



FREE THETAN

NEWSLETTER OF THE ASSOCIATION OF
PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

Preserve, Protect & Promote

June 2014

Volume 5 Issue 6

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Volume 5 Issue 6 June 2014

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Important Note

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 follow. 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.

~oo00oo~

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



reservo, servo, proveho

~ Editorial ~

Dear Reader,

We are approaching the middle of the year again. My how time flies! And things move along at a fast pace.

For example, more and more Scientologists are standing up for that they believe, or rather know. More and More Scientologists are standing up for what is right.

And standing up does not mean being nice or reasonable or covert in one's actions and thoughts. It means demonstrating senior survival by persisting. By announcing, this is what I believe in. This is what I know. This is my certainty.

It is persisting through time week in, week out, month in, month out, year in, year out. Being there and not apologising for doing so.

We are immortal beings. We exist outside of time and space and simply put our thetan fingers into the MEST universe and twiddle them around a bit. One does not have to apologize for being immortal or being a being.

Man succeeds because he adjusts his environment to him, not by adjusting himself to the environment.

—***SELF ANALYSIS***

Time to hold one's head up high and be proud of what one is.

Time to continue standing up for what we know to be right

When an individual is acting contrary to survival of himself, his group, progeny, race, mankind, or life he can be considered to be unintelligent, uninformed or aberrated.

-DIANETICS: THE ORIGINAL THESIS

Until next time.

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~

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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](#).

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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

Karen de la Carriere. Class XII LRH Trained Class XII C/S

Delivers: L's, NOTs, and entire Bridge

Karendelac@gmail.com

Los Angeles, California

Trey Lotz Class VIII

Delivers: Standard LRH Bridge up to Clear, NOTs, Ls

[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

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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~



You Only Live Once!

It is only in the modern ‘western’ world that the concept one only lives once is prevalent.

In the east for thousands of years it has been quite normal to understand and expect to live many lifetimes. The Buddhist and Tibetan and many other religions and philosophies of the east have always maintained the concept that one is an immortal being and not tied down to the “one life only and that’s ya lot mate” type of thinking.

Of course one could say it is just theory, which is why perhaps, Ron Hubbard set out to establish the truth and discover by an independent means if man had lived before this life.

The result was the book, “Have You Lived before This Life and here is a fair use quote extracted to demonstrate how this was done.

“I began search into the back track of Mankind some years ago. There was

no actual knowledge of it in existence. There were numberless superstitions, countless guesses, as many theories in favor of one thing as in favor of another. People believed, some of them, that Man had lived before. They had no proof. Others believed that Man was born innocent and died and went to a place called Hell.

Most believed that when you had lived once, that was all, fellow.

Such a number of conflicting theories must have truth in them. It became my business to discover, against considerable odds, that truth. In the first place, there was something wrong with Man. An animal such as a cat, even a reptile, a lizard, had habit patterns which carried him through his early days. Not Man. Why not? As usual, a lot of vagueness answered this. The very schools of ‘thought’ that said Man was just another animal bogged utterly on why it was that babies, the young of this very intelligent animal, are much more stupid than kittens. That was only one thing wrong with Man that wasn’t explained .

The further one investigated, the more one came to understand that here, in this creature Homo Sapiens, were entirely too many unknowns. People who suddenly, out of no observable training, begin to speak foreign tongues, men who ‘seem to remember having been here before,’ strange yearnings in people for various parts of the country or the world or the stars of which they have no actual knowledge, such things are routine puzzles.

And there was a much more important

thing at work than mere curiosity. Now and then, in my auditing, I would discover a case which would be extremely reluctant to recover and then would recover only partially so long as I used data from the current lifetime of the Preclear; but as soon as I used the whole span of the time track- about sixty trillion years-I could obtain immediate response. One must be very impartial, even brutal, in investigation. The last series of cases I audited, twenty in number, chosen at random from various life strata and suffering from mental and physical ills which were extremely varied, were audited to demonstrate finally to myself one thing only. Can an auditor obtain a swift recovery by auditing the current lifetime only? I used the most modern of techniques- 1952- and did a standard auditing address to the current lifetime of each one. I obtained mediocre results, partial recoveries, and slight betterment in attitude. Then I audited each case addressing only past track, prior to this lifetime:

the results were swift and spectacular. Thus I validated, for myself, the reality that in auditing the whole track, one can obtain excellent results, that in auditing the current lifetime, one can obtain slow and mediocre results.”

