

# **FREE THETAN**

NEWSLETTER OF THE ASSOCIATION OF PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

Preserve, Protect & Promote

November 2018 Volume 9 Issue 11



# "NOBODY COULD POSSIBLY BE SERIOUS AND WIN IN THIS UNIVERSE."

**ADVANCE MAG 51** 

## **FREE THETAN**

## NEWSLETTER OF THE ASSOCIATION OF PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

Preserve, Protect & Promote

FREE THETAN Volume 9 Issue 11 November 2018

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## **Important**

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

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

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

~o0o~



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Association of professional Independent Scientologist

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reservo, servo, proveho





reservo, servo, proveho

## Dear Reader,

The trouble is people take things too seriously. A slip here, a wrong word there and all hell breaks loose.

Relax!

Until next time.

Much arc,

Michael Moore Editor

~000000~

Front page quote from HCO PL 'Handling the Public Individual'

## 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 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.

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 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 <u>Certification</u> 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. <a href="mailto:standardtechauditor@yahoo.ca">standardtechauditor@yahoo.ca</a>

#### **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

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 <u>auditors page</u>. 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.



## THE SPIRIT OF PLAY

(ADVANCE MAG 51)

## "NOBODY COULD POSSIBLY BE SERIOUS AND WIN IN THIS UNIVERSE."

THE MORE SERIOUS A PERSON GETS (AND 1.5 IS REAL SERIOUS) THE MORE THEY HAVE TO DO THINGS BY FLOWS, AND THE MORE THEY HAVE TO AGREE AND THE MORE THEY HAVE TO FOLLOW THE RULES, AND THE MORE BROKEN THE PIECE BECOMES:

## "THIS UNIVERSE STARTS SURRENDERING TO A SPIRIT OF PLAY."

AND ONE OF THE SPIRITS OF PLAY IS "LET'S PRETEND."

## "REALLY, THE MOST VALUABLE THING THAT A THETAN POSSESSES IS HIS SPIRIT OF PLAY."

THIS IS A SENSATION OF PLAY AND IS NOT JUST ENERGY. IT'S A TRE-MENDOUS SENSATION. A GUY HAS PRACTICALLY LOST IT IF HE'S HERE ON EARTH AT ALL. HE'S DEPENDING ON ALL SORTS OF THE SOGGIEST, LOW TONED EMOTIONS IMAGINABLE IN ORDER TO GET ANY SENSATION. IN SUBSTITUTE FOR WHAT?

SPIRIT OF PLAY. FOR INSTANCE, SEX IS ABOUT EIGHTH-RATE AS AN EMOTION. IT IS JUST DULL, INCALCULABLY DULL COMPARED TO THE RAPIDITY RANDOMITY AND ACTUAL SENSATION OF THE SPIRIT OF PLAY. IT'S WAY UP THERE

## **SERIOUSNESS**

## "WHEN A MAN LOSES HIS SPIRIT OF PLAY, HE'S DEAD."

THAT MEANS THAT PEOPLE START DYING AT ABOUT 3.0.

YOU WANT TO KNOW WHAT'S WRONG WITH YOUR PRECLEAR? WELL, YOUR PRECLEAR IS TOO SERIOUS. YOU WANT TO KNOW WHAT SERIOUSNESS IS?

## "SERIOUSNESS IS SOLIDITY."

DID YOU EVER HEAR OF A "SOLID CITIZEN"?

IF YOU WANT TO GET ANYTHING DONE, DON'T GET ANY OF THESE SERIOUS BOYS.

## "THERE'S NOTHING THAT SUCCEEDS LIKE INSOUCIANCE."

#### in·sou·ci·ance, n.

the quality of being insouciant; lack of care or concern; indifference.

## in·sou·ci·ant adj.

free from concern, worry, or anxiety; carefree; nonchalant.

[1820–30; < F, equiv. to *in*- IN-3 + *souciant* prp. of *soucier* to worry < VL \**sollic#t!re*, for L *sollicit!re* to disturb; see SOLICITOUS]

—Syn. lighthearted, debonair, jaunty, breezy.



