

# THE WAY of Intelligence

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## More on The Picture of Man

**Q**uestion: Last Time you said "The sense of I usually resides in Awareness in the unintegrated person... and that integration means knowing you (I?) are one with X." Are you talking about that blissed-out state people describe where they feel one with the universe? Do people actually walk around in that state? If so, I feel it's hopeless for me, I'll never get this work done. Janice

Am I talking about that blissed-out state where I feels one with the universe? Well, yeah. *But...* to think in terms of either/or, either I feel like I am Awareness or "ideally" I feel one with the universe, is to see things in black or white, good or bad, off or on, etc., when instead there are infinite shades of gray in between which I can achieve, and it's not all that difficult. I've found that heavenly One With The Universe state to be quite transient (alas). And as Rhondell says, you certainly don't get anything done there.

What we can do, is disidentify from that "I-I-I" feeling by seeing self in the "third person," that is, he or she instead of "I". She is reading this newsletter, instead of I am reading it. That feeling of self is not going to go away, usually, but we can see it as not our Real Self, as sort of a companion (I like to think of Christine as one of my pets—I cherish her and want the best for her, and know she is likely to scratch or even bite on occasion, cunning little animal that she is.)

I think I first mastered this some years ago when she had suffered what she thought was a rejection (but wasn't) and was wallowing in self-pity and grief long enough. I knew I had to get on with it, and remember vividly patting her on the head, so to speak, and saying "You stay right there in the corner sobbing, I've got to go to work," and I "put" her in the corner of the dining room and walked out the door and went to work. And had the best day ever. You can do this with a little practice. Start referring to yourself in the third person (and never mind the therapist types who would say you are neurotic, or those who accuse you of poor grammar; I get that one all the time) and just practice.

And one more thing, please don't make an ideal out of the work, thinking there is a perfect (read "non-disturbed") state I will reach if I just "do the right thing." It's an ongoing process, I doubt it's ever "done." And just seeking "states" is a real trap, it's

not at all what the work is about, this work is about self-knowing and self-remembering--states are byproducts of this.

**Q**uestion: You spoke about language in the last issue, that The Way of Intelligence uses language in a specific way. How does it use the word "archetype." M.J.

It doesn't. But I do know what you mean, since this word is in wide currency in your world if you are studying your inner self. I like to think of archetypes as roles Life plays. ("Role-playing" is definitely in The Way of Intelligence vocabulary.) Life plays the hero, Life plays the criminal, Life plays the whore, Life plays the princess, Life plays the child-killer, Life plays the Christ. Life plays any role we have ever imagined, because Awareness chooses the role.

The Way of Intelligence knows that archetypes are just roles, and not to be identified with. (Or, in "advanced work," one alternately identifies and disidentifies.) Roles are descriptions of characters in a script, and if I were in a drama acting out Mary Magdalene or Mary Poppins or Mary Queen of Scots, I would be certifiably nuts to think or feel I *was* that person indefinitely. Guess what, there's no difference between a character in a play and a character in Life. People just think there is, so they can justify making things important.

There was in recent memory a famous beautiful princess who completely identified with her role and met a tragic end. Think of how differently it all might have turned out had she only known at the beginning that it was just a role she had taken on. (The world is a wonderful Teaching device, and if even just a few see this, that beautiful young lady did not die in vain.)

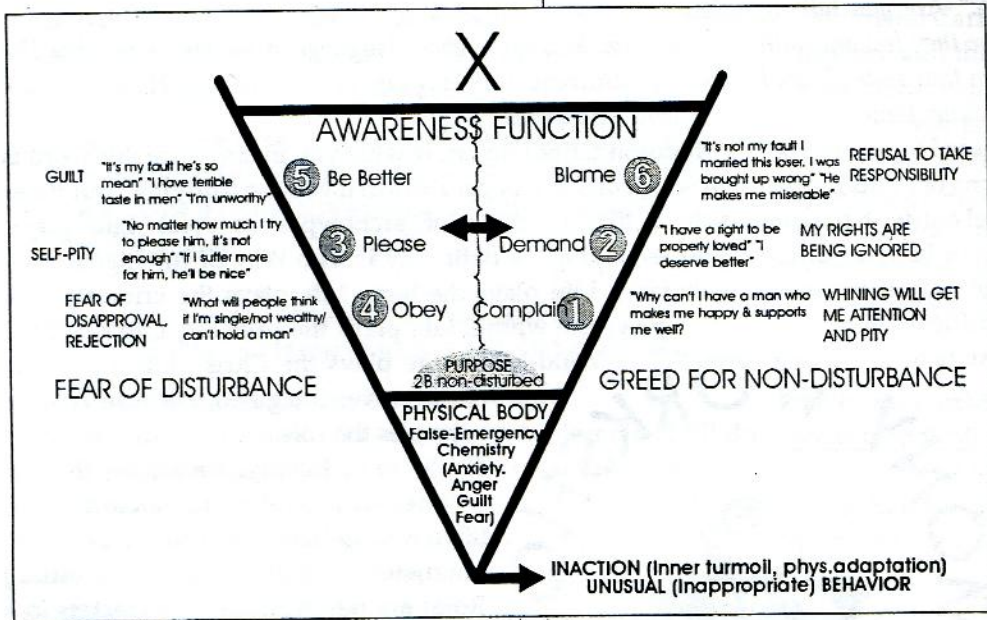
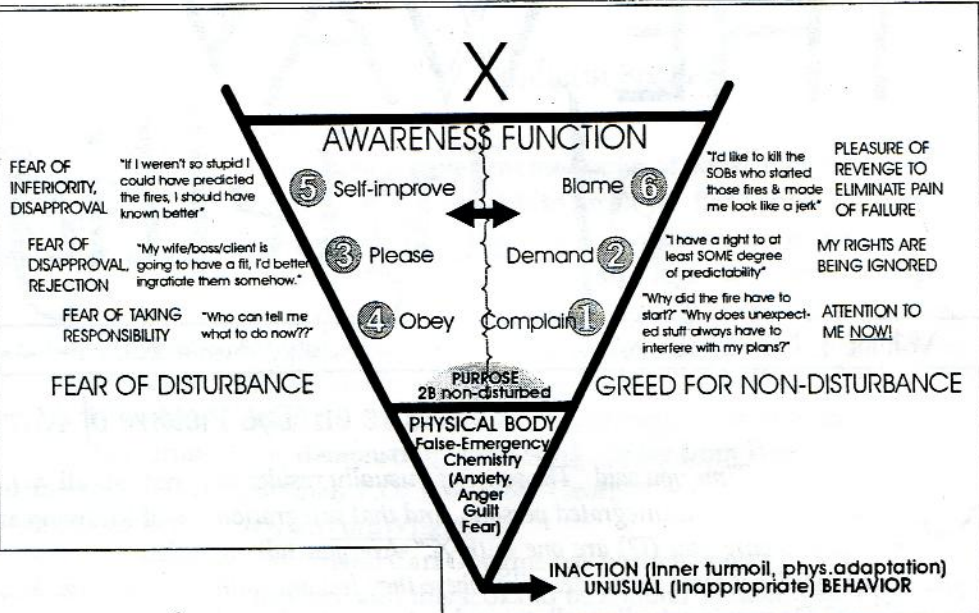
**C**hris, you said the bigger the problem, the bigger the Not-I's. I really saw that! Alex

What I hope I said was "The more important we make anything, the louder (or more intense) the Not-I's." I'm glad you saw it and I hope you can laugh out loud at them now. (They hate that.)



XTime, Here is a practical situation to consider for the application of the Teaching: There is a middle-aged woman with three small children and no earning skills. Married to a guy who is a good breadwinner, but is a controlling tyrant and buses her and the children very severely. Not physically but verbally and psychologically. She is in conflict over whether to leave him and face poverty and hardship or stay with him and take the abuse. He refuses any counseling. M.

Chris, I am in the lumber business and have probably lost a major customer because of the recent fires. I am trying to fit this into the Picture of Man. T.



lumps--there isn't a game in the world worth playing if the outcome is cut-and-dried, if there is no challenge. Miscalculations and or the unexpected happen. He can quit grumbling and take charge.

I can't find the biblical "narrative version" of the Picture of Man you mentioned in the last issue. Can you tell me exactly where it is? S.

I'd rather not. I'd rather you did what is much more to your advantage and make the extra effort to find it yourself, like I did. If you're not at all familiar with these old texts, I'll give you a hint--find what's called a concordance and go from there. (Plus, our memories are sometimes short--I did a whole article about this, including Chapter and Verse and illustration, in a newsletter a few years ago, and you were on the mailing list.)

I think the diagrams answer your requests, but I realized while doing them that there are practically infinite versions of what the Not-I is saying, which Dual Basic Urge is activated, etc. Rhondell used to say, with one of his country-boy analogies, they were like "pickles in a barrel--you remove one and another pops up and takes its place, there's no end to it." So probably anyone who takes the time to read the diagrams might put different ideas into different places.

Space doesn't allow the "integrated POM" pictures, so I will give the "narrative version." If the lady were to wake up from her walking nightmare, she could say, "What am I? Spirit having a human experience. Where am I? In a situation not to my advantage, nor to my children's. What's going on? Paralysis, because I am in complete conflict trying to escape this pain by avoiding more pain, and retain the pleasures that I do have. What can I do? Become responsible and take the risk that Life is love, and surrounded by that love, that I can radiate, will find that every appropriate condition will manifest for me to act appropriately" Tall order, but what's her alternative?

My pal the businessman can remember that he's playing a game, that games usually need a strategy, and reevaluate and revise his strategy. And of course, graciously take his

memories are sometimes short--I did a whole article about this, including Chapter and Verse and illustration, in a newsletter a few years ago, and you were on the mailing list.)

I read a really far-out book that said there is a reptilian race ruling the whole world. The book was full of conspiracy stories, but the author did seem to have some of the Principles. He said they are constantly tricking the rest of us into feeding them with low-vibration emotions like fear, frustration, and so on. What do you make of it? Is there really a race of reptiles here? G.C.

I slogged through that book, too, and you're right, it's wayyyyyyyyyy out there! The poor guy who wrote it is so right and so wrong. I will put what he said right into a different perspective (and ignore the rest), because I kind of like the idea of looking at Not-I's as reptiles--when I really see them with inner sight, that's exactly what they look like to me, snakes and big fetid eggs in people's bellies, and crocodiles and dragons.

