FREE THETAN

NEWSLETTER OF THE ASSOCIATION OF PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

Preserve, Protect & Promote



March 2022 Volume 14 Issue 3



If every time he [a person] selects out an enemy and then communicates to the enemy and simply becomes the enemy at that point, he couldn't have an enemy very long, could he?

-THE PHOENIX LECTURES

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Editor in Chief Michael Moore

Contributors

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

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Website:

<u>independent-scientologists-association.net</u> 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~



The Members Quarterly Journal of the

Association of professional Independent Scientologist

Preserve, Protect & Promote

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reservo, servo, proveho





reservo, servo, proveho

Dear Reader,

Until next time

Now heading into the third month of the year and the forth engram of war has raised its ugly head. Seems some of mankind is staying aberrated enough to continue to violate the dynamics (third and forth) for some aberrated reasons.

The solution is to get as many people aware of their true existence and up the bridge as fast as possible. One may not salvage everyone but one can still salvage some and to those it matters.

Disseminate the technology and philosophy and audit and train. Even in the face of death. Death is a transition. You, as a being are immortal. Do not forget that.

Much arc,

Michael Moore
Editor

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 yette Ron Hubbard is the most vital moveappear to be following these aims fully. Therefore ment on Earth today. In a troubled world, it behooves us to take some responsibility and set the job of promoting and applying this 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 ap- As Ron says: plication of the technology to the point where people can live their lives in peace "Man suspects all offers of help. He has and security and without war or insanity often been betrayed, his confidence shatand where they can honestly flourish and tered. Too frequently he has given his prosper and attain higher levels of spiritu- trust and been betrayed. We may err, for al being.

APIS is non political in nature and wel- long as you are one of us. comes any individual of any creed, race or nation.

APIS does not seek revolution. APIS And may a new day dawn for you, for seeks only to assist in paving the way for those you love and for man. evolution to higher states of being for the individual and for society. After endless Our aims are simple, if great. millennia of ignorance about himself, his mind and the universe, a breakthrough And we will succeed, and are succeeding has been made for man by Lafayette Ron at each new revolution of the Earth. Hubbard with the philosophy and the technology he developed to free man Your help is acceptable to us. from the shackles of his mind.

According to Lafayette Ron Hubbard, "The combined truths of fifty thousand 'The Aims of Scientology' -- Lafayette Ron years of thinking men, distilled and ampli- Hubbard fied 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 Lafatechnology 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.

we build a world with broken straws. But we will never betray your faith in us so

The sun never sets on Scientology.

Our help is yours."

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 <u>Certification</u> for further details. They have passed stringent testing by senior technically qualified people as per the <u>certification process</u>.

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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

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

Scotland

Ken Urquhart. Class IV Advance Courses Specialist. Class IX Delivers: Internships, apprenticeships and Okay-to-Audits Class V Ken Urquharturq@verizon.net

Non certified and pending auditors, groups and organizations can be found on the <u>auditors page</u>. 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.



THE BEINGNESS OF MAN

Any study of knowledge could not but be intimately connected with the beingness of Man and the earliest axioms of Scientology began to predict and the later developments eventually discovered the highest level data so far obtained on the identity and capability of life.

The well-beingness and, indeed, the continued survival of mankind depend upon an exact knowledge of his own capabilities; and thus, more particularly, of his own relationship to knowledge itself.

The basic goal of Man which embraces all his activities is apparently survival. Survival might be defined as an impulse to persist through time, in space, as matter and energy. The impulse to survival is found to contain eight sub-impulses. These are, first, the urge to survive as self; second, the urge to survive through sex in the procreation of children; third, the impulse to survive as a group; fourth, the impulse to survive as mankind itself; fifth, the urge to survive as animal life; sixth, the impulse to survive as the material universe of matter, energy, space and time; seventh, the impulse to survive as a spirit; and eighth, the impulse to survive as what may be called Supreme Being.

The above sub-impulses are called dynamics; combined, they form the overall urge towards survival, but each one of itself plays its important role, both in the individual and in the wider

sphere named as a part of each impulse. Thus we see the interdependency of the individual with the family, with the group, with the species, with life-forms, with the material universe itself, with spirits, and with God; and we see the dependency of each one of these entities upon the individual as a part of it.

The human mind might be conceived to be the recorder, computer and solver of problems relating to survival.

