

FREE THETAN

NEWSLETTER OF THE ASSOCIATION OF
PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

Preserve, Protect & Promote



March 2019

Volume 10 Issue 3



Schrödinger's Cat

Schrödinger's cat was an experiment, devised by Austrian physicist Erwin Schrödinger in 1935, where he demonstrates the mystery of the Copenhagen interpretation of quantum mechanics as applied to everyday objects. The scenario presents a cat in a sealed box with a vial of poison and which may be simultaneously considered both alive and dead at the same time with its state remaining a mystery until you open the box.

See the LRH Article on 'What is the Basic Mystery?'

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FREE THETAN
Volume 10 Issue 3 March 2019

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Important

In studying Dianetics and Scientology be very, very certain you never go past a word you do not fully understand.

The only reason a person gives up a study or becomes confused or unable to learn is that he or she has gone past a word or phrase that was not understood.

Trying to read past a misunderstood word results in mental “fogginess” and difficulty in comprehending the passages which follows. If you find yourself experiencing this, return to the last portion you understood easily, locate the misunderstood word and get it defined correctly—and then go on.

~o0o~

<p>The FREE THETA</p>	<p>The Members Quarterly Journal of the Association of professional Independent Scientist <i>Preserve, Protect & Promote</i> http://independent-scientologists-association.net</p>	
		<p>reservo, servo, proveho</p>

~ Editorial ~



reservo, servo, proveho

Dear Reader,

What is a mystery? Is it something not known? Schrodinger's Cat was an attempt to illustrate a mystery. And, apart from the jokes made using it, it presented a good interpretation of quantum mechanics.

However, it took LRH, to really unlock the mystery of what is a mystery. He wrote an article, which you can read here on page 8 which is extremely enlightening. It clears up the mystery of a mystery.

Mystery you will also find on the Know to Mystery Scale, also located elsewhere in this issue.

So with this new understanding of mystery, mystery need not be a mystery any longer.

Until next time

Much arc,

Michael Moore
Editor

~oo00oo~

The Aims of Scientology and APIS

Lafayette Ron Hubbard first issued the 'Aims of Scientology' which of course still stands. Yet, despite holding a copyright on these aims the Church of Scientology, RTC and the CST do not appear to be following these aims fully. Therefore it behooves us to take some responsibility and set out our aims, based upon the aims that Ron first envisaged as something which we can honestly strive to attain.

We therefore stated below:

The Aims of APIS

To contribute towards having a sane society by the promotion, expansion and application of the technology to the point where people can live their lives in peace and security and without war or insanity and where they can honestly flourish and prosper and attain higher levels of spiritual being.

APIS is non political in nature and welcomes any individual of any creed, race or nation.

APIS does not seek revolution. APIS seeks only to assist in paving the way for evolution to higher states of being for the individual and for society. After endless millennia of ignorance about himself, his mind and the universe, a breakthrough has been made for man by Lafayette Ron Hubbard with the philosophy and the technology he developed to free man from the shackles of his mind.

According to Lafayette Ron Hubbard, "The combined truths of fifty thousand years of thinking men, distilled and amplified by new discoveries about man, have made for this success."

We welcome you to APIS. We would like your help in achieving our aims and helping others and we hope to be able to help you in return.

The original working technology of Lafayette Ron Hubbard is the most vital movement on Earth today. In a troubled world, the job of promoting and applying this technology is not easy. But then, if it were, we wouldn't have to be doing it.

APIS does not owe its help not having done anything to caused it to propitiate. We are here because we want to be here and we want to assist Ron in his aims.

As Ron says:

"Man suspects all offers of help. He has often been betrayed, his confidence shattered. Too frequently he has given his trust and been betrayed. We may err, for we build a world with broken straws. But we will never betray your faith in us so long as you are one of us.

The sun never sets on Scientology.

And may a new day dawn for you, for those you love and for man.

Our aims are simple, if great.

And we will succeed, and are succeeding at each new revolution of the Earth.

Your help is acceptable to us.

Our help is yours."

'The Aims of Scientology' -- Lafayette Ron Hubbard

~oo00oo~

CERTIFIED AUDITORS & GROUPS

This list of auditors and groups here have been ratified and certified as delivering On Source Standard Technology.

These Auditors and groups have requested and gone through an exacting certification process that validates their abilities and expertise. See [Certification](#) for further details. They have passed stringent testing by senior technically qualified people as per the [certification process](#).

Canada

Toronto

Chris Black. Class VIII C/S, KOT,

Delivers: Purif C/S; Life Repair To Clear Auditing & C/Sing OT reviews & C/Sing; FPRD; Debugs & more.
standardtechauditor@yahoo.ca

USA

South East

Southern Cal tech Team

Standard LRH Bridge

Training, Auditing & C/Sing Specializing in OT and NOTs levels
scttservices@gmail.com

Los Angeles, California

Trey Lotz Class VIII

Delivers: Standard LRH Bridge up to Clear, OT

[Trey Lotztrey@relaypoint.net](mailto:TreyLotztrey@relaypoint.net)

Ian Waxler Class VIII C/S with Honors

Auditing and C/Sing all old LRH Bridge

info@adcian@yahoo.com

Ingrid Smith

From Life repair to OT4

ingridsmith123@yahoo.com

Scotland

Ken Urquhart. Class IV Advance Courses Specialist. Class IX

Delivers: Internships, apprenticeships and Okay-to-Audits Class V

[Ken Urquharturq@verizon.net](mailto:KenUrquharturq@verizon.net)

Non certified and pending auditors, groups and organizations can be found on the [auditors page](#). APIS offers no guarantee as to the quality of delivery of services with uncertified auditors. They are alphabetically categorized by country and region for your convenience.

~oo00oo~

What is the Basic Mystery?

by **L. Ron Hubbard**

In the general study of the world and its affairs, we find out that the only way you can make a slave -- as if anybody would want one -- would be to develop a tremendous amount of mystery about what it's all about and then develop an overwhelming charge (emotional charge or energy) on the mystery line. Not only develop a mystery, but then sell it real good; sell some bogus answer to the mystery.

Man is so used to this that, when you come along and put a perfectly good answer in his hands, why, he drops it like a hot potato, because he knows what all answers are: All answers are carefully derived from mysteries with bogus answers, and all mysteries are going to cost you something sooner or later.

The development of the mystery itself stems from interpersonal relationships and Man's general conflict with his fellows and his environment, and so on. And the basic mystery is -- who is he? There's no more basic mystery than that -- "who is that fellow over there?" That is the beginning of individuation, of, not individualism, but individuation, of pulling back from everybody and saying, "I am me and they are 'them,' and God knows what they're up to!" And then, after a while, the fellow takes it out of the realm of near blasphemy and puts it into worship. And he says, "Well, God knows what they're up to and he will protect me."

So what do we basically have? We basically have a mystery on who the other fellow is. Now "science" originally meant *truth*, and now it means research revenue. Science has so far abandoned the basic mystery, that they think there's a mystery on what is a floor, what is a ceiling, what is space. That is really a very cooked-up mystery -- because that floor and that ceiling and that space is what thee and me agreed to put there, and that's about all it is.

Wherever we have a mystery, we normally have had a disagreement or a misunderstanding or an out-of-communication-ness. And that's all there actually is to it, basically. A fellow had to disagree with whom he was looking at. He knew about it originally and he didn't want to know who that fellow was over there. He didn't want to know anything about the situation, because he had learned a lesson: If he communicated with it, he would be proved wrong!

So we had some people in our midst -- you amongst them -- who would put up a "this" and say it was a "that." And then you would get these things twisted somehow or another, and you'd say, "Why don't you communicate with *this*?" and then say, "You communicated with *that*." After a while a fellow says, "Aw, I don't want to communicate with either one of them. Dickens with it. Who cares what those things are -- I don't want to know." And after that, he'd had it. He said, "I don't want to know," and therefore he had a mystery sitting across from him someplace. And he went so far along this line of not wanting to know that after a while he conceived that he didn't know. And then he went from there and said it's impossible to know.

Wherever Man finds himself deeply instilled, engrossed, surrounded with mystery, he is actually in conflict with himself and himself alone. That is why processing (the application of Scientology technology to an individual toward the end of helping an individual find out things about himself) works. **THE ONLY ABERRATION** (any departure from rationality) IS **DENIAL OF SELF**. Nobody else can do anything to *you*, but YOU. That is a horrible state of affairs. You can do something to you, but it requires your postulate (a conclusion, decision or resolution made by the individual himself), your agreement or your disagreement, before anything can happen to you. People have to agree to be ill; they have to agree to be stupid; they have to agree to be in mystery.

People are the victims of their own flinch. They are the victims of their own postulates, the victims of their own belief that they are inadequate.

