Issue 114

Ability®

SCIENTOLOGY, WASHINGTON D.C.

THE CENTRAL ORGANIZATION OF SCIENTOLOGY IN THE UNITED STATES

BRING YOURSELF TO THE HIGHEST PEAK OF EFFICIENCY BY LEARNING:

a. How to know and predict your fellowman.
b. How to secure your own future.
c. How to handle the things around you.
d. How to get your ideas across easily.
e. How to be at the CAUSE side of life rather than at the EFFECT side.
f. How to help yourself and others.

TRAINING A PERSON TO LIVE IS THE MOST IMPORTANT TRAINING WE KNOW OF. PEOPLE GET TRAINING FOR VARIOUS JOBS. BUT FEW ARE TRAINED IN THE JOB OF LIVING. TO SOME PEOPLE, "LIVING" IS A JOB - IT BECOMES A "CHORE" TO LIVE. THIS IS BECAUSE THEY DON'T REALLY KNOW HOW TO LIVE OPTIMUMLY.

In order to do anything, you must know how.

And if you don't know HOW to live, then living will indeed be a chore instead of a pleasure.

Give yourself a break and learn HOW TO LIVE. Enroll in the Hubbard Certified Auditor Course any Monday morning at 9 a.m. (Course may be taken all at once, or several weeks at a time.)

For complete information: write, phone or wire
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Academy of Scientology

ABILITY

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INTRODUCING SCIENTOLOGY

In 1943, Man, in the form of the Atomic Energy Commission, produced the Atom Bomb.

Since that date there has been much discussion about the control of that bomb.

Yet there is no problem in controlling an Atom Bomb. It explodes when someone pulls the release. Until the release is pulled, it does not explode. The problem of control is the control of men, not a bomb.

Is Man civilized enough to possess such a weapon? Or will our past inability to control men bring about, through Atomic Fission, the devastation of all Mankind?

New knowledge gave us control over the atom. Can the same knowledge give us enough control over men to guarantee our future?

Scientology was born from the same crucible as the Atom Bomb. Scientology is the behavior science of the 20th Century. The goal of Scientology is sufficient control over the aberrations of Man to secure to him a future despite the weapons of today.

Brought into existence by the same urgency as the Atom Bomb itself, famous men have stated that Scientology may be the most important development of this Century.

No past study of Man has brought to Man enough understanding of himself to give him freedom. As long as Man is slave to his aberrations, his fears, his greed, Mankind cannot be free.

If Man is to Survive he must conquer those factors in himself which give him War, Criminality and Insanity. Until he has conquered these he is not safe.

Thirty-five years in development, Scientology has been found to conquer these.

In ten years of public test it has proven itself.

It is the only fully validated science of human behavior in existence today.

Developed by a classmate of the men who made the Atom Bomb, developed by a scientist whose sense of humanity would not permit him to use his learning to serve chaos, Scientology, a science of human behavior, came from the very formulas which, in less responsible hands destroyed cities and seek now to destroy nations.

Scientology is more than a science. It is a movement toward a saner world, a world in which it is safe to build hope and raise children.

In the hands of the intelligent, Scientology, by altering human energy, has duplicated any miracle of yesteryear in healing. But it is far more than a science of healing. By it and by it alone could be determined the quality of those who govern man.

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By Scientology one can know and predict his fellows, he can heal and secure the future of his children, he can evaluate tomorrow and learn to rule today.

It would be irony indeed if Man, able at last to conquer his true enemies, would then succumb at their hands before the remedy is used.

Scientology, the twentieth Century science of behavior, makes the able more able. It has been in use for eight years on national leaders. Public interest in Scientology is preventing war.

In a few hours Scientology can make the lame walk, the blind see. In a few years it can make a world safe enough to own an Atom Bomb.

Scientology is yours to use. Being yours, you too must help in bringing into action all now that Man can do.

You can control the Men who control the Atom Bomb. You can help. With this science you can do your part in saving civilization's tomorrow.

HOW CAN YOU HELP

First -- bring yourself to your highest peak of efficiency.

The world is poor today in able individuals. It is a first motto of Scientology to "Make the Able More Able".

There are many ways in which Scientology can raise your effectiveness. This is done by "auditing", either in groups or individually by skilled Scientologists.

Second -- know the axioms and communication systems of Scientology.

This is done by the individual or group study of Scientology from books and Extension Courses and at a professional school of Scientology.

