

# FREE THETAN

NEWSLETTER OF THE ASSOCIATION OF  
PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

*Preserve, Protect & Promote*



Jul 2021

Volume 13 Issue 7



**All answers are basically simple.**

**DIANETICS: THE EVOLUTION OF A SCIENCE**

# FREE THETAN

## NEWSLETTER OF THE ASSOCIATION OF PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

*Preserve, Protect & Promote*

**FREE THETAN**  
**Volume 13 Issue 7 July 2021**

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

~ *Editorial* ~



reservo, servo, proveho

**Dear Reader,**

“In life, the only real guarantee of survival is abundance.”

-SELF ANALYSIS

This quote is reflected in nature. Fauna and Flora always produce more seeds than is necessary to ensure survival of the species.

This crosses all dynamics.

The MEST Universe for example. This universe is big. I mean BIG. It is composed of millions of galaxies. All spread far apart from each other. Some are billions of light years away (A light year is the time it takes for light to travel in a year from one point to another. Considering that light travels at 186,000 miles per second – this is a long way) so what you see when you look up at the night sky is what those galaxies looked like millions of years ago as you can only see the light they produced at that time.

The Galaxy we are in (earth is in the outer suburbs of a particular galaxy we call the milky way) contains between 100 and 400 billion stars and at least that many planets. An exact figure would depend on counting the number of very-low-mass **stars**, which are difficult to detect, especially at distances of more than 300 light years from our Sun.

So the games being played in this universe are many and varied. I think LRH said once that we have all done everything it is possible to do. Not difficult to understand when we consider that our past is essentially endless, as is our future.

And it is probably true to say we have exciting times ahead!

Until next time

Much arc,

Michael Moore  
Editor

~oo00oo~

## *The Aims of Scientology and APIS*

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

*We therefore stated below:*

### **The Aims of APIS**

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

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

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

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

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

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

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

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

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

The sun never sets on Scientology.

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

Our aims are simple, if great.

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

Your help is acceptable to us.

Our help is yours."

'The Aims of Scientology' -- Lafayette Ron Hubbard

~oo00oo~

## CERTIFIED AUDITORS & GROUPS

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

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

### Canada

Toronto

Chris Black. Class VIII C/S, KOT,

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

### USA

#### South East

Southern Cal tech Team

#### Standard LRH Bridge

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

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

### Los Angeles, California

Trey Lotz Class VIII

Delivers: Standard LRH Bridge up to Clear, OT

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

Ian Waxler Class VIII C/S with Honors

Auditing and C/Sing all old LRH Bridge

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

Ingrid Smith

From Life repair to OT4

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

### Scotland

Ken Urquhart. Class IV Advance Courses Specialist. Class IX

Delivers: Internships, apprenticeships and Okay-to-Audits Class V

[Ken Urquharturq@verizon.net](mailto:KenUrquharturq@verizon.net)

Non certified and pending auditors, groups and organizations can be found on the [auditors page](#). APIS offers no guarantee as to the quality of delivery of services with uncertified auditors. They are alphabetically categorized by country and region for your convenience.

~oo00oo~



## Wins and Successes in the Scientology Independent Field

### Introductory Communications Course

Here is a success story following the completion of an Introductory Communication Course. This student had a ruin in life of getting very upset whenever anybody yelled at her and she was unable to control the upset that would occur. She handled that ruin when doing her TR's on this course. She is now quite happy to have flattened that button. Here is her success:

"Communication is one of the most important parts of our lives. Good communication is a key to a successful life. None of us is born perfect. But an ability to recognize your strong sides and work on your weaknesses will make a huge impact on a future personality. I believe that, no matter how good the teacher could be, if the person is not willing to learn or is not ready emotionally to learn and improve that will never happen. In my case I was completely ready and open for self-improvement. Sometimes it is not easy to look straight in the eyes to my fears but facing it, and working on it is making me a stronger person.

The key is to have a right guide-teacher who will help, who has enough patience and knowledge to get you to a right destination.

Special thanks to Mike ( my coach) for being a great guide for me!!!"

### Student Auditing

Here is a win from a PC who is receiving student auditing:

"I've been told, often, that change takes lots of time and effort. But with book one (Dianetics) auditing, I have experienced changes in my way of life and my paradigms in habits to have changed almost effortlessly. After a short time of auditing my career took a notable jump in success and my habits surrounding lifestyle and patience with life's little and big irritations are becoming much easier to handle. Thanks to Auditing, I am beating the system on change becoming a difficult and arduous process. "

### **A Grade 4 Success Story!!**

Completing this action has been very beneficial and incredible!! In offloading all these things from the past it has freed me up here in present time.

It has solidified RIGHT action in me. My confidence has been gained with a knowingness of this right action.

Such FANTASTIC stuff with all these discoveries. I have been carrying all this junk around for eons! it's time to get FREE!!

### **Solo NOTs Win:**

I've been Solo auditing for a little over a year now and the auditing has been invaluable with what's going on in the world around me and in my life.

I can only describe wins with analogies

Several months ago I noticed that there was a change in space,

Like a level of gravity had been lifted off me.

