

Free Scientology – Really?

A Guide for the Curious and Free Spirited

By Daniela Mikorey

Important note:

If you do not understand a word while reading, or have gotten lost in the context, please go back in the text and review what was not making sense to be able to understand that specific word or term. Finding the right word will make it easier to continue reading.

We have compiled a short glossary of technical terms at the end of the book which includes definitions that are easy to understand. In addition, a good English dictionary can also be of help.

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Preface - Why write this book?

Our appointment with life is the present moment. The place of our appointment is right here, in this very place.
Thich Nhat Hanh

Very few people know what Scientology is. From my experience, I have seen too many people concentrate on the myths, prejudices and apparent dangers that are associated with the application of Scientology. Not enough attention is paid to its actual content and its potential use.

This comes as no surprise. In the public mind, the term Scientology is synonymous with the Church of Scientology. Hardly anyone knows that there are also many people who have been working freely with these methods for more than 30 years without any connection to the Church of Scientology. And how should they know that? Scientology per se has become so discredited that hardly anyone dares to clearly and openly say that they work with it. Any person who is associated with Scientology is ruined on a social level. A differentiated discussion about the subject matter, its usefulness, the methods and the topic in general has become next to impossible. This is predominantly due to the behaviour of the Church of Scientology. Its inhuman interpretation of L. Ron Hubbard's techniques has justly angered public opinion. This is also coupled with the very human, knee-jerk reaction to opt for a witch hunt that is fed with half-truths and prejudices instead of approaching the subject in an objective and composed manner.

However, it is much easier to accept second or third-hand opinions, particularly in our day and age of information overload. We quickly google something and feel well informed. Trust is no longer put in selected sources of information, but rather in channels which express the same thing. The accuracy of the information is not questioned any further.

This puts Free Scientologists in a difficult position. On the one hand, there is a risk of being harassed by the Church of Scientology. Particularly in the 1980s and 90s, the Church put enormous pressure on those who left and confronted people wanting to work freely with the materials with copyright infringement claims. On the other hand, Free Scientologists were also forced to defend themselves from being lumped together with the Church of Scientology and its actions. Many have solved the problem by using components of L. Ron Hubbard's works under a different name, rewriting them, or have avoided confrontation by some other means. They are frightened to disclose the material they work with, as this may lead to being attacked or socially excluded.

Free Scientologists have existed since 1984. What is known as the "Free Zone" was founded by Bill Robertson, a former close associate of L. Ron Hubbard, in Frankfurt on the Main in Germany. In the years beforehand, a veritable exodus from the Church of Scientology had taken place, because an increasing number of people could no longer ignore the contradiction between ideal and reality.

High-ranking members were bullied out of the core of the organisation. This is a pattern that is well-known in history, regardless of whether the movement, group or organisation is political, religious or scientific – it is a classic takeover scenario. The wind had shifted in the preceding years, and contact with L. Ron Hubbard had come to exist on paper only. This vacuum was exploited by the governing body which still runs the Church of Scientology to this day. It is a totalitarian system which does not tolerate any critics.

Free Scientology means employing the techniques of Dianetics and Scientology without dogma and without political or other motives to help oneself and others. No more and no less. So let's get back to the roots!

I personally was never a member of the Church of Scientology. However, I have worked with Scientology in my own practice since 1989. To me, it is important to make Scientology transparent beyond all of the prejudices and superficial knowledge which I am confronted with time and again. What matters to me is what a person can do with Scientology in an entirely pragmatic sense. That is the reason for writing this book. I would like to introduce the methods to you and explain why I consider them to be such a useful tool. It is a tool that can be used by interested people like you. And it can be used far beyond any kind of ideological discussion.

Yes, my friends, colleagues and I work with the basic techniques of Scientology. It would certainly be easier to give the whole thing a different name. That is something that we have repeatedly discussed. But that would not be the truth. To me, it is always important to know about the source of something. L. Ron Hubbard is the source of these methods. To deny or renounce that would lay a poor foundation for work that is meant to bring more truth into your life.

In turn, L. Ron Hubbard never made a secret of the fact that he drew from numerous sources to develop the methods. Decades of research work were invested to create a distillation of a wide variety of Eastern and Western schools of thought which look back on a long tradition. It is not a matter of reinventing the wheel. It is about developing something that works and meets the needs of a society. That which is true has always been true. It is simply a matter of how you are able to gain access to it once again. Methods that are tailor-made for people will always evoke aha-moments in the sense of "Yes, that's right, I know that so well!".

It is in this light that this book aims to give you an impression of what Scientology is actually about. Your openness and curiosity are all you need.

Are you ready?

My Philosophy

I believe the greatest gift I can conceive of having from anyone is to be seen, heard, understood and touched by them. The greatest gift I can give is to see, hear, understand and to touch another person. When this is done, I feel contact has been made.

Virginia Satir

I have been working with the original techniques of Scientology and Dianetics for the last 27 years. During this long process of discovery, I have experienced quite a lot, and have continuously explored other philosophies. I feel it keeps one intellectually fit to constantly question one's work and to put it to the test.

The moments in which I have been able to see similarities or intersections between different philosophies, therapies or spiritual work have always been extremely uplifting and inspiring to me. These moments have made one thing clear: fundamental wisdom and fundamental knowledge exist and we all already carry it within ourselves. In Buddhism this is referred to as Buddha nature, and it is inherent to every being. What a wonderful expression.

Being the mother of four children also played a very strong role in motivating me to address the spiritual and physical development of human beings. In turn, I also came to understand that no one begins life as a blank canvas, but rather that we start the game of life with our own characteristics and issues. I have also found that every person should have the right to be allowed to freely develop their innate personality. Or, as expressed by Maria Montessori, every person has their own construction plan to follow. This also includes mistakes, failures and experiences and crises which are bitter and disillusioning. They point out that there is something which has not been completed or understood yet that is waiting to be released. They also give us the opportunity to develop.

It is how a method specifically deals with these important points in life which determines its value for me. How does it draw wisdom and benefit from these experiences and put an end to the past? Does it work? Does it help this particular person master his significant stage of development, or does it restrict him in a framework, in dogma, which curtails further development?

Anything that serves this purpose is an appropriate method in my eyes. It can be expressed with a very simple sentence: what helps is right. I have found this to hold true. It is simply a question of resonance. Does it speak to you? Will it help you advance?

Every person has to choose a method for himself which allows him to develop in his situation, and every person should seize this opportunity and assume responsibility for that decision.

Spoon-fed thoughts or insights from others which have been arranged in beautiful books do not replace a person's own process of having his own experiences, facing his own issues and genuinely dealing with them. No one can take away what you have realised yourself.

In my own life, the methods of Scientology and Dianetics have consistently and reliably helped me to develop and to help others do the same. In the same manner, many other teachings, words of wisdom and methods have inspired me, including the teachings of Buddhism, Gestalt therapy, progressive education principles and bodywork methods. Scientology per se is a ruined term. Hardly anything else has such a bad image. I was also quite hesitant to learn more about it when I first encountered Scientology in 1986. I too had been inoculated with its portrayal by the media which seems to have become common intellectual knowledge. Everyone seems how terrible that can be. However: is this its true image? Is that really how things are?

I have found out for myself that the mechanisms which have spiritually and ethically ruined the Church of Scientology can be found everywhere in life. Oppression is omnipresent, and the misuse of knowledge to keep others dependent is an effective and extremely popular tool which is used to secure positions of power. Our lives are often determined by common and entrenched opinions and dogmas, which one is expected to submit to in order to belong to a society of whatsoever nature. There is this amusing phenomenon: if something is simply repeated often enough, it seems right and becomes an accepted reality. All the while, whether it is right or wrong is completely irrelevant.

I hope very much that L. Ron Hubbard's methods which he created through decades of work can be considered without being associated with such destructive mechanisms. I want to give this body of knowledge another chance and help others to understand that it is not the teachings that are corruptible, but rather the people who use them irresponsibly or with bad intentions to exercise power and control.

I have encountered people in the most varied of areas of life who were too busy boosting their egos and following their self-interest to truly help the people entrusted to them. This is a universal problem which can be found in every organisation, group and community. The only way we can deal with this problem is to trust our own perception and to protect ourselves from the exertion of influence. Nobody should do something just because peer pressure drives him to do so. It is only those who know where they want to go who are able to protect themselves from being pushed around from the outside for the selfish benefit of others.

I have met this kind of controlling person before, and have sooner, and unfortunately sometimes later, fled from them for good. This kind

of self-proclaimed guru is following his own goals. Or, I can at least tell they are not mine.

L. Ron Hubbard repeatedly emphasised that the knowledge of Scientology is free and that it should remain so. This is a core statement that should apply to all knowledge. No one has a monopoly or copyright on the knowledge that we already carry within us. It is meant to help us all develop on an individual and societal level. This is the only way for us to overcome hostility and exclusion, which in turn helps to attain more peace as well as social and ecological justice.

For more than 20 years now, I have worked within the framework of the Ron's Org Network together with Erica and Max Hauri from Switzerland. Working with them is so fruitful for me, because they are both genuinely free spirits whose greatest joy is to help people develop their own self-determination – without any conditions or dogmatism. This is an extremely positive starting position for true development. I genuinely appreciate our collaboration and the developments which we have gone through in the network. It is so important to be part of dynamic team processes. This makes it possible to also function as a group of self-determined individuals instead of a herd of confused sheep trotting behind a guru.

We apply Scientology and Dianetics in a non-dogmatic way – in the way they were actually intended – and that is what makes it so special. It is our mind set, our intentions, which turn a method into something positive and dynamic.

As you read this book, first forget everything you have ever heard about Scientology. Let the words simply sink in, and see if your response is positive. If you can say – yes, I know and feel that too, that is something I have often thought about – then the next step would be for you to delve deeper.

Every person who wants to work on himself and his life has the clear intention for life to improve for everyone. All people who share this aim are interconnected with one another, like a network spanning the entire planet. You might have already heard of the phenomenon of morphic fields. This refers to the subconscious, telepathic exchange of knowledge and development on this planet. Ideas often arise in different areas simultaneously and are then immediately implemented. Isn't that wonderful? For me, this proves that we are all interconnected and that we deal with similar issues, even if we express them differently based on our country and culture. Knowledge and wisdom are simply present, and self improvement is most often just about regaining access to that universal knowledge and being able to reconnect with it. Every method that facilitates this procedure is helpful and should receive the attention it deserves.

What is Scientology in the first place?

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

Dianetics – The Foundation

When L. Ron Hubbard published his book "Dianetics – The Modern Science of Mental Health" in 1950, it was a true milestone in the field of working with mental and physical phenomena. 20 years of research had been invested in the book, years in which Hubbard had tested and evaluated almost everything in the field of spiritual work. In collaboration with physicians, psychologists, psychiatrists and hypnosis specialists, he created a distillation of existing knowledge, which also included esoteric knowledge and practices from the Far East.

L. Ron Hubbard determined that the principle governing life is the maxim "Survive!"; the basic motivation of all life. This makes it the common denominator for all efforts and endeavours that a person undertakes for himself and in all areas of life. This maxim is faced with obstacles which can hinder, limit or even destroy survival. Where do these obstacles come from? How can we deal with them? What impact do these obstacles have on our thinking, our bodies and our behaviour?

In the beginning of the 20th century, completely different conceptions existed compared to now. It is difficult these days to understand that the significance of the psyche was quite different. If a person was "peculiar" or not able to deal with life, the consequences were often far-reaching. The interaction between psyche and body was not understood to the extent it is now; it has become a sort of common knowledge. The "methods" that were used in the field of psychiatry at that time were in many cases inhuman. People were expected to fulfil their purpose in society, even if it cost them their mental and often physical health.

Hubbard discovered that the majority of physical symptoms, fears and compulsions originate from unprocessed experiences. He was interested in how traumatic incidents are recorded by both the body and mind and how they control future behaviour. It became clear in his studies that unwanted behavioural patterns could be resolved by finding their cause, which was most often a traumatic incident. With many series of tests, he observed that people were able to make positive changes by confronting past incidents and saw their psychosomatic illnesses disappear. For the majority of us who work with people and spiritual progress,

these connections are perfectly clear in this day and age. In the time before Dianetics, these assumptions were revolutionary ideas.

Hubbard's hypotheses caused a sensation in the early 1950s. His book became a long-standing bestseller, and many people felt spoken to and wanted to learn and apply the techniques themselves. I personally consider it the starting point for rapid developments in the field of spiritual work in the decades that followed. Something needed to change; people discovered an urge in themselves to really make something out of their lives and to find themselves and their purpose. A new era had begun.

The cornerstone for a movement had been laid.

Scientology – Further Development

Scientology developed due to the fact that the methods of Dianetics had reached their limits at a certain point. It became increasingly clear that processing physical trauma on its own could not make a person free. Dianetics focuses more on the body than on the person himself. However, it is the person himself with his innate abilities, goals and desires who needs to be addressed to attain true freedom.

The term Scientology is composed of the Latin "scire" – to know, understand, and the Greek word "logos" for study of. Scientology is a philosophy of knowledge, as well as a method that can be used to work on oneself. Its aim is to restore the abilities of every human being. You as an individual are the main focus. What goals and desires do you have? Which abilities do you have that you are not able to truly put to use?

The methods of Scientology were developed to bring you back to your strength and your centre. It takes the foundation of Dianetics to another level.

The Church of Scientology

L. Ron Hubbard began with the aim to help individuals find more freedom and self-determination. This was something which was sorely needed at a time in which generations of people had been raised to take orders and function like cogs in the machinery of society. Two World Wars had left their mark, and conflicts continued on a political level in the form of the Cold War and various proxy wars.

In 1950 Hubbard presented the results from research work he had conducted for more than two decades in the book "Dianetics – The Modern Science of Mental Health". His achievement was to have developed a distillation of the most varied methods that had existed up to that point in time.

You name it – from psychoanalysis to hypnosis or Buddhist techniques, he considered everything that could help give people greater clarity about themselves.

His main criteria: the applicability and accountability of results. With this book, he presented working methods to the general public which could be applied by anyone. They could be used to help oneself and others. The core element was the processing of past trauma that is stored in the subconscious mind and in the body which can lead to psychosomatic illnesses. He had recognised connections back then which we use in a fairly self-evident matter nowadays.

The success of his book led to the formation of an organisation meant to channel the strong interest it had evoked. People wanted to learn how to work with the methods, which made it necessary to establish some form of quality assurance. This freely available technology – which was how Hubbard referred to his method – with its increasing number of followers and practitioners gave rise to a movement which was growing at a tremendous rate.

Hubbard was interested in further research. Dianetics, which was more concerned with physical phenomena, became the foundation for developing Scientology which focused more on the spiritual being. Its aim was to remove barriers obstructing individual abilities, opening one door after another on a road known as “The Bridge”. It presented a sequence of steps for finding oneself.

And so the Church of Scientology was founded. While this may be difficult to understand from other cultural backgrounds, such a step is relatively normal for groups devoted to a belief in the United States. The more the entire organisation grew, the more complicated it became. The same applied to Hubbard, who was more focused on further research.

