



# FREE THETAN

NEWSLETTER OF THE ASSOCIATION OF  
PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

*Preserve, Protect & Promote*

July 2015

No 6 Issue 7



*"an individual only gets into traps and circumstances he  
Intends to get into. Certain it is, that having gotten into  
such a position, he may be unwilling to remain in it, but a  
trap is always preceded by one's own choice of entrance."  
-THE FUNDAMENTALS OF THOUGHT*

# FREE THETAN

## NEWSLETTER OF THE ASSOCIATION OF PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

*Preserve, Protect & Promote*

### FREE THETAN

Volume 6 Issue 7 July 2015

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Michael Moore

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Sebastian Tombs

Harry Seldon

And many others

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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,

The media often focuses on the upper levels of Scientology and denigrates Scientology as a result. An example is past history and past lives (this despite the fact that the current Dalai Lama is well accepted by the media as being the 14th incarnation - A good example of contrary facts), yet it is the basics that is most real to most people and are the useful tools they can use right now.

Tools such as ARC, the Tone Scale, the Stable Datum, The 8 dynamics and many others.

Educating people in these with examples and getting them to see how they apply in life will do more for the dissemination of Scientology than trying to explain OT phenomena.

Giving someone something that can be real to them and which they can use in their life will demonstrate the validity and usefulness of Scientology.

Something worth doing perhaps?

Until next time.

Much arc,

Michael Moore  
Editor

~oo00oo~

## *The Aims of Scientology and APIS*

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

*We therefore stated below:*

### **The Aims of APIS**

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

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

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

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

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

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

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

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

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

The sun never sets on Scientology.

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

Our aims are simple, if great.

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

Your help is acceptable to us.

Our help is yours."

'The Aims of Scientology' -- Lafayette Ron Hubbard

~oo00oo~

## CERTIFIED AUDITORS & GROUPS

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

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

### Canada

Toronto

Chris Black. Class VIII C/S, KOT,

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

### USA

#### South East

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

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

Ingrid Smith

From Life repair to OT4

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

Silvia Llorens

All Standard Bridge

[slllorens71@gmail.com](mailto:slllorens71@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 BRIDGE TO TOTAL FREEDOM

