



# FREE THETAN

NEWSLETTER OF THE ASSOCIATION  
OF PROFESSIONAL  
INDEPENDENT SCIENTOLOGISTS

*Preserve, Protect & Promote*



Decay is inherent in all compound things  
but the truth will remain forever  
Work out your salvation with diligence.

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## NEWSLETTER OF THE ASSOCIATION OF PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

*Preserve, Protect & Promote*

**FREE THETAN**  
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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.**

~oOo~

	<p>The Members Quarterly Journal of the Association of professional Independent Scientist</p>	
	<p><i>Preserve, Protect &amp; Promote</i></p> <p><a href="http://independent-scientologists-association.net">http://independent-scientologists-association.net</a></p>	

~ *Editorial* ~



reservo, servo, proveho

**Dear Reader,**

We start this month with the introduction to the book HYMN OF ASIA.

This book give a new hope for man when all around looks hopeless and dark.

Despite what we see around us, all is not bad and there are pockets of light like torches in the dark to guide us.

The philosophy and the technology lives on, not just on paper or electronic form but in the hearts of us all.

Above and beyond everything else remember, we are immortal spiritual beings, and nothing can change that.

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](mailto: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](mailto:Karendelac@gmail.com)

Southern Cal tech Team

#### Standard LRH Bridge

Training, Auditing & C/Sing Specializing in OT and NOTs levels

[scttservices@gmail.com](mailto:scttservices@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](mailto:info@adcian@yahoo.com)

Ingrid Smith

From Life repair to OT4

[ingridsmith123@yahoo.com](mailto:ingridsmith123@yahoo.com)

Silvia Llorens

All Standard Bridge

[slllorens71@gmail.com](mailto:slllorens71@gmail.com)

### Scotland

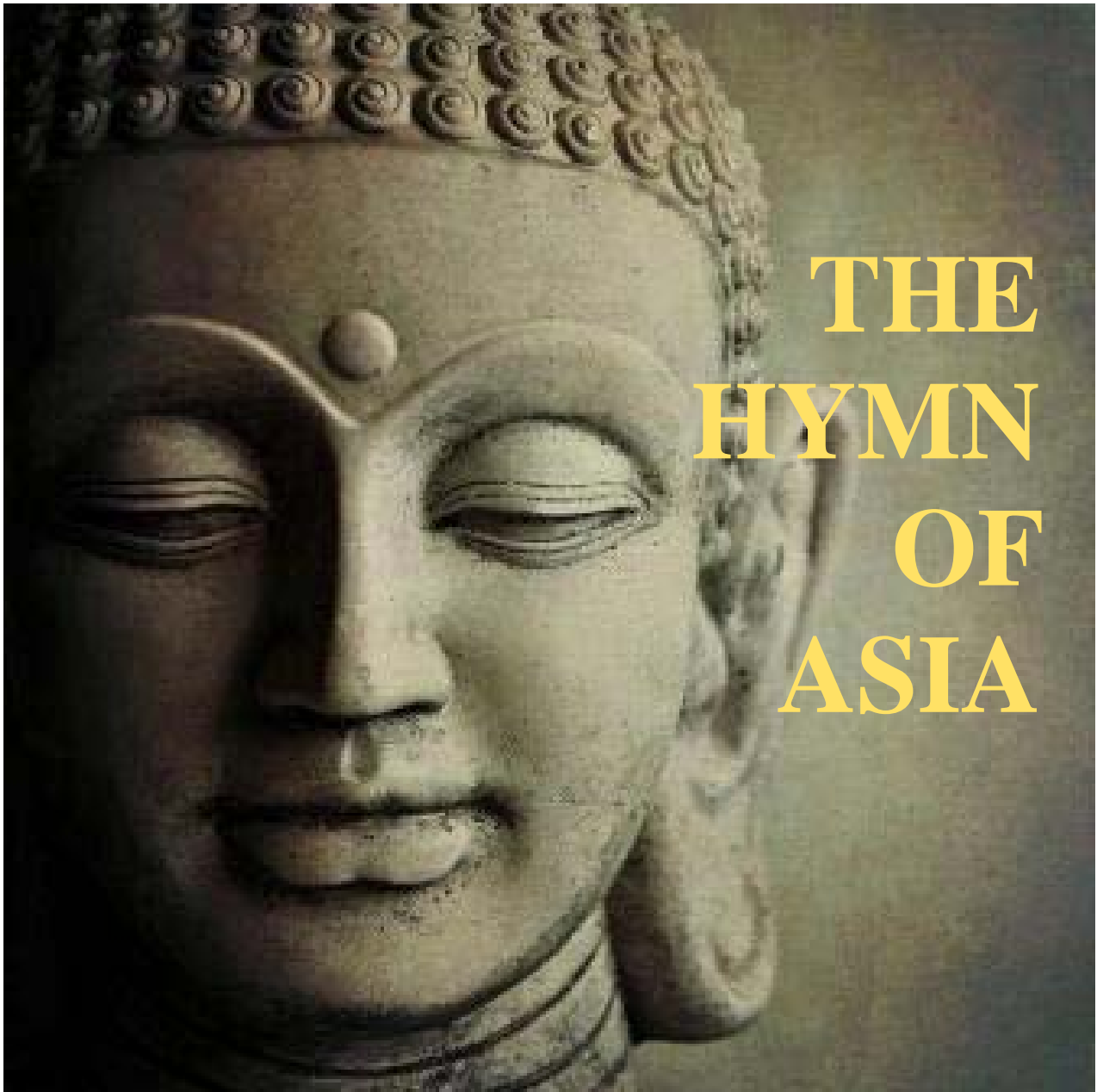
Ken Urquhart. Class IV Advance Courses Specialist. Class IX

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~



Man has long dreamed of solving the riddle of his own existence and achieving personal freedom. This has been the great hope of man through the millennia of his histories – both East and West.

Now at last, in the 1046 lines of the poem Hymn of Asia, is the statement that this hope has been achieved – You can be free.

This moving hymn was written for a Buddhist Convention in about 1955 or '56, coincident with the celebrations in the Buddhist world of the 2,500th year of the Buddhist era.