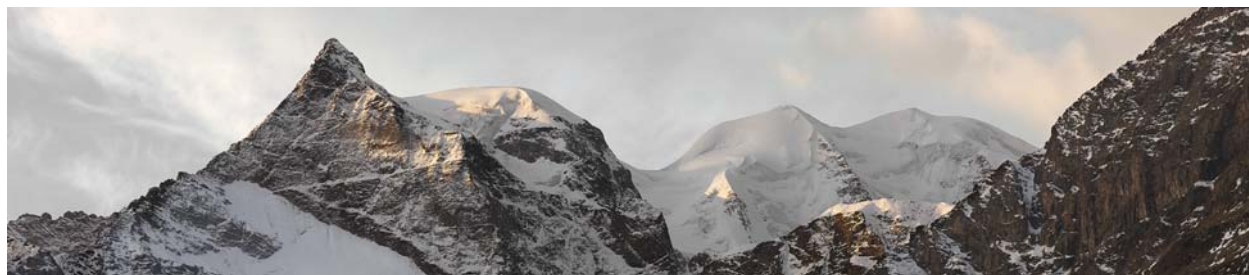
An individual has to postulate into existence his own aberration, his own flinch, his own stupidity, his own lack of confidence, and his own bad luck.

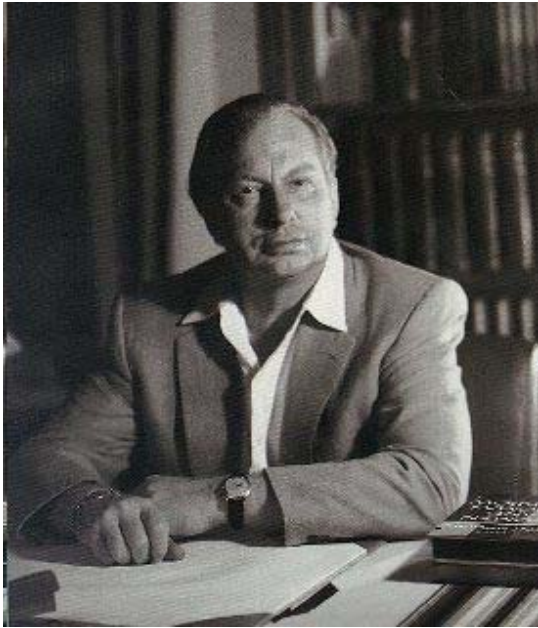
Taken from “Scientology: A New Slant on Life” by L. Ron Hubbard.

~oo00oo~

 <p>FREE THETA Journal of the International Freezone Association JOURNAL OF THE INTERNATIONAL FREEZONE ASSOCIATION Preserve, Protect & Promote July 2006 Volume 2 Issue</p> <p>Freedom</p> <p>Fired on too many barriers, man yearns to be free. But launched into total freedom he is purposeless and miserable.</p> <p>There is freedom amongst the barriers. If the barriers are known and the freedoms are known, there can be life, living, happiness, a game.</p> <p>— SCIENTOLOGY: A NEW SLANT ON LIFE L. Ron Hubbard</p>	<h2>FREE THETA</h2> <p>The voice of independent Scientologists with Exciting articles by source and well known and well respected individuals. Regular favourite features. Available to APIS Members only. Join APIS Today!</p>	 <p>FREE THETA JOURNAL OF THE INTERNATIONAL FREEZONE ASSOCIATION Preserve, Protect & Promote Jan 2007 Volume 3 Issue 1</p> <p>“REALITY IS THE AGREED UPON APPEARANCE OF EXISTENCE”</p> <p>SCIENTOLOGY 8-8008 Lafayette Ron Hubbard</p>
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The Vocabularies of Science

by **L. Ron Hubbard**

In all scientific systems you have a number of code words which operate as communication carriers, and when a person does not know these words well, he is having difficulty with the science itself. I have seen a senior in science falling down in his comprehension of a later part of the science because he had never gotten the nomenclature of the science straight to begin with. He did not know

exactly what a British Thermal Unit was, or something like that -- therefore, later on, when he's solving some vast and involved problem, there's a datum rambling around in his head and it's not stable at all -- it's getting confused -- it's mixed up with other data. And that is only because he didn't understand what the *term* was in the first place.

So just as you learn semaphore signals, just as you learn Morse Code, just as you learn baby talk, so, when you become conversant with any particular specialized subject, you must become conversant with its technology. Your understanding of it then increases. Otherwise, understanding is impeded by these words rattling around and not joining themselves to anything. If you know vaguely that such and such a word exists and yet have no definite understanding of what it means, it does not align. Thus, a misunderstanding of a word can cause a misalignment of a subject, and this really is the basis of the primary confusion in Man's understanding of the mind.

There have been so many words assigned to various parts of the mind that one would be staggered if he merely catalogued all of these things. Take, for instance, the tremendous background and technology of psychoanalysis. Overpoweringly complicated material, most of it is merely descriptive; some of it, action terminology, such as the censor, the id, the ego, the alter-ego, and what not. Most of these things lined up, each one meaning a specific thing. But the practitioners who began to study this science did not have a good founding in the exact sciences -- in other words, they didn't have a model of the exact sciences. And in the humanities, they could be as careless as they liked with their words, because the humanities were not expected to be precise or exact -- not a criticism of them -- it just means that you could have a lesser command of the language.

When they got into the study of Freud, they got into this interesting thing -- to one person an id was one thing and to another person it was something else. And alter-ego was this and it was that. The confusion of terms there, practically all by itself, became the totality of confusion of

psychoanalysis.

Actually, psychoanalysis is as easy to understand, certainly, as Japanese. Japanese is a baby talk -- very, very hard to read, very, very easy to talk. If you can imagine a language which tells you which is the subject, which is the verb, which is the object, every time it speaks, you can imagine this baby-talk kind of language. One that doesn't have various classes or conjugations of verbs. A very faint kind of a language. Nevertheless, it merely consists, in order to communicate with a Japanese, of knowing the meanings of certain words; and if you know the meanings of those words precisely, then when a Japanese comes up to you and says, "Do you want a cup of tea?" you don't immediately get up because you thought he said, "Wet Paint." You have a communication possibility.

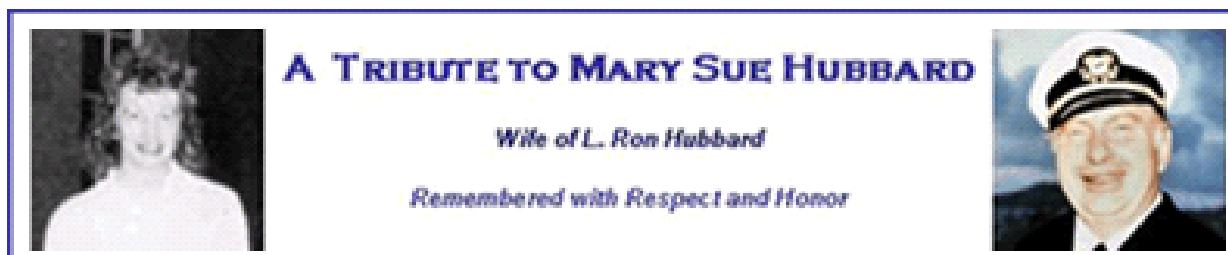
Well, similarly, with the language of psychoanalysis, the great difficulties inherent in understanding such a thing as psychoanalysis became much less difficult when one viewed psychoanalysis as a code system to relay certain meanings. It did not, then, become a problem of whether or not these phenomena existed or didn't exist. It simply became a problem of words meaning a certain precise thing. And if they meant that thing to everybody, then everybody was talking psychoanalysis, and if it didn't mean this thing to everybody, then people weren't talking psychoanalysis. Who knows *what* they were talking? The next thing you know, they were talking Jungianism -- the next thing you know, they were talking Adlerianism -- and the amount of difference between these various items is minute, to say the least. But the language difficulties, then, made many practitioners in that field at odds with the theory, which they did not, at any rate, understand.

I remember one time learning Igoroti, an Eastern primitive language, in a single night. I sat up by kerosene lantern and took a list of words that had been made by an old missionary in the hills in Luzon -- the Igoroti had a very simple language. This missionary had phoneticized their language and he had made a list of their main words and their usage and grammar. And I remember sitting up under a mosquito net with the mosquitoes hungrily chomping their beaks just outside the net, and learning this language -- three hundred words -- just memorizing these words and what they meant. And the next day I started to get them in line and align them with people, and was speaking Igoroti in a very short time.

The point here is that it is not difficult to learn a language, if you understand that you are learning a language.

Taken from "Scientology: A New Slant on Life," L. Ron Hubbard

~oo0oo~





What is Knowledge?

by **L. Ron Hubbard**

Knowledge is certainty; knowledge is *not* data. Knowingness itself is certainty. Sanity is certainty, providing only that that certainty does not fall beyond the conviction of another when he views it.

