



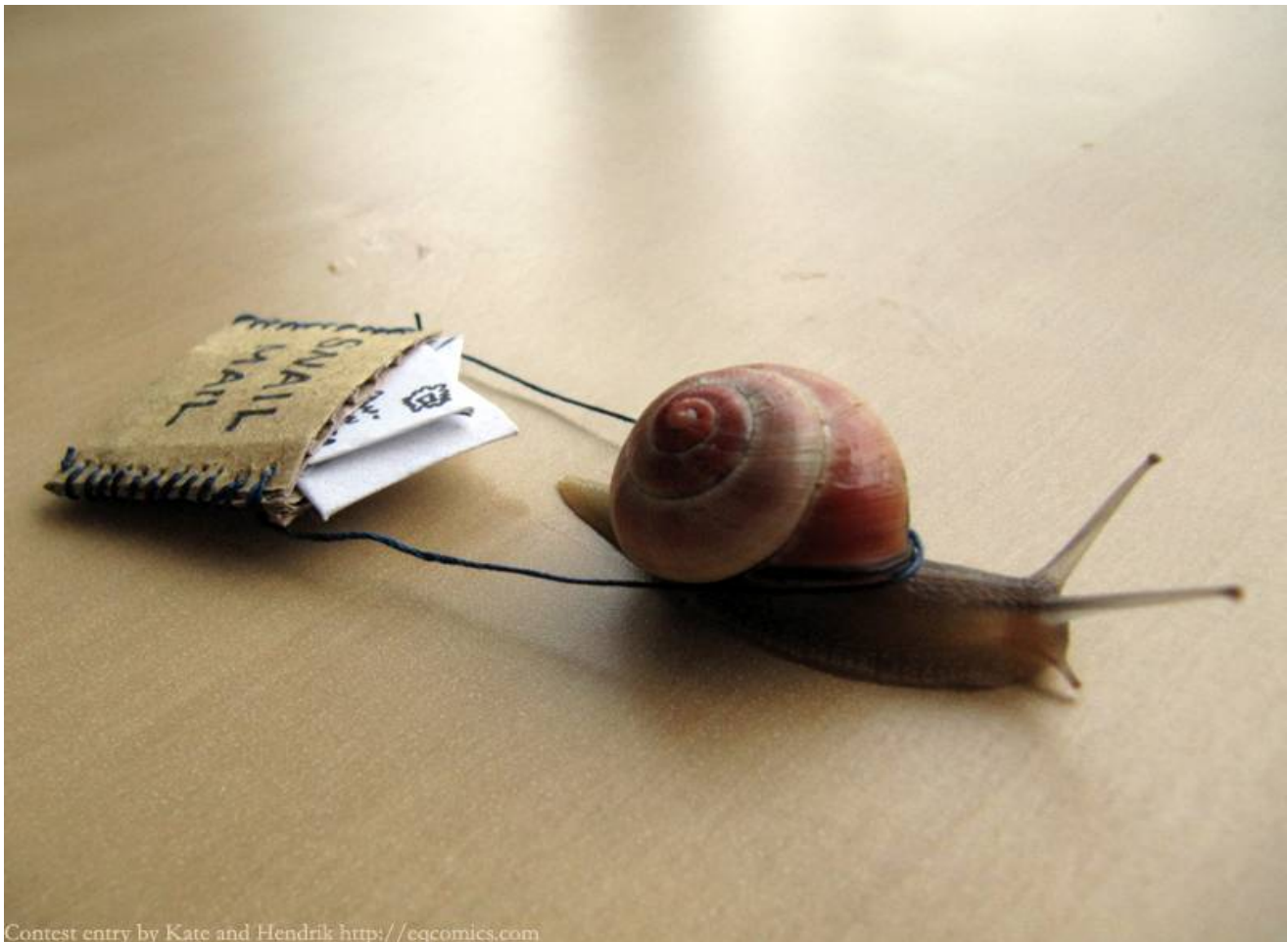
FREE THETAN

Newsletter of the association of
professional independent scientologists

Preserve, Protect & Promote

May 2016

Volume 7 Issue 5



Contest entry by Kate and Hendrik <http://eqcomics.com>

**THE RAPIDITY OF PARTICLE FLOW ALONE
DETERMINES POWER.**

L. Ron Hubbard

FREE THETAN

Newsletter of the association of professional independent scientologists

Preserve, Protect & Promote

FREE THETAN
Volume 7 Issue 4 April 2016

Editor in Chief
Michael Moore

Contributors
L. Ron Hubbard
Michael Moore
Sebastian Tombs
Harry Seldon
And many others

