

Nervus

Nefarius

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the science in Scientology

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ISBN: 9781730923425

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Printed and bound in USA
First Printing November 2018

Published by SPQR Media
Visit spqr.media

These ideas were rattling around my brain for almost 20 years, and this is an abstract from the many notebooks I kept during that time, featuring some of the key ideas.

1.

Imagine yourself standing on some planet looking out into the universe of stars, stretching out in all directions seemingly to infinity. This is you standing inside your own brain, looking out on hundred billion synapses, half on either side of the midbrain ridge. The entire sky is full of blinking lights, rolling wavefronts of radiant energy complete with lightning and balls of flames. Only ten percent of your synapses are glowing, however; but the sky is still so full of stars that the entire dome glows with an endearing warmth. How do you even begin to formulate a theory to explain everything going on?

2.

This is going to be an exploration of the mind using mathematical constructs. It's not an attempt to use statistical methods to model mundane psychological processes. It's not a simplistic Freudian model with three globs called the id, ego, and superego that you can count on the fingers of one hand to explain the entire cosmology of the brain from infancy through old age, death, and beyond. This is mathematical physics, very simply "the modeling of natural phenomena using math."

3.

There are two driving forces for this investigation. First, a thousand different observations of the world out there, all of which make total sense but which are quite frightening in their repercussions; and none of which can be explained by any current theory. It's all hand waving, prejudice, political correctness, and vague generalities coming from shallow minds in the blogosphere speaking with the force of conviction but with really nothing but fear at their root. All of this hand-wringing led eventually to a study of Dianetics and L. Ron Hubbard's half-assed effort that actually has a better chance than anything else out there of explaining said untoward thousand scary observations. Thus the second driving force, a desire to formalize Dianetics with some hard science so that its methods and axioms can be tested in an unbiased, experimental context.

4.

This whole body of work will be books of text just like so far. It's not the best way to lay out a whole new theory of the mind, but it's what works best for me. At this very moment, I have twenty single-spaced typed pages worth of the argument in my mind already, a giant swirling vortex of energy out there in the infinite field of synapses. I just want to get it all out on paper. Somebody else can do the outlining and indexing and file-keeping needed to compile it all into a formal textbook. Frankly, I could care less who does what with it.

5.

I am very well versed in advanced engineering mathematics, both from an academic standpoint and practically, having practiced engineering for many years and a wide range of different fields. I know numbers. I like numbers. I'm comfortable with numbers. In many respects, I think with numbers.

6.

Honestly, I think my brain processes blocks of information of just this size. Right now, I'm just a typist taking dictation and writing down what I'm told by my gray matter. The ideas are already formulated and jotted down on random pieces of paper. My task right now is to express them in words, to scratch together useful examples or applications as much as I can to help you digest the information, and – most importantly – to test each statement as I go along for veracity. Every block of text is like a card in a very long string of logic. If one isn't lined up just right with the cards on either side, the chain of assumptions fails, and the whole damn theory falls flat. Likewise, I want to remain logical and rational, taking one baby step at a time, so that you can follow the yellow brick road and so that, as time goes on, you develop some small amount of confidence in all of this.

7.

Anybody who studies the mind, in the final analysis, is really just exploring his own mind. There's always that thorny issue of science, about how the act of observation changes the phenomena being observed. I do have one significant advantage, here. I've written five autobiographical screenplays (some are more autobiographical than others). Writing a story about your own life is the most difficult task of any writer, especially to get it to the level where it's interesting to other people and

worthy of being published or made into a film (which, I'm told by many different professional readers, mine are). What this means is that my act of observation of my own brain will change the phenomena being observed, i.e., thinking, less than your run-of-the-mill squint because I have developed a distance. That's a good thing. I can judge without being judgmental; pun intended.

8.

After spending years compiling my thousand points of darkness, I've become somewhat cynical. I'd have to characterize my psychopathology as sociopathic. Frankly, Scarlett, I don't give a damn. I'm not writing this for the fame, the fortune, the notoriety, the reputation, the acclaim, the infamy, or even to get laid (I may have to hedge on the latter, actually). I'm writing this to fix my own damn brain, and if my research ends up helping other people, then that's an unfortunate, unintended consequence. Shit happens.

9.

I have one more very important advantage over the competition, i.e., other researchers. A lifetime as a stress-o-phrenic (continually striving for new heights, and all the extreme stress that invites) has been spent listening carefully to my own body, developing "remote viewing" skills to monitor stress down to the smallest quantum. I know what causes stress, where it goes, how to make it go there, and when it's gone. All of this happens in the conscious mind. Consequently, I am very much in touch with that part of my psyche. I'm under no illusions that I'm a great thinker, or a kind and generous person. The only friend I have is Oscar the cat, and I'm perfectly happy with that.

10.

Dianetics is based on a single concept, "engrams." These are evil, malicious little gremlins that get into your subconscious mind the same way "cookies" get onto your computer when you browse the internet. Cookies cause your computer to slow down and work less efficiently, maybe even eventually to crash. Engrams can do the same thing to your brain (including the crash part). You can run SpyBot periodically to remove all the malicious cookies from your computer. Dianetics claims to be able to do the same thing with engrams. The religion of Scientology has a huge, long hierarchy of therapies that clean up your hard drive. With the help of their experts and no small amount of effort on your part to study and learn, Scientology transforms you - relative

to a relatively universal metric of what it means to be a good, decent human being – into a better you. Dianetics further claims that their methods will make your smarter. This makes sense, too, because when you nix all the cookies from your computer, it runs much faster, too.

11.

“Engram” is actually a medical concept from neuropsychology, dating from the 1950s (L. Ron Hubbard’s heyday). They define it as a single memory trace, typically stored in a single location in the brain in a specific subpopulation of brain cells. That’s pretty much all we know about the brain, period. You can put an electrode on a specific synapse to get a particular memory. They’ve been doing that for years. They still think it’s the most fantastic thing, every time they do it. Scientists are very easy to keep amused, evidently.

12.

L. Ron Hubbard was not at all happy with this limited knowledge we have of the brain. So he made it his life’s quest to come up with a better explanation, or at least the beginning of a better explanation – something scientific, verifiable, rational. He ended up believing that these engrams were the root cause of most neuroses (which, basically, psychologists would agree with – subconscious issues causing mental problems is the standard explanation for almost everything), and also many physical illnesses. The latter we would recognize as psychosomatic illnesses, those with no physical basis; it’s all in the mind.

13.

Scientology claims that their methods to “clear” your mind of these engrams leads to a healthier, happier life (relatively) free of disease and with an optimally functioning brain. My desktop computer would agree 100%. Nobody else in the world would agree, however, other than practicing Scientologists – and it’s likely that many of them are still waiting for the awesome results promised in the glossy brochure they give you when you walk in under the golden arches. Nothing wrong with that. Nothing worth achieving is or should be, easy. Brain repair should logically be no different; quite the contrary. The brain is such a complex machine there’s no way in hell it should be able to be fixed easily, goes the prevailing thinking.

14.

Dianetics says that these engrams are stored in the reactive brain. “Auditing” sessions are long (sometimes very long, lasting many hours) meetings where the neophyte is subjected to a series of highly structured exercises engineered to identify then purge these engrams. Scientology has a whole, long ladder to rank people on their progress toward a “clear” mind, and even several levels above that point. There is regular psych testing of the faithful, to be sure the process is changing them in the right direction. And, naturally, there is remedial training after school for bad students who didn’t do their homework or skipped class or skated and are then confined to detention for extra homework.

15.

As much attention as Scientology has received over the years, and as many people who have tried to debunk and criticize and destroy the whole idea, you can rest assured that the Church of Scientology is doing absolutely nothing that is morally, legally, ethically, or psychologically harmful to their people. Legions of scientists and journalists and ex-Scientists claim the process doesn’t work.

Frankly, how many people out there say Christianity works? All it takes for somebody to get canonized as a saint in the Catholic Church is proof of one, single, solitary miracle in the course of an entire lifetime of practicing the holy doctrine.

16.

Lower echelon Scientologists, they say, are able to reach a “clear” status by getting rid of all the engrams in their reactive mind. Higher levels go one better and nix the reactive mind altogether so that engrams can’t even get into their system anymore.

17.

That’s all there is to Dianetics. And Scientology is simply the structured way of achieving that goal, with the support of other people in the Church, through study and practice. Many Scientologists team up with a friend and audit each other up the ladder, a process which can take longer than paying professional “auditors” but it’s free.

18.

This is literally the extent of my own knowledge of Dianetics and Scientology. Dianetics is the mental health part. Scientology is the religion, which has some God and creation and other concepts associated with it along the way. It sounds like a great method.

Many people swear by it. The Church of Scientology has many outreach programs to help people with drug and alcohol addiction, to do charitable deeds worldwide, and has kept a clean moral and ethical standard. Personally, I'm skeptical; but not any more skeptical than I am of any other religion out there.

19.

What bothers me the most about all of this is that nobody has even tried to test Scientology. Where are the formal research studies done by medical professionals to test the methods of Dianetics?

I'm sure they could get plenty of volunteers as test subjects. It seems like a great dissertation topic for some ambitious grad student. What are they afraid of? That people would want to see the same type of analysis done on Catholics, Episcopalians, Wiccans, and Republicans? Bring it on! Who's afraid of the big bad wolf?

20.

My personal take on Dianetics is that engrams are, at the very least, an important concept. It's just a generalized label that says, "past troubles have lodged deep into the subconscious and were such a shock to the system that they continue to affect behavior in unwelcome ways." Every practicing psychiatrist works very hard to cure their patients of engrams. It's a pity that belonging to the Church of Scientology has even a worse stigma than being "in therapy." Tell me again what's wrong with a bunch of honest people working together to help each other out as best as they possibly can? Our entire society hates them for that? Who's going to be the adult in the room?

21.

The rest of this discussion will make no distinction between mainstream psychology's neuroses, psychoses, hypnoses, and narcosis, and Dianetic's engrams. The term "engram" is henceforth a generalized rendition of "deep-seated mental health issues." And so, when I now say that I don't approve of what people do with engrams, I am referring to both psychiatrists and Scientologists. They all seek to use some kind of

therapy to rid the body of these evil constructs lodged in the mind. Let's be clear here, that talk therapy by professionals has overall been no less successful than auditing. There are dozens of complete bodies of theory in psychology, none of which really work worth a damn. As a result, the go-to solution for all mental health problems is now psychoactive drugs. Given that, it seems to me that mainstream psychology should be extra supportive of Scientology, not adamantly opposed to it. They're on the same side, trying to help people using noninvasive, natural methods.

22.

Enough politics. Our objective is to create a new theory of the mind that can be subjected to testing and modification and improvement in a qualitative way to have quantitative, measurable results, viz. the health of disturbed individuals. We have established that engrams are universally thought to be the root cause of these problems. That is the current state of our understanding of the mind, period.

23.

So, bad "engrams" are the prevailing, working hypothesis. We have three choices on what to do with them: (1) get rid of them like Scientology tries to do, (2) stop them from being bad like psychology attempts, or (3) make them into good engrams.

Current medical practice obliterates them with harsh drugs that, for all we know, wipe out all a whole block of brain cells like a theater nuclear weapon.

24.

The grand total of all research on the human mind focuses only on the brain. There is no formal research or theory or any body of work that even attempts to investigate the mind-body connection. The mind controls the body via the central nervous system. That's all we need to know about the body when studying the mind.

Anything having to do with the body is relegated to natural healing gurus, cults, and mystics. Why do we have such an abysmal opinion of the body?

25.

Nerves make up roughly the same percentage of body weight as the brain. Both the brain and the central nervous system are made up of neurons. The only difference is that the body has sensory and motor neurons, all connected to the spinal cord and brain by interneurons. Information travels through this neural network by chemical and electrical impulses.

26.

There are 100 billion neurons in the brain all interconnected by 100 trillion synapses and 100,000 miles of microscopic-sized nerve fibers. Information travels at roughly 300 miles per hour through this network. Sensory receptors in the skin don't have the insulating covering called myelin, and so they only travel at about 1 mile per hour. There are roughly 45 miles of macroscopic-sized nerves in your body (all of which weight about the same as the brain).

27.

The mind can cause the body to exhibit almost any physical illness even if there is no underlying physiological basis. These psychological conditions are grouped into the field of psychosomatic medicine. These psychosomatic diseases behave exactly like the real thing, complete with pain, trauma, degeneration of muscle or nerve mass or any other symptom characteristic of the real disease.

28.

Many physical symptoms are caused directly by the mind, typically by stress. These include stomach ulcers, headaches, eczema, high blood pressure, and psoriasis. Almost all over diseases are exacerbated by stress and mental anxiety.

29.

The body is connected to the brain by 45 miles of nerves. Through these nerves, the mind can cause disease or abnormal conditions in the body. The extent of established doctrine going the opposite direction, i.e., the body affecting the mind, is that exercise generates endorphins which somehow calm down the brain.

Exercise generally is thought to help with stress as well, but that's assumed to be as some kind of chemical or hormonal salve, as well. 30.

The general assumption is that if you experience stress you have four choices: (1) stop doing what's causing the stress, (2) exercise until you feel better, or (3) get medical help for the physiological symptoms of your stress, aspirin for headaches, prescriptions for high blood pressure, and so forth. Option (4) is to self-medicate with caffeine, alcohol, tobacco, pot, or any number of other recreational drugs. Most people muddle their way through life doing all of the above. People only get serious about taking proactive action when they're diagnosed with heart disease, one of the many auto-immune disorders, or some serious psychological disorder.

31.

Once you're into the red zone with stress, combating serious physical or mental repercussions, your options are still the same as before, but now you have to use prescription drugs instead of alcohol, tobacco, or other socially acceptable concoctions. Overall, you're still in the exact same situation, which is the bottom of the ninth, and two strikes. Your body is in such poor shape now that, even if the methods were available to use it to mend your mind, it wouldn't help very much. And vice-versa.

32.

The only other hope the medical profession can give you is to beef up your social support network. People with close friends, family, church, social, or volunteer activities tend to experience less stress. The presumption is that a little less stress will mitigate your problems a fractional amount. Misery loves company, is what they're saying.

33.

Enter L. Ron Hubbard and his new science of the mind. He says these "engrams" can cause physical diseases as well as mental problems. Doctors call the former psychosomatic conditions.

LRH says, further, that if you get rid of these engrams, you can cure the disease, any disease. Jesus cast demons out of the afflicted, from people into pigs. People see nothing wrong with that. It was a miracle, but at least it's doable. LRH is just trying to commercialize the process so that everybody can do it. Christians strive for the exact same goal and award anybody who actually succeeds with sainthood.

34.

The solutions are still all in the brain, the mind. LRH's engrams are created by the mind but can lodge in the body where they can cause physical illness. It takes the mind's conscious action to later get rid of these engrams, to cure the afflicted. Ditto for Jesus and the whole body of Christianity, and every other religion, too.

35.

Using the body to void the brain of stress, developing some method to do so, seems like such an obvious solution that you'd think people would have been working on it for hundreds, if not thousands, of years. Instead, we make the whole process into an impossibility by saying Jesus did it only because he was the Son of God. Therefore, it's impossible for mere mortals to do, so why even try?

36.

Just as a thought experiment, replace Dianetic's "engram" with the word "stress." Scientology says stress can cause physical problems in the body, and they swear by their methods to get rid of it. Think of stress as a wannabe engram. Think of the conditions that stress causes as low-grade diseases that can later turn into major league calamities; psoriasis or eczema as precursors to an auto-immune disorder; headaches to migraines; stomach ulcers to a bleeding ulcer. Modern science does admit to these possibilities, that low-grade engrams called stress can cause low-grade problems that we take care of with over-the-counter medications. An engram is still an engram by any other name.

37.

Most people will accept that getting rid of the stress will cure these pesky nuisances of problems, like headaches or ulcers or heartburn. You take a week off from your very stressful job or send your two-year-old twins to Grandma's house for the weekend, and you're a-okay. Exercising regularly often works just as well, if not better. Why waste a week of vacation time if you can solve the problem by going to the gym or tennis court or swimming pool three times a week? You're using your body to cure physical illness when you exercise regularly like that. You're using your mind-body connection to undo what the stress has done to your mind.

38.

Your mind created the stress, but your body got rid of it. Somehow that stress made its way to your body where you work it out of your muscles with strenuous exercise. Say what? Stress can't just leave the brain and go to the body. Of course, it can! We've already seen that psychosomatic diseases are caused by the brain, predominantly using as it's agent something called stress. Stress in the brain can cause stomach ulcers. Stress isn't just some vague, indeterminate word. It's a real, physical entity.

39.

What is stress, exactly? It feels like a vague numbness in your arms or legs or face. If you can't feel it there, then learn some muscle relaxation and meditation exercises. It's there. Once you can feel it, you know when to exercise. After a good workout, the numbness is gone. You've purged that stress out of your body, gotten rid of it so that it can do you no further harm. Think of the stress as "mana from heaven," a kind of energy that your muscles can burn as they operate. You do it all the time. Humans have been doing it since the dawn of time until we became too civilized and lost the ability.

40.

