



FREE THETAN

NEWSLETTER OF THE ASSOCIATION OF
PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

Preserve, Protect & Promote

July 2018

Volume 9 Issue 7



**“... there is no greater curse than
total idleness.”**

SCIENTOLOGY: A NEW SLANT ON LIFE

FREE THETAN

NEWSLETTER OF THE ASSOCIATION OF PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

Preserve, Protect & Promote

FREE THETAN
Volume 9 Issue 7 July 2017

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

~ *Editorial* ~



reservo, servo, proveho

Dear Reader,

*"... today, the bulk of the human race is walking around with the belief that there is something wrong somewhere, but they don't quite know what it is."
—"What It Means To Be A Scientologist," THE AUDITOR 36*

Thetans always like to be doing something. Most thetans cannot just BE there and not do anything. Idleness is a curse evidently and Ron has pointed out in a few tapes that BEING there and communicating is the biggest crime in this universe. So the thetan has been punished for bbeing there and for communicating.

These are the first hurdles a scientologist overcomes when they embark on the journey up the bridge. Doing Training Drills (TRs) and completing Grade Zero is an important step on the road to freedom as a being.

Even if one is far far away in a distant land and there is no one nearby to work with or receive or give auditing with, one can still apply Scientology. Doing ther drills from Self Analysis is something anyone can do. And following that up with the processes in Handbook for Preclear gets one on the road to freedom.

The olkd adage, 'an apple a day keeps the doctor away,' can be applied here, but in this case it is 'A tape a day keeps the bank away,' is something a Scientologist can do to improve his awareness and expand his beingness.

Worth a try. What have you got to lose? Oh the bank of course!

Until next time.

Much arc,

Michael Moore
Editor

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

USA

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,
[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

Ingrid Smith

From Life repair to OT4

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~



SELF ANALYSIS

INTRODUCTION

Self Analysis cannot revive the dead.

Self Analysis will not empty insane asylums or stop war. These are the tasks of the Dianetic Auditor and the Group Dianetic Technician.

But Self Analysis will conduct you on the most interesting adventure in your life. The adventure of you.

How efficient are you? What are your potentials? How much can you improve? Well, basically your intentions toward yourself and your fellow man are *good*. Basically, if sometimes clouded over with the not so pale cast of bad experience, your potentialities are a great deal better than anyone ever permitted you to believe.

Take your memory, a small part of your total assets. Is it perfect? Can you, at will, recall everything you have ever learned or heard, every phone number, every name? If you can't you can see that there is room for improvement. Now somebody, with a half glance at the title page of this book, will try to assume that Self Analysis simply improves memory. That is like saying that all a train can do is meet schedules. It does much more. But memory is a starter. If your memory were as accurate as an IBM card index system and even faster, you would be more efficient and more comfortable and it would certainly save writing those notes you have to make.

Yes, you probably couldn't have *too* good a memory on things you've studied and things you need.

But there are a lot of things as important as memory. There's your reaction time. Most people react too slowly in emergencies. Let's say it, takes you half a second to pull your hand off a hot stove. That's many times too long a period to have your hand on that stove.

Or let's say you require a third of a second to see the car ahead stop and to start to put on your own brakes. That's too long. A lot of accidents happen because of slow reaction time. In the case of an athlete, reaction time is a direct index as to how capable he may be in a sport. So it assists one in many ways to be able to react quickly.

Self Analysis speeds up reaction time. Here's a trick. Take a dollar bill, unfolded. Have somebody hold it vertically above your hand. Open your thumb and index finger just below the lower edge of the bill. Now let your friend let go. You try to close thumb and index finger on the bill. Did you miss it, snapping after it had gone all the way through? That's very slow reaction. Did you catch it by its upper edge when it was almost gone? That's much too slow. Did you catch it on Washington's face? That's fair. Or did you catch it on the lower edge, even before it really got started? That's the way it should be. Less accidents, greater general alertness. Well, barring actual physical damage to hand or arm, Self Analysis will speed that up for you.

Do you have trouble going to sleep or getting up? Do you feel a little tired a lot of the time? Well, that can be remedied.

