



YOUR GOALS-HEALTH AND HAPPINESS

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CLEAR WITHOUT MODIFICATION

by D. L. Sterling

The first presentation of postulate and decision processing led many auditors to re-examine the previous conclusions and commitments concerning the basic cause of "aberration". The logical effect of such re-examination was the development of a correlation of processing technique commonly called "self-determinism processing," a technique which essentially depended upon the pre-clear's particular goals for himself.

The efficiency of this technique has been adequately validated by the many processees who have attained the optimum states of Mest-clear, Theta-clear, and clear without modification by the use of this technique.

On July 11, 1952, the Eastbay Dianetic Forum presented a processee who had attained the state of clear without modification through the application of self-determinism technique. I shall refer to the processee as "Marie" at this time.

Particularly significant in this case is the fact that the assistance of an auditor in what could be called a "formal" processing session (auditor and pre-clear in the same location) consisted of only four hours. Perhaps a total of twenty hours were devoted to straight-line sessions through telephone calls, but the majority of auditing time required by the processee consisted of self-auditing sessions.

Perhaps an important factor to mention concerning Marie is that prior to her acquaintance with Dianetics, she was interested in metaphysics, and had consciously established communication with "source". In my opinion, as auditor, her awareness of meditative techniques contributed greatly to the joy with which she pursued the self-auditing procedure.

This factor can easily serve as a great encouragement to those who have had doubts in their own abilities of self-examination.

The appearance of numerous so-called "optimum" individuals has been of great value in the further development of processing technique. With their greater awareness of cause and effect, many new concepts have been exposed which contribute additional insight to Basic Personality and Purpose.

A short summary of Marie's observations may have application for you.

At clear one recognizes the key which drives the processee toward self-realization. One continues to pursue the key in all directions with accelerating efficiency, thus producing optimum randomness.

The key is no more complicated or obscure than the simplified comprehension of desire. The usual concept of "desire" involves blame, shame, grief, anger -- the negative emotions. Optimum efficiency with the key of desire is achieved when the limitations of negative emotion are removed, either by the slower standard techniques or by the recovery to memory of the past decisions-to-accept these emotions, and the re-evaluation of such past decisions.

This does not mean that the clear manifests only the joy level. The clear is the complete tone scale, he may manifest from moment to moment any portion of the emotional tone scale. This manifestation of partial life is always in harmony with purpose, although the actual purpose may not be visible in the third dimension.

There is no stopping at this point. Further advancement consists of increasing one's creativity, efficiency, and randomness. Within the state of clear the physical, mental, and emotional worlds

have no divisions between them. The eight dynamics of survival, as outlined in the science of dianetics, collapse and become one Basic Dynamic, within which all subdivisions (the eight dynamics) receive optimum expression.

By desire, the state of clear can be reached quickly and with a minimum of effort, or it can be reached by a circuitous route of continual bids for approval, bids for gratitude (demands to withhold approval), or exterior gimmicks, magic potions, and other people's data. The route is determined primarily by decision, and increased in efficiency by a thorough knowledge of approval, blame, shame, compelled gratitude, and how various other controls apply to and affect oneself. Without applying these to oneself, the key to clear can be as perplexing as the political "multiple untruth"

A NOTE ON PARALLEL PATHS

(Tone scale 3.5 -- "Ability to understand and evaluate reality of others and to change viewpoint. Agreeable." - L. Ron Hubbard)

Anaesthetists push the inductee through therapy before it can be evaluated; this occurs because the induction stage is the journey down the time track, and the anaesthetists are covertly hostile to the manifestations of struggle, laughter, tears and violence. They interfere with therapy here by using words which become the swordpoints of hypnotic suggestion. The jokes of the surgeon during operations are deliberate; most surgeons during their training have themselves been anaesthetized, and have bounced; they retain a dim awareness of what has taken place, but they have raised themselves only to the level of hostility or boredom.

Beyond the induction stage, anaesthesia is the serpent with its tail in its mouth...

You have been pushed up the mountain, hurt into the long climb. Laboriously you scale upwards; your bodies pain and pain again. Oxygen pressure drops. You reach a plateau, and here you are bored. The final ascent seems valueless; however, you have enough motion to look around you, and you are startled out of boredom by the sight of others gathered here from many paths. There is a great throng upon the plateau. Here is the point at which you slide down the scale again. (Who am I? What did my

struggle mean, when so many are here with me? From where did these many paths come? ...) Perhaps you have taken many years to reach the plateau, and here you find some who flew up in an hour. Hostility rises within you; you are beset with doubt as to your own reality.

With the others, you mill around on the wide plateau. You walk the ring with the clowns and you hoot at the audience. It is the time of peripatetics. You begin to ask questions, many questions. The Zen Master strikes you over the head with his club; the Yogi does not answer or acknowledge; the psychoanalyst tries to adjust you; the priest teaches you to pray. Many are building machines. You do not understand.

