

# FREE THETAN

NEWSLETTER OF THE ASSOCIATION OF  
PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

*Preserve, Protect & Promote*

Jun 2019

Volume 10 Issue 6



**“All it is necessary to do to degrade or upset an individual is to prevent him from working.”**  
The Problems of Work

# FREE THETAN

## NEWSLETTER OF THE ASSOCIATION OF PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

*Preserve, Protect & Promote*

**FREE THETAN**  
**Volume 10 Issue 5 May 2019**

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### Important

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

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

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

~oOo~

<p><b>The FREE THETA</b></p>	<p>The Members Quarterly Journal of the Association of professional Independent Scientist <i>Preserve, Protect &amp; Promote</i> <a href="http://independent-scientologists-association.net">http://independent-scientologists-association.net</a></p>	
		<p>reservo, servo, proveho</p>

~ *Editorial* ~



reservo, servo, proveho

**Dear Reader,**

People have a misguided sense of what constitutes morale and in various groups and workplaces, games and competitions or rousing speeches are devised to raise the morale. However, Ron Hubbard pointed out in a policy letter that

**“Production is the basis of morale.”**

This does not mean of course that one just puts more effort into something. But it does mean that completing cycles of action may have something to do with it.

I recall, when I was a young man and working in restaurants as a waiter I felt really good at the end of the shift when I had been busy. I eventually worked out, after reading ‘Problems of Work,’ that I had been completing many many short cycles of action and this contributed to the well being I had. In some other positions later, where I was not able to complete cycles of action so well, I found my attention being disbursed and I did not feel so good. My morale was down.

So the lesson that can be learned is very simple. Increase one’s production, Whatever it might be, at work, at home, in your own business, whatever you do. And your morale will rise.

Until next time.

ARC

Michael Moore  
Editor

~oo00oo~

## *The Aims of Scientology and APIS*

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

*We therefore stated below:*

### **The Aims of APIS**

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

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

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

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

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

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

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

#### **As Ron says:**

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

The sun never sets on Scientology.

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

Our aims are simple, if great.

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

Your help is acceptable to us.

Our help is yours."

'The Aims of Scientology' -- Lafayette Ron Hubbard

~oo00oo~



## CERTIFIED AUDITORS & GROUPS

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

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

### Canada

Toronto

Chris Black. Class VIII C/S, KOT,

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

[standardtechauditor@yahoo.ca](mailto:standardtechauditor@yahoo.ca)

### USA

Southern Cal tech Team

**Standard LRH Bridge**

Training, Auditing & C/Sing Specializing in OT and NOTs levels

[scttservices@gmail.com](mailto:scttservices@gmail.com)

Ian Waxler Class VIII C/S with Honors

Auditing and C/Sing all old LRH Bridge

[info@adcian@yahoo.com](mailto:info@adcian@yahoo.com)

Ingrid Smith

From Life repair to OT4

[ingridsmith123@yahoo.com](mailto:ingridsmith123@yahoo.com)

### Scotland

Ken Urquhart. Class IV Advance Courses Specialist. Class IX

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

[Ken\\_Urquharturq@verizon.net](mailto:Ken_Urquharturq@verizon.net)

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

~oo00oo~



## Wins and Successes in the Scientology Independent Field

### Life Repair

I remember coming into this thinking 'I'm broken' and that all the stuff in my life will haunt me for the rest of my life, and thinking that I was trapped in this dark, scary, unhappy place, and that I didn't deserve better because of the things I've done, and the people I've hurt (me included)... What I gained from all of this is that we are all broken and forgivable and are worthy of happy, successful and fulfilling lives. But what I learned more importantly is that no one else but ourselves is responsible for our happiness and success. I've learned to forgive myself, accept myself, love myself, and be proud of myself... and others as well. Maybe the biggest success is forgiving people who have hurt me, betrayed me, deceived me, and didn't accept me. That's their loss, and I'm not going to be affected by it. I have a clear head on now and am ready to kick some serious butt! Thank you,

As of this day I can honestly attest that my life and survival has improved to the point where I am looking to the future in a very positive frame of mind. My auditing with Trey has been amazing and I feel like I have been released from holding onto any past concerns in my present life. I am ready to step forward into the light and make wonderful things happen in my life and in the lives of the people close to me.

### Grade 0

I have always felt I could communicate to any one on any subject so I was not really expecting any fireworks on this level. Well...there was more to this level than meets the eye for sure. I line charged in one session, and after another session I got more of an awareness of communication on the 3rd and 4th dynamic. Then today on my way to session I got this flow where I just felt compassion for all beings, and no ridges on flowing ARC to anyone. I cried because it was just too much to hold into this little body.

We addressed things I "knew" I had no charge on. Ha Ha Ha. These were the biggest wins. I

feel freer and more in comm with society as a whole, and my ability to grant beingness is a whole lot bigger. For the first time, I can honestly say I am a different being. I am getting a lot freer. I just love Trey! He is superduperfragalisticsexpealidocious. I feel lucky to have pulled him in. Thanks to LRH for dedicating his life to coming up with the tech to set us all free.

Grade O has been absolutely wonderful. I have spent my whole life afraid to speak up, much to my detriment. In the past I have allowed others to misuse me with their comm, and invalidate my viewpoint. About half way through the grade, I suddenly began communicating without fear and with confidence. I was no longer worrying about how my communication would be received, or checking the environment to see if it was "safe" to communicate my viewpoint. What I have received from the grade was not just the ability to communicate, but the ability to communicate from a viewpoint. My viewpoint! Now that I have this, I have my integrity back. What is true for me is true for me. What I have observed is what I have observed. I have truth, my truth, and now I can share it without worry or self-doubt. Thank you LRH for this profound gift you have left the world, and thank you Trey for you wonderful auditing.

~oo00oo~

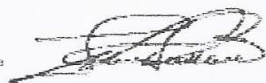
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**From:** [REDACTED]  
**To:** [REDACTED]  
**Sent:** Friday, July 23, 2004 1:12 PM  
**Subject:** Touch Assist on yourself

**Well, there's a very interesting experiment that you can run, if you have some minor ailment in some part of your body or something of the sort. Let's say you have a knock in the head or something that hasn't gotten well. If you'll just run a Touch Assist on yourself for a while, just keep touching it and looking at your fingers. And you may have to do it for several days or something like this because it might be quite severe—or if you know of an old injury, something like this—you keep doing it, you know. Keep noticing your fingers, not feeling them but kind of looking at them. ...**

**"Well, the funny part of it is what disappears is the bump. This is an interesting demonstration as to the goodness or badness of man. The bump disappears. Who's looking at it? You are. Well, what did you cause to have happen? You caused a bump to disappear. That's what you had happen. Well, why didn't your head disappear? That's an interesting thing. Just think it over for a while.**

