

DIANOTES

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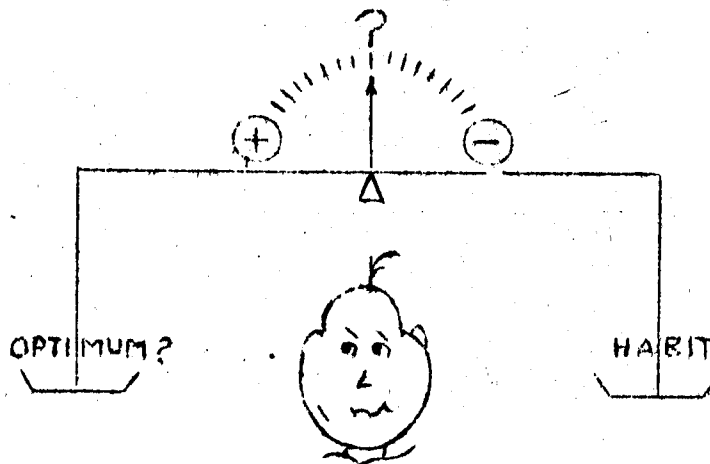
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THIS ISSUE

The concept of the emergence of SELF is the essence of dianetics. It is the essence of the individual's society, as versus the cog-in-a-machine beehive. There are shades of gray between-compromises made or agreed with at a time of being less than self. They all concede control or responsibility to others instead of keeping it whole in one's own right. Yet, the complete first dynamic is not narrowed only to one's self; it involves a wider social being, freer interaction with other humans, and mutual affinity-communication-reality. How to Win Friends etc., yet doing so in such a way as to grow not concede, is a very real part of SELF. And even laughter besides being an expression of delight can also be a device to release tension.

This issue of DIANOTES is especially slanted toward and about SELF. Not that there is too much new, but that it is easy to neglect the forest for the trees, and even to neglect the forest for forests on the other side of the mountain, or for farther goals.

The best expression of this I've read in a long time is the following article, reprinted from TREK, Volume 2, Number 5, March 26, 1953. If you've already read this article, try reading it again!

GK

SELF PROCESSING AS A GOAL

by Alma Hill

Sooner or later every preclear should cease to function as such for the auditor. This is the goal of dianetic process, is it not?

When this happens to the preclear, something else can happen to the auditor. The auditor knows the little soandso is not yet clear. Who should know if not the auditor? The auditor has been dealing with the dark side of that preclear's mind--the anger, the fears, the failures, the hatreds, the deepest despair--if the auditor has been lucky, skillful, patient, kind, courteous, and so forward.

The hollering I've heard from auditors whose preclears decided to process themselves! They was robbed! All their good work gone to pot! You got to get auditing by an auditor every so often, or 'tain't legal! Self processing won't work!

Well, I want to say now that life is a self-process, and I have come rather independently--to the conclusion that nobody should be invalidated for processing either with or without an auditor.

I am here using these words in this sense: auditing is what the auditor does; processing is what the preclear does.

And what one does as preclear is therefore self processing, even if you have a cloud of witnesses around.

Finding new ways to improve on old is great stuff. An auditor can be a lot of help in some of these instances. The best thing an auditor can accomplish is to show, by his very presence and behavior, that some of those old ARC breaks--the dropped teacups, the lost dolls, the uncertain-tempered relatives--are in another perspective for adults. Many a logic-tight self-invalidation can come apart in this way.

But then there are other matters that simply do not translate into words. I am not here referring to "don't speak" demon circuits. I mean very full high internal

communication, dozens of simultaneous perceptics, scanning associations and directing changes. You can do these things and talk, too, but after all, the auditor is beside, not inside--only when one is one's own auditor is the latter possible.

Many a case may have been called clear too soon (and many a case may have been wrongly thought frozen) merely because the preclear suddenly got high toned enough to see whose job all this was--and acted accordingly. This may not be the same thing as being clear. Or it may--the reports from yonder are not yet detailed enough to agree on. But one thing I feel sure of, and that is that if I ever do get to be-- what am I saying--when I do get to be clear I will have to do at least that part for myself.

