



**SCIENTOLOGY**  
**ABRIDGED**  
**DICTIONARY**

DIANETICS<sup>®</sup>: From the Greek *dia* (through) and *noos* (mind), thus “through mind” or “through thought”; a system for the analysis, control and development of human thought which also provides techniques for increased ability, rationality, and freedom from the discovered single source of aberrations and psychosomatic ills. Introduced May, 1950 with publication of *Dianetics: The Modern Science of Mental Health* by L. Ron Hubbard.

SCIENTOLOGY<sup>®</sup> is an applied religious philosophy and technology resolving problems of the spirit, life and thought; discovered, developed and organized by L. Ron Hubbard as a result of his earlier Dianetic discoveries. Coming from the Latin, *scio* (knowing) and the Greek *logos* (study), Scientology means “knowing how to know” or “the study of wisdom”.

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## INTRODUCTION

by L. Ron Hubbard

One of the biggest barriers to learning a new subject is its nomenclature, meaning the set of terms used to describe the things it deals with. A subject must have accurate labels which have exact meanings before it can be understood and communicated.

If I were to describe parts of the body as “thingamabobs” and “whatsernames”, we would all be in a confusion, so the accurate naming of something is a very important part of any field.

A student comes along and starts to study something and has a terrible time of it. Why? Because he or she not only has a lot of new principles and methods to learn, but a whole new language as well. Unless the student understands this, unless he or she realizes that one has to “know the words before one can sing the tune”, he or she is not going to get very far in any field of study or endeavour.

Now I am going to give you an important datum:

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

The confusion or inability to grasp or learn comes AFTER a word that the person did not have defined and understood.

Have you ever had the experience of coming to the end of a page and realizing you didn't know what you had read? Well, somewhere earlier on that page you went past a word that you had no definition for.

Here's an example. "It was found that when the crepuscule arrived the children were quieter and when it was not present, they were much livelier." You see what happens. You think you don't understand the whole idea, but the inability to understand came entirely from the one word you could not define, *crepuscule* which means twilight or darkness.

This datum about not going past an undefined word is the most important fact in the whole subject of study. Every subject you have taken up and abandoned had its words which you failed to get defined.

Therefore, in studying Scientology be very, very certain you never go past a word you do not fully understand. 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.

That is why we have a dictionary. IT WILL NOT ONLY BE THE NEW AND UNUSUAL WORDS THAT YOU WILL HAVE TO LOOK UP. SOME COMMONLY USED WORDS CAN OFTEN BE MISDEFINED AND SO CAUSE CONFUSION. SO DON'T DEPEND ON OUR DICTIONARY ALONE. USE A GENERAL ENGLISH LANGUAGE DICTIONARY AS WELL FOR ANY NON-SCIENTOLOGY WORD YOU DO NOT UNDERSTAND WHEN YOU ARE READING OR STUDYING.

### HOW TO USE A DICTIONARY

Some words that a student misunderstands and looks up can yet remain troublesome.

It's this way: The student runs across a word he or she doesn't understand. He or she looks it up, finds a substitute word and uses that.

Of course the first word is still misunderstood and remains a

bother.

Example: (Line in text) "The size was Gargantuan." The student looks up Gargantuan, finds "Like Gargantua, huge." The student uses "huge" as a synonym and reads the text line, "The size was 'huge'." A short while later he or she is found still incapable of understanding the paragraph below "Gargantuan" in the text.

The principle is that one goes dull after passing over a word one does not understand and brightens up the moment he spots the word that wasn't grasped. In actual fact, the brightening up occurs whether one defines the word or not.

But to put *another* word in the place of the existing words is to mess it all up.

The *correct* procedure is to look over, get defined well and understand *the* word that was used.

In this case the word was "Gargantuan". Very well, what's that? It means "Like Gargantua" according to the dictionary.

*Who* or *what* was Gargantua? The dictionary says it was the name of a gigantic King in a book written by the author Rabelais. Cheers, the student thinks, the sentence meant, "The size was a gigantic King." Oops! That's the same mistake again, like "huge". But we're nearer.

So what to do? Use Gargantuan in a few sentences you make up and bingo! You suddenly understand *the* word that was used.

Now you read it right. "The size was Gargantuan." And what does that mean? It means, "The size was Gargantuan." And *nothing* else.



## SUMMARY

Scientology words and their definitions are the gateway to a new look and understanding of life. Understanding them will help you live better. Above all, this small dictionary is given to you to assist you along the road of truth that is Scientology.

NOTE: The SCIENTOLOGY ABRIDGED DICTIONARY has been compiled at Saint Hill from the works of L. Ron Hubbard, and its publication has been authorized by him as an official dictionary of Scientology.

## SCIENTOLOGY ABRIDGED DICTIONARY

### A

**A=A=A:** Anything equals anything equals anything. This is the way the Reactive Mind thinks, irrationally identifying thoughts, people, objects, experiences, statements, etc., with one another, where little or no similarity actually exists.

**ABERRATION:** Irrational or deranged behaviour or thought on, or about, a specific subject or subjects, resulting from the influence of the Reactive Mind upon the individual in relationship to that subject or subjects.

