

BTCC§2: A2 – Rudiments

This action is done using two cans (one in each hand) at the start of a solo auditing session if you should happen to feel out-Ruds (grumpy, irritable, sad, or any other mis-emotion). Lack of an F/N is not an adequate indicator of out-Ruds on this course.

On the BTCC§2 any out-Rudiment conditions is *assumed* to be due to an entity in restimulation. You therefore do not apply the standard Grades rudiments; instead you use this special handling. The tone arm position is not relevant to this handling.

The first step is to *realise* that you feel out-Ruds.

The second step is to List to the *first* reading item from the following question, with both the question and the answers spoken out loud:

“What word or phrase best describes how I feel?”

There is no requirement for this question to read and buttons should not be used.[†]

If the question above did not in fact read, and you have spent a few minutes trying different phrases and none have read, then it is ok to end off on this action having failed to find anything. There may be nothing which is findable at this point.

Given that there is no admin possible, rechecking previous items is not practical. Just List to the *first* reading item and indicate it out loud. For example if “grumpy” reads then you should indicate to the whole body “You are being grumpy”. Now try to locate the entity producing this feeling, if possible. In any case continue with the Valence Process.

Notice that the first parts of this procedure are done out loud to the whole body because you don’t know where the entity is. Once it is located you switch back to silent commands and intention, narrowly focused on the entity.

[†] This may seem out-Tech, namely running an unreading item. However we have actual evidence of an out-rudiment and we also know that in the presence of an ARC break with the auditor, the meter can stop reading. We are therefore checking the rudiment by TA action rather than by needle action.