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The Burroughs Academy

BULLETIN 4 SCIENTOLOGY REVISITED

"I had a number of misconceptions about Scientology - the lurid expectations of a secret and sinister cult. But as I learned more, I had a final conviction that Scientology does point out a whole new way of looking at this universe."

William S. Burroughs.

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There are a number of points in Bulletin 2 ref. Scientology published in the November issue of Mayfair Magazine which now stand in need of correction. Bulletin 2 is simply intended to typify the reactions of a casual inquirer with a number of misconceptions on the subject of Scientology: the visit to Saint Hill, the lurid expectations of encountering a secret and sinister cult, a critical approach to the literature of Scientology changing as he reads on to increased interest and a final conviction that something of great importance is being said, that Scientology does point out a whole new way of looking at this universe.

To begin with I underestimated Mr. Hubbard as a writer. At his worst he does sound rather like a visitor from outer space who has taken a refresher course in how to address the natives on their own level. At his best the writing is clear and precise. He is at his best when describing his techniques. Mr. Hubbard is, I feel, more a technician and an organizer than an artist.

It is unfortunately true that the very name Scientology is liable to produce negative reactions at a literary cocktail party:

"Scientology? My dear it sounds terribly Southern California . . . brain breathing cosmic vibrations . . . oneness with the allness . . . After all I had my Madame Blavatsky period years ago . . . And now if you will excuse me . . ."

Yes, I have experienced this reaction in myself and others: another cult. However, I would be hard put to find a better name and any label is a matter of convenience. Count Alfred Korzybski who founded General Semantics, used to begin a lecture by pointing to a chair and saying: "Whatever that may be it is not a 'chair'." That is it is not the label the word "chair". And whatever Scientology may be it is not the label the word "Scientology". Scientology is defined as the science of knowing how to know, a tool that can be applied to any set of data. "Scientology is not a psycho-therapy nor a religion. It is body of knowledge". Scientology is derived from Dianetics which got mixed up with Cybernetics on one hand and Bridie Murphy on the other though it has nothing to do with either one. In a society where we are swamped with data on every subject and cannot possibly inform ourselves directly on all of them the so-called well informed person is banked with misconceptions from casual reading, with ill-informed second hand opinions, and in many cases with deliberate misdirection calculated to create disinterest.

The engram theory is still basic to Scientology. The engram is defined as "an experience containing pain, unconsciousness and a real or fancied threat to survival. An engram is to a greater or lesser degree unavailable to the conscious awareness and its content

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has command value at the reactive level". That is, an engram restimulated will reactive pain and automatic withdrawal this reaction not being under the control of conscious awareness. This is the compulsive re-experiencing of emotions not appropriate to the present time situation. Engrams in modern Scientology processing can now be handled directly in present time and not much time is given to the older method of running engrams. I was mistaken when I said that engrams do not contain the perceptive of sight. They often do. Engrams are run by going to the beginning of the incident however dimly remembered and recounting it from beginning to end. This is done a number of times until the engram is drained of charge and refilled as a neutral memory. In many cases, once brought into the perspective of conscious awareness, the engram will seem so unimportant that it is seldom thought of again. Use of the E Meter has revolutionized auditing and given the auditor a precise tool that tells him when an incident is "flat" as they say in Scientology, that is when the incident has lost all power to upset the "preclear" (The preclear p.c. is a person undergoing processing with the techniques of Scientology).

NOTHING HIDDEN. What I said in Bulletin 2 relative to the possible misuses of Scientology in the wrong hands is all too accurate. The best insurance against the misuse of Scientology is afforded by the open dissemination of information, processing and training offered at 37 Fitzroy Street, London and Saint Hill, East Grinstead, Sussex. There is nothing secret about Scientology, no talk of initiates, secret doctrines or hidden knowledge. However, there is every indication that individuals and organizations with destructive purposes are using the techniques and discoveries of Scientology without acknowledgement and that these suppressive individuals and organizations now urge that Scientology be banned to avoid detection in their misuse of Scientology. With regard to the attacks on Scientology in the press, I suggest that these attacks originate from these very suppressive individuals described above who wish to use the discoveries of Scientology for their own selfish monopolistic ends. Lies, distortion, misrepresentation are the standard procedure. Anyone who has had dealings with the so called gentlemen of the press knows that reporting has nothing to do with facts. As Mr. Hubbard points out the reporter has his story before he leaves the city room. Anyone who places the facts at the

disposal of a reporter in the hope of impartial representation is very naive indeed. To give an example Mr. Hubbard is called "Trip to Heaven man who solemnly asserts that he had made trips to Heaven and Venus". This absurd distortion derives from a process described in "The Creation of Human Ability" called Grand Tour in which the preclear is asked to *imagine* himself on the moon and on various other planets. Read it for yourself and see if this exercise constitutes a "solemn assertion of a trip to other planets."