Scientology introduces new and more workable ways of thinking about things. It has found that an absolute is unobtainable; neither zero nor infinity are as themselves discoverable in a real universe but, as absolutes, may be posed as symbols for an abstraction which could be supposed to exist but which does not exist in fact. Therefore, there would be no absolute good and no absolute evil. A thing to be "good" would depend on the viewpoint of the observer, and the same condition would exist for "bad."

Several new concepts germane to the fields of science and humanities almost independent of its own work have been introduced by Scientology. The first of these is the proper definition of a static. The next is the first actual definition of zero and its differentiation from infinity in terms of mathematics. Another is the basic definition of space which hitherto was omitted from the field of physics except in terms of time and energy.

An optimum solution to any problem would be that solution which brought the greatest benefits to the greatest number of dynamics. The poorest solution would be that solution which brought the fewest benefits to the least number of dynamics. And here a benefit would be defined as that which would enhance survival. Activities which brought minimal survival to a lesser number of dynamics and damaged the survival of a greater number of dynamics could not be considered rational activities.

While there could be no absolute right or absolute wrong, a right action would depend upon its assisting the survival of the dynamics immediately concerned; a wrong action would impede the survival of the dynamics concerned.

Thought is subdivisible into data. A datum would be anything of which one could become aware, whether the thing existed or whether he created it.

Creativeness could be found to exceed existence itself; by observation and definition it is discoverable that thought does not necessarily have to be preceded by data, but can create data. Imagination can then create without reference to pre-existing states, and is not necessarily dependent upon experience or data and does not necessarily combine these for its products. Imagination could be classified as the ability to create or forecast a future or to create, change or destroy a present or past.

Cause is motivated by the future.

Scientology as it applies to life is seen as a study in statics and kinetics, which is to say a study of the interplay between no motion and all motion, or less motion and more motion. In thought itself at its highest range, we discover the only true static known. In physics a static is represented as a body at rest but it is known in physics that a body at rest is yet an equilibrium of forces and is itself in motion if only on the level of molecular motion. A true static would contain no motion, no time, no space and no wavelength. To this static in Scientology is assigned the mathematical symbol theta. This designation means solely a theoretical static of distinct and precisely defined qualities with certain potentials.

The all-motion or more-motion kinetic is termed MEST. This word represents the material universe, or any universe. It is combined from the first letters of the four words: matter, energy, space and time.

The interplay between theta and mest results in activities known as life, and causes the animation of living life forms. In the absence of an interplay, the life form is dead. The beingness of Man, by which is meant homo sapiens, derives its impulse toward thought and action from theta and takes its material form in mest.

Man, homo sapiens, is a composite being of four distinct and divisible actualities: these parts are termed the thetan, the memory banks, the genetic entity and the body.

The thetan, which will be described later in greater detail, has the impulse of theta itself and can exist in matter, energy, space and time, but derives its impulse from the potential of theta itself and has certain definite goals and behavior characteristics of its own. The standard memory banks and the reactive memory banks compose the memory banks of homo sapiens. These, in the analogy of an electronic computer, are the file system.

The standard banks can be said to contain data of which Man is easily and analytically aware and the reactive banks are those which contain stimulus-response, in other words experience the action of which is below the level of his awareness. The content of the reactive banks was received during moments of lessened awareness such as the unconsciousness of early life in times of weariness, severe pain or heavy emotional stress, such data operating automatically thereafter to command the person without his consent. The standard memory banks are those in which experience is stored for use in the estimation of the effort necessary for survival and are concerned with analytical thought. There is an additional storage of memory itself in a purer form than in these banks, but this memory is contained in the capabilities of the thetan.

The genetic entity is that beingness not dissimilar to the thetan which has carried forward and developed the body from its earliest moments along the evolutionary line on earth and which through experience, necessity and natural selection, has employed the counterefforts of the environment to fashion an organism of the type best fitted for survival, limited only by the abilities of the genetic entity. The goal of the genetic entity is survival on a much grosser plane of materiality.

The body itself is a carbon-oxygen engine which runs at a temperature of 98.6 Deg. F. on low combustion fuel, generally derived from other life forms. The body is directly monitored by the genetic entity in activities such as respiration, heart-beat and endocrine secretions; but these activities may be modified by the thetan.