He says they came from Mars a few million years ago (!!--how does anyone check that out?) and I say it doesn't matter what their origin, we do live in a realm where there seems to be a cold-blooded, greedy, loveless energy ruling the world. And ruling me if I let it. Why it's here, I don't know (What am I doing here would be a better question). What I can do about it, I do

know. Recognize it, and how it works, and refuse to feed it. And maybe point it out to others, *if they ask*.

It works by suggestion, mostly. (It can also fly planes into skyscrapers when it gets dense enough. Which presents more suggestion regarding what to do about it.) Suggestion is always a threat or a promise.

It's pretty obvious that it feeds off harmful emotions (as defined by The Way of Intelligence), and that emotions are a very low vibration. Does conflict energize you or zap you? Make you feel heavy and slow? Does worry exhaust you? Rage? That energy went somewhere. When we're not feeding Not-I's there's plenty of energy to do whatever we want.

As for the author's contention that it is a separate race, that's kind of cop-out, because he's making a dualistic "us and them" situation--those bad guys and us good guys. The Way of Intelligence says it's all within, starting with erroneous thoughts like

### Excerpts From a Talk Given by Rhondell in Florida (1977)

#### What and Where Is "Truth"?

What I hold to be true is what I live by -- very few people have considered that when they're looking for truth, they really already have it. Everybody you come in contact with is living by something, and that something is what they hold to be true. Now it may be more than one something, frequently it is, and it leaves them in a state of conflict. So we will try to discuss a little bit how we might work with other people and ourselves, that we would not get in a state of conflict and could determine what's true for me.

#### Aspects of Man

First we will make a picture of how a human being is designed. Now don't accept this because I said so. We can see that everybody around us has a body. We don't see those that don't. Man is not that body; but that's a very necessary aspect of it.

Now also everybody we see has something that we refer to as awareness, even if they're sound asleep, you tickle them with a feather and they sneeze. You poke them a bit and they wake up. So they're aware of what someone else says, we're aware of temperature -- a thousand things.

Now there is something there that we will refer to as X. We don't know what that is, but we know when it's present and when it's not. If it's not, we have a little service and say "Here lies the remains" -- and there's nothing happening. So whatever that is, I will refer to it as Life.

#### Can't Precisely Define Life

I don't know what Life is except that I can tell it's around. I can see what it does. But I don't believe there is a definition of Life. Have you ever heard a definition of what Life is? You don't have to have a definition because you can see a tree without it and you know it's a dead tree. You could say that energy is Life -- with a little intelligence possibly. You're chasing a rainbow. They say God is love. You say "What is love?" Love is Life, and so forth. We know It exists, but we can't put a definition on it. Even electricity, which is an energy, cannot exactly be

"The whole purpose of living is to gain and escape," and we can choose to identify with it (which we do every time we complain, stick up for so-called "rights," obey and quote so-called "authorities," please for effect, guiltily "self-improve," or blame), or not. If we identify, it appears that they are entities, but they are not life.

I do like to read all kinds of points of view, to keep informed, and I must comment on books like this one, that the author is unwittingly (maybe) being duped himself--by putting so much conspiracy garbage in his book that is utterly derogatory to utterly everyone (except him, his gullible "researchers" and his Faithful Reader), he has so discredited himself as to make the bit of truth that was there obscured and almost laughable. I think the "reptiles" enjoy that immensely. (I read the footnotes carefully--most of his "sources" were pathetic.)

defined. A book starts out "In the beginning God". It could just as easily have said "In the beginning energy," or "In the beginning Life."

#### All Life Has a Function Going On

Each of these living things always has some function going on -- you're eating, you're sleeping, your resting, your talking. You ask someone what they're doing and they say "Nothing", but that's not an accurate statement because they're doing something -- they're breathing. There's so much activity going on inside of us each moment, it would be impossible to stop it.

There are four aspects -- the physical body, an awareness, Life and a function -- and we each exist in an environment. From the environment we receive certain impressions. From the physical body we receive certain sensations. From those impressions and sensations we form an idea of the way things are -- we have a feeling about it -- even to "I like" or "I don't like."

#### What Happens When We Approve--Exact Energy Supplied

If it goes with "I like", it generates a certain amount of energy, the amount required in the physical body, to carry out the appropriate function in that respect.

#### Example

I can climb up on this stool here and jump off on the floor. I don't know how much I weigh, and I don't know how far it is to the floor; but I can look down there -- that's all. When I jump It would generate the exact amount of energy to hit the floor. Now suppose you wanted to pull a trick on me and you cut a hole in the floor and put the carpet back over it. I look and see the carpet, jump to the carpet and go two inches further -- you'd have to take me to the emergency ward to get the bones fixed -- because I wasn't prepared for those other two inches. By the same token, if you put the floor two inches higher when I jump, I would have enough energy mobilized to go to the floor, and I wouldn't use it all and that would be an explosion and you'd still have to take me to the emergency ward to get something done for me.

### X Does the Appropriate Thing for the Information Received

So we could say that this Life principle we refer to always does the appropriate thing for the information it receives; and the information it receives is a feeling I have about the sensations and impressions I have. Sometimes in combinations, sometimes they're alone. Now if all these were without conditioning, we would probably be able to handle every situation no matter how unexpected it may be.

### Birth into the Earth World

Now the most unexpected event ever happened to any of us was the day we were born. We had been floating around in a totally non-disturbed environment and we suddenly found ourselves in the earth world where we had to breathe and do all sorts of things; and I'm sure the day before, the last thing the infant could have conceived of was to be alive in the earth world. It's alive, but in the uterine world. Now suddenly it's the earth world.

Now you could be no less prepared for any event to come along. You had no education, no preparation; but still a combination of these two without any conditioning much, the little one reported something, a feeling to X, and X did the appropriate thing and we all grew up. So it can handle any unexpected situation.

### Anticipation Fruitless

Of course, we spend a lot of time anticipating what tomorrow's going to bring – next year. We make all kinds of elaborate plans. Did most of the time it work out? Or did something else happen and you got along fine anyway. It's a wonderful indoor activity or pastime making all these elaborate plans. What we're looking at is the picture of man as he is.

### More on Truth

Each of us lives by what to me is true. Now what we came up with is based on one fundamental. Once a decision (conclusion) is made, that conclusion is the rule of attitude/action for that individual from then on. Even though that decision was made when we were six minutes old and your now whatever age you want to make it – 28, 32, 50, it doesn't make any difference.

### Personal Truth is Established by Making a Conclusion

One establishes one's truth by a conclusion. The conclusion equals "my" truth, not "the" truth, but my truth. We'll try to go slow and see what decisions we've made, and what truth, therefore, we live by – not with the idea that anything will be right or wrong, good or bad, but simply that it is. By making it conscious over a little while and observing it in action, if it suits our purposes, we could change it. We could make a new truth, which you might say is a new purpose of living.

### Awareness Determines What's True

The awareness function has the capability of making the conclusions or forming decisions or deciding what is true. The first truth that any of us established was in the process of being born – don't take my word for anything, check it out. If you got any kids around or you know any, check with them – I don't care if they're only a day old; or if you're 100 years old, I think

you could check up and see it's still there.

### The First Truth

The first truth was a very logical one. We were floating around in a totally non-disturbed state. You never got short of breath because enough oxygen comes through a little tube. You never got hungry because of that tube. You never felt any strain to get rid of waste material; if you ever traveled 700 miles across country you know about that. So you never have any of this stress or strain. There's no loud noises to startle you – every sound is so muffled. You never need to turn the air conditioner up or turn the heat on – everything's taken care of. You could say you lived in a literal Garden of Eden. You had everything you could ever want provided for you without you even wanting for it. Everything was provided for me without me even knowing what it is I want. In the uterine world, something "read" it and gave me everything I could have wanted; but I never did get to want it because I already had it.

### Being Born

But then one fine morning about 6:00 a.m. back in the mountains of Appalachia, my whole system got changed, I got born. Suddenly I was suffocated, I was under intense pressure. I felt sensations that to me were totally unexpected and unknown – those were very difficult. Now I happen to remember that day, believe it or not. And I don't care whether you do; but I remember it and it's the most God-awful thing I ever went through – or since. I do remember that and it was difficult – suffocation, feeling like you're going to pass out, tremendous pressure,

### Definition of Pain

pain, or sensations which you don't like, which is what pain is. Pain is only sensations – some I like, some I don't.

### Forming the Master Decision about the Purpose of Living

I didn't like any of these. And so with feeling – without any words, I didn't know any language, I formed a feeling that the whole purpose of living was to regain that non-disturbed state which was so elegant just a few minutes ago, huh? Seems a reasonable thing to do.

### What People Consider the Truth about the Purpose of Living

This is our truth – formed by a conclusion. The purpose of living is to regain the non-disturbed state. We said earlier that once a conclusion is made, it is the rule of attitude/action from that moment on; unless the person somehow or other reevaluates the whole thing by making that conclusion conscious so that conclusion no longer fits my purpose. Everybody that you run into is trying to be non-disturbed and very upset because they have been.

### Definition of Non-disturbance

Everyone is making a big noise that they should not be disturbed in any way – in other words a challenge. The uterine world is a world of non-disturbance, the earth plain which we got incarnated into is a place where you're under constant challenge – more or less of some sort or other.

### Methods to Try to Regain Non-disturbance

Now I've been trying to live with this purpose for many years. Now we'll see we found method for doing it. The first method I used in attempting to be non-disturbed was to complain. I cried a lot. Now if found that crying worked reasonably well because every time I made a lot a noise some big something came along and picked me up and tried to make me comfortable—did that happen to you? It worked for two years, then it didn't work so well.

### X Maintains the Physical Body

Now one thing we all want to gain is physical comfort and pleasure. And of course we want to escape the sensations we don't like which we refer to as pain. It would be interesting to observe that sensations is the way that X reports to awareness that something needs to be done or that you are doing something that's detrimental to your well being. Now X gets impressions from the environment as well as here [Awareness]; it tells you when you need a drink of water. Would you know when it's time to have a glass of water; or do you receive a very definite message that you call thirst. If you don't respond and get the glass of water, then it gets more intense. X gets more insistent that you get it.

