



# FREE THETAN

NEWSLETTER OF THE INTERNATIONAL  
FREEZONE ASSOCIATION

*Preserve, Protect & Promote*

November 2010

Volume 1 Issue 10



**Happiness and strength endure only in the absence of hate. To hate alone is the road to disaster. To love is the road to strength. To love in spite of all is the secret of greatness. And may very well be the greatest secret in this universe.**

**What is Greatness  
L. Ron Hubbard**

# FREE THETAN

## NEWSLETTER OF THE INTERNATIONAL FREEZONE ASSOCIATION INC.

**FREE THETAN**  
**Volume 1 Issue 11 November 2010**

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~oo0oo~

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

**Quote from  
L. Ron Hubbard**

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

*Scientology: A New Slant on Life*





## ~~ Editorial ~~

*reservo , servo , proveho*

### Dear Reader,

What is greatness indeed. On page 6 of this newsletter we have some quotes from the issue Ron Hubbard wrote entitled 'What is Greatness'. We can see that greatness, for a being, is a wisdom and compassionate understanding of one's fellow man. Knowing that man is basically good but, through the ages, has deteriorated in his understanding and ability to where he has become a human being.

Scientology is the philosophy that enlightens an individual to the nature of man and his relationship with the physical universe and it is true that, the more enlightened one becomes, the more compassion and understanding one has for one's fellow man. Seeing how it all fits together and how an individual can be rehabilitated is a wonderful thing.

And the more one is enlightened and rehabilitated the more greatness becomes a part of ones life. Perhaps this is what many great religious leaders have been striving to say throughout the ages.

And Ron Hubbard has been able to say it.

Michael Moore  
President  
International Freezone Association Inc.,

### **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.*

*Promote the exact technology and original workable philosophy of Lafayette Ron Hubbard so it may be known by all mankind*

<http://internationalfreezone.net>

## *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.

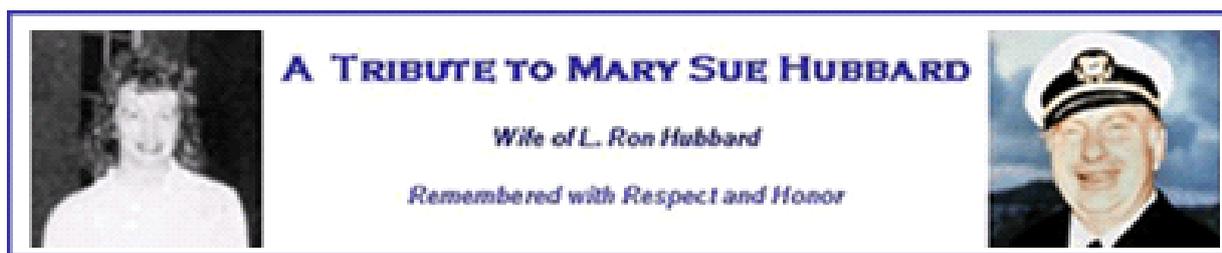
And we will succeed, and are succeeding at each new revolution of the Earth.

Your help is acceptable to us.

Our help is yours."

'The Aims of Scientology' -- Lafayette Ron Hubbard

~oo00oo~



## WHAT IS GREATNESS?

L. Ron Hubbard

The hardest task one can have is to continue to love one's fellows despite all reasons he should not.

And the true sign of sanity and greatness is to so continue.

For the one who can achieve this, there is abundant hope. For those who cannot, there is only sorrow, hatred and despair, and these are not the things of which greatness or sanity or happiness are made.

A primary trap is to succumb to invitations to hate. There are those who appoint one their executioners. Sometimes for the sake of the safety of others, it is necessary to act, but it is not necessary also to hate them.

To do one's task without becoming furious at others who seek to prevent one is a mark of greatness—and sanity. And only then can one be happy.

Seeking to achieve any single desirable quality in life is a noble thing. The one most difficult and most necessary to achieve is to love one's fellows despite all invitations to do otherwise.

