

USES OF VALIDATION PROCESSING

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Handling Self-Auditing and Chronic Somatics

Self-auditing is a tremendously dangerous, highly aberrative, depressing practice which many preclears fall into, and out of which they do not easily walk.

A man can go around auditing himself on phrases, and his sense of reality gets lower and lower; sometimes his sonic will turn off and his visio shut down, and his track becomes nothing but entheia from one end of it to the other. I wouldn't make anyone start self-auditing; I wouldn't really do that to anybody.

The funny part of it is that the fellow who is built out of solid granite, after he has been at it for about a year and a half, has some slight possibility of getting enough anaten and enough phrases off his case to knock out some of his chronic somatics. But he will have put himself lower on the tone scale.

I know of a case which self-audited for one year; at the end of that time he was able to force himself to repeat the phrase as many times as necessary in order to reduce it, but he was worse off mentally and physically than at the beginning of that year. A whole year is a long time for anybody to self-audit. In a month of self-auditing your preclear can so thoroughly louse himself up that you as an auditor may take two months to straighten him out. It is very serious.

You don't stop people from self-auditing simply by saying to them educationally "It's very bad. You must not do it." That won't stop them. They have triggered into some kind of a phrase that tells them they have to do it themselves and so on. There are all kinds of phrases which can cause self-auditing. These phrases get triggered and the next thing you know, the stuff starts piling up; they are up and down the time track and then one day they strike a grouper or something like that, the track collapses and then they audit phrases at random. The phrases are always available in present time.

When people start this there is only one reason for it. I am talking about the mechanical aspects of it when I say there is only one reason for it.

A person has a reactive and an analytical mind. There are two ways his attention can go. There is the interior world—the world of the time track, the world of memory, the world of perceptics—and there is the exterior world, the world of the environment and of present time. Which way is the person going to go?

The analyzer is mainly dedicated to resolving problems in present time out of collected data to solve the future or present environment. That is what the analyzer does.

The reactive mind is solely concerned with the prevention of pain, bluntly, and past pain is supposed to keep an individual away from certain present time environmental things. Left in balance to some degree, a person can pack around a lot of engrams and still be successful. The second we begin to really restimulate this interior world, though, something happens.

Here we have a matter of where the attention is focused. Are this person's attention units devoted to the exterior world or are they devoted to the interior world? In order to be devoted to the exterior world, they have to be in present time. In order to be devoted to the interior world, they have to be back on the track. Obviously, a person is back on the track in the environments of yesterday when he is interiorizing, or introverting. He is back on the track. He can latch up more and more and more attention units back on the track, and he can really fix himself up; or an auditor can do that by running him halfway through this engram and halfway through that

engram. This is the corny idea of “getting him restimulated so that you can find an engram to run.”

The person will be back there looking at an interior world; his attention units are back on the track, so they will be devoted to yesterday. They are not remembering into yesterday; they start running into yesterday. And the exterior world gets neglected. The analyzer is then not up high but is operating very, very sub-optimally.

You want your preclears extroverted. Don't get them worrying about what happened to them just so you can do a job of processing on them. In other words, don't stir them up and introvert them just so you can find more engrams. If you could pull the trick of keeping your preclears extroverted continually, you would have well preclears.

A somatic turns on when attention units are fixed upon an old injury which causes that somatic, and they are fixed upon the time that injury took place. We are right there in fundamentals, basic fundamentals. The attention unit is back at the time he was two years old getting his leg broken, so he has a pain in his leg. Also, the aberrative content, the phrases, the perceptics and so forth are being viewed by the very attention units, evidently, which are viewing the pain in the leg.

Now, it so happens there are two sides to this. There is the one concerned with aberrative content as far as thought is concerned, and the one concerned with aberrative content as far as MEST is concerned—the two sides of the organism, theta and MEST. The theta can be aberrated or the MEST can be aberrated. When the MEST is aberrated you have physiological upsets, you have physiological somatics. When the theta is being looked at—viewed interiorly—of course you have mental aberration taking place. These are two sides of the organism—theta and MEST.

When theta gets enturbulated it drives against the computational devices of the mind that such-and-such has got to take place. This is the anatomy of an engram. If it can't do that anymore, if it can't drive out, then, theoretically, the somatic is there to force it. If the entheta side of an engram cannot be expressed on the thought level, then the enMEST side of the engram tries to force it to be.