Here's how it works. Your mind creates stress. It travels down the nerve fibers to your skeletal muscles. It stays there until you get rid of it with exercise. Or, you can ignore it (by desensitizing yourself with alcohol, drugs, gluttony, or sheer force of will) and let it fester there and cause pain, arthritis, or maybe even degenerate the sheathing around your nerves and cause shingles or lupus or sclerosis.

41.

The first thing you have to do is learn muscle relaxation exercises. There are many self-help CDs that will teach it to you. After a couple of weeks, you can feel the stress. Then you just exercise; if your legs are numb, walk or cycle. If your arms are numb, do dumbbells.

42.

Then you need to learn a basic meditation technique, focusing on numbers or some icon while you breathe with your eyes closed. "Send" the stress to your legs. You'll "see" the stress because that's what barges in

and pushes your focus away from the number in your mind's eye. Gently push the interruption to either side (to either leg) and return your focus to the number. Do this for ten deep breaths, for numbers 0 through 9, telling yourself to "relax" as you exhale and gently refusing to take in the next breath, using that urgency to help push the stress away.

43.

So, you've learned how to gently remove stress engrams from your brain, send them to your body, and purge them from your body before the stress can cause any lasting harm. You're using your mind-body continuum to move stress from the brain, down the 43 miles of thick nerve fibers, to your muscles, then out and away.

44.

Thus you have accomplished the entire \$250,000 auditing regimen of Dianetics, and then some. You have made your body into the stress-eating machine it was designed to be. Stress cannot remain in your mind or in your body where it can cause lasting damage, your mind is in a permanent state of "clear," and your body is healthy and happy. Moreover, your overall stress tolerance is increased manifold because your "stress bank" is emptied daily. This means major stressors will not overload your system, thereby causing subconscious repercussions, the kind that create real engrams.

45.

You will need to practice this meditation-exercise routine regularly for a while before it becomes optimally efficient. The body needs to re-learn this whole method and to spend some time working out what goes where, how, and why. Don't push the limits. Be gentle and patient, providing plenty of good nutrition, fresh air, fun, and sleep.

46.

Slowly, your mind will begin to experience even further health benefits from having this whole big new "social support" network right there at its disposal. You will get all the usual benefits of a regular social support network, and then some because you don't have the bit of added stress interacting with people always has – sharing in their problems and challenges, coping with their ups and downs, and being yourself a stress reliever for them as a good listener and friendly shoulder to lean on.

47.

If you still can't feel stress in your arms, legs or forehead after a few months on this regimen, you need to do some "orgasmic reconditioning" to send some sensitivity from your genitals to your various other body parts. This is best when done with a heterosexual partner, but it can be done solo. Get sexually aroused, then massage different parts of your torso with a cube of ice in both hands. Do this with 2-3 sets of ice cubes, get all hot and bothered again (don't orgasm!), then repeat. Do this until you're finished with 18 or so ice cubes, then go hog with your sex toy and come like a volcano. Repeat every few weeks, and you'll experience new sensations all over your body. Be sure to ice your head, neck, face, and feet – chew on some ice, as well, to renew your taste buds.

48.

The opposite process works, too. In fact, bad sex practices are probably how and why your whole body became so desensitized in the first place. Think whole body sex, hands everywhere, lasting for hours. Read books. Watch videos. Rent porno flicks. Learn how the pros do it and do them proud.

49.

Let's get back to neuropsychology. The brain has the 100 billion neurons, each with a nucleus, a body, and several hundred synapses linking it to nearby neurons. For argument's sake, let's assume one neuron can hold one memory, e.g., one photograph with a couple of emotions attached to it. When somebody cuts open your brain and excites that neuron with an electrode, you see that image again and feel those emotions.

50.

It takes a whole subpopulation of neurons to store a long sequence of images. The ratio of neurons needed to store the one neuron's image is roughly the same proportion as the size of the image on your computer to the size of the video. For argument's sake, let's say the video takes up 1000 times more space if the image is very simple, a mathematical equation, say – i.e., text. If it's a glossy color photo, the video is 100 times larger. The ratio of text:image:video is 1 :100:1000.

51.

Dianetics says subconscious memories gone bad can create engrams. The larger and more powerful the engram, the more influence it can have on your conscious mind.

52.

Dianetics says all these engrams or bad memories are stored in the “reactive” brain, in an engram bank. This suggests they’re all in one physical location in the brain. This would certainly be very convenient. All you need to do is just get rid of all the engrams, emptying the engram bank, then get rid of the reactive brain itself, and you’ll live happily ever after because no engrams can ever again weasel their way into your subconscious.

53.

What is the subconscious mind, anyway? It’s the what the brain does when you’re asleep or unconscious or drugged. Psychology says this is when the brain “defragments” itself, cleans up all the extraneous things that happened during the previous day, deletes some, stores a few, and generally does lots of housekeeping.

Dreams are one way the brain does this, taking all the days’ video garbage, and tossing it into a grinder. The images just go away (some things that have similar images already in the brain are filed with them, giving that neuron a higher field strength), but the emotions are stress personified. Emotions, presumably, go to the body, where you’re supposed to then get rid of it, too.

54.

There are many variations of this simple model. If you start with an image and emotions, the brain is supposed to delete them both together. If it’s a long video clip and you delete the video but have 8 more tracks of emotions, you have a problem. If the video clip is a horror movie that you went to see with your fiancé, and if you get in a car wreck on the way home, and your brain deletes the video but not the emotions; and you wake up in the hospital the next day with a new set of horror emotions attached to your fiancé, that might make things somewhat more difficult between y’all. There’s an evil engram in your brain, a rogue avenger in your subconscious that’s attached to the wrong neuron.

55.

Conversely, if you made out with your fiancé for the last 20 minutes of the horror movie, and the car wreck discombobulated your memories, and the ravishing lust memories become attached to the horror movie instead of your fiancé, it's a pretty good bet that the two of you will be going to a lot of horror movies after you get married. That's the work of an engram as well; calling it evil or good is a matter of personal taste, I suppose.

56.

Dianetics sits you in a chair (or lies you down on a couch), regresses you to that car wreck with the help of an auditor, then you wrestle that damn engram out of your brain. You go home, and suddenly you're madly in love with your fiancé again, even though she may be long gone. Or you go home after the auditing session, and you no longer like horror movies, and you wonder why you have a huge collection of horror movie videos in the family room. Your fiancé, now your wife, loves to watch those horror movies, and when you don't like to anymore, that causes friction and – well, you're back on the auditing couch; or maybe she is.

57.

Of course, if the two of you know how Dianetics works, and you talk about what you're going through, then you can both use the power of your conscious minds to rationalize what's going on, and get through it without too much drama. Happy ending for all.

58.

You have to wonder, though, why you need an auditor in the first place? If our married couple didn't watch the Tonight Show in bed every night; if, instead, they took a long walk or cuddled on the sofa, or went out to hit some tennis or golf balls at the club; if, while doing this, they talked about things, like people are supposed to do in relationships; well, they'd eventually figure out what had happened, and work through it. Then you could spend the \$5000 the auditing sessions costs on a week-long vacation in the Caribbean where you could devote your every waking hour to creating some good engrams in your minds, fueled by ravishing good memories to strengthen your relationship and to tide you through the next crisis.

Ideally, the husband and wife would just audit each other, if you want to put a conversation between two adults in that kind of harsh

framework. Dianetics is just a structure to do what married people used to do for each other all the time. That's what marriage was.

If things got too difficult, they could go see a minister or a mutual friend and get some perspective on their problem. That's what friends are for; or parents, siblings, even adult children. Nobody does that anymore. We're all too busy. So we have to swallow our pride and get help from some cold, remote, ruthless Dianetics auditor. And then, you have to wonder if the auditing process itself doesn't create engrams.

60.

And so, marriage becomes just like one of those lame romantic action adventure movies where there's always a third wheel poking their head into things right when the romance is heating up.

Again, it seems like the best solution is for the husband and wife to just learn to audit themselves and use its techniques to help each other, as couples have always done since the beginning of time.

However, if everybody did their own auditing, the cash flow into the Church of Scientology would dry up, and there would be nobody to teach anybody how to do auditing, and we'd be back to square one.

61.

We were trying to figure out what the "reactive mind" was. Clearly, it can't be the subconscious mind, because it performs the vital task of cleaning up your frazzled brain every night. Nor does it seem likely that, at least in the situation posed here, the evil engram is stored in the third galaxy on the left of your universe of a brain. It seems more likely that the engram still lives where the original memory happened and not in some "engram bank." It would be nice if you could train your brain to create a distinct storage facility like that for questionable memories. It would be nice, too, if you could just hit the "delete" button and send everything in that "reactive mind" directly into the garbage.

62.

Computers keep a constantly updated "map" of where all information is stored. Apparently, your brain has a similar system. LRH called this your "file clerk." If that's the case, then you don't need to delete the bad engram at all, you just need to dial up that sitemap, put a big black "X" over the bad engram, and it's thereafter automatically excluded from any brain search algorithms. That would work fine, except this engram is in the subconscious mind, and the subconscious operates under a whole different set of rules. Nobody even knows what the rules are. It's like all

the dark matter in our own universe. We know it's there, but we can't see it or study it. Just like engrams, we know dark matter exerts a force, but we just can grasp how it works, where, when, or why. We're clueless.

63.

A common flaw in an experimental method is the failure to take into account the observer. In our situation here, looking out into the universe of brain cells, we have forgotten to add yours truly into the experimental setup. I'm standing right here and looking out. This is me, bones and tissue and tendons and all 60,000 miles of blood vessels worth. We've forgotten the other half of the total mass of neurons in the human body: the central nervous system itself. That's the "reactive" mind. Eureka!

64.

For all the feel-good sensations, this breakthrough stimulates, recall that the ultimate goal of Dianetics is to destroy the reactive mind. (Notice that this is their goal. Whether they achieve that goal has not yet been verified.) That's one way to keep the mind from causing physical problems, get rid of the mind-body link.

Going by modern medical wisdom, the body's role in stress relief is an indirect one at best, via the release of endorphins. Cut off the nervous system from the thinking brain, and endorphins will still do their thing just fine. However, if little packets of stress are indeed transported to the body from the brain down the main nerves, then stopping this process is not such a good idea.

65.

There's more at stake here than just stress relief. There's nonverbal communication, the body talking, which is 93% of what is communicated between two people (if they're face-to-face, that is). You get rid of the reactive brain, and nonverbal communication does not, cannot, occur. This, of course, was the overall theme of the "thousand points of darkness" that spawned this entire debate, the global war on body language. Armageddon is alive and well, and Scientology is leading the charge.

66.

Social networking has become the favored medium for relationships, so much so that young adults in Japan prefer virtual friends over real ones. They have so little interest in romance, sex, family, or having children that experts say the Japanese race will be extinct in 250 years. That's

what happens when people are so crowded that body language crams so much information into the brain that you end up; well, jettisoning the “reactive mind.” Scientology is at the leading edge of that vector. They have the skills, the techniques, and people, and the will to surgically separate you from your body physical.

67.

Let’s not go headfirst over the deep end here and condemn Dianetics as the most heinous philosophy ever devised. We don’t know Dianetics unravels the mind-body connection yet, and we don’t even know if that would even be such a bad thing. And even if it is bad, who are we to judge? People do much worse things when they smoke, do drugs, or binge on alcohol. We’re only in the first chapter of the first book of Scientology. There are several million words to go in the Scientology doctrine and hundreds of more books, lectures, and other documents. What is done now with the mind-body continuum might be undone later. Sometimes you have to take one step backward before you’re ready to take ten steps forward. Let’s not jump on the bandwagon with everybody else in the world and condemn Dianetics.

68.

There is one extremely useful and important concept Dianetics has given us, something we can all use with impunity and instant success. Everybody knows that traumatic events can lodge in the subconscious and cause bad things. We can hardly say when something like that happens though, “Yo, dude. That highly stressful, traumatic event that you just went through could become a gremlin in your mind and make you do unexpected, bad, or maybe even neurotic things one day.” Psychologists have been telling us just that for generations now, if not in person then in just about every episode of every crime drama ever shown on TV or in the movie theater. All of that, and it still goes in one ear and right out the other ear, every single time. It’s just too amorphous a monster to grasp.

69.

“Engrams.” Now that, we can deal with. “Yo, dude. That car crash is gonna put an engram in your brain if we don’t talk about it.” Engram has a scary Stephen King-esqe sound to it. It’s gremlins and grinsches and malicious neurotropic demons all wrapped into a pithy little package. No self-respecting detective or police sergeant would ever dare utter such a vernacular kind of word. Be we can. We will. It’s a threat and a

curse and a casual admonition cleverly concealed in six dastardly letters. "Watch out for the engrams, you moron," said the beggar to the thief.

70.

If we never learn anything else from Dianetics, it's that your mind remembers all the bad things that happen to you a lot better than it remembers everything else. Psychology would concur with that one hundred ten percent. All you need to do is post the word "engram" on the refrigerator, and everybody will be mindful of this. When junior comes shuffling to the supper table one day, mumbling about bullies and lunch money, and Mom mutters "Yes, dear - eat your vegetables" all junior has to do is stomp his foot to get Mom's attention and then point to the grimy "engram" sign on the fridge between the shopping list and Baby Lou's artwork, and Mom drops everything to talk it over up front and personal, so this bad event is not so bad, and it doesn't weasel itself into junior's subconscious, only to rear its ugly head ten years later when he explodes at his boss over some trivial money thing and gets himself fired. Engrams can do that and more. "Only you can prevent forest fires." Ditto for engrams.

71.

If you look at all the Scientology literature and their website, everybody there is young. The only old people you see are in photos where they talk about "improving the world" or "exposing the horrific excesses and tyranny of modern psychology." Clearly, the impression they want to give to you (the engram they are planting in your brain) is that all the problems of this world are caused by old folks. Scientology is purposefully targeting the young and the affluent, hoping for a lifelong relationship. I get it. Older people are set in their ways, too skeptical, and too hard to "tame." No argument there, either.

72.

As a Baby Boomer myself, however; I'll be damned if I spend hours on end being bullied and tortured and harassed by a twenty-something auditor in order to remove evil engrams from my mind. I'd have a hard enough time doing that with a Ph.D. psychologist with 25 years of experience doing talk therapy, much less with a high school dropout whose sole claim to fame is a righteous case of angst. I've spent a lifetime cramming my brain full of engineering and math and physics, and I'll be damned if I'll take a chance some young invincible will wrench

the number “zero” out of my brain as irrelevant and evil, causing me forevermore to be totally dysfunctional doing mathematics.

73.

As far as that goes, I disagree with the assumption that all engrams are bad. I disagree with the Dianetics commandment to, “do unto engrams before they do unto you.” Dianetics says that engrams are a force. When you say “force” to an engineer, that’s not something we destroy. Forces are things that we harness to do work. Forces are what make the world go around.

74.

There are two situations when you use the turn signals on city streets. If there’s a cop car stopped at the intersection up ahead, leaving from the very same road you’re turning into. Or if, instead of a cop car at that spot, there’s a really beat-up old sedan that looks like it’s been in a hundred wrecks, worse than a bumper car. The same applies to a therapist’s couch. I don’t care if it’s a highly trained Ph.D. therapist or a nicely dressed Dianetics auditor if my car still starts up and runs I’m just going to use the turn signals, mind my own business, and drive right on by. Neither of them has any business rooting around in my brain tinkering with my 12- cylinder Rolls Royce engine with hammers and drills and little packets of C4 all wrapped up like Christmas presents.

75.

I believe there are engrams. I believe they can influence your behavior. I believe that if you get rid of the engram in question, your behavior will get better. But I do not believe that all engrams are bad, even if they happen to be presently the cause of bad behavior. I think it’s possible to convince convicted, career engrams to do good by you. Instead of lurking in the shadows of your subconscious, you can coax them out into the light of the conscious mind, then to become a shining light. Who can resist a temptation like that? To go from a criminal in green striped pants to a model citizen in t-shirt and jeans?

76.

Engrams pride themselves in the axiom, “People learn from experience,” which implies that you never learn anything until you first do it wrong and get into trouble. Of course, they’re right. But read between the lines, and you see the engram’s silver lining.

Engrams are disciplinarians at heart. They have no qualms with corporal punishment. Not because they like beating up on you but because deep down inside they want you to learn things, to get better. Once you learn that certain something, this martinet of an engram has a vested interest in you; or, at least, in the neurons that contain this important lesson it helped you to learn. You learn that $1+1$ equals 2 (finally, after a dozen mistakes with your crayons)... Martin E. Net hangs around, helping you to learn that $1+1+1=3$, and so forth. He's going up in the engram pecking order. He has dreams that one day you will learn multiplication and division, then algebra, maybe even calculus and differential equations. Instead of one tiny star at some remote corner of the mental universe, he'll be master of several solar systems, maybe even one whole arm of a spiral galaxy. Imagine the glory! Just think of the thousands – millions! – of lesser engrams who will respect him. Doesn't every engram dream of that?

77.

