

# THE WAY of Intelligence

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Free

## The Picture of Man

The Picture of Man may be the simplest and most valuable tool for self-knowing that you will ever come across. Its simplicity is deceiving, though. If you really use it--meaning keep it in mind all day, watch others and yourself as much as possible in its terms--you find that it's not merely a little diagram, but like a living organism that develops and even evolves as you do. It can't be overly emphasized how foolish it would be to think, because you "know" its four parts or can draw it from memory, that it can be put aside for more "advanced" material. Using the Picture of Man on a continual basis will provide all the advanced material one could ever truly want

The principles of the Four Forces of all phenomena and the Four Dual Basic Urges fit right into the Picture of Man, and is THE WAY of Intelligence.

If you are new to this material, you may not see that yet. Working with it on a daily basis will eventually make it plain. If you'd like more material, please do any one or more of the following: go to the internet at [www.rhondell.com](http://www.rhondell.com)

and order "Who's In Charge of My Inner State" or any other book or tape listed; go to [www.pictureofman.com](http://www.pictureofman.com) where you will find many articles about all aspects of these principles, as well as a narrated, animated video where the Picture of Man is drawn out step-by-step; write us for back issues of

old newsletters (postage would be appreciated); ask the friend who put you on the mailing list to instruct you; and/or call at (818) 552-2005, or email at any of our web sites.

You needn't be an expert on all of the material to make good use of it. Just take one piece of information and check it out for yourself. Anything at all. For instance, just watch to see if you can identify the Four

Forces, or listen to yourself (or others) complain and realize what that is. Watch how conflict is promoted by society. Look for suggestion--threats and promises. Doing is the only way anyone really learns, anyway. All the reading and talking in the world is useless if it's not applied in practical living. A reference section is in the middle of the newsletter, but the most valuable thing to do is just start checking it out yourself.





## The Vicious Cycle, The Way of Ignorance

The four facets of a human are designed to work in complete harmony. But if we look around and pay attention, we are far more likely to see people in chaos, conflict, disease--disharmony.

The Intelligence aspect of man, X, is in partnership with its Awareness aspect, whose job it is to tell it (by the feeling it generates) what is going on, and what the value of that is. When this occurs straightforwardly, X does the appropriate thing for the information received. When the person is in conflict, there's nothing straightforward about this communication, it is in constant contradiction: "I want this, but I don't want what comes with it." "I should do that, but I want to do this." "I hate that person but I have to do what they say." And on and on.

What is the information being "sent"? Chaos. What is the feeling? Emergency, because conflict is unnatural, feels terrible, utterly outside the purpose of human life. But these things are all false emergency. However, your Intelligence aspect depends on you to "report", and does whatever you decree. You feel emergency, it responds to emergency, false or not, sending special energy to fight or run. Of course, the nature of conflict means you don't act--no fighting, no running (which wouldn't be the thing to do anyway), and this mobilized but unused energy floats around the body awhile, then has to do something so starts working on the cells to burn itself up, eventually leading to symptoms.

This is an effort on the part of Intelligence to balance the body, to use up the false emergency energy, and a great gift, since we weren't designed to live that way, it's trying to get it out of the system. But what happens to most people when a symptom shows up? Panic, anger, fear--anything but gratitude. And this, too, is seen as emergency, though it isn't, and starts the whole thing all over again. Eventually there is disintegration.

We can't prevent adaptation, and wouldn't want to. If you get a sunburn, for instance, you want it to heal, and know its pain protects the skin from further abuse. If you do hard manual work, you want your hands to get callused to protect them. If you eat something tainted, you want it gone, fast. If we "let nature take its course," all is well. If we interfere, we're back in the vicious cycle. What we can prevent, though, is false emergency, and all the discomfort of that adaptation. We can refuse to get into conflict, and will, if our purpose is anything other than regaining non-disturbance. If we get into conflict, we stop immediately. All it takes is paying attention, recognizing it, refuse to participate--put yourself at ease. This is the essence of healing, and staying well--being grateful for the ability to adapt, knowing, and feeling, in your heart of hearts that All Is Well.

Go to the last page for more on The Living Cycle and The Vicious Cycle.

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## W.O.W.--Words of Wisdom from Rhondell

Adaptation—So the vicious cycle basically goes on. It is necessary. When you find yourself on it say “Yes, I have built up a lot of stuff, I got a lot of adaptation going on, but it is normal adaptation for the circumstance, and I don’t want to do anything to change it, I want it to go ahead and do its thing until the energy system of the body is equalized.” Running around with mobilized unreleased energy makes you a bomb. If you didn’t adapt, you’d blow up. Without even setting the fuse on it. You literally would blow up.