To obtain a certainty one must be able to observe. But what is the level of certainty required? And what is the level of observation required for a certainty or a knowledge to exist?

If a man can stand before a tree and by sight, touch or other perception know that he is confronting a tree and be able to perceive its form and be quite sure he is confronting a tree, we have the level of certainty required. If the man will not look at the tree or, although it is observably a tree to others, if he discovers it to be a blade of grass or a sun, then he is below the level of certainty required. Some other person helpfully inclined would have to direct his perception to the tree until the man perceived without duress that it was indeed a tree he confronted. That is the only level of certainty required in order to qualify knowledge, for knowledge is observation and is given to those who would look.

In order to obtain knowledge and certainty, it is necessary to be able to observe, in fact, three universes in which there could be trees. The first of these is one's own universe; one should be able to create for his own observation in its total form for total perception, a tree. The second universe would be the material universe, which is the universe of matter, energy, space and time and is the common meeting ground of all of us. The third universe is actually a class of universes, which could be called "the other fellow's universe," for he and all the class of "other fellows" have universes of their own.

A doctor, for instance, may seem entirely certain of the cause of some disease, yet it depends upon the doctor's certainty for the layman to accept that cause of the disease. That penicillin cures certain things is a certainty to the doctor even when penicillin suddenly and inexplicably fails to cure something. Any inexplicable failure introduces an uncertainty, which thereafter removes the subject from the realm of an easily obtained certainty.

We have here, then, a parallel between certainty and sanity.

The less certain the individual on any subject, the less sane he could be said to be upon that subject; the less certain he is of what he views in the material universe, what he views in his own or the other fellow's universe, the less sane he could be said to be.

The road to sanity is demonstrably the road to increasing certainty. Starting at any level, it is only necessary to obtain a fair degree of certainty on the material universe to improve considerably one's beingness. Above that, one obtains some certainty of his own universe and some certainty of the other fellow's universe.

Certainty, then, is clarity of observation. Of course, above this, vitally so, is certainty in creation. Here is the artist, here is the master, here is the very great spirit.

As one advances he discovers that what he first perceived as a certainty can be considerably improved. Thus we have certainty as a gradient scale (a scale of advancing little by little or in easy stages toward something -- a scale of graduals). It is not an absolute, but it is defined as the certainty that one perceives or the certainty that one creates what one perceives or the certainty that there is perception. Sanity and perception, certainty and perception, knowledge and observation, are then all of a kind, and amongst them we have sanity.

The road toward uncertainty is the road toward psychosomatic illness, doubts, anxieties, fears, worries and vanishing awareness. As awareness is decreased, so does certainty decrease.

It is very puzzling to people at higher levels of awareness why people behave toward them as they do; such higher level people have not realized that they are not seen, much less understood. People at low levels of awareness do not observe, but substitute for observation preconceptions, evaluations and suppositions, and even physical pain by which to attain their certainties.

The mistaken use of shock by the ancient Greek upon the insane, the use of whips in old Bedlam, all sought to deliver sufficient certainty to the insane to cause them to be less insane.

Certainty delivered by blow and punishment is a non-self-determined certainty. It is productive of stimulus-response behavior. At a given stimulus a dog who has been beaten, for instance, will react invariably, providing he has been sufficiently beaten, but if he has been beaten too much, the stimulus will result only in confused bewilderment. Thus certainty delivered by blows, by applied force, eventually brings about a certainty as absolute as one could desire -- total unawareness. Unconsciousness itself is a certainty which is sought by many individuals who have failed repeatedly to reach any high level of awareness certainty. These people then desire an unawareness certainty. So it seems that the thirst for certainty can lead one into oblivion if one seeks it as an effect.

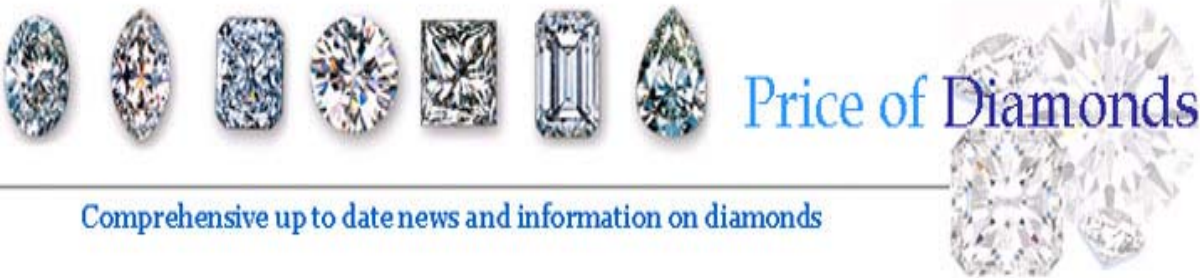
An uncertainty is the product of two certainties. One of these is a conviction, whether arrived at by observation (causative) or by a blow (effected). The other is a negative certainty. One can be sure that something is and one can be sure that something is not. He can be sure that there is something, no matter what it is, present and that there is nothing present. These two certainties commingling create a condition of uncertainty known as "maybe." A "maybe" continues to be held in suspense in an individual's mind simply because he cannot decide whether it is nothing or something. He grasps and holds the certainties each time he has been given evidence or has made the decision

that it is a somethingness and each time he has come to suppose that it is a nothingness. Where these two certainties of something and nothing are concerned with and can vitally influence one's continuance in a state of beingness, or where one merely supposes they can influence such a state of beingness, a condition of anxiety arises. Thus anxiety, indecision, uncertainty, a state of "maybe" can exist only in the presence of poor observation or ability to observe.

Such a state can be remedied. One merely causes the individual to observe in terms of the three universes.

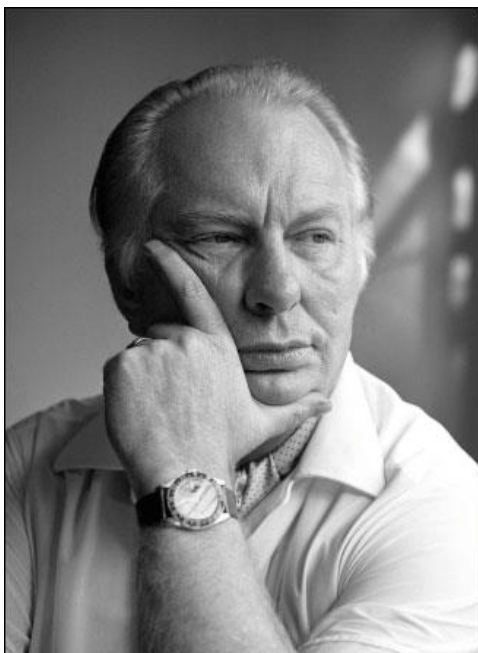
Taken from Scientology: A New Slant on Life by L. Ron Hubbard.

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Price of Diamonds

Comprehensive up to date news and information on diamonds



"I have lived no cloistered life and hold in contempt the wise man who has not **lived** and the scholar who will not share.

"There have been many wiser men than I, but few have traveled as much road.

"I have seen life from the top down and the bottom up. I know how it looks both ways. And I know there **is** wisdom and there is hope."

- L. Ron Hubbard



Wins and Successes in the Scientology Independent Field

Carolyn Groff on Life

I woke up this morning and suddenly realized that I am one lucky person. My schedule is that I get up in the morning and solo audit and handle any and all unwanted considerations, sensations, pains, emotions, and any barriers that I perceive. Then, in the afternoon I work with students at Life Training Center where I again, get to use the Tech, encourage students through drills, help them find obscure words and references, and for those on auditor training, I get them to securely wear their auditor's hat. Then, later in the day, I study any tapes and references that I have not already studied to stay ahead of my students on their check sheets. That is one whole day of using and studying LRH's Tech. I have had an interesting career in my life but this is way, way over the top fun! I may just be one of the luckiest people!

Training

Here is a success story from a student who is on Pro TR's:
Problems of Work, Chapter 4, "The Secret of Efficiency"

I just finished a star rate checkout on this chapter. WOW! Had many cognitions about my lifetime (this lifetime). I have never had a problem with start or change, but a lot of trouble with finishing things. Then I remembered how I became better at finishing things after my auditing with Ingrid Smith. When I finished the star rate and told Carolyn about this I began to tear up. (Tears of joy I think). Great course! PRO TRs.

"The year 2019 has been all about hatting as a PC as I have torn through 6 LRH lectures on Restoration of Knowing Cause with relative ease and joy.

