

December 3, 1952

(Please attach this to the four pages dated Nov. 1)

You still need all the old "static" techniques as well as the new ones, specific techniques are still run in some cases, but only until you can get to the effort level, which is more effective. Then step up from effort to emotion, from emotion to thought, then concepts, and finally to aesthetics. Each higher abstraction, being more general, clears larger areas at one time, and so is more effective. As an example of concepts, get a mental picture of needing a body, living in a body, being a body, etc. and the opposites, not needing a body, or the body not needing you. Hold each one for a few seconds and then pass on to the next. By aesthetics, we mean such things as "the beautiful sadness of not having a body", etc. The first contact of Theta with West is in the aesthetic band, and those West finally be run before the Theta is cleared.

"Brackets" are also run. These consist of concepts of yourself doing something to someone, someone doing it to someone else and someone doing it to you. Also not doing it all the way around the triangle. When you run out of ideas, look at the words at the top and bottom of the chart of attitudes ("Handbook for Practitioners") and run all the concepts and brackets they suggest to you. Sparsity, responsibility, etc., between yourself and others, between yourself and your body, etc.

All these kinds are good for self-processing, and you can use them with any of the self-analysis word lists that have been published, or make your own lists to reach any charged areas you are aware of. When you find charge on a concept, make a list of other words it suggests to you, for a fuller search of that area.

When you get yourself way down on the tone scale, as you will occasionally if you are accomplishing anything, end the session by coming up through the concepts of being dead, being in apathy, grief, anger, hostility, boredom, enthusiasm, etc., until you feel good. Or run the aesthetics up the scales: ugliness, sadness, ugliness, pleasurable apathy, rightness, cleverness, mobility, beauty, joy. If these are too abstract, try running from the ugliness and sadness of being aberrated, through the pleasurable apathy of being "normal" to the beauty and joy of being pleased.

A sample concept table is shown on the next page. You can run all possible combinations (several thousand concepts) in just a few hours.

Good hunting!

Ed Calkins

Note: A concept is not the same as a feeling or emotion. As an example, first have the feeling of being lonely. Then have the concept that a moment ago you felt lonely. Do this several times to get the difference between a feeling and a concept.

SAMPLE TABLE FOR CONCEPT RUNNING

(Add any words you want to or make new lists.)

(1)

- of:
- of ash:
- beauty
- nobility
- cleverness
- joy
- rightness
- pleasurable spathy
- wrongness
- sadness
- stupidity
- happiness
- hellness

(2)

- agreeing
- wanting
- liking
- having able
- being afraid

(3)

- to:
- not to:
- have (or having)
- hold
- keep
- appear
- help
- get out of
- hide in
- control
- own
- need
- protect
- punish
- be
- Communicate with
- be responsible for
- Sympathize with
- hurt
- invalidate
- avoid
- prohibit
- approve of
- be sure of
- doubt
- trust
- believe
- get away from

(4)

- your body
- others
- the environment
- things
- facilities
- ideas
- postulates
- yourself
- your parents
- your wife or husband
- your children

Run all the combinations of:

- (1) Columns 1 and 2
- (2) 1 doing 3 to you
- (3) Columns 2, 3, and 4
- (4) 1, 2-ing to 3 you.
- (5) Columns 1, 3, and 4
- (6) The 1 of 4 3-ing you
- (7) Columns 1, 2, 3, and 4
- (8) The 1 of 1 2-ing to 3 you.

Note: To raise your general tone, or to clear your body, run the emotional charges off this list. To clear yourself as a thinker, run the concepts. Feelings are in the body concepts are in yourself, the thinker.

For a start, you may want to take just a few of the most highly charged words in each column)

In proofreading the foregoing list, I seem to have made an interesting discovery. Try this:

(1) Read rapidly down column 4, concentrating for just an instant on each of the people and things mentioned, and trying to hold them all in your mind at once.

(2) Do the same thing with the actions and attitudes in column 3, applying each one to all the eleven "objects" in column 4 simultaneously. You may try to imagine a pattern of eleven lines, (or streaks of light, or bullets or whatever is convenient as a symbol) shooting out or radiating from yourself or from one of the words in column 4, each of the eleven things represented by the words in column 4.

