

The Dianetic Auditor's BULLETIN

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Note: Procedures set forth herein should not be applied until the auditor is familiar with the textbook SCIENCE OF SURVIVAL: Simplified, Faster Dianetic Techniques, and THE AUDITOR'S HANDBOOK.

WALDO T. BOYD
Editor

Tolerance Bands

For as high as the eagle can fly and as deep beneath the surface of the earth as the deepest cave, man, by the grace of nature and his peculiar composition can exist and procreate his existence; but only if the temperature of the air doesn't go much above 100 degrees, or much lower than minus sixty degrees; and then only if he is careful not to eat of the vast supply of indigestible foods available to an unwary appetite; and all these contingent upon his choice of drinking water free from more than a trace of contamination of but a few friendly minerals; and while taking care not to go into too abrupt motion, or too abruptly cease a motion previously instituted.

These narrow limits are in turn completely dependent upon the vagary of the sun and other bodies in the universe. If the sun were to drop in temperature by only one quarter, life as we know it might cease to exist on earth. If it were to increase its effective temperature by a quarter, it is debatable whether there would be enough interested men left on earth to argue the cause of the demise of the rest.

Within the minute limits of the various tolerance bands, man manages to gather about him some of the comforts and luxuries of life. He has, however, more wealth than any other form of life upon the earth—not measured in dollars and cents but in the priceless gift of intellect. But, alas, this too can be so very easily lost: One chain of engrams properly keyed in, and, suddenly, the intellect is as though it had never existed. If, indeed, one were to dwell too long with too much seriousness upon the very narrow limits of the

tolerances wherein he is held captive, he might well exceed a limit thereby and "spin in."

There is but one direction in which man is unlimited, against which there is no limit set, where all stops are out and the fuzes are made of gold busbar; and that is the acquisition of knowledge.

The old saw about "Lafe, he studied so much it addled his brains," is just that, an old saw. True, when a new simplicity, a new knowledge, is gained, one must carefully reach back to the Material Universe and build a bridge to the new-found knowledge. If he goes on out without laying each girder carefully, he is then exceeding a limit and straining a tenuous but none-the-less existent tolerance band.

Man lives within a welter of extremely narrow tolerance bands—is indeed a captive of them—but for him and him alone in the kingdom of life there is escape from their limitations. That escape is his intellect.

—WTB

The Auditor's Note Book

In this new department of the BULLETIN we will present reports from auditors active in the field, as they are received. Letters from readers commenting on these reports will be welcomed for THE MAIL BOX.

From MARTHA E. COURTIS
Ann Arbor, Michigan

ESTABLISHING GOALS AND COUNTER-EMOTION DESIRED DURING SESSIONS

I am finding that processing is much more effective if the auditor first establishes

1. The goals of the preclear in Dianetics, both immediate and long-term;
2. What counter-emotion the preclear wants from the auditor.

The first suggestion encountered for the use of this technique came through Perry Chapdelaine's brief report on his processing of Ron Howse in Minneapolis.

Lack of this agreement and clarification between auditor and preclear seems to me to account for a great many of the so-called failures of Dianetics. If the preclear lies there wanting only enough Dianetics to be able to get Aunt Tillie under his thumb, whereas the auditor sits beside the couch loftily dreaming of helping this preclear to clear, it is obvious that not much progress, at least toward the auditor's goal, will be made. Similarly, an auditor bent on "running this

or that out of the guy" while his money or time holds out can easily bog down a preclear whose immediate goal is something else.

Preclears very unfamiliar with Dianetics may need a few sessions before they should be faced with this clarification, but every preclear I have run has benefited enormously from it, both from the point of view of facing up to what he really does want and from improved processing assistance from me as auditor.

As auditor, I find that I think often, during a session, of the goals and desires expressed by the preclear. I find this very helpful when it comes to deciding which of several good leads to follow up and also how to pitch my questions in order to hew to the line for the preclear.

To the auditor, the expressed desires of the preclear can be most revealing as well as helpful in processing. If the goals are shortsighted and/or faulty, it gives the auditor valuable insight into what is troubling the preclear and what he is likely to be using to waste processing time and prevent his rapid advance. Oddly enough, none of the preclears I have worked with on this basis have actually come up with desires that are out of line, dianetically speaking; however, another auditor has told me of two such cases.

There was one preclear who had not made much progress and who, it seemed to me, had only an intellectual curiosity regarding Dianetics. When I asked him what his goals in Dianetics were, he said immediately "I want a more free and effective life." The progress of this preclear since then has been rapid and steady. I think that the question clarified for him what he really did want, and that, although he at first was only curious, he had since become genuinely interested without ever having realized that his attitude had changed.

I have found this unawareness of change in attitude in preclears who are progressing well but who insist on invalidating their progress. Restating immediate goals often brings the preclear to realize that *that* goal has been achieved and a new one is now needed. A little questioning about goals when the preclear was first interested in Dianetics

and then step by step since, has made a few faces red when the preclears recognized and admitted that "something had happened" after all.

THE ROLE OF THE AUDITOR

In Perry Chapdelaine's report of his processing of Ron Howse, he spoke of an auditor serving as a Servo-Mechanism. This concept of Servo-Mechanism gave a name to an attitude that I have long felt a really good auditor takes toward a preclear who has achieved a solid high tone and self-determinism. Before achieving the use of Servo-Mechanism, it seems to me that two other attitudes are needed. First that of Data-Demonstrator and then that of Leadership.

