

# THE WAY of Intelligence

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Free

## Smile--You're on Candid Camera

Two main tenets of THE WAY of Intelligence are self-knowing and self-remembering. The Picture of Man is the perfect tool to use in the process of self-knowing (see reference section in the center of this newsletter). Self-remembering is equally essential, and both are accomplished by self-observation.

New people are always given a "test" to see if they are genuine potential students, usually the assignment to begin self-observation, that is, to make an observer of oneself that watches all actions and feelings, without condemnation, praise, or justification of those actions and feelings. This observer just "follows one around," rather like, for instance, a private detective, who is hired to watch a subject and observe him or her, but makes no value judgments on what he sees--he just reports it.

Very few people succeed in this endeavor. First of all, they don't realize in the beginning how essential a practice it is if one is to become a conscious adult, but also it is such work and so easy to forget.

Today I saw a documentary on TV that had a bit of information that I thought might make it a little easier to remember to keep up and strengthen this work. According to the documentary, any person in a large city is on camera an average of six times every hour! This includes the surveillance cameras that are in stores, airports, banks, most businesses in

fact, apartment lobbies, and traffic cameras, nosy people, and so on.

Many of these cameras are hidden in quite clever places (for instance in the face of a clock, even in a cell phone!). Regardless of what one

thinks of the privacy issue, I thought, well,

if that's the way it is,

then I'll use it. It's an excellent way to help the work

of self-observation. Use those

cameras as a reminder of your observer. At least while I'm outside my nest, I am pretty sure to wake up at least six times an hour, if I just remember that Big Brother and everyone else is watching. Plus I think it would be fun to find the cameras, not to mention mug for them. Well, when I'm not being a Sly Man, anyway.

I pass this along to all of you who ask me for "handy hints" to do the work. ❖



## Chat Room

Hi Chris, after reading your article on healing I was thinking of my own experience. In the retirement complex where I live, I have had no luck in teaching other. But I did identify with some of the things you said, about being cheerful and getting along. People always seem to want to touch me and I thought, maybe I am healing? A. Yes. A good mood, not accepting doom and gloom, is always healing. If we confuse preaching and healing, they're probably counter-productive. We give information only if asked, we teach mainly by demonstration (and we both hope we never preach!). Your cheerfulness is the best demonstration. Keeping the mood up and not making things important, which I have always known you to do no matter the challenge--and you've had plenty in your 80+ years--is the essence of healing.

Dear Christine, Thanks for the newsletter, I really like it, especially the stuff you didn't write. Love.. This is only slightly paraphrased, and gave me a good laugh. I couldn't agree more!

Hey, Christine, I watched the Picture of Man video on your web page and was struck with the idea that feeling is the medium of communication with spirit. I have been talking a lot of trash lately—I think I'm going to get my mood up! Ken Well, good. Keep it up long enough and one day your words and your feelings will be in synch and there will be real conversation!

I have really given a lot of thought to what you have told me about disidentifying, though I call it labeling. I realize that in my work [these remarks are from a Reiki master] there is such a tendency to label things: cancer, migraine, arthritis, etc., etc. I'm going to quit doing it—the minute the client has been given a label to his or her symptoms, he or she is completely identified with it, I've noticed that. From now on I will just repeat their description of their symptoms, in fact, keep them on that path of just describing what's going on. I'm not labeling and I'm not going to let them, either. I know you are right, and I've already started doing this and see that people are much more at ease. Diane You haven't even glimpsed the magnitude of the contribution you have decided to make! Than you.

I'm trying to understand the last newsletter better, and I hope you'll bear with me. It's the part that has to do with women and support groups. I've never been in a "support group" and so I'd guess that a support group is a collection of people who are looking for agreement. The worst kind of agreement would be what Carolyn Myss calls "woundology" where people sit around and compare their "wounds." Rhondell calls this an "organ recital", where one organ gets compared to another until the whole organ concert is playing. Healing can lend support to an innate, adaptive ability of the body and mind. In complementary medicine this adaptive ability has been identified as an "adaptation process" or more recently, a "self-corrective ability." The Healing Art of CarnioSacral Therapy, for example, is indicated for use when the "self-corrective ability" of the body requires support. If healing shows up in the form of a "support" group, does it support this innate intelligence? Does it provide the space for the body and mind to self-correct? Or does it provide less space? It seems it would depend on the purpose of the group. If the purpose of the support group is for the people to swap stories, wounds, and organs, and rather than education of the being, can it then be useful? If, on the other hand, the support group is designed around the education of the being, or essence, then would it be called a "support" group at all? There is also insurance to consider. What kind of education could be funded by the requirements of insurance? And if it is a hospital-funded support group it would likely occur within an imposed time frame. If the member isn't (next page=>)

