



International Viewpoints



Denis Siegneux: Grooming of Souls

“May the **Tech** be with You!”

The IVy European Conference is August 22-23, 2009

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Aims of IVy Magazine:

Updated September, 2008

"To provide an independent publication and forum to the meta-scientology community."

The meta-scientology community, sometimes called 'the Freezone' or 'the independent field', comprises people interested in the technology and philosophy of L. Ron Hubbard and the application thereof. A part of the community is working on new developments in this field of self-improvement and IVy covers that as well. We embrace Hubbard's original work, including the axioms, the basic teachings and the technology, but see the subject as a developing field of applied philosophy and spiritual technology.

IVy has no affiliation to the current CoS, nor has it any economical affiliations to any independent tech delivery group. IVy stands for freedom of speech and accurate, reflective reporting. Community members are free and most welcome to present their diverging views; that is part of the IVy mission. As long as a contribution is based on fact or personal experience, and likely to be of interest to the community, it will be considered for publication.

Our three main activities are:

- 1) The publication of the subscription magazine 'International Viewpoints' (IVy). This magazine will be in electronic form and appear at least 4 times a year.
- 2) maintaining the website IVyMag.org
- 3) Conducting online discussion forums – open to subscribers of IVy.



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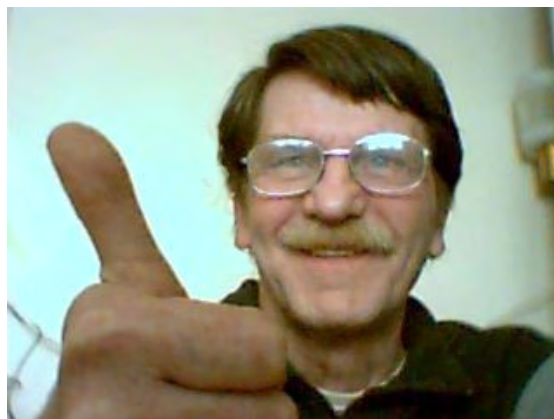
August 2009, See You at the IVy Conference!

This issue of IVy is an invitation to our subscribers and all in the Freezone to join us at the IVy Conference. The IVy and Freezone community is a worldwide thing. Unfortunately it is also very scattered. Therefore much of the contact and activity takes place via the internet with a few local groups here and there. A few times a year there is an opportunity to meet in person with like-minded. One such opportunity is the annual IVy Conference held in Copenhagen, Denmark and sponsored by the Board of Directors of the International Viewpoints Association, the board that also oversees the magazine. We hope to see as many as possible this year as well. You will find details in the ad on page 4 and on the back cover.

This issue itself presents several tech developments, including a description of Per Schiøttz' approach to PTS handling (p. 13) and Robert Ducharme's developments in Dianetics to what is called R3X (p. 27, 33, 37.) Both developments seem to fill a need and address things that have been problematic in the past. We also have part one of Heidrun Beer's interesting take on health, applying Scientology principles to healing (p. 40.) We hope you will enjoy this issue and we hope to see you in Copenhagen, August 22-23 at the conference.

Editor-in-Chief

Rolf Krause,
Denmark



Rolf K, Editor-in-Chief

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by Joe Howard, USA

The author of this article was close to Ron and to the whole evolution of Super Power. He gives here his first-hand account of what went on behind the scenes when Ron developed the never published but highly discussed series of rundowns, known as Super Power.

Page 9: Ron in the 1950's

by Dennis Stephens

Dennis Stephens, known as the developer of TROM, was one of the first Dianetisists in Britain. As early as 1950 he was introduced to Dianetics and started to co-audit. In this article, the author describes his first meeting with Ron in 1952, and he describes the amazing Scientology session he received from Ron.

Page 13: How to Gain More Freedom

By Per Schiøttz, Class IX, Denmark

The subtitle to this article is: A New Approach to PTS Handling. Per has developed this approach that he has delivered as seminars. It is a more causative look at the case condition known as "potential trouble source" or PTS, where the person has become the effect when dealing with bad guys or restimulative guys. Instead of blaming it on "the other guy," the author has designed a method to clean up one's own space for trigger mechanisms.

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by Michael Moore, IFA President

IFA's president describes here how we can approach and deal with the difficult issue of ethics in the Freezone.

Page 22: Four Former Sea Org Insdiars Speak Out

From Saint Peterburg Times, Florida

Recently 4 former top executives in CoS went public with a scathing critique of the states of affairs in CoS and of its leader. Who are these 4 four people? Their background and Scn history is given here.

Page 27: Routine Three Expanded, a "new" form of Dianetics

by Rolf Krause, Class 8

Robert Ducharme of Florida has for the last 20 years practiced and researched various approaches to incident running and Dianetics. He offered IVY's editor to try some sessions of R3X. It was an exciting experience that is covered here.

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This article is part of our Time Traveler's series as well as a personal take on some very exciting sessions, using R3X. Includes the author's personal take on the OT-3 incident.

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Attend IVy's 2009 Open Conferemce in Copenhagen, August 22 and 23

**Speakers: Flemming Funch, Clearbird,
Antony Phillips and a Live session with Robert Ducharme
Special Guest Speaker: Could be You!**

This is also an "Open Space" conference, which means that we're co-creating the conference. If there are subjects you would like to speak about or that you would like discussed, or an activity you would like to see happen, we invite you to take a lead and propose or lead them. An Open Space Conference means you can participate from a level of cause.

For people coming from out of town we will help you find inexpensive hotel accommodation.

The conference will take place in Valby, a suburb of Copenhagen

Saturday will be from 10.00 – 17.00,

Sunday 10.00 – 16.00

Each evening we go out and eat together.

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The price is only 250 DKK. (about 35 Euro or £30 GB)
including lunch and refreshments both days.
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Further information on the web at:
<http://www.ivymag.org/IVyConf2009.html>

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Super Power

Its Context and Theory

By Joe Howard, USA

1978 was one hell of a year for Scientology from a technical standpoint. LRH had just returned to his home in La Quinta after about six months off the base, following the FBI raid of the Scientology Complex in Los Angeles in July 1977.

hindrance even for a moment. He jumped right in and we all jumped in behind him. Somehow things eventually got “in the can,” but it wasn’t smooth. The technical or other reasons why things weren’t smooth occupied his hours off the set.

Ron the Film Maker

When he returned and settled in he began in earnest a project started the previous year – the shooting of his Technical Training Films. He figured that since we were in an age where visual media were king, that visual demonstrations of TRs, metering and sessions would be valuable for students to have as standards to emulate in their training. But that’s the subject for another time, except for the fact that the trials and tribulations of getting the first several of these films shot led to his development of the rundowns that became known as Super Power.

The only person who knew anything about shooting motion pictures in the entire crew was LRH himself. No one else knew a thing about this very highly technical field. Being the world’s all-time do it yourselfer, LRH never considered this a



Ron Hubbard, while making the tech films, 1978

Who are the Trouble Makers?

The first idea was that there must be List One Rock Slammers [Rock slammer: Person with hidden evil and destructive intentions. Ed.] on the film crew intentionally messing things up in order to cut dissemination lines. A project was launched to ferret them out and was horribly botched, with many well-intentioned people both at the base and other Sea Org units in Clearwater and LA being falsely labeled L1 Rock Slammers. When LRH became aware of the glaring outpost that the

percentages were ridiculously high, he straightened things out and people were put back on their posts. Technical issues came out that clarified the different characteristics between a dirty needle and a true rock slam. [Both rock slam and dirty needle are characteristics of needle behavior on the emeter.] Also, during this period

LRH clarified the definitions of an instant read and a floating needle as (per HCOB 5 July 1978) “a rhythmic sweep of the dial at a slow, even pace of the needle.” (I understand from the rumor line that this is now being forcibly mandated as three swings of the needle, which might be what The Cob says, but isn’t what LRH wrote.)

Technical Compilations Unit

At any rate, by August 1978, LRH had formed the original RTC, which stood for LRH Technical Compilations before it was preempted in 1982 by the current RTC, at which point it was re-initialed RTRC (LRH Technical Research and Compilations). One of the early orders LRH sent to the unit was to assemble and pilot a correction list called the Ethics Repair List. On it were questions aimed at straightening out a person’s considerations in the areas of ethics and justice by getting off charge on the different flows of the subject. The first pcs audited on the list were the same crew who had been labeled List One Rock Slammers just weeks or months before. Needless to say, the list was very hot and pcs had a lot to say. Results were sent to LRH and he modified the list, adding more questions and deleting others that never seemed to read. By the end of the year, the list was in some kind of final form and was even released generally for a short period, probably by mistake, because meanwhile an overall scope of a series of rundowns was beginning to take shape.

“The Dead Man Rundown”

LRH often encountered the phenomenon of people around him who seemed, to him anyway, lacking life or any real determinism. He had remarked on this often and gave a handling in the HCOB on Robotism in 1972. Six years later, he gave another take on it and developed what was initially called the Dead Man Pilot because the process dove at the root cause of any deadness that a person might be exhibiting.

Another rundown theorized that if a person was stuck in some past engrammic incident that this could be sprung from the case by asking the pc for different places where the pc considered himself to be safe. The process caused a revivification in the pc and released him from wherever he had been stuck.

You see where this is heading: let the person get off his charge about what’s been done to him, handle the cause of any deadness and spring him from a place on the track holding him down—you’re restoring life to a person. You’re waking him up.

After this you can get him to spot things about the consequences of his actions and restore his ability to predict into the future and this became another rundown.

Then, because he is more aware and alive he can better think with the information he has, his education, his training, etc. LRH, even in his earliest writings from the early 50s was aware of the harm that false data has on a person. If the computer is working fine but the data fed into it is crap, crap thinking and solutions is what you’ll get out of the computer. That is the basic thing that was gong on, though LRH expressed it more eloquently. The rundown he developed was called the False Data and Loss Rundown and he based it on the observation that when a person is stuck in a loss of some sort (job, loved one, broken relationship, competition, any type of loss) he or she becomes prone to latching onto false data in an effort to become reoriented. The rundown located these episodes and stripped them out of the person’s bank.

The Perception Rundown

Now that you had the individual alive and with it, you could get him back into communication with his environment and the world and this became the subject of the now somewhat mythical Perception

Rundown. The simplicity, and brilliance, of this rundown is to handle any engrams blocking a person's sense perceptions (any of the 57 perceptics as laid out in Science of Survival or Scientology 0-8: The Book of Basics) and then drill the person in his ability to use those sense channels, which had been formerly closed off. The basic way this is done is by putting one's attention on a particular sense and taking one's attention off of that sense channel. For example, you can put your attention on a ticking clock in the room where you are now and listen to the sound and you can not listen to it by putting your attention somewhere else, say, on the cars outside. That's the long and short of it, regardless of what machines are developed to help the person increase his or her ability along any sense channel.

Once the person was fully back into communication with the world around him, you could drill him on the actions of his job or post and at the end you'd have a person who was cleaned up, alive, able to see where he was going and fully in control of what he was doing in his life.

It's a pretty awesome state. That was the theory, anyway, of what LRH was calling the Humongous Rundown. And it was going to be a humongous

rundown. He developed it as a way to make staff members more capable on their posts so orgs would be more productive and Scientology would expand faster.

But before LRH could get all the rundowns written up (there are 12 rundowns in total and LRH hyped them in Ron's Journal 30, "1978—The Year of Lightning Fast Tech") a couple of technical tsunamis hit the fan. One was his release of the bulletins on Dianetic Clear and the second was the development of NOTs. Frankly, the tiny unit he had established to help with his technical work was running flat out just to try and keep up and

was falling behind. That RJ lists a ton of stuff that LRH worked on and released during the year: NED, Int Rundowns, Super Power, Confessional Procedure, clarification of processes on Service Facs, NOTs, straightening out the definitions of an instant read and F/Ns, Academy training, Quad Grades, the Fixated Person Rundown and Suppressed Person Rundown, revisions of a bunch of correction lists, the 9 Tech Films he shot and that was just the tech stuff.

Phoebe Maurer

The I/C of the unit, Phoebe Maurer, bless her, kept every pilot issue, dispatch and note on Super Power all in one location, in boxes right above her desk until the day she died. What happened is that



The so-called Super Power Building in Clearwater has been under construction for over a decade. It was supposed to be the delivery center where the public would receive this series of rundowns

late in 1978 while the rundowns were still in development, LRH brought in trainees from the Saint Hills to train up as Super Power auditors and when their TRs were judged not to be up to par LRH went off into thorough handlings of TR training and that led off into even more basic handlings that became the Key to Life Course. And on and on it went.

Phoebe never got back to finishing up Super Power and neither did her successors in RTRC until 1991, when the pilot issues were completed and the first pcs put through the entire rundown. The results were pretty much exactly as LRH predicted. The pcs did fabulously on the rundowns and came alive in life and on their posts. No PR. They really did well.

Unfortunately, something else that LRH predicted also happened. He said that if some people in an org were put through the rundowns but others weren't, then eventually those who hadn't had the gains would pull down the others who had. And that's what occurred. It might have taken a few years, but eventually nearly everybody, as I can recall, got into some kind of serious post difficulties. But in this regard, they were no different from everybody else at the Int Base [the international headquarters], however, so the fact that LRH's prediction came true in this regard cannot be taken as a denigration of their initial gains or an invalidation of the potentials of Super Power.

For Staff and Clears

LRH intended it mainly for staff, though he also planned that Dianetic Clears who could no longer receive Power Processing would also be able to receive it. From various posts one sees on the message boards, it appears that all that is being tossed overboard and the rundown is becoming the next cash cow for a Flag whose udders by this time are surely drying up from lack of real planetary dissemination efforts at the lower

echelons.