"PLAIN FLIPPANCY WILL A CTUALLY GET MORE DONE IN LESS TIME THAN ANYTHING ELSE Y OU CAN NAME."

## flip·pant adj.

frivolously disrespectful, shallow, or lacking in seriousness; characterized by levity: *The audience was shocked* by his flippant remarks about patriotism.

—**Syn.**1. saucy, impertinent, impudent.

## im·per·ti·nent adj.

- **1.** intrusive or presumptuous, as persons or their actions; insolently rude; uncivil: *a brash*, *impertinent youth*.
- **3.** *Archaic*. inappropriate, incongruous, or absurd.
- **4.** *Obs.* (of persons) trivial, silly, or absurd.

[1350–1400; ME < LL impertinent- (s. of impertin"ns) not belonging.

—**Syn.** 1. fresh, bold, insulting, officious, saucy, pert, brazen. IMPERTINENT, IMPUDENT, INSOLENT refer to bold, rude, and arrogant behavior. IMPERTINENT, from its primary meaning of not pertinent and hence inappropriate or out of place, has come to imply often an unseemly intrusion into what does not concern one, or a presumptuous rudeness toward one entitled to deference or respect: *an impertinent interruption, question, manner toward a teacher*. IMPUDENT suggests a bold and shameless impertinence: *an impudent speech, young rascal.* INSOLENT suggests insulting or arrogantly contemptuous behavior: *unbearably insolent toward those in authority.* 

—Ant. 1. polite.

## im·pu·dent adj.

- 1. of, pertaining to, or characterized by impertinence or effrontery: *The student was kept late for impudent behavior.*
- 2. Obs. shameless or brazenly immodest.
- —Syn. 1. insulting, rude; saucy, pert; presumptuous, fresh, brazen.

## ETHICS AND AESTHETICS

"AS WE GO UP THE TONE SCALE AND THINGS BECOME LIGHTER AND LIGHTER, A PERSON CAN BECOME MUCH MORE ETHICAL AND AT THE SAME TIME, LOTS LESS SERIOUS."

"IT SOUNDS FUNNY, BUT A PERSON WHO IS VERY SERIOUS
IS LIABLE TO FALL SHORT ON HIS ETHICS.
HE'S MORE LIKELY TO GO INTO A MORAL CODE –
SOMETHING GOOD AND SOLID AND HEAVY
THAT WILL KILL SOMEBODY UNLESS HE FOLLOWS IT."

"BUT WHEN WE GET UP THE TONE SCALE, WE FIND THAT INDIVIDUALS ARE AIRIER AND LIGHTER AND MORE AESTHETIC."

"SO THE MORE SERIOUSLY YOU TAKE THE GAME, THE LESS CHANCE THERE IS OF WINNING."

"THE BOTTOM OF THE TONE SCALE IS LOSE AND THE TOP OF IT IS WIN.

THIS TELLS YOU THAT IT TAKES LOTS OF SPACE, AND LOTS OF UNSERIOUSNESS TO WIN."

(THE SPIRIT OF PLAY ADVANCE MAG 51)

## **UBBARD CHART OF ATTITUDES**

**EMOTION** 

**FULLY RESPONSIBLE** 

27 - 40

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	EXHILARATION	I HAVE FULL RESPONSIBILITY AND ACT FREELY UPON IT.
16.0		
11.0 7.0	ENTHUSIASM	I'LL BE RESPONSIBLE FOR IT I CAN CHANGE AT WILL
	COURAGE	THINGS AREN'T SERIOUS
4.0	CHEERFULNESS	THINGS AREN T SERIOUS
		I DON'T MIND RESPONSIBILITY
	BOREDOM	MAYBE IT'S SERIOUS
	ANTAGONISM	
2.0		
		YOU'D BETTER TAKE RESPONSIBILITY SERIOUSLY.
1.5	ANGER	YOU'RE RESPONSIBLE! HOW SERIOUS THINGS ARE!
1.0		
	FEAR COWARDICE	IF I HAD RESPONSIBILITY I'D BE HURT.
	EMBARASSMENT SHAME	IT'S TERRIBLY SERIOUS.
	GRIEF	I WAS AND I FAILED.
0.5		WALNOTE ELIENA DEGRONGIDA E EOD AGA
		I'M NOT EVEN RESPONSIBLE FOR MY SELF.
	APATHY	
0.0		NO RESPONSIBILITY

## Thetan is Thirsty to Suffer / It's a Game:

"And the reason for this is a thetan can't really hurt unless he says he hurts. And it's much better if something else says he hurts. Then it's easier to believe.