An accusation brought against Scientology in the press is of course "brain washing", the implication being that anything which alters thinking is bad by nature. It is of course understandable that those individuals who profit from keeping the public in ignorance and degradation do not want their thinking altered in any way and most particularly not in the direction of freedom from the past conditioning which they have carefully installed. As regards the daily press I am in full agreement with Mr. Hubbard. There is no good news. "The Academy recommends that all daily papers be discontinued."

The corollary between viruses and engrams is I think valid and it is to be expected that the researches of virologists could be applied to Scientology and that the discoveries of Scientology could aid those who are studying the behaviour of viruses. It might be interesting to run a virus illness as an engram that is to go back to the time when the virus was contracted and run forward to actual symptoms. By pinpointing the exact moment when the virus entered the body perhaps we could learn more about the conditions under which this occurs.

Engrams are restimulated in a state of lowered resistance, fatigue, decreased awareness, precisely the condition that predispose to a virus attack. This condition of decreased awareness and consequent restimulation of engrams and susceptibility to virus attack may be said to be chronic in modern life.

As regards the possibility that the engrams may be transferred to another host in the clearing process, well people have been unloading engrams on others since the beginnings of human speech. An alert responsible auditor should know when the postulates of his preclear could harm others. We can look forward to a time when, through prophylactic measures and processing, there are no engrams to unload. If Mr. Hubbard may seem at times to uphold the ethos of Protestant Capitalism, at other times he sharply criticizes the aberrations of Western society "Society, thirsting for more control of more people, substitutes religion for the spirit, the body for the soul, an identity for the individual, and science and data for truth. In this direction lies insanity, increasing slavery, less knowingness, greater scarcity and less society."

As for abuses of Scientology processes by running them in reverse or any other deliberate use of Scientology to cause damage the best insurance against these abuses is the dissemination of precise knowledge of Scientology and the enforcement of the auditor code of ethical conduct.

Mr. Hubbard's degrees and credentials seem hardly relevant. Dianetics and Scientology are his credentials and he needs no others.

HOW TO LEARN. The errors and misconceptions that might have arisen from Bulletin 2 disposed of I will endeavour to give some idea as to what is offered at 37 Fitzroy Street, London, in the way of training and processing. Training at the Hubbard Academy of Scientology costs £30 per week. The course runs from 9 a.m. to 6.30 p.m. Monday through Friday. There is a 15 minute break at 11 a.m., an hour for lunch at 1 p.m., another 15 minute break at 4 p.m. Smoking is allowed only during the breaks. The students are expected to be on time. They are forbidden to drink any alcohol or take any drugs during the work week and for 24 hours before resuming classes. A student can progress at any speed but will not be allowed to advance until he satisfies the examiner that the previous steps have been thoroughly learned. Mr. Hubbard's observations on education and the learning process deserve more space than I can give them here. He points out that a most disastrous oversight in learning is to continue study after encountering a word you do not understand. When this happens there is a blank in the students' mind right there. These blanks pile up and soon the student finds himself unable to understand the more advanced exercises. He feels stupid and bored and soon loses interest in the subject. When you find a word you do not know stop right there and look that word up and make sure you understand that word before continuing. As one who has always been a quick student impatient with the fundamentals of any subject I can testify to the wisdom of this rule. Time and again I have approached a subject, skipped over the fundamentals only to find I was unable to perform or understand a more advanced exercise and promptly lost interest in the subject. Students in the Academy must learn the precise meaning of every word used in the exercises not just the definition but the meaning of the definition. "What does that word mean to you?" the examiner asks.

Like many of Mr. Hubbard's ideas this one is deceptively simple. Oh yes you say of course get the fundamentals first haven't we heard that often enough before? No you have not. What he is saying is that a word not understood leaves a blank space in the mind, that such blank spaces will soon bring about boredom, impatience and distaste without the person knowing why he is

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suddenly tired of the whole subject. This amounts to an absolute inhibition to receiving knowledge on a particular subject and this mechanism can be employed to create disinterest in any subject or person. In some subsidized magazines one frequently found words rarely used and meaningless word combinations deliberately used to evoke boredom and distaste with respect to definite targets indicated by those who were subsidizing the magazine. Reading "*The Autobiography of Malcolm X*" I found an example of the same trick. Speaking of an attack made against him in an article he says "Every page sent me back to the dictionary". Every page did not send the average reader back to the dictionary. The words he could not understand simply caused him to lose interest in Malcolm X. Once again someone has studied Mr. Hubbard's techniques and used them for paltry and destructive end.