Additionally, someone with no knowledge or authority has made up some processes and given them the name Super Power and these are floating around somewhere. I can assure you that processes with commands like: "1. Assume the viewpoint of the 8th Dynamic, 2. Get the idea of another assuming the viewpoint of the 8th Dynamic, 3. Get the idea of others assuming the viewpoint of the 8th Dynamic, "etc, etc, etc, ad nauseum, down to "1. Get the idea that you have infinite power, "blah, blah, blah, all have nothing whatever to do with what LRH was researching or piloting or what he intended.

So, now you know the background of Super Power and LRH's intention that it be used to help hard-working staff members do better on their crusade to hold the Bridge there more stably so greater numbers could walk across it.

Joe Howard

About Joe Howard

Joe Howard is a veteran high-ranking Church of Scientology defector. He presents to Ivy's readers an insiders look at the inner workings of how Scientology technology was developed. He worked for many years in the technical compilation unit and described in Ivy 102 how new technology was tested and compiled by its dedicated tech specialists. "Joe Howard" is his writing pseudonym.



Ron in the 1950s

Dennis Stephens was one of the first Dianetisists in Britain. As early as 1950, he was introduced to Dianetics and started to co-audit. In this article, the author describes his first meeting with Ron in 1952, and he describes the amazing Scientology session he received from Ron.

By Dennis Stephens

Like many staff members, I used to call Ron 'the old man'-- affectionately. It was only in later years that I started to call him Ron Hubbard.

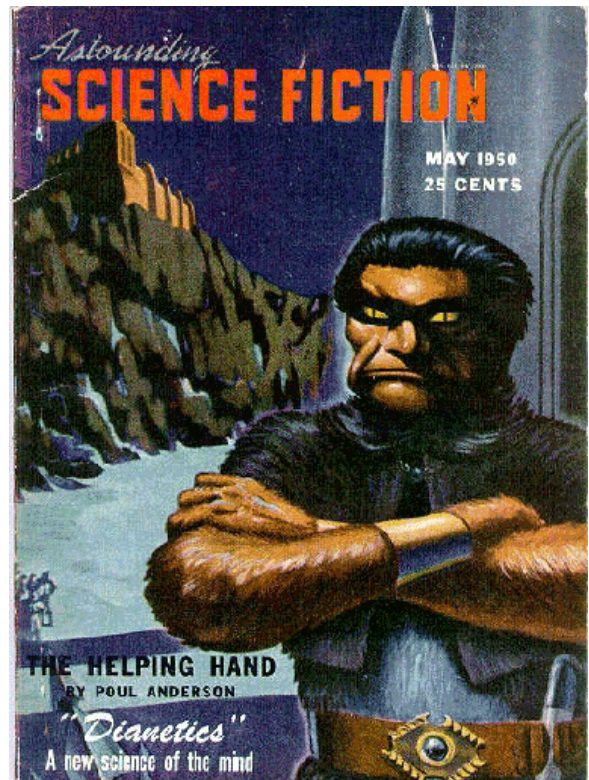
My personal contact with Ron Hubbard, the most intimate period, was from September 1952 to about early 1956. Then I went to Australia. After that, there was no personal contact with Ron until 1962 when I was on the Saint Hill Briefing course. Yet, a comm line had continued on and off over the years when I was in Sydney, and I could always write to him and get a reply. But there was no personal or written comm with Ron after 1965.

My first contact with Dianetics had been through Astounding Science Fiction. In 1950, I had a subscription to the magazine, and as soon as the article Evolution of a Science appeared, in the May issue, I wrote off for [ordered] the book Dianetics: the Modern Science of Mental Health. It was air-freighted over to Britain, and I started using it, co-auditing from September 1950. My co-auditor and I were the second co-auditing team to start up in Britain.

Later, I joined George Wichelow's North-West London Dianetics group and was its secretary and a group auditor until September 1952.

Until then, the only trained Dianeticist or Scientologist that we had seen from America was Jack Horner, who was an HDA (Hubbard Dianetics Auditor) and a B.ScN (Bachelor of Scientology). In 1951, he gave a congress in England, which I attended. A few other individuals came from the States and spoke to us, but their use of the subject had been no more than ours: they were book auditors and so on.

I had been getting very excellent results from Dianetics as a preclear, was mightily impressed by the subject but did not know that I was a very easy-



Astounding Science Fiction of May 1950. That's where Dennis first read about Dianetics. In the left hand lower corner, it says: "Dianetics" A New Science of the Mind.

running pc. Any auditor would have given his back teeth for a pc like me. Only after years of auditing tough cases myself, did I realise that the vast majority of humanity was much more difficult than I to audit.

Big news

In August 1952, George Wichelow received big news from America: Ron Hubbard was coming to London. In September, or late August, Ron actually appeared at the Wichelow Dianetics group.

On Sundays, we normally had a group meeting, and about 15 to 20 people would turn up, regulars and visitors. Well, that night we had about 60 people packed in at George Wichelow's place. The word that Ron was in London and that he was going to devote the whole evening to being with the Wichelow Dianetics group was enough! George had been burning the telephone lines, and he got all and sundry there, everyone who could conceivably make it was there.

Suddenly there was a knock at the door, and in strode this very, very large person.

He filled the room immediately, that was the impression. It was his presence. Everything stopped; he was immediately the center of attention.

So that was my first impression of the man, his startling physical impression. One definitely knew there was somebody there.

He was the sort of person that, if he was in the room behind you, you would know it and turn around and not be surprised to find him there. That happened on many occasions with Ron in those early days. I would be talking to someone in the room - the door would be open - and suddenly I would be aware that Ron was in the room. I would turn around and there he would be, standing patiently, waiting for me to finish my conversation. I knew he was behind me: I could sense his presence.

Ron's Mock-up

But it was only when I got to know him that I realized this was a part of the mock-up that he put up - his size. Actually, he was not nearly as big physically as you thought he was, but was a shade under 6 feet, weighing about 180 pounds. He got a lot heavier in his later years.

That group meeting at George Wichelow's was a milestone in my life, which was never the same again. Ron spoke about Scientology for about three-quarters of an hour. He answered some questions and said he was going to give a demonstration and wanted a volunteer.

If somebody wanted to give a demonstration, I was always the group's guinea pig because I had a virtually indestructible case, and everybody knew it. Some of them could be damaged in a group demonstration, but they could leave *me* in an engram and I would find my way out of it and no harm would come from it.

This time, I thought I would give some of the others a go at the



Ron Hubbard in the 1950s

demonstration, but, as I looked around, no hands were going up. Ron had announced that he would give an auditing demonstration of exteriorization, and maybe that had put everybody off, they were a bit scared of it. Not even George Wichelow put up his hand, and George was not shy of coming forward when he was interested in something.

My Life changed

I thought it might never happen again so my hand shot up, and Ron Hubbard smiled at me and called me over to the stand, and my life changed. He ran a technique of giving commands to my foot and receiving commands back and turning a few energy masses white and so on. Next thing, I told him that I was exteriorized, and he said 'Very good' and moved me around the room. I was struck with the tremendous perception and the weird sensation of sitting above 60 people. I could see them all clearly below me: I was up near the ceiling, where Ron had moved me, and I could see Ron there and my body, and see the whole thing much, much clearer than I would through my eyes.

Everybody was watching the demonstration and I was up on the ceiling. It was an incredible experience. And he moved me around and moved me out on the road and I found I could move through the wall. I could see through the wall; all sorts of things I could do. Ron moved me around and got me comfortable, and said 'Do you want to come back into your body or stay outside?' And I said 'No, thank you very much, I am quite happy out here.' So he said 'Right,' and got me to open my eyes again, and that ended the demonstration.

By that time, it was 10 o'clock, and people had buses to catch. I caught my bus, then walked a mile and a half to my house along deserted roads with the extraordinary feeling of walking along, being exterior from my body, the body in front of me, and a weird sensation of the body shadowing street lights. It startled me for a moment, then I realized what was going on, and moved further back behind my body.

The exteriorization was almost complete. It was almost the sort of exteriorization you would get between lives, as I later discovered. And I just walked one and a half miles down that road, sitting ten or fifteen feet behind my body, just moving down the road with my body, looking at the houses as my body was walking along the road.

A most incredible experience.

Then I got into my house and went to bed, went up into the loft, nosed around on the roof, and ended up about midnight sitting out on the lamp post in the road, watching the moths flying around the lamp post.

I went to sleep. When I woke up in the morning, I had moved into my body again. But I then knew that Scientology was absolutely right, and I knew that when Ron spoke of exteriorization, talked about a thetan, that he was right. I had so much tremendous personal certainty on it, there was not a shred of doubt in my mind.

Theta Clear

I had become a Theta Clear. This enormous exteriorization ability lessened slowly, but stayed with me for months. It had an interesting validation.

At the time, I was courting my future wife, Anne Walker, and she was down in Battersea but I had a flat in London. We were very much in love, and I used to go and visit her as a thetan late at night, and she always knew I was there. I would go in, look around the room, and she would be laying on the bed, reading. I would go and touch her forehead; she would look up. The following day I would see her or talk to her on the phone, and she would say 'You were over last night,' and I would say, 'Yes, I came over to visit you'.

She could not do it, had not got the ability, but she always knew when I was there, and could sense my presence very strongly. So there was another person who could validate the exteriorization, my presence could actually be felt by another person in the present time universe, so it was not all in my mind.

Ron Hubbard audited me more than once, always in demonstration sessions, but I can say without a shadow of a doubt that he was the best auditor that ever audited me. He was the smoothest, he was the greatest, and I have been audited by some very fine auditors, including the late Jack Horner who I rate only slightly below Ron Hubbard.

Ron was the only auditor I ever met or knew of that never really needed an E-Meter. When you were in session with Ron something would happen, some mental scene would occur, and he would come in and say: 'What is happening?' Ron would know it, would spot it straight away. He would use a meter, but did not really need one. Ron knew the slightest change in the session, he was on to it. That is the mark of the truly great auditor, and he had that ability, could determine the slightest change in the pc by direct perception.

That gave an enormous feeling of confidence. He was right there with you. You felt there was somebody holding your hand. I got that feeling whenever Ron audited me; never with any other auditor. Slightly with Jack Horner, but only very faintly, whereas with Ron it was very strong. I have never experienced it with other auditors at all. So Ron stood head and shoulders above other auditors.

With a man like that, who discovered and formulated the subject -- and when he tries it on you, it works exactly as he said and you get validation that it is not imagination but actually real -- you are inclined to grant certain god-like qualities, especially when you realize his personality, this enormous presence that I have already described.

Beingness

On easy running pcs, Ron could make the subject work exactly the way he said that it worked. The effect on me was to grant him enormous beingness. It was inevitable that it would happen, and it did happen; I was awe-struck by the old man. I wondered what sort of a person he was, whether he was a god, a demi-god or what?

Ron had said at the group meeting that he was going to run a professional course - well, that was where I wanted to be. I knew that what he talked about was the goods, and the one thing I wanted to be was a professional Scientologist. For this was the future, this was the way it was.

From International Viewpoints (IVy) Issue 18 - August 1994



How to Gain More *Freedom!*

A New Approach to PTS Handling

By Per Schiøttz, Class 9, Denmark

I have often heard people say things like, "Free me from this" or "Free me from that."

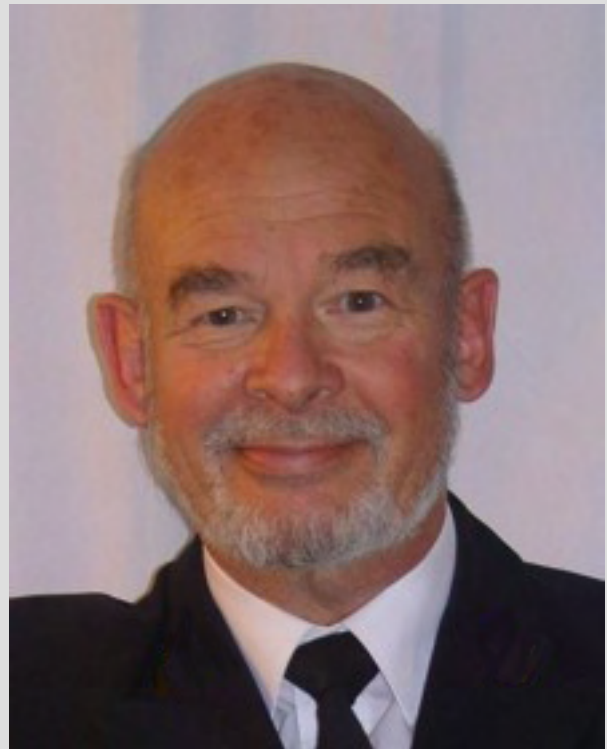
If there really is a lot of things in a person's daily life he wants to be free from then he is guaranteed not a happy person. Freedom is not freedom FROM this or that or a whole lot of things. Real freedom is the freedom TO do or be or have what one wants.

Opinions and facts

In relationships, persons often express an OPINION about another person. The other person might take this opinion as a fact and thereby lose some of his freedom because the opinion was a limiting opinion. For example: "It's dangerous to travel". (One definition, of several, of "Fact": A fact is something which can be proven to exist by visual evidence. Likewise, "Opinion": Something which might or might not be based on a fact.)

Suppression

If dad tells Peter "You are quite stupid!"



