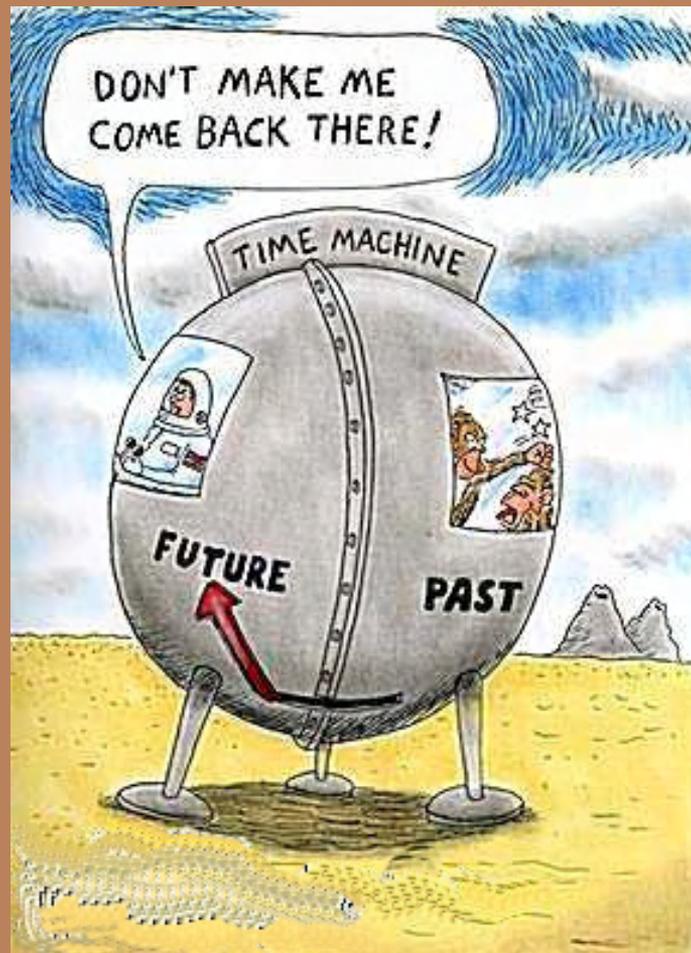




# *International* **Viewpoints**



**“May the *Tech* be with You!”**

# New Ivy Editor-in-chief Wanted!

## I will be retiring at the end of this year

Editor-in-Chief: Rolf Krause  
Office Manager: Heidrun Beer  
Webmasters: Angel Piercy, Flemming Funch  
Assistant editors: Judith Anderson,  
Agnes Araujo, Tom Feltz, Conal Clynch, Tony Geir.  
Guest editors and authors.

Board of directors:  
Morten Lütken, Lars Peter Schultz.  
Ole Gerstrom, Claus B. Hansen, Rolf Krause.  
Patron: Antony Phillips.

### **Aims of IVy Magazine:**

Updated September, 2008

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

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

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

Our three main activities are:

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



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By the end of 2010 I will be retiring from the post as editor-in-chief. I have told the board of directors this some time ago and I believe a search has been started to find a replacement.

Since this concerns all Ivy readers and we hope to find a replacement within the readership, it is appropriate to bring this message here.

I have been working for Ivy since 2002, the last two years as editor-in-chief, and I find it is time to seek new challenges.

I have for some time run an auditor practice and will devote my time to this and hopefully also start the Clearbird academy that in part will do the training of aspiring auditors online. The plans for this is still in the making, but the idea is to do the theory training online and then do training camps for practical and initial co-auditing. I will also train people in telephone auditing and offer supervision of this.

As far as Ivy is concerned I will still submit articles and content to a new editor and be helpful in teaching him or her "the ropes."

The possibility of that a new editor will not be found has also been considered. Should this be the case, we will still publish the high quality stream of articles on Ivy's website that will continue.

This plan B is to make -- not Cyber Ivy but Web Ivy. The articles would be published from time to time as they come in and are edited to a professional standard. They would be published to [www.Ivymag.org](http://www.Ivymag.org) that in this scenario, as now, would become freely available to all and possibly with the feature that readers could comment directly on the articles. This, I am sure, would be of great interest to the authors as well as of interest to other readers.

Editor-in-Chief

Rolf Krause,  
Denmark



Rolf K, Editor-in-Chief

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*By Fumeo Swada*

The author is a high ranking Shinto priest who has read most of LRH's books and review Scientology from his perspective.

# The 2010 Ivy Conference in Copenhagen a Great Success

The week-end August 28-29, the annual IVy conference was held in Copenhagen. It was held at the same location as last year, in a hall near the Copenhagen Zoo.

This year we had participants from Denmark, United Kingdom, France, Hungary, the Netherlands, and Israel.

We were welcomed by Antony Phillips, who is in retiring mode, but still is the defining figure for the IVy community.

Under the competent guidance of Flemming Funch we then proceeded to set a program under the concept of "Open Space." This means that we co-created the conference as the speakers checked in here with the topics they wanted to speak about. It yielded a very full program, actually more than we could cover in the two days.

The two days worked out as follows:

## Saturday

**Flemming Funch, France:** Auditing from PC at Cause. The concept was, whatever condition the PC is in he is creating it in present time. Finding out how the PC creates this condition and coaching him in gaining control over this involuntary creation was, I believe, the central idea.

**Per Schiøttz, Denmark:** Per Did a demo of the Mindwalker computer meter and spoke about using it. Nic Ford, the designer and manufacturer of this meter, supplemented by answering questions. Per also presented some of Captain Bill Robertson's Music that is being republished. Per Schiøttz also spoke about fields (à la morphic

fields) as they apply to PTS handling. The PTS is actually granting power to the SP by involuntary granting validity and holding in place the SPs negative opinions and invalidations.

**Ole Gerstrøm, Denmark:** Spiritual Guides. This was also a group session where the participants could find their spiritual guide.

**Ralph Kwiers, the Netherlands:** Explained a 4th dynamic repetitive process and ran it on the audience in a demo group session. Ralph works as a case supervisor for Arianne Kiss, our Hungarian participant.

**Hank Levin, USA (on Video Conference):** Hank is the manufacturer of the Clarity meter and located in San Francisco. He gave a demo session (using his computerized Clarity meter) to a pc who holding the cans in his own home on the east coast of USA. On the screen we could see the meter and the PC. The PC was holding the cans of a meter that was set up at his end. Using screen dump software (part of the Skype telephone program) the auditor (Hank Levin) could watch the meter in one window and the PC (via Skype's video conferencing software) in another window.

## Sunday

**Uri Raviah, Israel:** Talked about the need of ethics in the field as Pcs needed more guidance in choosing auditors.

**Anne Sofie Gerstrøm, Denmark,** a "newborn" mother herself: The Lotus birth Method. In this method the umbilical cord is not cut after birth. The placenta separates naturally from the mother after the child's birth. The umbilical cord is still connected to the placenta. it provides

nutrients, etc to the child for a period of several days while the child on a gradient gets used to mother's milk. The placenta after a while withers, and the umbilical cord falls away in a natural manner. Anne Sofia, gave birth to her first child this way a few weeks before, and we saw the happy little boy, Eigil, who was born this way.

**Rolf Krause, Denmark:** talked about phone auditing, GPMs and he announced his cessation of editing IVy at the end of this year, and a discussion of the future of IVy followed (IVy lists continues)  
Ole Gerstrøm, Denmark: exercise in finding ones spiritual guide.

**Ralph Kwier and Ariane.** Foundation for gifted but underprivileged children in Hungary. The aim of the foundation is to discover and help newly arrived thetans in Hungary in their school years.

This year's conference was, as usual, sponsored by IVy's board of directors. We want to especially express our gratitude to Ole and Sus Gerstrøm. Ole was the prime mover in getting this year's conference together and he and his wife served an excellent cold table lunch both days. Also a special thanks to Flemming Funch who, despite a stomach infection, did a marvelous job of setting the agenda and leading the conference.



A Conference tradition is to “go and see the elephants” after Saturday’s program. This year we saw the elephants take a bath and swim under water. After this excursion the party went and had dinner at a Copenhagen restaurant.

**Antony's Scientology Story 7**

# First Saint Hill Staff Years

*By Antony Phillips, Denmark*

From 1964 to 1968 I worked at Saint Hill Manor, East Grinstead, England. The staff grew from about ten Scientologists on staff when I started, to about 150 when I was moved to Edinburgh. This installment deals with the times I worked with (or was on leave from) the Saint Hill organisation: August 1964 to Dec 31st 1967.

The Scientology staff when I arrived consisted of three (I think) Saint Hill Briefing Course supervisors (probably Fred Hare, Herbie Parkhouse and Reg Sharpe), a receptionist (Monica Quirino, I think), a registrar (Mary Long, who found me accommodation), Ron's International Organization communicator, Linda Nusbaum from South Africa, (in whose rented house I had a room), Roger Biddel (who did the tape recording - he had made a coloured tone scale, for which he was awarded a professional course), Edgar Watson, (doing book publishing and sales, as far as I know), and Ken Urquhart, Ron's butler. I was replacing an American, Joe Breedon, who returned to the States, and I handled Central Files and Addresso.

There were other staff, who, as far as I knew, had nothing to do with Scientology: Mrs. Thrup, Ron's personal secretary, Mrs. Foster, housekeeper (may have come later), Bonwick, the chauffeur, who drove the staff

into town, East Grinstead, every lunch time, (we ate in a restaurant) and back again, and some gardeners (I suppose, I don't remember them).

We had a part-time Mimeo typist, Joan Watson, (the initials "jw" at the bottom of Bulletins and Policy Letters of that time). When she and I came in to work in the morning, (we worked in the same basement room), Ken (I presume) had placed a pile of hand written (in green and red ballpoint) sheets of paper on her desk - handwritten by Ron the previous night, I was impressed.. She worked through the morning typing and running off stencils from them and went home at lunch time. I was curious as to how much of the substance of these marvelous things Ron was writing she understood. I asked her - not a word. The words went through her head and fingers and onto stencils and then paper and she did not get anything of the ideas; a very accurate robot (and a pleasant person). The items which Ron had marked "remimeo", she typed directly on paper, and then made stencil. We had a machine with a rotating cylinder with the typed paper on one half and a special stencil on the other. The typed letters were burned electronically onto the stencil. A number of stencils were made, one for each organisation, and sent daily (with three copies of items marked "non-remimeo") to each organisation. All that work

Joan did in the mornings.

That seems to make eight Scientologists, plus me and Ken. As far as I know the eight (or most of them) stayed behind after working hours because that was the time you could get to talk to Ron. I did not. I was far too shy and self-effacing for that. I had "inherited" from Joe Breedon, what was called a hat, which mainly consisted of Policy Letters Ron had written, and I went home at 5.30 P.M. (We worked shorter hours than I did in a shop in London, and I got more pay) and joyously read all these "green on white" (Policy Letters), which Ron had written since I left London staff in 1959. Later I had to come in and study Policy in a course room every evening. It was hell, in that I was falling asleep all the time and could not get through the checksheet.

I do not remember much of the work. Previously I had done a fortnight's holiday replacement at the London Org(anisation) Addresso. At Saint Hill at that time we used the same Addressograph system. Remember this was long before computers were used for that sort of thing. I had a machine which (very noisily) embossed names and addresses on lead plates, letter by letter, I working a typewriter type keyboard. There was also a system for marking whether the person was a book buyer, meter buyer, what classification, which had to be kept up-to-date, so that all invoices went through Addresso to make sure whatever was bought or achieved was on the addresso plates. This was so special mailings could go out to book buyers, for example, but I do not recall that being done.