If my body is a hot air balloon being held to the ground by ropes and sand bags, it feels like I've thrown off a number of those sand bags and the ropes holding me down are loosening and there is a lightening effect, like there's less gravity affecting my space and body. It feels like if I keep auditing and throwing off the sand bags I'll keep losing degrees of gravity. My space is lightening up.

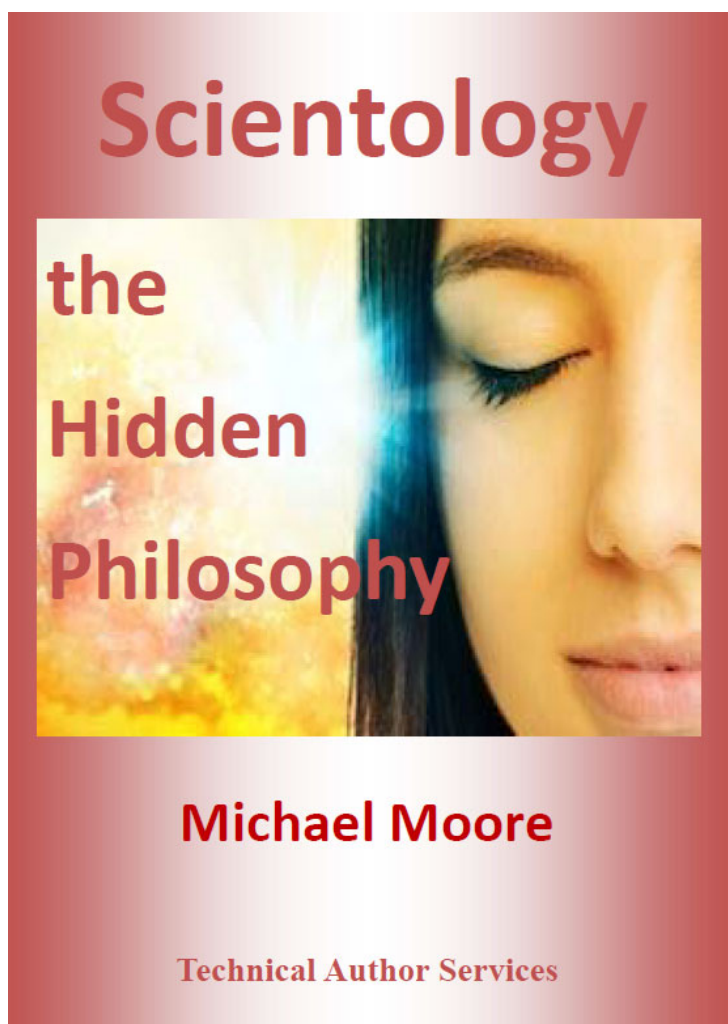
Also in regards to auditing another analogy is like the game Jeopardy.

You can take any conceivable subject on the board, in any category, at any tone level, across the dynamics that's charged (reads) and track down the source and eliminate that charge and case. That's pretty powerful when you think about it.

As an example some of the subjects I've had up on the Jeopardy board were Covid, Retirement, Future, Emotions, Attitudes, Considerations, Pains and the like, and after playing Jeopardy (auditing) I've been able to clear the board and hit the daily double on many occasions. When I clear the board on an area I take up the next, and so it goes until the final EP is reached.

I'm having a good time with this auditing and it's my Oasis every time I sit in the chair and audit. It's personal enhancement in the best possible way.

~oo00oo~



# The Hidden Philosophy

Everything you always wanted to know about Scientology.

**Free to Scientologists!**

Many people have misconceptions about Scientology, what it is and does.

It does not make a person good or bad or crazy or powerful. Morally superior or inferior. It simply opens up the ability to be oneself.

As Ron Hubbard has said himself,

“Your potentialities are a great deal better than anyone ever permitted you to believe.”  
—SELF ANALYSIS

**Just a few of the subjects covered include:**

### **What is Scientology ?**

Lafayette Ron Hubbard  
The Philosophy of Dianetics and Scientology  
Scientology  
Basic Principles of Scientology  
Dynamics  
Tone Scale  
Awareness Levels

Mary Sue Hubbard  
Dianetics  
Scientology: the Hidden Philosophy  
Using the Basics  
ARC Triangle  
Know to Mystery Scale  
And much more

Get your free copy today from: <https://independent-scientologists-association.net/Scientologythehiddenphilosophy.shtml>

Also available at: <https://authorservices.org>

ISBN: 978-0-6486-727-1-5





# Basic Principles

By

L. Ron Hubbard

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~

***Join The Association  
of Professional  
Independent  
Scientologists  
today and  
make a difference to your life!***

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

## Mission Statement

The Association of Professional Independent Scientologists (APIS) have as their goals.

**The preservation and protection  
of the original applied philosophy of Scientology  
and Dianetics as issued by L. Ron Hubbard  
so it is always available worldwide**

**The applied philosophy of L. Ron Hubbard exported  
to the world and being applied standardly and  
without alteration, dilution or changed in anyway  
but exactly as Lafayette Ron Hubbard issued it**

## Our Future

We have a bright future in front of us. The past is dead, suitable for inspection in session only. The future is the future. It is the beginning of Scientology for us all and, as Ron said, the sun never sets on Scientology regardless of where it happens to be.

