

RANDOMITY AND EFFORT

A lecture given on
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Self-determined Control

A state of randomness is a state of no control. And the more no-control there is, the more randomness there is.'

Now, one of the things a person will lose on a deep engram is the sense of being the effort against himself. Any individual who is aberrated is demonstrating this effort against himself in all of his actions. As he goes down the tone scale, the effort against himself becomes so great that he knocks himself for a loop every time he turns around; he won't let himself be successful or anything. That is the effort against self.

I wanted to show you that there was something that needed to be remarked on. The effort against self and the effort against the environment —these are the two things. If you can get a person to concentrate all of his effort against the environment regardless of what has happened to him in his lifetime, you will have an unaberrated individual. He will be able to think.

An individual comes out of periods of anaten with new dramatic personnel areas. These were exerted in the engram against "I," but the engram normally does not differentiate it in this fashion.

The person, as he comes out of it, differentiates that this effort is in existence. If "I" one way or the other can handle that area of effort, the person is said to be "abreacting his hostilities." In other words, he is extroverting the engram itself; he is dramatising the engram and he will get along fine as long as he can dramatise that engram without its meeting another effort.

For instance, a person goes around saying "You're no good," and people object to it. They say, "It's not nice of you to tell people they are no good." But he goes around and he keeps making this effort with this valence.

"I" is all right, but "I" is using this valence. "I" is pretty much in control, but then there is this darn valence and people say that valence is no good. The valence will turn around and finally he will have to find out where "I" really is to make sure it is "I" that is being wrong or right. And the second that he really steps out of this area of randomness back into "I," he goes right back and he is being operated on again.

So his dramatisation is broken; thereafter "I" is trying to operate as "I" was at the moment when the operation or engram took place. And how was "I"? "I" was apathetic or "I" was down the tone scale in one fashion or other. And the more his dramatisations are broken, the closer he will walk into the center of this engram until he finally gets to the center of it, and there he is in apathy.

You can take the whole band of a person's life and this manifestation will happen gradually. First he has directed efforts. Then he gets engrams with valences in them. He uses these efforts and thinks that they are perfectly logical things to use. They may not be very good, but they work. Then, because they are not good, they are not rational, life starts to gradually force him back. People, by calling the things he is saying and so forth to his attention, mechanically restimulate these engrams until they finally force him back and he goes into an apathy.

The psychotic has been revived in the middle of one of these engrams and in one of these other valences. Either he is in the apathy in the center of it and still "I" or he is over on the edge and in another valence. But the valences have gotten very sharp.

Now, this system that I have outlined to you could be called "Effort Processing." I have outlined it very fast and I know this is a big package all at once, but it is not very far out of line.

You auditors know more about processing and more about the human mind than anybody else in the world right now. That is because in the field they just don't keep up along this line, and because you auditors are just naturally bright.

The point is that we might as well put this one in our kit and find out your successes with it and any ramifications that you have to add to it through practice. I have developed it about as far as I can go without a lot of practice. I have practiced with it some and I found out that it is very remarkably effective. It is effective on the basis of maybe one to a hundred with earlier processing—at least a hundred times as effective. We are going to have some Clears—no trouble.

What you are processing out of the individual is not the effort he was making; what you are processing out of the individual is the effort which was being made against him. What an auditor can do accidentally is keep processing out of an individual the efforts the individual was making. And what someone who is self-auditing starts doing is processing out of himself all of the efforts he ever made, and as he gets his own efforts out the opposition efforts will get stronger and stronger and stronger in relationship to the efforts he was making.

So take off the case the efforts being made against the individual, not the efforts the individual was making. You don't have to leave those on; you can take their both out. The point is to make sure you get out the efforts against him; those are what is important.

Don't let the individual concentrate on the area which received the opposition. Ask him to concentrate on areas which didn't receive it. In this way you get the body back into organisation. The whole body can get to a point, finally, where the cells have been scattered and dispersed so badly that they are themselves subject to randomness.

First, the randomness of body parts develops: the right hand doesn't track well with the left hand; the right foot doesn't do what the left foot does; the head isn't quite aligned with something or other. Then this starts to get into body organs: perhaps the heart doesn't act quite right with relationship to the liver. This is a randomness of goals. The next thing that happens is the cells within a single organ in the body get into randomness with each other. At that time surgery is indicated, as nothing else could be done for him, of course.

