

# FREE THETAN

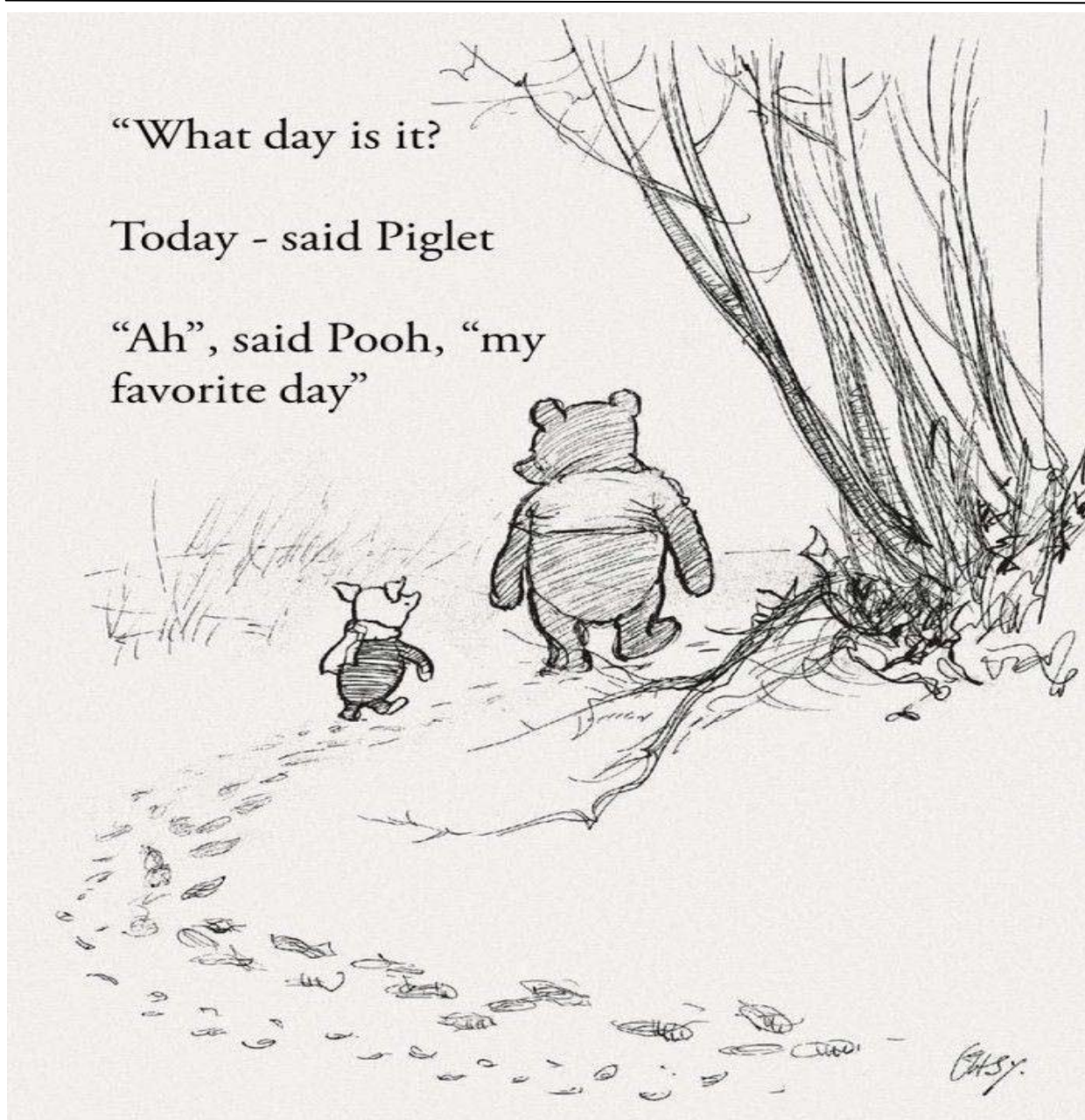
NEWSLETTER OF THE ASSOCIATION OF  
PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

*Preserve, Protect & Promote*



April 2020

Volume 11 Issue 4



When we say that somebody should be in present time we mean he should be in communication with his environment. We mean, further, that he should be in communication with his environment as it exists, not as it existed.

-DIANETICS '55

# FREE THETAN

## NEWSLETTER OF THE ASSOCIATION OF PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

*Preserve, Protect & Promote*

**FREE THETAN**  
**Volume 11 Issue 4 April 2020**

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### Important

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

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

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

~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,

Occasionally it is good to go back to the basics and review them. Often they get overlooked in the rush and hectic lifestyle we often lead.

So time spent going over the basics can yield some interesting insights in today's world. All the basic principles that LRH wrote about all those years ago are just as relevant today as they were then, because they **are** basic principles on how the Being and this universe operates.

