Issue 123

Ability®

TWO RULES FOR HAPPY LIVING

by L. RON HUBBARD

1. BE ABLE TO EXPERIENCE ANYTHING.
2. CAUSE ONLY THOSE THINGS WHICH OTHERS CAN EXPERIENCE EASILY.

Man has had many golden rules. The Buddhist rule of "Do unto others as you would have these others do unto you" has been repeated often in other religions. But such golden rules, while they served to advance man above the animal, resulted in no sure sanity, success, or happiness. Such a golden rule gives only the cause point, or at best the reflexive effect point. This is a self-done-to-self thing and tends to put all on obsessive cause. It gives no thought to what one does about the things done to one by others not so indoctrinated.

How does one handle the evil things done to him? It is not told in the Buddhist rule. Many random answers resulted. Amongst them are the answers of Christian Science (effects on self don't exist), the answers of early Christians (become a martyr), the answers of Christian ministers (comdemn all sin). Such answers to effects created on one bring about a somewhat less than sane state of mind -- to say nothing of unhappiness.

After one's house has burned down and the family cremated, it is no great consolation to (1) pretend it didn't happen, (2) liken oneself to Job, or (3) condemn all arsonists.

So long as one fears or suffers from the effect of violence, one will have violence against him. When one <u>can</u> experience exactly what is being done to one, ah, magic -- it does not happen!

The most basic proof of this are the earlier tests with problems of comparable magnitude and later tests of "selected overts". When the problem or terminal is no longer restimulative, it ceases to have power to harm one.

How to be happy in this universe is a problem few prophets or sages have dared to contemplate directly. We find them "handling" the problem of happiness by assuring us that man is doomed to suffering. They seek not to tell us how to be happy but how to endure being unhappy. Such casual assumption of the

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HOW TO BE A SCIENTOLOGIST

Scientology means knowing how to know.
Dianetics is that part of Scientology which deals with mental anatomy.

Most people who have made some progress in Scientology have started by reading a book by L. Ron Hubbard. Dianetics: The Modern Science of Mental Health is the best book you can begin with; it gives you a real bridge of understanding into the new world built on individual self-determinism and describes the anatomy of the human mind. Affectionately known by Scientologists as "Book One", this was the first book published on Dianetics and Scientology. It was written by L. Ron Hubbard in 1950 to answer the floods of questions he received from everyone who had heard of his extensive researches in the field of the mind. Dianetics: The Modern Science of Mental Health rapidly jumped to the top of 1950's Best Seller lists and to this day, continues to sell more copies around the world than the average best seller in any given year.

Dianetics: The Modern Science of Mental Health is one of the most exciting books ever written. Just inspect the number of simple, startling ideas contained in it. Here you find the Dynamics: the basic principle of existence; a thorough description of clears (a state of beingness not obtainable on earth before); and a description of the reactive mind (which is the total answer to Freud's subconscious). Furthermore, this book tells you how to do something about the problems of the human mind.

If you really want to understand Scientology, to find out what you can do through it to make your life as full of hope, help and satisfaction as you've always wanted it to be -- then read DIANETICS: THE MODERN SCIENCE OF MENTAL HEALTH now. If you have read this book, then do your friends a great favor by introducing them to it. And check and see if your local libraries have plenty of copies of it.

The price of this book is $4.00; it's value can only be measured in terms of the enrichment of a multitude of human lives.

Order from: THE DISTRIBUTION CENTER, INC.
Box 242, Silver Spring, Md.

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impossibility of happiness has led us to ignore any real examination of ways to be happy. Thus we have floundered forward toward a negative goal -- get rid of all the unhappiness on Earth and one would have a liveable Earth. If one seeks to get rid of something continually, one admits continually he cannot confront it — and thus everyone went down hill. Life became a dwindling spiral of more things we could not confront. And thus we went toward blindness and unhappiness.

To be happy, one must be able to confront, which is to say, experience, those things that are.

Unhappiness is only this: the inability to confront that which is.

Hence (1) BE ABLE TO EXPERIENCE ANYTHING.

The effect side of life deserves great consideration. The self-caused side also deserves examination.

To create only those effects which others could easily experience gives us a clean new rule of living. For, if one does this, then what might he do that he must withhold from others? There is no reason to withhold his own actions or regret them (same thing) if one's own actions are easily experienced by others.

This is a sweeping test (and definition) of good conduct -- to do only those things which others can experience.

If you examine your track, you will find you are hung up only in those actions a person did which others were not able to receive. Hence a person's track can become a hodge-podge of violence withheld which pulls in then the violence others caused.

