

FROM THE SCIENTOLOGY HANDBOOK

ASSISTS FOR ILLNESSES AND INJURIES

BASED ON THE WORKS OF

L. RON HUBBARD

This booklet is based on the religious literature and works of L. Ron Hubbard, who developed Scientology applied religious philosophy and Dianetics spiritual healing technology. It is presented to the reader as Mr. Hubbard's ideas and expressions concerning his observations and research into the human mind and spirit, and not as a statement of claims made by the Church, the author or publisher. The benefits and goals of Scientology philosophy and Dianetics technology can be attained only by the dedicated efforts of the reader.

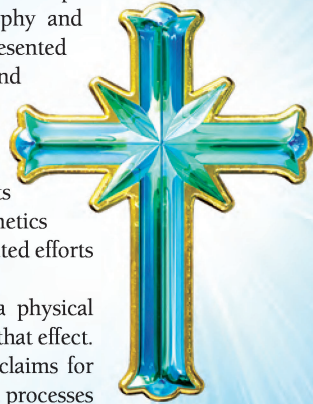
This material is not professed to provide a physical handling for bodies nor is any claim made to that effect. There are no medical recommendations or claims for the processes given in this booklet and those processes do not supplant, nor are they intended to dissuade anyone from seeking competent medical attention for any injury, illness or physical condition.

The author and publisher make no warranties, express or implied, concerning the contents of this booklet. Accordingly, the reader assumes full responsibility for the use of the materials contained herein.

We hope the reading of this booklet is only the first stage of a personal voyage of discovery into this new and vital world religion.

The Church of Scientology International

THIS BOOKLET BELONGS TO:



This work, and each of its constituent parts, is protected under copyright and other intellectual property laws throughout the world. The user is permitted to view or download a chapter or chapters for personal use only. Such permission does not constitute any authorization to further reproduce, distribute, publicly display or perform the work, or otherwise transmit it, in whole or in part, by any means. Any such acts shall immediately revoke any privilege or permission otherwise granted, without limiting any of the other rights or remedies the copyright owner may have.

SCIENTOLOGY

Making the World a Better Place

Founded and developed by L. Ron Hubbard, Scientology is an applied religious philosophy which offers an exact route through which anyone can regain the truth and simplicity of his spiritual self.

Scientology consists of specific axioms that define the underlying causes and principles of existence and a vast area of observations in the humanities, a philosophic body that literally applies to the entirety of life.

This broad body of knowledge resulted in two applications of the subject: first, a technology for man to increase his spiritual awareness and attain the freedom sought by many great philosophic teachings; and, second, a great number of fundamental principles men can use to improve their lives. In fact, in this second application, Scientology offers nothing less than practical methods to better *every* aspect of our existence—means to create new ways of life. And from this comes the subject matter you are about to read.

Compiled from the writings of L. Ron Hubbard, the data presented here is but one of the tools which can be found in *The Scientology Handbook*. A comprehensive guide, the handbook contains numerous applications of Scientology which can be used to improve many other areas of life.

In this booklet, the editors have augmented the data with a short introduction, practical exercises and examples of successful application.

Courses to increase your understanding and further materials to broaden your knowledge are available at your nearest Scientology church or mission. Listings are available at www.scientology.org.

Many new phenomena about man and life are described in Scientology, and so you may encounter terms in these pages you are not familiar with. These are described the first time they appear and in the glossary at the back of the booklet.

Scientology is for use. It is a practical philosophy, something one *does*. Using this data, you *can* change conditions.

Millions of people who want to do something about the conditions they see around them have applied this knowledge. They know that life can be improved. And they know that Scientology works.

Use what you read in these pages to help yourself and others and you will too.

People sometimes get hurt in the business of living. The human body is subject to disease, injuries and various mishaps of accidental or intentional character.

Throughout the ages, religions have attempted to relieve man's physical suffering. Methods have ranged from prayer to the laying on of hands, and many superstitions arose to account for their occasional effectiveness. It has been a commonly held belief, however, no matter the method used, that the spirit can have an effect on the body.


Today, medicine treats the body when there is something wrong with it. But it overlooks almost totally the relationship of the spiritual being to his body and the effect the former has on the latter.

The fact is, after any necessary medical treatment, the individual himself has an enormous capacity to influence the body and its well-being or lack of it.

L. Ron Hubbard developed numerous applications of his discoveries for the mental and spiritual aspects of a person's physical difficulties. And as more and more techniques evolved, a new body of technology came into use, called "Assists."

The ways assists can be applied are almost limitless. They always help and often have miraculous results. Dozens of assists exist today for a wide array of conditions, and several of the most basic and widely used are included in this booklet.■

FACTORS OF ASSISTS



In Scientology an *assist* is an action undertaken to help a person confront physical difficulties. If a child has fallen and hurt himself, an assist can help him overcome the trauma. If a person has a toothache or has had a tooth pulled, an assist can help relieve the pain. When people are ill, assists can ease the discomfort and speed recovery. Even broken bones respond to assists. These and many other conditions can be improved by application of procedures classified under this heading of “Assists.”

An assist, then, can be described as a Scientology process which is done to alleviate a present time discomfort. A *process* is an exact series of directions or sequence of actions taken to accomplish a desired result. There are many processes contained in the materials of Scientology, but assists make up a class of processes in themselves.

All Scientology processes address and handle a wide range of conditions affecting the *spirit*, the being himself.

The spirit in Scientology is called the *thetan*, by which is meant the person himself—not his body or his name, the physical universe, his mind or anything else—it is that which is aware of being aware; the identity which is the individual. The term *thetan* was coined to eliminate any possible confusion with older, invalid concepts. It comes from the Greek letter *theta* which the Greeks used to represent *thought* or perhaps *spirit*, to which an *n* is added to make a noun in the modern style used to create words in engineering.

Probably the greatest discovery of Scientology and its most forceful contribution to the knowledge of mankind has been the isolation, description

and handling of the human spirit. In Scientology it can be demonstrated that that thing which is the person, the personality, is separable from the body and the mind at will and without causing bodily death or mental derangement.

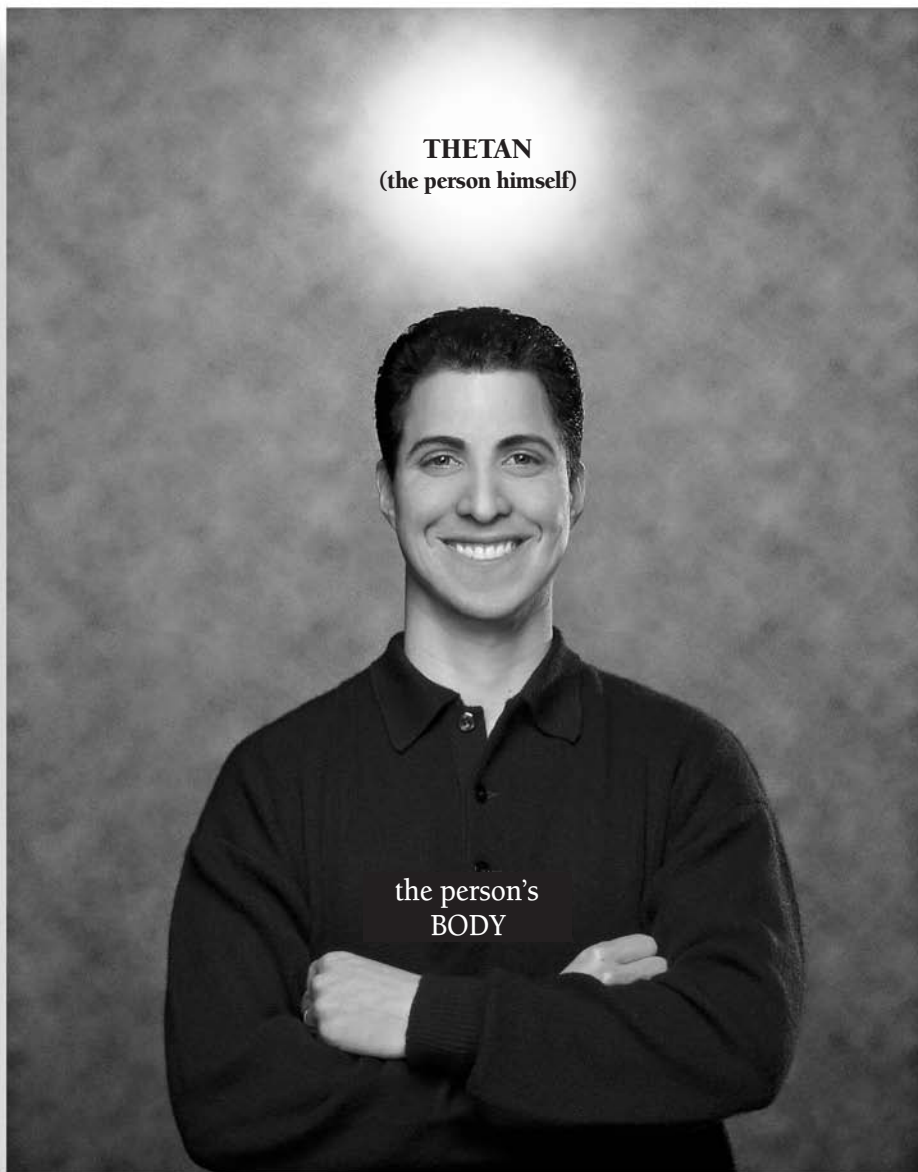
In ages past there has been considerable controversy concerning the human spirit or soul, and various attempts to control man have been effective in view of his almost complete ignorance of his own identity. As you know that you are where you are at this moment, so you would know if you, a spirit, were detached from your mind and body. Man had not discovered this before because, lacking the technologies of Scientology, he had very little reality upon his detachment from his mind and body; therefore, he conceived himself to be at least in part a mind and a body. The entire cult of communism was based upon the fact that one lives only one life, that there is no hereafter and that the individual has no religious significance. Man at large has been close to this state for at least the last century. The state is of a very low order, excluding as it does all self-recognition.

