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A NOTE OF APPRECIATION
by Art Coulter

During my studies in dianetics, I met a number of sincere and intelligent people whom I learned to admire and to love. To all of you I would like to take this occasion to express my deep appreciation for your many kindnesses to me. I learned a great deal from you and with you during this period. These lessons and these experiences I will value and cherish all of my life.

That I was bewildered and hurt when my efforts to "build another bridge" met with such resentment has, no doubt, been apparent to most. As a consequence, I said and did a number of things which I was later sorry for. In retrospect, I can now see that, in view of the unhappy relations between dianetics and medicine, the fact that I was a medical doctor could only mean that my efforts would be regarded as an unwarranted intrusion.

At any rate, I am now removing myself as a source of turbulence. For a brief period during the writing of my book, "Synergetics", I have been maintaining contact through articles which Bob Collings, Sadah Field, Alpha Hart, and Frances Berglund have been kind enough to publish. To them my special thanks. But now that the book is finished, there is no further reason for me to do this. Dianetics must have unity if it is to prosper; my presence is a source of disunity; I am a wolf in sheep's clothing; I must now fulfill the promise I made to show it was made in good faith.

I wish you all success and happiness. Goodby and good luck!

Ed's Note....Since Art is withdrawing all affiliation with things dianetic and scientological, we would like to express our sincere thanks and appreciation for the various articles which he has contributed to our pages. Art has always been sincere in his efforts towards developing dianetic techniques and, recently, his own "science" of Synergetics. He has been a proponent of the idea of "free" assistance to those who desired it, as has our own local group except for isolated instances when a few members endeavored to make a regular "job" of auditing. We believe that this "free assistance" has done much towards promulgating dianetics and scientology in various areas.

Art has been ever faithful as a friend. We have a letter at hand from him in which he decries the attack made upon Alpha Hart's good name in a recent issue of "Ability Minor". He, too, attests to Alpha's integrity in all personal and business dealings.

While we are not conversant with all of the goals, techniques, etc., of Synergetics, we are sure that Art and Don Purcell, together with the Columbus Study Group and the many others which are starting both in this and other countries, will continue in their efforts towards making this a better world to live in. Even though, at times, Art has been something of a "Stormy Petrel" in dianetics, he can withdraw with the assurance of the well wishes of the entire dianetic community.

In reciprocation, Art, we wish you all success and happiness. Goodby and good luck!

WORDS OF THE WISE....Education - is what you have left after you have forgotten everything you have ever learned.....

Q U I K C H E K
by Don Schuster

Are you sure there's something in Dianetics-Scientology? Do you want to tell others of your successful cases? Have you wanted to know how effective a given technique was on a given aberration? You are not alone in having asked these questions. Thousands of auditors have asked them before. The most ambitious, comprehensive, and systematic program is now underway to answer these and many other questions. The goal is to collect, analyze, interpret, and communicate DATA concerning dianetics-scientology and their applications. This is the Records Research Program (RRP), now a project of the CADA. An integral part of the RRP is the Quik Chek Personal Inventory. The Quik Chek tremendously simplifies the problem of gathering of data on individual pc's. You don't even have to know how to write. (Well, almost. All-thumbs auditors working on Quik Cheks can scribble with their toes.) All you have to do is to put an X or a check mark in the right blank to tally information on your pc. You can't get faster than this, and still adequately describe your pre-clear!

It would be a monstrous job to analyze thousands of Quik Cheks. But, fortunately, IBM has punch cards. So, when you send QC's, the data on them is punched onto IBM cards. Finding how many cases of "whatisit" were made to disappear by dianetic-scientological techniques is simply a matter of running cards through a machine. Sample punched cards as well as Quik Cheks can be had for the asking from the author or the CADA, 301 So. Harvard, Los Angeles 5, Calif.

Everybody can get in on the act, and everybody can benefit. Auditors check off Quik Cheks, and, per se, obtain a comprehensive inventory of their pc's. Auditors this way can't even overlook their favorite blind-spot aberration in their pc! Another nice thing about the QC's is that they're available FREE from the CADA or the author. Pre-clears can take advantage of the at-cost psychological tests available. These psychological test results to the auditor, along with the systematic Quik Chek, insure a faster de-aberration process in the pc. Society as a whole benefits from the communication and application of these dianetic-scientology concepts. Where else can you hit so many dynamics with so little time, energy and money?