Speaking for myself--I worked with an excellent nonprofessional auditor for almost a year, and she is still standing by in case I get into any puzzles I can't resolve. And I might. I doubt it but I am aware that I have much yet to do. It just happens to be work that no one else can do for me. I have grown an inch in height but it wasn't done overnight. I am not young; I need patching, oiling and re-wiring in more gosh darned places. Some things have to be done before others can be reached and all needs patience. Yet I haven't felt so well in twenty years and I never was so completely myself, assured, and mature. I know it and my whole family knows it.

This would be nothing but a one-case datum except that it parallels what so many others have also reported.

It seems to me, therefore, that there is a double goal in dianetic process: the preclear's goal is clear; but the auditor's goal ought to be a self processing preclear.

Or is this just another way of saying what we knew all along?

The author of the following is NOT to be confused with the entity having the same name whose articles have appeared here previously. Any resemblance is purely coincidental, antithetical, hypothetical, unethical, and factual.

TWENTY-TWO TESTED TECHNIQUES

by George Field

In the course of my twenty-two months of association with Dianetics, I have had numerous successes, some of them notable ones, in failure to advance the Science. Each of the following techniques has been contacted by me personally, and has resulted in very effective reduction or interruption of ARC with someone who appeared somewhat interested in Dianetics. For this purpose I recommend them highly.

TECHNIQUE 1 Be infallible. Let it be known that because of Dianetics you really have the answers, and in the event of disagreement or implied question rely heavily on Dianetic authority. Do not weakly make concessions by attempting to correlate this authority with your hearer's beliefs of past experience.

TECHNIQUE 2 Be superior. Dianetic knowledge is an achievement of a special few compared to the whole race of man, and do not allow this to be overlooked. You may even be able to create the atmosphere of a select club.

TECHNIQUE 3 Be technique-al. To interweave your conversation with a continuous stream of references to many techniques will consolidate your appearance as a skilled technician, and you can easily conceal enormous quantities of ignorance for you.

TECHNIQUE 4 Be professional. Dianetics has a fine vocabulary of coined terms and words imported from other fields of knowledge, many of which can be used in senses other than their common ones. It would be a shame not to take advantage of so splendid an opportunity to acquire altitude. Translation into everyday English is definitely low-brow: a more difficult feat is to create a still different set of terms for the same concept and omit pointing out the similarities. Suitably carried out, this technique can maintain subject matter in the discussion stages, thus putting off almost indefinitely the time when something will have to be done.

TECHNIQUE 5 Be analytical. Problems are brought to you to be solved, not to be felt. A suitable remoteness of contact and remoteness of purpose will prevent you from being unduly influenced by personal factors, and your remarks will be weighted with the Scientific Approach.

TECHNIQUE 6 Be open. Nothing is so illustrative to one person as the details of another person's case thinly veiled, and to respect privacy is to encourage aberration. The one you are talking to will quickly realize that he in turn can expect no such sentimentality from you, which is what you want, isn't it?

TECHNIQUE 7 Be theoretical. Any follower can reduce the elevated concepts of a visionary to mere practicality, but only a leader like yourself can present pure theory in all its rightful importance.

TECHNIQUE 8 Be prophetic. We all agree that Dianetics can make the world a better place. Why conceal it? Maybe your most grandiose predictions will be the first to come true, and who of any importance would fail to be carried away on the flood of your high aspirations for the world of tomorrow? The world of today need not be propitiated; it's aberrated anyhow!

TECHNIQUE 9 Be peculiar. The big drawback in the common person is his ordinariness. Of course Dianetics will soon fix that as it has started to do in your own case. A few spectacular contributions by you will no doubt speed up the process, and in any case will emphasize the Great Change that is going on in you. Obviously you can't go on just being normal.

