FREE THETAN

NEWSLETTER OF THE ASSOCIATION OF PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

Preserve, Protect & Promote

October 2014 No 8 Issue 10





"It is very difficult to suppress the affinity of an individual, his capacity, that is, to receive or give love, without also suppressing his communication and reality factors."

-SCIENCE OF SURVIVAL

FREE THETAN

NEWSLETTER OF THE ASSOCIATION OF PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

Preserve, Protect & Promote

FREE THETAN Volume 5 Issue 10 October 2014

Editor in Chief Michael Moore

Contributors

L. Ron Hubbard

Michael Moore

Sebastian Tombs

Harry Seldon

And many others

Advertising

Technical Author Services Pty Ltd

http;//authorservices.org

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

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

Postal address:

43926 33rd Street West

Lancaster, California, 95618.

USA

Website:

independent-scientologists-association.net

Email address:

 $\underline{support@internationalfreezone.net}$

Picture on front page anon

Important Note

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

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

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

~000000~



The Members Quarterly Journal of the

Association of professional Independent Scientologist

Preserve, Protect & Promote

http://independent-scientologists-association.net



reservo, servo, proveho

~ Editorial ~



reservo, servo, proveho

Dear Reader,

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

We see this around every day, in the media, in social networks such as Facebook and Twitter for example.

This is a trap we can successfully **not** fall into. By not reacting to such invitations, usually done through the exposure or portrayal of injustices and violence towards the innocent, we can maintain our stability and control over our ability to provide positive solutions.

Of course as individuals, our influence does not always extent across the world, but as a group you might be surprised at just how far our influence does extend.

Us sharing the sane goals and purposes of a sane society and doing those activities that create that, such as auditing, training, disseminating and education will go along way to influencing our society.

Reason cannot be created or controlled by force. Society exists because of persuading reason — or an agreement between reasonable beings.

-NOTES ON THE LECTURES OF L. RON HUBBARD

Until next time.

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 yette Ron Hubbard is the most vital moveappear to be following these aims fully. Therefore ment on Earth today. In a troubled world, it behooves us to take some responsibility and set the job of promoting and applying this 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 ap- As Ron says: plication of the technology to the point where people can live their lives in peace "Man suspects all offers of help. He has and security and without war or insanity often been betrayed, his confidence shatand where they can honestly flourish and tered. Too frequently he has given his prosper and attain higher levels of spiritu-trust and been betrayed. We may err, for al being.

APIS is non political in nature and wel- long as you are one of us. comes any individual of any creed, race or nation.

APIS does not seek revolution. APIS And may a new day dawn for you, for seeks only to assist in paving the way for those you love and for man. evolution to higher states of being for the individual and for society. After endless Our aims are simple, if great. millennia of ignorance about himself, his mind and the universe, a breakthrough And we will succeed, and are succeeding has been made for man by Lafayette Ron at each new revolution of the Earth. Hubbard with the philosophy and the technology he developed to free man Your help is acceptable to us. from the shackles of his mind.

According to Lafayette Ron Hubbard, "The combined truths of fifty thousand 'The Aims of Scientology' -- Lafayette Ron years of thinking men, distilled and ampli- Hubbard fied 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 Lafatechnology 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.

we build a world with broken straws. But we will never betray your faith in us so

The sun never sets on Scientology.

Our help is yours."

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 <u>certification process</u>.

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

South East

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

Delivers: L's, NOTs, and entire Bridge

Karendelac@gmail.com

Los Angeles, California

Trey Lotz Class VIII

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

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

Silvia Llorens All Standard Bridge sllorens71@gmail.com

Scotland

Ken Urquhart. Class IV Advance Courses Specialist. Class IX Delivers: Internships, apprenticeships and Okay-to-Audits Class V

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.



What is a Static Capable of?

by Lana M.

We have touched on the subject of OT many times on this blog. I recently wrote an article about Axiom 1 and logically the next step is a look at Axiom 2 and 3.

"Axiom 2: The static is capable of considerations, postulates and opinions"

"Axiom 3: Space, energy, objects, form and time are the result of considerations made and/or agreed upon or not by the Static, and are perceived solely because the Static considers that it can perceive them."

As I have moved from Clear up to the OT Levels, my reality and understanding of Axioms 2 and 3 have really changed.

I have been aware that I can be opinionated and vocal - but priory I really did not understand that the decisions that I make in life are THE key influence on what occurs to me. No one can actually have any effect on me, unless I decide that

they can. No one can actually hurt me unless I consider that they can.

