

RUNNING AN ENGRAM

A lecture given on
28 September 1950

Handling Command Phrases

First of all, I'll answer three questions a lot of people have asked me.

“What does the auditor do if an incident such as an electric shock or nitrous oxide comes up during treatment?”

Run anything the file clerk gives you. If the file clerk gives it to you, it will reduce; but don't go in willy-nilly and say, “Aha, this fellow has had a dental operation, let's see what we can do.”

In the course of an erasure, as you get up from the basic area into late life you will find these incidents are pretty thin by the time you get there. And if it is the next one in line, regardless of what it is, electric shock or anything else, it will erase.

“Supposing boil-off lasts longer than the allowable session length, should it be interrupted?”

Actually, when a person starts boiling off, he will continue to boil off if you bring him up to present time. He can be put back into the area and you will find that a lot of the boil-off has happened, without restimulating the engram under it which is causing the boil-off. The preclear is boiling off, so you say, “Come to present time.” Let him smoke a cigarette for 20 minutes, then take him back to the moment where you had him before and you will find out that with very little, if any, further boil-off you will be able to run the incident.

“Can a pregnant woman be run without danger of giving the fetus engrams? Could pleasure incidents be safely run?”

This is an adjudication the auditor has to make. Is this woman in such bad condition herself, with morning sickness and feelings of mayhem toward this child and so on, that the child is actually endangered? If that is the case, then give this woman a little processing. Otherwise, leave it alone. Every engram you run out of the mother, particularly if it is a convulsive engram or a grief charge, is going to transplant. And some auditor, many years from now, is going to have a strange case on his hands. For example, he will be running Grandma's death, but Grandma died in 1910 and it's now 1970, so it couldn't have been in this period. I can see this as very puzzling material and quite aberrative. You will also find, 15 or 20 years from now, that you are running someone who has a prenatal area full of “All right, go over it again.” “The file clerk . . .” You can see the condition this person is going to be in.

Now, I have a young lady here who has volunteered to be processed, and I will see what I can find out about this case.

LRH: Okay. Would you lie down? I understand you've had some auditing.

PC: Yes, that's right

LRH: All right. Would you do me the favor of letting me put your glasses over here on the side of the table?

PC: Yes, that would be a good idea.

LRH: Okay. Was the processing you've had good or bad?

PC: Well, I've had about 20 of bad and about 8 of good.

LRH: And did the 8 of good remedy the 20 of bad?

PC: Oh, they didn't go back over for the breaks, no.

LRH: Oh, there were some Auditor Code breaks?

PC: I think so, probably.

LRH: You think so?

PC: Uh-huh.

LRH: Do you remember?

PC: Well, we didn't run out all the engrams that were found.

LRH: Oh, you just didn't run the engrams out.

PC: Hm-hm.

LRH: How old are you? (snap!)

PC: Twenty-six.

LRH: Okay. How old are you?

PC: Twenty-six.

LRH: Now give me a number.

PC: Twenty-six.

LRH: What age? (snap!)

PC: Twenty-six.

LRH: Gee whiz, in present time. Well, how do you do!

[to class] Have you ever noticed when you are running somebody, when they come up from back down the track someplace, they expect you to greet them as though they had been on a trip? I have seen people look very disappointed and I finally found out this was the cause of it, so when they come back up to present time I generally say hello, and they feel better.

[to pc] All right. Did you have a number of childhood illnesses?

PC: Oh, yes. I spent most of my childhood in bed.

LRH: Hm, most of your childhood in bed—that's bad. Anything particular?

PC: Yeah, when I was about 6 I had double pneumonia and then spinal meningitis.

LRH: Spinal meningitis when you were about 6.

PC: Uh-huh.

LRH: Okay. You seem to have recovered from that very handsomely.

PC: Uh-huh. I was unconscious for about 16 days. It was 10 or 16, I'm not sure which.

LRH: Ten or 16 days?

PC: Yeah, that's right.

LRH: Gosh. Who around you was very badly aberrated during that period?

PC: Well, my mother and father, I suppose.

LRH: Okay. Well, what about your recent life? Have you had any bad shocks or anything like that?

PC: Yes, well, my mother died in May.

LRH: Your mother died in May.

PC: Uh-huh.

LRH: Has anybody touched this one?

PC: Yes, we went over it a little but it was kind of occluded and we didn't get very much.

LRH: Didn't get much out.

PC: No.

LRH: Been down in the basic area?

PC: Yes.

LRH: Have you got an erasure?

PC: I'm not sure. You'd have to ask the auditor. I think we went through the sperm sequence.

LRH: Oh, yeah? Well now, tell me who was the least certain person in your whole family?

PC: The least certain?

LRH: Uh-huh.

PC: I am.

LRH: You are.

PC: Uh-huh.

LRH: The least certain.

PC: My mother and father were very positive people.

LRH: They were very positive people?

PC: Yeah.

LRH: Well, who was not positive in your family?

PC: I wasn't.

LRH: You weren't.

PC: Uh-huh.

LRH: How did they make you feel their positiveness? What did they say?

PC: Oh, my father knew what was right.

LRH: He knew what was right.

PC: Yeah.

LRH: What did he say?

PC: I'd be all right as long as I listened to him.

LRH: Hm. (pc laughs) What a lovely circuit. How did he say that again?

PC: Well, I mean there were different phrases there.

LRH: Yeah, but did he ever tell your mother this?

PC: Oh, sure.

LRH: Yeah?

PC: Uh-huh, uh-huh.

LRH: Do you have a stream of consciousness?

PC: What's that?

LRH: Do your thoughts occur to you in chains of words?

PC: I think pictures.

LRH: You see pictures!

PC: Yes, I think I think in pictures.

LRH: Is seeing believing?

PC: It might be.

LRH: Do you remember if anybody used to say that?

PC: Oh, yeah, people say that, but nobody in my family particularly.

LRH: Hm-hm. Did either one of your parents complain about somebody making scenes?

PC: Oh, yes.

LRH: How did they say this?

PC: I don't know their phrases but my mother was a scene-maker.

LRH: Who said this?

PC: My father would have said it.

LRH: How would he have put it? Would he have said "scene-maker"?

PC: No.

LRH: What would he have said?

PC: I don't know.

LRH: Go over the word "scene-maker" a couple of times.

PC: Scene-maker, scene-maker, scenemaker, scene-maker." No, that wouldn't be it.

LRH: That wouldn't be it, huh?

PC: No.

LRH: "Always in trouble, always picking a fight"?

PC: Why are you always dramatizing?" I don't know. Let's see. It could be "Why do you always make a scene?" or "Why do you insist on making a scene?"

LRH: Oh, yeah?

PC: Something of that sort.

LRH: Hm-hm. What are pictures?

PC: Do you mean how do you think in pictures?

LRH: What are pictures? What are scenes?

PC: Oh, (laughing) yes, I see.

LRH: Does that make any sense to you?

PC: Yes. There could be a connection there.

LRH: Does anybody say "All you can think about is scenes"?

PC: No, that wouldn't be valid, no.

LRH: No, all right. Who used to say "You'd better control yourself"?

PC: Oh, my father.

LRH: Hm-hm! How would he say it?

PC: You've got to control yourself. You've got to learn to control yourself. . . ."

LRH: Hm-hm.

PC: "Now control yourself."

LRH: Gee!

PC: "Just be calm."

LRH: "Be calm."

PC: "You've got to learn to relax. Just relax."

LRH: Hm-hm. Gee!

PC: I mean, the whole childhood is full of that stuff.

LRH: Do you remember a time when he said this to you?

PC: Oh, yeah.

LRH: A lot of them?

PC: Oh, sure. Thousands of them.

LRH: (laughs) Thousands of them! Gee. Was he well controlled?

PC: Oh, terrifically.

LRH: Was he really well controlled?

PC: Oh, yes, very.

LRH: Severe?

PC: Uh-huh, very.

LRH: Calm?

PC: Uh-huh.

LRH: Never blew up?

PC: Oh, I wouldn't say that.

LRH: Oh, then he wasn't so well controlled.

PC: But he didn't blow up much.

LRH: Not much, huh?

PC: Uh-uh.

LRH: Was your mother well controlled?

PC: Oh, no.

LRH: Did she ever say "Control yourself"?

PC: I don't think so.

LRH: Were his grandparents around?

PC: No.

LRH: Were her grandparents around?

PC: No. Oh, when I was a baby and before I was born, my grandparents on both sides were around, at different periods.

LRH: Oh, all these people were around?

PC: Uh-huh, but not during my childhood.

LRH: Which one of his parents said "Control yourself"?

PC: Oh, I don't know. His mother may have. His father was dead by that time.

LRH: Oh?

PC: His mother may have. I don't know her, see. I was never around her.

LRH: Was she around you when you were a baby?

PC: Till I was 3 months old.

LRH: Till you were 3. Was she attending at your birth?

PC: I don't believe so, but I'm not sure.

LRH: Hm-hm. Do you know of nobody else in the family who was not sure?

PC: Besides me?

LRH: Hm-hm.

PC: Oh, yeah. I have, on my mother's side, an uncle that isn't sure.

LRH: Oh. Is he a friend of yours?

PC: Well, yeah, but he wasn't around me when I was small but I think he was around when my mother was pregnant with me.

LRH: Oh, yeah?

PC: Uh-huh.

LRH: That's her brother?

PC: Uh-huh, her favorite.

LRH: He wasn't very sure?

PC: No.

LRH: She liked him?

PC: Oh, yes.

LRH: When did anybody say you were like him?

PC: She may have said that. I don't know.

LRH: Hm-hm, not sure. (pc laughing) Well, there's one valence we scared up. (pc laughs again) All right. Now let's take the matter of your mother. You say your mother is dead?

PC: Uh-huh.

LRH: Hm-hm. Come up to present time. Are you in present time?

PC: I think so.

LRH: How old are you? (snap!)

PC: Twenty-six.

LRH: Fine. Shut your eyes. Any time in the future that I say the word canceled, it will cancel out what I have said to you while you were lying here on the couch. Okay?

PC: Yes.

LRH: Now, when did you find out your mother died?

