

DIANOTES

VOLUME 3

JANUARY 1954

NUMBER 28

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Published by Minneapolis Dianetics, Inc., 2449 Humboldt Ave. S., Minneapolis 5, Minnesota. Subscription rates: 6 issues \$1.25; 12 issues \$2.50; Twenty-five cents per single copy. Address all correspondence. DIANOTES, 2449 Humboldt Ave. S., Minneapolis 5, Minnesota. Bob Collings and Mildred Hume, General Editors.

RANDOMITY.....

PERRY Chapdelaine favored us with a descriptive of his process, or perhaps we should say processes. While he seemingly specializes in CO₂ plus additives therapy, any type of processing is available in Phoenix. You take your choice. According to Perry, and also verified by Sadah Field, he is obtaining top results with his several processes. To quote him, "If you want to change, and if you feel that you need to change yourself--it's happening here." Those interested can contact him at 2705 W. Fairview Lane, Phoenix, Arizona...Until more facts are available, we will refrain from comment.

GOT a nice Christmas card from the Hembd family with a picture of the kids. Quite a novel effect. Thanks much, Folks, always glad to hear from you. Incidentally, we're still waiting for the next Alice article. Soon?

SPEAKING of novel effects, did everyone see Don and Locky Schuster's announcement of Kathy's birth? A very spontiferous effort, vory well done. We liked it.

SO GOOD We Plagiarized It Dept....

Did you hear tell of the man who paid for his drinks, crawled up the wall, across the ceiling, down the opposite wall and went out the door. The fellow sitting next to him remarked to the bartender, "Isn't he a strange individual?" The bartender replied, "He certainly is. He never says goodnight!"

LIZ Burrage asks us to correct her address to read 1353 Allesandro St., Los Angeles 26, Calif. Mail sent to this address will reach her during her field trip to various parts of the country. She also confirmed our information that nearly everybody interested in dianetics and humanics has left Colorado Springs. She quotes Mrs. Dave Dobbs as saying that the chemical lab is being moved to Cincinnati. Dave and Bob Gill will continue operating it...Thanks, Liz.

ANNOUNCEMENT.....

"Look! Don't Think!" This is the title given to notes on L. Ron Hubbard's lectures given at the Philly Congress. If you are interested in scientology, dianetics or self-improvement, you will find this material invaluable. This is Hubbard at his best. The complete and inclusive notes by George Seidler closely follow the lecture text with the most important material being verbatim. Price: \$2.50 per copy (mimeo). Discounts on five or more copies. Order from Scientology: Northern California-- Mail Order Dept. - 768 Key Blvd. - Richmond, Calif., Zone 9....Sounds interesting.

PAUL Spikes, Jr. of Akron, Ohio sent us a nice letter full of bookays. Inflated our ego no end. It's nice to know that we have at least one subscriber who reads us from cover to cover...Muchas gracias, Pablo.

LET'S Hear More Dept....

Just received Ikey's latest (and very credible) effort at FLASH reporting. The part which caught our interest most was her reference to 30 hour or less optimums. We realize that there may be a difference of opinion as to the specific definition of the word, Optimum, but, even so, this sounds interesting. How about it, Ikey, would you care to elucidate? Incidentally, are you still hiding all the news letters from your Pcs?

WE hear through the grapevine that Ruth Peck of the Wichita group has come up with a new "find" which has worked miracles on her own case and on her husband Harold's. We would much appreciate an article covering the new material. How about it, Ruthie, can do?

IT Always Pays to Ask Dept....

We finally received an answer (anon.) to our request for specific differences between dianetics and scientology. This article will appear in the February issue by-lined in the name of our expert, Vox Populi. Hope you folks enjoy it.

OUR hats are off to Eleanor Forbes for her article in the Christmas edition of DIANEWS decrying all of the petty bickering now prevalent among the various factions which comprise the dianetic community. Orthodoxy and hetrodoxy are words usually associated with religion, but we much fear that such lines of demarkation will soon appear among us. Instead of being the "Stormy Petrel" of dianetics, Hubbard will have to be deified or, to say the least, canonized. A most sad state of affairs! Let's break it up, shall we?

IS Our Face Red Dept....

One of our subscribers wrote us that he had not received all of the issues which were covered by his subscription. The error has been rectified, but it leaves us wondering if there are any more such cases. If so, please notify us and all of your missing copies will be delivered by return mail together with our most humble apology.

MARTHA Courtis writes us that we made a gross error when we reported that she did the conference research 'For the Foundation'. The research project was her own idea and she carried it off at her own expense. Sorry, Martha, the error might be typical, but it wasn't typographical..! Don't miss the resume of her project in this issue!

NOTE to Vox...

