
THE NEXUS

THE EIDETIC NEWS

PUBLISHED MONTHLY

IN THE INTEREST OF

EIDETIC NEXOLOGY

Where there is no vision the people perish. Where there is no maturity there is no vision. We now begin to know this. We realize that the evils of our life come not from deep evil within us but from ungrown-up responses to life. Our obligation, then, is to grow up. This is what our time requires of us. This is what may yet be the saving of us.

H. A. Overstreet
-The Mature Mind

SEATTLE EIDETIC GROUP
309 EAST 52nd. STREET
SEATTLE 5, WASHINGTON

MORE ABOUT "BUMPING" - - -

- - - M. C. Stedman

As was hoped at the time of publication, the article on "bumping" that appeared in last month's issue of The NEXUS brought forth considerable additional data. For those of you who are interested in this auxiliary technique, this data is offered in the form that it came to the writer, with a minimum of editing and/or interpreting. Apologies are hereby offered, in advance, to those who contributed their data for the fact that specific credit is not given and that the data have been inextricably intermingled. Credit is particularly due to Dr. O. S. Jones, MCA, Willard Winqvist, Richard Nulsen and Claire Vander Meer for the contribution of their tested data.

As was stated last month, the system used in applying chiropractic methods to the dianetic situation is the so-called "recoil technique". I have since been told that there are two distinct types of recoil used in the chiropractic profession. The one most widely used is the application of the thrust on the spine on one of the processes or stubs that protrude out and down from each vertebra. This compresses the vertebrae slightly and at the same time forces the spine into a curved position from which it recoils as the pressure is snapped away. The secret of successful application of recoil is to apply the thrust when the muscles along the spine are relaxed. The sudden tensing of these muscles powers the recoil, and it is the flexing and snapping back of the spine that supplies the beneficial results.

The other type of recoil, and the one that seems to bring the greatest results in terms of assisting dianetic type processing, is the McCoy method, developed originally by the late Dr. McCoy of Restview University of Chiropractics. In this method the thrust is applied with the edge of the hand resting between two of the processes. As the thrust is delivered the vertebrae tend to spread slightly instead of compressing, otherwise the two methods are applied alike.

It must be remembered that both of these techniques are to be applied by professional and thoroughly trained chiropractors only. Amateur application of these methods must be simpler and less severe.

As anyone knows too well who has participated in long distance running or other strenuous exercise, the continued use of a set of muscles has as its most immediate effect the rapid development of fatigue, and although muscle structure may be built up by continued proper exercise, improper or undue exercise may destroy tissue and cause harm. This rule of thumb, however, does not seem to apply to the use, no matter how severe, of nerve tissue. The more the nervous system, or any part thereof, is used the more effeciently it seems to work.

There have been many explanations of this phenomonon, but the best so far, in my opinion, is the theory of the lowering of synaptic resistance. These synapses, according to physiology and neurology, are the junctions between individual nerve cells, and are minute gaps rather than contacts. These gaps seem to function in much the way a spark gap does in an electrical circuit, permitting the passage of impulses strong enough to activate the next nerve cell but effectively filtering out and stopping weaker signals.

Physical occlusion, or the disowning of a part of the body, consists simply of raising the synaptic resistance until only the strongest signals can get through. The re-establishment of internal communication consists, in part at least, of lowering this resistance to where the more subtle, as well as the normal, signals may pass in recognizable strength.

The Chiropractors have been claiming for years to be able to cure ailments, improve health and initiate the rebuilding of damaged portions of the body by simply manipulating the vertebrae. Let us examine some of these claims in the light of the theories of internal communication and eidetic memory. Within chiropractic theory

there are several things that can happen that serve to stricture the emergence of the nerve cables from the spinal cord. It is these various strictures that the chiropractor is trying to release when he "adjusts" the vertebrae, and the release of these strictures permit improved flow of nervous energy. This "renewed" flow of energy permits the body to re-establish its proper functioning and to initiate repair operations.

There is also the factor of "irritation" involved in this process, the term "irritation" being used here in its biological meaning of a stimulus which the organism attempts to either limit or counteract. This irritation is applied to the nervous system by the spinal manipulations, and the resultant nerve impulses leaping across the synaptic gap, tend to reduce the resistance until organic signal impulses that have been blocked off can get through and the organism becomes aware of its functioning.