If there is any saintly quality, it is not to forgive. "Forgiveness" is a much lower level action and is rather censorious.

True greatness merely refuses to change in the face of bad actions against one—and a truly great person loves his fellows because he understands them.

After all, they are all in the same trap. Some are oblivious of it, some have gone mad because of it, some act like those who betrayed them. But all, all are in the same trap—the generals, the street sweepers, the presidents, the insane. They act the way they do because they are all subject to the same cruel pressures of this universe.

Some of us are subject to those pressures and still go on doing our jobs. Others have long since succumbed and rave and torture and strut like the demented souls they are.

To re-save some of them is a dangerous undertaking. Were you to approach many ruling heads in the world and offer to set them free (as only a Scientologist can) they would go berserk, cry up their private police and generally cause unpleasantness. Indeed, one did—he was later assassinated by no desire of ours but because of the incompetence of his own fellows about him. He could have used Scientology. Instead, he promptly tried to shoot it down by ordering raids and various berserk actions on Scientology organizations. That he was then shot had nothing to do with us, but only demonstrated how incompetent and how mortal he really was.

As we become stronger, we can be completely openhanded with our help. Until we do,

we can at least understand the one fact that greatness does not stem from savage wars or being known. It stems from being true to one's own decency, from going on helping others whatever they do or think or say and despite all savage acts against one; to persevere without changing one's basic attitude toward Man.

A fully trained Scientologist is in a far better position to understand than a partly trained one. For the Scientologist who really knows is able not only to retain confidence in himself and what he can do, but also can understand why others do what they do and so knowing, does not become baffled or dismayed by small defeats. To that degree, true greatness depends on total wisdom. They act as they do because they are what they are—trapped beings, crushed beneath an intolerable burden. And if they have gone mad for it and command the devastation of whole nations in errors of explanation, still one can understand why and can understand as well the extent of their madness. Why should one change and begin to hate just because others have lost themselves and their own destinies are too cruel for them to face.

Justice, mercy, forgiveness, all are unimportant beside the ability not to change because of provocation or demands to do so.

One must act, one must preserve order and decency, but one need not hate or seek vengeance.

It is true that beings are frail and commit wrongs. Man is basically good but can act badly.

He only acts badly when his acts done for order and the safety of others are done with hatred. Or when his disciplines are founded only upon safety for himself regardless of all others; or worse, when he acts only out of a taste for cruelty.

To preserve no order at all is an insane act. One need only look at the possessions and environment of the insane to realize this. The able keep good order.

When cruelty in the name of discipline dominates a race, that race has been taught to hate. And that race is doomed.

The real lesson is to learn to love.

He who would walk scatheless through his day must learn this.

Never use what is done to one as a basis for hatred. Never desire revenge.

It requires real strength to love Man. And to love him despite all invitations to do otherwise, all provocations and all reasons why one should not.

Happiness and strength endure only in the absence of hate. To hate alone is the road to disaster. To love is the road to strength. To love in spite of all is the secret of greatness. And may very well be the greatest secret in this universe.

~oo0oo~

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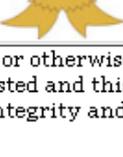
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USA	Los Angeles USA	<a href="#">Trey Lotz</a>	<a href="mailto:trey@relaypoint.net">trey@relaypoint.net</a>	Class VIII	To Be Advised	Standard LRH Bridge up to Clear, NOTs, Ls	
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## HONEST PEOPLE HAVE RIGHTS, TOO

Quote from the book, “New Slant on Life” by L. Ron Hubbard. Copyright 1952

After you have achieved a high level of ability, you will be the first to insist upon your rights to live with honest people.

When you know the technology of the mind, you know that it is a mistake to use “individual rights” and “freedom” as arguments to protect those who would only destroy.

Individual rights were not originated to protect criminals, but to bring freedom to honest

men. Into this area of protection then divided those who needed “freedom” and “individual liberty” to cover their own questionable activities. Freedom is for honest people. No man who is not himself honest can be free—he is in

his own trap. When his own deeds cannot be disclosed, then he is a prisoner; he must withhold

himself from his fellows and is a slave to his own conscience. Freedom must be deserved before any freedom is possible.

