



FREE THETAN

NEWSLETTER OF THE ASSOCIATION OF
PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

Preserve, Protect & Promote

April 2014

Volume 5 Issue 4



"... your potentialities are a great deal better than anyone ever permitted you to believe."

—SELF ANALYSIS

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NEWSLETTER OF THE ASSOCIATION OF PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

Preserve, Protect & Promote

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Volume 5 Issue 4 April 2014

Editor in Chief

Michael Moore

Contributors

L. Ron Hubbard

Michael Moore

Sebastian Tombs

Harry Seldon

And many others

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Postal address:

43926 33rd Street West

Lancaster, California, 95618.

USA

Website:

independent-scientologists-association.net

Email address:

support@internationalfreezezone.net

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Important Note

In studying Dianetics and Scientology be very, very certain you never go past a word you do not fully understand.

The only reason a person gives up a study or becomes confused or unable to learn is that he or she has gone past a word or phrase that was not understood.

Trying to read past a misunderstood word results in mental "fogginess" and difficulty in comprehending the passages which follow. If you find yourself experiencing this, return to the last portion you understood easily, locate the misunderstood word and get it defined correctly—and then go on.

~oo00oo~

**The
FREE
THETA**

The Members Quarterly Journal of the
Association of professional Independent Scientist

Preserve, Protect & Promote

<http://independent-scientologists-association.net>



reservo, servo, proveho

~ Editorial ~



reservo, servo, proveho

Dear Reader,

More articles by Ron in this issue also an interesting article by Trey Lotz on Auditing and Trauma, a very interesting read.

It is well established in Scientology that the only thing holding anyone back is themselves or something they have acquired and are not fully aware of.

As Ron says, "... your potentialities are a great deal better than anyone ever permitted you to believe."

—SELF ANALYSIS

We have never lost our abilities, Ron pointed out,

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

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

So the abilities we all have are still there.

Until next time.

Michael Moore
Editor
Free Thetan
The Newsletter of the Association of
Professional Independent Scientologists

~00000~

The Aims of Scientology and APIS

Lafayette Ron Hubbard first issued the 'Aims of Scientology' which of course still stands. Yet, despite holding a copyright on these aims the Church of Scientology, RTC and the CST do not appear to be following these aims fully. Therefore it behooves us to take some responsibility and set out our aims, based upon the aims that Ron first envisaged as something which we can honestly strive to attain.

We therefore stated below:

The Aims of APIS

To contribute towards having a sane society by the promotion, expansion and application of the technology to the point where people can live their lives in peace and security and without war or insanity and where they can honestly flourish and prosper and attain higher levels of spiritual being.

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

APIS does not seek revolution. APIS seeks only to assist in paving the way for evolution to higher states of being for the individual and for society. After endless millennia of ignorance about himself, his mind and the universe, a breakthrough has been made for man by Lafayette Ron Hubbard with the philosophy and the technology he developed to free man from the shackles of his mind.

According to Lafayette Ron Hubbard, "The combined truths of fifty thousand years of thinking men, distilled and amplified by new discoveries about man, have made for this success."

We welcome you to APIS. We would like your help in achieving our aims and helping others and we hope to be able to help you in return.

The original working technology of Lafayette Ron Hubbard is the most vital movement on Earth today. In a troubled world, the job of promoting and applying this technology is not easy. But then, if it were, we wouldn't have to be doing it.

APIS does not owe its help not having done anything to caused it to propitiate. We are here because we want to be here and we want to assist Ron in his aims.

As Ron says:

"Man suspects all offers of help. He has often been betrayed, his confidence shattered. Too frequently he has given his trust and been betrayed. We may err, for we build a world with broken straws. But we will never betray your faith in us so long as you are one of us.

The sun never sets on Scientology.

And may a new day dawn for you, for those you love and for man.

Our aims are simple, if great.

And we will succeed, and are succeeding at each new revolution of the Earth.

Your help is acceptable to us.

Our help is yours."

'The Aims of Scientology' -- Lafayette Ron Hubbard

~oo00oo~

CERTIFIED AUDITORS & GROUPS

This list of auditors and groups here have been ratified and certified as delivering On Source Standard Technology.

These Auditors and groups have requested and gone through an exacting certification process that validates their abilities and expertise. See [Certification](#) for further details. They have passed stringent testing by senior technically qualified people as per the [certification process](#).

