



# FREE THETAN

Newsletter of the association of  
professional independent scientologists

*Preserve, Protect & Promote*

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February 2017

Volume 8 Issue 2

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**“... all the happiness you ever find  
lies in you.”**

**Scientology A New Slant on Life**

# FREE THETAN

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*Preserve, Protect & Promote*

**FREE THETAN**  
**Volume 7 Issue 2 February 2017**

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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,**

Well we are now into the second month of the new year. This promises to be an exciting adventure with more and more people reaching out to find something they feel is missing in their life.

This is the time to reach out a helping hand and, with A R C guide and show people what Scientology REALLY is.

Showing my example and demonstration and helping them to see some of the basic principles of life and the universe.

Looking around there is not much help else where. Just hype, PR and lies all for a first dynamic inflow.

It is up to use to set the example and be a stable data in a sea of chaos and confusion.

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~





## Wins and Successes in the Scientology Independent Field

### OT II

OT II kind of snuck up on me and I started to notice changes in my awareness level.

As I move through all the OT levels (Ron's incremental introduction to ourselves)

I am continually amazed. I have now gone past who I am and now it's what can I do.

This level was a real eye-opener and removed so much charge. I'm so much freer now. Thanks so much to Ron and my C/S and my wife and friends who helped me to get here. I salute you all.

I've had such Incredible gains in the last few months - I'm enjoying everything. Things are looking crystal clear and I feel I'm making leaps and bounds. I'm not the effect anymore. I now know how to use the tech and feel more at cause. When you know this tech you get invincible. I As-Is things so much quicker now. I'm really getting to the real me. Everyone on this planet has gone through this stuff and I had been ignorant of it. It's so

good to be free of this now. OT II was just incredible! Thanks Ron!

I feel fantastic and have for a while now.

About 2 weeks ago I had a giant line charge in session. I felt so good and I haven't had any charge since then. Something changed.

The charge that had affected me and made me small just wasn't there anymore. Yesterday I was just laughing - I don't think I'll be serious again. Life is going better than it ever has.

### OT III

This is truly the most amazing data I have ever seen. It explains so much of life and what is happening on this planet. The training I received was superb and now I really understand the tech of this level. The course was so much fun and I became a much better auditor. The freedom and abilities I'm experiencing on OT III is what I was looking for - for a very, very long time. LRH is amazing!

Thank you all.

One of the main things I marveled at after I completed OT III was everything I did was simpler, far less complicated. I was working as an auditor, and my sessions on pcs (after OT III) were so effortless - compared to before OT III. As a being I simply perceived and knew what to do with the pc. It was so simple. I was awestruck by the ease with which I audited my pcs. It is an unending revelation for me.

### AUDITED NOTS

I feel like I cheated life on this level. Everything became so easy. There is no effort on any of my dynamics and my business is flourishing, my family is flourishing and so am I. The auditing I received was just wonderful - pure LRH. I now understand all those stories I heard years ago about the freedom a being attains on NOTS. Thanks so much to LRH. And thanks to my auditor and C/S.

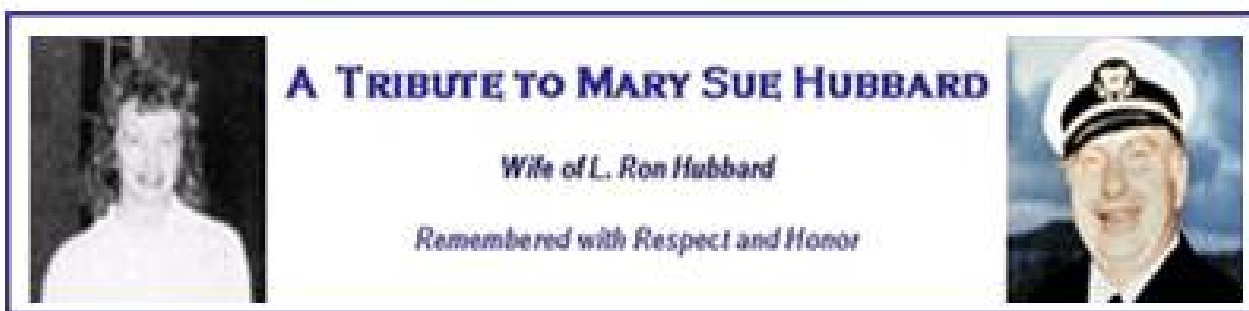
My first origination to a friend was -- "Why did I wait so long to get my NOTS auditing?" The gains were so permanent and vast -- that I kicked myself for not getting this particular piece of OT case handled immediately after I finished OT III. The main win for me was that all the attention points that were stuck in on the body (ills, worries, somatics and more) were totally gone. My attention went fully out and this was exhilarating. A somatic would start to appear, and whoosh! it was gone. No force behind it. This was a level that handled

exactly what I as an individual being was stuck in. Utterly Fantastic! Thank you Ron.