So life would be very grim if it weren't for the fact that the life energy production unit is actually thirsty for suffering. It's a good game. And it's hard for somebody to realize this unless he's had this process run on him. And in the want of having the process run on you, you just have to take my word for it for a moment, but it's not quite a grim as life makes it out to be. The grimness is part of the game too.

PROBLEMS AND GAMES UC-14 30 December 1954

## **Death Allows Low Toned People to Play Game of Suffering:**

And I suddenly recognized that this corpse, riding along there, had gone about seventy-five or eighty feet up in the air and had taken a look at the clay that was still lying there, you know, and said, "Why am I interested about that?" And here were all these people weeping, you know? And I thought, "Well this is a very strange puzzle. I wonder why they are paying so much attention to this fellow when he's dead, when they didn't pay very much attention to him when he was alive." And this being Kansas the answer finally occurred to me. He was no good to them alive. Dead, dead there was a wonderful opportunity of experiencing a lot of pain, which was as high on the tone scale as they could come, pain and sadness. And so we had this wonderful funeral. But it didn't have anything to do with the departed or deceased. nothing whatsoever. There's a curious thing.

PROBLEMS AND GAMES UC-14 30 December 1954

## **Problems Give Interest:**

One of the most damaging experiences to somebody's aplomb about his sadness and sorrow and the grimness of life, is to run one of the Route 2 steps from the Creation of Human Ability, that book which contains all the Route 1 and all the Route 2 steps and all the axioms. And that, the Route, the Route 2 step is ask the fellow for some problems he could be. And if he runs that very long he discovers something very horrible. He discovers something excessively terrible. He's making up problems so he can be a problem to himself, without knowing that he is being the problem to himself, but so that he can retain an interest in existence and in life. And this is one of the neatest tricks anybody ever did. And you run, "Give me some problems you could be. Some more problems you could be. Some more problems you could be." And this datum will inevitably, sooner or later, fall out in the individual's lap. Bang! And he'll say, "Ooh! By golly! You know what? I'm just making up these problems so I can be these problems to myself, and then not know that I'm being the problem for myself. That's what I'm doing." And he will stay in a state of levity or cheerfulness about this fact for many minutes, before he suddenly grabs this as a problem, and buries it real quick, and gets it out of sight. They almost inevitably will do that.

> PROBLEMS AND GAMES UC-14 30 December 1954

## Pretense of Seriousness / Don't Solve too Many for pc:

All life can do then is pretend that it's serious. All life can do then is to make up problems of such magnitude that even it can be interested in its own problems. And if you come along as an auditor, and solve too many of the preclear's problems, you have taken away from him too many games. And having taken away from him too many games he'll invent a new one. And it will probably be one that has more pain and more suffering in it than the other games you took away. He will now insist that the game is a serious game, all the while knowing that it is just a mockery.

PROBLEMS AND GAMES UC-14 30 December 1954

## Life is Set up as a Problem:

"So here we have life set up as a problem or a series of problems, all of which are calculated to obtain the interest of and invite action in life.

And all these problems can be categorized as games. And we have then games."

PROBLEMS AND GAMES UC-14 30 December 1954

## Seriousness & Energy:

Now you get a more serious game. You get a game with secrets in it, with elements, with mysteries and more particularly, with particles, and you have descended immediately from space into energy. And the second you get into energy with a game you're in trouble. All that's wrong with any preclear is he's doing something by energy that he ought to be doing by postulate. And you find that, he's just saying, "Muscle!" When he ought to be saying, "See?" And by the way, you've seen preclears play games like this of one kind or another. They sit there and grit their teeth. They say, "Grr. Well, grr! I'll get this concept run out here, and just very forceful." See? And one of the greatest surprises and reliefs they get is when all of a sudden they find out they don't have to try that hard. now they can just do it by postulate.

