

PRESENT TIME, SELF ANALYSIS

A lecture given on
15 January 1954

This is January the fifteenth, 1954. There are several things which you have probably caught up with by this time in terms of, in terms of communication and experience and havingness and time and so forth. If you haven't caught up with them, you still have your written form of SOP 8C, you still have your codified rote processes, that's the Six Steps to Better Beingness, Short Eight. Short Eight is not anywhere near the process that Six Steps to Better Beingness is, by the way. And in addition to that, you have, of course as always, Creative Processing and Self Analysis.

When all else fails, why, pick up a copy of Self Analysis and you'll find the fellow will come out of his slump. That's an interesting fact, isn't it? Nobody really, nobody really, because it's a slow process, nobody really pays as much attention to Self Analysis as he might. This is an interesting thing, that the amount of actual relief and power could be in a little book like that and have as little attention paid to it by an auditor.

An auditor is always thinking there is something very very much better, there is something very much faster. And this is very true, there is. But in terms of patching somebody up so he really feels like he is something, why, you have a very very good weapon in Self Analysis. Alright.

You've got a preclear who is pretty rocky and his rockiness is to a large degree, well, it rather escapes your immediate ability to grab onto. You know, you hold the two back anchor points of the room, he can't concentrate that much, he feels bad, his reality is poor, he doesn't know what he can do or what he can't do, he's not in good shape. Alright.

You want to do a fast pass at a patch up job on this person, you know, you want him to feel better. You haven't got much time to invest on this. Let's say you're not going to go all the way out and so on, or you're just simply balked. None of the other things which you know seem to function with you. Incredible as that may seem, a fellow can sometimes get a case sufficiently parallel to his own cross-up or something like that, that he just doesn't seem to be able to make any progress with this case.

Well, you know whether you're making progress with a case or not after you've audited it half an hour. Your time look is awfully long right now, by the way, it's terribly long. You're evidently measuring auditing in terms of fives of hours or tens of hours. And when you can start measuring auditing in tens of minutes, you'll start getting yourself some terrific results because you will be willing to shift what you're doing rapidly enough to meet up with what's working on the preclear.

In other words, if you don't get a communication change in a couple of minutes, perception change or something, you're just, you're just not on the right track that's all, you just better drop down later into the process or you better do something else.

But getting back to Self Analysis, once in a while you audited somebody for a half an hour or forty-five minutes, you're getting no perception change. Well, by golly there's one way to make that fellow feel better and whereby he may not say he's had it or something of the sort. You just reach down and pick up a copy of Self Analysis, open it up at random, see what he does with these mock-ups.

He says he can't get them, he can get the idea of them but he can't get them otherwise. You say, "Well, OK," you turn over to the next to the last list of the book, you read that or you read any of the back lists of the book, for that matter. And rephrase that next to the last list, you know? Instead of saying, "A time when somebody was in good communication with you," ask the

fellow sometimes, "How about, how about a time somebody was talking to you and you knew what he said."

A fellow can't find this, some good communication, this is just evading him, well, just find the one, "When was somebody talking to you, you knew what he said? Well, what did he say?" And you just go over that a few times and give him a few mock-ups and this person will not immediately grow an aurora borealis, but he'll feel good. He'll be able to function, remember that, he'll be able to function.

Now, there isn't an auditor along the line in America who I know who is using Self Analysis for what it is - which is just security on a case, and that's not true however in Great Britain - the boys know what that book can do over there and they use it quite uniformly and they get very excellent results with it.

Now, I think the main reason for this is the desire for the spectacular probably in case recovery. You know, as a case drifts south on the tone scale, you're getting for every tone down a much longer recovery period. See, you get that? I mean, it's a compounding inversion. You, you know as you go up, why, things are wider and wider apart and more and more differentiated, but as they are more and more identified, there are actually longer and longer time periods involved in the recovery.

Let's take somebody who is a really screaming psychotic, I mean a real screamer, and we work with this person for, we work with him real hard for a day, two days, something like that. And we've got him up to a point where he's neurotic, see? And, but that's with the most modern techniques, the best used, the best use possible of the most modern techniques. A day, two days, three days - we've got a neurotic case after we finished up to that level, you see, it took a long jump. That's a long jump.

Now, you go up through this neurotic band and that's quite a jump, too. It's nowhere near as long as a psychotic jump but now, we can go up from neurotic into milder ones and we get fast jumps. They're, with about the most modern things we're doing, the jumps are pretty fast.