### SOLO NOTS

The auditing continues to go very well. I got a wild story for you. Wednesday I'm in session at the usual time, pokin' around for something to run. Attention goes to my brother Dave ... and there I perceived NOTS case in his space. The thing is, Dave's out for a bike ride. Bang! Bang! Bang! Bang! my Needle is diving off the pin. TA going nuts. Charge blowing off like dandelion seeds in a gust of wind. Later that day, Dave's comm goes way up. Next day he comes downstairs with his eyes bugging out of his head. He had just received an out-of-nowhere call from his X-wife. They'd been out of comm for a long time. ARCX of Long Duration. They'd had a long conversation and a big piece of some nasty thing had just gone poof for him. He's blown out and in an obvious state of release from whatever it was. The way he characterized it, it was magical. He then starts originating on forgiveness and honesty and clean hands making a happy life. I've never heard originations like this from him. (He just doesn't originate much normally.) He's more VGI's then I've ever seen him. His face has smoothed out. Magic, all right.

~oo00oo~





## Are you a friend of yours ?

### Extract from the book *Self Analysis*

Probably the most neglected friend you have is you. And yet every man, before he can be a true friend to the world must first become a friend to himself.

In this society, where aberration flourishes in the crowded cities and marts of business, few are the men who have not been subjected, on every hand, to a campaign to convince them that they are much less than they think they are.

You would fight anyone who said of your friends what is implied about you. It is time you fought for the best friend you will ever have—yourself.

The first move in striking up this friendship is to make an acquaintance with what you are and what you might become. “Know thyself !” said the ancient Greek. Until recently it was not possible to make a very wide acquaintance. Little was known about human behavior as a science. But atomic physics, in revealing new knowledge to man, has also revealed the general characteristics of the energy of life and by that a great deal can be known which was not before suspected. You do not need to know atomic physics to know yourself, but you need to know something of the apparent goal of life in general and your own goals in particular.

In a later chapter there are some questions you can answer which will give you a better insight into your capabilities as they are and what they can become—and do not be deceived,

for they can become a great deal more than you ever before suspected.



Just now let's talk about the general goal of all life. Knowing that, we can know something about the basic laws which motivate your own urges and behavior.

All problems are basically simple—once you know the fundamental answer. And this is no exception in life. For thousands of years men strove to discover the underlying drives of existence. And in an enlightened age, when exploration of the universes had already yielded enough secrets to give us A-bombs, it became possible to explore for and find the fundamental law of life. What would you do if you had this fundamental law? How easily then would you understand all the puzzles, riddles and complexities of personality and behavior. You could understand conjurers and bank presidents, colonels, and coolies, kings, cats and coal heavers. And more important, you could easily predict what they would do in any given circumstance

and you would know what to expect from anyone without any guesswork—indeed with a security diabolical in its accuracy.

“In the Beginning was the Word”, but what was the Word? What fundamental principle did it outline? What understanding would one have *if* he knew it?

An ancient Persian king once made a great effort to know this Word. He tried to discover it by having his sages boil down all the knowledge of the world.

At his orders, every book written which could be obtained was collected together in an enormous library. Books were brought to that ancient city by the caravan load. And the wise men of the time worked for years condensing every piece of knowledge which was known into a single volume.

But the king wanted a better statement of the fundamental Word. And he made his sages reduce that volume to a single page. And he made them reduce it again to a sentence. And then, after many more years of study, his philosophers finally obtained that single Word, the formula which would solve all riddles.

And the city died in war and the Word was lost.

But what was it? Certainly its value, since it would make an understanding of Man possible, exceeded the riches of Persia. Two thousand years later, out of the studies of atomic and molecular phenomena, we can again postulate what that Word was. And use it. Use it to know ourselves. And to predict the actions of other men.

## Lecture Two

The dynamic principle of existence is: SURVIVAL!

