



# The Religious Practices of Scientology



*While the goal of salvation — expressed in Scientology as Total Freedom — is common to all religions, Scientology offers mankind a precise and practical route to attaining it through personal revelation.*

*This route, called Scientology’s “Bridge to Total Freedom,” follows a specific sequence of levels of spiritual awareness attained as the Scientologist participates in the two central practices of the religion — auditing and training.*

The Scientology religion embodies a rich tradition of ceremonies, rites and services. Yet the religious practices of auditing and training are by far the most significant. They are the *sine qua non* of Scientology, for they light the path to higher states of spiritual awareness and ability and, eventually, to spiritual salvation.

While Churches of Scientology hold congregational services to celebrate religious holidays, perform rites of passage and acknowledge other significant dates and events, the essence of Scientology lies in the distinctive methods by which its principles can be applied to the betterment of individual lives.



## AUDITING

The central religious practice of Scientology is *auditing* (from Latin *audire*, “to listen”), which is a precise form of spiritual counseling between a Scientology minister and a parishioner.

It is readily apparent that, in many respects, man’s efforts fall short of the ideal of infinite spiritual survival. He has lost sight of the Supreme Being, lost awareness of his own spiritual nature and, in most cases, forgotten that life requires successful participation in all eight dynamics. Rather than playing his part in the conquest of the physical universe, he suffers failures, to a greater or lesser degree, resulting in pain, unconsciousness and unwillingness to face the challenge of existence.

In the course of an average life as man, the thetan is certain to encounter many experiences that can reduce his level of spiritual awareness. Over the course of many lifetimes, he may entirely lose sight of his true nature, and with that fall from spirituality, the level and quality of his participation in all eight dynamics is diminished.

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*In auditing, the Scientology minister or auditor (on the left) applies the basic truths of the Scientology religion to the parishioner (on the right) toward the rehabilitation of the human spirit. This is accomplished by helping the individual examine his own existence and improve his ability to face what he is and where he is. The terms auditing and auditor come from the Latin *audire*, “one who listens.”*

Auditing reverses this decline. It enables the being to cast off the spiritual chains that grow heavier from lifetime to lifetime — the accumulation of his pains and misfortunes, confusions and his own moral transgressions.

Just as these experiences bring about his fall from spiritual awareness, trapping and enmeshing him in the material universe, auditing provides the route to spiritual salvation by restoring the thetan's full awareness of his essential identity and abilities.

The *practice* of auditing was developed from the understanding of the fundamental laws of life contained in the Scientology Axioms. It is based on the principle that only the truth can set one free, and it enables the person to come to terms with the truth of his own existence — past, present and future. Through auditing, the person regains an understanding of and responsibility for his relationship to all of life and the Supreme Being. With full spiritual awareness and responsibility restored comes complete spiritual freedom — Scientology's spiritual salvation.

During auditing, a person can have many realizations about life. By honestly looking at the factors which have inhibited his spiritual growth, he is able to overcome them and experience a true spiritual resurgence. When auditing is understood as a spiritual practice that incorporates the theta-MEST theory and the concept of the eight dynamics, it is apparent that increased spiritual awareness brings about greater responsibility and participation as regards one's family, one's group and all the other dynamics, including the Supreme Being.

## HOW AN AUDITING SESSION IS CONDUCTED

In auditing, the minister, or *auditor* ("one who listens") asks the parishioner a series of specific questions in the area of spiritual travail being addressed in that particular session. Once the auditor locates the area of spiritual trauma, he will ask further specific questions or give directions needed to help the parishioner address and come to grips with that incident, experience or area of life.

The minister does not offer any "advice" to the parishioner. One of the essential principles of Scientology is that an individual can advance spiritually only if he is allowed to find his own answers to life's problems. This is accomplished by helping one to examine his own existence and improve his ability to face what he is and where he is — peeling away the layers of experience that have weighed so heavily upon him.

## THE ROLE OF COMMUNICATION IN AUDITING

The brilliance preceding great discoveries is often the insight which posed the right question — perhaps one so "obvious" it never occurred to anyone to ask. Newton may have "discovered" gravity only because he was the first to question why all bodies fall to the Earth.

