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LISTEN EVERYBODY!--

We'd like to hear from you about anything and everything -- particularly dianetic news, ideas, and criticisms. We'll print in DIANOTES parts of letters that may be interesting to others, unless you tell us not to.

We're looking for short (or long) articles, if you have some pet technique that works you'd like to tell others about. Remember -- everything in DIANOTES can be reprinted elsewhere -- Think of the people who might learn from you!

News items we may have missed, announcements, short printable dianetic humor, and individual theories are wanted. Illustrative case histories -- your own or others, that point up how to do or how not to do a thing -- are wanted.

A year and a half ago the first issue of DIANOTES was put together and mimeographed. Since then we've had issues terrific and issues that stunk, but we're still here, and so are you. Now we want to improve. To do that we've got to hear from you; good communication is 2-way. We're interested in you, in SOP results and DLDXes, in Analytical Procedures and Archenetics, standard psychology that parallels dianetics, common sense, mental road maps, free-will, the old and the new, voodoo and miracles. We think they'll eventually all jibe together in dianetics, even the lynin' and the lamm and the Mad March Hares; so we want to know what you are doing--and HOW and WHY it works in your reality.

What you know might be helping someone else...grow...more...

So lets hear from you!

BRISTOL DIANETIC REVIEW, 5 Oakfield Road, Bristol 8, England, is heartily recommended as an understandable feet-on-reality viewpoint for both Scientology and Dianetics. I would especially like to reprint Vol. 1, No. 10 entirely, but instead suggest you send for it yourself, 20p. --- GK, Ed.

EDITOR'S NOTE: (To "Value of Running Grief" on following page.)

Jack Hayes, the author of the article on the following page, is a former member of MDI, before being transferred to Colorado Springs. He had many hours of processing with little results. Except for a previous dianetic group elsewhere he had minimum group level activity. He did not tell others about himself. We were very surprised, then, to have him not only send tape letters, but also taped processing sessions, containing abundant grief discharge and personal items, for our group to learn from the experience and techniques used. This change is in addition to the ones mentioned in the article. Following is an excerpt from his accompanying letter:

"...Personally, I have never run grief on any pc I have audited. Perhaps because I had so much of my own to get rid of I couldn't get my pc into it. That factor, and what it has done for me, makes it loom as a very important subject to further pursue....You may edit this article in any way you see fit, Grace. I'm only interested in getting the point across that it will help to open occluded cases."

We did not edit the article!

THE VALUE OF RUNNING GRIEF

by Capt. Jack Hayes

In my opinion the value of running grief cannot be emphasized too strongly, especially in the occluded case. This particular emotion is the only one which is completely anti-social and, in the male at least, appears to be the one which is the most difficult to contact. Fear, anger, disgust, etc., are emotions which we can, and do, express before others with little inhibition, but grief is the emotion which we suppress, even when alone. This constant tendency to suppress grief seems to be carried into the auditing session in many cases and appears to be the major reason why it is so difficult to contact.

The auditing session should be considered as the time for expressing every anti-social thought or action you have ever had. This of course means that complete rapport must exist between you and your auditor. Ask yourself this question. Can I discuss my most sordid thoughts and habits with this person? If the answer is no, look for another auditor. This also emphasizes the need for privacy in the auditing session. Why do we suppress grief in public? Simply because we don't want anyone to know we are human. To carry this attitude into the auditing session will prevent your case from progressing as it should. If, in session, your eyes water, your eyelids flutter or your face tends to go out of shape there is grief ready to be run. Go after it! Even if you don't know what you're crying about it will take tension off your case and allow it to open up. Eventually you will be able to contact the incident. Be aware of any thoughts that occur at all times and communicate them to your auditor. This is important! These thoughts are the words and phrases which can be "rolled" with sometimes surprising results.

Processing does not end with the conclusion of the auditing session. This is probably not a new idea but one which is sadly neglected or not understood by many persons. Some of your most important results can be gained by constant evaluation of the material discovered in session. How does it apply to you? What does it do for you? Have you interpreted it correctly? For example, the phrase "I'm cold" may, in session, cause you to be physically cold, but the correct interpretation might be that you are emotionally cold, thus putting an entirely different meaning to it.

