



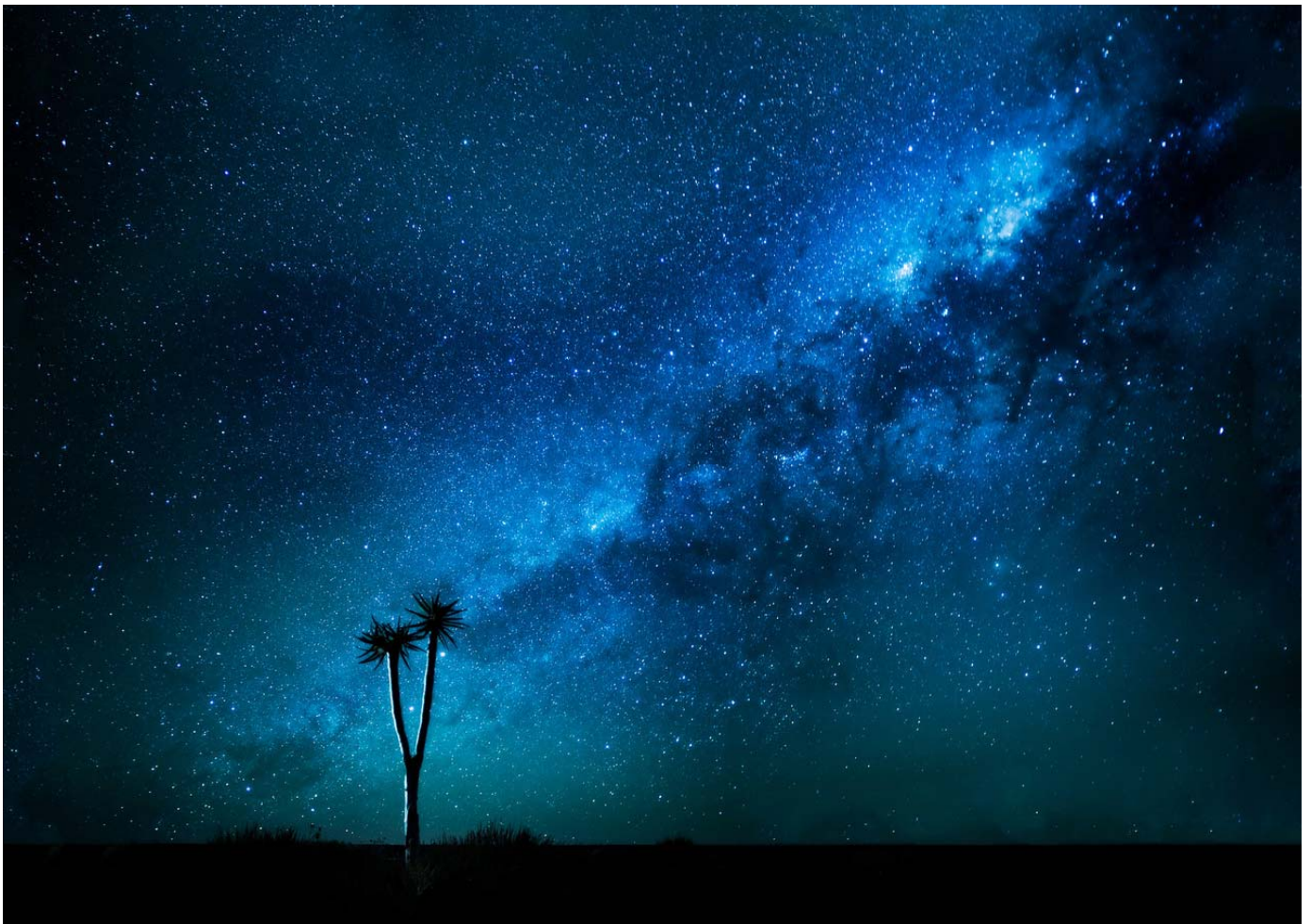
FREE THETAN

NEWSLETTER OF THE ASSOCIATION
OF PROFESSIONAL
INDEPENDENT SCIENTOLOGISTS

Preserve, Protect & Promote

September 2015

No 6 Issue 9



“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.’”