The trick of using chiropractics as a dianetic aid is to deliberately refrain from any attempt to inhibit or otherwise contain the pain signals that echo through whole areas of the body, but rather to follow the sensation with full awareness, accepting full responsibility for the impulses and their effect on the body, and using the pain awareness as a means of becoming acquainted with that part of the physical body. Many cases have found in this a significant speeding up of the regaining of internal awareness and communication.

For many it is not feasible, nor even advisable, to resort to professional chiropractic for this service. It is moderately expensive and much of the advantage is lost unless the chiropractor is also an auditor and is willing to take the time and to apply the skills necessary to coax out and run whatever material is brought out by the adjustment. A session that, for purely chiropractic purposes would take only minutes, might well become a two hour session or even longer when combined with processing. The need, then, is for a technique which can be safely, easily, and successfully used by a layman, which will offer at least some of the advantages of professional adjustment when combined with processing.

The most conservative, and probably the safest, method of application to be recommended is a modification of massage. This is applied with the ball of the thumb along and on the spine with a rather firm pressure. Attention is also directed to the base of the skull where the spine enters. Here, on each side of the two cords that are prominent on the back of the neck, are to be found hollow spots. These are rather slight, and difficult to find exactly without the aid of the subject. The subject will quite easily recognize the feel, however, and here is the spot where results are more significant than at any other one place.

IT IS STRESSED THAT NOTHING MORE THAN GENTLE MASSAGE BE APPLIED TO THE NECK!

Another technique that has been used locally adds occasional knuckle pressure to the massage. These are applied abruptly to the various vertebrae during the massage process whenever the subject feels completely relaxed. This is a mild form of recoil and can be applied only when the subject is prone on his stomach.

Still another method that has been used is actual recoil, but applied broadly with the flat of the hand. The severity of the application, as with the techniques above, can be varied to fit the individual, and are easily applicable to children. I use a mild form of this on my three year old son to his great enjoyment and seemingly to his benefit. Other parents of my acquaintance also use this, or one of the other methods, on their children, and in a couple of instances the "bumps" often elicit lock scanning.

Although no danger is contemplated from full-scale application of recoil when properly done, there are certain rules that must be observed. The most important is that the operator never hits the subject, but rather thrusts against the spine. THE HAND MUST BE IN CONTACT BEFORE THE THRUST IS APPLIED! An actual blow is detrimental. The thrust
(continued on page 8)

SOME RANDOM THOUGHTS ON PEOPLE AND THEIR WAYS - - - - - Thos. H. Leggett

People seem to fall into a few classes (with the usual gradations). Very generally these are 1) the lucky; 2) the unlucky; and 3) the nebishes (yiddish) - that is those who are quite unprepossessing and nothing much ever happens to them and if it does it is more likely to be unlucky than lucky.

Another way of putting it - the talented, the horribly untalented and the get-byers.

What makes this thing called talent or luck, and its converse? To say that it is the people themselves and that they themselves are responsible for their own may be very true, but it also leaves a lot unsaid. Especially if you don't understand it, or feel it is necessary to demonstrate the unfairness of your position.

(People have coding systems for thinking and if you don't hit the code with one word then you have to use a lot. If you feel around enough you'll usually hit the system and then you can really communicate. Standard education helps give everyone the same code so that written communication is possible, if you get the lowest common denominator)

So Joe is lucky and you aren't. How did that happen? Did he get born in a different atmosphere? Do people like him better than you? Does he get all the breaks? Obviously he does. Just what happened that is so different?

It goes like this: Once upon a time Joe was a baby and he had a mother and a father, not to mention the grandparents and all the other relatives, friends and general hangers around. Now all these people had some kind of an attitude about Joe. They thought he was pretty wonderful and he deserved the best. This was also the way they thought about themselves. They were pretty competent, self-reliant parents.

Now not everyone in Joe's environment was terrific like his parents. Some of them were bums, and they kept telling Joe that he wouldn't ever amount to anything either. There was one uncle in particular that Joe rather liked. This uncle just couldn't make a go of things - always having some kind of bad luck or other. Joe felt sorry for him, but he never had the least thought that he would ever be like his uncle. Joe did think he would be like his dad though. And his dad was industrious, cheerful and lucky. So naturally Joe was like this too, and now everybody likes him. And naturally they say it was because he had good up-bringing and top-notch parents.

