



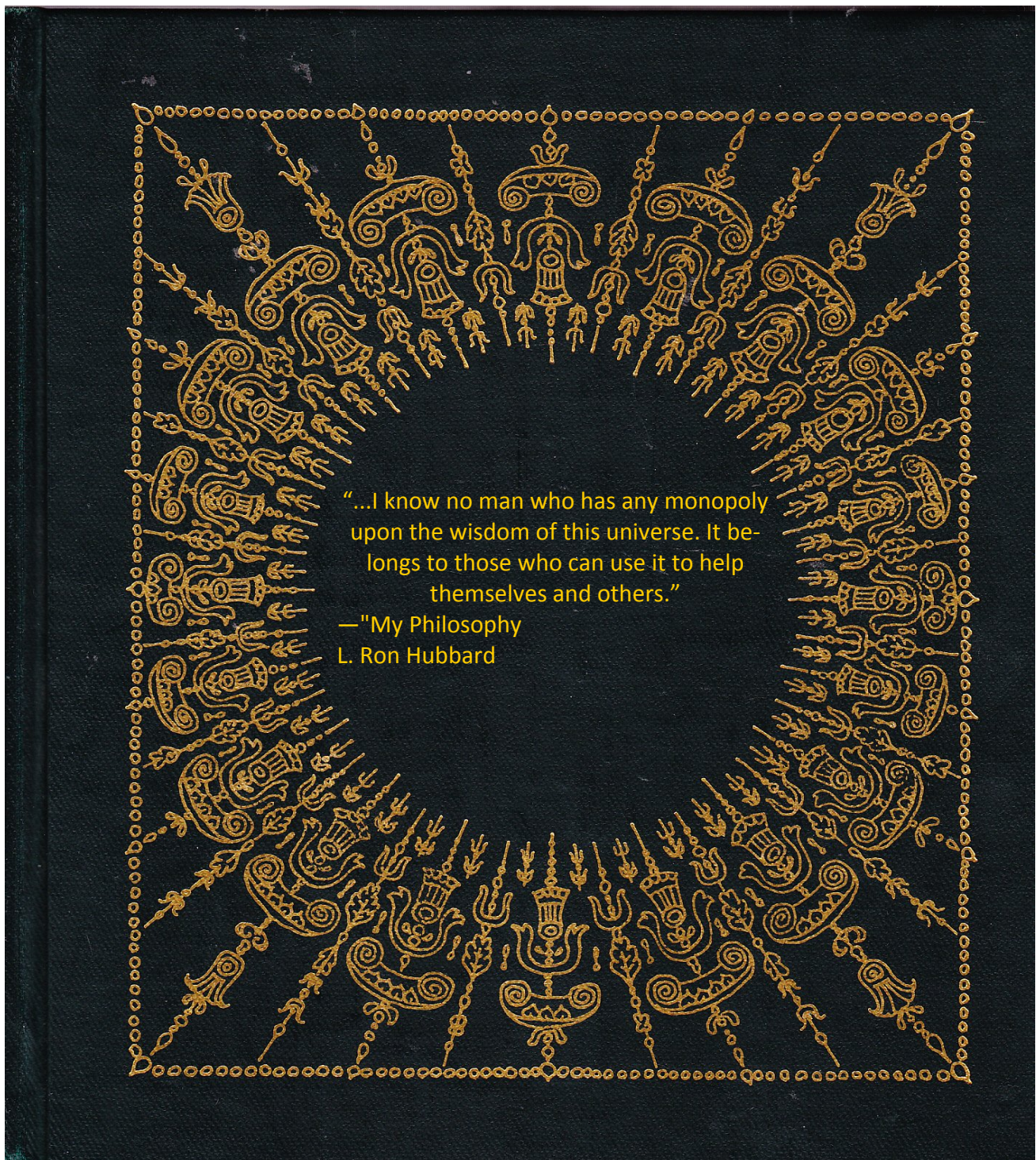
# FREE THETAN

NEWSLETTER OF THE ASSOCIATION OF  
PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

*Preserve, Protect & Promote*

October 2020

Volume 11 Issue 10





# FREE THETAN

## NEWSLETTER OF THE ASSOCIATION OF PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

*Preserve, Protect & Promote*

**FREE THETAN**  
**Volume 11 Issue 10 October 2020**

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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.**

~o0o~

	<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,**

Man has long dreamed of solving the riddle of his own existence and achieving personal freedom.

This has been the great hope of man through the millennia of his histories – both East and West.

Now at last, in the 1046 lines of the poem *Hymn of Asia*, is the statement that this hope has been achieved – You can be free.

This moving hymn was written for a Buddhist Convention in about 1955 or '56, coincident with the celebrations in the Buddhist world of the 2,500<sup>th</sup> year of the Buddhist era.

Later, typed copies of this magnificent work, many in altered versions, were widely circulated from hand to hand in various countries of the world.

It is now available for anyone to read and appreciate.

Until next time.

Michael Moore  
Editor

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## *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

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

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)

### 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.

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## THE HYMN OF ASIA

Man has long dreamed of solving the riddle of his own existence and achieving personal freedom.

