

THE HOW TO UNDERSTAND YOURSELF
AND OTHERS COURSE

GLOSSARY OF TERMS

*A=A=A - Anything equals anything equals anything. This is the way the Reactive Mind thinks, irrationally identifying thoughts, people, objects, experiences, statements, etc., with one another where little or no similarity actually exists.

*ABERRATION - A departure from rational thought or behavior. From the Latin, ABERRARE, "to wander from"; Latin, AB "away"; ERRARE, "to wander". It means basically to err, to make mistakes, or more specifically to have fixed ideas which are not true.

The word is also used in its scientific sense. It means departure from a straight line. If a line should go from A to B, then if it is "aberrated" it would go from A to some other point, to some other point, to some other point, to some other point, to some other point and finally arrive at B.

Taken in its scientific sense, it would also mean the lack of straightness or to see crookedly as, in example, a man sees a horse but thinks he sees an elephant. Aberrated conduct would be wrong conduct, or conduct not supported by reason.

When a person has engrams, these tend to deflect what would be his normal ability to perceive truth and bring about an aberrated view of situations which then would cause an aberrated reaction to them. Aberration is opposed to sanity, which would be its opposite.

*ABERREE - An aberrated person.

ABORIGINE - Any of the first or earliest known inhabitants of a region.

AESCULAPIAN - Of Aesculapius, the Roman god of medicine and of healing. (Pronunciation: es-cue-lay-pee-an)

AFFINITY - Degree of liking or affection or lack of it.

ALLEVIATION - The relieving of pains and sufferings.

ALTRUISTIC - Motivated by the belief that the general welfare of society is the proper goal of an individual's actions.

*ANALYTICAL MIND - The conscious aware mind which thinks, observes data, remembers it, and resolves problems. It would be essentially the conscious mind as opposed to the unconscious mind. The analytical mind is the one which is alert and aware and the reactive mind simply reacts without analysis.

ANTHROPOMORPHIC - Human form or characteristics attributed to a god, animal object, etc. Examples: "a frowning cliff"; "an angry sea"; "leaves that laugh in the wind".

*APATHY - From Greek A "without"; and PATHOS "feeling"; without feeling, no emotions.

Apathy is near death, imitates death. If a person is almost all wrong, he approximates death. He says, "What's the use? All is lost." - L. Ron Hubbard

ARBITRARY - Determined by whim.

***AUDITING** - The action of asking a preclear (see preclear) a question (which he can understand and answer), getting an answer to that question and acknowledging him for that answer.

Auditing gets rid of unwanted barriers that inhibit, stop or blunt a person's natural abilities as well as gradually increasing the abilities a person has so that he becomes more able and his survival, happiness and intelligence increase enormously.

Auditing is a cooperative effort between the auditor and the patient, and the law of affinity is at work. (Also see Processing.)

***AUDITOR** - One who applies Dianetics processes to another.

Auditing is done on the principle of making an individual look at his own existence, and improve his ability to confront what he is and where he is. An auditor is the person trained in the technology and whose job it is to ask the person to look, and get him to do so. The word auditor is used because it means one who listens, and an auditor does listen.

AUTOGENIC - Self generated or caused.

AXIOM - An established principle or law of science.

BACILLUS - Any bacteria, especially those causing disease.

BACON, ROGER - (1214-1294) A great scientist who lived in England. Bacon became a teacher at Oxford University. At that time men learned about science by reading books written by Aristotle and other great writers who had lived 1,500 years earlier in Greece. No one was allowed to question these ideas. Bacon said this method of learning science was all wrong.

Like modern scientists, he believed that experiments should be performed to discover the truth. He also believed that science students should study mathematics. Bacon's ideas, which seem wise and right today, were considered crazy and dangerous in his own time, and he was put in prison.

BACON, SIR FRANCIS - (1561-1626) Francis Bacon was a statesman, writer, and philosopher or thinker who lived in England. Bacon is famous for his essays and for works in which he showed that the ideas of ancient scientists and philosophers were often wrong. Many people have believed that it was actually Bacon who wrote the works of William Shakespeare.

BEDLAM - An old insane asylum, later a hospital for the mentally ill, in London. (Full name - Saint Mary of Bethlehem)

BIOCHEMISTRY - A branch of chemistry that deals with plants and animals and their life processes.

BRICKBATS - (1) A piece of brick, especially one used as a weapon (swung or thrown). (2) A blunt remark or criticism.

BRITISH GUIANA - Country in NE South America, formerly a British colony.