Bill, on the other hand, didn't have anything like this kind of life. His dad was a ne'er-do-well and his mother worked herself to the bone trying to keep food on the table for the family. Everyone said Bill would never amount to anything, and naturally he shouldn't. They kept harping at him to do this or do that, and added that he shouldn't or he couldn't and he must and he ought to, and all this was a little confusing. It would seem reasonable to expect that Bill would be on the dole or in jail now, but he isn't. And what he did - he didn't do to prove that he could be SOMEBODY. He just met a guy one day, and this guy made such an impression on him that Bill said, "Well doggone (he was from Texas) - I'm gonna be like that there hombre!" And that's what he did. He ignored everything else in his environment and didn't let things bother him, and now he is the idol of millions and if you go to westerns you can probably see him any Saturday morning at the local cinema.

So what did you do? You had an even different kind of a world. Perhaps it was, or is, far more complex, it's true, since no one had a very clear-cut pattern for you to follow or even look at. Confusion piling on confusion until a psychiatrist finally told you and your folks (when you were 14) that you had an inferiority complex and were definitely suffering from a sense of insecurity. Well, you went ahead living in spite of this and made only a nominal mess of your life. Like about 150 million others in North America, you went into debt, contemplated suicide, you smoke too much and are generally unhappy.

Of course you didn't desire any of the things that happened to you. Who would be that silly? That's where you made a mistake. Even though they were not your desires, you still had them. Sounds like a paradox, perhaps, but it isn't.

Ask yourself this question - "Who would say 'I told you so!'" "Who would say 'You had it coming and you deserve every bit of it!'" Yep. That person is the one you think is more right than you are, so you make their predictions come true.

Or try this one - "Who would I want to see in the position I'm in?" That is the person you are being and then punishing, or whatever it is you are doing.

You may not want to admit that you are doing these things - that is - acting out someone's prognostications or even their life and personality, but that is what you are doing. You are unless you know that what is happening to you is what you want to have happen.

Again, it may be a complex rather than a simple thing. Rather than being one person or following one particular prophecy you may have lumped a bunch of them together. Good ones along with bad.

So it appears that you are definitely leading your own life when it isn't at all. (EXCEPT - you will find that you choose them deliberately.....)

Now before you object too strongly, just try the above to see whether or not it is true. After all there is always the possibility that you are an isolated case and this doesn't really apply to you. In which circumstance you will certainly want to know about it. But to really find the truth you will have to be HONEST in answering the questions, and not pass them off lightly. (Chuckle, chuckle - you're caught now!)

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SEATTLE GROUP DOINGS - - - - -

As a result of postponing the meeting scheduled for Friday, March 20, to Saturday, March 21, several of our friends in Dianetics who cannot attend our Friday meetings visited us. Rus Haggard of the Psycho-Dynamics Center brought along a very interesting tape on general semantics which had been recorded by Gordon Beckstead of PRF. This was played and discussed during the second half of the evening. Previously Rus had loaned us Kitselman's very excellent tape on integration, which had been played at an earlier meeting.

Bill and Essie Shaffer brought their new movie projector along on the 27th, together with a mental health film from the public library entitled "Feelings of Hostility". The slant of the picture was psychiatric, of course, and this served only to point up how much they and we have in common after all.

In the midst of all of the confusion caused by the various realities on processing, and even, sometimes a little of hard feelings, it is refreshing to have a haven where all factions can gather together in amity and reach areas of agreement rather than of difference. Until lately such a center was supplied by Goldie Becker, a most gracious hostess, but she was forced to relinquish her monthly open house for personal reasons. It is indeed fortunate that Essie Shaffer was able to step in and fill this self evident need, and all of us are sure that she will indeed do a fine job of it. Her first gathering on April 4 was a huge success, and each subsequent event promises to be as good. For those in the Seattle area, Essie's open house is every first Saturday evening of the month at 8:00 P.M. at her home at 8421 Roosevelt Way, corner of East 85th. All "dianeticists" of whatever "reality" are invited.

THINKING -- ITS CAUSE AND CURE - - - -

- - - - George Hay

So you want to be an optimum? That means you aren't.

How do you know?

