

Solo Auditor Training

Part 2 - Principles

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Introduction

Congratulation! You finished a first gigantic step with the *Esperian Basic Solo Auditing Course*.

You now have access to your own case. You have the basic tools used in Solo Auditing: the cycle of action in the form of the Solo Auditing Cycle and the basics of metering.

You can look on the meter the charge and the mass of an incident coming in with a rising needle and TA and you can see when it is going away or is erasing, with the needle and TA blowdowns.

You are your own auditor! Which is quite a step!

The cycle of action is particularly important in auditing. In fact, it is essential!

There is one word that we are going to use instead of the reactive mind – the Bank. It is the stack of incidents of the time track. It can be your own bank or other being's bank, or maybe the physical universe bank. We call that “the bank” for simplification.

Disenturbulating the entheta of the bank

In the book *Science of Survival*, it was very well explained. The good energy of the spirit was called “theta”. The bad energy of the bank was called “enthêta” – entheta meaning enturbulated theta. “Enturbulate” means to perturbate, to trouble or to turn into something negative, unpleasant, painful, etc.

“Disenturbulate” was a Dianetic slang meaning the contrary of the above – to remove the enturbation of a part of entheta to give it back its native theta qualities.

When you have a disagreement or a dispute with someone, you can feel that there is some bad energy in suspension or in the “atmosphere”. This is what we call “entheta”.

When you solve that disagreement or dispute, you can feel that the bad energy is transformed into something pleasant – calm or serenity and happiness. This is entheta transformed back into theta.

The book *Science of Survival* goes into detail about it all.

Theta – entheta formula explained

A bigger amount of theta will disenturbulate a smaller amount of entheta.

And the opposite: **A bigger amount of entheta will enturbulate a smaller amount of theta.** That's why you get enturbulated when you go in an area with a big volume of entheta.

The above formulas are fundamental in auditing because this is what you do. The bank is a huge chunk of entheta. You cannot just go into it head-on and erase it. All what would happen is that you will be turned into a burned piece of charcoal. All your theta would become fully enturbulated and you would end up being utterly insane.

The bank: a very dangerous or lethal accumulation of entheta

The bank is not a nice and sweet thing. It is a very dangerous or lethal stack of energy with hypnotic thoughts at the middle. It is very well explained in the book *Dianetics, Modern Science of Mental Health*.

When the bank is too heavily restimulated or reactivated, a normally sane person can become a raving maniac, and destroy himself or his dynamics as dramatization. No, it is not a joke. The newspapers are full of horrible stories of crimes committed by usually “normal” people.

This happens because the theta of the person got enturbulated by the surrounding entheta, cumulating with the entheta of the person’s bank being reactivated. In such conditions, the person will just dramatize some earlier engram and act as dictated by the words, phrases and personalities of that engram (called “valences”). Really violent!

Separating the bank in many cycles of actions

That's the reason why you attack the bank by separating it in many cycles of action – one incident at a time.

But you know as well that the charged incidents (engrams) are invisible. So how do we do?

We can for example use the meter to detect the somatics or anything that is related to a specific incident, like a loss, a death, etc. A somatic is a feeling caused by an engram.

This was the secret to have a relatively easy access to the bank incidents.

How does it fit with the cycle of action in solo auditing?

With the meter, you are going to locate or detect a specific somatic or something charged, ready to be audited. The meter will show a reaction on it. Doing so, **YOU STARTED YOUR CYCLE OF ACTION.**

You apply the specific technique designed to remove the charge or erase totally that incident. This is the **ACTION OR CHANGE PART OF YOUR CYCLE OF ACTION.**

When you have done a good job and removed all the charge of the incident or a chain of incident, you have reached the **EP or END PHENOMENA** of the process. **THIS IS THE END OF THE CYCLE OF THAT PARTICULAR AUDITING ACTION.**

Three general actions

- 1. Find out something to audit. There are a few ways to do that.**
- 2. Choosing the PROCESS or PROCEDURE which is the auditing action designed to remove the charge of what was detected in step 1.**
- 3. The END PHENOMENA which is the various indicators (meter, emotion, feeling of lightness or happiness, etc.) that shows the process, procedure or a whole series of processes have reached their purpose and that this cycle of action is finished.**

Review of the fundamental auditing cycle

0. Choosing something to audit.
1. If the procedure asks for checking also the question of command with the item in it, you read your auditing question or command. You have made sure you understand the words in it and understand the question. Let's say it reads. Now the process cycle is started.
2. You look – meaning you put your attention and intention into or on the area of the reactive mind asked for by the process;
3. You get an answer from the bank. You are not talking to yourself; you just perceive, duplicate and understand the data you got.
4. You recognize that you answered the question fully and this ends the cycle of action of that particular command or question.
5. If the process comprises several commands, you ask the next command and so on.
6. When you got all the signs that the process is finished, you have what we call the EP or End Phenomena of that process.

