



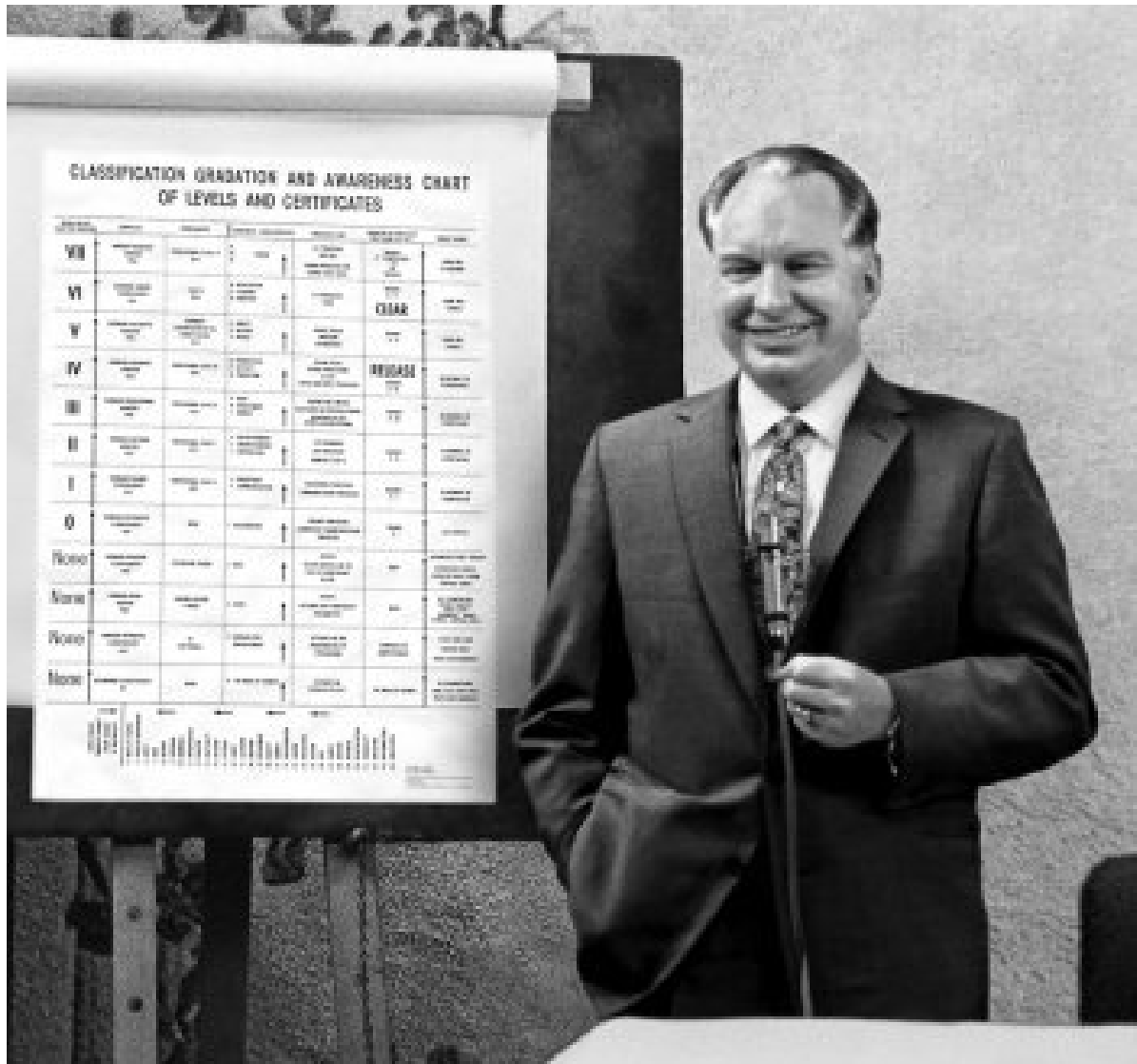
FREE THETAN

NEWSLETTER OF THE ASSOCIATION OF
PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

Preserve, Protect & Promote

May 2013

Volume 4 Issue 5



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NEWSLETTER OF THE NEWSLETTER OF THE ASSOCIATION OF PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

FREE THETAN
Volume 4 Issue 5 May 2013

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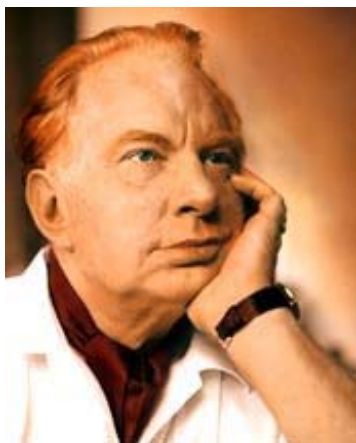
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~oo0oo~

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Quote from L. Ron Hubbard

... your potentialities are a great deal better than any one ever permitted you to believe.

—SELF ANALYSIS

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.

~oo00oo~

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!

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Picture on front page anon

~ Editorial ~



reservo, servo, proveho

Dear Reader,

Scientology is for use. And not just for discussion or something to talk about while having coffee or on social media. It is an applied philosophy one can use to better ones own and others lives.

The various axioms that lead to an understanding of life, the universe and everything in it. Basic truths and tenets that can be applied to daily life. The stable datum to handle any confusion. The ARC triangle to assist in personal relationships and the Tone Scale to assist in spotting and bringing people up tone are just a few of the tools we have in scientology.

There are many more. Not just auditing but getting the tools of Scientology out into the community will assist in making a better world.

Something I think we all agree is needed and wanted.,

Until next time.

Michael Moore
Editor
Free Thetan
The Newsletter of the Association of
Professional Independent Scientologists

~oo00oo~

The FREE THETA	The Members Quarterly Journal of the	
	Association of professional Independent Scientist	
	<i>Preserve, Protect & Promote</i>	
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		reservo, servo, proveho

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~



Being Yourself

By Michael Moore

People are always telling one to ‘Be yourself’ as if that will solve all problems one has with life, the universe and Well, everything.

This is all fine and dandy except that it does not really provide an answer to some of the issues confronting people these days. In addition how many people can feel they CAN be themselves? It is very difficult for some to simply be themselves when they don’t really know who they are? One has to know who one is to be oneself. Fortunately there are some steps one can take if one is facing such a difficulty.

There are prior steps to being oneself one can take to bring oneself to the point where one CAN be oneself.

Before one can BE ONESELF, one has to know who or what one is. So a prior step might be for some:

Find out who you really are.

Are you being yourself? Or are you being someone else. Many people think, “Oh I wish I was like, so and so.” Many people wish

they were a famous person, for example. How many men would like to be ‘like’ George Clooney? And how many women would like their man to be like George Clooney? (Not what you thought I was going to say eh!). All very nice perhaps but it isn’t being oneself. It is being someone else so if one is wittingly or unwittingly being someone else, a mother, a father, the kid down the road that punched your lights out, then one is not being oneself. LRH states in Fundamentals of Thought:

“Valences

The whole study of valences is a fascinating one. A valence is defined as “a false identity assumed unwittingly”. An identity is modified by valences. People who can be nobody may try to be everybody. People who are seeking a way out of scarcity of identity may become fixed in false valences. Nations can become fixed in valences of countries they have conquered in war, etc., etc.

A rule is that a person assumes the identity of that which gets attention. Another rule is that the person assumes the identity of that which makes him fail (for he gave it his attention, didn’t he?)

There is a basic personality, a person’s own identity. He colors or drowns this with valences as he loses or wins in life. He can be dug up.”

So a prior step is to;

Find out who you really are.

Once you know that you are well on the way to being yourself.

Of course for some people finding out who one is can be a problem. Not to worry. If that is a problem, there is an even prior step one can take.

Find out THAT you are

Believe it or not, it is quite amazing how many people do not fully appreciate that they exist. They might think they are a brain or a piece of meat (body) or some other such non-

sense. This is the prevailing 'think' in the western society. To dumb down everyone into thinking they are a body. Bodies are easier to control not as elusive as beings darn it. Bodies are subject to passports, drivers licenses, health cards, ID cards, suspicious looks and uncomfortable body searches while Beings can flit around like the will o' the wisp going hither and there at will, no passports, no ID and be very difficult to pin down much to the chagrin of governmental ID obsessed departments.

In the same book, LRH said about this:

Probably the greatest discovery of Scientology and its most forceful contribution to the knowledge of mankind has been the isolation, description and handling of the human spirit, accomplished in July, 1951, in Phoenix, Arizona. I established along scientific rather than religious or humanitarian lines that that thing which is the person, the personality, is separable from the body and the mind at will and without causing bodily death or mental derangement.

Further, he went on:

The thetan (spirit) is described in Scientology as having no mass, no wave-length, no energy and no time or location in space except by consideration or postulate. The spirit, then, is not a thing. It is the creator of things.

The usual residence of the thetan is in the skull or near the body. A thetan can be in one of four conditions. The first would be entirely separate from a body or bodies, or even from this universe. The second would be near a body and knowingly controlling the body. The third would be in the body (the skull) and the fourth would be an inverted condition whereby he was compulsively away from the body and could not approach it. There are degrees (subdivisions) of each one of these four states (conditions).

The most optimum of these conditions, from the standpoint of man, is the second.

In the East, there is a better appreciation of one's existence and, although it is not codified as such and the format may vary, it is nevertheless still well understood that an individual is not a body but a being.

Now if THAT still presents some difficulty for an individual, there is still one remaining step one can take.