Now I defy the reader to answer that last question without thinking. 'Thinking', for the purposes of this article, may be defined as that process which takes place within a person when he wishes to have the solution to a problem but is aware that the solution does not immediately present itself to him. That process may use words, or pictures, or 'concepts' - whatever a concept may be. The point is that it is not a direct creative process. It is entirely different from what happens when a solution presents itself to you ready-made, without any effort being called for on your part. This latter is optimum functioning, and it occurs in the average person all too rarely. If he could stay in present time in that condition for two hours he would probably be a stable optimum.

Going back to thought, most of us are aware that we 'have' unpleasant or useless thoughts. "This problem keeps going 'round in my head, and I don't seem to be able to do anything about it."

Consider. Are these thoughts really something outside of us? Are they like a splinter stuck in our thumb. Or - are we nothing but the sum total of these thoughts, or 'demon circuits' as they have been called in the past? Consider again - if all the thoughts vanished, what would be left? Well, the body would still be there. But where would the thinker be?

For anyone who comes new to it this is a definitely dangerous path to beat, for a moment's awareness - not thought, please! - of the whole problem will lead one to observe that if one pursues this path one will be committing a kind of hari-kiri. And we don't like that, do we? Although we may resent certain thoughts - other people's evaluations which we have taken in and then found to conflict with yet other evaluations - we are very fond of the whole process of thought, because that process is the person. If he got rid of it he would be in a state of continual creation, be 'clear' - but he (the old ego) wouldn't be there any more. Awareness of this danger to the self causes pain, which the self avoids, either by taking up some new line of thought or looking for sensual gratification or by a false attitude of 'detachment'.

And aberration is the avoidance of pain.

What I have just outlined is not a new discovery. It needs no technique for its application. You don't have to pay anyone to do it for you - though you would do well to practice it at times under the guidance of a friend with some experience and sympathy. There is one thing that I feel needs to be added, however. That is that the optimum state of creation will not be achieved by denial. You will never stop thought by forcing yourself not to think. This latter is a quick way into apathy. Remember that what you are seeking is a state of intense dynamism, not some shadowy Nirvana.

The 'self' may go - must go. But there is something else, hidden by the 'self'.

What that is, only you can find out.

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In line with the policy of maintaining a freely functioning, true nexus, the Seattle Eidetic Group is assisting in the formation of a Dianetic Group to be affiliated with the Hubbard Dianetic Foundation of Wichita. If your "reality" is along this line, your participation will be very welcome. Call Melrose 4250 for more information, or watch for a news bulletin to come out later.

The following is taken from "TREK", the publication of CVDA, Vol. 2, No.5, March 26. It is a most impressive declaration of mature independence and self-determinism, and is re-printed here for consideration by auditors and pre-clears alike.

SELF PROCESSING AS A GOAL - - - -

- - - - Alma Hill

Sooner or later every preclear should cease to function as such, for the auditor. This is the goal of dianetic process, is it not?

When this happens to the preclear, something else can happen to the auditor, The auditor knows the little so-and-so is not yet clear. Who should know if not the auditor? The auditor has been dealing with the dark side of that preclear's mind - the anger, the fears, the failures, the hatreds, the deepest despair - if the auditor has been lucky, skillful, patient, kind, courteous, and so forward.

The hollering I've heard from auditors whose preclears decided to process themselves! They was robbed! All their good work gone to pot! You got to get auditing by an auditor every so often or 'tain't legal! Self processing won't work!

Well, I want to say now that life is a self-process, and I have come - rather independently - to the conclusion that nobody should be invalidated for processing either with or without an auditor.

I am here using these words in this sense; auditing is what the auditor does, processing is what the preclear does.

And what one does as preclear is therefore self-processing, even if you have a cloud of witnesses around.

Finding new ways to improve on old is great stuff. An auditor can be a lot of help in some of these instances. The best thing an auditor can accomplish is to show, by his very presence and behavior, that some of those old ARC breaks - the dropped tea cups, the lost dolls, the uncertain-tempered relatives - are in another perspective for adults. Many a logic-tight self-invalidation can come apart in this way.

