

mean you reject other people's ideas. When you see three or four cases of when you have thought something false and eventually discovered it true, then it makes you wary of condemning. It also makes one wary of accepting things uncritically....

Just before I close, have you read Kenneth Walker and Peter Fletcher's "Sex and Society"? Fredk. Muller Ltd. 15/- It's a gold mine, especially chapter 15 and the appendix.

Hope you are all getting on O.K. in Bristol. All the best from...I.M.L."

"Thanks for the May issue which I enjoyed. It is a pity that you have to print articles like "Thanks, But I'll Stay A Preclear" amusing though it was. Really, I suppose it is sad to think it should be necessary to print such articles, and that we should learn that groups are conducted in such a fashion. If people really are handled in this way it will not be surprising to find a rapid decline.

The main thing I wanted to write about was case histories and the general validation of Scientology. It does seem extraordinary that there should be such a dearth of validation material. One would imagine that the HASI had enough case histories to fill several large volumes, and one wonders why they don't publish them.

The I.Q. tests conducted at Phoenix sound good, but I must point out that, without further data on how the tests were run, controls, etc., they have not a great deal of significance. To illustrate what I mean, a control group without any treatment would probably show an advance of 5 - 15 I.Q. points if they were given the same test after an interval of a few weeks. Yours sincerely...C.L."

# BDR

Editor

A. J. S. McMILLAN

**Roads to Self Knowledge — An International Review**

Vol.IV

June-July 1955

No.39

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### T e c h n i c a l   H i t c h ?

First, we must make our apologies for being so behind with this issue, to the extent of having to run June and July together. There are several reasons for this, but the main one is that we have so much work to do quite unconnected with Dianetics and Scientology that we have had very little time to spare for BDR activities. We hope, too, that those who have written to us recently will excuse our failure to reply promptly for the same reasons. It is quite probable that the August and September issues will be run together too as we shall be away for most of August.

A further contributory factor is that we are suffering from a greater shortage of material than we have experienced during the whole time we have been running BDR - for example, we have had only a single comment and no case histories in reply to our editorial "How Able Is More Able?" in the May issue. We have a number of interesting letters in this issue for which we thank the writers, but these have been coming in during the last three months; hardly any articles have been offered to us recently and, as for case histories, they are conspicuous by their absence. As we have said before, we have no intention of writing the whole of BDR ourselves, it has been a forum for the exchange of opinions and views, and has been, during the whole of its career, a largely cooperative venture. We hope that this situation is a temporary one and that things will look up after the summer.

### Is Interest Declining?

Nevertheless, we wonder whether our experiences in this respect are not symptomatic of a wider state of affairs affecting the whole of Dianetics and Scientology. It appears that, except for those closest to the organisations, there has been a marked decline of interest and many people have dropped out of group and other activity.

It is striking that the recent address list issued by the HASI contained only 400 odd names throughout the world, less than were active two or three years ago. Further evidence is given by the three recent congresses held at Phoenix, Arizona, Washington, D.C. and London, we understand that the total attendance at all these congresses was less than 400.

We cannot help but correlate this apparent decline of interest in Scientology as currently propagated by Mr Hubbard and the HASI with the conduct upon which we have commented in BDR at some length (notably November 1954 and February 1955) when we said, "We will, however, say to Mr Hubbard without equivocation that it is his own organisation which represents a far greater menace to the development of Dianetics and Scientology than any outside agency, that people are rapidly becoming disgusted with the antics of some of his staff, and there is a growing and understandable reluctance to introduce Dianetics and Scientology to a wider public with the knowledge that, sooner or later, they will come into contact with the low-toned activities and general ineptness of the HASI organisations."

We appear to be in the melancholy position of seeing our prophecies come true to the detriment of the growth and development of Dianetics and Scientology on sane and fruitful lines. Even now, we hope that it is not too late to stop the rot and, by a drastic reorganisation and change of heart, so alter the organisations and the policies put forward that men of goodwill can sincerely foster and further the application of the sciences. But, and we make no bones about it, these changes will have to be drastic and far-reaching right down to the basic attitudes concerning money and service, to say nothing of affinity and humility.

How about it, Ron?

## E x p l o r a t i o n   A n d   D e v e l o p m e n t

by Ross Lamoureux

Phoenix.

Exploration is exciting, adventurous and publicity making. The task of development, once the first rush is over, requires somewhat different traits; it is apt to require more solid work with less fanfare. But any Englishman knows this. And it is your ability to do this sort of thing which has prompted this paper - for the work of development follows exploration, even when we consider the human mind and personality rather than geographical areas. As Freud was an explorer of areas still under development, so Hubbard is an explorer who has left and is still leaving large areas for those whose bent it is to do the work of consolidation and development. An example of work done by the writer will illustrate the type of thing which is indicated and necessary in the field of Dianetics and Scientology.

Hubbard has made much of Havingness and has emphasized the acceptance level. He has, as the writer remembers, mentioned the concept of the rejection level only twice. The statement has been made that anything will flow into the pre-clear automatically only if it is degraded sufficiently.

