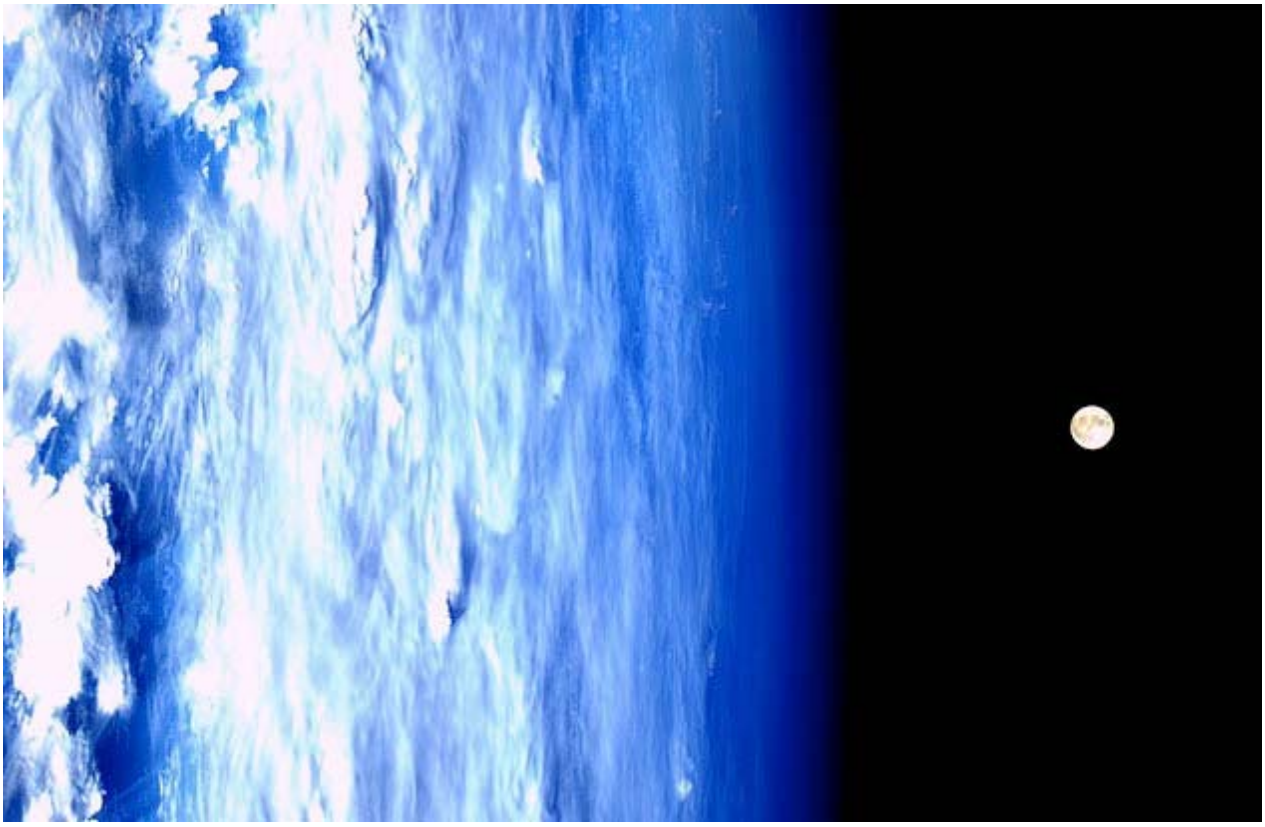
FREE THETAN

NEWSLETTER OF THE INTERNATIONAL FREEZONE ASSOCIATION

Preserve, Protect & Promote

December 2011 Volume 2 Issue 12



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

***"My Philosophy,"* WHAT ARE PEOPLE FOR?**

FREE THETAN

Newsletter of the International Freezone Association Inc.

