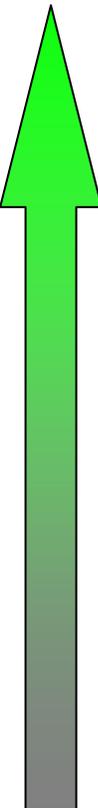


## Equanimity, Emotions, & Moods: Eye-Zen Language Usage & Scientology's Tone Scale

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[Angus Cunningham](#)

A person's experience involves flows of energy around, and out of, and into the body, including particularly in the heart-brain nexus. This energy contains more or less affect (of which emotion is more or less flowing<sup>1</sup>, and mood is more or less stuck); and we can **either** 'go within' to find bliss (and become one with spirit) in meditation, **or** take action, **or** calibrate the action that immediately feels 'normal/natural' to us in the hope it will emerge/manifest more productively/healthily/valuably/wisely our 'usual'. In this context L. Ron Hubbard's *Tone Scale*, which envisioned experience as a gradation of levels of, presumably, emoto-spiritual vitality (measured, presumably?, by *Scientology's E-meter*<sup>2</sup>) seems pertinent:

Scientology Tone Scale			Scientology/Eye-Zen English Bridge Issues
Level	Description	Comment	
40.0	Serenity of Beingness	 <p><i>Tone Scale is a tool used in everyday life to understand what is occurring with(in) individuals and how best to communicate with them and predict their action, and help them.</i></p> <p><i>One can find himself or any individual on the Tone Scale and thus know how, using Scientology, he may best 'be moved up' to the higher tones, and thus increase confidence, self-esteem, honesty, well-being, happiness, and other desirable attributes.</i></p>	<p><b>1. Where <u>is</u> Equanimity? – resolving this linguistic bridge issue will help the Church attract the attention of people currently interested in small 'b' buddhism</b></p>
30.0	Postulates		2. ....
22.0	Games		
20.0	Action		
8.0	Exhilaration		
6.0	Aesthetic		
4.0	Enthusiasm		
3.3	Cheerfulness		
3.3	Strong Interest		
3.0	Conservatism		
2.9	Mild Interest		
2.8	Contented		
2.6	Disinterested		
2.5	Boredom		
2.4	Monotony		
2.0	Antagonism		
1.9	Hostility		
1.8	Pain		
1.5	Anger		
1.4	Hate		
1.3	Resentment		
1.2	No Sympathy		
1.15	Unexpressed Resentment		
1.02	Anxiety		
1.0	Fear		
0.98	Despair		
0.96	Terror		
0.94	(Numb)		
...	(Dying)		

<sup>1</sup> See "Molecules of Emotion", © 1997 by Candace Pert, [http://www.amazon.com/Molecules-Of-Emotion-Mind-Body-Medicine/product-reviews/0684846349/ref=dp\\_top\\_cm\\_cr\\_acr\\_txt?ie=UTF8&showViewpoints=1](http://www.amazon.com/Molecules-Of-Emotion-Mind-Body-Medicine/product-reviews/0684846349/ref=dp_top_cm_cr_acr_txt?ie=UTF8&showViewpoints=1)

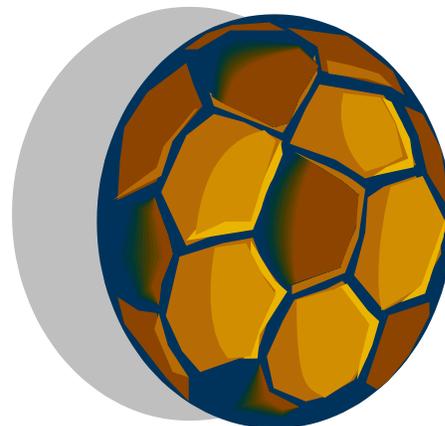
<sup>2</sup> See "*emotions revealed*", © 2007 by Paul Ekman, and references in it to his concept of the 'Othello Error' - a category of errors in which we unwittingly assume (presume) we know what has precipitated another's emotion. See ACGC's draft manuscript for the "Sneak Preview" of "Where is Equanimity?" (in effect a preliminary proposal to a prospective publisher for a book of that name, currently 'WiE Manuscript 130112.doc')

