



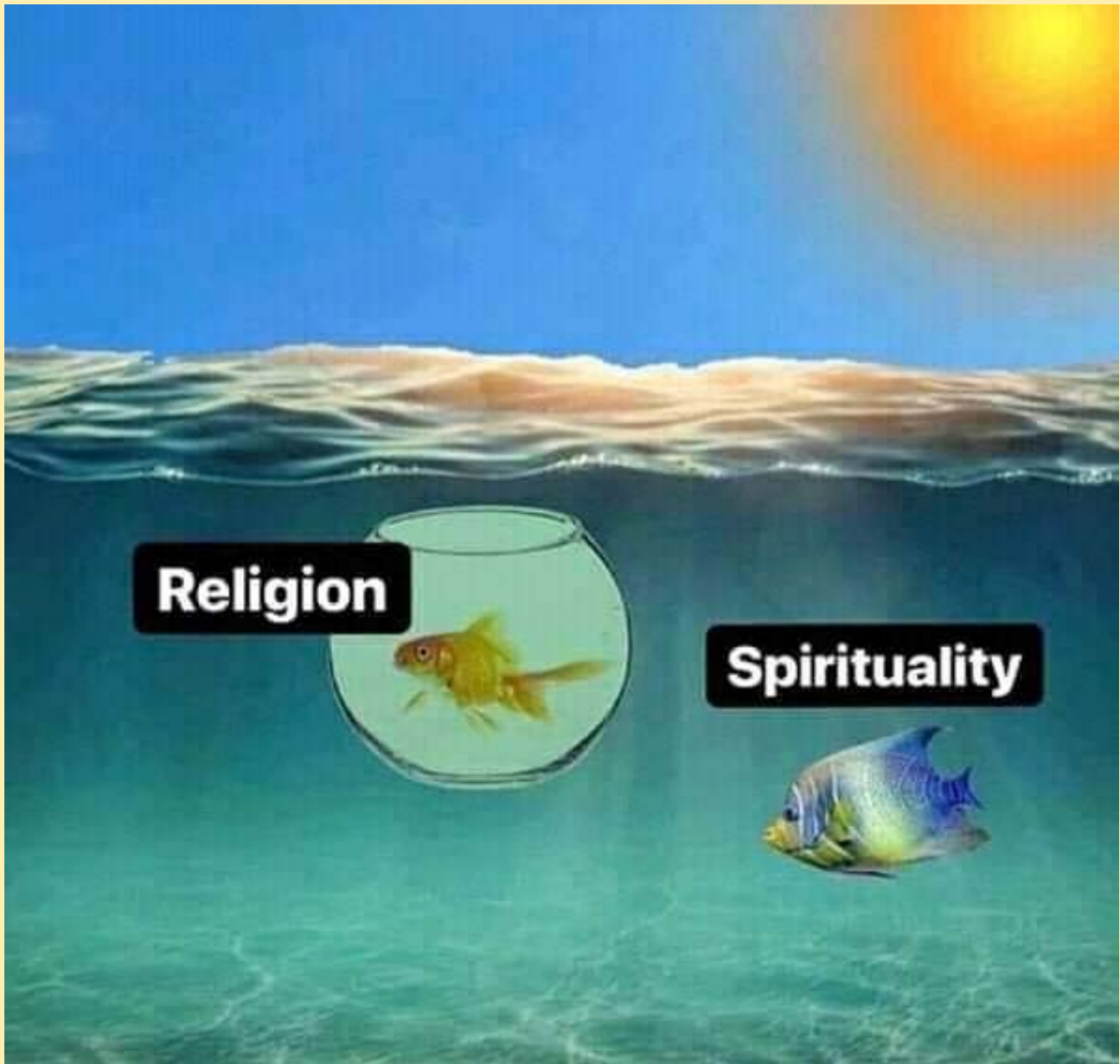
FREE THETAN

NEWSLETTER OF THE ASSOCIATION OF
PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

Preserve, Protect & Promote

September 2019

Volume 10 Issue 9



“If man cannot face what he is, then man cannot be free.”

–DIANETICS '55

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Preserve, Protect & Promote

FREE THETAN
Volume 10 Issue 9 September 2019

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Important

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

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

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

~oOo~

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

~ Editorial ~



reservo, servo, proveho

Dear Reader,

The basics of Scientology can always bear repeating. As LRH has said, “Number of timers over the material equals certainty of results.” or words to that effect.

Sometimes when faced with sa difficulty it can be resolved simply by going back to the basics and looking sat hoiw they can be applied.

Much of the material in this issue therefore concerns the basics and how one can apply them.

Do enjoy!

Until next time.

Michael Moore
Editor

~oo0oo~

The Aims of Scientology and APIS

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

We therefore stated below:

The Aims of APIS

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

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

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

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

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

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

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

As Ron says:

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

The sun never sets on Scientology.

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

Our aims are simple, if great.

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

Your help is acceptable to us.

Our help is yours."

'The Aims of Scientology' -- Lafayette Ron Hubbard

~oo00oo~

CERTIFIED AUDITORS & GROUPS

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

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

Canada

Toronto

Chris Black. Class VIII C/S, KOT,

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

USA

Southern Cal tech Team

Standard LRH Bridge

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

Los Angeles, California

Ian Waxler Class VIII C/S with Honors
Auditing and C/Sing all old LRH Bridge
info@adcian@yahoo.com

Ingrid Smith

From Life repair to OT4

ingridsmith123@yahoo.com

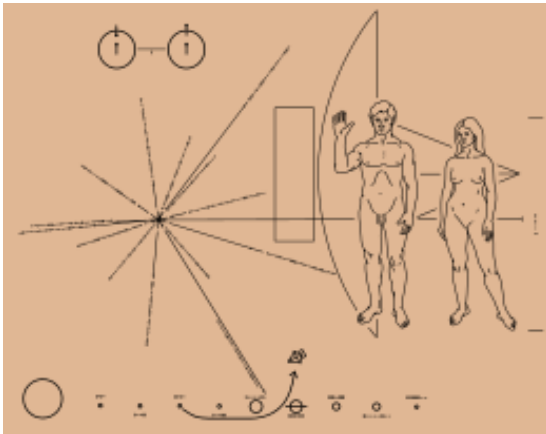
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Delivers: Internships, apprenticeships and Okay-to-Audits Class V
Ken_Urquharturq@verizon.net

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.

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THE PARTS OF MAN

The individual man is divisible (separable) into three parts (divisions) .

The first of these is the spirit, called in Scientology the *Thetan*. The second of these parts is the *Mind* . The third of these parts is the *Body*.

Probably the greatest discovery of Scientology and its most forceful contribution to the knowledge of mankind has been the isolation, description and handling of the human spirit, accomplished in July, 1951, in Phoenix, Arizona. I established along scientific rather than religious or humanitarian lines that that thing which is the person, the personality, is separable from the body and the mind at will and without causing bodily death or mental derangement. In ages past there has been considerable controversy concerning the human spirit or soul, and various attempts to control man have been effective in view of his almost complete ignorance of his own identity. Latterly spiritualists isolated from the person what they called the astral body, and with this they were able to work for various purposes of their own. In Scientology the spirit itself was separated from what the spiritualists called the astral body and there should be no confusion between these two things. As you know that you are where you are at this moment, so you would know if you, a spirit, were detached from your mind and body. Man had not discovered this before because, lacking the technologies of Scientology, he had very little reality upon his detachment from his mind and body and therefore conceived himself to be at least in part a mind and a body. The entire cult of communism is based upon the fact that one lives only one life, that there is no hereafter and that the individual has no religious significance. Man at large has been close to this state for at least the last century. The state (condition) is of a very low order, excluding as it does all self-recognition.

The Spirit

The thetan (spirit) is described in Scientology as having no mass, no wave-length, no energy and no time or location in space except by consideration or postulate. The spirit, then, is not a *thing*. It is the *creator* of things.

The usual residence of the thetan is in the skull or near the body. A thetan can be in one of four conditions. The first would be entirely separate from a body or bodies, or even from this universe. The second would be near a body and knowingly controlling the body. The third would be in the body (the skull) and the fourth would be an inverted condition whereby he was compulsively away from the body and could not approach it. There are degrees (subdivisions) of each one of these four states (conditions). The most optimum of these conditions, from the standpoint of man, is the second.