The human mind could be said to be the primary activity of the thetan with his own memory and ability plus the analytical standard memory banks, modified by the reactive memory banks of the genetic entity, and limited by the mechanical abilities and adaptabilities in action of the body itself. These four parts of homo sapiens are detachable one from the other. The personality and beingness which actually is the individual and is aware of being aware and is ordinarily and normally the "person" and who the individual thinks he is, is the thetan; and this awareness can continue, is clarified and is not interrupted by a detachment from the body which is accomplished by standard processing.

The thetan is immortal and is possessed of capabilities well in excess of those hitherto predicted for Man and the detachment accomplishes in the sober practice of science the realization of goals envisioned but questionably, if ever, obtained in spiritualism, mysticism and allied fields. The anatomy of the beingness of Man is one of the lesser studies of Scientology where the beingness relates only to homo sapiens, for the detachment of the thetan by standard operating procedure is in common practice a simplicity, and it is therefore unrewarding to explore to much greater depths the remaining combination of the standard and reactive banks, the genetic entity and the body, since the last three are a specialized combination. Nevertheless the devel-

opment of the technology necessary to bring about a complete state of beingness of that which a man actually is found to be, has provided considerable data and technology in the field of memory recordings, the peculiarities of energy behavior around and about the body, the history of the evolutionary line, the identity of the genetic entity and much of the construction of the body itself, as well as the construction of the real universe. The bulk of the data which concerns homo sapiens, other than the beingness of the thetan, has been covered adequately earlier and elsewhere.

In earlier efforts to better his state of beingness, Man has considered homo sapiens as an inseparable unit which was either alive or dead. Further, Man has thought it necessary, when he thought about it at all, to address and reduce the inroads of the past before the individual could assume any high level of beingness in the present.

In Dianetics it was found that the mind was sub divisible into two parts, the first was the analytical mind which did the actual thinking and computing for the individual but which, in the present civilized state of Man, was almost submerged.

The second was the reactive mind. The reactive mind was considered to be a stimulusresponse mechanism which derived and acted upon the data of experience without thought. The content of the reactive mind was found to be the accumulated bad experiences of the organism not only in its current lifetime, but in the other lifetimes which it apparently had led in order to accomplish the task of evolution and to arrive at its present state of structural beingness. The reactive mind was the blueprint but it was also the stimulus-response dictator of action. The formula which described the reactive mind was that everything is identified with everything.

Dianetics accomplished a great deal in the elevation of beingness by reducing the most violent incidents in the reactive mind by a process known as the erasure of engrams.

An engram was a period of momentary or long pain and unconsciousness such as would occur in an injury, operation or illness. Such incidents could be reduced simply by "returning" the individual to the moment of the accident and then going over the accident step by step, perceptic by perceptic, as though it was happening again. After this had been done several times, the accident was found to have no more command value upon the individual.

The reduction of the command value of the reactive mind was found to be necessary to a proper resolution of aberration. Understand that the reduction of the command value of the reactive mind was the goal, not merely the reduction of the reactive mind. When one is addressing the problems of an individual or group of men, the reduction of the command value of the reactive mind is still the goal where Scientology is used as a process to eradicate aberration.

But two other methods are available for reducing this command value. The first of these lies in the removal of the analytical mind from proximity to the reactive mind and the increase then of the potential of the analytical mind until it can command and handle any reactive mind with ease.

The second is simply the rehabilitation of the analytical mind by permitting it to use its creative ability in the construction of a universe of its own.

It was found that there was no purpose in reducing incidents out of the reactive mind beyond the point where the analytical mind could step apart from the reactive mind, and then command it. Dianetics is a science which addresses itself directly to the reactive mind to reduce the command value of that reactive mind. Scientology is an embracive subject, much wider in application. It has as its goal the beingness that can exist without an energy or matter, which is to say, without time, whether homo sapiens or not. Dianetics was an evolutionary step, a tool which had use in arriving at a higher level of knowledge; its use, however, produced slower results

and much lower goals.

Further, Dianetic processes were limited in that they could not be applied more than a few hundred hours without the reactive mind assuming a very high command level over the analytical mind due to the fact that the reactive mind was being validated continually in the process, whereas the better process was to validate the analytical mind.

Medicine and psychology, as practiced today, have absorbed and are using many of the principles of Dianetics without caring to be aware of the later developments in the field of the mind as represented here. Thus, the society absorbs and very often misunderstands knowledge.