To protect dishonest people is to condemn them to their own hells. By making “individual rights” a synonym for “protect the criminal” one helps bring about a slave state for

all, for where “individual liberty” is abused, an impatience with it arises which at length sweeps

us all away. The targets of all disciplinary laws are the few who err. Such laws, unfortunately,



also injure and restrict those who do not err. If all were honest, there would be no disciplinary threats.

There is only one way out for a dishonest person—facing up to his own responsibilities in the society and putting himself back into communication with his fellow man, his family, the

world at large. By seeking to invoke his “individual rights” to protect himself from an examination of his deeds, he reduces, just that much, the future of individual liberty—for he himself is not free. Yet he infects others who are honest by using *their* right to freedom to protect himself.

Uneasy lies the head that wears a guilty conscience.

And it will lie no more easily by seeking to protect misdeeds by pleas of “freedom means that you must never look at me”. The right of a person to survive is directly related to his honesty.

Freedom for man

does not mean freedom to injure man. Freedom of speech does not mean freedom to harm by lies.

Man cannot be free while there are those amongst him who are slaves to their own terrors.

The mission of a techno-space society is to subordinate the individual and control him by economic and political duress. The only casualty in a machine age is the individual and his freedom.

To preserve that freedom one must not permit men to hide their evil intentions under the protection of that freedom. To be free, a man must be honest with himself and with his fel-

lows.

If a man uses his own honesty to protest the unmasking of dishonesty, then that man is an enemy of his own freedom.

We can stand in the sun only so long as we don't let the deeds of others bring the darkness.

Freedom is for the honest men. Individual liberty exists only for those who have the ability to be free.

Who would punish when he could salvage?

Only a madman would break a wanted object he could repair.

The individual must not die in this machine age—rights or no rights. The criminal and madman must not triumph with their new-found tools of destruction.

The least free person is the person who cannot

reveal his own acts and who protests the revelation of the improper acts of others. On such people will be built a future political slavery

where we all have numbers—and our guilt—unless we act.

It is fascinating that blackmail and punishment are the keynotes of all dark operations.

What would happen if these two commodities no longer existed? What would happen if all men

were free enough to speak? Then and only then, would you have freedom.

On the day when we can fully trust each other, there will be peace on Earth.

~oo0oo~

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**Keep in Touch Today!**

## ~~ Lafayette Ron Hubbard Quote ~~

“Communication, is an interchange of ideas between two beings who are aware that the other is present”

Control and the Mechanics of S.C.S

## ~~ Lafayette Ron Hubbard Quote ~~

### “Attitude and Conduct of Scientology”

4th London ACC, 3rd November 1955

“...the arduous lesson along this line is that no -communication lists, revocation/suspension of certificates, court action of any kind whatsoever within the realm of Scientology and so forth, is not only not only difficult to do but does not work. That’s just the end of it. It just doesn’t work. It’s for the sea gulls.

“That might work in Gestetner Limited or Westinghouse, but it does not work in Scientology. Got that?”

“It’s because they are people of good intention. And by saying that these people are not fit to associate with us anymore, we have told a lie of magnitude. This is not true. It’s never true. You got it?”

“Our inability to understand the actions of other Scientologists has a very fascinating barrier. The limitation on our understanding is simply this: we say they have bad intentions, and that is a lie. Got it?”

“So the whole situation is liable to enturbulate around that postulated bad intention. That’s what enturbulates the situation. That makes a lie. The situation then becomes unsolvable.

Because we’ve entered a changing factor called a lie into it.

“The most valuable asset we have, actually, is our ability to understand, to do the right thing, to be kind, to be decent.

“Well, I hate to unsettle a very stable datum, if it does unsettle it. But the only way anything ever does resolve is by letting your own kind heart reach through. That’s the only way it ever does solve. And it never solves by being tough.