### **Saint Hill Manor's customers 1964**

Perhaps more recent Scientologists may wonder about the few Scientology staff of

Saint Hill Manor in late 1964 that I give. They maybe think of Saint Hill as something very big. One should remember here that Saint Hill at that time had very few "customers". They consisted solely of other Scientology organizations (we were "top dog"), and Linda Nusbaum handled them in conjunction with Ron. There were trained auditors, who came for the Briefing Course, and there were about four people to handle them (plus Ron lecturing and, I suppose, supervising the supervisors). There was the production of books, tapes and meters, and Roger Bidell and Edgar Watson handled that. That was it. Nobody who was untrained would come to Saint Hill.

### **Uniforms**

At some point, forget when, Ron introduced uniforms to Saint Hill. It would have been when the Seven Division Org Board was in action, for some uniforms had an HCO badge, where is said "Bring Order", and others had a HASI badge, where it said "A Civilization Can Survive". A tailor came to the Manor and measured us. We all got a blazer, and I think both men and women got a tie (green and gold, Scientology colors). The men got two pairs of grey flannel trousers, and the women, I presume two grey skirts. I felt the staff generally were not sympathetic to the idea of a uniform, and tended not to wear the uniform, but I was totally enthusiastic.

### **Leadership Survey**

About the time when Ron was working on Power Processing, he (or someone) developed Leadership Surveys, which was a simple questionnaire with about 30 questions with yes/no type answers. They were supposed to reveal one's ability to spot the source of problems. What I remember is that

Mary Sue got the highest score, and I got the next highest.

### **Franchise Secretary**

If you were a trained auditor, apart from coming to the Briefing Course, your terminal was the local organisation, with the one exception that if you wanted a comm line to Saint Hill, you became a Franchise auditor (or Group). For that you paid 10% of your income from auditing and running groups, you had a direct comm line with the Franchise Secretary at Saint Hill, and received some small something from Saint Hill every week. I had been a Franchise Holder, and was very glad for that regular bit of Scientology coming through the letter box. The amount I earned from auditing was pitiable, and ten percents very rarely came to Saint Hill from me. The experience gave me a strong reality on being a lone Scientologist, with a poor communication level, and the value in that situation of the weekly dose of theta from Ron.

At a certain point in 1964 I became part-time Franchise Secretary; I can't remember whom I took it over from, and how the rest of my work was handled. Basically the job involved two things: communicating individually with Franchise Holders, and sending out the weekly Bulletin from Ron.

I had my own little office in the basement, and an office typewriter, a stout machine, and this was before electric typewriters were common. I received weekly reports from Franchise Holders (though not many sent in weekly), and letters and replied to them with this "heavy" typewriter. Sometimes the mass of the typewriter got me down, and I put it to one side for a few days and answered letters by hand. Carbon copies were made and kept in Central Files.

Once a week we sent a mailing out to Franchise Holders; a Bulletin by Ron. Normally Ron wrote on one of his Bulletins every week (in the distribution corner, left hand top) "Franchise", and Joan Watson, when she saw this, printed off extra copies for the Franchise Holders, and saw that they were sent off. A few times Ron forgot, and I somehow got an extra Bulletin out of him. I was very glad to be on staff, especially with the possibility of reading nearly all that Ron wrote. While other Scn staff members tended to stay behind in the evening with the hope of seeing Ron, I went home and read Ron. With the new things that came out, I especially held an eye open for the word "Franchise" in the top left hand corner. On the 7th February, 1965, one came through marked for all sorts of people but not for Franchise. That surprised me. One week in May no issue for Franchise came through from Ron. So I sent him a dispatch, (the dispatch lines to Ron were fairly open then), asking for his approval to send that Policy letter out to Franchise. He Okayed it. I was a stickler for getting things right, so I got Joan Watson to type on the distribution list on the left hand corner "Franchise (issued May 1965)", which may have been a puzzle to the many who had to get starrated checkout on the Policy. It was the one that was near the beginning of every Scientology Course Checksheet for a long period, "Keeping Scientology Working".

At a certain point Ron was trying to figure out a way of making more money for Saint Hill, and worked on various kinds of memberships. Then he looked at the various income sources for Saint Hill, and found that the Franchise income was fairly good (it was something I never thought of), and then he put me full time onto the Franchise post.

**Chaotic**

Chaotic seems to describe my memory of my time at Saint Hill Manor. I can remember all the hats (posts) I had over the years, but dates and connection with other events leaves me floored. This could reflect high randomness (giving a feeling of chaos) as Saint Hill grew very fast. Or maybe the leadership was not as superb as we supposed. Take this article to be my subjective reality.

One thing I cannot place is my Ethics Hearing. It must have been when the Seven Division Org Board existed; when I arrived at Saint Hill there was no sign of Ethics, either for staff or students. I cannot recall what job I had. For some misdemeanour I cannot recall, I was called in for a Court of Ethics. This was an affair between the Ethics Officer (in this case Felice Green) and the "victim" (in this case me). I was somewhat scared - that sort of thing had not happened before, but Felice informed me there was nothing to worry about, and the findings of this one-man court would be issued in a few days. When they were issued, I found that I had been suspended from staff without pay and also without any prospect of getting back. What was I to live off for an unknown period? I understand that two or three staff members who had Ron's ear, brought it to his attention, and the thing was canceled.

**Ron on holiday**

I think it was about January 1965, (when I had been on staff about four months) that we heard that Ron and Mary Sue were taking a holiday together. I believe this was when they went to East Atlantic Islands, and Ron did the research leading to OT III. There was quite a bit of talk about his taking a holiday, of the admiring kind: Ron was taking his first well

earned holiday, was not that nice for him after all his hard work for us. Those of us who wrote letters, were accustomed to writing friendly, ARC letters, mentioning what was going on at Saint Hill in the hope that a reality on the place would get them to come, and of course, we mentioned that Ron was on holiday, and wasn't it good that our hero (or guru) was taking a well-earned holiday. The result of that was that people decided not to come to Saint Hill for their Briefing Course at that time, and the income went down, leaving Ron with a bit of a financial problem when he came back. The result of that was a policy where it was forbidden to announce that Ron was away.

Previous to Ron's leaving, he signed all replies to people who wrote to him. For Franchise holders, their letter to Ron came to me, I typed an answer, and sent it to Ron for signing (other peoples letters were sent to their local HCO Secretary, who made a reply and sent it to Saint Hill for Ron to sign. Because he was going away, a rubber stamp was made with his signature and the (still few) staff speculated as to whether people would realise it was a rubber stamp.

While he was away he wrote few Policy Letters and Bulletins. Those he did write came through as usual handwritten with ball pen, but through the post. One came through, three to five pages, which ended up with five categories, all of which he described as trash. I was still working in the basement with Joan Watson (I think, at any rate I was there for this), and Joan was most impressed when a note came through from Ron, saying we were to alter the last paragraph, adding "except personnel" so it now read "... all of these, except personnel, are trash." The feeling was "what a great man to remember such a small detail while on holiday".

**Hubbard family private life**

I worked alone in the basement with Joan Watson. She was only there in the morning, so I was alone in the afternoon, (I went home at 5.30 P.M.), trying to handle the inflow of letters from Franchise Holders. One afternoon I had an irritating visitor. It was Ron's son, Arthur. Red-haired Arthur Hubbard, was at that time, I suppose, about 6 or 7 years old. The room was reasonably large for one man working alone, and there was some sort of arrangement of cupboards or something in which he could hide, and then jump out at me. I, as usual, felt I had an enormous amount of work to do, and got disturbed by the boss's son jumping out at me, and I felt powerless to handle. After about an hour of that, he went away

But generally we had nothing to do with Ron's family, or indeed with Ron. I understood there was an outdoor swimming pool the children used, but I never saw it. We understood that the children went to a private school, and that Ron spent some time with the children every afternoon.

In those days it was common for firms to be on the public telephone system, but also to have a separate internal telephone system. We had one such, with about ten phones one could reach by pressing one of the little green buttons. I used it very rarely since my job was answering letters. However, I had occasion to use it one morning, but must have pressed the wrong button. A sleepy voice answered "Ron" (I think). I was confused, did not know who it was, and said (I suppose) "Pardon", and got a sleepy answer that it was Ron, and I had woken him up. I was covered in confusion and guilt - I had woken Ron!

**Ron off policy**

During my time as Franchise Secretary, Ron wrote a policy letter saying that an executive could not change a staff member's post without the staff member's agreement. A little later, he issued an order transferring me to another post, and making Reg Sharpe Franchise Secretary. I did not want to change post. The comm line I had with Franchise Holders suited me, and I saw no reason to change. (I do not think a reason for the change was given). I therefore sent Ron a short (and no doubt polite) dispatch, saying that I did not agree to my change in post. I probably got some sort of an acknowledgment. What he did do was issue a short Saint Hill Ed (Executive Directive, which said that Antony Phillips was assigned to full-time study on Level VI of the Briefing Course, and Power Processing when available.

This could be regarded as a marvelously beneficent act. Since I was nominally Grade VI (Honorary Grade VI - I had not done the grades, since the Gradation Chart came out after I had a deal of auditing) and my next steps were Power, and then Clearing Course. At that time one needed to complete the Briefing Course and be Class VI in order to solo audit the Clearing Course.

So I went on to full-time day time study. As far as I remember, there was no training activity in the evening yet. There was one snag though. To go on the Class VI part of the Briefing Course one had to be Class IV, which meant really that one had done the lower levels of the Briefing Course. So just landing on top did not seem right to me. (I was in fact an Honorary Class IV, a certificate issued on request to all who had had training before the Gradation and Classification Chart came out, to those who had had any sort of training, and making it "legal" for them to audit on the things they had been trained on).

So I wrote another note to Ron pointing out that it was not OK. I got a courteous reply from Ron saying not to worry, and almost immediately I got a dispatch on grey paper (Quals' flash color) with the following message dated 14/6/65: "Dear Antony: You are hereby Class V by order of L.R.H. Jim Skelton". Jim was Deputy Director of Exams. So no more fuss from me. I got down to Level VI of the Briefing Course! [[possible picture]]

### **Top end of Briefing Course and Power**

So I buckled down full-time to the Briefing Course which at that time concerned itself with GPMs (Goals Problems Masses). GPMs supposedly consisted of a number of RIs (Reliable Items), opposed to each other, and in a sequence. One of the exercises (which I passed somehow) was to make a line plot, (a sequence of how a GPM was put together, with opposing items leading to a sort of reverse; see more full literature of the subject) using colors (so as not to be restimulative, example might be "to fight blueness"). We also had to make very large clay models both of a complete GPM, and of a very large Reliable Item (the RI's I made were about 7 cms in diameter). In the beginning we had to do both 25 times. We were told that we would experience heat in doing this, and I did experience heat which would have proved that such things existed. To this day I don't really have more direct proof.

Power Processing was new. There were auditors being trained to audit Power Processing, ostensibly to go back to their own orgs in different countries in the world, and deliver Power to the staff there, but most of those auditors violated their contract with their org, who had paid their expenses for a long Briefing Course and Power Internship, and

signed a staff contract with Saint Hill. I do not remember how many there were, but now there were people coming from abroad to Saint Hill just to get Power Processing, a thing unheard of before, and there was a waiting list for people like me (staff members not paying the very high price for Power), so I had to wait for my Power processing. And by the time an auditor was free to handle me, I was ready for the practical part of the Briefing Course, and it was not OK to do the practical part and receive Power Processing at the same time. I had my own solution to this problem, and while getting a single Power session a day (each session was c/sed by Ron, probably at night), I buckled down to studying the theory of the rest of the Briefing Course (levels 0 to IV) still on full pay.

I guess Ron had forgotten that I was on fully-paid training, ostensibly on paid leave. He could not have forgotten me, as he was c/sing my folder daily. Some of the staff had not forgotten that I was enjoying training while on full pay, while they were sweating away. I think someone brought it to Ron's notice, and I was assigned a post in the now speedily expanding Saint Hill Organisation, while still getting auditing, which went on and on, in that I actually had four different auditors for my Power. With the last one I had a thought. Under the first auditor I had taken an aspirin (pain killer) in the middle of the night, because I got a pain, and when I told the auditor, I got told off. Now I wondered whether something in the auditing had caused the pain (rather than my doing a terrible thing to derail my auditing). I guess the TA shot down when I told my fourth Power Processing Auditor, for the auditor, Phil Petsonk, ended the session and that was the end of my Power processing.