The thetan (spirit) is described in Scientology as having no mass, no wavelength, no energy and no time or location in space except by consideration or postulate. (A postulate, simply put, is a decision that something will happen.)

The spirit, then, is not a *thing*. It is the *creator* of things.

By spiritual means, but means which are as precise as mathematics, a host of bad conditions of life may be remedied in Scientology. Illness and malfunction can be divided into two general classes. First, those resulting from the operation of the spirit directly upon the communication networks of life or the body and, second, those occasioned by the disruption of structure through purely physical causes.

The term *psychosomatic* means the mind making the body ill or illnesses which have been created physically within the body by derangement of the mind. *Psycho* refers to mind and *somatic* refers to body.



It can be demonstrated that a person is not a body, but is, in fact, a spiritual being, called in Scientology a thetan.

Unhappiness, inability to heal and psychosomatic illnesses (which include some 70 percent of the illnesses of man) are best handled by immediate address of the thetan. Illnesses caused by recognizable bacteria and injury in accident are best treated by physical means. These fall distinctly into the field of medicine and are not the province of Scientology, even though accidents and illness and bacterial infection are predetermined in almost all cases by spiritual malfunction and unrest. And conditions in accidents are definitely prolonged by any spiritual malfunction.

Thus we have the field of medicine addressing the immediate injury, such surgical matters as birth and acute infection, and such things as bruises and scrapes resulting from accidents, as well as the administration of drugs and antibiotics to prevent the demise of the patient in a crisis. This is the role of medicine.

Where tendency to disease or injury exists, or where disease or injury is being prolonged, or where unhappiness and worry causes mental or physical upset, we are dealing in the realm of Scientology. For such things are best healed, or best prevented, or best remedied by immediate and direct recourse to the thetan and its action on the body.

The only truly therapeutic agent in this universe is the spirit. In Scientology this has been demonstrated with more thoroughness and exists with more certainty than the physical sciences or mathematics. A Scientologist *can* help make an individual well and happy simply by addressing the human spirit.

HELPING AN INDIVIDUAL HEAL HIMSELF

Injuries, operations, delivery of babies, severe illnesses and periods of intense emotional shock all deserve to be handled with thorough and complete assists.

An assist in no way intrudes upon the role of medicine. Medical examination and diagnosis should be sought where needed, and where treatment is routinely successful, medical treatment should be obtained. As an assist can at times cover up an actual injury or broken bone, no chances should be taken, especially if the condition does not easily respond. In other words, where something is merely thought to be a slight sprain, to be on the safe side an X-ray should be obtained, particularly if it does not at once respond. An assist is not a substitute for medical treatment and does not attempt to cure injuries requiring medical aid, but is complementary (adds) to it. It is even doubtful if full healing can be accomplished by medical treatment alone and it is certain that an assist greatly speeds recovery. In short, one should realize that physical healing does not take into account the being and the repercussion on the spiritual existence of the person.

Injury and illness are *predisposed* (made more likely to occur) by the spiritual state of the person. They are *precipitated* (brought on) by the being himself as a manifestation of his current spiritual condition. And they are *prolonged* (extended in time beyond normal limits) by any failure to fully handle the spiritual factors associated with them.

The causes of *predisposition*, *precipitation* and *prolongation* are addressed with assists.

Certainly life is not very tolerable to a person who has been injured or ill, to a woman who has just delivered a baby, to a person who has just suffered a heavy emotional shock. And there is no reason a person should remain in such a low state, particularly for weeks, months or years, when he or she could be remarkably *assisted* to recover in hours, days or weeks.

It is in fact a sort of practiced cruelty to insist by neglect that a person continue on in such a state when one can learn and practice and obtain relief for such a person.

One does not have to be a medical doctor to take someone to a medical doctor. And one does not have to be a medical doctor to observe that medical treatment may not be helping the patient. And one does not have to be a medical doctor to handle things caused spiritually by the being himself.

Just as there are two sides to healing—the spiritual and the structural or physical—there are also two states that can be spiritually attained. The first of these states might be classified as “humanly tolerable.” Assists come under this heading. The second is “spiritually improved.”

Any minister (and this has been true as long as there has been a subject called religion) is bound to relieve his fellow being of anguish. There are many ways a minister can do this.

An assist is not engaging in healing. It is certainly not engaging in treatment. What it is doing is *assisting the individual to heal himself or be healed by another agency by removing his reasons for precipitating and prolonging his condition and lessening his predisposition to further injure himself or remain in an intolerable condition.*

This is entirely outside the field of “healing” as envisioned by the medical doctor and by actual records of results is very, very far beyond the capability of psychology, psychiatry and “mental treatment” as practiced in those fields.

In short, the assist is strictly and entirely in the field of the spirit and is the traditional province of religion, though not restricted to religion only.

A person applying Assist Technology should realize the power which lies in his hands and his potential skills when trained. He has this to give in the presence of suffering: he can make life tolerable. He can also shorten a term of recovery and may even make recovery possible when it might not be otherwise.

When confronted by someone who has been injured or ill, operated upon or who has suffered a grave emotional shock, one or more of the following assists should be used to help the person.

CONTACT ASSIST

There is a basic principle in Scientology which consists of putting an injured body member exactly on and in the place it was injured. Doing this can have a therapeutic effect and is called a Contact Assist. This is the most common assist for accidents and injuries.

Theory

One of the basics of life's reactions is to avoid places where one has been hurt. This is a survival factor but it is not analytical (based on rational thought). For example, if one ran into a table and injured himself, he would tend to avoid coming near that spot again. He would think he was avoiding the table, but actually he is avoiding the exact location of the accident. Even if the table were taken away, he would continue to avoid the *location* where he was injured. This is the basic reason for a Contact Assist.

When the exact spot of the accident or injury is available, always do a Contact Assist. It can be followed by other types of assists, but the Contact Assist should always be done first if the physical objects and location are available.

Procedure

1. Remember that first aid and physical actions often have to be taken before a Contact Assist can be begun. First aid always comes first. Look over the situation from the standpoint of how much first aid is required, and when you have solved that situation, then render the assist. An assist will not shut off a pumping artery, but a tourniquet will.
2. Take the person to the exact spot where the accident occurred. If the object was hot, you let it cool first; if the current was on, you turn it off before doing the assist.
3. Tell the person, "We are now going to do a Contact Assist."

4. Have the person get into the same position he was in before the accident happened. If he had a tool in his hand, or was using one, he should be going through the same motions with it.

5. Tell the person to move slowly through the accident just like it happened. Have him duplicate exactly what happened at the time of the injury by making him touch the exact spot with his injured body part. You have him gently touch the thing that hurt him. If he pricked his finger on a thorn in the rose garden, you get him to gently touch the same part of the same finger that was pricked to the same exact thorn. If he closed his hand in a door, you would have him go back and, with his injured hand, touch the *exact spot* on the *same* door, duplicating the same motions that occurred at the time of the injury. There are hardly any commands involved with it; the less you say, the better off you are.

6. Repeat this over and over again until the exact somatic *turns on* and *blows off*—appears and then disappears. (In Scientology we use the word *somatic* to designate any body sensation, illness, pain or discomfort. *Soma* means “body” in Greek.)

In addition to the somatic blowing, the person will also have a realization about something: his injury or the circumstances related to how he got hurt or the environment. Such a realization is called a *cognition*.

You have to get him to touch the exact point to produce the exact phenomenon of the somatic blowing. When this occurs and he has a cognition, end the assist by telling the person, “End of assist.”

Don't Force the Person

A Contact Assist must sometimes be done on a gradient—with a gradual approach. Let's say a child stubbed his shin on the lawn mower and now doesn't want to come nearer than one hundred feet from that lawn mower. You would make him do a Contact Assist with his shin and body at that point (one hundred feet from the same lawn mower), having him go through the motions of the accident. Gradually, gradient by gradient, you narrow the distance that he is willing to approach it and eventually he will go up and do a Contact Assist on the lawn mower.

You must never forcibly drag the person up to the spot where the injury or accident occurred. If you try to force the person, you could overwhelm him which could have a bad effect on him.



When one has an accident or injury a Contact Assist should be done.

Have the person get into the same position he was in before the accident happened. Have him gently touch the thing that hurt him. If he had a tool in his hand, or was using one, he should be going through the same motions with it.

Repeat this over and over again until the exact somatic turns on and then blows off (pain gone) accompanied by a cognition. You have to get him to touch the exact point to produce this exact phenomenon.



One of the basics of life's reactions is to avoid places where one has been hurt.



Contact Assists can be done solo (by oneself) but one must be sure to do it until the somatic blows.

Any type of injury can and should be handled with a Contact Assist. It is always the best type of injury assist when the exact spot is available and should precede any other assist actions. Contact Assists have unlimited use. They're sometimes miraculous—but they always help.



