



FREE THETAN

NEWSLETTER OF THE ASSOCIATION OF
PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

Preserve, Protect & Promote

July 2014

Volume 5 Issue 7

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Volume 5 Issue 7 July 2014

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The FREE THETAN is the monthly Newsletter of the Association of Professional Independent Scientologists It is available as a free download from the APIS website or by subscription.

The Association of Professional Independent Scientologists is the operating name of the International Freezezone Association Inc, a duly registered non profit association registered in the State of Delaware, USA.

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Important Note

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 follow. 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.

~oo00oo~

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

~ Editorial ~



reservo, servo, proveho

Dear Reader,

It is easy to throw the baby out of the bath water when emotions run high.

The criticism of the deterioration of the church and the COB* Miscavige is well justified as all that LRH built up is slowly being destroyed in the name of money and prestige. Actual Scientology tech is being withheld and replaced by a look alike. The emphasis is no longer on delivery but upon receiving 'donations' to make bigger and better buildings. A Cemetery is still a cemetery no matter how beautiful it is made.

But such criticism now tends to include the philosophy and technology of Scientology despite the fact that the technology is the one vein of sanity in all this kerfuffle.

Miscavige cannot make money by selling the very services he is supposed to but is now resorting to begging in the streets of the wealthy. The Church begging bowl is out with a vengeance. Oh the presentation is slick and very glitzy and pretty. The 'ideals' presented seem, well ... ideal. But it is begging bowl non the less.

The way to expand is in fact by USING the technology LRH bestowed on is and by educating people into life and the universe and what the technology is and how it works and why. By auditing and training people. Making CLEARS and OTs.

One of the great truths of Scientology is that increased awareness is the only factor which offers any road out. That is an awfully simple truth, but you'll find out that people don't know that. They think that less awareness is the road out—and that is the road down into the basement.
—*"What It Means to Be A Scientologist," THE AUDITOR 36*

Until next time.

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 appear to be following these aims fully. Therefore it behooves us to take some responsibility and set out our aims, based upon the aims that Ron first envisaged as something which we can honestly strive to attain.

We therefore stated below:

The Aims of APIS

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

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

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

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

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

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

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

As Ron says:

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

The sun never sets on Scientology.

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

Our aims are simple, if great.

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

Your help is acceptable to us.

Our help is yours."

'The Aims of Scientology' -- Lafayette Ron Hubbard

~oo00oo~

CERTIFIED AUDITORS & GROUPS

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

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

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Chris Black. Class VIII C/S, KOT,

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

USA

South East

Karen de la Carriere. Class XII LRH Trained Class XII C/S

Delivers: L's, NOTs, and entire Bridge

Karendelac@gmail.com

Los Angeles, California

Trey Lotz Class VIII

Delivers: Standard LRH Bridge up to Clear, NOTs, Ls

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

Ian Waxler Class VIII C/S with Honors

Auditing and C/Sing all old LRH Bridge

info@adcian@yahoo.com

Ingrid Smith

From Life repair to OT4

ingridsmith123@yahoo.com

Silvia Llorens

All Standard Bridge

sllorens71@gmail.com

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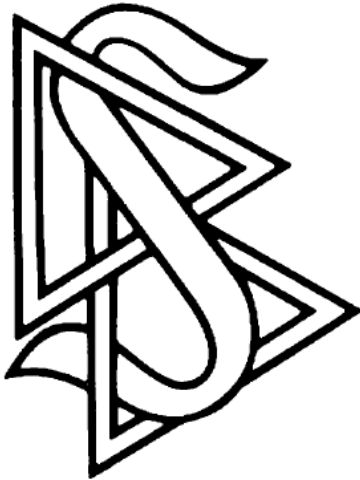
Ken Urquhart. Class IV Advance Courses Specialist. Class IX

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[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~



THE TOP TRIANGLE

The explanation of the Scientology symbol, the S and double triangle, should be more generally known. And it should be very well known to executives.

There are *two* triangles, over which the S is imposed. The S simply stands for Scientology which is derived from "SCIO" (knowing in the fullest sense).

The lower triangle is the A-R-C triangle-its points being AFFINITY, REALITY and COMMUNICATION. These are the three elements which combined give UNDERSTANDING.

The upper triangle is particularly applicative to an executive but applies to all Scientologists. It has not been widely known.

It is the K-R-C triangle. The points are K for KNOWLEDGE, R for RESPONSIBILITY and C for CONTROL.

It is difficult to be responsible for something or control something unless you have KNOWLEDGE of it.