Advertising
Technical Author Services Pty Ltd
<http://authorservices.org>

The FREE THETAN is the monthly Newsletter of the Association of Professional Independent Scientologists. It is available as a free download from the APIS website or by subscription. The Association of Professional Independent Scientologists is the operating name of the International Freezone Association Inc, a duly registered non profit association registered in the State of Delaware, USA.

Website:
independent-scientologists-association.net
Email address:
support@internationalfreezone.net

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



reservo, servo, proveho

~ *Editorial* ~

Dear Reader,

Comparing the tech LRH brought to this planet with his petty foibles is an altered importance, rather like comparing the delicious apple with a spot on its skin. It is also a wrong focus.

Yes it is easy to focus on the negative, after all that is how the culture is presented these days and that can filter through to even the most seasoned of Scientologists. But if you sit down and look at what LRH produced, the literary thousands of hours of taped information and knowledge, the millions of words, the route planned and plotted for a Being to raise him or herself out of the morass it is in and compare that with the fact that he has married more than once.

Well I ask you. Point to any famous person and you will find a petty foible to hone in on. To me that is simply an attempt to unmock, Covert or overt.

And in view of the fact that there is a concerted effort to totally unmock not just the church but LRH and the priceless tech we have on this planet I see no justification to support it

Until next time.

Much arc,

Michael Moore
Editor

~oo0oo~

Front page quote from HCO PL 'Handling the Public Individual'

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

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~



This is Not the Scientology Your Looking For

Ron could not emphasize enough the importance of duplicating the philosophy and technology of application and to that end much of the material he wrote is geared toward getting people to simply do it.

He said, in Safeguarding Technology:

'Scientology is a workable system. It has the route taped. The search is done. Now the route only needs to be walked.'

Regardless of the march of time the basics still stand. The Auditors Code, TRs, Metering, all play an important part in the application of the technology that is the route out of the trap and, as Ron puts in, the mud it thinks conceived it.

I was watching Prof Brian Cox last night on one of his documentaries and after an hour or so of excitedly talking about life on other planets and how so many planets had been found that match ours, he ended it all with the very disappointing viewpoint that he considers we are the only life form in the universe as it was just a 'lucky' chance that two cells got together and created life as we know it. Such

a disappointing viewpoint and such a great sadness that a narrow conclusion be drawn despite all the evidence to the contrary.

In the first place, apart from the fact that many of us have personal past experience we can call upon; the idea that out of the billions of planets in our galaxy and the billions of other galaxies in the MEST universe, there is only one life form is laughable. The odds against that are, no pun intended, astronomical. Secondly the current 'scientific' definition of life is very narrow consisting of MEST bodies only. The assumption that we are just meat, again most of us will know from our own experiences that this is not so. Another assumption is that life can only exist in a carbon based body and environment suitable to sustain that body. No thought is given to the fact that other life forms could exist or that life, rather, could exist in other forms other than a carbon based system. Ideas and concepts surrounding other potential life forms have been well represented in Science Fiction. Methane based for example or even mechanoid. In fact, as we know, a being or thetan could animate and exist in pretty much any system designed to be used as a terminal for life.

This narrowness of thought is not science and I can well understand Ron's derision for science on this planet being based on such arrogant assumptions and such a narrowness of thinking.

Scientology, on the other hand, is based on sound provable principles that, when exactly applied, produce an exact result on a one for one basis.

"Scientology is the only workable system Man has. It has already taken people toward higher I.Q., better lives and all that. No other system has. So realize that it has no competitor.

So the scientology you find in the church, or

in a squirrel group, or with a squirrel auditor is not the Scientology you're looking for. It is a misnomer, Scientology in name only not in fact.