If a person is injured, he can do a Contact Assist on himself. He gently duplicates exactly what happened at the time of the injury, taking care to continue until the pain dissipates.

TOUCH ASSIST

The Touch Assist is the most widely used and probably best known assist. It was first developed in the early 1950s and has been in use ever since.

The application of Touch Assists is not limited to injuries. They are not just for the banged hand or the burned wrist. They can be done on a dull pain in the back, a constant earache, an infected boil, an upset stomach. In fact, the number of things this simple but powerful process can be applied to is unlimited!

Theory

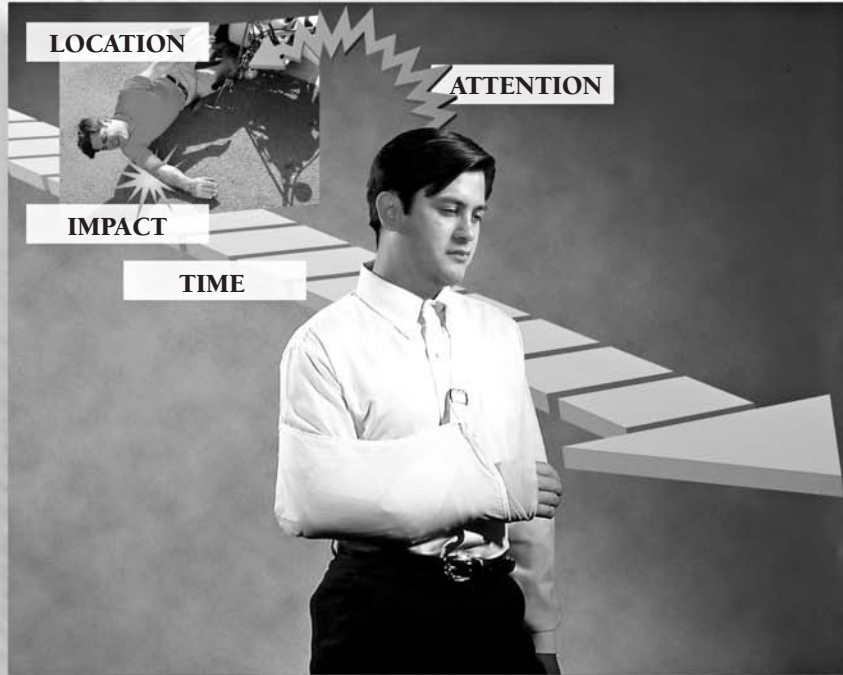
The purpose of a Touch Assist is to reestablish communication with injured or ill body parts. It brings the person's attention to the injured or affected body areas. This is done by repetitively touching the ill or injured person's body and putting him into communication with the injury. His communication with it brings about recovery. The technique is based on the principle that the way to heal anything or remedy anything is to put somebody into communication with it.

Every single physical illness stems from a failure of the being to communicate with the thing or area that is ill. Prolongation of a chronic injury occurs in the absence of physical communication with the affected area or with the location of the spot of injury in the physical universe.

When attention is withdrawn from injured or ill body areas, so are circulation, nerve flows and energy. This limits nutrition to the area and prevents the drain of waste products. Some ancient healers attributed remarkable flows and qualities to the "laying on of hands." Probably the workable element in this was simply heightening awareness of the affected area and restoring the physical communication factors. For example, if you do a Touch Assist on somebody who has a sprained wrist, you are putting him back into communication with that wrist as completely as possible.

In addition to control and direction of the person's attention, a Touch Assist also handles the factors of *location* and *time*. If a person has been

A Touch Assist helps handle the factors of time and location when a person has been injured. Part of his attention is stuck in the past moment and place of the impact.



The assist restores the person to the present and thus permits healing to occur.



injured, his attention avoids the injured or affected part but at the same time is stuck in it. He is also avoiding the *location* of the injury, and the person himself and the injured body part are stuck in the *time* of the impact. A Touch Assist permits healing to occur by restoring the person to the present and his whereabouts to some degree.

Procedure

0. Administer any first aid that may be needed *before* you begin the assist. For example, if the person has a bleeding wound it should be dressed as the first action.

1. Have the person sit down or lie down—whatever position will be more comfortable for him.

2. Tell him that you are going to be doing a Touch Assist and explain briefly the procedure.

Tell the person the command you will be using and ensure he understands it. The command used is “Feel my finger.”

Tell the person that he should let you know when he has done the command.

3. Give the command “Feel my finger,” then touch a point, using moderate finger pressure.

Do *not* touch and then give the command; that would be backwards.

Touch with only *one* finger. If you used two fingers the person could be confused about which he was supposed to feel.

4. Acknowledge the person by saying “Thank you” or “Okay” or “Good,” etc.

5. Continue giving the command, touching and acknowledging when the person has indicated he has done the command.

When doing a Touch Assist on a particular injured or affected area, you approach the area on a gradient and recede from it on a gradient.

You approach the injury or affected area, go away from it, approach it, go away from it, approach it closer, go away from it further, approach to a point where you are actually touching the injured or affected part and go away

further. You try to follow the nerve channels of the body, which include the spine, the limbs and the various relay points like the elbows, the wrists, the back sides of the knees and the fingertips. These are the points you head for. These are all points in which the shock wave can get locked up. What you are trying to do is get a communication wave flowing again through the body, because the shock of injury stopped it.

No matter what part of the body is being helped, the areas touched should include the extremities (hands and feet) and the spine.

The touching must be balanced to both left and right sides of the body. When you have touched the person's right big toe, you next touch the left big toe; when you have touched a point a few inches to one side of the person's spine, you next touch the spot the same distance from the spine on the opposite side. This is important because the brain and the body's communication system interlock. You can find that a pain in the left hand runs out (dissipates) when you touch the right hand, because the right hand has got it locked up.

In addition to handling the left and right sides of the body, the body's *back* and *front* sides must also be addressed. In other words, if attention has been given to the front of the body, attention must also be given to the back.

The same principle applies in handling a particular body *part*. For instance, you might be handling an injury on the front of the right leg. Your Touch Assist would include the front of the right leg, the front of the left leg, the back of the right leg and the back of the left leg, in addition to the usual actions of handling the extremities and spine.

6. Continue the assist until the person feels better. You will notice an improvement in the person from what he says or how he looks. These are called *indicators*.

Indicators are conditions or circumstances arising during an assist which indicate whether it is running well or badly. When a bad condition, such as

an injured hand, improves, that is a *good indicator*. If the pain in his hand lessened, that would be a good indicator.

A Touch Assist is continued until the person being helped has *good indicators*, meaning he feels better, the pain has diminished, he is happier about it, etc. He will also have a cognition.

7. When this occurs, tell the person, “End of assist.”

You may have to give Touch Assists day after day to achieve a result. On first doing a Touch Assist you might only get a small improvement. Giving another Touch Assist on the following day, you could expect a bit more improvement. Next day you may get a somatic blowing off completely. It might take many more days than this, with a Touch Assist given each day, before such a result is achieved; the point is that the number of Touch Assists you can do on the same thing is unlimited.

Uses

Use on Injuries

Never do a Touch Assist as the first action on an injured person when you can do a Contact Assist. If the exact location where the injury occurred is available, do a Contact Assist. The Contact Assist can then be followed by a Touch Assist or any other assist action.

Use on Animals

Touch Assists can be used to good results on animals. In doing a Touch Assist on a sick or injured dog or cat, you should wear thick gloves, as they may snap and scratch.

Persons on Drugs

A Touch Assist can be done on a person who has been given painkillers or other drugs. This isn't optimum but it is sometimes necessary under emergency conditions.

Communication with the body lessens when one is ill or injured. A Touch Assist helps restore a person's ability to communicate fully with an ill or injured body part.



Tell the person, "Feel my finger," and touch a spot on his body. Acknowledge him when he does so.