Find out where you are

Everyone is somewhere. One can easily look around over and over again until one realises one is somewhere. Of course this does not mean an address. An address is simply a label to indicate a location. One is not located by a label despite the introduction of passports, ID cards and the like. How do you locate where you are? Why you simply look around until you realise you are somewhere and where that is.

Having located oneself satisfactorily one can then move up the ladder to the prior step as described above. Find out THAT you are.

Interestingly, this becomes easier when you know WHERE you are. Then having found out THAT you are the next step becomes easier too. Find out WHO you really are. And once that is accomplished, you can then truly BE YOURSELF

Oh and you might have noted that we do not tell you HOW to find these things out. Half the fun is in the self discovery. The other half is in the realisations you may have.

References:

Fundamentals of Thought by L. Ron Hubbard. Copyright 1956

Introduction to Scientology Ethics by L. Ron Hubbard. Copyright 1968

~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

South East

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

Delivers: L's, NOTs, and entire Bridge

Karendelac@gmail.com

Phone: 323-465-1200

Los Angeles, California

Trey Lotz Class VIII

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

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

Los Angeles, California

Ian Waxler Class VIII C/S with Honors

Auditing and C/Sing all old LRH Bridge

info@adcian@yahoo.com

West

Roy Selby Class V OEC, FEBC

NorthWest Field Auditor

Delivers: Auditing to Class IV, Counselling to OT III

roy_slby@yahoo.com

North East. (Will travel)

Ken Urquhart. Class IV Advance Courses Specialist. Class IX

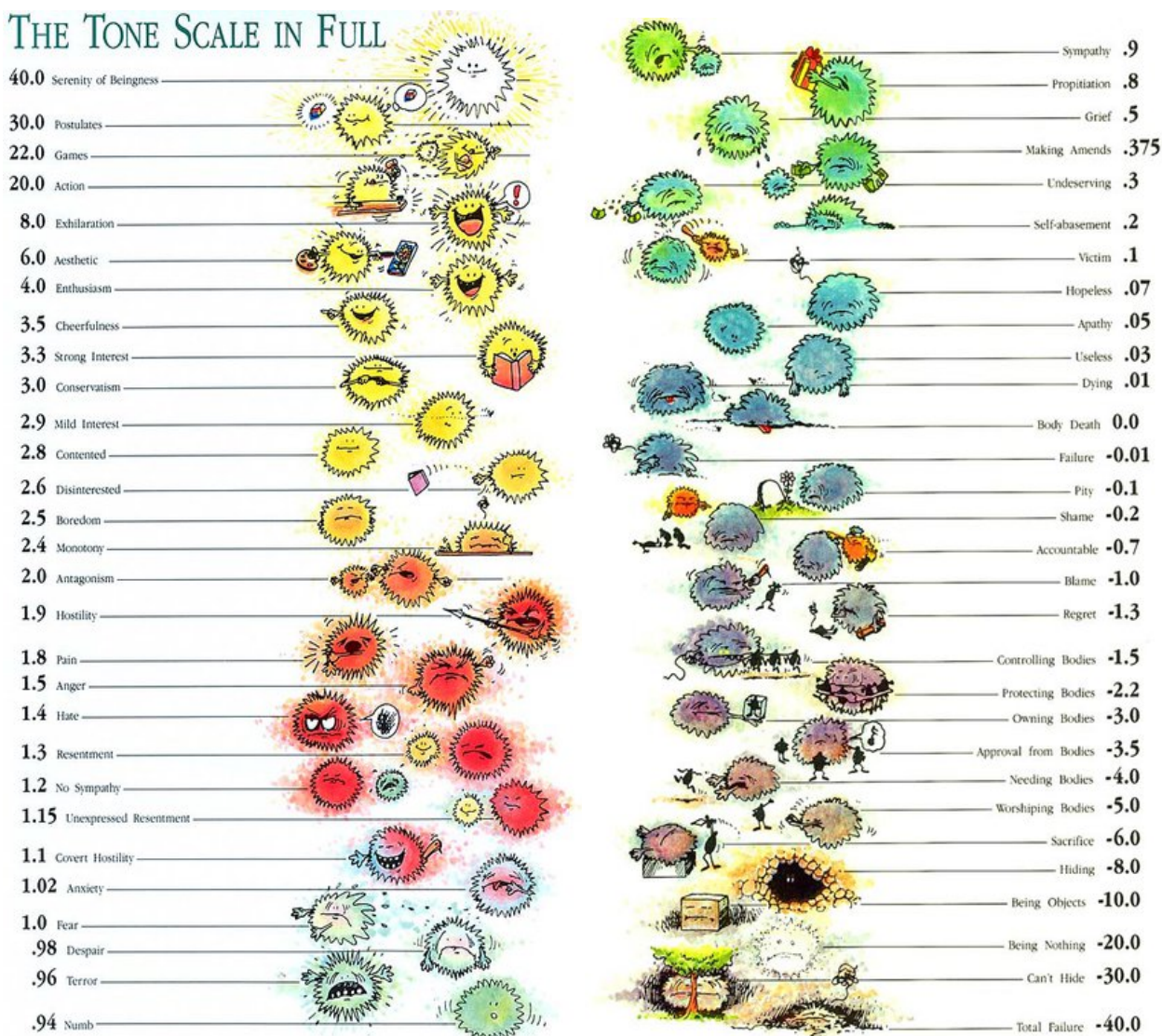
Delivers: Internships, apprenticeships and Okay-to-Audits Class V

[Ken Urquharturq@verizon.net](mailto:KenUrquharturq@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 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



The Conditions of Existence by L. Ron Hubbard

There are three conditions of existence.

These three conditions comprise life.

They are BE, DO and HAVE.

The condition of BEING is defined as the assumption of a category of identity. It could be said to be the role in a game, and an example of beingness could be one's own name. Another example would be one's profession. Another example would be one's physical characteristics. Each or all of these things could be called one's "beingness." Beingness is assumed by oneself or given to one's self or is attained, for example, in the playing of a game, each player having his own beingness.

The second condition of existence is DOING. By doing we mean action, function, accomplishment, the attainment of goals, the fulfilling of purpose, or any change of

position in space.

The third condition is HAVINGNESS. By havingness, we mean owning, possessing, being capable of commanding, positioning, taking charge of objects, energies or spaces.

The essential definition of "having" is to be able to touch or permeate or to direct the disposition of.

The game of life demands that one assume a beingness in order to accomplish a doingness in the direction of havingness.

These three conditions are given in an order of seniority where life is concerned. The ability to BE is more important than the ability to DO. The ability to DO is more important than the ability to HAVE. In most people all three conditions are sufficiently confused that they are best understood in reverse order. When one has clarified the idea of possession or havingness, one can then proceed to clarify doingness for general activity, and when this is done one understands beingness or identity.

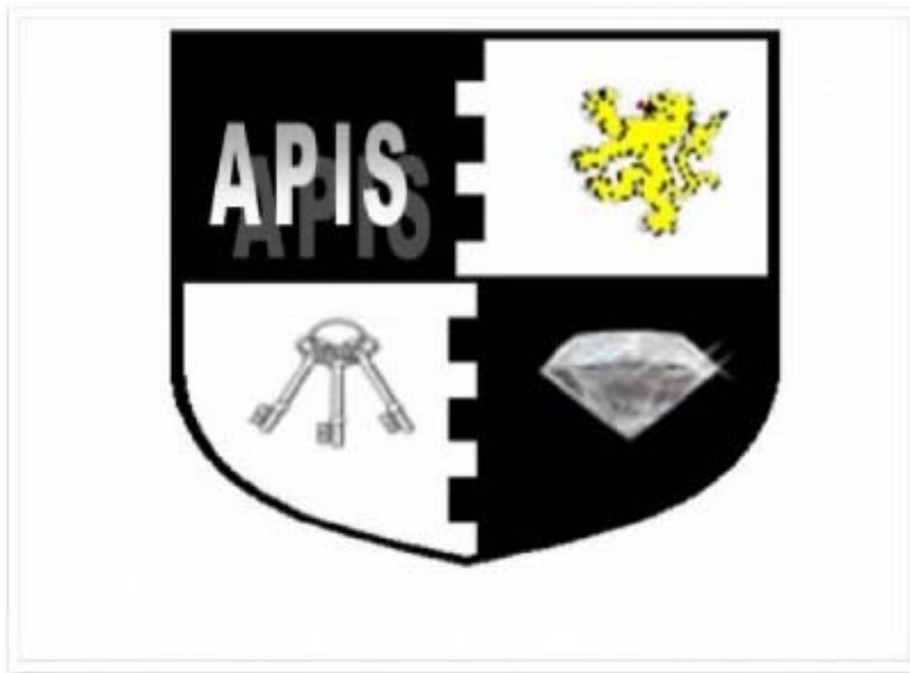
It is essential to a successful existence that each of these three conditions be clarified and understood. The ability to assume or to grant beingness is probably the highest of human virtues. It is even more important to be able to permit other people to have beingness than to be able oneself to assume it.

[Taken from Scientology: A New Slant on Life by L. Ron Hubbard.]

~oo00oo~



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

Exercises One, Two and Three

Exercise One

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

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

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

Exercise Two

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

Now pick out two objects and see where they are in relation to each other and your body. Use these two steps over and over. You will feel freer and see better.

Exercise Three

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

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

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

"Recall a time when you agreed to something."

"Recall a time when somebody disagreed with you."

"Recall a time when you liked somebody."

"Recall a time when someone agreed with you."