Per Schiøttz

and Peter somehow or other buys this, and later knowingly or unknowingly acts upon this, by for instance not taking the education he wants, then we are talking about suppression. Peter has lost some of the freedom he could have, at least in

choosing education. Everybody is on a daily basis bombarded with others' opinions about things. We love to give "good advice," and every time we connect to others' opinions and act accordingly (as if they were facts), which means we do not follow our own ideas, or listen a bit to ourselves, then we lose something of ourselves and get weaker and smaller and less ourselves. People who actively work on enforcing own opinions onto others could be called "suppressives." But it is actually the person subject to opinions forced onto him that is making himself smaller, because no one else can. The suppressive has a misunderstanding. The suppressive thinks that freedom is a quantity, a commodity in limited supply, and therefore he has to keep others down in order to get the freedom himself.

Freedom is a quality – please !!

Integrity

Integrity means wholeness; it's all of it – without anything missing, a condition where nothing has been removed, has been corrupted, or damaged.

If a person has an undamaged integrity then he hasn't given up on, denied, or given away any part of himself. He exists in his wholeness as himself. If he compromises with his own honesty, his own wishes and

perception of himself, then he loses integrity. If he adopts others' opinions about himself (unexamined) then he has given something of himself away. You could say that he has shrunk, he has become less himself.

Loss of identity

Some people live to a high degree for or through others and depend on other people's opinions causing their own personality to disappear.

The more he obeys others' opinions, commands and orders and take onto himself others' characteristics, behavior patterns ideas and thoughts, the less free he will be and the more he loses his integrity. He will listen

less and less to his own inner dialog, his intuition and feelings. This will eventually end up in self-denial, self-hatred and self-defeating and then again in less freedom. We all do, or have done this to a greater or lesser degree depending on which persons we are surrounded by..

Ethics and philosophy

Everyone has an ethical philosophy which they live by. It's their guidelines for what is OK to do in life. It could be "I will not engage in shoplifting" or "I'm OK and have the right to be here."

"The suppressive thinks that freedom is a quantity, a commodity in limited supply, and therefore he has to keep others down in order to get the freedom himself."

These are more or less known to the person consciously. Suppression or loss of integrity and thus freedom is a result of lack of ethical philosophical codex. If the ethical codex contains: "I will listen to others opinions and then carefully consider if they shall

be mine too," then you have a chance not to blindly accept others commands, opinions, perceptions etc., and loose integrity and freedom.

Yours or mine?

If you want personal enhancement by for instance personal development or therapy, etc., etc., then it is extremely important that you are very sure that it is your own ideas, thoughts, behavior patterns etc. that you start handling. If it really is others' opinions and ideas, which you have taken on, then it's a waste of time.

Yours

If you find something which is not your own, but something you have been persuaded by others to think, or have borrowed from others, then it is actually

possible to cut the connection to these things again. If Peter feels suppressed by his father who says: "You are quite stupid", then that is the father's opinion, not Peters. He must therefore CUT the connection to that opinion and realize that it is not his own and "send it back to the father" right here and now.

Note carefully that he doesn't cut the connection to his father, which would violate the universal solvent: Communication !!



It is extremely important that you are very sure that it is your own ideas, thoughts, behavior patterns etc. that you start handling. If it really is others' opinions and ideas, which you have taken on, then it's a waste of time.

Mine

There could be considered a small danger here, namely if you disconnect from something which IS your own. Then you will never get it

handled as you believe it isn't yours and now you have disconnected from it. Why handle others stuff? But this very small danger is not difficult to get around as long as you get a little practice in this.

Procedure (for self or clients)

First, you must realize which persons, places or situations etc. you feel have caused you to make yourself smaller. For each of them in turn, you write down all the different ideas, thoughts, behavior

patterns, commands, unethical actions, opinions, etc. etc., picked up and adopted from that terminal or in that situation.

Then, in your own universe you actually CUT the connection to these items, realizing it's not yours and seeing whose it is at the same time. If you come across something you have already disconnected from earlier, just acknowledge that. Finally you sign this "document" that you have actually disconnected from these things. The whole action can take some hours or weeks, even months, depending on the clients case shape, but it is extremely important to do it very early in for instance, a life repair, if not first.

Why?

When all this is done, you ought to find out what has been missing on the written or unwritten ethical codex, which caused that you allowed your integrity to become lesser. Write it down as an addition to your ethical codex. If this is kept in times to come (eternal now's) then it will act as a guarantee that you never again will allow your freedom to be lessened or taken away.

Example

Here is an example of a handling Peter did regarding his father. It's a very ordinary example from a situation which is very common:

I, Peter Hansen, do hereby cut the connection to my father's:

1. Invalidation by saying I am stupid.
2. Bad talk to my friends about me

3. Attempts to decide:

My education
How to spend MY money
With whom I can date
My hairdo
Which books I should read
When to go to bed

4. Lack of communication

I realize that these are my fathers and not my characteristics.

Signed,
Peter Hansen

Addition to my ethical codex:

It's my right to decide about my own life.
Signed,
Peter Hansen

When this is done for all items, you should experience more freedom like a growth as a person, again depending on state of case. The most incredible results have occurred with this handling, including the "suppressors" friendly approach to the client. If there is no change or not a lot of growth, then there are still unhandled items or you have disconnected from something which is yours. The ability to "disconnect" can be very low in the beginning. Don't fret. It picks up pretty quick and in the end the client will stay de-PTSED with constant expanding freedom as THE result.

Is this difficult?

If it turns out to be hard to handle this way, then another approach is needed first. What has happened is that the client has, to a very large degree, gotten his own personality mingled into others that it's not possible to find head or tail in any of them. He can't see what is his or daddy's. In this case, again depending on the case level, objective processes might be called for or other handling by case study. But it's in my experience very darned few that do not respond to this handling.

More freedom

If all this has been handled and everything which is not one's own is gone, and the feeling of more freedom is there, then it's time to look at things one wants' enhanced which are one's own. But don't be surprised if you never see the client again. He might expand his freedom forever...

Freedom to...

The new freedom should be used for doing new things to be better and to expand

interest areas in life. "Free me from..." is only valid when it's not one's own stuff one wants to be free from. Your own mental garbage heap is your own responsibility and you are the only one who can handle it.

For cases in better shape I have used one more little action. I have, in the above example asked Peter to write down:

"How is the real Peter...". This has almost always ended up in line charge galore and then tears of joy.

Note: I do not use a meter of any kind for these handlings. It complicates things and it's my opinion that if you can't get behind the client's shirt and feel, using yourself as a meter, then don't even try. In one case I had to get the meter out and null a list of ("SP") items which kept growing. That's it! Have fun!

Per Schjøttz

"Class IX"



*Association de Malfaiteurs • 33 x 22 cm
(connection of wrongdoers)*

*by Denis Seignez,
French artist and Freezoner*

*The artist states in an email:
For "Association de malfaiteurs"
I may have an unofficial title for it:
" RTC & CST " !*



Get the IVy Back Issues! a Treasure of Knowledge and Freezone History

IVy has been issued as a black and white, on paper magazine from 1991 to 2008, usually five issues a year, and in slightly smaller format than this present one, so it is easy to carry around and read in an arm chair (or in bed) There is much interesting material in these back issues.

We have available, to be sent by post, all issues Write to ivy@post8.tele.dk for details, saying which years you would like and your country. We usually sell a minimum of 2 years.

SPECIAL OFFER!

Some of our readers are completely new to IVy. To give a background as to what has been going on in IVy we make a special offer of all the issues for the last two years (2007, 2008) of IVy for \$80 (US dollars) or 400 Danish Kroner. Write to ivy@post8.tele.dk for payment details.

Amongst the many articles in these ten issues here are a few of the titles:

Ant's Scientology Story (number 4 entitled London Org in the Late 50s)

Occasional Sex series 7 Pornography

Forgotten Scientology Gems series 1: Group Processing

Do You Have a Hard Time Understanding Your Feelings?

What Does General Semantics Have To Do with Scientology?

Group Minds and the Origin of Apparent Reality

Types of Auditor Organisations

The Dilemma of Organized Counseling
in the UK

My Scientology Story 9 (Rolf Krause):

Flag and Solo NOTs

The Clearing Help Bracket

Book News: What Makes U Tick?

The Rise and Fall of Ron's Org
Netherlands

Ant's Scientology Story 2: Early London
Years

Zen Scientology Series: (in four issues)

EFT - a New Approach to Charge?

CONTACT:

ANTONY PHILLIPS

AT:

IVY@POST8.TELE.DK

AND GET DETAILS



Ethics and Justice in the Freezone

*By Michel Moore, President of
The International Freezone Association*



"When the individual fails to put in his own Ethics, the group takes action against him and this is called Justice." Justice is that activity which a group will use to defend itself from an individual when that individual has failed to use ethics upon himself.

Of course this means real justice, not the mockery you find in current legal courts or even the travesty applied by International Management in the Church.

This makes justice a bypass action on an individual. When an individuals ethics are so

far out and Justice takes its place, it is a condition of danger for that individual. An individual who is able to keep his or her ethics "in" would not be subject to any justice actions at all. Or should not be.

As it happens, in many cases, justice is dispensed, not on the basis that the individual has out ethics or cannot apply ethics to himself, but on some other basis, such as to apply pressure to conform to a standard that has nothing to do with ethics or justice. In this case justice is a tool that is abused and used for entirely the wrong reason, rather like using a hammer to tighten a nut on a wheel.

Hubbard said, "One never observes the forced individual doing a job well, just as one never observes a forced society winning against an equally prosperous free society."

"Where this has been done to an individual that person, who's only experience with justice is justice incorrectly applied, is liable to consider all justice as perverted and bad when this is simply not the case."

"In a society run by criminals and controlled by incompetent police, the citizens reactively identify any justice action or symbol with oppression."

So it is understandable that some individuals, emerging from the oppressive atmosphere of the church into the Freezone, still carrying with them experiences by which they tend to judge all mention of ethics and justice actions.

Where justice is correctly applied, the individual and the society benefit as it applies ethics to the individual, albeit on a bypass, and

thus gives him the opportunity to get his own ethics in. It should only be used until the individual is capable of getting in his own ethics whereupon justice actions would cease.

It should be remembered that all beings are basically good, no matter how deeply they are entrenched in bank and enmeshed. Appliers of justice often fail to take this into account.

Their Own Worst Enemies

People are actually their own worst enemies. There is no one actually out to get anyone.

"...a clean heart and clean hands are the only way to achieve happiness and survival."

Having those and having an ethical outlook on life will mean that justice becomes academic rather than personal.

In the first place ethics is applied by the individual and not by the group. One can observe perhaps that an individual in the Freezone group, or one of the groups within the freezone perhaps, does not have his or her ethics "in". How one approaches this will depend upon the circumstances.

If it is a prospective pc or student one is considering providing service to, then one is entitled to ask them to get their ethics in and even perhaps assist them with that activity if they are deficient in service facsimiles and are prepared to listen. If they refuse, of course one does not provide the service as, of course, an out ethics individual will not make any case gain and so the service would be a waste of time. The service provider would be better off looking for a more suitable candidate for services.

Where an individual's out ethics impinges upon the group then that group is entitled to ask the individual to "get his or her ethics in". And if they do, why there it ends.

If they do not, then a Freezone group is

entitled to apply justice. I can hear the screams now.

"How dare anyone apply justice to me."

"This is just like the church."

"I can do what I want!"

Yes, individuals can do what they want. If it contravenes the agreements of group to which one has previously agreed to and joined, one would leave the group and go do it someplace else, as, evidently one is no longer in agreement with that group.

It is simple. If an individual joins a group. Any group. Then they become in agreement with that group's tenets and moral codes of conduct. That is part of being part of a group. One cannot be part of a group yet still follow the mores and conduct not of that group. It sounds too simple but it is often very much overlooked.

One joins a group. One accepts the tenets, moral codes and conduct for that group. One is now in agreement with that group and one is now a part of that group. If that group was a cake, one would be a slice.

Now one day one strays, ever so slightly perhaps, from the tenets and moral codes of the group. One then has a choice. One can "put one's ethics in" and continue to be a cohesive part of that group, contributing motion to forward the purpose of the group. Or one can individuate from the mores and tenets of that group even further, yet say that one is still part of the group. The conditions of existence, and remember these are conditions of existence not some whim, would apply at that level just as much as any other.

But, by not putting ethics in oneself, one is leaving it open for the group, in its own defense, as it still wishes to remain a group by its own agreements, to either apply some justice to the individual or expel them from the group.

(This has nothing to do, by the way, with the

perversion of justice seen in the Church. That is an entirely different matter. That has nothing to do with group agreements but more to do with enforced agreement. In this case, it could be said that one was recruited to the group under false pretences as one finds that the group is not following the purpose it purports to follow.)

All the policies on justice, ethics, potential trouble source and so forth, would be utilised by the group here as applicable. The application of such justice by that group should not be seen as a punishment purely and simply because a prior group misapplied the same tools. Different time, place, form and event and, importantly, purposes and different group!

Ethics and justice are tools, yes. Those tools necessary to get the being to the point where tech can be applied in order to improve the beings awareness, ability and responsibility level, which, by the way, will improve his ethical conduct due to the increase in responsibility.

The tool is not the applier of the tool. It is simply a tool. Differentiating who is applying it and for what purpose is important as this can mean the difference between applying it or not and consequently opening the road up to making progress up the bridge. Ethics and justice, properly applied, can even produce case gain. They can produce an increase in responsibility and therefore control over an individual's life.

Sometimes justice is necessary. The group to which an individual may belong always has, as it's prime goal, survival and any activity that cuts across that goal will impel that group, provided it is high toned enough, to defend itself against any non survival actions. It is a sort of ethics application by the group to itself but this translates to a justice activity by the group to that part of the group, or that individual of a group engaging in such non

survival activities.