L. Ron Hubbard (Scientology: Clear Procedure, Issue One)

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FREE THETAN
Volume 6 Issue 9 September 2015

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Important

In studying Dianetics and Scientology be very, very certain you never go past a word you do not fully understand.

The only reason a person gives up a study or becomes confused or unable to learn is that he or she has gone past a word or phrase that was not understood.

Trying to read past a misunderstood word results in mental “fogginess” and difficulty in comprehending the passages which follows. If you find yourself experiencing this, return to the last portion you understood easily, locate the misunderstood word and get it defined correctly—and then go on.

~oOo~

	<p>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>	
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~ Editorial ~



reservo, servo, proveho

Dear Reader,

September is upon us and there is only a quarter to go to the end of the year.. APIS will have been around for 11 years and getting on for 12 come 2016.

Scientologists in the field are busy he4ads down bum up auditing and making clears and OTs while the church crumbles under suppressive leadership.

It seems that one an idea has taken hold, once truth is set free there is no stopping it. The Technology will continue to be used and taught. As a result of the internet and communications now available through electronic technology the technology of freeing people cannot be stopped. If one is unwise enough to watch the media it might seem like suppression is winning but this is an apparency. Attempts at suppression are failing in many quarters, and the technology that Ron Hubbard developed is creating many more OTs and raising the tone level around the planet. An awful lot of confusion and charge will blow off as the forth dynamic engram is erased bit by bit but eventually one will be able to see the light through the crumbling ruins.

Remember, come what may, we are all immortal.

"There is something else about Free-dom which is intensely interesting—it cannot be erased.

You may be able to concentrate somebody's attention on something that is not free and thus bring him into a state of belief that Freedom does not exist, but this does not mean that you have erased the individual's freedom. You have not. All the freedom he ever had is still there."

-SCIENTOLOGY: A NEW SLANT ON LIFE

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

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

Southern Cal tech Team

Standard LRH Bridge

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

scttservices@gmail.com

Los Angeles, California

Trey Lotz Class VIII

Delivers: Standard LRH Bridge up to Clear, 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

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~



FREEDOM vs. ENTRAPMENT

In Greece, Rome, England, Colonial America, France and Washington, a great deal of conversation is made on the subject of Freedom. Freedom, apparently, is something that is very desirable. Indeed, Freedom is seen to be the goal of a nation or a people. Similarly, if we are restoring ability to a person, we must restore Freedom. If we do not restore Freedom, we cannot restore ability. The muscle-bound wrestler, the tense driver, the rocket jockey with frozen reaction time alike are not able. Their ability lies in an increase of Freedom, a release of tension, and a better communication to their environment.

The main trouble with Freedom is that it does not have an anatomy. Something that is free is free. It is not free with wires, vias, by-passes, or dams; it is simply free. There-is something else about Freedom which is intensely interesting—it cannot be erased.

You may be able to concentrate somebody's attention on something that is not free and thus bring him into a state of belief that Freedom does not exist, but this does not mean that you have erased the individual's freedom. You

have not. All the freedom he ever had is still there.

Furthermore, Freedom has no quantity, and by definition, it has no location in space or time. Thus we see the individual (spirit, soul) as potentially the freest thing there could be.

Thus man concentrates upon Freedom.

But if Freedom has no anatomy, then please explain how one is going to attain to something which cannot be fully explained. If anyone talks about a "road to Freedom", he is talking about a linear line. This, then, must have boundaries. If there are boundaries, there is no Freedom.

Talk to a person who works from eight o'clock until five with no goals, and no future, and no belief in the organization and its goals, who is being required by time payments, rent, and other barriers of an economic variety to invest all of his salary as soon as it is paid, and we have an individual who has lost the notion of Freedom. His concentration is so thoroughly fixed upon barriers that Freedom has to be in terms of less barriers. Life is prone to a stupidity in many cases in which it is not cognizant of a disaster until the disaster has occurred. The Midwestern farmer had a phrase for it: "Lock the door after the horse is stolen." It takes a disaster in order to educate people into the existence of such a disaster. This is education by pain, by impact, by punishment. Therefore, a population which is faced with a one-shot disaster which will obliterate the sphere would not have a chance to learn very much about the sphere before it was obliterated. Thus, if they insisted upon learning by experience in order to prevent such a disaster, they would never have the opportunity. If no atomic bomb of any kind had been dropped in World War II, it is probable there would be no slightest concern about atomic fission, alt-

though atomic fission might have been developed right on up to the planet buster without ever being used against Man, and then the planet-buster been used on Earth, and so destroyed it.