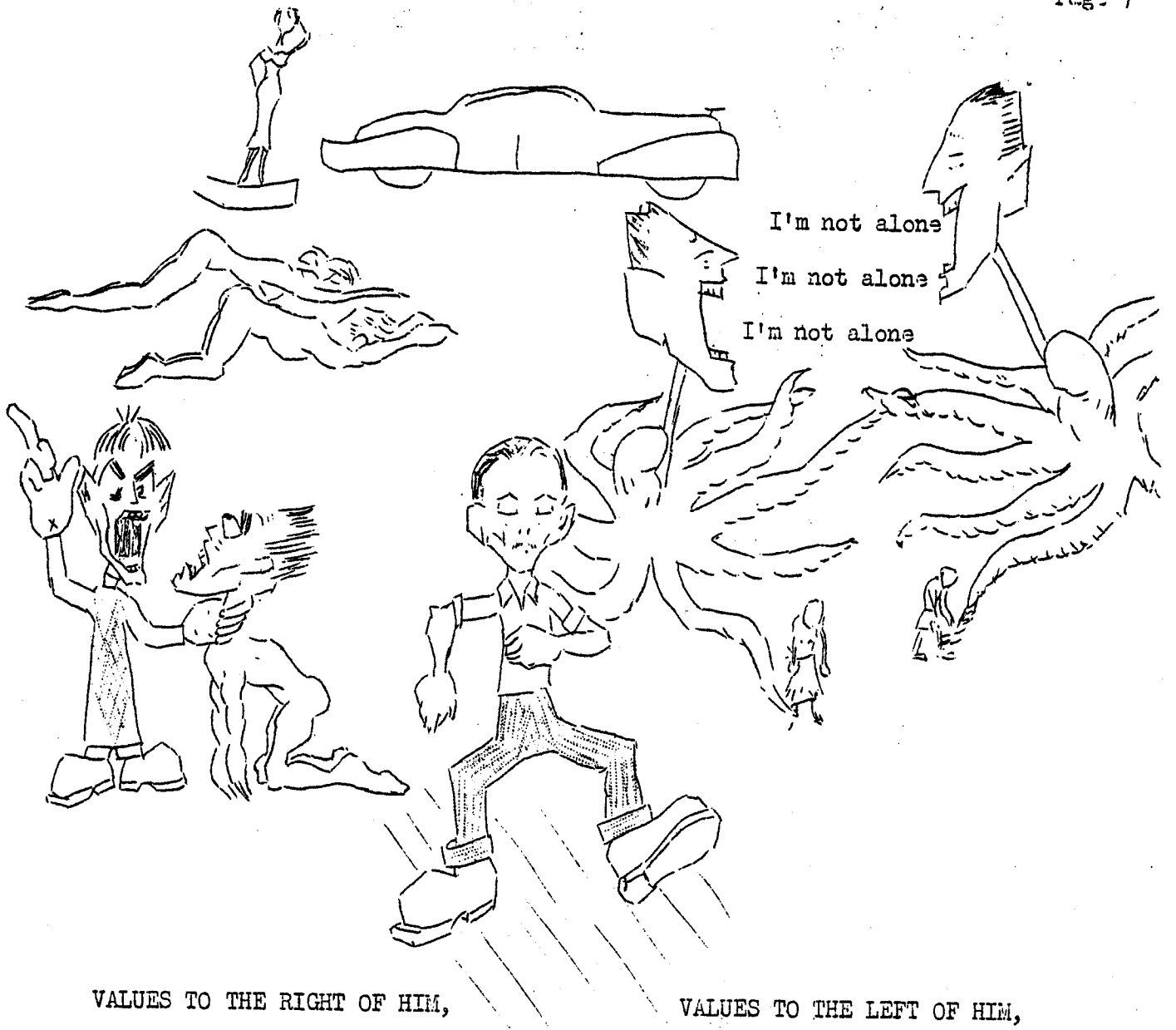
But then there are other matters that simply do not translate into words. I am not here referring to "don't speak" demon circuits. I mean very full high internal communication, dozens of simultaneous perceptics, scanning associations and directing changes. You can do those things and talk too, but after all the auditor is beside, not inside - only when one is one's own auditor is the latter possible.

Many a case may have been called clear too soon (and many a case may have been wrongly thought frozen) merely because the preclear suddenly got high toned enough to see whose job all this was - and acted accordingly. This may not be the same thing as being clear. Or it may - the reports from yonder are not yet detailed enough to agree on. But one thing I feel sure of is that if I ever do get to be - what am I saying - when I do get to be clear I will have had to do at least that part for myself.