Here, then, is the data resulting from exploration - now consider the development of it: Emphasise equally bringing things in and sending them out, but start with the one that runs most easily and when the flow slows or, preferably, stops, reverse the direction. Work equally with the acceptance level and the rejection level. For present purposes, acceptance level being the state of quality which will cause a particular thing to flow into the pre-clear automatically, while the rejection level is that state of quality which will cause the thing to flow away from the pre-clear automatically, (It should be noted that acceptance tends to occur at the low end of the scale and rejection at the top).

Let us consider an example:

Auditor: "Put out around you mockups of your body. Do they move towards you, away from you, or do they hold still?"  
Preclear: "They just stay there."

A: "Alright, now see if you can degrade them sufficiently so that they come in to you automatically."

Pc: "They seem to be coming in in droves."

A: "Alright, keep them coming in as long as possible."

(If pre-clear had said that nothing seemed to have happened, the auditor would have asked him to make them so good or desirable that they will go away automatically).

While the language can be changed to suit the style of the auditor and the pre-clear, the foregoing gives some idea of the extremely permissive approach and the willingness to start with either the acceptance level or the rejection level.

Which ever runs first, when it stops, go to the other. When this stops, it may commonly be found that the former will again run though the quality will have changed. Theoretically, it would be possible to continue this alternation until the pre-clear had put his acceptance level where the rejection level was and vice versa. In actual practice the writer has never found this desirable.

The foregoing represents a desirable simplicity and would be fine, but there are cases where it seems impossible to reach a point where this automatic flow will take place, at least, within the credulity of either auditor or pre-clear. This difficulty is the result of overlooking some of the factors in the situation. The picture as given is only one side of the coin. The picture given shows only the situation where the pre-clear is in control and neglects the common reality of the pre-clear being controlled by the thing being considered. Too often, your pre-clear finds an acceptable home to be the equivalent of a matchbox on the other side of the

of old postulates were recovered and changed. Today, this preclear is working and being paid for his work. The processing did not make the money unimportant, it enabled the preclear to have some and to use it properly.

Unfortunately, finding the valence which has caused trouble in a particular area is not always easy, but where an educated guess, based on knowledge of the case, will not work, it should be possible to determine it by experimentation. It must be remembered that, even where the preclear is acting out of another valence, the auditor will still encounter the problem of control and, as often as not, the original owner of the valence was being controlled rather than controlling. Once the problem has been solved so far as the valence is concerned, it is necessary for the preclear to handle it in his own valence and, until this is done, the auditor is not finished.

To summarise, there are two basic mockups: One with the preclear in the centre surrounded by quantities of the problem, the other with the problem in the centre surrounded by quantities of the preclear. For each of these basic mockups there are two directions of motion, in and out. There are then four mockups that can and should be run for complete handling of a problem. Where a valence rears its ugly head, there would be an additional four.

Use of this schematic approach to the problem of a preclear works very nicely, and makes the techniques of remedying havingness and acceptance level more effective. The development outlined does not add anything new to basic theory. It is an amplification of techniques based on the fuller use of theory already known. This, it seems to the writer, is the most profitable direction for the work of development to take at the present time. Auditors have a wealth of fragmentary techniques with, too often, a lack of integration between them. Only too frequently with new advances, the

moon when you both know that he has a home that is in good condition and even luxurious. This is an example of the obverse face of the coin. This preclear can have a fine home so long as it controls him. The remedy is simple. Have this preclear mock up one home, surround it with a number of him and see what happens. Do the mockups of him go into the house? or do they go away or stand still? Vary the house until they start to move one way or the other, keep the movement going as long as possible. When it stops, change direction by changing the quality of the house appropriately. In short, proceed as with the simple running of acceptance level and rejection level, but have the preclear controlled rather than controlling. (No mention of this word "control" must ever be made, one simply varies what is in the centre of the mockup). This process will not be finished until the preclear has not only varied the house, but has found the levels of him rejected and accepted by this house, and done something about it.

Our comparatively simple picture is now twice as complicated by taking into account the concept of control. But, unfortunately, even this is not enough for a complete map of the situations which can be observed. We have also the matter of valence that must occasionally be taken into account. For example, one preclear was having trouble with finances, the writer had him mock himself up surrounded by money of various amounts, and nothing happened. When he mocked up various amounts surrounded by quantities of himself, again, nothing happened. Then the preclear mocked up mother surrounded by various amounts, still nothing! But when various amounts of money were mocked up surrounded by quantities of mother, the fireworks started. We discovered that mother always had just thirty-five cents in her pocket book. It took six hours to get mother to where she could, in mockup at least, control money in varying amounts and then to get the preclear to the point where he was no longer controlled by money, but could control it. In the course of this six hours a large number

older knowledge has been discarded without being integrated into the sum total. While there is certainly much to be gained from uncontrolled, intuitive exploration, its work can be complemented by the more sober advance which consolidates its gains as it goes.

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O u r C o n t e m p o r a r i e s

Every now and again it is our pleasure to review the activities of our contemporaries, to welcome the newcomers and mourn the deceased. In a field where communication is so stressed all, whether "official" or "unofficial", can do their part in spreading word of the sciences, in elucidation, in validation and the general promotion of ARC.