History has proved Ron Hubbard entirely correct. Since then, many thousands of people have received auditing not confined to the events they have experienced in their current life and all to remarkable relief for it follows then, that if one has had experiences in this time, then one would have had experiences in prior live times and one’s recovery of these can only be accomplished by the acknowledgment and confront of those incidents.

The road is open now to the mysteries of the universe and man and the alleviation of those factors that beset man and hold him back from his true spiritual attainment.

~oo00oo~



Freedom

Freed on too many barriers, man yearns to be free. But launched into total freedom he is purposeless and miserable.

There is freedom amongst the barriers. If the barriers are known and the freedoms are known, there can be life, living, happiness, a game.

-SCIENTOLOGY: A NEW SLANT ON LIFE

L. Ron Hubbard

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"REALITY IS THE AGREED UPON APPEARANCE OF EXISTENCE"

SCIENTOLOGY 4-8008
Lafayette Ron Hubbard



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 ig-

norant 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.

Quote from, "New Slant on Life", by L. Ron Hubbard

~oo00oo~

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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 something 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.

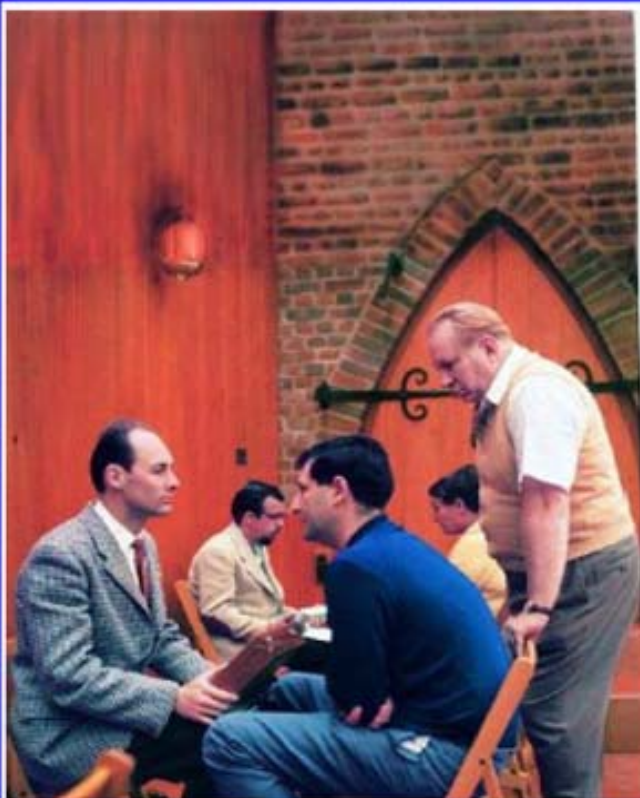
You intend something to happen and it happens. This is the ability to intend. And that is all there is to a thetan's power - there is no more to his power than that.

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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Auditing in 2014!

"The main thing to know about stalled cases is that cases get stalled. That is a truism that sometimes misses people. A case can be running along very nicely and suddenly cease running. Many things can happen."
Lecture: 'How to Resolve Stalled cases ' 1950 by LRH

Is your case bugged?

Is it stalled and not moving?

Have you not gotten the benefits you expected?

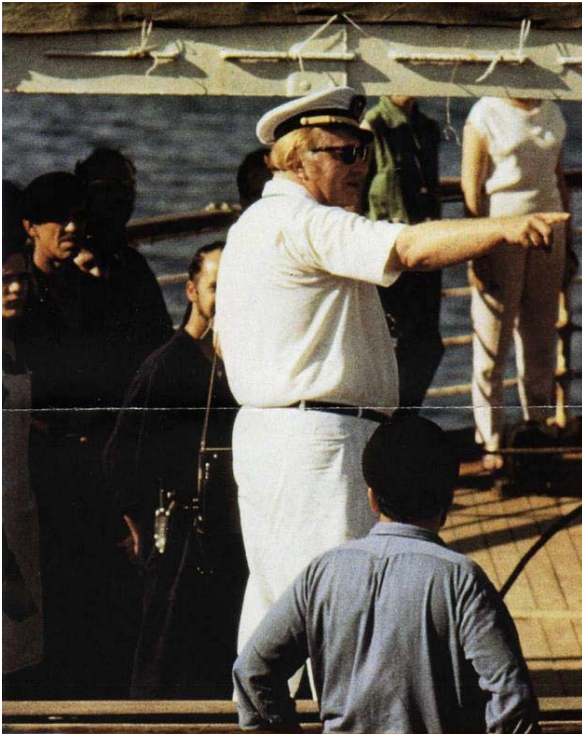
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Contact: support@internationalfreezone.net with your details today! And we will put you in touch with a standard certified auditor in your area.