Ethics and the Freezone

How would this be applied in the Freezone? Probably the first prerequisite to applying any justice actions in the Freezone is the agreement of all immediately concerned. If there is no agreement, particularly on the part of the individual to whom the justice is intended to be applied, then justice, in order to get that individual to apply ethics to themselves, would not occur. Justice would simply take the form of expulsion of that individual from the group in the interests of the groups continued survival.

If the individual felt that, yes, some justice is needed to assist them get to a point where they can apply ethics, or accept assistance in applying ethics, then the policy letters on justice would be consulted by the group to find the best application that would get the person applying ethics to themselves. At which point justice would cease, having completed its mission.

It can be said that most of the people in the Freezone are responsible enough to be able to apply ethics to themselves. Probably more so than those within the church as they do not have the crutch of the church to do it for them. They must be more resilient and stand on their own two feet to survive well in the Freezone.

Justice actions in the Freezone are relatively mild. Those that do not feel part of the group usually leave of their own accord. There are ethics activities provided as a service by various people and, by all accounts, are of an excellent quality and highly effective. This seems to be sufficient in this relaxed and free area of scientology.

It can be said also that most people in the Freezone are ethical and happy and are pleased to be a part of the group. After all, they here because they like to be free.



Four Former Sea Org Insiders Speak Out

Saint Petersburg Times brought, in late June, 2009, 3 articles critical of CoS and David Miscavige. The articles are based on the testimony of four former CoS Insiders and top executives. One gets a picture of chaotic conditions in the Church's international headquarters near Los Angeles. David Miscavige, chairman of the board, faces serious accusations of running a terror regime and not shying away from physically assaulting his closest aides, apparently just to show "who is the boss." On the following pages, we bring the profiles of the four high ranking defectors and highlights of their personal stories.



David Miscavige, the leader of CoS, has enough to deal with these days. Last year, there were international demonstrations organized by "Anonymous."

This year, four former top executives come with detailed accusations of misconduct and mismanagement on the part of Mr. Miscavige. The descriptions of the alleged terror regime at International Headquarters gets one's hair to stand on end. At one time 30 of the most senior leaders were locked up in what was dubbed "SP Hall." They were forced to play the game of musical chairs. Also, they would not be let out until they came up with a "brilliant strategy" for expansion internationally. Yet, any suggestion brought forward was instantly ridiculed or invalidated.

There are countless credible accounts of Mr. Miscavige physically attacking and assaulting his closest aides.

We are not going to repeat the newspaper's articles here. They can be found on the web at "Tampabay.com" when one searches on the persons involved.

We will just give some background material in form of portraits of the persons involved.
(Source: Tampabay.com, StPetersburg Times)

After stalling for months, David Miscavige's sent this letter to Saint Petersburg Times, addressed to the 2 reporters on the story:

Dear Mr. Childs and Mr. Tobin,
I have been advised that you have decided to move forward with your story without my interview. This, despite the fact confirmed more than three weeks ago that I would make myself available on a date certain (6 July), after you spoke to other relevant Church personnel and toured Church facilities, and that I would provide information annihilating the credibility of your sources including the fundamental crimes against the Scientology religion that were the reasons for their removal from post. You were advised that information would include addressing the extraordinary "admissions" of one of your sources regarding a long-settled legal matter.

I was advised Thursday that you would only interview me on Friday, although you well knew it would be impossible for me to meet with you this week because of a long standing commitment to be aboard the SMV Freewinds for a week of religious events at the Church's annual OT Summit. I am at a loss to comprehend how the St. Petersburg Times can publish a story about me and the religion I lead without accepting the offer to speak with me, on the pretense that you cannot wait until after I have fulfilled my religious commitments.

While you have already received unequivocal statements from more than a score of witnesses, along with documentary evidence, providing uncontrovertible proof that your sources are lying, I remain ready to sit down for the requested interview on the date previously confirmed. If you decide not to avail yourself of this opportunity, I insist you do not misrepresent the fact that the decision was yours, not mine.

Kind regards.
Sincerely,
David Miscavige

Editor's note: The Times first requested an interview with Mr. Miscavige on May 13, and offered to meet with him in person, or interview him by telephone at any time since.

Marty Rathbun

Born: California

Age: 52

Joined Scientology: at age 20, in 1977

Left Scientology: 2004

Family status: Divorced from Sea Org member Anne Rathbun. They had no children.

Career highlights: A top lieutenant to Miscavige.

Key player in legal affairs unit. Miscavige's "detail guy" during lengthy negotiations with IRS; among those who signed settlement agreement.

Inspector general and board member of Religious Technology Center, church's top ecclesiastical authority. Known for his auditing skills. Audited Tom Cruise. Coached auditors working with Kirstie Alley, Isaac Hayes and other celebrities.

Now: Lives near Corpus Christi, Texas. Works as reporter for weekly and monthly newspapers. He counsels and audits people who have left Scientology, accepting whatever they choose to pay.

"I had my share of people that I slapped around too. I don't feel good about it. And I seek them out and I try to apologize where I can."

About the situation around Miscavige at the International Headquarters, Rathbun says DM's mistreatment of staff has driven away managers and paralyzed those who stay.

"It's becoming chaos because ... there's no form of organization. Nobody is respected because DM is constantly denigrating and beating on people."



Marty Rathbun while still a top executive and ruthless enforcer of Miscavige's "command intention."



Marty Rathbun today (left.)

As the picture shows, he has adopted a totally different life style from times past. The person to the right is actor Jason Beghe. Jason defected from CoS as a public, a few years ago. His blow was highly publicized in the press to the embarrassment of Miscavige and others.

The whole story is available at Saint Petersburgs Times' website at Tampabay.com. You can also find video interviews with the defectors at youtube.com. Simply log on and search on their names.

We have chosen to concentrate on the defectors' personal stories, including their Sea Org careers.





MIKE RINDER

In March 2007, David Miscavige assigned Rinder to get the BBC to spike a story it was preparing. A reporter and film crew had been to Los Angeles, asking pointed questions about Miscavige. Rinder followed them back to the UK.

Working out of church offices in North London, Rinder wrote network executives, asking to meet. He camped out at BBC offices.

On March 31, he intercepted the reporter at a church test center. A church videographer stood by. Blocking the doorway and face to face with the reporter, Rinder repeatedly denied allegations Miscavige abused his deputies. "It's rubbish," he said.

The story aired May 14, but it did not expose Miscavige. Rinder was relieved.

But Miscavige still was furious with him. The first week of June, Rinder says, the church leader wrote that he was to be sent to a remote part of Australia. And a manager in the London office told Rinder that Miscavige had phoned to say that first he was to report to the church's facility in Sussex, England, and dig ditches. He

was not to return to the United States.

The church says Rinder was not told to dig ditches and was not told that he could never return to the United States.

Rinder picked up his briefcase and headed for the subway. He knew the route well. Go to Victoria Station, catch a train to East Grinstead, in Sussex. He had made the trip many times.

But not this day. He exited the subway before reaching Victoria, walked up to street level and toured one of his favorite cities.

A few days later he called Tom De Vocht, saying he was flying into Orlando. Could Tom pick him up?

De Vocht hadn't seen his old friend since he left the church two years earlier. On the way to De Vocht's apartment, they stopped at Kohl's to get Rinder something to wear.

Rinder stayed a few days, then went to Virginia. He wrote the church, saying he wanted to talk to his wife and also wanted his stuff, except his motorcycle and bicycle. Give them to his kids, he wrote. He did not talk to his wife.

Soon a FedEx package arrived, including a check for \$5,000, to cover the motorcycle "and everything else," Rinder said. The only items not sent were family photos.

Rinder and his wife, Cathy, divorced after 35 years. A Sea Org member for 35 years, Cathy Rinder called her ex-husband's allegation that Miscavige struck him on some 50 occasions "outrageous."

"I slept with Mike," she said, "and I would have seen it."

The Rinders have two adult children, both Sea Org members. Since he left the church in 2007, Rinder has had no contact with them and didn't know their 24-year-old son battled cancer the past 18 months.

A Sea Org member since he was 18, Rinder is 54 and lives in Denver. He sells cars.

(Source: Tampabay.com, StPetersburg Times)



Amy Scobee

Born: Washington state

Age: 45

Joined Scientology: at age 14, 1978

Left: 2005

Married to former Sea Org member Matt Pesch. They left the church together in 2005. They have no children.

Amy oversaw several operations sectors during her 20 years as manager at the church's international base in California. Built the network of Scientology Celebrity Centres, assembling and training staff to match four-star service levels. Oversaw church's film and taping facilities. As teenager, managed kitchen, housekeeping and grounds crews in Clearwater. Lives in Seattle area. Buys and sells furniture.

When Scobee first saw Miscavige physically strike a church executive, back in 1995, she said she rationalized it this way: The guy must have done something really wrong to make the leader angry.

The next six years, she saw more abuse and other dehumanizing practices, she said, before she had an epiphany: "What I am seeing is completely insane and I am nonstop trying to make it make sense, and it doesn't."

She started speaking up and constantly got in trouble. She was sent to Scientology's Rehabilitation Project Force, RPF for short, a work detail that is

supposed to offer Sea Org members a chance to sort things out, recharge, reorder misaligned priorities. Scobee called it "slave labor."

She had to scrape the inside of a septic tank with a wire brush. She dug drainage ditches.

Scobee was married 17 years to fellow Sea Org member Jim Mortland. But she said they rarely saw each other because they were often assigned to different locations, had different schedules and were kept apart a total of five years because of the RPF.

In 2003, a church "Fitness Board" found her unfit to work at the California base and "off-loaded" her to the RPF in Clearwater.

At first, she thought, she would try to redeem herself. But then she started thinking she wanted to leave. She asked fellow Sea Org member and longtime friend Matt Pesch if he wanted to leave with her. He did.

They began the cumbersome process of "routing out." They knew they faced confessionals called security checks, but Scobee was shocked to learn she was being declared a "suppressive person," an enemy of Scientology. She would be allowed no contact with any church member.

"I blew up. Somebody's going to do a sec check on me and put me on the streets after 27 years of working my a-- off around the clock, not getting paid. I was really livid."

During the routing out process, Scobee said she and Pesch were guarded 24 hours a day and fed only beans and rice.

Two months later, on March 1, 2005, Scobee and Pesch told their handlers the process had gone on too long. They left separately.

The church gave her \$500, most of which paid for her flight back to her home near Seattle. On the way to Tampa International Airport, she had her driver stop at a salon so she could get a haircut.

Twenty-six years after coming to Clearwater as a 16-year-old Sea Org newbie, she said she boarded the plane with about \$175.

"That's how much I started the world with," she said.

"I never had job. I had no prior job experience. No high school diploma. I had no bank account. No driver's license. ... I knew nothing of the outside world."

A few weeks later, Pesch traveled to Seattle and the two married. They buy and sell used furniture. Scobee is 45.

(Source: Tampabay.com, StPetersburg Times)

TOM DE VOCHT (no photo available)

De Vocht said Miscavige hit him twice, first in 2004 after musical chairs, and again in May 2005 in the film studio at the church base in California.

"He slapped me across the face, pushed my neck and head up against the wall, which hurt pretty good."

De Vocht told his wife, Jennifer, a Miscavige aide, that if it happened again, he would fight back.

Days later, De Vocht said, he was summoned to a room, where about 15 people waited, including his wife. Miscavige telephoned from Clearwater and over a speaker phone read an order declaring De Vocht a "suppressive person," an enemy of the church.

Not allowed to talk to his wife again, he bunked in a small room. Rinder shadowed him for three days, pitching reasons to stay.

But De Vocht wouldn't budge. He agreed to a limited number of confessions called "security checks," but he told everyone he was leaving, that Sunday afternoon at 3:30. He also asked to talk a last time with his wife. Rinder told him no.

Sunday came. The guard at the base wouldn't open the front gate so De Vocht scaled it and walked to Hemet, a city 6 miles away. Rinder walked with him.

De Vocht, a 28-year Sea Org member, had his \$300 severance pay. He checked into a hotel and called his brother in Florida to come pick him up. Days later, Rinder met De Vocht and turned over his belongings and his two dogs, Puggers and Guppers.

The church also called, saying he had left his wet suit. De Vocht gave a forwarding address. Two weeks later, the wet suit arrived, along with a "freeloader's bill" for \$98,000 to reimburse the church for courses he took for free as a Sea Org member. He hasn't paid a dime.

De Vocht and his wife, now Jennifer Linson, were divorced after 19 years. She told the Times her ex-husband successfully completed a number of construction projects in Clearwater, but badly overspent on a key project at the base, was demoted, became bitter and left. They haven't spoken since.

"I don't hold anything she had to say against her," De Vocht said, "because she was put up to saying it."

He is 45 and runs a furniture business in Winter Haven, Florida.

(Source: Tampabay.com, StPetersburg Times)



...And finally a bit of Theta!

Denis Seigne:z:
The Violin Barge, 2009.



Routine Three Expanded a “New” Form of Dianetics

By Rolf Krause, Class 8, Denmark

R3X is a set of techniques for incident running. It can address body problems, aches and pains. But today it can go much further than that. It has been around for 20 years as a thorough way to deal with the type of charge handled in Dianetics. It seems to take care of resistive issues that neither Standard Dianetics, New Era Dianetics nor Nots could fully handle. The developer claims, that it can be run on preclears and pre-OT's alike. It has been developed by Robert Ducharme of Orlando, Florida who is a well-known figure in the Freezone.

A couple of years ago I decided that it was time for a change. I was very familiar with standard tech and was well aware of its value. I had, however, certain case conditions, including some head somatics, that apparently hadn't changed much despite my having had plenty of auditing. I have had my share of just about any technique that is part of standard tech. I can't say my goal for all this activity was to get rid of that particular problem. I had at some point more or less forgotten about this and enjoyed the many gains available. But from time to time my attention was drawn to this problem, the somatics hadn't gone away. I was “an OT with somatics,” That was probably why I got interested in R3X.

