

HUBBARD COMMUNICATIONS OFFICE  
Saint Hill Manor, East Crinstead, Sussex

HCO BULLETIN OF 16 MARCH 81

Limited Distribution  
HRD Auditor checksheet  
HRD C/S checksheet

***HRD Series #8***

**HAPPINESS RUNDOWN CASE HISTORIES**

The Happiness Rundown was piloted on over forty cases. The case histories of those that are of special interest to auditors and C/Ses for technical reasons are published below. These are selected case histories to show the reason for the rules, cautions and remedies covered in the HRD HCO Bs.

**HAPPINESS RUNDOWN CASE HISTORY NUMBER 1**

Case Level: OT IV, has done Purification Rundown, Survival Rundown, and the OT Drug Rundown. This pc had studied the "Way to Happiness" Booklet prior to being audited on the Rundown.

First Session: Time - 0:55 Total TA - 1.9

The pc had already studied the booklet and rundown and came into session saying he had been keying in and out since he had read it. He then got off a Withhold that he had been thinking of what it would be like to have a high standard of morality and felt bad because he wasn't like that. He went on to say that people missed this on him every day. On the first step of the rundown the pc had a large BD and F/N on never having been taught what morality was at all before. On the next step the pc got off a consideration that he was unable to make his own code of morality align with the rules of the third dynamic. He had considerable relief on saying this and said it was the first time that he had ever got that off. The valence of a "pirate" was found and blown with the cognition that that was the pirate's way of life, an outcast from society true to himself and his Service Facs. The session was ended on this win.

Second Session: Time - 1:16 Total TA - 4.6

Various pieces of false data were gotten off including the false datum that "man is basically evil" followed by a cognition that a person will at some point just be good and himself. The pc had a cognition that he doesn't worry about himself anymore "I know I will be OK no matter what, I know that I am going to survive". Another valence was found and blown which also resulted on a considerable win and the session was ended on this point. The pc commented at the end of the session "This was real fun". The auditor's comment after the session is that the pc is having lots of cognitions, that he is getting calmer and had a big line charge on blowing the last valence.

Third Session: Time - 0:55 Total TA - 2.0

During this session the pc had several cognitions including the realization that there were a lot of things about himself that were right. In other words the pc regained certainty on rightnesses. This realization occurred after the pc spotted the principal person who had invalidated rightnesses about him and caused him to doubt himself.

Fourth Session: Time - 1:06 Total TA - 7.1

During beginning rudiments the pc had further cognitions about violations by others of the principles of the rundown covered so far. During the session more false data was blown and the pc had a series of cognitions during which he blew various considerations about himself that he had formed in earlier times when he was committing overts. This resulted in another resurgence of his own rightness and was followed by a series of cognitions about overts that he hadn't previously considered to be overts because they had been justified. This was followed by the pc getting off a withhold never revealed before with considerable relief. The session was ended on an increase in certainty on the pc's part that he would be able to follow the principles covered in this session. Many of the considerations and false data gotten off during this session were along the lines of wrong indications about himself which the pc had picked up during the course of his existence.

Fifth Session: Time - 0:05

The pc came to the session on a win and originated a series of cognitions and wins that had occurred since last session. Some of these were: "I wanted to say that I am really pleased with this rundown, I feel really good, My personal integrity I'm aware of and I feel really good. Kind of like I'm OK. (Wide F/N, VGIs) I really think that I can live by the Code of Honor now. No matter how crazy things are around me I think I can now apply the codes. There is a real change and I'm really happy." The session was ended as the pc was on a Persistent F/N and VVGIs. Both the auditor and pc felt that the rundown had reached EP, though the pc was willing to continue on if there was more to do. At this point the pc was not C/Sed for another session but left off auditing for a few days due to the Persistent F/h and possible EP.

The next session was C/Sed for TWCs to pick up any latent or further cognitions regarding the rundown and to establish whether or not the pc had achieved the EP.

Sixth Session: Time - 0:15 Total TA - 1.3

The sixth session took place five days after the fifth session. The result was that this session confirmed that the EP of the rundown had been achieved.

At the beginning of the session the pc said "I have had this win which has persisted of feeling OK now as far as my own integrity is concerned, I feel I don't have any doubts on anything now. I used to have gray areas about myself and now I really feel OK about myself, now I really do, I know! Things make more sense to me and I feel a whole-ness, it's great. It's sort of like if you have to live in this universe this rundown is really needed, it cleans the slate and puts things in perspective, in light of everything that has happened since I came into the universe. I trust myself and I trust others more, my general opinion on humanity has changed. People I used to not care for; now it's like I do; it's different, my animosities aren't there, I didn't like that in myself." (F/N Wide) "I felt pretty good about myself case-wise but this rundown handled the only doubt I had which was on my integrity and dealings with others.

"I've seen people blow off etc. and it would bother me, I felt that could happen to me but I feel it could only happen if my integrity was out. I don't feel that can happen anymore." (F/N VGIs)

Prior to this session the pc had originated an exam statement which reads as follows: "A good thing I noticed is that my eyesight has changed, I can perceive depth and colors better than before since the rundown. Some kind of depth change, I see things with a real difference and colors!"

The pc was re-tested which resulted in his OCA and his aptitude going up, and was sent to Declare.

His success story reads as follows: "LRH is brilliant - this rundown was one of the best actions I've done so far.

“The gains have been many, covering so many areas of existence.

“If a thetan has spent any time in this universe he should get -his rundown - it’s miraculous in its results. Thanks to LRH and my C/S and Auditor.”

The pc later wrote up an addition to his success story which reads as follows: “There’s something else that has occurred for me on the Happiness Rundown which I didn’t mention to my auditor or in my success story. It’s quite amazing but I’ve been exterior with good perception. I recall mentioning earlier this year, when you were C/S’ing me on some Solo III, how when I was exterior things would usually be fuzzy, grey, or not very clear at all to me and how only occasionally would I even get such perception.

Well, for the last couple days my perceptions have been real sharp and clear and far better than with any eyes I ever used--and the big thing is I can control it some and have such perception when I want to. It’s real handy for looking to see what time it is on the clock when you’re sleeping. I’m really not used to it yet and is bothersome to me to co-ordinate the body with what I see in a way. Also, it is better at some times than others -

“I need to work on it. The ability has increased though and I’m happy about it.”

After the rundown, reports were collected from his auditor, his wife, his senior and from various associates.

His auditor says “He did excellently, had big wins and gains, got all the franticness blown, had perception changes (depth of vision and color), he’s stably feeling OK about himself and knowing he has integrity and trust in himself, can trust others and has hope for them, has blown animosity towards certain individuals.”

This is an observation report from the Senior of the pc:

“He seems calmer and less frantic in our daily frantic life. So far I have noted change in that he is more on the ball on originations and also is not rattled and into the “badness” of it all.

“He is working hard but is not individuated or BPC’y over post situations and oddities. He has helped me a lot in the last few days and is very willing to help others by seeing what needs to be done.”

Here is an observation report written by the pc’s spouse:

“Overall, since being on the Happiness Rundown and completing it, he is more stable and uptone than I’ve ever seen him. He’s very calm and just doesn’t at all get enturbulated, even by third dynamic pressures and things which have previously caused upsets. I notice there have been no instances of his going out of comm and introverting, which used to occur occasionally. I know his production is why up and along with his regular C/Sing, he’s been auditing 15-20 hours per week!

“On the second dynamic, his comm level and affinity, which have always been high, are remarkably increased. His outflow is greater and he’s more into verbalizing how he feels, telling me he loves me, etc. (From my personal experience, this is an indicator of his feeling about himself so more into outflowing.) “I notice too that in dealing with others he is very KRC-ful (not theetie-wheetie) while maintaining 8-C. I don’t see traces of “joking and degrading” which have cropped up in the past. He’s not critical of others, even when they’re wrong - i.e. correct estimation without matter.

“He told me this evening that he’s got no restimulation going on and in fact feels he’s got no case!! He said the rundown handled everything else he wanted handled! And that he’s the happiest he’s ever been. (Wow!) He just wants his L’s “sometime”. He’s really doing well and said he’d been exterior with perception (!)

“Overall, I’d say he was definitely an excellent product!

“This is true.”

This is an observation report written by a close associate of the pc:

“He’s lost a slight bit of defensiveness and individuation that was apparent before he started the rundown. He’s gotten real good natured and I’ve noticed his affinity level has risen a lot and it’s real easy to talk to him (it was pretty easy to corm with him before and we were already good friends - the raise in ARC is noticeable, though). He also has a whole lot more concern for my welfare, which has surprised me on a couple of recent occasions--especially since I’ve sort of had a rough time physically the last couple of days. He’s been very perceptive of when I was hurting and very genuinely kind and 8-C’ed my senior and auditor into making sure I got some handling. Before the rundown there was an “Every man for himself” kind of attitude to a degree, which is why I was surprised at his concern and efforts in my behalf. He’s lost

something of a toughness or “punk kid” type of valence and seems a lot calmer. When some enturbulative nonsense hits our lines he doesn’t get easily enturbulated by it now, before he used to withdraw and get tough or grievous. He seems on top of such things now. (This is an elaboration on what I wrote earlier about individuating and getting defensive.) This guy was not in bad shape or unsocial before the rundown, really, but now he is just a lot calmer and more there and more involved with people around him and more positive.”

This is another observation report written by a close associate of the pc:

“He’s been looking a lot happier and also seems to be a lot more caring about others. That’s what I can put my finger on. This last one (re his being more caring about others), he used to make joking remarks about people to them which he hasn’t been doing.”

TOTAL HOURS: 4 hrs: 32 mins

## HAPPINESS RUNDOWN CASE HISTORY NUMBER 2.

Case Level: OT VII, has done Purification Rundown, Full Objectives (not done Survival Rundown), OT DRD. She had not read “The Way to Happiness” Booklet.

The pc was C/Sed for a set-up prior to the Happiness Rundown. She had been on an incorrect program and although it was indicated to her that the previous program had been incorrect and she had been taken off of it, she was still exhibiting by-passed charge concerning that cycle and PT out ruds. A session was C/Sed to repair this by-passed charge. However, in the session, the actual by-passed charge turned out to be that while reading the Happiness Rundown materials the subject of the rundown had gone into restimulation (as she said, it came off suppress when she read the materials). In fact, her attention was so fixated on the subject of the Happiness Rundown materials that it would not have been possible to audit her on anything else. This is noted because unless the pc was in actual need of repair this case history shows that no set-up would be necessary prior to starting the Happiness Rundown; could in fact cause by-passed charge by delaying the pc from getting onto the rundown. It isn’t so much that the materials of the rundown fixate the person’s attention, as it is a matter of the person’s attention already being fixated on the points which are the subject matter of the Happiness Rundown. Reading the materials therefore brings these very rapidly and easily into restimulation. Because the person’s attention is already so fixated on these points, it would then not be possible to audit the pc on anything else but the Happiness Rundown. This factor also shows up as very high pc interest in the subject of the Happiness Rundown and as several put it, they “went into session” on the Happiness Rundown as soon as they started to read the materials.

First Session: Time - :25 Total TA - 1.8

The pc came into session with all Ruds in and the Happiness Rundown was begun. While handling the subject of "morality" a considerable amount of false data came off which she had acquired from her earlier schooling and from the Catholic Church. The pc started flip-flopping between Mother's and Father's valences on the subject of "morality" and she blew a false datum that it was more moral to lie. She also blew a chronic feeling that she had been lying even when she hadn't been. On the exam after the session the pc said "I had my first session and cleaned up this one huge area which had to do with lying. Real Interesting, I cleaned up areas of my life where I had trouble. It cuts right through O/Ws and justifications and shame, blame, and regret, it cuts right in there to that thing that holds all that together. (Wide F/N VGIs)

Second Session: Time - 0:15 Total TA - 1.9

During this session an occlusion came off the case in that something that the pc had always attributed to her father she suddenly recalled and discovered had actually come from her sister. A previously occluded overt on her sister came off and subsequently the pc moved out of the valence of her sister. This was accompanied by a strong shift of viewpoint and a heightened awareness of morality on the 2-D. An aberrated fixed idea that the way you handle 2-D is to feel bad and make other people feel bad" was blown. The pc was amazed at discovering this. A Floating TA occurred and the session was ended. At Exams the pc said "I just had a phenomenal session, I'm so blown out I can't believe it." The Examiner wrote a comment on the bottom of the exam report stating "My comment is, God, what is this?" Both the auditor and the C/S considered this session to be incredible.

Third Session: Time - 1:00 Total TA - 4.1

During this session various pieces of false data and O/Ws from the time period of when she was in fourth grade at school came off. The pc became aware of a mechanism of committing an overt then trying to shift the blame, trying to change the subject when she couldn't get away with it, then appearing confused and making the other person wrong. She realized that this had started during the fourth grade. A Service Facsimile popped into view and blew. A false datum that the way to handle out ethics is by beating or making the person wrong, blew. This chain went back through kindergarten to an Aunt who told her as a small child that she should lie, cheat, or anything to get her way, The pc suddenly had a stream of cognitions about how she had dramatized the valence of this Aunt throughout her life and even recently in PT. At the end of the session the pc stated "It was good to spot that. I as a being do know what is right and wrong. The only thing I hit into are the false datums. It's OK to be ethical."

Fourth Session: Time - 1:20 Total TA - 12.2

The pc came into the session with two wins: One was an improvement as an auditor (herself) and the other was an instance of telling the truth to her husband (this after blowing the various aberrations on the subject of lying).

A chain of petty thefts was taken down to basic and a false datum that it was "real macho to steal" was blown, when the pc spotted a childhood thief from whom she had gotten this idea.

Then, a 2-D aberration was taken up and blown. A false datum which was contrary to keeping one's personal hygiene in w/s blown on spotting the source of it (a perverted Aunt). Then a series of false datums and O/Ws were gotten off on the subject of taking care of oneself with the final cognition that it wasn't an overt to take care of oneself.

A fixed idea regarding selfishness "that it wasn't OK to want something" was blown with the result that the pc's havingness went way up. This was followed by the pc suddenly cogniting on a whole series of actions that she had done which had been detrimental to herself, A victim valence and a "goody-goody" valence were both blown. Then a cognition that the pc could decide things for herself--she was quite amazed that she had had the idea previously

that she couldn't decide things for herself, Her comment on this was "I never thought I'd say that, I feel pretty different, a real change, really." Another valence was found and blown accompanied by the cognition "I don't have to do it like my sister. You do something like somebody else so you can survive. I didn't know how to cope with life and taking care of myself and others. I didn't want to do them. I, never decided that I, wanted to do it. That's exactly right, you can do anything, You can decide and then you can do it and you can be yourself. That's amazing. I felt like myself. Now I know why. This opens the door to handling. I feel more causative." At this point A floating TA turned on and the session was ended. The pc's final comment was "I'm very impressed. This rundown is gradiently changing my life." At exams she said "I had a phenomenal session. I handled a whole facet of my life and I know A lot more will occur." After auditing this session, the auditor wrote an originated success story which reads "This rundown A 5 incredible. It seems to open the door to true freedom. I got into Scientology "to be happy" and I totally see that this rundown can clear away all the reasons I wasn't. It is just beautiful."

Fifth Session- Time - :50 Total TA - 6.5

In this session a chain of instances of failures to help others came off and this traced back to a doctor valence. The pc had cognitions concerning contagion of aberration during her own illnesses and the illnesses of others. A fixed idea that it was "noble to bang myself up" was blown. The pc originated that she had a number of cavities in her teeth. She had had these for some time and now decided to go to a dentist and get them fixed. At the end of the session the pc says "Very interesting. I think I'm surviving now whereas a little while ago I wasn't. You couldn't have got me near a dentist for a million bucks, but I think I'll do it. I'm really amazed at the things that I've resolved in these last sessions. I feel more alive, honest, these are not momentary wins. I can do things. I've experienced physical universe changes. Sometimes sessions used to blow charge but no change. I feel the changes now. I feel happier." At exams the pc said "You'll never believe it, It's the best thing that ever happened. I'm going to go and see a dentist and take care of my teeth." After this session, another person commented "This pc is noticeably and markedly changed for the better in life. I can honestly say, I haven't ever seen a more marked change than I've seen in her in the last two days. She's more alive, her space is cleaner."

Sixth Session: Time - 1:05 Total TA - 14.0

The pc came into this session originating that her life has changed, she exercised this morning and started a new hygiene habit.

Various false datums and misunderstands from the period of the pc's life when she had been heavily involved in drugs were gotten off, At the end of the session the pc commented "I want to find out things". At exams, the pc said "My life is getting better." After this session, another person wrote a report to the pc's folder commenting on changes she had noticed in this person: "I've noticed a remarkable change in her. Prior, I thought that she was PR-y and operated on politics a bit (at least this is how it came across at times--sort of condescending) and the change is great. I feel really good about her for the first time, it's the difference between someone who is "nice" and "OK" and someone who has ethics presence who keeps Scientology working. She's much more a pleasure to be around and I really feel that she's going to make a lot of good changes around here,"

Seventh Session: Time - 1:24 Total TA - 12.7

In this session the pc cognited on a lot of false datums that had led to various overts such as stealing and realized overts were committed knowingly. The pc had a big shift from a "winning valence" she was in of using affinity to get things from people which "solved a lot of problems." She said "my whole viewpoint has changed" and had a Floating TA. At Exams she said "--totally changed this whole aspect of my life."

Eighth Session: Time - 3:00 Total TA - 25Div

The pc was in complete disagreement with the precept "Be temperate" and through false data had this equated to depriving oneself. She had confusions on it from examples set by her sister and mother spending huge quantities of money. She cognited "I do go into the valence of a person who 'knows' things." She was amazed, after getting off the false datums, that she really was in agreement with the precept. She blew some very strong datums she'd gotten from her father, "you can't do anything about anything", the idea "that coma doesn't solve anything" which she'd really believed. She saw loads of instances when she didn't talk when she should have, "no sense in saying anything anyway." The pc was amazed at how out of come she'd put herself, making it appear she had CI, and how positive she was that doing this was right. At Exams she said "I'm looking forward to living". She had a Floating TA. It was after this session that her husband wrote 8 report to the C/S that after a pretty heated argument which resulted in an intense ARC Break, a short while later the pc came to him "just beaming." "I experienced such a high level of ARC from her that I was taken aback." Then they got in coma and she explained to him how she'd been unwilling to communicate because of the false datum she'd had. She said this was no longer the case. The husband said Well, this blew some charge for me, let me tell you! And I can't believe the change that I witnessed in my wife last night. She had so much free theta and affinity flowing last night that it was truly amazing to me." "Since she's been on the pilot she's now on (2 or 3 days I think), I've seen a dramatic change in her that I know changed her life and our 2-D."

Ninth Session: Time - 1:50 TA - 12.1

On running promiscuity the pc blew a false datum and the source of it, She blew a winning valence of being promiscuous. More overts and false data were gotten off on the subject and a prostitute valence was blown with the result that the pc regained her own viewpoint on the 2-D. She cog'd that a bunch of her present actions on the 2-D were based on false data and cog'd that there's nothing wrong with sex. More false data and valences were blown including the idea she's had that she's ugly and that men only wanted her for sex. She spotted some habits and actions that she had been doing, actually come from her mother's valence and realized it hadn't been her doing them, even though they were prosurvival actions,

Cog'd that the 2-D isn't just a bunch of rules and that she's had a bunch of rules on that dynamic. She was very bright and F/Ning and the session was ended.

Tenth Session: Time - 1:40 TA - 12.0

In this session she blew some false data about how to handle kids ("you'd be robbing his self-determinism if you told him what to do", "I thought you had to get physical with kids") and this resulted in her whole operating basis with children changing and a total shift of viewpoint.

She had a big win getting off some false data and blowing a valence ("just being a participant"). A heavily introverting incident was discharged and she spotted the point where she decided she was never going to say how she really felt.

She originated about the rundown "It does change your life. The stuff just blows. Now it goes faster because the earlier false data is off."

On the precept "set a good example" she got upset and misemotional while reading the chapter and says she couldn't have it, couldn't even read it, didn't agree etc. The auditor started pulling off the false data and she cog'd "I came to the conclusion that it was not okay to be good". She still "hates" this precept and said it is hitting her main vein. Some more false data was blown that "there's no use saying what you've done wrong and you can't change and can't be honest and there's no benefit in showing a good examples and realized she came to the conclusion that she'd "rather be disorderly than a so-called 'God example'". A valence from the Catholic school was blown and she had a big shift in viewpoint and said that it's

okay to set a good example and another valence of knowingly not setting a good example blew. Cog'd that it's more prosurvival to set a good example.

Originated "real interesting, I feel I got this little area conquered, Very interesting, I feel like I have a beingness shift--not feeling like a Joan of Arc. I feel like I've settled down, more in valence for myself, I lost this tendency to mimic, That's gone. Boy! Wow! Very interesting-I feel like I've dropped this whole via, valence, using my position to mimic or make Less of people. It's disrespectful. I feel very different. I don't feel like a nun but that's okay, My integrity, no, my perception has changed." Pc had a wide F/N and the session was ended there. She said she had totally lost the compulsion to make less of people.

The auditor commented that she was very different, not so "crude" as she had been, seemed more civilized.

At Exams she says "Well I just handled an area in my life that I've experienced 180 degrees change on. I'm very impressed."

The C/S comments "The Rundown seems to have a snowball effect whereby the pc is now blowing whole areas much, much faster."

Eleventh Session: Time - :50 TA - 6.8

In this session the pc blew some false data and got off averts in the area of truth and communication. She cognited that communication is the solvent and had a big shift of viewpoint on truth being what is true for you.

The pc had a big win on blowing a pretense she's been into and realized she'd been deceitful. She blew the feeling of not being able to tell if she'd been being honest or dishonest. Not all the confessionals she'd had, handled this for her.

At the end of the session she said she'd noticed an intense change in her life and she felt happy and like she could live happily and is changing other people's lives.

Twelfth Session: Time - 2:30 TA - 15.0

During this session the pc shifted out of another nun's valence and blew a whole area of false data on the truth and being good, Then she blew a ridge she had mocked up around the body and a feeling that she was untouchable.

The pc blew a whole bunch of false data on the 2-D and originated that a whole area of her track blew and self-aberration blew, stemming from her father telling her that she wasn't pretty and that she was wasting her time etc.

She shifted out of an auditor's valence she was in "Having to be cocky to be an auditor" and blew a know best attitude she'd been dramatizing.

More false data was blown and a feeling that she hadn't produced anything worthwhile, along with a lot of self-invalidation.

She also blew the valence of a priest she'd been in.

The auditor commented after the session that she had changed drastically on the rundown.

Thirteenth Session: Time - 2:25 TA - 23.9

The pc became misemotional on reading the chapter on "fulfill your obligations". The false data began to come off and some invalidation from her mother. She realized that it was false

that she “never pleased her mother” (someone else and told her this). The pc got 9 big shift of viewpoint on this.

During the course of running “be industrious” she spotted a valence she was in and the viewpoint that “it’s okay to get something for nothing”.

A lot of false data on study and first dynamic ethics was blown along with several more valences. More invalidation was peeled off and this culminated in the pc having a major valence shift out of the valence of an earlier Sea Org member she’d known. She’d been in this valence for 10 years and it had strongly affected how she operated in relationship to the third dynamic.

At the end of session she said: “That’s real good. I feel a lot freer. Leads into an overall cog you develop as you come down the rundown-there’s no way to confront life other than just to confront it. No shortcuts. You can’t do it be being somebody else or not doing it. I’m not a saint but I do know the right way to do it. I’m not saying I won’t make mistakes but I do have the right way and I am more myself”.

The C/S commented “This person is still making many changes during this rundown. I feel in life she is more forthright, more ethical and ‘straight’ and I like her more.”

Fourteenth Session: Time - 1:10 TA ^ 6.7

More false data was blown on the subject of study including the datum that it was out-ethics to study and not okay to enhance yourself. A whole area of false data on tech was blown and she regained the ability to have her own viewpoint on what is right; not having to accept someone else’s. She came over to a much clearer view of LRH tech and policy.

At the end of this precept she said “I just got my viewpoint back”, and was widely F/Ning.

At the end of session she said she thought she say be done. (She has spotted the exact point where she went off the rails as a Scientologist and this was a major win for her and handled a large area of her life.)

At Exams she said- “Well I just had a session and I just handled the main thing I was interested in handling. I handled the thing where I personally have gone off the rails as an SO member and a Scientologist and I don’t think I will ever go off the rails again.”

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The auditor C/Sed to continue with the Rundown but the C/S changed this to: “Very Well Done. But she’s attained quite a roaring EP, a complete shift in life and viewpoint etc.

“I may be wrong, but I don’t know what else we could achieve on her, this has already exceeded my wildest expectations. (You’ve done very well on her!)”

The C/S was for an interview to find out what she had attained on the Rundown and then send her to Declare.

This C/S is okayed by the Sr C/S with the addition that she read the rest of the booklet before she attested.

D of P Interview

The interview was done.

The pc said she was not sure if she was done. She felt so many changes had happened in her universe that she felt a lack of a goal.

She said she'd achieved certainty of her own viewpoint and of surviving. Other's opinions don't affect her.

"I have unshaken moral codes. I have a lack of problems (LF). I don't feel upset and don't feel I'm succumbing. I don't feel I'll bite the dust anymore and feel certain of self. I am at the point where someone else, if they had it, could attest to some state. I don't feel I ever downtone or out of valence again."

She wanted to make sure she was done and there was nothing more to get out of the rundown. She felt something needed to be worked out for people after the rundown as far as giving them direction, so they don't flounder (suggested maybe an Admin Scale). Felt a scarcity of problem (LF). She felt a big reach for auditing now but didn't know what else she'd be audited on because she had no charge. She then told of some recent major accomplishments she'd made in life.

The D of P commented: "She's remarkably changed from when I last audited her--calmer, more real, seems real honest."

After this interview the pc told her auditor that she wanted to run the virtues and make sure she was a real product of the rundown. She was C/Sed to continue the rundown with the caution to the auditor not to overrun F/Ns as the charge, if any, could blow on inspection on each step.

Fourteenth Session: Time - 1:00 TA - 14.3

In this session the pc spotted a beingness and false datum from her childhood that had caused her to have trouble with a certain terminal in PT. A whole stream of false data came off and a Ser Fac, came up and blew. This resulted in some blocked help flows opening up for her.

On handling more false data she cognited that it is okay to care for people and to have feelings. She realized she wasn't being true to herself and that she now feels more herself and that it is okay to care and want to help.

After the session she wrote up a win about handling the person she mentioned in her last session that she had been having trouble with. She said: "I'm really amazed how the auditing changes me so fast. To the extent that I can then without any considerations put my new viewpoint into action."

Sixteenth Session: Time - 1:00 TA - 6.2

On the precept "treat others the way you would have them treat you" she blew some false data that honesty is a bad thing and separated out the difference between honesty and vindictiveness. These, she had had equated, before.

Before all the virtues were run she had a big win and originated: "I could say I could do all those things. I just want to make sure-this hits me right where I live. I am not willing to not make sure I got it all, I don't consider it overrun. I had a big win on the honesty one and a big win on compassion."

At the end of session she said: "I'm amazed at the proportion of wins and cogs to changes in the physical universe. I'm real pleased."

The auditor C/Sed to go on to the next precept (omitting the rest of the current one) and the Sr C/S sent the following instructions: "#20 is not O/R. Do not leave it incomplete. Have her complete all of #20. Don't overrun an F/N on a specific question but do not drop out any questions or steps."

Seventeenth Session: Time - 1:05 TA - 2.7

Precept #20 was continued and the pc blew more false data and had a lot more cogs. At the end she said it was 8 good precept, it eliminated games conditions and changed her viewpoint. She said it eliminated introversion and self-invalidation and that a PTS phenomenon blew. She felt she got back the ability to validate herself and got rid of 8 long term PTS condition. Her future looked extremely bright to her.

At Exams she said: "I used to introvert when people would say things to me. I feel very untouchable at this point. That last point on Flourish and Prosper really topped it off. I feel real powerful." The pc had a floating TA and VVGIs. The pc went to Exams, Declared and wrote the following Success Story:

"Well, this rundown has definitely changed my life.

"I'm a very happy person. I look forward to the day, now, when I awaken.

