

# FREE THETAN

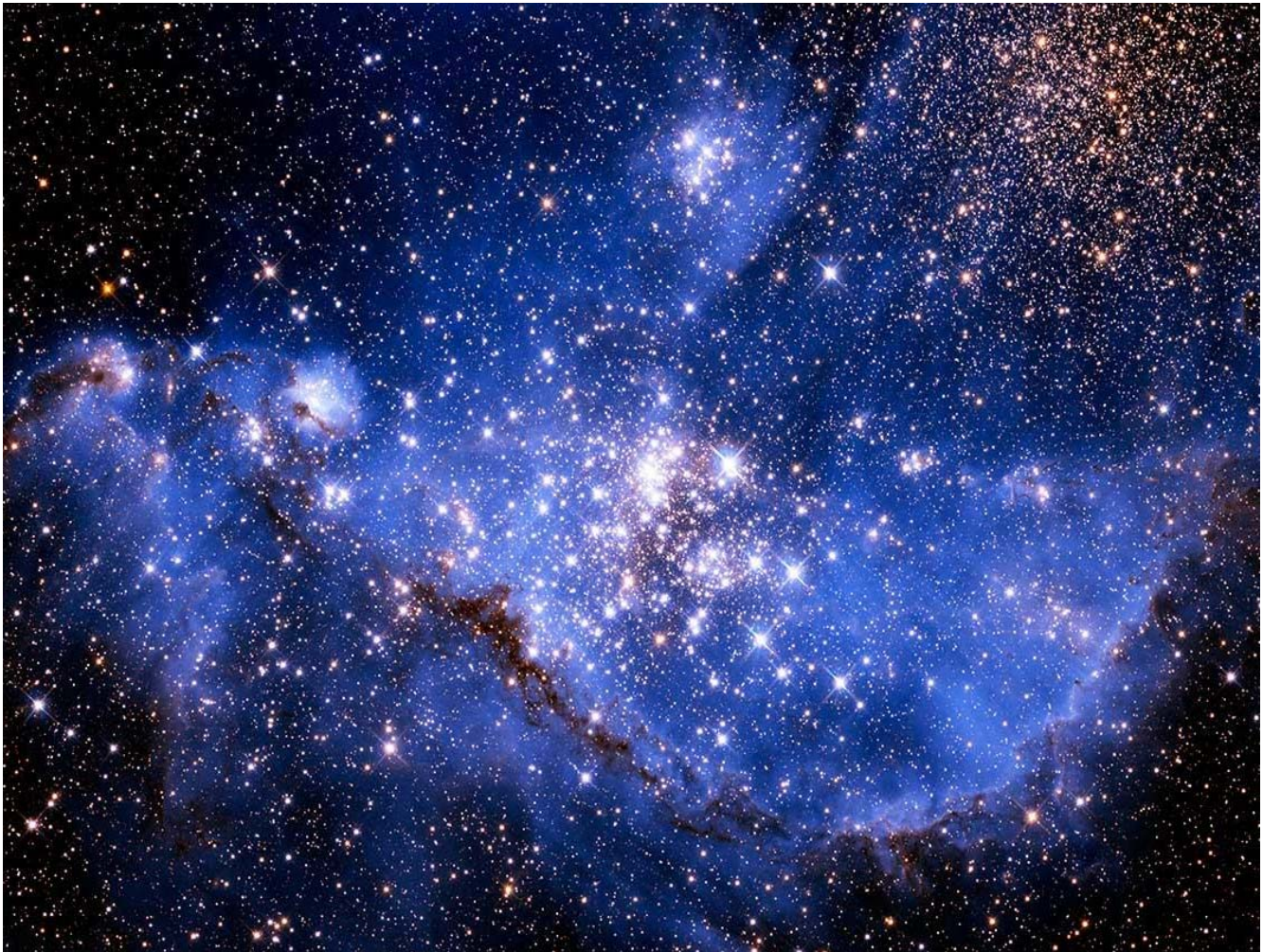
NEWSLETTER OF THE ASSOCIATION OF  
PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

*Preserve, Protect & Promote*



April 2018

Volume 9 Issue 4



**THE SIXTH DYNAMIC-is the urge toward existence as the physical universe. The physical universe is composed of matter, energy, space and time. In Scientology we take the first letter of each of these words and coin a word, MEST. This can be called the UNIVERSE DYNAMIC.  
Fundamentals of Thought**

# FREE THETAN

## NEWSLETTER OF THE ASSOCIATION OF PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

*Preserve, Protect & Promote*

**FREE THETAN**  
**Volume 9 Issue 4 April 2018**

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### Important

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

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

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

~oOo~

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

~ *Editorial* ~



reservo, servo, proveho

**Dear Reader,**

Taking care of the environment comes in the category of the Sixth Dynamic Ensuring its survival, particularly on this planet, by reducing those factors that cause pollution and contribute to unwarranted climate change.

This would include such activities as reducing the use of plastic in the form of bags and wrappings as they do not break down and much of them end up in the oceans and interfere with and inhibit the survival of sea creatures (Fifth Dynamic)

It would include not breeding and interfering with the breeding cycles of various plants and animals to gain more profit from their existence. Although such activities could be said to be Fifth Dynamic activities they do interfere with the 6th Dynamic as all dynamics interrelate to each other. For example the largest producer of methane in the atmosphere are bovines such as cows. Methane has now increased to unnatural levels. The severe reduction of fauna such as trees has resulted in a depletion of oxygen in the atmosphere causing many issues for those sensitive to a lack of oxygen and which then require unnatural aids to supplement their oxygen intake.

The environment is an area we have to live in and survive as human beings. It is in our interest to ensure it is a safe and healthy one.

Until next time.

Much arc,

Michael Moore  
Editor

~oo00oo~



## *The Aims of Scientology and APIS*

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

*We therefore stated below:*

### **The Aims of APIS**

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

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

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

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

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

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

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

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

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

The sun never sets on Scientology.

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

Our aims are simple, if great.

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

Your help is acceptable to us.