The Scientology you're looking for is that which Ron researched and developed and exported to their world. It is that technical application of the sound philosophical principles of life the universe and everything in it that Ron discovered and codified to a point where anyone could use it.

"What would you think of a guide who, because his party said it was dark and the road rough and who said another tunnel looked better, abandoned the route he knew would lead out and led his party to a lost nowhere in the dark. You'd think he was a pretty wishy-washy guide.

What would you think of a supervisor who let a student depart from procedure the supervisor knew worked? You'd think he was a pretty wishy-washy supervisor. What would happen in a labyrinth if the guide let some girl stop in a pretty canyon and left her there forever to contemplate the rocks? You'd think he was a pretty heartless guide. You'd expect him to say at least, Miss, those rocks may be pretty, but the road out doesn't go that way."

"All right, how about an auditor who abandons the procedure which will make his pre-clear eventually clear just because the pre-clear had a cognition?"

"People have following the route mixed up with "the right to have their own ideas." Any-

one is certainly entitled to have opinions and ideas and cognitions-so long as these do not bar the route out for self and others."

Steadfastly following the route already painstakingly laid out will take a being from where he is at, to a revived awareness of himself and his surroundings, and restore him to or close to his original state of being. Of course absolutes are unobtainable and doubtless there is more bridge to move up to but there is also another area where one can expand ones beingness. It is not just about the 1st dynamic. There are the other seven dynamics and working on them and enhancing them through good works and enhancing their survival is also a case gain and an expanded awareness and abilities waiting for the being to experience.

So put the feet of students and Preclears on that route. Don't let them off of it no matter how fascinating the side roads seem to them. And move them on up and out. Squirreling is today destructive of a workable system"

It not only benefits the individual him or herself, it also benefits the community as a whole and also mankind and other life forms in this universe.

References:

HCO PL Safeguarding Scientology

~oo00oo~

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



Clear Procedure Issue 1

“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 testament 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)

~oo0oo~



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

FREE THETA

The voice of independent
Scientologists with
Exciting articles by
source and well known
and 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 and Successes in the Scientology Independent Field

MONEY RUNDOWN

The subject of money is an incredibly charged subject for most people. I know it certainly was for me prior to completing The Money Rundown.

Like most people first looking to handle their financial difficulties, I began by looking at the externals. I attended a number of seminars, listened to many programs and read practically every book on the subjects of money and finances. I got a large number of different and conflicting viewpoints which, though interesting, were often confusing, and had very little impact overall on my financial well being or peace of mind.

You see, eventually I came to realize that my financial issues persisted because I never worked on step zero: handling my negative core beliefs around money that caused said difficulties.

This led me to some 12 step programs (Debtors Anonymous & Underearners Anonymous) meant to help handle the stress, anxiety

and difficulties I had around money, but ultimately turned out to be of little help – if anything it actually exacerbated the problems. In all, relatively little changed despite my knowledge and experiences, as I'd basically do OK financially for brief periods, but wouldn't ever enjoy myself for fear of more problems down the road, then I would eventually fall back into my old ways, thus creating a self-fulfilling prophecy that kept repeating. It was extremely frustrating to say the least, because while my overall financial habits were actually pretty good as I'm pretty conservative with money (partly out of necessity), I never could earn enough nor feel at peace with what I had or wanted which led me to know something was off mentally.

I decided to handle this issue once and for all with my auditor Randy Smith. He heard and listened patiently to my concerns and worries as I discussed the subjects of money, work, career, jobs, income, finances, and other related words on the e-meter. (By the way, I also

really like that he calls it “The Money Rundown” and not “The Prosperity Rundown” nor “The Havingness Rundown” to hide its true intention, as the Church now does due to its overwhelmingly bad PR; I mean, if you can’t talk about these subjects openly and call the underlying problem what it is, then how can you even begin to handle the problem?)

So one by one we went through all of these terms, using a number of processes to handle and flatten the charge around these things. While I can’t speak for others, for me it took quite a while to complete as it was really mixed in quite deep for me with a lot of other things that I had confused with it like love, success, identity, health, purpose, ego and more. But that said, it was so worth every penny that I spent to complete it because now I feel peace.