Recently, I notice that quite a few auditors have apparently assumed or decided that it was Servo-Mechanism and nothing else from here on out, for them. In this I cannot agree, unless one stretches the meaning of Servo-Mechanism to include everything best for the preclear or some other far fetched extrapolation. As I use the term, Servo-Mechanism means an auditor attempting to act as a Servo-Mechanism under the preclear's cause, as outlined in Perry's report of January 25, 1952. Perry makes clear that this type of auditing was such that it could not be done in exactly the same way with lower toned and less self-determined preclears." And this is what I would like to reemphasize and enlarge upon.

Leaving out the obvious need for various means of auditor control in psychotic cases, there is, in my opinion, still need, in running so-called normals, to assess the degree and kind of control needed by the particular preclear at that particular moment. This necessitates two things:

1. That the auditor be very clear on Act I regarding this preclear and have a real desire to give this preclear back to himself;
2. That the auditor be free in his own case to move fluidly in his techniques of auditing that preclear even within one session; that he not make general decisions as to control needed in auditing, but be able to operate from moment to moment consistent with the needs of that preclear.

In the average auditor-preclear relationship, the auditor knows more about Dianetics to start with than the preclear does. (This is a highly desirable condition anyway, and one to be fondly hoped for) The auditor, then, has the opportunity here for communicating Dianetics to the preclear and for demonstrating Dianetics to the preclear by showing the preclear that he can "run." Hence the term—Data-Demonstrator. The average preclear is looking to the auditor for data and direction and will not resent it when it is forthcoming. In fact, even a very able and high tone preclear unfamiliar with Dianetics can be thoroughly confused and even frightened by being turned loose with himself by an inexperienced auditor trying to act as a Servo-Mechanism. So I like to think of the first stages of auditing a new preclear as being those in which the auditor gives data and demonstrates that the preclear *can* run. How long this stage lasts depends on the preclear and on the quickness of the auditor to see when the next stage is reached, *and* on his willingness to relinquish control.

The second stage is the one in which most preclears move for some time. It has a wide range from the Data-Demonstrator field to the true Servo-Mechanism relationship. I call it the stage of Leadership. The auditor leads the preclear into this relationship, then leads him on thru its gradations to the Servo-Mechanism stage. The leadership gradually changes from the direction chosen by the auditor to that chosen by the preclear. It may jump from one to another and even hit the Data-Demonstrator stage occasionally in a single session. Here the fluidity of the auditor and his desire to give the preclear back to himself are what really count.

Even when I have, as auditor, taken too much control or too much leadership, I have never had the preclear resent it when my own purpose for him was right. The preclear seems to sense the true intent in the auditor and to respond generously. As far as I know the auditor cannot fake this successfully.

If the auditor has this real desire to give the preclear back to himself he can make lots of auditing mistakes with impunity. Not that he will. He probably will do a far better

job than a widely experienced and highly trained auditor who hasn't much insight into Act I.

Well, I digress. And as often happens, the digression is more important than the so-called main point. Whether acting as Data-Demonstrator as Leader, or as Servo-Mechanism, the auditor with truly right intentions toward his preclear won't go far wrong. Nevertheless, just as clarifying the goals and desires of the preclear helps to advance his case, so, I find, does clarification of the role the auditor assumes help to speed up effective processing. Both of these things seem to be done "instinctively" by the good auditor.

A MAJOR EFFORT AND A MAJOR EMOTION

I have had certain experiences in auditing lately which lead me to believe that, just as each individual has an emotional curve, so may each individual also have a Major Effort and a Major Emotion. Following up this idea, I suspect that this Major Emotion and Major Effort are the same in all individuals although they may appear in different guises. I believe that in a broad sense the Major Emotion is *fear* and the Major Effort is *self-protection*.

Acting on this, I have been able to tap present life incidents very effectively and to so clear up basic self protective devices that the preclear advances very rapidly in willingness to be honest with himself, to be responsible and to admit to being cause.

Two things led to my working with the idea of a Major Effort and a Major Emotion. The first was the concept of the Emotional Wall of an individual as explained to me by Olla Curry, HDA of Detroit. In using this information, I got the picture of the preclear having established a general emotional reaction with which he usually met the people and situations of his daily life; the part of his emotional curve where he spent most of his time sitting as he surveyed the next thing to do or person to meet.

The second thing and the one which was the springboard for Major Effort and Major Emotion came from a preclear who was having trouble running effort. She "just couldn't

find it, couldn't feel it, couldn't be sure." SHE "JUST FELT LIKE THIS ALL THE TIME"—that phrase did it. I asked her to "feel natural," and to tell me how it felt, and we were off to the races. She described the tensions and felt them and immediately great yawns started rolling off—the first evidence of discharge in many, many hours of auditing, SOP. I asked her what she seemed to be doing in this effort and she described it as the effort to shut down emotionally. After running this effort for about an hour she got two good grief discharges on incidents which occurred to her as she ran the effort. In the next session, I again asked her to feel natural and to describe the tensions. They were exactly the same as the ones in the first session. Again we ran this effort and again I asked her what she was trying to do. This time she described it as the effort to get away. Thru it she got into a highly charged incident she'd been getting away from for months. After similar results in two more sessions, she was running the same effort and suddenly said she could see that she had been cowardly all her life and that all she'd been doing, regardless of what she actually called it at the time, had been trying to protect herself by shutting off her emotions, getting away, etc.

Similar things have occurred with each preclear I've tried it on. Not all of them produce an identical effort each time, but in each case the efforts have been very similar, all involving the same parts of the body, though perhaps using different combinations of the parts involved, or more commonly, emphasizing different parts in different versions of the effort. Thus a preclear may say his effort is in his neck and shoulders and left leg in one session, and in the next that it is in his left shoulder and the back of his neck principally but a little on the left leg, etc.