This has been the great hope of man through the millennia of his histories – both East and West.

Now at last, in the 1046 lines of the poem *Hymn of Asia*, is the statement that this hope has been achieved – You can be free.

This moving hymn was written for a Buddhist Convention in about 1955 or '56, coincident with the celebrations in the Buddhist world of the 2,500<sup>th</sup> year of the Buddhist era.

Later, typed copies of this magnificent work, many in altered versions, were widely circulated from hand to hand in various countries of the world.

The public demand for its publication grew enormous.

Then in late 1973 its author directed its publication and subsequently personally supervised the collaboration of a talented artist, designer and calligrapher in the final preparation of the book.

Thus here we have a beautiful edition which presents the fully correct original text of the poem, one surely destined to become a major document of Man's spiritual history. *Hymn of Asia* concerns the fulfillment of a prophecy made 2,500 years ago by Siddhartha Gautama, better known as Buddha, the founder of the religion known in the West as Buddhism.

This prophecy can best be understood in context of Buddha's life and work.

## II. THE LIFE AND WORK OF BUDDHA

The two key concepts of Buddhism are contained in the words *Buddha* and *Bodhi*, each derived from the root *Budh*, meaning both to wake up and to know.

Thus, a Buddha is one who is Enlightened or Awakened. Bodhi means enlightenment or, alternately, one who has attained intellectual and ethical perfection by human means.

Siddhartha Gautama was the first in recorded history to attain such a state. And because he also pointed the way to others to attain it he started a religion which changed the history of the world.

Buddha's final words before he passed from this world sum up his lifelong teaching: Decay is inherent in all compound things, but the truth will remain forever.

Work out your salvation with diligence.

Here was the epochal statement that, *in one lifetime*, one could strive to achieve a state of spiritual freedom from the endless cycle of death and rebirth and achieve spiritual independence of the flesh. „Supernatural agencies“ were not involved. The entire reliance was placed upon the individual's own impulse to redeem himself.

*By rousing himself, by earnestness... the wise man may make for himself an island which no flood can overwhelm. Senseless and foolish folk fall into sloth.*

*The wise man guards earnestness as his best treasure.*

Buddha's own life (563-483 B.C.) provides the greatest example of his own teaching.

Siddhartha Gautama's birthplace was at Lumbini, now a part of Nepal on the northeast border of India. A rich nobleman, surrounded by opulence and destined to become a ruler, at the age of 29 the Buddha-to-be resolved to leave his privileged life to seek The Greater Life.

First he studied the inherited knowledge of his day under the greatest available teachers. He then retired to the forest and excelled even his fellow ascetics in endurance – nearly to the point of death.

Realizing that self-deprivation was enervating and „mind-clouding“ he sat down beneath a fig tree. From that spot he resolved not to rise until he had at last pierced the veil of illusion and achieved Enlightenment.

As the earliest scriptures of Buddhism state:

*Sitting under a poplar-fig tree, he began to meditate methodically, and with his spiritual eye pierced layer after layer of the nature of existence. He remembered his previous existences, saw through the law of rebirth as a consequence of deeds and realized: This is suffering, this is its origin, this is its termination and this is the way to its termination. He gained the insight: Unshakable is my liberation (from suffering); this is the last birth, there is (for me) no more reexistence.*

He was 35 when he reached Bodhi. Thereafter he spent his remaining lifetime expounding his message and organizing and laying down the rules for the swelling congregation of monks who wished to devote themselves full-time to the Teaching.

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## Wins and Successes in the Scientology Independent Field

### Communications Course

"I saw great improvement in my communication skills, and look forward to growing more with that. I learned not to let individuals push my buttons, and how to act when they try. I learned how to look at someone and confront them when they are trying to communicate with me. I learned how not to get tied up in the drama or comments others try to bring in when communicating. I look forward to applying these skills in my family, my relationships and my profession." LR

"I was asked what I got out of the Communication Course. At first, not much, but as we progressed through each step, everything started to come together. I learned how to confront issues and people. You don't realize when you can't confront something until it is right there in your face. Knowing I can do this, I know there isn't anything that can't be solved. At first I had a hard time "being there." I laughed a lot, and through the course I got better, and I think I will be a better listener for it. I also learned how to deliver a message without bobbing my head or raising my eyebrows."

### Advanced Communications Course

"I feel really good about finishing the Advanced Communications Course even though I did struggle with a few of the drills I had good wins and am ready to move on with the program." KD

"Today I finished the upper Advanced Communications Course! I feel confident in my ability to handle, guide, and control situations and people in my life. I am happy to have accomplished this and grateful for the assistance and support of those around me."



**Drug Rundown**

“Some decisions in life are hard, some not so hard, and some easy. Coming here was an easy one that I am very glad I made. The things I did and learned were life changing. My eyes seem to have been opened from a squint to open wide. The relief that I feel is wonderful, and the weight off my back feels unbelievable. I know that there is still a lot to learn. But I know even though the trip is the rest of my life, the road I am on is the Right Road. I am learning to live, and living to learn.”

