



# FREE THETAN

Newsletter of the association of  
professional independent scientologists

*Preserve, Protect & Promote*

February 2016

Volume 7 Issue 2



Ideas, and not battles mark the forward  
progress of mankind. Individuals, and not  
masses, form the culture of the race.

SCIENCE OF SURVIVAL

# FREE THETAN

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**FREE THETAN**  
**Volume 7 Issue 2 February 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.**

~oOo~

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

## ~ *Editorial* ~



reservo, servo, proveho

**Dear Reader,**

In this issue there is a quote from the book All About Radiation. It is about Ron's experience and understanding of Radiation and the book is well worthy a read in this day and age of nations dramatizing war.

One can be in the middle of something yet not be a part of it. Being exterior to the body for example, is an experience many Scientologists, and others for that matter, enjoy on a regular basis. In the same way, one can also be exterior to the entheta and events that we are bombarded with on a daily basis.

Not watching or reading the news, for example. When you look at it from an exterior viewpoint one can see that, for the most part, it is not actually news. Decisions made, accomplishments made might be considered news. Car crashes, criminals being validated with publicity on the news channels is not news. Unless your a paramedic or a surgeon it is not necessary to see broken bodies on a daily basis.

One can know that such activities take place without having to have them constantly shoved down ones throat. Better to remain exterior to the lower toned activities and focus on more 'theta' activities.

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

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

### Scotland

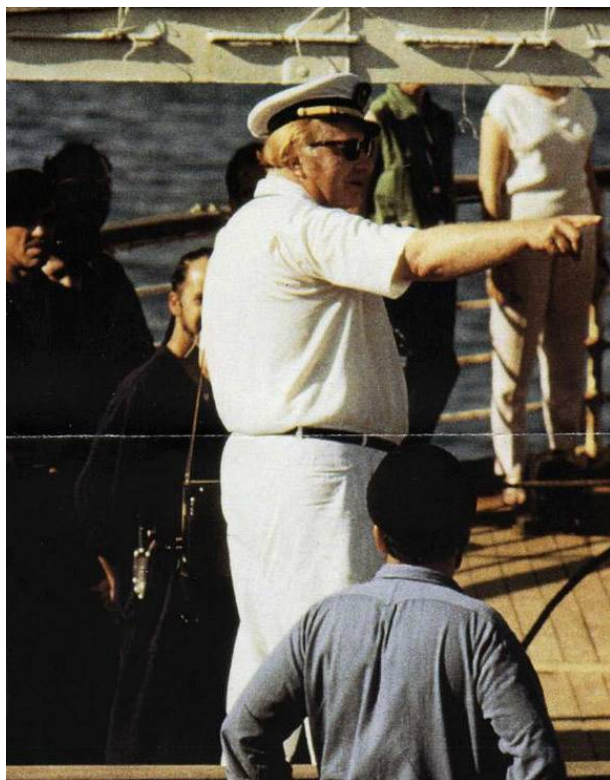
Ken Urquhart. Class IV Advance Courses Specialist. Class IX

Delivers: Internships, apprenticeships and Okay-to-Audits Class V

[Ken\\_Urquharturq@verizon.net](mailto: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~



## 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 Scientologists. 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.

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.

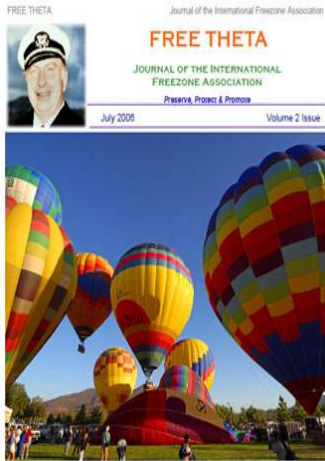
The KRC triangle acts like the ARC triangle. L. RON HUBBARD  
When one corner is increased the other two also rise.

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 accomplishing.

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 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.

~oo00oo~



*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.