The beingness of Man is essentially the beingness of theta itself acting in the mest and other universes in the accomplishment of the goals of theta and under the determination of a specific individual and particular personality for each being.

Scientology is the science of knowing how to know.

Scientology is the science of knowing sciences. It seeks to embrace the sciences and humanities as a clarification of knowledge itself.

One studies to know a science. His study is without avail when he does not know the science of study.

One lives and learns of life but life is not comprehensible to him, no matter how much he lives, unless he knows the science of life itself.

One studies the humanities. If he does not know how to study the humanities he often fails.

The physicist and the fission bomb expert know physics but not the humanities. They do not conceive the relationship and thus physics itself fails.

Into all these things -- biology, physics, psychology and life itself -- the skills of Scientology can bring order and simplification.

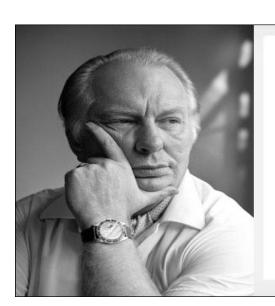
One lives better with Scientology since life, understood and controlled, becomes liveable.

A civilization could fare better with Scientology since that would not be pock-marked with unknowns and rendered null with chaos.

The only richness there is is understanding. That is all that Scientology has to give.

L. Ron Hubbard Scientology 8-8008





"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 traveled 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."

- L. Ron Hubbard



THETA-MEST THEORY

Scientology is essentially a study of statics and kinetics. If anything, it is more exact than what are called the physical sciences, for it is dealing with a theoretical static and a theoretical kinetic which are at the opposite ends of a spectrum of all motion.

One of the most valuable contributions of Scientology to knowledge is the definition of a true static. A static has no motion; it has no width, length, breadth, depth; it is not held in suspension by an equilibrium of forces; it does not have mass; it does not contain wavelengths; it has no situation in time or space. Formerly a static was defined only as a motionless object which definition is not adequate, since an object -- or a state of rest for an object -- is attained only by an equilibrium of forces and all objects have in themselves, if only on a molecular level, motion, and exist in space which is itself an integral portion of motion. Hence we see we are dealing with a higher level static.

The capabilities of the static are not limited.

The static interacts with the kinetic which is considered to be the ultimate of motion.

In Scientology, the static is represented by the mathematical symbol theta; the kinetic is called MEST.

Theta can be the property or beingness of any individual and is, for our purposes, considered to be individualistic for each individual. MEST stands for matter, energy, space and time, and is a composite of the first letter of each. The word MEST appearing all by itself denotes the physical universe. MEST with a designation word after it designates another's universe.

The original of the Theta-MEST theory may be found in Science of Survival 1951.

After the concept of the true static was reached, problems of processing began to solve much more rapidly, and the main proof of the Theta-MEST theory is its workability and the fact that it predicted an enormous amount of phenomena which, when looked for, were found to exist and which, when applied, resolved cases rapidly.

It is now considered that the origin of MEST lies with theta itself, and that MEST, as we know the physical universe, is a product of theta.

The physicist has adequately demonstrated that matter seems to be composed of energy which has become condensed in certain patterns. It can also be demonstrated adequately in Scientology that energy seems to be produced by and to emanate from theta. Thus it could be considered that theta producing energy, condenses the space in which the energy is contained, which then becomes matter. This theory of condensation is borne out by an examination of a state of aberration of many preclears who have been found to have descended down the tonescale to the degree that their own space was contracted and who were found to be surrounded by ridges and who are thus "solid" to the degree that they are aberrated. Further, they can be found to be an effect in the ratio that they are so solidified. Further, a psychotic treats words and other sym-

bols, including his own thoughts, as though they were objects.

Time

It is stated in the 1951 axioms that time could be considered to be the single arbitrary, and might thus be the single source of human aberration. A further investigation and inspection of time has demonstrated it to be the action of energy in space, and it has been found that the duration of an object roughly approximates its solidity.

Time could be considered to be a manifestation in space which is varied by objects. An object could be considered to be any unit manifestation of energy including matter.

It can be readily established that an individual loses his self-determinism in the ratio that he possesses objects and utilizes force.

Time could be considered to be an abstract term assigned to the behavior of objects. It can be found to be regulatable by postulates.