I can say that as a result of doing the work with Randy, I now have total acceptance of myself, my skills, my talents and my career, rather than fighting it and feeling insecure as I did so often. I actually also have no regrets about it either, as I noticed that I finally took responsibility for things that I hadn’t, and also let go of responsibility for things that were not mine to begin with, and learned from my past experiences which have proved to be extremely valuable.

Near the end of the process I finally shelved a career book that I was rereading for the third time, as I now have finally handled this issue. I also noticed that as things started to get handled, unexpected but certainly welcome income would appear from nowhere and opportunities would appear, despite never having applied for or even heard of them before. It was like drawing chance cards in Monopoly, only in real life!

I’m not going to kid myself that now this means I can sit back and relax while things somehow work out and that I will have never any outside issues with money in the future; I still have to do the basic work in order to find and earn income, create and build assets, and

protect that wealth – but fortunately I know those good habits that I already developed will pay off both literally and figuratively as I no longer have any weird self-sabotaging beliefs about money anymore. With Step Zero done, the other steps are so much easier to handle, once and for all.

Now I certainly feel peaceful when I think of my current career and finances, where I came from and what I am creating for the future of myself and my family. Thank you Randy and Kay for your help and patience with this trying process, as well as to L. Ron Hubbard and the Scientology staff who piloted and assisted with the original program! What a great gift to myself and an awesome way to start 2016!

AUDITING RUNDOWN

I have been receiving auditing for a very long time - and have been getting wins - but have never come across a persistent floating needle like this. Since we started doing the Prepared Assessment Rundown, I have been getting greater wins than I have ever had in the past, as well as greater cognitions. This is a great rundown and I would like to thank my auditor, Chris Black, for sticking with me and not giving up on me, and of course Ron, for his genius and persistence.

AUDITING REPAIR

In 2000 I went to an Advanced Org to get onto my OT levels, again, but again was given a sec check, under protest. [Note: Gerry had been sec checked on this area twice before to full completion.] I never finished but was very much overrun and had bad indicators throughout. I left.

Later, I went back to have this repaired, but they wouldn’t give me a repair. So after many years, I contacted Chris Black, Class VIII, and told him of my situation and the condition I was in. He agreed to help me.

We connected up and today I have finished my repair program. I am back to normal again and it feels great to be in present time and in a se-

renity of beingness. Thank you so much, Chris, for your Standard Tech.

AUDITING

Big Being

Ever felt like there was something inside you that was overwhelmingly big or powerful but you kind of had to keep it under control or even better: You didn't know how to unleash it? Or it wasn't safe? Or or or ...

If you did --- I hear and duplicate you very very well. I certainly felt those things.

What I regained from the FPRD Basic Form that I just completed is that I was powerful and sharp and a lot of that has come back rather suddenly.

I have regained certainty that I am a spiritual being. It is a real gift to myself and for my dynamics.

I am not native to this Universe, I'm not a MEST body, I am composed of Affinity, Reality and Communication and Understanding and I am capable of great patience, love and beauty and I am senior to MEST.

As a thetan, I used to be really simple, really powerful and I could command universes at will.

Sometimes I lost my temper and a few planets went flying but I have confessed my sins. LOL I was loving and gentle with a hint of impatience, but all in good fun. Kind of like a few curious babies playing together, sometimes one gets pissed at the other.

Save yourself grief, forget buying a brand new shiny car or diamonds and instead I propose you unleash your power; unleash YOU.

Continue your auditing. Do your FPRD if you have not already.

It's amazing. Real solid wins.

Many thanks to Chris Black my auditor and LRH and the many who hold him as a true friend.

CLEAR

Today at session end I had the feeling of REALLY being in present time. This is what

Clear is-there was nothing else going on in my universe. I attested to Clear in 1975, but this is what present time TRULY is! Thank you Ingrid for getting me here. Thanks to LRH, this NOTs auditing is more than INCREDIBLE!!!

OT Levels

If you ever wondered how the human mind really works and didn't know what questions to ask, this is the level for you! I've had questions answered I didn't even know that I wanted to ask. I've probably read or listened to 700 to 800 of LRH's lectures which includes 10 R & D volumes and I never had a clue about the data on OT V.

