

When in Doubt, Communicate ...

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INTRODUCTION

Any one of us can examine a current problem pulling at our attention and usually discover that communication in some form will handle the difficulty—a confrontation, a phone call, a letter, a direct statement of one's views, or getting an answer to a question.

"When in doubt, communicate ..." This compact one-liner nearly always rescues a person who is willing to solve his quandry intelligently, for the basic nature of most problems is an incomplete communication. Once verified, the maxim seems obvious. Many of us feel that we always knew it. This is characteristic of the observations on humanity by noted contemporary philosopher L. Ron Hubbard, founder of Scientology* and one of the most influential men of the century. You may rediscover many familiar concepts in this book; some may be intriguingly new; possibly others will provoke your disagreement.

In any case, we know you'll find the exploration refreshing.

Ruth Minshull

"SCIENTOLOGY means "the study of knowledge in its fullest sense." (Also see Glossary at the back.)

IMPORTANT NOTE

In reading this book be very certain you never go past a word you do not fully understand.

The only reason a person gives up a study or becomes confused or unable to learn is that he or she has gone past a word or phrase that was not understood.

If the material becomes confusing or you can't seem to grasp it, there will be a word just earlier that you have not understood. Don't go any further, but go back to BEFORE you got into trouble, find the misunderstood word and get it defined, using any good dictionary or the Glossary at the back of this book.

They [people] learn to keep their mouths shut, and it's the wrong lesson. When in doubt, talk. When in doubt, communicate....you'll be very successful all the way along the line if you just remember that.
-THE PHOENIX LECTURES

... your potentialities are a great deal better than anyone ever permitted you to believe.
—SELF ANALYSIS

Man succeeds because he adjusts his environment to him, not by adjusting himself to the environment.
—SELF ANALYSIS

GOODNESS AND BADNESS, BEAUTIFULNESS AND UGLINESS, ARE ALIKE
CONSIDERATIONS AND HAVE NO OTHER BASIS THAN OPINION.
Axiom 31, AXIOMS AND LOGICS

No man is happy without a goal, and no man can be happy without faith in his own ability to reach that goal.
—SCIENCE OF SURVIVAL

The basic individual is not a buried unknown or a different person, but an intensity of all that is best and most able in the person. The basic individual equals the same person minus his pain and dramatizations.
—DIANETICS: THE ORIGINAL THESIS

The only richness there is, is understanding.
-SCIENTOLOGY 8-8008

Ideas, and not battles mark the forward progress of mankind. Individuals, and not masses, form the culture of the race.
-SCIENCE OF SURVIVAL

Just to have Something To Do and a Reason to Do It exerts a control over life itself. If you have no purpose, you have no purchase on the small first particle necessary to make the whole understandable. Thus life can become a terrible burden.
-THE PROBLEMS OF WORK

Man is not a reactive* animal. He is capable of self-determinism. He has will power. He ordinarily has high analytical ability. He is rational and he is happy and integrated only when he is his own basic personality.

—DIANETICS: THE ORIGINAL THESIS

I discovered that the common denominator of existence was Survive. Whatever else man was trying to do, whether he was cultured or primitive, he was attempting to survive.

—'A Filmed Interview with L. Ron Hubbard," THE AUDITOR 23

*Reactive: Irrational, reacting instead of acting . . .

—SCIENTOLOGY ABRIDGED DICTIONARY

The goal of Scientology is the making of the individual capable of living a better life in his own estimation and with his fellows and the playing of a better game.

-THE FUNDAMENTALS OF THOUGHT

... all the happiness you ever find lies in you.

-SCIENTOLOGY: A NEW SLANT ON LIFE

The first step of handling anything is gaining an ability to face it.

-SCIENTOLOGY: A NEW SLANT ON LIFE

Man thrives oddly enough only in the presence of a challenging environment.

—SCIENTOLOGY BASIC STAFF HAT BOOK

A primary trap is to succumb to invitations to hate.

—"What is Greatness?" WHAT ARE PEOPLE FOR?

There could be no purpose worth contemplating which does not include happiness and experience. When a man is no longer able to envision happiness as a part of his future, that man is dead.

—DIANETICS '55

Life in its highest state is understanding.

—DIANETICS '55

Happiness is the overcoming of not unknown obstacles toward a known goal and, transiently, the contemplation of or indulgence in pleasure.

—DIANETICS: THE MODERN SCIENCE OF MENTAL HEALTH

UNDERSTANDING IS COMPOSED OF AFFINITY, REALITY AND COMMUNICATION.

—Axiom 21, AXIOMS AND LOGICS

Affinity, that is some emotional or felt consideration of proximity, is basically a consideration of distance, but it is that consideration which says that one likes or doesn't like it. In other words, without some liking or disliking, having some things to avoid or to go close to, there would be no game at all.

-CONTROL AND THE MECHANICS OF S.C.S. (Start, Control, Stop)

Communication is an interchange of ideas between two beings who are aware that the other person is present.

CONTROL AND THE MECHANICS OF S.C.S.

Reality is fundamentally agreement. What we agree to be real is real.

THE FUNDAMENTALS OF THOUGHT

It is very difficult to suppress the affinity of an individual, his capacity, that is, to receive or give love, without also suppressing his communication and reality factors.

-SCIENCE OF SURVIVAL

If you raise somebody's affinity you will raise his reality and communication. If you raise somebody's reality, you'll raise his affinity and communication. And the keynote of this triangle happens to be communication. Communication is more important than either affinity or reality.