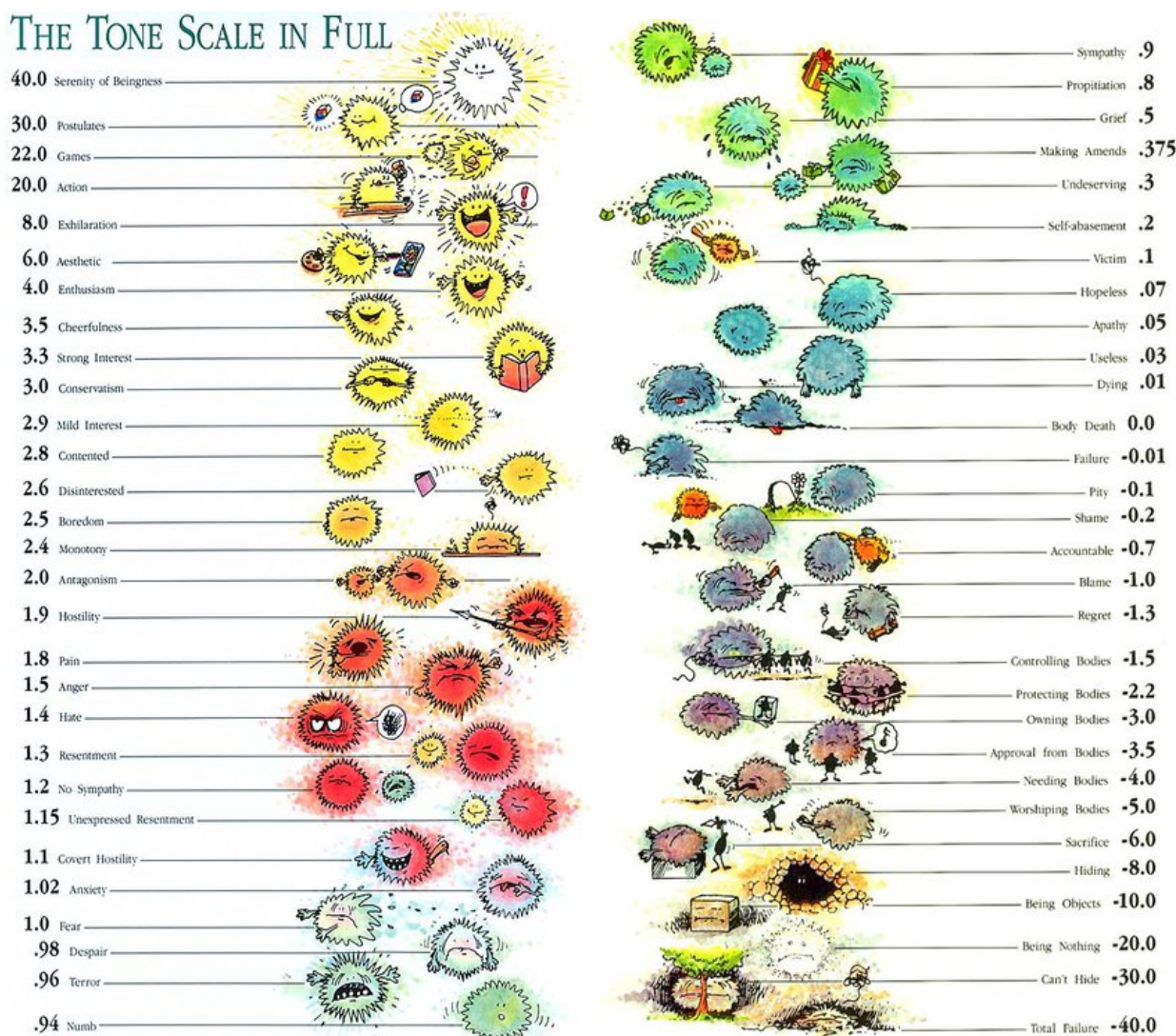
**"It demonstrates that your presence or attention on anything is beneficial to a body. It's fascinating. I mean you look it over. You've got enough philosophy in those few words to have stunned Chaldea."**



—L. Ron Hubbard

Excerpted from the *London Congress on Dissemination & Help and the London Open Evening Lectures*

# 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





## ON WHAT DOES HOLDING A JOB DEPEND?

Familial connections? Who you know? Personal charm? Luck?  
Education? Industry? Interest? Intelligence? Personal ability?

To one grown old and even somewhat cynical in the world of work, the first several seem to have dominance. Only the young appear to be left with the illusion or delusion that Personal Ability, Intelligence, Interest, Education and Industry have anything to do with it; and the very, very cynical would have us believe that indeed these are only the symptoms of being very young.

We have too often seen the son become the foreman, the new son-in-law, yesterday the shipping clerk, soar to board membership, and we all too often have known that the son and son-in-law not only had no aptitude in the first place but that with no fear of discipline they act more carelessly of the firm than the worst employee present. Familial connection is something dependent upon the accident of birth.

But, leaving familial connection until some other day, what have we left? There is Who You Know. Personal connection plays a dominant part in obtaining, keeping and improving a position, there can be no doubt of this. One has a friend who works for the Jim-Jambo Company; the friend knows of an opening; the friend has other friends and these still other friends and so into the Jim Jambo Company one can settle down and work with some security and hope of rise.

And then there is the matter of personal charm. How often have we seen the young stenographer who couldn't spell "cat" suddenly soar, with her typing fingers still all thumbs, to the

post of the executive secretary to the boss, wherein, while she can't spell "cat" any better, she can certainly spell raise and raise again and perhaps even "supper club" or diamond necklace. And we have also seen the young man with a good "front" soar above his elders because he could perhaps tell the right joke or play a slightly worse game of golf.

We have seen, too, the factor of Education all gone awry in firms and governments and the trained man, at how much cost of eyesight become learned beyond credit, yet passed over for some chap who didn't have a degree to his name beyond a certain degree of push. We have seen the untutored madly ordering the millions and the wise advising a score.

Industry as well seems to have scant place to those cynical few of us who have seen it all. The eagerness of the young to slave is all too often braked by the older head who says, "Why get in a sweat about it, young'un? It'll all come out the same." And perhaps we've stayed after hours and daubed ourselves with ink, or lingered at our post beyond all demand of duty, only to watch in times to come the lazy one we scorned draw the better pay. And we've said it isn't justice—something less than that.

And Interest, too, we've seen come all to naught. When our absorption in the deadly game of firm or unit with its rivals made us lay aside neglected our own wife, or life, and when we've burned the night and leisure time to work out solutions gauged to save our firm, and have sent them in, and have had them come back, neglected, and soon have beheld our fellow worker, whose total interest was a man or stamps and not the firm at all, go up to higher posts, we had some cause to be less interested, we thought. And Interest in our work became condemned by those around us who, not understanding it, became tired of hearing it in our mouths.

