
Milton Carland and Thomas Carey, Editors
Newsletter of Minneapolis Dianetics, Inc.
800 Washington Avenue S.E., Minneapolis 14

ABOUT PRESENT TIME:

"Staff" of MDI is a term used rather loosely, referring broadly to members who spend much of their time at the Center helping keep things going. Some live at the Center, some in the building, some elsewhere.

Right now the staff consists of Tom Carey, Milt Carland, Sadah Field HDA, John Robinson, Tom Rother, and Don Schuster, HDA.

There isn't any "Chain of Command" as it has been found by experience here that authoritarian group management is more harmful than efficient. The way it works out now, when something needs doing, it gets done, by whoever has time. When there's a difference of opinion, or a clash of different realities, or plain old restimulation, an informal discussion, getting all the information to everyone, does much to clear up the situation.

This may sound easy -- it's not. Disagreements and restimulations do happen, and there have been some lively ones. But the "system" is flexible, and while it's a long way from perfect, it is working and it's being improved.

Essentially the non-authoritarian operation of a group is based on a fundamental dianetic concept, the self-determinism of the individual. Arbitrary imposition of authority or opinion on others reduces their self-determinism and effectiveness as human beings. The same holds for groups.

The people of the staff are trying, so far as we are able, to compute not just on 1st, or 3rd, but on all 8 dynamics. It's a big order.

LECTURE SERIES

The current lecture series for members and the public, entitled "Processing Techniques 1951" will continue with:

#3, Self Analysis, by Milt Carland on November 4th.

#4, Affinity, Reality, and Communication, by Tom Rother, Nov. 11th.

#5, Locks and Lock-scanning, by Chuck Higgins, on Nov. 18th.

Lectures commence at 8:00 PM each Sunday evening, at the Center.

T. H. LEGGETT, JR., SECRETARY of the Hubbard Dianetic Auditors Association - International, has moved the offices of the Association to new quarters at 6009 Rockwood, Wichita, Kansas, according to the Oct. 21st issue of the HDA Newsletter. The HDA Newsletter will be printed twice monthly, instead of weekly as in the past.

MDI NOW CAN OFFER IMMEDIATE DELIVERY on two books:

Science of Survival: Faster, Simplified Dianetic Techniques. Hubbard. \$5.00. 328 pps.

Self Analysis. Hubbard. 112 pps. Soft cover. \$2.50.

Coupons in the rear of Science of Survival entitle the reader to monthly supplements.

Prepaid orders sent postpaid. C.O.D. orders pay C.O.D. charges on delivery.

Waldo Boyd advises us that the \$3.00 hard-cover edition of Self Analysis is scheduled for next year.

GROUP DIANETICS

Don Schuster, HDA

The first approach to the subject of Group Dianetics is made with the flat statement that the principles that apply to individuals apply straight across the board. That is, there are seven dynamics for the group just as there are for the individual. These are: survival for the group as an entity, for related groups, for less closely related groups, and so forth.

Likewise for the group, the principles of processing such as engram running and lock blowing apply. For the group, this means that the enttheta incident is discussed fully by all concerned to get as full as possible an evaluation of the incident.

On the laws (?) of group dianetics, first there is the maxim that communication must be maintained at a high level within the group in order to clarify the goals of the individuals and of the group. This has the effect of preventing misunderstandings, the main reason for the decline of groups.

Another important consideration for which we have as yet no universally satisfactory answer is that of group intra-restimulation and what to do about it. One way to cope with the problem is to discuss the restimulation as politely and analytically as possible. Another is to "grin and bear it" when necessary and to avoid the pushing of buttons by an analytical approach.

As a secondary consideration here, auditor and pre-clear should not switch positions to co-audit each other on the subject of mutual restimulation. Enttheta is multiplied when swapped back and forth between engram banks.

As yet, there has been no problem for the editors in choosing what's "fit to print." Communications are already coming in, and things are getting interesting. We watched the unpretty situation develop between the Foundation and Chip Leggett, editor of the HDA Newsletter. We have very little data on that enturbulation beyond what has appeared in that Newsletter. It appears that the differences are being constructively resolved. We don't want it to happen to us, hence this policy statement.

If a communication to DIANOTES seems to be covertly hostile toward any person, group, or idea, we will ask its author to clarify his intent. If it was our misunderstanding, fine. If the clarification is made, fine too. But if it wasn't our error, and no clarification is made -- no soap.

On the other hand, communications openly expressing some opinion different from those of the editors will be printed. If we have comments to make, we'll make them. To state differences of opinion is not invalidation. Airing such a difference is constructive, and often leads both sides to modify their judgments, as well as giving the old analyzer practice.