TECHNIQUE 10 Be difficult. How can you expect weight to be given to your advice if it is couched simply and easily understood. It is easy, merely by being suitably difficult in receiving problems, to make the simplest one of them seem nearly insoluble. After that any Dianetic suggestion that fails is obviously without fault, and any that succeeds is twice as miraculous.

TECHNIQUE 11 Be pugnacious. Dianetics is a good thing: Everybody knows that, or should. If doubts are raised, they can easily be disposed of simply by speaking more loudly, with more heat, than your opponent. Carry the battle to the enemy; create one, if necessary.

TECHNIQUE 12 Be respectful. After all you are only one, and so many people know so much more than you. It's fine to communicate your thoughts, within reason, when there is no likelihood that toes will be stepped on, but we mustn't make enemies for Dianetics, particularly among Those Who Know Things. Slow and easy does it. Maybe he'll be more receptive tomorrow.

TECHNIQUE 13 Be informative. The literature of Dianetics is extensive and fast growing, and the related fields are endless. Think what a help you can be as an ever-flowing repository of all this knowledge. Read constantly--memorize--take notes. Have several references to the literature, particularly the more remote literature, to enhance and prolong every discussion. Of course this may take up all your time so that you can't actually try any of it, but that's your Sacrifice for The Cause.

TECHNIQUE 14 Be careful. Right now you're aberrated. On the way to optimum, of course, but still aberrated. Well then, if you say anything definite now you might encounter new knowledge next week that would change your mind. Don't put Dianetics in an unfavorable position by having to admit that you were wrong. And there's your own reputation to consider, too. Remember what it says about who rushes in where who fears to tread.

TECHNIQUE 15 Be extended. It's vital that you have some shred of contact with all the reaches of Dianetics. Superficiality is a state which is much maligned; actually no one can really see below the surface of something so complicated as our science; and the attempt to do so, to appreciate its impact on our friends and our society, results only in very ponderous, theoretical, and impractical communications. Let's keep things agreeable.

TECHNIQUE 16 Be self-determined. This is admittedly the very core of Dianetics. You were aberrated when you made those promises, but review them as your self-determinism increases. Cast off The Shackles Of The Past. When in doubt about a former responsibility or a social one, get rid of it. What better example can you set than one of complete freedom, complete lack of control, even of yourself.

TECHNIQUE 17 Be steadfast. Your Dianetic information wasn't poured into you; it came the hard way. I guess you know what's the thing to do by now! Black is black and white is white, and everything is one or the other. People have two choices, really...they can agree with you or they can be wrong.

TECHNIQUE 18 Be selfish. Hubbard Himself says that you are the most important person in the world, to you, and others might just as well get used to it. Now is the most important time, too, so don't waste it on other people. If you benefit, probably everyone else will benefit too, indirectly. Surely you can be allowed to make your contribution in this form without being criticized.

TECHNIQUE 19 Be funny. There's too much grief and anxiety in the world as it is: what we need is a ministry of mirth. At first it may not be easy, or even possible, to turn everything into a wisecrack, but I assure you, it can be done. Keep at it. Seriousness is a close relative of pomposity, and worse than that, it begets THOUGHT!

TECHNIQUE 20 Be busy. It would be wonderful to have the Time and Strength to help everyone who approached you--to make all the contributions to your Dianetic group which you would like to mde. But if you're already doing So Much--all of it important--you just can't take on any more responsibilities. It wouldn't be fair to those you're now obligated to work with and for. (Sometimes a waiting list is helpful, too).

TECHNIQUE 21 Be devious. Of all the obvious ways of seeking power and attempting control, the straightforward approach is the most offensive, and besides it's the most easily parried. Don't let anyone have the chance to say "No," to you. Concealed attitudes, hidden motives, action by proxy, these create a confused situation in which you can accomplish your Good Works without direct opposition. It's a greater achievement to change a person without his knowledge, and the same goes for control of groups.

TECHNIQUE 22 Be static. You didn't attain your present position easily, don't throw it away. You have a Place in your community. Let yourself stand as a living example of accomplishment. Look how much you've got to lose if anything goes wrong. Better you should help all those others advance to equal achievements. Or almost.