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THE CONDITIONS OF EXISTENCE

There are three conditions of existence.

These three conditions comprise life.

They are BE, DO and HAVE.

The condition of BEING is defined as the assumption of a category of identity. It could be said to be the role in a game, and an example of beingness could be one's own name. Another example would be one's profession. Another example would be one's physical characteristics. Each or all of these things could be called one's *beingness*. Beingness is assumed by oneself or given to one's self or is attained, for example, in the playing of a game,

each player having his own beingness.

The second condition of existence is DOING. By doing we mean action, function, accomplishment, the attainment of goals, the fulfilling of purpose, or any change of position in space.

The third condition is HAVINGNESS. By havingness, we mean owning, possessing, being capable of commanding, positioning, taking charge of objects, energies or spaces. The essential definition of *having is* to be able to touch or permeate or to direct the disposition of.

The game of life demands that one assume a beingness in order to accomplish a doingness in the direction of havingness.

These three conditions are given in an order of seniority where life is concerned. The ability to *be is* more important than the ability to *do*. The ability to *do* is more important than the ability to *have*. In most people all three conditions are sufficiently confused that they are best understood in reverse order. When one has clarified the idea of possession or havingness, one can then proceed to clarify doingness for general activity, and when this is done one understands beingness or identity.

It is an essential to a successful existence that each of these three conditions be clarified and understood. The ability to assume or to grant beingness is probably the highest of human virtues. It is even more important to be able to permit other people to have beingness than to be able oneself to assume it.

Extract from Lectures by L. Ron Hubbard. Also to be found in the book New Slant on Life by L. Ron Hubbard

~oo00oo~



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



COMMUNICATION BREAKS

A radio broadcast played on the 14 of February 1951

One Side of the ARC Triangle

I would like to tell you more about the triangle of affinity, communication and reality, of which I have spoken before. The last time we talked about communication we learned how a persons communication lines can be shut off and he cannot give out as many communications as he should, and what the consequences are of cutting off communication. The ultimate is physical death.

The matter of communication is a very serious one. People who are wearing glasses have a break in communication—the communication between the outside world and their minds. It is something which makes it hard for them to see. Myopic astigmatism, unless caused by an accident, is a psychosomatic affair caused by the mind. There is a communication break relating to sight. Those breaks culminate in glasses.

Statements in engrams like “You just can’t see anything” will cause the command power to

shut off vision. Those people who have achieved optimum personality often drop off the need for glasses.

The relation to reality as represented by glasses also has to do with a person’s other abilities to communicate. It has to do with seeing things mentally, with seeing the world around him. There are other things such people are out of communication with. They will have some slight difficulty in talking. They have been pushed back by the people around them to the point where they are out of communication with them. For instance, the Japanese language is very difficult and subject to many misinterpretations. Glasses are very common in Japan.

Then there is the matter of hearing. Did you ever have a person around you who asked you to repeat? It is hard to get communication into them. They misunderstand what is told to them. People accuse them of wilfully misunderstanding, and that makes the matter worse. People comment on them, and that makes it worse.

Then there is stuttering. Very few cases of stuttering are due to physical defects. The little boy who stutters has been checked in talking and takes up a speech impediment. He has engrams very early in his life which tell him not to talk. You find stammering in families where people often tell each other to shut up. When the child is three or four years of age people tell him to shut up and this causes these early moments of pain and discomfort to come in, and he is unable to talk.

One little boy was a potential stammerer, and there was another little boy in the neighbourhood who did stammer. The first boy’s mother told him not to copy the other little boy’s stammering, and that shifted him into the little boy’s valence. We found some early engrams that told him not to talk and to shut up. This

The Purposes of the Association of Professional Independent Scientologists

Preserve the exact technology and original workable philosophy of Lafayette Ron Hubbard for future use so it is available for all mankind.