After OTIII, I kind of thought OTV might be more of the same – not so – the questions the auditor asked are amazing and surprising! It's not something I've wondered about because I didn't know there was any such thing! And the answers are more amazing than the questions!

One question early on in the level is the type of question you wonder how in the world LRH came up with it. The question was shocking – and even now the answer amazes me when I think about it! It cleared up 40 years of confusion I had about a session in the early 70's.

I found out why I had such a rough time with Dianetics in the late 60's and early 70's – and basically why I had so much trouble with auditing in general until I started on the OT levels.

I also found out how an OT can create an effect in another location. I found out because I did it in session! I created an effect in another location in answer to one of the session questions and it was almost as shocking as the one I mentioned in the paragraph before last!

` This level is a perfect gradient up from OTIII – It's amazing and fun! If you're wondering whether to do it or not jump on in – the data alone is worth the price of admission and you won't find a better auditor anywhere!

THETA and MEST.

I was very senior to MEST once and I co-existed with it so to speak.

I came to it once in a while to see what was happening, to get/create an effect, to make something happen, to be entertained, to find friends.

I would go in and out of the Theta and MEST universes quite willingly and I knew what I was doing and sometimes the two universes came crashing and it was not so smart and the intention behind it was not my own. It felt more like it was a compulsion or a command coming from elsewhere --- for me to BE or become what I was not, to become something other than me. It was FALSE!

It was NOT me.

This is my biggest win today - to finally get a subjective reality on both universes and to discover my own truth.

It is a big win.

I am instead being gifted with an unshakeable reality of not only who I am but who I was and what I am at the core: A very simple being.

I have a huge desire to be simple. What a relief!

To look at things simply ... how OT!

Gone is the desire to be overly admired and liked, gone is the desire to cave myself or oth-

ers in, gone is the desire to hate, to confuse, to trick, to stop, to be doubtful, to be scared, to be less than who I know I can be.

It is replaced with the utmost desire to BE. To be CAUSE on my own terms if that makes sense.

It is replaced with a desire to be ME, alone or with others doesn't matter - but happy with ME.

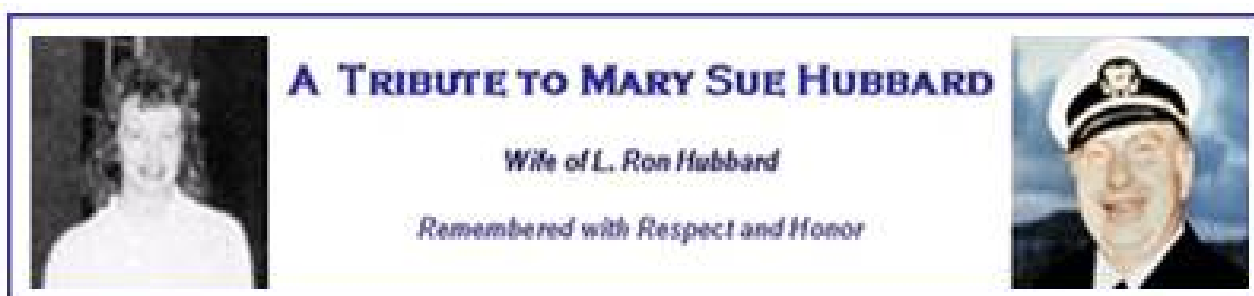
SUCH a relief and such calm in my space. No desire to go and "find something or someone to make me happy" - I can be alone and happy.

You CAN be alone and happy you know - you once were and you only starting losing yourself once you had a thought to become something or do anything other than being you.

What a great feeling of love. I miss the good old days.

I have found myself mumbling more and more with my auditor Chris Black as we get into the early days of my track. Everything was so simple and free. Great sessions, great wins. Two floating TA's today. Tons of charge blown. A very good day indeed. I found myself today - quite by surprise!