TIME FOR DECISION

by Locky Schuster

"Quiet, I can't think." "Give me time to make up my mind." "If I could only go to some quiet place where I had time to think." "But I can think better if I have the radio going!"

We know an optimum person makes his decisions, unless further data is required, instantaneously and in any environment. Where have time element and the disturbance factor crept into our behavior pattern of thinking?

Suppose we are making a simple decision of choosing between two colors of wearing apparel. If we hesitate and take time to make our decisions, what thoughts are going through our minds? Possible such questions as, "Would my husband like this color?" or "Is this color in fashion now?" or "Would someone think I was eccentric to wear this color?"

Simple decisions of this nature occupy quite a little time of the average person's day. When a series of thoughts, as mentioned above, is analyzed, we get one common denominator: Fear of being invalidated--fear that others would not agree with our choice, or that for others our decisions would indicate bad taste, ignorance, or poor judgment.

Where in our lives were our decisions doubted, over-ruled to the extent that we accepted invalidation, the decision that what we thought was NOT always right, was seldom right, or was never right, as the degree might be? In 90% of the cases it probably started near the age of two, when a child first starts to be self-determined. Up until that age he is fairly willing to let someone else make his decisions for him; but at about two he starts the fight of trying to make his own decisions, and to learn by his own mistakes and successes. The degree of opposition he encounters leads him to a belief that may shape his remaining life. If he is the first child in a family, or the child of fond parents with determined goals for his future, he will frequently have less chance to make his own decisions than a child in less demanding circumstances.

At best, a child's decisions are invalidated time after time. "Get that dirty old thing out of this house." He had decided that it was a very interesting plaything. "Put on your overshoes and mittens if you are going out." He had decided a jacket was sufficient. "You can't go out to play in those clothes, somebody will think you are not properly dressed." Now it's going from bad to worse; first his mother didn't agree with his decisions, and now the neighbors are going to impinge their thoughts on them, too. Submit to others' opinions.

To get the situation highly confusing, Father comes home and says, "Oh, let the kid run around in those clothes if he wants to." Now who is right, or who is wrong? It is so much easier for the child to drift off in a world of fantasy; no one can invalidate him there.

If the pressure becomes too great, or too inconsistent, the child escapes from making decisions dealing with our reality and seeks a reality of his own--day-dreams, books, etc. In truth he has been so invalidated that he made the decision, "My thoughts are never right; it's better not to try to decide for myself." As a result, his parents decide for him, also his playmates, his teachers, his boss, his wife--and so on. This one decision-belief stays in force.

The average person is some place between the two extremes: "My decisions are never right" and "My decisions are (nearly)always right." The time it takes a person to make a decision is proportionate to his location between these. One who questions his own judgment must compute then and there all the other peoples' judgments on the topic before making a simple choice--very time-consuming! Often noise, action, pressure, and commotion in a person's surroundings are restimulative of his early controlling environment: "No, don't do that!" "That isn't right!" No! Yes! No! "Hurry, make up your mind!"

For others, silence lets them hear all these commands in their mind. A radio playing or a pleasant noise in the room helps them think, frees them of their invalidating environment, present or past.

Fortunately, in dianetics we can replace out-of-date agreements and invalidations with new self-determined thinking patterns which are not over-modified by "other peoplàs' opinions." We can make quick basic decisions, with much effort and auditing time.

So if you are working with children, validate their thinking, their decisions, their reasoning--let them develop the strength to think, make decisions, and learn from error and success. The adult can dominate; let the child grow. The world needs people who can think accurately and quickly under all conditions.

RE-EVOLUTION

by Grace Krausy

I should be the best a human can be
 My mother meant, and taught to me.
 I copied the model, but the model had
 Clay feet and thought: I blindly fled.
 A child is captured by pleas and tears
 Judiciously bound in tender years.
 See now the result, not the intent!
 As the sprout fell, the bough is bent.

