

# FREE THETAN

NEWSLETTER OF THE ASSOCIATION OF  
PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

*Preserve, Protect & Promote*

May 2015

No 6 Issue 5



The highest activity is playing a game. When one is high-toned, he knows that it is a game. As he falls away down the tone scale,\* he becomes less and less aware of the game.

—SCIENTOLOGY: A NEW SLANT ON LIFE

# FREE THETAN

## NEWSLETTER OF THE ASSOCIATION OF PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

*Preserve, Protect & Promote*

### FREE THETAN

Volume 6 Issue 45 May 2015

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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 &amp; Promote</i></p>	
	<p><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,**

*“Life has a motto: that any game is better than no game.” -DIANETICS '55*

We all play games. Everyone in this universe is playing one game or another. That is what beings do. I would venture to say there are extremely few beings sitting around doing nothing. Even that is a game of sorts.

And, as LRH has pointed out, often a being will continue to play a game they have forgotten all about.

The important point then becomes. What is the quality of game we are playing?

*“So eager is a thetan to have a game that he will adopt to himself all manner of liabilities in order to have a parity with his opponents. One cannot have a game with people who are too inferior in strength or cleverness. Thus one reduces his own strength and cleverness in order to have a game.”*

*-THE CREATION OF HUMAN ABILITY*

The game we are playing here is a positive one. A game that has a bright future and could conceivably have no end.

A game of preserving the original philosophy and technology that LRH researched and developed and laid out in a simple step by step form that anyone could follow.

A game where everyone wins.

Until next time.

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 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

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

Delivers: L's, NOTs, and entire Bridge

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

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

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

Ingrid Smith

From Life repair to OT4

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

Silvia Llorens

All Standard Bridge

[sllorens71@gmail.com](mailto:sllorens71@gmail.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~



## THE REASON WHY

Life can best be understood by likening it to a game. Since we are exterior to a great number of games, we can regard them with a detached eye. If we were exterior to Life instead of being involved and immersed in the living of it, it would look to us much like games look to us from our present vantage point.

Despite the amount of suffering, pain, misery, sorrow and travail which can exist in life, the reason for existence is the same reason as one has to play a game—interest, contest, activity and possession. The truth of this assertion is established by an observation of the elements of games and then applying these elements to life itself. When we do this we find nothing left wanting in the panorama of life.

By game we mean a contest of person against

person or team against team. When we say games we mean such games as baseball, polo, chess or any other such pastime. It may at one time have struck you as peculiar that men would risk bodily injury in the field of play just for the sake of “amusement”. So it might strike you as peculiar that people would go on living or would enter into the “game of life” at the risk of all the sorrow, travail and pain just to have something to do. Evidently there is no greater curse than total idleness. Of course there is that condition where a person continues to play a game in which he is no longer interested.

If you will but look about the room and check off items in which you are not interested, you will discover something remarkable. In a short time you will find that there is nothing in the room in which you are not interested. You are interested in everything. However, disinterest itself is one of the mechanisms of play. In order to hide something it is only necessary to make everyone disinterested in the place where the item is hidden. Disinterest is not an immediate result of interest which has worn out. Disinterest is a commodity in itself. It is palpable, it exists.

By studying the elements (factors) of games (contests) we find ourselves in possession of the elements of life.

Life is a game. A game consists of *freedom*, *barriers* and *purposes*. This is a scientific fact, not merely an observation.

Freedom exists amongst barriers. A totality of barriers and a totality of freedom alike are no-game conditions. Each is similarly cruel. Each is similarly purposeless.

Great revolutionary movements fail. They promise unlimited freedom. That is the road to failure. Only stupid visionaries chant of end-

less freedom. Only the afraid and the ignorant speak of and insist upon unlimited barriers. When the relation between freedom and barriers becomes too unbalanced, an unhappiness results.

“Freedom from” is all right only so long as there is a place to be free *to*. An endless desire *for freedom from* is a perfect trap, a fear of all things.

Barriers are composed of inhibiting (limiting) ideas, space, energy, masses and time. Freedom in its entirety would be a total absence of these things—but it would also be a freedom without thought or action, an unhappy condition of total nothingness.

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

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

The restrictions of a government, or a job, give an employee his freedom. Without known restrictions, an employee is a slave, doomed to the fears of uncertainty in all his actions.

