

10.4.21

As is my understanding of the Mind, it helps to identify its purpose to pose and resolve problems relating to survival and to direct efforts according to those solutions. You see, our Mind is natively CAUSE and seeks to be minimally an EFFECT. Alas, Mental Health is determined by that.

It's very obvious now that Merchants of Chaos (and Fear) cater to Minds becoming overwhelmed, which produces mental illness of some sort (e.g. addictions, compulsions, psychosis, etc.) requiring help from some bureaucracy. Haven't you noticed how well Bureaucracies supplant Individual Power?

I've learned that the key in becoming mentally overwhelmed is to simply surrender and succumb to being the Effect of environmental chaos. Look around: This phenomena of becoming mentally overwhelmed has produced Pharmaceutical Empires and their symbiotic Psych Industry these past 50 years or so.

Know this, everyone! The Mind - as CAUSE - is able to perform Ordo ab Chao (Order from Chaos). Consider the definition of the word CRISIS [Gk. Krisis, lit. decision, to decide] 1a: the turning point for better or worse. 2: the decisive moment. Every crisis is an opportunity then, isn't it?

It is my hope that the following blog - "THE DANGEROUS ENVIRONMENT" text will provide greater understanding of current events. That text is companion to the SOLUTIONS FOR A DANGEROUS ENVIRONMENT course checksheet, which I posted earlier. Feel free to print out this material and mail it in to prisoners.

For the Love of Truth!

William Goehler  
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Universal Life Church



# VOLUNTEER MINISTER TESTIMONIALS & SUCCESSES

## SOLUTIONS TO A DANGEROUS ENVIRONMENT

"I helped a man and his wife whom I met on the bus one day. The wife was in tears for some reason. I got her to look at those things in the environment, which she felt were not hostile to her. She became bright and started working out how she could solve her own problems. Another time I helped a man, who had been very upset and hysterical in his environment, to move to a new place and to take daily walks. He became much saner and started to reach out and help others from his position as a school teacher. I have also helped my own family members through a time of upset over the death of my grandmother. Surprisingly, this brought stability and a sense of calmness, even during this trying time. This is simple technology to use that just makes life easier and much more pleasant."



Unable to tolerate seeing another in distress without doing something about it, a woman used Mr. Hubbard's technology to help others in trying circumstances. She had many successes with these simple solutions.

"I realized that I had been looking at everything from someone else's point of view. By changing my point of view, it was a whole different world. It was not the world I had previously been taught about at all! This changed so many things for me—I actually started living.

"I was able to observe better, just by looking at what was really there. The environment wasn't so dangerous anymore, not so frightening. I had been taught at a very young age that you must keep your mouth shut and do what you're told and be very careful because you can't trust anybody. When I actually looked, I found there were a lot of people around me who were good. This opened up my communication because I could say, 'That's not true—look at this, this and that.' I used this Scientology data on a radio show. People would call in and ask questions. I got one fellow to realize that he could actually make it in life just by observing that others around him were surviving and that he had been fed false information. He is now succeeding in life. His world, like mine, changed from dull gray to a place full of bright colors and enjoyment."

SOMETHING CAN BE DONE ABOUT IT

## SCIENTOLOGY PRISON OUTREACH

**W**e live in a perilous world, a dangerous environment. Watch television news or read your daily newspaper and you are subjected to a daily diet of robberies, rapes, riots, murders, fires, earthquakes, floods and famines.

*Do you find yourself becoming disturbed by what is happening around you? Do you feel helpless, unable to control these events? Do you even sometimes feel afraid?*

*In this booklet, L. Ron Hubbard dissects this phenomenon of the dangerous environment, providing methods that will not only help you overcome your fears, but allow you to help others. Applied on a broad scale, this information brings about an enormous calming influence and enables people to lead happier lives. Used on an individual scale—by you—it will enhance the lives of your family, friends and associates. ■*

# THE DANGEROUS ENVIRONMENT

**M**any people are not only convinced that the environment is dangerous, but that it is steadily growing more so. For many, it's more of a challenge than they feel up to.

The fact of the matter is, however, that the environment is *made* to appear much more dangerous than it actually is.

A great number of people are professional dangerous environment *makers*. This includes professions which require a dangerous environment for their existence such as the politician, the policeman, the newspaperman, the undertaker and others. These people sell a dangerous environment. That is their mainstay. They feel that if they did not sell people on the idea the environment is dangerous, they would promptly go broke. So it is in their interest to make the environment far more dangerous than it is.

