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METRO

John S. Knight's
Notebook

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Thirty Cents

How to Confront in Scientology

Can You Stare for 2 Hours and Not Blink?

BY GLENN McWHIRTER
Free Press Staff Writer

The Church of Scientology of Michigan has a cash register for an altar, a lie detector for a confessor and one less recruit than it had a week ago.

I quit.

For several weeks I endured indoctrination as a novice in the faith at Michigan's struggling, scruffy "org." at the intersection of North and Hamilton Streets in Highland Park. ("Org" is Scientology jargon for organization.)

I didn't enjoy it and I still can't believe some of what I saw and heard.

It began one evening at 6:15. Scientology headquarters opens to the public at 6 o'clock every weekday evening.

Tamara, in a purple dress, beckoned from behind a desk marked "reception."

She was young, perhaps 20, with dark hair and a pleasant face, but I was aware of something odd about the way she looked and moved.

For one thing Tamara's eyes had a strange no-blink quality. They fixed on me leech-like and never let go.

Her face expressed no emotion except for an occasional small smile. There

"We were told to sit face to face with a partner . . . three feet apart . . . and look at each other for two hours."

was no eyebrow arching, nose wriggling, none of the tiny facial movements people employ spontaneously and unconsciously.

Her movements were slow and delib-

erate. The total effect was unsettling. It was as if she were some sort of robot, an android, perfect but not human.

I later learned Tamara was performing all the recommended Scientology techniques for "confronting." I just didn't get the message.

She told me the best way to begin a study of Scientology was to buy some books. I was led to a large wall display and she chose several volumes from the array, all written by Scientology founder L. Ron Hubbard.

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Scientology Loses a Novice

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Recruit Dislikes Life at 'Org'

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She mentioned "org," "auditing" and several other Scientologist terms, and when I allowed I was very interested in learning more, she said: "Beautiful!"

Beautiful is a Scientologist expletive.

I bought the books, signed the visitors' log and left.

A WEEK LATER I called the org and told Tamara I had read the books and wanted to begin processing. I wasn't looking forward to a lecture series, but I went.

Lectures are conducted every week night at 7:30. Tamara had given me a ticket when I bought the books.

"Scientology, The Road to Total Freedom!" it said.

Okay. Why not?

The Scientology complex consists of three side-by-side old store buildings. Lectures are held in the middle building of the three.

The room is small, dirty, badly in need of paint and repair. The street door and adjacent store windows are covered with burlap.

The lecture was in progress when I arrived, but I was surprised to find only one other person attending it: A young man dressed in blue jeans, slouched in a chair near the wall. There were about two dozen folding chairs arranged in rows facing a small movie screen set up in front of the burlapped windows.

ON THE SCREEN a black-and-white, out-of-focus sound film was in progress. Founder L. Ron Hubbard, looking fit, prosperous and pleasant was being interviewed by a young man with a British accent.

The questions were framed to give Hubbard a chance to explain basic Scientology principles and to extol the virtues of studying and working in the faith.

Hubbard assured his interviewer that many CLEARS have been produced.

(A CLEAR is an optimum individual. Scientologists claim CLEARS have total recall, no inappropriate emotional responses, and are perfectly logical at all times. Their IQs are higher, too, after Scientology "processing.")

Even students who don't progress to the CLEAR pinnacle nevertheless enjoy great benefits: IQs rise, reaction time quickens, illnesses disappear. "We make the able more able," Hubbard concluded. "Scientology works!"

The film was over, the lights came on, and a pretty young girl emerged from behind the movie projector. She introduced herself as Gail.

She produced a chart cut up into squares, black lines, arrows, full of exotic phrases. I was reminded of the periodic table of elements that used to hang in my chemistry classes.

Using the chart she explained how it is possible to bring the reactive mind (something like Freud's unconscious mind) under control by going through processing.

"Or you can devote yourself to the study of the technology and become an auditor," she said. "Or you can do both, that's really best."

TOM, YOUNG, slim pale, with long hair and short fingernails, was my "registrar". He filled in the blanks on applications for me to become a Hubbard Apprentice Scientologist.

He seemed only peripherally aware of me or anything around him.

For 30 seconds or more at a crack he stared at something in the middle distance that only he could see, then he came back to what he was doing, apparently unaware that he had been "gone."

I have seen people in deep grief behave that way.

After the forms were completed, I paid Linda the cashier, \$15, and promised to return on Saturday for the first of two five-hour sessions as an apprentice in the faith.

