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CALIFORNIA ASSOCIATION OF DIANETIC AUDITORS

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editor: laeta bartlett dunbar

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to present provocative thought that is cogent and timely. Productive thinking may ensue from a journal of comment, opinion, and exploration--a journal convey news of dianetics and related fields in California and elsewhere, to provide material on theory and techniques, and particularly to affect affinity, reality, and communication with the CADA.

to this end, THE CADA JOURNAL will contain signed articles of editorial or essay nature, discussions of theories, experiments and techniques, reports and case histories, information on new developments, and other pertinent material.

the editorial policy is to allow frank and open discussion of challenging ideas, to encourage different points of view, to weigh and consider developments, to cultivate critical evaluation, so that there will be mirrored in this journal a dynamic, liberal, and present-time awareness about problems, theories, and ideas in dianetics and related fields. On this basis, contributions are invited. The editor reserves the right to edit in order to preserve the unity and spirit of the journal.

writers and readers alike are urged to keep in mind that the views and conclusions expressed herein are those of the writers.

THE CALIFORNIA ASSOCIATION OF DIANETIC AUDITORS

DIRECTORS:

Wayne L. Dunbar, President
1215 S. New Hampshire, Los Angeles 6
Norbert Raymond, Vice-President
7957 W. Norton, Los Angeles 46
Mrs. Louise Coloman, Recording Secretary
7421 Walnut Drive, Los Angeles 1
Mrs. Wendayne Ackerman, Corresponding Secretary
915 S. Sherbourne Drive, Los Angeles 35
L. J. Clifford, Treasurer
6909 Clinton Street, Los Angeles 36

Mrs. Julia Lewis, Director at Large
1309 Castlegate, Compton
Jack Horner, Director at Large
Box 243, Van Nuys

Francis E. Ballard, M. D., Medical Director

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To maintain high standards of ethics
To provide mutual help for all members
To cooperate with other organizations of like purpose
To disseminate knowledge of all phases of dianetics
To work toward a better world

MEMBERSHIP:

Active, Associate, Honorary, and Sustaining

MEETINGS:

First Sunday of each month at 8 p. m. sharp
Echo Park Recreation Center, Bellevue Avenue

AUDITOR'S GOALS

by wayne l. dunbar, HDA, president

what are your goals as an auditor? Do they imply continued study and work? Should you reappraise your goals as a dianetic auditor at this time?

it would seem that all dianetic auditors should be very anxious to add to their store of knowledge and training. This is indeed true of many CADA members, and it is one of the important reasons for the existence of our organization. However, a percentage of the auditors in this area are not facile with the use of the newer techniques. Practically all working auditors agree that the advanced procedures are precise and rapid--are better tools. Excellent results are being effected with their use. We, as auditors, owe it to ourselves, we owe it to our pre-clears, we owe it to our community, and we owe it to dianetics to learn to use effectively our techniques.

to be more specific, do you know how to use efficiently effort emotion, and thought processing? Do you understand the service facsimile? how to locate and reduce it? Do you search out and process the life continuums? Do you understand and use the dianetic implications of self determinism? Is the chart of attitudes a helpful tool in your auditing? Do you understand the significance of the help-failure-blame cycle? Facility in the use of these and other techniques is implied, if you are keeping up to date in dianetics.

then, too, new discoveries are being made and new ideas and procedures being advanced that have not been incorporated in or become a part of approved procedure. These should be discussed and evaluated.

in order that most of our members and many of our friends may consider and weigh data regarding the newer developments in dianetics, The California Association of Dianetic Auditors will conduct a workshop conference in June designed to cover in one intensive week-end a large amount of this material. Lectures, seminars, demonstrations, and auditing sessions are planned. The best available speakers, seminar leaders, and auditors will be on the program. The cost will be low. Details will be announced soon.

it is hoped that this will be one way many of us may find practical in order to learn about the newer techniques and developments, to pass on to others our own discoveries and ideas, and in general to continue our growth and training as dianetic auditors.

CREATIVE INTEGRATION, an immediate method

by helen curry

find a creative incident

in the creative incident the preclear's action was spontaneous. If his action consisted of making an object, other people viewing the object were incited to creative action of their own. If his action consisted of making a spontaneous gesture toward another person, this other person's creativity was also freed.

if an actor gives a creative performance, he is said to bring the play alive. But if he brings the play alive, this brings the audience alive. A singer may give a finished performance, but the test of creativity here is in what hearing him does to the throats and bodies of other singers.

the creative incident is a time when you did exactly the right thing--and you wish you could always act that way!

find the individual's pattern of creativity

the pattern to be found is the subjective pattern of perceptics and awareness at the time of objective creative activity.

this pattern is the individual's connection with dynamic creative structure. All creativity functions within this structure, and tends to perpetuate further creativity. For instance, life reproduces in kind and, knowing this, it would be a waste of time and effort to attempt to produce a potato by insisting on crossing two varieties of peaches. You would not get a potato. You might, however, develop an entirely new species by recognizing creative structure and working within it; this was the way the nectarine was produced. Most of our foods were produced by just such creative changing of the surface structure of wild things.

the individual's pattern of creativity, recognized subjectively, is expressed objectively as creative force.

this pattern may be recognized slowly, a perceptic at a time. It may be described even more slowly. It will eventually be recognized to contain all perceptics and awarenesses. Another way of describing this pattern is in terms of your own valence at tone 4. It is necessary to find the strongest most noticeable (to the preclear) perceptic pattern. This perceptic is used as a handle to turn the pattern on by.

the approach

Did you ever make anything just because you wanted to?

A kite? A boat? Mud pies? A garden?

Did anyone tell you to do it, or how to do it?

