



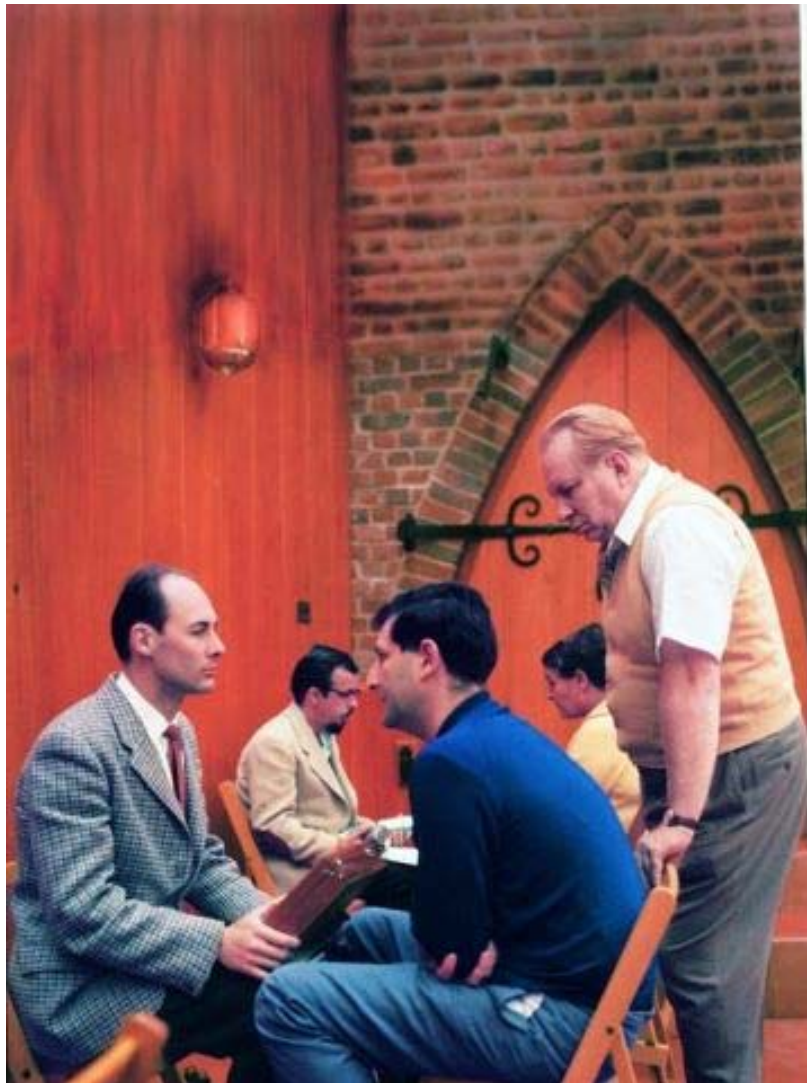
# FREE THETAN

NEWSLETTER OF THE ASSOCIATION OF  
PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

*Preserve, Protect & Promote*

October 2013

Volume 4 Issue 10



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# FREE THETAN

## NEWSLETTER OF THE NEWSLETTER OF THE ASSOCIATION OF PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

**FREE THETAN**  
**Volume 4 Issue 10 October 2013**

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~oo0oo~

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

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

### **Important Note**

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

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

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

~oo00oo~

### **The Purposes of the Association of Professional Independent Scientologists**

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

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

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

**Join us Today!**

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

Picture on front page anon

~ Editorial ~



reservo, servo, proveho

**Dear Reader,**

Auditing is very nice and clears away much of the trauma a person may have experienced in their life, but it is training that makes the gains last!

Training is knowledge. Training increases ability. How we got here in the first place, how the bank and the mind work and, importantly, how we can ensure the past is not repeated.

It is training that assures our abilities are retained. It is training that assures the past is not repeated and it is training that assures we have a future.

And it is the future were are moving towards.

How we train and what we train on is what is going to assure our future.

Until next time.

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

<b>The FREE THETA</b>	The Members Quarterly Journal of the	
	Association of professional Independent Scientist	
	<i>Preserve, Protect &amp; Promote</i>	
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		reservo, servo, proveho

## *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~





## WHAT IS GREATNESS?

L. Ron Hubbard

**T**he hardest task one can have is to continue to love one's fellows despite all reasons he should not.

And the true sign of sanity and greatness is to so continue.

For the one who can achieve this, there is abundant hope. For those who cannot, there is only sorrow, hatred and despair, and these are not the things of which greatness or sanity or happiness are made.

A primary trap is to succumb to invitations to hate. There are those who appoint one their executioners. Sometimes for the sake of the safety of others, it is necessary to act, but it is not necessary also to hate them.

To do one's task without becoming furious at others who seek to prevent one is a

mark of greatness—and sanity. And only then can one be happy.

Seeking to achieve any single desirable quality in life is a noble thing. The one most difficult and most necessary to achieve is to love one's fellows despite all invitations to do otherwise.

If there is any saintly quality, it is not to forgive. "Forgiveness" is a much lower level action and is rather censorious.

True greatness merely refuses to change in the face of bad actions against one—and a truly great person loves his fellows because he understands them.

After all, they are all in the same trap. Some are oblivious of it, some have gone mad because of it, some act like those who betrayed them. But all, all are in the same trap—the generals, the street sweepers, the presidents, the insane. They act the way they do because they are all subject to the same cruel pressures

of this universe.

Some of us are subject to those pressures and still go on doing our jobs. Others have long since succumbed and rave and torture and strut like the demented souls they are.

To re-save some of them is a dangerous undertaking. Were you to approach many ruling heads in the world and offer to set them free (as only a Scientologist can) they would go berserk, cry up their private police and generally cause unpleasantness. Indeed, one did—he was later assassinated by no desire of ours but because of the incompetence of his own fellows about him. He could have used Scientology. Instead, he promptly tried to shoot it down by ordering raids and various berserk actions on Scientology organizations. That he was then shot had nothing to do with us, but only demonstrated how incompetent and how mortal he really was.

As we become stronger, we can be completely openhanded with our help. Until we do, we can at least understand the one fact that greatness does not stem from savage wars or being known. It stems from being true to one's own decency, from going on helping others whatever they do or think or say and despite all savage acts against one; to persevere without changing one's basic attitude toward Man.

