

FREE THETAN

Newsletter of the association of professional independent scientol ogists

Preserve, Protect & Promote

June 2017 Volume 8 Issue 6



"It is impossible to reduce an ability.

About the only things you can do is reduce its exercise or the willingness to exercise it."

-CONTROL AND THE MECHANICS OF S.C.S.

FREE THETAN

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Preserve, Protect & Promote

FREE THETAN Volume 8 Issue 6 June 2017

Editor in Chief Michael Moore

Contributors

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

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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.

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The Members Quarterly Journal of the

Association of professional Independent Scientologist

Preserve, Protect & Promote

http://independent-scientologists-association.net



reservo, servo, proveho





reservo, servo, proveho

Dear Reader,

The image and the quote on the front this month really brings home the fact that we are all vasty more capable than we are willing to give ourselves credit for. Often it is only when the chips are down do we hoist up our girdle and bring off something which we previously thought impossible. Necessity can be the mother, not just of invention, but of desperate need and it is possible to overcome the bank in times of need.

For a being, nothing is impossible and as a being any liability is always of his own doing.

"So eager is a thetan to have a game that he will adopt to himself all manner of liabilities in order to have parity with his opponents. One cannot have a game with people who are too inferior in strength or cleverness. Thus one reduces his own strength and cleverness in order to have a game."

-THE CREATION OF HUMAN ABILITY

So remember. You are capable of anything. And don't let anyone tell you or imply you are less than you are.

Until next time.

Much arc.

Michael Moore Editor

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 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 ap- As Ron says: plication of the technology to the point where people can live their lives in peace "Man suspects all offers of help. He has and security and without war or insanity often been betrayed, his confidence shatand where they can honestly flourish and tered. Too frequently he has given his prosper and attain higher levels of spiritu- trust and been betrayed. We may err, for al being.

APIS is non political in nature and wel- long as you are one of us. comes any individual of any creed, race or nation.

APIS does not seek revolution. APIS And may a new day dawn for you, for seeks only to assist in paving the way for those you love and for man. evolution to higher states of being for the individual and for society. After endless Our aims are simple, if great. millennia of ignorance about himself, his mind and the universe, a breakthrough And we will succeed, and are succeeding has been made for man by Lafayette Ron at each new revolution of the Earth. Hubbard with the philosophy and the technology he developed to free man Your help is acceptable to us. from the shackles of his mind.

According to Lafayette Ron Hubbard, "The combined truths of fifty thousand 'The Aims of Scientology' -- Lafayette Ron years of thinking men, distilled and ampli- Hubbard fied 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 Lafa-Church of Scientology, RTC and the CST do not yette Ron Hubbard is the most vital moveappear to be following these aims fully. Therefore ment on Earth today. In a troubled world, it behooves us to take some responsibility and set 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.

we build a world with broken straws. But we will never betray your faith in us so

The sun never sets on Scientology.

Our help is yours."

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 <u>Certification</u> for further details. They have passed stringent testing by senior technically qualified people as per the <u>certification</u> process.

Canada

Toronto

Chris Black. Class VIII C/S, KOT,

Delivers: Purif C/S; Life Repair To Clear Auditing & C/Sing OT reviews & C/Sing; FPRD; Debugs & more. standardtechauditor@yahoo.ca

USA

Southern Cal tech Team

Standard LRH Bridge

Training, Auditing & C/Sing Specializing in OT and NOTs levels scttservices@gmail.com

Los Angeles, California

Trey Lotz Class VIII

Delivers: Standard LRH Bridge up to Clear,

Trey Lotztrey@relaypoint.net

Ian Waxler Class VIII C/S with Honors Auditing and C/Sing all old LRH Bridge info@adcian@yahoo.com

Ingrid Smith From Life repair to OT4

ingridsmith123@yahoo.com

Scotland

Ken Urquhart. Class IV Advance Courses Specialist. Class IX Delivers: Internships, apprenticeships and Okay-to-Audits Class V

Ken Urquharturq@verizon.net

Non certified and pending auditors, groups and organizations can be found on the <u>auditors page</u>. 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.



Extract from

The Creation of Human Ability

There are two distinct divisions in Scientology. The first is philosophic, the second is technical. Under the philosophic heading one discovers the ways and means of forming new ways of life and of evaluating or creating standards of livingness and beingness. By this knowingness alone, and without processing, it should be understood clearly that a new way of life could be created, or an old way of life could be understood and better endured or altered.