PC: Oh, a few hours afterwards.

LRH: Hm-hm. When did you find out she was dying?

PC: Oh, I think the doctors told me. But we knew for almost a year that there wasn't much hope.

LRH: How did you feel about it?

PC: Oh, I imagine you feel real bad about things like that.

LRH: You felt pretty bad about it?

PC: Uh-huh.

LRH: Who was the first one to tell you?

PC: That she was dying?

LRH: Uh-huh.

PC: Or that she had died?

LRH: That she had died. Who told you she was dying?

PC: Well, we just sort of figured that it was pretty hopeless when we found out she had cancer.

LRH: Hm-hm. And who said that it was?

PC: Oh, well, the doctors told us that there was not much hope. But we had that idea before. Of course we were optimistic about it. But they kept telling us that we could expect that she wouldn't live very long.

LRH: Hm-hm. Where was the doctor standing when he said this?

PC: Oh, gee, I don't know. I had a lot of doctors on the case and they all told me that.

LRH: They all told you?

PC: Uh-huh, they were all trying to prepare me.

LRH: Hm-hm, and who finally told you she was dead?

PC: Oh, it was one of the nurses I had for her.

LRH: And what did she say?

PC: (starts to laugh)

LRH: What did she say?

PC: Ah, let's see, some sort of a euphemistic speech. Now, let's see. Something about "Your mother has just passed on, dear," or something.

LRH: Okay. Let's go over it again.

PC: Well, I can see her but I can't hear her.

LRH: What is she saying?

PC: I think she said something like "Your mother has just passed on, dear."

LRH: Let's go over it again.

PC: "Your mother has just passed on, dear."

LRH: Let's go over it again.

PC: "Your mother has just passed on, dear."

LRH: Go over it again.

PC: "Your mother has just passed on, dear."

LRH: Go over it again.

PC: "Your mother has just passed on, dear."

LRH: Go over it again.

PC: "Your mother has just passed on, dear."

LRH: Go over it again.

PC: "Your mother has just passed on, dear."

LRH: Go over it again.

PC: "Your mother has just passed on, dear."

LRH: Let's go over it again.

PC: "Your mother has just passed on, dear."

LRH: How does she look to you?

PC: Well, I can see her but I don't see faces too clearly.

LRH: All right.

PC: I can't hear her.

LRH: Let's go to the moment when you start to feel bad about it.

PC: Oh, gee, I don't know when that was.

LRH: Hm-hm.

PC: I mean, I was in a state of petrification even when I went to the office that day because she was in a coma and we were expecting, any minute. . .

LRH: All right, who said she was in a coma?

PC: Well, I don't know. It could have been my sister or my father or me.

LRH: Hm-hm. Anybody could have said it.

PC: Uh-huh.

LRH: All right. When did you start to feel very bad about it?

PC: Oh, well, I don't quite understand what you mean. We felt bad all along.

LRH: You felt bad for a whole year?

PC: Sure. Of course, she kept getting worse.

LRH: Remember when she used to bake you a cake?

PC: (laughs) Yes.

LRH: What did she do about it?

PC: You mean you want me to go through it?

LRH: Let's come on up to the time she's dead. How did she look in her coffin?

PC: Oh, we didn't have her on display. I didn't see her after she died.

LRH: On display?

PC: I don't believe in that stuff.

LRH: Hm-hm. All right. Come up to present time. How old are you? (snap!)

PC: Twenty-six.

LRH: Shut your eyes. The file clerk will now give us the engram necessary to resolve your case. The somatic strip will go to the beginning of the engram. When I count from one

to five, the first words of the engram will flash into your mind. One-two-three-four-five (snap!).

PC: "You can't relax."

LRH: Go over it again.

PC: "You can't relax."

LRH: Go over it again.

PC: "You can't relax."

LRH: Go over it again.

PC: "You can't relax."

LRH: Go over it again.

PC: "You can't relax."

LRH: Go over it again.

PC: "You can't relax."

LRH: Go over it again.

PC: "You can't relax."

LRH: Go over it again.

PC: "You can't relax."

LRH: Go over it again.

PC: "You can't relax."

LRH: Go over it again.

PC: "You can't relax."

LRH: Go over it again.

PC: "You can't relax."

LRH: Next line. (pause) Go over "You can't relax" again.

PC: "You can't relax."

LRH: Go over it again.

PC: "Don't you ever relax?"

LRH: Go over it again.

PC: "Don't you ever relax?"

LRH: Go over it again.

PC: "Don't you ever relax?"

LRH: Go over it again.

PC: I think it's "Can't you ever relax?"

LRH: Go over it again.

PC: "Can't you ever relax?"

LRH: Go over it again.

PC: "Can't you ever relax?"

LRH: Go over it again.

PC: "Can't you ever relax?"

LRH: Go over it again.

PC: "Can't you ever relax?"

LRH: Go over it again.

PC: "Can't you ever relax? Can't you ever relax? Can't you ever relax? Can't you ever relax? Can't you ever relax? Can't you ever relax? Can't you ever relax? Can't you ever relax? Can't you ever relax? You're always dramatizing."

LRH: Go over that again.

PC: "You're always dramatizing."

LRH: Let's go over that again.

PC: "You're always dramatizing."

LRH: Go over it again.

PC: "You're always dramatizing." I never believe my data.

LRH: It's all right. Go ahead.

PC: "You're always dramatizing. You're always dramatizing. You're always dramatizing."

LRH: Go over it again.

PC: "You're always dramatizing. You're always dramatizing."

LRH: Go over it again.

PC: "You're always dramatizing. Why must you dramatize? Why must you dramatize? Why must you dramatize? Why must you dramatize? (pc starting to laugh) Why must you dramatize? Why must you dramatize? Why must you dramatize? Why must you dramatize? Why must you dramatize?" (laughing)

LRH: Go over it again.

PC: (laughing)

LRH: Go over it again.

PC: (prolonged laughing)

LRH: What's the line again?

PC: Why must you dramatize? (laughter continues)

LRH: Go over it again.

PC: (still laughing) "Why must you dramatize?"

LRH: Go over it again.

PC: (laughing) "Why must you dramatize?"

LRH: Go over it again.

PC: (laughing) "Why must you dramatize ?"

LRH: Go over it again.

PC: (laughing) "Why must you dramatize?"

LRH: Go over it again.

PC: (still laughing) "Why must you dramatize?"

LRH: Go over it again.

PC: (still laughing) "Why must you dramatize?"

LRH: Go over it again.

PC: "Why must you dramatize?"

LRH: Go over it again.

PC: "Why must you dramatize?"

LRH: Go over it again.

PC: "Why must you dramatize?" (no longer laughing)

LRH: Next line.

PC: "Why must you dramatize?" I don't know what it is.

LRH: Go over the next line." "Why must you dramatize?"

PC: "Why must you dramatize?"

LRH: Next line. The next line will flash into your mind when I count from one to five. One-two-three-four-five (snap!). What flashed?

PC: I didn't get anything. (pause) It's a blank.

LRH: All right. You don't get anything on that?

PC: No.

LRH: What's been your somatic on this?

PC: Well, except for the laughing?

LRH: Hm-hm.

PC: Oh, I don't know. I've been going up and down.

LRH: Hm-hm.

PC: But otherwise. . .

LRH: All right. Somebody else may be speaking there. Who was speaking the first lines?

PC: Well, I assumed it was my father.

LRH: All right, who would answer him?

PC: Possibly my mother.

LRH: Okay, what would your mother say?

PC: Well, I don't know.

LRH: What would your mother say? (short pause) What would your mother say?

PC: I don't know. (sounds puzzled)

LRH: Go over it again.

PC: "I don't know."

LRH: Go over it again.

PC: Oh, she wouldn't say that.

LRH: What would she say?

PC: Well, I don't know what she'd say. (puzzled tone)

LRH: Go over it again.

PC: The "I don't know," you mean?

LRH: Hm-hm.

PC: "I don't know. I don't know. I don't know. I don't know. I don't know."

LRH: Still get the somatic?

PC: No.

LRH: Oh, it's gone?

PC: Uh-huh.

LRH: All right. Let's return to the beginning of this. Let's return to the beginning of this, and see what we've got there. Very earliest moment we can get in this engram. When I count from one to five, the phrase will flash into your mind. One-two-three-four-five (snap!).

PC: "You can't relax."

LRH: Let's go over it again.

PC: "You can't relax."

LRH: Go over it again.

PC: Why can't you relax? Why can't you relax?"

LRH: Let's go over "You can't relax."

PC: "You can't relax. You can't relax."

LRH: Go over it again.

PC: "Why can't you relax?"

LRH: Go over it again.

PC: "Why can't you relax?"

LRH: Go over it again.

PC: "Why can't you relax? Why can't you relax?"

LRH: Go over it again.

PC: "Why can't you relax?"

LRH: Let's go over? "You can't relax."

PC: "You can't relax."

LRH: Go over it again.

PC: "You can't relax."

LRH: Go over it again.

PC: "You can't relax."

LRH: Go over it again.

PC: "You can't relax."

LRH: Let's go over it again.

PC: ""You can't relax."

LRH: Let's go over it again.

PC: "You can't relax."

LRH: Do you have? somatic?

PC: Yeah. Well, I'm starting to do that up and down stuff.

LRH: All right. Well, give me? yes or? no on this: Is there? bouncer here? (snap!)

PC: Yes.

LRH: All right. The bouncer will flash into your mind when? count from one to five. One-two-three-four-five (snap!).

PC: I think it was ""Get out"."

LRH: All right, let's go over that again.

PC: "Get out"

LRH: Go over it again.

PC: "Get out"

LRH: Go over it again.

PC: "Get out"

LRH: Go over it again.

PC: "Get out"

LRH: Go over it again.

PC: "Get out"

LRH: Go over it again.

PC: "Get out"

LRH: Go over it again.

PC: "Get out"

LRH: Go over it again.

PC: "Get out. Get out. Get out. Get out. Get out. Get out. Just get out. Just get out. Just get out. Just get out. Just get out. Just get out. Just get out."

LRH: Go over it again.

PC: "Just get out. Just get out. Just get out."