Well now, let's compare this actually with what we were doing a year or so ago and honest, that psychotic jump could be months long. And I'm talking right straight out of a record book now of what auditors have been doing, understanding it or not understanding it, with the material to hand. And they have occupied months on one psychotic, the least paying proposition I know of.

That isn't why I say the dickens with a psychotic. It's the fact that if you start paying attention to the lowest band of the society and validating it, why, you're just helping the society cave in, see, think about the third dynamic. Alright.

SOP 8C for instance, four weeks ago was applied by a real good auditor, a very good auditor applied this as it sits there, no other way, no sudden spurts of intuition or anything of the sort, on a woman who was a real screamer. You know what I mean? It's just strictly "what fog?" and a real screamer. And three days later, this woman was in excellent condition and a theta clear; very, exteriorized very well, very stable, very sane, very happy about existence.

Uh, hm?

Voice in Audience: [garbled]

Three what?

Voice in Audience: How long did it happen in?

Three days.

Voice in Audience: Oh, three days

That's right, three days.

Now, that went with from Opening Procedure just done down the line and it actually took this auditor about three days to wade through the whole works. And she didn't exteriorize immediately, he had to do quite a bit of patch up before he could get her to exteriorize. Well anyway, there however was the most optimum use of the most optimum technique by one of the best auditors we've got. That's awful sad.

Now, we've had this same auditor has had some comparable results but, and under another report which I have as of about three weeks ago, a five day period was required on a man who was also strictly a screamer; we used to say in Dianetics, you know, you run them into an engram, they start screaming. Well this, boy do they scream. The power of a human voice! I've heard them three, four blocks away and have had complaints from two blocks away.

And here, here again about five days. Now, this auditor wasn't quite as good as the other auditor. That was one of the differences there. But we can't actually count on this happening psychotic after psychotic. Right at this moment I can't tell you with any great assurance that we could simply take psychotics and in three days or five days, if we were well trained, turn them out. But I think we could, I think we could if we were talking in terms of a couple of weeks or three weeks.

Well, let's however look at this three day problem and find out that it took about one and three quarters days or something like that to bring the person out of the psychotic level into a neurotic level. And then she started going on up and she spent probably something on this, it's just estimations of time required, probably half a day in the neurotic level. And then she went the rest of the way she was going on the rest of the band. You see, you see that time lag, how it also enters auditing time lag? Alright.

I'll give you a case I did a few weeks ago. I spent two days on this case and I do not know at this moment really, to tell you the honest truth of the matter, I don't know whether this person's going to, as a GE, pull it or not because the case was all but gone. That's one of these cases where you actually almost fish them out of the coffin. And how this person had the nerve to walk into my office, just nerve to walk, I don't know.

And for me to suddenly take a bite on that one, just that sudden and swift was pretty rough. Well, the first auditing period was four hours and the second auditing period was five hours. There were nine hours of auditing involved here. I made a theta clear but the body had deteriorated way, way beyond anything you thought the body, the body was practically rotten at the toes. This was very interesting.

The thetan however wound up in excellent condition. However this person exteriorized rather easily, it wasn't any particularly difficult job, it was rather a routine job. But the first four hours of that nine were occupied in trying to strike through a communication barrage. It was completely non-sensical, getting in one auditing question every fifteen or twenty minutes. Fabulous, huh? Just one of those things, that was the first.

Now, you can consider that a lag. How many auditing commands can you get in is an index of what the comm lag is of the preclear. You'd see how this would work out? So there is different looking kinds of comm lags. It's all the same thing, communication lags, but what, how many different kinds are there?

Well, the funny part of it was that I broke the crust on this case with, as usual, the next to the last list of Self Analysis. I got this person moving from well, pretty close to a psychosis, and up through the neurotic band, just by getting that sort of a twist on the case. It broke up through the neurotic band, got an exteriorization, went through some spacations and one of the most beneficial things was getting the preclear to make some space, consider it for a while, and this was very relaxing indeed.

And then I handled the person's name which was one of these pun names, and handled the name by postulate processing. And then did locational drills and just did a tremendous number of locational drills, and did goals on the person, and then did the Grand Tour.

But the whole thing, the whole thing was a rather easy job of auditing except those first few hours and that was, that was brutal. I'd rather been shot than leave my body sitting in that chair leaning up against the chimney looking down through the roof saying, "Breathe. OK. Uh, yes yes, it's very interesting. Uh, uh, that's very interesting. Now, can you remember... Up against what?" Yappity yap yap yap Comm lag.