-THE PHOENIX LECTURES

If man cannot face what he is, then man cannot be free.

-DIANETICS '55

Be true to your own goals.

- The Code of Honor, THE CREATION OF HUMAN ABILITY

Never disparage yourself or minimize your strength or power.

-The Code of Honor,

THE CREATION OF HUMAN ABILITY

There is GOOD control and BAD control. The difference between them is Certainty and Uncertainty. Good control is certain, positive, predict-able. Bad control is uncertain, variable and unpredictable.

-THE PROBLEMS OF WORK

"Freedom from" is all right, only so long as there is a place to be free to. An endless desire for freedom from is a perfect trap, a fear of all things.

-SCIENTOLOGY: A NEW SLANT ON LIFE

The avoidance of reality is merely an avoidance of present time.

-SCIENTOLOGY: A NEW SLANT ON LIFE

When we say that somebody should be in present time we mean he should be in communication with his environment. We mean, further, that he should be in communication with his environment as it exists, not as it existed.

-DIANETICS '55

TWO RULES FOR HAPPY LIVING

1. Be able to experience anything.
2. Cause only those things which others can experience easily.

-SCIENTOLOGY: A NEW SLANT ON LIFE

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.

-SCIENTOLOGY: A NEW SLANT ON LIFE

Life is a game. A game consists of freedom, barriers and purposes.

—SCIENTOLOGY: A NEW SLANT ON LIFE

True greatness merely refuses to change in the face of bad actions against one—and a truly great person loves his fellows because he understands them.

"What is Greatness?" WHAT ARE PEOPLE FOR?

Freedom for man does not mean freedom to injure man. Freedom of speech does not mean freedom to harm by lies.

—SCIENTOLOGY: A NEW SLANT ON LIFE

Some people have to talk. With this compulsion they are out of communication. Communication is a two-way affair.

—NOTES ON THE LECTURES OF L. RON HUBBARD

We have found that the more we increase the ability of a person the better the by-products around him become.

—DIANETICS '55

There is no solution at any time superior to the ability of the person asking for it to understand.

—"Gradients & Understanding," THE AUDITOR 24

Man, in affinity with Man, survives, and that survival is pleasure.

—DIANETICS: THE MODERN SCIENCE OF MENTAL HEALTH

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

—SCIENTOLOGY: A NEW SLANT ON LIFE

Probably the most neglected friend you have is you.

—SELF ANALYSIS

...the reason for existence is the same reason as one has to play a game—interest, contest, activity and possession.

—THE FUNDAMENTALS OF THOUGHT

Do not give or receive communication unless you yourself desire it.

—The Code of Honor, THE CREATION OF HUMAN ABILITY

That Man is selfish is a valid statement when one means an aberrated Man. That Man is anti-social is an equally valid statement if one adds the modifier, aberration.

DIANETICS: THE MODERN SCIENCE OF MENTAL HEALTH

Any information is valuable to the degree that you can use it.

—THE FUNDAMENTALS OF THOUGHT

A body of knowledge cannot have an opinion on something.

—THE PHOENIX LECTURES#

Judge men from what they think of help . . . The good can help. The bad will not. Or if they do, they "help" only to betray.

—"Help," CHANGE MAGAZINE

The individual is not his analytical mind,* he is not his reactive mind,** he is not his body any more than he is his house or his car.

DIANETICS '55

*ANALYTICAL MIND: That part of a person's thinking machinery and memories over which he has relatively full control.

**REACTIVE MIND: That portion of a person's mind which is not under his volitional command or recall, and which exerts the power of command over his thinking and actions.

—THE CREATION OF HUMAN ABILITY

... a Man IS his own immortal soul.

—SCIENTOLOGY: A NEW SLANT ON LIFE

A thetan* is as well off as he can communicate, and he's no better off than that.

—THE PHOENIX LECTURES

All it is necessary to do to degrade or upset an individual is to prevent him from working.

—THE PROBLEMS OF WORK

A sane man has difficulty in insane surroundings.

—THE PROBLEMS OF WORK

*THETAN: From Theta, the Static. Word Taken from Greek letter O, theta, traditional symbol for thought or spirit. The thetan is the individual himself—not body, mind or anything else; that which is aware of being aware; the identity that IS the individual.

—THE PHOENIX LECTURES

The road to sanity is demonstrably the road to increasing certainty.

-THE CREATION OF HUMAN ABILITY

When an individual is acting contrary to survival of himself, his group, prog-eny, race, mankind, or life he can be considered to be unintelligent, uninformed or aberrated.

-DIANETICS: THE ORIGINAL THESIS

To obtain a certainty, one must be able to observe.

-SCIENTOLOGY: A NEW SLANT ON LIFE

The highest activity is playing a game. When one is high-toned, he knows that it is a game. As he falls away down the tone scale,* he becomes less and less aware of the game.

—SCIENTOLOGY: A NEW SLANT ON LIFE

... the secret of doing a good job is the secret of control itself. One not only continues to create a job, day by day, week by week, month by month, he also continues the job by permitting it to progress and he is also capable of stopping or ending any cycle of work and letting it remain finished.

—THE PROBLEMS OF WORK

*TONE SCALE: A scale measuring and relating the various factors of behavior, emotion and thought to levels on the scale.

—SCIENTOLOGY ABRIDGED DICTIONARY

Knowledge is certainty; knowledge is not data.

-SCIENTOLOGY: A NEW SLANT ON LIFE

There could be three things wrong with any person and these would be the inability to start, the inability to change, the inability to stop.