It is folly to try to control something or even know something without RESPONSIBILITY.

It is hard to fully know something or be responsible for something over which you have no CONTROL, otherwise the result can be an overwhelm.

A being can of course run away from life (blow) and go sit on the backside of the moon and do nothing and think nothing. In which case he would need to know nothing, be responsible for nothing and control nothing. He would also be unhappy and he definitely would be dead so far as himself and all else was concerned. But, as you can't kill a thetan, the state is impossible to maintain and the road back can be gruesome.

The route up from death or apathy or inaction is to KNOW something about it, take some RESPONSIBILITY for the state one is in and the scene, and CONTROL oneself to a point where some control is put into the scene to make it go right. Then KNOW why it went wrong, take RESPONSIBILITY for it, and CONTROL it enough to make it go more toward an ideal scene.

Little by little one can make anything go right by INCREASING KNOWLEDGE on all dynamics, INCREASING RESPONSIBILITY on all dynamics, INCREASING CONTROL on all dynamics. If one sorts out any situation one finds oneself in on this basis, he will generally succeed.

Field Marshal Montgomery was supposed to have said that leadership was composed of "knowledge, willpower, initiative and courage." These are assumed qualities in a man. This was good advice but offered no road out or no avenue of INCREASE in capability.

The KRC triangle acts like the ARC triangle.

When one corner is increased the other two also rise.

Most thetans have a dreadfully bad opinion of their capabilities compared to what they actually are. Hardly any thetan believes himself capable of what he is really capable of accomplishing.

By inching up each corner of the KRC triangle bit by bit, ignoring the losses and making the wins firm, a being at length discovers his power and command of life.

The second triangle of the symbol of Scientology is well worth knowing. It interacts best when used with high ARC. Thus the triangles interlock.

It is for *use* as well as all of Scientology.

L. RON HUBBARD
Founder

~oo00oo~



FREE THETA

Journal of the International Freezone Association

JOURNAL OF THE INTERNATIONAL
FREEZONE ASSOCIATION
Preserve, Protect & Promote

July 2008 Volume 2 Issue

Freedom

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

There is freedom amongst the barriers. If the barriers are known and the freedoms are known, there can be life, living, happiness, a game.

—SCIENTOLOGY: A NEW SLANT ON LIFE

L. Ron Hubbard

FREE THETA

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Journal of the International Freezone Association

JOURNAL OF THE
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Jan 2007 Volume 3 Issue 1

"REALITY IS THE AGREED UPON
APPEARANCE OF EXISTENCE"

SCIENTOLOGY 8-8008
Lafayette Ron Hubbard

GOLD CENTURY PRESS

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QUALITY OF SERVICE

ARC Breaks bring about and restimulate a desire to get even.

An ARC broken person attacks.

Criminals, revolutionaries, great generals are simply dramatizing the effects of an ARC Break of long duration.

Madmen seldom attack that which ARC broke them but choose wrong targets.

Any and all attacks suffered by orgs are from ARC broken persons.

Even when such persons were really ARC broken with some other activity, they instantaneously attack us.

Most ARC breaks are caused by by-passed charge. This charge is usually the restimulation of some earlier ARC break not caused by us.

Withholds are one primary cause of by-passed charge.

When persons are poorly processed or poorly trained they can restimulate a great deal of by-passed charge.

When persons are permitted to take higher grades without really attaining lower grades, by-passed charge is inevitable; hence we see refunds, attacks and upsets in orgs and the field.

The true cause of ARC Breaks of long duration which transfer to us is when we permit technical goofs.

Ethics exists primarily to see that people honestly make their grades and are trained as they should be and that no one is permitted to prevent good auditing and good training or to enturbulate the org so that it cannot occur and to make sure the org is there to give service in volume.

Ethics is not concerned with "acceptable social behaviour" only insofar as it impedes the training or processing of others.

Therefore: Accepting for higher levels of processing persons who have not made their lower levels shall be classified as a crime.

Processing persons at higher levels who have not made lower levels shall be classified as a crime.

Training persons at higher levels who have not proven themselves as competent Dianetic auditors shall be classified as a crime.

Admitting a famous person or notable writer to higher level processing who has not fully attained lower level processing shall be classified as a **High Crime**. This applies in particular to Power and Clearing Courses.

Administering Power to anyone who has not had Dianetic Triples, Scientology Triples and adequate gains or who needs further auditing or Review shall be deemed a crime.

Permitting an ARC broken person to leave an

org unhandled shall be deemed for the last auditor to audit him and for the PES and Director of Success a crime.

