



# FREE THETA

Newsletter of the association of  
professional independent scientologists

*Preserve, Protect & Promote*

September 2016

Volume 7 Issue 9

It's a very simple remedy. And that's-just make sure that the remedy is passed along. That's all. Don't hoard it, don't hold it; and if you ever do use any Black Dianetics, use it on the guy who pulled Scientology out of sight and made it ...so it wasn't available. Because he's the boy who would be electing himself "The New Order." And we don't need any more new orders. All those orders, as far as I am concerned, have been filled"

LRH

The  
FREE  
THETA

The Members Quarterly Journal of the  
Association of professional Independent Scientologist

*Preserve, Protect & Promote*

<http://independent-scientologists-association.net>



reservo, servo, provecho

# FREE THETAN

Newsletter of the association of professional independent scientologists

*Preserve, Protect & Promote*

**FREE THETAN**  
**Volume 7 Issue 9 September 2016**

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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.**

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

## ~ *Editorial* ~



reservo, servo, proveho

### **Dear Reader,**

The Church has deteriorated very badly under the suppressive influence of the current self styled Chairman of the Board (COB) and its purpose and goals have been thwarted and stopped as a result. The church is now used as a money making machine to serve the one life first dynamic interest of the individual who purports to run the church for the salvation of mankind. This individual is fast going the way of dictators and despots before him and will eventually disappear leaving a church in tatters and

But the concept, the idea, the dream and the goal of Scientology of making this planet a better world has not been thwarted. It lives in the hearts and minds of those in the field who train and audit whoever and wherever they are. The flame may have flickered but it is not dead, despite naysayers and efforts to the contrary.

In fact Scientology is alive and well and expending. Not as much as was originally intended perhaps but expansion is expansion and as more people become Clear and more OTs are made this planet will become more sane. The mass media might delude one into thinking this planet is a mess but they are portraying only the lower toned one percent of life. The other 99 percent live and go about their business and are ready for change.

And now is the time for change.

Until next time.

Much arc,

Michael Moore  
Editor

~oo00oo~

## *The Aims of Scientology and APIS*

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

*We therefore stated below:*

### **The Aims of APIS**

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

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

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

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

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

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

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

#### **As Ron says:**

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

The sun never sets on Scientology.

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

Our aims are simple, if great.

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

Your help is acceptable to us.

Our help is yours."

'The Aims of Scientology' -- Lafayette Ron Hubbard

~oo00oo~

## CERTIFIED AUDITORS & GROUPS

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

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

### Canada

Toronto

Chris Black. Class VIII C/S, KOT,

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



## Wins and Successes in the Scientology Independent Field

### **Dianetic Clear Special Intensive - Clear Attest/Sunshine Rundown**

Nobody could have prepared me for what unfolded in the DCSI. I always had known some of the things that I found out in session with Jonathan, and I always suppressed them, but some others were a shock to me and even explained some tendencies I had in my early life in this body. It was an incredible trip: finding out what I am and what I have always been, even if it was suppressed. I still feel shivers when I think of it. And I feel I have regained certainty of myself and a tremendous serenity in my beingness. What we uncovered in the DCSI left me literally flabbergasted at times, and it all felt so true. At some point we rehabbed my going Clear earlier, earlier than this lifetime. It felt so real to me. I also remembered the very next action I did back when I had achieved the state earlier, and lo and behold, when I was given the HCOB to do the Sunshine RD—it was almost identical. Somehow, it didn't surprise me.

The Sunshine RD was fun, I got the EP of it

very fast. And I realized a funny thing: as a thetan, one considers something big or small depending on how big or small he/she decides to be as a thetan. I remember I looked at a small rock near my feet. And right after I decided I'd be a small spot near it—and now it was biiiig. I started laughing. It's a matter of viewpoint.

I would have never been able to do this on my own, of this I'm very sure, so I thank you Jonathan and Pat—thank you forever. And thanks to LRH, too, for paving the way for all of us to follow.

### **Drug Rundown**

I recently completed my Drug Rundown and although I hadn't thought I had much of a drug history, I found it very beneficial, fun and insightful. I found myself at the end of it more in the present, a bit more clear-headed, and my senses more heightened. But in particular, I'd like to share one of my favourite wins which I like to call "desperation of havingness".

