



FREE THETAN

NEWSLETTER OF THE ASSOCIATION OF
PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

Preserve, Protect & Promote

March 2023

Volume 15 Issue 3



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

—DIANETICS: THE ORIGINAL THESIS

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Volume 15 Issue 3 March 2023

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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.

~o0o~

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

~ Editorial ~



reservo, servo, proveho

Dear Reader,

“The problem with extremists is that they are extremists.” This is not an LRH quote but it does fit in with

“A primary trap is to succumb to invitations to hate.”
—“What is Greatness?” WHAT ARE PEOPLE FOR?

As extremists tend to have hate as their go to option in order to justify their position.

Granting of beingness, however, is the antithesis of this and allows other to have their own viewpoint.

This is illustrated by something LRH said, “The fewer viewpoints which an individual will tolerate, the greater his occlusion and the worse his general state of beingness is.”
-THE PHOENIX LECTURES

So the first thing for any Scientologist is to have or acquire the ability to tolerate other viewpoints and beingness and that makes for a better understanding of others. A first step to enlightening them.

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~



Success Stories in the Independent Field

Life Repair

I remember coming into this thinking 'I'm broken' and that all the stuff in my life will haunt me for the rest of my life, and thinking that I was trapped in this dark, scary, unhappy place, and that I didn't deserve better because of the things I've done, and the people I've hurt (me included).... What I gained from all of this is that we are all broken and forgivable and are worthy of happy, successful and fulfilling lives. But what I learned more importantly is that no one else but ourselves is responsible for our happiness and success. I've learned to forgive myself, accept myself, love myself, and be proud of myself.... and others as well. Maybe the biggest success is forgiving people who have hurt me, betrayed me, deceived me, and didn't accept me. That's their loss, and I'm not going to be affected by it. I have a clear head on now and am ready to kick some serious butt!

s of this day I can honestly attest that my life and survival has improved to the point where I am looking to the future in a very positive frame of mind. My auditing with Trey has been amazing and I feel like I have been released from holding onto any past concerns in my present life. I am ready to step forward into the light and make wonderful things happen in my life and in the lives of the people close to me.

Let's Rock!

Grade 0

I have always felt I could communicate to any one on any subject so I was not really expecting any fireworks on this level. Well...there was more to this level than meets the eye for sure. I

line charged in one session, and after another session I got more of an awareness of communication on the 3rd and 4th dynamic. Then today on my way to session I got this flow where I just felt compassion for all beings, and no ridges on flowing ARC to anyone. I cried because it was just too much to hold into this little body. . We addressed things I "knew" I had no charge on. Ha Ha Ha. These were the biggest wins. I feel freer and more in comm with society as a whole, and my ability to grant beingness is a whole lot bigger. For the first time, I can honestly say I am a different being. I am getting a lot freer. Thanks to LRH for dedicating his life to coming up with the tech to set us all free.

Grade O has been absolutely wonderful. I have spent my whole life afraid to speak up, much to my detriment. In the past I have allowed others to misuse me with their comm, and invalidate my viewpoint. About half way through the grade, I suddenly began communicating without fear and with confidence. I was no longer worrying about how my communication would be received, or checking the environment to see if it was "safe" to communicate my viewpoint. What I have received from the grade was not just the ability to communicate, but the ability to communicate from a viewpoint. My viewpoint! Now that I have this, I have my integrity back. What is true for me is true for me. What I have observed is what I have observed. I have truth, my truth, and now I can share it without worry or self-doubt. Thank you LRH for this profound gift you have left the world, and thank you Trey for your wonderful auditing. J

Grade 1

I just completed Grade 1 and I now know for sure that I have the ability to recognize the source of problems and make them vanish without any doubt whatsoever. I've actually seen how many problems I've created and have now started to handle so that they vanish. I'm really happy to have this ability. Thanks Trey for this new ability.

CLEAR

Unfortunately, as usual, the words aren't going to come forth. However emotion, feeling and love are there for all those who got me to the place where I can say "I'm CLEAR." Thanks to all --first Coleen (the love of my life) for putting up with me till now. I can only hope that my going clear will ease some of her burden. I rather expect that from myself. I'm going to stop now because this is turning into a "good-bye" sounding letter. I know we are merely starting a New Beginning.

Success Story OT I

What a wonderful day!! I never thought you could have such a good time in a mall. My biggest win was to be able to ramp up affinity almost at will. And since it feels so good to do that, I'll probably be doing it a lot from now on.

~oo00oo~



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

THE CODE OF HONOUR

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

The Data Series

A series of Policy Letters written by L. Ron Hubbard
and compiled by

[The Association of Professional Independent Scientologists](#)
Preserve, Protect & Promote

The Association of Professional Independent Scientologists is a non-profit association dedicated to the promotion and practice of the original philosophy of Lafayette Ron Hubbard.



