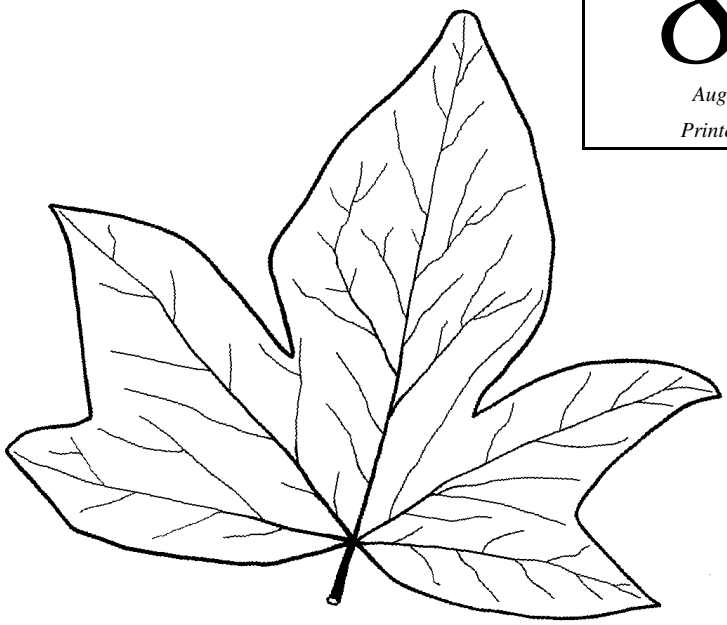
88
Aug. 2008
Printed 2009

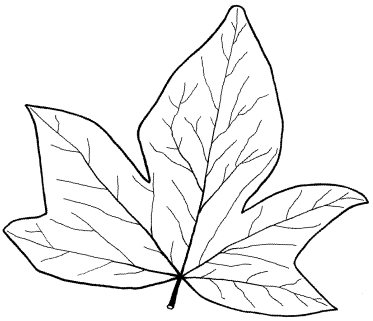


International Viewpoints [Lyngby]

ISSN 0905-9725

International Viewpoints (Lyngby)
Number 88
Aug. 2008

International Viewpoints = I.V. = (nearly) ivy (plant and girl's name)



IVy

Editorial board consists of:
Antony A. Phillips. (Responsible under Danish law = ansvarshavende redaktør), Judith Anderson, John and Deirdre Alexander, *Agnes Aarajo, Tom Felts.*

Printed by Federiksberg Bogtrykkeri A/S
Production Team: *Lars Peter Schultz, Morten Lütken, Claus B Hansen, Angel Pearcy, Conal Clynch, Rolf Krause, Toni Geyer, etc.*

Address: Jernbanevej 3F 4th, 2800 Lyngby, DK
☎+45 45 88 88 69
Internet: ivy@post8.tele.dk ivymagweb@usa.net
http://www.ivymag.org/
Den Danske Bank 5858798, Reg No. 1551

International Viewpoints is independent of any group or organization.

IVy's aim:

The aim of *International Viewpoints* is to relay communication amongst those interested in the positive use of MetaScientology. MetaScientology is defined as the many branches, groups and individuals arising from Scientology, including Nordenholz' book *Scientologie: Wissenschaft von der Beschaffenheit und der Tauglickeit des Wissens* from 1934, what became the Church of Scientology, and the many groups which arose, especially since 1980. We have no connection with official Scientology, and wish none.

International Viewpoints deals with this large area, and we aim to promote communication within this field. We relay many viewpoints, sometimes opposing! ¤

Contents

Do You Have a Hard Time Understanding Your Feelings? 3
Editorial 4
What Does General Semantics Have To Do with Scientology? 5
Logic is not Just Language Analysis . . 8
Conferences 9
GPM Lineup 1973, Part 2 10
Comment on Source 14
Dilemma of Organised Counselling UK 15
- Body Health Corner:
  - Ageing 18
  - Clearing Away Bogus Notions . . . 20
  - Health Stable Data
  - Look to Scientology 21

Happiness 22
- Regular Columns:
  - A World of ***IVy***
    - Body care 24
  - ***IVy*** Tower
    - My Scientology Story: 10
    - My Second Auditor Career 25
  - Outside the Box
    - Feeling it 28

Communication 30
Group Minds: Origin of Apparent Reality 31
International Freezone Convention . . 33
- Ant's Scientology Story 3:
  - Dublin and Just After 35

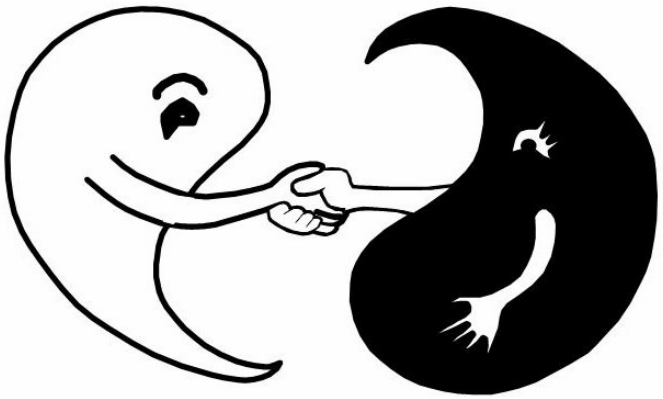
Who is a Scientologist? 39
Types of Auditor Organisations 42
Melbourne Wisdom 45
IVy Internet Lists 46
Life's Pleasure Moments 47
Sales Data 48

Contents © 2008 *International Viewpoints (Lyngby)*

Do You Have a Hard Time Understanding Your Feelings?

By Per Schiøttz, Denmark

I'VE HEARD THE QUESTION above many times, as well as "I have a hard time understanding my feelings, or my wife's feelings or my sister's feelings, and anyone else you can think of". This I can really understand very well, and I would like to give you my viewpoint on the subject.



Search for fundamentals

Fifteen years ago I sat down with a friend to find out if there was any common denominator for all philosophies.

We did find it. And we found it in the oldest philosophy/religion on this planet: Taoism. You have probably heard of Yin and Yang which describe the feminine and the masculine principles: the masculine is the part of us which is the very organizing type and the *think*-type, whereas the feminine side has the "soft" virtues and *feelings*.

The basic principle in Taoism is that if you have created the concept *good*, you have at the same time created the concept *bad.* (Yin/Yang — Masculine/Feminine). If you create the concept *inside,* you have at the same time created the concept *outside*, right-left, warm-cold, up-down, high-low, and so on. We found this principle existing in all religions, psychologies and philosophies we could drum up on this planet. It is *all over — everywhere*. It's *universal.*

How does it work?

Now when you have a situation, then the optimum reaction (handling) is a balanced one where the masculine and the feminine give a mutual (balanced) response together, i.e. the think is OK and the feeling is OK and both give a mutual response as a whole. If the response is created out of a polarized integrity, which means that a break has occurred between the masculine and the feminine, and the masculine will often hold the feminine "in check" with a fixed idea. For example, "Women don't know mechanics," "You are stupid," "I'm right." You probably know all of these and myriad more.

Incorrect applications

This polarized response will never be the optimum response. You *have* to handle the break between the poles to find the *balanced* response. Most technologies in this field, like Scientology only operate with the one side, the masculine side, and most of the processes are based on the practitioner asking a question and the client thinking up an answer. No-one asked him to consult his feelings. After a while and a lot of these *think*-processes, the client will lose his

contact to his own feelings. He will become more and more masculine, and he will feel colder and colder towards others. He can manage a very manageable life, but the feelings which tell him what is right or wrong for him, have finally shut up and given him up.

Correction of misapplications

Note that a masculine response is a *think* and a feminine response is a *feeling*. It is *your integrity parts* that get polarized and they can be healed, but not by addressing only the masculine (think) side. My friend (Torben Staal) and I worked with this healing method for many years. It's called "Balancing" and is based on a book he wrote and I issued, called *How are You treating Your feelings?*

You lose integrity when your feelings are denied. If a part of the whole (integrity) gets denied, there is a polarization right away. The integrity splits into two personality parts, an extreme masculine and an extreme feminine because of lack of space. The feminine extreme is smaller than the originally balanced feelings, because they have been denied. Their space has been taken away from them. They have not been given nourishment, that is, attention. They have not been seen (felt) and they withdraw. They suffocate.

You can't think a feeling

This is the very shortest version of the theory behind my suggestion. Remember that thoughts are mental processes and feelings are *feeling* processes. You can't *think* a *feeling*. You can't *understand a feeling*. If this is difficult for you to understand, or you have difficulty differentiating, then one can do a small drill in daily life which consists of observing how *it feels*.

A little drill

How does it feel when you drive your car? When you walk up stairs? When you eat some candy? When you leave work? When you talk to your partner? When you pray to your God? When you pay the baker for bread? And so on. But don't *think* how these situations will make you feel. *feel it!!! feel it* !!! When you have tried this for some time, days, weeks you will notice changes. *then* you will find out what the feelings are telling you. *feelings* are *felt*.

Problem

Someone wrote to me and asked: "Could you explain to me why I feel so uneasy about it, as I cannot understand my feeling?"

Above is my attempt to explain his lack of understanding. If you try thinking to understand your feelings, I can certainly understand that you get uneasy. As I do not know how well you are connected to your feelings, I can only answer by suggesting the little drill above as a remedy for the re-establishment of any lost contact by trying to *understand* the feelings. They *need* to be *felt*. I could write a lot more about this, but I hope this is enough to give an explanation, for essentially, you will find it in your own feelings.

Summary

When you have full contact with your own feelings, you can start in on others, which can be extremely rewarding and very, very healthy for any relationship. It will also make communication on a telepathic level a lot easier. Feeling your feelings is something which goes on in the *now*. You don't feel past or future feelings, you feel them *now*. This will also, eventually, make it a lot easier for you to be in the *now* !! And isn't that the best place to be?

I wish you a lot of good fun with this, and I hope that I helped just a little. ¤

Editorial

First, our apologies for a late *IVy* for 2008. When you read this *IVy*, *IVy* 88, then *IVy* 101, the first "Cyber" *IVy* for 2009 but the second "Cyber" *IVy*, (*IVy* distributed through the Internet) will have reached those who have subscribed for 2009. Having paid your subscription for 2008 you have one more "print" *IVy* to come — and it is in the process of being made.

To find out how to subscribe, go to:
http://www.ivymag.org/cyberivy/intro.htm

To make it easy to distinguish between the two versions of *IVy*, we have given the "Cyber" *IVy* numbers of 100 and over. This is *IVy* 88, and still to come will be 89 the last one for 2008.

Page 9.

What Does General Semantics Have To Do with Scientology?

By Agnes Araujo, Canada

KORZYBSKI IS A HOUSEHOLD name among Scientologists, but perhaps only a few have read his major works, *Science and Sanity: an Introduction to Non-Aristotelian Systems* and *General Semantics*. The purpose of this essay is to introduce some of this work's basic ideas to those, who, like me before I read the book, knew only the title or have heard only a few random remarks on its contents. Another aim is to draw attention to the fact that LRH refers to Korzybski's work and to explain how the latter relates to Dianetics and Scientology. I do not intend to cover all of LRH's references though, since I have not listened to all of his lectures nor combed the LRH library of books, journals, and magazines for references to Korzybski.

Who was Korzybski?

Korzybski (1879 - 1950) was a Polish engineer and a mathematician who had also studied psychiatry with Dr. William Alanson White in Washington, D.C. He integrated these different fields in what he calls General Semantics which is the result of both his scientific and psychiatric studies from which he inferred that the orientations of physico-mathematical methods result in sanity.[1]

What is General Semantics?

General semantics as conceived by Korzybski is the study of the relations between language, 'thought', and behaviour.The term "semantics" can be confusing, however. The next four

Agnes Araujo, is author of the articles "Scientology and Technology" in *IVy* 85, page 33, "Can Anything Good Come From a Sci Fi Writer" in *IVy* 86, page 44 and "On Crime" in *IVy* 87, page 40. She works in a prison as an ESL instructor in the inmate rehabilitation programme, and also currently teaches English as a sessional instructor at the University of the Fraser Valley, Abbotsford, BC. Prior to these assignments she taught high-school subjects, mainly English, for over two decades in various schools (Bermuda, New York, BC) and various college Adult Education departments in BC.

Her training includes an MA-IS in Cultural Studies, a Professional Teacher Certificate, Org Executive Course (1979), and New Era Dianetics (1982). Agnes has purchased and listened to many LRH lectures.

ESL stands for English as a Second Language, and includes literacy upgrading to those who are native English speakers but whose reading, writing, and arithmetic skills are low.

MA-IS stands for Master of Arts — Integrated Studies which means that her MA is interdisciplinary and spans the humanities. It is from Athabasca University, Alberta, Canada. ¤

1 "Self and Society: European Journal of Humanistic Psychology" Vol. X1, No. 3, l983, pp. 159-166. Quoted in http://www.generalsemantics.org/index.php/gslc/essays-articles/203.html

paragraphs are adapted from an article published in a website and quoted in Anatol Rapoport's article "What is Semantics? in the Autumn 1952 issue of *ETC: A Review of General Semantics*[1].

Language Disciplines

Grammar comprises the study of pronunciation, the internal structure of words (e.g. relationships such as between "house" and "houses" and between "give," "gave" and "given") and the way words and word parts ("morphemes") are put together to form sentences.

Logic when dealing with language, studies why saying one thing does or does not jibe with saying another. Put simply it is the study of obviousness.

Semantics studies the meanings of words and larger language units such as phrases and sentences. The result can be found in for example dictionaries. Semanticists solve problems such as the following. Are there two homonymous words "bank," one meaning "place you take your money to" and the other "construction you sit on," or is there just a single word "bank" with a kernel meaning "support structure" that is applied metaphorically to things as seemingly diverse as the long thing you sit on and the place that accumulates your money?

General Semantics deals not only with words, assertions, and their referents in nature, but with their effects on human behaviour. For a 'general semanticist', communication is not merely words in proper order properly inflected (as for the grammarian) or assertions in proper relationship to each other (as for the logician), or assertions in proper relation to referents (as for the semanticist), but all these, with the reactions of the nervous systems of the human beings involved in the communication.

Why General Semantics?

Korzybski's General Semantics differs from the strictly language analysis-oriented semantics in that it is a kind of philosophical anthropology. He writes in the preface to the first edition of *Science and Sanity* that a new definition of man is necessary based on mathematics and not on the zoological and mythical definitions of the past. He describes man as having a uniquely human characteristic which he named "time-binding." By this he meant that each generation progresses from where the earlier one left off in its capacity to abstract. Man progresses to the extent that he can break through his abstractions from one era to the next.

In 1921, the prevailing methods of abstracting were Aristotelian or two-valued, either-or computations such as black and white, night and day, or higher level abstractions such as republican and democrat, capitalism and socialism, but what was needed was a non-Aristotelian method to express the idea that the word is not the thing named, as well as to account for the numerous observations which are omitted in language. When one identifies an object with a label, one simultaneously also says A is non-A, or the word 'jam' is not jam. To use one of LRH's quips: the jam in the jar is jam regardless of the label which says "pickles".

According to Korzybski, our nervous systems are programmed linguistically. Hence, one's level of abstraction depends on our capacity to bridge the word and the thing, or the map and the territory, fully conscious that the word is not the thing and that the map is not the territory. From this analogy very important relationships are illustrated:

Just as *the map is not the territory,* the *word is not the thing*.
Just as *the map cannot represent all of the territory*, *words cannot say all about anything.*
Just as *we can make a map of a map*, we can make a statement about a statement, and *use words about words*.[2]

Maps and mental landscapes

We grow up and live in a world comprised, to a great extent, of the verbal maps inside our heads. For many 'territories', we have only 'maps', not first-hand experience. In other cases we are conditioned, and often prejudiced, by 'maps' long before we ever experience the 'terri-

1 www.generalsemantics.org/index/php/gsle/essays-articles/203.html.

2 http://www.generalsemantics.org/index.php/gslc/essays-articles/203.html

tory'. Inaccurate maps are the result of the fact that we live in a world which changes and is dynamic but words are static. In life there is non-identity, yet our verbal maps consist largely of categorical labels which stress similarities and allow us to neglect differences. The world is frequently about 'gradations', probabilities, and degrees of intensity. Moreover, in the world there are "fields of influence" and inter-relationships. From this, one can deduce how easily anyone might make errors in reasoning through misclassifications, such as "Horses sleep in beds."

General Semantics, Dianetics and Scientology

Dianetic processing in this context attains an interesting perspective. The preclear goes through "the incident" (the territory) and becomes free of the negative charge (the erasure) only when the postulate (the verbal map) has been located and voiced. Not a few of the observations in Korzybksi's work have been pushed to practical application in Dianetics and Scientology which are, by far, more advanced in application compared to General Semantics; in fact, these have wiped out General Semantics in LRH's own estimation, although he did consider Korzybski's work a very fine endeavour.[1] In the words of LRH: "The general semanticists had some interesting phenomena just on taking apart association in the individual, getting him to understand the association rather than to unthinkingly identify everything with everything. They got him to put his universe in order, one way or the other. It was a noteworthy effort."[2]

References by LRH to Korzybski's work

There are a number of other references to General Semantics by LRH which might interest readers of this article.