People handle their bodies by energy lines. They put big communication lines on bodies. It isn't that this is bad, it's simply that it makes barriers.

PROBLEMS AND GAMES UC-14 30 December 1954

## **Barriers are Created to Make the Game More Serious:**

Well here we have cause, distance, effect, cause, distance, effect, and the

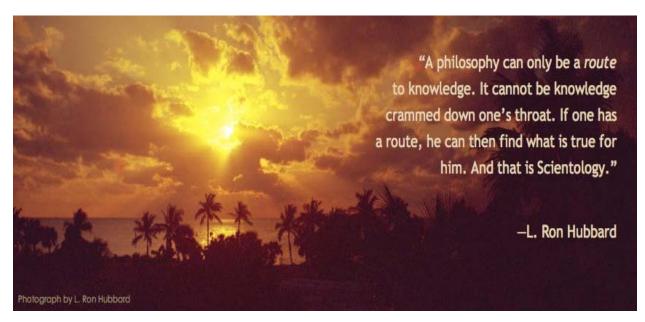
game there is the distance. And when we want to make the game more serious, more complicated, or less workable, want to create more problems, we start throwing in these barriers, such as barrier one up here, and barrier two. And we get these barriers working up to masses of energy and forms and things like that. Well, the funny part of it is there's nothing sillier than a barrier, when it comes to a solid mass barrier. This is a silly barrier, because no barrier could possibly restrain a thetan.

PROBLEMS AND GAMES UC-14 30 December 1954

## No Barrier Can Restrain a Thetan Unless he Wants it:

It was this thing which, amongst others, mostly struck the auditor as astonishing and startling, as very fascinating. That the auditor suddenly woke up to the fact that a barrier did not restrain or contain a thetan, unless he really insisted on it.

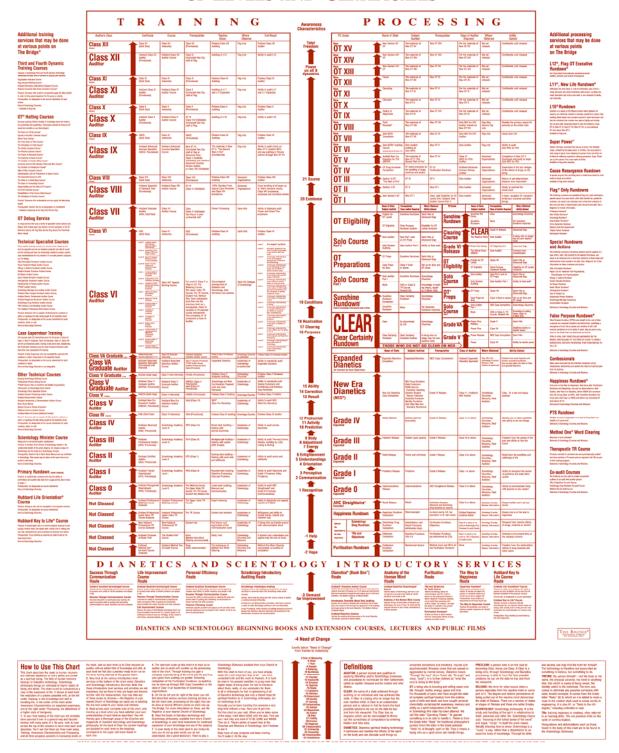
PROBLEMS AND GAMES UC-14 30 December 1954



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# THE BRIDGE TO TOTAL FREEDOM

# SCIENTOLOGY CLASSIFICATION GRADATION AND AWARENESS CHART OF LEVELS AND CERTIFICATES





# Wins and Successes in the Scientology Independent Field

## **Training**

#### **The Communications Course**

The Communications Course has provided a big breakthrough for me. Initially, I believed I had handled all of my "buttons", however, on the second day, when I tried training exercise OT TR 0, I found it was a struggle to be comfortably present. Carolyn wouldn't let me give up and I was getting frustrated and tense and ready to quit but she kept helping me start again until I finally pushed through and was able to be comfortably present. What an amazing feeling! I was able to hold onto that for the rest of the course and it helped me improve in all the training regimens that followed. I'm excited to take this skill back into the real world and use it. SS