ALL INFORMATION IS PRO-SURVIVAL, in our opinion. Not all evaluations (our included) are True. The only test we know of is to see how they work in the world. Again, a statement is not either TRUE or FALSE; its truth-value may lie anywhere between. Our opinions are no more important than yours -- so we'd like to hear from all of you.

This newsletter is not afflicted by any other limitation than that described above. It is NOT official. It's for its readers. (MEST limitations: Money, Time, Strength, etc., do have effects -- that's why we need subscriptions.)

EDITORIAL: Invalidations

It's probable that everyone in dianetics has had it invalidated for him at one time or another. This might take the form of an argument with a friend or acquaintance, or simply having read what TIME magazine has had to say concerning the subject.

What about the person who, when confronted with new ideas and the means to test and check them, says: "G'wan -- you're nuts! The idea's absurd." How does he know? Does he test it? Have the editors of TIME tested dianetics? We don't know whether or not they have. We have, though; and we find that dianetics works, and works well.

One way to "learn" is to accept what Dr. X said, or what Prof. Y wrote. Or Aristotle. Or Galen. Or the daily newspaper. If an Authority said it -- it must be so. This method has its drawbacks for persons interested in the actual facts, for it instills an inability to find out for one's self. As a result the new is ignored: no one in Authority has approved it!

The progress of knowledge is not very well served that way.

Another way of "learning" is to conduct a sort of poll, to determine what most people think on a given subject. If most people think something is so -- it's so! "Everybody knows that!" Everybody knew that Einstein (that civil engineer) was wrong in 1905.

There have been times in Western civilization when anyone who publicly disagreed with Authority or with what "Everyone knew" were exterminated. They were dangerous! The Inquisition, for instance.

A better way of determining the validity of statements about the world is to test them by personal

observation, not just once but many times. It's a lot more instructive. (I had a chance to verify this statement last year. I wanted to learn how to throw clay pots on a potter's wheel. I read up on how to do it in all the literature I could find, and thought I had it down thoroughly. Then I actually tried to do it -- and found that I had everything to learn. I learned a lot of it wrestling with the wet clay on the wheel. T.E. Carey.)

Most of those who invalidate dianetics have not bothered to investigate for themselves. Accordingly, their statements about the efficacy of dianetics are uninformed and, I would say, irresponsible. The most disturbing aspect of such irresponsible invalidations is that many people who could benefit from dianetic processing are dissuaded even from finding out.

A few people have tried to find out for themselves whether or not dianetics works, and report that it does not. In the last of a series of four quite comprehensive articles that appeared last July in the Minneapolis STAR, for example, it is reported that a Mr. Justin Reese, a St. Paul public relations consultant who specializes in mental health information, was unable to contact an engram in auditing two persons, and concludes that dianetics doesn't work. That's Mr. Reese's reality. He's entitled to it. If ours is different, the reason is that our experience has been different.

The tone scale has a place for these unfortunate people who go about destroying others' reality, cutting constructive lines of communication, and invalidating others. The place is below 2.0. The trouble is, that such people drag so many others with them. Irresponsible name-calling is destructive - exchange of information needn't be.

EFFORT PROCESSING

Effort Processing is the product of what appears to be a new and basically different orientation in dianetic theory. Looking back, this new orientation was implicit in the old; it may be said that it brings to fullest expression the principle of self-determinism that, though recognized, has been often a very silent partner. We consider this new development one of the greatest advances in dianetic theory to date.

There has been a consistent evolutionary line leading up to effort processing and the theory back of it. It runs from the theory of ARC, the Theta/MEST theory, validation processing, MEST processing, up through Self Analysis. The theoretical basis for effort processing is summarized in Hubbard's recently completed AXIOMS (available to Foundation Members.).

In 1950 Ron Hubbard stated that the dynamic principle of existence is survival. In a living organism, this principle is expressed as that organism's self-determined effort to survive. Effort of whatever sort is a function of the organism-as-a-whole, and is perceived, recorded, and available in recall just as are all the other perceptics. Effort, however, is basic¹ and includes all the other perceptics.

Two postulates are made: (1) an individual can be aberrated only if he agrees to be aberrated; (2) in the effort to survive, the individual directs his efforts against the forces (counter-efforts) impinging upon him from the world (including other individuals), in doing so he makes an effort to agree with the counter-effort; or an effort to come to some compromise with the counter-effort.