The Data Series of Policy Letters were written by L. Ron Hubbard as part of assisting people to think, understand and process data. These 24 Policy Letters explain how investigative procedures work when used correctly and help one to establish what is actually happening as distinct to what 'looks' like is happening.

They help to establish what the ideal scene is for any business, group or even individual and how to compare that to the existing scene and how to bring that scene closer to the ideal.

The Data Series of issues have been compiled into this one booklet and are freely available as a download from <https://independent-scientologists-association.net/Data-Series.shtml>

Get your copy today and enhance your thinking and ability to understand what is happening around you!

~oo00oo~



The Way to Knowing.

(Extract from Advance Magazine 25)

All Up And Down his track on this planet, Man has been searching for the answers to his own existence. These answers have taken on an almost bewildering variety of expressions.

Advance! believes it is important for you to know this back-history of for-mer freedom efforts.

After all, Man's spiritual history is the most basic history of this planet. Man's search for himself has been the mainspring of all progress, *despite what materialists claim*. But as they feel man is animal then they can only speak for the animal kingdom, not for us. So be it.

Thus, Advance! feels you should be familiar with the whole track historic background of the Advanced Courses. When one sees the *millions* of answers that man has

selected as his destiny, one appreciates *even more* the in-credible achievement of L. Ron Hubbard in selecting *the* one straight path, out of an infinity of errors, which leads to the accomplishment of the ultimate spiritual goals.

This path is more than a path: it is a shining wide bridge to total freedom across the chasm of oblivion and des-pair.

Man has had no real bridge before.

The greatest earlier freedom effort was begun by Siddhartha Gautama (563-483 B.C.), the Buddha. His work, known as the religion of Bud-dhism, was man's first broadly success-ful civilizing mission. It was decisive not only to Asia, but also to the West. For example, the Christian message of love and the Renais-sance scientific methodology can be historically traced to the work of Siddhartha Buddha.

In fact, so pervasive was his work that later historians may well regard the 2.500 year period from 550 B.C. to 1950 as essen-tially a Buddhist era of civilization.

By 1950 this era had gone bankrupt and the world lay direc-tionless, poised on the brink of a new age of barbarism.

It was into this hiatus[1] that *Dianetics: The Modern Science of Mental Health* was published by L Ron Hubbard, thus be-ginning a new era of world civili-zation based on Scientology.

The Splintering of Buddhism

As powerful as the Buddhist tra-dition was it failed to guarantee its own integrity and thus sowed the in-ternal seeds of its own decay.

Within 200 years after the death of Buddha a firefiht had already arisen amongst his spiritual heirs as to what he really meant.

Literally hundreds of sects and schools of Buddhism subsequently arose, each espousing in its own eyes essential Buddhism

Within this kaleidoscope of religious interpretation the original lessons of Buddha became obscured and lost to a considerable degree (See Advance! 23 for an analysis of original Buddhism). Yet the inspiration of Buddha's teach-ing continued to move men to express in their civilizations their highest hopes.

Amongst these hundreds of ap-proaches to Buddhism can be seen major highlights each of which form an important chapter in man's spiritual history. These highlights are expressed in the chart with this article and are summarized below.

Theravada Buddhism means the Teaching of the Elders and is based upon earliest extant Buddhist canon[2] This fabulous collection of Buddha's teachings was passed down verbally from his immediate disciples, and finally transcribed 400 years later in the first century B.C.

At that time (first century B.C.) new Buddhist texts began to be written which elaborated on or interpreted one or the other of Buddha's teachings. These developments came to be known as Mahayana Buddhism (meaning the Great Vehicle), a „public relations“ title originated by Mahayamsts to con-trast their own approach with that of the Theravadans which they called the Hinayana (Little Vehicle).

From the roots of Mahayana Buddhism developed two other important schools Lamaism (see Advance! 24, „The Mystery of Lamaism“) and Ch'an Buddhism in China, or its Japanese equivalent – Zen Buddhism.

Zen Buddhism

Zen Buddhism is of particular in-terest as it caused, for various reasons, somewhat of a sensation in the West in the first half of the 20th century.

For this reason some looked upon Zen as a recent development, but on the contrary it was known as Ch'an in 7th century China.

In fact, Zen is the Japanese way of saying Ch'an And Ch'an is the Chinese way of saying Dhyana, an Indian word of great antiquity meaning *“knowingness.”*

The transmitter of what became Ch'an (Zen) Buddhism was an almost legendary figure named Bodhi Dharma (meaning „One who is awakened into total truth“) who arrived in China from India in about AD 520.

Bodhi Dharma in Western eyes is sometimes seen as the founder of Ch'an or Zen Buddhism. This would be in-correct. He only saw himself as a trans-mitter, the 28th successor of Gautama Buddha himself.

The distinctive approach of Ch'an Buddhism is attributed to Bodhi Dharma.

When asked for the authority of his interpretation, Bodhi Dharma cited the following „sermon“ by Buddha.