At first glance that may seem too basic. It may seem too simple. But when we examine this Word, we find some things about it which make it possible for us to do tricks with it. And to know things which were never known before.

Knowledge could be represented by a pyramid. At the top we would have simple fact but a fact so widely embracing the universe that many facts could be known from it. From this point we could conceive descending down into greater and greater numbers of facts, represented by the broadening of the pyramid.

At any point we examine this pyramid we would find that as one descended he would find facts of wider and less related meanings. As one went up he would find greater and greater simplicities. Science is the process of starting low on the pyramid, much like the Persian king, and rising up in an effort to discover more basic facts which explain later facts. Philosophy could be said to be the operation of taking very basic facts and then leading them into explanations of greater and greater numbers of facts.

At the point of our pyramid, we have SURVIVAL !

It is as though, at some remarkably distant time, the Supreme Being gave forth a command to all life: “Survive!”. It was not said how to survive nor yet how long. All that was

said was “Survive !” The reverse of Survive is “Succumb”. And that is the penalty for not engaging in survival activities.

But what of such things as morals, ideals, love? Don’t these things go above “mere survival” ? Unfortunately or fortunately, they do not.

When one thinks of survival, one is apt to make the error of thinking in terms of “bare necessity”. That is not survival. For it has no margin for loss. The engineer when he constructs a bridge, uses something called a “factor of safety”. If a bridge is to hold ten tons, he builds it to hold fifty tons. He makes that bridge five times as strong. Then he has a margin for deterioration of materials, overloading, sudden and unforeseen stress of elements, and any accident which may occur.

In life, the only real guarantee of survival is *abundance*. A farmer who calculates to need twelve bushels of grain for his food for a year and plants twelve bushels has cut back his chances of survival very markedly. The fact is, he will not survive, unless some neighbour has been more prudent. For the grasshoppers will take part of the wheat. And the drought will take some. And the hail will take some. And the tax gatherer will take some. And what will he do for seed wheat if he intends to use all he plants for food ?

No, the farmer who knows he has to eat twelve bushels of wheat in the coming year had better plant a hundred. Then the grasshoppers and internal revenue people can chew away as they will. The farmer will still be able to harvest enough for his own food—except of course in a Socialism where nobody survives, at least for very long!

An individual survives or succumbs in ratio to his ability to acquire and hold the wherewithal of survival. The security of a good job, for instance, means some guarantee of survival — other threats to existence not becoming too overpowering. The man who makes twenty thousand a year can afford better clothing against the weather, a sounder and better

home, medical care for himself and his family, good transportation and, what is important, the respect of his fellows. All these things are survival.

Of course the man who makes twenty thousand a year can have such a worrisome job, can excite so much envy from his fellows and can be so harassed that he loses something of his survival potential. But even a subversive will change his political coat if you offer him twenty thousand a year.

Take the man who makes ten dollars a week. He wears clothes which protect him very poorly. Thus he can easily become ill. He lives in a place which but ill defends him from the weather. He is haggard with concern. For his level of survival is so low that he has no margin, no abundance. He cannot bank anything against the day he becomes ill. And he cannot pay a doctor. And he can take no vacations. Even in a collective state his lot would be such, his regimentation so thorough that he could do little to protect his own survival.

Youth has a survival abundance over old age. For youth still has endurance. And the dreams of youth—good survival stuff, dreams—are not yet broken by failures. Youth has, in addition, a long expectancy, and that is important, for survival includes length of time to live.

As for ideals, as for honesty, as for one’s love of one’s fellow man, one cannot find good survival for one or for many where these things are absent. The criminal does not survive well. The average criminal spends the majority of his adult years caged like some wild beast and guarded from escape by the guns of good marksmen. A man who is known to be honest is awarded survival—good jobs, good friends. And the man who has his ideals, no matter how thoroughly the minions of the devil may wheedle him to desert them, survives well only so long as he is true to those ideals. Have you ever heard about a doctor who, for the sake of gain, begins to secretly attend criminals or peddle dope? That doctor does not survive long after his ideals are laid aside.

In short, the most esoteric concepts fall within this understanding of Survival. One survives so long as he is true to himself, his family, his friends, the laws of the Universe. When he fails in any respect, his survival is cut down. The end of Survival, however, is no sharp thing. Survival is not a matter of being alive this moment and dead the next. Survival is actually a graduated scale.

