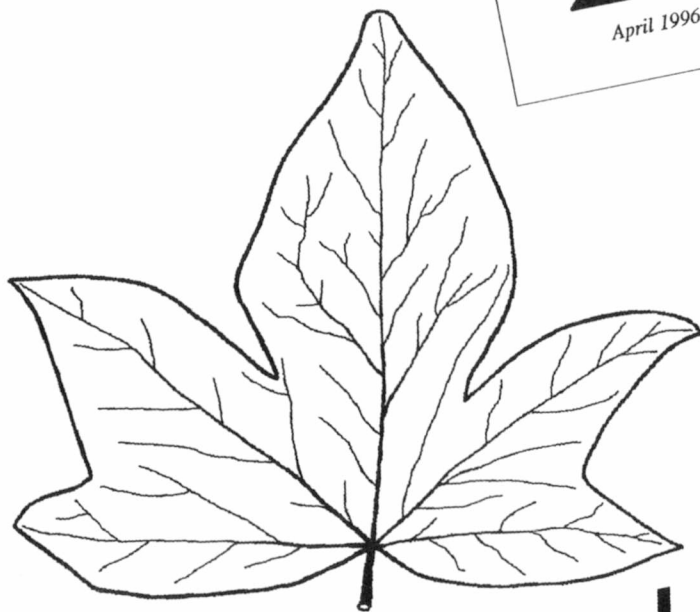


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International Viewpoints is independent of
any group or organization.

Magazine's aim:

In 1934 the book *Scientologie* by A. Norden-
holz was published. In the middle of the twen-
tieth century the subject of Scientology was
greatly expanded as a philosophy and tech-
nology by L. Ron Hubbard and a big band of
helpers. This band coalesced into the Church
of Scientology, which became a little
secretive, restrictive, expensive and slightly
destructive. From 1982 on, many left or were
thrown out of that church and continue to use
and develop the philosophy and technology.

It is this large subject that *International
Viewpoints* deals with, and it is our aim to
promote communication within this field. We
are independent of any group (sect). □

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Now and in the
future all copies
will be printed in
Denmark.

How I Founded Nonsense Day

by Brennen Moran, USA

AROUND THE FIFTH GRADE, in 1987, I surpassed the teacher's authority and created a new alternative to writing in English class.

One day during class, we were assigned to write a story and the next day would be forced to read it aloud to the whole student body.

My different ways of thinking had always separated me from my peers, so this assignment was nothing I couldn't handle with the strange mind I possessed. The following day I stood in front of the student body with the story that would cripple the masses.

I think the story started out something like, "I like to ride my viana sausage through my garden of electrical tape."

The story was total nonsense and the kids were bending over in laughter and embarrassment. I actually started a fad, and everyone in the fifth grade wanted to write nonsense stories.

The teacher was bothered at first by this nihilistic writing, but later came to the conclusion that this might be a good way to expand the creative mind and therefore be a valuable learning tool.¹

The demand for this alternative way for writing was so great, the teacher finally declared every Monday of the school year, "Nonsense Day." □



¹ This procedure is similar to the creative processing exercises described in an early scientology book for teachers in England: *Creative Learning, A Scientological Experiment in Schools* by V. Silcox & L.J. Maynard, 1955. It is interesting that Brennen at age 10 devised this similar approach independently, and that it immediately became so popular.

Another Look at Basics — #7

Basics

Logic 18 and Testing Workability

by Frank Gordon USA

SOMETIMES IT'S HELPFUL to actually use what one is told, and see how useable it is. Let's do this with Logic 18:

Logic 18. A postulate is as valuable¹ as it is workable.

First, it might be well to consult the English Code-Book (Dictionary) for the usual meaning of postulate²:

Postulate: a hypothesis advanced as an essential presupposition, condition, or premise of a train of reasoning.

Hypothesis: a tentative assumption in order to draw out and test its logical or empirical consequences.

Let's re-state Logic 18 for this test run:

Logic 18: A tentative assumption taken as a start to test its consequences is as valuable as it explains or predicts something, i.e., as it is workable.

On the Causes of War

OK, let's practice on Logic 18 by testing an assumption for workability: "All wars are religious wars."

It seems true. The Crusades, Hitler pitting the old Aryan Gods against the Jewish Yahweh, Moslems vs. Christians (even back to the Crusades), Fundamentalists vs. Unitarians, etc.

As a test of workability, we can see if it helps look for the sources of war; and if it's better than economics or over-population, probably its chief competitors as a postulate.

On Time-Event Quality

Let's consider three possible feelings towards time quality.

Rushed: things are going too fast

Comfortable: things are going about right

Bored: things are going too slow

Test Postulate: A feeling towards a time-event arises from how self-determined one feels about its rhythm (timing) and tempo (its speed of change).

We can follow out the consequences of this hypothesis. But first, it would help to have a comparable³ language to express what is going on.

Music has such a language. Let's try it.

For overall rhythm, we have time signatures like 2:4, 3:4 and 4:4 time, amongst others. This establishes the beat or timing of the measures. Within these, we can have iambic (.-), dactylic (-..) or the patter of many other kinds of little poetic feet.

For tempo, we have the various musical terms for these⁴ and can try matching them with the

1 Note how often value, valuable, or evaluate occurs in these Logics. Very likely, value as used here means how helpful it is to us in the creation of a mental model or a science (an organized and aligned body of knowledge).

2 Hubbard has a half page of definitions in the Tech Dictionary for Postulate. Briefly, here are a few abridged samples: noun; 1. a self-created truth. He puts something up, and that's it. 2. a directed desire, order, inhibition, enforcement as an idea. verb; to conclude, decide, or resolve a problem; to set or nullify a pattern. 3. it has a dynamic connotation.

3 See Logic 8: A datum can be evaluated only by a datum of comparable magnitude. I'm assuming here that a time-experience and music are comparable data. Sounds reasonable.

4 E.g., tempo: rate of speed of a musical passage. Presto: quickly, immediately, hurry up. Andante:

feeling-states given above and get this trial matching¹:

presto	rushing (rushed)
andante	comfortable (too brisk)
largo	stately, relaxed (bored or sad)

These comparisons have been expanded, because in each case, self-determinism enters in. I.e., if one has decided to have a presto tempo, then he is rushing, if not, he feels rushed or pushed.

Other Factors

Manfred Clynes, in his book *Sentics*, demonstrates the connection between "pressure waves" (found by pressing on a sensor connected to a graphic recorder) and emotion. There are characteristic waves corresponding to courage, hope, love, grief, etc. He found that the love and grief waves are very similar; and that to express joy, the sensor must be inverted. Bach's *Jesu, Joy of Man's Desiring* expresses joy musically. Laughter has about five pulses per second.

Clynes then goes on to examine the characteristic pressure waves of several composers. For two examples, Beethoven's is ethical, and Chopin's is dreamy and erotic.

Music for Social Bonding & Education

Alfred Lord in his *Singer of Tales*, examines the oral transmission of tradition in music, as in *Beowulf* and the *Iliad*. In these, formulaic expressions like "fleet-footed Achilles" are used to maintain the rhythmic structure, and in the Greek Odes, a standard dactyl/spondee (-./-/) is used to end each line.

The tempo and rhythm of these songs undoubtedly arose from and expressed the common social tempo-rhythmic patterns, and served as a kind of educational system.

The tempo and rhythm of work songs, such as those used by sailors and lumberjacks served to help them work harmoniously together with a kind of group-determinism.

Music as Other-Determinism

Presently, the other-determinism established by machine and production lines can be seen in many popular songs with their repetitive and unvarying chunk, chunk, chunk, Clunk, chunk, chunk, chunk, Clunks. A tone level of monotony unlimited without the orgasmic tension and resolution of classical music.

Another form of other-determinism is the requirement that one sing at a pitch established by a musical instrument, usually a piano.

It is likely that in earlier times, this pitch was established by the singer's natural body resonances. For example, *The Parable of the Sower* in Greek begins with *Akouete* (hearken). If this is sung, then the first two sounds, "Ahhh" and "Oooo" correspond to the natural chest and mouth tones. This enabled the singer to maximize and establish these tones, and thus be more self-determined.

Practical Use

The next step could be some way of correlating level of self-determinism with the tempo and rhythmic structure in the person's speech patterns.

This can be done by making sound recordings of these speech patterns when one is active and interested; and compare them with the patterns when one is rebelling against the pressure of other determinism.

In this way, a person's native tempo and rhythm and it's quality can be established. That is, "the drumbeat to which one naturally marches."

This would be nice to know. □

moderately slow, but flowing, a comfortable dance. Largo: very slow, (broad and stately for funeral marches), boring, stately boredom, sad.

1 Logic 7. Gradient scales are necessary to the evaluation of problems and their data.

Is Evil the Author of Control?

(The story of Adam and Eve rewritten)

By Muriel Chen, Australia

CAN YOU IMAGINE the time when we each had a whole universe all to ourselves? It was just like having a doll's house like some of you had when you were a child. Nowadays, though, dolls houses are bought, the furniture is already made and the people to go into it are mass produced, so you need to be old enough to remember the ones I am talking about. Mine was three boxes that I put together and I made the furniture with matchboxes and...

With *my* dolls house I had complete control over everything that was in it. It was mine. Sometimes I let my brother play but when he went away I changed it back to how I wanted it to be. I came out of my dolls house and did what mother wanted done in her house. I found that I had to do this or else

The new dolls house

When we all had our own universes we did not have to come out and no-one ever told us what we had to do. We created many things and decided what to choose for any purpose at any time and we did not consider we were right because there was no one to say we were wrong. It was as we decided it to be.

Now we have a beautiful universe (another dolls house) and it is not the same one. It is more than one. We found it more interesting and challenging to have someone other than self to play with. We chose to experience the choices and creativity that were different to our own and hence gain more surprises and greater intricacy. It was good to have things happening and to be entertained.

This universe became more and more intricate as more and more differences were added. Each of us created a part of it and each of us put so much attention on sharing it that it became real. It is real. It is here to fascinate us and to provide surprises and newness and fun. The pattern constantly changes, fluidly moving as we add and subtract from it

Where is the one we built and played in as *one*? It is still where it has always been *and* what we have shared of it is the interesting one we call 'real'. Each of us has contributed from our own dolls house whatever we thought someone else would find interesting. Each of us created more things in our own dolls house after experiencing and being inspired by what others contributed. We gave and received.

Mother was not in favour of my giving my things to others. She said I would have nothing left if I did. I learnt to hold on to them as otherwise I was in danger of not having anything. Things were scarce during the war but we did have fun making things for ourselves and mother made things for us and for others .

Creating our own

So what we are doing is creating in one universe and then sharing by transforming it into another. We think of something that is not and invent it. We have an idea and communicate it.

I read a book in which Tom Sawyer, I think it was, built a raft and sailed down the river. I lived on the banks of a large river and from the idea shared in the book I manifested a raft. I was small then and the raft took all the summer holidays to build from the "rubbish" from the rubbish tip. I planned to take my brother and his friend adventuring. My young brother and his friend helped me to carry it down to the river in pieces which we put together on the bank.. This seemed to take forever. It was so heavy. Then we launched it. It floated. It was magnificent. The supplies were ready on the shore to load for the adventure. Then it sank. In my universe I was already floating down the Tamar River out to sea. I couldn't believe it had sunk.

In our own universe we have control. That means that we create an idea and choose to make it into something or not. We can keep it or

change it or un-create it. We just say three times "I dis- create you" and it is dis-created !

How did my raft get dis-created when I did not say it?

In the real universe; the one which we share we give and we receive. We give and then what we give is received. We receive and we have. The existence of this universe relies on this principle. Giving and receiving we share.

What was shared or not shared that made my raft sink?

Once upon a time something happened to the universe.....

Evil

Evil came. It was a mistake. Evil was new to this universe and did not realise that it was a shared one. Evil thought it was his own universe and set about controlling those things and people who were sharing it. It was sad to see. He tried to put others in places that he chose for them when they did not want to be put. He tried saying "I dis-create you" three times and they were still there. He tried to put things in place for others. He did not give to someone who wished to receive but decided what they should have. He did not receive, he took.

Those who were busy being curious about the intricacy of each other desired nothing more than to have the freedom to share as they had before Evil came. They had found what freedom was, now Evil was here. How could they let Evil know that this was not HIS to control? He believed that he perceived it therefore it was his.

They stopped creating just for fun. Curiosity was replaced by desire. They desired to be and have freely by giving and receiving.

