

# The Dianetic Auditor's **BULLETIN**

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Editorial .....	97
David C. MacLean	
Self-Determined Effort Processing .....	99
L. Ron Hubbard	
Advanced Procedure .....	106
Summary of Effort Processing .....	112
Ross Lamoreaux	
Let Them Eat Bread .....	114
William Wilson	
Terror Charges .....	121
Waldo T. Boyd	
Hubbard Lecture Series .....	123
The File Clerk .....	124
Bag of Tricks .....	127
Announcements .....	128

*Official Publication of*

**DIANETICS**



**HUBBARD  
DIANETICS**

## **The Hubbard Dianetic Foundation, Inc.**

The Foundation has been chartered in the State of Kansas with these grants: "To study and conduct research in the field of the human mind and of human thought in action; and the application of the principles discovered therein for the relief and cure of all human ills which may be found to originate in the mind of man; and in connection therewith to further study, explore, develop and do research in the science of Dianetics, as discovered and founded by L. Ron Hubbard; and in furtherance and not in limitation thereof to teach, educate, demonstrate, explain, show, publish and declare, by any means, the facts, findings, results, principles and axioms ascertained in dianetic research of the human mind for the cure, relief, and release from all human ills, and ailments which are derivative from engrams and psychosomatic control and command of the human mind and body. To have and exercise all powers conferred upon a corporation by the laws of the State of Kansas."

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**Note:** Procedures set forth herein should not be applied until the auditor is familiar with SCIENCE OF SURVIVAL: Simplified, Faster Dianetic Techniques.

**WALDO T. BOYD**  
Editor

## The Golden Eggs

The attitude once prevalent in dianetic circles whereby the pre-clear's desire and determination was secondary to the demands of the auditor has been gradually discarded in favor of recognition of the pre-clear as a human being possessed of self-determinism. If the pre-clear's actions in session do not agree with his verbally expressed goal of change it might at first seem appropriate to the auditor to "sneak" away an aberration from him, but actually such practice by-passes self-determinism.

During his lifetime of association with other individuals the pre-clear's desires have been subjected to innumerable attacks; for the auditor to join this throng of controllers is certainly not conducive to the best interests and well-being of the pre-clear. Such authoritarian auditing creates a present-day time track clouded with the concept of a struggle between the pre-clear and another ruling individual. The pre-clear has had too much time track of this kind already. Far better to validate the use of his self-determinism for cleaning up his aberrations. With the assistance of the auditor's technology and help in directing attention where needed, the time invested in building such a rock foundation will pay off in large dividends of decreased manifestation of aberration.

Erasing an engram does not change recorded data of the past; it does change present-day response to such data. Having examined the content of an engram, the present-day self-determinism of the pre-clear can then refuse to permit the revived or compulsive use of the data as a survival mechanism; can refuse to use the event any more for "enforced" mimicry. That part of the pre-clear which makes decisions

to use past engrams for behavior models gains discriminatory power in direct ratio to the strengthening of present-day self-determinism. The gain is quite sufficient to recognize the fallacy of using such static models for continuing behavior in the environment of ever-changing *now*.

The self-determined "chooser" of whether to use engrams, which ones to use and when to use them is apparently the "goose that lays the golden egg" of rationality. It can be fattened by feeding on present-day self-determinism, seasoned with the realization that the pre-clear himself chose his aberrations. Speedier improvements result when sessions are conducted with major attention to the present-time *how* of running: fostering and encouraging the self-determinism of the pre-clear, affording a series of successes in contacting material, maintaining high tone relationships with the auditor, and assisting the pre-clear's discovery of the true part independent choice has played in his displayed aberrations.

With the recognition of the role played by his self-determined choice, the pre-clear can come into his own. Responsibility for the perpetuation of aberrated behavior falls on to his own shoulders. The brief glory of the authoritarian auditor fades from view.

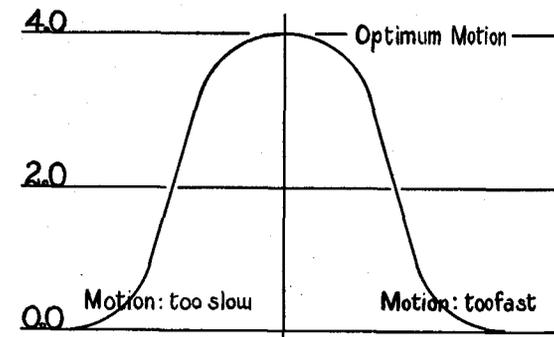
Let's get busy and start gathering the golden eggs!

—David C. MacLean

## Self-Determined Effort Processing

L. RON HUBBARD

The basic dynamic principle of existence is: *SURVIVE!* Underlying this dynamic and essential to it is *MOTION*, for survival is accomplished by a continuance of motion at a given optimum rate. To be at its best, an organism must sustain an optimum motion. When motion is either too fast or too slow, an organism becomes static, which is tantamount to death. There is a tone scale of motion, from static on the too-slow side to static on the too-rapid side with optimum motion between:



Motion has, as a component part, effort or energy applied in a given direction. The compelling or inhibiting of effort compels or inhibits respectively the organism's optimum rate of motion. To rehabilitate the individual, then, one must process out of existence any over- or under-motion or times when application of effort caused enturbulation.

The individual organism is engaged in a contest between

itself, other organisms, and MEST. An organism seeks to maintain a motion pro-survival to itself and its symbiotes. To maintain this motion it must overcome the environment effort inhibiting or compelling its effort, termed counter-effort.

An example of this principle might be considered to be the act of driving an automobile. A driver, with an intentional line of direction, is suddenly caused to stop his forward motion because of a stop light. Although this does not usually bother him to any great extent, it does cause a slight lock since it is inhibited motion. To add to the confusion, a car speeding up from the rear bumps the stopped car, compelling a motion which was unintentional. At this point there is a slight *randomity*\* of effort on the part of the first driver. Any additional incident involves the driver in a contest to maintain motion of a survival tempo in a direction of optimum survival.

