

DENIANETICS™

Version 3.0

by
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For K. Bear

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FOREWORD

Wherever I travel in this great country of ours, I am constantly assailed by the same pedestrian questions over and over again: *What the hell is Denianetics? What do you*

mean by Un-motivation? What's the difference between Denianetics and Sedentology? ...and why should I give a rat's ass?

Of course, at first I ignored such idiotic pestering. After all, anyone who hasn't spent the last seven years living in the back room of a Ukrainian jack-shop, scrubbing viewing booth floors for bread crusts and a monthly freebie from the local hermaphrodite, surely must be familiar with Denianetics—the fastest growing “Life-System” in America.

But recently, during my mid-morning massage, I began to ponder the unthinkable: *Is it actually possible there are still people out there who don't understand Denianetics? Could such mentally incapacitated individuals truly exist? Could there really be even one such brain-dead automaton out there, plodding blindly through its fleeting existence, drawn--like a priest to an altar boy's ass--toward some vague and ambiguous conception of reward; hoping, dreaming, working, suffering, and achieving until it realizes just too late that all it has managed to achieve is a merciful release into the cold oblivion of death? Could our social closet be that full?*

I was at once disgusted and excited by the very thought. It was a moment of Epiphany, and I realized right then and there that I must write this book. For Denianetics to truly help the suffering masses, its principles must be completely detailed and documented for posterity. It also became quickly apparent to me that its principles must also be simply explained and slowly spelled out, because the sad

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reality is that most of the suffering masses are far too stupid to even realize that they are suffering in the first place.

Just too clueless to notice that in this hellish and hectic world of Motivation, our minds are being constantly bombarded. We are attacked from all sides by 24 hour news, pressures at the workplace, and even by our own ambitions. How could I expect the World's population to grasp and absorb my brilliant concepts when most people seem to think the *Thesaurus* was a prehistoric carnivore?

Throughout the course of Human History, men and women have aspired to greatness. Socrates used his philosophic brilliance to inspire the hearts and minds of others; Napoleon wielded his military might to conquer much of his known world; Joan of Arc achieved fame and victory by dedicating her life and spirit to the ways of God; Hemingway inscribed his own path to glory with his clarity of thought and style; Howard Hughes took his family company and built it into one of the greatest financial empires ever known. Our history is rich with such examples of the individual rising above the norm, grasping for their particular brass ring. The entire concept, however, is a steaming load of crap....

The truth of the matter is that Faith is a crutch, Hope is a cancer, and Motivation is the quicksand of the Soul. I know many people will try to write off these views as simple bitter cynicism, or at best, defeatist in nature. They may say that I'm just one of *those people* who always view the glass as half-empty, but they couldn't be farther from the truth. You see, I

don't even drink from glasses—I use paper cups. I can't tell if the cup is half *anything*; my only concern is that there is something in it.

Facts, after all, are facts. Socrates was forced into suicide, Napoleon died in shameful exile, Joan of Arc was brutally butchered, Hemingway blew his brains out, and Howard Hughes died alone and insane. Greatness can never truly be achieved. No matter how high you climb, you will always strive to climb higher. Like Tantalus, we have been doomed by the lazy roll of the evolutionary dice to perpetually hunger for that which will always remain out of our reach.

But that is not to say we must sit by and accept this torturous fate. Unlike lesser organisms, we have developed the ability to truly learn and understand, to reason and discuss, to alter our genetically-flawed disposition. We must level out the bell-curve and realize that grasping for brass rings will only turn our fingers green. In short, we must learn to embrace the Un-motivational Path.

The purpose of this book is simple: to introduce you to the Wonderful World of Un-motivation, and to explain what it can do for you. Using the smallest words I can muster, I will explain the concepts of Denianetics and Sedentology, and I will give you the means to free yourself from the stress and horror of what you so pathetically call a “Life.”