I found that in many cases, my taking of cer-

tain drugs or more than that, alcohol (since drugs weren't a major issue for me), and even food for that matter, came out of a desperation of havingness. These were cases of taking something non optimum and maybe not even that enjoyable, just for the sake of "having" something, fitting in, or pretending to be something I wasn't. These were desperate, unethical and non-survival actions, conditions and feelings and I'm glad to be free of these because they weren't "me". Definitely better to be "me"!

Now, I'm on to my Grade 0 auditing and I'm amazed at how relevant each question is to my current life and how much change in viewpoint and experience it's producing!! So awesome! Thanks so much to Chris for being here to help us change conditions in our lives for the better. I'm feeling very happy and grateful for these changes!

2 hours and 3 days. These 2 spans of time are all it took for me to (1) Get a floating TA on the subject of drugs by just rehabbing drug releases; and (2) To finalize the Drug Rd with a feeling that I can easily and willingly confront and recall every situation where drugs were involved that I have had this lifetime. In fact, I realized that my ability to recall wasn't at fault. It was my willingness!

And funnily enough, the biggest win was not strictly related to drugs. It was there, hanging by a thread, sort of linked to a recall process on anaesthetics, and suddenly—boom! I was in a past lifetime incident with a huge ARC break. My auditor, Jonathan, deftly helped me handle the chain and the charge attached to it, and the end result were several life-changing cognitions that got me to understand why I always felt so "ridgy" towards being corrected by others or to correct others. I won't go into the details of the whole thing, but suffice it to say that I now understand. In fact situations that I wasn't even able to think of or look at earlier without "feeling my TA go up" now feel devoid of charge and actually make me want to

laugh! This is the power of Scientology properly applied. Thanks Jonathan, thanks Pat. And thanks Ron.

#### **Grade IV**

What a great time I had on Grade 4! Right from the beginning the Rising Scale processing really surprised me. I didn't see it coming how much this tech would lift me up and deliver the wins. I had to take breaks because the gains were so terrific auditing just couldn't continue. While driving home I was so exterior and had time to consider the gains I had just attained. It felt wonderful to final get the gains that are available on each of the Grades.

A number of years ago I had one particularly strong win on the mechanism of the Service Facsimile. I was left exterior and the mechanism seemed so odd and funny to me at that time. I recall laughing for a good long time after session and felt free from this very destructive and odd method of handling others. I am very glad I finally was able to do all of the Scientology Grades. I wish I had had them much earlier in my life. I have had so many wins over the last number of months that I think I may have forgotten some of them but their benefits are certainly with me.

Thanks so much Ronit Charny for helping me with the tech. You certainly have taken me for quite a theta ride! Your knowledge and application of the tech delivers miracles and I hope you know how grateful I am that you are there for guys like me who want to continue doing The Bridge.

I will always be a Scientologist and love what LRH has done for me and anyone who wants to walk the road.

#### **Grade III/OT Preps**

Well, what a surprise this one was. For all I knew about what the Grades are, and I knew they were supposed to simply key out the case, not erase stuff, this one came as a surprise. It was SO FAST! And it indicated SO

MUCH to me!!

The L&N actions were spot on and keyed me out so fast that I felt I was simply being led through a "theta-slide"!! It felt really as it should: discarding entheta and keying out the bank. It went beautifully. And then I suddenly realized—I already felt free from upsets in life! I started line-charging and kept laughing hysterically for minutes as I attested to my Grade III!!

All I can say is: thanks, Jonathan. Thanks, Pat. And thanks, Ron

### **Grade IV/OT Preps**

Grade IV release. Able to move out of fixed conditions into ability to do new things. I can definitely say I can do that!!

As we ran the processes, we got to a point where we were running "using sickness as a way to dominate others" around me, and suddenly I realized I had been using that because I needed (or wanted) to rest!!! And being sick was a great way to rest, of course, hahaha!!