#### RATIONALITY DEFINED

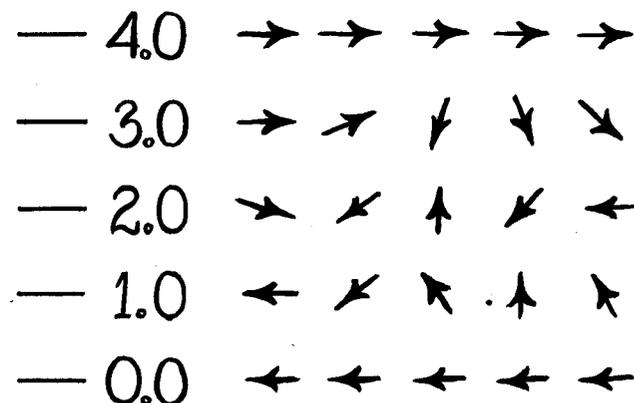
The magnitude of the survival threat modulates the amount of effort demanded by a rational mind. Aberration is a failure to add algebraically the amount of effort necessary to the optimum solution of the problem. Such a failure can be caused either by a lack of data available to the individual involved or by his having met problems unsuccessfully in the past. In either case the individual unwittingly determined non-survival courses as to that effort by his own self-determinism at the time he accepted the counter-effort. Thus even the mechanism of restimulation is the individual's own self-determinism lifting the engram into present time.

In any engram the point of lowest awareness of effort is the deepest point of anaten. Here is the effort unsuccessfully applied in all directions so that there is no resolution of effort. Anyone who suffers from such randomness to any great extent comes to the point where he is no longer able to add up magnitude of efforts. He cannot be a rational being. Rationality is ability to recognize and meet the magnitude of effort (counter-effort) being applied to the individual.

\*Randomity is the mis-alignment, through the internal or external efforts by other forms of life or the material universe, of the efforts of an organism.

#### NATURE OF MIND

The mind can be considered to be, basically, an aligned quantity which is pliable and amenable. It is directional, aligning the efforts of the organism or things of which the organism is a part. Gradually its original aligned vectors toward survival become turned around and are pointed toward succumb. This is illustrated in the following tone scale.



Physiologically the individual mind is capable of being impinged upon by inhibitive or compulsive efforts of others. In view of this we have postulated randomness. A race, a group or even a family without an agreed goal has randomness. Efforts to survive are being applied in many directions and some of them impinge on individual minds to deprive those individuals, if they allow it, of a portion of their self-determinism.

Every time a person's effort is compelled or impeded, he receives some degree of anaten. His energy is flowing in a certain direction; counter-effort throws the energy flow back upon itself. Because the central control unit has not received contrary directions, it continues the line of the original flow against the reversed vectors. Naturally the end result of the effort is blunted, confused. Continuing this flow of random vectors will carry enturbulation to the point of unconsciousness. Anyone applying enough effort toward survival can cause unconsciousness; he is trying to overcome more than he

has ability to overcome. This may be exemplified by a person trying to lift a car until he becomes unconscious. He underestimates the magnitude of effort necessary for performance of the task. An unsolved problem is an effort which has not been overcome and thereby causes randomness of effort encysted in time. Anaten is the physiological manifestation of this randomness of effort.

### *ACCEPTANCE OF COUNTER-EFFORT*

What is this process of giving up self-determinism? Observe an individual who is gradually succumbing to counter-effort control and you will see it is a matter of his central control unit being transplanted. Consider this person's "I" when it is in complete control and with full self-determinism as a motorman. The motorman has to be constantly alert as to where he is, what he is doing, what he has to oppose and what he has to overcome in order to keep aligned vector energy. Then watch this motorman participate in a boxing stance. Standing upright with arms extended, the body is hit. "I" goes unconscious as randomness overpowers, and "I" releases the control buttons. The last moment "I" was in control, the body was in an upright position; the next moment when "I" endeavors to regain control, all the levers have been changed. The body is flat on its back. It has been moved in time and space. "I" now tries to hook up with the motor control buttons again when none of them are the same. He grabs here and there, finally clutching onto some old control post that monitored the organism at another time in a point of consciousness. A counter-effort now controls the organism to some extent; a valence presides. This can be only of a harmful nature to the organism since harm was the sole purpose of that command post when it was previously in control.

### *PERCEPTION POSTS*

New centers are constantly being formed for commanding an organism, but the same is not true of recording centers. Perceptics are always recorded at the central point. Hence it follows that as "I" is constantly forced to move farther and farther from the center, the individual loses his percep-

tics. In some situations, however, "I" is overcome to the extent that the "valence I" reaches completely over the entire surface of the mind until its central point coincides with "I" at its central point. This produces the wide-open case with all perceptics available. This assumed "I" looks valid; it is right there, all fingers on the buttons, yet not monitoring. It has no ability to reason or to handle the organism.

### *PROCESSING EFFORTS*

Dianetic processing endeavors to strip the organism of its inhibitive or compulsive factors with emphasis on the self-determined efforts of the pre-clear. Moments when the pre-clear decided for himself upon non-survival courses are recovered and re-evaluated, and "I" is gradually brought closer to its rightful position at the central command post.

In self-determined effort processing, the auditor's first step in the usual case is to assist the pre-clear to discover his effort along a survival course such as eating or going somewhere. He may attempt to recover for the pre-clear the actual physical conscious effort toward some MEST object, such as the act of lifting something in present time. When the pre-clear has re-experienced the sensation of his own physical effort, the auditor can then ask for the mental effort which ordered the action. By working carefully and patiently, he can at length encourage the pre-clear into actually re-experiencing the thought impulse and the motor control impulses on the sides of the head. Here is the central switchboard area which essentially is jammed up by counter-effort. The effort of the pre-clear to act against these counter-efforts may turn on tingling or painful sensations in the temples and sides of the pre-clear's head and down the spine.

The auditor can ask for and the pre-clear will usually experience the sensations of mental effort to engage on non-survival courses. (It is interesting to note that the engaging upon survival courses does not basically entail effort. The engaging upon non-survival courses, however, does since obviously it was physical force which thrust the pre-clear onto these non-survival courses.) One asks then not for the times when the pre-clear underwent stress and agonies concerning survival courses. One wants, instead, the stress and

agony of having to assume non-survival courses, and the decisions to make those efforts.

The purpose of effort processing is to remove beliefs, statics, too much or too little motion. Consequently the auditor wants to help the pre-clear to find his efforts to halt energy and matter; to start and stop motion, to resist, accept, change the physical universe. Together they want to find times when the pre-clear has held onto data (causing randomness) and run effort out of those beliefs and decisions. The auditor can ask for such basic efforts as the effort to engage in non-survival activity, the effort to do wrong, the effort to refuse to eat, his effort not to have affinity for himself, his effort not to communicate with himself. They can run out physical efforts to obey and should scan effort of all enforcements or inhibitions of ARC. Questions can range along any of the dynamics, but it is best to clean up the first dynamic first. Intersperse effort processing with some validation-MEST processing.