Know thyself! Become aware of how you react to people, objects, phrases, etc., while in actual contact with them in your everyday life. How do you change yourself to meet a certain situation? Why that sudden pain in the neck when you meet George, whom you dislike? What do you do to others? What do you and others do to you? This awareness of YOU will uncover material which can be further explored in session, or may even be reevaluated and changed in present time. It might be well to sit down and, being completely honest with yourself, make a list of all the things you consider to be wrong with you. Take each item and ask yourself "why am I this way?" record each session if possible and play it back later when you can reevaluate on a higher level of awareness than present in your session. The more one contacts the more one can contact.

In his first book Hubbard said "laughter is a painful emotion". This you will discover if you run grief in the form of a true line charge. The physical effort in laughter and crying is the same. Do not be surprised if one leads to the other. In either case when it turns on try to feel it with the entire body. Be aware of how you try to suppress it. Above all, let it flow out!

In my eight consecutive sessions under the able guidance of Jim Elliot, whose vast knowledge and experience combined with the use of Ron Howes techniques gives him

the ability to get the best from any pre-clear, intense grief was run in each session. The results of this release of tension have been a lowering in the pitch of my voice, ability to think clearer, easier and faster, opening of my occlusion and a sense of well being not experienced for many years.

In conclusion I would like to suggest that, where grief is not easily contacted, the auditor have the pre-clear explore the effort to suppress grief. Find out how the pre-clear feels about crying, etc., especially with another person present. If signs of grief are present have the pre-clear breathe deeply. This will assist the grief to discharge more easily. Good Hunting to all of you.

WANTING TO

(Freely excerpted from a talk 1/25/53 to MDI by A. G. DePoy:)

"This is a foolproof way to wake up at 3 o'clock in the morning, or to do anything you want to:

- One, vision yourself actually getting up at three in the morning.
- Two, desire to. You've got to want to.
- Three, determine to. Make up your mind you're going to.
- Four, faith. Believe you can and will do it.
- Five, do something about it.

Of course, I don't know what you can do about it except setting the alarm clock!...Seriously, you can if you want to. The key is wanting to."

TECHNIQUE: AWARENESS RECALL
by George Field

The following technique is worth trying when the conditions in the session are appropriate. In at least three different occasions, its use has resulted in marked, temporary, increase in internal awareness which decreases with passage of time but does not completely disappear, according to subjective reports by preclears.

The technique is used when a preclear is in contact with an early incident in which he is aware of better self determinism, better internal awareness, better theta perceptics, than is normal for him. It consists simply of suggesting that he return to present time bringing the increased awareness with him. In the limited number of sessions when this technique was used, it has uniformly resulted in increased present time awareness of the characteristics in question.

It has also uniformly resulted that the preclear became aware that the increased awareness was fading as he approached present time. There has not been sufficient opportunity to express what this brings in the way of added data for preclear and auditor, but there is some indication that original self limiting decisions can be located "from below" by this method, as well as any method used by the preclear to cause the awareness to fade. It is unquestionably the case that the preclear's increased awareness of his increased awareness is emphasized by this procedure, which results in validation for the preclear, both of the dianetic procedure and of himself as an individual.

GHOST OF SCIENTOLOGY, Box 218, Boca Grande, Fla., is currently presenting a good folksy write-up of "What is Dianetics" in its Vol. 1, No. 5 & Vol. 2, No. 1, issues.

BOOK REVIEWS

DR. HOWES DISCUSSES -- HUMANICS: Published by Humanics, 18 Cragmor Village, Colorado Springs, Colorado, 1952, 142 pages, \$2.50.

Here is one book that is a "must" for everyone, especially in Dianetics. In this book we get the concepts and reality of a man who has ostensibly reached the state of a mest clear - or better perhaps optimum growth capabilities and integration. The text has been written and edited by four people who have had much contact with Dr. Howes. Most of the material has come from short lectures by Dr. Howes to these pre-clears during therapy sessions. Dr. Howes' discussions cover for the most part what could be called philosophy, technique, and theory directly related to his concept of reality and experience. Although there are many flat dogmatic statements in the book he never pretends that he is alone right or that any other person's reality would be the same as his. He looks on his reality as a growing and developmental evolvment.