If you were to pick up an object in the kitchen like a hot skillet handle, you receive a direct message from X to set it down, quick—drop it because it's going to injure the body. Now there's no way that you could know what temperatures you can handle unless you receive this information from X.

### Awareness is a FUNCTION of X

Awareness is only a function of X, and only X has the intelligence and the Life to know what is detrimental and what is not. In other words you can eat something which is very good—you might eat a whole lot of it because it taste good. Then in a little while X says there's way too much of this and begins to shovel it out. So X is the intelligence—it reports to awareness what's going on—there is the perfect partnership going on.

### Pain

Basically we don't like to have this discomfort; so we receive impressions from X that we're doing something that is not to the well being of the whole unit. What do you call that—pain

So we usually do is get us some nice little something that numbs out our ability, the awareness's ability to hear X. I hear people say "Oh I would love to be able to have God talk to me, or have Spirit tell me." It does it every day; but the minute you hear it, one grabs a sedative, or a good alcoholic drink, or something like that and gets enough of it that it won't hear X anymore

So Spirit tells us something we didn't want to hear—It says "You're goofing' up." But we didn't want to hear that—that's the last thing we wanted to hear. I can't shut it up, but I can make myself incapable of hearing the information I'm receiving from X. Then I can go out and do things that are destructive:

### More Dual Basic Urges

Another thing that we would like to gain is attention. And we

want to escape being ignored or rejected. Have you ever been rejected? A lady or a man gets rejected by a romantic partner; or maybe a good friend, and suddenly there is an intense love.

Then we also want to gain approval and escape all disapproval. Now you must have some attention and you must have some approval. You need attention to survive and approval in order to thrive; but you don't get it by demanding it or hollering about it. You got it the first few years that way; but those things don't work anymore.

We also want to feel important—we'll use the word like useful, or shall we say worthy. And we want to get over the feeling of inferiority.

### Methods

The first method we said was complain. That one worked pretty well for a while, and very shortly we discovered we needed another method and we begin to stick up for our rights. That's when you get a little belligerent—unknowingly, nobody's finding any fault with it. We're simply being aware of what we live by. We stuck up for our rights.

### Rights & Privileges

Now have we ever considered what our rights are. I arrived at this world, I assume pretty much like everybody else did, the slaves we got when we arrived. I arrived without a shirt one, without understanding the language and totally helpless and found a world well equipped to care for me—food, clothing, house, roads transportation systems and on and on. I looks to me like I had a privilege and not a right.

### How We Turn Privileges into "Rights"

But when someone has a privilege handed to them three days in a row, it becomes a "right."

If some guy comes to your back door and you give him a sandwich every day; and the fourth day he comes and you say you don't have anything in the house to make a sandwich, he is very angry and say you just don't like him any more, you're stingy, you're rude and many other things. So we start sticking up for our non-existent rights. If we should happen to recognize that I have no rights; I might see that I have privileges. Now you don't stick up for privileges; by a little effort on your own, you maintain, enhance and gain more privileges. But the rights, all we have to do is stick up for them.

### Institutions & Dependency

So all the institutions like to tell us that we have rights and that they're going to get 'em for us. That way we can remain dependant upon them.

### Recognizing Privileges

If you have a right to be treated kindly every day, and you're not, what do you do? Now if I recognize being treated kindly is truly a privilege, I will begin maybe I wasn't quite taking care of my privileges. I don't want to lose any of my privileges. I want to maintain them, enhance them and gain more.

One of our truths is to stick up for our rights; and another one of our truths is to complain and the big truth is that the whole purpose of living is to be non-disturbed.

### Where Conflict Starts

Now long about the infant is two years old and the parents have had enough of this sticking up for rights and complaining, and they begin to housebreak it so to speak—train it. So they begin to make “pleasers” out of us. It is important to please them—and I mean very important. If we don’t, then we’re going to have all sorts of difficulties—they may even throw us out. So we’ll feel guilty. So we become pleasers. It’s important to please them—and this sets up a conflict. There are two opposing poles—because that’s not in accordance with complaining and sticking up for our rights. Now we got two diametrically opposed truths. Now we have two truths to try to get the same thing. This way one will be made to feel guilty because they didn’t please them; but this one will make it feel sorry for itself because “We don’t ever get to do what we want to do,” and we have to do what they want to do.

### Duality = Disintegration

Now then this sets up something called conflict. It sets up duality. Now we are a disintegrated or fragmented being; you might say now we have “brain number one,” or “A,” which wants to stick up for it’s rights and complain, and “brain two” or “B” that wants to please everybody. Now that’s conflict. That’s being between a rock and a hard place.

### The Fourth Decision to Regain Non-disturbance

We also get caught a little more after this, we get rather intent on building this side over here [B-side of the Picture of Man]; and they take us down to see the policeman on the corner and the sheriff’s office, and they show us the jail and they take us to church and show us pictures of hell and many other goodies and tell us that, it is “important to believe and do as we’re told by our authorities.” That about right? You have certain “authorities” you’d better live by or something terrible is going to happen to you. You’re going to get in jail or hell or in trouble and nobody will like you—and “what will people think?”. My mother said that with an intensity that sounded like it was a fate worse than death.

### All “Authorities” Do Not Agree!

Now do all your “authorities” agree? Did you ever stop to think of that a moment? You had authorities and one told you to do one thing and the other authority told you to do something else. Now we got that conflict even in here; that really makes it difficult.

### Fifth Decision

Then comes along that we’re in such a conflict and we wanted to get out of it; because you see childhood is not all a bed of rose petals. So the child comes up with another decision “it is important to be different.”

Now if you’ve ever tried to be different than what you are at this moment and you checked up on it, then you found that was a very frustrating thing because you are what you are at this moment. You may be all together different than what you were six years ago; but you are not different than what you are now and “it’s important that you be different than what you are now.” There always needs to be something different.

### A-Side, B-Side Conflict

So this sets up a big set of truth over here trying to go this way; and over here we have this one.

### Sixth Decision

We add one more on here in trying to have a little comfort—we really find out how it all works out after awhile—that “if he she, they, it, this and that and you was all different then wouldn’t I’d be wonderful” —it’d just be fine, wouldn’t it. Wouldn’t I have it nice. And that is the “blamer”, that’s very simple. We constantly think something is to blame, and that makes me a victim.

### Victimhood = Paralysis

Now as long as I’m a victim, there’s nothing I can do about anything. That’s a total bar against doing anything about anything. So this locks it up and a person goes through life feeling somewhat of a victim. A victim of childhood, a victim of economy, a victim of this, a victim of the weather, a victim of disease—you name it, we’re a victim of it. And of course, there’s nothing we can do about it—I’m totally helpless. As long as I’m blaming, there’s nothing I can do.

### Accepting Responsibility = Action

Once I could see that I’m responsible, something might happen; but there’s no way to see one is responsible while all this other stuff is going on.

### How Reporting Conflicting Info to X Doesn’t Work

So now there’s two different impressions going to X about almost anything that comes along. Maybe this side is sixty per cent and this side is forty per cent. I’ll tell you what you’ll do, you’ll do the side that is convincing you sixty per cent and you’ll feel bad because you do this one. Maybe the next day or an hour from now the A and B sides are reversed; you will go with the sixty per cent in the reverse and then you’ll feel sorry for yourself.

### We Don’t See It Because We’re Distracted

This is the routine of most people with hours and minutes here and there—one is so distracted, one doesn’t hear about it. But it’s there.

### Example

I know one sweet little lady who works with us. She had a trying day, she got fired. She said I handled it real well all day. I looked and saw how it was; but as I was just dropping off to sleep about 11:00 at night I heard a little voice (one of those inner “personalities” referred to as Not-I’s) say to another little voice “She’s going to sleep now, we can go to work on her.” And she said “They did.” She had a wild horrible night in every direction.

### Not-I’s Are Not Entities But Act Like Them

These things are not entities, but they act like an entity;

### How Not-I’s Get Powerful

and the more we identify with them, the more powerful they become.

### We Can't Control Not-I's

We refer to them as "not", that means you do not have control over them. If it was I, you could control them. Now a Not-I, I don't have control over. I can't keep them from waiting around until I'm about to go to sleep and they take over.

### I CAN Determine a Not-I's Value

However, I do not have to put any VALUE on what they do. The whole bit is we have changed a value system somewhere's along the way so I wouldn't value complaining anymore. You're slowly seeing that it doesn't work like it did when you were very small. You don't stick up for your rights quite as wild as you used to, but you still use it. Neither do you blame or feel you are a total victim as much as you used to; but it's still there.

You don't feel the total compulsion to please everybody – but they are still there; and if you don't do it, you get a certain little guilty feeling now and then. By the same token, you don't have to believe and do as you're told by authorities, you can check up for yourself – but there's an awful lot of authorities sit in there that if you tried to stop, it'd still keep on working. And you're not trying to be so different; but nevertheless, they're still there. Some are trying to lose weight, some are trying to gain weight, somebody else is trying to get more tan, and another one is trying to avoid the sun like the plague because it will give them skin cancer, or you get wrinkles. So you see we're always working on being a bit different.

### We've Made Our Truth

Now then, this is our truth. So there's no use going out and looking for THE truth as long as I have it.

### I May Wish to Change My Truth if It's Not Working Well for Me

I may wish to change this truth; not because this one is right or wrong, but because it keeps me torn up all the time. This is the truth everybody lives with. You tell somebody else that this is true; and it would be like you making a New Year's Resolution – it lasts until the first challenge.

### Can't Add New Truth to Old Truth

Frequently I find people that work with other people, give good advice, they point out things that are true to them; but not to this other. Now you cannot add a new truth on top of this. This one has to be looked at and maybe the person says "I'll re-evaluate this," and then we can make a new truth. But as long as this one is here unknown to the person, then it's basically unknown. Consequently there is no way to make a new one and put it on top.

Some man talked about you cannot put new wine in old bottles; because if you do, it will blow the bottle. You can't patch an old garment with a new piece of cloth. The old bottle of wine, which is our truth, and you start trying to put other things in there, and the whole thing explodes and nothing is accomplished. The person is still going to live by this, but has more things added into this one down here, and it says "believe and do as my authorities say." Maybe accepts me as an authority, God forbid, and will try to do what I told him; but he's got all of this in here, and this is his purpose, this is what he's going to go

back and do – in spite of all our efforts, and his best intentions and his efforts to stay away from it.