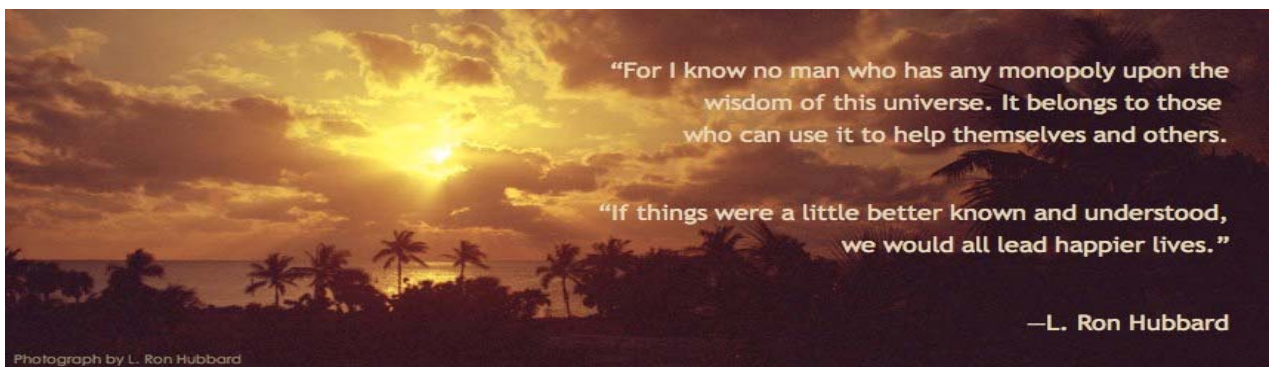
That never changes.

Until next time

Much 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

#### South East

Southern Cal tech Team

#### Standard LRH Bridge

Training, Auditing & C/Sing Specializing in OT and NOTs levels  
[scttservices@gmail.com](mailto:scttservices@gmail.com)

#### Los Angeles, California

Trey Lotz Class VIII

Delivers: Standard LRH Bridge up to Clear, OT

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

Ingrid Smith

From Life repair to OT4

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

### Scotland

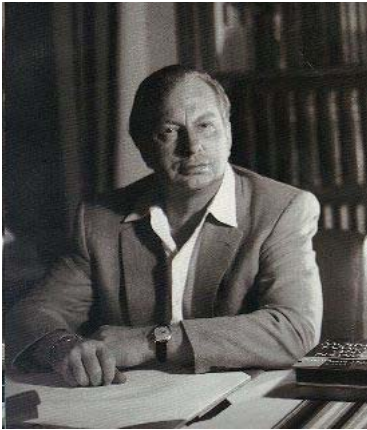
Ken Urquhart. Class IV Advance Courses Specialist. Class IX

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

[Ken Urquharturq@verizon.net](mailto: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~



## Introduction to Scientology

Scientology is different than any other Earth organization of information or knowledge to date. The word “science” as you know is a simple word meaning merely “truth”.

Scientology means *knowing*, “Scio” (Latin), but “Scio” means something quite interesting. It doesn’t mean just knowing—it means *knowing in the fullest sense of the word*. Scientology is an aim at total know.

People have a great deal of difficulty describing Scientology to other people, for the excellent reason that they try to fit it into a frame of reference with other “knows”. They say, “Well then it’s like something or other”. Well, there have not been any other total “knows”.

As far as the basic attempt is concerned, there has been only one organisation of knowledge on earth which has had a similar goal—which is the goal of Total Freedom, being able to get out of the trap of confusion, being able to back up and take a look at it all, and that was Buddhism, practically 2500 years ago. Unfortunately Buddhism isn’t adequate as a comparable datum to Scientology because the Western World hasn’t a clue as to what Buddhism is all about, and we should understand that we’re embarked upon something that hasn’t been embarked upon for 2500 years. It isn’t that what we’re doing is as important as Buddhism. It isn’t that Buddhism is as important as Scientology. But both of them attempted to select out the important things—a selection of the importance’s of life, and to fill Man’s void of knowing with accurate observation.

Scientology is a practical, every-day philosophy—a technology of the human spirit.

Through Scientology, Man has the means to better himself, increase his abilities and raise his IQ. Scientology evolved from Dianetics. Dianetics and its goals are outlined in *Dianetics, the Modern Science of Mental Health*, published on May 9th, 1950. Subsequently read by over one and a half million Americans and published abroad, this material occasions a great deal of interest because, primarily, it poses the hope to Man that he can disentrap himself from some of the difficulties in which he finds himself. It delineates certain phenomena of the mind which, when dealt with, brings about a considerable return of ability to the individual. It states in *Dianetics, the Modern Science of Mental Health* that after we had established the foundation, after we had put Dianetics into operation at least to some degree in the society, we would go on and investigate the origin and destination of Life, and the various problems that life itself as life is facing. So, Scientology began.

