FREE THETAN

NEWSLETTER OF THE INTERNATIONAL FREEZONE ASSOCIATION

Preserve, Protect & Promote

May 2011 Volume 2 Issue 5

"Affinity, that is some emotional or felt consideration of proximity, is basically a consideration of distance, but it is that consideration which says that one likes or doesn't like it."

- CONTROL AND THE MECHANICS OF S.C.S

FREE THETAN

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The International Freezone Association

The New Renaissance of Beingness

Preserve, Protect & Promote!

Quote from L. Ron Hubbard

"THE DYNAMIC PRINCIPLE OF EXISTANCE IS: SURVIVE!

Dianetics: The Modern Science of Mental Health

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~ Editorial ~

reservo , servo , proveho

Dear Reader,

An understanding of life is something that is not really taught well in schools. The young person starting out in life has to learn from experience, a poor teacher at best, or from others equally 'unhalted' in the basics of life.

How would it be, if the future generations were hatted or taught the basics of life when starting out? What the ARC triangle means and how they can use it to understand what is happening around them. The 8 dynamics and how they are an integral part of life and living. The communications cycle, ethics and integrity.

How much happier and more stable would their lives be?

The answer, of course, is training. Training for ourselves, for our children and putting in place more training opportunities for future generations in the basic philosophy that L. Ron Hubbard researched and developed.

There can be no greater legacy to leave for the future.

Michael Moore
President
International Freezone Association Inc.

The Purposes of the International Freezone Association

Preserve the exact technology and original workable philosophy of Lafayette Ron Hubbard for future use so it is available for all mankind.

Protect the exact technology and original workable philosophy of Lafayette Ron Hubbard so it is not altered, diluted or changed in anyway but remains exactly as Lafayette Ron Hubbard issued it.

Promote the exact technology and original workable philosophy of Lafayette Ron Hubbard so it may be known by all mankind

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The Aims of Scientology and the IFA

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 the IFA

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.

The IFA is non political in nature and welcomes any individual of any creed, race or nation.

The IFA does not seek revolution. The IFA 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 the IFA 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.

The IFA 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

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Country	Region or State	Name	Contact email/phone	Tech Training Level	Admin Training Level	Services Delivered	IFA Certified
Canada	Toronto	Chris Black	standardtechauditor@yahoo.ca	Class Vlll C/S, KOT,	DSEC	PurifC/S; Life Repair To Clear Auditing & C/Sing OT reviews & C/Sing; FPRD; Debugs & more.	IFA
UK	South East	Vicky Ballard	vballarduk@yahoo.co.uk	Solo NOTs	To Be Advised	L/R to Clear+DCSI OTreviews and OK to audit NOTs all with a Class12 C/S	IFA
USA	North West	Anita & Les Warren	www.lifeimp.com	Classed Auditors	To Be Advised	All up to Class IV, NED, Solo Purif, PRD, Basic Courses	IFA
USA	South East USA	Mark List	beachniks@yahoo.com	Class VIII	OEC, DSEC	SPECIAL ZONE PLAN Consultant helping you apply Scientology in your life.	IFA
USA	Los Angeles USA	Trey Lotz	trey@relaypoint.net	Class VIII	To Be Advised	Standard LRH Bridge up to Clear, NOTs, Ls	IFA
USA	West	Roy Selby NorthWest Field Auditor	roy_slby@yahoo.com	Grad V certified	OEC,FEBC	Auditing to Class IV, Counselling to OT III	IFA
USA	North East. Will travel	Ken Urquhart	urq@verizon.net	Class IV Advance Courses Specialist. Class IX	To Be Advised	Internships, apprenticeships and Okay-to-Audits Class V	IFA

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THE HOPE OF MAN

A Lecture given by L. Ron Hubbard
on the 03 June 1955

THE things which have been happening in Scientology by reason of research and development have removed Scientology entirely from any classification as a psychotherapy. The facts behind Scientology today are that it is doing things which nothing has ever done before.

One of the things which I am very pleased to announce immediately is that we have seldom failed in recent months to raise the intelligence quotient of any individual undergoing twenty-five hours of processing, at least ten points. And for those who have undergone as much as seventy-five hours of processing, we have raised it as much as thirty-five points and consider it routine twenty-five points. This is something that has never happened before, and therefore it is an important thing that we take a look at this. According to psychology this is an impossibility – completely impossible. And therefore I want to tell you why it is impossible in the field of psychology.

Dianetics, our earliest beginnings, was a mechanistic science – very mechanistic but very precise. Without Dianetics we could not have proceeded, but we had Dianetics and we did proceed. All Dianetics was, was a very exact analytical approach to problems of the mind, and in Dianetics we were closely allied, of course, to psychotherapy. We couldn't help but be, because all of the data on which we were depending, all of the procedures through which we were going, were one way or another related to psychotherapy.

But when we moved out of this mechanistic approach back in 1952, it was necessary to distinguish the fact that we had moved out of a mechanical approach. We were no longer consider-ring man a robot. We were no longer considering man something that you wound up and set him on the track of life, and he ran for a number of years and ran down. We no longer considered man was doing this thing or was this kind of thing. We graduated from that. We recognized that man was basically a machine only so far as his body went; that man, otherwise, was a spiri-tual entity which had no finite survival. It had, this entity, an infinite survival.

One of the basics, you understand, of Dianetics was survival: The basic principle of existence is survival. And that is only true for the body. A spirit cannot help but survive, whether in heaven or in hell or on Earth. That is the saddest thing to most people. It is so sad that they very well like to forget it. They say, „Well, I'm going to live a number of years and then I'm going to die and that will be the end of me, and you should all feel sorry for me and send flowers." And this is an interesting game, but it is not true.

If he thinks of this at all in the Western Hemisphere, he ordinarily thinks of it in this wise: „I'm going to live a number of years and then I will go to my reward, and I hope it won't be what I deserve." Now, this is another game, this is another game. This is not to frown in any way upon the principles and beliefs of other religions, but it is nevertheless demonstrable, too accurately demonstrable, that an individual isn't finished with the game once his body dies.

We are on a much higher level in Scientology than the Western religions have been, but we are not on a higher level in Scientology, except in our technologies, except in the exactness of our understanding, than those great religious leaders of India who kept the spiritual side of life alive for thousands of years against all materialistic ingression.

And when we consider that a great deal of what we now know with great exactness was already known and lost thousands of years ago, we begin to see that we are not dealing with something new when we are dealing with Scientology. It is not something new.

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What we are doing with this data is new. The way this material is organized is new. The technologies with which we can bring about a new state of being in man are new. But the basic idea, the basic hope of man as it appears today in Scientology is thousands of years old. If we call Scientology a religion, we are calling it a religion out of a much deeper well than the last two thousand years.

This is material studied over a long, long period of time – over a quarter of a century, which is a long time to study anything. If you ever sat and looked at anything for a quarter of a century, why, you'd know that was a long time to sit there and look.

I would like to honor the great spiritual leaders of the past – not of modern times, but of the past – since these people handed along enough tradition to make us aware of the fact that there was a spiritual side to man. These great spiritual leaders have been hanged, reviled, misinterpreted, badly quoted, have not been at all comprehended. But, nevertheless, they are the hands through which a torch has been handed forward through the centuries so that we could culminate with a greater ability for man and some hope for his future.

These great religious leaders – at least those that I consider great religious leaders – begin with a monk, a legendary mythical monk whose name probably was not, but is said to be, Dharma. That word has meant „wisdom" ever since. Some many thousands of years ago in the highlands of India, he handed out, or handed on, information which was taken up and carried forward by someone who might never have existed, just as they say Christ might never have existed, and that person was Krishna.

And we go forward from there and we get to Lao-tse who in his Tao again handed on knowledge and said there was a spiritual side to life. But all these people were saying something that was much more important than „There is a spiritual side to life." They were saying, „There is hope. They can come to you and they can tell you that all is lost and that you are dead, you are trapped, and that there is no hope for you. They can come to you and say this, but this is not true. There is hope. You do go on living. This life is not all there is. There is some future life in which you can do better, succeed more worthily than you have." That is all these men said.

Whatever trappings have been hung upon their words, we don't care. Whatever technology they had has certainly been lost. Nevertheless, they did hand on this message to man. They said, „There is hope, you can be better. This life is not all there is, and somehow or another it is all going to come out all right in the end." Without that hope, I do not think man could have survived this far down the track.

Another one of these great leaders is Gautama Buddha who, oddly enough, never pretended to be a god. Pretended to be nothing but what he was – a man inspired with the wisdom which he had gained and which he taught. And at one time one-third of this Earth's population knew of and was better for Gautama Buddha. In the Western world, if you walk up to a man casually and you say „Buddha," he'll say „an idol." This was the furthest thing from Buddha's thoughts – to be an idol. He would have laughed: Temples! Burning joss to Buddha! Nevertheless, this was not the attraction of the Buddhist. The attraction was again wisdom and hope.

People poured out of China for centuries over torturous and dangerous mountains, snow-filled passes, to drop down into India just to come close to the area where Gautama Buddha had taught that there is hope and that the endless cycle of life and death does not have to continue, that an individual can be free even from this.

Now, that's interesting, isn't it? Yet the ignorant deified him. But, due to him, a great deal of this work was handed on and an enormous amount of what we call religion in this Western Hemisphere today was given to this Western Hemisphere directly by Gautama Buddha.