### Why THE WAY of Intelligence Does Not Give Advice

We only increase his misery in many cases, rather than do something for him that only got more intense.

### What To Do Instead

This is where we would work with his truth first. We know what the person's truth is; and if he gets to recognize it, he's then in a position to re-evaluate his old truth and say that don't fit my purpose anymore.

### The Decision Were Appropriate for a Baby

Now I don't find a fault one with this when a baby would never survive unless he made this as his purpose while he's in babyhood.

And he would never get through it unless he complained because he has no language; and we'd never know when he needed a drink, or needed some food. We'd probably figure out when he needed his pants changed, sooner or later; but nevertheless we wouldn't be able to check up on all of his needs.

We wouldn't know if he had a bellyache or headache or something else going on. We wouldn't know he had gas on his tummy and having the colic unless he did this. So, this perfect truth for an infant – for childhood. I think it was Peanuts that said of all the "hoods", he thought childhood was the most dangerous hood.

### Where to Begin

The first shot out is to be aware of what I hold to be true now. Then maybe I could re-evaluate the present circumstance with the truth and see if it fits. Now I'm no longer a child; and I have experimented with it a bit that complaining is the last way I can find that will get me what I want.

### Not-I's Not Appropriate for Adults

Does it ever work anymore? (Audience: Once in a while.) Yes, it works once in a while, but it's so much effort to get it. I've been in places where I made a lot of noise and they gave me what I wanted to get me out of there. But along with it I got an awful lot of disapproval – and I don't like that very well. Most people get your attention by complaining. (yes) You don't like to feel guilty, do you? But then you want to stick up for your "rights" because they're complaining, is that correct?

### More On "Rights"

You certainly have "rights" not to be treated that way. But they still do it, so you must not have a right! You can have a privilege if you work at it; but you don't have a right, or they wouldn't do it. See a right is something that cannot be taken away from you. You tell me what it is that cannot be taken away from you – I'd like to hear it. Then you'll have a right, maybe. Can you tell me anything that can't be taken away from you? Even Life can be taken away with a club in a matter of seconds. (You can't take away my inner feelings.) You just said that these people call up on the telephone and ruined your inner feeling! They're in charge of your inner feelings – you're not!

### Someone Not Paying Attention Asks a Question Answered Above

(Aren't the Not-I's okay for infants?) Oh yes, if a child didn't stick up for his rights, especially if he has brothers and sisters, he'd never make it. (What about the parents?) It has to stick up for it's rights once in a while or the parents would totally make it into a doll, I think. From the best I have observed, they'd have it behaving like it was wound up and programmed... Usually the baby has two parents and they didn't agree – that correct? If you please one parent, you'd probably be displeasing the other. So then you had to "stick up for your rights" to be yourself a little bit – very appropriate for a child. "It's important to please them" is very nice for a child to do because if you never pleased them, you'd probably have a whole lot more noise than you do. If you didn't believe and do as you were told by your "authorities", you're . You couldn't learn a profession. You had to accept them as authorities and then you can check it out later when you go into practice.

### Checking It Out

It's like using it – you can check out whether they gave you straight stuff. Now you've had a lot of stuff that when you check it out in practice, it didn't work – and there's part of it that did.

### What Happens to Kids Who Don't Use It

So if you never accepted it as a child, you would be a problem child – minimal or maximum brain damage. I've seen a few kids that wouldn't take authorities, and they were called brain damaged.

### More on Why Kids Need It

I wouldn't accept authorities, but I kept it to myself so they didn't catch on. I didn't let them know about that I wasn't buying what they were laying on me. I said "Uh-huh," and went on nicely. I spoke up a couple of times and found that didn't work, and of course I think the child pays more attention to self if he or she thinks they ought to be different. And probably the only way a child can grow up and still be sane is to have something to blame. Because we got to have time to get all that conditioning absorbed on us. And if the child did not come up with the ability to blame somewhere along the way – and couldn't find what to put it on, it probably would be insane before he was eleven years old.

### Decisions Made by Age Seven Govern Our Lives Still Unless Changed

All the seven decisions are there before the age of seven. Many of us are precocious and maybe had all of them by the age of five; but I would say seven would probably be the latest that all seven were there – all made without words basically.

### Decisions Usurp the Real Self

They're all made with intense feelings, in many cases. They're very intense and they operate as the person. So this is the foundation of many stories like Cinderella and what-have-you. There's the wicked old stepmother, an ugly daughter and the other ugly daughter and they kept poor Cinderella out in the kitchen scrubbing pots and pans until the fairy godmother came by one night and gave her simple things that made a great Life...

### The Six Decisions Meant Survival to the Infant

It's the only way I could have survived. The baby had to have them.

### Intensity of the Decisions

The difference is that some of us made them very intense and have never re-evaluated. ... I worked in a mental hospital for quite a while – I was an intern and they were doing the same thing everybody else was; the only difference was the intensity.

### Truth

Without being aware of the fundamental truth that a person is living by, you're not going to change it. You may be able to change it sometime; if he or she first recognizes what your present truth is, and that it doesn't work now. You can see it doesn't work. You can't put new wine in old bottles. I have seen it that someone left all this old truth in tact and tried to put a new ideal in there from someone whose truth that may have been okay for them, or may not have been a truth for anybody. I see an awful lot of people refer to a truth *nobody* lives by – so it must not be truth because nobody's living by it. The whole definition of truth is that which one lives by. You can't keep from living by it very long at a time – you're gonna do it. So this is the most valuable thing a person can do is to first recognize what they're present truth is that they're living by and decide what they want to do about it.

### A Truth One Lives By Is Not Bad or Good, May be Inappropriate

Never would I allow anyone I was working with find fault with these; they simply are, they do exist and they were made with the only light the person could have made and I would say totally necessary when made, but they're used too long. It would be like I came walking in here today with a suit of armor, I'd be out of place, wouldn't I. Now at one time it was appropriate to go out on Sunday morning with – but not today. I could come in with a top hat and ruffles around here and all this and that would be out of place, wouldn't it.

### Personal Truth Can Become Obsolete

So these truths are used long after their purpose has been served; and when we do that we obviously are going to have a tremendous amount of conflict, non-survival in living – they're dying then because they're trying to live by truth which no longer fits our time, place, and circumstance. It fit it perfectly some time in the past.

### Beginning the Work

So whole bit is, number one, we check up to see what truth we are living by and whether it fits my purpose today or not, fits my time place and circumstance, and then we're in a position to establish a new purpose, or a new truth and possibly be befitting to the present time, place, and circumstance. And I want it so that I can check up any day and change it – because my time, place and circumstance may change dramatically, quickly.

### Reevaluate As Circumstances Change

You know our lifestyle can change suddenly sometimes. It changes drastically the first day you got married and then again the first day you had a child, and it changes even more



# 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:

#### PLEASE NOTE:

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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  
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  
314-C East Broadway, Glendale CA 91205  
(please send postage);  
email [christine@harmonyworkshop.com](mailto:christine@harmonyworkshop.com)  
or phone at  
(818) 552-2005

### 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"

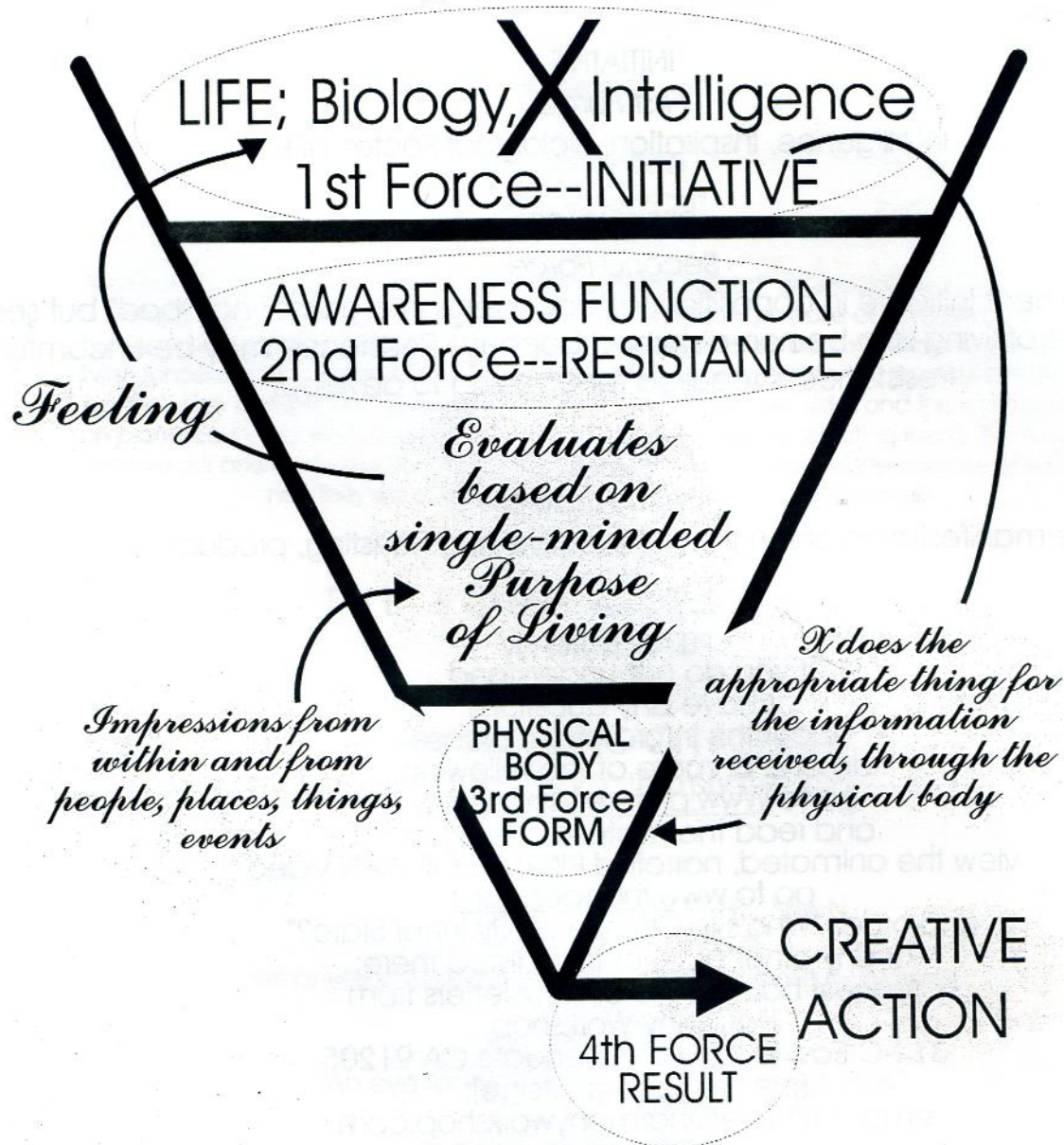
BIG BUSINESS--Decrees what's "pretty" and "ugly"