I am in a sales and management role at work. Proper communication to my clients, staff and vendors is paramount. While I am a good communicator, I know I can always improve. I took this course based on a friend's recommendation. It was different than any course I have

taken before and I believe it improved my ability to be a better advisor and to coach at work. This training will also positively impact communication with my family and personal network. KS

#### **Auditing**

My win today is just certainty that I can play a bigger, better game in life across my dynamics and inject some sanity in all of them. I feel a tremendous amount of hope, but even better than hope, simpler than hope ... more like ... a resurgence of Cause.

I googled resurgence: It is a rising again into life, activity or prominence. It feels like a full-on resuscitation, an enjoyment of life and livingness.

My goodness, with over 30 years in SCN, look at the tools I have acquired:

Auditing, TR's, ARC, KRC, Tone Scale, Code of Honor, Way to Happiness precepts, Ethics tech, Word clearing/study technology, ability to 8C and use Tone 40, these are all things I have gained so much from.

It makes life worth living and it makes life fun and worthwhile and all these things just enhance the state of Cause. Stabilizes it. I feel as if I have gently and gradually stripped away the layers that prevented me from thinking I was anything but Cause but you can sure THINK you're Effect. You are YOU. Big ass YOU. Instead of life kind of pushing me around, I kind of just ride "The Fun Wave" of Life.

The idea is to win, help other win and minimize the losses. But even the losses are ok, heck I'll be humble and smile. There is always something new around the corner.

## **Grade IV Success Story**

I am very very excited and happy to attest to being a Grade IV Release today!! Over the weekend I realized that I'm no longer stuck with old fixed ideas, and that I could just change my mind, and my attitude would change right along with it. I no longer have the need to identify with tired beliefs that may have once served me, and I have no desire what so ever to make others wrong or diminish their survival. I'm interested in helping people survive better or at a minimum tolerate them compassionately without invalidation. Thank you Ingrid for your diligent auditing and strict adherence to Standard Tech and Thank You Ron for packaging the Tech and giving it to mankind so we can be free and able.

## **An OTIII Success Story**

I've been on OT III. Things started off well, but, for a few reasons my auditing ground to a halt. I scheduled with Ingrid to come back to LA to get debugged.

The auditing was pretty much mind-blowing right from the start, and the wins I was having were huge. In fact one of the originations I was having was that I was done with OT III (woohoo!) Fortunately, Ingrid, with her calm persistence, TR-4'd the fact that there was more to audit. And fortunately I listened to Ingrid more than I listened to my case. There certainly were other things that were making the auditing go a little rocky.

I flew out to LA and Ingrid took me in session. It didn't take much auditing at all to get me back Cause. Whether you like it or not, you cannot BE in touch with the case factors addressed on this level, and I spent the rest of my time in LA solo auditing under Ingrid's supervision. I was very much relieved to be back on the level. I've been auditing at home for over a month since that trip and I wanted to write a success story, mainly about Ingrid's guidance on this level. I recently went back over and reviewed all my sessions on III from day one. That was a cringe-worthy endeavor. It was obvious to me now where my auditing skills weren't up to snuff early on. I can see where being a trained auditor would be a definite advantage in tackling the OT levels.

> However, despite that, as I pointed out to Ingrid, my jumping in as a fool where angels fear to tread was necessary to developing the skills and to taking sufficient charge off to be able to effectively handle the area. As Ingrid pointed out to me, no amount of drilling can take the place of actually auditing

It is real to me that one is handling the core of aberration on this planet. It ain't a light thing. Earth is a pretty horrifying and overwhelming place if one takes a clear-eyed look at it. It's evident on OT III where all this is coming from. I'm very confident now in using the auditing tools to effectively handle the factors on this level, and to keep things running smoothly. I can also see (as Ingrid points out) that there is a boatload to handle on this level, and it takes a careful and thorough job of auditing. As I said, this success story is ultimately about Ingrid's professional guidance on this level. Not a chance could I have gotten to this point without her precise help. I suspect I tried her patience on a number of occasions, though I wouldn't know it from her.