In lecture 530930-3 titled "The Problem Solved", he says, "'Korzybski is wrong on the premise that two things cannot occupy the same space. Two things can occupy the same space. What Korzybski didn't add is that **one thing** can be in two different spaces but not in this universe."

In lecture 531029-1 titled "Study of the Particle", LRH jokes about his having read just the first page and the last paragraph of *Science and Sanity* and that two friends explained Korzybski to him. The tone of voice is obviously ironical. He also adds that he is not well read because he could not read Latin or Greek and that cuts off most of literature. Clearly LRH is satirizing the myopia of some people's evaluations of his credentials and indirectly conveying the actual study habits and limited knowledge of his detractors in an amusing way. In the second section of that same lecture he goes on to say in his real tone that actually Korzybski is a "tremendous study. He's got himself a terrific subject, and he can beat it to pieces in different ways." However, LRH does comment that "Any time he has had trouble with a PC, Korzybski made this fatal error: instead of trying to merely codify communication which in itself had not been done and which would have led him into everything, he tried something else. He tried a disciplined restrictive therapy and when it was applied, it put communication breaks. Everywhere else in Korzybski's work, we are in total agreement."[3]

Auditors with long experience who have not read Korzybski would derive enormous pleasure from reading this work and realize how far auditing has travelled from the point where Korzybski left it. Even study tech in the context of General Semantics gains breathtaking brilliance. The physiological phenomena of the misunderstood word for instance, which Scientologists take for granted, is an amazing advance. The observation of the phenomena is still new news to every new wave of students I have had the pleasure of instructing in the rigors of Her Majesty's English. The MU [misunderstood] is only one tiny fact among myriad facts and truths in Dianetics and Scientology. Recall the following: "The principle is that one goes dull after passing over a word one does not

1 5801C24: " E-Meter: Identification and Association."

2 Ibid. (in the same place)

3 531029-1ACC-43: "Study of the Particle Continued."

understand and brightens up the moment he or she spots the word that wasn't grasped. In actual fact, the brightening up occurs whether one defines the word or not." [1] (Underlining my own.)

Take False Data Stripping, another application of stripping "maps" which consist of having accepted other people's ideas without one's personal examination. Similarly, fixed ideas are just "maps" without "territories" or territories that no longer exist. In other words, the thetan has not looked. "Look. Don't Listen!" or "Act, don't think!" looked at from the viewpoint of General Semantics is a huge help in freeing oneself from the restrictions of language.

The above observations are only a few among many. Having a working knowledge of General Semantics is not essential, however, to understand Dianetics and Scientology, but it certainly highlights the vast advancement in our fields. After having read *Science and Sanity*, a remarkable work, I can say with even greater certainty, that Dianetics and Scientology supersede it and are *par excellence* the fields which truly create sane people. ¤

Logic is not Just Language Analysis

by JCR, Canada

LOGIC IS THE STUDY of the conditions reasoning must satisfy to be valid. Reasoning can but need not necessarily be expressed in everyday language. "If it rains then it snows. But it doesn't snow. Therefore it doesn't rain" is an example of reasoning expressed in everyday language. This same **argument** can however also be expressed using progressively more algebraic notations as "If P then Q. But not Q. Therefore not P" or "If P then Q while not Q, then not P" or at its most abstract "((P → Q) & ~Q) → ~P." The "P" and "Q" in these abstract notations are called **propositions** and the notations "→," "&" and "~" are called **propositional operators** or, for historical reasons, truth-functional operators. Critical for the validity of an argument is its **structure** and these abstract notations show that structure better than if the propositions and propositional operators are expressed in everyday language. In fact, propositions and propositional operators need not have anything to do with language. Propositions can for example refer to power lines in your computer and propositional operators to devices for converting the state of a single line (namely from power off to power on or vice versa) or for operating on the states of two lines (as when power **on** in line A leading into the converter and power **off** in line B leading into the same converter results in power **on i**n line C leading away from the converter).

Although historically logic started as a preoccupation with language use and was once first of all the art of shooting holes in a lawyer's argument, since the 19th century it has evolved into an important mathematical and technological tool. Nonetheless plenty of philosophically-inclined publications on logic continue this misconception that logic is inextricably interwoven with language analysis. In fact, some of the pioneers of modern logic including the famous Bertrand Russell believed that what they were doing was creating a new kind of language whose vocabulary and grammatical rules were stripped of the vernacular's supposed ambiguities. There are several reasons for this. First, for thousands of years the argument structures that were studied the most were not a matter of propositions and propositional operators. Rather they were a matter of the internal structure of just one particular kind of proposition, namely propositions saying that a certain quantity of S has a property P. An example of the kind of argument that has almost exclusively

1 HCOB 10 March 65 original "Words, misunderstood goofs" in the Basic Study Manual . p.10

preoccupied logicians before the 19th century is "All elephants are creatures with wings like birds, Jumbo is an elephant, therefore Jumbo is a creature with wings like a bird." This, by the way, is a valid argument but the **conclusion** "Jumbo has wings like a bird" is false because one of the **premises**, "All elephants have wings like birds" is false. The argument's structure, abstractly, is "All S have the property P, J is one of the S's, therefore J has the property P" or "If all S are P while J is an S then J is a P" or at its most abstract "($\forall$x(Sx $\rightarrow$ Px) & Sj) $\rightarrow$ Pj." You can read this latter as "If it is true that whatever you substitute for x, if x has the property S then it has the property P, and if it's also true that the individual j has the property S, then j has the property P." We are now involved not in propositional logic but something called predicate logic also known as quantificational logic. The mentioned formula "($\forall$x(Sx $\rightarrow$Px) & Sj) $\forall$ Pj" illustrates that in addition to propositional operators such as "$\rightarrow$" and "&" we now also use predicate-logical operators such as the **universal quantifier** "$\forall$" (read: "all"). Determining the structure of a predicate-logical argument could more easily than with propositional logic seem to be a kind of grammatical exercise, more particularly that of parsing sentences into their subject and predicate. Another reason for this belief that logic is a matter of language analysis is the crushing authority through the millennia of Aristotle of Stagira, a Greek scholar and founder of a brand of logic known as **syllogistics.** His writings present a tangled skein of predicate logic (as we call it now), grammatical theory and esoteric speculation on the types of knowledge associated with words and grammatical categories. For more information on the grammar, psychology and logic intertwinement consult *Introduction to Theoretical Linguistics* by John Lyons, published by Cambridge University Press, 1968, ISBN 0521095107, 9780521095105.

Logic has many more branches than just propositional logic and predicate logic. To mention just the names, class logic and Boolean algebra are developments within logic as a mathematical discipline. Many new developments have also taken place within the tradition that sees logic as first of all a kind of language analysis. Examples are the logic of questions, the logic of commands, the logic of tenses and the logic of degrees of certainty, to mention just a few. These new logics, too, utilize mathematical notational apparatus and are important tools in artificial intelligence, a branch of computer science. ¤

from page 4. Thus there will be no *IVy*s in the nineties. *IVy* 100, the first "Cyber" *IVy*, is the free number you can write for at the above address (see page 4).

It has been a bit of a scramble, changing not only from one format to another, but one distribution system to another, one "does most of it" editor to another, and lining in a lot of new software. We are interested in hearing what you think of it, of receiving any suggestions you have, and also any offers of help.

We have the online contents for all *IVy*s from the beginning up to (when we get there) the end of 2008, which you find on our web page. We still need to find out if there is a need for an overall contents for the Internet *IVy*s, and find out how to do it. A volunteer would be welcome.

Conferences

We draw your attention to the following conferences in 2009:

Germany: Birega Haus, Multi Genius Concepts, 150 km south west of Berlin. **May 29-31.** See *IVy* 101, or write: MGTconcepts@gmail.com
Denmark, August 30/31. In Copenhagen. Write: ivy@post8.tele.dk
Russia October 2009, date etc. to be arranged. Write:
Max Hauri <max.hauri@swissonline.ch>

These are places to meet like-minded people in the flesh, get to talk about interesting things, make new contacts and renew old ones. In other words to take a post-Scientology break. ¤

GPM Lineup 1973, Part 2

by Jack Horner

[This article has been adapted from a copyrighted lecture given by Jack Horner to students of Eductivism[1] *on June 19, 1973, in Los Angeles, California.*[2]*]*

IN RUNNING A SYNTHETIC end word, usually in your first session you'd be lucky to get through the top GPM of a triad. And then hopefully you get to the second session and get the second one run and then in the third session get the third one run and finally get the triad complete.

Especially in the beginning, I recommend that when you get to the bottom terminal of a GPM and you do your X-step, you take a short enough break to do some body havingness of some kind before you go to the next GPM. Take a break or do some body havingness by touching objects and letting your body know that it's all right for it to have mass. Some people sometimes blow off so much heat and so much mass that their tone arm goes way down below 2 on running GPMs. That means you've shot so much havingness that you'd better quit and repair your havingness a little bit before running the next GPM.

Havingness processing should probably accompany every GPM, at least at first. If that tone arm drops down too low, if it's been up and it starts to drop too low, just take time out and feel the wall or touch the table or look around the room, whatever works as a body havingness process for you. Get up and get a drink of water, go to the bathroom, whatever is necessary, even if it's wiping your hands off.

CCCs

When you finish the triad you run the CCCs. "Tell me something about hairiness you're free to create; tell me something about hairiness you're free to continue creating; tell me something about hairiness you're free to cease creating". It's always better, in my opinion, to get another terminal to run them on you. They don't have to be trained. As long as they can ask a processing question, you can hand the questions to them and have them ask you the questions until it seems to be flat.

The better version of the CCCs is, "Tell me something about hairiness you're free to create. Good. Create it. Good. Tell me something about hairiness you're free to continue creating. Good. Continue to create it. Good. Tell me something about hairiness you're free to cease creating. Good. Cease creating it. Did you? Good". For some reason it works much better with a terminal than solo. So I recommend usually to anybody who's running solo on GPMs, after they've run 5 or 6 GPMs, make a list of the ones they didn't do the CCCs on, and walk in to an eductor and say, here, run the CCCs on me on these.

1 Eductivism (and its predecessor, Dianology) is the applied philosophy developed by Jack Horner in the late 60s and early 70s in Los Angeles, California, which has both similarities to and differences from Scientology. The terms "eductor" and "eductee" are analogous to their Scientology counterparts, "auditor" and "preclear," respectively. Horner was in Scientology earlier from about 1950, and the official org of that time (HASI) published his book Summary of Scientology. He was a leading figure, mentioned in the Scientology Journal *Ability*, and led the First London Advanced Clinical Course.

2 The transcriber of this article wrote me: "this article is Part 2 of a fairly technical lecture, which presupposes that the reader has enough familiarity with Part 1 in order to be able to comprehend Part 2. If you want to add a footnote to that effect, that is OK with me. In my view the material is complex enough to require some degree of study rather than just casual reading. My guess is that there will be at least a few readers who look fairly closely at this whole two-part article". Ed.

At this point, after the student has run the first triad, if he doesn't have this bulletin already, he should be given the bulletin called End Word Finding (ETB 14R). He should be made to study it and he should be star-rate checked out on this bulletin. We haven't required this before, and that has caused us problems. What has tended to occur is that there is a list of synthetic end words, and whether the eductor has been afraid or lazy, he has stuck to it.

Real end words

Usually these days we require a minimum of two synthetic triads, preferably three, completed before a guy goes into a real GPM. Then we give him the list of required end words to start running real ones, and he says, "My god, if I've got to run all the required ones I sure as hell don't want to run any more than that. There's an awful lot of GPMs there". So he'll stick with the goddamned required list and ignore the ones that are particularly important in his case that aren't on the required end word list. He should know how to find an end word.

The main purpose and function of the required end word list is as follows: to make sure a guy runs enough GPMs that he gets clear. It doesn't take that many end words to get clear. On the average it usually takes 12 to 15 triads, including the synthetics. After that there's no more mass in the GPM banks; there is only significance. You can run all the triads you want to after that and have fun because you reevaluate a lot of stuff, but without a lot of charge. And you have to recognize that point when it happens.

One of the things that occurs when you run triads is that you tend to dramatize the next item that you've got there to run if you haven't run it. You drop into the identification of the next item unknowingly. Let's say the next item down is "criticisms of". You have to stop to end your session, and you don't notice it, but you go around being critical for the next week until you get your next session.

Dramatizing end words

Another thing that happens, once the end word bank is triggered, is that when something occurs in life that triggers one or more of those end words, you tend to dramatize the damned end word. And in particular, the hardest one to deal with ordinarily is an end word which has to do with something like completedness. So you find the guy not running any GPMs and having all kinds of reasons for not running them. Whenever somebody is not running GPMs once started, he is dramatizing one or more end words that say "don't run them".

You've got to know how to find end words to get at what you're dramatizing. "What could I be dramatizing off the whole track that's making me act the way I act and have the problems I'm having in present time?" The problems aren't coming in present time from the terminals originating them in present time around you. The exact problems you're having are because you've triggered the energies, masses and significances of an end word, which other peoples' radar is picking up on, and they're giving you things to complement your GPMs.

So when you are running GPMs, any present time problem you've got you won't really resolve with "What is the problem, how have you tried to solve it?" anymore; rather, it will be solved by "What end word are you dramatizing that's causing you to suck in such a problem?" Or "What end words?"

R6-EW

You can always key out end words. There is a recommended procedure, similar to R6-EW, an old Scientology procedure, which is to list all the end words you can think of. You just sit and list them solo, or have an eductor help you list them. And you list them all, and then you call them off. "To create an absence of blankness, to destroy blankness, and to create blankness. Good". And you go to the next one. And you kind of null the list by calling out the triads, including the recognition of and the deliberate creation of all of those things.

That can be done prior to the guy even getting into synthetics at all. For somebody who seems to have an awful lot of end words triggered simultaneously, that's a good way of keying him out of the GPM banks. It can make a person function in a very clear manner, listing and nulling all the end words. Preferably that's what R6-EW is. You null it down to the one most important end word in the bank, and the guy says, "Ah, that's the most important end word" and he gives it enough identification that

it keys that out too. It gives him a stable datum by which to relate all his other end words.

So now we've run a synthetic and he's looked at the bulletin on how to find an end word. Hopefully he understands it. Make damned sure he does. We then run another triad on a synthetic basis, and we go on to running a real GPM. By this time he should really pretty well understand X-steps, the bring-abouts, and understand indicators and have a feeling for the way GPMs run and work. He will have gotten over his confusion of trying to run the bottom of the GPM before he's run the top of one.

Running backwards

There is a tendency, especially at first, for the guy to say "I'd never do that" on some goal like superiorness, when you start running "to create an absence of superiorness". You have to say, "Well wait a minute, let's make the assumption that at the beginning you were trying to create superiorness and then you tried to destroy it and then you tried to create an absence of it". You have to remind him you're running the GPM backwards. By the time he's run two or three triads that's kind of an understood fact, so he can relate that to himself very easily.

I think the best procedure, to the degree it is possible, is that the person running his synthetics and perhaps at least his first six real triads, should do it with another eductor present. It makes it simpler, it makes it easier, and it tends to also keep the discipline in to persist. Because there's nothing easier than after you've run about five triads to quit, and then run one triad every three months, like some of our graduates, or semi-graduates. So get an eductor to sit with you and run it. It doesn't take long. They go faster and faster and faster.

One of the less positive problems that tends to occur is that people run GPMs on an individual basis, and one guy finds he has to dramatize every item like a gorilla in heat, and the other guy finds that all he has to do is say the item and make it intellectually understandable for himself and it blows. When you put those two guys together, the dramatizer insists on the other guy dramatizing every item, which tends to make the other guy then not only run that item, but tend to pull in other GPMs to try to flatten the damned thing so he can go on. He pulls in other end words.

And when the quiet one tries to be the eductor he says, "Quit dramatizing and just cognite on the item". Well, each one has got to do it in his own way. That which produces good indicators for the individual is the best procedure for that individual in terms of running GPMs. I'm going to repeat that. That which produces good indicators, very good indicators, for the individual running the GPM is the way for that individual at that time to run GPMs. Because there are some times when you're going to have to dramatize them for them to blow, and there are some times when if you dramatize them you're overrunning them.

Indicators

How do you know? By your indicators. And by identifying the outnesses when the indicators go out. And the rapidity with which they can go out increases. So you have to be more and more in present time consciously aware of your indicators at this second, because if you start on the next item, your eyeball drops down on the next item, and your eyeballs just see the words of the next item, and you're in it already. It's that fast. Or you look down and your eyeball happens to hit about 5 items down and you suppress. You suppress on that item 5 items down, and when you get to that one it doesn't blow quite right because you suppressed on it.

