



FREE THETAN

NEWSLETTER OF THE ASSOCIATION OF
PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

Preserve, Protect & Promote

January 2019

Volume 10 Issue 1



**Your potentialities are a great deal
better than anyone ever permitted
you to believe.**

—Self Analysis

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Preserve, Protect & Promote

FREE THETAN
Volume 10 Issue 1 January 2019

Editor in Chief
Michael Moore

Contributors
L. Ron Hubbard
Michael Moore
Sebastian Tombs
Harry Seldon
And many others

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Website:
independent-scientologists-association.net
Email address:
support@internationalfreezone.net

Important

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

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

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

~o0o~

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

~ Editorial ~



reservo, servo, proveho

Dear Reader,

It is 2019 and we start a new year and a new adventure. The past is relegated to the auditing room and the present is about what our goals and purposes are for the future.

The future is what we mock up and put there. If you want success and to flourish and prosper and move up the grade chart, then put that there in the future.

As LRH said, life is in you today and you make your own tomorrow.

Well, let's make some tomorrow!

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](#).

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Chris Black. Class VIII C/S, KOT,

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

USA

South East

Southern Cal tech Team

Standard LRH Bridge

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

Los Angeles, California

Trey Lotz Class VIII

Delivers: Standard LRH Bridge up to Clear, OT

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

Ian Waxler Class VIII C/S with Honors

Auditing and C/Sing all old LRH Bridge

info@adcian@yahoo.com

Ingrid Smith

From Life repair to OT4

ingridsmith123@yahoo.com

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Ken Urquhart. Class IV Advance Courses Specialist. Class IX

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[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~



SAFEGUARDING TECHNOLOGY

By L. Ron Hubbard

For some years we have had a word "squirreling". It means altering Scientology, off-beat practices. It is a bad thing. I have found a way to explain why. Scientology is a workable system. This does not mean it is the best possible system or a perfect system. Remember and use that definition. Scientology is a workable system.

In fifty thousand years of history on this planet alone, Man never evolved a workable system. It is doubtful if, in foreseeable history, he will ever evolve another. Man is caught in a huge and complex labyrinth. To get out of it requires that he follow the closely taped path of Scientology.

Scientology will take him out of the labyrinth. But only if he follows the exact markings in the tunnels.

It has taken me a third of a century in this lifetime to tape this route out. It has been proven that efforts by Man to find different routes came to nothing. It is also a clear fact that the route called Scientology does lead out of the labyrinth. Therefore it is a workable system, a route that can be travelled.

What would you think of a guide who, because his party said it was dark and the road rough and who said another tunnel looked better, abandoned the route he knew would lead out and led his party to a lost nowhere in the dark. You'd think he was a pretty wishy-washy guide.

What would you think of a supervisor who let a student depart from procedure the supervisor knew worked. You'd think he was a pretty wishy-washy supervisor. What would happen in a labyrinth if the guide let some girl stop in a pretty canyon and left her there forever to contemplate the rocks? You'd think he was a pretty heartless guide. You'd expect him to say at least, "Miss, those rocks may be pretty, but the road out doesn't go that way."

All right, how about an auditor who abandons the procedure which will make his preclear eventually clear just because the preclear had a cognition?

People have following the route mixed up with "the right to have their own ideas." Anyone is

certainly entitled to have opinions and ideas and cognitions-so long as these do not bar the route out for self and others.

Scientology is a workable system. It white tapes the road out of the labyrinth. If there were no white tapes marking the right tunnels, Man would just go on wandering around and around the way he has for eons, darting off on wrong roads, going in circles, ending up in the sticky dark, alone.

Scientology, exactly and correctly followed, takes the person up and out of the mess.

So when you see somebody having a ball getting everyone to take peyote because it restimulates prenatales, know he is pulling people off the route. Realize he is squirreling. He isn't following the route.

Scientology is a new thing-it is a road out. There has not been one. Not all the salesmanship in the world can make a bad route a proper route. And an awful lot of bad routes are being sold. Their end product is further slavery, more darkness, more misery.

Scientology is the only workable system Man has. It has already taken people toward higher I.Q., better lives and all that. No other system has. So realize that it has no competitor.

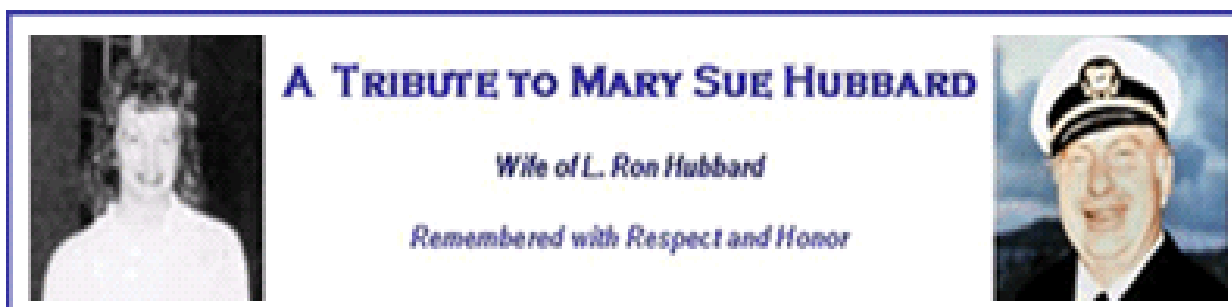
Scientology is a workable system. It has the route taped. The search is done. Now the route only needs to be walked.

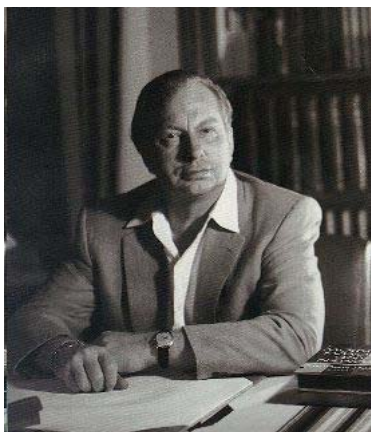
So put the feet of students and preclears on that route. Don't let them off of it no matter how fascinating the side roads seem to them. And move them on up and out. Squirreling is today destructive of a workable system.

Don't let your party down. By whatever means, keep them on the route. And they'll be free. If you don't, they won't.

L. RON HUBBARD
Founder

~oo00oo~





MY PHILOSOPHY

by
L. RON HUBBARD

The subject of philosophy is very ancient. The word means: ‘The love, study or pursuit of wisdom, or of knowledge of things and their cause, whether theoretical or practical.’

All we know of science or of religion comes from philosophy. It lies behind and above all other knowledge we have or use.

For long regarded as a subject reserved for halls of learning and the intellectual, the subject, to a remarkable degree, has been denied the man in the street.

Surrounded by protective coatings of impenetrable scholarliness, philosophy has been reserved to the privileged few.

The first principle of my own philosophy is that wisdom is meant for anyone who wishes to reach for it. It is the servant of the commoner and king alike and should never be regarded with awe.

Selfish scholars seldom forgive anyone who breaks down the walls of mystery and let the people in.

Will Durant, the modern American philosopher, was relegated to the scrap heap by his fellow scholars when he wrote a popular book on the subject, “The Outline of Philosophy.” Thus brick bats come the way of any who seek to bring wisdom to the people over the objections of the ‘inner circle’.

The second principle of my own philosophy is that it must be capable of being applied. Learning locked in mildewed books is of little use to anyone and therefore of no value unless it can be used.

The third principle is that any philosophic knowledge is only valuable if it is true or if it works. These three principles are so strange to the field of philosophy that I have given my philosophy a name: **SCIENTOLOGY**. This means only ‘knowing how to know.’

A philosophy can only be a route to knowledge. It cannot be crammed down one’s throat. If one has a route, he can then find what is true for him. And that is Scientology.

Know thyself ... and the truth shall set you free.

Therefore, in Scientology, we are not concerned with individual actions and differences. We are only concerned with how to show Man how he can set himself or herself free.

This, of course, is not very popular with those who depend upon slavery of others for their living or power. But it happens to be the only way I have found that really improves an individual's life.

Suppression and oppression are the basic causes of depression. If you relieve those a person can lift his head, become well, become happy with life.

And though it may be unpopular with the slave master, it is very popular with the people. Common man likes to be happy and well. He likes to be able to understand things, and he knows his route to freedom lies through knowledge.

Therefore, for 15 years I have had Mankind knocking on my door. It has not mattered where I have lived or how remote, since I first published a book on the subject, my life has no longer been my own.

I like to help others and count it as my greatest pleasure in life to see a person free himself of the shadows which darken his days. These shadows look so thick to him and weigh him down so that when he finds they are shadows and that he can see through them, walk through them and be again in the sun, he is enormously delighted.

And I am afraid I am just as delighted as he is.

I have seen much human misery. As a very young man I wandered through Asia and saw the agony and misery of overpopulated and underdeveloped lands. I have seen people uncaring and stepping over dying men in the streets. I have seen children less than rags and bones. And amongst this poverty and degradation I found holy places where wisdom was great, but where it was carefully hidden and given out only as superstition. Later, in Western universities, I saw Man obsessed with materiality and with all his cunning, I saw him hide that little wisdom he really had in forbidding halls and make it inaccessible to the common and less favored man. I have been through a terrible war and saw its terror and pain un eased by a single word of decency or humanity.

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

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

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

Blinded with injured optic nerves and lame with physical injuries to hip and back, at the end of

World War II, I faced an almost non-existent future. My service record states: ‘This officer has no neurotic or psychotic tendencies of any kind whatsoever,’ but it also states permanently disabled physically,’

And so there came a further blow . . . I was abandoned by family and friends as a supposedly hopeless cripple and a probable burden upon them for the rest of my days. I yet worked my way back to fitness and strength in less than two years, using only what I knew and could determine about Man and his relationship to the universe. And it’s a quite a trick studying when you cannot see.

I became used to being told it was all impossible, that there way no way, no hope. Yet I came to see again and walk again, and I built an entirely new life. It is a happy life, a busy one and I hope a useful one. My only moments of sadness are those which come from bigoted men tell others all is bad and there is no route anywhere, no hope anywhere, nothing but sadness and sameness and desolation and that every effort to help others is false. I know it is not true.

So my own philosophy is that one should share what wisdom he has, one should help others to help themselves and one should keep going despite heavy weather for there is always a calm ahead. One should also ignore catcalls from the selfish intellectual who cries: “Don’t expose the mystery. Keep it all for ourselves. The people cannot understand.”

But as I have never seen wisdom do any good kept to oneself, and as I like to see others happy, and as I find the vast majority of the people can and do understand, I will keep on writing and working and teaching so long as I exist.

For I know no man who has any monopoly upon the wisdom of this universe. It belongs to those who use it to help themselves and others. 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.

The old must give way to the new, falsehood must become exposed by truth, and truth, though fought, always in the end prevails.

L. RON HUBBARD

~oo00oo~



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

THE CODE OF HONOUR

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

L. RON HUBBARD

Scientology was developed by L. Ron Hubbard, an American writer and philosopher. It was completed after 35 years of research.

Born in Tilden, Nebraska, on 13th March, 1911, he was the only child of Commander H. R. Hubbard, U.S.N. ,and Dora May Hubbard.

Hubbard was raised on his grandfather's cattle ranch in Montana and could ride before he could walk. He later became a blood brother of the Blackfeet (Pikuni) Indians, and his first novel published in 1936 concerns them.

At the age of ten he rejoined his father and mother. Two years later, in Washington, D.C. at the time, he became a fast friend of the President's son, Calvin Coolidge, Jr. , whose untimely death is probably responsible for L. Ron Hubbard's early interest in mental research.

As his father's duty took the family to the Far East, L. Ron Hubbard was in China when he was fourteen and spent the next several years in travel throughout Asia. In Northern China and India he became intensely curious about the composition and destiny of Man, and, studied on one hand with Lama Priests and made himself agreeable on the other hand to war-like people by his ability to ride.

With the death of his grandfather, Hubbard, 19 years of age, was brought home by his father to study at the George Washington University in Washington, D.C. He studied Mathematics and Engineering and became a member of the first United States course in formal education in what is called today nuclear physics. He also attended the Princeton University.

During his college days he supported himself by his writing, and before he concluded college he was well established as an essayist. His first action on leaving college was to lead an expedition into Central America. In the next few years he headed three further expeditions, all of them undertaken to study savage peoples and cultures to provide material for his articles and stories. Between 1933 and 1941 he visited many barbaric cultures and yet found time to write seven million words of published fact and fiction.

Having first in Asia become interested in the mind and in Man, he multiplied this interest with his investigation of savage peoples and by 1938 he had written a never-published work on the subject of the basic principles of human existence. By 1936 he had become a member of the



Explorers Club in New York City.

In addition to travel articles, he has written western, science fiction, and adventure stories, and he is still one of the better known science fiction writers.

He was first called to Hollywood to write a film script in 1936 and since that time he has done a considerable amount of film work. Crippled and blind at the end of the war, he resumed his studies of philosophy and by his discoveries recovered so fully that he was reclassified in 1949 for full combat duty. It is a matter of medical record that he was twice pronounced dead and that in 1950 he was given a perfect score on mental and physical fitness reports.

Revolted by war and Man's inhumanity to Man he resigned his commission rather than assist government research projects. He subsequently published his original thesis on his work and the startling popularity of this thesis brought publishers to offer him a contract for a popular work. Published in 1950, it soared to the top of the best-seller lists and stayed there. Its title - "Dianetics, The Modern Science of Mental Health."

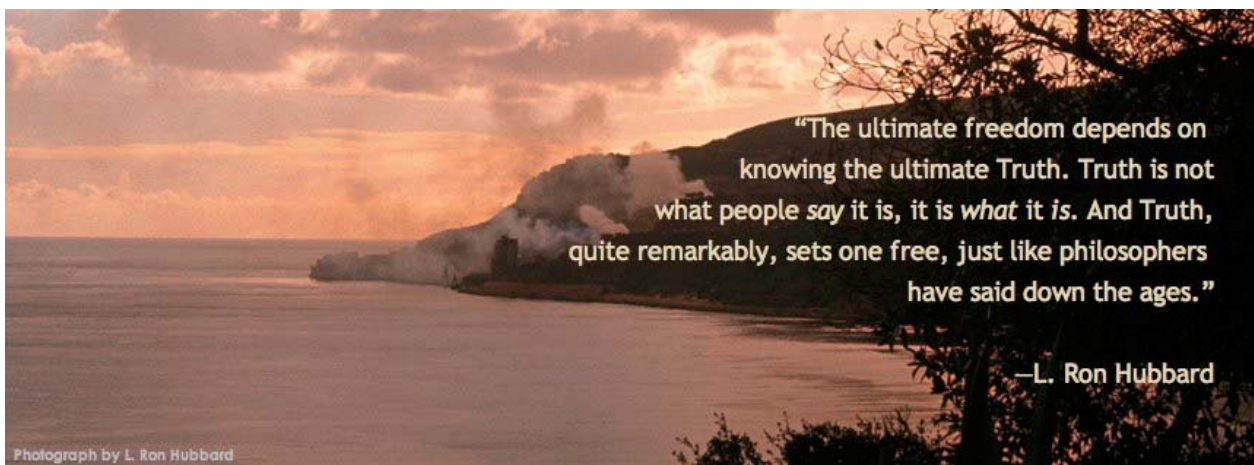
Dianetics means, "through soul". As a science it explained and demonstrated conclusively the working of the human mind. Thus were unlocked the secrets of this hitherto unknown territory - a major breakthrough in the history of Man. Dianetic techniques in addressing the mind achieved remarkable results, but further research established that tremendously higher results were obtainable by addressing the spirit or thetan (taken from the Greek symbol for "thought" or spirit) as it is known in Scientology. Thus Scientology evolved from Dianetics.

—

The home of L. Ron Hubbard and his family since 1959, Saint Hill Manor is where Ron continued his relentless search into the rehabilitation of the spirit of Man. Late in 1965 the final and most important stage of his research was completed.

The long sought bridge to total freedom for Mankind was complete.

~oo0oo~





How Ron Works

By Mary Sue Hubbard

(From Ability Mag Issue III Minor ca. April 1955)

Many people have questioned me regarding Ron's research and investigation into the human mind. The funny thing is that the majority of the hundreds of research cases on whom he worked to give us the principles for building a better world were never aware of who he was or what he was doing. They had never heard of Dianetics or Scientology. All they knew or were aware of was that

they felt better, their bad eye sight or maybe the limp in a once injured leg, was gone.

Wherever we have been it has always been the same – in England, Belgium, France, Germany, Spain, or here in our United States – rich or poor, young or old, diseased or insane, there has always been the hidden man, woman, and child behind the scenes who were helped and who, but did they know it, were contributing to the furtherance of a science. To me, the most important foundation upon which Dianetics and Scientology is built was stated in the First Book – that is, “Man is basically good.” I know of no one who believes this as strongly as Ron does. It is my feeling that this alone in times of contemptuous press, financial difficulties, the betrayal of friends – times when it seemed that all he had built was crumbling to pieces, kept him going, kept him persisting to his goal of helping MAN.

In Phoenix after the fall of Wichita, a producer with whom Ron had worked in Hollywood came to see us at our small apartment. He was offering Ron what would seem to the ordinary man like ice cream and cake for eternity. After picturing this dream in the clouds, he said to Ron, “Now, really, do you think this Dianetics, this research of yours, is worth it?” Ron sat for a very long time – silent, his eyes closed. Finally after what had seemed like hours he opened his eyes, and said, “Yes! Yes I do.” After his producer friend left, I asked him why he had taken so long to answer. He replied, “I was watching pass before me a parade of all the people I had helped, their expression one of hope and faith in the goodness of the future. Nothing can be worth more to me than that.”

And that's the way he is. His belief in the innate goodness of Man, in being able to bring this and Man's abilities to the fore continues him in his research. It enables him to communicate to anyone despite their physical disability to do so, or any language barrier.


His preclears are all over the world. The time he has spent processing is too vast to enumerate. Even he does not know the hours; he works and there is no time to him. This used to be very

disconcerting to me. I remember one time in Spain, I had spent the whole morning shopping in the market and the whole afternoon preparing dinner on one oil burner and a charcoal fire. This was a difficult process for one used to super markets and a gas range. Ron had gone to the park. Dinner time passed. The food got soupy from reheating and the charcoal supply got nil. My patience wilted and I went to the park. I found him sitting at a side walk cafe, a middle aged Spaniard with him. He motioned me to sit down and be silent. He was processing. The fellow had been in the Russian army, had fought in the battle of Stalingrad and then had been forced into servitude in Siberia. His legs had been so badly frozen that they would not bend at the joints. This peg legged walk was to carry him through life and to deny him work because of his slowness. After Ron had finished, we invited him home to dinner. He walked naturally again. His realization of what had happened to him did not come until he walked to the door to leave. He suddenly stopped and began shouting “I walk – I walk”.

There are many such people and many more – you in the field have not been idle either these five years. Maybe someday we can realize Ron’s Project. Very few know about it, but someday he hopes to have every auditor in the field “who is worth his stuff as an auditor” on the H.A.S.I. payroll. They would be given some person – some one in high government position, someone in the arts, someone in religion – people who are in the public eye and who supply thousands morale in the forms of good public works, books, paintings, humor, spiritual aid, to birddog until they submitted to processing. These auditors could then simply process and proceed without depending upon public approval or financial support which is dependent upon public approval. Maybe someday we can accomplish this. It is a goal worth working toward. We too, will have a better world someday.

It is Ron’s dream and yours and mine.

~oo00oo~



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Freedom

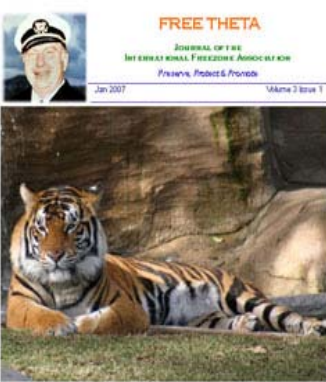
Fixed on too many barriers, man yearns to be free. But launched into total freedom he is purposeless and miserable.

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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Jan 2007 Volume 3 Issue 1

“REALITY IS THE AGREED UPON
APPEARANCE OF EXISTENCE”

SCIENTOLOGY 8 8008
Lafayette Ron Hubbard



Wins and Successes in the Scientology Independent Field

Review Auditing

I recently received some review auditing from Ingrid Smith in LA to prepare for the OT levels. I came away with some great wins!! I felt myself expanding as a being and just felt like a bigger being. When I returned to Arizona my wife noticed a difference in me. She said I was more affectionate.

After that I began completing a lot of unfinished cycles around my property. I finished painting the inside of my house, got some repairs done to my vehicles etc.

I also began noticing things more in my environment. while I was driving my school bus (I'm a school bus driver) I just felt more in ARC with my immediate surroundings.

I have also felt a noticeable increase in my physical well being.

Anyone who is thinking of doing ANYTHING on the Bridge, if you can make to LA, Ingrid Smith's auditing room is where you should be!!!!

Grade 1

Grade 1 proved for me, it's not about the destination, it's about the journey. And what a journey its been!

It's difficult for me to put into words because what I have experienced at times has been so overwhelmingly beautiful that words simply cannot encompass it. During an objective process I had a glimpse of me, without the bank, and suddenly everything around me became still, almost like time slowed down a bit and I felt an immeasurable amount of affinity for the universe. I was in present time, completely, and it was so peaceful, almost like taking a mini vacation ha-ha.

There is so much insanity in this world but at the same time I also found there are some truly beautiful people out there who do incredible things and I am humbled by their grace.

A big lesson for me was that responsibility is the only way to freedom. If I'm responsible and at

cause over what I'm doing, I get a very different result than if I'm constantly placing blame or responsibility on others. The tools I've gained from Grade 1 have helped me with my everyday life and have put things in a deeper perspective for me. I'm able to understand the root of my problems which seemed in the past unsolvable and really solid but now I feel I can reach out with a more ARC approach and gain a very different result. And what a difference that makes, eh? Keep confronting, keep ARC-ing and keep going. That's my new mantra.

I have a long way to go on my journey to spiritual enlightenment but I'm excited to continue growing and dig deeper because each time I peel away more of that onion, things become much more clear and I feel much more me.

And at the end of the day, if you know who you are, you're golden.

NOTS Success Stories

I've had some very good auditing over the last couple of weeks and I'd like to thank a bunch of people for their hand in it. A few years ago some highly trained individuals got together and sorted out which versions of which grades and levels, of those that were floating around out there, were the ones that LRH intended to be used. This was no small job but they succeeded brilliantly. I don't know all of you in The Technical Standards Committee but thank you to everyone who had a hand in this project. Two of those I do know were my auditor, Chris Black and the C/S, JC. Thank you.

When you "have the correct technology" and correctly apply it in a standard, no frills fashion the results are incredible. I blew an astonishing amount of charge in every single session. I also hadn't realized that confronting your case could be anywhere near this much fun.

This technology is very powerful and works amazingly well when applied. If you haven't had major wins on this level or blown enough charge to light up a small town, I would suggest you could be a tad more "standard".

Thanks again Chris and JC, you make a great team.

A few short months ago I thought I that it was inevitable that I would have to have a surgical hip replacement. I could not even walk one block without lots of pain that would force me to stop walking. I love gardening and I was barely able to do any of it because of the immobility and pain. Just simple daily activities became more and more difficult.

Ingrid suggested that I do a NOTS auditing program to address the problem. I started and now I am getting better and better. I can now garden and walk for many blocks without pain. Surgery has been erased from my TO DO LIST. Mobility is coming back.

NOTS and Solo NOTS are truly miraculous. I audited on Solo NOTS for years in the church but never had these kinds of wins. I attested to Solo NOTS in the church because I didn't think these kinds of body problems could really be handled. But, here I am, having life changing wins that I never knew I could have. You might wonder how this could be. The answer is that the Tech was altered in the church to the degree that it was impossible to have these kinds of wins. If the world only knew the truth and power of what is possible with NOTS, then most surgeons would have to find other professions.

Thank-you Ingrid. LRH, you have given us a gift that is so great it is almost unbelievable.

Thank-you! Thank-you!

~oo0oo~

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

Exercises One, Two and Three

Exercise One

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

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

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

Exercise Two

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

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

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

Exercise Three

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

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

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

"Recall a time when you agreed to something."

"Recall a time when somebody disagreed with you."

"Recall a time when you liked somebody."

"Recall a time when someone agreed with you."

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

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

This exercises can be done for hours.

~oo0oo~

Expanded Know to Mystery Scale

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

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

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

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

PERSONAL INTEGRITY

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

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

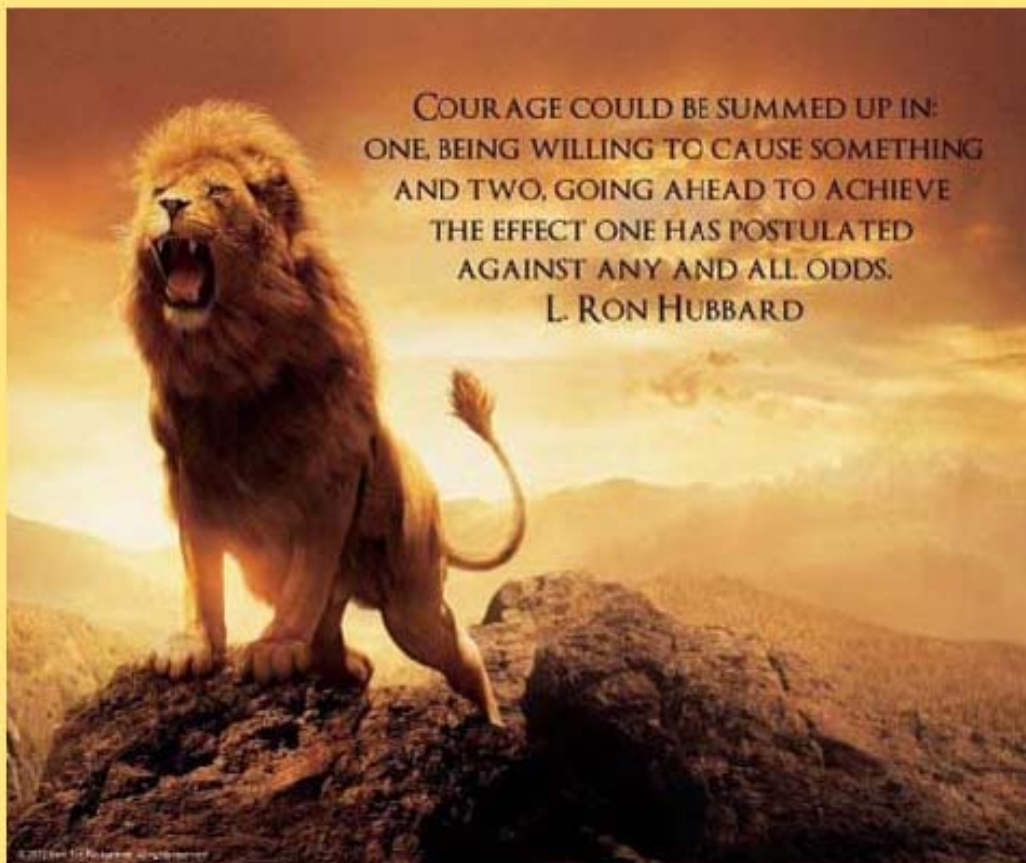
Of course we can talk about honor, truth, all these things,
The esoteric terms.
But I think they'd all be covered very well
If what we really observed was what we observed,
That we took care to observe what we were observing,
That we always observed to observe.

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

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

L. Ron Hubbard

Group Starter Kit for Scientologists



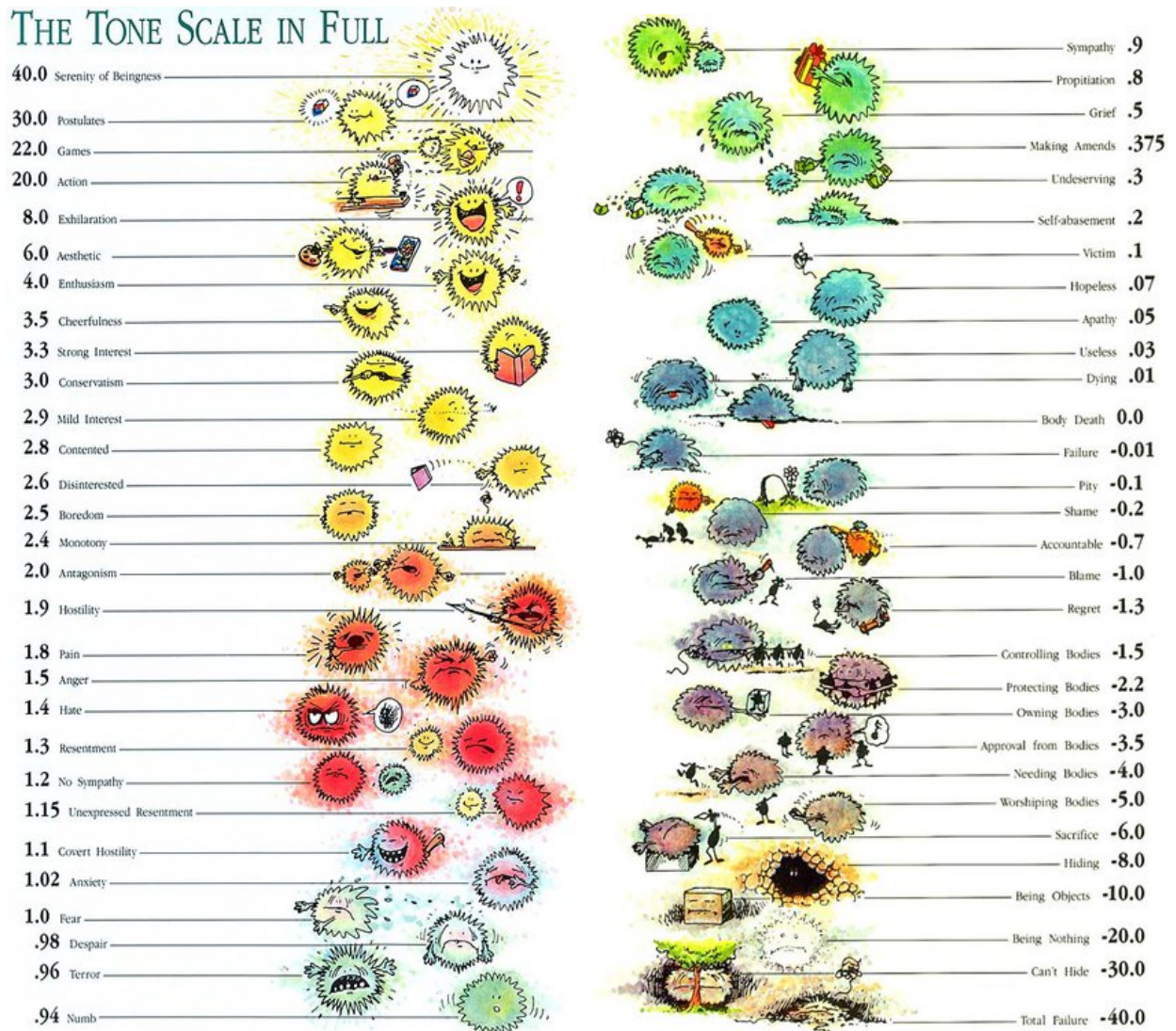
A Handbook for Field Scientologists Starting up a Group

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<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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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.

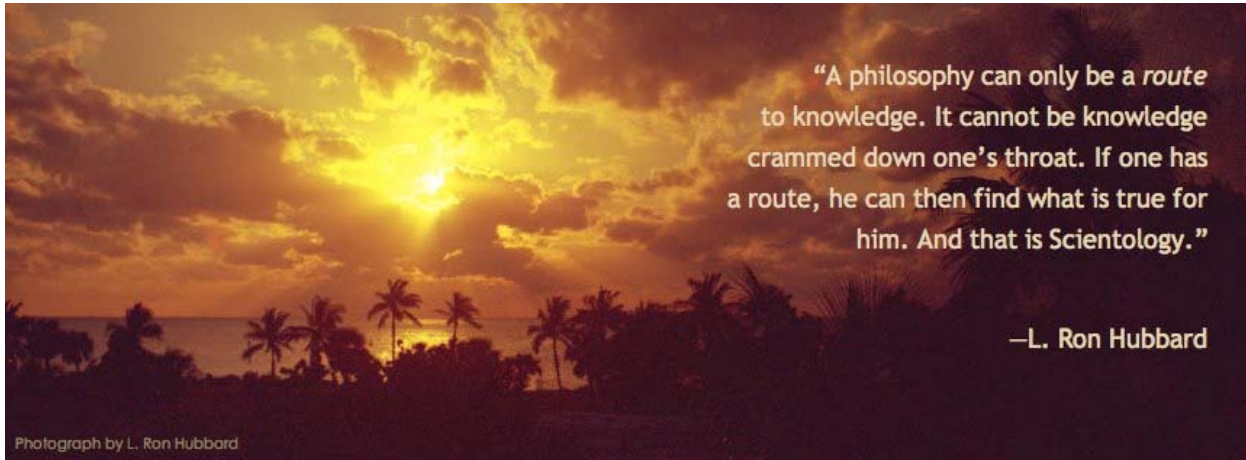
You've been able to do this in recent times. It baffles you sometimes when a piece of MEST does not instantly and immediately obey, but it's simply a matter of intention.

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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