

# DIANOTES

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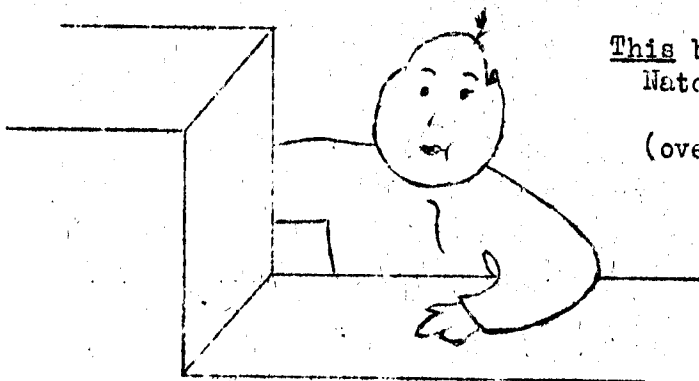
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This book,  
Watch!!

(over)

TWO THOUGHTS  
by Donald H. Rodgers\*

The Laws of Time Track Travel

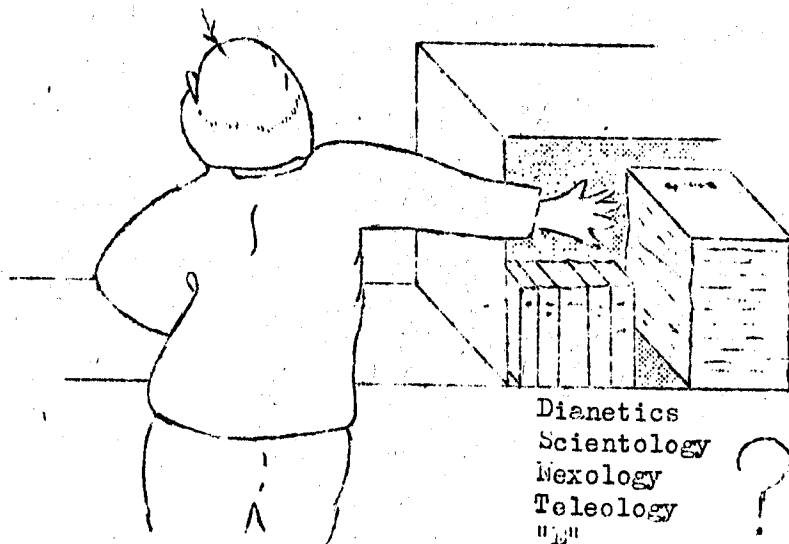
NOTE: "A law of nature is an observed uniformity."

1. Buoyancy - Attention comes up to present time and remains there except as acted on by the forces described in laws 2, 3, 4.
2. Recycling - Attention returns cyclically to trauma and scans it until it has been analyzed or normalized, except as acted on by the forces described in laws 3, 4.
3. Volition - Attention may be directed by the will.
4. Command - Attention may be directed or inhibited by assignee of cause.
5. Necessity - Attention may be attracted to present time by the environment, particularly when that environment carries threat to survival.

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The Laws of Imitation

1. Survival - One imitates those persons and acts which provide best acceptable solutions to the forward computation for survival.
2. Affinity - One imitates those persons and things for which he feels the strongest affinity.
3. Sympathy - One imitates those persons and things for which he feels the deepest sympathy.
4. Volition - One imitates by conscious choice and will.
5. Command - One imitates by command from assignee of cause.

\* 41 Fourth St., Fanwood, N.J.



EXPERIMENT ALICE - A FAMILY PROJECT  
by The Hembds

We have a project going in our house. Her name is Alice; her age is just four months. She is a cheerful baby who manages to open all her discussions with a winning smile, even though she might be battling the current epidemic bug with a lusty fever. Since we first became acquainted, she has had two periods of illness - duration about three days each. They seem to have been for her the kind of minor inconvenience that most of would shrug off as "one of those days" and go on about our business.

Alice does things. She insisted at three months that sitting up was a necessary expression of her dignity. At four months she still requires some support most of the time, but gives indications that she will soon sit alone. She covers the distance across the grownups' bed by an interesting expedient. Curving her back with head toward heels, with her belly planted firmly on the mattress, she straightens her arms. This accomplished, she drops her head abruptly and gathers both knees under her in a single coordinated movement. Then, propelled by her knees, she does a belly-flopper. Result - about one-third baby length forward. This process is repeated until the desired object is reached. She can roll easily belly to back, and more recently from back to belly. She eats and drinks what she needs and never cries without reason. She chatters with people. She calls when she needs assistance; reserving crying to expedite action if she is kept waiting too long. She is not a super-child, but then she is not an average normal child either. She has had an unusual prenatal life.