I ask the preclear to lie down and relax (This is usually a specific act for my preclears as we no longer assume that they will lie down on a couch to be processed—that's up to them.) If the preclear comes in in a talkative mood, I have a few minutes' conversation and when I see him getting tensed up over whatever problem he may be talking about, I suggest he lie down and relax his muscles. I ask him to describe what tenseness he is relaxing while he is doing it. Then I

ask him to feel the tenseness again and run it like an effort, searching for the emotion that goes with it. Sometimes incidents come up before emotion and we run those in relation to this effort, or if they are very important, run them with the whole Effort Package. Some preclears run the effort a great deal before they will touch the emotion—very reasonable if they are *afraid of emotion*. In each instance, the effort has been one of self protection—avoiding, getting away, hiding, etc. And also in each instance, it has been obvious from the case history that this Major Effort and Major Emotion were the specific things that had stood in the way of effective processing previously.

One very nice example of the reason for non-progress came up when the preclear ran an effort described as “shutting out people.” Auditors are people and that high IQ preclear had been doing a beautiful job up till then of shutting out his auditors. Of course, they never got to first base. Another preclear ran an overt act that turned out not to be so very overt as it reached what should have been the climax. The second time over it, it was a little more vigorous but hardly vicious. There was great emphasis in this incident on hiding, so I decided to change tactics and try for the Major Effort. To my surprise the preclear defined the effort he was running as the result of relaxing, etc., as above, as “hiding.” After a few minutes of running this effort to hide, the preclear volunteered that perhaps the incident “hadn’t really happened exactly like that.”

Such speedy resolution of the kind of blocks that slow and prevent progress makes me feel that this technique may be useful to other auditors. Two auditors are now making use of this technique besides myself and have told me they are getting good results, too.

If the major effort of a preclear’s life is dedicated to protecting him, he is certainly going to use that against processing too. Some use it more and some less, of course, but I have found that in the cases of those preclears whose progress is slow or little, it is outstandingly effective.

Incidentally, so far, at least, we have not attempted to “run out” any effort of this kind. What seems to happen is that

incidents start coming up to be scanned or dealt with separately depending on the preclear; or emotion turns on and comes off well; or the preclear just begins to extrovert and lose interest in the effort for the time being. Judging from this, the usefulness of the technique seems to be that it reduces the amount of resistance the preclear is using against processing sufficiently to deal effectively with a portion of really vital material. The effort may recharge between sessions or even be reactivated to full extent right after the successful running of an incident. I just have the preclear run the effort again and something else turns up. It looks to me as though repeated forays of this kind against the Major Effort and Major Emotion serve to weaken it in the overall picture, and that the sooner the preclear sees that the effort is a kind of self protection because of fear, the more completely this defense against processing is lowered. The actions of preclears socially shows a marked change of attitude toward people and also appearance and manner after only one session on Major Effort and Major Emotion.

HORIZONTAL SCANNING FROM THE OVERT ACT AS SERVICE FACSIMILE

In using the Overt Act (the first time you hurt or killed someone and regretted it) in processing, I find it very important to relate it to present life. There appears to be a tendency to run it only as an incident in itself and to drop it when it is "run out," which I have heard described as achieved in anything from thirty minutes to thirty hours. Preclears who deal with the Overt Act, and particularly if they also deal with the Motivator, but who fail to relate it to present life seem inclined to use the experiences as a big excuse—as though, "well what would you expect me to be like with that in my background."

One of the most effective means I have found for relating the Overt Act to present life is to get the preclear to scan the emotions out of the Overt Act right up to present time. Some preclears can start at the beginning of the incident and taking each emotion as it appears, horizontal scan it through to present time. With most preclears it is best to start with an emotion in the Overt Act that they have already identified

as experiencing frequently in this life. I then ask the pre-clear to feel that emotion in the Overt Act incident and scan it straight through to present time. A few preclears will pick up past lives in this, but most of them skip to present life and run individual incidents in chronological order.

An interesting thing about this is that it seems to trip the pre-clear quite unsuspectingly into hot incidents he has been avoiding or which have been occluded, or which he did not suspect as containing that particular emotion.

I have found that it is important to get the pre-clear well into the emotion of the moment in the Overt Act, and not to allow him to lump together all the times in the Overt Act when he was afraid, for example. There are many different varieties of fear (or any other emotion) and greatest benefit seems to come when that particular type of fear is thoroughly scanned through, and then the next kind brought to view. In running fear this way, to be specific, two very important aberrations were brought to light and resolved for one pre-clear, although that same pre-clear had run *generally* on fear previously and had not gotten release.

Of course, in this scanning, effort and thought are used as indicated to run the incidents that are brought up, as well as the emotion. I persist at this way of relating the incident to present life until we have gone completely through the incident, emotion by emotion, whether chronologically or by some other sort of method, and find that to run through the Overt Act after this has been accomplished is to see a really "run out" incident at its best and a pre-clear far more solidly on his own feet than he was after running out the incident in itself alone.

Sometimes so many fruitful incidents appear that need thorough running out that there is a great temptation to forget about further scanning. However, it was through the scanning that this pay dirt appeared, so I stick to it and get as much more of it as I can, even though I may have been dealing with incidents only for two or three sessions straight. I have found that to go back and look for more by means of scanning the next emotion out of the Overt Act will be well worth while until it has been followed all the way through at

least once. This is not quite so formidable a task as it sounds for a good many of the emotions will scan through rather quickly and not lead to large numbers of hot incidents that have to be dealt with separately.

If, however, you find that the preclear consistently fails to pick up any hot incidents, look for a Major Effort and see if you don't turn up a "hide" or "avoid" or some similar block to honest thorough processing. Before trying for the Overt Act, I like to have a preclear pretty honest with himself and me, so I usually run Major Effort and Major Emotion on him for several sessions first.