Thanx for your lovely card. We love you too. Forgive us if we print your little ditty, but we feel that it should be published in the interests of posterity. Quote. "When Adam delved, and Eve span, who was then the gentleman? When Eve dug in, and Adam span, it sounded loud but naught got done, so spin ye tales or spin ye in, it's deeds that count instead of din!" Unquote. We also liked your clincher. Quote. "It seems to me, the clearest cases stay at home and still go places." Unquote. So, Dear Vox, consider yourself quoted! Adios.

NEWS From the West....

Wing and Smoky Angell are reportedly interested in a promotional effort to advance scientology in the Seattle area. They, together with a Mr. Hanan from Spokane, are advocating scientology in a big way and are getting some results. Helling is inclined to lean in their direction. More power to 'em!

WHAT'S happened to the NEXUS? Is Nexology following a downward trend? We miss the news-letter as there is usually some good stuff in it. Maybe Stedman needs help!

LYN Sterling writes us that Paul Cress, a confirmed dianeticist, has been appointed Chief of Police of Youngstown, Ohio. He received quite a spread in the local paper in which dianetics was mentioned and outlined. The article claims that no strings are attached to the appointment. Maybe dianetics isn't such a nasty word after all! Lyn also reports that they expect to return to California sometime in the summer. In the meantime he is busy at his job, but he hopes to come up with an article regarding his book, SEX IN THE BASIC PERSONALITY. He says that he has a few copies of the book available and will send an autographed copy to anyone who is interested. At the regular price, of course. Thanks for the letter, Lyn, hope that article transpires.

LIKE the patient said to the psychiatrist, "My only trouble is that my brother is an only child!"....Maybe that's our trouble too.

CONFERENCE RESEARCH
(Excerpted from notes)
by Marita Courtis

What sparked the Conference Research? The conviction that dianetic principles will work just as well in producing a conference as in auditing...My reaction to the Denver Conference was that it wasn't planned in the interests of the auditors but rather to promote a technique. This would be forcing reality upon the group, and I think we should run this out....The conference should be a place for exchange of ideas and experiences--validation and new reality...I think time for informal discussion groups would be valuable...I'd be bored by a discussion of basic theory and practice, while someone who had heard of dianetics only three months before the conference, wouldn't have the background to absorb some of the advanced material adequately. Therefore, discussion groups should be arranged on two or three levels of advancement, with each individual free to pick the one which suits his needs best.

As I see it, one way to attract people in general is to present a speaker widely read and known, tie into his ideas and so get dianetics to a wider public...Our small discussions in small corners have gone on about long enough. We need to introduce dianetics to people....I would like very much to hear about papers and discussions with regard to the place dianetics will have in the future of the world as guided by thinking persons of optimum ability...My overall suggestion would be to plan the conference so that dianetics was related to all dynamics, toward evolvement of better communication within those divisions...At such a conference you will have people operating on many different levels of knowledge, skill and practice...I think that every auditor attending the conference would like an intensive run for himself from professional foundation auditors...Main theme I would suggest would be more time for individual processing...How about a demonstration by a "Cleared Theta Clear" or a reasonable facsimile thereof. How about sound movies on especially interesting points and summary sheets prepared beforehand of any research done by auditors or groups and brief reports...More discussion, fewer lectures, more case histories, less opinion. Freer and more effective communication...Leave evenings for individual work. The conference member won't feel cheated.

If we accept the goal of spreading dianetics into society on a broad front, it seems to me that the following fields have hardly been touched: education, religion, industrial management, juvenile delinquency. There are other fields, but these appear as reaching the most people. Suggestions have appeared in various writings that where selection is possible, indoctrination efforts should be directed toward high tone people. Ashby's talk at the last conference (Denver) pointed out the need for communicating with others in terms they can appreciate. That is, without pushing their buttons.

To those who wish specific suggestions, with specific offers of help...the actual returns are available...I now write finis to an interesting experiment. If this can provide data for someone else, or a starting point for the action of others, I shall be glad to hear about it.

Letter to Elaine Borreson from Locky Schuster (Excerpts)

....It was tone raising to get your interesting letter. We both get a little excitement out of hearing of the new achievements in MDI. From what I can learn being around the foundation, I believe MDI is yet one of the most active groups on a genuine level across the country. I have heard several say that they keep up their subscription to DIANOTES because it seems to cover the news in the field most consistently of any publication. (Thank, Locky)....I hope that Ron (Howes) sees fit to continue his work in dianetics, even though much of his "Original Thoughts" have