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Toronto

Chris Black. Class VIII C/S, KOT,

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

USA

South East

Karen de la Carriere. Class XII LRH Trained Class XII C/S

Delivers: L's, NOTs, and entire Bridge

Karendelac@gmail.com

Los Angeles, California

Trey Lotz Class VIII

Delivers: Standard LRH Bridge up to Clear, NOTs, Ls

[Trey Lotztrey@relaypoint.net](mailto:TreyLotztrey@relaypoint.net)

Ian Waxler Class VIII C/S with Honors

Auditing and C/Sing all old LRH Bridge

info@adcian@yahoo.com

Ingrid Smith

From Life repair to OT4

ingridsmith123@yahoo.com

Silvia Llorens

All Standard Bridge

sllorens71@gmail.com

North East. (Will travel)

Ken Urquhart. Class IV Advance Courses Specialist. Class IX

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

[Ken Urquharturq@verizon.net](mailto:KenUrquharturq@verizon.net)

Non certified and pending auditors, groups and organizations can be found on the [auditors page](#). APIS offers no guarantee as to the quality of delivery of services with uncertified auditors. They are alphabetically categorized by country and region for your convenience.

~oo00oo~



Wins & Gains in the Independent Zone

What I have learned is that cases do not progress beyond their Scientology education level. A case hangs right at the point to which it has been educated in Scientology. Processing gains are parallel to education gains and the two balance.

Rons Journal Dec AD 13

TRAINING

“Today I gave my first session as an auditor. leading up to this I have been studying and drilling with Leo. He is a hell of a good teacher and can pick up on me not being there or any uncertainty I have in an instant. I know I am not going to get away with anything less than being a great auditor, and this is precisely what I and my Preclears and the world wants.”

Purification Rundown Successes

“It has been many years since my last Purification Rundown (purif). I have been pretty good in keeping away from medicines etc., but toxins also exist with each passing breath and each bite of processed food etc. As time has marched on, I have noticed that where I was both physically and mentally ten years ago, is not the same as where i was before I re-visited the purification RD. I also know that this is a program all should visit every now and again to keep oneself sharp and clean. So when a non scientology friend of mine hinted that she needed to do something to clean up the years of toxic abuse, I jumped at the chance to be the twin and redo this program myself. The best

decision I have made in years! I knew .“

“Surprisingly, even after just a few days on the purif, I felt such a sense of physical wellness combined with a true sense of the verb 'to be' in the present. In short, I felt I was 'potential cause' again. The physical universe was the playfield, and I the puppet master, not the other way around. And here I am again today. Fitter, brighter and healthier than I have been for ages! So there is another Independent Scientologist roaming around the streets over here much more in present time than he has been for a long while! Now, in running, my lung capacity has doubled and my stamina has now increased dramatically. I had no idea I had gradually become so unfit! The body seems very happy I treated it to this program again too! And again, I marvel at just how much more present I really am. Special thanks to my CS day by day and getting me standardly through the program and to LRH for his foresight and research in putting this program together which is still much needed in this time and place.

“A journey lay ahead, one requiring a definite

leap of faith, but one beckoning me to proceed nonetheless. So many unknowns. Can I take that much time out? It's unheard of in my work and survival-driven life, isn't it? I'm scared. What will so many hours in a sauna, so much Niacin and so many vitamins do to me? Doctors advise against it – but who really knows? Gut instinct I guess is the ultimate decider in most things – or should be at least. Much sweat, no blood thankfully and many tears later, I'm here. I made it through a journey so extraordinary, words cannot encapsulate it. Cleaned out from the inside out maybe scrapes the surface; but the clean-out is physical, mental, emotional to make way for the blessed spiritual. What a load of lies, fears and other people's projections I watched drip, splat, splat, away from me as I bent over, curled forward, and let everything release from the top of my head and out and away, because it ultimately doesn't belong to me. And through this necessary shedding, of tension, of drug residues, of misguided beliefs, space, blessed space, is made for me to shine through, or even to be, for that will suffice.”

“I am, today, more connected to my body, more in it, more in touch with its needs and wants. I am more connected to that elusive self who hides behind fears and drugs and work. For what reason? Who knows. It's illogical, but fear can override the logical. I rediscovered trust, I rediscovered my spiritual source. That almost says it all, doesn't it. With that in place, everything else simply works. For those, however, who don't yet understand that, let's just say I'm less worried and more inclined to go with the flow; I trust I am moving in my direction, and what else can we ask for? I'm more available to others and remembered my responsibilities towards them – and am acting on them. I remembered my creativity, my life's purpose – and am acting on it. I laugh spontaneously and have a certain lightness about me. My concentration is better, my brain clearer, as is my vision, both actual and spiritual. The

trees are greener; the sky is bluer. I am focused on the task at hand – no longer scattered into the past and worried about the future. I am more in touch with present time and reality. Even if that reality is sometimes painful, it's better than fantasy.”