"I've gotten so much out of this rundown, I do not feel that I will go off the rails again.

"I've had so much change in viewpoints and outlooks that I can only see a brighter future for me, my friends and all the people I come into contact with.

"I feel I have the precepts which enable me to live a happy life. I want to thank my best friend and auditor. . . For your care and your time and your duplication of me as your friend and pc.

"I really appreciate all the time spent on me, and I've come out a real product.

"My life on all dynamics is so much more aligned.

"Thank you (C/S) for your excellent C/Sing and Sr C/S Int. You guys are a great team. And of course--my best, best friend LRH.

"Sir, you never cease to amaze me--the degree of your care and help and guidance."

"I am really well pleased with the rundown, sir. . .and I know it will shift the viewpoints of many men for many years to come."

"I know that our survival level will be enhanced ten-fold and I sir--I'm going to do everything I can to help get others onto this rundown."

"I will also continue to help others when they fall or lack an understanding on these basic precepts of life."

"Thanks again to everybody. I'm a very happy person."

(signed)

Observation by examiner:

"On the declare cycle she went into a persistent F/N after writing her success story (i.e. picked up the cans while I finished reading it and was F/Ning nonstop). She was also real calm and genuinely looks happy."

Here are the before and after test scores of this pc.

|          |     |       |
|----------|-----|-------|
| Before   |     | After |
| IQ       | 132 | 128   |
| Aptitude | 97  | 97    |

|            |       |       |
|------------|-------|-------|
| Leadership | 90.01 | 93.34 |
|------------|-------|-------|

OCA

|         |                             |     |     |
|---------|-----------------------------|-----|-----|
| Trait A | (Stable)                    | 96  | 99  |
| Trait B | (Happy)                     | 100 | 100 |
| Trait C | (Composed)                  | 88  | 94  |
| Trait D | (Certainty)                 | 98  | 50  |
| Trait E | (Active)                    | 98  | 98  |
| Trait F | (Aggressive)                | 61  | 67  |
| Trait G | (Responsible/<br>Causative) | 86  | 86  |
| Trait H | (Correct Esti<br>mation)    | 50  | 70  |
| Trait I | (Appreciative)              | 22  | 34  |
| Trait J | (Comm Level)                | 90  | 90  |

TOTAL TIME ON THE RUNDOWN: 22:49

TOTAL AMOUNT OF TA:173 Divisions

(Note: Some of the test scores were higher after the Rundown and some were lower. This indicates the changes which occurred in the pc and her reality.)

This is an observation report written by a junior of this pc.

“When she first started she appeared to be “different,” It was as if she had “lost” something (negative gain). Basically when I really look at it, she is happier. She seems calmer, less about to “jump” mentally or otherwise. I see a greater calmness in her and about her. She is nice (always has been) but she seems nicer. Also, she is a lot prettier! Happier! Calmer! Prettier! She is looking great!!”

This is an observation report written by her husband after she completed the Happiness Rundown.

“I’ve noticed my wife is now willing to communicate about problems or ARC Xs, where as she was not willing before the rundown. While on the rundown my wife voiced major cognitions which were all of major nature, i.e. ways she operated on viewpoints she had that belonged to other people than herself, i.e. my wife no longer feels she has to always have a clean shirt for me, or the room always neat and clean. These were datums her mother had imparted to her. My wife had a huge cog in the area of how she handles things that are attacking her. She used to get very solid or upset over certain sits where people would attack her, and now she just doesn’t let it affect her at all. It just bounces off. This does not mean she won’t fight or get upset with me, her 2-D, but I am someone she does want to handle.

“The largest change I noticed in her was just recently, when she seemed to have reached a level of free theta or free affinity that does not really vary or rollercoaster. If I am not putting anything on her lines myself, then I notice that she is now almost always very uptone and in high ARC with me as a 2-D.

“There is more, but this is all I can recall. I saw daily dramatic changes in my wife. It was really something.”

This is an observation report written by an associate of the pc after she completed the Happiness Rundown.

“Aside from all else I’ve written, I’d like to note she appears to be eating better--even pointed out I shouldn’t eat sugar. Her ARC level is higher and more genuine. More pleasant to be

around. She never used to send anyone to the doctor and had some opinion or think on it it was wrong. Now she applies the issues to do with handling illness in Scientology. . .

“Tone wise she’s observably more uptone. She used to be in propitiation (by my observation) and I haven’t observed this tone on her lately at all. From the D of P I gave her earlier I learned she’s in less ethics (trouble)--less chits--She’s calmer.”

This is an observation report from another Junior of the PC after she had completed the Happiness Rundown.

“I have noticed (pc) much more stably uptone. She has really become a stable terminal and she has changed markedly nearly since the first day on the rundown.

“It’s now a joy to work with a terminal who is sane and stable.”

This is an observation report written by another associate of the pc after she had completed the Happiness Rundown.

P OK.

“(Pc) is very noticeably changed in life. There are many negative traits that are gone and overall she is noticeably better and happier. She used to be sort of propitiative at times and “elsewhere” at times and I didn’t trust everything she said or did.

“Now she is more direct, more outspoken and more sure of herself, not at all withholdy, Her comm and particle flow is a lot smoother and cleaner, and I find myself going in and having comm cycles with her now because I enjoy them whereas I didn’t used to feel that way about communication with her.

“She is also improving rapidly as a C/S--which I attribute at least in part to this rundown!”

This is an observation report written by a senior of the PC after she had completed the Happiness Rundown.

“I have observed that (pc) has increased in tone and activity. She handles her comm cycles in a far more optimum manner and she has increased in ARC and responsibility.”

### HAPPINESS RUNDOWN CASE HISTORY NUMBER 3.

Case Level: Has attested Clear, has done Purif, no SRD but has had objectives run.

This pc had not read The Way to Happiness prior to this rundown.

First Session: Time - :57 TA - 1.8

Six ruds are flown, pc originates that she’s been trying to be good. HRD is begun and some false data is gotten off on the subject of sex and sees how this false data resulted in much trouble for her earlier. She sees that her stable datum on the subject at that time had cracked and she formulated another aberrated datum after she got in trouble. During the session she gets a new stable datum on the subject which very much aligns with the precept on morality and has a wide F/N on this. She cogs “boy the effects of 8 wrong moral code are pretty interesting-I never realized how false data and a crashing MU can crash an area”. She further cogs that sex is a 2-D activity, not a 3-D activity. At EOS she says that she has a button on confronting O/Ws and that she’s had to tell some terrible ones in the past and never wants to have to tell another, so she keeps her nose clean.

Metered ethics interview:

This interview is done just before her second session is attempted. The interview is done to find out the name of a person who gave her some specific data. Despite starting this “ethics interview” with a statement that it was not auditing, the interviewer started dating something. Over a series of pages of worksheets he pushed a “when?” question right on down to the day and time of day (i.e., “2:00 p.m.”). That is a dating drill, is part of the action of Dating and Locating and is a case action. Also during this interview a “Who?” question was asked and pushed to a point where the pc started listing unreading items in answer to an unreading listing question. (Note the liability of asking a “Who?” question per HCOB 17 Mar 74, TWC, USING WRONG QUESTIONS.)

The TA was driven high (3.9) and although it apparently came down to 2.9 with an F/N at the end of the interview, the pc got sick afterwards and complained about “having F/Ns indicated when in grief”.

(Worksheets of this interview were not made available to the Pilot I/C until 2 days later.)

Second Session:

This session is not started because the TA is soaring.

Later that day there is a report from one of her juniors that she had been yelling at another staff member.

The next day she has a session. Time - :14 TA - 1.1

A C/S 53 was interjected into the HRD. False reads on Int are gotten as the pc protests the reads and asserts that her Int is not out. The protest is not handled by the auditor. Pc is in grief on a threatened loss of her post. She says she doesn’t have out Int but is just upset about the loss and an earlier loss. (Note how this relates to the dating in the “interview”.)

Third Session: Time - :34 TA - 4.6

This C/S is an attempt to convince the pc that she needs an Int Rundown by clearing words on Int and “hating the pc on Int”. (But Int is obviously a false read and wrong indication by pc reaction to it.) After being “hatted on Int” she is still protesting Int handling and still talking about the loss (BD) and an earlier loss (BD).

Fourth Session: Time - 1:10 TA - 6.6

Pc is correctly C/Sed for handling of the loss and earlier similar losses by Date/Locate. One of the E/S losses was an incident where she was a “bad being” and some kind of implant regarding “expulsion”. These losses were restimulated by the off-line case action. As soon as these were handled the pc wanted to continue the HRD.

Fifth Session: Time - 1:41 TA - 9.8

Comes into session F/Ning. Back on HRD. Blows some false data on an earlier terminal who she thought was “cool” and who was an opinion leader for her. Realizes that he was 1.1, out 2-D and a criminal and used to take rotten care of himself. Some more false data is blown and pc realizes that it is easy to take care of your teeth.

In this session all sorts of earlier moral codes start to show up and blow off like “if you lose your honor you must kill yourself” etc. These are earlier codes from lifetimes in Japan, China and as an American Indian.

Pc uncovers a whole track incident in which she was supposed to take care of someone and she messed it up and he dies and then to be right she became less and less able to take care of others. This confusion blows.

Pc is very bright at Exams and feels she made a lot of progress in the session.

(There was an auditor error in this session. The pc cognited: "I just realized I could go whole track" and the auditor said: "Anything in this lifetime?" -- an Auditor's Code break!)

Sixth Session: Time - 1:35 TA - 12.3

Pc comes into session F/Ning.

She realizes she went into her mother's valence when she was younger on the subject of eating and ate lots of candy and junk.

She cogs on where her trouble is coming from on getting enough sleep-she is being hit with Des-T and CI from her juniors. She realizes she has to handle that so that she can be on schedule and take better care of herself.

Seventh Session: Time - 1:07 TA - 7.5

Ruds handled at beginning of session. Pc states that she is totally able to take care of herself now.

She spots that she's had a false datum that you have to go downtone in order to handle things. Realizes this is a break in her Code of Honor and that s doesn't have to go downtone.

On the precept "be temperate" she speaks of going into her father's valence (who was very intemperate). She has a series of cogs about the period of her life when she was not temperate. She was searching for stable data to live her life by and couldn't find any and was getting all sorts of wrong ideas and false data. She understands for the first time why she crashed during that period of her life--she was looking for answers and had nowhere to go and nobody could give her the right answers.

Dial wide F/N at Exams.

Eighth Session: Time - 1:06 TA - 5.4

This session starts out handling the precept "do not take harmful drugs" and then an ARC Break is flown regarding her post. She realizes she must communicate more to her juniors not less (blows an aberrated datum). An implant then comes into view which underlies the out rud and is causing her a somatic. She tells about the implant in which she was forced to confront evil and realizes that is why she's had trouble confronting evil since then. She realizes she went into the winning valence in that implant and after that she did that to others. She has a big win on blowing the stuck postulates and somatic connected with this implant

Pc remarks that the areas addressed on the HRD come off in layers. (Between sessions and in later sessions she will come up with things that relate to an earlier handled precept.) She is spotting and blowing false data out of session.

At Exams she says: "I had a real good win today in that I had some major cogs that will help me in life which is paramount above all. Having cogs for the sake of cogs is nice but cogs that help in life are nicer." Dial wide F/N and VVGIs.

Ninth Sessions Time - 1:12 TA - 7.2

Pc comes in with no out ruds and an F/N.

The session covers some withholds of past transgressions that the pc is somewhat embarrassed to tell about. She has some cogs about the earlier moral code she had underlying

all of this at that time--she realizes she was in apathy at the time and didn't care about consequences.

Exam: "That was good--I had a real good look with an exterior viewpoint at the past and moments of the past." Wide F/N and VGIs.

Tenth Session: Time - 1:21 TA - 9.1

Comes into session with ruds in. While running "love and help children" an ARC Break turns on and the chain is run (re her son's schooling) and the pc blows an old beingness of being an illiterate bum in the old West.

Later in the session a whole track engram comes up and she blows a postulate "don't be a normal kid (because if you do you'll die)". Also mentions that any compulsion she might have had to beat children has blown. A whole track PTS terminal shows up and blows when the pc realizes that the basis of their trouble was mis-understands leading to a games condition--not evil purposes of the pc's which she had thought earlier,

Pc very cheerful at exams with a wide F/N.

Eleventh Session: Time - 1:03 TA - 6.8

Pc blows some false data about parents. Spots that she had formed a false datum "you should do whatever you want". In this session she realizes that she had stopped trying to get her family into Scientology and cogs that she can do it now sad should. Realizes this has been a big overt on her family. More false data is gotten off and she cogs that her family had always operated on the datum "you never talk about religion or politics" and that she had been running this on her child and her family too.

A lot of false data and overts on religion are gotten off. She cogs she had a continuous overt on not going to church and has a big win on this and what her relationship to her home town is.

Exam: "This was great--I had some incredible wins today, handled a lot of areas." Wide F/N and VGIs.

Twelfth Session: Time - :39 TA - 4.5

Pc mentions that her interest goes in and out on these precepts. Says yesterday she was real interested and now isn't interested in the precept.

On the next precept pc talks of how she used to look up to artists and songs for stable data. Spots a movie actress whose beingness she really admired and idolized.

By the end of the session she is again cheerful about the rundown and her willingness has returned.

Thirteenth Session: Time - 1:43 TA - 13.7

Lots of itsa on the ARC Break rud about how she is the only one in her Org that sees and handles ethics sits etc.

Gets off some false data about truth. Realizes that the whole trouble in her Org is getting people to see the truth. This precept ("seek to live with the truth") parallels where she is and she is very interested in it.

She spots a moral code she's had that "it's okay to lie, just don't get caught". She spots that this came from a whole track incident where this was her moral code and also spots and

blows an implant where a false datum was implanted into her to never tell the truth under duress. More false data from implants is gotten off and the idea that it is pro-survival to lie.

She also has a cognition that she (earlier this life) would misassign the cause of her getting into trouble to God.

At the end of session she says that the out ruds she had at the beginning of session were really covered by this precept.

Pc and auditor both observe that the pc tends to move into the next precept and starts having it come into restim just before they begin auditing it.

Fourteenth Session: Time - 1:38 TA - 20.6

No F/N gotten at SOS. Pc says her ruds in life are kind of out but the ruds are not handled by the auditor. Pc originates that she feels she has an MD. (The auditor Q & A'd with this origination, started re-clearing the word "precept" although it wasn't misunderstood, continued the Q & A about Mis-U words which wasn't reading either and finally got way off onto "clearing the Greek alphabet"!)

Fifteenth Session: Time - 1:29 TA - 10.0

This session is wasted on flying ARC Breaks and word clearing on the Greek alphabet.

(The auditor and C/S were crammed on HCO B 5 Apr 80, Q & A, THE REAL DEFINITION. As this auditor had been repeatedly crammed on the same errors earlier with no changes a method of cramming using the ten steps of the HRD was piloted. This was extremely successful. It shifted the auditor out of the valence of a psychologist and turned her into a very good auditor--so much so that each of her pcs commented on it.)

Sixteenth Session: Time - 1:28 TA - 9.3

This session is spent on ruds. Pc is upset due to earlier implants being restimulated on this rundown. (Note that this relates to the Q & A and program departure onto "clearing the Greek alphabet".)

During the course of this session the pc spots a heath PTS terminal that is a whole track PTS terminal for her but is also very much a part of the PT political scene. She realizes she had recently gone the effect of this person who she feels is an SP. She comes back over to cause and realizes that she can do something about her Org and the planet. Quite a bit of out ruds and being effect blow in this session and she ends up much more at cause.

She feels this very much fits in with the rundown and "take care of yourself and others".

Pc also reports that she went to the doctor (as a result of handling the precept "take care of yourself").

Seventeenth Session: Time - 1:05 TA - 6.2

Pc comes into session with ruds in. They complete clearing MU words on the Greek alphabet. (The cramming order wasn't received until after this session.)

Eighteenth Session: Time - 2:22 TA - 8.3

The HRD was continued in this session.

Lots of overts come off in this session with lots of itsa and cogs. She realizes why she decided not to have recall this lifetime.

More false data is blown and pc cognites that PT overts key in whole track overts.

Pc has a big win and return of self respect realizing that she had not willingly joined an earlier group she'd been PTS to. A major whole track PTS terminal is blown and she realizes she is (was) not a bad being with a wide F/N. (Note that this is part of HRD EP. She continues to cognite and blows a criminal datum "you can get something for nothing".

Exam: "It was wonderful", wide F/N and VVGIs.

C/S comments after the session "Pc had a huge win and a major case change on last session. Totally solves her "restiveness" to auditing and probably de-PTSed her in the bargain. This Rundown really de-PTSes people. . . Even more than a PTS Rundown in some cases!"

Nineteenth Session: Time - 1:04 TA - 5.8

Prior to the session pc says she has a sore throat and gives various reasons why this could be, including that she feels she has reached the EP of the Rundown. She feels her integrity has been restored and feels happy now. She mentions that she has blown SP valences that were implanted into her. She does have an ARC Break of long duration she says and wants that handled but feels she has handled something that hung her up for 30 years (what was handled in a previous session).

The folder is C/Sed to handle the ARC Break of long duration. The ARC Break is run and she spots the source of the somatic--an old postulate not to be a female. She has a cog on her old precept "get something for nothing and blows a heavy past SP connection in the basic incident. She feels she has had whole Track de-PTSing" and feels the Rundown has handled her "major hot SP" and feels done with the HRD.

R-Factor

The C/S states that the EP of the Rundown is not expressed and C/Ses for an R-factor to be given that she may have EP'd as far as her case is concerned but we will continue the Rundown so that she gets the rest of the data and any mis-u's or false data off, etc. She is also temporarily put off auditing as on a persistent F/N.

When given this R-factor the pc gets upset and feels protesty about continuing and pulls in mass.

Twentieth Session: Time - 1:45 TA - 13.7

(The C/S is for 6 ruds and protest, assert and disagree on the R-factor on the HRD.)

On ruds pc says she had a win from the rundown resulting in her reaching to her ex-husband to get him back into Scientology.

She speaks of the wins she's had on the rundown and says she knows she's done. She says she came to a point of a lot of determinism and "that which is true for you is true for you".

Ruds are fully gotten in and somatics blow and pc feels great.

The next day the pc is sent to attest and is given the R-factor: "You have had the EP of the HRD and may attest to it. I'd like you to read the rest of the Way to Happiness booklet so you get the rest of the data. Sorry about the inval from the last R-factor--if there's any remaining upset on that then let's get it cleared up. But you are complete on the HRD and you did have its EP." Pc goes into an F/Ning TA on this and attests the rundown. (The rest of the EP was stated in the final session.)

Her success story reads as follows: "Well, when I started this cycle I was very excited basically because I had been sold by watching others on how wonderful it was and I also felt

that anything called the Happiness Rundown would have to be good. What I found when I got there was entirely different than what I expected. I thought it would be Sec Checking based on the earlier data on "clean hands make a happy life". But I was wrong. During the Rundown I went through many phases. At times I was totally blown away, at times I wanted to blow PERIOD! But the TA sure moved and I had phenomenal gains. I thought at one point I would hate to do every question on the whole rundown before I would have an "earth shattering cog". That was of course about 5 minutes before my "earth shattering cog". Then I just continued to really get in there and handle the hell out of my life. This Rundown does handle your life as you go. And it just basically was utterly, entirely fantastic and unbelievably outrageously good. The gains are so subtle they sneak up on you and then they hit you like a sledge hammer WHAM! and before you have a chance to recover you have another and that is pretty good in my book! LRH is just genius as usual My most sincere thanks to my auditor, to Senior C/S and to LRH. They are all the best you can find."

This is an observation report written by one of the pc's juniors after she had completed the Happiness Rundown.

"She's been very cheerful and doesn't get upset etc. since being on the Rundown. She seems calmer and more serene. It's hard to describe but her attitude seems to be of a more exterior, playful one towards all things. She's always been a fairly uptone thetas but it is noticeably more consistent.

"There also seems to be a definite raise in ARC--in general.

"(It's hard for me to note a lot of difference because I've been in high ARC with her since I've known her, but I do notice an absence of BPC that would come up in the past in response to various things.)"

This is another observation report written by one of her juniors:

"One thing I noticed was she's been VERY uptone. At product conference it is not as massy when there are no products. She's handled the non-producers with crams and ethics instead of HERE! (This makes it easier to get products.) At musters she's actually raised the tone of the whole group and has turned into a helluva power terminal. She's totally sane and makes things go right with policy references. She's a stable terminal for me and has become more of one on this cycle. She holds her position unwavering on Source (way above what she was before). I'm real impressed with the results because she looks just great. A real great product!!!"

TOTAL TIME: 25 hrs 13 Mins

#### HAPPINESS RUNDOWN CASE HISTORY NUMBER 4.

Case Level: OT IIIX. Has done Purification Rundown and Objectives and has received the OT Drug Rundown. This pc had studied "The Way to Happiness" booklet prior to being audited on the Rundown.

First Session: Time - 0:42 TA - 1.6

The pc came into session and F/Ned on all the ruds. On the first step of the rundown the pc said she had been in the Baptist Church and didn't want to keep their moral code because it was too strict. She got off some false data about promiscuity. She said that morality is simple--it's based on responsibility for self and other dynamics. At the end of session she said "This is fun" F/N VGIs. The session was ended with the first section completed.

Second Session: Time - 1:05 TA - 2.9

The pc realized she had had a tendency to not-is the first dynamic when first in Scientology. This was handled to a cognition that denial of the first Dynamic is not beneficial to the third. False data came off that that was how things had to be. The pc was amazed that there would be anything on these actions and was VGIs at end of session.

Third Session: Time - 1:07 TA - 3.7

The pc had some out ruds regarding her post which were handled. Charge came off on flow 3 of the precepts on keeping the body clean, taking care of teeth, eating properly and getting rest. The pc was very happy with the session. The auditor noted that the pc was blowing stuff faster in this session than in previous ones.

Fourth Session: Time - 1:06 TA - 5.6

Pc got off transgressions from an earlier period of her life on the subject of not taking care of herself. Her needle was very loose and the auditor noted that he had to turn the sensitivity down. The pc spotted the source of false data on drinking and realized that she had picked up some weird ideas on the subject. She realized that that was the beginning of when she started drinking. She had a further cognition on how getting into drinking was how one "became part of the group". At the end of the session the pc had no reservations about following the precept about being temperate. The auditor comments that each session gets better and the TA action is increasing.

Fifth Session: Time - 1:24 TA - 4.3

Pc came into session VGIs. She said she felt really good, especially since she's had enough sleep. On clearing the word "promiscuous" she cleared a long standing confusion as the 2-D. She realized she had mixed up the 7th and the 2nd Dynamics resulting from a confusion on the word "promiscuity". She saw that having ARC and sex identified was a real trap and that her having a feeling of affinity confused with being promiscuous had caused many conflicts and upsets all her life. She saw how false data acts like a held down 7. She handled some false data that had cut her affinity and caused her to refrain from starting conversations later in life. She shifted out of her father's valence. She felt she got a lot out of the session.

In between sessions the pc turned on a rash (an allergic reaction to a food) which she originated to the examiner. Her folder was red tagged (incorrectly). In her exam origination the pc said that the rash was disrelated and that the session was fine. The C/S was going to take this up and try to repair it but was crammed by the Senior C/S for Q & A. Doing 8 repair at this point would have been a wrong action as the pc was doing well on the rundown and there was nothing to repair. (Cram was on C/S Series 3.)

Sixth Session: Time - 1:19 TA - 3.6

The rundown was continued without any Q & A, The pc cleared up some charge on her parents. She had a good win on spotting the point where she started hating her father and blew someone else's withhold (his) that she had made her own. She was very happy with this session.

The following day the pc got sick with a sore throat and slight temperature.

Seventh Session: Time - 0:12 TA - 1.5

Pc was C/Sed for all ruds including overts, inval and eval and an HRD Repair List. On the HRD Repair List she read on overrun and had some BPC on an F/N being missed. A false read had been taken up. However, at the end of the session she said she felt fine about the rundown and didn't feel there was any BPC. Her cold came from a loss--the heater in her office wasn't working and she had gotten very cold.

She recovered from the sickness quite quickly.

Eighth Session: Time - 0:25 TA - 2.0

In this session the pc had a spectacular win while handling the precept "Seek to live with the truth". She realized why evaluators have sometimes gotten in such a mess: by using false data they harm people and as a result they pull in motivators. She spotted why she had backed off from doing evals herself. She also spotted a terminal in her life who had been very deceitful. At the end of the session she said "I feel really good. I feel much greater ARC with people. This was interesting to look at that. I have felt bad on evals but now I know how to handle because I know what to handle. Never spotted that before." The auditor commented after the session that it went marvelously. Fantastic win on why she has not done many evals and why evaluators generally are in such physically poor shape. Pc plans to write issues which will probably change Scientology management. The Senior C/S commented "This is actually a quite spectacular win. It could (when she follows up on this in life) do a tremendous amount for orgs and Scientologists".

Ninth Session: Time - 1:27 TA - 6.1

Pc had an ARC break between sessions because she was feeling so good and it wasn't reciprocated by others. She blew some self inval by spotting the correct source of it. She realized in this session just how far south this rundown goes and wondered what it would be like to run it on convicted felons. The session went very smoothly (quite lightly) and the pc was very happy with it and made an excellent exam statement.

Tenth Session: Time - 1:19 TA - 4.3

The pc originated at the start of the session a cognition that she had had between sessions. She realized her own overts on the 2-D and took responsibility for them. She realized why she had had trouble on the 2-D ever since and that her responsibility on the 2-D had been inadequate--that was why she would get restimulated. While handling others' transgressions against the precept "Do not harm a person of good will", pc had a big cognition about her father and suddenly understood him. Several more precepts were handled. The pc blew some false data on "Take care of your own area". She was very happy with the session.

Eleventh Session: Time - 1:30 TA - 7.5

Pc moving fast on the rundown. She had further cogs on the 2-D when she cleared up false data and got off overts in the area. The auditor noted that most of the charge had been handled on earlier precepts.

Twelfth Session: Time - 1:25 TA - 4.5

The pc came into session saying she had had a hell of an ARC break but had taken positive action to handle it. It was a win as she had taken responsibility. In the session she blew some false data on being suppressed from knowing. The session went fine with no difficulties. At exams she said she had made really good progress.

Thirteenth Session: Time - 1:03

She got off some false data on not respecting the religious beliefs of others. She also spotted an attention getting mechanism she had had that she didn't need any more. Some charge on flow 3 injustices was handled. Towards the end of the session she remarked "It's a nice feeling to look over your life and not find any (transgressions on a particular precept)." She F/Ned on many of the questions and at exams said she had a really good session.

Fourteenth Session: Time - 1:09

In this session the pc did the steps of imagining being treated justly, with loyalty, etc. She realized on this that she was thinking of the negative things (i.e. the opposite side of these was as-ising). She could imagine all the points quite easily and F/Ned on them all. The pc saw that keeping in the precept "Try to treat others as you would want them to treat you" is a native impulse. She said it was a very good precept and told the examiner that she had a really good session.

Fifteenth Session: Time - 0:45 TA - 3.3

Pc came into session disgruntled with off policy actions she had seen. This was handled as an ARC break. She handled some charge on injustice on her lines. On the "Flourish and Prosper" precept the pc handled some false data and group agreement that Scientologists were "good poor people". She said at the end of handling the "Flourish and Prosper" precept that she would like to do that and thinks it's possible to--you can handle things. On the Epilogue step the pc was sure she could apply the data in the book. She felt if she had occasional lapses she could pick herself up and win again. She had no reservations about getting others to apply the data. Her comment was "What is really good now is I can see this interaction. My awareness is really increased. If someone dramatizes going downtown, there is a visible interaction". At the end of the session she volunteered "I just thought of something I must tell you. When I came into session I was thinking it's the end of the HRD but I should be feeling better than I am. But it was that thing with (senior terminal) that was sitting there which came up. It's been taken apart now and I feel much better. Feel great. Came up just at the right time for the Rundown to crack them apart." When asked how her life and future seemed to her now she said "Infinitely better. I know I can create my future. I'm not held down by all the happenings of the past. I'm in PT. It's up to me to create it now." At exams she said "It was really good. I just finished. Handled a big thing sitting there and I feel great".

Pc is OKed to declare.