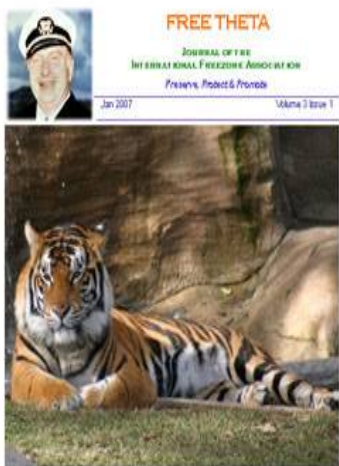
— SCIENTOLOGY: A NEW SLANT ON LIFE

L. Ron Hubbard

## FREE THETA

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*"REALITY IS THE AGREED UPON  
APPEARANCE OF EXISTENCE"*

SCIENTOLOGY 8 8008  
*Lafayette Ron Hubbard*

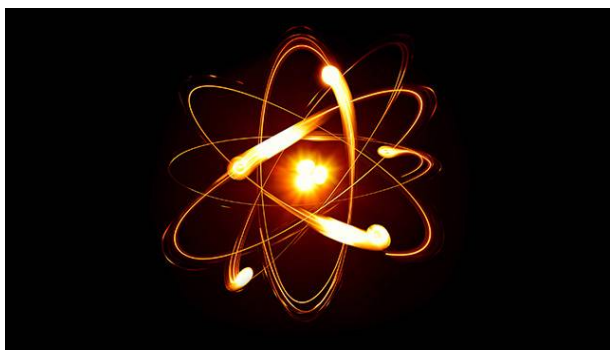


***Quote from  
L. Ron Hubbard***

## **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.





**My Own Background**  
**Extract from All About Radiation**  
 by  
**L. Ron Hubbard**

One might well ask what I know about this subject. It is amusing that I should know anything about it because the basic reason for working in the field of the mind, Scientology, was based upon the use to which this information was being put in the early 1930s.

I was a member of the first class in nuclear physics, we called it Atomic and Molecular Phenomena, of which nuclear physics is just a small part of which was taught at the George Washington University. It was not at that time and is not now, an open and shut subject. It permitted speculation. Atomic and molecular phenomena was simply no more or less than, "What did electrons and nuclei do when one did something to them?" and that included what happened to bread crumbs when one threw them about.

This whole subject was being grooved down, not by anybody's choice or selection, to a very forceful study of splitting the atom and the splitting of the atom at that time was a fact. Everybody thinks the atomic bomb suddenly blew into our knowledge full armed in 1943 and 1945 when we bombed Japan. This is not true. The atomic bomb technology was developed rather fully for decades before anybody put it to use. It requires somebody to sit down and write a check. The technology was there, but the tremendous amount of money necessary to develop nuclear physics was not given.

It was a war which made that possible and the check was written for three billion dollars and so we actually got a bomb manufactured.

Nuclear physicists were in the '30s known as "Buck Rogers" boys-the comic strip character of science fiction-and there was nothing the nuclear physicist could be used for. He had no background that could be used in industry. Rocketry was completely flat and left to the Germans and the Russians. Any field that he might have entered had no real use for him, so he either employed himself as a civil engineer running a survey or something of the sort, or he turned to some other field of endeavor.

So after I finished training, the Depression was on in full and the only use I could put this Buck Rogers information to was science fiction. Like so many later physicists I wrote science fiction for years and that was the only remunerative use I made of this material.

But as far as nuclear physics is concerned the only use I ever made of any of the material directly and intimately was to try to define the tiniest particle or wavelength of energy in this universe.

I realized that I would probably find that small particle in the human mind. I did a calculation to see how memory is stored, and developed a theory that was called "The Protein Molecule Theory of Memory Storage". I wrote this simply as a possibility and then demonstrated later on in this thesis that it was an impossibility. The idea was that there were two to the 21st power binary digits of neurons in the brain and each one of these with a hundred holes in it would act as a storage battery for human experience. I did the calculation and found that if you took all the perceptions and observations of a three months' period and stored them, even this vast number of neurons was not sufficient to hold it. This theory came back from Austria as an Austrian development and in fact with exactly the same computation - I found that mine had a mathematical error in it which I made back in 1938 and they didn't

say that it was unworkable. They said that this was the way in which human memory is stored.

The search for the smallest particle led me over to the psychology department of the George Washington University and I asked what proved to be very embarrassing questions, such as "How do people think?" which was never answered but incoherently explained in a most unscientific manner. I was in the field of engineering and here one had, for instance, a person such as a specialist in chemical material. When one went over to him to ask a question, he answered it. With a shock I received the information that there was no functioning department devoted to the human mind which could scientifically answer questions about it. Hence my interest quickened.

They could tell me a lot about the reactions of rats when put in mazes, but not how rats thought. They said the subject was called psychology, meaning 'psyche,' a Greek word meaning "spirit," but in the same breath told me that they didn't believe in a soul because it couldn't be proven. Here was, for my information, a serious hole in man's culture.

They considered the mind as a brain which had actions and reactions of various kinds, but as nearly as I could understand it, it had to be a mathematical subject which should be developed by observation of people. As far as I could discover, none of these things were being done. Psychologists were not mathematicians and did not know how to develop a theory mathematically and extrapolate it in such a way as to get a prediction of what the condition was.

When I asked where this subject came from, they answered that it was born in 1879, in Leipzig, Germany, from the mind of a man called Wundt. But they had no textbook written by him and nobody seriously contributed to this subject and I got a suspicion that somebody was kidding somebody and was pretending to know something about something about which nothing was known.

I was shocked to discover that there was no Anglo-American technology of the mind-only some German guesses. This, to me, was a serious thing. We are given to believe that the field of the mind is very definitely covered, that a great deal is known about it. I had just been studying a subject, nuclear physics, which threatened to disturb the mental equilibrium of the world in future years. "Someday somebody will want to know something about the mind," I said to myself and so I went on about my work, studied and got a degree in the subject, whatever good that was, and as I wrote and lived and fought through the Second World War, my attention stayed on this research project. The materials just kept mounting up.

