READ, STUDY AND KNOW THESE INSTRUCTIONS BEFORE DOING ANY AUDITING.

Mechanics of the Bank

Anything in the bank that occurs several times will not erase unless it's the earliest time it occurred. This is known as the basic on the "chain". A number of similar things, early to late in different points of time, make a chain.

When you have the earliest erased, the rest erases easily. However, when the earliest one is erased the next to last is the new "basic" and must be erased in its turn. And so on. As this goes on, the items of the chain eventually begin to "blow" (erase) very easily.

Therefore, if items cease to erase easily, you have not properly handled the item just before it. And may not have handled the same item in the earlier run.

Even if you get reads out of a later run than the one you are supposed to be in, you will find the later one still reads when you get to it properly and will then erase nicely.

The real speaker in the R6 bank is "the person himself at the time". This we call "the thetan in the item". Each item has an impression of the being as he was at the moment of the item long ago. If one does not spot this each time, it will not erase and mass builds up as we go along. This means look at or locate yourself as a thetan at the time of the incident. It is not the light. It is right where you are in the auditing chair, but of course ages past. Spot means "glance at". The symbol È equals Greek letter theta, Èn is a trick way of saying thetan. If, as you read this, you glance at the wall, you can spot. It reads well. One then has to get the earliest moment of one's own beingness in the bank and spot it.

Then one has to spot it for each item one runs. One "spots the thetan" and the item (in the objects, the items) at the same time. This is a bit of a trick. It is "simultaneous spotting". Spotting the thetan in a called (verbal) item can be done at the same time as the item is called.

Ordinarily, one calls or spots the item a few times and then also calls and spots the thetan.

The thetan can also then be spotted without calling or spotting the item.

The right way is the way you get the most reads.

Soon one begins to be expert at it, but then one must be expert at it with Item 1, Part 1, Run 1 or it builds up.

One had a tiny bit of mass on him right at the start, as he was protesting. This is (slight as it is) enough to tie down the chain by leaving it with a basic.

So, "spot the thetan" each time. Spotting the environment at the time is also possible.

Duration of Auditing

Find a quiet place in which to audit. Audit an hour or two at a time, preferably the same time each day. A day you don't audit is a session lost. Trying to make up a session is useless. Audit daily. When you don't you lose sessions. It isn't how much you get done in a session, it's the getting on, bit by bit, that counts. It's like digging a long ditch. What you don't dig isn't dug.

The bank contains less than was first thought but it contains enough. In three or four months you will have made it if you do a good job on each item. And don't fool about with the bank. It goes into restimulation if you stir it up.

And don't decide a lot of things. Your ability to postulate is increasing and you can decide a run is "flat" or doesn't need to be run and have it behave that way. But it will still be there to knock you down.

The Cause of Trouble

The only way one can get ill or in trouble is not auditing, trying to "correct" the items given or not following instructions.

What doesn't make items read properly:
 - loud shouting
 - body movement while calling
 - fiddling the one-hand electrode
 - tensing muscles
 - getting angry with the lack of a read
 - gritting teeth
 - auditing past an ARC Break
 - doing a List 7 every time you don't get a read or feel odd.

What makes items read properly:
 - doing regular sessions

- not self-auditing out of session
- staying calm
- keeping the Auditor's Code on the pc (you)
- following directions exactly, adding nothing
- finding ARC Breaks when they happen with a List 7

(List 7 run as an assessment for ARC Breaks will run easily. Locate and indicate the bypassed charge if it shows up. If you are not a classed auditor, get this done in a Qual Division that has a classed auditor either on or through the Clearing Course. If you really bog down, auditing by list on List 7 will give you the relief sought.)

- auditing in a place you feel secure and where you won't be disturbed
- audit daily
- not auditing too long at one time - one to two hours is optimum, closer to one than two
- not trying to get rid of all of it at once
- considering it a routine piece of ditch digging
- not expecting to fly suddenly
- not dwelling on your case out of session (when you end a session, end it)
- being plodding and methodical
- just getting on with it, getting all the reads off by calling or spotting, go on to the next item, if it doesn't read, get more off last item and return to the one that wouldn't read
- getting in the buttons Suppress, Invalidate, Protest, when needed only
- checking for earlier or later runs only when in trouble, only handle trouble when it arrives, don't try to handle it before it does
- the best way to stay out of trouble is READ, STUDY AND UNDERSTAND THESE INSTRUCTIONS BEFORE BEGINNING.

Basic Basic

The first (earliest) bit of bank is not an item but a light.

It appears to the left of the face, some distance away (look ahead and to the left a bit and you'll spot it).

It is the source of unconsciousness and produces it when contacted.

There is a light before each run, in the middle of each 7s GPM (every four pairs), at the start of the Basic End Words, at the start of the Confusion GPM and at the start of the Objects and at the end of each type of item in the Objects (every eight items). Each time you feel groggy, it's a light doing it. Each major change, then, is preceded by the light. Mark these on your platens if they are not there. Flatten each one by spotting it, and it and the thetan.

Anaten (unconsciousness) can be spotted away.

It is a part of the light. When the light went on, the thetan went anaten. Instead of a solo auditor going anaten in the session, it is only necessary to spot the anaten in the thetan when running a light.

When you spot a light or object or combination of objects, you should get a read on the needle. By spotting the same thing again, you get another read. By spotting it again, you get another read. And so you continue to spot it, time after time, until no more reads occur by reason of spotting.

You repeat verbal items aloud, getting a read each time you repeat until it has no more reads. Verbal items are found in the 7s, Basic End Words and Confusion GPM.

But you silently spot lights, objects, combinations of objects repeatedly (same one) until you have no more reads.

You should get as many falls etc. from spotting a light as you do from calling an item.

Spotting the thetan follows the same rules. You spot repeatedly until there are no more reads on the needle by reason of spotting the thetan (self) at that instant and place.

You don't have to see the light to spot it or see the thetan or see the object or objects. You only need to spot the place where you are with the idea of what should be there.

Of course, seen at first or not, continued spotting makes it vanish.

The Pattern of the Bank

The apparent pattern of the bank is as follows:

(earliest) Part A - The 7s
      Part B - The Basic End Words
      Part C - The Confusion GPM   (Run 1)
      Part D - The Objects - hollow
      Part E - The Objects - solid

      Part A - The 7s
      Part B - The Basic End Words
      Part C - The Confusion GPM   (Run 2)
      Part D - The Objects - hollow
      Part E - The Objects - solid

Part A - The 7s
Part B - The Basic End Words
Part C - The Confusion GPM   (Run 3)
Part D - The Objects - hollow
Part E - The Objects - solid

Part A - The 7s
Part B - The Basic End Words
Part C - The Confusion GPM   (Run 4)
Part D - The Objects - hollow
Part E - The Objects - solid

There are five PARTS. These occur in a row. This row of five parts is called a RUN. The first (earliest) of these is the 7s. The second, just above the 7s, is the Basic End Words. The third, just above the Basic End Words, is the Confusion GPM. The fourth, just above the Confusion GPM, is the Objects - hollow. The fifth, just above the Objects - hollow, is the Objects - solid.

After a RUN of A, B, C, D and E we begin again with the 7s for the next RUN. The PARTS go as they do in the first run. (7s, THEN Basic End Words, THEN Confusion GPM, THEN Objects - hollow, THEN Objects - solid.)

Therefore, the trick is always to run only the earliest run available and not get into later runs.

The bank has ten runs or fifty parts.

None of these use a GPM line plot.

They only contain what is given on the platen you are issued.

The proper way to run it all is to get on with it. After ten runs, you may have to go from Run 1 to Run 10 all over again anyway, to get any final bits. So your first running of the whole ten runs may not be your final run.

You also MAY go clear before you have completed ten runs, but check carefully that this isn't a KEY-OUT.

How to Use a Platen

Each student must supply himself with foolscap paper.

The platen is then laid aside the foolscap paper and you repeat the number on the actual foolscap paper. Across the top of the foolscap paper is written the student's name, the name of the part being run, the number of the run, and the date.

The reads on the items are written on the foolscap paper alongside the number of the item.