The “New” Dianetics

R3X is a form of advanced incident running developed from Standard Dianetics and its process, R3R. R3X stands for “Routine-3-Expanded.” The toolbox available to handle the charge encountered in incidents has been expanded. Some of the tools are intended to speed up the process, others to go deeper and bring about complete erasure of the unwanted items addressed. It has been under development for 20 years.



An OT with somatics,
an old unresolved riddle.
Is R3X the simple answer?

The developer, Robert Ducharme of Orlando, Florida, has a solid backg round as auditor, going back to 1970. In 1972 he joined staff at the organization in Saint Louis, Missouri and did academy training there. He went Clear in 1984 and

did the OT levels, through Solo Nots, in the Freezone. Around 1988 he did Idenics training under John Galusha at the Idenics center in Colorado. Robert had decided on a career of auditing Dianetics and Idenics and he did just that. In doing this work, Robert kept researching and experimenting to optimize results. He took certain elements and discoveries from Idenics and ran them with various Dianetics techniques. He emphasizes that all the processes he uses in R3X are culled from the works of L. Ron Hubbard or supported by LRH references. One will thus find straight R3R commands. One uses R3R commands with various prefixes: the same incident is run from the viewpoints of important characters to the incident, one after the other (e.g. “from the viewpoint of the aggressor, move through that incident to the end.”) There is a technique where you address the efforts, emotions and thoughts contained in the incident – again using R3R with a prefix (e.g. “with special attention to any emotional content, move through that incident to the end.” There are other LRH techniques used, including repeater technique. The things addressed on a chain of incidents are, in part, inspired by Idenics as shall be explained below.

Standard Dianetics

Let me again use my own case as example in explaining R3X. The problem that standard dianetics and scientology hadn't handled for me over the years, was the aforementioned head somatics. Usually, the response I got from

qualified case-supervisors, was to “have the Int Rundown checked.” According to the theory of the Interiorization Rundown of 1972, head somatics can appear after exteiriorization. One can acquire “problems with going into things,” including going into one's own head. I had given and received countless Int RD's and it is a great action. “Head somatics” is listed as a symptom of out int, but Int RD is not necessarily the ultimate cure for it – as it wasn't in my case.

“I remember well the joy of standard Dianetics. For my part, it was in Copenhagen 1970. We had a big course and co-auditing by the dozens of hours would take place every week among the students. I had some exciting moments as preclear and probably had the clear cog a number of times. Even more memorable to me was the auditing I delivered to my preclears. It was so much fun to explore the track and resolve whole track disasters of others.”

Before 1972 and the Int RD, we had Standard Dianetics where one simply would run the somatic chains. You would find the series of incidents where a certain pain or sensation was present and run it back to the first time the same pain or sensation occurred, in my case: where some impact to the head

happened. I had given and received plenty of R3R and standard Dianetics as well.

I remember well the joy of standard Dianetics. For my part, it was in Copenhagen 1970. We had a big course and co-auditing by the dozens of hours would take place every week among the students. I had some exciting moments as preclear and probably had the clear cog a number of times. Even more memorable to me was the auditing I delivered to my preclears. It was so much fun to explore the track and resolve whole track disasters of others. There was the guy that turned red when he was burned as a heretic and got through it. There was the preclear that ran an endless number of prenatals (incidents as a fetus in the womb.) There was the preclear that always had a tale from space travel, and so on and on. In terms of

resolving my own head somatics, I had no luck as a preclear. Actually, these head somatics could have started around that time. The thing is, these masses that caused my headaches were not blows to the head. If you ask me, they are GPM masses. And that is something standard tech doesn't address in this day and age. They can, however, be restimulated. What I mean is, the masses are casewise complex packages. There are identities, goals, service facsimiles, and so on, mashed together and making up a mental mass. When it was keyed in, it could at times have been quite heavy. These masses are messy and there isn't any silver bullet technique that by a simple set of commands will make them go away. After having run dozens of Dianetics chains as a preclear, the whole thing had probably gotten worse. One final attempt was made by a well known Class 6, Jens Bogvad. He gave me a session on the deck of the Sea Org ship, Athena, that was docked in Copenhagen Harbor. We addressed "pictures and masses in restimulation," known as the "Pictures and Masses remedy." That helped a little. The masses moved around a bit and we got it to a floating needle. I remember Jens Bogvad's concerned looks. He wasn't satisfied. He was a smart guy. On my part, I decided that the best thing to do was simply move on.

So I continued my training and auditing with good results – including some ups and downs, of course. I finally arrived as a Solo Nots completion. I was "an OT with somatics," to quote LRH; something Ron had tried to address numerous times, including with Dianetics and NOTS. NOTS stands for "New Era Dianetics for Operating Thetans." It was specifically designed to address somatics and body problems suffered by OT's. NOTS worked fine for me, but it did not take care of these GPM masses in any satisfactory fashion.

R3X

So much for my personal woes. Let me explain R3X to the best of my ability. Let me point out

that, this is not a technical essay. The R3X technical materials are available on the web for free (see below.)

As mentioned, R3X is developed from Standard Dianetics and has been under development and refinement for 20 years. It has some elements of Idenics. Some of the discoveries in Idenics were the importance of identities. Another one, of greater relevance here, was that there is a key moment in an overwhelming incident, called *the Shock*. The Shock was actually first described in an old writing of LRH. In Professional Auditor Bulletin 80, "The Most Workable Process", of April 17, 1956, it is described this way:

"Well, what is this new discovery? It is an added bit that engrams contained which is MORE IMPOTANT than pain and unconsciousness. That added bit can be briefly stated as "the moment of shock." "The moment of shock" is that period of realization by body and thetan that an overwhelming has occurred.

"As I have said, an overwhelming does not consist of space, energy, pieces et al. It is the IDEA that an overwhelming has occurred. The winner is convinced (sometimes wrongly, as when World War I became World War II) that he has overwhelmed the opposing player. The loser is convinced that he has been overwhelmed."

In other words, There is a key moment in the aberrative incident, be it an engram, secondary or heavy lock, where the preclear felt completely overwhelmed and decided that was the end, he was beat. Ron says that this moment of overwhelm and shock is more important than "pain and unconsciousness" in the incident. Pain and Unconsciousness are defining elements in the official definition of an engram. Despite this original LRH discovery, Ron never developed a technique to address it. But others did, including John Galusha of Idenics. John worked with LRH

as a research auditor in the 1950's by the way. Interesting enough, this “moment of shock” is now a corner stone in various Freezone developments, including Idenics, the Mace Method, in R3X and it's also addressed in Zivorad's Deep PEAT-4 with its own technique.

In R3X, this Shock Moment gets addressed as an incident within the incident. It's given special attention and explored and discharged using a variety of techniques. Non-survival postulates found in the Shock moment are discharged using repeater technique.

Some of the R3X Processes

The basic rationale of R3X is the same as in Standard Dianetics (R3R). You have an item and you run a recent incident that could have caused (contains) that unwanted item. The item can be an unwanted pain or sensation.

In R3R, dealing with a somatics chain, the preclear finds first a recent incident containing the complaint. One runs it a few times, going through it from beginning to end, and then goes looking for an earlier similar incident. You run all these related incidents as a chain, one incident after the other, going back in time until one finds the basic incident. The

technique favors that one keeps moving back rather quickly. The running of later incidents is mainly to bring the earlier ones into view. Once what seems to be the basic incident is found, one spends most time on that. The objective is to erase that basic incident and eventually find the one postulate that holds it in place. Once the postulate surfaces and comes off, the preclear will experience relief and usually have his end phenomena: cognition, very good indicators, blow of mass and a floating needle on the meter. In R3R that completes that item.

In R3X, a more thorough approach is used before going earlier similar. Each incident contacted is exhausted for all available charge before going earlier. This is done by an inventive combination of known processes. One process that is surprising for Dianetics, is the so-called Six Directional Process (6-Dir). The process was developed by LRH in 1959. In the R3X textbook it is introduced this way:



“The moment of shock” is that period of realization by body and thetan that an overwhelming has occurred.” **L. Ron Hubbard**

“Dianetic auditing is peculiar in that it is very mechanical and linear. As such it can require effort and so be very emotionally tiring for the Pc. The Six-Direction Process (6-Dir), on the other hand, bypasses a lot of needless efforting on the part of the mind in running incidents, so you get the same benefits without the exhaustion. The

arbitrary here is not the Pc's case but the process.

"6-Dir is a workhorse process that has no equal. It is what makes it possible for me to run new Pc's on Dianetic auditing effectively and efficiently. Just this morning I got a raw new Pc to run out the last 13 years with regards to her work, which had a lot of misemotional content connected with it. That got done in the span of one hour. I could never have done that without the 6-Dir process."

and:

"This process is done to undercut Dianetics in handling long or highly charged incidents, series of incidents, or periods of time. The process is an LRH process from 1959. It consists basically of having the Pc put the terminal (not an abstract idea) like a segment of track or incident in each of the six directions. The commands are:

"Get that [incident] and put it above you" "Good" "Put it below you" "Good" "Put it to the right of you" "Good" "Put it to the left of you" "Good" "Put it in front of you" "Good" "Put it back of you" ... etc."

In current practice it's used between each pass through the incident. The preclear is asked to get the concept of the incident and, in turn, place it in the 6 directions, as described. It is very effective in turning an incident from a little speck of condensed mass into a perceivable scene – or at least, that is how I experienced it. It usually goes flat after a few minutes and when that happens, the original incident is gone through once again. At some point the original incident is scanned for content of effort and counter-effort. Once that is flat, one scans for emotional content, then thoughts and postulates, etc. In such fashion, the incident is worked over from various angles. Done in this way, the preclear is always given something specific to do in relation to the incident, making the auditing lighter and more joyful than R3R. It also seems effective in terms of producing change and tonearm action

Only when the contacted incident is completely flat does one ask for an earlier similar incident. In this fashion, one works one's way down back the chain. It is no liability to end the session after a non-basic incident as it is completely flat. In the next session, the earlier incident is then found and given the same thorough treatment. It may seem slow, but my experience was that it was auditing time very well spent.

Clear and Dianetics

When each incident is fully flattened, as outlined above, the distant back-track becomes much more accessible. One really gets to the basic causes for the unwanted condition or complaint. This includes postulates, computations and old conflicts, that are archetypical for the preclear. Dealing with these basic causes can have many unexpected benefits. There is a table of comparison between R3R and R3X with this article that will answer more specific questions.

Here I will focus on one of the things that has raised eyebrows among standard tech trained auditors when they hear about R3X. Is it possible to run engrams, etc. after Clear?

According to LRH data around Dianetics Clear (1978) it is risky. Before 1978, Dianetics was run on Clears still having unwanted pains, sensations and body problems. Most of them ran R3R just fine but a few didn't. With Dianetics Clear, the claim was that the preclear had erased his time-track. Still, other processes, such as False purpose rundown, running of implants and various correction lists and rudiments would still address light and heavy incidents on the time-track. So the ultimate question is, was it a weakness in the R3R procedure that sometimes made it unwise to run it on OT's?

According to the R3X materials and to the results obtained in application, and the other things mentioned above, it seems that the "Clear = no time-track" is incorrect. There seems to be plenty

of track to run, although it runs differently after Clear. My personal explanation is, that once you flatten each incident as in R3X, you take care of all the potential bypassed charge that apparently sometimes was left behind in R3R. Once the potential bypassed charge is handled, the more flimsy time-track of a Clear comes fully into view

standard tech. Taking care of numerous non-survival postulates, irrational computations, and even goals eased the solidness of those head somatics. We accessed an area “before time,” where some postulates that have run pieces of my existence ever since, lived. My own experience was, that the chain we ran, that usually would be

*Is the timetrack
fully erased
at Clear?
Or is it just
more flimsy
and delicate
and requires
more care
to process?*



and is easy to run.

According to Max Hauri, Rons Orgs have also started to run Dianetics after Clear. They use straight New Era Dianetics, I believe.

What Happened to that Headache?

You may ask, “What happened to the described head somatics of yours?” Running one heavily charged chain on something disrelated to heads and injuries, a good deal of the discomfort blew. I feel reassured that more of the same will eventually take all the charge that wasn't accessible on my case when addressed with

depicted as linear string of incidents, actually was an energy ridge. It was locked up with other ridges. Each time we went “earlier similar” I came closer to the center. At the very center we were “before time” and I could look at the blueprint from which it was built. Looking at that, the whole thing became comical. I could snap my fingers and it would be gone. I did just that and it looked so simple. Well to get to that point I needed the experienced guidance of my R3X auditor, Robert Ducharme.