What did you make on your own? Was it fun? Did it free anyone else?

How did you know you could? Did you feel that this was a human activity?

At the moment when you knew what you were going to make or to do, how were you aware of this? Were you conscious that the object or act drew on elements from the past and would exist in the future? Were you aware of conscious evaluation? Did you feel it intuitively?

With what perceptics were you aware? What did you notice most--kinesthetic freedom, body temperature, vision, imagery, rhythm, tactile awareness--or what?

this is your pattern of creativity, a signal that you are acting as creative force, temporarily within the creative structure. By recognizing this pattern, you can bring it to present time and turn it on for use. Training patterns superimposed on you may have obscured your inherent pattern. Nobody ever needed to tell you how to do anything--you already knew!

each person is a creative force. He survives by creating. and in order to create. You can find out how you create and become fully alive. You can bring the people in your environment alive, so that they will not interfere with your creativity. You can recognize how you create by recognizing your pattern of perceptics at the time you create. You do not need to accept any evidence but your own. It is possible to abstract this pattern for use in present time.

life asks for more than survival--it wants to survive with a power and a purpose--its own power and its own purpose. The method presented here works within the limits of experience. It is a way of decompartmentalizing the personality by analyzing where the analyzer is highest and most capable of effective work.

older methods have assumed that the individual makes mistakes and can learn from his mistakes. Now, we assume that there have been times when the individual made no mistakes--when he acted freely and flawlessly. These times, or incidents, can be tested by their effect on the self and the Gestalt. We also assume that the individual is more capable of analyzing his inner state in relation to these high points.

the actual method

creative integration follows six steps. They are simple, but not obvious.

note: the preclear's eyes should be open; he should be actively participating in give-and-take fashion with the auditor in trying to work past semantic and other barriers toward a discovery of his internal pattern of creativity.

1 find out how and when the preclear was engaged in "the overcoming of obstacles toward a not unknown goal" (not a competitive situation); or when he made a pair of sandals, just because he wanted to; or when, as a child, he made a tree-house or a paper wad. Find a specific instance and have the preclear describe the way he assembled his data, the moment of awareness of the fact that he was going to act, the way he felt when he knew what to do and how to do it. Ask that this be a successful attempt.

2 ask how he knew he could do this thing--does this awareness come in image form, in words, kinesthetic perception, tactile form, rhythm--or how? Was he also aware that making or doing this was within the range of human activity? Did he draw on his own past experience? Did he think of making this in terms of its future existence? Was he aware of using conscious evaluation? Did some of the awareness come in the form of insight? What did he notice most--image, kinesthetic, etc.?

3 recapitulation of abstract pattern in preclear's terms:

A . . . when you make a pair of sandals or a dress you have a verbal concept and an image of what you want? But when you garden, you say you are much more aware of something like a kinesthetic feeling?

PC well, it's more a feeling.

A an emotion?

PC oh yes, I'm very happy. I just love it. But it's something in my hands . . . I have the feel in my hands of what I'm going to do with the ground.

A how about the verbal concept and image?

PC well, not much of that. It's more in the feel.

A but when you make a dress, you notice mostly the verbal concept and the image?

PC yes.

A could this other, this feel approach that you use in the gardening, be another pattern of creativity?

PC yes, it's not the same.

A which seems more creative for you?

PC the feel in my hands.

4 repetition of steps 1, 2, 3. Ask if the preclear can turn this pattern on now, without returning to the incident--if he can be aware of this pattern of perceptics in present time.

5 move to other areas of activity and look for similar incidents. Sample:

A when have you been able to establish a relationship with another person on a more creative basis than it started to have?

PC I don't know that I ever have.

A was there over a time when you suddenly knew that oh yes, this is what I can do to help the other person grow and you did it, and both of you grew in the process?

PC I suppose there was . . . I know one time I had difficulty with a person and then did something about it.

A how did you know you could? Did you have the feel of it in your hands, kinesthetically, an image, a rhythm, or what?

PC no, I had the verbal concept first, I guess.

A did you have an image of how it could be?

PC yes, I worked it out as an image before I tried to do anything about it.

A were you successful?

PC well, yes, I managed to straighten the relationship out.

A you had some success . . . have you ever had the feel in your hands in a relationship?

PC yes. When I was very happy. I usually do when I'm happy. Sometimes I think if I could just touch people I could communicate the way I feel to them.

- A which approach would seem to be more effective?
PC the feel, the sense of touch. Because there's a good emotion with it.
A do you think you might apply this feel pattern of creativity with another person?
PC I might try it.
A do you think you could, at a time when you're feeling well, in the case of a person who is not too highly restimulative to you?
PC oh yes. It sounds worth trying anyway. I guess I could try it with _____ (chief suppressor).
A will you let me know how it works out?
PC yes, I will.

(especially ask the preclear to take awareness of his pattern with him into any further processing.)

6 the preclear applies this pattern to himself as an aid to creative action.

importance of completing the cycle

spend any amount of time necessary to find, abstract, and recapitulate (in question form) what the preclear says about his perceptics and awareness of his creative action.

clarify some perceptic-pattern of creative action, whether it is the primary one or not, and seek the preclear's agreement to try using this pattern in some area, especially in processing. It is dangerous to end the session without finding some perceptic-pattern which the preclear feels accompanies creative action. You can test its validity later by asking him to take it with him into processing. If the cycle of this method is left uncompleted, he may carry over the old habit of returning to failures and frustrations, restimulating material that interferes with action. Unrestimulated, his basic personality may hand up his primary pattern out of session in present time.

the ethics of creative integration

in using this technique the auditor is asking for the core of personality in his preclear. It is vital that this core be recognized and accepted by the auditor, without reservations or reinterpretations. You are speaking to the creative force when you use this technique.

the importance of flexibility

1 the auditor should realize that the preclear's words may rest on concepts and feelings very different from the auditor's own. This difference is due to engrams, to background, and to basic personality emphasis. Therefore, the auditor cannot establish communication on a verbal level to the extent that he can establish it on a perceptic level.