PRESENT TIME ATTITUDE PROCESSING

One of the less used aspects of Dianetics, it seems to me, is getting the preclear to think and act constructively in his daily life between sessions. I've referred to this variously as "homework" and "present time processing" but I hesitate to use either term in writing about this as I know that both terms have been used in previous publications, with meaning different from mine. I am using Present Time Attitudes, instead, hoping there will be less connotation to overcome this way. The everyday, non-dianetic connotation of "home work" is what I actually mean by my use of the term; and by "present time processing" I mean effective and constructive thinking by the preclear. These together, of course, influence the Present Time Attitudes of the preclear.

Both Self Analysis and the Handbook are helpful in homework but are only a part of what I mean by the term. In using any book, it is necessary for the preclear to have a reasonable amount of peace and quiet at his disposal, and he must also have the book. I encourage the use and reuse of both these books, but recognize their limitations.

No particular time or quiet is needed for Present Time Attitudes processing—it can be carried on while mixing a cake, making beds, eating, riding the bus—anywhere and any time, in fact, when the preclear has time to think a little. Think he will, whether it be about soap operas or the ads he's looking at for the nth time on the subway—he might as well think dianetically to help his case progress.

In working out with a preclear his particular homework in Attitudes, I can make it fit his case as perfectly as he and I together can understand it. The higher in tone the preclear is the more completely he will do his own planning. By the time the auditor becomes pretty consistently a Servo-Mechanism to the preclear, it is my guess that Present Time Attitudes processing is second nature to the preclear. He thinks. He thinks about a lot of things and quite often about himself, his condition, his relation to the eight dynamics, his growth, his problems, his future. The higher in tone a preclear is the more constructively he will think along these lines, the more honest he will be with himself and the more he will resolve problem after problem for himself in this way.

What I try to do for less self determined preclears is to *start* them thinking along constructive lines for themselves. Strangely enough, to get them started, I find that using the word "feel" is preferable to "think." They have thought in a groove about themselves for so long that they first must feel something different. The end result is that they really think.

Example 1. A woman who was permitting her husband to dominate her every act. She reported feelings of physical thrills when she used Present Time Attitudes processing between sessions, and has come right up the tone scale, not only with enthusiasm over a little processing but with real understanding of the change going on. Her homework was:

feel what you are really like—what your basic personality is—what you really want to be—feel your ARC with life and with the world you work in and with your own body.

Example 2. A man who has gone around for years half dead and who suddenly realized he would never be well until he faced and lived in reality. This homework has helped him face reality and recognize his successes:

feel how much cause you are—every time you do anything feel how *you* do it, the cooperation of your whole being to cause—feel how real you are, how much alive you are.

The sort of suggestions I make to preclears are admittedly not as good as those they gradually learn to make for themselves, but they do seem to start the preclear thinking along constructive lines that keep the processing progressing between sessions instead of letting it bog down into self invalidation or slide into self protective excuses.

In the early days of "erasing engrams" a few hardy souls suggested that inasmuch as we know what a clear would be like, let's act like clears. They were pretty well snowed under by the "restimulated" boys, but I think that subsequent developments in Dianetics have shown that they were on the right track. We now know that we are what we want to be; that we have chosen every aberration we have; and that we can re-evaluate these choices and straighten ourselves out if we really want to. The reports from the MEST clears that I have seen seem to bear out the validity of these attitudes and perhaps, if we can do a little honest thinking about self determinism we will avoid the pitfall of mistaking an aberrated Dynamic No. I drive for self determinism.

It is in the hope then, of developing honest, courageous and thinking preclears who operate in their daily lives on at least four if not all eight Dynamics—and know that they are doing it because they have deliberately thought about it and practiced doing it—that I offer the idea of including Present Time Attitudes processing along with regular sessions.

By planning with the preclear what sorts of things to explore in Present Time Attitudes processing, self running is circumvented—at least I have found that it works that way. You, as auditor, can lead the suggestions into reevaluation of material covered in a session, looking for habits based on it, use of postulates from it, for example. A preclear with a goal of this nature in his thinking is less likely, apparently, to be attracted to ramblings in his aberrations.

Group discussions with other individuals familiar with Present Time Attitudes processing is very helpful and is one of the measures which I try to include for all my preclears. As ours is a cooperative group this is easy to do. At first the meetings are largely social, then become more and more gatherings for the purpose of discussing Dianetics, and, an-

other important step, introducing Dianetics to others. Then we have training in auditing and discussion of advanced techniques. Auditing itself is an excellent way to put into practice Attitude processing or find in what fields we need to apply it on ourselves!

One of the remarkable examples of an individual practicing Present Time Attitudes Processing is a woman who has had no conventional processing sessions, but who has materially changed her life and the situations around her by putting into practice the attitudes she learned were survival, through her contact with Dianetics in reading the literature and at our meetings. The results are outstanding.

SELF-DETERMINISM

The more I hear about self-determinism and the more I see it walking around so proclaimed, the more I wish Ron had, in this case, invented a new word for it.

I've found it to be something like religion—with everybody having a different idea about it and a number of people hung up on old connotations for self and for determinism. Also, I find considerable difference between performance and some of the lofty ideas launched on the ether about self-determinism.

A large number of people appear to be part of a group who latch onto self-determinism with all the old connotations and love it. They always did want their own way and now can put on the mantle of self-determinism, they think, and strut their stuff.

Then there is a group who have shied away from the concept just because of the connotations. They are apt to be mature people who have a background of pragmatic approach to life problems and who have confused self-determinism with all the old taboos against self. Selfishness self-indulgence, self-will, self-centeredness, self-consciousness, self-condemnation and even such things as patting yourself on the back and blowing your own horn are dragged in.