Now, we have to hand out the best package of processing that can be handed out anywhere in the country. Dianetics in the hands of Joe Doe out in Portland, who has just read the Handbook, might be occasionally a little bit hard on some poor preclear. but he can still do more than has ever been done before. When we get to a pro auditor who is practicing in Alabama, though he may have adopted a couple of strange techniques, we find that everything is going along fine in his area. He is still getting results and he is still doing more than anybody could do before.

Here at the Foundation though, the processing which is going on now is better processing than any that is being done anywhere in the world. Obviously.

This little gimmick, as much as I have applied it and worked with it, simplifies Dianetic processing. Just look over the number of things which you don't have to know but which you do know. What they are mostly are illusory manifestations that take place in engrams. You know them, so you won't be thrown for a loop by any of them; that is experience. A pro has to know these things. These manifestations are all perfectly valid, but are they important? No, they are not.

What is terribly important is Old Man Effort. If you get all the effort off an engram you have gotten the engram.

Emotion is simply the degree of randomness existing about a certain subject; that is all emotion is. The emotion turns on and glandular action turns on. Emotion and glandular action evidently turn on because of the tension of randomness, so that you can have emotion turned on to a point where there is no glandular secretion. That would be apathy. In the middle of the scale a person's randomness is such that his glands are in conflict. Down a little bit lower than that, he starts to get force of randomness to such a degree that a bad situation of restimulation develops, and he gets depository ills and so forth as a result of engrams at work.

Now, are there any questions?

"An interesting thing I have noticed on past deaths is that whether the preclear has kinesthesia in the current-life stuff or not, he gets it stronger. He knows exactly the position he ought to be in to do this thing and he gets the kinesthesia. Now, with this idea, what we need is, what is he trying to do against this kinesthesia? Because the things don't reduce very well."

That's right. The reason they don't reduce is that he keeps jumping out and processing the effort being made against him—because where is it dangerous to be at a time like that?

An engram is as bad as it interrupted effort. That is an answer to a question we have been asking for a long time: How bad is an engram? Is it as bad as its content? Is it as bad as its physical pain? No, it is as bad as it interrupted a survival effort. The magnitude of effort interrupted is important; that is what is important.

The education of the preclear into what he is looking for is also very important, because he is so confused. This is why we talk about confusion. What is confusion? Confusion and randomness of effort are the same thing. He is so confused that you can ask, "Let's go to the last time a stop light turned on you. All right. Now, what did you do?"

"Well, I saw the light and stopped."

"Well, how did you stop? What had to stop in order to stop you?"

He starts looking this thing over and he starts getting tangled up. All of a sudden it occurs to him magically that the light told him to stop himself and that he stopped himself with regard to this. That was good survival action on dynamic one, but it was a reflex action of some sort and he didn't like it.

We suddenly found times when people had been forcefully stopped by the automobile bumping into something and they had difficulty differentiating between holding themselves when they bumped and receiving the bump. That is a dangerous spot to be in. A person doesn't want to be there to receive that bump; he would rather give it. So you persuade him and all of a sudden he will get the effort of the bump and it generally will take place.

Now, one of the ways that it happens is he starts carving the edges off the effort of receiving the bump, and he carves a little more off and a little more off and a little more off until he receives the whole bump. By that time it is desensitized. So the engram starts out, he has got the effort and the first thing you know, he starts to pick up alertness; he starts to spot himself in time a lot better.

His occlusions are secondary to effort occlusion. Effort is not badly occluded but everything else is, because what occluded everything else was effort occlusion. The effort occluded everything else. So lying on top of the occlusions is effort. You take the effort off and you will get the perceptics. Don't try to take the perceptics off and get the effort; it won't unburden that way.

Are there any more questions?

"How about running times when they haven't been opposed?"

That is good Validation Processing. You can get a preclear into the habit of doing that. You can start knocking him out like a light just trying to make him see the scenery go by as he is riding in a car, doing this in recall.

On present time you have a direct line. "I" is perceiving pretty well and is not terribly aberrated in present time compared to what it can be in recall. But then the recording goes down and that recording is always on just one point. If you try to recover the recordings off that point, he has to back through everything. This is why returning made such a terrific advance in psychotherapy.

One word of warning: Don't let yourself or a preclear practice the revivification of effort.

I can tell you how to do this so that you will be alert to it, and if you want to do this, go ahead—but make sure there is an auditor around to patch you up afterward. Just take any set of muscles you have and start to get an idea of "from what direction are they opposed by how much effort?" You will start to go out usually. You can imagine the effort with regard to it. If you stop doing it in present time the next thing you know, you start to pick up past oppositions of effort.