**Grade 0 Completion**

”I have completed Grade 0 and know I can give and receive communication or not to and from others on any subject. I also don't have to handle anyone else's communication to others. I often had the urge in the past to intrude on others' comm with others (this actually encompasses part of grade 4.) I no longer have that urge, but can allow others the freedom to ARCx or not with others and not feel the need to intrude. This is a major relief.”

**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.

~oo00oo~



## THE TRUE STORY OF SCIENTOLOGY

The true story of Scientology is simple, concise and direct. It is quickly told:

1. A philosopher develops a philosophy about life and death;
2. People find it interesting;
3. People find it works;
4. People pass it along to others;
5. It grows.

When we examine this extremely accurate and very brief account, we see that there must be in our civilization some very disturbing elements for anything else to be believed about Scientology.

These disturbing elements are the Merchants of Chaos. They deal in confusion and upset. Their daily bread is made by creating chaos. If chaos were to less-

en, so would their incomes.

The politician, the reporter, the psychiatrist with his electric shock machine, the drug manufacturer, the militarist and arms manufacturer, the police and the undertaker, to name the leaders of the list, fatten only upon "the dangerous environment". Even individuals and family members can be Merchants of Chaos.

It is to their interest to make the environment seem as threatening as possible, for only then can they profit. Their incomes, force, and power rise in direct ratio to the amount of threat they can inject into the surroundings of the people. With that threat they can extort revenue, appropriations, heightened circulation's and recompense without question. These are the Merchants of Chaos. If they did not generate it and buy and sell it, they would, they suppose, be poor.

For instance, we speak loosely of "good press". Is there any such thing today? Look over a newspaper. Is there anything *good* on the front page? Rather, there is murder and sudden death, disagreement and catastrophe. And even that, bad as it is, is sensationalized to make it seem worse.

This is the cold blooded manufacture of "a dangerous environment". People do not need this news; and if they did, they need the facts, not the upset. But if you hit a person hard enough, he can be made to give up money. That's the basic formula of extortion. That's the way papers are sold. The impact makes them stick. A paper has to have chaos and confusion. A "news story" has to have "conflict", they say. So there is no good press. There is only bad press about everything. To yearn for "good press" is foolhardy in a society where the Merchants of Chaos reign.

Look what has to be done to the true story of Scientology in order to "make it a news story" by modern press standards. Conflict must be injected where there is none. Therefore, the press has to dream up upset and conflict.

Let us take the first line. How does one make conflict out of it? No. 1, *A philosopher develops*

*a philosophy about life and death.*

The Chaos Merchant has to inject one of several possible conflicts here: He is not a doctor of philosophy, they have to assert. They are never quite bold enough to say it is not a philosophy. But they can and do go on endlessly, as their purpose compels them, in an effort to invalidate the identity of the person developing it. In actual fact, the developer of the philosophy was very well grounded in academic subjects and the humanities, probably better grounded in formal philosophy alone than teachers of philosophy in universities.

The one man effort is incredible in terms of study and research hours and is a record never approached in living memory, but this would not be considered newsworthy. To write the simple fact that a philosopher had developed a philosophy is not newspaper-type news and it would not disturb the environment. Hence, the elaborate news fictions about No. 1 above.

Then take the second part of the true story. *People find it interesting.* It would be very odd if they didn't, as everyone asks these questions of himself and looks for the answers to his own beingness; and the basic truth of the answers is observable in the conclusions of Scientology. However, to make this "news" it has to be made disturbing. People are painted as kidnapped or hypnotized and dragged as unwilling victims up to read the books or listen. The Chaos Merchant leaves No. 3 v cry thoroughly alone. It is dangerous ground for him. *People find it works.* No hint of workability would ever be attached to Scientology by the press, although there is no doubt in the press mind that it does work. That's why it's dangerous. It calms the environment. So any time spent trying to convince press that Scientology works is time spent upsetting a reporter.

On No. 4, *People pass it along to others*, the press feels betrayed. "Nobody should believe anything they don't read in the papers. How dare word of mouth exist?" So, to try to stop people from listening, the Chaos Merchant has to use words like "cult". That's "a closed group", whereas Scientology is the most open group on Earth to anyone. And they have to attack organizations and their people to try to keep people out of Scientology. Now, as for No. 5, *It grows*, we have the true objection.

As truth goes forward, lies die. The slaughter of lies is an act that takes bread from the mouth of a Chaos Merchant. Unless he can lie with wild abandon about "how bad it all is", he thinks he will starve.

The world simply must *not* be a better place, according to the Chaos Merchant. If people were less disturbed, less beaten down by their environment, there would be no new appropriations for police and armies and big rockets, and there'd be not even pennies for a screaming, sensational press.

So long as politicians move upward on scandal, police get more pay for more crime, medicos get fatter on more sickness, there will be Merchants of Chaos. They're paid for it. And their threat is the simple story of Scientology. For that is the true story. And behind its progress, there is a calmer environment in which a man can live and feel better. If you don't believe it, just stop reading newspapers for two weeks, and see if you feel better. Suppose you had all such disturbances handled?

The pity of it is, of course, that even the Merchant of Chaos needs us, not to get fatter, but just to live himself as a being.

So the true story of Scientology is a simple story.