Hubbard's withdrawal from the organisation left a vacuum. While there are plenty of opinions, rumours and notions about his withdrawal, I am not in a position to judge their accuracy. Although he was still being propagated as the shining light and leader of the movement, Hubbard was being replaced by an increasing number of dogmatic individuals who turned his freely available methods into a rigid model. A governing body headed by David Miscavige started to control the organisation and continues to run the Church of Scientology to this day – it was a classic takeover. One of the results is their global claim to have the sole right of use and interpretation of the teachings and materials. This stripped away the freedom of knowledge as it had been promoted initially. The envisaged self-determination had been replaced by external regulation. Cult machinery began to creep in.

On the one hand, the Church of Scientology celebrates itself as the “guardian of the technology”. On the other hand, they have done everything in their power to gradually erode the original knowledge by making continuous modifications. Instead of the promised freedom which is meant to be attained, members of the sect are made increasingly dependent, which has even led to the estrangement or separation of entire families.

As the contact to Hubbard dwindled away to nothing, many of the highly qualified practitioners left the Church of Scientology, while many others were bullied out. Independent thinkers and highly skilled individuals were no longer wanted; a classic consequence of a takeover scenario.

The legend of L. Ron Hubbard continued to be used to avoid difficult questions and to justify questionable modifications. When and where Hubbard eventually died remains unknown to this day. The real tragedy is that he is the person held responsible for any misconduct by the Church of Scientology, and this has caused his works to become discredited in the public eye.

The Free Zone

In 1984 one of Hubbard's close and long-standing colleagues, Bill Robertson, founded the Free Zone in Frankfurt am Main in Germany. Far removed from the sect-like Church of Scientology, he proclaimed the free usage of Scientology without the dogmatism of the Church of Scientology. His idea was to create a spiritual space in which people could autonomously learn and apply the knowledge of Scientology in accordance with its original intention. It was important to him to replace any kind of hierarchical structure with new working methods. The resulting network structure exists to this day in the Ron's Orgs.

The Ron's Org

The Ron's Org arose from the Free Zone. We wanted to position ourselves within the broad range of possibilities and define what we stand for: we only use the original materials by L. Ron Hubbard as well as materials by Bill Robertson, which are based on Hubbard's materials. We are a network of Free Scientologists who work together across three continents. Every person who understands that Scientology is not the same thing as the Church of Scientology makes us extremely happy.

For us, it is a matter of course to not influence individuals, but to instead offer opportunities for personal growth. It has also been our experience that individuals who work with us discover more self-autonomy. And that is what it is all about for us. We focus solely on the practical application of knowledge. We support the individual development of capabilities. We do not instruct or educate "the ignorant" here. Every person already carries the knowledge within himself - he simply has to rediscover it.

It is in this spirit that we also support people who would like to leave the Church of Scientology and are looking for guidance. We also help people who have already taken that step.

L. Ron Hubbard made a clear statement during his lifetime: the knowledge and methods are free and should be freely available – forever.

We stand in this tradition, and would therefore like to make it possible for you to freely access the material at any time:

You can freely access the entire technology up to Clear, as well as books and additional material at www.stss.nl.

Scientology Today: Esotericism, Knowledge or Religion?

Scientology is a tool, a method, to shape development. In essence, it is simply about recognising unconscious blocks and giving up unconscious or freely chosen constraints using a cognitive process. The result is the uncovering of one's own abilities and qualities. Hubbard worked scientifically and continued to refine his hypotheses and results using countless series of tests to find a road that every person can take. And he did it all in a holistic manner. As humans, we are emotional, rational and spiritual beings all at the same time. We also have a pronounced physical and sensual aspect. In all of these realms and their interactions, problems can arise which burden us. The logical conclusion is therefore that methods need to be available which can solve all of those problems.

Hubbard himself classified the instruments at hand as applied science AND applied spiritual philosophy. The goal is to return to yourself, as an individual, genuine personality who is able to blossom and express himself in the most varied realms of life.

Scientology is interdenominational and does not want to interfere or take a position on questions of faith. These areas are extremely personal to every individual and it is imperative to respect them.

Destiny, Karma and the Downward Spiral

When do we feel happy? We feel happy when we are at one with ourselves or feel connected with others. We feel happy when we are able to express our personalities, while being aware of ourselves and having others be aware of us.

Who has control of your happiness? Is it controlled by circumstances, the government, world affairs, or simply by your own history? It is perhaps a bit of everything and depends on your life setting.

What is keeping you from being yourself? L. Ron Hubbard often mentions what he called the downward spiral. There are no static conditions in life. Something either develops in a positive direction, or it gets worse. If you do not see yourself as capable of taking control of your own life to steer it in the desired direction, you will become increasingly dependent upon external circumstances, people and influences. Since things are just not working right, we increasingly turn to the outside world to ask for advice, opinions and assessments.

Why do we find it so fascinating to have someone else tell us about ourselves and what we should or should not do? You essentially know yourself best, but your self-awareness may have diminished or disappeared over time, causing you to wait for outside help. Everyone else has a better understanding of what is wrong with you. It might be a therapist, astrologist or fortune teller, or even the layman psychological advice which is omnipresent in the media. Everyone else seems to be more qualified than you to bear responsibility for your life and your decisions. After all, you have been wrong often enough, made mistakes and have had your fair share of failures.

As self-awareness and the capacity for self-determination increasingly diminish, the readiness to allow external regulation grows. The downward spiral is in full swing. Now a greater authority has to step in, perhaps God or destiny. You basically make a kind of admission of failure. I cannot make it on my own; I no longer trust myself. How did things come this far?

It has a lot to do with the principle of cause and effect. You had a goal, you wanted to achieve something and things went wrong. You are now affected by your own idea. You feel uncomfortable, doubt yourself and make yourself smaller than you are. That is something you do not want to experience again. You limit your radius of action. For heaven's sake, whatever went wrong should never happen again!

Responsibility means being loyal to yourself, and that includes everything that you have or have not done. Admit that it was your idea, your impetus. The moment in which you retreat from responsibility, you will experience guilt and shame. You might look for reasons and excuses for why things did not work out. This only further weakens your own potential to cause something.

You might also start having wild thoughts like: maybe I earned things being this way? Perhaps I am getting what I deserve for something I did that I can no longer remember?

This is where the concept of Karma comes in:

Karma (n., [Sanskrit](#): *karman*, [Pali](#): *kamma* "action, work or deed") refers to a [spiritual](#) concept in which every action – physical and spiritual – inevitably has a consequence. This consequence does not necessarily need to take effect in one's current life, but can also become evident in a future life.

It is the notion that what I am experiencing right now originates from something previous to it. It is like an invisible account in which all transactions are recorded and balanced. I feel bad right now. Aha, I must have done something wrong, now or at some other time. If I approach a situation with this attitude, I will not be able to recognise its cause. Instead, I will only try to lessen its effect to escape from the entire issue.

That is the best way to set oneself up for encountering the same situation again.

For my generation, it was still common to not be allowed to leave the dining table before finishing your meal. If you were lucky, dogs in the house served as willing partners to help get you out of the situation. There were also times when the food would be reheated and placed in front of you again.

It often works the same way in life. If you are not able to understand and finalise something, you repress it. Then strangely enough, you manage to provoke similar situations over and over again. Do you know what I mean? Why, for example, do some individuals constantly begin relationships with the same type of person, even if it is obvious that it is not going to work out? You are trapped in stereotypical behavioural patterns. You just don't understand...oh well, maybe next time...

Nobody would intentionally harm another person if there had been a different solution to the situation. In fact, you feel sorry and sympathise with the person who is now suffering because of you. A small part of you might have briefly felt satisfied; you know, an eye for an eye, a tooth for a tooth. Yet even when feelings of revenge seem to be stilled, you know how you feel at the end of the day: Dang it, that was not right. I made a mistake. Now you might find yourself at the other end of the chain of cause and effect. You suddenly experience exactly what you did to someone else. Have you ever experienced that? For some strange reason, you want to find out how it feels – to experience both sides of the situation. Your account needs to be balanced again.

To get back out of this cycle, it is important to understand what has happened. Any kind of repression will only intensify everything and fuel this very mechanism.

Looking Closely Instead of Looking Away: The Principle of Auditing

With help from auditing, you can look at unresolved issues and finally understand them, which then allows you to let them go. Auditing is a method that allows you look at your past and gain your own insights in an auditing session. How that works exactly will be explained in more detail later. The well-intended advice to "Just let it go!" is only possible after you have been able to get your attention off the matter. Then the whole episode will be over and your attention will be free for new things. You do not need to repeat the matter in a mantra-like manner, nor do you need to repent or beat yourself up. Understanding is the solution.

You can stop the downward spiral and confront your past. Otherwise that past will increasingly influence major parts of your present and future.

In the Buddhist concept of Karma, it is again the individual who can and must take his destiny into his own hands. Part of the concept is that change is possible, and that it should be an important ambition in life to improve things that lead you back to yourself. In this sense, Karma is no more than the sum of repressed and unresolved things that have happened and become manifest in your present life.

Yes, this means that the themes, topics and unresolved matters that determine a large portion of your personality become manifest in your life. If you accept this challenge, you can learn from it, understand and redesign yourself and your life to bring it all to a new level of quality.

No one else will do it for you; you have to tackle it yourself. It is your life and your responsibility. It should be a part of your life to invest time and energy in working on yourself. In Eastern cultures, it is as commonplace as brushing your teeth or taking a shower. In our rather materialistic world, we only start to wonder about something when we find ourselves with our backs against the wall and are not able to continue. Since you already take care of your body, why not also take care of yourself?

The Sense and Nonsense of Methods

Methods exist to make a concept applicable. It is very important to really understand a concept to be able to implement it. This is where your responsibility for yourself comes into play.

You should only use a method when it resonates with you and gives you the feeling: Yes, this is what I need right now, and this will help me move forward. You then fill the method with life – with your subject matter. If someone tries to convince you of something, or impose his views on you, you should be cautious. After all, is it not a matter of developing and strengthening your own point of view?

Every method can be applied positively or misused. This applies to all methods, regardless of how good they might be. The intention of the person applying the method is decisive.

There is a clear tool to help you decide. Ask yourself: Do I feel better? Do I feel more like myself? Can I broaden my scope of action, or does this method limit me? Making such an assessment is your task and responsibility.

Yes, Scientology has often been misused. The public reaction is also more than understandable. However, it is important to us to dissociate the methods from their misuse to make it possible for you to view the actual concept. The individuals who work with these concepts fill them with life. Or, as L. Ron Hubbard said: 50% is the technology, 50% its application. That says it all...

You as a Human Being – A Complicated Matter

*Life is not a problem to be solved, but a reality
to be
experienced.
Buddha*

Human Beings – A Painted Canvas

Every person is unique and matchless. If an individual's right to be so is taken away, or he is put under immense pressure to conform by society, this will have an impact. Such pressure can cause some to become elitist, and they begin to place themselves over others. Value systems begin to replace real connections. Others may no longer have the courage to forge their own path and live a self-determined life. They subordinate themselves, become unfree and think that conforming will bring them more acceptance. Then there are others who feel they cannot do anything about their lives. They look for goals, have difficulties making decisions and feel lost. They look for guidance from the outside.

Every individual begins life with his very own story. Already at birth, every being brings along so much which will later make up his life. This includes his personality as well as the tasks he will face throughout life. However, if an individual cannot act autonomously, or does not recognise the patterns that force him to repeat situations time and again, he will not make real progress in processing his learning tasks.

There are even more factors in addition to the baggage that every individual brings along:

- Influences from the family into which we are born
- The social environment in which we grow up and live
- The greater area – the city or country – in which we live and its history
- Cultural and religious influences

Roles that we are forced into by family, friends, partners or employers make the situation even more complex. As a social being, people try to conform in order to obtain recognition, acceptance and love. We are also confronted with expectations from others, which give us guidelines as to how we ought to behave.

Raising an individual often actually means changing a person so that they “function” as a member of society. This state of affairs was criticised and condemned nearly 100 years ago by Erich Fromm. For Fromm, the aim of therapy is to give an individual access to himself and his own goals. Yet it was most often merely a matter of “straightening out” someone who tried to break out of the social machine.

So when we as young adults or later in life are faced with major questions of being, such as: Who am I? What do I want to achieve in life? What are my own goals?, it can often be quite difficult for many of us to provide answers. All of the influences, rules and expectations that we had been and are exposed to have affected us: we have lost a clear understanding of ourselves. Self-awareness has been minimised and confidence in our own abilities has been lost. Instead of understanding what makes you who you are, you began to identify more and more with subject matter and concepts that you have encountered in life.

To understand what this all involves, it helps to differentiate things a bit more:

The Thetan – Yourself

Thetan is a term in Scientology that refers to you as a being. L. Ron Hubbard created his own word in order to distinguish the concept. Many terms have too many connotations, such as the word *soul*.

Thetan is also the person himself, not his body or his mind. It is the sum of our energies and qualities with which we fundamentally control or should control our lives. These qualities come even less into effect, the more we are detained by and identify with externally regulated subject matter. The consequence is that we are no longer aware of our own personalities. Instead of creating and shaping things ourselves, we would rather satisfy externally regulated wishes and goals. Your parents might have always wanted you to become a physician, for you to earn lots of money and have a fantastic house. Yet deep in your heart, it was always your dream to work with plants and landscape gardens. How do you deal with the situation without disappointing your parents and feeling like you are unappreciative? Will you meet your parents' wishes to make them happy, which could also mean dealing with nagging discontent for the majority of your life? Or, will you follow your heart and bring an array of conflicts upon yourself as a result? We are all familiar with these types of decisions.

Goals and intentions are the lifeblood of every being; they are the central theme that runs through life. Small children often know exactly what they want to do when they grow up. Unfortunately, they are often mocked by adults who cannot imagine that happening. Because I am generally very interested in people and their journeys through life, I have read many biographies. I have noticed time and again that the people who achieve great things most often had a clear understanding of those achievements and followed their goals, regardless of negative comments from others. Every successful person is familiar with

sentences such as "That will never work!", "You're mad, you know...". It requires an enormous amount of strength and confidence to remain true to your goals.

However, the benefits you reap when you accomplish something you resolved to do make all the effort worthwhile. These are moments in which you feel balanced; you can present yourself, and have created something that is true to you.

The Body – A Universe of its Own

As a being, you are strongly connected to your body in this form of existence. Sensual experience is only possible with a body. It is the material manifestation of your existence.

The body in itself is also its very own universe. Imagine how much has already been stored in your body when you are born: experience from your parents' families, the entire genetic makeup, all of it mixed together in this body, your body. The prenatal stage and the delivery itself also leave many impressions that will have an affect on your life.

The interplay between a being and its body is not always easy, because so many components come together and interact. Injuries that your body has suffered have an affect on you and the conclusions you draw, and vice versa, your body will react to your thoughts.

Addressing these interconnections and their consequences was L. Ron Hubbard's first goal. His goal was to apply the methods of Dianetics in order to release misemotions, somatics, pain and illness. Painful experiences entrench themselves on the cell level of the "body memory" and are also recorded by a person's subconscious. They are the source of psychosomatic illnesses and compulsive behavioural patterns.