First, we mention the two official publications of the

HASI:

"Ability" This magazine, published in alternate parts, Major and Minor, supersedes the Journal of Scientology. It is of handier format and a slicker production. To date, the contents have been, shall we say, uneven. The editor is John Sanborn, the chief contributors being L. Ron Hubbard Senior and his alter ego, Tom Esterbrook.

It appears to be a somewhat peripatetic publication, during the last month or so issues have been published in Phoenix, Arizona and Washington, D.C. and the most recent address is Box 242, Silver Spring, Maryland.

"Certainty" The organ of the London HASI published monthly

at 163 Holland Park Avenue, London W.11. The name of the editor is not stated though we understand that many have had a go since Denis O'Connell who started it, and the HASI part-ed company. This magazine recently published one of the finest articles yet written on Scientology - "The Four Conditions of Existence" by Kenyon Barrett, B.Sc.

So much for the official side of the field. On our side of the fence, so to speak, many papers have come and gone in their time. Currently being published are:

"The Aberree" Published monthly by Alpha Hart at 207 N. Washington, Enid, Oklahoma. In our opinion the liveliest paper in the field, each issue contains Alpha's inimitable comments which, however caustic they may be, never lose their humour. Each issue goes from strength to strength and the current one (Alpha's Christmas number) has a very well produced three colour cover. Subscriptions may be booked through BDR at 14/- per annum (12 copies).

"ARC-AID" We welcome this newcomer to the field. Originally published as the newsletter of the Scientology Group of Portland (Oregon), a competition was held to select an appropriate title. ARC-AID was the result (no comment!). Edited by Jon R. Skinner at 8059 S.E. Main Street, Portland 16, Oregon, it is published monthly at \$1.00 for 12 issues. Already a number of interesting articles and editorials have been printed, and we hope to quote from some of these later.

"CADA Bulletin" We have already mentioned this excellent bulletin published by the California Association of Dianetic Auditors and edited by L.O. Anderson at 301 So. Harvard Blvd., Los Angeles 5, California. A unique feature is the Anderson communication plan, details of which were given in our October 1954 issue. As we said then, we hope that the mantle of the CADA Journal, the best publication ever put out to the field, will fall upon the Bulletin.

DIANETIC & SCIENTOLOGICAL SOCIETY OF GREAT BRITAIN

"The Communicator" This publication, started by our good friend Sadah Field (now Higgins), was continued by Frances Berglund who moved from Denver to Phoenix, and is now at 2878 Maricopa Avenue, Richmond, California. The Communicator has always had interesting and stimulating articles, often a bit off the beaten track, and we look forward to its continued success. Price \$2.50 per annum (12 issues).

"Dianotes" The oldest established magazine in the field, Dianotes has now published 45 issues. Described as 'an unofficial organ of Minneapolis Dianetics, Inc. and the Minnesota Scientology Council, it is edited by Bob Collings at 1313 So. 9th Street, Minneapolis 4, Minnesota at \$2.00 for twelve issues. Many interesting and valuable articles have appeared in Dianotes and we have been very glad to reprint them, indeed, in this issue of BDR we have one by Don Schuster giving details of the Records Research Programme for which we give grateful acknowledgments to Dianotes.

"The Ghost Of Scientology" Published by Clem Johnson at Orlando, Florida, we have not seen an issue of the Ghost since January. We hope that this long delay does not signal the demise of the Ghost. Clem Johnson was at one time the most trenchant critic of squirrels; we hope that his silence does not mean that he has got caught on a reverse vector.

The foregoing are all the publications that we know of in the field of Dianetics and Scientology, if there are others, we shall be glad to review them on receipt of a copy. All these papers publish interesting articles and editorials, all have a contribution to make to the growth of Dianetics and Scientology. If you are not familiar with the papers, write to the editors, tell them what you are doing and ask to see a copy of their paper. Even though you may not become a subscriber, they will be glad to hear from you and you will have made a contribution to the general ARC.

Q U I K C H E K

By Don Schuster

California

(Reprinted from DIANOTES, IV, No.44, May 1955)

Are you sure there's something in Dianetics-Scientology? Do you want to tell others of your successful cases? Have you wanted to know how effective a given technique was on a given aberration? You are not alone in having asked these questions. Thousands of auditors have asked them before. The most ambitious, comprehensive and systematic programme is now underway to answer these and many other questions. The goal is to collect, analyse, interpret and communicate DATA concerning Dianetics-Scientology and their applications. This is the Records Research Programme (RRP), now a project of the CADA. An integral part of the RRP is the Quik Check Personal Inventory. The Quik Check tremendously simplifies the problem of gathering data on individual preclears. You don't even have to know how to write. (Well, almost. All thumbs auditors working on Quik Checks can scribble with their toes). All you have to do is put an X or check mark in the right blank to tally information on your preclear. You can't get faster than this and still adequately describe your preclear!

It would be a monstrous job to analyse thousands of Quik Checks. But, fortunately, IBM has punch cards. So, when you send Quik Checks, the data on them is punched on to IBM cards. Finding how many cases of "whatisit" were made to disappear by dianetic-scientological techniques is simply a matter of running cards through a machine. Sample punched cards as well as Quik Check forms can be had for the asking from the author or CADA, 301 So. Harvard, Los Angeles 5, Calif. (See note at end).