The desire, enforcement and inhibition in the possession, giving and receiving of objects can be found to establish a time-track.

Time in the field of behavior and experience becomes having. Having and Not Having form between themselves the interchanges which become survival.

If the auditor processes having, giving and receiving, energy and items, he will discover that he is processing time directly and has processed into a higher level the time sense and reaction of the preclear.

The primary manifestation of this is found in criminality, where the individual is unable to conceive the investment of energy to attain an object. He will not "work." The criminal in particular wishes to collapse and render without time, desiring and having; whereas this may be possible in one's own universe, it is not possible in the MEST universe. The MEST universe is so planned as to make work necessary in order to have, thus establishing a gradient scale of having. The criminal has not made the distinction between his own universe which he possibly once had and where he could attain things instantaneously, and the MEST universe. He thus has no "respect for property". The identification of his own universe with the MEST universe is so marked as to be in itself a highly aberrated identification, thus rendering his conduct destructive to himself and causing him to fail.

Space

Space is creatable by a thetan. He may also conserve, alter and destroy space.

Space is the first condition necessary to action. The second condition necessary is energy. The third condition is possession or not possession.

For the purposes of processing, and possibly for many other purposes, space can be considered to be the equivalent in experience of beingness. One is as alive as he has space and as he can alter and occupy that space.

The workable definition of space is "viewpoint of dimension": there is no space without viewpoint, there is no space without points to view. This definition of space remedies a very great lack in the field of physics, which defines space simply as that thing in which energy acts. Physics has defined space as change of motion or in terms of time and energy. Time has been defined in terms of space and energy; energy has been defined in terms of space and time only. These definitions, thus interdependent, made a circle out of which there was no exit unless one had a better definition for one of those items: time, space or energy. In such a way was the science of physics limited.

Space is the viewpoint of dimension. The position of the viewpoint can change, the position of the dimension points can change. A dimension point is any point in a space or at the boundaries

of space. As a specialized case those points which demark the outermost boundaries of the space or its corners are called in Scientology anchor points. An anchor point is a specialized kind of dimension point. Any energy has as its basic particle a dimension point.

The dimension point can be of different kinds and substances. It can combine in various ways, it can take on forms, become objects. It can flow as energy. A particle of admiration or a particle of force are alike dimension points. Dimension points, by shifting, can give the viewpoint the illusion of motion. The viewpoint, by shifting, can give the dimension points the illusion of motion. Motion is the manifestation of change of viewpoint of dimension points.

Viewpoints are not visible, but viewpoints can have dimension points which are themselves visible. The basic hidden influence is then a viewpoint, A material of the universe cannot exist in any universe without something in which to exist. The something in which it exists is space, and this is made by the attitude of a viewpoint which demarks an area with anchor points.

Rather than existing on theory in common with other principles of Scientology this manifestation of created space can be experienced by an individual, who discovers that space can be made coincidentally with any other space. Space then, is not an arbitrary and absolute but it is creatable or uncreatable by a viewpoint.

Any being is a viewpoint, he is as much a being as he is able to assume viewpoints. Thus in any society we would inevitably have a statement of the infinity of viewpoint such as "God is everywhere." Beings instinctively assign the most beingness to that thing which would be everywhere and when Man desires to assign an unlimited power or command to anything he says that it is everywhere. Energy

The basic unit of energy is the dimension point. A specialized kind of dimension point is the anchor point which demarks space, but this is again the basic unit of energy. Dimension points are created, controlled or uncreated by the thetan.

The qualities of energy are three in number: the first is its existing characteristics; the second is its wavelength; the third is its direction of flow or absence of direction of flow.

The characteristics can be divided into three classes in their turn. These are flows, dispersals and ridges. The flow is a transfer of energy from one point to another, and the energy in a flow can have any type of wave from the simplest sine-wave to the most complex noise-wave. Flowingness is simply the characteristic of transferringness. A dispersal is a series of outflows from a common point. A dispersal is, primarily, a number of flows extending from a common center. The best example of a dispersal is an explosion. There is such a thing as an in-dispersal. This would be where the flows are all travelling toward a common center. One might call this an implosion. Outflow and inflow from a common center are classified alike under the word "dispersal" for handy classification. The third type of energy characteristic is the ridge. A ridge is essentially suspended energy in space. It comes about by flows, dispersals or ridges impinging against one another with a sufficient solidity to cause an enduring state of energy. A dispersal from the right and a dispersal from the left colliding in space with sufficient volume create a ridge which then exists after the flow itself has ceased. The duration of ridges is quite long.