~oo00oo~



GOLD CENTURY PRESS
Quality Books for the
New Century
 Publishers to Scientologists Everywhere
[Gold Century Press](http://www.GoldCenturyPress.com)



***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.



THE BRIDGE TO TOTAL FREEDOM
SCIENTOLOGY CLASSIFICATION GRADATION AND AWARENESS CHART
OF LEVELS AND CERTIFICATES

Main classification chart with columns for TRAINING, PROCESSING, and various levels from Class XII down to Class I. Includes sub-sections for 'Additional training services that may be done at various points on the Bridge' and 'Additional processing services that may be done at various points on the Bridge'.

DIANETICS AND SCIENTOLOGY INTRODUCTORY SERVICES table with columns: Success Through Communication Route, Life Improvement Course, Personal Efficiency Route, Scientology Introductory Auditing Route, Dianetics (Book One) Route, Anatomy of the Human Mind Route, Purification Route, The Way to Happiness Route, Hubbard Key to Life Course.

DIANETICS AND SCIENTOLOGY BEGINNING BOOKS AND EXTENSION COURSES, LECTURES AND PUBLIC FILMS

How to Use This Chart, Definitions, and additional explanatory text. Includes a 'Levels from "Need of Change" from "turn to" to "improvement"' scale and a '4-Hour Training' scale.

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.

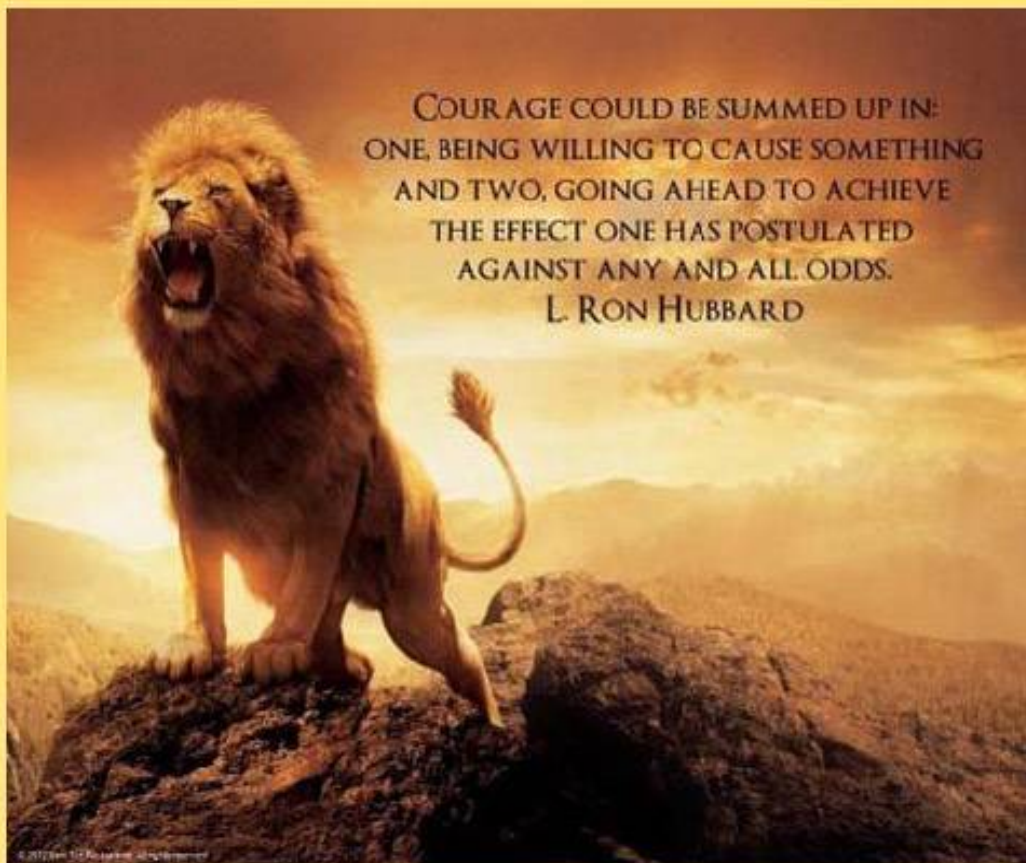
Of course we can talk about honor, truth, all these things,
The esoteric terms.
But I think they'd all be covered very well
If what we really observed was what we observed,
That we took care to observe what we were observing,
That we always observed to observe.

