

# DIANOTES

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OF GREATER ST. LOUIS

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To all subscribers who have been receiving DIANOTES under subscription from HDAA-I:

Your subscription expires with this issue. We hope that you have enjoyed our publication enough to warrant your renewed subscription. Expiration notices will be sent out in a few weeks, but why not send your renewal in now while you are thinking about it?



*Your Future*

## WHAT ARE YOU DOING ABOUT SURVIVAL?

by Elizabeth M. Burrage

"As a general rule, any technique that is thoroughly believed in will bring about results. Many of us are caught in a cyclic activity of eagerly accepting each new reality presented, studying, arguing about it, but not using it."

(Donald B. Howes, PrF Newsletter, 10/24/52)

WHY are you reading this paper?

WHY does Dianetics appeal to you?

WHY did you first get interested in Dianetics?

\* \* \* \* \*

Here in Colorado Springs, on Tuesday, Oct. 21, 1952, the first of a "Comic-strip" type series entitled The Hell Bomb appeared in the Gazette-Telegraph. On this same day all the whistles --- train, business, et al. --- stopped blowing. Saturday, Oct. 25, 1952, this same paper carried an article entitled "Hydrogen Bomb May be Tested at Pacific Atoll". Monday, Nov. 3, 1952, the headlines read, "Hell Bomb Blast Described;" subheading, "More Violent Explosions Promised at Later Date." The same day, on the inside pages, there appeared an article accompanied by a picture entitled "Underground Pentagon." Today (Dec. 8, 1952) the papers read, "'Skywatch' Volunteers are Sought." President Truman declared Saturday, "It can happen again...." "'Too many of us slept too soundly,' Eisenhower says."

Remember the ending of the first article on Dianetics which came out in March, 1950, which said something to this effect: "Down there in the hold is the atom bomb, and up there are the stars... which shall it be?" The last picture in the first strip of the Hell Bomb series says, "Success at the Mid-Pacific proving grounds, according to Albert Einstein, would bring 'the annihilation of any life on earth...within range of technical possibilities.'"

Have you read Science of Survival by L. Ron Hubbard? Here is one of the first of the books which has tried to bring recognition to the public of the only way available to the public at large to put man in a position where he himself need not become the victim of his own technical devices.

Have you read Parts I, II, and III of Prologue to Survival, in which a man who has made use of the ideas propounded by Hubbard in Advanced Procedures & Axioms tell what he has discovered for himself?

Do you recall these lines:

"The body is a magnificent machine--it has many actions, powers of which you have no knowledge at this moment...Isolate yourself in space, isolate yourself in time, isolate yourself from the influences of energy.(Prologue I) Most persons do perform such an act when they sleep, since attention contact with the environment is minimal.(Prologue III) Now attempt to feel something inside your skull, an idea of a vibration, a moving, living motion. It is a higher level than sense perceptions. It has to do with the key. (The key to creating...) One of my problems now is to raise my intelligence by creating new nervous matter. I was told this couldn't be done, but I am proving it can be." Etc.

Except as noted, this is from the first interview with Ron Howes on January 20, 1952, transcribed and published by Gordon Beckstead, Psychological Research Foundation, Phoenix, Arizona, as Prologue to Survival, I. On page 60 of the third

part of Prologue, Howes says, "Survival before extreme heat consists of dilation of the peripheral circulatory system exposed to the heat source. Survival before extreme sound consists of the reverse action (lower fluid content.) Survival under extreme acceleration consists of sustaining blood supply and proper structural connectors."

What are you DOING about survival? Having fun, arguing about techniques, or constantly searching for the best way in which you can actually have better communication both within and outside of yourself in order to survive?

Now!!

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BOOK ANNOUNCEMENTS

"DR. RON HOWES DISCUSSES..." by Humanics, Colorado Springs, Colo.

After becoming clear, Ron Howes turned his high IQ to the problem of understanding himself. Then, knowing himself, he examined psychotherapy as it has existed. In this book, he has created a life orientation from which can be derived techniques as well as a heightened awareness of what man can be. Dr. Howes discusses brilliantly the facets of being human, and techniques and theory which will enable a man to be what he wants to be.

This will be a 185 page, bound book of data from 200 hours of recorded interviews with Dr. Ronald B. Howes. The data is integrated in such a manner that those who read it will find the courage and inspiration to make of themselves that which they wish to be.