Intelligence, against this hard beaten parade of broken illusions, would seem to have no bearing whatever upon our fates. When we see the stupid rule the many, when we see the plans and decisions passed which would have been condemned even by the children of the workers, we wonder what Intelligence could have to do with it. Better to be dumb, we might come to think, than have our own wits continually outraged by the stupidities which pass for company planning.

Personal ability, against this torrent, this confusing chaos of random causes for promotion and better pay, would seem a wasted item. We have seen our own wasted. We have seen the abilities of others scorned. We have seen the unable rise while the able remained neglected or even unemployed. So personal ability would not seem the factor it might once have been to us, small cogwheels in the clashing gears of business fate. It must then certainly be luck and nothing but luck the whole way down. And so it seems to appear even to an "experienced" eye that the obtaining, the holding, and the improving of a job are all dependent upon a chaos of causes, all of

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reservo, servo, proveho

them out of our control. We accept, instead of orderly expectancy, a tumbling mass of accidentals as our fate.

We try a little. We dress well and cleanly in order to apply for a position, we take ourselves to the place of work daily, we shuffle the papers or the boxes or the machinery parts in a fashion we hope will pass, we leave by crowded transport to our homes and expect another day's dull toil.

Occasionally we start up a correspondence course to give us a small edge on our fellows—and often drop it before it is done: it seems that we cannot even do this little to help us on our way against this flood of accidentals.

We become ill. We run out of sick leave. Still but hardly recovered we now have no job. We become the victims of an accidental cabal or slander and we have no job. We are thrust up against jobs we cannot do and then again we have no job. We grow too old, our time is spent in remembering how fast we once were, and one day we have no job.

The lot of the man in the work-a-day world is Uncertainty. His goal is Security. But only few attain this goal. The rest of us worry from day to day, from year to year, about our ability to get work, hold work, improve our lots. And all too often our worst fears take place. Once we had the rich to look toward and envy, but now the taxes which we bear have reduced, despite their clever accountants, even their number. States and governments rise and promise us all Security and then give us restrictions which make that seem shaky too.

From day to day new threats impose themselves on our consciousness. A world where the machine is king makes Man a cog, and we are told of new developments which do the work of thousands of us and so we starve.

The advertisements thrust at us in our transports, newspapers, streets, radios and TV all manner of things to own. And no matter how delightful they are to own, WE the men who make them can't own them - not on our pay. And Christmases leave us a little ashamed at how little we can buy and we make the coat do just another year. And the years advance and we grow no younger. And each hour confronts us with the accidents which might make or break our futures. No wonder we believe in luck alone.

Well, there is the problem.

To eat we must have a job. To live we must continue to be acceptable on our jobs. To better ourselves we must hope for the breaks. And it all appears a huge, disheartening confusion composed of accidents, good luck and bad luck, or drudgery with nothing to win at the end of it.

What would you give for something to lift you out of such ruts?

Perhaps you are not in them but if not you're one of the lucky ones. Men, to escape these ruts, have perpetrated the bloodiest wars and revolutions of history. Whole dynasties have been cut to the dust in an overpowering convulsion born from despair. Jobs get few. Holding them becomes more and more accidental. At last none can longer stand the strain of insecurity and the answer is raw, red revolution. And does this come to anything? No. Revolution is that act of displacing a tyranny with a tyranny ten times more despotic than the old. Changing governments, not even changing firms can change basic security.

The quest for security is a quest for constancy and peace. A worker deserves these things. He creates the goods. He should have the wherewithal to live. Instead, he has a chaos.

But where is this chaos? Is it in the worker's family? Some say so. Is it in the character of capital? Some say so. Is this chaos born of bad government? Many have said so. Is it in the worker himself? Some would like him to think that. No, it is not in any of these things. The chaos of insecurity exists in the chaos of data about work and about people. If you have no compasses by

which to steer through life, you get lost. So many recent elements - of the Industrial Age - have entered into life that life itself needs to be better understood.

Work and security are parts of life. If life is not understood then neither will these parts of life be understood. If all life seems chaotic, a matter of guess and chance, then certainly work will seem chaotic.

But the role of work in existence is a greater role than any other. Some say we spend a third of our lives in bed and therefore beds are important. But we spend more than a third of our lives at work and if we don't work we don't have a bed, so it seems that work is more important by far. If you add up the various parts of life, love or sports or entertainment, you will find that the majority of concentration is not on any of these but upon WORK. Work is the major role of our existences whether we like it or not. If we don't like it we don't like life.

If we find a man a bit insane, old time "ologies" would have had us look up his love-life or his childhood. A newer idea and a better one is to look up his security and conditions of work. As Security goes bad in a nation, insanity rises. If we were to attack national insanity problems and conquer them we wouldn't build better insane asylums - we would better the conditions of work.

Life is seven-tenths work, one-tenth familial, one-tenth political and one-tenth relaxation. Economics - the paycheck, struggle for - is seven-tenths of existence. Lose a man his income or his job and you find him in bad mental condition, usually. If we're going to find proofs of this anywhere, we'll find them everywhere.

Worry over security, worry over worth, worries about being able to do things in life for others, are the principal worries of existence. Let's be very simple. People with nothing to do, people without purpose most easily become neurotic or mad. Work, basically, is not a drudgery, it is something to do. The pay-check tells us we are worth something. And of course it buys us what we have to have to live. Or almost does.

All right. Work-security, then, is important. But security itself is an understanding. Insecurity is UNKNOWNNESS. When one is Insecure, he simply doesn't know. He is not sure. Men who KNOW are secure. Men who don't know believe in luck. One is made insecure by not knowing whether or not he is going to be sacked. Thus he worries. And so it is with all insecurity. INSECURITY EXISTS IN THE ABSENCE OF KNOWLEDGE. All security derives from knowledge.

One KNOWS he will be cared for no matter what happens. That is a security. In the absence of certain knowledge it could also be a fallacy.

Luck is chance. To depend upon luck is to depend upon not-knowingness.

But in truth how could one have knowledge about life when life itself had not been brought, as knowledge, into order. When the subject of life itself was a chaos, how could work, as a part of life, be anything but a chaos?

If LIVINGNESS is an unknown subject, then WORKINGNESS and all pertaining to work must be an unknown subject, exposed to cynicism, hopelessness and guesses.

To obtain, hold and improve a job, one would have to know the exact, precision rules of life if one were to have a complete security. It would not be enough to know, fairly well, one's job. That would not be a security, for as time went on we would see, as we have listed, too many chances entering into it.

Knowledge of the general underlying rules of life would bring about a security of life. Knowledge of the underlying rules of life would also bring about a security in a job. Scientology is a science of life. It is the first entirely Western effort to understand life. All earlier efforts

came from Asia or Eastern Europe. And they failed. None of them gave greater security. None of them could change human behavior for the better. None of them - and they bragged about it - could change human intelligence. Scientology is something new under the sun, but young as it is, it is still the only completely and thoroughly tested and validated science of existence. It doesn't demand twenty years of sitting on spikes to find out one is mortal. It doesn't demand a vast study of rats to know that Man is confused.