Our help is yours."

'The Aims of Scientology' -- Lafayette Ron Hubbard

~oo00oo~

## CERTIFIED AUDITORS & GROUPS

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

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

### Canada

Toronto

Chris Black. Class VIII C/S, KOT,

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

### USA

Southern Cal tech Team

**Standard LRH Bridge**

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

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

### Los Angeles, California

Trey Lotz Class VIII

Delivers: Standard LRH Bridge up to Clear, NOTs

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

Ian Waxler Class VIII C/S with Honors

Auditing and C/Sing all old LRH Bridge

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

Ingrid Smith

From Life repair to OT4

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

### Scotland

Ken Urquhart. Class IV Advance Courses Specialist. Class IX

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

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

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

~oo00oo~



## Wins and Successes in the Scientology Independent Field

### Auditing Cycle

I'm here in Toronto and have just completed some auditing cycles. I had been stuck on the Bridge for 20 years and thanks to the Free Zone I have been able to get going again. I'm here to get my CCRD and have had some repairs done and this success story is about just that.

The gains I have received have been enormous. In fact, I have not felt this exterior for such a long time. My space has become wide open and I have had many, many considerations on various dynamics just vanish. My confront has come back up and I have just realized how great life really is. I can go back and confront the things that I couldn't and have more certainty over my dynamics.

My next action is CCRD which we will be starting today, so watch this space....

Enormous thanks to Chris (CLVIII) for his 100% Standard Tech delivery and of course to Ron for making this tech available.

### Auditing Method One

It is great fun to audit someone through their M/U's on subjects they have studied. Right before your eyes a beautiful literate thetan regains the ability to understand using the concepts of our current Earth language. Words are easy, smoother and the person gets certainty that they REALLY KNOW! Now that's a whole lotta fun to audit!

### CLEAR

Today I attested to the state of Clear. It has been a magnificent experience with many, many cognitions along the way. Thanks to Chris (CLVIII) I know I have reached Clear with the application of Standard Tech, the way LRH developed it.

It has taken 20 years to get back onto the Bridge and thanks to the Free Zone I have been able to get going again.

The gains over the last few days have been enormous. My space has been blown wide open, life and the MEST universe has absolute clarity and I have complete cause over it. My postulates have no doubt. My track has opened up and I feel very, very happy.

I'm now going to go out in life and enjoy these wins...

For those who have been stuck, get back going up the Bridge. Talk to Chris, he is a great guy and a world-class auditor. He will find stuff you never thought you would find..!

Thanks Chris. Sincere thanks also to Ron for investing so much to allow us to go free.

### Sunshine Rundown

Today I completed the Sunshine Rundown. I feel GREAT...!

What a fantastic next cycle to the CCRD. Opens up space even more. I'm in it, but have control over it...!

Thanks, Chris, for being such a valuable auditor.

## Repair Program

It was a thrill to hear the words "this is the session" after 28 years - and so started my repair program.

The wins were amazing. The auditing superb. Even had my first floating TA that was acknowledged.

Things of importance to me got sorted out. Areas that had been sticking points are now cleaned up. I'll be vague, as these were personal things, and this will be posted widely. Suffice it to say that a lot of attention was freed up and some mysteries solved.

It was not requested that I write a success story - this was something I wanted to do. Different, huh?

I'm very fortunate to be audited by Chris, an experienced Class VIII- the expertise is so obvious- and to receive, as one of the actions, a list developed by Class XII Pierre handling charge on being in Scn or staff itself.

As many know, my personal experiences on staff in the 70s were mostly good- but the other flows sure were sticking points. Not too surprising given the circumstances.

I can see that if only the people on the lists and forums, with all the gripes about what "happened" to them, had the opportunity to receive such a repair - it would handle so much for them and go far to clean up the field itself. This aligns strongly with purposes of mine and brings forth some ideas I wish to pursue regarding making this happen for others.

Onward with the advance program.

A huge thanks to Chris and Pierre, and, of course, LRH for making this possible for all of us.

## L12

Another success, as I sort out some of these things, and organize what wins were from what.

L12 was a fantastic action. I can't really tell you what exactly the wins were, as during it quite a bit of stuff blew, and probably at the time I could have given you a cog, but now nothing remains. I suppose, at the end was one major win, and that was Clear across all 8 dynamics.

The clear state of clear on the first dynamic was something incredible, and of course it changed me forever, or rather put me back to a condition before I operated in a stimulus response condition unknowingly. This rundown produced the same effect, but across all of the dynamics.

Certainty and unshakability as a being, with the ability to handle my own universe. Definitely, and again as always, quite an understatement. Running off various characters with the tech of the level once and for all completely put me in my own valence. Forever.

I saw clearly who I was in this game of 8 dynamics, and all the stimulus response toward any dynamic, any beingness that was not me was gone. So of course, I had to be clear on all 8 dynamics.

Since everyone wants some sort of a tangible reality on abilities gained, I can tell you that I suddenly could communicate with ants, and tell them to do something, and they would do it. As well birds coming around and singing for me, of trees, flowers and grass talking to me. Most importantly it was two way communication.

Lol. Quite a state. Certainty of own universe. Old OT5 and 6 handled that to a very large degree, but this was the final icing on the cake.

Again, thanks to LRH for developing the tech, and thanks to Pierre for sorting it out for me, and ending cycle on any doubt about it forever.

## New Vitality Rundown

I am attesting to the EP of the New Vitality Rundown done (at Flag) in 1978--yes, 28 years later! I now realize, thanks to Pat's CSing, that I did in fact achieve the EP of that rundown.

I DID ARRIVE!

I was there!

Scared the crap out of me!

It would have been nice if they would have had the tech of Clear at that time, but what was-was! Yes, I did arrive but the out auditing action created a crash landing, not the smooth transition I had hoped for.

Onward and upward. .