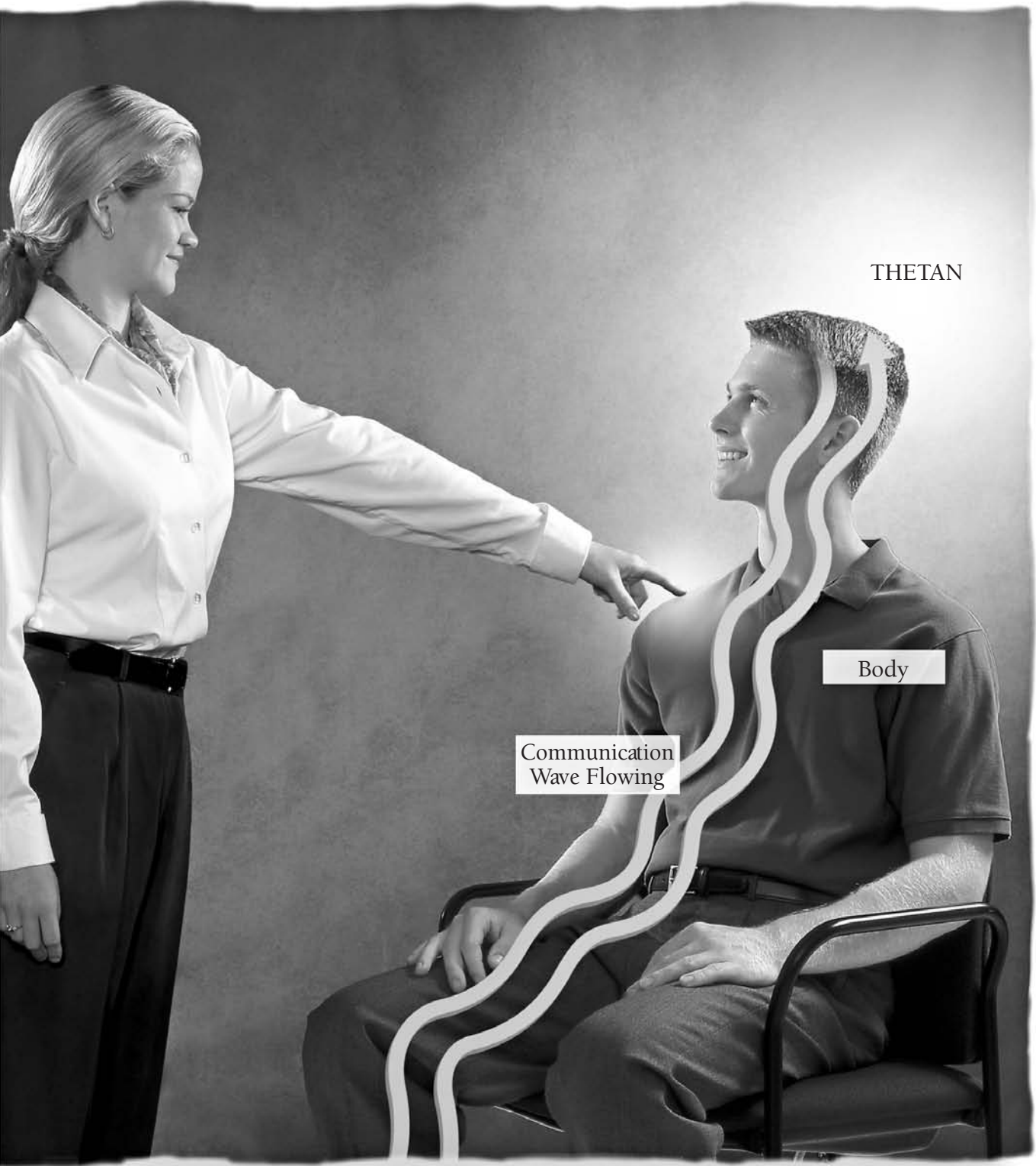


Follow the nerve channels of the body. The touching must be balanced to both sides of the body.



A Touch Assist must include the extremities and the spine. A correctly done Touch Assist can speed the thetan's ability to heal or repair a condition with his body.





THETAN

Body

Communication
Wave Flowing

Where a person has been injured, your objective should be to get to him and give him a Touch Assist *before* anyone gives him a painkiller. If the body has been very badly damaged, the person may still be in agony after your assist, but you will have gotten some of the shock off. At this point a medical doctor could administer a painkiller and repair the physical damage. Of course, if the person needs immediate treatment for excessive pain, you would not prevent it from being administered and would then deliver the Touch Assist when the person was more comfortable.

Headaches

Do not do a Touch Assist on a person who has a headache. Research has shown that headaches are often the result of mental phenomena that a Touch Assist would be the incorrect handling for.

Head Injuries

If a person has received an actual *injury* to the head such as being poked in the eye or hit on the head with a bat, he can be given a Touch Assist. The same applies to injuries to the teeth or painful dental work.

The Touch Assist is easy to learn and can get quite remarkable results. It has the advantage of being easy to teach others. So use it well to help those around you, and teach them to help others in turn.

NERVE ASSIST

Among the many types of assists in Scientology is one which can straighten joints and the spine.

This is called a Nerve Assist.

Chiropractic spinal adjustment is often successful. But sometimes the spine goes out of place again and has to be adjusted time after time. The Nerve Assist was actually developed as a favor to chiropractors, many of whom now use it.

In our theory, it is nerves that hold the muscles tense, which then hold the spine out of place.

There are twelve big nerves which run down a person's spine, spreading out from the spine across both sides of the shoulders and back. These twelve nerves branch out into smaller nerve channels and nerve endings. Nerves affect the muscles and can, if continually tensed, pull the spine and other parts of the body structure out of place.

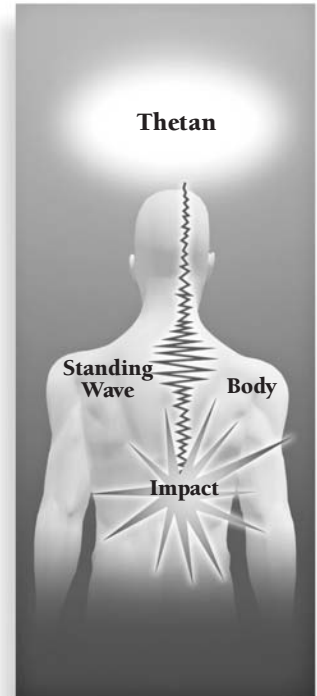
Nerves carry the shock of impacts. Such a shock should dissipate, but it seldom does entirely. Nerves give orders to muscles. With an impact, a surge of energy starts down the nerve channels. Then, from the small ends of the nerve channels, the energy surge reverses and the result is a bulge of energy which stops midway along the channel. This gives what is called a "standing wave." It is just standing there, not going anywhere.

The Nerve Assist consists of gently releasing the standing waves in the nerve channels of the body, improving communication with the body and bringing the being relief.

Procedure

1. Have the person lie face down on a bed or cot. Then, with your two index fingers, stroke down close to the spine on either side, fairly rapidly but not very forcefully. This action is then repeated twice.

2. Then reverse your original action, following the same channels with your two fingers back *up* the spine. This is done three times.



Standing waves of energy form when the shock of an impact locks up in a nerve channel.

3. Now, with your fingers spread fan-like, stroke the nerve channels, using both hands at the same time. Stroke away from the spine and to the sides of the body following the nerve channels as represented in the top illustration on the opposite page. Once you have covered the whole back in this way (working down from the top of the spine to the bottom of the spine), repeat this step two more times.

4. Now reverse the direction of your strokes so they go back up to the spine.

5. Now have the person turn over so he is lying face up. Using both hands, continue to parallel the nerve channels around to the front of the body.

(Note: In following the nerve channels around to the front of the body, stroke only as far as the points of the arrows in the bottom illustration opposite. The nerve channels being handled do not extend across the chest or abdomen, so stroking is not done across those areas.)

6. Then reverse your direction on those same nerve channels.

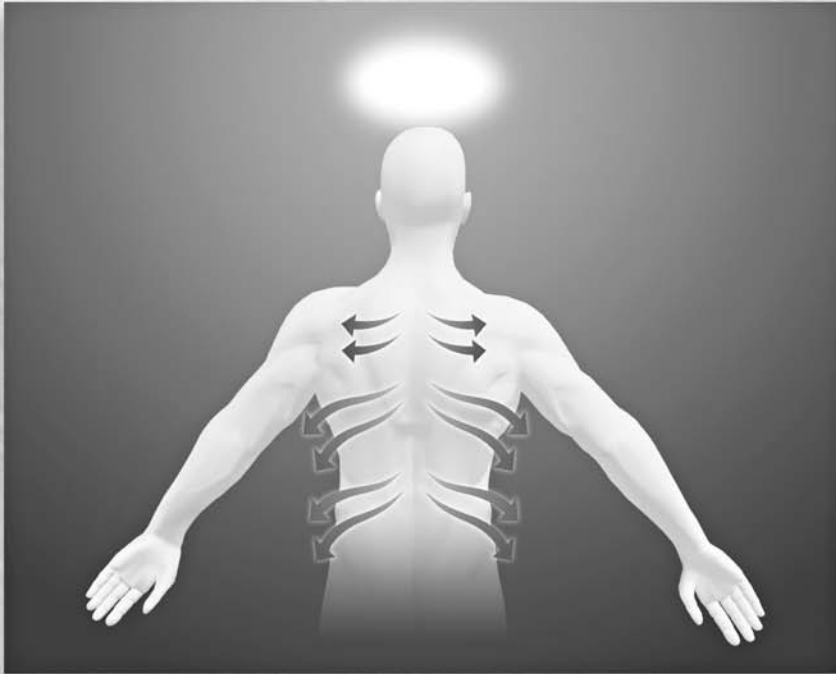
(Note: In following the nerve channels in step 6, begin stroking at the spots indicated by the points of the arrows in the bottom illustration opposite, stroking towards the back.)