One day, it is said instead of dis-coursing on the Teaching, Buddha raised a lotus flower above his head All his disciples were puzzled save one who, by his slight smile indicated he got the point, prompting Buddha to designate him as his secret successor.

The flower sermon and Bodhi Dharma's quatrain sum up the dis-tinctive approach of Ch'an/Zen:

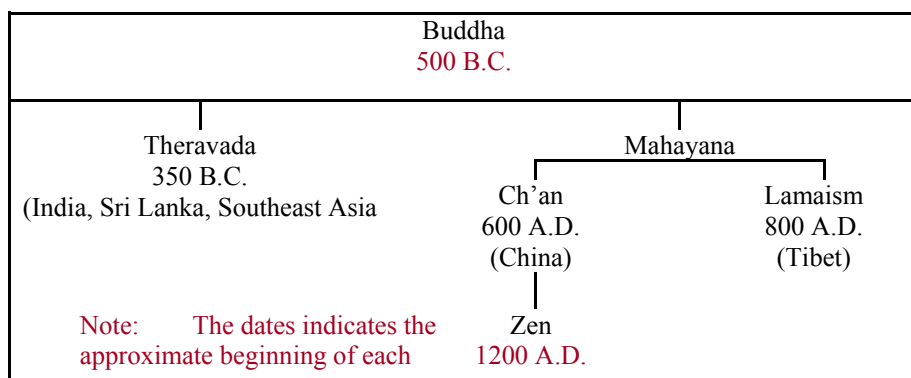
*“A special transmission outside the Scriptures,
No dependence upon words and letters,
Direct pointing to the soul of man,
Seeing into one's own nature.”*

In actual fact, Ch'an or Zen Buddhism is Indian Buddhism seen through the eyes of Taoism, the great Chinese philosophical development.

The intuitive approach, the de-emphasis of scriptures, is all characteristically Taoist “The way that can be spoken of is not the Way.”[3]

Instead of the scriptures, the Ch'an Buddhist turned to the example of Buddha's act of achieving enlightenment under the fig tree near Gaya in Northeast India. It is this experience that Ch'an (Zen) seeks to emulate and thus attain enlightenment or Bodhi in the same direct way Buddha did.

The central experience of Ch'an-Zen Buddhism is of course the central experience of original Buddhism the experience of one's own spiritual nature as different from the flesh or the physical universe.



„To attain supreme enlightenment one must be able to know spontaneously one's own self-nature which is neither created nor can be annihilated.“

For example, Hui-Neng, the most renowned Ch'an master (638-713), states, "To attain supreme enlightenment one must be able to know spontaneously one's own self nature which is neither created nor can it be annihilated."

The Japanese word for enlightenment is „Satori.“ Unfortunately, to some degree the simplicity of this basic goal became burdened by various significances and interpretations. For example the Zen-student was later told that he would realize that **he was everything** "You are me, I am you, I am that automobile, etc." Thus is a condition known as being "battered all over the universe."

There is a much higher level "harmonic" of this condition where a being *can be* anything or everything at will *whilst retaining his own beingness* that Hui-neng speaks of. Regardless of misinterpretations it was the upper level condition that the original masters envisioned.

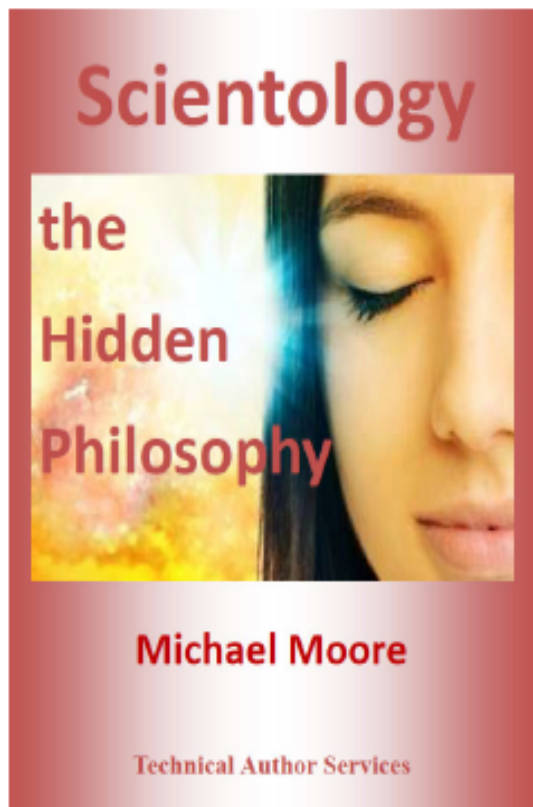
Now, of course, not everyone had the Buddha's ability to reach Buddhahood or Bodhi.