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

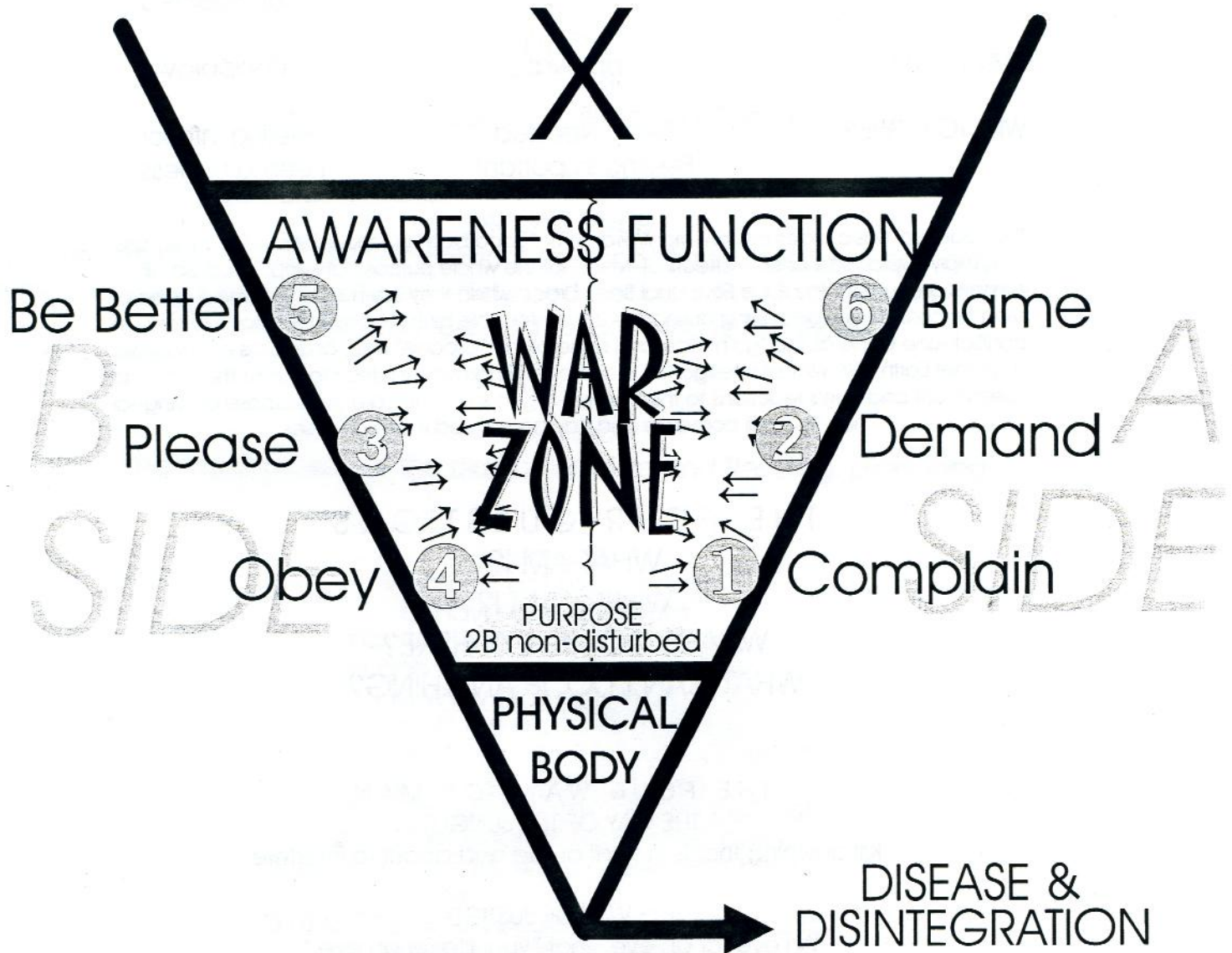
## THE PICTURE OF MAN as designed to function



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 person is at ease.. 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 QUESTIONS

WHAT AM I?

WHERE AM I?

WHAT'S GOING ON HERE?

WHAT CAN I DO, IF ANYTHING?

### 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

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.

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when you get the second one. So you see that you need a flexibility of establishing a new truth whenever your circumstances change. Now in childhood that worked perfect; but we went on beyond it and using the same truth whenever you're grown people and still living by these truths and trying desperately to find truth where we'd be comfortable, huh? You're not going to find it because we got the old one established; and until we re-evaluate and see that this one doesn't fit my time place and circumstance.

(Question: Do you have an opportunity to observe the children that are being brought in without cutting the umbilical chord and laying the child on the mother's belly...)

That's pretty new, the only thing is the intensity. The child still has the urge to be non-disturbed; but it's not the intensity of the disturbance of the old way of grabbing the child up by the feet and slapping them on the bottom. It's more sensible to not make the intensity of the old way; but you still can't say that this will prevent it, because kids are very individualistic and they all make various things quite different.

#### Examples

I've worked with little kids that had all together different circumstances and each of them told me that their folks didn't like them. [Here follows a long description of two children he knew, one whose parents did everything to coddle him, another whose parents tried to make him responsible. Both children felt their parents didn't like them, the first thinking they were just trying to placate him to keep them out of their hair, the other because the parents were, to him, harsh.] So I can't figure out what [anyone is] going to decide about anything. Now I know that each child is going to go through this and I'd like to make it the lowest intensity possible; but I'm still going to work for them. One of these days he's going to have to be aware of what his or her truth is and see that they could possibly reevaluate it in the light of their present time, place and circumstance. I would say it's far more sensible to use that form of birth than it is the violent mode; and possibly it would be less intense. But he's going to get a pain here or a pain there and he's going to decide it anyway, so what's the difference.

#### Don't Assume This Teaching, Check It Out

I wouldn't assume that everybody had these; however I've had the occasion to work with a few thousand people and observed a half a million more, and I've never seen anybody that didn't have them. You keep it around you and watch people and I bet you'll see they all have it. There will be varying intensities—all the way from extremely intense which makes the person wildly psychotic, to moderately intense which makes them neurotic, down to just moderately which makes them normal. And if you ever find one that doesn't have them then you'll have something else to look at, okay?

[A Question Unintelligible on the Tape Which Apparently Asks How You Change]

The way you see things is the way you feel about them. You could say X do this, X do that, and it won't pay a bit of attention in the world to you; but if you FEEL you want to stand up, what

happens? Do you know how to stand up? (Yes) What are the first set of muscles you would move if you were in the present position you are right now, what would be the first set of muscles you would move if you were going to stand up? (My legs.) Let's try it and see? The first ones you use are in the back of your neck. Try it again and see? You see you don't move your legs before you use your neck muscles. We don't stand from the feet up. You see there's no way you can prop any of these jointed bodies up. That's why dead bodies can't be propped up. So none of us know how to stand up.

#### X Does Everything

Thank goodness you don't have to be concerned with it. You only feel that you wish to stand, and X takes care of it. You don't know how to swallow food, you're only aware of what you want to do and X does the work. Have you thought about breathing lately? It goes on all the time without you doing anything about it. If that was left up to you, you'd never get anything else done except take care of your breathing all day. You'd only have a minute to do anything else. You'd have to be busy breathing all the time. You see, we assume we know how to do all sorts of thing and we don't know a thing in the world about them. You don't know how to write, you're only aware of what you want to write and it's down there. Watch it and see.

(Question: Who invented astrology?)

The Not-I's invented that, I don't think humans invented the stuff. I'm talking about what we hold to be true. Now if one were to hold being true by receiving that "It's important to believe and do as I am told by my authorities" and my authority told me I was a Capricorn and the Capricorns have thus and so and thus and so, and I accepted that as being true, I would probably live by those a portion of the time even though I'd only bought it as being the attributes.

Now people often ask me "What sign are you." And I have told them all varieties of it including all twelve and a few of the Chinese ones just to make it interesting; and everyone of them said, "I knew it from the moment I saw you." I told someone the other day that I was Aquarius, and they knew it from the moment they saw me. Sometimes I say, "Well, if you're hep on this stuff, you should be able to tell me." Not one of those have come up.

I've had people say "Well, I'm a Taurus, so I have to be like a bull." They use it as a justification, which is another word for blame.

#### Astrology Was Once a Real School

I am neither for or opposed to astrology. It was, many years ago, a form of a school to teach what we're talking about.

#### Four Ancient Schools

There were four ancient brands of schools. There was the Kabbalah, Alchemy, magic, and Astrology. Each was used to teach what we talk about. I've only started to scratch the surface. They took people in and used it two ways. There was an inner school and an outer school. In the school of astrology, they used the outer school to read characters and define the future, and prognosticate and so forth, which became something

everybody liked. That way the teachers kept their heads on their shoulders while they were teaching something they would cut it off for if they knew what you were doing.

### Outer School, Inner School

So they'd let the people be there, and certain ones were studied by the teachers who then decided who could be invited into the inner school to find out what it really all about. So what we see today as astrology is left over from the outer school of a legitimate school, and it was what was used to "fussle" the authorities—the outer version of it. It was used to merely to keep them from assuming that these were subversive people and they'd better cut their heads off before they took over.

### School of Magic

Now in magic they were going to control spirit. The magician is going to subject spirit and make it do his will. Incidentally, these work two ways. You can complain for yourself and you can complain for another. You can blame for yourself or you can blame for another. You can stick up for your rights or tell another person how to start sticking up for his. You can try to please other people for yourself or you can try to please them for somebody else. You can quote authorities for yourself or you can have authorities quoted for other people. You can quote their authorities. I can find out what your authorities are and I'll start quoting them and you'll think I'm real good. And then, of course, I can tell you how different you are, or I can try to be different. Now there's twelve of these things, incidentally. This is the twelve signs of the zodiac.