LARRY IS short, blond, energetic, devoted to Scientology and somewhat of an expert, although has not progressed above Grade IV. He was my teacher in the Hubbard Apprentice Scientology course.

Larry lives in Akron and drives to the Highland Park org every weekend to teach the course. There is no org in Akron, he said, "and I like to keep in touch."

I was sitting with my classmates, this time on the second floor of one of the old buildings.

The class consisted of a middle-aged married couple, Dorothy and Gar; a motorcyclist named Mike who wore cowboy boots and levis; a young well-dressed man presently unemployed, and a pretty girl dressed in fur-trimmed black bell-bottom slacks, who bubbled and gushed pleasantly.

Now we were going to learn to CONFRONT, Larry said.

Larry explained it is important for people to be able to be with each other without speaking, fidgeting, being embarrassed, being startled or passing out. Passing out!?

"It's called going anaten," Larry said calmly.

HE INSTRUCTED us to sit face to face with a partner (mine was Gar), three feet apart. We were told to sit and look at each other for two hours.

Twitches blinks, coughs, sighs, giggles would constitute a "flunk." For two hours . . . miserable, agonizing, terrible hours.

Gar had a beard. I inspected it strand by strand. Gray eyes — hazel, I suppose. My eyes itched. Don't blink. My back ached. Don't move. My throat was dry. Don't swallow.

Gar looked sick, really pale. He was trying very hard.

Think of something — the old movie on TV last night, what you'll fix for dinner, the novel you're going to write some day, the kids, ANYTHING.

I'm not supposed to think; let Larry's suspicious, I'll flunk. If Gar passes out, will I be flunked if I blink? At least I could change the angle of my head if I had to give him the old android while he's on the floor. That's if I am capable of moving at all any more.

WHILE THIS misery was in progress, the girl in black and the unemployed man were confronting like crazy, doing another exercise, called TR 3.

"Do fish swim?" he said.

"Yes," she said.

"Good. Do fish swim?"

"You have gorgeous eyes," she bubbled.

"Okay, I'll repeat the auditing question. Do fish swim?"

"I'm getting passionate. Let's lie down on the floor."

"Good. I'll repeat the . . . what did you SAY?"

"FLUNK!" she squealed in pure delight.

Larry pronounced the effort good, and it was repeated again and again.

The student in this exercise is to keep going, confronting, with no show of emotion, repeating the same stupid question, responding with either "good" or something similar when he gets a direct answer, and repeating the auditing question if he gets no direct answer.

Partners took turns playing student and coach. Larry supervised. Every once in a while someone would yell, "Flunk!" and I would blink. I hoped Larry wouldn't notice.

There were other TRs. One where students read lines from Alice in Wonderland trying to gumfozzle the "auditor."

AFTER A WHILE, surprisingly, confronting got to be possible, then easy. All that's necessary is to stop reacting as a human being.

By and by Larry hauled an E-meter out of another room. He volunteered to show us how it worked.

(An E-meter is a battery-operated galvanometer or crude lie-detector device used by auditors to process pre-CLEARS. The pre-CLEAR holds two tin cans attached to the meter, and the auditor watches a needle on a dial. As the auditor asks questions and the pre-CLEAR responds, the E-meter reflects slight changes in the pre-CLEAR's body, uncovering the emotional reactions.)

Mike took hold of the two tin cans and Larry said: "Now I'm going to pinch you." And he did.

Larry explained that the pinch would cause an emotional reaction.

We watched the needle on the E-meter float in the middle range of the dial.

"Now, remember that pinch," Larry commanded. Mike remembered. The needle continued to float.

"Did you see it jump?" Larry asked. We had seen nothing.

"Remember that PINCH!" Larry commanded. Mike remembered; he was startled. The needle bounced. "See that?" Larry asked excitedly. We nodded.

He commanded Mike to remember the pinch several more times and for the life of me I couldn't make any sense out of the movements of the needle on the E-meter, but I didn't ask any questions.

"That's how it works—it is a valuable tool," Larry told us. "You can't fool the meter!"

LARRY TOLD me that after the Apprentice course I could take the Hubbard Qualified Scientologist course (\$30) and then I could start auditing pre-CLEARS.

Larry assured me that inexperienced auditors would be supervised, "providing 100 percent standard tech" for everyone in processing. I remembered seeing signs around the org boasting, "100 percent standard tech."

I suddenly remembered Tom. I thought of him auditing someone else.