Executives in business and government can fail in three ways and, thus, bring about a chaos in their department. They can:

1. seem to give endless freedom;
2. seem to give endless barriers;
3. make neither freedom nor barriers certain.

Executive competence, therefore, consists of imposing and enforcing an adequate

balance between their people’s freedom and the unit’s barriers and in being precise and consistent about those freedoms and barriers. Such an executive, adding only in himself initiative and purpose, can have a department with initiative and purpose.

An employee, buying and/or insisting upon freedom only, will become a slave.

Knowing the above facts, he must insist upon a workable balance between freedom and barriers.

There are various states of mind which bring about happiness. That state of mind which insists only upon freedom can bring about nothing but unhappiness. It would be better to develop a thought pattern which looked for new ways to be entrapped and things to be trapped in, than to suffer the eventual total entrapment of dwelling upon freedom only. A man who is willing to accept restrictions and barriers and is not afraid of them is free. A man who does nothing but fight restrictions and barriers will usually be trapped.

As it can be seen in any game, purposes become counterpoised. There is a matter of purpose-counter purpose in almost any game played in a field with two teams. One team has the idea of reaching the goal of the other, and the other has the idea of reaching the goal of the first. Their purposes are at war, and this warring of purposes makes a game. The war of purposes gives us what we call problems. A problem consists of two or more purposes opposed. It does not matter what problem you face or have faced, the basic



anatomy of that problem is purpose-counter-purpose.

In actual testing in Scientology, it has been discovered that a person begins to suffer from problems when he does not have enough of them. There is the old saw (maxim) that, if you want a thing done, give it to a busy man to do. Similarly, if you want a happy associate, make sure that he is a man who can have lots of problems.

We have the oddity of a high incidence of neurosis in the families of the rich. These people have very little to do and have very few problems. The basic problems of food, clothing and shelter are already solved for them. We would suppose then, if it were true that an individual's happiness depended only upon his freedom, these people would be happy.

However, they are not happy. What brings about their unhappiness? It is the lack of problems.

An unhappy man is one who is considering continually how to become free. One sees this in the clerk who is continually trying to avoid work. Although he has a great deal of leisure time, he is not enjoying any part of it. He is trying to avoid contact with people, objects, energies and spaces. He eventually becomes trapped in a sort of lethargy. If this man could merely change his mind and start "worrying" about how he could get more work

to do, his happiness level would increase markedly. One who is plotting continually how to get out of things will be miserable. One who is plotting how to get into things has a much better chance of becoming happy.

There is, of course, the matter of being forced to play games in which one has no interest—a war into which one is drafted is an excellent example of this. One is not interested in the purposes of the war and yet one finds himself fighting it. Thus there must be an additional element and this element is "the power of choice".

One could say then that life is a game and that the ability to play a game consists of tolerance for freedom and barriers and an insight into purposes with the power of choice over participation.

These four elements, freedom, barriers, purposes and power of choice, are the guiding elements of life. There are only two factors above these and both of them are related to these.

The first is the ability to create, with of course its negative, the ability to uncreate, and the second is the ability to make a postulate (to consider, to say a thing and have it be true). This, then, is the broad picture of life, and these elements are used in its understanding, in bringing life into focus and in making it less confusing.

~oo00oo~

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**Quote from  
L. Ron Hubbard**

## **THE CODE OF HONOUR**

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

# 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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## 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

### Method One Word Clearing

"After doing this rundown, I have realized that I can be an expert subject matter in any subject I choose; it is all about what I am willing to know and what not. I am cause over my own knowingness *smile emoticon*

My space has increased considerably; I feel I am physically close to people, and that I share their reality. One problem bugging me was that in crowds I usually walk faster than the average person, and when trying to pass a person, most often they would unconsciously try to stop me, block my path. When I try to pass by their right side, they would feel an urge to step to the right; when I try to pass by their left side, they would feel an urge to step to the left. One day, after getting out of the subway and going through a narrow hallway to a food court, I had this frail looking old lady in front of me, moving slowly, looking ill and in pain. When I would try to pass her, she would get a spring in her step and briskly move sideways the same direction that I did. She did that for

about five or six times, so i stopped and I looked at her, and then she looked like she remembered what she is supposed to be like, and she put back on the coat of being a frail, pained and slow old lady lol.

Well, somehow now people let me pass by them, and sometimes even give me an agreeable go ahead.

