



FREE THETAN

NEWSLETTER OF THE ASSOCIATION OF
PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

Preserve, Protect & Promote

June 2015

No 6 Issue 6



**It is impossible to reduce an ability. About the only things you can do is reduce its exercise or the willingness to exercise it.
-CONTROL AND THE MECHANICS OF S.C.S.**

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NEWSLETTER OF THE ASSOCIATION OF PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

Preserve, Protect & Promote

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Volume 6 Issue 45 May 2015

Editor in Chief

Michael Moore

Contributors

L. Ron Hubbard

Michael Moore

Sebastian Tombs

Harry Seldon

And many others

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The FREE THETAN is the monthly Newsletter of the Association of Professional Independent Scientologists It is available as a free download from the APIS website or by subscription.

The Association of Professional Independent Scientologists is the operating name of the International Freezezone Association Inc, a duly registered non profit association registered in the State of Delaware, USA.

Postal address:

43926 33rd Street West

Lancaster, California, 95618.

USA

Website:

independent-scientologists-association.net

Email address:

support@internationalfreezezone.net

Picture on front page anon

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~

	<p>The Members Quarterly Journal of the</p>	
	<p>Association of professional Independent Scientist</p>	
	<p><i>Preserve, Protect & Promote</i></p>	
	<p>http://independent-scientologists-association.net</p>	
		<p>reservo, servo, proveho</p>

~ Editorial ~



rcservo, servo, provcho

Dear Reader,

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](#).

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Toronto

Chris Black. Class VIII C/S, KOT,

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

USA

South East

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

Delivers: L's, NOTs, and entire Bridge

Karendelac@gmail.com

Southern Cal tech Team

Standard LRH Bridge

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

scttservices@gmail.com

Los Angeles, California

Trey Lotz Class VIII

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

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

Ian Waxler Class VIII C/S with Honors

Auditing and C/Sing all old LRH Bridge

info@adcian@yahoo.com

Ingrid Smith

From Life repair to OT4

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Silvia Llorens

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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.

~oo00o~

Issue 125

February 1961

Ability

The Magazine of
DIANETICS and SCIENTOLOGY
From
Washington, DC

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 skeptical 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



Executive Series 8 **THE TOP TRIANGLE**

The explanation of the Scientology symbol, the S and double triangle, should be more generally known.

And it should be very well known to executives.

There are *two* triangles, over which the S is imposed.

The S simply stands for Scientology which is derived from "SCIO" (knowing in the fullest sense).

The lower triangle is the A-R-C triangle-its points being AFFINITY, REALITY and COMMUNICATION. These are the three elements which combined give UNDERSTANDING. The upper triangle is particularly applicative to an executive but applies to all Scientologists. It has not been widely known.

It is the K-R-C triangle. The points are K for KNOWLEDGE, R for RESPONSIBILITY

and C for CONTROL.

It is difficult to be responsible for something or control something unless you have KNOWLEDGE of it.

It is folly to try to control something or even know something without RESPONSIBILITY.

It is hard to fully know something or be responsible for something over which you have no CONTROL, otherwise the result can be an overwhelm. A being can of course run away from life (blow) and go sit on the backside of the moon and do nothing and think nothing. In which case he would need to know nothing, be responsible for nothing and control nothing. He would also be unhappy and he definitely would be dead so far as himself and all else was concerned. But, as you can't kill a thetan, the state is impossible to maintain and the road back can be gruesome.

The route up from death or apathy or inaction is to KNOW something about it, take some RESPONSIBILITY for the state one is in and the scene, and CONTROL oneself to a point where some control is put into the scene to make it go right.

Then KNOW why it went wrong, take RESPONSIBILITY for it, and CONTROL it enough to make it go more toward an ideal scene.

Little by little one can make anything go right by INCREASING KNOWLEDGE on all dynamics, INCREASING RESPONSIBILITY on all dynamics, INCREASING CONTROL on all dynamics.