When a person is a little bit interiorized it means that the entheta side of the engram is operative. But suppose the environment drives harder, forming up a lot more locks and so forth about the interior environ—in other words, refuses to let this person dramatize the engram, refuses to let that entheta thought pattern take place. The environment says no. The engram says, “You can't eat.” Obviously, in the environment, he has got to eat, so he keeps on eating and the entheta side of the engram keeps getting kicked back. If it gets kicked back thoroughly enough, it comes right on over into the enMEST area and turns on the somatic. That is basic theory on it.

In other words, in order to get this chronic somatic off, you have to get the attention units first off the enMEST side of the engram and then off the entheta side of the engram and into present time.

Now, there would be more ways of doing this, more ways of skinning an engram than one.

We have the entheta side of the engram. There is merely enturbulated theta over on that side. The guy comes down the tone scale to a point where he is resonating at the level of the engram, so he starts thinking in its level, and then the environment won't let him think that way and the enMEST turns on—in other words, the somatic turns on—and he has a chronic somatic.

Bad auditing will do the same as the environment. He is trying to express the thought, he can't express the thought, it gets all snarled up computationally and the somatic gets turned on. You as an auditor are sitting there and the next thing you know, you have a chronic somatic turned on by auditing. You can do this. Or you get an engram that isn't ready to reduce—it is too

overcharged and nothing can be done about it—so you go away and leave it. If this happens to the preclear too often, he will get a whole series of somatics.

Certainly, if we use this postulate of introversion and extroversion, we start to get results. What you want to validate on this case is present time and the analyzer—reality, affinity, communication. This not only picks the person up the tone scale but extroverts him, and extroversion of the preclear is tremendously desirable. Introversion of the preclear occurs at those times when the interior world has so much threat and enturbulence and menace in it that when the attention units go back to take a look at what is happening they then don't leave.

This is a self-auditing case. But a self-auditing case has introverted to an exaggerated degree, even more exaggerated than the usual introvert. It is a tremendous exaggeration of introversion.

How do you cure this person of self-auditing and cure him quickly? Validation Processing will do it. All you do is start picking up analytical moments on the chains presented by the file clerk or analytical moments on the chains of his chronic somatics, and keep running those analytical moments and keep him from going into the entheta and the somatics which turn up. In other words, don't start re-auditing him on an entheta-enMEsT basis; keep auditing him on a theta-MEST basis, and the next thing you know, he will extrovert. It is something that happens almost suddenly. He will extrovert and he will stop this self-auditing! You just get the chains and scan or Straightwire the theta moments of those chains. You want the analytical moments on those chains.

As an auditor you are going to have a hard time with this person at first. You will pull up a little tiny erg of theta and it is going to go right into that enMEST, and you are going to have to pull up another one and another one and another one, and all of a sudden you will start to get this chain in some kind of shape.

The chain itself has been turned inside out by the breaking of dramatizations of engrams. You turn it around, outside in, again.

That is what you are doing. You are turning on the analytical side of the chain and you are turning off the reactive side of the chain. When the reactive side of the chain is on, the person is introverted. When the analytical side of the chain is on, he is extroverted.

Now, I have been asked whether a person could do this on himself—self audit this Validation Processing. It won't work, because if all the theta this fellow has is being attracted into his enMEST continually, think how much less chance he has of keeping that theta out of the enMEST if he does not have an auditor and the group theta body which is present between the two. If he doesn't have that, then every tiny little bit of theta that he gets up just goes right back into the entheta.

This is why your preclear can't remember happy moments. Actually, he can remember happy moments, but he may remember them only for a millisecond—not long enough to record the fact that he remembered them. He can remember a happy moment, but then it is gone.

The more minute the quantity of theta is and the more massive the quantity of entheta, the quicker that theta will dive into the entheta. Or vice versa: the more massive the body of theta and the more minute the body of entheta, the quicker that entheta will try to dive into the theta. Of course, that is a fatal dive; the other is also a fatal dive.

So there is your modus operandi. I want you to fix that well in your minds because there are too many preclears walking around who are self auditing, and I imagine there are even some auditors who do self-auditing.

Now, the case of the chronic somatic is really no different. The chronic somatic means that some chain of aberration on the case has been turned inside out, or introverted. A single chain has been introverted so thoroughly that not only is the entheta flattened down but the somatic

itself is on. This means that it must be a pretty thoroughly turned-on chain. It is up to you as the auditor to find out what chain the chronic somatic lies on.