Later they introduced Power Plus, and I got that for free also. After I got Power

Processing, they introduced a Policy that to have free Power Processing as a staff member you had to sign a 2½ year contract. I had no contract. I had got my processing without that, but someone "insisted" that I sign a contract, which I did, though feeling that it was not really OK.

### **Director of RAP**

Meanwhile, back in the org, things had been expanding fast. The Seven Division Org Board had been introduced, which was built for expansion, new staff were coming in, building was going on. There was activity. I was made Director of Department One, in the 21-Department Org. Sounded grand. I was Director of Routing, Appearances, and Personnel. I had under me a Receptionist (I think Sylvia), a Personnel Procurement Officer (Simone Lawrence), and an HCO Courier (Budge Law). Everything else was me. Appearances was having the org tidy, and posh labels on doors. For this I was given a box of letters, and told that this was Ron's own property, used for doing titles for films, and I must be very careful with it.

I was also responsible for the Org Board, and as Personnel Officer, for "everyone" on staff, even in other divisions. People were constantly changing posts, which meant I had to change them on the large seven division Org Board. I got behind with that, and so, exceptionally, I came in one Saturday morning to bring it up-to-date. I was alone, in quietness -- quite unusual, compared with ordinary work -- in the reception room where the Org Board was. I was completely alone, when who should come in the door but Ron. He was friendly, talked to me about the Org Board, and about my work as Personnel Officer. I said that it was rather hard for me, in my position as Personnel Officer, to have

control over a Secretary's staff (Secretaries being two levels higher than Officer) and suggested that HCO Division be placed half an inch higher than the other divisions. He agreed with that and told me to write a Policy Letter on this, and added the Qual Division should also be higher. He talked a bit about the Org Board and then stopped talking, while looking very intensely at the Awareness Levels for Qual Division. I felt deep concentration, thought, mental wheels "whirring", and after a little while he pointed to an awareness level, saying it should be something else, and I was to write it up in the Policy Letter. He left, me not having got much further with the Org Board, and a day or so later (13th February 1966), he wrote a policy entitled Personnel Control Officer. It is in my OEC Book (Green Volume II on page 96), and I doubt if it has ever been enforced - it is rather bureaucratic, but at the time I was impressed.

In the HCO Division I was one of three Department heads, and we were led by the HCO Area Secretary, Sheena Fairchild. We met once a week in what was called Ad Comm (Advisory Committee) in a little room by the side of the Monkey Room, normally devoted to ethics interviews. These were pleasant meetings, until one dark day, when Ron issued a Policy Letter saying that every staff member was to have a statistic, AdComm was to assign a condition on each of its staff members every week, and that condition was to be based solely on his or her statistic. From that time on, the weekly AdComm meetings became a pain in the neck.

At one point a special order came through. I was to recruit private investigators. (Horror of horrors - me!!! I knew nothing of the area). Somehow at least two were recruited. One a

very decent, upright person, who talked to me like an equal about the event I am about to report. The other went off taking a rather incriminating secret Executive Directive written by Ron to the world's worst newspaper (my ignorant opinion), News of the World. News of the World printed a disparaging report on Scientology, and sent a couple of reporters down, who came in to the Manor, and Reg Sharpe, (I think) and another, ordered them off the premises, and out of the house. I was involved in a rather unseemly attempt to get them out of the grounds, where they were running around taking photos of us chasing them and generally having great fun at our expense!

Routing was the nightmare. Ron suddenly wanted Routing forms for the whole org for all sorts of different activities where preclears or students went from one place to another . There was a Tech Page in the Technical Division, Maria Trelawney, later changed name to Maria Maloney, who had to go round with students and preclears every time they went from one place to another (various functions were spread around, and difficult for a newcomer to find - and nobody was allowed to carry their preclear folder himself/herself, or even walk around without an escort when "on lines"). The HCO Courier had to go around with the people when they got an award, such as a Grade Certificate or a Classification. It was absolutely forbidden for someone to find his/her own way.

And there were no routing forms. And it was my job to make them. My senior, the HCO Area Secretary (Sheena Fairchild), kept pushing me on this - Ron wanted them now, where were they? Etc. I sat at my desk trying to do them, and people continually came to me at my desk, and I made no progress.

I found the solution. Down in the basement

there was a large boiler. There was also cramped space beside the boiler. So when I came in one morning, went down and sat by the boiler, and worked on these wretched routing forms. So far as I remember no one had told me how to make a routing form. I just guessed at what Ron wanted. There were loads of these "routes". Student to Ethics. Pc to Accounts to pay for more auditing. Preclear to Declare (when declared, our, or my, HCO Courier took them proudly along lines to get the certificate signed and accounts to check they had paid, congratulated here and there, and I don't know what). The principle seemed to be you could not go from one place to another without a routing form and a page or courier accompanying you.

While this was going on the dark clouds were looming for Simone and me, but I was so distracted that I did not notice the danger signs. We had a Committee of Evidence. We were not recruiting enough new staff members. I took all this very seriously, felt guilty, and ashamed.

### **Mimeo**

So I was removed from post, and given the job of Mimeo (duplicating, in English). I had some three thousand stencils (1000 Bulletins, Policy Letters and other things). A mimeo machine (Roneo was the type Ron had chosen long ago, because it was easy to change colour). Earlier when I lived at Swiss Cottage, London, I had a Gestner duplicating machine which I had used to make a list of local auditors and a few other things.

At Saint Hill there was still an LRH Mimeo, Joan Watson's former post, who handled new issues from Ron. As Mimeo I was responsible for providing to staff and the Briefing Course all the issues, particularly

Bulletins and Policy Letters they needed - single handedly. This was about five years before printed books of Policy and Bulletins were made. My predecessor(s) must have been pretty hard pressed, and perhaps badly trained, for the stencils for these approximately one thousand issues were no longer filed in any order. There were ten or twelve large metal chests where these stencils should have been in date order. And they were not in any order!

This caused a problem on the Briefing Course, where one was required to study all technical material, largely Bulletins and Policy Letters. Briefing Course students had a very long check sheet of items they had to study. Since some materials could not be obtained from Mimeo, people were being allowed to graduate from the Course with items on the Checksheet marked "Not available".

And on the Briefing course their Tech Services, Maria Maloney, was also in trouble, because she could not provide the materials. Both our posts were in danger. Because we were in widely different places on the Org Board, it took some one very senior to put us both in Danger and bypass us. This was done by Ken Delderfield, who was LRH Communicator for Saint Hill. He did a fantastic job of getting the thing handled. He offered both of us as much volunteer help as we could take. I refused, fearing the mess willing but inexperienced people could cause, and I managed, somehow, to get the things in order myself, and send to Tech the Bulletins they wanted. It was a whale of a job, and gave Ken a very thorough reality of having 1,000 issues, and more to come, only available as stencils, and it was he that later organised the production of the first Green and Red Volumes, in Copenhagen. Amongst the mess of unfinished things I found when I took over Mimeo, I found the Policy Letter

Ron had told me to write. Somehow it had got to mimeo, and stuck there. I sent it off again, and somehow got a rather reluctant Mary Sue to approve it. (Could she be sure Ron had said that?).

After this there was a period when I was pretty busy (still only working regular hours). There was a body called "Financial Planning" that met once a month. People who wanted things from Mimeo, and these included items to be duplicated and sent out to Franchise, or other things, had to get Financial Planning to approve them. And once a month I got from Financial Planning a big pack of work which would take me about a month.

I also looked into the matter of offset printing, and prepared what was called a CSW (stands for Completed Staff Work) suggesting we purchase a small offset printing machine (from Gestetner). This was approved, apparently by Mary Sue praising the CSW, which took me a lot of time. The machine was purchased, and I was given a week's training at Gestetner in London.

As the Saint Hill Org was expanding I got an assistant, a very friendly Indian, Saed Mirza, and we managed to keep a growing Saint Hill supplied with the issues they wanted. I got to a state where you could name a date, and I would give you the title of the Bulletin or Policy at that date.

While this was going on Saint Hill was expanding, and a second organization was built up working there, which was called World Wide, and supposed to handle International Management. But I was in Saint Hill, Dissemination Division, under Herbie Parkhouse, until Dec 31st 1967. Hold your breath and wait for the next IVy to find out where and what I was in Jan 1st 1968.





# Clears, Losses and Colds

*By Allen Hacker, USA*

The so-called common cold has remained a mainstream medical mystery as to its cause and cure. One reason for the mystery is that the subject appears complicated due to initial manifestations (symptoms), which can be quite varied, i.e., from a simple dry throat to chills, and which can appear in different sequences and combinations. This has led many researchers to look for different causes, i.e., "strains" of bacteria or viruses.

Certain of practitioners have long known that one can get impressive results toward by helping a client to check for and clear any significant losses that have occurred since about three days prior to the onset of that cold. Although there haven't been medical explanations for why losses lead to colds, or why a person so often manifests a "3-day" cold, a recent medical discovery may resolve those questions.

This article offers an understanding that may make sense to clients who are not receptive to metaphysical (spiritual) explanations, thus replacing our long-standing request of them to take the loss-cause on faith. This explanation also allows us to avoid offering a metaphysical explanation altogether, so we don't have to worry about evaluating (or mis-evaluating) the client's case for them.

The discovery has to do with the body's normal

response to stress.

First we must look at the role and fate of white blood cells.

White blood cells fight infection by absorbing and attempting to break apart or chemically neutralize invasive agents such as bacteria, viruses and pollutants. The white blood cells are themselves destroyed in the process. The body is always under siege by such things, so white blood cells are continually being used up and must be replaced.



When the body perceives an increasing need to fight, it usually steps up white blood cell production. Doctors take advantage of this fact when checking for infection by first looking for elevated levels of white blood cells. If they find such an increase, they go on to seek out and attempt to identify the causative agent.

Of interest to us is that in times of emergency, the body relies on its already existing supply of white blood cells. When an emergency occurs and the body needs to prioritize its survival

actions, it focuses on the immediate situation and suspends everything else.

But... how does a loss trigger this series of events, given that there is no real physical threat or even, impact?

Loss causes stress. Stress is perceived by the body as a threat, however vague. When stress spikes (suddenly increases; as on a graph charting intensity), no matter the cause, the body goes into emergency response mode and stops producing white blood cells.

After two or three days, depending on the person's ambient pollution level, the body runs out of white blood cells and becomes vulnerable to infection.

The research indicates that the body restarts white blood cell production after about three days. Now it has to make up for the depletion, so it produces them at an elevated level, which often results in a short-term surplus. It doesn't matter whether or not the body finds an actual entity to fight, if it is experiencing discomfort at the time that it resumes white blood cell production, it overproduces for that reason too.

Here's where it gets strange for the medical profession. At just about the time the body has resumed white blood cell production, the client sees a doctor. The doctor finds an elevated white blood cell count, even if there is no infective agent present. This causes a mystery for the doctor when he checks for such an agent and comes away with no explanation for the elevated count. So the common cold remains a medical mystery, sometimes showing any number of infectious agents and sometimes showing none at all.

### Clears and Colds

In summation, when one experiences a loss, the body registers the emotional shock of that loss as stress. It then goes into emergency defense mode,

stopping white blood cell production for up to three days. Just about the time the body begins to manifest infections, it resumes white blood cell production. Given the absence of extending circumstances, it defeats those new outbreaks in about three more days' time. So a loss results in a cold about three days later, and the cold lasts about three days.

While I may have explained the timing, I have not yet said exactly what a cold is. The material and metaphysical explanations are two very different things.