been found in printed form by other authors. Ron makes quite a contribution to the field in his ability to organize and communicate this material to people in a manner which excites them to action. I remember when he was invalidated by the kidney-stone operation, he came back with more zest and zeal. Maybe he will do the same again. At least no one can say that the history of dianetics has been passive and uneventful....The other project we have been working on is making a check-list of items pertaining to a case history which can be set up on IBM cards so we can make cross correlations on a number of factors as well as having a store of knowledge of what happens to Pcs during and after processing, what methods are used, what combination of symptoms the Pcs had, how long the results lasted, etc. We are hoping that auditors all over the country will find time to turn in such reports on their Pcs.... Dr. Helen Barton contributed the medical section....If you can stir up any interest on this subject among auditors, the foundation will be most appreciative. The forms can be had for the asking....I have been following the Read Methods, the same as Shirley (Hembd) mentioned in her article. By combining it with dianetics, I have avoided all the usual complaints and discomforts that so many women have and take for granted during pregnancy. I get quite anxious to see how birth itself will work out and how much I can speed up recovery by running it out....I have found it a very interesting experiment....I get more things done, with greater satisfaction, and have the pleasure of starting each day fresh and new.

Eds. Note....The forms referred to in the above letter are available at the Foundation in Wichita for the asking. These forms are of the multi-question type and require no lengthy answers. This appears to be a real step forward as regards the recording and tabulating of dianetic results, and we hope that the auditors in the field will give serious consideration to this matter and will co-operate in all ways possible. Failures as well as successes should be reported so as to determine the efficiency of our techniques and procedures.

 EXPOSITION OF ALPHABETICAL PROCEDURE
 A Present-Time Technique
 by George Tullis.

The following exposition was frankly conceived as a satire. Does it work? Just ask me. It derives (the parts that DO work, that is) from Krishnamurti, Henshaw Ward, Gestalt Therapy, Analytical Procedure, and Karen Horney.

Alphabetical Procedure makes use of the COO Triangle, the PEC Triangle and the GAP Triangle inside the BAM Triangle and of Sapping sessions. It aims to produce the MORON (He has moron the ball than the imbecile). A SAP Shift occurs when one is well on the way to becoming a moron.

STEP-BY-STEP OUTLINE OF TECHNIQUE

- First: Observe data.
- Second: Is it relevant? If not, feed to Dispos-All Circuit.
- Third: SAP session, consisting of Silent Awareness of the Problem. (Don't sell this step short! - Ed.) Since your problem is in present time, this Sapping session is done in present time.
- Fourth: If problem persists, rationalize it away, using triangles within BAM Triangle. Remember that the word problem is not your problem.

As in Analytical Procedure, BAM stands for Beliefs, Attitudes and Motives.
 In the "B" (Beliefs) corner we have the COO Triangle, for Conditionings, Opinions and Objections.
 In the "A" (Attitudes) corner we have the PEC Triangle, for Projections, Expectations and Colorations.
 And in the "M" (Motives) we have the GAP Triangle, for Glory, Acceptance and Pride.

Continue reasoning on circular track. Stay in present time, if that's where you started.

Don't you feel better already? Morons are emphatic in this statement: What they have become, you, too, can become. Stultification cannot commence too early.

So Why be half-SAPped?

THEORY

The COOPEGGAPSAPBAM is all there is; there doesn't have to be any more. Try this on you and yours.

Freud, Jung, Adler, Korzybski, Sullivan, Hubbard, Reich, Kitzelman, Altman, Maguire, Jack Beever-Feighley, Fisher, Wolgos, et cetera, are a bunch of crums. Hats off to Ensign Elmer Zilch, who gave me the rudiments--a box of anagram of blocks and a pie plate.

And remember the Motto of Alphabetical Procedure: If at first you don't succeed -- triangle again!

Happy SAPPING!

(A de-luxe edition, printed on human scalp, is expected shortly to be available to "The trade.")

I DARE YOU

by

Edward G. Robles, Jr.

- Fytte 2-

Well? How many of you are still with me? This month we are going to deal with some more rough stuff. Something old, and something new. Did last month's exercises scare you out? One hopes not, because this month's are calculated to give you the crawling willies. It gets rougher all the time, too --.

No, I'm not a sadist. I just happen to feel that if you want to tear down a wall, a dynamite charge is preferable to bare hands, and either is preferable to pre-tending the wall is not there. So -- on with the show.

Exercise VI

Where are you? Now, it might seem that this exercise is something fancy, but it really isn't. I just want to have you find out where you keep yourself when you're 'home'.

Sit quietly, alone, in a darkened room, shut your eyes, and find out where you are most aware. The center of this awareness should be where you seem to 'be'. Expand your awareness to include the room you are sitting in. See if you can 'feel' the walls; the furniture. Contract your awareness to a single point. Where is this point? Can you change the location of this point to any part of your body?