Later, typed copies of this magnificent work, many in altered versions, were widely circulated from hand to hand in various countries of the world.

The public demand for its publication grew enormous.

Then in late 1973 its author directed its publication and subsequently personally supervised the collaboration of a talented artist, designer and calligrapher in the final preparation of the book.

Thus here we have a beautiful edition which presents the fully correct original text of the poem, one surely destined to become a major document of Man's spiritual history.

Hymn of Asia concerns the fulfilment of a prophecy made 2,500 years ago by Siddhartha Gautama, better known as Buddha, the founder of the religion known in the West as Buddhism.

This prophecy can best be understood in context of Buddha's life and work.

## II. THE LIFE AND WORK OF BUDDHA

The two key concepts of Buddhism are contained in the words *Buddha* and *Bodhi*, each derived from the root *Budh*, meaning both to wake up and to know. Thus, a Buddha is one who is Enlightened or Awakened. Bodhi means enlightenment or, alternately, one who has attained intellectual and ethical perfection by human means.

Siddhartha Gautama was the first in recorded history to attain such a state. And because he also pointed the way to others to attain it he started a religion which changed the history of the world.

Buddha's final words before he passed from this world sum up his lifelong teaching:

*Decay is inherent in all compound things, but the truth will remain forever.  
Work out your salvation with diligence.*

Here was the epochal statement that, *in one lifetime*, one could strive to achieve a state of spiritual freedom from the endless cycle of death and rebirth and achieve spiritual independence of the flesh. "Supernatural agencies" were not involved. The entire reliance was placed upon the individual's own impulse to redeem himself.

*By rousing himself, by earnestness... the wise man may make for himself an island  
which no flood can overwhelm. Senseless and foolish folk fall into sloth.  
The wise man guards earnestness as his best treasure.1*

Buddha's own life (563-483 B.C.) provides the greatest example of his own teaching. Siddhartha Gautama's birthplace was at Lumbini, now a part of Nepal on the northeast border of India. A rich nobleman, surrounded by opulence and destined to become a ruler, at the age of 29 the Buddha-to-be resolved to leave his privileged life to seek The Greater Life. First he studied the inherited knowledge of his day under the greatest available teachers. He then retired to the

forest and excelled even his fellow ascetics in endurance – nearly to the point of death. Realizing that self-deprivation was enervating and “mind-clouding“ he sat down beneath a fig tree. From that spot he resolved not to rise until he had at last pierced the veil of illusion and achieved Enlightenment.

As the earliest scriptures of Buddhism state:

*Sitting under a poplar-fig tree, he began to meditate methodically, and with his spiritual eye pierced layer after layer of the nature of existence. He remembered his previous existences, saw through the law of rebirth as a consequence of deeds and realized: This is suffering, this is its origin, this is its termination and this is the way to its termination. He gained the insight: Unshakable is my liberation (from suffering); this is the last birth, there is (for me) no more reexistence*

He was 35 when he reached Bodhi. Thereafter he spent his remaining lifetime expounding his message and organizing and laying down the rules for the swelling congregation of monks who wished to devote themselves full-time to the Teaching.

### **III. THE INFLUENCE OF BUDDHISM**

The message of Buddha reached far beyond the compass of his original followers in northeast India.

Wherever it travelled its teaching of love and hope transformed, practically overnight, the existing barbarisms based upon the morality of force and violence.

Within 1,500 years after the death of its founder, Buddhism had civilized most of Asia. For example, the golden ages of Chinese, Tibetan and Japanese history were Buddhist civilizations. Buddhism became the dominant religion of Asia and, in terms of numbers of adherents, the most widely held religion on the planet.

Westward its influence was just as important. Spreading along the heavily trafficked trade routes between the East and West, its ideas moved into the Near East in the first century B.C. The Christian message of love, its statement „The truth shall set you free“, represented the words of Buddha filtered through some 500 years and across thousands of miles.

Siddhartha Gautama’s work even set the precedent for an applied religious philosophy which finally re-blossomed in the West some 2,000 years later.

### **IV. THE PROPHECY OF METTEYA**

But Siddhartha Gautama did not regard himself as an end point. He looked upon his work as incomplete and prophesized that at a later time a successor would arise to complete his work. The most specific wording of this prediction in Buddhist literature states that 2,500 years after Buddha a red-haired or golden-haired man would arise in the West to complete the job Buddha began.



In Buddhist literature his name is known as Metteya (or Metteyya with two y's) in Pali<sup>2</sup>, or Maitreya in Sanskrit.<sup>3</sup> *Metta* is the Pali word for love. Thus the name could mean „One whose name is kindness“.

A more fluent translation of Metteya in English would be “friend“. The legend of Metteya forms an important part of the Buddhist Mature.

There are two descriptions of Metteya in the Pali Canon, the earliest Buddhist scriptures. These references are found in a portion of the Canon known as the Digha Nikaya which represent the memorized sermons of Buddha, faithfully passed down orally from generation to generation and finally transcribed in the first century B.C.

When new Buddhist writings began to be composed just before and after the Christian era once again we hear of Maitreya (or Metteya). These mainly consisted of legendary accounts of the birthplace and history of the new Buddha-to-be.

Some 600 to 700 years later, at a time when Buddhism was decaying internally through rampant ritualism and superstition, a reformer from Southern India wrote a Pali poem entitled „Anagata Vamsa“. In this poem the author describes in detail the coming of Metteya who will revitalize the Truth Buddha promulgated and usher in a new golden age for the entire known world.

Various other descriptions of Metteya frequently recur in Buddhist literature.

Statues of Metteya can be found throughout Buddhist lands where he often goes by local names. Buddhists universally believe in his advent and that, according to the legend, he shall appear in the West.

It would be instructive to look at some examples of this great prophecy which has at one time or another inspired the greater portion of Mankind.