The discussions in the book to a great deal are concerned with Dr. Howes' concepts of agreement, confluence, and abstractions. These factors he considers basic to the general problems of therapy and re-orientation. They are discussed in relation to the auditor, the pre-clear, and the socio-cultural framework in general. The single word technique, the "I accuse" technique, and the caricature techniques are also discussed.

The overtones of philosophy one notes in the book are chiefly inspirational. The book can definitely have a tonic effect on the reader. As one finishes reading the book he probably will be aware that a change has taken place within him. Of course any experience we have changes us, but the significance of the change here is that we seem to have gained some insight into just how the change takes place and perhaps even why. I would say with conviction that anyone who reads this book and understands it fully would be very near to a clear state himself.

R. E. S.

SENSATION AND TENSION PROCESSING: Published by The Eidetic Foundation, 252 Mershon St., Fairhope, Alabama, 1952, 26 pages, \$2.00.

This book is definitely "Howesian" in approach and deals with more aspects of internal awareness. As usual, there is a wealth of material for use by everyone. There are analyses of 'feeling,' finding decisions, semantics, and many other aspects of processing. The main thread of thought is the idea of an integrated individual. The reviewer found much to make him think on what "I had always taken for granted!"

There are ramifications of the 'simple word therapy' which will probably be useful, and a takeoff on the 'I accuse' technique, the 'I believe' technique. They put forth the internal awareness therapy which uses an anatomy book. There is also some subtle attitude processing, particularly concerning internal awareness and one's social life.

P. J. J.

Editor's Note: Both of the above two books can be purchased direct from the publisher's, or from Minneapolis Dianetics, Inc. (See book list on last page).

NEWS FROM THE FOUNDATIONS

We are making space available each month to the three main dianetic sources, for course listing, publication announcements, ballyhoo, and personal interest items. Size and content of the releases will of course vary according to the writer, with occasional editor's excerpts from general releases added. Opinions expressed are those of the subjects, and not necessarily those of DIANOTES.

From THE DIALECTIC FOUNDATION, INC., Wichita, Kans. - Jan. 26, 1953:

We are about to publish a newsheet covering Foundation and Dianetics activities in a news form rather than the idea-articles of the BULLETIN. It will be 8½ x 11, four pages, bi-monthly at least for a while, and subscriptions available \$1.00 per year. The BULLETIN is now available on a subscription basis, \$5.00 per year, beginning January 1953 issue.

Van Vogt was here from December 30th through January 4th, lectured to the class and gave two demonstrations. Paul Beaver, M. D. is to arrive January 26th for a one-day visit with the Foundation, to lecture to the class, and to a medical audience. He will also confer with the Foundation auditing staff in regards processing, in line with his proposed book of case histories to be published by the Foundation this spring. Wayne Dunbar is once more at this post of teacher of the Professional course. He has also assisted in the organization of the Wichita Dianetic Group, meeting Monday nights, with 25 members at present.

We have had 100% success in preclear's attainment of goals in the processing section, since last report by Wayne on his lecture tour to Minneapolis (Oct. 25-26). We give only 36 hour intensives. Student intensives have been quite successful.

The Professional Course (16 weeks, \$750.00) enrollment begins quarterly, the next date being March 1. Enrollment in the Option Course (8 weeks, supervision, \$500.00) is the first Monday of any month. A special basic course (Non-professional, 2 weeks, \$125.00) begins Monday March 2, 1953, and every 2nd Monday thereafter.

Waldo Boyd

From the HUBBARD ASSOCIATION OF SCIENTOLOGISTS, INC., Phoenix, Ariz., Jan. 27.

The mid-winter conference, originally scheduled for the first week in January and later postponed to the last week in February, has been cancelled. It is believed too many would prefer waiting until May or June when housing accommodations are more readily available.

Issue 11-G of SCIENTOLOGY will contain a complete re-evaluation of all Dianetic and Scientology publications in the light of the new techniques. The fundamental book of 1953 will be the new SELF ANALYSIS, now published in Britain, but soon to be published by the Phoenix office of H.A.S.