## SCIENTOLOGY CLASSIFICATION GRADATION AND AWARENESS CHART OF LEVELS AND CERTIFICATES

TRAINING						PROCESSING						
Author's Class	Course	Prerequisites	Notes	Where Taken	Exam Dates	IC Grade	Name of Book	Subject	Prerequisites	Class of Author	Where Taken	Quality
<b>Class XII Auditor</b>	Class XII Auditor	Class XI Auditor	Class XII Auditor	Class XII Auditor	Class XII Auditor	OT XV	OT XV	OT XV	OT XV	Class XII Auditor	Class XII Auditor	Continued and revised
<b>Class XI Auditor</b>	Class XI Auditor	Class X Auditor	Class XI Auditor	Class XI Auditor	Class XI Auditor	OT XIV	OT XIV	OT XIV	OT XIV	Class XI Auditor	Class XI Auditor	Continued and revised
<b>Class X Auditor</b>	Class X Auditor	Class IX Auditor	Class X Auditor	Class X Auditor	Class X Auditor	OT XIII	OT XIII	OT XIII	OT XIII	Class X Auditor	Class X Auditor	Continued and revised
<b>Class IX Auditor</b>	Class IX Auditor	Class VIII Auditor	Class IX Auditor	Class IX Auditor	Class IX Auditor	OT XII	OT XII	OT XII	OT XII	Class IX Auditor	Class IX Auditor	Continued and revised
<b>Class VIII Auditor</b>	Class VIII Auditor	Class VII Auditor	Class VIII Auditor	Class VIII Auditor	Class VIII Auditor	OT XI	OT XI	OT XI	OT XI	Class VIII Auditor	Class VIII Auditor	Continued and revised
<b>Class VII Auditor</b>	Class VII Auditor	Class VI Auditor	Class VII Auditor	Class VII Auditor	Class VII Auditor	OT X	OT X	OT X	OT X	Class VII Auditor	Class VII Auditor	Continued and revised
<b>Class VI Auditor</b>	Class VI Auditor	Class V Auditor	Class VI Auditor	Class VI Auditor	Class VI Auditor	OT IX	OT IX	OT IX	OT IX	Class VI Auditor	Class VI Auditor	Continued and revised
<b>Class V Auditor</b>	Class V Auditor	Class IV Auditor	Class V Auditor	Class V Auditor	Class V Auditor	OT VIII	OT VIII	OT VIII	OT VIII	Class V Auditor	Class V Auditor	Continued and revised
<b>Class IV Auditor</b>	Class IV Auditor	Class III Auditor	Class IV Auditor	Class IV Auditor	Class IV Auditor	OT VII	OT VII	OT VII	OT VII	Class IV Auditor	Class IV Auditor	Continued and revised
<b>Class III Auditor</b>	Class III Auditor	Class II Auditor	Class III Auditor	Class III Auditor	Class III Auditor	OT VI	OT VI	OT VI	OT VI	Class III Auditor	Class III Auditor	Continued and revised
<b>Class II Auditor</b>	Class II Auditor	Class I Auditor	Class II Auditor	Class II Auditor	Class II Auditor	OT V	OT V	OT V	OT V	Class II Auditor	Class II Auditor	Continued and revised
<b>Class I Auditor</b>	Class I Auditor	Class 0 Auditor	Class I Auditor	Class I Auditor	Class I Auditor	OT IV	OT IV	OT IV	OT IV	Class I Auditor	Class I Auditor	Continued and revised
<b>Class 0 Auditor</b>	Class 0 Auditor	Not Classed	Class 0 Auditor	Class 0 Auditor	Class 0 Auditor	OT III	OT III	OT III	OT III	Class 0 Auditor	Class 0 Auditor	Continued and revised
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	OT II	OT II	OT II	OT II	Not Classed	Not Classed	Continued and revised
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	OT I	OT I	OT I	OT I	Not Classed	Not Classed	Continued and revised
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	OT Eligibility	OT Eligibility	OT Eligibility	OT Eligibility	Not Classed	Not Classed	Continued and revised
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	Solo Course	Solo Course	Solo Course	Solo Course	Not Classed	Not Classed	Continued and revised
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	OT Preparations	OT Preparations	OT Preparations	OT Preparations	Not Classed	Not Classed	Continued and revised
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	Solo Course	Solo Course	Solo Course	Solo Course	Not Classed	Not Classed	Continued and revised
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	Sunshine Rundown	Sunshine Rundown	Sunshine Rundown	Sunshine Rundown	Not Classed	Not Classed	Continued and revised
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	CLEAR	CLEAR	CLEAR	CLEAR	Not Classed	Not Classed	Continued and revised
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	Expanded Dianetics	Expanded Dianetics	Expanded Dianetics	Expanded Dianetics	Not Classed	Not Classed	Continued and revised
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	New Era Dianetics (NEP)	New Era Dianetics (NEP)	New Era Dianetics (NEP)	New Era Dianetics (NEP)	Not Classed	Not Classed	Continued and revised
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	Grade IV	Grade IV	Grade IV	Grade IV	Not Classed	Not Classed	Continued and revised
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	Grade III	Grade III	Grade III	Grade III	Not Classed	Not Classed	Continued and revised
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	Grade II	Grade II	Grade II	Grade II	Not Classed	Not Classed	Continued and revised
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	Grade I	Grade I	Grade I	Grade I	Not Classed	Not Classed	Continued and revised
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	Grade 0	Grade 0	Grade 0	Grade 0	Not Classed	Not Classed	Continued and revised
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	ARC Straightener	ARC Straightener	ARC Straightener	ARC Straightener	Not Classed	Not Classed	Continued and revised
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	Happiness Rundown	Happiness Rundown	Happiness Rundown	Happiness Rundown	Not Classed	Not Classed	Continued and revised
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	File and Diagnostics	File and Diagnostics	File and Diagnostics	File and Diagnostics	Not Classed	Not Classed	Continued and revised
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	Purification Rundown	Purification Rundown	Purification Rundown	Purification Rundown	Not Classed	Not Classed	Continued and revised

**How to Use This Chart**

The chart, used as a guide to the training and processing of Scientologists, is divided into two main sections: TRAINING and PROCESSING. The TRAINING section is divided into 12 classes, from Class XII Auditor down to Class 0 Auditor. The PROCESSING section is divided into 15 levels, from OT I up to OT XV. The chart shows the prerequisites for each class and level, and the corresponding books and courses that must be completed. The chart is a guide to the training and processing of Scientologists, and is used by the Church of Scientology to ensure that all Scientologists receive the same quality of training and processing.