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It was filtered through the Middle East. „Love Thy Neighbor“ was one of the first lessons he taught, and it is that lesson which we have received from the Middle East.
But what I am telling you is that these people handed on a torch of wisdom, of information, generation to generation. It was handed along geographical routes, and one of those geographical routes was the Middle East. And one of the people who handed it on was a man named Moses. And again it was handed on to a man named Christ. And he handed it on, and even the Arab nations benefited from this through their own prophet, Mohammed.
And these men I consider great spiritual leaders, because they gave to man on down through the years the hope that life could go on, that there was a spiritual side to existence, that the business of barter and gain was not all there was to life. And today, sitting in a materialistic society which almost vilifies anybody who speaks of the fact that you don't die right away, and when you're dead, you're dead and you're dead – you see: you're dead! – and. right on down to this time we are indebted to these men.
Now, the only reason we know anything about these men is the printing press. And the only reason we really know anything about what they have taught us is because here and there somebody set something down.
But today we came into possession of an enormous amount of information, magnificent information: the physical sciences. And although these ran off and pretended to be an end-all to themselves and completely divorced from all spiritual existence, they nevertheless furnished the modus operandi by which we could analyze these teachings and understand them better. And out of this analysis and understanding we actually achieved a great deal. Don't think for a moment, when I put together Dianetics, I was not completely aware of practically everything any one of these men said in his own district and on his own home ground. If I had not had that information, we would never have had Dianetics.
But what did I, a Western engineer, do? I said, „Well, these men are too sold on the spiritual side of life. They're overboard. Nothing practical. We want everything workable. We want wheels. We want cogwheels. We want a standard procedure by which we can take a look at somebody on a couch and say, 'Zip, zip, rip.' „ I was persuaded into this to some degree by my engineering friends – to some degree. They could not completely tolerate looking this picture in the face. And I daresay there are Scientologists who can't completely tolerate looking at this picture directly, because it's too much truth. They like a few more vias, you know. If you look at something too straight, it's liable to look back.
So I said they're too spiritual, they're too unworkable. They themselves, the Eastern cults, religions, and so forth, are themselves in poverty. They cannot handle their own problems. Therefore, they do not have any answer except perhaps that there is hope. And I was wrong. I was wrong.
And the biggest mistake that I have made – and I've made mistakes, believe me – but the biggest mistake I made was the day when I said, „All right, boys, we will call this a science. All right. We will agree that the Western Hemisphere is not ready to accept anything spiritual or religious. All right. We will call it a science. And this science we will call Diane-

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tics, which means ‘through mind.’ „
And that was myself approving with the society, and I never should have approved. Why? Because we went on a wide and large via. We associated ourselves with psychotherapy, and that was not good. It’s not that there is anything wrong with psychotherapy; it’s just that they have already a tremendous backlog of failure, and so we failed to some degree ourselves.

And it was only when in 1952 I recognized that we must be dealing with what we called right in Dianetics „the awareness-of-awareness unit.“ We must be dealing with an awareness-of-awareness unit which had tremendous survival power, because by various scientific, unquestionable means I could track back the life of this awareness-of-awareness unit, life after life after life. You and I or any scientist worthy of his name – and I mean a scientist now, not a psychotherapist, I mean a man who is educated into exact mathematics, who is educated into precise disciplined ways of thinking, and if that or any one such man or any thousand of them cared to go over the backtrack of this research, they would have to come to the same conclusions. And these conclusions are that man is actually a body run by an awareness-of-awareness unit which has infinite survival power even though it can get in a great deal of trouble.

All right. We knew, once upon a time, that we had to raise people’s self-determinism. We knew that by raising their self-determinism we would have better people. Well, let me tell you something: If we do anything else but raise their self-determinism, if we do anything else but better their control of their environment as a spirit, we fail flatly.
I remember I watched a long, long parade of cases, thousands and thousands and thousands of cases, more case histories than has even been examined by anyone in the field of psychotherapy because, believe me, we collect them. People are anxious to be processed. They are not anxious to be psychoanalyzed.
Now I can tell you that wherever we have neglected this factor of raising the self-determinism and ability of this awareness-of-awareness unit, wherever we have neglected it, wherever we have stressed machine reaction, wherever we have attempted to heal the body at the sacrifice of the man, we’ve gotten a leg maybe that worked better, we’ve gotten maybe a nose which twitched better, but we haven’t gotten a better man!
Now, that’s interesting, isn’t it? And the culmination of this material and a study by reason of intelligence testing and personality testing over the last many months – a program eight months in length which has just concluded – has brought me to the conclusion which, as far as I’m concerned, is the conclusion: that we cannot lose if we stress the spiritual side of

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man and that we always lose when we stress his material side.

Now, it's taken me twenty-five years to come to this conclusion and I give it to you just that way. Why didn't psychotherapy ever raise anyone's intelligence? Why do they cut up men in order to heal them? Well, they do that just for this reason: They know they can get nowhere by doing it. They can get nowhere by handling this mechanical object called man. The mechanical object is not handleable by other mechanical objects.

Now, that's interesting, isn't it? We have the same proposition. Two cars sitting down here in the garage. And one of them has a flat tire, and the other car is sitting alongside it without a flat tire. And we come back three months later, those cars are still sitting there, one of them with a flat tire. Did the other car ever repair the flat tire?

Well, man is better than that, which is why he's baffling. He can always grow a new tire, one way or another, through the genetic line or something. He can always have a new tire. A car can't even do this. But as long as we treat man as a machine, he is capable of doing all the things a machine can do and no more. And a machine cannot change its intelligence nor can it change its personality.

This is a fantastic thing, that today in this twentieth century that thousands of years of belief in the field of religion have materialized into an actuality which can be put into an effect rather easily by the average individual. We have brought at last this material into the category of practical. The oldest material man had – hope; the spirit – has come to a culmination of being intensely practical.

Now, let me say something about this word religion. You know that religion has a great many meanings – it has a great many different meanings. It could mean an enormous number of things. And where the public at large turns away from religion, they don't really know what they're turning away from. But where they turn away from it, they are turning away from its im-practicality and that's all they're turning away from.

If you ask some avowed atheist, „Why are you mad-dogging on the subject of God? Why do you just talk and talk and talk and talk on the subject of God?"

This man says, „Well, it started out when I was a little boy. And I asked him for a new bicycle and he didn't give me one. And my father beat me with a Bible." He's telling you what? He's telling you it didn't work.

Do you realize that where religion is used for the self-centered and selfish control of other human beings that it has been defamed? When Papa was a member of the Bible Class, and he came home and he said, „If you don't be a good boy, yak, yak, yak, you're going to hell. If you don't do this, if you don't do that."

In other words, threat, threat, threat, punishment, punishment, punishment, threat, threat, threat. You know that's awfully bad control. And where something has been used to control, we can then expect that a great many people in the society are going to rebel against it.

There are two kinds of control: There's good control and there's bad control. I could show you a total absence of control is sickness itself. A child who has no one in his vicinity to control him as much as he's controlling things is incapable, then, of proceeding. He gets upset. Total absence of control is itself sickness.

The most aberrative person is probably the person who should've but did not control… That person should have controlled him – his mother, his father, his grandmother – and did not, and left then a sort of a hole in existence which was timeless because time depends on change, and change is part of control. And without control, without moving particles, without being oneself moved, do you know that you would just float forever in a timeless void.

So, there is something to control, but the word control and control itself has been so badly done that control is almost a curse word today. But there is good control. It would be a type of control where we had some agreement and

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Freedom

Fixed on too many barriers, man yearns to be free. But launched into total freedom he is purposeless and miserable.

There is *freedom* amongst the barriers. If the barriers are known and the freedoms are known, there can be life, living, happiness, a game.

– SCIENTOLOGY: A NEW SLANT ON LIFE

L. Ron Hubbard

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Jan 2007

"REALITY IS THE AGREED UPON APPEARANCE OF EXISTENCE."

SCIENTOLOGY 8-8008
Lafayette Ron Hubbard

knowledge of the goal to be obtained. Do you see that? Some agreement and knowledge of the goal that we were trying to reach – that would have to be there. It'd have to be knowing. At least one party would have to know it very well, and both parties would have to know it somewhat for control to be functional. We'd have to have an agreement of goals.
Another thing we'd have to have would be a completion of a cycle of action – completion of a cycle of action. Once a command was given, it should be completed before a second command is given. We shouldn't tell somebody, „All right. Now pick up that bunch of… No, leave them there."
Well now, what I'm describing to you is bad control, and that is very bad because it scrambles and confuses one's time. And bad control is done where one or the other of the parties is totally unaware of control being accomplished.
Usually the person who is being controlled is unaware that he is being controlled or something of the sort, or the person who is doing the controlling does not know it but is merely acting compulsively or obsessively. And here we get a situation where cycles of action are not agreed upon, the goals are not agreed upon, the cycles of action are not completed, and we get chaos and we get bad control. And where something has been used for bad control, it itself becomes infamous by the mere association with the confusion of bad control. We could say then that if all of the auto license bureaus in the country were to get even worse than they are and were to get into a situation where, when they issued you a car license and you put it on your car, they would then write you a letter and tell you it was the wrong license and you should therefore return it, otherwise you would be arrested. And when you had returned it, you were arrested for not having a license. When you sent them two hundred dollars – which I think is the usual tax on a 1930 Model-A car today – when you sent them two hundred dollars for your taxes and license fee, they then lost all the records and then had you arrested for not applying. Now, this would be interesting, wouldn't it? The first thing you know, every auto license office would have a very bad name. And we would say, „Auto licensing is bad," wouldn't we? „That's bad. Let's just dispense with the whole thing. It's impractical, it gets us nowhere, we have enormous confusion, and that is the end of it."
And do you know that in this Western world, to a large degree, that has happened to religion. We look at the spectacular, unreasonable stunts. We look at some young man saying, „Oh, I could run this country much better than anybody else. All I'd have to do is tell every-

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body to believe in God and therefore the whole country would run well." He gets up on the Capitol steps in Washington, DC, and forty-five thousand people come out to hear him say that. And he says, „Now," he says, „that's all we need and that solves all of our problems. And be good or you'll all go to hell."

