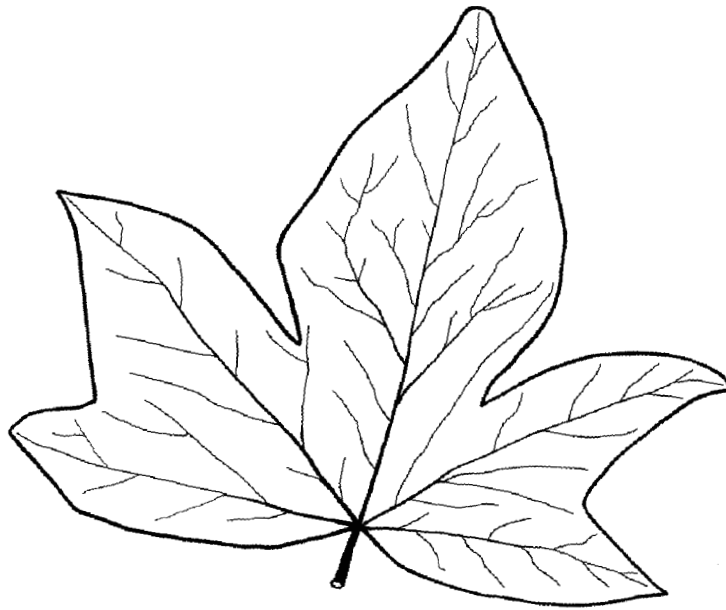


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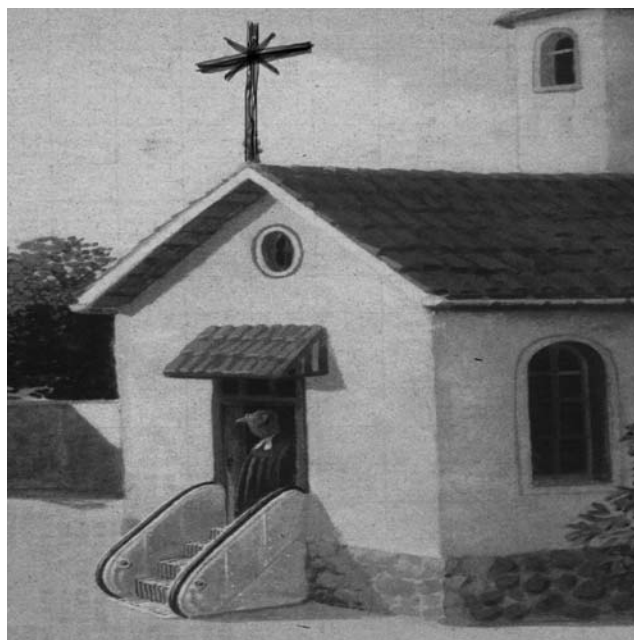
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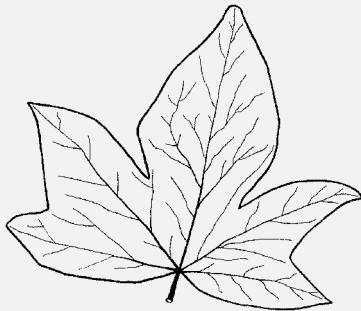
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International Viewpoints

[Lyngby]





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International Viewpoints is independent of any group or organization.

IVy's Aim:

In 1934 the book *Scientologie* by A. Nordenholz was published. In the middle of the twentieth century the subject of Scientology was greatly expanded as a philosophy and technology by L. Ron Hubbard and a big band of helpers. This band coalesced into the Church of Scientology, which became a little secretive, restrictive, expensive and slightly destructive. From 1982 on, many left or were thrown out of that church and continue to use and develop the philosophy and technology.

It is this large subject that International Viewpoints deals with, and it is our aim to promote communication within this field. We are independent of any groups (sect). We represent many viewpoints, sometimes opposing!

Auditing in Cyberspace

by Muriel Chen, Australia

I WOULD LIKE TO TALK to you here about auditing those people who contact me and who have had experience with Scientology. I "audit" those who want help, whether they call it auditing because they know help as auditing, or whether they call it help or counselling.

People can gradually realise that something is wrong in a group to which they belong; and leave. This person usually just looks for other places to get help (auditing and training) or moves across to something else - without sustaining any damage.

Different possible losses

When someone realises that they had trusted the wrong group, and that Scientology may not be the only way to be saved, or that the high principles one admires are really not in the organisation as one thought that they were, or that one is really not so much better off in that

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group than other people who have not been in touch with that group, or that there are people who succeed without its courses or auditing, or that there are high toned and ethical people outside the group and that LRH is not as the church portrays him, then that person suffers a big loss. If in that loss they leave the church amid the rejections of their friends and colleagues and the people who once appeared to be so interested in their progress, that loss increases. Also, if their family is still at the stage of needing the cult and rejects them too, it is a trauma of huge proportions.

This is how many come out 'hurting'.

They do not want any data from anyone really. They want someone to listen and not do anything else but listen.

They don't want to be 'contacted'. That is res-timulative.

