



# FREE THETAN

Newsletter of the association of  
professional independent scientologists

*Preserve, Protect & Promote*

April 2016

Volume 7 Issue 4



*There is something else about Freedom which is intensely interesting - it cannot be erased. You may be able to concentrate somebody's attention on something that is not free and thus bring him into a state of belief that Freedom does not exist, but this does not mean that you have erased the individual's freedom. You have not. All the freedom he ever had is still there.*

***-SCIENTOLOGY: A NEW SLANT ON LIFE***

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*Preserve, Protect & Promote*

**FREE THETAN**  
**Volume 7 Issue 4 April 2016**

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## Important

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

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

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

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<p><b>The FREE THETA</b></p>	<p>The Members Quarterly Journal of the Association of professional Independent Scientist <i>Preserve, Protect &amp; Promote</i> <a href="http://independent-scientologists-association.net">http://independent-scientologists-association.net</a></p>	
		<p>reservo, servo, proveho</p>

## ~ *Editorial* ~



reservo, servo, proveho

### Dear Reader,

What is a double standard?

A central concept in Hubbard's philosophy is that we are not bodies but are immortal spiritual beings. And being immortal, individuals are not confined to one planet but may have in the past and, who knows may in the future, occupy other planets around the universe. This is a belief common not only to scientology. Indeed it is more common that you might think.

In fact a Gallup Poll a few years ago demonstrated that a good one third of the population in the United States believed earth is being visited by extra-terrestrials. In the East reincarnation, in which an individual returns to another body when the prior one is finished, has been a common believe for thousands of years. Buddhism, for example, which has been around far longer than any western Johnny come lately newspaper or TV station, has held a similar belief for thousands of years.

It forms the central theme for Tibetan Buddhism. In fact the Dalai Lama is considered the 14th incarnation of the one and only Dalai Lama. Something the media and many ignorant people choose not to comment on. Nowhere do I read that the Dalai Lama is an alien or even considered a little strange for having ruled his country for hundreds of years in various bodies. In fact he is treated with the utmost respect by the media who scrabble for his attention. It is only recently, in the 'western world', that the belief we are only 'one lifers' has been promoted. The media do not knock Buddhism for having similar beliefs, or Hinduism, and even respects the Islamic faith which has some interesting concepts as well. This is a good example of a double standard. This indicates it is not the beliefs that are being disparaged by the media but the Philosophy itself. And here one can ask oneself why?

Until next time.

Much arc,

Michael Moore  
Editor

## *The Aims of Scientology and APIS*

*Lafayette Ron Hubbard first issued the 'Aims of Scientology' which of course still stands. Yet, despite holding a copyright on these aims the Church of Scientology, RTC and the CST do not 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

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[standardtechauditor@yahoo.ca](mailto:standardtechauditor@yahoo.ca)

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Delivers: L's, NOTs, and entire Bridge

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Southern Cal tech Team

#### Standard LRH Bridge

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

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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

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From Life repair to OT4

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

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[slllorens71@gmail.com](mailto:slllorens71@gmail.com)

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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~





## A SUMMARY OF SCIENTOLOGY

Scientology is the science of knowing how to know answers. It is a wisdom in the tradition of ten thousand years of search in Asia and Western Civilization. It is the Science of Human Affairs which treats the livingness and beingness of Man, and demonstrates to him a pathway to greater freedom.

Subjects which were consulted in the organization and development of Scientology include the Veda; the Tao, by Lao Tzu; the Dharma and the Discourses of Gautama Buddha; the general knowingness about life extant in the lamaseries of the Western Hills of China; the technologies and beliefs of various barbaric cultures, the various materials of Christianity, including St Luke; the mathematical and technical methodologies of the early Greeks, Romans, and Arabians; the physical sciences, including what is now known as nuclear physics, including the various

speculations of Western Philosophers such as Kant, Nietzsche, Schopenhauer, Herbert Spencer, and Dewey, and the various technologies extant in the civilization of both the Orient and Occident in the first half of the twentieth century.

Scientology is an organization of the pertinencies which are mutually held true by all men in all times, and the development of technologies which demonstrate the existence of new phenomena not hitherto known, which are useful in creating states of beingness considered more desirable by man.