And we look at a stunt like this and we say to ourselves, „Tsk, tsk. Religion." But when we're saying religion that way, we're talking about the spiritual side of existence, and we're talking about this strange fact: That if the awareness-of-awareness unit is not in itself in control of the body, the body is sick. In other words, if we neglect the spiritual side of existence and we do not recognize the existence of a spirit – we don't recognize the part which this plays in life – we are making an open-armed bid for all the evils which escape from Pandora's box. We're just asking for it.

Little child goes to school, and they say, „Be careful now, blow your nose, eat your vitamins, be careful how you walk across the street, wear your coat, wear your rubbers, don't play in those mud puddles," on and on and on and on and on. Constant tirade of what he's not or supposed to do with his body one way or the other – reasonable or not.

And nobody ever says to him, „Son, your self-determinism depends upon your ability to tolerate the actions of others or to direct them at will, depends upon your ability to have charity towards your fellow man, depends upon your ability when in a position of trust to demonstrate mercy, it depends upon your ability to be in control on that body, that when you tell it to walk, it walks." Nobody tells him that.

And by not telling him, we have forecast for him a life of turmoil, confusion and sickness! And I would say that was a dirty trick to play on any kid. If the awareness-of-awareness unit is in control of the organism, the body, knowingly, we can expect a healthy body and a successful life. And if a machine is thought to be in control of the awareness-of-awareness unit, if it's all just figure-figure and you are what your body is and no more, and everything runs for the body exclusively, we have sickness.

Scientology is knowledge. That's all Scientology is. The word Scientology means knowledge. That's all it means. Scio means knowing in the fullest sense of the word. Many people believe this is named after „science." No, it's scio: knowing in the fullest sense of the word; studying how to know in the fullest sense of the word. But this is the same word as Dharma, which means knowledge; Tao, which means the way to knowledge; Buddhism, which means „the way to spiritual knowledge." It's an old word, a very old word. It happens to contain within it today possibly the bulk of what is knowable in terms of theory that is immediately knowable to anyone anywhere.

But it contains in itself something else: It contains a positive direction, a positive goal. And the goal is simply a greater freedom for the individual.

And when we say an individual, we're talking about something as precise as an apple. We're not talking about a collection of behavior patterns which we all learned about from studying rats. We're talking about something that is finite. We're talking about somebody, the somethingness that you are and the capabilities that you can be. And this is what we're talking about. We're not talking about the color of your hair or the length of your feet. We're talking about you, and we know what we're talking about when we talk about you. And therefore a greater freedom is indicated for this individual you.

Why? Because this individual you is today threatened by one of the greater cataclysms man has been called upon to face. He is threatened by a lot of bodies running around, evidently on total automatic, doing and planning interesting things for the demise of the race.

If we understand what we know – you know that's an interesting thing, you have to understand what you know – if we understand what we know, we can go a long way in assisting or mitigating the effect and onslaught on a society

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of weapons which exceed the imagina-tion of any of us in their destructive power, and which are going to cause on every hand a decline of the state of man unless some of us know what we are talking about. And fortunately, right now, we do know what we're talking about.
It will depend upon us to a very large degree whether man will become an animal in earnest or will continue to be a spiritual being. Because man is today threatened by men who have become animals and who have no thought of any other thing than this.
This work does not represent a revolt. It doesn't even vaguely represent a desire for the demise of any of these things. All it represents is the hope that man again can find his own feet, can find himself in a very confused, mechanistic society, and can recover to himself some of the happiness, some of the sincerity and some of the love and kindness with which he was created. And if man can do this, and if we can help in any way to accomplish this, then all the years of my life and all the years of yours will have been well paid for, and none of us will have lived in vain.
I want to tell you first that we have a practical religion. And before you say „religion – grrr," think of that: It's a practical religion. And religion is the oldest heritage man has. The fact is that we do not fit at all or influence or have any real contact with medicine, certainly not with psychiatry. We do not exist in the tradition of psychology. We could only exist in the field of religion.
Of course, it would be up to us to make religion a much better thing than it has been and to use it to make better our fellow man.
Thank you.

~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.

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Wins & Success Stories from the Independent Scientology Freezone

We get many success stories in the Freezone of auditing, training and even just from reading Lafayette Ron Hubbard Books!

Here is just a small selection.

Auditing Wins
I just realized how much more me I am becoming. Machinery is dissolving away. I feel more powerful with ARC and KRC than I have felt ever. I feel more cause over life than I have in a long time. I feel as though I have graduated up to driving the car now rather than being the passenger or back seat driver. This feeling of power is hard to explain as I have not felt like this before that I can remember. I have felt in control and cause before, but not without strings attached. I am cutting the ties that bind me to suppression, circuitry, machinery and ridges. I liken it to standing in a sprouting wheat feel in Kansas with nothing around but beautiful puffy clouds, blue sky, sun, fields and space going on forever, versus being in a darkened back alley in the heart of any large city in the USA.

I am truly conquering the matrix of my mind by sitting in a big overstuffed chair, holding two soup cans attached to a meter with a trained specialist using LRH technical material who is asking me stuff and in an instant my life changes forever. There has not been any auditing that has affected me so spiritually ever. Getting a NOTS session daily is like on a MEST level driving around in your brand new Ferrari and making stops along miles of coastline on the ocean with white sandy beaches, warm sun, and beautiful breaking waves and stopping in for 5lb whole main lobsters, huge Alaskan king crab legs all with drawn butter and lemon juice and for desert a real hot fudge Sunday sitting on the deck of this old funky restaurant on the beach of your dreams and when finishing lying in a hammock between 2 palm trees and letting the ocean breeze cause you to have a divine nap and then wake up and drive down the exciting coast with grandeur that I created to my next stop where a 3lb sl ice of the best prime rib I have ever eaten awaits me at another beach restaurant and hammock and this going on day after day after day. You ask could one tire of such a life. No not unless I desire to tire of it because I am creating these illusions newly every day and the illusions are mine and I am getting better at being total cause over my illusions day after day. NOTS rocks. I'm blown away!

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.

I have realized two things I'd like to write down and share. Before them, it is great to be in session again working up the Bridge. I understand that the best, easiest and most beneficial way to handle a problem is to increase ARC high enough to include the other terminal in your universe, and then opposition ceases. I also realized that I've got to learn to grant beingness to others to let them work their way through their problems, as that is how they can grow. I understand that I would rather handle other people's problems to avoid my own because then I could drop mine on my husband, so that I could be effect and enjoy him handling my problems for me, as it proved that he loves me. The need of that approval was a shadow of past

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invalidation. Just knowing this was an automaticity helped me to turn it off. Let's see if my life will be different with this new viewpoint!

That feels great! The more you struggle through the process, the more you are about to blow charge and recover true data.
I thought I could confront only those of my problems that I have created, and change and stop those I started. It hadn't crossed my mind that any "dangerous", "uncontrollable" and "unsolvable" problems that others presented into my life I could also make mine, and control through spotting the moment when I allowed them into my universe, accepted and agreed with them. I feel more responsible now, and more in control!
It's not the "new knowledge" that makes me feel winning and happy, but the fact that it truly "came home" and became my own subjective reality, not just something "right" floating out there, but part of my universe, my viewpoint.

What I have learned from the "Ethics and Integrity Program" so far? I have learned that I have the ability to control my thoughts and emotions. I can do things to improve my situation in life. I personally need to take greater control over my life and develop goals that are my own.

I have realized that I have an enemy personality which I have used to deal with situations when I get overwhelmed. This is a problem because it has prevented me from overcoming barriers in my life. Now that I am aware of this I can "see it for what it is" and move forward. I also don't need to be perfect. I realize that when I feel this "enemy" start to take over in an area of my life, that I need to assert myself more in that area.

Wow! I am currently going through the Ethics and Integrity Program at Les and Anita Warren's Life Improvement Center. I have currently discovered that I am ME, the ME who can hold her position in space, who does not compromise her own integrity, and the ME who makes her own decisions and can evaluate for herself. I am also the ME who can love, be loved and can have compassion for others. I understand I am not those personalities that I have used in the past to avoid confronting life.

I feel I am a happy loving Being who can embrace life. What a great game! Thank you LRH for giving us the tech to operate as a spirit along with enjoying being human. Thank you to Anita Warren, my auditor, who has guided me to this win with lots and lots of love and a total willingness to listen and gently guide.

CLEAR

After a long time of invalidating the fact, I have now recognized that I am clear. I am exterior and incredibly happy and can now continue on with the adventure of further ability. Thanks to Pat and Ray and Joe. I'm also really looking forward to my further training to help others attain this state.