General questions on effort may throw the pre-clear into an engram along the chain being straight-wired for effort. It is probably wise also to return to engrams previously contacted and re-run them with effort processing. Once the self-determined effort is gone from an engram, the rest of the force is nothing and evidently the engram no longer has power to restimulate.

### *PROCESSING ENGRAMS*

Engrams are run with Standard Procedure but with emphasis on effort instead of perceptics.

In any engram there is counter-effort and there is the pre-clear's effort against the counter-effort. The exertion of force against the individual organism is not the same as the organism's force exerted against the environment. Should the pre-clear concentrate on the effort that opposed him, the counter-effort, he goes out of valence. To avoid this, the auditor uses such leading questions as "What is *your* effort in regard to the opposition?" "What is *your* effort to resist the counter-effort?" In this manner the external effort source can be invalidated and the "I's" opposition validated

and experienced. For example, let us look at the basic area. There it is easy to get the womb's effort, that is, the pressure of the womb on the individual. Strive instead for the pre-clear's opposition to or expansion against that pressure of the womb, or his acceptance of it. With the sperm, do not go after the obstruction of progress but for the sperm's effort against that progress; and reduce efforts to the point where he is an unopposed sperm.

Self-determined effort processing is essentially for cases which can be gotten into communication with the auditor. In low tone cases simple ARC validation-MEST processing is used in order to orient the individual in present time.

### *SELF-DETERMINISM VALIDATED*

Effort processing, then, lifts up for emphasis the fact that only one's self-determinism is important, and that the efforts and the counter-efforts against it are the aberrating factors. Re-discovering times for the pre-clear when he gave up his self-determinism, and erasing the efforts involved in these postulates and incidents is giving back that individual's happiness and assisting him to move again in a survival direction.

## Advanced Procedure

The auditor and pre-clear are a group. To function well a group must be cleared. The clearing of a group is not difficult and requires but little time.

The relationship of the auditor and pre-clear is not parity. The auditor lends himself to the group as the control center of the group until the pre-clear's sub-control center is established under his own control center's command. The role of the auditor ceases at that moment.

The auditor necessarily owns the pre-clear. He owns the pre-clear on a lessening basis until the pre-clear owns himself.

If the auditor wishes to successfully own, to the end of *not* owning the pre-clear, he must not use the pre-clear to the service of the auditor for this establishes and confirms the ownership and inhibits the pre-clear from owning himself.

*THE FIRST ACT* of the auditor concerns himself. He assesses the task rather than the pre-clear and assesses the matter within himself. He establishes whether or not he desires the pre-clear to become established under the pre-clear's own center of control. To do this the auditor may find it necessary to straight-wire himself for the removal of any reason why he does not want this pre-clear to be owned by the pre-clear. He then postulates to himself what he wants to happen with this pre-clear and postulates as well that he can do his task with this pre-clear. He must feel these postulates solidly. If he cannot he must discover why he cannot. Thus the first session's first minutes with the pre-clear are concerned with the auditor himself. He should take time out from the pre-clear until he himself is established in his task and then readdress the pre-clear.

\*Excerpt from **ADVANCED PROCEDURES AND AXIOMS**, \$2.50. Distributed by The Hubbard Dianetic Foundation, 211 W. Douglas Ave., Wichita 2, Kansas.

*THE SECOND ACT* in addressing the pre-clear is to clear the pre-clear of past postulates which may have concerned some one with whom the pre-clear may have the auditor confused.

*THE THIRD ACT* consists of cleaning present time facsimiles for the pre-clear so that the environment is not confused.

*THE FOURTH ACT* is the establishment of the accessibility of the pre-clear with himself. This may include a thorough address to past auditing and auditors. It includes *past, present and future problems*.

No further action than these can be successfully accomplished until these have been accomplished.

In the case of psychotics, the second, third and fourth acts may be changed in their order but they are vital. They are so thoroughly vital that one might say that a psychotic case, computing or dramatizing, will be broken only by following out these four acts and, conversely, that the use of these four acts will themselves break a psychotic case.

Until these four acts are accomplished, and they must be accomplished with any case, no matter the tone of the case (save only in emergency use of "assists"), no further act is attempted. If a further act is attempted without first using the first four the recovery of the case of his own control center will be prolonged or entirely inhibited.

It should be borne in mind that these considerations are of the highest mechanical practicality and are in no way tinged with any mystic quality. They rest on precision reasons of the same order as having to put water near a source of heat to get it to boil.

*THE FIFTH ACT* is the auditor's assessment of the pre-clear. With a dispassion paralleled in the examination of a horse one might wish to buy, the auditor categorizes the pre-clear in three echelons of classification as follows:

(A) What is the quality of the pre-clear's reasoning about himself and his environment; about people? This establishes, and seeks only to establish, the degree the pre-clear's thoughts are controlled by

the environment including other people. Literalness of response to phrases, commands and sudden sounds establishes the pre-clear on the tone scale. What the pre-clear does about motion, the pre-clear's muscular tension and the pre-clear's reaction time all serve to establish the pre-clear's *thought*.

(B) What is the quality of the pre-clear's emotion? This is established by the response of the pre-clear to the auditor's mood, the voice quality of the pre-clear, and the stability of the pre-clear's moods. What is the pre-clear's endocrine state?

(C) What is the state of the pre-clear's body? Here the auditor is looking for glaring defects in structure. What is the quality of the pre-clear's sight; hearing? What is the tonus of the skin and muscles, How are the limbs formed? Is there any chronic "psychosomatic illness"?

This assessment places the pre-clear on the tone scale. It tells the auditor whether he can use straight-wire, repetitive straight-wire, lock scanning or full effort. It tells him as well what counter-efforts he is most likely to find. See copy of Tone Scale.

*THE SIXTH ACT* consists of the establishment of the *service facsimile chain*. That service facsimile which the auditor must necessarily release can be located by estimating how old the pre-clear appears to be. The last of the chain is at that age. Age flashes are requested and occlusions are scouted.