Everybody can get in on the act, and everyone can benefit. Auditors check off Quik Checks and, per se, obtain a

comprehensive inventory of their preclears. Auditors this way can't even overlook their favourite blind-spot aberration in their preclear! Another nice thing about the Quik Cheks is that they are available FREE from the CADA or the author. (USA only, see note at end). Preclears can take advantage of the at cost psychological tests available. These psychological test results to the auditor, along with the systematic Quik Chek, insure a faster de-aberration process in the preclear. Society as a whole benefits from the communication and application of these dianetic - scientology concepts. Where else can you hit so many dynamics with so little time, energy and money?

Time out to consider some existing records research. Data from a personality test on Minneapolis Dianetics, Inc. members gives indication, objectively for the first time, that auditing produces significant personality changes in average people. A group of people without processing over a similar time interval showed no such changes. Interesting, eh? It certainly looks as though auditors were capable of doing what only psychiatrists and psychologists could do before, doesn't it? Before we can shoot off our mouths about isolated results like this, we (and this includes you) need much more data reported on Quik Cheks. The specific changes in personality that were found in the MDI study were: a general rise in tone level, a decrease in push-button responses and an increase in third dynamic activities (and others). There were no average changes for the worse.

"O.K.", you say, "I'm convinced. You've got something in this RRP and the Quik Chek. What do I do now?" Simple! As an auditor, fill out and mail in a Quik Chek before and after processing on every one of your preclears. As a preclear, take advantage of the psychological tests available at cost.

To finish, visualise this picture and feel yourself in

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To finish, visualise

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Dear Friend,

Your subscription to BDR expires with this issue. We hope that you have enjoyed it, and that the various articles and contributions have been of value to you.

We have been very glad to have you as a reader of BDR, and hope that we can continue to be of service to you. More and more people are reading and enjoying BDR and, as its circulation grows throughout the world, it becomes a better medium for communication among all who are interested in Dianetics and Scientology. We hope, too, that you will use our columns as a means of expressing your opinions and comments, for BDR welcomes all who have something to say either in letters or in articles for publication.

During recent months we have had many letters from readers assuring us that BDR provides an essential service to the field, and we look forward to your support to continue this work. We have many new and interesting features planned for future issues, it appears to us that Dianetics and Scientology are entering the most exciting and productive phase yet reached. We will report all these developments for you as they come along.

From January 1955 we are providing a new service for your convenience. If you wish to continue to receive BDR sent direct as heretofore, do nothing on receipt of this letter. Your subscription renewal will be booked automatically and a bill will be sent in due course. If you do not wish to have further copies of BDR, please let us know at once so that the necessary action may be taken.

Yours sincerely,



A.J.S. McMillan  
Editor, BDR.

P.S. Of course, if you like to renew your subscription on the form enclosed, it would be very much appreciated and save us quite a bit of work.



it helping to bring it about; the goal of the Records Research Programme is being achieved - putting out demonstrated, workable dianetic concepts into society, and you playing an important part in this. Sending in Quik Cheks, getting back results, taking tests, talking up interesting cases reported to friends, and your having fun doing this! Go over these words and concentrate on the concept of the goal, build up a mental reality of achieving the Records Research Programme. The RRP can be done, must be done and is being done. How about painting yourself into this picture, too?

Editor's Comment. We are very glad to reprint this article by Don Schuster from Dianotes, and to give our full support to the Records Research Programme. As we have said many times, it is of the greatest importance for the future development of Dianetics and Scientology that systematic checking should be made of processing results, and the only way such an analysis can be made is by a comprehensive operation using a standardised form such as the Quik Chek.

We have been in touch with Don Schuster and he asks us to reproduce the Quik Chek form for distribution here owing to the long delay which will ensue if they are sent from the U.S.A. We have done this and enclose, as a supplement to this issue, a complete form for your inspection. We are making these available at cost of production, twelve for 1/-, post free (please include 2d postage if ordering less).

The IBM punch card referred to in the article is a rectangular card  $7\frac{1}{8}$ " x  $3\frac{3}{4}$ ". It has 80 vertical columns numbered down from the top 0 - 9. All the data recorded on the Quik Chek by check marks in the spaces provided can be transferred to the punch card by a machine which makes a hole at the number checked in the appropriately numbered column. For example, if you check space 1 of section 34 of the Quik Chek then on the IBM punch card a hole will be punched at position 1 of column 34. These cards can be fed through a machine which sorts them according to any desired punch hole or combination

thereof very rapidly. This makes statistical analysis much quicker.

With regard to the psychological tests referred to in the article, these will not be available in this country at present. Don Schuster points out that they are designed for Americans and would be likely to give distorted results due to somewhat different language usages and customs. We are going into the question of corresponding tests for British people and hope to have further news soon.

We hope all auditors will make extensive use of Quik Cheks for, not only do they provide a comprehensive inventory of the preclear, but will help to forward the most extensive research programme yet undertaken for the validation of Dianetics and Scientology.

Get a few dozen Quik Chek Forms from us (we advise group secretaries to keep them in stock), make one out at the beginning of a case, one half way through and one at the end. Do them in duplicate to keep a record yourself and send the others to us for onward transmission to RRP. This is your chance to help to validate Dianetics and Scientology.