I am most interested in the state of Clear, I'm on NED. These tapes are just what I have been missing. You can be a PC forever but you need some knowledge too and some feedback from

the Ole Man. One particular tape I was fascinated with was Test for Clears, tape number 5801C30-17 where he discusses tests an auditor or C/S uses to see if a person is Clear. He discusses needle action, beingness, whether the person seems in good shape, and how a being will be much more decisive, conclusive and how he operates on postulates alone. He will not work with picture anymore. I had great laughs as he discussed “No Cognition Pete” and “Operating GE’s” lol as opposed to Operating Thetan. Oh my.

It is however very important to note that it is the Thetan that you are clearing, not just the mind or body. Clear is for the thetan. You’re always auditing the thetan. YOU.

Psychosomatic is body/mind. MEST is MEST. The auditor is auditing the PC to OT, and Clear happens along the way. Keep processing the PC towards full OT. Allow him to be more tolerant of masses, improve his tolerance of masses. To audit just ideas is not important. You are auditing the time track, not ideas. Remove the masses, the pains etc and ideas will come, cognitions will come until one day – pouf.

There you are. I KNOW I am on the right track. Cheers to everyone in 2019!

Auditing

I have just completed an intensive with Chris Black, under the C/Sing of Mike Eldredge, both trained, certified and experienced, honest Class VIIIs. This auditing has handled things that I don’t have enough paper to write up fully and honestly, the gains and cognitions are sort like a continuous blowing down and F/Ning.

If any person in the field of Scientology would like to get what you would get on the ship, or at Flag when it come to shore in Florida, when LRH was on the line and the tech was applied by the book, then I recommend this team of Chris and Mike to you. You will get real Scientology applied and when that is done the gains, the regain, the real accomplishing of the Grade Chart is exactly what it promises and more.

After decades of work on all of our parts, my auditors, my CS and my own, I can sincerely say I am in a state of being that is pretty near ineffable. It’s beyond words. Thank you Chris, thank you Mike, thank you Lana Mitchell, thank you Ron Hubbard

Possessions... The only true possessions a man has is what he possesses internally. External possessions are only temporary and can be lost in a split second, Although could take a lifetime to accumulate. What a waste of time!

A man that shares his possessions with others is rich and will receive more and more as he continues to share and enrich the lives of others. The ones that are truly rich are the ones that have the capability of enriching others lives. As one enriches lives of others surrounding him he creates his own heaven. Mans riches are absorbed in one’s spirit and can be used in future lives.

Deterioration of man.... Our culture believes man has evolved considerably through time. On the contrary we as man have deteriorated and have gone from true spirit possessing all capabilities to man with cumbersome bodies, beliefs, society and government. Man has never been so incapable and so incapacitated. We are bound by societies and governmental tentacles and are made to believe we are capable of nothing. WAKE UP PEOPLE!!!! BECOME AWARE!!!! Don’t self absorb in drugs, alcohol, social and governmental suppression! Create

your own rules for living your lives! Don't be part of a scheme to use and destroy people and cultures. Become alive! Become spiritual , all knowing and capable of all things! Create your own understandings reality and agreements.

Today I have completed Grade 3 with Ingrid. The results exceeded expectations. I am able to stand other complaints. I feel how I can change people mood for good just by being around them. I feel free from resentments of charge and I am looking forward to go that path for better in life. My business is growing. My ability to handle life situations are high. My health has improved dramatically. I have no medications. Thank You Ingrid

CLEAR

Today I'm on cloud 9 after attesting to Clear. I am absolutely elated!! It is everything I had hoped it would be and MORE! I have certainty that I am cause over my mental matter energy space and time and I no longer have a reactive mind. It turns out that I have been Clear for the last 2 months and I noticed that everything was working and flowing for me better than ever on all dynamics. I felt Clear!! and happier than any other time in this lifetime. The big win out of the Clear Cycle was actually clearing the word "clear" It truly gave me certainty of my state of clear. Thank you Ingrid for your tremendous auditing skills and love for the Tech, and thank you Ron for giving the Tech to mankind!

Success after Repair Program

Flying back from having a NOTs repair program done and feeling pretty damn good, I sat in the aircraft and behind me a young child was screaming and crying. She sounded very young and her screams sounded like she was in terror. The plane took off and after a long time during which she never let up, the seat belt light went out. I immediately got up and turned around and saw she was in her father's arms and plainly frightened. He mother had been shushing her to no avail (as if shushing would calm a two year old). I began to talk to her. Telling her it was ok and it was ok to be there. She stopped screaming and just looked at me. I continued talking to her with the father watching, telling her that this is her mother and father and she was in a plane flying and it was ok. And that she was beautiful and it was ok to be there. She calmed down and apart from a little whimper later on was quiet for the rest of the flight. She had been disorientated and the parents had not known what to do with her. Once she was orientated she settled down. You can talk to little children and they understand. As we prepared to get off the plane one woman remarked to me, "Thank you for being a child whisperer." I just talked to the being.

~oo0oo~

WHAT IS THE BASIC MYSTERY?

In the general study of the world and its affairs, we find out that the only way you can make a slave—as if anybody would want one—would be to develop a tremendous amount of mystery about what it's all about and then develop an overwhelming charge on the mystery line. Not only develop a mystery, but then sell it real good; sell some bogus answer to the mystery.

Man is so used to this that, when you come along and put a perfectly good answer in his hands, why, he drops it like a hot potato, because he knows what all answers are: All answers are carefully derived from mysteries with bogus answers, and all mysteries are going to cost you something sooner or later.

The development of the mystery itself stems from interpersonal relationships and Man's general conflict with his fellows and his environment, and so on. And the basic mystery is— who is he? There's no more basic mystery than that—"who is that fellow over there?" That is the beginning of individuation, of, not individualism, but individuation, of pulling back from everybody and saying, "I am me and they are 'them', and God knows what they're up to!"

And then, after a while, the fellow takes it out of the realm of near blasphemy and puts it into worship. And he says, "Well, God knows what they're up to and he will protect me."

So what do we basically have? We basically have a mystery on who the other fellow is. Now "science" originally meant truth, and now it means research revenue. Science has so far abandoned the basic mystery, that they think there's a mystery on what is a floor, what is a ceiling, what is space. That is really a very cooked-up mystery—because that floor and that ceiling and that space is what thee and me agreed to put there, and that's about all it is. Wherever we have a mystery, we normally have had a disagreement or a misunderstanding or an out-of-communication-ness. And that's all there actually is to it, basically. A fellow had to disagree with whom he was looking at. He knew about it originally and he didn't want to know who that fellow was over there. He didn't want to know anything about the situation, because he had learned a lesson: If he communicated with it, he would be proved wrong!

So we had some people in our midst—you amongst them—who would put up a "this" and say it was a "that". And then you would get these things twisted somehow or another, and you'd say, "Why don't you communicate with *this*?" and then say, "You communicated with *that*." After a while a fellow says, "Aw, I don't want to communicate with either one of them. Dickens with it. Who cares what those things are—I don't want to know." And after that, he'd had it. He said, "I don't want to know," and therefore he had a mystery sitting across from him someplace. And he went so far along this line of not wanting to know that after a while he conceived that he didn't know. And then he went from there and said it's impossible to know.

Wherever Man finds himself deeply instilled, engrossed, surrounded with mystery, he is actually in conflict with himself and himself alone. That is why processing works. **THE ONLY ABERRATION IS DENIAL OF SELF.** Nobody else can do anything to you, but YOU.

That is a horrible state of affairs. You can do something to you, but it requires your postulate, your agreement or your disagreement, before anything can happen to you. People have to agree to be ill; they have to agree to be stupid; they have to agree to be in mystery.

People are the victims of their own flinch. They are the victims of their own postulates, the victims of their own belief that they are inadequate.

An individual has to postulate into existence his own aberration, his own flinch, his own stupidity, his own lack of confidence, and his own bad luck.

~oo0oo~

THE REASON WHY

Life can best be understood by likening it to a game. Since we are exterior to a great number of games, we can regard them with a detached eye. If we were exterior to Life instead of being involved and immersed in the living of it, it would look to us much like games look to us from our present vantage point.

Despite the amount of suffering, pain, misery, sorrow and travail which can exist in life, the reason for existence is the same reason as one has to play a game—interest, contest, activity and possession. The truth of this assertion is established by an observation of the elements of games and then applying these elements to life itself. When we do this we find nothing left wanting in the panorama of life.

By game we mean a contest of person against person or team against team. When we say games we mean such games as baseball, polo, chess or any other such pastime. It may at one time have struck you as peculiar that men would risk bodily injury in the field of play just for the sake of “amusement”. So it might strike you as peculiar that people would go on living or would enter into the “game of life” at the risk of all the sorrow, travail and pain just to have something to do. Evidently there is no greater curse than total idleness. Of course there is that condition where a person continues to play a game in which he is no longer interested. If you will but look about the room and check off items in which you are not interested, you will discover something remarkable. In a short time you will find that there is nothing in the room in which you are not interested. You are interested in everything. However, disinterest itself is one of the mechanisms of play. In order to hide something it is only necessary to make everyone disinterested in the place where the item is hidden. Disinterest is not an immediate result of interest which has worn out. Disinterest is a commodity in itself. It is palpable, it exists.