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child was also unable to take in communication.

He didn't listen. He had an interrupted communication line. He had an undercurrent of resentments against life. He didn't dare tell anybody. He didn't feel any large affection toward anyone. His sense of reality was very poor. His stammering and his inability to love went right along with his concept of reality.

When we consider the tone scale we find that on this tone scale the communication shifts. A person high on the tone scale can talk satisfactorily and make himself understood. He understands other people. You can count on this person's ability as far as liking people. He will have a good solid idea of what is real and what is unreal, what is true and what is false. He will be agreeable, not with irrational things, but about life in general. He feels good toward people. But as people come down on the tone scale you get shut-off.

High on the tone scale you have the artist. He is communicating in the broadest way to the people around him. He also appreciates art. As

you start dropping down into anger, you find communication starting to be shut off and perverted. An angry person seldom tells the truth. His communication is a lie. A chronically angry person will twist a communication. Someone will phone him and say, "Aunt Lizzie got off the train yesterday and is very ill."

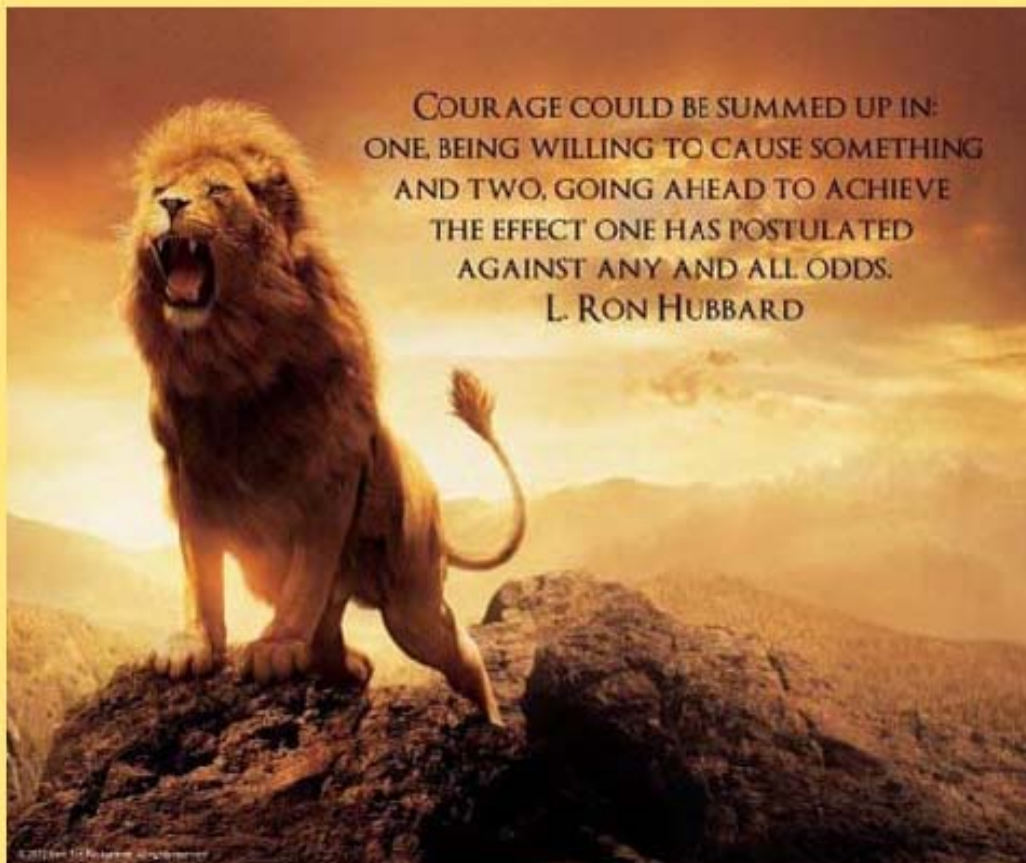
He will say, "Aunt Lizzie arrived yesterday, and Aunt Mamie made her sick."

His concept of things is very bad. This person does not like people. He doesn't have any concept of loving people. Lower on the scale you have a person who won't talk. He won't answer back. He is sullen. He isn't doing much loving and hasn't much in the way of reality.

