

A DEMONSTRATION OF VALIDATION PROCESSING

A lecture given on
27 June 1951

Running Analytical Chains

I want you to try this Validation Processing, very definitely.

I will take somebody here right now who has a light somatic that has been turned on by auditing, and give you a short demonstration.

I'm not going to have him lying down because we are not out for blood.

LRH: Where is this somatic?

PC: It's just kind of general, all over the top of the head. I guess I've been doing too much self-auditing. (laughs)

LRH: Have you been doing self-auditing?

PC: Yes, I have.

LRH: Who started self-auditing with you?

PC: I started myself with it.

LRH: Who started it? (pause) What started it? (pause) When did it start?

PC: Well, I read that paper on E-therapy and I talked to several people about it.

LRH: You remember the pleasure of your reading the paper?

PC: Yes.

LRH: Remember something else you read that gave you a lot of pleasure.

PC: Yeah, I thought of a book I read.

LRH: How about a scientific book?

PC: (pause) Yeah, read the new Dianetics book.

LRH: And what about this book on E-therapy?

PC: That was just a little pamphlet that I read.

LRH: Hm-hm. It talked about what? Fire clearing of the left tibia?

PC: No, it talked about—that probably self-auditing was all that was really necessary

LRH: Sure. Necessary to do what, though?

PC: (laughs lightly) To run engrams out and so on.

LRH: All right. Now, you remember reading this?

PC: Oh, vaguely

LRH: Do you remember reading a pamphlet like it once?

PC: Well, I read the paper on that boil-off technique previous to that.

LRH: Now, let's go way back into ancient history. Remember reading a book on psychoanalysis?

PC: Yes, I've read some of Freudian psychology.

LRH: Did you enjoy it?

PC: Yes, right much.

LRH: All right. Well, let's see. We've got to make up our minds what we're tackling here. Are we going to cure you of self-auditing or are we going to cure this headache?

PC: We started off with a headache. (chuckles) Whatever you want to do, either one. I can probably cure myself of the self-auditing now that I have a little more . . .

LRH: How could you do it?

PC: Well, I figure it probably was this: You talked about phrases having something to do with it in the engram bank. I have some manics about It's up to you, Gary—that sort of thing—and probably I felt that I wasn't making enough headway, quite, and the Foundation—some of the new techniques didn't seem to be quite enough, and that probably it was up to me to explore—help explore these other things, do a little research work on them.

LRH: Hm-hm.

PC: I felt that I was stable enough that I could risk the possible dangers of it; I realized it was dangerous.

LRH: It isn't dangerous, just uncomfortable. Of course, trained auditors are kind of scarce, but out in the society it is not looked upon as being particularly reprehensible for somebody to spin somebody.

PC: Yeah.

LRH: All right. Give Us a flash now; give us a flash: Is there a chain on which this headache is located? (snap!)

PC: Yes.

LRH: What is the name of this chain? (snap!)

PC: Birth.

LRH: Do you have any children?

PC: No. I'm not married—none to speak of.

LRH: When was birth run?

PC: It's one of these section deals. I've run it for fifty hours, I guess.

LRH: How long has the headache been with you?

PC: Oh, off and on for the last several days.

LRH: The last several days, huh?

PC: Yeah.

LRH: All right. Shut your eyes. Let's go back to a pleasant moment just a few days ago, before this thing turned on.

PC: All right. (pause) Want me to tell you about it?

LRH: Sure.

PC: I'm in Hagerstown, Maryland, with two other people that I audit with there.

LRH: All right, when do they mention birth?

PC: I don't recall them mentioning it.

LRH: Do they mention it at all?

PC: Oh, yes. I had preciously run a section of birth in which I rocked back and forth Very heavily from one side to the other and it didn't

LRH: Was it interesting?

PC: It seemed strange to me; I didn't realize that you would do that. And one of the men said, Oh yeah, mine was the same way. I ran a section the same way.

LRH: Hm-hm. All right. Are those people with you now?

PC: No, they're in Hagerstown.

LRH: They are?

PC: I'm looking forward to seeing them again.

LRH: Well, let's run over a few pleasant moments with those people there—I mean a few analytical moments. Okay?

PC: All right.

LRH: All right. Did you see them after this?

PC: Yes.

