

DIANOTES

VOLUME 2

JUNE 1953

NUMBER 21

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Published by Minneapolis Dianetics, Inc., 2449 Humboldt Ave. S., Minneapolis 5, Minnesota. Subscription rates: 6 issues, \$1.25; 12 issues \$2.50; Twenty-five cents per single copy. Address all correspondence, DIANOTES, 2449 Humboldt Ave. S., Minneapolis 5, Minnesota, c/o Grace Krausy, General Editor.



LOVE AND OPTIMUM BEING

by Waldo T. Boyd

Wouldn't it be ironic if, after all our processing, study of techniques and the rest of it, all that is necessary to achieve the state of Optimum is to look upward and with an attitude of supplication and faith that it shall be ours, ask? How long has mankind been urged by major and minor prophets alike to seek the reality that is himself, to become mirrors of perfect love? It was perhaps inevitable that science would one day find that between it and religion there is no quarrel whatever.

Whatever the case, it is evident now from the findings of the science of dianetics if no other, that to ignore and refute the evidence of an aim and purpose before us is to deliberately aberrate ourselves. It would seem that the first dynamic principle of existence, SURVIVE!, would be followed by EXPERIENCE!, and then, EVOLVE!

For instance, the state of Optimum towards which we are all striving: Are there those among us still who believe that such a state of existence simply "happens?" Do some of us hold the illusion that the new "powers" and talents we shall find as we enlarge our goals will be discovered accidentally, like stumbling over a fat wallet on a busy street? In an infinite universe it might happen like that, but when? In this lifetime?

The state of Optimum for most of us will be achieved by step-by-step planning, coupled with desire, persistence, effort and execution; another way of saying it is by your CEDA Sequence. It is not likely to "just happen" one night when you are asleep, or one day in the movies. (I wonder how much the box-office receipts jumped after Ron Howes revealed that he had made his decision in the course of attending a movie?)

There are as many reasons why individuals desire to become "clear" as there are individuals, perhaps. Certainly there are a few excuses offered as reasons for seeking this state of being. A very nice fellow known to many in the dianetic world had what was to him a very sincere reason for becoming Optimum—he wanted to be able to control his heart in order to avoid the draft! He processed others and was himself processed, but in vain. To this day he remains by his own reckoning unable to control his heartbeat. Who among us will arrive at his goal with a motive such as this as the energizing force?

Thus we must speak of motives—the all-important, elusive motive. Perhaps it is time that you examined yours, as I am examining mine as I write. Why do you want to become Optimum? Between that question and its answer may lie many hours of honest self-evaluation, of looking so deeply into our shaving and dressing-table mirrors that it hurts. And of looking at ourselves in the mirrors of those among us who have achieved what is perhaps just a bit more Truth than we have to date. Of laying ourselves open before our own eyes, the severest critics of all.

If you look within and find what you think is the answer, and feel a great urge to run and tell somebody else about it, better look again; for as long as there remains one shred of desire for someone to agree with us we haven't found the answer we seek. And if you believe you have found the answer, you haven't, for when you find it you will know you have found it—that is, if only one answer exists! Could it be that we seek an "open sesame" in vain; that there is no answer at all?

By observation it is evident that those among us who are reputed to have arrived at a state of Optimum are seen to have some rather strange qualities in this, the

modern world--they love their fellows! It has been said that the "Optimums" who arrived at the enlargement of their goals after Perry announced Howes were not like Howes at all, and therefore weren't clear! Akin to the giant who had feet of clay, such an observer is one with sightless eyes. There is only one quality to be found inevitably from one Optimum to another, and that is Love. If you find others, well and good, but if you do not find this one, then why not you, yourself? Why are you seeking others instead of yourself? Why not look within and find wherein the search for others is itself an avoidance of responsibility?

The motive of avoiding the draft is by no means the only fruitless motive in existence for becoming Optimum. There are the desires to become the best pianist in the world, or the best trap shooter, or the best mathematician; in short, the pattern is usually either escape or superiority. If the motive for becoming Optimum is in any way one of avoiding further responsibility it is simple logic to deduce that running basic engrams for a lifetime will be to no avail.

