

We do not know what rates she has in mind but we do know that the paper contains a wealth of pertinent realities, thoughts, and information, well worth investigating.

Address: **DIAGEMS**, Magdalene Petee, Editor, 184 South Point Drive, Avon Lake, Ohio

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DIANETICS in the City of Lakes

The fall season for Minneapolis Dianetics, Inc. will be getting off to a fast start with the appearance of Wayne L. Dunbar, HDA, Director of Training of the Hubbard Dianetic Foundation, Inc., Wichita, Kansas, in a series of two lectures in Minneapolis on the evenings of Saturday, October 25th and Sunday, October 26th.

These lectures by Mr. Dunbar will be the first to be delivered in a series sponsored jointly by the Hubbard Dianetic Foundation and the local groups of the cities he will visit. After leaving Minneapolis, it is our understanding that the series will be presented in Chicago probably during the following week, after which they will move progressively eastward.

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DIANOTES

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ACCEPTABLE EXCUSES

Once upon a time there was an Auditor. And this Auditor had a Preclear. Together, they were trying to do something very wonderful. This wonderful something was almost unknown in their land. They didn't even know very well what the something was, they could only guess at it and keep trying. The Auditor and the Preclear had heard about a marvelous man who called himself a Clear. They became very excited when they learned about this Clear. The things he could do! Just hearing about them made your eyes bulge way, way out, and your breath stop, almost . . .

So that's how it all started. One day the Preclear had come to the Auditor and said, "That's for me. I want to be a Clear, too." That was how they had started doing this wonderful something. The Preclear wanted to become a Clear. And the Auditor said that he would help the Preclear become a Clear. The didn't know exactly how the Preclear was going to become a Clear. But the Auditor said he thought he knew the way.

They worked together. A little time passed. The Preclear was making what the Auditor called "Progress". The Preclear could think faster and better than before. He could see and hear better. This was done when the Auditor didn't believe the excuses the Preclear offered, the excuses for not being able to think better, not to see better, and not to hear better. Then the Preclear found the real reasons for his troubles, and threw away his excuses for them. The Preclear was making Progress in many ways.

And then it happened! The Preclear suddenly stopped making Progress! He didn't know it right then, nor did the Auditor. It had happened like this: The Preclear had been talking about doing things slowly and easily. He didn't like to rush in and do a job unless he first thought about it a lot. The Auditor asked about this. The Preclear became angry when questioned. Now the Auditor didn't like to see anybody angry. So the Auditor stopped asking questions. And the Preclear stopped making Progress.

Neither the Auditor nor the Preclear knew what had happened. What had happened was that the Preclear had found "An Excuse Acceptable to the Auditor". Thereafter, when the Auditor asked the Preclear about things the Preclear didn't like to talk about, the Preclear would get angry. Then the Auditor would stop asking questions. And that's how Progress stopped. The Preclear would look as if he were going to become angry. The Auditor would stop questioning. For you see, the Preclear had found "An Excuse Acceptable to the Auditor".

No more Progress. The Preclear had made some Progress. But he wasn't making any more. How was the Preclear ever going to be a Clear? Days passed, no more Progress. One day, a new thought passed through the head of the Auditor. The thought was, "Why does the Preclear become angry when I ask him about doing things slowly?" And then he thought, "Surely, being angry doesn't satisfy his being hungry. Nor does he satisfy his need for friends by doing things slowly. Nor does he quench his thirst by getting angry at my questions." And then a second new thought entered the head of the

prised to find so many people apparently going back with Dianetics instead of forward because they did not advance (in REALITY).

If you have allowed a command, a suggestion, an emotion, a thought, counter-thought, event, etc., etc., outside of yourself to become REAL, to take effect as part of you in YOUR mind; if you have allowed any of these attention getters to take a reality and work for you or against you by becoming rheumatism, asthma, hay fever, loss of sight, palpitation of the heart muscles, or what have you, they are your IMAGINED reality and that's what you have to give up in order to become clear . . . the imaginary aspect of things that has taken the form of reality with and within you, that works for or against you, as you desire.

BOOK REVIEW

BASIC ILLUSIONS OF PROCESSING

Review of

J. W. Welgoss—of the Eidetic Foundation

The third book of the Eidetic trilogy rounds out a regimented attack on the aberrations of the individual or society as we know it today. The abstract philosopher will find more material here for the theories regarding universal patterns. But the determined auditor finds a usable tool in the "Value" processing outlined. It gives a direct lead into the basic aberrations of the case.

