Dianetic Course

ROUTINE 3-R REVISED

ENGRAM RUNNING BY CHAINS

(This bulletin combines HCOB 27 April 1969 'R3-R Restated' with those parts of
HCOB 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.)

Given a knowledge of the composition and behavior of the Time Track, engram running by chains is so simple that any auditor begins by over-complication. 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 asking what the pc said and saying "continue," auditors are always asking for more data, and usually for more data than the pc ever could 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. It is fatal to contradict a pc or to give him data in a session.

EARLY ENGRAM RUNNING

No auditor who knew earlier than May 1969 Standard Dianetics should consider he or she knows how to run engrams. He should be fully retrained.

Routine 3-R is itself. It has *no* dependence on earlier methods of running engrams. Failure to study and learn R3-R "because one knows about engram running" will cause a lot of case failure.

R3-R is a rote procedure. That is a victory in itself. But it is a *better* procedure.

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 R3-R is not old time engram running.

AUDITORS REPORT

Always make out an auditors report. Do the worksheets during the session, the first page and summary after the session. Note mainly what the auditor said, the steps he ordered (by number or letter) and the dates, durations and a brief synopsis of what the pc's incident was. The technical actions taken and the pcs reactions are the most important things in an auditors report.

ROUTINE 3-R Engram Running by Chains is designated "Routine 3R" (R3R).

It is a triumph of simplicity. It does not demand visio, sonic or other perception at once by the pc. It develops them.

R3-R REVISED BY STEPS

R3-R is not run in model session. It has its own precise actions as contained herein.

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 worksheets 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."

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.

The session and Dianetics are always run in **strict** adherence to the new 1968 Auditors Code.

PRELIMINARY STEP:

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

STEP ONE:

Locate the first incident by the command "Locate an incident that could have caused … (somatic or feeling assessed from Health Form)

STEP TWO:

Date the incident. This is done by asking the pc for the date. Take what he gives you.

STEP THREE:

Move pc to the incident with the exact command "Move to (date pc gave you.)"

STEP FOUR:

Establish duration (length of time) of incident. (An incident may be anything from a split second long to 15 trillion trillion years or more long).

STEP FIVE:

Move pc to beginning of incident with the exact command. "Move to the beginning of the incident at (date that was just given by the pc.)" 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 that was just given by pc) later."

STEP EIGHT;

Ask nothing, say nothing, do nothing (except observe 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 a final acknowledgment.

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."

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 or some variation thereof.

ERASURE OR GOING SOLID

After the second time through, find out if it is 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. "Going Solid" means increased mass, increased pressure or intensified somatic.

PC INTEREST

In doing R3-R 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 R3-R 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/N'd on locks will get the engram keyed in again later. The somatic may return unless engrams are run to erasure.

ENDING SESSIONS

An R3-R 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.

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

<div style="text-align: right">

Compiled by Brian Livingston
CS – 5
for
L. RON HUBBARD
FOUNDER

</div>

LRH:BL:an:cs