



# FREE THETAN

Newsletter of the association of  
professional independent scientologists

*Preserve, Protect & Promote*

November 2016

Volume 7 Issue 11



***“NOBODY COULD POSSIBLY  
BE SERIOUS AND WIN  
IN THIS UNIVERSE.”***

*Spirit of Play*

# FREE THETAN

Newsletter of the association of professional independent scientologists

*Preserve, Protect & Promote*

**FREE THETAN**  
**Volume 7 Issue 11 November 2016**

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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.**

**~000~**

<p><b>The FREE THETA</b></p>	<p>The Members Quarterly Journal of the Association of professional Independent Scientist <i>Preserve, Protect &amp; Promote</i> <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,**

Ron Hubbard said

***“PLAIN FLIPPANCY WILL ACTUALLY GET MORE DONE IN LESS TIME THAN ANYTHING ELSE YOU CAN NAME.”***

And this can be seen around one and experienced by an individual very easily. The more effort one places into an activity, the more serious an activity is undertaken the harder it becomes. It is a real effort to get something done.

But approach any activity with a light-heartedness and as a play activity, it becomes easier and smoother. One could say the lighter the touch the more effective the result.

Treating life as a game with the relevant freedoms, barriers and purposes makes it a fun thing.

Treating it with seriousness and great effort and resistance will result in poor results and unhappiness.

One is immortal. There is no end to life. Lets just enjoy it!

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:Ken_Urquharturq@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~



## Wins and Successes in the Scientology Independent Field

### New Era Dianetics for OTs Success Stories

My journey to spiritual freedom began when I was about 25. I was very unhappy with myself, life, my actions, etc. No Ethics Officer (E.O) ever had to point out where I was off the rails. I always knew – and also was the hardest E.O. to myself! Then I started training and processing and my understanding grew of how and why of case and how it affected oneself and others. My desire to help others rose to almost a passion! There was a point where I thought, well, if this is the farthest I get, I'll do the best I can. My success is not just mine – its also Trey Lotz's, dear friend and OT auditor extraordinaire. In a few short years, he got me up to and through OT V, the L's rundowns, and ready for Solo NOTS!

One of my goals was to be “the best one” I

could, putting theta and aesthetics in the environment, and to help others to those freedoms.

A severe loss in 2014 (my late husband) and I thought I was done for—but Trey again, and then Randy Smith, the most standard, perceptive, duplicative CS ever— came through for me again. Randy steered me the whole time onto and through Solo NOTS, keeping me on track, answered every question with the exact reference, and always, always acknowledged every win.

“So, my success is also his, and everyone else who has helped or encouraged me.

“I stand back and take a look at the infinite ARC and KRC of LRH for his tech and all he did and still does, by the application of tech by others.

“I find myself going out and about lately, and

people just start smiling. I find situations and problems my family and friends had as-is-ing and resolving. "I find myself, when confronted with a situation or problem or whatever, just handling it effortlessly. My postulates flow freely. Even if I goof – I find 2 Rules for Happy Living is just IN and I find myself laughing -(not beating myself up!) My responsibility rose so high it's like my caring went past the stars! "I've re-found my self-worth, not as anything to be liked or admired or brag about, but a wonderfulness of knowing that I'm able, can contribute to and help others and make theta effects in all three universes. "My "cup" is overflowing! "Much Love, Shirley"

Profound. Eternal. A goal that I have had for eons achieved. This is the most important adventure I have ever experienced, to truly be cause over life. It is the most beautiful and compassionate journey. I could have audited this level every day forever because it was so easy to do.

But then my awareness started to shift. What I was doing in session just became a huge knowingness and part of who I am. Love and gratitude became the universal solvent. All negativity just washed away with this powerful emotion and communication. I won the spiritual lottery that I figured out how to do it this lifetime.

The daily OT occurrences are at such a high level and so frequent that I giggle with joy that I'm here. Situations such as precise and detailed pre-knowingness before it happens, discovering how to cure longstanding and severe physical disabilities, being told I'm an angel by people that meet me, low toned people falling out of my life, huge windfalls in money, attracting the most talented and up toned employees, and living in a state of exteriorization.

This is the real deal!