Scientology addresses Man the Spirit, not Man the Machine. As long as we address the spirit, as long as we return to the individual some belief and faith in himself, he gets better, brighter, his IQ. goes up, his ability to handle things gets better, he gets more powerful, more persistent and he becomes kinder and more merciful, more tolerant, less critical. If we start treating the Machine we get a patched up broken leg.

The spirit of Man has gotten so little acknowledgment and there’s been so much acknowledgment to the individual as a body, that people have begun to feel safe in the destruction of bodies

because all a body can do is hit or fire a gun. What feeling of guilt could you possibly get? None. So we get a lessening of a feeling of moral responsibility.



Unless some few of us become active and thoughtful in the direction of a practical religion and technology of the spirit, and revive some feeling, some height, some decency, this planet will be as bald as a billiard ball. And this is a good playground. The back history of this place was destruction and more destruction and more destruction as far as this planet is concerned with less building and less building and less building. Until we get today where we can deliver the big punch to end it all. It never occurs to anybody that there might be some few amongst us who didn't feel it necessary to end it all. It is to those few that Scientology is appealing.

L. Ron Hubbard

Dianetics: The Evolution of a Science.

1967

~oo0oo~

	<h2>A TRIBUTE TO MARY SUE HUBBARD</h2>	
<p><i>Wife of L. Ron Hubbard</i></p>		
<p><i>Remembered with Respect and Honor</i></p>		



"I have lived no cloistered life and hold in contempt the wise man who has not **lived** and the scholar who will not share.

"There have been many wiser men than I, but few have traveled as much road.

"I have seen life from the top down and the bottom up. I know how it looks both ways. And I know there **is** wisdom and there is hope."

- L. Ron Hubbard

# BASIC PRINCIPLES

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 no 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 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 .

L. Ron Hubbard

Fundamentals of Thought

~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

## FREE THETA

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\*REALITY IS THE AGREED UPON APPEARANCE OF EXISTENCE\*

SCIENTOLOGY 8-8008  
Lafayette Ron Hubbard



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# Wins and Successes in the Scientology Independent Field

## TRAINING

I have been doing several actions simultaneously at Life Training Center:

Student Auditing

Finishing NED auditor training

Admin TR's

Honestly, I have been having some difficulty with all 3. I have a very good coach on Admin TR's (Mike). Finally, something he said while coaching took hold on me. It had to do with me arriving and had to do with my intention. I had a cognition and a breakthrough. I believe I finally arrived and got my intention in. After that, I quickly passed the particular drill we were on. There is a bit more: I also read and reread "The Supreme Test" and another one from New Slant on Life about "Happiness and Interest". All of the sudden my TR's improved, my interest in my course, my PC, my Admin TR's, and life in general got better. My Supervisor started noticing the difference, my commands were more crisp, etc., etc. Thank-you Ingrid, Carolyn, and Mike for being patient with me. Thank-you LRH.

## AUDITING

### Grade II

This grade has been a truly beautiful experience. It hasn't always been easy and this journey has challenged me the most thus far but it has also enlightened my life that much more. I've spotted decisions and counter intentions I made long ago on the track that were not serving me and by as-ising them I've noticed improvements in many areas of my life. I feel my space is more clean and I can confront others, regardless if I share their reality or not, which is something I couldn't imagine doing before. I listen rather than make people wrong off the bat, which I realize was a defensive mechanism to others making me wrong, my fixed ideas and many many many withholds. However, two wrongs don't make a right, improving ARC and putting your ethics in does. I feel a bit more like myself, slightly more in tune with my purpose for being here. I have a ways to go to increase my responsibility but I am here to confront and put the pieces back together one by one. I feel that the bridge is the best thing one can do for themselves and for the sake of every thetan on this planet. Now is the time to commandeer this ship in a more sane di-



rection and not merely survive, but thrive! And play better games LOL. I hope everyone will experience the wins that are to be had from Grade 2 and more. This is only the beginning.

### **SOLO NOTs Training**

I highly appreciate the training I've received. The professionalism and attention to detail is what I expected and it was more than that!! We went thoroughly through the materials, drilled and what I found out at the end of this was the complexity was gone and the marvel of Solo NOTs auditing was revealed to me. I'm SO happy I did this!! I've set my feet on the path and I'm walking it! Thanks to the genius of LRH and a special thank you to Ingrid for her caring guidance!

### **OT V NOTs**

How completely amazing this auditing level is to me. What I find most amazing about it is that you start on a journey of undoing the tangled web of this universe. Like a magician you pull on a tangled ball of string and it unravels and like magic it straightens out and the tangled mess is GONE!!! It's like being in a dark cave that you didn't even know you were in and you start backing out, backing out until you're in the light and then realize "How the heck did I get in there in the first place??" It's a journey of getting to the source of all things and then starting a new journey, but, this time smarter and wiser. Happy is he who gets on this trail!!