A fully trained Scientologist is in a far better position to understand than a partly trained one. For the Scientologist who really knows is able not only to retain confidence in himself and what he can do, but also can understand why others do what they do and so knowing, does not become baffled or dismayed by small defeats. To that degree, true greatness depends on total wisdom. They act as they do because they are what they are—trapped beings, crushed beneath an intolerable burden. And if they have gone mad for it and command the devastation of whole nations in errors of explanation, still one can understand why and can understand as well the extent of

their madness. Why should one change and begin to hate just because others have lost themselves and their own destinies are too cruel for them to face.

Justice, mercy, forgiveness, all are unimportant beside the ability not to change because of provocation or demands to do so.

One must act, one must preserve order and decency, but one need not hate or seek vengeance.

It is true that beings are frail and commit wrongs. Man is basically good but can act badly.

He only acts badly when his acts done for order and the safety of others are done with hatred. Or when his disciplines are founded only upon safety for himself regardless of all others; or worse, when he acts only out of a taste for cruelty.

To preserve no order at all is an insane act. One need only look at the possessions and environment of the insane to realize this. The able keep good order.

When cruelty in the name of discipline dominates a race, that race has been taught to hate. And that race is doomed.

The real lesson is to learn to love.

He who would walk scathe less through his day must learn this.

Never use what is done to one as a basis for hatred. Never desire revenge.

It requires real strength to love Man. And to love him despite all invitations to do otherwise, all provocations and all reasons why one should not.

Happiness and strength endure only in the absence of hate. To hate alone is the road to disaster. To love is the road to strength. To love in spite of all is the secret of greatness. And may very well be the greatest secret in this universe.

~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.

~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)

South East

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

Delivers: L's, NOTs, and entire Bridge

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

Phone: 323-465-1200

Los Angeles, California

Trey Lotz Class VIII

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

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

Los Angeles, California

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)

West

Roy Selby Class V OEC, FEBC

NorthWest Field Auditor

Delivers: Auditing to Class IV, Counselling to OT III

[roy\\_slby@yahoo.com](mailto:roy_slby@yahoo.com)

North East. (Will travel)

Ken Urquhart. Class IV Advance Courses Specialist. Class IX

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

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

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

~oo00oo~

# MAKING AN OT

by L Ron Hubbard

A big point in making an Operating Thetan is the rehabilitation of a thetan's primary desire in the MEST Universe. If you can't rehabilitate that he will be unwilling to leave a body and operate. He will continue to stay in immediate and intimate contact with bodies.

In other words, if you just spring somebody out of his head and don't do anything else about it, he's going to go back in. That's why it's a cruelty to do it, because one point won't have been solved.

What is that point? It's *sensation, need for*.

A better part of handling this point is to educate a thetan regarding what he once could do and prepare him to do that again; to demonstrate to him that he as a thetan can contact directly from the environment any sensation much better than the environment might possibly deliver to a body.

A thetan *can* do that.

For example, a thetan who's not in a body, or using a body in any way, can still contact from his environment and experience any sensation that a body can contact and experience, or that can be gained from bodies.

Of course, at that moment he would be willing to give up the idea of a body. And until he has realized that, *he will not leave a body alone* but will keep hanging around and diving downscale and going back into his head and out of his head and around and

around.

This is handled by rehabilitating his own ability to perceive. This is not too difficult because the thetan has the only ability to perceive there is. He thinks he has to do it through the body. He's so accustomed to this and so certain of it that you have to demonstrate to him the thetan's ability to perceive directly in the environment; that it can be possible for him to capture, experience and create sensations.

So this becomes very simple, really.

What do you do? You get him upscale to a point where he can feel a wall. Of course, he can feel a wall much better with his own contact with the wall than he can with his body's fingers as a body. In other words, he can feel the wall straight and he doesn't need any fingers to contact that wall. He can feel the size of, shape of and weight of objects without any interposition of a MEST body's fingers or muscular reflexes. He can see anything that he can see with a body and be as certain that he is seeing it as with a body.

But it's secondary, for instance, that he is able to contact ordinary things. What you want him to be able to contact are things which are strong, exciting, interesting and complex sensations. He must know that it is possible for him to, one, contact them in the MEST environment, and two, create them and contact them himself - both without a body.

Now that sounds like quite a trick. But the reason it sounds like quite a trick is that is the trick. You have to be able to do that. If you could realize how completely the thetan is dependent upon sensation for conviction that he is still alive, you would realize that what you are rehabilitating is the only reward he has for living - the beautiful sights, the beautiful sounds, the beautiful tactiles. Actually a *thetan* has thousands of different perceptions. I don't think you could list all these

perceptions. It would just go on and on.

The MEST body can only contact, at the outermost extreme about fifty five. That is almost forty more than are commonly listed in textbooks which have, laughingly, dealt with this subject. I don't know why they didn't just sit down and categorize the number of things in the environment there were to contact and then go and ask somebody if he could sense them. But they didn't do that. Instead they made up a theory and never tested it.

Therefore, the rehabilitation of sensation is very necessary because *need for, desire for, sensation* is the only thing which keeps him in the vicinity of a body; that plus the continued belief, confirmed by what is apparently quite real experience, if not actual experience, that only the body can deliver unto him these sensations.

As a result, when he is a Theta Clear he has to go up to the level of Operating Thetan. That consists primarily of the rehabilitation of *sensation, perception of*. It also depends on two or three other little things that you might miss in passing.

Before I go into a much lengthier dissertation on this, I'm just going to describe these things because they're quite important.

A Theta Clear is still in a state where his memory does not immediately confirm to him any duration of beingness as a thetan. He is in a state in which he does not evaluate himself as a personality. He sees himself as an identity with the body. Everybody who comes along has given the body a name and has given the body credit for everything. He has been designated with relationship to the body so consistently that, amazingly enough, a thetan moves out and leaves the personality in the body!

For example, you've got a person who is quite convinced he is a Theta Clear. For what does he use these skills and talents and

this freedom - to experiment with or to fool around with or see how curious it is? He doesn't use that state as a state of being alive, as a state which has a personality he will ever have.