### Lecture Three

Where does one cease to Survive and begin to Succumb? The point of demarcation is not death as we know it. It is marked by what one might call the death of the consciousness of the individual.

Man's greatest weapon is his reason. Lacking the teeth, the armour-plate hide, the claws of so many other life forms, Man has relied upon his ability to reason in order to further himself in his survival.

The selection of the ability to think as a chief weapon is a fortunate one. It has awarded Man with the kingdom of Earth. Reason is an excellent weapon. The animal with his teeth, with his armour-plated hide, with his long daws, is fixed with weapons he cannot alter. He cannot adjust to a changing environment. And it is terribly important, to survive, to change when the environment changes. Every extinct species became extinct because it could not change to control a new environment. Reason remedies this failure to a marked extent. For Man can invent new tools and new weapons and a whole new environment. Reason permits him to change to fit new situations. Reason keeps him in control of new environments.

Any animal that simply adjusts itself to match its environment is doomed. Environments change rapidly. Animals which control and change the environment have the best chance of survival.

The only way you can organize a collective state is to convince men that they must adjust and adapt themselves, like animals, to a con-

stant environment. The people must be deprived of the right to control, as individuals, their environment. Then they can be regimented and herded into groups. They become owned, not owners. Reason and the right to reason must be taken from them, for the very center of reason is the right to make up one's own mind about one's environment.

The elements fight Man and man fights man. The primary target of the enemies of Man or a man is his right and ability to reason. The crude and blundering forces of the elements, storms, cold and night bear down against, challenge and then mayhap crush the Reason as well as the body.

But just as unconsciousness always precedes death, even by instants, so does the death of Reason precede the death of the organism. And this action may happen in a long span of time, even half a lifetime, even more.

Have you watched the high alertness of a young man breasting the forces which oppose life? And watched another in old age? You will find that what has suffered has been the ability to Reason. He has gained hard won experience and on this experience he seeks, from middle age on, to travel. It is a truism that youth thinks fast on little experience. And that age thinks slowly on much. The Reason of youth is very far from always right, for youth is attempting to reason without adequate data.

Suppose we had a man who had retained all his ability to reason and yet had a great deal of experience. Suppose our greybeards could think with all the enthusiasm and vitality of youth and yet had all their experience as well. Age says to youth, "You have no experience!" Youth says to age, "You have no vision, you will not accept or even examine new ideas!" Obviously an ideal arrangement would be for one to have the experience of age and the vitality and vision of youth.

You may have said to yourself, "With all my experience now, what wouldn't I give for some of the enthusiasm I had once". Or perhaps you have excused it all by saying you have "lost

your illusions". But you aren't sure that they were illusions. Are brightness in life, quick enthusiasm, a desire and will to live, a belief in destiny, are these things illusions ? Or are they symptoms of the very stuff of which vital life is made? And isn't their decline a symptom of death ?

Knowledge does not destroy a will to live. Pain and loss of self-determinism destroy that will. Life can be painful. The gaining of experience is often painful. The retaining of that experience is essential. But isn't it still experience if it doesn't yet have the pain?

Suppose you could wipe out of your life all the pain, physical and otherwise, which you have accumulated. Would it be so terrible to have to part with a broken heart or a psychosomatic illness, with fears and anxieties and dreads ?

Suppose a man had a chance again, with all he knows, to look life and the Universe in the eye again and say it could be whipped. Do you recall a day, when you were younger, and you woke to find bright dew sparkling on the grass, the leaves, to find the golden sun bright upon a happy world? Do you recall how beautiful and fine it once was? The first sweet kiss? The warmth of true friendship? The intimacy of a moonlight ride? What made it become otherwise than a brilliant world ?

The consciousness of the world around one is not an absolute thing. One can be more conscious of color and brightness and joy at one time of life more than another. One can more easily feel the brilliant reality of things in youth than he can in age. And isn't this something like a decline of consciousness, of awareness ?

What is it that makes one less aware of the brilliance of the world around him. Has the

world changed? No, for each new generation sees the glamour and the glory, the vitality of life—the same life that age may see as dull at best. The individual changes. And what makes him change? Is it a decay of his glands and sinews ? Hardly, for all the work that has been done on glands and sinews—the structure of the body—has restored little if any of the brilliance of living.

Ah, youth, sighs the adult, if I but had your zest again! What reduced that zest ?