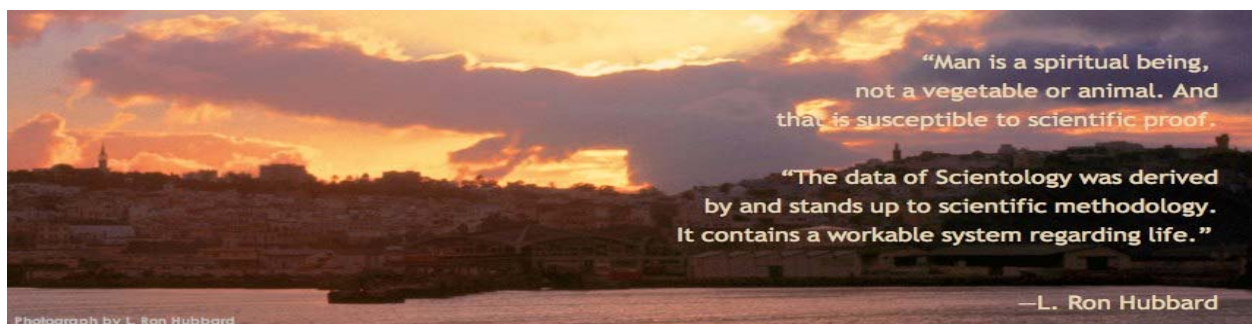
### **NOTs**

On the simple side, my havingness is out the roof and the freedom I experience is at all time highs. And my universe is a happy and unencumbered place. A real milestone is that as a being I know I won't get any worse. Much more profound than the end result of ARC SW - more that I've ended the long long whole track spiral down and have turned up with steady, stable progress. I continue to study as well and Ron knew of much OT data and phenomena in the early 50s - how, I do not know. I'm able to duplicate basic principles, axioms and data without barriers and I feel I'm reading the secrets of the universe, which in truth I am.

A curious phenomenon recently is that I've encountered complete strangers on the street in NYC (there are plenty of them) who give me an almost admiring smile and a friendly and familiar hello. With no reach from me I might add. Men and women, young and old. Before, this rarely happened and when it happened 3 times in the space of a few hours and again over a few days I knew something was up. Having looked it over, I attribute this to a shift in my beingness and presence. I could tell you about paying visits to check in on people, like my 4 year old friend, who I hadn't seen in a few weeks: her telling her grandmother "I had a dream that I wanted to visit Tom." - she didn't have the words to say I popped in to see her. Or creating effects at a distance like the waiter dropping the tray of dishes at the precise instant a friend and I said "now" (we were discussing the ability to create effects at a distance) and other parlor tricks as LRH calls them. Or with the ability to imbue aesthetics into my surroundings to where the ambulance sirens sound like opera.

But the important thing to me is the recovery of my own true beingness and becoming more cause over life and what I choose to do with the newfound abilities. And by the way, if the past is any prediction of the future, this all changes in a week or two as I'll be viewing new vistas and engaging in new adventures and playing with new abilities that I barely know I have and haven't exercised in a long long time. And finally, there is no way to navigate these new realms without LRHs direction and genius.

~oo0oo~



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# THE CONDITIONS OF EXISTENCE

There are three conditions (circumstances, qualities) of existence (apparency, reality, livingness).

These three conditions comprise (make up,

constitute) life.

They are BE, DO and HAVE.

THE CONDITION OF BEING IS defined as the assumption (choosing) of a category of identity. It could be said to be the role in a game and an example of beingness could be one's own name. Another example would be one's profession. Another example would be one's physical characteristics. Each or all of these things could be called one's *beingness*. Beingness is assumed by oneself or given to one's self, or is attained. For example, in the playing of a game each player has his own beingness.

THE SECOND CONDITION OF EXISTENCE IS DOING. By doing we mean action, function, accomplishment, the attainment of goals, the fulfilling of purpose, or any change of position in space.

THE THIRD CONDITION IS HAVINGNESS. By havingness we mean owning, possessing, being capable of commanding, positioning, taking charge of objects, energies or spaces.

The essential definition of *having is* to be able to touch or permeate or to direct the disposition of.

The game of life demands that one assume a beingness in order to accomplish a doingness in the direction of havingness.

These three conditions are given in an order of seniority (importance) where life is concerned. The ability to be is more important than the ability to do. The ability to do is more important than the ability to have. In most people all three conditions are sufficiently confused (chaotic, baffling) that they are best understood in reverse order. When one has clarified (brought order into) the idea of possession or havingness, one can then proceed to clarify doingness for general activity, and when this is done one understands beingness or identity.