If a person did not know what a tiger was, and we desired to demonstrate to him that no tigers were present, we would have a difficult time of it. Here we have a freedom from tigers without knowing anything about tigers. Before he could understand an absence of tigers, he would have to understand the presence of tigers. This is the process of learning we know as “by experience”.

In order to know anything, if we are going to use educational methods, it is necessary then, to know, as well, its opposite. The opposite of tigers probably exists in Malayan jungles where tigers are so frequent that the absence of tigers would be a novelty, indeed. A country which was totally burdened by tigers might not understand at all the idea that there were no tigers. In some parts of the world, a great deal of argument would have to be entered into with the populace of a tiger-burdened area to get them to get any inkling of what an absence of tigers would be.



The understanding of Freedom, then, is slightly complex if, then, individuals who do not have it are not likely to understand it.

But the opposite of Freedom is slavery and everybody knows this—or is it? I do not think

these two things are a dichotomy. Freedom is not the plus of a condition where slavery is the minus, unless we are dealing entirely with the political organism. Where we are dealing with the individual, better terminology is necessary and more understanding of the anatomy of minus-Freedom is required.

Minus-Freedom is entrapment. Freedom is the absence of barriers. Less Freedom is the presence of barriers. Entirely minus- Freedom would be the omnipresence of barriers. A barrier is matter or energy or time or space. The more matter, energy, time or space assumes command over the individual, the less Freedom that individual has. This is best understood as entrapment, since slavery connotes an intention and entrapment might be considered almost without intention. A person who falls into a bear pit might not have intended to fall into it at all, and a bear pit might not have intended a person to fall upon its stake. Nevertheless, an entrapment has occurred. The person is in the bear pit. If one wants to understand existence and his unhappiness with it, he must understand entrapment and its mechanisms.

In what can a person become entrapped? Basically and foremost, he can become entrapped in ideas. In view of the fact that freedom and ability can be seen to be somewhat synonymous, then ideas of disability are, first and foremost, an entrapment. I daresay that, amongst men, the incident has occurred that a person has been sitting upon a bare plain in the

	<p>A TRIBUTE TO MARY SUE HUBBARD</p> <p><i>Wife of L. Ron Hubbard</i></p> <p><i>Remembered with Respect and Honor</i></p>	
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total belief that he is entirely entrapped by a fence. entrapping him.

There is that incident mentioned in *Self Analysis* of fishing in Lake Tanganyika where the sun's rays, being equatorial, pierce burningly to the lake's bottom. The natives there fish by tying a number of slats of wood on a long piece of line. They take either end of this line and put it in canoes, and then paddle the two canoes to shore, the slatted line stretching between. The sun shining downward presses the shadows of these bars down to the bottom of the lake, and thus a cage of shadows moves inward toward the shallows. The fish, seeing this cage contract upon them, which is composed of nothing but the absence of light, flounder frantically into the shallows where they cannot swim and are thus caught, picked up in baskets and cooked. There is nothing to be afraid of but shadows.

When we move out of mechanics, man finds himself on unsure ground. The idea that ideas could be so strong and pervasive is foreign to most men.

So, first and foremost, we have the idea. Then, themselves the product of ideas, we have the more obvious mechanics of entrapment in matter, energy, space and time.

The anatomy of entrapment is an interesting one, and the reason why people get entrapped, and indeed, the total mechanics of entrapment, are now understood. In Scientology a great deal of experimentation was undertaken to determine the factors which resulted in entrapment, and it was discovered that the answer to the entire problem was two-way communication.

Roughly, the laws back of this are: Fixation occurs in the presence of one-way communication. Entrapment occurs only when one has not given or received answers to the things

It could be said that all the entrapment there is is the waiting one does for an answer.

Entrapment is the opposite of Freedom. A person who is not free is trapped. He may be trapped by an idea, he may be trapped by matter, he may be trapped by energy, he may be trapped by space, he may be trapped by time, he may be trapped by all of them. The more thoroughly a person is trapped the less free he is. He cannot change, he cannot move, he cannot communicate, he cannot feel affinity and reality. Death itself could be said to be Man's ultimate in entrapment, for when a man is totally entrapped he is dead.