If one sorts out any situation one finds oneself in on this basis, he will generally succeed.

Field Marshal Montgomery was supposed to

have said that leadership was composed of "knowledge, willpower, initiative and courage." These are assumed qualities in a man. This was good advice but offered no road out or no avenue of INCREASE in capability.

The KRC triangle acts like the ARC triangle. When one corner is increased the other two also rise. Most thetans have a dreadfully bad opinion of their capabilities compared to what they actually are. Hardly any thetan believes himself capable of what he is really capable of accomplishing.

bit by bit, ignoring the losses and making the wins firm, a being at length discovers his power and command of life.

The second triangle of the symbol of Scientology is well worth knowing. It interacts best when used with high ARC. Thus the triangles interlock.

It is for *use* as well as all of Scientology.

L. RON HUBBARD
Founder

By inching up each corner of the KRC triangle ~oo00oo~

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reservo, servo, proveho





*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.



QUALITY OF SERVICE

ARC Breaks bring about and restimulate a desire to get even.

An ARC broken person attacks.

Criminals, revolutionaries, great generals are simply dramatizing the effects of an ARC Break of long duration.

Madmen seldom attack that which ARC broke them but choose wrong targets.

Any and all attacks suffered by orgs are from ARC broken persons.

Even when such persons were really ARC broken with some other activity, they instantaneously attack us.

Most ARC breaks are caused by by-passed charge. This charge is usually the restimulation of some earlier ARC break not caused by us.

Withholds are one primary cause of

by-passed charge.

When persons are poorly processed or poorly trained they can restimulate a great deal of by-passed charge.

When persons are permitted to take higher grades without really attaining lower grades, by-passed charge is inevitable; hence we see refunds, attacks and upsets in orgs and the field.

The true cause of ARC Breaks of long duration which transfer to us is when we permit technical goofs.

Ethics exists primarily to see that people honestly make their grades and are trained as they should be and that no one is permitted to prevent good auditing and good training or to enturbulate the org so that it cannot occur and to make sure the org is there to give service in volume.

Ethics is not concerned with "acceptable social behaviour" only insofar as it impedes the training or processing of others.

Therefore: Accepting for higher levels of processing persons who have not made their lower levels shall be classified as a crime.

Processing persons at higher levels who have not made lower levels shall be classified as a crime.

Training persons at higher levels who have not proven themselves as competent Dianetic auditors shall be classified as a crime.

Admitting a famous person or notable writer to higher level processing who has not fully attained lower level processing shall be classified as a **High Crime**. This applies in particular to Power and Clearing Courses.

Administering Power to anyone who has not had Dianetic Triples, Scientology Triples and adequate gains or who needs further auditing or Review shall be deemed a crime.

Permitting an ARC broken person to leave an org unhandled shall be deemed for the last auditor to audit him and for the PES and Director of Success a crime.

Failure to strenuously act to clean up an "ARC broken field" shall be deemed a high crime for the Executive Council.

All Ethics Officers are to regulate their conduct of duty so as to safeguard good auditing and training in the organization and to create a calm atmosphere where these can occur in volume.

This Policy Letter has first priority and claim on the duties and attention of the Ethics Officer.

In interpreting the above in technical matters, the Ethics Officer should consult the opinion of competent auditors not connected to any charge in progress.

Nothing in this Policy Letter shall prevent Scientology grades before Dianetic Grades,

Nothing in this Policy Letter shall limit the amount of auditing that a person can be given at any one grade.

L. Ron Hubbard

~oo00oo~

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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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

Interiorization Rundown

The Interiorization Rundown was, by far, the most intensive rundown that I have yet had in auditing!

As I get auditing, I am seeing how I had been withdrawing from life after numerous failures based on trying to be and impress other people, and so didn't know who I was or what to do with my life. Now it's all basically a combination of erasing the old & false as well as creating the new and true me.