BUND AT SHANGHAI - **Bund**: Street running along a harbor. **Shanghai**: The leading seaport of China.

CATAclysm - Any great upheaval that causes sudden and violent changes as an earthquake, war, etc.

CATARRHAL DISORDER - Medical term for a cold, hay fever or any inflammation within the nose and throat, accompanied with mucus.

*CIRCUIT - A part of an individual's reactive mind that behaves as though it were someone or something separate from him and either talks to him or goes into action on its own accord.
Example: A circuit will often "play back" a song one has heard on the radio, for hours or even days.

*CLEAR - A clear is a person who is now self determined and unrepressed.

To clear (verb): To release all the physical pain and painful emotion from the life of an individual.

CLOISTERED - Confined in a secluded place (from cloister: a place devoted to religious seclusion - like a monastery).

COMMON DENOMINATOR - A characteristic held in common by two or more persons or things; example: a common denominator of beaches is sand, as all beaches have sand in common.

Lowest common denominator: the most basic characteristic held in common.

COMMUNICATION: The interchange of ideas or objects between two people or terminals. More precisely, the definition of communication is: Cause, Distance, Effect with Intention and Attention and a duplication at Effect of what emanates from Cause.

COMPULSIONS - An irresistible, repeated, irrational impulse to perform some act.

CORDITE - A smokeless explosive (used in making fuses for dynamite).

CYTOLOGY - The branch of Biology dealing with cells.

DEBAUCHERY - Extreme indulgence in sensual pleasures.

DEPT OF PUBLIC SERVICES - A department in the Public Division of the Organization of the Church of Scientology which contains demonstrations/indoctrination, film and tape plays, introductory lectures, courses and events.

*DIANETICS - From the Greek dia (through) and noos (soul), thus "through the soul"; a system for the analysis, control and development of human thought which also provides techniques for increased ability, rationality, and freedom from the discovered single source of aberrations and psychosomatic ills. Introduced May, 1950, with publication of DIANETICS: THE MODERN SCIENCE OF MENTAL HEALTH by L. Ron Hubbard.

*DRAMATIZATION - Thinking or acting in a manner that is dictated by masses or significances in the REACTIVE MIND. When dramatizing the individual is like an actor playing his dictated part and going through a whole series of irrational actions.

DUPLICATION - Cause, distance, effect, with the same thing at effect as is at cause.

DURANT, WILL - Born 1885. American educator and, with his wife, Ariel (born 1898), author of works popularizing history and philosophy.

*DYNAMIC - The basic urge in man to survive; tenacity to life and vigor and persistence in survival.

ENCYCSTING - Enclosing in a cyst (capsule or bag). From the Greek word, KYSTIS "bag, pouch."

ENDOCRINE - Of or pertaining to a system of glands in the body which secretes certain substances or hormones (adrenalin for example) directly into the blood stream.

ENDOCRINOLOGY - The science that deals with the endocrine glands.

*ENGRAM - A mental image picture which is a recording of a time of physical pain and unconsciousness. It must by definition have impact or injury as part of its content.

A complete recording, down to the last accurate detail of every perception present in a moment of partial or full unconsciousness. - L. Ron Hubbard

EONS - (plural of eon) Eon: An extremely long indefinite period of time (thousands and thousands of years).

EQUATION - The action of making equal or balancing; the state of being equally balanced. (Now chiefly used in phrases like "Equation of demand and supply" or "Equation of trade").

EVOLUTES - From Latin EVOLVERE "to roll out", "unfold". Refers to the action of an embryo growing through various stages before birth.

FAN A BRONC - Bronc: a wild horse. Fan: (slang) to whip or beat.

FEBRIS - Roman goddess of fevers.

GEOMETRIC PROGRESSION - A sequence of numbers in which each number is multiplied by the same amount in order to get the next number. Example 2, 4, 8, 16, 32, 64 (each number is multiplied by 2 to get the next number).

GOLDI MEDICINE MAN - Goldi: A group of Tungus peoples (of Mongolian descent) living along the Amur River (in Siberia).

GREGARIOUS - Fond of being with others.

*HABIT - That stimulus-response reaction dictated by the reactive mind from the content of engrams, simply something one cannot stop. It can be changed only by those things which change engrams. - L. Ron Hubbard.

HCO - See Hubbard Communications Office.

HEGELIAN GRAMMAR - Grammar: the elementary principles of a field of knowledge.

The elementary principles of the philosophy of Hegel, a German philosopher of the early 1800s.

HUBBARD COMMUNICATIONS OFFICE - It is the world wide communication network of Dianetics and Scientology.