LRH: All right. Through any analytical moment that you were with them after this conversation, begin scanning. (snap!) (pause) What's happening?

PC: (laughing) I just kind of get little bitsy flashes of different things that I enjoyed with them. I barely just skimmed once.

LRH: Hm-hm.

PC: (pause) I guess that's—I sort of went back beyond that time, too, with them . . .

LRH: Hm-hm.

PC: Earlier times with them.

LRH: All right. Tell me when you're all the way up the line on this.

PC: (pause) All right, I'm up now.

LRH: All right, let's go back to the first time you met them and scan through a lot of pleasant moments with them. (pause) Tell me when you're there.

PC: (pause) All right.

LRH: Present time?

PC: Yes.

LRH: Okay. All the way up in present time?

PC: Yes.

LRH: All right. Open your eyes. Has this headache changed any?

PC: Seems a little lighter. I still have it. It wasn't very strong to start with.

LRH: All right. Shut your eyes. Is there a birth chain of locks succeeding your own birth? (snap!)

PC: Yes.

LRH: Are analytical moments available on this chain? (snap!)

PC: Yes.

LRH: Can we pick up an early one?

PC: Yes.

LRH: Tell me when you've contacted it.

PC: I don't know where I am. (laughs) I keep saying yes. Sometimes I . . .

LRH: All right. Let's see if we can contact an early analytical moment relating to the subject of being born. I don't want the physical pain engram of birth. (pause) Tell me when you get an early incident there—anything about birth that's pleasant. A birth, a picture of a baby, anything like that.

PC: (pause) All right.

LRH: All right. From there through all such moments to present time, begin scanning. (snap!)

PC: (pause) I get kind of a funny feeling like I don't see anything much; it seems sort of round and dark—kind of queer.

LRH: Hm-hm.

PC: (pause) I'm in present time now.

LRH: All right. Can we contact an early analytical moment on the subject of being born?

PC: Yes.

LRH: All right. Tell me when you're there.

PC: (pause) All right.

LRH: All right. You tell me the moment that you slide off into anything unpleasant on this chain, okay?

PC: All right.

LRH: All right. From there forward to present time, begin scanning. (snap!)

PC: (pause) A moment just then.

LRH: Hm?

PC: I slipped off into a moment . . . I went by something just then.

LRH: All right. Just through analytical moments now.

PC: Yeah.

LRH: Better name each one that you come to.

PC: Well, I was thinking . . . I started as a child talking with my sisters—you know how kids will when they start finding out about where babies come from, that sort of thing—new information on the subject. A number of incidents of this. And I come on up to the children around the neighborhood; and my sister has a baby, several years ago. Brother has a baby, last year.

LRH: Give him a lot of pleasure?

PC: Yes. Pretty good kid.

LRH: Okay. Continue on.

PC: I take pictures of this baby here a few months ago, and again I try to take more pictures of him.

LRH: Hm-hm.

PC: Looking at the pictures. They come out fairly good. And I'm on up to present time.

LRH: Present time?

PC: Yeah.

LRH: Open your eyes. (pause) How do you feel?

PC: I feel pretty good.

LRH: How is your head?

PC: It's just a little faint headache still. (laughs) It was real faint to start with.

LRH: Is it fainter or is it stronger?

PC: It's—the last time it was fainter, now I believe it's a little stronger. (laughs lightly)

LRH: Shut your eyes. All right, let's return to the beginning of analytical moments concerning headaches. (brief pause) What did you get at that moment?

PC: I don't have headaches. Talking as a child with people complaining about headaches, and me being happy that I never have them. (laughs) Different people saying, I've got a headache, and I think, Oh boy, I never get one! (laughs loudly) I'm glad I'm not like you, 'cause you've got a headache all the time. (laughs) That would be awful. Sometimes when I'm sick I get a little mild headache, but it doesn't amount to anything. Oh, mostly this comes up when people say (laughing) I've got a headache, and I think, Oh boy, I don't get them! (laughs) I used to go with a girl that had headaches all the time (laughing), and I'd think, Oh boy, I don't get headaches. Oh, poor thing. I remember a fellow who had migraine headaches. He told me about it and I was Very sympathetic, but I was glad I didn't get them. (PC and LRH: laugh) Then, I remember . . . I don't have somatics very heavily, usually—I didn't used to—and I had a headache one time in Dianetics so bad I thought I'd (laughing hard) drop down into apathy. And I was kind of glad of that 'cause it really raised my sense of reality about Dianetics. And I've been running a preclear that has headaches all the time.