That's why part of the standard rudiments on running GPMs is, "On this GPM has anything been suppressed?" Or, just simply, "Has anything been suppressed? Has anything been invalidated?" I think about every three triads a person should sit down with himself or get an eductor to sit down with him anyway, and put in rudiments on GPMs. On the subject of GPMs and clearing has anything been suppressed, invalidated, and "buttoned"?

Because people are going to come along and say, "What's this GPM nonsense?" People are going to come along and try to invalidate it. People are going to come along and say, Well I ran 74 GPMs and natter natter natter". You tend to Q & A with it a little. "Clear is just a consideration. Anybody is clear who thinks he's clear". Sure. Unfortunately a person who is very thoroughly keyed out functions clearly. I won't say

unfortunately; the only thing is that he assumes that it's stable when it isn't. Sooner or later . . .

Clear on GPMs

Now, pretty soon the guy is going to say, "Hey, I don't seem to be getting much on these GPMs. I can't find any end words that read". Of course, you have to make them read, anyway. You've got to make them real after a certain point. The meter's not going to read. After you run a few triads probably that meter's not going to do a damned thing unless you say, "Oh, stupidness, yeah that sounds like fun, yeah. To create stupidness". And it reads because he's willing and interested enough to create it enough to make it read.

But he runs it, he has fun, and pretty soon, he says there's not much on GPMs. "Am I clear on GPMs? Am I not clear on GPMs? I'm clear on GPMs". And he'll go along figure, figure, wonder, wonder, and invalidate, and he'll go around to somebody and finally he'll feel very clear on GPMs and he'll say, "Gee, I'm clear on GPMs, but don't tell anybody I said so yet".

Never tell somebody he's clear on GPMs even if you can see he is. After awhile you see when somebody is clear on GPMs. You can see it. It's like seeing a yellow wall. Don't tell him, because do you know what he'll do if you tell him he's clear? He'll invalidate himself, he'll put something there that isn't and build himself a temporary bank in order to not be clear. So wait until he is willing to educe himself into being clear.

Then we should put him right into the Infinity Step, and from the Infinity Step right into the Rock. The end of the Infinity Step puts him right in the Rock anyway. The last part of the Infinity Step is called the Dimension Plot. The Dimension Plot is to the Rock what the line plot is to GPMs. Rock running has been a little bit haphazard over the last few years. We have used help brackets to blow the Rock, running it on the right terminals. But it didn't always pick up all of the important sequences that were involved in the Rock. So the Dimension Plot is a map of the sequences that are involved in the Rock series. After that he runs the Rock. And by the time a guy has run the Rock, and he's run the Infinity Step, and he's run the GPM procedure, he's pretty clear, mentally, at least, very clear.

Q & A

At that point, the thing he's going to be running into is not a lack of being clear for himself, but his control, power, and handling of all the other dynamics, which he to some degree tends to identify with and confuse with himself. So he builds little temporary banks and he seems to get temporarily unclear. Why? Because he's Q-ing and A-ing with other people's banks, and he forgets to unmock them when he's through. A being cannot have an ARC break with himself when he's clear. He can have an ARC break with an apparency (called "himself") that he has identified with, and that is having an upset in relation to other things.

An individual does this stunt when he starts to get clear. Somebody else around him starts being reactive or even just plain stupid and he starts resisting it. So he makes mental pictures of resisting the stupidity of the other people around him and of course now he's built himself a little temporary bank. So you get the apparency of non-clarity, but it is second dynamic, third dynamic, fourth, fifth, sixth, seventh, eighth, and whatever other dynamics you want to mock up on lack of clarity. It isn't first dynamic lack of clarity, it's lack of the control of the other dynamics.

Anyway, I have not in this lecture given you the specific significances of the line plot. That is contained in other prior lectures and is to be contained in subsequent lectures in this 1973 series, where I'm going to go over line plots 1, 2, and 3 with you, and the differences, and the whys of the differences and how those are run. But that's at least an hour talk in itself. What I have done is try to give you the sequence of processing that is involved in clearing.

Power processing

You do not have to first run power to run GPMs, by the way, technically speaking. Power as a process didn't exist when I ran GPMs first. The only thing is, I had already cognited on power. Years before I'd cognited on that cognition. That's been an operating cognition of mine since at least 1952. I lose it once in awhile — I get busy resisting other people's banks, or get impatient with my own mockups, or games like that. But a guy can run GPMs and he does not have to have run power. It's better if he has.

But know this: Once the individual has started running GPMs, practically anything he has as a present time problem after that comes out of a dramatized end word or a dramatized item or dramatized end words or dramatized items. And if it isn't out of that it's out of the Rock.

Regarding the Rock values, the value system, you might say in the beginning there was a being. In the beginning there were us beings, or before the beginning there were us beings. In order to generate the particular thing called the physical universe, we set up sequences of values and considerations, and those sequences of values and considerations, those systems of values and considerations, and the interactions of particles that resulted, is the Rock.

Values, considerations, and standards. Those were not enough to make the game persist well enough and consistently enough, so to get the thing more solid the GPM structure was generated. And you can get very clear as a person by running the Rock alone. But you will not have cleared the stuckidity of the stuck particle flowness that's there in the GPMs. You can get a person very, very clear on GPMs, but unless he knows what brought the GPMs into being and why, he won't be as clear as if he does both.

So the whole thing is a much, much, much broader clearing procedure than Scientology has, or has had. Much of this comes from Scientology, in terms of its base, but we've got the consistent, if you will, "standard tech" to clear people with this stuff, provided they have the intelligence and the persistence to do it. Our clearing procedure is not easy. It requires study, work, a tremendous degree of duplication.

As I've kiddingly said many times, anybody who can just say the words of a GPM deserves to be clear! The words of some of those items are pretty complex. Every GPM has essentially the same words, except for the end word, and the root word, and to say them over and over and over and over again you're doing a fantastic degree of repetitiveness and duplication.

Imagine a person who says, "Why do you keep asking me that same old question over and over again? You asked me that question 3 times now". Imagine trying to run a GPM line plot on somebody like that. Part of the whole purpose of the first 7 classes of processing is to get a guy's ability to duplicate up sufficiently so he can confront the amount of duplication necessary to assis this material. Because, really, all clearing is about is a willingness to create all the things you've ever created, and to recognize them as such, and to create them again. Plus anything else you can dream up to duplicate, to create — there's a willingness to create it. In other words, having no resistance to any creation that you've ever created, but be perfectly willing to create it, so then you have the power and control to cease creating it. And the clearing material is composed of those major significances and masses which prevent the ordinary individual from having that ability.

We've refined the procedure and the sequence of running clearing material with each year, and made it better, and this currently seems to be pretty workable. Good luck, and thank you very much.

Copyright © 1978, 2008. All rights reserved. ¤

Comment on Source

This is an excerpt from a tape lecture made on the 17th November 1959, Case Assessment part 2. Ron Hubbard is describing how some people audit him. Excerpt is 36 minutes into the tape.

They go flipping around into some weak valence of some kind or another, and sit there and get all thumbs and ten tongues. Very often. Why? Because I'm the source of all of this information, I'm the source of all of this material. Well, I'll admit, I did a pretty good job of putting it together, but you're the source of it. If you hadn't made these postulates, you wouldn't have them. If you hadn't mishmashed this stuff up and assigned the evaluation of importance that you have assigned to the various postulates that you assigned them to, and the considerations which you have, nothing would work on you! You wouldn't be in this universe! What do you mean, I'm the source of all this?

The Dilemma of Organised Counselling in the UK[1]

By Roxanne, England

THE ORGANISATION and executive powers of any professional body of practitioners are of interest to its members, clients, and the public at large, whatever the field: medicine, the law, architecture, dentistry, etc. Such bodies usually come into being in areas where there is a duty of care towards the client's well-being, and in turn the client may be vulnerable or dependent and reliant on the service given.

The need for organisation is obvious, the best method to structure it is less so. As personal counselling has become more accepted in the mainstream in the UK, two different models of organisation have evolved, one hierarchical, the other egalitarian.

(1) hierarchical: The British Association for Counselling and Psychotherapy:

(2) peer approach (egalitarian): The Independent Practitioners Network.

British Association for Counselling and Psychotherapy

Over the past 20 years counselling in the UK has gone mainstream. It is now a recognised profession and is accepted by the (wo)man in the street as a valid and preferred way of dealing with personal difficulties. The profession is still not legally protected, i.e. anybody could set up shop as a counsellor. However, as a result of public awareness such practitioners are unlikely to draw in clients. The main (hierarchical) umbrella body regulating the field, protecting the public, and promoting the practice in society is the British Association for Counselling and Psychotherapy. Each month they accredit some 50 new counsellors. BACP accreditation is usually necessary for paid employment, which is why most counsellors pursue that route. Such counsellors will:

1. have trained for at least 450 hours, usually part-time over 2 years, then they graduate their course. However, to become 'accredited' with BACP requires
2. a further 450 hours of supervised practice plus completion of other qualifying tasks, e.g. case studies, an exposition of their way of working etc. Typically this takes another two years.

So, all in all, becoming accredited is a lengthy (~ 4-year) and expensive process. Most of the work undertaken on the way will be unpaid, while in turn the aspiring counsellor has to pay for supervision etc. However, accreditation is the essential ticket to paid employment. These accreditation processes have been put in place over the last 20 or so years.

Please realise that BACP is quite unlike CoS in so far as they are *not* the owners of any kind of prescriptive, confidential, or copyrighted material. There are hundreds of approaches to counselling, and BACP's role is to accredit not *what* the practitioner does but *how* they do it. Are they abiding by the professional codes of ethics and practice? Does their work have a recognised theoretical background? Within their particular way of working are they competent? etc. So BACP is a very broad 'church'.

BACP accredits individual practitioners, but they also accredit training courses. Some institutes carry higher prestige than others, and if the course itself is accredited, i.e. has met BACP's stringent standards, then the individual

1 Edited from a contribution to an Internet list

has an easier time of pursuing personal accreditation. Some institutes are recognised 'centres of excellence', and in competition for jobs or choosing a personal therapist such pedigree is important: tell an employer you trained at the Tavistock[1] — that immediately translates to quality. Plus there are different levels of counselling training: a diploma, a degree, a postgraduate diploma, an Honours Degree, a Masters, a PhD even. Counsellors will be chosen for the job by the level of their training, their length of experience, their underpinning theoretical approach, specialist skills and issues (e.g. counselling children, counselling couples, counselling families, relationship issues, cancer, abuse, trauma, bereavement, depression, anxiety, etc.).

Independent Practitioners Network

While all this was going on with BACP (and, I would say, necessarily so to make the profession respectable) there were others who disagreed with this somewhat mechanistic approach and the need to jump through hoop after hoop, especially old-timers who had been in practice for years. Their original training might have been less orthodox but actually they were very competent practitioners. They formed a different association called the Independent Practitioners Network. They have similar ethical and professional criteria, but do not prescribe rigidly the number of hours to be spent on training in this, that and the other. It is a *peer* based model of practice and therefore an alternative to the BACP. Personally, I feel it would well suit the UK FreeZone. Rather than my explaining it, let me copy details from their web site. http://i-p-n.org/ :

What is "IPN"?

The Independent Practitioners Network offers an authentic model of best practice accountability through open, committed relationships with peers. We are a nationwide network of practitioners of equal status rather than a hierarchical organisation. We work together in linked groups to offer each other mutual support and challenge. We believe that high quality ethical practice is grounded in honesty, integrity and transparency. We welcome counsellors, psychotherapists, educators, growth workers and allied practitioners.

IPN structure

Non-hierarchical, low bureaucracy. IPN is inclusive of more or less qualified or registered members, since we recognise that there are many routes to being an effective practitioner. The structure is horizontal and multi-centered rather than vertical and pyramidal. There is no central, standardised code of practice, each peer group creates and circulates its own.

Freedom of practice

We are committed to defending freedom of practice, and to creating a culture of openness and challenge. The Network grows out of the belief that no centralised organisation has the right or the ability to decide who should practice therapy, facilitation or equivalent skills.

Open definitions

Has a commitment to encouraging diverse forms of practice, training or therapeutic relationship, since we value a richly pluralistic and multi-skilled ecology.

The structure provides for:

- A powerfully effective means of supporting the interests of both client and practitioner.
- Self and peer assessment and accreditation through a continuing process of accountability.
- An exciting, stimulating and creative context for ongoing practitioner development.
- Willingness to own mistakes and take responsibility for constructive approaches to improving situations that may result from them.

1 Tavistock, fondly referred to as 'The Tavi' :) "The Tavistock Clinic, named for its original location in Tavistock Square in the Bloomsbury area of London, England, is a noted centre for psychoanalytic therapy in the British National Health Service. It offers outpatient clinical services in London and provides many postgraduate training and academic courses for professionals in mental health, social care and organisational consulting." http://en.wikipedia.org/wiki/Tavistock_Clinic. *Author's note*

Peer validation

The unit of membership is a group of at least five practitioners who know and stand by each others' work; who take responsibility for supporting each others' good practice and the good practice of other groups in the Network; and who address any problems or conflicts in their work.

The group seeks to establish the quality of its members' work through personal ongoing interaction consistent with our belief that this most effectively facilitates authentic practice. A full member group is required to have formed cross-links with other groups, through which the process of peer support and challenge is widened and deepened.

[End of quote from http://i-p-n.org/]

In conclusion

Self governance and accountability are at the core of any professional organisation. They are key to the maintenance of professional competence, credibility, standards of practice, and protection of the public. Personally, I believe it could only benefit the FreeZone to have similar structures in place. ¤

Body Health Corner

Ageing

by Ken Urquhart, USA

This article originally appeared in IVy's main Internet list, ivy-subscribers-1 earlier in 2008.

HERE IS MY contribution to the recent discussion on Ageing, the following being some of the things that have helped me maintain my mobility.

Let me say upfront though, that nothing has stopped the aging process per se for me, and I don't expect to find anything that will let my body live forever. I can hope for good health till the day my body dies, and I think the best I can do in this regard is to do all I can to help my body maintain itself at a good level of health. It's my responsibility, after all! I do find though that if I'm not careful, I start creaking a lot!!!

To start off with, some **basic books:**

1. *Ultrametabolism*. By Dr. Mark Hyman. It is easily available on Amazon.com (as are all other books here). The book gives one a way to survey the major systems of the body and to assess their performance. The author gives different approaches to help each system that might be under-performing (mostly from an alternative health viewpoint). The book is not a final answer, but a good starting-point.

2. *Digestive Wellness.* By Elizabeth Lipski. This book has a complete description of the parts, functions, and inhabitants of the digestive system, and how to take care of them. I happen to be very sensitive to everything that happens down there, and I like to keep that system very happy.

3. *The Biology of Belief*, by Bruce Lipton. Compelling and convincing on the subject of the health of the cell and how necessary it is to help every cell in the body (every three trillion + of them) be well and happy. Lipton has a kind of therapy practice based on his cell research which I haven't explored, and am not terribly interested in. This information is very valuable over all, the knowledge useful to all I feel[1].

4. *Mastering Leptin*, Byron J. Richards. http://www.wellnessresources.com/
I do think reading this book is a *must* for anyone interested in their own health. The book tells how to keep one's cells healthy and happy (see book #3). He gives five rules for eating, which I've been following for a few months and can't remember feeling better. His main point is that the body has a rhythm and a sequence that it is designed to follow; one eats to support that rhythm and sequence — or one gets sick. A sick body, an overweight or underweight body is stuck out of the rhythm and sequence, and cannot restore itself unless the being running the body allows it to by following the five rules. He also suggests supplements [and he sells the supplements] to help with different difficulties. No one should be ignorant of the knowledge obtainable from this book in my humble opinion.

The book is written by the author's wife, and it is evident she had never heard of copy-editing — I found the writing amateurish. However, the research is convincing and extremely thorough. There's a *lot* of data in the book, all well worth knowing.

5. *Brain Longevity.* By Dr. Dharma Singh & Cameron Stauth. Very interesting information about what the brain needs to be healthy. He recommends supplements (which he sells), yoga, meditation, and other things. If your brain ain't healthy, how can the rest of the body be healthy?

1 Bruce Lipton has a vast knowledge of energy therapies, EFT (Emotional Freedom Techniques) being part of this general subject, *Ed.*

6. Next, **A website, with a newsletter:** http://www.mercola.com Dr. Mercola has two missions in life, one is to expose the criminal greed of Big Pharma (and its handmaiden, the FDA); the other is to flog his products (and flog he does — he takes hard sell to a new level). However, his newsletter has much to recommend it, with good information, and his approach to health is one I mostly agree with. Dr. Mercola is very impressed with a Dr. Rosedale who promotes his own diet and that diet is based on the control and management of leptin (see book #4). Rosedale's book is self-serving and reads like a long and boring infomercial. Mercola and Rosedale both say one should *never* eat any grains. Richards says you can eat grain but it must be whole. For myself, I limit grains to the occasional cracker; I cooked some grains a little while ago and they did not suit me. I may try other grains as I go along.