Which leads to the problematic question, can you communicate with these little buggers? And how do you convince them to stop being so bad? Do they even know they're bad? One person's bad might be another person's good. Lots of women love "bad boys." If you have no bad in you and you agree to everything everybody says, ironically, you'll have no friends at all. Jesus may love you but nobody else will. Who wants to line up all their engrams in front of a firing squad at the crack of dawn and mow them down with a machine gun? If you get rid of all your bad, are you any better off? Everybody needs to be a conniving shyster now and then. You don't want to be a slimy manipulator for a living, but hey – it may come in handy sometimes. You might have kids one day or employees or an intransigent cat, a bastard of a neighbor who needs to be taught a lesson; or, hey – belligerent engrams who need to put into their damn place. Where's your discipline if you can't be your own bad?

78.

All of these convoluted arguments come crashing to a crescendo when you shout out over the universe of neurons into your brain, "I'm want to be a screenwriter when I grow up. How the F am I going to create authentic bad characters if I have no bad engrams inside my brain?" Thereupon the entire cosmos is deathly silent. Suddenly one little "despicable me" hand goes up, "I'll be bad engram." Then another. Then millions more, billions! OMG. Time for two aspirins, supper, and a long night's sleep. This is a job for the subconscious to sort out. I'm on

the verge of becoming an evil person through and through. Which is okay, really. I just don't want to go to jail because of that.

79.

Whereupon, Dianetics would say all of this mushy "engrams may be okay" talk is just another engram modifying your behavior and making you soft on the competition. Who are you to say what's right and who's wrong? Only God can say that, and L. Ron Hubbard is God. Is he God or a great big evil engram?

80.

Which begs the question, how do you take any and every Scientology supplicant and turn them into an auditor? That's part of the advancement up the spiritual ladder there at Scientology central. You have to be one tough, ruthless, insensitive, arrogant bastard to scream and holler at some poor victim on the couch in your windowless office with two tin cans in her hands that shock her every time you punch a little button on the floor with the top of your foot. I couldn't do that, now or ever. I'm not that kind of person, for one thing. For another, I sure don't have enough confidence to yank weeds out of some stranger's brain just because they want me to. That's what the Nazis did. Send me to grad school, give me a Ph.D. in psychology, and years of apprenticeship and case studies and more research and study and self-inspection; then I'll give it a shot. I'll scream at my nephew or my doctor or my sisters, but I'm not about to do that with a total stranger.

81.

See what I'm getting at here, people? It looks to me like advancing up the Scientology ladder gives you pretty damn thick skin and the iron will of a drill sergeant. (It could be this is the result of all the hatred our society has for Scientologists, and how we disparage them at every opportunity.) Maybe this is just their way of toughening up neophytes for living in the outside world with a great big "Scientology" tattoo on your forehead. Maybe they're just bringing out the tough, dedicated, driven Nazi that's inside all of us. Lord knows it's an awful competitive world out there. If you want to succeed, if you want to be able to use your brain to its highest potential, you have to kick some ass first to get to the head of the line. If you have to study Scientology and sign a stack of legal release statements giving them the authority to put a Prussian, a Hessian, or a NAVY Seals kind of discipline in your spine;

hey, sign me up! I'd love to be that kind of assertive, confident hard ass who always gets exactly what he goes for.

82.

Maybe this isn't about engrams at all but willpower. If you're more confident in yourself and who you are, enough to help a total stranger obliterate a couple of imaginary engrams from their weak, inconsequential little brain – if you're that strong inside, then you've already won half the battle. Traumatic events won't affect you that much anymore. If you strengthen your conscious mind, then it takes a much stronger force for that engram to bulldoze its way into your subconscious. If engrams can't get through your defenses then; what the hell, who even cares if engrams are good or not? You're "reactive" bank will be empty, and you can carry on without a care in the world. (Except this sounds disturbingly like what the Nazis did, getting rid of the conscience, so nothing bothers you.)

83.

How did L. Ron Hubbard come up with this engram idea anyway? It seems a pretty big leap for a pulp science fiction writer. In his own words, he wanted to help people, so he set out on a worldwide quest to find the answer to all mankind's woes. He traveled to Nepal and talked to a Buddhist at the top of a mountain. He found a witch doctor in Borneo, a shaman in Arizona, and Aleister Crowley in a London pub. Basically, LRH was a bottom feeder in the occult world of black magick throughout the 1930s.

84.

Suddenly, after World War II, LRH had the answer: engrams. And Dianetics was born in a flash of light; or, in his own imagery, the explosion of a long-dormant volcano. Personally, I think it had not been so long dormant at all; like, maybe since the Fall of the Third Reich. SS Reichsführer Heinrich Himmler ran an outfit called The Ahnenerbe Institute. (Notice the ERB in this name.) They did just what LRH did, at the exact same time he was doing it, too. They traveled all over the world to research the occult roots of the Aryan race. I'm sure Aleister Crowley was on their speed dial. It's almost a given that Himmler and his cronies crossed paths with LRH on any number of occasions. There would have been passing respect there, going both ways. They were fellow travelers, searchers, seekers, occultists. Maybe the Nazis even thought

enough of LRH to pass along a few insightful tidbits to tide him over. I'm not the first person to compare Scientology to the Nazis.

85.

I'm not judging, either way. As far as I'm concerned mankind is way too wimpy in the modern day. If some strong, confident stormtroopers with Scientology symbols on their armbands can pull it off, I'm not going to stand in the way of their New World Order. I'll be right there with all their other fans, waving my little plastic swastika flag on the sidelines. Lost Nazi science? Awesome! Tell me more.

86.

Zeitgeist used to be an intellectual thing, far beyond anybody's control. It was a free spirit, guiding mankind to the next level through the arts and the creative scientific mind. There was no rigid structure for dramatic works like screenplays. There were no limits on the characters or the plot. Science had no limitations either. The research was a wild west game, first come first serve, and the winner takes all. Race and greed and sexuality were all wide open to speculations running the gamut.

87.

People have lost the capacity for respect.

88.

Zeitgeist is now controlled by the politicians, who are controlled by the need to get elected and re-elected; increasingly, the majority of voters are low-information voters, and the rest could care less about any important issues. Zeitgeist has become a noose around civilization's neck, as we're hauled backward through evolution, back to the groveling stone age by the untold billions of people with second-grade educations and Ph.D. egos.

89.

We live the "Age of Ignorance."

90.

I see more natural intelligence in the eyes of a friendly raccoon eating out of the cat's food bowl on the picnic table in the backyard than that of any checker at Walmart or Kroger or Home Depot. There is no

recognition in their eyes, even though you've been there twice a week for eight years. The raccoon, on the other hand pauses to eyeball you when he sees you. He stands a little taller to get the look of you; then he digs back into the food as if to say; I know you. I'm not afraid of you. We're family.

91.

Every day you read about some video that "goes viral." News stories don't go viral, just videos. They all, each and every one of them, are spread by the same mathematical structure as Facebook, which itself spreads just like an infectious disease. "Going viral" is more than a clichéd metaphor. It's an accurate description of how the "diseased news" spreads among the general public. Every such iteration reinforces the gossamer thin fibers of the electronic social network, slowly forming a fabric that is stronger and, paradoxically, less visible. Once you're in the web, you no longer perceive it.

92.

Anything that spreads like an infectious disease but which has no biological pathology is caused by a shared engram. Facebook spreads by this mechanism, as do "videos going viral." It's like an electromagnetic wave propagating through deep space. An EM wave can't do that in a pure vacuum. It depends upon some mysterious property called the ether. Avid social networkers have a common engram in their brains, and it gets stronger with each wave of news or ideas or gadgets that goes viral. All advertising is an effort to reach that viral milestone; all politics, too.

93.

Just as with infectious diseases, you can be inoculated against these malicious engrams. Typically, doctors give you a nominal dose of the disease, such as smallpox, which causes your body to build up a stock of antibodies against the disease, which thereafter protects you. For the mental equivalent, you aren't given the full engram, but some lesser facsimile thereof.

94.

Something good that spreads like an infectious disease but which has no biological pathology is caused by a good engram or eigen. Examples are Biblical values, kindness, generosity, and so forth.

95.

Eigen has various definitions and synonyms: proper, own, characteristic, personal, private, typical. Eigen is the same as instinct. Instincts come to you by way of genetic inheritance. Eigens are learned from life experiences. If reinforced enough through your life experiences, eigens become instincts for the next generation.

96.

Instincts can be unlearned. That is, through life experiences, they can be weakened from generation to generation, and eventually fade away altogether. An example of this is the natural “instinct” of people for selective breeding, like with animals; that is, having offspring only when you can support them properly, when you are in a good environment, and safe. How else do you explain billions of humans continuing to have offspring in the most abject slums of the world? No wild animal would do that.

97.

The enforcement by the media, and peer pressure, of the universally uniform standards of “political correctness,” is another example. PC will eradicate from our instincts a wide range of survivalist idea. Think of life before the Bible. That’s where we’re heading, one giant step at a time.

98.

There’s a reason why Hollywood discriminates against writers over age 40, and why IBM has taken the first step toward making that a universal standard. People have more of a conscience by then; they have qualms about wiping out Biblical ideals. Hollywood sets the standard, begins the process, and then passes along what they have learned to industry. Big Business, in turn, uses their political influence to formalize these new rules in-laws and the legal codex.

99.

You cannot destroy an engram or an eigen. You can, however, change its direction (good/bad) or magnitude, just like a mathematical vector. There are two ways this can happen: first reduce its value to near zero before you change its direction or orientation; or gradually change its direction, by small increments. Engrams and eigens can be destroyed only generation-to-generation. If at the end of one generation its value

is zero, the next generation will still have it; but the following will not (assuming its value remains zero). Eigens are what cause “good breeding,” in the vernacular.

100.

Engrams and eigens are more influential than a single memory because they are many individual memories that have been stacked or assembled into a single amorphous entity – e.g., a learned lesson – thus freeing many cells for new memory tasks. This housekeeping is the impetus for their formation, the force that brings the memories together.

101.

Engrams can only influence behavior subconsciously. Eigens can do so at the conscious level. They are identical entities structurally but exist on either side of the consciousness. They are formed and evolve by the same pathology. What you learn about eigens through a study of the conscious mind and its processes applies to the subconscious, and vice versa. Engrams are therefore as persistent across generations as instinct or eigens. There is a conscious as well as a subconscious instinct. Engrams are “bad breeding.”

102.

Earlier I compared Facebook to an infectious disease. This was more than a sarcastic analogy. Two engineering grad students at Princeton University wrote their dissertation on this topic. Their analysis of how Facebook grew in users over time showed striking parallels to the growth of an infectious disease in epidemic mode. Just as viral disease depends on infecting new victims, so too with Facebook, needing a constant supply of new users to grow and remain profitable. (Observe this obsession with growth.

Companies are no longer content with being profitable and serving a loyal customer base over many years. These days they need exponential year-on-year growth, year after year.) As with all social media, the populations Facebook plunders are youngsters, the younger, the better. Anybody over age 38 is too old, too set in their ways, and already has an established social network at church, their health club, at work, and with their extended family.

103.

Kids are everybody's favorite victim these days. Clothes manufacturers, shoe companies, fast food joints, even political parties – everybody out there targets young people with their most powerful advertising. The younger age groups are impressionable, and once you have their loyalty, they're yours for life. Everybody else you have to keep saturated with a regular tsunami of ads.

That's really expensive. You get a far better return on your advertising dollars if you hook them young. Then all they need is some gentle prodding every now and then to reinforce that fierce loyalty.

104.

Social networking is a gold mine for big business. Politicians have hooked into the construct as well, with spectacular results. They know very well that political beliefs gel in the early years and so young adults are their prime target. You buy their loyalty, and they're yours for the rest of their lives. No more spending half your time and 85% of your budget on campaigns. Stamp them with your cattle brand, and you can herd them wherever you like for the rest of your career. Who needs political science when you have social networking?

105.

This whole idea is embodied in the term "Facebook disease." Even though the formal dissertation study focused on Facebook's statistical dynamic, the same idea applies to any trend in social media. The ultimate goal of any advertising in any field for any product is to break through that electromagnetic ceiling in social media and "to go viral." In the old days, the goal was to achieve enough momentum to spread by word of mouth. The internet can move infinitely faster than that.

106.

Think for a second what all this means. All the traditional social groups are under constant attack; churches, social/volunteering clubs, extended family, athletic clubs, work friends, and professional relationships beyond those at your office. People who have loyalty to such organizations are beyond the grasp of Facebook and their ilk. They have immunity because they already have a formal network of real acquaintances. Facebook hates people like that. Nix all those old friends. You can have hundreds more virtual friends with half the effort.

107.

Who wants to waste time updating all their friends – over lunch, playing hoops, walking your dog, at your kid's little league game, at church, after school, at work. Just put all your new stats on your Facebook page and let them do all the work. You can even write a monthly newsletter packed with all your latest escapades and send it out to your fan club. It might even go viral. You could be an overnight sensation.

108.

Thirty years ago if somebody tried to send a newsletter to their circle of friends, they'd have nobody to send it to after a couple of issues. If somebody kept a stack of their newsletters at their desk and handed them out to passersby instead of visiting the coffee pot/water cooler a couple times a day –you know how far that would go. Is Facebook any different? On a scale of one to ten, how strong are Facebook relationships versus the real deal? How much money could you borrow from your network of Facebook friends? (Would you set up a PayPal donation key on your Facebook page, or would you call them personally and set up a face-to-face visit to ask for a loan – would they even do that?) How many of your Facebook friends would go to your wedding, or your Super Bowl party, or just wait for you to post photos on your Facebook page?

How many would take you in when you were homeless, or stop by the hospital with flowers and chat if you got really sick? Would they visit every week? Would it give you a feel-good, get-well sensation when you logged in from the hospital to see their text message? Are the 30 seconds it takes to text you worth as much as the two hours it would take to visit you in person? If they just texted you in the hospital, would you visit them if they got deathly ill? Would you sign their leg cast or just text them some innocuous phrase?

Would you rather they visit you to play a game of checkers in your hospital room, or do it using an app on your iPhone? Is either of you even capable of keeping up a friendly chat over a game of checkers, or chess, or penny-ante poker? Would you have anything to say?

109.

There's a reason why people use alcohol and tobacco, drugs, caffeine, and marijuana to cope with stress. They could do it all for free with just some regular exercise. An hour a day working out makes you feel healthier, look healthier, and live longer. Yet, for all its advantages, nobody does it. People are lazy. A glass of wine or a beer after supper is so much easier than driving to some health club and working out for

half an hour, then driving all the way back home. All that sweat and pain, who needs it?

110.

Ditto for social networking. It's easy. You can photoshop your images and elaborate on your lame vacation and always put your best foot forward. You could never get away with that in person because they would hear it in your voice, or see in your body language. Or, OMG they might even tell you to your face that you're lying. If they did that on Facebook, you only have to delete their message. There's none of that angst and embarrassment or honesty that real life makes you deal with. Facebook is fantasyland.

111.

And you wonder why Facebook is so popular? You might as well give away sugar coated ego pills with a cinnamon aftertaste and a marijuana high. Two minutes every morning surveying all the new messages on your Facebook page gives you that high for the rest of the day. All that, and you don't even have to bother with all the ugliness of real people and their petty problems and issues. What a rush!

112.

Now can you imagine Facebook as an infectious disease? If somebody passed a law outlawing it, do you think for one second there wouldn't be a prohibition-era type of underground? Try staying away from Facebook for a week. How long before you experience withdrawal symptoms? Do you get problems like anxiety, stress, depression, anger, fear, loneliness? Facebook may not act as your garden variety flu or influenza, but the absence thereof sure does. Alcohol and tobacco, sugar, caffeine, and heroin are the same way. They aren't diseases per se, but addiction to them is most definitely a disease. Ergo, Facebook is a disease. You can never do just a little of Facebook. It's all or nothing. If you don't give it your all, then your friends will know this and disappear. You'd do the same thing to them, right?

113.

Social networking is a pleasant distraction and a wonderful way to set up tennis games on Thursday night with the Beer League, or to announce parties, or to get potluck meals together for a church picnic. If it saves you the trouble of calling a dozen people just to leave the same

message on their answering machine or in their voicemail, it's helpful. If it keeps you from chatting for a few minutes with each person; to learn about another friend in need of a shoulder to cry on – or a ex-boyfriend (whom you still like) who just broke up, making him available again – things that would have taken your hours to find out surfing a dozen sites on your smartphone – then Facebook loses. If talking with one of two good friends lets you open up about some private issue or fear or worry; something you would never put on Facebook for the whole world to see – what, you don't even have any friends you can do that with? Blame Facebook and all the other social networking gimmicks out there.

114.

The owners of Facebook are billionaires now. You think they created that website to make your life better? You think for one second they worry if your life is shallow and boring because you spend so much time on Facebook? Their only concern is that you spend all your cash on their advertisers, period.

115.

