



# FREE THETAN

NEWSLETTER OF THE ASSOCIATION OF  
PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

*Preserve, Protect & Promote*

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August 2014

No 8 Issue 8

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# FREE THETAN

## NEWSLETTER OF THE ASSOCIATION OF PROFESSIONAL INDEPENDENT SCIENTOLOGISTS

*Preserve, Protect & Promote*

### FREE THETAN

Volume 5 Issue 8 August 2014

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Michael Moore

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Harry Seldon

And many others

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

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

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Picture on front page anon

### Important Note

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

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

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

~oo00oo~

**The  
FREE  
THETA**

The Members Quarterly Journal of the  
Association of professional Independent Scientist

*Preserve, Protect & Promote*

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



reservo, servo, proveho

## ~ Editorial ~



reservo, servo, proveho

**Dear Reader,**

In the lecture, 'What Scientology is Doing' Ron said:

*"We need a better social order, and not one or two better individuals, and a better organization. And when an organization gets into the fantastic levels of being above reproach, or when an individual sets himself up as so infinitely superior to his fellow man that he cannot be touched, chaos no matter at what distant date is bound to ensue. Do you see that?"*

Creating a better social order means, getting the knowledge Ron discovered about the universe and man more known and understood. It means getting more people up the bridge and up the tone level and more people trained to help their fellow man.

The bridge is the carefully worked out road from being a person who does not really know who he is to freedom as a being. It is the road from ignorance to wisdom. From being a body to being one's true self.

*If the members of that society were sufficiently well and able themselves, they would never apprehend the slightest difficulty in pulling out of the mud any fallen fellow. Pulling people up and back into the ranks is not a function of an organization; it is a function and responsibility of man himself. Pulling people back up into health and good fellowship and the game is not dependent upon a group of specialists. It's dependent on man."*

Until next time.

Michael Moore  
Editor

~oo00oo~

## *The Aims of Scientology and APIS*

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

*We therefore stated below:*

### **The Aims of APIS**

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

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

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

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

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

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

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

#### **As Ron says:**

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

The sun never sets on Scientology.

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

Our aims are simple, if great.

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

Your help is acceptable to us.

Our help is yours."

'The Aims of Scientology' -- Lafayette Ron Hubbard

~oo00oo~

## CERTIFIED AUDITORS & GROUPS

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

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

### Canada

Toronto

Chris Black. Class VIII C/S, KOT,

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

### USA

#### South East

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

Delivers: L's, NOTs, and entire Bridge

[Karendelac@gmail.com](mailto:Karendelac@gmail.com)

#### Los Angeles, California

Trey Lotz Class VIII

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

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

Ian Waxler Class VIII C/S with Honors

Auditing and C/Sing all old LRH Bridge

[info@adcian@yahoo.com](mailto:info@adcian@yahoo.com)

Ingrid Smith

From Life repair to OT4

[ingridsmith123@yahoo.com](mailto:ingridsmith123@yahoo.com)

Silvia Llorens

All Standard Bridge

[sllorens71@gmail.com](mailto: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](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 Spirit of Scientology

**G**iving Purpose to the philosophy and technology of Scientology is the Spirit of Scientology, that almost indefinable quality that makes Scientology close to the being and close to the natural state and inclination of a being.

These days, the Spirit of Scientology cannot be found within the Church of Scientology but is to be found in the field outside the church and within the many standard groups and auditors who use and apply the original Scientology.

The Spirit of Scientology is now found in the training rooms and academies with all the materials and technology in the field and in all the knowledge and wisdom to apply Scientology to life and the physical universe.

The Spirit of Scientology is to be found when an auditor says, "This is the Session." It is to be found when a Preclear suddenly realises something or cognites on something and has an increase in his awareness. It is found when a person stands up and glowingly describes the wins they have had after a session or grade accomplishment or completion of

a training course and discovered something new about themselves or life.

The Spirit of Scientology is found where there is a purpose to spread the fundamentals of Scientology to others and create a world without insanity, war or crime.