The material explanation may be simple. The mucous membranes of the body are frequently irritated by dust, pollen, and chemical pollutants, and by breathing air that is too cold, too hot, and/or too dry. The body normally compensates for these irritations by supplying white blood cells to remove the chemical effects of the pollutants, by increasing the antihistamine content in the blood, and by

increasing hydration (wetness) in the affected membranes.

But during emergencies, including the phantom emergency from a stress spike, the body goes overboard in responding to what in any other circumstance would be received as normal irritation. First it reduces and then a few days later overdoes white blood cell production, which temporarily allows opportunistic entities, pollutants and excess antihistamine residues to accumulate,

potentially creating a real infection or toxicity problem. Then it overhydrates the affected mucous membranes, resulting in a runny nose and/or throat or bronchial phlegm, creating a perfect bacterial breeding ground with an inadequate number of white blood cells.



***That suffering loss can lead to a cold has long been known to clearing practitioners.***

This also explains why clearing the loss can instantly terminate a new cold. In the beginning, there is no infection, just the cough and runny nose caused by the body's overreaction to the irritation. Clearing the loss terminates the stress spike and thus the body's emergency reaction. The body immediately returns to normal operation, including producing white blood cells and the supply doesn't get depleted. Even if the cold has progressed to an actual infection, clearing the loss can "cure" the cold in a matter of hours by reversing the body's defenses to focus on the real threat.

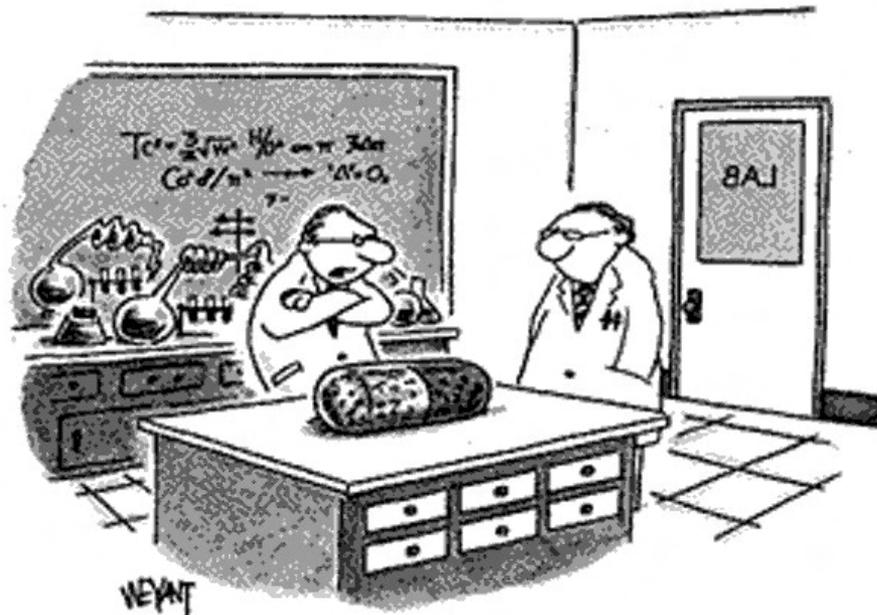
This also explains why clears and other people who are naturally inclined to self-inspection and who blow case considerations on inspection, usually don't catch colds. They often don't even get to the end of a loss event without having already inspected their

responses, and so don't incur stress spikes. Thus, clearing can be a pre-emptive defense against illness.

If clears do err in failing to inspect during the event, they can easily recover by inspecting as soon as they think of it. For everyone else, there is the practitioner-assisted loss inspection.

There is also a metaphysical explanation that works for me, but that's a large enough topic for a separate article.

Allen Hacker  
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***"That's just great. I discover the cure for the common cold and all you can do is criticize."***

# Love, Cocaine and the Drug Rundown

*By Heidrun Beer, Austria*

**We needed a large place in May 1971 to make this photo of my whole family. I don't remember the newspaper headline exactly, but it said something about the biggest Austrian family ever (at that time). Not all children in my generation were already born when the photo was made, but in the end one couple, my grandparents, could be proud of 45 grandchildren, produced by their 7 children and these children's spouses.**

One daughter proved her fertility even without a

spouse; one son married twice; one spouse died early, leaving his wife with 11 under-aged offspring... So all these families met in front of the baroque castle "Belvedere" in Vienna, and we walked up the big stairs leading to the main entrance and stood in a huge group and had our photo taken. Good that it was a well designed stair, built from solid rock - a wood stair might have collapsed under the weight of then 51 people - the final number would have been 61! Of the next generation, which is also starting to have children already, I completely lost count.



*Author's relatives and family, 1971. She was only 17 at the time.*

Nature has its way of making sure that people procreate, doesn't it? Gigabytes have been written about love and attraction, science has found out all about the secrets of the odorless pheromone molecules that are absorbed through the nose and tell a man when a woman is fertile, about the genetic compatibility between partners that is also communicated through the sense of smell, and about the mysterious fact that women can least resist the seduction by men when they approach ovulation - the time when they are most fertile and it is more or less certain that they will conceive.

Whole books have been filled with the best chat-up lines to get girls, and the perfect make-up, fashion and perfume to get guys. There are even speed seduction courses to ensure that even if no procreation is planned, people don't forget how it's done. Somehow they enjoy the exercise as such. Hmm... why is that? We don't enjoy exercising typing or vocable learning - why do we enjoy exercising procreating? The fact is so well known of course that we don't question it anymore, but I question it now: why?

### All Life Is Chemistry

It is a platitude that all life is chemistry, but nevertheless it is true. All physical life at least: cells and organs, even organisms between them - they are talking and interacting in chemical language. Functions like hunger and thirst, digestion, tissue repairs, bone strength, temperature regulation, wound healing, fertility in women and the urge to mate in men, all is managed by thousands of chemical molecules that are produced by the body's glands and circulating in the blood stream. But for some reason, this chemistry is not perfect. We can speculate forever about the reasons - fact is that we are watching derailments of this chemistry everywhere. Many of these derailments are classified as diseases, and for some of them a treatment has

been found: malfunctions of the thyroid can be controlled by synthetic hormones; missing stomach enzymes can be substituted; overshooting immune system activity can be reduced. There are many more examples.

A special category of biochemical derailments are addictions, and of these we have again three categories: substance addictions, non-substance addictions, and a third and especially difficult category...

### Substance and Non-Substance Addictions

Some people get addicted to substances like alcohol, caffeine, nicotine, heroin or other drugs. Even though it looks dramatic and can be an extreme challenge, withdrawal from such substances is still relatively simple, at least in theory, because they are not needed by any actual biological system - so the body can be weaned from them without losing vital functionality. With enough discipline and motivation (for instance, to stay alive and healthy for one's kids or spouse), and with the support of a therapist or clearing practitioner and sometimes even certain non-addictive drugs it is possible to train oneself to never touch these substances again.

Another tedious and yet simple category is that of non-substance addictions like shopping, internet, TV, video games, betting in races, or gambling. Again these things are not needed by any actual biological system - well, shopping and internet to a degree in our current culture, but certainly not betting, gambling, or hitting the keys of a video console for 26 hours straight (at least one kid died because of this madness - simply dropped dead in front of the monitor). So any therapy or discipline that will cause us to never go near these activities again will be a successful cure.

### Complex Addictions

Where it gets really difficult is where a function derails that is actually needed by the physical body for its very survival. The classic example would be obesity. People can overeat to the point where their excess weight and the related changes in blood vessels, joints, spine, heart size etc. literally kill them. Poor Michael Douglas with his sex addiction is another classic example. Up to this day I have not found out how they cured him in the clinic where he checked in - probably not with the help of sexy girls - , but somehow they must have found a way to regulate his pathological libido back to a healthy level without eradicating it completely.

Same for overeating. People can be trained to stop smoking, but they cannot be trained to stop eating - even if some hospital has them on a zero diet for a few weeks, at some point before they turn into a skeleton they have to start eating again - this time without putting all the extra weight back on.

In these cases, completely deleting the addictive impulses and patterns does not do the trick. Both food and sex are actual needs for the physical body, and yet they can derail and devastate a person's health or family life. What is needed is a way to convert them back from excessive to useful. There is a common denominator to these things, and maybe understanding it can help us to get enough control over our biochemical derailments that they become manageable.

### The Instant Gratification Center

It all goes back to ancient times. Before we had supermarkets and dating websites, we needed much patience and endurance before we could eat or mate. We had to hunt an animal for hours before we finally had it between our teeth. Or we had to climb first a mountain and then a tree in order to harvest its fruits. Or we had to wrestle and bite our way through a whole row of competitors before

we could grab the mother of our future children long enough to inject our genes into her womb.

Who would do such an arduous thing without a reward? Actually our ancestors did, or we would not be here today. They did it for one reason: they were rewarded by their own brain! There is a brain area called the "Instant Gratification Center" which creates a sensation of intense pleasure when it is tickled by certain chemicals. These chemicals are produced by eating, by touching and by sex - nature's way of making sure that not very intelligent animals, who don't really have the concept of a future, or any planning capacity, will nevertheless eat, engage in social contact, and procreate: it feels so good - let's do it again!

Now there are also other chemicals which emulate these substances. First we found them in fermenting fruits that had fallen down from a tree and been exposed to the sunshine for a few days, in the leaves of the coca plant and in the green hull of the poppy seed capsule. Later we learned to synthesize them in the test glass from their chemical building blocks. Drugs emulate the biochemical behavior of our own gratification hormones - of course without ever fulfilling their actual role in the organism.

All drug taking gives the body the feeling of having done some non-existing pro-survival activity. The body feels just as good as if he had just slayed a prey animal or made a baby - but his stomach is still empty, and no grown-up son will come and pay his father's pension 40 years later - it's an empty promise, like eating a cardboard pizza with zero nutritional value - a big delusion, and a dangerous one!

Anything that tickles the brain's "Instant Gratification Center" can be used as a drug by the naked monkeys called humans - animals who are clever enough to discover the pleasant effects of certain chemicals and then produce them in

hidden dirty laboratories, but not clever enough to understand the damage they are doing to themselves and the survival of their species. (We have not talked about spiritual beings yet, but that comes later...)

### Love Hormones - Drugs?

A whole package of hormones regulates eating. And six hormones are produced by the body around attraction, love and lovemaking. Amazingly, several of them have synthetic “twins” that produce the same ecstatic highs in the body! They are: Dopamine - produces highs similar to *cocaine* (and is just as addictive); Phenylethylamine (PEA) - produces highs similar to *speed*; Adrenaline - the well known action junkie hormone (action junkies are people who always need a dangerous kick like mountain climbing or bungee jumping to feel alive); Endorphin - produces *heroin* like highs; Vasopressin - a hormone that supposedly makes men monogamous (alcohol destroys it); Oxytocin - the “cuddle hormone” that is responsible for bonding between partners. Source: <http://hubpages.com/hub/Hormones-and-love>.

To the typical human person, the effects of this drug cocktail are instantly recognizable as “being in love”. It is the emotional rubber band that brings men and women close enough to fertilize eggs, and the glue that keeps families together long enough to raise a generation of children.

To the spiritual being it brings back some eternal questions: what pins us down into a body? Why are we so drawn to Earth life, and why is physical communication like sex so irresistibly fascinating, even though we know that the truth is that we are of a spiritual, not physical nature? Does the fact that we communicate through matter mean that we have lost the ability to communicate more directly through telepathy and energy flows? Is it simply

one more variation in our toolbox of brushes that we use as artists to add to the big painting of creation? Or are we using a physical language simply because we are dealing with physical bodies, and this is their natural way of communicating?

Finally to the clearing practitioner and case supervisor love and sex are big topics in every client’s life that need to be seen from every angle. The spiritual and emotional angles are normally considered by any good practitioner; the fact that there is also a biochemical angle, and that it has parallels with drugs and therefore also may need an approach parallel to drugs, will yet have to find its way into their training.