And lest either you or I have at this point raised eyebrows and said "Not I" let me hasten to add that in myself I have

found bits of both sorts of person as well as the one who is honestly seeking to know what he is when he is self-determined—and I'll bet you will find the same.

I'd like to know what you have done about self-determinism with preclears and with yourself to make it more specific; what realizations have come to you as true self-determinism develops in yourself and in those around you.

For myself, the simplest way of explaining self-determinism to preclears is to say that it means "I decide." This infers of course that I am sufficiently high in tone to handle my facsimiles—or it isn't purely I who decides. To achieve this I get what processing I can and keep each day run off, also work at Present Time Attitude Processing, and use the handbook, but not *instead* of processing.

To be able to say "I decide" I must also have freed myself of habit patterns, reactions, emotional curve residue, etc., which may still lurk around after the actual facsimiles have been dealt with. I must know myself, have good ARC with myself as a total organism, have reviewed and re-evaluated my old goals and postulates, have faced the facts of my present environment and have established with all phases of it good ARC. Then I can decide what I shall do, how I shall feel.

For me, the inner core of self-determinism is that *I decide on all eight Dynamics*—"all decisions on all eight" might well be a slogan for all seeking to be self-determined individuals.

Thus it is no less self-determined for me to decide that I shall do the thing my husband or my children want to do, than it would be for me to decide to do what I want to do and *not* what they may want. Either decision is MY decision and either can be perfectly self-determined. No facsimile rises up and makes me "do what I'm told" any more—no habit pattern says a "good wife and mother submerges her will in her family," and equally important, no predisposition to failure makes me frantically try to get my way in order to keep my identity. I am and I know that I am. If I wish to, I can choose to do anything, whether it happens to have been my original idea or not. Doing what somebody else suggests will not take one iota from me—as long as I

decide that I shall do so, and deciding, have no martyr complex or other misemotion on the subject. Also, just because I no longer *have* to do what others want to expect, it does not mean that I *must* do the opposite either, to prove how free I am. I *am* free and I don't have to prove it.

I find many people who feel that actions such as I have just described must be against self-determinism. It is my experience that such action is highly self-determined. In fact, to be able to do these things without misemotion is almost impossible for me until I get very solidly in high tone.

Another point along the line of the importance of decisions on all eight Dynamics. If we get an incomplete concept of self-determinism and put the incomplete concept into practice, we will be omitting acts against some if not all of the Dynamics—creating in everyday living, situations which will cause regret, blame, and shame to pile up on us in the name of self-determinism. In order to prevent preclears from thus needlessly prolonging their progress by incomplete or erroneous data on self-determinism, I go into the matter very thoroughly with them when it does come up. I get them to state their views as completely as possible, then we look over the chapter about self-determinism in *Advanced Procedures and Axioms*, we talk about self-determinism in relation to each Dynamic. Then we talk about it in relation to the preclear's Present Time, emphasizing all decisions on all eight.

POSSIBLE SOURCE OF "BACK TROUBLE"

Back trouble is such a common complaint that I am wondering whether we will find some sort of invalidation of the basic decision to stand up and walk on two feet instead of continuing to go on all fours.

I have explored this a little and have found enough encouragement in results to make me feel that there may well be a chain of invalidation on the basic decision to stand erect.

In several preclears, running birth has not cleared up backaches. In these same preclears running the Overt Act, although it contained actions which would have given the victim a backache, did not resolve theirs. For this reason I

began to look elsewhere for the trouble. I did not discount life continuum, but in these cases it has not produced pay-dirt either.

One preclear in particular has worked on back trouble quite a lot:

Birth—run out thoroughly, some relief from present time discomfort but back trouble persisted and returned twice very acutely.

Overt Act—run out and horizontal scanned to present time. No change in present time back condition.

Births of children run out—eased specific muscle tension but general condition similar.

Sexual acts—run out with starts and stops etc. Some relaxation but not lasting.

General attitudes about back trouble—postulates, sickness in general, review of a life continuum of mother in which preclear realized she was approaching the age at which mother died and mother had been in bed a year before—seemed a natural, but no results as far as back was concerned.

Past death of some fishlike form—relaxation temporarily, not general not lasting.

Preclear felt baffled by the situation. Did a lot of straight wire to see if she could locate anything else to look into.

Then one day while housecleaning, the preclear raised up and hit her head against a shelf. Here was an invalidation of the decision to stand up—so we scanned all those times—shelves, doors, hangers (in dark closets poking you in the eye), failures in recitations, embarrassment at public or social functions that occurred because of being tall or being standing when others were seated, all kinds of falls—skiing, skating, stumbles, slips, ambitious parents making her walk instead of crawl, falls because of learning to walk and stand. Then we scanned on back supposedly to the original decision to stand up.

This was very interesting. The incidents were not numerous but were sharply detailed moments when injury was done to throat, chest, and abdomen-parts that would ordinarily have been more protected in the position on all fours. Also we found injuries to head, neck and shoulders, that resulted because they were more easily seen in the standing position. After that we scanned from the original decision to present time for incidents in which it was good to have been standing up.

While this did not bring a release from the somatic, we feel that we have only started on the work it brought up. There are undoubtedly many incidents which we should run out individually. Then there might be a lot of body awareness and ARC to be re-established, and probably some control center changes.

One reason for our not having followed this up more closely was that in the last session we encountered a new facet to explore which temporarily distracted us from finishing the work started, and since then the preclear has been away.

The new area to explore came up in this way: The preclear stated that she felt the back trouble was somehow connected to being wrong, so we ran the emotion on being wrong, a few incidents, a lot more emotion, and then the preclear picked up an incident which sounded very much like descriptions of Fac. I.