They began to have a challenge of a different sort. It was the challenge of agreement. It had all seemed so natural before. The challenge they had created had been to entrance others.

Now someone had to be reached. What caused his mis-identification of universes? Why couldn't he see other players? Why couldn't he see that this existed as sharing and was not his to control? What to do? So many solutions to find!!

Sharing the creation of this universe became different. Evil enforced his choices, still thinking he was creating in his own universe. He thought that what was being shared was actually his and in his dolls house. Others were inhibited in their sharing and carefully and secretly shared refusing to let

Evil spoil their game. It became us and other instead of just us.

Lost game – new game

Before long the open, free, game of 'sharing uniqueness' ceased to exist. Rules and regulations governed what was being shared and what would be shared in an effort to maintain freedom.

The new game included competition which was a testing of creativity 'against' each other. The old game had been entrancing each other with unique creations. The new game was of selective ownership in the real world instead of sharing to create it. The new game was of hoarding rather than having. It was even considered part of the game to show that one was more worthy than another. These games all arose as everyone found solutions to solutions of the problem of Evil.

Soon others were seeking to control the game too. They even attempted to control each other.

Many people who had tried to control Evil as he had tried to control them lost their ability to see their own universe. They were so focused in the shared reality of solving the problem of controlling Evil that they lost the way and although it was always there they did not know it.

Now instead of posting something and having it be, there is a doubt because it may not be. So we have a goal for it to be. And the problem is to overcome the opposition to that goal. All that evil *tried* to do when he mistook this for his own universe (and was the first to try to control others) continues.

Is that why my raft sank? Yes, and is that why I 'had to' come out of my doll's house to help mum?

Now most of them think that 'the game' is to have a goal and to have it opposed and to have problems and to solve them. Now the game is solid and most seem to be occupying matter. Their creations are solid and they persist. Each uses effort to make things right.

The doll's houses are already made and if we want one of our own it comes to us from a shop. There are plenty of them there. One plays with it in certain ways and puts it away as soon as possible in order to be in the 'real' world, learning to survive against all opposition.

Are any still playing outside the solidity ? Are they sharing and entrancing one another with creations that flow in ever changing intricate patterns. Are there any who are making things in their own dolls houses to give to others and receiving cherish the other's gift with joy?

My raft would not have sunk if I had been one of these.

□

The Auditors Code

By Bill Maier, USA

I was reminded recently about the importance of the Auditor's Code. The Code is every bit as much tech as the processes themselves that are being run. In regards to this I have an interesting story to tell.

Some 20 years ago when I was in Church of Scientology I was auditing a young woman on her first ever auditing. It was about the third or fourth session when, while flying ruds at the start, she came up with the withhold that she had been having an affair with a married man. After telling me this she sat there just looking at me rather expectantly. No VGI's or F/N, so I asked for an earlier similar, and she said no, there was no E/S. I asked if there was more on the current incident that she should tell me, but again she said no. I was a pretty inexperienced auditor at the time and I wasn't sure what I should do at that point, so I decided to end the session and ask the C/S what I should do.

I got a list to run, and went back into session with my PC. Not long after starting, the story of

what was really going on with her came out. She was afraid that, after telling me about the withhold, she would not be allowed to be audited any more. She thought we would kick her out or something like that, and she thought that I had ended the session because I was ending the auditing due to what she had done.

After I explained the the real situation to her, how an auditor never evaluates for a PC, and the real reason I had ended the session, she had *super* VGI's turn on and a huge F/N appeared. She was so used to people telling her that what she was doing was wrong, or it was really OK to do that, or whatever, that to just have another listen without evaluation was itself a big win for her. Needless to say, we *both* learned the power of the auditor's code that day.

Just as an aside, the next session this PC volunteered that she had ended the affair. She had clearly been put *at cause* over the situation. □



What is TROM?

A Recap

By Judith Anderson, Australia

IN IVy THERE HAVE been many references to "TROM" (*The Resolution of Mind* by Dennis Stephens) since Dennis Stephens' article entitled "Creation of TROM" in IVy 17 p. 23. Both Leonard Dunn and Bob Ross did book reviews (IVy 19 & 21 resp.); two contributors saluted the author (IVy 18 & 29 resp.); a report by Judith Methven who has completed TROM appears in IVy 21 p. 31; TROM is referenced by Leonard Dunn in IVy 24 p. 12; And the internet has an active listserver "TROM-L" as described in IVy 20 p. 11.

Dennis Stephens' book *The Resolution of Mind* ("TROM") gives one a low cost route out of the compulsive games condition we are all in, it is a do-it-yourself method and can be done unmeasured.

Dennis had the notes of his research on how to take the mind apart (to eradicate the compulsive games condition) transcribed and then printed. Without further ado the demand for the transcript overtook the refinement of the text. For some it is a heavy read especially for those not familiar with auditing oneself, and not used to the terms he uses. A much needed refinement was the addition of a table of contents by the then UK distributor, Terry Scott. Dennis' intention was, at some later date to rearrange the chapters and write a "simpler" version. Alas not to be. As an introduction to the book I have added his article which appeared in IVy 17 which described how he developed his system, and I placed the two theory and the two practical sections together, and I also corrected some typing/layout faults of the original run. The text remains as he wrote it except for the above. I will be adding to the manuscript in the future the text of the tape that Dennis sent to Judith Methven as it gives details of how to run level five. For those who already own TROM and would like this transcript please write me and I will send it to you no charge.

What's in TROM

For those curious as to the contents of TROM, the theory section describes life's games; basic postulates; how the mind contains only effects; and the route out, which is "From the compulsive playing of games, through the voluntary playing of games, to an ending of all games by the adoption of complementary postulates, and so achieving a non-games situation — Nirvana".

In the practical section there are five levels. The first level would be done with the help of another, if it was a necessary level for you. (This level would be familiar to some practitioners as communication, control and havingness processes).

For those who test out not needing this level — skip to level two.

The second and third levels are exercises devoted to the discovery of the past and evaluating it to the present and becoming proficient in a system called timebreaking which takes the "Then" and "Now" confusion out of one's memory. The benefits of timebreaking have had approval and accolades from those learning to do it. Also at these levels one learns four ways to execute "Repair of Importances" (RI) at the same time as doing the exercise above, to enormous benefit. Any experienced technician will see the value of perhaps using this in "Life" as they approximate "Havingness" processes.

In Level four exercises we become more earnest as we systematically discharge the eight classes of overwhelm or upsets as laid out by Dennis.

Level five is described by him as "rigorous" as we eliminate compulsive games being played. Dennis makes it clear that "There is nothing wrong with playing games, for games are fun, but there is an awful lot wrong with having to play games. The trap is not in the playing of games. The trap lies in the fact that the playing of games leads to the compulsive playing of games. That leads straight into every trap this universe contains. We only have to return to the being his/her freedom of choice in the playing of games, and the job is done".

Advice and copies

For those with technical questions, Leonard Dunn and Judith Methven have kindly offered their assistance. Please feel free to write ➤ page 13

Drills¹

By Flemming Funch, USA

THE MOST OBVIOUS and straightforward way of developing abilities and states is to drill them. It is so obvious that it is sometimes overlooked.

If you want "full" exterior perceptions then your time is probably best spent drilling exterior perceptions. You might wonder then why people go and do all kinds of other things and then expect to suddenly have full exterior perceptions as a result.

There is the old type of belief system that you need to do certain very exact and specific things in order to accomplish something else. Like, you can only be cause over your own mind if you have gone through the Clearing Course platens in the correct order and called them out until they didn't read any more. I am not saying that that isn't a useful thing to do. But if you connect it with the belief that you can't have the state you want before you have done exactly that action, you might be limiting yourself unnecessarily.

There are a whole bunch of beliefs like "you can only have X after you have done Y" built into the game of the bridge. You can not communicate freely unless you have done the processes on expanded grade zero. You can't get into advanced stuff before you've done the lower bridge. You can't know who you are unless you've handled all your entities. Etc.

Do it

Now, those Can't Haves are part of making the game work. They work very well in making it very desirable to go with the program and continue up the bridge. They aren't necessarily the best way of getting what you want.

If there is something you want to do, the most rational thing to do is to DO it. Most reasons for not doing it right now is either your own aberration or somebody else's trickery that you have bought.

Time is an illusion anyway. The time is Now. If there is something you want, then do it Now. Putting things in the future will tend to keep them in the future.

If you want to be a painter, then start painting. If you want to be a writer, then start writing. If you want better perceptions, then start perceiving. If you want to have fun, then start having fun.

Drills are the most direct route to doing something. A drill is basically that you do something on a gradient. You don't do some unrelated activity and hope that your wish comes true. You do components of the actual thing that you want.

Inventing drills

In a drill you break down the desired activity into manageable component parts that you then exercise on a gradient. You don't search for reasons why the person shouldn't be able to do the activity, you assume that the person *can* do it. Any difficulty is treated by breaking down the activity into smaller parts, or by easing the gradient, or simply by continued repetition.

There is nothing wrong with locating and eradicating reasons why one can't do something. That is what clearing is mostly about. Or, we could say that negative clearing is about removing stuff that is in the way. There is also a

1 *Technical Essay # 110*, 26 November 1992. Flemming's *Technical Essays* come in two volumes and can be obtained direct from Flemming Funch. \$80 for both volumes, airmail postage paid. His training texts, *Transformational Processing* can also be obtained (airmail postage paid) for \$100. Pay in US\$ or check in US\$ drawn on a USA bank to Flemming Funch, 17216 Saticoy Ave, #147, Van Nuys, CA 91406, USA. Internet connection free download from: <http://newciv.org/worldtrans/transproc.html>

positive direction that more directly leads to the desired ability or state.

As previously described it is important to have a balance between the negative and positive directions of clearing. One without the other would tend to run into a stuck flow. Traditionally the negative clearing is what has been overdone way out of balance resulting in a lack of havingness and a stuck flow leading towards even more obstacles. Positive stuff is needed to maintain a balance.

Positive direction

There probably isn't much point in calling the positive stuff "clearing". It is a type of processing alright, but it doesn't really clear stuff away you don't want, it puts stuff there that you *do* want.

The positive direction includes stuff one can do in session, such as creative processing or objective processes. And it includes drills and exercises, like the ones done in connection with training. And it includes actually *doing* something, the desired activity itself.

Overall we could call the positive stuff "creating" as compared to calling the negative stuff "clearing". They aren't quite comparable, but I guess it could work somehow. Then we would have Creative Processing leading to increased Creativity or Creativeness and Claritive Processing leading to increased Clarity or Clearness.

So, as mentioned, drills are a most direct way of moving towards a given ability or state. It would most naturally be the first choice. If you want to do something, then start doing it on a gradient. If particularly significant blocks come up you could possibly switch to some form of negative clearing, remove the blocks, and then go back to the drilling activity.

Any activity can be drilled. It is a matter of identifying some of its component parts and then practice them a little at a time.

Certain drills have traditionally been associated with clearing. Communication, control, changing emotions, intention, model session. The list could probably greatly be expanded to include many more desirable abilities.

Means to an end

Notice that part of the trick is that the activity done in a drill is not an end in itself, it is a means to an end. It is not a goal, it is steps towards an ideal scene. Therefore one can avoid having a Can't Have games condition about it and one can start doing the activity right away.

Therefore, if there is something you want to do and you would like to drill it, work out what you want it for, so it doesn't become the end in itself. For example, let's say you want psychic perceptions. Don't make a game that might eventually result in your getting such perceptions, but that otherwise doesn't involve them. Make a game where you need those perceptions in order to play it well. You will then naturally exercise the abilities and get better at using them. And drilling gets to make much more sense.

TRs are effective because they aren't a goal in themselves. They are just a means to get to the point of auditing somebody well. We assume immediately that the person communicates, but we work at getting him better at communicating.

Any ability can be drilled. If we start with the idea that the person already has the ability somewhat, and we then practice component parts of the ability some more, that is the fastest way of getting there. We are moving the person on a gradient scale from his existing scene to a more ideal scene as far as the activity is concerned. □

Australian and New Zealand Clearing Technology Conference. 26-30 November 1996
Speakers already include Ulrich Kramer, Allen Wright, Marianne Hagen, Bernie Wimbush, Nick Brovcenko, Stephanie Wilkins, Chris Brovcenko. The aim is to have all variations of clearing represented. And to have fun. Entertainment and other delights are planned. There will be segments on skills to enhance the speaking teaching and marketing of clearing and there will be 2 world releases of new products. One is the tech written in ordinary English presented on video and sold at the same price as other videos in ordinary shops. Clearing the planet progresses. The conference is being advertised in Nexus and other magazines. *Muriel Chen, 32 Hooking Avenue, Royston Pk. 5070, S. Australia*

Ability Drills Elements

By Kurt Hemningslose, Denmark

IN THE LAST YEAR OR SO it has been my privilege to work with Gregory Mitchell in a number of ways.¹ My time with him has broadened my horizons immensely, and in this short article I shall attempt to relay a couple of points that came up.