In one passage in the Digha Nikaya wherein Buddha has been describing a world decline he states:

*At that period, brethren, there will arise in the World an Exalted one named Metteya, Arahant,<sup>4</sup> Fully Awakened, abounding in wisdom and goodness, happy, with knowledge of the worlds, unsurpassed as a guide to mortals, willing to be led, a teacher for gods and men, an Exalted One, a Buddha, even as I am now.*

*He, by himself, will thoroughly know and see, as it were face to face, this universe, with its worlds of the spirits, its Brahmas,<sup>5</sup> and its Maras,<sup>6</sup> and its worlds of recluses and Brahmins,<sup>7</sup> of princes and peoples, even as I now, by myself, thoroughly know and see them. The truth (the Norm) lovely in its origin, lovely in its progress, lovely in its consummation, will he proclaim, both in spirit and in the letter, the higher life will he make known, in all its fullness and in all its purity, even as I do now. He will be accompanied by a congregation of some thousands of brethren, even as I am now accompanied by a congregation of some hundreds of brethren.*

Later, as Buddha prepared for his death, the following prophecy was among his last words:

*And Ananda,<sup>8</sup> suppressing his tears, said to the Blessed One: ‘Who shall teach us when thou art*

gone?’

*And the Blessed One replied: ‘I am not the first Buddha who came upon earth, nor shall I be the last. I came to teach you the truth, and I have founded on earth the kingdom of truth. Gautama Siddhartha will die, but Buddha will live, for Buddha is the truth, and the truth cannot die. He who believes in the truth and lives it, is my disciple, and I shall teach him. The truth will be propagated, and the kingdom of truth will increase for about five hundred years. Then for a while the clouds of error will darken the light, and in due time another Buddha will arise, and he will reveal to you the self-same eternal truth which I have taught you.’*

*Ananda said: ‘How shall we know him?’*

*The Blessed One said: ‘The Buddha that will come after me will be known as Maitreya, which means ‘he whose name is kindness.’ (From the Book of the Great Decease)*

The idea that Metteya will arrive when Man’s fortunes are at a low ebb is prevalent in the legend. For example, here is a description of his advent from Chinese Buddhist sources:

*The first period began with Sakyamuni<sup>9</sup> Buddha and ended five hundred years after his death. It is called ‘Cheng-fa’, here translated as the first model period.*

*The second period lasts from the end of Cheng-fa for another five hundred years and is called Hsiang-fa’, the period in which pictures must be used. In this period men must work their way to the truth through pictures and books.*

*From the end of the second period and lasting for a further two thousand years comes ‘Mo-fa’, the final period. Then sin and need are increased to such a degree that Buddhism itself goes to pieces. At this point, Maitreya appears with his millennial kingdom. A new cycle of life begins, with hope and redemption for all living things. Thus one cycle follows another until all living things are redeemed.*

In ‘Mi-lo-Hsia-sheng Ching’, the Chinese scripture describing Metteya’s descent into the world, we find how he is solemnly appointed by Gautama Buddha to come as the great renewer at the time when the power of evil is at its height and all living things seem to be going to ruin under sin and punishment.

And in Tibetan Buddhist materials, echoing earlier Buddhist Indian sources, this startling prophecy is made:

*When he shall be seen in the West, seated in the Western fashion, his hair like flames about his noble head, discoursing, then shall the inhabitants of the Three Worlds<sup>10</sup> rejoice, knowing that the emancipation of all sentient beings is imminent. Then it shall be called the age of the blessed because it will become commonplace to achieve Emancipation in one life-time.*

Professor Nicholas Roerich (1874-1947), Russian painter and archaeologist, spent five years exploring in the Himalayas. In his *Altai-Himalaya*, a five year record of his expedition (now out of print) he related widespread prophecies throughout the East concerning Metteya.

Professor Roerich states in *Altai-Himalaya*, “It is told in the prophecies how the new era shall manifest itself.”

He relates some of these prophecies as follows:

1. *First will begin an unprecedented war of all nations.*
2. *Then shall the Teachers appear and in all corners of the world shall be heard the true teaching.*
3. *To this word of truth shall the people be drawn but those who are filled with darkness and ignorance shall set obstacles... even those who by accident help the Teachings of (this spiritual king of the world) will receive in return a hundred fold.*
4. *And one can already perceive unusual people. Already they (the teachers) open the gates of knowledge, and ripened fruits are falling from the trees.*  
And finally:
5. *Those who accept Him (the Messiah) shall rejoice. And those who deny Him shall tremble... And the warriors (teachers) shall march under the banner of Maitreya.*

## V. SUMMARY OF THE METTEYA LEGEND

Thus, we find these are the most salient details of the Metteya legend.

1. *He shall appear in the West.*
2. *He shall appear at a time when religion shall be waning, when the world is imperilled and convulsed in turmoil.*
3. *He will have golden hair or red hair.*
4. *He will complete the work of Gautama Buddha and bring in a new golden age of man by making possible the attainment of spiritual freedom by all beings.*
5. *Although the date of his advent is variously forecast, the nearest date places it 2,500 years after Gautama Buddha – or roughly 1950 (the date of Gautama's own life being somewhat of an estimate itself).*  
*In one form or another the prophecy of Metteya has been the principal hope that the East has preserved and bequeathed to the world.*

<sup>1</sup> From the Dhammapada, *The Way of Truth*, a work traditionally scribed to Buddha.

<sup>2</sup> Pali - the language of Buddha and Pali Canon (the earliest written scriptures of Buddhism).

<sup>3</sup> Sanskrit - the classical language of Indian literature.

<sup>4</sup> Arahant - variation of Arhat, one who has attained spiritual perfection.

<sup>5</sup> Brahmas - plural of Brahma, from Hindu terminology, a term signifying the personified creative aspect of a spiritual absolute.

<sup>6</sup> Maras - plural of Mara, literally death; the personification of evil.

<sup>7</sup> Brahmins - members of the Indian priest caste.

<sup>8</sup> Ananda – Buddha's cousin and his chief aide.