It should be heartening to the auditor that his ability to perform acts five and six is a lesser factor in his processing. Knowing how simply speeds the resolution of the case, for these techniques reach it automatically without assessment **BEYOND THIS POINT: THE AUDITOR MUST NOT LOCK SCAN OR USE EFFORT PROCESSING ON PRE-CLEAR WHO ARE BELOW 2.0 ON THE TONE SCALE!** To this end an auditor *must* be able to place his pre-clear on the tone scale. *When in doubt always assume the pre-clear is below 2.0 and use only straight-wire and repetitive straight-wire.*

*THE SEVENTH ACT* consists of establishing whether or not the pre-clear is currently running on his *genetic* control center. In short, is this a left-hander who has been made right handed? Fifty percent, roughly, of all human beings are running on the wrong control center.

*THE EIGHTH ACT* consists of *stop, start, change* straight-wire including, in particular, *move*.

*THE NINTH ACT* consists of running emotional curves\* until the pre-clear has the curve of one attempt-failure-engram cycle. This is done until the *service facsimile\*\** is located; returned on track.

*THE TENTH ACT* consists of running out, by effort, emotion and thought the service facsimile.

*THE ELEVENTH ACT* consists of running out *all sympathy* on everyone and anyone in this lifetime, on every dynamic. This is done by running the sympathy as a lock for its entire duration over and over until the sympathy is erased. This includes sympathy for self, for every part of the body, for children, for sexual partners, for each parent, for every member of the family, for every ally, for every friend, for every group, organization, state or country, for Man in general, for matter, for energy, for space, for time, for trees and any vegetable life, for bacteria, for cells including sperm, for dogs, cats, horses, cattle, pigs, sheep, game birds, game animals, for souls, spirits, idols, clairvoyants, saints, for the Supreme Being.

*THE TWELFTH ACT* consists of running successively any and all emotion on all the dynamics one after the other. This includes happiness, fear, anger, boredom, grief (with or without a tear discharge) and apathy.

*THE THIRTEENTH ACT* consists of attempting, with *thought*, to clear the case of all postulates, evaluations, goals and judgment in the current lifetime.

\*The emotional curve is the drop from a high position on the tone scale to one low on the tone scale. It leads into service facsimiles. It should be handled as an emotion lock.

\*\*A facsimile is a memory recording for a definite period of time. A service facsimile then is a definitely non-survival situation contained in a facsimile which is called into action by the individual to explain his failures. It may be one of illness, injury, or inability. A service facsimile is the pattern which is the chronic "psychosomatic illness."

*THE FOURTEENTH ACT* is the rehabilitation of the proper control center.

*THE FIFTEENTH ACT* consists of rechecking from the fifth up through the fourteenth act in sequence.

It is apparent that the auditor, so far, has done minimal effort-processing. It should also be apparent that most auditors are too ambitious to attack efforts. Experience should tell the auditor that the thorough eradication of the use of a service facsimile chain is not accomplished simply by nullifying one of the facsimiles on that chain. However, as an estimate, by the time the auditor has reached the tenth act the chronic somatic of the case should be out of evidence and should stay out except for new problems and consequences in the environment.

It should also be apparent that with act fifteen we have not tapped the reservoirs of the genetic chain. We have not established full memory. We may not have established full perception. The auditor, by the time he has accomplished act fifteen, should find himself confronted with a better product than man has been before. It is definitely in the devotion of the auditor and within the limits of his time whether or not he carries his pre-clear beyond act fifteen.

It should be noted that beyond act fifteen potentialities and techniques are either unknown or not established at this time. Up to act fifteen we are on very safe, proven, thoroughly workable ground.

A pre-clear thoroughly carried through these processes should be classified as a "fifteen." A pre-clear carried through to a chronic somatic release should be known as a "ten" solely for qualification.

*The essence of Advanced Procedure is to follow it step by step. Do not skip any act. Do not go on to a further act until you are satisfied you have accomplished the act in action. Do every act thoroughly and only then advance to the next act. This should be so thoroughly established that a pre-clear, knowing Advanced Procedure and finding an act has*

*been left incomplete or an act skipped, should judge his auditor a sub-center at best and get another auditor.*

*NOTE:* The control-center, sub-control center relationship makes husband-wife teams highly inadvisable. Husbands and wives should appear to each other as inviolate personalities, not as auditor and pre-clear. Three-way teams are far more successful than two-way interchanging teams.

### PRECAUTIONS

1. Do not audit a pre-clear with a technique above his tone-scale level.
2. Do not audit a pre-clear with broad techniques until you have resolved the inaccessibility that pre-clear may have.
3. Do not audit a pre-clear when he is very tired.
4. Do not audit a pre-clear who is hungry.
5. Audit pre-clears who are apparently deficient nutritionally only when you can give them nutritional supplements. (This applies to straight-wire and any other process.)
6. Do not audit pre-clears late at night.
7. Do not evaluate your pre-clear's data for him.
8. Never back off from a process you have begun.
9. Never give a pre-clear a second order while he is still attempting the first you gave him.
10. Always be orderly and routine in your commands.
11. Never let your pre-clear control you. Always be at a level of force short of his objection point.
12. Act like a control center. Never be confused, doubtful or bewildered.

*USE A MINIMUM OF EFFORT PROCESSING AND THEN ONLY ON SERVICE FACSIMILES.*

## Summary of Effort Processing

ROSS LAMOREAUX

*To give just the mechanics of effort processing on its simplest basis without any explanation of the theories behind it is the purpose of this article.*

The auditor beginning to use effort processing for the first time can proceed as he has always worked with Standard Procedure, but when an incident is contacted, instead of trying to pick up all the perceptics and all of the words and phrases in the incident, he is primarily interested in the pre-clear contacting the effort made during the incident to resist the action of force applied to him by the environment. The auditor still wants to contact the beginning of the incident, and the question now is: What is the first effort made by the pre-clear in this incident? When the pre-clear reaches the end of this effort—what is the next effort he makes in this incident? Carry this on to the end of the incident. Then the pre-clear is asked to return to the beginning of the incident and go through it again. The auditor will discover that when the pre-clear contacts his own efforts, he will automatically get into his own valence. Perceptics will tend to turn on, and audio and visio will commonly be present, though as long as the pre-clear is in contact with his own efforts there is no necessity for checking the other perceptics. The auditor will discover that in the course of the incident, the pre-clear forms postulates about his future behavior, or his present activity. These should be picked up before the incident is left because these will be found to have had a marked influence on the pre-clear. Normally the incident will be erased the second or third time the pre-clear goes through it.