You may find that the chronic somatic has four, five or ten chains, each one furnishing a portion of it, the somatic itself having restimulated some other chain. So what you do as an auditor is take these chains and by Straightwire or Lock Scanning run them one by one on theta analytical moments until you get each piece of them extroverted.

Each chain has two sides. Every chain has two sides. It is an unlucky chain indeed which has minimal analytical and maximal entheta, maximal reactive. That would be a rough deal, and that is a rough deal to turn inside out. But in a case like that what you do is work other things on the case and other related material until you finally do get up enough theta to knock the whole chain out of restimulation.

Knocking things out of restimulation is a very, very important step. Here at last, with Validation Processing, we may have a very good technique for that. I hope it will hold consistently and I certainly want your data on this from the field so that we have a greater volume of data than we have now, because the data is not as great as it should be. We have only checked it on about fifteen cases. It is keeping up with a kind of consistency, though, so that you can just extrapolate it on out.

I know this technique turns off self-auditing and I know additionally that it will sure pick up tone, and I know you can pick up tone high enough with it for the whole case to collapse. You can watch a preclear go clear on up the tone scale—and he is really up the tone scale—then all of a sudden he dives back down.

By the way, with this technique you are doing black-and-white, Aristotelian two-valued logic. For instance, if you have a chain of rejections, you run all the times the person was accepted. You accentuate the positive.

Now, the chronic somatic lies on a chain. What you do is just pattern Lock Scanning—except you take the reverse, analytical side of the chain. Let's say the chronic somatic is in his left foot; you want to know where this left-foot somatic is. Maybe it is on the birth chain, maybe it is on the broken-glass chain. Where did the broken glass lie? It lay in roads and it was in green grass. So you pick up, and keep consistently to the analytical level, times when green grass was around and was very agreeable. Pick up all the times when green grass was pleasant.

Or maybe you take the birth chain. A birth is a composite chain; it has to do with sex, it has to do with doctors, it has to do with nurses, it has to do with water, it has to do with a lot of factors. You can take any one of these chains, or maybe take every one of them that you can possibly think of that was contained in birth, and turn each part of that wrong side out. Ask the preclear for all the times the doctor was a good guy and all the times the nurses in this fellow's life were nice and all the times when water felt good, and so on—all on the analytical side of it.

You are not interested in pleasure. You can badger the devil out of a preclear asking him to get pleasure, and there he is at 1.1, and he finally confesses to you that he had a little puppy dog one time and it got run over, but it was still alive and he was able to pick its eyes out! That isn't going to get results.

Now, you may run into grief on the chain of the chronic somatic. For instance, a woman may have a chronic somatic that prevents her from carrying children through a whole pregnancy; she has miscarriages.

If that is the type of case you are running, you simply have to keep jockeying the case on its miscarriage chain. There are obviously pleasure moments during pregnancy, there are obviously pleasure moments around and about sex and so on, and this will be all on the same chain. You just start picking up all the analytical side of the chain and keep her on it. She will probably still try to dive in, and she will probably try to cry, and if this case is not too low on

the tone scale you may find yourself suddenly saddled with a secondary that you didn't know existed. Of course, at that moment you would run the secondary if the case was able to run a secondary.

Let me give you that caution again. When a case is at a level on the tone scale chronically—by behavior and so forth—which makes it impossible for him to run an engram or a secondary, don't suddenly essay to run engrams and secondaries when you are doing Validation Processing. Keep your processing where it belongs according to the tone scale; don't change that just because you are using Validation Processing.

Validation Processing can be used on any case. If you can attract that case's attention and get him a little bit in present time, or even if the case is way up the line, you can do Validation Processing. Where it is evidently most efficacious and most effective is up to about 1.5, because that is an area where you can't run much; you can't produce spectacular results.

This whole subject lays to view an enormous experimental potential. There is a tremendous amount here which can be discovered. We know in Validation Processing that, used as I have outlined it, we have produced certain results. We know we can extrovert people, and we certainly can knock chronic somatics out of prominence so they will just dive out of sight; we can do these various things. I have a hunch that it leads a lot further. I think that as we go on and investigate it further we will find more and more angles; there will be more and more procedures, and certain ways of handling certain chains will turn up. We might smoke out a way of turning on grief quickly and easily or turning on the somatics you want so you can run them. There are various things that you could do with this procedure, and we are looking at a pretty wide scope when we look at this. The principal reason I am giving it to you is that it has potentialities.