In a similar way, but in the spiritual realm, auditing leads to personal revela-

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tion by posing *precise* questions based on the Scientology cosmology. In seeking for his answer, the parishioner discovers intrinsic truths about life and the underlying factors of existence which transcend the physical universe.

Yet there is another factor in auditing which is even more important: the role of communication itself.

Communication is indeed necessary to all aspects of life; but the understanding of communication in Scientology goes far beyond any ordinary concept of the commonplace exchange of ideas in social intercourse.

One of the Axioms of Scientology, Axiom 28, presents the fundamental principle of communication, and a substantial portion of Scientology Scripture is devoted to its application in auditing. In fact, auditing and spiritual salvation through Scientology practices *only* become possible through the proper application of communication as defined in Axiom 28.

Through communication, the auditor directs the parishioner's attention to confront aspects of his existence to find the answers to auditing questions, erase the harmful mental and spiritual energy in which the thetan is enmeshed, and thus experience relief from spiritual travail.

This precise process of communication, as practiced in auditing, is essential for one to come to a complete understanding of life. As discussed in Chapter 2, understanding exists to the degree that one can have affinity for something, can perceive or experience its reality, and can communicate with it or about it. The precision of communication in auditing therefore plays a direct role in raising a person's understanding and spiritual state.



## THE ELECTROPSYCHOMETER — AN AID TO AUDITING

Most auditors use a special electropsychometer — called an “E-meter” — to assist them in helping parishioners address experiences which lie at the root of spiritual travail. (Electro-psych-ometer, from *electrometer*: a calibrated device used for measuring extremely low voltages, and

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*In auditing, the E-meter, or electropsychometer, is used to measure the mental state or change of state of a person, helping the auditor and parishioner locate and handle areas of spiritual distress existing below the individual's current awareness.*

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### HIGHER STATES OF EXISTENCE

Auditing ranges from very simple and basic to more searching and intensive religious experiences as one participates in further and higher level services. Auditing enables an individual to achieve the spiritual state of Clear. In this state the individual is no longer trapped by the prior traumas recorded on his time track and is capable of living a rational, more spiritual existence.

Beyond Clear, one attains higher states of awareness called Operating Thetan. In this spiritual state it is possible for the thetan to possess complete spiritual ability, freedom, independence and serenity, to be freed from the endless cycle of birth and death, and to have full awareness and ability independent of the body.

The Advanced Levels of auditing employ a special auditing procedure which the individual conducts alone; the person acts as his own auditor, alternately posing precise questions and then seeking their answers.

These levels deal with the highest truths of existence. The ability to conduct "solo" auditing presupposes a thorough and intimate knowledge of all fundamental Axioms and principles of Scientology. The Advanced Levels therefore appear at the very top of the Bridge to Total Freedom and are open to those who have completed the lower training and auditing levels necessary for full understanding of these advanced procedures. These individuals are not only spiritually prepared but are required to meet high ethical standards.

*psyche*: the human soul, spirit or mind.)

This religious instrument is vital because the mental image pictures that harbor these experiences also hold very minute amounts of electrical energy that can be detected with the E-meter. As this charge varies or dissipates, the auditor knows the parishioner has successfully addressed — and resolved — the source of that aspect of his spiritual entrapment. Thus, while the E-meter by itself does nothing, it is an invaluable guide for the auditor.

## SCIENTOLOGY RELIGIOUS TRAINING

As described above, the Bridge to Total Freedom is a spiritual path consisting of the two complementary religious practices of auditing and training. Participation in both is essential for the attainment of a complete understanding of all life — all eight dynamics.

While auditing enables the individual to inspect and overcome spiritual encumbrances and rise through a series of ascending levels of spiritual awareness, *training* consists of the intensive study of the tenets of the religion.

Study of the Axioms and fundamental truths contained in Scientology Scripture leads to a complete understanding of man's spiritual nature — the relationship between thetan, mind and body; the relationship between theta and MEST; and the precise means by which a thetan becomes entrapped in the physical universe.

