**Unpleasant Sensation Handling, Expanded**

**(“U.S.H. 2.0”)**

**Solo Version**

***The original Unpleasant Sensation Handling, written by Roger Boswarva, is remarkably effective in alleviating a present time discomfort. It was a quantum leap forward from the old "From where could you communicate to a (injured body part) assist process from the early 1960's in effectiveness, and in that it applies to unwanted feelings such as emotions as well as physical sensations.  
  
Taking into account my own observations with those of John Mcmasters, particularly in his "Story of S & D", the process can and should be enhanced:  
  
"The Story of S & D" relates McMasters' discovery that behind the unpleasant feelings, physical and otherwise, that in Scientology are considered products of "PTSness" (having another person in one's environment imposing harmful effects on one), is the person's own attraction, or in Mcmasters' words, "magnetic fields", for those feelings; having that attraction, one finds a way to bring about having another restimulate these unpleasant feelings in them.   
  
Thus, one can do all the "PTS handling" they can, and resolve only the immediate manifestation of this attraction, the particular current relationship that has been made to materialize to satisfy this attraction; but the attraction itself still remains to be handled, and so the person will be prone to further "PTS situations".   
  
I have applied this information in two applications, both of which have proven very successful. One has been as part of what I have tentatively titled "Suppression/Item in Restimulation Handling", for what would be (marginally) addressed by conventional Scientology means with the aforementioned "PTS Handling", and this adapting of Roger Boswarva's Unpleasant Sensation Handling, which, to differentiate, I will call "U.S.H. 2.0".   
  
Since adding the "attraction for" legs to the procedure, the effectiveness of these has been a revelation even to me, as to the degree of empowerment that people have felt and recovered in terms of conscious causativeness over their attractions, and consequently, the games they choose to play, bringing about a renewed and increased focus and enthusiasm toward more worthwhile goals than the mere experiencing of some sensation. The word "amazing', or the phrase "I'm amazed" is USUALLY uttered at the end of the procedure!   
  
My latest enhancement of the procedure has been to incorporate what I call "The Master Processing Technique", the command from old R2-34, which, in the book 'Creation of Human Ability', is described as "The most powerful process in Scientology", also known as "description processing". It brings about as-isness simply and directly, through this simple question: "How does it seem to you now?” Read on..***

**Unpleasant sensations, feelings, moods, even pain are factors in life. It is to be noted that unpleasant sensations, feelings, moods or pain can manifest at any time during study, and routinely do so for folks in their daily lives.**

**Unpleasant sensations, feelings, moods and pain knock you out of being present. Indeed, when you run the “Presence Process” for an extended period of time, it is quite routine for unpleasant sensations, feelings, moods or pain to begin to “turn on.” Indeed, the Presence Process is used to benefit from this phenomenon. The reason being is that it is these unpleasant sensations, feelings, moods and pain that are an underlying cause of you not being as present, aware, competent and powerful as is your true nature.**

**Thus, one of the processes used in the restoration of your true full powers, presence, awareness and competence is the Presence Process (for extended time) with the Unpleasant Sensation Handling to deal with the unwanted unpleasant sensations, feelings, moods or pain that are in your way.**

**Some of our advanced processes for human development and ability enhancement directly ask for any unpleasant sensations, feelings, moods or pain that are connected to the area of ability or development being addressed.**

**When a person finds they have any unpleasant sensations, feelings, moods or pain in the way of their being fully present, being able to be fully aware with their attention under their control as they want, or preventing them from being able to direct their powers as they want; run this process:**

**First, articulate or describe, as exactly as you can, the unpleasant sensation, feeling, mood or pain (*also see the “Additional Use” section at the end of this document*). Stating or pointing to where it is located can also be helpful.**

**Then run the following process, beginning with step 1, “Experience”:**

**A) *“What part of (named sensation/mood/pain item) am I willing to experience?”***

**Acknowledge the answer.**

**B) “*What part of (item) would I rather not experience?”***

**Acknowledge the answer.**

**C) “*From where could a Godlike spiritual being experience (item)?”***

**(acknowledge)**

**D) “*How does experiencing \_\_\_\_\_\_\_\_ seem to me now?”***

**(acknowledge)**

**Alternate these questions until you realize an ability to completely experience the item, without charge or concern.**

**Once this is accomplished, go on to step 2, “Create”:**

**A) “*What part of (item) am I willing to create?”***

**Acknowledge the answer.**

**B) *“What part of (item) would I rather not create?”***

**Acknowledge the answer.**

**C) “*From where could a Godlike spiritual being create (item)?”***

**(acknowledge)**

**D) “*How does creating \_\_\_\_\_\_\_\_ seem to me now?”***

**Alternate these questions until you accomplish the result of realizing your own creation of the item, and feel complete relief from concern or charge about creating the item.**