Are there certain places that seem to be more 'you' than others? Are 'you' scattered all over? Choose a spot that seems best for 'you' to 'be' in. Focus your awareness entirely on this spot. 'Be' there, to the exclusion of every outside stimulus for ten minutes, give or take a few minutes. Various parts of your body may howl for attention. Ignore them. Be aware of what you are, and where you are, but do not consciously attempt to think of anything. Hold a complete mental blank except for your center of awareness for at least five minutes per day during the succeeding month. It may be hard work at first, but you'll probably find it restful -- later.

Exercise VII

This is nasty. Remember a few tag ends of your Sunday School days? "A soft answer turneth away wrath," etc.? You'll need these.

There are undoubtedly dozens of your friends who know every button you own. Push-buttons that you are not consciously aware of may still throw you into partial anaten. Ask your friends to push your buttons daily, mercilessly. Make within yourself a resolve to let nothing - but nothing - throw you. You will be on your guard against deliberate button-pushing, naturally, but this will do you little good, because a button's a button. Have these people try to make you angry, and decide it will be impossible for you to get angry. Then, whenever you feel a conflict, analyze it - trace it - try to make a decision about it. Cultivate imperturbability. You'll need it.

Exercise VIII

Hitherto, in dianetics, we have considered a 'tone-scale' as being divided up into a few arbitrary ranges. Actually, it is much broader than that. There are many shades and gradations of emotion which have not been adequately considered, until the present time. Some of the members of the following list may not seem to be emotions, yet each has its counterpart in the emotional range. Therefore, resume your narcissist pose - the one in front of the mirror - and dramatize each of the items on the following list. Exaggerate them. Dramatize them so thoroughly that you could never mistake them for being other than what they are. Learn how you use them, and how they use you. Practice on this daily for the next month, doing as many each day as you can. Remember, to end each day's exercise, dramatize the top three members of the list in reverse order. This is very important. Do not skip it. The list follows:

- | | | |
|--------------------------|------------------------|---------------------|
| 1. Mature Responsibility | 17. Condescension | 33. Regret |
| 2. Enthusiasm | 18. Virtue | 34. Sympathy |
| 3. Exuberance | 19. Passive Acceptance | 35. Slyness |
| 4. Exhilaration | 20. Boredom | 36. Fear |
| 5. Love | 21. Utter Boredom | 37. Sorrow |
| 6. Friendliness | 22. Chagrin | 38. Cowardice |
| 7. Understanding | 23. Annoyance | 39. Despair |
| 8. Happiness | 24. Hostility | 40. Terror |
| 9. Bare Comprehension | 25. Disgust | 41. Grief |
| 10. Helpfulness | 26. Repugnance | 42. Repentance |
| 11. Humility | 27. Revulsion | 43. Exhaustion |
| 12. Tolerance | 28. Revolt | 44. Weariness |
| 13. Kindliness | 29. Rage | 45. Apathy |
| 14. Compassion | 30. Hatred | 46. Utter Apathy |
| 15. Tenderness | 31. Loathing | 47. Trance |
| 16. Consideration | 32. Shame | 48. Pretended Death |

Exercise IX

Find good symphonic arrangements of the following pieces of music. (Borrow 'em, if you don't want to buy them).

1. Tschaiikowsky's 'Pathetique'
2. Schubert's 'Unfinished Symphony'
3. Debussy's 'La Mer'
4. Moussorgsky's 'Catacombs'
5. Ravel's 'Bolero'
6. Mahler's 'First Symphony'

Play these, and let the music 'take' you. Dramatize the effect of the music on you. Get right into it. Then look in the mirror. What emotions are you dramatizing? Why?

Try these:

1. Ritual Dance of Fire
2. In a Chinese Temple Garden
3. Death and Transfiguration

Repeat the above exercise.

What kind of music makes you feel good? What kind makes you feel bad? Why? Why should music have any effect on you at all?

Exercise X

Read the following works:

1. Oscar Wilde: The Ballad of Reading Gaol.
2. Edgar Allen Poe: Lenore
3. Walt Whitman: I Write of Myself

Write a short critique of each. What points are the authors trying to get across? Do they succeed? Do you agree with them? Why? Without consulting your earlier thoughts, write these essays three times at ten-day intervals, after re-reading the works. Do you note any change in your ideas? In what direction? Why?

Enough for this month. Having fun? I certainly hope so. Hang on. The real work begins next month.

A SUMMARY OF RESEARCH (Robinson Theory) by Laurie Conway, HDA

Part III

In processing, the first major address is toward the intentions in the intention field of each of the four entities and the tan minor. The second is the self-limitations in the awareness of awareness. This is more important but shall not be covered here.

Prior to the beginning of processing the Pc need only be informed that he has fields and their nature may be outlined. If the tan major is sufficiently awake to be processed, none of the other terms used in the instructions need be defined. If only the tan minor is addressed, they should be. Throughout this entire section, the word, preclear will mean, "the entity or entities then being processed."