“What do we really have of value in the organizations of Scientology? The only thing we have of value, actually, is Scientology, an understanding of life, increasing ability to communicate, a good concept and grip on reality and the ability to like guys. That’s all you got.

“And there’s only one more thing that we could know that would make us all feel very, very relaxed about the whole thing. There isn’t a person anywhere in Scientology who has bad intentions for Scientologists or their fellow man. And that point all by itself is very well worth thinking about the next time some trouble arises in your vicinity, because that is the truth. And if you handle a situation with that in mind, you will solve the situation.”

~oo00oo~

## FREE THETA

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<http://internationalfreezone.net>

## CONFRONTING

**Extract from, 'New Slant on Life  
By Lafayette Ron Hubbard. 1952**

That which a person can confront, he can handle.

The first step of handling anything is gaining an ability to face it.

It could be said that war continues as a threat to man because man cannot confront war. The idea of making war so terrible that no one will be able to fight it is the exact reverse of fact—if one wishes to end war. The invention of the long bow, gun powder, heavy naval cannon, machine guns, liquid fire, and the hydrogen bomb add only more and more certainty that war *will* continue. As each new element which man cannot confront is added to elements he has not been able to confront so far, man engages himself upon a decreasing ability to handle war.

We are looking here at the basic anatomy of all problems. Problems start with an inability to confront anything. Whether we apply this to domestic quarrels or to insects, to garbage dumps or Picasso, one can always trace the beginning of any existing problem to an unwillingness to confront.

Let us take a domestic scene. The husband or the wife cannot confront the other, cannot confront second dynamic consequences, cannot confront the economic burdens, and so we have domestic strife. The less any of these actually are confronted, the more problem they will become.

It is a truism that one never solves anything by running away from it. Of course, one might also say that one never solves cannon balls by baring his breast to them. But I assure you that if nobody cared whether cannon balls were

fired or not, control of people by threat of cannon balls would cease.

Down on Skid Row where flotsam and jetsam exist to keep the police busy, we could not find one man whose basic difficulties, whose downfall could not be traced at once to an inability to confront. A criminal once came to me whose entire right side was paralysed. Yet, this man made his living by walking up to people in alleys, striking them and robbing them. Why he struck people he could not connect with his paralysed side and arm.

From his infancy he had been educated not to confront men. The nearest he could come to confronting men was to strike them, and so his criminal career.

The more the horribleness of crime is deified by television and public press, the less the society will be able to handle crime. The more formidable is made the juvenile delinquent, the less the society will be able to handle the juvenile delinquent.

In education, the more esoteric and difficult a subject is made, the less the student will be able to handle the subject. When a subject is made too formidable by an instructor, the more the student retreats from it. There were, for instance, some early European mental studies which were so complicated and so incomprehensible and which were sewn with such lack of understanding of man that no student could possibly confront them.

Man, at large today, is in this state with regard to the human spirit. For centuries man was educated to believe in demons, ghouls, and things that went boomp in the night. There was an organization in southern Europe which capitalized upon this terror and made demons and devils so formidable that at length man could not even face the fact that any of his fellows had souls. And thus we entered an en-

tirely materialistic age. With the background teaching that no one can confront the invisible”, vengeful religions sought to move forward into a foremost place of control. Naturally, they failed to achieve their goal and irreligion became the order of the day, thus opening the door for Communism and other idiocies. Although it might seem true that one cannot confront the invisible, who said that a spirit was *always* invisible? Rather, let’s say that it is impossible for man or anything else to confront the nonexistent; and thus when nonexistent gods are invented and are given more roles in the society, we discover man becomes so degraded that he cannot even confront the spirit in his fellows, much less become moral.

