Issue 89

Ability

Processing A New Mother

by

L. Ron Hubbard

The handling of a woman during and after pregnancy has a specific successful drill which should be generally known. This is not an attempt to give all the known data concerning pregnancy, delivery and child care. I will someday summarize all these. At this time I wish to give you only the processes and general use.

First, a woman should not be processed on engrams after the early months. Therefore a pregnant woman should be processed toward clear early and well. In other words, she should be gotten into good shape soon in the pregnancy. Old expanded gita on babies, husbands, wives, bodies is definitely indicated.

After the sixth month only havingness and general Scientology processes can be run without injuring the baby - no engrams.

Next, the delivery itself should carry as little anaesthetic as possible, be as calm and no-talk as possible and the baby should not be bathed or chilled but should be wrapped somewhat tightly in a warm blanket, very soft, and then left alone for a day or so.

At once after delivery the woman should have simple havingness run - "Look around here and find something you have" - preferably by the husband. One hour of this at once, one more hour same day, two hours following day, all havingness and havingness only should be run.

After two days run the following:

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"Invent something worse than ---- "a delivery" (flatten it), "a baby" (flatten it), "a doctor" (flatten it), "a nurse" (flatten it), "a delivery room" (flatten it), "a mother" (flatten it), "a husband" (flatten it), "an abdomen" (flatten it), "a womb" (flatten it).

This should be done in the next many days following the delivery. This and more factual havingness (all three commands) should straighten up the mother. It would be well if the six buttons and inventing were cleared away in early pregnancy so the post-pregnancy processes will run easily. She should not face a new processing idea in the first few days after delivery, so if the processes are early prepared, all will be well.

On the baby, perhaps the best thing is no processing for three days. Then talk to the baby, tell the newcomer he or she is welcome, then make friends. Various things can be done - touch assist is best. Even the birth engram can be run but that's a little adventurous in a lot of cases.

The most to know about the baby is not to tire him or her unduly for a week or two, feed a protein formula if mother is not breast feeding. This formula is most like human milk. I picked it up in Roman days and have used it since. 15 ounces of barley water, (made by boiling barley in water for several hours until there is a thick, pink soup) 10 ounces of homogenized milk, 3 ounces of karo syrup (this formula can be multiplied by any number according to the number of bottles desired, but the ratio remains the same). Evaporated or condensed milk and heavy sugar makes fat not bone. Protein is the thing that heals and makes strong growth. Modern hospital formulas and patent mixes for babies are not just bad, they are criminal.

Then the next important thing for a baby is to know he or she is winning. Don't expect him or her to do more than a baby can do. Grant beingness to a baby.

"You make that body lie in that cradle" is a wonderful process on babies up to six months.

Let the child see Mama and Daddy both at least once a day. Never quarrel or argue in front of a baby or a child - it destroys security.

Always treat Mama and Baby with courtesy and respect and they'll thrive. After all they have done something. They're keeping the human race going.

L Ron Hubbard



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SHORT SESSIONING

by L. Ron Hubbard

One of the simplest ways to get a case moving is a technique known as "Short Sessioning" which I developed for the 20th A.C.C.

The 20th was the last A.C.C. to teach clearing without engram running and as such had several lagging cases. I studied one of these carefully against the basic auditing rule - "Find something the pc can do and then improve his ability to do it."

The case under study defied all known processes. It was "unreality, unreality, unreality", and "ARC Break, ARC Break, ARC Break."

ARC Straight Wire old style was also unreal. Imagine that!

However, even when all else was lost, I still had the idea that this preclear could be run on something and finally had a long blue spark -- the preclear would start and end sessions.

Probably this was the sole ability, Scientology-wise, of this preclear. So I made the auditor start and end ten-minute sessions. And it worked. It worked even though the auditor never really cognited on the value of it! I had to heavy-8c the auditor a bit to keep the auditor from "running something". Short sessioning was evidently not something to do. Only a process was something.

Anyway, everybody won. The preclear got brighter, the auditor got a win and we got a new technique. That's the way with Scientology, everybody wins -- even the people who claim I'm too enthusiastic for their point five.

The exact way to do "Short sessioning" is as follows:

One uses old rudiments if he isn't comfortable with CCH-0. Or he uses CCH-0 as given in ACC Clear Procedure*. (Note*: available from the Distribution Center, Box 242, Silver Spring, Md.) It doesn't matter much which since he is depending on starting and ending sessions rather than "running something". Therefore, the auditor should use that with which he is the most comfortable.

The auditor gets the preclear's agreement to start a very short session and says, "Start".

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Then he clears up some small thing like an ARC Break in the session or a present time problem without really getting into anything hot. (Finds auditor and pc.)

The auditor then does something objective with the auditing room such as, "How does this room differ from an ideal environment?"

Probably by this time the ten minutes are up, so the auditor tapers it off and bridges to session end. "Is it all right with you if we end this session shortly?" "Is there anything you'd like to say before we do?" "All right. End of session."

The auditor makes the preclear get up and take a break for a few minutes. Then he gets the preclear back and does it all over again more or less as above.

The idea is not to try to get benefit from a process but to get the preclear less and less nervous about doing something. The preclear will begin and end sessions. Anything between is pure gravy if it works but the in-between may not work at all. It does not matter. Starting and ending sessions is what is wanted for the preclear.

Short-sessioning works for many reasons. It injects time into the picture, for one thing. It breaks up habits on the cycle of action. It gets the preclear used to the auditor. You could think of many more reasons but basically whatever the reasons, it works.

Try it on that case that ARC Breaks on you all the time. Try it on the preclear that has it all unreal-unreal-unreal. You'll be amazed at what short-sessioning, smoothly run and without crude auditor flubs, can do for almost any case, not just bad ones.

Several difficult cases have improved markedly with this alone. Simple, isn't it? Well, most good things are.



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