In the course of his life an individual meets many forces which may be, to him, non-survival. If he agrees to the non-survival force, he becomes aberrated to the degree of his agreement. Effort Processing, as we understand it, directs the individual's attention to the efforts he has made to agree with the non-survival forces acting upon him in his past. Re-experiencing and consequent re-evaluation of such efforts erase their non-survival, aberrative effects on him.

Of particular importance in processing, we have found, is the realization, familiar to some and new to others, that everything the human organism does or experiences involves all of that organism. "Mind" and "body", it would seem, are not two elements of the organism. They are, rather, two words denoting characteristics which we call, on the one hand, largely psychological, and on the other, physiological. Thus the effort to agree with a counter-effort (which may be the actions of another person) is an effort made by all the organism, and appears as tensions and stresses throughout the organism.²

In the processing session, once an effort is chosen, the auditor directs the pre-clear's attention to that effort in all parts of his body: the neck, the foot, the knee, the chest, the wrist, etc. (E.g., "What's the effort in your left shoulder?") As the PC contacts the effort more and more closely, his tone appears to drop toward apathy. Somatics may appear, or may not. The auditor is concerned only with the PC's self-determined effort, not with somatics. Perceptics and/or specific incidents may or may not appear, although if a specific incident is reached the auditor directs the PC's attention to the effort he is making in the incident, which is run through until erased, just as in previous SOT.

(continued)

If no incident is contacted, the auditor allows the PC to "simmer" in apathy for a few minutes. (This may even go in to boil-off; but boil-off is not encouraged.) Then he switches over to what we have called the "null-effort." Say, for instance, the PC has gone down on the effort to swim, and has reached apathy. The null-effort here would be the effort not to swim. The null-effort is contacted just as the original effort was in all parts of the body.

In some cases, we have observed, the PC will begin to rise in tone after contacting the null-effort. In others, he will drop still farther. If he rises, the auditor keeps on with the null-effort till the tone comes up at least to where the PC started, preferably to 3.0 or 4 on the subject being run. If the PC sinks on the null, the auditor continues on it till tone stabilizes, then switches again to the original effort and continues up with that.

Effort processing is apparently a more rapid mode of processing than previous techniques. But we think the correspondence between tone level and applicable techniques still holds good. For instance, if the PC is too low to run engrams he may not respond well to effort processing on a basic, highly charged chain. It seems advisable to begin with simple physical efforts -- survival efforts -- as, say, the effort to eat something good.

Low-toned PC's (and other causes may be operating too) tend to shift valence when running effort through an engram, and insist on running the counter-effort. If the engram is, say, birth, the PC may run all the pressures that were operating on him at the time. What he should run is the self-determined effort that he is making against those pressures. Possibly the counter-effort has to be run, in some cases, before the PC's own effort may be contacted.

The aim of effort processing, as we see it, is to contact completely the self-determined effort the PC has made to agree to a non-survival course of action. The judge of what is survival or non-survival for the PC is, we think, the PC himself. When the PC is running well on effort the effort to agree to something non-survival will usually be contacted and run as an incident.

Effective effort processing uses up relatively enormous amounts of vitamins, amino acids, and other building blocks. We have been using levo-glutamic acid, thiamin chloride, and niacin, plus the Vitamin Corporation of America's "Rybutol," a vitamin-complex capsule. We understand that the following dosage is (or was) in use in Wichita:

Stuart Brand only	Per session:
Amino acids (total hydrolysite #90)	1 Tablespoon amino acids
VCM Capsules #160	1 VCM capsule
Therapeutic B-complex C #72	1 #72 capsule

If dosage repeated during session, or if more than one session per day, repeat, omitting VCM capsule every other time.

Sometimes, after a session of effort processing, a PC will develop an ache or pain. This has been explained as "structural changes" or "repair" going on. There appears to be no way to determine the validity of this at present. The pains go away, however. Visible structural changes if they occur, can be observed.

(continued)

- One PC in Minneapolis was running the effort to lace his boots. He went down into apathy, very anaten (almost boil-off) with somatic flashes. Coming up on the null-effort, he yawned a number of times and rose to about 3.5, which lasted a few hours. He then returned to slightly above his previous tone level. Another PC, running the effort to play the violin, unloaded a good deal of secondary charge on this chain, with perceptics and somatics and incidents in abundance.

A report in the HDA Newsletter mentioned a case unresponsive to a year of Standard Procedure which lifted four chronic somatics in ten hours of effort processing at the Foundation.

Effort processing looks to us like a major step in the evolution of dianetic techniques. It seems to be one of the most effective techniques in the auditor's library. It is approved by the Foundation as part of SOP. Our own experience and information are both limited, and of course should not be taken as Authority.

