



FREE THETAN

Newsletter of the association of
professional independent scientologists

Preserve, Protect & Promote

March 2016

Volume 7 Issue 3



“... I know no man who has any monopoly upon the wisdom of this universe. It belongs to those who can use it to help themselves and others.”

FREE THETAN

Newsletter of the association of
professional independent scientologists

Preserve, Protect & Promote

FREE THETAN
Volume 7 Issue 3 March 2016

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.

Website:
independent-scientologists-association.net
Email address:
support@internationalfreezone.net

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~

The FREE THETA	<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,

Wisdom is something that is inherent in all of us. It is that which we know but have forgotten. LRH said we basically know everything and have done everything. Indeed the attitude in the Sea Organisation is (or rather was prior to the current administrative perversion) that we are capable of doing anything. This is a validation of the abilities of a being.

Ron pointed out,

“... your potentialities are a great deal better than anyone ever permitted you to believe.

—SELF ANALYSIS”

The entire exercise in this universe has been to reduce the capabilities of a being. Scientology flies directly in the face of that. And always remember...

“It is impossible to reduce an ability. About the only things you can do is reduce its exercise or the willingness to exercise it.

-CONTROL AND THE MECHANICS OF S.C.S.”

Your potentialities and abilities are still there.

Until next time.

Much arc,

Michael Moore
Editor

~oo00oo~

The Aims of Scientology and APIS

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

We therefore stated below:

The Aims of APIS

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

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

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

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

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

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

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

As Ron says:

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

The sun never sets on Scientology.

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

Our aims are simple, if great.

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

Your help is acceptable to us.

Our help is yours."

'The Aims of Scientology' -- Lafayette Ron Hubbard

~oo00oo~

CERTIFIED AUDITORS & GROUPS

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

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

Canada

Toronto

Chris Black. Class VIII C/S, KOT,

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

USA

South East

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

Delivers: L's, NOTs, and entire Bridge

Karendelac@gmail.com

Southern Cal tech Team

Standard LRH Bridge

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

scttservices@gmail.com

Los Angeles, California

Trey Lotz Class VIII

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

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

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.

~oo00oo~



THE MISSING INGREDIENT

The primary corrective discovery about PR has to do with the ARC Triangle of Scientology.

This triangle is Affinity-Reality-Communication. If one corner (say A) is raised, the other two will rise. If one corner is lowered, the other two are as well. Thus with high Affinity, one also has a high Reality and a high Communication. With a low Affinity one has also a low Reality and a low Communication. With a high or low R one has a high or low A and C. And so it goes. The whole triangle rises and lowers as one piece. One cannot have a low R and a high A and C.

PR is supposed to be a Communication technique. It Communicates ideas. Suppose one were to try to communicate an out the bottom R. In such a case the communication would possibly at first reach, but then it would recoil due to its R. This is of course an advance in the mental technology of Scientology. It was not available to early pioneers of PR. So they talked (and still talk) mainly lies.

Older PR practitioners preferred lies. They used circus exaggeration or black propaganda. They sought to startle or intrigue and the easiest way to do it was with exclamation point "facts" which were in fact lies. "Mental Health" PRs dreamed up out of whole cloth the "statistics" of the insane. "9 out of every 15 Englishmen will go insane at some period of their lives" is a complete lie. Streams of such false statistics gush from PR lobbyists to get a quick pound from Parliament.

The stock in trade of PRs, whether hired by Stalin, Hitler, the I Will Arise Society, the US President or the International Bank, has been black bald-faced lies. The US President has given 2 different figures of the percentage of increase government cost per year in 2 months. His PR man was trying to influence Congress. The "Backfire 8" as the "Car of the Century" and the parachute exhibition record delayed drop" and the Ambassador's Press Conference on "Middle East Aims" are all PR functions-and salted throughout with lies. You pick up a newspaper or listen in the street and you see PR - PR - PR - all lies. A battle cruiser makes a "Good Will visit" to a town it is only equipped to crash and you have more lies.

The tremendous power of newspapers, magazines, radio, TV and modem "mass media" communication is guided by the PRs of special interests and they guide with lies. Thus PR is corrupted to "a technique of lying convincingly". It makes a cynical world. It has smashed idealism, patriotism and morality. Why?

When an enforced Communication Channel carries only lies then the Affinity caves in and you get hate. For the R is corrupted. PR, dedicated to a false Reality of lies then becomes low A, low C and recoils on the user. So the first lesson we can learn that enables us to use PR safely is to KEEP A HIGH R. The more lies you use in PR the more likely it is that the PR will recoil. Thus the law

NEVER USE LIES IN PR.

The trouble with PR then was its lack of Reality. A lie of course is a false Reality. The trouble with PR was R! In getting out a press release on a new can opener, that opens cans easily and you want to say "A child could use it" find out if it's a fact. Give one to a child and have him open a can. So it's true. So use the line and say what child. Don't call it the "Can Opener of the Century". It won't communicate.

Just because radios, TVs and press pour out does not mean they communicate. Communication implies that somebody is reached. Don't tell a lie to city officials when the truth is just as easy to tell. Why go to all the work of dreaming up a lie? If you do it will weaken you if it is found out that it is a lie. Now you do have a PR problem with the "official public".