I really appreciated running this process, because now a number of my tasks and goals finally feel like they are moving forward, being completed and being let go if off my purpose, which makes me feel more present, productive and accomplished. I also feel more able to go into physical situations where, even if somewhat out of my comfort zone, I am no longer completely avoiding them. While I realize that I still have to do the work to make my life goals happen, at least I don't feel quite so

“fixed” anymore and now it feels like there are far fewer barriers – most all of which I had put in place myself! Having done much work on my inside world, now I feel more ready to take care of what needs to be done on the outside one.

False Purpose Rundown

"I am in the middle of FPRD Basic Form with my auditor Chris. There is still charge, but there is also so much to be thankful for. Here are some of the wins I have had/I have noticed:

- A strong sense of my own identity and my immortality – it's scary you know but also calming in some weird way – lots of games to play in the future!
- A return to simplicity; things are black and white and I can make quick decisions and move on.
- Tremendous and uninhibited reach on the 2D, it is now effortless and fun to reach on that dynamic again despite occasional losses. Perse-

verance!

- Wanting to do things that are right, without cause for concern about what others think of my decisions.
 - High tolerance for entheta. I repel it quickly and diffuse it if it does appear --- handle or disconnect – right? It’s simple.
 - Acceptance of others and where they are at in life; greater ability to listen without judging.
 - High ability to handle confusions and disappointments; high resilience. I do not drag on for 4 months after a 2D breakup for example. Not even weeks. I move on.
 - An ability and WILLINGNESS to look at life with “long-term survival” concept “goggles” lol
 - When I stop people and talk to them I am with THEM not 500 people, I am thoroughly interested in the being in front of me. Whether that person likes me is irrelevant, I like myself.
 - Ability to see other people in their own universe and respect their space and their thoughts and ideas. I seem to be getting pictures from them often and clear thoughts but I do not comment on these, I just look at them and receive them.
 - People approach me with ease – as if I am a safe terminal.
 - Enjoy making other people’s lives better/easier and enjoy helping them achieve their goals in whatever way I can assist.
- Last but not least, I’m a powerful little critter. Bring on the next questions!

Grade 0

I’ve had sessions all this week and more great wins. I discovered that the “universe of the body” is a ponderous thing; I discovered that the “universe of the thetan” can communicate from some very fun places; I reaffirmed (again!) my state of Clear; I reaffirmed an old realization from Victim Processing, that I’m not a victim; also from Victim Processing, I have a much increased love for other people; I discovered that hidden communications are

alright with me and in fact, they’re fun. My auditor and I spend a large part of every session laughing (I also spend a lot of time boiling off). Every day I come away from my session with another one of these great little, or big, wins. I walk away from my auditor’s house looking at a world that’s RIGHT THERE, very clear, every detail distinct. As I walk to my truck I sometimes, often, stagger a little bit, like a drunken man, like Captain Jack Sparrow stepping off his ship onto solid ground, navigating my body along the driveway. Folks, I’m no C/S but really, don’t ever let anybody go up the Bridge without their Grades. They’re just too much fun.

I don’t know if this is the kind of thing that’s necessarily part of Grade 0, but last week in a session, on Grade 0, I had a cognition regarding mental pictures, and I tried throwing one away. It was kinda cool. So I threw away, well, all of them. I’ve been walking around, doing my day-to-day stuff, working, etc for some days now with seemingly nothing, no mental MEST, between me and the universe. I don’t know how to describe it except to say it was kinda like going Clear again, only this time I wasn’t blowing off engrams and all that other bad shite, but instead I was throwing away really cool pictures, stuff I thought had value. Turns out, a picture of an incident actually interferes with any direct viewing of the incident, and if you throw away the picture and just return and view the actual incident, so many more details become apparent. Anyway, just saying’, had a nice win on Grade 0 last week!