Failure to strenuously act to clean up an "ARC broken field" shall be deemed a high crime for the Executive Council.

All Ethics Officers are to regulate their conduct of duty so as to safeguard good auditing and training in the organization and to create a calm atmosphere where these can occur in volume.

This Policy Letter has first priority and claim on the duties and attention of the Ethics Officer.

In interpreting the above in technical matters, the Ethics Officer should consult the opinion of competent auditors not connected to any charge in progress.

Nothing in this Policy Letter shall prevent Scientology grades before Dianetic Grades.

Nothing in this Policy Letter shall limit the amount of auditing that a person can be given at any one grade.

L. Ron Hubbard
Founder

~oo00oo~

The Purposes of the Association of Professional Independent Scientologists

Preserve the exact technology and original workable philosophy of Lafayette Ron Hubbard for future use so it is available for all mankind.

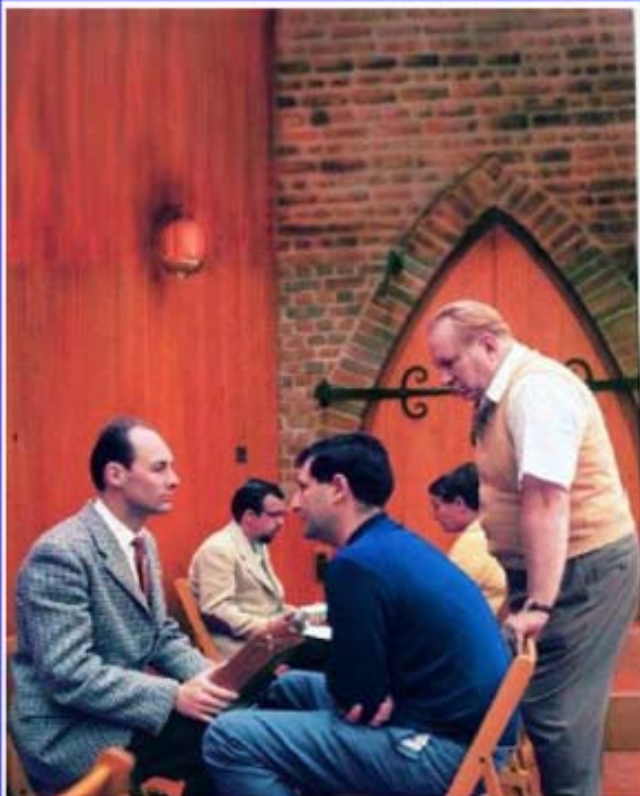
Protect the exact technology and original workable philosophy of Lafayette Ron Hubbard so it is not altered, diluted or changed in anyway but remains exactly as Lafayette Ron Hubbard issued it.

Promote the exact technology and original workable philosophy of Lafayette Ron Hubbard so it may be known by all mankind

Join us Today!

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





Auditing in 2014!

"The main thing to know about stalled cases is that cases get stalled. That is a truism that sometimes misses people. A case can be running along very nicely and suddenly cease running. Many things can happen."
Lecture: 'How to Resolve Stalled cases ' 1950 by LRH

Is your case bugged?

Is it stalled and not moving?

Have you not gotten the benefits you expected?

Are you not moving on the bridge?

APIS has highly classed standard tech certified auditors ready to audit! They are available to audit most cases including bugged and stalled cases.

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Contact: support@internationalfreezone.net with your details today! And we will put you in touch with a standard certified auditor in your area.

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HUBBARD COMMUNICATIONS OFFICE
Saint Hill Manor, East Grinstead, Sussex

HCO POLICY LETTER OF 18 SEPTEMBER 1967

Remimeo
Academies
SHSBC

STUDY

COMPLEXITY AND CONFRONTING

In some researches I have been doing recently on the field of study, I have found what appears to be the basic law on complexity.

It is:

THE DEGREE OF COMPLEXITY IS PROPORTIONAL TO
THE DEGREE OF NONCONFRONT.

Reversing this:

THE DEGREE OF SIMPLICITY IS PROPORTIONAL TO
THE DEGREE OF CONFRONT

and

THE BASIS OF ABERRATION IS A NONCONFRONT.

To the degree that a being cannot confront, he enters substitutes which, accumulating, bring about a complexity.

I found this while examining the subject of NAVIGATION in order to teach it and clarify it.