Now I adult, in lengthening days,
 Must sever the errors, achievement, the praise,
 Reject the knowledge, the useful, the used,
 Fumbling failure and parent confused;
 Having done this, start over again
 Raising myself up whole among men
 That I be in my being only Me,
 Copying no one-not even me.

A growing outfit (dianetics or other) needs a missionary, a business man, and workers. A healthy person needs ideals, common sense, and successful action. A sane mind has high theta, computation, decision. Do you qualify?

BOOK REVIEWS

OCCULT ASPECTS OF LIFE, Eidetic Foundation, Fairhope, Alabama, 1953, \$2.00.

This new publication from the Eidetic Foundation covers many phases of the auditor-preclear relationship, as well as psychic phenomena. In the reviewer's opinion the most valuable contribution of this book is the evaluation of the therapeutic relationship—that often the preclear is in confluence with the auditor, and goes along with the auditor's reality rather than his own.

The subject of confluence is explored in terms of the realities which are handed to us by religion, science, government, spiritualism, etc. The main argument of OCCULT ASPECTS is that in order to be in agreement with others we accept these realities rather than increasing our own reality through direct contact with our environment. Thus, if we believe that we will see astral bodies, we shall see them because we believe that they exist. Also with the existence of an after-life—heaven and hell are just as real as the individual wishes them to be. And if we choose to heighten our reality through direct contact, we can make this plane of existence as real as we are willing to have it become for us.

On first reading this book seems to have a negative approach; it certainly is not positive. However, it is consistent in that it doesn't try to put you in confluence by dogmatic statements. Rather, if you believe a thing, then it is.

The book includes material on extra-sensory perception, clairvoyance, witchcraft, voodoo, and hypnotism in terms of the theory mentioned above. It is stated that these are "illusory realities," "which these individuals use to substitute for or through which they allow themselves to have direct contact with reality." Prayer can be used as a method for improving one's health because it reinforces the reality of the person using it.

The optimum individual is one whose direct contact has become a complete thing and therefore can exist in many worlds at one time. But he cannot force another to take the road toward becoming optimum. He can only show him where the path lies, and the individual must make the decision for himself.

This book should be of help in spreading understanding of the processes of psychic phenomena and the ways in which the occult becomes reality. But don't look for validation of your pet occult beliefs here!

Y. L.

TWO LITTLE THETANS by Boyd, Bowen, and Bill. The Communicators, Denver, Colorado, 1953, 28 pages, \$1.00.

This first dianetic humor book compares in material on an equal basis with any hard-cover book of cartoons published anywhere. Format is mimeographed with a soft cover, and simplicity of line and caption is the keynote. Neatly and funnily done. Recommended to anyone who appreciates thetans, scientology, and dianetics, and some of the ideas on which they are based.

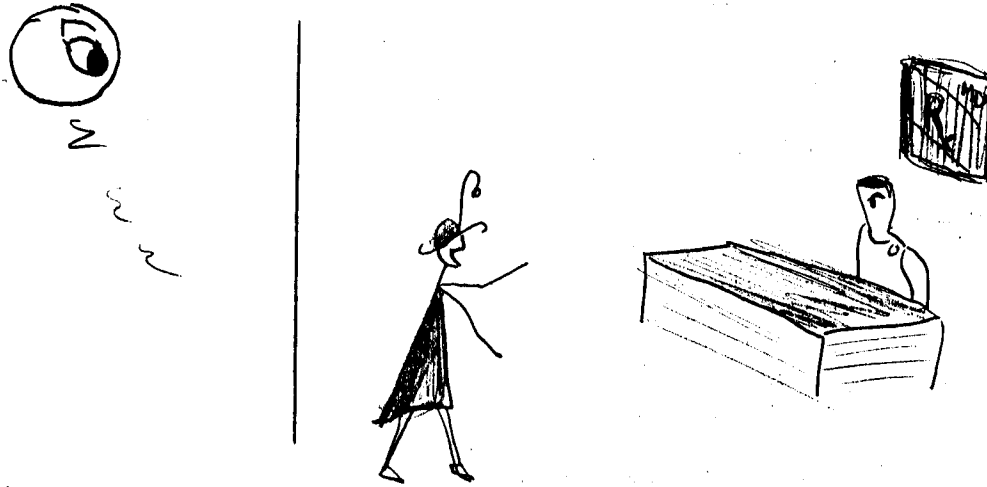
G.,K.