It seemed to me that it became more and more necessary that man should know something more about the mind. In view of the fact that some of my friends in World War II went a bit off their heads, I found that there was some use for knowledge about the mind and thinkingness.

#### *Man Is Not a Machine*

I found through continuous observation that *basically man is not a machine, however much he loves machinery. Whatever man consists of, he is basically NOT EVIL, he is merely ignorant.*"

With these findings came a considerable amount of technical information concerning man's reactions to various stimuli such as electricity, light, smell, various types of reactions which culminate now in his reaction to nuclear fission.

~oo00oo~

## TRAINING

Auditor's Class	Certificate	Course	Prerequisites	Teaching	Where	End Result
<b>Class XII</b>	Class XII Certificate	Class XII Course	Class XI Prerequisite	Practical Class XII	Flag only	Ability to teach Class XII
<b>Class XII Auditor</b>	Class XII Auditor Certificate	Class XII Auditor Course	Class XI Auditor Prerequisite	Practical Class XII Auditor	Flag only	Ability to audit Class XII
<b>Class XI</b>	Class XI Certificate	Class XI Course	Class X Prerequisite	Practical Class XI	Flag only	Ability to teach Class XI
<b>Class XI Auditor</b>	Class XI Auditor Certificate	Class XI Auditor Course	Class X Auditor Prerequisite	Practical Class XI Auditor	Flag only	Ability to audit Class XI
<b>Class X</b>	Class X Certificate	Class X Course	Class IX Prerequisite	Practical Class X	Flag only	Ability to teach Class X
<b>Class X Auditor</b>	Class X Auditor Certificate	Class X Auditor Course	Class IX Auditor Prerequisite	Practical Class X Auditor	Flag only	Ability to audit Class X
<b>Class IX</b>	Class IX Certificate	Class IX Course	Class VIII Prerequisite	Practical Class IX	Flag only	Ability to teach Class IX
<b>Class IX Auditor</b>	Class IX Auditor Certificate	Class IX Auditor Course	Class VIII Auditor Prerequisite	Practical Class IX Auditor	Flag only	Ability to audit Class IX
<b>Class VIII</b>	Class VIII Certificate	Class VIII Course	Class VII Prerequisite	Practical Class VIII	Flag only	Ability to teach Class VIII
<b>Class VIII Auditor</b>	Class VIII Auditor Certificate	Class VIII Auditor Course	Class VII Auditor Prerequisite	Practical Class VIII Auditor	Flag only	Ability to audit Class VIII
<b>Class VII</b>	Class VII Certificate	Class VII Course	Class VI Prerequisite	Practical Class VII	Flag only	Ability to teach Class VII
<b>Class VII Auditor</b>	Class VII Auditor Certificate	Class VII Auditor Course	Class VI Auditor Prerequisite	Practical Class VII Auditor	Flag only	Ability to audit Class VII
<b>Class VI</b>	Class VI Certificate	Class VI Course	Class V Prerequisite	Practical Class VI	Flag only	Ability to teach Class VI
<b>Class VI Auditor</b>	Class VI Auditor Certificate	Class VI Auditor Course	Class V Auditor Prerequisite	Practical Class VI Auditor	Flag only	Ability to audit Class VI
<b>Class V</b>	Class V Certificate	Class V Course	Class IV Prerequisite	Practical Class V	Flag only	Ability to teach Class V
<b>Class V Auditor</b>	Class V Auditor Certificate	Class V Auditor Course	Class IV Auditor Prerequisite	Practical Class V Auditor	Flag only	Ability to audit Class V
<b>Class IV</b>	Class IV Certificate	Class IV Course	Class III Prerequisite	Practical Class IV	Flag only	Ability to teach Class IV
<b>Class IV Auditor</b>	Class IV Auditor Certificate	Class IV Auditor Course	Class III Auditor Prerequisite	Practical Class IV Auditor	Flag only	Ability to audit Class IV
<b>Class III</b>	Class III Certificate	Class III Course	Class II Prerequisite	Practical Class III	Flag only	Ability to teach Class III
<b>Class III Auditor</b>	Class III Auditor Certificate	Class III Auditor Course	Class II Auditor Prerequisite	Practical Class III Auditor	Flag only	Ability to audit Class III
<b>Class II</b>	Class II Certificate	Class II Course	Class I Prerequisite	Practical Class II	Flag only	Ability to teach Class II
<b>Class II Auditor</b>	Class II Auditor Certificate	Class II Auditor Course	Class I Auditor Prerequisite	Practical Class II Auditor	Flag only	Ability to audit Class II
<b>Class I</b>	Class I Certificate	Class I Course	Class 0 Prerequisite	Practical Class I	Flag only	Ability to teach Class I
<b>Class I Auditor</b>	Class I Auditor Certificate	Class I Auditor Course	Class 0 Auditor Prerequisite	Practical Class I Auditor	Flag only	Ability to audit Class I
<b>Class 0</b>	Class 0 Certificate	Class 0 Course	Class 0 Prerequisite	Practical Class 0	Flag only	Ability to teach Class 0
<b>Class 0 Auditor</b>	Class 0 Auditor Certificate	Class 0 Auditor Course	Class 0 Auditor Prerequisite	Practical Class 0 Auditor	Flag only	Ability to audit Class 0

