

Introductory Self Help Seminar

Transcripts and Glossary

by Gerhard B. Schwandt

Thank you... Thank you very much.
I am very happy that you could be here.

And I want to give you a short Introductory Seminar. Is that OK with you?

Audience: Yes.

Good. Now, let me start out with a story about a man named Konrad Adenauer.

Konrad was the first German Chancellor after World War II. And he was quite a "wiley fox." And his biggest nemesis was a journalist that wrote exclusively for the Social Democrats which was the other party, Konrad was a Christian Democratic. So, anytime there was a press conference this journalist would attack Konrad Adenauer, they would get into all kinds of spats.

And this one time in this conference this journalist raises his hand and Konrad says, "Yes." And so his question was very simply straight forward, "Mr. Chancellor, what is your favorite color?" And Konrad Adenauer without a pause said, "Blue."

And immediately this journalist said, "Ahh, I got you because the last time I asked you 3 months ago you said white. It just shows that you're inconsistent, and da da da," and he just kept going, you know, with this and Konrad Adenauer just stood there very calm, smiling, waited until he was finish and he said, "No. It doesn't mean any of that. All it means is that I reserve the right to know more today than I did yesterday."

OK? And I want you yourself to reserve the same right. Are you willing to do that?

Audience: Yes.

Excellent. Good.

In addition to that I want to introduce you to somebody. This is Joe. Joe's about 35 years old. OK. In 35 years of life he has accumulated all kinds of experiences. Who can tell me some of the experiences that he could have accumulated during that time?

Audience: Marriage.

Marriage. Oh.. Yes.. Marriage. OK. What else?

Audience: School.

School. OK. School.

Audience: Job.

Job. What else?

Audience: Sports.

Sports.. Absolutely. Sports. Yeah. And in sports there are... wins and failures. Right? So he has failures and he has success - accidents.

Audience: Divorce.

Divorce. Oh, my God, yes. Alright.

Audience: All the stuff with his family, brothers and sisters, mom, dad.

Relationships, right. Family and so on.

Now you see he has all these experiences that I just demonstrated as dots in his face. Right? But this is how Joe views the world. Through these dots. Through these experiences. Right?

And so do we. Don't we?

Audience: Yes.

Alright. Now, what happens when we talk to somebody and that person says something to you or to us that we do not agree with?

He has now violated some of our dots. Right? Immediately a steel gate goes "clunk" and we don't listen anymore. Right?

Now, I may say something to you that does not align with your dots. That does not agree with them. I may or may not, I don't know. But if I don't, if I do say something that you don't agree with I want you to know it is totally OK to disagree with me. You don't have to agree with me at all. OK?

Audience: OK.

So your dots are safe.

Audience: laughter

Alright?

Audience: Yes.

Good. Alright. Now. That's it for Joe.

So in order to get an understanding of anything we first have to understand that there is study technology and that in that technology there is a specific part that is very very vital. And that is to understand that when you have a word that you don't fully understand everything afterwards goes blank and your not with it anymore.

So obviously I don't want that to happen. Right? Because then you can't do anything with it.

And I'll give you an example of that. You all have a notepad right there in front of you right? OK.. So draw on the page, draw a little house.

Good. Everybody can do that right? You know what a house is so you can do the drawing. So how about you draw a little tree right next to it.

Oh, by the way, if you want to do that at home also, feel free to do that.

So...cool. Now the next thing I want you to draw is a teich.

Audience: A what?

A what? That's right. See I just used a word that you're not familiar with. Right? And immediately all action stops. Your not doing anything anymore. Right?

A teich is a german word for a small pond. So draw a small pond next to the house. Pond.

And if you don't understand my accent then just let me know.

OK. So you see what happens when you run into a word you don't understand all action stops. Your not able to do something with it at all. Right? So if I say any words while we're doing this then, that you don't fully understand, ask. OK?

And at home please get a dictionary, look it up. OK? Good.

So, I think that everyone of us at one time or another has run into this specific situation. We were offered help from someone or we asked for help from someone and this person gave something to us that they pretended was help until we finally realized it wasn't. And this happened in our life quite a few times. You know?