<sup>9</sup> Sakyamuni - Buddha's full name was originally Siddhartha Gautama of the Sakyas. Siddhartha was his given name; Gautama his surname and Sakya the name of the clan to which his family belonged. After he attained Buddha-hood his disciples sometimes called him Sakyamuni, *Silent sage (muni) of the Sakya clan.*"

<sup>10</sup> Three Worlds - three worlds of Tibetan Scriptures: *Body: The physical world pertaining to the body and its operations and life. Speech: The 'world' of Communication between entities and things. Mind: One's own world, the world of one's own Creation.*

# THE BRIDGE TO TOTAL FREEDOM

## SCIENTOLOGY CLASSIFICATION GRADATION AND AWARENESS CHART OF LEVELS AND CERTIFICATES

TRAINING						Awareness Characteristics	PROCESSING									
Author's Class	Course	Prerequisites	Success	Where	End Result		FC Grade	Series of Dates	Subject	Prerequisites	Days of Activity	Phase	Faculty	Additional processing services that may be done at various points on the Bridge		
<b>Class XII Auditor</b>	Class XII Auditor Course	None	Ability to audit	Flag only	Ability to audit	21 Source	OT XV	Nov 2009	OT XV	None	Nov 2009	OT XV	OT XV	Additional processing services that may be done at various points on the Bridge		
<b>Class XI Auditor</b>	Class XI Auditor Course	Class XII Auditor	Ability to audit	Flag only	Ability to audit	29 Existence	OT XIV	Nov 2009	OT XIV	None	Nov 2009	OT XIV	OT XIV	Additional processing services that may be done at various points on the Bridge		
<b>Class X Auditor</b>	Class X Auditor Course	Class XI Auditor	Ability to audit	Flag only	Ability to audit	19 Coefficients	OT XIII	Nov 2009	OT XIII	None	Nov 2009	OT XIII	OT XIII	Additional processing services that may be done at various points on the Bridge		
<b>Class IX Auditor</b>	Class IX Auditor Course	Class X Auditor	Ability to audit	Flag only	Ability to audit	18 Realization	OT XII	Nov 2009	OT XII	None	Nov 2009	OT XII	OT XII	Additional processing services that may be done at various points on the Bridge		
<b>Class VIII Auditor</b>	Class VIII Auditor Course	Class IX Auditor	Ability to audit	Flag only	Ability to audit	15 Ability	OT XI	Nov 2009	OT XI	None	Nov 2009	OT XI	OT XI	Additional processing services that may be done at various points on the Bridge		
<b>Class VII Auditor</b>	Class VII Auditor Course	Class VIII Auditor	Ability to audit	Flag only	Ability to audit	14 Conversion	OT X	Nov 2009	OT X	None	Nov 2009	OT X	OT X	Additional processing services that may be done at various points on the Bridge		
<b>Class VI Auditor</b>	Class VI Auditor Course	Class VII Auditor	Ability to audit	Flag only	Ability to audit	12 Production	OT IX	Nov 2009	OT IX	None	Nov 2009	OT IX	OT IX	Additional processing services that may be done at various points on the Bridge		
<b>Class V Auditor</b>	Class V Auditor Course	Class VI Auditor	Ability to audit	Flag only	Ability to audit	11 Adjustment	OT VIII	Nov 2009	OT VIII	None	Nov 2009	OT VIII	OT VIII	Additional processing services that may be done at various points on the Bridge		
<b>Class IV Auditor</b>	Class IV Auditor Course	Class V Auditor	Ability to audit	Flag only	Ability to audit	8 Recognition	OT VII	Nov 2009	OT VII	None	Nov 2009	OT VII	OT VII	Additional processing services that may be done at various points on the Bridge		
<b>Class III Auditor</b>	Class III Auditor Course	Class IV Auditor	Ability to audit	Flag only	Ability to audit	5 Understanding	OT VI	Nov 2009	OT VI	None	Nov 2009	OT VI	OT VI	Additional processing services that may be done at various points on the Bridge		
<b>Class II Auditor</b>	Class II Auditor Course	Class III Auditor	Ability to audit	Flag only	Ability to audit	4 Perception	OT V	Nov 2009	OT V	None	Nov 2009	OT V	OT V	Additional processing services that may be done at various points on the Bridge		
<b>Class I Auditor</b>	Class I Auditor Course	Class II Auditor	Ability to audit	Flag only	Ability to audit	3 Demand	OT IV	Nov 2009	OT IV	None	Nov 2009	OT IV	OT IV	Additional processing services that may be done at various points on the Bridge		
<b>Class 0 Auditor</b>	Class 0 Auditor Course	Class I Auditor	Ability to audit	Flag only	Ability to audit	1 Recognition	OT III	Nov 2009	OT III	None	Nov 2009	OT III	OT III	Additional processing services that may be done at various points on the Bridge		
<b>Not Classed</b>	Not Classed	Class 0 Auditor	Ability to audit	Flag only	Ability to audit	-1 Help	OT II	Nov 2009	OT II	None	Nov 2009	OT II	OT II	Additional processing services that may be done at various points on the Bridge		
<b>Not Classed</b>	Not Classed	Not Classed	Ability to audit	Flag only	Ability to audit	-2 Hope	OT I	Nov 2009	OT I	None	Nov 2009	OT I	OT I	Additional processing services that may be done at various points on the Bridge		

### DIANETICS AND SCIENTOLOGY BEGINNING BOOKS AND EXTENSION COURSES, LECTURES AND PUBLIC FILMS

Success Through Communication Route	Life Improvement Route	Personal Efficiency Route	Scientology Introductory Auditing Route	Dianetics (Book One) Route	Anatomy of the Human Mind Route	Purification Route	The Way to Happiness Route	Hubbard Key to Life® Course Route
Hubbard's Dianetics Course	Hubbard's Life Improvement Course	Hubbard's Personal Efficiency Course	Hubbard's Scientology Introductory Auditing Course	Hubbard's Dianetics Course	Hubbard's Anatomy of the Human Mind Course	Hubbard's Purification Course	Hubbard's The Way to Happiness Course	Hubbard's Key to Life Course