By coming into a knowledge of Man, his purposes and potentials, you can predict him and thus fashion, in your own area of influence, a better home, a better group, a better society.

Third -- in or out of Civil Defense, bring about, by communicating to others, a care and consideration on the part of leaders on the handling of modern relations.

Fourth -- put your support behind United Nations programs to handle the Atom Bomb and armament as a United Nations function and demand that the United Nations be composed and act with new realism on these problems.

Fifth -- work in your community to raise the general social health of that community by reducing illness, criminality and irresponsible leadership to a point where in the event of a national emergency, it cannot engulf control.

HOW CAN YOU TEST SCIENTOLOGY

Scientology is the most thoroughly validated science of human behavior in existence today because it requires so little time to prove itself in interested hands.

Although these exercises are an almost childishly simple part of Scientology, use of them can remedy headaches and tiredness in some cases with considerable ease.

These exercises are simple to put into operation. They should be done where a person will not be disturbed by interruptions.

EXERCISE ONE
Look and Act Younger

Sitting somewhere near the center of a room, close your eyes and "contact" the two upper corners of the room behind you. Then, holding those corners, sit still and don't think. Remain interested only in those two corners.

You can do this for two minutes (minimum) or two hours always with benefit. No matter what happens, simply hold the corners and don't think.

You can do this daily. It will make you look and act younger.

EXERCISE TWO
Feel Freer

Pick out two similar objects. Then find as many differences between them as possible.

Now pick out two objects and see where they are in relation to each other and your body.

Use these two steps over and over. You will feel freer and see better.

EXERCISE THREE
Better Your Memory

Go over this list many times, each time answering its questions:

Recall a time which really seems real to you.
Recall a time when you were in good communication with someone.
Recall a time when you agreed to something.
Recall a time when you liked somebody.
Recall a time when someone agreed with you.
Recall a time when someone was communicating easily to you.
Recall a time when somebody liked you.

Use this list many times. If "holding corners" (Exercise One) disturbed you, use this list. If you are tired or confused, use it. This exercise can be done for hours.

FIRST AID

If somebody is injured, you can assist in many ways. A burn or bruise or even sprains or breaks heal much more swiftly with Scientology Assists.

The most elementary of this First Aid treatment is easily done. For ages Man has know that "laying on of hands" or Mother's kiss was effective therapy. Even gripping, in pain, an injured member, seems to help. But Man neglected the most important part of "laying on of hands". This follows:

Do this exactly and do it with a minimum of talk.

Place your index finger or fingers or palm on the injured member, very lightly, and say to your patient, "Put your attention on my hand." Now change the position of your finger or palm and say again, "Put your attention on my hand."

It is best to touch your patient on spots which are further from his head than the injury.

Do not talk excessively. But coax him, as you touch, briefly, spot after spot, to put his attention on your finger or fingers or palm.

Change the spot every moment or two. Be calm. Be reassuring.

If your patient experiences pain or trembling as a result, keep on for the therapy is working.

Continue in this fashion for many minutes or half an hour if necessary, until pain or upset is gone.

During this treatment the patient has his eyes closed.

It is not power from your finger which is healing him. It is power he generates by "looking" at your finger down through his body. You are putting him into communication with the injury. His communication with it heals it.

Ordinarily injuries, burns, sprains, burns, scalds, broken bones, headaches and colds heal slowly because the patient is avoiding their area with his own energy.

SCIENTOLOGY DEFINED

"Scientology" is a new word which names a new science. It is formed from the Latin word, scio, which means know (in the broadest sense of this word) and the Greek word, logos, which means study. Thus, "Scientology" means "knowing how to know".

A science is not merely a collection of facts, neatly arranged. An essential of a science is that observations give rise to theories which, in turn, predict new observations. When the new observations are made, they, in turn, predict new observa-

tions. A science grows. Its most important growth is not in numbers of facts but in the clarity and prediction-value of its theories. Many fields which call themselves sciences substitute fact-collecting for theorizing, others substitute theorizing for observation. Without both, there is no science. The "exact" sciences contradict each other daily. This is not because their observations are wrong, but because they cling to old theories that conflict instead of finding the newer, with which they could predict new observations which their present theories hide from them.

Scientology has introduced new simplicities of theory into the field of human thought and has brought the study of human thought up to a level at which it begins to embrace all thought and all life, not only of man, but of all organisms.

Scientology is not a therapy for the sick, although from Scientology such a therapy may be derived.