As one's consciousness of the brilliance of life declines, so has declined his own consciousness. Awareness decreases exactly as consciousness decreases. The ability to perceive the world around one and the ability to draw accurate conclusions about it are, to all intents, the same thing.

Glasses are a symptom of the decline of consciousness. One needs his sight bolstered to make the world look brighter. The loss of the ability to move swiftly, as one ran when he was a child, is a decline of consciousness and ability.

Complete unconsciousness is death. Half unconsciousness is half death. A quarter unconsciousness is a quarter of death. And as one accumulates the pain attendant upon life and fails to accumulate the pleasures, one gradually loses his race with the gentleman with the scythe. And there ensues, at last, the physical incapacity for seeing, thinking and being known, as death.

How does one accumulate this pain? And if he got rid of it would full consciousness and a full bright concept of life return? And is there a way to get rid of it ?

~oo00oo~



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## THE A-R-C TRIANGLE

There is a triangle of considerable importance in Scientology, and understanding of it gives a much greater understanding of life and an ability to use it.

The A-R-C triangle is the keystone of living associations. This triangle is the common denominator of all of life's activities. The first corner of the triangle is called Affinity. The basic definition of affinity is the consideration of distance, whether good or bad. The most basic function of complete affinity would be the ability to occupy the same space as something else.

The word "affinity" is here used to mean love, liking or any other emotional attitude.

Affinity is conceived in Scientology to be something of many facets. Affinity is a variable quality. Affinity is here used as a word with the context "degree of liking". Under affinity we have the various emotional tones ranged from the highest to the lowest, and these are, in part, serenity (the highest level), enthusiasm (as we proceed downward toward the baser affinities), conservatism, boredom, antagonism, anger, covert hostility, fear, grief, apathy. This, in Scientology, is called the Tone Scale. Below apathy, affinity proceeds into solidities such as matter. Affinity is conceived to be comprised first of thought, then of emotion which contains energy particles, and then as a solid.

The second corner of the triangle is Reality. Reality could be defined as "that which appears to be". Reality is fundamentally agreement. What we agree to be real is real.

The third corner of the triangle is Communication. In human relationships this is more important than the other two corners of the triangle in understanding the composition of human relations in this universe. Communication is the solvent for all things. It dissolves all things.

The inter-relationship of the triangle becomes apparent at once when one asks, "Have you ever tried to talk to an angry man?" Without a high degree of liking and without some basis of agreement there is no communication. Without communication and some basis of emotional response there can be no reality. Without some basis for agreement and communication there can be no affinity. Thus we call these three things a triangle. Unless we have two corners of a triangle, there cannot be a third corner. Desiring any corner of the triangle, one must include the other two.

The triangle is conceived to be very spacious at the level of serenity and completely condensed at the level of matter. Thus to represent a scale for use one would draw a large triangle with a high part of the scale and succeeding small triangles down to a dot at the bottom of the scale.

Affinity, reality and communication are the basis of the Scientology Tone Scale, which gives a prediction of human behavior as contained in *Science of Survival*.

As has already been noted, the triangle is not an equilateral triangle. Affinity and Reality are very much less important than Communication. It might be said that the triangle begins with Communication, which brings into existence Affinity and Reality.

The most primitive Scientology definition of ommunication is "Cause-Distance-Effect". The fundamental manual of Communication is the book, *Dianetics 55! A-R-C are understanding*.