HYACINTH - A flower in the lily family.

HYPNOSIS - An artificially induced sleeplike condition in which an individual is extremely responsive to suggestions made by the Hypnotist. From Greek HYPNOS, "sleep".

HYPNOTIC SUBJECT - The person who is hypnotized.

HYPNOTISM - The act of inducing hypnosis.

IATROGENIC - Caused by medical treatment. From Greek IATROS, "physician".

IDIOSYNCRACY - Any personal peculiarity, mannerism, etc.

IDYLIC - Pleasing and simple, of or having the nature of an Idyll; a short poem describing a simple, pleasant peaceful scene.

INDICTMENT - A formal written accusation, charging one with the commission of a crime.

INEXTRICABLY - Incapable of being disentangled or untied.

INORGANIC - Not caused by physical impairment of the body (said of mental illness). Compare with organic.

INTEGRITY - Wholeness; the character of uncorrupted virtue especially in relation to truth and fair dealing; uprightness, honesty, sincerity.

INTELLIGENCE QUOTIENT (IQ) - A measure of an individual's capacity for learning something new...based upon how old in years the person has become compared to how "old" he is mentally.

*KEYED IN - The moment an earlier upset or painful incident has been restimulated.

KINESTHETIC - The perception of position, movement, tension, etc. of parts of the body.

LEUCIPPUS - a Greek philosopher of the 5th Century B.C. Founder of the theory that Matter was composed of atoms and that atoms moved through a void. This theory was credited to another Greek philosopher of the same time, Democritus, but the original idea was Leucippus'.

*LOCKS - Mental image pictures of nonpainful but disturbing experiences the person has experienced. They depend for their force on painful emotion engrams and engrams.

LORENTZ-FITZGERALD-EINSTEIN EQUATIONS - Hendrik Lorentz was a Dutch physicist; George Fitzgerald was an Irish physicist; and Albert Einstein was a German American physicist.

Lorentz and Fitzgerald developed equations (formulas) in the 1890s which predicted how energy and matter behaved as it neared the speed of light. 15 years later, from this, Einstein developed the equations and principles of the theory of Relativity.

LUCRETIUS - Full name: Titus Lucretius Carus. 96?-55 B.C. Roman poet and philosopher.

MARIONETTE - A doll or puppet moved by strings or by the hands, often on a little stage.

*MEMORY BANK (STANDARD) - The storage place in the mind where all consciously perceived data (sight, sound, hearing, smell, organic sensation, kinesthesia, tactile as well as past mental computations) are recorded and retained and from which they are relayed to the analytical mind. Includes all data of a conscious nature from conception to "now".

METAPHYSICS - It means "after physics" because the original classes in it were given in the period which immediately followed the physics period. That is where that gets its name, because it was the unexplained, inexplicable and upsetting things that no one knew the answer of. - L. Ron Hubbard

MILITATE - To exert force or work (against).

*MIND - The purpose of the mind is to pose and resolve problems relating to survival and to direct the effort of the organism according to these solutions.

MYSTICISM - The body of thoughts, ideas and beliefs regarding mysterious or unknown areas, based on speculation or intuition.

NATURALIST - A person who makes a study of animals and plants.

NEOLOGISM - A new word, or a new meaning for an established word.

NEUROLOGY - The medical science of the nervous system and its disorders.

NEUROSIS - (Plural: Neuroses) A less serious mental illness or disturbance; disorders of the mind or emotions.

"Anti-social action or anti-survival action which is compulsively undertaken by the individual." - L. Ron Hubbard

NEUROSURGEON - Surgeon who does surgery of any part of the nervous system (Nerves, spinal cord, or brain) (includes operating on the brain to cure mental illness).

NEUROTIC - A person suffering from a neurosis.

NEWTON, SIR ISAAC - (1642-1727) An English mathematician and scientist, one of the greatest who ever lived. His discoveries and ideas have guided other scientists for nearly three hundred years.

He invented the calculus (a branch of higher mathematics), discovered that white light was really made up of six basic colors (red, orange, yellow, green, blue and violet), and developed the idea of universal gravitation.

NOMENCLATURE - A set of terms used to describe things in a particular subject.

OCULARLY - Of or pertaining to the eye.

OLFACTORY - Of the sense of smell.

OPPORTUNISM - The policy or practice of using every opportunity to one's advantage, without considering whether such an action is right or wrong.

ORGANIC - (1) Of, pertaining to, or affecting living tissue (said of "organic sensation"). (2) Caused by physical impairment or change (said of "organic mental illness").