After that session and before declaring to the rundown, the pc was very upset by someone disturbing her session (she was auditing her co-audit pc). She was C/Sed for an L1C and HRD Repair List (the latter added by the Senior C/S in case of earlier BPC).

Sixteenth Session: Time - 0:31 TA - 2.3

The pc came into session and explained that the upset was out of proportion to the incident and that it was from an earlier similar incident. The L1C was done and the upset handled, Then an HRD Repair List was done, The pc read on overrun and said that after an earlier session she had felt that something had been totally blown apart on the rundown, She felt that she would never again relax her morals and felt so in ARC with everyone. She remembered someone had said, "Wow, what happened to her?". It was very apparent to people around her. On the Say or Ask? at session end she said, "I'm sure that's exactly what it was, I made a decision that any thetan who gets into a situation where he gets hit without knowing why, . . I know now I will stand my ground and ask for the evidence. You're being hit anyway so you might as well stick your neck out. You're also committing an overt by letting the group Commit an overt on you and others. If you do pull in that situation you can apply the right policy, Got to carry on playing the game. It restimmed a time when I was too weak to fight back. I realized it was not an inval of the HRD because that point had been worrying me He says in the Epilogue you will have ups and downs. This was just a restim of an earlier similar. So I feel it's all handled now."

After this session pc was sent to declare. Her success story reads as follows: "This is truly a remarkable Rundown. The wins are too numerous to list. Many are of a negative gain type and it's hard to recall them at all. But many were also positive. To name a few: I now have an unshakable certainty in myself and my worth to myself and others. I am able to see what is with a certainty that such action will be to the benefit of others as well as to myself. Most

importantly perhaps I feel I have regained my personal integrity in greater measure than previously and that in itself is priceless. Without it true happiness is not possible.

“The basics of Scientology such as the Axioms and Factors have become something I actually think with and use on a daily basis. The Code of Honor is a luxury I now feel I can afford and want to exercise as part of my own moral code. I feel I have made a very definite step on the road to full OT and can now play the game of life as a far better team member. My great wish now is that all Scientologists, staff and public alike get the benefit of this rundown as quickly as possible the achievement of the Aims of Scientology will accelerate to that degree. My thanks to my co-auditor, and to the C/S and Senior C/S--and most profound thanks of course go to L. Ron Hubbard for this great technical achievement. And with the release of ‘The Way to Happiness’ on a broad international scale, it will soon become common knowledge that Mankind has no better friend.”

The pc was retested. Her OCA rose markedly and all the points that were previously lower came up to high in the “Desirable” range. Her aptitude and leadership also rose markedly. There was no IQ change.

After the rundown, reports were collected from friends and associates of the pc and these are given here in full.

This is an observation from an associate and old friend of the pc’s:

“Very noticeable is that she appears to be stably in a higher tone level than before the rundown. Tone level used to vacillate easily (or more easily)^-more ups and downs and ARC breaks which would be obvious. Now she’s much more cheerful and goes along that way stably--and to me exhibits a more certain and more cheerful approach to life in general. Haven’t seen any sign of ARC break at all in the last week (and sometimes ARC breaks in the past were unpredictable and surprising).

“Big change too in the first dynamic. She recently got a new hairdo and some new clothes--has done this at times in the past but this time she hasn’t explained it away as ‘something she needs’, etc. In other words, no apology for it--and didn’t seem to feel a need for explaining why she bought things for herself, etc.

“Also--in the past she’s always talked a lot about aches, pains, nausea, lack of appetite, being thin and seemed to hate some preoccupation with these. But I haven’t heard her mention any of these since the rundown.

“All in all, she seems happier, more outgoing, more certain and seems to like herself and life in general such more.

This is an observation report written by one of the pc’s juniors.

“I’ve noticed that (pc) seems happier since she went onto HRD, She has less illness occurring, i.e. before the HRD she often had to So and get extra sleep, had headaches, etc., etc., which has lessened considerably. She’s also much more uptone in handling (other junior) and much less frantic about post cycles. . . This used to be rather unstabilizing to me as a junior which is no longer there. She started getting us regular days off (which we haven’t had for the past 1 1/2 years I’ve been on post as there was always a thing of “being too busy and it will cause upsets with seniors. . .” which I no longer hear). She also pushes for us to get on study which she didn’t before and checks up on how we’re doing etc. I know she had lots of wins auditing her pc and she herself looks younger, healthier and definitely happier.”

This is an observation report from the pc’s senior.

“She is much less agitated in life and on post, i.e. calmer.

“Her post performance has improved. Rising stats, very few crams.

“She is consistently cheerful whereas she used to dwell on post/life difficulties to some degree.”

This is an observation report written by one of the pc’s juniors after the pc had completed HRD.

“Higher tone level.

“Takes her day off more often with less worry about it.

“Less panic stricken.

“More ARC.

“Less Ethics trouble.

“More honest.

“More friendly towards me--doesn’t give me so much of a hard time as she used to.”

This is an observation report on the pc written by the HAS of her Org .

“(Pc) generally seems to be calmer and more uptone.

“She is sticking to schedule better.

“She seems less motivational.

“She is doing much better on post and seems more there.”

TOTAL TIME: 16 hrs 29 mins

## HAPPINESS RUNDOWN CASE HISTORY NUMBER 5.

Case Level: The Pre OT is OT 3 and has had OT 7. Has done Purif and Objectives to EP. This Pre OT had studied all the HRD materials prior to being audited on the Rundown. His auditor had not audited in many years and is an honorary Cl 4 from 1962.

First Session: Time - :54 TA (not reported)

The Pre OT’s rudrs are flown and the HRD is started. False data and considerations about morality and sex come off from earlier groups this lifetime.

At EOS Pre OT says: “I feel very bright now compared to earlier. Something definitely moved off--I’m surprised I had so much charged stuff associated with it.” F/N VGIs.

Second Session: Time - :27 TA - 2.0

Some trouble with hands and getting the right handcream in session, he feels an electrical burn in his hands.

Shortly into the precept “take care of yourself” the Pre-OT originates that he feels overrun. He has lost interest and feels he does take care of himself--the precept is continued and the Pre OT dopes off. He again says the whole subject of the precept is overrun. Thinks he may have flipped out of the valence of an old friend on the precept when he studied the book earlier.

At end of session he discovers he has a metal splinter in his finger and that it has been affecting his hands and the electric current and giving him a burn.

Third Session: Time - 1:03 TA - 3.2

Per C/S instructions, the auditor indicates to the Pre OT that the precept run last session had already been handled when he read the book. This really indicates to the Pre OT and he is F/N VGIs on this.

Pre OT blows a false datum that you should just suffer through it when you are ill.

He feels overrun again and feels overrun on clearing the same commands over again. (Note that this re-clearing commands is an error.)

Some more false data is gotten off. Many of the questions have nothing on them (he has pretty much handled the areas of "get care when you are ill", "keep your body clean", "preserve your teeth", etc.).

At end of session he says "That was just great, but the number of questions is going to drive me crazy if we have to keep doing it like this Too many questions I don't think we need to clear commands anymore."

(C/S instructs the auditor to not reclear any words and Commands )

Fourth Session Time - 56 TA - 5.2

An ARC Break he has with his wife is flown at start of session,

A Ser Fac and aberrated stable datum is blown "to lead is to sacrifice", that came from his earlier schooling days,

On the precept "be temperate" the Pre or blows a false datum about having to experience things in extremes and cogs on how that led to him experimenting with LSD, homosexuality and promiscuity. Pre OT originates that experience has to be non-damaging.

More false data is blown in the area of temperance and Pre OT cogs "These type of ideas is what has been a threat to my marriage Just sets you up for trouble. Dangerous stuff."

At end of session he says "Very, very good. We spotted some hefty stuff there", and at exams "Well it was an incredible session--found some real killer false datums in there", F/N VGIs.

Fifth Session Time - 47 TA - 3.7

An ARC Break he has with his wife is flown at start of session.

Early on the precept "honor and help your parents" the Pre OT gets very upset about an earlier time he was forced to lie to his parents and was prevented from seeing them This is handled as an ARC Break and the whole thing blows to considerable relief for the Pre OT after 2 1/2 years of years of upset on it

Pre OT originates a rave exam statement and dial wide F/N VVGIs, He then originates a success story (OT III data) about his tremendous win on handling the ARC Break

Sixth Session Time - 1:00 TA - 3.3

Pre OT comes into session with BIs. Ruds are put in to F/N VGIs. The precept on parents is completed including more ruds handled on it. Not much more comes up on the precept.

Seventh Session Time - 1:16 TA - 5.6

An ARC Break with his post and senior is handled at start of session,

On the precept on setting a good example some false data and out ruds are handled and Pre OT blows an earlier valence of a friend of his that he'd slipped into on the 2-D.

Some overts regarding living with the truth are discharged.

At end of session he says "It was very nice", F/h VGIs,

Eighth Session Time - 0:48 TA - 5.2

Pre OT comes into session F/Ning and several more precepts are run. These precepts have almost nothing on them. Pre OT is F/N VGIs.

Ninth Session Time - 1:25 TA - 11.8

Pre OT comes into Session F/Ning and more precepts are run that have little on them. At the end of the precept "help take care of the planet" the Pre OT says "This has given me a new viewpoint in terms of responsibility--I popped through a not-issness. I can see that it does involve me."

Gets off some charge on being forced to steal. Not a lot is coming up on the precepts.

At the end of session he says "On the rundown itself I was thinking there wasn't much on it, but if I were a person in the Field, I could blab on for hours--it would be endless charge coming off. Our environment in the Sea Org has a lot of order in it by comparison. This Rundown is going to be dynamite for people out there" (F/N VGIs)

At Exams he says "That was a good session I had some good wins out of that."

Tenth Session Time - 1:15 TA - 8.0

Pre OT comes into session F/Ning. The precept "fulfill your obligations" is taken up and the Pre OT gets off some charge on not fulfilling obligations and not being allowed to He is concerned about taking care of his parents up the track and this isn't resolving so the steps are rechecked and this handles it to F/N.

Two more precepts are run this session with the Pre OT having wins and doing fine.

At Exams he says "That was a great session Handled some things."

On the Exam the examiner writes "I notice his physical appearance has changed--can't quite put my finger on it (improved)."

Eleventh Session Time - 0:31 TA - 3.0

Pre OT comes to session very uptone and talkative. The precept "practice" is run but Pre OT feels it is the same as the last one and has nothing on it.

Twelfth Session Time - 1:44 TA - 5 0

An ARC Break he has with his senior is flown at start of session.

Pre OT spots a Service Fac "If I'm competent I'm stuck with the job and won't be able to take my leave (vacation) so I better be incompetent" BD F/N

He then originates that the precept they are handling is O/R because he ran it when he audited his co-audit pc on it Says that he has really been applying the precepts in life.

Session runs very smoothly with the Pre OT flying.

At end of session he says "Really dug that--blew a lot of different charges down the track".

At Exams he says "That was a really good session--did a whole lot and blew a chunk of stuff", F/N VGIs.

Thirteenth Session Time - 26 TA - 1.7

Pre OT flies through the flourish and prosper precept.

He states "My integrity has returned. I felt I had had terrific losses on maintaining integrity and now it is back in.

"I feel stable--I don't feel franticness. A lot was handled by Purif, OT 3 and OT 7 but some was still there. It pushed away after the HRD-looks really good. I look forward to getting the HRD done on everybody else. . ."

Exam "Well, it was really good, finished the questions on the HRD and it left me feeling really great."

The Pre OT is sent to attest and writes the following Success Story "the Happiness Rundown is one of the most powerfully effective rundowns I have done to date.

"It approaches areas of one's life which one may not even realize one is having trouble with or are set up to have trouble with at a future date It establishes stable datums for ethical behavior while eradicating all the false ideas and incidents which would prevent these stable datums from being applied.

"I found I had been brought up on false ideas which have led me into most of the trouble I have encountered this lifetime and had me set up to destroy my marriage If I continued to apply them.

"I now feel amazingly stable and have a renewed faith in my own personal integrity.

"I cannot wait to get the rest of my fellows through this rundown since I know this will make the Whole area just boom and expand (with no associated franticness).

"Thank you very much to my co-audit twin for applying this tech to me and my undying thanks and admiration to LRH for this incredible gift to Mankind.

"With the stability I have now Happiness is almost inescapable!"

This is an observation report written by the Pre OT's wife after he had completed the HRD.

"(Pre OT's) viewpoint has changed in that he is more relaxed about handling situations, as though he is operating more at CAUSE and is in control of things He is consistently happy and uptone about things (except for when the situation calls for a more serious tone). Our relationship has improved in that there are less considerations there-he told me himself he blew considerations he had on the 2-D.

"He did not have a lot of ethics trouble before, but his space does seem even cleaner now.

"Since finishing, he hasn't gotten the headaches he used to get now and then.

"He's holding 's post now and is doing very well.

“I know he got a lot out of this Rundown and I can see the changes in him, as described above.”

This is an observation report written by one of his co-workers.

“I have observed a change in (Pre OT). He has taken on more responsibility and is doing well. There is less complaining or a noticeable lack of matter. He is noticeably uptone He is noticeably healthier and more active He is in good comm with his seniors and juniors.

“I believe the rundown has affected him greatly and his dynamics to the good.”

This is an observation report from one of the Pre OT’s seniors.

“Glad you asked! I have noticed that (Pre OT) is much more responsible and is really jumping in and handling things I’ve also observed that his tendency to make 1.1 comments has diminished and they don’t occur now.

“He’s doing much better!

“P S. Is he on the HRD?”

His before and after test scores look like this

|                                  | Before       | After       |
|----------------------------------|--------------|-------------|
| IQ                               | 146          | 151         |
| Aptitude                         | 90           | 193         |
| Leadership                       | 90 01/ 83.85 | 90.01/83.85 |
| OCA                              |              |             |
| A trait (stable)                 | 82           | 100         |
| B trait (happy)                  | 16           | 78          |
| C trait (composed)               | 784          | 6           |
| D trait (certainty)              | 52           | 86          |
| E trait (active)                 | 76           | 80          |
| F trait (aggressive)             | 95           | 91          |
| G trait (responsible/ causative) | 96           | 46          |
| H trait (correct estimation)     | 64           | 84          |
| I trait (appreciative)           | 80           | 60          |
| J trait (comm level)             | 90           | 76          |

NOTE The Pre OT told the tester that his ‘after’ score would be lower because he had PR’d his first test (and had answered the questions honestly after the rundown).

TOTAL TIME 12:42

## HAPPINESS RUNDOWN CASE HISTORY NUMBER 6.

Case Level Grade IVX, Clear, has done Purification Rundown and had earlier had a Dianetic DRD and Objectives This pc had not studied “The Way to Happiness” booklet prior to being audited on the Rundown.

First Session Time - 1:40 TA - 5.0

On the first step of the Rundown the pc had a win realizing she would never really give in on what she thought was right in a situation but instead just go through the motions of going along with something she felt forced into. She brings up that it’s been confusing for her in

some situations to decide what's right or not. On the next step she had a line charge and realization that she avoided taking care of her body sometimes because of the pain she might have to undergo at the Dentist or Doctor, but that not taking care of it sometimes led to worse pain and trouble.

Second Session Time - 1:24 TA - 8.0

Various false datums were handled about not getting care when sick but rather just continuing to work and possibly get others ill. Blew some solidly stuck false data about the unimportance of sleep compared to post cycles and ended up with a cog that it was possible to take care of her first dynamic Pc said at the end "It's neat really--neat!"

Third Session Time - 1:09 TA - 6.4

Several valences blown accompanied by line charges and cogs on how she'd acquired various habits and valences from games conditions and just to make someone else wrong or show them up.

Fourth Session Time - 0:33 TA - 2 8

Pc had a real "eye-opening" cognition and major win about her Marriage and second dynamic attitudes and the session was ended on a persistent F/N and pc VVGIs At the end of session pc commented that it was funny, she'd thought this was going to be the least interesting area to take up, and that her husband would bless this Rundown. At the examiner she had a dial wide F/N and after the examiner indicated the F/N the pc said "yeah--my needle floats all day--I keep giggling all the time."

Fifth Session Time - 1:07 TA - 8.1

Blew false datums and false attitudes about children and handled a long term ARC Break in the area with relief for the pc. She also realized that she'd had a basic change in attitude about children. A grief charge was blown concerning her parents and she had various cognitions on her treatment of them.

After this session the auditor writes This Rundown utterly proves man is basically good It really makes a person right. And it's like an S & D being done on this crazy modern culture, getting a person out from under the suppressive false data and Oppressive "mores" and allowing him/her to assert his/her basic rightnesses again!

Sixth Session Time - 1:47 TA - 4.5

More false data was blown, including false data from a teacher at a religious school she'd gone to that it was OK to tell "white lies". At one point pc states "funny--some of the cogs I've had are like "Oh, I'm sitting on a chair!"

Seventh Session Time - 2:26 TA - 29.8

More false data and valences blown, with misemotion flying off. Pc originates "I can't quite have it. Can life really be like this? I almost don't trust it because it's never been like that before. . . It's not just on post, it's happening in a lot of other places 1st Dynamically and also with my husband. I'm just a lot more ethical! And things are going much better--but I'm not sure how long it'll last--it's never lasted this long before. Before it's always gotten knocked out of whack And it's strange--opportunities have come up (for it all to go to hell) but it's not happened! So it's like the 'calm before the storm' but I'm not sure it's gonna happen (the storm)!!" (Followed by a line charge )

Eighth Session Time - 1:58 TA - 27 0

Cogs how she had been continuously promising various things would get done by juniors which she knew were unreal just to keep the peace and the heat off and that this practice was

quite common is her area. Cognites on an overt product she'd sent along and had had trouble ever since on that type of cycle. Blows a false datum from a psychology article she'd read that it was "neurotics to like work. Huge win on one of the precepts resolving a mystery she'd been stuck in since she was 4 years old.

Ninth Session Time - 1:07 TA - 13.0

Cogs on a computation she'd made against being competent. Blew a lot of suppressive false data such as "wart people are unhappy" and that it was hopeless to try and do well (from a high school teacher). Had a major win on realizing she'd had the idea you were either born with a skill or "tough" because if you practiced a skill you were open to ridicule for goofs made in practicing, etc. so she had dropped any areas she'd wanted to learn about. She traced this to her brother last lifetime which had then been carried through by her sister and herself this lifetime. The session ended on this with a persistent F/N and VVGIs.

Tenth Session Time - 1:40 TA - 6.3

Pc originates that after last session she really liked working on E-Meter drills on study and usually she'd hated it (she was doing her solo course ).

Blew false data and some O/Ws on religious beliefs with good wins. Very good wins and relief on the next chapter--"it sort of solves the problem of 'what's an overt'". At the end of the session the pc was VVGIs and said "I definitely want my copy of this one! ("the Way to Happiness" booklet) It's a bookstore item I'll definitely buy myself. Usually there are copies of things around but this is one I'd definitely HAVE as my own!"

Eleventh Session Time - 1:45 TA - 25.9

Pc originates wins trying out the data from the last session.

This session pc went through a lot of misemotion and dramatic changes. At the end pc was again VVGIs and said "That was really neat-especially the gradient approach!" At Exams she said "Just gets better!"

Twelfth Session Time - 0:41 TA - 3.1

Blew a false datum that "money is the root of all evil" and blew a consideration that "it'd be much more noble to be a poor organic farmer than a successful chemist"

Pc finished the last steps of the Rundown and when asked how her future seemed now compared to when she started the Rundown she had a huge Blowdown, went beet red, line charged for several minutes and said "That's a funny question--my life is totally different, I mean totally different! I've never had anything change as much as on this Rundown. I work in Marketing and I read a lot of successes and I'm not degrading any of the tech but I don't always jump up and down--but I think this is INCREDIBLE! I mean I've had my grades and I think they're all fine but this has produced change double triple quadruple anything else. And I live with myself all day--I know what's changed! It's like something very basic has changed on every precept we did, I never used to be able to maintain things before--now I know I can; things that maybe wouldn't mean a lot to other people but mean a lot to me. So it's great!! I'm really glad I had this--it really has made more difference than anything else!!!"

Her auditor said after the session "Pc totally flipped out with the Rundown! This is a real breakthrough!" The C/S noted "See pages 19-20 (pc's it's at end), that is very dramatic and shows a difference between the awareness of change brought about by this Rundown compared to other auditing; i.e.. these case wins are much more real to pc than those from earlier levels "

The pc was re-tested which resulted in her OCA, aptitude and leadership survey all going up and her IQ maintained at 146 but the pc was amazed that she did the IQ test this time in about half the time she normally took and had a much easier time answering the questions. She was sent to Declare.

Her success story reads as follows.

“This really is the most incredible auditing I have received I would say that I probably have come as far in the last few weeks case-wise as I had in my previous auditing I don’t feel this to be an exaggeration in the least.

“For the first time I feel my life is really under my control-and my control is pro-survival I can complete cycles of action, do things, handle situations on a 1st dynamic basis as well as for 2nd or 3rd dynamic reasons I don’t feel “cluttered up” with a lot of “shoulds” and “shouldn’ts” that I haven’t agreed to or established for myself.

“I’ve occasionally wanted a stated moral code to live by--but could never establish one for myself other than in vague and easily violated terms Now I have one and will have one for life.

“This really is a life changing Rundown Thanks to LRH and auditor and C/S.”

A few days later the pc wrote the following success story for the OODs.

“This rundown was, without a doubt, the most powerful auditing I have ever received Each day brought a new cognition and another major improvement in my life--if not more than one! For the first time I feel that I have real and prosurvival control over my life Many problems and difficulties I have had for a long time have either resolved or are well on their way to being resolved It is a very personal rundown which, one way or the other, targeted and handled all of those aspects of myself that had been nonconfronted, become very chargey or had simply atrophied My sense of self-worth and personal integrity have never been higher I’m far from perfect, but now do have an ideal scene to work toward And every advance toward it and every advance made stable is a great personal win The gains of this rundown do not stop when the auditing is completed--they continue to increase And that is the true value of the Rundown for me It is the auditing which makes it possible for “The Way to Happiness” to really be followed as it removed the things which could cause a person to fail along the way Many, many thanks to my auditor and C/S and to LRH for the opportunity to experience this auditing.”

The pc was also interviewed about 5 days after her completion had been announced to see what others’ reactions had been She said that they had been very interested and enthusiastic about her completion of the Happiness Rundown. \*

She also noted that others she dealt with--seniors and juniors--seemed much less HE&Ry in their actions with her than before the Happiness Rundown and that her life continued to get better and better.

This is an observation report from the auditor concerning the pc

“Dramatic changes when she started the Rundown she was somewhat “cold” in her attitude towards others and tended to be HE&Ry in her dealings with people per her itsa During the Rundown she became much

\*There was only one person who made a snide/sarcastic remark about her having completed the Happiness Rundown, and it was noted that this person was causing trouble in areas the person had been in, and of course was unhappy.

This is an observation report written by the pc’s senior.

“The most noticeable change is her increased willingness to handle her pest Prior to her going on the Rundown, she strongly resisted taking on product officering the entire bureau, including those areas under her which are not held by anyone else and so are HFA. Specifically, she “knew” she couldn’t handle one Branch under her (no one’s posted in it)--not if she was also product officering all of another Branch plus product officering and also doing some Phase I in the third Branch And in fact wouldn’t.

“Now, she Phase I’s in one Branch with both cope and organize actions, she does some Phase I in another while doing cope and organize with the Bureau head, plus Esto-ing him, and continues her product officering of the third Branch And she’s doing it all without any HE&R. And in fact willingly.

“She’s lost a definite solidness, and so now receives coma, suggestions plans, etc. far easier And she’s much easier to debug, as a result she now seems to receive it willingly, and responds easily.

“She’s at least twice the asset to me in this Bureau that she was prior to the Rundown “

This is an observation report from a junior of the pc.

“I do notice that she is easier to talk to and get along with. She seems more stable and I noticed she gets things done faster or maybe just smoother.

“Seems happier overall--more content.”

This is an observation report from another junior of the pc.

“She seems to be less edgy and more relaxed and happy. Not that she was always edgy or anything like that, she is usually uptone. But lately it seems that she can maintain her good humor despite pressures and seems very relaxed lately “

TOTAL TIME 17 hrs 17 mins

## HAPPINESS RUNDOWN CASE HISTORY NUMBER 7

Case Level PC has done the Purification Rundown and SRD; has no grades.

First Session Time - 1:38 TA - 3 6

Previous to session the pc was doing well and F/Ns at the start of the first session She spotted and blew the point where morality became confusing to her She cognited that in the past she didn’t want to be responsible for others but now she does.

Second Session Time - 0:43 TA - 6.0

In this session she spotted a false datum from her mother which made her feel it was difficult to survive and which caused a fine line between sanity and insanity. (This produced a line charge cognition and F/N ) Then a valence separation took place with a 1.4 Division BD and F/Ned. The needle soon after went into a persistent F/N and the session was ended.

Third Session: Time - 1:20 TA - 9.2

Blew a false datum which she had that if you are sick it has to be in your head “any person sick is psychotic and a guilty person”. This had developed into a self destructive mechanism which blew when she cognited on it. Another valence separation took place between the person and her father.

Fourth Session: Time - 1:25 TA - 4.4

There was a big realization in this session that the pc has very bad eating habits and a decision to change them was made. The damage these handlings of diet can cause was realized. Pc also Saw how the Purif and SRD had gotten rid of all false data on the subject of drugs.

On the same day as the fourth session an observation report was received from someone who is close to the pc saying that she has changed a lot since starting the Rundown and gave specifics which included being much calmer and not enturbulated by her post.

Fifth Session: Time - 1:35 TA - 5.3

At the beginning of this session she originates "things are great-I'm getting married." Much false data on the subject of 2-D is gotten off which is at a very timely point.

Pc originates that her dynamics seem to be aligning more and more as the Rundown progresses. C/S comments that the pc is coming into PT (per last part of session).

Sixth Session: Time - 1:30 TA - 3.0

Not a great deal of charge on the subjects covered in this session. Some false data spotted on the area of bearing false witness.

Seventh Session: Time - 1:35 TA - 2.25

In this session the pc cognites on and blows a valence she used to adopt, 8 "Raggedy-Ann" type of valence (an untidy type of doll). She realized the use of this valence was actually criminal because it used to get her goods without exchange. She later originated how she was going to figure out how to improve her appearance on post.

Eighth Session: Time - 2:05 TA - 5.1

Auditor notes at start of session that there was a noticeable change in her appearance today.

In this session the pc had a realization on the relationship between out ethics and completing cycles of action and had a responsibility change. She recognized that a real ethics change had occurred in her as a result of the auditing. She later realized that problems she had been having were caused by not having the data to be able to draw conclusions with. Also in this session charge which she had on her first auditing session was restimulated and handled.

Ninth Session: Time - 1-21 TA - 1 9

Pc blew false data from an old boyfriend which caused her to have the idea that you can't make it in life. Got off a lot of false data on stealing and the session was ended with the pc blowing a valence to do with the "glamour of criminality" and realizing that she is not like that.

Tenth Session: Time - 1:35 TA - 3.75

In this session the pc had a complete turnabout in view of how her parents raised her and the C/S made the comment that the pc had a RETURN OF INTEGRITY AND SELF DETERMINISM, in this session. Pc blew a lot of false data on the subject of "Being worthy of Trust" and realized the sanest relationships are based on trust and honesty and love. Pc realized what gains she was getting out of the Rundown and the session was ended on that point.

#### Eleventh Session: Time - 1:55 TA - 3.1

In this session the pc saw how she formed false datum's based on the way the welfare system is set up where she could get more money from welfare than from working eight hours each day. She then cognited how this is a trap and an overt. Pc then blew a consideration that there was something wrong with her due to her ability in certain areas to "Just do something". This was based on false data she had been given about circuits. She recognized the difference between circuits and ability.

#### Twelfth Session: Time - 2:10 TA - 11.5

The pc spotted and got off some overts in the area of not doing things to others which you wouldn't want them to do to you. The pc felt that the step re virtues was an overrun so it was not continued in this session. The next C/S is a specific handling for this. The actual cause for her not wanting to continue that step was located and handled in the next session.