Thanks to Randy Smith with his expert training and super high ARC I was able to easily learn how to free myself. And of course our most beloved friend for eternity, L Ron Hubbard, the gratitude that I have for this man is as big as the universe. Thank you. Thank you. Thank you. I'm back!!

Three years ago I was in despair about getting onto OT 7 this lifetime, let alone through it. A recent trip to Flag had used up the budget for the year but left me no closer to getting on. The obstacles seemed endless. Planning open-ended trips to Flag. Coming up with the money for endless hours of unnecessary preps and sec checking. I figured in another 10 years if I was real careful I might get onto the level.

I was in sort of a trap. It made no sense to be required to do unnecessary actions yet asking questions or, heaven forbid, reading the internet would just result in more of the same. I knew something was wrong.

The 2013 LRH Birthday event at the Shrine may have been a turning point. I noticed COB received a standing ovation that went on forever—three time as long as the applause for LRH.

It was with trepidation that I started taking a better look at getting up the bridge. I knew that this slippery slope would lead to not being able to go back to the official orgs easily and that my eternity could be in jeopardy.

But here's what happened:

1. I received some excellent preparatory and clean-up auditing from Trey Lotz. This took about 6 hours.

2. I did the Advanced Solo Auditor's Course with Randy Smith. I studied the materials at home. Randy came over for the final drilling and checkouts.

3. I audited on Solo NOTS for a couple years and now I'm done.

How A to B is that. It was so much easier than I had expected.

Being a negative gain level it can be easy to lose sight of the gains. But I look back and remember where I was at when I started. I was a little leery of going into session because I might run into something that would knock my head off. There were some heavily charged areas that took some work to get through. It was really comforting to be backed up by a competent C/S at those times.

To sum up the gains for the level, I'd say those areas of heavy and unfrontable case are no longer there. And that is saying something.

The auditing became a daily routine, getting in as many sessions as possible. But there was never any pressure for unusual solutions like taking off work Thursday morning to get the stats up.

As the auditing continued it became easier. Things would blow easier and what was left was less formidable. My attention went off the

case and onto life.

So instead of taking the rest of my life to struggle through the level, it was completed in a little over 2 years to an excellent result and I am ready to move on.

Much thanks to Randy, Trey and LRH.

WOW WOW WOW !!!!!

I've been on Solo NOTs for less than 2 weeks and I can't believe the resurgence I've experienced!

My energy level is way up along with my tone level. I'm so excited about life and livingness!! One thing I've been experiencing for a few years is how much effort it's been to take on projects even small ones. Its like I've been trapped by lots of considerations as I've gotten older- that has totally changed !! I'm now making expansion postulates that I haven't thought of for years. This is only the beginning of a whole new life!! This is the most REAL success story I have ever written. As Ingrid said ' Solo NOTs is the best kept secret in Scientology"

Thank you Ingrid for the spot on training and your wonderful friendship.

LRH, YOU ARE A GENIUS!!

-oo00oo~

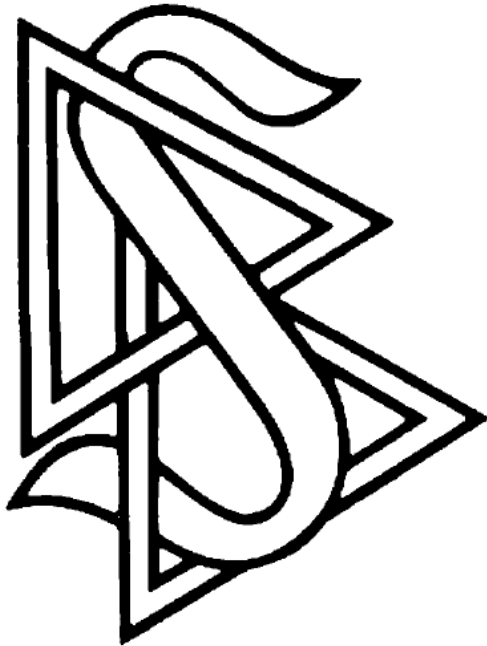


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## THE TOP TRIANGLE

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

There are two triangles, over which the S is imposed. The S simply stands for Scientology which is derived from "SCIO" (knowing in the fullest sense). The lower triangle is the A-R-C triangle-its points being AFFINITY, REALITY and COMMUNICATION. These are the three elements which combined give UNDERSTANDING.