Dianetics has been called a science; in fact, its adherents yet proclaim it such. And yet isn't it remarkable that the end result, the dream, the Goal in this science is Love, one for another? By what stretch of the imagination, twenty years ago, could we have seen that the difference between sanity and insanity was love for our fellow man? And yet this is what religions have tried to promulgate for as long as recorded history.

Science has provided a way; or shall we say, another way. Whatever the path you choose, let's get on with it. It may well be that mankind is actually at "critical mass point." Theta's entrance into the physical universe may have come to this point countless times before and failed to succeed at this very crisis, the time when the bottled-up hate in man can be unleashed in annihilating fury. By any means of reckoning we are at a point of departure, a time when we must change before the complexities of civilization become overwhelming. -We can do it--this we know beyond a shadow of doubt.

It would seem that the only real question in the minds of any of us right now is "when?"

DENVER CONFERENCE

I

REPORT on the Third International Dianetic Conference--by Don Schuster

Denver is a beautiful city. In this tone-raising setting, about 100 people attended part or all of the 3rd International Dianetic Conference June 9-12, 1953.

Certainly, nothing new was discussed in the way of new techniques. Some people felt they complained with good reason that they got nothing out of the conference for this reason. But it depends on one's point of view. From another viewpoint, welcome relief it was not to hear any new techniques.

In your reporter's opinion, the important things were: The personal contacts, exchange of ideas, and demonstrations. Van Vogt hammered home the idea of persistence in using any technique; if you don't get observable results in the first ten minutes with technique "A", don't discard it then for technique "B". Give the technique time to prove itself. Van also emphasized the running of conception and the prenatal area thoroughly in order to have the individual differentiate clearly his

own awareness and being from those of his parents. Art Coulter, Jr. & Mi., turned out to be the inventor of Analytical Procedure and gave a good discussion and demonstration on group tracking. Ron Howes conducted a good demonstration of a simple technique in body awareness. Dr. Beaver narrated his experiences in introducing dianetics to a small town successfully. Incidentally, Dr. Beaver had a considerable amount of courage as an MD to introduced dianetics to his town of Leetonia, Ohio.

The newest and best presented idea was the "Philosophy of Individualism" by a Colorado Springs newspaper editor, Thadeus Ashby. Individualism is another way of saying Self-Determinism, or permit and assist the individual to be his own teacher and his own God. Interestingly enough, dropping the present system of enforced public education in favor of privately selected and supported education would be a good starting point. These are rather intriguing ideas to play with!

II

Three from Minneapolis were at the conference—full details will of course come out from the Foundation in Wichita.

The mornings of three of the four very hot days were spent in small group seminars, each group choosing its own topic. Afternoons and evenings were general assembly with lectures, demonstrations and case histories, and panel discussions. The feeling was that the conference was very successful generally, with enthusiastic interest keynoting it. Most were people with dianetic backgrounds already, but some new pc's were there, too. A good sampling of the dianetic field attended.

The big draw was Howes—although until he actually showed up no one was sure he would. His lecture Thursday had the biggest attendance of any conference event—many more than officially attended the conference—and made the biggest hit.

Several of the points mentioned in the four days were: The possibility of some anaten after trauma being healing sleep—or "healing sleep" being a pc's evasion in dealing with anaten in session...The professional auditor usually only uses a few techniques (of the thousand or so?) but he should know of the others and how to use them; he should learn flexibility, and many tools...Occluded cases tend to boil off easier; in boil-off there is no consciousness (?) so perhaps the auditor should change to other material that is related to get away for a while from this dope-off material that the pc feels is not yet ready...Or, that boil-off is necessary to run off, but auditor time is too short. So encourage the pc to go into boil-off, thereby working off one side of the effort. Tell him to observe himself going into boil-off...Hubbard's latest on this is avoid boil-off by raising tone, by helping the pc to find differences in what he had thought alike, by straight wire, or by doing the direct opposite of what you were doing when boil-off showed up...Who ever heard of a hard-boiled egg (occluded case) that had never been in hot water?... Scientology makes it more easily possible for occluded cases to run—but don't use it on wide open cases...The vitality of a man can be measured by his ability to be dangerous...What works with one may work in reverse with another...One way out of anaten in session—ask the pc, "Are you willing to pay for all this time you are 'asleep'?"