Now, there's the other kind of a comm lag where they go silent. And this silence is about the same breed of cat. It's just the other side of the apathy band. You know a person can be in perfect apathy and still use their voice to defend? I talked to you yesterday about defend, you know? Well, it's this is just another symptom of defense.

A person can throw up such a barrage of words that you plain ordinary never get through this barrage of words, that's all. So where our difficulty lies with a preclear is getting in that original communication, and that's your trouble with a psychotic, you see, getting in that original communication.

But how long does it take to take a case from all the way south to theta clear? Well, it would find most of its time occupied in the lower band. You know, the first jump would be the most difficult one and then the jumps happen with greater rapidity.

Well, there are very probably techniques which, as we swing along, we'll find our people more and more receptive and more and more, well, easier and easier to communicate with, and we'll find things in a far better state of auditing in general. Probably there's a lot of things that we're using crudely now that'll refine in their uses.

But there isn't too much reason to, there isn't too much reason to go around hoping, and let's just look at what, I mean hoping, you know, that all of a sudden, well, "We'll drift along and we won't study this because Ron's going to come up with something that is newlier and brassier, so..." That was perfectly true a few months ago. Funny part of it is right now, we find this fellow's using, though, such a process as Self Analysis. Funny, gee that's been around now over a year the way it's now written up. Alright.

What are you going to do when this preclear doesn't make a good jump? Let's take a preclear who's occluded, doesn't exteriorize, has no certainty and so on. If you audit that preclear for fifteen minutes and the preclear is not feeling well, doesn't feel at all in company with life, you can do a lot of things. But the odd part of it is, one of the more beneficial things you can do is just reach for a copy of Self Analysis.

Now this, mind you now, this preclear's occluded, can't get mock-ups, has no great certainty on anything and so forth. That's quite interesting, isn't it? What you do is at least get him to make the gesture toward havingness. Alright.

If this person has the gesture there ready to deliver, you know, put up a mock-up, you're getting an idea of doing something, you'll at least get an associated chain of thought going. And you get a little mass added to the case. Quite interesting, isn't it?

Now, some of the somatics that go through as the person is just gesturing at putting up these things, is fantastic. That's because his havingness is being re-balanced or unbalanced and so on. So you can change the case; that's the main thing which you are trying to do anyway. I hope you're trying to do that.

Now where, where do we have, where do we expect then our case to bog or where is the toughest point of auditing? Well, it happens that it's right at the beginning, right there at the beginning of the case. I'm sorry that it is that way, but it is; right at the beginning.

Now, you people could feel very discouraged about one preclear or another who insists upon being too this way or too that way, you know, doesn't quite increase and so on. Well, with such a preclear you're making what we would call a long haul and you're making some kind of a break up through the level.

Now, you're going to slow yourself down to the degree that you get anxious and start pressing. You know the fellow that, you know the fellow that presses on the golf club, he never gets on the green. Well, you're going to err more times in auditing in that direction than in any other.

You're going to be pressing on that golf club and feeding out techniques and thinking it's a fancier technique that's needed, thinking it's a fancier computation, and all the time it's right there on the stove, the old frying pan that this preclear ought to be cooked in, it's just an ordinary frying pan. And it's just exactly what you're doing. Your speed picks up markedly when your understanding of this point picks up.

And one of the reasons a preclear doesn't operate, I mean one of the reasons that an auditor doesn't operate very easily on this early span or the early run, one of the best reasons why he doesn't, has to do with his urgency. You know, he gets this feeling of urgency from the preclear, or he gets the feeling that nothing can be done for the preclear.

Here's the big point, the urgent, urgent, you know, it's very urgent, it's an emergency proposition. Well now, let me tell you how to handle an emergency. Be efficient. That's how to handle an emergency. I've seen more emergencies go to hell and really deteriorate simply because everybody had to be e-fast and it didn't occur to anybody to be efficient.

I well recall one time an engine had a shell in it and boy, everybody was rushing around there trying to put out a resulting fire and man, they were running around there with empty extinguishers and empty buckets of sand and they couldn't find bales of rags, but when they did find them, they couldn't find knives to cut bales of rags and so forth.

And do you know what was sitting immediately above that engine? Immediately above the engine was the, the valve which flooded the engine room with spray. I looked at this hub-bub going on down there, just time after time I called out through the speaker to them and said, "You got that fire out?" expecting the tanks to go up at any moment or something to happen, see, "You got that fire out yet or under control?" Then you give a couple of more conning orders, then stand over to the...