## PROCESSING

PC Grade	Name of State	Initial	Prerequisites	Class of Auditor	Where	Ability
<b>OT XV</b>	New York State	Class XV	Class XIV Prerequisite	Class XV Auditor	Flag only	Ability to teach Class XV
<b>OT XIV</b>	New York State	Class XIV	Class XIII Prerequisite	Class XIV Auditor	Flag only	Ability to audit Class XIV
<b>OT XIII</b>	New York State	Class XIII	Class XII Prerequisite	Class XIII Auditor	Flag only	Ability to teach Class XIII
<b>OT XII</b>	New York State	Class XII	Class XI Prerequisite	Class XII Auditor	Flag only	Ability to audit Class XII
<b>OT XI</b>	New York State	Class XI	Class X Prerequisite	Class XI Auditor	Flag only	Ability to teach Class XI
<b>OT X</b>	New York State	Class X	Class IX Prerequisite	Class X Auditor	Flag only	Ability to audit Class X
<b>OT IX</b>	New York State	Class IX	Class VIII Prerequisite	Class IX Auditor	Flag only	Ability to teach Class IX
<b>OT VIII</b>	New York State	Class VIII	Class VII Prerequisite	Class VIII Auditor	Flag only	Ability to audit Class VIII
<b>OT VII</b>	New York State	Class VII	Class VI Prerequisite	Class VII Auditor	Flag only	Ability to teach Class VII
<b>OT VI</b>	New York State	Class VI	Class V Prerequisite	Class VI Auditor	Flag only	Ability to audit Class VI
<b>OT V</b>	New York State	Class V	Class IV Prerequisite	Class V Auditor	Flag only	Ability to teach Class V
<b>OT IV</b>	New York State	Class IV	Class III Prerequisite	Class IV Auditor	Flag only	Ability to audit Class IV
<b>OT III</b>	New York State	Class III	Class II Prerequisite	Class III Auditor	Flag only	Ability to teach Class III
<b>OT II</b>	New York State	Class II	Class I Prerequisite	Class II Auditor	Flag only	Ability to audit Class II
<b>OT I</b>	New York State	Class I	Class 0 Prerequisite	Class I Auditor	Flag only	Ability to teach Class I

19 Conditions

18 Realization

17 Clearing

16 Purposes

15 Creation

14 Liberation

13 Result

12 Provision

11 Activity

10 Adjustment

9 Body

8 Underlying

7 Energy

6 Enlightenment

5 Understanding

4 Orientation

3 Perception

2 Communication

1 Recognition

19 Conditions

18 Realization

17 Clearing

16 Purposes

15 Creation

14 Liberation

13 Result

12 Provision

11 Activity

10 Adjustment

9 Body

8 Underlying

7 Energy

6 Enlightenment

5 Understanding

4 Orientation

3 Perception

2 Communication

1 Recognition

## DIANETICS AND SCIENTOLOGY

Success Through Communication Route	Life Improvement Course Route	Personal Efficiency	Scientology Introductory Auditing Route
Class 0	Class 0	Class 0	Class 0
Class I	Class I	Class I	Class I
Class II	Class II</		

and ideas may find the truth for itself. The technology is therefore not expounded as something to believe, but something to do.

**TRAINING:** the person himself—his art, his body or his mind, his feelings, his mind or anything else; which is in a way being passed on. The identity which is the individual. The terms were used to eliminate any possible confusion with the word "training" (which is the word in the letter "beta") (to) which an *ai* is added to make a noun in the modern style used to create words in English. It is also *ai*, which is the *ai* in the *ai* *ai* *ai*, meaning unlimited or free.

**The training regimens or routines**, often referred to as *training drills*. These are practical drills on the cycle of communication.

**Designations and abbreviations** such as those found on the body of this chart are to be found in the *Physiology Dictionary*.



## ASSISTS PROCESSING

An *assist* is anything that is done to help alleviate a present time discomfort. It is an action undertaken to assist the spirit to confront physical difficulties. Assists form a vital part of Scientology and Dianetics technology.

Assists are applicable at all levels of the Grade Chart and are often a person's first introduction to Dianetics and Scientology. Many opportunities exist to use them in day-to-day living. Virtually every Scientologist tells his own stories of the miraculous wins and recoveries he has experienced himself, heard about or given another through the application of these processes.

While assists are not intended to replace medical treatment, they do much to alleviate physical pain and discomfort.