“Physically, I look and feel clean, scrubbed perhaps. My body is freer. I am so much more relaxed. My chiropractor says in awe, "There's so much life flowing through you". My throat and voice are less cluttered with repression. I speak more clearly and with conviction. I say what needs to be said. I can breathe like I haven't breathed in years, and have a ways to go yet too. But at least I have re-discovered the means to get me there. The hopelessness is gone. I am empowered to take ongoing steps towards healing and growing. The cyst I had in my ovary is either smaller or gone; there is minimal pain there now after releasing stagnation and fear and letting things flow as they should. My knees have strengthened considerably so walking is now not painful. I sleep like a baby. Both my creative and business writing are flowing. I am more beautiful, feel like wearing nice clothes and my libido is up. Woo hoo!!! Basically, I'm more me.”

AUDITING

Life Repair

“The auditing has been really great! It has given rise to a number of positive effects.....I experience myself becoming lighter - (less fixed, less serious, more "happy"). This results in more spontaneous communication, more speed, and better thinking! For instance, becoming aware of my own patterns helps me to recognize them, and to more easily "as is" the hold of the pattern. My relationship is becoming better, and by improving my intention, I am more focused on making it a marriage. After each session, my energy increases and I come home and bound into some work, e.g. cleaning cars, gardening -- usually of a physi-

cal and extroverted nature. It's also nice to have the "hope" that this wonderful technology offers. The hope of a better and brighter future. The hope of shifting the immovable.

While I soon forget the ground covered, and the cognitions gained – it is restoring energy, it is anti-aging, and it is of deep personal value.”

Communications

“I feel like I can communicate to anyone! I really re-established some of my abilities during this grade like; interested in others, and a general fondness of life! Listening to some of the LRH tapes really gave me the tools to think with, while being audited, and I really enjoyed it!”

Problems

“This is some grade! There are so many things that I would like to share that it would take all evening just to get my thoughts together. But it boils down to the ability to confront. And what I mean by that, is looking at what really is. Not just the surface, but the origin. the source. Looking at the proper sequence that would change the condition to a more desired state. In auditing, I find myself completing my cycles of action. And viewing the sequence that needs to take place, so that I may be responsible. this has been the reason why it works for me. I mean I get so many cogs in and out of session, it goes beyond salvation!”

ARC Straightwire

“Completing my ARC Straightwire has been so much fun. I had so many moments that I could feel myself gaining so many better and better methods concerning communication. It was just flowing inside of me. Les has made this into the positive experience that going up the bridge is all about. PJ

This would be the easiest Success Story to write. I guess one could summarize it in one or two words but that is not the case. The emotions, feelings and things I experienced while

making my way to where I stand are far too simple to boil down to a few words, but making a short story about my climb to NED Case Completion would give one the idea that it was tough. All of it was and IS fun. It was fun to climb it - it is fun to BE here. Nothing in the world can be a big enough stop to prevent a being from making it UP the Bridge and feeling like oneself - being happy, clean, honest, uptone, refreshed, awake, aware, willing and able. All the above were either gained or increased by all of the NED rundowns. Thanks to LRH and to my auditor Thank You! “

“I'm here in Toronto and have just completed some auditing cycles. I had been stuck on the Bridge for 20 years and thanks to the Free Zone I have been able to get going again. I'm here to get my CCRD and have had some repairs done and this success story is about just that. The gains I have received have been enormous. In fact, I have not felt this exterior for such a long time. My space has become wide open and I have had many, many considerations on various dynamics just vanish. My confront has come back up and I have just realized how great life really is. I can go back and confront the things that I couldn't and have more certainty over my dynamics. My next action is CCRD which we will be starting today, so watch this space. Enormous thanks for the 100% Standard Tech delivery and of course to Ron for making this tech available. With love to all. “

“Today, after processing I no longer feel restrained and my willingness to say whatever I want increase to the max. I don't have the doubts any more. This is very nice and something I want for many time. I think I finally have it! Too, I feel more calm when talking, I perceive my voice more softly and without doing an effort. I feel the exact release point which is the best I've experienced in a damn long, long time but I feel calm, I'm very glad

and happy! Thanks to my C/S who does a wonderful job, to my friend and auditor for being the best and precise auditor, and to LRH for this wonderful treasure. “

“FINALLY I completed this step after many years of stops and not moving at all on the bridge but in fact getting worse. I'm confident of this step because I can completely focus my attention on whatever I want very easily without problem. I feel all these processes were wonderful. They got rid of a very particular behaviour of mine: I used to get bored of focusing my attention on something, just this will fix many things but more importantly, I'll complete my action cycles very easily by having my full attention if I want. I really want to thank Ken for delivering me those processes very nicely that I felt fun and I truly believe he is the best auditor. Thanks, Ken! To LRH for discovering this processes and for developing the Tech so I can be better.