Any lie will either blunt the C (communication) or end the C off one day with revulsion. Handling truth is a touchy business also. You don't have to tell everything you know-that would jam the comm line too. Tell an acceptable truth. Agreement with one's message is what PR is seeking to achieve. Thus the message must compare to the personal experience of the audience. So PR becomes the technique of Communicating an acceptable truth-and which will attain the desirable result. If there's no chance of obtaining a desirable result and the truth would injure then talk about something else.

PR is employed to obtain a result desired by the PR and his group. Or it is employed to cancel out the undesirable PR of others. Thus there is offensive and defensive PR. In defending against hostile PR, once more it is the R

that counts. Sun Tzu in his book about warfare gives several types of agent. One of these is the "dead agent" because he tells lies to the enemy and when they find out they will kill him.

Hostile (or counter-PR) is usually the usual fabric of lies. If one finds out the lies being told and documents just one as being false, he has made counter-PR recoil. His hearer will never believe him again. He's dead. In the war between psychiatric hostile PR and the truth of Scientology, the "dead agent" caper has a field day. Psychiatric PR has been lying for 20 years. Documented, the fact of these lies are lies is killing off psychiatry. You understand, it's not one PR's word against another's. It's one PR's documents against the other PR's lies! That is correct defensive PR. So you see that using out-R PR can be very dangerous.

If one is trying to PR an abuse into decay (a dangerous activity in itself) he obtains the desirable result by documenting TRUTH. But using the "dead agent" caper is quite enough almost always. The use of R not only involves truth, it involves acceptable truth and that involves the fixed opinions of another or others and their experience. All this is contained in the subject of REALITY. What is the R of another or others? This involves SURVEYS. Then you know what truth he or they will accept.

Imagination in PR is not limited at all. It takes lots of imagination. But the imagination should be devoted to how the truth is made acceptable to the R of others and how the Comm is delivered.

A totally Imaginary statement or story is quite useful so long as it is known to be imaginary and not passed off as truth.

In a PR world truth is the almost unknown

commodity. This world is full of the noise" of lief. Serving mad masters, a PR hasn't much many lies, many babbles, many old fixations chance. and hates. But truth has Comm value. All the lies will dead end someday. A (Affinity) sup- So there is a technique known as public rela- ports the R and C. Therefore PR which seeks to tions. And it has the high liability of abuse incite hate will not have the C value of a mes- through lies and the degrade of its practition- sage that carries actual affinity. But affinity er. But if one strictly attends to the values of can also be falsified and in the PR world too truth and affinity, he will be able to communi- often is. A person who is sane has a high ARC cate and can stand up to the strain. Knowing value. So the PR who is sane has a high poten- this, PR becomes a far more useful and ma- tial. And those who have corrupted their A - R ture subject.