*"And when an organization is sitting where a living being should sit, it's time to call a halt.*

*Now, I'm not talking now about anarchy. Anarchy is not even vaguely possible amongst aberrated peoples. An Anarchy is predicated on the basis that it is possible amongst aberrated people. What I am talking about, however, is we need better men, not better signs. We need a better social order, and not one or two better individuals, and a better organization. And when an organization gets into the fantastic levels of being above reproach, or when an individual sets himself up as so infinitely superior to his fellow man that he cannot be touched, chaos no matter at what distant date is bound to ensue. Do you see that?*

*The control and direction of man depends upon the goodwill and the good state of man, it does not depend upon iron bars and handcuffs. It doesn't depend upon cells or electric-shock machines.*

*A society is sick as it has sick people within it. The way to make it well, however, is not necessarily to work only upon the sick and make them well.*

*If the members of that society were sufficiently well and able themselves, they would never apprehend the slightest difficulty in pulling out of the mud any fallen fellow. Pulling people up and back into the ranks is not a function of an organization; it is a function and responsibility of man himself. Pulling people back up into health and good fellowship and the game is not dependent upon a group of specialists. It's dependent on man.*

*And when helping one's fellows becomes a specialized action to be performed only by the anointed, to*

*be performed only by somebody who wears the right star, badge, or sign, man's dead! Because the best of man comes into being when he is willing to aid and assist any of his fellows and is permitted to do so."*

#### WHAT SCIENTOLOGY IS DOING

The Spirit of Scientology cannot be suppressed or killed.

*"People poured out of China for centuries over torturous and dangerous mountains, snow-filled passes, to drop down into India just to come close to the area where Gautama Buddha had taught that there is hope and that the endless cycle of life and death does not have to continue, that an individual can be free even from this.*

*Now, that's interesting, isn't it? Yet the ignorant deified him. But, due to him, a great deal of this work was handed on and an enormous amount of what we call religion in this Western Hemisphere today was given to this Western Hemisphere directly by Gautama Buddha. It was filtered through the Middle East. Love Thy Neighbour,"was one of the first lessons he taught, and it is that lesson which we have received from the Middle East.*

*But what I am telling you is that these people handed on a torch of wisdom, of information, generation to generation. It was handed along geographical routes, and one of those geographical routes was the Middle East. And one*

*of the people who handed it on was a man named Moses. And again it was handed on to a man named Christ. And he handed it on, and even the Arab nations benefited from this through their own prophet, Mohammed. And these men I consider great spiritual leaders, because they gave to man on down through the years the hope that life could go on, that there was a spiritual side to existence, that the business of barter and gain was not all there was to life. And today, sitting in a materialistic society which almost vilifies anybody who speaks of the fact that you don't die right away, and when you're dead, you're dead and you're dead - you see: you're dead! - and right on down to this time we are indebted to these men."*

#### THE HOPE OF MAN

An idea is extremely difficult to kill or eradicate. Despite all the strenuous efforts of Miscavige and the Church under his tight control, The Spirit of Scientology continues to live on in the lives of people who have experienced the joys of sanity and the uplifting tone of knowing who they are and that they are immortal. The Spirit of Scientology cannot be killed and will always live on and will continue to live on, long after Miscavige and his suppression is long gone.

During all this time and well into the future the Bridge will still be there ready and waiting...

~oo00oo~





## Expanded Know to Mystery Scale

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

symbols. And the symbols condense and we get eating and the eating condenses and we get sex and the sex condenses and we get mystery.