The component parts of Freedom, as we first gaze upon it, are then: Affinity, Reality and Communication, which summate into Understanding. Once Understanding is attained, Freedom is obtained. For the individual who is thoroughly snarled in the mechanics of entrapment, it is necessary to restore to him sufficient communication to permit his ascendance into a higher state of understanding. Once this has been accomplished his entrapment is ended.

A greater freedom can be attained by the individual. The individual does desire a greater freedom, once he has some inkling of it. And Scientology steers the individual out of the first areas of entrapment to a point where he can gain higher levels of Freedom.

~oo0oo~

PERSONAL INTEGRITY

WHAT IS TRUE FOR YOU is what you have observed yourself
And when you lose that you have lost everything.

What is personal integrity?
Personal integrity is knowing what you know-
What you know is what you know-
And to have the courage to know and say what you have observed.
And that is integrity
And there is no other integrity.

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

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

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

L. Ron Hubbard



MY PHILOSOPHY by L. RON HUBBARD

The subject of philosophy is very ancient. The word means: 'The love, study or pursuit of wisdom, or of knowledge of things and their cause, whether theoretical or practical.'

All we know of science or of religion comes from philosophy. It lies behind and above all other knowledge we have or use.

For long regarded as a subject reserved for halls of learning and the intellectual, the subject, to a remarkable degree, has been denied the man in the street.

Surrounded by protective coatings of impenetrable scholarliness, philosophy has been reserved to the privileged few.

The first principle of my own philosophy is that wisdom is meant for anyone who wishes to reach for it. It is the servant of the commoner and king alike and should never be regarded with awe.

Selfish scholars seldom forgive anyone who breaks down the walls of mystery and let the people in.

Will Durant, the modern American philosopher, was relegated to the scrap heap by his fellow scholars when he wrote a popular book on the subject, "The Outline of Philosophy." Thus brick bats come the way of any who seek to bring wisdom to the people over the objections of the 'inner circle'.

The second principle of my own philosophy is that it must be capable of being applied. Learning locked in mildewed books is of little use to anyone and therefore of no value unless it can be used.

The third principle is that any philosophic knowledge is only valuable if it is true or if it works. These three principles are so strange to the field of philosophy that I have given my philosophy a name: **SCIENTOLOGY**. This means only 'knowing how to know.'

A philosophy can only be a route to knowledge. It cannot be crammed down one's throat. If one has a route, he can then find what is true for him. And that is Scientology.

Know thyself ... and the truth shall set you free.

Therefore, in Scientology, we are not concerned with individual actions and differences. We are only concerned with how to show Man how he can set himself or herself free.

This, of course, is not very popular with those

who depend upon slavery of others for their living or power. But it happens to be the only way I have found that really improves an individual's life.

Suppression and oppression are the basic causes of depression. If you relieve those a person can lift his head, become well, become happy with life.

And though it may be unpopular with the slave master, it is very popular with the people. Common man likes to be happy and well. He likes to be able to understand things, and he knows his route to freedom lies through knowledge.

Therefore, for 15 years I have had Mankind knocking on my door. It has not mattered where I have lived or how remote, since I first published a book on the subject, my life has no longer been my own.

I like to help others and count it as my greatest pleasure in life to see a person free himself of the shadows which darken his days. These shadows look so thick to him and weigh him down so that when he finds they are shadows and that he can see through them, walk through them and be again in the sun, he is enormously delighted.

And I am afraid I am just as delighted as he is.

I have seen much human misery. As a very young man I wandered through Asia and saw the agony and misery of overpopulated and underdeveloped lands. I have seen people uncaring and stepping over dying men in the streets. I have seen children less than rags and bones. And amongst this poverty and degradation I found holy places where wisdom was great, but where it was carefully hidden and given out only as superstition. Later, in Western universities, I saw Man obsessed with ma-

teriality and with all his cunning, I saw him hide that little wisdom he really had in forbidding halls and make it inaccessible to the common and less favored man. I have been through a terrible war and saw its terror and pain un-eased by a single word of decency or humanity.