~oo00oo~

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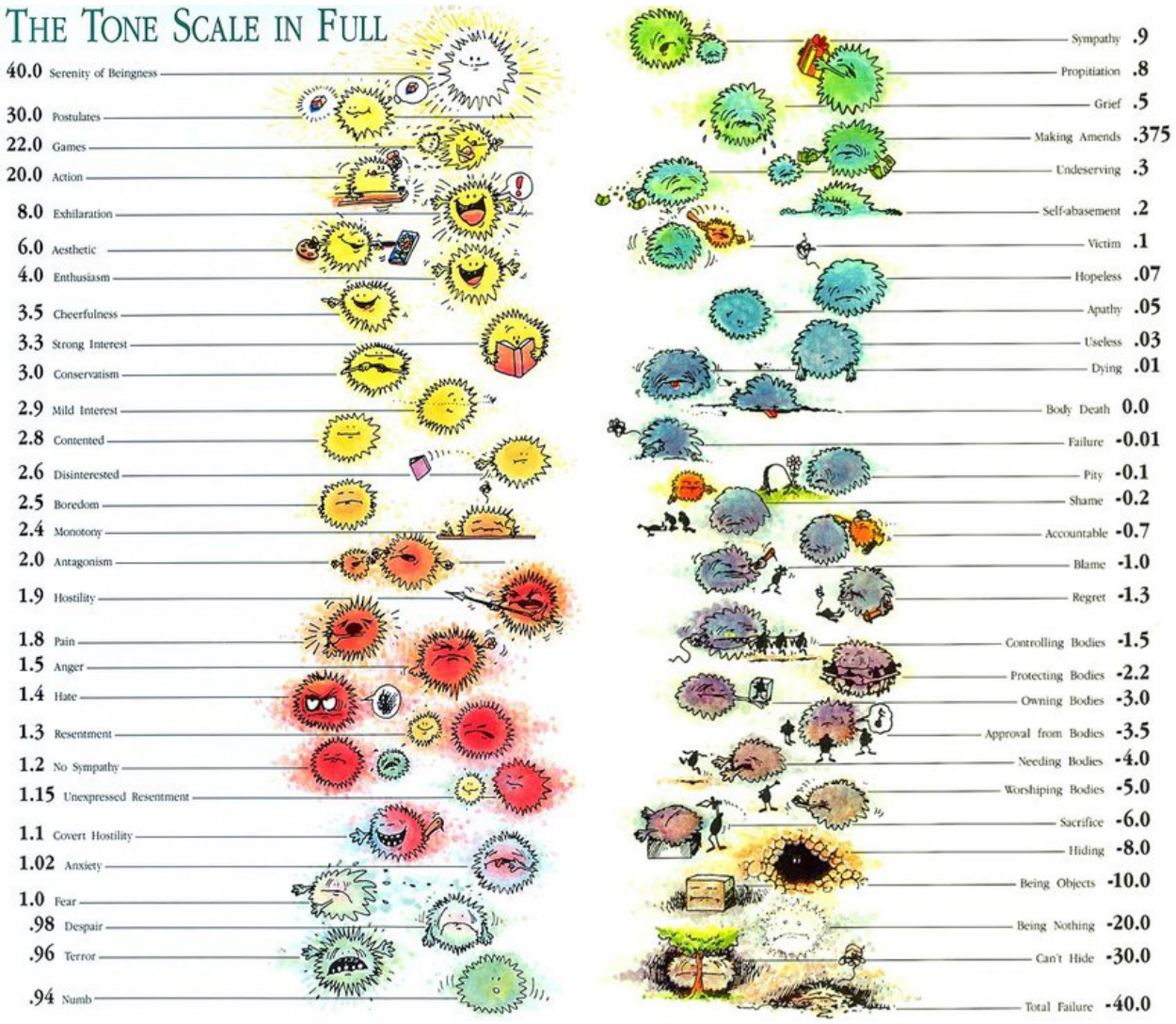
The Tone Scale in Full



The Tone Scale

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

Scientology 0-8. The Book of Basics

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~~ Lafayette Ron Hubbard Quote ~~

FIRST AID

From, “Problems of Work”
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If somebody is injured, you can assist in many ways. Recovery from a burn or bruise or even sprains or breaks is much swifter with SCIENTOLOGY assists.
The most elementary assist is easily done. For ages Man has known that “laying on of hands” or Mother’s kiss was effective therapy. Even gripping, in pain, an injured member,
seems to help. But Man neglected the most important part of “laying on of hands”. This follows.
Do this exactly and do it with a minimum of talk.
Place your index finger or fingers or palm on the injured member, very lightly, and say to the person, “Put your attention on my hand”. Now change the position of your finger or
palm and have the person do it again.
It is best to touch the individual on spots which are further from his head than the injury.
Do not talk excessively. But coax him, as you touch, briefly, spot after spot, to put his attention on your finger or fingers or palm. Change the spot every moment or two. Be calm. Be reassuring.
If the person experiences pain or trembling as a result, keep on, for the assist is working.
Continue in this fashion for many minutes or half an hour if necessary, until pain or upset is gone.
During this assist the person has his eyes closed.
It is not power from your finger which is aiding him. It is power he generates by “looking” at your finger down through his body. You are putting him into communication with
the injury. His communication with it brings about the recovery.
Ordinarily injuries, sprains, burns, scalds, broken bones, headaches and colds heal slowly because the individual is avoiding this area with his own energy.

~oo00oo~

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Scientologists Glossary

Here is an extensive list of words and terms found in the applied philosophy of Lafayette Ron Hubbard. This is useful for anyone making a study of Dianetics and Scientology.

A=A=A
Anything equals anything equals anything. This is the way the Reactive Mind thinks, irrationally identifying thoughts, people, objects, experiences, statements, etc., with one another where little or no similarity actually exists. Example: Mr. X looks at a horse, knows it's a house, knows it's a school teacher, so when he sees a horse he is respectful. This is the behavior of the Reactive Mind. Everything is identified with everything on a certain subject.
Aberration:
is a departure from rational thought or behavior. From the Latin, "aberrare", to wander from, Latin "ab", away, "errare", to wander. It means basically to err, to make mistakes, or more specifically to have fixed ideas which are not true. The word is also used in its scientific sense. It means departure from a straight line. If a line should go from A to B, then if it is "aberrated", would go from A to some other point, to some other point, to some other point, to some other point, to some other point, and finally arrive at B. Taken in its scientific sense, it would also mean the lack of straightness or to see crookedly.
Admin:
(in auditing) is used about the action or fact of keeping auditor's reports, summary reports, worksheets and other records related to an auditing session. "He kept good "admin"" meaning that his summary report, auditor's report and worksheets were neat, exactly on pattern, in proper sequence and easily understood, as well as complete.
Affinity:
Degree of liking or affection or lack of it. Affinity is a tolerance of distance. A great affinity makes you feel 'close' to somebody or something. It's a tolerance of or liking of closeness or close proximity. A lack of affinity would be an intolerance of or dislike of closeness. Affinity is one of the components of understanding, the other components are reality and communication. One's level of affinity is expressed on the so-called tone scale.
Ally:
is a person from whom sympathy came when the PC was ill or injured. An ally coming to the PC's defense of his words or actions aligns with the individual's survival. The Reactive Mind of the PC gives that ally the status of always being right--especially if this ally-relationship originally is coming from a highly painful Engram. The alley is seen as a person that has to be blindly followed or supported as 'he can do no wrong'.
Alter-is:
To change or falsify the way something actually is.
Analytical:
means capable of resolving, such as problems and situations. The 'Analytical' mind would be the conscious aware mind which thinks, observes data, remembers it and resolves problems. It would be essentially the conscious mind as opposed to the unconscious mind. In Ability Clearing the Analytical mind is the one which is alert and aware and the Reactive Mind simply reacts without Analysis.
The word "analytical" is from the Greek, "analysis", meaning resolve, undo, loosen, which is to say take something to pieces to see what it is made of. This is one of those examples of the shortcomings of the English language since no dictionary gives the word "analytical" any connection with thinking, reasoning, perceiving, which in essence is what it would have to mean, even in English.
ARC:
A word made from the initial letters of Affinity, Reality and Communication which together equals understanding. ARC is pronounced as three letters A-R-C.
ARC Break:
1) A sudden drop or cutting of one's affinity, reality, or communication with someone or something. It is pronounced by its letters "A-R-C break".
2) A sudden drop or cutting of one's affinity, reality or communication with someone or something. This is in common language known as an upset or a condition of being shocked, disappointed, surprised, offended, etc. The A-R-C break gives an inside look in the anatomy of what is going on.

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ARC break Assessment:
Reading a prepared auditing list which applies to the activity. The list is read to the PC while on a Meter. In the ARC Break Assessment the auditor only locates and then indicates the charge found to the PC. It is used on very upset PCs where actual auditing is not possible. If auditing is possible you can do Auditing by Lists. The same list can be used but here you actually run a process to handle each read to F/N VGIs.
ARCU CDEINR:
Stands for affinity, reality, communication, understanding. And curious, desired, enforced, inhibited, no, and refused. These are the points assessed by an auditor on the Meter when handling an ARC break. First he assesses ARCU, finds the most charged one and indicates it to the PC. Then he assesses CDEINR, finds the most charged one and indicates it to the PC. Example: The first Assessment finds 'Reality'. This is indicated. The second assessment could end up with "Inhibited Reality". This is indicated to the PC who will feel relief.

As-is:/As-is-ing:
To view anything exactly as it is, without any distortions or lies, at which moment it will be fully understood. When a problem is As-is-ed it will vanish and cease to exist as a problem.