(Question: Twelve ways?)

No, two ways to blame, one to blame for you, one to blame for me. We put six decisions on there, there really are twelve because they can be used two ways. This makes the twelve signs of the zodiac. Now the real master of astrology is to be able to control all signs of the zodiac, you see. To freely live in all signs of the zodiac. Now on the outside of the school, they used it to keep everybody [busy doing all these great things] and if they didn't find ... like the story of the Emperor and his new clothes.

Okay, so if I knew all about this, I could really keep you in a "" if you were the king, because I could come by and tell you all I knew all these great "lore" and I had the ability that you didn't have. So if you want to study astrology, please study the inner school and don't bother with the outer school—you'll waste so much valuable time. That's used to "fuzzle" people with.

[Question about the other schools]

That's alchemy, and the Kabbalah, magic and astrology. The four great branches of a school ... back in the dark ages when it was not conducive to be able to say what you really wanted to do; so they had all kinds of different ways to try to teach them. There was the troubadours, you may have heard of them. Troubadours were teachers that put on a method of telling stories and sing a song. That way they were entertainers and managed to survive.

A mason started out as being able to do buildings that could use the teaching as beginner material. The outer material would be building a big building. Somebody come along and

say "What are you doing?" "I'm building a cathedral" The statement was correct both ways—one, physically on the outside they were building a cathedral. If all he did was haul brick up, that was fine. What he was really doing was building a cathedral—one man out of three. See this is a three-brained creature and it gets to be one after a while [integration].

That's what all these ancient studies were, and many of those are still around. I know people today that are practicing alchemy by boiling up all kinds of goodies and ... and they're trying to build gold out of base metal. The real ideas was to make them integrated or a completed man out of the fragments left over after he got through being conditioned. So he was going to make gold out of base metal, the alchemy.

The magician was to control the spirit—the they called it. And the Kabbalah was to find the name of God in everything, which really means that there is the four forces in everything in the world. That is initiative, resistance, form and result. So in everything that comes along those four aspects are involved.

### The Four Forces

Now we talk in the everyday world of cause/effect. There isn't any such thing. There is another system which does work in everything—there is initiative, resistance, form and result—resistance may be either active or passive.

[Audience: The Kabbalah and the bible are very mystical, too...]

They're textbooks on the teaching written in code. (How do you break the code?)

### We Don't "Figure It Out," We Are Taught

Well, I don't know that you can break the code, but you might find somebody who understands the code and would let you in on it. (Is that you?) I don't know, you'll have to check up and find out. But the code is only passed from one person to another—I don't think the code would be broken by any person. They are very simple when undone; but they are not to be accepted at face value; because if you do, you're going to buy a lot of things that don't make sense.

There used to be a symbol of the bible and the both that they were always pictures laying on an altar with a big band around it and a lock and chained down—a sealed book. If a person who had all the conditioning could open the sealed book, they would be more dangerous than anyone you could conceive of, okay?

(Question: What's an Inner School?)

An inner school is only interest in showing "what is." We only put this up here to show what is, not what ought to be or what should be—we're only saying what is, okay? The inner school is where you could see what is and determine what your state was, and what you wanted to do. Nobody would tell you what you should do. But before you got bothered then, knowing this, it was observed by whoever was in charge of that particular branch of school to see how well you had evaluated—and that wasn't your purpose anymore.

Example: Hitler

Most of us recall a few years ago there was a man in Europe named Hitler. Hitler was exposed to a teaching by a man who

had much teaching material and Hitler someday or other didn't get rid of all the conditioning and consequently used it for power/control which is very common thing.

#### Today the School Is Not Hidden

Today the teaching material is being made really available to anybody who wants it.

#### Using the Teaching to Control Rather than Liberate

Every now and then somebody uses it to control somebody. What did he do? He complained for his people, stuck up for their rights, he blamed for them and told them how different they were and they would walk into anything for him. They'd do any atrocity for him. He complained for them that they were being mistreated. They were pushed out of the fatherland. He told them that they had the right to be the ruler of the whole European nation because they were the superior race. He blamed the Jewish population for having interfered and destroying the economy. He told them how different they were—they were "pure Aryan," whatever that means—but it sounded good. So they were the pure Aryan, the "master race," and they could take over the world, and they would walk into cannons for him. That's turning it upside down and using it for an improper purpose.

And I do know of people in this country that are doing that this very day.

Everything we talked about today can be used for an improper purpose. Or you can use it for liberation. Anything can be used for two purposes. An automobile can be used for transportation or as a lethal weapon.

(Question: So the inner school is the one that opens you up to finding what is and what is valuable?)

For you to choose for yourself what is valuable—nobody will tell you what's valuable because that's only for you. You're going to have to choose your own value and your own purpose. You can at least see what the old one is and see that it's no longer fitting your purpose; and then you'd be free to make a new one.

(Question: Could you say a little bit more on the Not-I's?)

A Not-I is anything that one has concluded is true one time or other and not consciously in charge of it anymore because we decided it's true and the fundamental "Once a decision is made, it is the rule of attitude/action." So it is a recording in the brain that is set off by association. You have no control of when it will or will not be present; and after it's had a considerable amount of leeway of running when it was "ticked" off—it has a certain amount of tolerance, it acts like an entity even though it's not.

(Question: When you recognize it, can you get it under control?)

You'll never be able to control them. What you do is to see that there is no value to them; because any effort to control them, they'll get control. They will start running over you more so. If you're going to fight with them, which is trying to control them, they'll win, I'll guarantee you. But you can see that that has no value. In other words you could determine, by a little looking, that complaining is about the last way in the world for you to get what's really to your advantage—as well as all the

others, sticking up for your rights, blaming, pleasing people, etc. So the point is when they make their sound—certain people that talk and say they're you—they act the part of being you—it is really verbalized. They do try to destroy everything that makes you really work well—all your desirable states of affairs, they try to tear it up.

#### Examples

Have you ever bought something you really wanted and a day later wish you hadn't bought it? Have you ever formed a relationship which was the most delightful thing you could do and then three weeks later have a lot of doubts about it. This is "their" game. You know about buyer's remorse. These Not-I's are the ones that no matter what you do, they make you feel guilty, or sorry for yourself, and they identify themselves as being you, or the thoughts. Now if they start *talking*, of course they're too intense and we say that's psychotic; but when they're *thinking*, that's normal, and they do set up all sorts of things to keep turmoil going.

#### How to Deal with the Not-I's

And they are not to be fought with, not to be condemned, not to be justified, merely to be recognized for what they are—they have no value to me in the present time place and circumstance. I don't need those to give me advice or do my thinking for me today. The only way you can win is you put no value on them—not that you are trying to make them go away. The only way they go away, I think, is if you have brain surgery and I don't think any of us want to start in on that. Besides, I think they'd find another place to settle, if you left enough to breathe with.

(Question: If you're feeling anger, guilt and fear, those are all the Not-I's controlling you?)

That's the Not-I's telling you that you're being mistreated and you've got to stick up for your rights and what you ought to do, you ought to be different and you get that "big knot" right there [solar plexis], and sometimes it's even up here [headache]. If they really get with it they get your head spinning and you don't even know where you are.

You don't get rid of them, you cease to put value on their comments—that doesn't mean that you're going to go to the opposite side and say I want to have pain, that's not true. You are in a different time, place and circumstance than when you were a kid.

What was perfect for the little kid, just doesn't fit for you. You don't wear the same kind of shoes, you don't have the same interests, wants, anything else—but we still have the same truth. So we're an entirely different person than childhood, right.

#### Book Recommendation

There is a little book you can buy called *The Letters* by C.S. Lewis. Now "they" will try one thing and if you don't take up with that one, they will come up with a new one. They go take a night course and come back in a day or two with a new one. I would not say there is any particular pattern because I've watched them do all sorts of things. They will usually try to make you be "good" and tell you you're being bad—that's one

of their more favorite ones. That you should be an ideal person; and then if you don't the other one says "You're not makin' it." And then they start to pick on you with their little picks and knives. I see why over the ages the devil has been depicted as having a pitchfork and standing in fire, because that's the way it feels. And that's why they're called devils and demons and so forth. So if you know about those, you know about Not-I's. [Break for lunch, new topic:]

#### Expectation

Before we can do anything, whatever it may be, we must have something called expectation. Before you put the key in the car, you expect it to start, right? You flip the switch on the wall, you expect the light to turn on. Before you plant seeds in the ground, you expect at least some of them to come up and raise something or other. Before you put your clothes in the washing machine, you expect them to come out clean. So before we do anything we have an expectation.

#### When Expectation is Based on an Ideal

If this expectation is based on an ideal—now you know what an ideal is? That's the way things ought to be. The ideal is something we dreamed up and is not the actual situation. Now most of us don't know what to base our expectation on, so we base it on that thing that we said is our "truth." That I will have nothing but pleasure and comfort, attention and approval, and everybody will make me feel very worthy, and I'm very important and everybody see how important I am and that the world couldn't get along without me. And that is basically what our expectation is, not because we ever considered it, but that's the way it is. We expect that everybody will treat you nice, and sometimes we don't, because we're expecting you to do the same for us.

#### Disappointment

So when our expectation is based on an idea; frequently if not more often, we are disappointed because the ideal just flat doesn't exist in the world. Reality, which is far superior to the ideal does exist, but they have made the ideal superior to reality—what is.

#### Basing Expectation on Fact

Now if you have your expectation based on fact you'd never be disappointed, you'd never feel hurt, you'd never look for blame, you'd never have a feeling of guilt or insecurity, you'd have no mobilized and unrealized energy, you wouldn't require any adaptation, and of course you wouldn't have any adaptation going on down here and that is called the living cycle.

#### Most Disappointments Are About People

Let's take for a moment what things we're most disappointed about is what people do, isn't it? Now you may be disappointed when the lights didn't come on when you turn the switch, but you can kick the wall—they'll work all right in a bit. Our big disappointment is with people, including number one. You get disappointed in you, don't you.

#### Legitimate Expectations

Now if we had some means of seeing how we could expect

what we could legitimately expect of ourselves and others a little bit. This morning we looked at these basic decisions which is a person's truth they live by. Could you expect anybody to live by anything other than their truth—could you.