By studying the elements (factors) of games (contests) we find ourselves in possession of the elements of life. Life is a game. A game consists of *freedom*, *barriers* and *purposes*. This is a scientific fact, not merely an observation.

Freedom exists amongst barriers. A totality of barriers and a totality of freedom alike are no-

game conditions. Each is similarly cruel. Each is similarly purposeless. Great revolutionary movements fail. They promise unlimited freedom. That is the road to failure. Only stupid visionaries chant of endless freedom. Only the afraid and the ignorant speak of and insist upon unlimited barriers. When the relation between freedom and barriers becomes too unbalanced, an unhappiness results.

“Freedom from” is all right only so long as there is a place to be free *to*. An endless desire *for freedom from* is a perfect trap, a fear of all things.

Barriers are composed of inhibiting (limiting) ideas, space, energy, masses and time.

Freedom in its entirety would be a total absence of these things—but it would also be a freedom without thought or action, an unhappy condition of total nothingness. Fixed on too many barriers, man yearns to be free. But launched suddenly into total freedom he is purposeless and miserable. He needs a gradient. There is *freedom amongst* barriers. If the barriers are known and the freedoms are known there can be life, living, happiness a game.

The restrictions of a government, or a job, give an employee his freedom. Without known restrictions, an employee is a slave, doomed to the fears of uncertainty in all his actions. Executives in business and government can fail in three ways and, thus, bring about a chaos in their department. They can:

1. seem to give endless freedom;
2. seem to give endless barriers;
3. make neither freedom nor barriers certain.

Executive competence, therefore, consists of imposing and enforcing an adequate balance between their people’s freedom and the unit’s barriers and in being precise and consistent about those freedoms and barriers. Such an executive, adding only in himself initiative and purpose, can have a department with initiative and purpose. An employee, buying and/or insisting upon freedom only, will become a slave. Knowing the above facts, he must insist upon a workable balance between freedom and barriers.

There are various states of mind which bring about happiness. That state of mind which insists only upon freedom can bring about nothing but unhappiness. It would be better to develop a thought pattern which looked for new ways to be entrapped and things to be trapped in, than to suffer the eventual total entrapment of dwelling upon freedom only. A man who is willing to accept restrictions and barriers and is not afraid of them is free. A man who does nothing but fight restrictions and barriers will usually be trapped.

As it can be seen in any game, purposes become counterpoised. There is a matter of purpose-counter purpose in almost any game played in a field with two teams. One team has the idea of reaching the goal of the other, and the other has the idea of reaching the goal of the first. Their purposes are at war, and this warring of purposes makes a game. The war of purposes gives us what we call problems. A problem consists of two or more purposes opposed. It does not matter what problem you face or have faced, the basic

anatomy of that problem is purpose-counter-purpose.

In actual testing in Scientology, it has been discovered that a person begins to suffer from problems when he does not have enough of them. There is the old saw (maxim) that, if you want a thing done, give it to a busy man to do. Similarly, if you want a happy associate, make sure that he is a man who can have lots of problems.

We have the oddity of a high incidence of neurosis in the families of the rich. These people have very little to do and have very few problems. The basic problems of food, clothing and shelter are already solved for them. We would suppose then, if it were true that an individual's happiness depended only upon his freedom, these people would be happy. However, they are not happy. What brings about their unhappiness? It is the lack of problems. An unhappy man is one who is considering continually how to become free. One sees this in the clerk who is continually trying to avoid work. Although he has a great deal of leisure time, he is not enjoying any part of it. He is trying to avoid contact with people, objects, energies and spaces. He eventually becomes trapped in a sort of lethargy. If this man could merely change his mind and start "worrying" about how he could get more work to do, his happiness level would increase markedly. One who is plotting continually how to get out of things will be miserable. One who is plotting how to get into things has a much better chance of becoming happy.

There is, of course, the matter of being forced to play games in which one has no interest—a war into which one is drafted is an excellent example of this. One is not interested in the purposes of the war and yet one finds himself fighting it. Thus there must be an additional element and this element is "the power of choice".

One could say then that life is a game and that the ability to play a game consists of tolerance for freedom and barriers and an insight into purposes with the power of choice over participation. These four elements, freedom, barriers, purposes and power of choice, are the guiding elements of life. There are only two factors above these and both of them are related to these. The first is the ability to create, with of course its negative, the ability to uncreate, and the second is the ability to make a postulate (to consider, to say a thing and have it be true). This, then, is the broad picture of life, and these elements are used in its understanding, in bringing life into focus and in making it less confusing.

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Spiritual Refreshment

By

Michael Moore

Scientology auditing and training is actually quite simple.

I expect you know when you have been working hard and your body is tired and feels dirty, sometimes even hot and sweaty if you have been working in the hot sun. At that time it is really good to have a shower to wash off all the sweat and grime and feel refreshed. Your body feels clean and fresh and perhaps even a bit more alive.

Scientology auditing does that for the person, the individual, that which is YOU. A famous sculptor when asked how he makes such wonderful statues explained that he "cuts away what he does not want and leaves what he does want from a block of stone." Auditing does that but on a spiritual basis. All those pains and traumas, upsets of the past and other unwanted emotions and mental baggage can be removed leaving the being more at peace and spiritually refreshed. There are specific areas of the mind which can be and, during auditing are, addressed to remove issues and difficulties relating to such areas as communication, problems, past upsets, being able to change easily and much more.

To get auditing one needs an auditor who is experienced in practicing the exact application of scientology as was issued by L. Ron Hubbard. Later versions and current church versions will not do as they are not the original and it is the original Scientology and its application that has proven to produce the most benefit to the person being audited (called a Preclear or PC).

Initially one gets familiar with what auditing is and the various terms used in an auditing session. It is important that the preclear understands exactly what is happening and why. Once

that is done one is then audited in session. Each session must end on a good point for the pre clear, usually a realization or increased understanding or a relief from some past upset.

Now the training side is where one trains to become the auditor. Here one learns about the parts of man and how to audit someone so they achieve these realizations and become a freer more 'refreshed' individual. The auditor also tends to get a lot out of auditing, not just because they are helping others but because they share the realizations the pc achieves.

Here is an example of some auditing. These are processes one can run on oneself to great benefit. You can do these daily and over a course of time you will see an improvement when you following these processes exactly.

To help you look and Act Younger: Sitting somewhere near the center of a room, close your eyes and "contact" the two upper corners of the room behind you. Then, holding those corners, sit still and don't think. Remain interested only in those two corners. You can do this for two minutes (minimum) or two hours, always with benefit. No matter what happens, simply hold the corners and don't think. You can do this daily. It will make you look and act younger.

Another exercise you can do is to feel freer pick out two similar objects. Then find as many differences between them as possible. Now pick out two objects and see where they are in relation to each other and your body. Use these two steps over and over. You will feel freer and see better.

Another exercise you can do is to go over this list many times, each time answering its questions.

- "Recall a time which really seems real to you"
- "Recall a time when you were in good communication with someone"
- "Recall a time when you agreed to something"
- "Recall a time when somebody disagreed with you"
- "Recall a time when you liked somebody"
- "Recall a time when someone agreed with you"
- "Recall a time when someone was communicating easily to you"
- "Recall a time when somebody liked you"

Auditing helps an individual to become spiritually refreshed.

Would you like to be spiritually refreshed?

Reference: The Volunteer Ministers Handbook


(NB. If you are currently undergoing any auditing or case action, consult with your auditor and Case Supervisor before running any other process)

~oo00oo~

What is important is how
much service **you can
give** the world and how
much **you can get done**
and how much better
you can make things.