Under the technical division we have a long series of developed processes which, applied

immediately and directly to life or an organism thereof, produce changes at the will of the practitioner.

Scientology concludes and demonstrates certain truths. These truths might be considered to be the highest common denominators of existence itself.

The following summary of these truths has the aspect of precision observations rather than philosophic hazardings. When treated as precision observations, many results occur. When regarded as philosophic opinions, only more philosophy results. Considerations take rank over the mechanics of space, energy, and time. By this it is meant that an idea or opinion is, fundamentally, superior to space, energy, and time, or organizations of form, since it is conceived that space, energy, and time are

themselves broadly agreed- upon considera- hold these barriers to be actual. tions.

That so many minds agree brings about Reali- cessing, which assumptions do not alter erations mutually held by life.

the level of Man, however, is a reverse of binations thereof, have taken such precedent modern science. in Man that they have become more im- The goal of processing is to bring an individual portant than considerations as such, and so into such thorough communication Man, therefore, has an inverted view, where-tions (postulates). as, considerations such as those he daily A Scientologist is one who understands life. makes are the actual source of space, energy, His technical skill is devoted to the time and forms, Man is operating so as not to resolution of the problems of life. alter his basic considerations, he therefore The technical information of the Scientologist invalidates himself by supposing another de-includes the following, which are a list Although he is part of that which created from the earlier Logics and Axioms. these, he gives them such strength and validi- 1. LIFE IS BASICALLY A STATIC. ty that his own considerations thereafter must Definition: a Life Static has no mass, no mofall subordinate to space, energy, time, and tion, no wavelength, no location in space which he dwells.

The freedom of an individual depends upon 2. THE STATIC IS CAPABLE OF CONSIDERAthat individual's freedom to alter his consider- TIONS, POSTULATES, AND ations of spacer energy, time, and forms of life OPINIONS. and his roles in it. If he cannot change his 3. SPACE, ENERGY, OBJECTS, FORM, AND TIME mind about these, he is then fixed and en- ARE THE RESULT OF slaved amidst barriers such as those of the CONSIDERATIONS MADE AND/ OR AGREED physical universe, and barriers of his own cre- UPON OR NOT BY THE STATIC, ation. Man thus is seen to be enslaved by bar- AND ARE PERCEIVED SOLELY BECAUSE THE riers of his own creation. He creates these bar- STATIC CONSIDERS THAT IT CAN PERCEIVE riers himself, or by agreeing with things which THEM.

There is a basic series of assumptions in proty in the form of space, energy, and time. the philosophy of Scientology. The first of These mechanics, then, of space, energy, and these assumptions is that Man can have a time are the product of agreed- upon consid- greater freedom. The second is that so long as he remains relatively sane, he desires a great-The aspects of existence when viewed from er freedom. And the third assumption is that the auditor desires to deliver a greater freethe greater truth above for Man works on the dom to that person with whom he is working. secondary opinion that mechanics are real, If these assumptions are not agreed upon and and that his own personal considerations are are not used, then auditing degenerates into less important than space, energy, and time. 'the observation of effect', which is, of course, This is an inversion. These mechanics of space, a goalless, soulless pursuit, and is, indeed, a energy, and time, the forms, objects and com- pursuit which has degraded what is called

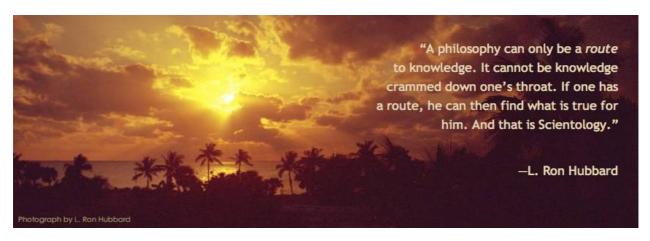
his ability is overpowered and he is unable to with the physical universe that he can regain act freely in the framework of mechanics, the power and ability of his own considera-

terminism of space, energy, time, and form. of usable or self- evident truths as revised

form, and so he cannot alter the Universe in or in time. It has the ability to postulate and to perceive.