This handbook contains basic assists, such as the Touch Assist, that can be used in many different situations. There are also a large number of assist processes intended for specific difficulties or conditions—from helping a child get over his bumps and bruises, to han-

dling co-workers in the work-place; from assisting someone recover from a cold, to bringing someone out of a coma!

The results of assist technology, when applied, are nothing short of amazing. An illustration of this was a girl with an obsessive nosebleed. The child was haemorrhaging and, in the hospital, the condition was worsened by having her nose packed with gauze to stop the bleeding. An auditor ran "Hold your face and keep it from going away," "Hold the pillow and keep it from going away," "Hold your face and keep it from going away," "Hold the pillow and keep it from going away." The bleeding stopped and coagulated. The assist actually saved the girl's life.

In another case, a woman who had delivered a child some fifteen days before was still lying in a hospital bed. Nobody would discharge her because she was too weak and couldn't stand. An auditor ran an assist process with the command: "Spot some Spots where you are not delivering a child." This remedied the case in six minutes—she got up that afternoon and went home. The staff at the hospital couldn't believe this simple action could have had such an effect. A man whose wife had recently died went into apathy; all interest in life had faded away. Using Dianetic Assist technology he was audited on the incident of the loss. After the assist was completed he looked about fifteen years younger, felt great physically and was taking an interest in life again!

Results like these are right in your hand.

~oo00oo~





## Wins and Successes in the Scientology Independent Field

### ARC Straight Wire Release

"Today I have realized that I occupy the whole space of my entire universe. There is no spot where I don't exist fully aware and absolutely happy. The universe is an awesome space! I feel I can reach to anywhere I can imagine, that I am being there, here, and everywhere in between, that I have always been and will always be. It seems this is the best feeling in the whole universe - hard to think of anything better than this! But this is what I say after every cycle of auditing! Lol. I wish everybody would experience this - it is simply too good to afford to not experience! Kudos to LRH

Just completed my Straightwire Grade and I couldn't feel better. I feel more at cause and self-determined than I have in years. My memory is better; I feel sharper and more in PT. I have had, through Straightwire, some major cognitions. I feel more in ARC with my surroundings, people I know as well as those I don't and even myself, how lovely is that!

As fantastic as I feel and as great as my wins, I know from those further along than I that there are bigger wins to be had. I look forward to experiencing them.

### Grade Three

I have just completed Grade 3 and I am very happy. I have had quite a few wins, realizations and cognitions and did not realize how many negative postulates I had made against myself until I had completed this grade. I am now more able to face the future and life because of it and have a better attitude towards life.

### TECH outside COS: Original OT levels.

I completed these OT Levels this last week. These are the original OT levels and were delivered until (1982) when Miscavige pulled them off of the bridge as they were a threat to him. I cannot stress how liberating 4,5, and 6 are. They are short levels and really just show you the abilities you have regained. I hope with all my heart you get to these levels very, very,

soon. They are exactly what you are looking for. These levels were quite short for me mainly because of the great setups I had prior and being a past lifer with a lot of ACC auditing under my belt from then.

#### Original OT IV

I feel, and am proofed up as a Being doing the original OT IV. Having NO drug history helps! After all the dealing with other's cases on OT II and III it was a relief to have some polish on me as a Being. It was a huge amount of fun and anyone who says there isn't other's cases to handle beside yours doesn't have any idea what really goes on, it's there. And I'm ready to eradicate it after this wonderful level.

#### Original OT V

I've done OT V –the original today. I cannot convey the change, in words, to my abilities, in, and most especially outside of the body. It is like driving an old clunker car and the sitting in or shall I say sitting out of a Lamborghini sports car as far as exterior abilities. Un-be-fricking-lievable! The ability to perceive, be in or out of objects, spaces, time, to sense the state of beings and too many other things to list are realized on this level. What an acknowledgment of what Theta really is!!! I can see the postulates of others from long ago and sense their purpose even in the persistent creation or even something as short-lived as a one time flow. It is obvious why the Church no longer delivers this level. Why? Because you are now AWARE and DO KNOW and CAN CREATE, PERCEIVE and VIEW AS A TRUE THETAN and be others views as well. What a threat to suppression! LOL. I really enjoyed this level (grade) it is a must do for any Pre-OT. Thank you to LRH for this returning of my ability.

#### Original OT VI

I am very humbled by this level and what it

acknowledges in my universe. I first touched on the abilities possible on this level in 1956, last lifetime. I am amazed at it's simplicity in pointing out how to use OT abilities. No space is too wide, no comm line unreachable. There is no such thing since the laws of the physical universe don't apply. True OT abilities are made available and you will demonstrate them to yourself. They are not stuff of legend or fantasy. You must do this level and we will be OT as a group. If you think OT abilities are fake, you just aren't there, just yet. {Keep going, it won't be long!} Thank you to Ron and my C/S for this wonderful state and abilities! Now on to Audited NOTS!