Supplements:

7. I find I go downhill quickly if I don't take my many supplements. I get them at a very good discount (and shipping rate) from http://www.vitacost.com . I follow recommendations for supplements from the books cited above.

Diet

8. I follow the general directions of *Mastering Leptin*, though I have my own fundamental policies, such as:

a. I eat out only very occasionally, and only when I feel like an Indian meal, or can't avoid eating while out.

b. I never buy anything packaged without reading the contents label, and I never eat anything refined, or chemicalized (to coin an ugly word), or irradiated. I very strictly limit sugar or sweeteners in what I buy; nor do I buy prepared meals in packages or cans. I don't buy anything that's genetically modified, and I wouldn't trust food manufacturers or super-markets as far as I could throw them, and I prefer no contact with them.

c. I eat fresh and raw as much as possible. I do eat meat at lunchtime because my body seems to need meat regularly; I'd much rather be vegetarian and leave the animals alone. I usually eat bison or turkey, or fish. Also great clean wild salmon and other fish from: http://www.vitalfoods.com

d. Mercola has good guidelines for diet.

e. I drink a lot of *raw* milk from grass-fed cows. Am now making kefir from the raw milk, and it's simply delicious as well as very healthy.

f. One of the best things I've done while following the "Mastering Leptin" five rules, is to cut out snacking between meals, and particularly no snacks between dinner and bed.

g. I keep track of the alkalinity of my system by using and testing with strips from http://www.ph-ion.com and I'm usually in the Optimal range, sometimes slightly acidic.

Exercise

9. Absolutely essential. I use a small trampoline and thoroughly enjoy it. http://www.reboundair.com . I use small dumbbells with it. I can do over an hour on the reboundair without exhaustion. This form of exercise is said to have many advantages. The site tells all.

10. I recently started Tai Chi, and think I will continue.

Cognitive function

11. *Change Your Brain, Change Your Life*" Dr. Amen. Wonderful and fascinating account of how he finds that parts of the brain that are over- or under-active lead to well-defined behaviour patterns. He is a psych, and of course recommends psych drugs, but he also mentions supplements, herbs, and other things. I had a

FREE THETA
The Journal of the
International Freezone
Published Quarterly
Abridged version
available free online at
internationalfreezone.net
or *hardcopy* from: Ray Krenik
rkrenik@hotmail.com
PO Box 1757 Elma
WA 98541-1757 USA

huge win on understanding from the book that some of the difficulties I have are simply things happening with the brain and not with ME. The book also helped me understand a great deal more about my parents, and about how LRH seemed to degenerate as he grew older. Another *must* read, as far as I'm concerned, psychiatrist or not.

12. http://www.lumosity.com . Exercises for the different cognitive functions of the brain. The first month is free, then you pay. You do the exercises on your computer. I've had huge improvements in the functions I've been working on, which are very noticable in my life.

Meditation

13. I'm very fond of Eknath Easwaran and his approach.
http://www.easwaran.org/nilgiri.cfm?pageid=510http . He has excellent translations of ancient Indian scriptures.

14. I love Osho, also.
http://www.osho.org . An ever-flowing stream of clear, cool, direct, and kindly wisdom.

15. I use meditation to extend awareness on the eighth dynamic. It's a huge hole in Scn, in my opinion. Anyway, I want it, I need it, and I work on it.

So to end this article, I'll just make the comment that I don't have a doctor and stay away from them. The last physical I had was in 1997, for insurance purposes. He said I was all right. I've never been in hospital, and don't intend to go, though one never knows what might happen. So far, I've been lucky, and also I've been fairly careful.

If this helps anyone in any way, I'll be content.

With all best wishes for good health and happiness, Ken ¤

Clearing Away Bogus Notions About Happiness

by Phil Scott , USA

This was first submitted to the Internet News group alt.clearing.technology in November 2008

I'M 67 YEARS old, and have run up a few businesses from scratch to modest success... and suffered the personal effects of too soft a life, sufficient money, then laziness, got fat etc.

That sequence leads to tight cash flow, or worse.

What caused my recovery back to viability was dire financial straits, forcing me back to work with the tools, on jobs beyond my physical capability...so I was forced to eat sparingly and wisely (you can't work hard with a giant glob of grease in your stomach and arteries)..... the first few days were always gruesome beyond belief, so bad that I couldn't even move the next day.

But... I pushed through due to dire financial necessity..... within a month I was nearly fit again... and over the next 2 years I would achieve yet again economic viability.

It is the sloth brought on by sufficiency that ruins a person.... and the goal 'to be happy' with happiness defined as not having to work or be dilligent... a fatal range of miscomprehensions.

Viability, without over-work, under conditions you can control provides the best life in my experience..... (that rules out a job or a boss in many but not all cases.. most jobs take more from you than they return.. I recommend self employment instead when it fits.).

***

In the US many wlll be going through this... it will be hard for them, but the rewards are well worth it, both in dollars, and in fitness and health..... Be sure to get plenty of rest... don't waste much money... on junk food... eat lean, raw and... well.

Looking for a slothful way out leads to more decay..then collapse at warp speed...

Hard work, but absolutely not work past an exhaustion limit (ever, not even for a second) , will bail you or a company out.... (with companies it's done by putting staff on incentives.. enough that they must earn the incentives to stay viable.... piece work for example.)

Such management has to come clean as well..... those will survive... the rest collapse, including government as many states and cities are seeing now, and the largest corporations... corruption, sloth etc ruins its host...

Hallmarks of such ruin by the way are viciousness, and seeking to trash others..... decent people don't have such needs... this is seen amply in individuals, corporations and government... they self-destruct... takes about 20 years... final phase, when things start to get obvious, 2 years to collapse.

Many states, corporations and govts in the US are already across that threshold.

You don't have to be though... you can turn it around for yourself personally by these means. ¤

Health Stable Data Look to Scientology

by James Moore, England (I think)

SOME OF US (Scientologists) have a desire to live a long time in association with the body we have. Mostly, I suppose because there is a great deal of havingness associated with the identity the body gives us. "You can't take it with you" is the sort of thing people say. So we look around for advice. And find loads of it, sometimes contradictory!

This could create confusion, and as Scientologists we know what to do about that. Look for a stable datum (or a number of stable data).

I would suggest that the best place to look for stable data on the health scene is in Scientology. I have a little story about this.

Some time ago, I was stricken with sudden unpleasant back pains. I'd be walking along, and suddenly it would hit me. The cause was easy to spot. An obsession to sun-bathe had resulted in my lying across a raised portion under where the door leading to my balcony closed. But in this case spotting the cause did not cause the problem to go away.

I sought help with a body manipulator (who said what he did was not massage). He was pretty rough. Wrenching here and there, forcing bones back in alignment (so far as I could make out), the sort of roughness that caused someone to cry out (this was in a clinic with a number of practitioners, and you could hear screams from other rooms sometimes.

But in Scientology you judge things by the product, and I had stopped having the sudden pains. Since I knew that as one becomes older one is more and more liable to bodily pains, and I wanted to enjoy the future without that distraction, I decided to get an hour of this treatment every other month, despite the pain. (The worst was when he did something with my feet — ugh, very unpleasant.)

A few years went by, with my getting treatment every other month, and what do you know, the very thing I was aiming to prevent happened. I got physical pains of the sort that I thought the regular treatment would prevent.

I had another practitioner I went to for advice on vitamin and other supplements, and I rang her, wondering if it was something her treatment could help (I had had benefit earlier from this sort of thing). She suggested Cranial Sacral Therapy. I asked who she would suggest for it, and she said "well you could come to me, I have been trained".

So I did that and the treatment was successful.

More important, the treatment was very gentle, without any form of pain.

Scientology principle

And what is the underlying Scientology principle? The effect scale. I heard the effect scale very effectively described in one of Ron's lectures on the eighteenth ACC, which was used in training auditors in London in the late 1950s. Maybe someday someone will summarise the principles in an article in *IVy*. The lecture is very interesting. But the principle goes in the direction that making a small effect (as in Cranial Sacral Therapy) is often more effective than trying to make a large effect (forcing bones and muscles about). The thetan can be more willing to accept a small effect. A principle also useful in handling people. ¤

HAPPINESS

by Britta Burtles, G.B.

Recently my husband, Jim, and I were chatting about the definition of happiness, and while we were talking we discovered a few different angles from which one can view this joyful concept. My starting point was: Happiness is the absence of physical and mental pain, plus the ability and freedom to pursue one's own targets and goals. Jim thought it should be the absence of pain and distress, pain indicating the physical and distress the mental side of things.

Jim's definition was: Happiness is the absence of discomfort.

It seems one can look at happiness from a very basic or from a broader perspective. The absence of discomfort is our natural state. My daily life moves along comfortably, without anything disturbing happening, and I feel fine. All well and good, but how long will I stay happy before boredom sets in? And once I am bored, I wouldn't describe myself as being happy any more. It seems, to be happy, we humans need a challenge, a goal to work towards, a target to reach. When we are working towards it, we concentrate and are engaged; time passes quickly and we see with growing delight the progress we are making, and that does spell happiness.

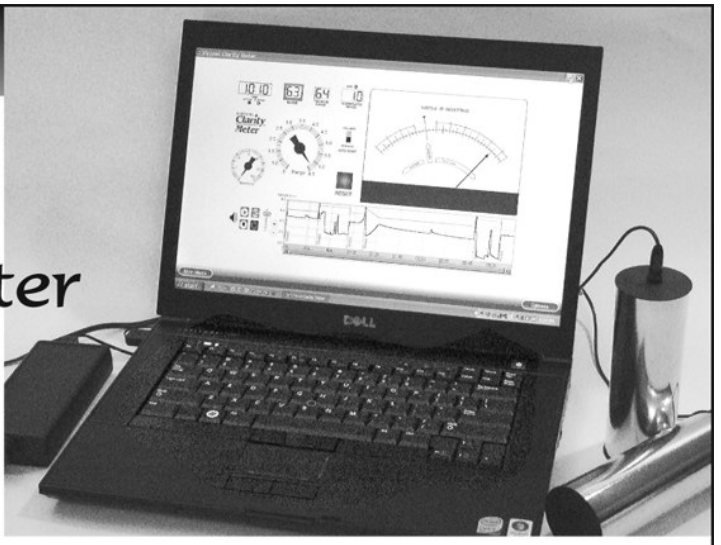
While we were talking, I suddenly realized that there was an element in happiness which made it appear flexible: There are, for example, times when I have to cope with some ongoing discomfort which keeps me from being happy. And then something unexpected happens which temporarily suspends the sensation of discomfort and replaces it with a feeling of happiness, for instance, when I am involved in an interesting discussion; or, when I am able to help someone solve a problem; or, when I hear a piece of good news. Such events can temporarily push me up on the scale of happiness.

Some time ago I heard someone say: "Recently I looked through my photo album, and seeing those pictures of events in my past, I thought: How happy I was then and didn't realize it at the time". That was quite an eye-opener for me. Since then I often step back mentally to scan the scene I am in: It makes me realize how happy I am *now* and I relish the feeling.

I believe our main purpose in living is to learn and through learning become more mature and wiser. I even believe this is our responsibility to ourselves and our fellow human beings. I also believe that whatever happens to us in life is basically our own responsibility. Putting these concepts together, I see that I can do a lot to create and further my own happiness. So, maybe happiness is the feeling with which we reward ourselves for creating something positive. ¤

ANNOUNCING...

The New VIRTUAL Clarity Meter



For 15 years, Clarity Meters have been the standard of quality and reliability in Clearing biomonitors. Now, the PC-based Virtual Clarity Meter is about to be released!

The Virtual Meter works with both Window XP and Vista. It packs the same high sensitivity and response as the Clarity Classic and AutoReset meters, and in a format that's easily understood by anyone who has used either of those Clarity meters—or any modern biomonitor, for that matter.

Like the AutoReset, the Virtual Clarity Meter incorporates a choice of either fully automatic resetting of the needle when it goes off the dial, or semi-automatic resetting in which the operator resets the needle with either inboard reset button or remote footswitch.

It also incorporates the **"previous range"** window readout that tells you at a glance where the most recent blowdown originated from, allowing you to see its exact size (a problem with other automatic resetting devices).

Moreover, the Range (TA) readout is not only digital, but analogue as well—displayed on standard dial calibrated from 0.5 to 6.5!

A really amazing component of the new Virtual Meter is its **ability to record and play back your sessions**—including session audio, needle movements *and* range (TA or baseline) positions and movements, *fully synchronized!* This means that playing back a session will fully recreate the session with needle and range instantaneous responses—invaluable for studying not only your individual sessions (which are kept in an archive), but for studying biomonitor-guided Clearing in general!

In fact, **pre-recorded sessions are available** for the purpose of learning needle-read recognition, as well as recordings of entire procedures for both student use and professional training!

- **AutoReset function with analogue readability**
- **"Previous Range" readout tracks blowdown sizes**
- **Records session audio, needle movement and range position**
- **For both XP and Vista**

Easy to Install - This new software is a breeze to install—an enormous improvement over previous attempts to computerize the biomonitor. Furthermore, the graphics are both realistic and attractive.

The projected price of the Virtual Clarity Meter is $550 US, including software plus USB input device and electrodes. However, for Ivy readers, for a limited time we are offering the Virtual Meter at only $450. This includes a year of technical support.

We are accepting orders now for our release date of April 30, 2009.

This is a discounted pre-production offer for Ivy readers. (We do not even have this unit on our website yet!) For those who order now, we will include *free upgrades* to the basic software for a period of 6 months!

ORDERS & INFO – Phone: 1-415-492-0728 • Web: www.clearingtech.net
Email: sales@clearingtech.net • Fax: 1-415-499-8441 • skype address: musicaravan

Regular Columns

A World of *IVy*

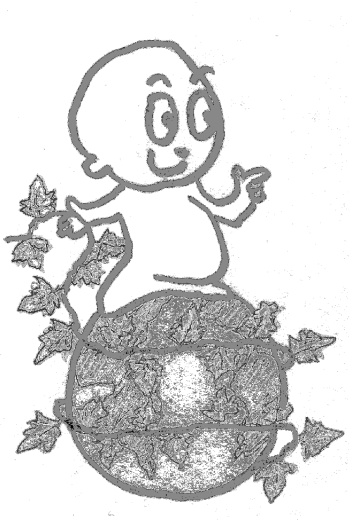
by A Pelican, Antarctica

Body care

WHEN I WENT TO ST. HILL for Power Processing in 1965 (after floating needles had been "validated", by the way), we were all asked to take Vitamin E as a supplement to our auditing. My Power results were spectacular, thank you my auditor, C/S and LRH. But somewhere that practice of suggesting supplements disappeared, well not quite, for the Purification Rundown certainly was loaded with supplement requirements, wasn't it?

Body

Being spiritually "clear" doesn't necessarily help the ageing body. As bodies age they aren't producing essentials that they once did, and it behoves us to find books and articles on the subject for our edification. There are practitioners like chiropractors & Kinesologists who do wonderful work by muscle testing to determine the body's needs, also nutritionalists who can advise on nutrients. The advance in nutritional supplemention is considerable, and where I live an MSM/Glucosamine/Chondroitin powder is considered wonderful support for bones, joints, ligaments and cartilage, in other words for people with arthritis. MSM by itself deserves some attention for its pain-relieving powers (in rubbing creams, or granules taken in water). Also a study completed in 2002 showed that ginkgo



helped improve Alzheimer's patients' cognitive and social performance, regardless of how severe their condition was. Information not just for our own body, but also for loved ones.

Emotions

Then there are the emotional bits and pieces that still pop up and deserve a "chop". That is what EFT (Emotional Freedom Technique) does, cutting down large chunks of "forest" with the felling of one large "emotional" tree. These days one can "tap" surreptitiously even if in public and one needs to, and no one else need know what you are doing.