### What a Coincidence!

Through one of the coincidences that have accompanied me throughout my whole life, I happened to be involved with a man who was most beautiful to me, but with whom I had very little in common, and who had practically no affinity for me, at the same time where I got a re-run of the Scientology Drug Rundown. The lesson I learned about my weak points there was not pleasant.

We shared some interests like processing, a love for nature and classical music, and we were doing fine in the bedroom, but I clearly saw a glaring mismatch in many other relevant areas, and yet I could not stop wanting to build a future for him and me, and pulling him into my life with great persistency. Would an intelligent woman do such a thing? I had always thought of myself as intelligent. Was I losing my mind? Each time our realities clashed (and that was more or less each time we had any contact), I cringed with protest against what I perceived as awful nonsense. That was colliding with my passionate longings. Each time I projected similar events into the future I saw us move apart with intense disgust. Yet each time I looked at his face, I had an instant high and wanted more, more, more!

Nothing else in or on him seemed really desirable: body out of shape, health not good at all, education horizon narrow with very little interest to learn more, interaction patterns that had a spooky similarity with those of my ex-husband (with whom I spent 8 of 9 years of marriage in permanent war), erratic comm cycle, irrational mood swings, and a puzzling aversion against books (which are a major center of interest for myself)... with so many things looking unworkable, why in the world would I feel such an irresistible attraction when I looked at his face? Oh, the waves of ecstasy when I browsed through his photos on Facebook. What was happening there?

### Chemical Release

I kept burning up money for flight tickets, hotel bills and exquisite presents for him. I spent countless hours in Skype chats, hoping to improve our personal rapport - rather than looking for a new job, as it was obvious at the time that my employer had financial troubles. I got into financial troubles myself because I didn't react properly to alarm signals that somehow didn't really register. I gave more priority to his life than to my own and that of my kids. Because of all that, I kept insulting myself for being so stupid and irresponsible. On top of all the time and money I spent on this man, I also made less of myself and lost trust in my ability to assess people and make rational decisions. I was well on the way to destroying my relationship with the one person who was and is most essential for making my life a successful one: myself!

Today I know that my moments of Facebook ecstasy were *dopamine highs*, and that all the "relationship building" was aimed at getting more of these highs. There was simply no material to build a relationship from - he just happened to have the type of face that I treasure most in a man -

the very act of looking at a face of "our type" triggers the release of dopamine with its intense cocaine-like "feel good" effects.

As my auditor cleared the definition of "Chemical Release" with me - 30 years after I cleared it on my first drug rundown - , finally scales fell from my eyes. I realized that I was addicted - not to a relationship, not to a person, but simply to the highs that this hormone produced in my brain. Oh, how embarrassing! I had been so proud of always having stayed clear of drugs - never smoked, never drank, never into street drugs, very few medical drugs, I even got rid of my dependency on caffeine and handled my issues with overeating - and now I found myself completely hooked on dopamine highs!

From there on I knew that I did not have to improve a relationship (which looked absolutely hopeless once seen with sober eyes, so after the next irrational turn of events I quit cold turkey) - I had to handle a drug addiction. My auditor did not want to put a person onto a drug list, but I was just going through the drug rundown patterns with the other drugs we were running, so I simply ran a solo session, applied the same patterns to the beautiful face that kept me revolving around this person like a planet orbiting its sun; I added some sessions with tailormade creative processing, and oh! I so hated to get rid of the addiction, because "what is left when the love is lost?" So the line of an opera figure who also mistook her drug highs for genuine thetan rapport (Amelia in Verdi's "Ballo in Maschera").

I really have empathy with people who go through a withdrawal from nicotine or heroin or alcohol. Life looks so empty without the daily fix. Endless hours, and all of them empty! It took me quite a while to develop really substantial theta connections instead of just continuously

replenishing the drug levels in my blood.

### Solid Proof: Brain Scans

Brain specialist Daniel G. Amen, a man who has looked at 30.000 brain scans during his career as a doctor, once met a friend who was freshly in love. He seemed to be so different from his usual self that Dr. Amen asked his permission to do a brain scan with him (still so curious after 30.000 scans? Wow!).

He was so deeply impressed by what he saw that he mentions this spontaneous mini study in more than one of his books: the man's brain looked like that of a person on a full blown cocaine trip! Now we can debate whether this drug driven animal called "man" is a major stroke of genius by evolution or rather a major blunder - after all, humanity is flooding this planet

with offspring completely out of proportion, and is very much out of sync with the rest of ecology -, but it is a fact that seen from the viewpoint of one species alone, the combination of attraction drugs and bonding drugs has proven to be a very successful survival strategy - as long as it is well embedded in all the other patterns that are necessary for building a harmonious life.

### Addiction: a Major Derailment

Just what if one of the many biochemical

derailments happens that the human body seems to be so prone to? For some reason, doctors see the addiction to illegal street drugs, prescribed medical drugs and legalized social drugs like alcohol and nicotine as a medical situation; they also see obesity as a medical situation, which could also be called a "sugar addiction" - Dr. Joseph Mercola describes in his book "The No Grain Diet" how we can get into a fatal loop of always needing more and more food if we eat the wrong type of carbohydrates - , only the addiction to the cocktail of love drugs is not seen in the same way, and no withdrawal therapy equivalent to

cocaine or heroin withdrawal has been developed, even though the physiological mechanisms are exactly the same.

Similar in processing - drugs highs and drug addictions are a well known phenomenon and we have workable approaches to handling them in session, but the chemical "words" of love are not

counted into these drugs, so when running out drug highs, our highs on love hormones get skipped and the whole theme of chemical release remains unflat.

### Love is Essential

One thing is certain: while our life gets infinitely better if we can stop to inject heroin or inhale cigarette smoke, we cannot stop loving, or we would turn into soulless robots with no motivation



to live and create a future. Even without a body, love is the very essence of the relations between spiritual beings, and even more where the planning and care for future generations of human beings is involved. This requires so much commitment and persistency - without the constant weaving of love fibres into the tissue of existence people would simply have no reason to produce this commitment and persistency on a daily basis.

As long as we are incarnated as human beings, love is the emotional food on which we are thriving. So, feelings are necessary, and their chemical language needs to be spoken - spoken well and articulate. Now, if this has derailed and turned into the nightmare of an addiction, how do we find back from this situation of fixation to a viable scenario, where we can trust our feelings to lead us the right way and not into a trap?

### **One Parallel: Food and Eating**

There is one parallel in human life in a body, where a healthy need and an unhealthy addiction are neighbouring in a similar way as in mating: food and eating. Without food, a human being would die within a few weeks, maximally two months, depending on the reserves that were present when they started fasting. Without love, people may survive physically, but die at least an emotional death - often the emotional starvation will prepare the ground for a physical disease as well, which finally releases the person from the prison of a no longer viable environment (this happened to my mother, I am not thinking it up!)

Both are essential needs, and both can tilt over into an addiction. A majority of people has found a way to eat a balanced diet and maintain a healthy body weight, while some overeat so much that they develop obesity to a degree that damages their health really badly. Also most people are well embedded in loving families - really bad

addictions like the one I went through are the exception rather than the rule. So there is an ideal scene for both eating and loving. The question is how to get back to it after a major derailment?

### **Subject Illiteracy**

To me, the first thing to do in any non-optimum situation is always a thorough study of the subject. The specific cluelessness (lack of information) related to only one topic that Alan C. Walter called "Subject Illiteracy" is typically very much at the root of any situation we cannot manage.

Education about the biochemical factors involved in overeating is still not part of any school curriculum, even though some instructions about a healthy diet now slowly seep into the school books. Information about love hormones and their drug parallels is also not present in school books, so we have to be our own teachers if we want to be fully educated about the subject. The books exist, there are also web pages on the net - an hour on Google and we can have filled up our information deficit.

But of course the scene would be incomplete if we looked at the physical factors alone. It would be incomplete also if we looked only at the non-physical factors - so let's balance them well and look at them together.

### **Thetan Affinity**

The really crucial ingredient in any relationship, in my opinion, is genuine thetan affinity. That too has its expression in the body's chemical language: Science has found out that the stormy highs of a young love will subside after two or three years - the initial attraction hormones are less and less effective, and instead of them, bonding hormones start to work in a more quiet and reliable way. If two people establish a real union based on spiritual resonance, personal compatibility, mutual goals and a commitment to

the visions they have developed, and if they have so much affinity for each other that they truly want to be together (an urge to share the same space), they will also be able to ride out the tides of their hormonal ups and downs together and lovingly share, or at least understand with empathy their partner's pendulum swings.

I believe that a person with an addiction is basically alone, or has been alone at the time where the addiction was formed - possibly they have found someone later, but were not strong enough or motivated enough or educated enough to handling the addiction anymore. The artificial highs on substances, natural or synthetic, are needed as a substitute for the love energy they should ideally receive from another person or persons. Even the members of a couple could develop addictions, if their relationship is based on physical interaction only, and no loving energy is exchanged.

For me this certainly happened in that seriously derailed relationship - no thetan affinity, no love energy - I felt treated like a piece of furniture, kept around for the occasional sexual encounter, but never really looked at (remember the intense "I see you!" greeting from the Avatar movie), and not nourished by a partner's continuous loving attention and support. In contrast, I also had a blissful 9 year marriage with a totally loving husband that was only ended by death - I would never have left him. Our bond was woven from the daily actions of love and care going both ways, and neither one of us had any symptoms of addiction, quite to the contrary - he was able to stop smoking after 45 years of being hooked on nicotine, and I got a grip on my overeating issues.

### The Ideal Scene

This marriage started with dopamine highs too - for both me and Paul -, but it went a different way. We wanted more of these wonderful moments,

and we wanted them permanently! We booked plane tickets and hotel rooms in order to meet, and finally Paul moved from Canada to Austria. For a while we spent much time in bed. Listening to our beloved's tiniest impulse with all our senses, and finding always new ways of exciting and pleasing him/her became a passionate ambition.

First it just had to do with erogenous zones and secret spots in and on the body, but soon our lovemaking grew out of the bedroom, and the same pattern of listening and reacting to each other's wishes and impulses expanded into all other areas of life. Paul managed our mini-farm and encouraged me to make happen what I had only had been dreaming of - keeping bees, studying medicine. I re-built the scene of bike tours that had been so important for him in Canada, took care of the time consuming special diet that he needed for his celiac disease, and made sure that he always had a cat. There was no day where we did not say "I love you", but the same message travelled in all our other activities too. We cultivated love as a way of living. We had freed up the pathway for our innermost energy, our very life force, love as such, to express itself in everything we did.

We created a bubble of Heaven on Earth. We had our own atmosphere in there and nothing could disturb it. Paul's precious humor added the grain of salt that kept it from getting too sweet. He would bring me food, give me a smile so endearing that my breath caught, and in the next moment himself saying "The love is stirred in at the bottom!" And so it was wherever we looked. Cleaning, shopping, driving, gardening, making money, building a sane future and preserving the planet for future incarnations by processing people: All our actions had a golden heart-shaped sticker "For you!" on it, visible to our eyes only. And the happy response always reassured us that we were on the right track.

Many little highs every day. I have no doubt that there were also hormones involved in transporting the information and making it register with our bodies, but in this case they were just messengers, not a poor substitute for the real thing, running in loops because the real thing is missing. If such reassurance comes from the people in our life, we don't need any substitutes.

### Forming Teams

If my idea of drug highs being needed as a substitute for love is true, then the ideal handling of any addiction would be to form teams - at least some kind of twinning, friendship or group, if a spouse cannot be found. In such a team, love can grow even if it is not sexual. There are daily talks, cooperation in life matters, maybe co-processing - general co-processing, but especially co-processing of the addiction issues -, and the physical touch that is so important for our emotional well-being can happen in form of cuddling, hugging, dancing or massages.

A loving touch is the natural way of releasing the "feel good" hormones that we are substituting with drugs if they are absent. It tells us that we are embedded in a caring family or social compound, and that means we have good chances at survival. History has been very unhealthy in that regard - our culture is just emerging from the dark ages of an enormous hostility toward the body. But fortunately the times where sex was dirty and touching was a crime are slowly drifting to the past. It is becoming generally known that the only dirt about body communication is in the considerations that we are projecting at it, or at the people who are happily into it. Just whose considerations are they really? Are they truly our own?