(Q: I could expect them to live by mine?) Yes, but how would they ever know what yours was—I said legitimately expect. I added that little qualification.

Now if I knew this, would I ever be disappointed? I know that you are prone to have as your truth, without having had any other opportunity to get over it, the one that you formed as a child. I know that the chances are ninety-nine percent that that's the truth you're living by—even though I never saw you before in my life. It's a fair game that I can play that ninety-nine to one, that you will be living by those basic decisions. That you will be wanting to be non-disturbed and that you will complain to get it, stick up for your rights, pleasing people and feeling guilty; and I will watch you going through altering it from guilt feelings to self pity from time to time. I'll make a bet on it.

#### Observe Without Condemnation

Now I'm going to expect that you are going to live by those without criticizing or justifying it, okay?

#### A Pleasant Surprise

Now should you be that one percent that's not living by it, and all grown up and using a new set of truth, I'd have a very pleasant surprise. And I've never known a pleasant surprise to stress anybody. Have you? So by the very fact of us being aware of what people live by, what their truth is, I can never anymore be disappointed—I'm subject to a few surprises, thank goodness.

(Question: What's the effects of the living cycle?)

You don't have any of this stress down here, you just have creative action.

#### Our Biggest Misconception

Now the vicious cycle which starts with a misconception—the misconception is that "I know what ought to be." That's our big misconception. Now you never thought of that as a misconception. You knew that people ought to be healthy, and never get sick, and they shouldn't have wars, and we shouldn't have this and we shouldn't have that and people ought to know better—the people did know better but went on and did wrong anyway. That's our big misconception. We can't accept that the creator made a very wonderful setup. We find fault with it. So the big misconception is "I know what ought to be and the creator goofed up."

#### False Feeling of Emergency When Expectation Not Met

That will result in me frequently, if not all the time, having some false feeling of emergency. We can list that under anxiety a sub-heading of the four major stressful emotions, those being anger, guilt, fear and insecurity. Basically, none of us have been frightened severely lately like being chased by a tiger. (Audience: Somebody ran a red light and I was very fortunate that I didn't get...) Well that's a startle, I mean you haven't been in any severe danger more than a split second. Of course when



somebody else is driving, you're in some degree of anxiety.

#### False Feeling of Emergency = Stress

We know what a false feeling of emergency is—I'm in great danger when none exists. That always produces a state of stress—stress being mobilized and unreleased energy. That's when you've mobilized a bunch of energy and not used it up and you're sitting there holding it.

#### How Energy Is Like Money

Now energy is like money, it's supposed to be circulating all the time. You mobilize it on demand and use it—but if you mobilize it and don't use it, you feel what's generally known as nervous or anxious. Like what I heard as a kid that "You're all dressed up and no place to go."

#### Mobilized But Unused Energy Requires Adaptation

You've got energy mobilized to cut the guy's head off, but you're not supposed to do that. That is stressful and requires adaptation—in order to get this used up, it goes to that. Using up that mobilized and unreleased energy requires unusual cellular activity, unusual sensation, tissue cell alteration or break-down which is uncomfortable; therefore, one has the misconception "I know what ought to be, I shouldn't be having this discomfort, this adaptation." I forgot about building it up before with the misconception of what people ought to be doing. With this additional misconception that I shouldn't be feeling this so now I have an additional anxious feeling about my health, "I got this pain, no doubt I'm having a heart attack or cancer". That builds up more mobilized and unreleased energy, requires more adaptation and finally it does kill you.

#### True Perception

The other side of it is true perception. One sees what's going on. Then one has a true feeling. Now it may be that you're in an emergency sometime, but it's really something that you can fight or run from. There's nothing to fight or run from when you're doing this anxiety bit. In a real emergency, you can use it. Basically, all is well about ninety-nine percent of the time, isn't it?

#### Living Cycle

So then one has neuro-muscular tone. Over here is neuro-muscular tension—you're all tense and anxious. Over here is neuro-muscular tone—you're prepared for anything that can happen—in case something happens. With neuro-muscular tone, you feel wonderful, you're not falling apart. That requires no adaptation, that is creative action. When you create an action, you do whatever it may be, you get it finished with it, perceive it's done, you're at ease, you see something else to do. That's the living cycle. The other is the vicious cycle and you can do either one. Having tried both, I much prefer the living cycle.

(Question: Explain creative action?)

Creative action is anything you feel good about doing. You cooked a cake, rinsed out a few things. If you're a southern lady you never do a laundry, you rinse out a few things. You mobi-

lized the energy and used it up with no hangovers.

(Question: Can you get out of the vicious cycle?)

Only by seeing the fallacy of ideals (what ought to be's). That you don't know what ought to be. Had it been left up to you to create a world, I don't think we'd all be here, do you? You wouldn't know how to convert one ham sandwich into human flesh and blood, is that right? And if you couldn't do that, obviously nothing would last very long. So you see if you ever discover the misconception that you don't know what ought to be. You've believed all your life that you know what ought to be and you ought to be non-disturbed all the time—you've known what ought to be. I don't know what ought to be; but I've found I can survive very nicely with "what is," and the more I have looked at it, the more I stand in total awe of what is. Just to study a human body and see how it takes a little old ham sandwich and a cup of coffee or a glass of milk and makes human flesh and blood out of it and throws away the part it doesn't want—that is utterly fantastic. How you can break a bone and watch all those little cells go in there and make a new one and make it stronger than it was before—that is wonderful.

And how you take a little baby and what those little old leg bones about that long to one this long and didn't have to stop. One man that I knew said it was the equivalent of if you called in an architect and engineer and said "We have this house here." Our facilities need to be enlarged. "We want this house to be four times as big. Now we want to use it every day and every night, we don't want to be disturbed one iota while you're doing it; but we want it to be made four times bigger." Do you think anyone would take the job? But didn't that happen to you? So here are a bunch of invisible workers run inside, scrape off a bit of bone on the inside and put it on the outside. In three years you have a building four times as big as it is now. That's a pretty good stunt, you know? You weren't disturbed a bit, were you? If you can't stand in awe of that you're in bad shape.

#### Religious Feeling

You can preach all day to me in church and I won't get a religious feeling; I'll probably think you don't know what you're talking about. You let me watch that a few minutes and I'll have a very deep religious feeling. That I can see that there is an intelligence beyond our comprehension working every minute. That is all creative action. Anything you see "I want to do," and you go do it.

(Question: We see what emotions--unpleasant--do to the adult body in disintegration; but what about the child?)

Well, it's probably essential that you get him toughened up a little bit. You don't want it to be something you keep in a hot-house. We had some green houses out in New Mexico where we had some plants. If we took them out in the hot New Mexico sun a few minutes and they'd die. So I like for them to have a little stress. You see a certain amount of stress you can handle and you get stronger. You go beyond that you start tearing it up.

Now nature provides us enough in ordinary challenges without going and making some more. So I'm not going to be con-

cerned about the child having more. They have all those decisions well made and hooked up and well established by the time their seven years old.

If at about that time we could begin to demonstrate to them (I'm not talking about lecture to them) but demonstrate to them that there is another way of living, that possibly could be advantageous—it's a new stage of life—they're no longer a baby. You hear folks say, "Be a big man. You're grown up now, you don't need to cry, you're not a baby any longer". They're only telling them some ideal to live by, they're not going out to do it another way. If it watches the parent who's giving him all this beautiful advice, they'll find they're doing the same thing he is shortly. And I have watched kids enough to know that they do mimic the parents. Do they mimic you? They do the same screaming at each other that you do at them.

(Audience: The baby gets what he's complaining for.)

That's frustration. So as long as it works, it's fine. As long as a given method works, that's fine. He'll persist but somebody could point out that another way will get it. I've run these experiments so I know that they will do it. We can show them that another method will get them what they want, and that one they want to use all the time won't. They will start using it and after a half a minute, they'll decide why do this, it's a wasted effort.

(Q: Are we in fact implanting the things we want to release later?)

I don't teach them to respect authority, I tell them they have to do what officialdom says. But I'm going to make a very specific difference between officials and authority.

#### Authorities & Officials

Authority is one that tells me what I must believe and what I must think and official tells me what I must do. If we're driving down the highway, the official could care less what I'm thinking; but he will give me a ticket for speeding. I got one the other day. He wrote me a ticket. He was very nice. He didn't care what I was thinking—whether I thought that law was stupid or not. He just gave me a ticket because he is referee over the rules of the game. The umpire doesn't have to get upset with the player because he did something, he just calls it an "out", that's it. He's just looking at the rules of the game.

That's why we call it a civilized society because there are published rules of the games we play in groups. And we have officials to see that the game is played by the rules. They don't care what we think. An authority is one who tells you what you must think, believe. I would not teach any child that there was any such thing as an authority, not even me, because I'm not either. But I will tell them there are officials. I would keep that difference specific.

(Question: I have a problem that's not really my problem but I thought it was my problem. I work at being happy, but this friend of mine is unhappy all the time and she gets into my being happy. I've gotten to where I avoid her. Before I was showing her a way to be happy.)

She's very happy being unhappy. (I think she is.) I know people who wouldn't enjoy the day unless they were miserable.

But you see the poor little lady, no doubt, would like some attention and approval. The only way most people got attention and approval when they were kids is when they were very unhappy and sick. Nobody went and picked them up and patted them and all this. If they were running around acting like they felt good as a kid, everybody ignores you. It's only when they fight and hurt and scrape their knees...

This poor little lady used the methods when she was little; and she's totally unaware of what she's doing, and she's going on using the only method that ever worked, unknowingly, and she figures if she complains loud and long enough, maybe somebody's going to pick her up and pet her. Now there's a lot of other ways to use to be picked up and petted, but she has never thought of those; so she's mechanically using the old one.

(Q: Is there a way to make her aware that there is another way?)

She didn't ask. (If they don't ask, don't give it to them?) No I wouldn't give them. It's none of my business. (I see I'm doing what you said, "I know the way.") I don't care whether she's miserable or not. (She's making everybody else miserable.) Noooooo—Is she in charge of your inner feeling? (No, not lately.)

#### The Only Thing I Really Can Be In Charge Of

Now if I'm going to sit here and let you have charge of my inner feeling, which is the ONLY thing I really have capability of being fully in charge of is my inner feeling; and if I was to turn that over to you, there's no telling what you'd do with it! I wouldn't trust you with it.