She felt that her people were being cleverly ruined by invading forces. That she had been actively working against the invading forces, had been living among them and was still trying to sabotage their plans although the planet was technically conquered and even the vanquished no longer were supporting her activities. (Actually she was a he, but just to avoid confusion, I'm keeping the gender the same.) She reported sneaking into the treatment room and attempting to destroy the controls, then discovered, beaten about the head and hurled back against the control panel with all the knobs and handles in her back. Her fright, anger, grief and despair had a terrific overload of having failed to have saved her people (being wrong). This emotion with postulates

was run. The effort of the beating and contact of the back with the instrument panel was run.

Almost immediately the back felt more relaxed. Since this session the improvement is more than at any other time. It remains constant, although complete release is still not achieved. Of course complete running of this incident is also far from accomplished—blame shame and regret must come off, for one thing, and perhaps there is more to the incident both at the beginning and at the end that we have not touched at all.

In regard to past life experiences, I am far from insisting that a preclear accept them as actual occurrences. This preclear happens to feel that they may be real and may not, but that that is not the important thing—the main point is, do they clear up present time problems? In this case, real progress was achieved, according to the preclear. She feels that this might represent an incident of present life that is occluded but that could be run in this guise to get charge off, or that it might be an actual occurrence on another planet. Certainly it appears to be a part of the invalidation chain on standing up, for it is full of such thoughts as “I shouldn’t have stood up,” “I shouldn’t have walked in; they’d never have seen me if I’d crawled.” The preclear feels that whatever it’s placing on the time track, it represents a real incident which was imposing its somatic and invalidation on standing up and its predisposition to failure on the present situation. Now the pain and stiffness in the back are only what one might normally expect from a recent wrench, and although it still persists to some degree, it is gradually improving even without processing for two weeks.

I would not necessarily attribute the release if it occurs to this incident (Fac. I?) in itself, but I am nearly ready to say that perhaps *for this case* Fac. I may be the basic on the chain of invalidation of the decision to stand up. I wonder what it might be for another case? I wonder whether anyone else will find this chain of incidents invalidating a basic decision to stand up? I wonder what would happen if the chain for this earth only were run and all heavy incidents properly dealt with? Was Fac. I a necessary incident for this case or

a red herring? Would we have done better to run out all present life invalidations first? When you get answers on this, I'd appreciate your letting me in on them, so we can compare notes. Of course, we're going on with this case, so hope to have our results to share with you.

The File Clerk

Q: What is randomness? This word was found in *ADVANCED PROCEDURES AND AXIOMS*, and, although defined in the glossary, still does not give me a useable concept with which to work.

A: *RANDOMITY* is a word created by Mr. Hubbard to express more precisely than could the older word, randomness, some of the theory underlying his later techniques. It is possible to have minus randomness, optimum randomness and plus randomness. Perhaps we can explain by illustration.

If one has a jig-saw puzzle before him assembled and packaged in cellophane, the picture thereon is very pretty. One could, however, have purchased a much nicer picture had that been the object of his quest into the department store. To sit and contemplate such a picture might be conducive to the study of aesthetics, but it is minus randomness so far as action in the material universe is concerned.

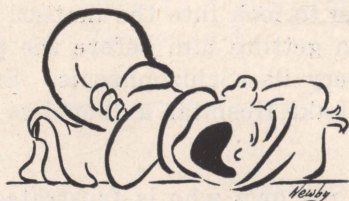
The object, of course, is to deliberately create a randomness by jumbling together all the bits and pieces of the jig-saw puzzle, strewing them at random on the table-top, and then to set about reconstructing the original picture. The viewer, then, has deliberately introduced randomness, termed for the sake of clearer connotation *RANDOMITY*, into his day.

Now, if unrehearsed and spontaneously, someone were to toss two or three other puzzles onto the stack of cut-outs before the viewer could assemble the first picture, and at odd intervals toss on yet another two or three batches of bits and pieces, we might say that plus randomness has been introduced. The word randomness at this point might suffice for the desired word, except that it does not convey the impression of the existence of too much randomness.

We therefore seek to strike a happy medium of randomness, termed optimum randomness, in our daily lives. It must be borne in mind that what is optimum randomness to one individual might well be either plus or minus randomness to another. It depends solely upon the "speed" at which an individual is living.

—W. Boyd

The Mail Box



Star Route,
Leavenworth, Wash.
March 29, 1952

Hubbard Dianetic Foundation, Inc.

Gentlemen:

Since Christmas it has been my great privilege to read "Dianetics" and "Science of Survival." Now I am starting work on "Self Analysis." The help my husband and myself have received from these books is beyond the imagination of anyone who has no understanding of Dianetics. Indeed, we have become dianetic enthusiasts.

Why shouldn't we be? Last July I had a "nervous breakdown," was taken to the hospital (upon my own request) where I spent one night; the following day was institutionalized for eleven weeks, in which time I was given electric shock treatments. I was very thankful I had been a student of mysticism, for this helped me to know a little of how to fight for and retain my own valence after the first treatment.

Upon sending out our usual greetings at Christmas time, I sent one to a friend in Seattle, apologizing for not having written sooner, and told her what had happened to me. Immediately, by return mail, she sent "Dianetics." I went up the tone scale by leaps and bounds. But that is not the only reason for dianetic enthusiasm.

In March, 1946, six months after our marriage I had the heartrending experience of a flight to Louisiana where my newly acquired stepson was stationed, and in the army jail. My husband, surmising mental illness (because, he said, the boy's mother had showed signs of mental illness previous to her death) sent me to look into the matter. After much effort I succeeded in getting him before the psychiatrist, who pronounced him very ill—Schizophrenic. Since then he has been at American Lake Hospital, a "hopeless case,"—and only 30 years old!