7. Now stroke down the arms and legs.

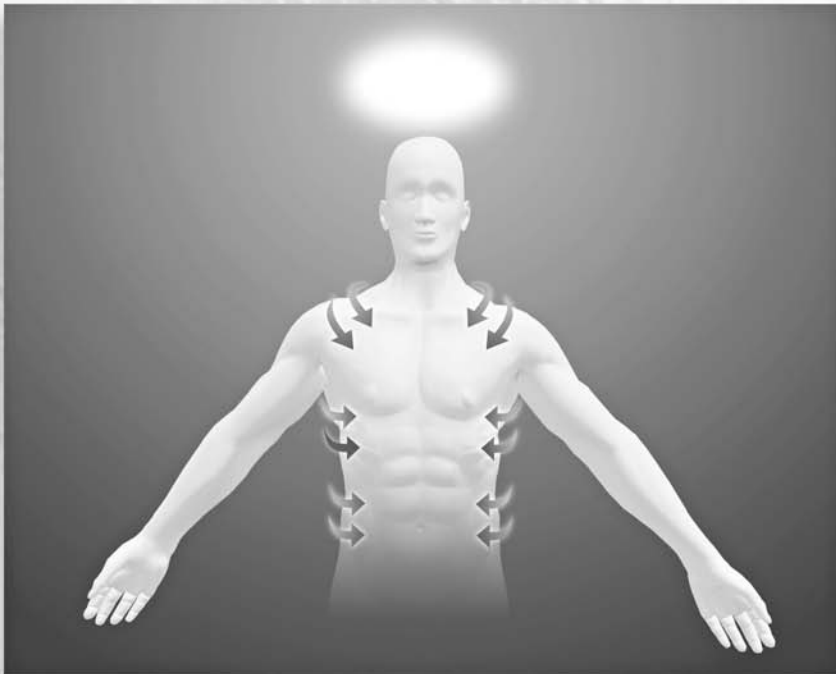
The person is again turned face down, lying on his stomach, and you start over at step 1.

This procedure is continued until the person has a cognition or expresses some relief, and has very good indicators. He may also experience a bone going into place, often accompanied by a dull popping sound. At this point the Nerve Assist should be ended off for that session.

The Nerve Assist should be repeated daily until *all* the standing waves are released.



Stroke along the nerve channels which branch out from the spine, around to the front of the body.



When the person is lying face up, stroke only as far as shown by the arrows.



1. Begin a Nerve Assist by stroking down either side of the spine with two fingers.



2. Then stroke up the spine in the opposite direction.



3. Stroke outward from the spine with fingers spread fan-like.



4. Again, reverse direction and stroke back towards the spine.

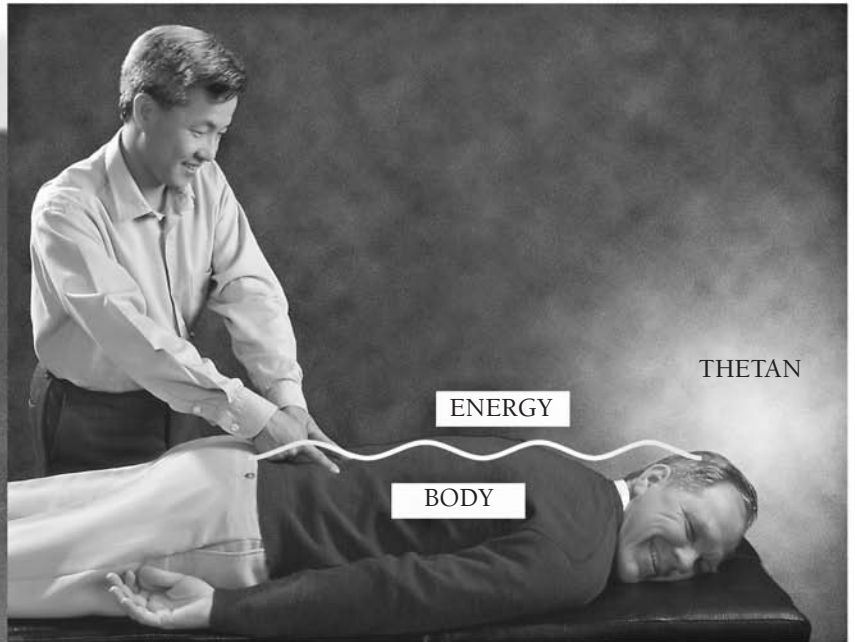


5. With the person on his back, follow the nerve channels around to the front of the body and then reverse direction again.



6. Stroke down the arms and legs. Then turn the person face down and start over, stroking down the spine.



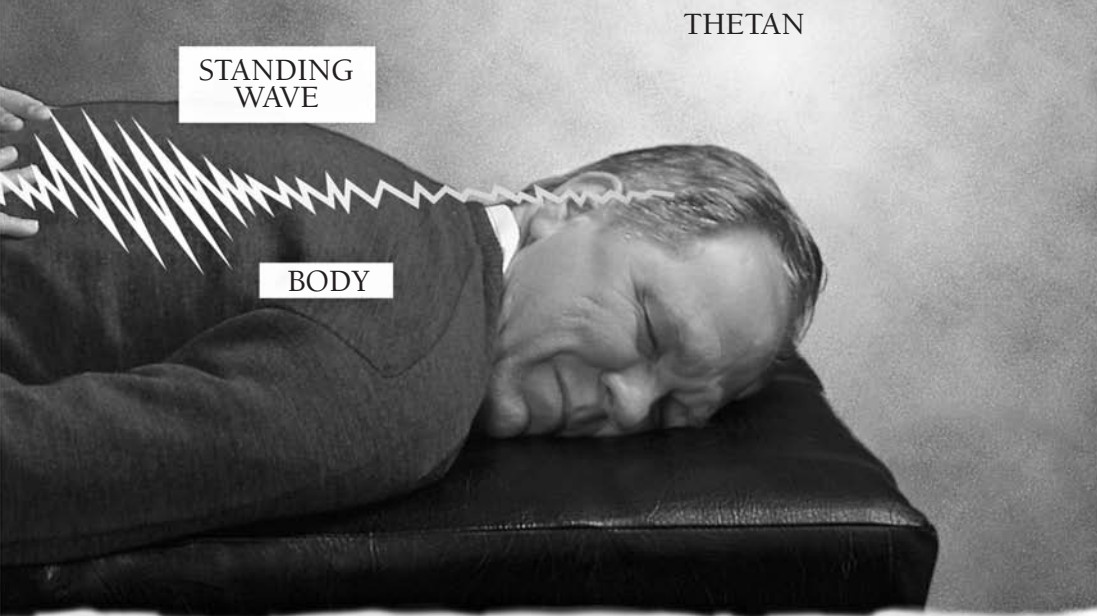


THETAN

ENERGY

BODY

By releasing standing waves, a Nerve Assist can restore communication between the thetan and the body, relax muscles and straighten out the spine and joints.



THETAN

STANDING
WAVE

BODY

THE BODY COMMUNICATION PROCESS

The Body Communication Process is used when a person has been chronically out of communication with his body, such as after an illness or injury, or when the person has been dormant for a long period of time.

The Body Communication Process does not in any way replace or alter Touch Assists or Contact Assists. Where a person has been injured or has specific areas of the body where an assist is needed, the Touch Assist or the Contact Assist should be used.

This process may be done only *after* any necessary medical attention or other necessary assists have been done. It is not done in place of these.

The purpose of the process is to enable the being to reestablish communication with his body.

Procedure

1. The individual lies on his back on a couch, bed or cot. Doing this assist on the clothed body with shoes removed gives satisfactory results. Any constricting articles such as neckties or tight belts should be removed or loosened. It is not necessary to remove any clothing except for heavy or bulky garments.

Where more than one session of this process is given, the body position may be varied to advantage by having the person lie face downward during alternate sessions.

2. Use the command "Feel my hands." ("Feel my hand" on the occasion where only one hand is applied.)



By placing the hands in different positions and getting the person to feel them, someone who is ill or injured can be brought back into better communication with the body.

3. Explain the purpose of this process to the person and tell him briefly what you are going to do.
4. Have the person close his eyes. Then place your hands on the individual's shoulders with a firm but gentle grip, using an agreed-upon firmness, and give the command.
5. When the person replies that he has, acknowledge him.
6. Place your hands in different positions on the body, giving the command and acknowledging the person each time after he has responded. Touch the chest, front of chest, sides of chest, both sides of the abdomen at the waist, then one hand going around the abdomen in a clockwise direction.

(Clockwise because this is the direction of flow of the large bowel.) Continue with both hands on the small of the back, one on each side and lifting firmly; one hand placed over each hip with firmer pressure on these bony parts, then down one leg to the knee with both hands and down the other leg to the knee with both hands, then back to the other leg and down over the calf, the lower calf, the ankle, the foot and the toes and down the other leg from the knee to the toes.

Then work upward in a flow towards the shoulders, down each arm and out to the fingers, both hands behind the neck, one on each side, sides of the face, forehead and back of the head, sides of the head, then away toward the extremities of the body.

An infinite variety of placing of the hands is available avoiding, of course, the genital areas or buttocks in both sexes and a woman's breasts. The process proceeds up and down the body, toward the extremities.

7. The process is continued until the person has a good change, a cognition and very good indicators. At this point the assist may be ended. Tell the person, "End of assist."

The assist should not be continued past a cognition and very good indicators.

LOCATIONAL PROCESSING ASSIST

One of the easiest assists to render is Locational Processing. A Locational is done by directing a person's attention off the painful area of his body or his difficulties and out onto the environment.

Say you wanted to render an assist on somebody who had a very indefinite difficulty. That is the hardest one to render an assist on. The person has a pain but he cannot say where. He doesn't know what has happened to him. He just *feels* bad. Use Locational Processing as such. You will find out that this process will work when other processes fail.

Procedure

1. Tell the person you are going to do a Locational Assist and briefly explain the procedure.
2. Tell him the command to be used and ensure he understands it. The command is "Look at that _____ (object)."
3. Point to an object and tell the person, "Look at that _____ (object)."
4. When the person has done so, acknowledge him.
5. Continue giving the command, directing the person's attention to different objects in the environment. Be sure to acknowledge the person each time after he has complied.

For instance, you say, "Look at that tree." "Thank you." "Look at that building." "Good." "Look at that street." "All right." "Look at that lawn." "Very good." You point each time to the object.