#### Thirteenth Session: Time - 1:45 TA - 5.0

The virtues step was taken up again and it soon becomes clear that the pc was running into earlier false data, mainly from her mother, in this area. As a result of this she had formed many attitudes such as: "It's better to do yourself in than for it to be discovered that you are weak". Once this false data, considerations and attitudes got handled the rest of the virtues step went fine and she said at the end "That was good, easy after we went over the other stuff. I'm glad you persisted." The session ended with her saying she felt great about it, and the needle went into a persistent F/N. This shows clearly that the reason she didn't want to continue in the previous session came from the fact that she was hitting into earlier fixed ideas and valences and not because it was overrun. This was well spotted by the C/S.

#### Fourteenth Session: Time - :17 TA - .6

The pc is F/Ning at the start of the final step of the Rundown and tells the auditor that everything is going well for her. She states toward the end of this session that: "I CAN HANDLE MY DYNAMICS NOW. . . IT'S REAL SIMPLE AND BASIC STUFF. . . I DO HAVE A FRESH NEW LOOK AT IT ALL, BY FOLLOWING THESE VIRTUES I CAN ENHANCE MY SURVIVAL AND HAPPINESS AND IT'S NOT HARD TO FOLLOW EITHER. I HAVE A REAL CLEAN PATH NOW IN LIFE AND THAT'S JUST GREAT."

The pc then takes another batch of tests.

|            | Before | After |
|------------|--------|-------|
| IQ         | 121    | 131   |
| Aptitude   | 85.65  | 92.55 |
| Leadership | 73.36  | 73.36 |

OCA7 points went up, 2 went down slightly and one was about the same.

Due to the 2 points on the right going down another session was done to check all ruds and for BPC on the Rundown but none was found and the PC was F/N through most of the session. The C/S made the comment that these could have been at a false high which has come to a real level due to the valence changes, as the rest of indicators were all very good and per her own awareness and that of others who had observed her she had made big changes for the better, she was sent to attest.

Her Success Story is as follows:

"I just completed my Happiness Rundown. This action was a sort of integrity builder. Gave me a regained ability to see what it takes to be a stable happy person, and it is basic and so simple too. I feel more responsible toward giving others the same benefit I got from this.

"Thanks to LRH, I'm a happy person!"

This is an observation report from her husband.

"She definitely seems more positive about herself and making things go right. She seems more calm. There is less ethics trouble (but this was a change from before, I don't know when this occurred).

"She is looking younger and more beautiful all the time. She seems also more at cause on handling things, instead of figuring on how to do them she goes about and does it! She's great!"

This is an observation report from her senior.

"She's been doing better than before (really well) on post as far as getting out her products, not as many problems as in the past. She seems to be more on the ball with it, not making mistakes. She has been all excited about getting married and I think some of it's from that too. Note: she wasn't doing that bad before either, she would blow up sometimes. That's about all."

These are observations of another staff member who works with her.

"There has been a difference in her handlings on post. i.e.: Once we had raisin bread--real bad for toast and she said 'Oh I know what happened--this is how I'm going to handle it. . .' Before she would have just blown up and taken it as an attack. (And we haven't had much over raisin bread since.) She is more cheerful on post--a lot more cheerful--really taking responsibility on post, in her cleaning station and really in her battle plan. Full of pep and energy!!!!"

TOTAL TIME: 20 hrs 54 mins

## HAPPINESS RUNDOWN CASE HISTORY NUMBER 8.

Case Data: This person had done the Purification Rundown and SRD but had no Drug Rundown or any Grades. PC had a history of having a very tight needle and small F/Ns and there was some concern about the amount of TA he gets. PC had not read the booklet prior to the Rundown.

First Session: Time - 1:28 TA - 1.2

PC is given the R-factor and reads the intro in "The Way to Happiness" booklet and comments "I think this is exactly what I need". The first cognition is that the subject of morality was never mentioned in his childhood at all and that he is at a point where he is just starting to think about these things. After getting off false data on the subject of morals the PC has A win on cogniting that he loves his parents and can now handle them from a better level, and that their ethics and morals can change. (Prior to this he found he was distant due to the big difference in reality.) The session ended with him stating that he is so glad to be handling ethics and morals as that is the first barrier. Auditor comment is that he is definitely winning but needle is still very tight and F/Ns small.

Second Session: Time - 1:45 TA - 5.8

PC gets off more false data on the subject of morality, at times charge blows off in the form of Line Charges. PC starts to take responsibility for overts he committed when young which he had put off as someone else's ideas therefore "not his fault". PC then has a valence shift from a friend he used to have when he was young who was immoral. As more and more false data is spotted on the subject of morality in the areas of sex and religion the TA action starts to really pick up and there is a big change in the state of the needle which loosens up and F/Ns start to widen. He has a good cognition regarding his school being a suppressive environment. At the end of the session he cognites that he has never had a code to guide him and had never taken responsibility for these things he was spotting in this session.

Third Session: Time - 1:25 TA - .7

In this session the PC cognited that he had taken on an "Indian beingness" and developed a "drug personality". He again saw how he had no data on morality until Scientology. He cognites on the big underlying false data for him on the subject of morality which was "be silent, shut up about it and not-is it". PC then realizes how much he has changed. PC comes to the realization for the first time THAT HE IS A SCIENTOLOGIST and sees that up to now he has been glib about it.

Fourth Session: Time - 2:48 TA - 1.4

PC gets off more false data on the subject of morality and realizes that in the last session he broke through a shell, the cognitions widened and he saw how everyone has something to do with him. He felt he had reached a level of "anti-glibness".

Midway through this session there was a very big valence shift from being in his parents' valence. "I JUST CARBON COPIED THEM" BD F/N.

This valence shift was actually overrun by the auditor for quite a long time but the PC was still VGIs at Exam and felt it was very good.

Fifth Session: Time - 1:07 TA - 1.8

PC gets off false data about "it's OK to let someone do what they want to do, no matter what it is as long as it doesn't harm others". He has a big change in responsibility for the third dynamic in this regard as a result of this session. He also relates a recent change in the way he cares for himself and that he has blown a valence of "A Natural Mountain Man". He has also shaved off his beard. He has a cog on the way one should get others to change which wouldn't ARC break them.

Auditor comments at the end of this session "He is making big changes in his life."

Sixth Session: Time - 2:20 TA - 2.1

PC comes into session in a nice shirt (the way he is taking care of his appearance changes for the better). PC relates that since reading the precept "Take care of yourself" he has decided to take care of himself. There is a lot of false data on eating coming off in this session. Toward the end of the session he has some realizations regarding his difficulty "to be in ARC" and that this is changing and he sees how some things which he had real trouble doing in Scientology he now does with ease. He gives the action of giving people starrate checkouts as an example. Now he can do it easily and well. This gives him hope!

Seventh Session: Time - 2:36 TA - 5.4

At the start of the session the PC gives all the changes he has made in caring for himself since starting the Rundown: shaved his beard, cut his hair, cut his fingernails, taken daily showers and is running every day. He has also been to the local store to have his picture taken to send to his family.

In this session he has some more valence separation occur concerning “mother” and realizes that “I’M REALLY CHANGING” and that in relation to his mother he is not the same anymore.

PC gets off more false data. The end of session “Say or Ask” response is very good “I have been ready for something like this. . .I’m putting it into use, I’m taking care of myself, I’m healthier now. . .my body maintenance is in but with less attention on it. Just going from A to B.”

Eighth Session: Time - 1:14 TA - .6

At the start of the session PC expresses a desire to expand and have more responsibility, to have a 2-D and a post and produce rather than be flowed to by the 3rd dynamic. PC gets off a lot of false data concerning being temperate and overts and Ev Purps on his father, and realizes the aberration of them.

Ninth Session: Time - 1:12 TA - 5

PC in this session gets off a lot of false data and considerations regarding drugs. Blows some valences in the area and cognites that drugs are a “pretty loaded subject” for him. He realizes at the end of this session that since finding Scientology he has been coming up from the bottom. . .and feels himself going from one level up to another. He ends off by saying he is having wins.

Tenth Session: Time - 1:27 TA - 1.1

In this session he cognites that he is at “Eating” on the know to mystery scale and on a succumb, he later cognites that there is an engram at the bottom of it and it’s not as bad as it used to be.

Eleventh Session: Time - 1:31 TA - 2.3

PC cognites on the contrary facts taught him by his father in the area of promiscuity, and gets off a lot of false data on the subject of sex. PC starts to feel that what he is saying is very important and wishes it could come out in a magazine. PC starts to separate the A-A look at people and starts to see that they are individuals. Also makes a decision to help certain people on a gradient and the session ends on a wide F/N.

Twelfth Session: Time - 2:39 TA - 3.3

PC is really getting a desire to help his old friends, from doing this action. He cognites on an inner knowingness re the 2-D even though he had gotten false data. PC realizes that in PT he does not have any compulsions or repressions, that he’s working in a 3-D and doing pretty good and has no regrets or bad feelings. PC cognites that he was in treason on the 1st dynamic in school and also gets off overts of 3rd partying his sisters. From his session statements it’s clear that he is taking more and more responsibility.

Thirteenth Session: Time - 1:28 TA - 2 8

PC is coming up to an awareness and confront of where he is at (apathy) and expressed grief over it. The auditor Q & A’d and spent the session on an L1C. The C/S notes that this is the first time the pc has gone into grief in a session and that he is coming uptone actually. (Most likely coming through emotional shut off from the drugs he had taken and had a lot of cognitions about, in recent sessions.) (Auditor crammed on Q & A.)

Fourteenth Session: Time - 1:06 TA - .3

In this session he cognites how he didn't have a beingness mocked up of his own so wanted a friend's beingness. After handling this area, he blows the valence. He starts to have cogs about his responsibility to get others' ethics in rather than leave it all to the MAA and sees he has not been good at that.

Fifteenth Session: Time - 1:04 TA - 2.7

PC comes to session all "spruced up in his SO uniform". In this session he gets off a whole lot of false data on the subject of Truth, and also his overts on the area. PC realizes mid-session how uptone he is today!! (Which is quite a change.) He gives off many wins at session end and says he realizes that the other is confusion blowing off. Wide F/N at Exams.

Sixteenth Session: Time - 1:29 TA - 3.1

This session produced the biggest single change and gain for the PC so far on the Rundown. He had a major cognition that his **WHOLE LIFE HAD BEEN AN OVERT OF OMISSION!** He realized this came from false data given to him by his parents that you shouldn't get involved and as a result he has never taken responsibility and now intends to change all that and confront. The blowing of all this false data and the accompanying cognition brought about a persistent F/N, and on more itsa on the cog the F/N went into a Floating TA which lasted through the Exam.

Seventeenth Session: Time - 2:06 TA - 2.8

This session the PC had a realization that he was feeling more in PT and had a perception change for the better. He cog'd that a thetan turns down the volume when he decides to confront less.

After this session he volunteered a success story which was very good: "I STUDY EVERY DAY AND GET SOME AUDITING ON A PILOT TOO. I REALIZED THAT IT'S BETTER TO DO SOMETHING THAN DO NOTHING. THERE ARE PEOPLE WHO WOULD TELL YOU THAT 'PULLING MANKIND OUT OF THE MUD' IS HOPELESS AND WOULD AMOUNT TO NOTHING. EVEN IF THAT WERE TRUE WE WOULD STILL BE HERE DOING WHAT WE ARE DOING BECAUSE APATHY IS VERY CLOSE TO DEATH AND WE SCIENTOLOGISTS AREN'T THE TYPE TO SUCCUMB; I KNOW I'M NOT. SO IT FEELS GOOD TO BE ALIVE. IT FEELS GOOD TO BE A SCIENTOLOGIST." (This shows a very big valence shift for this pc.)

Eighteenth Session: Time - 2:56 TA - 5.2

Pc realizes in this session that he has reverted from the false consideration he use to have that "The society is no good and I'm leavings and that we really do have the way to handle It with Scientology. Pc realizes in this session how his goals and purposes align with Scientology. C/S comments after session that the pc had a very nice separation cog from his father. He also continues to get wide F/Ns at Exams.

Nineteenth Session: Time - 2:18 TA - 6.3

(It is to be noted that the pc's needle is getting looser and TA action is increasing as the Rundown progresses.)

In the session the pc has the cog "I'M NOT GOING TO GET ANY WORSE," He feels that everything is falling into place. He has a very strong desire to work on higher dynamics and not "Just me, me, me", He gets off a lot of overts on the subject of trust. Session continued with the pc saying "Now I make things go right instead of knowing they would go wrong! I grant myself more beingness now! I've been saved! I have found the road out! I know that I'll never sink back overt I have come up in awareness and it's not the sort of thing that will

end!!!!!!” He continued cogniting on himself and where he was now at, and could even see himself as an executive when the time is right.

Twentieth Session: Time - 3:08 TA - 10.6

Pc has a win prior to session where he finds out he is not being transferred to another org and he gets cheered by the crew, he feels this is really his group!!! He said he had realized that he had been hiding on course and not taking responsibility as a staff member, He feels he has now blown through that. Pc gets off false data on third dynamic agreements and how it had given him “no sense of obligation”. He realizes the way to pay off all these past obligations which he sees as stacked high, is to get the people into Scientology. Pc takes responsibility for overts of taking money from his father for schooling and not studying but buying drugs. Pc is coming right uptone on spotting and getting off obligations he didn’t keep. He realized he would go into self-abasement at the effects he used to create, and what sent him downtone were his overts and out exchange. The session ended with him saying that his life is much more industrious than ever before and he hasn’t even started yet,

Twenty-First Session: Time - 2:55 TA - 14.4

This session, as well as producing the most TA action, gave a very big valence shift out of “mother’s valence” which produced wide F/N and VVGIs. Another interesting point in this session was that he came in with very out ruds and it turned out to be on the very area that the next precept to be handled covered. At the end of the session he related a big change in his perception “something happened to my eyes, the blue color in the room is more blue and I’m perceiving better.”

Twenty-Second Session: Time - 1:54 TA - 3.4

Pc relates how he had the feeling earlier that day of surviving now on the upper dynamics. In this session he gets off false data and overts in the area of study and realizes that he backed off from study because of the duress.

Twenty-Third Session: Time - 1:34 TA - 2.6

On the subject of competence, after getting off his considerations on the area he realizes that he “didn’t want others to be too competent because he wasn’t,” but now he has changed and would rather get himself and others more competent.

Twenty-Fourth Session: Time - 1:54 TA - 3.3

Session goes OK but the TA action has fallen off and the C/S picks up that the auditor is most likely auditing over out ruds (as pc is not reading well and has brought up an earlier upset, at session end). Also the pc gives a valence cog in this session but no F/N occurs. The C/S writes a C/S to check 6 Ruds prefixed with “have you been audited over” and to redo precepts 18 and 19.

Twenty-Fifth Session: Time - 3:31 TA - 10.7

The C/S is correct and lots of out ruds which the pc was being audited over (in the last few sessions), were picked up and handled. This explained the drop in TA action. His comment at the end of the session is “I’m back in the game again.”

Twenty-Sixth Session: Time - 2:34 TA - 6.6

At start of session he says he feels great. In this session the pc has big wins and gains clearing up MUs on the words in the process. While doing it he makes another perception change where he sees things clearer brighter and more vivid). Session ends with the pc giving a whole lot of cogs and wins from the session and Rundown. He has blown off lots of

complexity from the study course he has been doing; “Complexity is blowing off and professionalism is coming on. I used to be so fixated on my body, I have released all the considerations I had on food and exercise and I am healthier than ever. My game, my horizons, are starting to spread, my reach is moving out, this is due to my doing the Rundown!!! F/Ning TA.

Twenty-Seventh Session: Time - 3:12 TA - 10.7

Step 20 continues to produce big changes and ends again with a Floating TA. At the examiner he says “I’m starting to make real connections. I had 2 cogs today that will actually change my life on the 2nd and 3rd dynamics.”

Twenty-Eighth Session: Time - 1:20 TA - 2.4

This is the final session of the Rundown and the pc comes into the Session very uptone and dressed smartly. In this session he cognates that when he first got here he wasn’t even being himself. “When I first got here I was out of valence. There was some sort of synthetic valence I was being. I WAS BEING AN INDIAN ALL THROUGH UNTIL A COUPLE OF DAYS AGO, NOW I AM NOT BEING A VALENCE I AM BEING ME. Now I have dropped several synthetic valences, in fact I’m realizing I had taken on false datum’s, like that people don’t like me, but I’m realizing that it’s drug related. I was doing much better before I took drugs and slowly I’m reverting back to being relaxed and granting beingness to people, and is due to this Rundown. . . . I’m actually saying what I think now and this is very very good. I now have my own opinions.” While doing the step on the Epilogue the pc says “This is just the starting point for me--I can’t say I’m the full embodiment of these precepts but I do know the way, and getting there is up to me! We have been handling these as two separate questions but they aren’t separate, when I rise I direct others upwards too. I used to do it the wrong way. I’m going to do it the right way now! Now I have a road to go on--I have been looking for this road--I foresee little ups and downs but I foresee SUCCESS, AND THAT I WILL ACHIEVE THE THINGS I WANT TO. THESE PRECEPTS EQUAL A GOLDEN AGE”. The session ends on a persistent F/N (quite a difference from when he started with an almost stuck needle.)

After this session (final session of the Happiness Rundown), the pc wrote the following Success Story: “Ever since Christmas we’ve been wondering about this new Rundown that LRH had for us. I was fortunate to be a pilot pc for this Rundown and I really didn’t think much about what happiness really WAS, or what it entailed.

“I had very subtle wins that kept building to quite a crescendo near the end. (I’m not officially complete on the Rundown yet, but the last couple of sessions I had floating TAs and I was doing quite well.) I realized some postulates I had made on my second dynamic which were getting in my road or more accurately I saw that I had created a problem for myself in that area by having a postulate counter postulate situation. This is just one aspect or example of a realization I had. I had more, and some are personal to me alone and might not be real for others. This Rundown (changing the subject) can and will change society. It hits at the right level, that’s for sure. I would like to see all Scientologists especially get this Rundown, I can see the various orgs coming out with a higher aggregate tone level and business booming.

“I’ll close here with the wins and cogs I had in today’s session:

“I realized that death is OK, I can have death in the physical universe, maybe without it the game here would be totally meaningless. Also, I used to sit in judgment of others and had false ideas about myself (bravado). I do not have this anymore, it is gone. I also saw how each one of us and our separate journeys up the bridge are unique and special. I feel better about my fellow man and if everything that I went over in this Rundown becomes an actualized reality on this planet, we will have come upon the Golden Age that Ron has mentioned.”

PC DOES ALL HIS TESTS AGAIN WITH DRAMATIC CHANGES FOR THE BETTER.

OCA: Prior to this Rundown he had 5 points in “unacceptable states” range, three in “normal” and only two barely in “desirable states” range. After the Rundown all 10 points were in the “desirable range” and most of those were very high. IQ: Prior to the rundown was at 131 and after went up to 140 APTITUDE: Prior to Rundown was at 86, after it rose to 97 LEADERSHIP: Prior 83.3S After 83.35  
80.02 76.69

THE FOLLOWING ARE OBS REPORTS BY HIS FELLOW STAFF MEMBERS:

A. Yes, he certainly has become brighter, better looking and is taking better care of himself in regards to shaving and wearing nicer clothes. He seems cool, calm and collected. He is much more outspoken and looks happier in a general way.

B. He seems more consistently uptone and at cause. He has really increased his two-way comm and ARC. I’ve noticed this from being on course with him. He seems willing and able to take on anything.

C. He is doing great from observation, stats are good, he looks so much better in the face. Also he has become easier going.

D. REPORT FROM THE C/S. Prior to the Rundown (HRD) the pc was frequently on ethics lines, was self invalidative, and did not like his post. Since the HRD he has totally changed, blew a “cowardliness” which had him hung up, came into valence and adopted a survival outlook and behavior. I have seen him every day and he is cleaner, better looking, and clearly more productive and happier.

E. REPORT FROM HIS AUDITOR: He did very well on the Rundown (pilot) in fact he totally changed. He is very noticeably better looking and more aggressive. He has a position in space now. He is quite a product and many people have commented on his change, even those who didn’t know he was getting auditing.

TOTAL TIME: 56:01 TOTAL TA: 112.8

(This is the longest time on HRD. This pc had had very little auditing prior to HRD.)

THE PC ATTESTED TO THE RUNDOWN AND WROTE THIS SUCCESS STORY.

“Well it feels great to have done this beautiful Rundown. My life has changed and I know I can apply what I have learned in this wonderful Rundown. I really feel like a Scientologist now as I never have before. This Rundown has given me more sanity on my first three dynamics. I look forward to a long, happy, productive life as a Sea Org member learning all the wonders of this beautiful field.”

HAPPINESS RUNDOWN CASE HISTORY NUMBER 9.

Case Data: This person is Dianetic Clear, has done the DRD, Purification Rundown, and the SRD but has no Grades.

First Session: Time - 1:19 TA - 1.5

On the section covering morality he had many Cogs on communication and beingness. He saw how group agreement can be a trap if it goes against your morality, as a thetan knows what is right from wrong. He also had a major cognition on how you slip into someone’s valence and take on false data.

After getting considerations and false data off on the subject of morality he said "I feel proficient and I don't feel obligated or stuck, and I only follow codes that I agree with. NO CHARGE ON PAST! NO CHARGE, I'M IN PT."

Second Session: Time - 1:08 TA - 3.6

After saying how good his session was that day at muster he later in the evening BERs. "My ethics seem to be going screwy all of a sudden." BI. The C/S therefore is to find out what happened after the session and to do an HRD Repair List (M3) as the next action.

This action revealed that his confront had now come up on a situation which had been around for some time which was "a conflict between 1st and 3rd dynamic MORAL CODES," (and was considering leaving the org).

He gets off a lot of failed purposes but the area which he has gotten up to confronting is still not fully handled. No F/N at Exam.

Third Session: Time - 1:20 TA - 1.2

C/S changes auditors to do the next action as it needs a more experienced auditor. The C/S is to 1) take the problem which came up in the last session and TWC it fully to F/N or E/Sim to F/N. 2) Check recently has a W/Hold been missed?" and if not GIs, to 3) re-assess the HRD Repair List.

The problem is TWC'd to F/N VGIs and cogs but after session he keys in a headache. C/S suspects that there is something going on in his PT environment that isn't yet known.

Fourth Session: Time - .07 TA - .4

HRD Repair List is done, and establishes that he is actually doing well and feels more stable and just want's to get back on to the rundown. He is F/Ning and VGIs.

Fifth Session: Time - 1:48 TA - S.1

The HRD is now resumed at precept #1 "Take care of yourself." He almost right away starts to get realizations about the relationship between his 1st dynamic and 3rd and 4th dynamics.

After getting off false data on the area he has some good cogs on drugs and has a win and feels clean in the area, "I still felt effect of them to some degree, mass there, I didn't fully understand the area. (LFBD) It's clean now! Past blew in DRD but this has hit it at a higher level" F/Ning. The session ends with him seeing how this Rundown along with SRD and Purif can really handle the guy in the street. He is VVGIs and widely F/Ning.

Sixth Session: Time - 1:15 TA - 4.6

He got onto precept step 1-2 "Keep your body clean" but feels nothing on this and subsequent precepts 1-3 through 1-5 and so auditor goofs and skips a whole lot of precepts and goes on to #17 (quite a major error). Number 17 is "Did you think of an instance when another had false data about you"? Despite this error the session goes well and he has a big win on spotting and taking responsibility for a track overt and seeing the SP in it all. After session he writes a voluntary success story. A part of it states "I JUST HAD THE BIGGEST WIN OF MY LIFE, I FINALLY HANDLED SOMETHING WHICH HAS BEEN SCREWING UP MY LIFE FOR AT LEAST A COUPLE OF BILLION YEARS."

Seventh Session: Time - 1:22 TA - 3.9

In this session there is a bog on the word “temperate” as he disagrees with the definition and the auditor is unable to resolve it and so ended the session with no F/N. (Note the error here of trying to “handle” a pc disagreement, instead of doing the HRD steps--which is what would handle the disagreement.)

Eighth Session: Time - :50 TA - 1.5

(The C/S is to do an L1C “In your last session” and then clear the word temperate again, then if he still has any disagreements let him voice them--but not to take these up.)

This action completely clears the matter up and he is once more F/Ning and VGIs.

Ninth Session: Time - :02

AUDITOR FAILED TO FLY RUDS, TA GOING HIGH, but came down and F/N'd at Exams.

Tenth Session: Time - :41 TA - 6.1

The C/S is to check if his attention is on anything. This action goes to LFBD F/N and HRD is resumed. On precept “Don’t take harmful drugs” more false data comes off and he has some good cognitions and ends with the hopeful realization that his past friends will quit when they become educated.

Eleventh Session: Time - 2:13 TA - 3.6

In this session he gets off a lot of false data and considerations on the 2-D and has some good cognitions and ends on a nice win. “I feel very aware but I feel clean. I’M RIGHT HERE IN PT!!!”

Twelfth Session: Time - 2:49 TA - 7.2

On the step “Don’t be Promiscuous” he gets off lots of false data and considerations, blows some emotions and has a big win and cognition on the relationship between withheld communication and aberration. (From his exam statement after session it looks like a type of Comm release took place in this session.) “I BLEW SO MUCH CHARGE. . . I KNOW I CAN COMM TO ANYONE BY RECOGNIZING WHETHER A GUY WANTS TO COMM OR NOT. . .”

Thirteenth Session: Time - :56 TA - 4.2

On precept 4 he cognites that he’s stuck in a valence of “COMMANDER AND CHIEF OF EMPIRE” but feels he can’t give up the valence for some reason as it’s too solid. (Also pc feels it is his own identity.)

Fourteenth Session: Time - 1:10 TA - 2.5

The C/S to be done in this session is to do a straightwire handling of the valence. In this session he blows the valence completely and has a very big win and many cogs. THIS IS A MAJOR TURNING POINT IN THE RUNDOWN AND HE IS VVGIs. The auditor comments that “the pc really changed appearance: confident, in PT, bright! Really impressive change.” His exam statement tells it all and shows the magnitude of the win THE ROOM IS SUDDENLY BRIGHTER, REALLY GOT IN THERE AND HANDLED THAT ITEM . . . THE SEA ORG IS VERY VALUABLE TO ME I KNOW IT IS DEFINITELY MOTIVATED BY PURPOSE!!!!”

After this session the pc originated the following success story:

“Well, I thought my last win was the biggest but I think this one definitely is. I really got a chance to compare the Sea Org to a comparable magnitude and it is very, very valuable to me now. It is a game that I am totally willing to play and everyone in it is helping me achieve my purpose of making a sane universe. That is what is so great, is that everyone wants the same thing.

“I want to thank Ron for his incredible viewpoint and wisdom and his willingness to share it and make sure we do handle this universe so everyone is free of suppression. I find that this man is very incredible and really knows where it is at. I also would like to thank everyone who really duplicates and applies the tech to better conditions in their environment toward better survival.

“I would also like to thank my C/S again and my auditor for applying the tech to me so that I can see where I was and am at. It is really a great feeling!”

(Note: This handled his desire to leave, he no longer had any desire to do so.)

THE AUDITOR’S COMMENTS ARE:

“Ready to start precept 5. Handled a whole track identity to dial wide F/N and VVGIs; major change in viewpoint.”

C/S NOTES:

“PERCEPTION CHANGE AT EXAMS!”

Fifteenth Session: Time - 1:47 TA - 6.9

On the precept “Honor and help your parents” he had a major win and the session is ended off. “. . . I FEEL VERY INDEPENDENT ON MY DYNAMICS, I CAN SEE THE TRUTH ON THEM, IN SESSION HANDLING THE SECOND DYNAMIC AREA I ALSO BLEW ALL MY CHARGE ON THE THIRD DYNAMIC (LFBD). I WANTED TO MAKE IT KNOWN.” F/Ning.

Over the next three days the auditor checks several times to see if the pc is off his big win but he has a persistent F/N so he is left off auditing for a few days.

Sixteenth Session: Time - 1:41 TA - 8.9

Auditor completes the Precept started in the last session but fails to pick up an out rud concerning his post until late in the session, and it is not fully handled until right at the end. The pc does however feel it was a good session and is F/N at Exams with good comment.

Seventeenth Session: Time - 1:43 TA - 11.0

(It is interesting to note that the TA action has progressively increased steadily throughout the rundown.)