"I feel so at peace after our session. I'm home and going to take a nap. It's crazy to me that emotional stress can be so draining. I can see why it is important to get a good nights sleep and have food or you may not be able to complete a session without total exhaustion. After I go through my sessions I would love to learn how to audit so I, too, could bring this peace to people. I'm so looking forward to our next session and again thank you for your time today. “

"I have tried counselling for many years and nothing seemed to work. Each session brought

up all the yucky feelings and emotions and when the hour was up I still didn't have anything resolved. I would end up actually leaving the counselling sessions feeling worse than when I walked in. With auditing there is no timer that tells you when you time is up. The end of session is when you are relaxed and feeling good, not in the middle of an important issue. It's a good feeling to know you are more than an hour slot. When I am done with auditing I feel better than when the session started each and every time. “

“In all my life I have a quick tendency of feeling sad, until now. I feel free from sad emotions, as something big that I was carrying gets apart from me. Simply, it was a huge discharge, very huge for me! I feel very calm and happier but now I feel that I can easily experience other emotions that are not just a tendency to be sad. The auditing was amazing. I didn't notice at all any effort on my part or in my auditor's part, very soft and flawlessly. Besides all this huge win now I realize that winning is possible at all. I have more confidence that I can be better and I now believe that winning outside the c of s is the best course of action. Thank you for these formidable sessions and to LRH for the path.”

~oo00oo~

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

by L. Ron Hubbard

INTENTION. The ability to intend. And intention contains in it every power the Thetan has. The ability to throw a lightening bolt. The ability to hold something in position. The ability to make something continue. The ability to do away with something. Strength. Accomplishment. Power. Wit. Ability. These things are all wrapped up in the one common denominator of INTENTION.

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

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

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

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



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The Only Thing Wrong With a Thetan

An Article by L. Ron Hubbard, from the 16th American ACC: Control, Communication & Havingness

Actually, a thetan is a very ethical being. His ethical sense is tremendously high. It couldn't be otherwise. It's a rather pathetic thing the way a person gets into a trap. He gives his word. You see, he agrees to be part of, he's there. And then, only by his own ethical sense does he continue to be in that trap. It's quite interesting.

It's an interesting rebuttal—very interesting rebuttal against the concept, such as Plato's, that all men are bad and some are worse and some are worse than that even and some are politicians. I mean, it goes way downhill. Plato's ideas concerning this are fantastic.

Well, only after a person has broken his word with an agreement does he go bad, you

might say—does he react badly. Now, a thetan can, at any moment, reassert his own individuality and separateness from everything and anything. He does this every time his body dies. He says, "I'm no further responsible for that," and there he goes. Doesn't even remember it. That's the way he normally tackles the situation in this day and age. Actually, he loses the mass and he loses the agreements above that mass-terminal idea.

You remember the Reality Scale? When he loses the mass, why, he also loses the agreements that held him to that life.

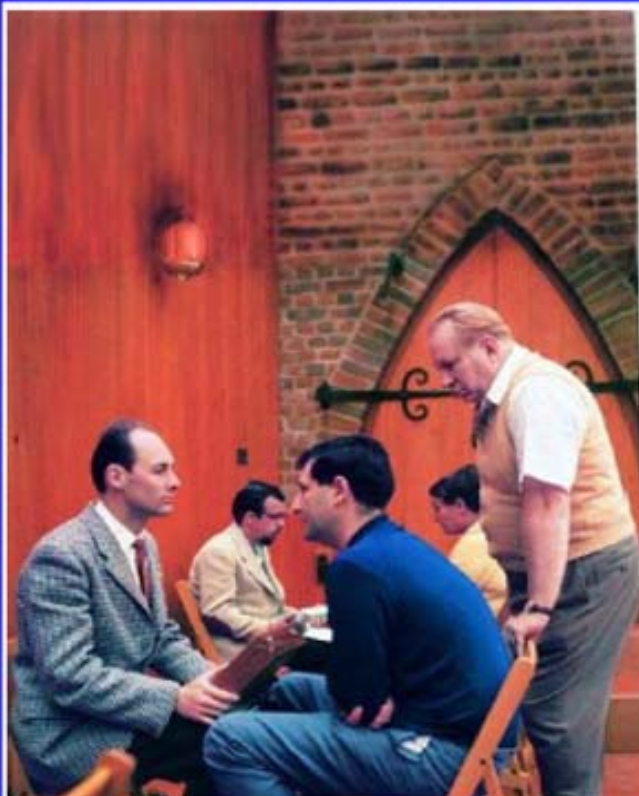
There is an exact instant at death where a person will attempt to complete all cycles of action. If a person is given some kind of warning and, if he is not in such bad shape that he can no longer control his body—he can control his body somewhat then and he has a little bit of warning—he'll just work like mad to finish off some of these cycles of action. And right next door to that instant is the abandonment of all of them.

