

HUBBARD COMMUNICATIONS OFFICE
Saint Hill Manor, East Grinstead, Sussex

HCO BULLETIN OF 7 SEPTEMBER 1978R

Re-mimeo

REVISED 21 OCTOBER 1978

(Revisions in this type style)

(This HCOB cancels HCOB 8 April 70 Issue II, MORE ON PREP-CHECKS and BTB 10 April 72RA PREP-CHECKS. The correct procedure for handling an ARC break uncovered during a Prep-check is contained herein.)

MODERN REPETITIVE PREP-CHECKING

Prep-checking in varying forms has been with us since the early sixties and has quite a long history which is available in the Saint Hill Special Briefing Course tapes and the Tech Volumes.

The latest form of prep-checking, Repetitive prep-checking, has been used by many with very good results for quite some time. It is a simple and very workable process which can be widely used.

Since there has been no comprehensive bulletin on Modern Repetitive prep-checking, I thought I would describe and clarify it for you.

There are 20 Prep-check buttons, which are used in the following order:

**SUPPRESSED
EVALUATED
INVALIDATED
CAREFUL OF
DIDN'T REVEAL
NOT-ISED
SUGGESTED
MISTAKE BEEN MADE
PROTESTED
ANXIOUS ABOUT
DECIDED**

**WITHDRAWN FROM
REACHED
IGNORED
STATED
HELPED
ALTERED
REVEALED
ASSERTED
AGREED WITH**

Virtually any charged subject or area can be prep-checked. The buttons are used to take charge off the subject.

A question is formed around each of the buttons, and each question is run repetitively to F/N, Cog, VGIs. The button is prefaced with the subject (“On going to school,” “On auditing,” etc.) or with a time limiter (“Since last August,” “Since your last session,” etc.). Both subject and time limiter can be used. Thorough use of the prep-check buttons will blow the charge from that item.

The only time prep-checking cannot be done is while running Dianetics. To do so mashes up engrams.

The question has to be tailored to the button. So we have:

“(Subject or time limiter) has anything been (button)?” or

“(Subject or time limiter) is there anything you have (been) (button)?” or

“(Subject or time limiter) is there anything you (button)?”

In the case of the button Mistake Been Made, the command would be:

“(Subject or time limiter) has a (button)?”

THE PROCEDURE

0. If this is the PC’s first prep-check, or if it has not been previously cleared, fully clear the definitions of each of the prep-check buttons with the PC, clear the prep-check questions, and go over the procedure with him so that he understands how it will be run.
1. Clear the subject or time limiter you will be using.

2. Let the PC know you will be checking the first question on the meter.
“On has anything been suppressed?” (or appropriate variation, depending on the use of the time limiter or subject.)
If the question does not read instantly, leave it and go on to the next prep-check question. You do not run un-reading questions, so there’s no sense in sitting there, waiting for the PC to rummage around for an answer when the meter shows there is no charge on the question in the first place.
If the question reads, go right into it and run it repetitively to F/N, Cog, VGIs.
3. Check the next prep-check button. “On _____ has anything been evaluated?”
If reading, take to F/N, cog, VGI’s per the above procedure.
4. Handle each prep-check button until you have reached the EP of a big win, major cog on the subject or regained ability, accompanied by an F/N and VGIs.

In some cases you may have to prep-check all the buttons before the EP is reached, but be alert. Recognize the EP. Don’t overrun.

There is no need, when the PC runs out of answers, to recheck the question. The question has already read, so you just run it repetitively to F/N, cog, VGIs. If the PC insists he’s out of answers, it may be that an out rudiment or some situation requiring TR-4 or other handling has cropped up. Find out what’s going on and handle. Do not just abandon the prep-check button because it does not now read. Take it to its EP!

When a prep-check uncovers an ARC break, you handle the ARC break with ARCU CDEINR E/S to F/N. The ARC break thus handled, that is the EP for that prep-check button. You then go on to the next button and check it.

Prep-checks are a very effective method for releasing charge and provide much relief. And they’re very simple to do, especially in their most modern form. So just study up, drill it well, and do it with your PC. You’ll have fine results!

L. RON HUBBARD
Founder

LRH:mf.kjm

Re-typeset and formatted
by AOGP - April 14, 2022