Wavelength is the relative distance from node to node in any flow of energy. In the MEST universe, wavelength is commonly measured by centimeters or meters. The higher the frequency the shorter the wavelength is considered to be on the gradient scale of wavelengths.

The lower the frequency the longer the wavelength is considered to be on a gradient scale. Radio, sound, light and other manifestations, each has its place on the gradient scale of wavelengths. Wavelength has no bearing upon wave characteristic, but applies to the flow or potential flow. A ridge has potential flow which, when released, may be supposed to have a wave-

length. The various perceptions of the body and the thetan, each one is established by a position on the gradient scale of wavelengths. They are each one an energy flow.

Direction of flow, relative to the thetan, is of primary interest in energy study. There would be outflow and inflow. There could be outflow and inflow for a source point exterior to the thetan and caused by that source point, and there could be outflow and inflow by the thetan himself.

Matter

Matter is a condensation of energy. The more energy condenses, the less space it occupies and the greater its endurance becomes. A flow of energy has a brief duration. Flows of energy meeting and causing ridges obtain greater solidity and longer duration. The solidification of matter is found to be itself duration or time. Energy becomes matter if condensed. Matter becomes energy if dispersed.

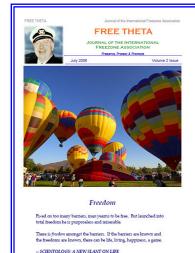
The manifestations of energy are essentially at long length the manifestations of matter; one cannot consider matter without also considering energy.

In processing, no differentiation is made between matter and energy beyond labelling the freer-flowing and more instantaneous forms "action" and the more solid and enduring forms "having."

In order to have matter, one must have space, must have had energy, and must have. In order to have space, it is necessary to have a viewpoint and the potential in the viewpoint of creating anchor points. Thus, in order to view matter, much less control or create it, it is necessary to have a viewpoint.

L. Ron Hubbard Scientology 8-8008

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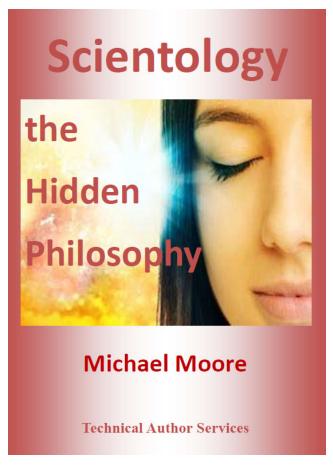


A TRIBUTE TO MARY SUE HUBBARD

Wife of L. Ron Hubbard

Remembered with Respect and Honor





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Everything you always wanted to know about Scientology.

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:

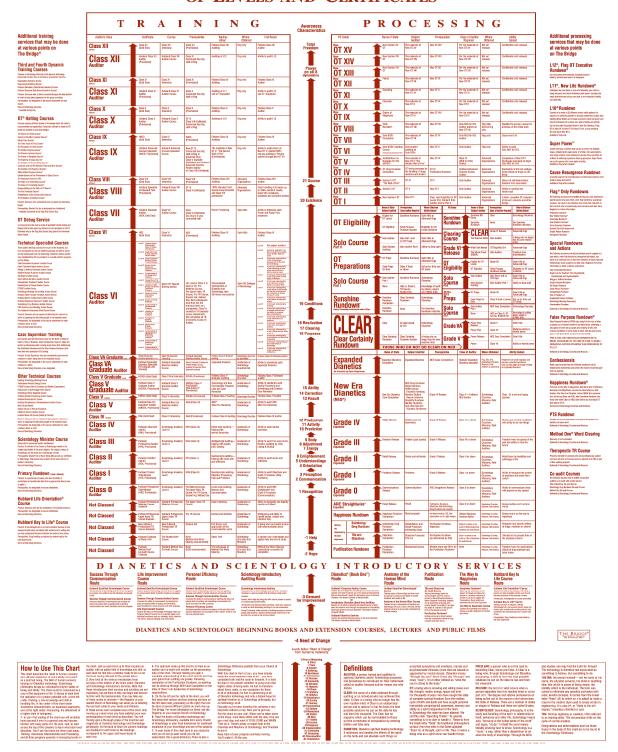
Quote from L. Ron Hubbard

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.