Authorities—Now we have set up that there is an ideal, and the ideal is something called good, according to which group that one of us happened to listen to here, the one we were brought up with, right? “Believe and do what you’re told by authority” — authority told you what was good. But did any one of your authorities ever tell you that the whole purpose was to be conscious? Did they?

Discomfort & Peace—(Woman: I’m getting that you can still be peaceful, and still be uncomfortable.) Rhondell: Definitely. Sometimes it’s the only way you can be peaceful.

Self-acceptance—We have tried to get rid of the conditioning because we were so conditioned that it was bad. You know, when we put it up we say, “I shouldn’t have that [conditioning], immediately.” Is that right? Just like you shouldn’t think certain thoughts, and you shouldn’t have certain feelings arise within yourself. But all those things are part of you, aren’t they? And they’re going to be there from time to time and why should you try to get rid of them, they’re perfectly all right. The only thing, did they fit in with your purpose at the moment, of being peaceful? If it does, you use it; if it doesn’t, you don’t.

Thoughts & Thinking—The thing that we least understand that exists in us is a mind that we’re not conscious of. Motivations of which we’re unaware of within ourselves. ... Now we kid ourselves and say “I thought it.” But now let’s try to think a thought. And all it does is come up from down here somewhere. Try as hard as you might, you will find that that’s what happens. Is that right? So you don’t think a thought, a thought thinks you. And if you begin to be aware of it, and you can see where it came from.

Competition—Man, if he is interested in evolving, does not compete. ... Basically we attempt to survive by competing, is that right? Now, let’s do not compare ourselves with lower forms of life. Which of necessity must compete. Man has always fallen back into a lower form of life and wanting to compete. He’s never seen evolving, he’s wanting to survive by getting things his way, which is to get the other living forms out of his way. He thinks. And this leads to his death. But man is a different kind of creature, and can survive without competing with his or other kinds of life. ... We can begin to practice cooperation. Where cooperation is in order, and we also can see when not to cooperate, just as well. Don’t cooperate with somebody that suggests to you that you should compete!

Learning--You don’t have to learn, you are aware.

(More⇒)



Unevolved man--... we're busy, we're opinion-making machines. [Bob laughs.] Right. Soulless, organic, opinion-making machines.

Evolving—Few are there who see that the whole purpose of life is to evolve as well as to survive. The only reason for surviving is to evolve.

Wanting to Know—You just noticed you didn't get it, though, didn't you? (Man: I didn't get it.) Uh-huh. And did you ever wonder how come? (Man: Yes.) I'm just trying to tell you, but you won't listen. So I'll tell you next year. When we have a meeting next year, I'll tell you again, okay? ... and then you don't have to worry about it because you never allowed yourself to get it, is that right? (Man: I guess you got a point there.)

Sentimentality—(Woman: What if someone cries because SC just made a touchdown?) (Man: What kind of nuts are you hanging out with?) Rhondell: It's "joy", huh? (Woman: Yeah.) Rhondell: Well, all right. I taught this, brought up the other night somewhere up the road, about joy. And it says this. That if you're sad, your mouth is down, your shoulders are down, and your tears run down. And if they're tears of joy, why they're like everything else of joy, the corner of your mouth is up, your shoulders are up and your tummy's up and your tears should go upward, if they're tears of joy. They should go UP, this way. When I see 'em running up, I'll buy 'em as tears of joy. Otherwise, they're sentimental slop.

Problems—The obvious appearance is that we just love our problems. Because then they give us something to talk about. They give us something to struggle with, and above all, they give me a reason for feeling sorry for myself, hmm? Above all. They give me a good, legitimate reason, to me, to feel sorry for myself. Is that right?

Disidentifying—(Man: How do you disidentify?) You disidentify by seeing it simply is not true and it is not me. Number one, you see it's not true. Now if somebody came along and told you that your hair had turned green in the last fifteen minutes, you could go look in the mirror and determine very quickly that wasn't true. Is that right? And it wouldn't have any affect on you. So you see it is NOT true. Now, you look around and you live with them [Not-I's] a day or two and notice this happening and this happening and this happening and that and that... notice they kind of taking you over and that none of those are TRUTH facts, not the way to run things, but they're just what's there. And so we would disidentify as "That's not I." With all that complaining going on, I'm not doing it, and when I hear the complaining purring around down in my head before I verbalize it, I know that I'm not doing that, it isn't me. And so pretty soon it's all gone. So, the disidentifying process is not accepting that as being true. (Man: Is that the point in time when we just observe them?) Yeah, just observe them, without condemning them or justifying them. They're just simply facts that are there, but they're not anything that's true for me. Okay? That's disidentifying.