The two above axioms are very powerful and considerably different from the general view held by Western society at this time. The majority of society feel they are like flotsam and jetsam, floating on the waves of life, just drifting or landing wherever the current takes them. They are impacted by whatever storms or external influences they encounter, and there is little control of their future or destiny. They make the best of their lot, and suffer along.

But, unless a person decides, or considers that they are a victim of life, they cannot be that. Regardless of circumstances, background, employment or other factors, a thetan's existence is determined by his own considerations, postulates and opinions.

A person has a failure at something, gives up and throws in the towel. Why? They have decided they cannot succeed and it is not worth trying again.

A person encounters opposition to a goal or a purpose they have, and they then modify or lessen their goal, so as to conform with the views of others. It is their own considerations of what others think that are the real blocks on the road. My own experience in recent years is that my own decision has great power. An idea I had adopted in the Sea Org (while working at the Int Base)about my own failings and ineptitude, was simply me taking on the (false) considerations of others and acting on them. I felt incapable, and

thus I was. I considered I was unable to handle the situation, and thus I was. I was told I was PTS, and I agreed, and I was (LOL!).

A lack of training, and of course being a stalled Clear did not help any.

But now training regularly, auditing others and enjoying SOLO NOTs, there is a stark difference. I take on projects, and they succeed. I decide to do something, and then do it. I work out what game I want to play, and I win.

I have had a few experiences now where the ma- In my view, one's journey up The Bridge is very terial universe as I have known it, has taken on a flimsy or almost transparent view. And I am now noticing that what I perceive is really only what I consider I can perceive. A classic example is time -- my ability to bend and extend time is growing.

Similarly with energy, as a "baby OT" I am now starting to find daily examples where my own perception of wave lengths and flows is changing, and as this does, I am now perceiving things I could not priory. My telepather is coming online, and I am now routinely picking up thoughts and ideas of others.

I feel the excitement of a small child, just discovering how many adventures, games and activities they can be involved in. But it is as an OT, as a static.

It is learning more about myself and stripping back and removing what is not actually me. It is like coming out of a long slumber, to find there is an exciting adventure ahead.

much about discovering, understanding and applying Axioms 2 and 3.

Do you agree?

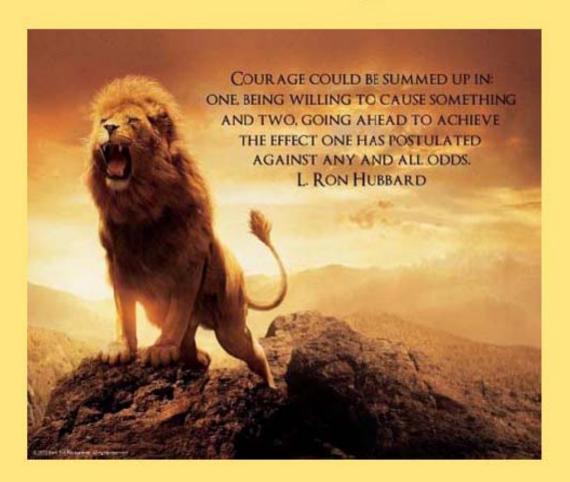
Reprinted from http://milestonetwo.wordpress.com/2014/09/04/ what-is-a-static-capable-of/ with permission.

~000000~

Quote from L. Ron Hubbard

"... your potentialities are a great deal better than anyone ever permitted you to believe. **—SELF ANALYSIS**

Group Starter Kit for Scientologists



A Handbook for Field Scientologists Starting up a Group

Published by The Association of Professional Independent Scientologists.

Get your Free Group Starter Kit today! http://independent-scientologists-association.net/start-a-group.shtml



Does Clearing Cancel the Need for Training? L. Ron Hubbard

To answer the important question "Does Clearing cancel training?" all you need to do as an auditor is clear someone without training him and then say to him, "All right. Go out and clear people."

You'll get a blank stare.

Why?

Because Auditing skill is a discipline in living and a know-how of the parts of life which is in itself something new in the universe. Even OTs don't have auditing skill since there have never been any auditors behind them.

There is such a thing as learning. There are such things as data.

The fact is, that a cleared Zulu is a cleared Zulu. A cleared advertising man is a cleared advertising man. A cleared Zulu is not a cleared advertising man.

Now a Zulu uncleared has scant chance of becoming an advertising man. But a *cleared* Zulu would probably be able to become one rapidly. And there's the difference.

Being clear gives one the *potential* of being and makes the being rather easy, and fun. Further, being cleared makes it possible to *continue* to be something. There's nothing wrong with being clear. A person ought to be. The state is so valuable several hundreds of millions of people in the past 2,500 years have concentrated on nothing else.

