

DIANOTES

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NOTICE:

Due to the fact that our printer can not always get DIANOTES printed at exactly the time we might prefer; and due to the fact that we often have material and information we feel should be released with the least possible delay; we will in the future (and as we have this time), use whatever methods of publication are available to us in order to get the news to our subscribers. We hope this will meet with your approval.

DIANETICS IN HIGH GEAR

by Bob Collings

Dianetics is approaching a new plateau. How close it is to ultimate goals can be seen when level ground is reached. At present, it is possible only to conjecture, but for the Dianeticist, the future looks bright.

New and speedier tools are being released on all sides, from Hubbard, the Foundation, and the field. Regardless of the source, any workable technique should be tested and used according to its merits. Factional disputes should not enter into the picture as regards processing a pre-clear. If a technique is good, use it! Neophytes entering Dianetics should have the best processing available.

Many of the procedures in the stage of release or near release, are similar. The Foundation's Analytical Procedure, Hubbard's Technique '80', and several from the field are variations of the same basic concepts. The analytical approach is getting results, especially among the intelligentsia, although appreciable gains are noticeable in the lower IQ's. Pre-clears who insist upon running only such material as they feel in the mood to run (they never touch upon anything basic), and the chronic computers, are quite susceptible to concept running and the analytical approach. Some of them appear to be rather surprised that their sur-facts are applicable in present time.

Hubbard is still writing fantastic stories. His Technique '80' and '88' series, the Concept, and Black and White processes, have qualities of the ultra-mundane but the basic concepts are good and are quite workable. The Black and White process appears as being a combination of running opposites, Yoga mental images and Archenetics. It works so why worry as to its parents. Here's to a flock of Theta Clears.

Ron Howes' new techniques fit into a category by themselves but as they seem logical, let's try them out. Dianetically, Ron is gaining much stature, fast. His tapes and transcripts are now widespread and seem to be quite popular. A new leader in the making?

Wayne Dunbar's current Lecture Tour may be the start of a concerted attempt to attract more people into Dianetics. The Foundation should tabulate the results as it could be interesting.

Presently, our most patent need is the same as in the past, much validation of the kind that's apparent to the eye. When we have this, word of mouth advertising will keep the ranks full.

Let's keep Dianetics rolling!

NEWS OF HUBBARD

The following is reprinted from the Bristol Dianetic Review, Vol. I, No. 7, October, 1952:

"L. Ron Hubbard has arrived in England. He is making no public appearances as yet as he is trying to complete a book on the latest discoveries in Dianetics and Scientology, and to train the students who have enrolled in a professional course.

"This is no time for any high level of public activity. Things have to be squared away." Mr. Hubbard said, "we need very well trained auditors and the new publication. Also we have to get things in good shape organisationally here. The activities of the Dianetic Association Ltd. and the Dianetic Federation of Great Britain are being continued by the Hubbard Association of Scientologists insofar as the membership of those bodies concur. The Hubbard Association of Scientologists is a non-profit corporation with temporary headquarters at 46 William Mews, Knightsbridge, London S.W.1."

"I am very glad to be here and to see how well you have done. We have an excellent basis for good, conservative progress. We will soon have a new text printed by S.J. Swan in London and will shortly have excellent trained British H.C.'s."

"I am extremely happy about the very splendid reception that has been given to me and I have very high hopes for an excellent future here. It is my belief that we can avoid here in Great Britain the sideshow sort of activity on which America insists. Our professional standing is good, and our techniques are better than they have ever been. I am glad to be in England."

"It is with the greatest pleasure that those responsible for this paper add their welcome to those already given to Mr. Hubbard and we look forward to rapid progress in Dianetics and Scientology under his auspices. Some fifteen people are enrolled in the first professional course which was mentioned in our September issue, this course was started by Jack Horner who has since gone back to the United States. It is now continuing under the personal direction of Mr. Hubbard. We hope for great things from these trained auditors."