III

Following are excerpts from a letter to Elaine Scott from Locky Schuster:

...I wish you were here attending the conference. It is quite inspirational. We just got here Wednesday noon ourselves.

Yesterday afternoon Van Vogt talked all afternoon about running conception and gave a demonstration. He stressed mostly that he thought we have been expecting to get results too fast--if the pc acted bored or thought he wasn't getting anything out of it, we would change the subject. So he put a list of items on the board to run and run thoroughly, the pc being first the ovum and then the sperm... (List included attitudes, beliefs, personality, structure, mis-emotion, etc.)... Don't force it--let pc tell the auditor. Each awareness the pc contacts--tell him to feel it and to examine it. 16 to 40 hours usually.

Dr. Beaver talked last night. He was very good. As I understand it he keeps several auditors busy with his patients. He told largely how he sold dianetics and used it in his community...

(Next day)...The great Ron Howes arrived--you should have seen the excitement in the audience. His editor friend from Colorado Springs came with him--he is quite a dynamic person. He talked to us about introducing radical ideas. Then Ron took over. He has changed in appearance quite a little in an indescribable way. He has a quietness about his face and gives the impression of being a very self-confident, undisturbed man. All 1.5 aspects seem to have left. He proceeded by asking for a pc, who lay down on a cot. Ron asked him if each part of his body externally and internally was his. He agreed that it was. So the man was pronounced above normal. The same was applied to a girl who ascribed the parts of her body to many people. The idea seemed to be to get the pc to accept all parts of himself, mind and body as a unit controlled and operated by the pc. After a break the group asked him questions. These he answered on a very factual plane without insulting anyone.

There has been quite a little rehash at the conference in general--should boil-off etc. be run. The general opinion is that unless you can see the pc is gaining by it, avoid getting the pc into anaten by not pushing him so hard, or change the flow or approach. In general it is thought necessary to get emotional discharge of some degree if emotion was originally present. Most pc's now sit instead of lying down. Some advocate sessions as long as eight hours and less often. B.A.M. is quite accepted...In general use any technique that seems right for the pc and let the pc govern the sessions...Ron Howes...gives you the impression of a very intelligent person, on a very factual confident level, no emanating theta or excitement or enthusiasm...Lots of people we know are here...Van Vogt is the leading lecturer...

 HOW WOULD YOU DO IT?

Have you tried the, "How would you do it," technique as mentioned by Dr. Winter in ARE YOUR TROUBLES PSYCHOSOMATIC?

Just ask your preclear, "Supposing that you deliberately and maliciously set out to make your wife nag you, how would you do it?" After the preclear recites like a boy well-versed in his lessons, the shock occurs and he comes to the realization that that is what he has been doing. Cap it off with another question, either, "Who in your family used to act in this manner?" or, "What value does it have for you?"

Try it also on physical behavior patterns. The procedure is a little different. The auditor helps the preclear learn just what he does to bring about the symptoms of asthma or hay fever or any other non-optimum physical traits. After he has learned to produce the symptoms at will, he can see he has a choice of either doing them or not doing them.

DO YOU HAVE MEANING FOR THESE WORDS
by George Field

Failure is the acceptance of guilt (sometimes the assignment of blame) for the inaccuracy of a prediction. The inaccuracy may result from inadequate or occluded data, imperfect or distorted reasoning, or a combination of any of these. The data may include or exclude known tendencies or preferences of the predictor. Between the time of the prediction and the time its inaccuracy is acknowledged the predictor may interject factors, not considered in making the prediction, to insure its inaccuracy; guilt may be reactively accepted whether or not this is done. Ordinarily there is present in the prediction a computation of the desirability that the prediction be accurate.

Rejection is failure in interpersonal relations.

Guilt and blame are concepts of volitional causation combined with assignment of value.

If the assignment of value can be reversed, failure becomes success, and rejection becomes emancipation. These are still charged words, but they tend to elevate tone rather than to depress it. We do this.