It is an essential to a successful existence that each of these three conditions be clarified and understood. The ability to assume or to grant (give, allow) beingness is probably the highest of human virtues. It is even more important to be able to permit (allow) other people to have beingness than to be able oneself to assume it.

*Beingness = Identity*

If you ask an Auditor how these work in processing, he will tell you that there is a specialized form of each of these conditions. The Auditing form of Beingness is Identity. To achieve a betterment of beingness and the granting of beingness, the Auditor remedies with processing the scarcity of identities of the preclear. The preclear is often found in valences (other identities): his father's or mother's or marital partner's or any or all of thousands of possible people. He is unable to achieve or obtain (he

thinks) enough identity or an identity of his own. He decries or criticizes the identities of others (fails to grant beingness to them) .

He himself cannot obtain enough identity to feel he has an identity. Identity is so scarce that it's too valuable. Nobody must have one. To be with such a person is therefore an uncomfortable experience since he does not credit our identity—does not grant us beingness. The “cure” for this is elementary. Let us say he is obviously in father's valence (identity). He got into father's valence when he found he could get no attention from mother. Observing that father got some of her attention, he took father's identity. However, let us say he didn't like father. The Auditor finds him hating “himself”. “Himself” is really father.

A clever Auditor (see section under Processing) would see that while he was in father's valence, it was really mother's attention that was sought. The Auditor does not inform his preclear of such a finding. He asks the preclear to lie about (lowest form of creativity) identities which would attract mother's attention. Then, when the preclear can do this, the Auditor would have him invent identities which would attract mother's attention.

Suddenly the preclear would be no longer in father's valence. However, he would have been not only in father's but also in mother's valence so the same process would have to be done on father. “Lie about,” the Auditor would say, “identities which would attract father's attention,” then “invent one,” until the preclear had many and would no longer be in mother's valence.

Solving father and mother valences is fundamental, since most people are somewhat “in them” or revolted from them. But people can be “stuck” in all sorts of identities, even bedposts when humans are too valuable to be used.

The rule is that the more a person is “stuck” in a valence or identity, the fewer he conceives to exist. And the harder he thinks it is to get attention. Thus he can become exhibitionistic (displaying himself too thoroughly, being too much *there* at all times) or he can become dispersed (hiding himself, being vague, *not there* most of the time).

People err, in identity, in being too apparent or too little apparent. The remedy of either is the remedy of their scarcity of identity.

### *Identity and Attention*

One “needs” an identity to play the game, as covered later, but mainly to “get attention”.

A being looks at things. To balance the flow of his attention, he feels he must also be looked at. Thus he becomes attention-hungry. Unlike yellow and brown people, the white does not usually believe he can get attention from matter or objects. The yellow and brown believe for the most part (and it is all a matter of consideration) that rocks, trees, walls, etc., can give them attention. The white man seldom believes this and so is likely to become anxious about people. Thus the white saves people, prevents famine, flood, disease and revolution *for people* as the *only* purveyors of attention are scarce. The white goes further. He often believes he can get attention only from whites and that yellow and brown peoples' attention is worthless. Thus the yellow and brown races are not very progressive, but, by and large, saner. And the white race is progressive but more frantic.

The yellow and brown races do not understand white concern for “bad conditions” since what are a few million dead men? There are *plenty* of identities and there is plenty of attention, they think. The white can't understand them. Nor can they understand the white.

Attention and Identity form a group of two. Attention makes space. Identity closes space.

Attention is a method of knowing. Inattention is a method of not-knowing.

Identity is a method of making known. Lack of identity is a method of making unknown.

### *Valences*

The whole study of valences is a fascinating one. A valence is defined as “a false identity assumed unwittingly”. An identity is modified by valences. People who can be nobody may try to be everybody. People who are seeking a way out of scarcity of identity may become fixed in false valences. Nations can become fixed in valences of countries they have conquered in war, etc., etc.

A rule is that a person assumes the identity of that which gets attention. Another rule is that the person assumes the identity of that which makes him fail (for he gave it *his* attention, didn't he?)

There is a basic personality, a person's *own* identity. He colors or drowns this with valences as he loses or wins in life. He can be dug up.

### *Do =Effect*

Doing can be defined as the action of creating an effect. An effect in creation is action.

An Auditor, processing a preclear, would always use “effect processes” to increase doingness.

“What effect could you create on father?” would be a typical Auditor question.

If a preclear is fixated by books, a machine, a tool or a person, the Auditor asks him to lie about, then invent effects he could create upon it. At first the preclear may be able to think of none. Then as the process is continued he may become wildly imaginative or even cruel.

Further running will bring the preclear into a more comfortable frame of mind. Criminals or maniacs are people who are frantically attempting to create an effect long after they know they cannot. They cannot then create decent effects, only violent effects. Neither can they work (do). Despair of creating an effect brings about aberration and irrational conduct. It also brings about laziness and carelessness.