## More wins with class XII C/Sing

### Attestation of end of Current Program.

Thank you both Vicky and Pierre, for a great and smooth programme to handle what was a PTP, the confirmation and acknowledgements and EPs have been great in their/my cogs. I am now looking forward to a re-planned life - gradiently approached- and very pleased with my new and efficient friends and talented comm lines. My negative void has now started to fill with thoughts and postulates to obtain my goals this lifetime. Thank you both again.

~oo0oo~



# BASIC PRINCIPLES

(Extract from Fundamentals of Thought)

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

To study Scientology one should scan (skim) quickly through the basics and find something with which one can agree. Having found ONE THING (one fact) with which he can agree, one should then skim through again and find

another fact. One should continue to do this until he feels some friendliness to the subject. When one has achieved this, and *only* when one has achieved this, he should then study all the basic principles. There is no effort here to be authoritarian (opinionated). No one will try to make the subject difficult.

You may have been taught that the mind (thought, the brain) is a very difficult thing to know about. This is the first principle of Scientology: It is possible to know about the mind, the spirit and Life.

## *The Cycle of Action*

The most fundamental idea in Scientology is called the CYCLE OF ACTION. CYCLE = a span of time with a beginning and an end = a



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

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

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

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

This cycle is only an APPARENCY. It is what we see, what we behold, what we believe. We CONSIDER (think, believe, suppose, postulate) that it is so and then we see it so. A child is born, he grows, he reaches manhood, he grows old, he dies. In Scientology it can be seen that none of these steps are necessary. One considers them so, and so they are "true". A man can grow old quickly or slowly. He grows old to the degree that he believes he is growing old. Because everyone AGREES that this is the way things are, they go that way. The cycle is not TRUE. It is only APPARENT. It is APPARENT because we believe we see it. It is APPARENT because we AGREE that it should be so.

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

it. There is. We have to find out what the ACTUAL cycle is before we can make people better. 3.ACTUAL = what is really true = that which exists despite all apparencies = that which-underlies the way things seem to be = the way things really are. THE ACTUAL CYCLE OF ACTION is as follows: CREATE, create-create-create, create-counter-create, no creation, nothingness. CREATE = make, manufacture, construct, postulate, bring into beingness = CREATE. Create-create-create = create again continuously one moment after the next =SURVIVAL. Create-counter-create = to create something against a creation = to create one thing and then create some thing else against it = DESTROY.

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

AN ACTUAL cycle of action then consists of various activities, but each and every one of them is creative. The cycle of action contains an APPARENCY of SURVIVAL, but this is actually only a continuous creation. The APPARENT cycle of action contains DESTRUCTION, but the ACTUAL cycle of action tells us what destruction is. DESTRUCTION is one of TWO activities. DESTRUCTION is (in terms of action) a creation of something against a creation of something else. For example, a wall is seen standing. To be apparent it is necessary that the wall be constantly created. The act of "destruction" is to exert against the wall another creativeness, that of the action or activity of knocking the wall down.

Both the wall standing there and the action of knocking it down are "creative" actions. Because we may object to (argue against, dislike) a wall being knocked down, we vilify (swear at, scorn) the creativeness involved in knocking it down with the word "destructive".

ACTUALITY tells us that there is no such thing as destruction. There is only creation against a

creation. There is another "type of destruction" and this is NO MORE CREATION. By no longer being a party to (a member of) the

wall's creation, the wall, in theory, can cease to exist

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

REALITY is the way things appear. REALITY IS APPARENCY. To do anything about reality, one must search into and discover what underlies the APPARENCY. Of what does REALITY consist (what is Reality composed of)? We SEE an APPARENCY which has the CYCLE OF ACTION OF CREATE-SURVIVEDESTROY. More basically (fundamentally) this CYCLE OF ACTION contains nothing but CREATION.

If one stops making something completely and ceases to be a party to its manufacture, it no longer exists for one. If one ceases to create, there is nothingness. When one creates something or beholds something which is created, that thing is still being created. Even if one is creating something with his left hand and has forgotten about it with his right hand, the thing still exists. In other words, one can create something without knowing it is still being created. Then one seeks to DESTROY it by a counter-creation (a creation against it). The result is a chaos created by two opposing creations.

LET US BE PRACTICAL. A science is not a science unless it is practical. A theory is no good unless it works. All the fancy and beautiful theory in the world is useless unless it has a use or a workability. Is this CYCLE OF ACTION THEORY USEFUL? It is. So long as we believe that we have to destroy with force in order to destroy at all, as long as we think in terms of destruction, we have chaos.

There is CREATING AND KNOWING ONE IS CREATING. There is CREATING AND

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

4.KNOWINGLY CREATING SOMETHING is always the first condition. One can then purposefully CONTINUE THE CREATION UNKNOWINGLY. Everything one is doing knowingly or unknowingly one is doing here and now, in the present instant, in present time. ONE KNOWINGLY STARTED ANY CREATION in some PAST moment. But the Creation is being done in the present moment.

To stop any creation it can be established that one once knew one was creating it- finding that thought and making it known again-OR ONE CAN SIMPLY CREATE NEWLY AND CONSCIOUSLY WHAT ONE IS ALREADY CREATING UNCONSCIOUSLY (unknowingly).

In either case the creation stops. The WRONG WAY is to start a new creation to counter against the old creation; when one does this he gets confusion and chaos.

FOR EXAMPLE, a man has a bad leg. He is trying to "get well". He seeks then to create a good leg. He goes to doctors and wants to be healed. The treatment is difficult and usually somewhat unsuccessful in the case of a very severely crippled leg. SOMETHING is creating a bad leg. Against this he is creating a good leg. The result is confusion and a bad leg. BUT a THIRD creativeness is present. First something was creating, we hope, a good leg.

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Then a counter-creation (such as an accident to his leg) counter-created a bad leg. Now he is trying to counter-create again a good leg. The result is to wipe out the ORIGINAL GOOD LEG

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

FOR EXAMPLE, a man has a job. He works at it. That is to say he create-create-creates a job throughout the days, weeks and years. As long as he makes a job, the job exists. One day he DEPENDS upon (takes for granted) this job. He no longer creates it. It ceases to exist. He has no job. The APPARENCY is that he loafed (became lazy) and was discharged. The ACTUALITY is that he no longer created a job and so didn't have one.