In preparation for Alice, her mother consented to selective processing. Those things which most affected her functions as a pregnant mother were reduced by self-processing, with a minimum of help from the only other dianetically informed person available - the baby's father. As proof of the success of mutual selective processing, the parents were able to select a date for conception at midperiod. They were able to produce conception by intention with a single trial. Alice's next major traumatic experience was at her own birth - which she most ably and energetically assisted.

She has been very obviously with us in present time since her first early stirrings until this writing. Since Shirley reduced all such complaints as nausea, dizziness, et al; since no "Accidents" were experienced during prenatal; since Mother's tone was that of "Release" during the prenatal period; it is considered that an unusual prenatal occurred.

Shirley ate a carefully balanced diet with vitamin supplements before pregnancy and during the crucial formation period of the first four months. She regulated her weight successfully during the entire pregnancy. Alice was born of a mother who studied the Read method of preparation for childbirth, and modified it according to her dianetic background to fit herself as an individual.

Conception was a silent affair (so planned), but childbirth was somewhat hindered by a restrictive hospital and a doctor who suggested frequently by word and action that labor contractions must be painful and worrisome. Childbirth occurred smoothly, and - get this ladies - Alice was born with full cooperation and no crying at all until she was roughed up by attendant nurses, who thought she should cry; but best of all, she was born with no visible scars, marks, moles or other skin blemishes of any kind. Her good nature then and now seems to be as unblemished as her body.

Alice is individual. She has been to us a very satisfying dianetic (etc.) experience. She functions beautifully in all respects and wins friends by broadcasting friendliness. She has the respect and admiration of her own family, including three and one half year old Albert, who can feel secure with her as a sister. Both parents still do hodge-podge processing and occasionally we establish contact with her on a non-vocal level. She broadcasts her needs and levels of affinity with remarkable direction and purpose. We are proud and delighted with the results so far achieved. To any prospective parents who have had similar experience or wish by this means to raise their level of family affinity and enjoyment, we will be pleased to swap experiences and submit further details. We recommend that this and other information be weighed, evaluated and used as is seen fit, since "custom planning" was the method which contributed so greatly to our success.

A last remark, to illustrate the effect of living with Alice. Today we began in a low family tone; that is, all except Alice. In about two hours we were laughing freely and enjoying a visit to the park (at Alice's suggestion) where we had a picnic lunch, enjoyed ourselves variously, and returned refreshed. How do we know Alice wants to go to the park? Well, she can't talk yet. We use a combination of process of elimination and something else that I can't describe too well. After all, Father, Mother and Albert (pre-dianetics) had just ordinary prenatals and haven't become optimum yet. Incidentally, while raising the family tone, Alice also battled on the side with intestinal flu bugs, which she seems to be quite successfully dispatching. The rest of the family gets the stuff, but Alice just seems to display "innoculation" or "vaccination" symptoms.

We will appreciate any communications thru the medium of DIANOTES or directly (or perhaps HOMEver). We will try to answer all communications directly, promptly and honestly as long as the stamp fund holds out - and anew with the next paycheck. We hope to encourage others engaged in this and similar projects.

LOWELL, SHIRLEY, ALBERT AND ALICE HEMED  
19 North Oriental Street, Apt. 32  
Indianapolis, Indiana.  
August 14, 1953.

Ed. Note: We expect to present a series of articles by The Hemeds about Alice detailing the hows, incidents, plans, results, etc.

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ABERRATION IN THREE DIMENSIONS  
by D. L. Sterling

In the August issue of Science Digest, a vision specialist of the Bausch & Lomb Optical Co. reports that between 12 and 15 per cent of the public now have eye problems which they will learn about for the first time by viewing three-dimensional motion pictures.

This authority is quoted saying, "The beneficial impact on vision of properly (italics mine) produced, projected, and viewed stereo pictures will be profound... Viewing of true three dimensional pictures will improve visual performance... of individuals with good eyesight. Furthermore, (others) with inefficient visual skills will be stimulated to get professional eye care, which, in turn, will result in more efficient and satisfactory vision for them."

As a dianeticist, it seems to me that this specialist did not mean "stimulated," but rather "restimulated," for the number of individuals who have thrown away their glasses after their dianetic processing has indicated that the cause of many eye deficiencies is psychogenic. If it is true that viewing 3-d will reveal hitherto unknown difficulties, then this subject deserves careful dianetic examination. As auditors, we want to know what the effect of the new movies will be upon our pre-clears.