Why is all this Facebook and social networking drama important? You'll recall that natural instincts can go away after a few generations of neglect. How do you suppose they became instincts to begin with? Individuals or groups who had these characteristics were more successful. Survival of the fittest. The instinct phenomena helped them to survive, and eventually, it became a standard option included with all models. Just as people who were skilled at old-timey social networking did better (less stress, more successful in business, more and happier offspring, and so on), this became part of their (our) instinctual patterns. Instincts, however, aren't carved in stone like the Ten Commandments were. It's entirely plausible that the current generation of virtual social networking fanatics will give rise to a new species who no longer do any old-timey social networking, but depend exclusively on the virtual kind. Clearly, individuals who are highly skilled in virtual networking are highly successful and since survival of the fittest is very much alive and well, they'll be the penultimate 21st-century survivors. After a generation or two of success, this new characteristic will become instinctive for them. Maybe Baby Jane's first word will be iPad, in the same way that the very first symbol recognized by many young children now is McDonald's golden arches. (If that's not an advertising coup for McDonald's I don't know what is.)

116.

Looking at it another way, you're passing on your Facebook addiction to your offspring, just like kids can be born addicted to crack cocaine. Maybe future generations will be addicted to fast food, too. Home cooking is certainly not in the Top Ten of the survival instinct category anymore. In fact, our culture has pretty much crumbled the Ten Commandments into stone fragments, just like happened on Mt. Sinai. At least the Hebrews had the dignity to carry around the remnants in the Ark of the Covenant for a few generations after that. As powerful as modern media and advertising are, I doubt any instinct has had that kind of staying power anymore.

117.

Any habit can evolve into the power of instinct. If you do a thing often enough, and if it's reinforced every time with a successful outcome in the battle for survival, then you have yourself a prime candidate for an instinct that will be passed along to the next generation. There are good habits and bad habits, eigens and engrams, respectively. They both begin with one instance and become more powerful the more often they occur. If the thing aggregates enough influence, it can morph into an instinct.

Instincts, in turn, can even become genetic characteristics, after a very long time. (And, of course, the opposite process is taking place all the time as well, changing genetic properties into instincts into habits into nothings.)

118.

Think of an action as a single number or even a function that equals a number. As it's repeated, these actions are collected together in nearby engrams (or eigens, as the case may be). Over time, let's say they develop into a 2×2 matrix, then a 3×3 matrix. The larger the matrix, the more powerful the habit.

119.

Matrices have a unique mathematics, especially 3×3 matrices. Dianetics says eigens are forces. They're vectors, with a magnitude and a direction. If you multiply a vector by what we call a rotation matrix, you can change its direction. If you put three vectors (each having three components, in the x-, y- and z-direction) together in a 3×3 matrix, you can multiply this matrix by the same rotation matrix and rotate its orientation. There's a whole discipline called quaternions

that does nothing else but these kinds of manipulations. All video and film animations use quaternions to model body motions. You've seen how realistic they can be.

120.

So, let's say an action is a number. Three actions can create a vector, a force with direction and magnitude. These three similar actions constitute an engram, with the force to influence your subconscious mind (and, according to Dianetics, your physical body as well). Over a length of time, several such similar engrams can join forces and become a 3×3 matrix, which is even more powerful still. Actions beget a force which turns it into a habit; then habits beget engrams. This 3×3 engram is now a very persistent entity. It can be bombarded with rotation matrixes, but never do anything but change its direction. Think of rotation matrices as talk therapy to try and get rid of the engram. Engrams are slippery. They can rotate and look different, but still maintain their basic intrinsic identity. Hit them with an inverse of the same rotation, and they're right back where they started. Do that enough times, and perhaps you end up with a 3D matrix, a $3 \times 3 \times 3$ cube of numbers which has the staying power to become an instinct. The double helix of DNA molecules can be modeled as a matrix, so now we have a way our instinct can even weasel its way into our DNA.

121.

As always, the opposite is implied as valid, too. Genes that cause diseases can be popped out of the DNA strand (maybe by first interacting them with a 3D rotation matrix to loosen up the bonds a bit), then worked on in its intermediate instinct metamorphosis, and finally eradicated completely from its 3×3 habit stage. All of these actions can be done using specific matrixes – good engrams, or eigens – bio-engineered for that specific purpose.

122.

This looks very elegant and doable on paper; well, if you're comfortable with linear algebra (i.e., matrix operations). It's highly unlikely the typical brain operates that way, however. Otherwise people would be a whole lot better with math. Still, the brain is not a fixed, unchangeable, unchanging entity. It learns new things all the time, whether you want it to or not. It can do some pretty amazing things, our brains. Athletic skills or adroitness with a musical instrument can be learned so well as to become virtually seamless with thought. Musicians reading music can play the notes and chords in their mind. Athletes can see themselves making a shot as they're doing it, with consummate ease.

Engineers develop a third sense with numbers so they can visualize momentum, stress, energy, and force. They go straight from observation to result without bothering with the numbers phase, like the rest of us.

123.

If you want your brain to organize these engrams into 3×3 matrices, it will do so. Jesus said to ask, and it will be done. (It's probably smart to not do this with eigens. The more random and complex they are, the harder they are to get rid of.)

124.

So, you put in your brain's "TO DO" box, a work order asking it to organize engrams into matrixes. That's not an easy task, so it will take some time. Be patient. Be supportive, too. Also, realize that this process will release a great deal of stress into the body. You don't want to go so fast that you overwhelm the body's ability to work through this stress.

125.

Once the engram is organized like a matrix, you can start picking it apart. Matrixes are vulnerable to other matrixes of the same dimensions as well as to vectors. Any action on any engram which is intended to reduce its influence and power will have stress as a byproduct. Take it all slowly, don't rush or be in a hurry. Let the stress happen. Gently work it out with exercise, then sit back and let the natural healing energy that's released heal your body. Not only will the root engram causes of various physical maladies go away (as Dianetics promises) but the general aura of natural healing energy will take years off all your bodily systems. (Note to body: Your #1 priority is growing back my scalp hair. LOL.)

126.

All of this work with vectors in 3D space and 3×3 matrices conjures images of the famous Three Body Problem (3BP), the most famous unsolved problem in mathematics. The solution is known when all three bodies move in the same plane. That's where we are now, the plane of one human body. Assuming a typical matrix has three eigenvectors, that you're in for a much sophisticated, 3BP analysis. That's when you have excess stress that you can do things with outside of your body; moving things, healing people, Star Wars kind of thing. Patience, young Jedi. First things first.

127.

Let's start off with two numbers. A directed pair of numbers (x,y) can represent a point on the XY plane, or it can be a vector from the origin at $(0,0)$ to that point. If you think of this plane as a vertical one, representing the truth, then the space to the right is conservative space and to the left-liberal space, by convention. Any truth can be distorted so that the arrow is shifted from 2D space into 3D space, i.e., with a z-component or (x,y,z) . You have to add additional information to the original truth to make this happen.

For example, take the statistic "85% of black children are born out of wedlock." Conservatives make this into a right-directed vector by saying this is a result of welfare, Medicare, and other need-based government programs that provide the financial support normally provided by a husband/father. Liberals, on the other hand, shift the vector to the left by claiming that this anti-marriage trend among blacks was caused by the slavery era and the racial discrimination during and after reconstruction.

128.

This black marriage issue can become quite a tug of war over one small vector. Conservatives can counter the last argument saying that 75% of blacks live in the north, and have done so for ten generations. Liberals can counter the first argument saying that more blacks are in prison than in college. Both sides pose new facts that add a z-dimension to the original vector, pushing the result to the right or left. Liberals, further, levy charges of racism or bigotry against every new conservative fact, which always works in their favor even if there are no facts to back up this accusation. This inevitably happens in America; call it Clark's Law, along with the line of Gibson's Law, that any argument in an internet chat room inevitably leads to, at some point in the thread, someone referencing the Nazis. The conservative equivalent is referring to traditional moral codes like the Bible.

129.

Mathematically, even the new vectors should remain in the central vertical plane because you're only adding new facts. What projects the vector into 3D space to the right or left is how these facts are used. The subtext behind the liberal argument implies racism or civil rights or equal rights or historical bigotry. The unsaid context of conservative arguments is a higher standard, typically the Christian work ethic, that says all good Americans provide for themselves and don't depend on

government for anything. This is the “spin” they apply to their argument, in an attempt to sway people to their point of view.

130.

These kinds of arguments, back and forth, over one simple fact can take on a whole new life of their own. The diatribe quickly escalates to the point where anybody who mentions the original statistical fact is attacked from both sides, violently and vociferously. The very facts of life have thereby been altered, shifting the orientation of reality itself.

131.

In orbital mechanics, the angular momentum vector defines a physical plane (in this case, the plane of the orbit). If you stand a pencil on end upon a table, that pencil is a vector, and the table surface is the plane, defined as the collections of all lines that are perpendicular to that pencil/vector.

132.

Back to our political argument over on statistical fact. Think of that fact as one point, the origin in a coordinate system. A prolonged and protracted argument back and forth, round and round, eventually generates a whole new plane. Right and wrong are no longer defined by facts that reside in or out of the fundamental plane of historical or scientific fact. The new fundamental plane is a new orbit, a plane at an angle to the one we started off with. The original fact is no longer the central, defining element of this analysis; it's just a single point that, for the moment, happens to be at the origin. If the argument gets heated enough, eventually, even that fact moves outside of the new plane or reality and is consequently attacked by both sides as racist and bigoted. Yet, it's just a fact. Facts can't be racist, and you can't condemn somebody who cites it; but, there you go; it is, and we do. It happens all the time.

133.

There can even be many facts that support a point, defining many vectors in the plane of fact. This makes for a much stronger, more important plane of reality than the single fact in the above argument. Take homosexuality, for example. There are thousands of facts that are viable here. Dozens of scientific studies show many things that contribute to homosexuality: the mother using diet pills during pregnancy, smoking, having been on the pill, all the way to estrogens in foods kids eat to no

father figure in the home growing up. These are all proven to increase of a child being born or becoming homosexual. Collectively they present a very specific viewpoint or plane of reference. There is no judgment here about whether homosexuality is right or wrong. There are just statistics based on formal scientific studies published in peer-reviewed journals.

134.

Such is the debate over homosexuality that these important facts are now all but irrelevant. The political plane of reference generated by years of nonstop debate and diatribe is now whether homosexuality is or is not a lifestyle choice. Even that has become irrelevant, as one federal judge after another has ruled against any state or other governmental entity that has banned same-sex marriage. The vitriolic is so extreme that not even a Supreme Court ruling would acknowledge the state's rights in this matter. It's unlikely that even a constitutional amendment would put an end to the matter. The new plane of reference created by this entire debate has become the de facto reality. The only people who question it are over age 60, and once they're all dead, that's the end of that. We might as well just write them off right now and get it done and over with.

135.

Think about what this means. A new plane of political correctness ritualized same-sex marriage as a civil right of the highest order.

The original debate items the on physical causes of homosexuality are not on this "plane of fact" any longer. They are, therefore, by definition, racist and bigoted and discriminatory. Those who support and do research to quantify them are "domestic terrorists," and they are committing crimes against humanity.

Facts! These are just facts we're talking about here. Nobody has posed any counter-arguments, any contrarian theories, or even contradictory studies that support a different set of facts. The whole set of facts become a whole new beast, literally. Whose business is it if women have ever been on the pill or taking diet pills or smoking during pregnancy increases the odds of their child being homosexual by 10% each. That very statement is prejudicial and bigoted. It's a war on women!

136.

By this new status quo, then, heterosexual marriage is deviant. There are many facts that prove this is so, most of them involving the evils of extreme overpopulation. Marriage is endangering the planet. Intercourse is heinous. Having children is a crime against humanity. Family life is vile and despicable, crass and ugly. These tangential vectors can be supported with any number of “facts” to increase their relative magnitude. Let’s face it; marriage is indefensible. Get rid of it. Ban it! Criminalize it! That’s the only way you will ever lower the population to sustainable numbers.

And that’s a fact.

137.

Back to the numbers. The mathematical equivalent of putting a spin on a vector is to multiply it by a rotation matrix, which rotates the vector around one of the coordinate axes by a fixed angle. This is a block of 9 values arranged in a 3x3 block or matrix. The matrix is symmetric, so it works just as well on a column or a row matrix.

138.

An (x,y,z) vector can be either a row or a column vector. The rotation matrix is a set of three row (horizontal) vectors or three column (vertical) vectors. The graphical equivalent of either kind of vector is a directed line segment from the origin of the coordinate system to the point (x,y,z) . Even though they are quite different mathematically, the row and column vectors have the same graphic.

139.

Theoretically, the (x,y,z) vector has no direction. We assume the arrow points away from the origin. That’s the universal spin put on the situation by mathematicians. A line can point two directions, however, toward the origin or away from it. For argument’s sake, think of these two animals as a row and a column vector. Since the row vector more closely resembles the algebraic equation, let’s call it the arrow that points away from the origin.

The column vector, therefore, is a line segment that goes from the point (x,y,z) to the origin. All column vectors, in this model, point to the origin.

140.

In heuristic terms, vector arguments can be either inward directed or outward directed. Democrats usually point to the individual human cost of budget cuts – children will lose their free lunches, nursing mothers their special diet, the disabled their medical care, and so forth; while Republicans point out the danger to the greater good – higher deficits hurt the economy, put people out of work, and wreak just as much havoc in the lives of just as many Americans, if less well defined. Both arguments, of course, ignore the central fact: the government is in dire straits financially. And yet, the whole budget debate has put these key facts completely out of the plane of reality. They're irrelevant. The Tea Party says not; only to have both Democrats and Republicans combine forces to obliterate them.

141.

What has been going on in all of this arcane analysis is that simple facts have been given a value. When we started off all facts were of unit length. Facts get value when; well, when they cost. 85% of blacks being born out of wedlock means that all those single black mothers are that much more dependent upon the government to pay for school lunches, pay for medical care, pay for daycare, and pay for after-school care. Those are all facts, too. They collectively increase the magnitude of the original unit vector. Then, when political "spin doctors" skew the direction of that vector out of the original horizontal plane of reality; well, a vector of length one moved 90 degrees still only projects one unit off the plane, but an original vector of length ten moved just a few degrees' projects one unit off reality, too.

142.

You can sense some kind of momentum here. It's a fact that once a government program is in place it's almost impossible to stop. Once you give some segment of the population benefits of some kind, you give their vector more magnitude. The longer that vector (i.e., the greater its magnitude), the less rhetoric you need to get people's attention. Democrats use their inward-directed logic to personalize their arguments – are there disabled people in your family? - do Hispanic workers provide cheap labor for vital services in your community? – do you support taking formula from a baby? That's unconscionable!

143.

Visible, tangible elements always have a greater intrinsic magnitude. People just naturally give less importance to rich people. For example, raising taxes on the wealthy almost never has any sort of negative connotation. We never increase the vector of wealthy people just because they pay the taxes that make all government programs possible in the first place. Smart people have the same problem. The logic here is that pay should be based on how hard you work according to your abilities. If it takes all a moron has to dig a straight ditch, he should earn just as much per hour as a bricklayer putting up a straight wall, a civil engineer building a straight road, or a surgeon making a straight incision.

They conveniently forget that it takes 30 seconds to learn how to dig a ditch, 30 days to lay bricks, 30 months to design that roadway, and 30 years to become a top-notch surgeon. During all this training and apprenticeship and career development, these professionals spend just as much effort relative to their intelligence as the ditch digger. If you paid them the going rate for all of that effort, they would earn ten times what they're getting now. That was their choice, though. They're smart people, and they study and learn because they have to. They'd do it anyway, even if you didn't pay them. The ditch digger, on the other hand, hates his job, hates the hard manual labor, and would never ever do that kind of work if he wasn't forced to do it. Besides, all this logic is completely lost on him.

144.

The issue here is that nobody likes to dig a ditch. It's drudgery no matter where you're doing it or what its purpose is. There's just no way to put a positive spin on it. That's what morons would have us believe, though. Studying math or science is just as onerous a task to them. They'd much prefer to dig a ditch or flip a burger or clean your house than reading, much less study. Yuck!

145.

Looking at the big picture, again; finally, we can get a sense of engrams and eigens. Engrams are powerful and counterproductive malignancies. Engrams are the kind of tectonic vectors that define a whole new tangential plane of reality; like making homosexuality the sexual orientation of preference; giving people a sense of pride and accomplishment to be paid \$25/hour to flip burgers, or making it okay for 85 % of black women to have children out of wedlock. Eigens are benign. They're innocent facts that just happen to contradict the

paradigm. Their power is not in their ability to deceive or malign, but in the power to move beyond, to just totally ignore political correctness; it's just another religion, and I'm not going to be bothered by it. If blacks want to live that way, it's not my problem and never will be.

146.

Eigens are the sense of conviction and confidence that mature people exude, that other people hate so much. Eigens are prickly little buggers that poke out from the original horizontal plane of reference, piquant facts that keep everybody else away, that protect them from being swayed by arguments from either side. They're sharp unit-length spears that impale anybody who falls off the plane of political correctness, draining their life force from a thousand puncture wounds. People who embrace their engrams are like the Pinhead character in the Hellraiser films. They're masochistic in their search for knowledge, ruthless in its application, and disdainful of all lesser creatures who embrace their stupid fears and prejudices, to their own everlasting doom.

147.