Precept 6 and 7 continue to produce good cogs and get off false data, overts and considerations.

Eighteenth Session: Time - 1:28 TA - 5.8

Most of this session is spent handling PT ruds type charge but it gets well handled and he has a good win on it.

Nineteenth Session: Time - 1:49 TA - 2.7

HE RELATES THAT NOW HE IS HAVING WINS ON POST AT START OF SESSION. On the precept handled in this session, "Seek to live with the truth", He has the EP of the rundown and voices major cognitions and confirms his state of Clear. (SKI DON'T FEEL EFFECT OF THE PHYSICAL UNIVERSE, I TAKE A LOOK AT MY TIME TRACK AND IT GOES POOF, NOTHING THERE! I CAN'T GRAB ANYTHING, I'M OUT OF THE TRAP AND NOT DEPENDENT ON IT. I DON'T FEEL A NECESSITY TO WITHHOLD. . I'M FEELING GREAT I BLEW MY BANK!!!!" WIDE F/N VVGIs.)

NEXT AN INTERVIEW IS DONE:

He is told that he has expressed the EP of the Rundown in the last session and there are two possibilities now, either the HRD can be continued on through to the end, or he can study the rest of the booklet and report back when this is done. He chooses the second and takes the booklet to study.

Twentieth Session: Time - :11 TA - 0.6

This session is done to pick up any other cogs or considerations after reading the rest of the booklet. He is given an R-factor on this and then the Epilogue steps 3 through 7 are done. He gives off more cognitions and wins and says he feels he would like to attest to the Rundown. This is OK'd by the C/S and Senior C/S.

THIS IS A COPY OF HIS SUCCESS STORY:

"Well, this is the best action I have ever ever done. I feel very much freer as 8 thetan and able to communicate. I am also very much more free from the physical universe and don't emotionally react to it as much. I can quickly change my viewpoint and also communicate it. I can't name all the wins I have had but what is the most real to me is that I can confront and communicate better and can hold my position in space.

"Life is so much freer now for me by not being stuck in a fixed viewpoint. This Rundown gets right in there where you are as a thetan and cleans out all the MUs, false data and other Junk that a thetan may be operating off of. With these barriers out of the way I have a lot more free theta available and can just assume any viewpoint I want to.

"I can't say enough about this Rundown but it definitely is correctly named, and it is wonderful to be so happy all the time. Thanks to Ron, my C/S and my auditor. I now have a new viewpoint toward life and a happy one!!!"

His OCA changed during the Rundown (it was already very high). His IQ went up 3 points.

The following is a report from his auditor:

"When I first began auditing him, he red tagged about three times, about an hour after the sessions. He was unsure of himself and ARC broke easily. "Then, after getting stuck in a past track beingness, a special C/S from the Senior C/S was run. I have never seen such a profound change in a pc. He transformed from an unsure rather timid person to a bright, confident and powerful person. He was on a win for over a week. The sessions after that were fantastic. The final session was another big win. He rehabbed a major case gain and EP'ed the HRD Rundown after completing only about one third of the precepts.

"Each time I run into him since he finished the Rundown, he is bright, confident, and having a lot of wins while handling long standing problems on post and in life in general.

"Auditing him and seeing the incredible case gains was a big win for me, also."

The following is an observation report from the senior of the pc:

“He is more in PT. He handles his post functions better, and is more uptone.”

An associate wrote the following observation report:

“His viewpoint and responsibility level have definitely changed. He is taking responsibility for areas and handling things well.

“He also has not been in ethics trouble lately and seems to be taking responsibility for keeping his own ethics in a lot more. He also is a lot more uptone and does not cave in like he used to do.”

Another associate wrote the following:

“I’ve noticed that he is much more there. The most noticeable change is that his confront and appreciation for the fitness of things came way up. He had a big win. Also, he is working out priorities on his post sanely. That is a change.”

TOTAL TIME: 25 hrs 39 mins

## HAPPINESS RUNDOWN CASE HISTORY NUMBER 10.

(This contains the “Assessment Method”.)

Case Level: OT VII, has done Purification Rundown and the OT Drug Rundown. This pc had read 60 pages of the booklet “The Way to Happiness” prior to being audited on the Rundown.

First Session: Time - 1:32 TA - 2.8

In the first session, the pc blew a pro-survival ally valence that had stuck him with “God’s Commands” were morality. He also blew a false datum on morality that “it’s not OK to feel good” and that “morality consists of self-denial” and broke a dramatization of pretending he didn’t enjoy things because “pleasure equals sin equals immorality”. He got rid of a guilt feeling he’d had when he spotted another old datum that what was moral was “fight to your last breath”. He also recognized it wasn’t true that “to be successful you had to be pretty wretched.” His End of Session comment was “I feel my viewpoint’s substantially changed”. Wide F/h, VGI’s.

Second Session: Time - 1:17 TA - 2.6

Pc blew an old stable datum about not taking care of his health which he used as a make wrong: “burn yourself out rather than grow old dully”. He recognized he’d been abusing his health all based on an idea of “live in PT only” without prediction of the future. Blew a valence of a past hero who did the same thing. At the end of session, pc said “I no longer feel compulsive in the area of not taking care of myself”. He also said “I’ve never had anything that’s created such a change in my life and livingness--a definite real shift of viewpoint--not just a Key Out in session”.

Third Session: Time - 1:07 TA - 2.4

In this session pc realized he’d felt “handling” an illness was like giving into it--“not manly” or “macho”. He observed “I’m being a lot more orderly about my approach to life since I’ve started this--I’ve really noticed that”.

Fourth Session: Time - 1:10

A number of false datums from past experiences about why it’s OK to not get sufficient rest came off and pc cognited on the difference between the considerations of a thetan of what it

needs and what a physical body needs to keep going: "I'd never separated that out before". Pc blew a lifetime pattern of "disregard for the consequences" and recognized bodies need to be properly cared for "so it'll be most operational".

Fifth Session: Time - 1:25 TA - 3.4

Pc spotted how he'd changed from being "reserved" when an old friend set him an example of doing everything "in excess to enjoy life". He blew a number of influences from other people earlier in his life that had taught him the lesson: "live life fast and hard". He ended up this session saying "I'm less confused on the subject--not confused at all," and "I feel a lot calmer since we started these sessions--not so much figure-figure".

Sixth Session: Time - 1:07 TA - 2.5

Pc blew some charge on the influence his father had had on him and then cognited on essential difference of their goals and what was more survival across more dynamics. At end of session he said: "As a general observation, I've actually been a lot less enturbulated in life since starting this--more productive, less out ethics--I definitely feel happier and more A to B in life!" He felt he might possibly be about finished on the Rundown.

Seventh Session: time - 0:54

In this session he blew some fixed ideas on having to be liked and that setting a good example wasn't compatible with that. Then he really had a big cognition on people he'd known who had appeared to be good examples but who actually were pretending and how he'd over-reacted to be exactly opposite to this. He realized you can get caught in the trap "always wondering what other people think" and recognized you could be ethical and set a good example. The session ended here on a Persistent F/N, and VGI's.

Eighth Session: Time - 1:26 TA - 3.0

On one of the precepts run this session the pc recognized he'd been dramatizing a failed valence as a leader. Pc felt he'd gotten to a stage of the Rundown where he was sort of polishing up things, as compared to earlier "bulldozers" he'd handled in the Rundown.

The pc did not get sessions for the next two days. He originated to the Examiner that he felt he was getting into grinding on the HRD, that what happened is "I had a blow out and cog that the way to Happiness is to lead a moral life. I had a huge ethics cog--and slipped all dynamics into alignment. I didn't say anything at the time because I wanted to be careful and get everything out of it, but I feel better having owned up to it." (F/N)

Ninth Session: Time - 0:10

The HRD Repair List is assessed Method 3 and the pc tells of what he has experienced in the Rundown: "First few sessions, a lot of figure figure and complexities went, ethics went in, I had a change in productivity--biggest change was in my tolerance of disorder. I started filing. It used to bother me to have to do that--now it bothers me to have it messy! That's a huge shift of viewpoint. Even my sleep thing is resolving. I've been going to sleep more easily last couple nights. I kept waiting for button 'industrious' to be run as it's my button, but I think it may have blown already. In the first few sessions I had big wins--later sessions nice and pleasant like ruds, but no big case change. I had the consideration I could have nothing on some sections and others-wow--so I had the consideration that I wanted to get it all. It seems like after we handled the 1st and 2nd Dynamic, all the rest of the dynamics fell in place. I had a huge ethics change! That's what happened! Mass is blowing--the mass is continuing to blow--what a Rundown! I don't mind if we go on with the rest of the Rundown or not--this is such a relief!" He was on a Persistent F/N and W GI's and the session was ended at this point.

A couple of days later pc got a headache and also goofed on the pc he was auditing. He was C/S'ed to continue the HRD Repair List as well as ordered to Cramming on the goof and was ordered to be crammed first so he wouldn't be audited over misunderstandings.

Tenth Session: Time - 0:09

Before this session, the pc had been given an excellent Cram on the auditing goof he'd made and blew a long term basic auditing error and came into session very cheerful. The HRD Repair List was continued. What turned up was a little bit of invalidation on his post and some evaluation (by pc's reaction) when he was told there was a C/S in his folder to be done, at which point he decided he wasn't complete and must still have case in the area. There was very little charge on this however, and it cleaned up very easily and rapidly.

Eleventh Session: Time - 1:09 TA - 1.3

In view of the fact of the pc's win and cognitions and his possibly having already achieved the EP of the Rundown, the next C/S was to use the "assessment method" of handling the Rundown: assessing the rest of the precepts that pc had not yet been audited on, taking up only the ones reading on assessment. The pc had a few mild cogs in this session to the effect that it was possible to solve the problem of people ruining the planet.

Twelfth Session: Time - 1:20 TA - 1.9

In this session, the pc blew quite a few false datums on work such as "work is a waste of time", "one works for the leisure moments, for the idle moments--work is pain, leisure is pleasure", "work is demeaning" and "you're not really working unless you're suffering". He had a good cognition that a lot of the time he hasn't really had a challenge and when he's had a challenge "I work like a son of a gun!"

He had a very good win when he realized that "Basically the road to happiness lies in accomplishing something--do something worthwhile". At the end of this session, which was the last one on the Rundown, pc said: "I feel like my whole life's straightened out--like Grade IV--freed from fixed conditions. I can see things clearly and can see what I should be doing. All the figure-figure is gone! I think I had the major EP of the Rundown earlier and I'm awfully glad we persisted and picked up these other points." The pc attested to completion of the Happiness Rundown. His OCA Graph showed an excellent change and quite a valence shift. All of his tests scores rose. His Success Story is as follows:

"Well it's very difficult to enumerate the positive changes that have taken place in my life because of this Rundown but I'll try.

"On other auditing I've mainly experienced changes in beingness. On this Rundown the wins in session translated instantly into changes in doingness. For example:

A. I used to be very sloppy and untidy in my work area. Now I'm putting order in without having to force myself to do it.

B. I used to have an out-ethics habit of staying up very late at night and not being at top form the next day. Now I just go to sleep.

C. I used to have to force myself to confront and handle certain tasks on post. Now I just plunge in with no Q & A and handle them.

D. For a long time I have been out-ethics on study and in getting more competent as a Scientologist. Now I'm totally cleaned up and revitalized in the area.

E. There are other changes as well.

“Somehow the HRD handled a long term ruin of mine--insomnia. I could write pages on that win alone--it was my “wants handled” for the last several hundred hours of auditing.

“All in all I would say this is the most powerful auditing I’ve ever had in terms of orienting me to a more pro-survival life. I know the way to happiness now and can walk that path with no false data or case in the way.

“I am truly grateful. Thank you to my auditor, C/S and of course LRH!”

This is an observation report made by a close associate of the pc:

“He seems lighter to me, less ridges and happier. Ruds seem to fly off and discharge more easily. Come to think of it--there is a major change. He and I are in coma and in ARC for the first time in a while. He seems to show me respect more. We’re getting along much better. He also seems to really care about people now and to have more response, he has more reach, he’s more real.”

This is an observation report made by the wife of the pc:

“Aside from the fact that he has raved to me about this Rundown, I have noticed that he’s more uptone, happier, more communicative and more energetic. This I’ve noticed in the past several days. He’s originated to me more freely. He’s quicker to be up and out of bed in the morning. He has not at all fallen into a morose state of mind-which he has tended to do in the past (brooding about the fact that he doesn’t like his post, etc.). He seems to have come way uptone on the subject of his post (i.e. up from apathy to anger and antagonism, etc.). He seems to be, overall, much more on top of things.”

This is an observation report made by a close associate of the pc:

HI have observed him to be happier and more in come with others. His level of ARC seems higher and he seems to enjoy being around people more. He also seems to have really decided to be the (post title) and is being it, whereas prior to going on the HRD, he was resisting the post to some extent and was not being (post title). The most noticeable change is that he’s happier (!) and more relaxed.”

This is an observation report made by a close associate of the pc:

“In the past week I have observed that he seems more positive and more direct in his approach to things. He is more A to B. more direct. He seems to me to have lately assumed more responsibility for the post with less effort and more uptone about it. It is mainly in his comm that I have noticed the difference. It is nice--feels very clean.”

This is an observation report made by a close associate of the pc:

“I have observed a difference in tone level, in that he is persistently more cheerful. He seems to be really handling his environment and taking things in his stride. I’ve not noticed him being enturbulated by anything for some time--even though he has had some hot scenes on his plate. His ARC in handling people (always high) has further escalated. He appears to be very extroverted. He is perceptive--very aware of other’s Universes, and very free on help and control. He’s a very valuable member of this group--and far more so since HRD.”

This is an observation report made by a close associate of the pc:

“The biggest change I have noticed in him is his confront and handling of Admin. His area has changed from extreme disorder to very orderly. Overall he has been much more uptone. He is very enthusiastic about the Rundown and says it has changed his life.”

TOTAL TIME: 13:53

## HAPPINESS RUNDOWN CASE HISTORY NUMBER 11.

Case Level: Dianetic Clear, Grade IV. Had done Purif and had had objectives. Pc had not read the "Way to Happiness" booklet before starting the Rundown.

First Session: Time - 2:05 TA - 11.0

This session was quite successful. A grief charge came off and a previously occluded area of this lifetime opened up. Grief, guilt and self-inval blew off. A false datum that she (the pc) couldn't change blew off. There was an apparent error in the session of overrunning the point when the concept that she "was bad", had blown (this later turned out to be untrue as it was not in fact overrun). Exam: "That was real good", TA 2.4 F/N, VGIs.

Second Session: Time - 1:13 TA - 6.2

The pc came to session and originated that there had been a lot of enturbulations on post, "handled a cycle and I thought it was great and then the whole thing was wrong" (TA rose on this), pc went on to say how bugged and tense she had been, that she had gone to Cramming, but no Out Ruds read (showing the Out Ruds were suppressed) so she didn't know what it is (that was the trouble). By now the TA was at 3.75. The auditor assessed a C/S 53. "Don't like it" (sF), "Missed F/N" (sF), "Low Havingness" (sF) and "Overrun" (sF), read on the assessment.

During the session the pc stated that she didn't want to do the HRD anymore. "Have heard the HRD is for people who have had ethics trouble and I went Oh boy!", (BIs). An apparently overrun F/N was taken up but the TA didn't come down on it and the pc continued to say that she didn't think she needed the HRD and didn't want it, she didn't think she had any charge on it, felt it all blew when she got into the Sea Org. The auditor erred in changing the question from "Missed F/N?" to "Do you feel I missed that it was an F/Ning area?" (instead of recognizing that it was a false read on "Missed F/N?" to begin with), and the pc asserted harder that that was what it was. The TA didn't come down and the pc continued to be very upset. The auditor asked: "Wrong indication?" and the pc said "Yeah made me feel terrible, made me feel immoral" and this too didn't handle any BPC. Pc originated "I feel degraded, part of the problem is the frame of mind I was in about the HRD, a person asked (no name, generality): 'Oh, are you going to get happy now?', and I'm not unhappy and it makes me feel like I'm ethics bait or something. (name) said we are putting all these people on HRD and they are really going to get 'cracked'--all the ethics types--I took it weird--she probably didn't mean anything about me personally, I just took it weird." And later, "If someone (no name) says: 'Are you going to get happy now?'--you just don't talk about Rundowns like that--it's J & D (Joking and Degrading) and I happen to be on it (HRD)." The auditor attempted to handle these as wrong indications with some, but little, relief. Then the auditor asked "Was there some point in your life where you read some Source data and blew the charge?" (taking up the pc's earlier origin = Q & A) and the pc continued to state why she didn't think she needed the HRD and an F/N was gotten. An earlier withhold gotten off more than once was rehabbed and then the pc told a consideration that she had thought that someone would think she was a bad hat if she said she didn't like the HRD, which F/Ned. The session was ended with the pc and auditor of the opinion that the HRD was unnecessary, uncharged, all an overrun. Exam F/N VGIs.

After this session the auditor wasn't sure what to do but proposed telling the pc: "We won't be continuing the Rundown. The purpose of it was achieved when you read the LRH data in VMH (Volunteer Minister's Handbook)." This C/S was not OK'd!

The C/S on the case pointed out that the pc had roller-coastered between sessions, that she had been invalidated and that there had been J & D of the HRD. Also that in the first session the pc had gotten off an occlusion, grief charges, gotten TA action and had cognitions so it

was not that it was 'all uncharged, unnecessary and an overrun'. The auditor was sent to Cramming on PTS and roller-coaster materials and on HCO B "Evidences of an Aberrated Area", to get all Mis-u's and false data handled, on these. A physical universe (Type A) handling was done regarding the Invalidation. An HRD Repair List was made up based on the theory of the Rundown and what BPC there could be. Several other calamities occurred with both the pc and the auditor before the Repair List could be done. Due to troubles on her post, the pc was required to assign herself a condition and went spinny on giving herself a wrong condition, (this on something that had occurred prior to the pc beginning on the HRD). It was also discovered that the pc had, unknown to the C/S been put on Niacin and had been taking this before and during the Rundown in a heavy enough dosage that she had been getting physical and emotional reactions from the Niacin (while being audited = mixing practices). The dosage was cut back to below the amount that produced a reaction.

Handling:

The next C/S was to assess a prepared assessment of possible errors/BPC regarding the spin on the wrong ethics condition and handle, then to assess the conditions from the bottom up to find the right condition. When this was handled, the HRD Repair List was to be assessed and handled.

Third Session: Time - 1:52 TA - 15.1

The prepared assessment was well done and the BPC on the wrong condition and on earlier wrong conditions and earlier ethics mishandlings was cleaned up. The assessment of conditions found the correct ethics condition (BD'd and F/Ned). By now the pc was F/N VGIs with TA at 2.6.

The HRD Repair List was assessed. (Reading and charged lines were: an upset in life between sessions, invalidation of gains, invalidation of the HRD, been made wrong for being audited on the HRD, an earlier auditing error restimulated, audited over a problem. Considerable BPC and misemotion came off in the handling of these Repair List lines (about 14 TA Divs. in just over an hour). Each of these lines was F/Ned and the PT invalidation went earlier similar to an SP in pc's childhood, (a person with a cruel personality), and several cognitions, with pc VGIs about "being back on it (HRD)". TA 2.25 F/N VGIs at Exams.

A minor BI came up after the session, suggesting further Out Ruds in PT environment and as the whole of the HRD Repair List hadn't been assessed (it was done Method 3 and ended on a resurgence) the next C/S was to assess a prepared list of persons in the pc's PT environment and do an L1C on any that read, followed by continuing to assess and handle the remainder of the HRD Repair List.

Fourth Session: Time - 1:31 TA - 15.3

The pc at beginning of session originated that life went much better yesterday but that she had been having dreams since starting the HRD and that she had increased Vit B1 but woke up in a total sweat, hot, nauseous and headachy. The Niacin she had been on was now down to below where she got a physical reaction to it.

The assessment of PT persons was done but wasn't charged and the HRD Repair List was continued with the question: "Were answers that you had, missed?" which revealed unflat questions from the HRD. The handling done was checking through each of the HRD questions from the beginning of the Rundown until a question read. This question was taken up and flattened, most of the charge being on the pc's mother (same person as in 3rd session). A lot of false data from mother and considerations from and about her were gotten off accompanied by a large amount of TA, BDs, misemotion, somatics and cognitions. The pc's mother was a Christian Scientist and had alternated between lectures on 'mind over matter', how good the pc should be and beatings over the head while chanting false datums. An

incident when the pc had an injured back and was hospitalized came up. The mother was furious with the pc for this as it was a failure to 'pray someone well', required her to sign a waiver to the effect that there was nothing wrong and walk home in excruciating pain. The pc being abandoned to her grandmother and later returning home to find her mother an alcoholic. Throughout all this there were lectures by the mother on the subjects of right and wrong, morality and Christian Science. After the very heavy misemotion discharged, the pc had many cognitions including how it related to her life since and how it had been restimulated in PT, including the dreams and various associations with PT personnel. At end of the session: "Really totally forgot about that stuff, thought I'd handle it on OT levels", and she states that she feels really good.

Exam: "I had an excellent session". TA 2.1, F/N VGIs.

Fifth Session: Time - 1:30 TA - 16 1

At the start of the session an ARC break with her mother (over what had come up in the last session) was handled. The auditor Q & Aed by asking for a m/v~/h and then an overt after the ARC break had F/Ned. The pc said she now had attention on her family where before she had no concern and didn't want to have anything to do with them. She realized her mother was an SP and that it was not her (the pc) who was to blame for what was wrong with her family. The auditor two way commed for anything that had occurred since her last session. The pc said she felt different: her going out of valence around certain people, especially seniors, got handled; also being unable to talk sometimes or defend herself when she got into a weird situation was handled; her headaches and constant somatics that she was getting all the time were handled; things went better in life; a lot of occlusion of her childhood blew. The action was continued and the pc spotted more bits of her mother's valence and separated further from it. False data and invalidation from her mother about her appearance and body was handled. The pc was amazed that there was all this charge on this lifetime incidents as she had always skipped this lifetime incidents in auditing. She also saw that her grandmother had done the same thing to her mother and that the game stopped here: "Auditing is the most important thing." The session was ended at this point. The auditor's comments were: "Went very well, grief coming off; pc continuing to separate out from her mother's valence; her reality and responsibility for her family is higher. Occlusions are opening up on this lifetime track. Major ruins are resolving; i.e. her weight and how she pictures herself, chronic somatics and misemotion (headaches, anxiety)."

Sixth Session: Time - 0:46 TA - 5.6

In this session the auditor continued to get off missed answers on the first section of the Rundown. False data about being a dilettante was stripped off. The false datum that she was not to tell people if she was upset was also handled.

The pc originated that she didn't feel effect of her mother anymore. She felt that she could find her mother's ruin and get her into Scientology. Some more false data came off and the first section of the Rundown was completed. The session was ended at this point. The auditor noted that she did not need havingness which was quite a change as she had been susceptible to low havingness. The C/S made the following comment: "Major change. From mother being an overwhelming SP, she now feels she could find her ruin and get her into Scientology".

Before the next session the pc wrote a note to the C/S saying she had had some trouble and was beginning to get sick. The trouble being 2nd dynamic and 3rd dynamic upsets.

Seventh Session: Time - 1:32 TA - 9.9

The pc was C/Sed for an L1C but didn't feel this was needed. She said her husband was in comm with her on their 2-D where he never had been. This was directly related to what was being addressed in auditing. An area that had been touched on in auditing had been

restimmed in between sessions. The pc originated that she had never been able to handle her husband before. Her auditing enabled his affinity line to be there. The pc realized that she had been dramatizing on the 2-D how her mother used to treat her father. She saw how she'd been treating her husband like her mother treated her father and had even been doing that with her juniors. A false datum on marriage was taken up but bogged. The auditor checked the ruds and took up a PTP the pc had regarding her post. The pc had a hidden standard on judging her auditing and case by what others do. The C/S noted that this probably stemmed from the Christian Science idea (like if you think the right thought all will be well; conversely, if all is not well in the universe, you must have thought a bad thought). The auditor noted a big change in her TA range. It came down to a much lower range.

The day after this session the pc wrote a note to the auditor saying that her temperature was 97.8° and she felt basically OK but tired and the back of her neck hurt. The auditor reported that the pc was having nightmares and that she was BIs about the amount of hassle she had had since starting her HRD.

Eighth Session: Time - 1:47 TA - 19.3

An L1C was assessed prefixed "recently. . .". The pc felt the auditing was interfering with her post. She was afraid of getting into a position where she might lose her post. The correct BPC (a wrong indication from her husband) was located. The pc had charge on her husband--felt he was undermining her. She felt sort of PTS to him. She said she had a problem telling him her wins. She had no terminal. The BPC was handled and the ruds were gotten in. The auditor C/Sed for a Chaplain's interview but the C/S did not want unnecessary actions interjected and pointed out that the ruds were now in and the rundown should be continued.

Ninth Session: Time - 1:15 TA - 13.2

Precept 1 was started. False data on taking care of yourself was stripped off and traced back to a whole track incident. This blew feelings of oppression the pc had. She originated that she felt a lot better today but felt there was some tiredness in the body that wouldn't blow. At the end of the session the pc felt exhausted. A huge win she'd had earlier was rehabbed. At that point everything had changed: her relationship with her senior; her 2-D; everything. She wasn't really interested in more auditing. Pc had a persistent F/N at session end. She was told to enjoy her win. Note: for her next session, the auditor had C/Sed to skip parts of the action as the pc had asked in session if all the questions had to be asked. The C/S changed the C/S and told the auditor to do the Rundown standardly and not go unusual.

Tenth Session: Time - 0:26 TA - 6.4

The next part of the first precept was taken up and all parts done. They went very lightly and smoothly. On the next part of the first precept the pc didn't feel there was anything to run. The pc said she knew she had been handled on the first two precepts already as someone had read them out at her org muster and she had had a lot of cognitions. The auditor ended session at this point. The C/S decided to switch to the assessment method of doing the Rundown to handle the remaining precepts.

Eleventh Session: Time - 0:13 TA - 0.8

The pc was given the R-factor that the Rundown would be done by assessment. She was very pleased about that. She then made the following origination: "I was thinking today, I've made major change on the 2-D. It's real nice and the way I want it. The 3-D has changed and is great and my viewpoint of myself is totally different. I am much more trusting and my senior the other day, just out of the blue, said she really trusted me. My trust has gone up. My trust of my husband is real high. I would trust people only to a certain extent and not all the time--now my trust is infinite." The needle F/Ns throughout this. She went on to say how she was trusting her juniors and mentioned other wins. "I feel happy. I am willing to live life. My capacity to do things sanely is a natural ability I have regained. I feel different. I feel tolerant and caring and understanding of others. I used to be irritable and have a constant anxiety and

I don't have that weird bad feeling any more. Every day it expands a bit more. My 2-D with my husband improves daily and I have a different attitude entirely towards him. Anyway, it's just going real good." Pc had a persistent F/N so the session was ended. At Exams she said "That was excellent!" and the examiner noted that she was really bright and calm. The auditor noted that after the session the pc looked radiant. She was talking to the auditor after the session about the HRD and what an effect it was going to have on the planet and how she had seen other staff members in her org who had been exposed to the moral code change drastically and that many of the staff had started doing well and areas had started to run more smoothly since the code had begun to be disseminated. She went on and on and was in exhilaration about the effects created by the HRD and "The Way to Happiness" Booklet. She said she felt wonderful and that there was nothing to audit her on and she didn't want a session. The auditor felt she was stating the EP even though she didn't say it directly.

The next day the pc got sick. She wrote her auditor a note saying she got sick after doing two long tough ethics interviews (as part of her post functions). She turned on a ferocious headache and weird grief and nausea. This was something that happened recurringly when she did such ethics interviews on others.

The auditor spoke to the pc the next day. The key in had occurred in a very heavy ethics interview she did in which there was a lot of entheta and screaming. The pc was much better now and felt she would soon be back to normal. She felt there was nothing wrong with the auditing but would like to handle the BPC connected with rough ethics cycles.