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

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

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

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

~oo00oo~



**Freedom**

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

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



## THE REASON WHY

(Extract from 'Fundamentals of Thought' by L. Ron Hubbard)

Life can best be understood by likening it to a game. Since we are exterior to a great number of games we can regard them with a detached eye. If we were exterior to Life instead of being involved and immersed in the living of it, it would look to us much like games look to us from our present vantage point.

Despite the amount of suffering, pain, misery, sorrow and travail which can exist in life, the reason for existence is the same reason as one has to play a game-interest, contest, activity and possession. The truth of this assertion is established by an observation of the elements of games and then applying these elements to life itself. When we do this we find nothing left wanting in the panorama of life.

By game we mean contest of person against

person, or team against team. When we say games we mean such games as baseball, polo, chess or any other such pastime. It may at one time have struck you as peculiar that men would risk bodily injury in the field of play just for the sake of "amusement". So it might strike you as peculiar that people would go on living or would enter into the "game of life" at the risk of all the sorrow, travail and pain just to have something to do. Evidently there is no greater curse than total idleness. Of course there is that condition where a person continues to play a game in which he is no longer interested. If you will but look about the room and check off items in which you are not interested, you will discover something remarkable. In a short time you will find that there is nothing in the room in which you are not interested. You are interested in everything. However, disinterest itself is one of the mechanisms of play. In order to hide something it is only necessary to make everyone disinterested in the place where the item is hidden. Disinterest is not an immediate result of interest which has



worn out. Disinterest is a commodity in itself. It is palpable, it exists.

By studying the elements (factors) of games (contests) we find ourselves in possession of the elements of life.

Life is a game. A game consists of *freedom*, *barriers* and *purposes*. This is a scientific fact, not merely an observation.

Freedom exists amongst barriers. A totality of barriers and a totality of freedom alike are no-game conditions. Each is similarly cruel. Each is similarly purposeless.

Great revolutionary movements fail. They promise unlimited freedom. That is the road to failure. Only stupid visionaries chant of endless freedom. Only the afraid and the ignorant speak of and insist upon unlimited barriers.

When the relation between freedom and barriers becomes too unbalanced, an unhappiness results.

“Freedom from” is all right only so long as there is a place to be free to. An endless desire for *freedom from* is a perfect trap, a fear of all things.

Barriers are composed of inhibiting (limiting) ideas, space, energy, masses and time.

Freedom in its entirety would be a total absence of these things-but it would also be a freedom

without thought or action, an unhappy condition of total nothingness.

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

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

The restrictions of a government, or a job, give an employee his freedom. Without known restrictions, an employee is a slave, doomed to the fears of uncertainty in all his actions.

Executives in business and government can fail in three ways and thus bring about a chaos in their department. They can:

- (1) seem to give endless freedom;
- (2) seem to give endless barriers;

(3) make neither freedom nor barriers certain.

Executive competence, therefore, consists of imposing and enforcing an adequate balance between their people’s freedom and the unit’s barriers and in being precise and consistent about those freedoms and barriers. Such an executive adding only in himself initiative and purpose can have a department with initiative and purpose.

An employee, buying and/or insisting upon freedom only, will become a slave.

Knowing the above facts he must insist upon a workable balance between freedom and barriers.

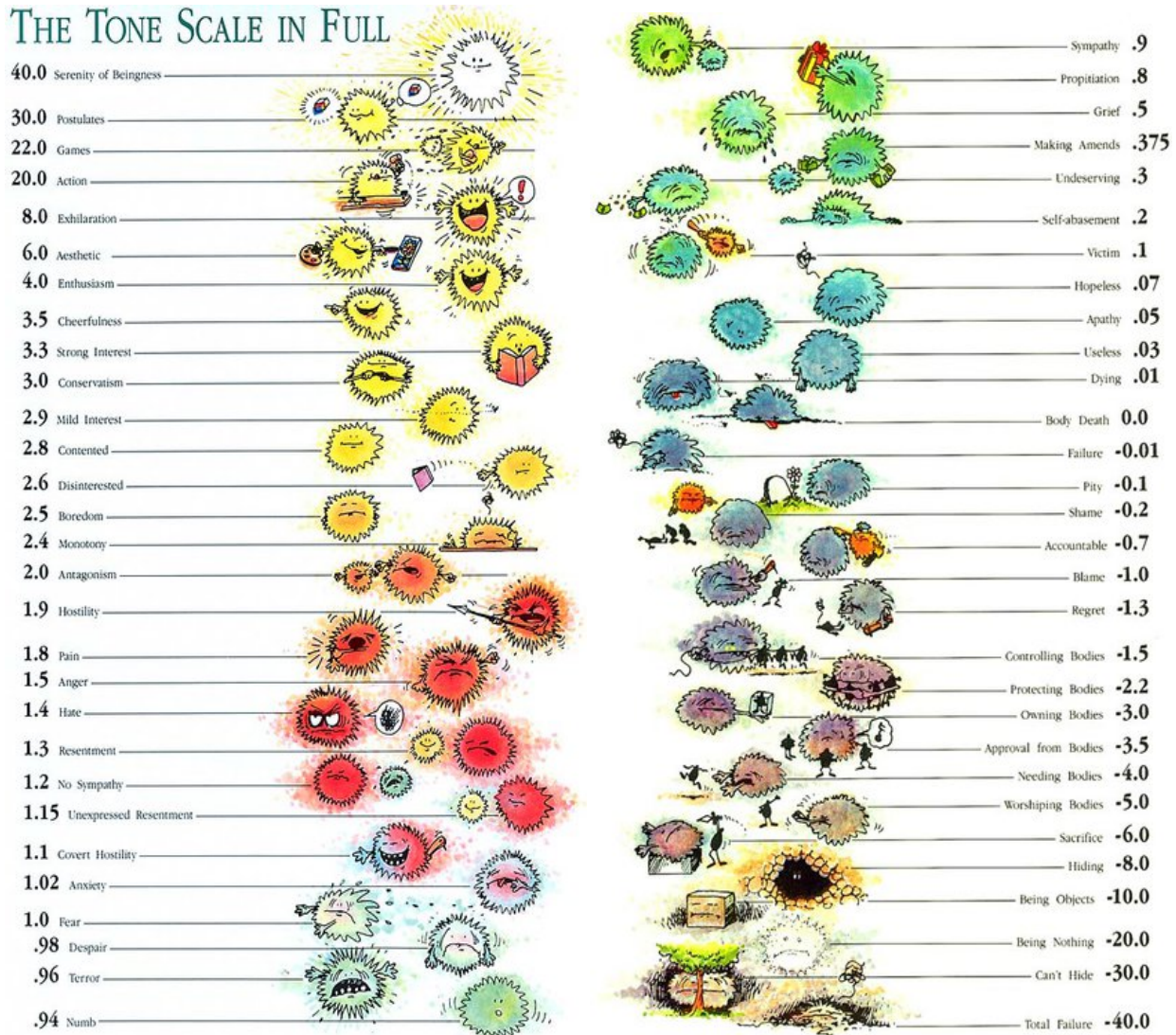
An examination of the dynamics above will demonstrate the possibility of a combination of teams. Two group dynamics can engage one another as teams. The self dynamic can ally itself with the animal dynamic against, let us say, the universe dynamic and so have a game.