### New Paradigm

Processing can answer this question for those who

have been subjected to cultural implanting, but mercifully the younger generations seem to grow up without that. Many of today's 60 and 70 year old people have surrendered to the insane idea that not touching and not being touched is the normal way of living. As a consequence, they have a "sunken in" appearance coming from their lack of reaching. Others have shells of crusty scar energy around them from being punished so much for their sensuality, if they were strong enough to keep it alive. It may need much processing work (or simply much love) to melt that away and free up the original impulsivity in body communication that they once had when they were babies.

The 50 year olds, coming from the 68's "all you need is love" revolution, have already more self-confidence in taking care of their physical needs even in the presence of cultural oppression, and among the 30 and 40 year old people a new culture is forming where the need of touch and physical intimacy is seen as natural and normal, and more flexible scenarios are arranged if the traditional marriage scenario leaves something to be desired. That also reflects in the mainstream media - TV documentaries, magazine articles. It was about time for a new paradigm, where individual needs and preferences have priority over rigid religious or social stencils!

### The Kingdom of Heaven

Look at these kittens - that's how we naturally feel about touching, before it is invalidated and beaten out of us with great violence (with the intention to break us into submissive slave spirits?) That's the innocence with which we are longing for closeness. Jesus Christ says that we need to become like children if we want to find back to the Kingdom of Heaven - is it that what he means?

In order to overcome addiction, we need teams which are encouraged to develop such a climate of closeness, so that the natural and substantial "feel

good” patterns are all in place, and the empty substitutes become dispensable. No more cardboard pizza where we still starve after eating it - actual emotional food!

If such a loose team finally evolves into a firm relationship complete with sexual intimacy, even better. If there are fireworks at the beginning, I hope they will be spectacular! If they later turn into more subtle caring and warmth, I hope it will be stable. With enough subject literacy in love matters, the partners will understand what they are

perceiving: the chemical language of love in a constantly evolving dialogue - rather than the desperate one-way craving of an addiction. They will enjoy the initial times of stormy feelings and excessive lovemaking and treasure them as the short-lived but precious flower that evolution has designed to blossom before it develops into a nutritious fruit. It is the fruit that feeds us, but what would life be without the flower?



# Spiritual Houskeeping: The Care and Keeping of the Human Brain

*By Keneth G. Urquhart, USA*

After an e-mail exchange, Heidrun asked me if I would write something on the subject of the correspondence for an Ivy issue. I'm glad to oblige – honoured to be asked – but have to say I'm not in a position to offer a serious “paper” on the matter. However, I can tell what I perceive of some current realities and of where they could lead us.

The subject of our e-mail exchange had to do with the manifestation of brain dysfunction and how this might relate to auditing and c/sing. Now, while I think the information now coming forward will in due course prove to be extremely helpful to all tech people and to many pc's, I do want to emphasize: I am NOT advocating any slightest change to any working technology that brings an individual from one level of beingness to another which he or she is happy to attain. I support Fast Flow in whatever ethical technology, ethically applied, that lifts the recipient stably up the tone Scale to levels of ever-increasing, inherent, natural and native ability. If there is no interference with this happiness or if there is interference from a known and resolvable source, let it be, and let it roll, and let it succeed.

Theoretically, an audited and scn-educated person reaches a point at which he applies the conditions formulae and moves on up to Power on all Dynamics, enters new cycles of Awareness, goes through the conditions in the new cycles to further Power on all Dynamics, and so on. I'm not going to assert that this theory or perhaps postulated Ideal Scene, does not occur, but I myself am very aware that when we make our plans, we can very frequently find that Life knows better. And she is not slow to let us know that she has

different ideas, and often not at all gentle in getting the message over to us.

So, in my opinion, some flexibility, or openness, on the subject of what works and what doesn't, what is 'survival' and what isn't, what is 'good' and what is 'bad', can sometimes prove to be more workable in the long run than it can seem to be in the short. In this spirit, therefore, and in NO disrespect to existing technology or practitioners thereof, I offer a viewpoint for discerning examination.

## **OT and Unhandled Things**

A person receives auditing, and, let's say, he has done all the grades and their pre-requisites, has completed Dianetics, perhaps is Clear, and at any rate has done some or all “OT Levels” currently available. [I refer, for the time being, to the levels originated by LRH, or to the equivalents thereof.] This person has some unhappiness or some disability or dysfunction, a weakness, a failing, an absence of something desirable (e.g., a 'stable 2D') or the presence of something undesirable (frequent upsets, somatics, pictures, recurring thoughts, and so on). There could be many such unsatisfactory manifestations; I hope to keep this simple and straightforward.

The c/s addressing this situation will normally look for prior errors of commission or omission in the person's auditing and training and ethics history from beginning to present, or for out-ethics as yet unhandled, either in the person's present or in the past, for out rudiments, for MUs, for ill health, and for various technical issues that

could be affecting the person – prepared assessments. There is an abundance of tools in the regular scn kit. If the use of the relevant tools resolves any issues to the satisfaction of the client, the practitioner, and the c/s, so much the better. Who could quarrel with that?

### “Bad Temper”

However, there is abundant evidence now that in many an “OT,” including those with high training qualifications, non-optimum manifestations (i.e., those tending away from Power on all Dynamics) can erupt from time to time. And, in fact, the manifestations can be characteristic in every-day, routine activities. While it is not appropriate to cite named examples without appearing to be antagonistic and judgmental (themselves very non-optimum manifestations), one can point to a few examples. One occurs in a fairly recent confrontation, shown in an internet video, between someone reportedly an OT VIII and a member of Anonymous, in some East Grinstead street. We see the “OT VIII” viciously and maliciously attack the other person. Those familiar with C of S behaviours will recognise this as “caving the anchor points in.” All the attacker achieves is to make himself look childish, ignorant, bad-tempered, fixated, out-of-control, and consumed by an energy that nobody in his right mind could consider positive in any way. OT VIII? Come on.

### Resistive Patterns

I can point to myself as an example. I have patterns of reactions that have been largely beyond my control for most of my life. Yet I had years of being c/sed by LRH himself, audited by people trained by him, or c/sed by others trained by him. I am fed up to my back teeth with scraping the inside of my skull and the rest of existence to find reasons why I still have these patterns. They are resolving now, thank goodness, and although I’m not using scn. processes, I could not be making the progress I’m making had it not been for my auditing and training. I have nothing but gratitude for all the tech that LRH and others have given me, along with their personal care and attention to my needs. I have never been anywhere near worldly Power in any meaningful way, and have been so “aberrated,” I never wanted to. I

read descriptions of psychiatric disorders. I have symptoms, no question about that.

I can point also to LRH himself. He allowed himself to descend into constant anger, hostility, fury, rage, and pure emotional and spiritual violence. He, of all people. He had within him, and he had around him, all of the most potent resources ever available to a being on a spiritual quest for Truth. He chose not to use them.

Now, there is no way to be scientific about these three instances. For that, we’d need two or three teams of reasonably equal technical expertise and skills, and we’d need access to the folders. We have neither, in practical terms.

There are people who have developed techniques based on original LRH material, or from their own sources. These are entitled to say, or to suggest, that their approaches address and handle what’s lacking in anyone who has done a lot of scn auditing and training but still has “case” concerns. This is an issue I am going to sidestep here by limiting myself to this statement:

I am always happy when others make gains that bring them stably to higher levels on the Tone Scale. I myself received the benefit of LRH’s c/sing delivered by auditors trained by him. I watched with my own eyes, and heard with my own ears as he c/sed crew and paying public pcs on the ship, over many hours at different times. I had a relationship with him that of course I treasure (despite my perceptions of his failings) – but it’s one that inevitably leads to comparisons. The comparisons lead to an inevitable question: Is there another individual whom I would trust with my spiritual well-being to the extent that I trusted LRH with it?

The blunt answer is that I live the answer to that question.

Having called attention to these two gaps in my argument (such as it is) – firstly, the lack of scientific method, and secondly, the exclusion of resources some might say are relevant or even vital – I’ll proceed.

### Other Case Influences – the Cell

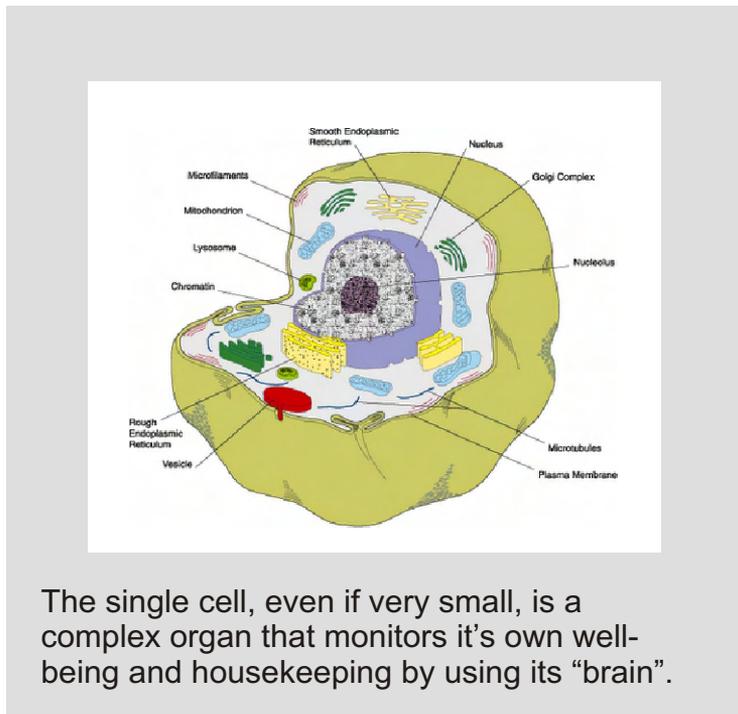
I think anybody who is involved as a practitioner understands that there are levels and dimensions of influence at every individual. Not all influences affect all individuals, No influence necessarily affects any two individuals identically. Some are more open to influences of many kinds, some to only a few; not very many (I hope) are open to all. For the purposes of this essay, I am going to focus on one such influence – the cell, and, by extension, the cell in aggregate, such as in bodily organs, and on one organ in particular.

The first observation I would make is that according to Dr. Bruce Lipton, author of “The Biology of Belief,” every cell has its own brain. The cell brain is aware of all that surrounds the cell and of what goes on within the cell. It regulates the functions of the cell, it monitors what enters the cell and what leaves it. Each cell has its own function. In my view, if the cell brain has enough awareness to know if something outside is friendly or not, and to know if the cell is performing its function or not, I think we can suppose that when the cell is satisfied with everything, it feels happy, that when things go wrong it experiences unhappiness, and that when equilibrium restores itself, the cell brain feels relieved. In other words, the cell brain can go up and down some sort of tone scale. If this can happen to a cell, it can happen to an organ. If it can happen to an organ, it can happen to the whole system, the body entire.

## Keeping the Body Happy

If there is some truth in this, does it not behoove me as

operator and manager of my body to know how I can keep as many of my cells as possible as happy as possible? And is it not likely that if a number of my cells are seriously unhappy, I myself am going to be aware of their unhappiness? If I’m not aware that it’s my cells that are low-toned, am I not likely to feel their unhappiness and say to myself, “I am so unhappy”? And perhaps to go looking for “case” to blow so I can feel happy again? Maybe the auditing I now do, works. If so, fine. If not, I now have two concerns: the one that I feel I am unhappy, and the other that I’m unhappy that the tech has “failed” to resolve the unhappiness I am taking on as my own when it isn’t.



The single cell, even if very small, is a complex organ that monitors it’s own well-being and housekeeping by using its “brain”.