OT111

I’ve had some pretty cool wins in the past couple of days. First, an area on my right back that I was running must’ve been LOADED with charge, or close to the heart of the matter, something. Right after session, about six or seven of my lumbar and thoracic vertebrae on the right side released themselves and adjusted spontaneously. I could hear the “zzzzpp” as

they went. I have no more aching or pain on my right side now, either. My back has been a lot more comfortable lately, too. (Oh, yes, did I mention? I couldn't get back into session for three days because I had a Floating TA or at least a persistent FN for that long!)

Earlier that morning, I was driving to school and some dork in a big SUV pulled out right in front of me as he was exiting the parking lot. I was taken aback and braked and honked, but here's the kicker: Usually, I feel SO angry and upset about drivers like that, that it stays with me all day, but yesterday, I shook it off! I was a little adrenalized (thanks for the swift reaction time, GE!) but I was barely fazed. Not that I didn't care if I got into a wreck. That was the last thing I wanted. But I kept looking at the incident every so often and thinking, "I just don't have the same reaction anymore." Honestly, before, it was as if I would take out part of my case and chew on it for days after an incident like that.

I also had a thoughtless driver stop behind me as I was backing out of a parking spot yesterday. I was all pissed off as she sat there behind me, adjusting her hair and getting her sunglasses on (no cross traffic to stop her), and I kept thinking she was deliberately being irritating. I was so angry, but as I exited the parking lot, I realized that it wasn't deliberate; she was just out of PT and clueless! The BPC and anger, which had been entirely my mockup, blew right there! That was amazing, because, like I said, I usually chew on the BPC for some time.

Solo NOTs

When I first started Part C of the Solo NOTs check sheet, I was apprehensive. I'd recently had a major loss, felt adrift, and lacked confidence. Even though I'm an experienced, trained auditor and CS, I doubted myself.

With Randy's expert suping, perception and understanding, I started auditing Solo NOTs.

Wow!!! I'm on a persistent FN – those "darned" FNs and Floating TAs!!

Interactions with people, family, friends and situations smooth out so A to B, I almost can't believe it!!!

I know Solo NOTs can take some time, but if this is just the start of wins, WOW!!!

It's a beautiful joy to also know how much this auditing benefits oneself, others and this planet.

My heartfelt thanks to LRH for his caring and this marvellous tech! Also, to Randy – I couldn't have gotten here without him. And to my wonderful auditor and friend Trey Lotz, who has helped me so much and never stopped believing in me.

"My cup runneth over!"

~oo00oo~

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Freedom

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

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

-SCIENTOLOGY: A NEW SLANT ON LIFE

L. Ron Hubbard

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"REALITY IS THE AGREED UPON
APPEARANCE OF EXISTENCE."

SCIENTOLOGY 8 8008
Lafayette Ron Hubbard

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."