Theta – The Energy of Life

Theta is the energy with which you perceive and also record mental pictures. The moment in which you come into contact with someone or something, theta begins to flow. It is the quality of affection and understanding; it is the life energy which puts things in motion and frees our abilities.

Theta is a very subtle energy in contrast to what we call energy in our universe of solid material. In quantum physics, this energy has increasingly become a constant. Although scientists are not able to explain it, its existence can no longer be denied.

If theta is blocked or locked up in conflicts, you no longer have access to it, because it has been stored and trapped in your mental image pictures.

Part of your creative power and ability to be connected with your life has been split off.

Charge – Trapped Theta

The moment in which you record images with your theta which are then repressed in your subconscious, this theta becomes trapped in the recording as a charge. Charge forms in moments that are recognised at varying levels of consciousness and is distinguished by misemotions, pain and conflicts. These experiences trigger defence mechanisms: "I do not want to experience that ever again!" This is a very popular doctrine, which also naturally plays a kind of protective role. This mechanism starts to operate when impressions from present time are similar to situations from the past which were emotionally or physically painful for you. It is a trigger moment. You suddenly feel like you are back in that past situation and are no longer able to think or act clearly.

The aim of our work is to release these charges. By looking at the stored images, it is possible to separate the event from the misemotions. This makes memories of that experience freely accessible again and frees them from the burden of misemotions. Those memories can no longer uncontrollably interfere with your thinking. This broadens your scope of action once again, while also giving you back a piece of your theta.

The Two Parts of the Mind

We all have two systems functioning within us which operate independently from one another and make it possible for us to live and also survive.

The Analytical Mind

The analytical mind is what we call conscious or rational. It is slower, because it evaluates, connects and determines results. It is logical, cautious and helps to consciously communicate and make decisions. This mind is your centre of communication and makes it possible for you to function in life. All sensory input is recorded, evaluated and processed into sensible solutions.

The Reactive Mind

The reactive mind functions in a completely different way than the analytical mind, namely on a stimulus-response basis. It acts fast without analysis. Its job is to quickly, automatically, consistently and unconsciously react to situations. It begins to operate when you no longer have control over a situation and uses stored experiences as the basis for making decisions. The reactive mind works below your level of consciousness. This means that it goes into action when your consciousness is more or less clouded. This can be caused by misemotions and/or physical pain.

Whatever is happening at that moment overwhelms you to a certain extent and poses a kind of risk, which then causes the reactive mind to launch its emergency programme.

What are these emergency programmes, these stereotypical, compulsive behavioural patterns, made up of? They are made up of past experiences of spiritual or physical pain that have been recorded by your reactive mind. We differentiate between three kinds of mental image pictures:

Engrams

(Greek *en* for "in", and *gramma* for "letter") Engrams are mental image pictures of a situation in which you were partially or fully unconscious and physical pain was experienced. Everything that you perceived in that situation is recorded to protect you from something similar happening to you in a similar situation at a later time. The goal of every recording is to capture the circumstances that threatened your survival. Every sensory perception is recorded, including the circumstances of the situation, your physical state, your emotions and the people involved.

Imagine a person who has been involved in a car crash. A collision has left him with a mild concussion and a broken arm. It happened on a very hot day, he had been listening to a particular song when the accident happened, his passenger had just told him something, and then came the crash, the pain, the panic, things said by helpers, the siren of the ambulance. This moment is now mentally and physically burned into you.

Secondaries

A secondary records experiences of loss or the threat of severe losses. They are recorded in moments of severe mental stress caused by strong feelings such as fear, apathy, grief, anger, etc. They are called secondaries, or secondary engrams, because they are linked to a previous engram. This occurs when an experience of loss resonates with a previous engram moment which also contains physical pain. Secondaries often trigger psychosomatic illnesses, because they can restart the pain from a previous engram in the reactive mind.

To continue with our previous example of a car accident, a secondary might arise if that person's partner is then also involved in a serious car crash. Although you do not have any physical pain, you find yourself trapped in excruciating emotional pain, in fear for your partner, and in worry about whether he will recover. This will inevitably trigger your own car accident, and you might start to have those awful headaches again that were caused by your concussion.

Locks

A lock occurs at a completely normal moment in which you receive sensory input, however, that input reminds you of an engram or a secondary. For example, an ambulance might drive by with its siren on and startle you. Your present perception will become clouded by memories of your own accident or of losing your partner in an accident. You will probably not really be consciously aware of that happening, but will feel a bit off or irritated for the rest of the day.

We all experience these brief moments which trigger past subject matter. It actually happens all the time. It depends on your frame of mind at that moment, on whether you are tired or stressed, on whether you got enough sleep the night before. Your constitution determines the extent to which a past mental image picture can influence you.

You have probably already wondered why your reaction to things can be much stronger than at other times. It depends on the degree to which you are anchored in the here and now, and on the extent to which past charges can influence you.

A lock moment can be so strong that your judgement can drop to next to nothing. A client of mine once provoked a quarrel with his girlfriend. He saw a suitcase on the bed and was suddenly terribly frightened that she might leave him. That was how it had been with a previous girlfriend, who had packed her suitcase in a rage and left him. The fact that his current girlfriend merely wanted to visit her parents could not get through to him. The panic and injury from the past secondary began to surface and cloud his perception so significantly that he was only able to function with his reactive mind. Allegations and strong emotions took over until his girlfriend was so exasperated that she actually did pack her things and disappear for a few days. It was the perfect recurrence; just the thing that he wanted to avoid had happened.

We are familiar with this phenomenon as a self-fulfilling prophecy. It is a mechanism that can run like clockwork and leave a person feeling like things are out of their hands, and all they can do is stand there and look on powerlessly.

The Time Track – The Film of Your Life

Sure enough, all of the mental image pictures from your life are recorded in 3D in your mind. The quality of a recording is determined by your emotional state at the moment it was recorded. Situations which you were not able to manage, that overwhelmed you or left you misemotional, are stored in the reactive mind in the form of engrams, secondaries and locks.

Moments that are positive and special are also recorded, much like your personal best-of album. The moment you watched a gorgeous sunset, when your partner kissed you for the first time, when your grandma made that scrumptious apple pie just for you...you can recall these moments, and they still make you happy later on. It is similar to flipping through the pages of your old album of poetry.

Mental image pictures from the reactive mind unfortunately make themselves noticed in a different way. You might suddenly be upset or irritated, or you feel bad and want to leave, or perhaps an old wound starts to hurt. Something about the current situation has triggered a similar situation from the past and brought it back to life.

Mental image pictures in the reactive mind are arranged according to a certain principle. They follow the pattern of anything equals anything, and we call it A=A. To go back to our previous example: ambulance siren = hot weather = headache. Mental image pictures are not differentiated in the reactive mind, but are instead associated with one another in a very broad manner. They are arranged in chains according to their subject matter. If you hear a siren, you get a headache. This is anything but logical, because at an accident has not just happened and no one is in danger. Yet it still affects you.

Finding and unravelling these illogical and automated links is the job performed by auditing. The more conscious you become of these links, the less influence past mental image pictures can have on you.

Confronting

Confronting is an ability that lies within all of us. If you are at equilibrium with yourself, you are able to perceive and observe situations as they truly are. You also are able to calmly decide which conclusions you would like to draw from a situation. You do not run through an old routine; you are in charge of the situation. So far, so good.

In situations that bring you out of equilibrium, overtax or hurt you, or cause you to lose control, it is no longer possible to observe the situation as it is. You try to avoid it, to defend yourself or refuse to deal with it. At the same time, your reactive mind kicks in – red alert! This has already happened before, do you remember? And then this or that happened...old emotions and conditions start to get involved and compromise your perception. The moment in which you are no longer able to clearly perceive the situation, it slips out of your hands. These moments are recorded in your reactive mind and will have an influence on you later.

The ability to confront is the key to yourself. You can learn how to strengthen this ability, because it is fundamental for processing past incidents, doctrines and conflicts.

In many spiritual schools of thought, one of the main objectives is to be and remain in the here and now, to not identify with thoughts, and to be able to differentiate. In Scientology, there is an exercise called TR-0. It teaches you to be comfortable while sitting across from another person. You simply sit on a chair across from another person and look at them without speaking. It sounds easy, but it can certainly be a challenge. Thoughts, feelings, physical reactions, all sorts of things happen when you simply try to be in the present moment and to be aware of yourself and the other person. However, when you perform this exercise, you find out that you can let all of those manifestations of your mind simply pass by. You can just be in present time and observe things as they are.

This is of vital importance in auditing, because auditing is where you will be confronted with situations that you previously could not endure and could not confront. With help from an auditor, you will be able to look at what happened in the past in your own reality and perception. And then you free yourself from it. The more you can resolve, the easier it will be for you to remain in present time in daily life, because you will have fewer influences that impact you. This is a positive development which continues to grow.

ARC - A Quality of Theta

The term ARC comes from the words Affinity, Reality and Communication.

Affinity to something or someone essentially means to like or love someone. You feel close to that person and it is easy to be near him. The more affinity you have to a person, the easier it is to communicate.

Communication is a basic prerequisite for the viability of social beings. Communication allows you to connect with others, to interchange ideas and to convey your thoughts and needs. Good communication is obviously a two-way street. It requires that the message you would like to convey actually comes across. It should reach others in the same way that you are able to receive and understand messages that are sent to you.

Reality is the degree of agreement reached by the people who are communicating. Reality is also created by the act of communication itself. How else would you be able to find out how someone else views something? If you agree with another person about many things, it is naturally much easier to communicate, and the affection for that person grows. You might say that you are on the same wavelength, and that you feel comfortable and understood.

The subject of reality per se is an extremely interesting phenomenon. Realities can be created by agreement. As the number of people that agree about something increases, the more real and normal that something becomes.

This can be observed quite well in the media or politics. Individuals who are able to exert a great deal of influence are most often very skilled at creating realities. They persuade other people, intentionally or often unintentionally, to agree with their concepts. The more often they do so, the more their power grows. Whether or not the reality is right, wrong, ethical or legal is often beside the point. This law could also be applied like this, or like that...

It is wonderful to see that an increasing number of people share the reality that we need to be more careful with our planet's resources. It is also awful to see that an increasing number of people recently agreed that Europe should "protect" itself from refugees by erecting fences. In this light, it is always important to verify which concepts you agree with, because your agreement creates new realities for yourself and others.

Now let us return to the principle of ARC: these three terms are inextricably linked to one another. They mutually strengthen one another and create a deep feeling of understanding and harmony. ARC is a quality of Theta, because this is where your positive energy is fully expressed. Everything is in flow, you are engaged with your environment, and understanding for one another carries you and others. You are connected with your life.

You can also discover new fields and meet new people with ARC. It is usually easiest to start to communicate with someone and to let them know: Hey, here I am, I am friendly, I find you interesting. Through communication with one another, a shared reality is created and affection grows. This builds an excellent basis for further interchange. If you feel comfortable in your life and relationships, you apply ARC automatically, like a law of nature. You can also employ it deliberately to achieve understanding with others.

Correspondingly, it is just as severe and painful for someone to experience an ARC break. These are the moments in which you feel rejected, misunderstood, or when someone does not want to speak with you. Every person reacts differently to these kinds of breaks. One might become upset or sad, or also annoyed or angry. Your Theta has been damaged, and you feel shaken to the core. An ARC break can swiftly ruin your mood, and everything suddenly looks bleak and grey.

ARC breaks have a tendency to rapidly spread out in an entire area. There is one example that I have experienced quite often. One of my children will come home from school and hide away in their room, saying no more than "School is stupid!". What had happened? The entire school is obviously not stupid. Instead, there has been an ARC break with someone, perhaps an argument with a friend or teacher. As soon as they figure out what happened, they recover relatively fast emotionally and have no problem going back to school the next day.

ARC breaks are also looked at in sessions, because they have a significant impact on your attitude towards life. If ARC breaks begin to accumulate, they can ruin your overall emotional state. You will most likely want to completely withdraw from this area of life to avoid the pain. That is often what causes separations. There may have been too many ARC breaks which both parties then repeatedly use to accuse one another. The way out is to restore the ARC – to restore understanding. After all, everyone wants to be understood and liked.

The Dynamics – Your Playing Fields in Life

A dynamic is like an aspect of your life. Every person wants to express themselves in life, to create something. You are naturally the foundation for it all.

The First Dynamic is the urge to survive as an individual, including everything that this entails. This is where you fully experience your individuality, your goals, your essence.

The moment in which you reach outwards from your base is when you move into the following dynamics or playing fields.

The Second Dynamic is the desire to find fulfilment with a partner with whom you live out your sexuality and raise children together. This means your family, who will continue to develop in the future and carry on a part of you.

The Third Dynamic is the field of all group activities. This includes friends, school, work, clubs, Facebook, Twitter, Snapchat, etc. The group dynamic is very fulfilling when it functions properly. You can experience wonderful things in this dynamic, because it is possible to make things happen as a group that are not possible alone. That is very satisfying.

The Fourth Dynamic refers to the species of mankind. You are part of mankind and share both its problems and achievements. Current global crises are making it increasingly clear: we as mankind need to come together and create solutions in order to survive. We are confronted by this issue every day in the form of war, floods of refugees, climate change and the destructive usage of resources. An increasing number of people are becoming more and more aware of these problems, as well as the opportunities they have to offer. Here, I would very much like to mention a fantastic film made by young French artists which filled me with hope: "Demain (*Tomorrow*) - All over the globe, solutions already exist".

The Fifth Dynamic is concerned with the survival of all life forms, including animals, plants or your own body. Everything that happens in this dynamic affects you directly, as it can contribute to or threaten your survival.

The Sixth Dynamic is your existence within the physical universe. We exist in a setting composed of matter, energy, space and time, and we move according to their laws. Learning about them and their processes increases your potential to survive.

The Seventh Dynamic is the playing field of spiritual activity. We as living beings are all interconnected, regardless of how strong or weak our awareness of that interconnection may be. You can trust your perceptions, even though they are not always "provable" based on the laws of physics. This is where all spiritual work, such as addressing different beliefs, is performed.

The Eighth Dynamic is the urge toward existence as infinity and deals with the subject of a higher power, regardless of how each individual defines it for himself. This is a broad field with perhaps as many aspects as there are people. Scientology quite deliberately keeps from getting involved in this area – Scientology is interdenominational. Every person should feel free to believe what he feels is right. Religious beliefs are strictly private and are to be accepted and respected.

The consequences of encroaching upon this dynamic can be seen quite clearly all over the planet. Most wars that are being waged are traditionally based on questions of faith or on the violent imposition of views and concepts of life.

These eight dynamics are the playing fields in your life in which you can express different aspects of your personality. Of course, every person pays particular attention to their own favourite topics. Take the total family person as an example, who completely dedicates himself to their children. Or you might have an activist, who focuses on the Third or Fourth Dynamics. An engineer, on the other hand, might concentrate on the Sixth Dynamic with his work aiming to improve production processes. The fact is that you participate in all of the fields in your life. You should also have unrestricted access to the playing fields that interest you.