-THE FUNDAMENTALS OF THOUGHT

...an individual is as well off as he C) can change things in location in space.

-THE PHOENIX LECTURES

The anatomy of control is start, change and stop.

-THE FUNDAMENTALS OF THOUGHT

The person who studiously avoids work usually works far longer and far harder than the man who pleasantly confronts it and does it. Men who cannot work are not happy men.

-SCIENTOLOGY: A NEW SLANT ON LIFE

The easiest thing a thetan does is change his mind. The most difficult thing he does is handle the environment in which he finds himself situated.

-THE FUNDAMENTALS OF THOUGHT

It will be discovered that most individuals are involved with fighting themselves.

-THE CREATION OF HUMAN ABILITY

... there is no greater curse than total idleness.

-SCIENTOLOGY: A NEW SLANT ON LIFE

When an individual is not permitted to be fully a part of the team he is apt to choose other members of the team as his opponents for, remember, man must have a game.

-THE PROBLEMS OF WORK

If the laws of tooth and claw or self-preservation were basic laws, there would be no one on earth at this time.

—NOTES ON THE LECTURES OF L. RON HUBBARD

My own philosophy is that one should share what wisdom one has and should help others to help themselves. I have never seen wisdom do any good kept to oneself.

—"The Goal of Training," THE AUDITOR 27

... today, the bulk of the human race is walking around with the belief that there is something wrong somewhere, but they don't quite know what it is.

—"What It Means To Be A Scientologist," THE AUDITOR 36

You can't beat a man into sanity.

—SCIENCE OF SURVIVAL

A man is as dead as he can't communicate. He is as alive as he can communicate.

—DIANETICS '55

THE SUPREME TEST OF A THE-TAN IS HIS ABILITY TO MAKE THINGS GO RIGHT.

—SCIENTOLOGY BASIC STAFF HAT BOOK

No culture in the history of the world, save the thoroughly depraved and expiring ones, has failed to affirm the existence of a Supreme Being. -

-SCIENCE OF SURVIVAL

Man's ability to handle destructive physical universe forces is far, far greater than his ability to handle himself.

—"The Goal of Training," THE AUDITOR 27

THE DYNAMIC PRINCIPLE OF EXISTENCE IS: SURVIVE!
-DIANETICS: THE MODERN SCIENCE OF MENTAL HEALTH

Every single instance of aberrated conduct threatening the general goal of the individual . . . can be proven to have a source which will specifically be found to be a painful experience containing data not available to the analytical mind.

-DIANETICS: THE ORIGINAL THESIS

The thrust of survival is away from death and toward immortality.

-DIANETICS: THE MODERN SCIENCE OF MENTAL HEALTH

INSECURITY EXISTS IN THE ABSENCE OF KNOWLEDGE.

—THE PROBLEMS OF WORK

WHILE IT IS COMMONLY BELIEVED TO TAKE TWO TO MAKE A FIGHT, A THIRD PARTY MUST EXIST AND MUST DEVELOP IT FOR ACTUAL CONFLICT TO OCCUR.

—"The Third Party Law," THE AUDITOR 45

Without order, nothing can grow or expand.

—SCIENTOLOGY BASIC STAFF HAT BOOK

He who would outflow must inflow—he who would inflow must outflow.

-DIANETICS '55

The individual who absolutely has to control everything in sight is upsetting to all of us and this individual is why we have begun to find things wrong with control.

-THE PROBLEMS OF WORK

The search for and the attainment of pleasure is not less valid in survival than the avoidance of pain.

-DIANETICS: THE MODERN SCIENCE OF MENTAL HEALTH

...I know no man who has any monopoly upon the wisdom of this universe. It belongs to those who can use it to help themselves and others.

—"My Philosophy," WHAT ARE PEOPLE FOR?

Every extinct species became extinct because it could not change to control a new environment.

—SELF ANALYSIS

The common denominator of psychosis and neurosis is the inability to work.

—THE PHOENIX LECTURES

A group is as capable as it contains capable individual members.

"What It Means To Be A Scientologist," THE AUDITOR 36

Try to get somebody to be reasonable when he is very angry and you'll find out that his reality is very poor.

-THE PHOENIX LECTURES

Insanity is contagious. Confusion is contagious. Have you ever talked to a confused man without yourself, at the end of the conversation feeling a little confused?

-THE PROBLEMS OF WORK

A thing to be "good" would depend on the viewpoint of the observer, and the same condition would exist for "bad."

-SCIENTOLOGY 8-8008

People at low levels of awareness do not observe, but substitute for observation preconceptions, evaluation and suppositions, and even physical pain by which to attain their certainties.

—THE CREATION OF HUMAN ABILITY

One of the great truths of Scientology is that increased awareness is the only factor which offers any road out. That is an awfully simple truth, but you'll find out that people don't know that. They think that less awareness is the road out—and that is the road down into the basement.

—"What It Means to Be A Scientologist," THE AUDITOR 36

. . the real work is to put man into a mental condition where he can solve his own problems . . .

—'A Filmed Interview with L. Ron Hubbard," THE AUDITOR 23

You ask somebody what is a spirit, and you might as well ask how are you?

—"A Filmed Interview with L. Ron Hubbard," THE AUDITOR 23

Truth is built by those who have the breadth and balance to see also where they're wrong.

—"You Can Be Right," ABILITY 153 MAGAZINE

Understanding is the universal solvent. It washes away everything.