LRH: Do you have? somatic there?

PC: No.

LRH: Let's go over it again.

PC: "Just get out. Just get out."

LRH: Did you have? somatic there?

PC: I don't think so. (laughs)

LRH: Okay. Let's return to the beginning of this engram and try to run it again. Let's see if we can contact the somatic very solidly. Return to the beginning of the engram, and when? count from one to five the first phrase of it will flash into your mind. One-two-three-four-five (snap!).

PC: "You've got to control yourself."

LRH: Go over that again.

PC: "You've got to control yourself. You've got to control yourself."

LRH: Go over that again.

PC: "You've got to control yourself. Why can't you control yourself? Why can't you control yourself? Why can't you learn to control yourself? Why can't you learn to control yourself? Why can't you learn to control yourself?"

LRH: Yes or no on this: same engram? (snap!)

PC: Yes.

LRH: All right, earlier. (snap!)

PC: Yes.

LRH: All right. Let's return to the beginning of this now and roll it.

PC: "Why can't you relax?"

LRH: Is "control yourself" first in there? Yes or no. (snap!)

PC: Yes.

LRH: All right.

PC: "You've got to control yourself. You've got to control yourself."

LRH: Just go over that line, "You've got to control yourself."

PC: "You've got to control yourself. You've got to control yourself. You've got to control yourself. You've got to control yourself. You've got to control yourself. You've got to control yourself. You've got to control yourself. You've got to control yourself. You've got to control yourself. You've got to control yourself. You've got to control yourself. You've got to control yourself. You've got to control yourself. You've got to control yourself. You've got to control yourself. You've got to control yourself. You've got to control yourself. You've got to control yourself. Why can't you control yourself? Can't you learn to control yourself? Can't you learn to control yourself?"

LRH: What's your somatic on this?

PC: I don't think? have one.

LRH: All right, let's go over the beginning of it again. That's all right."You've got to control yourself."

PC: "You've got to control yourself. You've got to control yourself. Can't you learn to control yourself?"

LRH: All right. Any phrase your mother may utter will flash into your mind. One-two-three-four-five (snap!).

PC: "Shut up."

LRH: Go over it again.

PC: "Shut up. (laughs) Shut up."

LRH: Okay, go over it again.

PC: "Shut up. Shut up."

LRH: Go over it again.

PC: I think she'd say "Be quiet. ? (laughing)

LRH: All right. Give me? yes or? no on this: Is it "Shut up"? (snap!)

PC: Yes, it is.

LRH: All right, go over that.

PC: "Shut up. (continues to laugh) Shut up. Shut up. Shut up. Shut up. Shut up. Shut up. Shut up. Shut up. Shut up. Shut up. Shut up. Shut up. Shut up. Shut up. Shut up. Shut up. Shut up. Shut up. Shut up. ? I guess my father would say "Now, Beth."

LRH: What is it?

PC: "Now, Beth."

LRH: Let's go over it again.

PC: "Now, Beth. Now, Beth. Now, Beth. Now, Beth. Now, Beth. Now, Beth. Now, Beth. Now, Beth. Now, Beth. Now, Beth. Now, Beth. Now, Beth. This is for your own good."

LRH: Go over it again.

PC: "I'm only trying to help you."

LRH: Uh-huh. Go over it again.

PC: "I'm only trying to help you."

LRH: How old are you? (snap!)

PC: I didn't get? flash.

LRH: Hm-hm. Let's go over it again. Do you get? somatic now?

PC: Well, I don't think so.

LRH: Okay. Let's contact the beginning of this engram. Now let's get into your own valence, huh? How about it? Contact the beginning of the engram.

PC: You've got to control yourself. You've got to control yourself. You've got to control yourself.

LRH: Give me yes or no. Is there? phrase which causes you to shift valence here? (snap!)

PC: Uh-huh.

LRH: All right, that phrase will flash into your mind when count from one to five. One-two-three-four-five (snap!).

PC: I didn't get? flash.

LRH: Let's go over it again. When? count from one to five, valence shifter will flash into your mind, something that would shift your valence in this engram. One-two-three-four-five (snap!).

PC: I don't know. didn't catch it.

LRH: All right. Let's go over that again."Control yourself."

PC: You've got to control yourself. You've got to control yourself. You've got to control yourself. You've got to control yourself. You've got to control yourself. You've got to control yourself.

LRH: All right. Give me yes or no on this: Is this the first time it occurs in the bank? (snap!)

PC: No.

LRH: Ah, this isn't?

PC: No.

LRH: All right. How old? (snap!)

PC: Eight days.

LRH: All right, let's roll the thing. Let's contact it. Contact the beginning of it, "You've got to control yourself."

PC: "You've got to control yourself."

LRH: All right. Give me yes or no on this: earlier phrases? (snap!)

PC: Yes.

LRH: All right. Let's contact the beginning of these phrases. The first phrase of the whole sequence will now flash into your mind. One-two-three-four-five (snap!).

PC: "Damn it."

LRH: Go over that again.

PC: "Damn it."

LRH: Go over it again.

PC: Damn it

LRH: Go over it again.

PC: "Damn it."

LRH: Go over it again.

PC: "Damn it"

LRH: Go over it again.

PC: "Damn it."

LRH: Somatic on it?

PC: No.

LRH: Go over it again.

PC: "Damn it"

LRH: Go over it again.

PC: "Damn it."

LRH: Go over it again.

PC: "Damn it."

LRH: Next line.

PC: My head's getting sore back here.

LRH: Ah. (pc laughs briefly) Let's go over it again.

PC: "Damn it. Damn it."

LRH: Go over it again.

PC: "Damn it. Damn it."

LRH: Go over it again.

PC: "Damn it."

LRH: Next line. (pause) Go over the words "Damn it."

PC: "Damn it. Damn it. Damn it." Gee, I'm getting frontal headache.

LRH: Go over it again.

PC: "Damn it Oh! (laughing) Damn it. Damn it. (laughing harder) Damn it. Damn it. Damn it. Damn it. Damn it. Damn it. Damn it. Damn it."

LRH: How does that headache feel?

PC: Well, it's gone now. I had a big earache for a while too.

[gap in recording]

LRH: Is there? bouncer here?

PC: Yes.

LRH: All right, give me the bouncer, one-two-three-four-five (snap!). The bouncer will flash into your mind.

PC: I think it was "Get out".

LRH: All right, let's go over the words "'Get out".

PC: "Get out, get out, get out."

LRH: Go over it again.

PC: "Get out, get out, get out, get out, get out, get out, get out, get out. Get out and stay out."

LRH: Go over it again.

PC: "Get out and stay out. Get out and stay out. Get out and stay out; don't want to see you anymore. Get out and stay out; don't want to see you anymore. Get out and stay out; don't want to see you anymore. Get out and stay out; don't want to see you anymore. Get out and stay out; don't want to see you anymore. Get out and stay out; don't want to see you anymore. Get out and stay out; don't want to see you anymore. Get out and stay out; don't want to see you anymore. Get out and stay out; don't want to see you anymore. Get out and stay out; don't want to see you anymore. Get out and stay out; don't want to see you anymore."

LRH: How is your headache?

PC: (clears throat) Well, it's all right.

LRH: It's all right, huh?

PC: You know, the bun on the back of my head hurts. That's all.

LRH: All right, let's go over this "Get out and stay out."

PC: "Get out and stay out."

LRH: Go over it again.

PC: "Get out and stay out; I don't want to see you anymore."

LRH: Go over that again.

PC: "Get out and stay out; I don't want to see you anymore. Get out and stay out; I don't want to see you anymore. Get out and stay out; I don't want to see you anymore. Get out and stay out; I don't want to see you anymore."

LRH: Go early—early on this. Did you jump to another engram? Yes or no: (snap!)

PC: Yes, I did.

LRH: All right. Let's get the first engram again. The first engram again.

PC: Damn it. Damn it,. damn it, damn it, damn it, damn it, damn it, damn it, damn it, damn it, damn it, damn it."

LRH: Yes or no, is there? ""Get out"" in this one? (snap!)

PC: Uh-huh.

LRH: All right. Let's go over the ""Get out"" in this one.

PC: "Get out"

LRH: Go over it again.

PC: "Get out"

LRH: Go over it again.

PC: "Get out"

LRH: Go over it again.

PC: "Get out. Get out"

LRH: You can return to it. Go over it again.

PC: "Get out"

LRH: Return to it. Go over it again.

PC: "Get out"

LRH: Go over it again.

PC: "Get out"

LRH: Go over it again.

PC: "Get out"

LRH: Go over it again.

PC: "Get out"

LRH: How is your head somatic?

PC: Right here.

LRH: Go over it again.

PC: It's here. (laughs) ""Get out. Get out. Get out. Get out. Get out"" It's gone.

LRH: Go over it again. Is there some more to this "Get out"?

PC: Yeah.

LRH: What's the rest of it? It will flash into your mind when? count from one to five. One-two-three-four-five (snap!).

PC: It's "Get out" and stay out."

LRH: All right. Is "Get out" and stay out" in the beginning of it? (snap!)

PC: Uh-huh.

LRH: All right. Let's go over the "Get out and stay out" in the beginning of it.

PC: "Get out and stay out. Get out and stay out. Get out and stay out. Get out and stay out."

LRH: First time, now. Is this the first time it occurs in the bank? (snap!)

PC: Yes.

LRH: All right, let's go over it again.

PC: "Get out and stay out ." (laughing)

LRH: Go over it again.

PC: "Get out and stay out. Get out and stay out. Get out and stay out. Get out and stay out."

LRH: Go over it again.

PC: "Get out and stay out. Get out and stay out. Get out and stay out. Get out and stay out."

LRH: Go over it again.

PC: "Get out and stay out. Get out and stay out. Get out and stay out."

LRH: Same engram? (snap!)

PC: Yes.

LRH: All right, let's go over it again. Have you got the somatic?

PC: Not very much.

LRH: All right, let's go over it again. You can return to this.

PC: At the beginning?

LRH: Hm-hm. How about shifting into your own valence? "Get out and stay out." Go over it again.