Calling—Everyone has a calling. We ELECT to take it.

Hundreds more WOWs coming soon on CD, newsletter will keep you posted.



## Healer's Handbook

As some of you know, I have been interested in the phenomenon of healing my whole life since I was 3. Fortunately, for nearly 20 years, I was privileged to have as a guide a master of the art, who taught me many things. As well, he took me to visit various healers, with an intention of increasing my understanding. And I have several extremely gifted friends who practice. So I feel somewhat qualified to at least begin a project I've had in mind for some time, a Healer's Handbook.

Although I've seen a lot of people working at this, and talked to many more, I have not seen a lot of what I'll call "professionalism." While thirty years ago such practices were looked upon with derision, and smart healers kept more or less quiet, times have changed and there seems to be no shortage of people with business cards stating "healer." I'm occasionally aghast at some of the goings on I've witnessed. Some of it is outright power-mongering, and the kindest name for someone who exploits a sick or otherwise fearful (vulnerable) person is bully. Other unfortunate events, though, are obviously just a matter of ignorance--people not having been properly trained, not really understanding the gift. Although I don't have a clue if such a handbook would be useful--I see the practice of healing as the development of a natural talent more than something that can be taught--I'm going to give it a try anyway, just in case someone could benefit. I have in mind a general idea of the project, and am still working on it. So, if you're interested in this field of service, maybe you'd like to contribute your thoughts. If so, they're welcome. Meanwhile, I will write articles here that show my point of view, sort of as drafts of chapters.

One pertains to something I have noticed so many times that I doubt it's coincidence. I would like to request practitioners to join in my experiment to see if there is basis for my hypothesis. My experience with this has to do with certain women cancer patients, and this may be only because there seem to be so many of them. It could apply to other cancers, to men, to other disease.

In my experience, the women with this diagnosis are rather unique to our time. (And this may be a relief--if it is so, the set of specific circumstances unique to our time will pass and maybe this ugly diagnosis will go with it.) One of the things unique to our time is that women are not only allowed but encouraged to stand up and be individuals, to achieve for themselves just about whatever they want. Certainly at no time (or place) in history has this been true for the average woman.

What's also allowed, as well as encouraged, is the concept of "support." Over and over and over I hear the following from ailing women: "I'm so grateful for all the support I'm getting." I hear it from them, I hear it second-hand from their friends if I don't speak to them directly. Friends and family rally 'round, everyone is "so supportive." The patient feels loved. Often she is surprised about this.

Although we understand the comforts in support, do you see the conflict? One will either stand up (and be independent) or one will sit down and be supported, but not both, because they are mutually exclusive concepts; one cannot stand up and sit down at the same time. And certainly can't supercede the tribe for independence, and expect love. It may be there, but is not to be expected. The nature of adult independence is to fulfil one's purpose regardless of acceptance, approval, love (a true adult is interested in loving: "Do I radiate love?" rather than "Am I loved?")

Growing up is about letting go of childish wants. And letting go is hard to do. =>



If standing up is growing up, being supported is not. It's really that simple.

I read an interesting study some years ago where several women with cancer were put into a support group. Early results of this study showed that with the support of the group, these women lived longer than had been predicted by so-called normal standards. What was far more interesting to me was that a few years later, when "normally" a certain percent would still be alive, every one of these women had died!

Another way of stating this is to think of the nature of the tribe. We all come into the world as a member of a tribe. First the family, then the extended family, one's ethnic heritage, one's country, religion, and so on. The nature of a tribe is to survive and to perpetuate itself--there is absolutely no room for individualism, which threatens it greatly. All must agree to and adhere to the tribal rules, be as alike as possible, maintain the status quo at any cost. There is no way to be an independent individual, from the standpoint of the tribe. Any such behavior is punished or "you're out," rejection. Today's woman wants it both ways, because leaving the comforts of the tribe, becoming responsible for oneself, is scary business. Society has conned her into thinking she can have it both ways. She cannot (and of course this applies not just to women).

So my hypothesis is that while in the short term, support is comforting and possibly even helpful, relying on it while wanting to stand up independently may be the kiss of death. And I'm even going to really stretch here (because it did occur to me), since cancer is cells running amok, multiplying without restraint: Is it maybe even possible that the body's cells, with their (appropriate) tribal consciousness, begin to multiply like mad in order to provide the literal "support" she is seeking?