So he leaves the personality behind. He thinks he has to be in some peculiar frame of mind or that he's sort of an automation. Outside his head he thinks he's a mechanical object or he's a spark or something. He just hasn't come up to the point where he's grasped this. But grasping that simple detail is quite important.

As a result he has no evaluation of his own capabilities and, much more importantly than just evaluation, he has no appreciation of himself. He doesn't have appreciation of himself just directly as himself. He doesn't say, "Now I have moved out of this body, I can be happy, I can sing, I can dance. I can do all of these things." Rather he says, "The body can be happy, the body can be sad, the body can sing, the body can dance. And I can sit back and look at it."

He is sort of like a spectator in the stadium. It really doesn't occur to him that the body can't sing and dance unless he handles it like a puppet. Instead, he's set it up on automaticities so it will sing and dance.

Why does the body sing and dance? Why does the body express joy or anything else? It's because the thetan likes to sing and dance and express joy. It's very simple.

So he's done a sub-zero awareness differentiation when he should have done an identification. He should have picked up his own capabilities right with him at the moment he moved out.

You can do a very graceful dance between the moon and Venus. There's lots of space. It's a big ballroom. If you can't make space, the whole MEST universe is full of it. Even "solid matter" is mainly space.

Thus, where you have a person who has no appreciation of himself, you also find that he hasn't any concept of the fact that he is a higher level of aesthetic than a body could ever be; that he can, in his own interest, take a larger and more effective role in the affairs and concerns of being alive than a body ever could.

What does he do for randomness in a body? He goes to the office; he goes home. Or if he has money he would go out on the polo field or the flying field or something of this sort and amuse himself in a plane. And in order to account to himself and settle his own accounts that he was worth something, what would he do? Why he'd join the local philanthropy society or the charity, or he'd make sure that the Boy Scout Troop was running all right and so on.

When we were young we were quite enthused about helping out groups and helping people out. We soon found out that you had to be pretty strong to help anybody out. Then we found out we didn't have any time to do it because we had to work too hard to eat and all these other affairs came into the line. And we found out that, really, the only thing we could do for them was give them some advice once in a while which they didn't need, and some money which *we* needed. It was sort of sad.

That's what a homo sapiens does for randomness, and this thetan, *as homo sapiens*,

also operates at this level. What? You mean this person has no purpose or goal of beingness? Here he's capable of stepping outside the economic concerns of the world, capable by his own actions of becoming partisan in causes much broader than he would ever be able to touch.

Man, for instance, gets enormous randomness out of who is going to be secretary for the local Lion's Club. A thetan could go out and have a fine time campaigning for some congressman. You would be amazed! He would just sort of appoint himself guardian angel to this or that or this or that cause.

Well, what's the difference? This homo sapiens was interested in helping and participating and doing all these things, and, don't forget this one, *collecting MEST*.

Now all of a sudden as a thetan he moves out and leaves his personality and all his interests and goals in that body, because they were all postulated for the body. And the thetan is too much of a - to be technical - golf ball to recognize that his beingness is himself.

All he has to do is suddenly wake up to the fact, "What do you know? I'm me!"

Edited from The Philadelphia Doctorate Course lecture #50, 16 Dec 1952

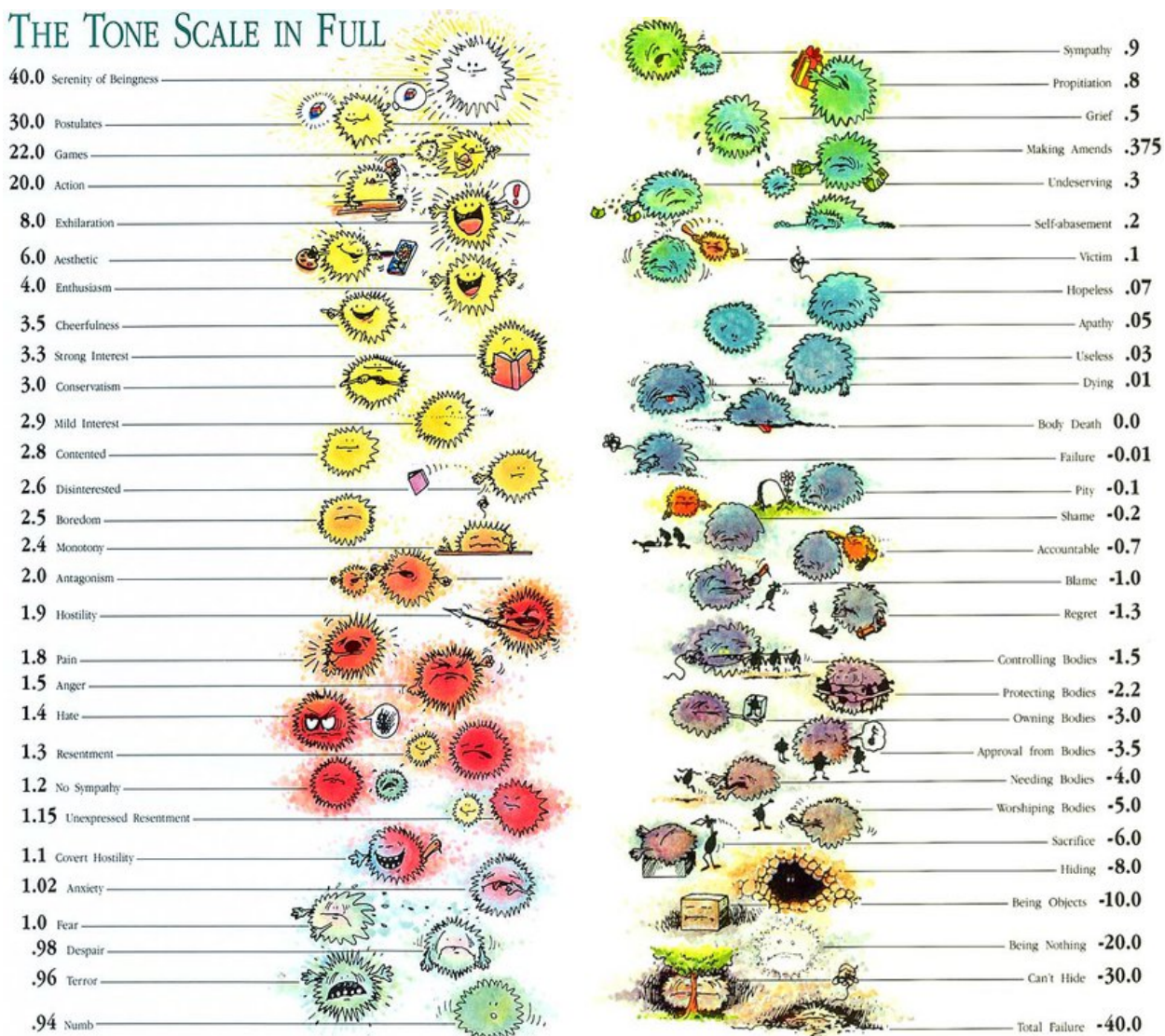
~oo00oo~

### ~ Ron Hubbard Quote ~

There is so much bad in the best of us  
And there is so much good in the worst of us  
That it ill behoves any of us  
To talk about the rest of us

