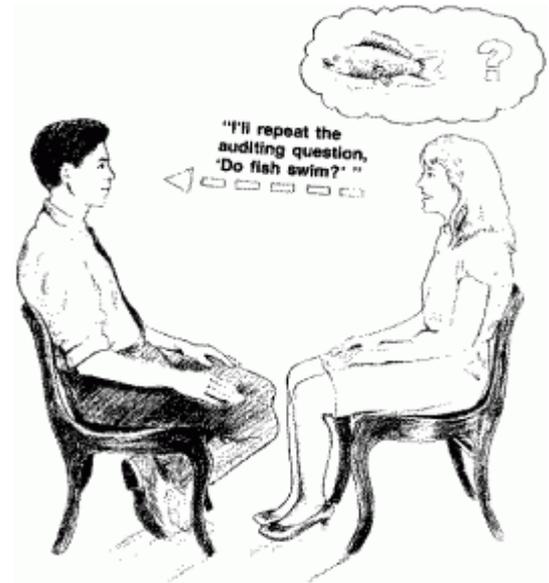


# Why Scientology auditing is not at all like traditional psychotherapy

## Mainstream mental health: an imperfect science.

Psychotherapy isn't perfect, and of course, there are many bad therapists. Even when you have a therapist who you are comfortable with and who knows what they're doing, it can take years to be "cured." It isn't an exact science, or really, much of a science at all (it's more of an art form) so there aren't any easy answers or sure-fire "formulas." Human beings are complicated, and a modality that may work well on one person may actually do nothing for another, or even make them worse. And of course, there are many terrible therapists, who are either completely incompetent, are only in it for the money, lack enough empathy to be effective, are unconsciously attempting to work out their own issues (which is what attracted them to the profession in the first place), and even (if they are sociopathic or narcissistic, and many are) exploit or emotionally abuse their clients.



This is an actual question an auditor asks you during the introductory ("communications") course that is really an early indoctrination procedure.

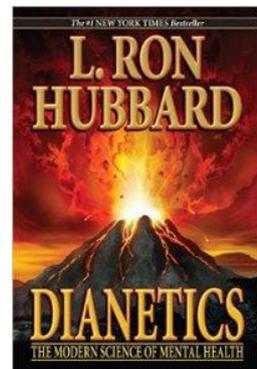
People can also become "addicted" to their therapists. They can become overly dependent on them and never leave therapy because they feel like they can't cope on their own. And it's true, some therapists do become unhealthily attached to their clients, and discourage them from ever leaving. A good therapist who doesn't have unresolved attachment issues will discourage a client from becoming overly dependent on them (while still projecting warmth and empathy), with the end goal being for the client to be able to leave and function better and feel happier, using new sets of emotional tools to do so.

But psychotherapists (both psychiatrists, who are medical doctors who can prescribe drugs, and psychologists and clinical social workers, who cannot) are bound by the law. In a best case scenario, they must abide by the law and a certain code of ethics, or be barred from practicing their professions or even face civil or criminal charges.

All these disadvantages aside, traditional psychotherapy is a positive and life-changing experience for most people who undergo it and stick with it, and it has existed for over a century. There are many different modalities suited for different psychological disorders or problems. There are both short term and long-term methods. Some, like CBT or DBT, aren't cures but are really training methods that teach a person mindfulness skills so they can function better and are less symptomatic. Others, like Freudian or Jungian psychoanalysis, schema therapy, attachment therapy, psychodrama, EFT, hypnotherapy, and other "talk therapy" methods are long-term modalities that actually attempt to get to the root of the client's problems or release trauma. Many therapists mix several different modalities, and some include mindfulness tools like meditation, visualization, and relaxation techniques into their sessions. Talk therapy can take many months or even years to have results. In a best case scenario, the client will be cured of whatever is ailing them. Even if they aren't cured, a lot of the charge that was feeding their disorder is removed. Some disorders, especially those that have a physical component or are due to faulty neurological "wiring" respond better to drugs than to talk therapy, and continued management by a psychiatrist may be necessary, even though improvement in symptoms is almost immediate.

### **Scientology's beginnings.**

Scientology has always been very hostile to both psychiatry and psychology. L. Ron Hubbard, a second rate science fiction author, had always been fascinated with the human mind and how it worked. He published his bestselling book about his discoveries, "Dianetics: The Modern Science of Mental Health" in 1950. Dianetics is a bastardization of traditional psychoanalysis, but really isn't much like it at all. Hubbard was a sociopathic narcissist who had no degree in psychology and in fact lied about many of his accomplishments.