As a matter of fact I know at one time I was very cynical about the whole subject of help. Somebody came and said, "I want to help you." I said, "What do you want from me?" Right? And I had to take a look at that and realize that help is actually nothing but assisting someone or something. Right? And help is totally fine

and it is possible. Yeah?

So if you have ever had the feeling that when somebody wants to help you, you're in for it, please realize that's not truth, that is just experiences that we've had in the past, some of the dots that are around there and that true help actually - it does exist and is possible. OK? Yeah?

Just as much like - has it ever happened to you that somebody said you know, you need more control?

When I grew up my father was very good at that, and I'm being sarcastic about that one. You know, his idea of control was if you don't do what I want here's the stick. And that's not control. That's bad control.

You know, control is very vital. As a matter of fact try to drive a car and hit it with a stick in order to make it go where you want it to go. That's ridiculous right? It's not going to work.

You need to control your car in order to get where you need to go. So control is actually a factor that is very vital and it's actually very good. Yeah? So, having control happen to you or being able to control situations is important. That's - Otherwise all around us we will have chaos. Right?

Audience: Right.

Good. Now has it every happened to you in your life that you had somebody that you could really talk to? Right? That person, man, you could sit down and you could just talk for hours. It was easy to do so.

And then one time or another something happened and the something happened was you did something to that person that you shouldn't have. Something that you wouldn't have done - want to have done to yourself. And because you did that what happens right afterwards?

It wasn't that easy to talk to that person

anymore. As a matter of fact you kind of stopped talking to that person. Right? And you kind of "drifted apart." Remember that? OK.

So, having this happen is actually one of the key factors that keeps us from communicating to each other and without communication we're not going to get anything done. So it's important to be able to communicate to somebody else what is happening in our life, what is happening in our job, what information does my boss need or my co-worker need.

So the better the communication, the better relationship that you have, whether at work or at home. So communication has to be there and it has to be good communication for life to actually function right. It's a very very key factor. Right?

And only then when we have that can we also really be interested in others, in things that we like, in things that come to us that we're then willing to have a look at because we are interested now. Correct?

Audience: Yes.

So having said all that and having also gone over the misunderstood word phenomena I want to go over one word that I have found lots of people know and "I've heard that word but don't know what it means." OK? And that word is.. Dianetics.

And Dianetics is a word that has been put together from two other words. Two Greek words. One of the words is "dia" and the other one is "nous."

"Dia" means "through" and "nous" means "mind". OK? Now the word through has, depending on the dictionary, anywhere from 3 to 6, 5-6 different definitions.

One of the definitions is "something penetrates something else on one end and then comes out the other side." OK? That is not the correct definition for this. OK? Another definition is

"by means of." Now, "by means of" is an idiom so we have to further define this and "by means of" means "with the help of."

So Dianetics means "with the help of the mind we can handle the problems of the mind." Make sense?

Audience: Yes.

OK.. So that's the word Dianetics. Once you know what the word means it makes a lot more sense.

The same thing with the word Scientology. Yeah? It comes from a Greek and a Latin word. "Scio" and "ology." "Scio" means "knowledge in the fullest sense or wisdom." And "ology" means "the study of."

So Scientology means "the study of knowledge or wisdom," with one additional key factor being a part of that and that key factor is simply this - Application.

The application, what you - what one has learned about life. The knowledge one has gained and how to now apply it to ones own life and the life of others to help them to be better and help yourself to be better and help your environment to be better. And that is Scientology. Got that?

Audience: Yes.

Pretty cool isn't it?

Audience: Yes.

Good. Now, since I mentioned the word mind, let me go into this just a little further. OK? And I'll keep it brief, alright?

Audience: Yes.

The mind actually consists of two parts. How big one part is or the other part is depends on the individual - I'm just going to draw it like this for right now. OK?