We can start afresh. We can roll up our sleeves and say, "let's get to it." Let's get the philosophy and the basic principles we know out into the world and shared with others. Remember, we are immortal beings. We are also powerful beings. Every individual on this planet including you is an immortal and powerful being and can be re-educated into that understanding. Every individual on this planet can regain their former glory and understanding. It is possible. For some, it might be distant, but remember, they are immortal too. What sort of future do you want? What future would you like to create?

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

**Remember, you CAN do it!**

~000000~

#3 - May, 2021 **Fabulous News!**  
 ...From the **Life Training Center**

We are a **Standard Tech LRH Courseroom** in Glendale, California.

Hours of operation are: Friday 1 PM to 6 PM  
 Saturday 9:30 AM to 3:30 PM  
 Sunday 9:30 AM to 3:30 PM

## Bringing ARC & Effective Communication Back to LRH Tech...As Ron Meant it!

*"While working on a drill, I found that I've developed a bit more trust in the process - I didn't actually pass the drill, and I'd worked on it for some time. There was observable progress, frustration, annoyance, but in the end I found it extremely worthwhile and beneficial."*

*"Drilling produces change, and that's what we're after..."*

### Pete Walker

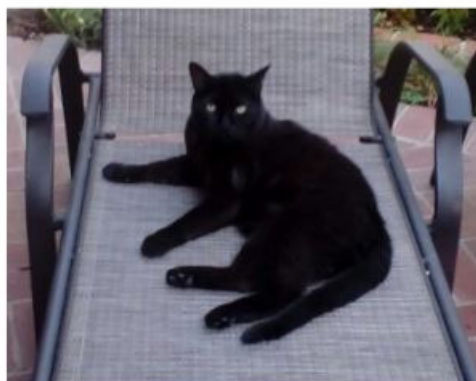
*"I'm working on E-meter drills - it's a gradient thing, and I realized I'm getting more and more confident that I can actually work an E-meter."*

### Rollie Fink

*"Yesterday, I had a big win while reading Dianetics 55! on my Level 0 course..."*

*"It became much more real to me that Dianetics and Scientology contain more answers than man has ever had, and that this has lead, and will lead, to huge improvements on this planet. There is clearly a lot of work to be done, but there is no going back to the way it was."*

### Jim F.



*We're sad to say that Benny has gone on to greener pastures. He has been a standard-bearer for LRH tech, representing the 5th dynamic, since the beginning of Life Training Center. He will be missed by all the students, and his "door-openers", alike.*

## Currently accepting new Preclears for student auditors.

Please contact me at **720-217-4614** if you or someone you know wants to increase your abilities to play the game of life! - Carolyn



There are three conditions (circumstances, qualities) of existence (apparency, reality, livingness).

These three conditions comprise (make up, constitute) life.

They are BE, DO and HAVE.

THE CONDITION OF BEING is defined as the assumption (choosing) of a category of identity. It could be said to be the role in a game and an example of beingness could be one's

own name. Another example would be one's profession. Another example would be one's physical characteristics. Each or all of these things could be called one's *beingness*. Beingness is assumed by oneself or given to one's self, or is attained. For example, in the playing of a game each player has his own beingness.

THE SECOND CONDITION OF EXISTENCE IS DOING. By doing we mean action, function, accomplishment, the attainment of goals, the fulfilling of purpose, or any change of position in space.

THE THIRD CONDITION IS HAVINGNESS. By havingness we mean owning, possessing, being capable of commanding, positioning, taking charge of objects, energies or spaces.

The essential definition of *having is* to be able to touch or permeate or to direct the disposition of.

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

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

and understood. The ability to assume or to grant (give, allow) beingness is probably the highest of human virtues. It is even more important to be able to permit (allow) other people to have beingness than to be able oneself to assume it.

### *Beingness = Identity*

If you ask an Auditor how these work in processing, he will tell you that there is a specialized form of each of these conditions. The Auditing form of Beingness is Identity. To achieve a betterment of beingness and the granting of beingness, the Auditor remedies with processing the scarcity of identities of the preclear. The preclear is often found in valences (other identities): his father's or mother's or marital partner's or any or all of thousands of possible people. He is unable to achieve or obtain (he thinks) enough identity or an identity of his own. He decries or criticizes the identities of others (fails to grant beingness to them). He himself cannot obtain enough identity to feel he has an identity. Identity is so scarce that it's too valuable. Nobody must have one. To be with such a person is therefore an uncomfortable experience since he does not credit our identity—does not grant us beingness. The “cure” for this is elementary. Let us say he is obviously in father's valence (identity). He got into father's valence when he found he could get no attention from mother. Observing that father got some of her attention, he took father's identity. However, let us say he didn't like father. The Auditor finds him hating “himself”. “Himself” is really father. A clever Auditor (see section under Processing) would see that while he was in father's valence, it was really mother's attention that was sought.

The Auditor does not inform his preclear of such a finding. He asks the preclear to lie about (lowest form of creativity) identities which would attract mother's attention. Then, when the preclear can do this, the Auditor would have him invent identities which would attract mother's attention.