I have a son of my own who is frustrated. The valley in which we live is full of psychosomatic illnesses. I think of all those I left behind at Medical Lake, who were less fortunate than I. All of my studying Adler's work and Freud and others did not prevent my "breakdown" nor did it give me much of a field in which to help others. But Dianetics has. Therefore, gentlemen, I wish to be a recruit in the Army of Dianetic Auditors who have taken up arms against humanity's marauder, the engram.

So, L. Ron Hubbard, in answer to your last statement on P. 410 I say, "for God's sake I *want* to 'build a better bridge'." But if I can just have the opportunity to use the one already built, that would help for a starter. I want to be Foundation trained. I want the best training because I want to do the best work. I want to produce clears. I want the best auditors to process me, that the job may be done as safely and quickly as possible. But do not let all these "I want's" scare you. I always aimed high at a profession, and made it too.

What are the details concerning my prospects of being audited and trained? Undoubtedly the mention of shock treatments will cause any auditor to shy away from my case, for which I cannot say I blame them much, but if I can stand it and I think I can, mayhap they could take turns or some

such. I can not promise not to be a screamer or a weeper, but I can promise full cooperation and perseverance to the extent of all that is in my power.

Your's and God's, Sincerely, for a
Happier, Healthier and Saner World,

Lydia Dailey

Any auditor who shies away from a pre-clear because he is afraid the pre-clear is going to scream a couple of times had better get himself an auditor for a couple of sessions.

And as your letter generally demonstrates, there is great need in the society for good auditors.

Sovereign, Sask., Canada,
January 23, 1952.

Hubbard Dianetic Foundation,
Wichita, Kansas, U.S.A.

Gentlemen:

My copy of CHILD DIANETICS arrived several days ago, and I have been reading, studying, and talking about it ever since. In my opinion, it is a MUST book for all parents. My sincerest compliments to you and the Staff for the very fine way it is written. Before reading it, I thought that these hard-boiled moderns had just one chink in their armour—namely, that if they saw enough of the wonderful results of DIANETICS that they would, in time, try it. Now I see that there is, indeed, a bigger chink in their armour—their children.

My back copies of the BULLETIN also came. I was a bit annoyed at the delay but reading them removed the annoyance very, very rapidly. I have been sent an extra July BULLETIN and two copies extra of the SUPPLEMENT—by error or intent I do not know, but I do know that I can put them to very good use. I was under the impression that my Associate Membership had started on Feb. 1, 1951, but if it is the policy of the Foudnation to back date A.M.'s to July 1,

1950, then that is fine with me, for you very generously sent me all the back numbers of the BULLETIN. You may also count on my continued membership, and my appearance at the Foundation for the Professional course as soon as I can arrange it.

The BULLETIN keeps getting better and better. To comment on all the articles would be rather a long process, but here are a few items that might be of interest to the Research Department.

As a boy, I used to do a lot of shooting with .22 rifle, and I used to get a lot of fun out of watching the bullets while in flight. I couldn't see them until they were a hundred yards or so away, but would watch the bullets from then on, up to over half a mile distance.

I used to ask my friends if they could see them. Occasionally some person could. Now, after one trip through SELF ANALYSIS, I find another very interesting thing happening. According to our present sciences, there is an "after image" on the retina of the eye when one looks away from a bright object, and we are supposed to "see" 16 pictures a second, so blended that we see only one picture. I find myself "seeing" from four to eight images besides this "after image." The movement of the article and the light have to be just right, but I have noticed the above on an electronic night light, a cigarette lighter and a moving pencil. Also, I find myself picking objects out of the air before they hit the floor, say when a pencil is accidentally knocked off the table. It appears to me that my reaction time is speeded up, and that if this sort of thing happens often enough, that a series of tests could be devised to measure the improvement. This may be "old hat" of course.

The article "Let Them Eat Bread" in Vol. 2, No. 4 of the BULLETIN is very good, but there is one factor that the writer didn't emphasize. That is the combining of foods according to category, as proteins, carbohydrates, fats, starches, acids and alkalis. Even the very latest books on the subject touch it lightly. For a very good list and instruction I refer you to The Seven Essentials of Health, by Dr. Philip Welch, of California, and to Dr. Robert Jackson, of Toronto,

Canada, (now deceased, as he didn't know about engrams). These fellows got rid of colds, arthritis, etc., which in the 30's was sensational. They also had a lot of other ideas, which DIANETICS puts very much in the shade.

I hope the above data may be of some use. Even if it is not, you will be hearing from me again.

Yours for better ARC,
J. Hurly Waite

An interesting letter, Mr. White. I have seen shells from Naval 16-inch guns pass over our ship during a firing run, but seeing a .22 in flight is certainly a mark to shoot at.—Ed.

Springside Road,
Skyland, N. C.
July 14, 1952

Dear Mr. Maloney:

Enclosed please find my check for \$40.00 to cover annual membership in the Foundation.

I would consider this a worthwhile investment even if it were only to support the Foundation. As it so happens, I have, in only six months, made my membership fee several times over, from pre-clears sent to me by your referral service. I consider that the BULLETIN, my link to a sane Diagnostics, comes to me as a bonus.

Best regards to all of you.

Very sincerely,
Paul C. Metcalf.

The short note you have written is priceless. Will you write and give us an idea of just how far you would travel to do auditing work? It is understood, of course, that the pre-clear will pay for your transportation and expenses. Can you accept psychotics? Will you accept intensive runs? (a week of thirty-six hours) Can you give us a rough idea of what your fees are? With this little additional information we can refer many more people to you and you in turn will be better able to serve the public.