Time out to consider some existing records-research. Data from a personality test on MDI (Mpls. Dianetics, Inc.) members gives indication, objectively for the first time, that auditing produces significant personality changes in average people. A group of people without processing over a similar time interval showed no such changes. Interesting, eh? It certainly looks as though auditors were capable of doing what only psychiatrists and psychologists could do before, doesn't it? Before we can shoot off our mouths about isolated results like this, we (and this includes you) need much more data reported on Quik Cheks. The specific changes in personality that were found in the MDI study were: a general raise of tone level, a decrease of push-button responses, and an increase of third dynamic activities (and others). There were no average changes for the worse.

"OK," you say, "I'm convinced. You've got something in this RRP and in the Quik Chek. What do I do now?" Simple! As an auditor, fill out and mail in a Quik Chek Personal Inventory before and after processing on every one of your pc's. As a pc, take advantage of the psychological tests available at cost. Remember, all the Quik Cheks you may need can be gotten for the asking.

To finish, visualize this picture and feel yourself in it helping to bring it about: the goal of the Records Research Program is being achieved - putting out demonstrated, workable dianetic concepts into society, and you, playing an important part in this. Sending in Quik Cheks, getting back results, taking tests, talking up interesting

cases reported to friends, and your having fun doing this! Go over these words, concentrate on the concept of the goal, and build up a mental reality on achieving the Records Research Program. The RRP can be done, must be done, and is being done. How's about painting yourself into this picture, too?

Ed's. Note....The personality study referred to above was part of Don's work towards his MA degree in psych at the University of Minnesota. He says you can get the only copy of this paper to read by signing your life away that you'll return it. If you are interested, write directly to Don at 9514 S. Figueroa, Los Angeles 3, Calif.

MORE QUOTES FROM NOTES
by Russ Haggard

In any consciousness there are thirteen essential factors separated into two divisions. Mind and Matter are the two divisions.

Matter-consciousness has five factors: the organ itself, and the organ in good condition, transmission of the data, the object to be detected, and attention.

Mind-consciousness has seven factors: contact, feeling, perception, intention, mental life, concentration, and attention.

The "real" trinity is Purity, Love, and Wisdom, which become one in "Reality".

Right and wrong, good and evil, plus and minus, positive and negative, are just reverse sides of the coin of Reality.

There are eight ways of worldly thinking or conceptualizing that tend to "drag us down": the acquiring and rejection of possessions, desiring of company and desiring to be alone, pleasure and pain (cause and effect), criticism and blame, and its opposite, praise.

The mind that is in equilibrium neither accepts nor rejects, nor remains indifferent to these states of thinking, but is neutral towards them and, thus, understands their true nature.

The mind becomes "clear" like the water of a well, thus penetrating into the nature of things. Penetrating through "intelligence" into "insight".

There is no growth in the cycle of Life or Karma (action). In Life there are "changes", but change doesn't necessarily mean growth. Also, there is no growth in the "transcendental state". Only an illusion of "change" or "growth" appears in the reflection of "Reality".

Recognition of the Illusion of "I" appears to be the Way of Freedom. Once obtained, this ability is never lost.

Experience is personal, and there is no growth or "spiritual growth" through experience. Experience to laws to beings and different existences back to experience is a

cycle of no growth. Experience through understanding through intellect or conceptual thinking to insight is growth.

"View" is "seeing". There are as many "seeings" as there are individuals. Of this seeing, "I" is the first result. This is reasoning without knowledge. It is not correct. Ask and ye shall receive; seek and ye shall find; knock and the door shall be opened unto you: this is more nearly correct.

First Understand "self"; what am I? Etc.

Secondly Search within; to what is "not self".

Thirdly, ask via Concentration. (Meditation.)

Fourthly, knock and the doors open. (Intuition and insight.)

Fifthly, thus the right view. (Wisdom.)

"I am" or "I am not" are both in error. Either way is denying reality. Understand that both are limitations.

"I am" is a three-dimensional truth; "I am not" is a four-dimensional truth.

The words of Christ and Buddha were concerned with the four-dimensional aspect of truth, never with the three-dimensional or conventional.

Learn to discriminate between "I am" and "I am not".

"I do" is the Karmic action. Part of the cycle of the three-dimensional world we "see". This is the wrong view, a trap.

Lose your "self" then you may find that "Real Self".

Cause and effect is the action of this three-dimensional world. Being an "actor" is only being part of the "action".

All of three-dimensional action is only phenomena.

This self and its actions are only a reflection of Reality.

Loss of "self" occurs with recognition (realization) of the "illusion of self".

All and each of us are merely reflections of Reality.