There is no part of life that Scientology training fails to address — from the seemingly mundane to the highest truths of existence. Studying these truths invariably answers many questions the individual has had about himself, his fellows, and the universe in which he finds himself. Training is thus a path of personal revelation and an indispensable part of an individual's personal progress up the Bridge.

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*An important practice of the Scientology religion is the study of the works of L. Ron Hubbard, which constitute the Scripture of the religion. Studying these truths invariably answers many questions the individual has had about himself and his fellows and the universe in which he finds himself.*



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But training is also the route by which Scientology ministers acquire the knowledge and skill to conduct auditing. The Scripture studied in training is organized into courses that align with the specific levels of spiritual awareness through which auditing progresses. As the minister completes each level in training, he acquires the knowledge and exact skills required to conduct auditing up to that level.

And as Scientologists become more spiritually aware, they translate this awareness into direct action to help others. Training enables the Scientologist to do that in the most valuable way possible — auditing others to help them achieve their own total spiritual freedom.

Training materials contain all of Mr. Hubbard's books and other written materials, tape-recorded lectures and technical training films that are necessary to impart a complete understanding of Scientology theory and technique.

Mr. Hubbard stressed that the disciplines of Scientology are just as important as its Scripture, and thus training places great emphasis on mastery of the skills of auditing.

### HOW SCIENTOLOGY TRAINING IS CONDUCTED

Scientology training allows each individual to progress at his own rate. Each course is organized around a *checksheet* — a list laying out the books and scriptures to be studied, the practical exercises to be completed, and the sequence in which these steps are to be done.



*Scientology ministers perform many of the same ceremonies and services as ministers, priests and rabbis of other faiths. Scientology wedding ceremonies, similar in form to those in other religions, draw upon Scientology scriptural concepts which bring heightened spiritual significance to the union.*

There are no teachers in a Scientology course room. Instead, students make their own progress through their checksheets, assisted by a Course Supervisor. The Supervisor does not

## SCIENTOLOGY CHURCH CEREMONIES

Scientology ministers perform many of the same types of ceremonies and services that ministers, rabbis and priests of other religions perform. Each Sunday, the Church's Chaplain, or another minister, conducts a service for members of the Church, which is open to nonmembers as well. At this service, the minister speaks about a topic related to an important Scientology principle or practice and discusses how it can be applied in daily life. A typical Scientology sermon may address the simple fact that a person is a spiritual being, certain of the Axioms of Scientology, or perhaps the Creed of the Church.

Scientology holds that man determines his own spiritual future through his actions towards others as well as his observance of the rules of conduct as expressed in the Creed of the Church. Consequently, the Sunday sermon often encourages conduct constructive on all dynamics. This message is presented within the framework of Scientology Scripture, and its relevance to everyday life is explained. Thus, the sermon may also be comforting and spiritually uplifting for non-Scientologists, who are always welcome to attend.

On Fridays, church services are held to celebrate and acknowledge those who have completed a church service in the preceding week.

In addition, Scientology congregations celebrate weddings and naming ceremonies for the newborn (similar to christenings in the Christian church) with their own formal ceremonies and mark the passing of their fellows with funeral rites. These services draw on Scientology's rich scriptural material to convey the relevance of these significant occasions from the special perspective of the beliefs of those involved in the ceremony.

lecture, or give his own rendition of Scripture. However unintentional, such interpretations would inevitably include alterations from the original. Instead, the Supervisor assists the student to apply the study principles developed by L. Ron Hubbard, so that he overcomes any misunderstanding and grasps the meaning directly from the Scripture.

The Chaplain often conducts these ceremonies, although any ordained Scientology minister is empowered to officiate. These services, which address the spirit in accordance with the religion's teachings, impart a special quality to these occasions.

## NAMING CEREMONY

Although the Scientology naming ceremony for newborn children is comparable to a christening, it expresses the Scientology belief that the baby is a spiritual being who has lived before and will live again. The minister introduces the child to his parents and godparents, tells the child the name he has been given, and welcomes him to the congregation.