The upper triangle is particularly applicative to an executive but applies to all Scientolo-

gists. It has not been widely known. It is the K -R-C triangle. The points are K for KNOWLEDGE, R for RESPONSIBILITY and C for CONTROL.

It is difficult to be responsible for something or control something unless you have KNOWLEDGE of it. It is folly to try to control something or even know something without RESPONSIBILITY. It is hard to fully know something or be responsible for something over which you have no CONTROL, otherwise the result can be an overwhelm.

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

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

Then KNOW why it went wrong, take RESPONSIBILITY for it, and CONTROL it enough to make it go more toward an ideal scene.

Little by little one can make anything go right by INCREASING KNOWLEDGE on all dynamics, INCREASING RESPONSIBILITY on all dynamics, INCREASING CONTROL on all dynamics.

If one sorts out any situation one finds oneself

in on this basis, he will generally succeed.

plishing.

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

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

The KRC triangle acts like the ARC triangle. When one corner is increased the other two also rise.

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

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

L. RON HUBBARD  
Founder

~oo00oo~



*Freedom*

Fixed on too many barriers, man yearns to be free. Put 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





## EXCHANGE

So many tricks have been entered into economic systems, and so many political fixations exist that a manager is often very hard-pressed trying to bring about solvency for his activity.

Money can be manipulated in a thousand different ways.

There are "speculators" who seek to buy something (like land) cheaply and sell it dear. Or sell it dear, depress the market and buy it back cheaply. In either case they make a profit.

It is less well understood that "speculators" also operate on the subject of money itself. By manipulating the value of one currency against another they seek to obtain a profit. This is the "international banker" at his daily work. He buys a hundred billion French francs for X dollars. Then he causes a panic about dollars. The franc gets very valuable. He sells his hundred billion French francs for 2X dollars. Then he says dollars are great. He has "made" a huge new lot of dollars for himself.

Or he finds a crummy politician like Hitler, builds him a war machine, gets paid back out of the plunder of Europe before Hitler collapses.

The banker loans George Manager 100,000 to modernize his plant. George wanted 200,000. But he takes the 100,000. The banker holds the whole plant as security. George doesn't make it as it really took 200,000 to do it. He goes broke. The banker grabs the 5,000,000 plant. This includes the 100,000 now spent on new machines. The banker sells it to a pal for 2,500,000 and makes that sum on his "loan."

The shareholders of Bide-a-wee Biscuit are told Bide-a-wee is busted. The stock falls. A group buys the stock up for peanuts, emerges as the owners of Bide-a-wee which turns out not to be busted.

All these and a thousand thousand other systems for making money, indulged in too often, spoil CONFIDENCE and destroy money.

Eventually a whole religion like communism will grow up dedicated only to the destruction of capitalism.

What has been dropped out is the idea of EXCHANGE.

Money has to represent something because it is not anything in itself but an idea backed by confidence. It can represent gold or beans or hours of work or most anything as long as the thing it represents is real. Whatever it represents, the item must be exchangeable.

If money represents gold, then gold must be exchangeable. To prove this, the moment gold couldn't be individually owned, the dollar, based on it, became much less valuable. here has to be enough of the thing that money represents. By making the thing scarce, money can be manipulated and prices sent soaring. Economics by reason of various manipulations can be made into the most effective trap of the



modern slave master.

Periodically through history, not just in current times, monied classes or those believed to control money have been torn to bits, shot, stoned, burned and smashed. The ancient pharaohs of Egypt periodically lost their country through tax abuses. Money, in short, is a passionate subject.

Modernly, the lid is coming off the economic pot which is at a high boil.

Too many speculators, too many dishonest men generating too much hate, too many tax abuses, too many propagandists shouting down money, too many fools, all add up to an explosive economic atmosphere.

A group has to be very clever to survive such a period. Their economic arrangements and policies must be fantastically wise, well established and followed.

As it exists at this writing, the only real crime in the West is for a group to be without money.

That finishes it. But with enough money it can defend itself and expand.

Yet if you borrow money you become the property of bankers. If you make money you become the target of tax collectors.