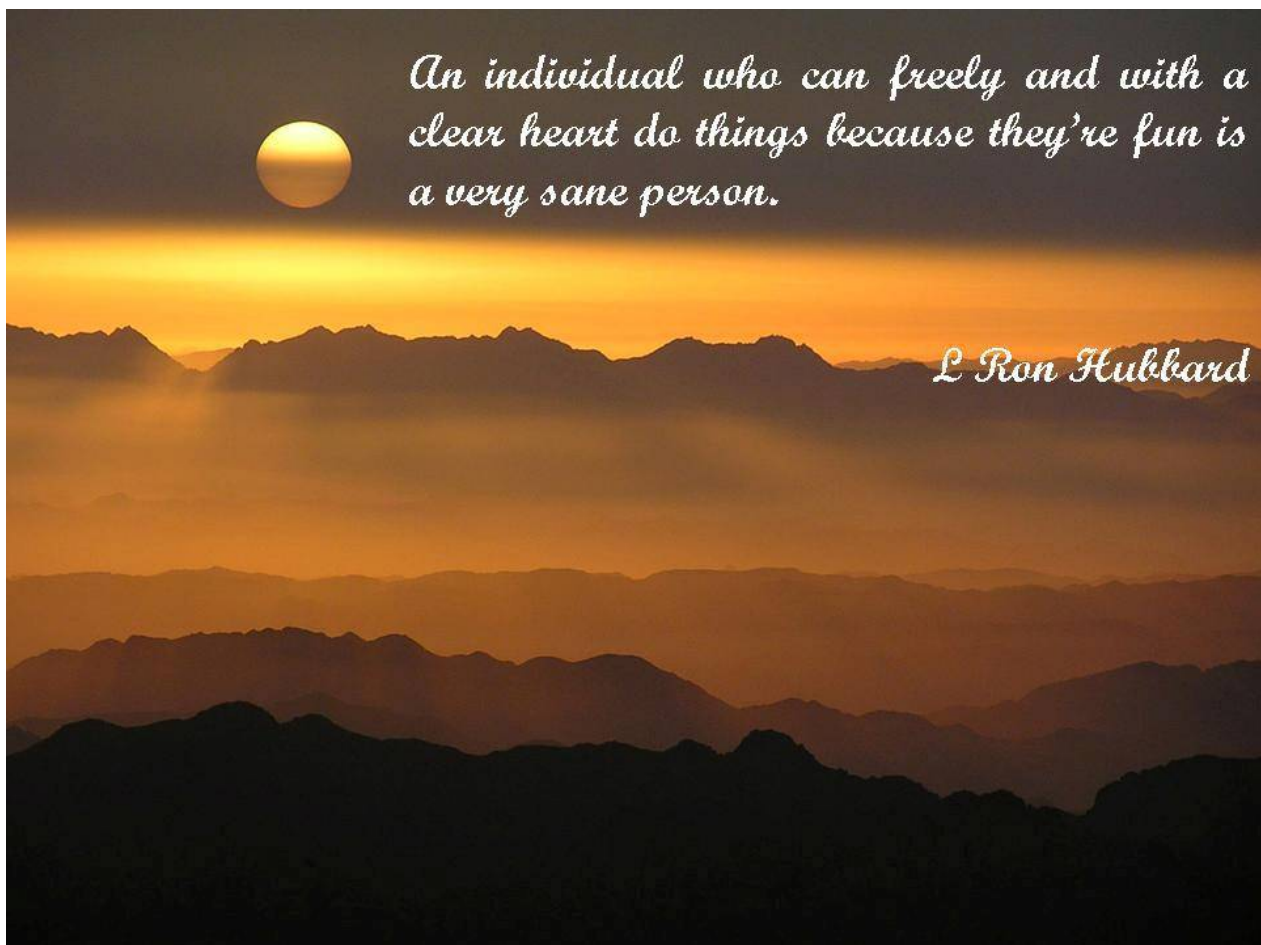


If you would continue a strong and able communication with someone there must be some basis for agreement. There must be some liking for the person and then communication can exist. We can see then that simple talking and writing randomly without knowledge of this would not necessarily be communication. Communication is essentially something which is sent and which is received. The intention to send and the intention to receive must both be present in some degree before an actual communication can take place. Therefore one could have conditions which appeared to be communications which were not. Original with Scientology, as are all these concepts, the A-R-C triangle understood is an extremely useful tool or weapon in human relationships. For instance, among the A-R-C tri-

angle laws, a communication to be received must approximate the affinity level of the person to whom it is directed .

As people descend the tone scale they become more and more difficult to communicate with, and things with which they will agree become more and more solid. Thus we have friendly discourse high on the scale and war at the bottom. Where the affinity level is hate, the agreement is solid matter, and the communications . . . bullets.

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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.