In self-processing, an individual can utilize Value processing to locate the illusive "Am I Being Honest With Myself" factor.

In the mass of printed material that one plows through, looking for practical aids to auditing, etc., it is refreshing to find three books free of the garbled terminology associated with techniques of dianetics and allied scientific therapy.

Simplifying this further, one might define the tools of these three manuals as:

Simplified Processing—"Trying and Doing"

Basic Realities of Processing—"Approval"

Basic Illusions of Processing—"Value"

PUBLICATIONS

We had intended to devote a section in DIANOTES entirely to quotes from Magdalene Kuhlman Petee's little paper "DIAGEMS". Selection of the best of the quotes, however, proved too difficult for the simple reason that they were all so good. Rather than copy the entire paper we would like to suggest writing Mrs. Petee direct, requesting information on subscription rates. The quotes that make up this fascinating scratch are taken from all walks of Philosophy that prove pertinent, to Magdalene, to dianetics.

LETTERS

From: T. E. Carey
917 East Laselle Street
Colorado Springs, Colorado

28 September 1952

Wade Tozer
Treasurer, MDI
2449 Humboldt Avenue South
Minneapolis 5, Minnesota

Dear Wade:

On 18 September, Ron Howes produced another tape recording, which I had an opportunity to hear the other day. Since the voice-tones and other elements of the recording are integral to the communication, the tape will not be transcribed and published, according to Ron.

The production of this tape by Ron is major event, I think, in our advancement toward saner people, saner families, saner nations, etc. Ron's new emphasis on working toward fuller communication with those who want to help themselves, in coming months and years, will show some amazing results. It already has.

The tape is two hours long. The first hour holds comments and opinions by Ron on reality, psychotherapy, the etiology of aberration in terms of prenatal establishment of supplementary control points, "Here-and Now" awareness, the nature of the "engram," and methods of auditing. The discussion is integrated toward a dynamic conception of organism environment contact, and of the relationships of questions to organismic homeostasis. The second hour consists largely of questions designed to aid the listener rehabilitate his relationships with himself and his environment on all dynamics.

This tape is the first of what may become an invaluable series of communications from Dr. Howes. Ron's approach to psychotherapy is a unitary one, and embraces dianetics while it is by no means restricted to dianetics. Ron presents his ideas informally but with great cogency. In concluding the tape he invites comments, inquiries and communications from listeners.

I understand that most of the Foundations and Centers in this country have received copies of this tape. Personally, I feel that this tape is a masterpiece of communication, and I hope everyone interested can somehow or other arrange to hear it.

THE MIRACLE GROUP

158 Woodlawn Circle
East Hartford 8, Conn.

From Arthur Lussier

(In part)

Having done a bit of traveling among Dia. folks this past summer I found that the subject of REALITY was greatly discussed, and I was sur-

Auditor: "I wonder if the Preclear has found "An Excuse Acceptable to the Auditor? (meaning me, of course)".

The very next day, the Auditor asked the Preclear about his being angry, and even looking as if he were going to become angry. After a moment's silence, the Preclear laughed and said, "Yes, that's it. I became angry when you asked me questions about being slow to do things. I really had found 'An Excuse Acceptable to the Auditor'".

They continued working toward this wonderful something called a Clear. And what do you know? With no more Excuses Acceptable to the Auditor, they made it!

WHY: an approach

by Grace Krausy

Once the person is Adult these are the tone levels of Life Goals:

- (1) To mark time (survival at self level only)
 - Amuse
 - Art
 - Music
 - Literature
- (2) To reproduce (plain survival, perhaps slow "normal" growth)
 - Birth, literal reproduction and child rearing.
 - All teaching of the known, at all levels
 - (involves communication)
- (3) To relieve suffering and supply needs (survival at group and species level) (maintain the reproduced in life and health)
 - Politics
 - Medical
 - Manufacture
 - Applied science
- (4) To break back the frontiers (provide new data, new material, etc.)
 - Research, medical atomic, etc.
 - Explore, expeditions, new astronomy, etc.
 - Mostly physical data, also social, psych, etc., resulting in "law" type data—also codify and communicate this data.
- (5) To know Why
 - Discovery by thinkers using data from other levels of new interrelationships, correlations, alignments
 - (this may be a part of No. 4)
- (6) Knowing, to answer the Why
 - Discovery-computing the basic Why of being, life, etc., or even if one is Action, or control is such is desirable, in terms of knowing (this involves knowing HOWs and WHYs of lesser steps—as much cause-and effect data as possible; also COMMUNICATION)

Also, prior Knowing, to assist in lesser steps.