Scientology can and does change human behavior for the better. It puts the individual under the control of himself - where he belongs. Scientology can and does increase human intelligence. By the most exact tests known it has been proven that Scientology can greatly increase intelligence in an individual. And Scientology can do other things. It can reduce reaction time and it can pull the years off one's appearance. But there is no intention here to give a list of all it can do. It is a science of life and it works. It adequately handles the basic rules of life and it brings order into chaos.

A science of life would be, actually, a science of good order. Such things as accidents and luck would, if you could but understand their underlying principles, be under your control.

As we have seen here, even those who aren't cynical can see that many chances enter into obtaining, holding and improving one's job. Some of these chances seem so wide and out of control that nothing at all could be done about them. If we could but reduce the chanciness of a job. If we could make the right friends and be sure that our education would count and have some slight security that our interest and intelligence and native ability would not go all to waste, why then, things would be better, wouldn't they? Well, we'll see what Scientology can do to reduce the chanciness of the work-a-day world - for you and for those you know. What's life all about anyway?

Extract from Problems of Work by L. Ron Hubbard

~oo00oo~



*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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"REALITY IS THE AGREED UPON APPEARANCE OF EXISTENCE"

SCIENTOLOGY 8 8008  
Lafayette Ron Hubbard



## IS WORK NECESSARY?

An understanding of life is necessary to the living of it. Otherwise life becomes a trap. To so many of us in the work-a-day world this trap takes the form of WORK.

If only we didn't have to work, how many delightful things could we do! If only we had some other way of getting money... Travel, vacations, new clothes... what a host of things would be ours if only we didn't have to work!

It is almost an educational factor of our society that work, duress of, is the root of our unhappiness. We hear unions and welfare states as well as individuals basing all their plea upon a reduction of work. Getting rid of work by virtue of reduced hours and the introduction of automatic machinery has become the by-word of the mid-twentieth century.

Yet the most disheartening thing which could happen to most of us would be the loss of all future jobs. To be denied the right to work is to be denied any part of the society in which we live.

The rich man's son, the moneyed dowager, neither of them works. Neither is sane. When we look for neurosis and folly in our society we look toward those who do not or cannot work. When we look over the background of a criminal we look at "inability to work". Somehow the right to work seems to be bound up in happiness and the zest of living. And demonstrably the denial of work is bound up with madness and insanity. As the amount of automatic machinery increases in our society, so increases the percentile of our people who are insane. Child labor

laws, injunctions against overtime, demands for many papers and skills and conditions of being alike combine to reduce the amount of work that can be done by an individual.

Have you ever seen a retired man who pined for his desk? Today “the doctrine of limited work” educates us to believe that at such and such an age we must stop work. Why is this so popular when we can see for ourselves that the end of work is the end of life in most cases?

Speaking politically for a moment, from the standpoint of sanity. Man more dearly needs the Right to Work than he does an endless number of pretended freedoms. Yet we carefully discourage in our children and in our society those people who MAKE work. Unless work is made there will be no work to do. Work is not something which springs ready-made into our sight. Work is something that is created. New inventions, new markets, new systems of distribution must be created and brought into existence as times change and old methods, old markets, old systems become inadequate and wear out. Somebody created the jobs we do. When we work we either do a job created by ourselves or by another.

It is not enough to coast along in a job. The job, day by day, has to be made by us, no matter who created it in the first place.

To work is to participate in the activities of our society. To be refused a part in the activities of our society is to be cast out by it.

Somebody invented the difference between work and play. Play was seen to be something that was interesting and work was seen to be something that was arduous and necessary and therefore not interesting. But when we have our vacations and go and “play” we are usually very glad to get back to the “daily grind”. Play is almost purposeless. Work has a purpose.

In truth, only the constant refusal on the part of the society to give us work results in our distaste of work when it exists. The man who cannot work was forbidden the right to work. When we go back in the history of the notoriously unable-to-work criminal, we find that he was first and foremost convinced that he must not work - he was forbidden to work whether by his father or mother or school or early life. Part of his education was that he must not work. What was left? Revenge upon the society which refused to let him take part in its activities.

Let us re-define work and play. Play should be called “work without a purpose”. It could also be called “activity without purpose”. That would make work be defined as “activity with purpose”.

Where we have fault to find with working, it grows out of our own fear that we will not be permitted to continue work.

There is nothing wrong with automation, with all this installation of machines to do our work, so long as the powers-that-be remember to create ADDITIONAL WORK for us. Automation could be a blessing to the whole world, PROVIDING as many new jobs are invented as were disposed of by machinery. THEN we’d have production And if the powers-that-be didn’t fumble their basic economics and created enough money for us to buy all the new products, THERE would be prosperity indeed. So it isn’t automation that is at fault; if automation leaves people unemployed, SOMEBODY wasn’t permitted to invent new jobs for us. Of course, if every new business is flattened by restriction and if every man who would invent work was prohibited from doing so, then and only then would automatic machinery bring about our down, fall.

Despite the much-advertised joys of vacations and endless play, such things have never been other than a curse for Man. The earliest mention of it was by Homer in the Lotus Isles. And didn’t that crew go to pieces. No, definitely there is more to work and working than having to

have a pay-check. Of course there are jobs more interesting than other jobs. Of course there are positions which are more remunerative than other positions. But when one contrasts the right to have a position with NO right to have one, then one will choose even the less interesting and poorer paid tasks.

Did you know that a mad person could be made well simply by getting him convinced that he has some purpose in life? Well, that can happen. It doesn't matter how thin or artificial that purpose may be, mad people can be made sane with it. One instance comes to mind of a crazy girl for whom nothing could be done. That was the point in her case - nothing could be done for her. But one night near the asylum an auto accident occurred and an overworked doctor, seeing her near, ordered her to do some things for the victims. She became well. She became a staff nurse. She was never insane thereafter.

Now, no-one pretends that we are all mad if we don't work. But it is an astonishing thing that we drift in that direction when we are forbidden to labor.

Great revolutions occur out of a mass inability to work. The crowds rebel not because they are angry over privileges, which they always say, but because they have gone mad, having no work. It is truth that revolutions cannot occur when people are all employed. And it doesn't matter how arduously they are employed either. Revolutions occur when people have been too often forbidden to work. They go up in madness and the state often comes down in ruins. NO revolution ever won anything. Life evolves into a better condition by means of hard work, not by threats.

If automatic machinery threw enough people out of work - even though the machines were producing a plenty - there would be a revolution. Why? Because by robbing them of work, people have been robbed of a purpose in life. When that goes, all goes.

A good purpose, a bad purpose, it does not matter, so long as a purpose exists. WHY?