Dianetics uses elements of Freudian psychoanalysis, but is based on the belief that almost all people have "engrams" (unless they are "natural clears," which are very rare). Engrams are cellular imprints of moments of trauma that always contain some sort of physical pain and the "unconsciousness" that accompanies a painful or traumatic event. The part of the mind that contains the "engrams" is called the reactive mind, and the goal of Dianetics "auditing" is to remove all the engrams through "reliving" the memories associated with them, so the person eventually attains a state called "Clear," which means they have no reactive mind anymore and

can act in rational and healthy ways not based on unconscious painful memories or trauma.

In the early years of Dianetics, Hubbard attempted to get it recognized as a valid form of psychotherapy, but his book and methods were rejected by the mental health community. Hubbard, being a malignant narcissist who was devastated by this massive narcissistic injury, turned against the entire mental health field. He vilified it and preached to his followers that psychiatry and psychology were the worst evils to befall mankind and that Dianetics was the only valid way to become a happy and functioning person.



A Scientology anti-psychiatry demonstration.

### **A new religion is born.**

Hubbard began to market his book through the same pulp science fiction magazines that published his stories, and his Dianetics book proved popular. Many people claimed to be helped through Dianetics auditing, but this wasn't enough for Hubbard. He was quoted as saying, "the quickest way to become rich is to start your own religion," and so he did. Not only could he become the messiah of his own church based on his "miracle cure," he also no longer had to pay taxes. He trained many new auditors and started the Church of Scientology in December, 1953. He added the levels of O.T. (Operating Thetan) states that go beyond the state of Clear. An OT supposedly had complete control over matter, energy, space, and time, and at the highest level, could perform Herculean actions without even needing a body to do it.

To his religion Hubbard added a "space opera" cosmology, which sounds suspiciously like a plot in one of his stories. The level of OT III is the level at which the "top secret" cosmology is finally revealed (of course, now due to the Internet, anyone can find out about it for free). Supposedly, an evil galactic ruler called Xenu, who lived 75 million years ago, thought his planets were overpopulated and had most of the population frozen and dumped into volcanoes in Hawaii (which didn't exist 75 million years ago), and programmed their spirits (thetans) with the "R6" implant, which is the reason why traditional religion and mental illness (and all other evils of mankind) came into being. These disembodied spirits were then released and attached themselves to living people as "body thetans" (BT's). BT's are analogous to

possession by minor demons. A person at the OT levels spends much time “auditing out” the BT’s to achieve more perfect spiritual enlightenment. Scientology’s insane doctrine was illustrated in a famous episode of South Park in 2005. It’s so unbelievable that the show had to show disclaimers at the bottom of the screen that said, “This is what Scientologists actually believe.”

Hubbard believed if this “top secret” material were revealed to someone at a lower level of “processing,” that they would die of pneumonia or go insane. His real fear was probably that people might laugh his church out of existence. Of course, most Scientologists (at least before the Internet) don’t even know about this secret doctrine because so few of them have achieved the state of OT III. Many (who haven’t been completely brainwashed into believing anything they are told) leave when they find out. Others are offended that figures like Jesus or the Buddha are considered “implants” who never even existed, especially since when they first joined Scientology, they were promised that their own religion was not incompatible with Scientology. At OT III, they find out they must renounce their former religious beliefs, if they still had any. It’s the ultimate bait and switch, something Scientology is well known for.

**“You don’t get rich writing science fiction. If you want to get rich, you start a religion.” — L. Ron Hubbard**

Scientology also co-opted the Christian cross (although the eight pointed version Scientology uses is actually based on the Rosicrucian cross) and sometimes requires its clergy (professional auditors and high ranking church officials) to wear clerical collars in public to seem more authentic.

During the late 1950s through the 1970s, when people were becoming interested in alternative therapies and “new age” religions, the Church of Scientology exploded in popularity, until the late 1970s when the IRS and the FBI descended on Hubbard and his church due to tax fraud and other shady and unethical activities conducted at Scientology’s headquarters and at its paramilitary offshoot, The Sea Org. While Scientology remains popular, especially among celebrities and the very wealthy, the costs of Scientology training and Dianetics auditing are far too expensive for the average person to afford, so the only people who can move up the “Bridge” and attain the rarified Clear or O.T. (Operating Thetan) states, are the very wealthy or those unfortunates who “work off” the expense as residents of the Sea Org (and rarely achieve those states anyway).

## **Dianetics and Scientology auditing vs. traditional psychotherapy.**

I wrote about how Scientology and the related Dianetics (a “therapy” technique started by science fiction writer L.Ron Hubbard) came into being, and why Scientology is so opposed to psychotherapy or psychiatry and regards Dianetics as a much better “technology” (they actually call it that) to become mentally healthy and happy.