Well, all right. When he abandons them, he feels bad. He agreed to do certain things. It now becomes impossible. He no longer has a body to push around that people will talk to and so on. And he backs out. And he feels so bad, he actually goes right on downscale—boom. And that accounts for your forgetfulness.

But he can do this. That is what is interesting. He can do this. He reasserts, he becomes an individuality. He doesn't become part of a swimming pool of non-identity. He doesn't step off into a buttered-all-over-the-universe situation. He becomes himself.

The only thing wrong with a thetan is truth. It's very fabulous. The only thing wrong with a thetan is truth. Everything that is wrong with a thetan is a harmonic on being a thetan.

~oo00oo~



Auditing in 2014!

"The main thing to know about stalled cases is that cases get stalled. That is a truism that sometimes misses people. A case can be running along very nicely and suddenly cease running. Many things can happen."
Lecture: 'How to Resolve Stalled cases ' 1950 by LRH

Is your case bugged?

Is it stalled and not moving?

Have you not gotten the benefits you expected?

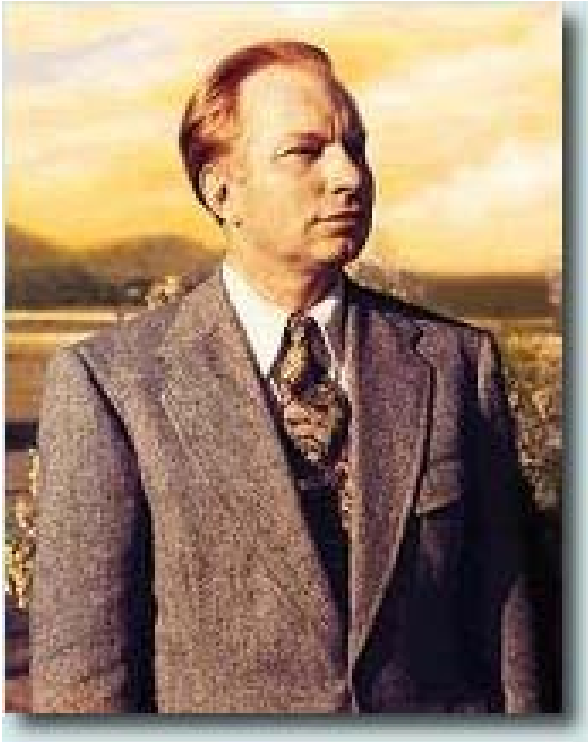
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Clearing: Fixed Ideas

By L. Ron Hubbard

A fixed idea—particularly if enforced by other-determinisms—which is no longer usable or applicable, becomes an aberration. And any aberration is, first and foremost, a fixed idea.

Now, as ideas become fixed, the ability—the free decisive ability of the person to fix ideas declines. And a thetan in good condition is the *cause* of ideas which he can fix in things or the source of fixed postulates. And a thetan in very, very bad condition is the effect of fixed postulates that he can do nothing about. See that clearly? This is in the earliest Axioms, actually, of Scientology. It's more or less inherent in those, but this is a new interpretation or a new look at those early Axioms.

Now, Cause, Distance, Effect—we get the thetan at cause across a distance fixing an

effect or an idea, eventually getting himself into losses when he didn't fix ideas. So he fixed them in himself. And he flipped around to the effect end of the line and became the effect of ideas which he'd fixed and then tried to unfix or didn't want fixed, or something of that sort. Do you get the idea, see? So he did a flip, he went from the cause to effect on the subject of fixed ideas.

Now, he considers most ideas that are fixed to stem from other-determinism. Well, if he himself in his own virtuous, powerful, strong, flamboyant native beingness—if he himself there, was able to fix ideas and then if he departed from being himself, where did the ideas land? Well, now those ideas, now, are apparently other-determined ideas merely because he's not being himself—he's in some other valence situation, you see. He's come around, flip! He actually is still fixing these ideas in himself, but he set himself up here and an independent entity entirely different than himself and "himself," now "himself" is Joe Jones, you see?

He knows who he is. He's Joe Jones and he got born and they fixed up his neurons and his stomach pumps him energy and he's alive as long as his heart beats, and . . . If he starts having a bad time he gets the idea that he's haunted—that something is bothering him, someplace or another, and something is annoying him and it's clawing at him and so forth. And he has actually projected his own beingness into something and then occupied it. And he becomes, actually, the subject of his own fixed ideas, particularly those ideas which he failed to fix.