As for what they call psycho-somatic illnesses—sinusitis, allergies, some heart trouble, "bizarre" aches and pains, poor eyesight, arthritis, etc., etc., etc., down through seventy per cent of man's ills, Self Analysis should be able to help markedly.

Then there's the matter of how young or old you may look. Self Analysis can make quite a change there.

And there's the matter of plain ordinary ability to be happy in life and enjoy things. And there Self Analysis shines brightly for it can raise your tone fast enough, usually, so that even you will agree things can be good.

As my boyhood hero, Charles Russell, the painter, once described a certain potion, "It'd make a jack rabbit spit in a wolf's eye". Now maybe Self Analysis doesn't always have this effect, but it happens regularly enough to be usual. Certain it is that the user often goes through such a period, much to the alarm of his friends. Self Analysis does have an effect as in the song: "I can lick that guy, I can kiss that girl,

"I can ride that bronc and make him whirl . . ."

The moral and caution is "Don't pick too big a wolf". At least not until you've been using this for a while and kind of get things in proportion again.

In short this is an adventure. How good can you get?

A lot depends on how good you are potentially—but you can be assured that that's a lot better than you ever supposed. And it's a cinch it's better than your friends would ever tell you

Please don't be discouraged if you find yourself pretty low on the self-evaluation chart later on. All is not lost. The processing section can boost you up at a good rate if you keep at it. And don't be surprised if you suddenly begin to feel uncomfortable while you're working on the processing section. You can expect that to happen every now and then. Just keep going. If it gets too bad, simply turn to the last section and answer those questions a few times and you should start feeling better very soon.

All I'm trying to tell you is this—adventures are dull if a little excitement doesn't crop up. And you can expect excitement—too much in some places.

You are going to know a lot about you when you finally finish.

All this is on your own responsibility. Anything as powerful as these processes can occasionally flare. If you are fairly stable mentally there is no real danger. But I will not mislead you. If you see somebody who isn't quite as stable as he thinks he is working with Self Analysis, coax it away from him. If he can barely stand mental chicken broth, he has no right to be dining on raw meat. Send him to see a professional auditor. And even if he does throw a wheel, a professional auditor can straighten him out. Just send for an auditor. Don't then, disabuse yourself of the fact that Self Analysis can send the unstable spinning.

We're dealing here with the root stuff of why men go mad. If it isn't explained in the text, it will be found in a standard work on Dianetics. Even so, it is doubtful if Self Analysis could create as much madness in a year as an income tax blank from our thorough if somewhat knuckle-headed government.

Now to particulars. You'll find the tests further on . You can take the first one. It will give you a figure which will place you on the chart. Don't blame me if it's a low score. Blame your parents or the truant officer.

Next, it would probably interest you to read the text. It will give you a different viewpoint on things, possibly. It is regretted if it is too simple for the savant or too complex or something. It's simply an effort to write in American a few concepts about the mind based on a lot of technical material in Dianetics but made more palatable. You'll do better on the processing if you read the text.

The processing section has a large number of parts. You can simply work straight through or work over each one again, and again, until you feel you've sufficiently explored that part of your life. In any case you will go through every section many times.

To help you there is a two-sided disc in the back of the book. The directions are given later.

Thus you are prepared to go exploring into your own life. That's an interesting adventure for anyone. I've done what I could to make it easier. Don't be too harsh on me, however, if you get grounded up some long lost river and eaten by cannibals or engrams. The last section will help get you out. What's left of you, anyway.

Don't get faint hearted and slack off, though, when you find the going rough. It's easy to quit. And then you'd neva know just what you really are, basically.

Going to take the whole trip? You're a brave person. I compliment you.