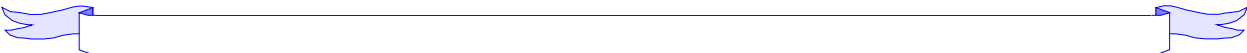
L. Ron Hubbard





***Quote from
L. Ron Hubbard***

THE CODE OF HONOUR

1. Never desert a comrade in need, in danger or in trouble.
 2. Never withdraw allegiance once granted.
 3. Never desert a group to which you owe your support.
 4. Never disparage yourself or minimize your strength or power.
 5. Never need praise, approval or sympathy.
 6. Never compromise with your own reality.
 7. Never permit your affinity to be alloyed.
 8. Do not give or receive communication unless you yourself desire it.
 9. Your self-determinism and your honour are more important than your immediate life.
 10. Your integrity to yourself is more important than your body.
 11. Never regret yesterday. Life is in you today, and you make your tomorrow.
 12. Never fear to hurt another in a just cause.
 13. Don't desire to be liked or admired.
 14. Be your own adviser, keep your own counsel and select your own decisions.
 15. Be true to your own goals.
- 

THE BRIDGE TO TOTAL FREEDOM

SCIENTOLOGY CLASSIFICATION GRADATION AND AWARENESS CHART OF LEVELS AND CERTIFICATES

TRAINING					Awareness Characteristics		PROCESSING									
<p>Additional training services that may be done at various points on The Bridge®</p> <p>Third and Fourth Dynamic Training Courses</p> <p>OT Debag Service</p> <p>Technical Specialist Courses</p> <p>Case Supervisor Training</p> <p>Other Technical Courses</p> <p>Scientology Minister Course</p> <p>Primary Roundup</p> <p>Hubbard Life Orientation Course</p> <p>Hubbard Key to Life Course</p>	<p>Class XII Auditor</p> <p>Class XI Auditor</p> <p>Class X Auditor</p> <p>Class IX Auditor</p> <p>Class VIII Auditor</p> <p>Class VII Auditor</p> <p>Class VI Auditor</p> <p>Class V Graduate Auditor</p> <p>Class V Auditor</p> <p>Class IV Auditor</p> <p>Class III Auditor</p> <p>Class II Auditor</p> <p>Class I Auditor</p> <p>Class 0 Auditor</p> <p>Not Classed</p> <p>Not Classed</p> <p>Not Classed</p> <p>Not Classed</p>	<p>Class XII Auditor</p> <p>Class XI Auditor</p> <p>Class X Auditor</p> <p>Class IX Auditor</p> <p>Class VIII Auditor</p> <p>Class VII Auditor</p> <p>Class VI Auditor</p> <p>Class V Graduate Auditor</p> <p>Class V Auditor</p> <p>Class IV Auditor</p> <p>Class III Auditor</p> <p>Class II Auditor</p> <p>Class I Auditor</p> <p>Class 0 Auditor</p> <p>Not Classed</p> <p>Not Classed</p> <p>Not Classed</p> <p>Not Classed</p>	<p>Class XII Auditor</p> <p>Class XI Auditor</p> <p>Class X Auditor</p> <p>Class IX Auditor</p> <p>Class VIII Auditor</p> <p>Class VII Auditor</p> <p>Class VI Auditor</p> <p>Class V Graduate Auditor</p> <p>Class V Auditor</p> <p>Class IV Auditor</p> <p>Class III Auditor</p> <p>Class II Auditor</p> <p>Class I Auditor</p> <p>Class 0 Auditor</p> <p>Not Classed</p> <p>Not Classed</p> <p>Not Classed</p> <p>Not Classed</p>	<p>Class XII Auditor</p> <p>Class XI Auditor</p> <p>Class X Auditor</p> <p>Class IX Auditor</p> <p>Class VIII Auditor</p> <p>Class VII Auditor</p> <p>Class VI Auditor</p> <p>Class V Graduate Auditor</p> <p>Class V Auditor</p> <p>Class IV Auditor</p> <p>Class III Auditor</p> <p>Class II Auditor</p> <p>Class I Auditor</p> <p>Class 0 Auditor</p> <p>Not Classed</p> <p>Not Classed</p> <p>Not Classed</p> <p>Not Classed</p>	<p>21 Source</p> <p>28 Existence</p> <p>19 Coefficient</p> <p>18 Realization</p> <p>17 Clarity</p> <p>15 Ability</p> <p>14 Satisfaction</p> <p>12 Precision</p> <p>11 Activity</p> <p>9 Adjustment</p> <p>8 Enlightenment</p> <p>5 Understandings</p> <p>4 Orientation</p> <p>3 Perception</p> <p>2 Communication</p> <p>1 Recognition</p>	<p>OT XV</p> <p>OT XIV</p> <p>OT XIII</p> <p>OT XII</p> <p>OT XI</p> <p>OT X</p> <p>OT IX</p> <p>OT VIII</p> <p>OT VII</p> <p>OT VI</p> <p>OT V</p> <p>OT IV</p> <p>OT III</p> <p>OT II</p> <p>OT I</p> <p>OT Eligibility</p> <p>Solo Course</p> <p>OT Preparations</p> <p>Solo Course</p> <p>Sunshine Roundup</p> <p>CLEAR</p> <p>Expanded Dianetics</p> <p>New Era Dianetics (NEC)</p> <p>Grade IV</p> <p>Grade III</p> <p>Grade II</p> <p>Grade I</p> <p>Grade 0</p> <p>ARC Straightline®</p> <p>Happiness Roundup</p> <p>Purification Roundup</p>	<p>Additional processing services that may be done at various points on The Bridge</p> <p>L12*, Flag OT Executive Roundup®</p> <p>L11*, New Life Roundup®</p> <p>L10* Roundup</p> <p>Super Power®</p> <p>Cause Resurgence Roundup</p> <p>Flag* Only Roundups</p> <p>Special Roundups</p> <p>False Purpose Roundup®</p> <p>Concessionals</p> <p>Happiness Roundup®</p> <p>PTS Roundup</p> <p>Method One® Worst Clearing</p> <p>Therapeutic TR Course</p> <p>Co-audit Courses</p>									
	<p>DIANETICS AND SCIENTOLOGY BEGINNING BOOKS AND EXTENSION COURSES, LECTURES AND PUBLIC FILMS</p>					<p>DIANETICS AND SCIENTOLOGY INTRODUCTORY SERVICES</p> <p>Dianetics® (Book One)</p> <p>Anatomy of the Human Mind®</p> <p>Purification Route</p> <p>The Way to Happiness</p> <p>Hubbard Key to Life Course</p>										

How to Use This Chart

The chart is divided into three main sections: TRAINING, PROCESSING, and INTRODUCTORY SERVICES. Each section contains a list of courses and their corresponding awareness characteristics. The chart is designed to help individuals track their progress and identify areas for improvement.

Definitions

CLEAR: The name of a state achieved through auditing or an individual who has achieved this state. CLEAR is a being who no longer has the usual limitations of a being who is not CLEAR.

ARC Straightline®: A being who is becoming and willing to give over his thought, matter, energy, and time.

Happiness Roundup: A being who is becoming and willing to give over his thought, matter, energy, and time.

Additional processing services that may be done at various points on The Bridge

L12*, Flag OT Executive Roundup®: A being who is becoming and willing to give over his thought, matter, energy, and time.

L11*, New Life Roundup®: A being who is becoming and willing to give over his thought, matter, energy, and time.

L10* Roundup: A being who is becoming and willing to give over his thought, matter, energy, and time.



THE MAN WHO SUCCEEDS

The conditions of success are few and easily stated. Jobs are not held consistently and in actuality by flukes of fate or fortune. Those who depend upon luck generally experience bad luck. The ability to hold a job depends in the main upon ability. One must be able to control his work and must be able to be controlled in doing his work. One must be able, as well, to leave certain areas uncontrolled. One's intelligence is directly related to his ability. There is no such thing as being too smart. But there is such a thing as being too stupid. But one may be both able and intelligent without succeeding. A vital part of success is the ability to handle and control, not only one's tools of the trade, but the people with whom one is surrounded. In order to do this one must be capable of a very high level of affinity, he must be able to tolerate massive realities and he must also be able to give and receive communication.

The ingredients of success are then: First an ability to confront work with joy and not honor; a wish to do work for its own sake, not because one "has to have a pay-check". One must be able to work without driving oneself or experiencing deep depths of exhausted. If one experiences these things there is something wrong with him. There is some element in his environment that he should be controlling that he isn't controlling, or his accumulated injuries are such as to make him shy away

from all people and masses with whom he should be in intimate contact.

The ingredients of successful work are: training and experience in the subject being addressed, good general intelligence and ability, a capability of high affinity, a tolerance of reality, and the ability to communicate and receive ideas. Given these things there is left only a slim chance of failure. Given these things a man can ignore all of the accidents of birth, marriage or fortune, for birth, marriage and fortune are not capable of placing these necessary ingredients in one's hands. One could have all the money in the world and yet be unable to perform an hour's honest labor. Such a man would be a miserably unhappy one.

The person who studiously avoids work usually works far longer and far harder than the man who pleasantly confronts it and does it. Men who cannot work are not happy men. Work is the stable datum of this society. Without something to do there is nothing for which to live. A man who cannot work is as good as dead and usually prefers death and works to achieve it.