I have lived no cloistered life and hold in contempt the wise man who has not lived and the scholar who will not share.

There have been many wiser men than I, but few have travelled as much road.

I have seen life from the top down and the bottom up. I know how it looks both ways. And I know there is wisdom and there is hope.

Blinded with injured optic nerves and lame with physical injuries to hip and back, at the end of World War II, I faced an almost non-existent future. My service record states: 'This officer has no neurotic or psychotic tendencies of any kind whatsoever,' but it also states permanently disabled physically.'

And so there came a further blow . . . I was abandoned by family and friends as a supposedly hopeless cripple and a probable burden upon them for the rest of my days. I yet worked my way back to fitness and strength in less than two years, using only what I knew and could determine about Man and his relationship to the universe. And it's a quite a trick studying when you cannot see.

I became used to being told it was all impossible, that there way no way, no hope. Yet I came to see again and walk again, and I built an entirely new life. It is a happy life, a busy one and I hope a useful one. My only moments of sadness are those which come from bigoted men tell others all is bad and there is no route anywhere, no hope anywhere, nothing but sad-

ness and sameness and desolation and that every effort to help others is false. I know it is not true.

So my own philosophy is that one should share what wisdom he has, one should help others to help themselves and one should keep going despite heavy weather for there is always a calm ahead. One should also ignore catcalls from the selfish intellectual who cries: "Don't expose the mystery. Keep it all for ourselves. The people cannot understand."

But as I have never seen wisdom do any good kept to oneself, and as I like to see others happy, and as I find the vast majority of the people can and do understand, I will keep on writing and working and teaching so long as I exist.

For I know no man who has any monopoly up-

on the wisdom of this universe. It belongs to those who use it to help themselves and others. If things were a little better known and understood we would all lead happier lives.

And there is a way to know them and there is a way to freedom.

The old must give way to the new, falsehood must become exposed by truth, and truth, though fought, always in the end prevails.

~oo0oo~

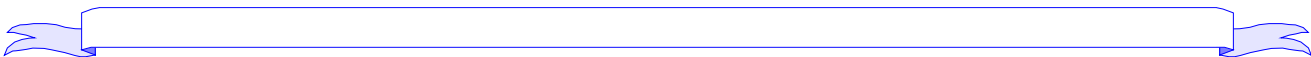
Daily do list from Ron

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."



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



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

T
he voice of independent Scientologists with Exciting articles by source and well known & well respected individuals. Regular favourite features. Available to APIS Members only. Join APIS Today!

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



"REALITY IS THE AGREED UPON APPEARANCE OF EXISTENCE"

SCIENTOLOGY 8 8008
Lafayette Ron Hubbard



Wins & Gains in the Scientology Independent Field

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

Drug Rundown

"I am free of the harmful effects of drugs, medicine, and alcohol. I now feel free of the feeling of drudgery in life and feel that I am in control of my life and environment again. MEST seems to be a lot more "lively" than before, and I like life more than ever before! I feel really grateful for this feeling, and I feel everybody deserves to experience this on their own. Thanks to my auditor, Chris, and to LRH. My life is better for this! Ian"

Purification Rundown

I finished my Purif some two weeks ago, a rude and amazing experience. These are my gains.
 The sensation of being completely in present time and a will to be there
 A lot lighter
 Feeling more alive
 The environment feels more real
 Perceptics lightly keened

Sensation of having "taking of the sweater and now feel the wind on my arms"

Improved sense of alert and less tied to body
 I would recommend this process to almost everyone, whether he is or not a hard drug case, really and especially this time, toxins and unfriendly substances are everywhere. I am happy of having taken the first major step on the Bridge, and eager to do next. I am doing Self-Analysis now.

OTIII

I was really surprised how easy it was to get started. Randy came over, with just a couple of days' notice, and coached me through the final steps needed to get onto OT VI. Then I did my first session and have been auditing since—about a year and a half total. It was a gradient from effect to cause. In earlier sessions the case seemed huge and interminable and something to be cautious of. But by applying the correct techniques all worked out well.

I recall one morning I had a bad chest somatic. I'd had those before and they would always bother me although nothing medically was ever found, fortunately. Anyway, I went in session and did the correct action and the somatic blew.

Later in the rundown case just became something to handle rather than be concerned about. Toward the end the main effort became finding something to run!