One part is the analytical - the "Analytical Mind." This is the one that we use all the time to judge with, to record with, to live and evaluate how we should do things and so on. Right? Now that mind is actually the best computer there is. Now, the way this mind works, by the way, it consists of pictures, recordings, mental image pictures that records everything. Three dimensional, sight, sound, smell, everything.

As a matter of fact, why don't we try this out for a moment. Just close your eyes for a moment. You at home do the same thing. Close your eyes and get a picture of a cat. Good.

Now with your right hand, point to where that picture is. Good. Keep that hand there and open your eyes. OK. That's where the picture is.

And now let me ask you this. Who looked at the picture?

Audience: I did...Me.

That's right. You did. Which means you are not your mind. You have one but your not it. Cool, huh?

Audience: OK.. That is cool.

You are you. Your actually a spiritual being and you have a mind and you have a body.

And if you want to find out more about that there will be more links that you can go to afterwards that will give you a lot more information on that. OK?

Now the analytical mind what we have in there is all these different pictures that are recorded and they are cross-filed, cross-related. I mean it's incredible how well and how much cross-relation there can be.

You look at a car and you say well this is a Mercedes and it's black and there's another one over there that's also black but it's an E class and this is a C class. All of these different

relations that you have and you are able, and this mind is able, to differentiate into the tiniest minute area and file it that way.

And if we only had this mind and that's the only one that was there and functioning we would be in very good shape but unfortunately it's not the only one that is around.

There's a second part and that one is called "Reactive Mind." And it's called reactive mind because it's a complete push button mechanism. It reacts. Certain stimulus and we react. There is no actual thought there at all. It's a complete mechanism only. Right? And that's the one that gives us trouble.

Now in this mind we also have recordings just like in the analytical mind. However, here is what happens.

Let's say there is a young man, a boy that is learning to ride a bike and he knows a little bit on how to do this and now he gets kind of frisky and he's like racing down the street and he hits the curb and he flies off the bike hits his head and is "unconscious" and hurts his elbow at the same time.

Now this mind, this analytical mind shuts down at that moment. It's like a fuse that blows. There's too much that's coming in, it shuts down but this one (reactive mind) is now recording everything. Words - everything that happens is being recorded in the form of pictures.

In this recording is the mother coming running down the street going, "Oh my god! My poor little boy, my poor little boy!" And there's an ambulance coming and what have you and the pain in the head, pain in the elbow, all of this is being recorded in there. Now, this recording kind of floats in there for a while.

Ten years later he's now a young man - had a busy weekend partying, you know gets to bed late on Sunday evening and has very little sleep. On Monday morning he goes to work,

he's kind of tired, he's not quite there and so what happens is, on his way home he now sees, he's walking home, and he sees a little boy on the bike. At that moment this recording that is in the reactive mind kind of "keys in" and goes right over here impinging on the analytical mind saying, "DANGER! - DANGER!"

Boy on the bike means pain in the head - pain in the elbow. Get out of here! Right? And he gets angry with this little boy on the bike. He gets all nervous, he starts having a headache. He has no idea why. It comes from right here (the reactive mind) and this is below his level of awareness - this mind.

Because of that he now rationalizes. "Well, you know, my suit case I have is very heavy" or "the shopping bag with the loaf of bread in it is very heavy and that's why my elbow hurts" - "the sun is very bright and that's why I have a headache." And, "look what he's doing over there." He doesn't know what causes all of that.

So he goes home and takes an aspirin or two to get rid of the headache, which doesn't but he does it anyway.

Then his mother calls and he's talking to his mother and his mother asks him, "How are you doing?" and he goes "Oh, you know, I have a headache." And his mother's response is, "Oh, my poor little boy." Now remember that was recorded earlier when he had the accident. So the headache comes right back again and now he's getting upset with his mother. He's acting irrational. And all irrational action - reactions come from that mind - the reactive mind.

We would never act irrational if we only were working with the analytical mind. You got that?

Audience: Yes.

Good. So, there is a way to get rid of this by the way. There is a way to get rid of this hidden influence. In the book Dianetics Mr. Hubbard actually goes over exactly how that is done. Right?