Speaking for myself - I worked with an excellent non-professional auditor for almost a year, and she is still standing by in case I get into any puzzles I can't resolve. And I might. I doubt it but I am aware that I have much yet to do. It just happens to be work that no one else can do for me. I have grown an inch in height but it wasn't overnight. I am not young; I need patching, oiling and re-wiring in more gosh-darned places. Some things have to be done before others can be reached, and all needs patience. Yet I haven't felt so well in twenty years and I never was so completely myself, assured, and mature. I know it and my whole family knows it.

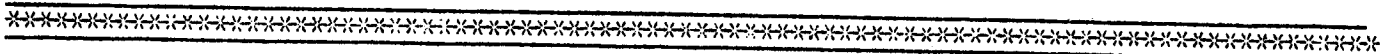
This would be nothing but a one-case datum except that it parallels what so many others have also reported.

(continued on page 8)



VALUES TO THE RIGHT OF HIM, VALUES TO THE LEFT OF HIM,
 VALUES ALL 'ROUND HIM,
 INTO THE VALLEY OF LIFE STRODE THE BIG DUMB HEAD.

W. Gibbons



WATCH FOR THE ANNOUNCEMENT
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MORE "BUMPING" - - - From Page 2.

is accomplished rapidly and is released immediately and rapidly in order that the back muscles may not be impeded in causing the actual recoil flexing. One great disadvantage to home application of full-scale bumping is that without training and without facilities, including a chiropractor's table, the effect tends to be incomplete. When an area, or an incident, is repeatedly almost but not quite contacted the subject tends to become increasingly irritable until either the material is contacted or the process is dropped and the irritation is allowed to subside, which is a drastic lock and very hard to contact in itself. Under the ministrations of an amateur "bumper" the percentage of incomplete contacts is much too high in this method. Full scale bumping by the untrained is not only not recommended, is recommended against.

When anything more than simple massage is used the subject tends to develop a degree of surface soreness, and some muscle soreness. This is mildly uncomfortable but not disabling or damaging. It is recommended that each person using this use discretion, and gauge the severity of application to the person. The soreness fades and finally disappears as internal awareness is built up.

The most commonly successful home application of this auxiliary technique, as determined from observation of results, would seem to be flat-handed bumping along the spine severe enough to cause a definite sensation to flow outward from the contact but not severe enough to hurt significantly. For this the subject must be prone on a cot, face down. With this should be applied firm massage with the balls of the thumbs together with some knuckling. This also should be done prone. The results of this can be multiplied if the subject will take time, several times a day, to stretch, bend, twist, and otherwise flex his spine.

If this method is to be used it should be done for several minutes at a time and regularly every day at first. Later two or three times a week suffice. Let your own awareness set the limits of the application of the "bumps", and the probability is that not only will you experience improved internal awareness and more accessibility to auditing, but gain improved health directly from the bumping process. Further you will probably find it fun, and will do it regularly for the pleasure of it. At least that has been the usual experience around here.

BUT DO NOT TRY TO WORK ON THE NECK!!!

More on SELF PROCESSING ---- From Page 6

It seems to me, therefore, that there is a double goal in dianetic process; the pre-clear's goal is clear, but the auditor's goal ought to be a self-processing pre-clear.

Or is this just another way of saying what we knew all along?

The teen agers are beginning to pick up the torch that we adults have been puttering around with these past couple of years, and they are blowing it into a real flame. Several reports have been floating around about the serious and highly significant and productive work that has been done where a group of high-schoolers have managed to set up their own organization for self-determined action. Now there is such a group shaping up here in Seattle. A half dozen or so of these youngsters have been feeling their way into a group structure that would meet their needs, and have progressed far enough in organizing that they are inviting other teeners to join in. If you know of a high-schooler that is, or would be, interested, put him/her in touch with the Seattle Eidetic Group - Melrose 4250.