#### NOTS Assist Cycle

When it comes to operating bodies it is truly amazing what mechanisms a Thetan sets up over the course of Trillions of years to do the job for him. Probably workable at first then the foolish Thetan forgets or pretends to forget that he was the originator of the mechanism. Time passes as time does and the mechanism continues to work and we eventually find our Thetan with a recurring problem that doesn't match present time, in fact it doesn't make any since at all. So our stupid Thetan starts assigned other reasons or significances so he makes new mechanisms to handle along with assigning other untrue significance to it all and of course not being responsible he forgets it all and as it usually does more time pass. Then one day in this life time, when the condition is right, the time is right, the original mechanism kicks in and it is time for the body to die. Now this is not one of those heavy dramatic life threatening medical conditions I'm talking about, it was just the Flue. Ya when ever I got the flue I always felt like I was going to die but this was very different now, I could see the mass and I knew to a slight degree what it was all about. After originating the condition to my Auditor which he promptly got the data off to our C/S, Roy then proceeded to nicely chew



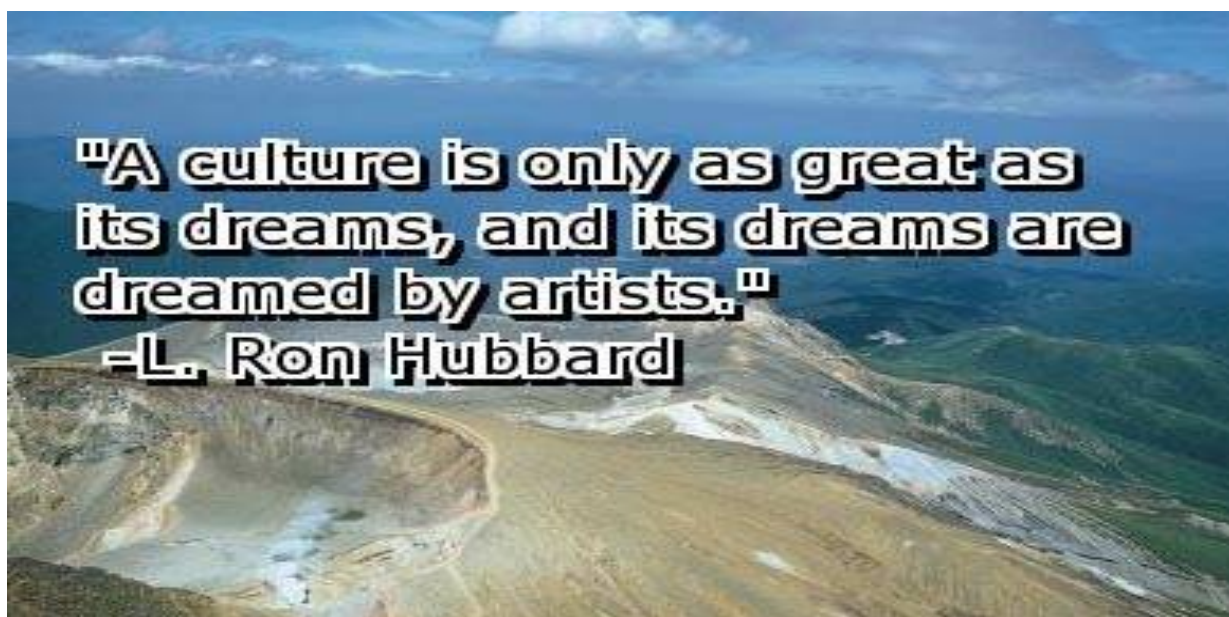
my ass for doing something out of session that should only be done in session, which in my book was a very correct action. Curiosity may kill a cat but curiosity about a mass out of session will defiantly screw up a Thetan in the middle of NOTS Auditing. Our c/s was again so spot on and my auditor ran me straight and true and the condition and the mechanism I set up on all the previous bodies blew. Interesting stuff this NOTS auditing is, it takes you right back to Axiom 1, 2 and 3.

### NOTs PreOT

Remember those "old fashioned" TVs with the rabbit-ear antennas? If you turned on an appliance in the kitchen, the picture would get badly distorted. Turn off the appliance and the picture/sound cleared up. Such has been my experience on NOTs. A lot of noise and interference has disappeared. I'd say that most of it has

gone, but sometimes you don't realize a noise until it's silenced. So, I'll leave the degree-of-silence evaluation for another time. The fact is I'm noticing that more of my thoughts happen now when I want them to happen...less noise, more my thoughts. So I guess, in general, it's less thought and more me being me. From an OT perspective, there's less forces and confusions pulling me this way and that. This allows me to create my day and life with less counter-intentions. Nice. How do I feel? Much less mass in my awareness...lighter. Like Clear times a hundred. The body has a wonderful not-there-ness. I've mentioned before how 20 years of back pain have melted. Even that has gotten better. Amazing! NOTs is the real deal! There's nothing better. Nothing faster. The highest tech on the planet for your spiritual advancement.

