

FREE THETAN

NEWSLETTER OF THE ASSOCIATION OF
PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

Preserve, Protect & Promote

August 2015

No 6 Issue 8



THE THIRD DYNAMIC is the urge toward survival through a group of individuals or as a group. Any group or part of an entire class could be considered to be a part of the Third Dynamic. The school, the club, the team, the town, the nation are examples of groups.

Scientology Abridged Dictionary

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Volume 6 Issue 8 August 2015

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Important Note

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

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

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

~oo0oo~

**The
FREE
THETA**

The Members Quarterly Journal of the
Association of professional Independent Scientist

Preserve, Protect & Promote

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



reservo, servo, proveho

~ Editorial ~



reservo, servo, proveho

Dear Reader,

“When an individual is not permitted to be fully a part of the team he is apt to choose other members of the team as his opponents for, remember, man must have a game.”

THE PROBLEMS OF WORK

Team work, pulling together, Gung ho*, are all terms we are familiar with. An organisation, an association are all teams. Even a C/S, Auditor and Preclear are a team. Working to improve the quality of life for the Preclear They all have the same goal

There is no such thing as working alone. If one looks around on can see that one is a part of some team or group or somewhere along the line. A family unit, local club or association. Even the being with a body and a mind form a team of sorts.

A team or people working towards the same purpose can get more done per team member than an individual alone. It pays to be a part of the team and share a common purpose. There is no glory in being alone. There is no fun either. Camaraderie is one of the most uplifting emotions a being can have.

We are a team. A team of Scientologists interested in making life better for us all. And it is great to be a part of that team Yes?

Much arc,

Michael Moore
Editor

***Gung ho** /ˈɡʌŋˈhoʊ/ is an English term used to mean "enthusiastic" or "overzealous".

Gung ho is an anglicised pronunciation of "gōng hé" (工合), which is also sometimes anglicised as "kung ho". "Gōng hé" is a shortened version of the term "gōngyè hézuòshè" (工業合作社) or Chinese Industrial Cooperatives, which was abbreviated as INDUSCO in English.

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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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)

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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.

~oo00oo~



THEORY OF RESPONSIBILITY PROCESSING

L. Ron Hubbard

In order to make up one's mind to be responsible for things it is necessary to get over the idea that one is being forced into responsibility.

The power of choice is still senior to responsibility. What one does against his will operates as an overt act against oneself. But where one's will to do has deteriorated to unwillingness to do anything, lack of will is itself an aberration.

Variations in the reactions of pcs to responsibility processes stem from the pc's belief that his power

of choice is being or has been overthrown. Where an auditor has a pc balking against a responsibility process, the pc has conceived that the auditor is forcing responsibility on the pc and very little good comes of the session.

There is nothing wrong, basically, with doingness. But where one is doing something he is unwilling to do, aberration results. One does, in such a case, while unwilling to do. The result is doingness without responsibility.

In the decline of any state into slavery as in Greece, or into economic strangulation of the individual as in our modern western society, doingness is more and more enforced and willingness to do is less and less in evidence. At length people are doing without being responsible. From this results bad workmanship, crime, indigence and its necessities for welfarism. At length there are so many people who are unwilling to do that the few left have to take full burden of the society upon their backs. Where high unwillingness to do exists, democracy is then impossible, for it but

votes for the biggest handout.

Where high unwillingness to do exists then we have a constant restimulation of all the things one is really unwilling to do such as overt acts. Forcing people who do not want to work to yet work restimulates the mechanism of overt acts with, thereby, higher and higher crime ratio, more and more strikes and less and less understanding of what it is all about.

The individual who has done something *bad* that he was not willing to do then identifies anything he does with any unwillingness to do—when of course he has done this many times. Therefore all doingness becomes bad. Dancing becomes bad. Playing games becomes bad. Even eating and procreation become bad. And all because unwillingness to do something bad has evolved and identified into unwillingness to do.

The person who has done something bad restrains himself by withholding doingness in that direction. When at length he conceives he has done many many bad things, he becomes a total withhold. As you process him you encounter the recurring phenomenon of his realization that he has not been as bad as he thought he was. And that's the wonderful part of it. People are never as bad as they think they are—and certainly other people are never as bad as one thinks they have been.

The basic wonder is that people police themselves. Out of a concept of good they conceive themselves to be bad, and after that seek every way they can to protect others from self. A person does this by reducing his own ability. He does it by reducing his own activity. He does this by reducing his own knowingness.

Where you see a thetan who sleeps too much and does too little, where you see a person who conceives bad doingness on every hand, you see a person who is safeguarding others from the badness of himself or herself.