If you're a liberal, politically correct person, then you perceive eigens as we have just described engrams. Your eigens are all the half-truths and blarney that you use to justify your own point of view. You use emotional reasoning, rationalization, and false logic to bolster your "facts." You have just as much conviction and confidence that any smart person who comes under your power will fall off their invariant plane and be impaled by your thousand poisoned spears. Your strength is your ignorance, and your confidence that you're right is your inability to understand any logic or structure or contrarian knowledge. Eigen people can easily avoid your power and influence. They have only to study you and comprehend your warped logic. You, on the other hand, will not study or learn your opposition. You have the intelligence and power to do so, but not the will or discipline. That is your choice.

It's not our place to criticize it or even to acknowledge it. It's your problem, and I honestly just don't care.

148.

The secret to happiness in dealing with political people is just to never engage in their arguments. As soon as you allow yourself to leave your real reference plane, which is what any right or wrong discussion is by definition, you've already lost. No matter what you say or how you say it, the discussion will forevermore remain beyond your real plane and

on their artificial plane. They will insist that you're prejudiced or afraid, bigoted or discriminating; anything to keep you in the argument. They desperately want to keep you in the argument because they don't need to win the argument, they just need to keep you in it. All you can do is to state your facts, and if they cannot or will not offer up other facts to support their position, just walk away.

149.

The danger of engaging a person like this is that they always have the advantage. Any distorted logic they can ball up and jam into your brain will bump you off your real plane of reference. Any emotion they throw at you or patently wrong facts that rile you with; petulant outbursts, infantile juxtapositions of faulty or emotional logic; all these things take you off your game. The more emotion you associate with them, the more staying power that thimble of angst has; and the longer you wrestle this thing, the more the thimble becomes a bucket. Then they just walk away in a fury, blaming it all on you; leaving you to sort through the muck. Thus is born an engram. Your plane of reality will forevermore be distorted.

150.

Robert Gula's Nonsense has all the rules of logic, and all of them are violated regularly by the opposition. That's how they win, the only way they can win. Only remain in an argument so long as it follows the rules of logic. Positions must be supported by facts.

Logic can only be posed in the absence of emotion or any type of outside influence or coercion. Anything less creates an engram, and engrams are always in their favor. Your only defense is the facts. Facts have a staying power, too. They can spawn doubts and rumination. Internal debate is your ally. When they insist on their distorted logic, repeat your facts over and over again to be sure they stick in their brain long after you've parted ways.

151.

Engrams are anything illogical, unfounded, unsubstantiated, or downright wrong that is bundled up in a ball of intertwining emotions and trivia and jammed into your subconscious – by a friend, an enemy; a film, book, or magazine; by public proclamation, terrorist act, international treaty, or act of Congress. None of them has any right to tell you what is right or wrong, much less to bundle it all up in a clever

package, slip it into your subconscious, to thereafter change who you are, what you do, and how.

152.

Eigens are facts.

153.

Engrams get into your subconscious, trivial matters really, that take up far more space than is justified or reasonable. They gnaw away at you, gathering emotions and stress, growing in power and influence, even when you try to be rid of them – especially then.

Other people know this. They take every opportunity to rattle you and irk you, by your own doing, to make this nasty engram larger and more powerful. Every time you get riled or upset at this issue, it gets stronger; that's what engrams do. Your only recourse is to just push it all away as totally irrelevant, and to convince yourself that you don't care anyway. Let it go. Accept it. Move on.

154.

Eigens are real, living facts.

155.

Given the genesis of the engram, it's arguably not a good remedy to rid yourself of them by engaging in yet more roundhouse discussions. That's what the Scientology auditor does.

(Psychology therapists, too.) A far more effective solution is, once the problem is identified, to just acknowledge that it's an emotional issue for you. You need to figure out why it's important, then convince yourself that it's really not important, then just let it go. Take its power over you away, deflate it, cast it adrift, blow it to smithereens with logic and fact. Then just ignore it and let your mind sweep the sordid remains out and let your body grind up the refuse with a good, hard work out.

156.

Eigens are just facts. They facilitate the eradication of engrams and inoculate you against any further such engram episodes.

157.

Here's how the process works on the national political platform. The VA has long waiting lines at one of its hospitals in Arizona (overwhelmed by the number of new enrollees since O-care became law), and rumors surface that some vets died while waiting to see a doctor. Weeks go by as the media debate this, and the story lingers near the headlines. The situation gains momentum as we approach Memorial Day. The Democrats demand the resignation of the VA secretary! The Republicans demand Obama's personal attention to the crisis. A few days before Memorial Day somebody in Congress submits a bill to privatize the VA. The Republicans love the idea.

158.

This is how it works: Obama didn't have anything else at all on his desk during this entire time. The White House waited for the rumors to build up from a simmer to a rolling boil before hinting of the President's personal involvement in the situation. (No matter that he's commander in chief, and veterans are Americans, too.) At this point, the engram is already set up. Memorial Day hits, and it's time to set the hook with an unannounced visit to Afghanistan by the President and a controversial commencement speech at West Point. The idea of privatizing the VA is now part of the Washington culture. It will happen. It's just a matter of when. All Americans will soon face huge deductibles and price hikes for their healthcare. Now that Obama has decreed an end to America's "military adventures" overseas (in his West Point speech), the military is well on its way to irrelevancy. It's high time veterans get the same healthcare as everybody else.

159.

Neither political party (nor the media; especially not the media) wants a swift, decisive administration. They both gain too much from all the free publicity from the back and forth debate surrounding every small issue, especially in an election year.

Nobody would even know politicians exist otherwise. By default, then, political correctness wins every time. It's inevitable, and it's by design. One party or the other may be in control, but the direction of government always goes where they really want it to go: down, toward socialism, then communism. It's just a matter of degrees, who's in control, how radical the changes are and how steep the curves on the golden brick road to effluvium. Once you disassociate government from reality (i.e., fiscal responsibility), there's no going back, or any hope of

returning to traditional, conservative, mom-and-pop main street values. Washington might as well give up all pretense, throw in the towel, and join the European Union, for all the independence we'll manage henceforth. Lower the stars and stripes, fold up the flag and put it away as a memento of the golden age of humanity, the angelic civilization, Elysium Americanus.

160.

Since we're talking about orbits here, keep in mind that you still need a planet in the middle of the orbit to make it work. This is the original fact at the origin which, over time, through the course of a protracted argument, becomes an intricate menagerie of facts.

Theoretical studies of this Two-Body Problem (one small object orbiting a much larger celestial body) assume the central body is a point mass, but in practical applications, the central body is modeled by a giant matrix of values. This matrix can, in some cases, be so large that you can distinguish an individual hydrocarbon reservoir as a separate entity. For our purposes here, assume that the central collection of facts is a matrix of indeterminate size. Not all elements of this matrix are equal.

Some facts can be more relevant than others, so they can be assigned a different weight. Matrix elements can be zero indicating no counter argument, or negative for an argument that favors the opposing viewpoint. A matrix element can even be an equation, made up of several related facts, or a sub-matrix, and so forth.

161.

The central planet can be solid, indicating an intense and focused collection of facts. Or it can be gaseous, for more loosely associated facts. There can even be an atmosphere above a solid planet, perhaps for many background facts that are less relevant but still germane. If the orbit drops down into this atmosphere of trivia, the argument will slow down, the orbit will degrade, and the discussion will be slowly, inevitably drawn inward toward the planet, ultimately to crash down if no thrust is applied to raise the orbit. Any such argument that crashes into the planet is over, or perhaps it just deposits another layer of relevant facts, increasing the size of the matrix (or filling in block positions in the matrix proper), increasing the planet's gravity and giving the next argument on this topic more gravitas. Presumably, this is how you get a planet from the original single fact, built up over time like a pearl around a speck of sand inside an oyster.

162.

A small block of elements in this matrix can be condensed into a single matrix element once you get enough facts to rationalize a theory. A whole planet can succumb to this process as well, condensing all those many facts back into a single point. This could be the transition from a gaseous planet like Jupiter to a solid planet like Mars. It could be an unstable change, exploding a solid planet into an asteroid belt. A stable transition could even create a black hole or a sun (both of which depend on your point of view – a liberal’s sun is a conservative’s black hole and vice versa).

163.

Stephen Hawking recently changed his mind about nothing being able to escape black holes. Now he says that information can escape from black holes, which is a really strange notion for theoretical physics since information has neither mass nor energy. However, in the current context, his idea makes perfect sense because we’ve been making a solid body out of nothing but facts. Ergo, perhaps the “black hole” referred to above is a minuscule particle of real matter; or the “sun” an energetic wavelength of light. Likewise, maybe we just made a proton and an electron.

164.

If you want to go one step further, from cosmology to spirituality, you have here the mechanism for information to escape the catastrophic collapse of the universe, soon to expand back outward again with the ten billionth Big Bang. This information is what we call God, a kind of universal instinct. With every new iteration, things change a little bit. God tweaks the melting point of water or adjusts molecular weights a tad. Fifteen billion years later, when this iteration of the universe has burned itself out, maybe God will conclude he made a mistake and put the melting point of water back where it was, and, instead, increase the boiling point slightly. After all, if you didn’t change anything, the universe would turn out exactly the same all over again. How boring is that? (Or maybe it doesn’t turn out the same – it’s a worthy wager, don’t you agree?) Maybe God doesn’t do this at all, but the evolution of the universe itself does it. One galaxy out of ten million might have seen life advance farther than any other, and it becomes the standard, boilerplate galaxy after the next Big Bang. Survival of the fittest applies at all levels, as you can see. Maybe there are even many Gods, one for each galaxy or group of galaxies, and they all fight it out to see

who makes it through the chaos to the next universe. Information has a survival instinct too, as politics proves so often. Perhaps, in all of this, there is absolute freedom of will and God is only there to enforce “survival of the fittest.”

165.

So, this is where the humble idea of facts as numbers, arguments as orbits, and planets as matrices leads the intrepid explorer. The conclusion per se is not as important as how it justifies our original assumptions and gives us the green light to move on, confident that this is a pretty handy way to look at things. It makes you wonder about all the baby steps are to go from one Big Bang to the next.

166.

Physicists say that energy can neither be created nor destroyed. Anybody who has been in a heated argument can vouch that there is certainly a lot of energy happening, positive and negative. Facts are not devoid of energy, either. Just think of all the brainpower encapsulated in the little equation $E=mc^2$. There's power in that equation, an enormous amount of power. If you condense all the libraries full of papers and equations and calculations – words, billions of them! – that was suddenly, miraculously condensed down into that one equation, you can very well imagine some drastic change in the time-space-information continuum happening.

167.

Perhaps the only fact that will survive to the next universe is EMC^2 , which our ancestors 30 billion years from now will worship as the name of their God, whom we now know as YHWH. Indeed, perhaps there is some physical significance to our YHWH that escapes us to this day. That would certainly prove Stephen Hawking's conjecture that information can escape black holes and that there was life before our Big Bang. Not that this would prove God is an illusion or mere convenience, because we'd still have the other 783,000 words in the Bible to explain, not to mention the 6,408 prophecies made therein (only 3,268 of which have yet to come true). God doesn't play with dice.

168.

Let's get back to the math, shall we? If there's one thing in the universe that will make you oh so happy to roll up your sleeves and do the math, it's abstract theology, right? Unfortunately, we have some backfilling before we get to that point. The problem is that we've introduced a new concept to the discussion, spirituality; and, on a personal level, the soul. We need to review Dianetics theory and to move forward again with the idea in the back of our heads that engrams are more than just balls of stress. They're entities that reside in our subconscious mind, our personal hyperspace, our soul.

169.

The basis of Dianetics is the eradication of engrams from your psyche, little knots of past trouble that clutter up your mind and block access to your full mental capabilities. This is a good start! Even Einstein said he never used more than 10% of his brain, so for all of us lesser mortals there's certainly a lot of room for improvement in our mental functioning.

170.

Modern psychotherapy has long recognized how problems hidden in the subconscious can be traced to traumatic events in your past. Just like engrams they're not known to the conscious mind but must be discovered by way of intensive self-reflection and talk therapy. Dianetics attributes these engrams to issues in previous lives and also seeks to purge them from the mind. It's probably safe to assume that an individual might also need to address engrams built up in your current life, as well.

171.

A working thesis is that stressful events create "popcorn" in your mind. The small kernel of the event itself is surrounded by a huge emotional halo that can use up a hundred times more brain capacity. Think of the kernel as a simple 140-character text message to Twitter. The "popcorn" is an elaborate YouTube video made of this event. The text might take up 25 kb of memory. A short video could consume up to 25 megs, a thousand times more space!

172.

Dianetics says engrams can be caused by even the smallest event, that can subsequently become a roadblock in your for mind many years hence. Modern scientists have been able to stimulate the brain and recover long ago memories, which come flooding back complete with all the emotions you experienced at the time. An engram is an event plus the emotions. If you can't get rid of the memory altogether, you can at least purge the emotional aura from your brain and recover 99% of the storage capacity. Thus, goes the theory of Dianetics, if you can purge all those extraneous emotions from long-forgotten events in your past, you can dramatically increase the efficiency of your mind and achieve the status of "Clear."

173.

Psychology is all about how the subconscious mind influences the conscious mind. Dianetics calls these the active and reactive minds. Psychology attributes motivations to survival and the need for food, shelter, security, sex, and a social structure of sorts.

Dianetics has this survival instinct as well and says a healthy person is driven to achieve four primal drives at all times, simultaneously: self, sex and family, groups and social awareness, all of mankind. These are the four driving forces of a mature individual.

174.

So far, other than terminology, Dianetics is very much in line with modern psychology. Even their methods are similar. Psychology has therapists. Dianetics has auditors, highly trained individuals expert at spotting engrams and helping individuals, if not get rid of them, then to at least diminish their influence upon your mind.

The only difference is that Dianetics says a "Clear" individual has the fourth drive to benefit all of mankind, not just your own group or social network. This is how Dianetics incorporates religion into what otherwise might seem a practical, how-to kind of self-help psychology.

175.

Dianetics has a creation myth and a body of sacred literature, the non-fiction writings of L. Ron Hubbard. This was rebranded as Scientology, a not-for-profit religious enterprise. This was a somewhat harried transition, made under extreme duress by the

I.R.S. and prolonged court action for tax evasion. Critics say this

new spiritual bent was conjured only to avoid criminal charges. (The Romans probably said the same thing about the early Christians.) If you look more closely, however, the truth is a whole lot more complicated.

176.

Historians love to sully L. Ron Hubbard's reputation by giving Dianetics an occult basis; originating with the Cult of Diana and pointing the blame for this on LRH's association with Aleister Crowley, the infamous Black Magick master in the first half of the 20th century. So what if they were friends and fellow explorers into the human psyche? Jesus was crucified as an occultist. The early Protestants were burned at the stake and purged by the Inquisition. Clearly, all formal religions begin with the occult.

Satan was right there in the Garden of Eden. Dianetics just personified him as Aleister Crowley, master of the dark arts.

177.

Critics claim that Dianetics has its basis in Diana, the Greek Goddess of hunting, forests, and wildlife. When man first emerged from the forests into civilization, they brought a little of the forest with them. Arguably, we could use a lot more Earth-awareness in the modern world. Three cheers for Diana!

178.

Religion and spirituality itself began well over 10,000 years ago. First, there were Stonehenges and nature Goddesses, and then, when man learned to write, there were sacred texts. Religion is synonymous with civilization, with people forming themselves into permanent groups and, eventually, living in one location all the time.

179.

Before there was language, man communicated nonverbally. Even now up to 90% of communication is nonverbal. Long ago it was 100%. Language and then writing changed that equation, slowly, over the millennia. As civilization became more complex, verbal took more and more away from nonverbal communication.

180.

In the modern day, people can live their entire lives surrounded by nothing but social media, in the total absence of nonverbal communication. The hyper-connected Japanese, in fact, have so little interest in sex and family that experts predict they'll be extinct in 250 years. Dianetics says this is not healthy, losing two of the four survival drives. Modern psychology apparently thinks it's not only okay but a positive thing.

181.

So we have two extremes. Early man was spiritual in the extreme. Modern man is anything but. Philosophers say that's because science has revealed all the mysteries that our ancestors attributed to their religions. God is dead, and we don't need Him anymore.

Psychiatrists say religion only gives people that many more sins to make their subconscious that much more dysfunctional.

182.

There's more to all of this when you think about it. What happens to a person who's so wrapped up in social networking that they lose all connection to their nonverbal self? A whole race going extinct in a couple of generations? That's healthy? I don't think any rational person could justify that at any level, but there it is – nobody cares in the least. It's not even news that's fit to print, anywhere. This implies that people have also lost touch with the remaining two of the four drives of Dianetics, community, and mankind.

183.

So, you have a choice. You can fret about what all this means, or you can say Dianetics is bunk, in how they attribute four survival drives to a healthy human being. The problem is that these drives are universal to all mainstream theories of psychology. They are integral to the human condition. You can't throw the baby out with the dirty bathwater.

184.

So, we live in a culture where nonverbal communication skills are being purged, where religion is passé, and where people are no longer human by our own hallowed, historical standards. No leader, academic, or politician sees any problem with any of this. Not even religious leaders care. God and religion have served their purpose, and mankind is moving on to a higher state of global consciousness.

185.