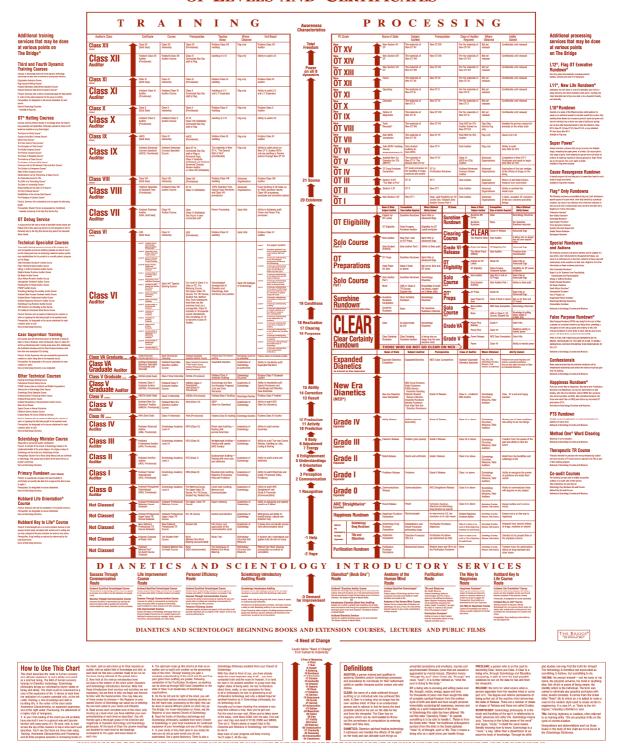
- 4. SPACE IS A VIEWPOINT OF DIMENSION.
- 5. ENERGY CONSISTS OF POSTULATED PARTI-CLES IN SPACE.
- 6. OBJECTS CONSIST OF GROUPED PARTICLES.
- 7. TIME IS BASICALLY A POSTULATE THAT SPACE AND PARTICLES WILL PERSIST.
- 8. THE APPARENCY OF TIME IS THE CHANGE OR POSITION OF PARTICLES IN SPACE.
- 9. CHANGE IS THE PRIMARY MANIFESTATION OF TIME.
- 10. THE HIGHEST PURPOSE IN THE UNIVERSE IS THE CREATION OF AN EFFECT.
- 11. THE CONSIDERATIONS RESULTING IN CONDITIONS OF EXISTENCE ARE FOUR- FOLD:
- (a) As- is- ness IS THE CONDITION OF IMMEDIATE CREATION WITHOUT
 PERSISTENCE, AND IS THE CONDITION OF EXISTENCE WHICH EXISTS AT THE
 MOMENT OF CREATION AND THE MOMENT
 OF DESTRUCTION, AND IS
 DIFFERENT FROM OTHER CONSIDERATIONS IN
 THAT IT DOES NOT CONTAIN
 SURVIVAL.
- (b) Alter- is- ness IS THE CONSIDERATION WHICH INTRODUCES CHANGE, AND THEREFORE TIME AND PERSISTENCE INTO AN As- is- ness TO OBTAIN PERSISTENCY.

- (c) Is- ness IS AN APPARENCY OF EXISTENCE
 BROUGHT ABOUT BY THE
 CONTINUOUS ALTERATION OF AN As- is- ness.
 THIS IS CALLED, WHEN AGREED
 UPON, REALITY.
 (d) Not- is- ness IS THE EFFORT TO HANDLE Isness BY REDUCING ITS
 CONDITION THROUGH THE USE OF FORCE IT
- CONDITION THROUGH THE USE OF FORCE. IT IS AN APPARENCY AND CANNOT ENTIRELY VANQUISH AN Is- ness.
- 12. THE PRIMARY CONDITION OF ANY UNI-VERSE IS THAT TWO SPACES, ENERGIES, OR OBJECTS MUST NOT OCCUPY
- THE SAME SPACE. WHEN THIS CONDITION IS VIOLATED (PERFECT DUPLI-
- CATE) THE APPARENCY OF ANY UNIVERSE OR ANY PART THEREOF IS NULLED. 13. THE CYCLE OF ACTION OF THE PHYSICAL
- UNIVERSE IS: CREATE,
- SURVIVE (PERSIST), DESTROY.
- 14. SURVIVAL IS ACCOMPLISHED BY ALTER- ISNESS AND NOT- IS- NESS,
- BY WHICH IS GAINED THE PERSISTENCY KNOWN AS TIME.