Twelfth Session: Time - 1 11 TA - 12 9

An L1C was done on the rough ethics interview and the BPC cleaned up. The pc expressed some wins she had had from the HRD. She had lost a consideration of how long it took her to recover from sickness. She felt she was more theta or something. She knew you could have a tumor one day and not have it the next--she didn't feel she would be so amazed about that now (i.e. she would just expect it). She was very bright at end of session and at Exams.

The pc was off auditing for 4 days on a win. Then she called the auditor and told her she had a stiff neck and felt it might be the beginning of one of her headache/nausea spells. She said she would call if she felt she needed a session, The next day she called saying she did not need a session.

Thirteenth Session: Time - 2:18

Some out ruds were handled at the start of the session. The precepts were assessed. Two of them read but were not valid reads. When the precepts were reassessed they were F/Ning. The pc originated charge on being unacked. She had had huge wins on each of the dynamics and didn't really need a session--Just ruds. She read on overrun and the auditor attempted to rehab without first handling the BPC that the pc had on invalidation. The pc said that the win had been invalidated by her husband-one by one her wins got jammed by him. She spotted that this was her mother's problem with her father and the problem blew. The auditor Date/Located the win but the pc felt there was still something to handle. The auditor did an HRD Repair List and picked up some charge that had been missed. The session was ended at this point.

Later that day the pc called the auditor and told her she was getting a cold and that she had noticed after the session that she had a bit of a sore throat. She told the examiner that she was sick and felt like she was getting swollen glands (red tag).

The C/S noted the following errors:

"Ruds were not fully flown (probably pc had more than one out rud of each type of rud) and pc not set up for major action (C/S Series 1).

“The actual charge on pages 16-19 was on inval, unacked, overrun and E/Sim’s on these. This was bypassed by auditor starting to rehab on page 20. (Defn of ‘BPC’)

“Pages 28-33 Inval (and E/S inval) by (husband) of pc’s auditing and gains.”

The pc is C/Sed for indication of the BPC of continuing the HRD after the EP had been attained and indication of the BPC of the invalidation. And for Two Way Comms to clean up suppression and invalidation.

Fourteenth Session: Time - 0:27 TA - 3.0

The C/S indication was made and the pc agreed. It was taken E/S to F/N. Then losses were Two Way Commed Earlier/Similar but did not F/N. The pc was upset that she had had the EP and then, had to go on and didn’t want to have anything to do with it. The HRD Repair List was continued. The pc did not want to do it. Reading lines did not go to F/N and the pc said they were false reads. She said she had felt better after the indication and that that was enough for the time being--she felt too sick to do any more. The auditor gave the pc the BPC indication again and the pc F/Ned. The session was ended at this point. The pc F/Ned at the examiner but made another statement later in which she said that the first Exam was an ARC Break F/N. The folder was red tagged.

The pc felt too sick for a session but wanted some more indications as they helped. The C/S had further BPC indicated to her. Basically that the main charge was on attempting to continue the HRD and that she had been audited past a valence shift and the overrun of this had resulted in trying to run her through secondaries or engrams when she was Clear. These indications were made and some relief was reported by the auditor though it turned out later to be a false report.

The C/S suspected that the remaining charge was an ARC break and a withhold and C/Sed for an L1C on the last two sessions.

Fifteenth Session: Time - 1:13 TA - 6.8

Pc didn’t want an L1C. The auditor got her OK to do it Method 5 and indicate the BPC. The pc said the BPC indication had been wrong. She felt she had lost her win and now was dramatizing everything she had gotten rid of. The auditor indicated the BPC indication had been wrong and that the BPC was the loss of her win. The pc felt better after this and the auditor took a break to get a new C/S. The next C/S was to do a prepcheck on the HRD loss followed by 6 ruds and a C/S 53 Method 5 if the first actions didn’t handle. The prepcheck was started but the pc did not feel duplicated by the C/S. An ARC break was taken up but not F/Ned. A withhold went to F/9 but the ARC break still did not fly. A problem was then taken up which bogged and the auditor did the C/S 53. The C/S 53 read on “loss” and the auditor did an L3RG on the loss. The pc felt that the prepchecks and correction lists were too much and she just got charged up on them. She also said she felt it hadn’t been duplicated just how sick she was. This brought some relief and the session was ended.

Next day the pc has a temperature of 99.9 , sore throat, swollen glands and couldn’t sleep. The auditor told her that the C/S had duplicated how sick she was and that they had a very light C/S to do. The pc was relieved about that.

Sixteenth Session: Time - 0:51 TA - 6.7

Pc was F/N, GIs at session start. The loss of her HRD win was Two Way Commed. The win had been invalidated by her husband and an earlier messed up cycle regarding the state of Clear had been restimulated. The pc blew down on not having been allowed to attest to Clear or have the win. She said the only two times she had gotten rid of the bad feelings about herself were when she went Clear and on the HRD. The Two Way Comm went to F/N VGIs.

Havingness was run and the session ended. At Exams the pc said it had been a really excellent session.

The pc's temperature was down to 99.0 right after the session. She told the auditor that this explained why she always got sick after a big win: it bypassed the charge on the Clear cycle. She also said she wanted to read "The Way to Happiness" Booklet.

A D of P interview was done. The pc was feeling bad physically though her temperature was normal.

Seventeenth Session: Time - 0:42

The auditor Two Way Commed how the pc was doing and did a touch assist to a win.

A D of P interview was done two days later. The pc had had a day off the day before and felt great. Now she was sick again and felt the BPC wasn't fully handled.

Eighteenth Session: Time - 0:34

The pc was given a touch assist and havingness and felt better.

The C/S noted that her HRD must be unflat and that there were out ruds.

Nineteenth Session: Time - 0:25 TA - 3.6

The pc was given a touch assist to a good win followed by havingness. The auditor flew 6 ruds. The pc originated at the end of the session that she had charge on the Clear cycle. She remembered someone who had had sinus trouble and who was a real anchor point for her around the time that her Clear cycle was messed up.

Twentieth Session: Time - 1:40 TA - 13.8

The pc was given a touch assist to a win. Then the valence separation steps of the HRD were done on the terminal she had mentioned in her last session. The action was an overrun. The pc had spotted in between sessions that her mother had had sinus trouble. The overrun was handled. The pc asked if anything further was going to be done about her Clear cycle as the attitudes and emotions of that time period were still with her in PT. The pc ARC broke because the Clear cycle was not handled. An ARC break was taken up but bogged. Pc said she felt tired. The session was ended and the pc red tagged at Exams.

The C/S crammed the auditor for overrunning the Straightwire steps on the valence separation.

Twenty-First Session: Time - 3:08 TA - 17.9

The ARC break chain from the last session was F/Ned. An L1C was done on the Clear cycle to EP. The loss was not handled though and the pc said she didn't feel Clear and didn't have the HRD win any more. The auditor took a break to get the folder C/Sed. The HRD loss was Date/Located. An L1C was then done on the HRD loss but this bogged and the pc felt messed up. She felt L1Cs were a wrong indication. She was upset that she hadn't been able to tell anyone her win. There was BPC on earlier correction lists. The auditor tried to do an L1C to cure the session upset but the pc threw down the cans and refused to go on. The auditor got in comm with the pc and the pc cognited that what had happened was that she had had a physical relapse (after the seventeenth session) and had attributed it to case trouble when it was just a physical thing. She was VGIs at end of session. The C/S noted that she was being asked for Earlier/Similars she didn't have.

Twenty-Second Session: Time - 0:13 TA - 0.8

The auditor Two Way Commed her win on the HRD:

“Well, I changed--an uncertainty in my life has gone, There had been a constant uncertainty that blew. On the first dynamic basically I just changed and whatever considerations I had on the body blew--it was a weird attitude that my body was messed up--that was the source of a lot of overts on my body.

“My husband and I unravelled and became more like friends and we are relaxed and look forward to being with each other whereas before we had opptermmed each other on the third dynamic.

“My senior said she trusted me and I feel certainty. I don’t feel keyed in. I am living life, I’m enjoying it. Before it used to be hard to cope with life and uncomfortable--that uncomfortableness is gone--I’d experience that overall in life and that’s gone, Happy is the word. I’m more willing to be--to exist. I feel like I have resources available to handle situations. I have personal abilities that are OK and I can expand. It’s a pleasantness. Another little thing that happened was that I sorted out the MEST in our room--it got nicer. Even our relationship with our cats is better. It’s just not such a disjointed life. I don’t worry about making it. It just seems like I’ll do OK. Life has sort of simplified out and I can have life, which is really nice. It’s affected every dynamic. The only one I haven’t checked out is with friends but I never had much in the way of having friends. I used to have a must have/can’t have on life I used to run on myself. I know I got a lot of it from my mother but I don’t resent her at all. I feel very nice about her. I wrote her a long letter, It’s affected something in my life. In the physical universe I can see the difference immediately. I can handle getting sick now. It’s no big threat now.” Pc F/Ned throughout this and also said the HRD and Clear cycles were both handled. Session was ended.

The pc told the auditor that she had never attested to the state of Clear so she was sent to attest.(!)

She then attested to her Happiness Rundown. Her success story follows:

“I wanted to type this as I feel that I have a lot to say on this.

“First, it is the biggest success of my life, without any doubts or reservations. My life has changed. But it has changed in the most pleasant and nice way. Each dynamic has changed. I have a sort of peacefulness with myself that I have never experienced before.

“On my first dynamic a certain confusion/fear/weirdness is gone. On the second dynamic I have the most wonderful relationship with my husband. I have never had this and always wanted it. On the third I feel competent and feel my potential has gone up a million times. I have a garden and never could get it together to have one before, our room has suddenly improved in its appearance and our sudden acquiring of better MEST than we had before--the wins in life are endless it seems and the other thing is that they continue daily. It’s not like I had one or two in session wins, the wins are in life and they continue to happen daily. I feel that I grow and expand every single day because of this Rundown.

“My trust in others is true and real and stable where it was not before.

“I have pure joy in living--I have never felt that way before. My survival potential has increased more than I ever imagined possible. And I looked up the definition of Happy and Happiness in the Management Dictionary and I am happy!

“This Rundown is going to change the world.

"I cannot thank LRH enough for it--there aren't enough words but my thanks are unfathomable. And thank you (Auditor) for all your competence and willingness to get me through it and thank you (C/S) for your excellent C/Sing!

Much Much love, "

A week later the pc wrote the auditor a note:

"Thanks a million for all you did! I really feel like a new person!!! I'm sooo alive! I'm finishing my full hat this week--my solo course the next or possibly even this week and then I'm on Solo!!! Did the Clear cert come in? Thanks again!

Much Much love, "

This is an observation report written by the pc's senior after the pc had completed the HRD:

"(PC) is very uptone--she used to be too before but now she is more often and upholds under pressure.

"She seems much happier.

"She has voiced some cogs to me that were fantastic.

"She \_ and was competent before. Can't really say she is more so; probably, but she was already very competent."

This is an observation report written by one of the pc's colleagues:

"She's doing better.

"Doesn't get ill as easily actually--she's not getting ill now.

"Seems more uptone and more stable."

This is a report written by one of her juniors after the pc had completed the HRD:

"I've noted that (PC) has not had so many comm lags in her comm (she used to often go out of PT and comm lag and forget what she was going to say). This isn't as frequent though still somewhat apparent.

"She's seemed less wound up, but only in the last 48 hours or so.

"That's about all I've got!"

This is an observation report written by another of the pc's juniors after the pc had completed the HRD:

"Really don't know what to say except everything seems fine!"

This is a report written by the pc's husband a few days after she completed the Rundown:

"(Pc) has completed the HRD recently and I've made the following observations in her beingness and daily changes.

"She is much easier to get along with in that she isn't bothered now by things I say where she might disagree. She was prone to reacting negatively to attempts I made to kid with her. She's much freer to respond with humor if she finds my humor funny or if not, appropriately responding without excess/inappropriate charge.

“She told me of her wins throughout the Rundown and at one point she was so blown out she was off the Rundown with a Persistent F/N.

“Not only did she have cognitions in session but would tell me of wins and cognitions she had in life daily from her HRD auditing.

“I find her to be much freer, looser and more bouncy as a being. She extends her reach to me in a much less restricted manner. Her affinity is real and natural. ,

“During the Rundown she told me of a win which I heavily invalidated to the point where she thought of not telling me such wins. This particular area of my own out-ethics had never been handled until now when she and I worked it out. This is a major win for me! And I attribute it to her HRD auditing as I had a safer space to view and give up my withhold. So the ethics of her husband has bettered because of the HRD!

“She has always had an incredible viewpoint of others. Her concern and love for others has been the highest of anyone I’ve known. So it’s hard to believe she actually has more concern and affinity for others--actually a viewpoint about others that occasionally would surface, hasn’t since the HRD.

“In our 2-D, her energy has increased incredibly. She has more plans and actions actually completed.

“From my observations of her, I can’t wait to get the HRD.”

#### HAPPINESS RUNDOWN CASE HISTORY NUMBER 12.

Case Level: OT VII, had done Purification Rundown and had had objective processes. This pc had studied “The Way to Happiness” booklet and audited another to completion of the Happiness Rundown prior to being audited on the Rundown herself. Her husband had a very serious physical condition and was about to be operated on as the pc started the Rundown.

First Session: Time - 1:23 TA - 7 3

Ruds were flown, all having to do with her husband’s condition and whether or not it was the best thing for him to get an operation. At first the pc didn’t want to start the Rundown with this on her mind but then she started talking about some of the wins she had while auditing the Rundown and one of the precepts that her attention has stuck on (Eat properly) and she decided she could do the Rundown. On clearing false data about being moral, the pc spotted a pirate valence she had been in, but said she had already blown it while auditing her pc on the Rundown. Her ruds then went out and worry about her husband’s illness and an auditing error she had made while auditing the Rundown were handled. The pc said she was stuck on Precept one and had felt conflict within herself while auditing her pc on it. She also said she really wanted some floating TAs like her pc had, but felt that she had already had them while auditing.

The auditor C/Sed her to do precept 1, as that was where her attention was stuck and the pc felt done with morality.

The C/S changed the C/S to first rehab the wins she had had while auditing her pc on the Rundown and then proceed with precept 1.

Second Session: Time - :40 TA - 3.0

This entire session was devoted to ruds concerning the pc’s husband’s operation and wondering whether the operation was the correct action.

The C/S noted that she was being audited on a major Rundown over a physical universe PTP but that perhaps she needed the Rundown in order to take responsibility for and handle the PTP. She was C/Sed to continue with the HRD.

Third Session: Time - :58 TA - 4.3

More ruds were handled on whether her husband should get the operation. The auditor began to rehab the wins the pc had while auditing the Rundown, but first had to fly the pc's ARC break with the person she had audited on the Rundown. Once that was handled, the pc stated that the rehab wasn't necessary and that her eating habits had really changed. On false data on precept one, the pc realized there was no reason why she couldn't look the way she wanted and eat exactly the way she wanted. The pc realized that she went out of valence when she tried to lose weight and thought that she would die if she lost weight due to an attempted abortion of her by her mother. A floating TA turns on and the session is ended.

Fourth Session: Time - 1:10 TA - 7.2

Some ruds handling was done concerning her husband's condition but less than in previous sessions. The pc blew many considerations about herself and the second dynamic which she attributed to a valence closure with her father. Then she changed her mind and decided it was her mother's valence she'd gone into and had some big cognitions about how she handled her husband. At Exams she said, "I realized I've been a complete nag all my life." (Dial wide F/N) The C/S noted, "This pc just sorted out a very complex valence situation involving her mom and her dad (and herself of course). This is a tremendous result here!"

Fifth Session: Time - 1:05 TA - 7.1

Ruds were handled on the pc's post and on her husband's condition. The pc had an ARC Break about an ethics handling and said that she had hoped to handle her bad reaction to ethics with this Rundown. (The ARC break went back to someone trying to get her to "cognite" she was an SP and she never came out of it and has never been happy since then and didn't get wins.) The HRD was begun and the pc said that this Rundown gave her changes and that each day she did things a little differently. The auditor noted, "She's having some life troubles but keys right out when we get back onto the Rundown steps." The C/S noted, "She has mentioned that achieving happiness is the reason she came into Scientology. I am very interested to see how she does. She chronically has ruds going out in her auditing even when audited daily."

Sixth Session: Time - 1:24 TA - 11.5

Some out ruds on post were handled; nothing on her husband. Pc had some good realizations and got off false data on food. She had been told that she looked thinner. Pc realized that she'd always thought she was in her mother's valence on the subject of food, but it was really her father's valence she'd been in and that she had been trying to be the son her father wanted. Pc realized it was okay to be a girl and stated that something had shifted in her universe. The session is ended with a wide F/N. Pc's exam statement was, "I actually had a real good cognition. I'm basically a thetan but I cognited I'm a girl. A lot hinges on that cognition." C/S note: "She's doing well in life too."

Seventh Session: Time - 1:30 TA - 7.5

Out ruds on post were handled and the Rundown was continued. The pc recalled a moment of extreme happiness at having a brand new birthday present all to herself which was ruined by her mother telling her to calm down. Pc realized it was okay to want things and expect to get them and blew her mother's valence. Exam statement: "I realized that I had this release of dynamic-ness. I feel like I got some intention back to get what I want. I mean I want a car, I want some MEST. It's okay to want those things and it's overtly said. I want." (Wide F/N)

Auditor comment: "It's amazing how downtone she is when we start the session and fly ruds and then how totally keyed out she is once onto the Rundown."

Eighth Session: Time - :39 TA - 3.2

Out ruds on post and on husband's condition were handled. Pc felt she could not be temperate because she always ate more than she was hungry for. (This precept had been handled in a previous session.) The auditor put her through the precept again and the pc found an earlier valence of an immoral person who had urged her not to control herself Pc felt that her first dynamic ethics level had just changed and that it was okay for her to be temperate. At Exams she said, "Boy, that was just great. I had this ethics change on my first dynamic. I had or saw the exact point where I made this ethics change on the first dynamic. (F/N TA and VVGIs) C/S statement: "This is a very 'sturdy' Rundown in that this pc is doing great on it, despite having all sorts of environmental stresses on her lines that would slow most auditing and in the past has chronically prevented her from getting through programs."

Ninth Session: Time - 1:78 TA - 7,4

Ruds were flown on her husband's condition. Pc originated that she had third dynamic trouble but was doing well on her first dynamic and was losing weight and hadn't overeaten at lunch, although she didn't know if she would go back to eating too much. She said that she felt her being ethical was transient and that she wanted to keep the ability. Auditor continued through the precepts and the pc felt she had regained the ability to control her cravings.

A break was taken and the session resumed and more ruds flown. Pc thought she had nothing on "Do not take harmful drugs" then found an overt she had committed. At 5-b, the pc said she had no more and the auditor left off. Pc then said she had nothing on 'Jo not take alcohol to excess" and the auditor went on. On 2-17 the pc stated that she wouldn't be herself if she were temperate (showing that a valence had been missed earlier, by skipping steps as "uncharged"), and then blew a remaining picture of the immoral valence she had been in, which was handled last session. After that she felt she could be herself and keep the precept. F/N TA at Exams, C/S statement to the Senior C/S: "The results are self-evident! There is one point here. In this session there were several points where pc mentioned she was done with a precept or sub-precept and F/Ned. Also that she didn't need to re-do the original precepts. This is hardly a big problem but we found it successful to follow your instructions of not leaving out anything. I feel that it would be an invalidation to go on with a precept (e.g. pc says she blew it and F/Ns) then that's fine, but stay out of the habit of skipping questions."

Tenth Session: Time - 1:08 TA - 7.1

The pc was very out ruds at start of session. Ruds were flown and she WAS VGIs. Pc blew her mother's valence and auditor carried on with the handling to completion. Auditor note: "She's not as blown out as she has been but that's pretty understandable with what all else is going on." C/S noted that the auditor carried on past the valence cog. C/S note: "We are auditing this pc over quite a physical universe PTP. I am not about to discontinue the Rundown but I feel the results may be colored by this. Although getting her ruds in does get her 'in session'." He also noted that the pc had changed her hair style.

Eleventh Session: Time - 1:15 TA - 8.2

Out ruds on husband's condition were handled but the pc felt something was still wrong. An HRD Correction List was done. "Suppression between sessions" read and the pc had a big win on relating this to her situation with her husband and his condition and was then ready to continue with the Rundown. Pc found some more similarities between herself and an immoral valence already blown then realized that she had been that immoral person in a past life. The session was ended on a big win with a floating TA. C/S statement: "She's doing very well considering it's over A heavy PTP and counter postulate from her husband. It would

definitely not be a good idea to take her off the Rundown now, however.” (Note the tendency to depart from the Rundown, Fortunately, they didn’t.)

Twelfth Session: Time - 1:09 TA - 5 1

Out ruds concerning post were handled. Pc had withheld that she didn’t feel she was doing so well, Pc told about a time in a sec check when she told the truth and got shot and realized that she didn’t seek to find the truth when she did something wrong. She blew a soldier valence and a stuck picture containing an SP and came into PT with increased perception and reality on her track. Wide F/N at Exams. C/S statement: “She’s doing well except ruds are going out mid-session.”

Thirteenth Session: Time - :45 TA - 2,7

Auditor noted that the pc’s hair looked pretty but that she seemed quite upset. Pc under extreme stress with husband going into the hospital and with her post. The ruds were flown, but the pc didn’t feel up to continuing the Rundown in PT and wanted to end off for a week until her husband’s operation was done. C/S note: “She’s being put on an assist until (her husband’s) cycle is under control. It’s too much PT stress for a major action.”

Fourteenth Session: Time - :24 TA - 2.0

The pc was given the R-factor that she would be getting daily sessions and that the PT stress would be handled as needed with the Rundown continued only on those days when she felt up to it. Pc felt quite uptone and the Rundown was continued.

Fifteenth Session: Time - :10 TA - .5

Ruds were flown. Pc had too much attention on her husband’s being in the hospital to have a session.

Note in folder

“One of the Happiness Rundown auditors told me today that the Happiness Rundown materials have caused her to eat sanely. She said she’s off sugar and is ‘eating sanely’ as a result of the data.”

Sixteenth Session: Time - 1:25 TA - 11.1

This session was given 4 days after the last session. On the sub-precept, “Do not harm a person of good will” pc realized that when her mother attempted to abort her, the pc formed the conclusion that she was no good and mocked up that others didn’t like her. She realized she was basically a good person and saw that her self invalidation made ethics cycles difficult for her. She had never before realized that she was a good person and had let other people convince her she was an SP. She moved out of her mother’s valence, realizing that whenever her survival was threatened, she would go out of valence and invalidate herself. “I’m a good person and I should survive and I should survive on all my dynamics. It’s actually okay for me to survive, to be pretty, to be honest, to find the truth, to tell the truth, to be a good person. It’s okay for me to survive. It’s really okay to be me. I don’t even know who I am. I’m such a composite of valences. I went into agreement with haring me, a person of good will. There’s no reason I can’t be happy.” Session was ended with a floating TA and pc VVGIs. She had a floating TA at Exams. C/S comment: “This totally cracked her case! Fantastic!” She was C/Sed to continue the Rundown.

This session was reviewed by the Senior C/S who said, “That’s an EP of the HRD in that session. Very well done.”

Seventeenth Session: Time - :56 TA - 6.0

A day was skipped between sessions. The pc had some out ruds regarding her husband's condition. These were handled and she had a good win about caring for her appearance.

The Senior C/S's note was received and she was C/Sed for a D of P interview to let her know she had made the EP.

D of P Interview was done. The pc was sad and said she felt she made the EP of the Rundown while auditing it or out of session. She stated that she felt there wasn't much TA on the Rundown for her and that she didn't know what the EP was that she had that made others think she had it, although she did feel keyed out way earlier. After the D of P interview, the pc wrote a note saying that she felt she made the EP but it was so lost that she didn't know how it would be recovered and that she didn't want a Date/Locate or a rehab.

She was C/Sed for the HRD correction list M3 to EP. The C/S wrote, "She says she is overrun. There is also a lot going on between sessions so ensure questions regarding that area are covered exactly per the instructions." The folder was sent to Senior C/S Int who wrote, "HRD Repair List is the correct C/S. A rehab would be out tech as she's got BPC (besides I doubt it would rehab). She probably needs an L1C either to handle life stress or possibly in the auditing. There is also the possibility that she actually has more to do on the HRD even though an EP was stated."

Eighteenth Session: Time - :30 TA - 2 4

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Pc originated that she had started singing at times, a couple of weeks ago for no apparent reason. The HRD correction list was begun. Pc said she had some question about whether or not she could actually make it on the Rundown with the stress from her husband's operation. She didn't have enough rest to continue the session, so the session was ended.

Nineteenth Session: Time - :31 TA - 3.2

The HRD correction list was reassessed. The pc originated that she would like to continue the Rundown and that she had false data on flourish and prosper and some of the other virtues. She told about some of the wins she had had in her auditing on the Rundown and that she felt she had more self determinism on the third dynamic. Pc said she didn't feel happy now and that she had been unhappy almost all her life. She also said she had false data on herself as an individual but didn't know exactly what it was. She said she really wanted to be happy and felt this Rundown would achieve that for her.

She was C/Sed to continue the Rundown.

Twentieth Session: Time - 2:15 TA - 10.1

Pc had no out ruds at start of session and said she was doing a lot better since her last session and that she just didn't have what she wanted from the Rundown yet. In the session, she blew the false impression that she was a slob. She also spotted the valence she had gone into which made it okay for her to steal and immediately realized that her money flows had opened up and that it was okay to have money. She felt she had blown some PTSness. Session was ended on this win, with F/N TA at Exams and resumed later in the day.

At restart of session the pc was very uptone, ruds were in and she WAS singing in the session. The session went well, an out rud cropped up and was handled and the Rundown was continued. Pc realized that she'd never really learned to do things due to being told as a child, "You'll never learn" and that what she needed to do was learn to live and learn the axioms and practice them. Her exam statement was, "Well I finally found out what I need to learn. I need to learn how to live a bigger life. I also realized I never went into a cycle to learn it, I mean really learn it." (Dial wide F/N)

The auditor C/Sed, “Rud if no F/N” and the C/S changed it to, “Fly 6 ruds” and noted “She is still tending toward out ruds, especially with her husband. She sounds a bit motivatorish, is still a bit motivatorish in tone and outlook.”

Twenty-First Session Time - :45 TA - 5.4

This session was done three days after the last one. Pc had some out ruds concerning her post, which were handled. She did very well in the session and realized that the precept, “Try not to do things to others that you would not like them to do you” had application to honestly reporting in auditing worksheets and also on the second dynamic. Floating TA at Exams. Between sessions, cramming ruds were flown, in which the pc said she thought she had achieved the EP of the Rundown. The next day she was ill .

She was C/Sed for an HRD correction list, M3 and Date/Locate the EP.

The folder was seen by the Senior C/S who wrote, “I think this is risky. It’s basically a matter of having cut across the Rundown with another disrelated action.” The C/S was changed to “HRD correction list M3 and continue the HRD if indicated.”

Twenty-Second Session: Time - :34 TA - 4.5

The HRD correction list was done The pc said the cycle with her husband had “smothered her wins”. It came up again that the pc felt she wouldn’t be able to rehab back the EP she had and she felt like the Rundown WAS “spoiled” for her. She mentioned that something was bugged on her case but she didn’t think it had to do with the HRD. She said she didn’t want to do the correction list and knew she was overrun and had had three major releases, one of which was when she was auditing the Rundown, before she started to receive it. She didn’t know when she EP’ed the Rundown. She also said she had had floating TAs indicated at Exams when it wasn’t and was figuring on what the EP was that she was told she had. She decided that the EP occurred before she began to be audited on the Rundown, when she had had a cognition about false data and had written a success story at Exams about it. Pc felt sorted out and was F/N VGIs. She was C/Sed to attest to the HRD.

The Senior C/S saw the folder and wrote, “Okay to declare. She may need a CS 53 accurately assessed and handled later to pick up this case trouble she mentioned. It also might have blown.”

The pc later originated that she didn’t feel VGIs about attesting.

The C/S ordered her HRD FES’ed and stated, “The most obvious error is 1) that it was done over a pressing PTP with her husband’s physical condition, 2) out of session EPs and she stated getting TA as an auditor before she was getting the Rundown as a pc, 3) case situation not resolved before the Rundown.”