A thetan is subject to deterioration. This is at first difficult to understand since the entirety of

his activity consists of considering or postulating. He uses, through his postulates, various methods of controlling a body. That he does deteriorate is manifest, but that he can at any moment return to an entirety of his ability is also factual. In that he associates beingness with mass and action, he does not consider himself as having an individual identity or name unless he is connected with one or more of the games of life.

The processes of Scientology can establish this for the individual with greater or lesser rapidity, and one of the many goals of processing in Scientology is to “exteriorize” the individual and place him in the second condition above, since it has been discovered that he is happier and more capable when so situated.

The Mind

The *mind* is a communication and control system between the thetan and his environment. The mind is a network of communications and pictures, energies and masses, which are brought into being by the activities of the thetan versus the physical universe or other thetans. A thetan establishes various systems of control so that he can continue to operate a body and through the body operate things in the physical universe, as well as other bodies. The most obvious portion of the mind is recognizable by anyone not in serious condition. This is the “mental image picture”. In Scientology we call this mental image picture a *facsimile* when it is a “photograph” of the physical universe sometime in the past. We call this mental image picture a *mock-up* when it is created by the thetan or for the thetan and does not consist of a photograph of the physical universe. We call a mental image picture a “hallucination”, or more properly an automaticity (something uncontrolled) when it is created by another and seen by self.

Various phenomena connect themselves with this entity called the mind. Some people closing their eyes see only blackness, some people see pictures. Some people see pictures made by body reactions. Some people see only black screens. Others see golden lines. Others see spaces. But the keynote of the entirety of the system called the mind is postulate and perception. Easily ten thousand new, separate mental phenomena, not hitherto seen by earlier observers, have been classified in Scientology and Dianetics.

The thetan receives, by the communication system called the mind, various impressions, including direct views of the physical universe. In addition to this he receives impressions from past activities and, most important, he himself, being close to a total knowingness, conceives things about the past and future which are independent of immediately present stimuli. The mind is not in its entirety a stimulus-response mechanism as old Marxist psychology, as once taught in universities, would have one believe. The mind has three main divisions. The first of these could be called the *analytical mind*, the second the *reactive mind*, and the third the *somatic mind*.

The Analytical Mind

The *analytical mind* combines perceptions of the immediate environment, of the past (via pictures) and estimations of the future into conclusions which are based upon the realities of situations. The analytical mind combines the potential knowingness of the thetan with the conditions of his surroundings and brings him to independent conclusions. This mind could be said to consist of visual pictures either of the past or of the physical universe, monitored by, and presided

over by, the knowingness of a thetan. The keynote of the analytical mind is awareness. One knows what one is concluding and knows what one is doing.

The Reactive Mind

The *reactive mind* is a stimulus-response mechanism, ruggedly built, and operable in trying circumstances. The reactive mind never stops operating. Pictures of the environment, of a very low order, are taken by this mind even in deep states of unconsciousness. The reactive mind acts below the level of consciousness. It is the literal stimulus-response mind. Given a certain stimulus it gives a certain response. Dianetics concerned itself mainly with this one mind.

While it is an order of thinkingness, the ability of the reactive mind to conclude rationally is so poor that we find in the reactive mind those various aberrated impulses which are gazed upon as oddities of personality, eccentricities, neuroses and psychoses. It is this mind which stores up all the bad things that have happened to one and throws them back to him again in moments of emergency or danger so as to dictate his actions along lines which have been considered "safe" before. As there is little thinkingness involved in this, the courses of action dictated by the reactive mind are often not safe, but highly dangerous. The reactive mind is entirely literal in its interpretation of words and actions. As it takes pictures and receives impressions during moments of unconsciousness, a phrase uttered when a blow is struck is likely to be literally interpreted by the reactive mind and becomes active upon the body and analytical mind at later times. The mildest stage of this would be arduous training, wherein a pattern is laid into the mind for later use under certain given stimuli.

A harsh and less workable level is the hypnotic trance condition to which the mind is susceptible. Made impressionable by fixed attention, words can be immediately implanted into the reactive mind which become operable under restimulation at later times.

An even lower level in the reactive mind is that one associated with blows, drugs, illness, pain and other conditions of unconsciousness. Phrases spoken over an anaesthetized person can have a later effect upon that person. It is not necessarily true that each and every portion of an operation is painstakingly "photographed" by the reactive mind of the unconscious patient, but it is true that a great many of these stimuli are registered. Complete silence, in the vicinity of a person under anaesthetic or a person who is unconscious or in deep pain, is mandatory if one would preserve the mental health of that person or patient afterwards.

Probably the most therapeutic action which could occur to an individual would be, under Scientology processing, the separation of the thetan from the mind so that the thetan, under no duress and with total knowingness, could view himself and his mind and act accordingly. However, there is a type of exteriorization which is the most aberrative of all traumatic (mentally injurious) actions. This is the condition when an individual is brought, through injury or surgery or shock, very close to death so that he exteriorizes from body and mind. This exteriorization under duress is sudden, and to the patient inexplicable, and is in itself very shocking. When this has occurred to an individual, it is certain that he will suffer mentally from the experience afterwards.

It could be said that when the reactive mind contains these sudden shocks of exteriorization un-

der duress, attempts to exteriorize the individual later by Scientology are more difficult. However, modern processing has overcome this. The phenomenon of exteriorization under duress is accompanied at times by energy explosions in the various facsimiles of the mind, and these cross-associate in the reactive mind. Therefore, people become afraid of exteriorization, and at times people are made ill simply by discussing the phenomenon, due to the fact that they have exteriorized under duress, during some operation, or during some accident.

Exteriorization under duress is the characteristic of death itself. Therefore, exteriorization or the departure of the soul is generally associated with death in the minds of most people. It is not necessarily true that one is dead because he exteriorizes, and it is definitely not true that exteriorization not accompanied by a shock, pain or duress is at all painful. Indeed, it is quite therapeutic.

The Somatic Mind

The third portion of the mind is the *somatic mind*. This is an even heavier type of mind than the reactive mind since it contains no thinkingness and contains only actingness. The impulses placed against the body by the thetan through various mental machinery arrive at the voluntary, involuntary and glandular levels. These have set methods of analysis for any given situation and so respond directly to commands given.

Unfortunately the somatic mind is subject to each of the minds higher in scale above it and to the thetan. In other words, the thetan can independently affect the somatic mind. The analytical mind can affect the somatic mind. The reactive mind can affect the somatic mind.

Thus we see that the neurons, the glandular system, the muscles and masses of the body are subject to various impulses, each one of a lower order than the next. Thus it is not odd to discover what we call “psychosomatic” illness. A condition exists here where the thetan does not have an awareness of burdening the somatic mind with various commands or derangements. Neither does the thetan have an awareness of his own participation in the analytical mind causing this action against the body.

In that the thetan is seldom aware of the reactive mind, it is possible then for the reactive mind, with its stimulus response content, to impinge itself directly, and without further recourse or advice, upon the neurons, muscles and glandular system of the body. In that the reactive mind can hold a fixed command in place, causing a derangement in the somatic mind, it is possible then for illness to exist, for bizarre pains to be felt, for actual physical twists and aberrations to occur, without any conscious knowledge on the part of the thetan. This we call physical illness caused by the mind. In brief, such illness is caused by perceptions received in the reactive mind during moments of pain and unconsciousness.

Whether the facsimile in the mind is received while the thetan is awake or unconscious, the resulting mass of the energy picture is energy just as you see energy in an electric light bulb or from the flames of a fire. At one time it was considered that mental energy was different from physical energy. In Scientology it has been discovered that mental energy is simply a finer, higher level physical energy. The test of this is conclusive in that a thetan “mocking up” (creating) mental image pictures and thrusting them into the body can increase the body

mass and, by casting them away again, can decrease the body mass. This test has actually been made and an increase of as much as 30 pounds, actually measured on scales, has been added to, and subtracted from, a body by creating “mental energy”. Energy is energy. It has different wave-lengths and different characteristics. The mental image pictures are capable of reacting upon the physical environment, and the physical environment is capable of reacting on mental image pictures. Thus the mind actually consists of spaces, energies and masses of the same order as the physical universe, if lighter and different in size and wave-length. For a much more comprehensive picture of the mind one should read *Dianetics: The Original Thesis* and *Dianetics: The Modern Science of Mental Health*. These were written before the discoveries of the upper levels of beingness were made and are a very complete picture of the mind itself, its structure and what can be done to it and with it.