"Gradients And Understanding," THE AUDITOR 24

The hardest task one can have is to continue to love one's fellows despite all reasons he should not.
And the true sign of sanity and greatness is to so continue.
"What is Greatness?" WHAT ARE PEOPLE FOR?

That which a person withdraws from in this universe becomes, to a marked degree, his master.
—DIANETICS '55

Most people are not emotional—they are mis-emotional, in that they do not react to the situations in their environment with the emotion that would be most rational to display.
-SELF ANALYSIS

... a man is as sane as he is dangerous to the environment. What occurs is that the environment becomes dangerous to the man and the man cannot be dangerous to the environment. And his answer to this is immobility and general deterioration.
-THE CREATION OF HUMAN ABILITY

Intelligence is the ability to perceive, pose and resolve problems.
-DIANETICS: THE MODERN SCIENCE OF MENTAL HEALTH

Without free emotion, an individual cannot appreciate as he should the pleasant things in his environment.
—SELF ANALYSIS

If you would care to investigate savage cultures, of which I have investigated a few, you would discover that it is ignorance itself, it is lack of wisdom in that community, which brings about terror, injustice, maltreatment, decay and deterioration. Wisdom afloat in a culture makes the culture.
—"The Goal of Training," THE AUDITOR 27

If a person lacks problems, opponents and counter-purposes to his own, he will invent them. Here we have in essence the totality of aberration.
-THE PROBLEMS OF WORK

One never observes the forced individual doing a job well, just as one never observes a forced society winning against an equally prosperous free society.
-DIANETICS: THE MODERN SCIENCE OF MENTAL HEALTH

Life has a motto: that any game is better than no game.
-DIANETICS '55

The fewer viewpoints which an individual will tolerate, the greater his occlusion and the worse his general state of beingness is.

-THE PHOENIX LECTURES

When communication starts failing the affinity starts dropping. People have secrets from each other and the affinity starts out the bottom.

-THE PROBLEMS OF WORK

Man will endure a lot of pain to obtain a little pleasure.

-DIANETICS: THE MODERN SCIENCE OF MENTAL HEALTH

So eager is a thetan to have a game that he will adopt to himself all manner of liabilities in order to have a parity with his opponents. One cannot have a game with people who are too inferior in strength or cleverness. Thus one reduces his own strength and cleverness in order to have a game.

-THE CREATION OF HUMAN ABILITY

They say that absence makes the heart grow fonder. That happens to be a lie...

-THE PHOENIX LECTURES

A human being feels able and competent only so long as he is permitted to contribute as much as, or more, than he has contributed to him.

-SCIENTOLOGY: A NEW SLANT ON LIFE

The thetan loves a problem, and that is the basic of problems.

-THE PHOENIX LECTURES

In life, the only real guarantee of survival is abundance.

-SELF ANALYSIS

Another aspect of the ability to play a game is the willingness to win and the willingness to lose.

-THE FUNDAMENTALS OF THOUGHT

Reason cannot be created or controlled by force. Society exists because of persuading reason — or an agreement between reasonable beings.

-NOTES ON THE LECTURES OF L. RON HUBBARD

Work is the stable datum of this society. Without something to do there is nothing for which to live. A man who cannot work is as good as dead and usually prefers death and works to achieve it.

-THE PROBLEMS OF WORK

The right of a person to survive is directly related to his honesty.

-SCIENTOLOGY: A NEW SLANT ON LIFE

He who would give must be willing to receive. He who would receive must be willing to give.

-THE FUNDAMENTALS OF THOUGHT

. an individual only gets into traps and circumstances he intends to get into. Certain it is, that having gotten into such a position, he may be unwilling to remain in it, but a trap is always preceded by one's own choice of entrance.

-THE FUNDAMENTALS OF THOUGHT

The ability to think has to do with the ability to differentiate. Unthinking-ness has to do with a lack of ability to differentiate and a compulsion to identify unlike things with each other as though they were not only like things but the same thing.

—SCIENCE OF SURVIVAL

There is no liar lying like an angry man.

-THE PHOENIX LECTURES

It is not realized generally that the criminal is not only anti-social but is also anti-self.

-SCIENCE OF SURVIVAL

A fellow's a fool if he thinks he can cause something without becoming one way or the other the effect of it.

-THE PHOENIX LECTURES

When you encounter a person who is incapable of addressing you physically or verbally in any acceptable way that makes an easy communication it is because he cannot change. He is fixed.

-THE PHOENIX LECTURES

If you reward non-production you get non-production.

When you penalize production you get non-production.

The Welfare State can be defined as that state which rewards non-production at the expense of production.

-SCIENTOLOGY BASIC STAFF HAT BOOK

The drive strength of the person does not derive from his aberrations. The aberrations lessen the drive strength. Artistry, personal force, personality, all are residual in the basic personality.

-DIANETICS: THE ORIGINAL THESIS

If you were just to convince some-body that he is a spirit, that he did not "have" a soul but "is" a soul and nothing else, you are liable to get a miracle.
-CONTROL AND THE MECHANICS OF S.C.S.