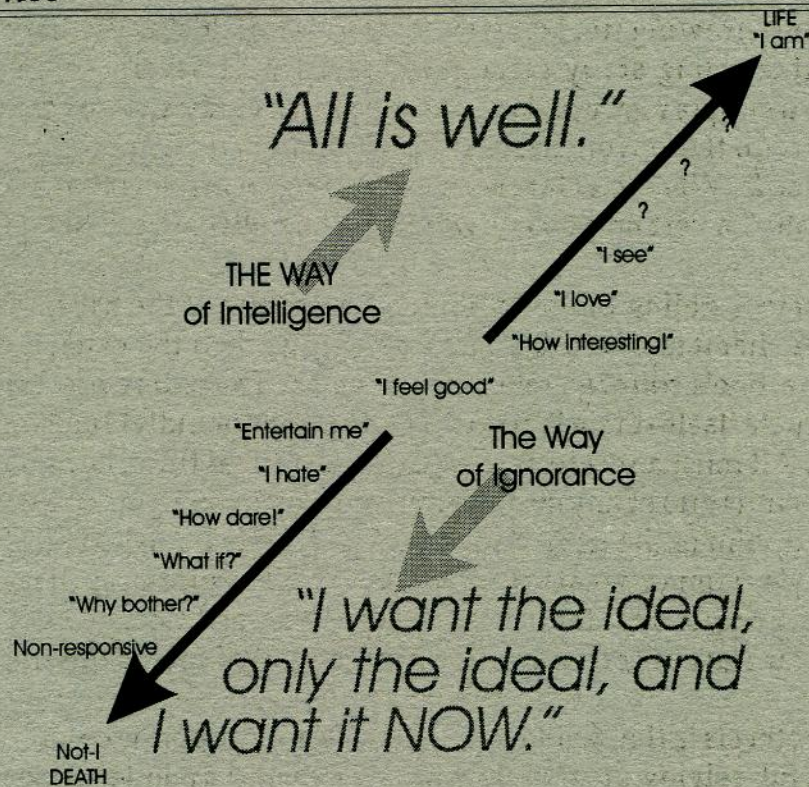
Now, before anyone jumps to conclusions, please don't think I am "blaming" cancer sufferers. There are no doubt many factors involved. I'm thinking about the healing, not the "getting." However, we do know that conflict is the disintegrating factor in human disease and death, this is obvious to anyone who pays attention. My view is that a society that encourages independence and dependance at the same time is one that is promoting conflict (what else is new?). And conflict leads to disease, prevents healing, and in the case of this diagnosis, can lead to death. I know personally of two women who were healed of stage three cancer and declared "in remission" by no lesser "authorities" than the medics at UCLA and UC Irvine. Both women were told "just one more round of chemo, just to be sure," didn't want to do it because they had begun to understand healing, but were afraid of the disapproval of their very vocal families, as well as their doctors, who "insisted" they do the one more round. In other words, their healing was followed by terrible conflict. Both women are now departed--they died within a couple of weeks of the "last round."

If you have a healing practice, please listen to your clients and let me know if you hear the mantra as much as I do "Everyone is so supportive; I'm so grateful." From bright, capable, achieving women who have indeed attained a degree of individuality unheard of in previous times. I'd very much like to hear about your experience.

Future articles are going to discuss putting people at ease, the very essence of healing; active and passive healing; looking at the big picture; things a true healer NEVER does or says; and maybe even "energy work," if there is interest.

I hope we can get a nice dialog going here, and maybe each of us gain something, as well as contribute. I often tell my friends in this work, [continued bottom of page 7]





### KTMU&NMAI

A wise guide once said that the whole of spiritual teaching and practice could be boiled down to one simple phrase: "Keeping the mood up and not making anything important." This is the essence of THE WAY of Intelligence. And it certainly could be one good way of defining adults and children.

But the above is more than just a map of annoying and pleasant behavior. It's actually a diagram of living and dying. We've put above words that describe feelings, in an ascending/descending list that also defines the tone of a person. With practice and lots of attention, you can begin to feel the tones in others (and yourself), no words are even needed. Diseased people are sunk in the lower realms of tone. If you've been around death as much as I have in my hospice work, you will recognize the lower tones as precise stages at the end. If you're lucky enough to be around an adult occasionally, you can learn to recognize (and emulate) the higher tones as well.

