

NEW VITALITY R/D

THEORY OF THE RUNDOWN

The NVRD was designed originally to handle long-term out-of-valence or suppressed preclears.

It is essentially based on the observation that PTSness is a problem, and that PTSness comes about through an exchange of valence.

An individual goes PTS to someone who is a problem to him, to the point that the valence of that individual seems to overwhelm the person's own beingness.

There is an effect created here known as the "dumbbell phenomenon". A dumbbell is an exercise device with two large weighted ends on a handle. One could perceive the valence of the PTS (his own valence) and that of his suppressor (the valence he tends to go into) as opposite ends of a dumbbell. One can perceive a pc flick into his own valence when the antagonistic valence is blown. This could be described as the dumbbell suddenly reversing.

It must be remembered that it is not the actual valence of the suppressor that the person goes into, but the valence the PTS perceives. Whether this is what the suppressor is normally like, or is like now, the fact remains that the PTS was overwhelmed by a flow from that person at some point.

Oddly enough, the PTS who is out-of-valence will perceive his own personality traits as being those of the one with whom he has swapped valences — the other end of the dumbbell.

A young girl who is essentially being cooperative and accommodating is overwhelmed by her nasty, irascible, argumentative stepmother. She assumes the characteristics which seemed to win over her and becomes fractious, irascible, and argumentative.

If you were to ask her who was the most accommodating, cooperative person she ever knew she might easily answer, "My stepmother". After a moment's reflection she might then realize, "Wait! My stepmother wasn't accommodating at all! She was the most irascible person I ever met!" This would be an example of the dumbbell of own-valence versus perceived-valence now swinging around to a correct perception from the pc's own valence .

The access to this central point on the case is through using a gradient of 2 Way Communications, Rudiments, and R3RA.

TWO-WAY COMMUNICATION TECHNIQUES

The opening 2WC technique used was simply to thoroughly clear the definition of problem — including beingness-counter beingness — as described in the tech dictionary. With this whole concept clearly understood, a 2WC Quad on Problems was used to locate hot terminals.

“Tell me about people who have caused you problems in life”
“Tell me about people whom you have caused problems in life”
“Tell me about people who have caused others problems in life”
“Tell me about times you caused yourself problems in life”

Each would be TWC'd to cog FN VGIs, and careful note would be made of terminals who read, and with what read.

These terminals would be culled between sessions and put on a hot terminals list in the front cover of the folder.

Quad Ruds would be run on hot terminals found and these ruds would uncover hot incidents. These would be noted with their reads on a separate sheet as hot incidents. These engrams or secondary engrams would then be run R3RA as narratives.

TWO-WAY COMMING TRAITS

A second type of TWC was done in pairs, and was based on characteristics or personality traits dramatized by the individual.

These were done as dichotomies, with the negative side of the dichotomy being 2WCd first. For example one has a PC who is constantly showing characteristics of being hopeless, apathetic, or lethargic. A typical pair of 2WCs might go:

“Tell me about people you've known who were lethargic”
“Tell me about people you've known who were very active”

followed by this pair:

“Tell me about people you've known who were hopeless and apathetic”
“Tell me about people who were optimistic and confident”

The point is that the two-way comms pick up the personality trait the pc is dramatizing, and two way comms for people who have had that trait. It can be any characteristic. General doingnesses could also be included as these are traits of a valence in some degree — e.g., “helped others” vs. “did others in” or “had a high sense of ethics” versus “had a negative ethics level”.

The idea here is to use aspects of beingness as a lead to hot terminals.

Cull the hot terminals and do ruds on them and the pc will drop into hot incidents.

These are then run and the result of doing this with intelligence and accuracy is a swing back into own valence.

OTHER TWO-WAY COMMS

Since you are dealing with the perceived valence of the person versus the perceived valence of his/her suppressor you can also do TWCs of this sort in order to find material that leads you into the hot incidents:

“Tell me some things about yourself you don’t like”

“Tell me some things about yourself you like best”

(Note: these are two separate TWCs, not alternate commands.)

Similar TWCs can be designed which follow the basic principle of taking personality traits and using them to lead you to hot terminals who might be the basic valence mass at the other end of the “dumbbell”.

END PHENOMENA

The rundown has two major types of cognitions, and both of them should occur before the rundown is declared complete.

The first is a realization that the person is himself. Some statement that adds up to “I’m me!” will occur if the rundown is done correctly.

The second will be an awareness that the person is here, aware of the present environment, or “I’m here!”. These two cognitions are natural results of undoing the dumbbell phenomena.

NOTES ON PROGRAMMING

As this is a major action you should have the person’s ruds in and he should not be in the middle of other major actions.

Note, too, that in order to apply these principles intelligently you have to understand the anatomy of valence-counter valence or the problem aspect to suppression.

A long series of problems with mother may be enough to restimulate a valence shift even though mother did not beat the pc or knock him/her unconscious. But the constant locks can restimulate earlier engramic masses which will contain overwhelm.

These get picked up and run on the earlier similar chains that come up in the actions described.

When the hot incidents which keep the pc pinned into the dumbbell are lifted and erased, the dumbbell will snap around and the pc will be looking at the world through his/her own viewpoint again for a change. This brings about the “I’m here” “I’m me” cognitions which signal the end phenomena of the rundown having occurred.

There has been no pilot for administering this rundown on Clears or above as far as I know. The rundown was researched by LRH in 1975, prior to “Dianetics Forbidden on Clears and OTs”. It is paralleled in some respects by Step 15 of the NED for OTs RD.

It has had spectacular results on many cases. There have been some cases it did not have spectacular results on, for various reasons. Usually these were cases being audited after Clear in error, or cases with other by-passed charge not repaired such as list errors or PT overts or other our ruds, or were XDN type cases and were not effect as much as they were contra-survival cause. The NVRD might not resolve this aspect of case (CS Series 22 cases).