So finally I took the coolest looking fellow I could see on the bridge and so forth and I said, "Go below and put that fire out." He came back a couple of minutes later, just that, a couple of minutes later, and he says, "The fire's out, sir." I said, "What happened?" Nobody had pulled the sprinkler cord. Well, I swear they were fooling around with that fire for about twelve, fifteen minutes. See, it was an emergency and people get wasteful of time in the face of an emergency.

And you as an auditor, when you feel yourself getting very very anxious about this case and pressing very hard on the case, do you know what you should do at that time? Just a little discipline for you, just reach back and pick up a copy of Self Analysis.

Now, that you have done so doesn't mean you're rattled on the case, you understand. But this is probably what the case needs. The case actually is benefitted by the feeling that there's something slow going to be done. It gives him, him the reassurance to, well, it might not all have to be done by five o'clock. See that?

So here's, here's something for you to, here's a security for you to depart from. I recommend very thoroughly to you this, and I recommend it in the face of an awful lot of data. I've seen that

however deteriorate when an auditor didn't, well, when he had too much urgency, that's all. There's too much emergency in the air, so on, and they don't pay attention to that little book.

Now, I'll tell you the routine course of a preclear in bad shape applying to my office for assistance. First thing I do is write them a letter, I've gotten down to a point where there's a pattern of these letters. The first letter says, "Well, here's a copy of Self Analysis, get somebody to read it to you," or, "Read it to the person who is in trouble," either way. "Now, tell me how you make out."

The second reply is to the effect that the person has now gotten worse and what are they going to do. So the letter that goes back in answer to that is, is get the copy of Self Analysis and use it. And the next letter that comes back is in a reply to this copy of Self Analysis, they have received it but they think it's best to take the person to see somebody in Salt Lake City or on the moon or someplace.

And then finally you get a letter in, months have gone by by now, and they write in to you and say, "Well, the person, we took the person to Salt Lake City and we finally wound up and saw a psychiatrist and been in and out of a sanitarium now, and has had five electric shocks and so forth, and now what do we do?"

And you write back and you say, "Please open the copy of Self Analysis and begin on page, I think it's sixty-six, and start in." Six, seven, eight months is a lag on this. And they finally do and the person finally bales out of it, if they do it at all. But by not reaching for the technique that has some resolution for the case, they sacrifice six or eight months.

Now, this is what? This is a psychotic communication lag, isn't it? That's all. So if you know that this is a symptom, an emergency and a waste, you know the amount of waste there was in the war. When they waste time they have to waste havingness and everything else. They finally wind up in any emergency, homo sapiens winds up much worse off ordinarily than if he just stood back and let the damn house burn down.

Do you see that? That an emergency attitude is one which worsens, not one which betters the situation. Honest. In most fires it would actually be better if they just stood back and let the house burn. I've seen a fire take place on a street and the only efficient thing that was done about the whole thing was to turn some water on the two or three neighboring houses so they didn't catch fire too. That was efficiently done and that was done by the people who owned the two or three neighboring houses usually, and was done with a garden hose.

But here were all these firemen all over the place and here were these tremendous streams of water, and here are the axes and the battering rams and so forth. And inevitably you always go back to the place the next day and take a look. It is burned to the ground, now there was nothing salvageable about it.

Well now, it didn't much matter how much effort was put forward into the fire ordinarily. The result is about the same. What is different is the more emergency there was about it, the more additional property to that property was injured.

I have seen the most wonderful things happen in fires. One time I saw a lady in the fifth floor of a building which was on fire, she was completely neglecting the fact that she had better come downstairs and bring that baby with her. And she had some Hepplewhite or something china, whatever you call it, and she did it all up in a blanket and she took it out on the fire escape and without even saying "stand clear" to anybody below, she had this flying through the air. And yet she just had seconds left to clear through the area with. That was efficient, wasn't it? The horrible part of it was the fifth floor had never burned. She would have had all of her china.

But I've seen people rushing grand pianos out of parts of houses that weren't even vaguely threatened during a fire, and knocking their legs off and busting up their keys and everything

else. And if they'd just left it alone and concentrated on the fire, they'd have had a grand piano the next day.

This is what's known as an emergency frame of mind and it is, it is a technical thing for you. I mean, it isn't just a commentary name, it...

[Tape ends abruptly]