0.0	Death			
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I never had the privilege of meeting Mr. Hubbard (LRH), nor have I yet discussed his Tone Scale in depth with a dedicated scientologist (i.e. a Dianetic Auditor or a SEA Org Scientologist), nor have I ever personally experienced either sheer terror for more than a second myself nor observed anyone else in a state of sheer terror or lower on his Tone Scale. So, to be fully [personally authentic](#) here, I have truncated this paper's replication of the latest version I have seen of it, in the Kitchener 'org' location, to include only those states of being I believe I can reliably recognize. I have also expressed in the right-hand column a concern I have with the material related to his Tone Scale that I have so far studied; and so would like next to discuss with a Scientologist competent to do so the issue of "*Where on the Tone Scale is equanimity?*"

This issue has arisen because, in [Eye-Zen English](#) (the emoto-linguistic technology for rational relationship of which I am the inventor/re-discoverer/refiner), practitioners seek – when we become viscerally aware of the need to do so – [an equanimity from which we can perceive a situation with 'enough' accuracy](#). In *Eye-Zen English* practice we acknowledge that we can become able at any moment to express our life energy both linguistically and congruently, and thus truly, by recourse to an "*I have 'X emotion' now*" I-statement (IH Xen, where 'X emotion' is a deliberately honest selection of an emotion noun or noun phrase<sup>3</sup>); and that, **if** we do so, the outcome will, by comparison with the outcome of any behaviour conditioned by our habituated, i.e. 'felt-to-be-normal' forms of English language usage, particularly [IAXAPs](#), assuredly be better both for ourselves and for others of whose circumstances we are then in some degree conscious.

This advantage derives from a combination of (1) less-refracted connection with others (through the practice, and in due course exchange, of "*I have 'X emotion' now*" I-statements, *IHXENS*, which are pronounced 'Eye-Zens'); (2) our seeking, as often as we remember to seek it, equanimity; and (3) practice of [related decision-making I-statements](#) known as '*Rational Emoto-Linguistics*'. One may visualize this felicitous process occurring in anyone's brain-body as a clearing, governed by a perpetual (but often temporarily forgotten) search for equanimity, of electronic charges in our emotion/mood-bearing neuro-circuits. Such clearing may be facilitated by participation in processes of mood/anxiety dissolution by one or another therapy, such as *Scientology's Dianetic Auditing*, gestalt mood clearing, or [Bruno Groening's resort to 'the heilstrom'](#).



Although the issue of "*Where is equanimity on the Scientology Tone Scale?*" is not currently definitively resolved in my mind, this has not prevented me from combining, in an instance of my coaching work, features of both the *Tone Scale* and *Eye-Zen English*. To illustrate this combining, following is a shorthand description of a coaching session with Johanna, a retired Adlerian Ontario school-teacher, who presented herself as being bothered by a 'boxed in feeling'.

In her conversation, which has been unfolding at various stages of intensity, with 'coach Angus', Johanna (who many years ago acted on an interest she felt in Scientology) came to recognize that this boxed-in feeling often preceded a feeling that she had urgently to 'do something' – anything, so long as she believed it to be in some small degree 'useful'. In the past that feeling has most often driven her to leave the house and either get or buy something, or else, if boredom overcomes her, to volunteer somewhere or try a new therapy. As she gave vent to her feelings, Angus helped her to emerge from that 'boxed-in feeling', by offering her suggestions for

<sup>3</sup> The following URL offers a non-comprehensive list of emotion nouns that have been processed in *Authentix Coaching* sessions: [http://www.authentixcoaches.com/images/Emotion\\_Nouns\\_090704.jpg](http://www.authentixcoaches.com/images/Emotion_Nouns_090704.jpg)

expressing herself more accurately than was her usual habit. These suggestions took advantage of the language of Scientology’s Tone Scale, and her key statement outcomes from that interaction are recorded in the LH column of the table. At the same time Angus (who greatly admires LRH’s spirit of adventure and also his journaling expertise) also took advantage, when Johanna appeared stuck, of *Eye-Zen* English principles – principles now being documented and illustrated in a book now requiring a publisher’s attention. (The manuscript for this book already includes narratives of some of Angus’ more vitalizing experiences with Scientology and scientologists; see footnote 2 on the prior page). The outcomes of this other part of his coaching are recorded in I-statement outcomes in the table’s RH column.