**ACCEPTANCE LEVEL:** The degree of a person's willingness to accept people or things freely, monitored and determined by his consideration of the state or condition that those people or things must be in for him to be able to do so.

**ADDITIVES:** Anything extra added to an already workable process or procedure which reduces or nullifies the results obtainable from that process or procedure.

**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.)

**ALLY:** A person who sympathized with or appeared to aid the survival of an individual when he was ill, injured or unconscious, and whom the individual now reactively regards as necessary to his continued existence and well being.

**ALTER-IS:** To change or falsify the way something actually is.

**ALTER-IS-NESS:** One of the four conditions of existence. It is the consideration which introduces change, and therefore time and persistence into an As-is-ness to obtain persistency. (One of the basic manifestations of Alter-is-ness is a lie or deceit: when someone lies he changes the truth into a lie in order to maintain the existence of the lie.)

**ALTITUDE:** The prestige which anyone has in the eyes of another.

**ANALYTICAL MIND:** This mind consists of visual pictures, either of the past or the physical universe, monitored and presided over by the knowingness of a thetan. The keynote of the analytical mind is awareness; one knows what one is concluding and doing. It combines perceptions of the immediate environment, of the past (via pictures) and estimations of the future into conclusions which are based upon the realities of situations.

**ANATEN:** An abbreviation of "analytical attenuation", meaning a diminution or weakening of the analytical awareness of an individual for a brief or extensive period of time. If sufficiently great, it can result in unconsciousness. (It stems from the restimulation of an engram which contains pain and *unconsciousness*.)

**APPARENCY:** The way someone or something appears to be, where this is different from the way that they actually are.

**ARC:** A word made from the initial letters of Affinity, Reality and Communication which together equate to understanding. (These are the three things necessary to the understanding of something—one has to have some affinity for it, it has to be real to him to some degree and he needs some communication with it before he can understand it.)

**ARC BREAK:** A sudden drop or sundering in Affinity, Reality and Communication with or toward someone or something, which is often accompanied by misemotion or dramatization.

An ARC Break is evidenced when a person is completely unwilling or finds it impossible to communicate to someone or something.

**ARC TRIANGLE:** It is called a triangle because it has three related points: Affinity, Reality and the most important, Communication. Without affinity there is no reality or communication. Without reality or some agreement, affinity and communication are absent. Without communication, there can be no affinity or reality. It is only necessary to improve one corner of this very valuable triangle in Scientology in order to improve the remaining two corners. (The easiest corner to improve is Communication: improving one's ability to communicate raises at the same time his affinity for others and life, as well as expands the scope of his agreements.)

**ART:** (Basic definition) ART is a word which summarizes the **QUALITY OF COMMUNICATION**.

**AS-IS:** To view anything exactly as it is, without any distortions or lies, at which moment it will vanish and cease to exist.

**AS-IS-NESS:** One of the four conditions of existence. It is the condition of immediate creation without persistence, and is the condition of existence which exists at the moment of creation and the moment of destruction, and is different from other considerations in that it does not contain survival.

**ASSESSMENT:** Reading down a list to find out which item on the list reacts more than the other items on the list, on a meter.

**ASSIST:** Simple, easily done processes that can be applied to anyone to help them recover more rapidly from accidents, mild illness or upsets.

**AUDITING:** The application of Scientology processes and procedures to someone by a trained auditor. The exact



definition of auditing is: The action of asking a preclear a question (which he can understand and answer), getting an answer to that question and acknowledging him for that answer.

**AUDITING BY LIST:** A technique, using prepared lists of questions, that relieves and helps the preclear find out more about himself.

**AUDITING COMM CYCLE:** The communication cycle used in auditing. It consists of (1) The auditor observes the preclear to see if the preclear is ready to receive the auditing question; (2) The auditor asks the preclear the question; (3) The auditor observes the preclear to see if the preclear has received the question; (4) The preclear looks into his bank and finds an answer to the question; (5) The preclear tells the auditor (who listens attentively) the answer to the question; (6) The auditor acknowledges the preclear for answering the question; (7) The auditor observes the preclear to see that the preclear has received the acknowledgement.

**AUDITING SESSION:** A precise period of time during which an auditor audits a preclear.

**AUDITOR:** A listener or one who listens carefully to what people have to say. An auditor is a person trained and qualified in applying Scientology processes to others for their betterment.

**AUDITOR'S CODE:** A collection of rules (do's and don'ts) that an auditor follows while auditing someone, which ensures that the preclear will get the greatest possible gain out of the processing that he is having.

**AUTOMATICITY:** Anything one is doing that he is not aware he is doing or is only partially aware he is doing. Also, a sudden, very rapid outflow of answers given by a preclear in a session.

## B

**BANK:** A colloquial name for the Reactive Mind. (This is what the procedures of Scientology are devoted to disposing of, for it is only a burden to an individual and he is much better off without it.)

**"BANKY":** A term which means that a person is being influenced by his bank and is displaying bad temper, irritability, lack of co-operation and the signs of dramatization. He is being irrational.