You have found dianetics, which is your path. The mountain top is hidden in deep fog; you cannot at first see it with the undeveloped eye, but you hear rumors, and these rumors come in your own language and symbols. "Higher I. Q." "Cosmic awareness." "Efficiency." "Clearness." No matter how many tongues are spoken, you hear as yet only your own language; but see this limitation and your insight sets a sudden goal; you command, "Know thyself." Here, for the first time, you are cause and effect. Here is the place where you probe and use your aberrations and examine and use your pain. Here is where all you who read this communication now stand, and we hail you from our parallel path.

You are the mountain-climber examining the blisters on his feet and the rope-burns on his hands. Here you shed your armor, throw away your tight shoes and your inaccurate maps. Here is polycythemia; here is acclimatization. Now, at this point, you can help others, and you know this. Everything below falls into a meaningful pattern out of the chaos. You can effectively stay here, if you so wish. Many do. Here, the seeker has become the lamp of the desert. Now only your self-determined desire can carry you higher. If you have come through dianetics, you are approaching Mest-clear.

The struggle from here on will be (is now) translated to an entirely different level. The pain will have a new name. You cannot be forcibly carried above this point. Here you will see that it was not fog on

the mountain top; it is a membrane, and you can penetrate this in many ways. Here there is no time, and there is all space. Here, also, you can rest; here you will be inside every living thing, and inside the "dead" as well. You meet the mediums here the telepaths, the clairvoyants; but some have come here without self-knowledge, and are temporarily trapped; they will have to go down again, and reascend.

Then will come the first Cosmic-Bounce. Now you meet the fear-with-a-new-name. Now, in Dianetic terminology, you are the complete tone scale; and you die (fear, apathy, death) and are reborn (bounce). Now you can create any path up the mountain, according to your desire; but as yet you cannot create the mountain itself. The path has now become your own reality. You are responsible, and for more than human beings. ~~This is the level of a new paradox: to go through the membrane alone, or to take all the others with you.~~

We cannot take you any further at this time.

The Unit

STAFF EDITORIAL

Dear Folks,

This simple mimeographed sheet is your first introduction to a monthly publication devoted to YOUR GOALS: HEALTH AND HAPPINESS. If these are truly your goals -- regardless of what philosophy, what belief you choose to follow -- it is our purpose to present, each month, information that will help you to attain your objective.

We are not associated with any group or organization nor do we advocate any specific philosophy or technique as a "right" means of attaining your purpose.

Our goals, even as your own, are the same as those pursued by the human race during the course of its existence: to achieve the realization of the human MIND, to perceive the beauty of the human soul, and to develop the health and strength of the human body. We feel that if you are interested in self-achievement you will find the way that is best for you. It is our purpose to present to you various means by which others have achieved their goals and by a synthesis of our material you may be

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helped to find the way to achieve yours.

Your articles, ideas and letters will be greatly appreciated and will mold the context of our future work.

Sincerely and with faith in the future,

The editorial staff of YOUR GOALS: HEALTH AND HAPPINESS

SUGGESTIONS

THE WILL TO LIVE: Arnold Hutshneker, M.D. Grosset and Dunlap, Price \$2.50.

ESSAYS ON ZEN BUDDHISM: Suzuki Sen, Rider and Co.; Two series, about \$3.00 per volume.

Marie Patton, a Los Angeles Clear, prefers to keep her future plans to herself at this time. Her only answer to such questions is, "It is not according to my basic purpose to answer that at this time." She did reveal, however, that in addition to Hubbard and Howes she has recognized a clear living on the Oakland side of the bay area. The local clear prefers to remain incognito, although he has written an article for this issue. It is signed, "The Unit".

George Seidler announced the opening of his H. D. A. course for August 1. The course will be given five nights a week for sixteen weeks. Any person completing the course satisfactorily will be certified as an H. D. A. by the Hubbard College.

TO BE IS TO BE RELATED - Cassius Keyser

Summary course tapes by Hubbard will be made available to interested groups at \$5.00 per lecture. Copies of Hubbard Symbolological Processing can be obtained at \$2.50 per copy.

Those interested in these offers can phone the Seidler residence, Landscape 6-1722.

Runa Schlafter has announced the closing of her open house. Her library of dianetic material and bulletin board will be transferred to Beth Pike's house at 2927 Florence St. Berkeley, California.

Beth Pike holds open meetings every Thursday night. Phone Asbury 3-8207.

Mike Barrett has announced that she is withdrawing from all dianetic activities with the exception of the special group she is now working with. The Barrett open house activities are closed.

Janet and Dick Hays, 865 Capitol, Apt. 1, Oakland, California, will replay the earlier Howes tapes, July 19, 1952, 8:00 P. M. Mrs. Hays announced that a new series of tapes by Ronald B. Howes are to be expected soon.

The work shop in applied Theosophy, 414 Mason St. San Francisco, is reported to be an excellent medium of self help for those interested in the widest possible scope of information on self understanding and therapy. The work shop, under the leadership of Dr. Mary Baker, one of San Francisco's leading psychiatrists, is sponsored and supported by the San Francisco lodge of the national Theosophical Society. Meetings are held every Saturday at 8:00 P. M. with no charge for attendance. All possible ways and means of achieving better mental health are discussed by this group.