Rumors that the editor of SCIENTOLOGY has married an heiress, been fired, started teaching at one of the Associate schools, gone into partnership with Volney Mathison, or become a theta clear are without foundation. Editors don't do these things. In addition, rumors that the Phoenix H.A.S. has folded, moved to Philadelphia, or is being subsidized by the Kremlin also are false. And if this notice will even begin to quiet some of the wild rumors, the news may take care of itself.

Alpha Hart

(From SCIENTOLOGY 10-G):

Courses begin first Monday each month. (Day classes, 8 weeks, \$500.00)
(Night classes 16 weeks, \$500.00), After Feb. 28th, no further HCA certificates will be issued, only the B.Sc., leading to a doctorate.

From EIDETIC FOUNDATION, Fairhope, Alabama, Feb. 1, 1953

Summer classes in Fairhope. To help the most people get the most out of helping themselves help others the Eidetic Foundation will carry through with the plan which it proposed last year -- that being summer classes. Three classes will be scheduled (more if needed) to begin June 1st, July 1st and August 1st. Classes will be kept small to keep the group moving at the utmost maximum efficiency. Residence will be at the Foundation proper. Classes, tapes, co-processing, and professional processing for each student PLUS the dynamite techniques being evolved for groups. \$500.00 for the month of work (practically 24-hours a day for 6 days each week) plus \$30/week room and board. Better sign up early before the classes are full up. \$100.00 deposit required to make the reservation.

Incidentally, our new "Sensation & Tension Processing" is blowing up cases right and left -- we're getting lots of excellent reports on the effectiveness of the techniques in it. We're really going great guns!

Jim Welgos

(Editor's abstract from mimeo'd release - Eidetic):

"Jack Horner Speaks" is a companion piece to our forthcoming "Occult Aspects of Processing". It will form a good set of realities from which to choose what one wishes to believe about the other forms of existence. We definitely want to have everyone know the choices for getting to know one's self better -- and the capabilities which one has inherent within himself. Although one may not care to agree with the concepts and techniques used, it is well to be aware of the subject so that some one from Scientology requesting processing could be worked within his own frame of reference. We also feel Jack Horner is one of the best old time auditors now in the field of Scientology. His personal experiences are worth far more in knowledge than his means of presenting them.

TO COME

Next issue there'll be a surprise for you. No hints, other than that it'll promise better communication as the issues roll along. Or maybe we'll use it for other purposes -- it's very practical -- and will get some brickbats from you, if you don't like it, or cheers or maybe laughs if you do. The first one will more than likely be used in identification, because the material we're looking for simply doesn't exist, to the best of our knowledge. We hope to supply the outlet before the product, and before the demand. Of course if we CAN get a sample of the ideal subject matter we WILL be happy. We don't even know the subject ourselves, for sure yet. Funny, serious, ordinary -- who knows?

Also next issue will have excerpts from letters reporting on the use of Bob Collings' "Procedure for Visual Correction", with a few additional recommendations. If anyone who has tried it hasn't written us yet, please do, so your experience can be included in the report. We'll have a brief article explaining why your measured I.Q. can be raised by processing. And there'll be articles, book reviews, and other Dianetica.

DON'T MISS the next issue !!

ON SOME ASPECTS OF GROWTH CULTURE

by Robert Ernest Smith

Growth Culture comprises a school of thought concerned with a theory of biological life, a concept of a non-physical life force, an optimum state of existence, and a therapeutic technique by which means an optimum state of existence can be reached. All aspects of Growth Culture directly related to therapy are concerned with the structural alignment of the human organism. This human organism is a result of its interaction with its total environment from time immemorial. Growth Culture entertains the concept that an optimum individual can operate effectively and freely within or without any socio-cultural framework. The components of Growth Culture - theory, technique, and philosophy move toward a unity within the individual as he determines them. It does not limit or align an individual to a set concept or belief, but hopes to see an individual develop fully self-determined spontaneously. The purpose, reason for, chief endeavor of life as far as Growth Culture is concerned is summed up in one word - production. The optimum individual produces as he wants to, when he wants to, what he wants to freely and without restrictions.