**BASIC:** The first incident, such as an engram or overt act, of a chain of similar incidents.

**BASIC AUDITING:** The fundamental and most important elements of auditing—the skill of handling and keeping the preclear in session, proper use of the auditing communication cycle, the repetitive use of the auditing communication cycle to flatten a process, the correct application of the technology of Scientology, and the ability to use and read an E-Meter correctly.

**BASIC-BASIC:** The first engram on the time track.

**BEINGNESS:** The assumption or choosing of a category of identity. Beingness is assumed by oneself or given to oneself, or is attained. Examples of beingness would be one's own name, one's profession, one's physical characteristics, one's role in a game—each and all of these things could be called one's beingness. **TO GRANT BEINGNESS** means to grant life to something: to permit or allow other people to have beingness.

**BLOW:** A colloquialism for a sudden departure. It is usually used to describe either the sudden dissipation of mass in the mind with an accompanying feeling of relief, or someone leaving, ceasing to be where he should really be, or just ceasing to be audited.

**BLOWDOWN:** A definite, rapid drop of the E-Meter tone arm of 0.2 divisions or more, associated with a vanishment of mental mass or energy in the mind of the preclear. It is a period of relief and cognition to the preclear while it is occurring and for a moment after it stops.

**BOOK AUDITOR:** Someone who has successfully applied Scientology from a book to help someone else and who has received a 'Hubbard Book Auditor' Certificate for doing so.

**BUTTON:** Items, words, phrases, subjects or areas that are easily restimulatable in an individual by the words or actions of other people, and which cause him discomfort, embarrassment or upset, or make him laugh uncontrollably.

**BY-PASSED CHARGE:** Mental energy or mass that has been restimulated in some way in an individual, and that is either partially or wholly unknown to that individual and so is capable of affecting him adversely.

**BY-PASSED CHARGE ASSESSMENT:** Auditing by list to help the preclear find by-passed charge. The moment a correct by-passed charge is found the preclear feels much better.

## C

**CASE:** The way a person responds to the world around him by reason of his aberrations.

**CASE GAIN:** The improvements and resurgences a person experiences from auditing.

**CCHs:** Four associated processes which bring a person into better control of his body and surroundings, put him into better communication with his surroundings and other people, and increase his ability to have things for himself. They bring him into the present, away from his past problems.

**CHAIN:** A succession of incidents, occurring at various

intervals along the time track, that are related to one another by some similarity of either subject, general location, people or perception. Such a succession of similar incidents may span a brief period or a very long period of time.

**CHARGE:** Harmful energy or force accumulated and stored within the Reactive Mind, resulting from the conflicts and unpleasant experiences that a person has had. (Auditing discharges this charge so that it is no longer there to affect the individual.)

**CIRCUIT:** A part of an individual's bank that behaves as though it were someone or something separate from him and that either talks to him or goes into action of its own accord, and may even, if severe enough, take control of him while it operates. (A tune that keeps going around in someone's head is an example of a circuit.)

**CLASS VIII AUDITOR:** A very highly trained and skilled auditor in Scientology (see CLASSIFICATION).

**CLASSIFICATION:** An award earned by an auditor that entitles him to audit certain levels of processes, and that shows that he has attained the ability and skill to do so by actual test.

**CLEANING A CLEAN:** Attempting to clean up or deal with something that has already been cleaned up or dealt with or that wasn't troublesome to the person in the first place.

**CLEAR:** (noun) A thetan who can be at cause knowingly and at will over mental matter, energy, space and time as regards the First Dynamic (survival for self). The state of Clear is above the Release Grades (all of which are requisite to Clearing) and is attained by completion of the Clearing Course at an Advanced Organization.

**CO-AUDIT:** An abbreviation for co-operative auditing. It means a team of any two people who are helping each other



reach a better life with Scientology processing.

**COFFEE SHOP AUDITING:** An activity casually done in odd moments by someone who is trying to show somebody else that he knows something about Scientology by running a process on him that will cause an effect upon him which he doesn't intend to flatten. This is not an ethical practice, as it is a misuse of Scientology.

**COGNITION:** A new realization of life. It results in a higher degree of awareness and consequently a greater ability to succeed with one's endeavours in life.

**COMMITTEE OF EVIDENCE:** Part of the Ethics system of a Scientology Organization—being a fact finding group appointed and empowered to impartially investigate and recommend upon Scientology matters of a fairly severe ethical nature.

**COMM LAG (Communication lag):** The time it takes for a preclear to give an answer to a question that the auditor has asked him, regardless of whether he is silent until he gives the answer, or has been talking in the interim. Also applies to the delay between the giving of an auditing command by the auditor and the execution of that command by the preclear.

**COMMUNICATION:** The interchange of ideas or objects between two people or terminals. More precisely, the definition of communication is: Cause, Distance, Effect with Intention and Attention and a duplication at Effect of what emanates from Cause. (The ability to communicate is the key to success in life; therefore, this definition should be studied thoroughly and understood. Read *Dianetics 55!* for a full practical treatise of communication.)

**COMMUNICATION LINE:** The route along which a communication travels from one person to another.

**COMMUNICATION PROCESSES:** Processes that result in a

person being able to communicate freely and easily. Such a person is called a Communications Release.