2 the auditor wants to communicate with the awareness of the preclear, not with his verbal translations. In using this technique the auditor may not fully comprehend what the preclear says: the auditor need only use the preclear's terms. Insistence on translating the preclear's words describing his perceptics at the point of creative action may be an invalidation.

3 the results must be achieved thoroughly for permanence. Make the auditing an adventure, ending the session only when a cycle is closed by having established some pattern. This gives the preclear something to do between sessions.

possible fields of activity

any action can and should be creative. The following list may suggest creative incidents to look for. Their availability varies, of course, with the individual. Investigate the area where your preclear is happiest.

- | | |
|-----------------------------|---------------------|
| unsupervised childhood play | driving |
| unsupervised childhood work | sailing |
| handcraft | sports |
| hobbies | human relationships |
| some occupations | plants |
| fine arts | animals |
| flying | |

on hearing of this process

some people find this creative force turning on full strength within a few days after hearing about it. In the case of X, who was already a fairly self-aware woman, this creative force turned on for a whole day without effort. Since abstracting her perceptic pattern she has been able to use it, with effort, under other circumstances.

- A . . . have you ever acted more creatively than you did with these perceptics on full?
- X I don't think so--I know I never felt so wonderful before . . . What do you mean by pattern?

- A I mean a pattern of feeling and perceiving--one which can be abstracted and turned on by remembering to turn it on . . . You might call it the perceptic pattern of you in your own valence as a full release.
- X I think it's my pattern.
- A would it seem valuable to you to feel this way as much as you can in order to create?
- X oh yes.
- A can you apply this pattern to other areas? For instance, can you turn it on and use it in your relationship with B (neighbor)?
- X I don't know how I could apply it to B. How would I do it?
- A Well, can you turn it on now?
- X yes.
- A is it on?
- X yes
- A can you turn it on before you go out to see B, and keep it on while talking to her, using your own pattern in order to be creative in your relationship with B?
- X oh, is that what you mean . . . by the pattern? . . . I don't know, I guess I could.

results

preclears using this method are learning to solve their own problems in present time. Those who are in other processing are, of course, more able to use this method.

preclears
applying their patterns of creativity to other processing are making phenomenal gains.

difficulties of certain types

1 anyone whose way of thinking you cannot accept, or in whom you can see no creative spark, is a difficult type for you. Let someone else audit him.

2 if the preclear is responding with the results of training patterns rather than with moments of spontaneous creativity, accept these, but change the form of questioning until he finds his pattern of free creativity. Ask which pattern he feels most creative in using; then recapitulate for him the two patterns, asking if the more creative might be his primary pattern and the other a secondary pattern with more limited usefulness. The auditor can compute relative freedom in terms of the effect of the action on all dynamics.

3 in cases where manic or other "positive" commands block recognition of free activity with overevaluation of preclear's creative action, as "I can do everything," ask if it would be valuable to take his perceptics of creativity into the processing (you would do this in any case); then ask for the next available incident necessary to resolve the case. He may go to the material which is obscuring recognition of his free creativity and action on it. Reduction of a "positive" command to create or act can free that creativity or action as well as reduction of a shut-off can. Where possible, however, this technique should be used as an assist first, rather than as a roundabout way of attacking engrams.

4 if the preclear suffers from the "hollow-core" computation, such as "Not I, but the wind that blows through me," find an incident of response to creation, oneness with the universe, and so on; let him play it, and then ask what he did as a result of this feeling, how he knew how to do it, etc., and apply the technique to what he did. By Socratic questioning help him to recognize that when he acted creatively he was acting, that this moment is more truly himself than a less creative one would be.

expect (in processing situation only) the appearance for reduction of circuits whose literal meaning negates the self, i.e., "Not I," "I am nothing," "I don't matter." This preclear will have been living with these circuits as secret inner convictions (not usually socially acceptable, so he cannot dramatize them verbally, but in acting them out he has been in a state of sweet apathy on the first dynamic). Now the convictions can be admitted and attacked, since there is acquaintance with inner reality, a point of identity. This circuit computation can be causing multi-valence.

5 for one with heavy communication blocks, this re-doing of the creative, abstracting its pattern, and verbalizing on it, is difficult. Don't insist on working more than one perceptic of the pattern. The preclear may need time to grasp implications about himself which are tremendous. This is especially true in the case of stupidity computations, or in areas of felt inferiority. You may find that when he recreates in a comfortable area, and you ask him to go to one where he has had very little success, that he will apply the creative

process to the uncomfortable area and begin a new creative process at this time. If he does this, he will end the session and go out to apply the new insight. He will do this, because this is what he lives for--the chance to be creative. This is the motivation for survival. This is the future.