Table of Comparison Between Dianetics R3R and Routine R3X

	R3R	R3X
What run	Charged incidents: Engrams, secondaries, locks.	Charged incidents: Engrams, secondaries, locks.
Style of auditing	Standard Dianetics (R3R) and New Era Dianetics (R3RA) are rote processes with precise commands and rules. They were developed to easily train auditors to handle incidents. Earlier, LRH had advocated "auditing by definition" (Book One auditing of early 1950s,) where a more individual approach was used and much was left to auditor's judgment.	In R3X, auditor judgment is restored, especially in what part or side of the charged incident to explore. The auditor has a number of processes in the tool box used to flatten a contacted incident and all its aspects. One works on the same incident until it's completely flat.
Processes used	Meter assessment: to find what somatic/pain to run. R3R: to run the chain held together by that somatic. The objective is to find the basic incident quickly and erase that basic engram completely. "When basic is gone it's all gone" is the operating rule. When running accidents, etc. (narrative R3R), one flattens, however, the one incident completely, but only by using R3R rote commands.	R3X uses assessment (and also radionics) to find what to run. In R3X, one uses R3R commands, Six Directions process, running incident from other present viewpoints than self (opponents, helpers, bystanders, etc.) R3R with special attention to effort, emotion, thought, etc. contained in incident.
Special elements in incident, shock, postulates, effort, emotion, thought.	R3R is very mechanical (rote;) probably to make it easier to teach to inexperienced students. Asking additional questions is forbidden.	In R3X, each incident is flattened using various processes and tools; most were actually first developed by LRH. One uses them at appropriate moments while running that incident.
Use of Correction lists	One can ask for an earlier beginning or earlier incident or use correction list (L3R) if things don't run as expected.	Correction lists are not used in R3X as they become unnecessary once incidents are fully flattened. Should bypassed charge reveal itself later, one uses the normal R3X techniques to flatten whatever was restimulated.
Running of postulates, service fac's. etc.	An important R3R maxim is: "Postulate off equals erasure," meaning: Find the basic postulate in the basic incident, and you have your EP. No special attention or question is used to uncover it in normal R3R. In R3RA it's allowed to ask, "Anything you become aware of?" at a very late stage. LRH uses special R3R techniques to run postulates. Service Fac's can be run earlier similar with R3R (1978), as can evil intentions and postulates, as in Expanded Dianetics of 1976.	In R3X, postulates, command phrases, and service fac's are carefully noted as one goes along. The auditor can ask for them if he suspects their presence. They are run at appropriate times as a tool of flattening the present incident. When what one is doing is flat, these elements can be addressed right away, usually by repeater technique.

Table of Comparison Between Dianetics R3R and Routine R3X – page 2

Addressing Shock Moment	LRH first described the Shock moment (PAB 80, 1956.) It's a moment of complete overwhelm of thetan and body, the moment of utter defeat in the incident. He described it as more abberative than pain and unconsciousness. He never developed a technique to address it directly. (One could assume that using date/locate is basically a technique to pinpoint the exact shock moment, but it is not so stated by LRH.)	The shock moment is isolated in the incident (if there) and addressed as an incident within the incident. It's given special attention as it is where the non-survival postulates usually are made and stuck. The preclear is sent through the shock repeatedly and it's addressed with the other special R3X techniques as well.
Running incident from special viewpoints	LRH used this technique in early dianetics. You have the person view the incident from other viewpoints present in incident, such as opponent, aggressor, helper, supporter, bystander, etc. This technique was replaced by running the item by 4 flows as 4 different chains.	In R3X "Special VPs" is used as a tool to flatten the incident contacted. It can produce spectacular results right there. Also higher viewpoints are used, such as going through the incident from a pan-determined viewpoint, from the viewpoint of being a Static, and the like.
Four Flows	In R3R, each somatic (such as "pain in the neck") is run by 4 flows and as 4 separate chains: "You getting a pain in neck," "You causing another pain in the neck," "others causing others pain in the neck," "You causing yourself pain in the neck."	R3X concentrates on Flow one, but covers the other flows by techniques such as Special VPs. Once flow one is handled, the other 3 flows are, however, scanned and goes very quickly to EP. Flow one techniques take hours, the scanning of flow 2, 3, 0 takes minutes.
Finding earlier incidents	In R3R, one asks for "an earlier similar incident," or "an earlier incident containing 'Pain in the neck'." Earlier is more basic and leads to basic on chain.	In R3X, one asks for "another incident containing 'pain in the neck'." Usually it brings up an earlier one, but sometimes a later one has been restimulated and should be flattened right away or it could constitute bypassed charge. This step, however, is not rote.
EP of an incident	In R3R, if an incident goes more solid, one asks for an earlier one on the chain. Near present time on a chain, one or two passes are enough to determine this. In R3RA one goes earlier after one time through if "more solid" shows up on the meter (higher tonearm position.) One keeps working on an incident that is erasing, however. In running narrative incidents, the rule is also to stick to the incident at hand until erased.	Each incident is fully flattened and may, early on, take a whole session to complete. Over time, however, it means minimal 'side effects,' or bypassed charge and less need for running countless chains. It seems effective in producing good tonearm action and gains per unit of time.
End Phenomena of a chain	In R3R, one is looking for the basic postulate that holds the whole chain in place. It could be "My neck will hurt forever" in our example used above. Getting such a postulate usually causes that the mass of the chain blows, cognition and VGIs. The needle will be floating. The operating rule is, "Postulate off equals erasure."	In R3X. One goes for permanent erasure of the complaint (as "pain in the neck.") Each incident encountered is flattened completely as described above. In the process, many other related things get flattened and erased, such as postulates, etc. Getting all related and/or later charge out of the way completely, enables the preclear to access very early track, often before the beginning of this universe. It should be noted, new PCs may be run on a different gradient.

Table of Comparison Between Dianetics R3R and Routine R3X -- page 3

Early incidents	According to LRH, one has to access whole track (earlier lives) to get permanent results. The chain may, however, reach what is known as its end phenomena at any point on the track. What by LRH is described as 'Basic Basic' (the very first engram on the track) is not contacted by R3R. It is addressed on the Clearing Course.	Flattening later incidents completely opens the way for going to very early areas of the track. The ideal is to contact the area where the individual thetan was formed by splitting off from the theta body or Static. In this area one finds a whole host of essential and existential postulates and decisions that can be contacted and processed successfully.
EP of action	R3R leads routinely to Dianetics Clear. If not, the EP is "a well and happy human being without misemotions or somatics."	R3X could be called an unlimited technique. One can address somatics, dynamic aberrations, etc., etc. One can run whatever the preclear wants to address, get rid of, or improve.
The bank and Clear	LRH states the timetrack is gone once the PC has gone Clear. This is a problematic statement in Scn as one keeps addressing track with other techniques, such as False Purpose RD, implant running, not to speak of rudiment chains. Before 1978, R3R was run on Clears. Some had problems running it, most had not. Also "OT's with somatics" was a puzzle that never was completely solved in Scn	Although the state of Clear is recognized in R3X as "Cause over mental matter, energy, space and time as to self (first dynamic)," it does not state that the time track is erased. Running R3X does not seem to cause case problems for Clears. On the contrary, one often finds charge overlooked in R3R and once and for all gets rid of chronic somatics and complaints.
Run after Clear?	No	Yes. As long as the preclear has items suitable for R3X.
What about BT's?	Not in R3R. Addressed with New Era Dianetics for OT's (NOTS). The BT's can be run on their engrams, according to NOTS, using incident running.	When the underlying PC incident that holds the BT's in place is handled, they apparently blow. Individual BT engrams can be addressed in resistive situations: The BT is run through its engram. This is very rarely necessary.
Session setting	Formal model session set up, using an e-meter.	Has successfully been delivered by phone for many years.
Use of rudiments	Yes, part of model session is to fly the rudiments before R3R is begun.	Rudiments can be addressed using R3X techniques but are only addressed when they constitute a major issue. Two way comm can be used at any time.
Use of havingness	Yes. Depending on circumstances it's used after completing a chain and at session end.	Yes. Depending on circumstances it's used after completing a chain and at session end.
Easy to learn	Yes. It seems to be one of its main virtues. It's highly formalized and works in that form. This has led to its great popularity, a definite virtue.	A prerequisite to running R3X is knowledge of R3R. It is easy to learn, having that background. There is only a handful of practitioners of R3X. There are at this stage no training facilities. Also, the divergence from standard tech has made it difficult to accept by formally trained R3R auditors.
Who can run it?	In standard tech, the use of R3R (or R3RA) is very restricted. It is only supposed to be run after grade 4 and not after Clear. In the 1970s it was run as a beginning level, but not all could run it so its use became over-restricted.	There are techniques, such as lock scanning, that can be used at an entry level. Also narrative incidents run well early on. Not all can run R3X, coming off the street. Once a preclear can run deep back track, he is in position for very life changing gains, however.

Russian Spring Training Camp

In April, 2009, a training camp was held near Moscow by Rons Org. Like Many times before, it was conducted under the leadership of Erica and Max Hauri of RO, Switzerland.



Graduation Ceremony

Tr's done as part of the training



The above pictures are from the RO Magazine, Floating Needle and is brought with their permission. (website: journal.floating-needle.com)

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Routine 3X Auditing – My Experience

By Kelvar, United Kingdom

To describe my experiences of R3X, I think it's best to put them in the context of my present-life experiences of dianetics and scientology. To describe my experiences of R3X, I think it's best to put them in the context of my present-life experiences of dianetics and scientology.

I walked into London org on a summer day in 1984, having just left Ireland to seek a new future abroad (as many of my generation did). I bought the dianetics book and gulped it down over a weekend. What I read made sense to me and seemed quite familiar. When I got to the end of the book and read about "building a better bridge", I knew that's what I wanted to do. It wasn't long before I had done the "dianetics workshop" and had signed up as staff for London Day org. I had some student auditing on objectives and went whole-track for the first time on my first proper metered auditing, when running rudiments for a confessional. It was pretty unreal to me then but I went earlier similar to an incident in a space-ship and blew some charge.

I had some success as a fill-in dianetics auditor and got sent down to St Hill to train as a "professional" metered wordclearer. At St Hill I had more confessionals from student auditors. It was at the time when they were training auditors for the false purpose rundown (FPRD) and hence they needed a lot of training on confessionals. The auditing went well and I met a lot of good and well-meaning people in St Hill. I never liked the herd mentality I observed there though. I felt the combined effect of rules on no verbal tech, not talking about your case, and being told to find the



misunderstood word whenever you had a question meant that people were afraid to question the tech or talk naturally about it. I didn't like the almost compulsory hand clapping for Hubbard at events and the setting aside of an office for him, which served as a kind of shrine. There was also an assumption that Hubbard was right in everything and the tech couldn't be improved on, that I didn't like.

Solo Auditing in Freezone

Anyhow, I got to a stage where I felt that the first dynamic deprivations I had to endure were no longer worth it and so I blew staff. I meant to pay off my freeloader bill and get back on public lines

and I did pay off some of it. I read the Russell Miller biography of Hubbard and decided there was some truth in it. I had always wondered why there was so little information available about Hubbard's early life and this filled in some of the gaps. I still had a tremendous admiration for Hubbard and what he had achieved, but I knew that he had feet of clay. I did some of the exercises in the Self-analysis book and discovered the freezezone and was encouraged to do solo auditing. I always felt that I could do auditing on my own if I knew enough about it and hence it wasn't long before I was running o/ws solo and I graduated to running NED solo. This went well initially but I soon got to a stage where I wasn't getting much more from it. I started running some NOTs style entity processes and found that what worked best (especially on the bigger entities) was running the incident that was binding us together.

R3X with Robert Ducharme

I had heard about R3X from time to time and eventually decided to give it a try. What struck me was the amount of charge that was still in incidents that I had run on NED. I soon realised that NED only takes the surface charge off and that there are layers of hidden charge under that that are taken off by the special attention commands. It also became apparent that the real "rock" of the incident lies in the shock moment, which is only available once the other layers of charge are taken off. Once the charge has been taken off the later incidents, it's possible to go back much further than with NED, to the real basics of the chain. These occur in what Robert calls the "pre-MEST area" and usually relate to the separation from static.

The Shift and GPM

Robert also runs the "shift moment" once the shock moment on the basic incident has been run. It is then apparent that the whole chain is the result of a decision taken to individuate from the

boundless potentiality of static to a state where you impose limitations on yourself, in order to have a game. I always see this in terms of polarities, of deciding to take one side of a polarity in preference to the other, and this results in an actual GPM, with a dwindling spiral of causativeness. Robert runs the actual GPM in a similar way to running an incident and once the later charge has been taken off, they run very smoothly. I was a little scared when first running an actual GPM, as I had read about the problems Hubbard had with them in the early sixties, but it's clear to me now that they are only dangerous if you don't flatten all of the charge on them.

The effect of running these chains and GPMs is to have a more detached view of life. The Hindus talk about lifting the veil of Maya (illusion) when becoming enlightened. Your perspective on life changes and you become more causative and more able to help other people. It seems to me that you only benefit from negative gain processing if you take on a greater level of responsibility. You still have problems in life but you become able to deal with them better because you can be more objective. You become lighter and more able to shift viewpoints and see both sides of an argument. You see life as a kind of divine comedy and don't take it too seriously. I suppose this is the result of all effective processing but R3X is the most effective processing I have yet encountered and hence it is especially appropriate. It seems to me that Hubbard would have had a lot easier time of it if he had just concentrated on perfecting dianetics and that a lot of the problems with the upper bridge are due to dianetics not having been fully developed.

Heaviest Incident

The heaviest incident I have run yet was in the between-lives period between my present and my last lifetime. I will relate something of this, as it has relevance to the history of scientology. I should state, first of all, that I had never before run

any incidents where I was an important historical person, such as Jesus or Napoleon and if such an incident did come up I would have examined it very carefully and suspected dub-in. I therefore was very suspicious about some of the aspects of this series of incidents, but in the end had to accept them, as otherwise I would have been not-ising the incidents. I also acknowledge the fact that some of this could be out-reality for some people and some have different recalls of these incidents. This is ok because reality depends on the viewpoint assumed and besides, if anyone really knew the full truth of their timetrack, they would probably no longer be a part of the MEST universe!