Command of attention is necessary to creating an effect. Therefore when one conceives he cannot easily get attention, he seeks to create stronger effects. He creates effects to get attention. He gets attention to create effects.

As in Axiom 10 (given later), the creation of an effect is the highest purpose in this universe. Thus when one cannot create effects, he has no purpose. And thus it works out in Life. It may be all right to be a stern and unrelenting superior or parent, but such create laziness and criminals. If one cannot have an effect created upon one. (and one is known to another), very definitely harmful results will ensue.

As one believes he creates the *least* effect upon unconscious or dead people, these, as in hospitals or China, become the subject of much aberrated activity. “What effect could you create on an unconscious person (or a dead person)?” asked over and over by an Auditor obtains some astonishing results.

An artist stops his work when he believes he can no longer create an effect.

A person actually dies for lack of being able to create an effect.

BUT security often depends on being able to create *no* effect.

The whole subject of survival is bound up in no-effect. Obviously those things on which no-effect can be made, survive.

If one is anxious about survival (a foolish thing, for he can't do anything else) he becomes anxious to have about him things which resist all effects. But as his only anxiety is about the survival of a *valence* or identity, remedy of the scarcity of these can resolve the matter.

A n o t h e r c y c l e o f a c t i o n, c o n t a i n i n g a l s o t h e c l a s s e s o f e f f e c t s,  
i s

START-CHANGE-and-STOP. This is the definition of control.



*Havingness*

As there must be a playing field (see Chapter Twelve) for a game to be held, so there must be havingness. One must be able to possess.

There are millions of methods of possession in life. The obvious one becomes overlooked. If one can see a thing he can have it—if he thinks he can. The degree to which one can live is the degree to which one can own. To own is not to label or cart away. To own is to be able to see or touch or occupy.

One loses to the degree he is forbidden to have. But to play a game one must be able to believe he can't have.

*Effect and Have*

Effect and Have form a pair like Attention and Identity. An effect should be on or against something. Thus havingness. If one's attention never meets anything he doesn't always like it. Thus he wants objects.

Effect makes distance. Have shortens distance.

*Problems*

Man or any life form in this universe seems to love problems. A problem is more important than freedom. Problems keep up interest. When a man *has* a problem very thoroughly and can't solve it, he really has too few problems. He needs more.

The insanity among the idle is a matter of problem scarcity.

A problem is defined as two or more purposes in opposition. Or Intention versus Intention.

Out of the conditions of existence above can come many complex problems.

If a man had *all* the attention in the world he would be unhappy. If he had all the identities possible, he would still be unhappy. If he could blow up Earth or create any other huge effect he wanted without limit, he would be miserable (or insane). If he could own *everything* everywhere he would be dulled to apathy. Or so it seems. For these conditions of existence are all subordinate to the need of problems, by current Scientology reasoning and results.

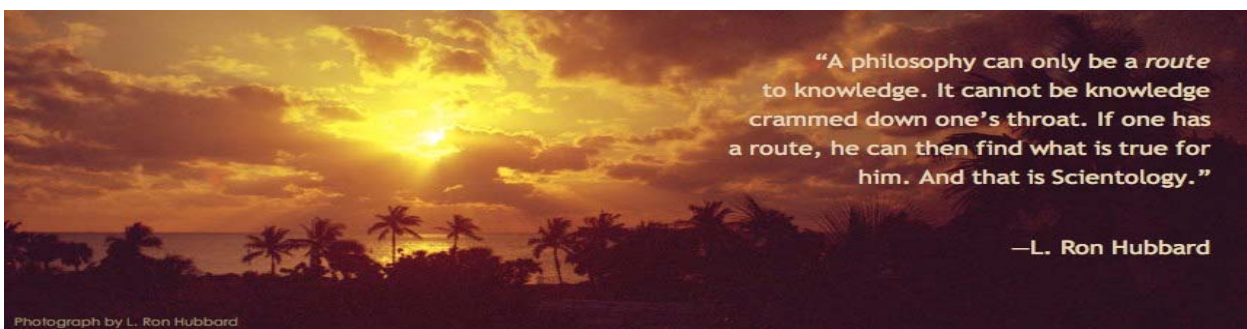
Thus to have a person lie about problems or invent problems of the same size as the ones he has, or the valences he is in, or to invent data of the same or different size as the one he is fixed upon is to make a well man.


Probably the problem is the antidote to unconsciousness. It is certainly the antidote for boredom. But in making up the problems of life he consults the conditions of existence: Be, Do, Have and their necessary partner in every case, Attention.