The more actions a person emanated which could not be experienced by others, the worse a person's track became. Recognizing that he was bad cause, or that there were too many bad causes already, a person ceased causing things -- an unhappy state of being.

Pain, misemotion, unconsciousness, insanity all result from causing things others could not experience easily. The reach-withhold phenomena is the basis of all these things. When one sought to reach in such a way as to make it impossible for another to experience, one did not reach, then, did he? To "reach" with a gun against a person who is unwilling to be shot is not to reach the person but a protest. All bad reaches never reached. So there was no communication and the end result was a withhold by the person reaching. This reach-withhold became at last an inability to reach — therefore low communication, low reality, low affinity.

All bad acts then are those acts which cannot be easily experienced at the target end.

On this definition let us review our own "bad acts" (or overts). Which ones were bad? Only those that could not be easily experienced by another were bad. Thus, which of society's favorite bad acts are bad? Acts of real violence resulting in pain, unconsciousness, insanity and heavy loss could at this time be considered bad. Well, what other acts of yours do you consider "bad"? The things which you have done which you could not easily yourself experience were bad. But the things which you have done which you yourself could have experienced had they been done to you were not bad. That certainly changes one's view of things!

Only processing can bring a person to a point where he or she could experience anything without enduring consequence. So

it is no wonder that philosophy of yesteryear was stopped on "happiness" as a subject.

But all processes from the beginning of Dianetics and Scientology until now which improved the ability to confront (or experience) were gaining toward the goal. All processes that eradicated experience only were poor processes. The early drop in gains in processing (1950) came about because people dramatized an eradication of all badness. The auditors were unwilling to let the preclears experience anything; the preclears sought to get rid of things without experiencing things.

There is no need to lead a violent life just to prove one can experience. The idea is not to prove one can experience but to regain the ability to experience which is only done in processing.

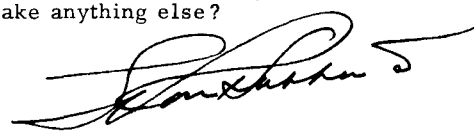
Thus today we have two golden rules for happiness:

1. Be able to experience anything; and
2. Cause only those things which others are able to experience easily.

Your reaction to these tells you how far you have yet to go in processing. And that is the first time we know that.

And if we achieve these two golden rules, we Scientologists would be the happiest and most successful people in this universe for who could rule any of us with evil?

Of course these are the characteristics of gods -- but who said we were trying to make anything else?



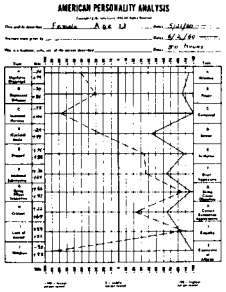
Hubbard Guidance Center

The following are some test results from the HUBBARD GUIDANCE CENTER, Washington, D.C.

The comments regarding the difficulties and goals of these individuals are their own statements.

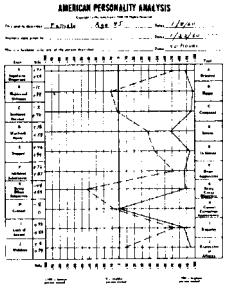
Note the changes in I.Q., the rise on the Hubbard Tone Scale and changes in aptitude as well as the changes in the American Personality Analysis graphs. Although these people have not as yet completed the number of hours of processing recommended, they are all well satisfied with the results achieved so far.

You will notice that, in some cases, the preclear sets rather unreal goals at the start of his processing. That is all right. As processing progresses, the PC becomes more and more aware in present time and his or her goals become more applicable to the present time situation. He becomes more aware, for instance, of a body disability that he had been ignoring previously and such disability starts to improve as awareness of it is improved. In processing, the total address is to the spirit, using the principles of Scientology to explore the PC's areas of spiritual blackout and to bring up his willingness to live and to help others live. Working toward these goals, the PC discovers that certain specifics in his own life resolve - which evidently had a spiritual tie-in.



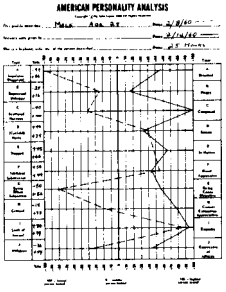
Preclear - 13 year old girl.

I.Q.: Before 108; after 50 hours of processing 124. Tone: Before .6 to 1.0; After 3.6 to 4.0. Aptitude: Before 77; After 88 1/2.
PC's difficulties: nervous, can't control emotions, no security, pains in back, afraid.
What PC wanted to accomplish: Get fixed up so when I go back home I'll be OK. Wants to understand different things plus things above.
What did PC accomplish: Improved from where I was. Got through trouble duplicating. Feels like out of family pattern. Back OK now. Feels like "up" all the way. Understanding way up.



Preclear - 45 year old woman.

I.Q. : Before 73; After 50 hours of processing 88. Aptitude: Before 38; After 49.
PC difficulties: Feels she should better herself. Poor concentration.
What PC wanted to accomplish: to clear self of thoughts hanging around. Be a dancer or singer.
What PC did accomplish: Eyesight better. More responsible. Body better, thinkingness clearer. Much change.



Preclear - 28 year old man.

I.Q.: Before 134; After 25 hours of processing 148. Tone: Before .1 to .5; After 2.6 to 3.0. Aptitude: Before 68 After 68.
PC's difficulties: Doesn't end cycles. Drinks too much. Irresponsible about money. Doesn't do what he knows is right.
What PC wanted to accomplish: Work toward what he knows is right.
What PC did accomplish: Stomach feels better, more awareness of things he had and did, more relaxed and calm.

For more information about Scientology processing at the HUBBARD GUIDANCE CENTER, write or phone: Registrar, 1812 19th Street, N.W., Washington 9, D.C. ADams 2-6296.

WHAT IS A SCIENTOLOGY CONGRESS?

Attendance at a SCIENTOLOGY CONGRESS, which is given twice a year by the Central Organization, is a highlight in Scientologists' activities. The purpose of a Congress is: "To bring Scientology to the greatest number of people through training, processing, lectures and materials. To align organizational, professional and membership activities in Scientology and to increase affinity, reality and communication for those people interested in Scientology.

A Scientology Congress is the meeting ground of Scientologists from all over the country, and indeed from all over the world, as, although similar Congresses are given by Scientology Central Organizations abroad, there are always some from foreign lands who manage sometimes to travel half way across the world to attend one of our Congresses.

It is an edifying experience for a Scientologist, and particularly a new Scientologist, to attend a Congress and realize how broad Scientology is, and he realizes in communicating with Scientologists from the four corners of this land, and with Scientologists from other countries, as well as hearing of progress reports from all over the world, that he has a great deal of reality and affinity with a number of people throughout this planet .... further, that this reality and affinity is very basic.

Additional to meeting other Scientologists, a Congress attendee meets and communicates with those particular Scientologists who are Central Organization personnel. Quite often this is the first time he has had other than by-mail communication with the Central Organization. And how the Central Organization can best help him and how he can best, in his own community, help the Central Organization gets ironed out and bears later fruit.

But the highlight of the Congress is, of course, L. Ron Hubbard. For most people the Congress is the Scientologists' opportunity to see and hear Ron in person. To most U.S. Congresses, Ron lectures in person, bringing to the Scientology field the latest developments, the reports of progress of Scientology throughout the world, and a fresh point of view on life and Man that warms your hearts and your hopes for the future..... this from the man who knows-with-understanding Man, including you.

If, for some reason, Ron is unable to lecture in person, he always sees to it that what he wants to get said for him and from him to the U.S. Scientology field is put on a reliable via such as bringing a staff member over to where he is to personally give

him the message to bring to the Congress - or he puts it on tapes to be relayed by the tape machine. But he prefers to be here himself, and he will be here personally at the Anatomy of the Human Mind Congress on December 31, 1960 and January 1, 1961. at the Shoreham Hotel in Washington D. C.

Seeing Ron for the first time is a highlight in a Scientologist's career, and you most often hear the remark - "He is the realest person I have ever met!"

We at the Central Organization hope that we will have the privilege of meeting you here at this coming Congress.

ANATOMY OF THE HUMAN MIND CONGRESS

Congress Registration: 9:30 am to 1:00 pm on Dec. 31, 1960.
Place: Shoreham Hotel, Washington, D.C.
Prices:

HASI Members: Single $35 -- Couple $60.
Non-members: Single $50 -- Couple $75.
Children under 16 years -- $10.
Nursery available for young children at no charge.
(You can attend part of the Congress - Congress fee adjusted accordingly.)

CONGRESS LECTURER --- L. RON HUBBARD.

Seminars: 7:00 to 9:30 pm on December 31st.
9:30 am to 12 noon on January 1st.

Books: All Scientology Books will be on display for your examination and purchase.

Personnel of the Hubbard Guidance Center and the Academy, Memberships and other departments will be there to meet you and to discuss your goals and problems with you.

Congress Party: 9:00 to 1:00 on the evening of January 1, 1961.

