

- 9. **Feel free to be the way you are** but notice how you have restricted yourself.
- 10. Look for times when you decided something about your appearance or your abilities, and notice how you have restricted your present time freedom with these past decisions.
- 11. Keep looking.
- 12. Keep examining your attitudes, and the emotions of your attitudes, and become aware of how they restrict you.
- 13. Keep looking.
- 14. And now, again, become aware of your mock-up, your imagined picture of the situation in which you could feel entirely free.
- 15. Examine the picture, and notice if you are any nearer to being free.
- 16. Come to Present Time, and open your eyes.

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Record is a long-play, 12", 33-1/3 speed, about 18 minutes long, with up to 90 seconds of silence between various of the instructions. Side 2, ON BEING STOPPED, also 18 minutes. During the silences you do what is requested. DRS receives \$1. for every record ordered by member. Order from FREEDOM RECORDS, P. O. Box 3065, Hollywood 28, California. Full cost: \$10. (plus .40% sales tax in California)

ANNOUNCEMENTS

BOOK COURSE FOR NEW PEOPLE

Take this once-a-week journey through the book, DIANETICS, in 10 easy stages with an experienced guide. For purposes of study and discussion, the book will be divided into

sections, with the moderator interpreting, and, on the basis of nine years experience, showing where the emphasis should be. Many of the original dianetic concepts, which seemed so startling to many people in 1950, have now been proved by work done in other fields, but dianetics continues to be a different and exciting study of one self. **PLACE OF MEETING:** Hollywood Dianetic (Hubbard Dianetic Center), 7089 Hawthorn Avenue, Hollywood 28, California--near Hollywood boulevard and La Brea avenue. **TIME:** 1.30--3.30 P.M. Wednesday afternoons, May 27 thru July 31. **COST:** \$15. for the 10 meetings, but you may come to the first one for \$1.50, and, if you decide to continue, pay the balance before the second meeting. In addition, you will be expected to purchase the book, DIANETICS, if you do not already have it. Cost: \$4.16 (includes tax).

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The state of Advance Clear will obviously have to include the complete control of body functions which is possible in deep trance hypnosis, but the individual must be able to do this without hypnosis.

DRS
7089 Hawthorn Avenue
Hollywood 28, California
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IDOS. LETTER

May 3, 1959

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THE MYSTERY OF THE MIND

by Wayne L. Dunbar, DMA

Perhaps the greatest mystery that men have ever attempted to solve is the mystery of the human mind. The problem of understanding its mind is possibly the most important riddle confronting man.

We do not know much about man's earliest attempts at self-understanding, but we do know that progress was slow. The modern story of this great search began with Anton Mesmer, who lived from 1734 until 1815. He believed that a certain animal magnetism flowed in all living beings, and that disease could be treated by correcting this flow or by transferring curing magnetism of the doctor into the body of the patient through a glass of water or other physical substance. Mesmer was successful in a spectacular way in Paris, but James Braid of England later concluded that the power of suggestion was the curative agent, and applied the name, hypnotism, to the phenomenon.

Hypnosis has been an area of investigation that is perhaps the most rewarding that man has ever undertaken in the study of the enigma of the mind. Freud, following Mesmer and Charcot, learned a great deal about the mind, and has probably produced

a more profound impact upon our understanding of behavior, and indeed upon our entire culture in a very basic way, than any other person of modern times. Freud, who lived from 1856 until 1939, was a Viennese neurologist. Early in his career he worked with an older physician, Joseph Breuer, who introduced an interesting innovation in the use of hypnosis on his neurotic patients. He let the patient under hypnosis talk about her problems, and tell what had oppressed her. The patient usually talked rather freely, displayed considerable emotion, and on awakening from the hypnotic state felt considerably relieved. Because of the regular discharge of emotions this method was called the "cathartic method". This simple innovation in the use of hypnosis proved greatly significant, for not only did it help the patient to discharge her emotional tensions by discussing her problems, but it revealed the nature of the difficulties which had brought about the neurotic symptoms. The patient usually saw no relationship between her problems and her hysterical symptoms, but the therapist could often see it quite readily.

Thus was made the discovery of the "unconscious"--the realization of the important role played by the unconscious processes in behavior. Freud,

in perfecting this method, had solved part of the mystery of the mind.

The Vienna physician soon dispensed with hypnosis, and encouraged the patient to say freely whatever came into her mind without regard to logic or decency. He found that she would eventually overcome inner obstacles to remembering, and would be able to discuss her problems much as she had under hypnosis. This method he called "free association", and the term "psychoanalysis" was given to the principles involved in analyzing and interpreting what the patient said and did. Freud devoted the rest of his life to the development and elaboration of a complex of psychoanalytic doctrines and techniques.