## of Intelligence

feeling "independent" and "whole" by the time her support group is over, then she may leave with a disquieting sense of not having improved, or worse, ⇒ There is also insurance to consider. What kind of education could be funded by the requirements of insurance? And if it is a hospital funded support group it would likely occur within an imposed time frame. But the self-corrective ability does not operate on a fixed, manmade time frame. It has its own schedule and intention going on. It can only be evoked and invited: not provoked. We each have the capacity to draw water from our own wells. If she is a cancer or chronic fatigue or depressive patient, her sudden departure from her support group can eat at her after the support group is over, and then she can quickly worsen. And of course, each person knows that if she stays in the support group "forever," that somehow she is not getting better or improving. Perhaps there is a happy medium somewhere. -♥-James

Thanks so much for your thoughtful letter. You raise some good questions, and most of them have the answer built right into the question. (Especially your remarks about purpose.) But I may have been misunderstood originally, however. THE WAY of Intelligence is about growing up, and I was addressing that only. I was not condemning (or extolling) support groups at all. I was remarking on the inherent conflict of wanting to be independent and wanting support. I was discussing those women I have known or known about with cancer who ARE making an effort to be independent, self-actualizing adults. But who have one foot in each camp, so to speak – the adult world and the world of the child. Or, as I said, trying to stand up and sit down at the same time. (There are many, many people who are not likely ever to grow up, and that's fine with me; they can, and will, find surrogate parents everywhere, and I guess that makes life interesting. I know delightful people who have quit drinking, for instance, and go to AA meetings 14 times a week for years. They know exactly what they value most, support, and go for it – good for them! But those aren't the people I was talking about.) Support is certainly worthwhile (Harmony Workshop would barely exist without the financial support of its dear friends, for instance). But it would exist, in some fashion, because I will do it somehow, with or without support. So when an "independent" person considers his or her purpose, if it's to be "independent" or self-actualizing, he or she must be willing to go for it, with or without support.

As for a bona fide Teaching group, that definitely is not a support group, though most members think it is, and make every effort to make it one. (Read lots and lots about this in any Idries Shah book.) Regarding your question whether a support group can be effective in healing, I would say that it might be just the thing needed to put some persons at ease after a terrifying diagnosis such as cancer. It might help someone to regain her balance after that huge blow. This may be why the women in the study did better at first. If she becomes dependent on the group, though, and still wants to live her life her way, independently, she will eventually be in conflict.

I'd like to keep this dialog going, thanks again for your contribution. ❖

## A Story from Rhondell (1979)

"Now according to this person who told me this story, he said the first law on earth, or the first purpose, when we arrived here, was the law of the jungle. Just pure survival of the fittest. That that was the first way that man had to live on this planet, was that he had to make every effort he could, and that probably used everything up, just to get all the alien forces off him so he could survive. And in this they said there was a number of hairy creatures on this earth that were not too far removed from what we think of as human – they were humanoid. The first chore was to get rid of them. Because they would have brought the human race that was brought in, in this colony, down, so that was jungle law. Get rid of them, kill.

"So this went on for quite a long time, and another idea was put forth, with somebody to propagate it, and that was the way of justice. [First] is the way of the jungle, next came the way of justice. We might settle it down to what we've all heard, an eye for an eye and a tooth for a tooth. In other words if somebody did you in in the jungle bit, or before he did, you did him in. And now then, he stepped on your toe, you turn around and step on his toe but don't step anywhere else. Just on his toe. He knocks your tooth out, you knock his tooth out, and then the thing is supposed to be balanced. So then it became the way of justice. Well, this went on for a long time with more people still living by the way of the jungle than there was by the way of justice, but at least it became an authority of what ought to be, was the way of justice.