THOUGHT QUESTION-----When is "Failure" not a failure?

Compare an event where you failed with a similar one where you succeeded. Consider your own need to win, how you felt that day, how the other person felt and why, outside factors like weather and objects. What was the difference? Write down a list of paired differences, no matter how silly. How could the two results have been reversed? Use other angles. Why did you act, or react, as you did? Etc. Do you know enough? Sure. If you need outside data look it up or ask.

ANSWER to above...when you have learned from it how to succeed another time.

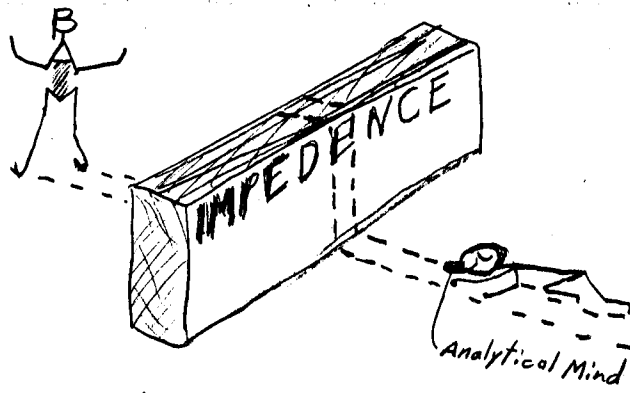
CARTOONS



"He wants to see you - says an awful fright-mis-assignment...?"

VL&GK

TRACKING



P.W.

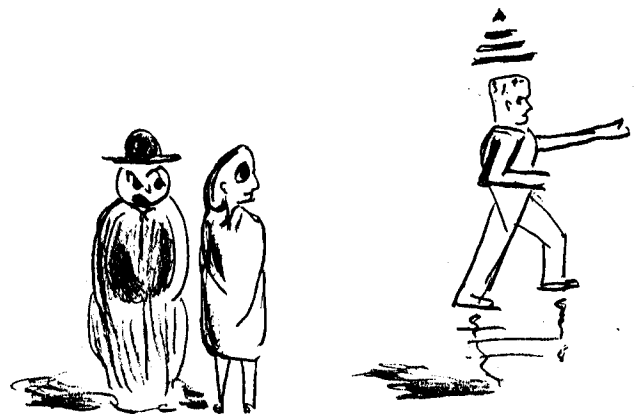


OIL



OIL

"I seem to have a splitting headache"



What I can't see is how he does it!

JB



1953



1911



1952

Modified Blueprint: Elaine

by Locky Schuster

Elaine Scott Bowman

1946

1935

(11)
1922

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1913



Did you ever audit an artist?

- Their lives are frequently as colorful as their works of art.
- Society validates them and enjoys the drama they suffer.

By school age Elaine was picturesque--a stout figure, made secure in her father's old army belt (worn regardless of dress). Adding an Indian head band made her leader of the neighborhood gang. Pushed by her ambitious mother she never wasted a moment, always busy, busy doing her art work, busy earning money, busy, busy, busy. Reporting back to mother her successes, but pushing ahead faster and faster. When her ship came in maybe she could take mother to Panama in return for her sacrifices. Become a great artist, take on big jobs, do them well, always work harder and harder and send mother money. Much validation, being the aggressive, confident, self-reliant career woman, being noticed (lack of notice, invalidation, would imply the dependent essence of femininity!).

