Remimeo
Level III
 chksheet
Class III
 and above
SH Orgs

CANCELS BTB 8 JANUARY 1972R
ISSUE III "0-IV EXPANDED
GRADE PROCESSES - TRIPLES
GRADE 3 PROCESSES"

(Revisions in script.)

0-IV EXPANDED GRADE PROCESSES - *QUADS*

PART E

GRADE 3 PROCESSES

This bulletin gives a checklist of the Expanded *Quad* Grade process commands. These are not all the possible processes for this Level. If more are needed to attain the EP for the Level, additional processes can be found in LRH Bulletins, Books, Tapes, PABs and other issues.

Each process listed is run to its full EP. Any process previously run is rehabbed or completed and any missing flows are run.

A copy of this checklist is placed in the folder of a pc being run on Expanded Grades and the processes are checked off with an F/N and date as each is run to EP.

This bulletin does not replace Source data.

CHANGE PROCESS
Ref: Ability Major 6, 1955.

F-1   *"What does another want changed about you?"*
      "What does another want unchanged about you?"

                              to EP   _____

F-2   *"What do you want changed about another?"*
      "What do you want unchanged about another?"

                              to EP   _____

F-3   "What do others want changed *about others?*"
    · "What do others want unchanged *about others?*"

                              to EP   _____

F-0   *"What do you want changed about yourself?"*
      "What do you want unchanged about yourself?"

                              to EP   _____

R2 - 50 CHANGING MINDS
Ref: Creation of Human Ability p. 128
       (Both are done ambulant)

      "Walk over to this spot."
      "Now decide you have to appear there."
      "Now change your mind and decide you have to disappear there."
      "Now change your mind and decide you have to appear there."
                              to EP   _____

"A note of warning: this does not work on interiorized
preclears with any great value. This process can be used on
a non-exteriorized thetan, however, and on those who are
uneasily exteriorized, by having them stand in one place with
an idea that they have to appear there, and then change their
minds, and disappear there." LRH (See Creation of Human
Ability p. 128-129 for more information.)

R2-63 ACCEPT-REJECT
Ref: Creation of Human Ability R2-63, p. 157.

NOTE: "If your pc keeps putting conditions of change in
        everything before he can accept it, you must per-
        suade him to find things he can accept without
        changing them." LRH

      "Find something about yourself which you can
      accept."
                        Run repetitively to EP   _____

THEN:

      "Find something about yourself you can
      reject."
                        Run repetitively to EP   _____

THEN:

      "Find something in this room you can
      accept."
                        Run repetitively to EP   _____

THEN:

      "Find something in this room you can
      reject."
                        Run repetitively to EP   _____

THEN:

      "Find something about this Universe you
      can accept."
                        Run repetitively to EP   _____

THEN:

      "Find something in this Universe you
      can reject."
                        Run repetitively to EP   _____

R2-65 ALTERATION
Ref: Creation of Human Ability R2-65, p. 159.

PART A:

F-1   "Can you recall a time when you failed
      to change some energy in this Universe?"

                        Run repetitively to EP   _____

F-2   "Can you recall a time when another failed
      to change some energy in this Universe?"

                          Run repetitively to EP   _____

F-3   "Can you recall a time when others failed
      to change some energy in this Universe?"

                          Run repetitively to EP   _____

F-0   "Can you recall a time when you failed to
      change some energy of your own?"

                          Run repetitively to EP   _____

PART B:

F-1   "Can you recall a time when you failed to
      change some space of another?"

                          Run repetitively to EP   _____

F-2   "Can you recall a time when another failed
      to change some space of yours?"

                          Run repetitively to EP   _____

F-3   "Can you recall a time when others failed
      to change some space of others?"

                          Run repetitively to EP   _____

F-0   "Can you recall a time when you failed to
      change some space of your own?"

                          Run repetitively to EP   _____

PART C:

F-1   "Can you recall a time when you failed to
      change another's body?"

                          Run repetitively to EP   _____

F-2   "Can you recall a time when another failed
      to change your body?"

                          Run repetitively to EP   _____

F-3   "Can you recall a time when others failed
      to change others' bodies?"

                          Run repetitively to EP   _____

F-0   "Can you recall a time when you failed
      to change your own body?"

                          Run repetitively to EP   _____

     NOTE: These Part C questions above are the ones you
stress. "He may get nothing on space at all BUT such incidents
are in his recall or space would not exist for him at all." LRH

PART D:

F-1 "Can you recall a time when *another* failed
     to change a memory *of yours*?"

                              Run repetitively to EP   _____

F-2 "Can you recall a time when *you* failed
     to change a memory *of another*?"

                              Run repetitively to EP   _____

F-3 "Can you recall a time when others failed
     to change memories *of others*?"

                              Run repetitively to EP   _____

F-0 *"Can you recall a time when you failed to
     change a memory of your own?"*

                              Run repetitively to EP   _____

PART E:

F-1 "Can you recall a time when *another* success-
     fully changed something *of yours*?"

                              Run repetitively to EP   _____

F-2 "Can you recall a time when *you* success-
     fully changed something *of another's*?"

                              Run repetitively to EP   _____

F-3 "Can you recall a time when others success-
     fully changed some things *of others*?"

                              Run repetitively to EP   _____

F-0 *"Can you recall a time when you success-
     fully changed something of your own?*

                              Run repetitively to EP   _____

R2-68 INCOMPREHENSIBILITY
Ref: Creation of Human Ability R2-68, p. 161.

     "Spot something incomprehensible."

                              Run repetitively to EP   _____

HAS IV
Ref: HCOB 19 Jan 61 ADDITIONAL HAS PROCESSES.

F-1 "Get the idea of *another* changing *you*."
     "Get the idea of *another* not changing *you*."