LRH: All right. Do you remember something pleasant about this preclear?

PC: Yeah.

LRH: Something real pleasant? Something analytical that you appreciate about this preclear.

PC: Well, she's pretty nice but she's in awful shape. (laughs) I remember one time when she improved a little bit after I was running her. I thought that was pretty nice. She talked real rational, just seemed like her old self again. She's a neighbor, and I really felt Oh boy, I've done something there now. (pause) She's a neighbor. She used to be very good to me. I'd go over and she'd feed me cake and milk and stuff. I used to go to see her pretty often.

LRH: Uh-huh.

PC: She was telling me some of her pleasure moments and interested me very much. She was telling me about going to Wisconsin, going swimming, and I lose to go—I lose to swim, and I practically relived her pleasure moment. She was—with her she had one of my favorite school teachers who I hadn't seen for a long time, a very pretty girl that had been a school teacher, and recalling her to mind was very pleasant.

LRH: Tell me when you're in present time.

PC: All right. I'm in present time.

LRH: Open your eyes.

PC: (brief pause; laughs) It's still there.

LRH: Is it as heavy as it was right straight through?

PC: It's shifted a little bit; it's more toward the back and not as much . . . it was more all over and then now it's kind of shifted, like it's back here.

LRH: Okay. Now, shut your eyes. All right. What's the name of the next chain that we should run for this headache? (snap!)

PC: Says Headache.

LRH: Is that the name of the chain? (snap!)

PC: Yes.

LRH: Can we pick up an analytical moment about headaches early on the chain? (pause) Yes or no? (snap!)

PC: No.

LRH: Can we pick up an analytical moment about your head feeling good?

PC: Yes.

LRH: All right. Let's contact that as early as possible.

PC: All right.

LRH: All right, from there forward to present time, through all such analytical moments, begin scanning. (snap!)

PC: I'm swimming. I dive in the water time after time when I—I like the feel of the water.

LRH: Hm-hm.

PC: It's cool. And I come up to times in groups when I feel very raised up, very stimulated and very clear—clearheaded.

LRH: Hm-hm.

PC: Now I'm up to present time.

LRH: Okay. Should we scan this chain again? (snap!)

PC: No.

LRH: How's your head?

PC: It's lighter.

LRH: All right. Has it changed position any?

PC: A little bit. It kind of went from way towards the back; it's sort of right in the middle now.

LRH: Okay. Now, what is the name of the chain we should scan now? (snap!)

PC: It says Headache.

LRH: All right, could we pick up an early analytical moment on this chain?

PC: Yes.

LRH: Tell me when you're there.

PC: I'm there.

LRH: Now, who has the headache?

PC: Says I have it.

LRH: All right.

PC: Not there. I'm diving in the water, down to Quiet Hole. The water is cool on my face.

LRH: Feel good?

PC: Yeah. Feel it cool across the face here, not on top so much.

LRH: Hm-hm. All right. Come on up the chain contacting moments, analytical moments, when your head felt good, now can you do that?

PC: Yeah.

LRH: All right. There forward to present time, begin scanning. (snap!)

PC: Wind blowing in my face. (pause) I think of (laughs) kissing a girl, and her face against mine and dancing.

LRH: Hm-hm.

PC: I think of a lot of times when I've been dancing with girls. (pause) All right, I'm . . . times when the pillow felt good when I go to sleep.

LRH: Hm-hm. (brief pause) Tell me when you're in present time.

PC: (pause) All right. I'm in present time.

LRH: Okay. How's your head now?

PC: It's still kind of . . .

LRH: Where is it?

PC: It's very faint, but it's kind of like this.

LRH: Where is it? (brief pause) What does it feel like?

PC: I don't know. It's just like that. I don't believe I've had one just like that. It's kind of in the—across inside, like, here.

LRH: Uh-huh. All right. On what chain is this headache? (snap!)

PC: Headache, it says.

LRH: All right. Is there a specific type of headache? (snap!)

PC: No.

LRH: Is there a specific thing which causes this headache? (snap!)