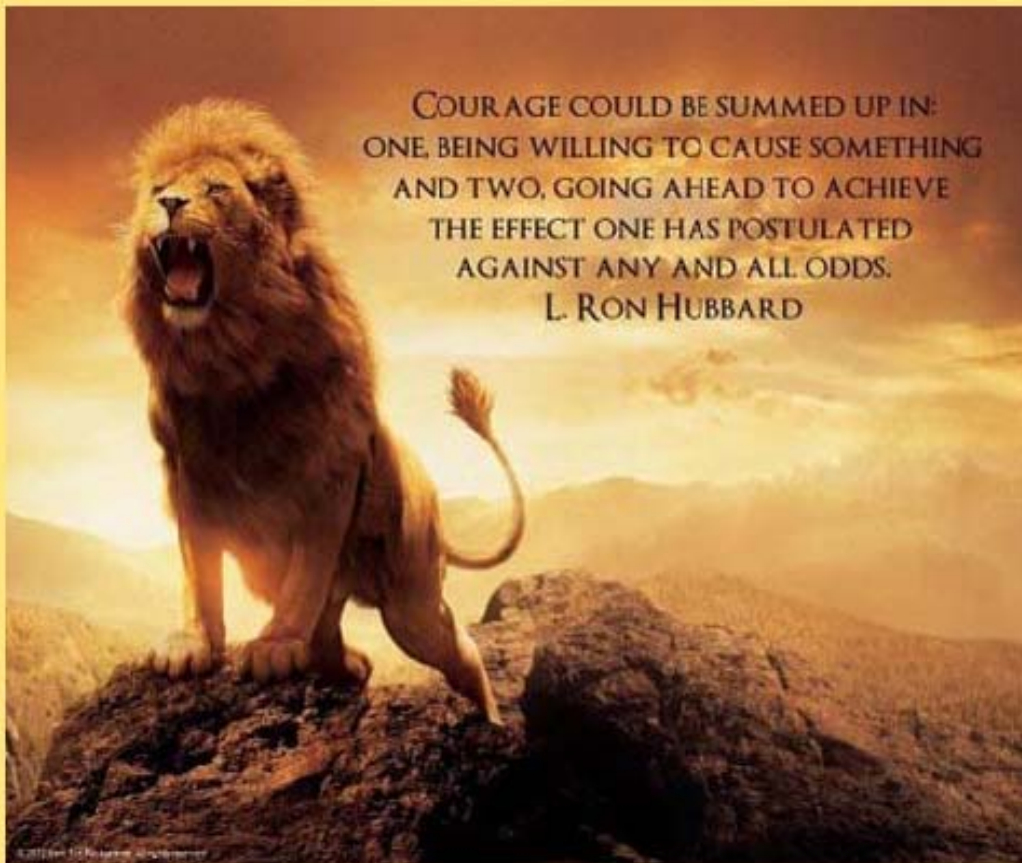
Now, we could go on down south again and say, below mystery we get peering. And below peering, why, we would of course get misemotion. And below misemotion we would get horror of effort. And below horror of effort, why, we would get something on the order of a circuit instead of thinkingness, you see.

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

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



# Group Starter Kit for Scientologists



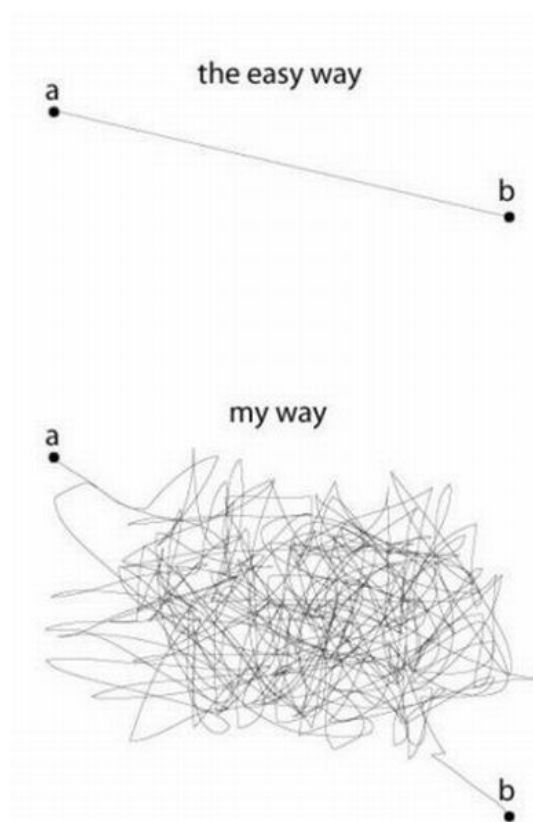
## A Handbook for Field Scientologists Starting up a Group

Published by The Association of Professional Independent Scientologists.

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

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## Phenomena of the Fixed Idea

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

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

Now, Cause, Distance, Effect—we get the the-

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

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

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

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

~oo00oo~



## The Only Thing Wrong With a Thetan

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

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

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

Well, only after a person has broken his word with an agreement does he go bad, you might say—does he react badly. Now, a thetan can, at any moment, reassert his own individuality and separateness from everything and anything. He does this every time his body dies. He says, “I'm no further responsible for that,” and there

he goes. Doesn't even remember it. That's the way he normally tackles the situation in this day and age. Actually, he loses the mass and he loses the agreements above that mass-terminal idea. You remember the Reality Scale? When he loses the mass, why, he also loses the agreements that held him to that life. There is an exact instant at death where a person will attempt to complete all cycles of action. If a person is given some kind of warning and, if he is not in such bad shape that he can no longer control his body—he can control his body somewhat then and he has a little bit of warning—he'll just work like mad to finish off some of these cycles of action. And right next door to that instant is the abandonment of all of them.