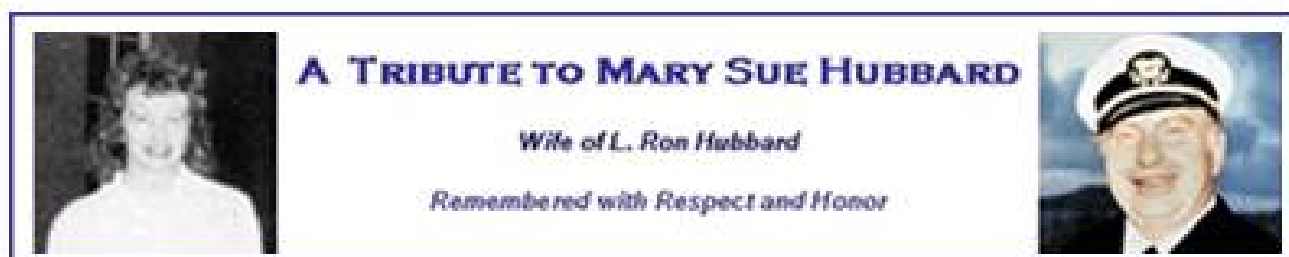
That brought me back to one incident where I saw myself right after birth and I started to line-charge, uncontrollably laughing, as I kept feeling more and more

theta being freed. At the end of that session, I ended up seeing myself in the crib with several "new" family members coming to visit.

I remembered one of my uncles, uncle Eduardo, and I could see his face smiling heartily. And his wife's face. And I checked with my

mom, just to get a reassurance that I wasn't making this stuff up, and she told me: they were definitely there. I also remembered how I felt extremely tired, thinking "OK, I have no idea what language you guys are speaking, but just let me rest, I'm super-tired!", hahahaha! Somehow the Grade IV processes unlocked my memory. And after that session, I started to feel my general memory had improved a lot. Childhood memories would pop up for no apparent reason and I'd be able to see and feel what I felt back then. Synonyms which I found troublesome to find earlier, would come to mind with ease. Suddenly, I started feeling like I was ME. Not ME plus something else, just ME. I felt a surge of pure power that almost scared me, it made me feel a sort of "altitude sickness", a kind of vertigo. And then I felt that wherever I looked, there was no entheta of my own to be found. I was "clean". And not only was I "clean", but whatever wasn't clean was being cleaned on its own, almost unwittingly! Entheta seemed to dissipate on its own, and I felt the "theta/entheta counter" of my case had been turned on its head and now theta was the clear victor, for the first time in this life! Thanks for this ride, Jonathan & Pat, and thanks to LRH for paving the way.

~oo00oo~







## Opening the Door to Freedom

For many people currently trapped within the church of scientology life can be a nightmare. Oh it started ok. LRH was around and the atmosphere was high toned. There was a purpose and people were happy and winning. People knew they were doing the right thing and, although some might have slipped occasionally, there was a technology to pick them up and help them on their way and it was ok to pick oneself up and continue on the high purpose line. Indeed, there was camaraderie, a sense of 'let's pull together' and let's get this planet out of the mud it thinks conceived it.

After Ron Hubbard 'passed away' or was apparently off lines, there were subtle changes in the air. Ah well, a few changes this way or that probably do not matter. We are, after all the only group with the route out of this mess. But the changes become more and more oppressive. It was not a case of we pull together any-

more. It gradually became a case of you do what your told. Don't think, just obey orders. Some people saw the writing on the wall and quietly left. Many were booted out and it probably did not occur to many people within the church to question how come there were so many "SPs" including people who had worked closely with Ron in the early days. In fact it became policy NOT to look at the media, and later, internet as there were **so** many SPs around. The church, for its staff and parishioners, gradually become the ultimate nanny state and enforced blinkers became the order of the day.

But people get inured to things and it was always a stable datum that orders from the top must be obeyed at all times and they must know what they are doing. But as the situation deteriorated it was becoming more and more difficult to justify the obvious injustices occurring more and more.

Many people in the church now doubtless feel they are stuck between a rock and a hard place and they are not quite sure what their next step is.

It can be very difficult to reconcile the fact that what you have followed and believed in your entire life has suddenly turned around and become the very antithesis of what scientology represents and it takes a lot of confront and courage to face up to what has really happened. It is easy to see from the outside and ask, "why don't you see what is going on?" But when you are on the inside and immersed, it can be difficult to gain an exterior viewpoint. **ESPECIALLY** when it has been impressed upon you for many years, a life time in some cases, that this is the only path for mankind while, at the same time, the pathway changes from something wonderful to something uncomfortable and dark spreading like a cancer over all you hold dear.

It takes great courage to take that big step to leave, not knowing what one would find outside or, indeed, if one would find anything at

all. There was no turning back if one does decide to leave.