THE BRIDGE TO TOTAL FREEDOM

SCIENTOLOGY CLASSIFICATION GRADATION AND AWARENESS CHART OF LEVELS AND CERTIFICATES





What is the Answer?

The BIG problem with this attack on the church from all sides is that Scientology as a philosophy gets tarred with the same brush. It is not just the church that suffers but the source rass it thinks conceived it. When the church, and the priceless technology we have. As well under LRH, was being effective, THAT was as deriding the church, justified of course, the derision also includes L. Ron Hubbard and the philosophy itself as well as the technological -styled Chairman of the Board of Scientology application.

church's past actions as relate to them, have not differentiated in their attack and have fallen by the wayside of Church equals Scientology whereas, in fact, the church of Scientology technology contains the answer and the course and the philosophy are about as distant from of action to resolve this. Like Archimedes' each other as Scotland is to Australia.

with Scientology of course and so nothing is done about the church by the authorities de- principles that will ensure survival of itself and spite the accusations, court cases and plethora those that apply it. A suppressive, for example, of issues exposed because the authorities see it is energetically resisting that which will reas a great way to unmock what is essentially a solve his case and so eventually will wind up way to wake up the population and enable peo- seeking that which he or she tried to suppress. ple to be independent of the state. The last It is actually impossible to suppress the techthing any government wants at this time on nology as it is based on the sound principles this planet. By their actions governments are LRH discovered on which this universe works. pushing for a compliant 'no responsibility'

case public, ignorant and divided within itself through political and religious fractionism.

Other people, companies, churches etc get raided, attacked and so forth but of course they do not offer a way out of the mess but really only serve to embroil man more into the mowhen they were raided.

On the evidence it is likely that Miscavige, self International, has gone into agreement with Even some in the field, embittered by the and thrown in his lot with the suppressive powers that be on this planet.

So what is the answer to all this? It might seem overwhelming to the uninitiated but the very lever the technology contains within it the The 'authorities' have never been enamoured knowledge and expertise to reverse this downward spiral. It is the technology and basic

the basic principles in anyway one can. Con- future would you like to see? and disseminating knowledge and expertise to ensure one is nev- makes a difference. Remember er reduced down again in the future. On a group level and, maybe even on a mankind "Your potentialities are a great deal better than level, by persisting and disseminating, dispers- anyone ever permitted you to believe." ing and propagating the original philosophy, -SELF ANALYSIS technology and application of same to others and thereby increase the understanding, aware- Each one of us can change the world. Each one ness and enlightenment and agreement.

This flies in the face of the existing norm and cultivated behaviour so it is where ones full Michel Moore understanding and certainty come to the fore. This means focusing on the technology not on attacking what is essentially a dying church.

As far as our actions are concerned, the answer Looking to the future. Not the past. Save the is of course to TR4 it. Continue disseminating past for in-session. What sort of ideal scene or

knowledge and philosophy to an EP on as Ask yourself, 'How can I contribute to this?' many levels as possible. On a personal level And do not think you do not make a differgetting oneself up the bridge, not just through ence. You do. Every action towards theta, auditing but through training and gaining the however small it may be considered to be,

of us can make a difference. Let's do it!

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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 be-low this, why, we would get unconsciousness.

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



THETA-MEST THEORY

Scientology is essentially a study of statics and kinetics. If anything, it is more exact than what are called the physical sciences, for it is dealing with a theoretical static and a theoretical kinetic which are at the opposite ends of a spectrum of all motion.

One of the most valuable contributions of Scientology to knowledge is the definition of a true static. A static has no motion; it has no width, length, breadth, depth; it is not held in suspension by an equilibrium of forces; it does not have mass; it does not contain wavelengths;

it has no situation in time or space. Formerly a static was defined only as a motionless object

which definition is not adequate, since an object -- or a state of rest for an object -- is attained

only by an equilibrium of forces and all objects have in themselves, if only on a molecular

level, motion, and exist in space which is itself an integral portion of motion. Hence we see we are dealing with a higher level static.

The capabilities of the static are not limited. The static interacts with the kinetic which is considered to be the ultimate of motion.

In Scientology, the static is represented by the mathematical symbol theta; the kinetic is called MEST.

Theta can be the property or beingness of any individual and is, for our purposes,

considered to be individualistic for each individual.

MEST stands for matter, energy, space and time, and is a composite of the first letter of each. The word MEST appearing all by itself denotes the physical universe. MEST with a designation word after it designates another's universe.