THOUGHT is the subject matter of Scientology. It is considered as a kind of "energy" which is not part of the physical universe. It controls energy, but it has no wave length. It uses matter, but it has no mass. It is found in space, but it has no position. It records time, but it is not subject to time. In Scientology, the Greek word (and letter), theta, is used as a symbol for thought.

The MIND may be said to be made up of the thoughts of a person. The mind is a theta entity.

The BRAIN is an organic physical entity. It is not the mind.

"MEST" is a coined word, meaning Matter, Energy, Space and Time, the physical universe. All physical phenomena may be considered as energy operating in space and time. All matter is reducible to energy operating in space and time. The movement of matter or energy in time is the measure of space. All things are MEST except theta.

An ORGANISM is a portion of MEST which has been organized and is being controlled by theta. Organisms are alive. They are the physical manifestation of LIFE. Theta is said, then, to be the "Energy" of life. (It is not to be confused with physical energy, which is the "E" of "MEST").

MEST is in a constant state of motion. All its parts are moving with respect to each other. Matter cannot exist without motion. Energy is motion. Space and time are defined by motion. A life organism, being partly MEST, must contain motion.

A STATIC is something which has no motion. The word is from the Latin, sto, meaning stand. No part of MEST can be static, but theta is static. Theta has no motion. Even when the MEST it controls is moving in space and time, theta is not moving, since theta is not in space or time.

PROCESSING is a procedure by which an individual recovers his self-determinism. No procedure which does not bring about increased self-determinism is processing.

AUDITING is the arrangement in which one individual helps another along the course of processing. To audit is to listen and compute. The presence of an auditor has a value far beyond the mere words which are spoken.

SELF-DETERMINISM is the goal of processing. An individual can be aberrated only by his own decision about some injury or loss he has suffered. If he decides not to survive that injury or loss, he will to a greater or lesser degree begin to die.

SANITY is rated on a scale which goes all the way from death up to levels higher than man has ever been expected to reach. Complete sanity would be complete self-determinism. The level of behavior which we are willing to accept as sane in ourselves or in others may change from day to day and year to year. It may rise or fall. In processing it rises. There is no advantage in considering one's self insane but there is an advantage in wishing to be saner than one is. Anyone through processing can become saner than he is.

The term "CLEAR" has risen from the analogy between the mind and a computing machine. Before a computer can be used to solve a problem, it must be cleared of old problems, of old data and conclusions. Otherwise, it will add the old conclusions into the new one and produce an invalid answer. Processing clears more and more of these problems from the computer. The completely cleared individual would have all his self-determinism in present time and would be completely self-determined.

Scientology cannot be fully understood by an uncleared individual. This means that one must feel one's way into Scientology as though into a long passage at the other end of which a light is shining. It would be convenient if the whole passage were brightly lit, but since the passage is itself a journey into the light, the light within it must increase gradually. This is one of the things which makes an auditor useful.

Mysticism has been an attempt to travel this passage. As nearly as one can tell, the concentrated, aesthetic methods of the mystics have brought them experiences which have something in common with processing. But the ability of these individuals to communicate their experiences to others has been so limited that mysticism may be considered uncommunicable. It must be experienced to be understood. Much of this kind of experience has been evaluated in Scientology.

The efforts of thousands of people over thousands of years have been required for the development of the physical science which we now have. The same has been true in non-physical science. Scientology, the science of knowledge, is the end product of thousands of years of thinking and investigation about how man thinks and what life is. Scientology is at the point of this advance. The data which have been uncovered in a few years by L. Ron Hubbard has been waiting to be uncovered since the beginning of time. Suddenly they are uncovered. This is the way of nature; for months the flower waits quietly, seeming to do nothing, then in a few hours it bursts into bloom. One may do well to recognize that he is watching the sudden blooming of an incredibly ancient flower.

We who work in Scientology do so because we think it is at the point of advance of human knowledge, it is the steel tip which is rending the fabric of the unknown.

Scientology is an invitation to an individual to learn for himself what others have learned before him and will learn after him. If one accepts this invitation, he is like a man who accepts an invitation to enter someone's house. He should respect that house and be a good guest in it. If he is a good enough guest, he will go on living in the house as long as he wishes.

A FACSIMILE is a theta recording. All physical perceptions, all effort, emotion and thought which a person experiences are recorded continuously, and these recordings are called "facsimilies". They are not dependent upon an organism for their continued existence. Any facsimile which has been recorded is there to be recalled -- when the individual has risen high enough on the tone scale, when he has regained enough of his self-determinism.

An ENGRAM is a facsimile which is contra-survival and of considerable magnitude. An engram which contains little physical pain but much painful emotion is called a SECONDARY ENGRAM.

THOUGHT is the causal agent in an organism. It is thought which causes everything both structural and functional that happens in an organism. An organism without thought is already dead.

The idea that thought exists in complete independence of MEST is a central theorem of Scientology. By definition it is not susceptible to proof in physical terms, but no theory which makes thought dependent upon MEST is workable, though numerous experimenters and authorities spend their lives, even today, treating the cause of life as though it were the result of a molecular accident, and wondering why the problem gets more and more complicated as they continue their "solution" of it.

"ABERRATION" is a word from the Latin ab-erro, meaning wander from. An aberrated person wanders from his self-determined course. He no longer goes where he wants to go now, but goes where he has wanted to go in the past. His course is, therefore, not rational, and he seems to go wherever the environment pushes him. He has as many aberrations as he has hidden contra-survival decisions in his past.

The TONE SCALE is the main gradient scale of Scientology. One of the most important observations which led to the formulation of this scale was the change in emotional manifestation exhibited by a person who was being processed. The progress from painful emotions to pleasant emotions was so reliable and evident an indication of success, that it became the main measuring stick of the progress of a case.

Everyone has his customary position on the tone scale -- a manifestation of emotion and behavior which is his habitual "frame of mind". He will rise and fall on the scale briefly as pleasant and unpleasant things happen to him, but in the main he will have one level which represents his general attitude. Processing can change that level, permanently.

Socrates said, "Know thyself." We are at last coming to the point where we can know ourselves, directly, by our own experience; whence we have come, how long we have been in coming, who we are, what we may be in the future.

WHAT INFLUENCE DO YOU HAVE OVER YOUR LIFE?

Have you ever wanted to start a certain course of action but felt you didn't have the ability to see it through? Have you let others talk you out of something you felt was right for you? Have you ever started something which then got out of your control? Have you ever become discouraged because you couldn't live the way you would like to live? ? ? ? ? ?

IF YOUR ANSWER TO ANY OF THESE QUESTIONS IS "YES", AND IF YOU WOULD LIKE TO REMEDY THIS, THEN SCIENTOLOGY PROCESSING CAN HELP YOU TO DO SO.

The goal of Scientology processing is to assist an individual to recover his self-determinism in all phases of living.

> "An individual can be aberrated only by his own decision about some injury or loss he has suffered. If he decides not to survive that injury or loss, he will to a greater or lesser degree begin to die."

Scientology processing is available from the Hubbard Guidance Center in Washington, D.C. All processing is closely supervised by L. Ron Hubbard, Founder of Scientology. Processing Intensives may be arranged for any number of hours. For example, a one-week Intensive would consist of 25 hours of processing; 2 weeks, 50 hours, etc. For complete information, write to:

THE REGISTRAR
1812 19th Street, N.W.
Washington 9, D.C.

(Phone: ADams 2-6296 (Wire: "Sientology")

Hubbard Guidance Center

"HAVE YOU LIVED BEFORE THIS LIFE ?" -- A controversial question of long standing, can be answered by Scientology.

Can you remember the things you did when you were 1 and 2 years old? Can you remember being born? Well, you did get born, even if you don't remember the sequence of events. And so have you lived before this present life, even though you may not "remember" it just now.

We realize that talking about "Past Lives" might be upsetting to you - just as some unpleasant episode in this life might be unpleasant for you to talk about. But that doesn't make it any the less true. Only when you are aware of what has happened in the past can you efficiently handle the present -- and the future. Past lives account for many of your difficulties -- both physical and mental.

How often the phrase is heard, "If I could just remember!" Well, if a person can't remember everything he did in THIS life, you can understand how he might "forget" past lives!

READ THE NEW BOOK ---

"HAVE YOU LIVED BEFORE THIS LIFE?"

OVER 40 INDIVIDUAL ACCOUNTS OF PAST LIVES UNCOVERED DURING THE ADVANCED CLINICAL COURSE IN SCIENTOLOGY HELD IN LONDON, ENGLAND

100% OF THOSE TESTED SHOWED EVIDENCE OF HAVING LIVED BEFORE

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