The Body

The third part of man is the physical *body*. This can best be studied in such books as *Grey's Anatomy* and other anatomical texts. This is the province of the medical doctor and, usually, the old-time psychiatrist or psychologist who were involved in the main in body worship. The body is a purely structural study, and the actions and reactions amongst its various structures are complex and intensely interesting.

When Scientology established bio-physics, it did so because of the various discoveries which had accumulated concerning mental energy in its reaction against physical energy, and the activities which took place in the body because of these interactions. Bio-physics only became feasible when it was discovered in Scientology that a fixed electrical field existed surrounding a body entirely independent of, but influenceable by, the human mind. The body exists in its own space. That space is created by “anchor points” (points which are anchored in a space different to the physical universe space around a body). The complexity of these anchor points can cause an independent series of electronic flows which can occasion much discomfort to the individual. The balance structure of the body and even its joint action and physical characteristics can be changed by changing this electrical field which exists at a distance from, or within, the body. The electrical field is paramount and monitors the actual physical structure of the body. Thus the body is not only influenced by the three minds, it is influenced as well by its own electrical field. An expert Scientologist can discover for the average person this field, and can bring about its adjustment, although this is very far from the primary purpose of the Scientologist.

The use of electrical shocks upon a body for any purpose is therefore very dangerous and is not condoned by sensible men. Of course, the use of electrical shock was never intended to be therapeutic, but was intended only to bring about obedience by duress, and, as far as it can be discovered, to make the entirety of insanity a horror. Electrical shock deranges the electronic field in the vicinity of the body and is always succeeded by bad health or physical difficulties and never does otherwise than hasten the death of the person. It has been stated by people using electric shock that if they were denied euthanasia (the right to kill people who were considered to be a burden on a society) they would at least use partial euthanasia in the form of electric shock, brain surgery and drugs. These treatments in some large percentage of cases, however, effected euthanasia as they were expected to do.

A knowledge of both the mental and physical structure of the body would be necessary in order

to treat the body, and this knowledge has not existed prior to Scientology. The medical doctor has achieved many results by working purely with structure and bio-chemical products, and in the field of emergency surgery and obstetrics and orthopaedics, he is indispensable in the society. Medicine, however, has not previously even contained a definition for “mind” and is not expected to invade the field which belongs properly to Scientology.

These three parts of man, the thetan, the mind and the body, are each one different studies, but they influence each other markedly and continually. Of the three, the senior entity is the thetan, for without the thetan there would be no mind or animation in the body, while without a body or a mind there is still animation and life in the thetan. The thetan is the person. You are you *in* a body.

Many speculations in the field of para-Scientology have been made. Para-Scientology includes all of the uncertainties and unknown territories of life which have not been completely explored and explained. However, as studies have gone forward, it has become more and more apparent that the senior activity of life is that of the thetan, and that in the absence of the spirit no further life exists. In the insect kingdom it is not established whether or not each insect is ordered by a spirit or whether one spirit orders enormous numbers of insects. It is not established how mutation and evolution occur (if they do), and the general Authorship of the physical universe is only speculated upon, since Scientology does not invade the Eighth Dynamic.

Some facts, however, are completely known. The first of these is that the individual himself is a spirit controlling a body via a mind. The second of these is that the thetan is capable of making space, energy, mass and time. The third of these is that the thetan is separable from the body without the phenomenon of death, and can handle and control a body from well outside it. The fourth of these is that the thetan does not care to remember the life which he has just lived, after he has parted from the body and the mind. The fifth of these is that a person dying always exteriorizes. The sixth of these is that the person, having exteriorized, usually returns to a planet and procures, usually, another body of the same type of race as before. In para-Scientology there is much discussion about “between lives areas” and other phenomena which might have passed at one time or another for heaven or hell, but it is established completely that a thetan is immortal and that he himself cannot actually experience death and counterfeits it by forgetting. It is adequately manifest that a thetan lives again and that he is very anxious to put something on the “time track” (something for the future) in order to have something to come back to, thus we have the anxieties of sex. There must be additional bodies for the next life.

It is obvious that what we create in our societies during this lifetime affects us during our next lifetime. This is quite different from the “belief”, or the idea, that this occurs. In Scientology we have very little to do with forcing people to make conclusions. An individual can experience these things for himself and unless he can do so no one expects him to accept them.

The manifestation that our hereafter is our next life entirely alters the general concept of spiritual destiny. There is no argument whatsoever with the tenets of faith since it is not precisely stated, uniformly, by religions that one immediately goes to a heaven or hell. It is certain that an individual experiences the effect of the civilization which he has had part in creating, in his next lifetime. In other words, the individual comes back. He has a responsibility for what goes on

today since he will experience it tomorrow.

Sex has been overweighted in importance in old psychotherapy, an importance more or less disgraced at this time. Sex is only one of numerous creative impulses. An anxiety about sex, however, occurs when an individual begins to believe that there will not be a body for him to have during the next lifetime.

The common denominator of all aberration (mental derangement) is cessation of creation. As sex is only one kind of creation and a rather low order of it, it will be seen that unhappiness could stem from various cessations of creation. Death itself is a cessation of creation. One stops creating the identity John Jones and the environment and things of John Jones. He stops because he believes he cannot, himself, continue this creation without the assistance of a body, having become dependent upon a mind and a body, the first to do his thinking for him and the second to do his acting. An individual becoming sufficiently morose on the ideas of creation can actually bring about the condition of an inability to create.

Control

It will be seen that the three parts of man are intimately associated with *control*. The anatomy of control is start, change and stop. The loss of control takes place with the loss of pan-determinism. When one becomes too partisan, braces himself too solidly against the remainder of the environment, he no longer controls the environment to the degree that he might and so is unable to start, change and stop the environment.

It is a scientific definition in Scientology that control consists of start, change and stop. These three manifestations can be graphed alongside the apparent cycle of action: create, survive, destroy. Any person is somewhere along this curve. An individual who is bent mainly upon survival is intent, usually, upon changing things. An individual who is close to being destroyed is bent mainly upon stopping things. An individual who has a free heart and mind about life is bent upon creating things.

There could be three things wrong with any person, and these would be the inability to start, the inability to change, the inability to stop. Insanity, for the most part, is an inability to stop. A neurosis is a habit which, worsening, flies entirely out of control. One is stopped so often in life that he becomes an enemy of stopping and dislikes stopping so intensely that he himself will not stop things. Neurosis and psychosis of all classes are entirely inability to start, to change or to stop.

In the matter of the parts of man we discover that all things are initiated by the thetan so far as action, activity and behavior are concerned. After such an initiation he can be blunted or warped from course and acted upon in such a way that his attention becomes too fixed along one line or another and begins to suffer from these three inability. However, each one of the parts of man is subject to the anatomy of control.

An individual begins first by being unable himself, without help, to start, to change and to stop. Then the mind may become prone to these disabilities and is unable to start, change or to stop at will. Then the body itself can become subject to these three disabilities and is unable to


start, to change and to stop. The oddity is, however, that an environment can so work upon a thetan that his body becomes disabled through no choice of his own. Similarly the reactive mind can become disabled through no choice of either the body or the thetan. But the thetan himself, beyond observing the effect of various causes and having initiated the thought to be there, can only become disabled by becoming too partisan, by becoming too little pandetermined, and so bringing himself into difficulties. These difficulties, however, are entirely the difficulties of consideration. As the thetan considers, so he is. In the final analysis the thetan has no problems of his own. The problems are always “other people’s problems” and must exist in the mind or the body or in other people or his surroundings for him to have problems. Thus his difficulties are, in the main, difficulties of staying in the game and keeping the game going.

If a thetan can suffer from anything, it is being out-created (created against too thoroughly). The manifestations of being out-created would be the destruction of his own creations and the overpowering presence of other creations. Thus a thetan can be brought to believe that he is trapped if he is out-created.

In past dissertations on the subject of the mind and philosophies of life there was a great deal of speculation and very little actual proof. Therefore, these philosophies were creations, and one philosopher was at work outcreating another philosopher. In Scientology we have this single difference. We are dealing with discoveries. The only things created about Scientology are the actual books and works in which Scientology is presented. The phenomena of Scientology are discovered and are held in common by all men and all life forms. There is no effort in Scientology to out-create each and every thetan that comes along. It is, of course, possible to conceive Scientology as a creation, and to conceive that it is overwhelming. It should be viewed otherwise, for it is intended as an assistance to life at large, to enable life to make a better civilization and a better game. There are no tenets in Scientology which cannot be demonstrated with entirely scientific procedures.