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

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

This exercises can be done for hours.

The Anatomy of Failure by **L. Ron Hubbard**

Two things are of paramount importance in Scientology. They are WIN and LOSE.

A person can be stuck in either wins or loses. This might come as a surprise that a person could be stuck in a win, but the facts of a case are that a person is stuck in any reversal between intention and expectance. One knows of the man who lives forever after his having won a race, and one knows as well the man who lives forever after the failure of his business.

Primarily, the person who is living forever after in some sort of incident is living the survival of something which overwhelmed him rather than his own survival.

The anatomy of winning or losing, either one, is the anatomy of postulate and reverse-postulate. One intends to do something by making a postulate that will take place, yet something else takes place. This is a reversal of postulate.

Now let us consider exactly what a failure is. It is only a failure of postulate. It is the failure of an intention. The intention is one thing, the result of the intention is a reverse. This is a failure.

One would say, offhand, that a person who ran a car into a stone wall would have a failure. However, this is simply a social belief that one should not run cars into the wall. There are four conditions which could be involved with running a car into the wall. Running a car into the wall is not a failure without the addition of postulates.

One does not intend to run the car into the wall and yet runs it into the wall. This is a failure.

One intends to run the car into the wall and runs the car into the wall. This is a win.

One intends not to run the car into the wall and doesn't run it into the wall. This is a win.

One intends to run the car into the wall and doesn't run the car into the wall. This is a failure.

Thus we can see that running the car into the wall, or not running the car into the wall, do not themselves establish, except by public agreement as to the conditions of failure, an actual failure. The failure derives from failing to do what one intended to do. When one does what one intends to do, one has a win. When one intends to do one thing and accomplishes something else, one has a lose.

A person is stuck in "wins" only when he intended to lose and won. A runner never expected to win. He was simply part of the field most of his career and then spectacularly, and almost by accident, has won. It is certain that he will be stuck in that win. Therefore, the only wins that a person gets stuck in are those which were not intentional.

Regret itself is entirely the study of the reversed postulate. One intended to do something good and one did something bad. Similarly, it could also happen that one intended to do something bad and accidentally did something good. Either incident would be regretted. Examples of the first condition are easy to conceive. In the second category, I once knew a man who intended to "get the

best of" a woman of somewhat herculean proportions. Somewhere in this contest the woman fell ill and he healed her and did it to such an excellent degree that the woman, to whom mercy was unknown, thereafter promptly overwhelmed him entirely. Here we have the public belief that to heal is good, but in this particular case it was regretted by the individual and would have been regretted even though he did not experience later loss.

It is an interesting commentary upon the mental anatomy of man that he seldom intends to do something good without actually accomplishing something good. One can always go upstairs into doing well. Failure are the most marked when one intends to do something bad and doesn't accomplish it. For instance, a gunman misses his enemy. He generally lives to regret it because his intention basically was not for the greatest good for the greatest number of dynamics (self, family, groups, mankind, etc.) -- the definition of good.

Failure consists exactly of something else happening rather than the intention.

An example of this: We are taught that "All men are nice to everyone, there is no murder or insanity or upset anywhere in life," and so gradually we intend that a smooth, uneventful and fruitful life will result. Then we discover that people do bad things to people, that people nag us so that they impede us. That our goals, ambitions and accomplishments are not worthwhile in other people's opinions, and so we have a failure. Here the failure is actually the failure of having a right intention toward life. What is the right intention toward life? To be very, very safe, it is the intention to have happen what will happen. If one knows that life is going to be tricky, cruel, arduous and vicious at times, then one is not surprised by it.

One does not hope so sanguinely (cheerfully and confidently), or one does not intend so ferociously that all will be "sweetness and light" and one is not so dismayed when "sweetness and light" does not occur.

Romantic novels teach us that the hero always wins and that good always triumphs. Now, it so happens that the hero doesn't always win and that good does not always triumph. On a shorter view we can see villainy triumphing all about us. The truth of the matter is that the villainy is sooner or later going to lose in an entirely different way that the villain expects. One cannot go through life victimizing one's fellow beings and wind up in anything but a trap -- the victim himself. However, one doesn't observe this in the common course of life. One sees the villains succeeding everywhere, evidently amassing money, cutting their brother's throat, receiving the fruits of courts and coming to rule over men. Without looking at the final consequence of this, which is there just as certainly as the sun rises and sets, one begins to believe that evil triumphs whereas one has been taught that only good triumphs. This causes the person himself to have a failure and actually causes his downfall. The safe way to intend life to go on happening is the way life goes on happening. A much healthier attitude is to change life for the better and not be heartbroken because one has not changed it further. In other words, one can intend to change life for the better and can succeed. With Scientology, particularly, he can accomplish this. Before Scientology he probably couldn't, so it would not have been safe or healthy to expect to change life in any way. But now he can at least change life in the sphere where he exists, and thus that things can become better becomes an actuality.

~oo00oo~

~ THE CODE OF HONOR ~

No one expects the Code of Honor to be closely and tightly followed.

An ethical code cannot be enforced. Any effort to enforce the Code of Honor would bring it into the level of a moral code. It cannot be enforced simply because it is a way of life which can exist as a way of life only as long as it is not enforced. Any other use but self-determined use of the Code of Honor would, as any Scientologist could quickly see, produce a considerable deterioration in a person. Therefore its use is a luxury use, and which is done solely on self-determined action, providing one sees eye to eye with the Code of Honor.

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 honor 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.

~oo00oo~



Wins & Gains in the Independent Zone

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

Rons Journal Dec AD 13

Purification Rundown

I started the Purification Program very recently. I was willing to do anything to free myself from all the toxins I had been putting in my body. I knew this was a vital first step to my new life. The first day I could actually taste the alcohol and smell it coming out of my pores. I felt a little woozy in the sauna, but made it through. About 30 minutes later I got very nauseous, dizzy, and had a horrible headache. I couldn't figure out what was going on, then I realized I had restimulated a hangover! I couldn't believe how realistic it felt! Well, after the next couple of days in the sauna, I felt much better. This program requires taking niacin which helps push out the toxins. I didn't realize this also pushes out old or past illnesses that are still stuck in your body. After I took it one day, while I was on the treadmill (which you do before you get into the sauna every day), my ears were ringing very loudly. I then remembered a horrible ear infection I had one year earlier. After the ringing stopped, and I was out of the sauna, ALL of my senses

seemed a million times sharper. My eyesight was clearer, my hearing was sharper, and my sinuses seemed to clear! As the days went on I had my ups and downs with the program as I ran toxins out. Then one day something felt different. I was sitting in the sauna a lot longer. Time was just cruising by. It didn't seem like anything was restimulating at all. I even turned the temperature up a couple of degrees to really get a sweat going, and still nothing. This was it! I had run all the toxins out of my body! I had completed the Purification Program. I feel so "in focus" with life now, not foggy. I can see my future as bright, with a clear body and mind. Thanks to the Purification Program, I am now truly hopeful that my life took a major turn in the right direction.

Objectives

"My experience with doing these processes was like no other. Besides doing my communication drills, I have never been more in the present. I have never looked more forward to my future. I learned I have all control over

my life, who is in it, and how I direct it. No one else can. I realized there is nothing in the universe I can't have. I'm the only one who is stopping me. This world is mine for the taking. I now have the confidence to go out and get it!"

—

Today I completed my objectives. I feel so happy and in touch with my world and everything in it. I have a new outlook on life. I am in a very good place and have never felt the level of confidence about myself and my future as I do at this very moment. As I do each new process I go to a new level of awareness. I wish I could find the words but I am so over the top that I can not express myself verbally. Anyone who knows me would find this hard to believe.

Drug Rundown

In my 'Drug Rundown' auditing I experienced some amazing realizations. I was guided by Les through past times that I have used drugs, and also the people involved. It's really hard work! I'm asked to recall the incident over and over until I have an 'OH, my God!' moment when I realize what my thought was, at that very moment, that made me take the drug in the first place! Most of the choices that seemed so right to me then, are so silly to me now! The realizations I had from this auditing were extremely intense. For the first time since I can remember, my attitude is completely even and calm. There is no conflict going on in my head at all, whereas before, it was constant. I truly feel like I'm looking through a new pair of eyes. I love that I now have awareness of truth, and have gotten back my personal freedom! I love life!"

Grade 1

I finished grade 1 and I understood the following: There is no action which can't be a help. There are no help which can't be help some-

thing, from some viewpoint.

There are no fears about help. Now I know what is a problem, who creates it, and where does it live. There is no secret for me in such phenomena as a problem.

The same about problems with others, others with others, and my own decisions about it. I wish for everybody a spiritual health!

Grade 2

I have finished grade 2. During this grade I had wins each day. The interesting thing is that what was cognition in morning, in the evening became your ordinary idea about something.

And you already do not remember how could you think other way before.

And its demonstrate how Scientology works, how fast changes it gives and they become stable.

I wish you all for the same feelings. :)

Grade 3

Before for me existed only to kinds of changes at which I could look and at which I looked without special pleasure. (with discomfort).

Today I look at it and the same easy. (Both changes are comfortable.)

It's just changes. They are not solid, not dark, not long.

The events of the past are not burden for me now. I could say the same before, but now I have more confidence in it. The future now is not mystery for me, not mystery about which I can't do anything.

If you want- you can continue consider to it not under your control, if not --- Lets do it!

Solo Auditor Course

After being in this universe for some time, I have gained the ability to repair myself.

This is the first time that my dwindling spiral has been interrupted and actually reversed.