NOTES:

1. Effort may well be the perceptic of the highest order of abstraction, thus including all others. (M. C.)
2. One of the most remarkable sensations I've ever had was that which I felt inside my brain in connection with an effort I was running. It was as if there was a turning, in the sides of the brain near the temples. But turning is not the right word -- it needs a whole new vocabulary. (T. C.)

IT'S OUR GUESS THAT THE FORTHCOMING book Dianetics: Axioms and Experimental Procedures is going to be one of the most important works that Ron Hubbard has produced.

WALDO BOYD, Director, Publ. Dept., of the Foundation, advises MDI that the booklet Dianetics: Axioms, by Hubbard, is available only to Foundation members. This is the booklet distributed at the Oct. 8th Conference as a basis for the lectures on Effort Processing.

Hubbard, Boyd continues, is still working on the new book, Axioms & Experimental Procedures, which is expected to be ready in six weeks to two months.

THOSE WHO HAVEN'T SEEN THE CENTER since its redecoration have a pleasant surprise coming. New paint, new furniture, new equipment. My personal estimate is that the place looks 128.3% better. (T. Carey)

MILT CARLAND HAS BEEN APPOINTED Clinical Supervisor for the Center, replacing Don Schuster. Don has transferred from Bio-Physics to Psychology at the University of Minnesota, where he is doing graduate work. A heavy work load there, plus studying, auditing, teaching a class in auditing and getting in his own processing, is keeping him pretty busy.

WE KNOW OF THREE OTHER DIANETIC Newsletters. These are:
The ARC Light, 1370 N.W. 86th St., Miami 47, Florida. 20¢ copy.
GULF COAST NEWSLETTER, #2 West Oaks South Drive, Houston 19, Texas. 25¢ copy.

DIAGRAM, Dianetics Clinic of Seattle, 407 University Bldg., Seattle, Washington. Gratis??
The HDA Newsletter, of course, is available only to members of the HDAA-I (see page 1, col. 2).

TO INITIATE COMMUNICATION, WE WILL SEND A FREE COPY OF DIANOTES TO EACH OF ANY FOUR PERSONS WHOSE NAMES AND ADDRESSES ANY READER FURNISHES.

AN EXPERIENCE WITH EFFORT PROCESSING: Milt Carland.

The night after Martha Courtis spoke here on Effort Processing, I went home feeling very well. My subjective estimate of my tone level was 3.3. After lying down in bed, I thought I might give Effort Processing a whirl. So, appropriately, I thought, I chose the effort not to go to sleep. I started with my head, trying to pick up the effort there, and worked down to my toes. I was on my stomach, my arms behind me, and when I was through, I was more completely relaxed than I can recall ever having been before.

An interesting thing cropped up while I was working on the effort. I found myself thinking of my printing class in junior high-school. I got a visio on taking the type out of the case and putting it into the stick, but I couldn't remember how to run it through the press; although I remembered that it didn't go through in the stick.

While I was lying there completely relaxed, an unusual thing happened. I dropped into conception. This is not a normal occurrence with me, but there I was with extremely high reality. I was a bit surprised, but I directed the somatic strip to contact the incident. I didn't know if it would do any good, but it didn't seem to me that it would do any harm. I ran through this portion of conception twice, getting that odd feeling that my legs were somehow "paddling" like the tail of a tadpole. Then I felt like coming up to present time, so I did.

Immediately after this my mind was literally flooded with data concerning the printing class. I got events with sonic, visio, tactile, and all. I even remembered the strips of lead that go between the rows of type. All in all, I went to sleep feeling pretty good.

This was just the Experience of one person at one time. It's not presented as a dyed-in-the-wool recipe, but as an experience that might be of interest.

I'd like to comment on the above. For the past few weeks I have found myself sliding back into incidents that I think are engrams, while I'm lying in bed going to sleep. I pull out of them each time, as I have a definite feeling that I'd rather not run through them without an auditor. My case is considerably different from Milt's, as, for one thing, I am 26 and Milt is 13. At first these things were quite frightening, but they don't scare me now -- I just extract myself and come back to PT. I've been taking fairly massive doses of B-1, vitamin complex, and levo-glutamic acid, which may have something to do with it. I haven't noticed any adverse effects, except a slight lack of sleep. (Tom Carey)

WE HAVE AT HAND TWO PAPERS BY Francis Silver, Martinsburg, West Virginia, on social dynamic equilibrium discussed in the light of what is known of group dianetics. They are, Can the Sciences of Man Help Overcome War?, and The Chemical Engineer is Especially Well Fitted to Deal with Large-Scale Social Problems. Both papers are well written and very much worth reading. Don Schuster obtained them from Mr. Silver at the June Conference in Wichita. They may be available from Mr. Silver.