This is also the overriding objective of Scientology: to find the barriers that were hindering you in areas of your life and put them behind you. You can find fulfilment in the games that interest you.

Be - Do - Have

I think every one of us experienced this kind of incident as a child. A relative who means well pats you on head and asks you in an amused tone: So, what do you want to be when you grow up? What a question. You have this little person standing there, with all of his goals, wishes and needs which are not being appreciated and certainly not taken seriously.

You ARE. That is the foundation of everything. In our extremely materialistic society, beingness is most often defined by what you do or have.

However, this puts things in the wrong order.

A person is only able to truly blossom when he is conscious of his beingness, and when he receives support and approval for being. Then that person will be able to DO what is right for him and achieve his goals as a result. The best thing for children is for them to be celebrated and loved for being here and for existing just as they are. That is unfortunately not always the case, because so many parents have also been conditioned to define a person based on his performance or possessions. "He has really accomplished something." "He made something of himself!" These words of recognition are often only heard in conjunction with good grades or exceptional accomplishments and positions. A person's value is not defined based on his personality, but rather by the amount of possessions he has amassed or by how much he has done. It really is a pity.

Have you noticed how often you hear about someone having a burnout? What is going on? People who think that they just need to function to be loved and valued will feel burnt out sooner or later. They lose access to their own life energy. They are not seen for who they are, nor do they receive approval for their unique nature. So they try to at least get hold of a little bit of approval from the outside world by doing a great job. This is a growing phenomenon.

HAVING is the result of an activity aimed towards a goal you have selected for yourself. It is something that suits your personality and exhibits who you are in the world around you. Being is the basis. If the base is impaired, the rest will develop in a direction that gets out of your control. You will not be living your own life, but will instead be living out what is expected of you. These are not good prospects.

It is YOUR life and it begins with YOU. With your beingness. And this basis is the strongest you can possibly have.

Auditing – A Method for Understanding

*If I release what is in me, it will make me free. If I hold onto
what is in me, it will destroy me.
Zen saying*

The term Auditing comes from the Latin word *audire* = to hear. That is also the core concept of this method. It is the interplay between active listening, the auditor and the person who is being audited. The aim of auditing is to first call up stored experiences from the reactive mind with a question or instruction. You then look at what you perceive and communicate it to be able to let it go. Decreasing the amount of charge from past experiences means it will interfere less with your life. This then increases your ability to stay in reality and consciously make appropriate decisions. The objective is to take your life back and reshape it with your own hands instead of being unknowingly subjected to your compulsions.

Auditing takes place in a protected environment. In a session situation, we use the operating principle of the reactive mind, meaning A is equal to A. This mechanism equates current mental image pictures with the mental image pictures that are stored in the reactive mind. With this mechanism, we deliberately and carefully activate charge in the reactive mind.

With questions or instructions about topics or areas that are charged, spontaneous emotions, thoughts or images are reactivated in a targeted and controlled manner. By putting your attention on these past experiences, it is almost as if they come back to life. The auditor makes it possible for you to neutrally observe the mental image pictures or emotions which surface and to deal with them in order to discharge them. Communicating what you see and how you perceived and experienced it to the auditor in an unfiltered way makes it possible to discharge the matter.

Auditors are trained to guide you through an experience while remaining absolutely neutral. They do not express any comments, judgements or personal views, which enables you to truly observe your own perception of the situation. Regardless of how you experienced and viewed the situation, it is right just the way it is. It is your own personal perspective, because it is your experience after all. No one else can or should judge it for you.

Something quite natural then occurs. Your own observation of the entire situation puts you in a position to recognise what happened at that moment, the conclusions you have drawn from it, and how all of it has affected you and your life. In this manner, a topic is discharged and you are able to draw your own conclusions from it.

At the same time, you get the theta back that had been stored in that recording and thus blocked.

The Auditor – Your Guide on the Journey to Yourself

As described above, an auditor's main task is to listen while remaining non-judgemental and unbiased. He is trained to intentionally activate charge in you, which makes it possible for you to process situations that have burdened, overstressed or overwhelmed you. He leads you through these experiences and makes sure that you can truly see everything they involve. There are not to be any comments from the auditor, because this would affect the outcome. No matter what comes to you, you can tell your auditor about it without restraint. Charge is often illogical, irrational and perhaps also unfair. Yet in this situation, everything is allowed to simply happen and be expressed in the manner that you are feeling it. This is absolutely essential for you to be able to release all of the observations and emotions. You also do not need to worry about what someone might think of you if you relate what is weighing you down. You will not be judged or condemned for it. You are allowed to talk about it as freely as you felt it back then and still feel it now.

Your auditor is bound by a very strict code and by the duty of confidentiality. Everything that is said in a session is strictly confidential. The auditor is also obliged to not disturb, judge or condemn clients in any way while they are observing their topics. He will support you in working through the charge and will be by your side, even when it gets difficult. A session only ends when you feel good again and have arrived back in the here and now. It does not matter how long it might take. You and your auditor are a team who come together to process past mental image pictures in the reactive mind.

The Case Supervisor – The Neutral Advisor on the Sidelines

The team you create together with your auditor is strengthened by someone who is referred to as a case supervisor. They are individuals with a great deal of experience in auditing who have also been additionally trained to guide other auditors. It is important for a case supervisor to remain at a certain distance. This allows him to better observe and decide on the best road map for getting you through your charge. The case supervisor gives the auditor instruction on what to do in a session. He watches the entire session to make sure that everything is going in the right direction. This allows him to correct the auditor if necessary. It is also possible for the auditor to turn to the case supervisor for help if he is not able to deal with a situation. This ensures that you will always feel safe and well off.

Preclear – The Starting Condition

Preclear is a term for a person who is receiving auditing and has not yet reached the state of Clear. We shorten the term to PC to refer to someone who is participating in auditing sessions.

It does not say anything about your abilities or qualities. It simply means that you are on the road and that you have started to process the unprocessed things in your reactive mind.

Rules of Auditing

To make sure that auditing is as highly effective as possible, there are of course some rules involved. The auditor is – as described above – obliged to follow the Auditor's Code.

There are also a few aspects for you to consider to make sure that auditing runs smoothly. This includes mundane things such as getting enough sleep and eating properly. Auditing “costs” you energy and is performed through your body, which makes it important for you to be physically fit. Auditing someone who is tired or hungry will not achieve much, because you simply will not have the energy or concentration necessary to face your charges.

When you are being audited, it is very important for you to be alert and in good shape. You will need your full mental capacities to be able to participate. If a person has consumed alcohol or medicine, his perception will be impaired and he will not be able to take part in an auditing session. Not to mention if he has taken drugs. Anything that impairs your perception decreases your ability to be audited.

If you uncover a charge in auditing, this charge is already going to impair your powers of perception as well as your emotions. It is only possible to endure and process that charge when your head is free and your body is functioning and rested.

If you have decided to participate in an auditing phase, it is recommended to rapidly complete that phase. If you simultaneously process a topic with two different methods, it is no longer possible to assess which method triggered which reaction. It can also be the case that too much will be activated at the same time.

Before a person begins with auditing, he is informed in detail about what and how things will take place. The better you understand what is to happen in the Auditor/PC team, the deeper you will be able to work on your topics. This transparency is also important, because it allows you at any time to make sure that what is happening at that moment is also what you had expected. The rules are for your own protection, as they ensure that everything runs smoothly and that you benefit as much as possible from your auditing.

You can make an active contribution.

The E-Meter – A GPS for the Reactive Mind

The E-Meter is known through a lot of hearsay, and some pretty astonishing things have been said. You might have heard that it is a kind of lie detector, or that it can influence a person and much more.

In reality, an E-Meter is a kind of navigation system for the auditor. It simply measures the flow of energy in the body and shows changes when your electromagnetic fields increase or decrease. Since all mental image pictures in the reactive mind are energy pictures, meaning they contain stored energy, these energy pictures also release impulses when they are addressed and activated. These impulses become visible on the E-Meter. When a charge has been dissipated, it is also displayed by the needle of the E-meter – it no longer shows an impulse and moves freely. We call this a “floating needle”.

The E-Meter operates by sending a very weak current from a terminal as a carrier wave in your body. It then measures what arrives at the other terminal. This makes it possible to see the extent to which energy pictures have been activated based on changes in the resistance of your body. If an energy picture is pulled into the body, the resistance increases. If charge is relieved from the energy picture, the resistance in circuit decreases significantly.

For an auditor, a response on the E-meter means: watch out, there is charge here. Auditors only work on subjects which spontaneously trigger a reaction, because these reactions are definitely reactive answers from the system. Analytical answers that only react later on are not used. You do not need auditing to be able to think analytically. The things that cause difficulty in our lives are the unconscious, reactive subjects.

Another important point in auditing is that there is no right or wrong, and there is no true or false. The only thing that counts is whether or not you have relieved charge from a subject or person. People react to situations in completely different ways. This has to do with their personalities and their own histories. A situation that might seem perfectly harmless to one person can cost another person a year of his life. That is why making an assessment would be completely inappropriate in auditing. Whatever is charged in your mind will be looked at, because you experienced it as stressful. What someone else thinks about it does not matter.

The Flows – Life Happens in Different Directions

In auditing, several aspects of a situation are considered in most cases. This is because there are different directions of energy in life which may be involved in an event.

We speak of four flows which describe the direction of an event. They are energy flows which occur in interactions between you and your surroundings. These flows can be charged to a varying degree.

Flow 1: Something happening to me with the impulse coming from the outside – can be negative or positive

Flow 2: I do something to someone else – can also be negative or positive

Flow 3: Others doing something to others, and I am aware of it – negative or positive

Flow 0: You do something to yourself – negative or positive

By investigating all of the flows, you broaden your spectrum of perception for looking at charges. You learn to more consciously witness what you cause and what others bring to a situation. For example, if you only ever consider everything that has been done to you and never what you have done to others, you will always be stuck in a position of the one being affected. However, it is also important to see where impulses are coming from to be able to understand situations. It is necessary to restore causation to be able to assume more responsibility for your life.

Clear – Finally Yourself Again

Clear is a state which is the first thing that is aspired to in auditing. It deals with you as yourself, or your first dynamic. Are you capable of surviving for yourself, or do you carry mechanisms with you that hinder you or steer you in a negative direction? A person who has achieved this state is no longer trapped in his own patterns and doctrines. This person has the freedom to act for himself in a solution-oriented manner.

All people carry the state of Clear within themselves. L. Ron Hubbard speaks of this state merely needing to be rehabilitated, or in other words, re-established. It is something that you have by nature, and it completely suits you. It is just currently buried under charges of varied strength. On your way to the state of Clear, you will not change to become an ideal concept. You will instead become more and more yourself; natural and authentic.

A person who is Clear is able to let go of his own reactively stored mental image pictures. He no longer needs them as solution patterns for his life, because they were more obstructive than helpful. A person who is clear is once again able to make decisions himself. He decides on the best solution in situations, on goals that suit him and on how he wants to be. And that is what it is really all about: The power of choice!

The Bridge – The Road Map to Clear

The Five Freedoms

The freedom to see and hear what is here, instead of what should be, was, or will be.

The freedom to say what you feel and think, instead of what you should.

The freedom to feel what you feel, instead of what you ought.

The freedom to ask for what you want, instead of always waiting for permission.

The freedom to take risks in your own behalf, instead of choosing to be only "secure" and not rocking the boat.

Virginia Satir

The Bridge – A Reliable Path

Over the years and as a result from practical research conducted by L. Ron Hubbard, a necessary sequence of steps came together over time which are called "The Bridge". When performed one after another, these steps discharge the impact of mental image pictures which are stored in the reactive mind. The result of completing these steps is the state of Clear; a state which is actually equivalent to your original state. The steps to Clear are called Grades. Each grade is concerned with regaining specific abilities. These abilities are – like the state of Clear – completely normal abilities which are innate in every person. Stressful events and the accumulation of charges impair these abilities.

Each subsequent grade builds upon the ability which has been regained in the preceding grade. Hubbard called this process a bridge, because it builds a bridge from a more or less blocked state to clear thinking and acting. You go through a process towards yourself and a new future that you have shaped yourself.

The Initial Interview – Reviewing the Situation

Before you begin with auditing and start on the steps of the bridge, it is necessary to make a kind of case history of your life. The auditor asks you questions about the important cornerstones of your life, such as your childhood, relationships, education, illnesses, accidents, conflicts and much more.

The auditor uses an E-Meter to see and record which areas are heavily charged, or to see if there are specific topics and/or people with accumulated charge.

With data from this interview, the auditor is also able to see if there are any current difficulties that are weighing you down. There may be subjects or areas in your present life that are taking up so much of your attention that it is not possible to work on past experiences. Before you start on the steps of the bridge, your attention should be free.

Obstacles on the Way to the Bridge

There may be several points that need to be looked at before you are able to start working on the grades.

Life Repair Programme

Every person's life has its ups and downs with unbelievably wonderful moments and others that one would rather completely forget. The latter are moments that are difficult to bear and extremely burdensome. They may be breaches of trust which have left wounds and evoke doubt, pain or grief. If these kinds of moments accumulate, it is usually no longer possible to properly process them on your own. You might feel like you have partially or completely lost your ability to enjoy life. Being spontaneous, calm and carefree has somehow become limited, which makes it difficult for you to bring yourself back into balance.

If you find yourself in this kind of emotional state at the beginning of auditing, we offer what is known as a Life Repair Programme as the first step. It is a kind of treatment for your body, mind and soul. In an interview with your auditor, you are able to formulate your needs and wishes. The case supervisor then compiles a programme tailored to suit your needs to first get you back on your feet and build a foundation that allows you to move forward.

In addition to an interview, you will also receive training in communication techniques. This strengthens your self-awareness and gives you the confidence to express what is important to you in day to day life. You will see that change is possible!

The Drug Barrier

If your consumption of drugs, alcohol or medications has exceeded a certain degree in life, this may block your freedom to develop more than you realise. There are certainly situations in which it is absolutely necessary to take medication or to go under anaesthesia, because your body would suffer greater damage otherwise. If this is not the case, these types of situations are generally those in which you are looking for a thrill or want to flee from your current life.

You do not feel at ease with yourself, and alcohol or drugs can make you feel cooler, more capable and more acknowledged. When under the influence of drugs, things suddenly appear possible that you would have never had the courage to try otherwise. Psychological stress seems to suddenly vanish, and this kind of pleasant sensation is something a person would naturally like to prolong and feel more often. An unhappy marriage is suddenly not that bad after having a few beers in the evening. Just a bit of Crystal or cocaine makes that feeling of exhaustion disappear into thin air, and you can keep working. A joint to relax every evening becomes a part of your comforting routine. Yet you will pay for that solution as soon as the effect dwindles and it all turns into a habit or even an addiction.

Drugs have been a part of mankind for as long as we can remember. However, it is not without reason that their use has always been limited to specific occasions and rituals. The amount and of course the reason for consuming something are decisive. There is good reason behind the wise advice for a person to only have a drink if he already feels good.