## Nutrition and Care

Are there in fact present-time reasons why cells would feel less than happy? There most definitely are. One of the most prominent of these is called “your friendly neighborhood supermarket,” certainly the American model, at any rate. There are many others in the p.t. world around us. Controlling them for good body performance requires serious hatting in these subjects:

1. Optimal nutrition for the body.
2. Balancing the body’s hormones.
3. Finding and cooling off ANY inflammation in the body.
4. Making and keeping the digestive system in excellent working order.
5. Removing toxins from the body and keeping them out or moving through.
6. Knowing how to maintain the body’s energy metabolism.
7. How non-optimum conditions in any of the above

affect the tone scale position of the body and particularly of the brain.

For basic information on these subjects and how they align, please see “The UltraMind Solution” by Mark Hyman; he also outlines ways in which to regulate them in our own bodies. Dr. Hyman’s main point is that researchers have shown that the brain (an aggregate of cells) is in constant two-way comm with the rest of the body (an aggregation of aggregates), and that any non-optimum condition in the body is always reflected in brain health (and function or dysfunction). I add to that, brain tone level as well.

### Taking Care of the “Hardware”

If anyone in scn for a while is still thinking that the brain is a part of hunk of meat and worthy only of being by-passed by any self-respecting thetan, he or she is living in a dream of the past, ignoring the real and exciting possibilities of the present. And is promoting unhattedness that can make a pitiful mockery out of an OT who has not paid attention to, and cared for, the body. There is no sane reason why anyone should not consider his body to be one of his very best friends or why he or she shouldn’t help it accordingly.

Just how far does brain health go when bodily conditions bring the brain downtone and into dysfunction? According to Dr. Daniel G. Amen, there are very clear associations between over-activity (i.e. inflammation) or under-activity in certain brain parts, and corresponding behaviours. In other words, what is happening in a given brain part manifests always in predictable specific behaviours. Speaking only of Attention Deficit Disorder, and not mentioning any aspects of dementia (an entirely separate category of brain catastrophes), Dr. Amen mentions six types. The manifestations he lists are all connected with over-activity or under-activity in specific parts of the brain. The manifestations are common amongst all people whose brain parts have the same or similar over-activity or underactivity. His categories and their manifestations are:

**Classic ADD:** *sufferers are inattentive, disorganized, hyperactive, restless, and impulsive.*

**Inattentive ADD:** *sufferers are inattentive, sluggish, slow-moving, have low motivation, and are often described as space cadets, daydreamers, or couch potatoes.*

**Overfocused ADD:** *sufferers have trouble shifting attention; frequently get stuck in loops of negative thoughts or behaviors; are obsessive; worry excessively; are inflexible; frequently behave oppositionally and argumentatively.*

**Temporal Lobe ADD:** *sufferers are inattentive, irritable; aggressive; have dark thoughts, mood instability, and are severely impulsive.*

**Limbic ADD:** *sufferers are inattentive, experience chronic low-grade depression, are negative (“glass half-empty”), have low energy, and frequent feelings of hopelessness and worthlessness.*

**“Ring of Fire” ADD:** *sufferers are inattentive, extremely distractible, angry, irritable, overly sensitive to the environment, hyper-verbal, extremely oppositional, and experience cyclic moodiness.*

[Doesn’t this last seem to fit somebody we all know, who has a rather short body?]

[Above brain information taken from “Healing ADD” by Daniel G. Amen, Berkely Books, New York, 2002.]

### Handling Dysfunction with Tech

I will agree that the applications of ethics, training, and auditing can reverse perhaps all of these manifestations, perhaps even permanently. If a pc’s brain has these dysfunctions but he keeps them sufficiently in check that they don’t bother anyone too much [sometimes known as ‘having ethics in’], they will not always be addressed. If not addressed, they may well increase in their effect as the person gains more horsepower as a being – and as the body goes through its natural process of degeneration through age. And if the person is not very concerned about his health – buys all his food at the supermarket, for example – he is likely to develop ill-health and brain dysfunction as he ages, “OT” or not. The development of dysfunction will be gradual and may not bring itself to attention.

I believe that no c/s or auditor can afford to neglect the information available on this subject. From what all

auditors and c/ses know of LRH's interest in nutritional research, I think we can all be reasonably sure that he'd be keeping abreast with all these new findings. He stopped breathing in 1986. If we're still breathing, we need to move with the times.

Questions arise from the view expressed here. Two questions I'll take up are: How come auditing and/or ethics can change undesirable manifestations? What about the concept that we are auditing a thetan who is in charge of the body and who, we believe, is the one that experiences the emotions and originates all the thoughts? I think it'll be simpler to deal with the second question first, because it's the more difficult. It seems to me that the idea that there is always a unit of theta with enough ability and causativeness to move from life to life, able to exteriorize, and perhaps able to cause physical effects in the physical universe without the use of a body, this idea holds true only for some, and a very few at most. And these few must be, in my opinion, beings who have been able to develop their individuality causatively over a long time; the rest of us, I feel, are not necessarily so independent of the stream of theta that flows through the universe and through Life. I have no quarrel, however, with anyone who adheres to the standard scn. concept of the thetan. Whatever works is fine for me.

### **Theta and Patterns of Responses**

Regardless of the status of the theta infusing a body, that theta is intimately involved in managing the body for optimum survival of body and of theta-plus-body. The theta, as it experiences life, especially in its early years, forms "pathways" in the brain in response to the experiences. For more information on this fascinating subject, please see "The Science of Parenting," by Margot Sunderland. "Pathways" in the brain are neural solutions to new experiences, good or bad. Good experiences help the baby's brain set up "normal" pathways that stand an excellent chance of remaining "normal" for the rest of the lifetime; they will help the individual maintain "normal" relationships in the world. On the other hand, pathways set up to deal with unbearable experiences are abnormal. They too, will stay in place for the rest of the lifetime unless properly addressed. The brain of a child who knows nothing but abuse from (say) men with black beards sets up its own

method of dealing with that pain; the brain becomes hard-wired to (a) expect the pain, and (b) to use whatever suppress-mechanism has set up to help make the pain bearable (such as numbness, suppressed fury, acting out in various ways, and so on). The person deals with the world on the basis of this hardware. Nothing unusual here for the Dianeticist.

The auditor who audits out all the secondaries and engrams available allows the theta in the person to rewire the hardware. With the encysted charge out of the cells, the part of the brain that does the executive function resumes control of the parts that were enforcing the old "solution." The executive function can now say, "Oh, here's a man with a black beard. He's not abusing me. I don't have to be frightened. He may not abuse me at all. No need to get upset, defend, or act out." And the formerly aggravated and enturbulated brain parts remain cool and calm. One could say on the other hand, that it's the theta that rearranges the pathways. Either way is fine with me.

Now, if an old pathway from childhood is left in place, the chances of future auditing (or ethics action) finding and correcting them are pretty good. Somewhere on the Grades, Dn, and Clear and OT Levels, the material should come up. It may not be called for or addressed exactly as what it is, but with reasonably good auditing and training the theta should come out in much, much better shape than before.

### **Sources of Stress to the Body**

However, if not all the learned and adverse pathways are realigned, or if new pathways build up because :

1. Nutrition is less than optimum
2. Hormones are out of balance
3. The body has inflammation
4. Digestion is poor
5. Toxins build up in the body
6. Energy metabolism works poorly
7. Constant body and/or environmental stress (including, "WHY do I have these somatics and these upsets???),

The beefed up thetan, pushing energy through a brain that's to some degree dysfunctional, is set to fall on his

face. Am I saying that this is bound to happen to all OT's. No, of course not. But we all need to take care of our bodies and brains. We should not look down on them or neglect them. Their revenge on our ill-treatment of them can be extremely severe.

So, I'm not trying to alarm anyone or to massively change existing tech. I'm pointing out that research that overlaps into our area of interest is telling us that we need to pay careful attention to a dimension of our work that we have tended, in the past, to look down upon as unworthy of our attention.

### LRH and His Brain

A final note with regard to the state of LRH's brain. Daniel Amen, as we've seen describes a brain state that makes the person, willy-nilly, (and even against his will and his better judgment): "inattentive, extremely distractible, angry, irritable, over-sensitive, moody, hyper-verbal, and extremely opposing." With the exception of "inattentive," I can apply all of these adjectives to LRH's frequent bad behaviours (he had many glorious and beautiful good behaviours). Dr. Amen is describing one of his categories of ADD. [I have a combination of different categories of ADD, according to Dr. Amen's book, but excluding this one, which he calls "The Ring of Fire."]

Of course, I'm not in a position to say anything about the pathways that LRH's brain formed in childhood. A possible clue to what can only be a speculation is the severe and repeated emphasis in DMSMH on attempted abortions. This energy came from somewhere. If LRH were subjected to any serious abortion attempts (one hesitates to broadcast suspicions about a mother who could be completely innocent of them) – or accidents while in the womb – his brain could well have had pathways that remained hidden all his life. From my own observation, I know how severe the effects of a failed abortion attempt can be on Basic Personality, and what huge and deep effects such an incident leaves on the developing brain. If you ever hear about a woman who is going forward with an abortion, PLEASE impress on her that once the work starts it is far, far, better that it go on until it is done; it is a cruelty beyond imagining to leave the job incomplete. I don't assert that LRH as a survivor of an attempted

abortion, or of a pregnancy accident, but I wouldn't be one bit surprised if it were so.

During his life, he invited brain trouble on himself, by my observation of habits such as

1. He was overweight to the point of looking obese.
2. He smoked for many years, heavily.
3. He drank soda regularly for years.
4. He dosed himself with testosterone, for years.
5. He worked through the night.
6. He ate late at night.
7. He usually had insufficient sleep.
8. He had frequent outbursts of fury.
9. He lived a life of very high stress (even if much of it was self-generated).

Every one of these factors directly and adversely affected his brain, and threw it out of balance.

He may have inherited traits of ADD from either parent.

All the more credit to him that he was able to overcome and to by-pass his brain dysfunctions as much as he could. I agree that it is not good that he had any dysfunctions, given his professional claims about his own work, and I can understand the extreme criticisms that keep coming his way – from, I have to wonder, people with some pretty severe brain dysfunctions themselves. In the face of his internal difficulties, his super-human output is all the more remarkable.

Wonderful that he could by-pass the physical dysfunctions; alas, that he scorned his own partly-dysfunctional brain as a 'hunk of meat.' In scorning it, he assigned it a false condition of Danger. In doing that, he put himself in a low condition regarding his brain. Thus, he empowered the dysfunction; they took more and more control away from him and he did not have the power to by-pass them as powerfully as he could before.

LRH set up his own brain to seriously erode his own enormous powers as a being and to make a mockery of his magnificence.

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# A Shinto Perspective on Scientology

By Fumio Swada, Japan

## INTRODUCTION

This writer is Japanese, and this paper is about the similarities and differences of the Scientology religion with other religions of the world. This paper will also take a special interest in the similarities and differences from a Japanese perspective and thus will be comparing Scientology to Japanese religions. The term religion in Japan means to teach the origin, teach the source of the origin. That is the Japanese definition, but may not correspond to the Western definition. For this study we shall use the Japanese definition. For the purpose of Japanese law one can add that to be a religion the religious organization must also disseminate the teachings, perform religious ceremonies and train parishioners. Scientology does all these as outlined in the following pages. It is said in a 31-syllable Japanese poem called a "Waka" that there are many paths at the foot of the mountain, but the view of the moon is the same at the peak. This is an old poem and predates Christianity's arrival in Japan. Mostly it refers to the two main religions of Japan, Shinto and Buddhism, where it was said that you end up the same no matter which sect you belonged to. The point being made was, why quarrel? But more importantly, when there are so many similarities among religions, why concentrate on differences?

The Scientology religion is relatively

## About the Author

Fumio Sawada is a Shinto Priest. He is "the eighth holder of the secrets" of the Yu-itsu Shinto" religion, the oldest religion in Japan.