May you never be the same again—

L. RON HUBBARD

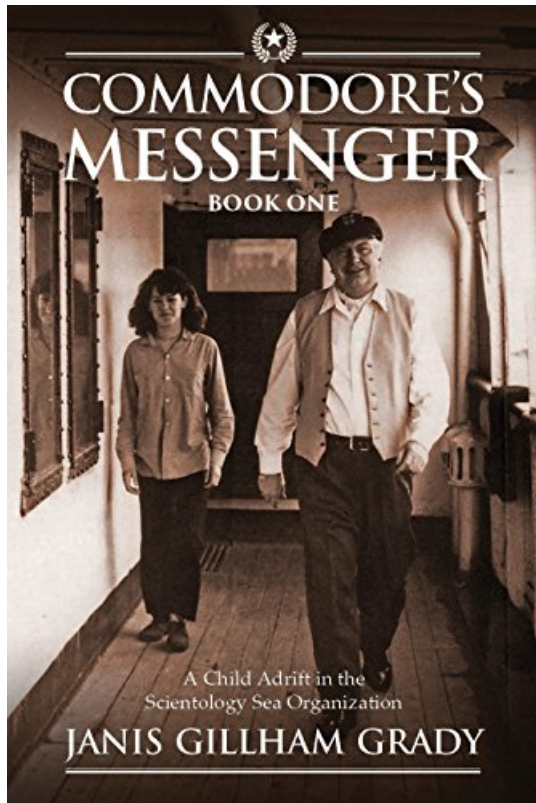
~oo00oo~

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A review by
Michael Moore
 of the book

Commodore's Messenger

Book 1

by **Janis Gilham Grady**

This is essentially an autobiography of the life of Janis Gillham Grady, daughter of Peter and Yvonne Gillham, long time scientologists from the early 1950s and set against the backdrop of the evolution of Scientology from when she was a child in the early days in Australia up to her time working personally with L. Ron Hubbard, (LRH) Founder of Scientology.

It is an extremely detailed account of Janis's life from childhood where she experienced the troubles relating to the banning of Scientology in Victoria Australia right

through to the time on the Sea Organisation (Sea Org) ships and the adventures she had there including her life as a personal messenger for L. Ron Hubbard.

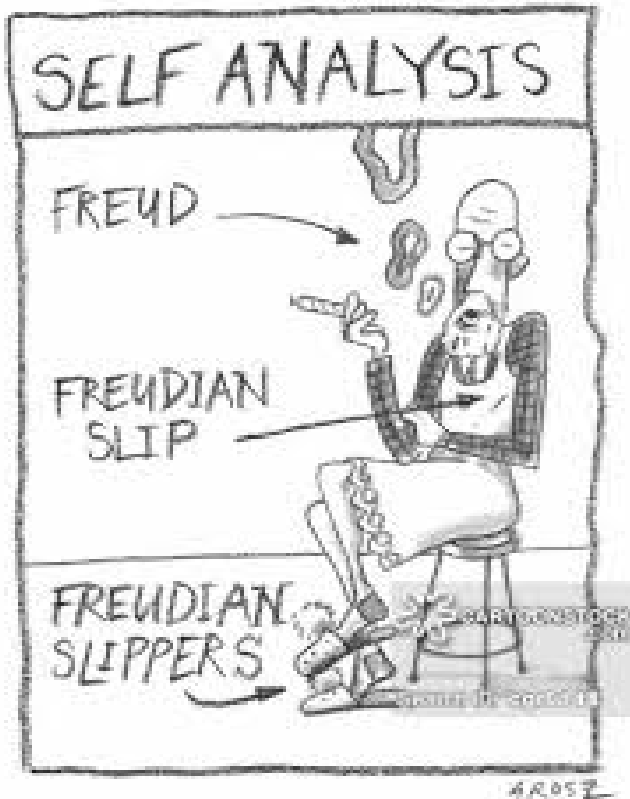
Although it gets a bit long in some parts it is nevertheless an important record as well as a fascinating book, hard to put down since it gives a very detailed illustration of the growth of the Church of Scientology from a relatively small organisation to a world-wide religion spanning all the continents of the globe. It includes details and an in-depth study of the growth of the Sea Org and life on board the various Sea Org ships that plied the oceans.

In many ways this is a historical document showing what happened 'behind the scenes' and how LRH developed the organisation that was subsequently taken over after L. Ron Hubbard's demise by the self-styled Chairman of the Board David Miscavige.

It gives a deep insight into L. Ron Hubbard and how he operated from one who was close to him. He followed the technology he developed and got frustrated when others did not do the same. He expected the best from everyone with no excuses from them of ignorance or incompetence as he considered that we have all been here 'a long time' and basically done everything. He assumed that each individual was an OT and did not brook any excuse not to be. This is illustrated by the issued policies that 'there is no case on post' and the Supreme Test of a Thetan which is, regardless of the circumstances, to 'make it go right.' Or in other words there are no excuses for **not** achieving goals or purposes.