I am Running Objectives with on son and I experienced a miracle last night. It was like giv-



ing birth all over again, it was hell for both of us and I did my damndest (having to move my PC at times and let deadness and counter-intention. blow off). At the end and through a good part of the session, there were tears... then smiles and relief and belief. My miracle is a deeper understanding of what is and a greater ability to share it. MEST just fell away and there was nothing else; eternity. I want others to have the same gains. Get a grip and hold to it; it's real, it's gorgeous and it's a reward like no other.

Theta Clear

Now I know exactly that I'm thetan by definition and I "have found myself". It is nothing, which have no..., no..., no... (in definition). It is so! Relief is not only "in soul", but in body too, and I like it.

I never thought about myself as theta clear, but REALLY I have been theta clear, and I found it only now, during previous (which ended only now) session.

It's great, I looked at me and recognized myself from the other side. It's very good, flat, calm condition, condition of understanding everything more deep and from different sides.

Causeness, responsibility, ethics, understanding, etc, I have no words to describe this condition absolutely. (I absolutely have no words.)

I wish for the same success for everybody!
Success!

OT 1

Some of the wins I received were the renewal of the feelings that I actually like people. I sometimes forget that during the day to day activities necessary for life.

I also really liked watching my space grow and contract during some of the drills.

OTIII

I started OTIII with all kinds of ideas of what was to come, the secrets of the downfall of the universe, wall of fire, etc. then I started the theory portion of the course in preparation of solo auditing. While studying I was thinking this will be interesting I should get something out of this. Then I started auditing and my universe started to change. When I started, my universe was a space 1 foot in diameter surrounded by a wall which I had fabricated about me to filter possible futures so I would only have a future I could confront. Similar to how a reactive mind works but the reactive mind is only a present time mind. What I had created was based on any possible future. I did not allow myself to follow any future path that could cause me to approximate anything I did not want to confront.

The first thing that happened is that the space was blown out to a 10 foot diameter with holes allowing additional futures to come through, I am still inside this space auditing away. The next thing that happens is that the barriers of this space dissolve. I looked around for any of the other circuits, walls, force beams or any

other creation of mine that was to shield me from any thing bad happening to me ever again. I could not find any. No more protective circuits. I decided to open my case totally to the future and expand my space to include all futures and the entire planet to see if any thing would restimulate anything in my past. I could not find anything. It appeared that I had gained the ability to confront any future.

Now this was an interesting thing to me. On OTII I achieved a present time unaffected by the past, now on OTIII I have achieved any possible future unaffected by the past. To be able to confront anything means I no longer resist anything which means? I will just have to wait and see where this goes over the next few months.

There are many subsidiary benefits to this. A lot has to do with speed and the rapidity of thought and decisions. Things that took 20 minutes can be done in 5 minutes. I can now predict the future and can run through a multitude of futures and pick the one I want and

make my decision without loosing a step.

The best example of this would be: I have always had the idea that it is my job to enhance any environment that I am in, but this has been somewhat hard to achieve in the past.

Let's say I am in the Supermarket buying fish I can now assess my affect on people before they have the chance to even react to anything I have done. I throw out 3 or 4 words, expressions etc. then see which future creates the best affect and

follow that one. In the past I was so tied up in considerations and non confront I did not see the future until it arrived then it was too hard to change.

~oo00oo~



Freedom

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

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

— SCIENTOLOGY: A NEW SLANT ON LIFE

L. Ron Hubbard

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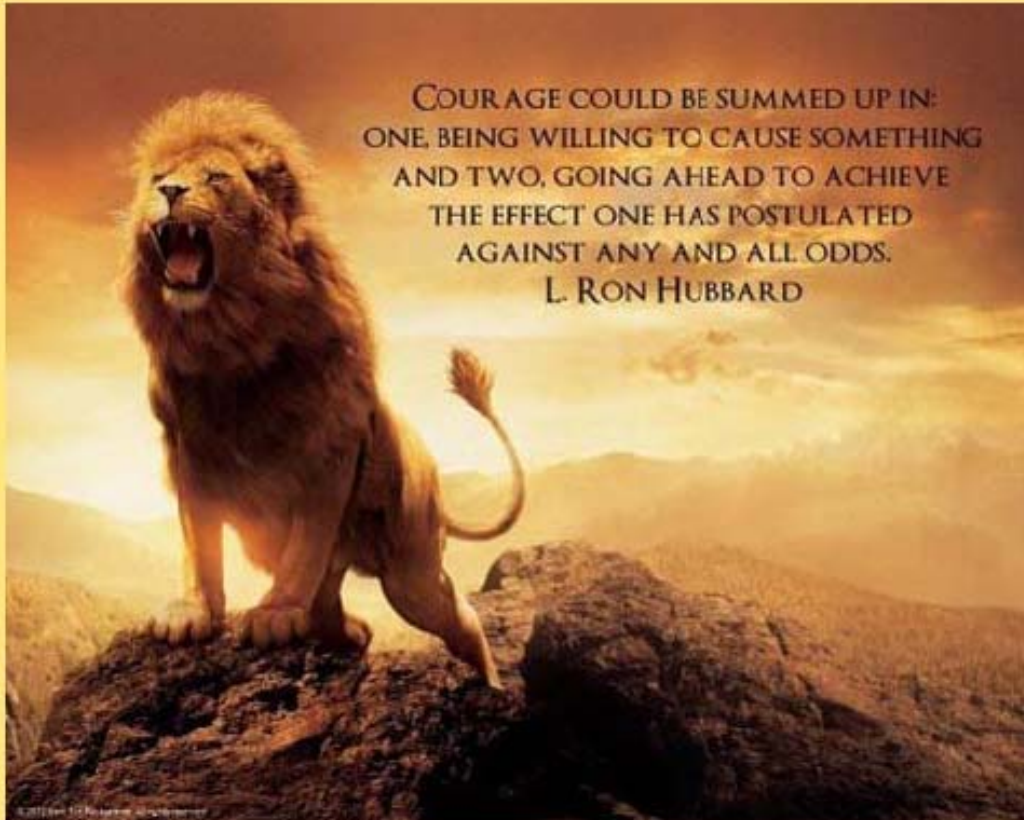
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"REALITY IS THE AGREED UPON
APPEARANCE OF EXISTENCE"

SCIENTOLOGY 8 8008
Lafayette Ron Hubbard

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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."

~oo00oo~

~ Ron Hubbard Quote ~

In order to make Scientology work, it is necessary to hold a standard and this standard must be held very relentlessly.

And unless all the actions and all the various techniques applied can be held to a standard of rendition, then Scientology doesn't work; Scientology doesn't work if it's badly done.

In other words, the disciplines of Scientology are fully as important as the thoughts or discoveries of Scientology." LRH

Scientologists Glossary

Here is an extensive list of words and terms found in the applied philosophy of Lafayette Ron Hubbard. This is useful for anyone making a study of Dianetics and Scientology.

A=A=A

Anything equals anything equals anything. This is the way the Reactive Mind thinks, irrationally identifying thoughts, people, objects, experiences, statements, etc., with one another where little or no similarity actually exists. Example: Mr. X looks at a horse, knows it's a house, knows it's a school teacher, so when he sees a horse he is respectful. This is the behavior of the Reactive Mind. Everything is identified with everything on a certain subject.

Aberration:

is a departure from rational thought or behavior. From the Latin, "aberrare", to wander from, Latin "ab", away, "errare", to wander. It means basically to err, to make mistakes, or more specifically to have fixed ideas which are not true. The word is also used in its scientific sense. It means departure from a straight line. If a line should go from A to B, then if it is "aberrated", would go from A to some other point, to some other point, to some other point, to some other point, to some other point, and finally arrive at B. Taken in its scientific sense, it would also mean the lack of straightness or to see crookedly.

Admin:

(in auditing) is used about the action or fact of keeping auditor's reports, summary reports, worksheets and other records related to an auditing session. "He kept good "admin"" meaning that his summary report, auditor's report and worksheets were neat, exactly on pattern, in proper sequence and easily understood, as well as complete.

Affinity:

Degree of liking or affection or lack of it. Affinity is a tolerance of distance. A great affinity makes you feel 'close' to somebody or something. It's a tolerance of or liking of closeness or close proximity. A lack of affinity would be an intolerance of or dislike of closeness. Affinity is one of the components of understanding, the other components are reality and communication. One's level of affinity is expressed on the so-called tone scale.

Ally:

is a person from whom sympathy came when the PC was ill or injured. An ally coming to the PC's defense of his words or actions aligns with the individual's survival. The Reactive Mind of the PC gives that ally the status of always being right--especially if this ally-relationship originally is coming from a highly painful Engram. The ally is seen as a person that has to be blindly followed or supported as 'he can do no wrong'.

Alter-is:

To change or falsify the way something actually is.

Analytical:

means capable of resolving, such as problems and situations. The 'Analytical' mind would be the conscious aware mind which thinks, observes data, remembers it and resolves problems. It would be essentially the conscious mind as opposed to the unconscious mind. In Ability Clearing the Analytical mind is the one which is alert and aware and the Reactive Mind simply reacts without Analysis.

The word "analytical" is from the Greek, "analysis", meaning resolve, undo, loosen, which is to say take something to pieces to see what it is made of. This is one of those examples of the shortcomings of the English language since no dictionary gives the word "analytical" any connection with thinking, reasoning, perceiving, which in essence is what it would have to mean, even in English.

ARC:

A word made from the initial letters of Affinity, Reality and Communication which together equals understanding. ARC is pronounced as three letters A-R-C.