There are two distinct divisions in Scientology. The first is philosophic, the second is technical. Under the philosophic heading one discovers the ways and means of forming new ways of life and of evaluating or creating standards of livingness and beingness. By this knowingness alone, and without processing, it should be understood clearly that a new way of life could be created, or an old way of life could be understood and better endured or altered. Under the technical division we have a long series of developed processes which, applied immediately and directly to life or an organism thereof, produce changes at the will of the practitioner.

Scientology concludes and demonstrates certain truths. These truths might be considered to be the highest common denominators of existence itself.

The following summary of these truths has the aspect of precision observations rather than philosophic hazardings. When treated as precision observations, many results occur. When regarded as philosophic opinions, only more philosophy results. Considerations take rank over the mechanics of space, energy, and time. By this it is meant that an idea or opinion is, fundamentally, superior to space, energy, and time, or organizations of form, since it

is conceived that space, energy, and time are themselves broadly agreed-upon considerations.

That so many minds agree brings about Reality in the form of space, energy, and time. These mechanics, then, of space, energy, and time are the product of agreed upon considerations mutually held by life.

The aspects of existence when viewed from the level of Man, however, is a reverse of the greater truth above for Man works on the secondary opinion that mechanics are real, and that his own personal considerations are less important than space, energy, and time. This is an inversion. These mechanics of space, energy, and time, the forms, objects and combinations thereof, have taken such precedent in Man that they have become more important than considerations as such, and so his ability is overpowered and he is unable to act freely in the framework of mechanics. Man, therefore, has an inverted view, whereas, considerations such as those he daily makes are the actual source of space, energy, time and forms, Man is operating so as not to alter his basic considerations, he therefore invalidates himself by supposing another determinism of space, energy, time, and form. Although he is part of that which created these, he gives them such strength and validity that his own considerations thereafter must fall subordinate to space, energy, time, and form, and so he cannot alter the Universe in which he dwells.

The freedom of an individual depends upon that individual's freedom to alter his considerations of space energy, time, and

forms of life and his roles in it. If he cannot change his mind about these, he is then fixed and enslaved amidst barriers such as those of the physical universe, and barriers of his own creation. Man thus is seen to be enslaved by barriers of his own creation.

He creates these barriers himself, or by agreeing with things which hold these barriers to be actual.

There is a basic series of assumptions in processing, which assumptions do not alter the philosophy of Scientology. The first of these assumptions is that Man can have a greater freedom. The second is that so long as he remains relatively sane, he desires a greater freedom. And the third assumption is that the auditor desires to deliver a greater freedom to that person with whom he is working. If these assumptions are not agreed upon and are not used, then auditing degenerates into 'the observation of effect', which is, of course, a goal-less, soulless pursuit, and is, indeed, a pursuit which has degraded what is called modern science.

The goal of processing is to bring an individual into such thorough communication with the physical universe that he can regain the power and ability of his own considerations (postulates).

A Scientologist is one who understands life. His technical skill is devoted to the resolution of the problems of life.

(Quote from The Creation of Human Ability 1054 Edition)

~oo00oo~

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

## **THE CODE OF HONOUR**

1. Never desert a comrade in need, in danger or in trouble.
2. Never withdraw allegiance once granted.
3. Never desert a group to which you owe your support.
4. Never disparage yourself or minimize your strength or power.
5. Never need praise, approval or sympathy.
6. Never compromise with your own reality.
7. Never permit your affinity to be alloyed.
8. Do not give or receive communication unless you yourself desire it.
9. Your self-determinism and your honour are more important than your immediate life.
10. Your integrity to yourself is more important than your body.
11. Never regret yesterday. Life is in you today, and you make your tomorrow.
12. Never fear to hurt another in a just cause.
13. Don't desire to be liked or admired.
14. Be your own adviser, keep your own counsel and select your own decisions.
15. Be true to your own goals.





# MAKING AN OT

by L Ron Hubbard

A big point in making an Operating Thetan is the rehabilitation of a thetan's primary desire in the MEST Universe. If you can't rehabilitate that he will be unwilling to leave a body and operate. He will continue to stay in immediate and intimate contact with bodies.

In other words, if you just spring somebody out of his head and don't do anything else about it, he's going to go back in. That's why it's a cruelty to do it, because one point won't have been solved.

What is that point? It's *sensation, need for*.

A better part of handling this point is to educate a thetan regarding what he once could do and prepare him to do that again; to demonstrate to him that he as a thetan can contact directly from the environment any sensation much better than the environment might possibly deliver to a body.

A thetan *can* do that.

