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How to Release a Chronic Somatic

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A chronic somatic (any "illness" generated by an engram or engrams) can be addressed and released by using one or more of the methods listed below:

1. By straight memory, blowing out locks.
2. By straight memory and reverie, blowing out locks and lock engrams.
3. By bringing the whole case to a release, specifically including the chronic somatic.
4. By clearing.

1. STRAIGHT MEMORY

The technique of straight memory case scouting, wherein valences and demon circuits of various types are found, is also a releasing technique. In a percentage of cases (which is no lower than 20% and no higher than 50%) the straight memory technique, when cleverly used, will remove locks and release illnesses without the preclear ever having been placed in reverie.

This is done by discovering any similarity between the illnesses of some valence and the chronic somatic of the preclear and then, still by straight memory, discovering the command or commands which placed the preclear in that valence or by discovering specific moments when the illness was keyed in and, still by straight memory, keying them out.

The straight memory technique has limitations. It works at the lock level and if overdone will restimulate the engram itself and key it back in again. When it does work it will work within three or four sessions of fifteen minutes to half an hour. A straight memory key-out has the aspect of a miracle to most observers, particularly when they do not understand the basic working law underlying straight memory technique:

A HUMAN BEING WHO DEMONSTRATES CONCERN OF AN
ABERRATED MAGNITUDE ABOUT ANYTHING HAS BEEN
TOLD TO HAVE THAT CONCERN, USUALLY IN THE SPECIFIC
WORDS HE USES TO DESCRIBE IT, OR HAS BEEN TOLD TO BE
THE PERSON WHO HAS THAT CONCERN AND WHOSE
SOMATICS HE BEARS.

2. STRAIGHT MEMORY AND REVERIE

If a chronic somatic does not release by straight memory, another stage of the case should be entered—reverie directed toward the location of moments which account for his chronic somatic or account, less directly, for his being in another valence than his own. If the chronic somatic is severe the necessity level is usually high and the file clerk can be counted on for immediate assistance in releasing it.

In some conditions, such as asthma, the engram containing the chronic somatic is quite ordinarily on the surface and is susceptible to reduction. A very long list of such conditions have been released permanently (as to their specific cause) by running out specific engrams and lock engrams: spontaneous abortion, tooth decay, eye

inflammation; and others have been released with considerable ease when they could be released with this technique.

Birth is occasionally found “floating free” of earlier incidents. The same situation may obtain with almost any other engram. But as one returns into the prenatal area earlier and earlier there is less and less chance of an independent reduction. From around eight months back to two months, engrams received are peculiarly liable—according to incomplete studies—to lock on earlier material. After the eighth month, however, it seems to be the case that engrams are more and more likely to reduce independently of earlier reductions, and many cases have been observed where engrams received after the eighth month have erased with unconsciousness coming off fully.

Whereas laws probably exist which would determine this, and manifestations not so far observed can be suspected to exist, which on being observed would assist the auditor, no data on this is at hand. It is only known that many engrams, particularly when located after the eighth month, reduce or erase without the auditor first having contacted the basic area. Engrams in the basic area, of course, always erase or reduce, which is the definition of “basic area”.

By locating and reducing or erasing such engrams as birth or early accidents or illnesses, the auditor often frees the preclear of chronic somatics.

Sympathy will be found to predominate as the emotional aspect of engrams carrying such chronic somatics.

3. COMPLETE RELEASE

When the chronic somatic has not been eradicated by the first two methods above, one carries the preclear on through to a full release.

A release is effected chiefly by removing from the case all grief engrams. As much work in the basic area and other areas of the case is done as may be required to facilitate the release of grief. When the main grief charges are removed from a case, the chronic somatics will often be found to have been released as well, even when they are not specifically contacted in engrams.

This may be a special type of case. It is only known that when a release via grief discharge can be effected readily, chronic somatics vanish.

If a release of grief is effected and yet chronic somatics still hold, the basic area is contacted and the unconsciousness is thinned on the case. After that the specific engrams which hold the chronic somatics are contacted and reduced. The reason unconsciousness is removed from the case in the basic area is that such removal thins the tenacity of all other engrams in the case.

When striking for a specific chronic somatic, the auditor will do well not to predetermine without evidence the source of that somatic and the type of command which caused it. The information will be found in the case and he will save time by working it in an orderly fashion.

Actually, these first three methods are used in succession, over and over, while the preclear is coming up to a release. During any one of such successive steps the chronic somatic may resolve.

4. CLEARING

The final step, if the engram bank is too tightly interwoven and crossed so that all simpler measures have failed to release a chronic somatic, is simply to progress forward toward clear. At the point of clear, of course, all chronic somatics will be found to have vanished, and a point roughly halfway toward clear should see the preclear without any chronic somatics or troublesome aberrations, whether the causative engrams have been contacted or not.