**Definitions**

**OT (Operating Thetan):** A person who has achieved the state of Operating Thetan through the processing of the Operating Thetan Levels. OTs are able to operate independently of their physical bodies and are able to perform advanced tasks that are beyond the capabilities of ordinary humans.

**IC (Intermediate Course):** A course that is designed to help Scientologists understand the basic principles of Scientology and to prepare them for the next level of training.

**ARC (Advanced Rundown Course):** A course that is designed to help Scientologists understand the advanced principles of Scientology and to prepare them for the next level of training.

**Success Through Communication**

This course is designed to help Scientologists understand the basic principles of communication and to improve their communication skills. It covers topics such as listening, speaking, and writing, and provides practical exercises to help students apply what they have learned.

**Life Improvement Course**

This course is designed to help Scientologists understand the basic principles of life improvement and to improve their lives. It covers topics such as goal setting, time management, and stress management, and provides practical exercises to help students apply what they have learned.

**Personal Efficiency Course**

This course is designed to help Scientologists understand the basic principles of personal efficiency and to improve their productivity. It covers topics such as organization, time management, and decision making, and provides practical exercises to help students apply what they have learned.

**Scientology Introductory Auditing Course**

This course is designed to help Scientologists understand the basic principles of auditing and to prepare them for the next level of training. It covers topics such as auditing techniques, auditing ethics, and auditing philosophy, and provides practical exercises to help students apply what they have learned.

**Dianetics (Book One)**

This book is the first of three books in the Dianetics series. It introduces the basic principles of Dianetics and explains how it can be used to improve one's life. It is a must-read for anyone who is interested in Scientology.

**Anatomy of the Human Mind**

This book is the second of three books in the Dianetics series. It explains the basic principles of the human mind and how it can be used to improve one's life. It is a must-read for anyone who is interested in Scientology.

**Purification Rundown**

This is a physical procedure that is designed to help Scientologists understand the basic principles of purification and to improve their health. It involves the use of a special solution to help remove toxins from the body and to improve overall health.



“I have been at work for seven years to produce a series of techniques which any well trained auditor can use to clear people. We now have them.

I am truly sorry that this took seven years. Actually, it took more than twenty-five.

Under other “systems of research” it could not have been done. It was financed at first by my writings and expeditions. Some 15,000,000 words of fact and fiction articles ranging from political articles to westerns were consumed in a large part by this research—but it was free to act if not free from sweat.

No bullying dictator wanted it for his mass slaveries as happened to poor misguided Pavlov. No big corporation wanted it for a better Madison Avenue approach to advertising—another kind of slavery. No big RESEARCH FOUNDATION like Ford was there to interject their “America First” philosophy. These had not paid for it; therefore they didn’t own it. The work stayed free. Thus it prospered. It did not wither in support of some aberrated “cause.” It bloomed.

But the violence of protecting this work while

continuing it took a toll nevertheless. Special interests believed it must be evil if they did not own it. Between 1950 and 1956, 2,000,000 traceable dollars were spent to halt this work. Newspaper articles, radio ads (as in Seattle from the University of Washington), bribed “patrons,” financed “patients” all cost money. You hear the repercussions of this campaign even today.

Money could not stop this work by then. It was too late. If anything had been wrong with our organizations, my character, our intentions or abilities the whole advance would have crumbled. But we had no Achilles’ heels. We carried on. All that has survived of this attack by the two APAs, the AMA and several universities is a clutter of rumors concerning your sanity and mine—and rumors no longer financed will some day die.

And so the work has emerged free of taint and misguided slants. It is itself. It does what it says it does. It contains no adroit curves to make one open to better believing some “ism.” That makes it singular today in a world gone mad with nationalism. Buddhism, when it came to the millions, was no longer free of slant and prejudice. Taoism itself became a national jingoism far from any work of Lao-Tze. Even Christianity had its “pitch.” And if these great works became curved, with all the personal force of their creators, how is it that our little triumph here can still be found in a clear state?

Well, no diamonds and palaces have been accepted from rajahs, no gratuitous printing of results has been the gift of warlords, no testa-

ment had to be written 300 years after the fact.