For example, a thetan who's not in a body, or using a body in any way, can still contact from his environment and experience any sensation that a body can contact and experience, or that can be gained from bodies.

Of course, at that moment he would be willing to give up the idea of a body. And until he has realized that, *he will not leave* a body *alone* but will keep hanging around and diving downscale and going back into his head and out of his head and around and around.

This is handled by rehabilitating his own ability to perceive. This is not too difficult because the thetan has the only ability to perceive there is. He thinks he has to do it through the body. He's so accustomed to this and so certain of it that you have to demonstrate to him the thetan's ability to perceive directly in

the environment; that it can be possible for him to capture, experience and create sensations.

So this becomes very simple, really.

What do you do? You get him upscale to a point where he can feel a wall. Of course, he can feel a wall much better with his own contact with the wall than he can with his body's fingers as a body. In other words, he can feel the wall straight and he doesn't need any fingers to contact that wall. He can feel the size of, shape of and weight of objects without any interposition of a MEST body's fingers or muscular reflexes. He can see anything that he can see with a body and be as certain that he is seeing it as with a body.

But it's secondary, for instance, that he is able to contact ordinary things. What you want him to be able to contact are things which are strong, exciting, interesting and complex sensations. He must know that it is possible for him to, one, contact them in the MEST environment, and two, create them and contact them himself - both without a body.

Now that sounds like quite a trick. But the reason it sounds like quite a trick is that is the trick. You have to be able to do that. If you could realize how completely the thetan is dependent upon sensation for conviction that he is still alive, you would realize that what you are rehabilitating is the only reward he has for living - the beautiful sights, the beautiful sounds, the beautiful tactiles. Actually a *thetan* has thousands of different perceptions. I don't think you could list all these perceptions. It would just go on and on.

The MEST body can only contact, at the outermost extreme about fifty five. That is almost forty more than are commonly listed in textbooks which have, laughingly, dealt with this subject. I don't know why they didn't just sit down and categorize the number of things in the environment there were to contact and then go and ask somebody if he could sense them. But they didn't do that. Instead they

made up a theory and never tested it.

Therefore, the rehabilitation of sensation is very necessary because *need for, desire for, sensation* is the only thing which keeps him in the vicinity of a body; that plus the continued belief, confirmed by what is apparently quite real experience, if not actual experience, that only the body can deliver unto him these sensations.

As a result, when he is a Theta Clear he has to go up to the level of Operating Thetan. That consists primarily of the rehabilitation of *sensation, perception of*. It also depends on two or three other little things that you might miss in passing.

Before I go into a much lengthier dissertation on this, I'm just going to describe these things because they're quite important.

A Theta Clear is still in a state where his memory does not immediately confirm to him any duration of beingness as a thetan. He is in a state in which he does not evaluate himself as a personality. He sees himself as an identity with the body. Everybody who comes along has given the body a name and has given the body credit for everything. He has been designated with relationship to the body so consistently that, amazingly enough, a thetan moves out and leaves the personality in the body!

For example, you've got a person who is quite convinced he is a Theta Clear. For what does he use these skills and talents and this freedom - to experiment with or to fool around with or see how curious it is? He doesn't use that state as a state of being alive, as a state which has a personality he will ever have.

So he leaves the personality behind. He thinks he has to be in some peculiar frame of mind or that he's sort of an automation. Outside his head he thinks he's a mechanical object or he's a spark or something. He just hasn't come up to the point where he's grasped this. But grasping that simple detail is quite important.

As a result he has no evaluation of his own capabilities and, much more importantly than just evaluation, he has no appreciation of himself. He doesn't have appreciation of himself just directly as himself. He doesn't say, "Now I have moved out of this body, I can be happy, I can sing, I can dance. I can do all of these things." Rather he says, "The body can be happy, the body can be sad, the body can sing, the body can dance. And I can sit back and look at it."

He is sort of like a spectator in the stadium. It really doesn't occur to him that the body can't sing and dance unless he handles it like a puppet. Instead, he's set it up on automaticities so it will sing and dance.

Why does the body sing and dance? Why does the body express joy or anything else? It's because the thetan likes to sing and dance and express joy. It's very simple.

So he's done a sub-zero awareness differentiation when he should have done an identification. He should have picked up his own capabilities right with him at the moment he moved out.

You can do a very graceful dance between the moon and Venus. There's lots of space. It's a big ballroom. If you can't make space, the whole MEST universe is full of it. Even "solid matter" is mainly space.