Now, do not think we have strayed very far from the last chapter. We haven't. Here is an understanding of life. Life has certain stable data that ARE the stable data of livingness. Once grasped, then life - and that part of it called work - can be understood.

Life is basically a created thing. But it has many elements in it creating against many other elements in it. A confusion occurs whenever two or more things start creating against each other. Thus life, viewed impartially, can seem to be a confusion.

If one were to sit amongst all this livingness, all this creatingness, all this warfare, without any purpose - such an existence in its entirety would be fatal. To be part of a universe, a civilization, and yet to have no purpose, is the route to madness.

The exertion of energy, the exercise, the time spent, the things done are all of a lower order of importance. Just to have Something To Do and a Reason To Do It exerts a control over life itself. If you have no purpose, you have no purchase on the small first particle necessary to make the whole understandable. Thus life can become a terrible burden.

In the United States a quarter of a century ago, and in other lands as well, there was something called a depression. It came out of a lack of understanding of economics during a period of transition into a machine age. During it a great president saw that work had been denied to his people. He created work. He thought he did it to get money into circulation to buy all the things the country could now make. Therefore he did not really rescue the bulk of his people from despair. For the work he gave them was to be carelessly done, poorly done. All that was being demanded was time spent on the job. He had a wonderful opportunity to turn a country into a beautiful thing. But the work given had no purpose. Men who detest one job or another detest it because they can't see where it is going or can't believe they are doing any important thing. They are



“working”, that is to say, they report and go through motions and draw a pay-check. But they aren’t truly a part of the scheme of things. They don’t feel they have anything to win.

In our civilization the Stable Datum to the confusion of existence is WORK. And the Stable Datum of work is Purpose. Even if the purpose is just getting a pay-check, it is still purpose.

Any of us, probably, could do more important things than we are doing. Any of us could use some changes in our tasks. But none of us, and still stay alive and sane, could do without something to do.

When we grow timid in the face of circumstance it is because our Purpose, our Stable Data, have been invalidated.

It is, as we have shown, rather easy to knock a person into a state of confusion. All you have to do is locate his Stable Datum on any subject and shake it. This is a trick we all use. For instance, we are arguing about economics with a friend: we don’t agree with him. We ask him where he got such an idea. He says somebody wrote it in such-and-so. We attack the writer or the paper and discredit it. In other words, we win our argument by shaking his Stable Datum as nearly as we can find it.

Life is competitive. Many of us forget we are part of a team called Man, in contest with who knows what else to Survive. We attack Man and attack our friends. In the course of holding a job, it seems only natural that here and there in the organization would be people who were so insecure in their own tasks that they seek to spread insecurity around them.

Having drunk of confusion too deeply, having too few Stable Data, a person can begin to dramatize confusion, to spread it, to consciously try to make everything and everybody confused. One of the favorite targets of such people is the Stable Datum of Work. Although usually such people cannot even do their own jobs they are very anxious to make others tired of theirs. They “cut down the competition” by carving up the Stable Data of others.

Beware these people who come around and inquire “sympathetically” about your health because you look “overworked”. It is almost easier to get “overloaded” than overworked. Beware these people who want you to sign a petition to shorten the hours to be spent on the job. The end product of that is no job. And beware, too, the fellow who is always taking it “out of the firm” because the firm can afford it. Remember, that firm is part yours, no matter if they fire you tomorrow. Such people are trying to pull out from under you the Stable Datum of Work.

If you are afraid of losing your job, it is because you suffer already from too many forbidings to work. The only way to hold a job is to make it every day, to create it and keep it created. If you have no wish to create and continue that job then there must be something at cross-purposes with purpose. There is something wrong between what you think would be a good purpose and what purpose your job has.

Government jobs are an interesting example because, so often, nobody seems to care really whether the job has purpose or not. Too often the purpose of having a government job is just to have a government job. Here in particular one has to understand about life and work itself, for a government job has to be created continually to continue. And if it seems to have no purpose then one should look over government itself and get at its purpose, for the purpose of the government as a whole, in some part, would be the purpose of the job held, no matter how small.

Anyone suffering from a distaste for work must basically have a feeling that he isn’t really allowed to work. Thus work is not a stable datum in life. And he must have, as well, some cross-purpose about the purposes of his job. And, too, he usually is associated with people in

his job who are trying to make work into something less than tasteful. But he is to be pitied because he is unhappy. He is Unhappy because he is confused. Why is he confused? Because he has no Stable Datum for his life. And a Stable Datum for life itself is the basis of good living as well as good job orientation.

Extract from Problems of Work by L. Ron Hubbard

~oo0oo~

@YOURNEEDLEISFLOATING



# BEFORE AND AFTER LIFE REPAIR



Like engineering, Scientology has certain basic principles. These are necessary to a full understanding of the subject. It is not enough to know how to process (drill) people in Scientology. To be effective (good) one must also know the basic principles. Scientology is very exact. The humanities (human studies) of the past were full of opinions. Scientology is full of facts that work.

To study Scientology one should scan (skim) quickly through the basics and find something with which one can agree. Having found ONE THING (one fact) with which he can agree, one should then skim through again and find another fact. One should continue to do this until he feels some friendliness to the subject. When one has achieved this, and *only* when one has achieved this, he should then study all the basic principles. There is no effort here to be authoritarian (opinionated). No one will try to make the subject difficult. You may have been taught that the mind (thought, the brain) is a very difficult thing to know about. This is the first principle of Scientology: It is possible to know about the mind, the spirit and Life.

#### *The Cycle of Action*

The most fundamental idea in Scientology is called the CYCLE OF ACTION. CYCLE = a span of time with a beginning and an end = a section of the totality of time with a beginning and an end = in beginningless and endless time one can set out periods which do have a beginning and an end insofar as action is concerned. ACTION = motion or movement = an act = a consideration that motion has occurred.

In very ancient books it is written that from chaos came birth, from birth there was growth, when growth was achieved there was then a gradual decay, the decay then ended in death. After death there was chaos.

Scientology expresses this more briefly. THE CYCLE OF ACTION IS AN APPARENCY AS FOLLOWS: CREATE, then SURVIVE, then DESTROY; or Creation, Survival, Destruction. First there is Creation. Then this is followed by Survival. Then this is followed by Destruction.

APPARENCY = appears to be, as distinct from what actually IS.

This cycle is only an APPARENCY. It is what we see, what we behold, what we believe. We CONSIDER (think, believe, suppose, postulate) that it is so and then we see it so.

A child is born, he grows, he reaches manhood, he grows old, he dies. In Scientology it can be seen that none of these steps are necessary. One considers them so, and so they are “true”. A man can grow old quickly or slowly. He grows old to the degree that he believes he is growing old. Because everyone AGREES that this is the way things are, they go that way.

The cycle is not TRUE. It is only APPARENT. It is APPARENT because we believe we see it. It is APPARENT because we AGREE that it should be so.