The environment is dangerous enough.

At one time an idea was put forth that certain societies did not advance because the environment lacked sufficient challenge. One of those advancing the idea was English historian and philosopher Arnold Toynbee (1889–1975) who felt that areas such as Mexico did not progress for that reason. Toynbee's idea on this, however, was born in an ivory tower environment, sitting in libraries reading books, but never going out and talking to any Mexicans.

So Toynbee pronounced with great conclusive exclamation points followed by innumerable university degrees, "The reason the Mexican does not succeed is he has insufficient challenge in his environment. The reason South America isn't an up-and-coming industrial power is insufficient challenge in the environment. The reason the African has not progressed further in civilization is because his environment offers insufficient challenge."

What did Toynbee know of it? He spent all his time in the back end of a library, reading books written by men who had spent all of *their* days in libraries. That is no way to learn about life.

In the Philippines, for an added example, a bold, energetic white man arrives and he advises the native Igorots—a tribe which inhabits the northern mountainous region of the Philippines. He says, "If you will just cut a pathway from the village down to the river, then take a bullock cart down to the river in the morning and fill up a water tank and bring it back to the village, your women won't have to be making that long walk to the river. You should engage upon this public works project at once."

He becomes absolutely *outraged* that they don't immediately act on his suggestion and he goes away, thinking, "Aha! Those people have insufficient challenge in the environment. Nothing for them to measure up to. No ambition. Not like us in the West—we have challenge in our environment."

This man had challenge in his environment? Mama spooned Wheaties into his mouth, Papa wrote all the checks as he went through college and his way was paved in all directions with machinery and vehicles. His environment was already licked, so of course he could afford to be bold.

But what really is the environment of the Igorot as he sits by the fire, listening to the white man tell him how he has to cut a path to the river? This Igorot has a little boy, whom he loves very much, but he knows this little boy has only a slim chance of living until he is seven due to disease and bad food. He knows that when the rains come, they won't just be pleasant light rains; they will flood every seed out of the ground and pound the fields to pieces but if he can salvage anything out of that, maybe he will live a few more months. He knows all he has to do is walk under the wrong tree and get hit by a poisonous snake, and that will be the end of him. In other words, he already knows he cannot live, so why try?

In other words, the challenge of the environment is absolutely overwhelming for many people.

But does this mean there is no challenge in the environment in the more "civilized" parts of the world? By no means. Consider the situation of a young artist from Terre Haute, Indiana, who moved to New York City. The casual observer might say that he moved because there was no challenge in his environment in Terre Haute. No, here again, the challenge was too much.

This fellow decided to become a painter in the first place because he couldn't face working in the feed store with the same fellow who beat him up during kindergarten, beat him up during grammar school and beat him up in high school. The thought of having to work with this fellow every day was just too much challenge for him. So he became an artist, but nobody in Terre Haute bought paintings and nobody believed in what he was doing. He had no future there; he was facing continual starvation, he was unable to contribute to his community. That was a very hostile environment. So he moved to a friendlier one, Greenwich Village. He would rather starve to death quietly in Greenwich Village than be threatened to death in Terre Haute, Indiana.

We come to the conclusion, then, that any individual—whether white, black, red or yellow—if he has not been able to achieve his own destiny, must be in an environment that he finds overwhelming, and his methods of taking care of that environment must be inadequate to his survival. His existence is as apathetic or as unhappy as his environment seems to him to be overwhelming.

Why then would people go out of their way to actually make the environment appear more dangerous than it already is?

# THE MERCHANTS OF CHAOS

There are those who could be called "merchants of chaos." These are people who want an environment to look very, very disturbing. These are people who gain some sort of advantage, they feel, if the environment is made to look more threatening.

An obvious example can be seen in newspapers. There are no good news stories. Newspapermen shove the environment in people's faces and say, "Look! It's dangerous. Look! It's overwhelming. Look! It's threatening." They not only report the most threatening bits of news, but also sensationalize it, making it worse than it is. What more do you want as a proof of their intention? This is the merchant of chaos. He is paid to the degree that he can make the environment threatening. To yearn for good news is foolhardy in a society where the merchants of chaos reign.