6. Keep this up until the person has good indicators and a cognition. You can end the assist at this point. Tell the person, "End of assist."

A Locational Assist is a very easy assist to deliver. It can be done on specific injuries or when a person is ill or if the person has a very indefinite difficulty. Doing a Locational Assist can help him considerably.



An upset can be addressed with an assist. The woman's attention is stuck on a recent argument.

Locational Processing directs the person's attention to things in the environment.



Tell the person, "Look at that _____ (object)." Acknowledge when she has done so.

Continue directing the person's attention to things in the environment.



*Locational
Processing can
unstick attention
from the upset,
leaving her more
able to solve the
problem.*



HOW TO MAKE A PERSON SOBER

There is an interesting use of Locational Processing as a way to make a person sober. It can make a drunk person sober in a very few minutes. As society currently has no technology for handling the drunk, who is an embarrassment to his family, his friends and often to himself, this process has social value and may serve as a line of cooperation and assistance to the police.

Procedure

Use the command:

“Look at that _____ (room object).”

A drunk is usually considered somewhat unconfrontable and he himself certainly cannot confront. One thing he cannot confront is an empty glass. He always refills it if it is empty.

Repeat the command, each time pointing out a room object, as often as required to bring the person to sobriety. Do not get distracted into answering the frequent comment, “What object?” Just get the command carried out, acknowledge and give the next command.

Run until the person is no longer drunk.

Do not ever get angry with or strike a drunk, whatever the provocation.

This process is not intended to handle the condition of alcoholism. There are more advanced Scientology procedures that can be done to handle the conditions that caused a person to be alcoholic. But one can do a lot of good for the person and those around him by using this assist to bring him back to sobriety.

We are not particularly in the business of handling the drunk. But we are in the field of helping our fellow men. In a society where the only alternative is a night in jail and a fine, which is not desired by either the police or the intoxicated person, we can assist both and handle the situation in a matter of minutes.

UNCONSCIOUS PERSON ASSIST

A person who is unconscious, even someone who has been in a long-continued coma, can be helped using a process called an Unconscious Person Assist. With this assist you can help to get the person into communication with you and his surroundings, and so bring him from unconsciousness back to life and livingness. It is an easy assist to learn and to do.

Theory

The theory of why assists work includes three factors. The first is control and direction of attention. The second is location. The third is time. The injured or ill person *remains* ill or injured because there is something wrong with each of these three factors. His *attention* is not under any control, he is *located* thoughtwise elsewhere and he is not in present *time*. He is in the past. The problem of someone who wishes to help with an assist is how to control the person's attention, get the person located *here* and into present time. By having the unconscious person touch nearby things like a pillow, the floor or his body (without hurting an injured body part), you can help bring his attention under control and bring him into present time. The process is feather-light, but it can reach a long way down.

Procedure

1. Take the person's hand gently in your hand and tell him, "I am going to assist you to recover."
2. Give the command "Feel that _____(object)." Gently move the person's hand and press it against an object, and give him a very short time to feel it. Use the bedspread, pillow, bed, etc. You do not wait for any response, but you do give the person a moment to feel the object. (Don't fall for the belief that "unconscious" people are unable to think or be aware in any way. A thetan is seldom unconscious regardless of what the body is doing or not doing.)

3. Acknowledge the person.

4. Give the next command and move the person's hand to touch another object.

For example:

“Feel that bedspread.”

(Person giving the assist places the unconscious person's hand on bedspread.)

(Pause)

“Thank you.”

“Feel that pillow.”

(Person giving the assist moves the unconscious person's hand and places it on pillow.)

(Pause)

“Thank you.”

And so on.

5. Continue giving commands, moving his hand to the next object and acknowledging.

6. When the person has regained consciousness, you end off by saying, “End of assist.”

If you are handling a person in a coma, you may not get him back to consciousness in a single assist session. What you look for in such a case as a signal to end the session is an improvement in the person's condition. There are various indicators which will tell you you've gotten an improvement. The person's breathing may be easier; his skin tone may improve; he may simply look better or more comfortable than when you started that session. Watch very carefully for such indicators. They show you are making progress. When you have an improvement on a person in a coma, end off by saying “That's it for today” and let the person know when you will see him for the next session.



Having the unconscious person touch nearby things like a pillow, a blanket or his body can help bring his attention under control and bring him into present time and back to life and livingness.

Hand Signal System

A signal system can be arranged with an unconscious person in order to question him and get “yes” or “no” answers. The signal system is simple: clasp the person’s hand gently in yours so that he can squeeze it. Tell him, “You can answer me by squeezing my hand. Squeeze once for ‘Yes’ and twice for ‘No.’” You can then ask simple questions to find out if you have gotten an improvement: “Can you hear me?” or “Do you know where you are?” The person will usually respond, if faintly, even while unconscious. If there is no response or a negative response, continue with the assist session.

This system is especially useful when giving an assist to someone who is in a coma. Say you notice a change in the person during the assist, such as his eyelids quiver or squint slightly. The signal system can be used at that point to ask the person, “Do you feel any better?” or “Do you know where you are?” If you find he’s improved, you end off that session, otherwise continue on until he does have an improvement.

Another example of the use of this system would be in starting an assist session on someone in a coma whom you’ve been giving regular assist sessions to. At the start of such a session you can establish the hand-squeeze signal system and ask the person, “Are you doing any better today?” or “Are you doing better than when I was here last?” Whatever response you get (short of the person coming back to consciousness right then and there), you still go ahead with the Unconscious Person Assist until you have an improvement for that session.

You may have to put in control on the environment before the assist can be started. For instance, if you were doing the assist in a hospital you would need to ensure that the medical staff would not interrupt you when giving the assist.

The assist is complete when you have the person back to consciousness. This may happen rather rapidly or it may sometimes require many sessions before it is achieved. Your job is to keep at it, taking each session to an improvement for the person. When the person is conscious again the assist is ended, but this is not the end of your handling of him. It means you can now move on to other assist actions and processing.

This simple assist can bring back life and livingness to an unconscious person. When done correctly, the result can be the greatest magic anybody ever saw!

ASSISTS AND THE ENVIRONMENT

An assist carries with it a certain responsibility. A person goes through life and casts his shadow upon many people. You will quite likely find yourself in situations where a stranger would benefit from an assist.

Your approach under these circumstances should be straightforward and positive. Be professional and definite. You don't even need to ask for permission, just do it. If you are going to help some stranger out, help him out. Don't stand around explaining to bystanders what you are going to do or waiting for somebody's permission. If you are at the scene of a commotion and act as though you are the one in charge, you will be in charge. This is part and parcel of the knowledge of how to do an assist. If you do this well, the assists you render will amount to something.

Say, for example, there is a serious accident and a crowd of people are pressing around. The police are trying to push the people back. Well, push the people back and then lean over the victim and give him an assist. If you are enough *there*, everybody else will realize that you are the *one* that is *there*. Such things as panic, worry, wonder, upset, looking dreamily into the far distance, wondering what is wrong or what should be done are no part of your makeup if you are rendering an assist. Cool, calm and collected should be the keynote of your attitude. Realize that to take control of any given situation it is only necessary to be there more than anybody else. There is no magic involved. Just *be* there. The other people at the scene aren't. And if you are there enough, then somebody else will pull himself out of it and go on living.

Where you are giving an assist to a person, put things in the environment into an orderly state as the first step, unless you need to give immediate first aid.

First aid *always* precedes an assist. You should look the situation over from the standpoint of how much first aid is required. Maybe you will find somebody with a temperature of 106 degrees who needs to lie down and be cooled off before any assist is done and though antibiotics are much overrated,

he might be better off with a shot of these antibiotics than with an assist at that time.

A good example would be a situation where somebody is washing dishes in the kitchen. Suddenly, there is a horrendous crash and the person falls down and hits the floor, but as she is going down, she grabs a butcher knife and cuts her hand. One of the first things you would do is wrap a bandage around her hand to stop the bleeding. Another part of the first aid would be to pick up the dishes and put them back on the sink and sweep the pieces together into a more orderly semblance. This is the first step toward restoring control.

Then you would give her an assist. To remove her from the scene of the accident is not as desirable as doing the assist on her there. Perhaps this is contrary to what you believe, but it is true, and is why you bring some order into the environment first. You manifest order in a much wider sphere than a cut hand in order to bring about a healing of the cut hand. If you understand that your responsibility always extends much wider than the immediate zone of commotion, you will be more successful. If you bring order to the wider environment, you also bring it to the narrower environment.

If you know you are going into a zone of accidents and you are going to be in the vicinity of a great deal of destruction and chaos, you would be very foolish not to have first aid training. Keep in mind that you may often have to find some method of controlling, handling and directing personnel who get in your way before you can render an assist. In circumstances such as these, an assist requires that you control the entire environment and personnel associated with the assist, if necessary.

As someone who knows and practices the technology of Scientology, you have every right and responsibility to relieve suffering when you see it. Religion exists in no small part to handle the upsets and anguish of life. These include spiritual duress (hardship) by reason of physical conditions.

Ministers long before Christ's Apostles had as a part of their duties the ministering to the spiritual anguish of their people. They have concentrated upon spiritual uplift and betterment. But where physical suffering impeded this course, they have acted. To devote themselves only to the alleviation of physical duress is of course to attest that the physical body is more important



The area around an injured person is often chaotic and disorderly.