Available December 15, 1952, price \$3.00, from the publishers, The Humanics Group (Olla Curry, Virginia Kammann, Morris Kammann, James M. Elliott), 18 Cragmor Village, Colorado Springs, Colo., or from Minneapolis Dianetics, Inc., 2449 Humboldt Ave. S., Minneapolis 5, Minn.

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SUPPLEMENT #1 of the COMMUNICATOR

The following announcement has been received from Sadah Field in Denver, Colo.:

"We are now printing Supplement No. 1 to THE COMMUNICATOR. This publication will contain three articles, "Three Steps to Theta Clear", by John J. Robinson, who has been in Phoenix since last March working with Hubbard and developing the latest techniques; "Translation Hypothesis", by Perry Chapdelaine, HDA -- a new frame of reference on the interrelationship of aberration and pain; and "Point of View Processing", by Clifton Amsbury, HDA, another approach to the problem of recognizing and reducing aberration, plus an entirely new feature: "Two Little Thetans", by Fred S. Boyd. Cost of this new publication is 50¢, and is now available. Make remittances payable to THE COMMUNICATOR, 53 West Maple, Denver 19, Colo.

We have received a copy of Supplement No. 1. It is nicely mimeographed on 8 $\frac{1}{2}$  x 11 paper, has a mimeographed cover, and is well worth 50¢.

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Editor's Note: Several letters have come in asking for copies of the following article by Bob Collings. Rather than answer these requests individually, we are answering them collectively; we hope you, the general reader, will also benefit by this technique.

PROCEDURE FOR VISUAL CORRECTION  
by Bob Collings

This technique is designed to improve eye conditions in all cases where the cornea is not impaired. Cataracts can also be improved as this technique tends to build up a high level of internal awareness in the optical system and it is only a short step from internal awareness to internal repairs. Once this phenomenon occurs in relation to the eyes, the development of internal awareness in the rest of the organism is relatively easy.

The procedure is entirely an Effort Process and any incidents and somatics that appear during the process should be handled with standard procedure. The material can and will appear in any or all steps of the process, although most of the heavy runs should appear in step seven. It is to be understood that this will vary in different individuals. The process should be continued until the basic incident is contacted and run out, and all locks having to do with the eyes thoroughly scanned. Any results obtained should be permanent and the Pc should be impressed with this fact.

The process can be administered as fast as the Pc can handle it. Any Pc with previous conditioning in internal awareness should show almost immediate improvement, while a Pc that is new to Dianetics might take a long period of time. Regardless of the time expended, the results are worth it.

Step 1. Obtain an accurate picture of an eye that shows all muscles, veins, nerves, etc. This may be found in any book of Anatomy. The Pc should study the picture thoroughly and become fully acquainted with the entire eye structure. This should be done at regular intervals during the process so as to keep the "Original Blueprint" in constant restimulation,

Note .... The use of a pictorial facsimile in this procedure is distinctly a 'crutch' but through its use the process is speeded up to the point where minor and even major improvements are apparent quite early in the process.

Step 2. Have the Pc become aware of the concept of an object, any object, with which he is familiar and can be mentally visualized with his eyes closed.

Step 3. Have him move the object in a circle and follow it slowly with his eyeballs actually in motion. Run this long enough to fully acclimate the Pc to the condition and until he runs it freely.

Note .... As an aid to conditioning the Pc in making the object move, have him (or her) go through a mental sequence of some habitual effort, such as, stirring a cake batter, opening and closing a water faucet, tightening a bolt, in fact, anything with which he is familiar.

Step 4. Have him continue moving the object in a circle but have him follow it mentally with the eyeballs remaining static. It is extremely important that the Pc runs this step until he is aware of a slight stress on the eyeballs, even though they don't move. As this is actually the first step in the development

of internal awareness, have him practice the following exercises until that phenomenon exists.

Move the object:

1. In circle, both right & left.
2. On a vertical plane, up and down.
3. On a horizontal plane, back and forth.
4. On a right diagonal, up and down.
5. On a left diagonal, up and down.

Step 5. Have the Pc become aware of two objects, then run through the exercises in step 4.

Note .... The objects should be centered one in front of each eye. Some Pc's will want to place them over and under and thusly defeat the purpose of the process.