"We also have a progress report from the West London Group which has been one of the most successful in their work on training auditors, and an article on a very elementary training technique. We are very pleased to print this article as we feel sure that it will be of value to those of our readers who are quite isolated and who may feel somewhat timid about starting auditing with advanced techniques. We also have a really useful article by Allan Miles on a really practical topic of how to get dollars."

(Editor's comment: It sounds like we all could use this last piece of information.)

NEWS FROM HUBBARD DIANETIC FOUNDATION

The following is an excerpt from a letter dated November 5, 1952 by the Secretary of HDF, Jack Maloney:

"News about the Foundation . . .

"1. There is little I can tell you about Wayne's (Ed.- Dunbar) trip. In some respects, you know more about it than I do. The cities covered will include: Minneapolis, Chicago, Grand Rapids, Cincinnati, Youngstown, Niagara Falls, Boston, Philadelphia, Washington D.C., Asheville N.C., Marietta and Valdosta Georgia, Sarasota Fla., New Orleans, Baton Rouge, and Houston and Dallas, Texas. It is interesting to note that Detroit, Indianapolis, and New York City are absent from the itinerary. Those who are interested are appreciative and looking forward to his visit. Those who are not interested have not been moved at all.

"2. Student enrollment has picked up -- seven during October and it looks like six or eight for November. There have been two preclears every week during the month of October and this business holds steady as we go into November. There have been as many as five in one week -- three arriving without notice. A few weeks ago, Don had to take over the class and the director of training took a preclear. Waldo was stopping out of his office and doing his regular work at night. The possibility of a similar dilemma presents itself this coming week.

Business in the field (referrals) keeps pace with the activity at the Foundation. In Michigan, we make as many as eight to ten referrals a month. We have made as many as eleven in one week to an auditor. I can hardly remember the last time we had an inquiry from someone in the state of Minnesota. . you must have some pretty stable people up thar.

"3. Associate memberships maintain the curve upward. In our annual effort to cull the general mailing list, which last year was reduced from forty to seventeen thousand, we sent out a test mailing on the weekend of October 25 - 26. This initial mailing numbered just less than two thousand. We were hoping for a 10% return. We still have two days to go, and already have a 30% return.

"4. Last Thursday, Friday, and Saturday, Don, Gene, and the entire student body attended an International Conference of Musical Therapists at the Menninger Clinic in Topeka. This is the first in the series of attending such meetings. We want the other people working in the field to know that we are interested in what they are doing. Those who knew something about Dianetics were amused, if not pleased to find that we did not die with the bankruptcy. Most were enthusiastic about Mr. Hubbard's departure. Though this is second-hand information, I understand our group was a center of interest. This could, in the main, spring from curiosity, but nevertheless, it was there.

"5. Since April 1st of this year, (date of reorganization of the Foundation) we have an almost perfect record in the processing section for the attainment of the goal of the preclear. This is all we claim to do in our thirty-six hour intensive. Only one case of Parkinson's disease, totally invalidated and almost without speech, can be counted as a failure. His person was brought by kin to the Foundation and did not want to get well. (Preclear's statement) Records in the preclear's hand-writing will substantiate this claim. I believe this is an enviable record.

(Ed. comment: it sure is; anybody else got a batting average of 1.000 in Dianetics?)

"6. Analytical Procedure has developed beautifully. It is in the third stage of reorganization. In most cases, we begin to accomplish the things on Monday or Tuesday that heretofore began on Thursday. We hope, before the year's end, to make a supported announcement on it.

"7. We resumed the Monday night lecture series at the Foundation this week, with the most difficult of topics.. "Dianetics: what it is, what it does, and how it works." The local attendance was disappointing, however we were competing with the governor who spoke in the auditorium behind us, and of course, with Mr. Stevenson and Mr. Eisenhower.