Standard Procedure turned up last July, the theta-MEST theory turned up about October, and Validation Processing turned up about two months ago. Those are three major advances along the line. There was one more when Chain Scanning of engrams was developed. That was a definite advance. And the fact that people could be run and run on boil-off turned up out of another research project as being of some use. Evidently, you can keep a preclear boiling off, but let me caution you that after you keep that preclear boiling off for a short space of time—maybe three or four months—he will boil himself down to the bottom of the tone scale, unless you extrovert him.

Boil-off is beautiful stuff. You are going to get all kinds of boil-off. Actually, as you advance on a case with this Validation Processing, you can get more boil-off than I have seen with anything else. You can really put him on the back of the stove and let him stew!

For example, in one two-hour session, a preclear was twice started at the beginning of a chain. The first time he got two incidents, two happy moments on this particular chain, and went out. When he came to, he was given the same chain to scan again and found three happy moments and went out—just conked out colder than ice—and that was the end of two hours. There was that much boil-off sitting around on this case!

You are going to get some cases which you will start this type of processing on, with scanning and Straightwire, and you will be able to go along for quite a while before you suddenly begin to get enttheta manifestations or anaten. Evidently, what you are doing is you are not tackling the right chain, but there is nothing wrong with this. You can take some cases and scan pleasure and continue to scan pleasure; I don't know what the case is doing, but you are certainly not on the aberrative line. If you were on the aberrative line it wouldn't work that way, so you shift the line that you are scanning. It is very important to do so.

In all these techniques there is something you should keep in mind: The validation of a technique is whether or not it steadily increases the efficiency of your preclear and his position on the tone scale. That is important. It might not seem important to some preclears but it is really important to keep them coming on up the line. Your preclear may have the idea that the

only thing he could possibly do is run engrams and secondaries, secondaries and engrams, engrams and secondaries. That is all he is going to run for you, and that is the end of that—although you know very well he is not doing well on this. That is just tough.

He has heard of running pleasure moments. Now, there are various ways of running these pleasure moments. Running a pleasure moment is another technique where you start in at the beginning of a pleasure moment and take the preclear through it perceptic by perceptic in an effort to try to do something with his perceptics—just through one pleasure moment—and then you take him back to the beginning and run him through it again just like it was an engram. That is running pleasure incidents and that is not what I am talking about when I say the analytical side of a chain.

The analytical side of the chain includes any time he was analytical about something, and you straightwire that or you scan it. You don't run these as incidents. You could if you wanted to, but if you are going to do that with him he probably isn't able to move that well on the time track anyhow.

There is no limiter on this that I know of beyond the fact that if you find your preclear diving too quickly into entheta while you are scanning a chain you leave Chain Scanning and Lock Scanning alone. You just leave Lock Scanning alone on that case and straightwire him through the incidents, and you will get the same effects. This is slower but you will get the same effects. In other words, don't treat the case more heavily than you should be able to treat it.

All of the emphasis on processing now, as I told you earlier, is bringing them on up the tone scale. That is important to you as auditors—very important.

If you could work only the manifestation of 4.0 you would really be living the life of Reilly. That would be gorgeous. You would never be diving into a lot of restimulative and aberrative material; you would just be bringing the preclear up along the line and so on. It was to this hope—that you could do this—that Validation Technique was originated. An auditor can sit there just so long running entheta out of people before he himself starts to get pretty enturbulated, unless he is getting plenty of processing himself.

We could work it out on the basis of the auditor getting plenty of processing, but very few auditors do get plenty of processing. As a result, there has been a considerable amount of research on my part in order to see what we could do with types of techniques which were not auditor restimulative.

That is one of the reasons for Lock Scanning. That is a very definite benefit from Lock Scanning. The auditor can sit there and he doesn't get fed this entheta hour after hour; he is better off when he lock-scans than when he runs engrams.

It is the same way with Validation Processing. The auditor very much has to be on the ball; he has to be very alert when running Validation Processing on a low-toned person. He has to keep that person communicating with him, because the person may just start on up the analytical moments and then be off into the entheta, and the auditor wouldn't know it. So vocalization is required from the preclear on a lot of this stuff. On Straightwire particularly the auditor has to be continually alert and informed as to what the preclear is doing. But if the auditor is running analytical moments he is handling theta, and an auditor who handles theta could handle it for eight or ten hours a day without showing much wear. As a matter of fact, the auditor himself would probably come up on the tone scale.