The girl in the bell-bottoms was babbling about her allergies and Larry told her:

"Sometimes you have a rash or something and you think maybe if you eat less fried foods or get more sleep or something it will go away. Well, it won't. The thing to do is find the engram (emotional reaction) that's causing the problem and work on that."

She was confronting, accepting, 100 percent standard tech SOLD. I had to get out fast.

Ex-Science Fiction Writer Typed Out Scientology Plan

BY GLENN McWHIRTER
Free Press Staff Writer

The complex jungle of Scientology language, theory, mechanics and philosophy is the brain fruit of Lafayette Ronald Hubbard, 58, a large, energetic man who once was a prolific science fiction writer.

Scientists call him Ron or Elron. It's a fetish of the faith.

He is usually identified as a physicist, sometimes as a nuclear physicist. True believers insist that Hubbard is a man of great education and scientific achievement.

He is neither, but he has managed to accumulate great personal wealth (one estimate is \$7 million, stashed in Swiss banks) and to initiate worldwide controversy with his theories of mental health.

HUBBARD was born in Tilden, Neb., in 1911. He attended George Washington University Engineering School for 18 months, but never graduated.

His other academic credential is a Ph.D. degree from Sequoia University in California, an establishment offering fancy diplomas to all comers, for a fee.

Hubbard apparently knocked around the world a good deal as a young man, financing his adventures by writing pulp science fiction, much of it published in "Astounding Science Fiction" magazine.

He was a naval officer during World War II, and for a while he played the banjo and sang on a California radio station.

Hubbard's theories of mental processes surfaced first in 1950, under the name Dianetics. He claimed to have spent 12 years researching them, but science fiction writers who knew him claimed he had hatched the theories shortly before they were published.

"Astounding Science Fiction" published a Hubbard article outlining the basics, and a few weeks later Hermitage House published his first book, "Dianetics: The Modern Science of Mental Healing".

The same book, now titled "Dianetics: The Modern Science of Mental Health", is still the basic Scientology reader.

Dianetics became an instant best-seller. College students began holding Dianetics parties. In Hollywood, New York

and Chicago, Dianetics became a fashionable cult of the wealthy.

Hubbard formed a foundation to train auditors and to provide processing. He churned out sequels to his first book.

ACCORDING TO one account, Hubbard wrote with the speed of summer lightning, on a special electric typewriter with single keys for common words such as "the", "and", "but", and with paper on a continuous roll to eliminate the time it takes to change single paper sheets.

But fads fade quickly, and within two years, Hubbard had come on hard times.

In 1951 he was divorced by his third wife, who called him a paranoid schizophrenic and stated that doctors had concluded Hubbard was "hopelessly insane."

His Dianetic Foundation (offering 36 hours of therapy for \$500) was bankrupt.

His books mouldered unsold on bookstore shelves.

Threatened with obscurity and perhaps poverty, Hubbard found his personal salvation in 1952.

He announced formation of the Church of Scientology. It incorporates Dianetic therapy as a sacrament and Hubbard's writings as litany.

As "pope," Hubbard could expect a financial out of everything. Churches enjoy tax advantages. Faith does not demand proofs. There were myriad advantages.

In the decade that followed Hubbard established International Scientology Headquarters at Saint Hill, a 30-room Georgian manor house at East Grinstead, Sussex, England, where he surrounded himself with a small, loyal band of the faithful.

RECENTLY, Scientology began to flourish. The best estimates are that the movement has tripled or quadrupled its membership within the past three years.

There are now 22 major Scientology centers in six countries. Scientology claims 15 million followers worldwide, and although the actual figure is probably nearer 3 million, several hundred thousand of those are in the United States.

There are 10 U.S. "headquarters," including the org in Highland Park. The largest is in Los Angeles, and there

are substantial numbers of practitioners in New York and Washington as well.

An unknown number of "franchise" operations exist. These are small groups, sometimes consisting of only one person, who sell Hubbard books and offer limited services to the faithful. They kickback a percent of the gross to the headquarter org granting the franchise.

HUBBARD RETIRED from active leadership of the movement two years ago when he sold his "goodwill" and name, allegedly for \$240,000.

He also vacated Saint Hill and has since been living aboard his 3,300-ton yacht, the Royal Scot Man, cruising the Mediterranean.

He keeps in touch with International Scientology Headquarters by radio; he tape records and films lectures for distribution to orgs throughout the world, and he trains special students in Scientology theory and technology aboard his ship — presumably for a generous fee.