And too true to be turned aside.

~oo00oo~



## TWO RULES FOR HAPPY LIVING

1. *Be able to experience anything.*
2. *Cause only those things which others can experience easily.*

Man has had many golden rules. The Buddhist rule of “Do unto others as you would have these others do unto you” has been

repeated often in other religions. But such golden rules, while they served to advance man above the animal, resulted in no sure sanity, success, or happiness. Such a golden rule gives only the cause point or at best, the reflexive effect point.

This is a self-done-to-self thing, and tends to put all on obsessive cause. It gives no thought to what one does about the things done to one by others not so indoctrinated.

How does one handle the evil things done to him?

It is not told in the Buddhist rule. Many random answers resulted. Amongst them are the answers of Christian Science (effects on self don't exist), the answers of early Christians (become a martyr), the answers of Christian ministers (condemn all sin). Such answers to effects created on one bring about a somewhat less than sane state of mind—to say nothing of unhappiness. After one's house has burned down and the family cremated, it is no great consolation to (1) pretend it didn't happen, (2) liken oneself to Job, or (3) condemn all arsonists. So long as one fears or suffers from the effect of violence, one will have violence against him. When one *can* experience exactly what is being done to one, ah, magic—it does not happen!

How to be happy in this universe is a problem few prophets or sages have dared to contemplate directly. We find them “handling” the problem of happiness by assuring us that man is doomed to suffering. They seek not to tell us how to be happy, but how to endure being unhappy. Such casual assumption of the impossibility of happiness has led us to ignore any real examination of ways to be happy. Thus, we have floundered forward toward a negative goal—get rid of all the unhappiness on Earth and one would have a livable Earth. If one seeks to get rid of something continually, one admits continually that he cannot confront it—and thus everyone went down hill. Life became a dwindling spiral of *more* things we could not confront. And thus, we went toward blindness and unhappiness.

To be happy, one must be *able* to confront, which is to say, experience, those things that are.

Unhappiness is only this: the inability to confront that which is.

Hence, ( 1 ) *Be able to experience anything.*

The effect side of life deserves great consideration. The self-caused side also deserves examination. To create only those effects which others could easily experience gives us a clean new rule of living. For, if one does this, then what might he do that he must withhold from others?

There is no reason to withhold his own actions or regret them (same thing), if one's own actions are easily experienced by others.

This is a sweeping test (and definition) of good conduct—to do only those things which others can experience.



If you examine your life, you will find you are bothered only by those actions a person did which others were not able to receive. Hence, a person's life can become a hodge-podge of violence withheld, which pulls in, then, the violence others caused.

The more actions a person emanated which could not be experienced by others, the worse a person's life became. Recognizing that he was bad cause or that there were too many bad causes already, a person ceased causing things—an unhappy state of being. Pain, misemotion, unconsciousness, insanity, all result from causing things others could not experience easily. The reach-withhold phenomenon is the basis of all these things.

When one sought to reach in such a way as to make it impossible for another to experience, one did not reach, then, did he? To “reach” with a gun against a person who is unwilling to be shot is not to reach the person, but a protest. All *bad* reaches never reached. So there was no communication, and the end result was a withhold by the person reaching. This reach-withhold became at last an inability to reach—therefore, low communication, low reality, lower affinity.

Communication is time environment or situation.

One means of reaching others. So, if one is unable to reach, one's ability to communicate will be low; and one's reality will be low, because if one is unable to communicate, he won't really get to know about others; and with knowing little or nothing about others, one doesn't have any feeling about them either, thus one's affinity will be low.

Affinity, reality and communication work together; and if one of these three is high, the other two will be also; but if one is low, so will the others be low.

All bad acts, then, are those acts which cannot be easily experienced at the target end. On this definition, let us review our own “bad acts”. Which ones were bad? Only those that could not be easily experienced by another were bad. Thus, which of society's favorite bad acts are bad? Acts of real violence resulting in pain, unconsciousness, insanity and heavy loss could, at this time, be considered bad. Well, what other acts of yours do you consider “bad”?

The things which you have done which you could not easily, yourself, experience, were bad. But the things which you have done which you, yourself, could have experienced, had they been done to you, were *not* bad. That certainly changes one's view of things! There is no need to lead a violent life just to prove one can experience. The idea is not *to prove* one can experience, but to regain the *ability* to experience. Thus, today, we have two golden rules for happiness:

1. Be able to experience anything;

and

2. Cause only those things which others are able to experience easily.

Your reaction to these tells you how far you have yet to go. And if you achieve these two golden rules, you would be one of the happiest and most successful people in this universe, for who could rule you with evil?

~oo00oo~

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## THE REASON WHY

Life can best be understood by likening it to a game. Since we are exterior to a great number of games, we can regard them with a detached eye. If we were exterior to Life instead of being involved and immersed in the living of it, it would look to us much like games look to

us from our present vantage point.

Despite the amount of suffering, pain, misery, sorrow and travail which can exist in life, the reason for existence is the same reason as one has to play a game—interest, contest, activity and possession. The truth of this assertion is established by an observation of the elements of games and then applying these elements to life itself. When we do this we find nothing left wanting in the panorama of life.

