

# THIS IS SCIENTOLOGY

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ARE YOU A GOOD LISTENER ?  
A GOOD LISTENER CAN MAKE  
PEOPLE BETTER AND CAN  
HELP HIMSELF.

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## BASIC DEFINITIONS by L. RON HUBBARD

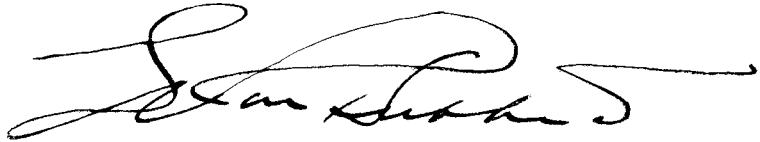
- (1) **Scientology I: WHAT IS AN AUDITOR ?**  
An auditor is one who listens. Auditor means listener.
  - (2) **Scientology I: WHAT IS A PRECLEAR ?**  
One who is discovering things about himself and who is becoming clearer.
  - (3) **Scientology I: WHAT IS A CASE GAIN ?**  
Any case betterment according to the preclear.
  - (4) **Scientology I: WHAT IS SCIENTOLOGY ?**  
The common people's science of life and betterment.
  - (5) **Scientology I: HOW IS SCIENTOLOGY DIFFERENT ?**  
In Scientology the preclear is always right. Scientology holds that people know best about themselves.
  - (6) **Scientology I: WHAT IS SCIENTOLOGY AGAINST ?**  
Scientology is against brutality and euthanasia in medical brain damaging, and against abuse and slavery and punishment in any form.
  - (7) **Scientology I: WHAT DOES SCIENTOLOGY STAND FOR ?**  
Freedom from mystery. Freedom from fear.
  - (8) **Scientology I: WHAT IS A BOOK AUDITOR ?**  
Someone who has studied books on Scientology and listens to other people to make them better.
  - (9) **Scientology I: WHAT IS A CO-AUDIT ?**  
A team of any two people who are helping each other reach a better life with Scientology processing.
  - (10) **Scientology I: WHAT IS AN AUDITING SESSION ?**  
A precise period of time during which the auditor listens to the preclear's ideas about himself.
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- (11) Scientology II: WHAT IS PROFESSIONAL AUDITING?  
Sessions given by a trained auditor who is governed by ethical codes and technical skill, who directs the pc's attention to areas which when examined by the pre-clear will cause a release of sufficient charge to cause Tone Arm Action, thus reaching the eventual state of clear.
- (12) Scientology I: WHAT IS A RELEASE?  
One who knows he can continue to improve by auditing and that he will not now become worse in life.
- (13) Scientology II: WHAT IS A CLEAR?  
One who has straightened up this lifetime.



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#### SCIENTOLOGY ASSISTS

Assists are a way of helping someone who is hurt or who cannot listen or who is not very aware of you for one reason or another.

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If somebody is hurt or upset, you can assist in many ways. A burn or bruise or even sprains or breaks heal much more swiftly with Scientology assists. Upsets also yeild to an assist.

The most elementary of this First Aid treatment is easily done. For ages Man has known 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 hurt or upset body part, very lightly, and say to the person, "Put your attention on my hand". Now change the position of your finger or palm and have the patient do it again.

It is best to touch the person on spots which are further from his head than the injury. If helping an upset person, touch spots on his head.

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

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### EXERCISE ONE

#### 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 somebody disagreed with you.

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" (next exercise) disturbs you, use this list above. If you are tired or confused, use it.

This exercise can be done for hours.

**EXERCISE TWO**  
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.

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**EXERCISE THREE**  
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.

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WOULD YOU LIKE SOMEONE TO WRITE TO ABOUT YOUR OWN EXPERIENCES? THEN SEND YOUR NAME AND ADDRESS AND YOUR LETTER TO:

Consultant

The Founding Church of Scientology  
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(All replies confidential)

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