As data becomes available, we shall have articles describing the progress of RRP and the results obtained.

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The other day we heard:

"Our doctor would never operate unless it was really necessary. If he didn't need the money, he wouldn't lay a hand on you!"

"Neurotics build castles in the air, psychotics live in them, and psychiatrists collect the rent!"

### C O R R E S P O N D E N C E

"It was most interesting to read John T.P. this month. It would be interesting to know if he has "bathed in the Hubbard waters" at all or only read his books. He seems to me very 'clear' and beautifully leaves Hubbard and his followers as preclears.

For two years I have given much thought to Hubbard theory and practice, and up to Xmas I was coming more and more to the conclusion that Hubbard was doing the above deliberately, with the idea that only by fighting through this uncertainty could the preclear find himself and certainty. "If you don't at least believe some of this nonsense, you aren't a preclear. Go away and play somewhere else!!" Clever, but hardly right for the auditor. A typical case is the way in which Hubbard confuses time and space, while saying that most preclears do this. Of course, we all do this verbally because we use the same words to describe space and time, but no one I have ever met is the least confused as to the real meaning behind the words. The less conscious or less differentiated probably do confuse before and after especially in the form of habit, and we do talk of being detached from ourselves when we mean looking at other selves not present at that moment in time.

Of course, we are all under the curse of Babel whenever we try to increase real communication. Which was partly what left me so aghast at the congress in London on communication. It would hardly have been possible to have had less communication than we did in the processing. Echoing isn't communicating - a cave can echo! Not being either a psychotic or a cave, I prefer to go one further even if only to say "Oh! hell" instead of echoing "Hello".

Nevertheless, Hubbard has got something, in fact, quite a lot of things, but unfortunately he doesn't seem able to explain what. He is an artist, it seems, who is not able to

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to teach his techniques. Hearing his tapes on actual processing one can feel what he is getting at, at least, I can. I can almost express what he begins to do to one, but not quite. The nearest I can get to it is to say, he takes one into imagination so as to break with the wrong past and, at the same time, fixes the reality of the present moment, thus endeavouring to make the right imagination real. This can't have much permanent effect unless he can teach his preclears to do this for themselves. For it is one thing to become the effect of one's imagination and quite another to be able to control which imagination one wants to be the effect of, and to be able to apply it when needed.

By theta I take it he really means the thing which causes us to have any of this kind of control at all, and he is not really teaching mind over matter. The limits of direct control over matter we know fairly well, but he is teaching control of mind by mind, and this has arisen from our power first to give and receive communication to and from another, later developed into the power of the mind to give and receive communication between two parts of our own mind. Doing this as a verbal exchange of course we all do, but feeling and emotion tend to be all pervading, and vicious circles are all too easily set up. Oddly enough, they usually seem to be the kinds we do not want, such as fear, anger, frustration, etc. By feeling as we use space, exteriorisation or detachment, we can learn a method of breaking these circles. Or deliberately create an outside scene which will produce the right emotion in us as effect of itself, to break away from an emotion we don't want. As with most theories, it isn't nearly so easy as it sounds. But I have at times used it on myself with good effect, and it can be taught.

Having all this and a good deal more, it seems to me a pity that reading his books either makes one want to laugh or get angry, only with a preclear can one really have patience with these confused ideas. He gets a glimmer and throws it straight out, as a teacher he should digest his ideas first.

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Even this letter to you is the result of five years work on theory and thirty odd years experience, and I doubt that it is fully digested. I shall be very interested to know if it begins to make sense to any of your readers, if it doesn't, it is my fault, not theirs. The same applies to all auditors, theirs is the responsibility. The preclear's reaction time is almost entirely dependent upon them, not on the preclear as Hubbard would have it. Projecting on to the other fellow won't help in the long run, except perhaps the preclear who firmly says his auditor is psychotic and so saves his money for something else!

Yours sincerely S.F.H.K."

"Very many thanks for yours of the 28th, and I thought you might care to know how a couple of novices working entirely on their own are making out.

First we read the article ("Opening Procedure" BDR No. 33, December 1954) half a dozen times, then I underscored in red the most important lines and I finally typed out a complete set of auditor commands so that all we had to do was to read out the commands to each other in turn. I took these precautions because such stress had been laid on variations and improvisations by the auditor and having regard to the fact that we had no supervision.

We started with a couple of runs each through the written instructions, taking care to switch objects and places so that we could not anticipate what was coming and all the time following the exact wording of the commands. Everything appeared straightforward so we put the instructions aside and went ahead, each having three two hour sessions.

Reactions were slight. One of us felt so sick on the first round of spots that he had to stop (?) but we found that reverting to precise locations stopped it in a few minutes. On the second round, the sick feeling recurred, but pushing on broke it down, and on the third round there was no trouble at

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all. The other preclear had a dizzy turn on the first round, but carried on and there was nothing after. Minor aches and pains came and went, and at the end of each session both of us felt on top of the world mentally though somewhat leg weary.

Phase (b) gave no trouble other than sundry somatics and we have completed two sessions each of (a) and (b) run consecutively so far, and shall run another two sessions before going over to phase (c) next week.