Reason and Insight are necessary steps to recognition of the Illusion of Self. Loosing this external self leads to Purification of View.

RANDOMITY.....

MAURICE RADELL, D. Scn., D. D., recently returned from Phoenix where he spent a year studying and practicing Scientology, is meeting with marked success. Remarks made by one of our local members place him as being a better individual auditor than Wing Angell. To say the least, Maurice has made some notable changes. We are not fully aware of his plans, but we anticipate his increasing participation in group activities.....

WE WONDER just how long Beau Kitselman is going to stay in hibernation - though we understand he calls it research....

OPEN LETTER TO IKEY STONE from Paul Metcalf.

Dear Ikey,

Thanks very much for answering my letter to Ron Hubbard. I was beginning to suffer a self-esteem loss: my letter had been out so long, with no provocative remarks, and no one would take me up on it.

First of all: I have read most of the scientology literature (although it is getting very difficult to go on - a recent sheet from Phoenix, called Ability - flip, arrogant and greedy - doesn't invite further interest); I have discussed scientology widely, with people of many viewpoints; I have been audited by scientology methods; I have audited others by these methods. I don't speak from total ignorance of the subject - nor did I think I would have to defend myself on this level.

You begin your letter by quoting from mine, in which I tried to point out that workability is not necessarily a prime factor in judging a therapy. Apparently I didn't make myself clear. The world is full of mere "workability". Christian Science "works". For many others, heavy circuitry, with large areas of occlusion, "works". Why should any one bother to read about dianetics or scientology, when he can go to the medicine cabinet and knock out a headache in five minutes with aspirin? And certainly, nothing could be more "workable" than modern surgery.

So there is some other standard of judgement, much deeper, to which we refer. As Art Coulter pointed out in DIANOTES, electro-shock therapy is highly workable; and yet we remain fundamentally dissatisfied with it. I don't think we are simply demonstrating our "inflexibility" by continuing to be dissatisfied with it. Rather, we refuse to accept in this, as in so many other approaches, the inherent limitations placed on self-determinism.

It's a great deal more than just healing an ache or pain or a personality problem; it is a question of what kind of people are creating themselves. We're monkeying with the works of evolution. . .

You point out to me the greater speed of scientological methods. Speed, I know, seems to have been an obsession with Mr. Hubbard - and it is a popular one in a world determined to drive itself at the utmost possible velocity toward suicide. But I would suggest that, if it is speed you're after, you tune in to Oral Roberts, the evangelist, on television. There you will observe instantaneous healing - cripples walking, crossed eyes straightening, etc, etc. No long hours of indoctrination, of recalls and mock-ups, technique 86 and 88 - but instantaneous recovery.

Now, why are you and I not in Mr. Roberts' tent? What's the price his patients pay? Again, a limitation on self-determinism: in this case, they are required to embrace a very fundamentalist Christian doctrine. A broad portion of the mind is numbed - as surely as aspirin would do it, and much more enduringly - and in its place, a circuit is set up which tells them that this is the nature of the universe, this is the nature of God, this is the nature of the flesh, etc, etc. - and through the perfectability of this circuit, the "spirit" reaches them.

In the first book on dianetics, Hubbard gave us comparative definitions of the reactive and analytical minds, which, roughly paraphrased, stated that, whereas the reactive mind was capable of computing only in likes - A equals A equals A - the analytical mind was capable of computing in ever-increasing distinctions, discriminations and complexities. Despite all the changes in dianetics and scientology, the attempts to simplify, to find an underlying ONE cause of aberration, I still adhere to and celebrate the above definitions.

Now, what about scientology? To begin with, the individual has the universe thoroughly explained for him, as neat as a Christmas package. There is Theta, there is MEST, there are viewpoints and games and illusion, and so on. Sitting down in this perfumed atmosphere of ready-made conclusions, the individual is told that it doesn't have to hurt anymore (the anesthesia), he is told to "look, don't think" (although I agree with the explicit significance of this catch-phrase, there are sinister overtones to it), and he thus prepares to mock away his engrams, his BAM's, etc. It has all the plush, dreamy atmosphere of an expensive movie theatre. I consider this all to be a direct insult to the analytical mind, to Hubbard, himself, at his own best . . . and to Man.

About responsibility: you leave the impression that dianetics died in "they did it to me" phrase. True, there is a strong impression of this in the first two books . . . but what about Advanced Procedure and Handbook for Preclears? The whole concept of total responsibility, of postulates, of agreements to be aberrated, of overt acts, had its richest expression in these books; the word scientology had as yet no public existence. As for responsibility in the field, there is really nothing at all I could add to the case history letter from Bill McKeen, which, by the long and beautiful arm of coincidence, showed up in the same issue of Dianotes with your letter.