"And then of course it was decided that man had accomplished enough that he could pick up another way. So it became the third way, the way of love, or, understanding. And that idea was to understand that whatever the other guy did, or whatever you did, that at the moment of doing it seemed right, proper or justifiable, so they couldn't do anything else because that was the only way they could go.

"Well there was more people still tried to use the law of justice, which basically all cultures in the world are based on that; only the individual thought about this [understanding]. The government still use to put him in jail, hang him, electrocute him, put him in the gas chamber, whatever the case may be, so they've tried to use the law of justice, and still on the street most people still use the law of the jungle.

"So, the way of the jungle, the way of justice, and the way of love are all on earth.

"Now, in the last fifty to a hundred years, somewhere, is beginning to be put out the fourth way. The fourth way is the way of intelligence. Conscious knowing, conscious investigation, finding out, and so in any one case no telling what would be used, any of these or something else, but the idea is that we would consciously, not be [told] but find for ourselves what our purpose was and what our means of achieving it, rather than going to any authority.

"Now the way of love went to an authority, [Continued on last page.]

## Plagiarism?

Several calls have come in lately complaining that so-and-so (ranging from people who knew Rhondell to famous “new age gurus”) have stolen Rhondell’s material, and not given him credit. I’ve told each one that it doesn’t matter, it’s not important, I don’t care. Certainly some people might say I’m doing the same thing (and who knows, maybe the complainers are trying to complain about me, to me, indirectly. Many others are criticizing my efforts quite vocally—people call all the time to tell me my so-called good friends are badmouthing the newsletters, the web pages—not my way of presenting the material, but that I am presenting it at all. I have even been—directly—accused of being the antiChrist for doing what I do.) I’ll address my work in a minute, but first I want to say that I think the complaints all miss the point, they are not evaluating what is going on.

First of all, Rhondell never claimed credit for the information, only the unique way in which he presented it—the Picture of Man and the concise groups of “four” were his own creative invention. I remember making the same complaint to him nearly twenty years ago, in my own ignorance, when I heard about a woman who was drawing the Picture of Man for her students, only using horizontal intersecting ovals for the three parts of the “V”. He glared at me as only he could and said, “At least she’s using it.” (Hint-hint.) So even his own invention was not something he kept only for his own use.

But what I think the complainers are missing goes way beyond “who owns what.” What they don’t understand is that times have changed. It is now 2001, not mid-century when Rhondell first started making the material public. (And that’s part of the rub—some people never thought of their little groups as “public” at all, but rather as a special little cabal where they had special access to the special man for their special selves. They have forgotten that anyone who heard about a class and wanted to check it out was allowed to. This special little group of complainers resents the loss of secrecy, their loss of tribal identity, i.e., their feeling of specialness.) What I see as happening this last forty years is that things have changed—and that this change was specifically what Rhondell and his “associates” (whether he knew them or not, and who all came around the same time and left around the same time) intended! In fact, if you’ll forgive me for being a little dramatic—I feel that we have witnessed a “second coming”!!

Those of you who have studied this material for years understand that despite its unique presentation, the material is ancient. You discovered, when you went back to old texts—scripture, philosophy, mystery schools, even fairy tales—that now that you had the key, you were amazed the information was there all along, though obscured in very dense language, metaphor, symbolism, ritual. The material “came” to mankind ages upon ages ago. What the Teachers of the mid-twentieth century did was “bring” it to us anew, in a way that modern man could understand, sort of through psychology and uncommon sense, rather than the aforementioned media. If you look back on history, the famous people of the past all brought ideas to mankind. . . [Continued next page]

Mankind, in its infancy and adolescence, needed to identify the idea with the person, children automatically do this. But can you think of a famous (or infamous) person in all of history who was not demonstrating an idea, regardless of what his or her name was? Don't we remember the person because of the idea he or she lived? It's more true now than ever, and since enough of mankind has entered true adulthood, this identification of idea with person is obsolete. Grown-ups know the container is not the essence, it's the contents that matter.

What I am saying is that, because of the efforts of Rhondell and others like him, the information is "out there," just as they intended. It was their very purpose! Rejoice that their mission was accomplished, and God knows it was, when you can hear pieces of their work on, say, a TV talkshow, wedged between Springer and Survivor.