But if you don't have it, the group dies under the hammer of bankruptcy and worse.

So we always make it the first condition of a group to make its own way and be prosperous on its own efforts.

The key to such prosperity is exchange.

One exchanges something valuable for something valuable.

Processing and training are valuable. Done well, they are priceless.

In many ways an exchange can occur. Currently it is done with money.

In our case processing and training are the substances we exchange for the materials of survival.

To exchange something, one must find or create a demand.

He must then supply the demand in EXCHANGE for the things the group needs.

If that is understood, then at once it is seen that (a) a group can't just process or train its own members; and (b) a group cannot give its services away for nothing; and (c) the services must be valuable to those receiving them; (d) that the demand must be established by surveys and created on the basis of what is found; and (e) that continual public contact must be maintained.

Thus, by bringing the problems of viability down to the rock-bottom basics of exchange, one can cut through all the fog about economics and money and be practical and effective.

If one is living in a money economy, then bills are solved by having far more than "enough money" and not spending it foolishly. One gets far more than "enough money" by understanding the principles of EXCHANGE and applying them.

In another type of economy such as a socialist state, the principles still work. The principles of exchange work continuously. It does not go high and collapse as in speculation or demanding money but failing to deliver. Or delivering and not demanding money.

We see around us examples that seem to violate these principles. But they are nervous and temporary.

What people or governments regard as a valua-

ble service is sometimes incredible and what they will overlook as valuable is also incredible. This is why one has to use surveys-to find out what people want that you can deliver. Unless this is established, then you find yourself in an exchange blockage. You can guess, but until you actually find out, you can do very little about it.

Once you discover what people want that you can deliver, you can go about increasing the demand or widening it or making it more valuable, using standard public relations, advertising and merchandizing techniques.

The fundamental is to realize that EXCHANGE is the basic problem.

Then and only then can one go about solving it.

Quote from the Management Series.  
By L. Ron Hubbard

~oo00oo~

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	<p><b>A TRIBUTE TO MARY SUE HUBBARD</b></p> <p><i>Wife of L. Ron Hubbard</i></p> <p><i>Remembered with Respect and Honor</i></p>	
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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.

~oo0oo~

## 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**



## 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.

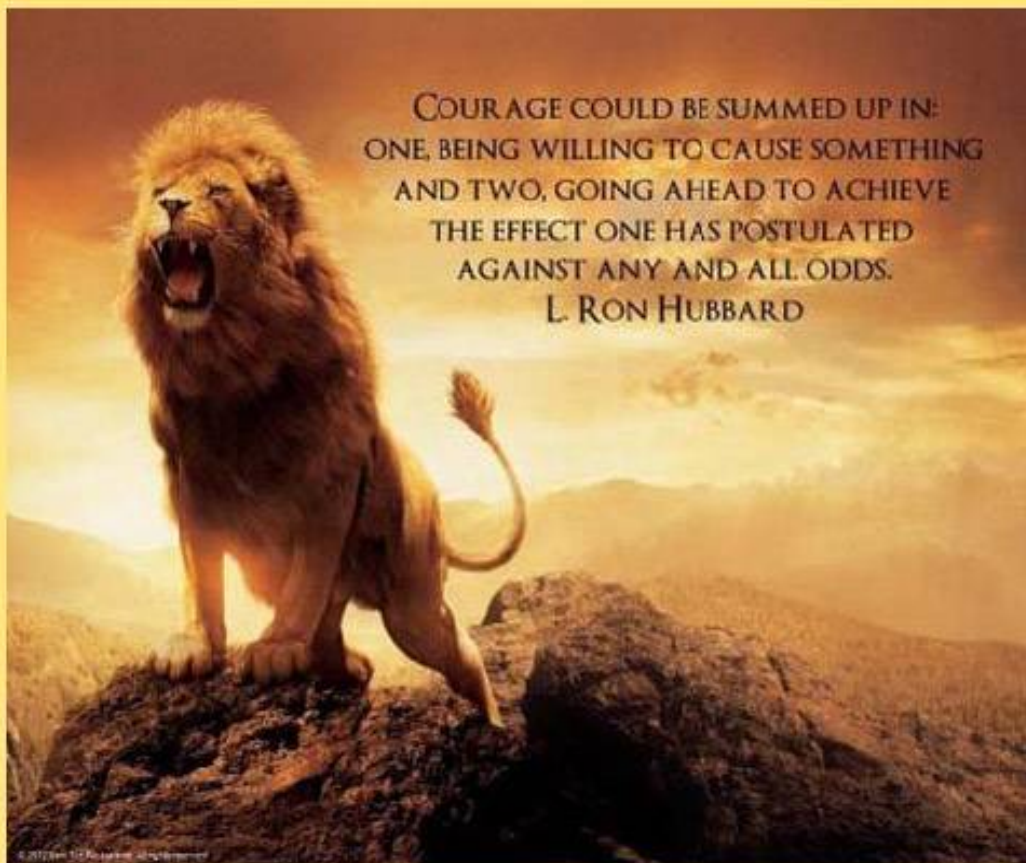
Of course we can talk about honor, truth, all these things,  
The esoteric terms.  
But I think they'd all be covered very well  
If what we really observed was what we observed,  
That we took care to observe what we were observing,  
That we always observed to observe.