It has also unfortunately become completely normal to use medications recklessly. Advertisements pitch so many products that you can quickly and easily toss down your throat to avoid headaches and cold symptoms. The fact that a headache might have been caused by something, or that a cold requires you to be able to fully recuperate does not fit into daily life. You need to keep functioning, to keep on working, or be in a good mood to avoid spoiling a trip or party for others. Painkillers are taken like sweets, and even children are "put back on the right track" with medication if they are too "wild". If certain conditions or emotions do not fit into a person's concept of life, it is quite simple to find a remedy. We have not even touched upon all of the psychiatric medication which is often imprudently prescribed and can cause long-term damage to the psyche. Medications are by all means useful and can save lives. However, if they are used to quickly relieve a problem which could have been solved otherwise, then something is wrong. Instead of a painkiller, a person sometimes only needs time, rest, attention or a good talk – yet these things have become a scarce commodity these days.

If drugs, medications or alcohol become the supposed remedy for an undesirable state, the consequences can be fatal. In addition to not being able to cope with a situation, drugs cloud one's perception of the entire situation and make it even more difficult to look at the fundamental problem. Should you then decide to tackle those problems, you will not even be able to get through to them, because your perception has been blurred and distorted by the high caused by drugs. Drugs block access to your reasoning both while and after you take them.

Before you can work on yourself, it is therefore imperative to clear this block. Otherwise, auditing will be of no benefit to you whatsoever.

The first step is a physical detox, which we call the Purification Rundown. We use niacin (vitamin B 3) in this process. A property of this vitamin is its ability to remove substances that are stored in fatty tissue and to transfer them out of the body through the skin. This makes it possible to remove residue by sweating it out of the body in a sauna. This program is extremely helpful, because it eliminates potential drug flashbacks on a purely physical level.

The next step is for us to help you orient yourself in present time. After you have gotten rid of drug residue in your body, it is important to physically and mentally focus on present time; you could call it a kind of realignment. The reason for taking drugs was to flee from present time, which is what makes it so important to work on really bringing you to the present moment. To do so, we use what we call Objective Processes (which are explained in more detail in Grade 1). In contrast to subjective auditing, these processes focus your perception outwards in present time. These exercises put you in direct confrontation with the physical universe, meaning your immediate surroundings and your body. Everything that keeps you from operating in the present will come to the surface for you to consider and resolve.

This prepares you for auditing, where you will look at the reasons behind your craving for alcohol, drugs and medications. These reasons have to be processed first to make sure that you will no longer fall into the trap of having to use drugs as the solution to uncomfortable situations. We work with you together to find out what made you reach for drugs, while also looking at the situations and conflicts you wanted to diffuse by taking them. Discharging all of this puts an end to the compulsion and craving to take drugs.

Serious Physical Problems

A person with serious physical problems which greatly limit his quality of life should participate in Dianetics auditing before starting the grades. Why?

Physical difficulties effect the daily life and focus of a person to such an extent that he is not really able to concentrate on anything else. You are simply fixated on having to deal with a limitation, be it a chronic illness or psychosomatic conditions. In Dianetics auditing, you can resolve the underlying engrams and secondaries.

An acute physical illness must of course be treated by a physician. A broken arm needs to be taken care of in a hospital. However, if that broken arm takes a very long time to heal, Dianetics auditing could be used to look at the situation in which the arm was broken. It can also be used to see if charge from past engrams was triggered when the arm was broken which now has a negative effect on the healing process. By removing that charge, the current broken arm will be able to heal normally and in due course without being burdened by a past charge.

This type of auditing deals with the influence from previous physical symptoms which were recorded in mental image pictures and have a negative impact on your physical well-being. As soon as these influences are released, your body will be more in present time again, and you will feel better and healthier.

Ups and Downs of Life

Every person has experienced the feeling of being negatively influenced by certain situations or individuals. It might be an acute situation which can be quickly clarified by resolving the conflict. It might also be a situation which makes you feel powerless in some way and causes you and your quality of life to suffer greatly. Whenever you are confronted with a certain person or group, your mood worsens significantly, you feel depressed and incapable, things suddenly no longer work right, and you are scared of being degraded and of making even more mistakes.

If a person in this kind of situation participates in auditing, the benefits are not stable and can easily be lost. It is therefore necessary to first look at the situation in order to stabilise yourself.

Oppression happens every single day. Some people are set up in such a way that makes them want to impose their views on you, at whatever cost. In their presence, they make you feel worthless and empty, and your efforts seem to be in vain. No matter what you do, you can never please them, and you simply cannot win.

In most cases, these people are anxious individuals who cannot bear it when those around them continue to develop. They view development as a potential threat which they react to with pressure and excessive control. All despots under whom the world has suffered have or had this tendency. They were anxious and had experienced at least one major trauma in life which fundamentally changed them. This results in paranoia and the burning necessity to control everything and everyone, coupled with the strong sense that their own survival depends on holding others down. Fortunately, there are not many people who behave this way. However, they can exert a considerable influence on others.

We strengthen you with knowledge about the mechanisms that are at play in such a case. We also support you in straightening up these kinds of situations in your life. Perhaps this will give you the courage to leave an environment that is defined by oppression, such as a job that enslaves you. You might also simply need to take an honest look at a few conflicts with someone in order to improve the situation. Together, we figure out what is needed, while also supporting you in implementing that solution. It can also be necessary sometimes to take part in custom-tailored auditing if the situation which

is oppressing you has existed for a longer period of time and already influences several areas of your life.

Sometimes a person needs to assert his right to his own existence against outside influences. You should be able to use your gains and insights in life. It might upset others in your immediate surroundings when you are suddenly no longer the good natured fool they had unfairly held you to be for much too long. If you no longer do what everyone else expects or insists, you can come up against some serious opposition. That is a completely normal reaction. People often resent change. If you are able to deal with this reaction well and understand what is happening, it does not need to have an impact on you. You can continue to stand tall and, over time, the people around you will accept that you have changed. They will also understand that it benefits everyone. Every person who develops in a positive direction prepares the way for a possible positive change in others.

As soon as all possible obstacles have been eliminated, you are able to begin the grades; your steps to Clear.

ARC Straightwire

It might sound strange at first, but it has the following background. This grade is concerned with running a mental straight wire from present time to your past. Your collection of mental image pictures is stored in what we call your Time Track, which is much like a motion-picture film of your life. In this grade, we work quite an amount with memory processes. This means that you go from present time to different areas of your time track and remember what had happened. This allows you to restore ARC with your life up to present time.

That being said, it is not a matter of digging into painful experiences. The focus is more on positive memories. It is also about letting things go; about being able to forget. You will learn how to deal with your mental image pictures in a more self-determined way. I can forget that, and that I would like to hold onto.

Your powers of recollection will increase considerably, as will your various channels of perception. You will often be asked to precisely remember how something looked, tasted or smelled and much more. You will see that everything is available and recorded. This can also significantly improve your perceptions.

The aim of this grade is to be able to draw a balance, and for you to see that your life energy glass is actually half full instead of half empty. You will realise that even the less pleasant experiences have still played a role in bringing you to where you are right now in life. You will also be able to see how many amazingly beautiful moments you have experienced that have made your life worth living. You will then have more theta which gives you

strength, and the feeling spreads that things are starting to improve!

Grade 0 – Releasing communication blocks

We cannot survive without communication. We are social beings who require one another, depend on one another, and want to express themselves. The ability to communicate is within every individual. Children are a great example, because they have not been limited in their ability to communicate yet. They communicate in a completely open way. They directly confront those around them with their impressions and opinions. This can of course lead to their first conflicts with the adult world, since we adults have already “learned” that we are not allowed to say whatever we want. Sometimes that can also be useful, because we might otherwise hurt someone with what we say. However, if a child is forbidden to communicate freely without understanding what he actually did wrong, he becomes introverted. He might also blame himself or others if communication no longer works.

What has happened? In his subconscious, the child has recorded the consequences and penalties that he experienced. These experiences will now control this person throughout his life. It is a situation we are all familiar with: you say something, and it suddenly gets quiet, or other people become annoyed or distance themselves from you. You said something “wrong”, something socially unacceptable, or perhaps you broached a touchy subject or expressed your opinion. How could you dare to tell your sweet Aunt Helen that you do not want her to give you a kiss? What will she think of you and the whole family? This is how little prisons of thought are forged and your scope becomes limited, and you would rather think twice before saying anything. How people react can of course be quite varied. Some distance themselves and become silent, while others might go to the other extreme and have an aggressive or insulting reaction.

If a person has not learned that he can express himself and be understood by others through communication, he will have difficulties solving conflicts and problems.

The goal of Grade 0 is therefore to restore the ability to communicate in a natural, free and easy manner. You can communicate freely again – with any person and about any subject that interests you. You are able to decide, and you are no longer imprisoned by your own views, by the views of others or by social conventions.

Communication can also flow in four directions, and we work on them all. At the end of Grade 0, you will be able to do the following:

F 1: You no longer resist communication from others with you about unwanted subjects; you feel free when communicating with others.

F 2: You can communicate freely; it is no longer difficult for you. You are no longer reticent or withdrawn. You are less anxious about sensible subjects; you can express yourself.

F 3: You can allow others to communicate with one another, even about subjects which concern you. You are no longer afraid of it, and do not feel that you have to somehow control or interfere with that communication.

F 0: You allow yourself to freely communicate about any subject when you feel like it.

Now that you have regained the ability to communicate freely, you can continue to the next step which builds upon your regained ability:

Grade 1 – Recognising the cause of problems and truly solving them

Let's begin with a definition. What is a problem? A problem is a conflict that arises when two opposing intentions collide with one another. These intentions are approximately equal in strength, which is why the collision of both energies causes a kind of compaction, and the energy flows stop. Things come to a halt, you are left hanging in the air. You are not able to decide, and positions can become more entrenched. The problem becomes increasingly manifest and causes you to become introverted. You no longer have enough distance to be able to look at the problem and see what is actually happening at that moment.

Something that you might have experienced is when a friend comes to you with a problem and asks for advice. He tells you what is wrong, and you think to yourself, come on, that is so easy! You simply need to do this, and then that... Your friend looks at you in shock and starts to explain why all of the things he could do to solve the problem are not possible. Maybe he will tell you at the end in an annoyed tone that the problem is so awful that it is impossible to solve anyway. He leaves you completely puzzled, perhaps you even have the faint suspicion that your friend would actually prefer to keep his problem. If a person gets himself entangled enough in a problem constellation, he will actually no longer be able to see the solution, because he lacks the necessary distance and the ability to see the big picture. You are in the middle of it all, which means you cannot think straight, and are unable to see what is right in front of your nose.

To truly solve the root cause of a problem, you need a certain amount of distance to be able to evaluate it. This distance can be achieved with the three steps in Grade 1:

Step 1 - Objective Processes

In auditing, your attention will generally be focused on your subjective world of thought. With objective processes, it is exactly the other way round. The auditor focuses your attention on the real world around you. This requires you to face the charge that is situated between you and how you operate in the real world. This charge keeps you from seeing the things around you as they truly are. This charge most often builds up at times when you were hindered from reaching outwards. These were the times when you were stopped while doing something, when you injured yourself, when you experienced failure, when you were heavily controlled by other people against your will.

For example, a child whose urge to play is constantly restricted by overly cautious parents will increasingly distance himself. He will become fearful, injure himself, and lose his natural sense of what he can or cannot do. In an objective session, this person will be confronted with his fear of touching things and will suddenly feel that resistance and the same fear of injuring himself. Reaching out is loaded with misemotions. Confronting that fear will make it possible to release the charge.

These processes also involve one's own body. There are often parts of your body that are not real to you, that you are not in contact with, or that you reject. If you are asked to touch these parts of your body, you will make contact with these misemotions and their cause.

The aim of objective processes is to bring you back to present time and for you to perceive the present for what it is. You will often be able to do so with significantly improved perceptions. You will be able to easily come into contact with your surroundings and your body without feeling reluctance or misemotions. Your ARC to your surroundings and body will be re-established. You will feel grounded and that you have arrived in the here and now. This also strengthens your mental resilience against external pressure and failure. It is exactly this resilience which is of extreme importance for subsequent work on the bridge – and of course for your life.

Step 2 - Help

Why is this subject so important? Because solving problems and helping are very closely linked.

A person's independence and value depend on his ability to help himself and others. If he is not able to help, he feels at the mercy of others, be it people or circumstances. Help is often used to make people dependent. It is important to be able to differentiate between help that promotes and help that is harmful in the end.

It is extremely painful for a person to not be able to help, to not receive help when needed, or also to fail while trying to help.

We look at situations in which helping failed and also when it was successful. This makes it possible for you to reflect upon when and how help makes sense on all flows.

This puts you in a completely different starting position for being able to actually solve problems.

Step 3 - Problems

Problems generally involve a great deal of confusion. It is extremely unpleasant to be stuck in this kind of confusion without knowing how to act or what to do to solve the situation. This often leads you to resort to any kind of solution to free yourself from the problem. You just want to put an end to it. If the cause of a problem is not considered and understood, a new solution can then cause new problems.

It is like being ill and only treating the symptoms. You might feel better initially, but this or that symptom will keep coming back. Or you might take medicine which initially relieves a symptom and then causes new physical ailments to develop. This only displaces the problem or perhaps makes it even bigger.

Imagine you are in a situation in which you need to decide which career training path you would like to take. You have already been confused for quite some time, because you have just barely been getting by in school for years now. School has turned into a necessary evil, and you can hardly wait for it to end. Your goal used to be to study medicine, because you always felt a strong desire to help others. But with your grades, you can forget even having a chance. You are not sure what to do. At some point a good friend, who was always a role model for you, comes along and tells you how great it is to work as a car mechanic. And guess what, the repair shop where he works has a vacant position for an apprenticeship. It may very well be that you will decide to train to become a mechanic simply to have a goal again. You just want the state of confusion to come to an end and to sort out your life again. You have "solved" your problem. Yet it is obvious that this solution will not last for long. It merely sidesteps all of the difficulties that put you in that state in the first place. Your difficulties in school and your unachieved goal to study and help others suddenly appear less relevant. However, you might start to feel empty in a few years and that you are not really doing what fulfills you. You have not really solved the problem.

The difficulty with problems is that their components are often not clearly discernible. You find yourself amidst a whirlwind of different intentions, thoughts and desires, and you are no longer able to make out a clear direction. We delve into this confusion in auditing to see which measures and decisions you have taken. We use sessions to search for the critical decisions you made in the past to get out of a situation.

Together, we then figure out everything that led to that confusion. We look to see which components influenced and confused you at that point in time. This makes it possible for you to look at them and understand what had actually been going on. You will be able to see that your decision had been an escape plan that did not solve the problem over the long term. Then you will understand how you can do things differently in the future.

We work with you on past problem constellations in all energy flows for as long as it takes for you to feel certain that you will be able to recognise the true causes of these kinds of situations. The patterns that had developed will lose their power over you as soon as you see them clearly before your eyes. You will be able to make decisions that suit you again. This is how they look on the different flows:

F 1: You have regained your ability to truly recognise and solve the cause of problems.