ARC Break:

1) A sudden drop or cutting of one's affinity, reality, or communication with someone or something. It is pronounced by its letters "A-R-C break".

2) A sudden drop or cutting of one's affinity, reality or communication with someone or something. This is in common language known as an upset or a condition of being shocked, disappointed, surprised, offended, etc. The A-R-C break gives an inside look in the anatomy of what is going on.

ARC break Assessment:

Reading a prepared auditing list which applies to the activity. The list is read to the PC while on a Meter. In the ARC Break Assessment the auditor only locates and then indicates the charge found to the PC. It is used on very upset PCs where actual auditing is not possible. If auditing is possible you can do Auditing by Lists. The same list can be used but here you actually run a process to handle each read to F/N VGIs.

ARCU CDEINR:

Stands for affinity, reality, communication, understanding. And curious, desired, enforced, inhibited, no, and refused. These are the points assessed by an auditor on the Meter when handling an ARC break. First he assesses ARCU, finds the most charged one and indicates it to the PC. Then he assesses CDEINR, finds the most charged one and indicates it to the PC. Example: The first Assessment finds 'Reality'. This is indicated. The second assessment could end up with "Inhibited Reality". This is indicated to the PC who will feel relief.

As-is:/As-is-ing:

To view anything exactly as it is, without any distortions or lies, at which moment it will be fully understood. When a problem is As-is-ed it will vanish and cease to exist as a problem.

Assess:

means to choose, from a list of statements - which item or thing has the biggest read on the Meter. The longest read usually will also have the PCs interest.

Assessment:

is done by the auditor between the PCs Bank and the Meter. There is no need in assessing to look at the PC. Just note which item has the longest fall or Blowdown. The auditor looks at the Meter while doing an Assessment. Also the action of an auditor reading down a list to find out which item on the list reacts more than the other items on the list, using a Meter, and so choose which item to handle. (See also, Prepared Lists).

Assist:

A simple auditing action given as a first aid. Does not replace medical first aid. An action undertaken by an auditor to assist the spirit to confront physical difficulties.

Attention:

When interest becomes fixed, we have attention; it's directed or held interest. Attention is aberrated by becoming unfixed and sweeping at random, or becoming too fixed without sweeping.

Attention unit:

Could be considered a theta energy unit of awareness existing in the mind in varying numbers from person to person. This would be the theta endowment of the individual; attention units are what he enjoys with, thinks with and works with. Attention units can be caught up in incidents on the Time Track and be locked up in these incidents, problems, etc. A person who is 'not there' mentally has most of his attention units locked up. Auditing enables the PC to regain them as free attention. See also theta.

Auditing:

Also called Processing, the application of Ability Clearing processes and procedures to a person by a trained auditor. The exact definition of auditing is: the action of asking a PC a question (which he can understand and answer), getting an answer to that question and acknowledging him for that answer.

Auditing Session:

A period in which an auditor and PC are in a quiet place where they will not be disturbed. The auditor gives the PC certain and exact commands which the PC can follow.

Auditor:

A person trained and qualified in applying Ability Clearing processes and procedures to individuals for their betterment; called an auditor because auditor means "one who listens."

Auditors Code:

The technical or professional code of Ability Clearing auditors; a list of "do's" and "don'ts". The rules are based on experience and have proven themselves to be necessary to ensure optimum progress in auditing a case; the governing set of rules for the general activity of auditing.

2) Important set of rules, which guides the auditor's professional behavior and attitude. The purpose of these rules is to develop maximum trust between auditor and PC. Maximum trust leads to quickest and most lasting results. It's a joy to be audited by an auditor, who sticks to this code rigorously all the time. Remember the important rule: Auditor plus PC is greater than PC's Bank (aud. + PC > Bank).

Auditors C/S:

A sheet on which the auditor suggests the case supervision instructions for the next session. It has to be approved by the C/S before being carried out.

Auditors Report Form (ARF): This shows in summary form what actions were taken in session and how they went. The ARF is made out at the end of each session and is an outline of what happened during the session. (Abbreviation: ARF).

Bad indicators: (BlS):

Those observable indications on the PC and Meter that things are not going well for a PC.

Bank:

Reactive Bank; Reactive Mind; Engram Bank.

The mental image picture collection of the PC. It comes from computer technology where all data are in a "Bank"; portion of the mind which contains Engrams, Secondaries and Locks.

Blow:

1) Something that suddenly disappears (such as a problem or charge in general) is said to have blown.
2) To depart without authorization from an area. To leave suddenly without explanation. It can be used as a noun and as a verb.

Bullbaiting:

In coaching certain drills the coach attempts to distract the student auditor by doing Bullbaiting. This should be done by play acting situations that could occur in session, but other things can be used from time to time. As a bull-fighter attempts to attract the bull's attention and control the bull, so does the coach attempt to attract and control the student auditor's attention; however the coach flunks the student auditor whenever he succeeds in distracting the student from the drill and then repeats the action until it no longer has any effect on the student (see also Buttons).

By-passed Charge: (BPC):

1. Mental energy or mass that has been restimulated in some way in an individual, and that is either in part or wholly unknown to that individual and so is capable of affecting him negatively.
2. reactive charge that has been by-passed (restimulated but overlooked by both PC and auditor). When found and indicated the PC will experience relief. On a Meter you would see a Blowdown.

Case:

The sum of aberrated conduct or behavior resulting from the influences of the Reactive Mind. When a practitioner is displaying 'case' they are acting in an irrational and also unprofessional manner.

Case gain:

The improvements and resurgences a person experiences from auditing and training; any case betterment according to the PC.

Case Supervision: (C/S):

The inspection of auditing, by a qualified Case Supervisor (using auditor reports, session worksheets and Examiner reports); the ordering of standard actions and remedies to ensure maximum gains for the PC. The written instructions of a case supervisor.

Chain:

A series of incidents of similar nature or similar subject matter. When running a Chain the PC is sent earlier and earlier until it the Chain fully handled.

Chain of incidents: A whole adventure or activity of many incidents, related to each other by the same subject, general location or people. It can go way back in time.

Charge:

1. harmful energy or force accumulated and stored within the reactive mind. It's attention units trapped in past conflicts and unpleasant and painful experiences, etc. Auditing discharges this charge so the energy is no longer trapped nor there to affect the individual negatively. 2. *emotional* charge or energy.

3. by charge is meant anger, fear, grief, or apathy contained as misemotion in the case.

Check-out:

The action of verifying a student's knowledge of an item given on a check sheet. This is much like a verbal examination in school. But special attention is given to definitions of words and the student's ability to demonstrate principles with a demo kit.

Check sheet:

A Check sheet is a printed form that sets out the items to be studied or done by a student, item by item, on a course. It lists all the materials and drills of the course in the order in which they are to be studied.

Clay Demo:

Clay Demonstration. Making an illustration of the principles studied in model clay. The student demonstrates definitions, principles, etc. in clay to obtain greater understanding by translating significance into actual mass.

Clear:

1) A person (thetan) who can be at cause knowingly and at will over mental matter, energy, space and time as regards the first dynamic (survival for self). The state of Clear is above the release Grades (Grade 0-4) of Ability Clearing (all of which has to be done before you get to Clear).

2) A Being, who no longer has his own Reactive Mind.

Clearing:

Various techniques directed at improving abilities and awareness leading to the state of Clear. The activity done in auditing.

Coach: The person who helps another student understand or apply a particular text or drill. He is a one-on-one instructor. Usually students take turns being coach and student.

In Drilling: The one, that *directs the student*. She is the instructor of the drill, the one that calls the shots. The term 'coach' is best known from sports; he instructs the players and shows them what to do. During a game he gives the players practical advice from the sideline. 'Coach' is also used about a private instructor teaching a student.

Coaching:

Training intensively by instruction, demonstration and practice. In training drills, one twin is made the coach and the other the student. The coach helps the student to achieve the purpose of the drill. He coaches with reality and intention following the materials pertaining to the drill to get the student through it. When this is achieved the roles are reversed--the student becomes the coach and the coach becomes the student.

Co-auditing:

An abbreviation for co-operative auditing. It means a team of two people who are using Ability Clearing processes to help each other reach a better life. Sometimes three or more people make up a class of co-auditors who audit each other.

Cognition: (cog):

A PC origination indicating he has "come to realize." It's a "What do you know? I . . ." statement. A new realization of life. It results in a higher degree of awareness and consequently a greater ability to succeed with one's endeavors in life.

Communication Lag or Comm lag):

The time that passes between a question and an actual answer. It can be hesitation or reflection, but it can also be not answering the question by talking about something that isn't an answer. In study comm lag in a check-out is flunked. It shows the student doesn't know the materials 100%. In auditing comm lag is just an indicator. A long comm lag means there is aberration in the area.

Communication (Comm):

1) The interchange of ideas or objects between two people or terminals. More precisely the definition of communication is the consideration and action of impelling an impulse or particle from source point across a distance to receipt point, with the intention of bringing into being at the receipt point a duplication of that which emanated from the source

point. The formula of communication is: cause, distance, effect, with intention, attention, duplication and understanding. Communication by definition does not need to be two-way. Communication is one of the component parts of understanding.

2) The exchange or interchange of ideas or objects between two people or designated locations (terminals). More precisely the definition of communication is the consideration and action of impelling an impulse or particle from source point across a distance to receipt point, with the intention of bringing into being at the receipt point a duplication and understanding of that which emanated from the source point.