PC: Yes.

LRH: Can the name of that flash?

PC: No.

LRH: All right. Are there more analytical moments on the headache chain?

PC: Yes.

LRH: Can you contact those?

PC: Yes.

LRH: All right. Contact the first one. Tell me what it is.

PC: I'm thinking that's not. . . I'm talking with people, a friend of mine that I like. But he's telling me about his mother having—this doesn't sound so good— taking headache powders an awful lot, making her get in trouble. I guess again I think I'm glad I don't have headaches. (laughs) But I like the—the association with the people at the time was very pleasant. They're radio amateurs. I'm in high school.

LRH: Does the location of that headache shift any as you go through this?

PC: Yeah.

LRH: Where is it? What does it do?

PC: It went a little bit farther back. Some of it has dropped out now.

LRH: All right. Continue on forward through all such analytical moments. (snap!)

PC: (pause) I think of Jerry Parsons telling me about his migraine having gone away, and Jill Drummond. And I think of a friend of mine back home that had a lot of trouble with migraine, and I'm going to tell him about this when I see him. And I do see him, call him up on the phone rather, tell him about it, but he has gotten them fairly well under control. Think about my sister Jenny telling me about how she has had trouble with headaches, but she has gotten straightened out.

LRH: Was there a moment there when you were glad somebody had a headache?

PC: (pause) No. But I'm glad I didn't! (laughs) And I'm glad something can be done to help them not have them. (pause) Maybe there is a moment like you asked me for. This girl I used to go with used to fly off the handle pretty quick, and then she'd get a headache. I guess sometimes I thought it served her right! (laughing hard while talking) If she had controlled herself a little better she wouldn't get the headache. (pause) It seemed to have gone down (laughing) a good deal with that. It went down quite a bit. (pause)

LRH: Very good.

PC: It went down quite a lot when (laughing) I started laughing then. (pause) I guess this headache is really longer than just the last few days. I started this self-auditing several weeks ago and it was pretty effective at first (laughing) but it's got worse. I ran quite a bit of stuff at first and felt a lot better about it; and then it got so I noticed my room kind of would be messed up right much. (laughing) So I wondered why that was. I figured I was trying to get this stuff run out and then I would straighten it up. (laughs) And I didn't seem to be able to do some things that I thought I should have been doing, like some writing and letter writing and so on. (laughing) I'd keep putting them off all the time and dig into this self auditing pretty heavy. I'd still run good Standard Procedure, though. Didn't bother me any. In fact, four to six hours a week, but then it just seemed to kind of bog d own, like I didn't seem to be getting as much stuff off (laughing) as I

was at first. And I thought, Well, I don't know whether I'm getting too far with this now. I have to figure out some more things about it. I got a letter from a friend of mine who said that he had been (laughs)—he didn't know much of anything about self-auditing, he had just read the book and drilled it a little bit. But he's a very high, analytical person, and I got a letter from him just a short while ago in which he said he would tell his selector to contact obscure incidents at night when he'd go to sleep and refile it in the standard memory bank. Gradually over a period of several months he has become much more efficient, his problems seem to be solved before they become problems. He told me to throw away my Compost model and get the latest development (laughs) I had figured that might work (laughs) for him, but it doesn't work for me like it does for him.

LRH: Does he have a car?

PC: Yeah.

LRH: You might write and ask him what condition his car has been in lately.

PC: Okay. (PC and LRH: chuckle)

LRH: Okay. Tell me when you're in present time.

PC: I'm in present time.

LRH: How is your headache?

PC: It's better; it's definitely better.

LRH: Well, where is the ache particularly now?

PC: It's still just very faint and right—kind of in the center. . .

LRH: Hm?

PC: It's not around anywhere, it's right in the center.

LRH: Remember a time when it felt good to have something on your head in that area.

PC: (pause) No.

LRH: Remember somebody rubbing your hair and it felt good.

PC: Yes.

LRH: Who is it?

PC: Sister, Wendy.

LRH: What is she doing?

PC: She was just rubbing it, or massaging it.

LRH: Did you like that?

PC: Yeah.

LRH: Did she do it another time?

PC: Yes. Had an aunt do it several times.

LRH: Hm-hm. Do you like the aunt?