In an effort to compete with television the producers of Hollywood and the large theaters are expanding the size of their screens in length and breadth, as well as adding the new dimension of depth. There is good reason to examine the other aspects of these innovations also.

There are three systems which the producers are pushing.

The first is a rush technique. In order to changeover to the large "panoramic" screens immediately, the theaters have equipped their projectors with lenses of shorter focal length than was formerly standard. This enables them to project a smaller segment of the film image to a larger length and breadth.

The second is a special new lens which dispurses the horizontal lines of the picture over a greater horizontal breadth. When this is used with the appropriate lens, the image is thrown onto a screen which is higher, but even broader than the first method.

The third system is 3-d films which require two projectors which project two images which correspond to what we might see with our two eyes. These films are the first widespread use of stereoptical motion picture, and are even now being combined with the first method to give a larger "panoramic" screen image.

The significant point of these revolutionary advances is that no one seems to have thought about the emulsion of the film on which the image must be recorded and then projected, and as a result, they have overlooked a very serious flaw in their "revolutionary advance of the motion picture."

Each emulsion has its own "resolving power," or capacity to reproduce detail. Black and white films have the most, varying from approximately 45 lines per millimeter to 160 lines per millimeter, depending upon the size of the "grain" of the emulsion, and the developing solution which is used. Color films have considerably less because the color is achieved by superimposing three dyes over the other, and only one of these "dye transfers" can be in sharp focus at one time. The other two dyes will not be in sharpest possible focus.

Now how does this relate to the average movie fan? It simply means that if a film is enlarged too much, the image will appear to be blurred, even when the film is sharply focused. In the past the size of the screen has been determined so that only those sitting in the front rows would be bothered by the image appearing too big and thus out of focus or fuzzy.

With the large "panoramic" screens used with the first system mentioned, the viewer has the same visual image that he would have gotten with the older smaller screens if he sat in the front rows, and the image will be correspondingly blurred.

A similar example would be to compare the common photograph as it is reproduced in the pages of a newspaper. If you look closely you can see many dots which together make up the picture. The further the picture is away from the eye, the more

the dots blend together and the clearer the picture looks. These dots correspond to the "grain" of the film emulsion which carried the image.

By expanding the picture onto the larger "panoramic" screens, we are doing approximately the same thing as we were when we were looking at the dots of the newspaper photograph. The difference is that in a theater, it is not so obvious. What we are doing in the theater would be like looking at a newspaper photograph and, solely by focusing our eyes, make it look like a roto-gravure photo.

With the second system, the "grains" of the film image are being broadened by the project or lens. The horizontal spreading of the grain will produce an oval blur.

The individual spectator may or may not be aware of this critical difference in the new screens. Either way, the eye has an automatic mechanism which attempts to pull whatever image it is seeing into sharp focus. The individual who is aware of what has happened to the screen can sit farther back in the auditorium, or wait and see it in second run. But the individuals who are not aware of this change will continually attempt to pull the image into focus with their eyes when the image cannot be focused. There will be a continual strain on the eye which will tend to key in any somatics which are reactively associated with such an eye strain.

The third dimensional film presents a slightly different problem. When watching 3-d movies, we are keeping our eyes focused on one plane (the screen) while we vary the "optic angle," that is, the angle formed by our two lines of vision intersecting at our point of attention. Ordinarily we are accustomed to changing our focus in a direct relationship to the change in this optic angle. What the 3-d movie is doing is teaching us to decondition these two factors of seeing and, use them independently.

That, of course, is when the 3-d movies are properly produced and projected under ideal conditions. Ordinarily this in itself might be enough to produce what the preclear would call eyestrain. He is using his eyes in a new way, dissociating previously related muscular actions, and may experience the same discomfort as anyone who had overused muscles which he had not exercised in a long time.

But 3-d may not always be filmed or projected under ideal circumstances. To prevent unnecessary eyestrain, the photographer and projectionist must both see to it that there is a center of interest which superimposes the same image in exact juxtaposition. If there is no such object to view, the eye will be under maximum strain.

The manner in which the film image is framed by the projectionist is another factor of importance. The images should be framed so that they are horizontal to each other, not one above the other, but this is a factor which is entirely dependent upon the care which the projectionist gives to framing when he centers this image on the screen. If he does not realize the necessity of making the images horizontal, or is careless, the spectator will have the added strain of looking up with one eye but down with the other. This difference is not great, but is sufficient to cause additional strain without recognizing the cause.

