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HQS Course Checksheet
HQS Super Checksheet

CO-AUDITING

DRILL - MODEL SESSION FOR CCH's 1 to 4

Co-audit is an abbreviation for co-operative auditing. It means a team of two people who are using Scientology processes to help each other reach a better life. The Supervisor will assign the people to teams. The two people alternate auditing each other. First one person is the auditor and the other the pc. The auditor audits the pc on one process until a predetermined time length, or the End Phenomena (EP) (result), which is cognition (realization) and VGIs (very good indicators - PC looking very bright and happy) are achieved for the pc. The two people then switch and the first person becomes the pc and the second becomes the auditor, using the same process. This is closely supervised by the supervisor.

On this course there will be two different types of processes. The first are called objective processes and deal with body motions and observing and touching objects in the auditing room. The second type are recall processes and deal with the pc remembering things that happened in his past. Each process will be taken to the End Phenomena (EP) which is cognition and VGIs (very good indicators). When the student auditor observes this phenomena he will then signal to the supervisor. The supervisor will have the pc go to a person called an Examiner, sit down at a table, and hold on to two ordinary tin cans which are connected to a device called an E-meter. The E-meter is an electronic device for measuring the mental state and changes of state of an individual. While on the meter the pc may say anything he would like to about the session he has just had. The Examiner will listen and note down what he says and he will also notice the movement of the needle on the meter. If the pc has just had a cognition and VGIs on the process the Examiner will probably see the needle moving in an idle uninfluenced motion. It will appear to float and is called a Floating Needle. This is a needle manifestation of the E-meter of great importance as it indicates the preclear has reached a state where he is released or separated from his Reactive Mind or some portion of it. It is another indication of the end of the process. The Examiner will indicate if the needle is floating. The full End Phenomena of process is Cognition, VGIs and Floating Needle (F/N). If the EP does not occur in one session, the same process will be continued in later sessions until it is achieved.

A graduate of the HQS Course may and should audit friends and people on the Objective, Recall and Assist processes he/she has been trained in.

There are drills for each process so that the student understands and feels confident about the process before doing it on another student. They are done with a doll to make it as much like a real session as possible.

Drill - Model Session for CCH 1 to 4
(a four part process)

NAME: Drill - CCHs 1 to 4 (CCH: Control, Communication, Havingness)

COMMANDS: CCH 1 "Give me that hand." "Thank you."
CCH 2 "You look at that wall." "Thank you."
"You walk over to that wall." "Thank you."
"You touch that wall." "Thank you."
"Turn around." "Thank you."

CCH 3
Hand Contact Mimicry

"Put your hands against mine, follow them and contribute to their motion."
"Did you contribute to their motion?"

(A change occurs when on the run through the CCHs, Hand Contact Mimicry is flat with no change, i.e., CCH 1, 2, 3 (Hand Contact Mimicry with change), 4, 1, 2, 3 (Hand Contact Mimicry three commands only, no change), 4, 1, 2, 3 (Hand Space Mimicry).

Hand Space Mimicry

"Put your hands facing mine about 1/2 inch away, follow them and contribute to their motion."
"Did you contribute to their motion?"
(Acknowledge)

CCH 4 There are no set verbal commands. Auditor makes simple motions with a book. Hands the book to the pc. Pc makes motions duplicating auditor's.

PURPOSE: To train the student to be able to coordinate and apply the commands and procedure of CCH's 1 to 4 with the doingness of auditing so that he can do it smoothly in Co-auditing.

POSITION: Student and a doll (representing the pc) are seated in armless chairs, facing each other. Student's knees are on the outside of the doll's knees.

TRAINING STRESS: Student (auditor) starts the session and runs a standard session including those steps given below.

The drill is complete when the student can do it smoothly and comfortably without flubs or out TRs. (TRs 0 to 4 and 6 to 9).

STEPS:

1. Select and set up an auditing space, and prepare your auditing report forms (on a clip board). The space should be large enough and suitable for the pc to be able to walk from wall to wall. There should be two chairs facing each other and a small plain book (for CCH 4).
 2. Inform the supervisor that you are going to be starting a session and show the supervisor that you are up to that part of your checksheet, and just where the session will be.
 3. The Supervisor makes sure that you get the folder for your pc and that you understand what the next action is to be, and the supervisor gives you the OK to start session.
 4. Bring the pc, sit the pc in his or her chair and then sit down across from the pc with the pc's knees between the auditor's. There is of course no E-meter.
 5. Ask the pc if it is all right to audit in the room and if not, make things right by adjusting the room or location of auditing.
 6. Tell the pc the purpose of such sessions (Reality Factor) - "I want to improve your ability." It's the auditor's goal at this level, not the pc's. Also tell the pc exactly how long the session will be. (For this process the session should be an hour or more.) Note the time you started on the worksheets.
 7. Tell the pc "Start of Session," and start your report form.
 8. Tell the pc "We are now going to do CCH's." Then note the time session started and place your clip board on the floor. (Report forms are written up immediately following the session for objective processes, not kept during the process.)
 9. Don't go into a discussion of the process, just say "We will now run CCH 1. Start of process."
- Raise your right hand to just above waist height halfway between your body and pc. Hand held open.
10. Give Tone 40 command, "Give me that hand." Indicate pc's right hand by slight nod.
 11. When pc has put his right hand in the auditor's give an acknowledgement, "Thank you."
 12. Take the pc's right wrist by your left hand and return the pc's hand to the pc's side.
 13. Repeat from the second part of step 9 through step 12. Continue until the pc has done so to 3 equal consecutive comm lags.