This is only the first book of three with part two due in September of this year. I can hardly wait. For anyone who would like to know and get a feel for life in early Scientology, in the Sea Org and with Ron himself, this is **the** book to read. Available on [Amazon](#) in Kindle (\$11.99) and Paperback (\$34.63).. Also available on audio.

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SELF ANALYSIS

Chapter One

Are you a friend of yours ?

Probably the most neglected friend you have is you. And yet every man, before he can be a true friend to the world must first become a friend to himself.

In this society, where aberration flourishes in the crowded cities and marts of business, few are the men who have not been subjected, on every hand, to a campaign to convince them that they are much less than they think they are.

You would fight anyone who said of

your friends what is implied about you. It is time you fought for the best friend you will ever have—yourself.

The first move in striking up this friendship is to make an acquaintance with what you are and what you might become. "Know thyself !" said the ancient Greek. Until recently it was not possible to make a very wide acquaintance. Little was known about human behavior as a science. But atomic physics, in revealing new knowledge to man, has also revealed the general characteristics of the energy of life and by that a great deal can be known which was not before suspected. You do not need to know atomic physics to know yourself, but you need to know something of the apparent goal of life in general and your own goals in particular.

In a later chapter there are some questions you can answer which will give you a better insight into your capabilities as they are and what they can become—and do not be deceived, for they can become a great deal more than you ever before suspected.

Just now let's talk about the general goal of all life. Knowing that, we can know something about the basic laws which motivate your own urges and behavior.

All problems are basically simple—once you know the fundamental answer. And this is no exception in life. For thousands of years men strove to discover the underlying drives of existence. And in an enlightened age, when exploration of the universes had already yielded enough secrets to give us A-bombs, it became possible to explore for and find the fundamental law of life. What would you do if you had this fundamental law ? How easily then would you understand all the puzzles, riddles and complexities of personality and behavior. You could understand conjurers and bank presidents, colonels, and coolies, kings, cats and

coal heavers.

And more important, you could easily predict what they would do in any given circumstance and you would know what to expect from anyone without any guesswork—indeed with a security diabolical in its accuracy.

“In the Beginning was the Word”, but what was the Word? What fundamental principle did it outline ? What understanding would one have *if* he knew it?

An ancient Persian king once made a great effort to know this Word. He tried to discover it by having his sages boil down all the knowledge of the world.

At his orders, every book written which could be obtained was collected together in an enormous library. Books were brought to that ancient city by the caravan load. And the wise men of the time worked for years condensing every piece of knowledge which was known into a single volume.


But the king wanted a better statement of the fundamental Word. And he made his sages reduce that volume to a single page. And he made them reduce it again to a sentence. And then, after many more years of study, his philosophers finally obtained that single Word, the formula which would solve all riddles.

And the city died in war and the Word was lost.

But what was it? Certainly its value, since it would make an understanding of Man possible, exceeded the riches of Persia. Two thousand years later, out of the studies of atomic and molecular phenomena, we can again postulate what that Word was. And use it. Use it to know ourselves. And to predict the actions *of* other men.

L. Ron Hubbard

~oo00oo~



FREE THETA
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Freedom

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

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


—SCIENTOLOGY: A NEW SLANT ON LIFE

L. Ron Hubbard

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Scientologists with
Exciting articles by
source and well known
and well respected
individuals. Regular
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FREE THETA
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“REALITY IS THE AGREED UPON
APPEARANCE OF EXISTENCE.”