Thus, where you have a person who has no appreciation of himself, you also find that he hasn't any concept of the fact that he is joy, that he is a higher level of aesthetic than a body could ever be; that he can, in his own interest, take a larger and more effective role in the affairs and concerns of being alive than a body ever could.

What does he do for randomness in a body? He goes to the office; he goes home. Or if he has money he would go out on the polo field or the flying field or something of this sort and amuse himself in a plane. And in order to account to himself and settle his own accounts that he was worth something, what would he do? Why he'd join the local philan-

thropy society or the charity, or he'd make sure that the Boy Scout Troop was running all right and so on.

When we were young we were quite enthused about helping out groups and helping people out. We soon found out that you had to be pretty strong to help anybody out. Then we found out we didn't have any time to do it because we had to work too hard to eat and all these other affairs came into the line. And we found out that, really, the only thing we could do for them was give them some advice once in a while which they didn't need, and some money which *we* needed. It was sort of sad.

That's what a homo sapiens does for randomness, and this thetan, *as* homo sapiens, also operates at this level. What? You mean this person has no purpose or goal of beingness? Here he's capable of stepping outside the economic concerns of the world, capable by his own actions of becoming partisan in causes much broader than he would ever be able to touch.

Man, for instance, gets enormous ran-

domity out of who is going to be secretary for the local Lion's Club. A thetan could go out and have a fine time campaigning for some congressman. You would be amazed! He would just sort of appoint himself guardian angel to this or that or this or that cause.


Well, what's the difference? This homo sapiens was interested in helping and participating and doing all these things, and, don't forget this one, *collecting* MEST.

Now all of a sudden as a thetan he moves out and leaves his personality and all his interests and goals in that body, because they were all postulated for the body. And the thetan is too much of a - to be technical - golf ball to recognize that his beingness is himself.

All he has to do is suddenly wake up to the fact, "What do you know? I'm me!"

Edited from The Philadelphia Doctorate Course lecture #50,16 Dec 1952

~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.

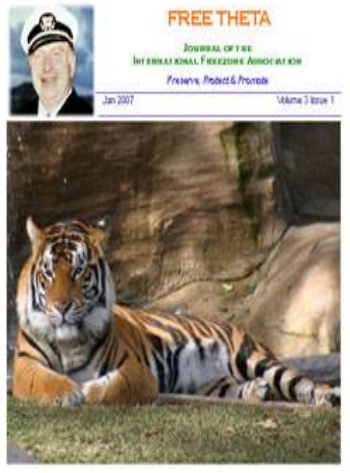
- SCIENTOLOGY: A NEWS SLANT ON LIFE

L. Ron Hubbard

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"REALITY IS THE AGREED UPON  
APPEARANCE OF EXISTENCE"

SCIENTOLOGY 8.8008  
Lafayette Ron Hubbard

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

### **Exercises One, Two and Three**

#### **Exercise One**

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

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

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

#### **Exercise Two**

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

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

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

#### **Exercise Three**

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

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

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

"Recall a time when you agreed to something."

"Recall a time when somebody disagreed with you."

"Recall a time when you liked somebody."

"Recall a time when someone agreed with you."

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

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

This exercises can be done for hours.

~oo00oo~



## Wins and Successes in the Scientology Independent Field

### Handbook for Preclears

So I've jumped head first into the Handbook for PreClears. And, WOW is all I can say. I've only done the first 3 Acts, but it's amazing how much I am already learning and Winning. For instance, it was amazing to see how much my overbearing mother (don't get me wrong, I love her to death) has effected my life and shaped who I am. And, I discovered that my father has had much much more impact and effect on who I am than I originally thought. With my mother being overbearing, I figured my father got washed out somewhere. Not so, judging from my cognitions. Also, I realize that I am obsessed too much with my past mistakes and actions. Now that I am aware of these things, it's time to take these Wins and build on it to unenturbulate even more of my theta!

It had been a while since I had a major Win (reading SOS, while an amazing and excellent journey, did get a little tedious in the end).

The Handbook for Preclears appears to be the next great step for me on the Bridge!

### Method 1 win

I just finished the Mini Method 1 Co-audit course. This is exciting for me because I've previously just been a solo auditor. I look forward to helping others clear up definitions.

### Success M-1 Completion

First, M-1 was lot of fun! Call me a geeky weirdo if you want, but looking up definitions, knowing what some word means completely and with certainty is just a blast. Also had a wonderful time delving into grammar--another fun endeavour.