You at home will actually have a link available later on to order the book if you so desire. OK?

Audience: Yes.

Now, let me go further a little bit. There is this concept of a "Cycle of Action." A cycle of action is simply you start something, then you continue with it or it continues through time, it moves in some way and then you're done with it.

If that's all - if that's how it goes every single time life would be very easy. Well, how many times have you started something and continued it but never finished it.

Audience: Lots.

Lots of times. Right? And you know something? A lot of the times the reason you didn't finish it is because something in here (the reactive mind) prevented you from doing so.

Something in there said, "No no no no, don't don't don't do that!" Now if you want your life to become a lot easier, by the way, when you have for example - how many of you had these days where you worked day long like mad, just running, doing things and then at the end of the day you felt like you didn't get anything done. Right? Well the reason for that is simply you did not complete very many or none - no cycles of actions.

Because you - we register only the completed cycles of actions. That's what we register. And that's - when we register that then that's when we say "I got something done." So one of the things to do when you have these big cycles of actions is to break them down into smaller ones. Right?

Your going to build a house. Don't take that as one big cycle of action. Break it down into, OK, we'll have to dig the hole first. Put the foundation there, and put the walls up. Each one of them is a cycle of action. Right? And each cycle gets completed.

At your work I'm sure whatever work is that you do, you know, if you were to break down these jobs or tasks that you have into individual cycles of actions that you then can complete. You would feel a lot better. Right?

So that's one thing to do. And the other thing to do is, this is a little homework that you may want to do, take a piece of paper or maybe two or three and write down all the incompleting cycles of actions that you have, that you have attention on, that when you look at it, this comes up. Just write them all down.

And once you have written them all down, then take a look at them cause there may be some of them are - that have become over time totally ridiculous. You know? You're now 35, 40 years old, like me.

Audience: laughter

And you still have attention on having this date in high school with this girl called Agnes. Well, it's never going to happen, right? So end cycle on it. Say OK, that's it. Not going to happen anyway, so I don't have to have anymore attention on it. Right? Just end it. That's it. Over. And take all of these cycles off.

And then the ones you have left, work out how you can complete them, and then start completing them. OK? Break them down in to steps and then do one step after the next step after the next and give yourself, each time that you completed one of the steps, give yourself a well done. You did it! You will feel a lot better and this heavy feeling on your shoulder, you know this tiredness, "Oh my god, how much work I have," will actually lift. OK?

Audience: Yeah.

Good. There's another thing I wanted to go over with and this is Mr. Hubbard says in one of his lectures, "Any statement can influence an individual." ANY STATEMENT. Let's take a look at that.

Here somebody asks you to do something and your first statement is, "Oh, that's way too hard. I can't do that." Guess what? Now it's way too hard and you can't do that.

You say, "I don't have the time." Guess what? You won't have the time. Right?

You say, "Well, I'm tired." And now you are tired. Right?

The statements that we make are actually to a very very large degree the world that we have created and we now live in.

And one of the favorite statements that I've found, and I used to have this by the way, one of my favorite statements was, "I can't remember any names. I can remember faces but I can't remember any names." And guess what? I couldn't remember names. Right?

Now, when I realized that I changed it. I then started saying, "Up until now I couldn't remember names, but now I can remember names." And now I can. Right?

We create the framework that we live in and a lot of these statements are actually limiting us and make us less able than we actually are.

So here's your homework for that. **Listen to yourself talk.** Just listen to the responses that you give up when something happens.

Statements like, "Well, I don't know." Well, guess what? You won't know.

Because one very very vital thing you have to keep in mind. You will never ever make yourself wrong. You won't do that. So your going to make sure you're right. You know?

You say, "Well I can't - could never be there on time." Sure. Your not going to be there on time. Your going to be late. Absolutely.

Or you say, "Well I have trouble being on time

with something." Guess what, you'll have trouble being on time with something.

This may sound almost too simple to be true but try it out for yourself. Listen to yourself. Listen to what you are saying and when you find yourself making statements like this change them to, "Up until now or up until recently I couldn't do this but now I can." Right?