~oo00oo~



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

**by L. Ron Hubbard**

INTENTION. The ability to intend. And intention contains in it every power the Thetan has. The ability to throw a lightening bolt. The ability to hold something in position. The ability to make something 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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## 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



## 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)**

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

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

#### **Exercise One**

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

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

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

#### **Exercise Two**

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

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

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

#### **Exercise Three**

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

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

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

"Recall a time when you agreed to something."

"Recall a time when somebody disagreed with you."

"Recall a time when you liked somebody."

"Recall a time when someone agreed with you."

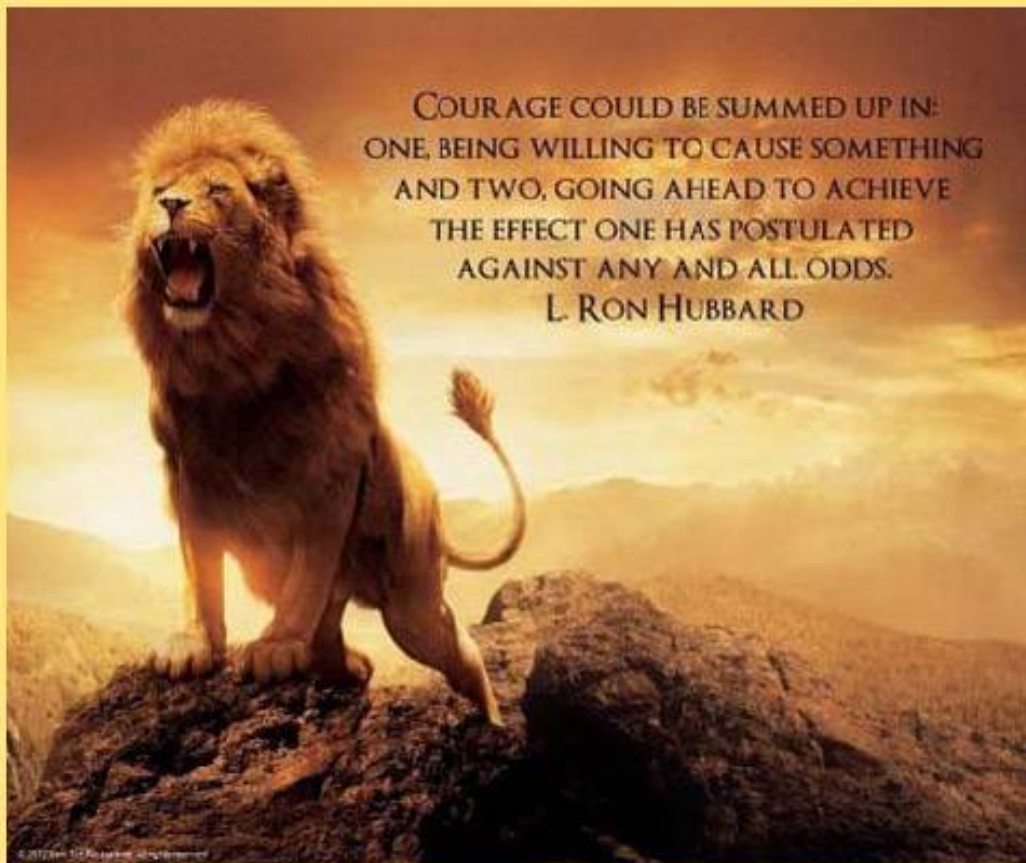
"Recall a time when someone was communicating easily to you." "Recall a time when somebody liked you."

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

This exercises can be done for hours.

~oo00oo~

# Group Starter Kit for Scientologists



## A Handbook for Field Scientologists Starting up a Group

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## Expanded Know to Mystery Scale