Level Two: duplication

The main Mental Development courses developed by Gregory are made up in Levels. Level 1 is rather similar to TROM's level 1 — individual therapy given by an external practitioner — *if necessary*.²

Level Two runs for about a year, one evening a week, and consists of a number of drills, done with a coach, and a few exercises, done daily by oneself. Gregory has a large library of recent books on psychological and near psychological subjects, so I prodded him for some titles he could give me to recommend to IVy readers. He hesitated a bit over this task. He said that the two senior writers in the field seemed to be over concerned with invalidating each other's ideas.

But after a little comm lag he came up with this. The majority of drills in the psychologically inclined books he had seen in recent years belonged on Level Three of the Mental Development hierarchy. So they worked well on a

minority who were up to them, and did not work well on the majority. So what was Level Two mainly about?

Apparently duplication. "Duplication", you say, with a certain amount of emotion. "But I ran Opening Procedure until I was blue in the face. I definitely don't need more duplication".

But duplication³ covers a lot more than Opening Procedure (Book and Bottle). When you are looking straight ahead, how much to the left and right can you duplicate? This can be increased by drilling. If someone reads a complex sentence to you, can you duplicate it to the degree that you can repeat it back verbatim with inflections, and if a paragraph is read to you, can you duplicate it so well that you can summarise it accurately? These abilities can be improved by drilling. Can you (even at a noisy party or railway station) ask questions of a person so that you can duplicate something in his universe accurately? And of course there are other flows to this: Can you concentrate sufficiently on a subject and an audience so that you can present the subject in a way that they (despite being dumb heads) duplicate it?

There you have the essence of Level Two (as humble me duplicates it, anyway). There are

1 See IVy 11, page 9, The Importance of Drills,

2 It is worth noting that an important part of the Mental Development Level Two course is based on a book from 1939, *Mind and Memory Training*, by Ernest E Wood, London, Sir Isaac Pitman & Sons Ltd, Those interested in drilling to improve concentration and memory would find it worth the trouble to get hold of this rather rare book.

3 There can be misunderstands on duplication. On the Internet someone asked if there was a duplication technique in scientology (it was on an open area on Internet, and there are non-scientologists there). Some one replied that he did not know, but did know that duplication meant "agree with" as in the phrase "I duplicate that Purification Rundown cleans chemicals out of the body", which meant that the person *agreed with* that statement. A short attempt to correct him left him convinced that duplication meant agree with. It seemed he had been in the Church for a short while and thus was an expert — many people had used it in his presence with that meaning. If you are convinced he was right, then skip the rest of the article. This footnote is admittedly a bit of a digression, but it is very important to have a clear idea of what duplication means in scientology. The book *Dianetics '55* gives one viewpoint on it.

techniques in scientology to this end. Simple confront and obnosis¹ for example. I have also got a friend, Jerome Barklay, to make a simple little computer programme we called Spotdot. Use it daily, five minutes a day, for six months or a year, and see the improvement²,

There you have simple possibilities for evolving drills to increase ability, an activity making you 'larger' than any 'case' you have left. If you want or need therapy, go to a therapist. But if you want to increase your ability, go ahead and drill duplication in various forms, perhaps alone, perhaps with a friend. It is not difficult to work out how.

End phenomenon?

I became curious over this little question: If Mental Development was so good (and I felt it was) why weren't there large world wide organisations delivering it?

Gregory thought this over a bit and came up with some answers. I listened and acknowledged, but did not really feel the core of the matter had been reached.

Gregory went home, but three quarters of an hour later he rang back with another answer. When people had increased their ability markedly they wanted to go out and explore the world they could now much better duplicate.

Face some challenges. Apparently this applied to Gregory. For example in the early days of Mental Development he dropped it and cycled with a friend from England to Turkey. That is diagonally across a whole continent, no mean feat. It applied to supervisors. And it applied in great measure to students. They tended *not* to sign on for the next course because they wanted to go out and *do* something. This also was an explanation to the mystery of why there were not many upper level graduates.

If this little theory is correct, perhaps it explains, in part anyway, why the church is the size it is, despite the bad publicity it has, and rather suppressive methods. The people left are hanging on with vestiges of hope, rather than feeling confidence and a desire to go out and experience a 'new' world.

The drill route

The essence seemed to me to be, that drilling, not auditing, was the ultimate way to achieve higher ability levels, and that this ties in with the original spirit of scientology, though not 'latter day scientology' which seemed to concentrate on finding wrongnesses and handle with auditing. What you put your attention on you get (or gets you). So put your attention on abilities that can be assessed and measured in the physical universe.³ □

From page 9 them. Judith's address is The Chimes, William Street, Ryde, PO33 3EA, Isle of Wight, England, or subscribe to TROM-L to tap in to the experiences of others.

I am the distributor of TROM for Europe and Australasia in particular, Flemming Funch is the distributor in North America. My address is C/- P.O. Box 212, Red Hill, Brisbane 4059. Queensland, Australia. The cost is \$A 40, or 20 pounds sterling

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1 Without latter day additions with ulterior motives like getting new people into scientology. Early material was in *The ACC Manual* (about 1956, now out of print) and is republished in HCO Bulletin 26th October 1970 Issue III which is in my copy of *Technical Bulletins* VII page 148.

2 It is intended for DOS (MS/IBM DOS) operative systems. Write to the editor for details.

3 Readers who want to get together and evolve and run drills are referred to the article in IVy 23, page 33 on High Arousal. Optimally drills should be run regularly, say three hours a week. Changes can come in 'jerks', rather than there being the same improvement every week.

Tips on Listening

By Gregory Mitchell, Denmark

- a) **THE CONTENT OF THE MESSAGE** is more important than the messenger. Don't allow prejudice or disagreement to stop you listening.
- b) Suspend judgement on what the speaker is saying, until he has said it and you understand it. Many things cannot be explained briefly and until you have properly understood all the facts, you cannot make an impartial analysis.
- c) Think, while you are listening. Try to identify the central ideas and themes of what the speaker is saying. Picture in your mind the situations that are being described, to make a continuous 'movie'. This makes what the speaker has said far easier to recall, and discrepancies between pictures allow you to detect inconsistencies and conflicting or missing information. Be careful not to assume or presume what the missing data is. Half the value of questioning is to help the person uncover the assumptions and generalities that are misleading him.
- d) Prevent internal and external distractions from making you a bad listener. People who work in noisy environments learn to ignore the noise and concentrate on the conversation. You can do the same.
- e) Do not be shy to ask for clarification, repetition and the definition of words, when you do not understand. Help the speaker to help you to understand him.
- f) Give yourself time to listen. Resist the impulse to burst into speech, before you have understood.
- g) Be aware and wary of the non-verbal aspects of communication. Be alert for any emotional undercurrent — watch the eye movements and the hands!
- h) Adopt an appropriate manner for listening. Be alert, sit still in an open posture and maintain good eye contact. □

From Don Maier, USA

While doing electronic work in connection with the United States Army in Germany, Don Maier visited most German scn organisations and franchises and repaired all and sundry E-meters. He returned to USA when he retired, and ran a newsletter for ex-scns. He has asked us to publish this letter to the friends he has created in various ways and at various times. Ed.

Greetings to all those whom I have met and cherished, ever since the good old Dianetic days in 1950! This is also for my old friends of the Independent Network whom I contacted regularly in 1986-87. Yes, I'm very much alive and kicking!

I met Elaine in Phoenix on March 4th, 1988. She was one of my network correspondents, just as you had been. She agreed to go with me

when I delivered the keynote address at the Metapsychology Conference in Palo Alto on March 11th, and we were married at a camp-out with many of her friends on April 30th. She was a Power Class Eight and Mission Holder in that Org we don't talk about any more, having left it when she saw the handwriting on the wall, long before the big breakup when almost all the mission holders quit.

Elaine is a natural auditor. She had a hard time trying to follow the rigid curriculum that we all learned; she succeeded in putting her own personal "curve" on it while yet seeming to follow orders to the letter. A neat trick! Now, we are both retired and have been able to enjoy life as we create it day by day. We are very happy, and are grateful to all our friends and acquaintances who have

contributed to our growth; these life experiences are what finally brought Elaine and me together. We have often commented that, had we met at any time earlier in our lives, we would have not been compatible. Now, we have discovered our mutual soul-mate relationship.

We both invite your continued keeping in touch. My purposes in maintaining communication with the original network were two-fold: to let you know that you were not alone out there, and to find my new life partner. Both succeeded! Now, we welcome your input, if you should so desire, and promise to reply to all comm we receive. □

Box 30007, Enterprise AL,
36330-0007, USA

Recovering one's Past

By Joe Harrington¹, USA

DURING ONE'S LIFETIME, the recording of experience in the physical universe is stored in the region of the brain. The brain can be considered as the shadow of the non-physical mind during physical existence. At death, the brain cells rapidly deteriorate and the resident memory is erased. However, at or near the moment of death and prior to the loss of the memory contained in the cellular level, the being in effect downloads this resident memory, and reviews the contents. This fast-forward phenomena is often experienced by people during NDE's (Near Death Experiences).

The being creates a new file, which in effect is a synopsis of the experiences of that lifetime. This is converted into a permanent record, and stored at the density of sub-atomic particles. The wavelength is apparently very close to the wavelength that the being is resonating at. This becomes part of the permanent luggage of the being for use on his tour of the physical universe. The contents of the luggage is essentially the capabilities or major advancements and the traumatic events that the being had achieved or experienced during that particular lifetime.

The being continues to stockpile this luggage for his duration in the physical universe and builds an intricate data base for use in resolving the problems he encounters here. Depending on the length of his stay in this universe, one can have truckloads of this baggage. Some esoteric writings called these masses of energies thought

forms. The thought forms exist at the individual, group, and planetary levels. A being operating in a high energy state can swiftly deal with these thought forms at all three levels. Individual, group, planetary, galactic, and universal thought forms apparently exist as etheric² data bases that can be accessed by a being operating in a high energy state.

Relation to scn

L. Ron Hubbard understood some of this phenomena but others understood it much better for thousands of years before Hubbard. It was only after I left his organization that I began to realize the shallowness of his "research" and started to investigate the vast body of data compiled by many other independent researchers in the fields of physics, metaphysics, psychology, psychiatry, neuro-psychiatry, bio-chemistry and transpersonal psychology. Previously, as a staunch "Scientologist", I would never consider any alternatives to the Hubbardian dogmas as these other fields were considered "aberrations" or the fruits of the ancient "implanters" in the Hubbardian cosmology. Hubbard somehow was elevated above it all to bring his truth to the masses. I've since moved well beyond that mindset.

This residue of living is an aspect of one's self, it contains potential energy and will register on an e-meter. Hubbard completely mis-identified this phenomena. He considers this as an indication of "body thetans" or "clusters" and concluded they were harmful to one's spiritual

¹ The writer resides in the state of Maine and was a member of the Church of Scientology from 1966 to 1990. He completed the St. Hill Special Briefing course and had 2500 hours experience as an auditor. He completed all the levels thru OT6 (original). He is currently developing pilot seminars for use in hospice work and non-dogmatic eclectic spiritual evolution programs, utilizing the technology developed at the Monroe Institute as tools. He does not offer any cut-rate versions of Scientology practices. The writer welcomes comments and questions from the readers and can be contacted by mail at his residence: Joe Harrington, 48 Salem St #302, Portland, Maine 04102, USA, or via e-mail at: joe@server.nlbb.com. *Ed.*

² non-physical/spiritual in essence

growth. Spiritual travail caused by discarnate beings is not unknown, but Hubbard's development of his NOTS theory as a panacea was an overkill for a relatively rare phenomena. His NOTs material is filled with unsupported theories and errors about the nature of a being, as is his account of the Xenu implants.

Ron's huge ego and his intolerance of other fields of research denied him of much essential data. I've also found this to be true of many former Scientologists, myself included. Scientologists, present and former, tend to be arrogant spiritual elitists. His "research" was haphazard at best, and he never developed any permanent resolution for the phenomena he encountered. Because of its dogmatic nature and its cult-like worship of Hubbard's essays, the "Church" of Scientology will remain a spiritual graveyard for passive wishful thinkers. Let the dead bury their dead. It is only in an independent field, unfettered by dogmatic thinking, that meaningful research and emerging new technologies will occur. The absence of a unified field of independent researchers has slowed this process.