Now there is another extreme. A person who

must do because of economic or other whips, and yet because of his own concept of his own badness dares not do, is liable to become criminal. Such a person's only answer to doingness is to do without taking any responsibility and this, when you examine the dynamics, falls easily into a pattern of dramatized overt acts. Here you have a body that is not being controlled, where most knowledge is obscured and where responsibility for others or even self is lacking. It is an easy step from criminality to insanity, if indeed there is any step at all. Such people

cannot be policed since being policed admits of some obedience. Lacking control there is no ability to obey, and so they wind up simply hating police and that is that.

Only when economic grips are so tight or political pressure is so great as it is in Russia do we get high criminality and neurotic or psychotic indexes. Whenever doing is accompanied by no will to do, irresponsibility for one's own acts can result. Basically, then, when one is processing a pc, one is seeking to rehabilitate a willingness to do. In order to accomplish this one must rehabilitate the ability to withhold on the pc's own determinism (not by punishment) further bad actions. Only then will the pc be willing to recover from anything wrong with the pc—since anything wrong with the pc is self-imposed in order to prevent wrongdoing at some past time.

All types of responsibility processes have this as their goal: to rehabilitate the willingness to do and the ability to withhold on one's own determinism.

Restraint in doing something one knows he should do is a secondary deterrent but comes with other offshoots of responsibility into the cognition area.

Thus we have a formula of attack on any given area where the pc cannot do, is having trouble or cannot take responsibility: (a) Locate the area. (b) Find a terminal to represent it. (c) Find what the pc has done to that terminal that he thinks he should have withheld. (d) Reduce all such incidents.

In short all we have to do to rehabilitate any case is find an area where the terminal is still real to the preclear and then get rid of what he has done and withheld, and we come up with an improved responsibility.

Of all the responsibility processes, the oldest one I developed is still the best one by test and that is:

“What have you done to a (terminal)?”
“What have you withheld from a (terminal)?”

The processing results depend in large part on the accuracy of assessment, on the willingness of the auditor to process the pc and upon running the process as flat as it will go before finding another terminal.



Assessment accuracy depends upon skilled use of the E-Meter. Dynamic Straight Wire is best, and a weather eye upon the tone arm to see what terminal varies it, once one has the dynamic and from that has selected a terminal.

The willingness of the auditor to process the pc depends upon the confidence of the auditor to obtain results—and this is established by deletion of things the auditor has

done to pcs and withheld from pcs in general and this pc in particular. Thus co-audit teams would be right always if they took each other as the terminals to be run first, get these pretty flat (and keep them flat during processing with “What have you done to me?” “What have you withheld from me?”), then as the next thing to do run the sex of the auditor off the pc, then clean up Dianetics or Scientology (or use this as step two). And only then go into “case”. That would be a pretty fine co-audit team after they have survived the first explosions and gotten them gone. Then in searching out areas to run as a case, care should be taken not to over-run a terminal or under-run one. A pc running out of answers can get very restless.

Responsibility *can* be rehabilitated on any case and when it has been you have a clear and that’s all there is to it.

~oo0oo~

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

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Postulates and the 8th Dynamic – How to make your postulates stick

Perhaps you've wondered what the 8th dynamic is.

Understanding the subject of postulates catapults you up in beingness rapidly toward the eighth dynamic. Why?

Read the following excerpt and you'll begin to find out. It's taken from a lecture in Volume 8, entitled "Self-Determinism on the Dynamics," one of almost 40 incredible lectures with titles like, "Miracles in Dianetics," "Cause on All Dynamics," "Postulates and Emotion," "Love," "Prime Thought" and "Deadmen's Goals."

The more you learn about postulates, the greater will be your beingness and the more control you'll have over life.

A thetan who knows all about this subject, is able to make self-determined postulates in present time to guide and control life.

And now, here's Ron.

You see, the eighth dynamic is faith. It is not even knowledge, and it is certainly not ARC or understanding. It's faith. It's a static. And in a complete static there is no understanding. And the individual is taught, "You have to understand things in life," so he goes ahead and tries to understand the eighth. But you can't understand the eighth — that's faith! You accept it! You don't try to wonder about it.

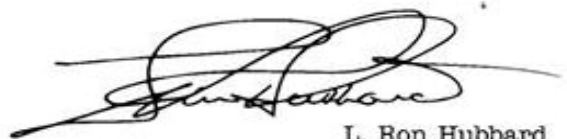
And you'll find, then, some peasant over in the middle of France is probably very, very happy about God, has never thought for a moment: "Is he there or isn't he there," or anything — very happy; he's got faith on the subject.