We have, in other words, gone from a primitive society where 100% of communication was nonverbal to a New Age society where 100% of communication is verbal. That's what has happened in Japan. We all know where it's going to end up. Extinction, and post haste. All other high-tech cultures will follow suit in rapid order: South Korea, Taiwan, the U.S., Canada, and Europe.

186.

Rome took a thousand years to collapse. Nazi Germany collapsed in ten years. We're doing it in a fraction of that time, and heading toward a far more extreme drop. After all, when Rome and Germany collapsed, their citizens went native – they got in touch with their nonverbal self. We're going the other way, from which there is no return.

187.

How do you interpret all of this from a “science of the mind” perspective? Dianetics would say that every little iota of nonverbal skills that you lose leaves a great, big bundle of disconnect nerve endings in your brain. Psychology would agree wholeheartedly, that a person losing their nonverbal skills loses their very connection to other people, to society – to mankind itself! This very premise, then, identifies Dianetics as the exact same thing as psychology.

188.

So, here we are, in the modern world, living a 24/7 virtual life, happy and busy with all our imaginary friends, puttering along the yellow brick road of life. Our nonverbal communication skills have withered away, but no big deal – we don't use or need them anyway. If all our affairs are online or via texting, we don't even have to worry about big, ugly engrams clogging up our brains, right?

189.

Wrong! Emotional knots are omnipresent in the modern world. Every disaster of any size anywhere in the world is front page news. We agonize over tsunamis, tornados, train wrecks, teenage cancer victims, and terrorist warnings night and day, year after year. We're addicted to reality TV shows and serial dramas that have a dozen emotional peaks every fifteen minutes, cliffhangers every week, and major earth-shattering

calamities at the end of each season. Music isn't even music anymore; it's music videos. We walk in the shoes of celebrities, politicians, the poor, the rich, the needy, the downtrodden. By the time kids reach puberty their whole brains are full of nothing but popcorn.

190.

We live a virtual life in social networking, not because that's what we want to do, but because we're totally incapable of living any other kind of life at all. We've sacrificed our nonverbal self – our very soul! – to the point where we aren't human beings anymore, we're walking, talking, breathing engrams. Again, modern psychology has no problem justifying any of this. Their job is to mask the whole event, to smooth the transition, so that by the time nonverbal communication is extinct; nobody will even know it's gone.

191.

My mental state is stable but with bouts of depression almost on a daily basis, mostly for lack of having success with my screenplays, issues with the foreclosure, and lack of goals henceforth. These are normal problems, if uncomfortable, and it's natural to be concerned and anxious for some positive signs of progress after almost a year coping with the Baton Rouge property and recurring health problems. My memory is good and, overall, my attitude is optimistic and positive. I'd classify myself as a Clear with a Tonal Scale of 2-4 on any given day. The wide swing on the low side is due to my schizophrenia, which means I have to use my workouts and meditations on a daily basis to self-Clear back to some nominal functionality.

192.

My new method is the meditate briefly before each exercise period, focusing on the numbers and "pushing" stress to either side, directing it to my legs. This is something I can do with relative ease now, almost without trying. However, it is important to sit briefly and to concentrate on this process before beginning a formal exercise regimen (e.g., cycling in the AM, leg lifts after supper, then a long walk at dusk) to be sure I purge all stress to the legs before exercising.

193.

In Dianetics terminology, I am using the analytical mind to “send” stress from the reflexive mind to the legs where the somatic mind works with my skeletal muscles to work the stress out of my system. This “stress” is that part of the engram that takes up the most volume, the “popcorn” aura that is the negative emotional content (presumably).

194.

These are engrams that have made their way into my conscious mind during the course of the day, from writings, research, and other activities. Most are only as old as the day itself, and the rest well up from the unconscious mind during the day for one reason or another. If it happens, so be it. There is no effort to self-audit and to make it happen because that would only overwhelm the process and get in the way to achieving full health. My mind itself remains a disorganized jumble with truncated short-term memory and often troublesome recall of words.

195.

The first thing is to be sure I have a good diet with plenty of protein to build muscles and sufficient carbohydrates for fuel available to the muscles when I exercise. As it gets warmer, plenty of hydration is important as well. There should be no fixed length to any given exercise session other than a minimum time for aerobic benefits, typically 20 minutes. As numbness develops during the day in the arms, wrists, or head; this can be worked out with barbell exercises and pushups as the need arises. (Smaller skeletal muscles have less of a capacity to store stress and therefore must be relieved more often.)

196.

Stretching (hoops would be better) after waking up cleans any knots out of the body and allows for the free flow of stress out of the mind into the body. Stretching before each exercise session is helpful too, concentrating on those muscle groups that form a direct line from the head to, for example, the legs.

197.

The morning cycling routine should be preceded by downloading the images from 123rf.com, being sure to have a good arousal sensation in the groins, which extends naturally down to the legs. This identifies the path of least resistance for stress to go for the rest of the day, i.e., to the lower legs. These are the largest skeletal muscles and the best muscles for steady, rhythmic stress relief. (Swimming would be even better, but that's not feasible right now.)

198.

The cycling routine early in the day gets stress built up overnight out of the system, and the long walk before turning in cleans up the stress stored during the day so that you can get a good sleep. (Be sure to stretch the calves.)

199.

The length of each exercise routine is governed by the amount of time you need to exhaust the stress built up in the muscles. This is more than the body using stored carbohydrates to fuel the muscles. You're also fueling the muscles with stress. That's why sometimes you can cycle or walk for a much longer time than usual before getting tired. Do as much as your body asks you to do. You know when you're burning stress when the second repetition feels easier to do than the next one as if the weight is not as heavy.

Your body equates "weight" with the amount of stored carbohydrates it uses to do the task.

200.

This is a very rigorous routine, even for me. The reason is that I spent almost a year with physical issues that prevented me from doing anything but light cycling every day, and before that almost two years because of one very bad foot. There is a lot of built-up stress to get rid of.

201.

On the positive side, I should experience a considerable increase in mental capacity once all the stress is gone. All that extra stress in the brain, literally filling it up to capacity and even beyond, creates connections to normally unused parts of the brain. Before all this I used maybe 8% of the brain; after all the stress is gone, there will remain neural pathways to another 4% of the brain.

202.

(Witness the result of an early cycle of this; grad school followed by years of remodeling houses at a nearly frenetic pace. After which time I learned all the new skills needed for screenwriting – including grammar, punctuation, many new vocabulary words, and all the dramatic rules too; characters, structure, voice, and plot. Annapolis is another case in point, where plebe summer whipped me into shape to be a real engineering whiz kid!) Once you have made full use of all this new brain capacity, by studying and hard work and rigorous exercise (to make these new neural pathways permanent), you can take another 6-8 months off of the rigorous physical routine and repeat the process. These are what Dianetics calls the OT levels.

203.

Presumably, you must maintain a full fitness level at all times to maintain this heightened mental access because it is far easier to lose it than it is to get it. You must forevermore be attentive to “numbness” in your body and conscientious in taking care of it within 12 hours minimum. You must be willing to suddenly curtail your schedule, cancel important events or cut back their scope, in order to be able to do this at a moment’s notice. And, naturally, your friends and family must be supportive of you this way; and, unfortunately, able to cope with this extra stress you cause them and vice versa. (The ideal solution, of course, is to exercise together, even as a whole family with children of all ages.)

204.

If you wonder that there could be such a direct correlation between fitness and mental performance, you need to look no further than many formal studies of kids which show a marked improvement in grades for kids who get outside for regular exercise during the school day and especially after school. Adults are no different. If you want to soak up

information like a sponge, as youngsters do, then spend as much time cavorting around as they do. (Or cavort with them!)

205.

Observe that my entire method is based solely on stress. Through the use of muscle relaxation exercises and visualization over the years, I have developed the capacity to feel stress in my body, which is a sensation of numbness. I've learned that this numbness goes away with exercise, typically exercising that part of the body that's feeling numb at the time. This is most often the lower arms and wrists (because, usually, I'm typing most of the day), but also the ankles and forehead.

206.

Of course, you must also have an ongoing awareness of what things cause you stress and roughly how much. Good things cause stress, too! There's also a point where not enough stress can be harmful (vacations and weekends aside). That's how you lose that extra mental capacity you worked so hard to achieve.

207.

Everybody needs a certain amount of "stress" – call it obligations, responsibilities, goals, interests, ambitions – to be happy and content. Often a good job and an active family or social life do all this without you even knowing about it. At other times, like if you lose your job or get divorced, you have to work at it, to make up for any deficit by volunteering, learning new crafts or sports, anything to challenge you and expand your horizons.

208.

Yes, I'm evading the whole issue of "engrams," and doing so repeatedly. Dianetics would say there are ugly little gremlins at work in my head, making me do that subconsciously. Get rid of them! Free up your mind! I'm not one to destroy anything just like that. I don't even like squashing tiny little ants in my sink. If they show up, it means I'm not cleaning good enough. Even ants have their purpose.

209.

What struck me when I read in the opening chapters of Dianetics about engrams is that they're a force. Further explanations prove they are very much a force because they can assert an influence on your behavior and, frankly, because an auditor must be forceful (in a gentle but firm way) in getting them out of your system.

Mainstream psychology has always believed in these inner forces. 210.

Engrams are not a single entity, though. Beginners, Dianetics says, typically just get the negative emotions out of their system, leaving the core or kernel of the engram; whereas more practiced Clears are able to remove the whole thing. (Typically forces, in engineering, have a magnitude and a direction.)

211.

This jives with my own experience, with powerful events in your life having a core of basic information surrounded by a giant "popcorn" halo of emotions, like the cloud of electrons orbiting the tiny nucleus. Another analogy is a text message versus a video of what you said. The video takes up to 1000 times more space.

Some things you want to keep as a video in your brain, like your wedding or graduation; most of the rest of your experiences you can do without.

212.

Even the bad experiences, however, you probably want to keep the text version handy for future reference. You don't want to learn all over again from all those terrible mistakes you made, investing in stocks, maintaining relationships or learning how to play tennis. Get all the drama and emotion of your brain, but keep the core of what you learned, so you don't make the same mistakes again.

213.

Then there's the whole notion of the engram as a force. That doesn't mean too much to most people, but you say "force" to an engineer and alarms go off. Force makes things work! A huge hammer slamming down is scary to most people, but engineers see only the "force," and then we fashion that hammer into a piston and put that piston in an engine so that now we can do good things with it.

214.

As long as you have these engrams inside of you, where's the harm in keeping them there; using them to do things? We've already seen that stress can be used to power your muscles. That's a force.

That's a good thing. Engrams did that for you. Maybe these little biological nano-bots are what send stress to your body to get it out of the brain. It takes a force to do that, too. What more can they do?

215.

This brings up the idea of a quick fix for Scientologists and auditing: work out after each auditing session. The problem is that engrams, once freed, don't just wait around for orders. They'll cause mischief if you don't keep them occupied. So if you're going to work out after auditing (i.e., let the engrams live in a weakened state, at least for a while), you need to be under enough external stress – above and beyond your threshold – to give them some traction to get started in their new job as File Clerks (more on this in the next section). This can take many forms: a new job, new responsibilities, a class in arts or crafts, moving to a new house or city or condo, getting married or having a child or volunteering for some worthy cause.

216.

Therefore it's wise, actually, to NOT let people work out right after an auditing session. Which, I suppose always happens anyway since the sessions are typically quite long and drawn out. Which brings up the question, what happens if several engrams are freed during one session? Can they combine forces and become a super- engram? Is that the force auditors use to do their thing, like torturers during the Inquisition who feel no empathy or pain? I think so. Assertiveness can be good, but not always.

217.

It looks like the only healthy way to zero in on engrams is to go with the flow. Write about the experience that spawned the engram; rewrite and rewrite again, from different angles as seen by different characters, until you have a polished story with all the drama and turning points and charisma of a stand-alone feature movie, because that's what you want it to be: an independent, walking, talking, stand-alone File Clerk.

218.

In the process, since your story has several main characters, you have pretty much assimilated several smaller engrams into your File Clerk, giving it multiple facets and access to all corners of your mental library, with the independent judgment to choose what data to reveal, what answers to suggest.

219.

So, here I am with a really disorganized brain full of important things I've spent a lifetime learning and don't want to forget. I need a "defragmentation" algorithm I can load into my brain to sort everything out to make access faster and as efficient as a google search. I also need a better way to access information.

220.

Dianetics has a solution: the File Clerk, a little "man or woman with a green eyeshade" filing documents in the brain and retrieving them on request. I suspect this is a very clever engram who has escaped the purges of auditing and managed to find a respectable job so as to remain out of harm's way. With as much data as I have, I need a small army of these reformed engrams to comb through all my gray matter, categorize everything, and keep an updated index, sorted, like database systems have. Information is useless unless you can get to it, right? And it's next to useless if it takes too much effort to access it.

221.

Since I'm now comfortable looking at my old Retrofitting textbook and my old aerospace books – thanks to time and working on all my screenplays and other books – it's probably safe to assume that most of the "stress" is gone from all of that, leaving only the hard, cold facts. It's still just as disorganized as ever, but at least all the emotional fluff is gone.

You can't have a File Clerk engram unless you first have one or more engrams at your disposal. And you sure won't be able to train one as a File Clerk if you squash the poor soul as part of an auditing procedure. You need a kinder, gentler routine that strips the engram of its negative emotional aura, slaps it on the behind, and puts it to work as a respectable, middle-class engram.

222.

Given the huge amount of work to sort out my mental library, it will take a small army of soldier ants. They'll need authority; i.e. a union to represent them. Equal pay for equal work, and all that capitalist crap. (I can always fire them after they finish their work

– although then I'd never be able to hire another engram; and , OMG, think of the havoc they'd do in my brain if they found me out!) I have five engrams waiting to be indexed/sorted: one Nazi and five anti-heroes.

223.

So, we have our File Clerks, and quite a few answers as well. Imagine that, order from chaos. It's been a very long six days of creation. Engrams are definitely a force to be reckoned with. Look at the hell they put me through to write all those screenplays. Most successful screenwriters spend four years getting a liberal arts degree then another 2 or 3 getting a masters in creative writing – THEN spend thirty years working their way up the ladder to a blockbuster, big tent thriller. I'm already there, little old me. Thanks, guys.

224.

Where did these industrious little buggers come from? Just like Dianetics said, they were formed in the volcanic upheaval of traumatic events in my life – things like getting expelled from UT, fired from ORA, locked up on an Army psych ward, plebe summer, and so forth. They're all there in my screenplays, fleshed out in living color. (Stop waving, you're making me feel like an idiot!)

225.

So, there's your first truism: You need extreme drama before you can brag about having engrams. Of course, there are little engrams and big ones; clearly, we're talking about the big ones right now. (You can never have too many indexes for a database.) Usually, the little ones get assimilated into the big ones anyway. "We are the Borg. You will be assimilated. Your biological and technological distinctiveness will be added to our own. Resistance is futile."

226.

Relax, let it happen. Don't fight it. It's not the end of the world. Faith! There really is a bright future where they will – eventually, finally, at long last – be on your side. Just don't even ask how long that will take because the auditor won't tell you. He can't. They won't let him!

227.

Lesson number two: Auditing as it is presently done is not so good. Engrams shouldn't be subject to a psychological Holocaust. Auditing is not the Final Solution. Exercise like hell after each auditing session. Nix all that negativity then release them on parole. Let them run free for a while, on one condition: They have a major league, big-time trauma in the body politic to cope with. They need a reason to exist, too. So, dammit, give it to them. Get into trouble - aspire!

228.

It seems to me that the "File Clerk" in Dianetics is itself an engram. A reformed engram maybe; one who has been re-trained to a conscientious middle-class lifestyle with a good, honest, full-time job (scaring kids and stepping on cracks in the concrete are fun, but not so productive); but, an engram nevertheless.

229.

I've done a lot of database programming. We use an "index" for large volumes of data; it's kind of like a book index that is constantly updated every time you add new files. A large database can have many indexes; (for example, indexes for your last name, social security number, address, phone number) the more you have, the faster you can access the data. (Google keeps an index on each of us that they use to sort data for our searches. That's why it's so fast and accurate; for you, personally.)

230.

So, if Mr. (Ms.) File Clerk is a reformed engram, and he (she) can train more naughty engrams to do the same job, then - voila! - you have more indexes and better access to the information stored in your brain; ergo, better memory, the end all of Dianetics.

231.

Now, what happens when you have several indexes operating at once. Say you ask a question, and they all process an answer from different perspectives. Then they all agree you have an answer, but much more. You have a true answer. Multiple indexes equal truth sense!

232.

Thus, once you get the indexes set up, you have a faster brain PLUS a deep sense of veracity. That is exactly what happened a month or 2 ago when I began the mad rush to write "The Orange Catholic Bible." A super-fast brain all of a sudden combined with an unheard of intuition. Ergo, my screenplays had finally reached a point where they were operating engrams and functional indexes and kicked right in. Magick!

233.