In other words, the dynamics are an outline of possible teams and interplays. As everyone is engaged in several games, an examination of the dynamics will plot and clarify for him the various teams he is playing on and those he is playing against. If an individual can discover that he is only playing on the self dynamic and that he belongs to no other team it is certain that this individual will lose, for he has before him seven remaining dynamics. And the self dynamic is seldom capable of besting by itself all the remaining dynamics. In Scientology we call this condition the “only one”. Here is selfish determinism in the guise of self-determinism and here is an individual who will most certainly be overwhelmed. To enjoy life one must be willing to be some part of life.

There is the principle in Scientology called pan-determinism. This could be loosely defined as determining the activities of two or more sides in a game simultaneously. For instance, a person playing chess is being self-determined and is playing chess against an opponent. A person who is pan-determined on the subject of chess could play both sides of the board.

A being is pan-determined about any game to

# 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

## **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~

which he is senior. He is self-determined only in a game to which he is junior. For instance, a general of an army is pan-determined concerning an argument between two privates or even two companies of his command. He is pan-determined in this case; but when he confronts another army, led by another general, he becomes self-determined. The game in this wise could be said to be larger than himself. The game becomes even larger than this when the general seeks to play the parts of all the political heads which should be above him. This is the main reason why dictatorship doesn't work. It is all but impossible for one man to be pan-determined about the entire system of games which comprise a nation. He starts taking sides and then to that degree becomes much less than the government which he is seeking to run.

It has been stylish in past ages to insist upon only freedom. The French Revolution furnishes an excellent example for this. In the late part of the 18th century, the nobles of France became so self-determined against the remainder of the country and were so incapable of taking the parts of the populace that the nobles were destroyed. Immediately the populace itself sought to take over the government, and, being trained and being intensely antipathetic to any and all restraints, their war cry became "Freedom". They had no further restrictions of barriers. The rules of government were thrown aside. Theft and brigandage took the place of economics. The populace, therefore, found itself in a deeper trap and discovered itself to be involved with a dictatorship which was far more restrictive than anything it had experi-

enced before the Revolution.

Although man continually uses "Freedom" for his war cry he only succeeds in establishing further entrapment for himself. The reason for this is a very simple one. A game consists of freedom *and* barriers *and* purposes. When man drops the idea of restrictions or barriers he loses at once control over barriers. He becomes self-determined about barriers and not pan-determined, thus he cannot control the barriers. The barriers left uncontrolled trap him then and there.

The dwindling spiral of the apparency Create-Survive-Destroy comes about directly when man shuns barriers. If he considers all restrictions and barriers his enemies, he is of course refusing to control them in any way and thus he starts his own dwindling spiral. A race which is educated to think in terms of freedom only is very easily entrapped. No one in the nation will take responsibility for restrictions, therefore restrictions apparently become less and less. Actually they become more and more. As these restrictions lessen, so lessens the freedom of the individual. One cannot be free from a wall unless there is a wall. Lacking any restrictions life becomes purposeless, random, chaotic.

A good manager must be capable of taking responsibility for restrictions in that freedom, to exist, must have barriers. A failure to take initiative on the subject of restrictions or barriers causes them to arise all by themselves and exist without consent or direction. There are various states of mind which bring about happiness. That state of mind which insists only upon freedom can bring about nothing but unhap-

	<p><b>A TRIBUTE TO MARY SUE HUBBARD</b></p> <p><i>Wife of L. Ron Hubbard</i></p> <p><i>Remembered with Respect and Honor</i></p>	
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piness. It would be better to develop a thought pattern which looked for new ways to be entrapped, and things to be trapped in, than to suffer the eventual total entrapment of dwelling upon freedom only. A man who is willing to accept restrictions and barriers, and is not afraid of them, is free. A man who does nothing but fight restrictions and barriers will usually be trapped. The way to have endless war is "abandon" all war.

As it can be seen in any game, purposes become counter-posed. There is a matter of purpose-counter purpose in almost any game played in a field with two teams. One team has the idea of reaching the goal of the other, and the other has the idea of reaching the goal of the first

Their purposes are at war, and this warring of purposes makes a game.

The war of purposes gives us what we call problems. A problem consists of two or more purposes opposed. It does not matter what problem you face or have faced, the basic anatomy of that problem is purpose-counter-purpose.

In actual testing in Scientology it has been discovered that a person begins to suffer from problems when he does not have enough of them. There is the old saw (maxim) that if you want a thing done, give it to a busy man to do. Similarly if you want a happy associate, make sure that he is a man who can have lots of problems.