I found that man had based the subject on an incorrect primary assumption. All subjects have as their basis a point of first assumption. In man's technology this is usually weak and nonfactual which makes his technology very frail and limited. To reform a subject one has to find this primary assumption and improve it. This reforming of technical subjects is of great interest to us because *our* subject Scientology is advanced even beyond the space-travel technologies of very high civilizations. Yet it is flanked on all sides by man's corny, antique technology in the field of physics, chemistry, "mathematics" and so on. This tends to hold us back somewhat. We strained his tech forward to get the E-Meter, the one thing we had to have.

In navigation, man bases the whole subject on the assumption that one can't confront where he came from or is going or where he is. It assumes he is *lost*.

This is a basis assumption of nonconfront. He can't directly see where he has been or where he is going at sea—it is so large—so he takes off from a point of no-confront in all his reasoning in the subject.

Therefore he goes into a series of symbols and begins to substitute symbols for symbols. This winds him up in a mass of complexity. One spends 90 percent of his time in studying this subject trying to find out what symbols the symbols are meant to represent. He says in his texts "GHA." On search we find this means "Greenwich Hour Angle." On further search we find this means what angle some heavenly body forms when related to Greenwich as zero. On further search we find the idiocy that the navigator's *clock* tells angles in HOURS when all he needs is a clock face giving 360 *degrees*. This is of course complete nonsense. Why *hours*, and two sets of 12 at that (midnight to noon and noon to midnight) when what he is trying to find out is how many *degrees* of time has passed. He refers his time to the sun which, because of the rotation of Earth every 24 hours, appears at an increasing number of degrees from Greenwich, England, as the day advances.

Because he starts from a no-confront of ship or plane position, he then carries no-confront through the whole subject. If a man isn't lost as he begins to "navigate," he very often is when he finishes!

Actually no ship or plane is ever *lost* as to position. One knows he is on Earth and in what ocean and on what side of what ocean, and the subject really should be one which merely lets one CORRECT his position a bit.

Man in this subject of navigation even scorns direct observation (confront) and calls it "jackass navigation"!

In actual fact *real* navigation is the science of recognition of positions and objects and estimation of relative distances and angles between them.

The subject is made *complex* because it has become, in man's hands, the substitution of symbols for symbols all based on the assumption that he can't confront his departure, his current spot or his point of arrival.

Out of this, with further study in other fields, I found that any complexity stemmed from an initial point of nonconfront.

This is why looking at or recognizing the source of an aberration in processing "blows" it, makes it vanish.

Mental mass accumulates in a vast complexity solely because one would not confront something. To take apart a problem requires only to establish what one could not or would not confront.

The basic thing man can't or won't confront is *evil*.

These people who always rationalize evil behavior ("He wasn't feeling well which is why he murdered the policeman," etc.) can be counted on to voice some theetie-weetie (goodie-goodie) justification for somebody's thoroughly evil conduct. Mr. X wrecks a house and you remark on it and Miss Theetie Weetie will feel compelled to say, "Oh, Mr. X had a poor childhood and he didn't mean any wrong. . . ." She can't confront the simple but evil fact that Mr. X is a complete dog. One feels his hair stand on end when Miss Theetie Weetie does this because one is observing a complete nonconfront on the part of Miss Theetie Weetie. She is too unreal to do other than make one feel he has had an ARC break.

One will also find that Miss Theetic Weetic leads a horribly complex life—adjusting her thinking to agree with “air spirits” and leaving her family because there might be mice in the basement.

When no-confront enters, a chain may be set up which leads to total complexity and total unreality.

This, in a very complex form, we call an “aberrated condition.”

People like that can't solve even rudimentary problems and act in an aimless and confused way.

To resolve their troubles requires more than education or discipline. It requires processing.

Some people are so “complex” that their full aberration does not fully resolve until they attain a high level of OT.

A large number of people de-aberrate just by the education contained in Scientology, as they find in our subject the natural laws of life and, seeing (confronting) them, “blow” huge holes in their complexities and aberrations.

Therefore the above laws are very important ones as they explain what aberration really is and why processing really works.

Aberration is a chain of vias based on a primary nonconfront.

Processing is a series of methods arranged on an increasingly deep scale of bringing the preclear to confront the no-confront sources of his aberrations and leading thus to a simple, powerful, effective being.

L. RON HUBBARD
Founder

HUBBARD COMMUNICATIONS OFFICE
Saint Hill Manor, East Grinstead, Sussex

HCO BULLETIN OF 4 JANUARY 1973

Remimeo

Study Series 9

CONFRONT

There are several choices in English on the meaning of "confront." These include the right one: "To face without flinching or avoiding." An example in a sentence: "The test of a free society is its capacity to confront rather than evade the vital questions of choice."