The Conditions which LRH has researched and pointed out are not invented conditions. The discovery of them is new but the fact of The Conditions are not. In these circumstances the conditions apply just as in any other and many people have been forced, by circumstances in which they find themselves, in a condition of doubt as far as the church is concerned. Sometimes that condition is clouded and the philosophy and technology is merged with the organisation and its leadership and it can be a difficult upheaval to see so much wrong and yet have the stable datum of so much right with scientology. It can become very difficult to apply the right condition then, until one has been able to isolate the philosophy and technology from the church. How does one reconcile that? Sorting out the difference, especially in the space of one's own thinking, can be a daunting task.

In addition there is the willingness needed to confront the fact that the leadership has gone evil and evil is always difficult to confront. Especially when one has been in a sheltered environment for so long. It is difficult to accept that it is possible for the leadership to go wrong and then reconcile that with the technology. "This was not supposed to happen!" After Ron left, we were supposed to continue expanding and spreading theta around, not be-

come a down tone fear filled enclave, an isolated group, a cult.

Exteriorising from this dark shadow is usually something them must do themselves. Perhaps some encouragement may assist but in the final analysis they are responsible for their own lives and they must take that one step themselves. For many it is done out of desperation. For others it is a gamble. But eventually each person will have to come to the conclusion they will have to take that step. The conditions will enforce that, especially when it becomes more and more impossible to reconcile or justify what one sees with what the philosophy tells them. When they do it will be like a cloud lifting from their eyes. Their purpose and joy will fill their heart and they will know that freedom is still here and available as it simply moved out of the dark shadow the church has become. They will be home again.

The future then will become bright for them, however long it might take for the individual to take that step to reach for it. What we can do is provide that much needed support when they emerge from the darkness blinking at the light, so they can, with a great sense of relief, see a bright road up the Bridge waiting for them after all and Scientology has not gone. It has simply moved.

~oo00oo~





## Identity Versus Individuality

The most common confusion on the part of a preclear is between himself as an identified object and his beingness. One's beingness depends upon the amount of space which he can create or command, not upon his identification or any label. Identity as we know it in the MEST universe is much the same as identification, which is the lowest form of thought. When one is an object and is himself an effect, he believes that his ability to be cause is dependent upon his having a specific and finite identity. This is an aberration; as his beingness increases his individuality increases, and he quickly rises above the level of necessity for identity for he is himself self-sufficient with his own identity.

The first question a preclear undergoing theta clearing asks himself is quite often: "How will I establish my identity if I have no body?" There are many remedies for this. The worst method of having an identity is having a body.

As his individuality increases and his beingness expands -- these two being almost synonymous -- he is less and less concerned with this problem; that he is concerned with the problem tells the auditor where he is on the tone-scale.

One of the control mechanisms which has been used on thetans is that when they rise in potential they are led to believe themselves one with the universe. This is distinctly untrue.

Thetans are individuals. They do not as they rise up the scale, merge with other individualities.

They have the power of becoming anything they wish while still retaining their own individuality. They are first and foremost themselves. There is evidently no Nirvana. It is the feeling that one will merge and lose his own individuality that restrains the thetan from attempting to remedy his lot. His merging with the rest of the universe would be his becoming matter. This is the ultimate in cohesiveness and the ultimate in affinity, and is at the lowest point of the tone-scale. One declines into a brotherhood with the universe. When he goes up scale, he becomes more and more an individual capable of creating and maintaining his own universe. In this wise (leading people to believe they had no individuality above that of MEST) the MEST universe cut out all competition.

### Beingness

Space is not necessary to the beingness of a thetan when the thetan is above the tone level of 40.0 and can create space at will. He creates space to have specific beingness. At 40.0

space and beingness can be considered to be interchangeable. Beingness can exist without any energy or matter, which is to say, without time. However, in this universe, in order to achieve a state of beingness, which is more to our point here, it is necessary to have a viewpoint from which dimension points can be created or con-

trolled. One has as much viewpoint as he has space in which to view in relationship to other viewpoints having space in which to view, thus one has a condition of relative beingness.

### **Doingness**

Action requires space and energy manifestations, and the definition of action could be doingness directed toward havingness. In order to accomplish action, a preclear must be able to handle energy. Doingness with energy and objects as found in the MEST universe is very far from the only method of producing existence. This is a specialized form of behavior and may exist in any universe but is very peculiar to the MEST universe.

### **Havingness**

Time is an abstract manifestation which has no existence beyond the idea of time occasioned by objects, where an object may be either energy or matter. Time can be defined as change in space, but where one attempts to define motion as change in space, the definition lacks usefulness since one does not define what is changing in space; there must be something there to change in space in order to have the illusion of time.