For this we can thank Johann Gutenberg, and the invention of magnetic tape. Therefore, although we have no such stature as the Great Philosophies, I charge you with this—look to source writings, not to interpretations. Look to the original work, not offshoots.

If I have fought for a quarter of a century, most of it alone, to keep this work from serving to uphold the enslavers of Man, to keep it free from some destructive “pitch” or slant, then you certainly can carry that motif a little further.

I’ll not always be here on guard. The stars twinkle in the Milky Way and the wind sighs for songs across the empty fields of a planet a Galaxy away.

You won’t always be here.

But before you go, whisper this to your sons and their sons—“The work was free. Keep it so.” LRH (Scientology: Clear Procedure, Issue One)

~oo00oo~

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As I continue to research; I never cease to be amazed at the amount of gain potentially available to an individual.

There are six rough divisions of case gain.

1. From raw public to a realization Scientology works and should be continued.
2. The realization that, through his auditing, one will not get any worse - an arrested decline.
3. The whole band of gains we call the lower Grades. The very least of these gains (and there are many by pc testimony), is stated to exceed by far any advance in personal gain ever before achieved in any former practice

known. (A simple flying of ruds can get more gain than ten years of psychoanalysis!)

4. The band that achieves in a final burst of glory and freedom, the state of Clear.

5. The pre-OT levels, leading to personal spiritual freedom. These carry up through all NOTs, audited and Solo. What is amazing here is that each one of these levels, according to rave reports, has, each one, its own spectacular level of gain.

6. The actual OT levels beginning now with New OT VIII and going on up.

According to the spiritual research records and pre-OT and OT reports, the AMOUNT of gain



available to one person is never really conceived, in an aberrated state, to potentially exist above him.

It is a never-ending source of wonder to people, going truly on this route, that there could be such QUANTITY of gain available to one being.

Thus in an aberrated state, the person is not likely to turn his eyes up very high and still keep a reality on it.

In the age of speed, people may conceive it all should happen in a minute. Or maybe a minute and a half. Or as the result of a needle jab which will make them free forever.

Alas this universe isn't built that way.

This universe is based on QUANTITY. There's an awful lot of it.

The number of electrons in an atom, the number of atoms in a molecule, the number of molecules in a drop of water is awesome arithmetic.

The number of planets in systems, the number of suns in a galaxy, the number of galaxies add up to mind-boggling figures

TIME, on this very short-lived and hectic planet, is hardly conceived of at all. Just recently geologists concluded that Man might have been here for a million years. HAH! Little do they know!

The age of this and other universes is very, very long. It is not eternity but almost.

So, without getting into questions as to how long you've been around (the brain theory boys might object since they are TERRIFIED of spirits) let's ask this question:

If a being had half an eternity to louse himself up, how loused up could he get?

Right. Go to the head of the class. Plenty!

And you now can get an inkling of how much spiritual gain might be available. And this could explain why, at each one of the six levels, there are so many new gains according to testimonies collected.

All right. Got that? Good.

We now come to the next question, since one and all are being very bright this morning.

If it took a being half an eternity to louse himself up, how long would it take to unlouse him?

Now before your mouth turns down at both sides and before you collapse with apathy considering it, let's look at the miracle of Dianetics and Scientology.

It doesn't take half an eternity. It doesn't take millennia - though this could be reasonably expected. It doesn't take centuries. It only takes years.

That's right. Years.

The above six rough divisions of gains are sort of an expanding scale.

The first one could take, with an intro or assist, maybe half an hour plus a few evenings reading books.

The next level (consisting of formal auditing and Purif), possibly could take a week or two.

The third level, consisting of the lower Grades and more books could, due to scheduling of time and all that, consume a month.

The fourth level, depending on the case, might take a bit longer. But it can result in Clear.

The fifth band now begins to really lengthen. To become a Solo Auditor and go up through the levels to OT III could take months. And through OT III can stretch out considerably. And then audited NOTs and Solo NOTs really adds time on. The gains of each point of progress can make, according to reports of pcs, progress at the lower end look like inches. Yet the lowest of these bands is above any progress Man has made before.

Now when we get to band six, get ready for a long haul. It won't happen in a minute.

So what we're looking at here is time proportional to reported gain.

Once one has gone Clear and gets to Solo, one has to plan one's time to each day put his auditing time in and just keep at it.