(Somebody ought to worry about her. I've given up.)

You see that "ought to" and "should," we just got through saying is the big misconception. Somebody ought to do it, or somebody should do it which sets up the ideal which sets up the thing for you to help this poor soul. (It's okay to ignore her?) Once in a while you might say "You poor thing, you've really had it rough. I've never seen anybody that's had it as rough as you. "You've done your duty to everybody that's come along; and when it's your turn, they don't do anything for you. You're the most wonderful person that ever lived." She'll follow you home every night.

But if you like, you could also start it off there, carry it on as to how pathetic she is, how important she is; but you carry it on further and further until even she sees the joke. There's one or two chances there. She'll either pick something up and hit you over the head, or she'll see it. (I think I'll just keep on ignoring her.)

#### "Helping People"

We have one little thing that I'd like to remind you of. Nobody asked you about helping her. Really, don't ever help anybody unless you want to get hated. You see when I go out to help someone; I have to assume that I am superior, and I look down on them.

(Audience: I've heard of that theory)

It's not a theory, it's a fact. I have to look down on you in order to help you to pull you part of the way up to my exalted

height, and you'll hate my insides for it. Now if someday it should occur that we want to build a fence; and you'll put the blocks together, I'll haul them up to you—we're just working together that day. You might like me all right for that, but I'm not going to help, period, now or ever. But I will work with you if you ask. And I might ask you to work with me sometimes; but if you didn't want to, I wouldn't pursue it. I will not try to help you or anybody else. I'm sure not going to say you "need" something or other. If you're enjoying being unhappy, that's fine with me (I take her the mail everyday, you know I don't.....) Aren't you nice. (No, no, I do feel sorry for this girl.) You know what "should" be.

#### Increasing Necessity

Did you ever hear the theory that a person's necessity has to be increased before they do anything? You see there's a theory that, I think it's a very fundamental theory of physics, that a body at rest remains at rest until acted upon by some outside force. So you see misery is a force acting upon her; and if she gets miserable enough, she might ask somebody to do something about it. But as all you people go along trying to feel sorry for her, I would say she has exactly what she wants.

#### Being "Loved"

You see most of us, our idea of being loved is that somebody's feeling sorry for you. When you were a baby about the only love you got was expressed as somebody felt sorry for you. (Oh, but that's not natural.) Well, I know; but a lot of people got hung up at certain stages. If you feel sorry for her, she gets a nice warm feeling for a few minutes, and she's going to do it some more. Probably what you could do is get her a boyfriend that would really like her, if you can find one, one that's available there. (That would cure all things for her?) What she's doing is only demanding some attention, and if you didn't give her any attention for it, she might hunt up a new method. So you're going to get some attention. If the only way you can get some attention is being miserable, you're going to get it that way.

(We all have people we want to help)

We're all helpers. If I can help somebody else, it makes me feel better. (Oh, it does!) Oh yes! Lady came to me a while ago and said she was a "people helper." She was one of the more mixed up little souls and I'm sure she helped a lot of people to be mixed up. (She was a "do-gooder," I'm not a "do-gooder.") Oh no, those are *other* people. These *other* jokers are going around poking their nose into things that don't concern them. There is a game we play which says "I", "you" and "me." Now "They are always out trying to save the world. You're a busy-body, and I just try to do what should be done."

(In other words are you saying that even if you see a need, you ignore it until the help is...)

Now how do you know it's a need unless somebody has told you so? (But a lot of people don't ask.) Maybe they won't ever, I don't know. I noticed that trees produce tremendous amount of seeds and very few of them grow; maybe all these people you

see walking around are just seeds.

[Long explanation by member of audience about helping a group of kids that "needed" help.]

The real reason of motivation to get with it was that your kid would probably get involved with these and get in trouble, is that right? I'll listen to you and help you all day long. It's kind of nice once in a while to be honest with ourselves and see what we're doing to us.

When you say "Look, I see that if I don't do something here, my kids apt to get in trouble." Then I definitely see it as to my advantage to do so and so. Now, who are you doing it for? (For myself.) Good, now I'm pleased. Don't tell me you were doing it for the children. You didn't want your kid to get in trouble. It doesn't matter how many kids benefitted from it, you were doing it for you. The only reason you did it was so that your kid wouldn't get in trouble and that would be embarrassing to you.

(What about the Human Resource Center that sets up programs. As long as they're just established. Are they serving?)

Oh, they're serving as long as people come in the door. But now when they start running out there and grabbing people off the street, I think that's silly. You run out and get people off the street or do you wait until they come through the door? When they come through the door, they're asking—fine, let's make it available. If she runs up and down the street and says "You need some, and you need some ..."

#### Selfish & Greedy Not the Same Thing

(I'm doing a lot more for myself, but isn't that selfish?) I hope it is. There's a difference between two words—selfish and greed. Now selfish is you're doing something because it seems to you it's to your advantage, okay, like it's to your advantage to have your kid not get in trouble. Now greed is to do something to keep somebody else from getting it. Okay? I hope you're not greedy; I do hope that you're selfish. I would dearly love to live in a world where everybody was selfish because a selfish person says "What's to my advantage at the moment" Isn't that what you were doing? I find it to my advantage to treat everybody with simple good manners. I've found it to my advantage to never harm anyone.

If you live in a world of selfishly conscious people, what kind of world do you think it'd be. If I saw someplace where I could make a little contribution and aid my survival—like you did with the kids, it would be to your advantage to do so. So it's to my advantage to use simple good manners and common courtesy. The second one is I would be harmless which is far harder than doing good, and the third one is I would probably make a little contribution to life because I would see that it was to my advantage to do so. Now would you like to live in a world of consciously, selfish people?

(Is it all right to be selfish, or is that an ideal that's popping its head up.)

We've always taken the two words greedy and selfish and used them as synonyms. They refer to entirely different phenomena. Greed is when you're out trying to get anybody else from having it.

### Story of Greed

I think there was a story in the fables that told of a dog that was walking across a log in the river and he looked down into the water and saw a dog carrying a bone. He wanted to get that bone so he dropped his bone to go after the dog in the water and all he ended up with is a mouthful of water. That's greed.

### What's to Your Advantage?

Now if you really want to get down to considering what's to your advantage — assume that today that the big bomb went off and you and one other person were left on earth. Now how would you treat that person. Would you try to keep them from surviving or would you do everything under the sun to that they survive? If you and I were the only ones left on this earth, man, you don't know what it is to be treated nice — I'll tell you. Not because I wanted to please you, but because it's to my advantage to keep you alive.

(Sometimes we have to say "no" to people because it's better for me.)

Do you know that, or is it considered from what's to your advantage? Now if somebody asks me to help them hold up a gas station, I'll say no.

(Comment from audience: I know a lady that's sick)

Would she like to get out of it? (yes.) She'll have to ask.

### Some People Don't Want to Be Well

If the lady who is sick asks you, you can ask me and I'll do something about it, but some people don't want to be well.

I had a lady not to long ago lost her eyesight and she told me she wasn't real anxious to get over it because she had too many benefits — pity, a car and a driver, and special education, and more attention than she'd ever had in her life. So she didn't want to get over it for several months. Finally she called up and said "I've had all of this I want, now I'd like to get over it." She made no bones about it. She didn't want to get over it yet. Now I think she was a little more free with that because she was reasonably sure in her mind that when she said she wanted out of it, it would happen.

### I Am Responsible for My Inner State

It is not very difficult to discover the simple fact that I and only I am responsible for my inner state. That one you discover. There is one thing I'm responsible for, that is my inner state — I can't blame it on you or somebody else — legitimately. People all the time are blaming somebody else for their inner state. "You made me laugh." "You made me very unhappy." "You upset me. I cried all night over what you said."

(Rather that when you make something important, you become anxious...)

Right, you're only reporting anxiety, not what it is you wanted to report. If you're reporting that all is well with you, why that's fine, but most people can't quite do that because they want to be sure it's going to work and they get all anxious

(Question: Would you talk about the concept of good and bad?)

Good is if I like it and bad is if I don't and that's the end of it.

[End of excerpt]

## Bulletin Board

### Good Reads

Two friends have sent me copies of books they have written, which I haven't been able to finish yet. But I know these people and their work and am sure we will enjoy the books.

Donna Lancaster was born with "legs barely an inch long and the knees and lower legs were missing." Despite her handicap, Donna has learned to fly, in several senses of the word. She has written her autobiography, *The Short and the Tall of It*, and I've heard it's "quite a read." It's cleverly written in the third person, demonstrating the work. Order from Word Wright International, P.O. Box 1785, Georgetown, Texas 78627 or go to [www.WordWright.biz](http://www.WordWright.biz)

My friend Carl Goggins has written another novel, *Out of the Darkness*, and this looks to be another winner. From the cover notes: "Ever wonder how the conflict, struggle, and resistance in man's inner life came about? ... not only is *Darkness* a humorous look at Lucifer's conditioning of mankind, and his ultimate hope being forgiven for what he has done, on Judgment Day, it is also a vehicle for the deepest kind of psychological probing." What I've read so far reminded me of *The Screwtape Letters* by C.S. Lewis. Check it out at [www.1stbooks.com](http://www.1stbooks.com)

### New Books Coming Soon

We are completely reorganizing our book and gift service at [www.Goodleather.com](http://www.Goodleather.com) and will be carrying both books, and other excellent new finds, probably in the fall. Please consider us for holiday gifts (free gift wrapping). Hoping to put a brochure in the next newsletter.

### Harmony Workshop's Web Sites

[www.HarmonyWorkshop.com](http://www.HarmonyWorkshop.com) (Links to all our sites)  
[www.Rhondell.com](http://www.Rhondell.com) (The complete Rhondell catalog)  
[www.ThePictureOfMan.com](http://www.ThePictureOfMan.com) (Loads of information, graphics, articles, book excerpts, to read and print, plus a few items in Spanish)  
[www.TheWayOfIntelligence.com](http://www.TheWayOfIntelligence.com) (Excerpts from this newsletter)  
[www.ThePartyStory.com](http://www.ThePartyStory.com) (The complete Party Story talk)

### New Phone Number

We are finally getting cable internet access here, so I can stop paying for an extra phone line. I'm keeping the number that's already published on the internet (which I think is easier to remember), so please change your phone book to (818) 552-2005 effective immediately.

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