The test of this principle is as follows: By using the CYCLE OF ACTION can we make anyone well or more intelligent? Thousands of tests have proven that the use of and belief in the CYCLE OF ACTION has made none well or intelligent. Therefore, no matter if we see it, there must be something wrong with it. The woman, growing old, wishing to appear younger, is protesting this CYCLE OF ACTION. She feels there is something wrong with it. There is. We have to find out what the ACTUAL cycle is before we can make people better.

ACTUAL = what is really true = that which exists despite all apparencies = that which underlies the way things seem to be = the way things really are.

THE ACTUAL CYCLE OF ACTION is as follows: CREATE, create-create-create, create-counter-create, no creation, nothingness.

CREATE = make, manufacture, construct, postulate, bring into beingness = CREATE. Create-create-create = create again continuously one moment after the next = SURVIVAL.

Create-counter-create = to create something against a creation = to create one thing and then create some thing else against it = DESTROY.

No creation = an absence of any creation = no creative activity.

AN ACTUAL cycle of action then consists of various activities, but each and every one of them is creative. The cycle of action contains an APPARENCY of SURVIVAL, but this is actually only a continuous creation. The APPARENT cycle of action contains DESTRUCTION, but the ACTUAL cycle of action tells us what destruction is.

DESTRUCTION is one of TWO activities. DESTRUCTION is (in terms of action) a creation of something against a creation of something else. For example, a wall is seen standing. To be apparent it is necessary that the wall be constantly created. The act of “destruction” is to exert against the wall another creativeness, that of the action or activity of knocking the wall down. Both the wall standing there and the action of knocking it down are “creative” actions. Because we may object to (argue against, dislike) a wall being knocked down, we vilify (swear at, scorn) the creativeness involved in knocking it down with the word “destructive”.

ACTUALITY tells us that there is no such thing as destruction. There is only creation against a creation. There is another “type of destruction” and this is NO MORE CREATION. By no



longer being a party to (a member of) the wall's creation, the wall, in theory, can cease to exist

for one. This is true in ACTUAL PRACTICE in Scientology.

REALITY is the way things appear. REALITY IS APPARENCY. To do anything about reality, one must search into and discover what underlies the APPARENCY. Of what

does REALITY consist (what is Reality composed of)? We SEE an APPARENCY which has

the CYCLE OF ACTION OF CREATE-SURVIVEDESTROY. More basically (fundamentally)

this CYCLE OF ACTION contains nothing but CREATION.

If one stops making something completely and ceases to be a party to its manufacture, it no longer exists for one. If one ceases to create, there is nothingness. When one creates something or beholds something which is created, that thing is still being created. Even if one is creating something with his left hand and has forgotten about it with his right hand, the thing

still exists. In other words, one can create something without knowing it is still being created. Then one seeks to DESTROY it by a counter-creation (a creation against it). The result is a chaos created by two opposing creations.

LET US BE PRACTICAL. A science is not a science unless it is practical. A theory is not good unless it works. All the fancy and beautiful theory in the world is useless unless it has a use or a workability. Is this CYCLE OF ACTION THEORY USEFUL? It is. So long as we believe that we have to destroy with force in order to destroy at all, as long as we think in terms of destruction, we have chaos.

There is CREATING AND KNOWING ONE IS CREATING. There is CREATING AND NOT KNOWING ONE IS CREATING. When one drives a car or a cart he does many things (performs many acts) which he is not AWARE OF (conscious of, knows about), and these we call AUTOMATIC ACTIONS. One is doing something and is not aware that he is doing it. One starts to create something, then places this thought still active beyond his own reach and the creation continues to occur.

KNOWINGLY CREATING SOMETHING is always the first condition. One can then purposefully CONTINUE THE CREATION UNKNOWINGLY. Everything one is doing knowingly or unknowingly one is doing here and now, in the present instant, in present time.

ONE KNOWINGLY STARTED ANY CREATION in some PAST moment. But the Creation is being done in the present moment.

To stop any creation it can be established that one once knew one was creating it— finding that thought and making it known again—OR ONE CAN SIMPLY CREATE NEWLY AND CONSCIOUSLY WHAT ONE IS ALREADY CREATING UNCONSCIOUSLY (unknowingly). In either case the creation stops. The WRONG WAY is to start a new creation to counter against the old creation; when one does this he gets confusion and chaos.

FOR EXAMPLE, a man has a bad leg. He is trying to “get well”. He seeks then to create a good leg. He goes to doctors and wants to be healed. The treatment is difficult and usually somewhat unsuccessful in the case of a very severely crippled leg. SOMETHING is creating a bad leg. Against this he is creating a good leg. The result is confusion and a

bad leg.

BUT a THIRD creativeness is present. First something was creating, we hope, a good leg.

Then a counter-creation (such as an accident to his leg) counter-created a bad leg. Now he is trying to counter-create again a good leg. The result is to wipe out the ORIGINAL GOOD LEG since THAT IS THE CREATION HE IS TAKING OVER AND EXPOSING WITH HIS EFFORTS TO GET WELL. He wants a good leg. The trouble with him is the countercreation of a bad leg. The test is factual. Have him create (by a certain Scientology process) bad legs until the counter-creation of bad legs is wiped out and the ORIGINAL CREATION OF A GOOD LEG WILL REAPPEAR. This only fails when there is no original creation of a good leg, when the original creation of a good leg is gone.

FOR EXAMPLE, a man has a job. He works at it. That is to say he create-create-creates a job throughout the days, weeks and years. As long as he makes a job, the job exists. One day he DEPENDS upon (takes for granted) this job. He no longer creates it.

It ceases to exist. He has no job. The APPARENCY is that he loafed (became lazy) and was discharged. The ACTUALITY is that he no longer created a job and so didn't have one.

FOR EXAMPLE, a man depends upon a woman to keep his house for him. One day he no longer has a woman. He can't keep house EVEN THOUGH BEFORE HE MARRIED THE WOMAN HE COULD KEEP HOUSE .

FOR EXAMPLE, a man is sane. He gets the idea (creates the idea) that it would be better to be insane. He starts to go insane (having created it) and then does numberless things in order to stay sane. Here he was already creating the state of sanity. He counter-created insanity.