In my last lifetime I was acquainted with Hubbard, as he spent some time in Ireland in the late fifties. When he was running the OT3 incident in 1967 I got a telepathic message to go and help him. My mother (who also knew Hubbard) and I left our bodies and went to assist him. We were part of a group of about 20 spirits doing so. My impression was that Hubbard didn't actually realise that he was receiving this help. He was fully engaged in running the incident, which had a lot more force in it then than it has now. As it is mainly a third and fourth dynamic engram (though it also effects the higher dynamics and especially the seventh), the fact that many people have now been through this has reduced its force considerably. My job was to keep Zenu away, so that Hubbard could get on with running the incident. There was huge charge on this incident for me and it soon became apparent that a lot of it was coming from my own restimulation of the OT3 incident. We therefore had to run out the OT3 incident first, as my personal case.

OT-3 Incident

I was a member of the Galactic Council at the time of the OT3 incident and I had special responsibility for Earth. I objected to Earth being used as a dumping ground for Zenu's enemies, but

was powerless to prevent it as it was agreed on by the Council at the time. I nevertheless identified strongly with Earth and was affected by what happened. The thing that struck me most was that this was an incident that had a profound effect on the physical mass of the planet and it was that aspect that had the most charge. The force of the explosions is still held in the memory of rocks and materials that form the planet and it is this that made this incident such a powerful one in Earth terms. I was also aware of the energy grid around the Earth, which is described in the L Kin books, and this also holds the memory of the incident and is part of the between-lives implanting that occurs.

Because of my senior position at the time of the original OT3 incident, I had still enough residual power to be able to protect Hubbard while he ran the incident. It seemed to me that Zenu was confined to this planet as punishment for what he had done and is still here acting as a kind of "caretaker" for the planet. He didn't want Hubbard to run the incident because he uses it to control Earth by instilling fear into the inhabitants.

A remarkable thing occurred when I got back to running the between-lives incident. It is part of the R3X procedure for heavy incidents like this to run it from all relevant viewpoints. I therefore ran it from the viewpoint of Hubbard also. When I had flattened it, I suddenly became aware of Hubbard's presence in the room with me and had the feeling that he wanted me to pass a message on to Robert. The message was to congratulate Robert on the work he is doing with R3X and to say that he approves of it. Robert then had a question for Hubbard. He wanted to know why he (Hubbard) hadn't developed R3X, since he had discovered most of the technology that went into it and all Robert has done is to compile it into a workable form. When he heard this question, Hubbard gave one of the big laughs that anyone who has listened to his taped lectures is familiar with, and replied "oh, but that was your job, Robert".



A Spiritual Look at Body Health, #1

By Heidrun Beer, Austria

If you are in perfect physical health as is your family and all of your friends, you can skip this article and go out and run a little marathon – you have acquired all the knowledge that managing a body requires; and you have applied it well and skillfully. My congratulations!

If all is not so well, or if you have real trouble health-wise, or are aware of people in health trouble around you, I might be able to help you to look at things in a new unit of time – and maybe provide you with some information that you haven't seen before. The world goes on and so does science – and sometimes the surprises we get are good ones!

Today, several health problems previously thought to be hopeless, are now reversible. I'll give some references, enough to start your own research, throughout this article.

THE RACE IS ON: ABERRATION AGAINST SANITY

First, why would we want to spend any time with care for the body at all? Why not just use it until it falls apart, and

then get a shiny new one?

Such a viewpoint is actually quite understandable. It is nicely relaxed and unconcerned. Only it's not all too economical. It takes 20 years on average to get a body fully

operational – and if it is true that our time to eliminate aberration on this planet is limited, then we better apply good maintenance to the “carbon-oxygen-machines” we have now to get an above-average mileage out of them.



**It takes 20 years on average to get a body fully operational.
If it is true we only have limited time to eliminate aberration,
then we better apply good maintenance to the “carbon-oxygen-
machines” we have to get an above-average mileage out of them.**

This is not so different to getting an annual technical check-up on our car, or to buying extra clean fuel to make its motor last longer. We want to be working with people to move them toward sanity before they have blown up Planet Earth, the playing field shared by all. Losing time

with health problems is not really a game worth playing in such a situation, is it?

With nuclear war and irreversible man-made global warming (or cooling?) just around the corner, we are not just happily out for a walk. There is a race going on, a pretty grim race – aberration against sanity – and if we don't win it soon, we may well be out of a planet for our

next incarnation.

So we better keep our vehicles in shape, because who wants to go shopping for a new car, and then break it in for 20 years in the middle of an ongoing race, if there is a chance to finish – and finish as a winner! – if we just upgrade our technical maintenance know-how and invest a little time into polishing the machinery?

THE ROOTS OF MOST HEALTH TROUBLE

Now, it is not really necessary to go back to university and study medicine in order to understand a physical body and locate the roots of any difficulties. There are plenty of books out there which are written for educated lay people. And even these may have too many pages, because the roots of most health problems are very, very simple.

We are using a machine that has genetically evolved for a different fuel and activity pattern than is available to it in the typical Western environment (our environment). For several millions of years (the archeologists still keep making that figure larger) the direct ancestors of the human body have been walking all day in a clean and unpolluted environment, which supplied them with lots of oxygen and burned lots of calories. They were eating raw food mostly coming from plant sources, as there were relatively few hamburger restaurants and other junk food stores in the wilderness in the millennia before McDonalds opened their first branch in 1940.

Every step of deviation from this original lifestyle-design contributed to the current epidemics of diseases like obesity, diabetes, cancer, Alzheimer's, strokes, heart attacks and all the like. Sedentary lifestyle, eating more calories than are burned, food mostly cooked rather than raw, too much animal food and too little plant-based food, over-processed food with unnatural fats destructive to cells, loads and loads of sugar, toxic food additives, pollution of air and water – the list could go on forever. Add smoking to all that, and bodies that could live for 120 years start to deteriorate at 60 or even earlier yet.

Long story short – most health problems (one exception is the genetic ones) come from our deviations from the human body's original design. Simple logic tells us that going back to the original design should solve the problems once more.

We don't need a doctor to realize that. We just need to look

at the original environment in which the human body evolved, identify the body's behavior patterns in that environment, and do our best to reconstruct both in our modern world (easily said, but maybe not quite as easily done!)

Of course, we have some extra work if there are repair actions necessary, but even then – whenever it seems to get too complicated and impossible to overlook, we can simplify things by bringing to mind how our bodies originally lived and emulating, as much as possible, that environment. Fresh and clean air and water, lots of moving around, physical work outdoors well balanced with indoor activities, healthy sleep, exposure to sunshine, natural foods mostly from plant sources and much of it raw, absence of noise, not too high a concentration of people, close interaction with nature – and a lot will get better, even if we are not aiming at a specific disease.

USING OUR EXISTING TRAINING

Now, this is the big picture. In order to successfully handle an individual case, we have to look at the big picture's individual pixels (dots). Without being or becoming medical doctors, we can use our fundamental training to start the work: spot the exact time track of symptoms, or even more generally, look at the situation exactly as-is, that means, with all its various component parts in space as well as in time, without suppressing or invalidating any of its content.

We are talking about the most basic auditor training. Students learn it when they are first trained to run rudiments, it is fundamental.

INVALIDATING THE BODY AND MEST IN GENERAL

This brings us to the first major non-optimum situation that we frequently encounter.

Many spiritually oriented people, Scientologists included, tend to look down on the physical universe and the physical body. Somehow they believe that the spiritual being is too grand to deal with this kind of low life. Whenever we hear (or use) expressions like "it is only a body!" or "must you bring it down to a MEST level?" we are dealing with a pattern of invalidation (making smaller,

making less of), most probably an automatic pattern of which we are no longer aware.

We are looking at out-rudiments being actively created on a daily basis. Invalidation, one of the six rudiments, being created daily! Additionally, there is a group agreement about it in most cases, so we also have the factor of "mutual out rudiments", where an out rudiment is no longer perceived as such because the whole group agrees that it is actually OK. What kind of life can ever function well with such a pattern in place? Not any, in my opinion!

As a result of this out-rudiment of many decades, we see so many physically sick Scientologists today. Their bodies have been "told" so long that they are not important, and have been denied attention, duplication and care for so long, that they are now developing the most massive diseases. We like to think that a healthy mind also has a healthy body, but how healthy is a mind when it flows out invalidation all the time, streams and streams of invalidation?

BLACK AND WHITE VS. SHADES OF GREY

OK, now let's have a look at this apparent split between the physical and the spiritual worlds. It looks like a pair of opposites, like love and hate, black and white, a classic dichotomy or polarity. Would you be surprised if instead of this two-valued view, I show you a whole scale of values, like the shades of grey in our laser printer, replacing the black and white?

If we think of the states of aggregation for a moment, we have solid, liquid and gaseous. The maybe best example would be water, because we experience it in all three states of aggregation – as ice cubes or icicles if it is solid, liquid when we drink it or swim in it or sail on it, and gaseous in the kitchen when we cook or operate our water distiller.

The gaseous state is not the "thinnest" state of matter though. Science is already talking about a fourth state, called a "plasma", where the bonding between positive and negative components in an atom begins to disappear, but the scale goes on. Next, the so-called "subtle matter" follows, which is the substance of mental image pictures and dreams – called "mental matter/energy" in

Scientology, or "astral matter" by the more mainstream spiritual movements.

Now comes the surprise: according to modern physics, even the solidity of physical matter is an illusion. If we look at it with an enlargement factor greater than an electron microscope, matter dissolves into diffuse clouds of electricity, separated by huge amounts of empty space. The fact that a baseball bat appears so solid to the skull which it crushes, comes only from the fact that they both vibrate on a similar level and therefore cannot permeate



Do you treat your body as an unbroken horse?
Many spiritually oriented people, Scientologists included,
tend to look down on the physical universe and the
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being is too grand to deal with this kind of low life.

each other (occupy the same space). So we have no actual solids at the physical level at all, but only vibrating energy – physical matter is an illusion – or better, a creation – energy clouds forming into patterns for us to build the stage for our games!

There are energy vibration categories above that, with similar scales in them. The whole non-physical world, the "afterlife", where we exist between our physical incarnations, is sorted into such layers and sub-layers. They too build the stages for the movies that their residents

play. Interestingly enough, they too appear solid to their residents – while they perceive the physical world as foggy and cloudy and kind of unreal. It seems that the vibration level to which we are "tuned" is the only factor that determines the apparent solidity of our environment, and that in reality they are all equally non-solid!

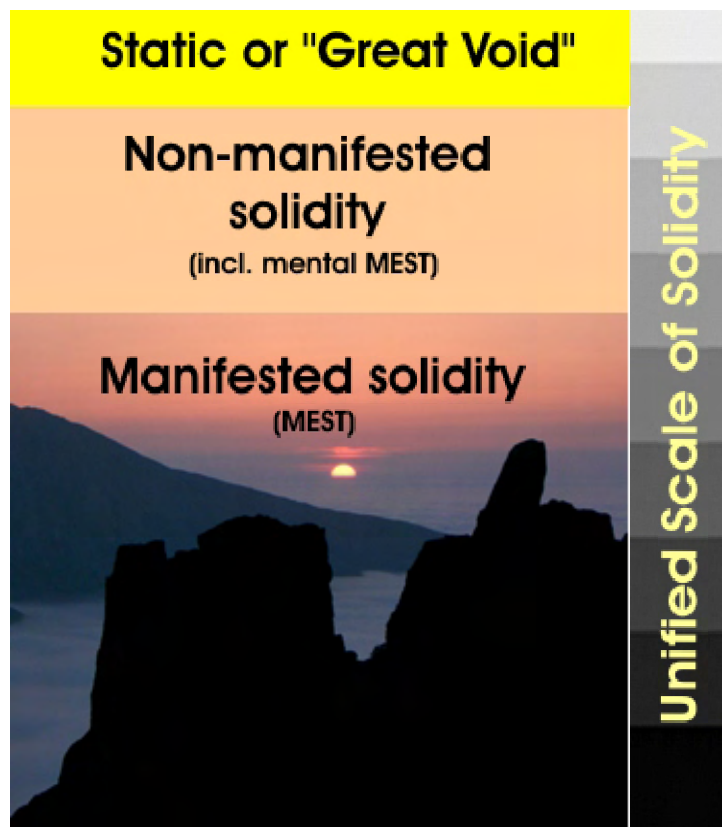
We are inhabiting only one of many realities, only one of many levels of solidity. Each of them presents us with the overall task to understand its specific challenges and solve its specific assignments. On the physical level, one of these assignments is how to take care of the body.

ONE UNIFIED SCALE OF SOLIDITY

A rough analogy with physical matter would be mental matter (solid), the stuff from which images and ridges (solid energy remnants) are made; then mental energy or emotions (liquid, moves in streams); and thought energy (gaseous). This is of course an arbitrary comparison, but it serves to demonstrate that we don't have two-valued systems (polarities), we have multi-valued systems (scales) on both sides of the apparent split between spirit and matter.

There is not even a real split between the non-manifested (static or "the void"), and the manifested (scales within scales of solidity in the existing worlds, both physical and beyond). If we could see the non-manifested as the ultimate upper level of one unified scale of manifestation (solidity) levels, we are back to a one-ness with many layers, or "shades of grey", with static ("the void") at the top and solid physical matter at the bottom.

One sliding scale instead of two separated worlds! It would be entirely arbitrary to NOT apply the perception skills that we trained with the more subtle category of MEST (mental matter and energy) to the more solid category of MEST (physical matter and energy). They are just different parts of the same scale; why not apply the tools we have practiced for such a long time, if they can be of use in the next lower floor of the same building?



LISTENING TO A BODY

A body's systems are combined from solid, liquid and gaseous components – plus the electric energy that is active in the nerves and brain – plus the impressions that are made on it from "above", from the spiritual being and its pictures, thoughts, emotions, and most importantly: its intentions that tell the body what to do. Basically we have a solid/liquid/gaseous machine with an electrical "interface" to the captain's cockpit.