A couple of my long lost exs' contacted me, and they ate crow saying that they did not put enough effort into making our relationship work, and they demanded that I give them another chance. I was shocked at the energy and determination they both had at getting another shot at it.

My daughter is 20, her world revolves around friends and school -- she made a point of coming to me to tell me that she feels I am wise, and that I have been acting kind of cool lately. There are many little changes; it would take hours to write them all. It seems that I keep a bright space around, and people in general want to somehow send me a nod of approval.

This may be the funniest win ever - there is nothing serious about it!

### **False Purpose Rundown**

"My FPRD is completed. My first major gain is stability and complete change due to the disappearance of my entheta creating circuits and of my impulsions of creating overts and motivators. A great deal of overt-motivator chains have vanished forever, complete as-ness on many dynamics, including 7th and 8th. Everything is lighter and calmer; I'm more serene, high tone and my perceptions seem infinite.

The change is so major that it is hard to explain, also because it is very simple: I am myself, CAUSE; the personality I want to be without all those major aberrations (me + zero evil intentions).

My viewpoint is more regularly an OT viewpoint, one that is larger than my body and the dynamics, one of an OT civilisation, one exterior to this planet and others

My perceptions are so better that I almost no longer look through my body's eyes!!! I see the cases of others, their beingness, their intentions, without having to put my attention on them. I simply perceive facts.

My ARC has greatly grown on all dynamics and my ethics. People in my space talk and act as they are; they cannot lie or they flee, my presence is at a high level. I'm completely detached of everything; I can put my attention on MY goals and attain my objectives; the rest doesn't exist in my own universe. I have simply no consideration on exteriorisation now; I'm here and I simply confront without effort. I stopped invalidating myself and the state that I'm really in PT.

I'm in optimal control of my attention. My attention is completely different, it is no longer at all on the past or on restimulations. I put my attention on the things I want, my goals; intention slides in and my mock-ups become is-ness in all 3 universes. I have no more attention on my aberrations or what's left of them...LOL.

My drive of producing VFP's is greatly amplified.

Thanks to Ron and Chris.

### **L11**

L-11 held many wonderful openings for me. One of the main things I gained is that the energy between myself and others now flows more freely, with less impediment, and that higher calibre people have begun showing up. For days after the sessions, the outflows of energy and openings would continue. The reorganizations after the session would last for hours, sometimes days.

Two major breakthroughs happened:

First was a huge spiritual breakthrough: I saw that everything everyone is doing is out of love for each other, every effort, every Facebook post, every item created, it's all out of such enormous love and care and caring and trying to lift us all up.

I had never seen the enormity of this love; I'd been seeing it wrong all my life. Because of this I had been misinterpreting everything, everything everyone says, their motives, their attitudes.

We all care so deeply; I saw the DEPTH of it: This deep abiding love we all have for each other. WE ALL SO DEEPLY LOVE EACH OTHER

The other huge breakthrough was when I saw that the many overts perpetrated against me in the hospital system and elsewhere: OTHERS COULD CONTINUE TO BE SO DEEPLY UNEVOLVED and that it was never as I saw it – I saw that all these overts and people and things that seem so vile and cruel are really unevolved rather than the way I saw them. All the overts committed against me in this life have been by people who are not at the level of taking full responsibility

The biggest win from L-11 is that I feel/am in a greater sense of full responsibility for my life. Thank you for this gift.

~oo00oo~



## My Journey on Solo NOTs

By Lana M.

For some time I have been wanting to write an article about SOLO NOTs.

I have audited several hundred hours so far, and will be continuing until I have reached LRH's EP for the level. Under a superb C/S, I can state that this level is undoubtedly the best auditing (and the best fun) I have ever had.

Prior to starting the level there was a very thorough study of the LRH NOTs Series, with standard check sheet, demos, drills and check-outs. I had already audited 6 different pre-OTs on NOTs over the prior year, and I had any questions on NOTs tech sorted out with word clearing, instructs and crams. My familiarity with the NOTs Correction List, NOTs PTS handling, NOTs Int handling and with the different tools for list correction, made me confident that no matter what I ran into, I would have the capability and skill, as a Solo auditor, to handle whatever comes up.