As was earlier discovered in Scientology, the single arbitrary is time. This is because time did not exist as such but stemmed from havingness. When Man experiences "time," he is experiencing havingness or not-havingness. Time is summed up as "had," "have," and "will have." Goals in the MEST universe are summed uniformly under the heading of "will have." One engages in action in order to have. This is one of the most important points of processing. The individual has made a postulate to have and has then gained some-

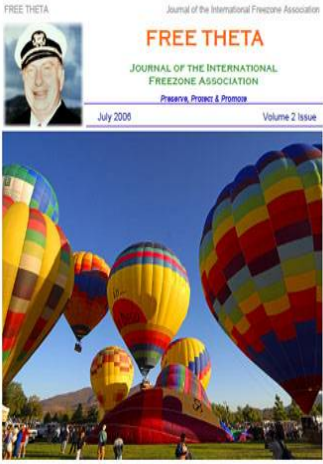
thing he did not want at every single point on the time track where you find him stuck. He desired to have a castle. He may have been engaging in an action which would gain for him a castle and was stopped and killed by an explosion which destroyed a wall before him. The explosion caught him with a postulate that he would have and gave him something he did not want. Struggling with the facsimile afterwards, the auditor will find that the incident began with the postulate to have and is now in a state of indecision since the explosion is unwanted. Bluntly, any and all aberrative incidents to be discovered in a preclear are a reversal of havingness where the preclear did not want something and had to have it or wanted something and could not have it or wanted something and got something else.

The entire problem of the future is the problem of goals. The entire problem of goals is the problem of possession. The entire problem of possession is the problem of time.

Time is impossible without possession of objects. Thus is resolved one of the weightier problems of the human mind. The auditor may find it difficult to encompass this principle, since time may continue to exist for him as an entity, an unknown and hovering thing. If he will use the principle that the past is had or did not have, that the present is has or does not have and that the future is will have or will not have, and that past, present and future are divided and established entirely by desire, enforcement and inhibition of havingness, he will find his preclear recovering swiftly.

~oo00oo~

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*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



## Price of Diamonds



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Comprehensive up to date news and information on diamonds



THE BRIDGE TO TOTAL FREEDOM
SCIENTOLOGY CLASSIFICATION GRADATION AND AWARENESS CHART
OF LEVELS AND CERTIFICATES

Main classification chart with columns for Training, Processing, and Diagnostics. Includes sub-sections for 'Additional training services that may be done at various points on the Bridge' and 'Additional processing services that may be done at various points on the Bridge'. Lists various classes from Class XII down to Class I, along with their respective certificates and prerequisites.

DIANETICS AND SCIENTOLOGY INTRODUCTORY SERVICES. A table listing introductory services such as Success Through Communication, Life Improvement, Personal Efficiency, and Scientology Introductory Auditing. Each service includes a brief description of its benefits.

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

How to Use This Chart, Definitions, and a list of beginning books and extension courses. Includes sections for 'How to Use This Chart' explaining the chart's structure, 'Definitions' for key terms, and a list of 'Beginning Books and Extension Courses' with their respective authors and topics.

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

### **Exercises One, Two and Three**

#### **Exercise One**

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

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

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

#### **Exercise Two**

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

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

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

#### **Exercise Three**

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

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

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

"Recall a time when you agreed to something."

"Recall a time when somebody disagreed with you."

"Recall a time when you liked somebody."

"Recall a time when someone agreed with you."

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

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

This exercises can be done for hours.