Early man – back when dinosaurs roamed the Earth – survived by virtue of instinct. It was pure survival of the fittest. One man who learned not to hang out at a watering hole in the evening (when saber tooth tigers frequented the spot) survived, and passed on this important bit of information to the next generation. Over time many such bits of survival wisdom became part of instinct. (If not actually passed along in the genetic code, then taught by example to the young, who were receptive to all this wisdom; you guessed it –by virtue of their good genes, smart genes.) Man's brain had to
have more neurons to hold all that information.

234.

Brains back then didn't just hold the maxim, "Stay away from fresh water at sunset." Their brains also held a cloud of emotion associated with this prerogative: close calls, one time when a weak sibling fell behind and got eaten alive by a tiger, a fierce spanking when you disobeyed one really dry afternoon when you were choking you wanted a drink of cool water so bad.

235.

Man developed language. Instead of passing along all these important things by grunts and motions and pantomime, they were passed along to the next generation with words. Man started to live in cities, then whole nations. All those instincts were not needed, and sometimes even got in the way and let other people survive better. Old instincts had to be replaced with new ones that were more appropriate for life in the big city.

236.

Man developed writing. It was no longer necessary to apprentice to a master to learn a useful skill, by virtue of the spoken word and the unspoken word, i.e., nonverbal communication. It could, in some cases, all be done by just reading books.

237.

First instincts were replaced with new instincts that were appropriate for life in the wild; then wild instincts were replaced by city instincts; city instincts by words. Engrams began as instincts. Over time, small groups of actions designated a survival action, attitude, or precaution. Initially, all these important instructions were stored in the brain visually, as short videos.

Then they were stored as videos with verbal instructions attached. Eventually, just words out of a book. (We still use and retain all methods, however.)

238.

Everything the mind learns and retains is in these formats: little packets of information. In the early days, there was a large body of instinct that governed behavior without you even knowing it. If you didn't react with lightning speed, you'd be dead. Everything had to happen at the subconscious level.

239.

We still have many such instincts. Mistrust of strangers. Fear of the dark. Maybe a keen ability to track animals in the wild, to judge people quickly. To clean your food before you eat it. To sleep in a well-protected place at night. Dogs are helpful to keep the bad guys away. Cats are a comfort for children. There are bad instincts, too. Instincts that make you unhappy, that send you to jail, or make you lose your job. They were

learned either from bad people or from TV or books, or maybe just by mistake. They're still lodged in your brain, and they still have the power to make you do bad things.]

240.

There are good instincts and bad ones. There are good engrams and bad ones. You can't very well just destroy every engram. There are some good things in your engram bank that you want to keep. And maybe the bad ones aren't all bad. The ideal solution would be to re-configure the bad engrams into good ones. Stealing money is bad. Stealing the basketball in a game of hoops is good. Throwing a hot pan that's burning your palm out a top story window is bad. Throwing a football to your halfback as somebody is about to tackle you is good.

241.

Engrams are more than just learned information that you access while staring at a blank page of white paper or gazing at a field of cows while sitting under an elm tree. Engrams act at a speed that's much faster than conscious thought. Where would you be if you had to think about where to go for your next shot on a tennis court? Your next move on the gymnastics high beam? What to do when a saber-tooth tiger jumps out of a tree right in front of you?

How to get away from that boxer's killer left hook? You survive these things by instinct. Engrams!

242.

The saber-tooth tiger didn't survive because it was too finicky about its food. All it needed was the ability to modify its engrams from one type of food to another. The engram bank is what we would call RAM memory, super-fast flash memory. It's like in the Matrix movie where they download a tape of Kung Fu into your brain, and suddenly you're a martial arts master in virtual reality. Engrams do the same thing but in real-world reality. You don't have all your best tennis or boxing moves stored in your brain while you're at work, typing at your desk. You have your grammar checker or spell checker loaded in RAM.

243.

If a door slams behind you and your boss comes running at you with a baseball bat in his hands and a very angry look on your face, you very much want your reactive mind to quickly load your martial arts skillset into your RAM, right? That's simple survival. That's instinct!

244.

In the Salem witchcraft trials (20 were hanged, and hundreds more were imprisoned), Cotton Mather gave his learned ecclesiastical judgment that "spectral evidence" should be allowed based on its own merits in the trials. That is, the afflicted girls claimed that an invisible ghost of the accused had tormented them. The Devil, people believed, could use anybody's shape to haunt somebody, but – and this was key – only with the person's approval.

245.

There were hundreds of formal inquisitions and official grand juries and almost as many courtroom trials. There were prosecutors, defense attorneys, judges, and juries. The judges sought all the latest medical and ecclesiastical opinions.

Thousands of witnesses were called, and their testimony examined and cross-examined. It may have started as a "witch hunt," but once charges were levied everything was carried out with the utmost solemnity of the law.

246.

So, here we have a brand new colony in Massachusetts in a new world, populated by people who have come from the effusively civilized British Empire and homeland. Everybody in colonial America believed in the supernatural, and witch hunts were actually quite common back then (the late 1500s through the 1600s). The Salem witch trials were in 1692. Massachusetts had only just received its charter in 1629.

247.

So, we have overly civilized people in a very uncivilized world. The third generation of original settlers, having grown up in this wilderness, would naturally have become reacquainted with their body language. This “invisible force” of body language would be perceived by more recent settlers from Jolly Olde Englande as “spectral evidence” of demonic possession.

248.

Very soon America became quite civilized and settled, and this kind of Salem situation did not again occur. So, we chalk Salem up to hysteria and move on. We just discard outright all the legal proceedings, all the testimony of good citizens, and cast judgment against all of them. We don’t even dispute the facts or try to formulate a scientific explanation.

249.

Step back a few centuries to medieval Europe. Communities all over the known world were in constant flux between civilization and not, blinking on and off like lights on a faulty circuit. This is the ideal environment for hauntings and ghosts and spirits, all conjured by the unfamiliar body language of the “uncivilized” in our midst. These possessed people were burned at the stake, tortured, and put to all manner of tortures by the Catholic Inquisition and by civilian authorities, too.

250.

Once all of Europe became uniformly “civilized” all of this stopped and, in retrospect, it all seems like just another mad episode of political correctness gotten out of control. We survived, and so we forgive them their trespasses. We even manage to have sympathy for modern witches, trying to carry on the old ways; maybe because we have a collective sense of guilt for what happened.

251.

Witchcraft movies and TV shows were all the rage a while back. The last few decades have been a repeat of old patterns of civilization versus not. In our case, the contrast was between 1950s civilization and 1990s civilization, every bit as much of an extreme change as colonial America versus London, England back in the day.

252.

Yet another transition is underway right now, contrasting the barbaric 1990s to the even more civilized social networking universe of the 2010s. The witchcraft craze that raptured Hollywood for a generation is all gone. We're too civilized for that. People can't relate to the supernatural, as little body language as we have left. Now it's all about sex: gay sex, lesbian sex, teenage sex, incest sex, sex with whips, sex on drugs, asphyxiation sex.

253.

Dysfunctional sex is as close as we can get to spirituality now. What will be the next iteration? Perhaps the methods of Scientology will break out, and people will go crazy using their Inquisition-type methods to yank the soul right out of the body. One by one, we can obliterate individual engrams (like the old paper doll clothing, attached to the cardboard figure by small tabs), until the soul has no remaining tethers to the body, and it just fades away.

254.

With all due respect to the accused, not even the Salem trials were without politics. The one minister charged and hanged, George Burrows, was hunted down by his congregation from another small town for debts allegedly owed them. There was enmity between every religious group over their practices, ideology, and beliefs. George Barrows was every bit the devil figure to his disgruntled former congregants, who led the charges of witchcraft against him.

255.

New England had just been ravaged by smallpox epidemics in 1677 and 1689-1690. Cotton Mather had been a champion of inoculation (giving people a mild case of smallpox so they would develop immunity; not vaccination, as we use now). The idea of giving people a deadly disease was extremely controversial back then. Every church opposed it and, initially, all the medical authorities, too. Cotton Mather was one of the few people who supported it, practiced it, promoted it – and was universally hated for doing so.

256.

It's but a small step from surviving a deadly smallpox epidemic, which in some places killed 30% of the population, to blaming it all on the Devil a few years later. Cotton Mather and other ministers were at the forefront of the battle to promote inoculation. They wanted to actually give healthy people smallpox. They were working for the Devil himself! Hysteria, indeed.

257.

We have much the same situation right now, with the AIDS epidemic and homosexuality. Religious leaders are right there in the middle of it all, demonized like they always are. Everybody focuses all their anger and rage at them, while the deadly loss of nonverbal communication rushes forward undaunted, off our radar, every bit as silent and deadly as any plague that ever ravaged the human species.

258.

Who's going to try and stop this? As powerful as political correctness is now, bolstered by politics and science and theologians and activists, bloggers, the media – who could even hope to try and stop it? Can it even be stopped? Probably not. The best you can do is to live in a small town, as remote from civilization as you can get, where you can believe what you want to and not get crucified for doing so. Seek out spiritual people, but keep them at arm's length, because fundamentalist Christians still despise the occult, still, think it's the Devil's work – still make you feel like you're living in the big city, as hateful as they are.

259.

All major transitions from civilized to not have been accompanied by major plagues. The bubonic plague in the Middle Ages, smallpox in Salem, the HIV virus in the modern day. You might even go back to the Exodus and the Ten Plagues, about how the hyper-civilized Hebrews escaped Egypt and became a closed society, thus concentrating their civilization even further.

260.

You can look at each plague and rationalize a physical, medical explanation; at least for the bubonic plague and smallpox. There was, of course, no explanation for either at the time. You might even say we still don't have a cure for smallpox because we still inoculate people as a preventative measure. Even the bubonic plague vaccine is just that, a clever way to force the body to stock up on antibodies against that specific pathogen. We can't even do that for the HIV virus. It's actually hundreds of individual viruses that mutate on a daily basis. You will never be able to vaccinate against all that. The only completely effective inoculation for HIV is death.

261.

It seems that the more nonverbal communication we lose, the worse the plague that results at the biological level. One explanation could be that a healthy mind-body continuum is itself a defensive barrier against disease, a natural vaccination, a hyped- up immune system, natural healing in a teacup. But this happens anyway, with any religion or spirituality, in the boost it gives to your overall health. At best it's minimal. Not anywhere near the preventative required to stop a deadly plague virus.

262.

Perhaps the soul doesn't leave the body at all when you sever the mind-body link and shut down the body language machine. Maybe the entire nonverbal complex collapses into a mega-virus. It starts off as a mild allergic reaction (what body wouldn't think you're attacking it if you try to shut down its mind-body continuity) then, at the extreme, a full-blown auto-immunity like the HIV virus.

263.

Which shows that engrams can do a lot more than cause eccentricity or mild mental aberrations, but full-blown medical problems with life or death consequences. Engrams can cross the brain/blood barrier and transition from electromagnetic memory glitches into deadly pathogens.

264.

Which begs the question: if pathogens are infections between members of a species, are engrams infectious? Certainly, attitudes are infectious, enforced by peer pressure and political correctness. We call them fads, fashions, styles; but, clinically, they're all ideological infections. Bad trends, like prejudice or criminal intent, are in this category as well, spreading like malignancies or cancers. Even Facebook use spreads by the same mathematical trends as infectious disease.

265.

We're almost ready to get back to some good old mathematics. The benefit of this entire discussion is that we're now very comfortable with the engram idea. We saw mathematically how they're made, and then we saw their physical and psychological effects on people. Engrams are more than blockages in our thinking. They're alive, like a virtual virus of the brain. They can change the very way we think or feel, believe or even move.

They're more than a pesky subconscious bug. They're a disease of the subconscious, a malignancy of the soul.

266.

Meditating to push stress down to the legs or other muscle groups, to then be worked out by gentle exercise is very effective for low-grade engrams and stress "popcorns" that aren't deeply rooted in our psyche. The really nefarious engrams are buried deeper, like a chigger. They're well concealed and adept at camouflage. They know damn well you want to get rid of them but, like a feral cat, you fool with them at the risk of your very life. Just you try and trap a feral cat. Go ahead, try it.

267.

Crocodile Dundee was absolutely terrified of feral cats. They're small and wiry and agile. They have killer claws, five of them on all four evil feet; sharp, cruel teeth; and the kind of explosive rage when cornered that no other animal can even come close to matching. They're smart, they know when you're coming for them, and they know all the best places to hide. They've been doing this for a million years! And you're going to gently coax them into a tiny steel cage so that you can throw them in the river to drown?

Not going to happen.

268.

Now you're starting to get an idea why the Scientology folks lock you in a small room for 4 or 5 hours at a time, at the constant mercy of the auditor. You can't move or think or escape, not without his permission. You might be smart enough to evade their prying questions with clever words of your own, but your body is hooked up to an e-meter. The auditor can read your vital signs, and he knows very well when you're deceiving him. Your only escape is the truth.

269.

So, you've got that hissing, spitting, snarling feral cat cornered in the back room of your garage. You have leather gloves on, long jeans with padding underneath, and a thick leather jacket on.

Make a lunge for cute little kitty, and she'll rip your eyeballs out of their sockets. Try and starve her or dehydrate her to calm her down, and she'll just howl so bad night and day that when the SPCA shows they'll lock you away for animal cruelty. Try and suck up to darling little kitty cat with some fresh salmon or warm milk and she'll take the damn food, just so she can renew her mean.

270.

You honestly think an honest to goodness engram worth its salt can't wait out a marathon 12-hour session with some clueless Scientology auditor? Did the evil demon in the Exorcist leave just because that priest asked real nice? No, Mephistopheles spit and hissed, rattled the bed, and ravaged his victim.

271.

That's why God invented math. Buffy the Vampire Slayer can't hold a candle to math. Twelve hours being grilled by a Scientology auditor is heavenly bliss compared to 12 hours taking an SAT or GRE math examination. The finals of a spelling bee or jeopardy or trivial pursuit competition pale in comparison with hardcore mathematics. There are no mathematicians in hell.

272.

You've already seen the power of math, extremely basic math that you can do on your fingers, but math nevertheless. The file clerk is math; database indexes are math. They don't require skills beyond third-grade arithmetic, but they're still extremely powerful. Just think what damage you can do with algebra, trigonometry – OMG calculus or differential equations.

273.

Engrams thrive on chaos and disorder. Engrams have you convinced that the brain is no better than a computer. Nonsense! The brain is pliable, fluid, flexible, and ductile. You can change the brain in so many ways. Just having a file clerk to keep a real-time table of contents is enough organization to boot any number of engrams out of your head. Add a few ongoing indexes, and you can wipe out even more of them. Twist and turn every argument into a problem of orbital mechanics, as we talked about earlier, and you have a nifty spybot virus defender operating on the cusp of the moment, to bar any new engrams from ever again happening in your brain.

274.

The more math you learn, and the more you apply it to your thought processes, the more effective your brain's engram- defenses become. If you think math nerds are scary, just think how frightening engrams must see them as – think Freddie Kruger, Richard Nixon, and Vlad the Impaler rolled into one.

275.

The problem we've had with moving on is what to do with matrices that are larger than 3×3 , i.e., that are beyond three-dimensional space? Linear algebra has a 2×2 rotation matrix, a 3×3 rotation matrix (with unity in the middle element and 0s in the outliers), and a "scaling" matrix, which is a 3×3 matrix in the upper left corner, with ones along the diagonal to the lower right, and zeros everywhere else. If you use the higher dimensions for only magnitude and put the most important values first, so they determine direction, you have an n-dimensional matrix that behaves similarly to quaternions. These are 4-element vectors with the first three having a magnitude of one and serving to define direction only, and the 4th element defining the magnitude. Our n-dimensional model is equivalent, except the first three elements have

a magnitude as well, indicating how imperative it is in going in the specified direction independent of the higher orders.

276.

This seems to be a reasonable model for decision making. Everybody has certain core values that are more important than anything else. Everything on the financial spreadsheet of a company may indicate it's a solid investment promising exceptional returns; but if the company champions gay rights or gives preference to illegal immigrants or emphasizes racial diversity over professional qualifications; and if these are hot-button topics with the investor (i.e., if the vector of the three most important qualifiers goes in the wrong direction), it doesn't matter how good the numbers are, this particular company will never be in your portfolio.

277.

Harking back to the 3BP and Freud's three-element model, three core value issues seems to be an almost universal criterion.

Successful political campaigns are built upon a minimum number of key issues; more than that gives people the impression of an unfocused campaign; less is shallow and indicates a candidate who is not serious or prepared. We have that big three when choosing a job, a mate, friends.

278.

What happens if the big three criteria are spot on, but many other criteria aren't? The direction is right, but the magnitude isn't where you want it to be. It's the right job, but you just can't muster any excitement about going for it; she's the right kind of wife, but there's no chemistry between you. This is where you take a step back and keep on looking; take the job and keep on looking; date the nice girl and hold off on a commitment. When another prospect presents itself, you do the math again and compare the two. This is not the same problem as if you had two job offers while you were out of work or just out of college. It's a new job offer while you're gainfully employed and making a good paycheck, and have some seniority built up. Versus the risk of a whole new job, maybe a relocation, new people to work hard to know as coworkers, a new boss. Those things might be positives, maybe not. The important thing is to narrow down the criteria to the three most critical elements and to give them the most weight in any decision you make. That way your decision isn't skewed by one clever benefit the new employer offers,

such as a corner office or your own private secretary (who's a real fox). Keep your priorities, know your weaknesses, and decide accordingly.