So there is simple help all around us, if we just open our awareness, and try it. There are only two times in life really, "now" or "too late". ¤

The Regular Column "A World of ***IVy",*** is written by various anonymous authors, with the aim of giving a quick, even perhaps mundane, "pick-me-up" for the busy, perhaps stressed, reader to look at, possibly when receiving *IVy* (it is right in the middle of *IVy*, easy to turn to). Would you like to contribute? Perhaps you could write something short and simple (3/4 page only) which has inspired you at some time, or you feel will hearten others. For some reason we have made it anonymous, so no one need know it was you! ¤

Regular Column

Scientology Reformation Series 37:

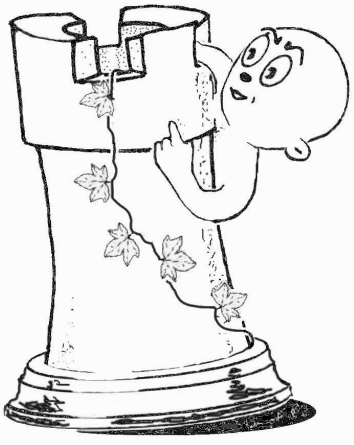
IVy Tower

By Rolf K, USA

My Scientology Story: 10

My Second Auditor Career

In previous chapters of 'My Scientology Story', I have told the readers about my chronological Scn history. In this chapter, I have come to 1986 and I will sum up my tech and auditing experience as it was largely expanded in the years 1986-1992.



Short Summary

I GOT MY VERY FIRST 'tech training' on board the Flagship Apollo. I arrived there as a green scientologist in the Spring of 1968. It only amounted to doing a TR's course and the Upper Indoc Drills (TR's 6-9). I had, however, incredible wins, especially on the Upper TR's and decided on a professional career. Later that year, I started my professional training, consisting of the Dianetics Course and Academy Levels 0-4 in the Denmark Scientology Organization in Copenhagen. This, soon after completion, led to several technical posts in the Sea Organization, including auditor (C/Sed by Senior C/S Eu, Peggy Moreshead, a Class VIII trained by Ron on the original Class VIII course). I also served on posts as supervisor, director of training and Qualification Secretary. I did the Expanded Grades Academy in the Sea Org as well. I was in the Sea Org for a couple of years at that time.

Joining FSO

After I had left, I did the Saint Hill Special Briefing Course as a public[1]. This was in 1977 and I did the internship the following year. This was at the AOSH in Copenhagen. In 1982 I started Solo Nots at Flag in Clearwater. In hindsight there isn't much positive I can say about that level. It became an expensive addiction (with its high moments, of course) rather than a level of solid gains. I have stated my opinion elsewhere and will stick to the story line here. I Joined Flag Service Organization [FSO] staff in 1986 after a painful divorce. I started to audit professionally there while doing the Class VI internship once more, now Flag Style. I enjoyed my work with preclears tremendously. Even though you were 'on post' what seemed 24 hours a day, it was all geared in the direction of making auditing occur in volume and all distractions were taken care of. I was mainly auditing set-ups for OT levels. But my day included repairs, grades, Clear Intensives (CCRD), as well as Dianetics and confessionals. I found I learned a lot from the best C/Ses in the world, including Ann Glushacow, John Eastman and others.

At some point there was a shortage of tech people that could handle Solo Nots, so I was trained in Nots and Solo Nots theory and worked with so-called folder error summaries. We went through recent and old auditing folders of the Solo Nots public to help the C/Ses troubleshoot

1 a public = a person (client) not on staff (I do not believe the word is used that way outside of Scientology, and it came into use that way in Scientology in the late 60s). *Ed.*

cases. My boss was Richard Reiss, who later became Senior C/S for FSO.

Touring The World

It was never boring or without challenge to be tech staff at FSO. At one point when I was quietly working on Solo Nots folders, I was called to be part of a technical mission to New York City. This started my career as a Flag ARC Break auditor. The tour was very successful. We called in public that had gone off lines and I gave them an interview and one session to find their bypassed charge. Once they were somewhat rehabilitated, our registrar would sign them up for local or FSO services. We spent two months in New York and I basically loved it — despite the tough schedule and high demands for results.

When I returned to FSO, I had to take care of my visa situation. To combine needs and wants, I was sent to Europe as an ARC Break auditor. Sometimes I had to work alone, sometimes I worked as part of a team. I went to France, Germany, Sweden, Norway and, of course, my native Denmark where I got the visa problem sorted out. I spent a lot of time in Scandinavia. This was a natural as I had audited in Danish, Swedish and Norwegian since the 1970s. Altogether I spent several years working as an ARC Break auditor for FSO.

Especially Sweden and Norway had some very rough scenes, where a team of high powered Flag FSMs (freelance sales reps, if you will) had registered what looked like hundreds of people into deep debt and high hopes.

Since I delivered free sessions, I talked to and audited many of these rather unfortunate people who faced a financial mess and other personal situations. I did an assortment of actions based on an initial interview. I would do the interview to find which situation or case area to address first. Not uncommon was that the person needed a short ethics program. I was a trained ethics specialist and hatted ethics officer so it was easy to see if ethics was the right approach. As far as audited actions are concerned, I would often assess a repair list (such as C/S Series 53) to find the charge and simply indicate and let the preclear talk it out.

Occasionally I would do a number of sessions on a preclear if the situation warranted it. I remember quite a few of those sessions and preclears. One person had an ongoing battle about past services and he had written reams of dispatches he had sent up-line. I assessed him on a repair list (C/S 53) and we uncovered a lifetime in Nazi Germany that made him line-charge for days. Another preclear in Gothenborg hadn't been on lines since the 1970s when Standard Dianetics was 'the thing'. She was assessed on a Dianetics Repair List and got a floating tone arm and indicators to match it when we found the charge.

To jump a little, I remember a black couple in New York City who had been staff at Flag. They had a 'freeloader bill' (owed Flag money for service) and were not eligible for auditing. Instead I did Repair of Past Ethics Conditions with them. This is an ethics action that you can do in session and usually with just as good results as auditing. Another person from New York needed a business consultation. Since I am a trained business consultant as well, I gave him half an hour consultation on the spot.

Treated as a Class XII

At one time I got involved in the Flag World Tour. Kitty, the registrar, had arrived in Hamburg, Germany and she would usually have a Class XII come in at the last minute and do interviews and tech estimates. Somehow, this time, no Class XII was coming; so I flew in from Sweden, where I was working at the time, and had to do the Class XII work. Since the event had been promoted well in advance, most of the public took me for being 'The Class XII'. According to Ron (paraphrased) 'a hush goes through the crowd when a Class XII speaks — even if he just comments on the weather.' I experienced a version of that.

In Hamburg Org, I was using a large lounge as interview room. My auditing table had a title tag, "Flag Class XII" it said. I had dutifully removed the tag as I was only an interned Class VI and uninterned Class VIII. However, I was

Regular Column — *IVy* Tower

'the Flag Class XII' to everybody there. There was a piano in the lounge which, among other things, was used in a certain drill (assessment TR's) that was part of auditing training. Some students came into the room in one of the short breaks between interviews and wanted to use it. That wasn't very practical. As a joke I said, 'Why don't you move it into the hallway?' and went to lunch. When I came back it was moved. It had taken 6 strong men to do it, but 'if the "Class XII" said to move it, you just did it!'

Field Auditor

As stated, I spent several years as an FSO ARC Break auditor traveling Europe. I had some financial problems as a result of my divorce that remained unresolved. I was therefore granted a Leave of Absence and started working as a field auditor in Copenhagen. I would still, at times, do ARC Break sessions and tours for FSO. I had good cooperation from the organizations and their staffs thanks to that. Copenhagen Org allowed me for a time to use their premises to give sessions. I also did freelance auditing for Denmark Org. But they forgot their end of the deal and never paid me. As a field auditor, it was about impossible to comply with the policy of charging the same fees as the organizations did and still get preclears. One can only assume that all the policies regulating field auditing were geared to make it very unattractive or impossible. There were, however, loopholes — if you could find them. These were policies from the early years, before or around 1960 that still were valid.

Staff, who were entitled to auditing as part of the contract, could pay 'a premium' on top of that to get "preferential treatment". In other words, one could audit staff for money at any additional rate. I charged about $50 per hour (300 Danish Kroner), not counting C/Sing and folder work which I did and included for free. In this manner I could make a comfortable living and work off my debts as well. It took me about two years to get my financial problems resolved in this manner.

Back in Clearwater

In 1990 I was debt free and the visa problem had long been resolved. I went back to Clearwater once more. I was, again, assigned to audit in HGC doing grades and set-ups for OT Levels. The tone and mood of the place had changed markedly. Despite the 'take-over' of top management in 1982, FSO had remained a friendly place all devoted to the tech. When I returned in 1990, this had changed. The trust level had fallen. A new generation of teenagers were running 'Commodore's Messenger Org', the direct link to top management. You were sent to ethics for just about any perceived violation of policy. You could still go in session and shut out all the distractions and backbiting. I had a string of successes with preclears; their success stories were widely published through the Flag magazine. On two occasions my preclears were asked to speak about their wins at staff briefings — something that only happened after spectacular wins. Yet, the auditor's name was never mentioned at such occasions. Instead, we turned to Ron's picture on the wall and applauded dutifully.

Results with preclears, except for hours used, counted for nothing in ethics. Ethics was about busting people. After a year and a half, my number was called. I had audited on a meter where the certification had run out and my hours had been down lately. The hearing, the charges, the 'evidence' held against me was all fabricated with the only purpose to get the better of me without any delay. The convening authority gladly approved. The only approval they forgot to get was mine. I told them so and routed out via a staff leaving routing form. That seemed the only venue open to me for maintaining my integrity so that was what I did. ¤

One More...

...Print (sent by post) *IVy* to come if you paid for 2008. *IVy* 101 (the first IVy for subscription year 2009) is already out.

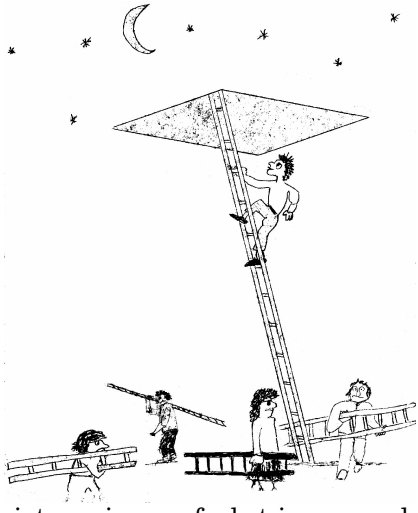
Details from:

http://www.ivymag.org/cyberivy/intro.htm

Regular Column

Outside the Box

by Flemming Funch, France



Feeling it

I PERSONALLY find my feeling senses to be extremely valuable and useful. I have, however, run into quite a few people who are happily unaware of having any. "What do you mean, 'feel'?" So, maybe that's worth talking about a bit.

Last week I did the Avatar course which was very enlightening and which, incidentally, focused quite a bit on feeling. Specifically one of the main ingredients was the development of one's extra-sensory feeling sense. That is, being able to feel people or things at a distance.

'Feeling' is maybe an ambiguous word, as it isn't always clear if one is talking about touching something or about emotions. Ultimately there's no conflict there, but the idea of emotions has often become entangled with thoughts and turned into something much more abstract than it really is. "I feel you're being disrespectful of my trust" is more a package of thoughts and abstractions than it is a feeling, although there probably is a real feeling hidden there somewhere.

Perceiving

We're first of all talking about something one can perceive. As opposed to something one might conclude or guess or otherwise think. Perception requires some kind of direct contact with something — you sense what is there. Thought is something you can do when you don't have direct contact with something — you can move around abstractions and past pictures and try to guess reality based on that.

Granted, most perceptions are already an abstraction from what is 'really there', because you go through various kinds of filters and translation mechanisms in order to perceive. The eyes have little rods sensitive to light, and the brain assembles the signals from a bunch of those into an image of what is supposed to be there. It isn't really what is there, it is a real-time constructed image of it. But perceptions are still much closer to reality than thoughts are, at least the type of thoughts that try to analyze what you have learned and make conclusions based on it, etc.

Abstract thoughts are very handy and are what gives humans the upper hand in relation to animals who don't do it. But it is also abstract thoughts that lead to all sorts of aberrations. You know, you can make a picture of something, and then later get a bad feeling about it, and make an abstract conclusion about that, remember that later, and combine it with a few other abstract ideas about what supposedly has happened and what it meant, and very quickly you can tie yourself in a big knot that doesn't really have much to do with the reality of what exists outside your head. Moving back towards perception, what you actually can sense, is a way of undoing the mental knots one has tied oneself into.

Perceptual systems

Perceptions are traditionally grouped into Visual, Auditory and Kinesthetic. So, the stuff you can see, the stuff you can hear, and the stuff you can feel or touch. There's also Olfactory and Gustatory, which means the stuff you can smell or taste, but they tend to play a less central role,

Regular Column — Outside the Box

at least for humans. All of them are ways of experiencing something.

These perceptions are not just what comes in through certain sensory organs of the body right now. They're also different ways one can organize stuff in one's own universe / one's own mind. You can visualize things mentally, or hear them, or feel them, even if it is something you've never actually experienced. Or you can recall past incidents in the form of these perceptions. They're essentially the building blocks for constructing or re-constructing reality.

Visual — Auditory — Kinesthetic could be considered a scale of sorts. Visual has a higher frequency than Auditory, and Kinesthetic has a low frequency. You can observe side-effects of that in a person who uses one of these perceptual systems. If somebody is visualizing, creating pictures in his mind, you'd notice that his breathing is fast and shallow. If he is listening or creating auditory material, things slow down a bit, he'd breathe slower and more deeply. And ask somebody to feel a feeling, they'd tend to turn down their eyes, go inside, and breathe much more slowly and deeply.

There are pros and cons to these perceptual systems for different uses. Pictures can contain a lot of detail, you can see several at the same time, and you can change them quite easily. You change a visual reality in the space of your mind by simply visualizing something else, nothing much to it. A pink elephant, a green elephant, a flying elephant, most people can visualize that without much hesitation. Maybe not in crystal-clear vivid 3D, but it some kind of visual form.

Sounds are a little harder to imagine. People who're very auditorily tuned-in can certainly do it without much problem, but not quite with the same flexibility and rapidity as somebody who's a great visualizer. And, now, when we get to the kinesthetic register, it becomes harder again to just change feelings around at will, even for somebody who's very in-touch with feelings. On the other hand, the degree of permanence goes in the other direction. Pictures are very transient, auditory patterns often last for a while, and feelings will sometimes stay unchanged for many years. Feelings are not easily located in a precise time and space, so they can be more sticky. A picture doesn't have that problem, as it much more easily can be precisely located in time and space. But the precision of pictures is easily misleading. A picture can fool you. Just because there's a picture of something does not in any way mean it is true or real or anything. A feeling is a lot less likely to lie. If you really perceive something there with a feeling sense, there's probably something there.

The feeling sense

The thing is that, whether one is much in contact with one's feelings or not, it is pretty much the feelings that determine what your reality is. You're happy or sad, awake or asleep, successful or a failure, based not on what you see or hear, but on what you feel right now. The way you know whether something is "right" or "wrong" is a feeling. When you make a decision, it is a feeling. When something appears "real" or "unreal", it is a feeling. When you really *know* something, it is a feeling.

It is like the feeling sense is much closer to reality. It doesn't mean it is the truth, but it does mean you're more convinced of the reality of something when you really feel it. A feeling will indicate fairly honestly what you believe is reality, more honestly than what you see, or what you say to yourself or others.

Processing feelings

The problem with a traumatic incident you'd want to run out is not that it contains pictures you don't like. It is that you have a feeling (somatic) which you don't prefer, which appears to originate from an incident, i.e. the feeling really belongs somewhere else, some other time, but since you have the feeling right now, it is creating a certain reality, one which you'd rather not have. The other elements involved in running an incident, looking at the pictures, listening to sounds, noticing the thoughts, etc, are all auxiliary to the target of being able to shut off that feeling at will.

Most of us can fairly easily imagine the picture of something, even though we'd rather not experience it, and we don't really believe it to be real. And we can quite easily change it into

something else, without changing our idea much about what is real. You can certainly use visualization as a way of making something more real, if you want. If you imagine a certain reality in great detail, in vivid colors, sharp pictures, 3D, live action, it will start seeming more real. Add a soundtrack to it, and a voice-over saying stuff supportive of what you're creating, and it becomes much better. But it won't really be real to you before the exact moment when you feel it. If you want to be rich and successful, creative visualizations are good, affirmations are good, but none of them is any guarantee of anything, and if you did nothing else, they most often fail. But where they work, it is because they lead you towards feeling the reality you want. When you really feel it, know it inside, and you can act from that reality, you've got it made.

So, what is it? We're talking about perceptions of density, resistance, rigidity, fluidity, temperature, wetness, coarseness, weight, hardness, balance, vibration, movement, tension, attraction, coherence, structure, excitation, tightness, pressure, stretching, isolation, greasiness, viscosity, layering, granularity, compression, mass, thereness. And much more. You can feel these things in your body, if you pay attention. Or you might be able to permeate an area and pick up similar perceptions. You might translate it to something visual afterwards, but what you actually perceive would tend to be the kinesthetic / feeling type of perceptions.

So, imagine that you're really good at perceiving what is there, as opposed to being good at labeling it, looking at pictures of it, discussing it abstractly, etc.