There is another meaning: "To stand facing or opposing, especially in challenge, defiance or accusation."

English is a pretty limited language in many ways. I imagine the thought of facing something (which is what the word came from and originally meant way back—"frons" being "face") was so horrifying to the types who write dictionaries they knew it would be bad!

In essence it is an action of being able to face.

If one cannot, if he avoids, then he is not AWARE.

Awareness is the ability to perceive the existence of. In the dictionary it also fails to confront that and says: "Awareness: the quality or state of being aware." And "aware" means: "Marked by realization, perception or knowledge."

So these chaps couldn't confront and so conceived awareness to be figure-figure.

We are moving out of the range of language when we want to say:

"He could stand up to things and wasn't always shrinking back into himself and avoiding, so he could be fully conscious of the real universe and others around him."

And that's what confront means.

If one can confront, he can be aware.

If he is aware, he can perceive and act.

If he can't confront, he will not be aware of things and will be withdrawn and not perceiving. Thus he is unaware of things around him.

That's the tech of it.

L. RON HUBBARD
Founder



Expanded Know to Mystery Scale

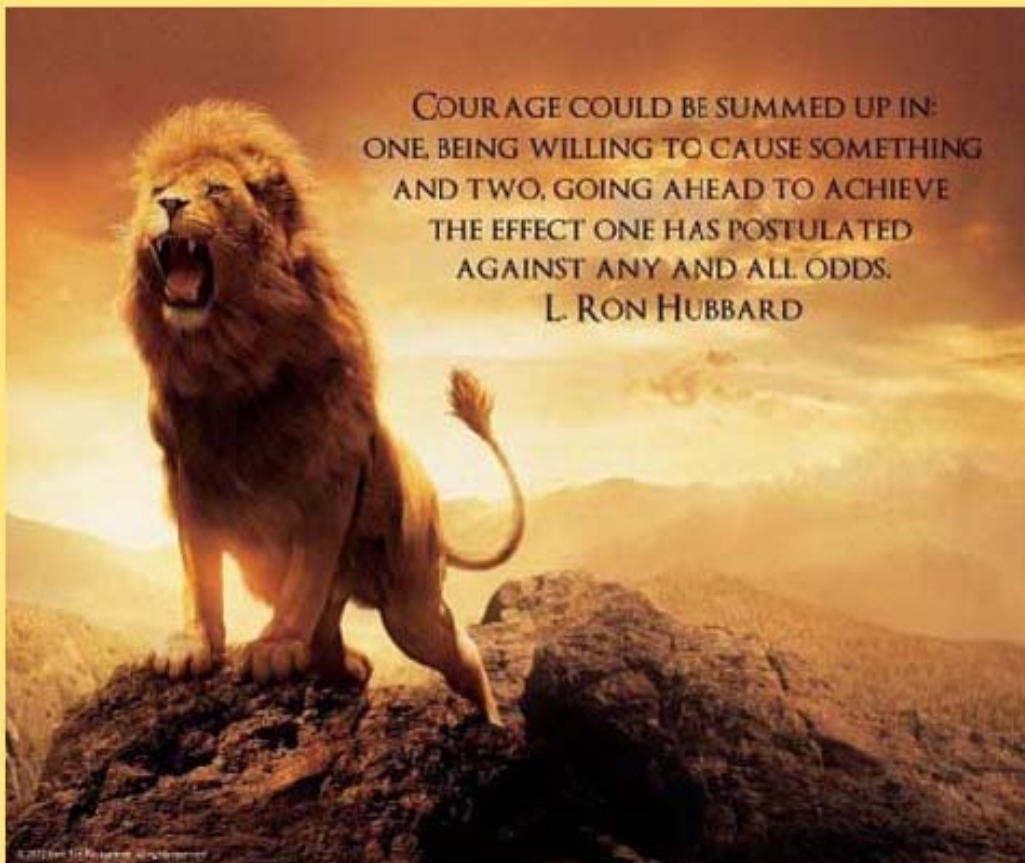
But you get a condensation of knowingness. A condensation of knowingness occurs down to lookingness. One has something to look at. And then this condenses and we get emotion. And this condenses and we get effort. And this condenses and we get thinkingness -you know, figure-figure. And this condenses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

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Regain your **ABILITY and POWER** as a Thetan

by L. Ron Hubbard

INTENTION. The ability to intend. And intention contains in it every power the Thetan has. The ability to throw a lightning bolt. The ability to hold something in position. The ability to make something 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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Wins & Gains in the Independent Zone

What I have learned is that cases do not progress beyond their Scientology education level. A case hangs right at the point to which it has been educated in Scientology. Processing gains are parallel to education gains and the two balance.

Rons Journal Dec AD 13

Training Success

“I just had a good time today getting back into solo meter drills. It had been about 20 years since I had done them and I had a lot of concerns about being successful at them. Even though I had completed the Solo I course, I have never done an OT level. For the last few months I have been occasionally doing non-solo meter drills with a friend and fellow student. I was having good wins doing this, but was feeling kind of “aimless” about the whole cycle.

Randy correctly suggested my just getting on solo drills since my current purpose is to solo audit. So I got a few hours of one-on-one tutoring from him on solo drills, and Wham! Turns out that it was a correct indication.

I have audited others before and didn't recall having much difficulty seeing reads and F/Ns. I enjoyed auditing. I liked all of my PCs and they had good wins. I felt I was pretty good at meter drills. Recently though, I had been “secretly” feeling a little uncertainty about reads and FNs when doing the meter drills,

even though others were mostly happy with my drilling. It turns out that it was actually a bit off purpose for me to continue to do the drills after I had refamiliarized myself with doing them again.

My purpose at this time (at long last!) is to AUDIT MYSELF ON THE OT LEVELS. As soon as I started doing the Solo Auditor drills I was BACK ON my present purpose! It is going great! And it is very interesting to me that my TA went back in range, my needle action became smooth again like it used to be 20 years ago, and, miracle of miracles, I was FNing again! After 20 years as a “stalled” solo auditor. :-) I just couldn't stop F/Ning! :-) I also noticed that as usual I really like my PC (or rather Pre-OT) a lot! :-) and I just don't have any intention of missing reads or F/Ns or bypassing wins as I audit me!

I think that this is going to be a lot easier than I thought. Randy is a really good coach. I highly recommend his services to anyone who simply wants to get moving on solo auditing on their OT levels.”

ARC,

Auditing Successes

Grades

"Ok, so I have now been back home for 1 month after finishing Grade IV. I keep thinking "If this is Clear, I'm ecstatic", however I know that there is so much more gain to be had with NED and the complete eradication of the reactive mind. Still, more wins keep coming in:

1. Ability to recover from upsets quickly, almost instantaneously. Virtually start laughing almost the minute I get upset. It just doesn't last. It's not even

an upset...almost like if someone drops a grapefruit on your head - you go "ouch what was that?" and it's gone. So silly really.

2. A feeling of freshness. I'm not just seeing trees, I am seeing vivid trees, grass, branches, shape of trees, surviving trees with life all around it and inside it. Before it was just a foggy tree that I kind of knew was there. Now I walk and notice all the hundreds of trees!! The amount of extroversion and "being there in the moment" is amazing. I'm just happy.

3. Ability to extrovert within seconds by just being interested in the environment. I can notice and appreciate 20 details on a house just walking by and completely key out. Bloody hell is this permanent? I love it!

4. Renewed/refreshed ability to freely communicate with anyone on any subject, Grade 0 totally rehabbed. All lower Grades just totally enhanced and personal space so enjoyable. Even people I never really liked are freely coming to see me and opening up. Life is certainly very enjoyable.

5. No aches and pains, no illnesses, no thoughts of them. Ability to enjoy the moment, to live in present time not in the past and to create my future.

6. No stresses...

The Grades were simply amazing but the last two have just been so fast, so enjoyable and the compounded theta as you go up up up, it's like any weight on my shoulders are gone and NED

and Clear will just be intense "cherries on the sundae". I'm really able to find joy anywhere, quickly.

Thank you."

Well, I had a 7.5 hour drive home from where my auditor was and to be honest I didn't think that much. I just drove. I enjoyed my wins, I enjoyed mocking up my future, I enjoyed the speed of my car, I enjoyed the memories and pleasure moments of the past 15 or so days getting auditing. First, I finished Grade 3 (I was 1/2 through it), and now I've finished and attested to Grade IV.

I will keep my success short with a simple story.

Let's say you came into the world and from very early on you had this postulate and idea to create big things and be a good person causing good effects. Really, to be a good person (that is who you are you know). Let's then say that in moments of great confusion and stress, something came along that you used, and that little something creeping in was a postulate along the lines that "only the bad people survive". Well which one is it, be good or be bad?

Good, bad, good. bad, good, bad.

This is a fixed condition, it limits you.

Grade IV addressed this completely for me. It blew it away.

It is very special auditing addressed to you and bringing back your self-determinism with gusto. Not your body, not your mind - YOU, the being. If you didn't have reality on you as a spiritual being you will on this Grade.

An amazing, beautiful thetan with the ability to perceive and BE, DO and HAVE. I personally regained much knowingness without asserting that I knew. I just knew. You know the pyramids are in Egypt, you don't need to fly there to verify it. You could but you know... not necessary. I am now free of this insanity and completely able and willing to create a new

future. My Grades always finished with an explosion of laughter --- I did not see this particular explosion coming --- but it's ok, I exploded again. LOL - I mean LRH is a genius. This Grade gave me back ME. We got introduced to each other again, so to speak. You are the only one stopping yourself and you are the only one who can make wonders happen for you too as well --- you are tremendously powerful. I am free to create again without a voice (mine) telling me the contrary. I am freed up to play better games, fun games, and let others be who they want to be. Gone are the self-invalidations, gone is the desire to make people wrong or to try to control people and their own games. Sigh, so much wasted time. But so much regained with just a few intensives. My success is simple, but so am I.

It's nice being simple. Thank you to LRH and my auditor Chris Black. With Chris, when the going gets tough, he's always there and you'll get through it.

"I came to Chris for some auditing, feeling down and out for a long time. Within a few sessions of auditing, I reached some core understandings and truths about myself that I was blocking out. Within a few more sessions I was laughing very heartedly and deeply at some of the realizations I was admitting to myself.

Chris was able to steer me through some rough patches along the way and offered great advice on how to handle certain people in my life. I am very grateful for all the help and guidance given to me by Chris.

Ian G."

More NOTs Wins

Suzy had been an experienced auditor in D.C and had achieved the state of Clear, but had dropped off the bridge for many years. She decided to get back on the bridge and due to her hard work and persistence

persistence, she has completed L11, L12, The

Solo Course, she has also audited herself on OT 1-3, has completed Original OT 7, NOTS DRD, Certainty Processing, and finally NOTS! She has reread all the basic books and has been listening to LRH tapes daily. She is now auditing on SOLO NOTS. She put off writing a success story for a while until she had some perspective on how her auditing wins were manifesting in her life.

It is important to me that my pcs are winning in life as well as in session, and in both respects, Suzy has done fantastically well! Here is her success story:

OT V, Audited Nots, is hard won but is also most stabilizing in terms of reaching the OT state.

My auditor, Trey, and I had to confront every session as a team, ready for battle with the elements of the reactive universe. As they say, it's not for sissies! Patience, fortitude and persistence were needed, but my abilities were enhanced along the way by gaining volumes of those very same qualities.