- and C into a hole wind up on the bottle or L. RON HUBBARD



Freedom

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

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

— SCIENTOLOGY: A NEW SLANT ON LIFE

L. Ron Hubbard

FREE THETA


**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.
Join APIS Today!**

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



*"REALITY IS THE AGREED UPON
APPEARANCE OF EXISTENCE"*


SCIENTOLOGY 8 8008
Lafayette Ron Hubbard



A TRIBUTE TO MARY SUE HUBBARD

Wife of L. Ron Hubbard

Remembered with Respect and Honor



T R A I N I N G

Author's Class	Certificate	Course	Prerequisites	Subjects Covered	When Completed	End Result
Class XII	↑	Class XII Certificate	Class XI Certificate	Publications Class XII	Flag only	Ability to read L.C.
Class XII Auditor	↑	Class XII Auditor Certificate	Class XI Auditor Certificate	Publications Class XII Auditor	Flag only	Ability to read L.C.
Class XI	↑	Class XI Certificate	Class X Certificate	Publications Class XI	Flag only	Ability to read L.C.
Class XI Auditor	↑	Class XI Auditor Certificate	Class X Auditor Certificate	Publications Class XI Auditor	Flag only	Ability to read L.C.
Class X	↑	Class X Certificate	Class IX Certificate	Publications Class X	Flag only	Ability to read L.C.
Class X Auditor	↑	Class X Auditor Certificate	Class IX Auditor Certificate	Publications Class X Auditor	Flag only	Ability to read L.C.
Class IX	↑	Class IX Certificate	Class VIII Certificate	Publications Class IX	Flag only	Ability to read L.C.
Class IX Auditor	↑	Class IX Auditor Certificate	Class VIII Auditor Certificate	Publications Class IX Auditor	Flag only	Ability to read L.C.
Class VIII	↑	Class VIII Certificate	Class VII Certificate	Publications Class VIII	Flag only	Ability to read L.C.
Class VIII Auditor	↑	Class VIII Auditor Certificate	Class VII Auditor Certificate	Publications Class VIII Auditor	Flag only	Ability to read L.C.
Class VII	↑	Class VII Certificate	Class VI Certificate	Publications Class VII	Flag only	Ability to read L.C.
Class VII Auditor	↑	Class VII Auditor Certificate	Class VI Auditor Certificate	Publications Class VII Auditor	Flag only	Ability to read L.C.
Class VI	↑	Class VI Certificate	Class V Certificate	Publications Class VI	Flag only	Ability to read L.C.
Class VI Auditor	↑	Class VI Auditor Certificate	Class V Auditor Certificate	Publications Class VI Auditor	Flag only	Ability to read L.C.
Class V	↑	Class V Certificate	Class IV Certificate	Publications Class V	Flag only	Ability to read L.C.
Class V Auditor	↑	Class V Auditor Certificate	Class IV Auditor Certificate	Publications Class V Auditor	Flag only	Ability to read L.C.
Class IV	↑	Class IV Certificate	Class III Certificate	Publications Class IV	Flag only	Ability to read L.C.
Class IV Auditor	↑	Class IV Auditor Certificate	Class III Auditor Certificate	Publications Class IV Auditor	Flag only	Ability to read L.C.
Class III	↑	Class III Certificate	Class II Certificate	Publications Class III	Flag only	Ability to read L.C.
Class III Auditor	↑	Class III Auditor Certificate	Class II Auditor Certificate	Publications Class III Auditor	Flag only	Ability to read L.C.
Class II	↑	Class II Certificate	Class I Certificate	Publications Class II	Flag only	Ability to read L.C.
Class II Auditor	↑	Class II Auditor Certificate	Class I Auditor Certificate	Publications Class II Auditor	Flag only	Ability to read L.C.
Class I	↑	Class I Certificate	Class 0 Certificate	Publications Class I	Flag only	Ability to read L.C.
Class I Auditor	↑	Class I Auditor Certificate	Class 0 Auditor Certificate	Publications Class I Auditor	Flag only	Ability to read L.C.
Class 0	↑	Class 0 Certificate	Class -1 Certificate	Publications Class 0	Flag only	Ability to read L.C.
Class 0 Auditor	↑	Class 0 Auditor Certificate	Class -1 Auditor Certificate	Publications Class 0 Auditor	Flag only	Ability to read L.C.
Not Classed	↑	Class -1 Certificate	Class -2 Certificate	Publications Class -1	Flag only	Ability to read L.C.
Not Classed	↑	Class -2 Certificate	Class -3 Certificate	Publications Class -2	Flag only	Ability to read L.C.
Not Classed	↑	Class -3 Certificate	Class -4 Certificate	Publications Class -3	Flag only	Ability to read L.C.
Not Classed	↑	Class -4 Certificate	Class -5 Certificate	Publications Class -4	Flag only	Ability to read L.C.

P R O C E S S I N G

PG Code	Name of State	Subject Addressed	Prerequisites	Class of Auditor	When Completed	Ability Gained
OT XV	New Mexico	Class XV	Class XIV	Class XV	Flag only	Ability to read L.C.
OT XIV	New Mexico	Class XIV	Class XIII	Class XIV	Flag only	Ability to read L.C.
OT XIII	New Mexico	Class XIII	Class XII	Class XIII	Flag only	Ability to read L.C.
OT XII	New Mexico	Class XII	Class XI	Class XII	Flag only	Ability to read L.C.
OT XI	New Mexico	Class XI	Class X	Class XI	Flag only	Ability to read L.C.
OT X	New Mexico	Class X	Class IX	Class X	Flag only	Ability to read L.C.
OT IX	New Mexico	Class IX	Class VIII	Class IX	Flag only	Ability to read L.C.
OT VIII	New Mexico	Class VIII	Class VII	Class VIII	Flag only	Ability to read L.C.
OT VII	New Mexico	Class VII	Class VI	Class VII	Flag only	Ability to read L.C.
OT VI	New Mexico	Class VI	Class V	Class VI	Flag only	Ability to read L.C.
OT V	New Mexico	Class V	Class IV	Class V	Flag only	Ability to read L.C.
OT IV	New Mexico	Class IV	Class III	Class IV	Flag only	Ability to read L.C.
OT III	New Mexico	Class III	Class II	Class III	Flag only	Ability to read L.C.
OT II	New Mexico	Class II	Class I	Class II	Flag only	Ability to read L.C.
OT I	New Mexico	Class I	Class 0	Class I	Flag only	Ability to read L.C.
OT Eligibility	New Mexico	Class 0	Class -1	Class 0	Flag only	Ability to read L.C.
Solo Course	New Mexico	Class 0	Class -1	Class 0	Flag only	Ability to read L.C.
OT Preparations	New Mexico	Class 0	Class -1	Class 0	Flag only	Ability to read L.C.
Solo Course Part I	New Mexico	Class 0	Class -1	Class 0	Flag only	Ability to read L.C.
Sunshine Rounddown	New Mexico	Class 0	Class -1	Class 0	Flag only	Ability to read L.C.
CLEAR	New Mexico	Class 0	Class -1	Class 0	Flag only	Ability to read L.C.
Expanded Dianetics	New Mexico	Class 0	Class -1	Class 0		

and studies one may find the truth for herself. The technology is therefore not expounded as something to believe, but something to do.

THEIRNA: the person himself—not his body or his name, the physical universe, his mind or anything else; that which is the person, the person as he is. Identity which is the individual. The term was coined to eliminate any possible confusion with other, less useful, terms. It comes from the Greek letter "iota" (ι) to which is added to make a noun in the modern style used to create words in engineering. It is also α^0 , or "iota to the nth degree," meaning unitless or unit one.

