

the
ARC-AID

THE NEWSLETTER OF THE
SCIENTOLOGY GROUP OF PORTLAND

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"IF"

If you can keep your head, when all about you
Are losing their's and blaming it on you;
If you can trust yourself, when all men doubt you,
But make allowance for their doubting too;

If you can wait, and not be tired by waiting,
Or being lied about, don't deal in lies,
Or, being hated, don't give way to hating,
And yet don't look too good, nor talk to wise;

If you can dream--and not make dreams your master;
If you can think--and not make thoughts your aim;
If you can meet with triumph and disaster
And treat those two imposters just the same;

If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn out tools;

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;

If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on";

If you can talk with crowds and keep your virtue,
Or walk with kings--nor lose the common touch;
If neither foes nor loving friends can hurt you;
If all men count with you, but none too much;

If you can fill the unforgiving minute
With sixty seconds' worth of distance run--
Your's is the Earth and everything that's in it,
And--which is more--you'll be a Man, my son!

-- Rudyard Kipling

SCIENTOLOGY FOR CHILDREN

There are many processes in Scientology for children. Some are creative games, some are simplified regular processes. Group processing is generally very popular with children. It takes a less coaxing to get them to take part in processing than it does adults, and their awareness increases very rapidly. Processing children is indeed a very interesting experience.

As Scientology's scope widens, it is including more and more groups of children. School teachers who have used even a little Scientology processing, find their children becoming more alert, more capable. Reading ability, and understanding of all studies increases.

Child Scientology could very well be the most important activity of any Scientology group. A member of a group could, with a basic knowledge of Scientology, and processes adaptable to children's groups, work with Boy Scouts, Camp Fire Girls, 4-H Clubs, or any of the various other youth groups. These groups find competent leadership difficult to enlist. The field of youth groups is begging for Scientologists.

Children are attending our Sunday Afternoon Group Processing Sessions, and thoroughly enjoy them. If you have children in your home, plan on bringing them to these meetings. If you know of children who would be interested in attending, but whose parents are not familiar with Scientology, come and bring them.

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AN AUDITOR REPORTS

The multiple-sclerosis case is continuing to increase in abilities, perceptics and nobility. Slow but sure - this case, but in view of its being "impossible" from the outset, this was to be expected. However, the improvement continues from day to day in all phases.

A recent pre-clear made Mest-Clear in 19 hours and 25 minutes. This pc had the fewest number of incidents in the circle - eight in the emotional chain and ten in the physical chain and after running these out was able to present pre-natals with no difficulty. This pc has belonged to a metaphysical order for about 20 years, which may be a contributing factor. It is quite likely at some future time, the pc will decide to attain Theta-Clear.

The pre-clear mentioned in our last issue who had attained Mest-Clear just before Christmas had the misfortune to break a leg while out skiing and after having it set came to the auditor for an assist. The assist was run the following day and all pain and soreness was relieved.

A new pre-clear of this auditor's is consistently running between 7 and 10 on the E-AR-400 Meter but this case is a new one, and more will have to be reported later.

One of the pre-clear's this auditor contacted while in Oklahoma and who had planned to come up here for processing has arrived. There may be something more to report on this at a later date.

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RC-AID

"Q and A"

by Carl F. Harr, HCA, B.Scni., D.Scni.

Q. What is the difference between the "remedy of havingness" and "repairing havingness"?

A. The repair of havingness is just having the pc mockup masses and "push" them into himself. (You might say its a remedy of vacuums.) The remedy of havingness is an exteriorization process, it is the process which gets the pc willing to mockup a particular mass and "push" it into himself and throw it away in any quantity. It puts the pc in a position to be willing to have it or not have it.

While we're on the subject of havingness, here is some information I'd like to pass along from Ron about why cases bog down, run slow, or don't change. "We are not remedying and repairing havingness enough."

You should put that in capital letters sixty feet high!

When you attend the Western Congress you will see why havingness is so extremely important.

Shortage of and loss of havingness is the restrain factor, the cause of low ARC, low reality, low tone, in fact anything that is wrong with the guy that is automatic or stimulus-response.

If a guy has his havingness on every level up you can do almost anything to him without harm.

The rule is, when in doubt, repair havingness. Mockup anything and "push" it into the body. Its the body that usually gives him trouble. It gets low on havingness fast while running any process.

Put in a "communication bridge" and repair havingness anytime the pc gets dopey, groggy, emotional, weak, irritated, jumpy, nervous, long communication lags, gets some anaten, goes out of session etc.

Pc's get cognition, and processes run better after repair of havingness. Use Level I and rudiments and plenty of repair of havingness.

