

THE WAY of Intelligence

Volume 2 Number 2

March 2002

Free

The Picture of Man

The centerpiece of The Way of Intelligence is Rhondell's Picture of Man and its attendant sets of "fours"--The Four Questions, The Four Forces, The Four Dual Basic Urges, The Four Ways, The Four Great Games. Although the information is not new, nor original (he said "It is ancient and comes from another realm") his presentation was certainly original and innovative. Understanding The Picture of Man and "The Fours" can be the doorway to a new life; acting upon it (especially, at first, trying to prove it wrong) will definitely initiate a transformation of one's life.

Opinions about The Picture of Man run the gamut from, "Oh that--it's so simple, I know that already," to "Diagrams are impossible for me to read, I'll just work without it." Real students know the truth is quite different than that: it is simple but not easy, and meeting the resistance that prevents one from learning, for instance to read a diagram, is exactly what it's all about.

The Picture of Man is like a skeleton of a person, and the work done with it puts flesh on the New Man--in that regard the Picture of Man seems organic. People, including yours truly, have seen new dimensions of it ten or fifteen or more years after having first "learned" it. Those of you who have used it know what I'm talking about.

But I have seen there is another group, too. The majority of readers of THE WAY of Intelligence did not meet Rhondell, have never been to a workshop, are not in a local group, yet are working the best they can with the material at hand. I have realized from listening to some of you that a difficulty exists because The Picture of Man was never drawn out for you a step at a time. I've tried to rectify that with a narrated, animated presentation of The Picture of Man on the internet where each section is presented bit by bit, each

added to the preceding. But not everyone has access, and even if you do have access but your system is slow, it may be difficult or impossible to view. So this issue will be devoted to the basic principles, including a print version of Part One of the video, The Way Man Is Designed to Function, a frame at a time. This is supported by a long excerpt from a workshop by Rhondell where he spells it all out, including Part Two, what happens to prevent the design to function properly.

If you are new to this material, I hope this issue will clarify The Picture of Man if you need clarification. If

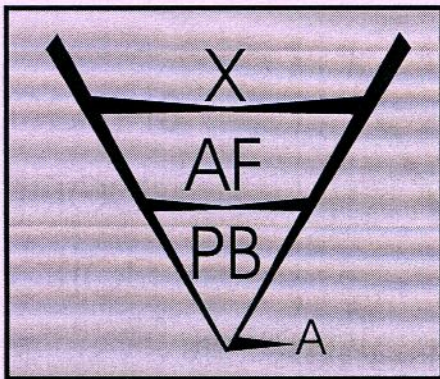
not, please feel free to contact me, or read the extensive articles and information on our website www.PictureOfMan.com, or ask

the friend who introduced you to the newsletter, and order Helen excellent VHS presentations, which are not only explicit and informative, but beautiful and entertaining (available at www.Rhondell.com).

When I was first taught The Picture of Man I did not so much try to disprove it (it was so logical I didn't doubt its premise) as much as try to find situations where it did not apply. I

worked hard at that, and twenty-something years later still have not found a single situation that was not made clear by the application of The Picture of Man and "The Fours." Not one. I would like this confidence for all of you, and am at your service to get you there, if you wish. To say The Picture of Man is simple is accurate in the respect that its parts are easy to understand when put forth step-by-step; however I think you will eventually be astounded at the dimensions it covers. This material is hands down the most valuable thing in the world to me. I don't know how I could live without it.

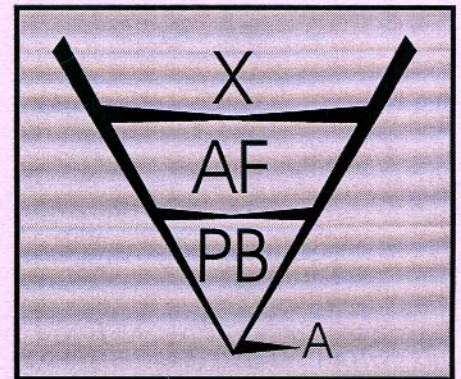




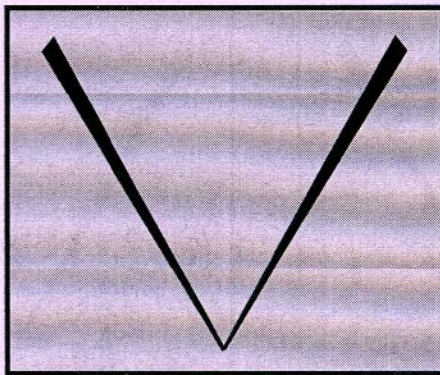
PICTURE OF MAN

How man is designed to function.

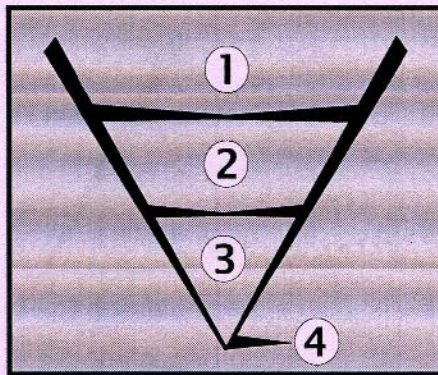
What am I? Am I spirit having a human experience?



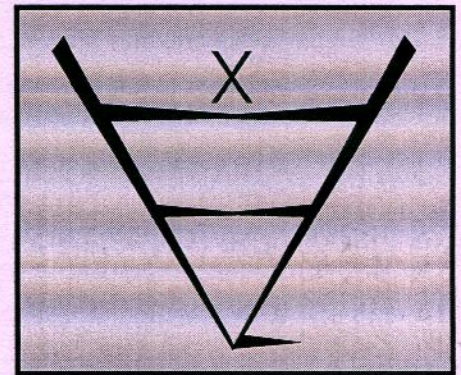
This diagram represents the four functions of a human being.



We'll start by drawing a Vee



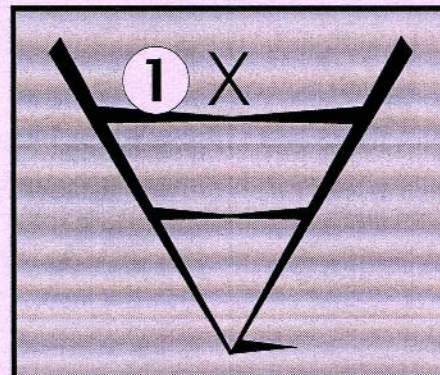
And marking off the four functions, which don't stand alone but work only as a unit, altogether.



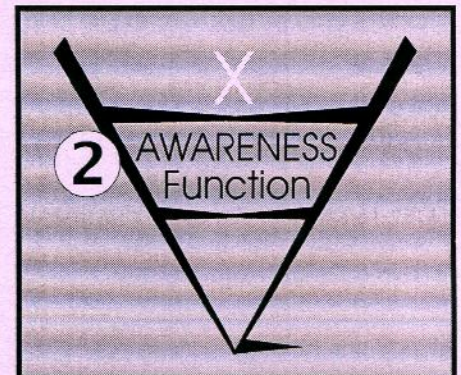
The difference between a dead body & a living one is the presence of a biological function which we will call "X"

X = LIFE

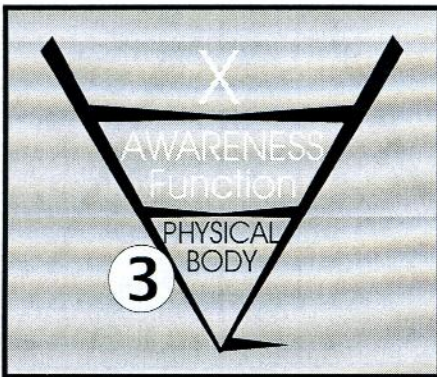
We borrow from algebra an X to represent the Life Force, the spirit or essence of a person, because we can see that something is there (or not, in the case of a corpse) but cannot precisely define it yet.