Putting order into it can lessen the confusion and reestablish control.



An assist will produce a better result when some attention is paid to the environment first.

than the spiritual beingness of the person which, of course, it is not. But physical anguish can so distract a being that he deserts any aspirations of betterment and begins to seek some cessation of his suffering. The specialty of the medical doctor is the curing of physical disease or nonoptimum physical conditions. In some instances he can do so. It is no invasion of his province to assist the patient to greater healing potential. And ills that are solely spiritual in nature are not medical.

The “psych-iatrist” and “psych-ologist” on the other hand took their very names from religion since *psyche* means soul. They, by actual statistics, are not as successful as priests in relieving mental anguish. But they modernly seek to do so by using drugs or hypnotism or physical means. They damage more than they help.

Those with spiritual knowledge have a responsibility to those about them to relieve suffering. There are many ways to do this without drugs or hypnotism or shock or surgery or violence.

The primary method of relieving suffering is the *assist*.

As the knowledge of how to do them exists and as the skill is easily acquired, we should not neglect those who will benefit from them.

If you truly want to help your fellows, that exact skill and those results are very well worth having.■

PRACTICAL EXERCISES

Here are exercises you can do to practice giving assists. Doing these exercises will help you become proficient in helping others with assists.

- 1** Find someone who has suffered an injury. Go with him to the exact location of the injury and render a Contact Assist to the person until the exact somatic turns on and then blows off and the person has a cognition.
- 2** Find someone who needs a Touch Assist and give him one until he has good indicators and a cognition.
- 3** Find someone who needs a Nerve Assist and give him one until he has a cognition or expresses some relief and has very good indicators.
- 4** Find someone who needs the Body Communication Process and give him one until he has a good change, a cognition and very good indicators.
- 5** Find someone who has an injury or who just feels bad, and give him or her a Locational Processing Assist until the person has good indicators and a cognition.
- 6** Practice helping people with assists. Deliver any of the assists you have learned to friends, relatives, associates or even strangers. For instance, visit a hospital and give assists to people who are ill or injured or recovering from operations. Render assistance to someone in an emergency room. The more assists you deliver, the more skilled you will become and the more people you will help.

RESULTS FROM APPLICATION

There is no way to accurately estimate the number of people who have been helped over the years by L. Ron Hubbard's Assist Technology. Although not a substitute for medical treatment, many people recover faster from minor or major accidents, illnesses, upsets, losses and a wide range of conditions affecting their well-being. If assists were universally used, it is estimated that health care costs could be reduced by up to one-third, a huge reduction of what is becoming an increasingly staggering burden.

Many cases have been reported where, because of an assist, the expense of a trip to the doctor or hospital was saved. And doctors have been astonished at the speed of recovery they have witnessed after assists were delivered to patients under their care.

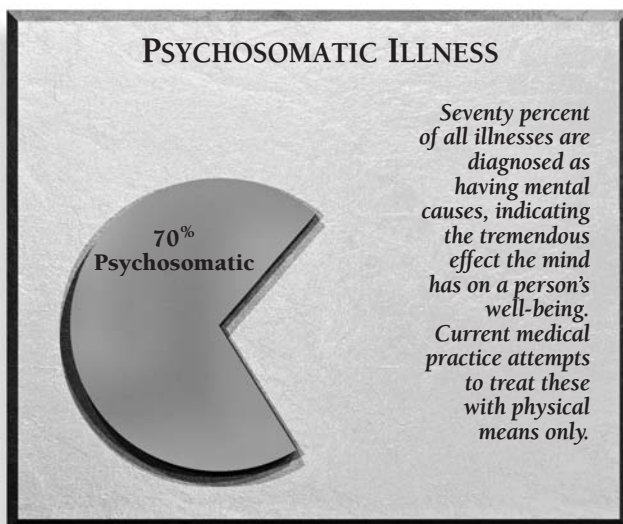
It bears repeating here that assists do not invade the province of medicine or healing. But the results from assists demonstrate

conclusively the improvement the individual can make in his own state of well-being. The following stories are not claims made by the Church of Scientology, but relate the experiences of individuals. By reading them one can gain an appreciation of just how effective assists can be.

In Los Angeles, a man was suffering from an inflammation in his elbow so bad he could not move it. He was only able to hold it as if it were in a sling. His brother gave him a Touch Assist and said this about the results:

"After only a few minutes I was amazed to watch the swelling go down and the whole injured area turn beet red as though a rash were forming. My brother started laughing and said, 'It's working already, my arm feels hot and it feels like the blood is flowing through it again.' We continued, and after the assist he had full mobility of his arm and was practically dancing. Four hours later he called me to say 'thanks'—he realized he had forgotten to tell me in all the excitement."

A computer programmer living in Los Angeles suffered a chronic kidney problem. The condition worsened until it became life-threatening and he was hospitalized. For seventeen months he underwent intensive care, including major surgery. The man's condition became critical to the point the doctors were convinced he had only a few hours to live and he was put on a life-support system. His wife learned how to deliver assists and gave him assists continuously during this crisis period. The man later described his experience in these words:



“I was very ill for months. I was under intensive care for weeks with a bleeding ulcer infection and kidney failure. My heart stopped three times and I died three times. I was unconscious for over a week, and I basically did not want to live. The doctors were going to give up on me and stop the treatment. The nurses did not expect me to live. But my wife came to the hospital every day to give me assists.

“As a result of the assists, I soon started becoming aware of my environment and had a determination to survive. The assists made life seem bright enough to continue living. I am now recovered and would not have lived if it weren’t for the help many people gave me using the procedures developed by L. Ron Hubbard.”

Remarkable recovery from a severe injury was made by a man in San Francisco, through the use of Assist Technology. Even to this day, he expresses awe about his recovery:

“I was working as a chimney sweep and had an accident in which I fell three stories, landing on my feet and breaking both of my heels. I went to the hospital where they prescribed painkillers and wanted to keep me overnight. Instead, I went home and my wife gave me a Touch Assist which handled the agony I was in, allowing me to sleep that night without painkillers. I received Touch Assists daily and by the end of that week, I was able to hobble around on crutches on my tiptoes. Then I received another type of assist after which something felt ‘different’ and when I stood up, I

found I could easily stand on my feet without my crutches! This was amazing to me, as prior to this assist, the thought of putting all my weight on my feet was unthinkable. I was even able to walk down the hall! My recovery time was considerably cut down by the assists and in a short while I was running again and in great health. The speed and thoroughness of my recovery was a miracle to me and I am very thankful to Mr. Hubbard for developing this technology and making it available to all of us.”

The life of a South African woman was completely changed by assists she received from a friend. The woman was helpless and in chronic pain from severe arthritis. Her friend found it hard to believe that such a simple procedure opened the door to complete recovery.

“I had success applying Touch Assist technology to a woman from South Africa. She was in her seventies and had severe and painful arthritis in her hands. She had to spend at least an hour every morning just to get dressed, including soaking her hands in hot water and doing other things to reduce the pain and to make her fingers at least a little bit mobile. All I did for about a week was give her a Touch Assist two or three times a day. Gradually her arthritis improved and after a week there was a vast improvement in this condition. She was able to do things like tie her shoes and button her blouse, which she could not do before the assists started. She was much more cheerful and very happy about the progress and greatly reduced pain. With additional assists she recovered fully from the arthritis.”

GLOSSARY

acknowledge: give (someone) an acknowledgment. See also **acknowledgment** in this glossary.

acknowledgment: something said or done to inform another that his statement or action has been noted, understood and received.

assist: a process which can be done to alleviate a present time discomfort and help a person recover more rapidly from an accident, illness or upset.

auditing: same as *processing*. See **processing** in this glossary.

auditor: someone who is trained and qualified to apply Scientology processing to individuals for their benefit. The term comes from the Latin *audire*, “to listen.” See also **processing** in this glossary.

beingness: condition or state of being; existence. *Beingness* also refers to the assumption or choosing of a category of identity. Beingness can be assumed by oneself or given to oneself or attained. Examples of beingness would be one’s own name, one’s profession, one’s physical characteristics, one’s role in a game—each or all of these could be called one’s beingness.

cognition: a new realization about life. It is a “What do you know, I...” statement; something a person suddenly understands or feels.

confront: to face without flinching or avoiding. The ability to confront is actually the ability to be there comfortably and perceive.

Dianetics: comes from the Greek words *dia*, meaning “through” and *nous*, meaning “soul.” Dianetics is a methodology developed by L. Ron Hubbard which can help alleviate such ailments as unwanted sensations and emotions, irrational fears and psychosomatic illnesses. It is most accurately described as *what the soul is doing to the body through the mind*.

duplication: the act of reproducing something exactly.

gradient: a gradual approach to something taken step by step, level by level, each step or level being, of itself, easily attainable—so that finally, complicated and difficult activities can be achieved with relative ease. The term *gradient* also applies to each of the steps taken in such an approach.

indicator: a condition or circumstance arising during a process which indicates (points out or shows) whether the process is going well or badly. For example, the person receiving the processing looking brighter or looking more cheerful would be good indicators. See also **process** in this glossary.

Locational Processing: a type of process which helps orient a person and puts him in communication with his environment.

