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Dept of Public  
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The Essentials of Dianetics Checksheet No. 5

THE HOW TO UNDERSTAND YOURSELF AND OTHERS COURSE

NAME: \_\_\_\_\_ DATE STARTED: \_\_\_\_\_

ORGANIZATION: \_\_\_\_\_ DATE COMPLETED: \_\_\_\_\_

PREREQUISITE: Checksheet No. 4 of this series, HCO PL 14 Feb 80  
Issue V THE HOW TO UNDERSTAND YOURSELF AND OTHERS  
COURSE.

LENGTH OF COURSE: 1 to 2 days of part time study.

MATERIALS: The book: DIANETICS: THE MODERN SCIENCE OF MENTAL HEALTH  
by L. Ron Hubbard.

PURPOSE: To give a person an understanding of how the auditing of  
painful emotion and engrams can release life force.

STUDY INFORMATION: In studying Dianetics be very, very certain you  
never go past a word you do not fully understand.

The only reason a person gives up a study or becomes confused  
or unable to learn is that he or she has gone past a word or phrase  
that was not understood.

If the material becomes confusing or you can't seem to grasp it,  
there will be a word just earlier that you have not understood. Don't  
go any further, but go back BEFORE you got into trouble, find the  
misunderstood word and get it defined.

If you do have any trouble while studying this course, see your  
course supervisor and he will help you.

You will also see the word DEMO (abbreviation for DEMONSTRATION)  
on this checksheet. This refers to a demonstration done with a DEMO  
kit which consists of various small objects such as corks, caps,  
paper clips, pen tops, batteries - whatever will do. These are kept  
in a box or container. You should have one. The pieces are used  
while studying to represent the things in the material one is demon-  
strating. It helps hold concepts and ideas in place. A DEMO KIT  
adds mass, reality and doingness to the significance and so helps  
you to study.

SEQUENCE: The items on the checksheet are to be studied and drilled  
in sequence. Each item is to be signed off as it is done.

END PHENOMENA: Knowing that you have gained an understanding of how  
the auditing of painful emotion and engrams can release life force.

PRODUCT: A person who has gained an understanding of how the auditing of painful emotion and engrams can release life force.

CERTIFICATE: The graduate of this course is awarded THE HOW TO UNDERSTAND YOURSELF AND OTHERS COURSE, PART 5 GRADUATE Certificate.

BOOK THREE:

- 1. CHAPTER VI THE LAWS OF RETURNING
- 2. ESSAY: List the five types of engram commands and give five examples of each.
- 3. ESSAY: What repeater technique is and how and why it is used.
- 4. DEMO: The difference between the preclear re-experiencing the engram and replaying it.
- 5. ESSAY: What should be done if, after an engram has been recounted several times, the somatic won't lift or no voice shows up (in a sonic case).
- 6. ESSAY: How time shift is used.
- 7. DEMO: Each of the following techniques:
  - A. Returning
  - B. Repeater technique
  - C. Time Shift
  - D. Somatic location.
- 8. CHAPTER VII EMOTION AND THE LIFE FORCE
- 9. DEMO: A preclear advances in therapy in exact ratio to the amount of emotional charge released from his reactive bank.
- 10. ESSAY: What the ally computation is and what its effect is on the preclear.
- 11. ESSAY: What the effect of running painful emotion incidents is and why they are run.
- 12. CHAPTER VIII SOME TYPES OF ENGRAMS
- 13. DEMO: Each of the following types of engrams:
  - A. Contra-survival
  - B. Pro-survival
  - C. Sympathy
  - D. Painful emotion.
- 14.
- 15.
- 16.

STUDENT COURSE COMPLETION

STUDENT COMPLETION: I have completed the requirements of this check-sheet and I know and can apply the materials.

STUDENT ATTEST: \_\_\_\_\_ DATE: \_\_\_\_\_

I have trained this student to the best of my ability and he/she has completed the requirements of this checksheet and knows and can apply the checksheet data.

SUPERVISOR ATTEST: \_\_\_\_\_ DATE: \_\_\_\_\_

STUDENT ATTEST AT CERTS AND AWARDS: I attest: (a) I have enrolled on the course, (b) I have paid for the course, (c) I have studied and understand all the materials of this checksheet, (d) I have done all the drills on this checksheet, (e) I can produce the results required in the materials of the course.

STUDENT ATTEST: \_\_\_\_\_ DATE: \_\_\_\_\_

CERTS AND AWARDS: \_\_\_\_\_ DATE: \_\_\_\_\_

CERTS AND AWARDS: Certificate of THE HOW TO UNDERSTAND YOURSELF AND OTHERS COURSE, PART 5 GRADUATE issued.

CERTS AND AWARDS: \_\_\_\_\_ DATE: \_\_\_\_\_

(Route this form to Course Admin for filing in student's folder.)

L. RON HUBBARD  
FOUNDER

As assisted by  
Public Services Pilot

for the

BOARDS OF DIRECTORS  
of the  
CHURCHES OF SCIENTOLOGY

BDCS:LRH:PSP:gal  
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