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

# Group Starter Kit for Scientologists



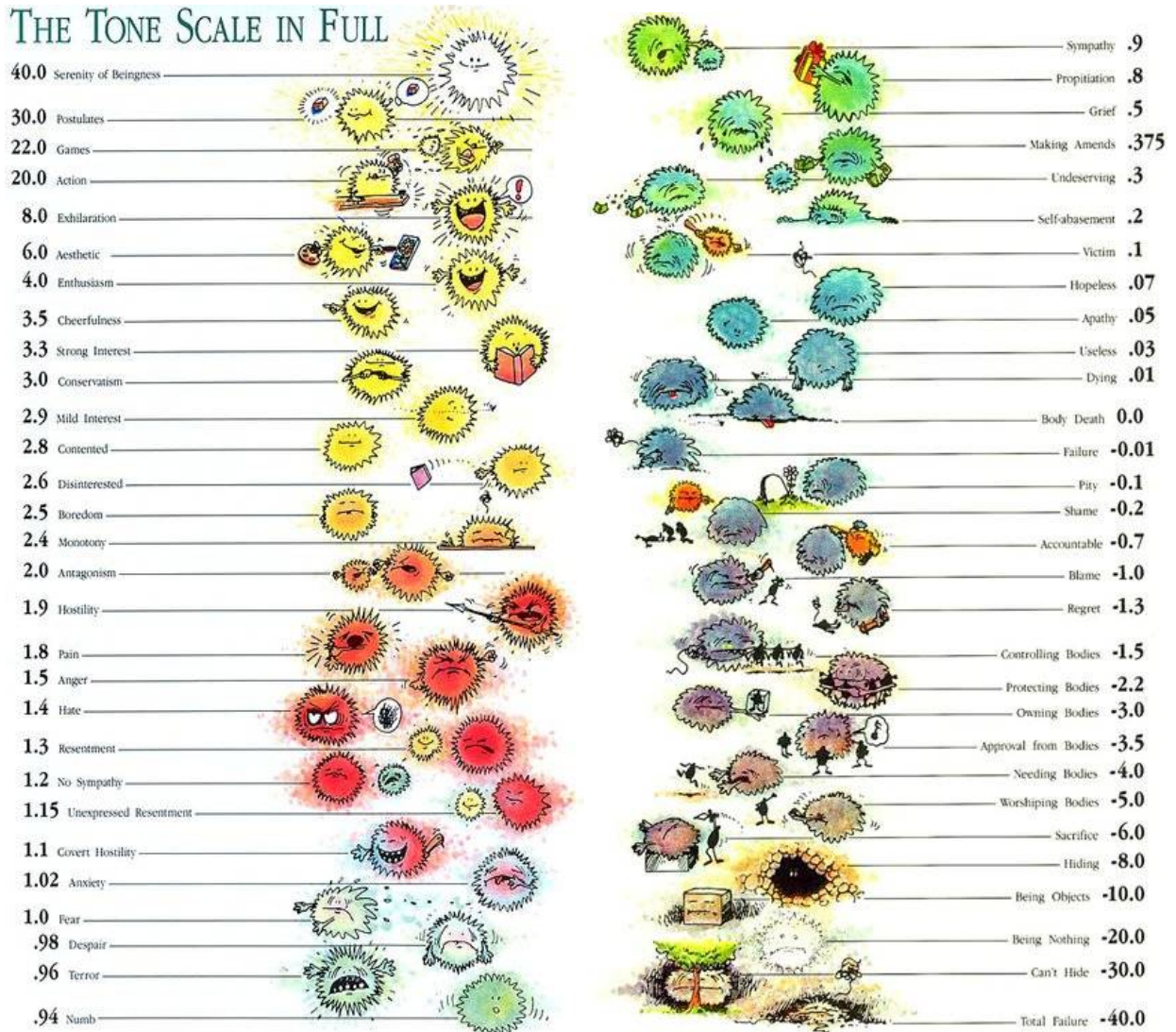
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# The Tone Scale in Full