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

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

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

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

~oo00oo~

# 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 lightning bolt. The ability to hold something in position. The ability to make something continue. The ability to do away with something. Strength. Accomplishment. Power. Wit. Ability. These things are all wrapped up in the one common denominator of INTENTION.

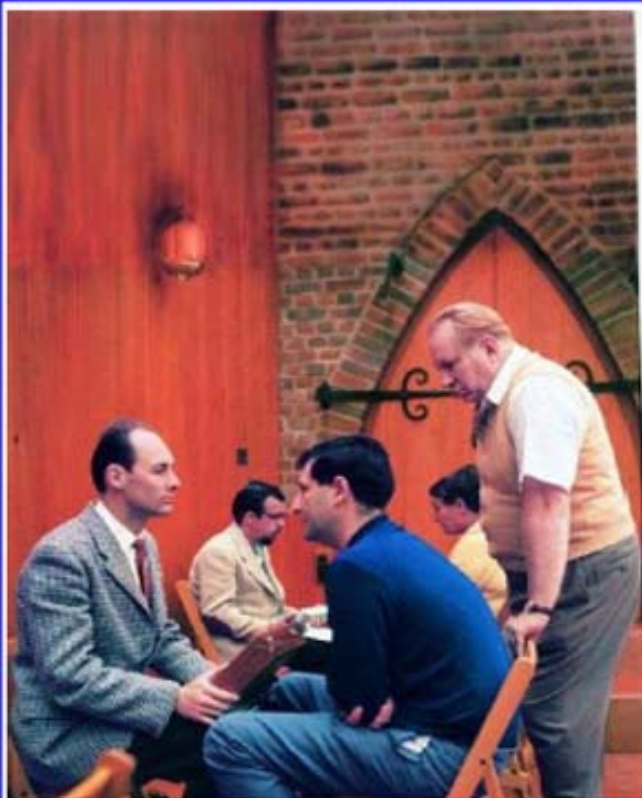
You've been able to do this in recent times. It baffles you sometimes when a piece of MEST does not instantly and immediately obey, but it's simply a matter of intention.

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

Intention is everything in case recovery. A person is as weak as his intentions are blunted. He will become as strong as his intentions are free. The greatest holder-backer of intention is the person himself. If he is regaining his power or ability or something like that, he's merely moving out of his road what blunts his intention and what has blunted his intentions, and that's all he is really doing.

Well, now he can go all the way, that is well within his grasp, and if he walks along a certain path and doesn't keep jumping off the cliff and so-forth, why he will arrive.

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## Auditing in 2014!

*"The main thing to know about stalled cases is that cases get stalled. That is a truism that sometimes misses people. A case can be running along very nicely and suddenly cease running. Many things can happen."*  
Lecture: 'How to Resolve Stalled cases ' 1950 by LRH

**Is your case bugged?**

**Is it stalled and not moving?**

**Have you not gotten the benefits you expected?**

**Are you not moving on the bridge?**

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

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## *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*

### **2<sup>nd</sup> Dynamic Rehabilitation Program**

I received a 2nd Dynamic Rehabilitation Program by Chris, and WOW!!! The lists of wins and improvement are amazing. Let me inform you of a few of my amazing wins!!! They are so many...

I begin with the basic, CAUSE: my causeness about the 2D as a dynamic is very HIGH. It's like a reboot of the entire tech I did study and came back in a new time unit, and I did amazing as-is-ness about basics postulates in the beginning that rehabilitate my causeness stably and strongly.

NOW, I simply keep my TRs in naturally, almost never restimulate, and if I do, I make an as-is-ness again very faster than before, the 2 way comm is so in place, I can even confront the banks of the terminals in my 2D and handle their dramatization as an auditor, I'm more up tone, stable, and if I fall down in the tone scale it's only to handle another terminal, and I'm ok now about being down tone to make the other terminal going up in the tone scale with the 2 way comm, and all about the 2D!!

In the middle of the program, I did see the re-

sults right away, I was in comm with my girlfriend and had result right now!!!