The first method we have developed for removing intentions (thoughts which can be accurately translated into words. Thoughts may or may not contain the reason for the intention, but the complete thought(s) and only that should be picked up. If the pc has difficulty in verbalizing the thought, he is in warp around the intention and not the centre); The pc is told, "Let's get to your intention field." - thetan major or minor as the case may be. "Find all basic intentions on (specify subject), verbalize them and blow them." As the pc verbalizes intentions, he should release them. Unless held on to deliberately, because of an intention to do so, intentions will release automatically when the pc finds them in the field. (If necessary, use some device such as "toss it out the window"). Immediately after blowing an intention the counter intention should be asked for and blown. It is often the more charged of the two. After the pc reports that he has blown all the basics in the field, the auditor asks him to check for intentions, on this subject, to deny, forget, avoid, occlude, protect, hide, falsify, etc., since these will tend to occlude themselves during the first sweep. It may be desirable to make your own list of these and read them to the pc. When all of these basics are out, the auditor gives each of the following instructions, in turn, waiting till one is finished before going on to the next:

- 1) Scan the intention field, blowing all intentions which are ready to blow on contact, letting the field adjust as you do so.
- 2) Scan the awareness matrix, blowing all fixed awareness and unawareness patterns, which are ready to blow at this time, letting the field adjust as you do so.
- 3) Scan the attention field, blowing all fixed and unfixed attention patterns, which are ready to blow at this time, letting the field adjust as you do so.
- 4) Creme the three fields as a unit.
- 5) Scan the action fields, blowing all control points such as goals, decisions, postulates, etc., that are ready to blow at this time, sending the experience recordings to refile and letting the fields adjust as you do so.
- 6) Creme the action fields and let the internal matrix adjust.

This routine is always followed during a session whenever the pc has completed the intentions on a particular subject for that session. If the pc, while still picking up intentions, seems to become tired, or the tone of the body drops, he should be asked if the fields are strained. If so, all of steps 1-6 should be carried out.

Since intentions are located at such a high wave band, the process will be almost entirely conducted on a sub-awareness level. He may be aware of a slightly pre-occupied feeling, if anything. At first, he may not even be aware when each step is finished, and should be flashed on it.

The pc looks for basic intentions and their negatives only. The others will blow when the intention field is scanned.

Usually, the first subject to be run is "intentions about intentions". This will knock out the interfering intentions, such as, "intention to hold on to my intentions" (and the negatives). With people who have been in dianetics or scientology for some time, the next subject should be "intentions about dianetics". This includes auditing, being processed, the theory and philosophy of dianetics and everything the pc has ever heard, read, or thought about the subject. It may also include, for people who file them together; psychoanalysis, medicine, mysticism, and therapy of any kind.

It is both unnecessary and undesirable to find the time or facsimile when the intention was made. If the pc picks these up, he is in the action fields and not the intention field and should be asked for the intention (and its negative) to do this.

As soon as possible, have the pc run each of these subjects: Thetan's intentions toward thetans; towards clans and towards CI's (and continuing life forms); toward GE's (and evolving life forms). At this point, the auditor may find that he has a paranoic on his hands. The thetan not only wishes to preserve his domination over others, but wishes to avoid looking at all the overt acts and DED's he committed against them. In order to occlude the charge, he uses every device at hand. Having until this point admitted their reality, he may suddenly deny that they ever existed. Simply keep asking for the intentions and counter intentions which cause these actions. When the above subjects are run out, the clan and GE will begin stirring, and can be processed too. The thetan may then try to clamp down wildly, usually resulting in great bodily discomfort for the pc. Again, get the intentions. (Note: Whenever you are trying to locate intentions, always find out which they belong to and address that entity in removing them.)

At this point, when any entity is running, the other four, including thetan minor, are told to throw out any intentions they have which may be similar. (Verbalization unnecessary). All five scan and creme their fields simultaneously.

As soon as possible, if thetan major was the entity addressed first, one begins the processing of thetan minor. Since this is the "I", the processes are done on an awareness level. The pc may then be given a brief explanation of what his fields are and the meaning of the word "creme". It is suggested that, in order to scan his fields, he places his attention inside a sphere which he expands to the outer limits of his fields and in again. Using these methods, one may clear thetan minor on all dynamics in a short time. (2 - 5 hours per dynamic). As before, the other four can work simultaneously with minor.

When the S.F.P. has been somewhat weakened, the genetic entity may start moving toward the head. The auditor might suggest to the GE that it not actually enter the head until the SFP has been reduced to 5% of its power, or the GE may be thrust down again. In any case, the change in position may produce some odd bodily phenomena - tremor, weakness, violent heart beat, even becoming nauseated. These will not last too long.