With average size screens these difficulties are significant in that they could cause the individual to invalidate his own focusing ability. But when 3-d is used in combination with the "panoramic" screen systems which cannot be properly focused anyway (especially noticeable in color), the result is that the eye will be looking into the scene of startling reality, as in everyday life, but in the theater the eye is incapable of bringing the images into real-life focus.

Another factor is important. In ordinary pictures, both eyes receive the same amount of light from the image. With 3-d, half the light from the projector does not reach the screen, for it is lost in the process of polarization. Another fifty per cent reduction occurs when the polaroid glasses are used. Each eye therefore receives only 25% of the light which is ordinarily seen by both eyes. Here will be another cause for eyestrain, particularly with mystery black and white films which are photographed in low-key lighting.

The well-integrated person will not be troubled by these deficiencies of the cinema, for he will be aware of what has happened and will adjust to these different conditions. But there will be an overwhelming number of spectators who will not realize the basic causes for their eyestrain, and who will make a continuous effort to see in sharp focus, or to make the darkened image more visible. When the spectator is not aware of these factors, watching the revolutionary motion pictures will no doubt produce very real physical invalidations of their eyesight.

It would be ironic indeed, if the very innovations which the producers and theater owners hope will revive the popularity of movies succeeded in strengthening the support of television, which no one expects to be in focus anyway.

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### THE PERFECT CIRCLE

As a Clear, I imagine that I will be a well rounded person - I can sense the existence of that circle, the circle of my full design - and I can sense the area of it not filled out. Most of us - myself included - have never brought ourselves 100% through the portal of adolescence. Sure, our bodies may have filled out - or they may not; but there is this full circle of maturity - have we filled that?

Why do so many adolescents have pimples? Is adolescence a sort of social and cultural - as well as sexual and physical - "breaking out"? Do we symbolize this with the delicate skin of birth - another "breaking out"?

Try this experiment (borrowed from another field): Close your eyes. Have someone observing you. Now imagine that you have a paintbrush attached to the end of your nose. It is freshly dipped in paint, and the end rests on a broad sheet of paper. Now - paint a perfect circle on the paper. Can you sense what you did with your circle? Have your friend comment now - did you tend to flatten it - to "right-angle" it - to "break out" of it?

How might this imperfect circle apply to your life - to you? How are you right-angling or flattening your behavior; your thinking, the use of your body? Are you spending a lot of energy trying to break out? Sense your own circle, now - your design for clear. Have you filled it? Wherever there is pressure, vacancy, flatness, angles, constriction - anything but a full, natural circle - start tracking!

We regret the passing of Mrs. Mary S. Parker, mother of Waldo Boyd, into the next phase. We were fortunate to have had a chance to work with her in her fight against a dread malady. She prolonged her life well beyond the time allotted to her by her physicians. She fought a gallant fight. Who is to say she lost?

Telegram: Dr. Ronald B. Howes, president of Institute of Humanics, announced tonight to the dept. of public relations that a stipend of \$1,000 will be awarded to the person or group who has made a major original contribution to the human arts. Winner of the award will be announced on or about Oct. 1, 1953. This award is to be an annual activity commemorating the founding of the institute.

Institute of Humanics.

## BOOK REVIEW

THE HOW OF TELEPATHY. By Harold Schroepel. Published by The Eidetic Foundation, Fairhope, Alabama. 1953, 28 pages, mimeographed on one side, \$2.00.

The ideas presented here are outgrowths of experiments carried on by Mr. Schroepel with groups and during auditing sessions at Peoria, Illinois. He states that the conclusions arrived at are largely his own and subject to change when additional data are obtained. Whatever changes future data may bring, Mr. Schroepel has presented an excellent treatise on "The How of Telepathy". Although his suggestions are not what one would call now in dianetic literature, he has assembled and explained them in a convincing manner.

If telepathy is considered as the transmission or radiation of emotions and concepts of thoughts from one person to another, then most people have it in varying degree. Witness the angry child who transmits an easily understood signal. However, it is considered here as a block of abilities, rather than a single one.

Telepathy, as with any other ability, cannot be acquired by reading alone but it can be acquired by doing. Simple ways are suggested for trying to bring about changes in one's self so that the necessary abilities will develop. The development of extended awareness is the first consideration. This can be brought about by observation in ourselves and in others. Try to pick up transmissions from others and identify them. What is the other person's major effort or major emotion? When making these studies, expect anything, reject nothing and make no effort to explain or change what you do get. Is there anything you cannot imagine? If there is, you will find yourself blocked in much of the development.