In fact, at the height of Ch'an Buddhism under Hui-neng we find the following postscript (by an immediate disciple) to his celebrated autobiography:

"For thirty-seven years he preached to the benefit of all sentient beings. Forty-three of his disciples reached Bodhi, while those who attained a measure of enlightenment and thereby got out of the rut of the ordinary life were too many to be numbered."

Later Ch'an Buddhism attempted to develop various methods to improve this result, but since Hui-neng's time no statistics have been released!

Ch'an-Zen tech can be summed up in three words – Zazen, Koan, Mondo



The Hidden Philosophy

Everything you always wanted to know about Scientology.

Many people have misconceptions about Scientology, what it is and does.

It does not make a person good or bad or crazy or powerful. Morally superior or inferior. It simply opens up the ability to be oneself.

As Ron Hubbard has said himself, Your potentialities are a great deal better than anyone ever permitted you to believe.

—SELF ANALYSIS

Just a few of the subjects covered include:

What is Scientology ?

Lafayette Ron Hubbard
The Philosophy of Dianetics and Scientology
Scientology: the Hidden Philosophy
Basic Principles of Scientology
Dynamics
Know to Mystery Scale
Awareness Levels

Mary Sue Hubbard
Dianetics
Scientology
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Actually, Ch'an Zen technology never went beyond what Scientologists would recognize as a rudimentary form of Training Drill Zero[4] which in its highly developed form is a beginning drill of Scientology.

Although seldom achieved, or achieved after arduous and long work, "being there" was the highest level of recognizable technical expertise in Ch'an Zen. This could describe the goal of Zazen, a Zen meditation exercise.

The Kung-an (Chinese) – or Koan (Japanese) was a conundrum designed to overcome excessive attempts to solve things with thinkingness instead of being there. For example, the Koan "What is the sound of one hand clap-ping" can not be answered by thinking about it at all. It was an attempt instead to provoke a new insight by the Ch'an-Zen student.

As Alan Watts, a famous Western Zen interpreter states, "when the disciple is brought to an intellectual and emotional impasse (contemplating the Koan) it (the Koan) bridges the gap between second-hand conceptual contact with reality and first-hand experience."

The other key Buddhist „technology“ was called mondo, an inchoate[5] form of Training Drill Zero Bullbait[6] where the master would attempt to „throw“ or distract the student through sudden unexpected actions, physical violence, nonsensical replies, etc.

Thus, the Ch'an-Zen "ideal" figure was an enlightened individual who could "be," who could fully appreciate "now" (i.e. present time) and who, like the Judo specialist couldn't be thrown or overwhelmed by life.

Ch'an was introduced lock, stock and barrel into Japan as Zen in the 11th or 12th century where it became a way of life. Japanese culture became "Zen-Buddhified".

The Japanese tea drinking custom was not simply a social ritual but a religious act deliberately created by Zenists. This and Japanese gardening, flower arranging, architecture, art, poetry and even the martial arts were considered expressions of Zen enlightenment in daily life.

For example Zen archery was a very highly evolved procedure where-by the archer sought to train himself to be fully aware of all the actions involved – and, at the exact climatic point of the release of the arrow, to achieve a spiritual release.

Ch'an Buddhism began to wane in China after the great age of Chinese Buddhism in the 10th century. And now its export to Japan, Zen, is also dying coincident with the westernization of Japan.

The Secret?

So here we are nearly at the end of this article and you ask, "But what *was* the secret of the flower sermon?!" „There wasn't one.

Ch'an and Zen were an effort to by-pass the almost overwhelming number of Buddhist scriptures that had accumulated by the 5th century and get back to what its adherents considered basic Buddhism.

In the silence of the „flower sermon“ was couched, for them, the answer Beingness is senior to "thinking about." Direct experience is senior to second-hand knowledge.

But Buddha said this – and far more – and held nothing back from what he knew despite the fact that what he said was imperfectly transmitted and altered.

Summary

Ch'an or Zen Buddhism were mile-stones on Man's spiritual track which inspired an unparalleled expression of Chinese-Japanese culture and art.

The ancient Ch'an-Zen masters failed to achieve the results they desired be-cause of an in-sufficiency of technology with which to handle the mind and create human ability.

This chasm (lack of technology) has been the barrier to all of man's past freedom efforts. Now at last with Scientology, its Founder, L. Ron Hubbard, has thrown a bridge across the chasm so the ancient goals of spiritual freedom can be universally achieved.

Scientology linguistically is the Western word for Zen-Ch'an-Dhyana. Thus an unbroken tradi-tion existed in the East which has been brought to a point of total success in the West in the second half of the 20th century.

While the world has been going down the star of Scien-tology has been skyrocketing, signal-ing the beginning of a new golden era for this planet. ♦

[1] Hiatus: Gap space that needs to be filled.

[2] Canon: Any recognized set of sacred books.