"8. We are in the early states of planning a newspaper or magazine. I personally do not know how we can handle it, but apparently they want it on the outside. If it materializes, it will be a light newsy piece, never dealing with techniques or process.

"9. The elusive Mr. Howes, who has the best of intentions I am sure, has again threatened to visit Wichita. We will be happy to have him. He phoned Don last week from the Air Base, with only a few minutes to board the plane. He had been visiting the Boeing plant on business and said he would return here in about three weeks. He sounds as though he has made some personal progress and we will be as happy to have him visit us as we are when you or Wade or any of our fellow workers visit us.

"We are all well, enthusiastic, and in good spirit. We hope you and all your people are the same.

Sincerely,
(Signed) Jack Maloney

NEWS FROM PHOENIX

October 14, 1952
1320 N. 1st, Apt. 4
Phoenix, Ariz.

"Dear Mel:

"DIANOTES, Volume I, No. 12, arrived today. I found some interesting features in it. Congratulations on MDI's radio appearance.

"I have noticed that both DIANOTES and the (Denver) COMMUNICATOR contain a paucity of reliable data of what Hubbard is doing in Phoenix. I'll try to give you some and if you desire to publish it -- fine.

"Dianetics is now partially into the third stage of development. The first stage was the care of the body as represented in the first book and SOP. The second stage contained thought, effort, and emotion as represented in S of S, AP&A, and the Handbook for Preclears. It was primarily aimed at enabling one to control his body and environment better. The third stage contains the answers to who and what we are, how we operate, and how and why we're here. The data in all of these stages is still valid with the exception of valences in the first book. To illustrate this, we're running a theta clear through his prenatal bank at the present time (2/3 of the way through in six hours. He works well.)

"Ron Howes stated that a homo sapiens was a hybrid: physical and theta. The 'I' of the individual is the theta part. The third stage of Dianetics processes the 'I', the thetan, the preclear or whatever you want to call the individual. As more and more data is accumulated as to what the thetan is and how it works, better and faster techniques are being developed. These techniques, contrary to what has been reported, are not older techniques in new dress. The goals of the present stage of Dianetics are different than the previous stages. The techniques are correspondingly varied. Being based on concepts and energy manifestations, they are excellent for occluded cases. With a process made up of 3 or 4 of these techniques, I audited a person from apathy to theta clear in 60 hours.

"What is a theta clear? Hubbard has described one as a person who can leave his body and have perceptics where ever he is. I feel that this should be further qualified since this state is obtainable via some mystical practices. The theta clears I have observed to date have further qualifications such as being able to read minds; perceive their own and the energy manifestations of others such as pressor and tractor beams, force screens and occlusion walls; be able to locate any facsimile bank spatially in themselves or others, etc. In describing their capabilities it is only fair to those desiring to reach the state of theta clear to warn them of the violent restimulation just prior to reach that state and for a few weeks later. This restimulation is due to a number of factors, mainly that their whole track is wide open and that people try to invalidate them through every conceivable channel. Some of the theta clears here have reached the state of being able to reduce facsimilies in others. Needless to say, the rate at which a theta clear runs is extremely fast. At the present time I feel that the fastest way to become a MEST clear is to become a theta clear first. The final goal, of course, is a cleared theta clear.

"I don't know when I shall be back in Minneapolis. It is my hope that another auditor and I will soon be able to start a trip around the country, making four theta clears at each stop. Since most people could not afford to pay for such clearing, I am trying to find an 'angel' to pay our expenses. If one is found, the cost to the pc would be nothing, though he would be asked to consider an obligation of clearing four others. Such a scheme is good on all dynamics except the 9th: the buck. We may try it, picking up whatever people can pay. The techniques and a working knowledge of them unattainable through reading is badly needed throughout the country. We may be able to fulfill that need. Know any 'angels'?"