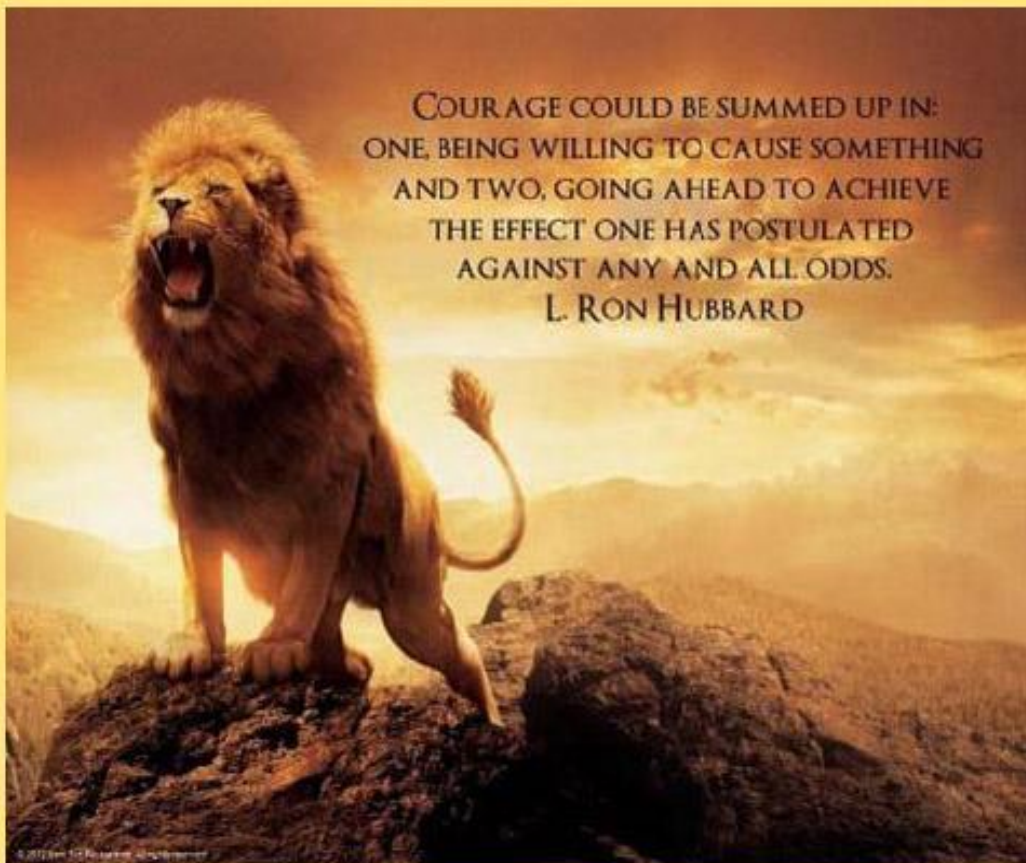
"Recall a time when someone was communicating easily to you." "Recall a time when somebody liked you."

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~

Group Starter Kit for Scientologists



A Handbook for Field Scientologists Starting up a Group

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Expanded Know to Mystery Scale

