

DYNAMIC PSYCHOLOGY
LESSON IV
LAWS OF DISTRIBUTION I

So far in our investigation we have only considered the definitions of our terms and laid the framework for further analysis of the problem. We have seen that the basic problem of the mind is one of access to the wide-spectrum, full-fidelity storage warehouse of experience which psychological research has shown us does exist somewhere in the mind. Since the mind cannot function properly without reliable and ready access to this memory store, many of the unsolved problems of the mind may be resolved if pathways to these stores can be opened. Attention will be directed towards understanding why these imprinted high-fidelity recordings are barred from consciousness.

We shall call the effort to recover these lost stores of previous mental constructs, which includes past skills, knowledge, data, etc. memory search, and the faculty that is concerned with reactivating deep-lying imprints, the Recall faculty. Recall differs from memory in that it is unmistakable in its clarity and detail, it impinges upon our conscious mind in such a way as to almost ape the vividness of present time perceptions. When we, in the normal process of trying to dig up data from the Unconscious mind, receive a memory, this memory has the quality of an abstracted or contracted version of the event or piece of information we desire.

To cite examples of a memory, we need merely refer to such everyday routine memorization which occurs when we look up a number in a telephone book and then, without looking at the same time, proceed to dial it. For such jobs, our conscious memory faculty works very well. I realize, however, that there are some people who still have difficulty dialing, even when looking at the page where the number is displayed. We are all also aware of the wide range of memory ability among persons, from a stage performer who possesses a photographic memory, to a moron who can't even remember his own name. Another example of memory occurs when an unbidden melody from some TV commercial or a snatch of a tune runs through

our mind without our wanting it to. Conversely we are also aware that we know some pertinent fact we need but can't quite remember it. It's on the "tip of our tongue," so to speak. Later, when we don't need it, out comes the right data, much to our chagrin. By that time we no longer are in need of the information.

-- These and other tricks our memories play on us need explanation as well as some of the more pathological and serious disturbances. These range from inability to concentrate because of unwanted memories flooding the mind to full-blown hallucinations which come into the conscious awareness, unbidden and, masquerading as present time, real experience, render the person so unreasonable and unpredictable as to need commitment to an institution. Real Recall would have the character of a hallucination except that the person would realize the source as stemming from the past and not from the present.

This gives us a clue as to the reason for the rarity of true recall. It is too vivid, it might confuse the person into being unable to distinguish between present time reality and past time memories. The mind has had to incorporate into our mental structure some means for extracting, abstracting and digesting the vast store of its very highly accurate and reality-simulating recordings. Just as a busy corporate executive in his position of decision has to have reports that are up-to-date and accurate, containing only the important and essential facts he needs, so too the mind needs such up-to-the-second reports as to its state of health, the environment etc.

On the other hand, our busy executive does not want any more than the bare essential details, too much minor detail in a report can actually hinder him from arriving at a correct decision. For instance, a long and detailed list of employees, giving their names, telephone numbers and a host of other unimportant data would be superfluous if all he needs to make a decision is a total number or a breakdown into class or trade. A greater amount of detail than needed in a report slows down decision time, an insufficient amount of necessary detail may make the decision faulty or poor. For optimum function the reports which

he receives must contain all the pertinent data and none of the redundant or unnecessary facts.

Our conscious awareness is constantly receiving from the organism's internal as well as external environment current up-to-the-second reports on the state of things. These reports are conveyed in such a way as to present a continuous picture not only visual but of all the senses which at the same time does not interfere with the optimum perception of the external situation. For instance, at the same time that I am writing this lesson, I am also aware of the coldness of my feet, but not enough aware of this as to distract me from writing. At the same time I am marshalling my thoughts, memories and ideas so as to be able to put down on the paper what I wish to say. I would be very distressed however, if I saw in front of me the words that I want to write appearing on the paper before I touch the typewriter keys. That would be in the nature of a hallucination and would interfere with my ability to precisely monitor what I am actually writing.