**CONFUSION:** Any jumble of things, communications, actions, thoughts etc., that don't apparently make sense. More broadly, a confusion is random motion.

**CONTROL:** The ability to start, change and stop things at one's own choice. (With processing a person is capable of controlling a wider and wider sphere of things.)

**COURAGE:** The theta force necessary to overcome obstacles in surviving.

**CYCLE:** From the beginning to the conclusion of an intended action.

**CYCLE OF ACTION:** The sequence that an action goes through, wherein the action is started, is continued for as long as is required and then is completed as planned.

## D

**DESTIMULATION:** The action of deleting the moments of restimulation of the Reactive Mind or some portion of it, so that it moves away from the preclear and he is no longer connected to it. In this fashion, a preclear becomes a Release at each Grade.

**DEV-T:** Developed and unnecessary traffic in any organization or between organizations, consisting of off-line, off-policy or off-origin despatches or other communications.

**DIANETIC CASE COMPLETION:** One who through Standard Dianetic Counselling by a qualified Dianetic auditor has become a healthy, happy, high-I.Q. person, free from those things which make a person susceptible to, and hold in place, physical ills.

**DIANETICS:** Man's most advanced school of the mind. From the Greek *dia*, through, and *noos*, mind, thus "through mind" or "through thought".

**DRAMATIZATION:** Thinking or acting in a manner that is dictated by masses or significances contained in the Reactive Mind. When dramatizing, the individual is like an actor playing his dictated part and going through a whole series of irrational actions.

**DUB-IN:** Any unknowingly created mental facsimile that appears to have been a record of the physical universe, but which is, in fact, only an altered copy of the time track.

**DYNAMIC:** The 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. This is called the Eighth Dynamic because the symbol of Infinity stood upright makes the numeral "8".

## E

**E-METER:** (Hubbard Electrometer) An electronic instrument for measuring mental state and change of state in individuals, as an aid to precision and speed in auditing. (The E-Meter is not intended or effective for the diagnosis, treatment or prevention of any disease.)

**8C:** A slang term meaning good and effective control of an individual or group.

**EMOTIONAL TONE SCALE:** A scale of emotional tones or states which range from death at the bottom, up through apathy, grief, fear, covert hostility, anger, antagonism, boredom, conservatism to enthusiasm at the top. (See the Hubbard Chart of Human Evaluation obtainable from any Scientology Book Store.)

**ENGRAM:** A mental image picture of an experience containing pain, unconsciousness and a real or fancied threat to survival; it is a recording in the Reactive Mind of something which actually happened to an individual in the past and which contained pain and unconsciousness, both of which are recorded in the mental image picture called an engram.

**ENTHETA:** Means enturbulated theta (thought or life): especially refers to communications, which, based on lies and confusions, are slanderous, choppy or destructive in an attempt to overwhelm or suppress a person or group.

**ENTURBULATE:** Cause to be turbulent or agitated and disturbed.



**ETHICS:** Rationality toward the highest level of survival for the individual, the future race, the group and mankind, and the other dynamics taken collectively. Ethics are reason and the contemplation of optimum survival.

**EVALUATION:** Any attempt by someone to impose his stable datum or data upon another. The first rule of the Auditor's Code is "Do not evaluate for the preclear".

**EXTERIORIZATION:** The state of the thetan being outside his body. When this is done, the person achieves a certainty that he is himself and not his body.

## F

**FACSIMILE:** A mental copy of one's perceptions of the physical universe sometime in the past, and also known as a mental image picture.

**FIRST STAGE RELEASE:** (obsolete) A general term that loosely referred to any Grade of Release below Grade V.

**FLATTEN A PROCESS:** To continue a process as long as it produces change and no longer. The free needle is the most important phenomenon which indicates a process is flat and that it must be ended immediately.

**FREE NEEDLE (FLOATING NEEDLE):** This is a needle manifestation of the E-Meter of great importance, as, when all Good Indicators are present, it indicates the preclear has reached the end point of the process being run. A free needle moves in an idle, uninfluenced motion. It appears to "float". When it occurs, the Tone Arm will be on or between 2 and 3.

## G

**GENERALITY:** A general or non-specific statement which is applicable to all and used in Scientology to mean a statement made in an effort either to hide cause or to overwhelm another

person with the all-inclusive, e.g. "*Everybody* thinks . . ."

**GPM:** Means Goals Problem Mass. A GPM is composed of mental masses and significances which have an exact pattern, unvarying from person to person, whose significances dictate a certain type of behaviour and whose masses, when pulled in on the individual, cause psychosomatic effects, such as illnesses, pains or feelings of heaviness and tiredness.

**GRADE:** Release Grade (see RELEASE).

**GRADIENT:** A gradual approach to something, taken step by step, level by level, each step or level being, of itself, easily surmountable—so that, finally, quite complicated and difficult activities or high states of being can be achieved with relative ease. This principle is applied to both Scientology processing and training.

**GRIEF CHARGE:** An outburst of tears, that may continue for a considerable time, in a session, after which the preclear feels greatly relieved. This is occasioned by the discharge of grief or painful emotion from a secondary.

## H

**HAPPINESS:** The overcoming of not unknown obstacles toward a known goal and, transiently, the contemplation of, or indulgence in, pleasure.