As a consequence my auditing on SOLO NOTs has been life changing and an absolute blast. With the LRH NOTs Pack at my side, there to refer to at any time in session or out, I have never bogged or been stumped as to what to do next. And as I have progressed on the level I have observed that each of LRHs issues in NOTs are 100% accurate and what he says pops up, does, and what he says will occur, does. I experience phenomena, and then notice that the NOTs pack details that exact phenom-

ena every time, with the exact handling noted, and when applied it works.

Without disclosing any confidential OT data about the level, I can say that SOLO NOTs allows me to strip away things about myself that I did not like — but even more, it has given me a better ability to spot the source of things — to get exterior to 'life' and be able to causatively work to improve conditions across my dynamics from an OT perspective.

As an example, I think it is fair to say that on any given day, a person will encounter all manner of feelings — sometimes good and sometimes bad. If I found that the course of events in a given day had left me feeling disgruntled, upset, anxious, worried, angry, or even disinterested, bored or disconnected, then on SOLO NOTs I can go in session and pinpoint the exact source of those feelings, concerns, worries, thoughts or postulates, and literally get rid of them.

Example; If I lose my cool with two rambunctious (love that word) children and just want to throttle them, get vindictive or very heavy handed with them — I can go in session, pinpoint the exact source and issue, and it is gone. And that feeling, consideration, idea or postulate is gone and does not return. When my highly spirited and cheeky children do the same at a later time, I respond in a sensible, controlled and rational way, making life for them (as kids) and me (as parent) so much easier.

Another example; I noticed that the decision to exercise regularly and keep in shape seems to always fall to the bottom of the priority list. I wanted to do something, but at the same time, I was clearly counter-creating the same thing. Well on SOLO NOTs I have been able to pinpoint the exact counter-create, the counter-purpose, and get rid of it. Gone. Now I can stick to my goals and achieve them, even with the busy schedule I lead, and with the dark chocolate bars that I adore.

Another example; At work I noticed that I

would go through the motions of busy-ness and have lots occurring, but I would leave a small trail of incomplete or poorly done jobs behind me. Getting to a point where I could even observe this behaviour in myself was the first step of recognizing all was not as it should be, and then having the tools to go in session and resolve that situation completely has meant that my own efficiency, production level and work-ethic has come to a new high. Another example; Having done plenty of FPRD auditing in the past, I am well familiar with the nature of an evil purpose, and I was confident that I had completed my FPRD program well in the past – however on SOLO NOTs I have unearthed some incredibly juicy evil purposes that had been there the whole time, unnoticed. Each one was surprising to me and brought great relief (and persistent floating needle). And the same goes for PTSness. I have done the PTS Rundown in the past, and a repair. I have done the auditing NOTs PTS steps with an auditor, yet on this level I have found and dealt with some additional instances of PTSness that I had not known of, and that were impinging on me and my life. The wins in handling these were incredible and truly life changing for me. Another example; My understanding of myself, as a static, has come WAY up. I am a life force and capable of anything, but at the same time I am a ‘nothing’. I have no location, no mass, no time, but I can create and change these things at will. Through my SOLO NOTs auditing to date I have gotten to a point where I can recognize that if there is ‘something’ going on in my universe, it can’t be me – as I am ‘nothing’. That ‘something’ has a source/origin and is remaining a ‘something’ as it is continually created. And by spotting that exact source/origin that ‘something’ as-ises completely. And in its place is not some big black hole of emptiness but instead a soar in my personal tone level and an increased capacity of my postulates and decisions.

It is like stripping the paint on an old picture, taking off layers and layers, to find the actual, original picture underneath to be so different from the picture that you had first started with. And as those layers come off, my own understanding of me rises, by recognizing and dealing with what was not essentially me in the first place.

I wanted to write these wins up for several reasons:

1. SOLO NOTs is available, in its full and unaltered form, in the field. We have the LRH materials, the checksheets and the technical people to help get someone onto and through the level to the LRH EP.

2. Those who have experienced SOLO NOTs in the Church of Scientology, or elsewhere, who have not been blown away with the level, or run into trouble (in whatever way), will find that it CAN be sorted out – starting with a full study of the LRH materials of the level. They CAN complete SOLO NOTs and have the gains that LRH details.

3. For those who are lower on the Bridge and have maybe felt a failed purpose about getting onto the OT levels, or felt that every time they get close, something else goes wrong — YES you can do it. No question there are barriers and challenges along the way, but don’t lose hope or give up. I was a stalled Clear just 4 years ago, and now I am flying on SOLO NOTs.