In addition to Recall of imprints and memory of our constructs, there seems to be an additional feature of our mental facilities which provides us with postulates upon which we can erect logical superstructures of reason and speculation. Postulates are to the mind what interest is to capital in economics. Without postulates we would be unable to foresee events, predict behavior and think constructively on any subject. We would have a very literal, non-generalizing type of mind which has no sense of humor or talent for science. A postulate is a construct which is useful in finding and formulating other constructs.

A postulate differs from a recall in that it appears to the consciousness as impressions, worded thoughts and even vague hunches. A Recall is vivid, unverballed and leaves no doubt in the recipient's mind as to its very real and close imitation of the primitive event which it reproduces. Recalls are so close to mimicing the original recording as to almost masquerade as present time reality. But the almost is very important, unless the person real-

izes that he is experiencing a recall and not a present time perception, he can be described as being psychotic. A person who possesses a wonderful photographic memory, that can furnish him with the best quality, factual report on the desired information is in a quite different category from a person whose Unconscious mind hands out reports on past events which obscure the more important data of present time. Such playing back of recordings made previously with such high fidelity as to blot out the receipt of present time data is called a hallucination, and the process of producing this is called ecpborization.

Ecpborization, according to Webster's Unabridged means the revivication or arousal of engrams (imprints) from a latent state to an active state either by repetition of the original stimulus or by mnemonic excitation. An engram is a synonym for imprint and means any lasting trace left in the cells or organism of an experience or event. To amplify this definition, ecpborization takes place when something in life reminds some ever-present monitor in the mind that something in present time is getting very close to duplicating the conditions that existed when an earlier engram was made. Usually the more "important" (meaning the most threatening to survival) the original recording was, the greater the degree or intensity of the revivication. When the correspondence between an earlier engram becomes very close, all or part of the original sensations become activated as if to warn the organism of the former danger or difficulty it had.

We see, therefore, that the important discriminating difference between Recall of past recordings and the ecpborization of them is in the conscious intention or desire to summon them from their store house. A hallucination results from unwanted ecpborization of stored material, a Recall results from the revival of a wanted piece of information or event. In short, a hallucination is involuntary, uncalled-for revival of past data, Recall is voluntary and deliberate revival of past recorded data. When we recall visually, we "see" in our mind's eye, when we are victims of ecpborization, we see with our own eyes the past instead of the present. Recall is a

healthy, if supernormal function of the mind, hallucination is an unhealthy, or sub-normal functioning. A past event can be ecphorized partially or wholly.

Ecphorization is a possible explanation of a very puzzling medical phenomena, namely "phantom limb". This condition is only known to afflict persons, especially soldiers who have had one or more limbs amputated. They frequently report that on some days they can feel various sensations in these missing members. The sensations range all the way from a mere vague impression of still having a foot, through feeling warmth or cold, up to severe pains or unpleasant sensations seeming to come from the whole leg. Some doctors have thought that this condition was due to stimulation of the nerve stumps at the site of the amputation, but some investigators have actually stimulated such stumps and failed to elicit responses anything like the "phantom limb" feelings.

If we posit, however the possibility of ecphorization being responsible, the explanation is extremely simple. This person with the missing limb is merely experiencing a hallucination of a past recording stored in the mind and being revived by something in the surrounding environment which is activating or restimulating the original recordings made when the limb was attached to the body. This recording is now playing back, much like a tape recording, duplicating the feelings of some past experience, and doing so without any desire on the part of the victim.

All that is required of the ecphorization theory is the condition that everything that the body experiences is recorded, not only the sights, sounds, smells and any other superficial senses. If pains, aches, emotions, unconsciousness, fatigue, dreams, ideas are recorded as well as the rest, when these sensations are restimulated they play back much as any other sensation would, and as well masquerade as pertaining to the present time. This amputee "feels" these sensations and "knows" they are as intense as the original. Anyone who tells this person his pains are imaginary will be undermining this person's sense of reality and will probably get a very angry res-

ponse to such an assertion. This evidence seems to indicate that there is in the mind a mechanism for "playing back", much like a tape recorder, the engrams made in the past history of the organism.