The original of the Theta-MEST theory may be found in Science of Survival 1951.

After the concept of the true static was reached, problems of processing began to solve much

more rapidly, and the main proof of the Theta -MEST theory is its workability and the fact that it predicted an enormous amount of phenomena which, when looked for, were found to exist and which, when applied, resolved cases rapidly.

It is now considered that the origin of MEST lies with theta itself, and that MEST, as we know the physical universe, is a product of theta.

The physicist has adequately demonstrated that matter seems to be composed of energy which has become condensed in certain patterns. It can also be demonstrated adequately in Scientology that energy seems to be produced by and to emanate from theta. Thus it could be considered that theta producing energy, condenses the space in which the energy is contained, which then becomes matter. This theory of condensation is borne out by an examination of a state of aberration of many preclears who have been found to have descended down the tone scale

to the degree that their own space was con-

tracted and who were found to be surrounded not possible in the MEST universe. The MEST by ridges and who are thus "solid" to the de- universe is so planned as to make work necesgree that they are aberrated. Further, they can sary in order to have, thus establishing a gradibe found to be an effect in the ratio that they ent scale of having. The criminal has not made are so solidified. Further, a psychotic treats the distinction between his own universe words and other symbols, including his own which he possibly once had and where he thoughts, as though they were objects.

Time

be considered to be the single arbitrary, and verse might thus be the single source of human aber- is so marked as to be in itself a highly aberratration. A further investigation and inspection of time has demonstrated it to be the action of destructive to himself and causing him to fail. energy in space, and it has been found that the duration of an object roughly approximates its Space

Time could be considered to be a manifestation conserve, alter and destroy space. in space which is varied by objects. An object Space is the first condition necessary to action. could be considered to be any unit manifesta- The second condition necessary is energy. The tion of energy including matter.

loses his self-determinism in the ratio that he for many other purposes, space can be considpossesses objects and utilizes force.

term assigned to the behavior of objects. It can he can alter and occupy that space. be found to be regulatable by postulates.

be found to establish a time-track.

become survival.

reaction of the preclear.

criminality, where the individual is unable to way conceive the investment of energy to attain an was the science of physics limited. object. He will not "work." The criminal in Space is the viewpoint of dimension. The posiparticular wishes to collapse and render with- tion of the viewpoint can change, the out time, desiring and having; whereas this position of the dimension points can change. A

could attain things instantaneously, and the MEST universe. He thus

has no "respect for property". The identifica-It is stated in the 1951 axioms that time could tion of his own universe with the MEST uni-

ed identification, thus rendering his conduct

Space is creatable by a thetan. He may also

third condition is possession or not possession. It can be readily established that an individual For the purposes of processing, and possibly ered to be the equivalent in experience of be-Time could be considered to be an abstract ingness. One is as alive as he has space and as

The workable definition of space is "viewpoint The desire, enforcement and inhibition in the of dimension": there is no space without viewpossession, giving and receiving of objects can point, there is no space without points to view. This definition of space remedies a very great Time in the field of behavior and experience lack in the field of physics, which defines becomes having. Having and Not Having form space simply as that thing in which energy between themselves the interchanges which acts. Physics has defined space as change of motion or in terms of time and energy. Time If the auditor processes having, giving and re- has been defined in terms of space and energy; ceiving, energy and items, he will discover that energy has been defined in terms of space and he is processing time directly and has pro-time only. These definitions, thus interdependcessed into a higher level the time sense and ent, made a circle out of which there was no exit unless one had a better definition for one The primary manifestation of this is found in of those items: time, space or energy. In such a

may be possible in one's own universe, it is dimension point is any point in a space or at

in Scientology anchor points. An anchor point chor points. is a specialized kind of dimension point. Any Rather than existing on theory in common with energy has as its basic particle a dimension other principles of Scientology this manifestapoint.

and substances. It can combine in various made coincidentally with any other space. ways,

flow as energy. A particle of admiration or a Any being is a viewpoint, he is as much a beparticle of force are alike dimension points. ing as he is able to assume viewpoints. Dimension points, by shifting, can give the Thus in any society we would inevitably have manifestation of change of viewpoint of di- would mension points.