Assess:
means to choose, from a list of statements - which item or thing has the biggest read on the Meter. The longest read usually will also have the PCs interest.

Assessment:
is done by the auditor between the PCs Bank and the Meter. There is no need in assessing to look at the PC. Just note which item has the longest fall or Blowdown. The auditor looks at the Meter while doing an Assessment. Also the action of an auditor reading down a list to find out which item on the list reacts more than the other items on the list, using a Meter, and so choose which item to handle. (See also, Prepared Lists).

Assist:
A simple auditing action given as a first aid. Does not replace medical first aid. An action undertaken by an auditor to assist the spirit to confront physical difficulties.

Attention:
When interest becomes fixed, we have attention; it's directed or held interest. Attention is aberrated bybecoming unfixed and sweeping at random, or becoming too fixed without sweeping.

Attention unit:
Could be considered a theta energy unit of awareness existing in the mind in varying numbers from person to person. This would be the theta endowment of the individual; attention units are what he enjoys with, thinks with and works with. Attention units can be caught up in incidents on the Time Track and be locked up in these incidents, problems, etc. A person who is 'not there' mentally has most of his attention units locked up. Auditing enables the PC to regain them as free attention. See also theta.

Auditing:
Also called Processing, the application of Ability Clearing processes and procedures to a person by a trained auditor. The exact definition of auditing is: the action of asking a PC a question (which he can understand and answer), getting an answer to that question and acknowledging him for that answer.

Auditing Session:
A period in which an auditor and PC are in a quiet place where they will not be disturbed. The auditor gives the PC certain and exact commands which the PC can follow.

Auditor:
A person trained and qualified in applying Ability Clearing processes and procedures to individuals for their betterment; called an auditor because auditor means "one who listens."

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Auditors Code:
The technical or professional code of Ability Clearing auditors; a list of "do's" and "don'ts". The rules are based on experience and have proven themselves to be necessary to ensure optimum progress in auditing a case; the governing set of rules for the general activity of auditing.
2) Important set of rules, which guides the auditor's professional behavior and attitude. The purpose of these rules is to develop maximum trust between auditor and PC. Maximum trust leads to quickest and most lasting results. It's a joy to be audited by an auditor, who sticks to this code rigorously all the time. Remember the important rule: Auditor plus PC is greater than PCs Bank (aud. + PC> Bank).

Auditors C/S:
A sheet on which the auditor suggests the case supervision instructions for the next session. It has to be approved by the C/S before being carried out.
Auditors Report Form (ARF): This shows in summary form what actions were taken in session and how they went. The ARF is made out at the end of each session and is an outline of what happened during the session. (Abbreviation: ARF).

Bad indicators: (Bls):
Those observable indications on the PC and Meter that things are not going well for a PC.

Bank:
Reactive Bank; Reactive Mind; Engram Bank.
The mental image picture collection of the PC. It comes from computer technology where all data are in a "Bank"; portion of the mind which contains Engrams, Secondaries and Locks.

Blow:
1) Something that suddenly disappears (such as a problem or charge in general) is said to have blown.
2) To depart without authorization from an area. To leave suddenly without explanation. It can be used as a noun and as a verb.

Bullbaiting:
In coaching certain drills the coach attempts to distract the student auditor by doing Bullbaiting. This should be done by play acting situations that could occur in session, but other things can be used from time to time.As a bullfighter attempts to attract the bull's attention and control the bull, so does the coach attempt to attract and control the student auditor's attention; however the coach flunks the student auditor whenever he succeeds in distracting the student from the drill and then repeats the action until it no longer has any effect on the student (see also Buttons).

By-passed Charge: (BPC):
1. Mental energy or mass that has been restimulated in some way in an individual, and that is either in part or wholly unknown to that individual and so is capable of affecting him negatively.
2. reactive charge that has been by-passed (restimulated but overlooked by both
PC and auditor). When found and indicated the PC will experience relief. On a Meter you would see a Blowdown.

Case:
The sum of aberrated conduct or behavior resulting from the influences of the Reactive Mind.
When a practitioner is displaying 'case' they are acting in an irrational and also unprofessional manner.

Case gain:
The improvements and resurgences a person experiences from auditing and training; any case betterment according to the PC.

Case Supervision: (**C/S**):
The inspection of auditing, by a qualified Case Supervisor (using auditor reports, session worksheets and Examiner reports); the ordering of standard actions and remedies to ensure maximum gains for the PC. The written instruc-

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tions of a case supervisor.

Chain:
A series of incidents of similar nature or similar subject matter. When running a Chain the PC is sent earlier and earlier until it the Chain fully handled.
Chain of incidents: A whole adventure or activity of many incidents, related to each other by the same subject, general location or people. It can go way back in time.
Charge:
1. harmful energy or force accumulated and stored within the reactive mind. It's attention units trapped in past conflicts and unpleasant and painful experiences, etc. Auditing discharges this charge so the energy is no longer trapped nor there to affect the individual negatively. 2. *emotional* charge or energy.
3. by charge is meant anger, fear, grief, or apathy contained as misemotion in the case.

Check-out:
The action of verifying a student's knowledge of an item given on a check sheet. This is much like a verbal examination in school. But special attention is given to definitions of words and the student's ability to demonstrate principles with a demo kit.

Check sheet:
A Check sheet is a printed form that sets out the items to be studied or done by a student, item by item, on a course. It lists all the materials and drills of the course in the order in which they are to be studied.

Clay Demo:
Clay Demonstration. Making an illustration of the principles studied in model clay. The student demonstrates definitions, principles, etc. in clay to obtain greater understanding by translating significance into actual mass.

Clear:
1) A person (thetan) who can be at cause knowingly and at will over mental matter, energy, space and time as regards the first dynamic (survival for self). The state of Clear is above the release Grades (Grade 0-4) of Ability Clearing (all of which has to be done before you get to Clear).
2) A Being, who no longer has his own Reactive Mind.

Clearing:
Various techniques directed at improving abilities and awareness leading to the state of Clear. The activity done in auditing.
Coach: The person who helps another student understand or apply a particular text or drill. He is a one-on-one instructor. Usually students take turns being coach and student.
In Drilling: The one, that *directs the student.* She is the instructor of the drill, the one that calls the shots. The term 'coach' is best known from sports; he instructs the players and shows them what to do. During a game he gives the players practical advice from the sideline. 'Coach' is also used about a private instructor teaching a student.

Coaching:
Training intensively by instruction, demonstration and practice. In training drills, one twin is made the coach and the other the student. The coach helps the student to achieve the purpose of the drill. He coaches with reality and intention following the materials pertaining to the drill to get the student through it. When this is achieved the roles are reversed--the student becomes the coach and the coach becomes the student.

Co-auditing:
An abbreviation for co-operative auditing. It means a team of two people who are using Ability Clearing processes to help each other reach a better life. Sometimes three or more people make up a class of co-auditors who audit each other.

Cognition: (cog):
A PC origination indicating he has "come to realize." It's a "What do you know? I . . ." statement. A new realization of life. It results in a higher degree of awareness and consequently a greater ability to succeed with one's en-

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deavors in life.

Communication Lag or Comm lag):
The time that passes between a question and an actual answer. It can be hesitation or reflection, but it can also be not answering the question by talking about something that isn't an answer. In study comm lag in a check-out is flunked. It shows the student doesn't know the materials 100%. In auditing comm lag is just an indicator. A long comm lag means there is aberration in the area.

Communication (Comm):
1) The interchange of ideas or objects between two people or terminals. More precisely the definition of communication is the consideration and action of impelling an impulse or particle from source point across a distance to receipt point, with the intention of bringing into being at the receipt point a duplication of that which emanated from the source
point. The formula of communication is: cause, distance, effect, with intention, attention, duplication and understanding. Communication by definition does not need to be two-way. Communication is one of the component parts of understanding.
2) The exchange or interchange of ideas or objects between two people or designated locations (terminals). More precisely the definition of communication is the consideration and action of impelling an impulse or particle from source point across a distance to receipt point, with the intention of bringing into being at the receipt point a duplication and understanding of that which emanated from the source point.

Communication, Control, Havingness Processes:
or CCHs. Processes which bring a person into better control of his body and surroundings, put him into better communication with his surroundings and other people, and increase his ability to have things for himself. They bring him into the present, away from his past problems.

Communication cycle: (comm cycle):
A completed communication, including origination of the communication, receipt of the communication, and answer or acknowledgement of the communication.

Computation:
technically is that aberrated evaluation and postulate that one must be consistently in a certain state in order to succeed.

Confront:
To face without flinching or avoiding. Confronting is actually the ability to be there comfortably and perceive.

Control:
The ability to start, change and stop things at one's own choice.
CT: Clearing Technology: Consists of Ability Clearing (the Grades) and Engram Clearing (Level 5). In this handbook we mainly use "Ability Clearing" to describe the whole subject.

Destimulation:
The action of deleting the moments of restimulation of the Reactive Mind or some portion of it, so that it moves away from the PC and he is no longer connected to it.
D of P Interview: (Director of Processing Interview): An interview of a PC by a D of P or available person. It is usually done on a Meter. The purpose is to get data for programming and C/Sing a case. It is not auditing.

Dramatization: (Dramatize):
To repeat in action what has happened to one in experience. It's a replay out of its time period now of something that happened then. The person is going through the motions of some incident as if he was an actor, but he does the re-enacting unknowingly.