Monroe Institute

Over the past five years I have done extensive work and research with the hemispheric synchronization technology developed at the Monroe Institute in Faber, Virginia. I am particularly impressed with the Monroe Institute's non-dogmatic approach to the study of consciousness and their use of scientific protocols, wherever possible, to develop more effective methodologies to achieve higher states of consciousness. Combining the discoveries of the Monroe Institute and a program of spiritual evolution I personally developed, I've progressed far beyond anything conceivable with the Scientological approach. The focus is on positive aspects and without the reliance on an auditor/therapist. We are quite capable of self-empowerment. I consider Hubbard's approach to spiritual growth a remnant of the Dark Ages, complete with Inquisitorial methods for enforcing compliance with orthodoxy.

The Monroe Institute is a non-profit educational and research organization. Their work is based upon thousands of hours of lab sessions. Subjects listening to specific combinations and sequences of sound patterns report their experiences while electronic instruments record the

effects on their brainwave patterns. Almost forty years of research and data collection have resulted in the development of educational programs and audio technologies which provide safe and effective access to states of higher consciousness only dreamed of in the past.

The following is a brief extract from Robert Monroe's last book, *Ultimate Journey*. I've found it to be one of the most coherent descriptions of consciousness. I highly recommend Monroe's two previous books, *Journeys out of the Body* and *Far Journeys*.

Consciousness is a Continuum

"In our focused wakefulness, we as Human Minds employ that part of the consciousness spectrum limited to time-space. This is made possible by the device we identify as a physical body, with its five physical senses. This physical body permits us to express externally our mind-consciousness through physical activity and communication.

"When this focusing is affected for any reason, our mind begins to drift along the consciousness spectrum away from time-space perception, becoming less aware of the immediate physical world. When this happens, we become conscious in another form, the fact that we often have difficulty in remembering correctly our participation in that other part of the consciousness spectrum does not negate its reality. The problem lies in perception and translation, diffused and distorted as they are by the use of current time-space systems of analysis and measurement.

"The spectrum of consciousness ranges, seemingly endlessly, beyond time-space into other energy systems. It also continues "downward" through animal and plant life, possibly into the subatomic level. Everyday human consciousness is active commonly in only a small segment of the consciousness continuum.

The Phasing Concept

"The methods and techniques of the Institute can be identified as means to establish and control phases of consciousness. In the waking physical state, the untrained mind makes these phase shifts frequently each day with little or no control.

"Primary Phasing is the state where the mind is fully focused on physical sensory input or activity. Any deviation from this condition can be regarded as a phase shift, where some part or percentile of consciousness is, to a certain degree, aware in another form. One example is inattention, where physical sensory input remains strong but part of the mind has "wandered." What we call day-dreaming is another. Introspection, where attention is turned away from physical awareness, is a more deliberate phase shift, as are certain meditative states. Sleep is a shift in phasing to another state of consciousness where very little awareness of physical sensory input is taking place.

"Ingestion of alcohol and certain drugs evoke split phase shifts, where part of consciousness is "here" and part in another area of the continuum. In these cases, when the stimulus is removed, the phasing fades. Psychoses and dementia are inadvertent instances, and in these conditions drugs or chemicals may be employed to dim or eliminate the non-physical area.

"To understand the process clearly, we may consider the physical body as a tuning mechanism through which the human mind can operate in physical consciousness. As such, it contains circuitry that converts physical sensory patterns into forms that can be perceived by the mind, much as a radio or television receiver is tuned to a particular frequency band in the electromagnetic spectrum. In these receivers, there is a discriminator section that filters out for the most part any distracting or distorting signals or harmonics from other parts of the spectrum. As we tune a radio receiver gradually from one station — or frequency — to another, one signal fades and another is faintly heard. The receiver is shifting out of phase with the original station to the point where another station can be heard simultaneously. As we continue retuning, the original station is no longer heard and the other signal takes over.

"The human mind, which also has access to a "discriminator", acts in a similar way. The mind untrained in the tuning process drifts slowly out of control from one phase of consciousness to another. As it does so, signals are received partly

from the physical mechanism and partly from a different segment of the consciousness continuum. The signal input from the physical state diminishes until no such signals reach the mind, which moves into the state generally known as sleep or unconsciousness.

"The learning systems devised at the Institute offer a means to place these phase shifts under wilful control of the individual. In the early stages of this learning, the mind becomes completely at ease and feels little fear or anxiety in the resulting changes. The reason for this is that these states of consciousness are familiar territory. It is the presentation in a new and organized form that makes the difference, where any changes are made deliberately by the mind itself."

Here is a simple exercise for regaining and empowering lost abilities. Keep it simple. No meter is required as it is just a distraction. Your perception is much more sensitive than a meter, once you start trusting and using your intuition.

1. Find a quiet space, clear of outside distractions. The setting should be similar to what one would want for silent meditation..
2. Make a *short* list of your strengths and *positive* abilities.
3. Focus your attention and spot the source of these abilities. *Do not* get introverted into the source or try to "run" the incident, ala LRH. Keep it simple.
4. Finish off the list or add to it. This can be a very powerful step in recovering ones past, so don't overdo it. Give yourself time to re-evaluate, and maybe consider the wisdom of all the baggage you are still carrying around. And clean up your resident memory. I suppose this exercise could be done in a session setting. I've never tried it.

This is scientology in its most literal sense, *not* Scientology. "Clear" yourself of the Scientology mindset and don't mix practices. I hope this may be of benefit to others.



You can write to any author at IVy, Box 78, 2800 Lyngby, Denmark and we will forward

Author's True Identity Revealed!

The Truth about L.Kin

From our foreign correspondent, Ulrich.

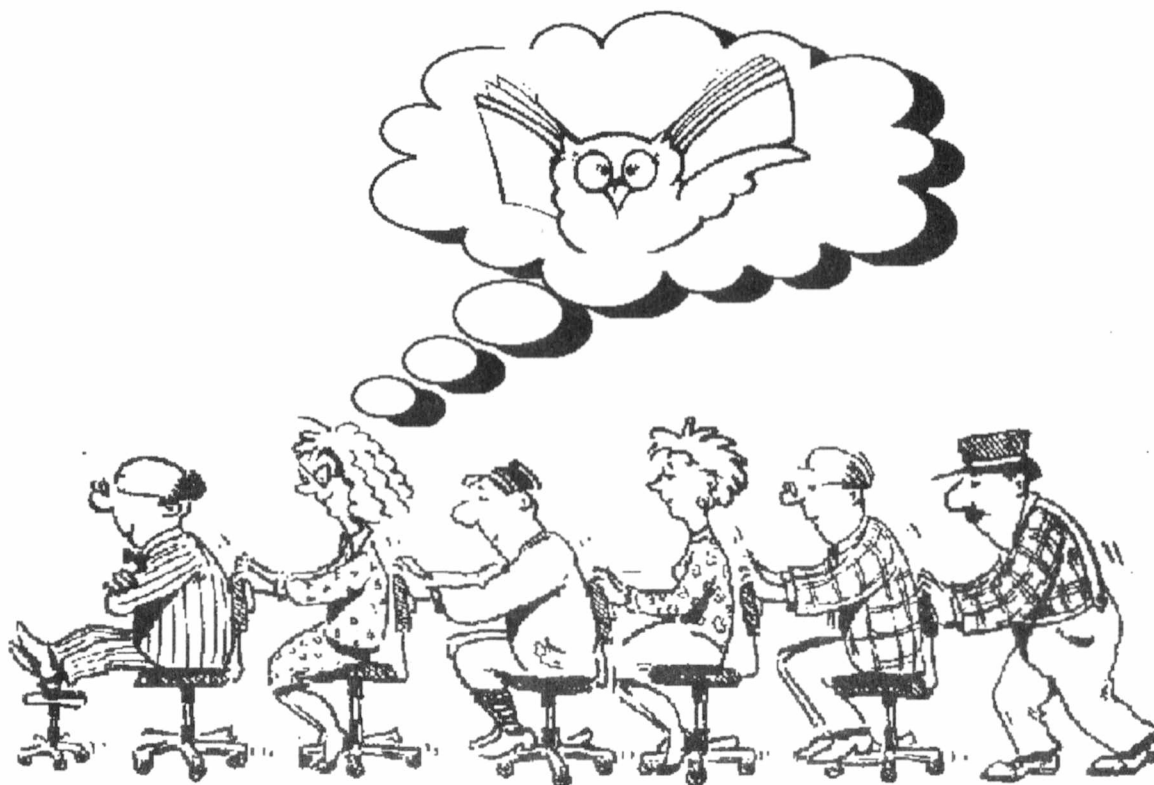
DESPITE HIS ADVANCED years — he's twice the age he used to be — L.Kin is boldly preparing the manuscript of his forthcoming book, *From the Bottom to the Top (The Solo Levels)*.

Verena Garble of ScienTerra Publishers said: "This book is gonna be a real hit. We are looking at publishing it in autumn 1996". Menny Doughlars of the sales division, is sceptical. "As long as we don't get at least 200 advance orders there's no chance we'll publish it. Period!"

Ken Knitwit, publications department, is all out to publish. "Finished or not, we'll get it printed," he says.

Baldwin Blurb, head editor, adds this: "What I have seen of the manuscript so far is just great. Hope the author gets it actually finished." He says that due to the author's faulty English the company spends over 350 pounds per month on headache pills.

Hints from anonymous sources revealed that L.Kin was brought up in the wilds of Tzatzikistan. His father was a simple kebab-herd. Nobody in the family ever spoke a word, let alone English. Melitsanes Saganaki, spokesman of the Tzatzikistan ministry of culture, says: "They did it all by telepathy. Didn't know the guy could write at all. Marvellous." □



Regular Columns

Classic Comment

By Terry E. Scott, England

More on Church Democracy

IN AN EARLIER article, repeated in IVy 25, I asked: "Will the revolutions in Eastern Europe inspire the Church of Scientology to reform its administrative structure?" A loyal opposition should work within the CofS to democratise the Church.

Let's go further along the path of these ideas. We would not want the CofS to lose whatever goodness it possesses, and democracy should not mean it would become a grand congress of mavericks. So there should be a Constitution that would maintain the essentials of L. Ron Hubbard's own tech, admin and ethics system.

At the same time, a Bill of Rights should guarantee specific rights for staff, students, preclears and those (members or not) in the field. Members and staff should be able to vote on how certain church affairs are to be run. Their agree-



ments would be handed to management, who would be bound to accept them if they did not conflict with the agreed-upon Constitution.

Who would create the Constitution? A congress of management, staff, members and — who knows? — independents. There and in times to come, votes might be weighted according to an individual's tech training, case level or both. Yet the congress itself will never materialise if people inside the church do not initiate a reform process. That is the first essential. □

First published in *Uafhængige Synspunkter* Nr. M10, May 1990.

Regular Column

Kemp's Column

By Ray Kemp, USA

IVy 25

HAVING JUST READ AN ADVANCE copy of the IVy #25 issue¹, I was struck by the quality and general theme of the articles, and decided to do a commentary on the whole issue.

Nothing that I write here is intended to be derogatory to any of the contributors, but rather an expansion of some of the points raised.

In "Basics", Frank Gordon gives a very good time span of the various definitions that Ron used to describe his work, and it is interesting to note that the term Church, and Religion came into being quite late in the game. Originally for instance in England the organisation was registered as "a Learned Society", and long before it was a religion in USA it was an "applied philosophy". Ron always wanted the subject to be academic and educational. The College at St. Hill, The Academy of Religious Technology in Washington D.C., for example. As late as the 70's he sent a mission from Flag with instructions to buy, or obtain an established College or Private University, and was very upset when the mission failed.

I was on that line and took a different route, setting up "The Southern California Institute", a legal degree granting institution authorized by California Law to grant degrees (technically known as an A3 School). We passed all the requirements and presented a four year college curriculum in both the Humanities and Philosophy. I kept Ron informed of all the steps, and upon completion Ron sent me a telex saying "Splice the mainbrace² — this is the biggest advance since book one".



We were working then toward accreditation and had passed the first step when someone at Flag informed Ron that "Kemp had sold out Scientology to the education authorities", a totally untrue statement, and that gave Ron a big ARC break with me which although healed later, enabled the Guardians Office to implement the take over of control of all independent Missions.

