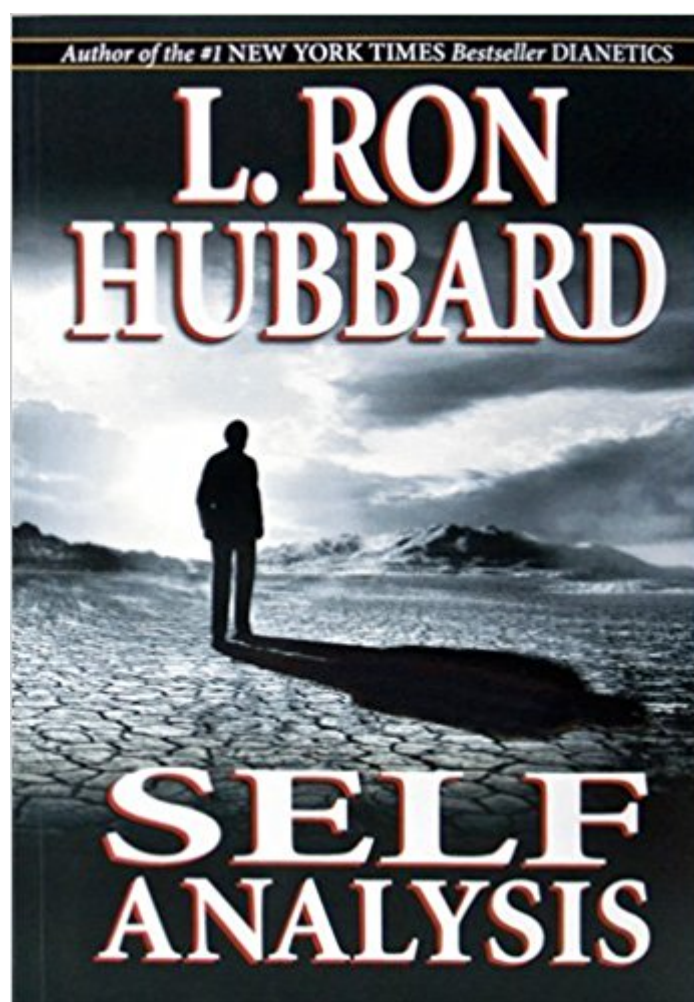


The book was found

Self Analysis (English)



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 embrative Dianetic principles that answer the questions youâ™ve had, but never knew where to ask.

Book Information

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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 attempts 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 scirbe for him. Religion is truly the spoiler here of some great philosophies on life and existence.This may sound clichÃ©, 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 also agree with Hubbard that having a lucid account of memories will aid the psyche in an auspicious way. From this book I have come to view emotions (perceptics) and memory differently. Not to mention, his perspective on memories as objects, energy, space and time is quite novel as well. Hubbard never ceases to amaze me with his out of the box thinking that most naysayers try to pass off as pseudoscientific propaganda for the occult. As far as disagreements go, on pg. 28 paragraph 3 Hubbard asks whether it is terrible to part with your "psychosomatic" illnesses, I say yes. Part of those are embedded in the depths of your psyche and make up the individual you are, I exhort not to part with them, but to culture them and ameliorate those into more prudent behaviors, never attempt to erase any part of your psyche or you will elicit madness. Another aversion I have to this particular book is that Hubbard admonishes throughout the book in several areas to "seek a Dianetic Auditor" to aid you with your troubles, which is an obvious ploy to hook the reader and reel them into Scientology. There is a pretty comical ploy at the bottom of pg. 305, absolutely hilarious! Overall, the ontology stands as an essential read for those who love philosophy.

It is too bad this book isn't called THE MAGIC OF LIFE. I have been reading, re-reading, practicing and doing what the author instructs as carefully as I can for a few years now. He asks the questions clearly and patiently. I answer. It has thoroughly expanded my ability to enjoy life: past, present and future. It is not hard to learn but neither is it easy to learn. A true intention to understand the author's instructions and the "perceptions" he is asking you to "look at" is needed. It is a good idea to read the book word-for-word so when you get to the "questions" you are ready for them. You might like it!! Let the author ask you the questions OR you can work with someone else and ask each other the questions.

This book contains the best memory exercises there are. I have looked at many other memory enhancement courses and books but this is the best. The exercises are simple and easy to understand. About 60% of the book are lists of things to remember and each item in a list is matched to sensory perceptions. For example: Recall a time you had a holiday and match it to

smell. You might get the smell of turkey in the oven or maybe apple pie. 30 or 40 minutes a day works great to improve your outlook on life and enhance your memory. Simple, but it works. I owned this book in 1986 but lost it in a move. I am very pleased that I was able to find a copy of this book on .

What I really liked about this book was that it wasn't a lot of jibberish designed to make your head swim. Just very short chapters followed by practical actions you can do in your own home. Want to improve your emotional tone? Want to improve your memory? Want to feel and be more alive? This is the book to read and use. It changed my life for the better, for good

Well, Self Analysis and I are old buddies going back about thirty years. There are so many principles that I had forgotten about or had re-discovered in reading the book and doing the exercises. Hubbard's Science of Survival emphasized concentrating on the pleasure moments in the person and in yourself. In Self Analysis, he gives the way of doing that. Going over the various kinds of recall, such as imagination, general incidents and such to better know ourselves was really a treat to read about and to remember. The chapter on "On Our Efforts of Immortality" was very interesting as he describes life force as another kind of energy and its purposes and he echoes what he talked about in SOS - that life must procure pleasure and avoid pain. Good advice! Another principle I enjoyed was the concept that many of our fears are really merely shadows and like the natives who catch fish with shadows, we usually mock up or others mock up these flimsy traps for us. All we really have to do is disagree and get some auditing. Also the book helped rehabilitate what I liked about Self Analysis and its simple yet effective technique in bringing people up and not having to live with their painful or sorrowful memories.

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