The chaos merchant has lots of troops among people with vested interests.

And do not think it an accident that the current justice system will take a dangerous criminal, throw him into prison, make him more antisocial and more dangerous and then release him upon the society. The more crime, the more police are needed.

Ideas of this kind are found in the society to a marked degree. It isn't just the newspaper reporter or the politician; individuals here and there also engage upon this.

A lot of people spend their whole lives as professional chaos merchants; they worry those around them to death. The percentage who do this may be

of chaos in her sphere of influence, thinks of her husband, "If I can just keep Henry worried enough, he will do what I tell him." She operates on the idea that it is necessary to spread confusion and upset. But along with this goes a concern, "I wonder why Henry doesn't get ahead?" Naturally, she is making him sick.

The truth of the matter, however, is this: the environment is not as dangerous, ever, as it is made to appear. Instead, tremendous numbers of people and vast amounts of money are manufacturing a dangerous environment. In fact, in the 1960s a huge proportion of the national budget of the United States was dedicated to atomic war. But if they hadn't developed the threat, there would not have been one. The money that financed the horror was busy supporting the horror.

It is not to the advantage of those who get their income, appropriations or public interest from the amount of disturbance to make a peaceful environment.

## *A Calming Influence*

Anything that tends to pacify or bring a calmed environment is resisted by the vested interest that backs a disturbed environment.

To the degree Scientology progresses in an area, the environment becomes calmer and calmer. Not less adventurous, but calmer. In other words, the potential hostile, unreachable, untouchable threat in the environment reduces. Somebody who knows more about himself, others and life, and who gets a better grip on situations, has less trouble in his environment. Even though it may only be reduced slightly, it is reduced.

Newspapers can have a depressing effect on a person.



Since they deal largely in bad news, they present a generally bleak picture of the world.



One can carry the bad news around with him and get a negatively distorted idea of his surroundings, which may, in reality, actually be quite calm.



Even somebody who has heard very little of Scientology has less turmoil in his environment. An individual, less threatened by the environment, tends to resurge. He gets less apathetic. He thinks he can do more about life. He can reach outward a little further; therefore he can exert a calming influence upon his immediate environment.

As that progressed forward, more and more individuals would be produced who could bring more and more calm to the environment or handle things better and better. It is only the things which aren't handled which are chaotic. It would result in a situation where the threat of the environment would die out. This overwhelming, overpowering environment would be tamer and tamer. People would be less and less afraid. You would have more and more opportunity of handling the actual problems that exist instead of people dreaming up problems in order to make some money off of it. It would be a different society.

The merchant of chaos does not like calming influences, however. He will fight anything which lessens disturbance in the environment.

For example, a wife has her husband completely under her thumb. She keeps him worried and upset morning, noon and night.

If the husband now engages in some activity which brings more calmness to the environment, there will be repercussions from the wife. If he is less disturbed, he is less under her control. She would naturally fight the thing that was making her husband more calm.

Yet disturbance and chaos fold up in the face of truth. It is lies which keep the universe continuously disturbed. The introduction of truth into a society would produce a calmer environment with less disturbance and therefore less that could be swindled out of that society by merchants of chaos.

# WAYS TO LESSEN THE THREAT

People are looking for a less threatening environment, or at least for a way to better endure the environment they live in.

The concept of the dangerous environment will be understandable to the individual no matter how crudely it is put to him. Just the concept that he considers the environment dangerous and overwhelming and he doesn't quite know where that danger or overwhelm is coming from is an enormous piece of wisdom.

Shrinking back from a very threatening environment that may overwhelm him at any moment, unable to progress forward into greater endurance or power to handle that threatening environment—this is his life.

An individual's health level, sanity level, activity level and ambition level are all monitored by his concept of the dangerousness of the environment.

There *are* real areas of danger in the environment, but there are also areas being made to *seem* more dangerous than they really are.

Thus, if a person is marched forward into these sectors of his environment and gotten to inspect them, he can perceive for himself that the environment is not as dangerous as it is being made to seem. And with increased confidence in his ability to handle at least *those* sectors of his environment, his health, well-being, sanity and activity levels will rise as well.

A number of simple procedures can help a person increase his command over his environment. The master question of all these techniques is "What part of the environment isn't threatening?" If one can get him to differentiate and find out there are some parts of the environment that *aren't* threatening, he will make considerable gain.