At some point I became aware of theta and postulates being real. That's something any beginning Scientologist could tell you but this was more like an earlier win I had on the drug rundown where I realized the room was there. It was like a new thought or new level of reality. Wow. It's a rehab just writing a success story. My space is calm and peaceful after having freed up so much case.

As mentioned before I want to thank Randy for his professionalism and caring. He is an excellent C/S and kept me on track. His only concern was getting me through the level. There were no additives, no stat pushes, no arbitraries entered. This made the auditing pleasant and effective. I highly recommend him for anyone who wants to move up the bridge. And I want to thank LRH his research and providing us with all this valuable data. I'm currently listening to the SHSBC lectures and learning more each day.

Some of the most basic truths in life, the ones foundational to us as spiritual beings, are so simple. The genesis of our "complex" lives, the source of our many troubles and travails, is simple. We are simple beings. But oh, how we have complicated our lives! And how wonderful it is to just BE. I have pulled away the last remaining thread on the "ravell'd sleeve of

care," and I have no interest in knitting on that thing again. In fact, I feel like starting a new, maybe even different, art project! The world is full of wonderful possibilities. I want to thank Trey Lotz for getting me sorted out and onto my grades, and for being there when I decided to return to the Bridge. I admire his auditing so consistently and well for all of these years.

OTIV

I want to thank Randy Smith, for his awesome and patient work with me through my Solo Course, OT II, and OT III courses, and for C/Sing me through OT I, OT II, and OT III. I always received wholly standard tech with Randy's ARCful instruction and instructs, which always included the corresponding LRH references. I knew I could and can trust Randy. He had my back every step of the way on the long, lonesome road I had to walk. Last, but not least, I must thank L. Ron Hubbard. I am in awe of his gifts to us. Words do not suffice to express my gratitude. Now I am going to go enjoy my wins as an OT III and see what I can create. See you all down the road! With great ARC, -Mary Blackford

I just attested to OT IV. This is the original OTIV that LRH released, not the re-something'd version that's being released now. This morning I realized what to write in a success story. I guess it took me a little bit because it's kind of quiet and I'm getting used to it. Life is much easier than it used to be before the OT levels. I was so used to waking up every morning to H,E and R, likes, dislikes, opinions of whatever description, judgements, extraneous ideas both bright and otherwise, prejudices, make wrongs, make rights, I told you so's, self – righteousness's, etc. ad nauseum that I thought that was just the way things are. Well I was misinformed! An awful lot of

that stuff is gone! It just takes a little getting used to. Thanks LRH and Ingrid.

I started OT VI, unsure, apprehensive, and to be honest, a bit worried. Never mind that I'm trained – I still had these considerations. My CS Randy Smith supervised me, drilled me, caught every hesitation, uncertainty and misunderstood word! I started auditing and got win after win after win. And I saw results & wins in family, friends and others. Sure, some errors here & there, but easily and quickly corrected – and back in the chair. Yes, there's discipline – restructuring one's life a bit for all the sessions (and my ability to complete cycles of action skyrocketed!) and keeping body ruds in with nutrition and rest. The culmination is such a release on "re-finding" and acknowledging myself – a static, OT & quite simply that. This win kept unfolding until it happened so hugely – frankly I was stunned beyond words! In looking at my road to this, I am in awe and thankfulness to all who helped me – Randy – CS extraordinaire, Trey – auditor extraordinaire, and all those who supported me in this. Even my Billy, my late husband. Though not a Scientologist, he granted me such love and beingness to audit PCs and receive auditing; I wouldn't have achieved this without him (so much for the "think" that you can't have a happy marriage if your 2d isn't a Scientologist! LOL!!). I find myself looking forward to the future and especially having "PCs on my cans", and to completing OT VII – to flow back wins and gains to others and help them up the Bridge as I have been helped. I don't have, honestly, words to thank LRH – I am thinking he knows. As each PC and Pre-OT progresses – this planet, all 3 universes, there is more theta, the planet gets saner – and I believe he knows this. Just Simply, Infinite ARC to All Shirley

New re-a Dianetics for OTs (NOTs)

In auditing along on Solo NOTS this win subtly unfolded. There are wonderful wins for self, as LRH has always wanted for any PC or Pre-OT. But it's not enough to have wins just for you – when one frees up theta, it allows others to win as well, being responsible for their own dynamics and universes.