F 2: You no longer speculate about whether you are a problem for others. If others have a problem with you, you are able to tolerate it and recognise the cause.

F 3: It no longer burdens you when other people have a problem with one another. You are able to see why and do not allow yourself to get involved.

F 0: You feel free from worries about problems with yourself. You see the causes and can solve them.

Grade 2 – Relief from hostilities and sufferings

This grade is about freeing yourself from suffering. It might be suffering that was caused when you harmed someone or yourself, or harm that was done to you.

It is naive and unrealistic to think that you can go through life without ever doing anything to others. Life is too complex and multidimensional, and has so many different goals and intentions which permanently collide with one another. We often lack solutions to steer situations in a good direction, or we are unable to understand all of the aspects involved. Sometimes we are under so much pressure that we do not have enough time to completely analyse a situation. These kinds of constellations can quickly turn into situations where it is not possible for everyone to benefit, and at least one person will lose out. After regaining your ability to truly see and confront the cause of problems in Grade 1, you are now ready to work in the field of Grade 2.

It is the field concerned with Overts and Witholds and their impact on your thinking and behaviour, and most importantly – on your own abilities.

An overt is an act which basically causes more harm than good. It harms a significant number of your dynamics. Situations may also occur in which one area of life is damaged to avert damaging a different area. It is therefore always important to consider the final balance. An overt act can also be an act of omission with which you harm others. An example would be to deny someone the support he needs from you.

A withhold is the act of not speaking about an overt; it is an attempt to hide it. It is uncomfortable, embarrassing, or it makes you feel bad. You do not want to talk about it either. You are scared that others might stop liking you, and that you might lose face or be excluded. The problem with a withhold is that it limits your scope of action and causes you to withdraw.

This is where ethics and moral code come into play. When is an overt act overt? Something that might be an overt in your mind might be exactly the opposite for someone else. It depends on the societal, religious and cultural background.

As social beings, we actually come into the world with a natural sense for ethics. The difference between ethics and moral codes is that ethics are universal and stand above rules, laws and moral codes. It is a natural feeling for what is "right". In contrast, moral codes are prescribed in normative terms by the society we live in. Moral codes can conflict with ethics. We also often have to learn and accept moral codes to be able to find our place in a group or society and "integrate" ourselves. Moral codes are therefore strongly influenced by our surroundings.

Let us consider an extreme example:

It is normally an overt to kill another person. To do so would contradict our ethical and moral values. Yet in a situation of war, it suddenly becomes morally suitable to kill the "enemy" who is threatening the country. If you do not, you will have committed an overt in the eyes of your society. In ethical terms, it would definitely be an overt to kill another person. However, now it is being required of you on a moral level. In times of peace, you would go to prison as a consequence. In times of war, you would be awarded a medal.

Furthermore, we repeatedly change our personal background over the course of our lives. A person might join a new family, while others might start working for a new company or join a new circle of friends. In each of these new circles, you are confronted with moral concepts that you are expected to subordinate to in order to belong to the group. These concepts can also be quite contradictory. In addition, you still need to find your own position in the group. You might feel unsettled and uncertain about what is right or wrong, while also being afraid to make mistakes.

If you lose a sense of your own values because they are not in agreement with the common "moral codes" and you meet up with disapproval everywhere you go, you will lose your own integrity. You will feel like you are no longer able to rely on your own judgement. At such a moment, concepts from others may have a greater influence on you because you no longer trust yourself. You make yourself smaller, subordinate yourself, and suddenly do things that you would have never done before. And you do so because everyone else is doing it too.

This means that your integrity is a major point. It is your ability to gauge what is right and what is wrong based on your own values, which can of course also change throughout your life and your own development.

The second important point is the mechanism that often kicks in when an overt is committed: a person withdraws from others, feels ashamed and minimises his abilities. This is truly disastrous.

We have all learned that we should avoid making mistakes or committing overts, otherwise we will be excluded, punished or no longer loved. We therefore all have the same fear of committing an overt. This can be expressed by a person being overly hesitant, extremely indecisive or by him having an exaggerated desire to control things. Most of our experience has shown us that it is not possible to simply make things right after causing damage.

Imagine a child breaks a vase. He feels bad about it already, and then gets to hear how stupid he is, about how expensive the vase was, and how sad mum is now because it had been an heirloom. What actually happened takes on a dimension that can no longer be confronted. Perhaps the child wants to get a pan and brush to clean it up, but his parents send him to his room in a fury instead. He has been closed off from the incident and is no longer able to sort things out. The next time something similar happens, the child will react differently. He will either try to hide the pieces and lie if asked about it, or he might think it better to not touch any more expensive vases, because they might also break. Perhaps he will become a famous art collector who specialises in valuable vases that are guarded by highly complex alarm systems and locked away in glass display cabinets.

The worst part of it all is how a person withdraws from the outside world. Do you know that feeling when you think that telling someone the truth would be like committing the act all over again? That would be an overt on top of an overt. Lies and withholds almost always arise from the need to avoid causing any more trouble. At the same time, these lies are usually destructive to every kind of relationship. They act like an unseen obstruction. We have all heard about sinister family secrets that are passed on secretly from generation to generation. Can you imagine the fear of the blast that would be caused by exposing those secrets?

And yet also how beneficial it would be? That is exactly what makes Family Constellations so successful. In this kind of therapy, old secrets and perpetually repressed matters within families are brought to light, which often has an extremely healing effect. The issues which had been secretly hidden away and poisoning relationships are finally revealed, and somehow everyone had already known about it.

It cannot be denied that we have all committed overts. The people who are most enthusiastic to point at others are often those with the darkest secrets to hide. So why do we deal with something that is a part of life in such a hypocritical and destructive way? Would it not be better to deal with it openly and give people the opportunity to keep communicating and sort things out?

Has the penal system ever produced anything other than more criminals? Former prisoners are even less able to become an integral part of society after having lived in social isolation, and they continue to live in social isolation after their release. They will never be able to completely live down that stigma.

It is much more effective for a person to be allowed to openly disclose what he has on his mind in a protected environment. He should be able to talk about what makes him feel bad or guilty. He should be allowed to free himself and then be allowed to make connections again in life. If you truly connect with other people, it is much less likely that you will harm them. This is because you are in interchange, while also helping and supporting one another. It is much easier to harm someone you do not know than someone you are connected with.

In this grade of auditing, we work on a Preclear's overts and withholds to help him find more personal integrity and enjoyment in life. Undoing things is obviously not possible, but it is possible to release the burden, or charge, from them. You do not have to lock yourself up in a self-imposed prison to avoid ever doing anything wrong again. You are allowed to realise your true greatness and to operate accordingly in life. If you hurt someone or make a mistake, you do not need to question yourself as a person. You can stop and sort things out.

In the same light, you can also release yourself from all of the situations in which harm was done to you. You can process the pain or anger of having been someone's victim and say goodbye to your fear. Fear of other people is an absolute deal breaker for being able to have deep relationships. Regaining your ability to maintain relationships and rely on others on all flows will significantly improve your quality of life.

This grade is not easy, but it is extremely effective! The abilities that you attain by the end of Grade 2 are:

F 1: Freedom from things others have done to you in the past. You are able to trust others again.

F 2: Relief from the hostilities and sufferings of life. You are able to take a position of full control again without fear of harming others.

F 3: You are once again able to allow others to cause others something. You are no longer afraid that someone could be harmed in the process. You no longer feel you have to get involved.

F 0: Relief from hostilities and suffering that you imposed on yourself.

Grade 3 – Freedom from the upsets of the past and ability to face the future

Are you familiar with situations in which you just want to admit defeat and move to a new city? Because things simply cannot continue as they are? Nothing is going right, everything is going wrong, you feel misunderstood, unacknowledged and cannot do what you want? You have to get away.

You think the supposed solution to your problem is change. You want to run away from it all and start from the beginning. The difficulty is that you cannot run away from yourself. The circumstances that are responsible for the situation will catch up with you again in your new surroundings.

In Grade 3, you look at the experiences that have put you in these kinds of situations. These unprocessed situations keep you from learning how to shape your future to suit you because you are still trapped in old resentment. They are the experiences, severe ARC breaks, which still cause you pain and anger even after years have passed. They are the things that you, in the truest sense of the word, cannot let go. And your reaction is to flee.

There is also a flip side to this phenomenon. Being confronted by a major change can completely throw you off course. Imagine that you are completely content in life, you love your home, have lots of friends and live in a lovely neighbourhood that you know well. Suddenly your parents decide to move, be it for a new job or for some other reason. This separates you from everything you know without a chance to do anything about it. You will obviously not feel like your new surroundings are paradise. You will be upset. The people in your new surroundings will not understand what is wrong with you and might think you are strange. This means that you will probably reap the corresponding responses, which will only intensify your negative impression. You will tell yourself that everything was better before and that no one understands you. You cannot do anything about the new situation and essentially fight against accepting it at all, let alone getting to like the idea.

Why is this subject focused on at this point? Because you are only now in a position to be able to look at these kinds of situations. These are situations that put you under so much pressure that the only way out seemed to be to run away. You are now able to learn how to say goodbye to old situations and develop strategies for solving future situations. You can focus your new life on the future.

Life is constantly changing. Those who are unable to deal with change will have a difficult time and get stuck in a time bubble. You most likely know some people who hold onto and glorify the past. They probably have suffered some sort of grave loss and now cling onto a time when "everything was better". Because they are not able to confront the present, they glorify the past.

However, those who "use" change as a kind of stunt to solve conflicts might also cause more harm than good. Change should be insightful and occur independently from reactive impulses. You should be able to evaluate and choose the best option for yourself. If that change is right and necessary, it will give you an opportunity to develop which will not harm you or others.

Think about grass in the wind. It sways back and forth. It is able to survive because it learned how to deal with the wind and still be able to grow. If it were stiff, it would run the danger of breaking. If it were to take to the air, it would lose its roots and thus its life energy.

A good change heads in a direction that is positive for you, and this includes your life up to that point and you as a whole. It is a change instead of a break. You have the ability to flexibly deal with the needs and wishes that you will be confronted with, and you will continue to grow and develop. When you no longer lose your way so easily, your feelings, thoughts and actions become less rigid. You will also be able to show more understanding for others, their motives and their changes. This is because you have regained the following abilities:

F 1: Freedom from upsets of the past. The ability to face the future. The ability to experience sudden change without losing your way.

F 2: You can accept others as they are and therefore allow them to behave as suits them. You no longer feel the need to change others to make them more acceptable. You are able cause change without harming others.

F 3: You lose the need to want to prevent or influence change occurring amongst others.

F 0: You free yourself from the upsets you caused yourself in the past. You gain the ability to bring about change in your life without causing adverse effects for yourself.

Grade 4 - Letting go of fixed ideas

This is where we really get down to business. In this grade, the last two barriers are knocked down. These are obstacles that you put in your own way, and they harm your integrity. It sounds dramatic because it is. It is a matter of being able to assume responsibility for your behaviour without having to justify yourself or making it someone else's fault.

"I am out of here!" When a situation hopelessly overwhelms you, this might be your automatic reaction. You know the signs. You are no longer sure if you can deal with a situation and start to prepare your strategic withdrawal. This plan works best when you are also able to dodge all responsibility. You become the self-imposed victim of the situation. It is nothing to be proud of, but it is something we are all familiar with. If the strategy is a success, you will use it again next time or the strategy will implement itself. The only problem now is that automatic reactions are not usually geared towards the situation and its solution. They do not take the current situation into account. That being said, the old solution worked and seems to be the ideal way. It also provides decisive advantages: you are right, and others are wrong. The solution justifies your failure. If things go well, you might even receive sympathy and pity. You become untouchable. No one likes to let go of these kinds of solutions. They make you feel like they protect and serve you.

When was the last time you heard someone say: "I am only human!" or "This is who I am, you just have to accept that!" or "Please don't talk about that subject. You know it always makes me feel bad when you start talking about it". Exactly. We all have things we hold onto, whatever the cost. There is a point where we draw a red line – thus far and no further.

To be able to survive, every person must rightly know when their own person – the value of their own personality – is being questioned. It is now a matter of self-assertion. It is about maintaining your position, which makes it seem necessary to set boundaries that others are not allowed to cross. Logic, understanding and reason are switched off at this point. The flows of communication also come to a halt. We do not even want to try to understand others, because that would force us to give up our "arguments" and to admit that we are wrong.

You simply run through your programme, because it makes you the one who is right

you can avoid external control with it
you can defend your point of view with it and
this scheme has already helped you at some point in time.

Having to give up that programme will feel like you have completely lost your footing. It will almost feel like you will not be able to continue to exist without this fixed idea.

Imagine you are a small child, and your parents never have time for you. You then suddenly become ill, and both of them are at your bedside full of concern. All at once, time and care are no longer an issue. What conclusion might you draw from this situation? "When I am ill, everyone takes care of me!" So...what do you think this child might do the next time he feels neglected? Exactly.

As soon as this kind of pattern or scheme starts to creep in, it is natural to continue using it based on its success. What? You do not want to come with me on my dream holiday? You know what, I don't feel so well. I don't think I will be able to go to the cinema with you today...oh, honey, I'm sorry, can I do something for you...well, you know, about that holiday... We are all familiar with this kind of conversation.

This sort of scheme often serves as an explanation for failure. You know, in our last game, I really was not in great shape, because you can get so caught up in it, that you start to believe it yourself.

If someone asks you about some kind of failure, you will always have a fantastic excuse, and the person asking would be completely unsociable if he is unable to show understanding and consideration. How useful: anyone who does not allow themselves to be controlled by this scheme is automatically wrong!

Essentially, a scheme which once helped a person survive is then used again at a later point in time to attain a specific goal. This kind of illusory comfort can get so out of control that the fixed idea becomes threatening to survival. Someone who always achieved things by being ill with a supposed illness might actually come down with a real chronic illness which does more harm than good. Or your partner or friends might at some point have had enough of your emotional blackmail and distance themselves from you.

When a person uses fixed ideas and schemes to protect himself and control his surroundings instead of truly communicating and battling through conflicts, the field of relationships becomes a minefield. Acting in such a way is not beneficial. Not for you, not for your friendships and not for your relationships. Instead of real relationships, you will only have power games. This is obviously not what you want, which is why it is so important to get rid of this pattern by the end of the grade. These ideas and schemes are exactly what keep you distanced from yourself.

They are the situations in which you were kidding yourself to avoid a supposed burden. They give you the perfect justification for your actions, because no one likes to admit to being wrong.

It is a sign of greatness to be able to acknowledge mistakes and failures. It is a powerful ability to be able to say: you were right, I was wrong. Especially when you are able to do so without having to feel bad.

This ability opens the way to relationships that are genuinely deep and honest, and that are not merely about being right. It provides an opportunity for you to be able to confess to yourself and others. It allows everyone to be their true selves, with all of our rough edges. This means letting go on a grand scale, being true to yourself and also allowing others to simply be as they are.