Almost fifty years ago someone wrote about this very thing, "stealing" teachings, in a little leaflet called "Isaiah's Job, the Remnant." In it he explained that you know you have accomplished your work when you hear others spouting your stuff and claiming it as their own—they sincerely believe it is their own, and it proves that they have learned it from within.\*

So, regarding the proliferation of Rhondell's material, and in unlikely places, know that all is well—it's precisely what he intended. In fact, I will now tell you word-for-word what he told me in 1986. I have considered it my "holy orders" ever since, and apologize to no one for my efforts to "obey" these orders. This is a quote, from Rhondell to me: "I'm giving you Harmony Workshop... I want the Picture of Man available to the entire world, without promoting it, of course." Although I understood the benefit, and the restriction, it was inconceivable to me at the time how such a thing could be done. "How could we do this, Robert?" Rhondell: "I don't know."

Well, now I know, and it is, of course, the internet, which neither of us could even have imagined at that time. (Although later, in 1994, I sat him down in front of my computer and showed him the internet, and when I told him the pros and cons at that time of putting the material there—there were security risks, people could tamper with pages—and that I wanted to wait a bit, he said it was completely up to me. So I take full responsibility for what I'm doing. If it turns out not to be a good idea, I'll remove it.) The Picture of Man and all attendant information is now on our web pages, available to nearly all the world, without promotion. I have developed correspondences about the material with people as far away as South Africa, Buenos Aires and Belgium, not to mention all over this country, who found us through the internet. Tell me Rhondell isn't rolling around heaven laughing his head off!

Now, all this said, I will remark on the other side of the situation. What really does leave a bad taste in one's mouth is the OTHER stuff, purported to be from Rhondell, that ranges from dubious to utter garbage. There is some of that out there, too. And I don't care about that, either. I suspect it's part of the purpose—the teachers are well known to put meaningless distraction in the path of unsuitable people, and I feel that is exactly why the titillating junk is out there, "Life works in strange ways," and who am I to judge its perfect unfolding? To anyone who is worried about all these changes, I'd like to remind you of something a Wise Old Man said, which as far as I can tell, proves out again and again: "The Teaching protects itself." Not to worry. ♦

\*If you'd like the leaflet "Isaiah's Job, The Remnant," please send a stamped self-addressed envelope, I'll send it right out.

## Healer's Handbook

Our discussion last time about a specific psychological obstruction to healing elicited a few calls that showed me there's some misunderstanding about adaptation. People called about minor discomforts and wondered what their inner hidden agenda might be because the discomfort showed up, or didn't go away. Not every discomfort is disease (but is certainly dis-ease if one is not free to experience it), and not all adaptation has a psychological aspect. Besides an inner state in conflict, there are other factors that contribute to adaptation: environment, activity, and nutrition.

If you are in the sun too long, you probably will get sunburned. Maybe there was no conflict whatsoever, you were having a good time. A lack of attention probably allowed you to stay out too long, but maybe not even that—maybe you had work to do that was of greater value than avoiding a sunburn, maybe you were willing to pay for your extra good time with a sunburn. That's all there is to it, nobody would think of traipsing off to analysis for this adaptation. Ditto if you ate slightly tainted food and were up all night getting rid of it. More attention at dinner might have prevented it, and it's just an event that came and passed, pardon the pun. People often tell me of working out or doing yoga to the point where they are sore the next day. They may mention it, seldom really complain, they did what they wanted to do, and don't even think of hidden agendas. They see the perfect balance, and because they are free to experience it, they hardly notice it.

Any of these factors, nutrition, physical activity, environment and inner feeling, when out of balance will bring on adaptation to correct the balance. But sometimes it's not even that—it's just the way things are. If you were shorter than average, or taller, you probably wouldn't think it something that needed to be healed, no matter how much you might desire it be different. If you make yourself uncomfortable all the time about it, your inner state alone, nothing else, can bring on illness. And I used this example on purpose, it sounds so silly. We see people sometimes compensating for height in various ways, but seldom see anyone making themselves sick over it.