### How to Use This Chart

This chart shows the progression of a student through the levels of Scientology. The levels are arranged in a vertical column on the left, from Class XII Auditor at the top to Class 0 Auditor at the bottom. To the right of each level is a list of courses and activities that are required for that level. The courses are listed in a table with columns for the course name, prerequisites, success criteria, where the course is held, and the end result. The activities are listed in a separate table with columns for the activity name, prerequisites, success criteria, and the days of activity. The chart also includes a section for 'Additional processing services that may be done at various points on the Bridge', which lists various services such as 'OT Eligibility', 'Sojo Course', 'OT Preparations', 'Sojo Course', 'Sunshine Rundown', 'CLEAR', 'Expanded Dianetics', 'New Era Dianetics (NEC)', 'Grade IV', 'Grade III', 'Grade II', 'Grade I', 'Grade 0', 'ARC Straightlines', 'Happiness Rundown', 'Purification Rundown', 'Dianetics (Book One)', 'Anatomy of the Human Mind', 'The Way to Happiness', and 'Hubbard Key to Life'. The chart also includes a section for 'Definitions', which defines various terms used in the chart, such as 'OT', 'Sojo', 'CLEAR', 'Expanded Dianetics', 'New Era Dianetics', 'Grade', 'ARC Straightlines', 'Happiness Rundown', 'Purification Rundown', 'Dianetics (Book One)', 'Anatomy of the Human Mind', 'The Way to Happiness', and 'Hubbard Key to Life'. The chart also includes a section for 'Additional processing services that may be done at various points on the Bridge', which lists various services such as 'OT Eligibility', 'Sojo Course', 'OT Preparations', 'Sojo Course', 'Sunshine Rundown', 'CLEAR', 'Expanded Dianetics', 'New Era Dianetics', 'Grade IV', 'Grade III', 'Grade II', 'Grade I', 'Grade 0', 'ARC Straightlines', 'Happiness Rundown', 'Purification Rundown', 'Dianetics (Book One)', 'Anatomy of the Human Mind', 'The Way to Happiness', and 'Hubbard Key to Life'.



# 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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Scientology is a non-profit organization.





## MAKING AN OT

by L Ron Hubbard

A big point in making an Operating Thetan is the rehabilitation of a thetan's primary desire in the MEST Universe. If you can't rehabilitate that he will be unwilling to leave a body and operate. He will continue to stay in immediate and intimate contact with bodies.

In other words, if you just spring somebody out of his head and don't do anything else about it, he's going to go back in. That's why it's a cruelty to do it, because one point won't have been solved.

What is that point? It's *sensation, need for*.

A better part of handling this point is to

educate a thetan regarding what he once could do and prepare him to do that again; to demonstrate to him that he as a thetan can contact directly from the environment any sensation much better than the environment might possibly deliver to a body.

A thetan *can* do that.

For example, a thetan who's not in a body, or using a body in any way, can still contact from his environment and experience any sensation that a body can contact and experience, or that can be gained from bodies.

Of course, at that moment he would be willing to give up the idea of a body. And until he has realized that, *he will not leave* a body *alone* but will keep hanging around and diving downscale and going back into his head and out of his head and around and around.

This is handled by rehabilitating his own ability to perceive. This is not too difficult because the thetan has the only ability to per-

ceive there is. He thinks he has to do it through the body. He's so accustomed to this and so certain of it that you have to demonstrate to him the thetan's ability to perceive directly in the environment; that it can be possible for him to capture, experience and create sensations.

So this becomes very simple, really.

What do you do? You get him upscale to a point where he can feel a wall. Of course, he can feel a wall much better with his own contact with the wall than he can with his body's fingers as a body. In other words, he can feel the wall straight and he doesn't need any fingers to contact that wall. He can feel the size of, shape of and weight of objects without any interposition of a MEST body's fingers or muscular reflexes. He can see anything that he can see with a body and be as certain that he is seeing it as with a body.

But it's secondary, for instance, that he is able to contact ordinary things. What you want him to be able to contact are things which are strong, exciting, interesting and complex sensations. He must know that it is possible for him to, one, contact them in the MEST environment, and two, create them and contact them himself - both without a body.

Now that sounds like quite a trick. But the reason it sounds like quite a trick is that is the trick. You have to be able to do that. If you could realize how completely the thetan is dependent upon sensation for conviction that he is still alive, you would realize that what you are rehabilitating is the only reward he has for living - the beautiful sights, the beautiful sounds, the beautiful tactiles. Actually a *thetan* has thousands of different perceptions. I don't think you could list all these perceptions. It would just go on and on.

The MEST body can only contact, at the outermost extreme about fifty five. That is almost forty more than are commonly listed in textbooks which have, laughingly, dealt with this subject. I don't know why they didn't just sit down and categorize the number of things

in the environment there were to contact and then go and ask somebody if he could sense them. But they didn't do that. Instead they made up a theory and never tested it.

Therefore, the rehabilitation of sensation is very necessary because *need for, desire for, sensation* is the only thing which keeps him in the vicinity of a body; that plus the continued belief, confirmed by what is apparently quite real experience, if not actual experience, that only the body can deliver unto him these sensations.

As a result, when he is a Theta Clear he has to go up to the level of Operating Thetan. That consists primarily of the rehabilitation of *sensation, perception of*. It also depends on two or three other little things that you might miss in passing.

Before I go into a much lengthier dissertation on this, I'm just going to describe these things because they're quite important.

A Theta Clear is still in a state where his memory does not immediately confirm to him any duration of beingness as a thetan. He is in a state in which he does not evaluate himself as a personality. He sees himself as an identity with the body. Everybody who comes along has given the body a name and has given the body credit for everything. He has been designated with relationship to the body so consistently that, amazingly enough, a thetan moves out and leaves the personality in the body!

For example, you've got a person who is quite convinced he is a Theta Clear. For what does he use these skills and talents and this freedom - to experiment with or to fool around with or see how curious it is? He doesn't use that state as a state of being alive, as a state which has a personality he will ever have.

So he leaves the personality behind. He thinks he has to be in some peculiar frame of mind or that he's sort of an automation. Outside his head he thinks he's a mechanical object

or he's a spark or something. He just hasn't come up to the point where he's grasped this. But grasping that simple detail is quite important.