If this is the case, and medical science has evidence to support this view, then many puzzling features of the mind's malfunction can be explained. All that is happening when a person is suffering from a psychosomatic disease is that some previously recorded pain is playing off masquerading as a real present time one. Since a psychosomatic illness is one in which there is no discernible organic cause for the person to feel pain, therefore it must be "psychic" or mentally induced. How can the mind induce pain into the body, easy, if you accept the idea of ecphorization of past painful incidents. The victim is merely "feeling" something that he once experienced but has now forgotten. Often the person afflicted with a psychosomatic pain may describe it as "just like the pain I used to get when I was recovering from my operation."

Many people, when describing a psychosomatic pain to their doctor make comparisons to earlier sickness or accidents. However few doctors believe that there is any sort of cause and effect relationship, but attribute it to a wide variety of causes. It is an attractive theory, and we also have evidence from another source to back it up. In hypnosis, it has long been known that if a hypnotist has a good responsive subject, he can induce in his subject, merely by suggestions implanted into the lower, or deep layers of the mind, almost any kind of pain, feeling or physical manifestation.

The implications of this for psychosomatic research can not be glossed over or ignored. Here is an important piece of data which merits further investigation. Many investigators, however, still do not recognize hypnosis as being a valid tool for psychological research, and have resisted recognizing as legitimate the practice or teaching of hypnosis. Many look upon hypnosis as being a pseudoscience or even quackery. Yet, as we shall see, serious hypnotists have made many valuable contributions

to the understanding of how the mind functions and also how it can malfunction. They have amply demonstrated innumerable times the fantastic power that suggestions acquire when implanted into a persons mind while he is under hypnosis. The hypnotist has practically proven that almost any thing that the hypnotist tells the body to do, it will do, to the letter.

To give some examples of what a skilled hypnotist can do with a cooperative and highly suggestible subject, we can cite the following. They can speed up or slow the heart, increase visual perception or produce blindness. They can also produce selective blindness, so that the subject cannot see a certain object or person even though it is perfectly visible. Conversely, they can cause a person to see something or someone who isn't there. He can tell a person he is eating an apple and the subject will describe vividly the taste , kind and color of the imaginary apple.

Stage hypnotists have been able to make even unwilling subjects the butt of laughter by causing them to perform all sorts of ludicrous acts such as, scratching at imaginary ants crawling up their legs, eating lemons and praising their sweetness, etc,etc. They have also been able to get their volunteers to perform superhuman feats of strength, such as supporting two people on their chest while stretched between two chairs. Others he can induce to display prodigious feats of memory, being able to recall minute details of a picture they merely glanced at. In short,almost any heightening or lessening of any of the mental facilities available to the conscious mind and even some that are not, can be effected by a skilled hypnotist if he can find a willing subject.

There have been several cases of the legal use of hypnosis to uncover evidence in a law case which would never have been recovered otherwise. One case involved that of a young lady who was hit and severely injured by a hit-and-run driver. As she was flying through the air after the impact and just before she blacked out, she reported that she caught a glimpse of the license plate of the car that hit her. However, try as she might, she

could not remember the number of the license plate. Since there were no other witnesses, it having happened on a lonely road, she was unable to cooperate with the police in apprehending the criminal driver.

A hypnotist heard of the case and offered his services to the unlucky victim. Fortunately she turned out to be a good hypnotic subject, and after a few sessions was able to return via hypnotic suggestion to the time of the accident. The first time she contacted the incident, so vivid was her recall that once again she became unconscious and the hypnotist had a difficult job of steering her through the incident to the precise moment when she glimpsed the license plate without at the same time exposing her to all the pain and shock of the impact. Luckily the hypnotist was able and with consummate skill brought her to the all-important moment without the accompanying feelings. There before her mind's eye was the license plate! She read off the number and detectives immediately checked their files and quickly brought in a suspect. A thorough examination of his car revealed damaging evidence on the car bumper and the car paint on her coat matched the paint on the car. She was able to recover damages and the man who hit her was put in prison.

There is also an account of an incident in Denmark, in which hypnosis was used to commit murder. Contrary to wide popular belief, persons under hypnosis can be made to do things against their conscience or moral code. There are several instances in history, of which this Danish case is an example.

About twenty years ago, during world war two, a man committed a murder, and in his defense he pleaded that he was under the control of another man who had hypnotized him so completely that he had to do this hypnotist's bidding. The court was, as we can well imagine, quite sceptical of this alibi, and it was checked. Eventually the hypnotist broke down under grueling cross-examination and admitted he had placed the actual killer under hypnosis and had implanted a post hypnotic suggestion to the effect that the victim had to be murdered because he was an evil person and had to be removed for the "good of mankind".

Like any other powerful tool, it can be used for good or evil and hypnosis is no exception. An interesting line of psychologic inquiry was opened up by a psychiatrist who was also a hypnotist. He was a specialist in that branch of psychotherapy which is called symptom removal by suggestion. In this form of therapy, the doctor puts the patient into a deep hypnotic trance and proceeds to tell him that when he emerges from the hypnotic trance his symptoms will have vanished. Interestingly enough this approach to psychosomatic illnesses works, but it also has some drawbacks. One of the most grave of these drawbacks is that the patient may not have the symptom he originally complained of, but often, another, perhaps even more serious disability appears.

To cite a particularly dramatic example of the substitution of one symptom with another after the original symptom had been removed by hypnotic suggestion, let us consider the case of a Dr. C. As part of a research project upon hypnotic therapy (also called hypnotherapy), Dr. C. began to treat a man with a twisted neck (torticollis), a condition which is often psychosomatic. In the first trance, the Dr. told him that when he awoke from the trance, he would be able to freely move his neck, that it would no longer be stiff and rigidly fixed to one side.

Sure enough, when the patient awoke, he was able to move his head without any trouble, but instead, found he had great trouble in breathing, in fact, his face began to turn blue. Quickly the Dr. rehypnotized the patient and proceeded to remove the new symptom as well as preventing the reappearance of the twisted neck. When reawakened the second time, instead of a twisted neck or a constriction of the throat, the patient began to vomit all over the Dr.'s nice new rug. The Dr. needless to say immediately reestablished the trance state and continued to remove the new symptom as well as reinforce the power of the old ones.

On arousing the patient from the third trance, the doctor was terrified to see the patient, with a wild look in his eyes, begin to reach toward his exposed throat

with outstretched hands, evidently intent upon choking the doctor who was removing all his precious symptoms. As fast as he could the doctor put the patient back into the trance but this time he said to the patient, "when you awake this time all the suggestions which I have given you will cease to have any effect upon you." When the patient was brought out of his trance this last time, back came the original torticollis in all its severity!

Hypnotherapists have found from sad experience that while you can remove symptoms by suggestion, it doesn't always work out the way it was planned. One trick they use is to remove a very grave symptom which is incapacitating to the sufferer but leave him instead another symptom which, while embarrassing or somewhat painful is not as bad as the original complaint. For instance, a young man awoke one morning to find that his right hand was paralysed, and since he needed this hand in order to hold his job, he went to a hypnotherapist for treatment, as the doctors could find nothing organically wrong.

All attempts to remove the paralysis completely did not succeed, either some other equally incapacitating symptom appeared, or else there was an increase in emotional tension. Finally the therapist hit on an acceptable solution, he removed the hand paralysis, but left the little finger partially paralysed. The patient was permitted to keep his job and he was also able to show the world he was paralysed.