This is all too frequent in our society. In the police state the communication is thoroughly cut and the result is a totalitarian state without affection.

~oo00oo~

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Wins & Gains in the Independent Zone

What I have learned is that cases do not progress beyond their Scientology education level. A case hangs right at the point to which it has been educated in Scientology. Processing gains are parallel to education gains and the two balance.

Rons Journal Dec AD 13

CLEAR

I am certain now that I am Clear and will no longer put my attention on this point.

A Resurgence of ARC:

We then did L11. The resurgence of ARC and the expansion of his space that he describes was also very visible and very impressive to all of us. From the beginning, I felt a resurgence in my ARC and in my space. I enjoyed being in comm with people more than I have in quite some time. I was able to spot and as-is some of my bad habits in dealing with people and this enabled my comm to flow so much better. I also feel a resurgence in my desire to help on all dynamics, and a desire, to expand my abilities and havingness. Thanks to LRH and to Trey!

Grades.

Well, I had a 7.5 hour drive home from where my auditor was and to be honest I didn't think that much. I just drove. I enjoyed my wins, I enjoyed mocking up my future, I enjoyed the speed of my car, I enjoyed the memories and pleasure moments of the past 15 or so days getting auditing.

First, I finished Grade 3 (I was 1/2 through it), and now I've finished and attested to Grade IV. I will keep my success short with a simple story. Let's say you came into the world and from very early on you had this postulate and idea to create big things and be a good person causing good effects. Really, to be a good person (that is who you are you know). Let's then say that in moments of great confusion and stress, something came along that you used, and that little something creeping in was a postulate along the lines that "only the bad people survive". Well which one is it, be good or be bad?

Good, bad, good, bad, good, bad.

This is a fixed condition, it limits you. Grade IV addressed this completely for me. It blew it away. It is very special auditing addressed to you and bringing back your self-determinism with gusto. Not your body, not your mind - YOU, the being.

If you didn't have reality on you as a spiritual being you will on this Grade. An amazing, beautiful thetan with the ability to perceive and BE, DO and HAVE.

I personally regained much knowingness without asserting that I knew. I just knew. You

know the pyramids are in Egypt, you don't need to fly there to verify it. You could but you know... not necessary.

I am now free of this insanity and completely able and willing to create a new future.

My Grades always finished with an explosion of laughter --- I did not see this particular explosion coming --- but it's ok, I exploded again. LOL - I mean LRH is a genius.

This Grade gave me back ME. We got introduced to each other again, so to speak.

You are the only one stopping yourself and you are the only one who can make wonders happen for you too as well --- you are tremendously powerful.

I am free to create again without a voice (mine) telling me the contrary. I am freed up to play better games, fun games, and let others be who they want to be.

Gone are the self-invalidations, gone is the desire to make people wrong or to try to control people and their own games. Sigh, so much wasted time. But so much regained with just a few intensives.

My success is simple, but so am I.

It's nice being simple.

Thank you to LRH and my auditor Chris Black.

"I came to Chris for some auditing, feeling down and out for a long time. Within a few sessions of auditing, I reached some core understandings and truths about myself that I was blocking out. Within a few more sessions I was laughing very heartedly and deeply at some of the realizations I was admitting to myself.

Chris was able to steer me through some rough patches along the way and offered great advice on how to handle certain people in my life. I am very grateful for all the help and guidance given to me by Chris.

So what did I get out of Grade III? Let me scratch my head a bit.

For me personally, Grade 3 raised my confront level, raised my willingness/desire to take responsibility for my past upsets - once you real-

ly look at them and see your participation in it - well, it has miraculous results. Simplicity.

The truth is you got yourself in trouble --- you can get yourself out of it. Truly, only YOU can. No one else is going to as-is it FOR you and that requires guts, focus and swallowing the bitter pill. However, the nice thing is that it's not long before the pill turns into candy and you are smiling like a 6 year old holding a lollipop.

It has been kind of like having to lick the lollipop that fell in the grass and you don't have your hands, well you lick it off, it doesn't taste nice --- well you dropped it! After a while you get to the candy and you're golden and boy is that ever good candy! You just have to pay attention where you walk from now on, stop looking behind you - look ahead, like your mom told you to do! LOL

A being can get himself into a whole lotta hurt/mess/pain but the good news is he can get himself OUT of a whole lotta hurt just with a few intensives of Scientology auditing. I mean it is really amazing. It is really incredible, when done right. It has not been perfect (see bitter pill above) but you answer the next question and gradiently the Grade EP magically appears. I am truly released and free of upsets. It's so nice.