POST CONGRESS GROUP INTENSIVE

Three days - January 2, 3, 4, 1961. $50.00.
Hubbard Guidance Center Auditors.

WHAT IS AN ACC ?

An ACC (Advanced Clinical Course) is Ron's own course. It is the advance line of Scientology research. It provides advanced training for technical excellence.

An ACC is offered only to Professional Scientologists (those having HCA training or higher) and every applicant must have the approval of L. Ron Hubbard to attend it.

Every ACC has been a milestone in the progress of Scientology. From each ACC has come higher skilled auditors, not only in basics but polished to a high proficiency in technical skill. Scientologists who return to the areas in which they work with a know-how and will to help others, not only in individual sessions, but also in leading the forward push of Scientology.

The ACC has a well-earned reputation for being a rough, ROUGH course. Long hours of class work and extremely strict instruction by instructors hand trained by Ron. The fact that these instructors are well versed in every dodge, trick and excuse a student's bank can hand up is somewhat contributive to this reputation. Further to this is that the student's bank is torn into with no holds barred. He gets turned inside out and is in turn sat down and made to audit someone else when his own bank is kicking him full in the teeth, and furthermore, there is an instructor breathing down his neck to see that he does an excellent job. IT IS TOUGH. But the net result is that auditors are turned out that can audit under any conditions, and do a superb job of it.

The ACC students get fantastic case changes themselves. The course is a course of instruction in auditing and cases sometimes end up in the middle of something; it may take a while for case settling after an ACC. But when an ACC student, after settling out his own case after an ACC, looks back to compare himself to how he was before an ACC, it is always with astonishment that he views the net result.

One thing is for sure. No ACC instructor ever bites on any bank that the student throws up to get out of confronting on any part of this course. Dick and Jan Halpern, the ACC instructors have world wide experience in students' banks, and it is with a certain glee that they don't let the student get by with anything less than perfect. Anybody should look up to an ACC graduate -- he has been through something!

ACCs are hand supervised by Ron. In the 22nd American ACC he will lecture during the first week and launch the ACC. Following that, he will direct it via Telex from South Africa.

An ACC is the forward advance in research and training and the curriculum is timed to the last word in research, as well as being based upon all the results of former courses and researches.

An ACC is an historical event.

Note to Professionals: If you have any regrets in having missed attending the Philadelphia Doctorate Course in 1953, don't fail to attend the 22nd American ACC.

THE 22nd AMERICAN ADVANCED CLINICAL COURSE

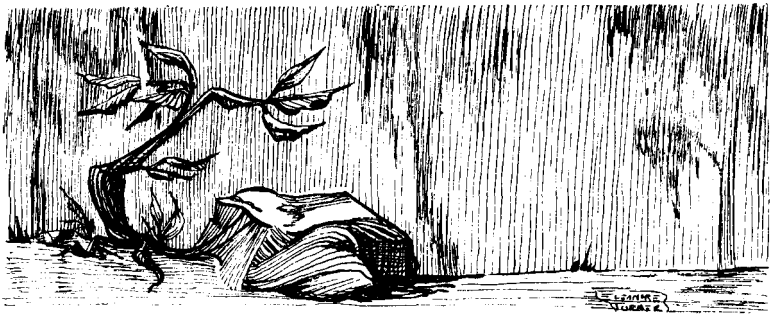
January 2, 1961 to February 11, 1961.

Scientology Definitions:

PC - short for "preclear", which means a person who is receiving Scientology processing toward becoming clear. A clear is a person at willing and knowing cause over his own life, his environment and surroundings, and without a reactive or a subconscious mind. A person becomes clear through Scientology processing. Other spiritual studies, such as Buddhism, have reached toward the state of clear, but only Scientology has achieved it.

Theta - the spirit. A person is a spirit; he has a body, a mind, etc.

Reactive mind or reactive bank (oftened shortened to just "bank") - the sum total of a person's bad experiences; the source of a person's unreasoned or automatic behavior. For a fuller understanding of what a reactive mind is, read "Dianetics: The Modern Science of Mental Health" by L. Ron Hubbard.



Special services are available to HASI registered Groups. If you are a member of a Scientology Group or want to start one, write to HASI Group Secretary, 1812 19th Street, N.W., Washington 9, D.C. for Registration forms and information.

WHAT IS THE HCA?

Hand in hand with research developing the theory and practice of Scientology processing has gone research on the training of Auditors so that the technology of Scientology can be put into use by many many auditors, with skill and great effectiveness. The result of this research is the HCA Course (the Hubbard Certified Auditor Course), a course unique in the field of education, one which does what it sets out to do; it creates confident, able Scientology Auditors.