We shall go into more detail on these questions later in the course, but for the present, if you think about it, this shows that there is something in the mentality which is dictating conditions over which the conscious mind of the person seemingly has no control, and yet the conscious direction or commands of another person, namely the hypnotist could effect drastic changes in the mental functioning of the subject. In other words, someone completely outside our bodies can get our bodies to perform in ways we can never get our bodies to do by our own commands and it can carry out these external suggestions better than our own internal ones. Surely there is something very wrong with either our upbringing or education which block us

from those control centers in our mind which must surely exist, otherwise how could a hypnotist have such control over his subjects?

To restate the problem of mental poverty in the light of these findings, we ask the question, WHY IS IT THAT IN SPITE OF MOST PERSON'S ABILITY TO CARRY OUT SUGGESTIONS WHICH REQUIRE ALMOST SUPERHUMAN FEATS OF MIND OR BODY WHEN SOMEONE ELSE GIVES THE ORDERS, BUT WHEN WE TRY TO EXERCISE OUR OWN FACILITIES, WE FAIL TO APPROACH WHAT THE HYPNOTIST ACHIEVES READILY?

Another puzzling phenomena of the mind is called subliminal perception, meaning that a person's unconscious mind can receive and store an impression of an event that happened so quickly that the person, even though he was watching carefully could not consciously perceive it. This phenomenon was brought to the attention of the public several years ago because of an advertizing campaign in a movie house in New Jersey which used a form of subliminal perception in which another picture than the one the audience is looking at consciously flashed on the screen. In this case it was urged by a flashed picture to eat popcorn. Sure enough, during intermission, the sales of popcorn skyrocketed. Yet, I'm sure that if you had asked the people who were exposed to the subliminal ad, why they had bought so much popcorn, they would have given any old reason but the right one.

Further research since then has borne out the fact that even without hypnosis, suggestions can get into our unconscious or subconscious facilities and reemerge from there, masquerading as our own thought, feelings or desires. Surely this is a powerful brainwashing technique, and constant vigilance needs to be exercised to prevent its use by unscrupulous individuals. The secret of influencing the mind against its own wish is to enter via unconscious, unmonitored pathways. These suggestions will then impinge upon the consciousness imitating one's own inner thoughts, feelings or desires. Surely a diabolical discovery. It is also a very important clue as to why we cannot make full use of our psychic potentials. Evidently during certain moments in our past, subliminal suggestions

may have been implanted in our subconscious or unconscious minds without our being aware of their existence, and these slumbering suggestions continue in a semi-dormant state until triggered by something closely approaching the original event, causing the primary suggestion to become activated. This reactivated or ephorized idea, suggestion or desire then wells up into our conscious awareness, masquerading as a real and present time need. Not only thoughts, ideas and desires may be activated in this manner, but perhaps pains, aches, inappropriate acts or emotions may become ephorized too.

We know from our contacts with other people that a great diversity of awareness and memory ability exist among human beings. We have some geniuses who can with seemingly no effort memorize vast quantities of information and recall it almost perfectly. On the other end of the scale, there are some retarded or even moronic minds who cannot retain a single thought or idea for more than a few seconds. Evidently these persons' level of awareness is very low, and they are merely using a fast access but extremely limited capacity memory store.

So we can postulate or imagine an artificial barrier or psychic frontier in the mind, a sort of borderline area or limiting blockade to which our conscious awareness can penetrate but no further. Much like in economics, a margin of production. Up to this point the mind has access to its stores, beyond that point, is terra incognita, or perhaps forbidden ground. I would like to call this borderline zone of mental function the Margin of Awareness. In popular terms it might be likened to the twilight zone, that mysterious area of partial consciousness between sleeping and waking, between dreaming and day dreaming. Here is the true frontier of the mind, the vast unexplored region which exists within us all, merely awaiting the proper maps and guideposts to enable later venturesome souls to be able to penetrate without losing their way.