New Era Dianetics: the technology which contains L. Ron Hubbard’s ultimate refinements of Dianetics auditing, developed following discoveries he made in 1978. Using New Era Dianetics technology, a person can achieve the goals of Dianetics faster than ever before possible. See also **Dianetics** in this glossary.

postulate: a conclusion, decision or resolution about something.

present time: the time which is now and becomes the past as rapidly as it is observed. It is a term loosely applied to the environment existing in now.

process: an exact series of directions or sequence of actions taken to accomplish a desired result.

processing: a special form of personal counseling, unique in Scientology, which helps an individual look at his own existence and improves his ability to confront what he is and where he is. Processing is a precise, thoroughly codified activity with exact procedures.

reality: that which appears to be. Reality is fundamentally agreement; the degree of agreement reached by people. What we agree to be real is real.

Scientology: an applied religious philosophy developed by L. Ron Hubbard. It is the study and handling of the spirit in relationship to itself, universes and other life. The word *Scientology* comes from the Latin *scio*, which means “know” and the Greek word *logos*, meaning “the word or outward form by which the inward thought is expressed and made known.” Thus, Scientology means knowing about knowing.

session: the period of time during which processing occurs. See also **processing** in this glossary.

somatic: a word used in Scientology to designate any body sensation, illness, pain or discomfort. *Soma* means “body” in Greek.

theta: thought or life. The term comes from the Greek letter *theta* (θ), which the Greeks used to represent *thought* or perhaps *spirit*. Something which is *theta* is characterized by reason, serenity, stability, happiness, cheerful emotion, persistence and the other factors which man ordinarily considers desirable.

thetan: the person himself—not his body or his name, the physical universe, his mind or anything else—it is that which is aware of being aware; the identity which is the individual. The term *thetan* was coined to eliminate any possible confusion with older, invalid concepts. It comes from the Greek letter *theta* which the Greeks used to represent *thought* or perhaps *spirit*, to which an *n* is added to make a noun in the modern style used to create words in engineering.

ABOUT L. RON HUBBARD

Born in Tilden, Nebraska on March 13, 1911, his road of discovery and dedication to his fellows began at an early age. By the age of nineteen, he had traveled more than a quarter of a million miles, examining the cultures of Java, Japan, India and the Philippines.

Returning to the United States in 1929, Ron resumed his formal education and studied mathematics, engineering and the then new field of nuclear physics—all providing vital tools for continued research. To finance that research, Ron embarked upon a literary career in the early 1930s, and soon became one of the most widely read authors of popular fiction. Yet never losing sight of his primary goal, he continued his mainline research through extensive travel and expeditions.

With the advent of World War II, he entered the United States Navy as a lieutenant (junior grade) and served as commander of antisubmarine corvettes. Left partially blind and lame from injuries sustained during combat, he was diagnosed as permanently disabled by 1945. Through application of his theories on the mind, however, he was not only able to help fellow servicemen, but also to regain his own health.

After five more years of intensive research, Ron's discoveries were presented



to the world in *Dianetics: The Modern Science of Mental Health*. The first popular handbook on the human mind expressly written for the man in the street, *Dianetics* ushered in a new era of hope for mankind and a new phase of life for its author. He did, however, not cease his research, and as breakthrough after breakthrough was carefully codified through late 1951, the applied religious philosophy of Scientology was born.

Because Scientology explains the whole of life, there is no aspect of man's existence that L. Ron Hubbard's subsequent work did not address. Residing variously in the United States and England, his continued research brought forth solutions to such social ills as declining educational standards and pandemic drug abuse.

All told, L. Ron Hubbard's works on Scientology and Dianetics total forty million words of recorded lectures, books and writings. Together, these constitute the legacy of a lifetime that ended on January 24, 1986. Yet the passing of L. Ron Hubbard in no way constituted an end; for with a hundred million of his books in circulation and millions of people daily applying his technologies for betterment, it can truly be said the world still has no greater friend. ■

Bridge Publications, Inc.

4751 Fountain Avenue, Los Angeles, CA 90029

ISBN 0-88404-913-2

©1994, 2001 L. Ron Hubbard Library. All Rights Reserved.
Any unauthorized copying, translation, duplication, importation or distribution, in whole or in part, by any means, including electronic copying, storage or transmission, is a violation of applicable laws.

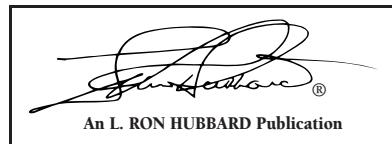
Scientology, Dianetics, Celebrity Centre, L. Ron Hubbard, Flag, Freewinds, the L. Ron Hubbard Signature, the Scientology Cross (rounded) and the Scientology Cross (pointed) are trademarks and service marks owned by Religious Technology Center and are used with its permission.

Scientologist is a collective membership mark designating members of the affiliated churches and missions of Scientology.

NEW ERA is a trademark and service mark.

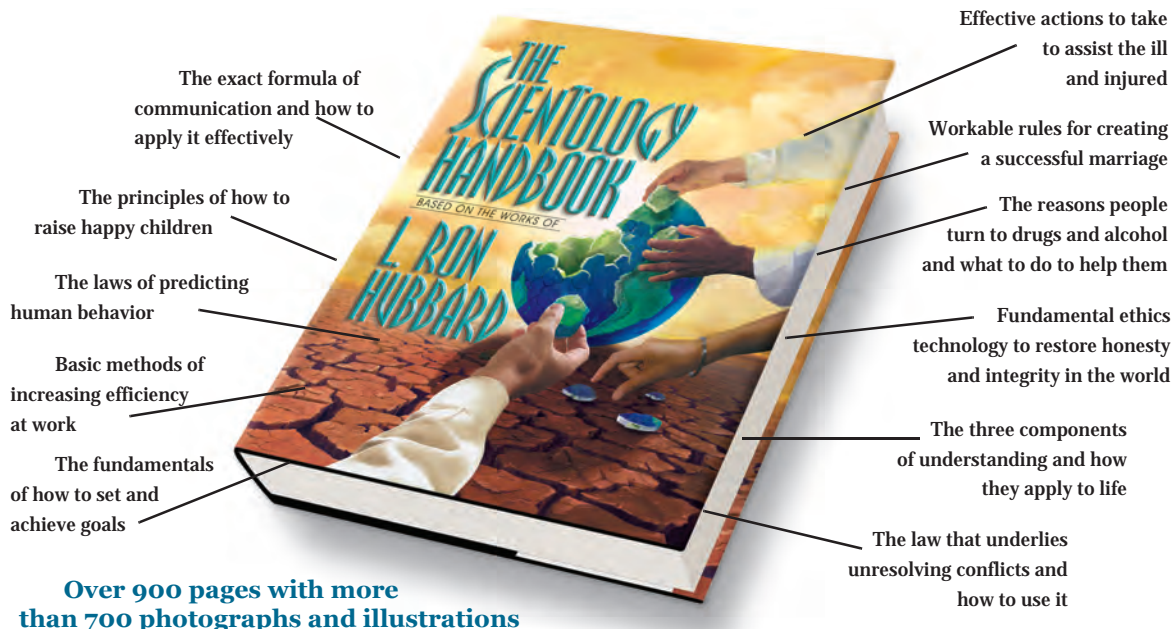
Bridge Publications, Inc. is a registered trademark and service mark in California and it is owned by Bridge Publications, Inc.

Printed in the United States of America



THE SCIENTOLOGY HANDBOOK

A PRACTICAL GUIDE TO BUILDING A BETTER WORLD



The exact formula of communication and how to apply it effectively

The principles of how to raise happy children

The laws of predicting human behavior

Basic methods of increasing efficiency at work

The fundamentals of how to set and achieve goals

Effective actions to take to assist the ill and injured

Workable rules for creating a successful marriage

The reasons people turn to drugs and alcohol and what to do to help them

Fundamental ethics technology to restore honesty and integrity in the world

The three components of understanding and how they apply to life

The law that underlies unresolving conflicts and how to use it

Over 900 pages with more than 700 photographs and illustrations

The booklet you have just read was taken from *The Scientology Handbook* which contains many other basic principles and techniques from Scientology applied religious philosophy.

Scientology embraces all of life and provides the individual with a step-by-step road that leads one to spiritual freedom and higher states of existence.

Many people want to help others and would if only they knew what to do. *The Scientology Handbook* fills that need. It provides miracle-working Scientology technology on how to preserve marriages, straighten out delinquent

children, handle dissident elements in the society, get families flourishing and prospering, solve human conflict, eliminate illiteracy, resolve drug and alcohol problems and much, much more. It is the key reference used by Volunteer Ministers in their crusade to build a better world by helping their fellow man.

Study *The Scientology Handbook* and gain practical knowledge you can use to help yourself and others improve conditions in life, the environment, the community—in fact, the world.

Put to use, the technology contained in this book will change your life.

BUY THE SCIENTOLOGY HANDBOOK

Enroll on *The Scientology Handbook* Extension Course. Send in your lessons and receive certification upon completion. Available at your local Church of Scientology.

You can order direct from the publisher: Bridge Publications, Inc., 4751 Fountain Avenue, Los Angeles, CA 90029
or call 1-800-722-1733 www.bridgepub.com

Certainly life is not very tolerable to a person who has been injured or ill, to a woman who has just delivered a baby, to a person who has just suffered a heavy emotional shock.

It is in fact a sort of practiced cruelty to insist by neglect that a person continue on in such a state when one can learn and practice and obtain relief for such a person.

L. Ron Hubbard

ISBN 0-88404-913-2



9 780884 049135

CONTACT: