BOARD TECHNICAL BULLETIN
6 MAY 1969R
ISSUE II
REVISED & REISSUED 10 JUNE 1974 AS BTB
Remimeo
Dianetic Course
Class VIII   CANCELS
HCO BULLETIN OF 6 MAY 1969
ISSUE II

ROUTINE 3 R REVISED
ENGRAM RUNNING BY CHAINS

(This bulletin combines HCO B 27 April 1969 "R3R Restated" with those parts of HCO B 24 June 1963 "Routine 3 R" used in the new Standard Dianetic Course and its application. This gives the complete steps of Routine 3 R Revised. LRH data is quoted.)

"Given a knowledge of the Composition and Behaviour of the Time Track, engram running by chains is so simple that any auditor begins by overcomplication. You almost can't get uncomplicated enough in engram running.

"In teaching people to run engrams in 1949, my chief despair was summed up in one sentence to the group I was instructing: 'All auditors talk too much.' And that's the first lesson.

"The second lesson is: 'All auditors acknowledge too little.' Instead of cheerily acking what the PC said and saying "continue", auditors are always asking for more data, and usually for more data than the PC could ever give. Example: PC: 'I see a house here.' Auditor: 'Okay. How big is it?'

"That's not engram running, that's just a lousy Q and A.

"The proper action is: PC: 'I see a house here.' Auditor: "Okay. Continue.'

"The exceptions to this rule are non-existent. This isn't a special brand of engram running. It is modern engram running. It was the first engram running and is the last and you can put aside any complications in between.

" The rule is ACKNOWLEDGE WHAT THE PC SAYS AND TELL HIM TO CONTINUE.

"Then there's the matter of being doubtful of control. Wrong Example: Auditor: 'Move to yesterday. Are you there? How do you know it's yesterday? What do you see that makes you think.......' FLUNK FLUNK FLUNK.

"Right Example: Auditor: 'Move to yesterday. (Waits a moment.) What do you see?......Good.'

"Another error is a failure to take the PC's data. You take the PC's data. Never take his orders.

EARLY ENGRAM RUNNING

"No auditor who knew earlier than June 1963 engram running should consider he or she knows how to run engrams.

"Routine 3 R is itself. It has no dependence on earlier methods of running engrams. Failure to study and learn R3R "because one knows about engram running" will cause a lot of case failure.

"If you know old time engram running, there is no attempt here to invalidate you or that knowledge or make you wrong in any way. Those are all ways to run engrams and gave you a better grasp on it. I only wish to call to your attention that R3R is not old time engram running.

ROUTINE 3 R

"Engram Running by Chains is designated "Routine 3 R".

"It is a triumph of simplicity. It does not demand visio, sonic or other perception at once by the PC. It develops them." LRH (HCO B 24 June 1963 "Routine 3 Engram Running By Chains Bulletin 3")

R 3 R REVISED BY STEPS

The first thing the Auditor does is to make sure the room and session are set up. This means, in other words, that the room is as comfortable as possible and free from interruptions and distractions; that the Auditor's meter is set up and that the Auditor's report form and work sheets are ready.

The PC is seated in the chair furthest from the door and is asked to pick up the cans (from now until the session ends the PC stays on the cans).

The Auditor says: "This is the Session." (Tone 40)

The Auditor then puts in the R (Reality) factor with the PC by telling the PC briefly what he is going to do in the session.

PRELIMINARY STEP:

Establish the type of chain the PC is to run by assessment. This is done using the Health Form.

FLOW 1:

STEP ONE:

Locate the first incident by the command: "Locate an incident of another causing you _____."(somatic or feeling assessed from Health Form).

BTB 6.5. 69R II   - 3 -
Rev. 10.6.74

STEP TWO:

Date the incident. This is done by asking: "When was it?" Take what he gives you. "The PC must give a date, this is what turns on the picture in many cases." LRH

STEP THREE:

Telling a PC to move to an approximate date he has just given moves him wrong. So, move the PC to the incident with the exact command: "Move to that incident."

STEP FOUR:

Establish duration (length of time) of incident. Ask: "What is the duration of the incident?" (An incident may be anything from a split second long to 15 trillion, trillion years or more long). Duration always turns on the picture. If it is omitted, the PC will run black - no picture.

STEP FIVE:

Move PC to beginning of incident with the exact command: "Move to the beginning of that incident." Wait until meter flicks.

STEP SIX:

Ask PC what he or she is looking at with exact command: "What do you see?" (IF PC's eyes are open, tell PC first: "Close your eyes.")
Acknowledge whatever PC says.
Do not ask a second question, ever.

STEP SEVEN:

Send the PC through the incident with the exact command: "Move through the incident to a point (duration) later."

STEP EIGHT:

Ask nothing, say nothing, do nothing (except observe the meter or make quiet notes) while PC is going through the incident. If the PC says anything at all, just acknowledge and let him continue, using this exact command softly: "Okay, Continue."
Do not coax, distract, or question PC during this period.

STEP NINE:

When the PC reaches the end of the incident (usually PC moves or looks up) say only: "What happened?"

Take whatever PC says, acknowledge only as needful. Say nothing else, ask nothing else. When PC has told little or much and has finished talking, give him a final acknowledgement.

In going through an incident the second time one DOES NOT ask for date and duration again or any description.

After the first time through an incident and when PC has recounted it, the Auditor:

A. Tells PC: "Move to the beginning of the incident."

B. "Tell me when you are there."

Steps A and B can be done at one time. They will sound like one sentence: "Move to the beginning of the incident; tell me when you are there."

C. When PC has said he is: "Scan through to the end of the incident."

D. "Tell me what happened."

The second, third etc. run through the same incident use the above commands.

ERASURE OR GOING SOLID

After the second time through, find out if it is erasing or going more solid. Ask: "Is the incident erasing or going more solid?"

If it is erasing go through it a third time, etc. until it is erased. Erasure is usually accompanied by a Floating Needle and a cognition immediately afterwards.

See also: HCO B 23 April 69 "Dianetic Erasure
                                            How To Attain"
              HCO B 2 Dec 69 "Rising TA"
              HCO B 28 May 69 "How Not To Erase"
              BTB 14 July 70 II Additional Data On
                                            Erasing/Solid

STEP ONE A:

The earlier command for Flow One is: "Is there an earlier incident of another causing you_____?" (the exact somatic or feeling used in Step One.)

EARLIER BEGINNING
(Ref: HCO B 28 May 69 "How Not To Erase")

Sometimes when you ask for an earlier incident the PC will say there isn't an earlier incident. In this case, the incident you have been running may start earlier.

You would therefore ask: "Does the one we are running start earlier?"

If the PC says "yes", then you give the command: "Move to the new beginning of the incident."

Then continue on to B C D and continue as usual.

The important thing is to give the PC time to find the earlier incident or the earlier beginning.

If the PC can't find an earlier incident or an earlier beginning, run the incident you were doing on A to D again.

FLOWS 2 AND 3

Step One and Step One A (going earlier) commands for Flow 2 and Flow 3 are:

FLOW 2:

STEP ONE:

"Locate an incident of you causing another _____." (the exact somatic or feeling used in Flow 1).

STEP ONE A:

"Is there an earlier incident of you causing another _____?" (the exact somatic or feeling used in Flow 1).

FLOW 3:

STEP ONE:

"Locate an incident of others causing others _____." (the exact somatic or feeling used in Flow 1).

STEP ONE A:

"Is there an earlier incident of others causing others _____?" (the exact somatic or feeling used in Flow 1).

Each of these Step One and Step One A commands are run on the full verbatim 1 - 9, A - D steps as given herein.

NARRATIVE R3R
(Ref: HCO B 23 May 69 "Auditing Out Sessions, Narrative Versus Somatic Chains".)

As stated in HCO B 2 April 69 revised 14 May 69 "Dianetic Assists" a narrative item is often run to run out the physically painful experience the person has just undergone, accident, illness, operation or emotional shock. This erases the "psychic trauma" and speeds healing to a remarkable degree.

The commands for Narrative R3R are:

FLOW ONE: "Locate the time when you had/were _____
(brief statement of incident)."

FLOW TWO: "Locate a time you caused another to have/to
be _____ (incident)."

FLOW THREE: "Locate a time others caused others to
have/to be _____ (incident)."

For Secondaries it would be:

FLOW ONE: "Locate the time when you lost a/your _____
(item)."

FLOW TWO: "Locate a time you caused another to lose
a _____ (item)."

FLOW THREE: "Locate a time others caused others to lose
a _____ (item)."

ALWAYS RUN NARRATIVE INCIDENTS TRIPLE FLOW AS ABOVE.

The earlier command is: "Is there an earlier similar
incident?"

PC INTEREST

"In doing R3R it is necessary that (a) one chooses
things the PC is interested in and (b) one does not force
a PC to run things he is protesting being run on.

ERASING LAST INCIDENT FOUND

"If you ask if there is an earlier incident and the
PC says "No" you do not just walk off from the one he was
just running. You send the PC through it again and it will
erase.

COMPLETING CHAINS

"If you do sloppy R3R and do one thing after another
without getting an F/N or an erasure, you will get the PC
stuck up on the track. You complete each chain to F/N or
erasure.

F/NS VS ERASURE

"If a LOCK F/Ns you can get earlier incidents on the
same chain until the PC actually runs the engram or chain
of engrams.

"While it is not always safe to pass an F/N and go
earlier to the real engram and erase it, a PC who is only
F/Nd on locks will get the engram keyed in again later.
The somatic may return unless engrams are run to erasure.

ENDING SESSIONS

"An R3R session can be safely ended on a cognition and Good Indicators such as a cheerful happy PC.

"This doesn't mean the end of all Dianetic auditing. In the next session another assessment will turn up more unwanted feelings.

ENDING DIANETICS

"Dianetics is ended off only when a PC has become well and happy and remains that way." LRH (HCO B 27 April 69 "R3R Restated").

There is no variation of these steps for any reason. This is the most exact procedure known. And there you have it, engram running superior to any engram running ever done and giving superior and faster results.

CS - 5

Revised & Reissued as BTB by Flag Mission 1234

I/C: CPO Andrea Lewis
2nd: Molly Harlow

Authorized by AVU

for the
BOARDS OF DIRECTORS
of the
CHURCHES OF SCIENTOLOGY