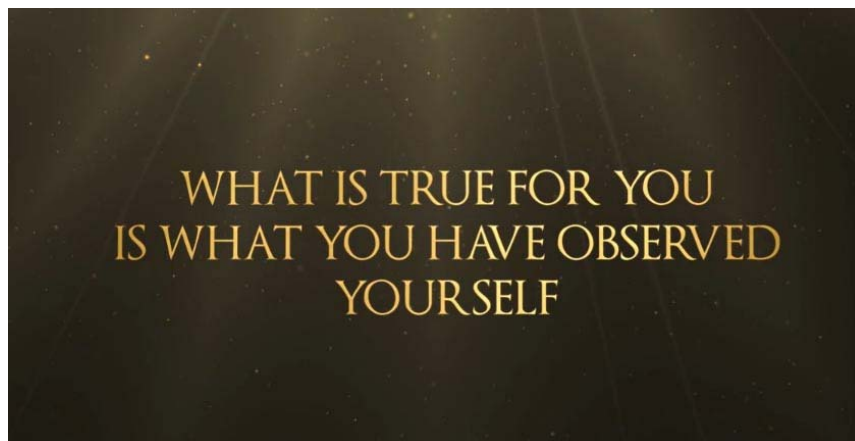
He then counter-created sanity against insanity.

CREATION IN THIS WORK may be thought to exclude God. We are here considering only those things which man or man as a spirit can make or manufacture or think. The subject of WHO or WHAT is doing the creation does not invalidate the cycle. This is a work on the subject of the mind, not a work on the subject of the Supreme Being.

LYING is the lowest order of creativity.

There are many tests for these principles in SCIENTOLOGY. Such tests come under the heading of PROCESSING .

~oo00oo~



## 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.

(If you are undergoing any major auditing action check with your auditor or C/S before doing these drills)

~oo00oo~

# THE BRIDGE TO TOTAL FREEDOM

## SCIENTOLOGY CLASSIFICATION GRADATION AND AWARENESS CHART OF LEVELS AND CERTIFICATES

TRAINING					PROCESSING				
Auditor's Class	Certificate	Course	Prerequisites	Notes	Class of Auditor	When Taken	Where Taken	Ability	Additional processing services that may be done at various points on The Bridge
<b>Class XII Auditor</b>	Class XII Certificate	Class XII Course	Class XII Prerequisites	Class XII Notes	Class XII Auditor	Class XII When Taken	Class XII Where Taken	Class XII Ability	<b>OT XV</b>
<b>Class XI Auditor</b>	Class XI Certificate	Class XI Course	Class XI Prerequisites	Class XI Notes	Class XI Auditor	Class XI When Taken	Class XI Where Taken	Class XI Ability	<b>OT XIV</b>
<b>Class X Auditor</b>	Class X Certificate	Class X Course	Class X Prerequisites	Class X Notes	Class X Auditor	Class X When Taken	Class X Where Taken	Class X Ability	<b>OT XIII</b>
<b>Class IX Auditor</b>	Class IX Certificate	Class IX Course	Class IX Prerequisites	Class IX Notes	Class IX Auditor	Class IX When Taken	Class IX Where Taken	Class IX Ability	<b>OT XII</b>
<b>Class VIII Auditor</b>	Class VIII Certificate	Class VIII Course	Class VIII Prerequisites	Class VIII Notes	Class VIII Auditor	Class VIII When Taken	Class VIII Where Taken	Class VIII Ability	<b>OT XI</b>
<b>Class VII Auditor</b>	Class VII Certificate	Class VII Course	Class VII Prerequisites	Class VII Notes	Class VII Auditor	Class VII When Taken	Class VII Where Taken	Class VII Ability	<b>OT X</b>
<b>Class VI Auditor</b>	Class VI Certificate	Class VI Course	Class VI Prerequisites	Class VI Notes	Class VI Auditor	Class VI When Taken	Class VI Where Taken	Class VI Ability	<b>OT IX</b>
<b>Class V Auditor</b>	Class V Certificate	Class V Course	Class V Prerequisites	Class V Notes	Class V Auditor	Class V When Taken	Class V Where Taken	Class V Ability	<b>OT VIII</b>
<b>Class IV Auditor</b>	Class IV Certificate	Class IV Course	Class IV Prerequisites	Class IV Notes	Class IV Auditor	Class IV When Taken	Class IV Where Taken	Class IV Ability	<b>OT VII</b>
<b>Class III Auditor</b>	Class III Certificate	Class III Course	Class III Prerequisites	Class III Notes	Class III Auditor	Class III When Taken	Class III Where Taken	Class III Ability	<b>OT VI</b>
<b>Class II Auditor</b>	Class II Certificate	Class II Course	Class II Prerequisites	Class II Notes	Class II Auditor	Class II When Taken	Class II Where Taken	Class II Ability	<b>OT V</b>
<b>Class I Auditor</b>	Class I Certificate	Class I Course	Class I Prerequisites	Class I Notes	Class I Auditor	Class I When Taken	Class I Where Taken	Class I Ability	<b>OT IV</b>
<b>Not Classed</b>									<b>OT III</b>
<b>Not Classed</b>									<b>OT II</b>
<b>Not Classed</b>									<b>OT I</b>
<b>Not Classed</b>									<b>OT Eligibility</b>
<b>Not Classed</b>									<b>Solo Course</b>
<b>Not Classed</b>									<b>OT Preparations</b>
<b>Not Classed</b>									<b>Solo Course</b>
<b>Not Classed</b>									<b>Sunshine Rounddown</b>
<b>Not Classed</b>									<b>CLEAR</b>
<b>Not Classed</b>									<b>Expanded Dianetics</b>
<b>Not Classed</b>									<b>New Era Dianetics (NET)</b>
<b>Not Classed</b>									<b>Grade IV</b>
<b>Not Classed</b>									<b>Grade III</b>
<b>Not Classed</b>									<b>Grade II</b>
<b>Not Classed</b>									<b>Grade I</b>
<b>Not Classed</b>									<b>Grade 0</b>
<b>Not Classed</b>									<b>ARC Straightaway</b>
<b>Not Classed</b>									<b>Happiness Rounddown</b>
<b>Not Classed</b>									<b>Purification Rounddown</b>

**How to Use This Chart**

The chart is an aid to help you understand the various levels of training and processing. It is not a guarantee of success. The chart is a guide to help you understand the various levels of training and processing. It is not a guarantee of success. The chart is a guide to help you understand the various levels of training and processing. It is not a guarantee of success.

**Definitions**

**ARC Straightaway:** A person who has completed the ARC Straightaway course and is eligible for the ARC Straightaway course.

**Happiness Rounddown:** A person who has completed the Happiness Rounddown course and is eligible for the Happiness Rounddown course.

**Purification Rounddown:** A person who has completed the Purification Rounddown course and is eligible for the Purification Rounddown course.

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

**L12: Flag OT Executive Rounddown**

**L11: New Life Rounddown**

**L10: Rounddown**

**Super Power**

**Cause Resurgence Rounddown**

**Flag Only Rounddown**

**Special Rounddowns and Actions**

**False Purpose Rounddown**

**Constitutional**

**Happiness Rounddown**

**PTS Rounddown**

**Method One Word Clearing**

**Therapeutic TR Course**

**Co-audit Courses**



## Expanded Know to Mystery Scale

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

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

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

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

## PERSONAL INTEGRITY

WHAT IS TRUE FOR YOU is what you have observed yourself  
And when you lose that you have lost everything.