The abilities attained in Grade 4 are:

F 1: You can tolerate when others have fixed ideas or try make you the one who is wrong. You do not feel the need to react in a like manner.

F 2: You are able to move out of fixed conditions. You feel able to face life and make decisions without having to justify them to others. You no longer make others responsible for things in your life, and also no longer want their sympathy. You can be right or wrong.

F 3: You are able to deal with the fixed ideas or conditions of others. You no longer feel the need to get involved when people are blaming each other, justifying their actions or become defensive. You can face it all with composure.

F 0: You can face life without making yourself the one who is wrong. You are no longer self-depreciating or make yourself feel guilty. You feel comfortable in your own skin.

If the grades have been completed and the state of Clear has not be reached yet, Dianetics processes are run. In such a case, there are still engrams which are hindering the state of Clear. Dianetics help to break apart the charges and misemotions in these engram chains.

The state of Clear will eventually be reached. You will know when you have reached Clear, because it is a state that you already know. It is a natural state that suits you. You will know deep within – I'm back again.

Knowledge is Power and Independence – Training in Scientology

What is true for you is what you have observed yourself. And when you lose that, you have lost everything.
L. Ron Hubbard

The more knowledge and free access you have to your abilities, the less dependent you will be on external influences when shaping your life. This is the aim of Scientology – for you to become more autonomous. It is only when you understand how things function in life that you are able to truly take your life into your own hands. Auditing can help free you from charges from the past. Now in present time, it is up to you to shape the rest of your life. It is clear that you do not want to make the same mistakes as in the past simply because you do not know how to deal with specific phenomena in life.

The subject of training is greatly emphasised in Scientology. However, in this case it is not a matter of amassing learned knowledge simply for the sake of knowledge or to feel superior to others. The sole purpose of this knowledge is for it to be applied in life. The value of knowledge is determined by how it can be implemented and its usefulness in helping you reach your goals.

Improved Learning

When L. Ron Hubbard was training the first auditors, he realised that many people have serious difficulties with learning. Even now, educational systems are predominantly set up to cram knowledge into students and then access it later in tests. The motivation to acquire knowledge for one's own good and the good of others has certainly fallen by the wayside. As a consequence, more is memorised than is understood. A great deal of people also no longer want to educate themselves further, because what they have learned has no connection with their lives. Learning is associated more with pressure than with fun.

Hubbard developed something called Study Technology which we also use in the Ron's Org. It can teach you how to make learning truly worthwhile. You will find out about potential obstacles in learning and how to deal with them. You will learn how to set priorities while learning and to pay close attention to application.

Three phenomena that we are all familiar with are of prime importance:

The Misunderstood Word

You might have experienced moments when you are reading something, but do not want to continue because you no longer remember what you just read.

This is usually due to one or more words which you did not understand or misunderstood. If you simply skip over unclear terms, you will no longer understand the overall context. You will feel uncomfortable, it all no longer makes sense, and you would rather forget the whole thing or toss the book in a corner.

The Balance between Theory and Practice

If you amass a great deal of theoretical knowledge about something that you do not truly understand, you will feel completely overwhelmed by that knowledge. You will not be able to connect what you have learned with what you have already experienced in life. What you would really like is to understand it all, which would ideally mean being able to see, experience, touch and try out what you have learned. Images, drawings and models can be very helpful. What is important is being able to form an understanding of what has been learned.

Too Steep a Gradient

Learning is always performed step by step. If you have not really understood and mastered one step, it will be difficult to take the next. You will be confused and unable to take that step. There is usually something in the previous step that is still unclear, and this makes the following step appear too steep.

We constantly encounter this phenomenon at school, in training, at work and throughout life. Discovering and removing these obstacles can be very easy and effective. It is also an enormous relief to know that you can easily acquire knowledge about something that truly interests you.

With my own kids, I have often experienced teachers who enthusiastically burst into a classroom and start talking about "algebra", but the kids simply have no idea what the word means. I have also seen children who have difficulties with grammar because they have been bombarded with Latin terms for tenses and cases.

It really is a pity and absolutely unnecessary to torture yourself with learning. There is no such thing as a dumb student; there are only unsuitable methods for transferring knowledge. Every child wants to learn. From the very beginning, they are busy discovering and understanding life. Misunderstandings can accumulate over time and take all the fun out of learning. That is why we consider Study Technology to be a very useful tool for improving your quality of life.

Communication Training

This is the foundation for absolutely everything. Without communication, we have no social life, no relationships and no way to express our wishes, needs or plans.

The ability to communicate is the pivotal point of all development. This is why restoring the ability to communicate is at the very beginning of the bridge. Without successful communication, it is not possible to actually process your own past.

In our communication training, we break communication into all of its components. We give you a large number of exercises to give you a good feel for how successful communication can look for you.

The foundation is an exercise that can be found in many spiritual schools of thought. You sit across from another person and try to just be there and perceive. It might sound quite easy, but there is a lot more to it. Thoughts pour in; it might be embarrassing for you to look at another person and to show yourself; the other person may evoke emotions or thoughts that are uncomfortable for you. After performing this exercise for a while, you will notice that you can just be present. You realise that you are not the same as your thoughts, and that thoughts come and go. You are in the here and now. And that is the foundation for being able to communicate with someone.

The exercises that follow are concerned with matters such as how you can direct your communication for it to be received and understood by your partner. We are all familiar with situations in life in which everything goes wrong and ends in conflict. You can learn how it feels when what you want to say actually comes across.

You can also learn about the opposite of sending messages, namely about how to receive communication. How is it possible for you to truly listen and appropriately let others know that you have understood them?

You have probably already noticed that these are things you deal with on a daily basis which sometimes work and sometimes do not. Our wish is for you to be able to autonomously control your life.

Comprehensive knowledge is available for you to use in so many areas that are relevant to your daily life. Regardless of whether you want to learn about relationships, conflict resolution strategies or understanding emotions, it is possible for you to obtain data and learn methods that will simplify your daily life and put you more in the cause-position. You will have a better understanding of your fellow human beings and will also be able to help them more.

For L. Ron Hubbard, it was always important that you verify the applicability of the data you have been given. It is up to you to figure out whether you agree with it or not, and whether the data is comprehensible and true. It would be fundamentally wrong to simply adopt something without checking for yourself to see if it actually works that way. It is only after doing so that you have made that knowledge your own.

Auditor Training

If this has left you wanting more, and you feel the desire to become an auditor yourself, it is possible for you to learn this profession in a comprehensive training plan. The training is structured very well and focuses on application.

Every level that is audited on a PC also has a corresponding training level. You first learn about the theory of the level; what it involves, which processes are used and why. You then practice the corresponding steps until you feel confident that you will also be able to apply them in practice. In hands-on training, you are then able to implement the knowledge you have learned in an actual session situation. After each session, the case supervisor reviews everything in detail to find potential mistakes and immediately correct them with the auditor in training. All corrections are made before your next session. This ensures that the auditor is able to work through the mistakes he made and clearly understand what happened to feel comfortable again before the next session.

If you would like to become an auditor, it is extremely important for you to be passionate about truly helping others. Auditing is an activity that needs to be performed with your heart and soul to get good results. The moments at which the person you are auditing begins to show noticeable improvement make it more than worth your while.

Scientology offers a great wealth of knowledge for you to discover. It is important to know if a particular field really interests you as well as what you would like to achieve with it.

I have only touched upon the subject of training to give you a quick glimpse of what it entails. As I said, there is so much to discover...

Behind the door – The OT Levels

A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness.

This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. The true value of a human being can be found in the degree to which he has attained liberation from the self. We shall require a substantially new manner of thinking if mankind is to survive.
Albert Einstein

So much nonsense has been spouted about the legendary OT Levels that people must think that anyone involved in Scientology must be seriously out of their mind.

It quite simply has to do with the fact that free access is not granted to the materials of the OT Levels. The levels after Clear are confidential. Why is that so? These levels cannot be understood by people who are not yet ready for these levels. In addition, anything that is not easily accessible can quickly become mystified or a projection screen for wild ideas.

OT quite simply stands for Operating Thetan, meaning a person who can operate freely. No more and no less. It does not refer to an omniscient being who can fly or walk on water. It is simply a matter of enabling a person to be able to achieve exactly what he wants in all areas of life.

It is a gradual process which begins by attaining the state of Clear. Clear can be considered the foundation. When a person is once again clear, he is able to address charge in other dynamics. OTs take this path on their own, but we do provide support in what is known as solo auditing. This person no longer requires an auditor and can work in a session by himself.

On the way to Clear, you focused on your own observations, limitations and mental image pictures. These aspects are still the focus afterwards, but they are now looked at in the other dynamics. Your interrelations with collective charges or incidents are observed and released.

Before a person is Clear, he is still too caught up in his own mental image pictures. This keeps him from being able to see the bigger picture without judgment.

Every impression is still linked to his own observations. It is only after reaching the state of Clear that the necessary distance to external events has been established, and the doors are then opened to these perceptions. That is a good thing.

If a person passes through a door without awareness of what is beyond that door or the ability to deal with it, everything will seem absurd or hard to believe, or one is quite simply not able to apprehend anything at all. This is how the mind protects itself from being overwhelmed by the information to be processed.

People who are not Clear yet still experiment with data from the OT levels and then speak negatively about it cannot really be taken seriously. They were not ready for it and do not have a real understanding of the concepts. It overwhelms them and their minds reach for mechanisms of defence and repression to avoid "overheating". Realities that are beyond most individuals' power of imagination have always been ridiculed, attacked and invalidated. At a certain point in history, those who presented the knowledge that the world is not flat often suffered bitterly as a result. If people are not able to perceive the existence of something, or they have too little or no knowledge of it whatsoever, it tends to frighten them. This results in rejection and, in the worst case scenario, aggression. People want to dissociate themselves from what frightens them.

All spiritual schools of thought involve gradations of knowledge. Many have used this rule to make themselves more exclusive and to exclude others. A person at a higher level is of greater value, an elitist, and is allowed to elevate himself above others. This is obviously absolute nonsense and is the result of widely spread compartmental thinking in terms of status.

You as a person should not change on your spiritual path. Instead, you should essentially resolve and dispose of everything that keeps you from being yourself. You will not become a different person, nor will you become the ideal concept of a person. You will simply become yourself again. This means that a person's current level says absolutely nothing about the quality of a person. At most, it indicates which subjects he will be tackling next.

These subjects are like onion skin that is peeled off in subsequent layers. It is only after one layer has been completely removed that you will be able to see the next. When looking at the outside of an onion, it is difficult to know what is hidden within. Having someone tell you will not help either, because it is not available to you yet. You are not able to see it with your own eyes, nor are you able to understand and process it with your own perception.

This is why we respect the sequence of levels and provide material when a person is ready and able to open the door to the next level.

Speaking on my own behalf: Scientology and Discrimination

*When you realise others are different from you,
you then begin to become wise.
Zen saying*

Discrimination means putting a specific group at a disadvantage or the disparagement of a group or individuals.

Discrimination against Scientology and Scientologists has become quite commonplace. Scientology has been one of the media's favourite topics for decades. Very few people have noticed that the mantra-like repetition of statements comes from so-called experts who are always the same people who quote one another back and forth. It has developed its own kind of momentum which no one seems to question. It seems everyone already knows how awful Scientology is, and that there is a constant threat that it will take over the world. There is no need to doubt that. And if a person should have doubts, then others might accuse him of sympathising with Scientology. And no one wants to be put under accusation.

A major part of this development has been caused by the Church of Scientology itself, which has led me to often wonder who is responsible for their public image. Their PR strategy has effectively put Scientology high up on the list of terms with the worst reputation. No one wants to be even remotely associated with Scientology.

The Church of Scientology has managed to destroy all confidence in the underlying methods by L. Ron Hubbard. Scientology is being ripped to pieces by The Church with its elitist behaviour, rampant sect mechanisms, covert distribution of teachings and the manner in which they deal with their opponents or "defectors". The response is understandable. I have encountered former members of the Church of Scientology so often who have truly lost everything instead of – as had been promised – regaining their abilities and freedom. They are no longer employed, they have no friends and often no family, and some are deep in debt. Their trust in and idealism of a good cause have been abused, and their lives have been destroyed.

It then comes as no surprise that official organisations in Germany are trying to place constraints on the Church of Scientology. Since the mid-1980s, companies have tried to protect themselves from being infiltrated by the Church of Scientology by submitting what is known as a declaration on protection. The realms of administration, management and politics are to be protected from any influence by the Church of Scientology.

However, there are a few factors that have ceased to be considered for quite some time:

The Church of Scientology no longer has any public, political or economic influence in Germany. The number of its members has been shrinking continuously for years. In contrast to the USA, where this organisation seems to still be going strong, the members are leaving in droves in Germany. Nonetheless, a supposed threat is still automatically imagined which has nothing to do with reality. And that is exactly how the Church of Scientology lays their fundamental groundwork. For a sect, it is extremely important to make the outside world look threatening to its members. It is the simplest method for maintaining control over their members. When the outside world rejects Scientologists so strongly, it immediately becomes the enemy for every member of the Church of Scientology. In this closed parallel world, every member of the sect will think long and hard about whether their doubts regarding its leaders are justified. If an open discussion were to be held about Scientology and the Church of Scientology, this would give more people an opportunity to deal with their situation as a member of the Church of Scientology without fear or possible repression. That would make it much easier for them to leave the system.

It is not in line with the Basic Law or with the Anti-discrimination Law in Germany to force people to sign a declaration on protection, which is meant to prevent possible infiltration by the Church of Scientology, that also affects people who have merely investigated the subject.

These declarations have now found their way into every conceivable and unconceivable realm, and the questionnaire has grown to a degree which leaves you shaking your head. Whose business is it to know what seminars I visit in my spare time, what books I read or which philosophical schools of thought I find interesting? And how useful is it to put an applicant in a situation in which he may have to lie to get a job? Perhaps someone read a book by L. Ron Hubbard at some point, but no longer dares to admit it because he might not be considered for a job as a result. Scientology is not banned in Germany and the books by L. Ron Hubbard are not listed on any index. Nonetheless, questions are asked in declarations on protection which in fact concern the private life of a job applicant. When I asked my lawyer about these questions, he replied drying that the questions are not even allowed, which basically means it is not necessary to answer them truthfully. Yet no one has dared to battle it out in court so far.

In the last 20 years, I have certainly had my share of intriguing experiences. I have seen people have to sign declarations just to register their child for nursery school or to be able to work with an aid organisation. None of that is possible if you have or ever had anything to do with Scientology, regardless of whether you were a member of the Church of Scientology or not.

That is discrimination. No more and no less.

It means that any differentiation or actual examination of the subject of Scientology will never happen! That is one of the reasons for writing this book. The methods by L. Ron Hubbard need to be considered independently from a manipulative sect that misuses the technology for power, money and influence. When we look at the past, we see that this kind of tragedy has occurred time and again. It is the misuse of an idea, a religion, an ideology or a technique that is meant to help people. Every individual has the power to do good or bad with a method or concept. Destructive power does not come from a method itself, but rather from the sociopathic people who use it for their own purposes.