The auditor does not need to be afraid of getting stuck in any type of incident. It is perfectly possible to run out late physical pain or early emotion. The auditor is interested in these things: What is the physical effort involved on the part of the pre-clear? What is he doing to oppose the forces being exerted against him by the environment? What effort is the pre-clear making to stop and start time or the material universe around him? This is all the auditor needs to get from the incident and if he gets all the efforts made by the individual, the incident will erase.

In the cases in which an effort does not seem to reduce, the auditor should ask for the effort to make the effort. This will occasionally be the thing which is holding a particular effort in place.

In running an effort, check to make sure the pre-clear feels effort in the various parts of his body. The effort to stop motion, for example, should be checked by asking the pre-clear to feel this effort in parts of the body selected at random, to make sure effort is contacted. Efforts can be felt recognizably by pre-clears not only in terms of arms, legs, ears, etc., but also in terms of the glandular system, circulatory system, or even on a cellular basis.

The auditor who wants to use straight-wire is now interested in the times when the individual agreed to be aberrated, the times when he agreed not to survive, not to know, not to experience. (When did you agree not to become clear?) The auditor is now interested in the decisions, or conclusions the pre-clear reached. When he picks up a decision and the time that it was reached, the next question is why was the conclusion reached? This way the pre-clear can blow not only the decision, but also the reason behind it. Decisions, conclusions, agreements can be run on straight-wire, repetitive straight-wire, or they can be scanned. Chronic somatics can be keyed out relatively easy with this type of straight wire.

Use of effort processing seems to do a more rapid job of eliminating chronic somatics than has been heretofore possible. It seems to raise tone more rapidly and higher, and incidents seem to run out in one-third or less of the time required before.

# Let Them Eat Bread

WILLIAM WILSON

The lady in the palace was told that the people would soon have no bread, and she said, "Let them eat cake!" The people had no cake and so they starved. Two hundred years later they have their cake and eat it too, and they are still starving.

The United States is probably the greatest country in the world for food fads. That food fads are prevalent hardly anyone would dispute. The disagreement would be over just what is a food fad. Under what circumstances is a citizen eating something because it is fashionable? Is it fashionable to eat yogurt? Groats? Kohlrabi? Papaya tablets? Well . . . not very. Not at your neighborhood restaurant. What is fashionable, then? What are the real fads?

Let us name just ten of them: (1) white bread, (2) canned meats and vegetables and fruit—especially for babies, (3) white sugar, (4) polished rice, (5) "beautiful" fresh vegetables and fruits, (6) patented breakfast foods, (7) "vitamin enriched" foods, (8) processed cheese, (9) homogenized milk, and (10) soft drinks.

Presently it will be shown just why each of these should be considered a fad and not a legitimate food, but at this moment the reader may be asking, "Why bring all this up? I thought the BULLETIN was about Dianetics, the science of *thought*." True, Dianetics is the science of thought, but dianetic processing, to date, deals only with thought processes as they occur in organisms, and organisms eat, and what they eat affects their ability to carry out successful thought processes.

In the chapter of *SCIENCE OF SURVIVAL* which is entitled "Relative Entheta on Case," there is a discussion of the interdependence of thought factors and physical factors, as

shown in the reduction of an incident by the simultaneous appearance of physical and thought manifestations. The statement is made that proper nutrition is necessary to the running of a case and that a case will not run well on "coffee and sandwiches." Reference is also made to vitamin and mineral dietary supplements.

It is implicit in the basic theory of Dianetics and it is observable in the course of processing that the nutrition of an organism has a great effect upon the ability of the thought processes to direct that organism. That these processes succeed even partially under the conditions of nutrition which prevail in the world today is a tribute to the stubbornness of the energy of thought itself.

There are many reasons why some individuals are old at forty and others are young at ninety, why some live only to their fiftieth year and others to their hundred-and-twentieth, but nutritional support is undeniably an important factor. When a reactive thought process begins to carry out its purpose to "save" the organism by making it physically sick, its best method of procedure is to render the organism unable to benefit from any nutritional intake that it may have. The malnourished individual does not permanently benefit from the administration of a richly nutritive diet if he has such a thought process in constant operation. In our society we have such thought processes operating on a social level. The ten listed food fads are examples of the results of such reactive thought processes which are causing our society to be malnourished as a group. There are four underlying aberrations which might be held to account for this in the United States: (1) loss of skills, (2) adoration of the machine, (3) worship of "science," and (4) "cake-ism."

Of loss of skills, it need only be said that in the days when nothing came in a can, mother had to know all about food, how to select it, how to prepare it, how to serve it, and how not to kill herself doing all this. Sometimes she complained, and father invented lovely big machines to do everything in a factory instead. Daughter, therefore, had only to open a can. By the time lovely little machines arrived to make it easy to prepare food at home, daughter and granddaughter had completely lost sight of the art of selecting, preparing

and serving food, and so they went right on eating out of cans. The only thing they learned about nutrition was that if one were stuck in birth one had to deprive one's self of ninety percent of one's legitimate nutrition in order not to be fat. They went on diets. Their menfolk thought this was a lot of nonsense (and they liked them a little fat anyway), and so the word "diet" became a comic one which had nothing to do with good food that made one healthy but only with no food, in order to get thin, even to the point of fainting sometimes. The menfolk knew that all one had to do to be healthy was eat hearty—but they overlooked something.

The food which was being presented to them by their loving, dieting wives was coming out of machines. Now everybody knows that the machine is the most glorious creation of America. Everybody knows that the product which comes out of a machine is superior to the product which comes out of anything else. It is longer, rounder, firmer, more fully packed, it will keep longer on the shelf, it will be fresh even after hours of use, it will be free from all contaminating grit, dirt, lint, dust, grease, vitamins, minerals, proteins, and taste. It will be pure. Unfortunately this is not enough. Life organisms have to be sustained by consuming smaller more defenseless life organisms, whether these be oysters or fresh garden peas. The longer a foodstuff remains "uneaten" after its natural process of growth has been interrupted, the less life there is in it, and the less it is suited for use by a consuming organism. Even grains, which "keep well" over long periods, lose their value. After they are milled, their value diminishes greatly in a matter of only a few days, some say hours. And so we come to the next step in this reactive computation.