Earlier Similar: (E/S):
When the auditor is checking the rudiments, he may run into the situation, that the difficulty doesn't resolve right

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away. To resolve the situation he will have the PC look for an earlier similar incident.
Earlier, means it happened before or further back in time, than the incident they were just talking about.
Similar, means it was somewhat the same type of incident. Maybe having to do with the same person or persons, the same place or the same surrounding circumstances. To ask for an *earlier similar incident* is used in many processes, as the reason the present incident does not resolve is because it unknowingly reminds the PC about earlier times. When he is sent earlier and the exact circumstances get known to him the subject matter will clear up.

EP:
End Phenomena Those indicators in the PC and Meter which show that a Chain or process is ended. In Engram running It shows that basic on that Chain and flow has been erased.

Engram:
is a mental image picture of an experience containing pain, unconsciousness, and a real or fancied threat to survival. It is a recording in the Reactive Mind of something which actually happened to an individual in the past and which contained pain and unconsciousness, both of which are recorded in the mental image picture called an Engram. It must, by definition, have impact or injury as part of its content. These Engrams are a complete recording, down to the last accurate detail, of every perception present in a moment of partial or full unconsciousness.

Engram Clearing:
This is Ability Clearing Grade 5 - Engram Clearing. It uses Engram running by Chains, Routine-3-RA as its main process. It routinely lead to the state of Clear. There are other processes that will take the PC to the state of Clear in the case this doesn't happen. But they will have to be done under the guidance of a professional auditor/ case supervisor.Engram Running: Techniques used to run Engrams with. Also the activity of applying these techniques to a PC. Today the principal process used is R-3-RA.

Engram Running, 1950 Style:
Auditing out Locks, Secondaries and Engrams by using the original techniques of 1950.E/S, see Earlier Similar

Evaluate:
To judge and determine the meaning, correctness, value, and consequence of a datum (verb).

Evaluation:
1) Evaluation:
The act of evaluating. The result of something being evaluated (noun). A student has to evaluate the data studied. On the other hand he should not try to evaluate for somebody else. Each student should arrive to a result based on their own efforts. Only in this way will anybody achieve sufficient certainty.
2) In auditing: Telling a PC "what's wrong with him or why he is the way he is is incorrect. In auditing the auditor guides the PC to find explanations and solutions for himself. It is against the Auditors Code to evaluate for a PC in session. When a person is allowed to do his own evaluations he achieves greater certainty.
3) Any attempt by someone to impose his data or knowledge upon another. An example would be someone telling another why he is the way he is instead of permitting or guiding him to discover it for himself.

Flat:
No longer producing change or a reaction. Or, in Engram running, referring to an Engram, erased.

Flatten:
To continue to do (something) until it no longer produces a reaction.
Flatten a process: To continue a process as long as it produces change and no longer. In Engram running it is to continue running a Chain of incidents until basic on that Chain is reached and erased. With CCHs, it is three commands getting equal comm lag response with the PC doing the process.

Floating Needle: or F/N.
1.A floating needle is a certain needle behavior on a Meter. It is a harmonic motion sweep of the needle over the dial at a slow, even pace. A valid floating needle is always accompanied by very good indicators in the PC.

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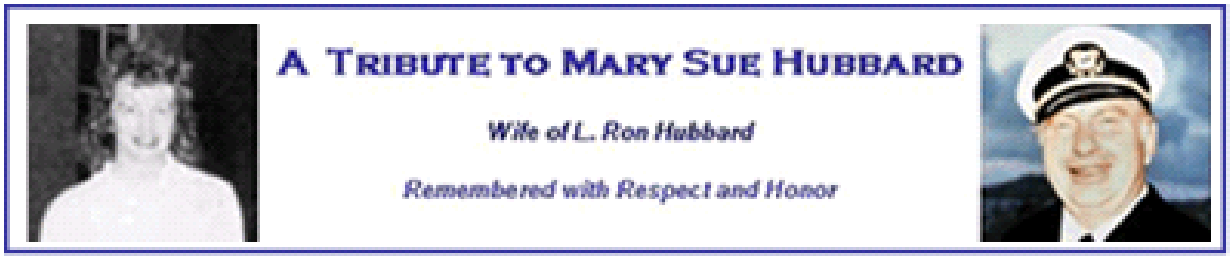

2) The idle uninfluenced movement of the needle on the Meter dial without any pattern or reactions in it. It can be as small as 1-inch or as large as dial wide. It does not fall or drop to the right of the dial. It moves to the left at the same speed as it moves to the right. It is usually observed on a Meter calibrated with the Tone Arm between 2.0 and 3.0 with good indicators in on the PC. It can occur after a cognition, Blowdown of the Tone Arm, or just moves into floating. The PC may or may not voice the cognition.

Floating TA:
The PC is so released the needle can't be gotten onto the dial. The needle is swinging wider than the Meter dial both ways from center and appears to lay first on one side and then the other. The Tone Arm can't be moved fast enough to keep the extreme floating needle on the dial.

Flow:
A stream of energy between two points. An impulse or direction of energy particles or thought or objects between terminals. In processing the auditor works with four main flows:
FLOW 1: something happening to self. Another doing something to you, *FLOW 2:* doing something to another. You doing something to another., *FLOW 3:* others doing things to others. You see it happen as a spectator, *FLOW 0:* self doing something to self. You do something to yourself.

Flunk:
1) To make a mistake. Fail to apply the materials learned. Opposite of pass. Also used by coaches as a command: "Flunk!",to tell the student a mistake was made.

Fly a Rud: Fly a rudiment:
The auditor must get a free needle (floating needle) on one of the rudiment questions (ARC breaks, PTPs, Missed Withholds.) This is done to get a PC ready to run a Major Action.

Folder:
A folder sheet of cardboard which holds all the session reports and other items related to one PCs auditing. The folder is A4 or Legal size file folder made of light cardboard.

Folder Summary:
Sheets located inside the front cover of a PC folder giving an adequate summary of actions taken on a PC in consecutive order. It gives the content of the PC folder. The auditing history session by session, if you will.

Good indicators:
(GIs): Those observable indications that all is going well for a PC. The PC is bright, happy and winning. PC smiling and happy.

Grade Chart:
This chart shows all the levels of Clearing Technology auditing and training. It is the mapof the road to Clear.

Grade:
A series of processes culminating in an exact ability attained, examined, and attested to by the PC.

Gradient:
Something that starts out simple and gets more and more complex. The essence of a gradient is just being able to

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do a little bit more and a little bit more and a little bit more until you finally make the Grade.

Grinding (Grinding out):
Going over and over and over a Lock, Secondary or Engram without obtaining an actual erasure. The sense of the word comes from the action of using an emery wheel on a hard substance with it not getting much smaller or thinner no matter how long it is done. It specifically applies to Engram running. It's a bad indicator.

Handwriting Drill:
If the C/S can't read the worksheets due to bad handwriting or lack of data he sends the folder back to the auditor for clarification. The auditor should overprint unreadable words with a red pen. The C/S sees to that his auditors catch up on writing understandable reports the first time and can have them train in handwriting drills to catch up on speed and clarity. The auditor should not have to spend a lot of time after session clarifying worksheets. He simply have to drill to write fast and readable, keep to essentials and quickly clarify worksheets after session. He may have to work on his handwriting letter for letter to make it easier to read.

Havingness:
The concept of being able to reach. Owning, possessing, experiencing. Affinity, reality, communication with the environment.

In:
Things which should be there and are or should be done and are, are said to be "in," i.e., "We got scheduling in."

Incident:
The recording of an experience, simple or complex, related by the same subject, location or people understood to take place in a short or finite time period such as minutes or hours or days.

In-session:
Interested in own case and willing to talk to auditor.
Interest: is absorbed attention and a desire to talk about it.

Invalidation:
Means a degrading, 'trashing', ridiculing, discrediting or denying something someone else considers to be a fact or of value.

Is-ness:
Something that is persisting on a continuum.

Item:
Any one of a list of things, people, ideas, significances, purposes, etc., given by a PC to an auditor while listing; any separate thing or article; in particular, one placed on a list by a PC.

Itsa:
A term made from "It is a"; a term for a PCs action of answering an auditor's question in which the PC positively identifies something with certainty.

Itsa-maker line:
Communication line from the PC to his own Bank. The PC is inspecting his Bank and is somewhat introverted. It's the most important part of the auditing comm cycle as the PC is confronting his Bank and finding answers.

Key in:
Is a moment where an earlier upset or earlier incident has been restimulated and affect PC in a negative way. The action of recording a Lock on a Secondary or Engram; the moment an earlier upset or earlier incident has been restimulated.

Key out:

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The action of a reactive incident (or many related incidents) dropping away without the mental image pictures being erased. The picture is still there but now far away. The PC feels released or separate from his Reactive Mind or some portion of it. An action of an Engram or Secondary dropping away without being erased. Released or separate from one's Reactive Mind or some portion of it.

Know-to-Mystery Scale:
The scale of affinity from Knowingness, down through Lookingness, Emotingness, Effortingness, Thinkingness, Symbolizingness, Eatingness, Sexingness, and so through to Not-knowingness to Mystery.
L1C: Repair List used by auditors in session when an upset occurs, or as ordered by C/S. It handles ARC Broken, Sad, hopeless or nattery PCs. Questions can be prefaced with "Recently", "In this life", "On the Whole Track", or used without. It is not to be used to handle high or low TA.