Actually one is done wrong by the weaklings of this world, not by the strong men.
-DIANETICS .55

One tries to be right always, right down to the last spark.
—"You Can Be Right," ABILITY 153 MAGAZINE

One who is plotting continually how to get out of things will be miserable. One who is plotting how to get into things has a much better chance of becoming happy.
—SCIENTOLOGY: A NEW SLANT ON LIFE

All wrong actions are the result of an error followed by an insistence on having been right. Instead of righting the error (which would involve being wrong) one insists the error was a right action and so repeats it.
—"You Can Be Right," ABILITY 153 MAGAZINE

Unless one can originate communications one's imagination is in bad shape.
—DIANETICS '55

If we take a man and keep giving him advice and giving him help and push-ing him along, we don't necessarily wind up with a resolution of his problems. But if, on the other hand, we put him into a condition where he can confront life better, where his reaction time is better, where he can identify the factors in his life more easily, then he's in a position where he can solve his own problems. And so he looks around, starts solving his own problems and so betters his own life.
—"A Filmed Interview with L. Ron Hubbard," THE AUDITOR 23

... that which one fears, one becomes.
—DIANETICS '55

Intelligence and judgment are measured by the ability to evaluate relative importances.
—AXIOM 58, AXIOMS AND LOGICS

The idea of not harming anything and helping everything are alike rather mad. It is doubtful if you would think helping enslavers was a beneficial action and equally doubtful if you would consider the destruction of a disease an overt act.*
"You Can Be Right," ABILITY 153

OVERT ACT: Harmful or contra-survival act . . .
—SCIENTOLOGY ABRIDGED DICTIONARY

... it is a truism that youth thinks fast on little experience. And that age thinks slowly on much.
—SELF ANALYSIS

... the source of most failures—either too shallow or too steep a gradient.
—"Gradients & Understanding," THE AUDITOR 24

A problem consists of two or more purposes opposed. It does not matter what problem you face or have faced; the basic anatomy of that problem is purpose-counter-purpose.
—SCIENTOLOGY: A NEW SLANT ON LIFE

There is a basic rule that a psychotic person is concerned with the past; a neurotic person is barely able to keep up with the present; and a sane person is concerned with the future.
-SCIENTOLOGY: A NEW SLANT ON LIFE

It is impossible to reduce an ability. About the only things you can do is reduce its exercise or the willingness to exercise it.
-CONTROL AND THE MECHANICS OF S.C.S.

Knowledge does not destroy a will to live. Pain and loss of self-determinism destroy that will.
—SCIENTOLOGY: A NEW SLANT ON LIFE

LIFE POSES PROBLEMS FOR ITS OWN SOLUTION.
—Axiom 39, AXIOMS AND LOGICS

Reasonably priced and easily obtained justice are requisites to any civilization.
—SCIENTOLOGY BASIC STAFF HAT BOOK

When children become unimportant to society, that society has forfeited its future.
—SCIENTOLOGY: A NEW SLANT ON LIFE

Marital partners who have the same communication lag will get along; where one partner is fast and one is slow, the situation will become unbearable to the fast partner and miser-able to the slow one.
SCIENTOLOGY: A NEW SLANT ON LIFE

Fixed on too many barriers, man yearns to be free. But launched into total freedom, he is purposeless and miserable.

There is freedom amongst barriers. If the barriers are known and the freedoms are known, there can be life, living, happiness, a game.

-SCIENTOLOGY: A NEW SLANT ON LIFE

The ultimate product of Scientology is a universe that is decent and happy to live in, not degenerated and made miserable by suppressives as it has been.

-SCIENTOLOGY BASIC STAFF HAT BOOK

...you'll find human beings around who are utterly compelled to make nothing out of bodies, to make nothing out of cars, manuscripts, any remark which you make, any action. They've got to make nothing out of it. It would just kill them if they couldn't ridicule it. Ridicule is the very lightest method of slapping you to pieces.

-THE PHOENIX LECTURES

The optimum solution for any problem would be a solution which achieved the maximum benefit in all the dynamics.*

—DIANETICS: THE MODERN SCIENCE OF MENTAL HEALTH

*DYNAMIC: The impulse to survive is found to contain eight sub-impulses. These are, first, the urge to survive as self; second, the urge to survive through sex in the procreation of children; third, the impulse to survive as a group; fourth, the impulse to survive as mankind itself; fifth, the urge to survive as animal life; sixth, the impulse to survive as the material universe of matter, energy, space and time; seventh, the impulse to survive as a spirit; and eighth, the impulse to survive as what may be called the Supreme Being.

The above sub-impulses are called dynamics; combined, they form the overall urge towards survival, but each one of itself plays its important role, both in the individual and in the wider sphere named as a part of each impulse. Thus we see the inter-dependency of the individual with the family, with the group, with the species, with life forms, with the material universe itself, with spirits, and with God; and we see the dependency of each one of these entities upon the individual as a part of it.

—SCIENTOLOGY 8-8008

There is nothing very glamorous about the criminal, the breaker of his pledge, the betrayer of his friend or group. Such people are simply psychotic.

-SCIENCE OF SURVIVAL

Emergencies don't happen because someone is idle. Emergencies are made actively.

-SCIENTOLOGY BASIC STAFF HAT BOOK

No man, who is not himself honest, can be free—he is in his own trap. When his own deeds cannot be disclosed, then he is a prisoner; he must withhold himself from his fellows and is a slave to his own conscience.

-SCIENTOLOGY: A NEW SLANT ON LIFE

An individual who is bent mainly upon survival is intent, usually, upon changing things.

-THE FUNDAMENTALS OF THOUGHT

An individual who is close to being destroyed is bent mainly upon stop-ping things.

-THE FUNDAMENTALS OF THOUGHT

An individual who has a free heart and mind about life is bent upon creating things.