Confronting, as a subject in itself, is intensely interesting. Indeed, there is some evidence that mental image pictures occur only when the individual is unable to confront the circumstances of the picture. When this compounds and man is unable to confront anything anywhere, he might be considered to have pictures of everything, everywhere. This is proven by a rather interesting test made in 1947 by myself. I discovered, although I did not entirely interpret it at the time, that an individual has no further pictures when he can confront all pictures; thus being able to confront everything he has done, he is no longer troubled with the things he has done. Supporting this, it will be discovered that individuals who progress in an ability to handle pictures eventually have no pictures at all. This we call a “Clear”.

A “Clear”, in an absolute sense, would be someone who could confront anything and everything in the past, present and future.

The handling of a problem seems to be simply the increase of ability to confront the problem, and when the problem can be totally confronted, it no longer exists. This is strange and miraculous.

Man’s difficulties are a compound of his cowardice’s. To have difficulties in life, all it is necessary to do is to start running away from the business of livingness. After that, problems of unsolvable magnitude are assured. When individuals are restrained from confronting life, they accrue a vast ability to have difficulties with it.

Various nervous traits can be traced at once by *trying to* confront with something which insists on running away. A nervous hand, for instance, would be a hand with which the individual is trying to confront something. The forward motion of the nervousness would be the effort to make it confront; the backward motion of it would be its refusal to confront. Of course, the basic error is confronting *with* the hand.

The world is never bright to those who cannot confront it. Everything is a dull gray to a defeated army. The whole trick of somebody telling you “it’s all bad over there” is contained in the fact that he is trying to keep you from confronting something and thus make you retreat from life. Eyeglasses, nervous twitches, tensions, all of these things stem from an unwillingness to confront. When that willingness is repaired, these disabilities tend to disappear.

~oo00oo~



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

## Quotes from Dianetics '55, by L. Ron Hubbard

"Anyone who knows the structure, function, and dynamics of the human mind is very difficult to control. The only way a mind can be controlled is by enforcing upon it ignorance of itself."

"And when one restores full awareness to a mind one is no longer able to victimize it. And a profession or a society would have to move out of slave orientation into action by freedom and consent, were it to be effective."

"Just as you do not want people to control you, so you should want knowledge of yourself and others. Just as you fight away from knowingness concerning self, so you will be controlled."

"The only elements in a society which would combat, or contest, or dispute an effort to attain such a science would be those interests which desired, by ignorance, to maintain their control of a slavery."

"Dianetics can be contested, it can be vilified, its founder and practitioners can be publically pilloried, but Dianetics cannot be ignored. It could neither be drowned in praise, nor burned in some purge to its total eradication, for it is a wonderfully observable fact that the one impulse in Man which cannot be erased is his impulse toward freedom, his impulse toward sanity, toward higher levels of attainment in all of his endeavours. This is Man's one saving grace, and because Dianetics is such an impulse, and because its basic purposes, from the moment of its conception, have been dedicated unswervably to the attainment of even greater freedom it cannot perish - a fact which will become doubtlessly more annoying to the slave-masters as the years roll on."

"That mind which understands itself is the mind of a free man. It is no longer prone to obsessive behaviour, unthinking compliances, covert innuendos."

"A mind that is enslaved is weak. A mind that is free is powerful, and all the power there is, is defined by and contained in freedom."

"If every man could be depressed from his freedom to a point where he believed himself but a cog in an enormous machine, then all things would be enslaved. But who would be there to enjoy them?"

"Not the slave-maker, for he is the first to succumb. He succumbs to his own mechanisms. He receives the full jolt of his own endeavors to entrap."

"Thus as we depart from the concepts of freedom, we depart into a darkness where the will, the fear, or the brutality, of one or a few, no matter how well educated, may yet obliterate everything for which we have worked, everything for which we have hoped. This is what happens when the machine runs wild, and when Man, become a machine, runs wild."

"Only a raving, drooling madman could contemplate the ending of all goals everywhere on earth. And only an apathetic fool would stand by motionless before the inevitable destruction of his most intimate dreams, his fondest hopes, his possessions, even on down to his identification cards and the money in his wallet."

"....it is my belief that an individual who can contemplate this with equanimity and without an impulse to act is so lost to the race and lost to himself, to his family and to his friends, that he must personally believe there is no hope for anything, anywhere, at any time. Such depravity is difficult to envision."