"Science," it's wonderful! The farmer carefully hordes his best grain for sowing, and when the season comes he lovingly scatters it in the field, where it rests and grows under his watchful eye, braving the rains and hailstorms that may come out of season, into great golden waves of grain that ripple in the sunny breeze. He harvests the grain at the very moment of its maturity, threshes it, sends it to the mill for grinding. At the mill, an order has come through for white flour, so the miller grinds the grain right down to the nub,

bleaches what is left and sends it off to the bakery. There, preservatives, emulsifiers, shock absorbers and other foreign ingredients are added to make this the lightest, fluffiest, most melt-in-your-mouthiest loaf on the market. It will stay soft for weeks!

Now comes the nutritionist, saying, "This bread has no minerals, vitamins, protein, aminos, phlogiston or humors. It must be improved." Back go the busy scientists to the mill where they scrape up the wheat germ and outer casing of the grain and rush it, earnestly and without cracking a smile, to the bakery. Industriously they mix a little of it with the white flour, adding at the same time various synthetic\* commercial vitamins and coloring, and proudly they display the loaf in the market as "vitamin enriched and fortified." One would think that the easiest way to achieve this would be to use the grain as nature made it, with all the ingredients still fresh and alive.

Testimony recently heard by a Congressional committee\*\* indicated that it costs a bakery only one-half cent more to produce the best loaf than to produce the worst. Furthermore, it was stated that if all bread contained the recommended amounts of milk and flour, there would be no surplus of these on the market, a condition which the farmer would welcome enthusiastically. What, then, prevents this from happening? Does white bread taste better than brown? No, but it carries more prestige. From the days of Rome, white bread has been for the aristocrat, black bread for the peasant. "Let them eat cake!" The only reason that the citizen prefers white bread is that it is stylish among the smart set—the smart set of Nero's day. In America, everybody is the smart set, so everybody has to eat cake.

\*A synthetic vitamin is one which differs from the natural, living product to such a small degree that the laboratory analyst cannot tell the difference between the two. The reader should be reminded, however, that laboratory analysts at one time did not have fine enough tools to tell the difference between white corpuscles and spirochetes and also that the "substance" which "causes" life has never appeared as such under a microscope.

\*\*"Peril on Your Food Shelf," by James Delaney, M.C., *American Magazine*, July, 1951.

The fact that white bread is not worth eating has not even been hushed up by the manufacturer. Most bakeries advertise their whole wheat bread as more nutritious, although recently the "enriched" white flours have had their day on the billboards. The law requires a baker to list the ingredients of the loaf on the wrapper, but how many shoppers bother to read that list? The citizen, apparently, does not care what he eats, so long as it comes in a pretty package. The truth about bread is simply this: The best bread contains the whole grain, no preservatives, no bleaches, no softness, and it is baked immediately after the flour is milled. (Some bakeries have their own mills to facilitate this.) Furthermore, the careful shopper would buy a loaf which was made with grain which came from an area noted for its good soil.

Having touched already upon the canning process, let us now briefly take up the other fads which conspire to weaken the organism so that it can succumb more readily to last season's somatic.

White sugar, although another mark of aristocracy, contains only one-seventh the food value that is found in raw sugar.\* It contains no vitamins, minerals or protein. Raw sugar contains these and has an interesting taste also. Since commercial candy is mostly refined sugar, it has practically no food value, it displaces real food in the user's diet, and it will cause decay in all but the most Herculean of teeth.

Polished rice, by being polished, loses most of its value. Natural brown rice is a very good grain and it tastes better than polished rice but, of course, it is not white.

"Beautiful" fresh vegetables and fruits are often beautiful because they have been sprayed with insecticides which render them cumulatively poisonous to the user. They are often big because they have been overfertilized with inorganic fertilizers, which give them size but not content. Small, pock-marked fruit is often better than big, "beautiful" products.

Probably the worst thing that can be said about breakfast foods is that they are always "ready on your shelf when you

need them." In other words, they don't spoil. This is because there is nothing in them to spoil. Does salt spoil? Does sand spoil? Only food products which are chemically active are subject to spoiling. Organic substances which still contain life are chemically active and they spoil. Oysters spoil. Breakfast food does not. Grain products tend to be "refined" to such a point that there is nothing left in them but calories, and not much of those. Perfectly appetizing breakfast cereals can be made from whole grains. They are not hard to prepare and they are worth preparing.

Processed cheese is not to be compared in any way with natural cheese. The process produces a substance which tastes vaguely like cheese and looks rather like cheese, but which is cheese only as a studio movie set is the place it depicts.

Homogenized milk may be days older than un-homogenized milk without showing it. Even the pasteurization of milk must be considered a loss of food value.

Soft drinks contain (1) a great deal of refined sugar, (2) acids which are reported to dissolve human teeth (left in the soft drink only twenty-four hours\*). They spoil the appetite of the user for real food.

What with products that are slow poison, on one hand, and a general ignorance in the culture as to what *is* food, on the other, what is one to do about not starving to death on cake? Are pills the answer? Unfortunately it is not so easy as that. Most vitamin products are synthetic, but even those which are produced organically, so far as possible, do not take the place of fresh meat and vegetables and fruit and grain which are grown in good soil with organic fertilizers or, in the case of meat, fed upon products so grown, and not made fat by endocrine tinkering but by genuine nutrition.

If one is to be nourished as a life organism, one must be nourished *by* life organisms which, in turn, are nourished by life organisms, and so on down to the algae and the plankton, the moss and the lichen. Machines are pretty, and labora-

\*Naval Medical Research Institute experiment, as reported in the Delaney article.

\*A Wisconsin vitamin research firm has gone so far as to declare that polio is directly caused by lack of raw sugar in the diet.—Ed.

tories smell very impressive, and it is easy not to have to know anything and it is reassuring to be aristocratic, but it is better to live.

The value of present time has been repeatedly stressed in *SCIENCE OF SURVIVAL*. Nutrition is present time. It is succeeding right now, or it is failing right now. Filling the pre-clear full of pills, vitamins, minerals, glutamic acid, B1, amino acids may have its effect, but it will only be a pale shadow of what real organic nutrition would do.

