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January 13, 2011

## **Meet a Scientologist—Scientology Helped Jazz Musician Beat the Blues**

*Life was an endless parade of panic attacks for jazz drummer Adam Foldesi. Scientology and Dianetics counseling freed him from his emotional burden and gave him back his future. His video is one of 200 "Meet a Scientologist" videos available on the Scientology website at [www.Scientology.org](http://www.Scientology.org).*

For as long as he could remember, Hungarian jazz drummer Adam Foldesi had the blues—and not just the musical variety. Anxiety and panic attacks tormented him and ruined his life.

"I tried everything to overcome it but it never resolved," says Foldesi, 25. "I could lose myself in the music, but when the set was over and I walked off the stage, the pressure was back."

It was in 2006 that things began to change. That was when Foldesi read *Dianetics: The Modern Science of Mental Health* by L. Ron Hubbard.

"For the first time I understood what was *causing* these feelings. I realized it wasn't a 'disease'—it was the *reactive mind*."

The reactive mind is the portion of a person's mind which works on a totally stimulus-response basis. It is not under volitional control, and exerts force and the power of command over awareness, purposes, thoughts, body and actions.

Foldesi was eager to receive Dianetics counseling. After all those years of emotional turmoil he was amazed how fast the counseling brought him relief. And it not only improved his state of mind, it helped him in his career as well.

"I find much more happiness now in playing my music," he says. "And through studying Scientology I improved my communication skills and took my craft to a new level. I can interact on a much higher level with other performers and my ability to establish rapport with the audience is far better than it has ever been," he says.

When not performing in jazz clubs in Hungary, Foldesi volunteers in the Church's community outreach programs.

"I love being with friends," says Foldesi. "I love playing and teaching music. And best of all, I love helping people—even total strangers—and because I understand and use Scientology, I *can*."

View the Adam Foldesi video at [Scientology.org](http://Scientology.org).

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*The popular "Meet a Scientologist" profiles on the Church of Scientology International Video Channel at [Scientology.org](http://Scientology.org) now total 200 broadcast-quality documentary videos featuring Scientologists from diverse locations and walks of life. The personal stories are told by Scientologists who are educators, teenagers, skydivers, a golf instructor, a hip-hop dancer, IT manager, stunt pilot, mothers, fathers, dentists, photographers, actors, musicians, fashion designers, engineers, students, business owners and more.*

*A digital pioneer and leader in the online religious community, in April 2008 the Church of Scientology became the first major religion to launch its own official YouTube Video Channel, which has now been viewed by millions of visitors.*



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