[3] The opening line of the Tao Teh King "The Book of The Way and Its Power" (See Advance! 18 for the article "The Meaning of The Way," an analysis of Taoism)

[4] Training Drill Zero (TR 0) A beginning Scientologist drill wherein two students gain the abil-ity to be there comfortably and confront.

[5] Inchoate: In an early stage incomplete undeveloped.

[6] Training Drill 0 Bullbait (TR 0 Bullbait) A step beyond TR 0 The term Bullbait derives from the action of baiting a bull which then reacts. In TR 0 Bullbait a student gains the ability to be there comfortably and confront despite any distractions by another student.

~oo00oo~

 <p>FREE THETA JOURNAL OF THE INTERNATIONAL FREEZONE ASSOCIATION Preserve, Protect & Promote July 2008 Volume 2 Issue</p> <p>Freedom</p> <p>Fixed on too many barriers, man yearns to be free. But launched into total freedom he is purposeless and miserable.</p> <p>There is freedom amongst the barriers. If the barriers are known and the freedoms are known, there can be life, living, happiness, a game.</p> <p>—SCIENTOLOGY: A NEW SLANT ON LIFE</p> <p>L. Ron Hubbard</p>	<h2>FREE THETA</h2> <p>The voice of independent Scientologists with Exciting articles by source and well known and well respected individuals. Regular favourite features. Available to APIS Members only.</p>	 <p>FREE THETA JOURNAL OF THE INTERNATIONAL FREEZONE ASSOCIATION Preserve, Protect & Promote Jan 2007 Volume 3 Issue 1</p> <p>"REALITY IS THE AGREED UPON APPEARANCE OF EXISTENCE."</p> <p>SCIENTOLOGY 8-808 Lafayette Ron Hubbard</p>
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AN ANALOGY OF THE MIND

It is not the purpose of Dianetics to reconstruct the human mind. The purpose of Dianetics is to delete from the existing mind those physically painful experiences which have resulted in the aberration of the analytical mind, to resolve the physical manifestations of mental aberration, and to restore in its entirety the proper working function of a brain not otherwise physically deranged. Dianetics thus *embraces* the various aspects of psychosomatic conditions, including the glandular balance or imbalance of the organism, as influenced by painful physical experience. However, its purpose is not one of healing, and its address is not to such psychosomatic manifestations specifically, but rather to

those aberrative experiences in which these conditions have their roots.

The initial adjustments of the individual are included in Child Dianetics and Educational Dianetics. Judicial Dianetics, Political Dianetics and Military Dianetics are elsewhere touched upon or allocated for study. Dianetics, as a family of sciences, proceeds however from the axioms cursorily touched upon in the last chapter and is uniformly governed by the principles of the behavior of the human mind.

When an individual is acting contrary to survival of himself, his group, progeny, race, mankind, or life he can be considered to be unintelligent, uninformed or aberrated. *Every single instance of aberrated conduct threatening the general goal of the individual as outlined in the last chapter can be proven to have a source which will specifically be found to be a painful experience containing data not available to the analytical mind.* Every single instance and facet of aberrated conduct has its exact causation in the physically painful error which has been introduced during a moment of absence of the analytical power.

Dianetics consists of discovering the aberration in the individual, finding the physically painful experience which corresponds to it and placing the data therein contained at the disposal of the analytical mind. More as an effort to demonstrate how that is accomplished than as an actual outline of the character of the mind, the following analogy is offered.

First there is the physio-animal section of the brain, containing the motor controls, the sub-brains, and the physical nervous system in general, including the physical aspect of the analytical section of the brain. The control of all voluntary and involuntary muscles is contained in this section. It commands all body fluids, blood flow, respiration, glandular secretion, cellular construction, and the activity of various parts of the body. Experimentation has adequately demonstrated this. The physio-animal mind has specific methods of "thinking." These are entirely reactive. Animal experimentation—rats, dogs, etc.—is experimentation on and with precisely this mind and little more. *It is a fully conscious mind and should never be denoted by any term which denies it "consciousness" since there is no period in the life of the organism from conception to death when this mind is not awake, observing, and recording percepts.* This is the mind of a dog, cat, or rat and is also the basic mind of a man so far as its operating charac-

teristics are concerned. A man in the deepest possible somnambulistic sleep is still in possession of more mind and thinking and coordinating ability than a lower animal.

The term “consciousness” is no more than a designation of the awareness of *now*. The physio-animal mind never ceases to be aware of *now* and never ceases to record the successive instances of *now* which in their composite make up a *time track* connecting memory in an orderly chain. Cessation of life alone discontinues the recording of perceptions on this orderly track. *Unconsciousness* is a condition wherein the organism is discoordinated only in its analytical process and motor control direction. In the physio-animal section of the brain, a complete time track and a complete memory record of all perceptions for all moments of the organism’s existence is available.