What is the individual's expectancy at this level? It may be this low—that he just won't be so frightened when the doorbell rings. This sounds like a tiny improvement; nevertheless, it would be quite real to him.

He might just want to handle it so that when he wakes up in the morning he doesn't have an agonizing feeling that something horrible is going to happen if he gets out of bed—and maybe he doesn't even expect that feeling to completely disappear, but hopes it will diminish.

These would be real gains to him, and he would be very happy with them. The funny thing is, the gains he will actually experience will, in most cases, greatly exceed expectations.

Here are the procedures you can use to accomplish this:

## 1. Find Something That Isn't Being a Threat

When a person gets too upset or confused, one can have him look around his environment and find something that isn't being a threat to him. Carry on doing this until the person is very happy or relieved and has had a realization about himself, the environment or life in general.

A person can also use this technique directly on himself. For example, an individual can be in his office and very worried about something. He may be sitting at his desk with papers piling up. Everything seems to be in a high uproar, and he feels completely overwhelmed. The person himself ought to be able to look at the papers on his desk (the source of the threat) and find something about them that is not a threat. By making such a discovery, the threat will balance out.

## 2. Don't Read the Newspaper

This is very simple. Tell the person, "Don't read the newspapers for two weeks and see if you don't feel better."

If he doesn't read the newspapers for two weeks, of course he will feel better.

Then tell him, "Now read the newspaper for a week, and at the end of that week you will find you feel worse. Then make up your mind whether or not you ought to pay any attention to the newspapers."

This could be proposed to the person as a simple experiment. It isn't even an expensive experiment—as a matter of fact, it is cheaper *not* to buy newspapers than to buy them.

This is a simple action, but a very effective one which can markedly change a person's outlook on life.

### 3. Take a Walk

Another way of having a person look at the environment and discover that it isn't so threatening is a technique called "Take a Walk." If a person feels bad, have him take a walk and look at things as he walks.

The effort here is just to get the individual to inspect the environment and find out that there is some slightly greater security in it. One just wants the person to look and find out if the environment is as threatening as it appears to be.

"Take a walk and look at things" is the mildest advice that you could possibly give anybody, and is almost certain to produce a result if the person will do it. It is quite effective.

### 4. Find Something That Isn't Hostile to You

There are people who feel as if everybody in the environment is hostile to them.

For a person like this, there is another technique that will lessen his

One could ask any of several different questions, depending upon the situation. Examples of these are:

"Find something people say or do around here that isn't hostile to you."

"Is there one person in the company who isn't actively hostile to you?"

"Is there anything said today that wasn't directly and immediately hostile to you?"

Ask the person one of the above questions (or a similar question with a wording more appropriate to the person's situation). For example, ask him, "Is there one person in the company who isn't actively hostile to you?"

Continue this until the person feels better, is happier and has had a realization about himself, the environment or life in general.

### 5. Handling a Loss

A fellow who has just lost his girl, or a woman who has lost her man, feels the horrible sadness and loss it imparts to everything. Actually, everything in the environment will "talk" to him or her about the lost love. For some period of time, it will be impossible for him to look around and not be reminded of this person.

When one's concentration has been heavily on an individual, it is sometimes almost heroically difficult to not associate everything with that person. The trick is to find something that isn't reminding the person of the one he or she lost. One might have to search a long way to find something.

This is the way to recover from a love affair. The situation is in actual fact a simple one: the individual has identified everything in the environment with his unrest. By directing the person's attention to things in the environment which are not so connected and making him find things which are not actively reminding him, one gets a *differentiation* where an *identification* existed before. And where differentiation exists, intelligence and judgment can



Do the following:

Tell the person you are going to help them. Tell him or her, "Find something that isn't reminding you of \_\_\_\_\_ (name of person he or she lost)."

Repeat the command, getting the person to find something else that is not reminding him or her of the person until he or she has a realization and feels better about the situation.

This simple procedure can help the person recover from his or her lost love and begin to live again.

### 6. Arranging One's Life

By having an individual plan a life by which he could live calmly and unthreatened, the life he is living becomes less threatening.

Let us take, for example, the poor fellow who is on a complete treadmill: he has to keep his job, even though it doesn't pay enough and there's no opportunity of advancement, because if he loses it, he feels he won't be able to get another one or he won't be able to survive. This man is in a box of his own making, and he finds that environment very hostile.