But how about getting clear and staying clear forever? The auditor alone *with* his data *well learned* could manage that.

Remember, you were clear once—trillions of years ago. Why didn't you stay that way? Because the traps were well designed and you had no anatomy of traps.

Well, Scientology does have the anatomy of the traps, the Axioms, the discipline and know-how necessary to handle and control the laws of the universe. Scientology is the data necessary to *live*.

If everyone were now to concentrate only on how to get clear and forget all about how to stay clear, we'd be back in the soup in a century.

Oddly enough, the best time to study auditing is when you're aberrated—when the thing looks impossible, when you can achieve subjective reality on the grimness of it.

The best things a person can do are to (1) get

trained and (2) get cleared. Auditors will always be senior to clears. Always. That became very obvious in the 19th ACC. People who weren't clear created clears.

If a person gets cleared first, he can, of course, learn very rapidly how to be a good Scientologist. If he is to be a very good being he will be both a good auditor and a clear. That combination cannot be beaten.

If we had only clears and no auditors we'd have another slump ahead. Scientology is not in the experience of anyone's back track. It is itself. It is the one thing senior to life because it handles all factors of life. Scientology could not have happened earlier because there was not enough livingness to study. We have arrived near bottom.

There are people getting cleared now all over the world. Just remember that you share the agreement of the society in which you live. You'll have to be able to audit to skillfully handle aberrated persons. And it will take a lot of auditors to have a cleared society.

Right now it's all right to keep your eye on that first dynamic and get clear. You should. But when, suddenly, you find you've achieved clear, remember when I tell you this one thing: There are eight dynamics.

You cannot stay clear unless you solve things by the equation of the optimum solution: The greatest good for the greatest number of dynamics. Failing to so solve things dug you in to where you were in the first place. Scientology got you out. Stay out by knowing Scientology well. I look forward to seeing your bright, smiling face, clear or not, in the Academy or an ACC, or both, in D.C., or London, New Zealand, Australia, South Africa. A Clear world to be, needs you as a good and skilled Scientologist. And that's how you're going to help me.

L. RON HUBBARD

P.S. When I solve a case I always ask the pc for one unnamed favor. I've never called these favors in. The favor I tell you now for the first time: Whatever else you are, be a good Scientologist and help me clear these Earth people.

~000000~

Join The Association of Professional Independent Scientologists today and make a difference to your life!

Okay?

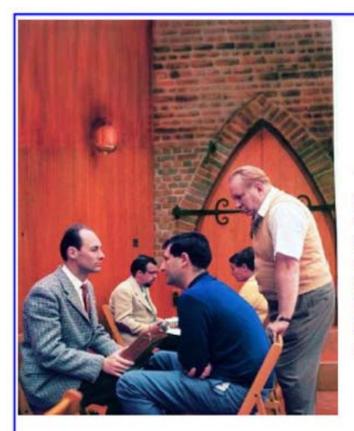
http://independent-scientologists-

GOLD CENTURY PRESS

Quality Books for the New Century

Publishers to Scientologists Everywhere

Gold Century Press



Auditing in 2014!

"The main thing to know about stalled cases is that cases get stalled. That is a truism that sometimes misses people. A case can be running along very nicely and suddenly cease running. Many things can happen."

Lecture: 'How to Resolve Stalled cases' 1950 by LRH

Is your case bugged?

Is it stalled and not moving?

Have you not gotten the benefits you

Have you not gotten the benefits you expected? Are you not moving on the bridge?

APIS has highly classed standard tech certified auditors ready to audit! They are available to audit most cases including bugged and stalled cases.

Make 2014 the year of moving up the bridge!

Contact: support@internationalfreezone.net with your details today! And we will put you in touch with a standard certified auditor in your area.

Copyright © 2014 Association of professional Independent Scientologists, ALL RIGHTS RESERVED.

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 be-low this, why, we would get unconsciousness.

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



P.A.B. No. 114 PROFESSIONAL AUDITOR'S BULLETIN

The Oldest Continuous Publication in Dianetics and Scientology

From L. RON HUBBARD

Via The Hubbard Communications Office 37 Fitzroy Street. London W.I 15th June I tJ5 7

GROUP PROCESSING

(Editorial Note: In view of the fact that this PAB is very short, could we invite you to read Run one command then the other one time it twice.)

Group Auditing is as effective as we can continue control over the group.

Control can be of attention, person (body) and 5. Hand mimicry session (IMAGE) from

thinkingness'. Should any of these break down, auditing value stops.

Attention is the easiest-thinkingness is the hardest.

