

# THE WAY of Intelligence

Volume II Number 3

May 2002

Free

## The Picture of Man, Continued

It was a pleasant surprise to find that the last newsletter with the Picture of Man drawn out step-by-step was so well received. So I've included the second part in this issue. Meanwhile a few questions came up about the Picture of Man.

*"Chris, On your Picture of Man As Designed to Function, you distribute the Four Forces as follows: Initiative--X, 2nd Force--Awareness, 3rd Force--Body, 4th Force--Result. I am thinking that X initiated everything initially, but in our everyday activity it is Awareness which initiates. Course it's all X anyway, so just a minor question. ~J"*

Oops, first of all it's Rhondell's diagram, I haven't altered it at all, and wouldn't. (Check out the plates in any of his books, most of which I typeset, but certainly didn't change.)

You are correct in a way, and not X is, period. (I'm not even going near the mental fun and games of "it initiated everything initially, but...") X's Awareness Function is a function, not a thing or a "being" that can initiate. That fact is usually very hard to grasp. Awareness takes in (and screens out) impressions, evaluates those impressions based on one's purpose of living. This forms a feeling which X responds to appropriately, through the physical body. It all works together, in an instant.

And I might point out here, too, there are limitations to a flat diagram describing a living being--the diagram shows four functions, and one might tend to see them as separate "entities," but they're not, they are four facets of one "event", human life.

However, that said, it is a fact that the sense of "I" usually "resides" in Awareness in one not fully integrated. (You may recall a few of the hundreds of times Rhondell asked the question to the audience, "Just 'who' is it saying 'my body, my mind, my spirit,' etc.?" implying the sense of I is misplaced. You can find this excerpt toward the end of this newsletter.) Fully integrated means that all four facets work together consciously. This person knows What he is, Where he is, What's going on, and What he can do. He (or she, of course) does not feel separate from X, knows he is spirit having a human experience. Truth is, this is something that must be experienced, the experience is a development. Words only are inadequate.

*"I am a special case who simply cannot read diagrams, period. I do understand the narrative version of the Picture of Man, however. But I worry that I may be missing something, since you emphasize so much that one must understand the picture."*

Well, it was an assumption on my part that the diagram was

infinitely easier to understand than any narrative version I've ever read! (I studied philosophy and psychology for years before I met up with The Way of Intelligence and never understood the four facets of man and their precise workings until after I had the diagram. Now I can go back and see it may have been there, but certainly elusive to me.) So it's my bias that stresses the diagram, when of course I mean to stress the value of the principles illustrated (the POM, the "fours", TAF and the rest), however one "sees" them.

I do think people who don't read maps are missing something: another point of view. But if you're satisfied with your progress using only the narrative, then it doesn't matter one bit what I or anyone else thinks! It's said in these pages over and over (and over), check it out, use what's of value to you, discard the rest.

As I mentioned to you, and another, on the phone, a beautiful narrative version of the Picture of Man is contained in the biblical "Wedding at Cana" story.

*"Why doesn't X hear words?~S."* Feeling is the medium of communication between X and Awareness. (You had feelings long before words.) When the words match the feelings, X will "hear words." But how often do words say something entirely different than feelings? (One I hear every day lately is "It's NOT revenge, it's only justice!")

*"I still get confused about feelings and emotions. Aren't they the same thing?~L.L."* The Way of Intelligence uses language very specifically. Here, sensing is "raw information", for instance, an odor. Feeling would be an evaluation of it, "Bad fish," or "There's a fire nearby." An accurate feeling will produce the appropriate action (don't eat it; get the heck out of there.) Emotion would be "How DARE they sell me this junk!" or "What if I can't escape!" or "Who's to blame?" Sensing = "What's going on." Feeling = "What is its value?" Emotion = Blame, fear, guilt, greed, hatred, any detrimental feelings.

*"I'm confused about 'doing what's to your advantage.' A thief, for instance, would see stealing to be to his advantage.~M"* He probably would. That's why this work--to reevaluate purpose--so that unlike the thief, we will have made a new purpose and stop making faulty evaluations, stop being in conflict about what to do. People ask all the time, "How do I know what's to my advantage?" When the old purpose to gain and escape as the whole purpose of living is discarded, you will know. In a (hyphenated) word, "What's to our advantage" is whatever is "life-affirming."



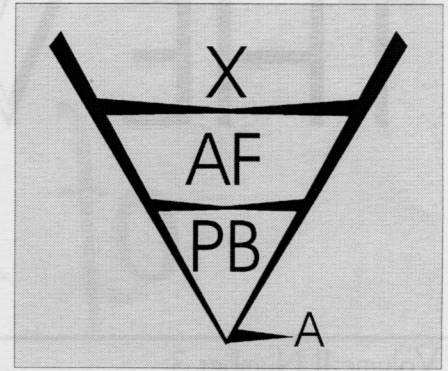
# PICTURE OF MAN

A Presentation of  
*THE PICTURE OF MAN*

Drawn Step-by-step

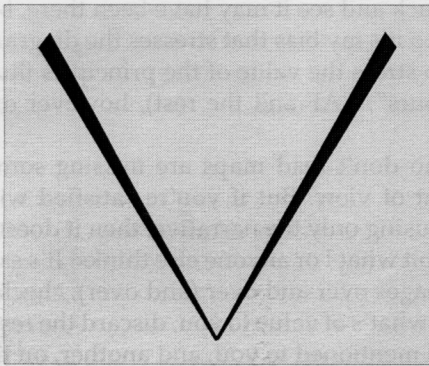
From the video at [www.ThePictureOfMan.com](http://www.ThePictureOfMan.com)

How man is designed to function.

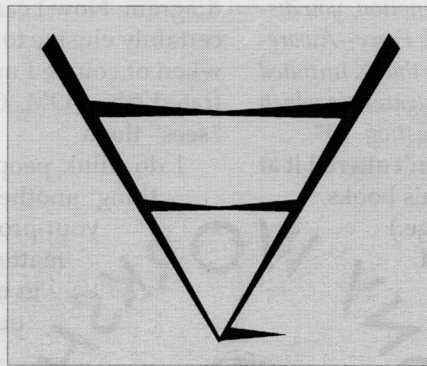


1. What am I?  
Am I spirit having a human experience?

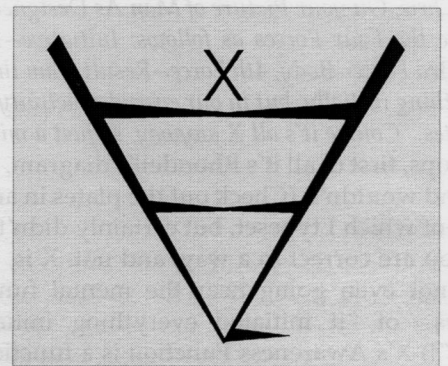
2. This diagram represents the four functions of a human being:  
Life Force  
Awareness  
Physical Body  
Activity, Action



3. We'll start by drawing a Vee



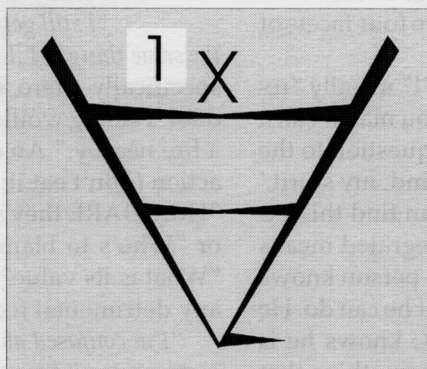
4. And marking off the four functions.



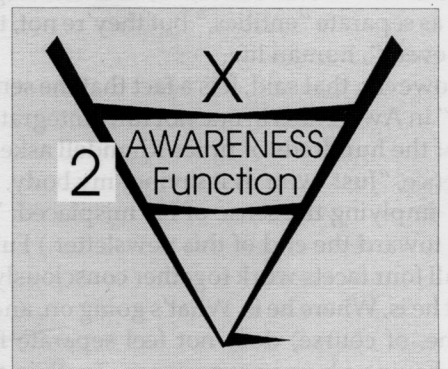
5. The difference between a dead body and a living one is the presence of a biological function which we will call "X"

X = LIFE

6. We borrow from algebra an X to represent the Life Force, or 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.

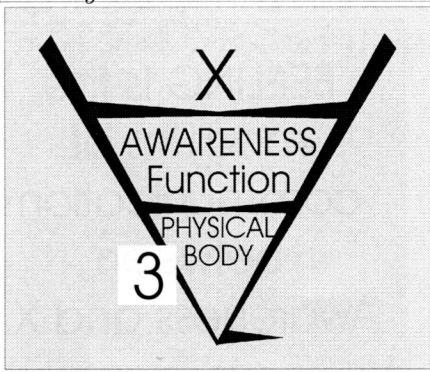


7. We can call X the Biological Function, the essential intelligence, the initiative of spirit to manifest in the human realm

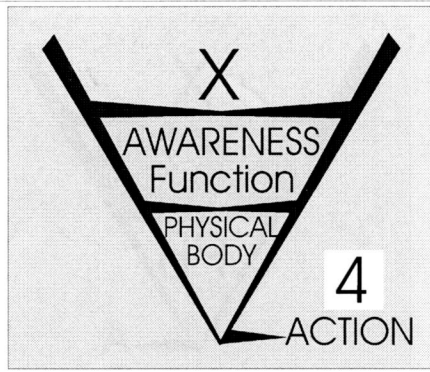


8. The Second Function of life is its Awareness Function. Awareness Function is not the brain or the five senses or the mind, but uses these. Just as "digestion" is not the digestive organs but uses them.