Parents and godparents are reminded that their responsibilities include:

That he/she [the child]  
be given every chance to understand  
the rules by which we  
play this game called Life, and further  
that we all here present  
arrange within his scope  
the guidance and the knowledge  
that we along our path  
already trod, have gained.  
Yet always remember this:  
Young [child's] life is HIS  
and, in the final account  
it is for him to make the choice  
what path he choose;  
what game he play.

*Scientology  
pervades all  
planes of existence.  
It encourages and  
provides a route  
to achieve  
increased spiritual  
awareness and  
abilities,  
knowledge of the  
Supreme Being  
and the ultimate  
attainment  
of total spiritual  
freedom.*

## WEDDINGS

There are several different Scientology wedding ceremonies offering varying degrees of formality. Generally, services are familiar in form and appearance: a minister officiates, describes the responsibilities of the union being created, and invites bride

and groom to publicly confirm their love for each other and to promise enduring honor and faithfulness. Traditional wedding dress is usual, and bride and groom normally exchange rings.

However, Scientology wedding ceremonies also draw upon scriptural concepts to add spiritual significance. For example, in one traditional ceremony the minister reminds all present of the concept of the ARC triangle. The minister then invites bride and groom to imagine an ARC triangle contained within the circle of the wedding rings they are about to exchange. He then observes, "I should like to see you make a pact between you that you will

never close your eyes in sleep on a broken triangle. Heal any breach with the reality of your love through communication."

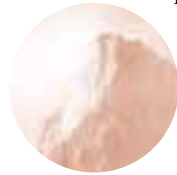
## FUNERAL SERVICE

Similarly, the Scientology funeral service clearly recognizes that the deceased has, as a spiritual being, moved on to assume a new life. The service exhorts those in attendance to remember this fact, and to wish the departed well in his new life.

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This sentiment is clear in the following extract:

Our loss is gain  
In wisdom and in skill  
To future dates and other smiles  
And so we send into the  
Chain of all enduring time  
Our heritage  
Our hope  
Our friend.  
Goodbye, [deceased].  
Your people thank you for  
having lived.  
Earth is better for your having lived.  
Men, women and children  
are alive today  
Because you lived.  
We thank you for coming to us.  
We do not contest your right  
to go away.  
Your debts are paid.  
This chapter of thy life is shut.  
Go now, dear [deceased] and live  
once more  
In happier time and place.



accomplish the Scientology goal of making this world a better place for everyone.

For example, if a couple are experiencing marital discord and find that it is affecting their progress in auditing and training, they can turn to the Chaplain to help them work through their difficulties. Chaplains are trained in ministering Scientology marriage counseling, an exact technology for alleviating marital problems that addresses the root of all such difficulties: transgressions against the couple's previously agreed moral code which now inhibits their communication. Or the Chaplain may help the young student suffering through his studies. Chaplains may also help the ill or injured, or a teen who cannot get along with his parents, identify, address and resolve the source of his problems.

Possessing the knowledge of Scientology Scripture, the Chaplain is well-equipped to counsel anyone through the trials and tribulations of modern life.

## CHAPLAIN SERVICES

Scientology ministers have always acted to ease suffering and provide succor and guidance to those in need or in distress, whether a member of their congregation or simply someone in the community who may require their help. In fact Scientology ministers traditionally have seen their mission as easing temporal suffering, helping where help is required and restoring dignity to men and women at pivotal points in their lives.

Ministerial services are important for any religion, but for individual Scientologists they take on special significance: It is by helping others that ministers help

## SCOPE OF PRACTICES

Scientology pervades all planes of existence. It encourages, and provides a route to achieve, improved family life and relationships, good health and prosperity, and primarily, increased spiritual awareness and abilities, knowledge of the Supreme Being and the ultimate attainment of spiritual freedom.

From the ultimate questions of existence to the day-to-day problems of real people, Scientology brings answers. It encompasses all life because it defines, clarifies and ultimately resolves what life is.