~oo00oo~

# The Tone Scale in Full



## The Tone Scale

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

Scientology 0-8. The Book of Basics



## *Wins & Gains in the Independent Zone*

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

*Rons Journal Dec AD 13*



### **Dianetics Course**

Wow! My daughter and I just returned from the best training experience we have ever had. We went to a new training facility on the west coast that is being run by some highly trained, very, very experienced techies—auditors and C/Ses. They run a first class training facility. Although they do deliver auditing, their first priority is training. The tech is being delivered standardly—in the correct order as LRH directed—with NED being the entry point to both auditing and the Bridge.

To study NED properly, we followed a 1978 New Era Dianetics Course Checksheet, which included the Purification (if adjudicated as necessary by the C/S), TRs, Objectives and Upper Indoc's, E-Meter Drills, and the NED bulletins and drills. The NED checksheet has since been redesigned at the training center so that the order of study is correct, all terms are defined, and the missing data has been filled

in.

Because we were from the east coast, my daughter (who was not trained) and I studied at home prior to going out to the training center. We had both previously completed our Purifs, TRs, Objectives and Upper Indoc's. I had done many sets of e-meter drills on my previous training, but my daughter had not, so we did her e-meter drills, the bulletins, the clay demos, and all but the final drills and checkouts right at home. Those we did at the training center.

I told the guys at the training facility that we would take 4 weeks out of our schedules with the goal of auditing NED standardly by the time we left. Our part was to arrive at the training facility ready to start final drilling, and we did. The final product was to be able to deliver NED standardly at the end of the 4 weeks. **THIS TRAINING FACILITY DELIVERED!!!** No extensions. No, "it takes as

long as it takes". The training was delivered by highly trained, very, very experienced techies—auditors and C/Ses—and they made sure we got it in that time with a lot of THETA, laughing, and all out fun.

What a difference this was from the experiences my daughter and I had training as members of the TTC. We had fun—loads of fun as we drilled, read bulletins, asked questions and shared realizations about training and auditing. We laughed. Training was pleasant. We didn't worry about making mistakes—correction was pleasant. Our Instructs/Pink Sheets did not feel like punishment or cramming, but rather opportunities to sit down with experienced auditors to see where and why we had gone wrong and to then reread or read a new bulletin and drill under their guidance.

We spent the first two weeks at the center doing three mini courses that set us up for auditing. I can say that those mini courses were well worth the time. They covered the fundamentals of auditing in a way the church did not. The emphasis was on a really good comm cycle with the PC. No out-tech GOLDEN AGE OF TECH drills. NO ROTENESS. Then we did our final NED Drills. And within 2 ½ weeks of arriving, we were auditing. We were in the chair doing it—auditing NED, with one of those highly trained techies sitting right there beside each of us as we audited the other, handing the auditor notes, guiding each of us through our sessions, almost like helping support a child in water while he learns to swim. By the time we left, we were on our own and auditing well. Both of us had great wins—both as auditors and PCs. It was fantastic to sit in the chair as the auditor in front of the meter and watch the charge coming off. And it was great to be on the other side as a trained PC and get rid of the charge. This is the way training was meant to be, as I believe Ron wanted it to be—fun with improvement coming from

time spent in the chair auditing. It was fantastic, soooo, different from being in training in the course room at the org.

I also understand now why one really learns to audit on NED. We both had to handle the bank and many of the manifestations of the bank while running NED on each other. We watched TA go up and down, way up and down, and really move in a way I never saw the TA move doing my student auditing on the Grades. I experienced my track opening up running NED and found that the reason for some of the incredible charge I have had really came from way back on the track. I also watched as my PC/co-auditor ran out of incredible amounts of charge doing Narrative R3RA Quad.

This was a fantastic place to train. We studied and audited out under the trees overlooking a wonderful valley with a breeze playing across our bodies, tables, etc. The other students were very theta—some at the beginning of their training on NED and some getting ready to do solo auditing. This training facility handles it all—from CCHs all the way up through the OT Levels. My co-auditor and I are on our way, now auditing at home, working with a C/S, and intend on doing many, many hours on many chains on NED. We plan to do our Grades and our OT Levels with these guys at the center.

**THIS WAS THE BEST TRAINING EXPERIENCE EITHER OF US HAS EVER HAD.**

### **Communication Course**

The Communication Course we took was amazing. I wasn't totally sure how the drills worked and how they were supposed to be run. I dreaded them because I knew I had to sit in a chair and stare at someone. Les delivered them in such an eye-opening way that they turned out fun. I enjoyed them and what I learned. The way Les delivered the course made things thoroughly

enjoyable. I feel I now have tools for better communication with people. I can't wait to learn more! Les and Anita both provide an excellent learning and gaining environment! What a comfort!

With my Communication Course drills I finally totally understand each and every one of them and they come automatically to me out in the world instead of trying to think about them to apply them. Everything that comes my way is easy to handle now without any stress.

I have just completed my Communication Course. This was an awesome cycle. It started with a life changing realization: Continuing to drill and actually get it as opposed to drilling to satisfy someone else, has been cool. Get this: Until this cycle I never knew it was ok to use ARC, and lots of it, blended in with the intention. Here's a mind blower too: TRs supervised properly, produced a more able and "in ARC" happy being and not a robotic parrot. God, I love this place and their standard tech!!!!