There are various cook books\* which contain a good deal of information about how to select, prepare and serve real food. Nutrition is not a matter of eating raw carrots, it is a matter of eating real food. One could easily grow raw carrots that were without food value, and make them look very nice, too. Nutrition is not a matter of cooking without shortening or without cottonseed oil or without fire. It is knowing the difference between a hen and a hormonized rooster or between whole grain bread and bread with caramel syrup in it. (One does not need to be a detective. One only needs to ask or look on the wrapper.) A really nutritious meal can taste wonderful, just as the food at that restaurant where you eat lunch can taste abominable. That depends on a life organism called the cook.

In Dianetics we have not yet given enough attention to the physical side of processing. We have gone overboard from time to time with things like CO<sup>2</sup>, and we have longed for that great buzzing machine with the sparking electrodes and red-hot coils which clears the pre-clear in forty seconds but we have not done much about approaching the organism on its own terms. The organism eats and sleeps and takes the sun on its own schedule and in its own way. A reasonable application of some of the known facts of physiology in the new light of dianetic theory might bring about faster processing without the use of even one vacuum tube.

\*LET'S COOK IT RIGHT, by Adelle Davis, Harcourt, Brace and Co., N. Y., is an example.

## Terror Charges

WALDO T. BOYD

The difference between a fear engram and a terror charge is great. Although the pre-clear may express a certain amount of reluctance to enter a fear sequence, he will most certainly use every conceivable dodge to avoid approaching terror. He may even get up from the cot and walk out on his auditor rather than face the experience which awaits him.

A terror charge will usually contain a composite of events, or people, or things which go to make up the pre-clear's computation on what is the most awful thing that could ever happen. It may be the feeling that if he approaches the incident he will lose his mind, or it may be that death seems to be awaiting him. Dizziness, and even complete absence of control of the body, or madness, will separately or all be present as inducement that something else is the thing to run, not terror.

For the auditor, a terror charge presents a problem which will require all his skill, sympathy and attention to solve. He must be ready with cajoling to bring the pre-clear near the incident which he sees as the source of his terror. He must be patient when the pre-clear is bounced back from the terror, and run him up to it again.

In one case the pre-clear tracked his terror down to one focal point; he saw a coffin sitting in a cemetery. He could not approach this coffin, and upon being asked by his auditor what the source of his terror was, he would answer, "It's in the coffin." So the auditor made attempt after attempt to get the pre-clear to take a look in the coffin. Each time he could not approach it without a feeling, a definite physical feeling, that he was being dragged back away from it. Finally, after much cajoling by the auditor, he found himself standing right in front of it.

"Open it!" the auditor said.

The pre-clear opened the coffin and took a very hasty look inside.

Within he found a composite image, and, although at the

time the exact reason for each entity forming the composite being there was not discovered, he was able, after a few more tries, to confidently throw open the lid of the coffin and look down inside. After a number of run-throughs of this kind, he and the auditor had a lot of fun going through the cemetery opening all the coffins and looking in, the pre-clear laughing all the while with great relief.

The pre-clear will beg, threaten and plead to be sent anywhere else but through the terror incident. Sometimes it is necessary to prepare the pre-clear for the coming ordeal by explaining to him the great advantages to be gained, and by telling him how he is likely to try every ruse in order to gain a few minutes respite. A pre-clear thus prepared is more likely to cooperate even more fully with what the auditor has to do. A calm explanation may mean the difference between remaining on the cot and walking out on the auditor and Dianetics forever.

But the terror charge is most important to get out of a case. A word of caution—once contacted, never, never, never leave the pre-clear in the incident and bring him up to present time because *you* are frightened.

The pre-clear will not always scream in a terror charge. Sometimes he will writhe and perspire in rivulets. Sometimes he will groan. No two people will react alike.

After the terror computation is run, chase it right down to the original terror. In one case the pre-clear was three months from conception when his mother had cramps. She was in terrible pain, and when the husband said he would have to go now and get some medicine before the drugstore closed, the pre-clear experienced his terror. There is no logic behind the terror engram. Once the pre-clear has run it out, it will be the most ridiculous thing he has contacted in his entire processing.

There is one thing about which you as either auditor or pre-clear can be positive: that when the terror charge is run it will leave the pre-clear in very high spirits. He will never be sorry he ran it, but on the contrary, very grateful to the auditor that he had the nerve to stay with it and get the pre-clear safely through. The terror charge is rough, but it pays very high dividends on the case to run it out.

## Hubbard Lecture Series

October eighth found the Foundation host to a number of interested dianeticists coming together from sections of the country to gather information on latest developments in Dianetics. Fifty-one persons were in attendance.

Central attention was focused on the Hubbard lectures, presented at 8:00 P.M. from Monday until Friday evenings. Mainly they presented a scholarly study of the axioms underlying the science of human behavior, and lifted up a newly developed technique for dianetic processing: self-determined effort processing.

Mornings were devoted to staff-conducted discussions on recent developments. The conference personnel formed co-auditing teams in the afternoons in order to most effectively master the approved methods and to experiment with these techniques on their own somatics and aberrations. Somatics in general were alleviated at a fast rate. One cold that had been hanging on for weeks was resolved in eight minutes, and, at the other extreme, a chronic cough was slightly improved at the end of six hours. People began to find their glasses did not fit. The relief of chronic somatics seemed to be accompanied with a general tone rise after a few hours of effort processing.

On Saturday several more thoroughly self-determined individuals headed back into dianetic centers, homes and businesses, enthusiastically eager to teach and use the new concepts and techniques. Subsequent issues of the BULLETIN and SUPPLEMENT as well as the book: *ADVANCED PROCEDURES AND AXIOMS*\* will present these latest developments with as much speed as possible.

\*Available from the Foundation, \$2.50 per copy.

## The File Clerk

*This month's File Clerk shed some static and took on another valence temporarily. He reproduces for you a question-answer period conducted by Ross Lamoreaux for a group attending the October Hubbard Lecture Series.*

- Q. Explain the procedure for running incidents with effort processing.
- A. In an incident pick up each effort as it comes up, the auditor encouraging the pre-clear to present each one as he moves through the incident in some such manner as "Tell me when the next effort comes." There will be effort to resist or to accept, to understand or not to understand everything the environment is doing: The effort to resist falling, to resist hitting the ground, to resist pressure and so on. You may get somatics, valence shifts and counter-effort. Somatics and valences erase with the effort erasure if you keep directing the attention of the pre-clear to the effort and not to the results of the effort. Keep attention on the pre-clear's own effort and not on the counter-effort: "Can you feel this effort to resist pressure? Where do you feel this effort to expand? What is *your* effort at this point? What about your right foot, is it in agreement with this effort? Your left fore-finger? What part does the circulatory system play in this effort to expand? The glandular system?" If you find no effort contacted in certain parts of the body, make a mental note of it and when reasonably convenient ask when it was the pre-clear broke affinity with this part.