Also, training in the sciences or technology often referred to as training diodes. This are practical drills on the cycle of communication.

Designations and abbreviations such as those found in the body of this chart may be to be found in the *Scientology Dictionary*.



Wins and Successes in the Scientology Independent Field

Big Being

Ever felt like there was something inside you that was overwhelmingly big or powerful but you kind of had to keep it under control or even better: You didn't know how to unleash it? Or it wasn't safe? Or or or ...

If you did --- I hear and duplicate you very very well. I certainly felt those things.

What I regained from the FPRD Basic Form that I just completed is that I was powerful and sharp and a lot of that has come back rather suddenly.

I have regained certainty that I am a spiritual being. It is a real gift to myself and for my dynamics.

I am not native to this Universe, I'm not a MEST body, I am composed of Affinity, Reality and Communication and Understanding and I am capable of great patience, love and beauty and I am senior to MEST.

As a thetan, I used to be really simple, really powerful and I could command universes at will.

Sometimes I lost my temper and a few planets went flying but I have confessed my sins. LOL

I was loving and gentle with a hint of impatience, but all in good fun. Kind of like a few curious babies playing together, sometimes one gets pissed at the other. Save yourself grief, forget buying a brand new shiny car or diamonds and instead I propose you unleash your power; unleash YOU.

Continue your auditing. Do your FPRD if you have not already.

It's amazing. Real solid wins.

Many thanks to Chris Black my auditor and LRH and the many who hold him as a true friend.

SL

Wins on PTS RD and Suppressed Person RD:

I don't think I've ever before felt like this. I'd have to describe it as stably de-PTSed. I'm not PTS, and that's a ballsy statement to make. It invites suppression. This happened in session many days ago and I've been out in the world living my life, playing music, having a couple of drinks at night, testing this new state of case, and I'm happy to report it's still stable. The other night I was sitting here about to write my wins and I had a further realization: nobody's out to get me. This is huge. In the past few years I've been attacked by no fewer than three certifiable psychos, two of whom actually threatened to kill me. I felt like a psycho magnet, like in the eyes of psychos there was something about me that needed killing. I was living in a constant readiness to fight to the death, literally, if either of these guys were to suddenly show up in our town. The other night, realizing that nobody is out to get me, I felt the mass blowing, and on the tail of that I realized also that for the last two years I've been approaching the kind of suppressive person behaviour Ron describes: like there's an enemy around every corner who might just jump out and try to knife me. It's coloured my view of the world. I've completely relaxed in this regard and the relief has been enormous.

ALSO, for any of you who have read the issue on the Suppressed Person Run-down, here's a nice win: WE MADE THE MAGIC HAPPEN! No kidding, no joke. We were addressing a certain very troubled terminal who has been causing enturbation and endless upset for years. The situation with him and me was liter-

ally life-and-death. In session last Friday we spotted an overrun, rehabbed the release, and BAM! EP. I went home and about 36 hours later I got a facebook message from that terminal saying in effect and among other things, he loves me. I replied using good old fashioned, Problems of Work-style good roads, good weather, and this terminal and I no longer have a problem. This is tech like no other tech in the world.

I gotta acknowledge and thank both of my auditors on these cycles: Les Warren and [Doug Davidson](#). Hard working tech guys who actually give a shit.

And, as ever, awestruck thanks to LRH. Man, I have no idea how you did it.

"Theta and MEST.

I was very senior to MEST once and I co-existed with it so to speak.

I came to it once in a while to see what was happening, to get/create an effect, to make something happen, to be entertained, to find friends.

I would go in and out of the Theta and MEST universes quite willingly and I knew what I was doing and sometimes the two universes came crashing and it was not so smart and the intention behind it was not my own. It felt more like it was a compulsion or a command coming from elsewhere --- for me to BE or become what I was not, to become something other than me. It was FALSE! It was NOT me.

This is my biggest win today - to finally get a subjective reality on both universes and to discover my own truth.

It is a big win.

I am instead being gifted with an unshakeable reality of not only who I am but who I was and what I am at the core: A very simple being.

I have a huge desire to be simple. What a relief!

To look at things simply ... how OT!

Gone is the desire to be overly admired and liked, gone is the desire to cave myself or others in, gone is the desire to hate, to confuse, to trick, to stop, to be doubtful, to be scared, to be less than who I know I can be.

It is replaced with the utmost desire to BE. To be CAUSE on my own terms if that makes sense.

It is replaced with a desire to be ME, alone or with others doesn't matter - but happy with ME.

SUCH a relief and such calm in my space. No desire to go and "find something or someone to make me happy" - I can be alone and happy.

You CAN be alone and happy you know - you once were and you only starting losing yourself once you had a thought to become something or do anything other than being you.

What a great feeling of love. I miss the good old days.

I have found myself mumbling more and more with my auditor Chris Black as we get into the early days of my track. Everything was so simple and free.