-THE FUNDAMENTALS OF THOUGHT

If you reward non-production you get it.

It is not humanitarian to let a whole population go to pieces just because a few refuse to work. And some people just won't. And when work no longer has reward, none will.

It is far more humane to have enough so everyone can eat.

So specialize in production and every-body wins. Reward it.

-SCIENTOLOGY BASIC STAFF HAT BOOK

It is not true that one gets old and tired and his ability to do things wears out. It is true that one becomes injured in sudden, short moments and thereafter carries that injury into his future work and the injury is what causes him to deteriorate.

-THE PROBLEMS OF WORK

There is beingness, but Man believes there is only becomingness.

—The Factors, CREATION OF HUMAN ABILITY

Truthfully, one never stops playing any game once started. He plays old games in secret—even from himself—while playing or not playing new ones. The only REAL game one can have is in present time. All others are in the past.

—DIANETICS '55

The basic flaw in organization is INSPECTION BEFORE THE FACT. This means inspection before anything bad has happened.

—SCIENTOLOGY BASIC STAFF HAT BOOK

The dreamer of dreams and the user of flogs on lazy backs cannot be encompassed in the same man for the dream, to be effective, must be revered and the judge and the task master can only be respected. Part of a goal is its glamour and part of any dream is the man who dreamed it.
-HOW TO LIVE THOUGH AN EXECUTIVE

The principle of the contagion of aberration is broad in scope. One can observe in any group of men that one or two may be much more aberrated than the others. One can make the simple experiment of removing the one or two aberrated persons from the group, and he will then see that the general tone level of the group will rise, since the source of the group's main turbulence has been removed.
-SCIENCE OF SURVIVAL

Anything you resist you get. Anything you resist you become—the favorite motto of this universe.
—THE PHOENIX LECTURES

It is a rather noble commentary on man that when a person finds himself, as he believes, incapable of restraining himself from injuring a benefactor he will defend the benefactor by leaving.
—"Departures," ABILITY 187 MAGAZINE

The greatest ability of thought is DIFFERENTIATION. So long as one can differentiate, one is sane. Its opposite is IDENTIFICATION.
—SCIENTOLOGY: A NEW SLANT ON LIFE

Leadership is one of the most misunderstood subjects in Man's dictionary. But it is based almost solely on the ability to give and enforce orders.
—SCIENTOLOGY BASIC STAFF HAT BOOK

Man or any life form in this universe seems to love problems. A problem is more important than freedom. Problems keep up interest.
—THE FUNDAMENTALS OF THOUGHT

AN INDIVIDUAL IS AS HAPPY AS HE CAN PERCEIVE SURVIVAL POTENTIALS IN THE FUTURE.
—Axiom 166, The Axioms of Dianetics, AXIOMS AND LOGICS

We learned in Dianetics* that people would not accept responsibility for their own acts, and actually they're as bad off as they will not accept responsibility for their own acts. And individuals are other-determined to the degree that they will not accept such responsibility ... there is a direct ratio between the health and ability of a person and his willingness to accept responsibility.
—THE PHOENIX LECTURES

ANYTHING WHICH IS NOT DIRECTLY OBSERVED TENDS TO PERSIST
—Axiom 32, AXIOMS AND LOGICS

*DIANETICS is that branch of Scientology that covers Mental Anatomy.
—SCIENCE OF SURVIVAL

Most people confuse a "taut ship" with a harshly led ship. Actually harshness has nothing to do with it. The right word is positiveness.
-SCIENTOLOGY BASIC STAFF HAT BOOK

If every time he [a person] selects out an enemy and then communicates to the enemy and simply becomes the enemy at that point, he couldn't have an enemy very long, could he?
-THE PHOENIX LECTURES

... if you get somebody to simply look around the environment, he will cease to be a problem and will become the solver of problems. That's all. Just looking.
-THE PHOENIX LECTURES

A thetan is interested, and an object is interesting. A thetan is not interesting. He is interested. And when a person becomes terribly interesting he has lots of problems, believe me. That is the chasm which is crossed by all of your celebrities, anybody who is foolish enough to become famous. He crosses over from being interested in life to being interesting, and people who are interesting are really no longer interested in life. It's very baffling to some young fellow why he can't make some beautiful girl interested in him. Well, she is not interested, she is interesting.
-THE PHOENIX LECTURES

The game of life demands that one assume a beingness in order to accomplish a doingness in the direction of havingness.
-SCIENTOLOGY: A NEW SLANT ON LIFE

A man who is willing to accept restrictions and barriers and is not afraid of them is free. A man who does nothing but fight restrictions and barriers will usually be trapped.
-SCIENTOLOGY: A NEW SLANT ON LIFE

You face force with reason and continue to apply reason. A human being goes into apathy when stopped from doing this.
-NOTES FROM THE LECTURES OF L. RON HUBBARD

The number one trick of control used in this universe on a thetan is to make the thetan postulate* that he himself can be damaged.

—CONTROL AND THE MECHANICS OF S.C.S.

The basic purpose of reason is the calculation or estimation of effort.

—Axiom 25, Axioms of Dianetics, AXIOMS AND LOGICS

*POSTULATE: (verb) To conclude, decide or resolve a problem or to set a pattern for the future or to nullify a pattern of the past.

—SCIENTOLOGY ABRIDGED DICTIONARY

The passage from interested to interesting has many phases. When one is no longer interested, but is only interesting, he has lost his principle quality as a thetan—freedom, and the ability to change at will.