One would not expect to find discussions upon the development of "Outside The Body Technics", "Clairvoyance" or "Healing Technics" in a book about "Telepathy", but these are here considered as parts of the block of abilities before mentioned. A list of very interesting successes in awareness and communication among groups are given and about nine pages are consumed with a set of "fables" pertaining to the block of abilities accompanying telepathy.

Mr. Schroepel implies that there are realities in the book which conflict violently with accepted beliefs. This is true also with many dianetic concepts. It is the reviewer's opinion that anyone with an open mind and possessing a working knowledge of dianetics, will not object to anything found therein. He believes that nearly all of the realities expressed will be of considerable help to those of us who are endeavoring to process ourselves and of still more help to auditors. He would not, however, recommend it to beginners in dianetics.

A.G.D.

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HUMAN

Stanchioned yet, and chambered as a trade within a guild; classification of genus:  
a component of the Factor Limitless.

Facilitated, precision-machined to high tolerance and exacting specifications,  
ductility incomparable, flexibility unparalleled;

Inter-communicable all levels--Concept, idea, abstract, symbol, intra and inter.

A vase of non-clay of clear high-fired bell tone

Complex, interwoven beyond symbology. Yet comprehended at multi-ordinal  
toti-sentient Unit level.

A cell of miraculous mobility and destiny; untapped potential;  
peerless adapting design: Homo presidio cum futura.

G. K.



"Letter from the Institute of Humanics"  
416 West Pikes Peak Avenue  
Colorado Springs  
Colorado

"Dianotes"  
2449 Humboldt Avenue So.  
Minneapolis 5, Minnesota

Gentlemen:

The purpose of the INSTITUTE OF HUMANICS is research in the basic sciences and their application to business and inter-personal relations. A vigorous investigation of the non-social phenomena has been instituted. The basis of an entirely new school of psychology has been founded with the concept that THE MIND IS A SOCIAL PHENOMENON.

Further growth of the organization will lead to accredited college courses in the field of the Humanities with emphasis on the use and application of the knowledge of non-social phenomena.

Historically, this growth came about through Dr. Ronald E. Howes's investigation of Dianetics and Scientology and the application of their basic tenets to himself and the evaluation of change in himself. To place credit where credit is due, Dr. Howes has recently forwarded the following letter:

"Hubbard Association of Scientologists  
4 Marylebone High Street, London, W. I.

Sir:

My personal check for \$38.00 is enclosed for my enrollment as a member of the H.A.S. with Airmail Service.

While I have previously stated my whole-hearted agreement with the methodology and techniques discovered by Dr. Hubbard, I have not felt it to be appropriate for me to align myself with any single school of Dianetics or Scientology. The field was in a state of vigorous and often stormy growth. Techniques and postulates were being tested, challenged, changed, improved. For me to have put effort into encouraging belief in any specific tenet would have meant the directing of just that much effort toward the construction of a static. Yet growth and creation are dynamic things.

Out of such periods of dynamicism and growth can come scientific maturity. A level can be reached at which statics no longer can be problems, where the only statics that can exist take the form of stability of tenets.

I believe that Scientology has passed its period of struggle and testing. The question of forming a static is no longer relevant. I therefore feel that it is now appropriate for me to declare publicly my agreement with the tenets of Scientology in its present form by formally joining the Hubbard Association of Scientologists.

Cordially, R. B. H."

The Institute of Humanics, now an operating organization at 416 West Pikes Peak Avenue in Colorado Springs, has the following departments:

Department of Biology: Dwight Bulkley, Director

Department of Physics: Miss Jeanne Chafets, Director

Department of Electronics: Bertram Avera, Director

Department of Chemistry: Robert Gill, Director  
David Dobbs, Assistant Director

Department of Metallurgy: Director to be appointed

Department of Public Relation: Richard M. Elow, Director

Department of Semantics: Dr. Gordon Beckstead, Director

Dr. Howes and the members of the staff of The Institute of Humanics look forward to working with all interested persons towards the mutual goals set forth long ago by Mr. Hubbard and now recognizably being felt throughout the world.

Cordially,

THE INSTITUTE OF HUMANICS

Dept. of Public Relations

D I A N O T E S  
Minneapolis Dianetics, Inc.  
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Minneapolis 5, Minn.



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