As life progresses, for instance, from a blade of grass, greater and greater complexities and degrees of selfdeterminism are possible. Energy in its various forms is the primary motivator in the lower orders, but as the complexity of the order is increased into the animal kingdom, the physio-animal brain attains more and more command of the entire organism until it itself begins to possess the second section of the mind.

All animals possess in some slight degree an analyzer. This, which we designate the *analytical mind*, is present even in lower orders, since it is only that section of the brain which possesses the self-deterministic coordinative command of the physio-animal brain and thus of the body. In a rat, for instance, it is no more than its “conscious” awareness of *now* applying to lessons of *then* without rationality but with instinct and painful experience. This is the analytical section of the mind in a lower animal but it is the *reactive mind* in a man whose *analytical mind* is so highly attuned and intricate that it can command entirely the physio-animal brain and thus the body.

Man not only possesses a superior physio-animal mind but possesses as well an *analytical mind* of such power and complexity that it has no real rival in any other species. The *analytical mind* of man cannot be studied by observing the reactions of animals under any situations.

Not only is it more sensitive but it possesses factors and sensitivities not elsewhere found. Continuing this analogy: Lying between the *analytical mind* and the physio-animal mind may be conceived the *reactive mind*. This is the coordinated responses of the physio-animal mind, the “analytical” mind of animals, and the first post of emergency command in man. All errors of a psychic or psychosomatic nature can be considered for the purposes of this analogy to lie in the *reactive mind*. The first human *analytical mind* took command of the body and physio-animal mind under strained and dangerous circumstances when man was still in violent contest with other species around him. It can be considered that the *analytical mind* received command with the single proviso that instantaneous emergency would be handled by the outdated but faster *reactive mind*.

Any and all errors in thinking and action derive from the reactive mind as it is increased in strength and power by painful experience. It can be called a shadow mind, instantaneously reactive when any of its content is perceived in the environment of the individual, at which time it urgently bypasses the analytical mind and causes immediate reaction in the physio-animal mind and in the body. Additionally, the reactive mind is in continual presence when chronically restimulated by a constantly present restimulator—which is to say, an approximation of the reactive mind’s content or some part thereof continually perceived in the environ-

ment of the organism.

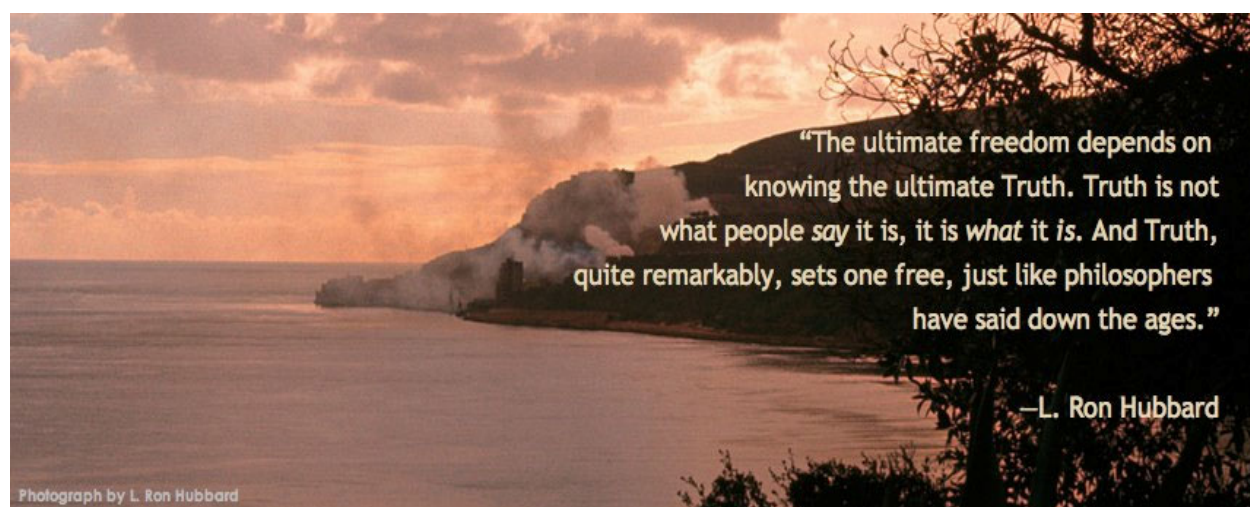
The reactive mind is in action so long as it is activated by an exact or nearly exact approximation of its content. But given too continuous a restimulation, it can and does derange both the physio-animal mind and body below it and the analytical mind above it. It was created by deranging circumstances of a physical nature, hence it deranges.

The entire content of the reactive mind is records of physical pain with its accompanying perceptions during disconnection of the analyzer. All aberrated conduct and error on the part of an individual is occasioned by restimulation of his reactive mind.