L4 Short: (L4):This is a short version of list correction. It contains all the most common errors. It is valid on listing in progress or recently done. If it doesn't resolve the difficulties a full L4BRB can be used (see below).

List: As part of auditing procedure:
Items given by a PC and written down by the auditor. Prepared List: A printed form with questions used for assessment on a PC.

Listing:
A special Ability Clearing procedure used in some processes where the auditor writes down items said by the PC in response to a question by the auditor, in the exact sequence that they are given to him by the PC.
Listing and Nulling: (
L & N):
An Ability Clearing procedure in auditing done according to very exact rules as given in the Laws of Listing and Nulling. This is taught on Ability Clearing-3.

Locational processing:
1) Processing which establishes confront and communication with the environment. It brings the person into present time; he becomes more alert and responsive. It can be run on one PC or on a whole class of students at the same time with benefit. 2) Processing which establishes a stability in the environment of the PC on the subject of objects and people. It can be run in busy thoroughfares, parks, confused traffic or anywhere that there is or is not motion of objects and people. It is used in the auditing room itself to orient the PC.

Major Action:
any auditing action designed to change a case or general considerations or handle continual illness or improve ability. This means a process or even a series of processes like four flows. It doesn't mean a Grade. It is any process the case hasn't had.

Mental mass:
is contained in mental image pictures.
1) Mocking up matter, energy, space and time. Its proportionate weight would be terribly slight compared to the real object which the person is mocking up a picture of.
2) Mental matter, energy, space and time. It exists in the mind and has physical existence, that can be measured by a Meter. Its proportionate weight would be terribly slight compared to the real object which the person is making a picture of. The Meter registers mental mass; changes of the position of the needle indicates changes of the mass in PCs mind.

Mental image pictures: (MIP):
Mental pictures; facsimiles: a copy of one's perceptions of the physical universe of some time or incident in the past. It can also be mock-ups, meaning produced by the thetan with his imagination and not a copy of an actual incident.

Mental pictures:
Facsimiles and mock-ups; usually a copy of one's perceptions of the physical universe sometime in the past.

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MEST:
Word coined from the initial letters of Matter, Energy, Space and Time; the physical universe and its component parts; also used as an adjective in the same sense to mean physical, as in "MEST universe," meaning "physical universe."

Method 3: (M3 Assessment):
An Assessment in which each reading question is taken up and handled with the PC when it is seen to read and before continuing the Assessment.

Method 5: (M5 Assessment):
Assessing a prepared list once through marking the length and Blowdown of all reads as they occur when the questions are asked of the PC. Those questions which read are then handled one at a time in order from the largest read to the smallest.

Mind:
A control system between the thetan and the physical universe. It is not the brain. The mind is the accumulated recordings of thoughts, conclusions, decisions, observations and perceptions of a thetan throughout his entire existence. The thetan can and does use the mind in handling life and the physical universe.

Misemotion:
Anything that is unpleasant emotion such as antagonism, anger, fear, grief, apathy or a death feeling; mis-aligned emotion, irrational or inappropriate emotion. Misemotion is also emotion which has been suppressed and which remains part of the individual's Locks and Secondaries unless he is audited.

Missed Withhold: (M/W/H):
A Withhold, which has been *restimulated* by another but not disclosed. This is a Withhold which another person *nearly* found out about, leaving the person with the Withhold in a state of wondering whether her hidden deed is known or not. The *Missed Withhold* is different from the Withhold as the PCs main worry is, if the other person found out or not. The action of the other to *nearly* find out or *maybe* he found out or guessed it is why it's called a *Missed Withhold*.

Mock-up:
Any "knowingly created" mental picture that is not part of a Time Track; can be used as noun: "It's a mock-up" or a verb: "to mock-up something".

Model Session:
The same exact pattern and script with which Ability Clearings essions are begun and ended.

Motivator:
Actions which were directed against the PC by others or another, used by him to justify (used as a "motive" for) Overts; an aggressive or destructive act received by the person.

Not-is, Not-is-ness, Not-is-ing:
The effort to reduce an unwanted condition of existence by force. It can cause the person 'to forget about it' or make a thing look smaller, but does not handle the underlying difficulty. See also As-is

Null:
1)To nullify or to reduce the value or effect of something to nothing.
2) means there was no reaction of the needle on the needle dial of the Meter when the auditor had asked a question of the PC; or simply it didn't read.

Nulling:
The auditor's action in saying items from a list to a PC and noting the reaction of the PC's Bank on a Meter.
2) In Listing & Nulling: The auditor reads back the list of items the PC just gave him in order to find only one item

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that is still reading. This is done under the Laws of L&N.

Objective Processes:
Ability Clearing Level 1 processes which familiarize a person with his environment, the physical universe. Objective processes increase a PCs control, communication, and havingness on the environment.

Obnosis:
A word put together from the phrase, "observing the obvious."

Op Pro by Dup:
Opening procedure by duplication. A process which increases the PC's ability to duplicate and so increases his ability to communicate. A type of objective process.

Origination: In auditing:
A remark or statement from the PC, that concerns his ideas, reactions or difficulties. It is something he says, that is important to him, but isn't an answer to the auditor's question. It usually comes unexpectedly. It is different from a comment, that is defined as an attempt to distract auditor or an attempt to blow session. An auditor is trained in handling originations on TR-4.

Out:
Things which should be there and aren't or should be done or aren't are said to be "out," i.e., "Enrolment books are out."

Overrun:
1) Continuing to run an auditing action (in error) past the PC's attainment of its end phenomena. A person can also be overrun on things in life outside of auditing. This is doing something too long that has Engrams connected with it. As a result Engram Chains are being restimulated by life or auditing.
2) Accumulating protests and upsets about something until it is just a mass of stops.

Overt:
1) Overt act; an Overt is an aggressive or destructive act by the individual against one or more of the eight dynamics (self, family, group, mankind, animals or plants, mest, life or the infinite).
2) A harmful act. A bad deed. An Overt act is an act of omission or commission which does the least good for the least number of dynamics or the most harm to the greatest number of dynamics.
3) An aggressive or destructive act by the individual against one or more of the eight dynamics
4) That thing which you have done to others, but you aren't willing to have happen to yourself.

Overt-Motivator Sequence: or O/M: Overt Motivator):
1) The reactive series of events in which someone who has committed an Overt "has to" claim the existence of motivators (acts by others against self). Motivators are thus used to justify Overts and tend to be used to justify further Overts.
2) A chain of events of 'pay-back' or revenge that gets worse and worse.
3) See preclear.

Postulate:
A conclusion, decision or resolution made by the individual himself; to conclude, decide or resolve a problem or to make a plan or set a pattern for the future or to nullify a pattern of the past (like in New Years resolutions). We mean, by postulate, a self-created truth. A postulate is, of course, that thing which the individual uses to start a directed desire or order, or inhibition, or enforcement; it is in the form of an idea. Postulate means to cause a thinkingness or consideration.

Preclear: (PC):
From pre-Clear, a person not yet Clear; generally a person being audited, who is thus on the Road to Clear; a person who, through Ability Clearing processing, is finding out more about himself and life.

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PC Information Sheet:
A form done with new PCs, or PCs who haven't been audited for some time (years). Doing the Form with a PC gives certain basic data that is necessary for the Case Supervisor. It is done by an auditor in session.

Prepared List:
The auditor, trained in using a Meter, can use prepared (printed) lists to find the specific problem or difficulty he needs to address to get the PC out of an unpleasant or puzzling situation in session. The list will contain all the possible difficulties for that action and the Meter will tell the auditor which ones to take up. A prepared list may turn up one thing or many things, that should be tackled before the routine process should be taken up again. Prepared lists can also be used to address a troubling area of PCs life and 'clean it up'.

Prep-check:
An auditing action in which a subject found to be charged is discharged by the use of a prepared list of buttons (called the Prep-check Buttons). Buttons such as 'Suppressed', 'Invalidated', 'Didn't Reveal', etc. are used to find charge and reactivity connected with the subject being prep-checked. There are 20 Prep-check buttons on the list.

Present Time Problem: (PTP):
A specific problem that exists in the physical universe now, on which a person has his attention fixed. This can be practical matters he feels he ought to do something about right away. Any set of circumstances that occupies the PCs attention, so he feels he should *do* something about it instead of being audited.

Problem:
Anything which has opposing sides of equal force; especially postulate-counter-postulate, intention-counter-intention or idea-counter-idea; an intention-counter-intention that worries the PC.

Process:
A specific technique used in auditing (processing). There are many processes. They consist of carefully worded questions and commands. The are used by an auditor in a formal session to help his PC.

Program:
A program is the overall plan of auditing of a specific PC. A program is the sequence of actions session by session to be undertaken on a case by the C/S in his directions to the auditor or auditors, auditing the case.

Psycho-somatic:
"Psycho", of course, refers to mind and "somatic" refers to body; the term psychosomatic means the mind making the body ill or illnesses which have been created physically within the body by derangement of the mind.

Quad Flows: (Quads):
(Four Flows) To run a process Quad Flows means, the four flows--another to self, self to another, another to another, and self to self --are run on a PC by an auditor.

Q and A: (Q&A):
Stands for Question and Answer. A failure to complete a cycle of action; to fail to complete a cycle of action; to deviate from an intended course of action; questioning the PC's answer; in auditing, it's a failure to complete a cycle of action on a PC.

Quickie:
Means omitting actions, for whatever reason, that would satisfy all demands or requirements and instead doing something superficially and accomplish less than could be achieved.