From this we get the oddity of a high incidence of neurosis in the families of the rich. These people have very little to do and have very few problems. The basic problems of food, clothing and shelter are already solved for them. We would suppose, then, if it were true that an individual's happiness depended only upon his freedom, that these people would be happy. However, they are not happy. What brings about their unhappiness? It is the lack of problems.

SELF-DETERMINISM is a condition of deter-

mining the actions of self. It is a First (Self) Dynamic action and leaves the remaining seven undetermined or, in actuality, in opposition to the self. Thus if one wants to take on the rest of life in a free-for-all fight, one could be entirely insistent upon total self-determinism. As the remainder of the dynamics must have a say in one's self to function, they fight at once any attempt at total self-determinism.

PAN-DETERMINISM means determining the action of self and others. It means wider determinism than self. In an aberrated fashion we see this in an effort to control all others to aggrandize (make important) self. Pan determinism is *across* determinism or determinism of two sides. If one controls (monitors) both sides of a chess game one is "above" the game. One is self-determined, then, in any situation in which he is fighting. He is pan-determined in any situation which he is controlling.

To become pan-determined rather than only self determined, it is necessary to view both sides.

A problem is an intention-counter-intention. It is then something that has two opposing sides. By creating problems one tends to view both sides in opposition and so becomes pan-determined.

Thus a problem only *appears* to be necessary to man. The problem is the closest reality man has to pan determinism. In processing, the invention of problems then shows a wider view and so exteriorizes one from difficulty.

Although successful processing in Scientology would depend upon taking all three elements of games into consideration-and indeed that is the secret of bettering people: taking freedom, barriers and purposes into consideration and balancing them-it is true that you could make a man well simply by sitting down with him and asking him to invent problems one after the other. The invention of synthetic problems would be found to free his mind and make him more able. Of course, there is another factor involved in this in that it is he who is inventing

the problems and therefore he is becoming pan-determined about problems rather than being in one place with all problems opposed to him. An unhappy man is one who is considering continually how to become free. One sees this in the clerk who is continually trying to avoid work. Although he has a great deal of leisure time he is not enjoying any part of it. He is trying to avoid contact with people, objects, energies and spaces. He eventually becomes trapped in a sort of lethargy. If this man could merely change his mind and start “worrying” about how he could get more work to do, his happiness level would increase markedly. One who is plotting continually how to get out of things will be miserable. One who is plotting how to get into things has a much better chance of becoming happy. There is, of course, the matter of being forced to play games in which one has no interest—a war into which one is drafted is an excellent example of this. One is not interested in the purposes of the war and yet one finds himself

fighting it. Thus there must be an additional element, and this element is “the power of choice”. One could say, then, that life is a game and that the ability to play a game consists of tolerance for freedom and barriers and an insight into purposes, with the power of choice over participation. These four elements, freedom, barriers, purposes and power of choice, are the guiding elements of life. There are only two factors above these, and both of them are related to these. The first is the ability to create, with, of course, its negative, the ability to uncreate; and the second is the ability to make a postulate (to consider, to say a thing and have it be true). This, then, is the broad picture of life, and these elements are used in its understanding, in bringing life into focus and in making it less confusing.

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**The  
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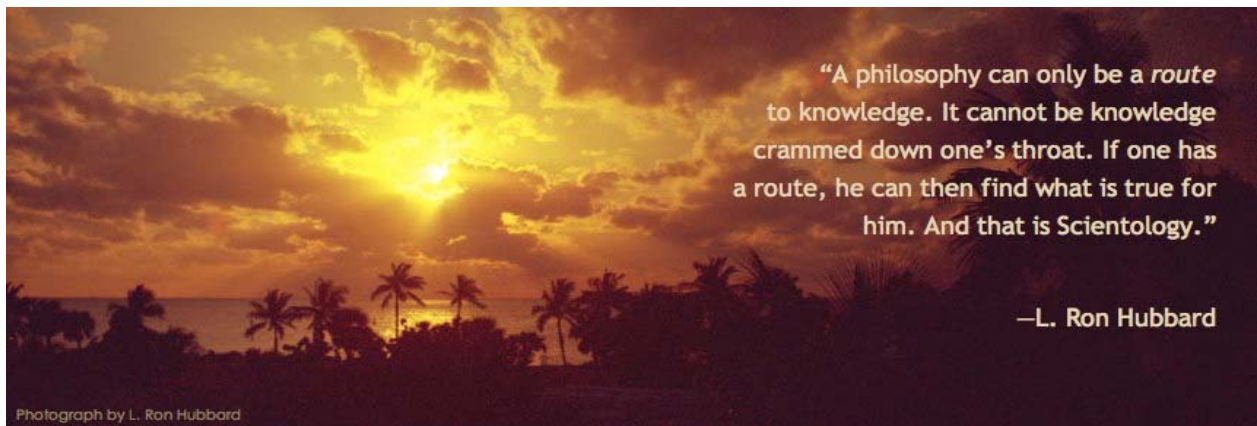
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# THE BRIDGE TO TOTAL FREEDOM