You can be too.

Reprinted with permission from: <https://milestonetwo.wordpress.com/2015/02/28/my-journey-on-solo-nots/>

~oo00oo~

## Quotes from Attitude and Conduct of Scientology

4th London ACC, 3 November 1955

“The next thing we’ve learned [in the first 5 years of active organization] is that organizational problems are best resolved by Scientology and that there are exactly two methods by which personnel can be handled – two methods. And these are very sharp and very definitive, organizationally. They are handled in one of these two ways...

The two ways of handling those who are not getting something done is, one, process them and, two, disconnect them from the organization but not from Scientology. Got that?”

[LRH then clarifies that we assume these people are Scientologists.]

#####

“But we do not, I repeat, do not, separate them from Scientology or Scientology organizations, nor at any moment fail to give them organizational support or cooperation in the starting of any new activity in which they wish to engage for the benefit of Scientology. You got that?”

“In other words, the arduous lesson along this line is that no-communication lists, revocation/suspension of certificates, court action of any kind whatsoever within the realm of Scientology and so forth, is not only – not only difficult to do but does not work. That’s just the end of it. It just doesn’t work. It’s for the sea gulls.

That might work in Gestetner Limited or Westinghouse, but it does not work in Scientology. Got that?”

...”When a person becomes part of Scientology in general or the organization in particular, they are part of our own time continuum. And enturbulences which affect them and separate

them out of an orderly existence, kick back madly all the way across the whole set of dynamics and you have apparently practically offered to kill somebody. I think mere capital punishment is not a fitting description of comparable magnitude.

“See, you say, ” Well, that’s all right. Don’t come around to this group anymore. You go away. Now that you have been booted out, why, you’re off of communication and we’re not going to do anything for you and don’t associate with us anymore” and so forth. This creates one awful reaction. I’ll tell you why I know it creates one awful reaction. These people don’t spin necessarily, but their retaliatory gestures demonstrate that they have received a motivator of enormous magnitude. I can tell you how it seems to them by what they do.

“They practically devote the rest of their lives and all of their actions and attention and everything else to trying to get even with you or remedy the situation somehow or something. This is one of the more fabulous things, so that it must be something of magnitude.

“It evidently doesn’t compare to simply being ejected out of a country or ejected out of some kind of universe or out of a family or something of the sort, you know? It isn’t evidently of comparable magnitude. This is a very great oddity I wish to point out to you.

“In the first place, Scientology is a road out of and into universes.”

[...] “I merely wish you to look at the enormous actions undertaken by people who have been ejected from organizations and otherwise. They seldom go off and suck their thumb dismally. They seldom do this. They might go completely into apathy..., [but t]hey usually come in there fighting with violence; they’ve got to do something of magnitude.”



\* \* \*

“See, we don’t quite understand the magnitude of the injury and the magnitude is considerable.”

\* \* \*

“It’s because they are people of good intention. And by saying that these people are not fit to associate with us anymore, we have told a lie of magnitude. This is not true. It’s never true. You got it?”

From Page 9

“Our inability to understand the actions of other Scientologists has a very fascinating barrier. The limitation on our understanding is simply this: we say they have bad intentions, and that is a lie. Got it?”

“So the whole situation is liable to enturbulate around that postulated bad intention. That’s what enturbulates the situation. That makes a lie.

“The situation then becomes unsolvable. Because we’ve entered a changing factor called a lie into it.”

From Page 11

“The most valuable asset we have, actually, is our ability to understand, to do the right thing, to be kind, to be decent.”

From Page 13-14

“Well, I hate to unsettle a very stable datum, if it does unsettle it. But the only way anything ever does resolve is by letting your own kind heart reach through. That’s the only way it ever does solve.

“And it never solves by being tough.”

\* \* \*

“It is proving more and more and more, that it’s not a safe thing to do [ARC break a Scientologist]. Not a safe thing from the standpoint of a vested interest, or something like that, to

attack Scientologists. They’re too agile, they communicate, they talk. Get the idea? I mean, they do upsetting things. They don’t go back and sit down apathetically and say that’s the end of that.

“They write letters. They do things. They think of ideas. They think of ways to get a communication line through.”