PAGANISM - The beliefs and practices of one who worships many gods or no god.

PAIN-DRIVE THEORY - The theory that man is motivated by (driven from) pain alone.

PASTEUR, LOUIS - (1822-1895) A French scientist who founded the science of bacteriology (the study of bacteria or germs). Pasteur's studies led to the invention of a process that now bears his name, pasteurization. This is a process of treating foods, especially milk, with heat to kill harmful bacteria.

PASTEURELLA PESTIS - Rod shaped bacteria which are parasitic (live off other organisms) and cause disease in man and animals.

PATHOLOGICAL - Pertaining to or caused by disease.

PEDANTIC - Placing unnecessary stress on minor points of learning, but lacking in judgement or sense of practical application.

PENATES - The household gods of the ancient Romans. (pe-nāt-ēz)

PHENOMENA - Occurrences or facts that are directly perceptible by the senses.

PHILOSOPHY - The love of, or the search for, wisdom or knowledge. (From Greek PHILOS - loving, SOPHIA - wisdom)

"A love or pursuit of wisdom or a search for the underlying causes and principles of reality." - L. Ron Hubbard

PICASSO, PABLO - (Born 1881) Lived in France. A Spanish painter and sculptor. Created new styles of modern art.

PILOT - (PILOT PROJECT), in new programs the bugs have not been worked out. It's like a newly designed piece of machinery. The clutch slips or the horse power is sour. New programs are undertaken on a small scale as pilot projects. If they work out, good. Spot the bugs, streamline them and prove them. Only then is it all right to give them out as broad orders.

POLICY - The rules and administrative formulas and procedures by which individuals in an organization agree on action and conduct their organizational activities.

POLYSYLLABLES - Words of more than three syllables (examples - extraordinary, Constantinople, enthusiastically).

PORTENDS - Indicates in advance; foreshadows.

POSTULATE - To assume the truth or reality of with no proof, especially as the basis of an argument.

*PRECLEAR - (1) A person who, through Dianetics processing, is finding out more about himself and life, and is on the road to becoming Clear; hence Pre-Clear.

*PRESENT TIME - That which is now and which becomes the past almost as rapidly as it is observed. It is a term that refers to the environment as it exists now, not as it existed; as in the phrase "the preclear came up to present time", meaning the preclear became aware of the existing matter, energy, space and time of now. "Now".

*PROCESSING - Called "auditing" by which the auditor "listens and commands". The auditor and the preclear (patient) are together out of doors or in a quiet place where they will not be disturbed or where they are not being subjected to interrupting influences. The purpose of the auditor is to give the preclear certain and exact commands which the preclear can follow and perform. The purpose of the auditor is to increase the ability of the pre-clear. The AUDITOR'S CODE is the governing set of rules for the general activity of auditing. (Also see Auditing) - L. Ron Hubbard

PSYCHIC - Of or relating to the human mind (or human soul).

PSYCHOSIS - (plural: Psychoses) "Any major form of mental affliction or disease. The guy is just generally the effect of everything." - L. Ron Hubbard

Any severe mental disorder; the serious kind of mental disease.

***PSYCHOSOMATIC ILLS** - Physical illness caused by the mind. From Greek PSYCHE - "soul"; SOMA - "body".

PSYCHOTHERAPY - Psychological treatment of mental, emotional or nervous disorders.

PSYCHOTIC - One afflicted with a psychosis.

***REACTIVE MIND** - A portion of a person's mind which works on a totally stimulus-response basis, which is not under his volitional control, and which exerts force and the power of command over his awareness, purposes, thoughts, body and actions. Stored in the reactive mind are engrams and here we find the single source of aberrations and psychosomatic ills. - L. Ron Hubbard

***RECALL** - Present time remembering something that happened in the past. Thinking of; remembering; putting attention on something that happened in the past. - L. Ron Hubbard

REPRESSION - Rejection or suppression of painful or disagreeable ideas, memories or feelings.

***RESTIMULATION** - When the environment reactivates an incident in the reactive mind which then acts back against the person's physical body, emotions or thoughts. This is a very simple system of stimulus-response.

***RETURN** - The act of returning.

***RETURNING** - Going back and re-experiencing an incident.

ROUSSEAU, JEAN JACQUES - (1712-1788) A French writer whose ideas about freedom had a great influence on the world. Rousseau wrote that civilization is bad for people and that simple savages have a better life than more civilized people.

SANATORIA - (plural of Sanatorium) An institution for the treatment of chronic diseases, such as tuberculosis.