SCIENTOLOGY 8-8008
Lafayette Ron Hubbard

THE BRIDGE TO TOTAL FREEDOM

SCIENTOLOGY CLASSIFICATION GRADATION AND AWARENESS CHART OF LEVELS AND CERTIFICATES

TRAINING						PROCESSING																	
Author's Class	Certificate	Course	Prerequisites	Techniques	Where Taken	End Result	Awareness Characteristics																
Class XII Auditor	Class XII Auditor Certificate	Class XII Auditor Course	Class XI Auditor Certificate	Class XII Auditor Course	Public Class III Auditor	Ability to audit Class XII Auditor Course	Total Freedom	OT XV	OT XIV	OT XIII	OT XII	OT XI	OT X	OT IX	OT VIII	OT VII	OT VI	OT V	OT IV	OT III	OT II	OT I	
Class XI Auditor	Class XI Auditor Certificate	Class XI Auditor Course	Class X Auditor Certificate	Class XI Auditor Course	Public Class II Auditor	Ability to audit Class XI Auditor Course	Power of 11 dynamics	Sojo Course	OT Preparations	Solo Course	Sunshine Rounddown	CLEAR Clear Certainty Rounddown	Expanded Dianetics	New Era Dianetics (NEP)	Grade IV	Grade III	Grade II	Grade I	Grade 0	ARC Straightlines*	Happiness Rounddown	Purification Rounddown	
Class X Auditor	Class X Auditor Certificate	Class X Auditor Course	Class IX Auditor Certificate	Class X Auditor Course	Public Class I Auditor	Ability to audit Class X Auditor Course	21 Source	OT Eligibility	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps
Class IX Auditor	Class IX Auditor Certificate	Class IX Auditor Course	Class VIII Auditor Certificate	Class IX Auditor Course	Public Class I Auditor	Ability to audit Class IX Auditor Course	19 Evidence	OT Eligibility	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps
Class VIII Auditor	Class VIII Auditor Certificate	Class VIII Auditor Course	Class VII Auditor Certificate	Class VIII Auditor Course	Public Class I Auditor	Ability to audit Class VIII Auditor Course	18 Coefficients	OT Eligibility	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps
Class VII Auditor	Class VII Auditor Certificate	Class VII Auditor Course	Class VI Auditor Certificate	Class VII Auditor Course	Public Class I Auditor	Ability to audit Class VII Auditor Course	18 Realization	OT Eligibility	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps
Class VI Auditor	Class VI Auditor Certificate	Class VI Auditor Course	Class V Auditor Certificate	Class VI Auditor Course	Public Class I Auditor	Ability to audit Class VI Auditor Course	15 Ability	OT Eligibility	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps
Class V Auditor	Class V Auditor Certificate	Class V Auditor Course	Class IV Auditor Certificate	Class V Auditor Course	Public Class I Auditor	Ability to audit Class V Auditor Course	12 Production	OT Eligibility	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps
Class IV Auditor	Class IV Auditor Certificate	Class IV Auditor Course	Class III Auditor Certificate	Class IV Auditor Course	Public Class I Auditor	Ability to audit Class IV Auditor Course	9 Body	OT Eligibility	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps
Class III Auditor	Class III Auditor Certificate	Class III Auditor Course	Class II Auditor Certificate	Class III Auditor Course	Public Class I Auditor	Ability to audit Class III Auditor Course	8 Adjustment	OT Eligibility	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps
Class II Auditor	Class II Auditor Certificate	Class II Auditor Course	Class I Auditor Certificate	Class II Auditor Course	Public Class I Auditor	Ability to audit Class II Auditor Course	4 Disorientation	OT Eligibility	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps
Class I Auditor	Class I Auditor Certificate	Class I Auditor Course	Class 0 Auditor Certificate	Class I Auditor Course	Public Class I Auditor	Ability to audit Class I Auditor Course	3 Preception	OT Eligibility	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps
Class 0 Auditor	Class 0 Auditor Certificate	Class 0 Auditor Course	Not Classed	Class 0 Auditor Course	Public Class I Auditor	Ability to audit Class 0 Auditor Course	2 Communication	OT Eligibility	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps
Not Classed							1 Recognition	OT Eligibility	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps
Not Classed							-1 Help	OT Eligibility	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps
Not Classed							-2 Hope	OT Eligibility	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps	OT Preps

DIANETICS AND SCIENTOLOGY INTRODUCTORY SERVICES

Success Through Communication	Life Improvement Course	Personal Efficiency Route	Scientology Introductory Auditing Route	Dianetics (Book One)*	Anatomy of the Human Mind	Purification Route	The Way to Happiness	Hubbard Key to Life Course
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DIANETICS AND SCIENTOLOGY BEGINNING BOOKS AND EXTENSION COURSES, LECTURES AND PUBLIC FILMS