To keep from cramping your reads and have enough paper on all parts, just take legal foolscap size paper and use the item's consecutive numbers and go down the page as far as necessary to record all reads, then leave a space and write the next number. It is too hard to keep the numbers even on the platen and worksheet. Number worksheet by page number of platen and consecutive letter. Page 1 of platen becomes page 1(a) and (b) and (c) of worksheet. Label each worksheet well. In order to save paper bulk, continue down your piece of foolscap paper from session to session, dating each new session start. Use both sides of your foolscap paper, but use separate auditor reports from each session, of course.

Any comments that need to be written down must be put on another sheet of paper. Only the actual reads, including any buttons that are used, and any cognitions, should be written on your foolscap paper. Do not write the name of the item, only the pair number and item number.

Leave some space on your foolscap paper when you complete an item, so that if the next item does not read, you then have sufficient space to go back and add more in if necessary to the previous item.

Do not write anything on the platen.

When you return your auditor reports and worksheets always use paperclips. Never use a stapler on this course.

Running Items

Always run the earliest item first, flatten it and go on to the next item. Complete the part. Go to first item in next part, etc.

One calls the item and marks its reads until one no longer gets reads. Then one calls the next item and marks its reads, until it no longer reads. Then one can call the first item of the pair again and the second item, calling them as a pair until they no longer read. The reads obtained on an item by calling as a pair are put under the appropriate item number. All the reads for any one item are recorded in the same place on the worksheet regardless of when the item is called (such as calling as a pair or in rerunning). Space should be left after each item so that reads can be added when calling the pair or in the case of having to go back and get more charge off an item.

If an item does not read the moment it is called, then you have left the item just before it charged. So call the earlier item again and get the read or reads off it, making sure you don't go into a later run. Then call the item that didn't read the first time and you will find it instantly reads.

When you leave an item to go back to a previous one, put a bar (/) on the item you leave and a dash (-) at the item you go back to. If you go back more than one item, put a bar for as many items as you go back. That is, if you go back three items, you put three bars on the item you left and a dash on each item gone back over. Each item must be called in turn up to the place where you went back from.

NOTE: this can easily be overdone (getting all reads off earlier items) as you can put yourself into later runs, so moderation in this goes a long way. But never ignore the fact that a new item didn't read the first time it was called. It always means you didn't get all reads off the item immediately before, or that you failed to spot the thetan at the moment. NEVER GO PAST A NON-READING ITEM.

When running Clearing Course material, you find you get a certain amount of reads on an item (correct "run" type reads are Falls, LFs, sBDs, BDs) then the following item in the same session will get approximately the same amount of reads - if not and you get only a few reads, then go back to the previous item that read well and you will find there is more charge on it. After that, the next item will read with approximately the same number of reads as the previous one.

One doesn't muck about with concepts or other maunderings. The item is the item and cognitions do or don't appear. The item is the thing and calling it is what makes it read.

If items go on reading, don't try to suppress them. Items read big and many times. You may get as many as twenty-five or more large reads on every item. The main thing is to clean (get all the charge off) each item for the run you are in. Be sure to keep in the correct run. Remember, if you get bored with so many reads, to take the boredom off as a button. You can just throw away reads because you get tired of seeing it read. Your purpose is to clean each item, not make yourself interested or happy or entertained. A lot of it is just hard, slogging work. If you clean them up as you go, all will be well. You can sometimes erase an item and have it read as a lock or lock item. Test it for a lock if it reads too long.

If you find you are getting small reads (that is, Ticks, Small Falls), check to see if there is any charge left on the previous item, and check to see if you are in the correct run. Falls and blowdowns are expected on each item, not just reads. Don't go on calling the item if you are getting small reads. Find the outness and correct it. Keep auditor reports for each session. Don't try to run the same item out of all runs at one time. Just proceed from bottom up, run by run, in order, item by item, part by part. Take care to stay in the correct run.

It is now a proved fact that none of the basic bank will erase on a preclear until all the lower grades are properly established on a preclear and then the basic bank confronted in its exactness, item by item in sequence and in its exact relationship to the rest of the bank.

