Remimeo

## 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 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.

These processes are taken from the works of L. Ron Hubbard. There will be two different types of processes. The first is called objective processes which deal with body motions and observing and touching objects in the auditing room. The second type is recall processes which 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. 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 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 re-leased 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 a 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.

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 $\frac{1}{2}$ inch
                      away, follow them and contribute to their
                      motion."
                    "Did you contribute to their motion?"
                      (Acknowledge)

                    ("When this is flat, auditor does it with
                      a wider space and so on until the preclear
                      is able to follow motions a yard away."
                      LRH  HCOB 1 Dec 65, "CCHs".)

            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 the auditor's.

PURPOSE:  To train the student to be able to co-ordinate and
apply the commands and procedure of CCHs 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 on a doll, including the steps
given below.  The coach speaks for and moves the doll during
the drill.

      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.    Get the PC (doll), sit the PC in his or her chair and
then sit down across from the PC - with the PC's knees between
between yours.

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.  Note the time you started on
the worksheets.

7.    Tell the PC, "Start of Session", (Tone 40) and start
your report form.

8.    Tell the PC that you are now going to do CCHs.  Clear the
words of the CCH 1 command in backwards sequence (ie: hand, that,
me, give).  Then clear the meaning of the command itself.
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, they are
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 the PC's.  Hand held open.  Always have
your hand in the exact same place on each command.

10.  Give Tone 40 command, "Give me that hand.".  Indicate
the PC's right hand by a slight nod.  Leave an instant for
the PC to do this on his own.  If he doesn't, pick up his
hand by the wrist with your left hand.

11.  When the PC has his right hand in yours, give an
acknowledgement, "Thank you."

12.  Take the PC's right wrist with your left hand and
return the PC's hand to his lap.

13.  Repeat from the second part of step 10 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 the PC hesitates or resists at all putting his hand in yours, after the acknowledgement 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, CCH 1 is considered flat.

17.  Tell PC, "We will now run CCH 2."

18.  Clear the commands of CCH 2 as in step 8.

19.  Stand up, move the chairs to the side of the 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.

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

21.  "You walk over to that wall."  Walk with the PC to the opposite wall.  (Keeping to the PC's right.)  "Thank you."

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

23.  "Turn around."  As the PC turns around, move in 2 steps to a position just in front of the PC (facing the PC). "Thank you."  Then move to the PC's right.

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

25.  Take up any physical change as a PC origination as it occurs.  This is done after the PC has carried out the command and been acknowledged.

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

27.  Tell the PC you will now run CCH 3.  Clear the commands of CCH 3 as in step 8.

28.  Raise both hands, palms open facing the PC, hands about shoulder height and half way between you and the PC.

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

30.  When the PC has his hands against yours, 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.)

31.  After the motion is done with the right hand, then the left hand and then both hands returned to starting position, (PC's hands still raised against yours), ask "Did you contribute to the motion?"

Usually the PC says yes.  If so, acknowledge and allow
the PC to break the solid comm line - without telling him
to.  If the PC is not sure or is not happy that he did con-
tribute to the motion, you can repeat the same motion.

32.  After the cycle is complete, acknowledge "Thank you."

33.  Return hands to lap.

34.  Repeat steps 29 to 33, each time varying the motion a
little.  You can increase the complexity slightly, but don't
get too complicated.

35.  After 3 consecutive cycles with the PC actually doing
the process and no physical change or change of comm lag,
tell the PC, "We will now do CCH 4".

36.  Remain seated in the chairs as in CCH 3.  Clear the word
"duplicate".  Take a book (a light hard covered book with
plain cover is best.)  Explain to the PC that you are going
to make a motion with the book, and when you have done so -
you want him to duplicate the motion.  (Make the same motion
in the same space.)

37.  When the PC understands, then hold the book steady in
a comfortable position between you and the PC.  Make a
simple motion of the book (similar to CCH 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.)

38.  After the PC has repeated the action, ask "Did you
duplicate that motion?" or "How did you get on with that
one?" etc.  (Not a rote question - friendly, not Tone 40.)
(Tone 40 is in the motions only.)

39.  If the PC is happy with it, then do a new motion.

If the PC says he wasn't happy that he duplicated it,
then do it again and then keep the motions more simple to
improve the PC's confidence.

If the PC says he was happy with it, but you see it was
obviously misduplicated or not done mirror image wise, just
acknowledge him and start a new cycle doing the same motion
again or 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.

40.  Repeat steps 37 to 39 to three consecutive no change
sequences.

41.  Repeat CCH 1,2,3,4, through and through until

    A.  All are flat on one run through.
    B.  Or until the PC has a good Cog with VGIs
        (very good indicators).
    C.  Or the PC is exterior.

42.  When any of these occur, end off with "That's it" and
have the PC sit down (if not already sitting).  Then
signal to the Supervisor who will tell you to take the PC
to the Examiner to check for F/N, or to continue the process
(if full EP has not been reached).  When you go to the
Examiner, bring back the exam report with you and put it in
the PC's folder.  Write up briefly what happened on the EP
and hand in your reports to the Supervisor.

43.  If you must end session before the end phenomena (EP)
of the process occurs, do the following:

    A.   When your preclear is at a flat point, tell him
        that you will be ending shortly.

    B.   When the PC has carried out an extra command or
        two, say "We're closing the session now.".  (Have
        him sit down if he is not already sitting.)

    C.   Quickly note down on your reprt form the PC's
        answer.

    D.   End the session with "End of Session".  (Tone 40)
        Take the PC to the Examiner.

44.  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 and Summary 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, signal the Supervisor who will assist in
the situation.

    SPECIAL NOTE:  If you must end session before you get
through all 4 CCHs, end off at a flat point (as given in step
43).  The CCHs will be continued in the next session.

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