(Signed) John J. Robinson

PRENATAL ENGRAMS IN CHICKS

Review of the experiment

"Persistence of Embryonic Conditioning in Chicks"

performed in May 1952, by Donald H. Schuster at the University of Minnesota

Purpose: To demonstrate the existence of prenatal engrams in chicks.

Introduction: The emphasis with current techniques is off the prenatal engram. The writer had a yen however to see if such a thing existed and if it could be demonstrated scientifically. It's rather impractical to experiment with human beings; even if the subjects objections could be overruled, there is still the matter of controlling the various factors. And for preliminary experiment, working with animals such as rats or hamsters would unnecessarily complicate the experiment with the mother's reactions. Therefore, for simplicity, chicken eggs were chosen as the experimental medium. The chicken eggs are easy to work with, relatively speaking. The Mest environment can be quite well controlled during the incubation period.

Procedure: About 2½ Dozen eggs were used. About a dozen and a half of these were experimentals; that is, they were given the conditioning treatment. The dozen left were for the purpose of controls. A week before hatching, (incubation period is 3 weeks for chicks) the experimentals received about fifty to

sixty electric shocks paired with the ringing of an electric bell. The shocks were adjusted to cause just a noticeable twitching as observed when candled. The controls had the same treatment except that they did not receive the electric shocks. After the conditioning treatment, the eggs continued incubation in the normal fashion until hatching.

Results: At hatching, both experimentals and controls were given three rings of the bell to test reactions. It was easy to see which chicks had the prenatal engrams. The experimentals, with their prenatal engrams, reacted by twitching and shaking in the same fashion as they had when they received the shocks in the egg. Thus the sound of the bell alone restimulated the prenatal engrams of electric shock and bell together. The controls, or the chicks with no prenats, gave one or two simple startle responses and from there on ignored the sound of the bell.

Several days after hatching, the experimentals reacted slightly differently to the sound of the bell. In many cases, the chicks would run around the testing cage and cheep when the bell sounded. This speeded up phase could be termed the dominating tone band of 1.0 to 2.0 on the tone scale. When the bell sound ceased, many of these same chicks would sit down, but still be breathing heavily. This slowed down phase could be termed the submissive tone band of 0.1 to 1.0 on the tone scale. The control chicks, the ones with no prenatal engrams, of course still did not pay any attention to the sound of the bell.

If the bell were rung repeatedly, the chicks would not react anymore to the bell; in other words, the engrams had been run out.

At this time, it was not found possible to condition the chicks earlier than one week before hatching. Body movements occur as early as two weeks before hatching, such as a simple withdrawal to a touch. Apparently this type of prenatal engram depends upon the existence of cortical or subcortical association to be effective. And as such, there was no trace of cellular conditioning found.

Further experiments are planned concerning cellular recording.

The original experiment may be read in its entirety if desired; one copy is at Hubbard Dianetic Foundation, Wichita, Kans.; the other is at Minneapolis Dianetics, Inc., Minneapolis, Minn.

Editor's Note: DIANOTES is trying to set up a science reporting department. The foregoing article is a sample of the type of material needed, material that deals with scientific experiments that pertain to dianotics. If you know of anyone interested in dianetics and doing scientific research along dianetic lines, would you let us know? Address mail to DIANOTES, General Editor, 2449 Humboldt Ave. So., Minneapolis, 5, Minn.

ANATOMICAL RESTIMULATION
by Bob Collings

This is a supplementary technique that can be utilized to advantage in all cases. It is adaptable to, and can be used in conjunction with, any existing Dianetic procedure. It is distinctly a 'crutch' technique, but it is designed to speed up processing rather than being something to bolster up a bogged down or an

unresponsive case. The use of 'crutches' has been consistently frowned upon in Dianetic procedures to date, but through their use most cases will respond more rapidly.