How to Use This Chart

The chart shows the levels of training and processing available to Scientologists. It is organized into two main columns: TRAINING and PROCESSING. The TRAINING column lists classes from Class XII Auditor down to Class 0 Auditor, with associated certificates and courses. The PROCESSING column lists various processing services, including OT rounds, Sojo Course, OT Preparations, Solo Course, Sunshine Rounddown, CLEAR, Expanded Dianetics, New Era Dianetics, Grades I-IV, ARC Straightlines, Happiness Rounddown, and Purification Rounddown. Awareness characteristics are listed on the left side of the chart, ranging from -2 Hope to Total Freedom. Additional training services are listed on the far left, and additional processing services are listed on the far right. The bottom section provides details on introductory services, including Success Through Communication, Life Improvement Course, Personal Efficiency Route, Scientology Introductory Auditing Route, Dianetics (Book One), Anatomy of the Human Mind, Purification Route, The Way to Happiness, and Hubbard Key to Life Course. A 'How to Use This Chart' section explains the chart's structure and how to interpret the various levels and services. A 'Definitions' section provides key terms and their meanings. The bottom of the page contains copyright information and the page number 12.

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."

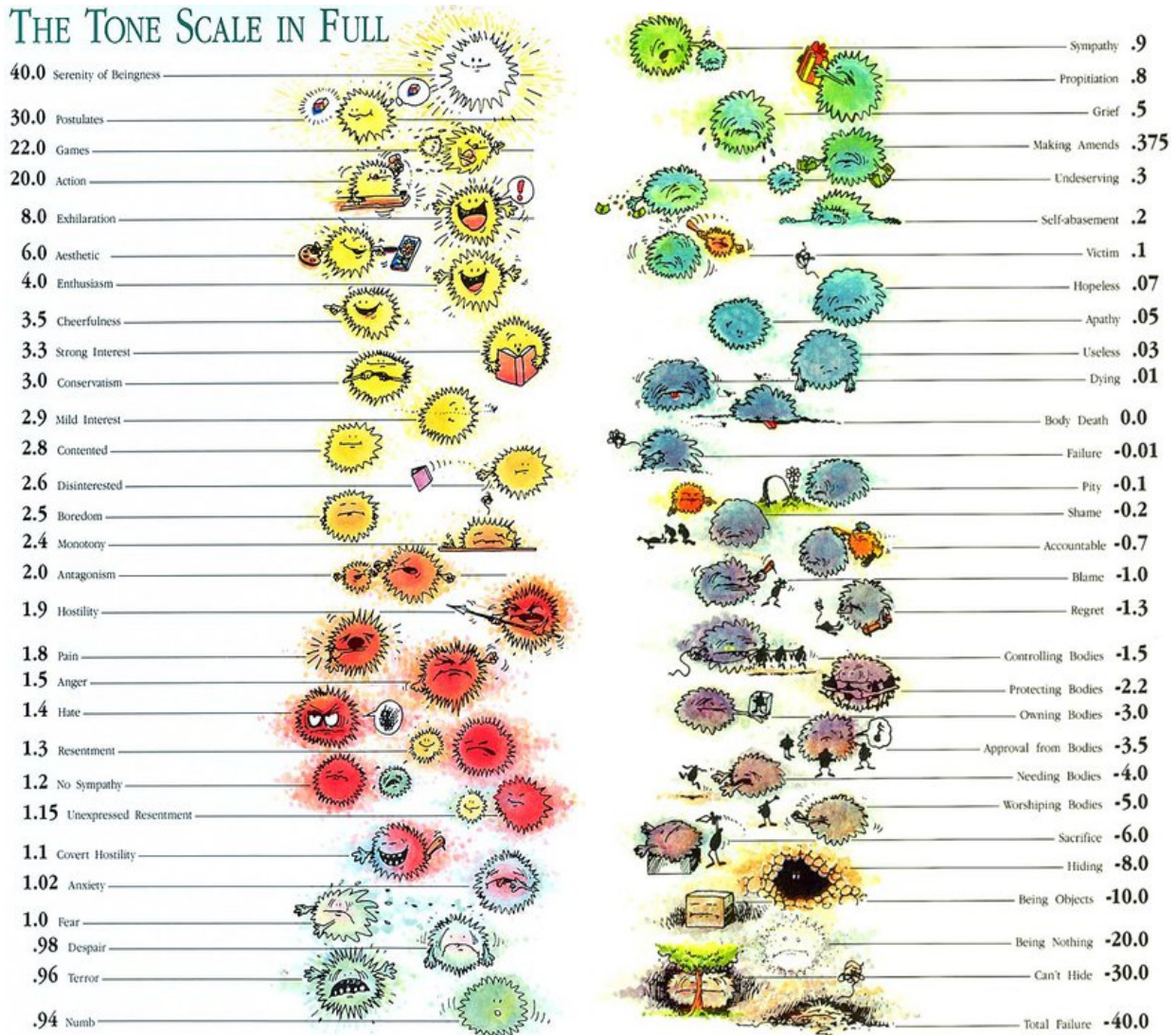
"Recall a time when someone was communicating easily to you." "Recall a time when somebody liked you."