As a result he has no evaluation of his own capabilities and, much more importantly than just evaluation, he has no appreciation of himself. He doesn't have appreciation of himself just directly as himself. He doesn't say, "Now I have moved out of this body, I can be happy, I can sing, I can dance. I can do all of these things." Rather he says, "The body can be happy, the body can be sad, the body can sing, the body can dance. And I can sit back and look at it."

He is sort of like a spectator in the stadium. It really doesn't occur to him that the body can't sing and dance unless he handles it like a puppet. Instead, he's set it up on automaticities so it will sing and dance.

Why does the body sing and dance? Why does the body express joy or anything


else? It's because the thetan likes to sing and dance and express joy. It's very simple.

So he's done a sub-zero awareness differentiation when he should have done an identification. He should have picked up his own capabilities right with him at the moment he moved out.

You can do a very graceful dance between the moon and Venus. There's lots of space. It's a big ballroom. If you can't make space, the whole MEST universe is full of it. Even "solid matter" is mainly space.

Thus, where you have a person who has no appreciation of himself, you also find that he hasn't any concept of the fact that he is joy, that he is a higher level of aesthetic than a body could ever be; that he can, in his own interest, take a larger and more effective role in the affairs and concerns of being alive than a body ever could.

What does he do for randomness in a body? He goes to the office; he goes home. Or



*Freedom*

Fixed 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 8 8008  
Lafayette Ron Hubbard



if he has money he would go out on the polo field or the flying field or something of this sort and amuse himself in a plane. And in order to account to himself and settle his own accounts that he was worth something, what would he do? Why he'd join the local philanthropy society or the charity, or he'd make sure that the Boy Scout Troop was running all right and so on.

When we were young we were quite enthused about helping out groups and helping people out. We soon found out that you had to be pretty strong to help anybody out. Then we found out we didn't have any time to do it because we had to work too hard to eat and all these other affairs came into the line. And we found out that, really, the only thing we could do for them was give them some advice once in a while which they didn't need, and some money which *we* needed. It was sort of sad.

That's what a homo sapiens does for randomness, and this thetan, *as* homo sapiens, also operates at this level. What? You mean this person has no purpose or goal of beingness? Here he's capable of stepping outside the economic concerns of the world, capable by his own actions of becoming partisan in causes much broader than he would ever be

able to touch.

Man, for instance, gets enormous randomness out of who is going to be secretary for the local Lion's Club. A thetan could go out and have a fine time campaigning for some congressman. You would be amazed! He would just sort of appoint himself guardian angel to this or that or this or that cause.

Well, what's the difference? This homo sapiens was interested in helping and participating and doing all these things, and, don't forget this one, *collecting* MEST.

Now all of a sudden as a thetan he moves out and leaves his personality and all his interests and goals in that body, because they were all postulated for the body. And the thetan is too much of a - to be technical - golf ball to recognize that his beingness is himself.

All he has to do is suddenly wake up to the fact, "What do you know? I'm me!"

L Ron Hubbard

Edited from The Philadelphia Doctorate Course lecture #50,16 Dec 1952

~oo0oo~

	<b>A TRIBUTE TO MARY SUE HUBBARD</b>	
<i>Wife of L. Ron Hubbard</i>		
<i>Remembered with Respect and Honor</i>		

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***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.



## Wins & Gains in the Scientology Independent Field

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

### PTS Rundown

After the PTS R/D, I was very aware that I'm free from PTS people, resulting in a greater sense of freedom and expansion. I feel I can be more focused on my goals and I have very little anxiety, particularly in comparison to how PTS issues bothered me before the handling. Thank you Trey for your wonderful work.

### Book 1 Auditing

I blew my identification with the body. There is total certainty that I will never have to get tangled up like this or get tangled up with any future body. My highly commended auditor, Trey Lotz is standardly applying BK1 auditing from the very beginning of this body to P.T. There has been a constant erasing of MANY HEAVY ENGRAMS. Locks and Secondaries

have been flying off.

Just yesterday a constant LIFE-LONG anxiety vaporized. Lifelong regular periods of depression, light to deep and bottomless depression, are gone. A life-long total and overwhelming despair has been no more for over a week. A constant headache has been absent and will never come back. A variety of daily body somatics are gone!

My attention, thinking and Be Do Have are in Present time and are no longer constantly being yanked out of present time by the engrams I WAS surrounded with.

Before my auditing, I was faced with the poorhouse. Now my business is getting calls for projects, and demands for additional work on projects we are doing!

I now have a future! Life is great and full of wins again.

Special thanks to LRH, Trey, Nicci & Pierre

## From Clear to OT 5

I write this testimonial to share with others the outstanding auditing I experienced with Ken Urquhart. I recently disassociated myself from the Church of Scientology by asking that my unused monies be returned to me. This money was to see me through to OT III and I was still working to acquire more. I just knew that two intensives wasn't going to be enough. When I found out that I could get to OT III by an alternate route my whole world changed. For the first time in years I felt that getting to OT III might actually take place.

I discovered Ken's name on the internet. I e-mailed him and we set up a time to get started. Ken actually stayed at my home saving me a bundle of money. It all started with a couple sessions to run out some of the auditing I should've never received. After all, I was in the non-interference zone. After a day's training I was ready to Solo on OT II. You should realize at this point that only the training needed was given. There were no blocks, no lengthy checksheets. I was given only the training I needed to do the level.

After Ken sat in on a few sessions with me, we were both confident that I could handle the level. It wasn't long before I was attesting to OTII. Without delay, I was reading the material on OT III. When Ken felt confident that I could audit on OT III, he went home. I continued the level and e-mailed him photocopies of my sessions. He C/S'ed from home. And though you might think there were unnecessary delays in this method, I never missed having an early session the next day. I would audit 4 to 6 sessions and have to end off as the continuous floating needle disallowed further auditing.

It was only a few months later that Ken was back to act as Examiner and Success Officer. I attested to OT III. Then Ken audited me on OT IV and V. Here's where I learned how very professional Ken was. His auditing was very smooth. It was almost as if we would sit down

and chat for a while and then have to end off because of the BDing FN. I have had some really great auditors at Flag but none of them were any better than Ken.