FREE THETAN
Volume 2 Issue 12 December 2011

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~oo00oo~

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The International Freezone Association

The New Renaissance of Beingness

Preserve, Protect & Promote!

Quote from L. Ron Hubbard

"THE DYNAMIC PRINCIPLE OF EXISTANCE IS: SURVIVE!

Dianetics: The Modern Science of Mental Health

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.

Photo on front page: The botanical gardens in the Ramayana Hotel, Kuta, Bali, Indonesia. Used with permission.

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~ Editorial ~

reservo , servo , proveho

Dear Reader,

As another year draws to a close and the world seems to have gone haywire it is good to know that there is some sanity around.

Ron Hubbard defined sanity as the ability to differentiate . “The greatest ability of thought is DIFFERENTIATION. So long as one can differentiate, one is sane. Its opposite is IDENTIFICATION.“

The emphasis these days, however, is on sameness not differences. Being the same as others, this is identical to that. It is easier to have and foster less responsibility than to have and encourage more respo0nsibility. But it is by having and encouraging more responsibility that we have the way out of the morass we find ourselves in.

But just by having the IFA around, and knowing the technology is still available and in its pure form, not diluted with reasonableness and ‘improvements’ and so forth means that people have somewhere to come when they are ready to start that exciting journey that is Scientology.

It is worth while checking out the list of auditors and groups in this newsletter, especially if you are ready to continue up the bridge and obtain relief from the past as well as expand as a being.

The success stories and wins listed in this newsletter give some idea of what can await you.

I hope you are ready and may you never be the same again.

Michael Moore

President
International Freezone Association Inc.

~oo0oo~

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The Aims of Scientology and the IFA

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 the IFA

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.

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

The IFA does not seek revolution. The IFA 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 the IFA 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.

The IFA 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

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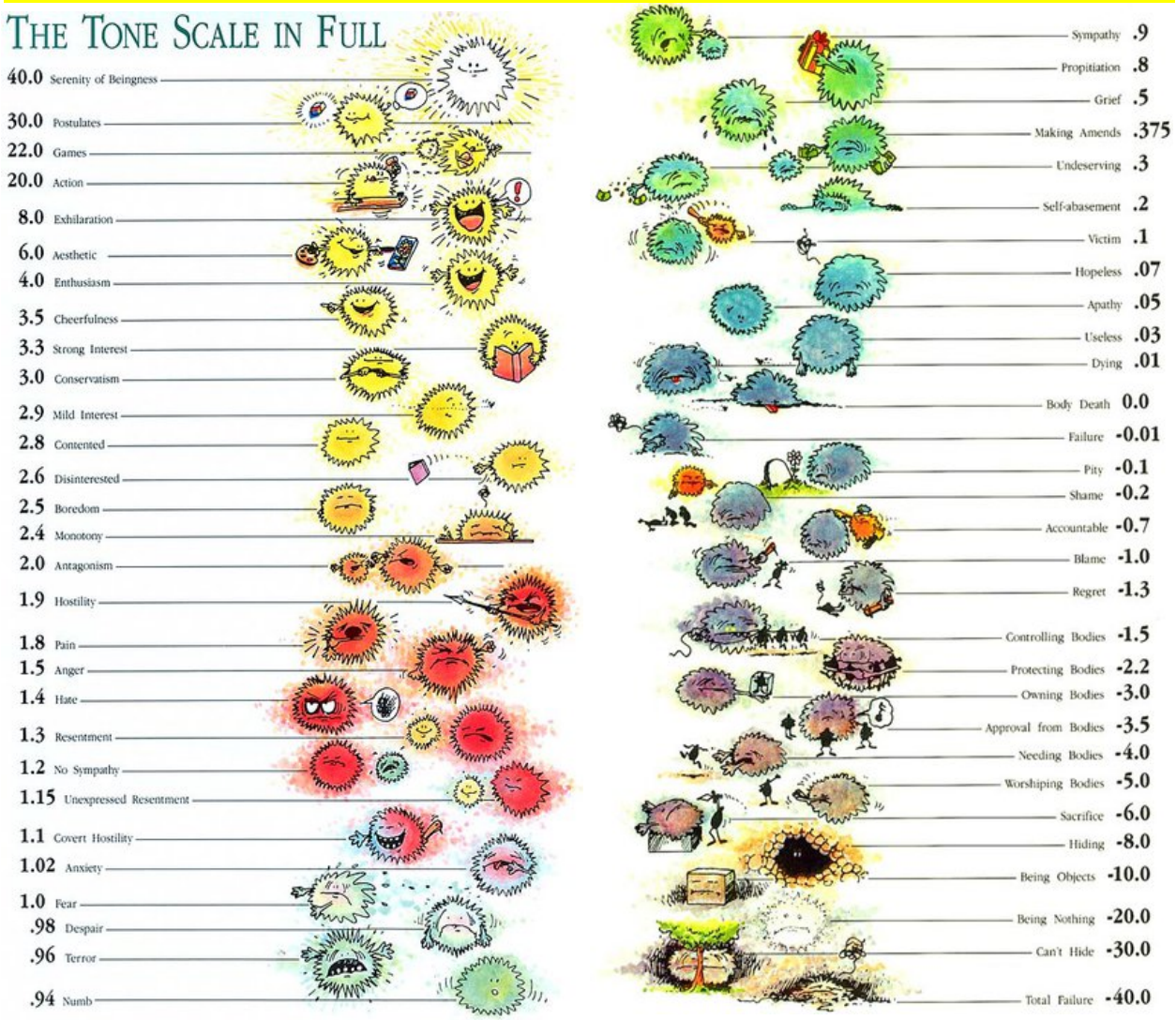
The Tone Scale in Full