And you'll find some learned scholar, grinding away at his books — Spinoza. Study, study, suppose, postulate, think, think, think, think; spin, spin, spin, spin; think, spin, spin — no faith!

Now faith, however, is an automatic proposition, and the reason the guy tries to think on the subject is because people try to use it as a control mechanism.

And what this individual is trying to do is understand what is trying to control him in his own race — and blames it on God, you see? People are trying to control his actions and cut down his self-determinism by using the threat and potential of God, you see? And then he is upset on this subject, so he bypasses trying to understand because he didn't understand what people were trying to do to him, so he turns around and starts (quote) "understanding" on the subject of a Supreme Being. Well, he can't do it! And the second he does, why, it'll spin.

The way you undo it is to find out who was trying to control him with the eighth dynamic; what human being was trying to control him with the 8th dynamic; what human beings were associated with him on the subject of the eighth dynamic. And unburden his contest and conclusions with regard to these human beings. And all of a sudden the eighth dynamic will go right on up in beautiful shape — bang.



L. Ron Hubbard
23 October 1951

Ron goes on to tell about a man who sailed with Columbus, and used the 8th dynamic to achieve incredible feats of danger and adventure, making his postulates come true. Read Volume 8 and get the full tech yourself!



THE TOP TRIANGLE

By
L. Ron Hubbard

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 polishing.
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 accom-

By inching up each corner of the KRC triangle 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.

~oo00oo~

Daily do list from Ron

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

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

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

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



Wins & Gains in the Independent Field 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

~ CLEAR ~

With the state of Clear on the 1st dynamic, I can easily handle any mental matter, energy, space and time which equate to pictures from ones own time track. ALSO, on of the other definitions of Clear in an absolute sense states that one can confront anything and everything in the past, present and future---

Another thing erased is the reactive mind and its' viciousness. Trust me, I know. What used to set me off before in a situation has no effect. Another Clear trait I recognize in myself is the increase in being able to have a bigger game and confront what it takes to play that game. One last thing is that I notice others who aren't clear yet, trying to operating underneath their mental MEST or bank.

Objectives

At first, running Objectives seemed boring. As it went on, there were a few interesting cognitions. Had some fun with "Touch that (object).

Touch that (body part), as it sometimes felt like I was doing the "Macarena" dance! I can touch anything or get any idea I want. I enjoyed "Get the idea of making that (object) disappear"! At the end, I didn't even have to look at the object to make it disappear! The possibilities!! Thank you.

ARCSW

I am so happy to be making progress and having insights into what I am responsible for. With yawns and laughter I felt the charge being contacted and released. I want to get more of this stuff and also help others get the benefits of auditing. My understanding of the ways we know has increased thanks to LRH.

Solo Course.

Today I finished all the drills and everything on the Solo Course. All clears really need to do this course. Being able to audit yourself is a big freedom. It's like being a grown-up and being

able to audit your own case. You learn a lot on this course about how to successfully run a session, not get bypassed charge, how to rehabilitate and fly your own ruds.

Purification

I just wanted to let everyone know that I think I am done with the Purif. I didn't run it on an official program so I am not going to attest to it being fully completed. In the future I would like to get a checkout on it but for the most part doing this on my own I feel it is DONE.

I feel quite differently today than what I did two weeks ago. I feel quite calm, alert, bright, stable, shiny and most importantly clean! What of my case? Well that's interesting. I always got yelled at and reprimanded for having a case on post with the CoS. It didn't matter much whether I was on course or not. It's very interesting to note that I feel "caseless" so to speak. I know I have one. I know it will come up in session. But it is not sitting here in present time affecting me like it did before. My attention is right here right now. Things that really affected me before don't even bother me. Any pictures I seem to have had floating around have unmocked. That's a really nice feeling. Time has also almost slowed to a crawl. I have more present time now. Minutes and hours are not flipping by like seconds. Overall emotional tone before completing the rundown was generally fear. Fear to confront others, self, objects etc. It was like I was stuck there and I didn't know why. My emotional level now is one of exhilaration! One thing I have noticed is that I see the emotion changes when communicating with someone now. When I receive a comm through space I can spot the tone level of it instantly! Almost like a pow! Then I spot my tone on the return end!

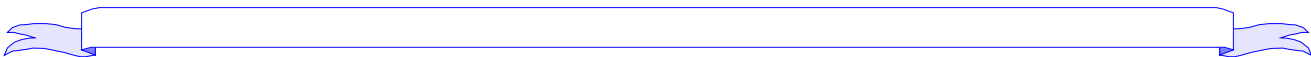
OT

It's a tribute to Hubbard's ingenuity that this level seems to follow clear so naturally. I wouldn't say it was obvious, but I feel strongly that the cognition I've experienced are ones I've been bumping up against for some time. Hubbard was ingenious in his ability to look at and grant beingness to theta, and I think OT 1 is as fine an example of this as any I've seen. It's nice to be in the hands of a friend. All of us that experience this are the luckiest beings here.