Second, as a result of M-1 I'm spotting many words, long part of my daily vocabulary that I have never actually looked up. I have meanings for these words, probably pretty accurate ones, but where did those meanings come from if I've never looked the word up?

And how can I have complete certainty of no misunderstandings. If I've never looked them up? All these fractional uncertainties add up. Before M-1 I would not have spotted these words.

Third, M-1 has had a rehabilitating effect on my curiosity to find out about new things: "Who is that person?", "I don't know about that subject.", "Gee, what IS the definition of that word?"

### **Method One Word Clearing Course**

I have enjoyed the data on this course very much. In going over the material, I found that some of the HCOB's I had studied previously. Not only did I get a lot out of them again, but in tearing apart the previously studied items and then researching touched on, but not elaborated items, I grasped a much greater depth of understanding of what is going on with a pc and what one is actually doing. This has not only given me the data on M-1 but clarified a lot of shaky ground for me as a solo auditor as well. This has been a great course. Being in the Course room and studying tech again at all has been enlightening and enjoyable.

### **Objectives**

At first, running Objectives seemed boring. As it went on, there were a few interesting cognitions. Had some fun with "Touch that (object). Touch that (body part), as it sometimes felt like I was doing the "Macarena" dance! I can touch anything or get any idea I want. I enjoyed "Get the idea of making that (object) disappear"! At the end, I didn't even have to look at the object to make it disappear! The possibilities!! Thank you.

### **False Purpose Rundown**

"Big Being  
Ever felt like there was something inside you

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

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

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

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

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

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

Sometimes I lost my temper and a few planets went flying but I have confessed my sins. LOL I was loving and gentle with a hint of impatience, but all in good fun. Kind of like a few curious babies playing together, sometimes one gets pissed at the other.

Save yourself grief, forget buying a brand new shiny car or diamonds and instead I propose you unleash your power; unleash YOU.

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

It's amazing. Real solid wins.

### **Audited NOTs completion Success Story**

If you ever wondered how the human mind really works and didn't know what questions to ask, this is the level for you! I've had questions answered I didn't even know that I wanted to ask. I've probably read or listened to 700 to 800 of LRH's lectures which includes 10 R & D volumes and I never had a clue about the data on OT V.



After OTIII, I kind of thought OTV might be more of the same – not so – the questions the auditor asked are amazing and surprising! It's not something I've wondered about because I didn't know there was any such thing! And the answers are more amazing than the questions!

One question early on in the level is the type of question you wonder how in the world LRH came up with it. The question was shocking – and even now the answer amazes me when I think about it! It cleared up 40 years of confusion I had about a session in the early 70's.

I found out why I had such a rough time with Dianetics in the late 60's and early 70's – and basically why I had so much trouble with au-

diting in general until I started on the OT levels.

I also found out how an OT can create an effect in another location. I found out because I did it in session! I created an effect in another location in answer to one of the session questions and it was almost as shocking as the one I mentioned in the paragraph before last!

This level is a perfect gradient up from OTIII – It's amazing and fun! If you're wondering whether to do it or not jump on in – the data alone is worth the price of admission and you won't find a better auditor anywhere!

~oo00oo~

**The  
FREE  
THETA**

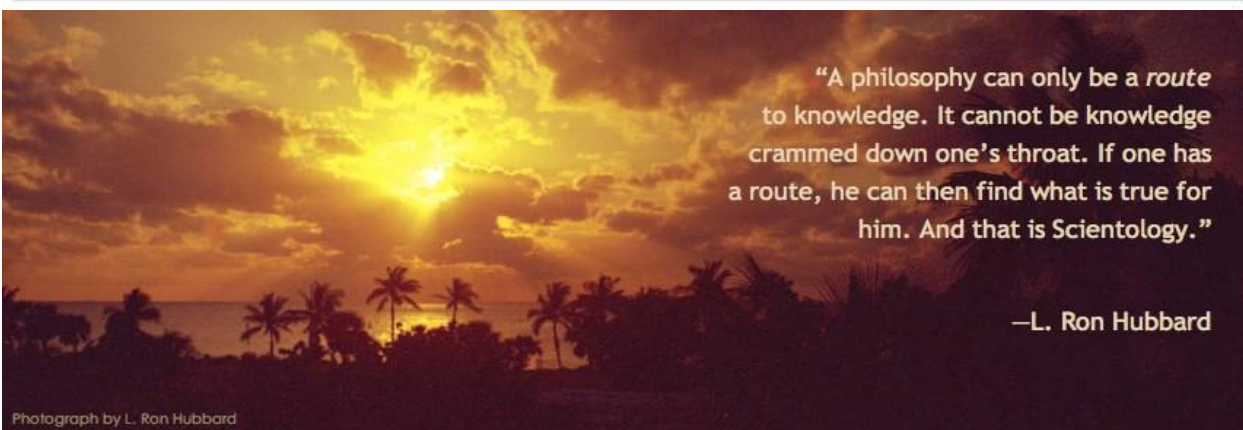
The Members Quarterly Journal of the  
Association of professional Independent Scientist