The incident ends when the last effort stops. Then ask the pre-clear to go back to the beginning and go through it again. Carry on to a tone rise. If phrases are presented, accept them, but pay primary attention to the effort.

- Q. Should one contact pro- or non-survival efforts first?
- A. As a rule it is better to pick up a non-survival effort first. When the pre-clear is extroverted on this effort, then run the opposing effort.

On the incident level, pick up agreement or disagreement as they occur. For example, in an automobile accident, first there is resistance to being hit by the automobile; this resistance will probably be contacted. Then there is the effort to stop time. This effort to stop time is the person's own effort as a result of environmental effort acting on him and it should be erased. When he is hit, there is agreement to being hit, so the effort to agree should be run here.

- Q. What is the approach to the valence problem?
- A. Run the effort to agree with father, the effort to communicate with father and the effort to understand father. Then run the opposing efforts. Ask if there are any other efforts on father that need running. Keep the pre-clear feeling his own efforts.

With some pre-clears you might simply suggest contacting the effort to get into father's valence. He will feel father's somatics. When the effort reduces, the somatic will die. When he makes up his mind he doesn't want to stay in father's valence, then he will run the effort to stay out of it.

- Q. Would running the effort to agree to be hypnotized reduce hypnotic incidents?
- A. Yes, it would key them out.
- Q. Describe running the death of an ally.
- A. In a recent death, Standard Procedure is no doubt best. But if grandma died a year ago, ask "What was the effort to keep from crying? What was the effort to cry? What is the effort of the tear glands to produce tears? What was the effort to get into grandma's valence?" Tears seem unnecessary for reducing the engram, or at best they will be fewer with this approach.

Q. Can you spin a pre-clear with effort processing?

A. Restimulating too many opposing efforts or too much apathy at once can do it. But it is not easy. Having the average pre-clear feel effort to have affinity with mother will put him into apathy. Then asking on top of that to feel the effort to have affinity with father, with the Bible, the effort to agree with an accident, and so on, all at once, would be more apathy than he could handle. Apathy times ten equals death for most of us.

Q. We understand the dope-off is neither necessary nor desirable in effort processing. How handle a case to avoid it?

A. Dope-off is often the result of getting two opposing efforts restimulated at once. That definitely is not the right thing to do. Ask for one effort at a time. If the pre-clear indicates symptoms of dope-off, go to the other side of the effort you have been running and this should bring the pre-clear out of it. Should he dope-off, however, let him run it out in the usual manner.

Q. How process a headache?

A. Usually a headache can be alleviated by simply running straight wire on the decisions to have a headache. For an obstinate head somatic, you can ask, "What is the effort the head ought to be making? What are your efforts against what is pushing there?" If the pre-clear drops into an incident, run the incident that caused the headache.

Remember as an auditor to make a distinction between the somatic and the purpose of the effort. Do not ask for the effort to have the headache, or the effort that causes the discomfort. The pre-clear's effort did not produce the pain. Running the effort takes away the effect of the somatic, the effect of the words and the restimulation of the engram.

Q. How can effort processing be used effectively in the prenatal area?

A. Standard Procedure with effort processing.

Q. Can electric shock be run with effort?

A. Surely. Start with the effort to accept the shock, then the resistance to accept the counter-effort; i.e., the resistance to being dragged into the room, to being tied down, to the current, and so on. Do not ask for counter-effort or environmental effort. Do not run the effort to oppose the somatic, but the effort to oppose the situation. Simply run this engram through on the incident level using Standard Procedure with effort processing.

## Bag of Tricks

This method was used to bring a pre-clear in twenty minutes through an accident in which there was concussion:

Get the moment to accept the auto accident (self-determinism).

Run effort to stop motion.

Run effort to redirect motion.

Run effort to start motion.

Run effort to speed up motion. Tune it in all over the body.

—Loren Applegate, H.D.A.

Here's a little trick to help get grief from a pre-clear. At the beginning of the session, give him a Kleenex to cover his eyes "to keep out the light." With the Kleenex handy, grief will be less suppressed. Some persons hate to ask for something to cry into; and, not only that, if the pre-clear starts crying and you hand him a Kleenex, the grief is likely to turn off right then.

—Idella Stone, H.D.A.

Attention units appear to respond to commands to the somatic strip. The command, "All available attention units to sonic!" has brought in sonic in two test cases here. Sonic has not persisted, but was definite during part of the session. Similar results have been noted with other perceptics.

—From a note to Research Department

by William Bradner, Associate Member

# **Announcements**

## **Change In Professional Course**

Due to changes and additions to processing techniques in the last three months, it has become necessary to lengthen the Professional Auditor's Course.

The fee will remain the same, five hundred dollars (\$500). Starting December 1, 1951, all incoming students have the option of remaining for two additional weeks of lectures and supervised auditing of pre-clears.

With the class starting the first week of February, 1952, the course will, without option, be of eight weeks' duration.

## **Associate Membership Cards, 1952**

If Associate Members who have not as yet received their 1952 Associate Membership cards will please write to the Bulletin Editor, membership status will be checked and cards sent by return mail.

## **Cloth-Bound Bulletins**

Two hundred volumes of the first year of THE DIANETIC AUDITOR'S BULLETIN are being bound. They will be green, cloth-bound, with gold imprint on the spine, and will contain a complete index and master table of contents.

They will sell for \$5.00 each. Discounts cannot apply for this special offer. The first 190 orders will be entered and filled in the order received. Ten copies will be held for the Foundation Staff and Library. If the orders exceed 500, reprints on the issues which are depleted will then be considered, and if costs do not prohibit, a second binding will be undertaken.

## **Professional Course**

Professional Certification is granted only on successful completion of the Professional Course at the Foundation. A professional dianeticist is a Hubbard Dianetic Auditor and must comply with the regulations and ethics of his regional and state dianetic associations. In addition to other privileges and services, he receives THE DIANETIC AUDITOR'S BULLETIN so long as his professional standing is maintained. Arrangements for beginning the Professional Course may be made by contacting Foundation Headquarters, Wichita, Kansas. The fee for the Professional Course is \$500.00.

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