have dimension points which are themselves he says that it is everywhere. visible. The basic hidden influence is then a viewpoint, A material of the universe cannot **Energy**

the boundaries of space. As a specialized case which to exist. The something in which it exthose points which demark the outermost ists is space, and this is made by the attitude of boundaries of the space or its corners are called a viewpoint which demarks an area with an-

tion of created space can be experienced by an The dimension point can be of different kinds individual, who discovers that space can be Space then, is not an arbitrary and absolute but it can take on forms, become objects. It can it is creatable or uncreatable by a viewpoint.

viewpoint the illusion of motion. The view- a statement of the infinity of viewpoint such as point, by shifting, can give the dimension "God is everywhere." Beings instinctively aspoints the illusion of motion. Motion is the sign the most beingness to that thing which

be everywhere and when Man desires to assign Viewpoints are not visible, but viewpoints can an unlimited power or command to anything

exist in any universe without something in The basic unit of energy is the dimension



the anchor point which demarks space, but this wavelengths. Wavelength has no bearing upon is again the basic unit of energy. Dimension wave characteristic, but applies to the flow or points are created, controlled or uncreated by potential flow. A ridge has potential flow the thetan.

The qualities of energy are three in number: have a wavelength. The various perceptions of the first is its existing characteristics; the sec- the body and the thetan, each one is established ond is its wavelength; the third is its direction by a position on the gradient scale of waveof flow or absence of direction of flow.

The characteristics can be divided into three Direction of flow, relative to the thetan, is of classes in their turn. These are flows,

noise-wave. Flowingness is simply the charact an himself. teristic of transferringness. A dispersal is a series of outflows from a common point. A dis- Matter persal is, primarily, a number of flows extend- Matter is a condensation of energy. The more center. One might call this an implosion. Out- lidity and longer duration. characteristic is the ridge. A ridge is essentially persed. suspended energy in space. It comes about by The manifestations of energy are essentially at an enduring state of energy. A dispersal from ing energy. the right and a dispersal from the left colliding In processing, no differentiation is made bein space with sufficient volume create a ridge tween matter and energy beyond labelling the

Wavelength is the relative distance from node forms "having."

ceased. The duration of ridges is quite long.

The lower the frequency the longer the wave- essary to have a viewpoint. length is considered to be on a gradient scale. Radio, sound, light and other manifestations,

point. A specialized kind of dimension point is each has its place on the gradient scale of which, when released, may be supposed to lengths. They are each one an energy flow.

primary interest in energy study. There would dispersals and ridges. The flow is a transfer of be outflow and inflow. There could be outflow energy from one point to another, and the ener- and inflow for a source point exterior to the gy in a flow can have any type of wave from thetan and caused by that source point, and the simplest sine-wave to the most complex there could be outflow and inflow by the the-

ing from a common center. The best example energy condenses, the less space it occupies of a dispersal is an explosion. There is such a and the greater its endurance becomes. A flow thing as an in-dispersal. This would be where of energy has a brief duration. Flows of energy the flows are all travelling toward a common meeting and causing ridges obtain greater so-

flow and inflow from a common center are The solidification of matter is found to be itself classified alike under the word "dispersal" for duration or time. Energy becomes matter if handy classification. The third type of energy condensed. Matter becomes energy if dis-

flows, dispersals or ridges impinging against long length the manifestations of matter; one one another with a sufficient solidity to cause cannot consider matter without also consider-

which then exists after the flow itself has freer-flowing and more instantaneous forms "action" and the more solid and enduring

to node in any flow of energy. In the MEST In order to have matter, one must have space, universe, wavelength is commonly measured must have had energy, and must have. In order by centimetres or meters. The higher the fre- to have space, it is necessary to have a viewquency the shorter the wavelength is consid- point and the potential in the viewpoint of creered to be on the gradient scale of wave- ating anchor points. Thus, in order to view matter, much less control or create it, it is nec-