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

TRAINING						PROCESSING						
Author's Class	Certificate	Course	Prerequisites	Topics	Notes	FC Course	Name of State	Subject	Prerequisites	Class of Author	Where	Ability
<b>Class XII Auditor</b>	Class XII Auditor	Class XII Auditor	Class XII Auditor	Class XII Auditor	Class XII Auditor	OT XV	New Section 10	The Science of the Mind	None	Class XII Auditor	Worldwide	Continental level award
<b>Class XI Auditor</b>	Class XI Auditor	Class XI Auditor	Class XI Auditor	Class XI Auditor	Class XI Auditor	OT XIV	New Section 10	The Science of the Mind	None	Class XI Auditor	Worldwide	Continental level award
<b>Class X Auditor</b>	Class X Auditor	Class X Auditor	Class X Auditor	Class X Auditor	Class X Auditor	OT XIII	New Section 10	The Science of the Mind	None	Class X Auditor	Worldwide	Continental level award
<b>Class IX Auditor</b>	Class IX Auditor	Class IX Auditor	Class IX Auditor	Class IX Auditor	Class IX Auditor	OT XII	New Section 10	The Science of the Mind	None	Class IX Auditor	Worldwide	Continental level award
<b>Class VIII Auditor</b>	Class VIII Auditor	Class VIII Auditor	Class VIII Auditor	Class VIII Auditor	Class VIII Auditor	OT XI	New Section 10	The Science of the Mind	None	Class VIII Auditor	Worldwide	Continental level award
<b>Class VII Auditor</b>	Class VII Auditor	Class VII Auditor	Class VII Auditor	Class VII Auditor	Class VII Auditor	OT X	New Section 10	The Science of the Mind	None	Class VII Auditor	Worldwide	Continental level award
<b>Class VI Auditor</b>	Class VI Auditor	Class VI Auditor	Class VI Auditor	Class VI Auditor	Class VI Auditor	OT IX	New Section 10	The Science of the Mind	None	Class VI Auditor	Worldwide	Continental level award
<b>Class V Graduate Auditor</b>	Class V Graduate Auditor	Class V Graduate Auditor	Class V Graduate Auditor	Class V Graduate Auditor	Class V Graduate Auditor	OT VIII	New Section 10	The Science of the Mind	None	Class V Graduate Auditor	Worldwide	Continental level award
<b>Class IV Auditor</b>	Class IV Auditor	Class IV Auditor	Class IV Auditor	Class IV Auditor	Class IV Auditor	OT VII	New Section 10	The Science of the Mind	None	Class IV Auditor	Worldwide	Continental level award
<b>Class III Auditor</b>	Class III Auditor	Class III Auditor	Class III Auditor	Class III Auditor	Class III Auditor	OT VI	New Section 10	The Science of the Mind	None	Class III Auditor	Worldwide	Continental level award
<b>Class II Auditor</b>	Class II Auditor	Class II Auditor	Class II Auditor	Class II Auditor	Class II Auditor	OT V	New Section 10	The Science of the Mind	None	Class II Auditor	Worldwide	Continental level award
<b>Class I Auditor</b>	Class I Auditor	Class I Auditor	Class I Auditor	Class I Auditor	Class I Auditor	OT IV	New Section 10	The Science of the Mind	None	Class I Auditor	Worldwide	Continental level award
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	OT III	New Section 10	The Science of the Mind	None	Not Classed	Worldwide	Continental level award
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	OT II	New Section 10	The Science of the Mind	None	Not Classed	Worldwide	Continental level award
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	OT I	New Section 10	The Science of the Mind	None	Not Classed	Worldwide	Continental level award
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	OT Eligibility	New Section 10	The Science of the Mind	None	OT Eligibility	Worldwide	Continental level award
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	Solo Course	New Section 10	The Science of the Mind	None	Solo Course	Worldwide	Continental level award
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	OT Preparations	New Section 10	The Science of the Mind	None	OT Preparations	Worldwide	Continental level award
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	Solo Course	New Section 10	The Science of the Mind	None	Solo Course	Worldwide	Continental level award
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	Sunshine Rounddown	New Section 10	The Science of the Mind	None	Sunshine Rounddown	Worldwide	Continental level award
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	CLEAR Clear Certainty Rounddown	New Section 10	The Science of the Mind	None	CLEAR Clear Certainty Rounddown	Worldwide	Continental level award
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	Expanded Dianetics	New Section 10	The Science of the Mind	None	Expanded Dianetics	Worldwide	Continental level award
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	New Era Dianetics (NET)	New Section 10	The Science of the Mind	None	New Era Dianetics (NET)	Worldwide	Continental level award
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	Grade IV	New Section 10	The Science of the Mind	None	Grade IV	Worldwide	Continental level award
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	Grade III	New Section 10	The Science of the Mind	None	Grade III	Worldwide	Continental level award
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	Grade II	New Section 10	The Science of the Mind	None	Grade II	Worldwide	Continental level award
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	Grade I	New Section 10	The Science of the Mind	None	Grade I	Worldwide	Continental level award
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	Grade 0	New Section 10	The Science of the Mind	None	Grade 0	Worldwide	Continental level award
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	ARC Straightenup	New Section 10	The Science of the Mind	None	ARC Straightenup	Worldwide	Continental level award
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	Happiness Rounddown	New Section 10	The Science of the Mind	None	Happiness Rounddown	Worldwide	Continental level award
<b>Not Classed</b>	Not Classed	Not Classed	Not Classed	Not Classed	Not Classed	Purification Rounddown	New Section 10	The Science of the Mind	None	Purification Rounddown	Worldwide	Continental level award

### How to Use This Chart

The chart is used to track a Scientologist's progress through the Bridge to Total Freedom. It shows the relationship between training, processing, and awareness levels. The chart is divided into three main sections: Training, Processing, and Awareness. The Training section shows the progression from Class XII Auditor to Class I Auditor. The Processing section shows the progression from OT I to OT XV. The Awareness section shows the progression from 1 Recognition to 21 Source.

### Definitions

**OT (Operating Thetan):** A person who has achieved a certain level of awareness and is able to operate as a Thetan. OT levels range from OT I to OT XV.

**Class (Auditor):** A person who has completed a certain level of training and is able to audit others. Class levels range from Class XII Auditor to Class I Auditor.

**Rounddown:** A process of removing unwanted mental content from the mind. Rounddowns include Sunshine Rounddown, CLEAR Clear Certainty Rounddown, Expanded Dianetics, New Era Dianetics (NET), Grade I-IV, ARC Straightenup, Happiness Rounddown, and Purification Rounddown.