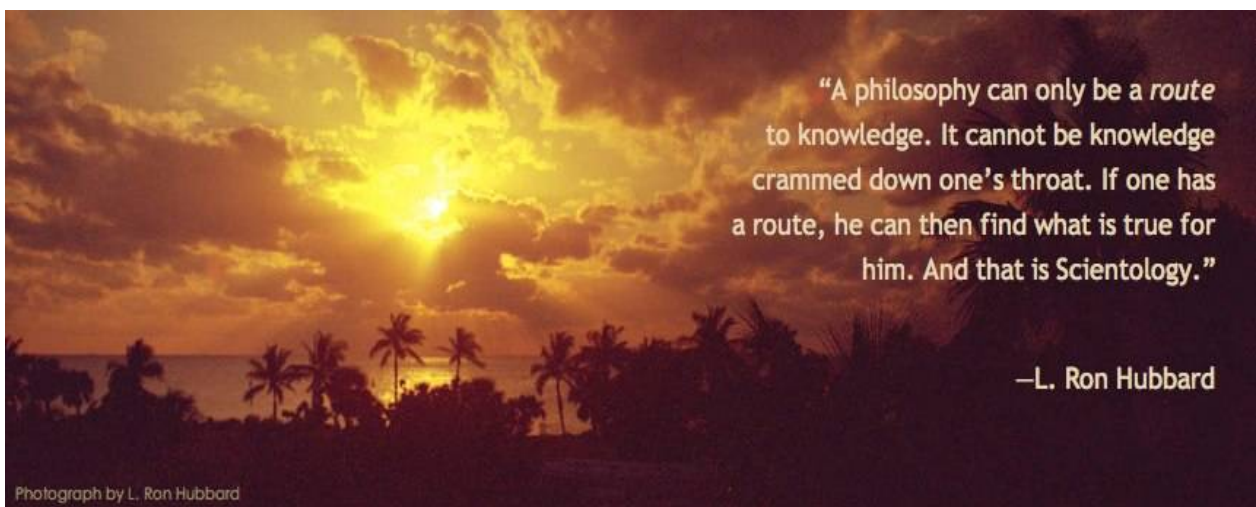
Great sessions, great wins.

Two floating TA's today. Tons of charge blown.

A very good day indeed.

I found myself today - quite by surprise! SL"

~oo00oo~



"A philosophy can only be a route to knowledge. It cannot be knowledge crammed down one's throat. If one has a route, he can then find what is true for him. And that is Scientology."

—L. Ron Hubbard

Photograph by L. Ron Hubbard

A Special Quote from the Volunteer Ministers Handbook by L. Ron Hubbard

Exercises One, Two and Three

Exercise One

Look and Act Younger: Sitting somewhere near the center of a room, close your eyes and "contact" the two upper corners of the room behind you. Then, holding those corners, sit still and don't think. Remain interested only in those two corners.

You can do this for two minutes (minimum) or two hours, always with benefit. No matter what happens, simply hold the corners and don't think.

You can do this daily. It will make you look and act younger.

Exercise Two

Feel Freer: Pick out two similar objects. Then find as many differences between them as possible.

Now pick out two objects and see where they are in relation to each other and your body.

Use these two steps over and over. You will feel freer and see better.

Exercise Three

Better your memory: Go over this list many times, each time answering its questions.

"Recall a time which really seems real to you."

"Recall a time when you were in good communication with someone."

"Recall a time when you agreed to something."

"Recall a time when somebody disagreed with you."

"Recall a time when you liked somebody."

"Recall a time when someone agreed with you."

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

Use this list many times. If "holding corners" (Exercise One) disturbed you, use this list. If you are tired or confused, use it.

This exercises can be done for hours.

~oo00oo~

THE FUTURE

There is a great deal going on and a very great many very fine people working to create a better future for Scientology, for orgs and for everyone.

But much of that is in the future. So does one simply wait? Or is there something one can do right now?

There is: Decide to flourish and prosper! And then Flourish and Prosper!

There is no more deadly way to get even with a suppressive or an antagonistic person or a downgrading society than by flourishing and prospering.

All a suppressive person or society is trying to do is prevent one from flourishing and prospering. Of course, one has to handle threats or attacks. But don't get stuck in on them. One handles them but puts his main attention on doing things that will make one and the group flourish and prosper.

One cannot simply vanish in life, one cannot just become a nothingness. And the wrong way to handle suppression is to be low key and hope one isn't noticed. That is simply agreement with the suppressive person or

society.

Attempts at suppression are totally defeated in the long run simply by Flourishing and Prospering!

The ammunition in such a battle is effective beingness and for us, effective promotion, books, excellent results and satisfied people. Use what you have. The very best way to flourish and prosper is to sell and get out the good products.

Now, while reading this if it has occurred to you that if you did, the suppressives would simply attack harder or that you had better be careful, then could I point out that people who have that reservation are a bit or a great deal under suppression. And that they need to locate and handle it with what is called "PTS Tech" available in any org. It is a certain indicator that if one has reservations about being able to Flourish and Prosper he needs to un-suppress himself!

So there is the ultimate victory over any suppressive group or society. Not to do them in - as they are very busy doing themselves in - but only handle enough to hold them off until one day we get to them with proper run-downs.