A faster technique than simple verbalization and one which can be used, usually after the first or second session, is scanning mockups. The pc is asked to find a basic intention on a subject and to make a humorous mockup of it. He is then told to "scan the intention field for all basics on this subject, letting the mockup change to fit the intention as you do so and keeping the mockup as humorous as possible. Take full responsibility for the mockup, the mockup mechanism and the intentions behind mockup". Unless there are definite intentions against it, the mockup should change without conscious effort on the part of the pc. It may be literal, symbolic, or punning. If the mockups suddenly stop being humorous, go through steps 1-6 to destrain the fields. This technique will automatically pick up counter intentions. After it is completed, have the pc scan mockups for the deniers, etc., on the subject, separately. Then go through steps 1-6.

(To be continued)

FEAR

Fear....

Consequential fear....

Fear that makes Man rue the

Day of his birth....

Disguised as guilt, this fear

Supplies Man's only need

For a conscience....

A fear of consequence, regardless

Of degree, adds to Man's

Mental discomfiture....

He confesses to himself,

Or to his God

Or to his counsellor, that he

Has committed a wrong, a sin....

Is this a wrong by computation?

Or by analysis? Or is it wrong

Because of a dire consequence which

Is imminent if he should happen

To be apprehended as the

Perpetrator of the act,

Or thought, or deed....

When examined, and analyzed, and

Reduced to its basic structure, a sin

Is layed bare in its simplicity,

A fear of consequence, in degree

According to the magnitude of
The thing accomplished....

A guilty conscience....

That which causes Man to hide from
Himself, and all others....

Fear of retribution, of ostracism, of
Friendlessness, of being alone....

A cast-off, a candidate for the furies
Of Hades and of Hell on Earth....

Self-inflicted misery, mental anguish,
Are effects caused by lack

Of self-determinism....

Man, in his optimum state, weighs the
Consequences of all acts, and of all

Thoughts, and compromises in full
Awareness, in perpetual present time..

Guilt, or fear of consequence,
Or a conscience, cannot exist

In the face of unaberrated
Computation....

A man, free of guilt, having

No fears of consequence;

Will have no conscience,

Nor have need for one....

A Freedman;

1253bc

ST. LOUIS DIANETICS
 by Richard G. Kerlin
 (December 1953)

The St. Louis Dianetic Society, a small and informal group, meets weekly for group and individual processing and discussion. A year ago we realized we were spending all our time listening to tapes; since then we've decided to change ourselves via processing. We are part-time dianetikers interested mainly in bettering our daily lives through personal improvement and greater tolerance of others. Most of us have less than two hundred hours of processing. Our dianetic backgrounds vary from partial studies of the first book to fairly complete study of available literature, but no one here is a HDA or has taken a complete course outside of St. Louis. Past HDA's here and other, highly interested persons have since left town.

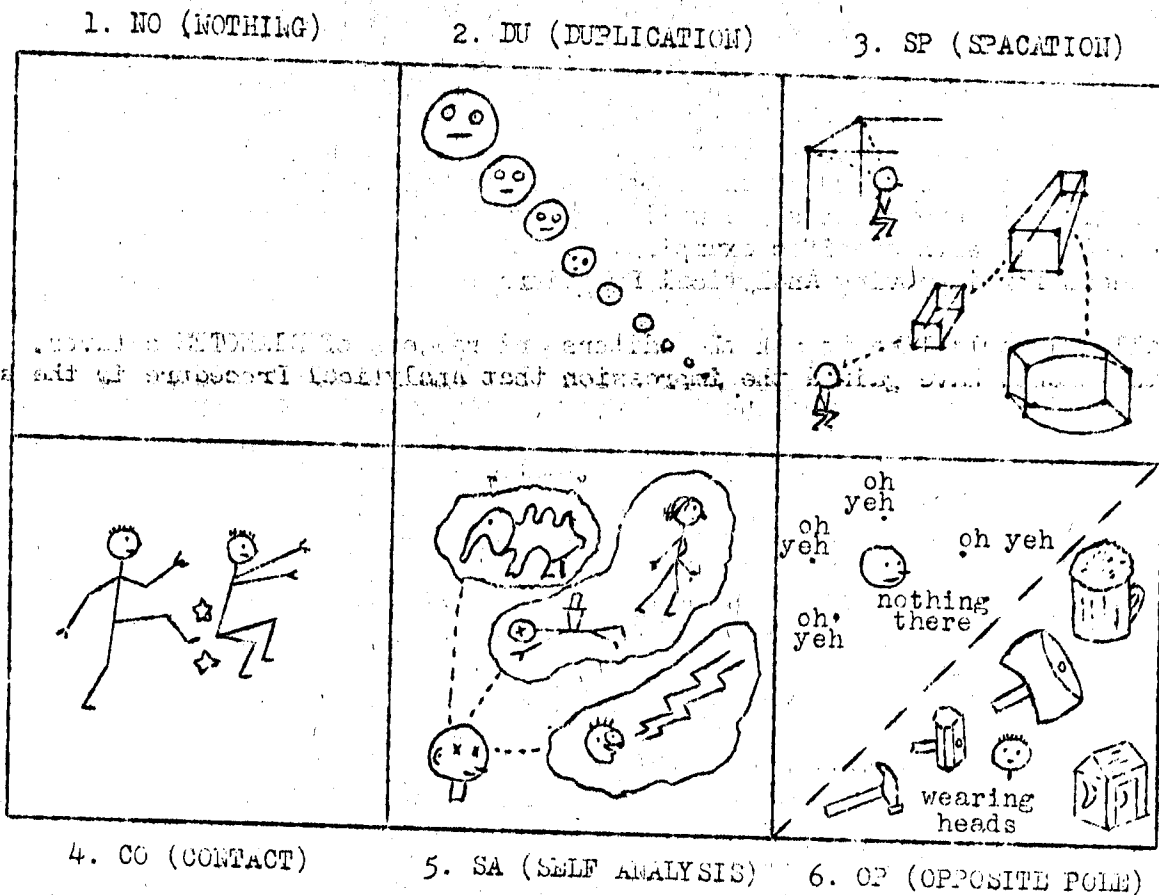
Groupwise, only two meetings were held because of the holidays. We spent the first one discussing experiences of those audited by the Angells in November, and in explaining to those who missed them something of scientology. The second meeting featured a group session of "Six Steps to Better Beingness," which we decided to have every time, and a discussion of group goals and methods. During the group session, DK monitored HK on the Mathison Electropsychometer and saw a fairly steady tone rise. We welcomed to the group two new men from a nearby air base.