PC: No. Oh, a little bit—one of these changeable things.

LRH: Hm-hm. All right. Remember somebody else who touched your head that felt good.

PC: Yeah. (laughs)

LRH: Now remember another time when you had a good head sensation.

PC: Yeah. I used to have an awful lot of trouble with dandruff, and a couple months ago it went away. That was very exciting.

LRH: How's your head feel?

PC: It feels better.

LRH: Now, is there any somatic there at all?

PC: A wee little bit, yeah.

LRH: Where is it located?

PC: It's the same place only it's just fainter.

LRH: Oh, I see. Well now, what did you used to like to do with your head?

PC: I used to wrestle some. I used to like to bridge' and then turn over.

LRH: Hm-hm.

PC: And actually, I guess that kind of creased on my head right there.

LRH: Was it fun?

PC: Yeah. I was pretty good at it.

LRH: Pretty good, huh? Remember somebody saying you were pretty good at it?

PC: Yeah.

LRH: Hm. Do you remember the way the place looked?

PC: I remember one incident, and several times I've done that.

LRH: Felt good?

PC: Yeah.

LRH: Okay. Now lets recall a recent incident when your head felt good.

PC: (pause) Lying down on the pillow last night, I was pretty sleepy. It felt good.

LRH: Felt good?

PC: Yeah.

LRH: All right. Tell me when you're in present time.

PC: I'm in present time.

LRH: How does your head feel now?

PC: It's much fainter.

LRH: Where is the somatic?

PC: Well, it's a little bit on top of the head where I was bridging.

LRH: It's changed a little bit in location?

PC: Yeah, yeah. It has drifted up toward the top.

LRH: All right. Then what is the name of the chain this one is on? (snap!)

PC: This is wrestling.

LRH: All right. Remember the time when you won a bout?

PC: Yes.

LRH: Remember a time when you really wanted to wrestle.

PC: Yes.

LRH: Now remember a time when you gave somebody else a good fall, solid.

PC: Haven't got that.

LRH: When you gave somebody else a fall?

PC: Yes, I remember pinning him.

LRH: Hm-hm.

PC: The term fall is confusing to me. What do you mean by that?

LRH: Did you pin him?

PC: Yeah.

LRH: What were they doing when you pinned them?

PC: I had a three-quarter on him, I think they call it. No, I forget the name of it.

LRH: How did you feel when you did this?

PC: Good!

LRH: Feel good?

PC: Yeah.

LRH: How is your headache?

PC: It's better.

LRH: Has it shifted any?

PC: Yeah, it has spread out. It's faint, very faint, but it's right on top and it's very little.

LRH: Uh-huh. What's the name of the chain this is on? (snap!)

PC: Wrestling.

LRH: All right. Do you remember the way a wrestling ring looks?

PC: Yeah.

LRH: Remember how it smells?

PC: Yeah.

LRH: Do you remember a guy that looked real good when he was wrestling?

PC: Yeah.

LRH: How about a real good fall you saw, I mean somebody pinned, and a real good job of work was done on it.

PC: Yeah.

LRH: Hm?

PC: This same fellow.

LRH: What is the realest moment that you can find on that chain?

PC: (pause) Wrestling with Bosley, I think.

LRH: Hm?

PC: Wrestling with Bosley.

LRH: Yeah?

PC: He was a varsity wrestler. And I guess this is (laughs)— it's sort of a little bit painful, but I was enjoying it. He had a scissors' on me and he couldn't make me give up and yet he was a Southern Conference wrestler.

LRH: Hm-hm.

PC: I was sort of proud of being able to stand up against him.

LRH: What is the greatest affinity you felt on that chain?

PC: I used to be very fond of this one other boy; we used to wrestle an awful lot.

LRH: What is the best piece of communication you can find on that chain?

PC: (pause) I have trouble finding this. (pause)

LRH: Oh. How about some good advice about wrestling?

PC: (pause) Yeah. Well, I have a piece of it I guess.

LRH: Hm?

PC: I have a piece of good communication.

LRH: You have a piece of good communication?

PC: Yeah.

LRH: All right. How's your head?

PC: It's very good, but . . .

LRH: Very good but what?

PC: Well, just a wee little bit here.

LRH: Just a wee little bit. What is the name of the chain that is on? (snap!)