This program was written by Jane Kember, who had finally found an opportunity to get revenge for Ron asking Pam to check up on Guardians Office application of tech, to which Pam sent a report saying in effect "What Tech?" (at that time the Guardians Office had something called G.O.Tech, which their staff were run on and it was the most squirrely thing ever seen).

As an aside, when Pam challenged the folder of a high G.O. staff member and stated to Kember that this was not Ron's tech the reply was "Around here L Ron Hubbard is just Mary Sue's Husband".

You might like to look up a copy of *Scientology* one of the first magazines, and read "Why a

1 On rare occasions we are able to send an advanced copy to regular columnists. Ed.

2 Ancient nautical phrase, meaning celebrate by giving the whole crew a tot of rum. Ed.

religion" and you will see that the decision to be a church was a purely pragmatic one, made for the sole purpose of making the orgs unassailable. It worked... but at what cost?

In **"Withholds"** Bob Ross has made an interesting case on withholds and missed withholds, but a little simplistic. One of the characteristics of responsibility, is the ability to withhold knowingly, and of course responsibly, and the reactive bank withhold is often not even available to the person withholding it. The missed withheld phenomenon is when the person feels that something was nearly found out. For example one is at a lecture and the lecturer makes a statement that the listener wonders whether the lecturer is referring to him or her. A person who has a good confront or presence, can walk into a room full of people, and by just his presence can miss withholds on half of the people there. One has a near auto accident... and you get the missed withhold phenomena, in this case the mock-up of what might have happened had the accident occurred. Which is why people get so upset when a near accident occurs. This is a subject that has many roots and is well worth studying by anyone interested in counselling.

On **"A Personal View of GPM's"** it is not strictly true that GPMs carry no mass, which could be misunderstood when Barry Fairburn says GPM items are not objects. The Bank consists of masses and significances, and it would be nice if the GPMs were always neat and tidy in their line plot, but often that is not the case, so one could have a goal to Hunt Rabbits ...Op Term Rabbit... and so on with many objects coming up. The only point I am making is that it is dangerous to set arbitraries when dealing with any Bank or process. An example of this comes to mind with the precursor to GPM running, the process known as R2 12. Among many arbitraries that came out while developing this routine was one "There is no such thing as a one item list". While technically true, this completely wiped out for some time the situation where the student auditor asked for the item, and the P.C. gave it to him first time, clean shot. But because of the arbitrary, the question was continued through some seventeen pages of items, and the PC got blacker and blacker... Sometimes a PC can be right!!!

"Early Engram Experiences." That opening story makes me angry. How could a bunch of Scientists stand around and be helpless? It just goes to show how easily a technology can go by the way-side in the absence of understanding. In the 50's the problem would have been who was going to run the incident first. And this highlights the biggest danger to the work and body of knowledge that Ron has left to us, the tendency to theorize and reduce the importance of understanding and applying the basics. Do you realize that anyone who has taken and understood a Basic Course, or who has learned and understands the Comm Formula, or has read *Book One* and gained an understanding, knows more about the human condition than any ten year graduate of Psychology.?

"From South Africa" Leon Stewart writes about Service Facs, in an excellent article, but it really doesn't matter whether one does it by L&N or any other approach. A person gives you a method of handling something... Look and listen and if there is a hint that he is making himself right, then a simple question "Does doing that make you right?" will elicit a service fac ready to be run..so then run it out! you can even do it in a coffee shop. Definition of coffee shop auditing is restimulating and then not running it out. It has nothing to do with the location. Incidentally if you want to see service facs in action watch the fight between the Republican Congress and the Democratic President in the USA.

"It Still Might Happen". In the last paragraph Hubert Spencer expresses his hope that the subject will continue to be used and gives lack of knowledge of the real fundamentals as one of the possible preventions. I would add that this is the *only* barrier to expansion and continuance of the subject. He gives another, but I remind him that all the time Ron stuck to his original handling of low toned people we expanded. It was only when he started to guard against the effects of low toned people that we started to decline.

His original Policy? Simple. In the presence of entheta on the lines just put more theta on that line — the entheta will blow right off.

In Conclusion

At least this column shows that I have read the issue, and I thank all those contributors who gave of themselves to help spread the subject around and raise understanding. Please continue to do this.

And to the readers may I offer a 1996 wish... Take something you have learned each day/week/month/issue and *apply it to your life area*. Don't worry if you applied it wrong (difficult to do anyway). just apply it and see the results. That way we will all win.



Regular Column

New Realities

By Mark Jones, USA

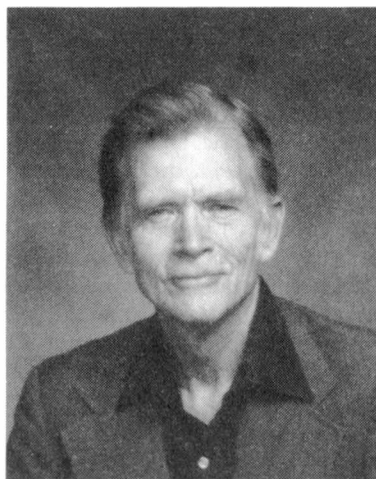
Doing an Initial Assessment of Condition And Remedies

Source: Dr. Fatima — *Psychic Healer*

AS AUDITORS AND HEALERS we can often make a useful assessment of what needs to be alleviated and handled first by getting data on the PC's bodily condition. If a PC is in pain and/or has his attention focused on his body, it is important to know how to alleviate his discomfort before starting an auditing process on the meter. Obviously, a touch assist can be useful, but may not be the most efficient or effective way to deal with the discomfort. The bodily indicators can also be useful in determining what auditing processes would be the most effective. The following symptoms are used in psychic healing to help determine the mental causes of a person's condition. Bodily problems are generally caused by stuck energy flows.

Problem area in PC's body Probable causes

- Toes* Unwillingness to be grounded on this planet.
- Feet* As for toes and in addition, feeling lack of support in daily life and resistance to movement.
- Joints* Resistance to change. The old is retained as energy.
- Calves* Retained fears, especially fears of the future and future events, of novelty and of losing.
- Knees* Unwillingness to be who one is; to integrate with one's present life.
- Thighs* Resistance held from childhood. The "No's" the person has been told and



perhaps forgotten. The old inapplicable rules person may still be following.

Buttocks Resistance to moving and doing things. Energy of conformity and sluggishness.

Genital area Resistance to being who person really is. For a man, it may be being a man. For a woman, being a woman. Also resistance to showing or experiencing sexuality or charm.

Lower belly Resistance to showing emotions such as anger fear and/or other primitive emotions.

Stomach area Resistance to new conditions, new ideas; i.e. — can't digest new situations, resistance to showing fears, anger, etc. The region of the stomach is the most sensitive area. Everything that happens in the gastric region reflects itself in the stomach. People don't always know this, and what they may call stomach pain or ache may have to do with the intestines or of the gastric system. Trouble in the liver and spleen also reflects in the stomach. The stomach has to do with the area of the solar plexus.

Regular Column — New Realities

Solar plexus Energies dealing with unwillingness to show one's self as one is or people as they are.

Lower back Resisting everything, accomplishment, material situation, finances, dealing with material issues.

Neck Resistance to flexibility; to looking in new directions; to discovering new things and finding new paths. Also, not expressing feelings through voice.

Face Resistance to showing one's real face.

Hair Problems with creative energy.

Arms and hands Resistance to doing and handling things.

Cold feet and hands represent holding back.

Legs represent the future.

Very warm body part may indicate being possessed.

Joints hold resistance to change.

Psychic healing

The psychic healer, utilizing these indicators as well as feeling the hot and cold spots in the body and blocked energy flows, channels energy into the affected or ailing area. All of us have the capability of channeling healing energies, whether we recognize it or not. It can be and is used by us to some degree in giving touch assists, even though we may not recognize it. A psychic healer consciously focuses attention on directing energy with his or her hands and fingers pointing into the areas of the body which are not functioning optimally, and visualizes the energies going into the area. This is simply a matter of postulating and intending. With a little practice, the healer will be able to feel the energy passing through his or her fingers as he or she visualizes it reaching the malfunctioning areas. It's important for the healer to visualize the body part as he puts energy into it

To start a psychic healing it is optimum for the healer to clean the energy fields around his or

her body of any negative energies with his or her hands as though he or she was sweeping a swarm of gnats or flies in the space surrounding his or her body. Then, doing the same around the body of the pc or patient. This should be done with intention. Then, cleanse the area around the pc's body in the same way.

Once the cleansing has been accomplished, the healer directs energy with his hands and fingers pointing to the affected parts of the pc's body, as he visualizes *the body part* and visualizing healing energy of the optimum color passing into the pc's body. Yellow energies can be used to break up areas of badly stuck flows, and then healing energies of blue and/or green. For example, to alleviate a sinus condition, after cleansing the pc's body, direct green energy in the sinuses and down into the lungs, while moving around to the front and back of the body several times. The pc may or may not recognize that any healing has occurred at this time. Not infrequently the pc's body may go into a tremor or vibration as the healing energies reach the ailing parts and they discharge locked up energies.

Blue energies are used for healing the digestive system, starting at the throat and proceeding down to the stomach and liver and moving around the body, from the front around to the back, to the front again and then back up to the throat. He should go round the body several times.

For heart, and blood circulatory system, use red.

For sciatica, use blue energy until the pain is relieved and then blue energy, from the lumbar, sacrum area all the way down. Sciatic pain is often connected with fear of the future and belief in poverty.

Use purple energy to fight bacteria and viruses, and green to fight infection.

Obviously this brief description covers only certain basic elements of psychic healing, but as an auditor practices using them, he or she will begin to recognise that they have potentials and abilities to bring about healings. □

The OT Levels, Teaching and Evaluation

By Britta Burtles, England

SINCE THE SUBJECT of the evaluative aspect of the OT Levels is being talked about among Independent Scientologists, I would like to add my thoughts to the discussion:

Let's first look at the word evaluation: When I discussed this with one of the best auditor/CS's I know, he made me aware of the fact that most teaching could be called evaluative. So, if teachers had decided not to impart knowledge because of evaluation, or students had decided to reject it, the world would still be a retarded and barbaric place. — Likewise, if instruction is evaluative, then every C/S a case supervisor writes, could be seen as an evaluation.

Learning

Our existence on this planet is a learning process. Here we are for ever students. Among us we have a few thinkers, philosophers, seers and prophets who are imbued with "insights" of basic data and truths. LRH was one of them. He was special in that he knew how to convert these truths from concepts into actions. And he taught us to apply them to better our lives and expand our awareness. In other words, even after having "tested" Ron's tech for 30 years, I still find it works, if I duplicate his teachings and correctly apply his instructions. That's why I still follow and apply them to my advantage and to the advantage of all those who come in contact with me, — even though Ron's instructions might be evaluative.

LRH presented us with mind-boggling insights and data. He was our teacher. Following his instructions, our lives have improved physically, mentally and spiritually. Among the most valuable gifts he left us in terms of help towards our personal progress and spiritual growth are the OT Levels. As they are mostly audited Solo, every pre-OT assesses, evaluates and decides for *himself* with the help of an E-Meter what and how much "material" there is to handle. In other words "evaluation" in the negative Scientology sense of the word, i.e. "to tell the pc what to think of his case in session", does not come into it. — There is only good and gainful or bad and ineffective auditing.

Some basic errors

In short, I think people who say "the OT levels are evaluative" may fall into the following categories:

1. Those who do not follow the general auditing rules:
 - a) "Don't audit over MU's (for instance: clear all the meanings of the word "evaluation");

- b) "Don't audit over a PTS situation";
 - c) "Audit the pc in front of you".
2. Those who do not apply the auditing rules of the OT Levels, like — "Don't audit the Upper Levels over incomplete Lower Levels".
3. Those who are unwilling (or unable) to confront the OT3 material of their own case. They prefer to devalue the OT Levels to have a plausible excuse for not running them.
4. Those who start the OT Levels with "Hidden Standards" as to the wins they expect from them.

Maybe there are more ways to render these tools insignificant or even useless. It is every pre-OT's responsibility to make them work for himself. — Ron has told us how. He has for instance told us about the OT3 material and taught us how to audit it. Pre-OT's who follow the general rules of auditing and his instructions regarding this material, get lasting wins.

As-is wrongnesses

Some people say the OT Levels are introverted and put attention on "supposed wrongnesses". — My view is this: Every pre-OT decides and evaluates (in the sense of assesses) for *himself* how many or few "wrongnesses" there are on his "case" relating to each OT Level. He as-ises these wrongnesses just as he has as-ised the wrongnesses while running the Lower Levels.