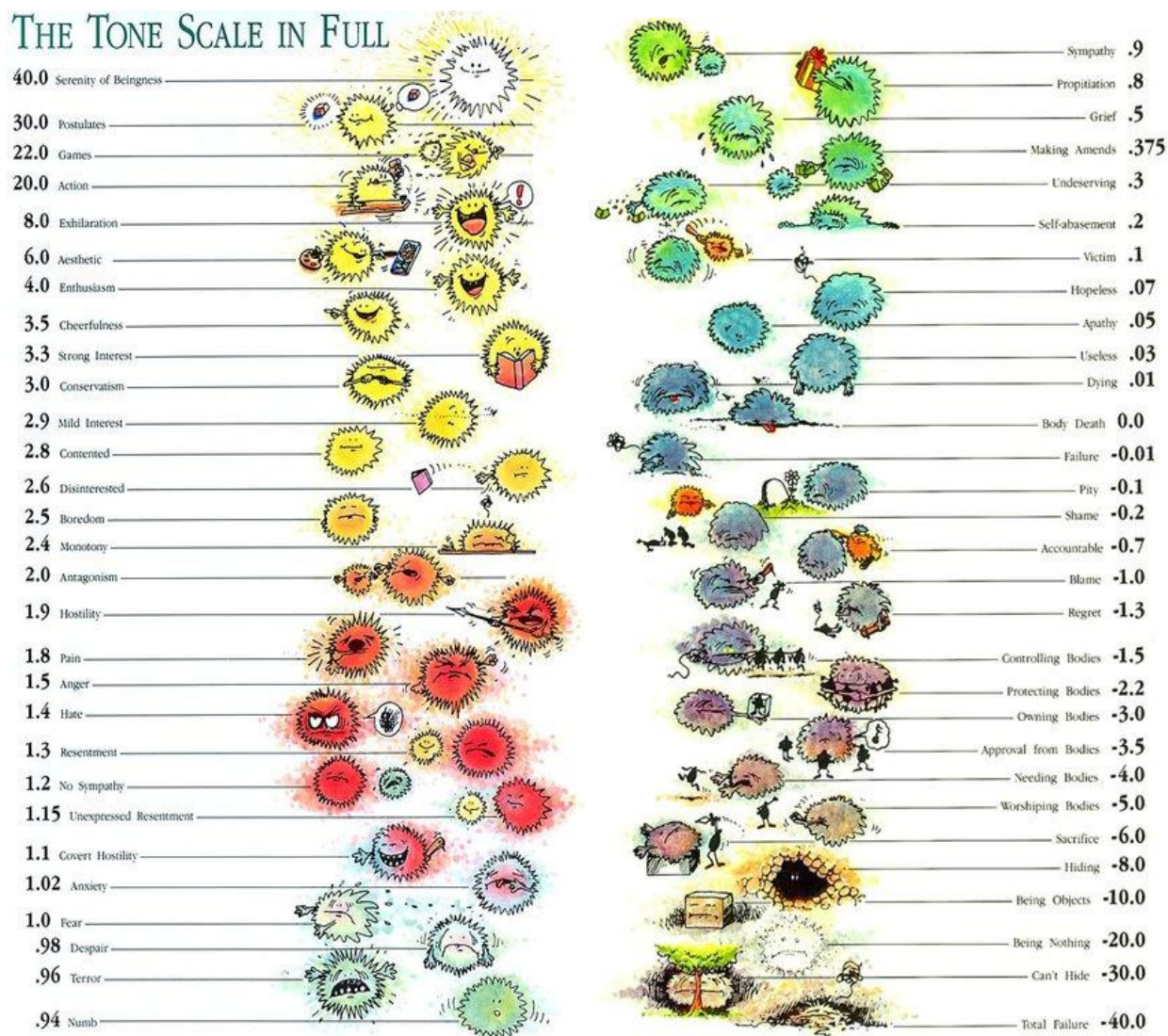
But you get a condensation of knowingness. A condensation of knowingness occurs down to lookingness. One has something to look at. And then this condenses and we get emotion. And this condenses and we get effort. And this condenses and we get thinkingness -you know, figure-figure. And this condenses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

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

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

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

The Tone Scale in Full



The Tone Scale

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

Scientology 0-8. The Book of Basics

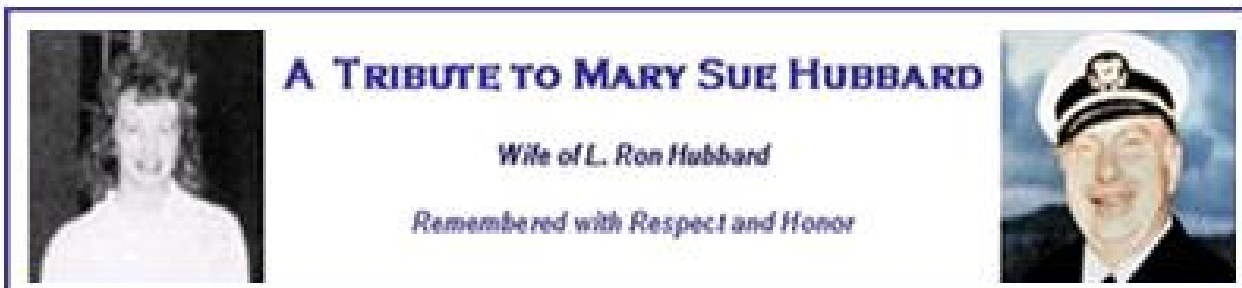
Daily do list from Ron

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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**Quote from
L. Ron Hubbard**

The basic individual is not a buried unknown or a different person, but an intensity of all that is best and most able in the person. The basic individual equals the same person minus his pain and dramatizations.



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