I should point out that the road to True Un-motivation may not be an easy one. For those of you who think that to be Un-motivated means simply sitting around in your living room,

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watching porn and eating peanut butter with a spoon—that is only the tip of the iceberg. To become truly Un-motivated means to let go of everything you were raised to believe, to let go of your own self-image, and your own Ego. You must be willing to accept the truth about the World and your role within it. You must learn that, more often than not, you are your own worst enemy. Contradiction becomes logic; fact becomes foolish; responsibility becomes a burden; thought becomes physically painful. But for those who are wise enough to embrace it, Denianetics is the True Path to Total Contentment.

J.Bear

SECTION I

CONCEPTS, ORIGINS, & YOU!

CONCEPTS, ORIGINS, & YOU!

THE DREAM....

Before learning about Denianetics and how it will help you fix your failed and fractured life, it is important to understand where the idea came from. Like the cotton gin, the steam engine, and good old-fashioned nuclear holocaust, the concept of Un-motivation was born in America; or to be more specific, it was born *of* America.

As everyone knows, America is the land of opportunity, where all people are created equal; the place where any lowly soul with enough grit and determination can rise to the highest ranks of success and power. We all know this to be true because we've heard it every single day of our lives. We've

heard it from our parents, from our teachers, from our clergy; we've seen it in the movies and on the nightly news:

A housewife markets her cookie recipe and makes millions. A starving waiter leaps from obscurity to movie stardom. A dedicated young man works his way up from the mailroom to become the richest corporate executive in history. It is, by definition, the American Dream.

This, it turns out, is exactly the problem. “The American Dream....” The truth is staring at us, in the very phrase itself: *American Dream*. Do you know what a Dream is? It's the opposite of Reality, that's what. And we all know what we get when people start living in the delusional realm of *Non-Reality*: Hitler, Son of Sam, & a shitload of Jehovah's Witnesses.

THE REALITY....

If we could all be billionaires, we all would be. Greatness, I'm afraid, is reserved only for a relative few—that's what makes them great. If everyone could do it, then the best we could hope to achieve would be *Averageness*, and what's the point in striving for average? Ridiculous. The hard cold fact is this: the vast majority of people will never achieve greatness, power, or lasting notoriety. It's just not in us.

Of course, there are those who try to fool themselves. They try to cheat Reality by sleeping with their cousin and their cousin's favorite rooster and then going on a television talk show to boast about it. Or they latch on to some actual

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famous person and try to absorb notoriety as if through some kind of narcissistic osmosis, but they know deep down in their hearts exactly what they really *aren't*.

For those of you who may think that I'm just being a spiteful jackass, let me further illustrate my point: *Like it or not, some things are out of our control.* We've all seen tremendous athletes, like a 6'11" basketball player with a three foot vertical leap. Can you actually try to tell me that just anyone can achieve this? What about the poor bastard who grows to only 5'1" and was born with a club foot? Will you tell him that if he tries really hard that someday he could be the next Michael Jordan? Only if *you're* a spiteful jackass. But the more important question is this: *Does the genetic screw-job of this crippled dwarf make him any less of a person?* I think not. The fact remains however, that no matter how badly he wants it, no matter how determined he becomes, he will never be a star basketball player. It just isn't in his horribly deformed cards.

UN-MOTIVATION

So now we have learned that the first step toward understanding Un-motivation is to understand and accept the fact that *there are some roles you cannot fill. There are some goals you cannot achieve. You cannot be absolutely anything that you want to be.* This fact is very hard for many people to come to terms with, but it is the essence of my teachings. Un-motivation, in its simplest form, is an acceptance of whom and

what you truly are and, as a result, an acceptance of whom and what you can never become.

If you were to look closely at your own life, you would likely find that most of your unhappiest moments were the result of either disappointment or personal failure. When we set up unrealistic expectations, we are setting ourselves up for disappointment. This in turn leads to depression, rage, stress, and an eventual day-trip to the nearest bell tower. *The less you attempt, the less likely it is that you will fail.*

What Un-motivational Theory stresses is that one should accept one's own abilities for what they are. Race, gender, and sexual orientation play no role in Un-motivation. Regardless of skin color, the type of genitalia you carry around, or the manner in which you pair up that genitalia with others, some people are simply Morons. Some people are ugly. Some people are gullible, some are criminals, and some are filthy filthy whores. Facts are facts.