The human organism as it exists today is a result of successful and partially successful attempts by it to control its environment. It does this as an organism chiefly by assimilation of the physical universe through symmetrical structural alignments of physical material into a body - the human body. Certainly it can be seen that there is grace and beauty in even the less than optimum human body. The optimum person is more beautiful and symmetrical because he has more successfully aligned the physical components of his organism. He is capable of doing this because he has regained near perfect communication with all parts of his organism. His perfect or near perfect body then in an optimum state is a result of his sane and self-determined production of all physiological alignments within his organism. This obvious physical organism which everyone knows exists because he can sense it depends for its production and life on what is called in Growth Culture - life force.

Life force is the factor which makes it possible for a cell to live, to produce. Life force contacts every living cell in the body. Without its presence there is death. However, in many living cells life force is present in less than optimum amounts. A less than optimum amount of life force is represented in disease, pain, stunted growth, less than optimum manipulation of the human organism, and less than optimum behavior in respect to intelligence and other mental functions. The proper distribution or redistribution of life force makes it possible for an individual to regain or reach an optimum state of existence. Therapeutic techniques in Growth Culture are concerned with the freeing of the life force factor within the human organism so as to bring about an optimum flow of life force to all the cells in the organism.

Therapy in Growth Culture is chiefly concerned with the manipulation of the spinal column. This manipulation of the bones, muscles, cartilage and nerves in the entire spinal column is not similar to that practiced by chiropractors. By manipulating the spine according to the techniques of Growth Culture the life force is given a chance for greater communicative freedom and ability. Once the areas of congestion and constriction in the spinal column have been relieved the life force held back by these faulty physical alignments can once again communicate freely and fully with that area of the body which has suffered from a less than optimum supply of life force. The resurgence of life force to that area brings about curing, increased communication, and an optimum healthy state. Thousands of case histories on file demonstrate the efficacy of life force when it reaches an area of the body out of communication because of its paucity of life force.

The philosophy of Growth Culture is summed up in the concept that man should be able to produce what he wants to when he wants to with complete freedom from neurotic tendencies. That as a sane, rational organism he should be able to alter, change, or manipulate his total environment as he wills to do it. This ability to grow, produce, and change effectively is the very epitome of goodness. It is true freedom and peace.

The writer wishes to state that the ideas about Growth Culture in this commenary are his own. They may be biased or weighted because of his own aberrations. The greatest living exponent of Growth Culture known to the writer is Mr. Richard E. Nulsen of 501 North 85 st., Seattle 3, Washington. Mr. Nulsen has had about 25 years of experience with Growth Culture techniques and research programs.

BOOK REVIEW

JACK HORNER SPEAKS: A lecture on the latest advances in scientology to the New York Dianetic Association, November 1952. Transcribed and published by the Eidetic Foundation, Fairhope, Alabama. 30 pp. \$2.00

This transcription of an address on Hubbard's "Technique 8-80" is put forward by the Eidetic Foundation as one possible reality concerning theta, spirit, or occult processing. The same foundation promises another view of similar realities in the forthcoming "Occult Aspects of Processing." It deems this address to have "some truth." - "For each man there is a road.."

This address seriously outlines (with semi-humorous amplification) five steps of "Technique 8-80" or "Positive exteriorization." "step one in advanced procedure October 1952 is (to) ask the preclear to step out of his body." (The preclear here is the real "I", the thetan, the awareness of awareness unit.) "Once in a while you will get a preclear who is stuck outside and can't get back in. Very interesting." (no doubt.)

Other steps involve "dichotomy" processing (paired opposites), orientation in time and space, black and white processing ("you ask him to take his little white beam of energy and turn those black spots to white...inside the brain," etc.), effort and emotion processing, and running of incidents (theta vs. bodies and theta vs. thetans, and vice versa). Reviewer's query: "Has a thetan ever destroyed a thetan?"

Additional concepts touched upon are the "sub-zero tone scale" and the "DEE" (unprovoked overt action). "Game processing is mentioned as one major topic not covered in the address! (Some readers may think that is the only topic covered.) At any rate Jack Horner says, p. 19, "A thetan can be very impish."

The copy was poorly edited after transcribing or else some impish thetan removed and displaced the periods. In places the MS reads like Gertrude Stein.

The processes described here do not seem to the reviewer to be more unusual than occurrences described in the general literature of psychic phenomena, especially that of the occult variety. Little consideration is given to expected outcomes of theta processing. Recommended with reservation to those interested in "Scientology".