Ikey, if I have sounded unkind anywhere in this letter, it has been in the passion of discussion. I have heard about you and your work since the beginning of dianetics, and I respect what you have done.

Best regards,
Paul (signed)
Paul C. Metcalf

A MOST INTERESTING LETTER from a friend in Phoenix, datelined April 21, 1955.....

Dear Bob,

Tho you will have the disputed quote by now, I enclose a copy (which has not been proofread).

From Alpha's viewpoint - "Kicked out employee".....

So far as I know, this is not accurate. After Ron and Sue left for England, Alpha continued to run HAS here - in fact, HAS was set up just before Ron left. Alpha worked day and night - sometimes all night - to keep the organization going. He repeatedly requested that he be permitted to resign. Sue and Ron both wrote him, asking him to stay on. O'Brien entered with full authority from Ron, took over all assets, books, mailing lists, etc., and departed with a following dust storm for Philadelphia.

There was peace in Phoenix for some time - "When he fled the organization".....

Alpha stayed here for some time. The organization fled to Philadelphia. Thereafter, Alpha went to Philadelphia, studied there. When Ron returned to Phoenix, Alpha was here, stayed until last summer, moved to Enid, to open (with Ron's blessing) his office there.

"Evidently incorrect in his accounting".....

To anyone who knows Alpha, this charge is simply ridiculous. Alpha is an honorable and faithful man. Knowing Alpha as I do, I cannot believe that the charge was made

by any responsible person connected with the HASI, nor do I believe that the children who ostensibly run CECS can "lower the boom" on any person higher than "Fear" on the tone scale. Alpha is above "Fear".

As a matter of fact, if there is innuendo or factless rumor in circulation, it appears to emanate from HASI in this instance.

Let me repeat again: I know Alpha rather well, having worked with him thru the lean days here. He is an honest and upright man, whose only fault has been love for Ron and the goals of dianetics and scientology. He has given freely of himself to further our dreams for a better world. From this giving has come spiritual growth to Alpha, and shame to his detractors.....

Ed's. Note....We have heard of no repercussions in regard to the rather blunt statements made anent Mac MacMillan and his "BDR" as yet, but we imagine that some remarks are in the offing. As for us, we are most happy to be included in the same breath as Alpha and Mac. Most complimentary!....

BOOK REVIEW, THE DEVELOPMENT OF NATURAL MEMORY, Human Engineering, Inc. 1955. \$2.00.

"The Development of Natural Memory" is a short book (24 pages), but it is packed with a "wholopping" bunch of good ideas on how to improve the memory so that we could be far happier and freer human beings. It is thought-provoking and very easy to read, as it is written in an ordinary layman's language which would appeal to anyone. It contains a series of ten lessons dealing with the best ways to develop a good memory, and encouraging us on to heights we never thought could be reached just because we let failures get us down. The most reassuring thing about the book is the knowledge that something can be done - and done right away!

In the author's own words, "Memory is a stepping stone to a much larger world. It is a road which is open for all to travel. Most people have already developed the type of memory that they think will best serve them in their lives. Our purpose in presenting this information is to broaden the scope of one's thinking in reference to the actual breadth of memories, and to point out that although one may at present have an adequate memory function, he can advance himself in position and money earned, and enhance his value to his employer through a further development of his recalls."

In the introduction, the author relates his attempts to study the development of memory, and after delving into many methods and forming a group of people to study the subject, he came up with the answer - sensory memory, or remembering with the senses. This is much more accurate and more permanent. In the final analysis, their research led to the conclusion that the control of the senses was the key to the whole situation, and they evolved a series of techniques that are outlined in this book which produce sure results.

Lesson No. 1 - WORRY. One of the very first things to hamper the development of memory is our worry about not being able to remember correctly. That makes us "freeze" up when asked a question, even though we know the correct answer. This is a false attitude; nothing has ever been truly lost to memory. Knowledge that the memory is not impaired and can be made perfect, goes a long way towards eliminating this freeze-up. How we use our memories is the real criterion. We make real for ourselves whatever we concentrate on, and, if we stop worrying about our memories and trust ourselves, we will start right in to develop a perfect memory.