But this is nothing to be ashamed of. Someone has to clean the toilets, someone has to mop the floors, someone has to administer the high colonics. We are a class system by natural design. Those left-wing nut-jobs who would do away with class distinctions in favor of some fairytale equality are fighting against the very nature of the Human Condition. Un-motivation, on the other hand, embraces these differences. *Be..., do not try to be.*

You will find as you read on that we place particular importance on the language used within our society. Words, I

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have discovered, can often convey meaning. As a result, the words one chooses to use have quite a bit to do with the message one is trying to get across. I realize that this concept may be beyond the mental capacities of many readers, so allow me to illustrate this point below. Take, for example, the word “Motivate.”

To most people, *motivate* is a generally positive word. We see it as an action word, calling us to take charge and--gosh darn it--to get some things done. But that, of course, is because most people are Idiots. I’m afraid it’s true, but I don’t mean this in a negative way. What I am trying to get across here is the fact that we have all been brainwashed from birth. We are, by nature, inquisitive creatures, but it seems that we only choose to ask the difficult questions: the Meaning of Life, the Existence of God, blah blah blah.... We never bother to question the simple things, which of course, are the elements that make up the difficult things: *Why* do we believe what we believe? *Why* do I feel the need for purpose in Life? *Why* do I believe in a god? It is only when we closely examine our own reasoning and perceptions that the bigger picture becomes clear.

Mo tiv ate

As we know, “motivate” is a positive, feel-good kind of word. Or is it? I have discovered that by dissecting a word--that is to say by breaking it up into its key elements--we can

often discover much about a word's real meaning. I have taken the liberty of breaking this word up into three basic elements, which I like to call "syllables." By looking at these "syllables" individually, I think you will begin to see what Un-motivation is really all about.

The first syllable, "Mo," is obviously derived from some long-forgotten Greek or Latin word which meant "more." The third syllable, "ate," also has its origins in some equally lame and dead language and indicates "consuming," as in the act of eating. The middle syllable is just a nonsense word, no doubt thrown in by some pompous, brandy-sniffing, bookworm who didn't think that "Mo-ate" rolled smoothly enough off his F. Scott Fitzgerald's ass-licking tongue.

So what we actually find in "motivate" is not a positive word of action, but rather a predatory word of consumption; a relentless tumor that always wants more and more and more, eating away at its host until there is nothing left to consume; blindly devouring its own future with every greedy bite. One need only look at the word itself to discover the fact that Motivation is an evil, destructive, and all-consuming force. It is the first indication of what my extensive "studies" have come to prove as fact: *that it is in doing things that Humankind went so terribly wrong.*

It is important to understand, however, that Un-motivation is not a revolutionary call to *Non*-action, it is merely a gentle nudge toward *Less* action. To be Un-motivated is to free the mind, which in turn frees the body, which in turn frees

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the soul, which in my opinion is merely a function of the mind projecting a spiritual entity as a physical element, such as the body, which we have already determined to be free when embracing Un-motivation with one's mind, which is then freed. It couldn't be a simpler concept. Social vices such as Success, Ambition, and--some would argue--any loose-fitting clothing on women, must be cast freely aside like so many disposable diapers and car batteries. For the Un-motivated, the World is your landfill.

TIME-TESTED

For those of you who are still unable to open your minds to the ideas behind Un-motivation, perhaps it would help to look at it in a more historical perspective. From the earliest times in Humankind's history, Motivation has led only to unhappiness, despair, and destruction, while the Un-motivated have enjoyed peace and spiritual well-being.

For example, the earliest human societies were the hunter-gatherer groups: small bands of people living in an Ego-free, symbiotic, existence. The needs of the group were the only important needs. Each member had his/her specific and necessary role within that group; each member did only what he/she needed to do for the group to survive, presumably using the rest of their time to take naps or to stare leisurely into the sun.

No one was any more motivated than they absolutely needed to be and, as a result, the group never grew too large,