I feel that through the Communication Course that I can comfortably confront and handle situations that come my way. Also, this course has given me the knowledge to understand and acknowledge others.

**Objectives Rundown**

No doubts or reservations, what to say? I can see in more detail of patterns and stuff. Would be interesting to see over the next few weeks. Feels like there is mass that is blown, comfortable, relaxed. I feel more in present time and in communication with my environment. I am eager to see how this will play out once I go home and get back to day to day life.

**ARC Straightwire**

That is good, I guess it can be! I know that. That is so funny, who wants not to get any worse? Felt Great! I'm very glad I did this processing,. It's good to know that you're not getting any worse. And I know I am one step closer to Clear!!!

~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

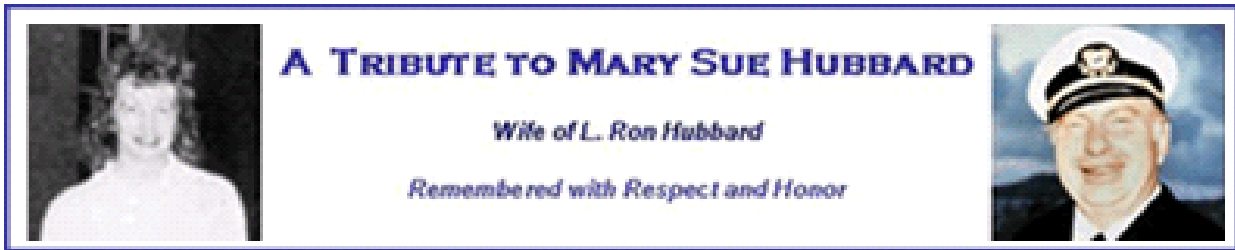
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"REALITY IS THE AGREED UPON APPEARANCE OF EXISTENCE"

SCIENTOLOGY 8.8008  
Lafayette Ron Hubbard



### Daily do list from Ron

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

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

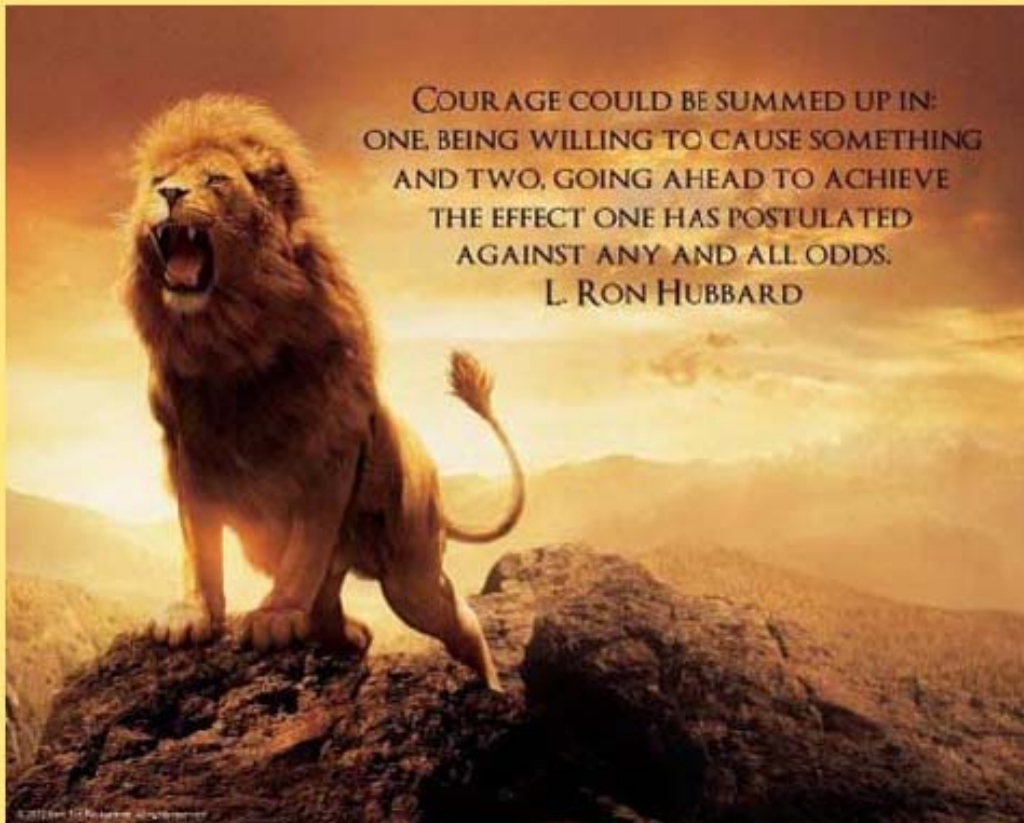
1. Clean up your MEST, get done the various odd jobs you've "been meaning to do."
2. Bring yourself up to date socially and give a letter or a ring or a personal call on people you've neglected.
3. Take a one-hour walk every day, simply starting away from home very early (dawn is best) for half an hour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

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

~oo00oo~



# Group Starter Kit for Scientologists



COURAGE COULD BE SUMMED UP IN:  
ONE, BEING WILLING TO CAUSE SOMETHING  
AND TWO, GOING AHEAD TO ACHIEVE  
THE EFFECT ONE HAS POSTULATED  
AGAINST ANY AND ALL ODDS.  
L. RON HUBBARD

**A Handbook for Field Scientologists Starting up a Group**

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## ~ THE CODE OF HONOR ~

No one expects the Code of Honor to be closely and tightly followed.

An ethical code cannot be enforced. Any effort to enforce the Code of Honor would bring it into the level of a moral code. It cannot be enforced simply because it is a way of life which can exist as a way of life only as long as it is not enforced. Any other use but self-determined use of the Code of Honor would, as any Scientologist could quickly see, produce a considerable deterioration in a person. Therefore its use is a luxury use, and which is done solely on self-determined action, providing one sees eye to eye with the Code of Honor.

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 honor 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.

~oo00oo~

## Scientologists Glossary

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

### **A=A=A**

Anything equals anything equals anything. This is the way the Reactive Mind thinks, irrationally identifying thoughts, people, objects, experiences, statements, etc., with one another where little or no similarity actually exists. Example: Mr. X looks at a horse, knows it's a horse, knows it's a school teacher, so when he sees a horse he is respectful. This is the behavior of the Reactive Mind. Everything is identified with everything on a certain subject.