L. Ron Hubbard
Fundamentals of Thought

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<p>http://independent-scientologists-association.net</p>		<p>reservo, servo, proveho</p>



Wins and Successes in the Scientology Independent Field

PC Repair Programs

“I was very impressed at how nicely the auditing went. The sessions are not too long and that makes it really nice; you don’t feel too drained from it. It was a really pleasurable experience and you don’t feel pressured; you can go to your own rhythm.

I had many gains during the auditing. I feel more in control of my thoughts. I am able now to act upon certain areas whereas before I would have just let it go. I am more capable of visualizing my goals and able to think about the process that I must follow in order to be able to realize them.

I see the future in a more positive way. It seems that I will be more capable of achieving the goals, whether it be short term goals or long term ones.

Having looked carefully into my past, it helped me to notice the areas that were preventing me from moving forward in life. For example, if I had gone through a very bad experience, it could have made me overly cautious. It was also a hindrance for me to attain peace within myself.”

“WOW! WOW! WOW! An amazing week! My auditing recovered my certainty in a lot of things, like my goals, the reason I’m here in present time, why I’m passionate and dedicated to KSW and the Commodore.

I can tolerate more space, even if no space at all. My perception is clear and I know what I need to know in my perceptions to do my next steps to reach my goals and mission as a Scientologist. My English is better, and I’m willing to improve it. My tone is stable and up!

So many things are improved!!! I reached a very stable certainty about who I am and what are my goals. I operate at a very different condition, more CAUSE and I’m used to it now!

Thank you very much for this amazing standard auditing. Ron is very proud of your dedication of helping other and your application of KSW.

"I just finished a little repair thing and it's pretty cool. It really helped me put things in perspective again, especially regarding relationships. We all assume beingness in life, that's what makes us sure of ourselves and where we are going and what the hell we are doing! LOL. I recently had this break-up and I was devastated and in really bad shape. But then I realized that what really happened was I lost my beingness! I attached who I was and my decisions on this guy to the point where I wasn't sure what to do or what to "BE" without him. So obviously that was a huge Reality break.

Now, all I have to do to get back on the horse is decide who I want to "BE" again, what I have to do, and then I will have whatever I want. That's how BE-DO-HAVE works.

Also, I had some pretty cool past-life recalls come up. It's interesting what you can get when you really look.

All-in-all, it's been a great learning experience and I look forward to continuing this interesting journey of becoming more me!

'Til next time, stay classy!

Solo e-Meter Training

"I completed my Solo E-Meter training with Randy last weekend. It was the most productive & successful e-meter training I have ever done (I'm a Pro Metering grad). He helped me set up the meter and list/worksheets so I could see both at the same time. This turned out to be one of the major bugs I've always had, and it made all the difference in the world. He really applies evaluation of importance's - he made sure I worked harder on the weak spots and caught all the places where I was missing F/Ns. I ended up getting huge reads and LFBs, then a persistent F/N and floating TA's. What's amazing about this is that I've been treated as a 'problem' PC for quite a while (having to run processes into the ground and getting exams marked 'small F/N' etc. etc.), and I've had a hard time drilling other people because of my non-responsive needle. Well, it's anything but that! I started getting huge picture-perfect F/Ns from the prepared lists in the meter drill binder. F/Ns that looked like they were from the E-Meter film. All sorts of interesting reads that were obviously reacting to the drill binder lists, when I thought it was impossible to get reads from those lists ever again. For the first time in my life, drilling was really fun, not a long, boring task with no wins and soaring TA. Thank you, Randy, for your ARC, patience, and caring about your students. I'm looking forward to the rest of my Solo training and getting started on Solo NOTs!"

Grade 0

I am no longer keyed in as much. In the rare cases I am keyed in I get out off it really fast!!!

I'm now able to talk about everything or can hold it back and I have become a much better listener. Friends approach me and want to talk to me so I can lend them an ear.

My biggest win was while auditing my daughter – with the result, that after an objective process her head ache was gone!!!!

And I started again to give assists. In my sessions I realize more and more bank is going away and I, as a being, becoming more and more cause. While getting processed on this grade I was

so happy and keyed out. This feeling was so wonderful. The higher one is on the bridge the faster the charge is found.

This is why one keys out much faster than before I'm so happy to have chosen this path as I realize that I have changed myself in a positive way. I will continue now with grade 1.

I'm looking forward to this year. I have postulated to become CLEAR in 2104!!!!Thanks to my friend and auditor, she's a great auditor with so much ARC. Without her help I wouldn't be where I am now!!!!!!

Grade I

I completed Grade I the day before yesterday. You will get my wins later, as I enjoy them to the full. I'm right now on Grade II and feel so balanced. On this Grade there is little charge, as I know that ALL has something to do with me (my own postulates). I'm no longer angry with anyone who did something to me earlier. I think, all beings who have this knowledge can understand me. I love you all !!!!!"

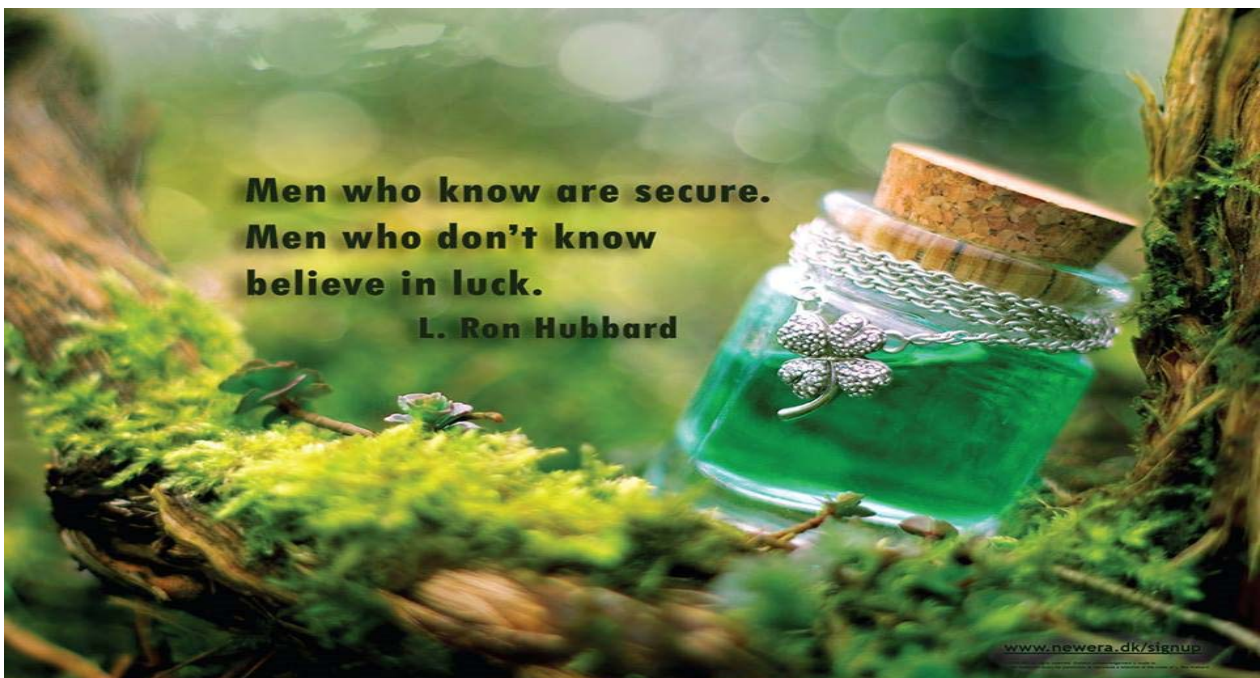
Solo One Course Completion

I have just completed Solo One. It is a Fantastic to know that I am so close to beginning the OT Levels and I have tons more certainty on my ability to audit Solo!

I learned that metering as a Solo Auditor is not as difficult as I thought. Just follow what is important, trust the meter and the Technology.

I encourage others to begin this great Journey too!

~oo00oo~





"Ethics consists simply of the actions an individual takes on himself. Justice is the action taken on an individual by the group when he fails to take these actions himself." The Basics of Ethics - L. Ron Hubbard

Ethics are supposed to be applied by the individual. At the risk of stating the obvious, the conditions are conditions of existence and states of being of the individual. They should be applied by an individual. But where an individual does not apply ethics to him or herself and this affects the group the group steps in with justice to get the condition applied. Unfortunately it also happens, both outside of as well as inside scientology, that justice is misused by enforcing incorrect ethics applications and conditions assignments. This might be through ignorance, misunderstandings or even just plain outright suppression of the individual. In all cases, it is the justice factor that is being misapplied and which results in ethics being used as a punishment tool instead of a tool to raise up the beingness of the individual.