This elite priesthood claims membership in the "Sea Org". Some of its members travel around to lesser orgs offering consultations on difficult "cases," again presumably for substantial fees.

THE TOTAL cost in time and money of making CLEAR or of achieving the top technological grade as an auditor is almost impossible to calculate.

There are eight grades below CLEAR, and some of these have divisions within them. Each step up costs more than the one before.

The top four grades usually require in-residence training or processing at a big org, such as the one in Los Angeles.

(A brochure in the Highland Park org ballyhooed "Eight sections of the OT course" offered by the Los Angeles org, for "only \$3,800.00".)

A Scientologist who recently quit after going to Saint Hill estimated the total cost of making CLEAR for him would have been \$15,000.

To finance their own training and processing, Scientologists often quit other jobs and go to work for their home org. They get a cutrate, in return for work and for recruiting new members.



Free Press Photo

Scientology headquarters at North and Hamilton in Highland Park

What the Words Mean

The language of Scientology is pure science fiction.

Founder L. Ron Hubbard invented it, and the words contribute significantly to the Scientology mystique. They have dramatic impact and a fresh sound compared with traditional religious phrases or musty Freudian Terminology.

Some of the important words and their Hubbard definitions are these:

Dianetics: Hubbard's technology and therapy.

Analytical Mind: The rough equivalent of the Freudian "conscious" mind. It contains all the knowledge and conscious memories of the individual. The analytical mind makes value judgments and works like a computer. It is infallibly accurate, as long as it is fed valid data.

Reactive Mind: Something like Freud's "unconscious" mind. The reactive mind — also called the "moron" — does not make value judgment or compute. It collects literal recordings of everything that happens to an individual during moments of "unconsciousness", when the analytical mind is not functioning. If these unconscious moments contain pain or emotional suffering, an engram is produced.

Engram: A literal recording of all the conversation, smells, sounds, feelings, other sensations that accompany an incident of pain suffered during a time when the analytical mind is not working. These recordings have the capacity to be keyed into the analytical

mind where they are mistaken for valid data. This produces inappropriate emotional response, psychosomatic illnesses, psychoses, neuroses, compulsions, repressions and all apparent deviation from healthy, rational behavior.

Erase: To cause an engram to vanish entirely by discovering it completely and recounting it again and again. It is then filed as memory and experience.

Auditor: A Scientologist, trained in dianetic therapy, who searches for engrams in others and helps to erase them.

Processing: The dianetic technique of erasing engrams.

Pre-CLEAR: An individual who has entered dianetic therapy. Pre-CLEARs are processed by auditors. Also called a PC.

CLEAR: A person who has had all his engrams erased. Scientologists claim CLEARs have total recall and no inappropriate emotional responses. There are only a few

hundred CLEARs in the world — all given registration numbers like automobile engines.

E-Meter: A battery-operated galvanometer or crude lie-detector device used by auditors to process pre-CLEARs. The PC holds two tin cans attached to the meter and the auditor watches a needle on a dial. As the auditor asks questions and the PC responds, the E-meter reflects slight changes in electrical conductivity through the PC's body, uncovering emotional reactions which indicate the presence of engrams.

Thetan: The spirit or soul of an individual. The Thetan is inhibited by engrammatic activity.

Org: Jargon for organization.

Release: What happens when an engram or a whole bank of related engrams, is erased. There are eight grades of release—from sub-O up through Grade VIII or Operating Thetan — leading to CLEAR.

*NEVER PUBLISHED

OFFICE OF THE PUBLIC RELATIONS OFFICER

1 - DET

The carefully planned and muckraking attack on the Church of Scientology by the Detroit Free Press was simply an enlargement of the Communist-inspired movement to discredit all religions.

That was the point of view taken by the Scientologists this week after Glenna McWhirter, a Free Press staffer, enrolled under the false pretenses to become a one-day "expert" on the world's fastest growing religion.

"Miss McWhirter built most of her story from clipping files," said Rev. Eric Barnes, Public Relations Chief for the Eastern U.S. "The visit to the Church was merely to gloss over the fact that she really knows nothing about Scientology."

The Scientologists, recently affirmed as a religious body by a U.S. Appeals Court in Washington, D.C., have no anger for Miss McWhirter.

"She's just another employee following the orders of her employers," said Rev. Barnes.

The dynamic young church group has indicated that the source of the attack is the paper's owner, John Knight, whom the Scientologists refer to as a "death carrier"

"Judging by the deaths and tragedies occurring around his family, he's one of those people who can't bear to have things alive around him" concluded the young minister.