But many complaints are just as silly—they are based on the idea that we should be non-disturbed always. We do inherit some weaknesses as well as strengths, and even then it is only relative to someone else. My weakish knees are a lot stronger than those of some people I see using walkers. How "serious" is myopia compared to blindness? Intelligence is free to experience such things without demanding they be changed; ignorance wants the ideal of no annoyance whatsoever.

The body is always in a state of balancing. Even the medical arts admits this sometimes (they call it homeostasis, defined in my dictionary as "a tendency toward maintaining a relatively stable internal environment in the bodies of higher animals through a series of interacting physiological processes.") So, little incursions are met with little adaptations all the time, and there isn't necessarily a deep inner meaning to it, nor any cause for concern—unless you are not free to experience a little discomfort. One of the main principles of THE WAY of Intelligence is that ideals are illusions, there are no such things as ideals for life on Planet earth, or if there might seem to be on rare occasions, they pass very quickly. Making an ideal of "health" is as fruitless as chasing any other ideal. Healing requires adaptation, and allowing discomfort is the same as allowing healing. ❖

## A Story from Rhondell (Continued from page 4)

the way of justice went to an authority, and possibly the law of the jungle and the way of the jungle was the absence of any authority except necessity. "Which is why people are constantly always saying that if you didn't have a government to tell people what to do, they'd all go wild and do all sorts of terrible things. Of course they do terrible things WITH the law every once in a while, too. I don't know whether it prevents it or not.

"So here's the way of intelligence, which is the age that we live in today. An intelligence, number one, to subdue this alien planet as much as possible so it's reasonable, or at least, more than reasonably, comfortable for us with what adaptations we have learned to make with the use of intelligence. We've learned to build clothing, we've learned to build transportation, highways, homes, air conditioning, heating, you name it. And nice ways to process the food that grows on this planet, which is not fit for our consumption basically, except very small amounts of it, without some sort of processing. You process most of the things you get in the kitchen? Hardly ever would you go out in the garden and sit down and eat the carrot right out of the ground, or in the ground—rabbit does, gets along fine, you wouldn't pull up a stalk of celery and just eat it right there, you'd at least go launder it, is that right? Hmm? So everything has to be processed for you, 'cause you're not a native of this planet, you're a much different, finer grained thing that's here.

"So now you have some purpose other than what the rabbit does. The rabbit eats, reproduces, eats, reproduces and goes on his way and that's about it, huh? And that's not quite enough for you 'cause you've got a little more on the ball than that. Now what would you do?" ❖

**Lots more stories (and jokes) from Rhondell coming soon on CD**

**HARMONY WORKSHOP WEB SITE ADDRESS**

[www.harmonyworkshop.com](http://www.harmonyworkshop.com) (links to all sites)

[www.pictureofman.com](http://www.pictureofman.com) (scads of printable material and a narrated, animated Picture of Man video)

[www.rhondell.com](http://www.rhondell.com) (the complete Rhondell catalog)

[www.goodleather.com](http://www.goodleather.com) (books and small leather gifts and journals for mail order)

[www.thewayofintelligence.com](http://www.thewayofintelligence.com) and [www.wayofintelligence.com](http://www.wayofintelligence.com) (this newsletter in PDF format to print)

[www.healershandbook.com](http://www.healershandbook.com) (coming soon)

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# Reference Section

# THE WAY of Intelligence

## THE FOUR FORCES

### INITIATIVE

#### *First Force*

Intelligence, Inspiration, Biological Factor, LIFE

### RESISTANCE

#### *Second Force*

Always arises to meet Initiative in opposition, as opponents in a game; not "bad" but seen so when the purpose of living is to be non-disturbed because Resistance may be uncomfortable. Resistance is required for anything to develop.

### FORM

#### *Third Force*

The manifestation of the play of Initiative and Resisting, producing:

### RESULT

#### *Fourth Force*

How the above are experienced,  
What's done with/about it.

## THE FOUR QUESTIONS

WHAT AM I?

WHERE AM I?

WHAT'S GOING ON HERE?

WHAT CAN I DO, IF ANYTHING?