So, if I can say, OT about the 2D!!!

And in the end, I couldn't go back in session! Floating TA !!!! LOL

And I also rehabilitated a very important spiritual state that I'm so happy to regain now!

Thank you very very very very much Chris and Ron, and all my friends did support me in any way to make that auditing possible, finally! LOL

A special note, to Chris is an AMAZING AUDITOR and everybody have to know that, I'm honoured to be audit by him, Ron, he's proud of him. Chris is in harmony with KSW and the result is the best proof. A pure, theta, and infinity thank you Chris.

### **After Auditing**

I know now what direction I want to go in my career (research & investigation), I feel fairly confident that my life will not get any worse, I feel more present & in touch with my body, am better at listening without anxiety or dread

as I used to have before.

My attention with others & in particular my girlfriend is much better – and I have certainty that auditing works.

I had been to therapists in the past & rarely left feeling good – usually I left sad, angry, frustrated or disappointed – whereas here each session felt awesome! This is WAY different than Church of Scientology auditing in that I can talk about ANYTHING & EVERYTHING without fear of going to ethics or being pressured to buy more, or donate more, at every entrance or exit.

“The Tech is here and I am grateful it exists. I recommend everyone try it for themselves and see the results firsthand.

“Looking forward to the next steps!”

### **After L11**

I am doing really good!  
My vigour has been restored.  
I have new energy and vitality that surprises me.

My prostate issue has virtually disappeared. My focus is the best it has been in 15 years. People bother me much less as I am able to grant them beingness very freely. I feel more genuine.

I am acutely aware of my actions and thoughts and can direct them with great certainty. My ability to as-is is remarkable.

have not been putting out postulates to see if they are sticking, but rather I seem to be operating with intention, which seems to be working very well.

I am aware of my games and enjoy playing them and having them. I'm sure there are more but these are really apparent to me.

I am continually amazed at what you and I did, how seemingly simple the commands, how seemingly unconnected the commands were to what has materialized! I continually wonder how LRH discovered the processes and commands that handle one's case.

Thanks for getting me through L11. My current condition is largely due to your excellent auditing

I look forward to L10, and I am looking forward to our next session!  
Thanks for asking!

### **OT11**

I have been Clear for quite some time. No doubt this has assisted me on all dynamics, but OTII is the turbo boost that helps one pull quickly away from the effects and impact of being "carried along with" areas of life that keep popping up and need to be regularly handled.

I've found that I was stuck in a rut. What Clear allowed me to do was be a really awesome driver over this very rocky, bumpy, and rough road. With OTII I have been able to "jump the track", get out of that rut, and place myself on a newly paved highway. I've always had plenty of horsepower, but what good is that when the road is too rough to floor it once in a while? The ability to do this is truly awesome. I wholeheartedly recommend it!

Thank you Jonathan Burke (at The AOGP)!  
Thank you Chris Black! Your guidance and persistence in helping me along is much appreciated.

### **OT III Completion**

Perhaps it is a coincidence that I attest today to OT III. In America we celebrate Freedom on July 4th, this however, is a much different type of freedom. It's called Freedom from over-

whelm. Let's stop and think for a second just what that means.

To me, it means being able to choose a path without the past considerations of what "might" happen to me once I do. This is the power of simplicity at work. I'm not on the right path... The right path is this way... that's the path I'm going, and that's about it.

There is no foreseeable way I could have made and experienced the changes that have recently occurred in my life without OT II and III. Free from evaluations of my own about myself, free from second guessing, free from underlying

fears, free from being overwhelmed.

And, I might add, able to make correct decisions, without set social guidelines, or moral codes. Truly very awesome!

There are a number of individuals who have assisted me on my recent journey; I would like to mention them here: L. Ron Hubbard, Jonathan Burke, Chris Black, Pat Krenik, and Marty Rathbun. You all played important roles.