PC: "Get out and stay out." I don't like shifting into my own valence. It makes my head ache. (laughing hard)

LRH: Shift into your own valence now."Get out" and stay out."

PC: "Get out" and stay out."Get out" and stay out."Get out" and stay out."

LRH: Shift into your own valence. Just feel some moisture. Can you feel some moisture?

PC: No.

LRH: All right. Give me a flash answer: Whose valence are you in? (snap!)

PC: Mama's.

LRH: Okay. Let's shift over into Papa's valence. Let's be Papa. What's Papa saying?

PC: Now calm down." (laughing after her imitation of the sternness of the phrase)

LRH: All right, let's go over that again. (pause while pc laughs) What's he saying?

PC: "Now calm down."

LRH: Let's go over it again.

PC: "Now calm down."

LRH: Go over it again. How's your head?

PC: (laughing) It doesn't hurt.

LRH: All right. Let's go over it again.

PC: "Now calm down."

LRH: Come on, shift into Papa's valence.

PC: I'm in there. His head isn't aching.

LRH: All right. Let's go over it. Now what's he saying?

PC: Now calm down."

LRH: How does he say it?

PC: "Now calm down. (deepens voice and gets more stern) Just be calm."

LRH: All right, let's go over that again.

PC: "Now calm down; just be calm." (laughing)

LRH: Go over it again.

PC: "Now calm down; just be calm." (laughing)

LRH: What else does he say? Let's be Papa and really calm her down. What do we say to her?

PC: (laughs)

LRH: Just be Papa. What do we say to her?

PC: I think he'd say? "You're always dramatizing."

LRH: All right.

PC: “You’re always dramatizing. You’re always dramatizing. You’re always dramatizing. ? I don’t know if? am in his valence, but my head is beginning to ache again. (laughs) You’re always dramatizing. You’re always dramatizing. You’re always dramatizing. You’re always dramatizing. You’re always dramatizing. You’re always dramatizing. You’re always dramatizing.”

LRH: Let’s be Papa. Let’s be Papa. Now, what are we saying to her?

PC: I think we aren’t Papa anymore because I’ve got an awful headache. (laughs)

LRH: Well, let’s try to be Papa. What’s Papa saying to Mama?

PC: Now just be calm. Just be calm. Just be calm.”

LRH: What else does he say?

PC: There? no need to get excited. There’s no need to get excited. There’s no need to get excited. ? Ouch! (chuckles)

LRH: Go over it again.

PC: “There’s no need to get excited. There’s no need to get excited. It isn’t good for you to get so wrought up. It isn’t good for you to get so wrought up. It isn’t good for you to get so wrought up.”

LRH: What else does he say to her? (pc takes? deep breath) Let’s just chatter away. Let’s just follow it right straight on through. What is Papa saying to her? Let’s be Papa. How do we talk to her?

PC: “It isnt good for you to get so wrought up.”

LRH: Well, convince her. Go on, talk to her.

PC: “It isnt good for you to get so wrought up. It isn’t good for you to get so wrought up.”

LRH: What else? Let’s continue right on through.

PC: I don’t know the rest of it.

LRH: All right. Now let’s be Mama and reply to this. Let’s shift valence to Mama now. Have you got? headache?

PC: Uh-huh, just in the back, not in the front.

LRH: All right. Give me yes or no on this: same engram? (snap!)

PC: Uh-huh.

LRH: All right. Let’s be Mama, now, and what do we say to Papa?

PC: OK. (laughs briefly)

LRH: Okay. What do we say?

PC: (inhales deeply)I don’t know what to say.

LRH: Yes, you do. Let’s be Mama. Now what are we saying to Papa?

PC: You make me tired.”

LRH: Let’s go over that again.

PC: “You make me tired.”

LRH: Go over it again.

PC: “You make me tired.”

LRH: Go over it again.

PC: “You make me tired.”

LRH: Go over it again.

PC: Always criticizing, always criticizing, always criticizing. All you do is find fault. All you do is find fault. All you do is find fault.”

LRH: What else did she say?

PC: “Don’t I ever have any peace? Can’t ever have any peace? Can’t ever have any peace? It’s always been like this. It’s always been like this. It’s always been like this. You’re always criticizing. Everything? do, you’re always criticizing.”

LRH: All right. Let’s return to the beginning of what Mama says there. What happens to Mama there, in the beginning? Do you know?

PC: No.

LRH: Well, you don’t have to. But all right, let’s go to the beginning of this and into your own valence now. Let’s go into your own valence. (pause) Let’s feel that headache right there at the beginning. The somatic strip will now go to the beginning of this engram. The somatic strip will now go to the beginning of this engram. When? count from one to five and snap my fingers, the first phrase of the engram will flash into your mind. One-two-three-four-five (snap!).

PC: “Now calm down, Beth.”

LRH: Go over it again.

PC: “Now calm down, Beth.”

LRH: Now what else is said? (pause) Let’s go over that “Calm down.”

PC: “Now calm down, Beth.”

LRH: What else is said? (pause) Let’s contact that headache. Go on, let’s shift into your own valence and contact the headache. (short pause) Shift into your own valence and contact the headache. (short pause) All right, what are the first words in the engram?

PC: “Now calm down, Beth.”

LRH: What’s the next phrase? When? count from one to five and snap my fingers, the next phrase will flash into your mind. One-two-three-four-five (snap!).

PC: Just the same thing.

LRH: What is it?

PC: "Now calm down, Beth."

LRH: Let's go over it again.

PC: "Now calm down, Beth."

LRH: Go over it again.

PC: "Now calm down, Beth."

LRH: Next phrase.

PC: "You've got to be calm."

LRH: Let's go over that again.

PC: "You've got to be calm."

LRH: Go over it again.

PC: "You've got to be calm."

LRH: Give me yes or no on this: same engram? (snap!)

PC: Yes.

LRH: All right.

PC: I got both flashes but the yes was first.

LRH: Uh-huh. Let's roll it."Get out" and stay out," let's go over that.

PC: "Get out and stay out"

LRH: Go over it again.

PC: "Get out and stay out"

LRH: Go over it again.

PC: "Get out and stay out"

LRH: Go over it again.

PC: "Get out and stay out"

LRH: Go over it again.

PC: "Get out and stay out"

LRH: Go over it again.

PC: "Get out and stay out"

LRH: Go over it again.

PC: "Get out and stay out"

LRH: Let's contact the somatic on this.

PC: "Get out and stay out"

LRH: Let's contact the somatic on this.

PC: "Get out and stay out" All I feel is a tightness down here on the back of my neck.

LRH: All right. Let's roll that from the first moment. The somatic strip will now go to? moment before this tightness sets in,? moment before it sets in. The somatic strip will go to? moment before it sets in. Now the somatic strip will move forward in time to the moment it sets in. You contact it? (pause) Do you contact it?

PC: Well, I—ah

LRH: Did it turn on and off?

PC: Yeah.

LRH: Oh, it did?

PC: Uh-huh.

LRH: All right. Let's go to? moment before it starts,? moment before it starts. Now the somatic strip will sweep forward to the moment it starts. What are the words with which it starts?

PC: "Damn it"

LRH: All right, let's go over that again.

PC: "Damn it"

LRH: Got the somatic with that?

PC: Yeah, I'm feeling the headache, if that's what you mean.

LRH: All right.

PC: (laughs) "Damn it"."

LRH: Go over it again.

PC: "Damn it"

LRH: Go over it again.

PC: "Damn it"

LRH: Next line. (pause) What comes after "Damn it"?

PC: I don't know.

LRH: Yes, you do. Sure, you do. Now give me a yes or no on this: Is Papa talking after the "Damn it"? (snap!)

PC: He says the ““Damn it.”

LRH: Oh, he says ““Damn it.” Does your mother talk right after the “Damn it”? (snap!)

PC: I am not sure now which one of them says it.

LRH: All right. Now, here is the way we tell. Give me yes or no on this: Papa? (snap!)

PC: Yes.

LRH: Give me yes or no on this: Mama? (snap!)

PC: Yes!

LRH: Uh-huh. Let’s go over the word “yes.”

PC: “Yes.”

LRH: Go over it again.

PC: “Yes.”

LRH: Go over it again.

PC: “Yes.”

LRH: Go over it again.

PC: “Yes.”

LRH: Go over it again.

PC: “Yes.”

LRH: Give me yes or no on this: Is “yes” in this engram?

PC: “Yes.” (laughs)

LRH: (chuckles) Okay. Go over it again.

PC: “Yes.”

LRH: Go over it again.

PC: “Yes.”

LRH: Go over it again.

PC: Oww! (chuckles)

LRH: Go over it again.

PC: “Yes.”

LRH: Go over it again.

PC: “Yes.”

LRH: How is your headache?

PC: My head is fine but my ankle hurts. (laughing)

LRH: Oh! All right. Give me yes or no on this: same engram? (snap!)

PC: "Yes."

LRH: Go over that "yes" again.

PC: "Yes."

LRH: Go over it again.

PC: "Yes."

LRH: Go over it again.

PC: "Yes."

LRH: How old? (snap!)

PC: Ten.

LRH: Hm-hm. Days, weeks, months, years? (snap!)

PC: Days.

LRH: All right, let's go over it again.

PC: The "Damn it" or the "Yes"?

LRH: Let's go over the "Damn it."

PC: (laughs) "Damn it."

LRH: Let's return to the first time "Damn it" occurs in the bank, the first time "Damn it" occurs in the bank.

PC: (pause; laughs)

LRH: Go over it again.

PC: Well, I'm not sure he says that.

LRH: All right, let's go over it. What is it?

PC: Well, Daddy is saying, "Damn it, Beth, I told you to lie still."

LRH: Let's go over that again.

PC: (laughing)

LRH: Go over it again.

PC: "Damn it Beth, I told you to lie still."

LRH: Let's go over it again.

PC: "Damn it Beth, I told you to lie still."

LRH: Go over it again.

PC: "Damn it Beth, I told you to lie still."

LRH: Give me yes or no on this: conception sequence? (snap!)

PC: No.

LRH: All right, postconception? (snap!)

PC: Yes, I think so. I didn't get a real good flash on that one.