Get him to plan a life which would not be so threatening, no matter how imaginative or seemingly unattainable his plan, and he will be able to go on working at his job much more happily and feeling much calmer.

### 7. Knocking Off Things That Upset One

There is another action which consists of simply having the person stop doing things or associating with people that upset him.

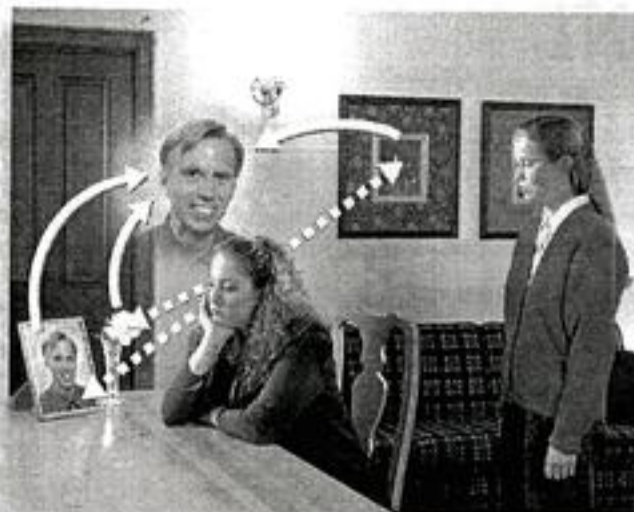
One could say, "Knock off some of those things in your life that make you upset."

"Who upsets you? Well, don't talk to them for a while."

"What activities leave you feeling worse? Well, just don't do them for a while."

"What things in the environment *aren't* really a threat to you? All right, have you got some of those? Fine. Associate with those. Pay more attention to them."

This will benefit the person more than one might imagine



*A broken love affair can result in the person being in a state of mind where everything in the environment is a reminder of the loss.*



*But a person can be helped to recover. If one can find something in the surroundings which does not bring to mind the lost love ...*



*... the person's attention can become unstuck, which allows her to feel better.*

# CONFRONT

One can safely assume that there is always *something* about a situation the person can confront—by which we mean easily face without flinching.

This is a principle which forms the basis of a solution for many who are overwhelmed by their environments.

For example, a social worker is visiting Mrs. O'Leary in her tenement. Mrs. O'Leary has an awful lot of problems and she is telling them to the social worker: her husband gets drunk all the time and never brings home any pay and the furniture is all broken and the children have no clothes and it's impossible to keep the place clean and so forth.

The social worker can really get somewhere if he can find something that can be confronted by the person he is trying to help and get him to actually do it. Although this sounds very simple and innocuous, it has fantastic workability.

People working in the field of social work usually fail to simply adjudicate the problems involved in the situation and then do something about those problems that *can* have something done about them and that somebody *can* confront to do something about them. So as a net result, a social worker doesn't succeed because he never gives anybody anything they can do.

The well-meaning social worker says, "What you want to do, Mrs. O'Leary, is clean this whole place up, scrub it down from top to bottom—after all, we've given you soap. And get your children cleaned up and put in those nice new dresses we sent you. Now, I'll have a talk with your husband concerning his drinking."

At this point, even if Mrs. O'Leary *would* have cleaned up the whole place and put the children in the clean clothes, she and the social worker part company violently. The social worker has just told Mrs. O'Leary something that she *knows* by experience *cannot be done*. Nobody can talk to her husband about his drinking. She doesn't think that even a full-scale attack by the United States Army could do anything about Mr. O'Leary's drinking. Nothing

the social worker does or says from this point on is going to have any effect on Mrs. O'Leary.

Suppose, however, that the social worker listened carefully to Mrs. O'Leary and then applied the principle of giving her something she could actually confront handling. He might have noticed that during their conversation, Mrs. O'Leary had emptied an ashtray for his cigarette. So he says to her, "I'll tell you what I would do. I would start in on this thing a little bit at a time, and I would get the place cleaned up. Now, why don't you keep the ashtrays emptied?" She might even get angry with him, but when the social worker leaves, Mrs. O'Leary will go around and empty the ashtrays.