PC: Says Wrestling.

LRH: All right. Is there a particular moment—analytical moment—you can now remember that will lessen it further?

PC: Yes.

LRH: When I snap my fingers it will flash. (snap!)

PC: I'm weighing in on scales.

LRH: All right. When I snap my fingers again another high-reality moment will flash about wrestling. (snap!)

PC: I'm getting ready to wrestle a fellow named Rolsen. He looks a lot bigger than I do.

LRH: Hm-hm. All right. Let's have another moment on that chain. (snap!)

PC: I'm out wrestling, out on the grass, several years later, wrestling a fellow who weighed—he had wrestled 165 and he weighed a good deal more than I did and he was a varsity wrestler. And I pinned him, which made me feel very good because I hadn't forgotten how to do it.

LRH: Hm-hm.

PC: I remember him throwing a (laughs)— somebody throws a watermelon out in order to divide it up. We didn't have a knife, so we just threw it and it broke up and we went out and picked up the pieces and ate it that way. It's a picnic, is what it is.

LRH: Hm-hm.

PC: It's a meadow with a stream of water going by.

LRH: All right, what else do you recall on the subject now?

PC: I remember being out at the park with a girl, showing that I could do this turning again.

LRH: Hm?

PC: Showing this bridging business again.

LRH: Uh-huh. How about another one, another incident?

PC: In college, I'm showing some of the boys about wrestling. There are a couple incidents of this, once in the dormitory and several other times up in the gymnasium.

LRH: All right. Is there another chain?

PC: Yes.

LRH: Now, what's the name of it? (snap!)

PC: Headache, it said.

LRH: Hm?

PC: Headache, it said.

LRH: Headache chain. Now, can we remember some analytical moments on the headache chain?

PC: Yes.

LRH: Let's contact the earliest such moment that we can recall. Tell me when you're there.

PC: I keep getting this same incident that I had before.

LRH: Okay. From there forward through all such moments to present time, begin scanning. (snap!)

PC: (pause) It seems hard to pick up analytical moments around this headache 'cause I have it a lot myself, and we've been talking about it so much I keep thinking about me having headaches now all the time.

LRH: All right. Let's remember analytical moments, just analytical.

PC: It's hard to think of any like that.

LRH: Do you remember when you dumped this fellow on his head?

PC: I remember turning people up on their head—that one position through the crotch, like. You stand them up on their head.

LRH: Hm-hm. All right. Remember the next time you did that?

PC: Yeah, I've used that often and I knew how to work that pretty well.

LRH: Uh-huh. When were you very glad that you dumped somebody on his head?

PC: (laughing) I don't seem to be glad anymore. I just—this thing just seems to close down on me, like.

LRH: What's closing down on you?

PC: Well, all I want—this headache business just seems to be more times like when I have headaches.

LRH: All right. Let's remember the time you stepped on this wrestler's head.

PC: (laughing) I didn't step on his head.

LRH: Remember this guy that they know

PC: I keep trying to . . .

LRH: Trying to what?

PC: I keep trying to get times when somebody—when they had scissors on my head, squeezing it.

LRH: Now, let's be analytical about this. (LRH: and PC laugh) Now, do you remember a time when you threw somebody into the goal post with great satisfaction?

PC: No. I don't get satisfaction out of hurting people.

LRH: Do you remember a good shower you took once after being wrestled?

PC: Yes.

LRH: Pleasant...

PC: Very clear.

LRH: Pleasant, cheerful shower? Do you remember talking with somebody in the shower room one time?

PC: Yes.

LRH: And when did you get some new wrestling gear?

PC: Oh, I just wore one pair of pants all the way through. No, I got a pair of sweat pants, that's right. That was new.

LRH: Hm-hm. When did the coach really compliment you about wrestling?

PC: (laughs) I don't remember the coach complimenting me; I remember some of the other boys.

LRH: What did they say?

PC: The coach said I should get mad. The other boys said I was one of the best, one of the strong—I remember towards the end of the season—said I was one of the strongest wrestlers.

LRH: All right. Do you recall the particular boy saying this that gave you a lot of pleasure?

PC: I can't get his name but I have a very good impression of him in appearance. Dawson, I think his name was—yeah, Dawson.

LRH: Hm-hm. Now, what are the realest moments you can find on the wrestling chain?