The ultimate weapon is to Flourish and Prosper." LRH (LRH ED 307 INT, RJ 31 1980 - The Year of Expansion)

~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.

Phenomena of the Fixed Idea

An article by L. Ron Hubbard, from the lecture **Clearing: Fixed Ideas**

A fixed idea—particularly if enforced by other-determinisms—which is no longer usable or applicable, becomes an aberration. And any aberration is, first and foremost, a fixed idea. Now, as ideas become fixed, the ability—the free decisive ability of the person to fix ideas declines. And a thetan in good condition is the *cause* of ideas which he can fix in things or the source of fixed postulates. And a thetan in very, very bad condition is the effect of fixed postulates that he can do nothing about. See that clearly? This is in the earliest Axioms, actually, of Scientology. It's more or less inherent in those, but this is a new interpretation or a new look at those early Axioms.

Now, Cause, Distance, Effect—we get the thetan at cause across a distance fixing an effect or an idea, eventually getting himself into losses when he didn't fix ideas. So he fixed them in himself. And he flipped around to the effect end of the line and became the effect of ideas which he'd fixed and then tried to unfix or didn't want fixed, or something of that sort. Do you get the idea, see? So he did a flip, he went from the cause to effect on the subject of fixed ideas.

Now, he considers most ideas that are fixed to stem from other-determinism. Well, if he himself in his own virtuous, powerful, strong, flamboyant native beingness—if he himself there, was able to fix ideas and then if he departed from being himself, where did the ideas land? Well, now those ideas, now, are apparently other-determined ideas merely because he's not being himself—he's in some other valence situation, you see. He's come around, flip! He actually is still fixing these ideas in himself, but he set himself up here and an independent entity entirely different than himself and "himself," now "himself" is Joe Jones, you see?

He knows who he is. He's Joe Jones and he got born and they fixed up his neurons and his stomach pumps him energy and he's alive as long as his heart beats, and . . . If he starts having a bad time he gets the idea that he's haunted—that something is bothering him, someplace or another, and something is annoying him and it's clawing at him and so forth. And he has actually projected his own beingness into something and then occupied it. And he becomes, actually, the subject of his own fixed ideas, particularly those ideas which he failed to fix.

—L. Ron Hubbard – Excerpted from the 6th London ACC

~oo00oo~

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

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

The Only Thing Wrong With a Thetan

An Article by L. Ron Hubbard, from the 16th American ACC: Control, Communication & Havingness

Actually, a thetan is a very ethical being. His ethical sense is tremendously high. It couldn't be otherwise. It's a rather pathetic thing the way a person gets into a trap. He gives his word. You see, he agrees to be part of, he's there. And then, only by his own ethical sense does he continue to be in that trap. It's quite interesting.

It's an interesting rebuttal—very interesting rebuttal against the concept, such as Plato's, that all men are bad and some are worse and some are worse than that even and some are politicians. I mean, it goes way downhill. Plato's ideas concerning this are fantastic.

Well, only after a person has broken his word with an agreement does he go bad, you might say—does he react badly. Now, a thetan can, at any moment, reassert his own individuality and separateness from everything and anything. He does this every time his body dies. He says, "I'm no further responsible for that," and there he goes. Doesn't even remember it. That's the way he normally tackles the situation in this day and age. Actually, he loses the mass and he loses the agreements above that mass-terminal idea. You remember the Reality Scale? When he loses

the mass, why, he also loses the agreements that held him to that life.

There is an exact instant at death where a person will attempt to complete all cycles of action. If a person is given some kind of warning and, if he is not in such bad shape that he can no longer control his body—he can control his body somewhat then and he has a little bit of warning—he'll just work like mad to finish off some of these cycles of action. And right next door to that instant is the abandonment of all of them.

Well, all right. When he abandons them, he feels bad. He agreed to do certain things. It now becomes impossible. He no longer has a body to push around that people will talk to and so on. And he backs out. And he feels so bad, he actually goes right on downscale—boom. And that accounts for your forgetfulness.

But he can do this. That is what is interesting. He can do this. He reasserts, he becomes an individuality. He doesn't become part of a swimming pool of non-identity. He doesn't step off into a buttered-all-over-the-universe situation. He becomes himself.

The only thing wrong with a thetan is truth. It's very fabulous. The only thing wrong with a thetan is truth. Everything that is wrong with a thetan is a harmonic on being a thetan.

L. Ron Hubbard - Excerpted from the 16th American ACC

~oo00oo~

GOLD CENTURY PRESS

**Quality Books for the
New Century**

Publishers to Scientologists Everywhere

[Gold Century Press](http://www.goldcenturypress.com)