None of these minds are “unconscious,” nor are they subconscious. The entire organism is always conscious but the temporary dispersion of the thought processes of the analytical mind brings about a condition whereby that mind, having been dispersed and considering itself the residence of the person, is unable to obtain and reach data perceived and received by the organism during the analytical mind’s condition of dispersion. That the analytical mind can be thrown, by pain or shock, out of circuit is a survival factor of its own: as sensitive “machinery” it must be protected by a fuse system.

Extract, Dianetics: The Original Thesis by L. Ron Hubbard

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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.

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Expanded Know to Mystery Scale

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

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

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

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

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.

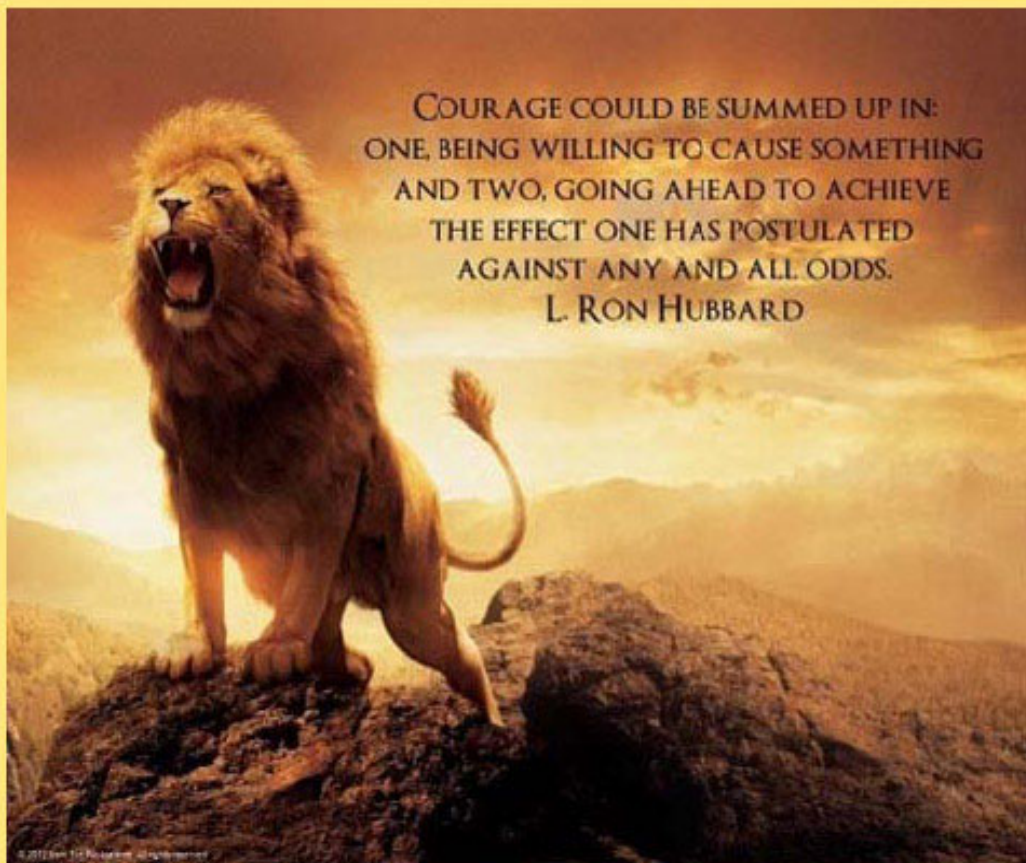
Of course we can talk about honor, truth, all these things,
The esoteric terms.
But I think they'd all be covered very well
If what we really observed was what we observed,
That we took care to observe what we were observing,
That we always observed to observe.