If he does not eradicate wrongnesses but *not-ises* them and leaves them in place, they will continue to "surface" and bother him, when restimulated by life. However, if he actually does erase them with the help of the OT Level tech, theta attention units are "freed up" with the effect of more "rightnesses" and more inherent abilities re-emerging. The person ends up more extrovert and more able, ergo more himself.

Thousands have run the Upper Levels with positive to fabulous results; just as many are running them at present, and many more will do so in years to come with similar beneficial effects. There are, of course, good reasons for refining and further developing the auditing Tech, as Ron has asked us to do. But I see no good reason for devaluing the OT Levels, to discourage others from running them and thus deter them from finding out for themselves whether or not they are as powerful and effective for personal improvement and growth as I have found they are. □

Rhythm of Life

By Jenny Kaye, Australia

Have you ever felt totally connected and in touch with yourself and all life?

Have you ever had the experience of events and people totally synchronising in an easy way? The right person at the right time? Would you like this to be a natural part of your life?

There is a living spirit, a life force, a rhythm which connects people, relationships, groups, organisations and countries, which, when in synchronisation, transforms life from robotic, dull and unawake to a living, energetic awake expression of life and creativity. Most people have peak and accidental moments when they are in rhythm, but they have no idea how to tune in consciously and permanently.

Recently I had a wonderful experience on Kona, Hawaii. I was training on the NLP master-training and the hotel where we stayed is located close to the ocean with magnificent views. The grounds are sacred as they belonged to a Hawaiian king, and the flowers are lush and tropical. I got up one morning before sunrise so I watched the sun coming up at the beach. I was walking barefooted down a path through the gardens to the beach and it was very, very silent. Suddenly I heard my footsteps right down deep into the earth and my feet seemed to sink into the earth. It felt as if I was connected through my feet and my senses to the earth — that sacred place I felt totally in rhythm with that spot and full of energy and joy. That energy and joy continued for days, almost as if the earth and I were celebrating our rhythm together — a dance of joy and love.

To achieve rhythm within ourselves it is necessary to have all aspects of self in harmony and synchronised. This means the body, the being and all parts are working together and one part is not dominating the whole. People often achieve this after a good auditing session, or

some effective body or energy technique, but it usually does not last. Many native people have a natural rhythm and creativity which has been dulled or suppressed through living in western society. The mass thought form or consensus reality has an investment in keeping people down or making them unaware and mediocre. In this way they are more controllable. Many Hawaiians, Jamaicans Aborigines, Africans, etc. have lost the rhythm which was their natural heritage and which produced wonderful creativity.

Over the past three years I have worked with Rowland Barkley running sessions on people and workshops which support them to move into rhythm and synchronise all parts of themselves, enabling them to lead richer, more creative, joyous lives. The shamanic workshops are particularly special as they connect participants to Mother Earth enabling them to experience Earth rhythm for themselves.

As an auditor I learned “to be there” and repeat each command in a new unit of time. This is very important to do as it brings our intention into the present — our mind is focused.

In addition to “being there” in the present, I imagine a richness and joy of living pulsating through all aspects of self and all your dynamics — in fact, a living pulsation connecting you to all life and energising every step of your way.

This can be your experience now.

In the past twenty years I have been studying and perfecting my knowledge of scientology and similar practices and setting up centres (see IVy 19 page 11). Now my life is going over to a new phase, where I will be implementing the ideas portrayed in this article, probably beginning in Australia, England and Denmark. If these ideas ring a bell with you, do get in touch with me via the editor (I travel a lot).

□

Ot Abilities

By Judith Methven, England

I OFTEN HEAR PEOPLE speaking of OT abilities in awestruck tones. Achieving these seems to be the aim of so many people and they constantly chase them — the only thing is, they seem to be pretty elusive. People think these abilities will be gained by 'going up the bridge', or by more auditing. If only it were so easy!

According to the *Tech Dictionary*, one of Ron's definitions of an Operating Thetan is: "7. A real OT has no reactive bank, is cause over matter, energy, space, time and thought and is completely free. HCOB 12 Jul 65."

Why be OT

Some people think that if they can only activate and use their powerful OT abilities, they will be free. However, this needs to be looked at more carefully.

First of all, exactly what goal is involved in the desire for OT. It is presumably that you can do exactly as you wish, whenever you feel like it and in what ever way you want to. Admirable goals as long as they are in the right context.

It is important to consider why you are living in this universe. After all, for some reason, each of us has agreed to occupy a body and to live on earth, or we simply wouldn't be here.

Statics exist outside time and space. To gain experience of the physical universe, they create thetans and send them down into MEST.

Dianetic Axiom 2 states: 'At least a portion of the static called life is impinged upon the physical universe.' This portion, or thetan, generally inhabits a physical body whilst on earth, so that it can operate fully in the physical universe and gain direct experience of it.

If you wish to gain thorough experience of a situation, you have to live by the rules or limitations imposed by it. For example, you can only truly know prison life if you have experienced it, and this holds good for every situation.

If you now look at Dianetic Axiom 8 it is stated there that "The life static conquers the material universe by learning and applying the physical laws of the physical universe".

Obviously, therefore, we've come to earth to learn lessons from the limitations imposed here.

Scanning back up the Axioms of Dianetics, the third one states the following: That portion of the static of life which is impinged upon the physical universe has for its dynamic goal, survival and only survival.

The ignorant OT

Now, if one were able to control MEST indiscriminately, or without finely tuned wisdom, one would find oneself in an awful mess. As mentioned in Axiom 8, MEST runs according to certain laws, and beings within the universe live according to them. Unless you know exactly what you are doing, interference with these laws incurs heavy penalties. This is commonly known as the law of cause and effect, or karma.

Since most of the human beings on earth operate around fear level which is pretty low-toned, it's a good thing that few of them have any OT abilities because OT abilities tend to magnify the way that you are. If you are non-survival, this magnification will have horrible consequences for the beings around you, and eventually for yourself.

Therefore the very fact that most people do not possess OT abilities is a built in safeguard. It keeps them out of a lot of trouble. (Although they may not realise this!)

However, if you look around, you will find that there are some low-toned beings living in this universe who do possess powerful OT abilities. They probably went through some sort of rigorous, uncomfortable, occult training to achieve these.

If you've had any experience with these types, you'll know it's wisest to avoid them — they are

dangerous. Heaven help you if you get on the wrong side of a low-toned being with powerful OT abilities, unless you know how to defend yourself effectively.

In the long run, these low-toned beings inevitably incur heavy, horrible karma for themselves as they don't have the constraints that most beings have. Their unwelcome interference in the lives and doings of the universe comes back at them like a boomerang. Very non-survival!

That's the dark side of OT abilities, now let's move on to the bright side.

The bright side

This belongs to the high-toned ethical beings who inhabit the universe — most of them safely possess and use OT abilities — they don't really think about this, it is just part of the way they live.

How do they achieve them — well, the interesting thing is that they just begin to occur spontaneously when they follow a certain path. This path is simple and consists of learning and applying the Rules (or Laws) of the Game of Life (which is, as said before, why we're here anyway).

These rules are very old and can be found in the ancient wisdoms. However, they are just as valid and fresh as they always were and if you live by them, you cannot help but grow in a survival way. OT abilities then occur in accordance with your level of responsibility, which is an entirely safe development.

In days gone past, the knowledge of how to enhance and use OT abilities was kept from initiates into the ancient mysteries until they reached a certain level of responsibility. The ancients knew that power is neutral and can be used equally for good or bad purposes. So they tried to put it only into the hands of high-toned beings.

You see, one of the secrets of developing OT abilities safely is understanding that you are entirely responsible for the way that you are, and the circumstances in which you find yourself. As your understanding of this grows, so does your ability to change your own universe and thus control your environment. It should be remembered that one is

only entitled to change one's own universe. The lives of others belongs to them. They have as much free choice to change themselves as you do to change yourself. So resist the temptation to interfere, unless you are sought out for advice. (By the way, this is one of the Laws.)

Growth

With constant practice, living by the Rules of the Game becomes a habit and is effortless. The right things happen in the right place, at the right time, with seemingly no effort. This brings confidence or certainty in your own ability to get your life to run well. You intuitively *know* what is the right thing to do. By doing the right thing now (in the present), you form the future you desire. (Law of Cause and Effect)

As your tone-level rises, so does your ability to take responsibility and a pleasant, and natural parallel to this growth is the development of OT abilities. (Yes, you actually do get to see the future and/or the past, develop clairaudience, just know things, throw energy about, etc — and the guidance you draw to yourself is of a high-toned nature.)

Auditing is a useful way of developing this sense of responsibility. Used in conjunction with the Laws of Life it teaches you how to look at yourself and change things that you don't want. When this has been developed to a fine degree, it becomes second nature and occurs without conscious effort and without the aid of an auditor. It's important to reach the stage of looking thoroughly without an auditor — thus your independence grows.

Conclusions

So the achievement of OT abilities for their own sake will not ensure you a smooth passage through life.

However, gaining these abilities in a responsible way is wonderful. It's an exciting path to tread. Concentrate on raising your tone-level and following the Rules of the Game of Life to achieve them. You'll learn a lot and have a fun-time. Also, your growing OT abilities will not endanger you in any way as you move towards a state of being free and in control of your life.

Eventually you'll graduate, at which stage you can leave this universe or stay; as you wish.

PS: If you want an up to date copy of the Rules of the Game of Life, write to me¹ and I'll send you one. They will also be printed in a future issue of IVy.



1 Judith Methven, The Chimes, William Street, Ryde, PO33 3EA, Isle of Wight, UK, see also IVy 18 page 14.

The Early Days: Personal Recollections

By Leonard Dunn, England

IT WAS IN THE SUMMER of 1953 that a reader at the library where I worked told me of dianetics. He was a war wounded psychiatrist who would have liked to have used dianetics in his profession but as he could work only part-time and saw his patients for only an hour once a fortnight it wasn't practicable for him to do so. He was however, very impressed by the subject. A few days later I went on holiday with my wife and daughter to my mother-in-law who lived at Hove. Staying with her was a friend who was a hypnotist and who had a copy of Book One — *Dianetics, The Modern Science of Mental Health*. He, too, was enthusiastic about it.

On our return to London I went, as usual, to our Central Library to look over the new books of the week. Then I checked the shelves in the Lending Library and found a copy of Book One. I took it out, read it in three days, and then started work with my wife. I got good results at first but then ran into nothing but 'dub-in' — imaginary recall that contained no pain. I then found a copy of *Science of Survival*, read it and realised that I needed to have training in order to use it. That was the beginning.

Holland Park Avenue

In the autumn my psychiatrist reader told me that group meetings for Scientology were being held at the above location. Since these coincided with one of my off duty evenings I went immediately and was very impressed. There was a talk giving data and group processing. At my next visit I made notes of everything, then started a group at home with family and friends, telling them what I had learnt and using the commands for group processing that I had written down. This was very successful. The person who ran the public meetings was George Wichelow, a very strong and impressive individual who was Scientology's first Public Relations Officer in the country. I saw him one Sunday morning at Speaker's Corner in Hyde Park, very elegantly dressed in sporting attire and carrying a shooting stick which he then used as a

seat. He quickly attracted a crowd and put over his talk with great enthusiasm.

My next step was to qualify as a Group Auditor. This course was run on Saturdays and as I had alternate Saturdays off, I was able to attend the required three times. One simply listened to taped lectures by LRH which were repeated each week and, if I remember rightly, without charge. So I got my first certificate.

Basic Course

I was soon able to go to an Evening Basic Course for quite a small fee. I was most interested to find that the majority of people there were, or had been, Spiritualists, as I was, or had connections with such groups as Theosophists. There were more men than women as was usually the case at that time. Again, there were talks and group processing.

When the course ended we were told that it was to be replaced by a totally new one and we were all invited to attend this at no further charge. I became friendly with the lady in the office and she let me have, without charge, copies of little booklets that were part of a now discarded HPA Course. It was all highly educative and interesting. Each meeting ended with group processing. There was, however, one incident that caused me concern. The instructor had told us about Acceptance Level, which is the condition that anything must be in for a person to be able to accept it. Somewhat later, I had a perfect example of this with a girl who could not accept a new dress, for example, until it had a slight defect in it. Just a stitch or two undone and she was happy about it. To return to the Course, the Instructor called out Neville, a man with whom I was very friendly, and got him to mock up his body and to degrade it until the mock up would snap into his body. The degradation process became worse and worse until the body was rotting and covered in maggots. Then, and only then, it snapped in. This quite upset my friend and although he finished the course, he then left Scientology.