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~

The Tone Scale in Full



The Tone Scale

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

Scientology 0-8. The Book of Basics



Wins and Successes in the Scientology Independent Field

Auditing Cycles

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 scientology field 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 Scientology field 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.

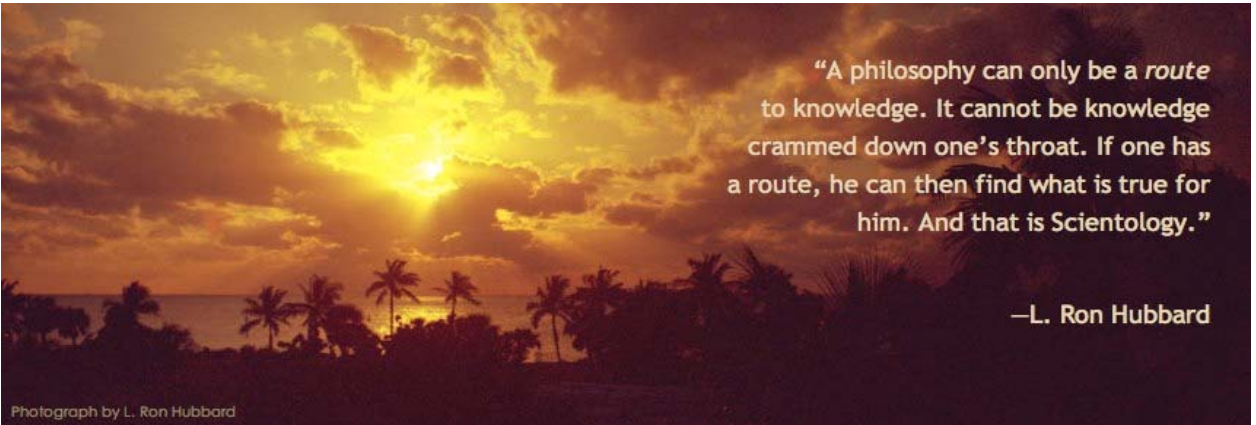
Repair Program

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 may 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. 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 cant 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. :

~oo0oo~



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reservo, servo, proveho



A TRIBUTE TO MARY SUE HUBBARD

Wife of L. Ron Hubbard

Remembered with Respect and Honor



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.