From Page 17

“What do we really have of value in the organizations of Scientology? The only thing we have of value, actually, is Scientology, an understanding of life, increasing ability to communicate, a good concept and grip on reality and the ability to like guys. That’s all you got. “When you knock out one of those or degrade one of those, you’ve got less than you had before. You’ve got less organization than you had before.

“When we drop the various points of the ARC Triangle in their fullest meaning, we drop also the assets of the organization. And I mean that literally. I mean we drop the mimeograph machine, just like that, you know. Bang!”

\* \* \*

“And there’s only one more thing that we could know that would make us all feel very, very relaxed about the whole thing. There isn’t a person anywhere in Scientology who has bad intentions for Scientologists or their fellow man. And that point all by itself is very well worth thinking about the next time some trouble arises in your vicinity, because that is the truth. And if you handle a situation with that in mind, you will solve the situation.”

~oo00oo~



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

### **Exercises One, Two and Three**

#### **Exercise One**

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

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

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

#### **Exercise Two**

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

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

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

#### **Exercise Three**

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

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

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

"Recall a time when you agreed to something."

"Recall a time when somebody disagreed with you."

"Recall a time when you liked somebody."

"Recall a time when someone agreed with you."

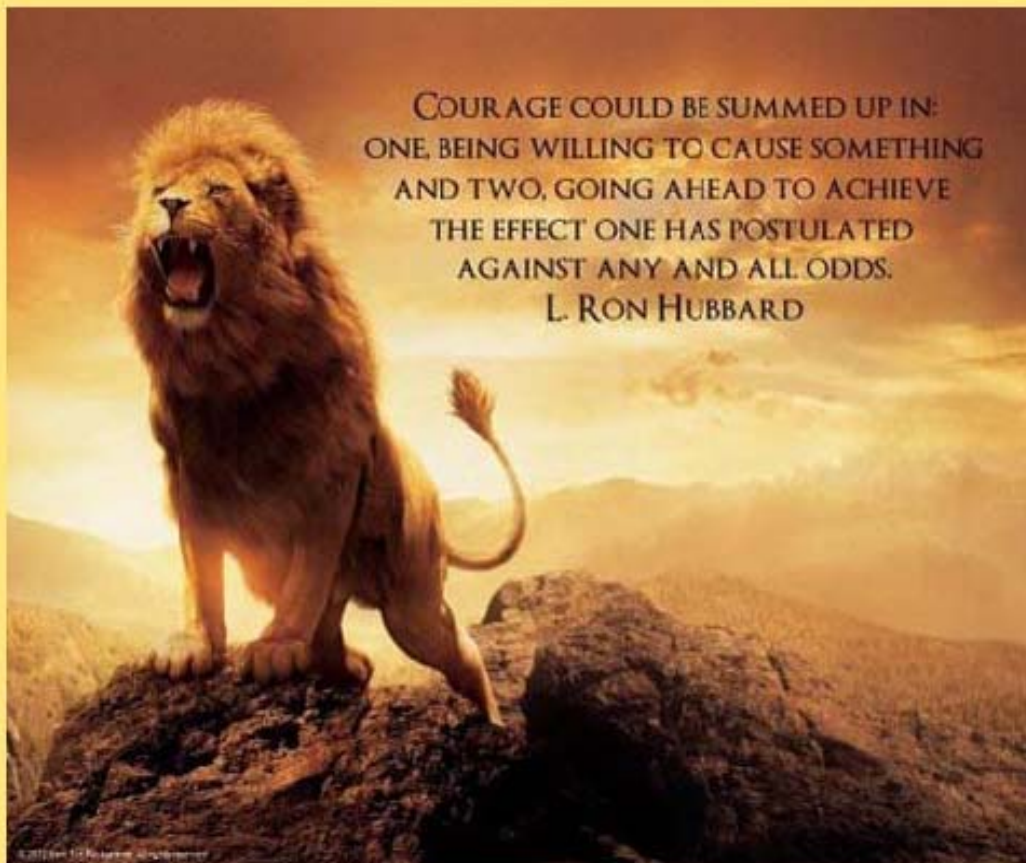
"Recall a time when someone was communicating easily to you." "Recall a time when somebody liked you."

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

This exercises can be done for hours.