I have noticed a growing trend in society, namely that people no longer differentiate things. They no longer actually look into a matter, and instead just adopt the spoon-fed opinions that the mass media is so fond of spreading. They do not gather their own information; they just put things in prefabricated compartments instead. So much knowledge gets lost in the process that could be used in the right direction. If we are aware of the problems that confront us all, should it not be our endeavour to move in a direction in which all kinds of knowledge and information are thoroughly examined? Should we not find out for ourselves whether or not a method or field of knowledge might be a piece of a mosaic that will lead us all further forward?

Stereotyped thinking gets us nowhere. Instead, it makes us more dependent upon controlled opinions. Every person has his own personal judgement which he should also use.

Dianetics and Scientology were developed by L. Ron Hubbard to help people rediscover their self-determination. He drew upon the existing pool of knowledge and developed methods which he found applicable. It is knowledge that we can draw from in a self-determined manner, and it is worth considering in greater detail. Just like all other knowledge.

We should not limit our thinking or freedom of expression, nor should we let others dictate what we are allowed to investigate. I personally have had enough of seeing people be frightened to say that they help others with Scientology methods.

If things are to really change in the world, we should pay no regard to prejudices and prefabricated opinions. It is first necessary to review and openly discuss topics and concepts, no matter what the field, in order to open up new options and opportunities. Seclusion and isolation have never helped anyone.

There is so much to learn and discover when we are open to understanding that there are as many perspectives and universes of thought as there are people. We can also all benefit from one another, instead of exhausting ourselves with battles and insisting on being right. After all, universal knowledge belongs to all of us; it is our treasure for us to draw from.

From the bottom of my heart, I wish for the acceptance and open consideration of all knowledge that leads to improvement. Without prejudice or compartmental thinking. Everything is a contribution which brings us further depending upon how we handle it and our motivation for using it. This also includes Dianetics and Scientology. My wish is for people to be able to speak openly about them without feeling like they need to keep it secret to avoid being lumped together with the Church of Scientology. That is not worthy of an open and informed society.

All we have to do is let it happen. Discrimination is always born out of fear and ignorance. You do not need to be frightened of discovering new things or establishing contact. On the contrary, that is the major potential that you have: the ability to learn, discover and develop.

Epilogue, or, what I would like to add..

The idea for this book has been in my head for quite some time. In recent years, I have met an increasing number of young people who approach the whole topic of Scientology in a much less inhibited manner than my own generation. They are much more open and have a lot of questions. They want to get their own idea of things, instead of simply adopting the opinion presented by the media. This reinforced my conviction that the time had come to clearly show how Scientology functions, while also publicly standing up for these wonderful methods. Every person who works with Scientology freely and with good intentions should not have to hide or feel bad about it. That would be an extreme act of feeling ashamed for something others have done.

Being able to deal with the topic freely requires two things: transparency and openness. We need to openly say what we do and make it possible for others to inquisitively and positively approach us. I personally have never had a problem talking about my work with the people around me. They know me, and also know how I handle my work. It is obviously more difficult for people who do not have this kind of direct contact, because negative associations automatically come to mind. It is difficult for them to compare, because they are only familiar with the negative image of Scientology.

It therefore makes me all the happier to have finally implemented the idea of this book. I am also deeply grateful to my long-time and very dear friend Nikolaus, who was so generous in helping me with writing. He is able to view the entire field from the outside, which is of inestimable value to me. He made sure that what I was writing would also make sense to non-insiders. He also let me know whether or not people would be able to form their own impression based on the information provided. I obviously am not able to make these judgements, because I work with it all on a daily basis.

My intention is to describe the methods of Scientology up to Clear in a way that makes it possible for every person to understand the coherence of the methods and to see the entire field from a new perspective. I also want to counteract the myths, rumours and misconceived concepts circulating about Scientology. There certainly are quite a few of them...

My hope for this book is that it will be understood by many. I did not want to write a scientific paper or aim for the Pulitzer Prize...I wanted to outline the basic methods up to Clear exactly the same way I would explain them to someone sitting across from me for the first time. Just with a bit more detail.

This is obviously my personal view of it all. I do not claim to be objective and cannot speak for other auditors. Every person has his own experiences and views, which I also wish to respect.

Those who are truly interested should work with the original material, which can also be found online at www.stss.nl.

One of my dearest wishes is that it will someday be completely normal to work with Scientology. I wish for Scientology to be accepted once again as one of many paths, without claiming to be the one and only. I would like to give everyone reading this book the opportunity to find out if this path could be helpful to them and whether it feels viable. I would like there to be a differentiation between a method and its application. I firmly believe that most people can put more trust in their power of judgement instead of accepting spoon-fed opinions. Those who have the courage to tackle new information help us all to make this world a better place. It is completely normal for uncomfortable truths to first be ridiculed or opposed before being accepted by a greater number of people.

I believe that we as people are able and equipped to take the problems that face us into our own hands. To be able to do so, we need to grow, we need to discover ourselves as well as our differences and our abilities. We need to also understand that these difference and abilities are full of opportunity and enrichment. People all over the world are working on projects, and they are not waiting until change comes "from above". Instead, they are improving very specific things in their immediate surroundings, be it education, nutrition, resources, community life, cash flows and so on. I feel that the methods of Scientology could make an important contribution, just like so many other things.

Being able to truly make a difference in a community requires that every single individual has confidence in himself and others. There are many ways to work on that confidence, and I would like to add our methods to the array of possibilities.

I am deeply grateful for all of the impulses, impressions, discussions, lectures, encounters and most especially the people who have helped me become the person I am today. It all has been and continues to be valuable, and it has sparked a development. Every impulse was another piece of the mosaic leading towards understanding. It is only with openness and tolerance that we will be able to grow into the people that we could and want to be.

Just a few weeks ago, I read a quote for the first time from Arundhati Roy, an Indian author and activist, which truly fascinated me:

Another world is not only possible, she's on the way and, on a quiet day, you can hear her breathe.

It is difficult to say it any better.

Life starts at the end of your comfort zone

Here are a few more useful links to check out...

www.ronsorg.ch – Homepage of The Ron's Org Grenchen, Switzerland

www.ronsorg.de – Homepage of The Ron's Org Munich

www.rons-org.de – Homepage of The Ron's Org Frankfurt

www.ronsorg.com – Homepage of The Ron's Org Committee, an umbrella organisation of The Ron's Orgs, where you will find all of The Ron's Orgs worldwide, as well as field auditors

www.stss.nl – Homepage of The True Source Scientology Foundation, which has put all of the material up to the OT levels online.

<http://dasdrittejahrtausend.de/> – Homepage for all Scientology insiders and people who have either already left the Church of Scientology or are thinking about doing so and are in need of information

<https://youtu.be/emKvMPGSc0s> – The Beginner's Guide to L. Ron Hubbard, a very amusing documentary film by Channel 4 about the Free Zone and The Ron's Org

<http://ronsorg.ch/vortrage-von-captain-bill-robertson/> – Here you will find lectures by Bill Robertson about different topics

I also highly recommend many of the TED Talks presentations on YouTube, which are also available in multiple languages

Glossary

Affinity

Affinity refers to the degree of affection for something or someone. It is the feeling of loving or liking someone. It also has a lot to do with closeness. You would like to be closer to a person that you like a lot, as opposed to someone who does not appeal to you.

ARC

ARC is composed of A = Affinity, R = Reality and C = Communication (see definitions further below). These three terms are very closely related to one another. If you feel affection for or like someone, this means that you enjoy communicating with them, and you find out that you have quite a lot in common through that communication. It makes you feel accepted and understood. The term ARC expresses kindness, understanding and friendliness.

Auditing

Auditing is the practice which we use in sessions, regardless of whether we are using techniques from Scientology or Dianetics. The Latin word *audire* = *to listen or hear* is what defines this method. An auditor is trained first and foremost to listen to you. In a controlled and targeted manner, an auditor activates emotional content in your reactive mind, which you can then observe and talk about. This makes it possible to process incidents that were stressful for you and beyond your control which have now wandered into the unconscious area of your mind. Auditing makes you conscious of parts of your past and personality again. This makes you more yourself and more aware of your own strengths and abilities.

Auditor

The auditor is the person who works with you in a protected environment to process the contents of your reactive mind. An auditor simply listens to you without condemning you, without judging you and without analysing anything for you. They let you have your own realisations and guide you with their affection and presence through unprocessed issues from the past which burden you.

Bridge

The purpose of L. Ron Hubbard's research was always to show a viable path. A path out of uncertainty, irresponsibility and external regulation. Every person is just right as he is. The problem is that so many people no longer have proper access to themselves and their abilities. This is caused by interpersonal conflicts, degradation and trauma of all kinds. The more this is repressed in the unconscious mind, the more blocked the access becomes to your own potential.

The Bridge is a sequence of steps that can be followed, one after another, to regain your innate abilities. You become yourself again. That is the only goal.

Charge

Stored, damaging energy that collects in the reactive mind. It is the result of conflicts and unpleasant experiences that you have had in your life.

Clear

Clear designates a state. It is the state that we all originally had within us. It is a state in which you are yourself, and you are completely conscious thereof. You are no longer affected by the content of your reactive mind in your first dynamic.

If enough charge has been processed during auditing, you return to this state automatically. It is not an artificial point, but rather something that you actually know. Buddhism has a good analogy for this. Buddha said that the Buddha nature is in everyone inherently.

Communication

Communication is the exchange of thoughts, ideas and emotions between two or more individuals. Good communication is when the content of what is being communicated is received clearly and distinctly and can be understood by the other party.

Dianetics

Dianetics, the precursor to Scientology, is concerned with events that are heavily charged with emotions such as pain, loss and unconsciousness. These are traumatic events which are located in the subconscious and have an impact on an individual's daily decisions. They are the cause of psychosomatic illnesses, fears and compulsions.

Dianetics auditing removes the emotional impact from these events. Although they remain in your pool of experience, it is possible to access them analytically after successful auditing.

Dynamics

A dynamic is a driving force or playing field in your life. There are eight dynamics in which a person is more or less active. The First Dynamic is of the self, or you as an individual. The Second Dynamic is the area of partnership, sexuality and children. The Third Dynamic comprises all group activities. The Fourth Dynamic involves you as part of mankind. The Fifth Dynamic is the field of all life forms, animals and plants. The Sixth Dynamic is the physical universe in which we exist with the components matter, energy, space and time. All spiritual activities occur in the Seventh Dynamic. The Eighth Dynamic is referred to as the infinite or God dynamic, however, it is not defined further, because there are very different views in this area.

Engram

An engram is a mental image picture in which you have recorded a moment that involves physical pain and a kind of unconsciousness. This recording is located in your reactive mind and influences your behaviour.

Entheta

Entheta arises when your theta becomes stuck in a situation, incident or conflict. When your energy is no longer able to flow freely and becomes confused or blocked, enttheta is created. This means that your energy becomes stuck at that moment, and you no longer have access to it; this energy is blocked. Auditing can be used to release this energy by looking at and understanding what happened.

Grade

Grades are a sequence of steps taken on the road to becoming Clear. Every grade deals with a particular ability which is to be regained. For example, Grade 0 involves learning to communicate with anyone about anything. The abilities of each Grade are abilities that you inherently have, but they have been blocked by negatively burdened situations in life.

Lock

A mental image picture of an experience in which you are knowingly or unknowingly reminded of an engram. It could also be called a trigger moment which activates a burdened moment from the past.

Mental image picture

The moment in which you make a recording of a situation which you encounter, a mental image picture is created. Mental image pictures are like photographs of the physical universe at a particular point in time. Your memories are predominantly made up of such mental image pictures.

Mind

The mind is a person's communication centre. This is where all impressions from your own experience are recorded, stored and processed. If you are in a stable emotional state, your mind is able to draw rational conclusions from what you have experienced. This is the **analytical** part of your mind, which records everything and compiles solutions and conclusions.

If you are in an emotionally strained situation, you are not really at one with yourself. Your perception is no longer free and open. Just imagine how your surroundings look when you are scared, as opposed to how things look when you are happy and interested. What an enormous difference!

The information that is recorded in a situation in which you are emotionally stressed makes its way into the unconscious part of your mind. We call it **reactive**, because the recorded information causes this part of your mind to simply re-act instead of analysing and then acting. At this moment, an impression that is similar to a negative experience is enough to make you react automatically. You are no longer in command.

These unconscious reactions are exactly what we would like you to become conscious of again.

Preclear

A person who is not Clear yet (pre = before), yet who has started on the road to Clear.

Reality

Reality is an agreement about that which appears to be. If two or more people agree on something, it becomes real. The more people agree about something, the more real and fixed it becomes.

You naturally have your very own reality and your views which are true to you.

Ron's Org

We clearly differentiate between our view of L. Ron Hubbard's philosophy and the view of the Church of Scientology. Our intention is to give individuals access to ways and means to find their way back to themselves in a manner that is self-determined and in harmony with each individual's own life. Without dogmatism or thought control.

The Ron's Orgs are interconnected in a network, and we oppose hierarchical structures. A superior, leading authority does not exist in The Ron's Orgs.

Scientology

The word Scientology is composed of the Latin word "scire", which means knowing in the fullest meaning of the word, and the Greek word "logos" for study of. Scientology is a philosophy that was developed by L. Ron Hubbard which has its roots in Buddhist and other Eastern as well as Western schools of thought. Great emphasis is placed on functionality and applicability. Scientology is a philosophy of knowledge which aims to offer people ways and means for finding their way back to themselves and their own strengths.

Secondary

A secondary, or secondary engram, is a mental image picture of a moment of extreme psychological stress or extreme physical pain, such as the loss of a loved one. No physical pain actually occurs at that point in time. However, a secondary can activate a past engram that is similar to the secondary moment, which then re-stimulates old physical pain from the past engram.

The Church of Scientology

The Church of Scientology was founded by L. Ron Hubbard to create an organisational framework for training and the application of Scientology. Hubbard increasingly withdrew himself to dedicate his time to further research. The Church of Scientology has since been managed by a board that has consistently steered the entire organisation further away from its original objective.

The Church of Scientology claims to hold all rights to the works by L. Ron Hubbard and tries to stop the use of this philosophy beyond the Church's sphere of control. The original technology has been continuously modified over time, and the members of the Church of Scientology often find themselves living in a strictly controlled situation.

Theta

This is your innate spiritual energy, your vitality, your life force. It is the energy you feel when you are truly one with yourself, when you start something fantastic and things are going the way you had expected.

Time track

The time track is the chronological record of your life. All moments are recorded in the form of mental image pictures which are saved either in the conscious, analytical part of your mind or in the unconscious, reactive part. The more charged the recording is, the more difficult it is to retrieve or remember.

Training

Training refers to our course and training measures. This is where important data is communicated which makes it possible for you to understand life better, including communication, emotions, studying difficulties and much more.

It is also possible to train to become an auditor.

The goal of all training in Scientology is to improve one's abilities in dealing with oneself and others. Applicability is of utmost importance. It is not a matter of simply knowing something, it is a matter of what you can do with it.