~oo00oo~



Freedom

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

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

—SCIENTOLOGY: A NEW SLANT ON LIFE

L. Ron Hubbard

FREE THETA

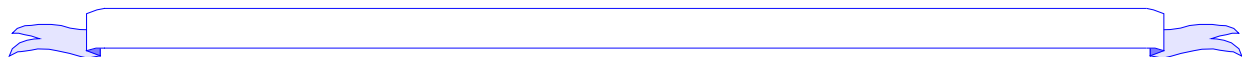
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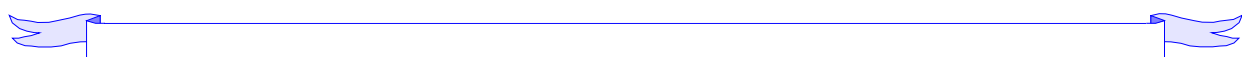
"REALITY IS THE AGREED UPON APPEARANCE OF EXISTENCE"

SCIENTOLOGY 8 8008
Lafayette Ron Hubbard



**Quote from
L. Ron Hubbard**

***"... your potentialities are a great deal better than anyone ever permitted you to believe.
—SELF ANALYSIS***



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The Time Track & Trauma

By Trey Lotz

The time track of a person is made up of all of the things that a person has experienced in their life. Most of these experiences are benign, but some are traumatic. These traumatic experiences negatively affect a person's ability to think rationally and make good decisions about the areas associated with the trauma. I would like to share what I have learned about how to reduce the ability of these traumatic experiences to negatively impact a person's life.

As a being accumulates experience, that experience is placed in the context of time, is compared with other similar experiences and is, to that degree, understood.

The time track has along it various decisions that a person has made that shape the course of future action and experience. For example, 'now I am going to go to college,' 'now I am going to work as a salesman,' 'now I am going to stop working as a salesman' and so on. This could be understood as the being putting in place an operating basis which continues until it is stopped, changed, or a new one started.

mind's computer

In that way the mind is like a computer running an operating system. You can't run a new operating system until the old one has been

deleted. These kinds of programs are known to the person, and are things that the person can easily change. This is not what causes a person trouble.

When experience is too chaotic, painful, or disturbing, it is not understood at the time it happens, but is filed away to be sorted out later. It is an important experience because it occurred at a time when survival was threatened, but it is also hard to confront because the stored experience also contains the pain or upset that made it difficult to deal with in the first place.

Embedded in these difficult experiences are also decisions which shaped future behavior



and reactions, but these decisions are not normally accessible to the person so they are difficult to counter-act, even when one is aware of the self defeating behavior and emotions generated by them. It is this kind of mental programming that ruins someone's life and

causes them to act irrationally.

Discharging trauma

Discharging an incident allows a person to become aware of what was decided and why. That individual is then able to see these decisions in context and to reevaluate them as to their actual survival value. This allows the person the freedom to accept, discard, or change that decision, or to make a new one based on how having a better understanding.

Freedom of choice

All freedom is freedom of choice.

So often a person's life is limited by what they are avoiding, what they can't deal with, and what they can't do. Traumatic experience tends to generalize, and the bad experiences one has had can eventually end up coloring large areas of life in a negative way. A person will avoid an area of pain, and when that area of pain becomes broad, a person starts to withdraw and avoids life itself.

People become fearful, angry, sad, or apathetic as a fixed response to the environment. That response was appropriate at one time, but becomes generalized and gets inappropriately applied to things that have no connection to the original experience. The chronic emotional reactions of a person has, as its source, some experiences that are partially or fully unknown to the person. These are events that the person has never fully understood or come to terms with. This stored misemotion keeps a person continuously or periodically experiencing the upset of the original incident.

Since these responses are fixed by past conclusions and decisions, a person's ability to freely choose in present time is reduced. The past is dragged into the present and greatly complicates the ability of a person to deal with it successfully.

For example, if a person has decided, 'I'll always be poor' or 'I'm not smart enough' or 'Men always leave you' or 'You can't trust women', these decisions will tend to become self fulfilling prophesies. A person could say that these decisions were based on 'reality' or that other people led them to believe these things were true. Nevertheless, the thing that holds these things into place is that a person has decided for themselves that these were truths, or they have agreed that they were truths even if these ideas originally came from someone else. In the end, all programming is self programming. A person has said 'it is so,' and so it is.

The goal in discharging these traumatic experiences is restoring a person's ability to confront the harmful force, pain, loss and upset contained in these incidents. Coming to terms with the past leaves a person at peace. Once a person can fully confront painful experiences, they are no longer bothered by or controlled by painful experiences. When a person becomes comfortable with past experience, the past truly becomes the past.

Confront

The confront of pain is the make break point of any being. Those that can confront pain have freedom of choice. Those that cannot confront pain are controlled by it.