OTIII

I have been on OT III for a couple of months now and have found this to be the most rewarding experience I have had in many years. It wouldn't have come to this junction if I hadn't come across a real snag. And for a little over a month, I found no reason to audit. I had a lot of excuses and reasons and even "no interest" or "no money". If it wasn't for the persistence and kindness of my C/S, I very well may have still been in the mire and not have known it. Well, I am out of it now and realize an important point. I was afraid of others viewpoints before. I was afraid that what I believed to be true, others wouldn't see it as truth. But the truth is that I have the technology to restore a persons dreams. I can release the considerations and somatics that justify a persons existing condition. I can open the eyes of a being, that he may see who he really is, and where it was that he came from. I can expose the implants; what they are, and are not.

~oo00oo~



**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.

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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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

T
he voice of independent Scientologists with Exciting articles by well known & well respected individuals. Regular favourite features. Available to APIS Members only. Join APIS Today!

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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."

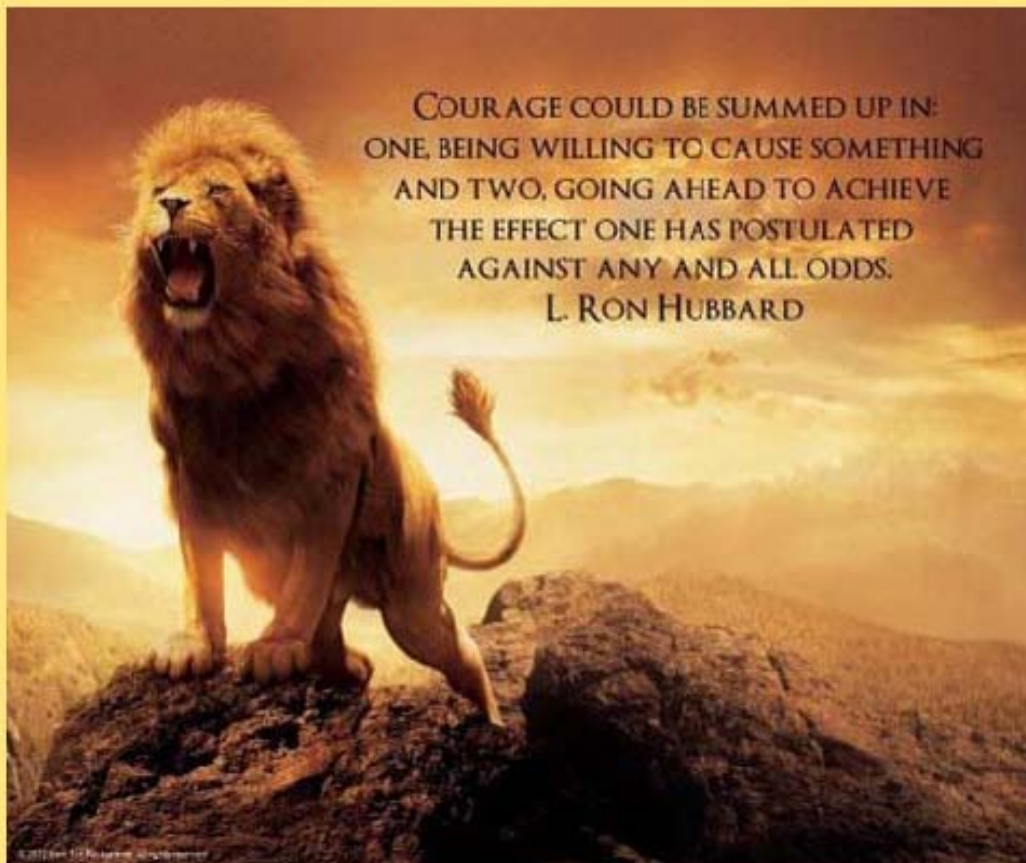
"Recall a time when someone was communicating easily to you." "Recall a time when somebody liked you."