When looking for an auditor I was concerned that I might get one that had been justifiably declared SP by the Church. I feel very fortunate that Ken was my auditor. He uses only Standard Tech and without the alterations you hear so much about these days. With Ken as my auditor, my sessions were fun, done when I felt I was ready for another, and always ended with spectacular results.

Though my goal was to get to OT III, I am now OTV and have money left over enough to do the L's and the training for OTVII.

## The Ls, a follow up

It's been about a year now since I did my L's with Pierre Ethier.

And well, a lot has changed in my life for the better and the wins still keep coming. :)

Now one thing I want to say though, is that L11 and L12 had spectacular immediate results, but although L10 blew off some very heavy charge, overall I found it to be more subtle immediately, and I was left with the impression that there was more to do here.

Well, there was -- but it had nothing to do with L10 requiring any further attention. It was simply that there was more for me to do. More I could do, even. I found that in L10 I was able to spot the truth more effectively, and so I had to do a whole bunch of looking. I cognited on that recently and wanted to post about it. I guess I will be done with the wins from L10 when I have looked at everything, lol! The hilarious thing is the way I cognited was that I just took another look at the situation and re-examined why I thought there was more to do here and then it just became abundantly clear.

Now I can rant and rave about the other L's as well. L12 more stably exteriorized my attention which is an ongoing win and L11 left me with analytical gain which of course is also an ongoing win that is regularly useful. The L's setup done by Chris Black was a great action just by itself, actually, and what I gained there in terms of spotting automaticities is also very stable. Thanks Chris!

Overall, I am now more successful in my relationships, in my continuing education, in my personal business, and in my personal goals, and I am certain that a lot of that was facilitated by my having run the L's. Without quantifying things too much to get into personal details, I can just say that a lot of good has come my way, and looking back, it was a very sound investment in myself.

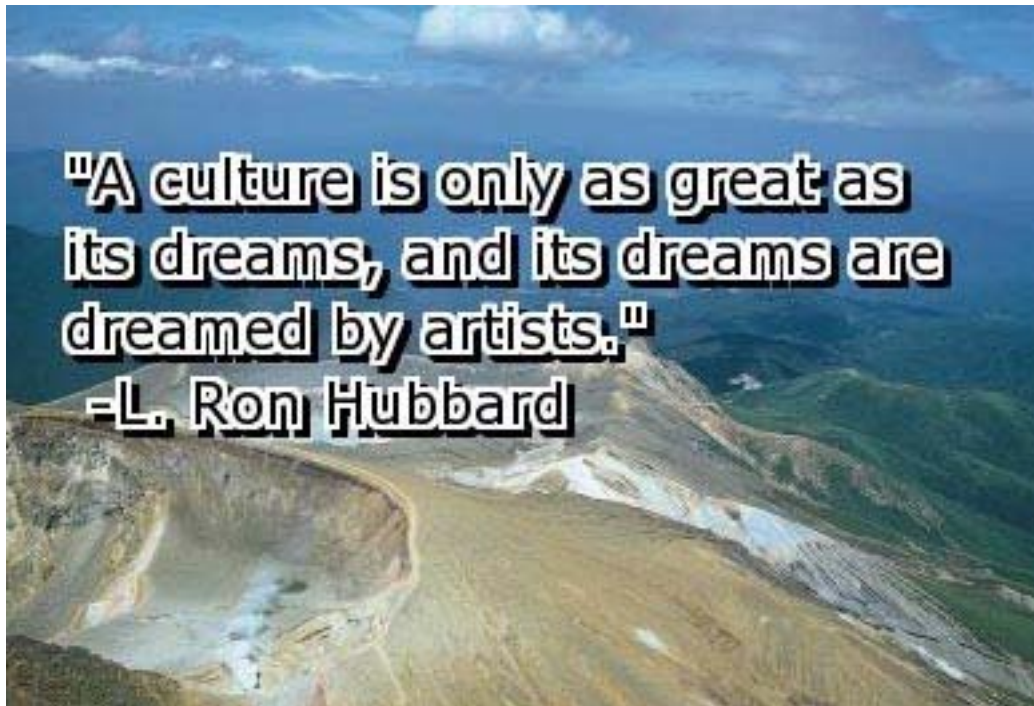
So thanks again Pierre, and thanks for providing this service to others as well.

The L's and the time commitment might seem like a lot of resources to some, but if you make

them a goal and postulate, and start finding ways to set money aside, I am certain you can make it happen if you have been considering how to take this.

Statistically, the most important concept to understand and apply in your quest to be successful in life is the idea of delayed gratification. (The ability to put off a lesser reward if it would negatively affect receiving a substantially greater reward later on) With that in mind, I encourage folks to put aside a bit of money here and there that they might spend on lesser rewards, put it in a savings account, and plan to get themselves one of the most rewarding personal investments that exist -- The L's. And of course, thanks to Ron for development of the tech

~oo00oo~.



## 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



## 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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## **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."