By game we mean a contest of person against person or team against team. When we say games we mean such games as baseball, polo, chess or any other such pastime. It may at one time have struck you as peculiar that men would risk bodily injury in the field of play just for the sake of “amusement”. So it might strike you as peculiar that people would go on living or would enter into the “game of life” at the risk of all the sorrow, travail and pain just to have something to do. Evidently there is no greater curse than total idleness. Of course there is that condition where a person continues to play a game in which he is no longer interested.

If you will but look about the room and check off items in which you are not interested, you will discover something remarkable. In a short time you will find that there is nothing in the room in which you are not interested. You are interested in everything. However, disinterest itself is one of the mechanisms of play. In order to hide something it is only necessary to make everyone disinterested in the place where the item is hidden. Disinterest is not an immediate result of interest which has worn out. Disinterest is a commodity in itself. It is palpable, it exists.

By studying the elements (factors) of games (contests) we find ourselves in possession of the elements of life.

Life is a game. A game consists of *freedom*, *barriers* and *purposes*. This is a scientific fact, not merely an observation.

Freedom exists amongst barriers. A totality of barriers and a totality of freedom alike are no-game conditions. Each is similarly cruel. Each is similarly purposeless.

Great revolutionary movements fail. They promise unlimited freedom. That is the road to failure. Only stupid visionaries chant of endless freedom. Only the afraid and the ignorant speak of and insist upon unlimited barriers.

When the relation between freedom and barriers becomes too unbalanced, an unhappiness results.

“Freedom from” is all right only so long as there is a place to be free *to*. An endless desire *for freedom from* is a perfect trap, a fear of all things.

Barriers are composed of inhibiting (limiting) ideas, space, energy, masses and time

Freedom in its entirety would be a total absence of these things—but it would also be a freedom without thought or action, an unhappy condition of total nothingness.

Fixed on too many barriers, man yearns to be free. But launched suddenly into total freedom he is purposeless and miserable. He needs a gradient. There is *freedom amongst* barriers. If the barriers are known and the freedoms are known there can be life, living, happiness a game.

The restrictions of a government, or a job, give an employee his freedom. Without known restrictions, an employee is a slave, doomed to the fears of uncertainty in all his actions.

Executives in business and government can fail in three ways and, thus, bring about a chaos in their department. They can:

1. seem to give endless freedom;
2. seem to give endless barriers;
3. make neither freedom nor barriers certain.

Executive competence, therefore, consists of imposing and enforcing an adequate balance between their people's freedom and the unit's barriers and in being precise and consistent about those freedoms and barriers. Such an executive, adding only in himself initiative and purpose, can have a department with initiative and purpose.

An employee, buying and/or insisting upon freedom only, will become a slave.

Knowing the above facts, he must insist upon a workable balance between freedom and barriers.

There are various states of mind which bring about happiness. That state of mind which insists only upon freedom can bring about nothing but unhappiness. It would be better to develop a thought pattern which looked for new ways to be entrapped and things to be trapped in, than to suffer the eventual total entrapment of dwelling upon freedom only. A man who is willing to accept restrictions and barriers and is not afraid of them is free. A man who does nothing but fight restrictions and barriers will usually be trapped.

As it can be seen in any game, purposes become counterpoised. There is a matter of purpose-counter purpose in almost any game played in a field with two teams. One team has the idea of reaching the goal of the other, and the other has the idea of reaching the goal of the first. Their purposes are at war, and this warring of purposes makes a game.

The war of purposes gives us what we call problems. A problem consists of two or more purposes opposed. It does not matter what problem you face or have faced, the basic anatomy of that problem is purpose-counter-purpose.

In actual testing in Scientology, it has been discovered that a person begins to suffer from problems when he does not have enough of them. There is the old saw (maxim) that, if you want a thing done, give it to a busy man to do. Similarly, if you want a happy associate, make sure that he is a man who can have lots of problems.

We have the oddity of a high incidence of neurosis in the families of the rich. These people have very little to do and have very few problems. The basic problems of food, clothing and shelter are already solved for them. We would suppose then, if it were true that an individual's happiness depended only upon his freedom, these people would be happy. However, they are not happy. What brings about their unhappiness? It is the lack of problems. An unhappy man is

one who is considering continually how to become free. One sees this in the clerk who is continually trying to avoid work. Although he has a great deal of leisure time, he is not enjoying any part of it. He is trying to avoid contact with people, objects, energies and spaces. He eventually becomes trapped in a sort of lethargy. If this man could merely change his mind and start “worrying” about how he could get more work to do, his happiness level would increase markedly. One who is plotting continually how to get out of things will be miserable. One who is plotting how to get into things has a much better chance of becoming happy.

There is, of course, the matter of being forced to play games in which one has no interest—a war into which one is drafted is an excellent example of this. One is not interested in the purposes of the war and yet one finds himself fighting it. Thus there must be an additional element and this element is “the power of choice”.