If the concept of volition can be removed, much of the basis for interpersonal friction disappears although impersonal friction with the universe may remain.

If the concept of causation can be replaced by a simple observance of order of occurrence, failure and success, rejection and emancipation, guilt, blame, and credit all disappear.

Then we see an individual's act simply as one in a sequence of events which is still continuing.

BOOK REVIEW

HYPNOTISM IN PRACTICE, Eidetic Foundation, Fairhope, Alabama, 1953, 31 pages mimeographed one side. \$2.00.

Evidently the Eidetic Foundation has gone to much trouble to investigate and report upon the theory and practice of hypnotism. The book is presented in the usual manner; written by people who are seemingly well versed in their subject and done up in a nicely printed cover. While personally not in accord with the idea of unrestricted use of hypnotism either in processing or as a parlor sport, I must admit that, for those who might be interested, this volume is well worth reading.

In the introduction it is contended that a single factor underlies the induction of the hypnotic trance. To quote, "Regardless of what one might wish to think of it, the hypnotic trance is nothing more than a self-created special condition in which an individual believes, and has the conviction that, whatever is told him shall be true." This falls in line with the 'I Believe' theory and the results of a hypnotic session depends wholly upon the amount of authority acceded to the hypnotist. It is also stated that a versatile hypnotist, able to recognize beliefs and knowing how to use his imagination to recombine them to end in hypnosis, can obtain results in the here-to-fore un hypnotizable three percent. (Implying that ninety-seven percent of the populace can be hypnotized?)

This trend of thought is carried throughout the book. Pre-session beliefs (convictions) being the deciding factor in whatever results are obtained. The effectiveness of the hypnotic trance seemingly depends upon the subject's ability to relax or upon sensory fatigue. The latter may be an existing condition or may be induced by the hypnotist. Several methods by which this state may be attained are cited and explained in the text.

Once the trance is an established fact, different tests are available to use in determining the degree of control which the hypnotist has over the subject. It is interesting to note that the subject gives over the control of his mind and body to the hypnotist gradually as these tests are applied. The depth of the trance being controlled by the subject's desire to be hypnotized. To quote, "Notice that in these tests that the individual is convincing himself that the state of hypnosis can be induced. And, in the induction of the hypnotic state, notice, as in the tests, the individual is having his own beliefs and desires or his agreements with the hypnotist used against him." Also, "It is possible to go to the perhaps extreme point of the induction of catalepsy, where the entire body control is taken over by the hypnotist. Catalepsy can be used for the demonstration of many true capacities and capabilities of the human body and mind." (This may be true but is it desirable or beneficial to the subject or is it merely for the edification and/or the amusement of onlookers?)

The book is nicely balanced out with comment and evaluation on the various uses of hypnosis and its possible benefits. Taken altogether it's an A-1 presentation.

B. C.

LETTERS

...There isn't too much work attached to recognizing the other guy's good qualities. But, the way most of us act about it, it is one of the most grudging things that could possibly be expected of us...Once upon a time there was a book written on "How to skin friends and influential people," oops, "How to win friends and influence people." This was a book that became a best seller over night. Why? 'cause it taught a few of the basic principles of getting along with other people--actually, the whole book is based upon the one principle of "allowing the other guy to be right." I tried it and I'll be darned--it worked. I began to actually have friends. But, then came the revolution and I chucked it all down the drain. I threw away most of my friends too, because I tried to ram things down their throat now. I **KNEW THAT I WAS RIGHT**...Well, came another revolution and I began to sort out the things that worked and the things that didn't (this is what learning is) and I began to see...And, suddenly I began to find out that other people began to be right again. I began to have more friends and more people to help me do what I wanted to do...you've got to live adaptively instead of reactively. If you adapt, you learn.. this puts the onus on you to change your ways and begin to let the other guy be right once in a while, too. Everyone enjoys it more, and the present time problems begin to disappear (you might even be nearer to God, too)...

Jim Welgos, Eidetic Foundation, Fairhope, Alabama. (Thanks for the message, Jim!)