LRH: All right. Let's go over that again.

PC: The "Damn it, Beth"?

LRH: Hm-hm.

PC: "Damn it Beth, I told you to lie still."

LRH: Go over it again.

PC: "Damn it Beth, I told you to lie still."

LRH: Go over it again.

PC: "Damn it Beth, I told you to lie still."

LRH: What's the somatic with this?

PC: The back of my neck hurts? little bit.

LRH: All right, let's go over that again.

PC: That could be from my bun.

LRH: Okay. Let's go over it again.

PC: "Damn it Beth, I told you to lie still."

LRH: Next line.

PC: You never do as I say."

LRH: Let's go over that again.

PC: You never do as I say."

LRH: Let's go over it again.

PC: "You never do as I say."

LRH: Go over it again.

PC: You never do as I say."

LRH: Next line. (pause) Next line.

PC: I think it's "All right, then, don't do it."

LRH: Let's go over that again.

PC: All right, then, don't do it."

LRH: Go over it again.

PC: All right, then, don't do it."

LRH: Go over it again.

PC: "All right, then, don't do it"

LRH: Got a somatic with this?

PC: Yeah.

LRH: All right, let's go over it again.

PC: It's just a little bit on my neck. I mean it's pretty sharp sometimes.

LRH: All right. Let's go over that.

PC: "All right, then, don't do it."

LRH: Okay. (pc coughing) Go over it again. (pc coughing)

PC: Ouch."All right, then, don't do it. All right, then, don't do it. All right, then, don't do it. All right, then, don't do it."

LRH: You weren't doing it either, were you? (LRH and pc laugh) All right, let's run the thing. Let's contact the first part of it now, and let's roll it straight on through. Contact the first part of it and roll it on through.

PC: "Damn it, Beth, I told you to lie still."

LRH: Continue.

PC: "You never do as I say."

LRH: Continue.

PC: "All right, then, don't do it."

LRH: Continue.

PC: I think she says "I won't."

LRH: Let's go over that again.

PC: "I won't"

LRH: Go over it again.

PC: "I won't"

LRH: Go over it again.

PC: "I won't"

LRH: Go over it again.

PC: "I won't"

LRH: Go over it again.

PC: "I won't"

LRH: Next line. (pause; pc inhales) What's the matter?

PC: I just don't believe this.

LRH: All right, continue.

PC: The next thing she says is "I don't like you."

LRH: Let's go over it again.

PC: "I don't like you."

LRH: Go over it again.

PC: "I don't like you."

LRH: Go over it again.

PC: "I don't like you."

LRH: Go over it again.

PC: "I don't like you."

LRH: Got a somatic on that?

PC: No. That is, my neck hurts off and on.

LRH: Uh-huh, okay. (pause; pc breathing heavily) Let's go back to the beginning of it and roll it again.

PC: "Damn it, Beth, I told you to lie still. (pause) You never do as I say. All right, then, don't do it. I won't"

LRH: Continue.

PC: "I don't like you."

LRH: Continue.

PC: "I don't like you."

LRH: Continue.

PC: "I don't like you."

LRH: Next line. (pause) Next line. Next line will flash into your mind when I count from one to five. One-two-three-four-five (snap!).

PC: "I don't want to."

LRH: Go over that again.

PC: And I don't either.

LRH: Uh-huh. All right, let's go over it.

PC: (laughs briefly) I guess that's it."I don't want to."

LRH: Go over it again.

PC: "I don't want to."

LRH: Go over it again.

PC: "I don't want to."

LRH: Go over it again.

PC: "I don't want to."

LRH: Go over it again.

PC: "I don't want to."

LRH: How do you feel about it now?

PC: I don't know.

LRH: Let's go over it again.

PC: "I don't want to."

LRH: Go over it again.

PC: "I don't want to."

LRH: Go over it again.

PC: "I don't want to."

LRH: Go over it again.

PC: "I don't want to."

LRH: Next line.

PC: "I don't want to."

LRH: Next line.

PC: "I don't want to. (brief pause) This is getting us nowhere."

LRH: Let's go over that again.

PC: "This is getting us nowhere."

LRH: Go over it again.

PC: "This is getting us nowhere. You've got to cooperate."

LRH: Go over it again.

PC: "You've got to cooperate. You've got to cooperate. You've got to cooperate. You've got to cooperate. You've got to cooperate. You've got to cooperate. You've got to cooperate. You've got to cooperate. It's getting awful hot in here."

LRH: Let's go over it again.

PC: "You've got to cooperate."

LRH: Go over it again.

PC: "You've got to cooperate. You've got to cooperate."

LRH: Go over it again.

PC: "You've got to cooperate. You've got to cooperate."

LRH: Go over it again.

PC: "You've got to cooperate. You've got to cooperate. You've got to cooperate. You've got to cooperate. You've got to cooperate. You've got to cooperate. You've got to cooperate. You've got to cooperate."

LRH: Go ahead. Go over it again.

PC: "Oh, you make me tired."

LRH: Go over that again.

PC: "Oh, you make me tired. Oh, you make me tired. Oh, you make me tired. Oh, you make me tired. You make me tired."

LRH: Go over the words "Pain in the neck."

PC: How did you know I had a pain in the neck?

LRH: Go over it again.

PC: (chuckles) "Pain in the neck."

LRH: Go over it again.

PC: "Pain in the neck."

LRH: Go over it again.

PC: "You give me a pain in the neck."

LRH: Go over it again.

PC: “You give me a pain in the neck.” I guess I’m in my mother’s valence.

LRH: Hm-hm.

PC: “You give me a pain in the neck. You give me a pain in the neck. You give me a pain in the neck.”

LRH: Go over it again.

PC: “You give me a pain in the neck. You give me a pain in the neck. You give me a pain in the neck. You give me a pain in the neck. You give me a pain in the neck. You give me a pain in the neck. (starting to laugh) You give me a pain in the neck.”

LRH: Go over it again.

PC: “You give me a pain in the neck.”

LRH: How does your neck feel?

PC: “Still got a pain in it! (laughing) “You give me a pain in the neck. You give me a pain in the neck.”

LRH: How does it feel now?

PC: Still got a little pain in it.

LRH: Is it less?

PC: Yeah.

LRH: All right, let’s go over it again.

PC: “You give me a pain in the neck. You give me a pain in the neck.”

LRH: Go over it again.

PC: “You give me a pain in the neck.”

LRH: Go over it again.

PC: “You giue me a pain in the neck.”

LRH: How does it feel?

PC: I’ve still got a little bit.

LRH: Go over it again.

PC: “You give me a pain—” listen, I’m getting other kind of pains now.

LRH: Oh, you are?

PC: Uh-huh.

LRH: Well, let’s go over that.

PC: "You give me a pain in the neck."

LRH: That's right.

PC: "You give me a pain in the neck. You give me a pain in the neck. You give me a pain in the neck. You give me a pain in the neck. You give me a pain in the neck. You give me a pain in the neck. Can't you stop criticizing me a Can't you stop criticizing me a Can't you stop criticizing? Can't you stop criticizing? Can't you stop criticizing? You give me a pain in the neck. Ouch. They're giving me a pain in the head!"

LRH: They gave you a pain in the head, huh?

PC: Yeah.

LRH: All right, let's go over the "Stop criticizing."

PC: "Can't you stop criticizing? Can't you stop criticizing? Can't you stop criticizing? Can't you stop criticizing?"

LRH: Next line.

PC: "I don't mean to criticize you a Beth."

LRH: Let's go over it again.

PC: "I don't mean to criticize you a Beth. You put the wrong interpretation on things."

LRH: Let's go over that again.

PC: "You put the wrong interpretation on things."

LRH: Go over it again.

PC: "You put the wrong interpretation on things. You put the wrong interpretation on things."

LRH: Go over it again.

PC: "You put the wrong interpretation on things."

LRH: Have you astill got a somatic on this?

PC: Yeah, my head hurts and my neck still hurts? little bit.

LRH: All right.

PC: Yeah. (clears throat) "You put the wrong interpretation on things. You put the wrong interpretation on things. You put the wrong interpretation on things. I never mean to criticize. When I tell you athings it's for you a own good. When I tell you things it's for you a own good. When I tell you athings it's for you a own good."

LRH: Let's go over that again.

PC: "When I tell you things it's for you a own good."

LRH: Go over it again.

PC: "I don't see why you have to be so unreasonable."

LRH: Go over it again.

PC: "I don't see why you have to be so unreasonable."

LRH: All right. Is the word "change" in there? Go over the word "change."

PC: "Change".

LRH: Go over it again.

PC: "Change".

LRH: Go over it again.

PC: "Change".

LRH: Go over it again.

PC: "Change. (coughs) Change, change, change."

LRH: Go over it again.

PC: "Change".

LRH: What happened to you're head?

PC: Well, the headache went away.

LRH: The headache went away when you started saying "change"?

PC: Yes. I mean I've still got the frontal headache but the back one went away.

LRH: Oh, you've got the frontal headache?

PC: Yeah.

LRH: That's the one we're looking for.

PC: Well, I've always had it.

LRH: All right, go over the word "change."

PC: "Change".

LRH: Go over it again.

PC: "Change, change."

LRH: All right. This will suddenly multiply into whole phrase for you: One-two-three-four-five (snap!).

PC: "You've changed" (pause)

LRH: What's that?

PC: "You've changed."

LRH: Go over it again.

PC: "You've changed."

LRH: Go over it again.

PC: "You've changed."

LRH: Go over it again.

PC: "You've changed."

LRH: Go over it again.

PC: "You've changed."

LRH: Go over it again.

PC: "You've changed."

LRH: Go over it again.

PC: "You've changed."

LRH: Go over it again.

PC: "You've changed. I don't know if I am in my own Valence; I've got an ache here.

LRH: Yeah. (pc laughs briefly) How about getting into you valence with that "You've changed"?

PC: (laughing) "You've changed."

LRH: Go over it again.

PC: "You've changed."

LRH: Go over it again.

PC: "You've changed."

LRH: Go over it again.

PC: "You've changed."

LRH: Yes or no: same engram? (snap!)

PC: Yes.