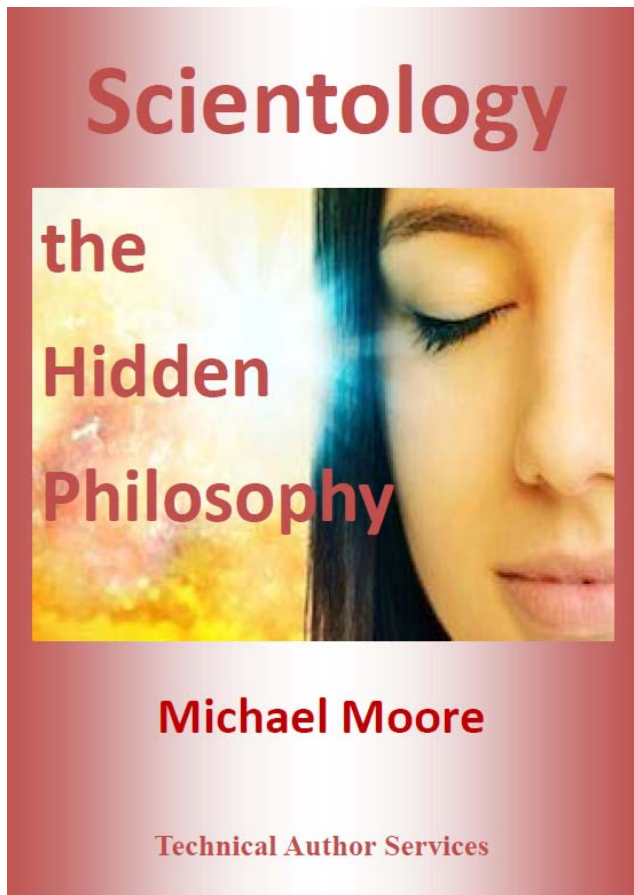
One could say then that life is a game and that the ability to play a game consists of tolerance for freedom and barriers and an insight into purposes with the power of choice over participation. These four elements, freedom, barriers, purposes and power of choice, are the guiding elements of life. There are only two factors above these and both of them are related to these.

The first is the ability to create, with of course its negative, the ability to uncreate, and the second is the ability to make a postulate (to consider, to say a thing and have it be true). This, then, is the broad picture of life, and these elements are used in its understanding, in bringing life into focus and in making it less confusing.

~oo00oo~







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JOURNAL OF THE INTERNATIONAL  
FREEZONE ASSOCIATION  
Preserve, Protect & Promote  
July 2006 Volume 2 Issue

*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.

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L. Ron Hubbard

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Jan 2007 Volume 3 Issue 1

"REALITY IS THE AGREED UPON  
APPEARANCE OF EXISTENCE"

SCIENTOLOGY 8-8008  
Lafayette Ron Hubbard



## T R A I N I N G

**Additional training services that may be done at various points on the Bridge\***

**Third and Fourth Dynamic Training Courses**

**OT\* Hatting Courses**

**Class XII**

**Class XI**

**Class X**

**Class IX**

**Class VIII**

**Class VII**

**Class VI**

**Case Supervisor Training**

**Other Technical Courses**

**Scientology Minister Course**

**Primary Roundup**

**Hubbard Life Orientation Course**

**Hubbard Key to Life Course**

## P R O C E S S I N G

**Additional processing services that may be done at various points on the Bridge**

**L12\*, Fly OT Executive Roundup**

**L13\*, New Life Roundup\***

**L10\* Roundup**

**Super Power\***

**Cause Resurgence Roundup**

**Flag Only Roundups**

**Special Roundups and Actions**

**False Purpose Roundup\***

**Confessionals**

**Happiness Roundup\***

**PTS Roundup**

**Method One\* World Clearing**

**Therapeutic TR Courses**

**Co-audit Courses**

**Author's Own**

**Certificate**

**Course**

**Prerequisites**

**Teacher**

**Where**

**End Result**

**PC Cards**

**Name of Book**

**Subject**

**Prerequisites**

**Class of Author**

**Where**

**Activity**

**Class XII**

**Class XI**

**Class X**

**Class IX**

**Class VIII**

**Class VII**

**Class VI**

**Class VA Graduate**

**Class VA Graduate Auditor**

**Class V Graduate**

**Class V Graduate Auditor**

**Class V**

**Class IV**

**Class IV Auditor**

**Class III**

**Class II**

**Class I**

**Class 0**

**Not Classed**

**Not Classed**

**Not Classed**

**Not Classed**

**Not Classed**

**Class XV**

**Class XIV**

**Class XIII**

**Class XII**

**Class XI**

**Class X**

**Class IX**

**Class VIII**

**Class VII**

**Class VI**

**Class V**

**Class IV**

**Class III**

**Class II**

**Class I**

**Class 0**

**Not Classed**

**Not Classed**

**Not Classed**

**Not Classed**

**Not Classed**

**10 Conditions**

**10 Realization**

**10 Purposes**

**10 Ability**

**10 Production**

**9 Body**

**8 Adjustment**

**7 Energy**

**6 Enlightenment**

**5 Understandings**

**4 Orientation**

**3 Perception**

**2 Communication**

**1 Recognition**

**-1 Halo**

**-9**

**10 Conditions**

**10 Realization**

**10 Purposes**

**10 Ability**

**10 Production**

**9 Body**

**8 Adjustment**

**7 Energy**

**6 Enlightenment**

**5 Understandings**

**4 Orientation**

**3 Perception**

**2 Communication**

**1 Recognition**

**-1 Halo**

**-9**

[illegible]