And then after a while change them one more time and say, "Well, yeah sure, I can do that, I can be on time. I can do this, I can do that. You know. I'm capable."

Have you ever, you know, talked to somebody that kept telling you, "I don't have any money."

Audience: Yes.

And they make sure they don't have any money. Cause that's one of the statements. You get it?

Audience: Yes.

This is actually, this alone if you really get this concept, if you really understand this, this alone can be life changing. OK.

Now, Mr. Hubbard uses a word that he calls "postulate." And a postulate is defined by him as a "causitive thinkingness." Alright. Causitive thinkingness. Something that actually then resolves in something else.

Causitive thinkingness. Right?

This starts usually with an idea. Not usually, it actually starts with an idea. We have lots of ideas. We should have lots of ideas anyway because one of the things he, Mr. Hubbard, also mentions in one of the lectures is that, "Your greatest ability is getting an idea."

This is our greatest ability, to get an idea. Get an idea, to get ideas. Now they don't have to be workable, but we can get ideas.

You know and when we grow up what happens a lot of the times we - when we grow up we have all these ideas and then we mention them to someone else. Oh boy!

Now the response comes back. "Ah, come on, your crazy, grow up, it'll never work." Right? All of these things. And so after a while we kind of withdraw from having ideas and especially communicating them.

And we get all the way to the point where we say, "I have no idea."

Audience: Ahh...laughter.

Come on... You can have any kind of ideas about anything. OK? You can take this little bottle for example and say this is a missile, or this is a space rocket, or this is the handle of my light saber. Right? You could have all kinds of idea about this.

So, we have the idea first and then the next step is we have to make a decision. If we don't make a decision about an idea, it's just an idea, it just floats around. But if we decide on this and say well, "Do that," or "I'm going to make that happen," only then it goes up to the next step and it starts and it becomes a causitive thinkingness. You get that?

Audience: Yes.

OK. And once you have done that, now you can go into action and actually do what you need to do to make it happen and it will happen. Or the chances that it will happen have now increased quite dramatically. Yeah?

But there's one additional factor about this whole causitive thinkingness and that is this. Mr. Hubbard says the only way that he can get anything done is to consider that it is done or consider that that is the condition which exists.

So you have to actually get the idea of the end result of what you want to accomplish, what you want to be there. And that, by the way, is

the other reason why cycles of actions are not getting completed.

Without having that idea or having that postulate now of the end result you're not going to get or do the actions necessary to complete it and get the end result. So when you go through your lists of the things you still want to do, make sure that you work out what the end result of each one of them is. And then do it.

OK. So this is the introduction I wanted to give you. There's a lot more that you can learn when you start studying Dianetics and Scientology. I want to invite you to do so, have your own adventures and have your own realizations about life and how much better it can actually be and how much help actually is possible for you and for your friends. OK?

Audience: OK.

Good. So then good journey!

Audience: Thank you!...Applause.

Your welcome. OK. Thanks.

Audience: OK! Good job!

Glossary

Chancellor: the chief minister of state in certain parliamentary governments, as in Germany; prime minister; premier.

cynical: Believing or showing the belief that people are motivated chiefly by base or selfish concerns; skeptical of the motives of others.

fox: a cunning or crafty person.

help: to give aid; be of service or advantage.

idiom: an expression whose meaning is not predictable from the usual meanings of its constituent elements, as kick the bucket or hang one's head

Konrad Adenauer: (January 5, 1876 – April 19, 1967) His political career spanned sixty years, beginning as early as 1906, he is most noted for his role as the first Chancellor of West Germany from 1949–1963 and chairman of the Christian Democratic Union from 1950 to 1966.

nemesis: an opponent or rival whom a person cannot best or overcome.

postulate: things that are suggested or assumed to be true as a basis for reasoning.

phenomena: a fact, occurrence, or circumstance observed or observable.

wily: full of, marked by, or proceeding from wiles; crafty; cunning.

sarcastic: A cutting, often ironic remark intended to wound.

spat: A brief quarrel.