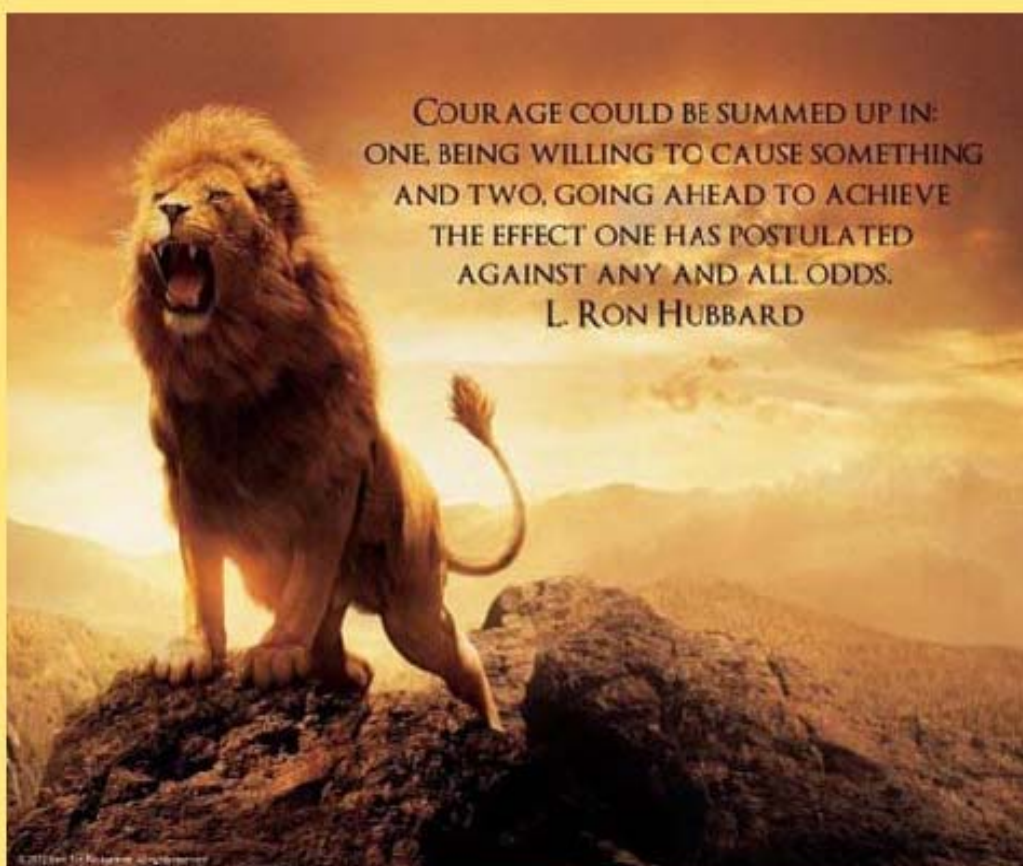
Of course we can talk about honor, truth, all these things,
The esoteric terms.
But I think they'd all be covered very well
If what we really observed was what we observed,
That we took care to observe what we were observing,
That we always observed to observe.

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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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.

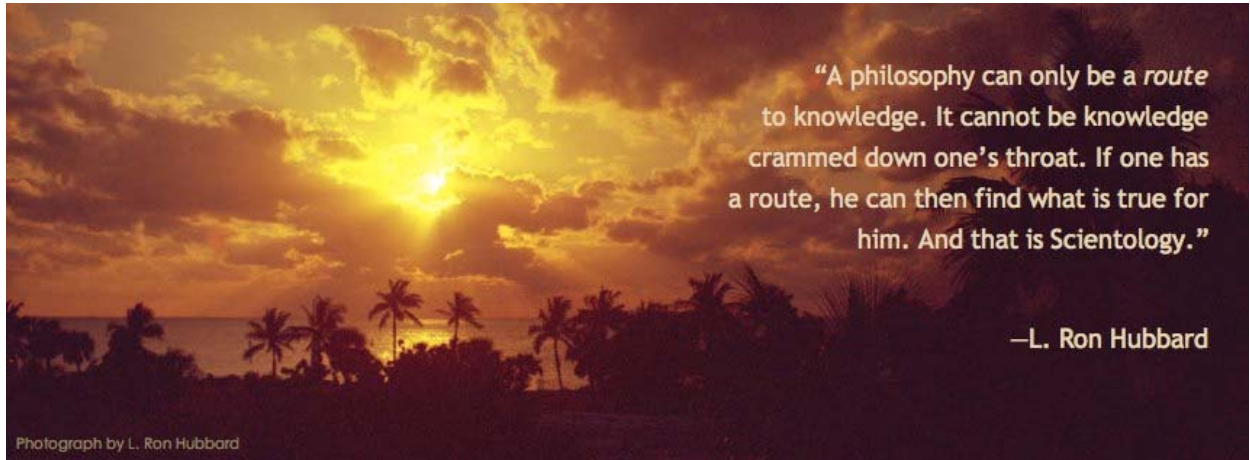
You've been able to do this in recent times. It baffles you sometimes when a piece of MEST does not instantly and immediately obey, but it's simply a matter of intention.

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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