Step 6. Repeat steps four and five until the Pc can change from one object to two and vice-versa, with little or no effort.

Step 7. With the Pc visualizing two objects, run through the exercises in step four but have the objects moving in opposite directions. That is, one eye following a circle to the right and the other to the left. Run this step slowly at first and gradually speed up until the Pc is adept at it.

Note .... Any differences in visual accuracy between the eyes will become more apparent in this step as the objects will be conceived as the eye would see it. If one object is less clear or appears at a different angle, have the Pc exert a stronger effort on that eye so as to make both objects appear the same. This, in itself, is an important corrective measure.

Step 8. Have the Pc endeavor to contact the external muscles of each eye, one at a time, then the same muscle in both eyes simultaneously, then different muscles in both eyes simultaneously. This is a test of internal awareness and at this stage of the process the Pc should find it quite easy.

Step 9. Have the Pc contact the inner muscles of the eyes and apply stresses to them. These muscles should have the stresses applied at the Pc's discretion and according to his own dictates because with his "Original Blueprint" in re-stimulation he will tend to move the muscles in a corrective manner. If he seems at a loss as to which direction to move the muscles, have him apply the stress in either direction and he will find that he will want to move the muscle in one direction only. This movement will make the necessary correction if used repeatedly.

Note .... It is an interesting phenomenon that at this stage of the process, the eye muscles are usually plastic enough to allow the Pc to see two different objects at the same time, each object being in clear focus, and in various positions. This faculty can be developed to quite an extent.

When this process has been completed, the Pc will have corrected any visual defects and made a great stride forward toward attaining the goal of internal awareness. It is to be noted that when step eight has been accomplished the Pc will have established his "Super" Control Center and thusly will have removed the greatest stumbling block in the development of Internal Awareness.

Note .... Any comment, either pro or con, concerning this procedure will be welcomed by the author. Please mail same in car of DIANOTES. Good Hunting!

## WHOSE REALITY SHALL WE RUN?

by Morris Kammann, HDA

Author's note: This is just a simple gimmick on orienting the pre-clear toward his past. The paragraph on Gestalt figure/ground could be deleted. You know whether or not your readers are likely to have that data.

\* \* \* \* \*

The figure/ground relationship in gestalt theory provides an entering wedge for resolving a lot of incidents that have heretofore remained hung up. Briefly, figure/ground is a simple way of saying that, from the field of awareness in any given moment, we abstract that which is significant to us, which becomes "figure" against the "ground" of total perceptic awareness.

In running an incident, whose figure does the pre-clear accept? As infants, or very young children, we were accustomed to accepting the reality of our parents. This reality was not ours. Our "figures" differed, in a given situation, and it is this difference which, unrecognized, may prevent resolution of an incident.

For example: Baby is hungry. He communicates by the only method available to him, by crying. Now along comes somebody and belts him one for crying. Here's the point: What did he get punished for? I have yet to run a pre-clear who did not accept the adult's evaluation -- that the punishment was for crying.

But this is false. The baby's motive was to obtain food. His "figure" was hunger. His crying was incidental -- the necessary communication of a basic need. And, in the baby's awareness, this need, his hunger and the communication of it, is what he was punished for. Get your pre-clear to see this, and he'll move a lot faster.

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"I ACCUSE" TECHNIQUE

by Ron Howes

The "I Accuse" technique is extremely simple and effective in orienting the pre-clear to his present time difficulties. It gives the auditor rapid insight into the self-honesty of his pre-clear, as well as to the pre-clear's method of social control, over, under, or mis-control.

The pre-clear starts by saying, "I accuse myself of .....", and continues with as many variations as occur to him.

It is interesting to note that in the beginning, most individuals will make negative accusations of self. Seldom will you find one who will accuse himself of lying, deliberately harming others, or a positive act of destruction.

Accusatory material can then be used with the belief, attitude, and motivation technique.

\* \* \* \* \*

Discover yourself. Discover what you are; How you are, when you are. Create for yourself a background and a mirror in which you can reflect the goodness which is inherent in you and your contributions to our race and our future.

## BOOK REPORT

"THE SECRET SCIENCE BEHIND MIRACLES" by Max Freedom Long. Kosmon Press, 402 pgs.