But having had experience with both Dianetic/Scientology auditing (during my two year stint with Scientology back in the late '70s) and psychotherapy, I'm of the opinion that psychotherapy is much better, in spite of Scientology's claims to the contrary.

## **The cost of Scientology auditing.**

The first problem (and the most publicized one) with Scientology auditing is the expense. Psychotherapy can also be expensive, but if you have mental health coverage, you may only have to pay a small copay. Even if you have no coverage, many therapists are willing to work with you on a sliding scale. This is up to the individual therapist, and some are strict about their fees, but others, like mine, only charge what the client can afford. For me, that's \$40 a session — or about \$160 a month. That's not a lot more than my utility bills during the winter months.

Scientology/Dianetic auditing prices, on the other hand, are not set by individual practitioners, but by the Church of Scientology itself. Most of the proceeds do not go to the auditors (who actually make practically nothing), but directly to the Church. The prices for auditing are extremely high. The chart below shows that it costs approximately \$8,000 for 12 1/2 hours of auditing (I don't know how old these prices are, but they may be even higher now). In comparison, if an average session with a therapist costs \$150 (a fairly high going rate), 12 1/2 hours of therapy would come to only about \$1,875. If you want to pay slightly less (but not by a whole lot and in the end, it might prove even more expensive) there is the “training” route up the Bridge. Scientology training requires you to sign up for and prepay for a series of courses, in which you and a “twin” (sort of like the buddy system) take turns auditing yourselves to the next level instead of by a trained auditor. In order to get as many people on the training route as they can (and make new auditors who they don't have to pay), the first course offered (the HAS, or “communications course”) costs less than \$20 at today's prices. In fact, pricing for the HAS course (Hubbard Apprentice Scientologist) has hardly changed at all since I took it in 1978. For that price, you

think you are getting quite a bit for your money. You are trained in “Training Routines” (TR’s) which are fun and seem to help you improve your ability to confront other people and communicate with them, but are actually early indoctrination (brainwashing) procedures.

Very quickly though, the prices for both training and auditing become exorbitant. You will be subjected to a very hard sell by a recruiter, and shamed or even threatened if you refuse (or simply can’t afford to) take the next level to “spiritual enlightenment.” You will be told to take out loans you can never afford to pay back or to manipulate or lie to family members or friends to get the money. Or you can “work off” the expense by becoming a slave to Scientology and devoting all your spare time to it.

In addition to the extremely high prices, there are books, checklists, and tapes you are required to purchase—and none of them are cheap.

Here is a partial list of prices (this is only for one part of the Bridge and does not include books and course materials):

<b>DIANETICS® AND SCIENTOLOGY® PROCESSING</b>		
<b>THE PROCESSING ROUTE</b>	<b>Full Rate</b>	<b>20% IAS Discount</b>
Case Check	1,512.50	1,210.00
PURIFICATION RUNDOWN®	3,872.00	3,097.60
Regular Auditing Rates (per 12½ hour intensive)	8,470.00	6,776.00
TRs and Objectives		
Scientology Drug Rundown		
ARC STRAIGHTWIRE®		
Expanded Grade O		
Expanded Grade I		
Expanded Grade II		
Expanded Grade III		
Expanded Grade IV		
NEW ERA DIANETICS®		
Therapeutic TR Course	1,000.00	800.00
CLEAR CERTAINTY RUNDOWN™ (per 5 hours)	4,235.00	3,388.00

### **Time theft.**

In addition to money, you are also required to sacrifice a significant chunk of your time if you are serious about moving up the Bridge, whether you’ve taken the training

or auditing route. Courses can run 4 – 5 hours a night, 5 or 6 days a week, or even more than that, and straight up auditing can eat up even more of your time, since an auditor is not allowed to end a session until a “preclear” (person getting auditing who is not yet Clear) has a “cognition” (realization). If a preclear is “enturbulated” (triggered), an auditor cannot end a session, even if it means a session must run all night, or for hours at a stretch. No breaks are allowed for either the auditor or the preclear, not even to eat or sleep.

Also, if you don’t achieve the expected End Phenomena (EP) in the amount of time set for that particular auditing procedure, you will be required to hand over even more money for additional hours of auditing to achieve that particular EP. For example, the first step up the bridge on the auditing route is an auditing procedure called “Life Repair,” which is supposed to bring a preclear to the EP within 12 1/2 hours. But because people aren’t machines, some people may take more time to get to the EP, and will be required to pay for additional hours of auditing to achieve the EP, at non-discounted prices.