*Preserve, Protect & Promote*

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reservo, servo, proveho



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

—L. Ron Hubbard


Photograph by L. Ron Hubbard



**A TRIBUTE TO MARY SUE HUBBARD**

*Wife of L. Ron Hubbard*

*Remembered with Respect and Honor*



## PERSONAL INTEGRITY

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

What is personal integrity?  
Personal integrity is knowing what you know-  
What you know is what you know-  
And to have the courage to know and say what you have observed.  
And that is integrity  
And there is no other integrity.

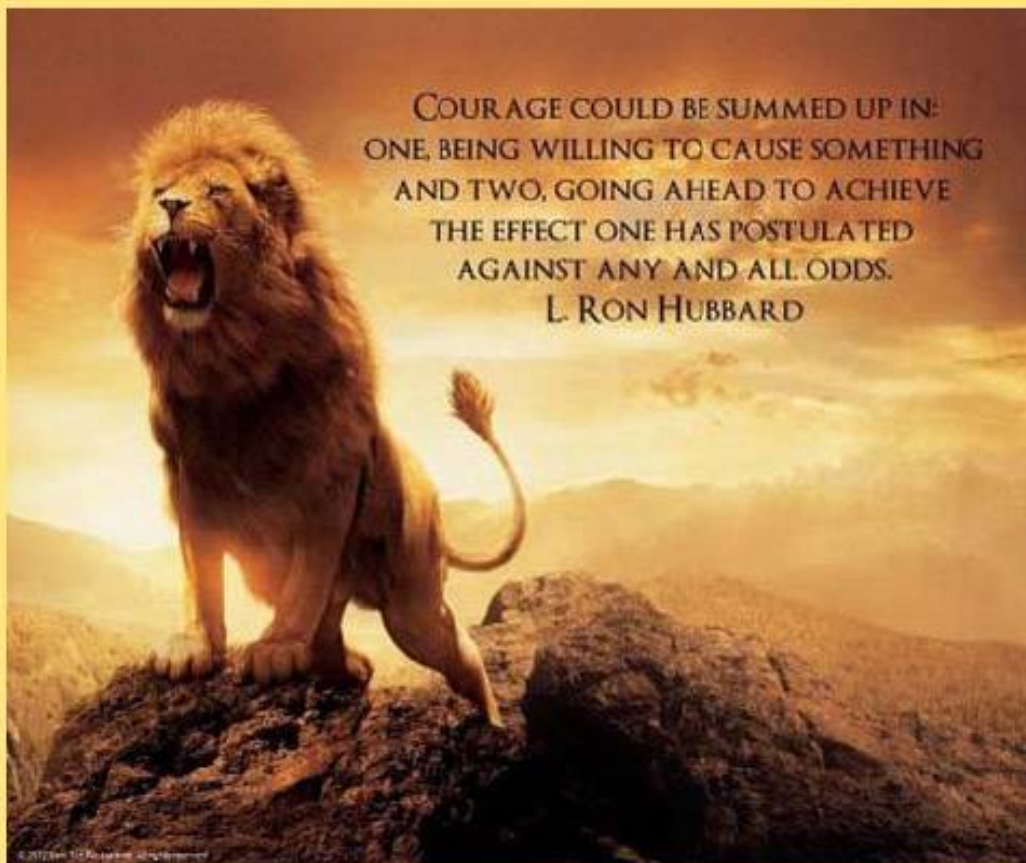
Of course we can talk about honor, truth, all these things,  
The esoteric terms.  
But I think they'd all be covered very well  
If what we really observed was what we observed,  
That we took care to observe what we were observing,  
That we always observed to observe.