<i>Angus translates Johanna’s words into the Scientology Tone Scale</i>	<i>Eye-Zen Language Usage</i> Angus – <i>Italics</i> ; Johanna – <b>Ordinary</b> Font
<p><i>I want change (fear of monotony)</i>                      I <b>don’t want</b> delay in change of departure date planned by Angus (<i>mild antagonism</i>)                      I started looking for food – muesli and milk (<i>mild interest</i>)                      I was <b>contented</b> when imagining cleaning the rug                      I took <b>action</b> to clean the rug                      I felt the pleasant <b>aesthetic</b> of the rug cleaned</p>	<p><i>When you changed what we are expecting, I had <b>mild antagonism/anxiety/annoyance</b> I have <b>desire</b> now (for muesli and milk) I will have to purchase ....</i>  <i>I have <b>frustration</b> because I can’t recall the English word for muesli, and now, <i>unable to remember the English name for muesli</i>, I have <b>fear/anxiety</b> of getting Alzheimer’s</i>    <i>I have <b>satisfaction</b> – because the rug is cleaned</i>  <i>I have <b>curiosity</b> now</i></p>
<b>Aha! The word is ‘granola’</b>	
<p><b>Postulates</b> for jointly considered action in the future with Angus</p>	<p><i>I feel a <b>dilemma</b> over how rational to be in the future, but can be free of that because I <b>don’t have to have</b> Angus’s level of rationality (Hugs Angus!)</i>  <b>Thanks for your leadership, Angus!</b></p>

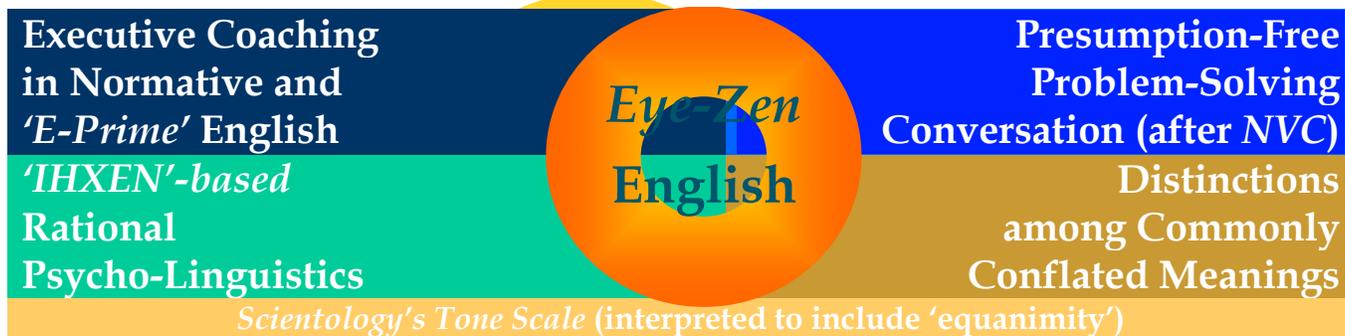
**Prognosis**

Johanna will benefit from becoming specifically aware of moments when she ‘finds herself’ saying “I don’t want to .....”. **In such moments she may often, but not always, be at risk of behaving obstinately for potentially spurious/false reasons.** However, she will be able to become more aware, and in due course conscious also, of what healthy and vitalizing options her pursuit of equanimity can emerge from such moments from articulating an *IHXEN* and then working her way through, likely, (1) desire, which will be temporary and only barely worth acting on, and (2) frustration, whose healthy and vital navigation will require deliberate persistence. At that point she is likely to want to work, and increasingly rely, on her own essential<sup>4</sup> capacities for thinking rationally, rather than only ‘validly’, ‘logically’ or ‘reasonably’ by following others’ ideas.

Can we know what next will occur? Certainly not !! Yet, any coach will want his/her clients to become capable of recognizing when they have satisfaction (“*this feels good given what I know I have done toward it*”), and at least to point also in a direction that leads to our being able, at any moment likely to occur in our futures, to imagine what might bring us satisfaction. Looking further ahead, we and our clients will want to reach states where we all have the spontaneous curiosity and intuitional capacity to discern, more or less always, what we truly need/want/prefer/have interest in.

<sup>4</sup> Essential – of or pertaining to one’s essence, which might be described as ‘beingness’, but in any case is the seed of a person’s sense of ‘I-identity’

## The 'key' Origins<sup>5</sup> of Eye-Zen English



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<sup>5</sup> I accept that the origins of *Eye-Zen* English principles are far more than only those I have depicted in the above 'logo' as its foundations and borrowings. These, however, seem to me today to be the key ones of which I am conscious ...