Such a time allotment makes it impossible for people to work at another job or have a life outside Scientology, and this is, of course, intentional. With most of your time and all your money now devoted to the Church of Scientology, they effectively own you, which makes indoctrinating you and reprogramming your mind all that much easier.

### **One-size-fits-all.**

It doesn’t seem coincidental that Scientology auditing is called “processing” and the auditing procedures are called “tech.” People are treated as if they’re machines. A one-size-fits-all method is employed, with the auditor basically using a script of set commands or questions invented by Scientology’s founder, L. Ron Hubbard, rather than a free give and take exchange of experiences and memories that is used in traditional psychotherapy. No variations or changes to the script are allowed. If an auditor makes any changes to the “tech” at all or tries to adapt it to the individual, they are considered to be “squirrelling,” which is one of the worst “sins” a Scientologist can commit.

The EP is also a set “cognition” that cannot vary. In the early stages of “processing,” the EP is usually something related to needing more auditing or training to achieve enlightenment. For example, in Life Repair, the expected EP is “preclear realizes that Scientology works.” While the preclear may claim to feel somewhat better, their life

is far from repaired — and may be about to get a whole lot worse! In ARC Straightwire auditing, the expected EP is “realizes they will not get any worse.” (When will they get any better? That requires more auditing, of course!) But the auditor isn’t allowed to give the preclear any hints of what the cognition needs to be. Obviously, failing to get to that cognition will require many additional hours of auditing, which allows Scientology to completely exploit you financially, with few actual results being achieved. It’s a mindfuck of epic proportions.



The preclear is connected to an E-meter (a lie detector type of device that measures galvanic skin response) at the end of each session, and cannot be “passed” until they get a “floating needle.” If they do not get a floating needle, the auditor and preclear must immediately resume the session until a floating needle is achieved. This can be frustrating and exhausting for both. In my last post about my own experience, I described becoming so run down from lack of sleep and hunger that I started crying while auditing a fellow student, and got sent to Ethics and shunned until I fulfilled their Conditions by performing certain actions to get me back in good graces with the church (showing “case” [negative emotions] on post is strictly forbidden).

In traditional psychotherapy, there isn’t a set “cognition” or EP that a patient must achieve. The end result of therapy is a general improvement in the ability to cope with life and feel better about yourself, not a particular set of words that must be said. You also can’t pass or fail, because results vary according to the person and the techniques used by the therapist are tailored for that particular individual. Therapists aren’t reading from a script, as they are in auditing. There also isn’t a certain amount of time that is set in advance to achieve a particular result, which can cause both preclear and auditor an enormous amount of undue stress.

### **Lack of qualification requirements.**

In Scientology, if you have the money and time, you can become a “professional auditor” in just a few months of training. While there are definitely many bad therapists who are not at all suited to be working with patients, they are required to have at least a master’s degree and have spent many hours practicing in simulated sessions before being given the green light to set up practice and work with actual clients. In Scientology, no degree is required, just a certificate that you passed an

auditing class. An auditor doesn't even have to be an adult. In many Scientology families, even children as young as 10 or 11 can audit others after they have passed an auditing course.

### **Empathy as a liability.**

Empathy is not required; in fact, in Scientology, empathy (Sympathy on the Tone Scale) is considered "low toned" and is associated with someone who is ruled by their reactive mind. Auditing and training removes any trace of empathy or concern for others. Any show of empathy or sympathy for a preclear can result in a dreaded trip to "Ethics," so even if an auditor feels empathy for their preclear, they are not allowed to let anyone know



and must not let the E-meter detect it. People with narcissistic or sociopathic personalities tend to stick with Scientology and be the ones to rise the farthest in the organization, and for those who have progressed up the Bridge to the Clear and OT levels, there is a shocking lack of empathy and a forced "happiness" accompanied by the infamous blank Scientology stare.

Besides empathy, showing real emotions other than happiness or contentment (except while being audited) is considered "aberrated" or "showing case" or "bank" (reactive mind) and you can be punished for it in various ways, including shunning and even excommunication. If a false self is present to begin with (as it is in narcissistic people), its further development is bolstered and rewarded. People who possess empathy and express authentic emotions are either brainwashed or shamed out of them, or they eventually leave the organization.

In psychotherapy, empathy is usually a desired (though not required) characteristic of a therapist. All good therapists have it. Therapists who possess empathy for their clients are usually the most successful and their patients are the most likely to get well. The goal of therapy is usually to help a patient own and be able to better express their real emotions, not deny them or cut themselves off from feeling them.