6 in cases where there is very rigid compartmentalization, it is valuable to use conceptual imagery in order to assimilate these concepts.

theory

a living organism has incipient knowledge of material within the range of its creative force. This may include the concept of what Jung called the "collective unconscious," but redefines this as incipient knowing, or dormant consciousness. This technique also attempts to include Jung's and Kunkel's insights regarding the dynamic interaction of opposites. These opposites are not necessarily contradictions; they are any two things or qualities which, when combined, produce a synthesis which includes the old but is now a new kind of thing, or genre.

this incipient knowledge is translated into detailed knowledge, skill is acquired, and action results--when the need for this translation arises---if the incipient ability to know has not been interfered with. The interference can be removed.

the purpose of life is to survive; the purpose of survival is happiness; happiness is defined as "the overcoming of obstacles toward a not unknown goal"; this action is creative action.

there is a creative structure within which creativity flourishes. Our incipient knowledge of the creative structure is greater than our detailed knowledge. Some of the principles of the working of the creative structure are empirically evident. An activity may be said to be within the creative structure when this activity produces in turn further creativity on all dynamics.

the creative structure changes only with a considerable change in the total proportion of active creative force in existence. (Since the activities of one human generation can change the total amount of active creative force, and since this is a period of acute

change, the creative structure now may differ slightly from that of one hundred years ago.)

an individual has been more free to create at some times in his life than at others.

an individual has one internal pattern of creativity which most easily connects him with the creative structure. It is possible to abstract his pattern of creativity so that he is conscious of it, and can apply it to some extent in new situations, especially to processing. Awareness of awareness is one of the goals of psychoanalysis; creative integration looks for this phenomenon at high points, and finds it in a few hours, making its pattern available for application to low points.

potentialities of method

the potentialities of creative integration are as yet unknown. Some that can be seen at this point include possibilities of research in a hitherto untouched field--that of unaberrated, creative human personality.

creative integration is a positive depth technique which makes it possible to combine work on the action side of personality with older depth techniques, without violating personality.

CHRONIC SOMATICS

by david diamond, H. D. A.

Idella Stone, HDA, director of the Hubbard Dianetic Service Center, Pasadena, California, reports that David Diamond was recently a visitor in this area. David Diamond is working in Paul H. Beaver's, M. D., hospital in Leetonia, Ohio. Dr. Beaver, his wife, and his son, are all HDAs. When Dr. Beaver returned to Leetonia, after taking his professional course at Elizabeth, New Jersey, he took back with him several auditors. He now employs six dianetic auditors in Leetonia.

David Diamond finds that working with a physician is quite different from using dianetics experimentally or as an auditor with a private practice. "These things are very interesting and have their place in dianetics, but we have to produce results and produce them quickly . . . when people are paying to have their chronic somatics turned off, the auditor has to use techniques to give them the quick release they need."

"I am happy to say that by using 'straight dianetics' we have been able to release chronic somatics in many cases. If I outlined a procedure for doing this, it would be briefly this:

step one: Contact and run grief or mis-emotion. Grief, as Hubbard has said many times, is the 'glue' that holds many other incidents in place. Grief is very often the 'glue' that holds in a chronic somatic (psychosomatic illness). Also, grief turns on the valence shifter that will shift a preclear into the valence, with the somatics, of someone he has lost.

There is probably nothing more important for an auditor to learn than this first step, and the best way to learn is for the auditor to have released the grief from his own case. If grief has not been erased from the auditor's own case, he is likely to indulge in tacit consent or to sidestep this step. When the auditor has experienced this and realizes its value subjectively, he will see the importance of discharging grief of his preclears. Other mis-emotions also serve to key-in and hold in chronic somatics. The auditor should make every effort to exhaust all the grief on the case by going over it again and again and again. If the chronic somatics do not turn off, go to

step two: Concentrate directly on the somatic. Get the preclear to talk about it, feel it, turn it up in intensity. Turning on the somatic in full force helps bring everything connected with it, including key-in and engram, to the surface;

step three: Find every incident connected with the somatic and scan from the latest to the earliest in an attempt to locate the key-in;

step four: If the somatic is still on, contact more mis-emotion. Then talk about the somatic again, trying to unlatch the somatic in that way;

step five: If the above steps do not work, direct the preclear down the time track to the engram, the earliest one, connected with this somatic. When the engram is located, run it until it is thoroughly reduced or erased. It should erase, unless the auditor has failed to deintensify the grief or mis-emotion completely from the case."

Mrs. Stone adds that David Diamond's method and technique of releasing chronic somatics have now been enriched by the possibility, in step one, of running the emotional curve to exhaust the grief more rapidly and completely; by postulate processing, which should serve for a more complete release of the material located; and by effort processing, which should complete the procedure of running locks and engrams, if the preclear is high enough on the tone scale for effort processing.

CONFLICT PROCESSING

by robert v. doak, H. D. A.
and gladys doak, H. D. A.

conflict processing is concerned with three types of efforts and two types of postulates:

(effort, as used here, means mental purpose, emotional desire, or physical activity, either voluntary or involuntary, but with direction which can be recognized. It should be understood that effort exists on all three ~~levels.~~ *not stratified* aspects)

1 external effort (what Mr. Hubbard calls the counter-effort) is recognized, but it is recognized only on the physical level and is of relatively little importance in this technique;

2 prime effort is the effort made by the organism (all or the majority of its parts) toward a goal. It is usually directed, in a facsimile, against the external effort. It may be considered to be the winning effort, and it usually determines the manner in which the individual meets a situation;

3 contra-effort (not to be confused with counter-effort) is an effort within the organism opposed to the prime effort. It is directed at a different goal than the prime effort and provides a choice of action for the organism. This might be said to be the most important effort, for it is the one that must be contacted before a "discharge" will be obtained. If it does not discharge, the contra-effort has not been contacted;

4 conscious-level postulate is a thought-level postulate usually made during locks. Such postulates are often reaffirmations of basic postulates, although it appears they may be made independently;

chemical electric mechanical

5 basic postulate is a postulate made on the organic level by the organism, some of its parts, or one of its processes, acting under a sub-control center. These postulates are made at a time when survival is threatened, and, since the organism survived, it is postulated as good survival.