Some of the individual experiences during December were:

1. A couple audited by the Angells last month reported that they were breezing through a bigger rush of work in their business than they had last year -- and last year's about knocked them out.
2. Five year old CK was asking questions about Indians at bedtime. Suddenly she yelled with pain; a spot hurt on her leg. Her father asked why -- she said an Indian had shot her with an arrow. He ran through it as an incident; she added details of being scalped; the pain went away.
3. A man pondering Howes' "Mine - Not-Mine" concept decided basements were "not his"; suddenly contacted childhood fall into basement excavation (someone else's) followed by mother's fall when she attempted rescue, and cries for help. Seemed basic to computation later in life that he didn't want help. With thought that his arms weren't "mine" came phrase "you take his arms, I'll take his legs." With emotion of joy, arms and legs tingled and felt warm. He was then aware of a "maybe" on whether products of elimination were his ("mine" and not-mine") which could have accounted for constipation of previous years; decided food separated into part "mine" (digested) and remainder "not-mine"; awareness turned on in intestines and kidneys. He wondered whether control centers were "mine" or "not mine" and got quick headache, dull apathy, followed by recall of childhood fall down stairs. Says all this came up in ten minutes altogether.
4. A teacher let a student who was getting zeroes in spelling destroy mockups of former teachers. After great fun embedding them in a highway and covering with boiling tar, etc., student made grade of 30.
5. A person slid all the way down the "time track" to before the material universe and back up to present time in about ten minutes, "ruffling facsimiles out like playing cards" and gleefully discarding same in wholesale quantities. Felt very good afterwards.

We will probably have more to report next month. We have a tape loaned up by the HAS of one of L. Ron Hubbard's question and answer sessions in Philadelphia in October; and we'll have more group sessions of SSEB in addition to individual happenings.

SIX STEPS TO BETTER BEINGNESS = SSBB
 = SIX STEPS TO SELF AUDITING = SSSA
 = WODUSP COSACP.



kerlin

LETTER from Art Coulter, M.D.

.....I have a great deal of respect for Wing Angell, and perhaps he was quoted out of context, but I must take exception to the comment indirectly attributed to him in the December issue of DIANOTES to the effect that Analytical Procedure is simply lock scanning backwards.

This is simply not the case. Lock scanning consists of contacting a number of lock incidents in rapid succession. The preclear returns to the earliest of those incidents and then runs up the chain as rapidly as possible to present time.

Tracking, on the other hand, is essentially a present time technique. Ordinarily no incidents are contacted at all. Rather, the tracker simply examines, analytically and with an open mind, his beliefs, attitudes and motives, and why he holds them. There is no effort to contact locks, and no returning. It's all done right up here in present time.

This point is an important one which I think should be emphasized. (Which is why I bring it up. I certainly have no wish to "pick an issue" with Wing who is doing wonderful work.) Many dianeticists, accustomed to Hubbard's first book in which returning was the basic technique, tend to approach Tracking in the same spirit. If a preclear returns while Tracking, he is off track—unless he, by deliberate CEDA sequence elects to return for a specific purpose.