And not necessarily maintaining a sceptical attitude,  
A critical attitude or an open mind.  
But certainly maintaining sufficient personal integrity  
And sufficient personal belief and confidence in self  
And courage that we can observe what we observe  
And say what we have observed.

Nothing in Dianetics and Scientology is true for you  
Unless you have observed it  
And it is true according to your observation.  
That is all.

L. Ron Hubbard

# Group Starter Kit for Scientologists



## A Handbook for Field Scientologists Starting up a Group

Published by The Association of Professional Independent Scientologists.

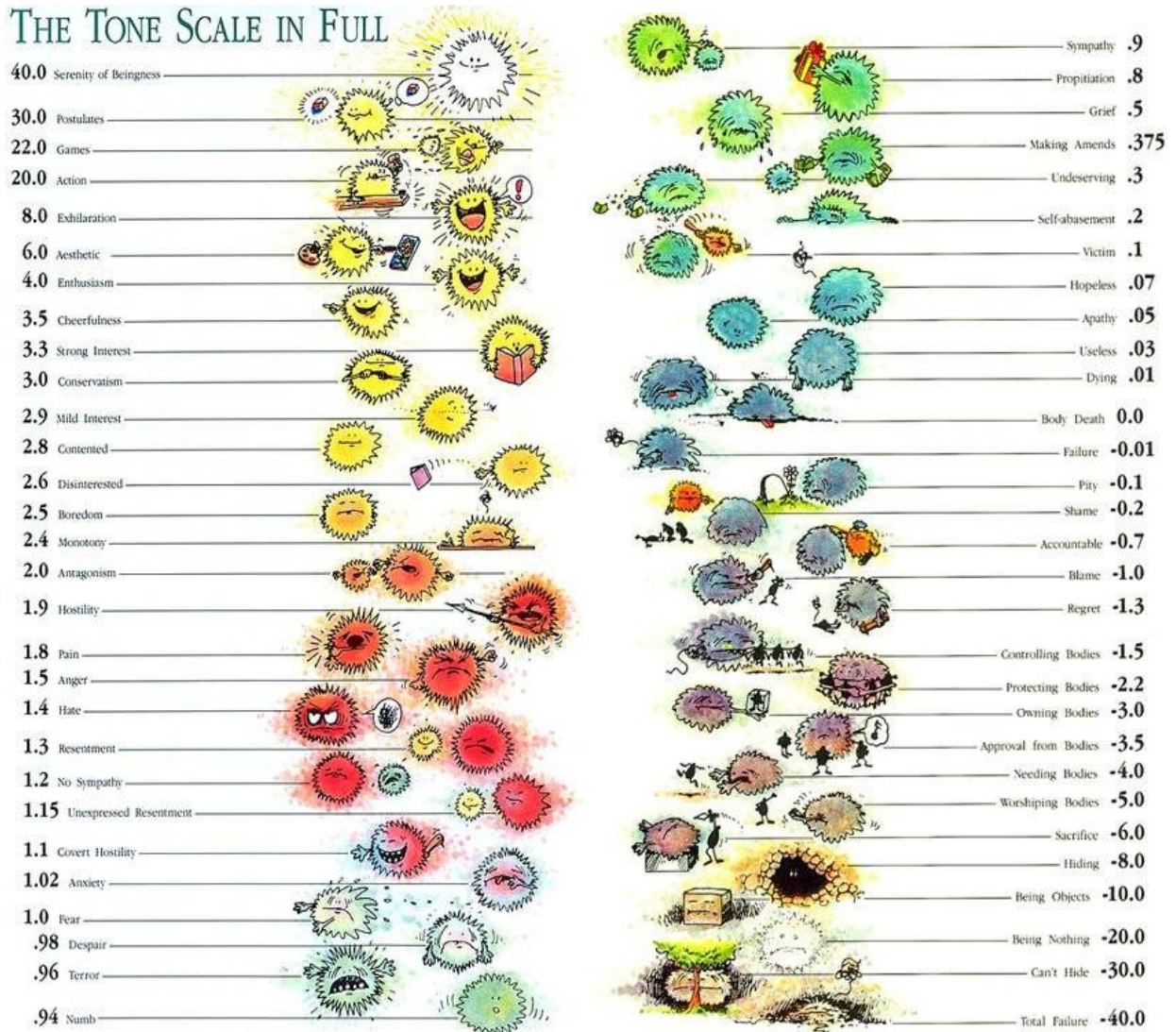
**Get your Free Group Starter Kit today!**