Communication

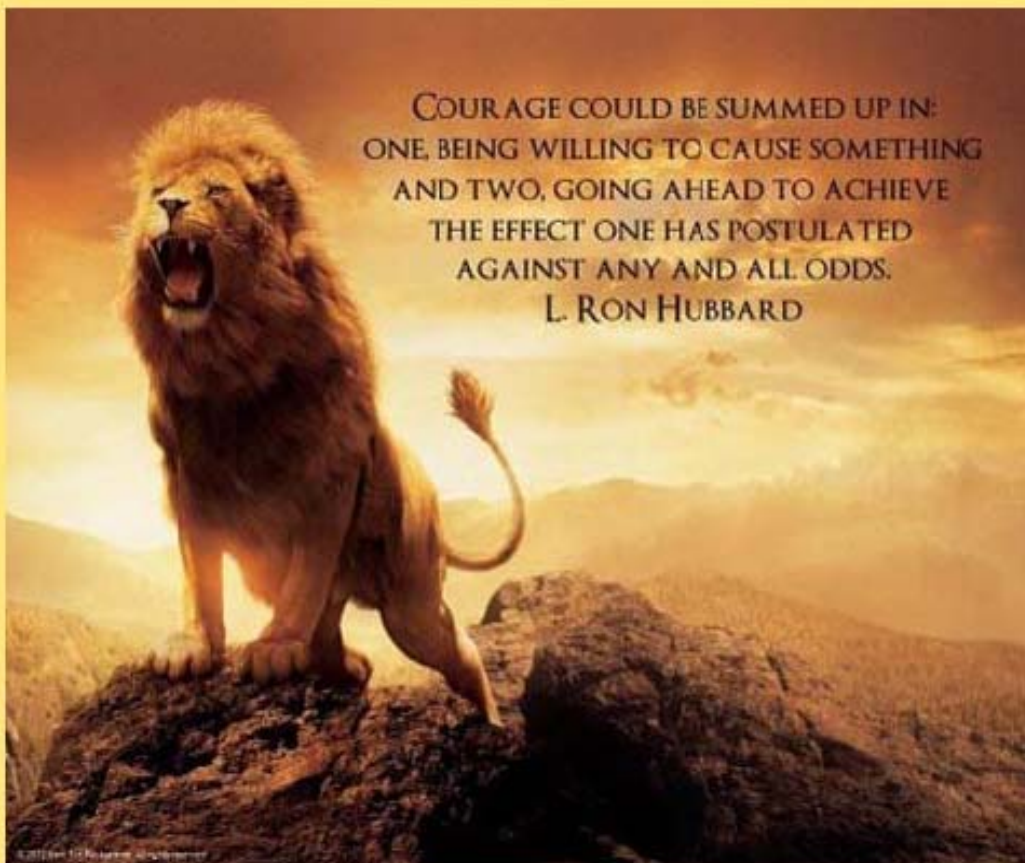
All therapies that have as their goal getting rid of unwanted emotions and reactions deal with this exact mechanism. No matter what terms or techniques are used to describe or address these things, everyone has these same factors of the mind in play. One of the biggest fears that a person can have is that their future will resemble their past. There is no reason for this to be so. The only power the past has to shape the future is the power you give it by not letting it go.

In my experience, creating a safe space and using communication to help sort things out, is the best way to help a person overcome repeating destructive patterns.

Once a person has shed the shackles of the past, there is no reason why they cannot create the future they truly want.

~oo00oo~

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Expanded Know to Mystery Scale