LRH: All right, let's go over it again."You've changed."

PC: "You've changed."

LRH: Go over it again.

PC: "You've changed."

LRH: What's the rest of it?

PC: "I don't think you lose me anymore."

LRH: Let's go over it again.

PC: "I don't think you lose me anymore."

LRH: Go over it again.

PC: "I don't think you lose me anymore."

LRH: What's the somatic on this?

PC: Oh, I've got headache.

LRH: Hm-hm. Go over the words "I've got headache."

PC: I've got headache.

LRH: Go over it again.

PC: I've got headache.

LRH: Go over the words "Go away."

PC: "Go away."

LRH: Go over it again.

PC: "Go away."

LRH: Go over it again.

PC: "Go away."

LRH: This is just a wild shot, but just afor the experiment, how about "Go away, I've got headache"?

PC: "Go away, I've got headache"?

LRH: Would you mother ever have said that?

PC: Well, I don't know. (laughing)

LRH: Hm-hm.

PC: There it comes again, "I don't know. ? (laughing)

LRH: All right. Let's return to the beginning of this engram. Let's see if Iwe can't get? reduction on this. (pc laughing) Give me an age flash. (snap!)

PC: Ten.

LRH: Ten what?

PC: Well, I got days and years. I think days were first.

LRH: Okay. Is there an earlier engram like this? Yes or no. (snap!)

PC: Yes.

LRH: All right, let's return to the earlier engram. Let's return to the early, early, early, early engram like this.

PC: Okay.

LRH: Early one.

PC: Hm-hm.

LRH: All right. The early one. Give me a bouncer. (snap!)

PC: "Get out"

LRH: Let's go over it again.

PC: "Get out"

LRH: Let's go to the earliest "Get out" in this case, the earliest "Get out" in the case. Keep repeating "Get out".

PC: "Get out"

LRH: Go over it again.

PC: "Get out"

LRH: Go over it again.

PC: "Get out"

LRH: Go over "Get out and stay out".

PC: "Get out and stay out"

LRH: Go over it again.

PC: "Get out and stay out".

LRH: Go over it again.

PC: "Get out and stay out"

LRH: Go over it again.

PC: "Get out and stay out"

LRH: Go over it again.

PC: "Get out and stay out"

LRH: Go over it again.

PC: "Get out and stay out".

LRH: Go earlier.

PC: “Get out and stay out”.

LRH: Go earlier on that phrase.

PC: ““Get out and stay out”.

LRH: Go over it again.

PC: “Get out and stay out”

LRH: Go over it again.

PC: “Get out and stay out”

LRH: Go earlier on the phrase.

PC: “Get out and stay out”

LRH: Earlier.

PC: “Get out and stay out”

LRH: Earlier.

PC: “Get out and stay out”

LRH: Earlier.

PC: “Get out and stay out”

LRH: Earlier.

PC: “Get out and stay out”

LRH: Got somatic?

PC: Yeah.

LRH: What is it?

PC: It’s in the back of my neck. (laugh)

LRH: All right. Let’s go early on this thing.

PC: “Get out and stay out”.

LRH: Early.

PC: “Get out and stay out”

LRH: How old? (snap!)

PC: I think it was I days. I’m not sure about that either.

LRH: All right, let’s go over it.””Get out and stay out”.

PC: "Get out and stay out"

LRH: Go over it again.

PC: "Get out and stay out".

LRH: Go over it again.

PC: "Get out and stay out"

LRH: Yes or no, is there an earlier one? (snap!)

PC: Yes.

LRH: Let's go earlier on ""Get out and stay out".

PC: "Get out and stay out"."Get out and stay out".

LRH: Let's go on.

PC: "Get out and stay out"."Get out and stay out".

LRH: Go over it again.

PC: "Get out and stay out"

LRH: Go over it again.

PC: "Get out and stay out"

LRH: Go over it again.

PC: "Get out and stay out"

LRH: Go over it again.

PC: "Get out and stay out"

LRH: How old? (snap!)

PC: Well, I got? and 4. I'm not sure which was first.

LRH: All right. Let's go to the earliest ""Get out and stay out".

PC: "Get out and stay out".

LRH: Go over it again.

PC: "Get out and stay out"

LRH: Earliest.

PC: "Get out and stay out".

LRH: Go to the earliest one.

PC: "Get out and stay out. Get out and stay out. Get out and stay out. Get out and stay out I don't want to look at you."

LRH: Go over that again.

PC: "Get out and stay out I don't want to look at you. Get out and stay out I don't want to look at you. Get out and stay out I don't want to look at you."

LRH: Go over it again.

PC: "Get out and stay out"

LRH: How old? (snap!)

PC: One day.

LRH: All right, let's go over it again.

PC: "Get out and stay out. Get out and stay out".

LRH: Go over it again.

PC: "Get out and stay out"

LRH: Go over it again.

PC: "Get out and stay out"

LRH: Go over it again.

PC: "Get out and stay out"

LRH: What's the somatic with it?

PC: Same old thing, neckache.

LRH: Hm-hm. Go over it again.

PC: "Get out and stay out"

LRH: Go over it again.

PC: "Get out and stay out"

LRH: Go over it again.

PC: "Get out and stay out"."Get out" and stay out."Get out and stay out"."Get out and stay out".

LRH: Go over it again.

PC: "Get out and stay out"

LRH: Early.

PC: "Get out and stay out"."Get out and stay out"."Get out and stay out"."Get out and stay out"."Get out and stay out"."Get out and stay out".

LRH: How early can we get on this phrase? Can we get much earlier on this phrase?

PC: I think I got a flash of one hour. Do you want to check that?

LRH: Okay. Give me a yes or no: correct time? (snap!)

PC: Uh-huh.

LRH: All right, let's go over it."Get out and stay out".

PC: "Get out and stay out"."Get out"— ouch!

LRH: Hm-hm, go over it again.

PC: "Get out and stay out".

LRH: Go over it again.

PC: "Get out and stay out"

LRH: Go over it again.

PC: "Get out and stay out"

LRH: Who ran conception on you

PC: It hasn't been run. Oh, conception?

LRH: Hm-hm.

PC: (pause) My sister.

LRH: Yeah?

PC: Uh-huh. (pause)

LRH: All right, let's go over "Get out and stay out" again.

PC: "Get out and stay out. Get out and stay out".

LRH: Give me a yes or no: conception? (snap!)

PC: Yes!

LRH: All right, let's start running it."Get out and stay out". Somebody hit this thing, huh?

PC: Well, I thought she didn't. thought that it was the sperm sequence that she got out.

LRH: Hm-hm. Give me ayes or no on this: sperm sequence?

PC: No.

LRH: Conception? (snap!)

PC: Yes.

LRH: All right, let's roll it.

[gap in recording]

LRH: Have you got somatic around you head?

PC: Not anymore. must have bounced.

LRH: All right, let's go to the first bouncer, the first bouncer in you case. Now let's stop playing with this thing and let's get down to the first bouncer in the case, huh? First bouncer in the case. The first bouncer on the track will flash into your mind. One-two-three-four-five (snap!). What have you got?

PC: Didn't get anything except a bouncer.

LRH: All right, give me a denyer (snap!) When I count from one to five, I denyer will flash in your mind. One-two-three-four-five (snap!).

PC: "You can't see anything."

LRH: Go over it again.

PC: "You can't see anything."

LRH: Go over it again.

PC: "You can't see anything."

LRH: Go over it again.

PC: "You can't see anything"

LRH: Go over it again.

PC: "You can't see anything."

LRH: Go over it again.

PC: "You can't see anything."

LRH: Go over it again.

PC: "You can't see anything."

LRH: Go over it again.

PC: "You can't see anything."

LRH: Go over it again.

PC: "You can't see anything."

LRH: Go over it again.

PC: "You can't see anything."

LRH: Go over it again.

PC: "You can't see anything."

LRH: Age? (snap!)

PC: No answer.

LRH: Are you just shrugging?

PC: Hm-hm.

LRH: Or shuddering? Have you got somatic with that earliest one?

PC: Yeah, I little bit.

LRH: All right, where is it?

PC: Well, it's gone now.

LRH: All right. Let's return to the first moment of the case, the earliest moment of pain or unconsciousness. Let's return to the earliest moment of pain or unconsciousness. When I count from one to five it will flash into your mind. One-two-three-four-five (snap!). What did you get? Anything?

PC: Well, I think it was "Get out and stay out".

LRH: All right, let's go over "Get out and stay out".

PC: "Get out and stay out" I don't want you around. I don't want you around. I don't want you around. I don't want you around. Something about "be good to me a is next. I don't know the exact phrase.

LRH: Let's go over that again. Now give me a yes or no on this: Are you trying to avoid running a coitus engram?

PC: Yes.

LRH: Uh-huh, that's what I thought. All right.

PC: Not consciously.

LRH: Yeah.

PC: Or maybe I am. I don't know.

LRH: All right. Are you trying to avoid running a coitus engram early on the track?

PC: Uh-huh.

LRH: Well, let me see. Is there an earlier engram than this?

PC: Yes.

LRH: All right, let's go to the beginning of that early engram—and Peter Travers can stay up the rest of the night for having done this (LRH and pc laugh) and run this coitus engram out of you. Let's get an early one. Let's get an early one. (pause) What have you got.

PC: I don't have anything.

LRH: All right. The first phrase. Why don't you go ahead and run this engram, huh?

PC: Well, I mean I'm not consciously trying to avoid it, I don't think.

LRH: All right, let's try to run it anyway. The somatic strip will go to the beginning of this first engram that we require to resolve the case. Now, When I count from one to five, the first phrase of it will flash into your mind. One-two-three-four-five (snap!).

PC: I didn't get any more.

LRH: Let's go over it again.

PC: I didn't get anything.

LRH: How old?

PC: One hour.

LRH: All right. Give me a yes or no on this: holder? (snap!)

PC: Yes.

LRH: All right, what's a holder? When I count from one to five, you'll give me a holder. One-two-three-four-five (snap!).

PC: I got the flash denyer.

LRH: All right, let's get the denyer. The denyer will flash into your mind. One-two-three-four-five (snap!).