LRH says "Happiness is overcoming not unknowable obstacles toward a known goal."

This is a win-win situation for all! To sit on top of a mountain and not play a game – well, one can choose this, or the bottom end – wins only for self? Well, that's a real "only one" and a very aberrated games condition. What a *joy* it is to know that not only am I winning myself, but so are others, this planet and my dynamics and all three universes (as LRH describes them in 8-8008)! Life is more theta and freer for all. I have certainty that this is something special about this level. I think what LRH would say is – Continue helping yourself, *and* helping others! My deep admiration and respect for my CS Randy Smith, who not only standardly keeps me in-tech and on track, but for all *he* is doing to help others go up the bridge and win, as well. Much ARC, Shirley

I just had a NOTs session and although it was a very short session the win and cognition was fantastic. It was to do with diabetes (I have what is called 'diabetes type II') and I found something that contributes to this in no small way. Such a great cognition and understanding and expansion and knowing that I have located something that causes this condition AND that with the tech of NOTs I have been able to handle it is nothing short of a miracle. Many thanks to LRH for his insight and compassion and knowing what he was doing."

~oo00oo~

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."

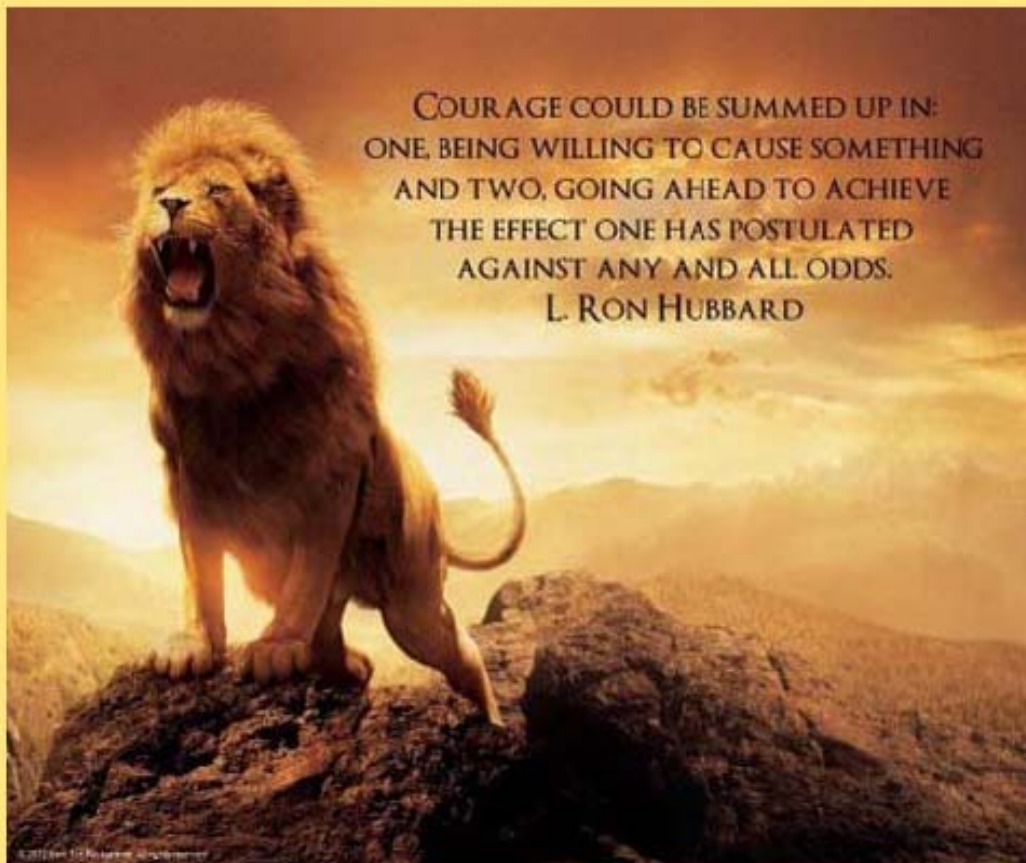
"Recall a time when someone was communicating easily to you." "Recall a time when somebody liked you."