Finding something that the person can confront handling is essential to getting his or her agreement to handle it. The first level of help is "There is something to be done about it," and the second level contains the element, "*that you can do.*" Giving a person something he or she can confront and actually get done starts to give him the idea that the situation can be handled. The next thing you know, Mrs. O'Leary is liable to start getting ideas that she can even do something to make her husband stop drinking.

This principle of giving a person something they can confront doing is fabulously useful in many areas.

People often don't know how to get any further along in life. They *know* they cannot make any improvement in life, that it is impossible to be any better at all. But using this datum, one could easily demonstrate, even to a whole group, that it is possible to get better. It would be done in the following manner:

Start by advising the person you want to help, "Write down on a piece of paper a short list of the problems you have in your life."

When he has done that, ask, "Which one of those is the easiest for you to confront? Now write that down."

A person may be in a situation which seems overwhelming to him, so he does not do anything about it.



But he can be helped by finding something about the circumstances he can confront handling.



If he can handle one aspect of the situation, his outlook about it can be markedly improved, and he will be able to handle it fully.



Then tell him, "Write down what you absolutely know for sure you could do about that last thing you wrote down."

And finally, tell him, "Now, you see what you've written down at the bottom of this page? Do it!"

Use of this principle can be of enormous assistance to people—in social work, in leading groups, in teaching and lecturing and many other areas.

Don't tell people about problems that they know they cannot do anything about and expect them to be enthusiastic about accomplishing anything.

Neither the problem being pointed out nor the suggested solution must exceed the ability to confront on the part of the person to whom it is being addressed. The easiest thing to relay is an idea, but the idea must not violate the potential to confront of the individual who is expected to execute it.

The sequence is: What is the situation? What part of the situation is potentially confrontable? And what part of that situation will somebody do something about?

Most people stop giving advice because the advice they give is never followed. But if one followed the rules laid out here, he would be a very successful adviser.

Since what the people are being asked to do is confrontable to them, they will be able to handle their problems and succeed at it. As a result, they will be able to see and confront more of their difficulties, and the above sequence can be repeated. A new review of the general situation will find that they have an improved idea of what is potentially confrontable amongst their problems.

The only difficulty one can encounter is that people sometimes start moving with too great a confidence and, like a baby who has just learned how to walk, go tearing across the room at a high run. Unfortunately, they usually fall on their faces on about the third step. They can get overly ambitious. That has to be taken into consideration, and the person warned with, "Don't do any more than this right now."

If you make it your business to (1) rapidly get an estimation of what a person thinks is wrong; then (2) find out which one of these points he can confront; then (3) find out what he is going to do about that point that he thinks he can do; and then (4) get him to do it, and at that point you become terribly insistent on the subject of getting that point done, you will have

# THE REAL WORLD

The world simply must not be a better place, according to the chaos merchant. And so long as politicians move upward on scandal, the military establishment gets fatter on more war, and the media profits from the spread of bad news, there will continue to be those who thrive on chaos.

But this is the created world, not the real world. Behind all this upset and disturbance there exists a calmer environment. It is one in which man can live and feel better, a world where people do heroic deeds and neighbors help each other and people overcome vast odds to excel.

The differences between a competent person and an incompetent person are demonstrated in his environment (surroundings). A person is either the effect of his environment or is able to have an effect upon his environment.

The nineteenth-century psychologist preached that man had to "adjust to his environment." This false datum helped begin a racial degeneration.

The truth is that man is as successful as he adjusts the environment to him.

Being competent means the ability to control and operate the things in the environment and the environment itself.

By recognizing the work of the chaos merchant, people can begin to better control their environments. ■

# PRACTICAL EXERCISES

*Here are exercises relating to handling the dangerous environment. Doing these exercises will increase your understanding of how to help people deal with the problems and difficulties in their lives.*

- 1 Look around and find examples where the environment is made to look more dangerous than it really is. Do this until you are certain that the environment is being made to look more dangerous than it really is.
- 2 Take a walk around the block, looking at things as you walk. After taking the walk, compare how threatening the environment seemed before and how it seems now.
- 3 Find a friend or family member who is feeling overwhelmed by the environment and help them, using one of the seven techniques given in the section "Ways to Lessen the Threat."
- 4 Help a person by getting him to write down a short list of the problems he has in his life. Then get him to find which one of those is easiest for him to confront. Get him to write that down. Then get him to write down what he absolutely knows for sure he could do about the last thing he wrote down. Now, get him to take the last thing he wrote down and do it.