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

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

USA
North West
The Life improvement Center
Delivers: up to Class IV, NED, Solo
Purif, PRD, Basic Courses
Anita & Les Warrenwww.lifeimp.com

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

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

Non certified and pending auditors, groups and organizations can be found on the auditors page. The IFA 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.

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THE REASON WHY

A quote by L. Ron Hubbard from his book, New Slant on Life

Life can best be understood by likening it to a game. Since we are exterior to a great number of games, we can regard them with a detached eye. If we were exterior to Life instead of being involved and immersed in the living of it, it would look to us much like games look to us from our present vantage point.

Despite the amount of suffering, pain, misery, sorrow and travail which can exist in life, the reason for existence is the same reason as one has to play a game—interest, contest, activity and possession. The truth of this assertion is established by an observation of the elements of games and then applying these elements to life itself. When we do this we find nothing left wanting in the panorama of life.

By game we mean a contest of person against person or team against team. When we say games we mean such games as baseball, polo, chess or any other such pastime. It may at one time have struck you as peculiar that men would risk bodily injury in the field of play just for the sake of "amusement". So it might strike you as peculiar that people would go on living or would enter into the "game of life" at the risk of all the sorrow, travail and pain just to have something to do. Evidently there is no greater curse than total idleness. Of course there is that condition where a person continues to play a game in which he is no longer interested.

If you will but look about the room and check off items in which you are not interested, you will discover something remarkable. In a short time you will find that there is nothing in the room in which you are not interested. You are interested in everything. However, disinterest itself is one of the mechanisms of play. In order to hide something it is only necessary to make everyone disinterested in the place where the item is hidden. Disinterest is not an immediate result of interest which has worn out. Disinterest is a commodity in itself.

It is palpable, it exists. By studying the elements (factors) of games (contests) we find ourselves in possession of the elements of life. Life is a game. A game consists of *freedom, barriers* and *purposes.* This is a scientific fact, not merely an observation.

Freedom exists amongst barriers. A totality of barriers and a totality of freedom alike are no-game conditions. Each is similarly cruel. Each is similarly purposeless.