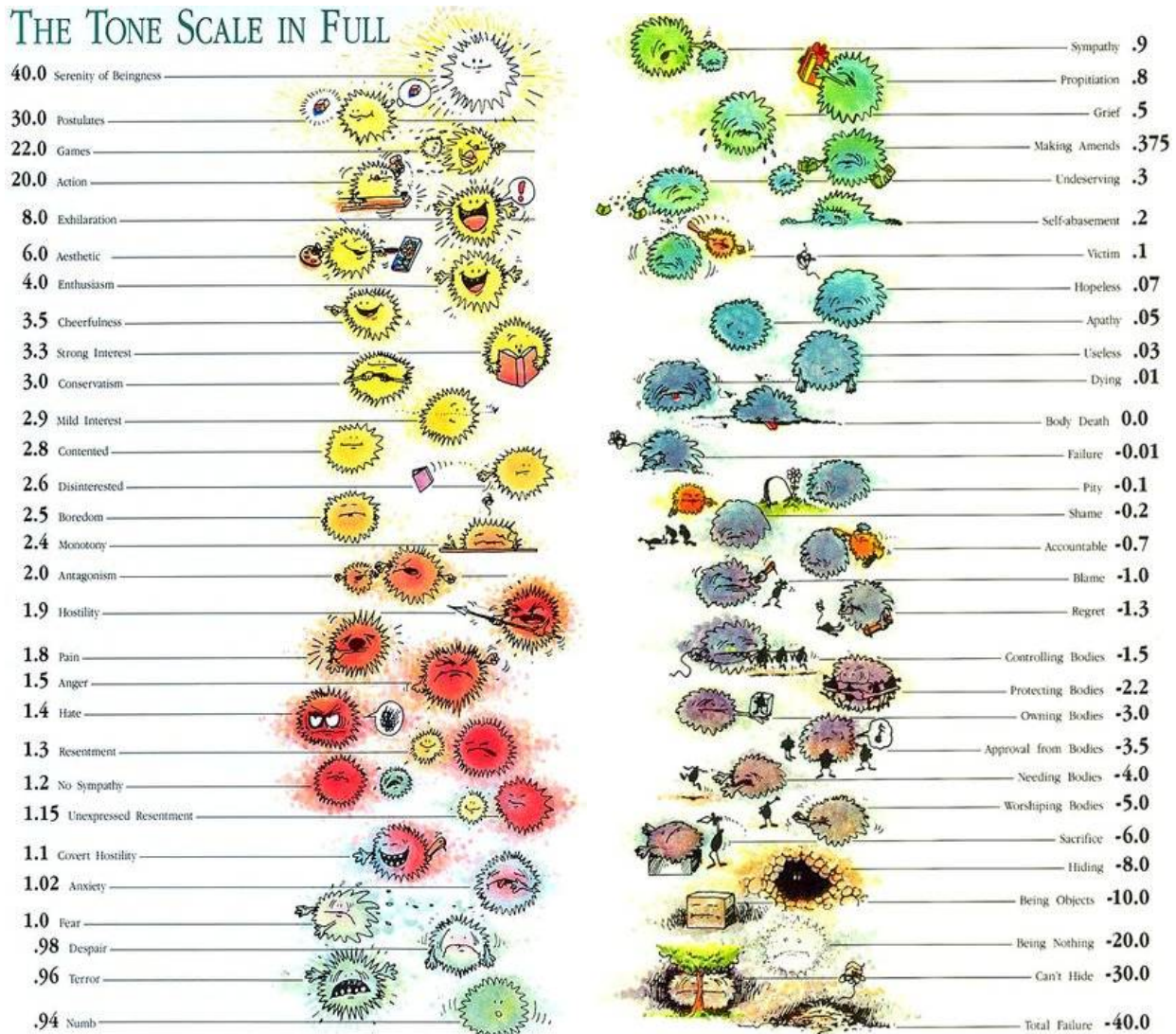
But you get a condensation of knowingness. A condensation of knowingness occurs down to lookingness. One has something to look at. And then this condenses and we get emotion. And this condenses and we get effort. And this condenses and we get thinkingness -you know, figure-figure. And this condenses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

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

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

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

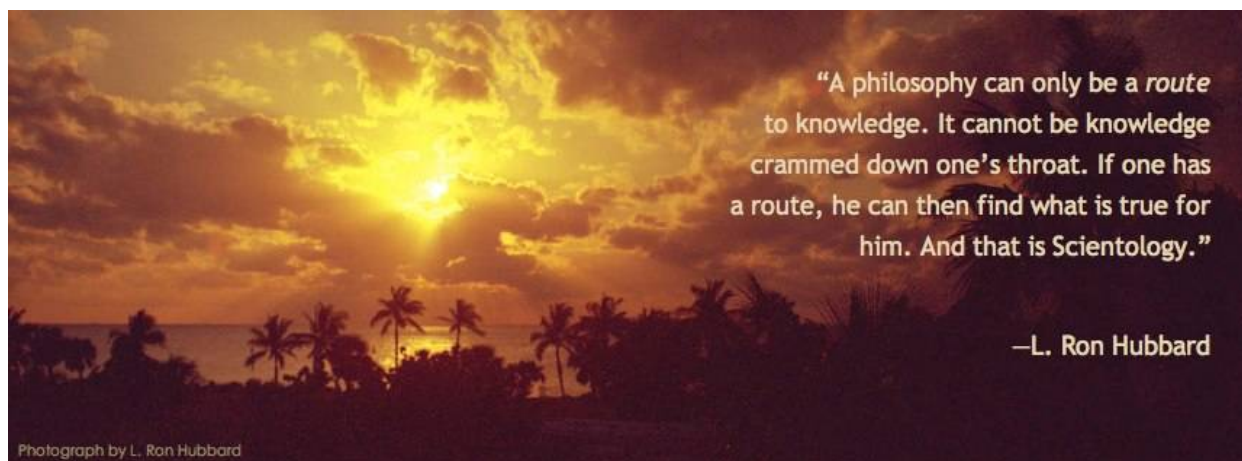
## The Tone Scale in Full



### The Tone Scale

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

Scientology 0-8. The Book of Basics



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