PC: (laughing) It's not a pleasant moment It doesn't seem very—none of it seems pleasant anymore! It just—I just . . .

LRH: Well, do you recall this time when you had a good rubdown—rubber rubbed you down?

PC: (laughing) No, the rubber never rubbed me down. I just—I just seem to get more unpleasant times all the time.

LRH: All right. Can you recall a time when you were very glad to get a new hat?

PC: No, I hated hats. I very seldom wore them.

LRH: Do you remember a time when you didn't have to wear one?

PC: Yeah. Oh, boy! (laughs) I had to go to—no, I went to a military school one year. When I got out of that joint, oh boy!

LRH: What did you do?

PC: No more hat!

LRH: All right. Remember when you destroyed a hat.

PC: No.

LRH: Do you remember when you said you had lost a hat but you had really torn one up?

PC: Don't ever remember tearing one up.

LRH: Do you remember somebody feeling very sad and sorry about your hat?

PC: (laughs) When I was about four years old it blew out of the window once and we had to stop this old Model T.

LRH: Yeah?

PC: And we had to stop and go back and get it. It was Daddy's hat. I had a big head and I used to wear his hats when I was a little kid.

LRH: Uh-huh.

PC: And it blew out the window once.

LRH: Who had to stop?

PC: Daddy was driving and he stopped. Fred, I guess, my brother, probably went back and got it.

LRH: Hm-hm.

PC: And I didn't like to wear it then, I guess. I was just as glad it went, 'cause it was too big for me. (laughing) Came down over me.

LRH: (chuckling with PC) Yeah.

PC: I sort of thought I had a big enough head to wear his hats but it wasn't big enough. (laughs)

LRH: All right. Do you remember some pleasant moment about your father?

PC: Yes.

LRH: Remember a pleasant moment when your father patted you on the head?

PC: (short laugh) No.

LRH: Hm?

PC: I don't believe he ever patted me on the head.

LRH: Remember when he bought you a new hat?

PC: No.

LRH: Hm?

PC: I never would wear hats.

LRH: Well, remember a time when he said that was a good thing not to wear hats?

PC: No.

LRH: Remember when he said you had good judgment?

PC: I overheard him say something about—it came secondhand that he had said . . . I guess Mother told me that he had said that I was the only one that seemed to understand anything about money, had any sense about money.

LRH: Hm-hm.

PC: That made me feel good.

LRH: Was your father fond of you?

PC: Yes. I feel that he was very fond of me.

LRH: Hm-hm. Remember a moment when there was a great deal of affinity with your father?

PC: Yes, I can.

LRH: Now remember a moment when there was a lot of affinity with your mother.

PC: (pause) Well, there ought to be a terrible lot here, but I've just (laughing) been running an AA or two and it sort of lowered it a little bit.

LRH: What happened?

PC: I just ran an AA or two not too long ago. Mother is a very kindly person, but I guess I was the fourth in the line.

LRH: Hm-hm. Well, remember a time when you felt some affinity for her.

PC: (pause) Yeah.

LRH: Can you reexperience it?

PC: The thing that came to me was pretty young. It's a little vague.

LRH: When did you find some good communication with your mother?

PC: ah . . . talking to her about things down at the warehouse. She talks about those things very well.

LRH: Remember when she agreed with you.

PC: Yes.

LRH: Hm-hm. Remember when you were right in spite of her.

PC: Yes.

LRH: Hm-hm. Remember when you refused to take her advice and you were right about it.

PC: Yes.

LRH: Do you recall when she was very happy to take your advice?

PC: Yes.

LRH: Remember a time when you gave her some money.

PC: (chuckles) I returned some I had borrowed from her, or loaned some to her....

LRH: Do you remember a time when you gave her some?

PC: (brief pause) No.

LRH: Remember a time when you got angry with her?

PC: Just very mild.

LRH: Do you remember a time when you would like to have gotten angry with her?

PC: Yes.

LRH: Do you remember a time when she was scared of you?

PC: Yes.

LRH: Do you remember a time when she felt very sorry because of you?

PC: Well, sort of.

LRH: What was she saying?

PC: Well, when my brother and I first came back from the army it took a little while to get adjusted and I had a lot of ideas that were different, unconventional, that were upsetting to her till she got used to me.