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

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# The Tone Scale in Full



## The Tone Scale

Understanding is composed of Affinity, Reality and Communication. This triangle tells us that the co-existent relationship between affinity, reality and communication is such that none can be increased without a resulting increase in the other two and none can be decreased without decreasing the other two. Of the three, communication is by far the most important. Affinity and reality exist to further communication. Under the heading of affinity we have, for instance, all the varied emotions which go from apathy at 0.1 through grief, fear, anger, antagonism, boredom, enthusiasm, exhilaration and serenity in that order. It is affinity and this rising scale of the characteristics of emotion which give us the Tone Scale.

Scientology 0-8. The Book of Basics

## Daily do list from Ron

Here's a brief quote from Professional Auditor's Bulletin (PAB) No. 6, which I offer as a fair use quote for educational purposes:

"Now you happen to be using a body. Before we worry about your mind let's clean up the primary communication relay point, the body. And for two weeks, let's do these things:

1. Clean up your MEST, get done the various odd jobs you've "been meaning to do."
2. Bring yourself up to date socially and give a letter or a ring or a personal call on people you've neglected.
3. Take a one-hour walk every day, simply starting away from home very early (dawn is best) for half an hour and then walk back, a different direction every day. (If you can't walk, get out in the yard and throw things for half an hour. If you can't throw, spit at something for half an hour -- and I mean throw and spit literally.)
4. Get a physical examination and if anything is chronic get it cured.
5. Take twice a day 100 mg. of B1 (200 mg. total) and supplement it with 250 mg. of vitamin C.

If you will do these things, you will be ready in a couple of weeks for some auditing. And if you feel you're in such top condition you need no auditing, I dare you to do the above and feel the change."



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

**[http://independent-scientologists-  
association.net](http://independent-scientologists-association.net)**



# Regain your **ABILITY and POWER** as a Thetan

by L. Ron Hubbard

INTENTION. The ability to intend. And intention contains in it every power the Thetan has. The ability to throw a lightning bolt. The ability to hold something in position. The ability to make some thing continue. The ability to do away with something. Strength. Accomplishment. Power. Wit. Ability. These things are all wrapped up in the one common denominator of INTENTION.

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

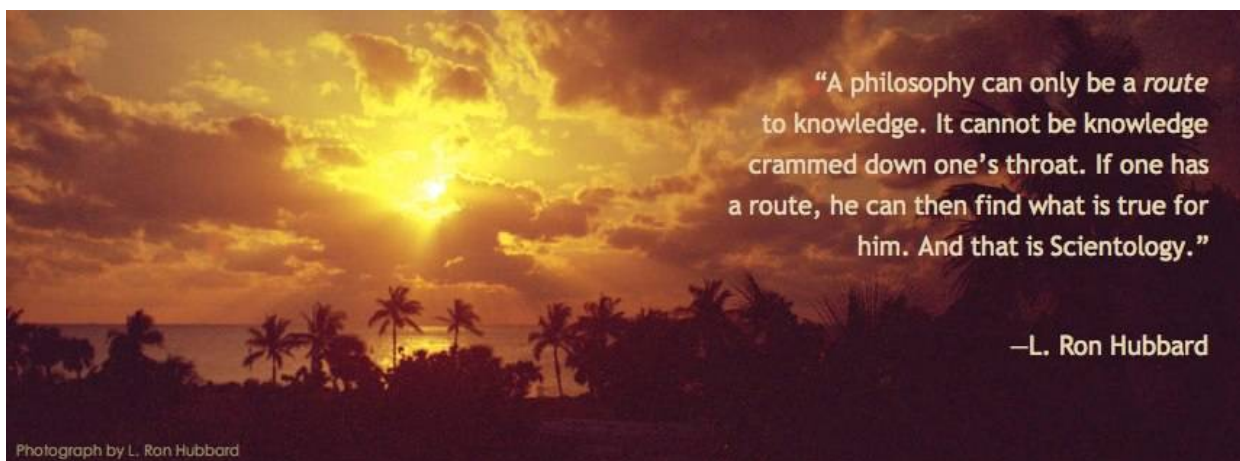
You intend something to happen and it happens. This is the ability to intend. And that is all there is to a thetan's power - there is no more to his power than that.

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

Well, now he can go all the way, that is well within his grasp, 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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