When processing for a specific somatic, whether functional or organic, the use of a pictorial facsimile of the affected part is a distinct aid to the process. Much has been said in relation to the Original Blueprint and Internal Awareness. It has been conceived that through the medium of Internal Awareness it is possible to repair the affected part so as to conform with the Original Blueprint, it being immaterial as to whether the Original Blueprint is a Theta Facsimile or a Mest Facsimile, because if it has existence it is subject to restimulation. If an affected part is kept in constant restimulation through the use of a picture of that part in an optimum condition, the development of Internal Awareness then becomes a simplified and a near mechanical process.

Internal Awareness up to present time has been confined to a comparatively few individuals. Only those people who have found it necessary to live close to their bodies, hypochondriacs and those with chronic ailments, have had much success in the attainment of this goal. The present method of blind searching for parts of the body which are nameless and shapeless as far as the average Pc is concerned, is comparable to looking for a needle in a haystack. Why not supply him with a blueprint of his Blueprint, something to hold his interest and supply added impetus to his job of rehabilitating his Mest Body? The Auditor who uses this technique will find that his cases will open more quickly and that he has much more available data to work with.

The technique is simple and is, in itself, a form of Effort Processing. To contact an isolated part of the body it is necessary to exert an effort and as the Pc's attention units are concentrated upon exerting that effort, any material relative to the part to be contacted is almost certain to come to the surface. It changes present procedures only to the extent of developing the awareness of control centers and internal awareness as a preliminary rather than as an adjunct to existing processes. It is something that the Pc can do in his spare time that will show almost immediate results as there are many surface points on the body that can be contacted quickly. After the first small success nothing can stop him as he has actual proof that Dianetic procedures really work.

As an aid in properly exerting an effort in the area to be contacted, instruct the Pc to give a slight 'grunt', that is, expell some air from the lungs and then hold the breath. As 'grunting' is a common practice familiar to everyone, it is only necessary to learn to apply the effort in an isolated area rather than in the lower abdomen, and with somewhat less force. The resulting stress, as applied, can be in any or all directions simultaneously, it being merely a matter of practice and control.

If the case is to progress rapidly, the Pc should not be given more than one facsimile at a time. It is readily apparent that if he is given a book of Anatomy or something similar, he will tend to jump all over the book and get nowhere. The Auditor should obtain isolated pictures of several parts of the body which are common to ordinary ailments. After the case has progressed to some extent, a book might then be used to advantage.

This technique has been presented in bare outline so as to allow sufficient latitude for those who wish to use it to devise innovations of their own choice and to correlate it with their present procedures. If any reader is desirous of obtaining procedures designed for specific ailments please request same through DIANOTES. One such, PROCEDURE FOR VISUAL CORRECTION, is now available from the Author at a nominal cost.

L E T T E R S

1005 Pierce Road
Madison, Tenn.
October 19, 1952

Dear Melvin:

To bridge the gap between publications such as DIANOTES and personal letters and discussions, a group of us are founding a dianetic communications net. Object: a letter at least every sixty days from each member of a group of twenty-five.

To show you the tremendous brainpower of those interested in this venture, I am enclosing a copy of my first letter. You will note particularly the exquisite poetry which shows the high level of culture involved?

We're lacking a few members so if you can see fit to mention this undertaking in DIANOTES we would appreciate it.

(Signed) Sincerely,
Ernest P. Pope

PS: Congrats on the first article in the June-July issue. It's time we started selling dianetics.

* * * *

Dianetic Federation of Great Britain
20 Buckingham St. Strand London WC2
Secretary: George Hay

Dear Ed:

Issue 12 of DIANOTES received and appreciated. A copy of No. 3 of EPICENTRE, the Federation organ, is being sent to you.

It seems likely that the Federation group function over here will be replaced by the Office of Groups of the Hubbard Association of Scientologists. You will be duly informed of this as soon as I have the details straightened out. In the meantime, any queries about British groups and activities can be addressed to me, either at home here or at the Buckingham St. address.

I enclose details of current H. A. S. activities. Let me know what goes on - - I'll do as much for you.