From A. O. Kramer, 102 So. Elmwood, Peoria 5, Illinois:

"Thank you for the issue of Dianotes which you sent me. I sincerely hope that you have as much success with your paper, and that it is as much benefit to the field as the one published by Dee and Bill Swygard in Miami.

I am enclosing a check for \$1.50 for your type C subscription, 12 issues. Please start it with the November 1 issue.

Some of us in Peoria have been on effort processing for about a week now. In a case or two it has been very effective, but in others about the same as the former Std. Proc. Some of us are experimenting with combining Effort with Examiner as we did Std. Proc. and Examiner, (along with Integrator, Home Work, etc.)

I would appreciate knowing what your results with Effort are, or will be."

From George Buffington, HDA, in Wichita (extract):

"By this time you probably know about effort, postulate, and self-determinism processing. With the development of the new techniques a five-month stay in Wichita is justified. The stuff is dynamite.... In case you don't know what self-determinism processing is, I won't try to abbreviate it for you. It should be carefully explained."

We don't know about postulate or self-determinism processing yet, but we'd like to find out.

From A. N. Munro, Dianetics Toronto, 137 Wellington St. West,
Toronto 1, Ontario.

"Thank you for DIANOTES.

We enclose six announcements of a series of week end meetings to be held in Brno County, Quebec, and hope that your group will be able to send a delegation.

Some of these were sent to Mr. Howes at his home address but we thought that we should also see that the group received them officially.

There is a Dianetic group getting started in Winnipeg and they will be interested in having your address in case any of the members are in Minneapolis. If you will send a copy of DIANOTES to the undernoted it will be appreciated:

W. B. Peterkin, 212 Brock Street, Winnipeg, Manitoba.

We hope that we will have the opportunity of meeting some of you personally in November."

Reservation cards for these meetings may be obtained from Mr. Munro.

An information sheet enclosed with Mr. Munro's letter adds that the Sylvains, of Diane Farm, have gone into winter quarters at Paramount Farms, the home of Mr. H. M. Jacquays, R. R. #2, Sutton, Brome County, Quebec, as the pressure of dianetic business has made it impossible to prepare Diane Farm against the rigours of a Quebec winter. (We have lots of winter here in Minneapolis too -- about 6" of snow is on the ground at this writing.) Best of luck to Dianetics Toronto and all attending these week-end meetings.

From Richard W. Lundberg, 219 Clayton Ave., San Jose 10, California:

"Enclosed is a copy of the original paper [Jack Naylor's PCMA] on scanning, partially adopted by Hubbard. It works well if the pre-clear has a good understanding of the technique.

For additional material, the Institute of General Semantics, Lakeville, Connecticut, sells a "text" which is a necessity for anyone wishing to understand the nervous system. It is Korzybski's "Science and Sanity," price \$9.00 and worth \$900. Korzybski actually discovered the mechanism of identification, which Hubbard later termed "engram" and popularized, with considerable less of "scientific precision." All our auditors in San Jose use "Science and Sanity" as basic material with Hubbard's stuff as secondary assists. Good luck --"

Hubbard, of course, has no monopoly on development of effective techniques. We'd like to hear more about the methods used in San Jose, based on Korzybski's book. If we've been out of the swim, we'd like to get back in! At present, our own opinion is that there's more to engrams and locks than 'identification.' And that Hubbard went beyond Korzybski in unification of theory and development of effective techniques for eliminating "identity thinking." In our experience, no technique has all the answers --- yet.

Sorry about the missing paper on chemo-assists: still in preparation.
IN THE NEXT ISSUE: An Evaluation of Boil-Off, by Charles R. Higgins.

FOR NEW READERS: DIANOTES is a non-profit newsletter published by Minneapolis Dianetics, Inc., a non-profit, non-stock organization. The aim of DIANOTES is to help provide communication among all those interested in dianetics, in this country and elsewhere.

Publication is twice monthly, on the 1st and 15th of each month. Members of MDI get DIANOTES gratis --- we wish everyone could, but MEST limitations prevent it. Single copies, 15¢ each; 1-year subscriptions (A), 24 issues, \$2.75; 1-year group subscriptions (B): 8 or more copies to one address, 24 issues, \$2.25 each; and 6-month subscriptions (C), 12 issues, \$1.50.

We're interested in all topics relevant to dianetics, and in the activities of individuals and groups. We've sent this issue to everyone we know about --- we need your support. Your suggestions for improving DIANOTES, and contributions to it, will be appreciated. (Ye Eds.)