the theory is advanced that basic postulates are made without conscious thought, below the level of consciousness, during heavy facsimiles in prenatal, birth, or late-life moments of anaten. They are responsible for what was originally described as the "command power" of the reactive mind. There appears to be no reason involved in them, as there may be in conscious-level postulates. They are formed on identities and opposites.

when language enters into basic postulates, it is with no understanding of the words but on a simple phonetic basis, certain sounds meaning survival and certain others non-survival. This may explain the phenomenal "punning" ability of the reactive mind, in which words of different meanings but with similar sound produce the same apparent response.

a postulate made on a conscious level, with a basic postulate underlying it, can be only slightly desensitized by running it on a thought level. For any real reduction, the basic postulate should be contacted. However, during the course of a lifetime, it may be that conscious-level postulates are formed during locks which have no basic postulates. These can be reduced by straight wire, or may be abandoned by the preclear after analytical introspection or after a change in environment is made.

chemical aspect

it is emphasized that the real benefit of processing occurs only when basic postulates are recognized as the cause of conflict within the personality and reevaluated in the light of later experience and the present-time situation.

the technique of conflict processing

incidents may be contacted through perceptics, emotion, or effort. Regardless of approach, the preclear should be encouraged to contact the prime effort, the contra-effort, and any other efforts present. He should also contact the emotion and mis-emotion. Once it is contacted, it is unnecessary to go through the incident many times.

the preclear simply locates the ^{goal} prime effort and then the contra-effort. When he has determined which is contra-effort (it is sometimes necessary for the preclear to explore other sub-level efforts to determine which is the contra-effort), he concentrates on the contra-effort, noticing where he feels it strongest, and thinks how he can increase this effort. When he has consciously increased the contra-effort to balance the prime effort, they will both discharge and usually take emotional charge with them.

because of the physiological hook up
 the discharge will ordinarily be apparent to the auditor as involuntary jerks and twitches, sometimes quite violent. Sometimes, however, the discharge is in the form of "fire," itching, burning, and other sensations; and, if the emotion is very heavy in the incident, it may discharge by means of symbols. Either way, the discharge of a highly-charged incident may be followed by dope-off.

long periods of time in which an unpleasant environmental situation existed may be run by this method as a single incident and discharged in an amazingly short time. Present-time problems which would interfere with auditing may be quickly deintensified in this manner. A tone rise to indifference or amusement has been observed in a matter of only a few minutes by having the preclear discharge the ~~effort and~~ contra-effort in his present-time problem.

time itself is very important in these situations. There may be an effort to return to a past incident and remake or alter the action, or the effort may be to reach ahead to a time when the situation will no longer exist. These efforts against time have their contra-efforts, which must be located, as the conflict between the efforts may have the preclear hung up in a "maybe." An underlying effort often found in present-time problems is the "effort to hibernate," slow up the bodily processes, or "suspend living," until such a time as the pain or unpleasantness no longer exists. This effort seems to have a direct effect on bodily processes-- digestion, circulation, and glandular action. *rest & recuperation period*

often, after a heavy facsimile, and sometimes a present-time problem, has been discharged, the preclear will begin scanning a chain of incidents linked to the facsimile. The reduction of the chain is very fast by "conflict" scanning. Sometimes symbols appear. After these are run, the preclear may automatically

switch to another chain linked to the same facsimile but containing different efforts and emotions.

thoughts and postulates are usually uncovered during the running of heavy facsimiles and are run when they appear. Many will be connected with the contra-effort and other sub-level efforts, and it is in these that the preclear will locate a basic postulate, or a "split" with the action on a sub-control center.

it should be mentioned that the auditor talks very little in this method of processing, once the preclear has contacted the sub-level (contra-effort and deeper) efforts. Direct suggestions should never be made. He may ask the preclear to explore the efforts to see if there might be other efforts and emotions present and what they are attempting to do. Then he will ask the preclear to keep him informed of what he finds. Except for these comments, and the suggestion that the preclear reinforce the weaker effort, the auditor is silent, for often the efforts are so deeply buried that almost any interruption or distraction will prevent the preclear from contacting them.

in conflict processing file clerk answers are not used. Just as it was found that the file clerk was reluctant to hand up the service facsimile, it tends to say that there is no "other" effort present, or that the contra-effort is unimportant and does not need to be contacted. Occasionally, flash answers from the preclear may be requested.

it should be pointed out to anyone trying conflict processing that reevaluation of a basic postulate is one of the most baffling and challenging problems to be faced by the auditor. At the present time, no "sure" technique by which this may be accomplished can be offered. However, it appears that some reevaluation takes place during the dope-off that often follows the discharge.

the most successful procedure appears to be to recontact the postulate in later sessions, at periods of about a week. This appears to result in a sort of "learning process" for the organism, and with each contact it seems that the strength of the basic postulate will be diminished. Another method, which has been used with some success, is symbols.

in using this technique with present-time problems, as mentioned before, it is noted

that discharging the efforts involved will not end the problem, if the preclear is involved with a restimulating environment. Unless the situation is resolved, or the basic postulate located, the efforts will return within a day or two. If the basic postulate is deintensified, the preclear can then be free to recognize a new approach and solution to his problem. There is evidence that unless the basic postulate is dealt with, running-out a conscious-level postulate alone will leave the basic postulate on which another conscious-level postulate can be "fixed."

case history

the following case history is given to demonstrate conflict processing technique:

the preclear was coughing rather violently at the beginning of the session, and commented that the cough had been growing progressively worse for the past several days. Because of this disturbing present-time problem, the auditor decided to deal with the cough first. After some preliminary questions, the auditor asked:

- A what is your throat trying to do?
PC it's trying to avoid the cold air.
A contact this effort carefully . . . What is opposing this effort--to avoid the cold air? What is the contra-effort?
PC (after a long pause) It's the natural effort to keep breathing.

several questions regarding these efforts were asked, and it appeared to the auditor that the contra-effort had not yet been contacted.