They may want to know that there are others who have left and others who may understand and that is all. It is easy, if they have Internet access to find someone who could help them. It is these people I write about. I sometimes have people who contact me after reading something that I have written. It is most often my little book *Psychic First Aid* (see, for example: <http://fza.org/psychic/>). It has all sorts of simple techniques in it and it is the sort of book someone may look to for help with their loss and/or their trauma.

Reach

When someone is ready to be helped they reach for help and that is when I get an email which may just ask if I am or have been in the CofS. I may answer with a brief account of what I have done and am doing. No more than a few sentences.

Auditor presence begins with an introduction. Then I ask what experiences they have had in this area. Then I listen.

The "what's it" (which is the question used to allow another to tell what it is) should be just enough to get the ITSA ("It is a....." – the telling

of what or how it is) and when that is flowing nothing else is needed but understanding and acknowledgment.

In basic training routines with the meter one learns "If the Tone Arm is moving do nothing." This just means that if the person is being helped by what the person is saying then just continue listening. I answer questions without invalidation of anyone or anything and without evaluation. I answer with my truth and state that what I say is how I see it and to be accepted or not at will.

This is what auditing is about in its most basic sense. It is the most effective when it is in its basic form. The communication line from the PC's bank flows and empties the charge as the auditor listens, understands, and acknowledges.

A new question is asked if needed.

If I listen well and understand what is being communicated, the question that needs asking becomes obvious to me. This is as easy on email as it is in person.

Love

There is something else and that was not stressed in Scientology and that is "love". Love is that warm, closeness and complete acceptance of the other person. It includes nurturing and caring and wanting to understand. When one feels it for another then that other feels that it is there and feels safe. I do love people. Love can heal. "Admiration is the universal solvent", says LRH.

He may be right but only if the word admiration includes my definition of the word love.

Not damaged but...

Then there is the person who has established self outside the group and has no particular upset about it but is having trouble in life and asks for help. The first action is "Tell me about it" after which I ask enough questions to be able to see what is needed and then guide the person through to resolution.

I give actions for that person to do in relation to

what that person is familiar with. I also give simple easy to understand actions that can be done to help look and resolve things.

It is easy to work with "similarities and differences" and this is a powerful tool at all levels of reality. It resolves any issue to do with "who" or "what", self or valence. It is easy to handle problems and upsets using methods that the person knows how to use from previous experience. Indicating the correct nature of the outness is half way and sometimes all the way to successful resolution.

Unwanted conditions

There are particular things that seem always to work on unwanted conditions for someone who is really wanting help through email.

The principle that 'what is done to one is a balance to what one does to others', when used, is a magical cure for many ills. (In scientology it is called "the overt motivator sequence". I never use this term.)

I suggest to the person who has any problem, condition or situation that can be described as a feeling, that they locate the feeling and give it a name.

Then:

1. Focussing on the feeling, really feel it, feeling it as intensely as possible and whilst doing this, locate incidents of others causing you to have the feeling. Get as many times as you can of others causing the feeling. Realise that it is your feeling. Decide to let it go. Let it go! Do this as many times as you can still find the feeling.

Keep to the same feeling. If another arises handle it separately.

2. Once there seems to be no more to handle get that same feeling again and this time find times that you caused another person to feel that feeling in relation to you.

Feel the feeling that the other felt.

Accept responsibility for that feeling (you did

so at the time it was felt without knowing it and now you are doing it knowingly).

Let it go. Do this until the feeling is gone completely.

I send the instructions in Number 1 to the person to do and then follow it with Number 2 on completion of Number 1.

Once a person has done this a few times with different feelings they can get into the habit of leaving number 1 and just doing number 2. The situation resolves much more quickly this way.

There can be more to this but this would be determined by the person's responses. Sometimes I realise that it is not working because the person wants to prove that someone else is wrong. I indicate this and then handle. (Ask me if you want my handlings, as the nature of the response determines which one is used.)

Generally

Rote auditing is impossible especially without any other feedback than words and one's sense of connection with the other.

Acknowledging the other on email is a matter of making sure you understand even to the sharing of a similar experience and asking if it was like that. Then they can correct you until you really do understand. It is often necessary to ask "Would you tell me about" or some such question and to ask particular questions like "How did your mother feel about that?" Once you have asked enough questions and the other has answered and told everything they choose to about the subject in question they know you understand.

I am always willing to share any other parts of what I do. The main thing is to communicate. The stress is on listening and using the auditing communication cycle. All that one does in this universe can happen in cyberspace as easily as it does in any other space.

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You Too?

by Antony Phillips, Denmark

WHEN I ASKED Muriel to write the preceding article I thought of encouraging others to do the same. Now that it is typed and the magazine near to going to press, I find I have not done so. Thus you are welcome to call me an irresolute fellow.

I have received letters of sheer joy from people who have received either a free copy of *IVy*, or a package of back numbers. These people had lived in a desert of communication on the areas they had been interested in in the church. Receiving one or a lot of copies of *IVy* was to them like a thirsty man reaching an oasis.