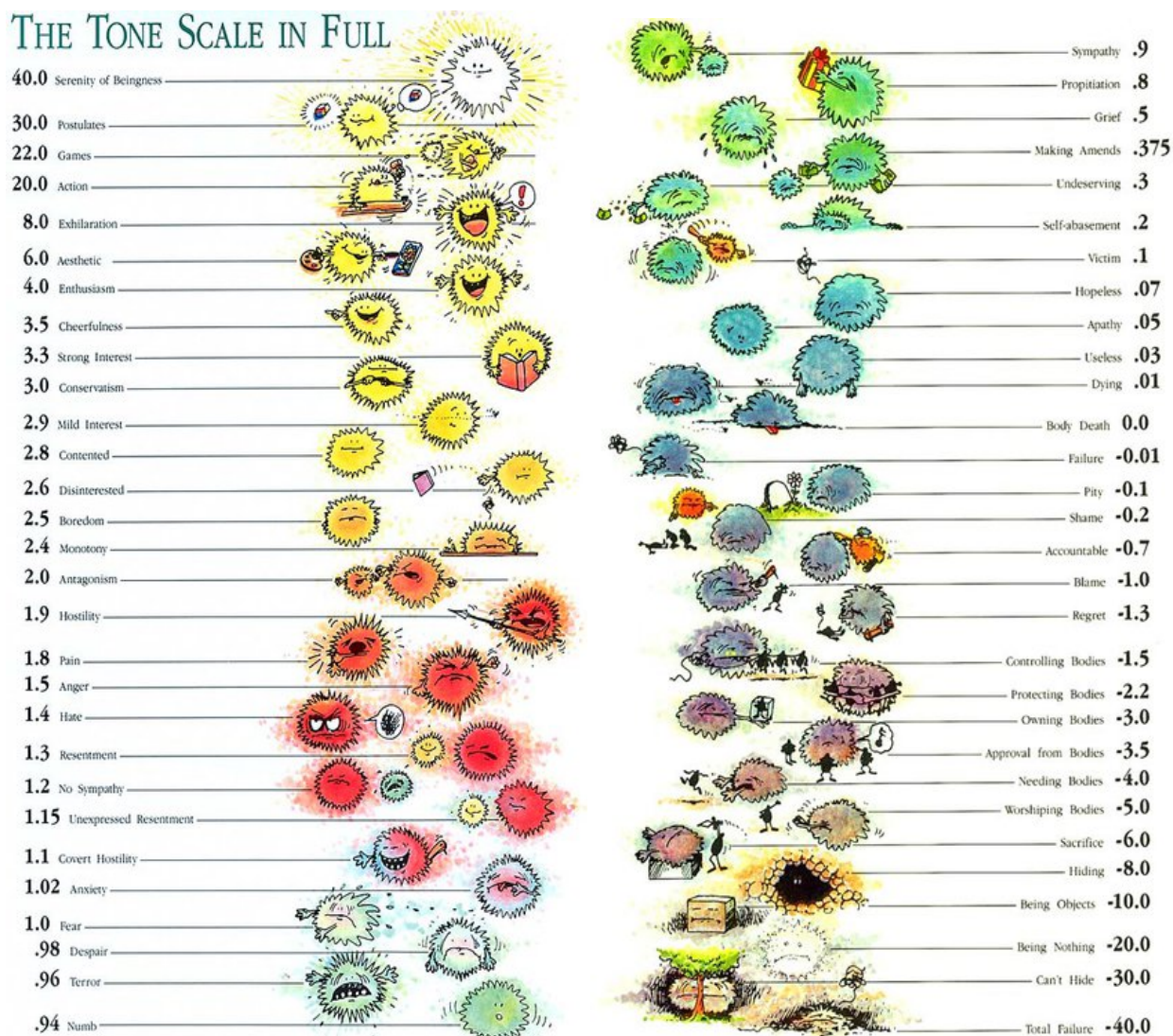
We left no stone unturned in our search, and under those stones I found new abilities and a new viewpoint from which to live the game. Some of my abilities are; I took up guitar and then the bass guitar, I learned music theory (thanks to Bob) and I have developed an inquisitive and curious mind about subjects that I thought were beyond my comprehension and participation.

Subjects such as politics, world affairs, physics, philosophy, the environment and foreign languages.

I am even considering going back to college. Trust me, I was not any kind of a student and only had interest and reality on the 7th dynamic.

~oo00oo~

The Tone Scale in Full



The Tone Scale

Understanding is composed of Affinity, Reality and Communication. This triangle tells us that the co-existent relationship between affinity, reality and communication is such that none can be increased without a resulting increase in the other two and none can be decreased without decreasing the other two. Of the three, communication is by far the most important. Affinity and reality exist to further communication. Under the heading of affinity we have, for instance, all the varied emotions which go from apathy at 0.1 through grief, fear, anger, antagonism, boredom, enthusiasm, exhilaration and serenity in that order. It is affinity and this rising scale of the characteristics of emotion which give us the Tone Scale.

Scientology 0-8. The Book of Basics

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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Exercises One, Two and Three

Exercise One

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

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

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

Exercise Two

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

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

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

Exercise Three

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

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

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

"Recall a time when you agreed to something."

"Recall a time when somebody disagreed with you."

"Recall a time when you liked somebody."

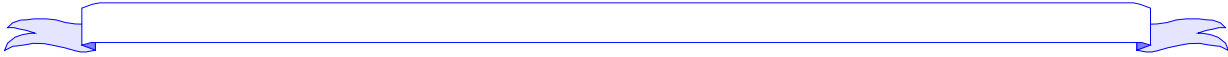
"Recall a time when someone agreed with you."

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

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

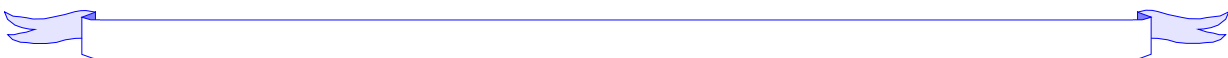
This exercises can be done for hours.

~oo00oo~



**Quote from
L. Ron Hubbard**

No man is happy without a goal, and no man can be happy without faith in his own ability to reach that goal.



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~oo00oo~