### **Aberration:**

is a departure from rational thought or behavior. From the Latin, "aberrare", to wander from, Latin "ab", away, "errare", to wander. It means basically to err, to make mistakes, or more specifically to have fixed ideas which are not true. The word is also used in its scientific sense. It means departure from a straight line. If a line should go from A to B, then if it is "aberrated", would go from A to some other point, to some other point, to some other point, to some other point, to some other point, and finally arrive at B. Taken in its scientific sense, it would also mean the lack of straightness or to see crookedly.

### **Admin:**

(in auditing) is used about the action or fact of keeping auditor's reports, summary reports, worksheets and other records related to an auditing session. "He kept good "admin"" meaning that his summary report, auditor's report and worksheets were neat, exactly on pattern, in proper sequence and easily understood, as well as complete.

### **Affinity:**

Degree of liking or affection or lack of it. Affinity is a tolerance of distance. A great affinity makes you feel 'close' to somebody or something. It's a tolerance of or liking of closeness or close proximity. A lack of affinity would be an intolerance of or dislike of closeness. Affinity is one of the components of understanding, the other components are reality and communication. One's level of affinity is expressed on the so-called tone scale.

### **Ally:**

is a person from whom sympathy came when the PC was ill or injured. An ally coming to the PC's defense of his words or actions aligns with the individual's survival. The Reactive Mind of the PC gives that ally the status of always being right--especially if this ally-relationship originally is coming from a highly painful Engram. The ally is seen as a person that has to be blindly followed or supported as 'he can do no wrong'.

### **Alter-is:**

To change or falsify the way something actually is.

### **Analytical:**

means capable of resolving, such as problems and situations. The 'Analytical' mind would be the conscious aware mind which thinks, observes data, remembers it and resolves problems. It would be essentially the conscious mind as opposed to the unconscious mind. In Ability Clearing the Analytical mind is the one which is alert and aware and the Reactive Mind simply reacts without Analysis.

The word "analytical" is from the Greek, "analysis", meaning resolve, undo, loosen, which is to say take something to pieces to see what it is made of. This is one of those examples of the shortcomings of the English language since no dictionary gives the word "analytical" any connection with thinking, reasoning, perceiving, which in essence is what it would have to mean, even in English.

### **ARC:**

A word made from the initial letters of Affinity, Reality and Communication which together equals understanding. ARC is pronounced as three letters A-R-C.

### **ARC Break:**

1) A sudden drop or cutting of one's affinity, reality, or communication with someone or something. It is pronounced by its letters "A-R-C break".

2) A sudden drop or cutting of one's affinity, reality or communication with someone or something. This is in common language known as an upset or a condition of being shocked, disappointed, surprised, offended, etc. The A-R-C break gives an inside look in the anatomy of what is going on.

**ARC break Assessment:**

Reading a prepared auditing list which applies to the activity. The list is read to the PC while on a Meter. In the ARC Break Assessment the auditor only locates and then indicates the charge found to the PC. It is used on very upset PCs where actual auditing is not possible. If auditing is possible you can do Auditing by Lists. The same list can be used but here you actually run a process to handle each read to F/N VGIs.

**ARCU CDEINR:**

Stands for affinity, reality, communication, understanding. And curious, desired, enforced, inhibited, no, and refused. These are the points assessed by an auditor on the Meter when handling an ARC break. First he assesses ARCU, finds the most charged one and indicates it to the PC. Then he assesses CDEINR, finds the most charged one and indicates it to the PC. Example: The first Assessment finds 'Reality'. This is indicated. The second assessment could end up with "Inhibited Reality". This is indicated to the PC who will feel relief.

**As-is:/As-is-ing:**

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

**Assess:**

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

**Assessment:**

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

**Assist:**

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

**Attention:**

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

**Attention unit:**

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

**Auditing:**

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

**Auditing Session:**

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

**Auditor:**

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

**Auditors Code:**

The technical or professional code of Ability Clearing auditors; a list of "do's" and "don'ts". The rules are based on experience and have proven themselves to be necessary to ensure optimum progress in auditing a case; the governing set of rules for the general activity of auditing.

2) Important set of rules, which guides the auditor's professional behavior and attitude. The purpose of these rules is to develop maximum trust between auditor and PC. Maximum trust leads to quickest and most lasting results. It's a joy to be audited by an auditor, who sticks to this code rigorously all the time. Remember the important rule: Auditor plus PC is greater than PC's Bank (aud. + PC > Bank).

**Auditors C/S:**

A sheet on which the auditor suggests the case supervision instructions for the next session. It has to be approved by the C/S before being carried out.

**Auditors Report Form (ARF):** This shows in summary form what actions were taken in session and how they went. The ARF is made out at the end of each session and is an outline of what happened during the session. (Abbreviation: ARF).

**Bad indicators: (Bl's):**

Those observable indications on the PC and Meter that things are not going well for a PC.

**Bank:**

Reactive Bank; Reactive Mind; Engram Bank.

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

**Blow:**

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

**Bullbaiting:**

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

**By-passed Charge: (BPC):**

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

**Case:**

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

**Case gain:**

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

**Case Supervision: (C/S):**

The inspection of auditing, by a qualified Case Supervisor (using auditor reports, session worksheets and Examiner reports); the ordering of standard actions and remedies to ensure maximum gains for the PC. The written instructions of a case supervisor.



**Chain:**

A series of incidents of similar nature or similar subject matter. When running a Chain the PC is sent earlier and earlier until it the Chain fully handled.

Chain of incidents: A whole adventure or activity of many incidents, related to each other by the same subject, general location or people. It can go way back in time.

**Charge:**

1. harmful energy or force accumulated and stored within the reactive mind. It's attention units trapped in past conflicts and unpleasant and painful experiences, etc. Auditing discharges this charge so the energy is no longer trapped nor there to affect the individual negatively. 2. *emotional* charge or energy.

3. by charge is meant anger, fear, grief, or apathy contained as misemotion in the case.

**Check-out:**

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

**Check sheet:**

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

**Clay Demo:**

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

**Clear:**

1) A person (thetan) who can be at cause knowingly and at will over mental matter, energy, space and time as regards the first dynamic (survival for self). The state of Clear is above the release Grades (Grade 0-4) of Ability Clearing (all of which has to be done before you get to Clear).