Each step and each word fully understood the student progresses at his own speed. He must understand every item of information and the application for it. I quote from L. Ron Hubbard's bulletin on How To Study Scientology:

"The student should make up his mind about each thing that is taught in the Academy. He should ask himself these questions. Does this piece of data exist? Is it true? Does it work? Will it produce the best possible results in the shortest time? It is not sufficient that the instructor stand before him and declare the existence of these. Each and every student must determine for himself whether the instructor's statements are true. Data is your data only so long as you have evaluated it.

Student auditors are trained to confront the preclear. "The purpose is to train the student to hold a position three feet in front of the preclear to BE there and not do anything else but BE there. Have student and coach sit facing each other neither making any conversation or attempt to be interesting. Have them sit and look at each other and say or do nothing for some hours. Student must not speak, fidget, giggle or be embarrassed. The whole action is to accustom the auditor to BEING THERE three feet in front of the preclear without apologizing or moving or being embarrassed or defending himself. After the student can just sit for two hours the coach will bait the student or use any means to get a reaction. The student flunks each time he or she reacts however minutely to being baited." Other exercises teach the student to give auditing commands naturally, to handle acknowledgements and to avoid errors

in acknowledgement. Premature acknowledgement can defeat an auditing session before it starts. With regard to premature acknowledgement ask yourself the following questions:

"Do people ever explain to you long after you have understood?

Do people get cross with you when they are trying to tell you something?

If so you are suffering from premature acknowledgement. When you coax a person to talk after he has begun with a nod or a low "yes" you make him forget, then make him believe you haven't got it, then make him tell you at GREAT length. Try it out. Have someone tell you something and then encourage before he has completely told all. That's why one feels dull when talking to certain people. They prematurely acknowledge. That's why one thinks another is stupid. That person prematurely acknowledges. One can do it in many ways."

I think I have explained enough about the training to indicate that it is a tough practical course and that the applications go beyond auditing. How many of us are suffering from premature acknowledgement without knowing what is wrong. I have often wondered why friends become annoyed when explaining something to me. Now I know. Anyone who completes the auditing course will have gained poise and assurance and rid himself of annoying mannerisms that have handicapped him for years.

HUBBARD'S E METER. Student auditors must learn to use the E Meter which is an essential tool in modern auditing. Without this tool the auditor has no precise criteria for knowing when a process is flat that is producing no further reaction in the preclear or when the process is still producing a marked reaction.

Before the E Meter over- or under-auditing was unavoidable. Now a process is run until it is flat on the E Meter and not a moment longer. The E Meter is a very sensitive reaction detector devised and patented by L. Ron Hubbard. "The Hubbard Electrometer called an E Meter for short is a device to measure the amount of resistance to a flow of electricity. Tests conclusively show that an individual's emotional state, his thoughts etc. instantly raise or lower the electrical resistance of the body". Two cans are attached to the E Meter on electrodes and these cans are held by the preclear during the auditing session. There are a number of needle readings indicating a reaction to a question, command, incident or process. A floating needle indicates that a process is flat that it produces no further reaction in the preclear. The needle just floats over a wide area.

The centre at 37 Fitzroy Street offers 25 hours of intensive auditing for £100. The 25 hour intensive can be completed

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in a week, five hours auditing per day. Or it can be carried out for two hours each evening. The auditor shows the preclear the room in which the session is to take place and asks if there is anything about the room that upsets the preclear. If the room is all right the auditor and preclear sit down opposite each other across a card table. On the table facing the auditor is the E Meter. He also has report forms pen and paper. At the start of the session the preclear is asked to pick up the cans and the session begins. Throughout the session he holds the cans and the auditor keeps a precise written record of meter readings during the process. As I have indicated, very little time is given to engrams the forgotten trauma that psycho-analysis chews over for years on end. After a preliminary exercise called "arc straight wire" that is straight recall conditioning the preclear to remember easily and to communicate immediately what he remembers the auditor runs "secondaries". Secondaries are painful incidents quite available to the conscious awareness which derive their persistence as sources of disturbance from earlier engrams. Secondaries are incidents containing grief, emotions inappropriate to the situation, anger, fear, humiliation, apathy. Secondaries are run in this way. The auditor instructs the preclear to remember such an incident and waits until the preclear acknowledges that he has done so. The auditor then asks the preclear for the date of the incident. Perhaps he cannot remember. He is instructed to look around after placing himself back there. A date will emerge and the correct date will get a reading on the E Meter. The preclear does know what the date is and it is simply a question of getting him to remember what he knows. The auditor then instructs the preclear to go to the beginning of the incident. The preclear acknowledges by saying "I'm there". He is then told to go through the incident from beginning to end saying what is happening as he goes along.