## THE FOUR GREAT GAMES

that operate by suggestion

POWER POLICIES--Decrees what's "in" and "out"

MEDICAL ARTS--Decrees what's "normal" and "abnormal"

THEOLOGY--Decrees what's "good" and "bad"

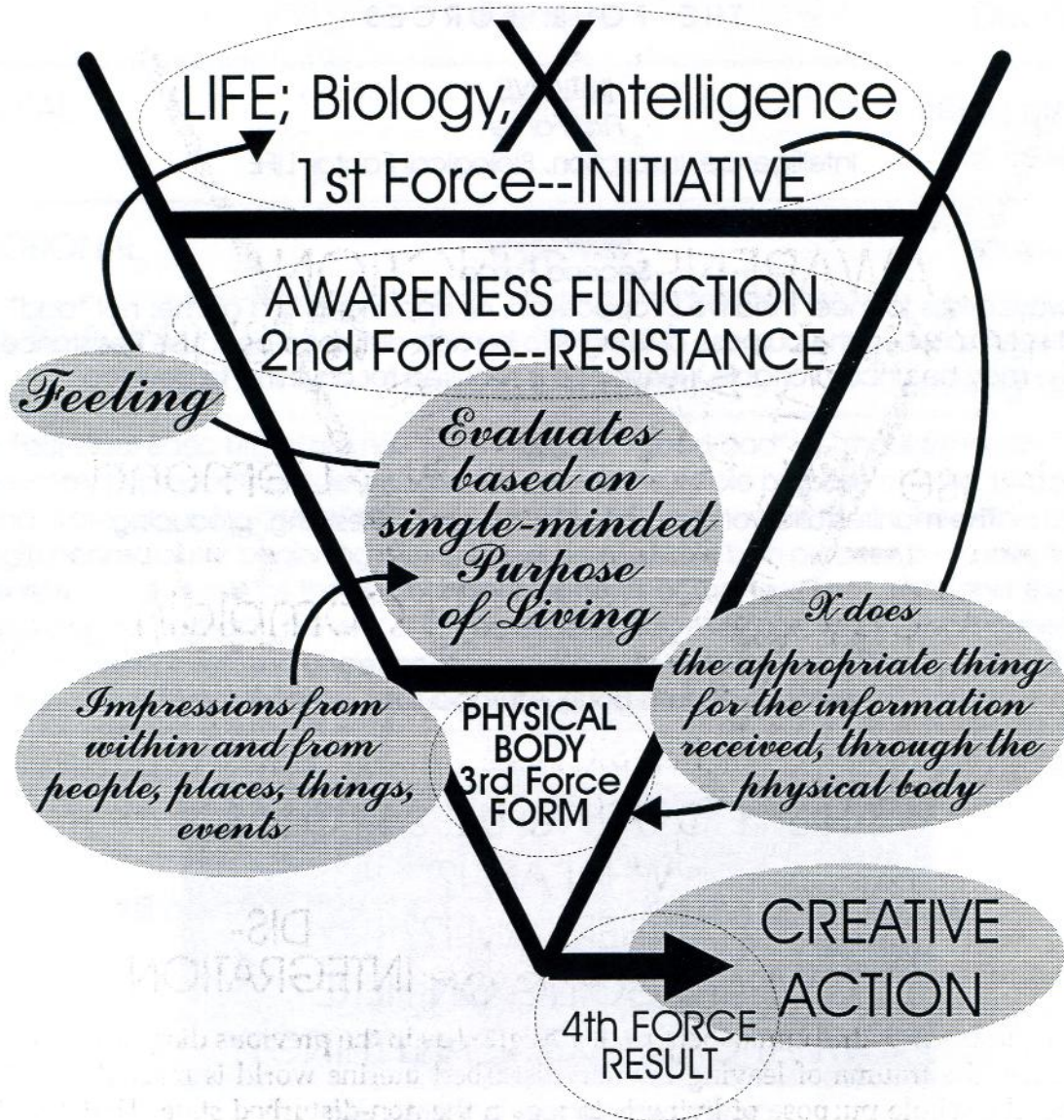
BIG BUSINESS--Decrees what's "pretty" and "ugly"

Definition of SUGGESTION: a threat or promise; anything presented with a threat or promise

A human being is 100% SUBJECT TO suggestion 100% of the time, but is free to ignore it.