Several cycles of actions

It can be a bit confusing because in fact, you can have several cycles of action. Here, we have two.

You have the cycle of the command as above. Each question is asked, answered and acknowledged.

You have the cycle of the process or procedure itself meaning you start with assessing for a specific charged item or you check a question and you continue the process till the item of question is fully handled to its End Phenomena. This would be a full cycle.

It could be also a whole case aspect with many items audited one after the other. And that case aspect would have its own general End Phenomena like an ability gained or a general handling.

Somatics while running a process

In Dianetics, there is a very important perception – the Somatic.

There is the **Visio** (perception of what you see in the picture); the **Sonic** (perception of the sounds, the voices, what you hear), and the **Somatic** (which is what you feel when you are returned in a charged incident).

Here are some definitions and examples of somatics as they occur in session – or in life.

“By somatic is meant a pain or ache sensation and also misemotion or even unconsciousness. There are a thousand different descriptive words that could add up to a feeling. Pain, aches, dizziness, sadness – these are all feelings. Awareness, pleasant or unpleasant, of a body is what we are trying to run in Dianetics.”

“Somatics = This is a general word for uncomfortable physical perceptions coming from the reactive mind. Its genus is early Dianetics and it is a general, common package word, used by Scientologists to denote “pain” or “sensation” with no difference made between them. To understand the source of these feelings, one should have a knowledge of engrams, and other parts of the reactive bank. To the Scientologist anything is a Somatic if it emanates from the various parts of the reactive mind and produces an awareness of reactivity. Symbol som.” – LRH

Here are some types of somatics:

“Pains, sensations, feelings, emotions, attitudes, unconsciousness, sorenesses, compulsions, fears, aches, tirednesses, pressures, discomforts, dislikes, numbnesses.”

The following example is an extreme case of somatics. Usually you can have slight headaches or various pains or sensations in the body and even anaten – analytical attenuation – meaning that you get groggy. Just know that they are somatics and it is normal in auditing to get these.

A very strong impulse to run away from a bank area when you are in the part of the auditing cycle where you look for an incident, would be a valid somatic. You can feel it mentally and physically. There is fear or terror inside the incident and when you approach it, or have your attention digging into it, you are going to feel you have to go away, quick! And soon, you are going to feel the terror of it. This is very, very unpleasant feeling.

As an auditor, you have to keep at it. Remember the saying?

“What turns it on will turn it off.”

“This is the oldest rule in auditing.

“Of course, people get into secondaries and engrams, go through misemotion and heavy somatics. This happens because things are running out. To end off a process or a session because of the clock is to ignore the real purpose of auditing.

“The oldest rules we have are

- a) Get the pc through it.**
- b) What turns it on will turn it off.**
- c) The way out is the way through.**

L. RON HUBBARD

You can have all the above kinds of somatics when you are in a heavily charged area of the time track. Just continue the process till the cycle is fully done to its End Phenomena.

Really! THE WAY OUT IS THE WAY THROUGH!

End Phenomena

Introduction

This is the touchiest subject of auditing. How and when to end a process or a whole procedure?

In the last module, we saw the importance of completing cycles of action.

When you ask a question like “When was it?”, if you get as an answer something like “hmm, maybe 10 million years ago... hmm, no, 15,000 years ago... not sure... you can see, this is not a completed cycle of action. It is still running. You don’t go to the next command. You get a firm answer. It can be an approximate time if the incident is sufficiently located for you, but it has to be a satisfactorily fully answered question – like “okay this was around the 3rd moon of the 15th planet of the marcabian system.”

You know that you have completed that particular cycle of auditing command or question.

Now, a process has an EP, an End Phenomena.

You have various “indicators” or signs that shows the process is at its end. It shows that the process cycle of action is terminated, done, finished, ended – it has accomplished its purpose and you don’t go further.

This principle of the cycle of action – **START, CHANGE OR CONTINUED ACTION, END** – is part and parcel of the structure of auditing.

The End Phenomena is the end part of the cycle of action of a process or auditing procedure.

There can be different forms of EPs, depending on what type of process you are auditing. It requires an understanding of what auditing you are doing and its purpose. Handling EPs require judgement on your part as a solo auditor.