Expanded Know to Mystery Scale

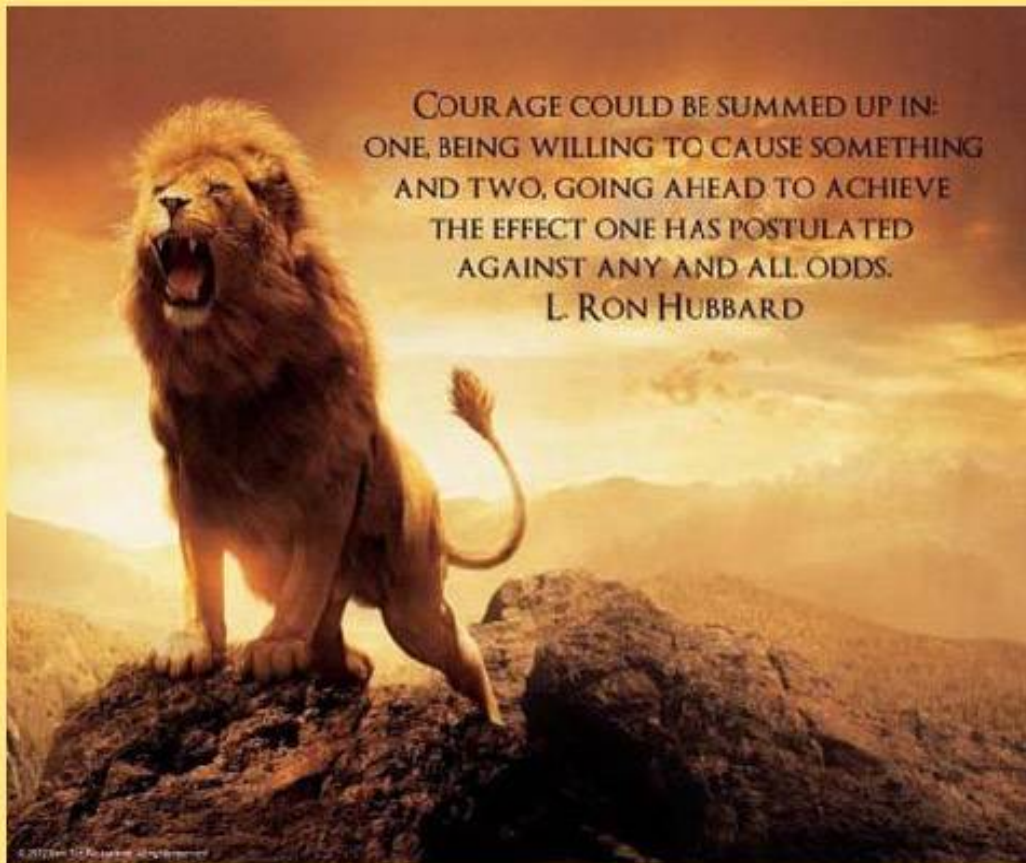
But you get a condensation of knowingness. A condensation of knowingness occurs down to lookingness. One has something to look at. And then this condenses and we get emotion. And this condenses and we get effort. And this condenses and we get thinkingness -you know, figure-figure. And this condenses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

Group Starter Kit for Scientologists



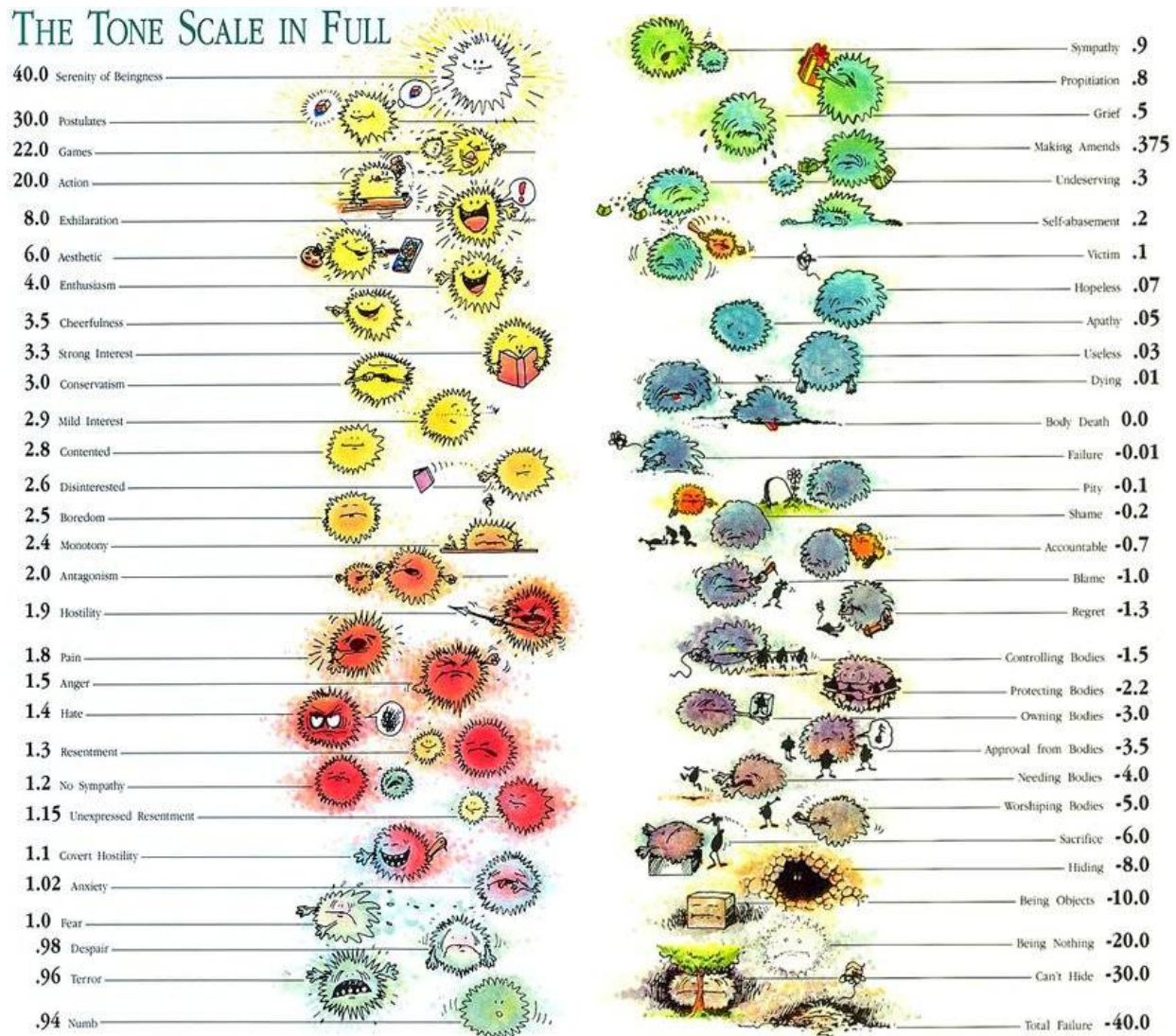
A Handbook for Field Scientologists Starting up a Group