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



A Handbook for Field Scientologists Starting up a Group

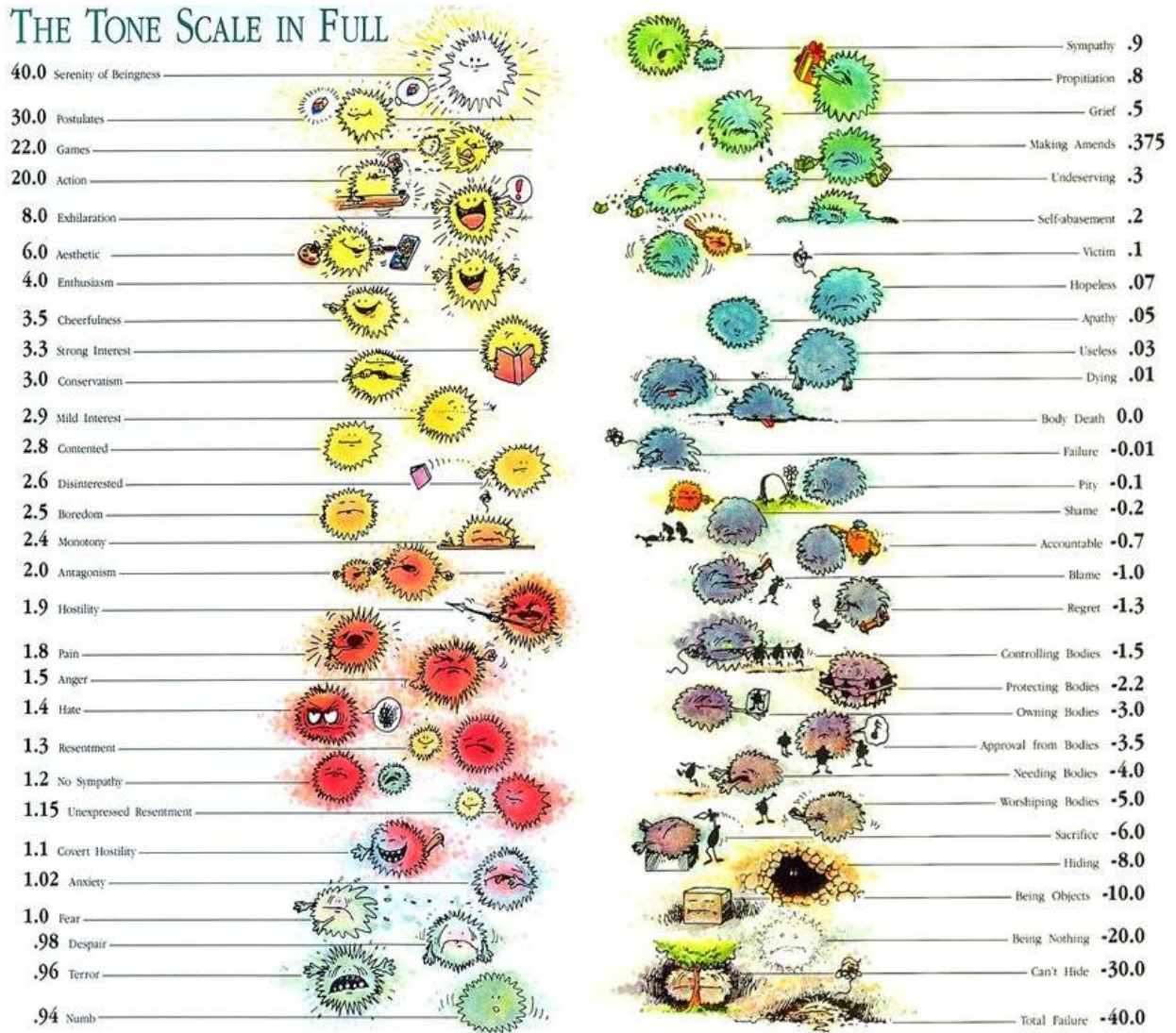
Published by The Association of Professional Independent Scientologists.

Get your Free Group Starter Kit today!