Great revolutionary movements fail. They promise unlimited freedom. That is the road to failure. Only stupid visionaries chant of endless freedom. Only the afraid and the ignorant speak of and insist upon unlimited barriers. When the relation between freedom and barriers becomes too unbalanced, an unhappiness results.

"Freedom from" is all right only so long as there is a place to be free *to.* An endless desire *for freedom from is* a perfect trap, a fear of all things.

Barriers are composed of inhibiting (limiting) ideas, space, energy, masses and time.

Freedom in its entirety would be a total absence of these things—but it would also be a freedom without thought or action, an unhappy condition of total nothingness.

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

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

The restrictions of a government, or a job, give an employee his freedom. Without known restrictions, an employee is a slave, doomed to the fears of uncertainty in all his actions.

Executives in business and government can fail in three ways and, thus, bring about a chaos in their department. They can:

1. seem to give endless freedom
2. seem to give endless barriers
3. make neither freedom nor barriers certain.

Executive competence, therefore, consists of imposing and enforcing an adequate balance between their people's freedom and the unit's barriers and in being precise and consistent about those freedoms and barriers. Such an executive, adding only in himself initiative and purpose, can have a department with initiative and purpose.

An employee, buying and/or insisting upon freedom only, will become a slave.

Knowing the above facts, he must insist upon a workable balance between freedom and barriers.

There are various states of mind which bring about happiness. That state of mind which insists only upon freedom can bring about nothing but unhappiness. It would be better to develop a thought pattern which looked for new ways to be entrapped and things to be trapped in, than to suffer the eventual total entrapment of dwelling upon freedom only. A man who is willing to accept restrictions and barriers and is not afraid of them is free. A man who does nothing but fight restrictions and barriers will usually be trapped.
As it can be seen in any game, purposes become counterpoised. There is a matter of purpose-counter purpose in almost any game played in a field with two teams. One team has the idea of reaching the goal of the other, and the other has the idea of reaching the goal of the first. Their purposes are at war, and this warring of purposes makes a game.

The war of purposes gives us what we call problems. A problem consists of two or more purposes opposed. It does not matter what problem you face or have faced, the basic anatomy of that problem is purpose-counter-purpose.

In actual testing in Scientology, it has been discovered that a person begins to suffer from problems when he does not have enough of them. There is the old saw (maxim) that, if you want a thing done, give it to a busy man to do. Similarly, if you want a happy associate, make sure that he is a man who can have lots of problems.

We have the oddity of a high incidence of neurosis in the families of the rich. These people have very little to do and have very few problems. The basic problems of food, clothing and shelter are already solved for them. We would suppose then, if it were true that an individual's happiness depended only upon his freedom, these people would be happy. However, they are not happy. What brings about their unhappiness? It is the lack of problems.

An unhappy man is one who is considering continually how to become free. One sees this in the clerk who is continually trying to avoid work. Although he has a great deal of leisure time, he is not enjoying any part of it. He is trying to avoid contact with people, objects, energies and spaces. He eventually becomes trapped in a sort of lethargy. If this man

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could merely change his mind and start worrying" about how he could get more work to do, his happiness level would increase markedly.

One who is plotting continually how to get out of things will be miserable. One who is plotting how to get into things has a much better chance of becoming happy.

There is, of course, the matter of being forced to play games in which one has no interest, a war into which one is drafted is an excellent example of this. One is not interested in the purposes of the war and yet one finds himself fighting it. Thus there must be an additional element and this element is "the power of choice".

One could say then that life is a game and that the ability to play a game consists of tolerance for freedom and barriers and an insight into purposes with the power of choice over participation.

These four elements, freedom, barriers, purposes and power of choice, are the guiding elements of life. There are only two factors above these and both of them are related to these.

The first is the ability to create, with of course its negative, the ability to uncreate, and the second is the ability to make a postulate (to consider, to say a thing and have it be true).