By a series of brilliant deductions, Freud emphasized and clarified many important facts about the mind that are accepted as common knowledge today. Two of the most important were the dynamic role of the unconscious processes in determining behavior, and the importance of early childhood experiences in later personality development.

Freud, of course, had many followers, and dissenters. Certainly, Adler, Jung, Horney, Reik, and Sullivan, to name but a few, have made important contributions. However, it required the peculiar genius of L. Ron Hubbard to solve another big and tremendously important segment of the vast mystery of the mind. He seems in some ways to have taken a broader, and, in other ways, a more penetrating look at the problem than any of the other heirs to Freud's knowledge. He listed these significant discoverers and techniques under the name of Dianetics.

Please send in your dues. As it is they do not cover IDS expenses, and never have. Anyone who receives this issue may join for the rest of 1959 for \$1.

Possibly, Hubbard's most important discovery came out of his insight into the principles of hypnosis. Certainly, it was no secret that a person could be hypnotized and given a post-hypnotic command that would be effective for many years.

It was also generally known, following Freud's work, that most of our aberrations start in infancy or childhood. It was Hubbard who first correlated this data and found that most aberration, occurring early in life, is of the nature of hypnotic commands. These commands, and the complex of emotion, pain and physical effort accompanying them, he called engrams. He pointed out that the effect on the individual is identical with immensely strong hypnotic controls. These controls are compulsive and unreasonable obedience to the directions or words contained in these engrams. Furthermore, he discovered that the inception or origin of these engrams occurs during partial or complete unconsciousness. We might surmise that there is a similarity here with the hypnotic trance, but such a comparison is not essential. Hypnosis is but one aspect of the mystery of the human mind. One other significant finding was that engrams can be induced at any time after conception, and indeed birth is an experience almost always characterized by severe engrammic conditioning.

As important as his discovery of the principles, Hubbard also outlined a method of employing several techniques for correcting and eradicating these engrams. The basic principle is simply to contact and re-experience the original engram over and over in auditing sessions. When this is done correctly, the aberrative power of the engram disappears.

By comparing this method and its concepts with what Freud discovered it becomes apparent of how tremendous is the improvement Hubbard has brought about over free association and the analysis of dreams.

The insight resulting from this historic discovery of the effect of engrams on behavior was far reaching indeed. Here was an understanding of conditioned response that went far beyond the findings and theories of the great Russian, Pavlov. The conditioning which occurred during periods of partial or complete unconsciousness resulted in aberrative hypnotic-like behavior that is similar though much stronger than the conditioning that caused Pavlov's dogs to salivate. Pavlov used the ringing of a bell as the associated signal to make the dog salivate*. Hubbard found that human beings will re-enact any past experience (headaches, illness, unconsciousness, coughing -- or salivation) whenever conditioning approximating the original condition occurs. For human beings, the bells, symbolically speaking, are always ringing, and -- until Dianetic training or auditing is given the individual -- unnoticed. This phenomenon of spontaneous re-enactment of past experiences Hubbard called re-stimulation, and he outlined its mechanism in his book, DIANETICS: the Modern Science of Mental Health.

Re-stimulation, Hubbard found, accounts for practically all illness, most of man's undesirable behavior, and virtually all miseries that affect human beings.

*Pavlov would feed his dogs, and simultaneously ring a bell. By this means he established an association between the food and the bell. Soon, the dogs would salivate from the sound of the bell, even though there was no food.

Although the mechanism of re-stimulation is complicated by the many methods used by individuals to exercise some control over themselves, we can say that re-stimulation is invariably based upon engrams, and engrams can be eradicated. Thus the vicious circle of engrams and re-stimulation is beginning to be broken. For the first time since life began, the child need not "inherit" his parent's engrammic behavior. With this discovery, Hubbard solved another segment of the age-old mystery of the mind.

TRANSCRIPT OF "BASIC FREEDOM METHOD", Side One, Freedom Record #1

1. Close your eyes, please.
2. Mock up (visualize, imagine) a situation in which you could feel entirely free.
3. Examine the situation. Be aware of how you would feel and think and act if you could be entirely free.
4. And now -- become aware of the restrictions that prevent you from being as free as you are in your imaginary mental picture. Let your mind be flexible. Notice how your every day life and your relationship with other people restricts you.
5. Be aware of how your Present Time personally restricts your freedom have you set limits on what you can do physically, emotionally and mentally? Feel free to be this way, but notice how you have restricted yourself.
6. Become aware of things (habits) behavior) that you don't like about yourself, and of how they restrict you.
7. Look at the attitude underlying any feeling of restrictions, and at the emotion that goes with the attitude.
8. Do not dwell on any incident in your life. Notice how it affected