Then imagine that when you've mastered really perceiving what is there, you acquire the ability to no longer have it there, or to shift it into something else at will. Remember, we're talking about feeling here. So, being able to go from one tangible reality to another, which you like better.

As with many other skills, practice takes you a long way. ¤

Communication

Axiom 28. Communication is the consideration and action of impelling an impulse or particle from source-point across a distance to receipt-point, with the intention of bringing into being at the receipt-point a duplication of that which emanated from the source-point.

The formula of Communication is: Cause, Distance, Effect, with Attention and Duplication.

The component parts of Communication are Consideration, Intention, Attention, Cause, Source-point, Distance, Effect, Receipt-point, Duplication, the Velocity of the impulse or particle, Nothingness or Somethingness. A non-Communication consists of Barriers. Barriers consist of Space, Interpositions (such as walls and screens of fast-moving particles), and Time. A communication, by definition does not need to be two-way. When a communication is returned, the formula is repeated, with the receipt-point now becoming a source-point and the former source-point now becoming a receipt-point.

[From *The Creation of Human Ability* by L. Ron Hubbard] ¤

Group Minds and the Origin of Apparent Reality

by Edward Dawson, USA

LET ME START this piece by saying: Reality is formed by agreement.

When studying the triangle of Affinity, Reality and Communication it is usually assumed that "Reality" is the individual's internal reality, that is, reality which someone perceives through their senses.

But on further reflection, reality can also be external reality. Bluntly put — mutual agreements influence and control external events in the "real world" of the MEST universe. That is, the MEST universe is shaped by agreed-upon postulated reality. So if a sufficient number of beings agree that a certain event will happen, (without counter-postulate), then it will.

I believe that "all life" has a single origin. We could call it theta, or call it God, it doesn't matter what term one uses though, I usually call it the One Self. I do believe though, we all did come from the same origin or source. By "All life" I mean all life, period.

"Me"

Did you ever notice that an entity dissolves when you get it to answer with "me"[1]? Every being answers with that same word. How many "me's" can there be?

We could be regarded as "Multiple selves" which is a strong persistence, therefore it is a lie. A higher truth is that there is only one Being. It seems though, we all divided from the main body of theta a very long ago.

Even that truth of one Being is not a perfect truth, for it also persists. Call it the original second postulate.[2]

What doesn't persist is that there are "no beings"; we are a sort of self-created illusion or delusion.

Truth is non-lineal

I realize that is a paradox, but truth is often very non-linear. Check it yourself to see what persists and what doesn't. So I'm saying there is nothing (static) at the top of the tone scale.

But there is unity just below the top of the tone scale.

In the middle is multiple selves.

At almost the bottom is unity again. But it is an evil unity because it is union atop the persisting lie. Such union is called "clustering" in the terminology of Scientology[3]. This clustering forms group minds, AKA morphic fields.

The tone scale I am using here is the Expanded Tone Scale written down by Geoffrey Filbert[4]. This scale runs from +400 to -400. If anyone thinks this contradicts Hubbard, then go listen to or read the Philadelphia Doctorate tapes where he mentions tones beyond +40.

Forming Group Minds

Agreements among beings form group minds. The entire MEST universe and all its beings has a group mind. Which is then subdivided into smaller group minds.

1 This refers to the procedures in OT III. *Editor's note*

2 The first postulate was "To Be" [see The Factors, in *Scientology 0-8* by LRH] *Editor's note*

3 This also refers to the procedures in OT III. *Editor's note*

4 Referring to Geofrey Filbert's book *Excalibur Revisited,* obtainable at http://www.freezoneamerica.org/excal/fr_cont.html . *Editor's note.*

There are group minds for the composite person (thetan + body + genetic entity + other smaller entities). A family forms a group mind. One's social associations form group minds, one for each group. Each human race has its group mind. The entire human race has its group mind. All life on this planet forms a group mind that monitors it. The planet and indeed all MEST in this universe has its group mind (matter is alive, but asleep). Thetans and other spirits have a group mind. And all of the above taken together forms a group mind for this universe.

You might notice that the preceding covers all the Dynamics, 1-8[1]

Group minds are mutually telepathic below the level of consciousness. That was an important sentence so let me say it again in different words: the members of a group are in communication with one another without being consciously aware of that communication. A member will get an idea to do something, or not do it, and not know why. My friends and I have found the why.

This is the *why*

What we found was that group minds consist of mutual agreements, aka "commonalities" (Geoffrey Filbert's word, which I like a lot). This is what forms a group — agreements to agree, and agreements to disagree. Read Max Sandor's chapter on this in "Polar Dynamics" or on the web in his Purple Notebook[2].

Conspiracy Theories

By the way, this data shoots to hell Hubbard's theory that there is a vast hidden conspiracy as a conscious organization opposing Scientology. There is such opposition, but it is caused by the group mind of the human race, most of whose members do not wish to be spiritually free (most would rather win by making each other lose). This is why opposition to Scientology surfaces as happened in the German government one year, the Food and Drug Administration another year, the IRS another year, etc.

It is *not* being orchestrated by any one deliberate shadowy group with files on Scientology membership, and agents planted in government organizations around the world. *Not, not, not!*

Instead it is the group mind (aka morphic field, read the work of Rupert Sheldrake) of humanity which influences individuals and small groups against real bridges. It obtains its agents almost like they were targets of opportunity, not quite random, but definitely whoever is available to be used, and who is in a position to act.

The degree of opposition on this planet to anyone communicating truth is staggering. This forms a group by agreement, plus another group who agree to disagree. Never underestimate the power of such a group mind.

The condition of a group mind can be judged from its tone level. A human group will have a social tone, and also a real tone. If more of its members are more low-toned than high-toned, the group mind will act to produce negative effects through its members. Why are group minds such a problem, and reality so messy? Because of the location of group minds on the tone scale. They are very near the bottom, operating in the -120 to -360 range and becoming stronger the lower they go.

OT to the rescue?

Reality itself can be influenced by an OT if that OT is willing to audit off everyone's objections to the event desired by the OT. If misused, this by the way is a one-way ticket to collapse. An OT can commit terrible overts using this data, but will not do so for very long. The OT's power will fade, their reach and personal space will shrink. The basic rule for a clean operation as a thetan is this: "Only play games where everyone gets to win". This is called a win/win game. Why is this necessary?

The Answer

It is because each person is one Being, near the top of the Tone Scale, so you are working to lose when you make others lose. Win/lose games always become lose/lose games.

Win/win games are infinite games because all beings involved are in agreement and high toned, and the group mind therefore produces only positive effects. ¤

1 see Dynamic in Glossary of *Scientology 0-8* by LRH. *Editor's note*

2 see http://www.etext.org/Fiction/PurpleNotebook/ *Editor's note*

International Freezone Convention in Retrospect

by Caspar de Rijk and Jolanda, Germany

THIS CONVENTION WAS held on May 9-11th, 2008 in Birega Haus, in Germany and billed as:

> International Convention for Hubbardians, Neo-Hubbardians and (Ex)-Scientologists, intended as a social meeting for authors and tech providers as well as to be informative for the general public classical conference style with lectures and partly "open space[1]".

Theme: Power of choice, Potential and Future of the "Free Zone Network"

Philosophical theme: Considerations are senior to mechanics

We had a great weekend and a lot of fun, sharing experiences and viewpoints and philosophy and technology as well as just socializing during this extraordinary Freezone Convention. There were some "hot" discussions which could not have been otherwise with such a diversity presented.

Birega Haus was full, yet with plenty of space for the 75 attendees as with the beautiful weather we had the garden as well. The convention was attended by Old Timers, highly trained auditors, Ron's Org people, Avatar Masters, Psychologists, OTs, Orthodox Scientology Standard Tech adherents as well as Spiritologists, a Yogi, a Biologist and Sankrit scholar and even people who were completely new to things "Hubbardian", all from many different countries.

It was the first time apparently that such a Convention was held combining Classical Lectures and Open Space Conference Style.

Plans for a "Birega University" were unfolded by Multi Genius Technologies, Un-Ltd host Caspar de Rijk. This new University Concept provides for balancing the logical mind with the feeling, creative mind. Part of which will be integrating E-Spirit Counseling — the exactly right type of ability counseling/mind audits or processing for the individual student — into their studies. All this to produce geniuses or non-conforming, creative people who greatly contribute to society.

A Multi Genius Technologies, Un-ltd alternative energy research project was announced and met with great interest.

Big news was the release of the book "**Spiritologie**" by Andreas Buttler on the 9th of May, presented as Book One. We know Andreas being a productive author and able counselor who has been cracking the toughest of cases working at it almost daily and with consistent

1 Open Space methods (run by Flemming Funch) were also featured in recent *IVy* conferences in Copenhagen (the next is August 29/30 2009). Wikipedia states:
Open Space Technology (OST) offers a method to run meetings of groups of any size. ("Technology" in this case means tool — a process; a method.) OST represents a self-organising process; participants construct the agenda and schedule during the meeting itself. Proponents claim that OST allows somewhat diverse people to address complex and possibly controversial topics.
Open Space Technology enables groups of any size to address complex, important issues and achieve meaningful results quickly. It functions best where more traditional meeting formats fail: in situations involving conflict, complexity, diversity of thought or people, and short decision-times. People have used it in widely diverse situations, from designing aircraft doors at a large aircraft-manufacturing company to engaging street kids in defining a sustainable jobs-program.

successes for at least the last ten years is very likely to turn out more written works. For those interested in his multi-genre music the full text of the Ice Age (Eiszeit) song is in the book as well.

Spiritologie according to one author who researched it — is the first broad new development in the Free Zone in fifteen years. As could be expected a lot of lively discussions ensued which showed the fact that Spiritologie is not Scientology, but also that both subjects share the same fundamentals.

Mr. Rey R. Robles told us of happenings in the **Freezone America** and made a brilliant presentation of the various bridges that were developed. Mr. Robles did more **Bridges** than anyone else and could add his own experience. He also experienced his first Spiritologie Session at the time of the event.

We heard unforgettable stories of great **OT Abilities** by several "old timers" young in spirit. We heard some rare pieces of history of LRH in Africa by someone who was there at the time.

We witnessed the release of a superb **new meter** the Mindwalker WB! (Wooden Box)

We saw several **artists** in action beautifying the scene with colors and sounds and many enjoying the sunny day on the lawns.

In **Open Space** we discussed many subjects such as the Future of the Freezone, Standard(s) of tech, Digital Library, Spiritologie, Radionics Assessment, Alternative Energy etc., etc. An attempt of a summary will be done once the video material is available from the studio and published on the www.mgtconcepts.com website.

On Sunday and Monday mornings we even had four people attest to the state of: "**Selfdetermined on the First Impulse**" which in Spiritologie is roughly equivalent to the State of Clear in Scientology, except that it is unambiguously defined and some need additional Spiritologie Processing to qualify.

Commendations

The International Freezone Convention held in Birega Haus last weekend would not have been possible without many able contributions. We would like to thank in particular our guest-speakers:

Mr. Antony Phillips
Mr. Allen Wright
Mr. Michael Maylam
Mr. Rey R. Robles
Mr. Andreas Buttler

Furthermore our Open Space Conference facilitator Mr. Flemming Funch, who ably dealt with a group of 75 persons, a highest ever apparently. We all had the opportunity to experience how it is to create one's own conference and there were some comm. lags. ? Mr. Nic Ford is thanked for demonstrating his new Mindwalker WB creation. And Mr. Per Schiøtz for his Intro Lecture Demo.

Several artists freely shared their works for the occasion and really beautified our building.
Applause to:
Mr. Denis Seignez from France
Ms. Nicole Frster, Germany
Ms Willy Smit, Netherlands
Ms Anita de Harde, Netherlands for making portraits of body & soul
Mr. Lars Peter, for his violin tones next to the birds in the open

Mr. and Mrs. A. Gross for making LRH Books available to our publics.

Thank you also to our T/Hausmeister and Taxidriver Mr. Mario Pulvermüller for his able assistance before, during and after the convention. For our Birega University Student Mr. Duncan Beekink who helped driving a small bus locally and from Holland. And Restaurant Neumann and personnel for their delicious servings.

And all other attendees who helped in co-creating this beautiful and inspiring Freezone Convention each in their own way.

With love and appreciation, Caspar & Jolanda

The international Freezone convention next year will be held 29, 30 and 31st of May 2009.

Reservations are open for next year!

Please contact the Convention Coordinator:
Jolanda Molenaar
c/o MGT Concepts, Un-Ltd
Salzerstrasse 9a, 39221 Biere, Germany
Phone +493929728922
E-mail: mgtconcepts@gmail.com ¤

Ant's Scientology Story 3:

Dublin and Just After

by Antony A Phillips, Denmark

I WAS "DR. PHILLIPS" Director of the American College of Personal Efficiency in Dublin, Ireland, from March 1957 to September 1957. This period had its good side and its bad side.

Good side

The good side concerned the teaching of the Personal Efficiency Course, teaching the basics of Scientology (Cycle of Action, Tone scale, ARC and communication, stable data and confusion), in a week's evening course for people who had no knowledge of Scientology. The method of teaching was marvellous (later it was stopped, probably because it required some expertise), the aim was to get people to use these basics in improving their every day work, family and general life. I got my first big reality on Scientology's workablity from teaching that course. I regard the method he evolved for teaching, "teaching by agreement", as one of many strokes of genius which Ron showed, most of which have ended in the waste basket, probably because either new things came up, or the people using them were not capable of it (perhaps because their environment was too enturbulated).

I have written of it in an earlier *IVy* (*IVy* 44 1999, Before KSW — 5, "Dublin 1957") so will not repeat it here.

The bad side

I travelled to Dublin in the night train to Holyhead, and a boat. A dreary journey. Arrived at Dublin's harbour about six or seven on a Saturday or Sunday Morning. I was met by Chris Morris, who took me to the place where I was to live. It was the first time I had been outside of British territory, but fortunately they spoke English. The only unusual thing was they did not eat marmalade at breakfast, just any sort of jam!

My knowledge of the Dublin Operation was confined to what Ron had written in his PAB "The Open Channel" (PAB 79, 10th April 1956 and his conference lecture (the one that had inspired me[1]).

I found we indeed had sumptuous premises (though barely furnished) at Merrion Square — the whole ground floor consisting of two large course rooms (with high ceilings), and a little registrar's office at the back.

I did not know anything of the details of Ron setting up what was called "the Dublin operation", which in itself was unusual for that time, as there were only two, relatively large, Scientology Orgs (London and Washington DC) plus something in Berlin and Paris which appeared as though they were more like field auditors who had gotten their names on the lists of official organisations because of being in important towns in continental Europe. I was told that Dublin had 25% unemployment. I knew (and know) nothing about how Ron had started the operation or who had been helping. I knew that there had been an HPA (professional auditor course) while he was there, and from that there were two graduates outside the org, Bernie Green and Gerry Boland (with perhaps their wives, and in the org were Nuala Cowley, who was registrar in the evenings, and Bernard Duffey, who was evening Advanced course instructor. That was about all I knew of what Ron had started, described with enthusiasm in his PAB and lecture.

1 Personal Efficiency 5610C07 LCHP-11. Listening to this again, it does not contain all that inspired me, so I suppose I heard or saw something else.

What I inherited was an organisation in debt, owing money for classified advertisements in both newspapers, a system of putting in classified advertisements in one paper, which we paid cash for (which got a few people onto the free course) and a system where we recruited nurses for a Chicago hospital, and possibly got some commission out of that.

My experience of business, was as a very junior optician in training. How you communicated to a hospital in Chicago, interviewed prospects for a nursing job or handled a newspaper to which you owed money — these were areas where I totally lacked experience, and was hampered by a very low level of communication.

Spare time

What did I do in my spare time? I worked in the afternoons (I can't think of what I did) and ran the course in the evenings. That meant I had mornings and weekends free. I must have spent a lot of time worrying! I can remember that somehow someone from a restaurant contacted me and offered me cheaper lunches if I ate there. I did so, and always felt guilty about it, and wondered if they would remember me, and generally was embarrassed (low communication level).

At that time (see *IVy* 47 first article) there seemed to be a strong interest in science fiction, which I shared. I found a shop where you could buy a science fiction magazine (dog-eared and second hand) and could then exchange it for a small fee for another one when you had read it. I read many. Also, as a professional auditor I received fairly frequently Professional Auditors Bulletins (PABs) and I can remember one which puzzled me rather much, due to my training as an optician. Ron stated that we looked at things from metal plates in front of our eyes[1] (if I remember correctly).

I suppose a fair amount of my spare time was spent composing the weekly report sent to Ron and Jack Parkhouse, my immediate senior in London. The keynote of all those reports was to get someone to relieve me of my post. These pleas got answered in a rather oblique way, for in those days auditing was regarded as the answer to all. On two different occasions an auditor was sent to audit me from London. Once it was Cyril Vosper, another time Darrel Sykes. With both of them we did objective processes (very sound in my case state, if the auditor had been good). On one of them I can remember Cyril did open air processing, we walked around while I spotted things and he seemed more interested in what was going on on the opposite side of the street. In the case of Darrel, he ran CCHs, which were very new at the time. I think rather mechanically, at any rate neither of them seemed to make any difference. I believe it was Darrel who eventually relieved me, and under him or his follower the operation was eventually closed down.