Imagination Technique

By C. PARKER MORGAN

We present the following technique for those auditors interested in gathering experimental data. As suggested by the author, if this technique is used be certain that your pre-clear understands that it is experimental and is not an accepted, tested or proven technique in dianetic procedure.

—Ed.

The most interesting and progressive members of our "Western Culture," have active imaginations: Our authors, artists, inventors and successful business men. They can "envision" whatever they may desire, whether it be a novel, painting, new locomotive or a million dollar profit on the stock market. The expression, "men of vision" would aptly apply to "creative imagination."

These successful men have used this power of the mind in a normal and natural manner. We can use this same ability to advantage in dianetic processing.

The technique to be hereinafter described, has been used with success on some cases that seemed almost completely occiuded. This is a method of getting around the reactive mind and some forms of circuitry. It is also very useful in developing awareness and the perceptics. At the end of a session the tone of the P.C., can be observed to have risen to a new high.

As every technique so far used in Dianetics has been subject to experimenting, so has this one; and I would advise the auditors who are willing to try it on a P.C., to so state to him that it has not as yet been accepted as SOP.

Your criticism and comments will be appreciated after you have given the method a fair trial.

STEP ONE:

The PC, is to assume any position of relaxation; sitting in a chair or lying on a couch. Then request him to imagine anything that would give him satisfaction and pleasure in the present time or in the future. When he has contacted an imaginative scene have him describe it in all its details, with complete visio, sonic, and all perceptics. Let the PC enjoy the scene that he has created in his imagination for several moments, then:

STEP TWO:

To the PC, "Please imagine a time in the past when you were dead." The PC, will generally reply that he is looking at a body of some one. The PC does not at first recognize himself. In all cases run so far, the PC seems to be observing the body from above. The reactive mind has been fooled in a sense, as it "knows" that after you are dead nothing can hurt you.

As the PC is viewing the death scene develop all the details of the scene and get the PC to realize that it is his body that he is viewing. From this moment on drop the use of the word "Imagination" as you must now develop Reality. When you are satisfied that the PC is in full contact with the scene then:

STEP THREE:

Using flash answer technique ask the PC. "Is there any incident in the life of the dead man that may be a cause of an aberration that is bothering you in your present life?" The PC in most cases processed so far will reply in the affirmative. If the answer is yes, then request the PC to go to the incident and commence processing him through the incident using any standard method until it is completely erased. Then ask the PC to contact the death incident at the end of the life in which the incident had appeared and run it including all grief, emotion and somatics. Usually, you will find the PC stating that he sees a white light. When this occurs, the PC has completed the incident. Note: It is

well to ask the PC to scan the two incidents for any loose ends that may not have been completely erased.

It is very important that the death be run whenever you run an incident. Attention units quite often are tied up and the running of the death will release them.

STEP FOUR:

Now ask the PC if there are any earlier incidents. If so then repeat STEP THREE, etc., until all have been erased.

STEP FIVE:

When everything contacted has been run then say to the PC, "Let your mind do what is necessary to scan through all incidents from the beginning of time to the present time which are related to the session we have been running."

After the PC has scanned through several times then say to him: "Can your mind visualize a scale upon which all of the incidents you have now been running appear?" If the PC says that he can, then say: "Please scan all of the incidents from the beginning to the end again and watch the scale. Let me know if the incident marks on your scale are reducing." The PC will then do as directed and if one incident seems to be sticky have the PC contact the incident and scan through it as an incident. If it is not possible to reduce it by scanning then use standard processing methods until it is erased. After the erasure of all incidents on the scale, then:

STEP SIX:

Say to the PC, "Let your mind do what is necessary to bring you up to present time."

STEP SEVEN:

Now using direct memory technique, review the entire session. If the PC asks you, the auditor, what your thoughts are concerning the session, be careful that you do not invalidate the PC's data. If you must reply then state that you were very much impressed. You won't be far from the truth.

STEP EIGHT:

In STEP THREE, if the PC states there are no incidents that are affecting him in present time, then say to the PC, "Let your mind select a life in your past that contains an incident affecting you in present time." When the PC has been solidly established in a past life incident, then repeat the forgoing STEPS.

Do not be surprised if you contact a *future* event. There is much room in the use of imagination for pure research in the past, present and future. ESP, telepathy, etc., may open up. We have new horizons to explore. Let all of us do a better job.

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.

Refresher Course for H.D.A.'s

September 22, 1952, through October 4, 1952

November 3, 1952, through November 15, 1952

December 15, 1952, through December 27, 1952

fee: \$100.00

FOUNDATION DIANETIC RESEARCH

AS ANNOUNCED DURING THE INTERNATIONAL CONFERENCE, THE FOUNDATION PLANS TO FORMALIZE A SCIENTIFIC RESEARCH PROGRAM. IT NEEDS RESEARCH SCIENTISTS FROM ALLIED FIELDS, EQUIPMENT, ADDITIONAL SPACE AND GENERAL OPERATING FUNDS. THE FIRST YEAR'S COST IS ESTIMATED TO BE \$170,000.00. YOU LOYAL PEOPLE HAVE ASKED HOW YOU COULD HELP US. WE WOULD BE INTERESTED IN AN INDIVIDUAL, GROUP OR ESTABLISHED ORGANIZATION WHICH HAS BEEN SET UP TO AID THE HUMANITIES, OR SCIENCE, WHO WOULD OFFER US ASSISTANCE. IF YOU KNOW OF SUCH PEOPLE OR ORGANIZATIONS, CONTACT THEM. IF YOU ARE WITHOUT INFORMATION, INQUIRE. IF ALL OF YOU PUT FORTH AN EFFORT, YOU WILL MAKE POSSIBLE THE FIRST FORMAL SCIENTIFIC RESEARCH IN DIANETICS.