i still wonder
 why all this
 fuss
 about becoming
 optimum
 when the obvious
 fact
 is that few
 want to become
 optimum
 or anything
 approaching
 optimum.
 if they wanted to
 they would,
 but until they do
 want to
 all the talk
 a congressman
 is capable of
 won't help.
 for instance,
 the other night
 in a tavern
 i heard a drunk
 declaiming
 on how much
 he wanted
 to become
 optimum,
 and how much
 interference
 with his progress
 his aberrations
 were,
 and how he hoped
 to soon run out
 the aberration
 that made him
 drink,
 and bartender
 will you please
 fill this up
 again,
 and it's hopeless
 to try
 to change
 until you have
 run out
 the basic
 on the aberration,
 and let's have
 another one
 please
 bartender,
 and last week
 he ran his eighty third
 consecutive past life

in another universe
 and isn't it obvious
 how much better
 he is,
 and fill it again
 bartender.
 it is a constant
 surprise
 to me
 how a person can be
 so dishonest
 with himself
 and bear to look
 at his own face
 in a mirror
 long enough
 to shave.
 the sad part is
 that this case
 isn't unique
 in the least.
 for every preclear
 who is trying
 to really get
 results
 there are dozens
 who are dodging
 all responsibility
 and assigning
 all "cause"
 to the auditing
 situation.
 there are two choices
 available
 to anyone
 who is being audited.
 these are;
 to refuse to perform
 those acts
 which they know
 are sub-optimum
 and take advantage of
 the restimulation
 to contact
 the material
 in the bank,
 or continue to follow
 the old pattern
 of accepting the
 aberration
 instead of the
 responsibility,
 and waiting for
 the auditor
 to find the material
 necessary
 to de-aberrate them
 automatically.

the latter course
 is essentially a
 disowning
 of one's self.
 as an example
 the drunk i mentioned
 before
 was just dodging
 else he would have
 stayed home
 and sweat out the restimulation
 of wanting a drink
 and processed the stuff
 as it developed,
 or else he would have
 admitted
 that he wanted
 a drink
 more than he wanted
 processing results.
 to put it bluntly,
 the person who recognizes
 the sub-optimumness
 of a behavior pattern,
 be it drinking,
 or smoking,
 or becoming angry
 over trifles
 or whatever,
 and continues in it
 pending processing results
 without exerting himself
 to change,
 doesn't really want
 to change,
 but is salving
 his conscience
 with a show of trying
 to change himself
 by "accepting"
 auditing.
 The next time you waken
 in the morning
 with a hangover
 just face the fact
 that to you a hangover
 is better
 than becoming
 optimum,
 and it's your choice
 that counts.

Archie Thetan

The Seattle Eidetic Group, a study group in Eidetic Nexology and allied sciences for the purpose of improving and increasing the integration and the degree of sanity of people, groups, nations, and the human race, meets every Friday evening, 8:00 P.M. at 309 East 52nd Street, to consider another aspect of the functioning of the human mind. visitors are always welcome.

The NEXUS is the official publication of the Seattle Eidetic Group, and of The Eidetic Foundation, of Fairhope Alabama, in matters not directly related to techniques of processing. Manuscript of articles of about 1500 words, plus or minus 500, on the philosophical aspects or the technical application of Eidetics and/or Dianetics will be welcomed by the editorial staff, and will be given every consideration. Manuscripts will be returned to the contributors, whether accepted for publication or not, if so requested by the contributor, but The NEXUS cannot accept responsibility for safe transit in the mails. The NEXUS does not offer remuneration for material contributed other than full credit to the contributor for his contribution.

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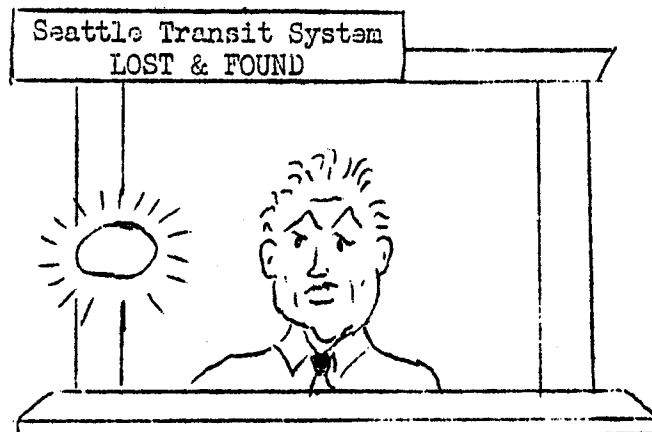
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I inadvertently left it on a Ballard bus."

"Buzz" Busby

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