Inheriting a preclear

When I arrived there was big talk and expectations because we had a preclear which I was to audit. It turned out to be a mentally retarded boy of about 15 or 16. He was quite a large boy, and it was an interesting sight to see his father delivering him for auditing, sitting on the crossbar of an ordinary man's bicycle. I was set to run objective processes on him, a sort of mimicry touching each other's body parts. I did not have much of a clue, and eventually the auditing was stopped. One of the ideas for financing the place was that we would of course get preclears from the course students. As I had no salesman knowledge, and no confidence in my auditing, that was the only preclear we got.

Return to England

In September relief came. Darrel Sykes came out to relieve me, and I returned to London and a job. For I became a HASI staff member, at 37 Fitzroy Street, near Tottenham Court Road in London (long term goal).

I worked down in the basement and had three titles: Shipping, Memberships and Tapes. I

1 Golden Discs, from PAB 111, "Eyesight and Glasses": "It is interesting to know that a thetan doesn't look through his eyeballs. He has two little gold discs, one in front of each eye lens. These are not the lenses of the eyes, but, as you might say, mocked-up energy. They are little gold discs that are superimposed over the eye and he looks through these. The eyeballs merely serve to locate these discs." *Sub-editor's note.*

worked, like the rest of the staff, from 9.00 to 5.30 and had an hour for lunch. There was a cinema at the other side of Tottenham Court Road, with restaurant, and I sometimes ate there (I can remember eating there with a preclear when he had had a big win, but that comes later.)

I suppose these were jobs I could manage, so was not so unhappy. It was also nice to be in an organisation where I was in a junior position. I got to begin with £8, and did not have money problems, or the need to "moonlight" (do other work in spare time to make ends meet — a term which came into prominence later).

Shipping

The title struck me as odd at first since we had nothing to do with ships, but you got used to it. Shipping covered the dispatch of Scientology books. Orders, with a check, I suppose, came in with the post, and we were supposed to get them out within 24 hours, which really meant same day. There was no problem with this.

Memberships

In those days membership of the HASI was taken quite seriously, there was a definite fee for memberships, and apart from (possibly, I am not sure) a discount on auditing (maybe that came later) one received *Certainty Major* (the British Scientology magazine, rather well printed, and *Ability Major*[1] (the American magazine) which to my mind was very amateurish in comparison. Those in the USA were treated similarly, and I therefore had membership records for the whole world. What I remember (how well?) was that three quarters of the addresses were USA and three quarters of those were in California.

Tapes

In those days Scientology had a tape library, which I was responsible for for Britain. I had a file of 7 inch master tapes, and these I copied onto smaller spools. When you joined the tape library you got a spool of your choice (an hour lecture on two tracks of a spool). When you wanted a new tape from the library, you sent your spool back to HASI London, with a small fee, and I copied the master of your choice onto your spool. Right now I can remember very little of these things, just an impression of the cellar. It was in the front of 37, with the Executive Director's office at the back, slightly smaller because the stairs were at the back.

Weekend work

The dreadful thing about this existence was the weekends. I was miserable at the weekends. At that time I think I was living in Highgate, north of central London, with John Noble. I told him of my problem of misery at the weekends, expecting he would tell me to get auditing. However he did not do that. Instead he suggested that I got a job at the weekends. Earlier I had got half of my auditor training on an evening course. Ron had changed things so that the part time course was at weekends. He had a theory (perhaps for him a certainty) that people trained at the weekends used their training afterwards, but those trained in the evenings did not. So there was at HASI now (then) a weekend HPA Course. The day course was five days a week. The evening course had three weekends equivalent to one week. The standard course at that time was eight weeks (a stable duration for the professional course, kept for many years). On the first week one received a 25 hour intensive from a student (this did not occur when I took my evening course), second and fifth week were Communication Course, third and sixth were Upper Indoc Course (Trs 6 to 9) and fourth and seventh were what was called CCH, where one learned auditing techniques, and the last week one gave a twenty five hour intensive to a student.

Each of those three units (Comm Course, Upper Indoc and CCH) had its own instructor (the ban on instructors came later). There was a vacancy for Upper Indoc instructor, and I was that for about eighteen months (later taking on other hats).

Those were good times. There was a very nice, friendly, set of students. We had an hour for lunch and went to local restaurants of which

1 Ability Minor and Certainty Minor went out to the whole mailing list(members and non-members) of the respective Orgs, Washington DC, and London.

there were many open even at weekends in that part of London. Weekend people were almost completely divorced from the weekday staff. Nominally I came under the Director of Training, who ran the day course, but the instances were we saw him in that eighteen months were very rare.

In fact I regard that eighteen months where I taught Upper Indoc at the weekends, as my second great understanding of Scientology — control, mostly, looked at from different angles, with different students. Also getting students to drill through changes, and the changes that occurred.

Director of Training

In the autumn of 1958 Ron Hubbard was scheduled to hold an ACC (Advanced Clinical Course in London — The Fifth London Advanced Clinical Course. I think this was the first ACC which he had held in England. At the time the person who was Extension Course Officer (I think the title was, it might have been director) was Joan deVeulle, and she wanted to go on the ACC, so I agreed to do her work in the evenings. And the Director of Training, Michael Pernetta wanted also to go on the ACC, so it was arranged that I should become Director of Training, a day time job, while I continued the weekend instructor post (during this latter period at weekends, I came to instruct more of the weekend courses. I was Director of Training for a while.

The ACC was concerned with running engrams by Scientology, which meant to say by repetitive command, rather than running through them as in Dianetics[1]. Because of the ACC and the need for extra space we hired a building with a large hall at number 7 Fitzroy Street, and here the Academy (the pompous name for the department of training) was placed in the upper floors, and staff were able to attend Ron's lectures every afternoon. Some mornings the directors (about six of us) were invited by Ron into his office where he gave short informal talks which I do not think were recorded.

At one of the Briefing Course lectures Ron referred to Academy students as "wound up dolls" which I took great exception to. At one of the talks Ron gave in his office, I remember standing opposite him, and expressing my objections to his statement, something he took calmly and without comment.

I can remember there was an occasion when I should choose a new Upper Indoc Instructor. On the day course there were two (leading) candidates, Jenny Parkhouse, and Sue Hadfield. As I remember it, Jenny, who had experience as Upper Indoc Instructor, put pressure on me to choose her, but I chose Sue, who was very young and had no Upper Indoc instructor experience. Later Sue left, because her mother Robin Harper got a job at Saint Hill, and I then fell "madly in love" with her, trying to send her flowers (but Saint Hill was out of range of the florist at East Grinstead), and even sending a message to Mary Sue at Saint Hill asking her to intervene on my behalf (poor Mary Sue).

While I was director of training, and while the ACC was on, I was told by Lilian McManus, who was a student there (half way through a pregnancy) that Ron had come into the room, when there was no instructor there, and talked to the students, and asked what confront meant.

Next

I have wondered if my Scientology story will ever end! Next time I'll talk about my experiences as HGC Auditor, as preclear with two staff intensives, and more. ¤

1 As far as I can remember there were supposed to be four questions, "What part of that incident could you confront?, "What part of that incident could you continue to confront?", "What part of that incident could you be responsible for?", "What part of that incident could you continue to be responsible for?", but only the first command ever got run. What they tried to do was to locate the heaviest incident on the Pc's track (one of the occasions where the idea of gradient scales seemed to have been forgotten). There was a certain amount of drama in running the engrams, some of which we heard (mostly Demitri Chronis) in the Academy on the third or fourth floors. The book *Have You Lived Before This Life* was compiled from accounts of incidents run on the fifth London ACC, and I think I saw on the Internet that a number of those people had since denied that the incidents were "true". In the first edition of the book, which I have, names and address of auditors and preclears were given.

Who is a Scientologist?

Agnes Araujo, Canada

IF YOU ARE NOT an auditor with a practice, are you a professional Scientologist? If you have studied Scientology, received auditing, and continued with your profession as a professor of mathematics or as an engineer, are you a Scientologist?

When I realized that establishing a professional practice would mark me as a target for attack by those who claim to own Scientology, I eliminated any and all of those problems by never identifying myself as a Scientologist but by deciding to apply my knowledge in any and all circumstances without having to identify the source of my knowledge.

What to do?

During the exodus from the CoS, I returned to my first profession as a high school teacher specializing in the humanities, and applied all the technology I knew to any situation. As I hear from former students, my nickname became "The Dictionary Lady". (Dr.Samuel Johnson, the famous English lexicographer, would have had some remark to say about that!)

Every English class I have ever taught or continue to teach, has a unit or a module on study skills wherein I introduce students to the barriers to study and insist on their owning and using dictionaries appropriate to their level of literacy. Many a student has recovered from his or her antipathies towards school, teachers, and books by being gently but firmly lead into the discovery that reading and writing need not be painful activities but pleasant ones, easily done as breathing in and out.

Over the years, I have had some memorable successes some of which I shall now relate to you.

The secret agent

There was the twelve-year-old boy who was brought to me by his mother because he was having anxiety attacks during the twenty-minute period in school of "Uninterrupted, Sustained, Silent, Reading" or USSR. She had heard from someone that I was skilled in helping students with study problems. When I tested the boy, he could read perfectly well without anxiety. He confided in me that he had watched his mother grow up on the farm in Alberta and that when she married, he decided to be her baby. But you know, Agnes, when I say that to my parents, they say I'm crazy and that I am making it up!" I replied that I believed him and that his awareness should be just usual, but isn't for most people. When his mother returned, I explained to her that I needed to use some special techniques with the use of a meter which I showed her, to help her son. She readily consented.

What the boy and I discovered was that several hundred years ago, he was a top secret agent for Russia. He saw himself at a secret Academy being advised to go to Egypt to check for treasure in one of the pyramids. He was given a map in code. When he arrived at the pyramid, an Arab was already there. The agent took out his map in code and panicked: "I can't read it!" The Arab stabbed him at that very instant, and he died.

Three hundred years later, there he is in a high school in British Columbia during USSR (How ironic!) having panic attacks whenever he can't read a word. You can now understand why, just as he did. Any time he saw a word he could not decode, he was about to be stabbed by an Arab and die. Hence, best not to read at all.

That was the boy's last lesson.

Mom's secret

Another time, a 33-year-old mother brought me her six-year-old for a course in reading. The child was very bright and had no difficulties reading after I showed him a few things. When I indicated to Miriam that her son did not need special help and should just continue with his class, she burst out crying and confessed that

she was the one who needed help. The irony of the situation was that she worked in the reception office of a prestigious technical institute.

I had her tell me about her schooling. She had cheated her way from elementary school right through high school. From her, I learned numerous tricks which would impress even a magician on how to pass exams and get around teachers. After four hours of dianetic auditing, the truth emerged.

When she was in Grade 1, a lively, happy child eager to learn and to please, she enthusiastically volunteered to be the first one to read. The teacher was annoyed and called her "a bossy cow" and in that instant, Miriam decided that she would not learn to read. And she didn't.

Twenty-seven years later, she was still quarrelling with that teacher! After a tearful storm, the sun came out. Both mother and son "lived happily every after!"

The receptionist who would not write

There was another woman, 58 years old, who also worked at a reception desk in a college, who avoided writing. This fascinated me and when I asked her whether she wanted to explore that, she eagerly accepted. This was yet another story from Grade 1 days. The teacher gave the class a test and little Mary, completely confused, just copied the work of the girl next to her. The teacher accused Mary of cheating and had her put out her hand so that he could hit it with a wooden ruler. Mary let out such a piercing scream that it attracted three strapping Grade 9 boys into the classroom who attacked the teacher after Mary tearfully explained to them that he was going to beat her. (That teacher resigned from that school soon after.)

Mary had forgotten about that incident, but during the running of it, she was clearly still angry at that teacher. "He deserved what he got!"

Two-way communication brought her to the understanding of the teacher's omissions and that he had assumed she understood the terms "test", "cheating" and "letters" to mention only a few. There was the whole matter of school, classes, and teachers and the functions of each. This woman was amazed and relieved. She didn't suddenly start to write more, but she felt much, much better.

University

As a teaching assistant in the English Department at a university, I made each student sign up for an interview with me at my office. He or she was to bring one of the novels we were going to read and study that term. At the interview, I would instruct the students on the barriers to study, but particularly the misunderstood word. In order to make this real to each one of them, I used M9 word-clearing on the first paragraph of the novel. In this wise, I taught each student how to do close reading, use a dictionary, and give him or her subjective reality on the perils of misunderstood words. One student originated, "This is a completely new paragraph from the one I read before!"

This practice which lasted a year and a half, was a novel experience for all of my students. The feedback I received at the end of each term was very gratifying. One of them wrote a commendation to the English Department Chair, but others were simply happy to stop me in the halls and beam at me while they told me about the top marks in their other subjects. One of them proudly displayed a very-well used and dog-eared dictionary. That book was loved, and I haven't seen such curls since. I also found out, years later, that I had a reputation on campus to the effect that "if you want to learn English and appreciate literature, take Agnes's tutorial. She's demanding, but you come out of there knowing something." I did know, however, that I was popular with the students because my evaluations from some of the professors for whom I was a teaching assistant said so.

The village set on an island in a blue sea

In l985, I went up to a tiny village on the Central Coast of BC, accessible only by sea or air. Teaching positions were scarce then, and I was the chosen candidate out of 300 applicants.

That was my first time flying in a six-seater airplane and landing at a tiny airport. From the air, the village looked quaint and old, but it had with it a spectacular backdrop of mountains, and it was outlined by the sea.

I was greeted by an exotic-looking dark-skinned man, who put my luggage at the back of his dusty truck. The road into the village was full of potholes and the vegetation on either side of the road was wild. I relaxed as soon as I arrived at

the school. I was courteously greeted by the Director of Education who presented me with an envelope containing the time of my interview and some questions which I might like to look over before the interview. The interview was conducted by the entire School Board (9 members) and the Director for approximately an hour and a half. To this day that interview ranks as the most professional and memorable of my teaching career to date.

When I moved up to the village and reviewed my domain, the first thing I did was to check the scores of my new scholars on standard achievement tests, and I realized at once that I was going to have some major challenges. A number of the Grade 12 students had reading scores which were around the Grade 3 and 4 level and one or two even below that.

I immediately placed a big order for dictionaries at different levels of difficulty: junior, intermediate, and advanced. When school started, I rolled up my sleeves all set to crack my students' problems with reading and writing. After teaching them dictionary skills, we played many word games. Upon entering the classroom, students had to look up the "password" for the day which was printed on a big laminated coloured paper which I attached to a pocket of another big poster titled "Password of the Day."

All I had to do was clip a new word to the pocket every day. The students pulled out their dictionaries and studied all the meanings. As soon as students entered the classroom, they became immediately busy, focused, and quiet — not a small technique in classroom discipline and management.

After looking up the word, they would take out their composition notebooks and write sentences with the new word. Then we would discuss the word as a class.

Harvey, the lexicographer

One day, the password was "scatology", a word which was in the novel *Never Cry Wolf* by Farley Mowat, a Canadian author. When the students read; "the study of feces," they were still uncomprehending, but Harvey knew what that meant and shook his arm vigorously and excitedly to get my attention. "I know, I know! It's what university students write."

It was my turn to suppress my mirth. "I'm sure that their professors might also have that opinion of their writing, but the word you are thinking of is "thesis." We had more fun with that word, but it does not bear repeating.

Lessons

Lots of laughter frequently rose from my classroom. Entertainers would have competition on my editing and proofreading lessons. At graduation, Harvey blew my cover, though. In his speech, he boldly asserted, "You may all think that Ms. Araujo is such a prim and proper lady, but you have to be in her class to really know her and to know how spicy some of her lessons are, and we love to help!" And they did!

One day I brought in *The Dictionary of Pickpocket Eloquence* published in 1810. Naturally, the class searched for the most interesting words. I took the opportunity to find out whether such language existed among them. And sure enough! They gave me examples of many words which they use just among themselves, but they were not about to become lexicographers and expose their world to the gaze of the multitude. Oh, no! Their codes were top secret.

The standard scores of my students rose by several grades at the end of each school year which gratified me, the students, and the school board. I stayed in that lovely village for five years.

The story continues

As an instructor in other schools since then, I have been and continue to be very well placed in helping students increase their learning speed and in assisting them to assimilate information quickly. Since study tech is the entrance door to Scientology, giving out thousands of keys to enter this door is an exciting and timely activity, as many other forces in the society are busily trying to close as many doors as possible to knowledge.