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

- L12: Flag OT Executive Rounddown
- L11: New Life Rounddown
- L10: Rounddown
- Super Power
- Cause Resurgence Rounddown
- Flag Only Rounddown
- Special Rounddowns and Actions
- False Purpose Rounddown
- Conditionals
- Happiness Rounddown
- PTS Rounddown
- Method One Word Clearing
- Therapeutic TR Course
- Co-audit Courses

### DIANETICS AND SCIENTOLOGY BEGINNING BOOKS AND EXTENSION COURSES, LECTURES AND PUBLIC FILMS

The Bridge to Total Freedom is supported by a variety of beginning books, extension courses, lectures, and public films. These materials provide the foundation for the training and processing of Scientologists.

## Expanded Know to Mystery Scale

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

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

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

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



## PERSONAL INTEGRITY

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

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

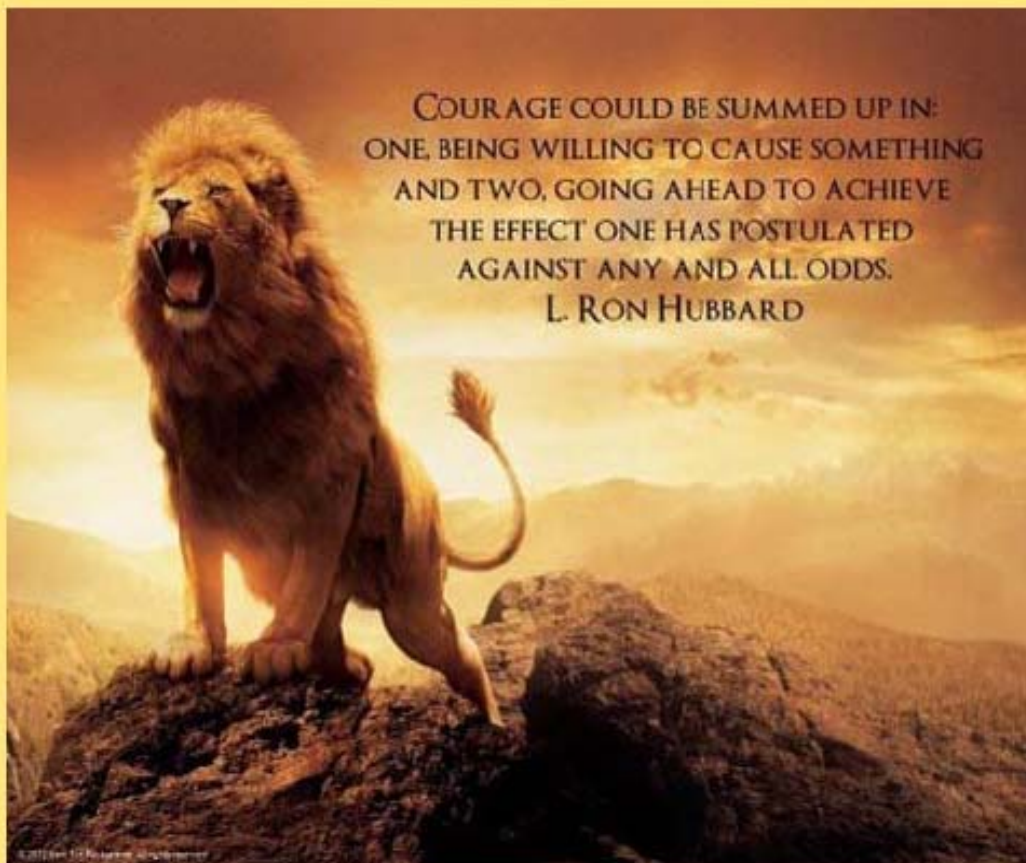
Of course we can talk about honor, truth, all these things,  
The esoteric terms.  
But I think they'd all be covered very well  
If what we really observed was what we observed,  
That we took care to observe what we were observing,  
That we always observed to observe.

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

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

L. Ron Hubbard

# Group Starter Kit for Scientologists



## A Handbook for Field Scientologists Starting up a Group

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**Quote from  
L. Ron Hubbard**

## **THE CODE OF HONOUR**

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

## Daily do list from Ron

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

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

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

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



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of Professional Independent  
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make a difference to your life!***

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



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

by L. Ron Hubbard

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

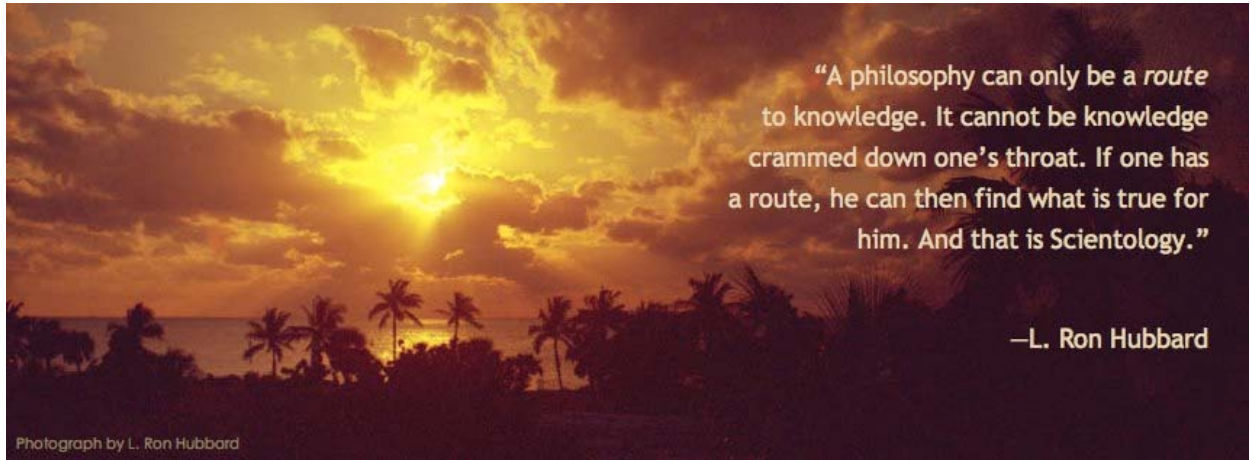
You've been able to do this in recent times. It baffles you sometimes when a piece of MEST does not instantly and immediately obey, but it's simply a matter of intention.

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

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

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

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