THE EDITORS OF THIS PAPER SINCERELY HOPE THAT IT'S READERS WILL HELP TO MAKE IT A SUCCESS BY COMMUNICATING TO US NEWS OF ANY ACTIVITIES, LOCAL OR NATIONAL, THAT ARE DESIGNED TO HELP PEOPLE FIND SELF IMPROVEMENT.

NEW CONCEPTS

by P. Chapdelaine

How many different ways could a person resolve a self-invented obstacle?

Admit, for a moment, that you are complet-

ly responsible for your experiences and that this responsibility is based upon your agreement to be "effect".

Suppose you tackle this past agreement: an agreement which might be a concept verbalized as, "Whenever father becomes irritated I get a headache."

How many ways can you resolve your own obstacle?

If you say, "I will not act this way any longer." You invent conflict with a former agreement to yourself.

If you say, "I will forget or ignore this problem." The agreement remains effective

If you say, "I will find an excuse for this problem." The agreement is reinforced.

If you say, "It isn't my fault, its father who must change." The agreement is still in effect.

If you say, "I will run away from the problem." You flee mentally or physically from the environment and the agreement is still in effect.

If you say, "Everyday in every way, I am becoming better and better." You are introducing a further conflict with the past agreement.

How can you resolve the self-invented obstacle? -- there is a way, can you find it?

MAN CAN BE TRUSTED

Mr. Cunningham of Berkeley Co-Op and Vine St. Friends Meeting House will speak.

Co-Ops act upon this truth. Friends' Faith teaches this truth. Dianetics can show you how to use this truth yourself.

The attendents of this meeting will have a unique opportunity. The first meeting will be a meeting to plan the programs which you will want in the future. Tentatively it is planned to hold two sessions monthly, including refreshments, new ideas and data touching upon the problems of life found in psychiatry, religion, philosophy, sciences and other areas. Your master of ceremonies, Clifton Amsbury, will greet you at 8:00 P. M., July 20, 1952, 5618

Ocean View Drive, Oakland 1 California.
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POLICY

In connection with the policy of this paper we, like our readers, seek constant improvement. This page will be reserved for the commentary of our readers, suggestions for improvement of the paper, or suggestions on how someone can improve themselves.

If you like to write, write to us. We will welcome any material pertinent to our mutual aims and goals.

The article NEW CONCEPTS will be a standard feature in which a new concept for self analysis will be presented each month. The writing of such features is not confined to the editors. Your article will be given fullest consideration.

Another standard feature will be the book listings. In this section any book in which you feel the reader may find something of value will be listed.

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FAMILY relations class, evenings, 8:00P.. M., Tuesday evenings, at the home of George and Lois Robinson, 4058 Coolidge Ave., Oakland, California. Under the leadership of Mrs. Ellen M. Carder, Registered nurse, Marriage counselor, and H. D. A. Series will be closed to new comers on July 22, 1952: If interested in this series or a future series call Tr 2-2046 or Ke 3-3374.

PIANO service: Bruce Barrett, Graduate Chicago Music College, School Piano-Forte Technology. Tuning \$10.00 - Estimates \$3.00. Piedmont 5-7199.

WEBCOR tape recorder for sale. Two speed amphenol connectors, two direction play and rewind. Three months old \$190 new My price -- \$140 cash -- G. S. Frolich. Until 5 P. M. call Hemlock 1-1840.

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HAVE YOU HEARD THE ELEMEN STORY? Health can be adversely affected by dietary deficiencies. Many people, inadequately informed regarding this should hear the Elemin Story, about a food supplement which supplies mineral factors from a natural source plus multiple vitamins. It is more than vitamins! GEORGE R. ROBINSON, Distributor 5048 Coolidge Avenue Oakland 2, California, Ph-Ke 3-3374

A prime requirement of mental health is facing reality. One reality is that you were born naked. Your acceptance of clothing AS A MEANS OF HIDING yourself has been forced upon you and may, therefor, be the source of an aberration, guilt feelings, sex troubles, and so on. This can be relieved.

A local nudist group, owning 80 acres of wooded land, 20 miles from Oakland, will consider applications from families, couples and single persons of good character. Sunbathing, hiking, games and so on, may be enjoyed. Facilities for therapy may be

available. Inquiry invited.

HAROLD COOK

3236 Galindo St.

Phone evenings: Ke 2-6877

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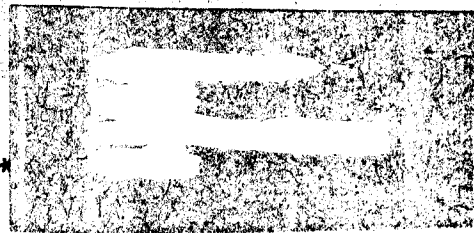
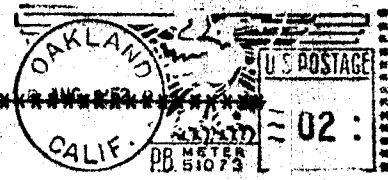
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The editors.