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

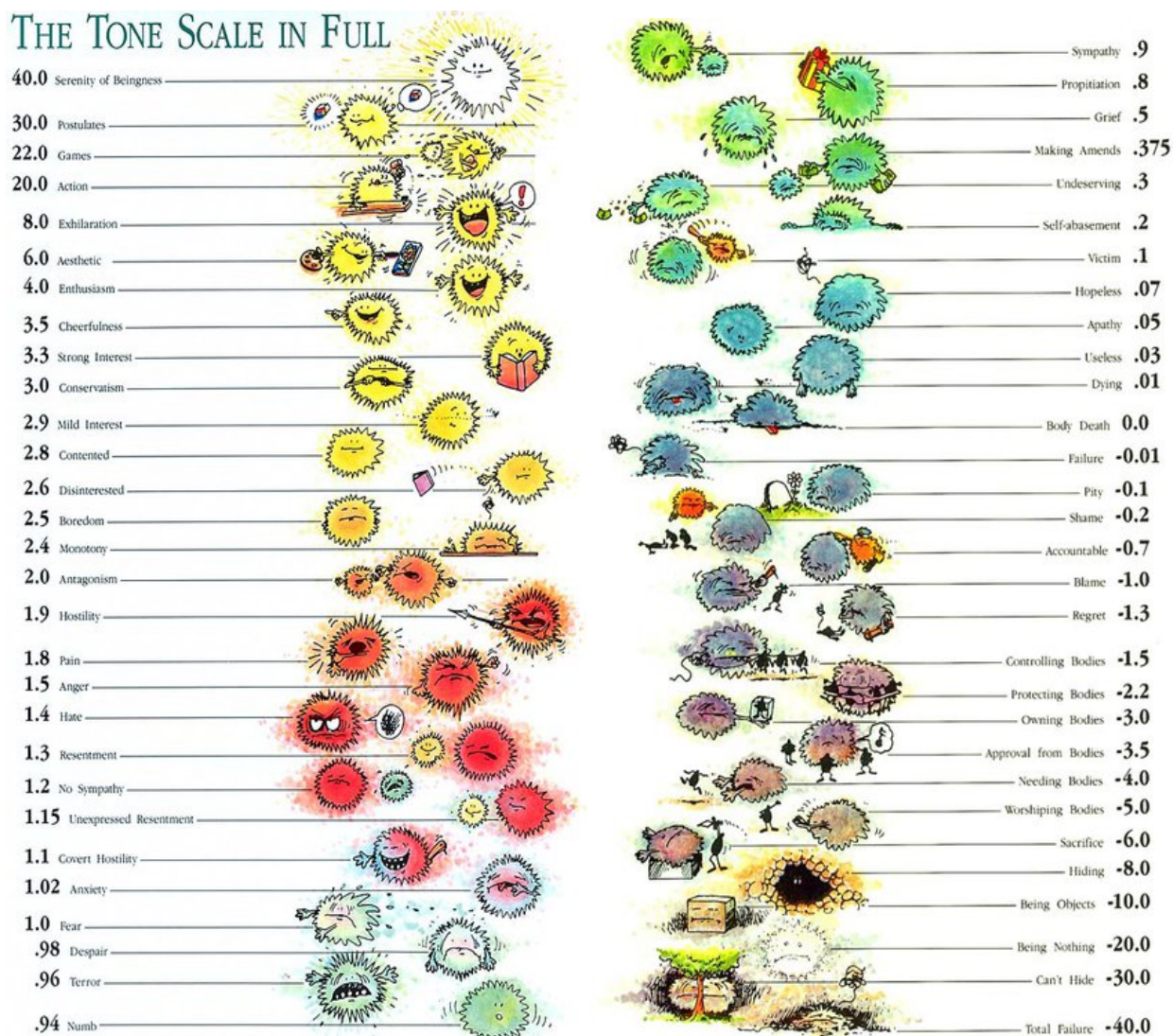
But you get a condensation of knowingness. A condensation of knowingness occurs down to lookingness. One has something to look at. And then this condenses and we get emotion. And this condenses and we get effort. And this condenses and we get thinkingness -you know, figure-figure. And this condenses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

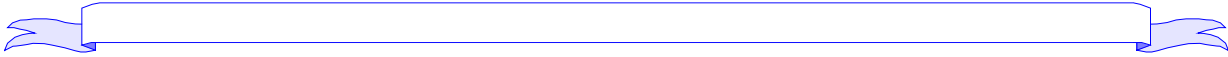
The Tone Scale in Full



The Tone Scale

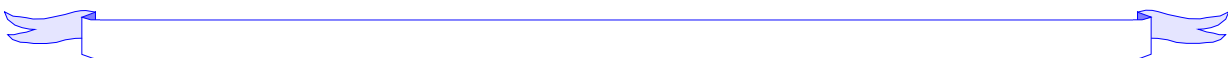
Understanding is composed of Affinity, Reality and Communication. This triangle tells us that the co-existent relationship between affinity, reality and communication is such that none can be increased without a resulting increase in the other two and none can be decreased without decreasing the other 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



**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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