Some balk when they have gone a week. Life looks too interesting. Or they bog and are "too busy" to get a repair to get them going again. They are, after all, moving at a much faster pace personally - their interests may have multiplied.

But if they will just keep at it and make the arrangements necessary to be able to do it, according to the rave reports, it is very worthwhile.

So what is one really looking at? The higher the level, the longer the time - because one is handling a higher band of potential gain.

And what is one rising to, after all?

One is rising to eternity.

You think time is behind you?

Have another thought. Look AHEAD.

There's eternity!

And you'll be in it.

You'll be in it in a good state or a bad one. Really, I'm sorry to have to tell you, there's no choice. One may be able to step off the planet. One isn't going to step off life.

In this time and in this place - for possibly just a little while, we have this chance. To go free and to make it. Planets and cultures are frail things. They do not endure.

I cannot promise you that you will make it. I can only provide the knowledge and give you your chance.

The rest is up to you.

I strongly advise you work hard at it - don't waste this brief breath in eternity.

For that is your future - ETERNITY.


It will be good for you or bad.

And for you, my dearest friend, I've done what I could to make it good for you.

L. RON HUBBARD  
FOUNDER

~oo00oo~

<p><b>The FREE THETA</b></p>	<p>The Members Quarterly Journal of the 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>



**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.



## 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

### OBJECTIVES

"My experience with doing these processes was like no other. Besides doing my communication drills, I have never been more in the present. I have never looked more forward to my future. I learned I have all control over my life, who is in it, and how I direct it. No one else can. I realized there is nothing in the universe I can't have. I'm the only one who is stopping me. This world is mine for the taking. I now have the confidence to go out and get it!"

### LIFE REPAIR

Life Repair is a very interesting adventure and as a result of it I feel freer than before. It was a fun process to do.

I felt many blow downs and knew many of them were going to be called FNs just by the way I felt (very good). Spotting the location of an implant was very helpful in handling a key-in from long ago which has been haunting me for over 40 years. I now feel quite "keyed-out".

Thank you LRH and Chris.

### STRAIGHTWIRE AUDITING

This afternoon I completed the Straight wire portion of my auditing process.

The primary reason that I began the auditing process was to address a chronic gall bladder problem that I have been experiencing for almost two years. As a result of this issue, my energy level had dropped dramatically. Along with this decrease in energy several other problems had developed: severe loss of focus, concentration, and reasoning ability; varying degrees of regular abdominal pain and difficulty in eating; maintaining emotional equilibrium was steadily decreasing; productivity at work was greatly reduced; secondary health problems such as low-level infections and allergies were developing and becoming common, ability and interest in basic social interactions were also becoming greatly impaired.

I was able to release the cause of the gall bladder dysfunction three weeks ago, and credit the

auditing process as part of my success. In order to enter a session, it forced me to marshal my focus and energy on a specific goal besides basic survival. It took me out of the current track of thoughts, emotions, and habits that I had entered and reminded me of healthier and more functional times in my life. The need for basic and positive interactions was another point that I was reminded of, a subject that I had stopped caring about several months ago.

Since then my health has returned and I consider myself to be at the most high-functioning point of my life physically, mentally, and emotionally. I have regained my focus and concentration; have emotions without fixation; physical health and vitality (and no pain after eating).

#### **GRADE ZERO**

There might be bigger and better grades to come but Grade Zero . . . for me . . . was outstanding. Being in communication with myself - with my wife and family - friends and co-workers is completely different than what I presumed I was doing before this grade. Now I actually have real communication and I really am in communication with myself, wife, family, etc. Bring on Grade One!!

#### **GRADE ONE**

I feel that I understand the underlying reasons for day to day problems. When a problem occurs I can quickly scan in my mind and find the real why. Solving the problem would be with communication. I've been doing this very well for about a week now, it is very interesting. I feel a lot more at cause over a ton more in my life. Sometimes when I looked at a problem, I found out that I was the source, so I changed certain considerations and poof, the problem was no longer a problem! This has actually become so automatic that I forget how I used to solve problems. Life is getting better and better.