"We know, definitely, that the wrong thing to do is nothing. Whenever any situation may develop, we always have that answer. It is wrong to do nothing. The only time anyone has ever gotten into serious trouble was when he decided that he could do nothing about something.

This was the entering threshold toward death. When one knew (*italics*), at last, that he was

powerless in the face of all fates, or of any one particular fate, he was, to that degree, a slave of those fates. Thus, the wrong thing to do in this world, at this time, is nothing. No matter what fantastic or incredible plan we adventure upon, no matter how we put it forward, it would still be better than the abandonment of all plans and all action."

~oo00oo~

## Wins & Success Stories from the Independent Scientology Freezone

**We get many success stories in the Freezone of auditing, training and even just from reading Lafayette Ron Hubbard Books!**

### **CLEAR**

What a great name for this state of mind because there is no other word that can describe it. It feels great and it's hard to believe that it gets even better than this. Thanks Pat, Ray, Mike, Joe, Tim, Matt, Mary and Joan and all the characters who made this journey fun.  
CD

For over 20 years I have had the consideration of being clear and yesterday it was validated. I really don't have the words to describe the sensation I feel after finally having this issue resolved, but it approximates the highest level of ARC I have ever experienced--actually exceeds it. My greatest appreciation goes to Les who impressed me with his persistence and absolutely wonderful auditing and presence--



wow! What a difference it makes for the PC. I feel more inspired now than ever before to become OT and trained as I want to provide this level of care and service to my fellow man! Thanks, Les. SB

### **The Purification Program**

My Win doing The Purification Program at The Life Improvement Center was meaningful and a profound. I was given great care by Anita and Les Warren before, during, and after I completed the Purif. I was plagued by an invisible handicap as a result of taking a prescribed antidepressant. The medical and pharma communities fooled me and lulled me in to a state of complacency that antidepressants are safe and could solve my problems. I "was" a drug case when I assumed the "enemy

valence" and at my worst was prescribed an antidepressant. When I stopped taking drugs I was still not the true me. I was neither happy nor sad. I was sideways, devoid of emotions. Moreover, my mind and judgment were clouded. Here is the catch and the trick, the medical and pharmacy sectors fail to tell us that antidepressants stop the brain from performing its function. Specifically, antidepressants stop the brain from naturally manufacturing the chemicals needed for brain function and good health. Anita is well read and is a student of helping people get off antidepressants. Anita put me on a regiment of increasing amino acids while decreasing the antidepressant in order to safely get me off this drug. Anita watched me like a Mother Hen. She had me read passages from several books she indeed was studying so that I understood what was happening to me. I was cleared by the attending physician to get in the sauna. Before I got in the sauna I took both the Oxford Personality Test and the IQ Test. I consider myself a reasonably intelligent person, but I had to slug my way through these tests. My mind just was not working yet and my true self was masked by the effects of the antidepressant.

Anita watched me carefully while I was in the sauna and continued to administer the regiment of amino acids along with the vitamins dictated in the Purification Program. She also had me read the Tech on the Purification Program so I knew it for myself.

I looked up one day in the sauna and I was different. I felt clean and healthy while sensing a renewed mental acuity. I felt great. I felt like myself. When I re-took the Oxford Personality and IQ Tests it was easy and comfortable. In fact when I took the IQ Test I was outside myself watching myself take the test. My score increased 32 percent points. My Win from The Purification Program was profound. I feel great and more able to be the true me.

### **Grade IV Completion**

Here I am at Grade IV completion, at the end of a road that made me discover more mechanics (traps) that automatically take place of reason and make one act in a non-optimum manner.

Now I identify immediately the computations people use and also moments when myself I could have reacted without thinking. I feel more aware, I don't get angry and keep composure when discussing, where before I would get angry losing control.

This Grade cleaned allows me to make another step towards awareness, awareness of myself, and towards reality that Life is what I create. Thanks to Pierrot, thanks to Ron.

