.

To FN _____

DIANETIC ENGRAMS TRIPLE

Auditors Initials _____

NO RECALL STEP

INCIDENT STEPS:

E F1: "Locate an incident containing pain and unconsciousness."

1. Date the incident.
2. Move pc to the incident with the exact command "Move to (date)"
3. "What is the duration of the incident?"
4. "Move to the beginning of the incident at (date)."
Wait until meter flicks.
5. "What do you see?" (If pc's eyes are open, tell pc first, "Close your eyes".)
6. "Move through the incident to a point (duration) later."
7. Ask nothing, say nothing, do nothing (except observe meter or make quiet notes) while pc is going through the incident. If the pc says anything at all, just acknowledge and let him continue, using this exact command softly "Okay, continue".
8. When the pc reaches the end of the incident say only "What happened?" When pc has finished talking, give a final acknowledgement.
9. Repeat exactly and only 2 through 8.
10. After the second and subsequent runs through an incident check "Has the incident become more solid?" with the pc.
11. Continue the above until:
 - a. The pc spots an earlier incident, or
 - b. The pc gets no change on a run through the incident from the run just before, or
 - c. The incident becomes more solid or fails to discharge.
12. If a, b, or c above occurs: "Locate an earlier similar incident".
13. Then 1 through 9.

To FN _____

E F2: "Locate an incident of you causing another pain and unconsciousness."

1. Date the incident.
2. Move pc to the incident with the exact command "Move to (date)."
3. "What is the duration of the incident?"
4. "Move to the beginning of the incident at (date)."
Wait until meter flicks.

5. "What do you see?" (If pc's eyes are open, tell pc first, "Close your eyes".)
6. "Move through the incident to a point (duration) later."
7. Ask nothing, say nothing, do nothing (except observe meter or make quiet notes) while pc is going through the incident. If the pc says anything at all, just acknowledge and let him continue, using this exact command softly "Okay, continue".
8. When the pc reaches the end of the incident say only "What happened?" When pc has finished talking, give a final acknowledgement.
9. Repeat exactly and only 2 through 8.
10. After the second and subsequent runs through an incident check "Has the incident become more solid?" with the pc.
11. Continue the above until:
 - a. The pc spots an earlier incident, or
 - b. The pc gets no change on a run through the incident from the run just before, or
 - c. The incident becomes more solid or fails to discharge.
12. If a, b, or c above occurs: "Locate an earlier similar incident."
13. Then 1 through 9.

To FN _____

E F3: "Locate an incident of another causing others pain and unconsciousness".

1. Date the incident.
2. Move pc to the incident with the exact command "Move to (date)."
3. "What is the duration of the incident?"
4. "Move to the beginning of the incident at (date)." Wait until meter flicks.
5. "What do you see?" (If pc's eyes are open, tell pc first, "Close your eyes".)
6. "Move through the incident to a point (duration) later."
7. Ask nothing, say nothing, do nothing (except observe meter or make quiet notes) while pc is going through the incident. If the pc says anything at all, just acknowledge and let him continue, using this exact command softly "Okay, continue".
8. When the pc reaches the end of the incident say only "What happened?" When pc has finished talking, give a final acknowledgement.
9. Repeat exactly and only 2 through 8.

10. After the second and subsequent runs through an incident check "Has the incident become more solid?" with the po.

11. Continue the above until:

- a. The po spots an earlier incident, or
- b. The po gets no change on a run through the incident from the run just before, or
- c. The incident becomes more solid or fails to discharge.

12. If a, b, or c above occurs: "Locate an earlier similar incident".

13. Then 1 through 9.

To FN _____

Havingness:

EH F1: Look around here and find something you like.

To FN _____

EH F2: Look around here and find something another would like.

To FN _____

EH F3: Look ar und here and find something another could get others to like.

To FN _____

LEVEL O TRIPLE

O-OF1 "What are you willing to talk to me about?"

To FN _____

"What would you like to tell me about that?"

O-OF2 "What are you willing for another to talk to you about?"

To FN _____

"What would you like him/her to tell you about that?"

O-OF3 "What is another willing to talk to others about?"

To FN _____

"What would he like to tell others about that?"

OA-F1 (Auditor chooses person by asking po who it would be difficult to talk to.)

"If you could talk to _____ (chosen subject), what would you talk about?"

To FN _____

"All right, if you were talking to _____ about that, what would you say exactly?"

OA-F2 (Auditor chooses someone po wouldn't like to listen to)

"If _____ could talk to you, what would he talk about?"

To FN _____

"All right, if _____ was talking to you about that, what would he/she say exactly?"

OA-F3 (Auditor chooses two people antagonistic to each other.)

"If another could talk to (two antagonistic persons) what would he/she talk about?"

To FN _____

"All right, if another was talking to (two antagonistic persons) about that, what would he/she say exactly?"

OB-F1 (Auditor chooses subject pc would have difficulty talking about.)