THE BRIDGE TO TOTAL FREEDOM

SCIENTOLOGY CLASSIFICATION GRADATION AND AWARENESS CHART OF LEVELS AND CERTIFICATES



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.

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 be-low 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 knowWhat you know is what you knowAnd to have the courage to know and say what you have observed.
And that is integrity
And there is no other integrity.

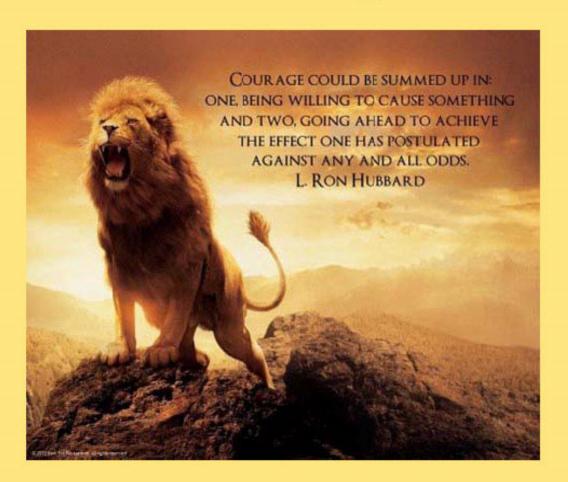
Of course we can talk about honor, truth, all these things, The esoteric terms.
But I think they'd all be covered very well
If what we really observed was what we observed,
That we took care to observe what we were observing,
That we always observed to observe.

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

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

L. Ron Hubbard

Group Starter Kit for Scientologists



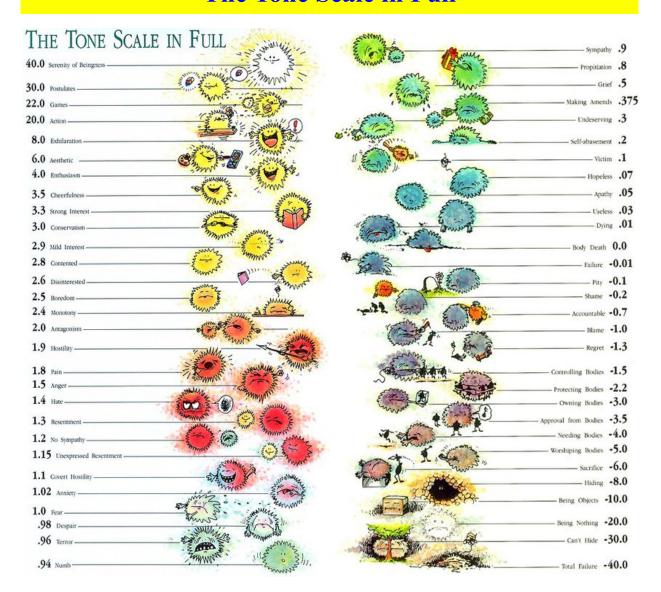
A Handbook for Field Scientologists Starting up a Group

Published by The Association of Professional Independent Scientologists.

Get your Free Group Starter Kit today! http://independent-scientologists-association.net/start-a-group.shtml

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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

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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http://independent-scientologistsassociation.net

Regain your ABILITY and POWER as a Thetan

by L. Ron Hubbard

INTENTION. The ability to intend. And intention contains in it every power the Thetan has. The ability to throw a lightening 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.

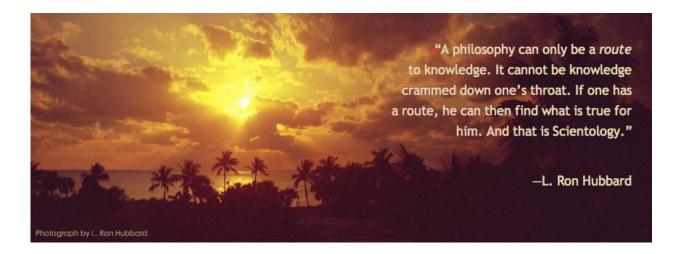
You've been able to do this in recent times. It baffles you sometimes when a piece of MEST does not instantly and immediately obey, but it's simply a matter of intention.

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, an 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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