L. Ron Hubbard

Fundamentals of Thought

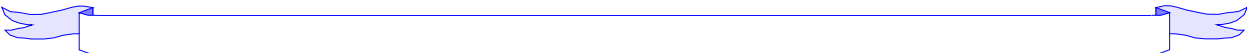
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***Quote from  
L. Ron Hubbard***

## **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.
- 

## **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.

~oo0oo~

## 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.

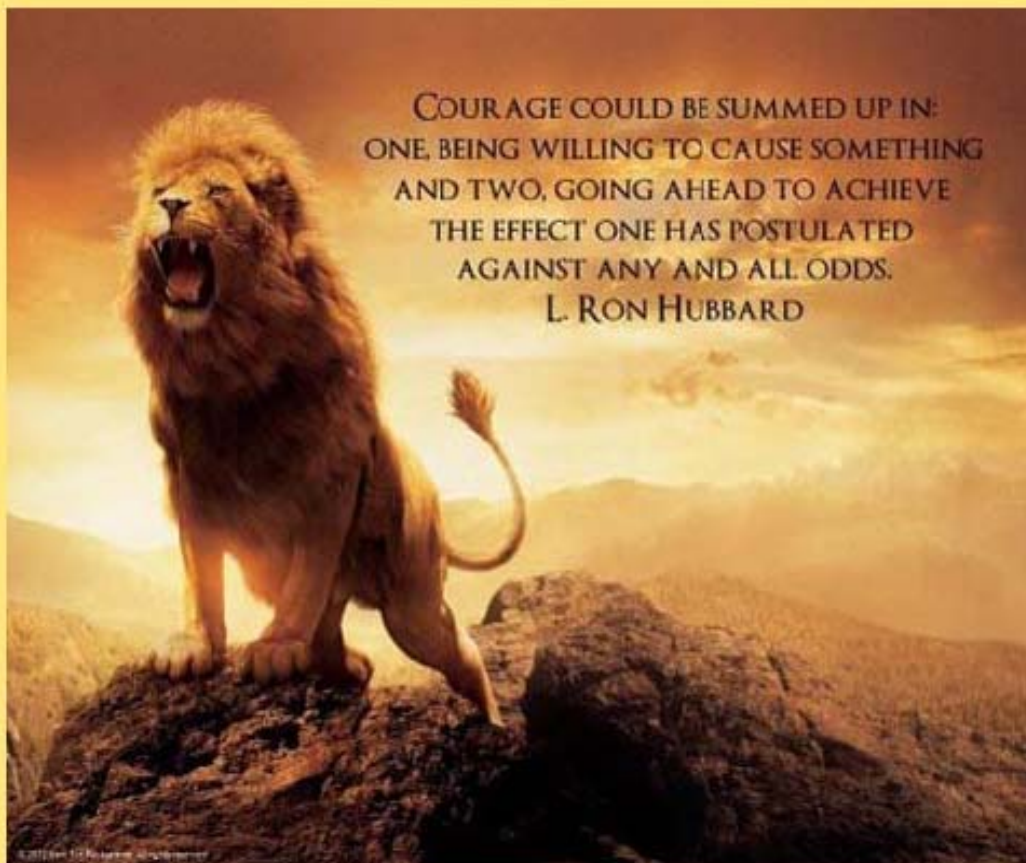
Of course we can talk about honor, truth, all these things,  
The esoteric terms.  
But I think they'd all be covered very well  
If what we really observed was what we observed,  
That we took care to observe what we were observing,  
That we always observed to observe.