#### **CLEAR**

Whether I sit down in a quiet space or engage in a busy area my mind is calm and ready with all my analytical power at my will. I was not always like this. Quite frequently even in the happiest most keyed-out states in my life random pictures, sounds, thoughts or feelings used to surface in my mind seemingly out of nowhere. At best they would throw my attention off for a moment at

worst they would get my mood down and disperse my attention seriously. It was like an almost constant interference like a background noise. Most of the time I was able to dismiss such 'randomly presented' stuff and be back to my thread with little distraction. This annoying and concerning habit of my mind would influence my actions. I would always have some kind of an explanation for my aberrated conduct.

All that is gone now. This is clear. No more noise just me and my thoughts confronting the present. The past is settled and its pictures, sounds, thoughts or feelings are not presented to my mind randomly anymore. They are still there available to my mind but since they have been confronted and are As-is -ed they are only available in an orderly logical manner as all mental image pictures are meant to be.

As LRH said the mind is utterly incapable of error. It is then the data accepted in the mind (the data in the reactive bank) is what makes the one aberrated. I now realize how precious DATA really is. Any mistake in assimilation can and will cause aberration when that data is needed.

My DATA is now sorted and are where they belong and I intend to keep it that way. This state is where we all belong and we must help each other and ourselves to get there.

~oo00oo~



# 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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*Freedom*

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

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

- SCIENTOLOGY: A NEW SLANT ON LIFE

L. Ron Hubbard

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"REALITY IS THE AGREED UPON APPEARANCE OF EXISTENCE"

SCIENTOLOGY 8 8008  
Lafayette Ron Hubbard

## 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."

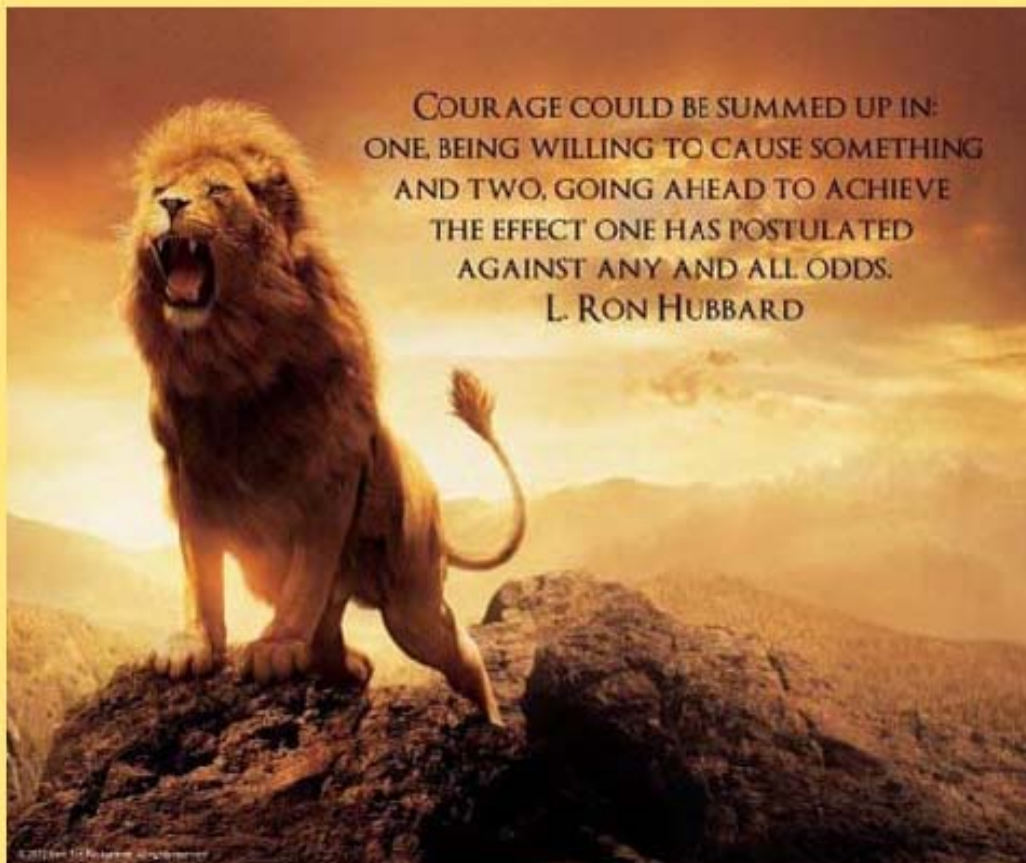
Use this list many times. If "holding corners" (Exercise One) disturbed you, use this list. If you are tired or confused, use it.