#### 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.

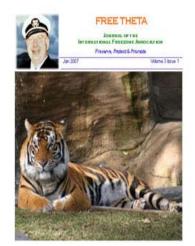
- SCIENTOLOGY: A NEW SLANT ON LIFE

Ron Hubbard

## FREE THETA

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"REALITY IS THE AGREED UPON APPEARANCE OF EXISTENCE"

SCIENTOLOGY 8 8008 Lafayette Fon Habbard

















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## A TRIBUTE TO MARY SUE HUBBARD

Wife of L. Ron Hubbard

Remembered with Respect and Honor



## **GOLD CENTURY PRESS**

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Gold Century Press

## 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.



## 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.

## 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

## PERSONAL INTEGRITY

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

What is personal integrity?
Personal integrity is knowing what you knowWhat you know is what you knowAnd 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,

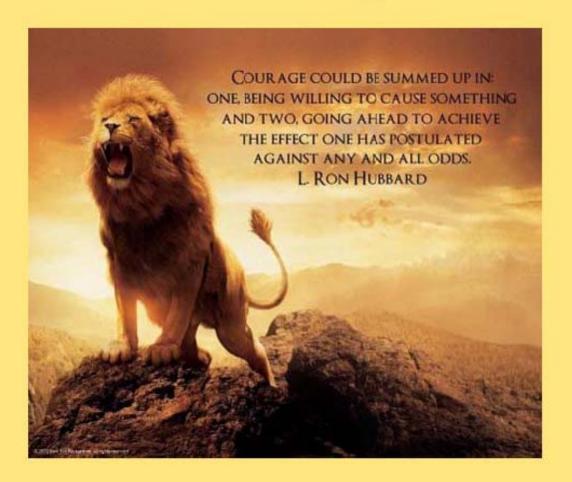
That we always observed to observe.

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



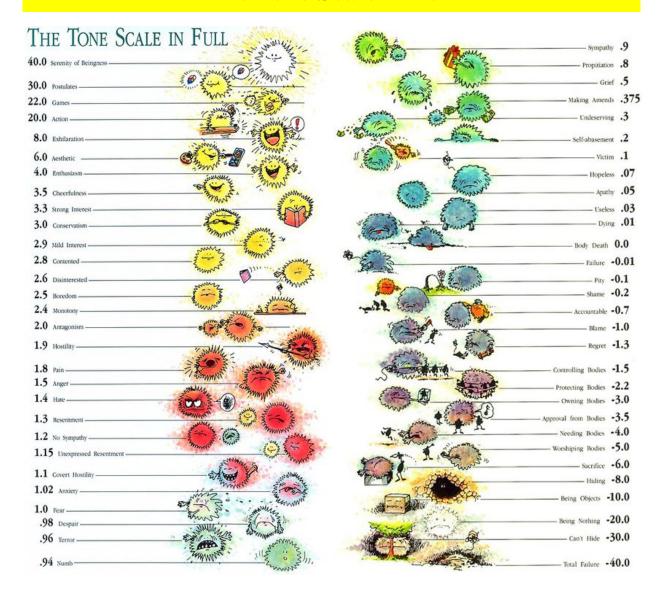
## A Handbook for Field Scientologists Starting up a Group

Published by The Association of Professional Independent Scientologists.

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

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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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http://independent-scientologistsassociation.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 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.

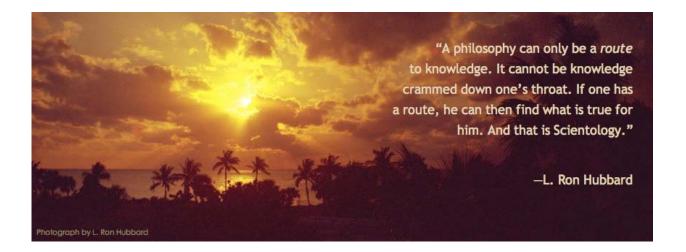
You've been able to do this in recent times. It baffles you sometimes when a piece of MEST does not instantly and immediately obey, but it's simply a matter of intention.

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.

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