Yu-itsu Shinto means The Way of One God, Creator of Heaven and Earth. The first holder of the Yu-itsu Shinto secret, or Tamanoya secrets, as they can also be called, was Shoto-ku Taishi (Crown Prince of Shotoku) of 1440 years ago. The second holder of the secrets was Emperor Tenmu of 712, who also wrote Kojiki, the first written historical record of Japan. The third holder of the secrets was the founder of the Shugendo religion. Mr. Sawada was once director of Sophia University, one of Japan's most distinguished universities.

He is Chairman of the Christian Democratic Party of Japan. He has been accorded the venerated Islamic title of Haji, having completed a pilgrimage to Mecca.

He is president of the Ahlut-Bait (A.S.) Center in Japan. His eldest son is currently studying Islam in Iran, while his second son is studying in the Vatican.

unknown in Japan, although many libraries contain Scientology books written not only by the founder, L. Ron Hubbard, but also by the Church of Scientology itself. Having read 30 books on the subject, this writer feels that any person wishing to know more on the subject is well-advised to read these books.

## WHAT IS SCIENTOLOGY?

The origins of Scientology date back to the 1930s when L. Ron Hubbard, the American who was to become the founder of Scientology, travelled the East and asked himself why man was living such a miserable life. No one had been able to answer his questions, when, as a young man, he had asked where man came from and where man was going. In 1950, Mr. Hubbard wrote a book on a subject he called Dianetics ("through mind"), which was his early research into the mind. The book, *Dianetics: The Modern Science of Mental Health* was very popular and soon became a bestseller, and has sold more than 17 million copies. As the

Dianetics movement grew and the research expanded from the mind into the spirit, another subject was born Scientology and the first Church was founded in 1954 in the United States. Dianetics first entered Japan shortly after that, but the first formal Scientology missionary expansion into Japan occurred in 1962, making this the actual starting point of Scientology's history in Japan. On 10 September 1962 the first official lecture on Scientology was given to a packed auditorium. The word "Scientology" comes from the Latin *scio*, meaning "Knowing in the fullest sense of the word," and the Greek *logos*, which means "to study." In the book *Scientology The Fundamentals of Thought*, Mr. Hubbard

explains that the subject is actually descended from the roots of psychology, but that we must understand that it is not descended from current psychology, but rather the older psychology as was taught in the religions of the world before the spiritual essence of the study was removed in the last century. Psychology means literally "the study of the spirit." Psychology of today has lost this meaning and no longer studies or recognizes the spirit as a bona fide field of study. In this sense Scientology is very different, as it does study the spirit, as most great religions of the world do. Religions generally accept that the human spirit is related to the great "life-force" of this universe. However, the word "spirit" is difficult to define.

Some would argue that the spirit is in fact the human mind. But in Scientology the term "spirit" would mean "oneself" and it means much more than just the mind. In one Japanese Shinto religion, *Seichi-no-Ie*, it is expressed as what would be translated into "the child of God." It would correspond to the Japanese words "hime" or "hiko." In Scientology, Mr. Hubbard coined the word *thetan*, from the Greek for spirit, as no other existing word could fully describe it. The concept of coining new words to explain new concepts that have no existing words is not new to religion. In Japan, Master *Kobodaishi*, the founder of *Shingon* (a very old and traditional, large esoteric Buddhist sect) coined many words that needed to be developed so that the religion could be practiced. Yet at the same time there is no new word for God coined in Scientology. Though the framework of God may not be part of the Scientology study, and members may have their own ideas of what this term is or is not, the words used for it are "the Supreme Being," the "infinite," "the allness of all," "the author of the universe," and of course "God." Unlike some

other religions, Scientology has no particular dogma about the concept of God, but rather allows the person to develop his own understanding of how he fits into the universe and the nature of things. From there faith may follow. Thus Scientology students not only appear to come from all walks of life and nationalities, but from very diverse religious backgrounds. Being a member of more than one religion is very common in Japan and the East. In this tradition, some Japanese students of Scientology also do not give up their other religions, but from what this writer can understand, have used their study of Scientology to strengthen their previous religious commitment and faith in God. This is slightly similar in concept to what is practiced in the relatively new Shinto religion, Seicho-no-Ie, which also has followers coming from Buddhist, Christian and other faiths.

### SCIENTOLOGY'S RELATION TO OTHER RELIGIONS

Scientology has an obvious similarity with Buddhism. So much so that Mr. Hubbard once asked the question of Buddhist leaders in Asia if it were possible that he was the Metteya who had been prophesied by Buddha. Buddha, Guatama Siddhartha, had told his followers when he was about to die that in the future a Buddha would come to complete the job he had begun, and that he was to be known as Metteya. If Mr. Hubbard is to complete the humane intentions of the great Siddhartha, only time will tell. It is not the purpose of this paper to answer the question that Mr. Hubbard raised. However, the fulfilling of prophesies is another similarity to other religions, great and small.

The first book that this writer read was *Scientology The Fundamentals of Thought*. In reading this book, this writer immediately thought of how similar the contents were to Shinto religions.



*Shinto Priest*

Specifically there is the understanding that life is but an apparency, and that the physical world is actually the apparent world, there to be seen by the senses.

This is very similar to the teachings of the founder of Seicho-no-Ie, Master

Mashaharu Taniguchi. (Master Taniguchi was one of the four people to write down the story of The Universe for Holy Master Onisaburo Degushi of Oomoto, another Shinto religion of Japan.) Both Oomoto and Seicho-mo-le are relatively recent in Japanese history with Oomoto beginning at the last century and Seicho-no-le beginning in the 1920s.

In Buddhism, this same idea of "apparency of life" is expressed as "Shiki soku, Ku soku ze shiki" which means simply that anything that can be perceived with the five senses is simply nothingness or empty. The Buddhist also maintain that the universes of man are only manifestations of the mind. Of course Buddhism also has a much deeper meaning, as does Scientology.

Other explanations about life and the mind are also comparable to some Shinto beliefs, such as that the memories of experience are recorded in a filmlike memory, each frame duplicating the events for the person. This again has similarities to Seicho-no-Ie. But one term in Scientology that was of great interest is the term theta. In Yui Itsu Shinto, what could be a corresponding term means "The Great Life Force of the Universe." It is also in common with Hakke Shinto, which had been in charge of religious services for the Imperial Household until the time of the Meiji Restoration. This same concept then became the basis of newer Shinto religions such as Mahikari, which boomed after the war.

The concept of a person having lived before is old and fully accepted by Eastern religions. Scientology theory and practice is based around this concept, that one is a spiritual being which Mr. Hubbard has called a thetan, and that

one can recall past lives, and that as a spiritual being his actions of the past determine his situation in the present. There are more than 180,000 religious bodies in Japan, and I would expect that this concept is shared by most of them in one way or another. Of course this concept dates back not only to the time of Buddha, but also to the Veda, the source of the great Indian religions.

## **SCIENTOLOGY PRACTICE: AUDITING**

The central practice of Scientology is called auditing, from Latin *audire*, which means to listen. The person answering questions put to him by the auditor ("one who listens") brings about for himself a senior state of mind and spirit, and a curing of bodily psychosomatic ills. This is very much in common with some of the newer Shinto religions that come from the Yui-Itsu Shinto line which dates back 1,400 years in Japan.

Scientology thought began with Mr. Hubbard's early research in the 1930s, which is the same time the newer Shinto religions were searching for a means of applicable religious practice to heal the spirit. Auditing began in the USA in 1950, when *Dianetics: The Modern Science of Mental Health* was published. In this book Mr. Hubbard outlines how one can attain the state known as Clear free from what is referred to as the reactive mind. It could be compared to the state of "Satori" or even "Naikan" in Buddhism. In some Shinto religions, where a person meditates on his experiences of childhood or his past lives, under a teacher's direction, to self-reflect on the way he is now. Auditing, which also can be described as a reflection on one's past, be it childhood or past lives, can also bring about the

same reflection and understanding of one's current state in life. How to conduct auditing is learned by a person who studies in Scientology study rooms called academies and course rooms. There, under the guidance of a supervisor, the student reads and practices the techniques of auditing. Auditing is the practice whereby this trained auditor has a person who is not Clear answer questions about his past. The person receiving this auditing is called the "preclear," as he is not yet

**Clear:** As the preclear answers the questions put to him by the auditor, he experiences relief of stress, a betterment and peace of mind, and general spiritual well-being. The training time to become a proficient auditor will vary but it can take from months to years depending on the level of proficiency and exactitude the auditor is striving to achieve. In the Oomoto religion, the practice of "Naikan" is still practiced and rehabilitates juvenile delinquents, resulting in regional governmental commendation for the practice. Again comparable, Scientology has juvenile rehabilitation programs operating in many parts of the world. Of course Naikan and auditing have similarities, but are also fundamentally different. This is an example, however, showing two religions approaching the same problem from two different cultures and arriving at answers that have obvious similarities. With auditing, one would tell the auditor



in minute detail of what he had found troubling him in life from his past, where with "Naikan" one would reflect for himself under a teacher's tutelage. The end result for both is betterment in spiritual behaviour and a resurgence of ethical conduct. In the practice of Seicho-no-Ie, called "Sin-So-Kan," a person is trained to confront himself through his past. This also has a similarity with auditing. In both practices one has to confront his own past.

Scientology has a graded path to enlightenment which is called the Bridge to Total Freedom. The result of traveling this Bridge, by being audited and learning how to audit, is not only great enlightenment but also a spiritual beingness comparable to "Chin-Kon-Ki-Shin," the great secret of Shinto, which means "to appease the spirit of man so that he can

return to a God-like state." This is very similar in concept. This has been practiced by various Shinto religions, including Hakke Shinto, which was founded in 1025 A.D.

Making people better with the natural spiritual healing arts is not lost practice in Hapanese religions, as it is for some other religions. Religions such as Seicho-no-Ie, Sekai-Kyusei-kyo, Shinto-tenkokyo, Ananai-kyo and other are all interested in practices in Jap[an that bring out the state of Chin-kon-Kishin. The number of followers number 20 mil-

lion. Though their techniques may be different, their purposes and goals have a direct similarity to the Scientology practice of auditing and having its members move up the Bridge to Total Freedom, grade by grade.

In other major world religions, too, such a state is not without description. In Islam, there is the term "Imam Zamam" which means a person so enlightened that he can fully perceive the seven meanings of the Holy Koran.

In the Christian confessional one also has to confront one's past. Again this is similar to Scientology, which also offers confessional procedure. A person has to look back into his past, confront another person with it, the auditor, and confess. The result is the same for both faiths: a betterment of the spirit and a resurgence in life.

This brings us full circle again to the prophecy of Buddha, who predicted that one day Metteya would liberate man from what is holding him back. In Japan, the Metteya prophecy is different from those of the Pali. Here the prophecy is not so much that a person will necessarily return, but rather that man could have a way of returning to the spiritual state as prophesied. Many religions in Japan have been waiting for such events to evolve, both Buddhist and Shinto. Scientology does have a means of raising man's spiritual ability. Japan is a country where religions place and accent on the raising of one's spiritual ability. From a Japanese point of view, Scientology is

indeed a similar religion to others already here.

## CEREMONIES

Religion would not be complete without ceremonies, and Scientology has a book called *Background and Ceremonies*, used by ministers of Scientology Churches for funeral services, wedding services and for welcoming newborns into the world, to mention but a few of the Scientology services. In the West, Sunday services are also performed.

## CONCLUSION

In conclusion, one cannot reach any other decision than that Scientology is a religion. It has more similarities to Japanese religions than Western religions, and for this reason it may be misunderstood in the West for not being similar to other mainstream religions. But, nevertheless, it is an international religion, very similar to religions in Japan that have adherents numbering 20 million.

I would also like to introduce the esteemed academic religious scholar and Emeritus Fellow of Oxford University of England, Bryan Ronald Wilson. He has written a very detailed study of Scientology, from a Western scholastic point of view, I highly recommend this study for further reading.

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