Order of control factors available to auditorgroup or individual auditor-is:

- 1. ATTENTION
- 2. PERSON
- 3. THINKINGNESS

Thus the group auditor has only available to him in any group which contains new or unclear people

I. ATTENTION 2. PERSON.

We see thus at once that a significance process aimed at thinkingness in a new or rugged group or one which contains any rough case must NOT BE run.

Let's audit the WHOLE group always--not just the disciplined ones. So we must delete all thinkingness processes from group auditing-and that is quite a trick.

Here are some Model Processes in Order:

- 1. "Look at (indicated wall, etc.)."
- 2. "Take your right hand and touch your head (chair, right foot, left hand,
- righ t knee, etc)."
- 3. "Feel your chair."

"Look at the front wall."

each-alternating.

4. Put up two objects, right and left sides of the room, in view of the group: Command:

"Look at object one. Look at object two."

Group Auditor.

6. Hand each of the group members an object. The auditor also takes one. Then the group is made to do a simple mimicry motion of his object by the auditor. The auditor repeats his motion with the object until the WHOLE group has done it right.

- 7. Group standing mimics the auditor.
- 8. Verbal mimics. Beware of the "repeater technique".

As each one of these could be itself a total of group auditing, the length of time it is to be run is long. You would be surprised how a group's interest stays up. (The reason group auditors vary commands is that they are afraid that interest will flag.)

The institution of the Assistant Group Auditor must here come into his own. Group chairs are widely spaced so that the assistant group auditor can walk through.

Anyone not doing the command is manually guided into doing it by the assistant group

auditor.

The auditor asks only "Did he do the command," not "Did the command have an effect upon his health?" If the former persists, the latter follows.

The use of significance in a command puts thinkingness beyond auditor's control.

Hence "See that wall, put it there" is wrong with the "put it there". The preclear has to THINK that. The auditor cannot be sure he did and cannot enforce it easily.

All group auditing is done from Tone 40.0. I have never written a book about group auditing. Now that we have found that from control proceeds communication ability I can.

L. RON HUBBARD



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 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, an and if he walks along a certain path and doesn't keep jumping off the cliff and so forth, why he will arrive.

Juste >

Copyright © 1964, 1973 by L. Ron Hubbard. All rights reserved. Scientology, is an applied religious philosophy. The Church of Scientology is a non-profit organization.



Wins & Gains in the Independent Zone

What I have learned is that cases do not progress beyond their Scientology education level. A case bangs right at the point to which it has been educated in Scientology. Processing gains are parallel to education gains and the two balance.

Rom Journal Dec AD 13

Grade 3

I had some ideas on what I wanted from Grade **Grade 4** 3, but it's hard to know what it is before doing it.

I think a good general description is that I feel that regarding life I have moved from living in the past and trying to suffer through the present to living in the present and looking to the future.

I feel a renewed interest in doing things without all the junk and bad feelings that would cause me to have back-off on doing things. It seems not serious where before I was feeling very serious about life. I feel like it's just not -determinism in life.

I think this would be a good "business booster rundown". If you have a small business, big business or in any way have to deal with people and getting things done I think you need this in. I think this will help me with this.

Ok, this one we really got in there and got it done. I feel like it handled a lot of things I had attention units stuck on and was worried about. Some things I feel from this:

A renewed interest in life - it feels like the seriousness and barriers are not there regarding life.

I feel a lot more comfortable around others and as a person in society. I feel better about my fellow man in other words.

I can see there were a lot of ways I was stopping myself and tying myself up and this level that big a deal now. I feel like I have more self digs in there and strips that stuff away. I liked this level

Bypassed Charge on Solo NOTs

I had fears when I came here on this trip that I wasn't going to be able to handle what I wanted to handle. That fear is now gone! I had so much charge on solo auditing after soloing for almost 20 years that I thought it was a subject that was totally uncomfortable and the thought trust my perceptions again, I am large and in of attempting to confront it created massive by passed charge.

I've now confronted it and found out that I can have huge relief by solo auditing out that charge. I got some confusions handled and know that I will now succeed and have more and more wins on solo. Thank you for the perfect help!

NOTs Repair

I am now without a doubt the product of OT 5. In fact, the truth is I EP'd OT 5 in session with Ronit, not 3 years ago at AOLA. I knew something was terribly wrong with my Bridge and COS but it never occurred to me that I was are doing! still in the middle of a step on OT5! Ironically outside of the church I realized the promises made to me by COS and LRH. The tech done correctly with good intentions is awesome. It does work.

I feel like myself again. I handled all the negative things I mentioned above and more. I charge finally ready for SOLO Not's which is truly amazing considering before Ronit I was terrified to have a session.

