

Dianetics Auditing Procedure

For your convenience, the Dianetics auditing procedure and commands are reproduced on this card. This card may be used as a handy reference when you are doing Dianetics auditing.

1. Assure your preclear he will know everything that happens.

The session is done with you and your preclear seated across from each other. In the first step you assure the preclear about what will occur during the session. You can tell the preclear the following: **"We will begin the session now. You will remain aware of everything which goes on. You will be able to remember everything that happens here. You can pull yourself out of anything which you get into if you don't like it."**

2. Have the preclear close his eyes.

Tell the preclear, **"Close your eyes."**

3. Install the canceller.

Tell the preclear, **"In the future, when I utter the word 'cancelled,' everything I have said to you while you are in a therapy session will be cancelled and will have no force with you. Any suggestion I have made to you will be without force when I say the word 'cancelled.' Do you understand?"**

Make sure the preclear understands this.

4. Return the preclear to a period in the past.

Tell the preclear you will begin by running an incident from his past that the preclear feels he can comfortably face. You can say something like: **"We're going to find an incident in your life of which you have an exact record. Then by sending you through it at the moment it happened several times we're going to reduce it."** Next, tell the preclear, **"Locate an incident that you feel you can comfortably face."**

When he has located one, tell him, **"Go to the beginning of that incident."**

5. Work with the file clerk to get data.

After you have returned the preclear to the incident, have him recount the incident from beginning to end (while returned to it in reverie), picking up all the perceptics present just as though the incident were happening at that moment. It is very important that the preclear recount the incident as though it were happening at that moment, and not simply as a memory of something that happened in the past.

You can say, **"Go through the incident and say what is happening as you go along."**

6A. Reduce the incident.

Have the preclear go back to the beginning of the incident again and recount it. You can use a command such as: **"Go back to the beginning and go over it. Pick up whatever additional data you can contact."**

Ask additional questions as needed to help the preclear recover more of the incident. Questions such as: **"What do you see?"** or **"What do you hear?"** etc., can be asked to help the preclear. Help the preclear to move through the incident as needed by using the word, **"Continue."**

Repeat this step again and again, each time telling the preclear to go back to the beginning of the incident and to go through it to the end. Continue to run the incident until the preclear is cheerful about it. When the preclear is cheerful about running that incident, go on to step 6B.

6B. Locate the next incident to run.

Choose another incident that the preclear feels he can now comfortably face. **"Let's find another incident that you feel you can comfortably face."**

Return the preclear to this new incident and audit it by continuing the procedure with step 5 followed by step 6A.

Run the preclear through the incident as many times as it takes to bring the preclear to a point where he is cheerful about it.

Then, choose another incident to audit using the procedure as described above. Keep finding and auditing incidents on your preclear until the time allotted for the session is up.

NOTE: If the preclear does not seem to be able to uncover

any more about an incident despite many recountings and he is not becoming more cheerful about it, then find out from the preclear, **"Is there an earlier incident similar to the one we are auditing?"**

If so, return the preclear to the earlier incident and continue with steps 5 and 6A.

7. Bring the preclear to present time.

Let the preclear know you will be ending the session shortly. Tell him, **"Come to present time."**

8. Be sure the preclear is in present time.

Ask the preclear, **"Are you in present time?"**

Assure yourself that the preclear feels he actually is in present time.

9. Give the preclear the canceller word.

Tell the preclear, **"Cancelled."**

10. Restore full awareness of the preclear's surroundings.

Tell the preclear, **"When I count from five to one and snap my fingers you will feel alert. Five, four, three, two, one." (Snap!)**

That is the complete procedure!

For any assistance
or to answer your questions

call the Dianetics information line
1-800-367-8788