# THE WAY of Intelligence

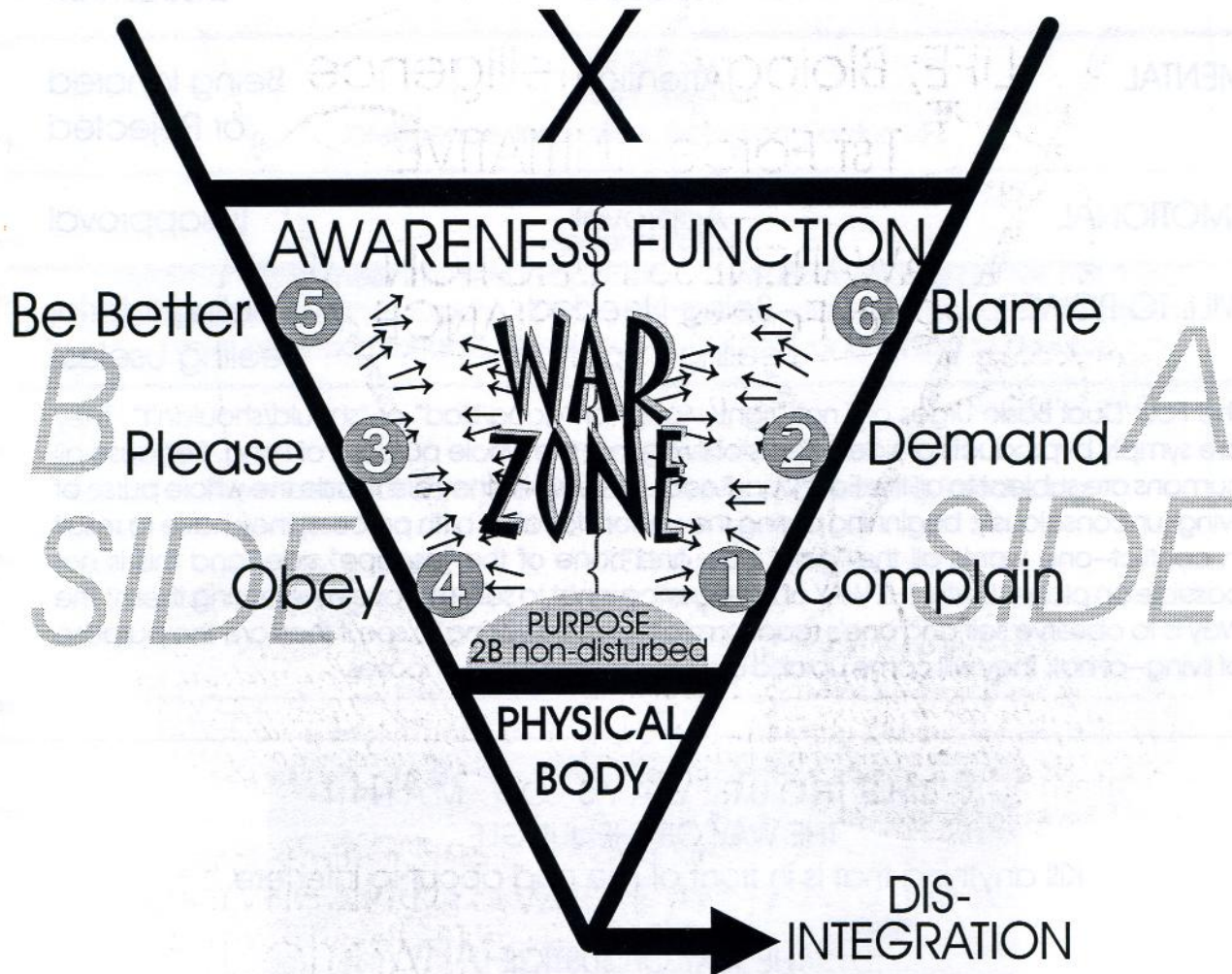
## THE PICTURE OF MAN as designed to function



A human being has four aspects, which are not separate but are interdependent. The first is the biological aspect of LIFE FORCE, called X here because it is not really definable--one knows it's there, one knows when it isn't, in any creature. So, as in algebra, an X is used to denote that something is there which cannot yet be precisely defined. Next is the AWARENESS FUNCTION, which is the senses but more than the senses when developed. A developed Awareness Function is more than the "programming" of the brain, it determines feelings. The third aspect is the MOTOR FUNCTION, the PHYSICAL BODY through which life is lived. The fourth aspect is the ACTIVITY of the whole. When a single-minded purpose is the foundation of a person's life, there is no conflict and he or she functions with all aspects in harmony. The Awareness Function receives impressions from within and without, from other people, places, things, events. It forms a feeling about those impressions which it does not choose to ignore, and the feeling is in tune with the purpose of living. The feeling of Awareness is a medium of communication with the Life Force, X, which responds appropriately through the Physical Body to the information received, and Action ensues.

# The Way of Ignorance

THE PICTURE OF MAN  
with purpose of living to be non-disturbed



Few people function as the human being was designed as in the previous diagram. When an infant is born, the trauma of leaving the non-disturbed uterine world is reacted to with a feeling that the whole purpose of living is to regain the non-disturbed state. That decision becomes the attitude and action from then on. As he grows, the child makes more decisions as to how to gain his purpose of non-disturbance. He complains, which works for an infant. When one day this fails to work, he sticks up for his "rights", or demands non-disturbance. (These begin the A-side of the Picture of Man.) Eventually he finds that pleasing people sometimes gets him his way. (This begins the B-side.) At this point conflict sets in. He wants to cry "but" feels he "should" please. Then he sees parents, teachers, others as authorities. This is understandable for a child and helps keep him safe. It is not adult behavior, however. The continual conflict between what he wants to do and what he "should" do (conflict between A-side and B-side) intensifies and he feels if he would improve, things would be better. This doesn't work, either, and he blames everyone and everything for his disturbances, living in conflict, except when distracted. Conflict is felt by the Awareness Function to be an emergency. This false emergency is communicated to the Life Force, X, which always does the appropriate thing FOR THE INFORMATION RECEIVED, in this case supplying energy to fight or run. If this mobilized energy is not used in violent activity, it disintegrates the body; using emergency energy in a non-emergency is unusual behavior; neither is harmonious living. Eventually disintegration ensues.

## THE FOUR DUAL BASIC URGES

LEVEL	GAIN	ESCAPE
PHYSICAL	Comfort, Pleasure	Pain, Discomfort
MENTAL	Attention	Being Ignored or Rejected
EMOTIONAL	Approval	Disapproval
WILL TO POWER	Being Needed Feeling Important	Feeling Inferior Feeling Useless

The Four Dual Basic Urges are not "right/wrong" or "good/bad" or "should/shouldn't". They are simply byproducts or side-effects of living, not the whole purpose of living. Because all humans are subject to all the Four Dual Basic Urges, when they are made the whole purpose of living (unconsciously, beginning during the uncomfortable birth process) they have to result in conflict--one wants all the "gain" side and none of the "escape" side, and this is not possible on planet Earth. THE WAY of Intelligence is not to self-improve by rejecting them; The Way is to observe self and one's reactions to them, checking to see if they are the purpose of living--or not. They will come up and can be ignored if one chooses.

### THE FOUR WAYS OF MAN THE WAY OF THE JUNGLE

Kill anything that is in front of me and about to interfere.

### THE WAY OF JUSTICE

"An eye for an eye"--not your life for an eye.

### THE WAY OF UNDERSTANDING

Understanding that whatever any person including myself has done, is doing, will do, is felt at the time of doing to be right or proper or justified with the light he has at the moment.

### THE WAY OF INTELLIGENCE

Aware of the Purpose of Living, the will to do it--knowing what I am, where one am, what's going on, and what I can do. In charge of my inner state.

PLEASE NOTE: If you do not understand or have any questions about this information, please do one or more of the following: go to [www.pictureofman.com](http://www.pictureofman.com) and read the material there and view the animated, narrated PICTURE OF MAN video lecture; go to [www.rhondell.com](http://www.rhondell.com) and order "Who's In Charge of My Inner State?" or any other book or tape listed there; request back issues of newsletters from Harmony Workshop at 314-C East Broadway, Glendale CA 91205 (please send postage); email [christine@harmonyworkshop.com](mailto:christine@harmonyworkshop.com) or phone at (818) 552-2005