LRH: Hm-hm. Remember a specific moment when she was feeling very sorry.

PC: Yes, I remember one time. (laughs) She stormed me out of the house. I knew if I would go she would feel very sorry about it as soon as she thought it over.

LRH: Hm-hm. Okay.

PC: So I didn't go. (laughs)

LRH: All right. Tell me now, are you in present time?

PC: Yes.

LRH: How is your head?

PC: It feels pretty good; just a little bit. . . (laughs)

LRH: Where is this somatic now?

PC: It's kind of on the surface, like, and . . .

LRH: Hm-hm. Has this changed around any?

PC: Yeah.

LRH: How many positions has this somatic been in since this?

PC: Oh, about six, I guess.

LRH: Well, let's just figure out the number of positions the somatic was in.

PC: Well, it started out all over, general.

LRH: Hm-hm.

PC: And then the next thing it went towards the back here.

LRH: Hm-hm.

PC: And then the next thing it went was here. And then the next thing it was in the center of my head. And then the next thing it rose up and in the center up to the top. And then I forgot about it for quite a while (short laugh) and now it's kind of shifted back like that, sort of on the surface.

LRH: Hm-hm.

PC: There's one more: it was on the top right in the center and then it was on the top spread out more.

LRH: How many headaches were here?

PC: Six.

LRH: Okay. How many chains would we have to run to get all the rest of them?

PC: Ten! (laughs)

LRH: All right. Well, that has served its purpose . . .

PC: Okay.

LRH: I . . . and thank you very much for being a good preclear.

PC: Okay.

There is a beautiful thing about Validation Processing: You can run things, analytical things, and you don't have to worry about them reducing. You run analytical moments and you can hit them once, twice, ten times—it doesn't matter. So all you do is just keep diving around on it.

I was well aware of the fact that this preclear had many headaches.

Now, with this processing you are not trying to turn perceptics on. All you are doing is trying to bring a person up the tone scale. If his perceptics turn on, that is a bonus.

You notice that a chronic somatic can quite ordinarily be expected to be a multiple somatic. It has chain after chain to which it is ordinarily connected. A real long, arduous chronic somatic, like arthritis which the person has had for a long time, is a tough one; I can't imagine how many chains there might be wrapped up in one arthritis somatic. The auditor would just sit down and systematically take it apart, one by one by one.

You would also be very careful to note where on the tone scale the preclear hit pleasure on these chains; those would pass for analytical moments.

So what you do is just take each chain, one by one, and by Straightwire or by Lock Scanning, one thing after the other, go back and forth and just play across these chains. It is a very strange thing, actually, to sit down with someone and have his headache shift all over his head.

The multiple character of a headache would rather postulate the hopelessness of just trying to get rid of somebody's migraine with one engram, one source, one cause. Actually a migraine headache usually stands on a long chain.

That is not to say you can't get rid of migraines. You go down the bank and run out the migraine headache, and you have invested that much theta into running the migraine headache. Don't now try to run the broken back. You can invest a lot of theta in the running out of a migraine headache; you can run out the chain, engram after engram. Unless you straighten up and unburden those chains afterwards, though, and unless you handle all the migraine headaches and all the headaches on the case and strip this thing completely to pieces, you are still going to tie up a lot of theta. You are going to have this case static on the tone scale, although the migraine headache is gone. And that, I am trying to point out to you, is bad.

You can turn off a chronic somatic and turn it into entheta, and it will still hang around on the case and still give the preclear trouble.

Now, you understand the technique I have been showing you is relatively experimental. I didn't, because I didn't want to make a long session of this, dare go any further into the wrestling chain. We had built up about all the theta there was on the chain and it was starting to reinvest itself. Did you notice that? It took quite a while for that built-up potential to dive into the entheta. He has a good endowment so it took quite a while for the thing to dive, but it was sure getting ready to.

Somebody working with that would have worked him further and further and made him pick out much more carefully more and more incidents along in anything associated with wrestling—the shower room, the crowds, people—and just followed them out along all of their lines. He could have found more and more theta and he would have gotten rid of all the wrestling aches and pains. That would have inverted.

Particularly interesting was what the preclear said about the fact that since he started self-auditing his room had gotten messy. That is entheta and enMEST.