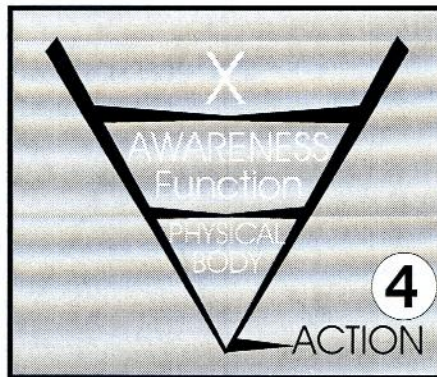
We can call X the Biological Function, the essential intelligence, the initiative of spirit to manifest in the human realm.



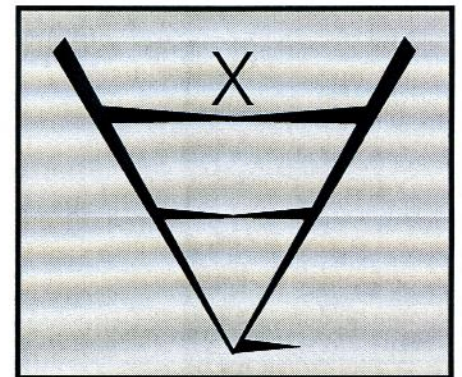
The Second Function of life is its Awareness Function. Awareness Function is not the brain or the five senses or "mind," but uses these. Just as "digestion" is not the digestive organs but uses them.



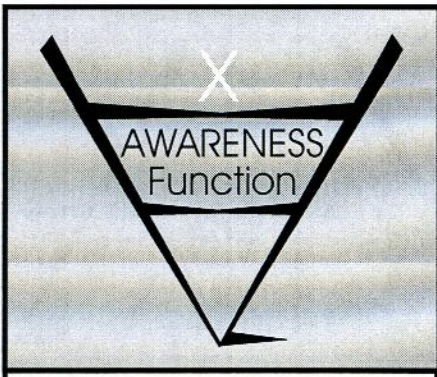
The Third Function--
Physical Body--is the
Motor Function.



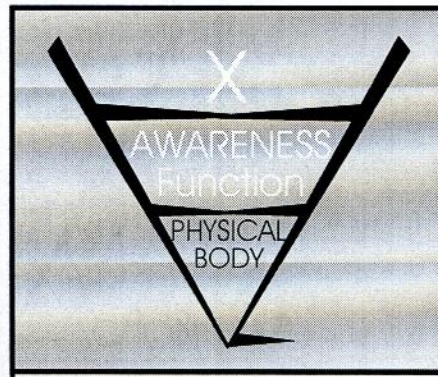
The Fourth Function is
our activity carried out
in the world.



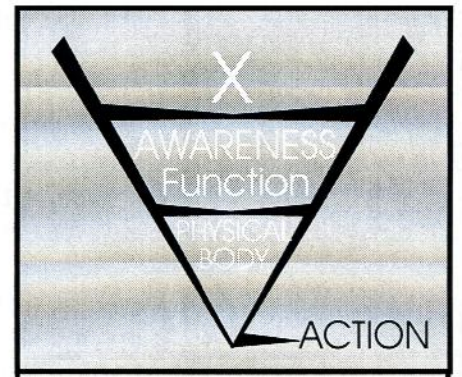
Life Force...



Awareness...



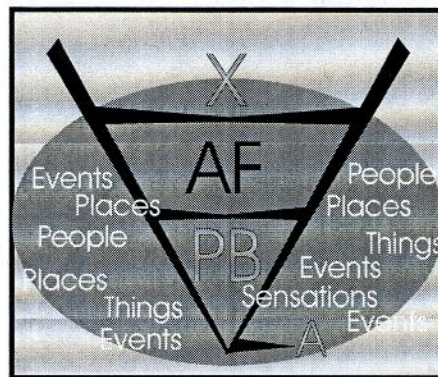
...Physical Body...



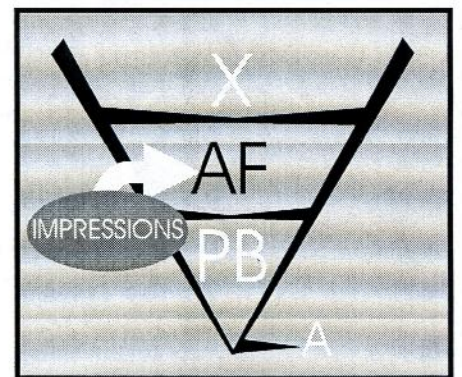
...Action.

How man is
designed
to function.

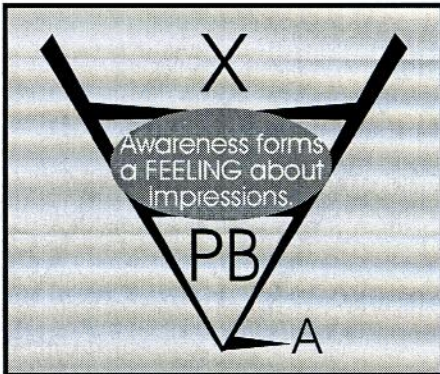
The
Great
Design



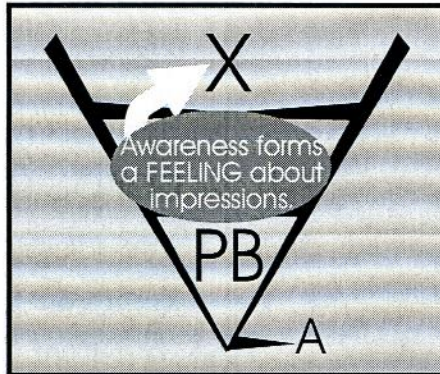
Awareness Function takes in
impressions from the world,
as well as from within.



Awareness Function
evaluates these
impressions...



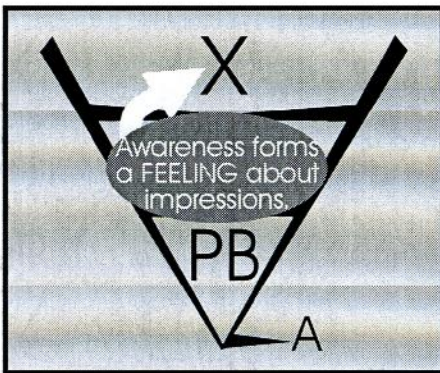
...and forms a feeling...



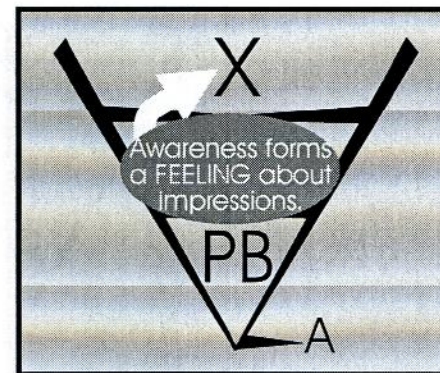
...which is "reported to" and registered by the Life Force.

FEELING is the medium of communication between Awareness and X.

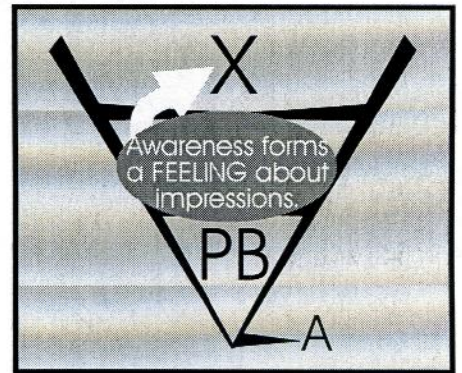
The human being "talks to" the Life Force, X, by feeling. All feelings are "messages."



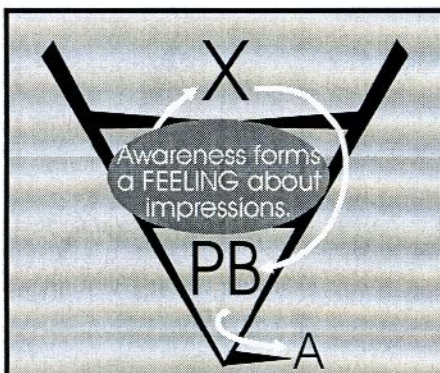
Sensations are not feelings. Feelings are the INTERPRETATION of sensations. For instance, I like the sensation, I do not like it, Or I don't care.



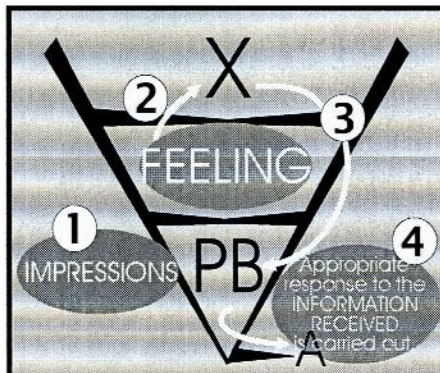
Liking & not liking are evaluations, but not the only ones. "I feel this is to my advantage," or "I feel this is not to my advantage" or "I don't know" are much more accurate "reporting," much more intelligent, than like or dislike. Like or dislike is taste & conditioning & highly unreliable markers of what's to my advantage.



To repeat, impressions are taken in, an evaluation is formed with feeling, this feeling is "reported" to X.



X always does the appropriate thing FOR THE INFORMATION RECEIVED, through the physical body.



1. Impressions taken in
2. Impressions evaluated
3. Feeling formed about it (feeling is a "report" to X)
4. X responds APPROPRIATELY TO THE INFORMATION RECEIVED.

This is how man is designed to function. Balance is maintained. Regeneration occurs. Man lives harmoniously.

This is the end of Part One, the Picture of Man as Designed to function. It is the human condition, however, that one seldom functions in this integrated way, because of a fundamental erroneous decision as to the purpose of living.

After you are familiar with the basics presented in Part one, please click on Part Two to see what's going on that has interfered with this harmony, eventually resulting in the disintegration and death of the human being.

Excerpts from a Talk by Rhondell on The Picture of Man

Conditioned Man is Not One but Many "I's"

We will talk today on the idea of integration. Integration meaning that we are one being, totally, within. Totally, we're one person. Now that maybe sounds a little strange to some people, but long years of working with people has determined that there is a whole bunch of people live in most of these bodies. And that various times one or another takes over and runs it. So we're going to talk at some length today about the possibility of being one. Which brings about a considerable transformation in the individual and their way of living, their whole viewpoint of life and the way they feel and the way they function and what they accomplish.

Meaningless Unless It's Used

So now the things we will talk about are simple. I did not say they're easy. Neither are they something one does overnight but they're something one starts living, and they do produce tremendous changes over a reasonable period of time, if one uses it. Now to know about the information we will talk about has no earthly value unless you use it. You can have all the information stacked up in these books and you could put it on tapes and store the tapes away. You might even listen to them once in a while. But they wouldn't do anything unless one starts living it.

Don't Condemn or Justify

Now basically we will talk with pictures. Now I'm not an artist, so I will just make diagrams of some sort or other. And the first one we will make is, we call the Picture of Man. And the Picture of Man tells how we're kind of put together on the inside, and we will consider it for a while and we will put in one more little word of caution if I may. No matter what you find out what's going on within yourself, you neither condemn it nor justify it. It just is. And know that if you find anything in yourself you are sure not alone. All the rest of us got the same thing. So, be sure that you don't find that, "Well, I've got to improve myself." We're not talking about improving, we're talking about being conscious. And being conscious in many ways that we haven't been before will bring about a considerable transformation in our being.

A Decision/Conclusion is From Now On Unless Changed

So without further noise we will start up with a little picture. Now there's a fundamental we'll start off with that says: Once a decision – now we're not talking about a choice here, we're using the word "decision" kind of technically – it's like a conclusion, so we will put "Conclusion" in parentheses. Once a conclusion, or a decision, has been made, once a decision is made, we've come to a

conclusion about something, it is the rule of attitude/action from then on. From the moment we come to that conclusion from now on until such time as we can look at it, be conscious of it and reevaluate it.

We Unaware of What Conclusions We've Made

So most of the conclusions we have made we're unaware of and so that's called the unconscious area. Now man has a lot of things he lives by he's not conscious of, he's just simply reacts and does them. So we're going to talk about taking charge of doing them rather than simply reacting and just let something happen.

The Picture of Man

So I'm going to draw a picture here. Start off with something that looks somewhat like a vee and this is any one of us. Now each of us has four aspects. Now we are a unit, with a lot of things in there that keeps it from being a unit. The first thing that we can see, the first aspect of man we see is a physical body. Now we can see those all around, we're pretty well acquainted with those, we even recognize a few of them. You know, we see one, we say, "Hey, that's so-and-so over there."

And next there is an awareness function. Now I'm not going to use the term mind because it's been so kicked around that you'd have a bunch of preconceived opinions about it and it's very hard to pass a preconceived opinion, so we're not going to talk about mind. We say we have an awareness function. We're aware that we're sitting in a room, we're aware there's other people around, sometimes we're aware we're hungry, or that we would like to eat, either one, I don't know, ... more often ... like to eat whether or not you're hungry? I think most of us eat enough to keep from getting hungry. We're aware that the temperature is pleasant to us, or we're aware it's unpleasant, we're aware we're tired, or we're aware we've got a little pain somewhere or other. Or we're aware that I'm bored. That's a very common one. So there's an awareness function.

"X"

And then there is something that is alive. We refer to that as X. Now X is an algebraic symbol that says "I know something exists, a certain value exists, but I don't know what it is yet. Maybe we'll figure it out sometime." Is that what it is? Two plus X equals nine and pretty soon I can figure out what the X is. It's seven in that case, is that right? But, I have to find out what the X is.

We Can Tell if X is Present or Not

Now we all know that we can tell the difference between something alive and something dead. Fairly easy,

isn't it? We look at that plant and we say it's alive. How do you know it is? We just know it. And it could be dead, we'd know that very quickly, is that right? And I can look at you and he's alive. There, she's alive. She's alive, the dog's alive. Even though it's laying there with its little eyes closed, it's a live dog, isn't it? And we could tell very quickly if it was a dead dog. (laughter) Now what is it that makes the difference between a live plant and a dead plant? What is it in there? We don't know. But it's something called Life, is that right? You know what life is? I can't define it and I've never run into anybody that could. We can certainly tell whether it's there or not, is that right? So we put an X there, that's what it is. Now we're talking about a little live body here, we're not talking about a dead one, okay?

Function

There is always, as long as it's alive, some function going on. Now we're sleeping, we're eating, we're talking, we're complaining, we're sticking up for our rights, we're doing something at all times. You just can't do nothing. Now frequently somebody calls up and says "What are you doing," you say "Nothing," but that's not accurate because you're breathing, circulating blood and you're talking on the telephone and maybe feeling bored, all at the same time. That's why you say you're doing nothing.

Environment

So all of these, we have these four aspects. Now we're going to try to discover step by step how this works. Now we can take this Picture of Man and put an environment around it. Now all of us exist in an environment. And I feel I'm the center of my environment. Is that right? How about you, are you the center of your environment? No two of us has exactly the same environment. We're all in this room, but it's not the same environment, because you're in my environment, and you're in mine, I'm in yours and that makes it different, is that right? Quite different. So we all have our own individual environment.

We also all see it slightly different than everybody else does. Have you ever been in a room when somebody said it was too hot and somebody else said it was too cold, and somebody else said it was drafty and the other one said it was stuffy in here? We all see things a little differently. So when we're looking at it, we're looking at it from my viewpoint only. When you see it, you're seeing it from your viewpoint. What may be very nice to me may be obnoxious to you. If we went out to dinner I'll bet you anything we wouldn't all order the same thing. About right? I want this and you want that.

Little Joke

I took a lady to dinner one time and I ordered steak. And she ordered steak too, but she said something about

it being cooked a little different than mine and I noticed all the time I was eating she kept turning away and looking way over here somewhere. Finally I said, "Say, is something bothering you?" She said "Yeah, I can't stand to look at that steak you're eating. I've branded critters that got up and run off that was hurt worse than that." (laughter) So you know, she didn't like that rare meat, it's supposed to be DONE. I like it kind of the other way around. So my environment is different.

Awareness Receives Impressions from Environment

So from the environment we receive an impression to awareness. We are aware of all sorts of impressions coming in to us at all times. Now we're not aware of all of them. We're just aware of certain little impressions – we ignore a whole bunch of them. They're all there, and they're all being recorded by the body and by the brain and etc., but we're totally paying no attention to those. Are you aware you're sitting on a hard chair until I brought it up? (laughter). If you sit there long enough it will become of prime importance. (laughter) ...but right now we're not thinking of it, we're thinking of something else. So when we have some impression comes in from the environment, we also receive impressions from the physical body, which also brings in impressions from the environment.

Awareness Has a Feeling About Impressions

We have a feeling about it. Now this impression is a bunch of things that we would say "sensing." After we've sensed something, if we pay any attention to it, we have a feeling about it. The feeling may be nothing more than I like or I dislike. Is that right? You can have things you like and dislike. You meet people, some of them you like, some of them you don't like, is that right? And a lot of them is just pfffft! You don't even bother to like or dislike, they're just blobs went by out there. (laughter)

The Feeling Goes to X

So we have this feeling. And the feeling always goes to X. Now this travels by nerves and so forth, so we won't go into all the little technical things, but we all know about having a feeling about things, do you not. You have feelings about just about everything that comes in? You're driving down the street and you see a house and you have a feeling you like sometimes? Have another one, you don't like. Some of them we just ignore.

X Responds Appropriately to the Feeling

Now this feeling goes to X. Now X is the life principle and X is interested in maintaining and enhancing its life form. It went to great pains to make it.

So X is life and life does the appropriate thing for the information it receives. X always, to the best anybody can

see, always does the appropriate thing for the information it receives. It receives all this information from the awareness function of man. That aspect of man. It receives all of its information from there, and it always does the appropriate thing. It already knows how to do that, from some way or other, does the appropriate thing for the information it receives.

For Example

Now, we'll try to give some little quickie illustration of that. Let's say that you were walking around out here somewhere and there was a rattlesnake. The appropriate thing for you to be would not contact with that rattler, in as much as rattlers and humans don't seem to get along too well together, is that right? And you would try to get away from him, or destroy the snake or something.

Now suppose that this was, instead of a real rattler, an imitation one, a mock one. Made to look like it, but was made out of rubber. Had a little buzzer in it. What would you do then? You just look at it, what would you see? You saw a rattler. Would you still do the same thing for the rubber one as you would the other one? Wouldn't you. The appropriate thing for what you saw. You saw a real rattler. Now after somebody showed you they were doing a practical joke, why you could pick the thing up and carry it around then, right, maybe. Huh? (laughter) Still wouldn't touch the darn thing, would you! But some people'd say, "Well, it'd be all right, it's a toy now." It would be a toy if it was a make-believe one. So as long as you felt it was a real one, you would react to fight or run from that snake, get away from it. But if it was a make-believe and you didn't know the difference, you still saw it as being one, you'd still fight or run.

So it does the appropriate information for the information it receives, and it receives all this information from the awareness function. So it is possibly rather worthwhile what we do.

Action Occurs

So when X does the appropriate thing it goes to the physical body, mobilizes energy to do the appropriate thing, and the action is carried out and we're back to functioning all right. Back to semi-rest again, okay. And we have this as a cycle. So we could call this a living cycle.

The Living Cycle, An Integrated Person

So we perceive something here, we have a feeling about it, X mobilizes the energy to do the appropriate thing, and we carry out the action.

Disintegrating Factors

Now if we functioned like this, we would be what's called an integrated person, and you wouldn't have all the disintegrating things going on in your existence that you do. The body wouldn't be falling apart at the high

rate of speed that it does, you wouldn't have all the tangles with other people that we have. You know, we could kind of get along with them, give them their way and I can have mine and there's plenty of room for both of us in this world, I don't have to straighten them out, they don't have to straighten me out. But you know, basically, we have to do a lot of straightening out on those other people. And they sure do a lot of straightening out on me.

How We Really Are

So now, we're looking at The Picture of Man, how we're put together, designed to do. Not as we are. This is the picture as we can be or the way we were designed to be, but not the way we are, okay? Now, I'm going to start in a minute and we're going to talk about how we really are. We're going to complete this picture a little bit. This is the way you were designed to exist, and if you did you would probably function quite well for a long long time.

Ancient Example of Integration

We read in certain books used to kick around nine hundred, eight hundred years, and says they begat sons and daughters all this time, so they must have been having a ball... kept on having kids. So it's possible that they were describing somebody before they were all screwed up in here. Now we're going to talk about the screwed up, okay?

People Are Almost Never Integrated

This is your anatomy of a human being that isn't all conditioned, and it's a case where most of us can be if we so choose to be one of these fine days. Now, we've never been that way more than a few minutes. Probably the day we were born. So I will erase all this and I will draw the picture again and we will kind of go through it step by step how it got crossed up.

X, Awareness, Physical Body, Action

So we'll put our same little drawing here, we'll put our picture on it, and this is the physical body down here, this is the awareness function and this one's X and that is the function out here.

The Master Decision

Now the first conclusion— we had up there that when we come to a conclusion or a decision, that that becomes the rule of attitude/action from there on. The best that can be determined, the first conclusion that most of us made was in the process of being born. We'd been floating around here in a literal Garden of Eden where we didn't even have to bother to breathe, we didn't have to go out and eat, we didn't have to do anything but exist and kick once in a while. Now floating around in a body of water.

But then one day we start being born. And being born

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We have a feeling about it. Now this impression is a bunch of things that we would say "sensing." After we've sensed something, if we pay any attention to it, we have a feeling about it. The feeling may be nothing more than I like or I dislike. Is that right? You can have things you like and dislike. You meet people, some of them you like, some of them you don't like, is that right? And a lot of them is just pffff! You don't even bother to like or dislike, they're just blobs went by out there. (laughter)

The Feeling Goes to X

So we have this feeling. And the feeling always goes to X. Now this travels by nerves and so forth, so we won't go into all the little technical things, but we all know about having a feeling about things, do you not. You have feelings about just about everything that comes in? You're driving down the street and you see a house and you have a feeling you like sometimes? Have another one, you don't like. Some of them we just ignore.

X Responds Appropriately to the Feeling

Now this feeling goes to X. Now X is the life principle and X is interested in maintaining and enhancing its life form. It went to great pains to make it.

So X is life and life does the appropriate thing for the information it receives. X always, to the best anybody can

plainer comes into being here.

You been around a baby when it's not getting what it wants immediately? What does it do? It cries. And that's a very unpleasant sound and gets other people on the ball to try to shut it up. Because that disturbs you, is that right? Nature designed it that way, I think quite well.

Complaining Ceases to Work

Now then, the infant gets along just fine by doing some complaining, but after a couple of years have you noticed that complaining usually don't get everybody to straighten up for you? First two years works fantastic. But how does your complaining do these days? Does it get everybody in line and they straighten up and start doing what you want them to do? Now, you know, we keep on complaining, we haven't checked up and said, "Wait a minute, I'm not an infant any more, so this don't work." Have you complained any, anybody here complained in the last month? (laughter) Did it work? No. Do you keep on doing it? [Yes.] Do you call complaining getting all upset and feeling sorry for yourself and etc., etc., etc. Is that right? Hmm?

So you see that all the complaining in the world—and there is gobs of it going on—doesn't get what it was designed for. Does complaining work? It don't work worth a darn. But we go right on complaining. So that's the first method the child used. So now we've lost control of a certain amount of awareness, it just becomes mechanical.

No. 2--Sticker-Up-for-Rights

As the child gets a little older he begins to stomp his feet and holler to have his way. He gets belligerent. So now he's saying he's sticking up for his rights. The way to get non-disturbed is to stick up for his rights. And he begins to see all sorts of things as being rights. Stick up for my rights. You hear lots of words about that.

What's a Right, and Why?

Did you ever stop to think about what your rights probably would be? Ever think about that? Did you arrive in the world pretty much in the same condition I did? Broke, helpless, naked, no know-how, no teeth, totally incapable of looking after yourself, is that the way you got here? Didn't even bring a toothbrush because you didn't have a tooth. Right? So, you found a world well-equipped: food, clothing, shelter, couple of slaves to look after you and everything, when you got here, is that right? Where's your rights?

Rights or Privileges?

It looks to me like we've been extended a tremendous amount of privileges, which when we have had them a few times we mistake them for rights. You know, if a beggar comes down the street and he knocks on B's and J's door and every day they give him a sandwich for four

days, the fifth day he came by they didn't have a sandwich for him, he would be very angry, wouldn't he? Because it's his "right" to come here and get a sandwich. Five days and you've got a right. And if don't get it, he's angry. He didn't see it was a privilege for four days and had no intention of having it the fifth. But he'll think so.

Losing Privileges

So we've had so many privileges we think of them as rights and go around sticking up for them. And that's when we begin to lose our privileges. The best way in the world to lose a privilege is to mistake it for a right and start sticking up for it. If we could see that everything we have is a privilege, we could probably take better care of them. I like all my privileges and I'd like to maintain them, enhance them, and get more! Wouldn't you? I'd like to keep all the ones I have, I'd like to maintain the ones I have, I'd like to even enhance those a little bit, and I'd like to get some more. Privileges. I'm not entitled to them, or anything of the sort, and if you stop and look, what do you really have a right to?

So, you have no rights. We'll say. I have no rights. Maybe we could discover that. I have a lot of privileges, and I'd like to keep them. I'd like to enhance them and I'd like to get more.

Transformational Thinking

You'd be surprised how different your thinking process goes when you think of everything you have as a privilege rather than a right. Your whole internal makeup goes through quite a transformation right there. You want to try that one or not? It's immaterial. It's not important, but it's very interesting to see that if you only changed one thing, you begin to view all the privileges you have and your whole process... that you have no rights, you have a lot of privileges that you would like to maintain, enhance and gain more, you will see a decided transformation in your whole state of being come about very rapidly.

No. 3--The Pleaser

So the first way that the child begins to do, after his folks have put up with his complaining and his sticking up for rights as long as they can, they finally decide that he better be pleasing them. So they put a little force or effort on demanding that the young being please them. Have any of you got children? [Yes.] Have you gone through the point to see at some time or other that they please you? [I've tried.] "It's important to please them," is the idea. Number three, it is important to please them.

The Decisions are Unconscious

Now remember all of these are without conscious words. People just do them by reaction. Now when you get this [the complainer and sticker-up for rights] and

this [the pleaser] that brings a split in here [Awareness split "down the middle" – see reference section]. So over here you leave a little bit of intellect. Which kind of figures out how to do things, and there's an awful lot of feeling reaction going on and these are pure reaction down here. They're without thought, they're just as mechanical as can be. (laughter) And so there's a conflict going on.

Conflict Sets in With the 3rd Decision & Is the Disintegrating Factor

Now I think everybody knows what we mean by the word conflict. You have felt it, have you not? Conflict. And conflict is the human problem. It is the disintegrating factor, it's what pulls people apart. Conflict. And if we should get around to the point where we had no conflict, we might find that we're in an entirely different state of being. So what we're going to talk about is to get rid of conflict.

No. 4 Obey "Authorities"

The fourth one is to believe and do as you are told by your authorities. They took you down and let you listen to all the authorities and they told you if you do this all the proper way – believe and do as the authorities say. So people fight wars over who's the proper authority, don't they? I think if we read the news or listen to it at all these days why we find that a lot of countries have got some contending authorities, and they're having a war as to which one you're going to listen to, is that correct? I think it all boils down to who would you rather pay your taxes to, me or you? I'd rather they paid it to me. But you'd rather you got it, is that right? So now let's see that the others are all bad and we'll start us a program.

No. 5--I Should Be Different Than I Am

And then we get along to the point where we want to improve ourselves. If we were just improved. And it's pretty hard to improve on a human being. What would you do, add another arm? Another leg? Another head? What would you do? If you were going to improve a human being, how would you go about it? [I would make my head work better...] Well, I don't think you can make yours better, they all work pretty good now. Except when you have conflict and you're trying to do two things at one time. You can't do that. That paralyzes you, right? If you didn't have conflict you couldn't much improve on it, is that right? And you can't improve conflict except make more of it. So let's say that we could wake up a little bit and see that maybe the conflict would all go.

No. 6--The Blamer

And the last one we all decided was that if we could straighten all these other people out, everything would be all right. So we'll call that the blamer. If he, she, they, it and this and that were all different, then I would be just

fine. So it's all your fault, so there. Is that right? Yep. And as long as you're blaming something, there is absolutely nothing you can do about it.

Living By Erroneous Decisions is The Vicious Cycle

So now we have the picture of man as a very fragmented being. Here's the environment out here, and the impulse goes in here, it's according to which one of these it hits as to which reaction takes place, and no matter what reaction happens, the other side over here and says you shouldn't have done that. So you stick up for your rights and that's fine for an hour or two and then you begin to have a feeling of guilt or something that maybe you shouldn't have quite done that way. Maybe I was a little wrong in doing it that way, right? Have you ever had that feeling? Or, so that gives you conflict. Or maybe you hit the thing when the little reaction from the environment came in and you went and pleased them, did everything for them, but the point was, you thought after a while, I don't ever get to do anything I want to do, I just have to do what everybody else wants all the time. And you had a good dose of self-pity. You do that routine anybody? (laughter) Ever feel sorry for yourself? Hmm?

So here is the way the situation goes. Now we have a different cycle to live on. This is the Vicious Cycle. So we have a misconception based upon these old decisions we made when we were little kids that the whole purpose of living is to be non-disturbed and oh it's important to have my way and it's important to have my rights, and it's important to know what's to blame, it's important to please other people, it's important to believe something that somebody told me, and it's important to improve myself. So we have a misconception.

False Feeling of Emergency

Now when you have a misconception, sooner or later, and usually much sooner, you have a false feeling of emergency. Remember we said it was a false feeling, it was like seeing a rubber snake when we thought it was a real one. That'd be a false feeling of emergency, wouldn't it. That brings about a state of chemical imbalance because you're prepared to fight or run, and there's no fighting or running to do, a chemical imbalance, neuromuscular tension. In tension, you're nervous. Tight. Stressed is the prettier word for it today, "I'm in a state of stress. I'm undergoing a stressful situation." Or "I'm undergoing a traumatic experience." So it means you're in chemical imbalance and neuromuscular tension. The body can't live that way so X says got to straighten this out. So it does it with adaptation. And thank goodness for adaptation. So we start adapting [illness or unusual behavior to burn off the stressful energy]. But you can choose whatever one you want, or neither. You don't have to have either one, you can quit both of

them. You don't have to go through the adaptation, you can begin to see that things are not all as important, it's not important to be non-disturbed, it's not important to have your way, it's not important to stick up for your rights, that you don't have. You can begin to see, this is what I want and I'm going to use whatever method I choose to try to get it, and I've got several options.

Conscious Living

So let's begin to look and see if we can determine that we will be a conscious person, that we are somewhat considerate of what information we send to this life, because it's going to do the appropriate thing for the information we, it receives.

Seeing X and Awareness as Partners

Let's say that you had a partner who would carry out all the doing and all you had to turn in was what was to be done. Wouldn't that be a fair partnership? You happen to have it. We just haven't taken very good advantage of it. You have a partner which always does, and will do, the appropriate thing for the information received, but it does say to you, "You've got to give the information." Now if you're turning in information that the thing to do is to give them hell, they get hell, all right, yelling, kicking, fighting, whatever you want. But, you also take what goes with that.

Awareness Says "What", X Does "How"

So now we have a partner. The partner is the executive, it carries out things, it executes. Our job is to determine what. So the two things involved, what and how. Now thank goodness we don't have to figure out the how. I don't know how to say a word. I'm aware I want a word said and pfft! The partner does it, is that right? I don't know how to pick up this piece of chalk—there's a hundred little fancy movements went on in there. But the partner picks it up, he knows how to do it, I just wanted to pick the chalk up. If I'm driving an automobile I just see where I want to go, I don't think I got to turn this seventeen degrees here, I got to let a fourteenth of a centimeter off the gas, I got to turn here back this way. I see what I want, I'm reporting that and X drives the car. You don't know how to drive a car. Do you know how to swallow? You've been swallowing all your life but do you know how to do it? [Not always.] You don't know how to do it ANY time. Or does it just take place? Do you know how to stand up? Do you know what the first muscle group you tighten up if you want to stand up? Do you? You don't know how to do anything, X takes care of all the how, we only say what.

Conditioned Man Has It Upside-down

But of course mankind is wanting to turn that up and down, he says, "Oh Lord you tell me what to do and I'll

take care of it." And it can't work that way. But you are responsible to say what you want. You're responsible for that. It won't do anything until it gets a what. It just doesn't do it.

(Question: Where do we get tangled up?)

Oh, we've been educated that some things are very difficult, ... and all that. And that some are just, you know, we've been allowed to do certain things ever since we were kids and other things we weren't. But the point is it'll do anything that you say that's what it is. Okay? Just what you want done. You want to write a word on that paper, do you know all the muscles you use to do that? Or you haven't the foggiest? You just know what you want to write, is that right? So that information goes to X, X does the appropriate thing down here, little hand-writing... and you just get to watch it because you haven't the foggiest idea how to do those little things.

Paying Attention to What We Report

Now if you could know that you could have just about anything that you could concisely report, you would pay a little more attention to what you're reporting than you do when you're reporting willy-nilly without any awareness that you're reporting that you're being put upon, you're reporting that you're being mistreated, you're reporting that you're in a terrible shape, and all this. If you started reporting accurately, you'd pay more attention to it. Is that right? [End of excerpt.]