I know pretty well what this type of processing will do this far. I hope in your hands that it will increase greatly in efficiency, because I would like to see all of my friends in Dianetics at no lower level on the tone scale than 4.0, chronically.

Now, extroversion has something more that I should say about it. Evidently, from 2.0 down you could say is introversion, and from 2.0 up is extroversion to some degree. You can just compartment that like you can compartment theta and entheta.

There has to be a certain amount of theta available before the individual will attack his own environment. It is sometimes much easier to attack the interior environment than the exterior environment. Have you ever heard of somebody saying “Wait till I get to be a good release, and then I’ll do it”? It is easier to attack the interior environment—after all, one lived through that already—than to attack the exterior environment. So, above 2.0 is where you get attacks on the exterior environment.

It is a funny thing, but theta will change, mingle with and conquer MEST. Theta will automatically do so. You get enough of a theta unit and MEST will move under it; you get enough of a theta unit and it will be attracted over the top of MEST. You can watch this happen. If there is not very much of a theta unit, it is liable to get attracted into enMEST. It will get enturbulated by the existing entheta and it will go into the enMEST. That is not very complicated.

Entheta will turn into enMEST any MEST which it touches; it will, very definitely. You watch what happens to the possessions of somebody below 2.0. In the same way, theta will tend to maintain MEST as MEST and even make MEST out of enMEST.

So there is a correlation between extroversion and handling and bringing order to one’s environment, and between introversion and bringing destruction and upset to one’s environment.

I hope you don’t think I am throwing you a curve there, because that is really true. You get too much introversion and the environment will really break down around the person’s vicinity. His interpersonal relationships, his possessions and all of these other things will start to go to pot almost mechanically. You hardly see any line of reason here at all. All of a sudden this fellow finds himself with this upset and that upset and some other upset—he has become too introverted.

If he is very extroverted, he will collect to himself MEST. He will throw nine tenths of it away, too, if he has any good sense, like the seasoned campaigner who always carries about a ten-pound pack while the rookie always has a ninety-pound one. Theta will attack too much MEST. It has to be checked in its activity.

I am giving you this for a very good reason. Introversion, self-auditing, reactive mind, entheta—these are synonyms, and along with them go enMEST, confusion and the Four Horsemen of the Apocalypse.

If you want to be nicely successful and so forth in your profession of auditing, keep up above 2.0 and keep well extroverted. Also, take your preclears and bring them up that tone scale and extrovert them just as fast as you possibly can. Then you will get your bills paid.

Now, this should alert you to something else, too: All you have to do to boot a person up the tone scale is extrovert him. You have gained half the band of the scale right there. That is a pretty big jump. So you extrovert him; you bring him up into the theta bracket.

But if you want to wreck your preclear real well and fix up his environment so that it will really deteriorate, and fix up your own perimeter so it will too, just let him stay introverted and let him keep on being introverted.

If there is anything that drives an auditor mad it is the preclear who comes in with 995 words written at the beginning of every session of the things he has thought up since the auditor saw him last. He was just sure while he was sitting at dinner last night that he has a phrase that says

. . . And he made a note of it, but when he got home he dreamed this and that and he wonders whether or not . . . And it goes on and on and on—notes.

I kept a series of notes from a preclear one time just out of sheer curiosity, wondering what the volume would grow to. It was tremendous! I just kept throwing them into a drawer and thanking him. That was before I found out that the reason a preclear writes you notes is you haven't got the computation on the case! So I looked back into the drawer and said, "That was a heck of a comment on my auditing on that preclear!"

If a fellow does not have a computation, that means that he must not be very analytical. If he is really analytical he will have a computation on his case. If he extroverts enough he doesn't care whether he has a computation on his case or not! He will go on being audited. You may get the cycle-and-collapse sort of thing where he is feeling so fine for a week that you might not see him, but he will be back.

You don't have to sell anybody on a long-term basis. If you can just work this well and work it well enough, you will find out that you are turning out pretty satisfied-per-session preclears. You are also doing a job of work, and don't think you are not. Now, a lot of you may back off from this Validation Processing even after you have worked with it for a short time for the good reason that it does not have enough blood and thunders in it. That was why I talked to you earlier about the difference between stage demonstrations and actual demonstrations .

This is merely an estimate and is not based on any data of any kind, but I think you could probably produce a good release faster by never touching any entheta. That would really be a stunt.