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



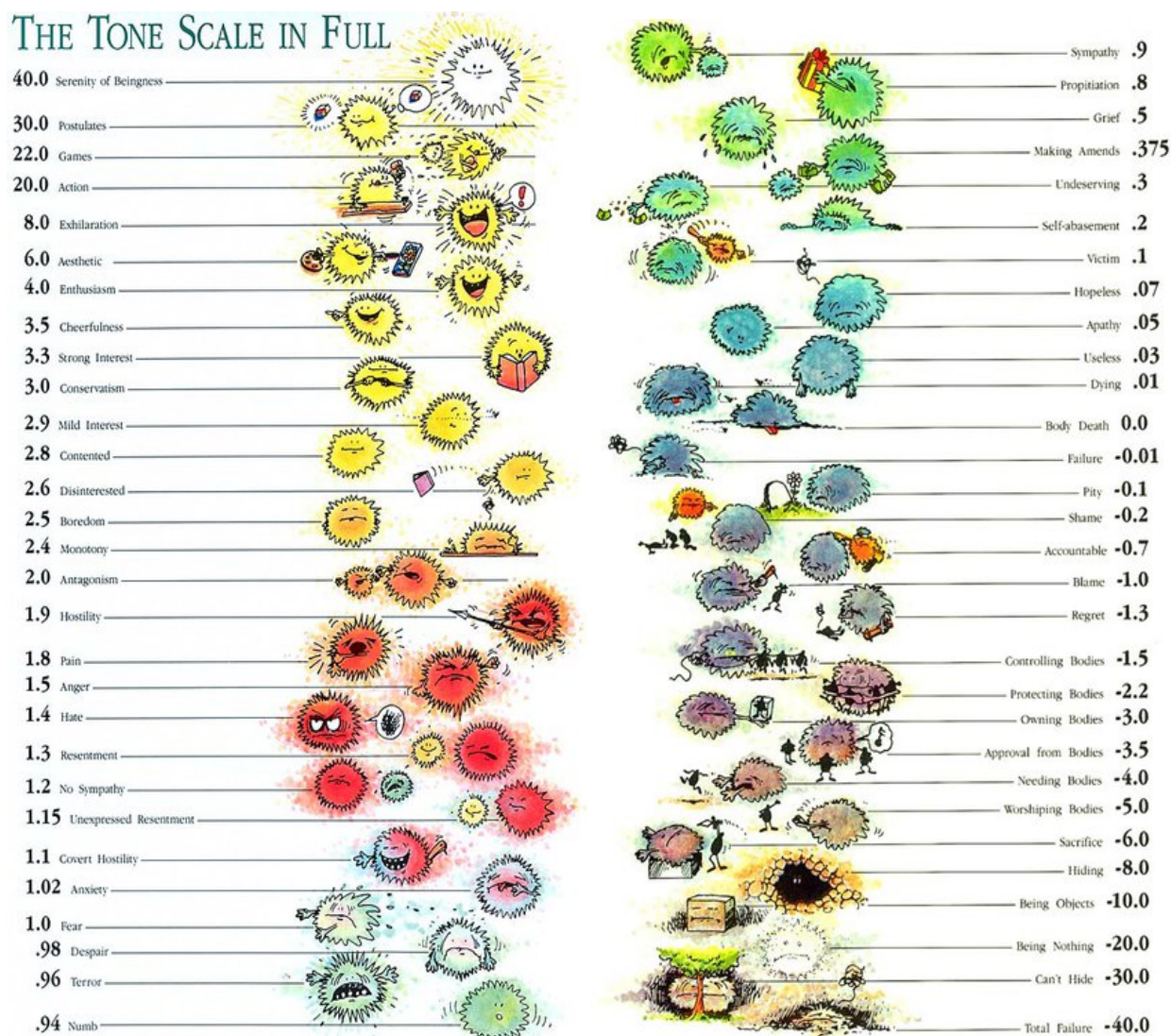
A Handbook for Field Scientologists Starting up a Group

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The Tone Scale in Full



The Tone Scale

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

Scientology 0-8. The Book of Basics

Daily do list from Ron

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

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

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

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



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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 lightening bolt. The ability to hold something in position. The ability to make something 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.

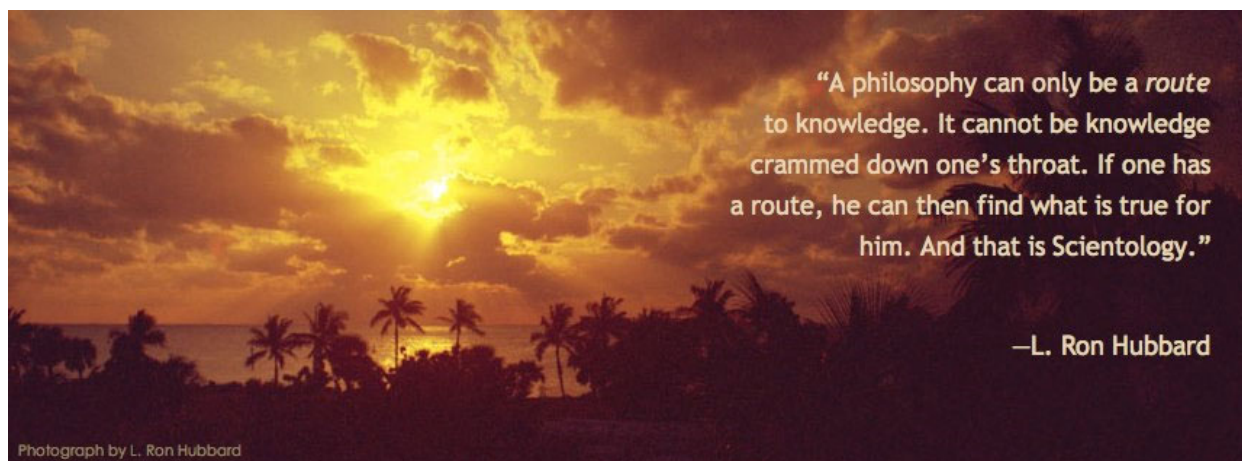
You intend something to happen and it happens. This is the ability to intend. And that is all there is to a thetan's power - there is no more to his power than that.

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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