We had a few bouts of yawning, one setting the other off apparently, mostly while touching spots, but sometimes towards the end of the session when it might continue ten or fifteen minutes after the session had finished.

In your January issue you ask for comments on the use of spectacles. I am sixty and have been using glasses since 1940. Since then I have had three sets each of increasing power, and about three years ago I found I could not read typewriting without aid. Last year I went for a further examination and, although it was agreed that new glasses would be effective, I was advised to persevere a while longer which I did.

About that time I had been studying "Self Analysis" for some three months, but gave it up as it didn't seem to be getting me anywhere. Then three months ago my friend and I gave each other an experimental run through the Scientology Workbook 31-G and that, together with the foregoing OP8C, is my total processing experience.

Six months ago I could just manage to pick up the newspaper headlines without glasses, even these being somewhat blurred and the rest of the newsprint was a grey daub with the lines just detectable. During the work through 31-G three months later, I used to remove my glasses to watch my preclear more easily and I noticed that, glancing down at the book I could just make out the section headings, and was agreeably surprised to note that all blurriness had disappeared.

BDR

June-July 1955

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More recently, while acting as preclear in our OP8C processing, my colleague - while touching spots - was about to touch another when he suddenly asked, "Did you actually see that last spot?" When I said I did, he told me to touch it again which I did without hesitation. The spot was a minute fly mark which I should probably have passed over a few months back, even with my glasses.

Today I type and read typewriting reasonably in good light without glasses and for all normal reading I use my 1940 glasses down to 6 point, and only take my more powerful glasses with me when I go out in case I get stuck in a very bad light.

There is no question of defective sight being due to psychological causes, it is simply, as specialists have told me several times, my age and the fact that the muscles have hardened and are incapable of operating the focussing arrangements as they did when I was younger. Nothing could be done about it except more powerful lenses as time went on!

I have written at some length on this matter as I think it likely that many of your readers will be interested in a first hand account of the effectiveness of processing in reciting, quite incidentally, an organic malfunction of fifteen years standing.

Yours sincerely, John Fenuton."

"Herewith my sub to BDR. I have been meaning to write for some time to congratulate you on the adult attitude of BDR to the childish behaviour of the Hubbard organisation and others.

All good wishes, yours A.C."

"Many thanks for your excellent article on assists. I feel these 'doingness' articles are far more valuable than the theorising.

Yours sincerely, E.C."

"Have been reading some Ability's loaned to me. Major I has me in a whirl, I'm afraid. I've waded through it twice in an effort to understand it, but got bogged down in the contradictions. The general impression is a sad one, and the news that you are to be investigated à la MacCarthy even sadder. Where does Sanity come into this? S.B."

"I do not do much auditing - only on preclears I pick myself, not professionally. I do, however, take a group from time to time, and once ran (over a period of three months) the whole of SOP.8C. I do not agree with LRH that it is not a group process - depends on the group and the auditor - I found it very useful. I value it not for the certainty it gives (I feel far too much stress is put on certainty, many scientologists 'certainties' being merely fixed delusions and very restrictive to progress!), but for its effect on character. The preclear, in examining 'people he is not', 'ideas he is not creating, destroying, etc.', 'orders he is not giving or receiving', especially when run in brackets, may find much in himself that is spurious, selfish or destructive to others, and so amend it!

I feel too little emphasis is put on any form of character building in Scientology. This shows (to me) lack of responsibility on the part of the auditor, and some of the HASI publications and behaviour certainly confirms my views!

I have found a marked tendency to automatism when using the Opening Procedures in the Group Auditor's Handbook. For instance, in 'place your hands on your head' and 'locate your head with your hands' there is no difference made by the members of the group - that is to say, they do not locate their heads, they already know where they are! So I have them hunt about for it with their hands, and get the difference between that and placing their hands on it. They then see quite a difference.

I wrote last week to the editor of "Ability" deploring

the tone of Ability Minor III, and shall be interested to see if he publishes it. Good luck to BDR which I have read now for several years, and long may it flourish in spite of "hidden influences" in the shape of secret agents and detectives, threats of million dollar lawsuits, etc., etc.

Yours A.C."

"There is one thing that puzzles me in the May issue, it is obvious that the bad things must be aired as well as the good and yet, at the same time, the effect on people who are just becoming interested in belonging to a group is really shattering, and any process that even resembles the one in the May issue will not be touched with a long pole.

Though most people are subject to aberrations of divers sorts, yet the one aberration more prone to operate on recent or new preclears is ridicule.

I have ceased passing on my BDRs because more 'certainty' was being lost on Scientology in a few minutes of reading than could be made up in a month's group processing.

Cheerio for now, A.J."

"We got a kick out of "Thanks, But I'll Stay A Preclear" and A. chuckled about it all morning; said she wanted to write the author a letter sympathising with her attitude...A.H."

"Our group has dropped down to monthly meetings for the summer period. Like your group (vide R.S. report), maximum gain seems to be amongst those who know least about the subject.