Now, if you want to fill yourself up full of very heavy dosages of protein and you want to start this with the whole body, you will undoubtedly pick up the deepest point of the whole cockeyed works on the bank, and you can knock yourself into revivification in it with the full somatic. You do this by concentrating on what the body was doing with regard to the effort opposed to it. And the full somatic will turn on. That is very bad.

Down-bouncers and that type of thing are not effective. The mind starts, by randomness, getting a confusion between position and time. A person has attention concentrated on other times and places, so if you could just orient him in space 100 percent he would behave unaberratedly. You could just get him to figure this one out: "You say you have a pain in your head. All right. Is there anything right here which is giving you a pain in your head?"

"Yes, well, there is something or other and so on. It's muscles, or it's an ache and so on."

"Now, wait a minute. Is there any physical thing giving you a pain in your head right at this point?" Bong! What you have done is you have moved him on the track. This is the easiest way I know of to move someone on the track and try to get him into present time. Let me show you how this works.

LRH: Is there anything here which is giving you a pain in the chest? Just look around now. Is there anything in this room giving you a pain in your chest? Is there anything in this room giving you a cold? Is there anything that is bad to breathe here?

PC: Not that I recognize.

LRH: Hm?

PC: Not that I recognize.

LRH: Well, is there?

PC: No. Must be something else.

LRH: Why have you got a cold?

PC: I've been duped ?

LRH: What effort are you opposing with that cold?

PC: Expulsion.

LRH: You're opposing expulsion. From what area does this expulsion come?

PC: Um . . . you mean time-wise?

LRH: No, physical-wise. (pause) Come on, which area does it come from?

PC: Seems to be around me, squeezing me.

LRH: Well, what's around you right now and squeezing you?

PC: Nothing.

LRH: Are your clothes squeezing you?

PC: No.

LRH: Air of the room?

PC: No. Only thing squeezing me is gravity and this chair on my rump. To hell with it!
(laughs)

LRH: Is that a restimulator for the sensation? Hm?

PC: Yeah! Chair.

LRH: Was that chair squeezing you?

PC: It was squeezing my rump.

LRH: Was it?

PC: No, I was squeezing the chair. (pc and audience laugh)

LRH: So that chair wasn't putting effort against you, was it?

PC: No—it was putting effort against me, yes.

LRH: It was?

PC: Hm-hm. It was reacting to my action against it.

LRH: Hm-hm.

PC: It's not right now.

LRH: Well, is anything happening here, then, that shouldn't be happening here?

PC: Hm-hm.

LRH: What?

PC: Clogged-up schnozzola.

LRH: Is the schnozzola clogged up here?

PC: At this moment, yes.

LRH: Is it clogged up at this moment because it was clogged up someplace else?

PC: Hm-hm.

LRH: Hm? All right, how far away is that place it was clogged up before?

PC: Fourteen hundred miles. (laughs)

LRH: (chuckles) Fourteen hundred miles. You know the appearance of the place it's clogged up? Which direction is the place?

PC: (pause) That-a-way.

LRH: That-a-way. All right, the area is in that-a-way. So, where was the effort that is making that push?

PC: That-a-way.

LRH: It's that-a-way. How far?

PC: Fourteen hundred miles.

LRH: And yet you think that chair is guilty.

PC: That's a different effort the chair is making.

LRH: Hm?

PC: It's not the same one.

LRH: It's not the same one. Do you remember having colds in school?

PC: Hm-hm. Yeah, often.

LRH: What kind of chairs were those?

PC: Oh, like these. This sure ain't one of them chairs.

LRH: No, it's not one of these chairs. If you were thoroughly convinced of this, the cold would leave you.

PC: Hm-hm. I used that on a foot somatic a preclear got once and it turned it off.

LRH: Hm-hm. The physical evidence of having a clogged-up schnozzola then makes it kind of rough to differentiate, but you can differentiate that.

PC: Hm-hm.

LRH: And in the next hour you can put that back on the track where it belongs and be in present time, can't you?

PC: Uh-uh. (audience laughs) Not according to my self-determinism. (LRH, pc and audience laugh)

LRH: So, I am keeping

PC: I'll do my darnedest. I can see a function of an antihistamine: Once you get unclogged you're not perpetuating the perceptic. But I feel less clogged already.