~oo0oo~

## Expanded Know to Mystery Scale

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

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

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

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



## PERSONAL INTEGRITY

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

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

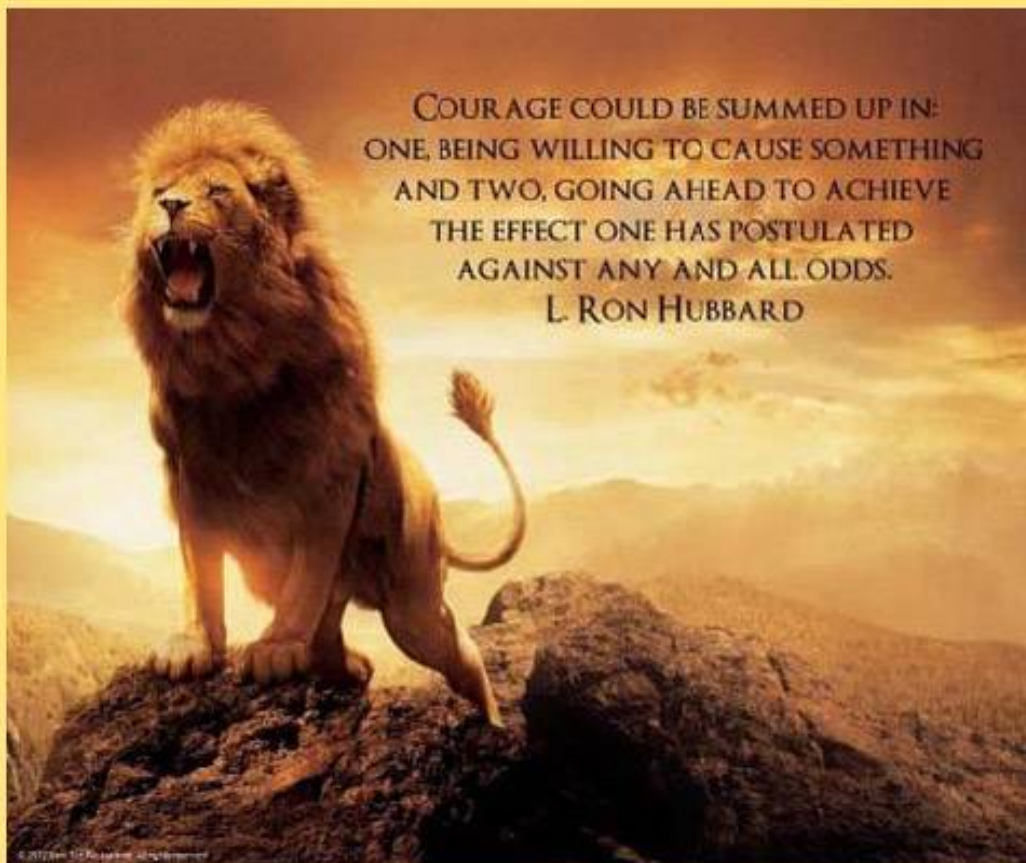
Of course we can talk about honor, truth, all these things,  
The esoteric terms.  
But I think they'd all be covered very well  
If what we really observed was what we observed,  
That we took care to observe what we were observing,  
That we always observed to observe.