## **Auditing is disguised brainwashing.**

The above quote by L. Ron Hubbard pretty much says it all. In Scientology (and all sociopathic groups and organizations), language is often used this way, to manipulate people into believing something bad is really something good, or to convince them to engage in activities they would otherwise never engage in.



The methods used in auditing — set commands, endless repetition, rote questions, no allowance made for free exchange of ideas or real conversation, and a requirement to “pass” each session — are really methods of mind control. There’s a beginning form of auditing called TR’s (training routines) that is introduced in the Communications course. TR1 involves sitting for hours staring at a fellow student, and not being passed until you can sit there and show no reaction at all. A later TR, called “bullbaiting” ups the ante so that you don’t react even if insults are thrown at you or your fellow student tries to make you laugh or lose your blank stare. Later TR’s involve repetitive actions like walking across the room, touching things, and doing the same mindless actions over and over. This sets up a preclear for feelings of dissociation, which aren’t recognized by Scientology as being dissociation.

The processes conducted in auditing are really a form of hypnotic suggestion, and are intended to send the preclear into a “reverie” which is really a euphemism for the hypnotic state (Hubbard was extremely opposed to hypnosis, even though hypnosis is exactly what Dianetics processing does). It’s not uncommon for a preclear to panic or fall asleep during an auditing session. Unfortunately, auditors (especially student auditors taking the course route) are often pathetically untrained and lack any skills to handle an emergency situation or deal with a preclear who keeps falling asleep.

There’s a phenomenon called “exteriorization,” which is Scientology’s term for being out of your body, a much-desired result. In contrast, the mental health field recognizes feeling exterior from your body as a form of dissociation (specifically, depersonalization) and it’s definitely not something you want to work toward. I remember once, after hours of TR1, feeling very dissociated and I became pretty freaked out. I started to experience a panic attack, but fearing judgment for “showing case” in class and being connected to the E-meter made me try to hide my

panic, which I can assure you wasn't easy. I had to keep staring at the other person and somehow talk myself down while showing no reaction.

Some people, however, enjoy the feeling of exteriorization. They say it makes them feel high or euphoric. That wasn't the case with me, but many people who enjoy that feeling are encouraged to keep working toward attaining the upper levels (OT levels) where you are "exterior" to your body most or all of the time. Being constantly dissociated is the normal and desired state of someone who has achieved a high level in Scientology auditing, and is also common in ritual abuse and mind control. No wonder so many upper level Scientologists act so strange!

### **The Purification Rundown.**

There's a required step early on the way to Clear called the Purification Rundown, which is probably the most dangerous of all the Scientology processes (it's also used in Scientology's drug rehab program, Narconon). While on the Rundown, you are required to take massive doses of vitamins, including Niacin (which is toxic in high doses), and spend 5 hours a day in a sauna, sweating out impurities caused by drugs (both legal and illegal) you have taken during your life (Scientology is extremely anti-drug and that's one of their major criticisms of psychiatry). Hubbard believed that all drugs are stored in the fat cells, even drugs such as LSD which have been proven by medical science to be water soluble.

People undergoing the Purification Rundown literally become run down and many wind up very ill. Several have died of kidney or heart failure. The Purification Rundown was invented by Hubbard, who was not a doctor and had no medical training. His ideas about massive doses of niacin and other vitamins was based on his half baked theories about radiation sickness and the idea that vitamins, especially niacin, could cure it.

Of course, if you become ill, it's because of your engrams being retriggered as a result of the process, not because of the process itself. Due to the high doses of vitamins and depletion of vital minerals and dehydration resulting from the constant sweating, many people attain a euphoric and dissociated state of mind that leaves them vulnerable to further mind control.

## **Conclusion.**

In Scientology, you are required to act a certain way, think a certain way (or those “missed withholds” will be found out by the E-meter), and give so much of your time, energy, and money to the organization that you pretty much have no life left. Without a regular job anymore (because you’re spending all your time working for free for “course credits” or even living on-base at a place like Sea Org), no remaining family or friends (who you may have been required to “disconnect” with if they opposed Scientology or your involvement in it), no money, and no outside interests (because outside interests might interfere with your progression up the Bridge), they effectively own you. You think you’re giving yourself willingly to the organization for your own enlightenment (and that’s what they promise you when you sign up), but nothing could be further from the truth. The process of indoctrination and spiritual destruction is so insidious you may not notice what has happened until it’s too late — if you ever do at all. If you want to feel better about yourself and your life, see a regular therapist or pray for guidance — stay far away from this bogus form of “therapy” that can be so seductive at first.

Quelle: <https://luckyottershaven.com>