SCIENTOLOGY - (1) An applied religious philosophy dealing with the study of knowledge, which, through the application of its technology can bring about desired changes in the conditions of life. (Taken from the Latin word SCIO - knowing in the fullest sense of the word and the Greek word LOGOS - to study.) (2) An organized body of scientific research knowledge concerning life, life sources and the mind and includes practices that improve the intelligence, state and conduct of persons. (3) The science of knowing how to know answers. It is a wisdom in the tradition of ten thousand years of search in Asia and Western civilization. It is the science of human affairs which treats the livingness and beingness of man, and demonstrates to him a pathway to greater freedom. (4) An applied philosophy designed and developed to make the able more able. In this sphere it is tremendously successful.

***SELF DETERMINED** - Motivated by self determinism. (See Self Determinism)

***SELF DETERMINISM** - Is that state of being wherein the individual can or cannot be controlled by his environment according to his own choice. In that state the individual has self-confidence in his control of the material universe and the organisms within it. He is confident about any and all abilities or talents he may possess. He is confident in his interpersonal relationships. He reasons but does not need to react. - L. Ron Hubbard

SENTIENCE - A sentient state or quality. (See Sentient)

SENTIENT - Capable of feeling or perceiving; conscious.

SHAMAN - A priest or medicine man of shamanism, the religion of some peoples of NE Asia (and America) based on a belief in good and evil spirits that can be influenced only by the Shamans.

*SOMATIC - Physical pain or discomfort, of any kind. It can mean actual pain, such as that caused by a cut or a blow; or it can mean discomfort, as from heat or cold; it can mean itching - in short, anything physically uncomfortable. It does not include mental discomfort such as grief. From Greek, SOMA, "body".
- L. Ron Hubbard

SPENCER, HERBERT - (1820-1903) An English philosopher and thinker. He studied engineering and for some years devoted his time to inventing mechanical devices such as candle-extinguishers and salt shakers. At the same time he became interested in social and psychological problems and in the theories of evolution that were new at that time (about 1850). He wrote books on these subjects for the rest of his long life.

STIGMATIZE - To mark as disgraceful.

STOICS - Members of an old Greek school of philosophy holding that men should be free from passion and calmly accept all that happens as unavoidable.

SUMMATION SIGN - A symbol (Σ) used in calculus to express a consecutive series of numbers which are to be added together.
The summation sign is used to abbreviate the writing out of the numbers to be added. It is also a short cut method to do the addition. (From Latin SUMMA, "total" or "sum".)

*SUPPRESSOR - (See "Survival Suppressor")

*SURVIVAL DYNAMIC - (See "Dynamic")

*SURVIVAL SUPPRESSOR - The combined and variable threats to the survival of the race or organism. These threats come from other species, from time, from other energies. - L. Ron Hubbard

SYLVAN - Of or characteristic of the woods or forest.

SYMBIOSIS - (from Greek - literally "living together") The intimate living together of two kinds of organisms especially where such association is of mutual advantage.

SYMBIOTES - One of the organisms in a symbiotic relationship.
(See Symbiosis)

SYMBIOTIC - Of, or having to do with Symbiosis. (See Symbiosis)

TACTILE - Having to do with the sense of touch.

TENACITY - Quality of holding or tending to hold firmly; persistence; stubbornness.

TERMINAL - Anything that can receive, relay or send a communication (most common usage); also, anything with mass and meaning.

TERRA INCOGNITA - (Latin - "Unknown Land") Unexplored territory; or unexplored field of knowledge.

THALAMUS - The part of the brain which is thought to be the main "switchboard" for incoming sensory perceptions.

*TONE SCALE - A scale which plots the descending spiral of life from full vitality and consciousness through half-vitality and half-consciousness down to death.

UNCONSCIOUSNESS - When the analytical mind is attenuated (weakened in strength) in greater or lesser degree. It is the intensification of unknowingness. - L. Ron Hubbard

VEDA - Any of four ancient sacred books of Hinduism.

"The Veda is a study of the whereins and whereases and who-made-it and why. Veda itself means simply 'knowingness' or 'sacred lore'. Knowingness has always been considered sacred lore." - L. Ron Hubbard

ZOMBYISM - (from Zombie, snake god of West Indies voodoo cult)
Originally: The trancelike state of a corpse brought back to life by someone who casts a spell and commands the actions of the corpse.

Any similar state brought about by other means (electric shock treatment, brain surgery, drugs, etc.).

ZYGOTE - A fertilized egg cell.

<p>*Indicates special Dianetics terms, or English words which have been given a specific or precise meaning as used in the subject of Dianetics.</p>
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