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

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

L. Ron Hubbard

# Group Starter Kit for Scientologists



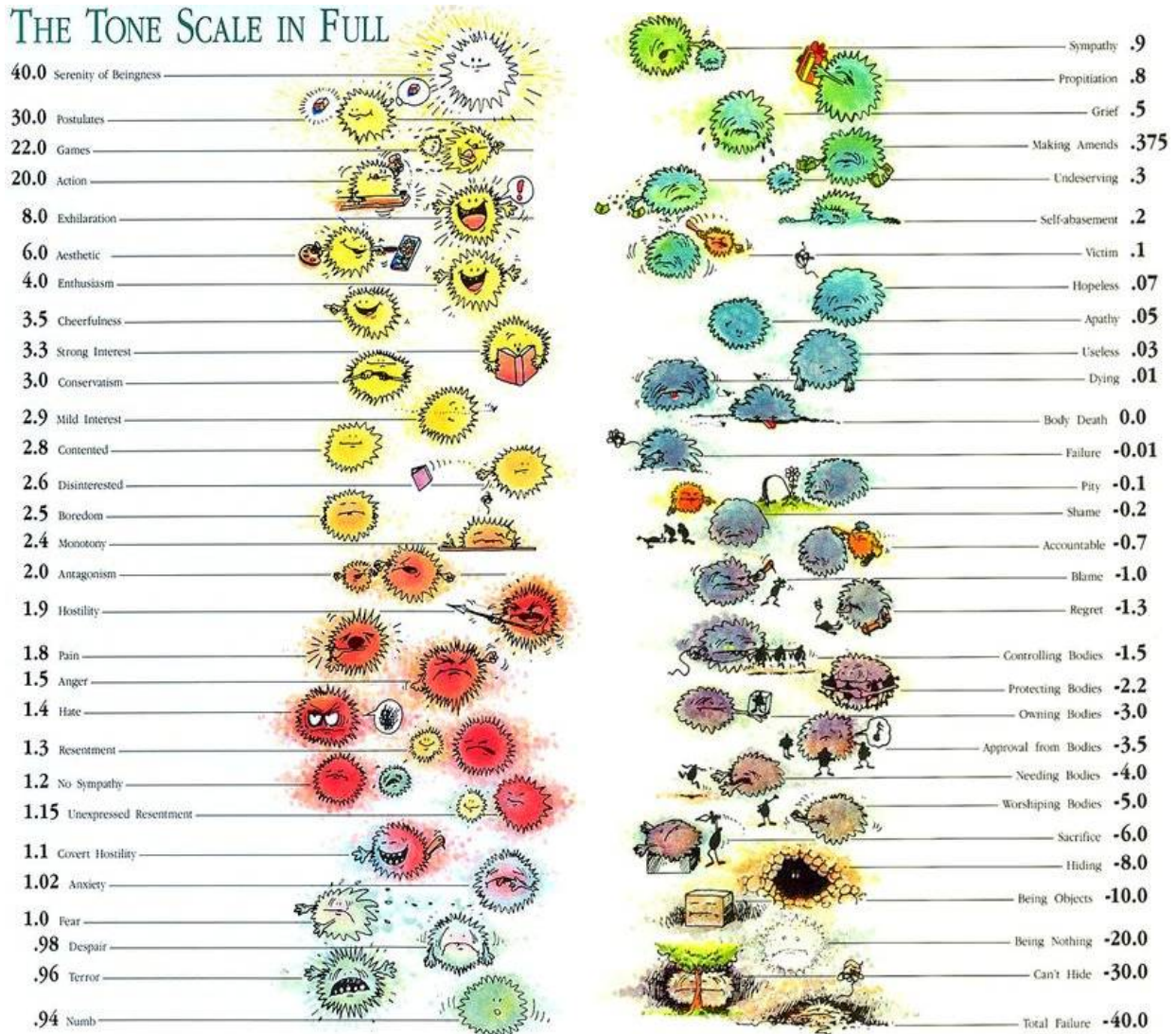
## A Handbook for Field Scientologists Starting up a Group

Published by The Association of Professional Independent Scientologists.

**Get your Free Group Starter Kit today!**

<http://independent-scientologists-association.net/start-a-group.shtml>

# 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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of Professional Independent  
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association.net](http://independent-scientologists-association.net)**

# 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.

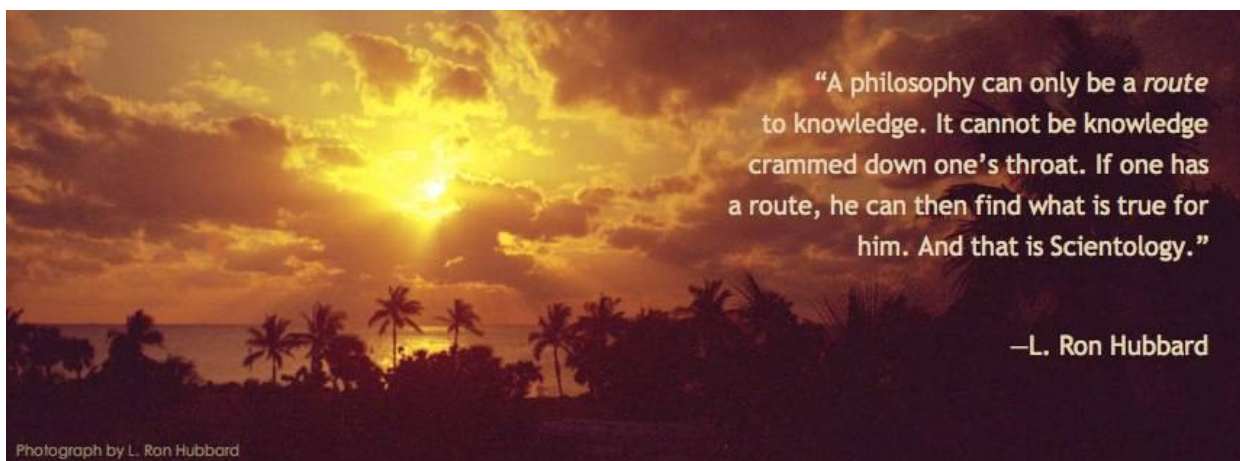
You've been able to do this in recent times. It baffles you sometimes when a piece of MEST does not instantly and immediately obey, but it's simply a matter of intention.

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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