Ethics could be said to be that standard of conduct an individual follows in his relationship with himself and others in order to ensure his own survival and that of the group or groups to which he belongs. As has been pointed out, man is basically good, and when he falls by the wayside he will attempt to correct himself or if he cannot, as is often the case, will invite the group to which he belongs to correct him. This applies to any individual but some are more obvious than others. Hitler, for example, invited the world to put his ethics in as he evidently could not. Miscavige, the current 'head' of the Church of scientology is doing exactly the same. He has the responsibility of the care and promotion of the philosophy and technology of Scientology but as he has taken on the valence of a suppressive person and is currently working to suppress the philosophy, he has now invited the world to stop him and the church.

"Ethics actually consists of rationality towards the highest level of survival for the individual, the future race, the group, mankind and the other dynamics taken up collectively." Ethics, Justice & the Dynamics - L. Ron Hubbard

The urge to survive, the thrust or motivation or reason why one continues in existence is split into eight dynamics.

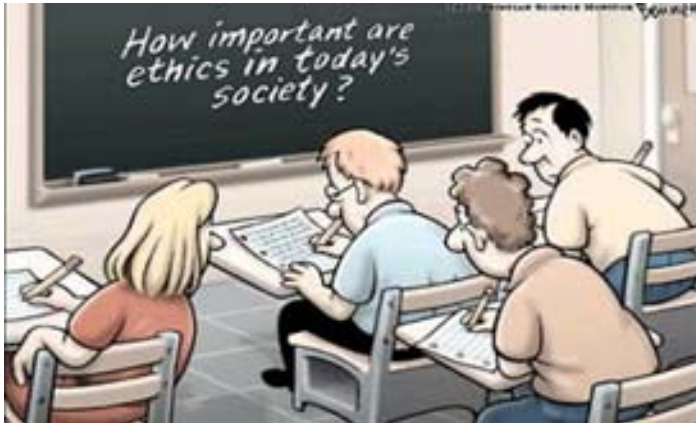
With regard to LRH, I don't think anyone is saying he was perfect. He was not of course. Even he stated he was only human (Ref Book: Creation of Human Ability) and he was subject to the same track as we all were and the same experiences and structures. His notable achievement was his ability and determination to rise above bank agreement and discover and research the basic rules of this universe life and the application designed to raise others as well. As he also stated, it is not a perfect system but it is a workable system "remember that" (safeguarding Technology).

All of his discoveries, such as the conditions are demonstrably valid. It is still up to the individual to learn how to apply them. Being a suppressive one should not expect Miscavige to apply this tool any better than any other tool. All of his actions point to a hidden terror of others and so 'they must be suppressed in any way possible.'

I do not know the EXACT circumstances by which a suppressive was able to take control of the church organisation. What I DO know is that he is there and he is seeking to destroy the one hope man has to get him out of the bank agreement. We must ensure that does not happen. We do not want the technology and knowledge we have obtained lost as there is no guarantee that LRH will return or that another LRH will come along. It is entirely up to use what we do here and now. We are fortunately to have been given a route out of the mess we find ourselves in after untold millennia of scrabbling around and we should grab it with both our thetan hands to our thetanly bosom. Everything we need is already in place, including the route, the knowledge, even a historical track of how it was developed and what NOT to do as well as what to do. LRH did a very thorough job. Going out and covering many peripherals also, Study Tech, third dynamic tech and others by way of example. While there may be some argument for an 'expansion' of the existing tech, the existing tech is hardly being used on this planet at all and is subject to suppression so our first order of business should be to get the technology being used far and wide even outside our safe little comfort zone as, if we do not, then our safe little comfort zone is going to contract into nothingness.

~oo00oo~





Ethics and Justice Merged

There is a wealth of technology in Scientology to handle every case now. From training to auditing, word clearing to specialised rundowns et al. Finding out the individual's issues and prob-

lems is not difficult. People love talking about their problems.

"There isn't any such thing as a scarcity of preclears. The streets are full of them. The hospitals are full of them. All you'll have to do is reach out and take them by the ear and put them down in the chair - everybody's a preclear. Nothing to it. You get most men to talking about their problems and they don't talk, they avalanche on you. They all got problems. And you can solve those problems...."

Uses and Future of Scientology
3rd October 1953

But this does require some work and thinking. Some effort even, specifically some application. And here is where the church has fallen down the wayside. Rather than seek to USE the technology which is more than likely to handle most problems and issues for an individual, the church has gradually evolved into taking the easy way out when it comes to handling staff and parishioners.

"Ethics consists simply of the actions an individual takes on himself. Justice is the action taken on the individual by the group when he fails to take these actions himself."

Introduction to Scientology Ethics

Rather than seeking to use the technology, such as auditing and training for example, which is more likely to handle a situation it has devolved into a blanket "write up your o/ws." This is a lazy way to address issues when in many cases it could simply be a crashing MU or some issue the individual is going through. The technology that LRH developed is being used less and less and with the changes introduced by David Miscavige is becoming less and less effective when it is being used.

This is compounded by the church attitude of replacing ethics and compassion with justice. There is an enormous difference between ethics and justice. Ethics is a person matter, and is that which an individual applies to him or herself. Most people, particularly scientologists, have a good idea of the difference between right and wrong. They inherently know what, if anything, they may have done wrong and will take steps to remedy even if it is simply leaving the scene so they are no longer affecting the area.

Justice, on the other hand, is that action carried out on an individual by a group when that individual has allowed their ethics to deteriorate to the point where it is detrimental to the group as a whole.

The church has either deliberately or through sheer laziness stopped assisting people to apply ethics and is replacing it with "justice" or their brand of it. This effectively takes control of an individual's ethics out of their own hands and places it in the hands of the church and so reducing the capability of the individual to apply ethics in the manner in which it was intended. It reduces their responsibility level as they are no longer in control of their ethical standards which have been replaced by a perverted justice system used as a punishment rather than allowing the individual to take more responsibility for their actions.

This makes church justice simply another controlling mechanism and this is a devolution the church is unlikely to recover from anytime soon, particularly with the current management in place.

LRH issued a broad range of technology on ethics and how to apply it. It is not rocket science. It is easy to apply and is extremely effective as,

"Ethics is so native to the individual that his downfall and his total aberration is based on the fact that he is seeking to overcome his own lack of ethics."

Being in the field and no longer under the umbrella of a church with good intentions, an individual does not have an ethics officer to fall back on. He or she must assume more responsibility for his or her own ethics. There is no one else that can do it for them.

An individual in the field has access to the tremendous volume of technology LRH developed including books, tapes, bulletins etc. There are training centers and groups being set up around the world. There are repositories of the knowledge around. A quick search on the internet will provide a plethora of information and data. There is no excuse for not being trained or learning.

There are always books or tape transcripts to read or tapes to listen to. The technology is there for anyone that cares to use it.

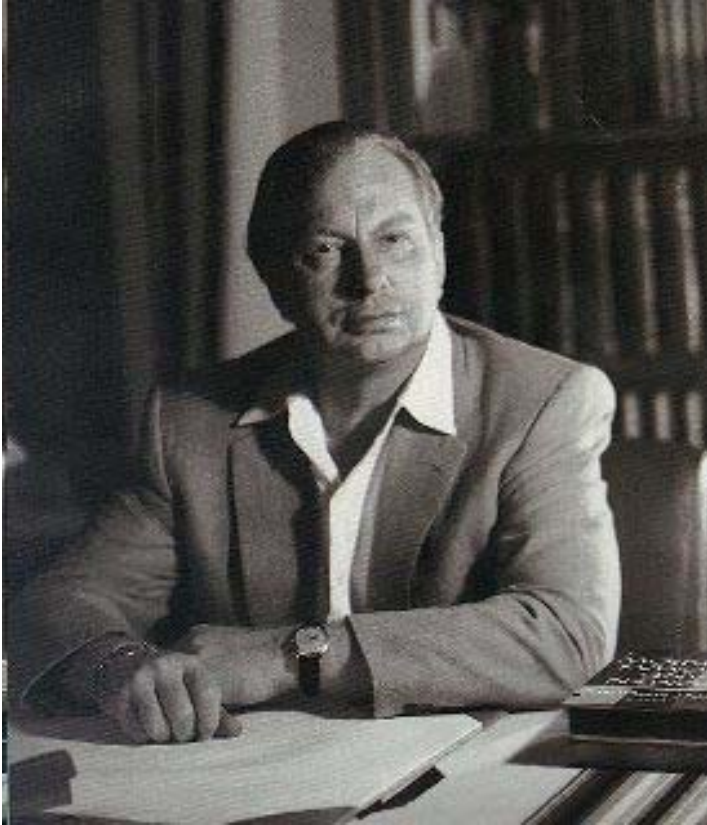
I heartily recommend one uses it.