(Signed) Bye now,
George

(Enclosed was a mimeographed form describing the courses of instruction in dianetics under the tutelage of L. Ron Hubbard.)

TWENTY-FOUR HOUR SERVICE

The following publications are now available for shipment in 24 hours by Minneapolis Dianetics, Inc.:

ADVANCED PROCEDURES & AXIOMS, L. Ron Hubbard - - - - -	\$2.50
AUDITOR'S MANUAL, Hubbard Dianetic Foundation - - - - -	5.00
BASIC ILLUSIONS OF PROCESSING, J. W. Welgos - - - - -	2.00
BASIC REALITIES OF PROCESSING, J. W. Welgos - - - - -	2.00
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DIANOTES, Back issues, Nos. 1, 2, 3, 4, 5, 6, 7/8 (combined) - - - - -	Each .20
Nos. 9/10 (combined), 11, 12, 13 - - - - -	Each .25

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DIANETICS IN THE CITY OF THE LAKES

The highlight of the past month in Minneapolis and St. Paul, was the appearance of Wayne L. Dunbar, H.D., in a series of two lectures at the YWCA in Minneapolis. These were presented on the evenings of Saturday, October 25th and Sunday, October 26th. Mr. Dunbar is, at present, Director of Training at the Hubbard Dianetic Foundation in Wichita.

The lecture series was attended by over fifty interested persons who heard Mr. Dunbar cover such subjects as "What Dianetics Can Do For You", "Child Dianetics", "Case Histories", and "Internal Awareness". In addition to covering these subjects, he held a spirited question and answer session, and on the second evening, an impromptu demonstration.

On the afternoon of Sunday, Oct. 26th, an informal discussion group for MDI members was held. This lasted close to four hours and all questions regarding other phases of Dianetics were discussed. If you are interested in hearing these lecture series, refer to Mr. Dunbar's itinerary on page 3 of this issue.

EVOLUTION, PSYCHOTHERAPY, and GROWTH

by Thomas E. Carey, Jr.

I. Introduction:

One hears a good deal these days about "MEST clears", "theta clears", "cleared theta clears", and even more phenomenal types. Let's clear the ground initially by abandoning this misleading classification. We are talking about human beings, not about computing machines or nebulous wisps of smoke.

Let's look at human beings, then. What characterizes them? How are they different from each other? Where have they come from? Where are they going? Naturally I don't have answers to all these questions. Obviously, though, there are differences among humans. These differences fall upon a unified spectrum embracing all eight dynamics, and range from irresponsibility to responsibility, from unawareness to awareness, from stasis to action. I want to distinguish this continuum from the Hubbard Tone Chart.

I have said elsewhere that stereotyped modes of thought can only hinder understanding. There is a physiological body-mind basis for this, in the form of a capacity for response which guaranteed survival for life-forms before us.

II. Dynamics of Evolution.

Roughly, it is possible to say that the importance and scope of the dynamic-relationships within a species rises in proportion to the degree of cortical development the species has attained. Inter-individual relationships ensuring sexual reproduction exemplify this on the second dynamic. We note that males of some species of fish will go through their entire, elaborate courting routine in response to a single stimulus similar to those given by the female, such as a small stick colored like the female. The relationship between male and female here is certainly an elementary one; yet it is more complex than found in snails, say, or flowers. Most species of fish protect their young. (The communal insects, such as ants and bees, seem to have quite complex communities; but they have virtually no interpersonal relationships in the sense used here.) By the time we reach the baboons, we find tribes and families relatively well-developed. But we find no sense of religion, and no co-operative projects aimed at changing the environment. These, in some form, are evident in every branch of humanity, no matter how ridden with aberration.

With increased cortical development come as well increased awareness, ability to learn, plan ahead, differentiate, anticipate; in brief, increased potential for survival. Yet the race now finds itself in a very dangerous position.

How can this be?