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



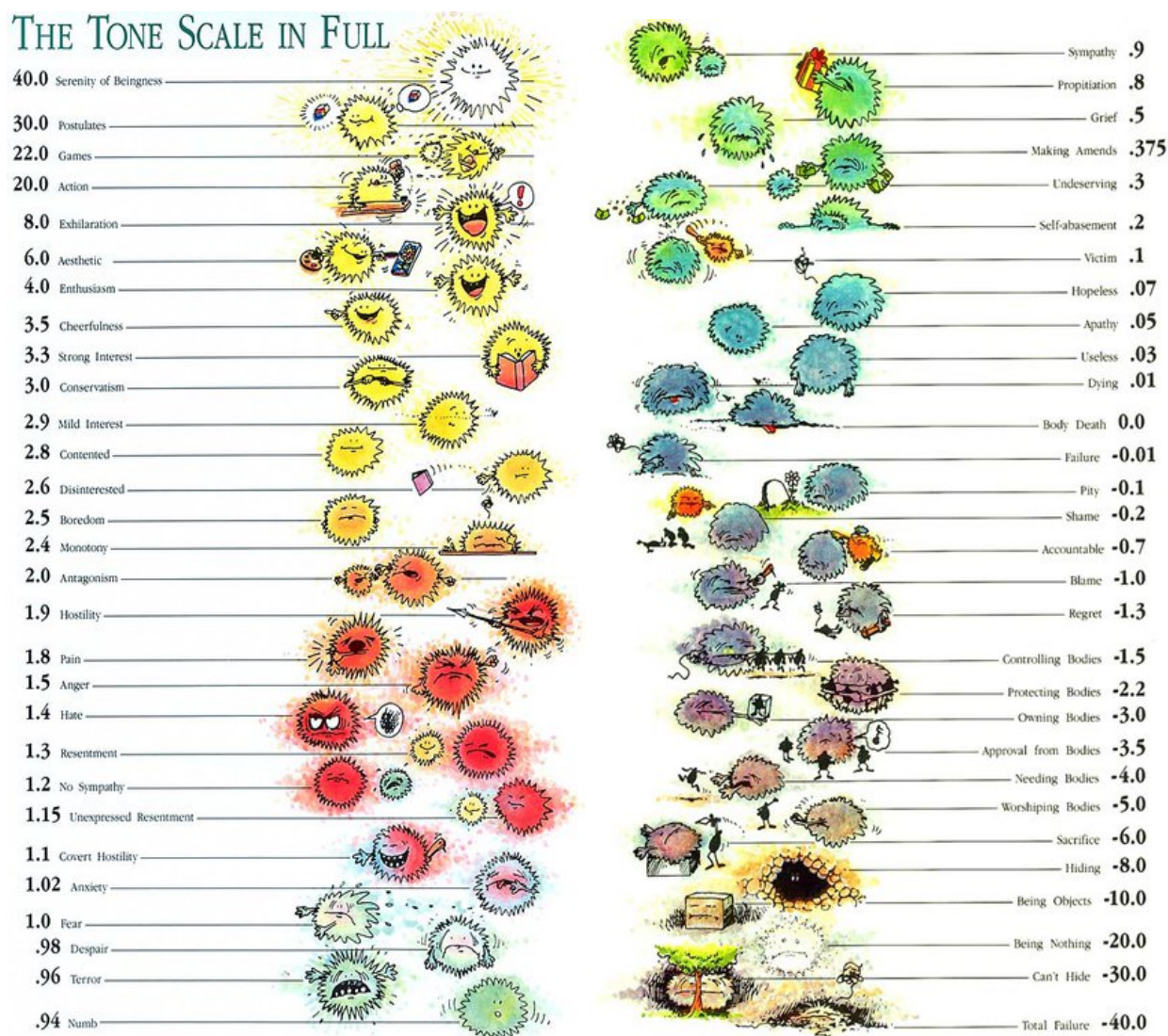
## A Handbook for Field Scientologists Starting up a Group

Published by The Association of Professional Independent Scientologists.

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

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

# 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

## Daily do list from Ron

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

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

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

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



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**[http://independent-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.

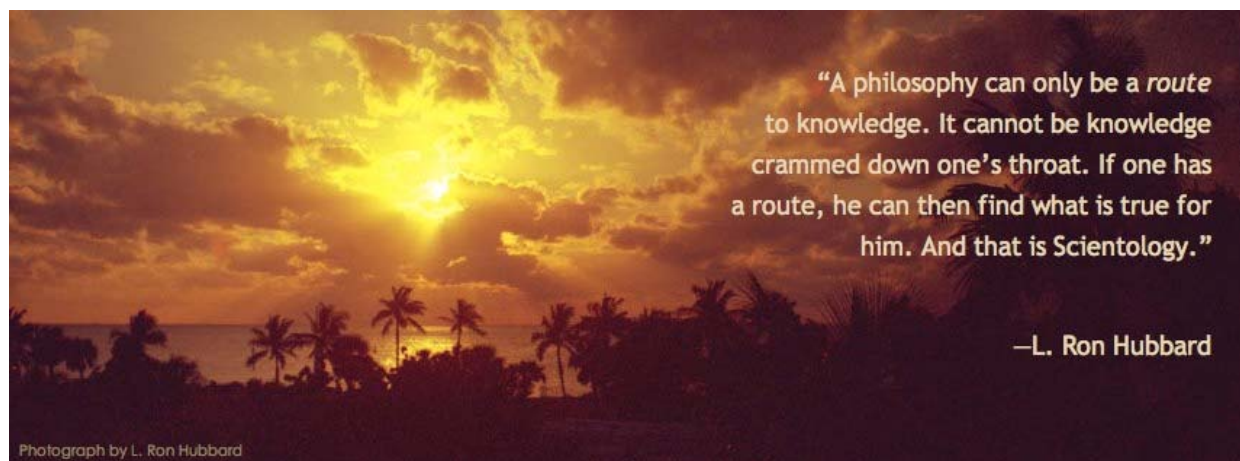
You've been able to do this in recent times. It baffles you sometimes when a piece of MEST does not instantly and immediately obey, but it's simply a matter of intention.

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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