The most recent example was of some one who had had limited gains within the Church (according to him). He got *IVy* 47 and when asked what he thought of it, wrote: Wow. This is the most interesting magazine I have ever read. Here is all that I have burned to learn. Amongst other things on Ron. But the most important of all: truth." He had struggled for months to get a badly needed repayment of advanced payments out of the church, and found Free Scientology (Clearing) on the Internet six weeks previously.

He did not seem to be particularly "damaged" by contact with the church, but, as Muriel writes, some are.

IVy's stats

As editor of *IVy* I have some interest in our subscription statistics. In comparison to the number of people who will have left the church world wide, I would call our subscription figures pretty poor. Admittedly, some who left the

church probably have not obtained a reality on the true nature and power of Scientology to help them, and others have found other ways which suit them (or don't need a "way").

But I have long been disturbed by the fact that there must be many people, possibly a bit like you, who would be very glad to receive *IVy*, but don't know it exists.

We once achieved limited (costly) success advertising in new age magazines, but it seems the only useful channel is through the Internet, where we advertise a free offer copy of *IVy* 47. And this brings in small returns.

You could help

If you use Internet, and are interested, it does seem to me possible that you could help. I am not sure quite how, but do believe the possibility is there.

One of the things that is probably wanted, is a terminal to talk to. Perhaps you could be that terminal for the occasional needy person now and again.

You can contact me if you are interested. If there are a few people who are, we could form a little Cyberspace group and discuss it - cooperation (as well as communication) is the name of the game, a good positive game, where everyone wins.

Of course this is not compulsory - you have paid your subscription. This is for anyone who wants a bit of fun and something of the pay of life - communication.

Self Development Processing Rules*

by P_potential, USA

I'VE BEEN MEANING for some time to write about what I've learned on how to keep 'self-development processing' running most effectively and usefully. These are, of course, only my personal opinions, so I welcome any comments or different ideas.

- 1) Any 'the-only-right-way' contains a trap.
- 2) Continuously increase the number of different ways of viewing reality (and processing).
- 3) Any response can be used to do further processing. (There is no such thing as failure, only feedback).
- 4) Always put perception FIRST . . . before ones' beliefs, before other peoples' ideas, before anything.
- 5) Do not take anything seriously under any circumstances.



Here are some notes and explanations of the above points . . .

1) I think this is true for fundamental reasons . . . a postulate is a (illusory) boundary. Saying 'this is the only way' defines some of reality as 'outside the only right way' that is a non-confront, which will at some point prevent progress.

2) The gains from a process decrease if you keep using the same process without other processes in between. I think this can apply to particular viewpoints or sources of tech too. The more different ways of approaching the same item, the more effectively one can work with it. Of course one has to evaluate the effectivenesses of different viewpoints, some are a lot further from reality than others. But I think being able to see anything from more than one viewpoint is essential, otherwise one is stuck in one viewpoint, and that is not freedom.

3) If the pc says 'this process does not work', then do some processing on that! For example run my inval. process on it, or use it with EFT, or whatever. I had a good example of that while doing Dianetics . . . I had a pc whom many other auditors had given up on, and he had given up on himself. His answer to every attempt at finding an incident or whatever, was 'this does not work', or 'I can't ever find an incident'. I found him very easy! . . . I just got him to repeat whatever phrase he came up with, until he began to pull himself into an incident enough for him to realise something was happening, then I continued from there. ANY response is a pointer to a way of making progress.

4) Every time I hear a person say that 'processing screwed me up', or 'that type of processing will kill you' etc. I always find that the pc is doing something that they perceive is not right to do. Usually they are taking someone elses' word rather than their own perception, and this always seems to cause problems. Of course, one has to develop a good relationship with oneself, else one just finds excuses to avoid doing anything real. I think one can learn to perceive correctly what processing to do and what not to do, and that keeps one safe and

effective. The key seems to be to trust and validate ones' perceptions . . . then they get better.

5) This is all just a game, taking it seriously is taking the point of view of a 'playing piece' in the game rather than a player, and that is not the way out. Look at Tai Chi . . . it is more fully called 'playing the Tai Chi' . . . if you do it seriously it doesn't work, and I think the same is true for other tech too, and taking things lightly is important tech in itself.

I would like other peoples' points of view on what they think is important on how to do processing effectively. Please let me know.

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**This article appeared first on three Internet lists on the fourth of April 2001*



Internet discussion list. If you or a family member has paid a subscription to IVy, you can join the Internet list ivy-subscribers. When on this list you receive messages other subscribers to IVy have written, and even make your own comments or ask questions. Write (email) to your IVy distributor.

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IVy (International Viewpoints) had four issues in its first year of issue (1991) and five a year ever since.

You can get the back numbers of IVy, which contain much of value to those with a Scientology or MetaScientology interest. Ask your distributor for prices.

The earlier issues are cheaper (except first two years) especially when combined with a subscription for current year.

Our Internet website has further articles from IVy on it.

For example, follow the links to Homers Archives, then ivy, spickler Address is :

<http://home8.inet.tele.dk/ivy/>