Something to Think About

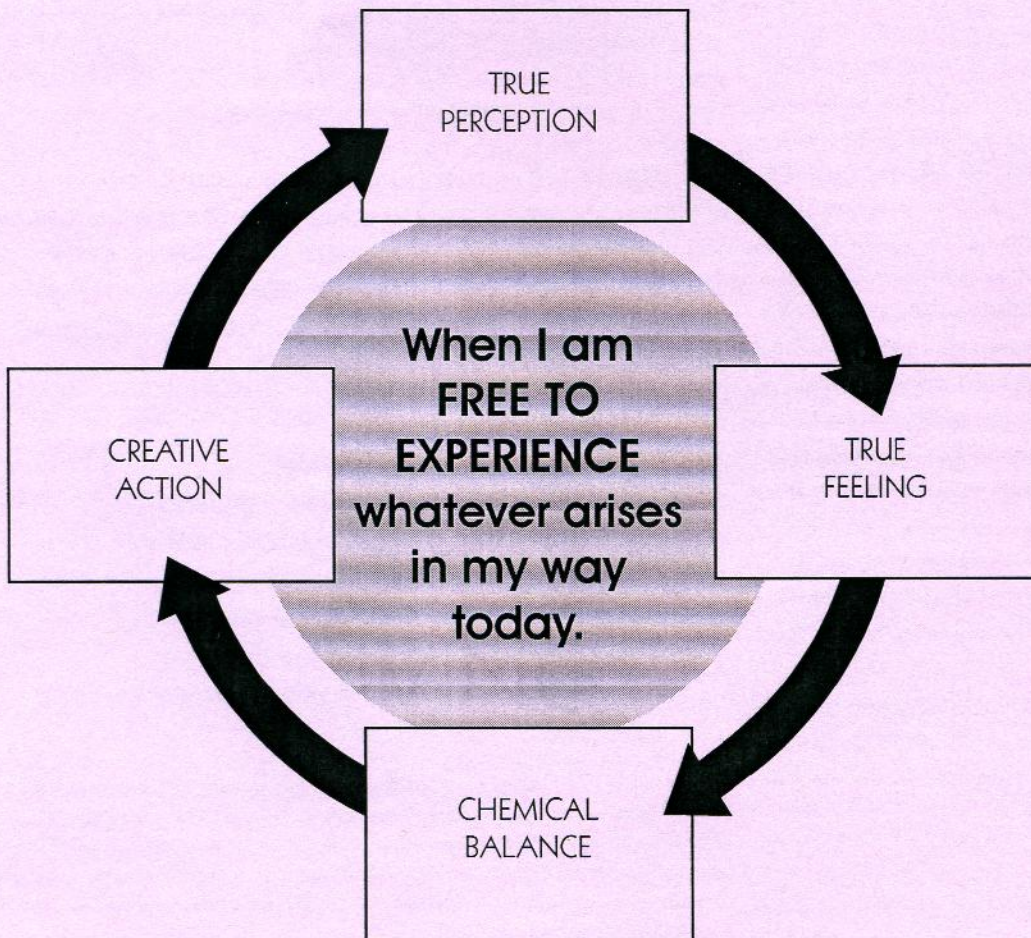
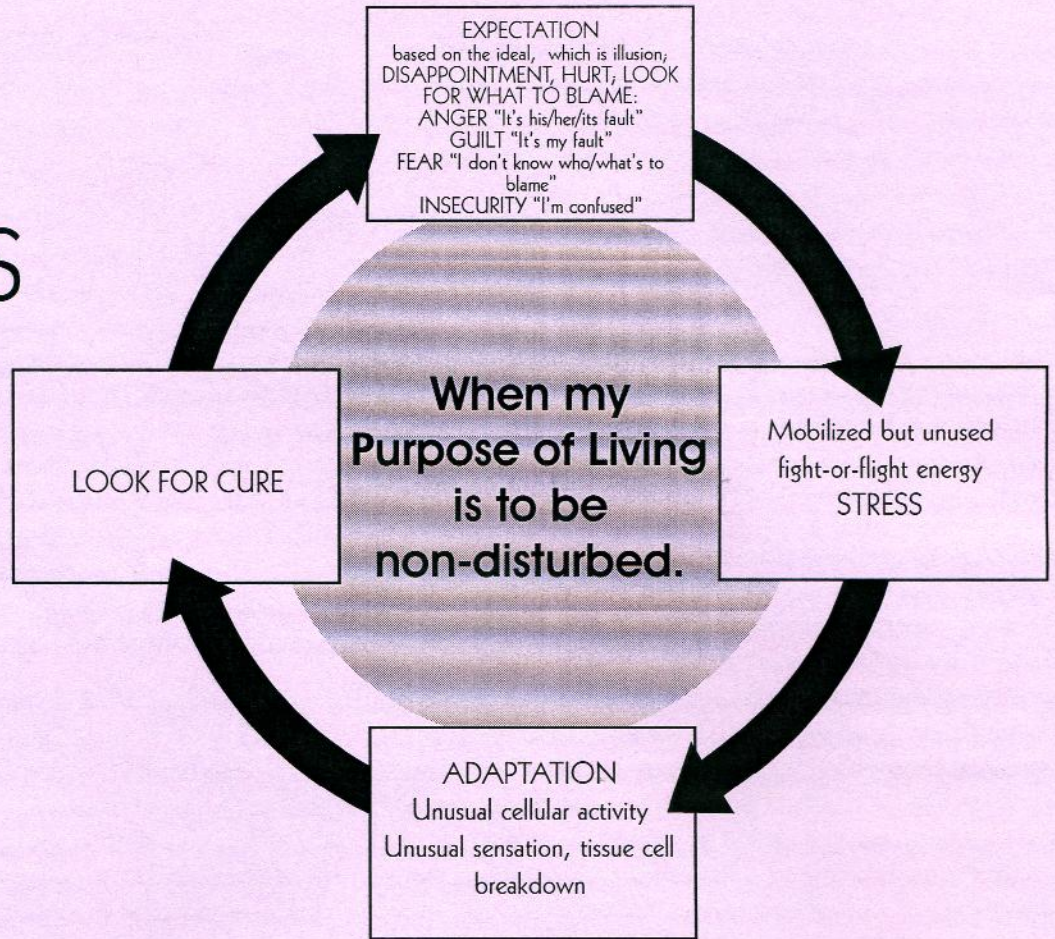
All this crap out here, you can't control. But you can decree something that matters to you—what you experience all day, your inner state. That you can do. You see, the only person in the world in charge of your inner state is really you. That's what you're experiencing in this life—your inner state. [Rhondell]

Our Websites

www.TheWayOfIntelligence.com (This newsletter)
www.Rhondell.com (The complete Rhondell catalog)
www.ThePictureOfMan.com (Pages of info to read or print)
www.ThePartyStory.com (The complete Party Story)
www.HarmonyWorkshop.com (Links to all our sites)
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THE VICIOUS CYCLE



THE LIVING CYCLE

Reference Section

THE WAY of Intelligence

THE FOUR FORCES

INITIATIVE

First Force

Intelligence, Inspiration, Biological Factor, LIFE

RESISTANCE

Second Force

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

FORM

Third Force

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

RESULT

Fourth Force

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

THE FOUR QUESTIONS

WHAT AM I?

WHERE AM I?

WHAT'S GOING ON HERE?

WHAT CAN I DO, IF ANYTHING?

THE FOUR GREAT GAMES

that operate by suggestion:

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

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

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

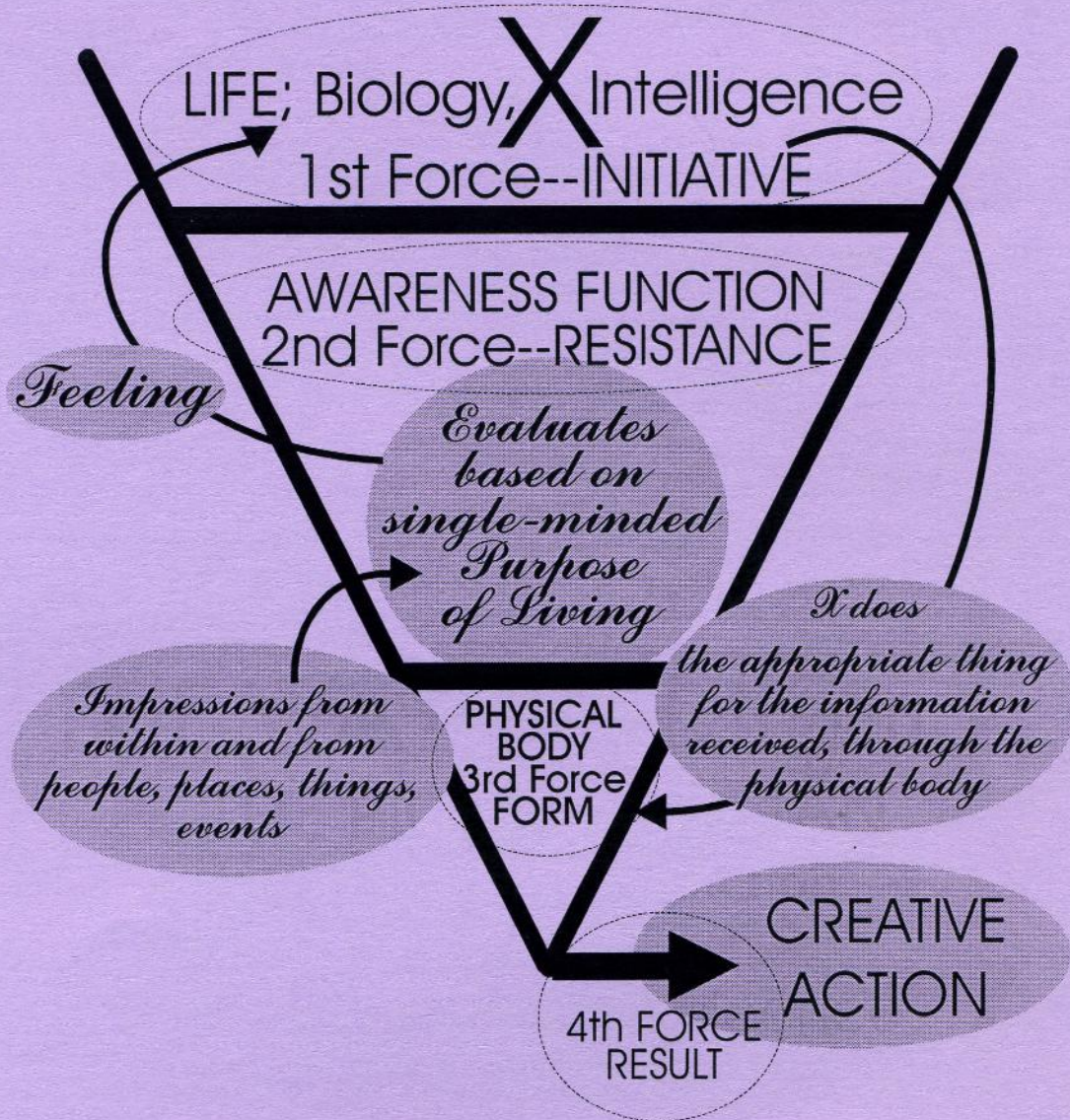
BIG BUSINESS--Decrees what's "pretty" and "ugly"

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

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

THE WAY of Intelligence

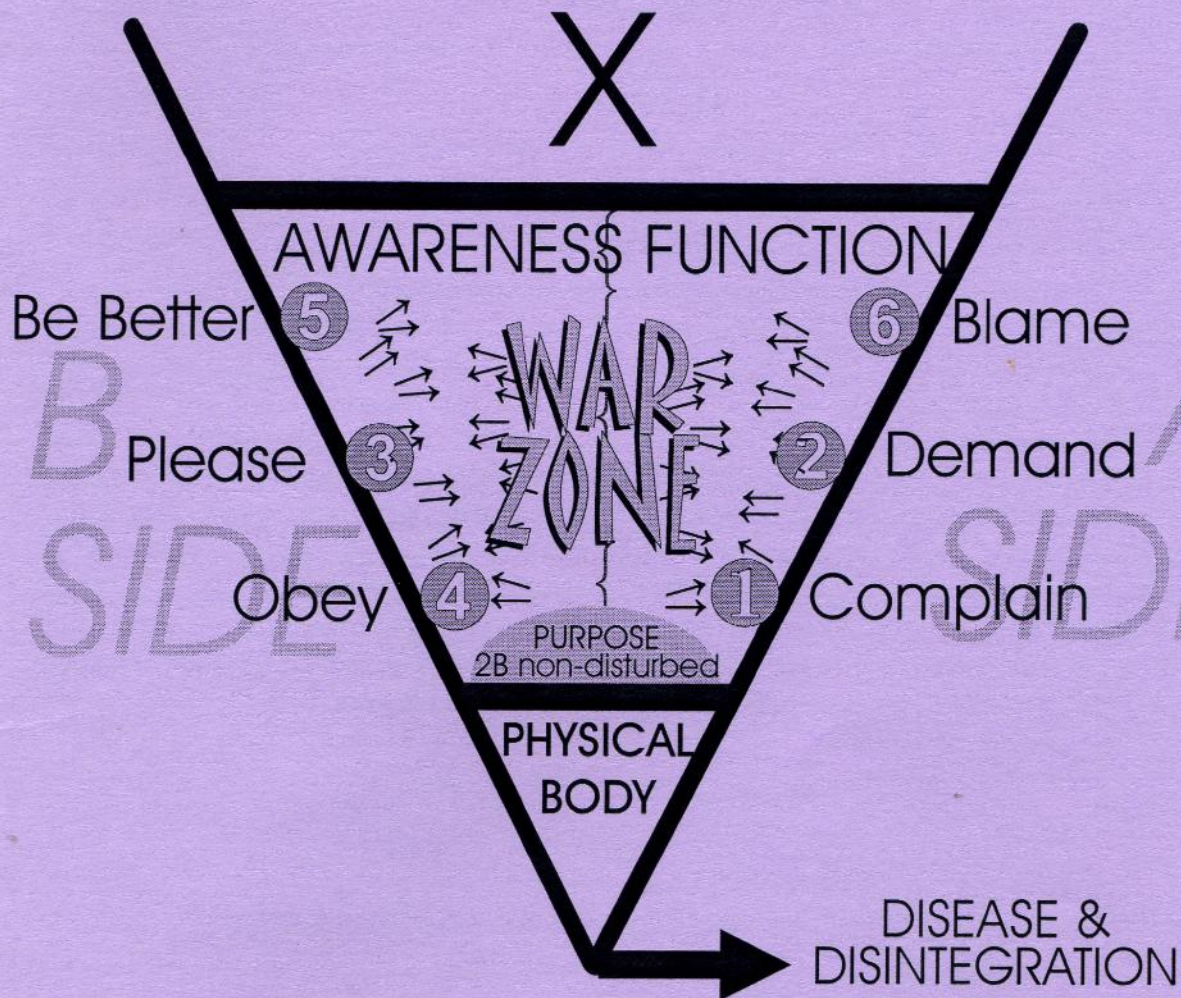
THE PICTURE OF MAN as designed to function



A human being has four aspects, which are not separate but are interdependent. The first is the biological aspect of LIFE FORCE, called X here because it is not really definable--one knows it's there, one knows when it isn't, in any creature. So, as in algebra, an X is used to denote that something is there which cannot yet be precisely defined. Next is the AWARENESS FUNCTION, which is the senses but more than the senses when developed. A developed Awareness Function is more than the "programming" of the brain, it determines feelings. The third aspect is the MOTOR FUNCTION, the PHYSICAL BODY through which life is lived. The fourth aspect is the ACTIVITY of the whole. When a single-minded purpose is the foundation of a person's life, there is no conflict and he or she functions with all aspects in harmony. The 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 WAYS OF MAN THE WAY OF THE JUNGLE

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

THE WAY OF JUSTICE

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

THE WAY OF UNDERSTANDING

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

THE WAY OF INTELLIGENCE

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

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