After reviewing the session, the Senior C/S wrote:

“I don’t particularly look on it as an error that she was audited on HRD during the scene with her husband and his operation--to the contrary-I think the HRD and Ruds helped get her through it. There might be some residual charge left on the incident of her husband & his operation.

“It doesn’t look like she EP’d the HRD before she started getting audited on it--even though she had a cog then.

“A while ago she was really excited about the idea of getting her ruin handled (her “wants handled”/what she came into Scientology to get handled). I don’t believe this has yet happened. On many cases audited on the HRD, their ruin or what they came into Scientology

for has come up on the HRD and has gotten handled. She shouldn't be any exception on this. I would expect hers to get handled too.

"When I sent down that she'd had an EP, she had expressed in the session I'd just read, the EP or one of the EPs of the HRD. There are several parts to the EP of HRD.

"She expressed the last part of the EP, but not necessarily each of the earlier parts of the EP.

"So I am of the opinion that she isn't really complete on HRD. I think she's had parts of the EP, but not all of it. I think the BPC is a kind of suppressed disappointment that if HRD is complete, then she's missed out on something.

"Then there's the possibility of BPC from earlier on in her auditing as she mentioned to the effect that there was a point in her past auditing where her case got messed up and hasn't been the same since. (She might know what that point was--and it might not have occurred in an auditing session--it could have occurred in ethics or otherwise in life.)

"All of the above could be put into an assessment and assessed on her on a meter. Unfortunately that would have a liability of whether the assessment was accurate and it would depend on how suppressed the charge on this has gotten--and I suspect it might be quite suppressed. So it mightn't read anyway. (They could eventually get it by assessing and assessing with buttons like Suppress and Inval etc., but that's often a hassle.)

"There's another way to handle it. Show her this and have her read it over (on a meter) and note the reads while she's reading it and on asking her which, if any, of these things in this despatch indicate to her.

"Also ask her if there is something other than what is covered herein.

"(There's nothing in this despatch that she can't or shouldn't read. These points are all simply possibilities which I feel she should be consulted on.)"

(Further data on this method of assessment is contained in Tech materials under the heading "Slow assessment by Itsa".)

Twenty-Third Session: Time - :24 TA - 1.6

The pc was C/Sed to read Senior C/S's despatch while on the meter.

She came into the session BIs and "black". She read the despatch, brightened up and laughed and F/Ned.

On the paragraph about suppressed disappointment, she BD'ed heavily. When the auditor asked her which of them (if any) indicated, the pc started talking about her second dynamic and went into grief and said she didn't feel in valence at this particular moment of her life. This area then F/Ned and she continued reading the despatch again. Pc said she had had parts of the EP but definitely didn't feel she was on the way to happiness. She talked about her disappointment, per the despatch, and how she had never been the same since she had been coerced into "deciding" that she was an SP. She said she had been in grief since then and decided that suppressed disappointment was the big thing. She was delighted with the despatch and had a wide F/N and VVGIs at Exams. Auditor comment: "Wow! That was beautiful!"

The pc was C/Sed to continue the HRD.

C/S comment: "That was a great C/S! Biggest BD and main charge on 'suppressed disappointment'. 'When I got busted' still charged despite having been run but does not need to get addressed here. There was residual charge from her husband but that may have blown

on her itsa and separate repair not needed. What I'd suggest is 1) Complete the HRD through Precept 2112) If pc not fully done and fully satisfied then assess the precepts M3 and handle the reading ones by redoing them."

Twenty-Fourth Session: Time - 1:30 TA - 9.6

A few out ruds concerning her husband and post were handled and the pc was continued on the Rundown. The pc spotted that her mother had been an immoral person and that she had been like her mother and that the mother's valence was the only valence that she really knew. She didn't know if she could consistently be in valence as she switched valences to handle various things. "It's one thing to come out of an immoral person's valence but it's something else to stay out of it. I've been using that valence for 26 years but I haven't seen enough of myself to know my own valence." She realized her unhappiness was when she was out of valence but didn't know how to resolve it. She saw that she got the idea that her own existence was not a good thing from the time her mother tried to abort her and that she had been more affected by that period than any other. "She shouldn't have conceived if she didn't want it. It just wasn't fair! Even if she had killed my body I still would have had the idea that it wasn't okay to be me." Wide F/N at Exams. Auditor comment: "She's doing fine again."

Twenty-Fifth Session: Time - :31 TA - 2.5

Out ruds concerning post were handled and the Rundown was continued on Precept 20.

Twenty-Sixth Session: Time - 1:03 TA - 12.9

Pc's ruds were in at start of session and the Rundown was continued. On the final precept, the pc further separated from her mother's valence and cognited that her mother was no longer here to make her unhappy and that one's ability to be happy lies in the person himself and not someone else. "I need to decide to make myself happy." Wide FAN at Exams. Auditor comment: "Nice win." C/S comment: "Her mother's valence seems to be the key valence she's been wrapped up in. She seems to be further peeling it off; she may have blown it completely. It sounds to me that she had a further part of the EP or really made what she apparently made in an early session where it appeared she EP'ed. But there seems to be more left to peel off."

Note from pc to the C/S stated that she was not doing well and yesterday she cried. She said she didn't want her post and hated it and was very unhappy in life in general. She didn't feel her ethics level had been handled concerning past false reports as an auditor and she couldn't seem to make things go right. She said she didn't want a session and said the only thing that had made her feel good was reading the Senior C/S's despatch."

Twenty-Seventh Session: Time - :56 TA - 12.8

The ruds were flown. Pc said she still had her attention on her disappointment (as mentioned in an earlier session) and was afraid the HRD was not going to make any change in her. The auditor started to continue the Rundown but the pc didn't want to go on. The pc said she felt something had been missed because she hadn't gotten the valence that made her like she is. "I don't know who I am." An HRD correction list was done. Pc was doping off a lot and it turned out she hadn't had adequate sleep so the session was ended. The auditor C/Sed to check over the earlier precepts for BPC and stated, "The last point she was doing well was on the Senior C/S's despatch. The correct BPC not found. Pc doping off. Ended for sleep."

Note from pc to the C/S showed she was upset and wanted to do conditions.

C/S note stated: "I don't think we should Q and A off her program. She has an out rud or some other BPC. I don't know if this is it, but I know she read a note saying she had miscrammed a person and in the past that kind of thing has upset her." He C/Sed the pc for an

R-factor not to do conditions or other actions at that time, as the handling she was getting was not finished, then 6 ruds and the HRD correction list.

The C/S was then changed as the C/S stated that the area of being competent, being an auditor, etc. was an area the pc had been stuck in before and that there was apparently a whole package of charge that tied in with it and that she was also stuck in having been busted for false reporting as an auditor. He wrote out a Method 3 assessment designed to pick up any out lists, wrong items, wrong valences, etc. and then instructed the auditor to assess the precepts M3 and handle any reading.

The folder was sent to the Senior C/S, who C/Sed it for 1) All ruds or L1C Recently, 2) L1C At the time when you were busted, 3) Assess through the list of precepts M5. Take up the one with the largest read first and handle per the command sheets, 4) Handle remaining reading precept similarly, 5) Reassess precepts (full list) and handle as above. End this session or any subsequent sessions on a win for the pc.”

Twenty-Eighth Session: Time - 1:09 TA - (not noted)

Pc was more uptone at start of session than she had recently been. Ruds were flown and the pc did not want an L1C on the time when she was busted, so the auditor continued the C/S. The precepts were assessed and during the assessment the pc originated that she thought she might have been running too late on the chain. “Set a good example” BD’ed and was taken up. The pc was doping off somewhat and had to be given questions several times over. The pc said she had gotten her viewpoint back and that she might have false data. The session was ended on the win of the pc originating that she had her viewpoint back. Auditor comment: “Wow. She feels she’s got her viewpoint back.” C/S comment: “Carry on. I see now why the assessment needed to be M5. (I had suggested M3.) We got the charged precept.”

Twenty-Ninth Session: Time - :42 TA - 5,1

Pc had out ruds having to do with not knowing what she wanted to be and do in life and feeling that her integrity as an auditor hadn’t been handled. She said she couldn’t seem to end cycle on it. She also looked at the area of her training and saw that her earlier training before Scientology had been out gradient for her and had given her losses. She F/Ned and felt very good on looking at that. The Rundown was continued and the pc cognited that she went into her mother’s valence and nagged in order to get what she wanted. She was very pleased with this win and the session was ended. Auditor comment: “Very nice.” C/S comment: “Going back over the precepts has really been the right action.”

The HRD was continued using the “assessment method”, which has been running very well, for some sessions. The HRD has not yet been completed.

### HAPPINESS RUNDOWN CASE HISTORY NUMBER 13.

Case Level: Grade IV Expanded, has done Purification Rundown, Survival Rundown, and is a Dianetic Clear. This pc had not read “The Way to Happiness” Booklet prior to being audited on the Rundown.

First Session: Time - 1:12 TA - 8.2

From the very beginning the pc was excited about receiving the Rundown. On the first step the pc spotted influences from an earlier part of her life where she’d been part of a group of drug-oriented people, who believed that one shouldn’t take care of oneself. There was a large BD on this followed by a cognition and F/N on how her own ideas on the subject had gotten invalidated. The after-session Exam was F/N, VGIs, and “I just had a very nice session--in fact, a great session”.

## Second Session: Time - 1:22 TA - 13.9

At the start of session the pc gave some cognitions she'd had since the last session. One of the things she'd realized was that she does have to care for others and does have a responsibility to do this, and that she won't survive across the 8 dynamics if others don't survive. The Rundown was continued, and the pc found a false datum that if one is ill nothing should be done about it because "it is Dev-T", the TA BD'ed from 2.6 to 2.2 as the false datum was blown, pc laughing and F/N, VGIs. Later on in this session, the auditor went past a number of questions the pc had answers for but had not spoken, and the result was that the TA went up to 3.6. (This was due to auditor checking the questions for read.) The auditor thought this was due to having overrun a section of the Rundown, but the high TA was actually due to missed answers. The auditor was crammed on the Book of E-Meter Essentials, point #3 in chapter B. #5 in chapter C, and #5 in chapter D.

## Third Session: Time - 1:38 TA - 7.6

At the beginning of this session the pc thought the HRD was just so-so, nothing big.

Spotted false datum that "not being promiscuous was getting to be old fashioned". Then a valence of a sexually perverted person the pc had been very close to was located and blown. There was quite a lot of TA action on the pc looking this over and seeing how she had taken on the other person's viewpoint. The auditor did the remaining 2 questions in that section and the pc had more cognitions on promiscuity, blew a stuck postulate that had prevented her from getting others to not be promiscuous, and had a big win on this area. The session was ended at this point, and at the examiner she said "I just had a great session. Amazing! Innocent little questions but far reaching results," F/N, VGIs.

## Fourth Session: Time - 0:34 TA - 1.3

The pc comes to session with an F/N and the next section is started. On a false data question the TA goes up to 2.9 and then BDs down to 2.5 on realizing that the subject of sexual unfaithfulness is directly connected to a last-lifetime incident which her attention has been stuck on for years. A valence was blown, and along with it a false datum that the correct solution for marriage difficulties is to split up the marriage and switch to another sexual partner. After this, the auditor began to continue with the next question but the F/N persisted, the pc continued to have cognitions on the false datum that had been found, and the session was ended on this win. Wide F/N, VGIs. At the examiner the pc said "I'm feeling very very good--I never know what's gonna come up next, but I feel very very good!" Then as pc is about to leave, she returns to the examiner and says "This thing is totally amazing! It's the lightest touch, just peeling off little layers that are quite incredible! It's also given me a better view of the truth--other auditing gets you to look at what's occurred or whatever, but this seems more truth-oriented, better understanding of the truth. It's like there's more me, or more truth that's in me, I'm able to feel it more. My ARC of myself is increasing" Examiner notes "F/N, pc VGIs, laughing".

## Fifth Session: Time - 1:30 TA - 47.7

The pc arrives for the session F/Ning, and remarking on how great she feels and that she's noticed how she's been "emoting more". She gives the auditor more cognitions, ones she had since the last session. The Rundown is continued and a false datum regarding homosexuality is blown, resulting in a lot of relief for the pc. Later on in the session when the auditor asks a question about children, grief turns on heavily and an L1C is done. (Note this was incorrect, the auditor should have continued the action that turned the grief on.) The upset is cleaned up and she has a big realization on how to get into communication with children, and why this had always been a mystery for her. Wide F/N, and session was ended at this point. Right at the end the pc originates "I am just amazed" (laughing) "I really can't believe the relief I am getting from this".

Sixth Session: Time - 1:13 TA - 11.7

In this session a false datum that “children are Dev-T” was blown. Further steps of the Rundown are done and the pc has several major cognitions on the subject of helping children. Persistent wide F/N--the session is ended on this win.

Seventh Session: Time - 0:23 TA - 1.0

The pc comes for session still having cognitions on what was being addressed in the last session, and still has a wide F/N. She originates that she has undergone a whole change in her viewpoint on this subject, and is quite keyed out about it. The auditor ends off here for the day.

Eighth Session: Time - 1:20 TA - 11.1

Pc is F/N VGIs at start of session, and says “I really see why it is called ‘Happiness Rundown’--it makes you happy. It frees up stuck theta”. The Rundown is continued, and on one step the pc realizes that there was a point in her life when she began to go downhill, about 12 years ago. At that time she had dropped any idea that one should set a good example for others to follow, because it was contrary to the standards of the social group she became part of. One of the false data acquired at that time was that ‘those people who didn’t set a good example had more fun’ and another was that setting a good example was unimportant ‘because it didn’t serve any purpose’. The session is ended on this, with VGIs, wide F/N.

Ninth Session: Time - 0:24 TA - 3.2

The pc is still on a persistent F/N and big win from the last session, and this session is mainly spent with the pc telling more about her wins in life. At Exams she says “It’s a fantastic day”, F/N VGIs.

Tenth Session: Time - 1:50 TA - 19.6

The Rundown was continued, and a heavy valence was blown. Part of this was always relying on what someone else said, instead of finding out for oneself what the truth is about something. The pc said that this had plagued her all her life, and “I was like a ping pong ball--I didn’t have a viewpoint at all. A crazy situation”. This resulted in a big win and a realization that she could hold her own viewpoint. The session was ended at this point.

Eleventh Session: Time - 1:55 TA - 10 5

More of the Rundown is done, with the pc getting very good wins. At one point in the session she says that up until now the Rundown has been just for herself, but now she is seeing how it applies to the 3rd and 4th dynamics and her relationship to them.

Twelfth Session: Time - 1:35 TA - 24.4

At the start of session the pc mentions that things are going great in life now. One of the people that she works with also happens to be receiving auditing on the HRD, and she describes how well that person is doing on post and how much smoother it is working with that person now. The auditor went on with the next step, and on one question the pc blew a false datum about keeping one’s word when given--that there was always an ‘escape clause’ which made it OK not to keep your word 100%, but only have to keep about 80% of a promise given. Then the pc blew a Service Fac connected with being trusted to make a good product. Session was ended on the win from the Serv Fac blowing, accompanied by wide F/N and VGIs.

Thirteenth Session: Time - 1:08 TA - 3.4

Goes very well. The pc mentions in session that the night before she sat down and worked out all the various financial obligations she had. She also remarked about the personal

responsibility involved with being audited on this Rundown--that after realizing something in a session, one also has to carry through with it in life.

Fourteenth Session: Time - 1:20 TA - 17.1

In this session a new section of the Rundown is started, and it opens up a whole area of charge not previously touched upon in the Rundown, having to do with others having false data about the pc. The pc experienced tremendous relief on getting this charge addressed and handled, and cognized on her own responsibility on it and why the problem had persisted for years. This was a very major win for the pc, as this false data about her had affected her life extensively. At the examiner she said "I just had a totally amazing session, it was really good! Totally amazing!". (Note: this session was on precept 17-2 and the additional steps 17-2a)17-2d) were used.)

Fifteenth Session: Time - 0:14 TA - 0

Nothing was run in this session as the pc was still in a persistent F/N from the last session. The pc tells of more wins, including how she is promoting the HRD to others in her environment. Also she said "I can't tell you all the wins I have had, it is the greatest win I have had (the HRD), and to give this to someone and to audit this--God!" (the pc goes on at some length about how she wishes people could co-audit the Happiness Rundown). Then says "I have gotten so much handled on this I never expected to be handled; (F/N widens) God, I can't believe I have handled all this stuff. It keeps getting better!". The session is ended at this point, with a wide F/N and pc VVGIs.

Sixteenth Session: Time - 1:45 TA - 15 1

Early in this session, as the auditor continues the Rundown, the TA goes up to 4.1 and the auditor pulls out a Happiness Rundown Repair List and assesses it. "IS THERE ANY COGNITION THAT YOU DIDN'T MENTION?" reads, and the pc gives a win about how someone she's working with on post (who is also receiving the HRD) is doing in life, that this person "is a total delight as a junior". While telling her cognition the TA BDs from 4.1 down to 3.0 and F/Ns. The Rundown is continued, and the pc has good wins in the session.

Seventeenth Session: Time - 1:38 TA - 16.9

At this point the pc is being audited on the next-to-last section of the Rundown. It goes on for a ways, then at one point the pc originates that she thinks something is not right. Auditor assesses the Happiness Rundown Repair List, and cleans up a withheld communication the pc had had. The auditor continues on with the Rundown steps, then a bit later in the session the pc originates that she feels the Rundown has already been completed to EP. The pc tells the auditor about her wins on the Rundown, and is F/N, VGIs. The auditor ends off at this point and sends the folder to the C/S.

Eighteenth Session: Time - 0:13 TA - 1.5

The auditor re-assesses the Happiness Rundown Repair List, to pick up any possible missed BPC. Nothing much comes up the pc feels very content with the gains she's had on the Rundown.

Nineteenth Session: Time - 0:22 TA - 1.5

The ruds are flown, pc is F/N VGIs. Then the next step of the C/S is the auditor asks the pc if she would like to read the remaining 2 sections of the Booklet, The Way to Happiness--and she eagerly does so (note: the pc had not yet read these sections, the last chapter and the epilogue; she had only seen the chapters of the Booklet shown to her during auditing sessions as each section was audited). The auditor then does a 2WC on how her future seems now compared with how it was before the Happiness Rundown. The pc says "More certain that I can control it, and I know I have additional standards by which to handle it. I myself feel more able to handle it and there's more of me present to handle it, and far less distraction,"

F/N, VGIs. As the last step of the C/S the auditor starts to Date/Locate the EP of the Rundown, but the pc originates that this doesn't seem necessary as she feels so good. Also that reading the last parts of the Booklet topped it all off (still F/Ning while talking). At the end of session the F/h has widened and the pc says "I really appreciate having gotten the Rundown, and to all concerned I want to say thanks. It is the best enhancement cycle I ever had. I have had no other auditing or training or enhancement cycle ever do so much for me. I really want to thank everyone" (pc laughing, tears in eyes, VVGIs, F/Ning). At the examiner the pc says "I don't know what to say--it's the most amazing cycle I've ever done-it's just the most amazing cycle!" Examiner notes that the pc is VVGIs, and Wide F/N.

#### Tests:

The pc was re-tested at this point. The results of these tests showed that, compared to the test scores from before the Happiness Rundown, the pc's OCA was higher on six separate traits, Leadership score was up, and Aptitude score was up.

#### Success:

The pc attested to the Happiness Rundown and her success story reads as follows:

"This auditing cycle has changed my life! There have been so many 'held down 7's' that aren't there now and what is there is a lot more of me. It's like I have more of me and more ability to create and outflow. This Rundown handled earlier misunderstands and false datums which I didn't even know were there but which were definitely affecting my performance in life. The Rundown then replaced them with stable datums which are valid and are usable. And I'm continuing to win from them as I apply them. The Rundown is very appropriately named. My full thanks and appreciation to my auditor, C/S and especially Ron".

After the Rundown, reports were collected from her auditor, her husband and from her senior at work:

Her auditor says "Pc did excellently, and 2 major stuck points and 'wants handled' points were completely blown. She definitely came out of 2 major stuck points in her life. Definite change in pc towards life. She was joyfully crying on completion and said it was the major case changing action she ever had. Quite an EP".

Her husband wrote "The change in (pc) has been incredible! She is no longer rollercoasting about anything. She used to go up and down the tone scale about her post from grief to enthusiasm a couple of times a day. Now she is on top of it and is flying. It is the happiest I have ever seen her. She is very calm and her comm level is never make-wrong now. She grants me tons of beingness and our 2-D is closer now than before. She wouldn't tell me what auditing she was getting but about 8 way through I knew it was the Happiness Rundown because things 'magically' began to go better for me too".

Her senior said "Since (pc) began this auditing cycle, almost within 24 hours, I have noticed MAJOR MAJOR changes in her. She almost instantly became much more responsible, and suddenly I found that her initiative level came way up and she started to move things in her area. Prior to that I felt that she was actively allowing me to fall into her bureau to handle it for her. She used to routinely roller-coaster and cave in and succumb to the OVERWHELM etc., but since starting the auditing she has been totally on top of it, been bright and taken responsibility all the way. Of course she needs hatting and all that, but if every one of my juniors were like her right now, life would be a breeze. Physically she is bright and doesn't have a black dark mass around her, her eyes aren't baggy and she looks bright and alive and to me that's pretty damn good. The Rundown has unquestionably salvaged her from a junior/senior viewpoint".

TOTAL TIME: 21 hrs 36 mins

## HAPPINESS RUNDOWN CASE HISTORY NUMBER 14.

Case Level: OT III, had done the Purification Rundown and objectives (not the SRD) and OT Drug Rundown. The person had studied "The Way to Happiness" Booklet prior to the Rundown, (or had at least been given it to read). She had read it by her origination by the second or third session.

First Session: Time - :28 TA - 7.0

Prior to the first session the Pre OT had been in some ethics trouble and had done an O/W write up and was known by observation as a serious person who never often got above conservatism or mild interest.

Ruds were all checked and found to be in. The first cog was that one has a basic knowingness of when something is right or wrong and that you really know when you are breaking the rules. She realized that "morality" in the past had been used as Service Fac and implant material. She cognited on the lie which was in it and the needle went into a wide F/N and she said "it's not as serious as many people would have you believe"!!! The session was ended at this point.

Second Session: Time - :17 TA - 4.5

On going over the precept "Take Care of Yourself" she at first had the viewpoint that we have done everything but take care of ourselves, but after getting off some specifics on things she had done against the precept she cognited that "I think I have done more right than wrong for myself--I'm HERE"!!!!!! This BD'ed .7 Div and went into a persistent F/N so the session was ended.

Third Session: Time - :56 TA - 14.6

In this session a great deal of TA action came off on the area of her father who had not taken care of himself at the end of his life because he didn't want to live. A lot was communicated in this area which hadn't been communicated before and cogs were had on things never said to him and the ack that she had known him before in an earlier life. She went over how her mother had gone to lengths to make her preserve her teeth but she had lost them all by the age of 23 which made her mother wrong! The session ended with her comment "It's very good" (referring to the Rundown).

Fourth Session: Time - 1:22 TA - 16.2

Pre OT is coming into session looking more and more uptone each session. Midway through the session she got off the withhold that she had used the auditor's radio while he was away without asking his OK or telling him when he returned. (This shows a heightening of ethics level as the Rundown is progressing.) On the subject of drinking too much (which there was a situation with earlier last year) she acknowledged that she has drunk too much. On the valence part of the questions the person who came up in her past who most transgressed against this precept was Prince Charlie LFBF F/N and then on the straight wire she cog'ed "I have changed, I wouldn't to the same again, I know I m here"! Later another person came up as an answer to a question, who she had known this lifetime and she said the difference between him and her was she is h and he is still being a drunk. The final cog on this was "It's hard to be oneself when one is not being temperate, I know I have proven it to myself"! F/Ning.

Fifth Session: Time - :49 TA - 14.2

In this session we handled the subject of promiscuousness and she said she used to wonder if she was weird because she wasn't promiscuous. She said that she had been told she was

aberrated because she wasn't that way and she realized that it was those who told her this who are aberrated. (After this point she made some jokes on the subject and was high toned about it,)

Sixth Session: Time - :49 TA - 14.7

In this session the pc realized that she hadn't always done what she told others they should do, And that this had been a withhold, She saw that if you believe in these precepts, which she does, then you should live by them.

On the precept "Seek to live with the truth," a lot of TA action came off on the subject of the Catholic Church, she realized that she had transgressed against a lot of religious "truths". She realized that what is true for them isn't necessarily right or true for her.

She had a valence separation from "A NASTY PRIEST IN FLORENCE" and cognited that it was the same being she had been married to this lifetime. (This produced a .5 BD F/N and the cog "I'm here, he is not!!!" and a realization on her prior overt.) The session was ended on these wins,

Seventh Session: Time - :31 TA - 6 5

In this session she recalled the first calculated lie this lifetime when she was 28 years old when she bit another little girl and told her mother the girl had cut herself. She realized the seeking of the truth is a continuing quest toward the ideal scene and sometimes the truth isn't very comfortable but LRH didn't say it was!!! Coming to the end of handling this precept, she had a big cognition that she had had a major cog while being audited in 1964 when she was going out the bottom and realized all she had to do was change her postulate and she did and went right out the top, She could not then get this cog duplicated when she told her husband She now realized why it never got acked--because it was below his awareness level. This EP'ed the session. At Exams she said "Power of choice! You can please yourself--if you stay at cause or effect"!!!

Eighth Session: Time - 1:07 TA - 16.3

In this session she got off something she had never gotten off before which had to do with her considerations about keeping bodies alive when they were in such bad shape or the thetan didn't want them kept alive, she felt this viewpoint wouldn't be acceptable, then she realized why this isn't acceptable because bodies are too precious no matter what state they are in. F/Ning.

She said one shouldn't not break the law because one would be punished, Just one should not break the law. She got off the fact that she has bumped off good people in her past and had failed to support people of good will who should have been supported due to a fixed attitude "don't get involved", this BD F/N'd

The cog which ended the session was that one could be in battle and harm people of good will but you can still respect them.

Ninth Session: Time - 1:10 TA - 22.3

Pre OT is still getting a lot of TA action on the Rundown, This session she got off many overts on the environment, and realized she has been introverted into the environment instead of stepping back outside the planet and looking at it. The attitude "too bad, I'm too busy" was blown in relation to caring for her own appearance, She cognited on a glee that went along with a repeating condition in the past where she would be messy and blow from the area when things got too messy (She made it clear that she was referring to large spaces, planets etc. not just rooms.) She got off many early this life and whole track overts of stealing and ended up with the cog she had "stolen" herself back again now which F/Ned the whole thing.

At the end of the session she said she had now mapped out a next lifetime goal (project) "Educating people how to look after and care for this planet," and felt that now she has LRH study tech she will be able to do this. Quite a change of attitude than the earlier one of "don't get involved".

Tenth Session: Time - :40 TA - 9.8

At start of session pre OT's eyes are much more certain looking, and she is VGIs which is a change. On the subject of being worthy of trust she had a big cog that her step mother had always said "can I trust you?" which had had the reverse effect than that intended, as she was not worthy of her trust. She also realized the trouble one can get into because of giving one's word to something without full consideration. (Realized this is what occurred in the case of her marriage.)

She realized that she had been going about not trusting herself because of an old service fac.

A bit later in the session she said "I DO TRUST MYSELF"!! BD F/N. She then had some realizations about obligations and the session ended on her saying "I feel very good about my obligations".

Eleventh Session: Time - 1:10 TA - 19.4

She realized she has operated from the viewpoint of doing what she thought was needed rather than actually finding out what was required. Another cog on how she has in the past been irresponsible and said "It's nothing to do with me" this led to a cognition on self inval which caused her to decide she couldn't do things. She blew an attitude which had stopped her learning: "I'll do it first chance I get", but never got the chance. She also realized that a lot of things got studied but not learned due to that same attitude. "It was nothing to do with me, so set up a machine to do the practicing" (gives specific example of playing the piano). She said it was great to be able to see the machine she had set up. And now she would really like to learn to play the piano,

Twelfth Session: Time - :50 TA - 9.0

In this session she originated that her standards have gone up a few notches to put it mildly, She then originated that she felt done with it. (This cycle, but couldn't decide if it was just the step we were on or the whole thing.) This was rehabbed and the Rundown continued. Later in the session she had a big win on realizing the way a service fac she had would have gotten in the way of applying one of the precepts because it had the word try in it and the service fac was "I say I'll try so it made it their fault if I didn't do it because I had warned them I was going to TRY!!" This produced a wide F/N and the session was ended, after the session she said "I'm glad we continued."