EPs in the early days of Dianetics

At the time, in 1950, even a bit earlier actually, to get a preclear to run an engram and erase it, the auditor had to get the pc to return into the engram and by various techniques he had the preclear to dig out each and every data of that engram. And it was really hard work. The preclear was going through a bunch of emotions like apathy, grief, fear, terror, etc.

Actually, the tone scale was discovered by Ron when auditing these engrams. When the auditor was returning the pc into one of these apathy prenatal incidents, as he was discovering more and more data, and going over the incident many times, when the preclear was going out of the apathy of the engram, he was going through spells of grief, fear or terror, anger, hostility, boredom, conservatism, strong interest and finally the Tone 4, enthusiasm and the preclear was laughing, the incident being totally erased.

Well that was the EP for that engram. It could not affect anymore the preclear as it was totally discharged.

Now it was easy for an unexperienced auditor to leave the engram on the tone of boredom. Boredom is a very special emotion, because the pc doesn't want to continue running the engram over and over again. He is bored to death and you have to coax him to continue. It could be really tricky.

The point is that when the engram is at such a tone level, it is only partly discharged. It is not a complete erasure. It could be restimulated again in life. This is not what we want.

The End Phenomena in Dianetics is erasure, and tone 4, laughter, enthusiasm.

And yes, it was touchy and requiring on the auditor's part a very acute observation ability and knowledge of engram behavior, time track and

the various tools he was using because he did not have a meter. Also some pcs don't demonstrate their enthusiasm which would add a difficulty to something quite touchy.

But you can see that from the inception of auditing, very well expressed in the book *Dianetics, Modern Science of Mental Health*, that Ron was stressing heavily the idea of completing the cycle of action of running a particular engram. In fact, leaving a bunch of engrams half way audited and auditing more engrams above such a mess, could block the case preventing any further auditing. It was a humongous mistake to do that.

Since then, there had been many techniques discovered and each one had an End Phenomena.

In solo, especially in Esperian Solo Auditing, you have the meter to indicated various things by the needle motion and the TA. But as usually the needle and TA are very mobile, it can be easy to miss the needle phenomena of an EP.

So, you have to be alert to your own tone level and somatics, charge, mass, etc., to be able to notice the particular feeling of a mass or a charge blowing (erasure). Then the meter can confirm what is happening.

What is a Floating Needle?

(HCO BULLETIN OF 21 JULY 1978)

A floating needle is a rhythmic sweep of the dial at a slow, even pace of the needle. That's what an F/N is. No other definition is correct.

L. RON HUBBARD

Founder

End Phenomena and Cognition

In New Era Scientology, the subject of EPs is simpler than it looks at first glance. Especially in solo, you don't have to understand the various reactions of many different preclears. You have only one preclear – YOU. And believe me, this is a luxury. Because when you understand that preclear that is YOU, and how this preclear runs on the meter and generally in auditing, then it is easy to perceive when there is a cognition or when you are about to cognite, and when you have the full EP of a process.

Often, it looks that way – you are running your process and suddenly you feel something is blowing; you feel lighter, or you feel with more space or it seems you moved out of your body or you as a being is bigger than your body. Sometimes you verbalize the cognition, a discovery, the understanding of why something was in a certain way, or you feel you gained a new ability or you lost a barrier or mental inability – it can be anything. Sometimes you can't express the cognition as there are no words for it. The fact of something having blown away and the needle becoming very loose on the meter, BDing, rising, moving back and forth slowly or smoothly on the dial, BDing again, etc.

This is something you will have to get used to it and observe for yourself.

You also will feel that the process is ended and that you don't feel it is right to continue.

Below, you can find some definitions from the Technical Dictionary of Tech 1.0.

AS-IS: to view anything exactly as it is without any distortions or lies, at which moment it will vanish and cease to exist.

COGNITION, 1. as-ising aberration with a realization about life. 2. a pc origination indicating he has “Come to realize.” It’s a “What do you know, I . . .” statement. 3. something a pc suddenly understands or feels. “Well, what do you know about that?” Abbr. Cog.

END PHENOMENA, those indicators in the pc and meter which show that a chain or process is ended. (1) floating needle, (2) cognition, (3) very good indicators, (4) release. Abbr. EP.

Practical

Solo Auditing

The purpose of this practical is to get the above theory in, to make it a habit, so that you are comfortable solo auditing, and to get wins out of it.

You can also use the book *Scientology Infinity*, do the assessment on the meter and run the appropriate lists.

Or use *Self Analysis*.

Or you can find a C/S and go on *Infinity Procedure*.

Or if you are courageous, just go on NES.

Good luck, and have fun!

Didier

Instructor