~oo00oo~

## 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.

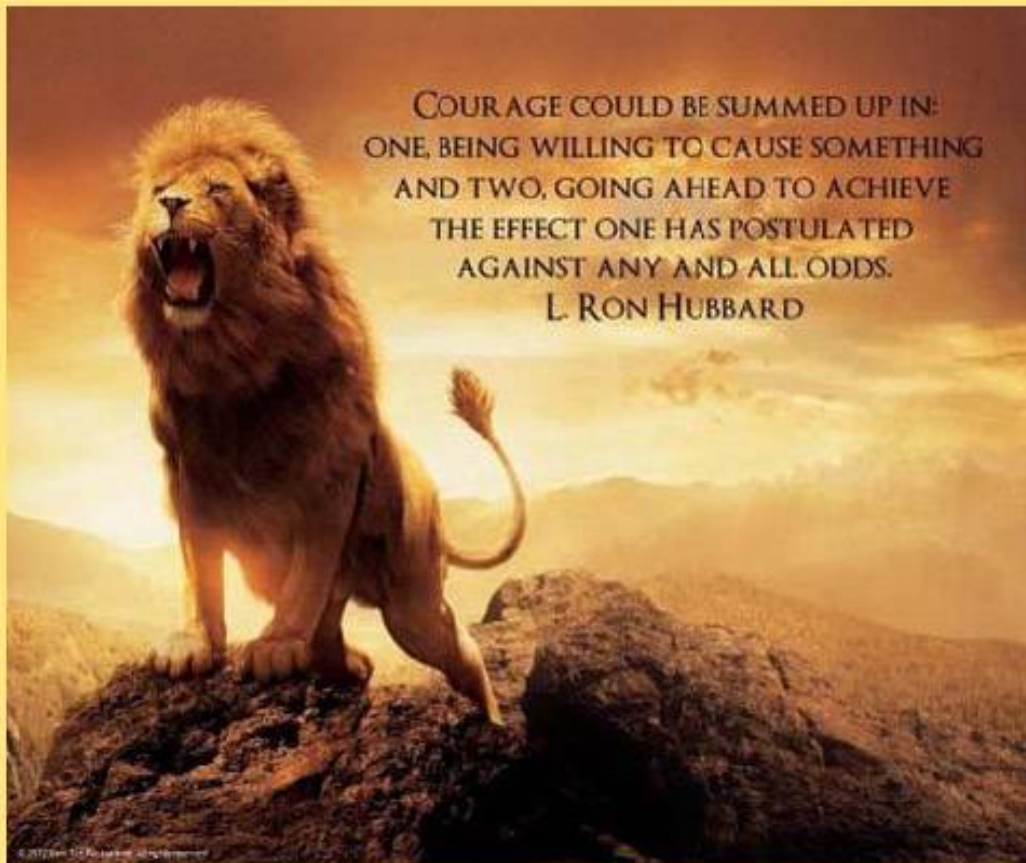
And not necessarily maintaining a sceptical attitude,  
A critical attitude or an open mind.  
But certainly maintaining sufficient personal integrity  
And sufficient personal belief and confidence in self  
And courage that we can observe what we observe  
And say what we have observed.