It continues to amaze me how much real progress a person can make if he simply tracks on his own beliefs, attitudes and motives as they relate to an impedece, with a completely open mind. Of course, anaten is a problem, but it is a problem with any technique, and very easily handled provided one is alert to it.

There is, of course, a lot more to Analytical Procedure than Tracking itself, and there have been a number of important developments since the first edition of Analytical Procedure in February of '53. I am now at work on a revised "Popular Edition" which will include these--the most important of which is the technique of Modulation of Determinents. I will also try to make the presentation simpler and more readable with specific examples. I would like to ask any readers with specific ideas for improving Analytical Procedure to write and tell me about them.

Finally, I would like to ask the editors and readers of DIANOTES a favor. Scientologists somehow have gained the impression that Analytical Procedure is the same thing as Hubbard's Advanced Procedure. Would you please help me correct this impression when you find it voiced? I have no quarrel with scientologists or with Mr. Hubbard, and I think Advanced Procedure was an excellent bit of work, but Please---Advanced Procedure is not Analytical Procedure; they are as different as scientology and E-therapy. Thanks.

Eds. Note...Glad to print this, Art. I hope that your letter will clarify anything that we may have printed which was not entirely correct. When did you say that new book would be out?

DEVELOPING INTERNAL AWARENESS OF ORGANIC AND
FUNCTIONAL DEVIATIONS IN ANOTHER INDIVIDUAL'S BODY
by Bob Collings

This technique can be utilized only by those Auditors who have developed a very high degree of Internal Awareness. The physical deviations of an individual will stimulate awareness of the condition in the Auditor's body only if the Auditor is in full contact with all parts of his own anatomy. If he has blocks upon any areas of his body, he will not be aware of any response to stimulation in those particular areas. To be wholly effective, the Auditor must be in full accord with his entire physical being.

When first encountered, this phenomenon appeared as approaching the occult, but experimentation and testing has proved that it occurs at a Mest level. There is a possibility that parallel phenomena may become apparent at the Theta level when the Theta Perceptics are encountered and evaluated. Presently, there is no theory available which can delineate the cause or causes of this phenomenon, but in all probability such a theory will be developed as the technique is used and improved upon.

As this technique is used at a Mest level, the Auditor must be in physical contact with the Pc. The contact is best made through the use of one hand or finger applied over the area of the somatic, using a slight pressure. Contact should be made directly upon the skin of the Pc, although, if any somatics lie near the surface, they may be contacted through the clothing. The use of one hand only is stipulated so as not to cause confusion in the Auditor's mind as to the possible source of the somatic being contacted. If the somatic is localized, the Auditor will be aware of only that particular area, but if a somatic occuring on one side of the body is caused by a condition on the other side, the Auditor will be aware of both areas when he contacts the somatic, or vice-versa. If both hands are used, he may be

contacting two separate somatics and unless his 'super' control center is well established, he will be unable to differentiate between the two.

Mental contact is established by the Auditor merely by becoming aware of the area in his own body that exactly corresponds with his point of contact upon the Pc's skin. If no stimulation is evident, the Auditor should move his fingers around in the general area in a probing manner until contact is established. If two somatics are in evidence, turn off the first and move the hand to the new area. It is possible that three or more areas may be contacted in this manner, any one of which might be the cause of the entire condition. In many cases, the causal area will stimulate the Auditor in a higher degree, thusly more or less isolating the cause.

In most cases, any chronic somatics that are encountered can be run out with Effort Processing. This is only a suggestion as this technique is designed for diagnostical purposes exclusively. However, it is of interest to note that if the area is stroked or probed with the hands, the Pc will sometimes become restimulated and the case will open up. The rubbing and probing seemingly constitutes a counter-effort which is similar to the original.

As the Auditor becomes proficient in this technique, he will find that any diagnosis which he might make will be found to be very accurate as he will be able to determine the intensity of the somatic by evaluating his own reactions. If the Pc's condition is severe enough to warrant it, he should be given such information as the Auditor has available and referred to a doctor. If this is done, no stigma can be attached to the Auditor, and it will tend to improve the relationship between diabeticians and the medical profession.

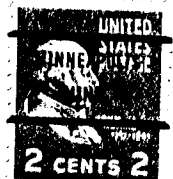
This technique is presented purposely in bare outline. If the Auditor is far enough advanced, it will prove to be sufficiently clear and complete. If any further information is desired, inquiries sent to DIANOTES will be answered as soon as possible.

For sale,....

Lyn Sterling has an E-Meter, regular \$95.00 model with the one can circuit, which he would like to dispose of. Anyone interested may contact Lyn at 116 Pittsburgh St., Columbiana, Ohio. This is a chance for someone to save a little money.

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