C. B. P.

Minneapolis Dianetics, Inc., meets every Sunday evening at 8:00 P.M. Guests are invited. We are not currently in the phone book, so cut-of-towners in Minneapolis please call KENwood 8118 or EUpont 9007 for information ahead of time.

TECHNIQUE 86 (A Review), WITH COMMENTS AND LETTER
by Grace Krausy

Hizzoner the Rite Honorable D. L. Sterling, Past Master in Satire of Thayta. Dietetics, or the art of physically digesting that which is non-physical (description ours and in no way invalidating anyone who does not wish to be invalidated), has written us an okay to suitably quote from and review his tape, "Technique 86." This is the chuckle hit of the dianetic world know, ever since Wayne Dunbar played it at an MDI bull session back last October, and is recommended for anyone in dianetics or scientology who can laugh at himself. A tape copy of Technique 86 has been sent to the Psychological Research Foundation, 616 N. Third St., P. O. Box 2317, Phoenix, Arizona, for distribution. (Lyn says, "There was some objection to Facsimile One being referred to as 'Fac One'...Only those who are most intimate with Techniques 86 and 30 use the more affectionate term, Tech 86 and 30 - those who only have a reading acquaintance with it should perhaps be more respectful and use the full title.")

D. L. Sterling, H.D.A., is the author of SEX IN THE BASIC PERSONALITY, the dianetic study of Sexual Irregularity, recent and readable hard cover book published by the Wichita Foundation.

Mr. Sterling has something meaningful to say in "Technique 86", along with the kidding, so for further insight we'd like to quote from his recent letter to us:

Glad you like the idea of transcribing the essentials of Tech 86. I don't quite know what will happen to the humor when it is written, but the running gag should probably be followed through in words, just as though the article had not been edited. Point of it all being: Too much attention to being clear will prevent a person from ever being clear. Being clear becomes the goal instead of the original reason they wanted to be clear. Pity! This is happening all over, apparently, and although it sells books, it seems to me that just having the confusion of goals pointed out to people will help them re-evaluate on their own. I seem to have developed a great deal of confidence in people which I didn't have prior to dianetics.

Technique 30 (Editors note: Proposed tape in similar vein.) needs some revising. Now, since 86 was mine gratis without any compensation of any sort, I have decided that the only way to support the necessary research for Tech 30, an Anatomy of New Techniques, is to send out a plea for gratitude, or something like that. Those who wish to hear Tech 30 should send me, immediately, without delay, the scalp of their latest Theta-clear. This is to help the Theta-Clears "go out the top," and should be a tremendous service to all dianetics.

If I seem somewhat derisive, it is because it seems sometimes that if a theta auditor cannot succeed in producing a Theta-clear by legitimate techniques, rather than feel a failure he uses a variation of what we in Exasperology call the "Blue and Black" Technique. This is a super duper one in which the auditor bullies the preclear until the preclear agrees that he is a Theta-clear and then begins to act out his version of what his auditor thinks a Theta-clear should be. Many valences are being borrowed.

A couple DIANOTES staffers have also had correspondence with him regarding his psycho-theta frequency implanter that in its past life was an aberrated player piano, and consequently has aberrations in its present life of a tape recorder, making like an off-pitch something or other...Now, after this long introduction, letter, and so forth, we'll start more specifically reviewing Technique 86, which is more of the same. The best review is quotes, so here goes.

All material not in parenthesis hereafter is transcribed by permission from tape.