It was on this course that in Group Processing we were running the process of reaching out with our beingness and contacting the corners of the room. It was during this that I had the strange sensation of seeing the front wall with my physical eyes but simultaneously perceiving the right hand wall with theta perceptics. I had exteriorised and was able to do so when ever I wanted to.

Nottinghill Gate

When the Org moved to premises in London's Nottinghill Gate an offer was made in Spring 1954 to cure any somatic inside 25 hours at a not exorbitant fee. As I had long suffered from catarrhal deafness I took up the offer. I was interviewed by the Director of Processing who told me that I was to have their finest auditor. So it was that I met Dennis Stephens, now mainly known as the author of TROM¹. He really was a brilliant auditor. The basic process was that of S.O.P. 8c — creative processing done with mock-ups and exteriorised. The processing was totally individual and scheduled to handle the pre-clear's needs. I made terrific gains. One quite amazing result was that I handled the heaviest item on my case and as a result went 'clear', although this was not realised until some years after. It was later that LRH said that unless that state was very strongly validated then the person was still very fragile and vulnerable and this was very true for me.

My auditing time was up and although the physical condition of catarrh had improved, my hearing had not. I had an interview with the D of P again and told him so. He very reluctantly allowed me a few more hours without charge but tended to make me think that the lack of result was my fault. The result of this was that I interiorised and remained so for many years. When my last few hours were used up Dennis told me to continue with the process that we were using on my own at home. This was GITA. See 8 — 8008 for details. It cleared the catarrh eventually but not the hearing.

HPA Course

At the end of my processing I had intended to enrol in the Intermediate Course of study, only

to be told that this was discontinued and that my next course had to be that of Hubbard Professional Auditor. I had neither the free evenings nor the money for this. The story of how I quickly got there appeared in an earlier article, but get there I did, and in an amazingly short time. My first evening there was the last of an old course and this involved the use of an E meter which meant nothing to me, and at the next meeting the new course began with the use of Comm Lag, the lag between asking a pre-clear a question and him answering it. The normal lag was established with a simple question like 'What did you have for breakfast?' The auditing question was given and repeated until the same lag appeared in three successive answers.

The actual auditing procedures were the Six Processes found at the end of *Dianetics '55*, which was to be the text book for the course but didn't appear until my course was nearly finished. There were instructors in those days, and not Supervisors. There were no bulletins but there were tapes and lectures by the instructor. There were no checksheets and no Trs. One process was taken on the three evenings of the week until we had done all six. Then the whole thing was repeated 5 more times with a different instructor each time. Two of these were good, three were moderate and one was truly appalling! She invalidated us all so badly that it took a really fine instructor to pull us out of it but she was number five and I later learnt that she had married a hypnotist and had no more contact with Scientology. Dennis Stephens was one of the two good ones and was either the second or third of them. We ran the process for the evening by co-audit and after each session there was a discussion of how things had gone. If any member's case or auditing needed to be discussed he was sent outside until after this was finished. I, as an auditor, was sent out one evening after an accusation by my pre-clear but, of course, didn't know what it was all about and was never told so it couldn't have been anything very drastic.

Noel West, a South African, was my auditor when we were doing Opening Procedure by du-

1 See Judith Andersen's Article, page 9

plication, known as the Book and the Bottle, or Dirty Thirty! He ran out a compulsive enthusiasm that I had and also took me through the Effort Band which was a very strange experience and both brought valuable results.

One of these six processes was simply two-way Communication and neither we, nor the instructors, had any clear idea of how this should be run. It was a case of 'just talk to each other about something'. As I have said, there were no bulletins in those days to clarify the running of a process and although there were taped lectures by LRH none of these were a practical tape on this process. We muddled through somehow!

Our last instructor was extremely good. I believe his name was Jim Patterson but as this was forty years ago I can't be sure of this. He began by saying that each preceding instructor had given his idea of how the process should be run. He now suggested that instead of this, we should run it Ron's way. He salvaged us and restored our confidence! Towards the end of the course, there was a fresh tape from LRH in which he told us 'for heaven's sake, get an interest besides Scientology'. What a change from his later attitude when anything except total commitment was condemned as being dilettante.

So my last night came with the written exam which was fine but the oral was another matter. Dennis Stephens and two others sat at a table and the prospective auditor sat on a chair some twenty feet away. This in itself was awesome and someone commented later that it restimulated every Tribunal on the Whole Track. Added to that my hearing made it even more difficult but after some discussion amongst them I was called back and told that I had passed. I went back to the classmates who were in separate rooms co-auditing on OP8c. Jim asked me to go round to each of them, observe, and give my report of them at the end. I could only say that I was appalled as not one of the pairs was doing it as it should have been done.

HPA

Now I was ready for my first 'raw meat' PC — a school teacher. On course the processes we were doing were easy as we all knew what was supposed to be done but my PC didn't run them properly! This was something of a set back for me. New processes were constantly being given

in the PABs — Professional Auditors Bulletins — and soon I heard from Dennis that he would come to visit me to give me a day's tuition in these new processes for a very moderate fee and hospitality. It was a most interesting and extremely helpful day.

The Comm Lag system wasn't successful and the E meter was soon taken into use again at the Org. Now came a PAB that gave components and a wiring diagram for an E meter. My brother-in-law was skilled in this field and made one for me and I used it for many years with great success.

Congresses

My very first of these was whilst I was still on HPA Course and run by Jack Horner. This proved to be a great help to us in all ways. Later congresses were run by LRH himself and perhaps the most important of these was the one that introduced the TRs and a way of handling ARC breaks. These hadn't even been mentioned on my HPA course. A friend who had qualified on the same evening as I did had just attended the preceding ACC — Advanced Clinical Course. So in the practical period in the evenings of the Congress he grabbed me and instead of working with each other, he ran me all the time. The result of this upon my auditing was quite outstanding. If I can sum up my feelings of these early days it would be to say that it was a period of investigation and finding how to achieve increasingly good results. PCs were treated as individuals and benefited from this. There was a freedom of action that worked extremely well. All was an adventure. Something that was lost in the C of S as all became reduced to an only way, only to be revived in the progressive areas of the Independent/Free Movement. So now, once again, we are exploring new and better ways of working for the benefit of one's clients rather than making money. □

The future!

With out goals for the future there comes a slight tendency to apathy and dullness.

Send us a letter with *your* ideas for the future.

IVy is also a forum for prospective goals finders to set forth and have discussed their ideas. Ed.

Power of Choice Procedures (2)

Analyzed In Terms Of Flows — A New View Of Stuck Conditions

By B. Robert Ross, USA

Continued from IVy 25, page 32.

Last time I told you about discovering pairs of ridges and running them off with my Power of Choice, LOGICAL procedures. The POC LOGical procedure handles conditions by paralleling the unconscious actions of the mind, Each member of the pair is run separately but simultaneously making conscious two unconscious, automatic, not-ised flows: i.e. the unconscious forgotten desires for what is a consciously undesired, and the unconsciously forgotten rejection of what is consciously desired.

I have since also realized that my Power of Choice Experiential (EXP) procedure handles flows, of pictures of experience.

Thus, when running experience, on Flow One, I ask my clients to focus on feeling what is flowing at them and simultaneously to experience and take credit for their own resistance to that inflow. This parallels and blows the ridge created by flow one incidents, things done to self by others.

On Flow Two, Self to Others, I ask my clients to feel the inflow and resistance to that inflow from the viewpoint of the person receiving their flow.

On flow Three, Others to Others, I get my client to feel the outflow of one person as experienced by the other and the recipients resistance to the inflow they perceive. This parallels the flows that create Flow Three ridges.

Lastly, on Flow Zero, I get them to experience and feel the effort of creating the same effort or emotion entirely by themselves. This parallels the flows of self to self that create flow Zero (or Four) ridges.

The geometry of parallel ridges produced by pulling and pushing at pairs of concepts is easy to see. At this time I hazard the guess that the four ridges described above form into a tetrahedron, because that is the only four sided stable geometric configuration I am familiar with. I would be delighted to get the input of others on this point.

A full write up of POC procedure \$ 70 US plus air postage outside of US, includes one hour of processing or advice on the phone or in person. Bob Ross — P.O.B. 91849, Pasadena, CA 91109, or call me (818) 357-9115. *Article continues in the next IVy*

□

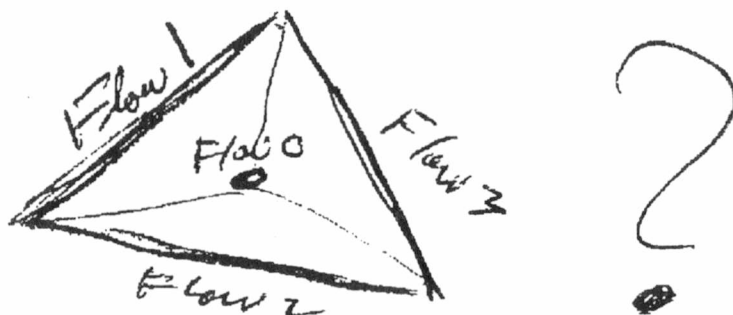


FIG 2. Experiential Masses

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Thoughts Inspired by ...

... Dennis Stephens' "Ron in the 1950's" (2)

by Frank Gordon, USA

DENNIS H. STEPHENS WRITES in IVy 22, p.10:

"In all his life Ron only fronted people with something, confronted: never experienced them ... He confronted, and that was his presence -- a mockup that he put there to confront people with, which was sensed when he walked into a room."

This could help explain something for me. In "The Missing Biography", IVy 3, p. 5, I described a contact with Ron at a Congress in Washington. Later, after his lecture, he came down on the floor and stood alone. I received a very curious impression of him, almost that of some kind of "sacrificial offering." It was like he was at that moment open, naked and vulnerable; a "victim." But one usually considers a victim as

unwilling. So if he was a "victim," I had the feeling that at that moment he was projecting an image of a conscious, deliberate and willing one.

And this could be, as Dennis said, "a mock-up that he put there to confront people with."

This possibility evokes some curious thoughts. Can one live a life as a kind of experimental probe, where the intent is to evoke responses to assumed identities? Life as a kind of research project, exploring responses to this or that voltage or identity?

I found Dennis's reminiscence very helpful in clarifying what was for me at the time a rather puzzling experience. And also for helping me differentiate more clearly between the actions of experiencing (having?), and confronting. □

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What is "IDSY"

By Ralph Percy, USA

"Idsy" is a word which has been coined to describe a specific set of mental states, which happen to be very common. The word IDSY is derived from "*Insecurity Due to Suppression, Invalidation, and/or Overwhelm*"; for convenience, it's shortened to "IDSY" as an adjective, the corresponding noun being "Idsiness". ("Insecurity" can equally well be read as "Instability", since they are naturally correlated.)

Using "Idsy" avoids use of invalidative terms such as "PTS" (for "Potential Trouble Source"), as used in Scn. Insecurity is a universal human phenomenon. In fact, it is true to say that: **ALL HUMANS ARE IDSY.**

A person who is insecure feels unsafe, and a person who feels unsafe may feel that people are against them, they'd better be careful: either by going into hiding, running away; or by getting their hit in first, before the other person hits *them*. In other words, insecurity produces instability of behaviour, that is, unreliability and irresponsibility; and these can find expression in two main ways, depending on a person's habitual mode of handling problems and obligations.

If the person is introverted, he or she tends to behave as a victim, to duck out of situations, to let others sort things out and take the blame. On the other hand, if the person is extroverted, he tends to behave as a bully, to handle situations by force and punishment. People can at times swing between these extremes. Nevertheless: **ALL HUMANS ARE IDSY.**

The Idsiness Scale

People at the top of the scale are in good shape. People at the bottom are "out the bottom". In the lower half of the scale, there is an increasing tendency to what Allen Hacker¹ has termed

"pre-emptive defensiveness": that is, a person feels so insecure that he is constantly on the defensive, and often "the best method of defense is attack": any other person who *appears* to be an attacker (however confused and mistaken this perception may be) has to be attacked first. A pre-emptively defensive person is suppressive, continually commits overtacts, and if up to being audited has to be run on Evil Purposes.