Lesson No. 2 - EFFECT OF VALUES. "A value is an internal feeling concerning the rightness, wrongness, goodness, badness, or some facet of your life." We must examine the values we maintain in order to see what sort of influence they exert on our memories. For instance, if a man places a high value on being a manly sort of a person, he will studiously avoid remembering anything about his childhood, thus shutting off the ability to recall. It is just as important to find our negative values as it is the positive ones, and the more neutral we are to either class, the more accurate our memories become, because we are then more objective.

Lesson No. 3 - VARIETIES OF MEMORY. There is a wide range of types of memory which can be developed, but this lesson discusses only the ten basic varieties, which are: 1) Tactile (touch) - 2) Visual (seeing) - 3) Auditory (hearing) - 4) Olfactory (smell) - 5) Taste - 6) Conceptual (thoughts) - 7) Emotional (or moods) - 8) Kinesthetic (motion) - 9) Spatial relations - 10) Sequence (time). As far as specialized types of memory are concerned, these can be perfected after a person knows how to develop a good memory; then we can attain any kind we wish. A high premium is placed on creative ability in this world, and if we would develop our sensory memory, which is exact remembering, and not hit or miss, we would be able to think and act creatively.

Lesson No. 4 - STRUCTURE OF THE MIND. The more we develop our internal capabilities, the more creative we become, and the way to develop our internal capabilities is to become more objectively honest with ourselves. To be perfectly honest, we must admit that certain facets of our personalities would not fit in with more responsible positions than we now have, but first we must learn how to think more objectively so that the interfering values which had prevented a good recall would drop away. As a new-born baby builds a mind as he grows, so can we discard our present mind and build a new one.

Lesson No. 5 - INTERNAL AWARENESS. In addition to awareness of our internal structure of bones, muscles, nerves, etc., we should be aware of the tensions we are maintaining. This is most important! The functions of the body were not automatic in the early stages of our lives, but as we accepted our mother's pattern and gradually grew into socially-accepted human beings, we lost control of our senses and internal awareness. We think of the body as being broken up into component parts, whereas we should consider it as a whole. Having grown with the parts of the body as they were being built, we have a very intimate knowledge of their structure and functions, and, therefore, could put our bodies "back together" again.

Lesson No. 6 - REMEMBERING KINESTHETICALLY. In other words - in motion. This lesson consists of a number of questions to show that associative techniques take one just so far, and no farther. Memory in motion is the best way to build our ability to remember. Try to think back over the day's events and remember each little event that happened, feeling each motion just as it actually occurred. This will build up sensory memory which is more accurate and lasting.

Lesson No. 7 - REMEMBERING WITH EMOTION. Contrary to popular belief which has made us feel that emotions are demons to be avoided, emotions are important messages to be contacted for their true content. They are communications between us and other people, and we should put ourselves in their places to try to feel within us the moods they are experiencing and trying to tell us with their emotions - we will learn more about ourselves if we realize that emotions are messages and we aren't afraid to read them.

Lesson No. 8 - REMEMBERING WITH THE SENSES. Some exercises are listed in this lesson to help us develop new lines of sensory types of memory. If the emphasis has been placed only on whatever job or interests we have at the present time, it can easily be shifted to other lines of recall by practice - but the important thing to remember is that it can be done.

Lesson No. 9 - CONCENTRATION. Concentration, contrary to the belief of many people, is the ability to hold a single thought or image in mind, regardless of what else is going on. A person is as real as his memories, and concentration is the method by which realness is imparted to oneself. Our ability to concentrate could be destroyed, however, because, to please civilization's ideals, we take to "mind-spreading", which takes a great deal of energy that could be put to better use. There is great joy and contentment that comes from concentrating on one project at a time.

Lesson No. 10 - MEDITATION. Meditation is concentration combined with examination of one's self to find the answers to all our questions about ourselves; it is asking ourselves the question why - why we did a certain thing in a certain way - why we have this or that habit - why we reached a certain decision - why something didn't turn out the way we wanted it to. We can't really know ourselves until we know why we did what we did. We will develop understanding through such examination - understanding of ourselves and others. By being honest with ourselves and seeking out the answers why certain things happened as they did, we can become much more successful and happier human beings.

.....So, therefore, let us put some "sense" into our senses!

Marion Clare.

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QUOTE FROM "MAC" McMILLAN in BDR.....

"In the murkier reaches of the legal profession it is an accepted principle that, when you have no case to answer the charges brought against you, you resort to abuse and denigration of your opponents. Perhaps we were somewhat too sanguine to expect a reasoned reply from Mr. Hubbard and the HASI. Nevertheless, we will say to Mr. Hubbard that there are people of goodwill who will give him the help that he needs, without terms or conditions, should he ask for it."