(3) This step requires an extreme effort of "scattered concentration", if there is such a thing. Run rapidly down column 3, applying each action to each object, and holding all the rest in your mind while you set up the next one. You are now holding 297 things in your mind at one time. Keep on scanning rapidly down columns 3 and 4, trying to catch any of the ideas that may have dropped out. Try to feel them all at once. If you do this right (and it may take practice) you should begin to feel a general light somatics, twitches, twinges, ticklings and other strange sensations shooting all about through your body from one point to another. To me this feels like a fourth of July fireworks display going off continuously inside of me. This is dangerous. Don't force it, and don't resist or suppress it. Just LET it happen, observe what happens and enjoy the fun. Keep scanning columns 3 and 4. When you get them all going pretty well, skip over to column 2 and multiply what is going on by applying each of them to each of the other 297. Scan columns 2, 3 and 4 in rotation to keep them all going. Sensations representing different combinations will turn on and off at different times, of course, but there should be plenty happening all the time. If you can't handle all you can handle, try to work in a series of "not to's" occasionally. Finally jump over to column 1 and enjoy or suffer all the esthetics of all the 1782 notions you have now set up. You may not be able to keep track of the whole 19,602 ideas individually, but by this time the fireworks are going good. Keep running down the list in rotation, as rapidly as possible, and trying to get a clear mental picture of each one in about a fifth of a second each.

I believe if you can keep this up for three or four hours, it might clear you. I'm going to try it tonight.

Please let me know what it does to you. And may you never be the same again!

Ed

P.S. If it doesn't work, maybe you're trying too hard. If you find that straining to concentrate on so many things causes an inhibitory discharge, then just read the list at a comfortable rate. I tried it last night, and it didn't clear me because - after a half-hour of fireworks, I went to sleep.

Ed.

WHAT TO AUDIT?



6:30. 8:30. 4:30. 8:10. 2:30. 1:30 P.M.
7:30. 6:30. 6:30. 4:30. 3:30. 2:30 A.M.

BY OVERT
AND MOTIVATOR

BLACK & WHITE



DICHOTOMIES

NEVER AUDIT YOURSELF
ALWAYS AUDIT YOURSELF

THIS TECHNIQUE NEVER
RELEASED BEFORE
MANY AUDITORS NOW
ENDORSE THIS TECHNIQUE
AFTER 1969'S OUT YEAR



RIGHT
INBOARD
ENTITY

LEFT
INBOARD
ENTITY

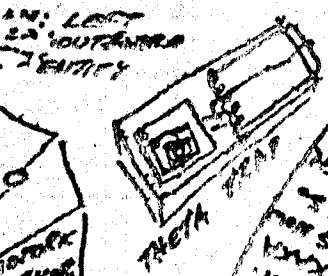
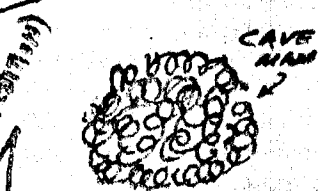
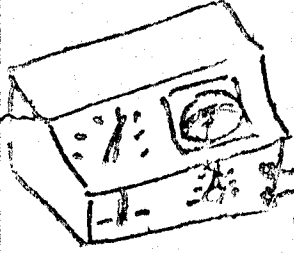


RIGHT
OUTBOARD
ENTITY

LEFT
OUTBOARD
ENTITY

GENETIC TIME TRACK

THE TUNNEL



TELETYPE
SUBJECT
FROM
H. R.

THE REAL
DOTE I USE
TRAINING WORK
WHICH OWE
KNOW THREE
FIXED
SALVING I
ALWAYS
CLEARLY
ISSUE YOU
KNOW TEH
WHICH IS WHICH
DRAGGLE I
NAME GRIND
BANK MARK
H. R.

MORE
DICHOTOMIES

DON'T USE OLD
TECHNIQUES SOLD
BY ORIG. OUTFIT,
THEY ARE STOPPING
PROGRESS!

BUY THE OLD
TECHNIQUES
FROM US -
THEY'RE STILL GOOD!

NEW TECHNIQUES
WIDELY ACCEPTED!

WHAT ARE THE
NEW TECHNIQUES?

SEEKING FORMULA

THE OLD TIME TRACK