**HASI:** Hubbard Association of Scientologists, International.

**HAT:** Slang for the title and work of a post in a Scientology Organization; taken from the fact that in many professions, such as railroading, the type of hat worn is the badge of the job.

**HAVINGNESS:** The concept of being able to reach.

**HIDDEN STANDARD:** An undisclosed opinion, decision or

consideration which an individual formed sometime in the past of how things should be which has never been acknowledged or accepted by others, and which the individual uses automatically to judge and measure his own progress as well as the propriety of the actions and behaviour of others.

## I

**IMPLANT:** A painful and forceful means of overwhelming a being with artificial purposes or false concepts in a malicious attempt to control and suppress him.

**INCIDENT:** An experience, simple or complex, related by the same subject, location, perception or people that takes place in a short and finite time period such as minutes, hours or days; also, mental image pictures of such experiences.

**IN-SESSION:** Used to describe a preclear who, during an auditing session, is willing to talk to the auditor and is interested in his own case.

**INTELLIGENCE:** The ability to perceive, pose and resolve problems.

**INTENSIVE:** A specific number of hours of auditing given to a preclear over a short period of time, as a series of successive sessions at regularly scheduled intervals. Twenty-five hours of auditing, administered over a five day period or occupying ten evenings would be examples of intensives.

**IS-NESS:** One of the four conditions of existence. It is an apparency of existence brought about by the continuous alteration of an As-is-ness. This is called, when agreed upon, reality.

**ITEM:** Any one of a list of things, people, ideas, significances, purposes etc., given by a preclear to an auditor while listing. At Level VI, it also has a specialized meaning wherein it is used to mean one of the component parts of a GPM. In its broadest

use, item is a term that includes a terminal of any kind.

**ITSA:** A coined word, taken from the phrase, "It is a ...", meaning a statement which positively identifies something; especially refers to anything a preclear says to an auditor if he is saying with certainty, "It is".

## K

**KEY-IN:** The moment an earlier upset or painful incident has been restimulated.

**KEYED-OUT:** Released or separated from one's Reactive Mind or some portion of it.

## L

**LEVEL OF AWARENESS:** That of which a being is aware. (This can be established by finding which general condition of existence he is most aware of, as shown and plotted in the awareness characteristics column of the Classification, Gradation and Awareness Chart.)

**LEVEL VI:** The level at which a person is trained to solo audit and at which he audits himself to the state of Whole Track Release.

**LINE CHARGE:** A period of sudden laughter, often uncontrollable, that a preclear experiences in a session and that results from the relief of painful emotion.

**LISTEN STYLE AUDITING:** A method of auditing in which the auditor just listens to the preclear talk without evaluating, invalidating or interrupting him.

**LISTING:** A special procedure used in some processes where the auditor writes down items said by the preclear in response to a question by the auditor in the exact sequence that they are given to him by the preclear.



**LIVING:** Having and following a purpose. (Only if an individual has a purpose toward which he works, can he be said to be truly alive, rather than just existing.)

**LOCK:** A mental image picture of a non-painful but disturbing experience the person has experienced and which depends for its force on an earlier secondary and engram which the experience has restimulated.

**LOCK WORDS:** Words that are not in the GPMs but which are close in meaning to significances that are part of the GPMs. They keep large parts of the Reactive Mind in restimulation.

## M

**MACHINE:** An actual machine in the mind, (like ordinary machinery) constructed out of mental mass and energy, that has been made by the individual to do work for him, usually having been set up so as to come into operation automatically under certain pre-determined circumstances.

**MECHANICS:** The physical and quantitative structure and operation of things, and the way they inter-act one with another under specific circumstances and in obedience to certain rules. The way something, be it mind, body or matter, works or is constructed.

**MEMORY:** Any facsimiles of consciously perceived data which can be recalled by the individual.

**MEST:** The physical universe. A word coined from the initial letters of Matter, Energy, Space and Time, which are the component parts of the physical universe. Also used as an adjective, in the same sense to mean physical—as in “mest universe”, meaning the “physical universe”.

**MIND:** A control system between the thetan and the physical universe. The mind is *not* a brain.

**MINUS RANDOMITY:** Anything which has too little motion in it for a person's tolerance.

**MINUS TONE SCALE:** The sub-tones below the Emotional Tone Scale which are so low as to constitute by the individual a no-affinity, no-emotion, no-problem, no-consequence *state of mind* on things which are actually tremendously important.

**MISEMOTION:** Emotion which is irrational and inappropriate to the present time situation. Misemotion is also emotion which has been suppressed and which remains part of an individual's locks and secondaries unless he is audited.

**MISSED WITHHOLD:** An undisclosed contra-survival act which has been restimulated by another but not disclosed. This is a withhold which another person nearly found out about, leaving the person with the withhold in a state of wondering whether his hidden deed is known or not.

**MOCK-UP:** A mental model, construction or picture created by a thetan. A mock-up is distinct from a facsimile in that it is created volitionally, does not necessarily copy any previous experience, and is under the control of the thetan.

**MODEL SESSION:** The same exact pattern and script (patter) with which every auditing session is begun and ended; the overall form of all Scientology auditing sessions which is the same anywhere in the world.