What is personal integrity?  
Personal integrity is knowing what you know-  
What you know is what you know-  
And to have the courage to know and say what you have observed.  
And that is integrity  
And there is no other integrity.

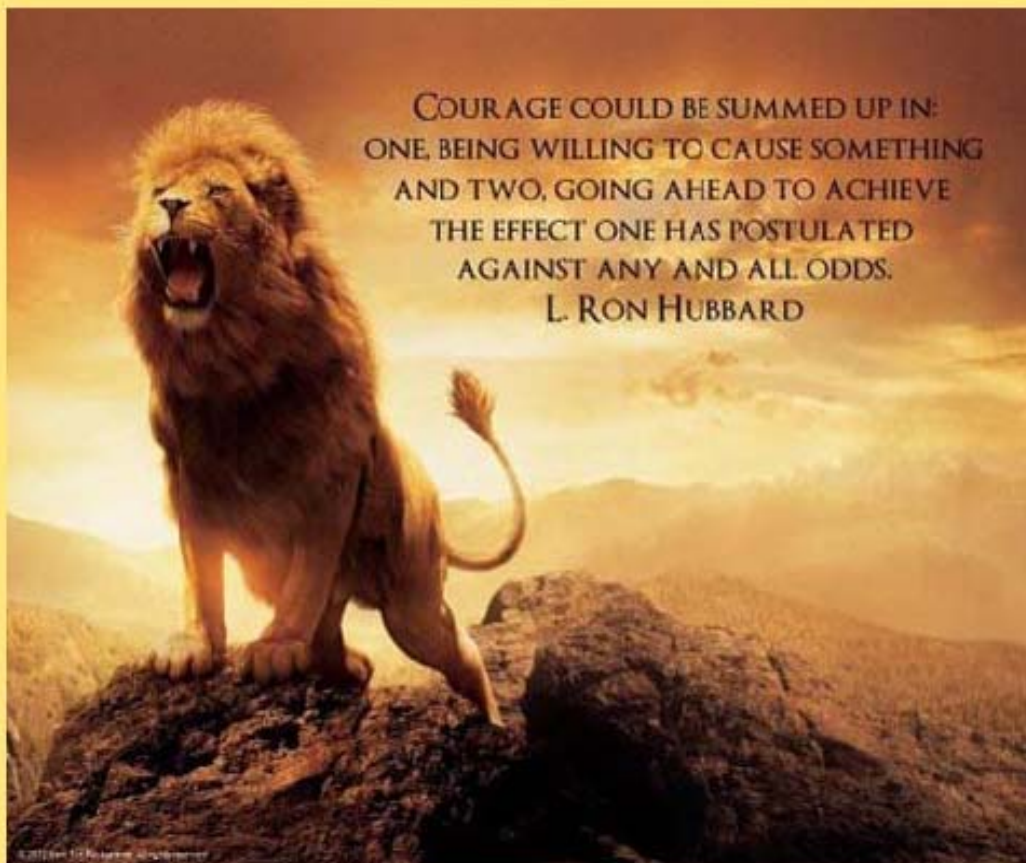
Of course we can talk about honor, truth, all these things,  
The esoteric terms.  
But I think they'd all be covered very well  
If what we really observed was what we observed,  
That we took care to observe what we were observing,  
That we always observed to observe.

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

Nothing in Dianetics and Scientology is true for you  
Unless you have observed it  
And it is true according to your observation.  
That is all.

L. Ron Hubbard

# Group Starter Kit for Scientologists



## A Handbook for Field Scientologists Starting up a Group

Published by The Association of Professional Independent Scientologists.

**Get your Free Group Starter Kit today!**

<http://independent-scientologists-association.net/start-a-group.shtml>

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**Quote from  
L. Ron Hubbard**

## **THE CODE OF HONOUR**

1. Never desert a comrade in need, in danger or in trouble.
2. Never withdraw allegiance once granted.
3. Never desert a group to which you owe your support.
4. Never disparage yourself or minimize your strength or power.
5. Never need praise, approval or sympathy.
6. Never compromise with your own reality.
7. Never permit your affinity to be alloyed.
8. Do not give or receive communication unless you yourself desire it.
9. Your self-determinism and your honour are more important than your immediate life.
10. Your integrity to yourself is more important than your body.
11. Never regret yesterday. Life is in you today, and you make your tomorrow.
12. Never fear to hurt another in a just cause.
13. Don't desire to be liked or admired.
14. Be your own adviser, keep your own counsel and select your own decisions.
15. Be true to your own goals.

## Daily do list from Ron

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

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

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

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



***Join The Association  
of Professional Independent  
Scientologists today and  
make a difference to your life!***

**[http://independent-scientologists-  
association.net](http://independent-scientologists-association.net)**

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

by L. Ron Hubbard

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

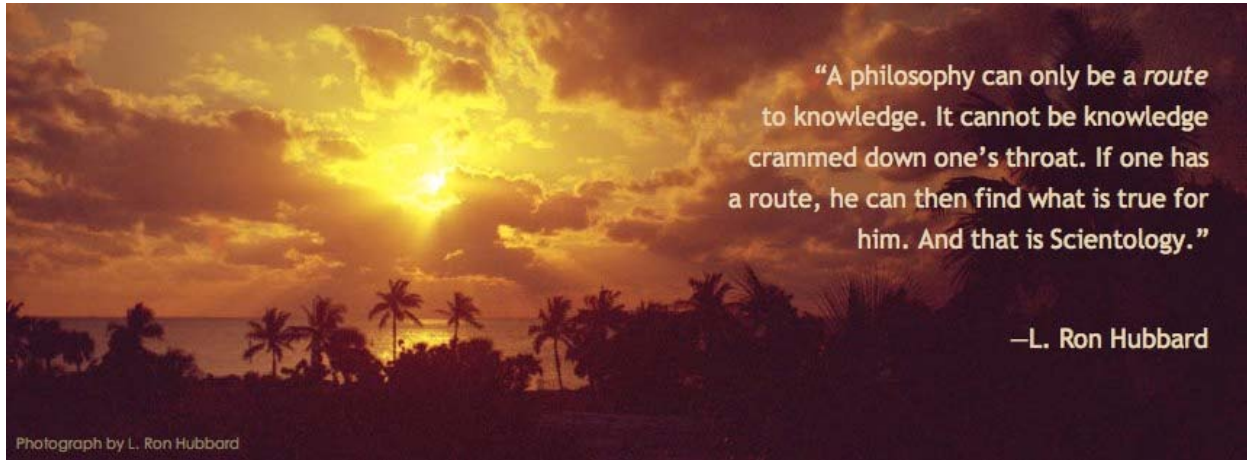
You've been able to do this in recent times. It baffles you sometimes when a piece of MEST does not instantly and immediately obey, but it's simply a matter of intention.

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

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

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

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