This is D. L. Sterling speaking. Well, actually that name is L. D. Sterling. You see, dianetics is my middle name, but just for the sake of the record I have said D. L. instead...I'm terrifically excited at the moment because I have just made the final discovery which I feel necessary before I disseminate Technique 86. It has taken a long, long time, and I am so excited about it at the moment that I would rather go ahead and get this all down on tape, and probably organize it later. I will have some sort of a plan, I suppose, for disseminating it to everybody in the field because after all we do want to perform a few more miracles, and I am sure this technique will do it. It's a very simple technique -- but let's see. Perhaps you would be interested in a little bit of the research which has led up to this. I recall having started this about, well, it was approximately 173 years ago--that was three lifetimes ago--on the sperm sequence that I was running at that particular time. At that particular occasion I was having a brief argument with a number of my colleagues. They were, well really, they were very aberrated, very difficult to get along with. It didn't amount to anything actually, but it was a rather contra-survival situation and I found I had to do quite a bit of fighting to win the argument. In fact, the only way I could win this argument was by 86ing everybody in the particular area at the time. Well, I won, and went through that lifetime developing Technique 86...That whole first life was practically wasted on errors. Of course it wasn't really wasted because the errors that I made I didn't make in the next life, as I continued my research in this particular technique...As I was telling people about...Technique 86, well, I found it very difficult to convince them that it was true...After all, I don't see why they shouldn't believe me when I say that I have been working on this for 173 years....

Perhaps I should tell you a little about this tape recorder I am using; I have a friend who...has been interested in dianetics since the beginning. He's been following is quite a bit. He doesn't quite keep up with it, but he follows it, nevertheless. He has developed a...psycho-theta frequency implanter. Now this particular thing fits onto the tape recorder with the other heads, and this particular tape contains not only the frequency of my voice...it is also recording the frequencies of my Theta...Since the Theta is not an audible, that is by the ear, frequency, you don't hear this -- it merely works ON you...We're not really quite sure what a psycho-theta gadga-gimmick is going to do -- but we're certain that it'll do something...

I thought I might also produce a very special facsimile stenciled edition of Technique 86...bound in clear-skin. This particular edition would of course have a lock and a key along with it..you know how expensive locksmiths are -- I figure I have to charge at least, oh, one thousand five hundred say eighty-six dollars.. but I'm sure that Technique 86 is worth it, because really it's a new great Tech.!

(He also warns he has a patent on the number 86, on which he expects to collect tremendous royalties.) And then of course I can continue my research on Technique 86. Of course I'm sure that from now on primarily all I will be doing is rephrasing and putting it in different words -- but I am sure that I can continue this research indefinitely, if I merely send them enough notices to convince them...

You're going to need a meter..because unless you have a meter you can't tell your preclear from a facsimile of your preclear.

(These quotes are only a few from the first half of a 25 minute tape. Sterling states 86 is very very simple; however the reviewer is omitting the technique

itself from the review due to possible patent infringement! Mr. Sterling then inserts a serious note:)

You have a number of people who are really quite potentially active, but they are waiting. They feel that until they become clear they cannot act, because when they're clear they can act so much better. They are forgetting that in the meantime life must go on, as I believe Ron Hubbard has said, life must go on, and in the meantime--what, are we to stop life simply because we are not clear already?

(We heartily agree with this paragraph. And by all means, hear the tape !!)

DIANETICS IN THE CITY OF LAKES

Jan. 25, 1953: A. G. DePoy presented an interesting talk on hypnosis, its history and current usage. Its contrast with dianetics was pointed out...Earlier in the evening the 1953 board of trustees of MDI elected, appointed, or confirmed the following officers and positions: President, George Field; Treasurer, Technological and Corresponding Secretaries, Wade Tozer; Recording Secretary, Shirley Barth; Auditing Secretary, Glenn Stephens; Seminar Coordinator, Phil Warren; Chairman of the Board, Don Schuster; Publicity Chairman, Bob Cellings; DIANOTES Editor, Grace Krausy.

Feb. 1, 1953: The group listened to Eidetic tape #3 on Yoga. Several individuals said they would try some of the experiments and report on them. Also heard was Jack Hayes' #8 processing session tape; This dealt with what a preclear is doing in present time. Arrangements were made with W.K., a psychologist, for MDI members to take the Stanford-Binet intelligence test. This is being done to test whether IQ does increase as one becomes optimum. On previously used intelligence tests the group averaged so near the test tops that any change would not register significantly.

Feb. 8, 1953: Phil Warren reviewed Eidetic's latest publication "Sensation and Tension Processing". The IQ testing was under way.

24 HOUR SERVICE

We have no room this month for the list of books offered for sale by MDI. We are still making shipment in 24 hours on all books ordered. All books offered last month are still available, plus ANALYTICAL PROCEDURE published by the Dianetic Foundation in Wichita, Kansas, \$2.50.

DIANOTES

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