I could write a lengthy 4 page success story on my wins since returning to the SCN Bridge in 2012 with my auditor Chris Black - I really could. He has saved my bacon more than once and just always pushed me to do a little more, just kept me going and I have truly expanded my space, my thought, my postulates, my willingness and I am just so much happier because of it. Thank you.

He is always thinking BIG and in FUTURES, well this time I decided to surprise him and be OT and push the envelope a bit and not just come to finish Grade 3 but booked more time off work to finish Grades 3 and 4. That was maybe a bit too dangerous of me... oh well. Pardon me! But we ARE doing it; awesome. In our auditing from Grade 1 to now I have

Quote from L. Ron Hubbard

"... your potentialities are a great deal better than anyone ever permitted you to believe.

—SELF ANALYSIS

blown fixed attention on terminals: ex-girlfriends, family members, co-workers, past identities etc...Frustrations on finances, on what people told me, evaluations, false data --- just things I gobbled up along my track and ran with it. I mean really, the stupidities I got into it's embarrassing. God, I can be smarter. Just so much joy returned to me.

One terminal we blew so much charge yesterday, decades of charge in what was it --- 2 mins Chris? I mean 2 mins, all ARC restored, charge gone. Precise, precise action and I was floored and so relieved. It was so simple and quick. I just felt life restored and I felt that with that terminal I would be fine from here on out. Floating TA.

I can honestly say that I have no attention on upsets I have received, upsets given to others, upsets with myself, and can probably scan all the upsets have witnessed amongst others and just smile but I have better things to do. There is a future to create.

The reactive mind really does exist, it can be de-stimulated and the energy in those unpleasant events can be located, observed, handled and the entheta, pain and agony can be returned. The free theta that was always yours, the beauty that is YOU, all the beauty that is YOU can be returned to who it belongs: YOU. But it cannot be done by watching TV or thinking about getting auditing. You gotta get auditing. It's the only reason SCN exists. Auditor and PC work together to tackle the bank and free the individual. So no matter how hard it gets sometimes, and it always gets tough at parts, I know that this too shall pass and the effort is worth it.

In fact, I am crying of joy just now typing this because the truth is I very much lost big pieces

of ME. We are big powerful beings with a potential for good, for creativity, for laughing and joy and LIFE.

We have an endless amount of potential and ability and I am regaining those abilities after so long being without them. A heightened awareness of my surroundings, ability to perceive even better than before without effort, an ability to trust myself more, a desire to see the good in people no matter what they say or do because I know they would be crying too if they were in the chair getting this stuff. Everyone is basically good and a diamond that is truly "in the rough".

It is with great joy that I have been given back a big bag of "ME" again and of free theta. It was never very far away. It was in a safe but I didn't know who had the key, well it was me but I didn't know where it was. Does that make sense?

For the first time in all the auditing I have ever received I truly get the concept now of what we are doing; the reality of what we are really doing when we pick up the cans.