**Next, step 3 “Have an attraction to”:**

***A) “What part of (item) am I willing to have an attraction to?”***

***(acknowledge)***

***B) “What part of (item) would I rather not have an attraction to?”***

***(acknowledge)***

***C) “From where could a Godlike spiritual being have an attraction for (item)?”***

***(acknowledge)***

***D) “How does having an attraction for \_\_\_\_\_\_\_\_ seem to me now?”* (acknowledge)**

***Alternate these questions until you accomplish freedom and relief from any charge or worry over having the attraction, an ability to consciously experience the attraction. This is particularly effective and important with items recognized as having a “craving” or “addiction” aspect.***

**Next, step 4 , “Create an attraction to”:**

***A) “What part of (item) am I willing to create an attraction for?”***

***(acknowledge)***

***B) “What part of (item) would I rather not create an attraction for?”***

***(acknowledge)***

***C) “From where could a Godlike spiritual being create an attraction for (item)?”***

***(acknowledge)***

***D) “How does creating an attraction for \_\_\_\_\_\_\_\_ seem to me now?”***

**(acknowledge)**

***Alternate these questions until you realize causativeness over consciously creating the attraction for the item, and recognize complete power of choice over creating or not creating the item. And you can correctly evaluate whether or not you should create the item.***

***The “attraction” steps have proven to be hugely effective in bringing about a more pronounced realization of spiritual freedom, and restoring one’s Godlike spiritual qualities.***

**This is quite a miraculous process. It restores to the person their ability to be present in the area and to be in control of the experience or creation of the unwanted sensation, mood or pain. Generally, the unwanted sensation, mood or pain vanishes.**

**It is to be noted that, with the exception of physically caused pain due to illness or injury which benefit from medical treatment, most pain suffered by folks is spiritual in origin. It is because of this fact that the process above is so wonderfully workable. It is also true that physical pain is very often successfully handled with the above process, and such handling helps speed the physical healing.**

***Final step 5: the Positive Goal***

***Underlying all negatives is a positive goal, and so in order to complete this cycle of recovery, the final step is to re-create that positive item:***

**(A) Ask yourself*, “Is there a positive ability or state of being relating to this area that I would like to create and experience?”***

**(B) Upon getting such an item, envision this for yourself, as a 3-dimensional reality, and get the idea of how good it feels.**

***(C)* Now*, effortlessly* create that (item), in full dimension, and sufficient degree and volume for it to completely permeate your space and beingness, have it do so, and fully experience it*.***

**Continue at this until you are certain that you have completely accomplished this; it is possible that you will have done so on step B. In any case, continue step 5 until this is fully accomplished, and you have reconnected with your serenity related to this goal.**

**(D) Having accomplished this, allow it to fully unfold, and enjoy!**

**Important note on step 5:**

**In running step 5 be prepared to encounter some form of case or charge that interferes with your success in fully accomplishing this result, and handle it by applying process R2-34 (Description Processing) from the book *Creation of Human Ability*:**

**Describe what you are encountering; it could be virtually any form of case- engrams, implants, sensations, decisions, command phrases, shocks, and/or more. Until all the resistance is processed out of the item, simply examine it, using this question:**

***“How does it seem to me now?”***

**In permeating the case material that has emerged with this question, it will change, and diminish until the charge is gone. Repeat this question, and getting answers to it, until this has been accomplished. Then return to the last part of step 5 that brought up that item, and resume the process. Use this technique again, as needed, if and when anything else emerges that blocks the full accomplishing of step 5, and then return to the last part of step 5 that brought up that material, and carry forward.**

**The results should be very positive and very evident.**

**(There exists a variety of processing alternatives, some of them having dozens of steps, to process whatever charged material may arise on the positives step, but as we are not trying to turn this onto a long rundown, and only seek here to allow the PC to successfully create the positive, this As-Isness technique is ideal for this purpose.)**

**Additional use:**

**You can also ask questions A, B and C below and run any items given on the above steps very profitably for the individual. Question C is particularly effective in resolving addictions, cravings, obsessions and compulsions. The questions can be prefaced appropriately, for example, “With smoking….”, “Regarding food cravings…”, “Connected to sexual habits..”, etc:**

A. Do you have **any unpleasant sensations?**

*If so, get them named and do Unpleasant Sensation Handling on them.*

B. **Are there any pleasant sensations you cannot easily experience?**

*If so, get them named and do Unpleasant Sensation Handling on them.*

C. **Are there any pleasant sensations that you must experience?**

*If so, get them named and do Unpleasant Sensation Handling on them.*

*(These questions derive from Alan Walter’s Presence Three Identity Handling Procedure).*

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