-THE CREATION OF HUMAN ABILITY

It could be said that all the entrapment there is is the waiting one does for an answer.

-DIANETICS '55

When we grow timid in the face of circumstances it is because our Purpose, our Stable Data, have been invalidated.

-THE PROBLEMS OF WORK

If you observe that somebody has failed often, then what do you mean by failed? He has decided to move something in space and then hasn't. In this universe, that's the total anatomy of failure.

-THE PHOENIX LECTURES

There is something else about Freedom which is intensely interesting—it cannot be erased.

You may be able to concentrate some-body's attention on something that is not free and thus bring him into a state of belief that Freedom does not exist, but this does not mean that you have erased the individual's freedom. You have not. All the freedom he ever had is still there.

-SCIENTOLOGY: A NEW SLANT ON LIFE

No good worker owes his work. That's slavery.

-SCIENTOLOGY BASIC STAFF HAT BOOK

... the one fear the psychotic has is becoming predictable.

-DIANETICS '55

People are the victims of their own flinch. They are the victims of their own postulates,* the victims of their own belief that they are inadequate.

—SCIENTOLOGY: A NEW SLANT ON LIFE

Rightness is conceived to be survival. Any action which assists survival along the maximal number of dynamics is considered to be a right action. Any action which is destructive along the maximal number of dynamics is considered to be wrong. Theoretically, how right can one be? Immortal! How wrong can one be? Dead!

—SCIENTOLOGY 8-8008

*POSTULATE: (noun) A conclusion, decision or resolution made by the individual himself on his own self-determinism on data of the past, known or unknown. The postulate is always known. It is made upon the evaluation of data by the individual or on impulse without data. It resolves a problem of the past, decides on problems or observations in the present or sets a pattern for the future.

SCIENTOLOGY ABRIDGED DICTIONARY

... when you begin to handle man on the basis that he is a spirit, that he has unlimited ability, that he is not necessarily pinned down into such things as, "Everybody has just so much I.Q. and they never increase their I.Q.," we win.

—"A Filmed Interview with L. Ron Hubbard,"

THE AUDITOR 23

There is a condition worse than being unable to see and that is imagining one sees.
What is Scientology?" THE AUDITOR 33

The way out is the way through. ... That which one cannot accept chains one.

—THE CREATION OF HUMAN ABILITY

The lowest confront there is is the Confront of Evil.

-SCIENTOLOGY BASIC STAFF HAT BOOK

Certainty, then, is clarity of observation. Of course above this, vitally so, is certainty in creation. Here is the artist, here is the master, here is the very great spirit.

-THE CREATION OF HUMAN ABILITY

People who cannot experience emotion because of their aberrations are ordinarily sick people. Well people can experience emotion.

-SELF ANALYSIS

THE ONLY ABERRATION IS DENIAL OF SELF
-SCIENTOLOGY: A NEW SLANT ON LIFE

ANY PROBLEM, TO BE A PROBLEM, MUST CONTAIN A LIE . . .
—Axiom 40, AXIOMS AND LOGICS

Man is basically good, yes. His experience has led him into evil and he very often solves his problems from his own point of view only. And when he solves his problems from his own point of view, of course, he gets other points of view into trouble: what is good for a duck hunter is not good for the duck.

—"A Filmed Interview with L. Ron Hubbard," THE AUDITOR 23

. the only trap into which Life could fall is to do things without knowing it is doing them.
—DIANETICS '55

While all men are created with equal rights under the law, an examination of the individuals in the society rapidly demonstrates that all men are not created with equal potential value to their fellows.
—SCIENCE OF SURVIVAL

We have long said that that which is not admired tends to persist. If no one admires a person for being right, then that person's "brand of being right" will persist, no matter how mad it sounds.
—"You Can Be Right," ABILITY 153 MAGAZINE

In the opinion of the viewpoint, any beingness, any thing, is better than no thing, any effect is better than no effect, any universe better than no universe, any particle better than no particle, but the particle of admiration is best of all.
—The Factors, THE CREATION OF HUMAN ABILITY

The ability to assume or to grant beingness is probably the highest of human virtues.
—SCIENTOLOGY: A NEW SLANT ON LIFE

It is even more important to be able to permit (allow) other people to have beingness than to be able, oneself, to assume it.
—SCIENTOLOGY: A NEW SLANT ON LIFE

The scraggly militia usually go down before the regulars in any campaign. The regular is not even better, man for man, than the militia. The regulars know how to operate as a team. They have confidence in one another. And even when numerically inferior they bring off victory over a rabble by co-operation and discipline amongst themselves.
—SCIENTOLOGY BASIC STAFF HAT BOOK

You would not tolerate for one moment the conduct in an individual that is commonplace in the acts of some nations. You would lock up such a person.

—"Times Must Change," WHAT ARE PEOPLE FOR

A GROUP IS A PROPER SIZE WHEN THE INDIVIDUALS IN IT CAN EASILY APPROACH THE MANAGER OF THAT GROUP ON A FAMILIAR FRIENDLY BASIS AND BE SURE HE KNOWS WHAT THEY'RE DOING AND WHY AND IF THEY'RE DOING IT.

The individual in that group is not oppressed. His charm counts. He feels up to arguing with that manager. The executive (with a deputy on his side) feels up to confronting the rest of the group. His own personality counts.

-SCIENTOLOGY BASIC STAFF HAT BOOK

The game is the thing. The wins and losses are not the thing. One loses every time one wins, for he then has no game.

-CREATION OF HUMAN ABILITY

All answers are basically simple.