## **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."

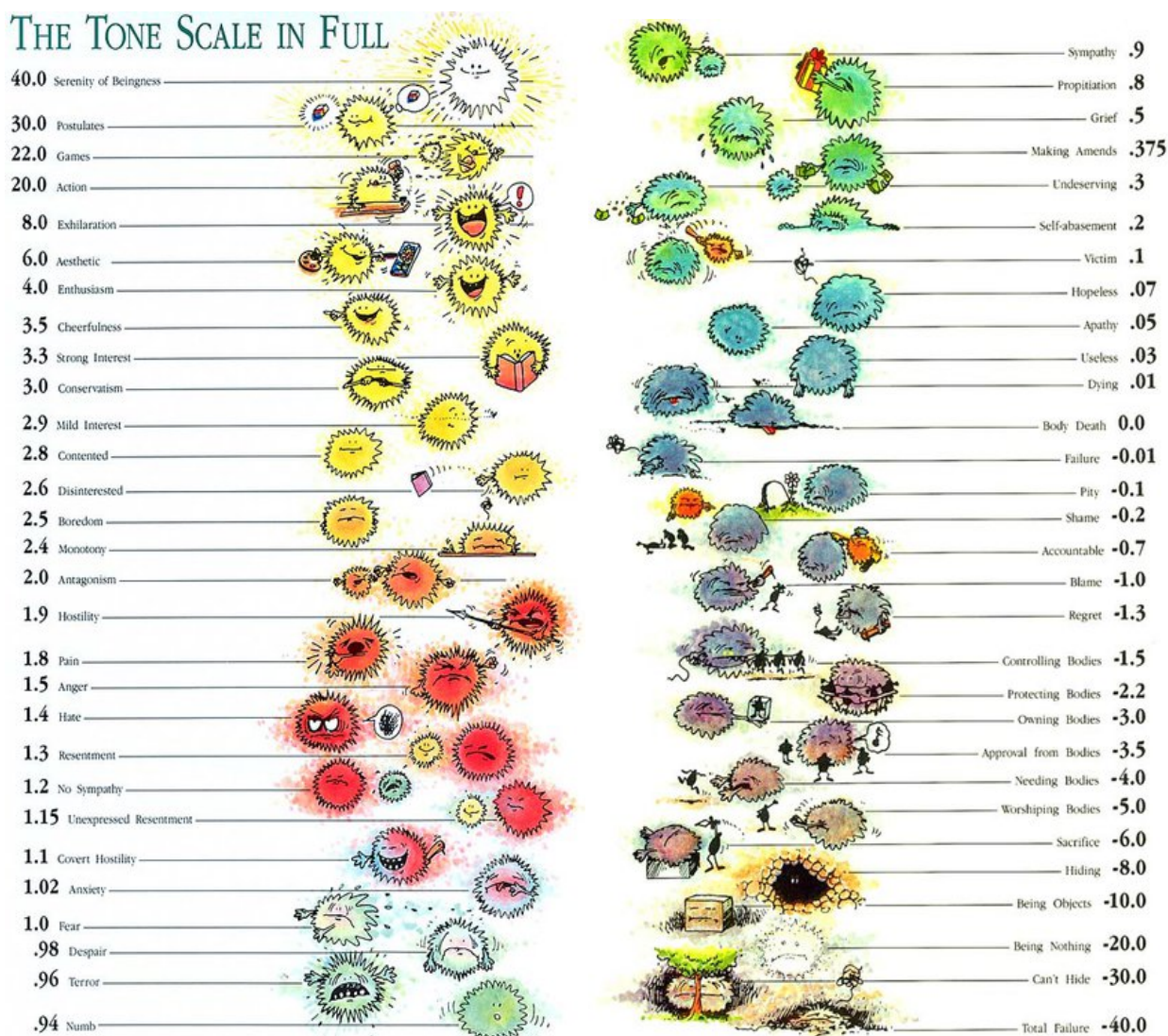
Use this list many times. If "holding corners" (Exercise One) disturbed you, use this list. If you are tired or confused, use it.

This exercises can be done for hours.