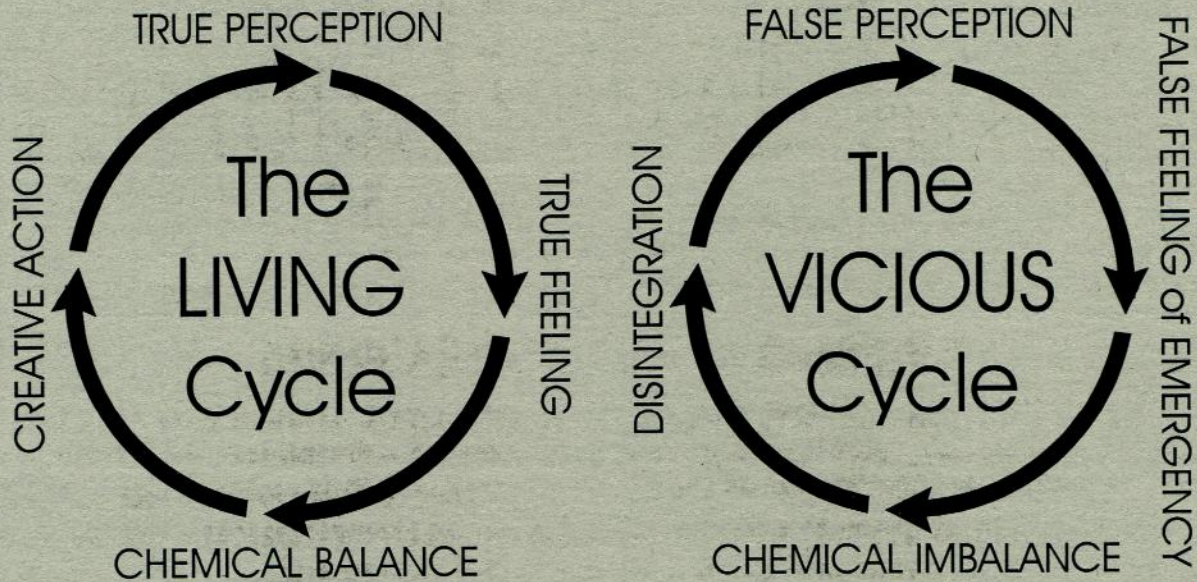
The really clever thing about our guide's little catch-phrase is that if one gets the mood up, one sees (and feels) that nothing is really important. And if one makes the effort to get to the place where nothing is important, one's mood is automatically way up there. And "effort" is a watchword here, because the strength attained in making the effort, or working at it, makes it easier and easier to be KTMU&NMAI. Check it out.

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Healer's Handbook [continued] when they waver a bit (or I do), that we are like those pioneer women in the infancy of the West--we know where we're headed (we have a specific aim), but God knows we don't know what all to expect along the way. There's a lot of uncharted territory which we are determined to traverse. Maybe we can make it a little less intimidating for those who follow.

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### More on The Vicious Cycle

When a person lives harmoniously, his actions can be seen as a continuous "Living Cycle." His or her perception is true, that is based on "what is" rather than an illusion. He has a true feeling about his perception, acceptance that what is IS, and no harmful emotion about it (fear, guilt, anger and all their affiliates). Chemical balance is maintained within the body, and creative action ensues (which can also mean the active "choice" of ignoring). He may change "what is" out of love, or vital interest.

Someone whose perception cannot abide "what is" expects it to change, based on the illusion of some ideal that the change will produce non-disturbance. This always leads to disappointment (hurt) and he or she looks to blame. He may blame others, or circumstances (anger), himself (guilt), not know what to blame (fear) or have been around the vicious cycle so often that he grasps for any answer (insecurity). These all produce a false sense of emergency.

Life provides energy to fight or flee (remember, "X" always does what is appropriate for the information received, whether accurate or not). If he fights or flees a false emergency, this constitutes unusual behavior (a real fight, or a binge of some kind). This works off the emergency energy, but leaves chaos in his environment (inner or outer) to deal with. If he doesn't fight or run, the energy eventually creates unusual cellular activity in an effort to work it off, which results in unusual sensation, then tissue cell breakdown, disease. The person looks for an escape from this adaptation, (a cure), has a new expectation based on illusion (because it can't be "cured", merely allowed to re-balance). And the Vicious Cycle begins all over again.

The way out of the VC is to perceive accurately what is going on, accept "what is" rather than like/dislike/want to change/escape it. Failing that (and nobody's perfect!) when adaptation sets in, to accept it as the intelligent attempt of life to rebalance the body, and be grateful. It will pass if allowed to do so.