**MOTIVATOR:** The consideration and dramatization that one has been wronged by the action of another or a group, and which is characterized by constant complaint with no real action undertaken to resolve the situation. This reveals that the motivator is being held in place to justify overt acts committed by the individual, which is easily handled in auditing.

**MUZZLED AUDITING:** The correct way to audit a preclear using only TR 0, 1, 2, 3 and 4 by the textbook without any

additives such as a statement, question, action or expression in addition to TRs 0 to 4. Processes run best when muzzled.

## N

**NECESSITY LEVEL:** This is a person's ability to rise above his aberrations when his action is required to handle an immediate and serious threat to his survival.

**NOT-IS-NESS:** The effort to handle Is-ness by reducing its condition through the use of force. It is an apparency and cannot entirely vanquish an Is-ness.

**NULLING:** The auditor's action in saying items from a list to a preclear and noting the reaction of the preclear's bank by the use of an E-Meter.

## O

**OBJECTIVE PROCESSES:** Processes which familiarize a person with the *MEST* universe.

**OBNOSIS:** Observation of the obvious. The only way one sees anything is by observing the obvious: one looks at the is-ness of something, at what *is* actually there. Fortunately, the ability to obnose is not in any sense "inborn" or mystical. It is easily regained and improved through Scientology.

**OCCLUSION:** Any part of a person's memories that is hidden on the time track and is not available to conscious recall except through processing.

**OFF-LINE:** An adjective which describes a despatch or communication in any organization or from one organization to another which is sent to the wrong person for handling. It should only be routed back to the sender.

**OFF-ORIGIN:** An adjective which describes a despatch or communication in any organization or between organizations

which is originated by the wrong person: by someone concerning a job or activity other than his own. It should be sent back to the sender.

**OFF-POLICY:** An adjective which describes a despatch or communication in any organization or from one organization to another which is originated by or forwarded by someone who should know that the matter is already covered by policy. It should only be routed back to the sender.

**OPTIMUM RANDOMITY:** From the viewpoint of the individual, something which has in it the right amount of motion or unexpectedness for his tolerance.

**ORG BOARD (Organizing Board):** A board which displays the functions, duties, sequences of action and authorities of an organization.

**O.T. (Operating Thetan):** A Clear who has been familiarized with his environment to a point of total cause over matter, energy, space, time and thought, and who is not in a body.

**OTHER-DETERMINISM:** The condition of having one's actions or conclusions determined by something or someone other than oneself.

**OVER-RESTIMULATION:** The condition of having in re-stimulation more charge than one can easily handle, accompanied by a feeling or conviction of being overwhelmed.

**OVERT ACT (Overt):** Harmful or contra-survival act. Precisely, it is an act of commission or omission that harms the greater number of dynamics. Therefore, 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.

**OVERT-MOTIVATOR SEQUENCE:** The sequence wherein someone who has committed an overt has to claim the



existence of motivators. The motivators are then liable to be used to justify committing further overt acts.

## P

**PAN-DETERMINISM:** Broad determinism: The action of determining not only one's own actions, but the actions of others as well, especially to determine the activities of two or more sides of a game simultaneously. (To become pan-determined it is necessary to view a dispute, struggle or game from both sides.)

**PLUS-RANDOMITY:** From the viewpoint of the individual, something which has in it too much motion or unexpectedness for his tolerance.

**POLICY:** The rules and administrative formulas and procedures by which individuals in an organization agree on action and conduct their organizational activities.

**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.

**POTENTIAL TROUBLE SOURCE (PTS):** Any person who, while active in Scientology or a preclear, remains connected to a Suppressive Person or Group. (A person "roller coasters", i.e., gets better, then worse, etc., only when connected to a Suppressive Person or Group, and in order to cease roller coastering must receive processing intended to handle such.)

**POWER PROCESSES:** The processes audited only by very highly trained auditors which make Grade V Power Releases.

**PRECLEAR:** This term covers anyone who is not a Clear; however, it is principally used to describe a person who, through Scientology processing, is finding out more about himself and life.

**PREMATURE ACKNOWLEDGEMENT:** Any habit of agreeable noises, nods or acknowledgement made by the listener before the person has finished saying all he intends to say. (This prevents the speaker from completing what he wants to say, makes him forget what he is talking about and feel dull, causes him to believe the listener is stupid, and results in the speaker getting cross, exhausted in efforts trying to explain and ARC broken, in that sequence. An acknowledgement should come after the speaker has completed saying what he originally intended to communicate.) Premature acknowledgement is something the professional auditor is trained not to do.

**PRESENT TIME:** That which is now and which becomes the past almost as rapidly as it is observed. It is a term that refers to the environment as it exists now, not as it existed; as in the phrase "the preclear came up to present time", meaning the preclear became aware of the existing matter, energy, space and time of now. "Now."

**PRESENT TIME PROBLEM:** A special problem that exists in the physical universe *now* on which the preclear has his attention fixed. One of the principal causes of present time problems is the communications undelivered by the individual to other people.

**PROBLEM:** Anything which has opposing sides of equal force; especially postulate counter-postulate, intention counter-intention or idea counter-idea.