Body Fitness

The third column, relating to body fitness, indicates tendencies only. This is because (1) bodies inherently differ in general fitness, because of their inherited makeup, and (2) a person becomes more insecure in a more stressful situation, and this affects the stability of both health and behavior. On the whole, an introverted idsy person tends to get sick more easily than an extroverted idsy person; and more idsiness tends to be accompanied by more illness.

Use of the Idsiness Scale

This scale was developed as an aid to orientation in the universe of the deranged. How do you assess a person's idsiness? You observe his or her behaviour, particularly (1) victim/bully tendencies, (2) verbal defensiveness (lying) or aggressiveness (threats), and (3) responsibility (KRC).

What does it tell you? Everyone has had lots of suppression, invalidation and overwhelm, lifetime after lifetime. It can easily become triggered by present time stresses, and if these are heavy, particularly during childhood, idsiness can become ingrained: that is, the person sinks lower on the scale. They can be brought upscale by finding sequences of suppression, invalidation, and/or overwhelm, and following them back in the usual way. And you can also ask about feelings of insecurity, of course. □

¹ See IVy 25, p.28

The IDSY Scale

SELF		BEHAVIOR IN RELATION TO OTHERS	BODY CONDITIONS (ILLNESS & RECOVERY)
Stable, happy, capable, no self-deception; enjoys life		Leadership; caring & organizing; friendly; genuinely helpful; completely honest	No illness; rapid healing, no after-effects or complications
Conservative, principled, complacent		Reliable, loyal, chauvinistic, prejudiced, conformist	Few illnesses; rapid, complete recovery
INTROVERTED Shy	EXTROVERTED Overbearing	INTROVERTED Aloof	EXTROVERTED Bullying
			Few illnesses; recovery delayed

Anxious	Bravado	Secretive, jealous	Obnoxious, deceitful, macho	Frequent minor, some major illnesses; slow recovery; some complications
Despairing	Scheming	Neurotic: Chronic anxiety, hysteria, alcoholism drug addiction, paranoia, autism	Neurotic: Criminality, violence drug peddling, power-hunger	Frequent illness, slow recovery
Masochistic	Sadistic			(INTROVERTED) Many complications, etc. (EXTROVERTED) Infrequent illness.
Detached	Callous	Psychotic: Schizophrenia, Manic-Depressive	Psychotic: Manic-Depressive genocide	Infrequent illness Catastrophic illness
Oblivious	—	Catatonia	—	Vacancy —

Please note: This table is intended as a *guide* only: it is up to you to *observe* what is going on.

An Introduction to NLP¹

By Flemming Funch, USA

NEURO-LINGUISTIC PROGRAMMING (NLP) is not clearing² per se. However, it is a related subject that provides many tools useful to clearing practitioners and many processes that can supplement and expand the ones we already have.

NLP was developed in the mid seventies by two professors at Santa Cruz university: Richard Bandler, a mathematician and computer programmer, and John Grinder, an expert in linguistics and semantics. It is based on the desire to chart out the factors involved in good communication and particularly the type of communication that promotes positive change in oneself and others. The approach that Bandler and Grinder used was to study highly successful communicators and therapists and to model exactly what it is they do to be successful.

Comparison with scn

A basic skill in NLP is Sensory Acuity. That translates quite well into Obnosis. It is the observation of what people are really doing, what their indicators are, and what that tells us about their state of mind. It is vastly more refined than just a list of good and bad indicators. Just by observing a person you can get a lot of detailed information about them. You can know if they are stuck in something, or released; if they are in or out of valence; if they are remembering or mocking up; if they are accessing pictures, sounds, or feelings; if they are talking to themselves, etc. The body posture, rate of breathing, movement of the eyes, skin colour, mode of speech, selection of words, etc., will tell you all these things quite reliably. It doesn't just tell you that something "reads", but also how and what it probably is.

Equally important are skills for the establishment of Rapport. Rapport means about the same as ARC. So it is how you get into ARC with somebody and how you get them in-session. The NLP rapport skills are centered around duplicating the other person. You can duplicate somebody with your body posture, rate of speaking or breathing, choice of words, etc., and you

are likely to achieve better rapport. There is no good reason for not being able to get into rapport with anybody, as long as you notice where the person is at and approximate it.

Pacing and Leading is the equivalent of our: first you get into ARC with the person then you do something for him. Pacing means that you match and duplicate the person in order to establish rapport. Once you have the rapport you would want to do something with it, that is the Leading. For a salesman it might mean convincing the person to buy something. For a therapist it would mean helping the person to change his mind for the better. Pacing and Leading is also the way we get a person up the tone scale: first you approximate where he is at, then you lead him to a higher level and he will follow.

NLP uses somewhat different pre-suppositions about the mind than what is common in clearing. For one thing the sub-conscious mind is not regarded as something bad and undesirable that one needs to get rid of. The idea is rather to adjust it to do things that are useful for you. Changing responses of feeling bad or stuck into the ability to feel good and be resourceful whenever one wants to.

Conclusion

Most of the processes of NLP will appear to someone familiar with clearing as creative processing. Creative processes are being used to get the client to change his considerations for the better. A basic pre-supposition is that the person is cause over his own mind and that he can change any non-optimum condition if he knows what it is and he knows how to do it.

As I see it there is no point in being stuck with any particular system of therapy. Each system seems to have its own belief system that you use as a model to get the client to change. However any model is only a model. Any tool you can learn that makes you more able to change people's lives improves what you are doing. The business we are in is basically to get people to change their minds and be better off for that. □

1 *Technical Essay*, 23 Nov. 1991.

2 Clearing is the generic named used on Internet and in the USA for subjects similar to and including scientology. *Ed.*

"Free" Scientology Publications

By Antony A Phillips, Denmark

In the early days of modern scientology (1950's) publications were quite modest. I can remember my auditor course books in 1955 (including *Dianetics 1955*) were duplicated and modestly bound, and the American magazine, *Ability*, was a duplicated affair. Things improved, we got multicolored magazines in the middle of the 60's and in the 70's the mass of duplicated Policy Letters and Bulletins got replaced in many instances with the red and green volumes.

Authors other than Ron had a checkered history. We had Jack Horner's *Summary of Scientology*, Reg Sharpe's book *This is Life* and a some more. Then all other than Ron's were forbidden. Then we had a period where others were allowed again (Peter Green, Ruth Minshull were famous names). Then in the early 80's the censor came down with a heavy hand — all other than Ron were forbidden. Also more and more of the non Ron bits were taken out of the LRH books.

In the earlier days one was allowed to make E-meters. I lived with Jim Pembry in 1960, and he made e-meters, but soon the church established a monopoly. The church itself made videos and films — I don't know whether these are used now.

"Free" scientology

Then came "free" scientology. In the early 80's so many people were thrown out of the church (self included) and so many left it in dissatisfaction that an independent group arose — a group free of censorship and extreme authoritarianism. (Previously the few that had occasionally left the church had tended to die in isolation). The initial 'publications' of "free" scientology were of appalling quality — reports, newsletters and articles photocopied countless times. difficult to read and sometimes the bottom of each page was missing.

However things improved. Books began to come out (Anima Press produced a lot). The L.Kin series (from Editions ScienTerra) recently has been outstanding. Magazines came out (*The*

Free Spirit, *The Edinburgh Journal*, *Reconnection*, to name a few). E-meters got produced (there must be between five and ten independent manufacturers at the moment producing seemingly better quality than the church's). We got conferences (congresses) of the sort that had not been seen in official scientology since the 50's.

With regard to magazines, it is true that they are not on glossy paper, with more colors than Jacob's coat. And they don't come through the door (one or more copies) entirely free. And that is one of the key factors. Even with free labour (which the free field has) it costs money for these things. Where we provide services, they are cheap or for free. There are no ten percents going off to a central body.

Initiative

It took initiative, dedication, hard work, and money to get these things out. In the church, these things tended to get done, when they did get done, with orders, sea org missions, "ethics", and money released from hidden reserves. While we do not have the money or the communication network of the official org, what we do have is freedom, and people with initiative, and with, or willing to gain, know how.

That these things have been produced also has depended on the fact that people like you bought them. There is room both for more initiative, and more "public" to support it.

The video project

All this spate of words is caused by the fact that a new enterprise is well under way. Allan Wright, is producing two sets of videos. One is designed for people new to scientology, giving them basics, and one (the first of which is ready) is designed for new auditors to help them get into action. This is an enterprise well worth supporting. We will include a review in our next issue and you can get details from Allan Wright, c/o Allgäer, Einstein Str. 129, 81675 Munich, Germany. Internet 100240.2562@compuserve.com



Our Conferences

By Jim Burtles, England

THETANS HAVE A STRONG urge to communicate and they are naturally curious. It might even be said that their inborn curiosity is the desire to communicate with the unknown. The combination of these two compulsions causes them to indulge in self-knowledge which prompts them to yearn for self-development. The ultimate dream is the Perfect Self, half memory, half hope. Luckily, through Scientology and its derivatives, we have found the means to pursue that distant ideal.

Lonely at the top?

As we ascend towards the Perfect Self, through our training and auditing, we tend to isolate ourselves within the rarer atmosphere of the Operating Thetan. Small talk with the neighbours becomes less and less attractive. Our capacity and desire for ARC is enhanced but our choice of terminals is reduced. Thus we place higher and higher value on the companionship of fellow OTs.

This refining process is common in all walks of life and fields of endeavour. Our search for quality reduces our choice and increases our appetite, especially for an exchange of ideas with our peers. As a natural consequence, a few people decided to get together and talk. At first this was a very informal arrangement but it was an immediate success.

Structured gatherings

Encouraged by the enthusiasm expressed on that first occasion, Terry E. Scott recognised a need and set out to supply what was wanted. He organised a couple of rather more structured gatherings which were simply called Conference South and Conference North. South being the London area and North being the Manchester area. There were a number of interesting talks, lots of discussion and everyone seemed to enjoy themselves.

The next stage was to combine the two separate events to provide even more scope for us to com-

municate with each other. This allowed Terry to concentrate his efforts and the result was an overwhelming success. However, the success also meant a significant amount of work falling on one pair of shoulders. Terry asked for volunteers, and thus the committee was formed. Terry 'hatted' everyone, provided them with instructions, examples, lists and tools, and soon a well groomed team swung into action. Thetans were working with Thetans. The inevitable result was more Thetans communicating with more Thetans.

Having spotted what was needed and wanted, Terry had developed and delivered a good product. Furthermore he had developed an organisation and trained up a team which could continue to deliver the product. He had reached his E.P. (End Phenomenon) and so he wisely stepped down to be able to relax and enjoy the fruits of his labour, before he overran himself.

The committee meets regularly on a semi-social basis to enjoy each other's company, share ideas, discuss progress and plan the next event. We get a lot of pleasure from working together and are encouraged by the positive feedback which we get from the rest of the group. There is a distinctly international flavour to our Conferences, we regularly get visitors from Denmark, Germany and Australia.

The future

The interesting thing is that a lot of other activities have begun to spring up around these unpretentious gatherings. There have been several technical workshops, people have formed drilling groups to polish or re-vitalise their auditing skills; auditors have begun to disseminate and deliver. It might not be a boom (yet) but it sure is a lot more lively than it was a couple of years ago. Terry seems to have founded something which has developed a strength of its own.

A challenge

Our conferences happen twice a year, in Spring and Autumn. The next one is in the Wembley area on the 18th May 1996. Are you brave enough to face the challenge of enjoying the company of 40 happy, smiling people talking about how they got that way? You are very welcome. □

Our Conferences

by Jim Burtles, England

Somewhere else, our story has been told
But the product has not yet been sold.
These conferences are the pot of gold
Our rainbow's end was found to hold.

We have all had a whole bunch of fun.
And I think I speak for everyone
Who has ever been involved with one.
It's hard but such pleasure when it's done.

For if you come as our paying guest,
We know we must do our very best.
Providing your pleasure is our acid test –
And your delight remains our eternal quest.

Theta Conferences are packed with chat
As people talk about this and that.
Lots of smiling faces and never flat,
It's where the action is really at.

Come along and spend the day with us.
Rather an investment, if you must
Assign your time as minus or plus.
Surely, you deserve a bit of fuss?



London Conference, May 18th.
1996 Contact:

Ewa & Michael Manius
76 The Fairway
Wembley, Mddx HA0 3TJ, England

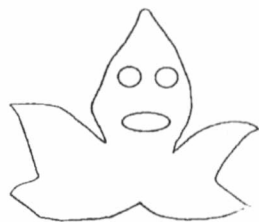
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Muriel Chen, 32 Hooking Avenue,
Royston Pk.S. 5070, Australia

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International Viewpoints

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