~oo00oo~

# Group Starter Kit for Scientologists



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## Expanded Know to Mystery Scale

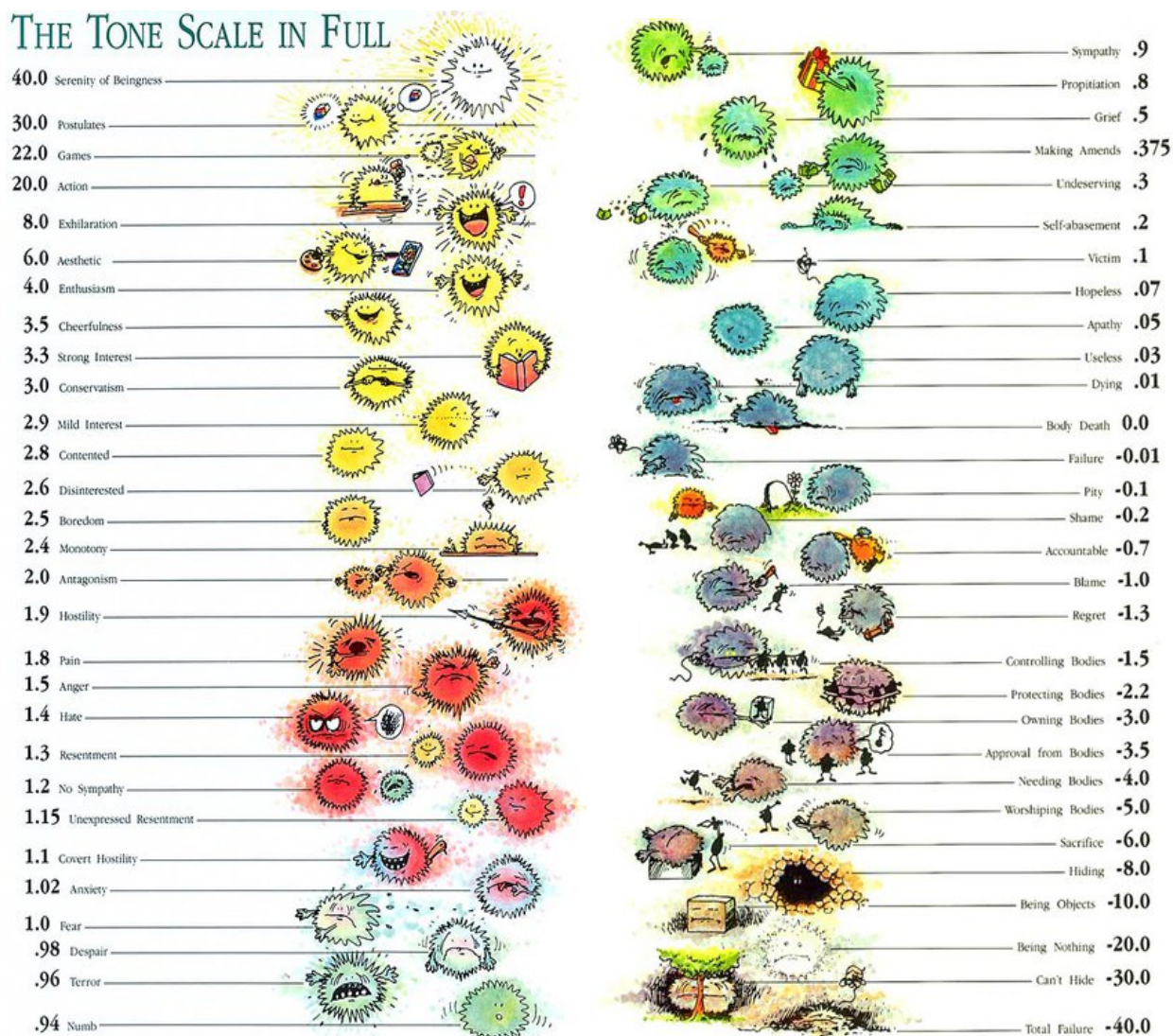
But you get a condensation of knowingness. A condensation of knowingness occurs down to lookingness. One has something to look at. And then this condenses and we get emotion. And this condenses and we get effort. And this condenses and we get thinkingness -you know, figure-figure. And this condenses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

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

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

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

# 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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**Quote from  
L. Ron Hubbard**

The basic individual is not a buried unknown or a different person, but an intensity of all that is best and most able in the person. The basic individual equals the same person minus his pain and dramatizations.

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