Possibly, after Knowing, to assist in lesser steps.

Accomplishment at any level is worth doing; the 6th level may be unattainable, or the particular individual himself may not achieve it. If you assess, in a true assessment, that your scope fits best in a certain area, it is not lesser in the sense of self-worth. Also, the higher one goes the more chance of not achieving goals; in which case it is good to have accomplished before.

The dianetic optimum individual would achieve more and reach higher. The true clear would have reached No. 5 possibly too soon, without enough data. No one has yet reached No. 6 with sufficient equipment to achieve. That is self-evident. It may be the individual's data or orientation, or it may be mankind does not yet know the missing link. Dianetics is primarily a technique to remove barriers within the self; it is not greatly concerned with action thereafter, though a positive philosophy exists in the postulates of dianetics. No. 6 is not included in formal dianetics; it is a further step.

How does one become a seeker after Why?

One learns all the How's and What's possible first, and all the lesser Why's known, and correlates them, and becomes integrated and "clear." And one does all the doing possible, and learns control and communication and successful living in those terms. And always questions the accepted reasons—be it from lessers, teachers, greater, or friends—and equals. One is true to the quest, to the seeking. And, lest it be vain and empty when achieved, control, competence, and communication are essential. Full emotion also. Too, these are considerable successes in their own rights. The utmost one can do—a mest-clear—a fully realized human—not even optimum but fully peak and not static.

And then, and continuingly before, the hunt for Why. Not in a burst prematurely, nor with low energy, nor clouded by others' ideas be it greater or lesser—but fully integrated and computed. At this stage one's affairs are in order as for death or long crisis—obligations provided for, the utmost means and control (words and money, etc.) ready and waiting. Money is put in trust. The goal has been pursued previously, groundwork and basics done; and at this stage with goals achieved, lesser purposes answered, perhaps clues known and evaluated—the quest direct is begun. Emotion has been de-controlled lest one die of it or be enmeshed by it; body needs provided; body healthy. The age is after 50, about 52 or 53. Children are otherwise provided for: no obligation binds. And then one seeks, a true Clear, for Why—for three to ten years, or even more. If one finds the Answer one Acts. If not, one codifies the search and errors and findings for other Seekers, and creates minorly but well the rest of life.

One disdains nothing, rejects nothing, absconds everything, is greater than any time-segment (being in contact with own past time) whatever its impact.

Tone	Breathing	Heart	Stomach	Intestines	Bladder	Hands	Legs
4.0	Vibrant awareness and full control						
3.5	Normal, aware of and control						
3.0	Normal, aware of and control						
2.5	Normal	Increased slightly	Slightly inhibited	Slightly inhibited	Slight tension	Slight sweat	Slight tension
2.0	Increased slightly	Slight increase	Slightly tense	Some spasms in gastro-intest. tr.	Slight tension	Sweating slightly	Some tension
1.5	Deep and fast	Fast, blood to muscles	Tight	Stasis in GI tract	Tense	Sweating	Taut
1.0	Rapid	Fast, blood to muscles	Leadens	Impassive, "knots"	Constricted	Clenched sweating	Taut
0.8	Rapid shallow	Rapid, shallow	Tied up	Tied up	Burning	Slightly sweaty	Slight tension
0.5	Subs	Irregular	Vomit	Discharge	Discharge	Dry, lax	Wobbly, lax
0.1	Shallow, irregular	Thready pulse	Discharged	Discharged	Discharged	Limp	Limp
Tone	Muscles	Skin	Mouth	Throat	Nose	Eyes	Face
4.0	Excellent tonus	Vibrant awareness	Full Control	Vibrant awareness	Full control	Sparkling	Vibrant awareness
3.5	Good tonus	Aware of	Normal	Normal	Normal	Normal	Aware of and control
3.0	Poor reaction time	Normal	Aware of and control				
2.5	Restless	Slight tension	Normal	Aware of and control			
2.0	Tense	Slightly prickly	Slight swallowing	Swallowing	Slight dilation	Smartening	Flushed slightly
1.5	Tense, in use	prickly	swallowing	Swallowing	Dilated	Narrow pupils	Flushed
1.0	Taut, in check	Hair on end	Dry and working	Trophic	Dilated	Wide pupils	Flushed paling
0.8	Blood to muscles	Slightly Prickly	Watering	Choked	Stuffy	Crying	White
0.5	Fatigued	Loose	Watering	Choked	Stuffy	Tears	Blanched
0.1	Limp	Flaccid	Open	Wet	Clogged	Listless	Flaccid

PC. "Why I just got into the habit of feeling it was useless to disobey my Mother and tried to do everything she wanted me to do."
 Aud. "What sort of things do you still think your Mother wants you to do now in present time?"