- A is there another effort opposing this effort of the throat to avoid cold air? Explore any other efforts you can find. When you locate something of significance, tell me about it.
(Auditor now keeps quiet, until the preclear says something.) (A long pause)
PC (excitedly) It's the blood.
A you mean the throat is attempting to expel the blood?
PC no! no! The blood is attempting to avoid the throat . . . and the cold. It's trying to avoid the feet. They're cold, too. (Preclear has been bothered with cold feet for years.)

since it seemed to involve a problem of circulation, the auditor, out of curiosity, took the preclear's pulse at this point. It was 68. *autonomic status.*

A can you contact the normal effort of the blood to circulate? If you can, try to reinforce it and see what happens.

while the preclear was attempting this, the pulse was again taken. It was now 84.

suddenly, the preclear was in an incident immediately after birth, experiencing the first gasps for breath and the first feeling of cold air in the lungs and throat. This was run through from the beginning to the point at which the preclear began to be comfortable. Then he was sent back to the beginning and told to determine what was the prime (or dominant) effort, then the contra-effort, and was told to reinforce the weaker effort until they were equal. *make more effort stronger*

PC yes, I've got them now.

A what's happening?

PC they're gone. Just collapsed. (pause)

A which efforts? The one of the throat to avoid the cold?

PC yes.

A what about the effort of the blood to avoid the throat?

PC I'll see. (long pause) That's what's causing it . . . the blood seems to be . . . (preclear gropes for a word here) inexperienced. It contacts the cold air against the throat and the feet, and decides these are places to stay away from.

this is a basic postulate. Actually the blood "decides" nothing here. It reacts to the unpleasant experience on an organic or possibly even a cellular level, survives, and the pattern of action in response to the stimulus "jells." Any other action that the organism might have used would have been "fixed" as readily, if the organism survived.

careful questioning brought out the observations of the preclear that the blood seemed to have become distrustful of the rest of the organism for having let it be shocked by the uncomfortable cold. It was now as if the blood had decided to look out for itself and avoid any future possibility of experiencing this discomfort.

knowledge of autonomic function
february *would help here* 20

A can you contact and run this effort of the blood to avoid the throat and the feet?

a moment later the preclear went into a spasm of coughing, although he had not coughed since contacting the original throat effort.

A that wasn't such a good idea was it? How about contacting the effort of the throat to avoid the cold? (The coughing quickly subsided.)

some time was spent trying to determine what might be done to resolve this basic postulate and get the blood to flow normally at these points. The preclear summed up the situation by saying that it might not be good survival for the various functions of the body not to cooperate, but "how are you going to tell the blood that?"

A can you express this situation in symbols?

PC I'll see . . . I guess not. I don't seem to get anything. (suddenly) Yes, there it is . . . a control tower . . . and there's a train on the track . . . it seems to represent the blood.

was motor

A yes? Can the control tower tell the train to go ahead now? Can they communicate with each other?

PC they have a walkie-talkie.

A can the control tower tell the train to go over the track now?

PC it already has, but the conductor won't let it go very fast. It doesn't trust the control tower any more. He's been over it before and had a bad experience.

A can it explain to the conductor of the train that this is a different track? It is a grown-up track now, not the tiny underdeveloped one he remembers.

PC (pause) He's explaining it to the train conductor.

A what's happening now?

PC the conductor's still unconvinced, but he says he'll try . . . he's really cautious.

A and how does your throat feel now? Is the blood still avoiding it?

PC no . . . it's moving through the area more freely now.

the auditor and preclear continue to experiment with the situation for a few more minutes. Then the preclear announced that his feet were warm and his throat comfortable.

above indicates personalizing of cada journal Physiologic processes of the voice and mechanism

the session was then ended. The pulse was taken again, and it was 72. Total time elapsed: 1 hour, 25 minutes.

at a later session this was again contacted, and the preclear announced that there was very little "reluctance" on the part of the blood to flow at these points.

a recognition of the value of this theory and technique
mechanism would have accelerated the processing

of conflict processing developed from dianetic processing on the effort level with some significant results. However, the test period has been short and the number of cases limited. It is suggested that the reader test the technique, keeping in mind two main points: 1) The contra-effort must be located and recognized among the various efforts that can be contacted; this contra-effort is not necessarily the opposite effort but is the effort which is in conflict with the prime effort; 2) when the contra-effort is recognized, it should be encouraged and built-up in intensity to a point equal to the prime effort present; both will then discharge and take emotional charge, uncovering the basic postulate which then may be de-intensified with the result that the preclear is free to recognize a new approach and solution to his problem.