Suddenly the preclear would be no longer in father's valence. However, he would have been not only in father's but also in mother's valence so the same process would have to be done on father. “Lie about,” the Auditor would say, “identities which would attract father's attention,” then “invent one,” until the preclear had many and would no longer be in mother's valence.

Solving father and mother valences is fundamental, since most people are somewhat “in them” or revolted from them. But people can be “stuck” in all sorts of identities, even bedposts when humans are too valuable to be used.

The rule is that the more a person is “stuck” in a valence or identity, the fewer he conceives to exist. And the harder he thinks it is to get attention. Thus he can become exhibitionistic (displaying himself too thoroughly, being too much *there* at all times) or he can become dispersed (hiding himself, being vague, *not there* most of the time).

People err, in identity, in being too apparent or too little apparent. The remedy of either is the remedy of their scarcity of identity.

### *Identity and Attention*

One “needs” an identity to play the game, as covered later, but mainly to “get attention”.

A being looks at things. To balance the flow of his attention, he feels he must also be looked at. Thus he becomes attention-hungry.

Unlike yellow and brown people, the white does not usually believe he can get attention from matter or objects. The yellow and brown believe for the most part (and it is all a matter of consideration) that rocks, trees, walls, etc., can give them attention. The white man seldom believes this and so is likely to become anxious about people. Thus the white saves people,



prevents famine, flood, disease and revolution *for people* as the *only* purveyors of attention are scarce. The white goes further. He often believes he can get attention only from whites and that yellow and brown peoples' attention is worthless. Thus the yellow and brown races are not very progressive, but, by and large, saner. And the white race is progressive but more frantic. The yellow and brown races do not understand white concern for "bad conditions" since what are a few million dead men? There are *plenty* of identities and there is plenty of attention, they think. The white can't understand them. Nor can they understand the white.

Attention and Identity form a group of two. Attention makes space. Identity closes space.

Attention is a method of knowing. Inattention is a method of not-knowing.

Identity is a method of making known. Lack of identity is a method of making unknown.

### *Valences*

The whole study of valences is a fascinating one. A valence is defined as "a false identity assumed unwittingly". An identity is modified by valences. People who can be nobody may try to be everybody. People who are seeking a way out of scarcity of identity may become fixed in false valences. Nations can become fixed in valences of countries they have conquered in war, etc., etc.

A rule is that a person assumes the identity of that which gets attention. Another rule is that the person assumes the identity of that which makes him fail (for he gave it *his* attention, didn't he?)

There is a basic personality, a person's *own* identity. He colors or drowns this with valences as he loses or wins in life. He can be dug up.

### *Do = Effect*

Doing can be defined as the action of creating an effect. An effect in creation is action.

An Auditor, processing a preclear, would always use "effect processes" to increase doingness.

"What effect could you create on father?" would be a typical Auditor question.

If a preclear is fixated by books, a machine, a tool or a person, the Auditor asks him to lie about, then invent effects he could create upon it. At first the preclear may be able to think of none. Then as the process is continued he may become wildly imaginative or even cruel.

Further running will bring the preclear into a more comfortable frame of mind. Criminals or maniacs are people who are frantically attempting to create an effect long after they know they cannot. They cannot then create decent effects, only violent effects. Neither can they work (do).

Despair of creating an effect brings about aberration and irrational conduct. It also brings about laziness and carelessness.

Command of attention is necessary to creating an effect. Therefore when one conceives he cannot easily get attention, he seeks to create stronger effects. He creates effects to get attention. He gets attention to create effects.

As in Axiom 10 (given later), the creation of an effect is the highest purpose in this universe. Thus when one cannot create effects, he has no purpose. And thus it works out in Life. It may be all right to be a stern and unrelenting superior or parent, but such create laziness and criminals. If one cannot have an effect created upon one. (and one is known to another), very definitely harmful results will ensue.

As one believes he creates the *least* effect upon unconscious or dead people, these, as in

hospitals or China, become the subject of much aberrated activity. “What effect could you create on an unconscious person (or a dead person)?” asked over and over by an Auditor obtains some astonishing results.

An artist stops his work when he believes he can no longer create an effect.

8

A person actually dies for lack of being able to create an effect.

BUT security often depends on being able to create *no* effect.

The whole subject of survival is bound up in no-effect. Obviously those things on which no-effect can be made, survive.

If one is anxious about survival (a foolish thing, for he can't do anything else) he becomes anxious to have about him things which resist all effects. But as his only anxiety is about the survival of a *valence* or identity, remedy of the scarcity of these can resolve the matter.

Another cycle of action, containing also the classes of effects, is START-CHANGE-and-STOP. This is the definition of control.

#### *Havingness*

As there must be a playing field (see Chapter Twelve) for a game to be held, so there must be havingness. One must be able to possess.

There are millions of methods of possession in life. The obvious one becomes overlooked. If one can see a thing he can have it—if he thinks he can.

The degree to which one can live is the degree to which one can own. To own is not to label or cart away. To own is to be able to see or touch or occupy.