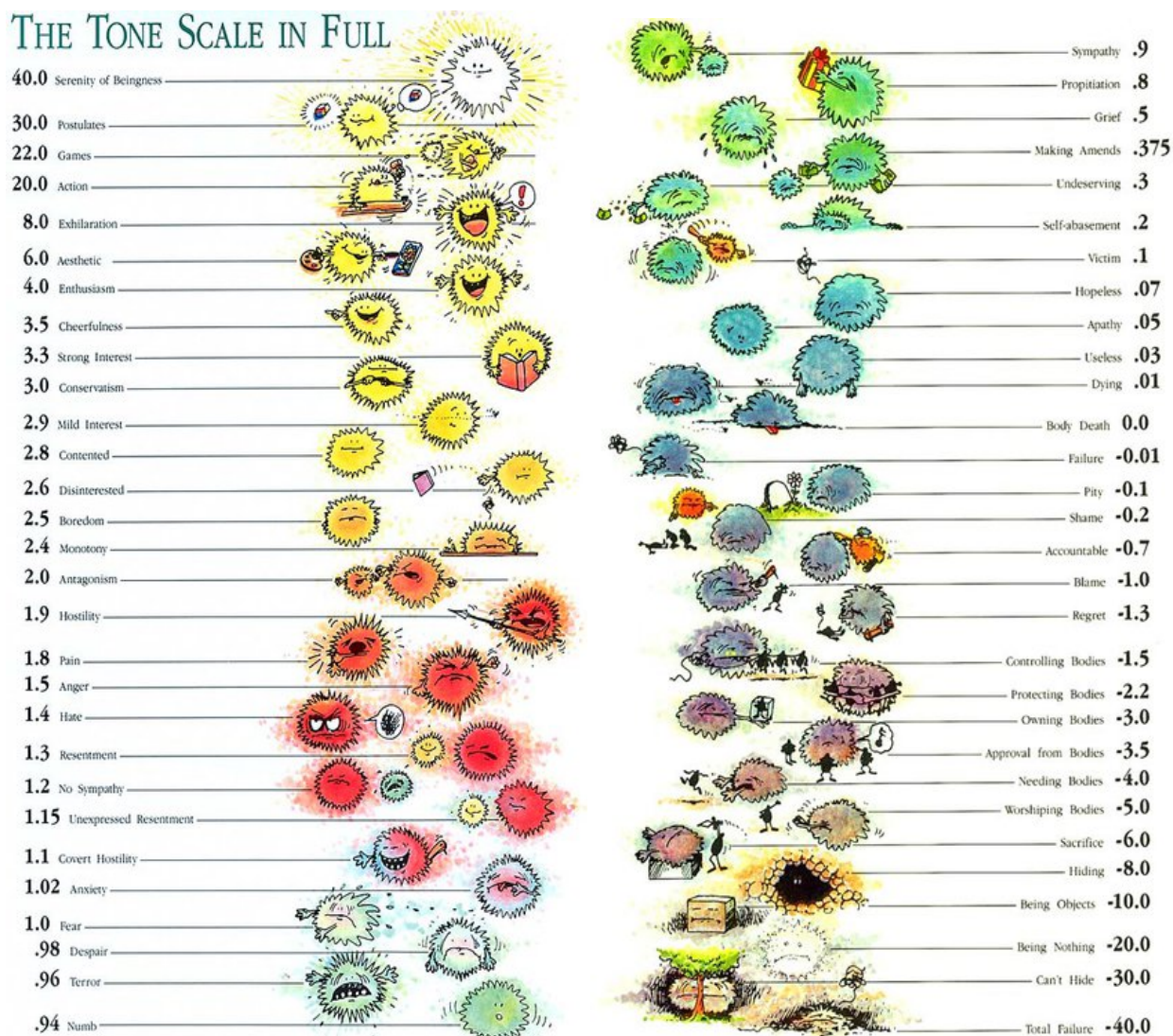
YOU are in the adventure of getting YOU back again. You're just washing off the mud, bit by bit, and when you're done, the diamond that is YOU will shine again. YOU cannot be deleted from existence, you are immortal. I do not mean to imply anyone is mud, you are not, but that reactive mind has to go! Shoo bad reactive mind. Just keep taking the mud off!

There is a lot of beauty in the world again for me today.

Thank you Chris, thank you LRH, and thank you to ME (I got something right after all this time)

~oo00oo~

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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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."

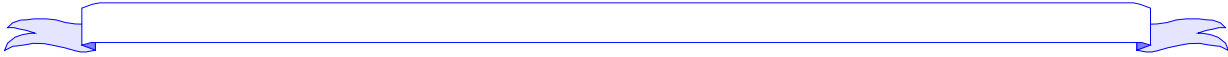
"Recall a time when someone agreed with you."

"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.

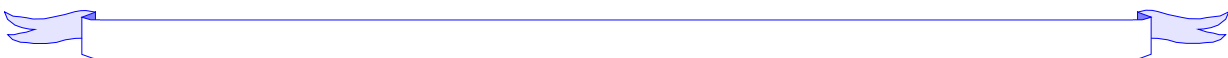
This exercises can be done for hours.

~oo00oo~



**Quote from
L. Ron Hubbard**

No man is happy without a goal, and no man can be happy without faith in his own ability to reach that goal.



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~oo00oo~