14. Take up any physical manifestations as pc originations by saying, "What's happening?" This is done after the pc has carried out the command and been acknowledged but before letting go of the pc's hand.

15. If pc doesn't give you his hand after the command and waiting a normal response period, take the pc's right hand in your left hand and place the pc's hand in your right. Then acknowledge the pc. Ask "What's happening?" Accept whatever the pc says and continue.

16. After 3 consecutive commands when the pc does carry out the command and of equal comm lag without any new physical change, COH 1 is considered flat.

17. Tell pc "We will now run COH 2."

18. Stand up, move chairs to side of auditing room leaving an unobstructed walk between two opposite walls of the room. Stand to the right of the pc, with the pc facing the opposite wall.

19. Give the command (Tone 40) "You look at that wall." Indicate the wall by pointing. "Thank you."

20. "You walk over to that wall." Walk with pc to opposite wall. (Keeping to pc's right.) "Thank you."

21. "You touch that wall." "Thank you."

22. "Turn around." If pc turns around move in 2 steps to a position just in front of the pc (facing pc.) "Thank you." Then move to pc's right.

23. Repeat 9 to 23 until the process is flat (3 consecutive sequences of commands with pc doing the process and no new physical manifestations or change of comm lag.)

24. Take up any physical change as a pc origination as it occurs.

25. Tell pc we will now run COH 3.

26. Return to the 2 chairs set up as in COH 1.

27. Raise both hands, palms open facing pc, hands about shoulder height and half way between auditor and pc.

28. Give command (not Tone 40) "Put your hands against mine, follow them and contribute to their motion."

29. When pc has hands against auditors, move first the right hand, then the left hand in a simple motion.

Straight line motions are simpler than curved motions, make the motions fairly slow, very positive and smooth. (Tone 40 intention in the motions.)

30. After the motion is done with the right then left and both hands returned to starting position. (Pc's hands still raised against auditor's). Ask "Did you contribute to the motion?"

Usually pc says yes. If pc not happy that he did you can repeat the same motion.

31. After cycle is complete acknowledge, "Thank you."
32. Return hands to lap.
33. Repeat 28 to 32, each time varying the motion a little, you can increase the complexity slightly but don't get too complicated.
34. After 3 consecutive cycles with pc doing the process and no physical change or change of comm lag, tell pc "We will now run COH 4."
35. Remain seated in chairs as in COH 3. Take up a book (a light hard covered book with a plain cover is best.) Explain to the pc that you are going to make a motion with the book, when you have done so, you want him to duplicate the motion. (Make the same motion in the same space.)
36. When the pc understands, then hold the book steady in a comfortable position between auditor and pc. Make a simple motion of the book (similar to COH 3 type motions). Complete the action at the starting point, pause, then hand the book to the pc. (Don't tell him to take it, just move it slightly toward him and look at the pc as though offering him the book.)
37. After the pc has repeated the action, ask, "Did you duplicate that motion?" or "How did you get on with that one?" (Not a rote question--friendly, not Tone 40.)
38. If the pc is happy with it, then do a new motion.
If pc says he wasn't happy that he duplicated it then do it again and then keep the motions very simple to improve pc confidence.
If pc says he was happy with it but the auditor sees it was obviously misduplicated, just acknowledge him, start a new cycle doing just the first part of the motion then building it up until the pc duplicates the full motion.
Don't invalidate the pc by continuing to repeat motions he is happy with. Never say or indicate by facial expression that he didn't really duplicate the motion.
39. Repeat 36 to 38 to three consecutive no change sequences.
40. Repeat COH 1,2,3,4 through and through until
 - A. all are flat on one run through.
 - B. or until pc has good cog with VGIs (very good indicators.)
 - C. or pc exterior.
41. When any of these occur, end off with "That's it" and have the pc sit down (if not sitting). Write briefly what happened on the RP. Then signal to the supervisor and give him your report to read. He will then tell you to take the pc to the Examiner to check for F/N, or continue the process (if a full RP has not been reached). When you go to the Examiner bring back the report with you and put it in the pc's folder.

42. If the set time comes up before the end phenomena (EP) of the process, do the following:

A. Toward the end of the auditing period, warn "The session time is about over. We'll have to be ending shortly."

B. When the pc has carried out an extra command or two, say, "We're closing the session now. Time is up." (Have him sit down if he is not sitting.) "Have you made any gains in this session?"

C. Quickly note down on your report form the pc's answer.

D. End the session with "End of Session". Take the pc to the Examiner.

43. After the session write up your auditing report forms for the session, put them into the pc's folder and hand them in to the supervisor. (Have worksheets and Auditor Report Form.)

NOTE: If you get into an impasse in session and can't make any progress, or if the pc becomes upset or other confusions arise, put up your hand behind your back, to attract the attention of the supervisor who will assist in the situation.

SPECIAL NOTE: If the set time length comes before you get through all 4 CCHs end off at that time (as given in 42). The CCHs will be continued the next time it is your chance to be the auditor.

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