The reason is the basic mechanism of survival. It was adequate for less corticated species. Many of them died, probably many of them were burdened with pain and confusion. Yet the mechanism insured survival of the species. In a situation of stress, whatever its nature, the organism endeavours to control the counter-effort it faces. To do so it modifies itself; and life-forms have an immense capacity for self-modification. The organism lacked capacity for abstraction (a cortical faculty) sufficient to re-integrate itself after the stress had

1 In a forth-coming article in the CADA Journal.

ceased. Thus it continued to be modified. Subsequently it reacted to all experiences, stressed or not, as "organism-with-modification."

Existence is dangerous for primordial forms of life, but it is not complicated. The threats such a life-form was likely to meet were perhaps numerous, but they were clearly distinguished, easily identified, and relatively constant in form. Moreover, the organism's environment was limited and relatively unchanging. One sabre-tooth's roar was much like another's, for instance; and the sabre-tooth could only hide effectively in the jungle. Accordingly the modification which served once, would serve again and again, when that particular attack appeared.

We humans, and our human species, are a continuation of the main line of evolution of life on this planet. From the point of view of the time-scale applying to the development of terrestrial life, emergence of our species was an extremely recent event. Thus it isn't suprising that we retain many characteristics of less-evolved, less-corticate forms of life from which we sprang. The survival mechanism described is one of our inheritances.

What is suprising is that so early in the life of our species we have learned so much about ourselves. Paradoxically, so long as we failed to understand the fundamental means we use to survive, our survival was drastically limited, not only in duration of individual organisms, but in intensity and scope of both individual and race participation of the life-dynamic. In simpler environments than ours, the emergency mechanism of permanent organism self-modification insured a limited survival.

That insurance has lapsed.

We find ourselves in a world whose technological structure is now capable of sterilizing this planet. Its sociological structure is such that war is used to settle conflicts between groups when the less destructive modes of communication, such as negotiation, arbitration, and mutual concession have failed. On all dynamics we require, to survive as a race, to be able to utilize all our awareness, all our knowledge, all our abilities, to solve the problems we face.

III. Psychotherapy and Growth.

Psychotherapy deals with the individual organism. How does this relate to the state of the world? Well, John Donne said it pretty well a while back: "No man is an island. Every man is a part of the main." Conversely -- the saner each of us becomes, the saner the world is. And -- the better able each of us is to survive, whatever happens.

In my view, the aim of psychotherapy is the attainment of unitary functioning. This is now possible.

The most common, and the most serious deformation of the human personality is that people are "out of their bodies". Under the violent onslaught of pain in the prenatal period, and during birth, and the equally violent pressure of emotional dramatizations by one's parents and loved ones, most people have dissociated themselves from what they felt to be an unendurable situation. This was, at the time, the best solution they could find. But, each time we dissociate ourselves from our bodies, we induce conflicting functions; having separated our "thought" from our emotions and our physical perceptions, these assume in a sense, the nature of independent entities.

It begins to seem that our emotions and our physical functions act by themselves, out of our control. We say, "Oh, my head aches so badly," or "I couldn't help it; I just flew into a rage," or (if we have a smattering of dianetics) "Joe re-stimulates me; I don't like him." This type of statement is thoroughly acceptable in our society, and induces agreement, sympathy and communication. We come to be full of splits; we have rejected awareness of and responsibility for ourselves.

Through psychotherapy we can heal these splits, re-integrate all the now divergent parts of ourselves, and achieve a unitary functioning. The basic principles are known, and a few people have become capable of applying them. They are not widely known, and many more people will be able to apply them. But that we have progressed as far as we have in two years and a half is a wonderful thing.

Unitary functioning is attained when the individual exhausts the emotions he associates with loss of use of his major control centers. These are then in balance. Prior to this step in therapy, however, most cases must do considerable work.