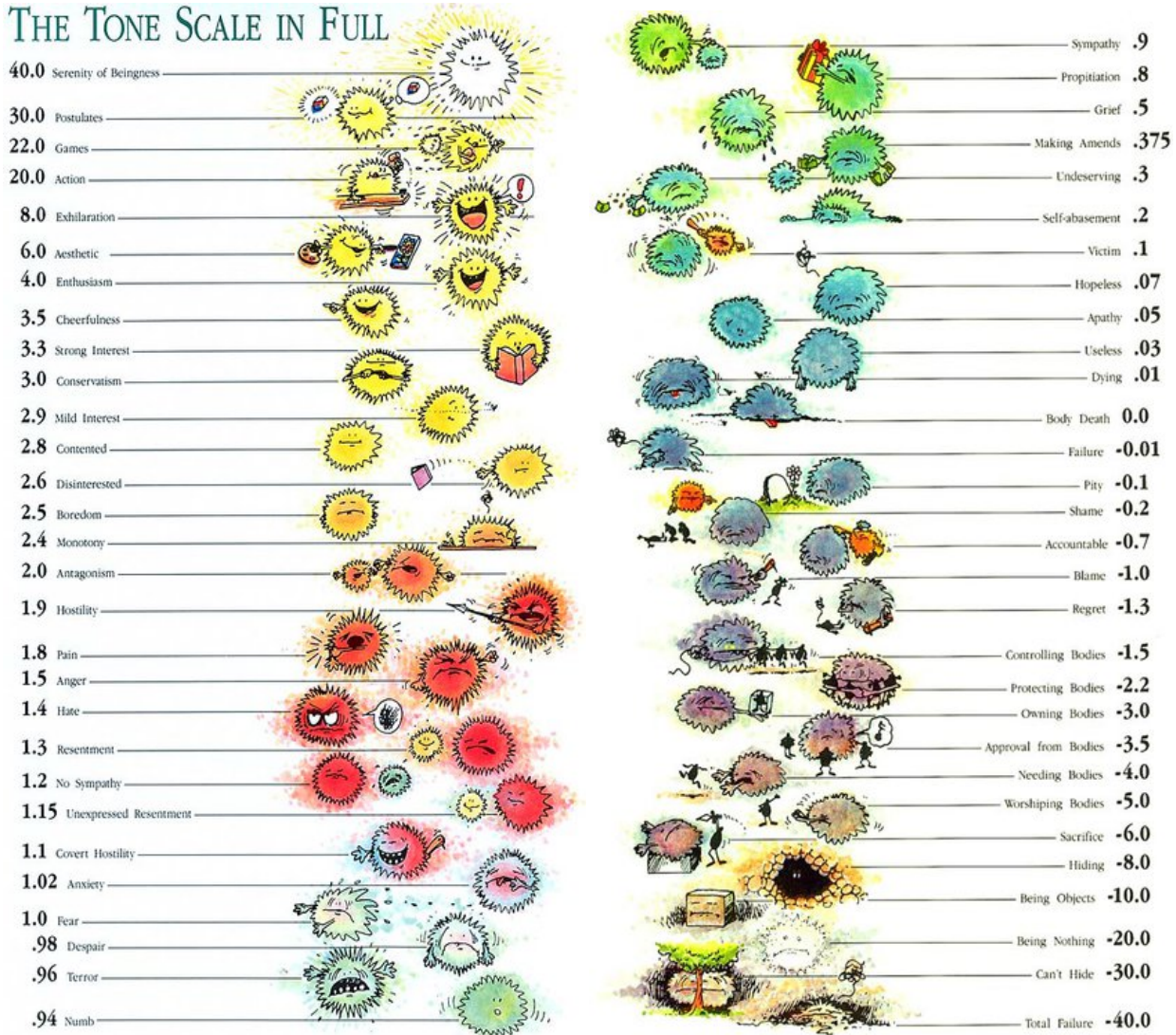
But you get a condensation of knowingness. A condensation of knowingness occurs down to lookingness. One has something to look at. And then this condenses and we get emotion. And this condenses and we get effort. And this condenses and we get thinkingness -you know, figure-figure. And this condenses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

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

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

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

The Tone Scale in Full



The Tone Scale

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

Scientology 0-8. The Book of Basics

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

Exercises One, Two and Three

Exercise One

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

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

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

Exercise Two

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

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

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

Exercise Three

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

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

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

"Recall a time when you agreed to something."

"Recall a time when somebody disagreed with you."

"Recall a time when you liked somebody."

"Recall a time when someone agreed with you."

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

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

This exercises can be done for hours.

~oo00oo~

Daily do list from Ron

Here's a brief quote from Professional Auditor's Bulletin (PAB) No. 6, which I offer as a fair use quote for educational purposes:

"Now you happen to be using a body. Before we worry about your mind let's clean up the primary communication relay point, the body. And for two weeks, let's do these things:

1. Clean up your MEST, get done the various odd jobs you've "been meaning to do."
2. Bring yourself up to date socially and give a letter or a ring or a personal call on people you've neglected.
3. Take a one-hour walk every day, simply starting away from home very early (dawn is best) for half an hour and then walk back, a different direction every day. (If you can't walk, get out in the yard and throw things for half an hour. If you can't throw, spit at something for half an hour -- and I mean throw and spit literally.)
4. Get a physical examination and if anything is chronic get it cured.
5. Take twice a day 100 mg. of B1 (200 mg. total) and supplement it with 250 mg. of vitamin C.

If you will do these things, you will be ready in a couple of weeks for some auditing. And if you feel you're in such top condition you need no auditing, I dare you to do the above and feel the change."

~oo00oo~



A TRIBUTE TO MARY SUE HUBBARD

Wife of L. Ron Hubbard

Remembered with Respect and Honor



**Quote from
L. Ron Hubbard**

No man is happy without a goal, and no man can be happy without faith in his own ability to reach that goal.

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~oo00oo~