-DIANETICS: THE EVOLUTION OF A SCIENCE

Because the analytical mind and the reactive mind in men can become confused, one with the other, one is most prone to assume the actual perception point of that person who has most evaluated for him. Father and Mother, for instance have evaluated about art, habits, goodness, behavior, badness, how one should dress, what manners are, to such a degree that the child has no choice, it seems to him, but to assume their "points to look from," and so we will find the child observing things as his father or mother would observe them and even wearing his father's glasses or his mother's glasses as he grows older. He has confused evaluation with actual perception.

-THE CREATION OF HUMAN ABILITY

Share action with a group or person in your life, agree to mutually survive by some specific code and then be cruel to them and so transgress and you'll have pain.

—"Clean Hands Make a Happy Life," ABILITY 133 MAGAZINE

Man must be in affinity with man to survive.

—DIANETICS: THE MODERN SCIENCE OF MENTAL HEALTH

The social order has confused rationality with emotionalism. Actually a person who is fully rational would be most able to respond to the stimulus of his environment. Being rational does not mean being cold and calculating.

—SELF ANALYSIS

THE HIGHEST PURPOSE IN THIS UNIVERSE IS THE CREATION OF AN EFFECT.
—Axiom 10, AXIOMS AND LOGICS

... Affinity manifests itself as the recognition of similarity of efforts and goals ..
—Axiom 112, The Axioms of Dianetics, AXIOMS AND LOGICS

An individual who can freely and with a clear heart do things because they're fun is a very sane person.
He's in good shape.
—THE PHOENIX LECTURES

GLOSSARY

AFFINITY: Degree of liking or affection or lack of it. (This is often expressed as an emotion—enthusiasm towards a person betokens more affinity than apathy.)

—SCIENTOLOGY ABRIDGED DICTIONARY

ANALYTICAL MIND: That part of a person's thinking machinery and memories over which he has relatively full control.

—THE CREATION OF HUMAN ABILITY

DIANETICS: That branch of Scientology that covers Mental Anatomy.

—SCIENCE OF SURVIVAL

DYNAMIC: That urge, thrust and purpose of life—SURVIVE!—in its eight manifestations.

THE FIRST DYNAMIC is the urge toward survival of self.

THE SECOND DYNAMIC is the urge toward survival through sex, or children. This dynamic actually has two divisions. Second Dynamic (a) is the sexual act itself and Second Dynamic (b) is the family unit, including the rearing of children.

THE THIRD DYNAMIC is the urge toward survival through a group of individuals or as a group. Any group or part of an entire class could be considered to be a part of the Third Dynamic. The school, the club, the team, the town, the nation are examples of groups.

THE FOURTH DYNAMIC is the urge toward survival through all mankind and as all mankind.

THE FIFTH DYNAMIC is the urge toward survival through life forms such as animals, birds, insects, fish and vegetation, and is the urge to survive as these.

THE SIXTH DYNAMIC is the urge toward survival as the physical universe and has as its components Matter, Energy, Space and Time, from which we derive the word MEST.

THE SEVENTH DYNAMIC is the urge toward survival through spirits or as a spirit. Anything spiritual, with or without identity, would come under the Seventh Dynamic. A sub-heading of this Dynamic is ideas and concepts such as beauty, and the desire to survive through these.

THE EIGHTH DYNAMIC is the urge toward survival through a Supreme Being, or more exactly, Infinity . . .

—SCIENTOLOGY ABRIDGED DICTIONARY

OVERT ACT (Overt): Harmful or contra-survival act. Precisely, it is an act of commission or omission that harms the greater number of dynamics. There-fore, a failure to eradicate something or stop someone that would harm broadly would be an overt act. Equally, assistance to something that would harm a greater number of dynamics would also be an overt act.

—SCIENTOLOGY ABRIDGED DICTIONARY

POSTULATE: (noun) A conclusion, decision or resolution made by the individual himself on his own self-determinism on data of the past, known or unknown. The postulate is always known. It is made upon the evaluation of data by the individual or on impulse without data. It resolves a problem of the past, decides on problems or observations in the present or sets a pattern for the future.

POSTULATE: (verb) To conclude, decide or resolve a problem or to set a pattern for the future or to nullify a pattern of the past.

—SCIENTOLOGY ABRIDGED DICTIONARY

REACTIVE: Irrational, reacting instead of acting: Thinkingness or behaviour dictated by the Reactive Mind rather than the individual's own present-time determinism.

—SCIENTOLOGY ABRIDGED DICTIONARY

REACTIVE MIND: That portion of a person's mind which is not under his volitional command or recall, and which exerts the power of command over his thinking and actions.

—THE CREATION OF HUMAN ABILITY

SCIENTOLOGY: The study of knowledge in its fullest sense. There are two branches of the subject of Scientology—a religious philosophy (contained in books) and the applied philosophy, which includes methods which enable the individual to attain a higher state of existence through personal processing. Scientology is now the largest self-betterment organization in the world with membership in the millions and organizations and centers on every continent.

THETAN: The person himself—not his body or name, the physical universe, his mind, or anything else—that which is aware of being aware; the identity that IS the individual. (From Theta O, the Greek symbol for "thought" or perhaps "spirit".)

—SCIENTOLOGY ABRIDGED DICTIONARY

TONE SCALE: A scale measuring and relating the various factors of behaviour, emotion and thought to levels on the scale.

—SCIENTOLOGY ABRIDGED DICTIONARY