PC: "You can't see anything."

LRH: Let's go over it again.

PC: "You can't see anything."

LRH: Let's go over it again.

PC: "You can't see anything."

LRH: Go over it again.

PC: "You can't see anything."

LRH: Go over it again.

PC: "You can't see anything." I don't know why I even bother with you.

LRH: Let's go over that again.

PC: "You can't see anything." I don't know why I even bother with you.

LRH: Somatic?

PC: Well, not really, just a the back of my neck.

LRH: Okay. Let's go over that again.

PC: "You can't see anything. I don't know why I even bother with you."

LRH: Let's go over it again.

PC: "You can't see anything. I don't know why I even bother with you."

LRH: Let's go over it again.

PC: "You can't see anything. I don't know why I even bother with you."

LRH: Go over it again.

PC: "You can't see anything. I don't know why I even bother with you."

LRH: Give me a phrase just before this. One phrase before this. (pause) Can you get the phrase just before this?

PC: Well, I've got phrase. don't know if it's right.

LRH: All right, let's see that.

PC: "Beth, I love you."

LRH: Let's go over it again.

PC: "Beth, I love you."

LRH: Let's go over it again.

PC: "Beth, I love you."

LRH: Go over it again.

PC: "Beth, I love you."

LRH: Go over it again.

PC: "Beth, I love you."

LRH: Go over it again.

PC: "Beth, I love you."

LRH: Go over it again.

PC: "Beth, I love you."

LRH: Go over it again.

PC: "Beth, I love you." don't think that's a valid phrase.

LRH: Okay. The somatic strip will go to the beginning of this engram now, and let's see if we can run it. Let's see if I we can run this engram. Right to the beginning of the engram, and when I count from one to five, the first phrase of the engram will flash into your mind. One-two-three-four-five (snap!).

PC: That was right: "Beth, I love you.".

LRH: All right, let's go over it again.

PC: "Beth, I love you."

LRH: Next phrase. (pause) Next phrase.

PC: "I don't believe it."

LRH: Let's go over that again.

PC: "I don't believe it."

LRH: Let's go over it again.

PC: "I don't believe it."

LRH: Go over it again.

PC: "I don't believe it."

LRH: Go over it again.

PC: "I don't believe it."

LRH: Next phrase.

PC: There? nothing in you actions that would indicate such.

LRH: Let's go over that again.

PC: "There's nothing in your actions that would indicate such a thing.

LRH: Let's go over it again.

PC: There? nothing in you actions that would indicate such a thing.

LRH: Go over it again. (pause) Go over it again.

PC: Well, I'm. . .

LRH: What's the matter?

PC: Well, I'm not quite sure of the next thing.

LRH: All right, let's go over "I don't believe you."

PC: "I don't believe you."

LRH: Go over it again.

PC: "I don't believe you. I don't believe you There is nothing in your actions that would indicate such a thing."

LRH: What's the next line? Next line. Next line will flash into your mind. One-two-three-four-five (snap!).

PC: "You don't understand."

LRH: Let's go over it again.

PC: "You don't understand."

LRH: Go over it again.

PC: "You don't understand."

LRH: Go over it again.

PC: "You don't understand."

LRH: Go over it again.

PC: "You don't understand."

LRH: Go over it again.

PC: "You don't understand."

LRH: Go over it again.

PC: "You don't understand."

LRH: Got somatic with this?

PC: It's back here.

LRH: All right, go over it again.

PC: "You don't understand. You don't understand."

LRH: Is that somatic reducing?

PC: I'm not sure whether it's reducing or whether it goes on and off.

LRH: All right.

PC: "You don't understand."

LRH: Next line. (pause) "You don't understand." Next line.

PC: "You don't understand."

LRH: Next line.

PC: Well, it starts "I don't mean, I but I don't know what goes after that."

LRH: All right. Let's go over "I don't mean."

PC: "I don't mean."

LRH: Go over it again.

PC: "I don't mean."

LRH: What about the rest of it?

PC: "I don't mean."

LRH: Next line.

PC: "I don't mean to be mean."

LRH: Let's go over it again.

PC: "I don't mean to be mean."

LRH: Go over it again.

PC: I guess that "I don't believe it" hasn't reduced because I don't believe that line.

LRH: All right. Let's go over "I don't believe it."

PC: "I don't believe it."

LRH: Are there two "I don't believe it's" here? (snap!)

PC: Yes.

LRH: Let's go over the second one.

PC: "I don't believe it."

LRH: Go over it again.

PC: "I don't believe it."

LRH: Go over it again.

PC: "I can't believe it."

LRH: Go over it again.

PC: "I just can't believe it, John."

LRH: Let's go over it again.

PC: "I just can't believe it. You say one thing and do another."

LRH: Let's go over that again.

PC: "I just can't believe it, John. You say one thing and do another."

LRH: Let's go over that again.

PC: "I just can't believe it, John. You say one thing and do another."

LRH: Go over it again.

PC: "I just can't believe it, John. You say one thing and do another."

LRH: Next line.

PC: "But you just don't understand."

LRH: Let's go over that again.

PC: "But you just don't understand."

LRH: Go over it again.

PC: "But you just don't understand."

LRH: How is your somatic?

PC: I haven't any. Maybe back here, I little.

LRH: All right. Let's contact the beginning of this again and see if we can roll it. Is this the same engram we started with?

PC: Yes, it is.

LRH: All right. Is there "control yourself" in this engram? Yes or no. (snap!)

PC: Yes.

LRH: All right. Let's run the words "Control yourself."

PC: "Control yourself."

LRH: Go over it again.

PC: "Control yourself."

LRH: Go over it again.

PC: "Control yourself."

LRH: Go over it again.

PC: "Control yourself."

LRH: Go over it again.

PC: "Control yourself."

LRH: Go over it again.

PC: "Control yourself."

LRH: What's the next line?

PC: I don't know, but I have a feeling she's sobbing.

LRH: Hm-hm.

PC: Does that mean I'm in her valence, or could I hear that?

LRH: Can you hear her sobbing?

PC: Yeah, I have a feeling that I could. I mean I don't have the sonic but I just have the feeling that that's what she's doing.

LRH: All right. Can you feel a compression on you.

PC: No.

LRH: Can't huh?

PC: No.

LRH: All right. Let's start from the beginning on this thing now. Let's start from the beginning. Maybe we're getting someplace with this thing now. Let's start from the beginning. Let's shift into your own valence very nicely at the beginning there. And what do you contact right at the earliest moment of this, huh? Let's go over it.

PC: "I lose you Beth."

LRH: Let's go over it again.

PC: "I lose you Beth."

LRH: Go over it again.

PC: "I lose you Beth."

LRH: Go over it again.

PC: "I lose you Beth."

LRH: Go over it again.

PC: "I lose you Beth."

LRH: Next line.

PC: "I can't believe it."

LRH: Go over it again.

PC: "I can't believe it." I don't have any compression.

LRH: Continue.

PC: "I can't believe it."

LRH: Continue.

PC: "I can't believe it."

LRH: Hm-hm.

PC: "I can't believe it."

LRH: Let's go over "You've changed." Is this in here? Yes or no. (snap!)

PC: No.

LRH: All right, continue with it.

PC: "I can't believe it."

LRH: Continue.

PC: "I can't believe it. I can't believe it. I can't believe it."

LRH: Continue.

PC: "I can't believe it."

LRH: Next line. Next line.

PC: "Nothing in your actions would indicate that."

LRH: Go over it again.

PC: Is that you feel that way.

LRH: Let's go over it again.

PC: Nothing in your actions would indicate that you feel that way.

LRH: Continue, next line.

PC: (catches breath; pause) "You just don't understand."

LRH: Let's go over it again.

PC: "You just don't understand."

LRH: Just on an off chance, might there be a phrase here somewhat on the order of "You have no feeling for me"? Yes or no. (snap!)

PC: I think it was yes.

LRH: Well, let's try it on for size. Repeat it a couple of times.

PC: "You have no feeling for me."

LRH: Go over it again.

PC: "You have no feeling for me."

LRH: Go over it again.

PC: "I don't think you love me."

LRH: Oh.

PC: "I don't think you love me. That was it."

LRH: All right, let's go over that again.

PC: "I don't believe you love me. I don't believe you love me."

LRH: Go over it again.

PC: (brief pause) "I don't believe you love me."

LRH: Next line.

PC: "You can't love me."

LRH: Go over that again.

PC: "You can't love me and treat me the way you do."

LRH: Let's go over that again.

PC: "You can't love me and treat me the way you do."

LRH: Next line. (pause) Next line.

PC: "You just don't understand."

LRH: Continue.

PC: "You just don't understand, Beth. You've got it all wrong."

LRH: Go over it again.

PC: (laughs) "You're all balled up."

LRH: Let's go over that again.

PC: "You're all balled up."

LRH: Go over it again.

PC: "You're all balled up."

LRH: Go over it again.

PC: "You're all balled up"

LRH: Is "You've got it all wrong" there?

PC: Yes.

LRH: Let's go over it again.

PC: "You've got it all wrong."

LRH: Go over it again.

PC: "You've got it all wrong."

LRH: Go over it again.

PC: "You misinterpret everything I say."

LRH: Let's go over that again.

PC: "You've got it all wrong; you misinterpret everything I say."

LRH: Go over it again.

PC: "Why can't you ever understand what I'm talking about?"

PC: Yes.

LRH: All right, let's roll the control. Is the right sequence with this?

PC: Yes. Every time you mention "Control yourself, I my ears start to ache."

LRH: Yeah?

PC: Uh-huh.

LRH: Did you ever get boxed on the ear because of it?

PC: No, but my mother had earaches when she was I kid.

LRH: Oh, yeah?

PC: Hm-hm.

LRH: All right. Let's continue with this engram. (pause) Do you have a somatic on it now?

PC: (takes deep breath) Every once in a while. Well, my ears still hurt. No, I don't have very much.

LRH: All right, let's return to the beginning of this. Is it less than it was?

PC: Uh-huh. I don't have very much.

LRH: All right, let's return to the beginning of it now. Is there a holder in this? Yes or no. (snap!)