PC. "Not any that I think of off hand. However, I still do react this way when some one tells me to do something in a commanding tone of voice."

The auditor would continue to check for the agreement to use this type of reaction in present time; also he would check to determine how and in what ways the preclear wanted to change his reactions.

The above example is a typical but shortened sample of how-to-do-it. As you use this method, you will of course add your own ways to use this to advantage. When you do have some developments which you feel would add materially to this process' being effective in helping people, we would appreciate hearing about them. In any event, once you have tried this method on a reluctant preclear, I'm sure you will agree that this method is backdoor to emotion.

References:
 DEVELOPMENT OF AWARENESS OF PRESENT TIME, Green, Knowlton, & Powers
 SCIENCE OF SURVIVAL, Chap. 3, By L. R. Hubbard
 GESTALT THERAPY, by Perls, Hefferline, and Goodman
 PHYSIOLOGICAL PSYCHOLOGY, pp. 164-169, By S. R. Hathaway.
PHYSIOLOGICAL TONE SCALE

Tone	Emotion	Motion	Attention	Nervous System	Adrenals
4.0	Eagerness exhilaration	Swift Approach	Excellent	Full cortical control	Slightly on
3.5	Enthusiasm	Approach	Good	Moderate cortical Sympathetic dep.	Off
3.0	Caution	Hesitant Approach	Fair	Slight cortical control	Off
2.5	Boredom	Recede	Wandering	Sympathetic start up, parasympath. slightly down.	Slightly on
2.0	Antagonism	Slow attack	No concern tration	Sympathetic on, parasympathetic depressed	On
1.5	Anger	Destroy	Irritable	Sympathetic full on, parasympath. inhibited.	Full on
1.0	Fear	Flee	Suspicious	Full on sympathetic, inhibited parasympathetic.	Full on
0.8	Grief	Retreat	Cry for help	Moderate sympath. Moderately on parasympathetic.	Slightly on
0.5	Apathy	Slight	Apathetic crying	Sympathetic off, full on para- sympathetic.	Fully off
0.1	Near Death	None	Shock reaction	Sympathetic off, parasympathetic going off.	Off

Nothing is lie, error, threat—save involving physical danger.

One is alone except for fellow-seekers—yet not alone on any single lesser communication-subject level. Any How or Why or What level may be higher than the early Seeker, but communication may be established upward, 2-way, in any knowledge field. All Ways, fields and areas must be known so far as knowable. Communication downward, slantwise and sidewise MUST be perfected, also control; successful action involves more than one individual.

The WHY has not yet been found satisfactorily, else we would know. It may have been found, but the finder was not prepared or was incapable of use of it. Control and communication are essential—ecology, life forms, art, acceptability, human-ness, alone-ness, all of every knowable data, symbiosis yet identity, mutual help. Literature, language, painting, music, thought, direct contact, etc.—are techniques of communication. Achievements in all areas are entirely merit-worthy, and probably prerequisite to successful Seeking.

BACKDOOR INTO EMOTION

by Don Schuster, HDA

One of the ever present problems in dianetics is that of getting the pre-clear to experience emotion. Associated with this is that of recalls of emotional upsets. When properly applied, the method described here is literally a backdoor into running emotion.

First let's consider that we can artificially split emotions into two parts: internal efforts and thoughts. There is a type of mental thought pattern usually associated with a given physical feeling; it's these two parts of emotion we will consider separately. This procedure is more than a new twist to effort processing where the preclear runs first effort to get emotion, then emotion to get thoughts and decisions. Now the physical-physiological side of emotion is how the body itself is operating and feeling, or briefly, the physical tone level. The mental side of emotion consists of the ideas, thoughts, concepts, patterns of ideas associated with physical feelings; from the thought side come aberrations. Therefore the thoughts are the target. How is this done?

Two observations should be noted at this point. One is that in an attempt to become aware of how a given part of the body feels at a given emotion, recalls are used, perhaps unconsciously, in trying to be aware of the body part being focused upon. That is, trying to develop awareness of part of the body will often result in that part of the body feeling the way it does in that specific emotion. The second observation is that once recalls of specific parts of the body (somatics) are turned on, it is easy to start looking for the associated thoughts. This can be done in specific incidents or in scanning of related incidents. Bear in mind that it is the emotion that is being worked with: physical feelings and thoughts. Further, this is

done on a unit-as-a-whole basis; the preclear eventually runs his total awareness which we have first tackled separately as the physical and mental aspects of emotion.