Communication, Control, Havingness Processes:

or CCHs. Processes which bring a person into better control of his body and surroundings, put him into better communication with his surroundings and other people, and increase his ability to have things for himself. They bring him into the present, away from his past problems.

Communication cycle: (comm cycle):

A completed communication, including origination of the communication, receipt of the communication, and answer or acknowledgement of the communication.

Computation:

technically is that aberrated evaluation and postulate that one must be consistently in a certain state in order to succeed.

Confront:

To face without flinching or avoiding. Confronting is actually the ability to be there comfortably and perceive.

Control:

The ability to start, change and stop things at one's own choice.

CT: Clearing Technology: Consists of Ability Clearing (the Grades) and Engram Clearing (Level 5). In this handbook we mainly use "Ability Clearing" to describe the whole subject.

Destimulation:

The action of deleting the moments of restimulation of the Reactive Mind or some portion of it, so that it moves away from the PC and he is no longer connected to it.

D of P Interview: (Director of Processing Interview): An interview of a PC by a D of P or available person. It is usually done on a Meter. The purpose is to get data for programming and C/Sing a case. It is not auditing.

Dramatization: (Dramatize):

To repeat in action what has happened to one in experience. It's a replay out of its time period now of something that happened then. The person is going through the motions of some incident as if he was an actor, but he does the re-enacting unknowingly.

Earlier Similar: (E/S):

When the auditor is checking the rudiments, he may run into the situation, that the difficulty doesn't resolve right away. To resolve the situation he will have the PC look for an earlier similar incident.

Earlier, means it happened before or further back in time, than the incident they were just talking about.

Similar, means it was somewhat the same type of incident. Maybe having to do with the same person or persons, the same place or the same surrounding circumstances. To ask for an *earlier similar incident* is used in many processes, as the reason the present incident does not resolve is because it unknowingly reminds the PC about earlier times. When he is sent earlier and the exact circumstances get known to him the subject matter will clear up.

EP:

End Phenomena Those indicators in the PC and Meter which show that a Chain or process is ended. In Engram running It shows that basic on that Chain and flow has been erased.

Engram:

is a mental image picture of an experience containing pain, unconsciousness, and a real or fancied threat to survival. It is a recording in the Reactive Mind of something which actually happened to an individual in the past and which contained pain and unconsciousness, both of which are recorded in the mental image picture called an Engram. It must, by definition, have impact or injury as part of its content. These Engrams are a complete recording, down to the last accurate detail, of every perception present in a moment of partial or full unconsciousness.

Engram Clearing:

This is Ability Clearing Grade 5 - Engram Clearing. It uses Engram running by Chains, Routine-3-RA as its main process. It routinely lead to the state of Clear. There are other processes that will take the PC to the state of Clear in the case this doesn't happen. But they will have to be done under the guidance of a professional auditor/ case supervisor.

Engram Running: Techniques used to run Engrams with. Also the activity of applying these techniques to a PC. Today the principal process used is R-3-RA.

Engram Running, 1950 Style:

Auditing out Locks, Secondaries and Engrams by using the original techniques of 1950.E/S, see Earlier Similar

Evaluate:

To judge and determine the meaning, correctness, value, and consequence of a datum (verb).

Evaluation:

1) Evaluation:

The act of evaluating. The result of something being evaluated (noun). A student has to evaluate the data studied. On the other hand he should not try to evaluate for somebody else. Each student should arrive to a result based on their own efforts. Only in this way will anybody achieve sufficient certainty.

2) In auditing: Telling a PC "what's wrong with him or why he is the way he is is incorrect. In auditing the auditor guides the PC to find explanations and solutions for himself. It is against the Auditors Code to evaluate for a PC in session. When a person is allowed to do his own evaluations he achieves greater certainty.

3) Any attempt by someone to impose his data or knowledge upon another. An example would be someone telling another why he is the way he is instead of permitting or guiding him to discover it for himself.

Flat:

No longer producing change or a reaction. Or, in Engram running, referring to an Engram, erased.

Flatten:

To continue to do (something) until it no longer produces a reaction.

Flatten a process: To continue a process as long as it produces change and no longer. In Engram running it is to continue running a Chain of incidents until basic on that Chain is reached and erased. With CCHs, it is three commands getting equal comm lag response with the PC doing the process.

Floating Needle: or F/N.

1.A floating needle is a certain needle behavior on a Meter. It is a harmonic motion sweep of the needle over the

dial at a slow, even pace. A valid floating needle is always accompanied by very good indicators in the PC.

2) The idle uninfluenced movement of the needle on the Meter dial without any pattern or reactions in it. It can be as small as 1-inch or as large as dial wide. It does not fall or drop to the right of the dial. It moves to the left at the same speed as it moves to the right. It is usually observed on a Meter calibrated with the Tone Arm between 2.0 and 3.0 with good indicators in on the PC. It can occur after a cognition, Blowdown of the Tone Arm, or just moves into floating. The PC may or may not voice the cognition.

Floating TA:

The PC is so released the needle can't be gotten onto the dial. The needle is swinging wider than the Meter dial both ways from center and appears to lay first on one side and then the other. The Tone Arm can't be moved fast enough to keep the extreme floating needle on the dial.

Flow:

A stream of energy between two points. An impulse or direction of energy particles or thought or objects between terminals. In processing the auditor works with four main flows:

FLOW 1: something happening to self. Another doing something to you, *FLOW 2:* doing something to another. You doing something to another., *FLOW 3:* others doing things to others. You see it happen as a spectator, *FLOW 0:* self doing something to self. You do something to yourself.

Flunk:

1) To make a mistake. Fail to apply the materials learned. Opposite of pass. Also used by coaches as a command: "Flunk!", to tell the student a mistake was made.

Fly a Rud: Fly a rudiment:

The auditor must get a free needle (floating needle) on one of the rudiment questions (ARC breaks, PTPs, Missed Withholds.) This is done to get a PC ready to run a Major Action.

Folder:

A folder sheet of cardboard which holds all the session reports and other items related to one PC's auditing. The folder is A4 or Legal size file folder made of light cardboard.

Folder Summary:

Sheets located inside the front cover of a PC folder giving an adequate summary of actions taken on a PC in consecutive order. It gives the content of the PC folder. The auditing history session by session, if you will.

Good indicators:

(GIs): Those observable indications that all is going well for a PC. The PC is bright, happy and winning. PC smiling and happy.

Grade Chart:

This chart shows all the levels of Clearing Technology auditing and training. It is the map of the road to Clear.

Grade:

A series of processes culminating in an exact ability attained, examined, and attested to by the PC.

Gradient:

Something that starts out simple and gets more and more complex. The essence of a gradient is just being able to do a little bit more and a little bit more and a little bit more until you finally make the Grade.

Grinding (Grinding out):

Going over and over and over a Lock, Secondary or Engram without obtaining an actual erasure. The sense of the word comes from the action of using an emery wheel on a hard substance with it not getting much smaller or thinner no matter how long it is done. It specifically applies to Engram running. It's a bad indicator.

Handwriting Drill:

If the C/S can't read the worksheets due to bad handwriting or lack of data he sends the folder back to the auditor for clarification. The auditor should overprint unreadable words with a red pen. The C/S sees to that his auditors catch up on writing understandable reports the first time and can have them train in handwriting drills to catch up on speed and clarity. The auditor should not have to spend a lot of time after session clarifying worksheets. He simply have to drill to write fast and readable, keep to essentials and quickly clarify worksheets after session. He may have to work on his handwriting letter for letter to make it easier to read.

Havingness:

The concept of being able to reach. Owning, possessing, experiencing. Affinity, reality, communication with the environment.

In:

Things which should be there and are or should be done and are, are said to be "in," i.e., "We got scheduling in."

Incident:

The recording of an experience, simple or complex, related by the same subject, location or people understood to take place in a short or finite time period such as minutes or hours or days.

In-session:

Interested in own case and willing to talk to auditor.

Interest: is absorbed attention and a desire to talk about it.

Invalidation:

Means a degrading, 'trashing', ridiculing, discrediting or denying something someone else considers to be a fact or of value.

Is-ness:

Something that is persisting on a continuum.

Item:

Any one of a list of things, people, ideas, significances, purposes, etc., given by a PC to an auditor while listing; any separate thing or article; in particular, one placed on a list by a PC.

Itsa:

A term made from "It is a"; a term for a PC's action of answering an auditor's question in which the PC positively identifies something with certainty.

Itsa-maker line:

Communication line from the PC to his own Bank. The PC is inspecting his Bank and is somewhat introverted. It's the most important part of the auditing comm cycle as the PC is confronting his Bank and finding answers.

Key in:

Is a moment where an earlier upset or earlier incident has been restimulated and affect PC in a negative way. The action of recording a Lock on a Secondary or Engram; the moment an earlier upset or earlier incident has been restimulated.

Key out:

The action of a reactive incident (or many related incidents) dropping away without the mental image pictures being erased. The picture is still there but now far away. The PC feels released or separate from his Reactive Mind or some portion of it. An action of an Engram or Secondary dropping away without being erased. Released or separate from one's Reactive Mind or some portion of it.

Know-to-Mystery Scale:

The scale of affinity from Knowingness, down through Lookingness, Emotingness, Effortingness, Thinkingness, Symbolizingness, Eatingness, Sexingness, and so through to Not-knowingness to Mystery.

L1C:Repair List used by auditors in session when an upset occurs, or as ordered by C/S. It handles ARC Broken, Sad, hopeless or nattery PCs. Questions can be prefaced with "Recently", "In this life", "On the Whole Track", or used without. It is not to be used to handle high or low TA.