This, then, is the broad picture of life, and these elements are used in its understanding, in bringing life into focus and in making it less confusing.

~oo00oo~

Axioms of Scientology

AXIOM 1. LIFE IS BASICALLY A STATIC.

Definition: a Life Static has no mass, no motion, no wavelength, no location in space or in time. It has the ability to postulate and to perceive.

AXIOM 2. THE STATIC IS CAPABLE OF CONSIDERATIONS, POSTULATES, AND OPINIONS.

Scientology 08, by L. Ron Hubbard

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~ 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.

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The International Freezone Association
The New Renaissance of Beingness
Preserve, Protect & Promote!

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 exercise can be done for hours.

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FREE THETA

The voice of Freedom!
The voice of the Freezone!
Exciting articles by well known & respected Freezone individuals.
Regular favourite features.
Available to IFA Members only.

KNOWLEDGE

"There is only one thing that could happen to Scientology, and that is to say that it would be buried. The remedy would be buried. If it ever went out of sight, this world's done. All you've got to do is invalidate it and put it out of sight and hide it, and it'll come up in the wrong place doing the wrong thing, and mankind will find itself a slave.

So anybody that knows the remedy of this subject, anybody that knows these techniques, is himself actually under a certain responsibility – that's to make sure that he doesn't remain a sole proprietor. That's all it takes, just don't remain a sole proprietor. Don't ever think that a monopoly of this subject is a safe thing to have. It's not safe. It's not safe for man; it's not safe for this universe.

This universe has long been looking for new ways to make slaves. Well, we've got some new ways to make slaves here. Let's see that none are made."

PDC Tapes—L. Ron Hubbard

~ L. Ron Hubbard Quote ~

"Be true to your own goals"

The Code of Honor

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Wins & Success Stories from the Independent Scientology Field

We get many success stories sent to us from independent students and auditors of auditing, training and, yes, even from just reading Lafayette Ron Hubbard Books!

Life Repair

I remember coming into this thinking 'I'm broken' and that all the stuff in my life will haunt me for the rest of my life, and thinking that I was trapped in this dark, scary, unhappy place, and that I didn't deserve better because of the things I've done, and the people I've hurt (me included).
What I gained from all of this is that we are all broken and forgivable and are worthy of happy, successful and fulfilling lives. But what I learned more importantly is that no one else but us is responsible for our happiness and success. I've learned to forgive myself, accept myself, love myself, and be proud of myself, and others as well.
Maybe the biggest success is forgiving people who have hurt me, betrayed me, deceived me, and didn't accept me. That's their loss, and I'm not going to be affected by it. I have a clear head on now and am ready to kick some serious butt! Thank you, Anita!

Ann's Success Story

As of this day I can honestly attest that my life and survival has improved to the point where I am looking to the future in a very positive frame of mind. My auditing with Trey has been amazing and I feel like I have been released from holding onto any past concerns in my present life. I am ready to step forward into the light and make wonderful things happen in my life and in the lives of the people close to me.

Jill's Success Story

I have always felt I could communicate to any one on any subject so I was not really expecting any fireworks on this level. Well...there was more to this level than meets the eye for sure. I line charged in one session, and after another session I got more of an awareness of communication on the 3rd and 4th dynamic.

Then today on my way to session I got this flow where I just felt compassion for all beings, and no ridges on flowing ARC to anyone. I cried because it was just too much to hold into this little body. We addressed things I "knew" I had no charge on. Ha Ha Ha. These were the biggest wins. I feel freer and more in comm with society as a whole, and my ability to grant beingness is a whole lot bigger. For

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the first time, I can honestly say I am a different being. I am getting a lot freer. I just love Trey! He is superduperfragalististicexpealidocious. I feel lucky to have pulled him in. Thanks to LRH for dedicating his life to coming up with the tech to set us all free.