One loses to the degree he is forbidden to have. But to play a game one must be able to believe he can't have.

#### *Effect and Have*

Effect and Have form a pair like Attention and Identity. An effect should be on or against something. Thus havingness. If one's attention never meets anything he doesn't always like it. Thus he wants objects.

Effect makes distance. Have shortens distance.

#### *Problems*

Man or any life form in this universe seems to love problems. A problem is more important than freedom. Problems keep up interest. When a man *has* a problem very thoroughly and can't solve it, he really has too few problems. He needs more.

The insanity among the idle is a matter of problem scarcity.

A problem is defined as two or more purposes in opposition. Or Intention versus Intention.

Out of the conditions of existence above can come many complex problems.

If a man had *all* the attention in the world he would be unhappy. If he had all the identities possible, he would still be unhappy. If he could blow up Earth or create any other huge effect he wanted without limit, he would be miserable (or insane). If he could own *everything* everywhere he would be dulled to apathy. Or so it seems. For these conditions of existence are all subordinate to the need of problems, by current Scientology reasoning and results.

Thus to have a person lie about problems or invent problems of the same size as the ones he has, or the valences he is in, or to invent data of the same or different size as the one he

is fixed upon is to make a well man.

Probably the problem is the antidote to unconsciousness. It is certainly the antidote for boredom. But in making up the problems of life he consults the conditions of existence: Be, Do, Have and their necessary partner in every case, Attention.

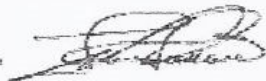
~oo00oo~

**From:** [REDACTED]  
**To:** [REDACTED]  
**Sent:** Friday, July 23, 2004 1:12 PM  
**Subject:** Touch Assist on yourself

**Well, there's a very interesting experiment that you can run, if you have some minor ailment in some part of your body or something of the sort. Let's say you have a knock in the head or something that hasn't gotten well. If you'll just run a Touch Assist on yourself for a while, just keep touching it and looking at your fingers. And you may have to do it for several days or something like this because it might be quite severe—or if you know of an old injury, something like this—you keep doing it, you know. Keep noticing your fingers, not feeling them but kind of looking at them. ...**

**"Well, the funny part of it is what disappears is the bump. This is an interesting demonstration as to the goodness or badness of man. The bump disappears. Who's looking at it? You are. Well, what did you cause to have happen? You caused a bump to disappear. That's what you had happen. Well, why didn't your head disappear? That's an interesting thing. Just think it over for a while.**

**"It demonstrates that your presence or attention on anything is beneficial to a body. It's fascinating. I mean you look it over. You've got enough philosophy in those few words to have stunned Chaldea."**



—L. Ron Hubbard

Excerpted from the *London Congress on Dissemination & Help and the London Open Evening Lectures*

HUBBARD COMMUNICATIONS OFFICE  
Saint Hill Manor, East Grinstead, Sussex

HCO BULLETIN OF 17 MARCH 1969

Remimeo

**POLITICS**

Here is a scale taken from *Excalibur* from memory. *Excalibur* was an unpublished book written in the very late 1930s. Only fragments of it remain.

By placing it against the Tone Scale developed at the end of 1950, certain current political philosophies are better estimated. By then looking up these tone characteristics in *Science of Survival* much can be learned and the ideologies are thus made easier to predict or handle.

REPUBLIC	3.0
DEMOCRACY	2.5
SOCIAL DEMOCRACY	2.0
FASCISM	1.5
COMMUNISM	1.1
ANARCHISM	0.0

The cycle of a nation goes on a descending spiral down this scale.

Those two tones apart are not likely to fight. Those a tone apart fight seldom. Those a half tone apart are in continual conflict.

As this was worked out before World War II, it is quite remarkable to see how true it has held. And how each one has taken something from its neighbors.

I will not go into what lies above democracy except that man is trying with his ideologies to solve mainly the problem of succession. History has seen other government forms work far more ideally than those named but in none of these could one guarantee succession of the beneficial rule. Thus, adherents of all forms of ideology can be made to agree that "benign monarchy" is an excellent form of government. But they discard it because a truly good benign monarch is not necessarily succeeded by one in the next reign.

Few governments exist in pure form.

(Note: There are no major governments at this writing above social democracy.)

L. RON HUBBARD  
Founder



**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."



*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

# FREE THETA

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Scientologists with  
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source and well known  
and well respected  
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"REALITY IS THE AGREED UPON  
APPEARANCE OF EXISTENCE"

SCIENTOLOGY 8 808  
Lafayette Ron Hubbard



# CLASSIFICATION, GRADATION AND AWARENESS CHART

## TRAINING

ACHIEVEMENT CHARACTERISTICS

## PROCESSING

AUDITOR'S CLASS	COURSES	PREREQUISITES	END RESULT
Class XII Case Supervisor	Class XII C/S Course	Class XII Internship	Standard case supervision of L11 and L12
Permanent Class XII Auditor	Class XII Internship	Class XII Auditor	Fluency Class XII Auditor
Class XII Auditor	L12 Course	Class XI Auditor	Ability to write L12
Permanent Class XI Auditor	Class XI Internship	Class XI Auditor	Fluency Class XI Auditor
Class XI Auditor	L11 Course	Class X Auditor	Ability to write L11
Class X Case Supervisor	Class X C/S Course	Class X Internship	Standard case supervision of L10
Permanent Class X Auditor	Class X Internship	Class X Auditor	Fluency Class X Auditor
Class X Auditor	L10 Course	Class IX Auditor	Ability to write L10
Class IX Case Supervisor	Class IX C/S Course	Class IX Auditor	Case Supervisor of NOTs Cases
Permanent Class IX Auditor	Class IX Internship	Class IX Auditor	Fluency Class IX Auditor
Class IX Auditor	NED for OTs	Class VIII Auditor	Ability to write NOTs
Class VIII Case Supervisor	Class VIII C/S Course	Class VIII Auditor	Fluency Case Supervisor of all cases
Permanent Class VIII Auditor	Class VIII Internship	Class VIII Auditor	Fluency Class VIII Auditor
Class VIII Auditor	Class VIII Course	Class VI Auditor	Ability to write all cases to 100% result
Class VII Case Supervisor	Class VII C/S Course	Class VII Auditor	Case Supervisor of Power Processing
Class VII Auditor	Power Processing	Class VI Auditor	Ability to write Grade V and VA Power Release
Class VI Case Supervisor	Class VI C/S Course	Class VI Auditor	Standard case supervision of all actions up to Class VI
Permanent Class VI Auditor	Class VI Internship	Class VI Auditor	Fluency Class VI Auditor
Class VI Auditor	Saint Hill Special Briefing Course	Class V Auditor	Superb auditor with full philosophical and technical command of materials to Class VI
Class V Graduate Case Supervisor	Class V Graduate C/S Course	Class V Graduate Auditor	Standard Class 0-V case supervision
Permanent Class V Graduate Auditor	Class V Graduate Internship	Class V Graduate Auditor	Fluency Class V Graduate Auditor
Class V Graduate Auditor	Class V Graduate Course	Class V Auditor	Ability to write Special Rerunners and Case Remedies
Permanent Class V Auditor	Class V Internship	Class V Auditor	Fluency Class V Auditor
Class V Auditor	New Era Dianetics	Class IV Auditor	Ability to write NED and all lower Grade Release
Permanent Class IV Auditor	Class IV Internship	Class IV Auditor	Fluency Class IV Auditor
Class IV Auditor	Academy Level IV	Class III Auditor	Ability to write Grade IV Ability Release
Class III Auditor	Academy Level III	Class II Auditor	Ability to write Grade III Freedom Release
Class II Auditor	Academy Level II	Class I Auditor	Ability to write Grade II Relief Release
Class I Auditor	Academy Level I	Class 0 Auditor	Ability to write Grade I Problem Release
Class 0 Auditor	Academy Level 0	Student Hat, Communication Course	Ability to write Grade 0 Communication Release
<b>Prerequisites to Training</b>			
Not Graded	Student Hat	NONE	A student who understands and applies fully the task of study
Not Graded	Communication Course	NONE	Ability to confront in session and life and to control communication

PC GRADE	NAME OF STATE	CLASS OF AUDITOR REQUIRED	ABILITY GAINED
OT VIII and Above	As Issued	As Issued	As Issued
OT VII	Section VII OT	Solo Auditor (Class V recommended)	Rehabilitation of intention; ability to project intention
OT VI	Section VI OT	Solo Auditor (Class V recommended)	Ability to operate freely as a thetan exterior and to act pain-determinedly, outside the influence of the thetan to the awareness of others
OT V	Section V OT	Solo Auditor (Class V recommended)	Refracturing a thetan exterior with the physical universe; freedom from fixated introversion into MEST
OT IV	Section IV OT	Solo Auditor (Class V recommended)	Certainty of self as a being
NOTs/Solo NOTs	New Era Dianetics® for OTs	Class DC/Solo Auditor (Class V recommended)	Cause over life
OT III	Section III OT	Solo Auditor (Class V recommended)	Return of full self-determination; freedom from overwriting
OT II	Section II OT	Solo Auditor (Class V recommended)	Ability to confront the whole track
OT I	Section I OT	Solo Auditor (Class V recommended)	Exercises a being and brings about an awareness of himself as a thetan in relation to others and the physical universe
Sunshine Rerunners	Sunshine Rerunners	Solo Auditor (Class V recommended)	Per Sunshine Rerunners materials
Clearing Course*	Clear	Solo Auditor (Class V recommended)	A being who no longer has his own reactive mind
Grade VI*	Whole Track Release	Solo Auditor (Class V recommended)	Return of powers to act on own determination; freedom from dramatization
Solo Course	Solo Auditor	NONE	Ability to audit solo
Grade VA*	Power Plus	Class VII	Seakless ability to handle power
Grade V*	Power Release	Class VII	Ability to handle power
New Era Dianetics	NED® Completion	Class V or above	Clear or a well and happy human being
Expanded Grade IV	Ability Release	Class IV or above	Moving out of fixed conditions and gaining the ability to do new things
Expanded Grade III	Freedom Release	Class III or above	Freedom from the aspects of the past and ability to face the future
Expanded Grade II	Relief Release	Class II or above	Relief from the hostilities and sufferings of life
Expanded Grade I	Problem Release	Class I or above	Ability to recognize the source of problems and make them vanish
Expanded Grade 0	Communication Release	Class 0 or above	Ability to communicate freely with anyone on any subject
ARC Straightwires	Recall Release	Class 0 or above	Knows he/she won't get any worse
Objectives	Objectives Completion	Class I or above	In present time and able to control and put order into the environment
Purification Rerunners	Purification Rerunners Completion	NONE	Freedom from reformation of drug residuals and other toxins
Life Repair	Life Repair Completion	Class 0 or above	Awareness of truth and the way to personal freedom