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

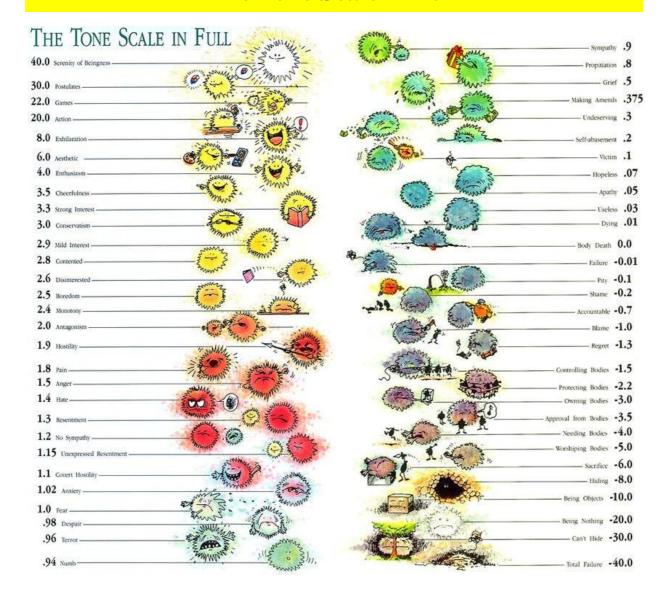
Better your memory: Go over this list many times, each time answering its questions.

- "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.

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



Wins and Successes in the Scientology Independent Field

Review AuditingI cannot tell you how freeing it was to clean up so much bypassed charge that has been on my case FOREV-ER!!!

I have addressed and handled everything I wanted to handle. I have never had that experience where I felt like the auditing was just for me, except for maybe since the 70's. I really want to thank my auditor and C/S for the excellent attention to my case and ME!!!

NED Drug Rundown

Pop Goes The World

It's been a month since I completed my NED Drug rundown in January 2017, with the help of my auditor Chris and I felt the need to put a few wins down in writing.

NED was amazing. I really had fun. It was very different than the Grades. I had audited

some Book 1 in 1991 but never got NED, it's a whole other beast and it's so fast! I recall uttering these exact words at the end of the very last process of the Rundown: "I am in complete present time. The whole world is communicating to me." Well, I'm still here and the world is still communicating to me! LOL It really is. The ripple effects have been quite something. Here are the main wins:

- 1. Theta attracts theta. Theta also can disenturbulate areas quickly. I am finding that when someone is upset around me, they apologize and start calming down. Or they get upset and they calm down.
- 2. The world around me is popping. Sounds, sights, smells everything. The sky was always blue, the computer was always the computer, the brick wall was always the brick

wall, but somehow a fog that surrounded me has been lifted and everything is crisp and Pop Goes The World.

- 3. People are more interesting to me now. So I put down my phone a lot more, I am curious about them, I notice them, they are there, with me, NOW, we communicate. I think before that the other beings were again always "over there", the ARC was never this high.
- 4. I went from drinking 3-4 caffeinated coffees a day to the occasional decaf only and instead replacing the caffeine with blended juices every day, fruits and vegetables and my body is thinking me for it. I am making such better choices about what goes in the body.
- 5. I am calmer, happier, more energetic, more focused on goals and I am getting offers from people, like this one last week at work: "Hey we are doing a 3 minute video but we need someone to narrate the video and do the voice-over. We discussed with management and we picked you and we think you'd be perfect." Keep in mind 300 people work with me, they could have picked anyone. I had the voice-over done in 7 minutes with everyone smiling and amazed at the high quality voice delivery that was done "with a lot of life" they said. I'm so excited about the future on all dynamics. I just see a great future with pleasant surprises and challenges and unknowns and I'm all in.

Grades

I feel an enormous weight has lifted off my shoulders. I feel it when I walk, as I put my step on the ground, as I lift my step off the ground, as I look at people, life has become easy and joyful. It takes effort to create and maintain a problem, and it takes a lot of significance to make it worth maintaining.

I have a lot of energy, I feel free, I enjoy life, it is more than I have even hoped to get from doing the Bridge. The best part of it - the Universe is cooperating! lol

Thank you. I feel grateful, and excited for the future!

Addendum:

The other day I was walking down the street during my lunch break. I was reviewing my Grade I gains and thinking of what I would write in a success story, but then I had this win.

This is my win - and my eyes are watering again: whatever is left there to be, that space that I inhabit, that beingness there is good, and I can trust myself to do the right thing and act with ARC, and - this is difficult to say - it is not necessary to hold myself hostage and imprisoned.

I see how lifetimes of hitting and maiming and subduing and raping and fucking made me feel I am becoming the scum of earth, and how the fix was to turn my life around, clean up my act

and saint-ify :))) That part of my past needed burying under a heavy stone. Except I did Grade I and I shook off the stone, I never expected to find out this – a true mystery with an almost magical power and significance, and a shocking, yet beautiful outcome. A part of me was buried there, a part that I now have admiration for and I welcome back to the inner true self.