Various means of escaping this treadmill became inviting: living in the East with Joe a year, trying to catch T.B., escaping with alcohol (25 years of it), falling in love and falling out of love, falling down an elevator shaft (in a cast six months), living in an old church, admired by a Russian priest who sought her life if he couldn't have her love. Back to mother she would flee. Running from place to place, from job to job, trying this, trying that, finally trying to quiet life with the waters of the sea. Age then 34, in 1945.

Beginning thereafter Alcoholics Anonymous had taught her not to use alcohol as her means of escape. In 1947 a psychiatrist had told her to go home and not try to love anyone--you're lucky you're an artist; you can't give and take enough for love. But she got married anyhow! Melodrama? No, very real. Then in 1950 a friend asked her to read Hubbard's first book.

After reading the first four pages, as Elaine tells it, "I felt a surge of elation--in dianetics was a solution for all the maladjusted people in the world." I believe there are few people who have worked as hard from the beginning right up to this day, and made as many changes in their life, as Elaine.

As each of the first sessions brought major awareness to Elaine, you could just see her step out from under one compulsion and then another. It was not easy going. At this time after Elaine was married, her treadmill had taken the form of painting water color of flowers madly and furiously until she dropped into exhausted unconsciousness. Her first session December 1950 revealed to her her compulsion to be a great artist. As she said of this drive when the awareness came in focus, "It's like a rabbit dangling in front of a greyhound who could never catch up to it." Later, as the various techniques came and went, symbols threaded through all of them and talked most directly to Elaine. She could now begin to relax and stop racing with life. The tension gradually relaxed in her face and the color started to return to her hair. Later processing also revealed how she deviated from her feminine blueprint from a very early age--her mother wanted Elaine to care for her; her father wanted her to be like his sister, a career woman, and also Elaine had decided to be like her father. She began to relinquish the dominating role and the desire to "wear the pants."

In early 1952 without noticing she accepted a social drink and found she could enjoy it without wanting or needing to continue drinking. She had removed the compulsion, yet had no fear or blocks any more against drinking, as neither was needed.

Another series of major triumphs came with internal awareness. Following one session she made a great change in her posture, in which the pelvic bone took its natural relationship to the spine.

For the past 18 years since Elaine was in a plaster cast following her elevator accident her left foot was immobile, with the heel being fixed about 2" off the floor; she had to wear high-heeled shoes always. She now can walk on her heel and flex her entire foot. This took much persistence and massage and pain to loosen and stretch the rigid tendons and ligaments; but she was determined to do what the doctors said couldn't happen.

A few weeks ago Elaine as a leisurely attractive lady took her flowered wallpaper designs to New York to investigate markets. Not only was she successful in her business dealings, but on returning she said, "That is the first time in my life that I assumed complete responsibility for all my actions."

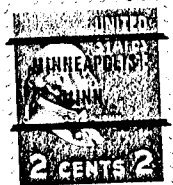
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More information: Elaine was one of the founding members of the Minneapolis Dianetics Group (preceding MDI). She designed and made most of our posters and displays. She was a member of the 1952 board of trustees. In addition to her active (not pressured) free-lance art she is one of MDI's busier auditors as well as regularly self-running and working with her own auditors...Another personality change is she can now criticise people and actions, where before she had to look at the vague best side only and was incapable of stating an unfavorable opinion. She is no longer in a hazy world of her own but talks directly...Elaine has put a phenomenal amount of energy and effort into improving herself, and the difference is likewise. She considers she has quite a way yet to go, and she's going...The preceding brief history has been okayed by Elaine Scott Borreson for publication...(gk)

THE NEXT ISSUE, May, will be tops. An article by Bob Collings that's the newest sound thinking for some while, a review of Sterling's better-than-86 TECHNIQUE 30, a report on an example of ESP in regular use, cartoons, book reviews, articles, etc... Scientologists working with British school children report measurable validation and results, also educational acceptance and interest...MDI still supplies any dianetics book on an airmail reply in its 24-hour book sales service--see March issue for titles available--a complete list will appear next issue.

A growing outfit (Dianetics or other) needs a missionary, a businessman, and workers. Of course, an angel helps. But why be Effect instead of Cause?

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