Know then that:
1. There is no haphazard blowing of bank
2. No item blows out of context
3. There are no prior holes blown in the bank for anyone, no matter what the nature or any prior auditing might have been, until the item has actually been run.

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PAIN

Pain (pn) only occurs when you have left something charged behind you (earlier).

SICKNESS

Sickness is part of the somatic. It runs out.

FLATTEN

Flatten every item thoroughly.

ERASURE

You are not seeking RELEASE from the bank at this level. You are erasing. Therefore "the bank has blown" is nonsense - one has blown the bank, so get back in it and run it. Total erasure is the aim.

NO READ

No read on a new item is always followed by LFs and BDs. Never bypass an item just because it didn't read, sure passport to upset is to leave items alive and go on or to skip an item because it didn't read. They all will read.

RERUN

if you start getting pain or sickness, you got into a later run or you bypassed some charge and must rerun the earlier area you just did. Something is still alive. If in doubt, rerun the lot from the start of the part. Erase thoroughly. But if it is a later run, get back into the correct one.

NEGLECT

If you run upwards getting no reads at all on several items and still go on, you will become quite upset. Do not go past non-reading items. Find out what is wrong immediately and remedy it.

BYPASSED CHARGE

Use L7 on yourself if you don't quickly find reasons for pain or upset.

READS

Write down, using the code, every read you get after the item that it occurred on. Write "NO" for item that didn't read at first read, even when it then reads. E.g. "NO LF sBD F F F sBD".

RELEASE

You'll go Release a lot of times. Ignore it. We are erasing in R6. Release can be ignored because the R6 bank is vanishing. Not true of lower grades.

TA UP

The TA goes up between sessions. It cleans up and goes down on beginning rudiments or on the first couple of items or both.

REPEATER TECHNIQUE

The items are flattened by repeater technique. Just repeat them until they no longer read. Get your own reaction off. Repeat again. Repeat to no read. Beware of session suppress and invalidate.

PART B

- is nouns. Be careful of first one because it is used in the sense of a noun. Don't run it otherwise than as a pure noun.

READS

It is not unusual for an item not to read at first call. Read the one just before it again. Try the item once more. If still no read, call several just before it. Then call it again. It will read. Items read many times in most cases. Don't leave anything reading behind you. Sometimes you will find a pair you just left are still very alive. Flatten them. Mark ALL reads or lack of them.

WOODEN FACE

A wooden feeling in the face is caused by pulling in later items that are also pulled in out of arrangement. If you pull in from later bank (runs) X and Y you will not get a wooden feeling in your face. But if you pull them in Y X you will.

CODE (used in noting reads)

F = 1" to 2" fall (needle left to right motion); LF = long fall 2" or more; sF = small fall 1/4" to 1"; ht = heat experienced; pn = pain; som = somatic; sen = sensation; corr = correct; supp = suppress; inval = invalidate; no rd = no read; sBD = small blowdown of TA, .2 div or .1 (right to left motion) (needle sticks over to right - TA does not necessarily have to be moved); BD = .25 division blowdown of TA or more (right to left motion) (TA has to be moved); div = division of tone arm; TA = tone arm of meter, scale of; anaten = analytical attenuation (going unconscious)

PARTS D and E

The Objects - hollow and solid - These parts are silent. There are no words in them. Only objects. They run in a pattern. The position of the objects relative to the thetan are:

OBJECT   TWO OBJECTS

                         * left side

THETAN   * in front   THETAN
       of face
                         * right side

THREE OBJECTS   FOUR OBJECTS

* left side   * left side

THETAN   * in front   * behind   THETAN   * in front
       of face   head   of face
* right side   *right side

The objects appear about an arm's length away. On coming in or going away, the location is the same.
For one object, it appears a few feet in front of one's face. For two objects, they appear to right and left
of one at same height as the front one. For three objects, they appear combined as one and two objects
positions (in front of face and to right and left). For four objects, they appear as the three plus one
behind the head about the same distance back as the one in front is. They move. Learn to perceive the
number given all in the same instant, doing the action of going away or coming in. Spot the thetan at
the same moment.

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