Ronit is an awesome auditor! I tell her she is the best in the world and she politely says "well, maybe one of them, there are a lot of good auditors out there." I've had many and Ronit is in another stratosphere. She is what LRH would have wanted an auditor to be. Oh, and on a side note she helped my husband to attest to Clear after 30 years of being bypassed. After 5 CCRD's the church messed up, 3 yay's and 2 nay's can only tell you one thing about COS, they don't know what they

Just another day in the life of Ronit Charny! Much love and thanks,

~000000~

The Purposes of the Association of Professional Independent Scientologists

Preserve the exact technology and original workable philosophy of Lafayette Ron Hubbard for future use so it is available for all mankind.

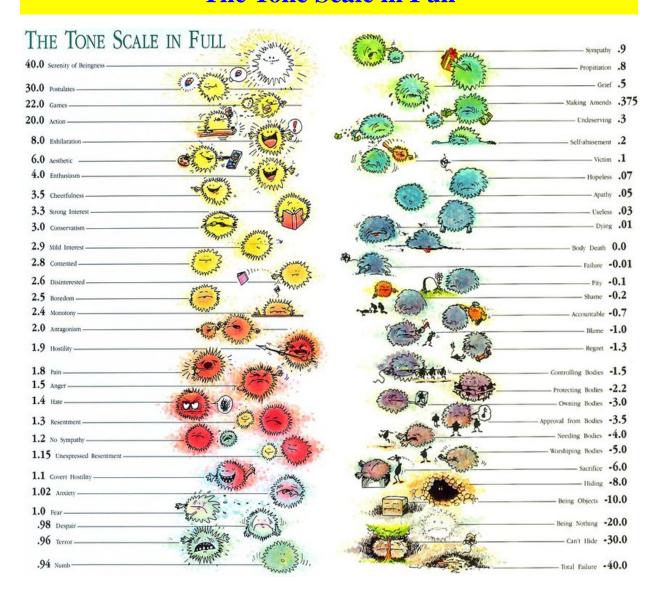
Protect the exact technology and original workable philosophy of Lafayette Ron Hubbard so it is not altered, diluted or changed in anyway but remains exactly as Lafayette Ron Hubbard issued it.

Promote the exact technology and original workable philosophy of Lafayette Ron Hubbard so it may be known by all mankind

Join us Today!

http://independent-scientologists-association.net

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."



A TRIBUTE TO MARY SUE HUBBARD

Wife of L. Ron Hubbard

Remembered with Respect and Honor



Check out the D Folgere Professional Course Booklets!

"The first 27 booklets parallel the 27 lectures of the Hubbard College Lecture Series given in Wichita in March 1952."

BUY NOW!

available at

http://www.goldcenturypress.com

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.

Quote from L. Ron Hubbard

No man is happy without a goal, and no man can be happy without faith in his own ability to reach that goal.

it shall not be circulated in any form without the publish- ganizations, groups, CST or the RTC. er's cover and acknowledgement of the material conproviso.

only and any and all articles, comments, editorials in this other professional advice or assistance is required, the journal are not to be considered or construed as 'source' use quotes marked as from the works of L. Ron Hub- actions. bard.

gists is a non-profit association dedicated to the promotion and expansion of the workable philosophy of Lafayette Ronald Hubbard. It is independently operated by All copyrights and trademarks belong to their respective independent scientologists who are exercising their right owners to free religious expression and practice and is not associated with, endorsed by or affiliated with the Church of

This Newsletter is provided subject to the condition that Scientology, its affiliates, corporations management or-

tained herein and is not to be sold, hired or otherwise This publication is designed to provide accurate and indisposed of for any fee or consideration other than by formative information only in regard to the subject matprior arrangement. It may be distributed online and ter covered. This publication does not purport to offer passed along only in its current form and with the above any professional advice of any legal, financial or psychological service and is sold with the understanding that the publisher, editor and contributors are not engaged in Comments and articles published in the FREE THETAN rendering any legal, financial, psychological or any other are not necessarily the opinions of the Publishers or professional service and is offered for information pur-Editors and are offered solely for information purposes poses only. If any legal, financial, psychological or any services of a competent professional person should be material issued from L. Ron Hubbard, excepting the fair sought. The reader is solely responsible for his/her own

Copyright © 2014 By the International Freezone Asso-The Association of Professional Independent Scientolo- ciation Inc. operating as the Association of Professional Independent Scientologists. All Rights Reserved.



Copyright © 2014 ALL RIGHTS RESERVED Association of Professional Independent Scientologists.