**PROCESS:** A set of questions asked by an auditor to help a

person find out things about himself or life. More fully, a process is a patterned action, done by the auditor and preclear under the auditor's direction, which is invariable and unchanging, composed of certain steps or actions calculated to release or free a thetan. There are many processes and these are aligned with the levels taught to students and with grades as applied to preclears, all of which lead the student or the preclear gradiently to higher understanding and awareness. Any single process is run only so long as it produces change and no longer.

**PROCESSING:** That action or actions, governed by the technical disciplines and codes of Scientology, of administering a process to a preclear in order to release or free him.

**PSYCHOTIC:** Term which refers to the condition a person is in who is fighting or is accompanied by invisible or long dead enemies and associations. Psychotic and suppressive are synonymous (the same).

## Q

**Q AND A:** (noun) A failure to complete a cycle of action. (verb) To fail to complete a cycle of action; to deviate from an intended course of action. (Q derives from question and A derives from answer. The term Q and A means that the exact answer to a question is the question itself if one follows completely the duplication part of the definition of communication. However, it came to mean that the auditor did what the preclear did or changed when the preclear changed. A later definition was "Questioning the preclear's answer". Q and A is precisely defined, in auditing, as "a failure to complete a cycle of action on a preclear".)

## R

**RANDOMITY:** The ratio of unpredicted motion to predicted motion.

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

**REACTIVE MIND:** That portion of a person's mind which works on a stimulus-response basis (given a certain stimulus, it gives a certain response) which is not under his volitional control and which exerts force and the power of command over his awareness, purposes, thoughts, body and actions. It consists of GPMs, engrams, secondaries and locks.

**RECALL:** Thinking of, remembering, putting your attention on something that happened in the past—all done from **PRESENT TIME**.

**REDUCE:** To take all the charge or pain out of an incident.

**RELEASE:** A person whose Reactive Mind is keyed out and is not influencing him. There are eight grades of Release—they are, from the lowest to the highest, Grade 0—Communications Release, Grade I—Problems Release, Grade II—Relief Release, Grade III—Freedom Release, Grade IV—Ability Release, Grade V—Power Release, Grade VA—Power Plus Release, Grade VI—Whole Track Release. Each is a distinct and definite step toward greater levels of awareness and ability (see also **TRIPLE GRADES**).

**REPEATER TECHNIQUE:** (Historical) The repetition of a word or phrase in order to produce movement on the time track into an engram containing that word or phrase. (Repeating or "rolling" a phrase in an engram in order to de-intensify the phrase or reduce the engram is not repeater technique.)

**RESPONSIBILITY:** The concept of being able to care for, to reach or to be; the ability and willingness to be cause. To accept responsibility for something is to accept that one operated as cause in the matter. It should be clearly distinguished from such lower level considerations as blame or



praise which include the further evaluation of the goodness or badness of the thing caused.

**RESTIMULATOR:** Anything in the individual's surroundings which is sufficiently similar to something in his Reactive Mind that it causes part of his Reactive Mind to become restimulated.

**RIDGE:** Solid accumulations of old, inactive energy suspended in space and time. They are generated by opposing energy flows hitting one another and continue to exist long after the energy flows have ceased.

**ROUTINE:** A standard process, designed to release an in-session preclear at the grade to which it applies.

**R6EW:** Routine 6 End Words: The process used in solo auditing to release oneself from lock end words and thus become a Grade VI—Whole Track—Release.

## S

**SAD EFFECT:** A state of great sadness, apathy and misery. The individual sinks into this condition when a heavy ARC break of his is neglected and/or overwhelmed.

**SANITY:** The ability to evaluate importances in life.

**SCIENTOLOGIST:** One who knows he has found the way to a better life through Scientology and who, through Scientology books, tapes, training and processing, is actively attaining it.

**SCIENTOLOGY:** An applied religious philosophy dealing with the study of knowledge, which, through the application of its technology can bring about desirable changes in the conditions of life. (Taken from the Latin word SCIO—knowing in the fullest sense of the word, and the Greek word LOGOS—to study.)

**SECOND STAGE RELEASE:** An obsolete term used to describe someone who had been released by Power Processing. This state is now called Grade V or Power Release.

**SECONDARIES:** Mental image pictures containing misemotion (encysted grief, anger, apathy etc.) and a real or imagined loss. They contain no pain; they are moments of shock and stress depending for their force on earlier engrams which have been restimulated by the circumstances of the secondary.

**SELECTEE:** A person specially chosen or selected for training or processing by a Field Staff Member.

**SERVICE FACSIMILE:** A computation generated by the individual to make self right and others wrong, to dominate or escape domination and to enhance own survival and injure that of others. This computation will cause the individual to deliberately hold in restimulation selected parts of his Reactive Mind to explain his failures in life. For example, a person may keep an old injury in restimulation so that his family has to look after him.

**SIGNIFICANCE:** A word which is used in the special sense to denote any thought, decision, concept, idea, purpose or meaning in the mind in distinction to its masses. (The mind is basically composed of masses and significances.)