After running an incident several times in this way the preclear remembers exact details. There is a moment when the incident becomes quite clear and then begins to lose any emotional charge. In running secondaries it is not necessary to run more than a few incidents. As soon as the auditor gets a floating needle indicating that the preclear is no longer disturbed by such incidents he is released on secondaries and goes on to engrams after a cross check with another examiner. Operations, accidents and infantile trauma are the

most commonly encountered engrams. Mr. Hubbard's assertion that there is a record of all engrams in the reactive mind has been borne out by years of auditing experience. And anyone who undergoes processing can see for himself that such a record exists. Forgotten or dimly remembered childhood incidents are suddenly sharp and clear after running the incident several times in the manner described. Recall any part of incident. Find exact date. Go to beginning of incident. Run through from beginning to end and say what is happening as you go along. There is a moment when the incident is quite clear and then suddenly fades like old film as the needle floats. There is a sort of click in the head when this happens. You can *feel* the needle float. In running operations the preclear will be amazed to hear what the doctor said and to actually feel in a very mild form the operation pain. The feeling of relief after these incidents have been run is unmistakable.

TIME TO LOOK BEYOND. As one who wasted four years and thousands of dollars on psycho-analysis I can testify that Scientology processing administered by a competent professional auditor can do more in five hours than psycho-analysis can do in five years. Secondaries and engrams can be run in five to ten hours. As soon as the auditor gets a floating needle he says "That's it." and asks the preclear to put down the cans. A process is never run after it is flat. This is most important. It is worse than useless to run secondaries after the secondary process is flat or to dig up more engrams after the preclear is flat on engrams. For the first time in the treatment of aberration we are dealing with a precision process. Who needs auditing? Anyone who has memories, obsessions, disabilities, inappropriate emotional reactions, non survival self destructive mechanisms that are unwanted and yet persist. Who can profit from auditing? Anybody with sufficient intelligence to undergo processing. The techniques of processing have applications in many fields of activity. For a writer selecting an imaginary incident at a definite time and place and then going through the incident a number of times is a literary exercise of some interest. Select a place. Sketch an incident. Select a date. Now go to the beginning of the incident as if you were there and go through the incident from beginning to end writing what happens as you go along. Do this several times and you will find yourself "remembering" precise details.

Scientology processing does more than achieve restored functioning in terms of freedom from self defeating mechanisms. Scientology processing aims for a complete freedom from past conditioning and a level of functioning that has not been seen before on this planet. Mr. Hubbard insists that we are not our animal bodies, that we can exteriorize from the body through ad-

vanced processing. What keeps you here in your body is your past conditioning. At this point the objective of Scientology correspond with the objectives of the Academy: "Time to look beyond this animal body. Time to look beyond this run down radio active cop ridden planet. What are we here for? We are here to go. It is recommended that all students at the Academy complete a course in auditing and attain the grade of clear through Scientology processing." Processing and training are quite separate at the centre. A student in training is learning to audit. The Academy has no interest in the student as a case but only as an auditor. The course occupies ten to sixteen weeks of highly intensive study and training after which the student can qualify as a professional auditor.

For those who are not immediately considering either training or processing, there are free lectures offered at 37 Fitzroy Street, and a wide selection of books and bulletins in the book shop. To give some idea of the new methods of thinking and looking at things embodied in Scientology I recommend to the interested inquirer "The Creation Of Human Ability" where some of the advanced processes are described. A few quotations from this work will illustrate the level of Mr. Hubbard's thinking which bares a curious similarity to the thinking of Hassan i Sabbah.*

"Reality is the agreed upon apperency of existence apparent because we believe it."

"Any problem to be a problem must contain a lie."

"To solve any problem it is only necessary to become the solver rather than the problem."

"The general rule of auditing is that anything which is unwanted and yet persists must be thoroughly viewed at which time it will vanish."

"Anything which is not directly observed tends to persist."

"In other words if a man has fought evil for years he has never viewed evil as is. Thus evil will remain with him. If he has fought ugliness for years ugliness will remain with him. Because he has accepted it as the goodness of life and the beauty of life these things are continually being unmocked (made to vanish). Here we have the entire anatomy of the dwindling spiral."

"The way out is the way through. Scientology accepts to free. That which one cannot accept chains one. A ruler's motto could be "make them resist" and his people would become enslaved. Resistance and restraint are the barbed wire of this concentration camp. Accept the barbed wire and there is no camp."

*Hassan i Sabbah—leader of the Hashashin's, or assassins.

N.B. The photo published in Bulletin 2 gave an erroneous impression. The student was not listening to engrams but to a taped lecture by L. Ron Hubbard.—W.S.B.