References:

Uses and Future of Scientology - 3rd October 1953

Introduction to Scientology Ethics - 1958

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BASIC PRINCIPLES

Like engineering, Scientology has certain basic principles. These are necessary to a full understanding of the subject. It is not enough to know how to process (drill) people in Scientology. To be effective (good) one must also know the basic principles.

Scientology is very exact. The humanities (human studies) of the past were full of opinions. Scientology is full of facts that work.

To study Scientology one should scan (skim) quickly through the basics and find something with which one can agree. Having found **ONE THING**

(one fact) with which he can agree, one should then skim through again and find another fact. One should continue to do this until he feels some friendliness to the subject. When one has achieved this, and *only* when one has achieved this, he should then study all the basic principles. There is no effort here to be authoritarian (opinionated). No one will try to make the subject difficult.

You may have been taught that the mind (thought, the brain) is a very difficult thing to know about. This is the first principle of Scientology: It is possible to know about the mind, the spirit and Life.

The Cycle of Action

The most fundamental idea in Scientology is called the **CYCLE OF ACTION**. **CYCLE** = a span of time with a beginning and an end = a section of the totality of time with a beginning and an end = in beginningless and endless time one can set out periods which do have a beginning and an end insofar as action is concerned. **ACTION** = motion or movement = an act = a consideration that motion has occurred.

In very ancient books it is written that from chaos came birth, from birth there was growth, when growth was achieved there was then a gradual decay, the decay then ended in death. After death there was chaos.

Scientology expresses this more briefly. **THE CYCLE OF ACTION IS AN APPARENCY AS**

FOLLOWS: CREATE, then SURVIVE, then DESTROY; or Creation, Survival, Destruction. First there is Creation. Then this is followed by Survival. Then this is followed by Destruction. APPARENCY = appears to be, as distinct from what actually IS.

This cycle is only an APPARENCY. It is what we see, what we behold, what we believe. We CONSIDER (think, believe, suppose, postulate) that it is so and then we see it so. A child is born, he grows, he reaches manhood, he grows old, he dies. In Scientology it can be seen that none of these steps are necessary. One considers them so, and so they are “true”. A man can grow old quickly or slowly. He grows old to the degree that he believes he is growing old. Because everyone AGREES that this is the way things are, they go that way.

The cycle is not TRUE. It is only APPARENT. It is APPARENT because we believe we see it. It is APPARENT because we AGREE that it should be so. The test of this principle is as follows: By using the CYCLE OF ACTION can we make anyone well or more intelligent? Thousands of tests have proven that the use of and belief in the CYCLE OF ACTION has made none well or intelligent. Therefore, no matter if we see it, there must be something wrong with it. The woman, growing old, wishing to appear younger, is protesting this CYCLE OF ACTION. She feels there is something wrong with it. There is. We have to find out what the ACTUAL cycle is before we can make people better. ACTUAL = what is really true = that which exists despite all apparencies = that which-underlies the way things seem to be = the way things really are.

THE ACTUAL CYCLE OF ACTION is as follows: CREATE, create-create-create, create-counter-create, no creation, nothingness.

CREATE = make, manufacture, construct, postulate, bring into beingness = CREATE.

Create-create-create = create again continuously one moment after the next =SURVIVAL.

Create-counter-create = to create something against a creation = to create one thing and then create some thing else against it = DESTROY.

No creation = an absence of any creation = no creative activity.

AN ACTUAL cycle of action then consists of various activities, but each and every one of them is creative. The cycle of action contains an APPARENCY of SURVIVAL, but this is actually only a continuous creation. The APPARENT cycle of action contains DESTRUCTION, but the ACTUAL cycle of action tells us what destruction is.

DESTRUCTION is one of TWO activities. DESTRUCTION is (in terms of action) a creation of something against a creation of something else. For example, a wall is seen standing. To be apparent it is necessary that the wall be constantly created. The act of “destruction” is to exert against the wall another creativeness, that of the action or activity of knocking the wall down.

Both the wall standing there and the action of knocking it down are “creative” actions. Because we may object to (argue against, dislike) a wall being knocked down, we vilify (swear at, scorn) the creativeness involved in knocking it down with the word “destructive”. ACTUALITY tells us that there is no such thing as destruction. There is only creation against a creation. There is another “type of destruction” and this is NO MORE CREATION. By no longer being a party to (a member of) the wall’s creation, the wall, in theory, can cease to exist for one. This is true in ACTUAL PRACTICE in Scientology.

REALITY is the way things appear. REALITY IS APPARENCY. To do anything about reality, one must search into and discover what underlies the APPARENCY. Of what does REALITY consist (what is Reality composed of)? We SEE an APPARENCY which has the CYCLE OF ACTION OF CREATE-SURVIVEDESTROY. More basically (fundamentally) this CYCLE OF ACTION contains nothing but CREATION.

If one stops making something completely and ceases to be a party to its manufacture, it no longer exists for one. If one ceases to create, there is nothingness. When one creates something or beholds something which is created, that thing is still being created. Even if one is creating something with his left hand and has forgotten about it with his right hand, the thing still exists. In other words, one can create something without knowing it is still being created.

Then one seeks to DESTROY it by a counter-creation (a creation against it). The result is a chaos created by two opposing creations.

LET US BE PRACTICAL. A science is not a science unless it is practical. A theory is no good unless it works. All the fancy and beautiful theory in the world is useless unless it has a use or a workability. Is this CYCLE OF ACTION THEORY USEFUL? It is. So long as we believe that we have to destroy with force in order to destroy at all, as long as we think in terms of destruction, we have chaos.

There is CREATING AND KNOWING ONE IS CREATING. There is CREATING AND NOT KNOWING ONE IS CREATING. When one drives a car or a cart he does many things (performs many acts) which he is not AWARE OF (conscious of, knows about), and these we call AUTOMATIC ACTIONS. One is doing something and is not aware that he is doing it. One starts to create something, then places this thought still active beyond his own reach and the creation continues to occur.

KNOWINGLY CREATING SOMETHING is always the first condition. One can then purposefully CONTINUE THE CREATION UNKNOWINGLY. Everything one is doing knowingly or unknowingly one is doing here and now, in the present instant, in present time. ONE KNOWINGLY STARTED ANY CREATION in some PAST moment. But the Creation is being done in the present moment. To stop any creation it can be established that one once knew one was creating it—finding that thought and making it known again—OR ONE CAN SIMPLY CREATE NEWLY AND CONSCIOUSLY WHAT ONE IS ALREADY CREATING UNCONSCIOUSLY (unknowingly).

In either case the creation stops. The WRONG WAY is to start a new creation to counter against the old creation; when one does this he gets confusion and chaos.

FOR EXAMPLE, a man has a bad leg. He is trying to “get well”. He seeks then to create a good leg. He goes to doctors and wants to be healed. The treatment is difficult and usually somewhat unsuccessful in the case of a very severely crippled leg. SOMETHING is creating a bad leg. Against this he is creating a good leg. The result is confusion and a bad leg. BUT a THIRD creativeness is present. First something was creating, we hope, a good leg. Then a counter-creation (such as an accident to his leg) counter-created a bad leg. Now he is trying to

counter-create again a good leg. The result is to wipe out the ORIGINAL GOOD LEG since THAT IS THE CREATION HE IS TAKING OVER AND EXPOSING WITH HIS EFFORTS TO GET WELL. He wants a good leg. The trouble with him is the countercreation of a bad leg. The test is factual. Have him create (by a certain Scientology process) bad legs until the counter-creation of bad legs is wiped out and the ORIGINAL CREATION OF A GOOD LEG WILL REAPPEAR. This only fails when there is no original creation of a good leg, when the original creation of a good leg is gone.