**SOLO AUDITING:** After appropriate training to Level VI, the auditing of Grade VI and Grade VII processes on oneself, (when one is both the auditor and preclear) with the aid of an E-Meter in order to reach the states of Grade VI Release and CLEAR.

**SOMATIC:** Physical pain or discomfort of any kind, especially painful or uncomfortable physical perceptions stemming from the Reactive Mind.

**SONIC:** The ability to recall a sound so that one can hear it

again as he originally heard it—in full tone and volume.

**SQUIRRELLING:** The action of altering Scientology; off-beat practices.

**STABLE DATUM:** Any part or factor (which may or may not be correct or true) in a confusion that an individual selects out as a known and secure thing by which to relate and align the rest of the parts of the confusion, thereby lessening or bringing order into the confusion. (For more on stable data and confusions read *The Problems of Work* by L. Ron Hubbard.)

**STANDARD TECH:** Standard Technology: The exact processes and auditing actions laid down and used for the invariable resolution of cases, taught in the Academies, Colleges and Advanced Organizations of Scientology and used without variation by all Scientology auditors. The term applies equally to Dianetics and its technology.

**SUPPRESSIVE ACTS:** Actions or omissions undertaken knowingly to suppress, reduce or impede Scientology or Scientologists. (Such actions are high crimes and result in dismissal from Scientology and its organizations.)

**SUPPRESSIVE PERSON OR GROUP:** One who actively seeks to suppress or damage Scientology or a Scientologist by suppressive acts.

## T

**TECHNOLOGY:** The methods of application of an art or science as opposed to mere knowledge of the science or art itself.

**TERMINAL:** Anything that can receive, relay or send a communication (most common usage); also, anything with mass and meaning.

**THETA:** Energy peculiar to life or a thetan which acts upon material in the physical universe and animates it, mobilizes it and changes it; natural creative energy of a thetan which he has free to direct toward survival goals, especially when it manifests itself as high tone, constructive communications.

**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  $\theta$ , the Greek symbol for “thought” or perhaps “spirit”.)

**THIRD STAGE RELEASE:** (obsolete) A term that referred to what is now Grade VA—Power Plus—Release.

**TIME TRACK (Track):** The consecutive mental image pictures or facsimiles recording the consecutive moments of “now” through which the individual has lived.

**TONE:** Any level of survival or state of being plotted on the tone scale of the Hubbard Chart of Human Evaluation.

**TONE ARM:** Meter control lever on the E-Meter.

**TONE ARM ACTION (TA):** Movement of the Tone Arm when it has to be moved more than .2 divisions to keep the needle at set (except during moments of body movement). The total number of divisions down a Tone Arm has moved accurately in a unit of time, such as 20 minutes or a two and a half hour session. Tone Arm Action denotes a change and, therefore, that case gain for the preclear is occurring.

**TONE 40:** Intention without reservation or limit.

**TONE SCALE:** A scale measuring and relating the various factors of behaviour, emotion and thought to levels on the scale. (The book, *Science of Survival* by L. Ron Hubbard, contains a full description of the tone scale and its applications in life.)



**TRs:** Training drills on Scientology courses which train students to communicate and audit.

**TR 0:** Training drill which trains students to confront a preclear or other terminals.

**TR 1:** Training drill which trains students to reach a preclear or other terminals with their communication.

**TR 2:** Training drill which trains students to listen to and acknowledge the communication of a preclear or other terminals.

**TR 3:** Training drill which trains students to get a question answered, also to develop the ability to complete communication cycles and to persist until the communication cycle is completed.

**TR 4:** Training drill which trains students to confront, understand and handle smoothly the communications of a preclear or other terminals.

**TRIPLE GRADES:** The expansion of the levels from Dianetics to Grade IV Release to address all three of the primary flows; **OUTFLOW** (self to another), **INFLOW** (another to self) and **CROSS-FLOW** (another to another or others to others). Triple Grades intensify and stabilize the gains on each level.

**TWO-WAY COMMUNICATION:** Communication between two people in which each one takes turns, while the other listens attentively, in expressing fully his ideas on a subject. This is, therefore, communication in two directions. (Two-way communication is the basis of any successful and enjoyable personal relationship.)

**TWO-WAY COMMUNICATION IN AUDITING:** The action of asking the preclear questions (not repetitive) that guide the preclear into talking about the difficulty that needs to be handled.

## V

**VALENCE:** The unwitting assumption by one individual of the characteristics of another individual.

**VISIO:** Ability to see in facsimile form something one has seen earlier so that one sees it again in the same colour, dimension scale, brightness and detail as it was originally viewed.

## W

**WHAT'S IT:** (verb) A coined word, coming from the phrase, "What is it?" It basically means to ask a question. However, it has come to mean "to dwell on problems, confusions or uncertainties rather than to resolve them". (noun) An unanswered question; a puzzlement about something.

**WHOLE TRACK:** The moment to moment record of a person's existence in this universe, in picture and impression form.

**WITHHOLD:** Undisclosed contra-survival act; a no action after the fact of action, in which the individual has done or been an accessory to doing something which is a transgression against some moral or ethical code consisting of agreements to which the individual has subscribed in order to guarantee, with others, the survival of a group with which he is co-acting or has co-acted toward survival.

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