In general, this work will consist of eliminating identifications by which the individual limits his desire for his own goals, including that of therapy; of attaining sufficient self-awareness to enable him to utilize effectively the process of repetitive deconditioning of past incidents of stress (running an engram); of attainment of sufficient honesty to recognize and feel his own emotional states, and to look for, recognize and re-evaluate the response-patterns he is using. (These, of course, compose his service facsimile.) Such recognition will be effective only if it accompanies a coordinated awareness of effort, emotion and thought.

In the past a great number of accessibility techniques have been developed. These are designed to aid in this preliminary work.

Suppose, now, that an individual has gone through all the mechanical steps listed, and balanced his control centers. What will he be like? What will he do? He can hardly fail to be in the best of health from then on, unless he interferes with his inherent homeostatic functions. He will be a dynamic, effective individual. He can rest there, or he can go further. He can take whatever place and part in the world that he chooses. He can conceive, institute and carry out constructive projects involving all dynamics and the most arduous labor for himself, and enjoy doing it. Or, at the other extreme, he can simply have a wonderful time, wish you were here, strum his guitar, and astonish his friends.

Earlier I described a continuum which I distinguished from the Hubbard Tone Chart. The two individuals above can be placed at opposite ends of that continuum. Both are sane; both attained unitary functioning; both are "clear". What they did afterward was a measure of -- what shall we call it? Lets call it -- Growth.

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CARICATURE TECHNIQUE

by Ron Howes

For those individuals who have difficulty in establishing a lack of referant I suggest the following technique: Stand before a mirror, and select an emotion. Characterize this emotion in your usual manner, notice what you do by looking in the mirror. Then, with deliberateness, caricature this emotion. Exaggerate it. Let us say that you have selected well-being. All right. Float literally on your toes. Raise your arms, loft yourself about the room. Smile ecstatically, feel that you are the center of good will, of goodness, of peace, of harmony, and of happiness. All's well with the world, a benign expression should be on your face, your movements graceful, full of meaning, you felt good, only do it with a vengeance, really lay it on. Notice what you do when you do it.

Now select another emotion. Let's say anger. Scowl, bare your teeth, snarl, breath heavily, make a fist, strike out, pummel. Be very aggressive, very vicious. Stamp about the room, strike objects, shout, you're a man, you're strong, you can destroy anything. Lay it on thick. Do a good job. Realize what you're doing when you do it. All right, take grief. Wring your hands, pull your hair, let tears flow down your cheeks in copious quantities, sob, gads, how miserable is life, how horrifying existence, you're lost, all is lost, shake, tremble, feel the agony of life. Again, lay it on thick.

Go through all the emotions you can contact in this manner. Exaggerate and exaggerate and exaggerate. Know what you're doing as you do it. Observe yourself in the mirror as much as you can, consistent of course with your position in reference to it. Do this until you are tired, and until you believe you have established some knowledge about yourself and about emotions as you express them. You may also take a single idea, such as mercy. Exaggerate it or intellectualize. Argue with yourself. Prove to yourself what a great thinker you are. Or, be pundit. Be very pedantic about it. Or, you're a good guy, you're a nice guy, you're a swell guy. Or, you're a stinker. Whatever you do, lay it on thick. Really exaggerate. If you can find the proper use of emotions as such in our society, you can find it with this technique. Having done this and having established how you felt, a point, a point of knowledge, go on then to the single word technique and the others. Now you have the tools. You have for instance, the "Accuse" technic, which will give you material, produce insight, cause spontaneous emotion. You have the BAM. You have the exhaustion of reference. You have the caricaturing. You should be able, with these various techniques, to accomplish for yourself anything you wish to. By discovering how you function, where you function, when you function, by getting in contact with your background, both of your environment and of your experience, you will change. Enough change will always be for the good. And if there are dark days when you are doing this, and you feel that it is hopeless and no progress is being made, I assure you, progress will be made if you do, and if you perform, as I have outlined,

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