A collation between Max Freedom Long's "The Secret Science Behind Miracles" and Hubbard's latest works should prove of interest to the followers of Scientology. Long, in his report on the science and works of the native Hawaiians, has endeavored to present the science of 'Magic' in a digestible form and offers many authenticated case histories as proof of its workability.

Hubbard's concept of the Thetan has its parallel in Long's concept of the High Self. This High Self has many attributes, a few of which are, The Power to Heal Instantly, Being Capable of Changing an Individual's Future to Conform to a Desired Pattern, Being Possessor of a Vital Force Comparable to that of an Atom Smasher, and The Ability to Contact and Intercede with any possible Higher Being or Beings. Contact between the Middle Self (Analytical Mind) and the High Self is possible only through the Low Self (Sub-conscious Mind). This contact can be established only if the Low Self is free of guilt or failure blocks and is made possible if any such blocks are removed. Information that is transmitted to the Middle Self by the High Self is usually received in the form of audible or visual symbols which must be interpreted and computed to ascertain their meaning.

The Low Self is conceded as having all memory but has no computing ability other than that which is based on past experience. Such computations are irrational and are comparable to those evidenced by animals.

The Middle Self has no memory but can compute and create from memory patterns supplied by the Low Self and is conceived as controlling the Low Self subject to any occlusions, blocks, fixations or complexes that might be present. Long states that such factors are removable except in the case where a fixation is agreed to by both the Low and Middle Selves. In such cases, if the Middle Self refuses to re-evaluate and change the original decision, the entire pattern of the fixation must be followed implicitly if somatics, etc. are to be avoided. As most auditors have discovered, this also holds true in Dianetics.

Theta perceptics are well covered in the book and if some of the author's explanations of the phenomena are not entirely true, they appear as being quite logical. Open-minded Dianeticists might do well to consider much of this data in the light of blending some of the suggested techniques into our present procedures. If they will simplify and speed up processing, they are well worth a trial.

If further information is desired, the author can be contacted as follows:  
Max Freedom Long, Box 2867, Hollywood Station, Los Angeles 28, Calif. A self addressed stamped envelope should accompany the inquiry. The publisher is Kosmon Press, 2208 West 11th St., Los Angeles, Calif.

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December 1, 1952  
917 E. LaSalle  
Colorado Springs, Colo.

FROM: Tom Carey

TO: Individuals and Groups active in Dianetics and Scientology or who are interested in methods, goals and progress in these and related fields.

SUBJECT: Two communication aids.

I. Projected Address List

1. Last spring I announced in DIANOTES that I would prepare a "dianetic directory" if persons interested would provide necessary information. To date three replies have been received. I have prepared no directory.
2. To aid communication, my plans are to bring the address lists I now have up to date; to reduce it by deletion of listings of persons who are inactive or disinterested; to expand it as much as possible by inclusion of names of persons who are actively interested; to arrange and publish the resulting address list; to keep it current and active by preparation and publication of regular, monthly supplements embodying changes and additions when received; and to distribute it. I want to be able to make this address list available to any persons or groups in our field who want to use it for communication. The degree to which I can accomplish these things depends on the co-operation received from interested individuals and groups.
3. If you want to have your name and address included in this list, send me a postcard or letter with the data required. If you have a tape recorder, or a ham radio station, add necessary details and this information will be carried on your listing. I will welcome copies of the mailing lists or membership lists of groups, organizations or newsletters for incorporation into this mailing list.
4. If you want to be included in my address list, but for personal reasons do not want particular persons or organizations to have the use of your name, let me know and I will make the necessary arrangements. Such requests will be kept confidential. The same arrangements will be made, if requested, for group mailing lists submitted.
5. I am setting a cut-off date for the initial address list of January 20, 1953. Names received after that date will be included in the monthly supplements, each of which will include all corrections and additions received before the 20th of each month. Persons and groups wishing to maintain their listings in an active status will take the responsibility of notifying me of changes which occur.
6. This address list will be legibly mimeographed on good paper, carrying approximately 40 names per page. I have had considerable experience with the magnitude of the time, effort and expense required to prepare and maintain such an address list. Thus I have tentatively set a price for the initial list at \$5.00, on an estimate of 1,000 entries. Interested purchasers can help fix a lower price by letting me know before January 25, 1953, of their intention to buy a copy. I must recover costs on this operation, and I will be glad to set a lower price (even if many more names are added) if I know that sufficient copies will be bought.