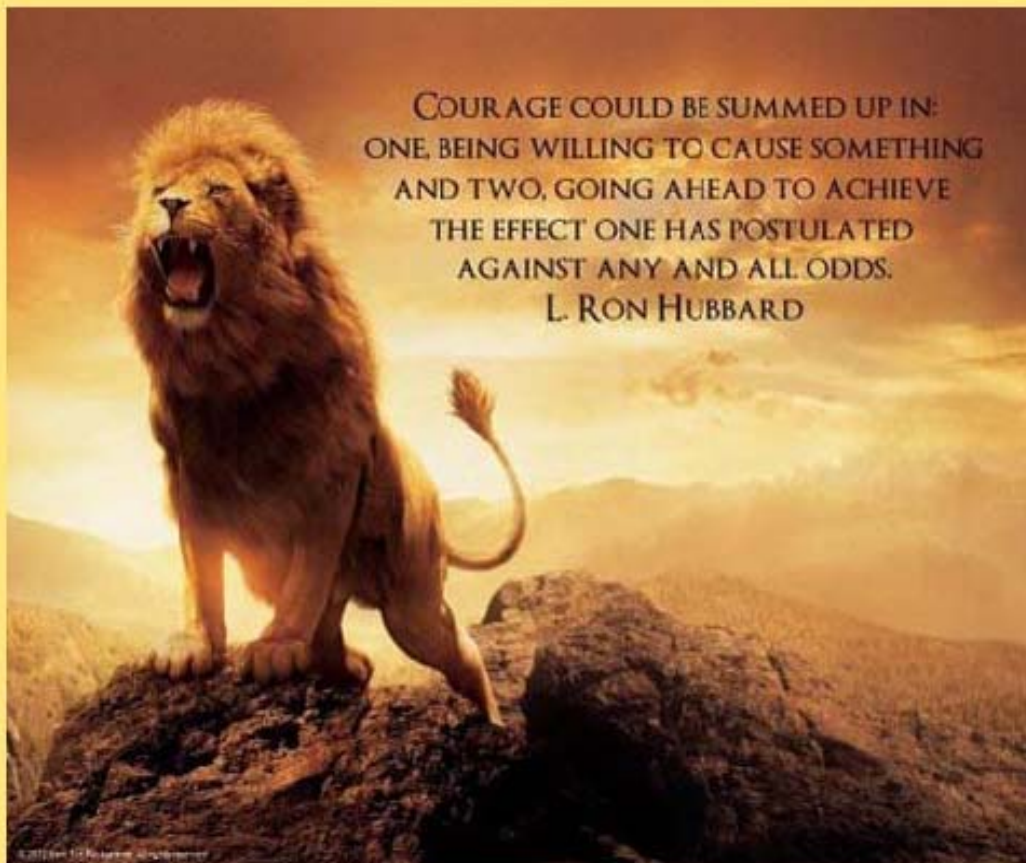
Use this list many times. If "holding corners" (Exercise One) disturbed you, use this list. If you are tired or confused, use it.

This exercises can be done for hours.

~oo00oo~



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## Expanded Know to Mystery Scale

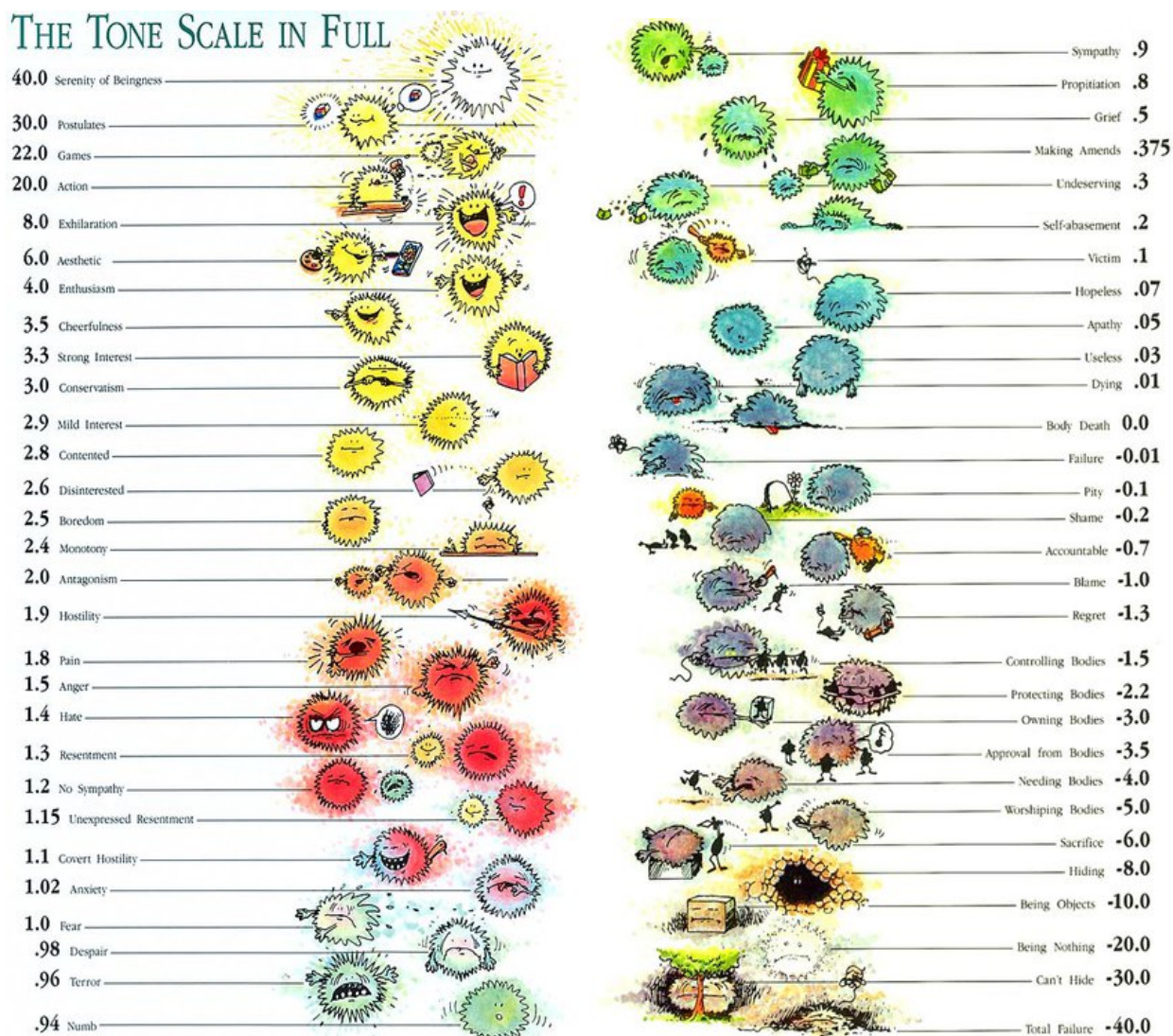
But you get a condensation of knowingness. A condensation of knowingness occurs down to lookingness. One has something to look at. And then this condenses and we get emotion. And this condenses and we get effort. And this condenses and we get thinkingness -you know, figure-figure. And this condenses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

# 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

**Quote from  
L. Ron Hubbard**

The basic individual is not a buried unknown or a different person, but an intensity of all that is best and most able in the person. The basic individual equals the same person minus his pain and dramatizations.

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