PC: Yes.

LRH: All right, what's the holder? When I count from one to five, it will flash into your mind. One-two-three-four-five (snap!).

PC: "Stay here."

LRH: Let's go over it again.

PC: ""Stay here.""

LRH: Go over it again.

PC: "Stay here."

LRH: Go over it again.

PC: "Stay here."

LRH: Go over it again.

PC: "Stay here."

LRH: Go over it again.

PC: "Stay here, don't go."

LRH: Let's go over it again.

PC: "Stay here, don't go."

LRH: What's the somatic with that now?

PC: "Stay here, don't go."

LRH: Go over it again.

PC: My thigh hurts.

LRH: Yeah?

PC: Uh-huh.

LRH: All right. Let's go over it again.

PC: "Stay here, don't go. Stay here, don't go."

LRH: Go over it again.

PC: "Stay here, don't go."

LRH: Go over it again.

PC: "Stay here, don't go. Stay here, don't go."

LRH: Go over it again.

PC: "Stay here, don't go. Stay here, don't go. Stay here, don't go. Stay here, don't go. Stay here, don't go."

LRH: How's the somatic?

PC: Oh, I got different ones all over.

LRH: Yeah?

PC: But none on my head.

LRH: None on your head, huh?

PC: Uh-huh.

LRH: All right. Let's return to the engram that we are trying to resolve here?

PC: Hm-hm.

LRH: So we won't leave it in restimulation. Let's contact the beginning of it now.

PC: "Beth, I love you"

LRH: Continue.

PC: "Beth, I love you"

LRH: All right, let's see if you can shift into your own valence here. Are you in your own valence?

PC: Yes.

LRH: All right. Just roll her right on through now.

PC: "Beth, I love you. I don't believe it. I can't believe it. I can't believe it."

LRH: Continue.

PC: "I can't believe it." can't believe it. I can't believe it. I can't believe it. Nothing in your actions would indicate that. Nothing in your actions would indicate that you love me. Nothing in your actions would indicate that you love me. You don't understand. You don't understand. Why must you misinterpret everything I say? Why must you misinterpret everything I say? (pause) I love you Beth. I've always loved you.

LRH: What did you say?

PC: "I love your Beth. I've always loved you."

LRH: Continue.

PC: "That isn't true. I can't believe that it's true. (pause) I can't believe that it's true. (pause)"

LRH: Continue.

PC: "You are always criticizing me."

LRH: Did you sort of dope off for a moment?

PC: I think so, uh-huh.

LRH: All right, continue to roll.

PC: "You're always criticizing me. That isn't true, Beth. You misunderstand. Everything I tell you is for your own good."

LRH: Continue.

PC: "Everything I tell you is for your own good. Oh, you make me tired. Oh, you make me tired. Oh, you make me tired. Oh, you make me tired." My somatics aren't very strong.

LRH: Continue with it.

PC: "Oh, you make me tired. Oh, you make me tired. Go away and leave me alone. Go away and leave me alone. Go away and leave me alone. Go away and leave me alone."

LRH: Go over that again. (pause) Go over that again."Go away and leave me alone."

PC: "Go away and leave me alone."

LRH: Go over it again.

PC: "Go away and leave me alone."

LRH: What's your somatic with it?

PC: "Go away and leave me alone." Not very much; just pain in my cheeks, back here. My ears ache.

LRH: All right, let's go over it again.

PC: "Go away and leave me alone." I think I'm in my mother's valence again.

LRH: Uh-huh.

PC: "Go away and leave me alone."

LRH: Go over it again.

PC: "Go away and leave me alone. Go away and leave me alone. Go away and leave me alone. Go away and leave me alone."

LRH: Continue.

PC: "Go away and leave me alone. Go away and leave me alone."

LRH: Continue.

PC: "Go away and leave me alone."

LRH: Continue.

PC: "Go away and leave me alone. Can't you leave me alone? Why do you always have to find fault?"

LRH: Continue.

PC: "Why do you always have to find fault? Don't I ever do anything right?"

LRH: Continue.

PC: "Don't I ever do anything right? Don't I ever do anything right?"

LRH: Continue.

PC: "Oh, Beth, you're dramatizing. You're dramatizing."

LRH: Continue.

PC: "I don't know what comes next."

LRH: All right, let's return to the beginning of it and run it again.

PC: (short pause) "I love your Beth. I've always loved you." "I don't believe it." can't believe it. Nothing in your actions would indicate that you do.

LRH: Continue.

PC: "You don't understand." "Why don't you ever understand? Everything I tell you is for your own good. It's because I love you. (pause)"

LRH: Continue.

PC: (pause; takes deep breath)

LRH: Go over it again, "Everything I tell you is for your own good." Go over it again.

PC: "Everything I tell you is for your own good. It's because I love you."

LRH: All right. Let's return to the beginning of it now. Let's return to the beginning of it. Did you have any somatic on this at all?

PC: Sometimes, yeah.

LRH: Sometimes?

PC: Uh-huh.

LRH: Sometimes? Is any tension off of it at all?

PC: What do you mean, off of it?

LRH: Do you feel there is any tension off of the engram?

PC: Oh, I don't know.

LRH: All right, let's return to the beginning of it.

PC: (laughing) Um. .

LRH: All right, let's try to shift into your own valence.

PC: I don't think I'm there.

LRH: You bounced?

PC: Every time I think about shifting and every time you say "Let's shift into your own valence, I seem to think, "Oh, then I'll get a headache."

LRH: Hm-hm. That's what you think?

PC: I guess so.

LRH: All right.

PC: And then my leg starts to ache. Say, "I won't tell about it! You know, the leg that starts to ache is my right leg, and that's the one my mother broke when she died. Would that have anything connected with it?"

LRH: Yes, "I won't tell. Mother had earaches, and so forth?"

PC: (laughing) Geez! Do you suppose I got stuck in her valence when she died?

LRH: I wouldn't be a bit surprised. Let's try to run this again, honey, and let's see if we can't run it out very nicely and smoothly, and take some of the tension off it anyway. Let's try to slide into your own valence, even if you do get a headache on it this time, so we can take the tension off of it.

PC: There, I got it.

LRH: Okay, let's roll it.

PC: "I love you Beth. I've always loved you."

LRH: Continue.

PC: "I can't believe it."

LRH: Continue.

PC: Nothing about the way you act would indicate that you do."You don't understand."
Everything I tell you is for your own good."

LRH: Continue. You got the headache?

PC: Yeah, it's quite mild, but I have it, definitely.

LRH: All right. Keep running.

PC: I have something pushed in my face."Everything I tell you is for your own good.
(pause) Gee, I've lost the next phrase."Everything I tell you is for your own good.
(pause) I can't seem to find it."

LRH: All right, let's go over it.

PC: Everything I tell you is for your own good.

LRH: Let's go over that again.

PC: Everything I tell you is for your own good. Everything I tell you is for your own good.
Everything I tell you is for your own good."I won't tell if I've shifted again. My leg's
aching."

LRH: All right. Let's try to get into your own valence again, and let's roll it. (pause)
Continue.

PC: "Everything I tell you is for your own good. Everything I tell you is for your own
good. Everything I tell you is for your own good."

LRH: Continue.

PC: "Everything I tell you is for your own good." I'm not in my valence.

LRH: Continue.

PC: "Everything I tell you is for your own good. Everything I tell you is for your own
good."

LRH: Have you got that headache? Is it lessening in tension?

PC: Yeah, I got a little headache, but to tell you the truth, my leg aches too. (chuckles)

LRH: Your leg aches too?

PC: Yeah.

LRH: Okay. Peter is going to finish running this out for you in the dressing room. Okay?

PC: All right.

LRH: All right. Come on up to a pleasant moment. Come on up to a pleasant moment. What are you doing?

PC: Nothing.

LRH: Well, is that very pleasant, doing nothing?

PC: (laughs) No.

LRH: How is your head?

PC: Still aches.

LRH: Still aches.

PC: But not much.

LRH: Let's come up to the moment when you got your diploma.

PC: (pause) Okay, I'm there.

LRH: All right. Who's looking at you.

PC: Oh, I don't know that anybody's looking at me.

LRH: Nobody?

PC: Well, I mean a whole audience full of people.

LRH: Oh, a whole audience.

PC: Yeah.

LRH: How do you feel getting your diploma?

PC: Oh, you want that part. Let's see if I can get there.

LRH: Do you feel proud when you get it?

PC: Not particularly.

LRH: All right.

PC: I'm just afraid I'll stumble.

LRH: Oh. How does your head feel?

PC: All right.

LRH: Does it ache?

PC: No.

LRH: Do you like to swim?

PC: I don't know how.

LRH: Do you like tennis?

PC: No.

LRH: Do you like to ride horses?

PC: No.

LRH: Let's go to a time when you were having lots of fun. (pause) You're having lots of fun. Have you got one?

PC: (pleased tone) Yes.

LRH: All right, what are you doing?

PC: I'm playing charades.

LRH: Good. Now, look at the people around you.

PC: Yeah.

LRH: Do you feel you are really enjoying yourself?

PC: Yes.

LRH: How does the room smell?

PC: Musty.

LRH: Hm-hm. Come up to present time. All right, how old are you (snap!)

PC: Twenty-six.

LRH: What's your age? (snap!)

PC: Twenty-six.

LRH: Give me a number. (snap!)

PC Twenty-six. (chuckles)

LRH: Okay. Thank you very much.

Although it is very spectacular to show your screamer, it isn't always possible. I would rather have shown you a tough case. This case is not very tough. It's probably tougher on the preclear than anybody else. But such a case has to be run with considerable adroitness because it is very easy to lock up on the time track. I tried to beat her engram out, there, in order to get her moving on the track again rather than restimulate it very thoroughly. Therefore anything that would assist the case is very legitimate.

In the next lecture I am going to tell you about Guk and how you would treat this type of thing.

A clarification on these demonstrations is that they are just demonstrations of technique. I am not trying to push these preclears very hard; I am trying to give you what you should do when you are running a preclear. I seldom do anything beyond what I did in the demonstration above. I probably would have required another hour to reduce that particular engram down.