2) A Being, who no longer has his own Reactive Mind.

**Clearing:**

Various techniques directed at improving abilities and awareness leading to the state of Clear. The activity done in auditing.

Coach: The person who helps another student understand or apply a particular text or drill. He is a one-on-one instructor. Usually students take turns being coach and student.

In Drilling: The one, that *directs the student*. She is the instructor of the drill, the one that calls the shots. The term 'coach' is best known from sports; he instructs the players and shows them what to do. During a game he gives the players practical advice from the sideline. 'Coach' is also used about a private instructor teaching a student.

**Coaching:**

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

**Co-auditing:**

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

**Cognition: (cog):**

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

**Communication Lag or Comm lag):**

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

**Communication (Comm):**

1) The interchange of ideas or objects between two people or terminals. More precisely the definition of communication is the consideration and action of impelling an impulse or particle from source point across a distance to receipt point, with the intention of bringing into being at the receipt point a duplication of that which emanated from the source

point. The formula of communication is: cause, distance, effect, with intention, attention, duplication and understanding. Communication by definition does not need to be two-way. Communication is one of the component parts of understanding.

2) The exchange or interchange of ideas or objects between two people or designated locations (terminals). More precisely the definition of communication is the consideration and action of impelling an impulse or particle from source point across a distance to receipt point, with the intention of bringing into being at the receipt point a duplication and understanding of that which emanated from the source point.

**Communication, Control, Havingness Processes:**

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

**Communication cycle: (comm cycle):**

A completed communication, including origination of the communication, receipt of the communication, and answer or acknowledgement of the communication.

**Computation:**

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

**Confront:**

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

**Control:**

The ability to start, change and stop things at one's own choice.

**CT: Clearing Technology:** Consists of Ability Clearing (the Grades) and Engram Clearing (Level 5). In this handbook we mainly use "Ability Clearing" to describe the whole subject.

**Destimulation:**

The action of deleting the moments of restimulation of the Reactive Mind or some portion of it, so that it moves away from the PC and he is no longer connected to it.

D of P Interview: (Director of Processing Interview): An interview of a PC by a D of P or available person. It is usually done on a Meter. The purpose is to get data for programming and C/Sing a case. It is not auditing.

**Dramatization: (Dramatize):**

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

**Earlier Similar: (E/S):**

When the auditor is checking the rudiments, he may run into the situation, that the difficulty doesn't resolve right away. To resolve the situation he will have the PC look for an earlier similar incident.

*Earlier*, means it happened before or further back in time, than the incident they were just talking about.

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

**EP:**

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

**Engram:**

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

**Engram Clearing:**

This is Ability Clearing Grade 5 - Engram Clearing. It uses Engram running by Chains, Routine-3-RA as its main process. It routinely lead to the state of Clear. There are other processes that will take the PC to the state of Clear in the case this doesn't happen. But they will have to be done under the guidance of a professional auditor/ case supervisor.

**Engram Running:** Techniques used to run Engrams with. Also the activity of applying these techniques to a PC. Today the principal process used is R-3-RA.

**Engram Running, 1950 Style:**

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

**Evaluate:**

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

**Evaluation:**

1) Evaluation:

The act of evaluating. The result of something being evaluated (noun). A student has to evaluate the data studied. On the other hand he should not try to evaluate for somebody else. Each student should arrive to a result based on their own efforts. Only in this way will anybody achieve sufficient certainty.

2) In auditing: Telling a PC "what's wrong with him or why he is the way he is is incorrect. In auditing the auditor guides the PC to find explanations and solutions for himself. It is against the Auditors Code to evaluate for a PC in session. When a person is allowed to do his own evaluations he achieves greater certainty.

3) Any attempt by someone to impose his data or knowledge upon another. An example would be someone telling another why he is the way he is instead of permitting or guiding him to discover it for himself.

**Flat:**

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

**Flatten:**

To continue to do (something) until it no longer produces a reaction.

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

**Floating Needle:** or F/N.

1.A floating needle is a certain needle behavior on a Meter. It is a harmonic motion sweep of the needle over the

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

**Floating TA:**

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

**Flow:**

A stream of energy between two points. An impulse or direction of energy particles or thought or objects between terminals. In processing the auditor works with four main flows:

*FLOW 1:* something happening to self. Another doing something to you, *FLOW 2:* doing something to another. You doing something to another., *FLOW 3:* others doing things to others. You see it happen as a spectator, *FLOW 0:* self doing something to self. You do something to yourself.

**Flunk:**

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

**Fly a Rud:** Fly a rudiment:

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

**Folder:**

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

**Folder Summary:**

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

**Good indicators:**

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

**Grade Chart:**

This chart shows all the levels of Clearing Technology auditing and training. It is the map of the road to Clear.

**Grade:**

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

**Gradient:**

Something that starts out simple and gets more and more complex. The essence of a gradient is just being able to do a little bit more and a little bit more and a little bit more until you finally make the Grade.

**Grinding** (Grinding out):

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

**Handwriting Drill:**

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

**Havingness:**

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

**In:**

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

**Incident:**

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

**In-session:**

Interested in own case and willing to talk to auditor.

Interest: is absorbed attention and a desire to talk about it.

**Invalidation:**

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

**Is-ness:**

Something that is persisting on a continuum.

**Item:**

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

**Itsa:**

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

**Itsa-maker line:**

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

**Key in:**

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

**Key out:**

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

**Know-to-Mystery Scale:**

The scale of affinity from Knowingness, down through Lookingness, Emotingness, Effortingness, Thinkingness, Symbolizingness, Eatingness, Sexingness, and so through to Not-knowingness to Mystery.

**L1C:**Repair List used by auditors in session when an upset occurs, or as ordered by C/S. It handles ARC Broken, Sad, hopeless or nattery PCs. Questions can be prefaced with "Recently", "In this life", "On the Whole Track", or used without. It is not to be used to handle high or low TA.

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

**List:** As part of auditing procedure:

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

**Listing:**

A special Ability Clearing procedure used in some processes where the auditor writes down items said by the PC in response to a question by the auditor, in the exact sequence that they are given to him by the PC.