B. read the article "Thanks, But I'll Stay A Preclear" and said that was just how she felt about it. I liked it too.

About John T.P. I found his problem relatively meaningless. Although exteriorisation is something I am not clear about. I have very rarely felt in location anywhere

else than my body, but equally, I don't identify myself with my body. I do a lot of blaming of my body for inadequate carrying out of impossible instructions. As far as I am concerned, I can withdraw attention from the physical universe when other things interest me more. I don't feel I have moved or that my body has moved. I have simply shifted attention. If that is exteriorisation, I exteriorised. But being three feet or 20 miles behind my head are equally meaningless to me, that only sticks my attention more firmly on my head...Best wishes P.S.H."

"We did enjoy "Thanks, But I'll Stay A Preclear". I expect the faithful will belabour it as another bit of BDR entheta, but we who know and understand these objective processes can see the lesson pointed out by this article, so wittily and amusingly. This is the danger, first, of using 'rote' processes in a rote and doctrinaire way, and second, of using processes 'too far north' for the preclears.

The articles by yourself and Robert Shaftoe, to say nothing of the auditor's own experience, should have made it very clear that it is essential to do the more elementary processes very thoroughly before going on to duplication, etc., and we hope this article will further point out the desirability of 'first things first'...Anyway, our grateful thanks to the 'dog', and our best wishes for her recovery...L. & J.C."

"Thanks for the "Bhagavad-Gita" and your letter. I have only skimmed the new book, but at first look it looks good.

About the body and so on; the only way that MEST clear would prove to be sidetracking would be if you did it for wrong intentions, would it not? And in any case, if you can learn how to become a MEST clear, it strikes me that you will, in the course of doing so, necessarily learn a great deal about a vast number of things - the laws governing interrelationships between efforts, emotions and thoughts. It won't

do you any harm and it might do you a lot of good. The only way it could be a hindrance to you is if you stopped enquiring after you had attained it. (Wrong intention to get MEST clear for purposes of show, vanity, etc.)

Well, I don't know. I am not an authority on it. What I do know is that the practice of relaxation is very beneficial indeed. Because if you keep on at it you learn a lot about the effects of body on mind and mind on body, the nature of habits, what is correct posture for you, the law of minimum effort, and a great deal more. It leads on to a knowledge of the laws of thought too, because every thought has an effect on the body. So in order to relax fully you have to learn how to control your awareness to some extent. And if you begin to do that, other things start coming up.

That is what I have found anyway. Since I have been practising relaxing, i.e. for the last 18 months on and off, I have learnt a great deal about human anatomy and physiology, posture at work, something of how to alter habits, a great deal about why other people act as they do, a lot about how to live and how to think. How to do more work with less strain. And a very great amount about 'intentions' as you call them. You are certainly right in saying that the question "Why do you want to do it?" or "Why did you want to do it?" is quite a facer. It's a facer alright, but by digging for it you can find out quite a lot about yourself. About selfishness and greed, etc. Non-realisation of the fact that other people exist. How implicit assumptions, wrong ideas, can distort a whole life. About the automaticity of oneself. About how various ailments develop. How to be healthy. How to read a book, etc....

Anyway, every man to his own taste, and none of this "I'm better than you" stuff. I've kidded myself an awful lot in the past, and nowadays I'm learning a little about how to stop kidding myself. I find that the way to do it is to work only on what you understand. This, of course, doesn't

QUIK CHEK PERSONAL INVENTORY

Essentially, the Quik Chek Personal Inventory consists of a large number of multiple choices describing many aspects of a person and his personality. Along with these multiple choices, accompanying blanks are provided for your convenience in adding additional information or data which does not appear appropriate for a checked blank.

At the left of each page is a consecutive series of underlined numbers. These are section numbers and correspond to the column numbers on an IBM card. Between the underlined section numbers there is a maximum of ten numbered blanks, 0\_\_\_ to 9\_\_\_. It is in these numbered blanks you should put your check marks indicating your description of the person or any data about him. It should be noted that some sections have a few or no numbered blanks; in these cases, write in the appropriate data.

When completed, return this inventory to: BDR, 5 Oakfield Road, BRISTOL 8 for onwards transmission to the Records Research Programme.

<u>1</u> ___	Code Number	Name of preclear or client (or his identifying number)
<u>2</u> ___	(Leave this	.....
<u>3</u> ___	section	Address .....
<u>4</u> ___	blank).	Auditor's Name.....
		Address.....

Date.....

<u>5</u>	<u>Average Tone Level</u>	Chronic tone level description (fill in only after thorough evaluation)
<u>0</u> ___	0.1	
<u>1</u> ___	0.5	Basic effort:
<u>2</u> ___	0.9	
<u>3</u> ___	1.1	Basic Emotion:
<u>4</u> ___	1.5	
<u>5</u> ___	2.0	Basic Insecurity:
<u>6</u> ___	2.5	
<u>7</u> ___	3.0	Basic Motives:
<u>8</u> ___	3.5	
<u>9</u> ___	4.0	Basic Attitudes:

<u>6</u>	<u>0</u> ___	None	<u>Membership in Groups and Associations:</u> .....
	<u>1</u> ___	1-2	
	<u>2</u> ___	3-4	
	<u>3</u> ___	5 or more	

<u>7</u>	<u>0</u> ___	Male	<u>Sex</u>
	<u>1</u> ___	Female	

<u>8</u>	<u>0</u> ___	English	<u>Language spoken in childhood home</u>
	<u>1</u> ___	Foreign	.....