In the February issue of DIANOTES (Vol. 2, No. 7) there is a mention of work done by Bob Collings entitled "Procedure for Visual Correction." Would you please tell me where I might get a copy of this?...I am especially interested in work on vision because I am Assistant to a specialist in vision here in Dallas, and my job is concerned with Visual Training. I have been able to do a certain amount of dianetics with very good results in the Training Room, but of course I must treat that as routine procedure to protect the Dr. from any mal-practice type criticism.

Needless to say, the patients leave the Training Room with a "what happen?" look on their faces at times, but it works, and I'd like to hear more about it through Bob Collings and any other people you might be able to direct me to. I have not been very active in dianetic circles during the past few months because of a book I am writing which is based on extensive research, and I am not well acquainted with the latest doings...P.S. My most fascinating experience as a dianetic auditor was that of helping a totally blind woman to regain her normal vision in exactly 1 week.

Mrs. Ruth Roderick, Dallas, Texas. (We'd like to hear more about such good results)

This brief letter, rather delayed, is to thank you for the March issue of your Journal. Congratulations on your new feature, of which I shall be interested to see future developments. I was particularly pleased by the cartoon, as were all those here to whom I have passed the magazine round. Robinson's article was intriguing; frankly, this kind of thing has little reality for me personally--however, this is not to say that I have any doubts that the material can be "run" on different persons. Snag is, you can run practically anything on anybody. And with beneficial results, at that. But how are you getting these results? It seems to me that what is happening is that the reactive mind--or unconscious--is dutifully providing what the pc believes to be the "right" material for him to accomplish his goal. He is right; if he plugs hard enough he will probably accomplish his goal.

But are goals as useful as has been imagined? I have been doing a lot of work myself on getting into present-time, and my knowledge at present, for what it is worth, is that it is often goals that are keeping us from being in present-time. How do we arrive at those goals anyhow? From past data--in other words, one looks at the past and extrapolates therefrom into the future. There is no future, of course, it can only be constructed by reference to the past. Since all goals are in the future, any thought about whether one's therapy is being successful will automatically hamper you by keeping you out of present-time!

Does this sound cockeyed to you? I am perfectly willing to believe that I am talking out of my engram banks--if anyone can help me to get to KNOW that. But what I have been saying is based on valid experience of my own. Most of it on self-auditing, by the way, which I know some folks would count against me. Self-auditing is supposed to be a quick way to apathy. Well, I would agree that it will give you some very lousy moments--but then any therapy that doesn't do that is no good, in my book.

This business about past and present ties in with the social aberration of the "mind," of course, upon which all of our wretched educational system is based. To say nothing of the economic system. I seem really to have picked myself a job here, because it seems that getting better (?) involves bucking the whole of this system--and that's no joke. But I suppose it is agreement with the system that made us sick in the first place so--well, this is where I came in!

George Hay, London, England. (A goal is a kind of confluence, or is it?)

(April) DIANOTES, Minneapolis. Hello everyone: Such adventure comes with the postman with all the communications from the field of dianetics!...what with the publications from Scientology...and from your outfit, and that of Jim Welgos and Humanics. I hear something popped thru the letter slot and sure enough, ten chances to one, it is something from one of the sources of dianotics.

Your last issue was so very excellent, I thought. I chuckled delightedly over the cartoons by Dick Kerlin..they were really something..especially the one with all the various ways in which one can help himself toward optimum land..the telescope of General Semantics pointed toward it..and the billboard with the sign on it.. (The Promised Land'..as painted by 'dat ole time religion'..I howled with glee over them. The other one..'What to Audit'..well, one does read and hear some conflicting advice..and opinions..yoga is good..yoga is not good..and so on and so forth..There is plenty of enthusiasm, tho', and there seem to be many who are doing very interesting research. I thought that Letter from John Robinson had fascinating and exciting news in it..hope we hear more of what he and his associates are doing. Four and perhaps five types of life forms in the human being and each of these life forms having a definite personality, different experiences and different state of knowingness and also different goals in each. Doesn't it sound intriguing; They seem to have found out more than any of the others, so far. I hope their book containing the data and techniques which they are using will soon be available, and that you will be publishing the articles which he mentions will soon be ready.