*Personalizing may lead to demerism, obsessive knowledge of the mechanistic processes avoids demerism & dodging the laws of nature
contra efforts as a physiologist nutritional factor is normally associated with functional abuses*

PROCESSING OF AUDITORS

by l. ron hubbard

the processing of the auditor requires that the sessions he has given preclears be run and that his general address and consideration in dianetics be processed.

an auditor's case presents a problem somewhat different from the usual preclear. Before the service facsimile is attempted, before any other item is addressed in an auditor's case, his own efforts, emotions, and thoughts related to processing must be run. They should be run thoroughly. They should be run no matter what the auditor drops into from them. In short, they should be run. The auditor, by auditing others, has set up a computing circuit on cases including his own, and it is about as easy to run as any other computing circuit. An auditor cannot be successfully audited until his own auditing of others is run.

the following efforts must be located and run for every run the auditor has given another:

- 1 Physical effort to make preclear move on track
- 2 Effort to give preclear perceptics
- 3 Effort to make preclear emote (tears, terror, etc)
- 4 Effort to wait and wait and wait
- 5 Effort to make preclear remember
- 6 Effort to make preclear understand
- 7 Effort to speed up preclear in work
- 8 Effort to look and sound confident

- 9 Effort to shut off exterior sounds from preclear
- 10 Effort not to run own case while running preclear
- 11 Effort to keep going despite restimulation
- 12 Effort to give preclear strength to go through session
- 13 Effort to make people believe in dianetics and one's ability in it.

the following emotion must be run ^{neutralized} for each and every session: ^{on whom}

- 1 Emotion not to appear baffled, ^{with knowledge there is no baffle}
- 2 Emotional curve of failures
- 3 Emotional curves of every session
- 4 Emotional curve of strain
- 5 Counter-emotion of environment threatening preclear (in auditing room)
- 6 Counter-emotion ^{to} of preclear's pain, terror, grief, anger, apathy
- 7 Counter-emotion of preclear's insults to auditor
- 8 Counter-emotion of preclear's compliments to auditor
- 9 All sympathy for preclear
- 10 All feeling auditor is to blame for preclear's state
- 11 Emotion to make people believe in dianetics and one's ability in it.

the following thoughts (postulates) must be run:

- 1 Dianetics in general
- 2 About individual preclears
- 3 About own case
- 4 Regret and envy on easy-running preclears
- 5 Computations on cases which were wrong
- 6 Thought to make people believe in dianetics and one's ability in it.

"NEW BOOKS revive and redecorate old ideas;
OLD BOOKS suggest and invigorate new ideas."

HANDBOOK FOR PRECLEARS by L. Ron Hubbard. Pub. Scientific Press, Dec. 1951. 91 pp. \$2.50

Written for the preclear with simple explanation of dianetics, its definitions, axioms, and theories; comprehensive and practical exercises based on the 15 acts of advanced procedure. Chart of Attitudes is useful in "push-button" technique for difficult cases. Recommended for use under auditor supervision. Auditors will find it a valuable handbook, also.

ADVANCED PROCEDURE AND AXIOMS. Pub. Central Press, Nov. 1951
49 pp. \$2.50

A mimeographed book outlining approved procedure in 15 acts for processing preclears, using three levels of processing--thought, emotion, effort, and presenting briefly theory for each step; service facsimile; emotional curve. Valuable guide for the auditor

SELF ANALYSIS by L. Ron Hubbard. Pub. by The International Library of Arts and Science, Aug. 1951. 112 pp. \$2.50

A practical self-help book of tests and processes which introduces dianetics to the new readers. Not "self-auditing" but actually light straight-wire. Specialized form of Chart of Human Evaluation is included.

SCIENCE OF SURVIVAL: Simplified, Faster Dianetic Techniques, by L. Ron Hubbard. The Hubbard Dianetic Foundation, Inc., Wichita, Kansas, 1951. 309 pp., index, and 2 charts, \$5.00
A basic text for the dianetic auditor and interested readers on the dynamics of behavior and approved processing based upon description of 43 columns of Chart of Human Evaluation and Dianetic Processing

Supplements to Science of Survival. Booklets to be published monthly by The Hubbard Dianetic Foundation, Inc., 50¢ each (individual or with service coupon in the book)

No. 4, Feb. 1952, contains the following papers: Effort Processing by L Ron Hubbard; The Non-Directive Technique in Dianetic Processing by William Conover; and Laws and Theories of Dianetics by Donald Monk

The Dianetic Auditor's Bulletin, published "monthly as a source of information on new developments in dianetics" for Professional and Associate Members, by The Hubbard Dianetic Foundation, 211 West Douglas Avenue, Wichita 2, Kansas; Waldo T Boyd, Editor

Address by L. Ron Hubbard, Arcadia Theatre, Wichita, Kansas, February 6, 1952. Copyright by Scientific Press, all rights reserved. 10-page Multilithed transcript. 75¢

Dianetics Conference Report, 1951, Supplement, published by Psychological Research Foundation, Inc., P. O. Box 2317, Phoenix, Arizona. 25 pp. 75¢

Interview with Elizabeth Burt Byall (victim of polio at an early age) in whom "no engrams have been found since September, 1950," and her further report dated January 15, 1952, together with four validation letters of dianetics

Living with Children by James C. Welgos. Pub. by Fairhope Eidetic Foundation, 252 Mershon Street, Fairhope, Alabama. 1951. 25 pp. \$1.00

Mimeographed booklet valuable to parents and to auditors

The Problem Child Problem. Pub. Fairhope Eidetic Foundation, 252 Mershon Street, Fairhope, Ala. 1951. 8-p. printed brochure

What is Dianetics? originated by Donald C Maier. Published by the Central Pennsylvania Dianetics Group, 124 Oak Hill Drive, Middletown, Pennsylvania. iv pp. 10¢ (rates)

A clearly written leaflet introduction to dianetics and what it can do for the individual and for society

The Bulletin of the Central Pennsylvania Dianetics Group, Donald C. Maier, Secretary, 124 Oak Hill Drive, Middletown, Pennsylvania. Winter 1951-1952. approx. 60 pp. \$1.00

20 pages added to earlier Bulletin with: book reviews; reports from Minneapolis, Hubbard Dianetic Foundation, Fairhope Eidetic Foundation, The Clearing House, Hubbard College; letter from Dick Halpern on Goals, Agreement, ARC; What is Dianetics?; and comprehensive bibliography