<u>9</u>	<u>0</u> ___	Grade school completed	<u>Education</u>
	<u>1</u> ___	High school diploma	
	<u>2</u> ___	College degree or number of years	
	<u>3</u> ___	Other	

<u>10</u>	<u>Age of preclear:....years</u>		<u>6</u> ___	41-45 years
	<u>0</u> ___	10-15 years	<u>3</u> ___	26-30 years
	<u>1</u> ___	16-20 "	<u>7</u> ___	46-55 "
	<u>2</u> ___	21-25 "	<u>4</u> ___	31-35 "
			<u>8</u> ___	56-70 "
			<u>5</u> ___	36-40 "
			<u>9</u> ___	71 and over

11 0  Protestant Religious Preference  
 1  Catholic Specify:.....  
 2  Hebrew  
 3  Other

12 0  Unskilled labourer Occupation  
 1  Semi-skilled Specify:.....  
 2  Skilled craftsman  
 3  Clerical worker 5  Executive  
 4  Professional 6  Other

13 0  Introverted Activities and Interests:.....  
 1  Ambiverted  
 2  Extroverted

14 Marital Status  
 0  Single 2  Widowed 4  Separated Number of  
 1  Married 3  Divorced 5  Remarried children:.....

20 Behaviour patterns  
 0  Hypertension  
 1  Anxieties  
 2  Nervousness  
 3  Smoking habits  
 4  Hyperactive (compulsion to be always active)  
 5  Compulsions (e.g. hand washing)  
 6  Inability to get along with other people  
 7  Sex disturbances (homosexual, maladjustment, mania, etc.)  
 8  Petty criminal tendencies  
 9  Irresponsibility (inability to hold a job, etc.)

21 0  Phobias and fears (claustrophobia, agoraphobia, etc.)  
 1  Retention of old injury somatics  
 2  Suicidal tendencies  
 3  Paranoid tendencies 6  Schizophrenia  
 4  Alcoholism 7  Depressions  
 5  Hypochondriac 8  Others:.....

22 Physical pain with limitation of motion  
 0  Arthritis 5  Other severe backaches  
 1  Bursitis 6  Internal ulcers  
 2  Neuritis 7  Gallstones  
 3  Neuralgia 8  Kidney stones  
 4  Sacro-iliac sprain 9  Berger's disease

23 0  Thrombosis 5  Adhesions  
 1  Phlebitis 6  Acute surgical abdominal con-  
 2  Migraine headaches 7  Pleurisy (ditions  
 3  Epilepsy 8  Painful heart conditions  
 4  Cancer, internal 9  Others:.....

24 Physical discomfort with limitation of motion or prostation  
 0  Asthma 3  Colitis  
 1  Anaemia 4  Tuberculosis  
 2  Infectious diseases 5  Others:.....





- 34 0\_\_\_ Serious accidents
- 1\_\_\_ Operations
- 2\_\_\_ Serious illnesses
- 3\_\_\_ Hospitalisations

- 40 Medical records. Available where?.....
- 0\_\_\_ Physical examination
  - 1\_\_\_ X-Rays
  - 2\_\_\_ EKG
  - 3\_\_\_ EEG
  - 4\_\_\_ Lab. studies
  - 5\_\_\_ Others:.....
- \_\_\_ Before  
\_\_\_ After  
How long after?.....

Psychological records.  
(Before) (After) How long after?.....

- 41 MMPI
- 42 "
- 43 Memory
- 44 Judgment
- 45 Intelligence
- 46 Dianometry
- 47
- 48

- 51
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- 60 Processing techniques. Brief summary of processing:
- 0\_\_\_ Running engrams
  - 1\_\_\_ Straight Wire
  - 2\_\_\_ Internal awareness
  - 3\_\_\_ Advanced procedure
  - 4\_\_\_ Analytical procedure
  - 5\_\_\_ Scientology
  - 6\_\_\_ ARC
  - 7\_\_\_ Others:.....

- 61 Previous processing or psychotherapy. Brief details:
- 0\_\_\_ 0-4 hours
  - 1\_\_\_ 5-15 " 3\_\_\_ 36-100 hours
  - 2\_\_\_ 16-35 " 4\_\_\_ Over 100 "

- 62 Amount of processing covered by this report.
- 0\_\_\_ 0-4 hours
  - 1\_\_\_ 5-15 " 3\_\_\_ 36-100 hours
  - 2\_\_\_ 16-35 " 4\_\_\_ Over 100 "

- 63 Aberration most concerned with:
- 0\_\_\_ Completely gone
  - 1\_\_\_ Recurs partially or sometimes
  - 2\_\_\_ Complete relapse
  - 3\_\_\_ Worse

- 64 General processing results. Brief details:
- 0\_\_\_ Complete recovery
  - 1\_\_\_ Moderate improvement
  - 2\_\_\_ Some improvement
  - 3\_\_\_ No improvement
  - 4\_\_\_ Condition worse

- 65 0\_\_\_ This is initial report
- 1\_\_\_ This is intermediate report, made.....later
  - 2\_\_\_ This is follow-up report, made.....later