Scientology Training is not Processing; Processing is not Training (though a person generally does gain case improvement through his courses, and a preclear in the HGC does cognite on Scientology principles while being audited). But each is a distinct activity, which is well exemplified by the Academy stable datum: "There are only Auditors at the Academy. There are no cases."

This Training is largely accomplished through doing -- by means of Training Drills and actual auditing in class. There are as well lectures by the instructors and enormously informative taped lectures of L. Ron Hubbard. The instructors maintain close supervision of the progress of each individual student.

So if your goals are: to be able to clear people, to be able to help others to be more able, to do something effective to help your family, your business, your community, state or nation, to help mankind to more understanding of one another -- any or all of these goals -- then you will want to take the HCA Course and become an Auditor. Many ways of using Scientology training are then open to you. You can, as a professional auditor specialize in auditing inidviduals and groups; you can apply for work on a Central Organization staff. Or you can, as outlined in the Special Zone Plan, continue your usual occupation - or take up a new one - and through your training increase your scope and value in whatever work you do.

The following examples from L. Ron Hubbard's article on the Special Zone Plan (Ability Issue 118) will give you an inkling of what can be accomplished by a trained Scientologist:

"A housewife, already successfully employing Scientology in her own home, trained to professional level, takes over a women's club as Secretary or some key position. She straightens up the club affairs by applying comm practice and making

peace and then, incidental to the club's main function, pushes Scientology into a zone of special interest in the club - children, straightening up marriages, whatever comes to hand and even taking fees for it - Meanwhile of course going on being a successful and contributing wife."

"A Scientologist, a lesser executive or even a clerk in a company, trains as a professional auditor, and seeing where the company is heading, begins to pick up its loose ends by strengthening its comm lines or its personnel abilities. Without "selling" anybody Scientology, just studies out the bogs and remedies them. If only as "an able person" he would rapidly expand a zone of control, to say nothing of his personal standing in the company. This has been and is being done steadily across the world. Now that we have presessioning, it's easy to straighten up other people... You'd be surprised how easy it is to audit seniors. They and their families have so many troubles. Or how easy it is to spot the emergency-maker and audit him."

For help in setting up your plans for training at the ACADEMY OF SCIENTOLOGY, get in touch with the Registrar, 1812 19th Street, N.W., Washington 9, D.C. ADams 2-6296.

SCIENTOLOGY MEMBERSHIPS: Important Notice

Effective January 1, 1961, the HASI "International Membership" will be replaced by Professional Membership. This membership is annual and the membership fee is the same as the International Membership fee has been -- $15. per year.

The Professional Membership will be open only to professional Scientologists. Definition of "Professional": a holder of a certificate of at least the level of HCA.

Watch for further notices on Memberships.

The Associate Membership continues as usual open to anyone interested in furthering the goals of Scientology. The fee is $1.00, good for one lifetime. A Scientology pin and Associate Membership card is sent to the enrolling member and he or she is placed upon the mailing list. No discounts or other membership privileges are included in this membership, except the not inconsiderable privilege of affirming belief in a magnificant future for Man!

RAY ELECTRONICS is now the sole distributor of the Hubbard Electrometer in the Americas. Order now from Ray Electronics, 1717 S.W. Parkview Court, Portland 1, Oregon.
The price is $89.50 (including tax). Phone CApitol 3 - 9631.
This is the same meter to which you have been accustomed.

THANKS TO RON

We want to thank Ron. I am sure that you want to thank Ron, too.... and have wanted to for a long, long time; the problem is -- how to do so? We've tried saying, "Thank you, Ron". That's not enough. However much we say it, we're still left with thanks unexpressed. So how can we thank him?

Well, Ron has a goal, as you know. He wants more and more people all over the world to know about Scientology and to become strong enough and brave enough to secure peace and happiness on this planet. So here is one way we CAN thank Ron. We can help him to achieve his goal -- and ours. That would be real thanks.

Here is one way you can express that thanks. Send to this Org. any mailing list you have or can compile of new names - group lists, friends, relatives, any source. We will see that they receive ABILITY magazine. And please continue to send us names; send them to the Registrar, address below.

You are people we are proud to be with. You are a wonderful group. With people like you, we can only win.

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The Founding Church of Scientology of New York
200 W. 24th Street, New York City 11.
Phone: WAtkins 4-1142.

Form 3547 Requested.

SCIENTOLOGY IS WORLDWIDE.
SCIENTOLOGY IS THE ONLY GAME WHERE ALL DYNAMICS WIN.