What the preclear is doing, along with working toward other goals of processing, is learning to control his own tone level. With a little practice, he can make himself feel at will the whole gamut of emotions. This is in itself a valuable thing to know about one's abilities.

The method described here is similar to those put forth in DEVELOPMENT OF AWARENESS OF PRESENT TIME and in GESTALT THERAPY. As used here, there is considerably more detailed systematic attention paid to parts of the body.

It was found later on that a knowledge of how the different parts of the body feel at the different tone levels is of definite help to the beginner in this type of processing. For this purpose, the PHYSIOLOGICAL TONE SCALE was developed. The references for this are: SCIENCE OF SURVIVAL PHYSIOLOGICAL PSYCHOLOGY, and personal experience. This extension of the tone chart of Hubbard's gives an overall but detailed account of how different parts of the body feel in different emotions. This chart is in its developmental stage and any constructive criticisms would be welcome.

The next big question is: how does one put this to use in processing? This can be done in three simple steps:

1. For a given tone level or given situation, ask the preclear to become aware of different parts of this body in a random order. Then ask him to try to be aware of all these different parts of his body simultaneously. If his body does not feel by this time the way it does in the given tone level or situation, have the preclear try to make it feel that way. "Control" and "turn on" are useful words to do this. Incidentally, the word "control" as used here means to turn on and off a particular emotion or tone level, not merely society's use of the word to mean "keep your emotion turned off."
2. Now direct the preclear, if he is not doing so already, to look for the associated thoughts, ideas, concepts, and mental feelings that accompany the particular tone level he is working with. This brings in the theta or postulate side of the emotional picture. Now have the preclear try to be fully aware of both the physical and mental aspects. An integrated overall awareness is the goal here. This step is the synthesis of the artificial division of emotion into the physical and mental aspects.

3. The preclear may be asked to think of the times that he has felt this particular way, either on an individual incident basis or in scanning a chain of related incidents. In any event, however, the tarflet of the preclear and auditor is the basic aberrative agreement or decision for that particular tone level or situation.

Let's take an example to see how these three steps are actually used in a session. It works like this: Let's assume that the preclear is attached yet

to Mother's apron strings, but doesn't realize it fully. The target thus would be his mother's expectations of him and her methods of controlling him to meet her expectations. A typical sequence of conversation follows.

Aud. "Let's see if you can be aware of how different parts of your body feel, or have felt, in a situation where your mother tries to get you to do her bidding against your wishes. For instance in such a situation, how would your stomach feel?"

PC. "A little tense, I'd be resentful."

Aud. "Ok, how would your circulation and breathing feel?"

PC. "I don't know about the circulation but my breathing would be up a little."

Aud. "All right, how would your skin feel?"

PC. "Warm, as if it were slightly flushed."

Aud. "Fine, can you be aware how your muscles would feel?"

PC. "Tense, as if I wanted to do something."

The auditor continues this process further, inquiring as to the awareness of different parts of the body in a situation where Mother would try to control the preclear against his wishes. Reference to the physiological tone scale here may help in indicating what parts of the body to ask about. Next:

Aud. "Now see if you can be aware of how all of these parts of your body feel all at once. Take a little time silently now to see if you can build up this overall awareness."

(PC and auditor silent for a minute.)

PC. "Yes, I almost feel that way right now."

Aud. "Ok, see if you can continue this overall awareness and now bring in the associated thoughts. You may want to think about times in the past when you felt this way to find out what a typical set of thoughts is that goes with this physical feeling."

PC. "Right now I can't think of any specific times I've felt this way; I know there were some though. It seems to me though that I didn't want to do what my Mother wanted me to; I objected and she made me do what she wanted me to do."

Aud. "All right, continue to see if you can become more aware of your physical feelings and thought patterns in these situations."

When physical and mental tension build up as at times like this, recalls may be helped by releasing the tension through some harmless physical outlet such as pounding the pillow. In addition, a good type of question to ask is: "What do you feel like doing?"

The auditor continues further along the line of developing an overall awareness in the preclear of his feelings, mental and physical. Then the questioning is directed towards the decision or agreement to use that particular habit pattern and what results it got.

Aud. "What happened as a result of all the times that you felt this way mentally and physically?"