FOR EXAMPLE, a man has a job. He works at it. That is to say he create-create-creates a job throughout the days, weeks and years. As long as he makes a job, the job exists. One day he DEPENDS upon (takes for granted) this job. He no longer creates it. It ceases to exist. He has no job. The APPARENCY is that he loafed (became lazy) and was discharged. The ACTUALITY is that he no longer created a job and so didn't have one.

FOR EXAMPLE, a man depends upon a woman to keep his house for him. One day he no longer has a woman. He can't keep house EVEN THOUGH BEFORE HE MARRIED THE WOMAN HE COULD KEEP HOUSE .

FOR EXAMPLE, a man is sane. He gets the idea (creates the idea) that it would be better to be insane. He starts to go insane (having created it) and then does numberless things in order to stay sane. Here he was already creating the state of sanity. He counter-created insanity. He then counter-created sanity against insanity.

CREATION IN THIS WORK may be thought to exclude God. We are here considering only those things which man or man as a spirit can make or manufacture or think. The subject of WHO or WHAT is doing the creation does not invalidate the cycle. This is a work on the subject of the mind, not a work on the subject of the Supreme Being.

LYING is the lowest order of creativity.

There are many tests for these principles in SCIENTOLOGY. Such tests come under the heading of PROCESSING.

~oo0oo~

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



Freedom

Faced 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 things were a little better known and understood, we would all lead happier lives. And there is a way to know them and there is a way to freedom..."

— L. Ron Hubbard



THE BRIDGE TO TOTAL FREEDOM

SCIENTOLOGY CLASSIFICATION GRADATION AND AWARENESS CHART OF LEVELS AND CERTIFICATES

TRAINING							Awareness Characteristics	PROCESSING									
Author's Class	Certificate	Course	Prerequisites	Teacher	Where	End Result		PC Code	Name of State	Subject	Prerequisites	Class of Author	Where	Ability	Additional processing services that may be done at various points on the Bridge		
Class XII Auditor	Class XII Auditor Certificate	Class XII Auditor Course	Class XI Auditor Certificate	Public Class XII Auditor	Flag IV	Ability to audit L12	Total Freedom	OT XV	New Nation 10	The Principles of the Bridge	None	Class XII Auditor	Flag IV	Confidential call released			
Class XI Auditor	Class XI Auditor Certificate	Class XI Auditor Course	Class X Auditor Certificate	Public Class XI Auditor	Flag III	Ability to audit L11	Power of 101 dynamics	OT XIV	New Nation 11	The Principles of the Bridge	None	Class XI Auditor	Flag III	Confidential call released	L12*, Flag OT Executive Roundup*		
Class X Auditor	Class X Auditor Certificate	Class X Auditor Course	Class IX Auditor Certificate	Public Class X Auditor	Flag II	Ability to audit L10	21 Source	OT XIII	New Nation 12	The Principles of the Bridge	None	Class X Auditor	Flag II	Confidential call released	L11*, New Life Roundup*		
Class IX Auditor	Class IX Auditor Certificate	Class IX Auditor Course	Class VIII Auditor Certificate	Public Class IX Auditor	Flag I	Ability to audit L9	19 Existence	OT XII	New Nation 13	The Principles of the Bridge	None	Class IX Auditor	Flag I	Confidential call released	L10* Roundup		
Class VIII Auditor	Class VIII Auditor Certificate	Class VIII Auditor Course	Class VII Auditor Certificate	Public Class VIII Auditor	Flag 0	Ability to audit L8	18 Realization	OT XI	New Nation 14	The Principles of the Bridge	None	Class VIII Auditor	Flag 0	Confidential call released	Super Power*		
Class VII Auditor	Class VII Auditor Certificate	Class VII Auditor Course	Class VI Auditor Certificate	Public Class VII Auditor	Flag 0	Ability to audit L7	18 Existence	OT X	New Nation 15	The Principles of the Bridge	None	Class VII Auditor	Flag 0	Confidential call released	Cause Resurgence Roundup		
Class VI Auditor	Class VI Auditor Certificate	Class VI Auditor Course	Class V Graduate Auditor Certificate	Public Class VI Auditor	Flag 0	Ability to audit L6	18 Existence	OT IX	New Nation 16	The Principles of the Bridge	None	Class VI Auditor	Flag 0	Confidential call released	Flag* Only Roundups		
Class V Graduate Auditor	Class V Graduate Auditor Certificate	Class V Graduate Auditor Course	Class IV Auditor Certificate	Public Class V Graduate Auditor	Flag 0	Ability to audit L5	18 Existence	OT VIII	New Nation 17	The Principles of the Bridge	None	Class V Graduate Auditor	Flag 0	Confidential call released	Special Roundups and Action		
Class IV Auditor	Class IV Auditor Certificate	Class IV Auditor Course	Class III Auditor Certificate	Public Class IV Auditor	Flag 0	Ability to audit L4	18 Existence	OT VII	New Nation 18	The Principles of the Bridge	None	Class IV Auditor	Flag 0	Confidential call released	False Purpose Roundup*		
Class III Auditor	Class III Auditor Certificate	Class III Auditor Course	Class II Auditor Certificate	Public Class III Auditor	Flag 0	Ability to audit L3	18 Existence	OT VI	New Nation 19	The Principles of the Bridge	None	Class III Auditor	Flag 0	Confidential call released	Confessionals		
Class II Auditor	Class II Auditor Certificate	Class II Auditor Course	Class I Auditor Certificate	Public Class II Auditor	Flag 0	Ability to audit L2	18 Existence	OT V	New Nation 20	The Principles of the Bridge	None	Class II Auditor	Flag 0	Confidential call released	Happiness Roundup*		
Class I Auditor	Class I Auditor Certificate	Class I Auditor Course	Not Classed	Public Class I Auditor	Flag 0	Ability to audit L1	18 Existence	OT IV	New Nation 21	The Principles of the Bridge	None	Class I Auditor	Flag 0	Confidential call released	FIS Roundup		
Not Classed							18 Existence	OT III	New Nation 22	The Principles of the Bridge	None				Method One* Ward Clearing		
Not Classed							18 Existence	OT II	New Nation 23	The Principles of the Bridge	None				Therapeutic TR Course		
Not Classed							18 Existence	OT I	New Nation 24	The Principles of the Bridge	None				Co-audit Courses		
Not Classed							18 Existence	OT Eligibility	New Nation 25	The Principles of the Bridge	None						
Not Classed							18 Existence	SoJo Course	New Nation 26	The Principles of the Bridge	None						
Not Classed							18 Existence	OT Preparations	New Nation 27	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course	New Nation 28	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 1	New Nation 29	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 2	New Nation 30	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 3	New Nation 31	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 4	New Nation 32	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 5	New Nation 33	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 6	New Nation 34	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 7	New Nation 35	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 8	New Nation 36	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 9	New Nation 37	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 10	New Nation 38	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 11	New Nation 39	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 12	New Nation 40	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 13	New Nation 41	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 14	New Nation 42	The Principles of the Bridge	None						
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Not Classed							18 Existence	Solo Course Part 16	New Nation 44	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 17	New Nation 45	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 18	New Nation 46	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 19	New Nation 47	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 20	New Nation 48	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 21	New Nation 49	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 22	New Nation 50	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 23	New Nation 51	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 24	New Nation 52	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 25	New Nation 53	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 26	New Nation 54	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 27	New Nation 55	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 28	New Nation 56	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 29	New Nation 57	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 30	New Nation 58	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 31	New Nation 59	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 32	New Nation 60	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 33	New Nation 61	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 34	New Nation 62	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 35	New Nation 63	The Principles of the Bridge	None						
Not Classed							18 Existence	Solo Course Part 36	New Nation 64	The Principles of the Bridge	None						
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Not Classed							18 Existence	Solo Course Part 71	New Nation 99	The Principles of the Bridge	None						

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."