### **Book 1 Success**

The Life Improvement Center, nestled in the foothills just north of Spokane, Washington, is an active place of healing and training. Healing of wounded spirits is the mission Anita and Les Warren have undertaken. Wounded spirits like mine are less able to integrate and become all that they can be. After a short visit I am well on my way to a freedom I have not felt in some time. I am energized for the road ahead and grateful for having shared my burden with people who are trained to listen without judgment while allowing your spirit to break free. Anita's time with me was professional, empathetic and ultimately freeing for me. I am so grateful for the peace of this place and the communal camaraderie with others who are in training here. May the highest good be our goal. I may return to learn how to help others myself. Imitation would be the highest compliment I could pay to the team at the Life Improvement Center. DP.

### **Student Study Course (Student Hat)**

The Student Hat was incredible to me. It is a real adventure an adventure of which is mapped out through the crevices of dictionaries, PLs and HCOB's and what would an adventure be without a guide or rather guides? I'd

like to thank LRH for setting out the route and also Ray and Pat who both helped me overcome the great and scary misunderstands along the road. Thank you all RA.

### **Communication Course**

The Communication Training Drills strengthened my understanding of a full communication cycle and improved my ability to put my intention in. The drills improved my ability to be there and see things as they exist. Communication is the basis for all understanding. I am in present time and feel great about myself. Anonymous.

Each time I have done TRs I have had new gains. The experience changes as you gain more control, push different buttons, and, of course, are in a new period of time. My partners have been so great in each experience. You build a great relationship with them through the experience. It's an awesome feeling to grow together even when it is someone you have met only days before. I would have considered myself a shy person until doing the TR Course. It's great to help break you out of your shell or even a darker place in life. You will without a doubt laugh uncontrollably during this course. It's a great getaway as well. LM.

### **Auditing**

I got some auditing from Les regarding some misemotion while doing the meter course. The second session I went a little back track and saw more of it. AND more of what I did then. I was not a very nice guy! LOL Les got me through it after getting off some grief charge, and handled it, and I felt relief!! It was a sobering experience and I feel like this cycle is totally complete. I feel more in present time, even though I felt pretty much in present time before. The misemotion I experienced makes sense after what I saw! Thanks to Les and LRH for this wonderful tech! Love, JC.

### **Ethics Program**

I realize that I have been operating from an enemy valence. While I have been willing to blame others for my condition, the fact is that I have been sabotaging myself by assuming an enemy valence as a mechanism to not confront myself and issues in my life. I can now maintain my own viewpoint as my true self, not the mocked-up persona/valence of others. I now have the ability to look at anything about myself and my life and isolate an issue and change it if I choose to. The process has given me the ability to look at myself and for the first time understand the self-sabotaging mechanism. I now understand the specific cause of my self-sabotaging. This realization has empowered me to see and be my true self and to assume responsibility for me with my own self-determinism. I can now bypass the Enemy, my own self-sabotaging mechanism and be me. I have a new sense of self. I am a good man. I am smart. I am powerful and I can determine, postulate and create my future. I am a spiritual being that transcends this time and place. I like myself and I take responsibility for me. Anon.

I am working on The Ethics Program. Up to this point I have had great gains and I am expecting many more. I always knew there was one part of my life that needed repair and if I could fix it I would be unstoppable. I have found it and it is amazing! I knew there was something better inside me and with this I have found it. The sky is the limit. I can live life to the fullest. I can focus on others and not just me. I have uncovered my true self and I love it. Life can be amazing again. I am so grateful to Anita and this program. Life is great and I can't wait to truly live it!! KD

~oo00oo~



## ~ ~ ~ *Definitions* ~ ~ ~

### **ARC:**

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

### **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 *Code of a Scientologist*.
3. one who understands life. His technical skill is devoted to the resolution of the problems of life.
4. A specialist in spiritual and human affairs.

**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.

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.

### **Dianetics & Scientology Technical Dictionary.**

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