Published by The Association of Professional Independent Scientologists.

Get your Free Group Starter Kit today!

<http://independent-scientologists-association.net/start-a-group.shtml>

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."



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

**[http://independent-scientologists-
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 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.

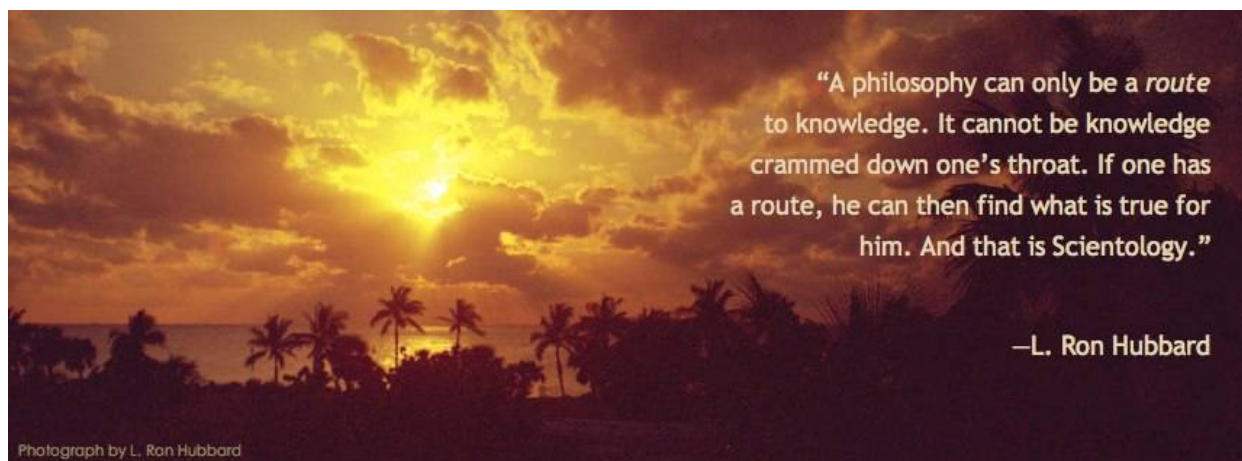
You intend something to happen and it happens. This is the ability to intend. And that is all there is to a thetan's power - there is no more to his power than that.

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.



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.



This Newsletter is provided subject to the condition that it shall not be circulated in any form without the publisher's cover and acknowledgement of the material contained herein and is not to be sold, hired or otherwise disposed of for any fee or consideration. It may be freely distributed online and passed along only in its current form and with the above proviso.

Comments and articles published in the FREE THETAN are not necessarily the opinions of the Publishers or Editors and are offered solely for information purposes only and any and all articles, comments, editorials in this journal are not to be considered or construed as 'source' material issued from L. Ron Hubbard, excepting the fair use quotes as used from the works of L. Ron Hubbard.

The Association of Professional Independent Scientologists is a non-profit association dedicated to the promotion and expansion of the workable philosophy of Lafayette Ronald Hubbard. It is independently operated by independent scientologists who are exercising their right to free religious expression and practice and is not associated with, endorsed by or affiliated with the Church of Scientology, its affiliates, corporations management organizations, groups, CST or the RTC.

This publication is designed to provide accurate and informative information only in regard to the subject matter covered. This publication does not purport to offer any professional advice of any legal, financial or psychological service and is issued with the understanding that the publisher, editor and contributors are not engaged in rendering any legal, financial, psychological or any other professional service and is offered for information purposes only. If any legal, financial, psychological or any other professional advice or assistance is required, the services of a competent professional person should be sought. The reader is solely responsible for his or her own actions.

Copyright © 2016 By the International Freezone Association Inc. operating as the Association of Professional Independent Scientologists. All Rights Reserved.

All copyrights and trademarks belong to their respective owners

~oo00oo~