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

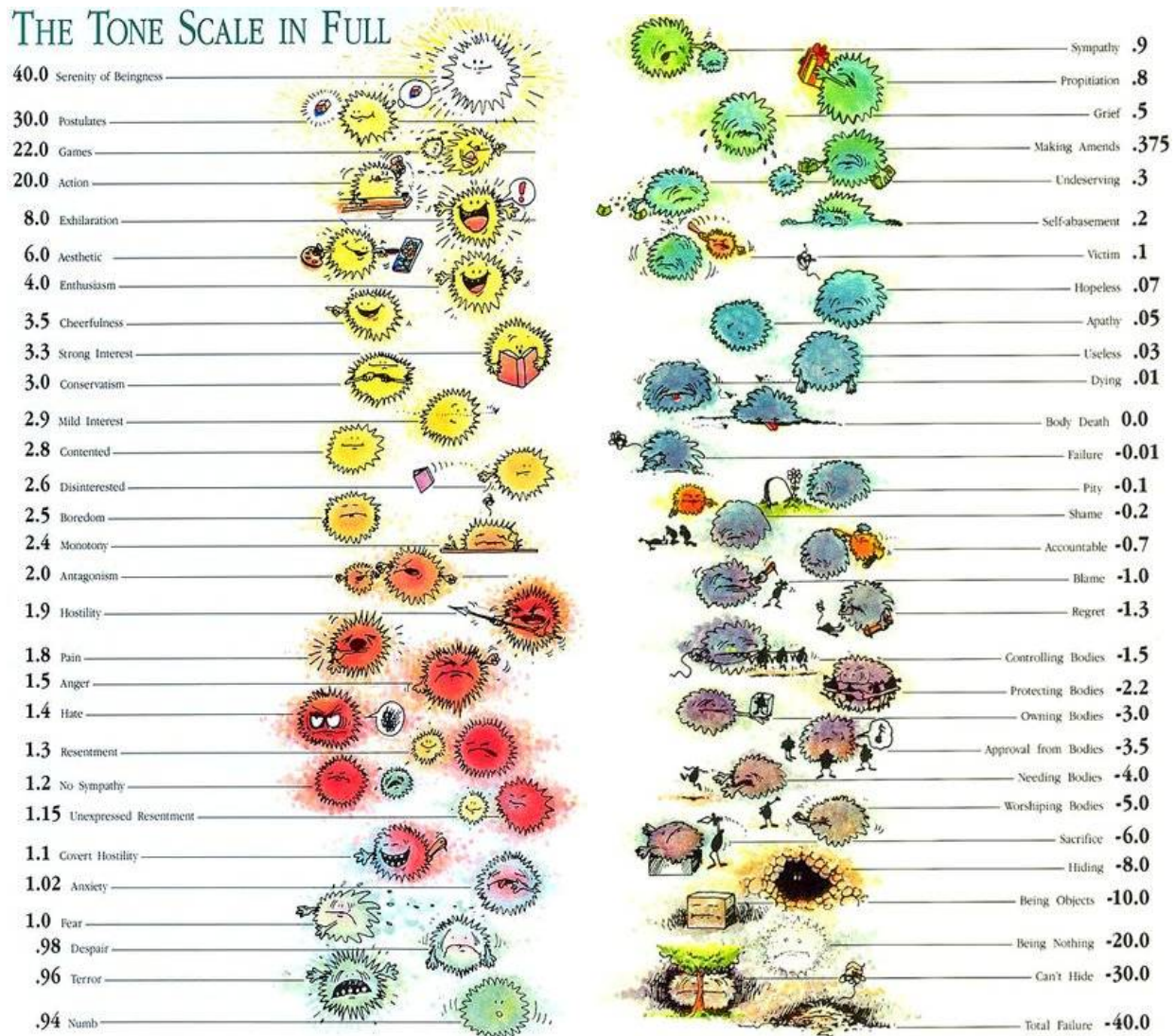
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## The Tone Scale in Full



### 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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of Professional Independent  
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# **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.

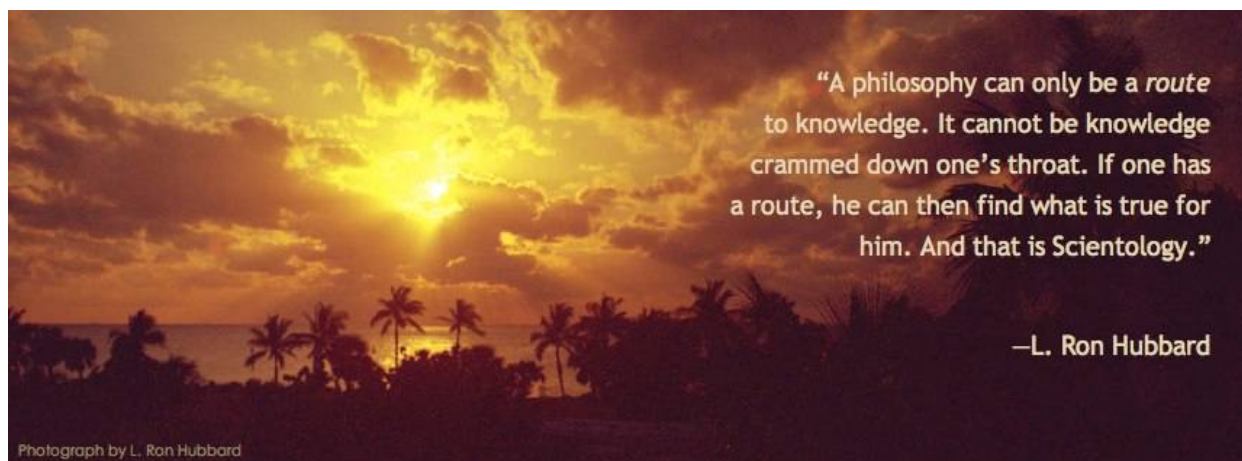
You intend something to happen and it happens. This is the ability to intend. And that is all there is to a thetan's power - there is no more to his power than that.

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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