We are used to watch what we call "body language", and of course we listen to the words that come out of its mouth and to the messages and emotions that the genetic entity emanates; many of us have run some of the genetic entity's incidents in session – but there is an additional language that we also need to learn, which is the body's original language on the cellular level.

Feelings, images, energy flows are used by the genetic entity to communicate with the spiritual being. They are the messages designed for the "captain". But internally,

when body parts communicate with body parts, we have no spoken words and no mental images. Their language uses solid and liquid “words” – hormones and minerals and other molecules called transmitters. All of these express the body’s condition. There are hundreds of them, all very precisely tuned to the cells’ perception machinery.

If we really want to listen to a body – into a body, not to the output that it directs to the “captain”, the spiritual being –, we need to perceive and understand directly the molecules that the body’s cells use to communicate with each other. What doctors do with blood or urine or tissue samples is listening to the body’s language on a level of solid and liquid matter. If we can use their equipment and training to duplicate what our body’s component parts are saying, we have opened an important communication channel to our precious physical vehicle.

TALKING TO A BODY

In talking to a body, similar principles apply. Yes, it will respond to the intentions and energy flows coming from the spiritual being via the brain – that’s what it is made for – but much lower down on the “scale of solidity”, there is this other language of molecules that are circulating within and between the cells, the body’s inner language that its component parts use to communicate with each other.

We can use this language too. We can say to the body “calm down!” by intention, but doing that, we have not fully listened first to what it is saying. Bad communication! Why would it be nervous? Maybe it has an awareness of it – sometimes it expresses this by asking us for very specific foods, or for a nap, or for an hour of sunshine –, but this awareness is not always working or reliable or complete.

We can work around this uncertainty by listening to the body on the molecular level – on the solid and liquid level where it mostly exists. We get a blood sample taken and analyzed, and here is our explanation: a magnesium deficiency! Now our chances are good to give an intelligent answer. Ordering the body by intention to calm down may be an impressive circus trick, but it isn’t very insightful. If we have understood that magnesium is missing, we can say “calm down!” much more efficiently by feeding it magnesium. We give the body what it really needs (a missing mineral), not what we, having no real information, think needs to be applied (a beam of intention).

This may look like a mechanical approach, but the essence

of it is that we have talked to the body in its native language, the language of its cells, instead of using the electric interface in the brain. We have learned to understand it and talk to it in the most direct and most intimate way. Really giving it a magnesium drink in the example above is much more than saying “calm down!”, it is saying “I understand you, and I am taking care of you. Here is what you need right now. I will continue to make sure that you get what you need whenever you need it.”

Such a message has more than an immediate value. It reassures the body that it has a caring partner. You will know from your friendships or marriage that such a certainty alone can make a world of a difference.

AUDITING A BODY

Equipped with the language that really duplicates a body, we can now think about auditing it.

What does auditing do? It spots masses of negative energy together with their embedded images, emotions and postulates, and dissolves them. We are talking about the energetic residues of old trauma, of losses, failures, errors and crimes. These residues are located on the mental level, above the physical matter band on the scale of solidity. Therefore the necessary clean-up work is done with the tools of locating, perceiving and dissolving mental matter and energy, as we have trained them on our auditing courses.

If after that we find our body still in trouble, though we have dissolved all the material that could influence it negatively “from above” – engrams, negative postulates, the case of entities etc. –, we may have to step down a few levels on the scale of solidity, and search on the solid, liquid and gaseous levels of physical matter as well.

Actually we are looking for a similar kind of material: toxic residues of past trauma or losses or errors or crimes (often “only” of omission). If they happened on the physical level, they will also leave some of their residues on the physical level! A loss on the physical level may have been a time of hunger. Less visible but often much more serious, because easily overlooked and going on for a long time, can be deficiencies of vitamins, minerals and trace elements, or the absence of important (but little known) elements like dietary fibre. Trauma on the physical level would be injuries, accidents and acute illness. At crimes we need to look in more detail (see below).

We have seen various approaches to these things. In our materialistic western culture, most approaches are physical alone – the mental/spiritual component is missing. Other approaches are mental/spiritual alone – the physical component is missing. Both are incomplete! The approach that we want is not new, it exists already, it is called “holistic” – looking at, and dealing with the whole composite being; composed not only from the main spirit, his mind and various spiritual entities around him, but also the physical vehicle that he uses to interact with the physical world.

NOT EVERYTHING READS – WHY NOT?

An especially important part of auditing our physical component part is an often vast collection of crimes, called overts in Scientologese, and here especially the “passive” crimes, that have led to enormous accumulations of toxic waste. Many of us are not aware of having done anything wrong with the body. We just did what everybody else did – we were parts of a group mind and acted in tune with the group mind. We received our information about what to eat and how to live from the group mind. We were embedded in it and felt safe.

It was the group mind who made the errors in diet and lifestyle, the group mind who made it OK for us, by going with the “mainstream”, to damage our body – and yet we have to deal with the consequences on a totally individual basis! The group mind doesn’t have a hip to break because dietary errors led to brittle bones. It doesn’t have kidneys to develop the most painful colics because the information about how much to drink wasn’t properly distributed to the individual group members, and it doesn’t have eyes whose retina self-destructs because it was too lazy or dull to find out about the importance of dark green leafy vegetables for eye health.

Somehow the group mind is never there to be held to account when there are problems. We cannot bring it to trial, we cannot send it to jail, we cannot put it on lower conditions, we cannot punish it and most important: we cannot make it repair the damage it caused! Always “the buck stops here”, at the personal level of responsibility.

And often it is very late when we find out about that. We ate the same solids, drank the same liquids and inhaled the same smoky gases that most other “cells” of the same group mind consumed. Because there was no friction with the group mind, we didn’t perceive any wrongness. But:

compared with a human body’s ideal scene, as defined by its genetic design and majority of its history, a lot of wrongnesses happened, and the residues of acidic waste materials, heavy metals and chemical pollutants now accumulated in the body bear witness to it!

The one overt that we never looked at in our history of auditing, appears to be the most significant now: having remained in tune with the group mind – not having inspected its activities – having been naïve, uncritical followers instead of critically scrutinizing it and detaching from it where necessary – not finding our own, educated and responsible ways of taking care of the body.

A SIMPLE PROGRAM OUTLINE

Suddenly the amount of necessary “processing” actions looks enormous. But there is no need to go into overwhelm about it. We just do what we always did, we do what we practiced in our auditor training: We find the biggest item, spot the remains of it – now the physical, not the mental/spiritual remains, the toxic physical residues located in the physical body – ; we dissolve and remove them. Then we find the next biggest item, locate the toxic residues, dissolve and remove them. We call such a program “processing” if it is done on the mental/spiritual level. On the physical level, it has a name like “detoxification program” or “master cleanse” or similar. The principle is the same: locate the toxic residues, dissolve them, remove them. Seen as a whole, we correct all the errors of the past, both mental/spiritual and physical, until we have a completely clean slate.

We repeat this until all items are handled, and add processing on the mental/spiritual level where indicated (quite a lot of charge may come into view as we realize the extent of our omissions!) Except for some unavoidable natural wear, both body and spirit are fresh and new after such a program – in other words, they are not suffering the after-effects of a negative past anymore, they are completely in present time. Now we have taken care of every single part of the package. Now we have looked at all the pieces in the puzzle. Now we have done a complete job!

THAT OF WHICH WE KNOW THE TECHNOLOGY...

Let’s recall some familiar guidelines from the Scientology universe regarding body maintenance.

Some specific instructions are found in the New Era Dianetics course (NED). We have learned there that in case of an accident, the doctor comes first, and only then the contact assist or Dianetics assist. We remember the references to nutritional deficiencies, also in the NED material. We remember Hubbard's recommendation of Adelle Davis' nutritional manuals (in the meantime, there are more modern books on the market which he would probably prefer).

Then we have the ethics materials, where first dynamic ethics conditions are applied – which include the especially useful danger condition, a series of steps which, when intelligently done, will handle most, if not all, health problems.

More generally there is Hubbard's principle that "that of which we know the technology, cannot negatively influence us" – found on the PTS/SP course. This is a powerful principle, which is quickly said in one short sentence, but may involve months or even years of study in the area that we want to master. This time is well spent, because our body is the vehicle that is central to all our activities and games on the physical plane.

FOCUSING ON THE ROOT, NOT THE LEAVES

Does this mean that we finally do have to go back to university and study medicine? I don't think so. Medical doctors have to study every single leaf on the big tree of possible reactions to a non-optimum environment, lifestyle and nutrition. They have to be able to spot individual symptoms, trace them back to their individual causes, and prescribe individual medicines – an enormously large body of data, which is made even larger by special subjects like dentistry, radiology, gynecology or surgery.

But if we look at the root of this tree of possible symptoms, there are only very few factors that we need to optimize. If a tree's roots are watered and fertilized well, ten million leaves will stop to wilt and turn green again. We don't have to look at every single one of these leaves. We just tend the root, like every good gardener does, we adjust diet, exercise and environment, we go through a thorough clean-up program, and all the individual diseases which

are individually treated by the typical doctor, will disappear simultaneously.

We can go to the doctor with the occasional leftovers, if there are any, after we have optimized our nutrition and lifestyle and allowed ourselves enough time for the changes to take effect.

Of course we do need medical intervention when the damage is already life-threatening, or so extreme that central functions are no longer in place. We also have to confront the possibility that for some bodies it might be simply too late. But this conclusion should never be made before every attempt has been made to repair the damage.

THE CULTURAL LAG IN MEDICINE

Much has changed in mainstream medicine. And then we have the additional big topic of alternative medicine, the pioneer work which is too new to be established in the mainstream, but expected to appear in the medical training of the next generation of doctors.

There is a factor that Hubbard calls a "cultural lag". He is talking about the time that passes between the moment where a discovery is made, and the moment where it arrives in the mainstream as a standard part of a culture.

If an issue is time-critical – and health matters often are –, we need to bypass the cultural lag. We need to build on school medicine as a foundation, while also looking at cutting edge medical discoveries – solutions that apply to situations that school medicine can not handle (yet).

This is a short paragraph, but it is most essential. You don't want to lose your precious husband, mother or child to a factor as silly as a cultural lag – not at the time of the internet, where a new technology, an important field study or other discovery can appear in the search machines a few minutes after they have been published!

CHELATION THERAPY

One especially promising technology is in fact known for a while. It is called "Chelation Therapy" and effective in cleaning away the blockages which accumulate in arteries over the years. There is a multitude of health problems

connected with clogged up arteries – loss of hearing, loss of eyesight, high blood pressure, reduced function in many organs, erectile dysfunction, smoker's legs, dementia, and most of all, a lack of blood supply to the heart, which leads to sudden heart failure as well as the probably best known heart infarct or a similar blood clot incident in the brain, where it is called a stroke.

School medicine surgery will often replace blocked blood vessels leading to the heart with clean ones, but what about the rest of the blood vessels where the blockages continue to build up? Isn't it significant that within 3 to 5 years after a heart bypass operation, a high percentage of bypass patients develop dementia?

Chelation therapy removes the blockages in all arteries, so that many problems will disappear at the same time. It also reaches the small capillaries in the extremities which no surgeon can repair – with the effect that the terrible open wounds mostly on the legs of diabetics and smokers, which lead to so many amputations, will heal and the amputation becomes unnecessary.

More than 50% of deaths worldwide, many of them premature, are caused by this one situation: clogged up arteries. This condition, together with a second very unhealthy condition, a wrong body pH caused by too many food materials that cause acidic reactions instead of the healthier alkaline reactions (meat, grains, sugar, dairy products), is at the center of a whole complex of symptoms, called "Metabolic Syndrome".

Its key symptoms are high blood sugar (diabetes), high blood pressure, obesity and a derailed fat metabolism. It is a real killer condition. Doctors fight it with the heaviest drugs which in turn cause other physical problems, but simply by correcting our diet, by taking out the acidic components and making it mostly plant based with a high percentage of raw vegetables and fruits, plus establishing a smart exercise pattern (neither too lax nor too ambitious), we can slip out of that crazy swirl, stabilize ourselves first and then make sure that we help others out of it as well.

CANCER, DIABETES, ALZHEIMER'S: GOOD NEWS

There is also major good news in the area of diabetes and cancer. But what is really encouraging: the simple operation of changing diet and lifestyle, by going back to the versions that were originally designed by evolution, will make many of these problems disappear without any medical or surgical intervention – and if it is done early enough, we may remain healthy in the first place and have to find better games to play than sitting in the doctor's office or finding the money for surgery, etc. etc.

The website www.cancertutor.com gives not only detailed insight into cancer biology and precise dietary instructions for cancer patients, it also explains how to prevent cancer, and it lists 400 alternative therapies which have a theoretical background logical enough and central enough to the cancerous process to be worth a try, together with their success statistics.

The book "Death to Diabetes" by Dewayne McCulley tells how to get rid of diabetes entirely – something that the medical profession considers impossible! In an e-book by Matt Traverso we find extensive theory and to-do-lists how to reverse Alzheimer's disease – also a condition that conventional medicine considers hopeless. There are also many other very promising books about Alzheimer's and brain health on the market.

The website www.mercola.com, run by Dr. Joseph Mercola, a fully trained medical doctor who has specialized on natural health, not only offers a lot of precious dietary supplements, it also has a huge archive of educational material, either written by Dr. Mercola himself or commented by him. Enter any keyword you are interested in, and the site will come up with a list of intelligent articles.

Now, if all these things are so well known and so easy to find, how come that there are still so many sick people?

Read more in the second part of this article in the upcoming issue of Ivy!



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