"What are you willing to tell me about _____?")
"Who else could you say those things to?"

To FN _____

OB-F2 (Auditor chooses subject pc would find it difficult to hear another talk about.)

"What are you willing to have someone else tell you about _____?")
"Who else could he or she say those things to?"

To FN _____

OB-F3 (Auditor chooses subject pc would have difficulty having others discuss.)

"What are you willing to have someone tell others about _____?")
"Who else could another say those things to?"

To FN _____

Havingness:

OH F1: What solid could you understand?

To FN _____

OH F2: What solid could another understand.

To FN _____

OH F3: What solid could another get others to understand.

To FN _____

LEVEL ONE TRIPLE

1-F1 "What problem have you had with someone?")
"What solutions have you had for that problem?"

To FN _____

1-F2 "What problem has another had with you?")
"What solutions has another had for that problem?"

To FN _____

1-F3 "What problem has someone had with another?")
"What solutions have they had for that problem?"

To FN _____

Havingness:

IH F1 a. Point out something desirable

To FN _____

IH F2 a. Point out something another would find desirable

To FN _____

IH F3 a. Point out something another could get others to desire.

To FN _____

LEVEL TWO TRIPLE

HCO B 5/8/68 "Level Two" is amended as these flows will now be run separately.

2-F1 "What have you done?" To FN _____

2-F2 "What has been done to you?" To FN _____

2-F3 "What has another done to another?" To FN _____

Havingness:

2H F1 Tell me a flow you could be interested in. To FN _____

2H F2 Tell me a flow another would be interested in. To FN _____

2H F3 Tell me a flow another could get others interested in. To FN _____

LEVEL THREE TRIPLE

- 3-F1 1. Locate a change in life by listening to Blowdown:
"What change has happened in your life?"
- 2. Get it dated.
- 3. Get some of the data of it (don't run as an engram) so you know what the change was.
- 4. Find out by assessment if this was a Break in

Affinity
Reality
Communication or
Understanding

and have the pc examine that briefly.

- 5. Taking the one found in "4" find out by assessment if it was

Curious about _____

Desired _____

Enforced _____

Inhibited _____

To FN _____

- 3-F2 1. Locate a change by listening to Blowdown:
"What change has happened in another's life?"

- 2. Get it dated.
- 3. Get some of the data of it (don't run as an engram) so you know what the change was.
- 4. Find out by assessment if this was a Break in

Affinity
Reality
Communication or
Understanding

and have the pc examine that briefly.

5. Taking the one found in "4" find out by assessment if it was

Curious about _____

Desired _____

Enforced _____

Inhibited _____

To FN _____

3-F3 1. Locate a change by listing to Blowdown:
"What change has happened in other's lives?"

2. Get it dated.

3. Get some of the data of it (don't run as an engram) so you know what the change was.

4. Find out by assessment if this was a Break in

Affinity
Reality
Communication or
Understanding

and have the pc examine that briefly.

5. Taking the one found in "4" find out by assessment if it was

Curious about _____

Desired _____

Enforced _____

Inhibited _____

To FN _____

Havingness:

3H F1: What is unknown about that (room object)?

To FN _____

3H F2: What doesn't another know about that (room object)?

To FN _____

3H F3: What about that (room object) could someone make unknown to others.

To FN _____

LEVEL FOUR TRIPLE

4-F1 List, "In this lifetime, what do you use to make others wrong?" Null to the Service Fac.

Run it in brackets:

"In this lifetime how would _____ (Service Fac) make you right?"

"In this lifetime how would _____ make others wrong?"

"In this lifetime how would _____ help you escape domination?"

"In this lifetime how would _____ help you dominate others?"

"In this lifetime how would _____ aid your survival?"

"In this lifetime how would _____ hinder the survival of others?"

To FN _____

4-F2 List, "In this lifetime what does another use to make you wrong?" Null to Service Fac.

Run it in:

"In this lifetime how would _____ make others right?"

"In this lifetime how would _____ make you wrong?"

"In this lifetime how would _____ help others escape domination?"

"In this lifetime how would _____ help others to dominate you?"

"In this lifetime how would _____ aid their survival?"

"In this lifetime how would _____ hinder your survival?"

To FN _____

4-F3 List, "In this lifetime what does another use to make others wrong?" Null to Service Fac.

Run it in:

"In this lifetime how would _____ make another make himself right?"

"In this lifetime how would _____ let another make others wrong?"

"In this lifetime how would _____ help another escape domination?"

"In this lifetime how would _____ help another dominate others?"

"In this lifetime how would _____ aid another's survival?"

"In this lifetime how would _____ hinder the survival of others?"

To FN _____

Havingness:

4H F1 Tell me a flow you know something about.

To FN _____

4H F2 Tell me a flow another could know something about.

To FN _____

4H F3 Tell me a flow someone could get others to know about.

To FN _____