                              Run alternately to EP   _____

F-2 "Get the idea of *you* changing *another*."
     "Get the idea of *you* not changing *another*."

                              Run alternately to EP   _____

F-3   "Get the idea of others changing *others*."
      "Get the idea of others not changing *others*."

                              Run alternately to EP   _____

F-0   *"Get the idea of changing yourself."*
      "Get the idea of not changing yourself."

                              Run alternately to EP   _____

      NOTE: "The (C/S) may add "something" (HAS IVa),
      "Somebody" (HAS IVb) or a meter selected terminal
      (HAS IVc) to these commands at his discretion." LRH

                              _____

CHANGE, NO CHANGE & FAILED CHANGE
Ref: HCOB 30 Apr 61R CHANGE BRACKETS AND COMMANDS

PART A:

      "Sort out 'Think' or 'Get the idea' by meter's
      reaction. Use one that produces the most fall." LRH

      "Think (get the idea) of a change."
      "Think of a no-change."
      "Think of a failed change."

                              Run in sequence
                              1,2,3,1,2,3, etc to EP   _____

PART B:

      "Recall a change."
      "Recall a no-change."
      "Recall a failed change."

                              Run in sequence
                              1,2,3,1,2,3, etc to EP   _____

PART C:

F-1   "What change have you avoided?"
      "What change have you sought?"

                              Run alternately to EP   _____

F-2   "What change has another avoided?"
      "What change has another sought?"

                              Run alternately to EP   _____

F-3   "What change have others avoided?"
      "What change have others sought?"

                              Run alternately to EP   _____

F-0   *"What change of yourself have you avoided?"*
      "What change of yourself have you sought?"

                              Run alternately to EP   _____

F-1   "What no change have you avoided?"
      "What no change have you sought?"

                    Run alternately to EP   _____

F-2   "What no change has another avoided?"
      "What no change has another sought?"

                    Run alternately to EP   _____

F-3   "What no change have others avoided?"
      "What no change have others sought?"

                    Run alternately to EP   _____

F-0   *"What no change of yourself have you avoided?"*
      "What no change of yourself have you sought?"

                    Run alternately to EP   _____

F-1   "What failed change have you avoided?"
      "What failed change have you sought?"

                    Run alternately to EP   _____

F-2   "What failed change has another avoided?"
      "What failed change has another sought?"

                    Run alternately to EP   _____

F-3   "What failed change have others avoided?"
      "What failed change have others sought?"

                    Run alternately to EP   _____

F-0   *"What failure to change yourself have you
      avoided?"*
      *"What failure to change yourself have you
      sought?"*
                    Run alternately to EP   _____

PART D:

15 WAY BRACKET: CHANGE - NO CHANGE - FAILED CHANGE

1.   "How have you changed _____?" (something or somebody)

2.   "How has _____ tried to change you?"

3.   "How has _____ changed another?"

4.   "How has another changed _____?"

5.   "How has _____ changed (self)?"

5a.   *"How have you changed yourself?"*

6.   "What have you not changed?"

7.   "What has not changed you?"

8.   "What has not changed _____?"

9.   "What has _____ not changed?"

10.   "What has not changed self?"

10a. *"What have you not changed about yourself?"*

11.   "What have you failed to change?"

12.   "What has failed to change you?"

13.   "What has _____ failed to change?"

14.   "What has failed to change _____?"

15.   "What has failed to change self?"

15a. *"What have you failed to change about yourself?"*

                    Run consecutively to EP   _____

                         _____

R3H
Ref: HCOB 6 Aug 68 R3H
       HCOB 1 Aug 68 THE LAWS OF LISTING AND NULLING

F-1   "1. Locate a change in life by listing to BD F/N item:
      'What change has *another* caused in your life?'

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

      "3. Find out by assessment if this was a break in

                         Affinity
                         Reality
                         Communication or
                         Understanding

      "4. and have the pc examine that briefly.

      "5. Taking the one found in '3' find out by
      assessment if it was

                         Curious about _____
                         Desired   _____
                         Enforced   _____
                         Inhibited   _____
                         No   _____
                         Refused   _____
                         E/Sim ARC/B etc to EP   _____"

                                                  LRH

F-2   1. Locate a change in another's life by listing
      to BD F/N item: "What change *have you caused* in
      another's life?"

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

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

                  Affinity
                  Reality
                  Communication or
                  Understanding

    4. and have the pc examine that briefly.

    5. Taking the one found in '3' find out by assessment
        if it was

                  Curious about _____
                  Desired   _____
                  Enforced   _____
                  Inhibited   _____
                  No   _____
                  Refused   _____

                  E/Sim ARC/B etc. to EP   _____

F-3 1. Locate a change by listing to BD F/N item:
      "What change *have others caused* in other's lives?"

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

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

                  Affinity
                  Reality
                  Communication or
                  Understanding

    4. and have the pc examine that briefly.

    5. Taking the one found in '3' find out by assessment
        if it was

                  Curious about _____
                  Desired   _____
                   Enforced   _____
                  Inhibited   _____
                  No   _____
                  Refused   _____

                  E/Sim ARC/B etc. to EP   _____

F-0 1. *Locate a change by listing to BD F/N item:*
      "What change have you caused in your own life?"

      ARCU/CDEINR as above to EP   _____

HAVINGNESS:

F-1 "What *could another make* unknown *to you* about
    that (room object)?"
                Run repetitively to EP   _____

F-2 "What *could you make unknown to* another about
    that (room object)?"
                Run repetitively to EP   _____

F-3   "What about that (room object) could someone
       make unknown to others?"

                         Run repetitively to EP   _____

F-0   *What about that (room object) could you
       make unknown to yourself?"

                         Run repetitively to EP   _____

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