Q. What is the difference between Dianetics and Scientology?

A. The answer I like best to this is... Dianetics deals with the first four dynamics (self, sex-children, groups and mankind) while Scientology deals with both the first four dynamics and the remaining dynamics. (Other life forms, physical universe, spirits-awareness-of-awareness-units---thetans, infinity-Supreme Being.)

Q. Would you give an example of a "communication bridge" between processes?

A. Yes. After the pc's flattened or preferably he has had a major cognition on a communication or process the auditor then gives the pc to understand that this particular process or communication has come to an end. Then with some two-way communication the next process is taken up and the communication or question is "cleared" and the goal and intention of the process is two-way communicated and agreed upon. While bridging between processes the rudiments are also maintained and any initiated communication on the part of the pc is discussed as at any other time.

Q. Differentiate between a Mest-Clear, a Theta-Clear, a Cleared-Theta Clear and an Operating Thetan.

A. Mest-Clear (see Chapter II, Dianetics, the Modern Science of Mental Health.) One with no psycho-somatic ills, and no psychosis or neurosis or compulsions, with intelligence above the norm and one operating on self-determinism.

Theta-Clear - a being who is reasonably stable outside the body and does not come back into the body simply because the body is hurt. No other condition necessary.

Cleared-Theta-Clear - a being who can do anything a thetan should do and is completely rehabilitated and can move Mest, control others from a distance, or create his own universe.
(Cont'd on Page 10, Column 1)

3rd DYNAMIC ACTIVITIES

Members of the Oregon City Group have been enjoying some fine group auditing by Lorraine Haldeman with notable results. One hour of locational processing is given each Tuesday night followed by a talk on some specific concept of Scientology by Dr. Carl Barr. Next Tuesday the group processing will be conducted by Jane Rawlings. A change of terminals is advocated to give each member an opportunity to become a capable group auditor as a part of increasing his abilities.

The reports of successful auditing, assists both physical and emotional and increases in family and group ARC are topics of general discussion which round out the evening. Tuesday, 8:00 o'clock sharp, Dianetic and Scientology Center, 5015 S. E. Meldrum Avenue, OLive 4-1931.

"Acknowledgment" is; letting the other guy know you got the communication."

Mr. George Harth, HCA, and his wife Opal, of The Dalles, Oregon Scientology Group visited the Portland Group at our last meeting, and reported that his group paired off and spent an hour and a half doing Union Station at their last regular meeting. All returned in excellent tone and "glowing", some were reluctant to end the session after only an hour and a half. All were well pleased with the process and the tone rise experienced. George also told us that in the last eight months he has been giving the group one and one-half hours of group auditing each meeting and that this has produced more change than he had previously been able to achieve in the past three years. Solidly in favor of group processing, he recommends that every group try this for a period of at least eight months. We were pleased to see the Harths, and hope they will drop in at our meetings in the future when they are in town.

Dr. Stevens, MD, HCA, brought a tape by LRH entitled "Present Time" and "The Eight Dynamics" which was played for the group. Both of these were loaded as only Hubbard can load them. The first one on "Present Time" was a processing tape, and as usual it was noticeable the change it produced on the group's tone level.

It had been suggested that the group send a delegate to the Western Congress to be given at the Hotel Leamington in Oakland, California, on March 8, 9, 10, and 11th. Thus far we hadn't received enough to enable us to send a delegate and since several of the members were planning to go together by car, it was agreed to contribute this towards their travel expenses.

Audrey Robbins, HCA, B.Sc., D.Sc., of Tacoma, Washington, and her son Hal paid a surprise visit to the Portland Group at the regular Monday evening meeting two weeks ago. She gave a short talk on Union Station processing and some of the results we might expect from its use. She also played a tape for us that LRH had cut just before he left for London. One on the "Stable Datum" cleared up a lot of questions about the Stable Datum Axioms, and the other one was also very timely, and entitled "The Auditor and His Public". Audrey stirred up so much enthusiasm about Union Station, that the local bus depot may well begin to wonder. Several duets were down there since and all have reported results were unusually gratifying, both for pc and auditor.

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ONE ACT PLAY (Cont'd fr Pg. 5, Col. 2)

What I have said is entirely my own opinion, but I want to emphasize that Scientology is primarily concerned with the increasing of abilities.

As the meeting breaks up, the First Visitor departs and the Auditor knows she did not find what she expected and will not return. The Second Visitor probably will.

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Editorial - Cont'd fr Page 2, Col. 2)

it would be somewhat like being here and trying to prove to someone else that I am here. I know I'm here (most of the time) whether anyone knows it or not, doesn't especially bother me.