There are many changes that I see from this. You can see how my Grade I success story looked more like an afterthought - this is the real story.

I can go on and on a lot with changes that I am experiencing, I figure they will clean up and stabilize with Grade II.

As amazing and extraordinary as the Grade I wins felt - this win feels like I broke through to the other side of the mountain, or broke the Sisyphus' chains, or got reborn in a new universe - better than I thought ever possible to experience.

What were you saying, there is more to do on the Bridge?!

Grade II

It's so great to attest to Grade ll and be free of the hostilities and sufferings of life. This grade is particularly freeing because I had a lot of overts that I had committed and was withholding. They kept me in my own personal hell here on Earth!!

I now have the ability to spot this in myself and others, and I have no desire to commit overts or be less than whole. My life has become a reality demo of postulates working, cycles completed, and games of my choosing being won.

I'd like to thank Ingrid for her steadfast and excellent auditing ability and her loyalty to Standard Tech. I'd also like to acknowledge Ron for having the guts to organize and share the Tech with the World

Purification Rundown

"The wins that I experienced during Purif were surprising and some were honestly breathtaking and I can say that they have changed my space a little bit in terms how I view certain things and myself, permanently. It was a journey of self discovery like the whole bridge is and I discovered and felt many things that are difficult to put into words, but I'll try.

What I learned is that the way you treat your body and yourself (spirit) go hand in hand. There were many moments when I was in the sauna where I felt more deeply connected to a

higher part of myself than ever before. The more I got rid of toxins and the cleaner I felt inside, the more I felt I had more reach on the outside and I can express myself more directly without using vias. Also I connected with my body and as-ised my body more than before and that felt good.

There was a moment where I felt a deep understanding regarding why we key in and why we don't achieve our goals/struggle etc is because of overts, and we have a deep down desire to be good. To do good. And that desire, though it may be deep deep down, is unbelievably strong and present. After I experienced this cog, I felt beauty around me, an overwhelming beauty, so powerful that I began crying tears of joy and of happiness and I felt so much gratitude and I felt so present I didn't know what was happening I've never been in present time, SO much in present time it was so strong I couldn't contain it and I felt even more connected with myself and with others for a brief moment. It was so splendid and I felt like granting beingness to everyone around me.

~000000~





A TRIBUTE TO MARY SUE HUBBARD

Wife of L. Ron Hubbard

Remembered with Respect and Honor



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 knowWhat you know is what you knowAnd 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,

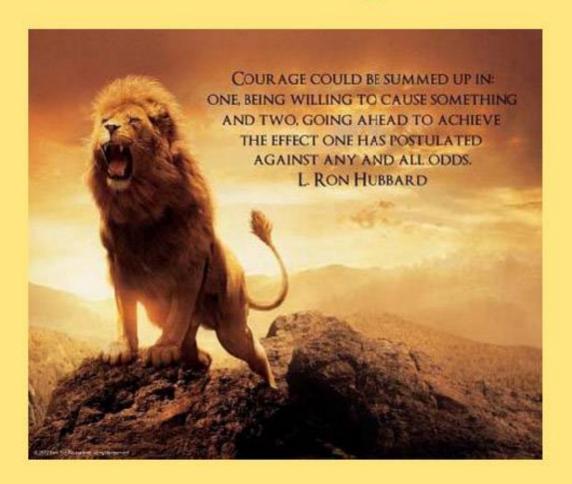
That we always observed to observe.

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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A Handbook for Field Scientologists Starting up a Group

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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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http://independent-scientologistsassociation.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.

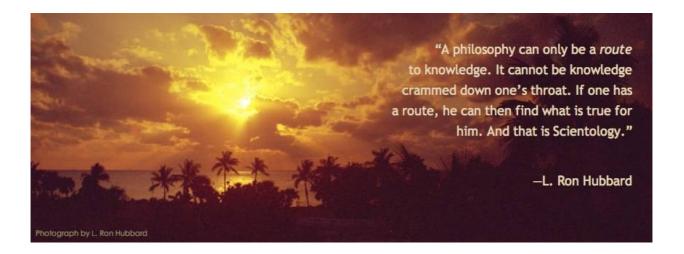
You intend something to happen and it happens. This is the ability to intend. And that is all there is to a thetan's power - there is no more to his power than that.

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, an 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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