Jason's Success Story
Grade O has been absolutely wonderful. I have spent my whole life afraid to speak up, much to my detriment. In the past I have allowed others to misuse me with their comm, and invalidate my viewpoint. About half way through the grade, I suddenly began communicating without fear and with confidence. I was no longer worrying about how my communication would be received, or checking the environment to see if it was "safe" to communicate my viewpoint.

What I have received from the grade was not just the ability to communicate, but the ability to communicate from a viewpoint. My viewpoint! Now that I have this, I have my integrity back. What is true for me is true for me. What I have observed is what I have observed. I have truth, my truth, and now I can share it without worry or self-doubt. Thank you LRH for this profound gift you have left the world, and thank you Trey for your wonderful auditing.

Chris' Success Story
I just completed Grade 1 and I now know for sure that I have the ability to recognize the source of problems and make them vanish without any doubt whatsoever. I've actually seen how man problems I've created and have now started to handle so that they vanish. I'm really happy to have this ability. Thanks Trey for this new ability.

~ CLEAR SUCCESS ~

I am truly in a different space in time. I am truly exterior and cause in this universe on my 1st dynamic without circuits and machinery. I could never even imagine the space I find myself in. It is truly hard to communicate this state. It's sort of like I see others but they don't see or feel my machinery any longer, but just see a beautiful beingness.
Love, Tom

~oo00oo~

~ Special Notice ~

To see IFA posts on twitter log in to twitter and search for *IFreezoneAssoc*

To see the IFA on Facebook, log in to Facebook and search for *Int Freezone Assoc*

Keep in Touch Today!

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~~ Lafayette Ron Hubbard Quote ~~

Man has had many golden rules. The Buddhist rule of “Do unto others as you would have these others do unto you” has been repeated often in other religions. But such Golden rules, while they served to advance man above the animal, resulted in no sure sanity, success, or happiness. Such a golden rule gives only the cause point or at best, the reflexive effect point.

This is a self-done-to-self thing, and tends to put all on obsessive cause. It gives no thought to what one does about the things done to one by others not so indoctrinated.

TWO RULES FOR HAPPY LIVING

1. ***Be able to experience anything.***

2. ***Cause only those things which others can experience easily.***

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The Basic Philosophy

What is Scientology?
"The term SCIENTOLOGY is taken from the Latin word SCIO (knowing in the fullest meaning of the word) and the Greek word LOGOS (to study)"
Fundamentals of Thought - L Ron Hubbard
Scientology is that applied and workable philosophy developed by Lafayette Ron Hubbard during most of his life.
Scientology includes the understanding of life, it's composition and potentialities. The application part of the philosophy includes activities which one can embark upon to improve one's life both in the spiritual sense as well as the physical. The philosophy and the application of it is found in the many books he wrote and the many thousands of lectures he gave which are available on audio tapes and CDs.

What is the philosophy?
The philosophy is based upon some simple observations which Ron made including:

That man is a spiritual being
That man is seeking to survive
That man is basically good
That man can improve himself
That it is possible to know about the human mind

Out of these further observations were made and some basic principles were then formulated that enabled activities to be developed that assisted a person in a practical manner, to improve his spirituality in a visible way. These activities are known as the technology or more colloquially as the "tech", for short.
One of the guiding principles that came out of this study, which Ron made over his life time, is that for a specific result of improvement to be obtained, a process or activity has to be followed exactly. This means a set standard of activity was needed to ensure that each individual obtains the beneficial results available by following these exact processes.
Ron developed, through some considerable research and testing, a Standard Technology. This was a way of doing the activities and exercises that ensured each person doing them would get the beneficial results intended.
A myriad deviations are possible from this particular path or course of action but none of them, of course, would guarantee the same results as "standard technology", since the activities are different.
Much in the same way one builds a bridge. If one decides to build the bridge differently to the correct method and applying the correct engineering principles required to build a bridge, one will invariably end up with something else.
So this is a practical, or working philosophy, which an individual can utilise here and now to improve their life and well being.
The application of the technology includes Auditors (practitioners) applying certain auditing techniques and procedures (exercises) with Preclears (Clients) to produce an exactly defined benefit for that client. Such benefits can include:

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An increased spiritual awareness
An improvement in lifestyle
An acquired or improved ability of a clearly defined nature
Relief from a hidden past activity that may be hindering a persons spiritual awareness or understanding

One of the 'tools of the trade' of an Auditor (practitioner) is what is known as an E Meter. This device is quite harmless and enables the auditor to guide the attention of the Preclear to the area or activity being looked at as the Preclear is usually unaware of the source of the difficulty.

So why all the controversy?
Every religion, without exception, has gone through a period where it has been unaccepted, ridiculed and vilified. There seems to be a cultural lag or delay before any "new" religion or philosophy, or even a culture for that matter, becomes accepted. Scientology is no different. It has it's adherents as well as it critics, much like any other subject. And the media always looks for controversy as that, they believe, is what "sells'.
But it really has nothing to do with the actual philosophy and technology.

Church vs the Freezone?
The official body of scientology is the Church of Scientology. The church is considered by many to have departed from the original philosophy of Lafayette Ron Hubbard since his demise, as demonstrated by the prolific alterations of the technology, treatment of their staff and parishioners.
Bill Robertson in Frankfurt/Main originally coined the term Freezone in 1983, and the concept has spread throughout the world with thousands of people using and practicing the technology of Lafayette Ron Hubbard. The biggest groups are in Europe and the US but there are many hundreds of small groups and individuals using and practicing the technology of Lafayette Ron Hubbard. The Freezone, by definition is less rigid and not bound as is the 'official' Church of Scientology.

The Freezone is made up of persons who have previously been members of the Church of Scientology but have either been thrown out and excommunicated for one reason or another or left on their own accord when they felt that the church was no longer practicing the original philosophy. Also people who have learned about the philosophy in the Freezone for the first time without having visited the church.

~oo00oo~

The Purposes of the International Freezone Association

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.

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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 alley 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.

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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 bybecoming 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."

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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 PCs 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 bullfighter 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 instruc-

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tions 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 en-

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deavors 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

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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.

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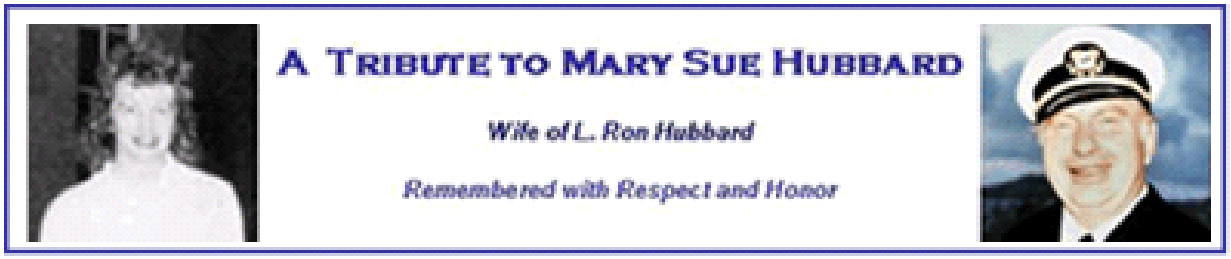

2) The idle uninfluenced movement of the needle on the Meter dial without any pattern or reactions in it. It can be as small as 1-inch or as large as dial wide. It does not fall or drop to the right of the dial. It moves to the left at the same speed as it moves to the right. It is usually observed on 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 PCs 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 mapof 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

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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 PCs 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:

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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.

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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 PCs 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

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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 PCs 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.

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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 PCs 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 PCs 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. The 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.

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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 PCs 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.

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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 betters 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 C*ode 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.

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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 PCs 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 PCs 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 prefect 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

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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.

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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."

Science of Survival

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