Listing and Nulling: (

**L & N):**

An Ability Clearing procedure in auditing done according to very exact rules as given in the Laws of Listing and Nulling. This is taught on Ability Clearing-3.

**Locational processing:**

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

**Major Action:**

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

**Mental mass:**

is contained in mental image pictures.

1) Mocking up matter, energy, space and time. Its proportionate weight would be terribly slight compared to the real object which the person is mocking up a picture of.

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

**Mental image pictures:** (MIP):

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

**Mental pictures:**

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

**MEST:**

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

**Method 3:** (M3 Assessment):

An Assessment in which each reading question is taken up and handled with the PC when it is seen to read and



before continuing the Assessment.

**Method 5:** (M5 Assessment):

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

**Mind:**

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

**Misemotion:**

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

**Missed Withhold:** (M/W/H):

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

**Mock-up:**

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

**Model Session:**

The same exact pattern and script with which Ability Clearing sessions are begun and ended.

**Motivator:**

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

**Not-is, Not-is-ness, Not-is-ing:**

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

**Null:**

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

**Nulling:**

The auditor's action in saying items from a list to a PC and noting the reaction of the PC's Bank on a Meter.

- 2) In Listing & Nulling: The auditor reads back the list of items the PC just gave him in order to find only one item that is still reading. This is done under the Laws of L&N.

**Objective Processes:**

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

**Obnosis:**

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

**Op Pro by Dup:**

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

**Origination:** In auditing:

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

**Out:**

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

**Overrun:**

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

**Overt:**

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

**Overt-Motivator Sequence:** or O/M: Overt Motivator):

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

**Postulate:**

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

**Preclear:** (PC):

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

**PC Information Sheet:**

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

**Prepared List:**

The auditor, trained in using a Meter, can use prepared (printed) lists to find the specific problem or difficulty he needs to address to get the PC out of an unpleasant or puzzling situation in session. The list will contain all the possible difficulties for that action and the Meter will tell the auditor which ones to take up. A prepared list may

turn up one thing or many things, that should be tackled before the routine process should be taken up again. Prepared lists can also be used to address a troubling area of PC's life and 'clean it up'.

**Prep-check:**

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

**Present Time Problem: (PTP):**

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

**Problem:**

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

**Process:**

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

**Program:**

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

**Psycho-somatic:**

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

**Quad Flows: (Quads):**

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

**Q and A: (Q&A):**

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

**Quickie:**

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

**Reactive Mind:**

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

**Read:**

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

**Reality:**

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

**Recall:**

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

**Rehabilitation (Rehab):**

The restoration of some former ability or state of being or some more optimum condition.

**Release:**

A PC whose Reactive Mind or some major portion of it is keyed out and is not influencing him. In Ability Clearing processing there are five major Grades of Release. They are, from the lowest to the highest: Grade 0, Communications Release, Grade 1, Problems Release, Grade 2, Relief Release, Grade 3, Freedom Release, Grade 4, Ability Release. Beyond that other Grades have been developed: Grade V Power Release, Grade VA Power Plus Release, Grade VI Whole Track Release.

These additional Grades are unnecessary if PC goes Clear on Engram Clearing. Each is a distinct and definite step toward greater levels of awareness and ability. (See also Grade).

**Religion:**

1. The ritual of worship or regard about spiritual matters. 2. A study of wisdom. 3. The word religion itself can embrace sacred lore, wisdom, knowingness of gods and souls and spirits, and could be called, with very broad use of the word, a philosophy. We could say there is religious philosophy and there is religious practice.

2. Religious Philosophy, implies study of spiritual manifestations: research on the nature of the spirit and study on the relationship of the spirit to the body; exercises devoted to the rehabilitation of abilities in a spirit. Religious Practice, implies ritual, faith-in, doctrine based on a catechism and a creed.

**Repair:**

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

**Repetitive Process:**

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

**Restimulation:**

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

**Review:**

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

**R-Factor:**

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

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

2. Case gets better, gets worse, gets better, gets worse.

**Rudiments:**

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

**Rundown (R/D, RD):**

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

**Scientologist**

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

**Secondary:**

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

**Self-Determinism:**

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

**Service Computation: or Service Facsimile:**

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

**Session:**

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

**Slow Assessment:**

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

**Stable Datum:**

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

**Terminal:**

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

**Theta:**

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

**Thetan:**

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

**Time Track:**

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

**Tone 40:**

Intention without reservation or limit; an execution of intention.

Tone scale: The basic tone scale is a scale of emotions, from apathy to enthusiasm. Different levels of the tone scale have other characteristics visible in behavior and as potential survival (see also Uptone).

**Touch Assist:**

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

**Training Routines: (TRs): Training drills:**

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

**Two-way communication (TWC, 2WC, Two-way comm):**

Are the precise process of getting somebody to open up and give emotional or personal information about himself. It is not chatter. It is governed by the rules of auditing.

**Understanding:**

Composed of affinity, reality and communication. These three things are necessary to the understanding of anything. One has to have some affinity for it, it has to be real to him to some degree and he needs some communication with it before he can understand it. Greater understanding comes about by increasing any one of these three factors.

Upper Indoctrination TRs (Upper Indoc's): Purpose of these four training drills is to bring about in the student the willingness and ability to handle and control other people's bodies and to cheerfully confront another person while giving that person commands. Also to maintain a high level of control under any circumstances.

**Uptone:**

At a high level of survival or state of being, plotted on the tone scale. A person who is uptone, or high-toned, has a greater ability to handle his facsimiles, to control his environment and has a greater degree of survival than someone who is downtone, or low-toned.

**Valence:**

Is the assumption at the reactive level by one individual of the characteristics of another individual. An individual may have a number of valences which he puts on and off as he might hats. Often these changes are so marked that an observant person can notice him dropping one valence and putting on another. The shift from valence to valence is usually completely outside the awareness and control of the individual doing so. In other cases an individual has



one valence, not his own, in which he is thoroughly stuck.

**Whole Track:**

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

**Withhold:**

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

**Worksheet: (W/S: WS):**

The sheets on which the auditor writes a complete running record of the session from beginning to end, page after page, as the session goes along.

~oo0oo~

**Quote from  
L. Ron Hubbard**

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

*Science of Survival*

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