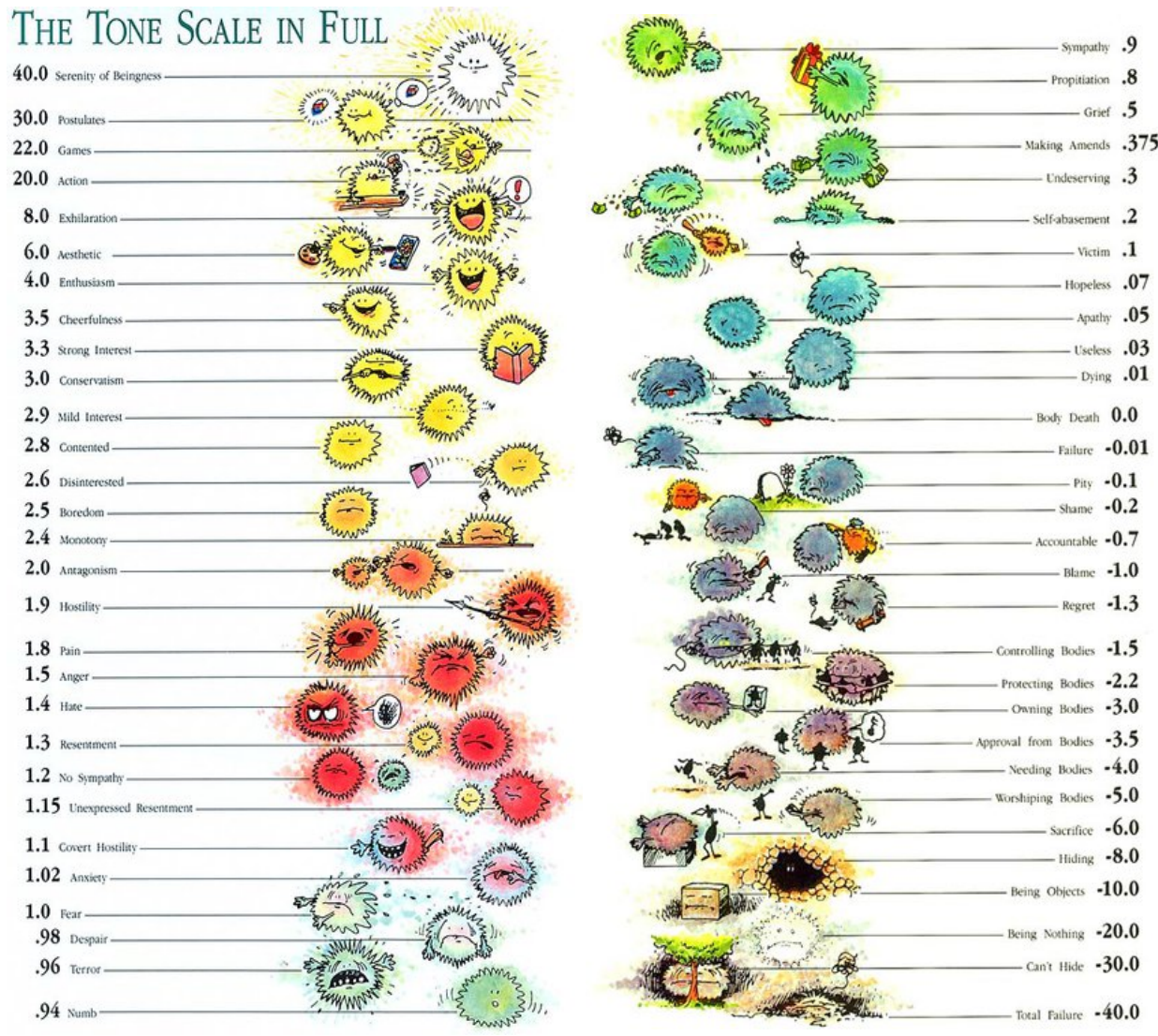
"Recall a time when someone was communicating easily to you." "Recall a time when somebody liked you."

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~

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

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.

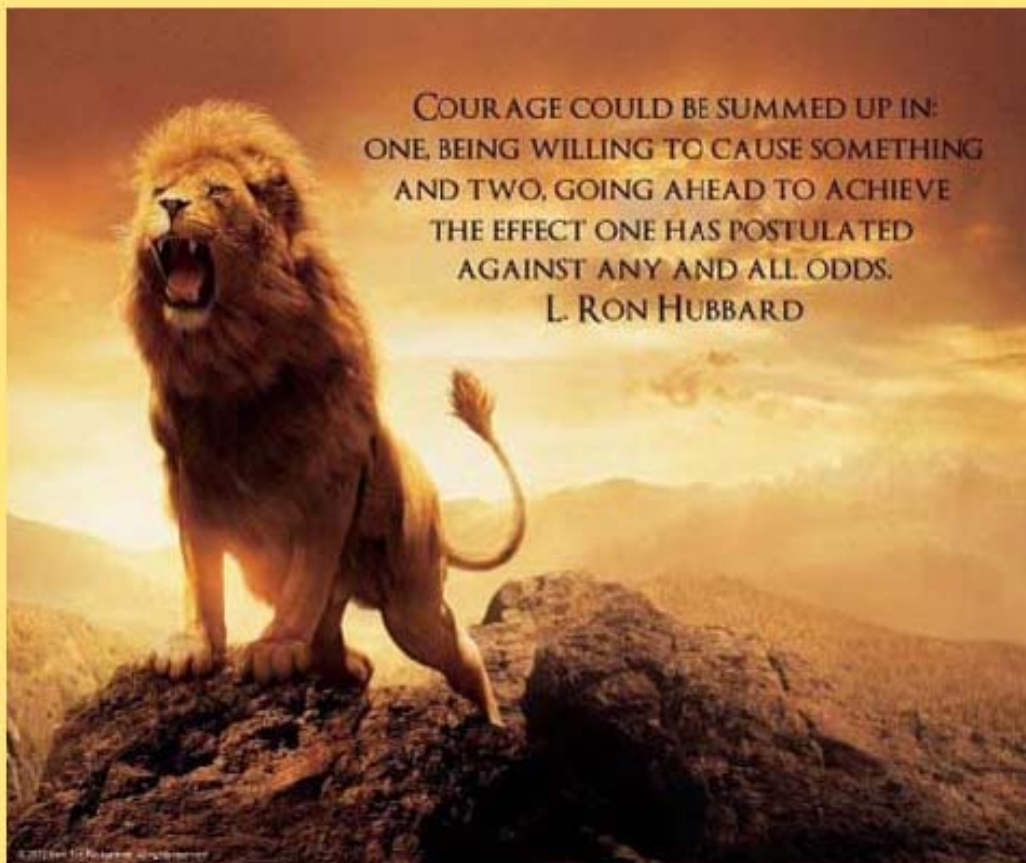
Of course we can talk about honor, truth, all these things,
The esoteric terms.
But I think they'd all be covered very well
If what we really observed was what we observed,
That we took care to observe what we were observing,
That we always observed to observe.

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

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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



**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.

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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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.

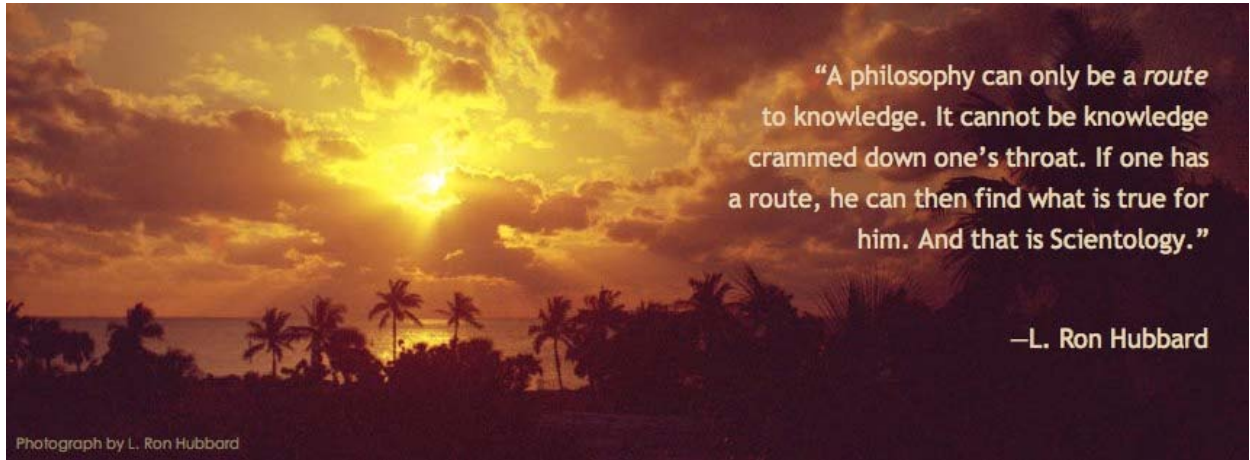
You've been able to do this in recent times. It baffles you sometimes when a piece of MEST does not instantly and immediately obey, but it's simply a matter of intention.

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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