The mysteries of life are not today, with Scientology, very mysterious. Mystery is not a needful ingredient. Only the very aberrated man desires to have vast secrets held away from him. Scientology has slashed through many of the complexities which have been erected for men and has bared the core of these problems. Scientology for the first time in Man's history can predictably raise intelligence, increase ability, bring about a return of the ability to play a game, and permits Man to escape from the dwindling spiral of his own disabilities. Therefore work itself can become a game, a pleasant and happy thing. There is one thing which has been learned in Scientology which is very important to the state of mind of the workman. One very often feels in his society that he is working for the immediate pay-check and that he does not gain for the whole society anything of any importance. He does not know several things. One of these is

how few good workmen are. On the level of executives, it is interesting to note how precious any large company finds a man who can handle and control jobs and men really is. Such people are rare. All the empty space in the structure of this work-a-day world is at the top. And there is another thing which is quite important, and that is the fact that the world today has been led to believe, by mental philosophies calculated to betray them, that when one is dead it is all over and done with and that one has no further responsibility for anything. It is highly doubtful if this is true. One inherits tomorrow what he died out of yesterday. Another thing we know is that men are not dispensable. It is a mechanism of old philosophies to tell men that if they think they are indispensable they should go down to the graveyard and take a look -- those men were indispensable too. This is the surest foolishness.

If you really looked carefully in the graveyard you would find the machinist who set the models going in yesteryear and without whom

there would be no industry today. It is doubtful if such a feat is being performed just now. A workman is not just a workman. A laborer is not just a laborer. An office worker is not just an office worker. They are living, breathing, important pillars on which the entire structure of our civilization is erected. They are not cogs in a mighty machine. They are the machine itself.

We have come to a low level of the ability to work. Offices depend very often on no more than one or two men, and the additional staffs seem to add only complexity to the activities of the scene. Countries move forward on the production of just a few factories. It is as though the world were being held together by a handful of desperate men who by working themselves to death may keep the rest of the world going, but again they may not. It is to them that this book is dedicated.

~oo00oo~

FIRST AID

If somebody is injured, you can assist in many ways. Recovery from a burn or bruise or even sprains or breaks is much swifter with SCIENTOLOGY assists.

The most elementary assist is easily done. For ages Man has known that “laying on of hands” or Mother’s kiss was effective therapy. Even gripping, in pain, an injured member, seems to help. But Man neglected the most important part of “laying on of hands”. This follows.

Do this exactly and do it with a minimum of talk.

Place your index finger or fingers or palm on the injured member, very lightly, and say to the person, “Put your attention on my hand”. Now change the position of your finger or palm and have the person do it again.

It is best to touch the individual on spots

which are further from his head than the injury. Do not talk excessively. But coax him, as you touch, briefly, spot after spot, to put his attention on your finger or fingers or palm.

Change the spot every moment or two. Be calm. Be reassuring. If the person experiences pain or trembling as a result, keep on, for the assist is working. Continue in this fashion for many minutes or half an hour if necessary, until pain or upset is gone. During this assist the person has his eyes closed.

It is not power from your finger which is aiding him. It is power he generates by “looking” at your finger down through his body. You are putting him into communication with the injury. His communication with it brings about the recovery. Ordinarily injuries, sprains, burns, scalds, broken bones, headaches and colds heal slowly because the individual is avoiding this area with his own energy.

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A Special Quote from the Volunteer Ministers Handbook by L. Ron Hubbard

Exercises One, Two and Three

Exercise One

Look and Act Younger: Sitting somewhere near the center of a room, close your eyes and "contact" the two upper corners of the room behind you. Then, holding those corners, sit still and don't think. Remain interested only in those two corners.

You can do this for two minutes (minimum) or two hours, always with benefit. No matter what happens, simply hold the corners and don't think.

You can do this daily. It will make you look and act younger.

Exercise Two

Feel Freer: Pick out two similar objects. Then find as many differences between them as possible.

Now pick out two objects and see where they are in relation to each other and your body.

Use these two steps over and over. You will feel freer and see better.

Exercise Three

Better your memory: Go over this list many times, each time answering its questions.

"Recall a time which really seems real to you."

"Recall a time when you were in good communication with someone."

"Recall a time when you agreed to something."

"Recall a time when somebody disagreed with you."

"Recall a time when you liked somebody."

"Recall a time when someone agreed with you."

"Recall a time when someone was communicating easily to you." "Recall a time when somebody liked you."

Use this list many times. If "holding corners" (Exercise One) disturbed you, use this list. If you are tired or confused, use it.

This exercises can be done for hours.

~oo0oo~

Expanded Know to Mystery Scale

But you get a condensation of knowingness. A condensation of knowingness occurs down to lookingness. One has something to look at. And then this condenses and we get emotion. And this condenses and we get effort. And this condenses and we get thinkingness -you know, figure-figure. And this condenses and we get symbols. And the symbols condense and we get eating and the eating condenses and we get sex and the sex condenses and we get mystery.

Now, we could go on down south again and say, below mystery we get peering. And below peering, why, we would of course get misemotion. And below misemotion we would get horror of effort. And below horror of effort, why, we would get something on the order of a circuit instead of thinkingness, you see.

And below this circuit, why, we would get incomprehensible symbols and sciences like psychology. And below, and below this circuitry we would get indigestion. And below indigestion we'd get sterility and impotence. And below this, why, we would get unconsciousness.

Native State
Not Know
Know About
Look
Emotion
Effort
Think
Symbols
Eat
Sex
Mystery
Wait
Unconscious

PERSONAL INTEGRITY

WHAT IS TRUE FOR YOU is what you have observed yourself
And when you lose that you have lost everything.

What is personal integrity?
Personal integrity is knowing what you know-
What you know is what you know-
And to have the courage to know and say what you have observed.
And that is integrity
And there is no other integrity.

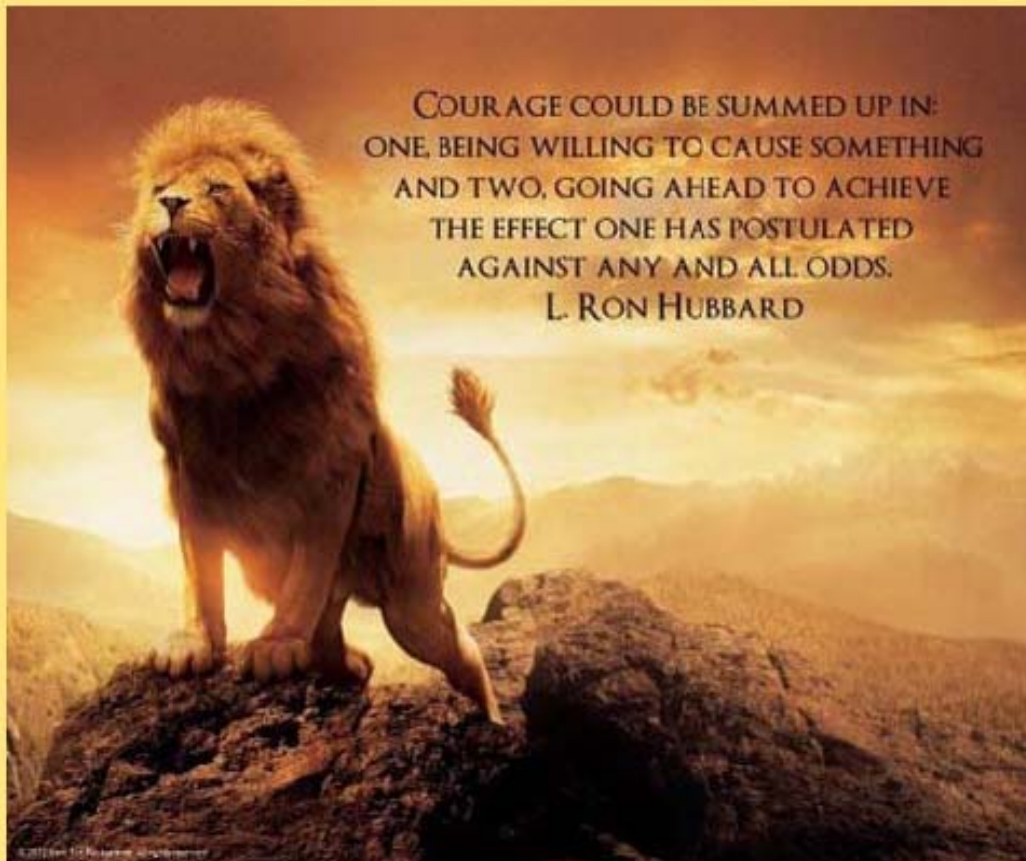
Of course we can talk about honor, truth, all these things,
The esoteric terms.
But I think they'd all be covered very well
If what we really observed was what we observed,
That we took care to observe what we were observing,
That we always observed to observe.

And not necessarily maintaining a sceptical attitude,
A critical attitude or an open mind.
But certainly maintaining sufficient personal integrity
And sufficient personal belief and confidence in self
And courage that we can observe what we observe
And say what we have observed.

