

18 April 1953

Dear Dick:

There's nothing explicitly wrong with our communication—there just hasn't been enough of it. So this will help to pep things up and increase ARC.

I did enjoy your cartoons which I also saw in Dianotes. Don't know just why, but that sort of balloon-pricking tickles me.

After getting your much-appreciated change of address card I decided to get up a revised membership list. A copy is enclosed and I expect to send one to everybody I write to, as I write to them. The new members get one automatically.

Did you recently receive a set of three papers from Bernie Ross in Tel-Aviv? He seems to be a member of the Israel Dianetic Centre. I had previously heard from him in a relay but this is the first time I heard from directly. If you have the papers I don't want to waste the space recapitulating; if you don't, it would be worthwhile loaning them to you. The main point in them is this idea: If you don't want to do something [that is—an effort, thought or emotion] then you will profit from going ahead and doing it past the [painful] limit you have set on it.

For example, in my own case, I go around all the time clenching my rectum. So according to his method, I lay down and tighten it up just as tight as I can and hold it as long as possible, past the pain threshold. And I am supposed to start remembering when I did this to survive. Specifically, I did this a little and remembered a time when I had to do that to avoid ruining my clothes, and one time when I was unsuccessful. With this culture's computations on feces and getting feces on clothes, it is no wonder to me that I make sure with an over-effort that I don't do that again. Which is all perfectly silly. I can prevent any such accidents with much less effort.

Ed Calkins wrote me some time ago with a similar suggestion for tensing an arm until it started to vibrate. It seems to take several suggestions before I ever do anything, however. And I haven't done very much with Ross' idea. But it seems to have potent possibilities.

There seems to be something in his assumption that the tensing is the organism's effort to be unaware. The extreme case is "freezing" when startled. It seems somewhat moronic to think that by being unaware, the threat will go away, yet this is what people do many times.

Taking responsibility is another potent channel for accomplishing therapeutic results. For me, this starts out merely verbally without my believing it. Then things do seem different and I begin to believe it and finally it isn't just verbal. But it takes a long time for me to get anywhere.

I don't get any formal auditing any more. Instead I use my present-time environment to provide things to work with. Like on the pain of being alone. I just stay here in my room and suffer and work it out. It is now Saturday night but this doesn't bother me tonight. Time and place are very funny things. And also the absence of others. None of these three factors are anything in themselves, but what I have done with them to myself!

I am presently trying out three assumptions: [a] I am not a body; [b] I am fully responsible; [c] I use mock-ups to accomplish my purposes. I am having very interesting results with this approach.

I will be interested to hear your views on this bull so don't hesitate to let me know. And keep up the good work on the cartoons.

ARC

*Harry Fortune*