~oo00oo~



## 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

## 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.

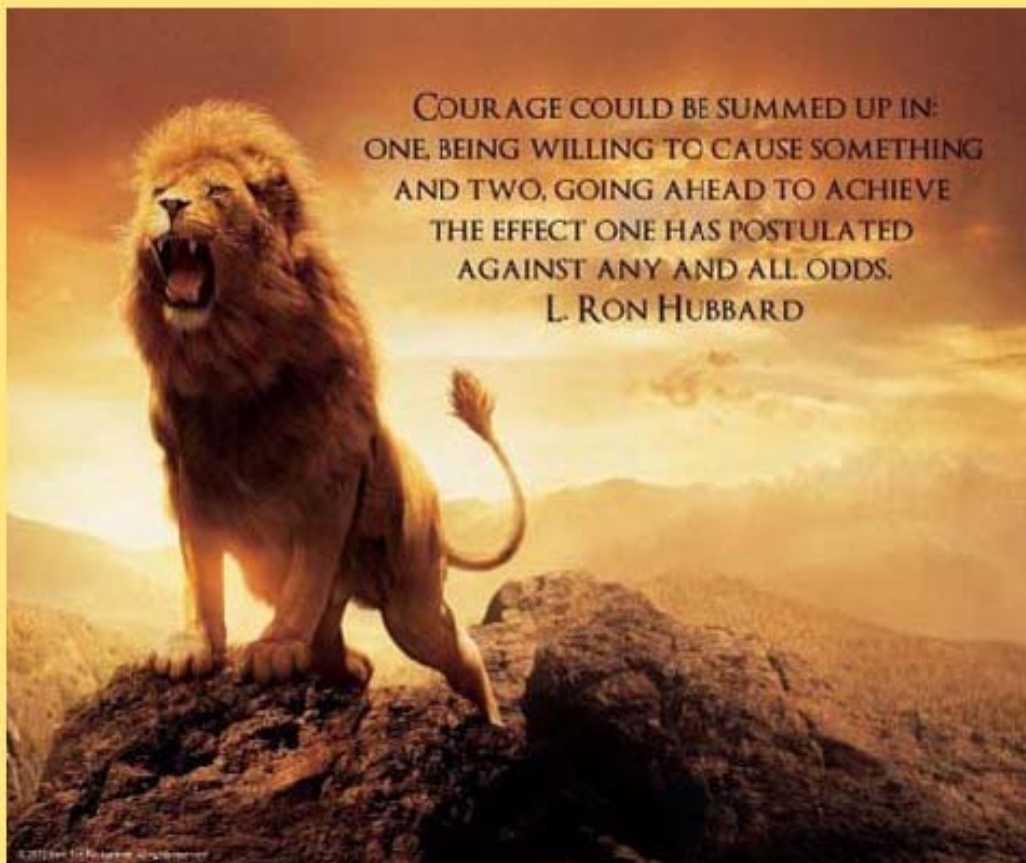
Of course we can talk about honor, truth, all these things,  
The esoteric terms.  
But I think they'd all be covered very well  
If what we really observed was what we observed,  
That we took care to observe what we were observing,  
That we always observed to observe.

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

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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**





***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.

## 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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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 lightening bolt. The ability to hold something in position. The ability to make some thing continue. The ability to do away with something. Strength. Accomplishment. Power. Wit. Ability. These things are all wrapped up in the one common denominator of INTENTION.

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

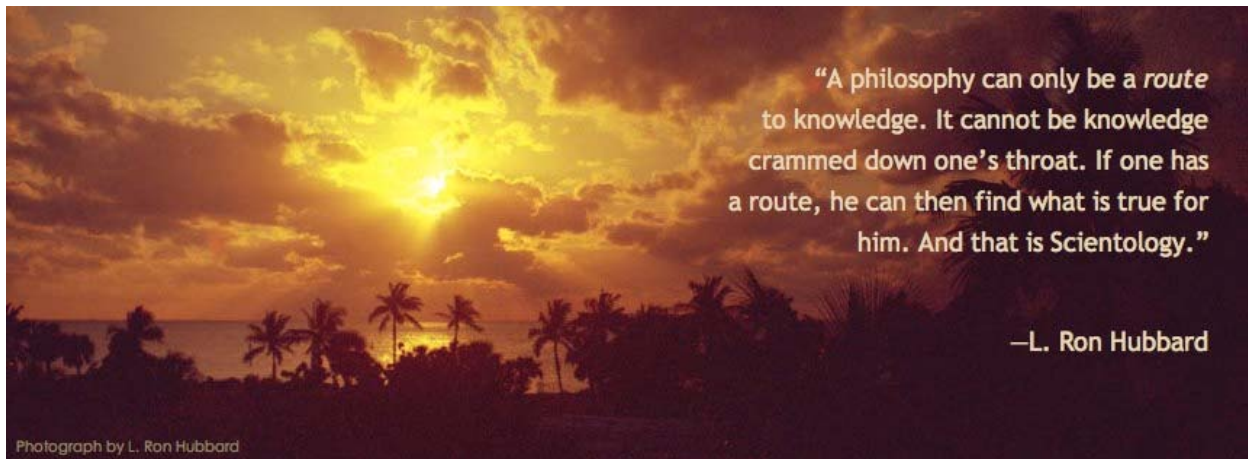
You intend something to happen and it happens. This is the ability to intend. And that is all there is to a thetan's power - there is no more to his power than that.

Intention is everything in case recovery. A person is as weak as his intentions are blunted. He will become as strong as his intentions are free. The greatest holder-backer of intention is the person himself. If he is regaining his power or ability or something like that, he's merely moving out of his road what blunts his intention and what has blunted his intentions, and that's all he is really doing.

Well, now he can go all the way, that is well within his grasp, and if he walks along a certain path and doesn't keep jumping off the cliff and so forth, why he will arrive.



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~oo00oo~