Nothing in Dianetics and Scientology is true for you
Unless you have observed it
And it is true according to your observation.
That is all.

L. Ron Hubbard

Group Starter Kit for Scientologists



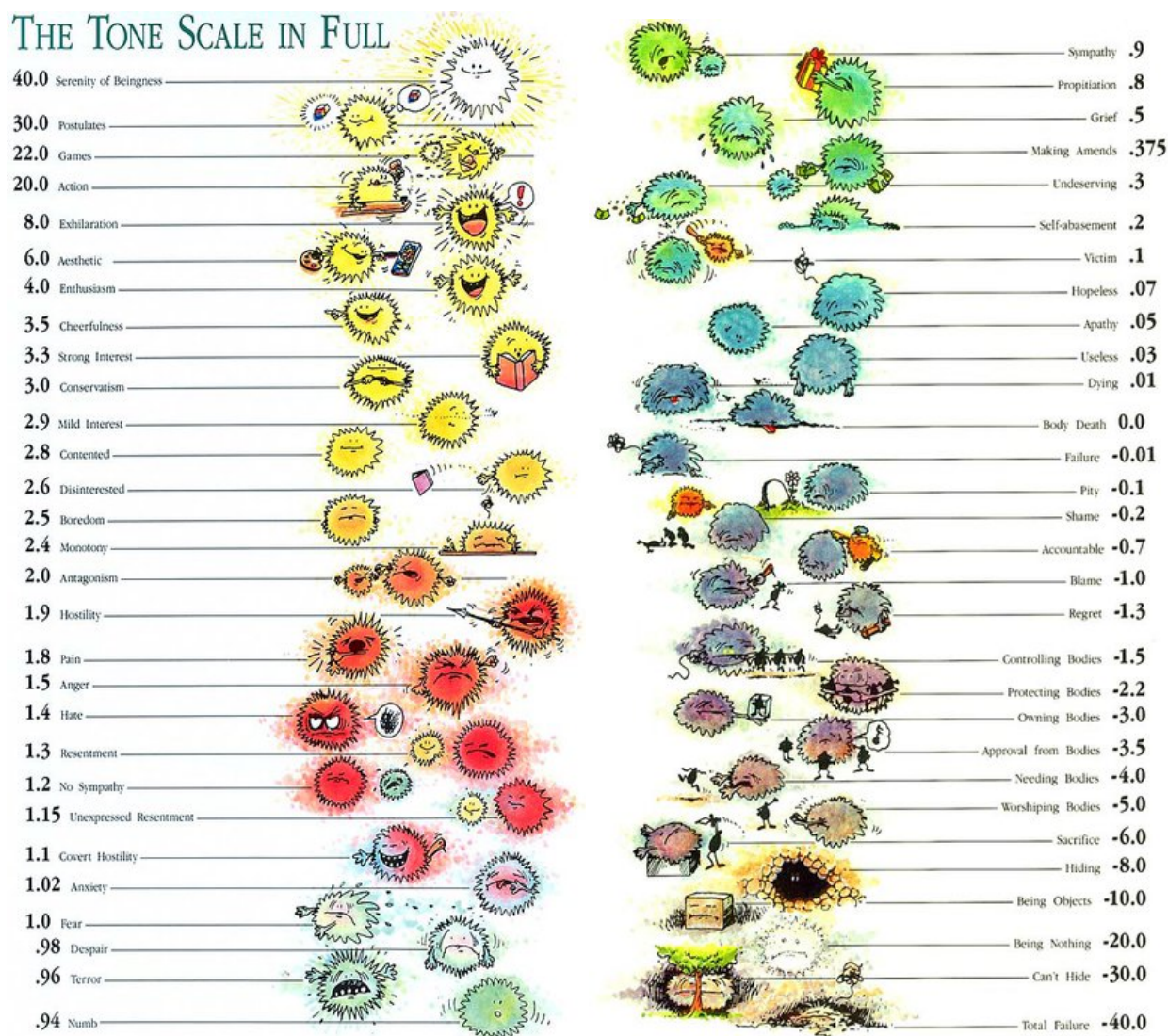
A Handbook for Field Scientologists Starting up a Group

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The Tone Scale in Full



The Tone Scale

Understanding is composed of Affinity, Reality and Communication. This triangle tells us that the co-existent relationship between affinity, reality and communication is such that none can be increased without a resulting increase in the other two and none can be decreased without decreasing the other two. Of the three, communication is by far the most important. Affinity and reality exist to further communication. Under the heading of affinity we have, for instance, all the varied emotions which go from apathy at 0.1 through grief, fear, anger, antagonism, boredom, enthusiasm, exhilaration and serenity in that order. It is affinity and this rising scale of the characteristics of emotion which give us the Tone Scale.

Scientology 0-8. The Book of Basics

Daily do list from Ron

Here's a brief quote from Professional Auditor's Bulletin (PAB) No. 6, which I offer as a fair use quote for educational purposes:

"Now you happen to be using a body. Before we worry about your mind let's clean up the primary communication relay point, the body. And for two weeks, let's do these things:

1. Clean up your MEST, get done the various odd jobs you've "been meaning to do."
2. Bring yourself up to date socially and give a letter or a ring or a personal call on people you've neglected.
3. Take a one-hour walk every day, simply starting away from home very early (dawn is best) for half an hour and then walk back, a different direction every day. (If you can't walk, get out in the yard and throw things for half an hour. If you can't throw, spit at something for half an hour -- and I mean throw and spit literally.)
4. Get a physical examination and if anything is chronic get it cured.
5. Take twice a day 100 mg. of B1 (200 mg. total) and supplement it with 250 mg. of vitamin C.

If you will do these things, you will be ready in a couple of weeks for some auditing. And if you feel you're in such top condition you need no auditing, I dare you to do the above and feel the change."



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Regain your **ABILITY and POWER** as a Thetan

by L. Ron Hubbard

INTENTION. The ability to intend. And intention contains in it every power the Thetan has. The ability to throw a lightning bolt. The ability to hold something in position. The ability to make some thing continue. The ability to do away with something. Strength. Accomplishment. Power. Wit. Ability. These things are all wrapped up in the one common denominator of INTENTION.

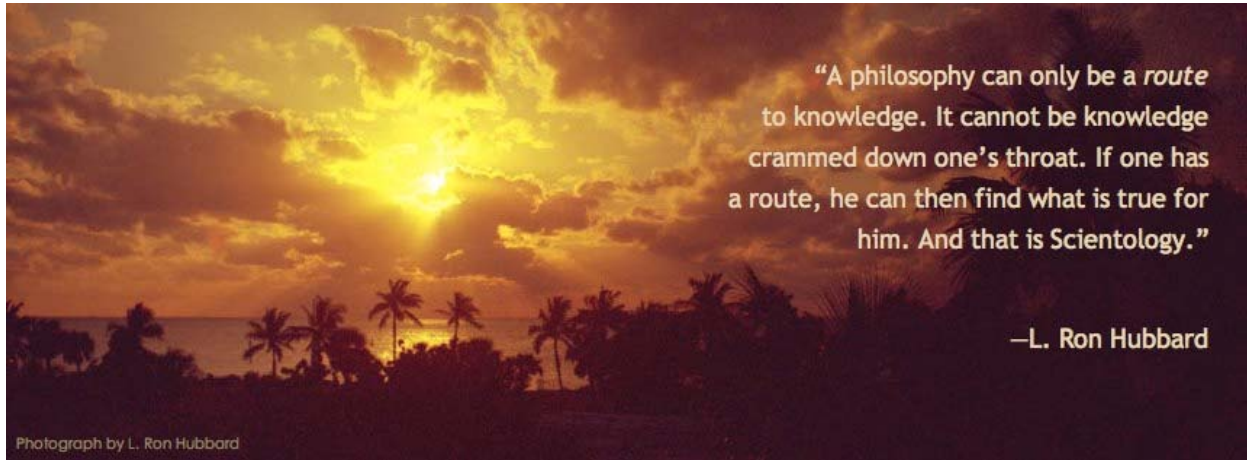
You've been able to do this in recent times. It baffles you sometimes when a piece of MEST does not instantly and immediately obey, but it's simply a matter of intention.

You intend something to happen and it happens. This is the ability to intend. And that is all there is to a thetan's power - there is no more to his power than that.

Intention is everything in case recovery. A person is as weak as his intentions are blunted. He will become as strong as his intentions are free. The greatest holder-backer of intention is the person himself. If he is regaining his power or ability or something like that, he's merely moving out of his road what blunts his intention and what has blunted his intentions, and that's all he is really doing.

Well, now he can go all the way, that is well within his grasp, and if he walks along a certain path and doesn't keep jumping off the cliff and so forth, why he will arrive.

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