Not too long ago, my husband, who has always had 20/20 vision, and who maintains he's seen no changes produced by processing, asked me to find his shirt, his tie, then a book, and other things too numerous to mention. Finally I asked if he really expected me with my less-than-20/20-eyes to be able to see that which he could not see. This caught him off guard for a moment, just long enough to state that I had no proof the eye was any better than it had ever been. I asked what he would accept as proof and he said a re-examination by my eye doctor. When I agreed this would be a fine idea and asked for \$10.00 to prove it - he lost all interest. Besides \$10.00 to be invalidated is rather costly.

However, that did set me to looking at something about seeing that I had not looked at before. Why couldn't he see his book if he had 20/20 vision, when it was in plain view? The fact was very simply that he just wasn't looking. So I began to watch this same reaction in myself and learned that seeing is something more than peering through two eyeballs.

So far as my own history of not seeing was concerned it began with my poking a kitten's eye out when I was yet a baby, and although I was too young to be paddled, I was given a stern lecture by my mother about the kitten having to die because of what I had done. From that time forward I had had what practically amounted to an obsession for cats. Most people like cats - but with me it was cats and more cats, and if anything dire happened to them, which often did, cats being cats, there would be much self-recrimination and redoub-

led efforts to make up to all cats for what had been done to one. I could see what had gone on there. When I was two, our dog had bitten me on the same eyebrow, not appreciating my company at his dinner plate. That dog's mouth and teeth, which looked the size of a wash-tub was about the last I cared to see with that eye.

It seems utterly ridiculous that all that computing could result in a decision to not see out of that eye. And added to that, my mother had had considerable difficulty in getting me to go and come from the grocery store on an errand of three blocks in anything under an hour. Every board, stone and twig had to be inspected both coming and going. I'd start out with her calling after me "and don't stop to look at everything on the way". She sowed seeds there on fertile ground and they were to pay dividends. (The computation that operated on this was part of a "I never can see through anything" deal that was assuming quite a command, and made it necessary when driving a car to focus all my available attention on the road, I didn't dare look off it.)

There finally came the day she sent me after a loaf of bread. Bread was or 10¢ a loaf in those days and 10¢ was hard to come by. When I arrived home with one-half loaf of bread under my arm and hadn't missed the other half she was slightly exasperated, and wanted to know where the other half was. I didn't have the slightest idea - it had been a whole one when I left the store with it. But upon looking back up the road we could see a slice of bread here and one there, marking plainly a straight and "un-looking" trail. I graduated with honors, but honors weren't exactly what I got! As I look at that now, it would be fun to point out to mother how really obedient I had been. She would be non-plussed, sure. I was, when I took a look at it

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"Q. & A" (Cont'd from Pg. 7, Col. 2)

NOTED WITH INTEREST

Operating Thetan - is merely a state of mind. An Operating Thetan (SOP-8-0) should be able to fix and unfix ideas in energy. Some of the goals of an Operating Thetan are to be able to tolerate nothingness, to be able to have or have not without consequences to memory. To be in universes at will with full perception in them etc.

Q. In what way would you attempt to tell if someone other than your own pc had become a Mest-Clear?

A. Hm, well take Hubbard's definition of a Mest-Clear and evaluate the person in terms of that.

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"Certainty", Volume 3, Number 1 has an interesting article concerning a press communication which was published in the "Daily Mail", a London paper, by Mr. John Hall, after being granted an interview by L. Ron Hubbard. The article is reprinted by the permission of the "Daily Mail".

A Poem to L. Ron Hubbard, "An Appreciation" by Ray Kemp was also published in this issue.

"A Wider Look" and "National Inquiry" by Jack Parkhouse, D.Sc., were of interest also, the latter discussing the interest and indignation being aroused in Great Britain by the National Inquiry recently instituted by the Minister of Health with regard to the 14,000 people in that country alone who have undergone prefrontal leucotomies in psychiatric treatment.

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"THE ROOT AND IT'S BRANCHES"

He who plants rightly never uproots.

He who lays hold rightly never relinquishes.

His posterity will honour him continually.

Whoever develops the Tao in himself will be rooted in virtue.

Whoever develops the Tao in his family will cause his virtue to spread.

Whoever develops the Tao in his village will increase prosperity.

Whoever develops the Tao in his kingdom will make good fortune prevalent.

Whoever develops the Tao in the world will make virtue universal.

I observe myself, and so I come to know others.

I observe my family and all others grow familiar.

I study this world, and others come within my knowledge.

How else should I come to know the laws which govern all things, save that I observe them in myself.

-- Lao-tze: "The Simple Way"