7. The monthly supplements to this initial address list will probably vary considerably in size. Price will be based on size and probable sales volume. Purchasers of the initial list will receive supplements monthly, payment due on receipt. Purchasers of the initial list have the option of enclosing an additional deposit, not exceeding \$5.00, from which payment for supplements will be deducted as they are issued and sent. Purchasers exercising this option will be extended a discount on supplement prices. Groups, newsletters, or other organizations who contribute their mailing lists for inclusion in this list will be extended a sizeable discount on the price of the initial list, and its supplements, if they wish to purchase it. All remittances will be acknowledged.
8. To prevent misunderstanding: it is not necessary to purchase the address list in order to be listed in it. Just send your name and address and specify any limitations you want placed on use of your name. If you have reason to believe that your name is already on lists I have, and you do not want it listed, let me know of this and I will see that it does not appear.
9. Individuals and groups in all countries are invited to participate. Suggestions from any source for improvement of this service beyond the outline given will be very welcome. I hope that individuals and groups receiving this announcement will bring it to the attention of others who may not have seen it, to maximize response. I will be glad to answer any inquiries concerning points not clear in the above. The scope and usefulness of this address list will depend on your co-operation.

## II. Projected Publications: UNIFIED COMMUNICATIONS SERIES

1. I am now preparing for publication a series of excellent articles, essays, and papers relating to dianetics and allied topics, by various authors in the field. A few have been published before, but these are so useful that I feel they should be brought together and made available again. Most of them will be new. Some of them have not yet been written -- they are in your minds. You will write them.
2. My experience in editing dianetic material has been that the best editing practice is not to revise, amplify, blue-pencil, etc. Instead it is to select as well as I know how, out of the mass of material, that which reflects an assimilated, unified comprehension of the subjects. In this way the most people can make the most use of the communication. This doesn't mean you have to be "clear" for your communication to be published!
3. I will be glad to consider your manuscript for publication in this series. Send it to me at the address above. No payment can be made for articles published, and proceeds from their sale will be used to expand the series.
4. Publication in this series will be legibly mimeographed on good quality paper, 8 $\frac{1}{2}$  x 11, three hole punched sheets, with cover and back sheet. Text will appear on one side only. Let me know if you want to be notified of publications in this series.

Editors Note: Send all correspondence regarding the the proposed Address List or Unified Communications Series direct to Tom Carey, Jr., 917 E. LaSalle, Colorado Springs, Colo. - Why not drop a card or letter in the mail right away!

## NEWS FROM FAIRHOPE

Fairhope, Alabama  
December 6, 1952

Dear Don:

..... We're busy! We're growing! And we're doing the job that needs to be done as we see it. Apparently, people like the stuff we're putting out. And, one of these days when we get a printing press we'll be able to do even a better job. We're working on 7 projects with a couple more in the offing. We're keeping things humming and we're donating from 6 to 12 hours a day to the field. This means that we work from 12 to 20 hours per day. But, we mean work and not dilly-dallying around in bull sessions. Bull sessions are important for one's educational growth but there comes a time when one has to get past the talking stage and get to the doing stage. Our present projects are:

1. The Jack Horner tape, "Jack Horner Speaks".
2. Sensation and Tension Processing.
3. Part #2 of the Basic Course.
4. Secrets of Memory (Dollar Series)
5. The tape lecture series.
6. Tape processing.
7. Occult aspects.

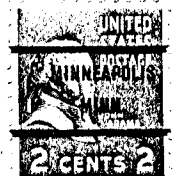
The projects that are in the planning stage (and some in the doing stage) are 1. Our advertising program for the lay public; 2. Lesson and lecture tapes for the blind; 3. The philosophical course; 4. A re-write of Living With Children; and a number of other dollar series publications.

Keep in touch with us -- we're really learning things!

With much regards,  
(Signed) Jim Welgos

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We do not have room this month to list the books which MINNEAPOLIS DIANETICS, INC. offers for sale on a 24 hour shipment basis. However, this service is still being offered, so don't forget us when you want prompt handling of your book orders.  
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D I A N O T E S  
Minneapolis Dianetics, Inc.  
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Minneapolis 5, Minn.



POSTMASTER:

If addressee has moved and new address is known, notify sender on form 3547, postage for which is guaranteed.