I haven't processed anybody through the whole run on this process, so I can just extrapolate. But if I started in to process somebody right now on this level I would simply boot him on through, all the way up to the top of the scale.

I would watch those engrams fold up by themselves. I would fill him full of protein hydrolysate and vitamin B1 and watch those engrams fold up.

By the way, there is another little point here. Once upon a time there was this stuff called Guk, and a bunch of south ends of horses going north didn't bother to study this stuff or find out what it could do; they listened to a certain well-known medico who said "Oh, it's no good! I saw a bottle of it once."

Last fall, freewheeling suddenly died. You can put somebody through freewheeling and maybe it does him some good. But a Guk freewheel got the Guk in trouble because the freewheeling wasn't as good as it should have been and because freewheeling introverts the devil out of the preclear. Of course, he is paying attention to stuff all over his body, so it isn't doing him the good that it should. But this has got nothing to do with Guk.

Last fall I wrapped my paws around protein and vitamins again to find out what they could do, and I found out that they would collapse circuit walls that couldn't be collapsed without them. I had to go all the way through this again because of the amount of enturbulence that was thrown at it.

Now we find out in Validation Processing, evidently, that the somatics will clip off, boil off or go out faster when the preclear is on heavy protein and vitamins than when he is not. So we may have found at last and at long length the slot for Guk. There is no long series of cases on this, but I have noticed consistently that you could bring a preclear up to a point without Guk and the somatic would hang up and would stay hung up and you couldn't do anything more about it. But if you then fed him some Guk that somatic would feed and boil on through.

On Validation Processing sometimes you can hardly keep your mind off this doggone somatic. It is somebody who was chewing off your left ear when you were three and you are going

through all the happy times little boys smiled at you. You don't identify this thing, and the somatic is going through just as slow as molasses and you can't do anything about it. Then throw about 30 grains of glutamic acids down your throat and about 100 milligrams of B1, go over this chain again and this somatic just blows out, and anaten comes off when it wouldn't before.

I don't mean to overestimate Guk to you. I am merely saying that it seems to develop and disperse somatics faster, and certainly it gives your preclear enough energy to run. But there is also a caution on it: Anybody who thinks that taking a little bit of B1 and a lot of glutamic acid is the thing to do is asking for a nice case of D.T.'s. The data at hand seems to indicate that lots of glutamic acid and not quite enough B1 will produce nightmares and upsets far in excess of merely taking no B1 and no glutamic acid, and theoretically you could throw a person into D.T.'s by feeding him nothing but glutamic acid. A ratio which is apparently safe on this—and I am not prescribing this, I am merely mentioning it—seems to be about 25 grains of glutamic acid and about 100 milligrams of B1—a good heavy slug of B1. But 10 or 20 milligrams of Bs and 20 to 30 grains of glutamic acid will produce hallucination; it will cut down reality. With enough B. content you heighten reality.

By the way, it seems to be indicated that people can do better Straightwire—it is clearer and the reality level is greater—with enough B1 and glutamic acid. We have it down along the level of about where it belongs. You can do without it quite well and you can do with it quite well, and it is better to have it than not to. But it is not going to, with one shot, produce a clear.

Now, we can use protein hydrolysate in the same way as glutamic acid; glutamic acid is only one of the amino acids, and protein hydrolysate is several of the amino acids compounded.

There is quite a bit of data on this subject of nutrition and so forth during processing. Of course, one of the sure and certain ways to spin a preclear is to reverse the nutrition factor. Just feed him on a little bit of coffee and a little bit of sandwiches kind of irregularly, and go on and process him hour in and hour out through lots of entheta—and then carry him off to the sanitarium. Or keep him up all night long. Or when the guy is so tired he can't even move, and he has a terrific somatic in his elbow and keeps begging you to do something about this somatic because he is disturbed, go into the case and start to do something about it. They will cart him off to the spin bin.

Auditing when a preclear is too tired, auditing when a preclear is too hungry, auditing when a preclear is suffering from any part of malnutrition, is dangerous.

As a matter of fact, your preclear will go around and start getting hungry for things like ascorbic acid and so forth. You should have him take a balanced vitamin ration. There ought to be in it not only B complex, but vitamins A and D in limited, non-toxic doses. There is a whole array of those things that are put together in tablets. These are not important in tremendous quantities, but they are still important. B1 has got to be there, though, by super-super quantity.