A-R-C, Dianetics Language Series, No. 1, Alma Hill, 33 Anderson Street, Boston 14, Massachusetts (donations)

Development of Awareness of Present Time by William T Powers, Gerald N. Knowlton, and David H. Greene. Pub. Dianetic Processing & Research Foundation, 111 East Oak, Chicago 11, Illinois. Copyright, 1952. iv and 62 pp. \$2.00

Needed synthesis is made of additions and improvements, introduced in dianetic theories and techniques during the last year; developing a psychotherapy on three meaningful assumptions about the relationship of thought to the rest of the universe, new methods are outlined to enable auditors to process preclears, as quickly as they desire, to become aware of their own subjective reality, self-determinism, and responsibility, to know that optimum exists, and to want to reach optimum. Observations made in other sections of the book will interest auditors: Efforts and Counter-Efforts, Emotions and Identifications, Habit-Patterns, Appearance and Use of Symbols, Conjectures on Future Developments. Reading list of 45 publications

GROUP TREATMENT IN PSYCHOTHERAPY, a Report of Experience, by Robert G. Hinckley, M. D., and Lydia Hermann, University of Minnesota Press, Minneapolis. 1951. v-x and 129 pp., appendix (case load), and index. \$3.00

in easy-reading style, Dr. Hinckley, psychiatrist, and Miss Hermann, psychiatric social worker, analyze group therapy from practical experience for the past ten years in the Students' Mental Hygiene Clinic at the University of Minnesota. The aims and processes of therapeutic group treatment are developed through the study of: the functions of the group, the function of the therapist, the role of the patient, the dynamics of group movement, and functional mechanics in the group. A verbatim abstract illustrates the character of the reactions, behavior dynamics, and step-by-step therapeutic movement of the group process.

group therapy is a specialized and dynamic form of treatment, differing from social group work and individual treatment. It is emphasized that the goal of any therapy is to establish a feeling of assurance based on self-reliance, combined with the capacity and willingness, to be an integral part of the community and society as a whole. Group therapy is realistic in that it resembles true-life situations, with a constant interchange of dependence and independence among its members, with alleviation of emotional tensions by sharing experiences, by increasing self-awareness, and by fostering attitudinal modifications. Because people are essentially gregarious, it is logical and practical to encourage reevaluation of behavior patterns through the medium of the group. The personal values the current mores of the group, the emotional relationship present, and the insight and skill of the therapist--all interact to make the group a social therapeutic unit of great potential mobility. The satisfaction and reliance on group identity and the need of acceptance affords treatment opportunity.

stress is laid upon the function of the therapist, whose skill lies in his understanding of the dynamics of individual behavior, in his awareness of the forms of and factors of interpretations which foster growth of insight, and in his own discipline and self-awareness, as he exerts supportive but non-directive and clarifying influence on the group.

this book is recommended for those engaged in group social work, but educators, counselors, and auditors should find it a practical and informative guide in understanding the limitations and potentialities of the important part played by group dynamics and the therapeutic use of the group experience.

newsletters

- The Flash Answer, Hubbard Dianetic Service Center, 2663 East Foothill Boulevard, Pasadena 8, California
- The Computational Moment, Hubbard Dianetic Center, 7175 Sunset Boulevard, Hollywood 46, California
- The Auditor, 1083 Atchison Avenue, Pasadena 6, California
- The Dianews, Mary E. Forbes, Editor, Route 3, Box 901-C, Lancaster, California; twice monthly; 15¢ a copy
- Diana-Gram, published by the Dianetics Center of Seattle, 202 Columbia Bldg., 1516 Second Ave., Seattle 1, Washington; monthly
- Seattle Scanner, published by the Seattle Dianetic Association, Manzel Steadman, Editor, 11250 Palatine Ave., Seattle 33, Washington; monthly
- Gulfcoast Newsletter, Doris and Donald T. Graffam, Editors, 2 West Oaks South Drive, Houston 19, Texas
- The Preclear, M. Smith, et al., 4923 Stimson Street, Houston 23, Texas; 20¢ a copy, \$3.00 a year (19 issues)
- Newsletter, published twice a month by the Chicago Dianetic Association, 6914 S. Stewart Ave., Chicago 21, Illinois; \$3.00 a year
- Dianotes, Published by Minneapolis Dianetics, Inc; Thomas E. Carey, Jr., Editor, P. O. Box 556, Minneapolis 1, Minnesota; twice monthly, 20¢ a copy, 6 issues \$1.00
- The Engram, the Pittsburgh Dianetics Bulletin, Robert Van Nice, Editor, 1021 N. Lang Ave., Pittsburgh 8, Pennsylvania, published monthly, \$1.00 for 5 issues
- Diagrams, issued periodically by Magdalene Kuhlman, 184 South Point Drive, Avon Lake, Ohio
- Massachusetts Dianetics News, Alma Hill, Editor, 26 Common Street, Boston 10, Massachusetts
- The Analyser, unofficial and non-profit dianetic newsletter issued by Wichelow Dianetic Group; W. G. Wichelow, Editor, 25, Larch Road, Cricklewood, London, N.W. 2
- The Letters, Dianetic Consultants of Tampa, P. O. Box 2901, Tampa, Florida; weekly letters, \$2.00 for 3 months
- Plus & Minus, an E-paper every two weeks, published by William & Dorothy Swygard, 1370 NW 86th Street, Miami 47, Florida; 25¢ a copy, \$3.00 for 6 months
- The ARC Light, published twice monthly by William & Dorothy Swygard, 1370 NW 86th Street, Miami 47, Florida; 25¢ a copy, \$6.00 a year