Reactive Mind:
The portion of the mind which works on a stimulus-response basis (given a certain stimulus it will automatically give a certain response) which is not under a person's volitional control and which exerts force and power over a person's awareness, purposes, thoughts, body and actions. The Reactive Mind never stops operating. Pictures of the environment, of a very low order, are taken (recorded) by this mind even in some states of unconsciousness.

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Read:
The action of the needle on the Meter dial falling (moving to the right); SF, F, LF, LFBD are reads.

Reality:
Has to do with agreement (or lack thereof). It is the agreed upon apparency of existence. A reality is any data that agrees with the person's perceptions, way of thinking and education. Reality is one of the components of understanding. Reality is what is.

Recall:
Present time remembering something that happened in the past. It is "not" re-experiencing it, reliving or re-running it. You are in present time, thinking of, remembering, putting your attention on something that happened in the past --all done from present time.

Rehabilitation (Rehab):
The restoration of some former ability or state of being or some more optimum condition.

Release:
A PC whose Reactive Mind or some major portion of it is keyed out and is not influencing him. In Ability Clearing processing there are five major Grades of Release. They are, from the lowest to the highest: Grade 0, Communications Release, Grade 1, Problems Release, Grade 2, Relief Release, Grade 3, Freedom Release, Grade 4, Ability Release. Beyond that other Grades have been developed: Grade V Power Release, Grade VA Power Plus Release, Grade VI Whole Track Release.
These additional Grades are unnecessary if PC goes Clear on Engram Clearing. Each is a distinct and definite step toward greater levels of awareness and ability. (See also Grade).

Religion:
1. The ritual of worship or regard about spiritual matters. 2. A study of wisdom. 3. The word religion itself can embrace sacred lore, wisdom, knowingness of gods and souls and spirits, and could be called, with very broad use of the word, a philosophy. We could say there is religious philosophy and there is religious practice.
2. Religious Philosophy, implies study of spiritual manifestations: research on the nature of the spirit and study on the relationship of the spirit to the body; exercises devoted to the rehabilitation of abilities in a spirit. Religious Practice, implies ritual, faith-in, doctrine based on a catechism and a creed.

Repair:
Patching up past auditing or recent life errors. This is done by prepared lists and other processes or completing an incomplete process.

Repetitive Process:
A process, where the same auditing question or command is given many times to the PC. The PC is finding new answers every time. The auditor will state the command as it has never been asked before in a new unit of time, but with no variation of words; he will acknowledge the PCs answer and handle the PC origins by understanding and acknowledging what the PC said. This type of process will permit the individual to examine his mind and environment thoroughly and sort out relative importance's.

Restimulation:
Condition in which part of the Bank has been "triggered" by something in the person's environment (a restimulator) causing some greater or lesser degree of reactive behavior or condition; doing something unknowingly, unwittingly and without any understanding of what one is doing.

Review:
When a PC is having difficulty of some sort that is not immediately resolving with the actions being done, he may be sent to Review, where his case folder is carefully checked over or "reviewed" and the necessary corrective actions then taken to resolve the difficulty.

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R-Factor:
Reality factor; explanation, information, data, etc., given to a person in order to bring about sufficient understanding for him to be able to perform a specific action. It is usually very short, like a few sentences.

Roller coaster: 1. A case that betters and worsens. A roller-coaster is always connected to a suppressive person and will not get steady gains until the suppressive is found on the case or the basic suppressive person earlier. Because the case doesn't get well he or she is a potential trouble source to us, to others and to himself.
2. Case gets better, gets worse, gets better, gets worse.

Rudiments:
First principles, steps, stages or conditions. The basic actions done at the beginning of a session to set up the PC for the major session action. The normal rudiments are ARC breaks (upsets), Present Time Problems (worries) and Withholds (something PC feels he shouldn't say) - they are explained under each heading.

Rundown (R/D, RD):

A series of specific auditing actions done on a case designed to produce a specific result.

Scientologist
1. one who betters the conditions of himself and the conditions of others by using Scn technology.
2. one who controls persons, environments and situations. A Scientologist operates with the boundaries of the *Auditor's Code* and the C*ode of a Scientologist.*
3. one who understands life. His technical skill is devoted to the resolution of the problems of life.
4.A specialist in spiritual and human affairs.

Secondary:
A Secondary is a mental image picture of a moment of severe and shocking loss or threat of loss which contains misemotion such as anger, fear, grief, apathy or "deathfulness." It is a mental image picture recording of a time of severe mental stress. It may contain unconsciousness.

Self-Determinism:
The ability to regulate and take responsibility for one's own considerations and actions; motivation by the thetan rather than by the environment.

Service Computation: or Service Facsimile:
Serv Fac, a Ability Clearing Level 4 term. The service computation is that computation generated by the PC (not the Bank) to make self right and others wrong; to dominate or escape domination and enhance own survival and injure that of others.

Session:
1) A precise period of time during which an auditor audits or processes a PC. That's an auditing session.
2) In coaching it is a precise period during which the coach instructs the student in a specific drill using his coaching instructions and written materials to correct the student. That's a coaching session.

Slow Assessment:
means letting the pc itsa while assessing. This consists of rapid auditor action, very crisp to get something that moves the TA and then immediate shift into letting the pc itsa during which, "Be quiet!" The slowness is overall action. It takes hours and hours to do an old preclear assessment form this way but the TA flies.

Stable Datum:
Any body of knowledge, more particularly and exactly, is built from one datum. That is its stable datum. Invalidate it and the entire body of knowledge falls apart. A stable datum does not have to be the correct one. It is simply the one that keeps things from being in a confusion and on which others are aligned.

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Terminal:
Anything that can receive, relay or send a communication (most common usage); also, anything with mass and meaning."Terminal" means in our language "the end point of a communication line". It can be a person or a thing.

Theta:
Energy peculiar to life or a thetan which acts upon the material in the physical universe and animates it, mobilizes it and changes it; natural creative energy of a thetan which he can direct toward survival goals, especially when it manifests itself as high-toned constructive communications.

Thetan:
From THETA (life static), a word taken from the Greek symbol or letter:
theta, traditional symbol for thought or spirit. The thetan is the individual himself--not the body or the mind. The thetan is the "I"; one doesn't have or own a thetan; one is a thetan.

Time Track:
1) The endless record complete with 55 perceptions of the PCs entire past; the consecutive record of mental image pictures which accumulates through the PC's life or lives. It is very exactly dated.
2) The consecutive record of mental image pictures which accumulates through the PC's existence. The *Time Track* is a very accurate record of the PCs past, very accurately timed and very obedient to the auditor. If a motion picture film were 3D, had fifty-two perceptions and could fully react upon the observer, the *Time Track* could be called a motion picture film.

Tone 40:
Intention without reservation or limit; an execution of intention.
Tone scale: The basic tone scale is a scale of emotions, from apathy to enthusiasm. Different levels of the tone scale have other characteristics visible in behavior and as potential survival (see also Uptone).

Touch Assist:
An assist that brings the person's attention to injured or affected body areas. When attention is withdrawn from them, so is circulation, nerve flows and energy, which for one thing limits nutrition to the area, and for another limits the drainage of waste products. Some ancient healers attributed remarkable flows and qualities to the "laying on of hands." Probably the workable element in this was simply heightening awareness of the affected area and restoring the physical communication.

Training Routines: (TRs**): Training drills:**
on Ability Clearing courses which train students to prefect their communication skills to the level needed by an auditor in session. The TRs take up and drill the component parts of communication. Good TRs are the'Carrier wave' needed to make processes work. Specific auditor skills in communication and smooth session control are gained in doing the TRs.

Two-way communication (TWC, 2WC, Two-way comm):
Are the precise process of getting somebody to open up and give emotional or personal information about himself. It is not chatter. It is governed by the rules of auditing.

Understanding:
Composed of affinity, reality and communication. These three things are necessary to the understanding of anything. One has to have some affinity for it, it has to be real to him to some degree and he needs some communication with it before he can understand it. Greater understanding comes about by increasing any one of these three factors.
Upper Indoctrination TRs (Upper Indoc's): Purpose of these four training drills is to bring about in the student the willingness and ability to handle and control other people's bodies and to cheerfully confront another person while giving that person commands. Also to maintain a high level of control under any circumstances.

Uptone:
At a high level of survival or state of being, plotted on the tone scale. A person who is uptone, or high-toned, has a

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greater ability to handle his facsimiles, to control his environment and has a greater degree of survival than someone who is downtone, or low-toned.

Valence:
Is the assumption at the reactive level by one individual of the characteristics of another individual. An individual may have a number of valences which he puts on and off as he might hats. Often these changes are so marked that an observant person can notice him dropping one valence and putting on another. The shift from valence to valence is usually completely outside the awareness and control of the individual doing so. In other cases an individual has one valence, not his own, in which he is thoroughly stuck.

Whole Track:
Time Track. The moment to moment record of a person's existence in this universe in picture and impression form.

Withhold:
An undisclosed harmful (contra-survival) act. After having committed an Overt, the person wants to keep it hidden or secret. So he/she withholds the Overt.

Worksheet: (W/S: WS):
The sheets on which the auditor writes a complete running record of the session from beginning to end, page after page, as the session goes along.

~oo00oo~

Quote from L. Ron Hubbard

"No culture in the history of the world save the thoroughly depraved and expiring ones, have failed to affirm the existence of a Supreme Being."

Science of Survival

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