Study technology is not my only application of tech, but it has been and continues to be my dominant application of tech in the field.

I trust that by writing this short account, others will also relate some of their wins in applying the technology in the field. ¤

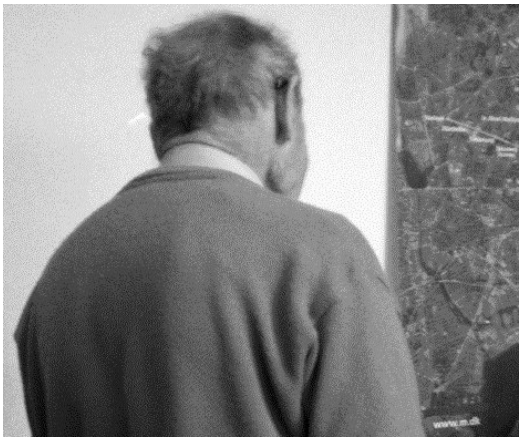
Types of Auditor Organisations

By James Moore, England

IT IS POSSIBLE THAT some readers do not realise what a wonderful organisation for auditors' work Ron Hubbard evolved during the time he was in command? A marvellous organisational background for auditing to occur, but it was often hampered by pressure to obtain higher statistics week by week, unfortunately not always aligned with the end product that a Scientology organisation was supposed to achieve: bettered conditions. It is also worth comparing that organization with what tends to occur in the free field, also known as MetaScientology, outside official Scientology organisations.

Early auditor organisation

When I first audited in a Scientology organisation in the late 50s things were very primitive by comparison with the late 60s. So far as processes went there were no OT levels, no run-downs, and the processes we ran were not divided into grades as they are now. The Processing Department, then as now, known as the Hubbard Guidance Centre (HGC) had a Director of Processing and some auditors. Apart from a little weekend and evening auditing, we audited 25-hour intensives each week, 6 hours on Tuesdays, Wednesdays, and Thursdays (the remaining 1½ hours to make 7½ hours work a day were often used for letter writing). On Mondays and Fridays, we audited 3 hours and administered before-and-after tests (OCA/APA and intelligence tests), and the preclear talked with the Registrar and Director of Processing.



James Moore is a pseudonym, and this is the best we could do to show you how he really looks.

Incidentally in the 50s when I was an HGC auditor, one was allowed to refuse to audit a preclear. I did this once. I refused to give a second 25-hour to someone because he really pushed my buttons, and I felt dreadful auditing him. The reason for this rule was that some auditors could, for example, have an aversion to old ladies, and thus would not produce good results auditing them.

What it evolved to

There was by now attention on processing to End Phenomena, so that sessions ran until there was a good result on a process, rather than to a fixed three hours. There was still a Director of Processing who handled mainly who would audit whom, in which room, and when. The actual case handling was directed by someone called the Case Supervisor, who, having had auditing training *and* much experience, was further trained as a Case Supervisor. This person chose what processes the preclear was to be run on, reviewed the auditor's results after each session, directed what was to be done at the next session, and very important, spotted if there had been an outness in the session, and if so, directed what was to be done about it.

Qual

Beside the HGC, in Technical Division, there was a separate division on the Organisation Chart. The Qual Division was responsible for seeing that quality was maintained (Qual, in the title Qual Division was short for Qualifications). On certain occasions, the Case Supervisor, in looking over the results of an auditing session, would discover that the auditor had made a mistake. Although the auditor was

trained, and had done a lengthy internship auditing which drilled over and over the techniques he had learned, nevertheless, now and again, an error could occur. This was spotted by the Case Supervisor and the auditor was sent to Cramming to have the error handled.

I can remember two cases of this.

In one case I was the preclear. The auditor seemed awfully slow to me. I felt I was sitting around waiting for the auditor and during these waits my attention would go off my case, and on to wondering what was happening behind these long pauses from the auditor. After each session the preclear would go to another person in the Qual Division, called the Examiner, who would put one pc on the meter and check the pc's condition, and here one had a chance to make a comment to the Case Supervisor (The Case Supervisor was supposed to live in an Ivory Tower, and not have direct contact with preclears or auditors). I told the examiner of this waiting for the auditor problem. Actually I felt a bit guilty, because I felt I was "telling" on the auditor. The auditor was sent to cramming. I do not know what happened. But when we went into session again I was amazed at how fast he was.

In fact the Cramming Officers were experts and had a whole bag of tricks they could use to handle different problems. One of them was called False Data Stripping. I had learned to do this, and I was on my OT III. There was a rule that you could not receive auditing or coaching from a person who was a lower level than yourself (I think this was partly to do with confidential data and that one could not speak of confidential data to a person of a lower level). I was not on staff, but the org nearest me did not have a person capable of doing false data stripping on a person who was on OT III (they had to have a person who was on OT III, or was OT III) so I was called in several times to run False Data Stripping on an auditor who had made the same mistake a number of times, despite having been to Cramming, and been checked out on the Bulletins that gave data on that mistake.

This certainly gave me a reality on the thoroughness of the system. The people I handled were very competent auditors, but for some reason they occasionally made the same mistake, despite having had Cramming previously on the same mistake. They were dedicated people, and you can be sure they were overjoyed to have their problem handled.

When I was on an Internship I was extremely thankful for the Cramming officers (who were friendly, yet knew their tech off cold).

One of the things you need to remember about what was the ideal scene in Scientology organisations, was that the technical people (in the Tech and Qual divisions) were relieved of a whole mass of problems a lonely field auditor has. No problems of finding premises, cleaning, heating or cooling rooms, paying bills and finding the money for it, making sure there were clients next week and further on so the bills could be paid, and much more. You could really concentrate on technical questions and giving your best for preclears and students. Always of course provided you did not have someone breathing down your neck demanding improvement on some statistic not well related with improving the preclears' or students' condition.

Chaplain

There was, in Ron's ideal org, one person one could go to if all else failed, or for special needs. So if a preclear became unsatisfied, and did not seem to be able to get it handled, he did not need to moan to his friends, but could go to the chaplain (who also occasionally did things like marrying people, and taking Church Services, partly to prove to whatever body needed the proof, that we were a religion) and tell him. He was supposed to know the organisation well enough to get the things handled to your satisfaction.

In the free field

Compare this to how things are in the free field. Of course things vary, and I know of auditors who do have a case supervisor, who they can go to if they are unsure, or want a second opinion. But I suspect that many field auditors are alone and handle everything. With the simpler processes, and simpler cases, you can usually get away with this. But what happens if the preclear is not satisfied?

Sometimes the unhappiness can be due to an ARC break with the auditor which the preclear is not in a position to spot. What he should do is go to the auditor, but with an ARC break (and lack of technical understanding of this sort of

situation) he is not all that willing to do that. It is much easier to talk to friends about it. Most Scientologists/ExScientologists want to help. So they will certainly listen to him. They will also be very likely to believe what he says, not having heard from the auditor, seen the auditing record or checked the pc in session. The wise thing to do would be to have the preclear contact the auditor, or perhaps, if they are competent to it, run an ARC break assessment or sort the problem out some other way (just listening is not a bad idea). But things do not always work out that way.

So the result you get can be something in the direction of a rumour starting on how bad that auditor is, or coaching the (ex-)preclear in how to go about getting a refund from the auditor.

The future

At the moment we have some organisations in the free field where people are co-operating, somewhat on the lines mentioned above. To a greater or lesser extant they may include seeds of some of the things that went wrong in the official organisation. And there are lone auditors around who do not want to get into an organisation. In this situation there are things that we (that includes you) can do to reduce the possibilities of unhappy preclears (and a resultant distrust of Scientology techniques).

There is the datum, when in doubt communicate, which is all well and good, but there is the additional question of where and what to communicate. It does not do much good to go moaning widely. I would suggest that a wise thing to do would be to increase one's network of (ex-)Scientology acquaintances, so that if one hears of a (ex-)preclear in distress, the fact can be passed on until it reaches some willing auditor who can step in and make a rescue action. It is also true that self auditing, in many cases, can be effective. I have even heard (rumour line!) of a preclear who had had failures with auditors was unwilling to sit in a room with an auditor, and rescues himself by solo auditing, and in the free field we have the Pilot's *Self Clearing*[1], which both gives basic stable data on the auditing scene (perhaps given a welcome indication of where the trouble had been with an auditor), and also processes most can run on themselves.

So I wish you success keeping your ears and eyes open and increasing your network of Scientology acquaintances. ¤

1 For free Download go to http://freezoneearth.org/downloads/files.html . Take the 2004 edition, which the copyright holder has allowed to be downloaded for free for a year. There is also a reference there to a mailing list for those doing the book, where the Archives are open to non members of the list

Melbourne Wisdom

Excerpts from L. Ron Hubbard[1]

ca. 10 minutes into tape (about control, auditor confidence and ability to audit):

Your control must basically stem from a tremendous ability to audit. If you really know how to audit, you don't have to worry about control. Your certainty and confidence is so great that it itself communicates to the pc. And he does what you say because he knows it's right.

When we discuss control and the control of the pc and so on, we have to discuss it mechanically so you do this and you do that and so forth, to a certain control — we are actually talking for the auditor who can't audit! Because if he could audit very very very very well, I assure you, there is no question in the pc's mind about whether or not he should execute the command he has been given. All you have to be is an excellent auditor. And you have altitude.

In the old days in England some people used to get to be exellent auditors by simply going around and telling everybody they were exellent auditors, and there were enough people hypnotized around and about the place to believe it. (laughs) That's right. Well, that's not the way to get to be an exellent auditor. The way to get to be an exellent auditor is just to get to be an exellent auditor, thats all. Fundamentally, your poise as an auditor, your confidence as an auditor, stems from your confidence in your own know-how and ability. You are as good an auditor as you don't have question marks scattered around in your wits. The more question marks that you have — about basic definitions in the subject, and what it can do, and what Ron was doing in 1953, and whether he actually meant what he said at the congress, and and and — the more of these things you've got kicking around, the less good an auditor you are. Nobody says you can't have your own opinion, but you just at least have your opinion made up, do you understand.

...

What we are looking for is positiveness, positiveness. And nothing can substitute for positiveness. Your ability goes very well along with your confidence in attaining and achieving results.

...

Now we substitute for confidence: accuracy of TRs. Accurate TRs are a substitute for confidence. Because if you were totally confident in what you were doing and you knew the subject, you would follow through those TRs anyway.

...

There wouldn't have to be any codified processes, or any rules of thumb, or anything else, if you simply knew exactly what the case was doing that you confronted at that moment ... when you zigged, the case zigged; when you zagged, the case zagged.

...

The case knows you know, and knows that you were trying to help him out.

==========

1 From 1st Melbourne ACC, Lecture 1 entitled "The Know How of Auditing". While we would strongly recommend hearing LRH lectures, because the intonation helps ascertain whether what he is saying is a joke or not, we hope these short quotes will be interesting and whet your appetite for hearing his lectures, many of which can be fairly easily borrowed. These Melbourne ACC lectures (ACC = Advanced Clinical Course) have been described as a peak in Ron's clarification of auditing to auditors *Ed.*

25minutes (About auditor confronting pc and the bank versus flinching — playing God)

All you have to do is *look like* you're going to flinch, and you validate the bank, just like that (snaps his finger). It beefs up, it stiffens up, the bank does, and goes into further action, because *you* have now given it permission to. And the auditor never gets anything that he doesn't give permission to have happen. Main trouble with you, as an auditor, is that you are basically as unwilling as I am to play God. You can always play God, it's too easy. Funny part of it is, in an auditing session, you have to. Do you realize that you are creating everything you look at, or adding to its creation. If you are willing to create everything you are looking at, there isn't *anything* a case wouldn't do for you.

==========

52 min

Where we have understanding, we have a rather calm, relaxed, effective state of mind. Where we have comprehension of what is going on, why, we can look it over. And we can also do something. But don't try to do anything about something you don't understand. Did you ever take a watch apart that you didn't know how it went back together? Well now, as long as you have been around Dianetics and Scientology, you have come to believe there are many many operating parts of the mind that it would be almost impossible to know all these operating parts of the mind, or maybe you haven't come to that conclusion. But there are actually very few. And they consist of these: there is the thetan and his creations. And that's it. Those are the operating parts of the mind. Oh, you say: "What about the physical universe?" I included it. (audience laughter). I included it. Now when you talk about "mind" in terms of doing something about it, you mean "that undisclosed portion of a thetan's mockups which surround him and are giving him trouble" — right? So your target of all of this is relatively small. And the complexities of that target are very few. Very few. They consist of his postulates and the matter, energy, space, time, ideas, and the various mechanisms which interassociate these events or these actions or objects. Even a machine is covered under matter, energy, space, and time plus ideas. You get so very intrigued with the super significances of how the little wheels go around that you very often are unwilling to look at a mental machine and simply just say "Wow, that's a mental machine". ¤

IVy Internet Lists

IVy STARTED off in 1991 with out the presence of Internet and emails. The advent of Internet, set hopes very high. Really *modern* technology! Here must be the tool to help create a civilisation second to none!

So we started an Internet list, called ivy-subscribers, in January 1997, with thanks to Homer Smith for donating the software.

The list has run since then, for over ten years, which is something of a record for a Scientology Internet list. We have restricted membership to those who had paid a subscription to *IVy*. This was done because of the observation at that time that many of those who contributed to "ex-Scientology" lists were either out for a free fast route (or free solutions), or keen on dramatizing as much as possible their ARC breaks with Scientology.

There have been *lots* of wins during the existence of ivy-subscribers. Communication has produced the vanishment of barriers and increase of understanding. However the Internet is only a new tool. The basic principles of successful communication are the same but it requires a little thought and practice to apply them well to over 100 recipients in different parts of the world. While the magazine *IVy* has changed to Internet relayed format, the *IVy* lists continue more or less the same, still aiming to facilitate communication in the direction of increased satisfaction with life for as many as possible. Also ivy-selections continues, the weekly selection of major items to replace or supplement the main lists. If your subscription is up to date!

Antony A Phillips. ¤

Life's Pleasure Moments

by Jim Burtles, UK

Each one of our lives is a series of moments.
Ideally, a whole series of pleasure moments,
Every one of which should be something to treasure;
All of parts of that particular life's pleasure.

In most of my many lives I've had a few wins;
More fresh opportunities as each life begins.
The pleasant memories caused by something I'd done
Or even the pride which comes from something I've won.

Often it is a picture of a time or place,
Which happens to bring a little smile to my face.
Perhaps it is a special somewhere I have been,
Or maybe there's a special something I have seen.

We can all draw upon these treasures from before,
Reminders of just how good life can be once more.
Life is for living and doing things that are brave
Life is for having some of the things that you crave.

Make the best of the moment and see its good side,
Don't treat this precious life as just another ride.
Go out of your way to get something or other done;
Complete the cycle to feel there's something you've won.

As life has to be a long series of moments,
Let's try to make most of those special moments.
Turn each one of them into something of pleasure,
The happy memories will be something to treasure. ¤

In case of address change, please return to sender with note of new address. Thank you.

Sales Data

For the year **2009** onwards, data for subscribing is at:
http://www.ivymag.org/cyberivy/signupform.html
where you can also request a free "Cyber" *IVy*

Distributors

We have a chain of independent distributors, built up over the years. With the change of distribution we are still finding out they fit, as representatives for *IVy*

Here are the distributors, and representatives

Denmark,
Antony A Phillips
Jernbanevej 3F 4th
2800 Lyngby, Denmark
ivy@post8.tele.dk

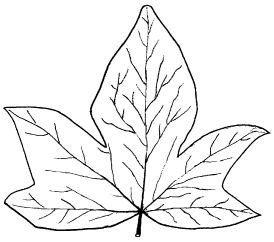
British Isles,
Anne Donaldson
28, Huxley Drive
Bramhall
Stockport, Cheshire
SK7 2PH England
annedonaldson@bramhall.go-plus.net

USA, Canada, Mexico
Laura West
3436 Prairie Avenue
Miami Beach FL 33140
Email: Westie2@aol.com

Australia & NZ:
Mark Gamble, 4 Harold St.
Virginia, Qld 4014 Australia
email:
wombby@hotmail.com

Holland, Belgian
Ineke van Deursen-Nouwens
Verbermestraat 2
NL 5624 EN Eindhoven.
e-mail:
p.nouwens@chello.nl

♠ ♠ ♠



We sell **back numbers** of *International Viewpoints*, dating back to 1991. The back numbers contain much data, and also reflect changing times. They provide a valuable source of information. Nice to fill up your book shelves. Write for details.

Most articles in the first 20 issues are available for free in text format at the Internet address:

http://www.clearing.org/cgi/archive.cgi?/ivy

♠ ♠ ♠

We are also very interested in receiving your articles and letters. On editorial matters, write direct to the new Editor at ivymag@ivymag.org

♠ ♠ ♠

Maybe you can help creating a new *IVy*. ¤