## The Tone Scale

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

Scientology 0-8. The Book of Basics

## Daily do list from Ron

Here's a brief quote from Professional Auditor's Bulletin (PAB) No. 6, which I offer as a fair use quote for educational purposes:

"Now you happen to be using a body. Before we worry about your mind let's clean up the primary communication relay point, the body. And for two weeks, let's do these things:

1. Clean up your MEST, get done the various odd jobs you've "been meaning to do."
2. Bring yourself up to date socially and give a letter or a ring or a personal call on people you've neglected.
3. Take a one-hour walk every day, simply starting away from home very early (dawn is best) for half an hour and then walk back, a different direction every day. (If you can't walk, get out in the yard and throw things for half an hour. If you can't throw, spit at something for half an hour -- and I mean throw and spit literally.)
4. Get a physical examination and if anything is chronic get it cured.
5. Take twice a day 100 mg. of B1 (200 mg. total) and supplement it with 250 mg. of vitamin C.

If you will do these things, you will be ready in a couple of weeks for some auditing. And if you feel you're in such top condition you need no auditing, I dare you to do the above and feel the change."



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association.net](http://independent-scientologists-association.net)**

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

by L. Ron Hubbard

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

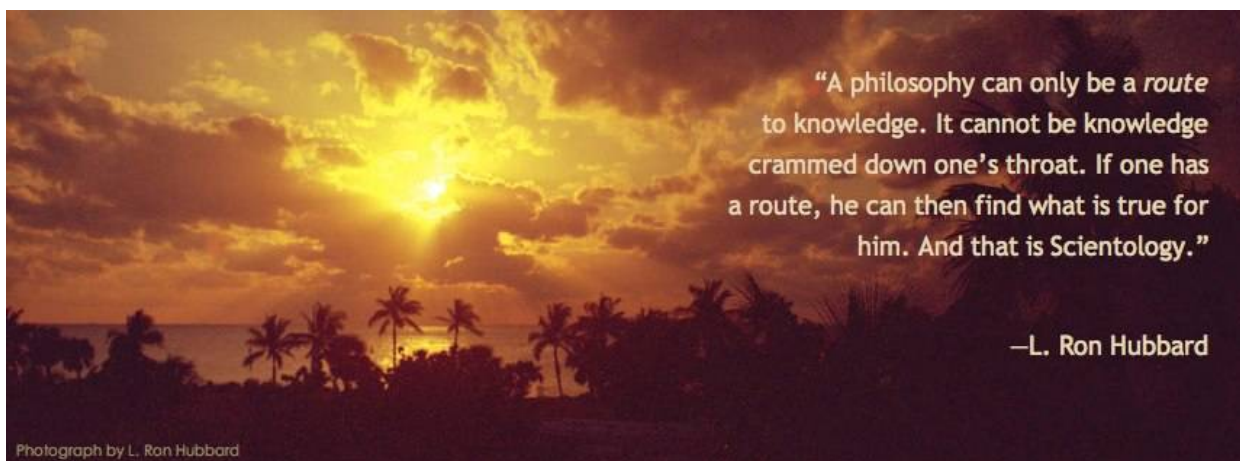
You've been able to do this in recent times. It baffles you sometimes when a piece of MEST does not instantly and immediately obey, but it's simply a matter of intention.

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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