This exercises can be done for hours.

~oo00oo~



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## A Handbook for Field Scientologists Starting up a Group

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## Expanded Know to Mystery Scale

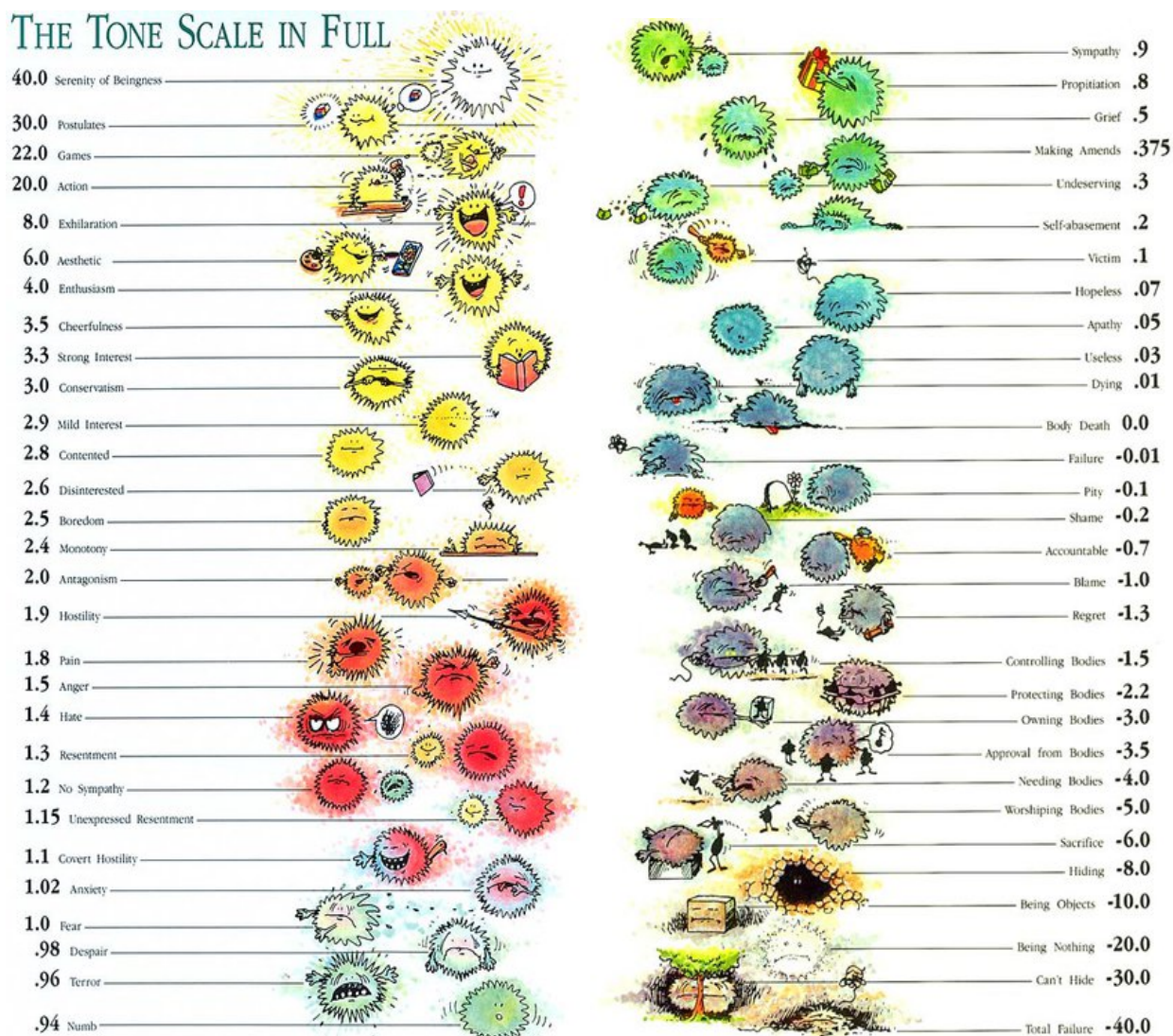
But you get a condensation of knowingness. A condensation of knowingness occurs down to lookingness. One has something to look at. And then this condenses and we get emotion. And this condenses and we get effort. And this condenses and we get thinkingness -you know, figure-figure. And this condenses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