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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Expanded Know to Mystery Scale

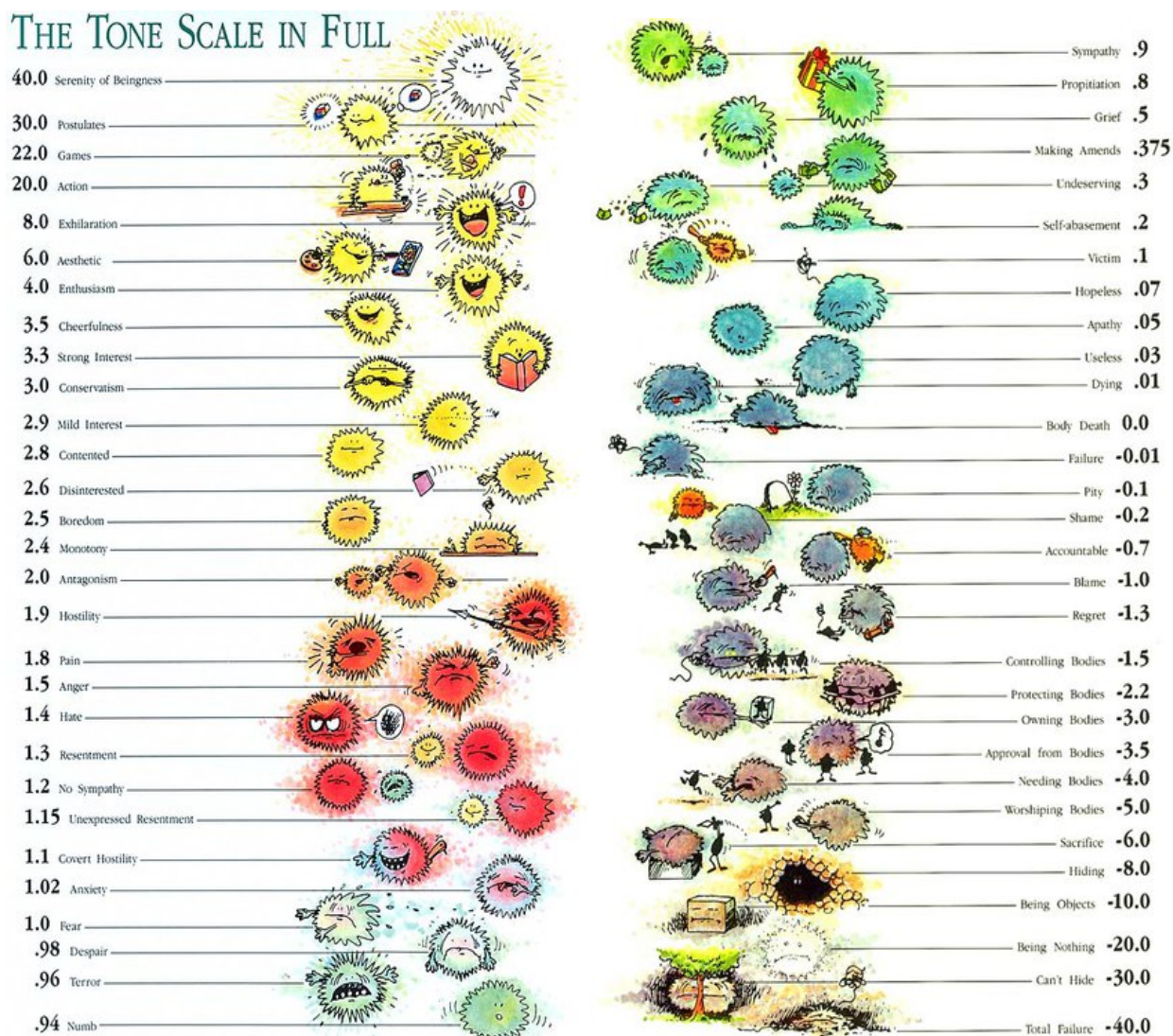
But you get a condensation of knowingness. A condensation of knowingness occurs down to lookingness. One has something to look at. And then this condenses and we get emotion. And this condenses and we get effort. And this condenses and we get thinkingness -you know, figure-figure. And this condenses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

**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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~oo00oo~