L4 Short: (L4):This is a short version of list correction. It contains all the most common errors. It is valid on listing in progress or recently done. If it doesn't resolve the difficulties a full L4BRB can be used (see below).

List: As part of auditing procedure:

Items given by a PC and written down by the auditor. Prepared List: A printed form with questions used for assessment on a PC.

Listing:

A special Ability Clearing procedure used in some processes where the auditor writes down items said by the PC in response to a question by the auditor, in the exact sequence that they are given to him by the PC.

Listing and Nulling: (

L & N):

An Ability Clearing procedure in auditing done according to very exact rules as given in the Laws of Listing and Nulling. This is taught on Ability Clearing-3.

Locational processing:

1) Processing which establishes confront and communication with the environment. It brings the person into present time; he becomes more alert and responsive. It can be run on one PC or on a whole class of students at the same time with benefit. 2) Processing which establishes a stability in the environment of the PC on the subject of objects and people. It can be run in busy thoroughfares, parks, confused traffic or anywhere that there is or is not motion of objects and people. It is used in the auditing room itself to orient the PC.

Major Action:

any auditing action designed to change a case or general considerations or handle continual illness or improve ability. This means a process or even a series of processes like four flows. It doesn't mean a Grade. It is any process the case hasn't had.

Mental mass:

is contained in mental image pictures.

1) Mocking up matter, energy, space and time. Its proportionate weight would be terribly slight compared to the real object which the person is mocking up a picture of.

2) Mental matter, energy, space and time. It exists in the mind and has physical existence, that can be measured by a Meter. Its proportionate weight would be terribly slight compared to the real object which the person is making a picture of. The Meter registers mental mass; changes of the position of the needle indicates changes of the mass in PCs mind.

Mental image pictures: (MIP):

Mental pictures; facsimiles: a copy of one's perceptions of the physical universe of some time or incident in the past. It can also be mock-ups, meaning produced by the thetan with his imagination and not a copy of an actual incident.

Mental pictures:

Facsimiles and mock-ups; usually a copy of one's perceptions of the physical universe sometime in the past.

MEST:

Word coined from the initial letters of Matter, Energy, Space and Time; the physical universe and its component parts; also used as an adjective in the same sense to mean physical, as in "MEST universe," meaning "physical universe."

Method 3: (M3 Assessment):

An Assessment in which each reading question is taken up and handled with the PC when it is seen to read and

before continuing the Assessment.

Method 5: (M5 Assessment):

Assessing a prepared list once through marking the length and Blowdown of all reads as they occur when the questions are asked of the PC. Those questions which read are then handled one at a time in order from the largest read to the smallest.

Mind:

A control system between the thetan and the physical universe. It is not the brain. The mind is the accumulated recordings of thoughts, conclusions, decisions, observations and perceptions of a thetan throughout his entire existence. The thetan can and does use the mind in handling life and the physical universe.

Misemotion:

Anything that is unpleasant emotion such as antagonism, anger, fear, grief, apathy or a death feeling; mis-aligned emotion, irrational or inappropriate emotion. Misemotion is also emotion which has been suppressed and which remains part of the individual's Locks and Secondaries unless he is audited.

Missed Withhold: (M/W/H):

A Withhold, which has been *restimulated* by another but not disclosed. This is a Withhold which another person *nearly* found out about, leaving the person with the Withhold in a state of wondering whether her hidden deed is known or not. The *Missed Withhold* is different from the Withhold as the PC's main worry is, if the other person found out or not. The action of the other to *nearly* find out or *maybe* he found out or guessed it is why it's called a *Missed Withhold*.

Mock-up:

Any "knowingly created" mental picture that is not part of a Time Track; can be used as noun: "It's a mock-up" or a verb: "to mock-up something".

Model Session:

The same exact pattern and script with which Ability Clearing sessions are begun and ended.

Motivator:

Actions which were directed against the PC by others or another, used by him to justify (used as a "motive" for) Overts; an aggressive or destructive act received by the person.

Not-is, Not-is-ness, Not-is-ing:

The effort to reduce an unwanted condition of existence by force. It can cause the person 'to forget about it' or make a thing look smaller, but does not handle the underlying difficulty. See also As-is

Null:

- 1) To nullify or to reduce the value or effect of something to nothing.
- 2) means there was no reaction of the needle on the needle dial of the Meter when the auditor had asked a question of the PC; or simply it didn't read.

Nulling:

The auditor's action in saying items from a list to a PC and noting the reaction of the PC's Bank on a Meter.

- 2) In Listing & Nulling: The auditor reads back the list of items the PC just gave him in order to find only one item that is still reading. This is done under the Laws of L&N.

Objective Processes:

Ability Clearing Level 1 processes which familiarize a person with his environment, the physical universe. Objective processes increase a PC's control, communication, and havingness on the environment.

Obnosis:

A word put together from the phrase, "observing the obvious."

Op Pro by Dup:

Opening procedure by duplication. A process which increases the PC's ability to duplicate and so increases his ability to communicate. A type of objective process.

Origination: In auditing:

A remark or statement from the PC, that concerns his ideas, reactions or difficulties. It is something he says, that is important to him, but isn't an answer to the auditor's question. It usually comes unexpectedly. It is different from a comment, that is defined as an attempt to distract auditor or an attempt to blow session. An auditor is trained in handling originations on TR-4.

Out:

Things which should be there and aren't or should be done or aren't are said to be "out," i.e., "Enrolment books are out."

Overrun:

- 1) Continuing to run an auditing action (in error) past the PC's attainment of its end phenomena. A person can also be overrun on things in life outside of auditing. This is doing something too long that has Engrams connected with it. As a result Engram Chains are being restimulated by life or auditing.
- 2) Accumulating protests and upsets about something until it is just a mass of stops.

Overt:

- 1) Overt act; an Overt is an aggressive or destructive act by the individual against one or more of the eight dynamics (self, family, group, mankind, animals or plants, mest, life or the infinite).
- 2) A harmful act. A bad deed. An Overt act is an act of omission or commission which does the least good for the least number of dynamics or the most harm to the greatest number of dynamics.
- 3) An aggressive or destructive act by the individual against one or more of the eight dynamics
- 4) That thing which you have done to others, but you aren't willing to have happen to yourself.

Overt-Motivator Sequence: or O/M: Overt Motivator):

- 1) The reactive series of events in which someone who has committed an Overt "has to" claim the existence of motivators (acts by others against self). Motivators are thus used to justify Overts and tend to be used to justify further Overts.
- 2) A chain of events of 'pay-back' or revenge that gets worse and worse.
- 3) See preclear.

Postulate:

A conclusion, decision or resolution made by the individual himself; to conclude, decide or resolve a problem or to make a plan or set a pattern for the future or to nullify a pattern of the past (like in New Years resolutions). We mean, by postulate, a self-created truth. A postulate is, of course, that thing which the individual uses to start a directed desire or order, or inhibition, or enforcement; it is in the form of an idea. Postulate means to cause a thinkingness or consideration.

Preclear: (PC):

From pre-Clear, a person not yet Clear; generally a person being audited, who is thus on the Road to Clear; a person who, through Ability Clearing processing, is finding out more about himself and life.

PC Information Sheet:

A form done with new PCs, or PCs who haven't been audited for some time (years). Doing the Form with a PC gives certain basic data that is necessary for the Case Supervisor. It is done by an auditor in session.

Prepared List:

The auditor, trained in using a Meter, can use prepared (printed) lists to find the specific problem or difficulty he needs to address to get the PC out of an unpleasant or puzzling situation in session. The list will contain all the possible difficulties for that action and the Meter will tell the auditor which ones to take up. A prepared list may

turn up one thing or many things, that should be tackled before the routine process should be taken up again. Prepared lists can also be used to address a troubling area of PC's life and 'clean it up'.

Prep-check:

An auditing action in which a subject found to be charged is discharged by the use of a prepared list of buttons (called the Prep-check Buttons). Buttons such as 'Suppressed', 'Invalidated', 'Didn't Reveal', etc. are used to find charge and reactivity connected with the subject being prep-checked. There are 20 Prep-check buttons on the list.

Present Time Problem: (PTP):

A specific problem that exists in the physical universe now, on which a person has his attention fixed. This can be practical matters he feels he ought to do something about right away. Any set of circumstances that occupies the PC's attention, so he feels he should *do* something about it instead of being audited.

Problem:

Anything which has opposing sides of equal force; especially postulate-counter-postulate, intention-counter-intention or idea-counter-idea; an intention-counter-intention that worries the PC.

Process:

A specific technique used in auditing (processing). There are many processes. They consist of carefully worded questions and commands. They are used by an auditor in a formal session to help his PC.

Program:

A program is the overall plan of auditing of a specific PC. A program is the sequence of actions session by session to be undertaken on a case by the C/S in his directions to the auditor or auditors, auditing the case.

Psycho-somatic:

"Psycho", of course, refers to mind and "somatic" refers to body; the term psychosomatic means the mind making the body ill or illnesses which have been created physically within the body by derangement of the mind.

Quad Flows: (Quads):

(Four Flows) To run a process Quad Flows means, the four flows--another to self, self to another, another to another, and self to self --are run on a PC by an auditor.

Q and A: (Q&A):

Stands for Question and Answer. A failure to complete a cycle of action; to fail to complete a cycle of action; to deviate from an intended course of action; questioning the PC's answer; in auditing, it's a failure to complete a cycle of action on a PC.