Liked the article by Jack Hayes about the value of running grief..also the articles by George Field. Thought 'Our Capacity to Learn' by Bob Collings was really excellent. I really do not know whether it is me..that I find your publication getting more and more interesting, or whether it is you..whether it is getting better and better...

Had the great pleasure of hearing Perry Chapdelaine speak two evenings ago, and am looking forward with great anticipation to listening to him again tomorrow evening ..mostly on the subject of 'love'..that greatly abused feeling, and greatly misunderstood word..perhaps. Was very interested to hear today that so far Perry had been the means of helping six people to the state of being clear..one within the last three weeks, in Salem, Oregon. And the things this clear can do..with E.S.P. turned on and everything..Sounds positively wonderful. A body which is free..able to control even its autonomic functions..very wonderful. About a hundred hours of auditing accomplished this last one...from the reports of one who did some of the auditing before Perry arrived there to add the finesse which speeded the process up. ..P.S. Suddenly remembered something very interesting which Perry said..that what we needed was a book to run out all books on techniques.

Joyce Stewart, Vancouver, B.C. (Thank you, thank you. The final comment is a gem; and enthusiasm is what we need more of!)

...Twenty-two Tested Techniques by George Field might have been written by me, it is so appropos of my own experience with dianetic adherents. The most striking fact about Field's satire is that with a simple substitution of identifying terms it is equally applicable to any human social endeavor, whether one of the myriads of religions, astrology, bird watching or The Gashouse Gang A.C. This, too, I know from personal experience.

These "Techniques", though factual representations of dianeticists' shortcomings, are merely symptoms of the real cause "in failure to advance the Science (sic)." Obviously, the dianeticists cannot be blamed for their undesirable characteristics if the "Science" is ineffective in eradicating these for them, but these same dianeticists would be, to put it mildly, illogical in expecting dianetics to be advanced by adopting common-sense behavior, when no less than dianetic behavior is logically acceptable to thinking people. Thinking people cannot be deceived for long, if at all. If dianetics shows no favorable effects on its adherents, of what benefit can it be to newcomers? Thus dianetics is its own worst enemy--it doesn't produce.

The flaw in Field's satire is its incompleteness. The description of the symptoms is a work of art. Had he rounded it off showing the cause of these symptoms, preferably in serious vein, it would have been one of the finest and most honest articles ever published in a dianetic newsheet. I would have ended the Twenty-Two Techniques thusly: The above satire is not funny. It is, rather, a sad commentary on the pathetic inability of dianetics to erase these "Techniques" from our characters. There is a very serious deficiency in Dianetic Performance if we cannot present ourselves to the world as living proof of dianetic workability. Why must we consciously watch our behavior lest our "science" be discredited? Our behavior should automatically communicate a favorable impression about dianetics. We should be invulnerable to the taunt, "Physician, heal thyself."

It follows that we must overhaul our thinking about dianetics (or other allied ideas) and explore new and different pathways. There must be an invulnerable science. It is a logical certainty. Let's find it.

George Fedak, Uniondale, New York. (This letter rates being a DIANOTES editorial)

 24 HOUR BOOK SERVICE

Minneapolis Dianetics, Inc. solicits your orders for dianetic publications. All orders will be either shipped within 24 hours of receipt or we will notify you by air mail, how long a delay is expected. Space does not permit our listing of all the publications we have to offer, but they include most of those published by the Dianetic Foundation in Wichita; Eidetic Foundation in Fairhope; Humanics in Colorado Springs; and several from Psychological Research Foundation in Phoenix.

The latest publications received for sale are as follows:

SECRETS OF MEMORY, Eidetic Foundation	-----	\$1.00
HYPNOTISM IN PRACTICE, Eidetic Foundation	-----	2.00
BLUEPRINT OF A HUMAN BEING (Howes), Psychological Res. Found.	-----	1.50
THREE THERAPY SESSIONS (Howes), Humanics	-----	1.50
YOU & DIANETICS, Minneapolis Dianetics, Inc.)	-----	.25
)	----- Lots of 10 or more	.15

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