

HUBBARD COMMUNICATIONS OFFICE
Saint Hill Manor, East Grinstead, Sussex

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Revised
Dianetic Course
Medical Series

THE BODY COMMUNICATION PROCESS

(Revises and replaces HCOB of 7 Feb 1969
of same title)

The original HCOB containing the Body Communication Process was written by Dr. Steve Jarvis, MB, CH. B. former Medical Officer at Flag.

The Body Communication Process does not in any way replace or alter Touch Assists or Contact Assists. Where a person has been injured or has specific areas of the body where an assist is needed, only the Touch Assist or the Contact Assist should be used. (See "Touch Assists" HCOB 5 May 1969 and HCOB 14 May "Dianetic Assists" for more information on these.)

The Body Communication Process is used only where a person is chronically out of communication with his body after an illness or injury or has been dormant for a long period of time. BUT this process may be done only after any necessary medical attention or other necessary Assists have been done. It is not done in place of these.

PURPOSE:

To enable the Being to re-establish fuller communication with his body.

METHOD:

The individual lies on his back on a couch, bed, mattress or floor. The clothed body with shoes removed gives satisfactory results. Any constricting articles such as neckties or tight belts should be removed or loosened. It is not necessary to remove any clothing except for heavy or bulky garments.

Where more than one session of this process is given, the body position may be varied to advantage by lying face downwards during alternate sessions.

COMMAND:

"Feel my hands" ("Feel my hand" on the occasion where one hand is applied.)

The Auditor starts the session by saying "This is the Session". He then says, "We will now run the Body Communication Process". Auditor puts in a Reality Factor by telling the person briefly what the command is and what they will do. The command is cleared. This should be very brief and no Q and A should develop. A dictionary should be at hand for the person's use in looking up the meaning of words in the command or the name of the Process.

The Auditor tells the person "Close your eyes" and acknowledges him by saying "Thank you" when he does so.

Auditor places his hands on the individual's shoulders with a firm but gentle grip, using an "agreed" firmness. That is a firmness which the Auditor knows is as agreeable to the individual as it is to the Auditor. It must be done with ARC.

The Auditor must BE there with INTENTION and ATTENTION. He must have good TR's throughout the session. This is to achieve optimum ARC and the best results.

Auditor gives the command, "Feel my hands" (or "hand").

The individual's reply is acknowledged with "Thank you", (or "Good", "Fine", "Alright" or "O.K.").

Auditor continues to complete similar cycles down the body, over the chest, front of chest, sides of chest, hands on both sides of abdomen at the waist, then one hand going around the abdomen in a clockwise direction. (Clockwise because this is the direction of flow of the large bowel.) Both hands on the small of the back, one from each side and lift firmly. A hand over each hip with firmer pressure on these bony parts. Down one leg to the knee with both hands. Down the other leg to the knee with both hands. Back to the other leg and down over the calf, the lower calf, the ankle, the foot and the toes. The other leg from the knee to toes similarly.

Then work upwards in a flow towards the shoulders. Down each arm, out to the fingers. Both hands behind the neck, one from each side. Sides of face. Forehead and back of head. Sides of head. Then away toward the extremities of the body after each one.

An infinite variety of placings is available avoiding, of course, only the actual gonital areas in both sexes. So the process proceeds up and down the body, and always away from the head and toward the extremities.

As ARC builds up, even as early sometimes as after the first command, the Auditor will notice that something is happening with the individual. It may be a comm lag, a slight suffusion of the face, a somatic or twitch of the body. The Auditor will know that a communication is available to him. He should then ask, "What happened?"

The individual describes what just happened or what is happening. The Auditor leaves his hands in position with exactly the same pressure sustained while the individual is talking. The communication is acknowledged and the Auditor continues with the process.

The process is continued until the person has a good change, a cognition and very good indicators. At this point the Auditor says, "Thank you" and ends off by saying, "That's it". He does not, however, interrupt the communication or the cognition to do so, and lets the person finish what he is saying before ending off.

The process should not be continued past the cognition and very good indicators.

An Auditor's Report is written up immediately after the session. It should include a record of moments of Emotion or Misemotion, any comm lags, individual's appearance, somatics, how he is doing, physical manifestations (e.g. yawning, body twitching), the cognition achieved, whether or not a flat point has been reached, and the presence or absence of good indicators.

After a successful session, good indicators are apparent in both Auditor and the individual who has experienced the Body Communication Process.

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for

L. RON HUBBARD
FOUNDER

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