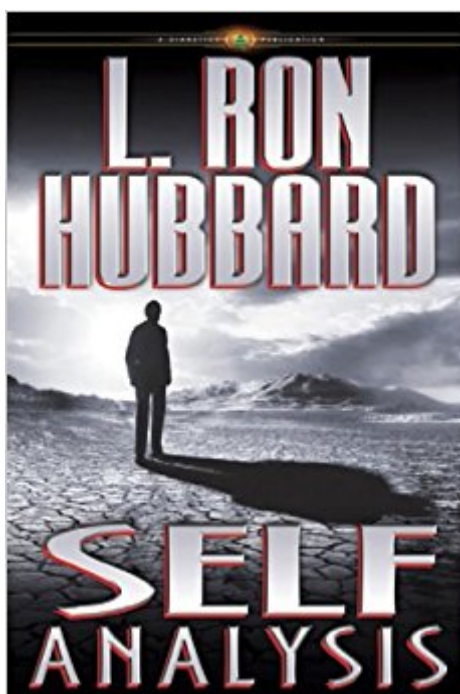


The book was found

Self Analysis



Synopsis

Do you really know yourself? Now you can, with Self Analysis. This book will take you through your past, your potentials, your life. First, with a series of self-examinations and using a special version of the Hubbard Chart of Human Evaluation, you plot yourself on the Tone Scale. Then, applying a series of light, yet powerful processes, you embark on the great adventure of self-discovery. This book further contains embracing principles that reach any case, from the lowest to the highestâincluding auditing techniques so effective, they are referred to by L. Ron Hubbard again and again, through all following years of research into the highest states. In sum, this book not only moves one up the Tone Scale, but can pull a person out of almost anything. Included are: The laws of survival and abundance The most embracing description of consciousness Our efforts for immortality and its relationship to matter, energy, space and time Essays describing a broad array of discoveries including time, remembering, forgetting, imagination, valences and special auditing lists for each And, beyond all those revelations, self-processing lists that provide the most powerful of auditing and which can be done anywhere and at any timeâuncovering the real world of you The barriers of life are really just shadows. Learn to know yourself, not just a shadow of yourself. Self Analysis shows you how.ÂÂÂ

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Customer Reviews

...are they not all bad religions and good philosophies? This is my second Hubbard book and I have still yet to find why the masses attempt to defame him. What is with the media and the ignorant masses?! In actuality, Hubbard's philosophy is quite profound and invigorating. Scientology itself is

not for me, I am an atheist/transhumanist, I am just a lover of all works of philosophy. From Hubbard trying to reel people into Scientology, likewise with the Scientologists themselves, is probably what has misrepresented Hubbard's literary work, just as Christians have that of Jesus, although he was probably illiterate which is why people had to scribe for him. Religion is truly the spoiler here of some great philosophies on life and existence. This may sound cliché, but this book has done wonders for me. I am not spiritual or religious, but I am a supporter of synchronicity. Before and during the time I was reading this book I was going through some introspective issues, and with little success at finding out what was wrong with me. Then when I arrived at pg. 35, sure enough I found my answer. I am not saying this will be the same experience for everyone, but this aided me greatly. As I continued I began to receive more and more information about my personal issues that were identified in the explanation of various thematic issues. The book itself is really short due to the bulk of it actually being questions related to introspection exercises. As far as the technique goes, I questioned it at first, but after practicing a nominal amount I really felt relief. Needless to say, if one had the discipline and time to do this everyday it would work. These exercises even calibrate your patience and I think it is an essential tool for anyone with a short fuse.

I first came across this book over 40 years ago, and tried it on myself with resulting improvements in mood and energy after a few hours. Later on, when I became a Scientology auditor in New York City, I came across a case of someone who was in a very bad mood about life, nothing seemed to help him. I knew of a lot of processes to run, yet the case supervisor, after studying this one, ordered I do Self-Analysis commands on him. Mind, you can just get the book and do it, but this Case Supe wanted me to spend professional session time doing it with the person to be sure it got done. She expected it to run around 50 hours(!). That is a long time in Scientology processing just doing one thing, and a simple one at that. At the time, I think it was 25 dollars an hour for sessions with a trained professional auditor, free for a student auditor, and free for staff. This person was staff and was willing to get Self-Analysis run on him, if somewhat embarrassed he was getting the lightest thing we had. (Self-analysis is considered very entry-level and this person was an experienced Scientologist who had lots of auditing previously, yet still seemed to be mired in bad emotions and attitudes, low energy, etc). So on we went, day after dreary day for hours each day. But around the 40th hour or so of this, he began to slowly relax. As I asked him the next command and the next he would reach for something gloomy, but it wasn't there. He began to smile automatically, as if he could not stop it. Clearly something was up. By the end of about 50 hours, just like the CS said, he was a different guy, and it was rock solid stable. I had a new respect for

Self-Analysis (the CS was a known genius already, everybody thought she was amazing).

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