This chart is based on LRH 301 Int, 17 December 1979, and the 1974, 1978, and 1983 Grade Charts. There are many variations and tools used by the C/S in the course of auditing to ensure all PCs achieve the full benefits and abilities of Scientology, however these actions are at the discretion of the C/S and may even be sequenced by the PC/PC OT in his/her motion along the chart.

\* Route taken if the score of Clear is not achieved on NED

## **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.

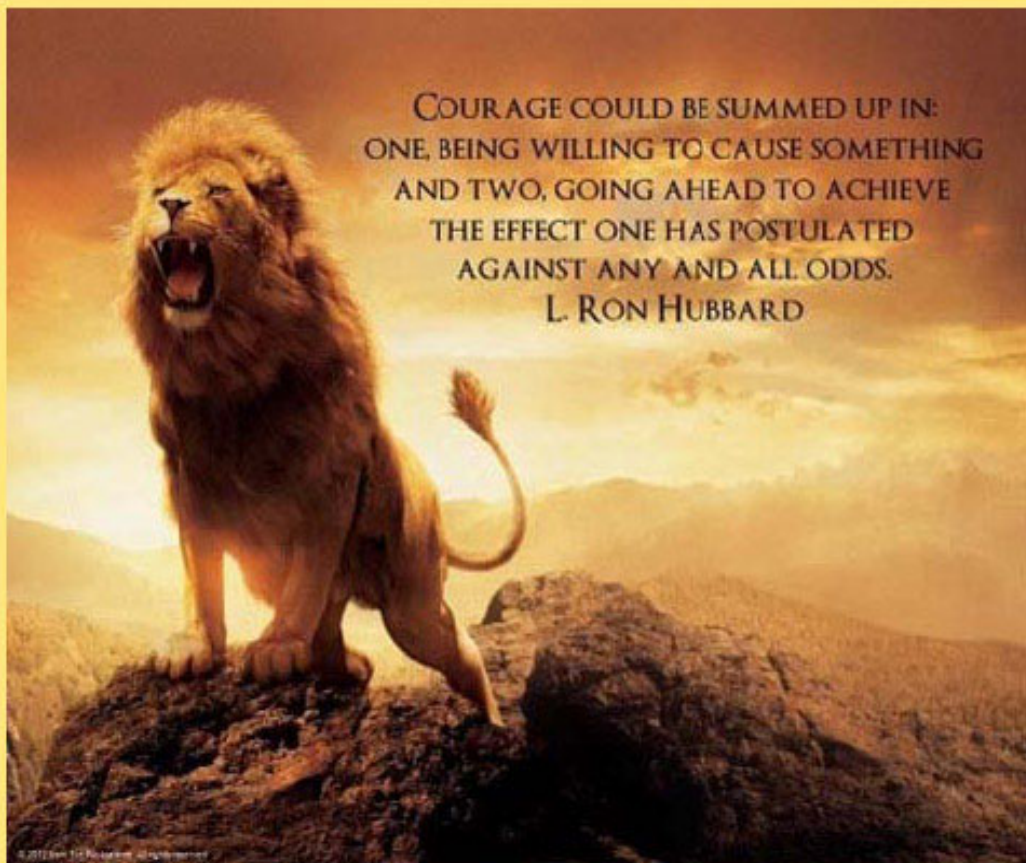
Of course we can talk about honor, truth, all these things,  
The esoteric terms.  
But I think they'd all be covered very well  
If what we really observed was what we observed,  
That we took care to observe what we were observing,  
That we always observed to observe.

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

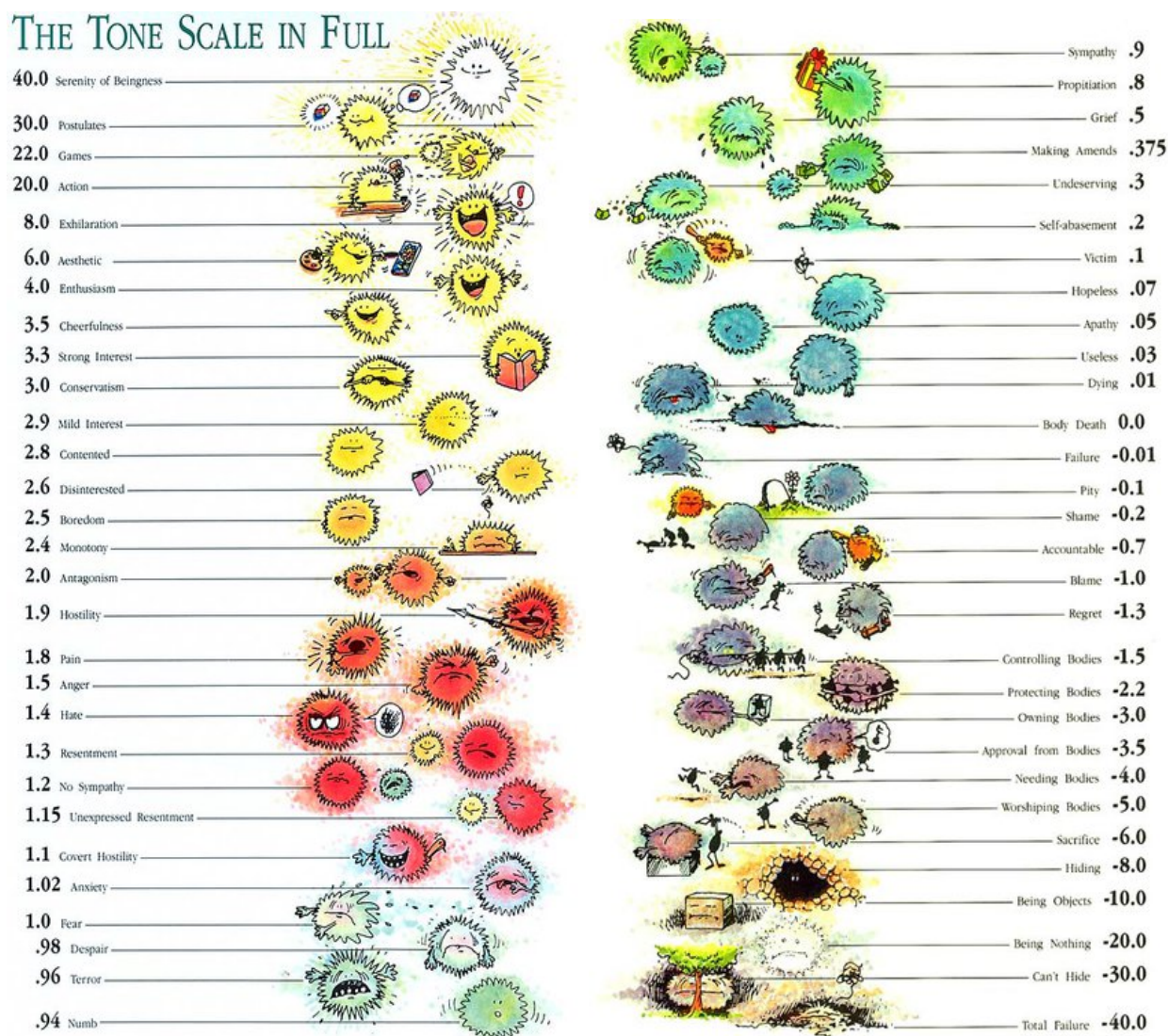
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# The Tone Scale in Full



## 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

# 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.

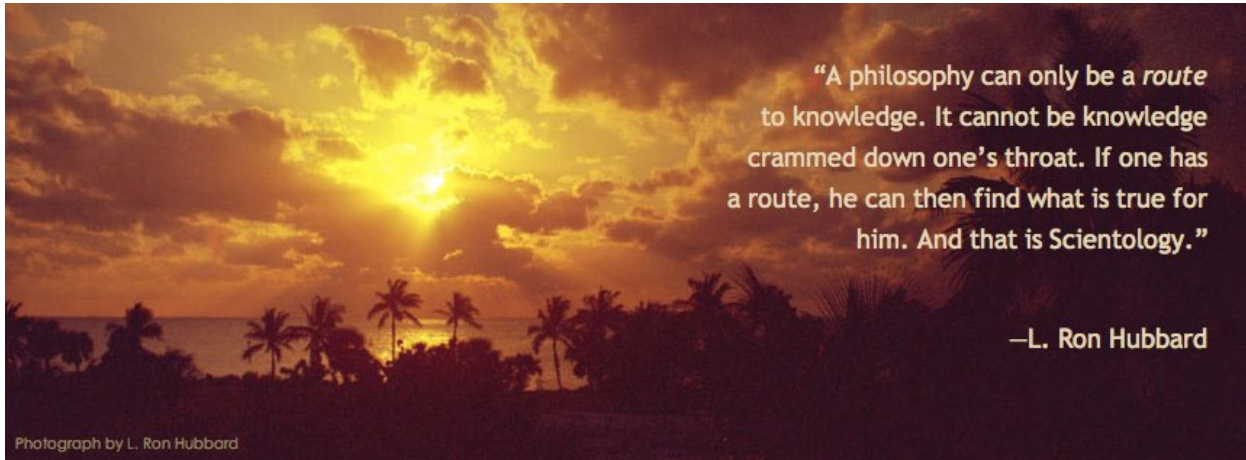
You've been able to do this in recent times. It baffles you sometimes when a piece of MEST does not instantly and immediately obey, but it's simply a matter of intention.

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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