~oo00oo~

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*Freedom*

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

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

—SCIENTOLOGY: A NEW SLANT ON LIFE

L. Ron Hubbard

## FREE THETA

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"REALITY IS THE AGREED UPON APPEARANCE OF EXISTENCE"

SCIENTOLOGY 8-8008  
Lafayette Ron Hubbard





## **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!**

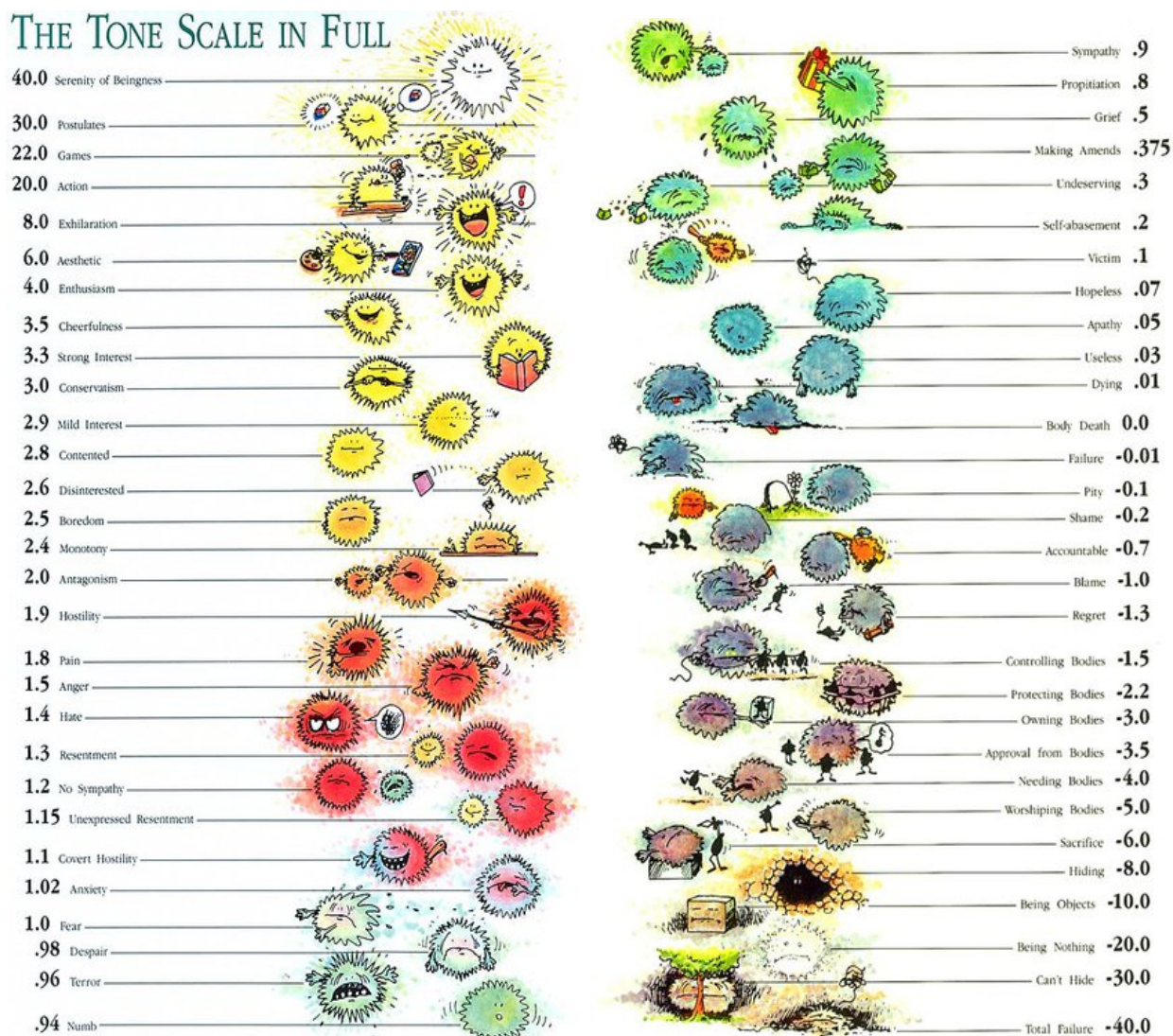
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### **Quote from L. Ron Hubbard**

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

***—SELF ANALYSIS***

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

### Exercises One, Two and Three

#### Exercise One

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

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

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

#### Exercise Two

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

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

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

#### Exercise Three

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

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

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

"Recall a time when you agreed to something."

"Recall a time when somebody disagreed with you."

"Recall a time when you liked somebody."

"Recall a time when someone agreed with you."

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

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

This exercises can be done for hours.

~oo00oo~

**Quote from  
L. Ron Hubbard**

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

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