Quickie:

Means omitting actions, for whatever reason, that would satisfy all demands or requirements and instead doing something superficially and accomplish less than could be achieved.

Reactive Mind:

The portion of the mind which works on a stimulus-response basis (given a certain stimulus it will automatically give a certain response) which is not under a person's volitional control and which exerts force and power over a person's awareness, purposes, thoughts, body and actions. The Reactive Mind never stops operating. Pictures of the environment, of a very low order, are taken (recorded) by this mind even in some states of unconsciousness.

Read:

The action of the needle on the Meter dial falling (moving to the right); SF, F, LF, LFBD are reads.

Reality:

Has to do with agreement (or lack thereof). It is the agreed upon apparency of existence. A reality is any data that agrees with the person's perceptions, way of thinking and education. Reality is one of the components of understanding. Reality is what is.

Recall:

Present time remembering something that happened in the past. It is "not" re-experiencing it, reliving or re-running it. You are in present time, thinking of, remembering, putting your attention on something that happened in the past --all done from present time.

Rehabilitation (Rehab):

The restoration of some former ability or state of being or some more optimum condition.

Release:

A PC whose Reactive Mind or some major portion of it is keyed out and is not influencing him. In Ability Clearing processing there are five major Grades of Release. They are, from the lowest to the highest: Grade 0, Communications Release, Grade 1, Problems Release, Grade 2, Relief Release, Grade 3, Freedom Release, Grade 4, Ability Release. Beyond that other Grades have been developed: Grade V Power Release, Grade VA Power Plus Release, Grade VI Whole Track Release.

These additional Grades are unnecessary if PC goes Clear on Engram Clearing. Each is a distinct and definite step toward greater levels of awareness and ability. (See also Grade).

Religion:

1. The ritual of worship or regard about spiritual matters. 2. A study of wisdom. 3. The word religion itself can embrace sacred lore, wisdom, knowingness of gods and souls and spirits, and could be called, with very broad use of the word, a philosophy. We could say there is religious philosophy and there is religious practice.

2. Religious Philosophy, implies study of spiritual manifestations: research on the nature of the spirit and study on the relationship of the spirit to the body; exercises devoted to the rehabilitation of abilities in a spirit. Religious Practice, implies ritual, faith-in, doctrine based on a catechism and a creed.

Repair:

Patching up past auditing or recent life errors. This is done by prepared lists and other processes or completing an incomplete process.

Repetitive Process:

A process, where the same auditing question or command is given many times to the PC. The PC is finding new answers every time. The auditor will state the command as it has never been asked before in a new unit of time, but with no variation of words; he will acknowledge the PC's answer and handle the PC origins by understanding and acknowledging what the PC said. This type of process will permit the individual to examine his mind and environment thoroughly and sort out relative importance's.

Restimulation:

Condition in which part of the Bank has been "triggered" by something in the person's environment (a restimulator) causing some greater or lesser degree of reactive behavior or condition; doing something unknowingly, unwittingly and without any understanding of what one is doing.

Review:

When a PC is having difficulty of some sort that is not immediately resolving with the actions being done, he may be sent to Review, where his case folder is carefully checked over or "reviewed" and the necessary corrective actions then taken to resolve the difficulty.

R-Factor:

Reality factor; explanation, information, data, etc., given to a person in order to bring about sufficient understanding for him to be able to perform a specific action. It is usually very short, like a few sentences.

Roller coaster: 1. A case that betters and worsens. A roller-coaster is always connected to a suppressive person and will not get steady gains until the suppressive is found on the case or the basic suppressive person earlier. Because the case doesn't get well he or she is a potential trouble source to us, to others and to himself.

2. Case gets better, gets worse, gets better, gets worse.

Rudiments:

First principles, steps, stages or conditions. The basic actions done at the beginning of a session to set up the PC for the major session action. The normal rudiments are ARC breaks (upsets), Present Time Problems (worries) and Withholds (something PC feels he shouldn't say) - they are explained under each heading.

Rundown (R/D, RD):

A series of specific auditing actions done on a case designed to produce a specific result.

Scientologist

1. one who better the conditions of himself and the conditions of others by using Scn technology.
2. one who controls persons, environments and situations. A Scientologist operates with the boundaries of the *Auditor's Code* and the *Code of a Scientologist*.
3. one who understands life. His technical skill is devoted to the resolution of the problems of life.
4. A specialist in spiritual and human affairs.

Secondary:

A Secondary is a mental image picture of a moment of severe and shocking loss or threat of loss which contains misemotion such as anger, fear, grief, apathy or "deathfulness." It is a mental image picture recording of a time of severe mental stress. It may contain unconsciousness.

Self-Determinism:

The ability to regulate and take responsibility for one's own considerations and actions; motivation by the thetan rather than by the environment.

Service Computation: or Service Facsimile:

Serv Fac, a Ability Clearing Level 4 term. The service computation is that computation generated by the PC (not the Bank) to make self right and others wrong; to dominate or escape domination and enhance own survival and injure that of others.

Session:

- 1) A precise period of time during which an auditor audits or processes a PC. That's an auditing session.
- 2) In coaching it is a precise period during which the coach instructs the student in a specific drill using his coaching instructions and written materials to correct the student. That's a coaching session.

Slow Assessment:

means letting the pc itsa while assessing. This consists of rapid auditor action, very crisp to get something that moves the TA and then immediate shift into letting the pc itsa during which, "Be quiet!" The slowness is overall action. It takes hours and hours to do an old preclear assessment form this way but the TA flies.

Stable Datum:

Any body of knowledge, more particularly and exactly, is built from one datum. That is its stable datum. Invalidate it and the entire body of knowledge falls apart. A stable datum does not have to be the correct one. It is simply the one that keeps things from being in a confusion and on which others are aligned.

Terminal:

Anything that can receive, relay or send a communication (most common usage); also, anything with mass and meaning. "Terminal" means in our language "the end point of a communication line". It can be a person or a thing.

Theta:

Energy peculiar to life or a thetan which acts upon the material in the physical universe and animates it, mobilizes it and changes it; natural creative energy of a thetan which he can direct toward survival goals, especially when it manifests itself as high-toned constructive communications.

Thetan:

From THETA (life static), a word taken from the Greek symbol or letter: theta, traditional symbol for thought or spirit. The thetan is the individual himself--not the body or the mind. The thetan is the "I"; one doesn't have or own a thetan; one is a thetan.

Time Track:

1) The endless record complete with 55 perceptions of the PC's entire past; the consecutive record of mental image pictures which accumulates through the PC's life or lives. It is very exactly dated.
 2) The consecutive record of mental image pictures which accumulates through the PC's existence. The *Time Track* is a very accurate record of the PC's past, very accurately timed and very obedient to the auditor. If a motion picture film were 3D, had fifty-two perceptions and could fully react upon the observer, the *Time Track* could be called a motion picture film.

Tone 40:

Intention without reservation or limit; an execution of intention.

Tone scale: The basic tone scale is a scale of emotions, from apathy to enthusiasm. Different levels of the tone scale have other characteristics visible in behavior and as potential survival (see also Uptone).

Touch Assist:

An assist that brings the person's attention to injured or affected body areas. When attention is withdrawn from them, so is circulation, nerve flows and energy, which for one thing limits nutrition to the area, and for another limits the drainage of waste products. Some ancient healers attributed remarkable flows and qualities to the "laying on of hands." Probably the workable element in this was simply heightening awareness of the affected area and restoring the physical communication.

Training Routines: (TRs): Training drills:

on Ability Clearing courses which train students to perfect their communication skills to the level needed by an auditor in session. The TRs take up and drill the component parts of communication. Good TRs are the 'Carrier wave' needed to make processes work. Specific auditor skills in communication and smooth session control are gained in doing the TRs.

Two-way communication (TWC, 2WC, Two-way comm):

Are the precise process of getting somebody to open up and give emotional or personal information about himself. It is not chatter. It is governed by the rules of auditing.

Understanding:

Composed of affinity, reality and communication. These three things are necessary to the understanding of anything. One has to have some affinity for it, it has to be real to him to some degree and he needs some communication with it before he can understand it. Greater understanding comes about by increasing any one of these three factors.

Upper Indoctrination TRs (Upper Indoc's): Purpose of these four training drills is to bring about in the student the willingness and ability to handle and control other people's bodies and to cheerfully confront another person while giving that person commands. Also to maintain a high level of control under any circumstances.

Uptone:

At a high level of survival or state of being, plotted on the tone scale. A person who is uptone, or high-toned, has a greater ability to handle his facsimiles, to control his environment and has a greater degree of survival than someone who is downtone, or low-toned.

Valence:

Is the assumption at the reactive level by one individual of the characteristics of another individual. An individual may have a number of valences which he puts on and off as he might hats. Often these changes are so marked that an observant person can notice him dropping one valence and putting on another. The shift from valence to valence is usually completely outside the awareness and control of the individual doing so. In other cases an individual has

one valence, not his own, in which he is thoroughly stuck.

Whole Track:

Time Track. The moment to moment record of a person's existence in this universe in picture and impression form.

Withhold:

An undisclosed harmful (contra-survival) act. After having committed an Overt, the person wants to keep it hidden or secret. So he/she withholds the Overt.

Worksheet: (W/S: WS):

The sheets on which the auditor writes a complete running record of the session from beginning to end, page after page, as the session goes along.

~oo0oo~

**Quote from
L. Ron Hubbard**

“No culture in the history of the world save the thoroughly depraved and expiring ones, have failed to affirm the existence of a Supreme Being.”

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