Thirteenth Session: Time - :38 TA - 6.5

She realized that in general life it has become a game to be dishonest so if you were honest you would spoil the game. This blew with F/Ns. On the steps of getting her to imagine being treated and treating others with each of the virtues she said she could see an awful lot of ridges piled up and dissipating. The session was ended on this win. She said after session "THIS STUFF IS VERY SIMPLE AND THEREIN LIES THE POWER!!!!"

Fourteenth Session: Time - :48 TA - 10.3

She realized in this session her past intolerance of others and that she now knows she is not the scum of the earth. "I like myself a lot better than I thought I did!" On the subject of love she realized she keeps it damped way down. She realized the capacity for love is there and one day I will be able to let it go and there were still some barriers there and that she was putting them there. This blew and F/N'd, The TA went up after this and the auditor checked

to find out what had occurred and found the process concerning the virtue love had been overrun slightly and it was rehabbed. The session was ended after this point when the needle went into a wide F/N.

Fifteenth Session: Time - :22 TA - 2.9

It is very interesting that this is the last session on the steps of the Rundown and the first session where the TA action hasn't been very high. In this session she took responsibility for not allowing herself and others to flourish and prosper and realized she really hadn't had the idea that one could flourish and prosper. She realized why this was and that she could.

On the two way comm on how the future seems for her after the Rundown she said "CLEANER--THE MIST HAS GONE OFF THE ROAD" F/N "I CAN SEE WHERE I'M GOING!!!!" F/N

She ended by saying "THIS IS A TERRIFIC RUNDOWN AND EVERY ONE SHOULD HAVE IT!!!!!"

She ended in enthusiasm about the whole cycle which was a big change of tone level.

At this point the auditor suggested the tests be done to see what changes had occurred and then if all OK to have her attest. Before the tests were complete and the attest done the Pre OT keyed in a head somatic therefore a review session was done and the result was that past auditing BPC had been restimulated by going past the point in the Rundown where the Pre OT felt that she had EP'd it (about 2/3rds through it). This occurred even though she had felt OK about continuing at the time and still was glad that she did. The specific BPC was located (An Int Rundown which was done when it wasn't needed). She was then VGIs and felt good about having EP'd the cycle. (Note that the HRD was not overrun, An earlier overrun had been restimulated )

TESTS WERE COMPLETED:

OCA - 7 points went higher. The biggest increase was on the lines RESPONSIBILITY, COMMUNICATION AND HAPPINESS, C,D,F and H were all also up I remained the same and A and E were very slightly down but still in the desirable area.

APTITUDE - went up from 69 to 78.

LEADERSHIP - went up,

IQ - remained at 128 but had risen from 119 to 128 after PURIF.

THE FOLLOWING ARE REPORTS OF OBSERVATION:

A FROM HER SENIOR:

"I wanted to tell you that there has been quite a change in her tone level and communication level. In her written comm there is a lot more said and it has more affinity in it. She has also gotten rid of a victim thing she used and is much better to handle as a result of this, She is also much happier."

B. FROM HER JUNIOR:

"She continues to be more uptone, more of the time. On Sibs she was more talkative and less tense than previously. She has always had high ethics standards since I have been working with her from my observation. She has always taken responsibility for her entire post and does whatever she can do to make it go right. She does tend to be tense and serious about

things but definitely recently has been more relaxed and seems to enjoy life more. She has mentioned that she enjoys the auditing.”

#### C. FROM HER AUDITOR:

“The Pre OT in addition to the changes noted on the auditing reports changed considerably in life. She became much less tense and much more pleasant to be around. She started putting lipstick on and looking much smarter. She got into comm with me much more at meal times and generally acted much more uptone. Her responsibility level changed a lot during this Rundown by my observation and it is interesting that this line on the OCA had the biggest improvement “

THE AUDITOR ALSO EXPRESSED A GLADNESS THAT SHE HAD THIS ACTION AFTER OT III AND BEFORE DOING IIIX AS HE THOUGHT IT WOULD HELP GREATLY IN THE THOROUGHNESS WITH WHICH SHE WILL NOW DO OT IIIX WITH MORE AWARENESS AND REALITY.

FOLLOWING IS HER OWN SUCCESS STORY AFTER COMPLETING THE RUNDOWN:

“This is a truly beautiful Rundown! I FEEL SERENELY HAPPY AND I KNOW MY AWARENESS HAS LEAPT TO A NEW HIGH,

“I can not recommend too strongly that all persons have this Rundown,

“My warm thanks and appreciation to my auditor, the C/S and of course to LRH “

TOTAL TIME: 10 hrs 57 mins

#### HAPPINESS RUNDOWN CASE HISTORY NUMBER 15.

Case Level: Clear, Gr IV Expanded, had done the Purification Rundown The pc had had Objectives (not SRD) and DRD He had not read “The Way to Happiness” Booklet prior to being audited on the Rundown

First Session: Time - 1:31 TA - 5.6

The pc got off a number of false data about morals including “turn the other cheek”. He also went whole track to discover the source of some of the false data he was given, He line charged on discovering that the main attraction he had for a certain girl who transgressed against the precept of take care of yourself, has been a warped twisted false datum, and cognited that he and she were totally different.

At the examiner the pc stated “I was quite blown out. One session is almost half a grade.” (F/N, VVGIs) Auditor commented after session that the pc’s skin color changed to pink from sallow.

Second Session: Time - 1: 32 TA - 3. 3

Early on in this session, the pc blew the valence of “a slave driver” whose valence he took on in another lifetime, On recalling an incident of killing someone (whole track) the pc cognited: “That’s fascinating. There’s a lot of charge involved in killing people actually. That whole lifetime was charged. I was an assassin,” The pc commented later in the session: “This is very interesting processing. It strips false data, confusions and out points in life. It’s in a class by itself.” (Laughing) Finally the pc blew an aberrated stable datum that work and production have a higher priority than sleep. The pc was very happy and had a big win on it. The session was ended and the pc commented “Great Session, It keeps getting better and better,” At the

examiner the pc said "I finally located a source of trouble I've had for quite a long time. Really nice."

Third Session: Time - :46 TA - 8.0

The first precept was completed in this session and this is what the pc had to say about it: "I thought there was conflict with other dynamics, but now I see that it dovetails. I thought they were mutually exclusive. (Laughing) It's actually taken the effort and think out of the subject, Any confusion is gone. I'm cleared on that precept."

The second precept was then taken up. On taking up "harmful drugs" the pc had no interest in the area of drugs and stated that the area was totally handled on the Drug Rundown, and that he had nothing on drugs whatever. The auditor ended off at that point to get the folder C/S'd, At the end of the session the pc said "Glad we finished the first precept; that was great." F/N VGIs.

Fourth Session: Time - :37 TA - 3 0

This was a short session. The pc's ruds were flown and some upset concerning a chaplain's court came off, The precept "Do not take alcohol to excess" was then read and the pc originated that this had already been covered in his Drug Rundown, but he was willing to give it a shot. The precept was run, the pc demonstrated little interest in running it and protested. The auditor comment after session was that he thought a better procedure would be to get off of no interest areas when encountered.

(The auditor was actually complicating the Rundown by cleaning cleans and various additives and then proposed an unusual solution of skipping bits of the Rundown, presumably to make up for having cleaned a clean or overrun an F/N on an earlier question.)

D of P Interview

A D of P Interview was C/Sed for because little was known about the Chaplain's cycle the pc had been involved in

It turns out the pc had been upset over the findings of the Chaplain's Court. He was also B'Ding on "not moving on the HRD" and on "the auditor poking into areas where there was nothing there", The pc really wants to get onto Solo and has felt stopped and has charge on this.

C/S Comment: Dangerous to let this pc C/S for himself (I mean to go along with his self-C/Sing). The Chaplain's thing is heavily charged, but he brushed it off in Ruds in the last session. There's some kind of case assumption resulting in him feeling almost insulted if something is charged and run vs. he wants auditing.

Fifth Session: Time - 1:43 TA - 15

The pc was given an L1C on the Chaplain's court then an HRD Repair List to clean up his by-passed charge. What turned up on the HRD Repair List was that the pc had wanted his solo set-ups and had been rebuffed. The pc cognited that this was like an inval and a make wrong and he created BPC every time he got in session

The auditor continued with the 2nd precept (be temperate) and it was completed. The auditor went on to the next precept and the pc had several false data come off on the subject of promiscuity. Auditor comment after session: "Went very well. Pc had nice wins. Is in session again."

Sixth Session: Time - 1:28 TA - 4.0

In this session the pc blew a Ser Fac on being unfaithful because his spouse was unfaithful. Also had a good cog that out 2-D ruins people, groups, societies and that it was a most aberrated area.

Auditor comment after session: "Pc in session and getting wins but not much TA, and the needle is sluggish much of the time." C/S reply: "Your concern is undue. The whole Rundown will change the case (and thus the meter characteristics) rather than a session. To do anything about it now would violate C/S Series 43."

Seventh Session: Time - 1:08 TA - 7.1

The pc had some good wins in this session, including a big win in discovering that he had been ignoring the truth by dreaming. He said that he felt like a lot of his life was spent not confronting, a total cop-out. The pc then later cognited that he had taken on the valence of his best friend, a theetie-weetie dreamer, after he had committed the overt of stealing his friend's wife. The pc's statement at Exams was: "I really hit my item from way back when. Almost like hitting basic." TA action was much increased in this session. Auditor comment: "We hit a hot one." The auditor also had a realization about the Rundown: that the pc's ruin will come up and get handled somewhere in the precepts.

Eighth Session: Time - :44 TA - 4.0

Pc doing well. He had some good wins. Pc comment at Exams: "I had a really great session. It's really quite amazing."

Ninth Session: Time - :37 TA - 3.7

Lots of no charge questions but the pc didn't mind. Pc blew an aberrated stable datum which was that someone else would do it (when something needed to be done). At end of session pc says: "It keeps getting better and better." At Exams: "I got really blown out as usual. It quite effects your life and livingness."

Tenth Session: Time - 1:28 TA - 12.5

In this session the pc got off various pieces of false data and O/Ws on the subject of stealing, and cognited that when something of yours is stolen it is the mystery of it that sticks you, not the theft. And later he cognited that stealing was out exchange, but one really ends up paying for it in the end.

After reading the next precept (be worthy of trust) the pc realized that the reason he was having trouble with the group he was working with was because of distrust. He didn't trust the others and didn't feel trusted. And that shatters confidence. At the end of the session the pc said "Great session. I think we've got more survival potential here." At Exams he said "Actually I had a fantastic session as usual."

Eleventh Session: Time - :21 TA - 1.5

The pc blew a Ser Fac "purpose is senior to obligations" that he had used as a justification for not fulfilling obligations.

He also had a very big win in this session and cognited that he created a sit where another was obligated to him. His cognition was: "An obligation is like a big weight, a mass that can make one unhappy. You can do someone in by getting them to be obligated to you." The session was ended on a persistent F/N and the pc's final comment was: "The HRD has changed a lot of my viewpoints. It got me to confront things I never would have confronted. It has taken the barriers out of life and livingness. it's quite incredible. It handled all my PTPs. It's pretty powerful tech."

At the examiner the pc had this to say: "It was a pretty incredible blow-out. It sort of changes my life."

The auditor comment after the session was: "I don't know if it's apparent from the worksheets but he's really changed on this Rundown. It's like I'm auditing a different pc."

The pc was so exuberant for some time after his session that he couldn't get down to work. So he made this exam statement: "I'm still line-charging like crazy. I couldn't get down to work. 'Obligations' was quite a blow-out. I can't believe it. It's been out all my life! It's basic. I can't hold it back anymore. It's incredible!!" (Laughing)

Twelfth Session: Time - :48 TA - 8.7

Pc was allowed to have his win from the last session and this session followed 3 days later.

In this session a number of false data on the subject of work and industriousness came up and were blown. The pc's comment was: "It's incredible how much false data one has."

The pc was blowing by inspection some of the time and the needle was now surging per HCO B 10 Apr 68 NEEDLE REACTIONS ABOVE GRADE IV.

Pc statement at Exams: "Had quite a few insights."

Thirteenth Session Time - :53 TA - 1 5

Some false data and aberrated stable data came off on the subject of learning. The pc said "Running this precept handled a massive layer of aberration that I've been hiding behind as a stable datum for some time."

At the end of the session the pc said "This Rundown is incredible. It's much more than a grade. I had a fantastic session. It's getting better in huge increments. It's indescribable as far as getting massive whole track charge off." The pc's statement at Exams was: "Sometimes it's hard to survive in a body like this when you're so keyed out like this. Feels like being in a different universe altogether."

Fourteenth Session: Time - :36 TA - ?.4

The pc discovered some false data on the subject of others' religious beliefs and then on the subject of the "Golden Rule". He then volunteered that he went exterior and said: "It's incredible. I went pretty far from the body. This false data is incredible. It creates weird viewpoints and valences. It's really harmful. The datum that "no-one is really good" could really screw you up. It casts suspicion on everyone. You wouldn't be able to trust anyone. You'd isolate yourself and belong to no one. False data have been a barrier to myself and to everyone else. It's very incredible; all on false data. You can go down the downward spiral on one bloody idea." The session was ended at this point.

Fifteenth Session. Time - 1:07 TA - 3.1

The pc had some stuck flows unstuck in this session and line charged as the charge came off. He had a good cog on how considerations change living and that you have to be willing to give and receive the virtues. The pc then said: "Now I can see why it's called the 'Happiness Rundown'."

The session was continued until the pc made the following origination: "I feel like my whole universe has changed. There's been a whole shift of viewpoint, being unstuck from old anchor points and an enormous expansion of anchor points and viewpoints. I feel more alive and quite contented to say the least. It's just incredible. I feel stronger too. I have more

attention and beingness. It's been a fantastic session. Incredible. It's the most powerful Rundown known to man."

Four hours after the session, however, the pc red tagged with the following statement at the examiner: "I had a good session but one half hour later I turned on a headache and my body feels sick and it feels like I have a temperature."

The C/S comment to this was: "Note that early in the session on step 20-5 the pc started running into times when the opposite had occurred, i.e. when people had not treated him that way. This is restimulated, but bypassed charge."

Sixteenth Session: Time - :34 TA - .4

An HRD Repair List was done. The pc had some BPC in the form of cogs he hadn't mentioned and some inval which were cleaned up. The pc got some relief from the repair list, but was not fully VGIs.

Seventeenth Session: Time - 1:01 TA - 6.3

The auditor was given the following C/S to do:

1) R-Factor the pc: In your second to last session the auditor asked you to imagine being treated fairly and you thought of some unfairnesses that were in the road of doing this. It is possible that charge was bypassed on instances of being treated unfairly and wasn't handled. Is there anything you'd like to say about that? (Let him itsa. Take it earlier if necessary.) 2) If pc not fully handled on above do an L1C--"In your recent sessions. . ." 3) If pc VGIs, continue with the HRD, and if not, do a C/S 53 Method 3 and handle

The pc was given the C/S R-Factor and said "That really indicates. (LFBD) Fantastic. That was it." (Line charging. Pc beaming. VVGIs )

The HRD was continued with some good wins for the pc in the session. And at the end of the session the pc commented: "It's almost impossible to contain myself. My cup runneth over."

Eighteenth Session: Time - :26 TA - 2.1 g

The Rundown was completed in this session. This is what the pc had to say about it: "I'm happier and more comfortable. I have more attention on the future and on PT instead of the past. Life is more of a joy and less of a problem. (Beaming) Bloody fantastic Rundown." F/N, VVGIs.

The pc made this statement at Exams: "Quite a huge quantity of charge-quite unbelievable--in such a short time."

The pc was sent to declare and this is his success story: "The HRD is quite beyond description as to the magnitude of gains one can derive from an auditing action.

"My viewpoint on life, survival and happiness did change very much, in fact several times to a point where I am very stably happy and quite content and very much enjoying life and livingness.

"I am most certain that this is the most powerful Rundown or auditing action I've ever had to date and produced the most spectacular gains I've had.

"My thanks to Ron, my auditor, and the best C/Sing on the planet as I am not the rotten same!"

TOTAL TIME: 17 hrs 20 mins

His OCA changed during the Rundown. The graph showed that he had shifted in valence. The graph had a considerable rise on the G trait.

This is an observation report from someone who works with the pc:

"I have worked with him for about a year. He was quite difficult to get along with at times. As a matter of fact, I did not like working with him. He seemed to exude enturbulation.

"I was very pleasantly surprised when I talked with him after he finished the HRD. He did not have his former "make wrong" attitude. As a matter of fact, he was very pleasant and relaxed, We had a pleasant conversation and I was relaxed and enjoyed talking to him. He has transformed into a very pleasant person. The old intense looks and flows, the ridges are gone, The intense need to be right in spite of all other viewpoints is gone,

"Believe me, this is a very welcome change. He is a pleasure to be associated with, and I have had similar comments from others in our group. The HRD truly changed him 180 degrees. I have never seen such a profound and fundamental change in a person before."

This is an observation report from someone who works with the pc:

"I have known and worked with him for about 3 years. I have to say that I've noticed a very abrupt change in him, He's sane, He's a safe person to be around, This is a tremendous turn around from what was going on before (just a couple of weeks previous), He was the source of many instances of enturbulation which he's turned around 180°, He's one of the most helpful people in the area right now. What can I say--it made an absolute angel out of a real devil,

"I have never in my life seen such a total case improvement as I saw in him,

"It's incredible, "

This is an observation report from someone who works with the pc:

"I have noticed that he is much higher toned--easier to talk to and easier to get along with"  
This is an observation report from someone who works with the pc:

"He has changed quite a bit, His confront is higher, His comm line is much smoother. Many items that he used to ridge on aren't evident any longer. His tone level is much higher,"

This is an observation report from a close associate of the pc:

"He has become much more real is the noticeable difference, His comm is much more friendly really and you feel him there instead of a pretended friendliness, His attitude and actions are more helpful and voluntarily so. A lot of ridges seem to have disappeared and he's more comfortable to be around, He's less disassociated, less individuated, and less make wrong, It's quite a remarkable change in flows and is very noticeable not only to myself, as it's been commented on enthusiastically by at least 3 other persons who've been in close association with him,"

## HAPPINESS RUNDOWN CASE HISTORY NUMBER 16.

Case Level: Pre OT is OT 6, has had Purif, objectives and expanded grades. The Pre OT had read "The Way to Happiness" prior to receiving the Rundown.

First Session: Time - 1:05 TA - 2.0

Pre OT comes into session with all ruds F/Ning.

On reading the first chapter of "The Way to Happiness" Pre OT cogs: "Yeah, survival isn't u barely existing. You'd also expand being alive to being really alive--it 8 not just your cells keeping moving."

Pre OT spots that he was taught to just follow the rules without any self determined rightness or wrongness from the Catholic Church in 1879-this blows on inspection.

Pre OT blows the datum "all must consider others first" (from an implant)

Pre OT originates "It's interesting how he didn't put into the code absolute things like 'always tell the truth', , . This moral code is something you can live by--it's not that you must be perfect". Pre OT is F/Ning widely and is VGIs.

The session is continued and Pre OT brings up the Catholic code and the implants and says "Being a hip Jew liberal was the flip side of having all those rules. In between those two points is where sanity lies. I really like LRH's book!"

Second Session: Time - :36 TA - .8

On the precept "take care of yourself" he spots that Hiroshima happened when he was born and from that he learned that it didn't matter if he took care of himself because he'd be blown to smithereens anyway Pre OT is F/N VGIs on this.

Some additional false data is blown on this precept. Not a lot comes up Pre OT F/N's on saying that he's totally in agreement with "take care of yourself".

At end of session Pre OT originates the following: "I've got the bit on 'take care of yourself'. There's a lot of questions on take care of yourself--with all the sub sections we've handled the precept. I had a pretty big win on reading the booklet and don't feel I have a lot of false data or OOV-ness that would keep me from agreeing with that booklet. It is eminently sane to me I think I am enough in PT that reading the book blew things and made things click and just studying it things aligned and I don't know if I need actual auditing on it. The subjects aren't heavily charged for me I can read the book and go 'Wow, this makes sense and that makes sense, yes, yes, that is prosurvival'. Basically the subject of morals and ethics converged and they are the same. The precepts ~ the greatest good for the greatest number of dynamics so you keep promises, are trustworthy, (mentions several of the virtues). So I feel real great having read the book and if anything I'd just like to read it again." Pre OT was F/Ning throughout this origination and the session is ended at this point.

The auditor's next C/S (which gets not-okayed by the Senior C/S) is as follows:

"1) R-factor him that he may retread 'The Way to Happiness' booklet and let his auditor know when he's done that

"2) Fly a rud if no F/N. (when done with #1)

"3) 2WC 'Do you anticipate having any difficulty applying any part of the moral code contained in the booklet,'

"4) 2WC 'Do you anticipate having any trouble getting others to apply any part of this moral code?'

"5) 2WC 'How does your future seem to you now compared with how it was before this Rundown?'"

The C/S okays this C/S but the Senior C/S writes a new C/S as follows:

“In the HCO B. LRH points out that people getting the Rundown ‘may already have gotten a bit of a ‘send’ out of reading it. This will have to be taken into account in the pilot’.”

The following R-factor is written for the Pre OT:

“Thank you very much for your honesty regarding the pilot. Please write up any gains, wins or cognitions you had from reading the booklet.”

The Pre OT writes up the following “Gains and Wins from reading the booklet”:

“I felt really good reading the ‘take care of yourself’ section. It was somehow very validating to read precepts that would really aid my survival and not just others survival or ‘God’s survival’.

“The precept about not doing to others what you wouldn’t want to have happen to you brought over to view of being loud or obnoxious or sassy, little overts of acting in ways I wouldn’t want others to act towards me.

“I felt real clean and like I had a fresh slate just in reading the booklet. It seemed real ‘obvious’ and simplistic at first but as I read I really appreciated it as a very sane, survival moral code. It gave me stable datums and made me feel I could lead a good clean life by following it

“I have always been interested in Buddhism, ‘higher states’ etc. and this always leads on into a study of correct conduct and trying to act that way. I realize as I write this that correct conduct has at times become a tech in itself and later an end in itself due to the fact that we have never before had auditing tech.

“At any rate I had other wins on individual points of the booklet which I can’t remember, and my biggest desire right now is to review the booklet as there is too much wisdom there for me to remember to my satisfaction on just one time through’

Eight days later the Pre OT has re-read the booklet and makes the following statement to the examiner: “So I finished reading the book and it’s great and fantastic data--makes a lot of sense and in its own simple brilliant way is equivalent to a great work named “The Way”--a great work a real great work and I don’t feel I need to do any more and rereading the book confirmed it. Really liked reading it”. Pre OT is F/N VGIs on this.

The Senior C/S writes the following C/S:

“I haven’t seen any statement of an EP or possible EP on him. I do know that some specific questions were overrun past their F/N, and it’s possible that this was generalized into ‘whole Rundown O/R or unnecessary’. He’s better as a result of what he’s had, but no EP, and sounds like he’s in a valence(s), Also compares it to an earlier book/earlier practice.

“1. R-factor: ‘Thank you very much for your report on reading the book to Examiner. We’re pleased with what you got out of it. For the purpose of this pilot we need to establish the exact steps on handling pc’s generally who have read the booklet,’

“2. Rehab the main win from reading the booklet, (TWC to get what he considers main win and if no F/N, rehab it to F/N,)

“3. TWC. ‘Tell me about the earlier book you mentioned called ‘The Way’. Rehab any major win from that book to F/N.

“4. Indicate: ‘In the sessions you had, some questions were overrun past the F/N on that question, especially the S/Wire handlings.’ (If no F/N, rehab specific O/R questions.)

“5. Assess and handle HRD Repair List, Method 3.”

Third Session: Time - :35 TA - .5

After the R-factor the Pre OT originates that some of the questions that were run on the first precept weren't charged.

He says his major win on the booklet was: “Has to do with providing a stable datum in the physical universe in black and white, a code that you could really follow--a sane moral code. I felt really good that such a thing existed and LRH was such a wise man. Was really good feeling just the fact that it was there.”

Pre OT then originates a W/H that he's stopped studying the HRD materials (he was training up to audit it on the pilot) because after he had his wins his interest in auditing others on it waned and he just wanted to give people the book and let them read it and then see if they needed any auditing on it.

The book “The Way” is 2WC'd and Pre OT takes on a dreamy, serene aspect (out of PT) while discussing this. He starts talking about “The TAO” (“The Way”) and that he was into it in an earlier lifetime as well as this lifetime. In the middle of this he says “something just lifted off telling you. You can spend lifetimes trying to follow “The Way”--the booklet is great because it isn't compulsory. If you followed “The Way” it would be a real nightmare if that were the only way you could go free and there was no auditing. It's a real trap. This moral code is a way to be happy. Something really blew on “The Way”, some former entrapment.” Pre OT is widely F/Ning and VGIs.

On the HRD Repair List reads on O/R F/Ns, uncharged questions run and false reads are taken up and handled to F/N. On the question on inval of the Rundown he says he invalidated the Rundown because of the wins he'd gotten out of the book and that 500 questions of FDSing wasn't the right action for his case. He says that it would unfairly take up an Org pc's time to run it on them, etc. Then he says that what he wanted to do next (prior to HRD coming out) was the OT DRD and NOTs. When he saw that the HRD was “just FDSing” his interest lagged greatly.

On “Say or ask” he again mentions about blowing something on handling “The Way” and feels he was brilliantly C/Sed and feels totally repaired on the Rundown. Pre OT is exterior and VVGIs.

Senior C/S comment and instructions:

“He was stuck in an earlier practice (“The Way”) now keyed out, and he's stuck in drugs. (Too much attention shift from drugs to do HRD.) HRD doesn't then parallel the mind of the pc. “He's a lot better off though as he got some gains from the booklet and he's out of earlier practices and a good EP for auditing (but not the EP of the HRD),

“Reprogram for OT DRD (no other action until OT DRD is done).”

(Note: Pre OT has had LSD and other heavy street drugs.)

Pre OT is sent to declare his current auditing (or review) complete (but not the HRD as it isn't complete).

Pre OT attests and is R-factored that his next step is the OT DRD.

(Note that his program is now for OT DRD, then the HRD will be completed.)

This is an observation report written by one of the Pre OT's friends:

“(I’m writing this report because I sit across from at meals)

“I didn’t realize had been getting the HRD--but I have noticed over the past several days that he seems calmer (not ‘wired’ up as used to be) and a bit easier to get in comm with, It’s not a HUGE change but noticeable enough that I did take note of it several days before I was informed he was getting auditing. (This may have been as much as a week ago.)

This is an observation report written by the Pre OT’s auditor (also a friend and associate of the Pre OT):

“He is better behaved than before the Rundown. He used to be a sort of loud-mouth and tended to blurt out whatever was on his mind--you could notice this at Org musters where he would make announcements that were rather loud and flippant or make comments on things in this manner, Now he is much more social--i.e., more appropriate, considerate behavior and not real loud (over-loud). He is more pleasant to be around on a 1 to 1 basis because of these changes too, He is cleaner and more neatly dressed also, he seems calmer and more orderly and organized.”

These are the results of the test scores on this pre OT, before and after:

|            | BEFORE | AFTER |
|------------|--------|-------|
| IQ         | 144    | 148   |
| APTITUDE   | 71     | 57.1  |
| LEADERSHIP | 63.37  | 70.03 |
|            | 43.39  | 50.05 |

|         |                             |     |    |
|---------|-----------------------------|-----|----|
| OCA     |                             |     |    |
| Trait A | (stable)                    | 62  | 36 |
| Trait B | (happy)                     | 100 | 78 |
| Trait C | (composed)                  | 26  | 26 |
| Trait D | (certainty)                 | 52  | 72 |
| Trait E | (active)                    | 93  | 93 |
| Trait F | (aggressive)                | 93  | 96 |
| Trait G | (responsible/<br>causative) | 82  | 28 |
| Trait H | (correct estimation)        | 84  | 78 |
| Trait I | (appreciative)              | 46  | 2  |
| trait J | (comm level)                | 98  | 98 |

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