<http://independent-scientologists-association.net/start-a-group.shtml>

Copyright © 2016 ALL RIGHTS RESERVED Association of Professional Independent Scientologists.

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."



***Join The Association
of Professional Independent
Scientologists today and
make a difference to your life!***

**[http://independent-scientologists-
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.

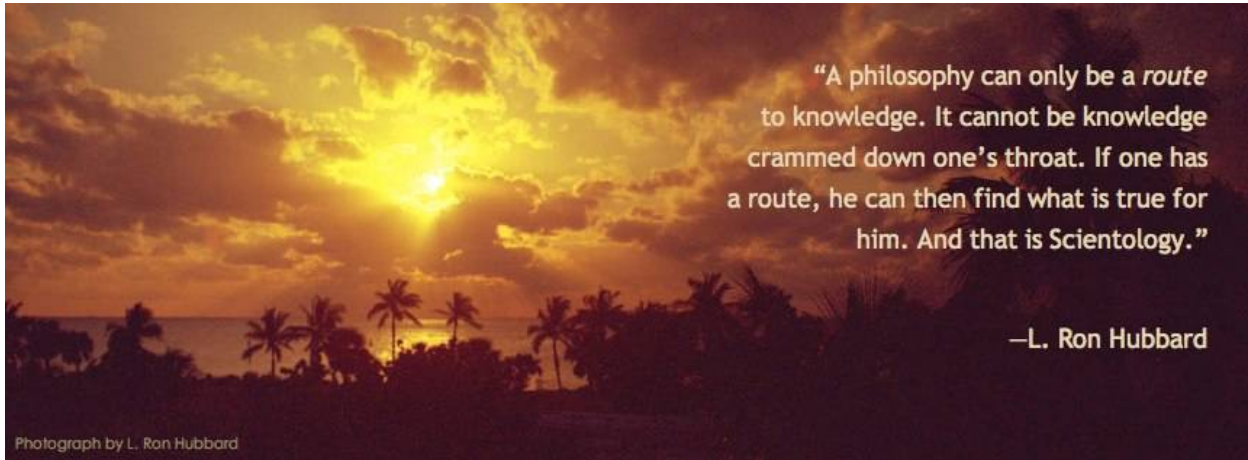
You've been able to do this in recent times. It baffles you sometimes when a piece of MEST does not instantly and immediately obey, but it's simply a matter of intention.

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.

Copyright © 1964, 1973 by L. Ron Hubbard. All rights reserved. Scientology is an applied religious philosophy. The Church of Scientology is a non-profit organization.



This Newsletter is provided subject to the condition that it shall not be circulated in any form without the publisher’s cover and acknowledgement of the material contained herein and is not to be sold, hired or otherwise disposed of for any fee or consideration. It may be freely distributed online and passed along only in its current form and with the above proviso.

Comments and articles published in the FREE THETAN are not necessarily the opinions of the Publishers or Editors and are offered solely for information purposes only and any and all articles, comments, editorials in this journal are not to be considered or construed as ‘source’ material issued from L. Ron Hubbard, excepting the fair use quotes as used from the works of L. Ron Hubbard.

The Association of Professional Independent Scientologists is a non-profit association dedicated to the promotion and expansion of the workable philosophy of Lafayette Ronald Hubbard. It is independently operated by independent scientologists who are exercising their right to free religious expression and practice and is not associated with, endorsed by or affiliated with the Church of Scientology, its affiliates, corporations management organizations, groups, CST or the RTC.

This publication is designed to provide accurate and informative information only in regard to the subject matter covered. This publication does not purport to offer any professional advice of any legal, financial or psychological service and is issued with the understanding that the publisher, editor and contributors are not engaged in rendering any legal, financial, psychological or any other professional service and is offered for information purposes only. If any legal, financial, psychological or any other professional advice or assistance is required, the services of a competent professional person should be sought. The reader is solely responsible for his or her own actions.

Copyright © 2016 By the International Freezone Association Inc. operating as the Association of Professional Independent Scientologists. All Rights Reserved.

All copyrights and trademarks belong to their respective owners

~oo00oo~



Copyright © 2016 ALL RIGHTS RESERVED Association of Professional Independent Scientologists.