279.

We all fell for the "hope and change" mantra, coming from a charismatic minority male. There are your three elements. That was his whole message, "hope and change and a new kind of Washington DC." It doesn't sound so good when you say all three, but it's a killer message when the third is implied. Think id, ego, and superego. The ego and superego are out there, up front and personal. The id is subtle, remote, the fine print subtext. She's cute, smart, and – a great cook, sexy, athletic, energetic. The first two gets her on your radar. The third puts you in a hammerlock. "Hope and change" got our immediate attention (nobody can resist hope, and everybody wants to change). Slick rhetoric and a smooth delivery reading somebody else's words off a teleprompter got us hooked.

280.

How could we all have been so wrong? Are we all that stupid? Didn't we learn our lesson with Richard M. Nixon, Carter the peanut farmer, Clinton the sex fiend, and King George W. Bush? How could we have fallen for the same old crap, ending up with the exact opposite of what we were promised? Remember that vectors have an assume direction. We all assumed the "change" would be the change we wanted. We all "hoped" the change would be for the better, what we were promised. A vector can have the same direction and magnitude and point either to better or to worse.

How could we miss something so damn important?

281.

Consider a unit circle (radius =1) centered at the origin of our Cartesian coordinate system. Every point on that circle designates a unique spot via x,y, and z coordinates (z=0). This is the "hope and change" circle. Add the third dimension, and you have a sphere, whose surface is composed of all the x,y, and z unit vectors. The point at the origin is a sphere as well, for the next lower fractal level. Just as the sphere itself is a mere dot at the origin of the next higher fractal level.

282.

Now think about a specific x, y , and z vector with unit length and any direction you choose. It's conventional wisdom to assume that vector points outward from the origin. But the math does not specify any direction. Mathematically, it can either be a vector from the dot at the origin pointing outward or a vector pointing inward toward the origin. In two dimensions, the sphere is a circle of unit radius, with coordinates x, y or hope, change. The third aspect of the problem determines the direction. A clever wordsmith can say the same thing in many different ways. A charismatic leader can make us assume the best, when in fact he means the worst. Hitler's anti-Semitic rhetoric in the early days made people assume he just wanted to make rich people work at a real job for a living. Who wouldn't get a kick out of that? We love reality shows where the millionaire boss has to flip burgers for his paycheck.

283.

The moral here is that you need to nail down the math. Even after you list all your criteria and assign a number to each one, you still don't really know what direction your choice will send you. That's why the three core values are so important because they define a vector with magnitude and, we assume, a direction. If you had your long list of 20 important things to you, assigned each a value, did the math, and chose the decision that ended up with the highest total sum you've made a decision, but in what direction?

The core values determine the direction. Unless you zero in on those three core values, your decision might be in the wrong direction, contrary to your core values; and, despite all the positives, if those core values aren't aligned with your conscience, you'll be miserable.

Finally, a summary conclusion.

ABOUT

The Borg were a cybernetic life form in the Star Trek series that was half-human, half machine. They flew around deep space in giant cube-shaped ships, overwhelming planets, taking them over, and assimilating their species, technology, and culture into the collective.

“We are the Borg. Lower your shields and surrender your ships. We will add your biological and technological distinctiveness to our own. Your culture will adapt to service us. Resistance is futile.”

In the early Star Trek spinoffs, the Borg were extremely dangerous, the #1 most evil in the sci-fi universe. There was literally no defense against their technologically-advanced, hive-mind assault.

Then in the Star Trek Voyager series, the Borg took on the aspect of the buxom “7 of 9” Star Trek officer played by Jeri Ryan. She had no need of any technological implants because she was DD all by her lonesome, and the roving eye never left her astronomical, er - cybernetics.

Thus, it became sexy and fashionable for the superior species to overwhelm, then destroy, and obliterate lesser species. This jived nicely with the technology revolution in the human species at the time, as cell phones were first appearing, soon to be followed by smartphones and a blitzkrieg of social networking apps that literally transformed the millennial (and subsequent) generations into quasi-cybernetic lifeforms, with no end in sight to this escalation of tech.

The scariest part, back in the day, was that when a person was taken over by the Borg, they lost all personality and human consciousness and became a mindless worker drone for the (again, very sexy, if in a creepy kind of way) Borg queen.

Now, a decade later, the idea of being a cyborg locked into a collective hive-mind consciousness isn't scary at all. In fact, it's the ultimate! Social networking, wearable tech, and smart-phone apps out the wazoo have transformed young adults into the Borg, quite literally.

Then there's the dark side, whereby our willpower has been sublimated

to the will of our masters, to make us into the puppets of a consumer-based society, driving us inevitably toward self- extinction – literally!

The Japanese people are so enraptured by technology, preferring virtual friends to smelly, rude, cranky real friends; preferring virtual sex to the real McCoy, that experts predict the Japanese race will literally be extinct in 250 years. Most other developed nations are trending quickly in that direction, as well.

How did this happen? Is resistance really futile? Are we all doomed to be assimilated into some kind of generic, lowest-common-denominator social muck?

THE SCIENCE

I have a self-help book in my library at home, called *Thoughts and Feelings* “The Art of Cognitive Stress Intervention” by McKay, Davis, and Fanning, published in 1981. Chapter 14 is called “orgasmic reconditioning,” and it describes a simple but very effective technique to transfer your sexual arousal to a more appropriate subject. A man who has fallen out of love with his wife can get back that zest, and vice versa; a pedophile can make himself get excited by adult women instead of girls; a young boy can transfer his desire from a sexy, buxom centerfold to the girl next door. The technique is so simple and effective you don’t even need a supervising psychiatrist, although one is always recommended.

The subsequent edition of this book published a year later, deleted that chapter and the orgasmic reconditioning technique completely. The reason is that of pressure by gay activists who claim the method implies homosexuality is curable, and quite easily so. Over the years since, again because of gay influence, the method has become less prominent with each passing year in the profession. It’s too stressful. It’s too uncomfortable for the patient. It’s too litigious!

The underlying theory that makes this method work is Freud’s psychosexual theory of development. From infancy onward, a child matures through various levels relevant to what is most sexually exciting to them – beginning with anal, then oral, phallic, a latent phase, then the mature, genital phase. This theory was a mainstay of psychological practice for over 100 years until, you guessed it, gay activists forced the psychiatric profession to abandon the whole theory because it implied that gays were stuck in the anal phase, and could be easily cured.

You can very well understand the consternation of gays, to be stuck in the “terrible twos” all their life, throwing a tantrum anytime they didn’t get exactly what they wanted. And the very idea, that the male of a gay couple is anal retentive and the wife archetype of the gay couple is anal expressive; why, that’s just plain hateful.

Be that as it may, despite any social pressure from gay activists, that does not change the science. Orgasmic reconditioning still works as well as it ever did. And it’s still mentioned as the method of choice in psychology textbooks for certain situations. And Freud’s psychosexual theory may be out of vogue, but it too is just as applicable as ever,

perhaps more so. It's not often mentioned in textbooks, but it's all over the internet, where you can answer a handful of questions and discover what phase you are in.

If you look into the situation very carefully and read Freud's Three Essays on the Theory of Sexuality, you will discover that Freud's psychosexual theory, which was first presented in this book, is rolled out along with his thoughts on homosexuality as a mental illness. Thus, you can understand why gay activists wish to ban this book, and to discredit Freud and every word he ever wrote. You might as well try to extract Newton or Einstein from physics; such was the importance of Freud's contribution to the understanding of the human psyche.

As an aside, there was no compelling scientific reason why the psychiatric profession took homosexuality off their list of mental illnesses. It was done because of politics, and hate. Back in the 1960's gay activists would protest and harass virtually every national meeting of any psychiatric professional association group; until, eventually, the medical profession caved in and gave the "terrible twos" what they wanted, knowing full well that eventually, the truth would come to light. It always does.

Consider, in this context, the recent transgender epidemic. Suddenly, seemingly out of nowhere, we learn that half of all young adult men are bisexual and that the whole younger generation is struggling with a sexual identity crisis. Male and female are no longer the norm but the exception. Everybody is now in a chaotic limbo between those terrible extremes. Old-timer "deplorables" who insist on the traditional norms are prudes, and sexual freedom is all the rage.

Suddenly, Freud's psychosexual theory explains everything, in a single word "latent," the fourth psychosexual stage. Our culture prevents young adults from passing that no-man's-land into sexual maturity (any sexually-confused child in this stage is forced to choose: male, female, neither, either, or both), and political correctness has made such an assault upon traditional marriage that even mature adults are driven backward from the genital phase, into the latent phase.

That's exactly where they want you, in the latent phase. In that phase, you are putty in their hands.

THE SOCIOLOGY

You're in a giant crowd at a concert, dancing like a maniac, taken away by the music and the lights and the rowdy crowd. Everybody is in the groove, not drunk or high on drugs, but out-of-character nevertheless, and in-sync with the crowd mentality. One brazen girl takes off her bra and flaunts herself, then another – then everyone is doing it. Regular girls, Christian girls, college girls, prudes all – going stark, raving... naked.

A raucous impromptu meeting on the streets to protest a black man who was shot by the cops or a contentious judicial ruling by the government, and suddenly it turns violent, and there's mayhem on the streets. Regular, normal people are going berserk with some kind of primeval, guerilla rage. How many times have you seen just that on the six o'clock news?

You don't necessarily need a large crowd in order to evoke the crowd mentality, which is a magical transformation from individuals into a group with a single mind, albeit of a much- diminished intelligence. A small group can behave as a crowd, 12 disciples at the Last Supper, or 10 Jews in a Minyan (the minimum required at worship services for God to be present among them).

Nor do you need a typical crowd situation for this to work. Think of a movie theatre, in the dark, surrounded by people, amidst the artificial environment of the film. Everybody has long since suspended belief in their personal reality and is now fully into the new cinematic setting with its own laws of physics. Or even alone, in the living room, watching a sitcom where the crowd sensation is magically created by the canned laughter, or by the music in a drama or thriller.

The original thesis for crowd mentality was published by Gustave Le Bon in 1858, *The Crowd "A Study of the Popular Mind."* This little book was all the rage back then, illustrated as it was on a daily basis by events of the French Revolution; and it was a favorite of Hitler and the Nazis, who mastered the art of crowd manipulation. A key element of their methods was an understanding that there's always a core group

of individuals, usually hidden and unknown to the crowd at large, who assert control over the crowd mentality. If you can be that influential core, the crowd is yours, all yours.

This is the power of persuasion of politicians at a large public rally, raising your blood pressure with their power-words and hot-button issues. It's how advertisers snag you with their Super Bowl commercials and all the other commercials that compel you to choose their products both online and off.

We are in the "age of crowds" now. The popular vote rules, even in a Republic like the United States, because these crowds are being manipulated by the hidden elites, pulling strings with a divine finesse. The Constitution is powerless against the obsessed, dark-intentioned crowd.

Don't think for a minute that the will of the people will be done, for the people aren't themselves. They're a crowd, subject to the will of the hidden few. It's the will of those hidden few that's being done. That's the power of being adept at crowd psychology.

First, you rapture all the people into the "latent" phase, and then they're yours to manipulate however you please. If your will is not met, then you coerce the crowd into violence, and soon enough, they'll get for you what you demand.

The secret is that none of this will work if the people who make up the crowd are aware of what's happening. They can't know that there's such a thing as crowd mentality, or else their psyche will rise to the occasion to defend them against its malicious intrusion into their subconscious brain. That's why politicians and advertisers scoff at the whole, silly idea of a "crowd mentality," while using its theories constantly to manipulate you.

That's why all the other elements central to the adept manipulation of crowds are scuttlebutt to the elite's scientists and academics: orgasmic reconditioning, Freud's psychosexual stages. Gay activists are their shock troops, their phalanx of Stormtroopers who savage anybody who dares mention one of the theoretical pillars of crowd mentality, much less the philosophy itself.

You could even go so far as to say that gays were created for just this purpose, created by chemical-hormones in our food and leeching from our dishware; promoted by powerful symbols in films, and on TV, starting from the day a child watches violent cartoons with a vast menagerie of sexless, asexual, anti-sexual, and multi-sexual characters; and promoted thereafter by influential advertising campaign exhorting adolescents, then teenagers, then adults to forego a family, and the \$250,000 each child costs, and to spend their money on consumerism, for you, you, you.

While all this is going on, the elites are getting exactly what they want: more power, more money, more, more, more.

THE ENGINEERING

Sexuality is key to the Borg consciousness. Just think of all the things that are advertised using subtle (and, increasingly, not-so-subtle) sexuality. A hot, sweaty, buxom broad holding an ice-cold beer; hamburgers, chicken wings; munching potato chips, driving a sports car, and a zillion other products.

Keep in mind that the elites need to keep us all in the “latent” psychosexual stage. If you’re in the mature, genital stage, then they need to knock you back down by overwhelming you with more lust for cold beer, hot cars, and steaming pizza than for the opposite sex. Once they knock you back a single notch from your secure, confident, mature sexual self, you’re theirs, all theirs.

At the other end of the time scale, they have to start early. They can’t wait until you’re a teenager and naturally morph into that confusing limbo, stuck briefly in the latent psychosexual stage before you jump out into that confident, steamy, luxuriant sexual maturity. They have to accomplish this sooner, much sooner, in infancy.

They can’t ever let you experience that mature phase, because then you’re lost to them forever, because nothing else compares, absolutely nothing.

McDonald’s arches are the first symbol most infants recognize, even before the same curvature of their mother’s breasts. Psychologists say this envious accomplishment of advertising is to hook people on a fast-food diet from day one; but, think again, psychologists are part of the larger Borg picture. They have a vested interest in all of this and a very nefarious role to play.

The important thing, once a child is in school, is to disorient them from the norm. All kids want to do is to play and romp around the playground during recess, before school, after school, all the time, anytime. Not gonna happen! They need zero exercise, maximum caffeine, horrible nutrition, no milk, no sports; and total emphasis on electronic social networking.

No more skating birthday parties; Facebook parties are much better. No more friends or sleepovers, virtual BFFs are all you can have.

I would even go so far as to stipulate that the engineering community has conspired with the elites to provide such bad indoor air quality as to simulate semi-ADD mental awareness in kids. That is, the symptoms of ADD are exactly the same as “mountain sickness,” caused by oxygen deprivation and carbon dioxide poisoning. (There are no laws whatsoever that hold anybody at any level responsible for providing inadequate air quality in schools, or anywhere else.)

A typical classroom must have the complete volume of air changed out with fresh air at least four times each hour. Cut that outside air in half by closing one damper, and you reduce your utility bills by half or more. If school districts don't have enough money for adequate physical fitness programs for kids, they sure as hell don't have enough for adequate indoor air quality in the classroom.

What are the symptoms of ADD? Confusion, self-focused behavior, sexual confusion, emotional turmoil, boredom, lack of focus, lack of interest.

It doesn't take a genius to see how even diminished indoor air quality can cause just the symptoms the elites need – sexual disorientation, especially, and all that entails. And of course, you can't let them have a couple of hours of vigorous exercise each day, because that would recharge their brains with oxygen and negate the whole intended effect. Kids get so little playground experience these days that they can't even resolve their own differences and must appeal to a teacher or parent to settle their problems for them (just exactly what the elites want them to do, of course).

So, you take a child with an inadequate air quality environment at school, never getting enough exercise, all hyped up on caffeinated drinks, confused by years of anime' cartoons and “Disney” films and video games and gamers, all targeted specifically at their tender little brains, convincing them that gay is the third sex; and that, with any luck and God's good grace, they're one of the privileged elite; bombarded with powerful advertising to wear the latest tennis shoes and fashions and cosmetics, carry the latest backpack, sport the ultimate iPhone with all the latest tech.

Adults can't handle all that crap, and the pressure is infinitely worse on the kids, who are also infinitely less capable of dealing with it all emotionally.

The grim reaper wins.

With all those social and sexual pressures, even classes by adult mentors who encourage them to experience alternate sexualities (these

kids don't even have hormones yet, and they're under pressure to designate their sexual orientation?), they mature very quickly. They have sex as soon as they can get it up before there's even hair growing down there; they drink, use drugs, ogle nude magazines and nude websites and nude cam girls, and guys.

Time out! You have all the facts kids; now you have to choose. Are you male, female, or transgender? Can't say for sure? Transgender. Sign here. Mommy and Daddy will be proud of you. You're ours, all ours. Resistance is futile.

ACKNOWLEDGMENTS

I am deeply indebted to L. Ron Hubbard and his books on Scientology, especially Dianetics, because the idea of engrams was his, and it was a brilliant idea that, as you have seen, I have evolved into something far greater, and more important than his original thesis. I hope that the reader has in no way taken anything said here as derogatory toward L. Ron Hubbard, Scientology, or its faithful practitioners. Quite the contrary, I can only hope that some of the insights here and in *The Book of Essau* may lead them to a better understanding of the engram concept and, more importantly, stronger spiritual life and healthier psychological wellbeing that was always L. Ron Hubbard's greatest aspiration.

WH CLARK