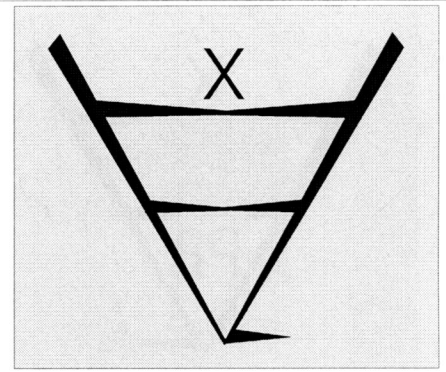




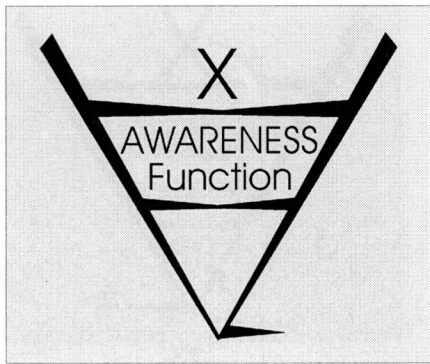
9.  
The Third Function,  
Physical Body, is the  
Motor Function.



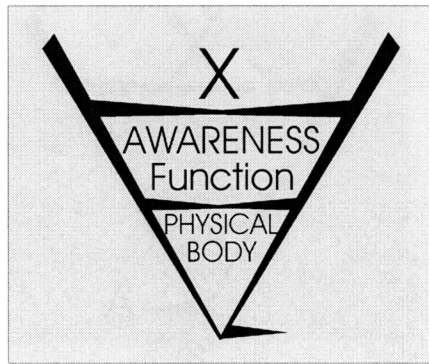
10.  
The Fourth Function is the  
Activity carried out.



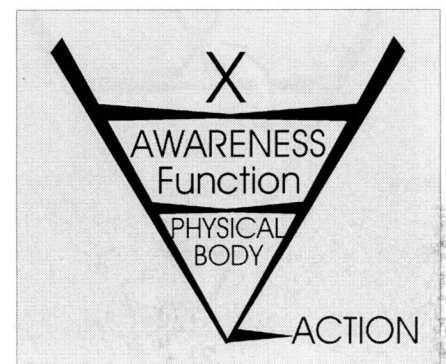
11.  
Life Force...



12.  
Awareness...



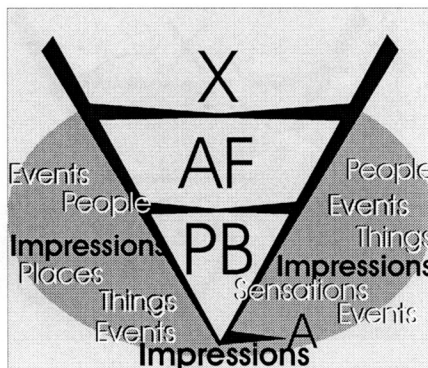
13.  
Physical Body  
(Motor Function)



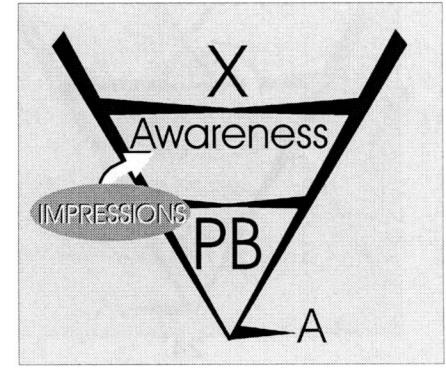
14.  
Action.

How man is  
designed  
to function.

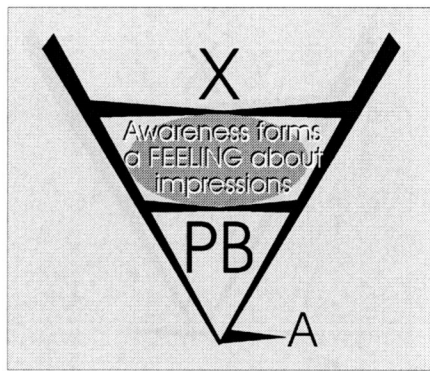
15.  
The human being  
without conflict.



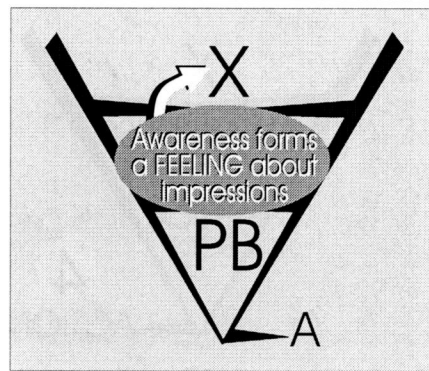
16.  
Awareness Function  
takes in impressions from the  
world, as well as from within.



17.  
Awareness Function  
evaluates these  
impressions.



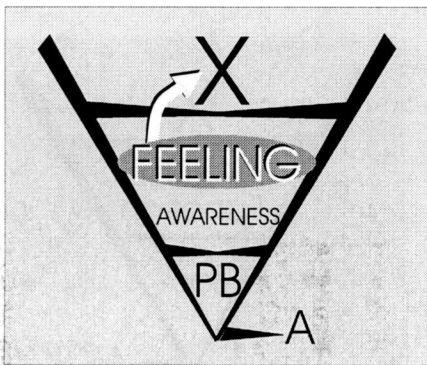
18. And forms a feeling...



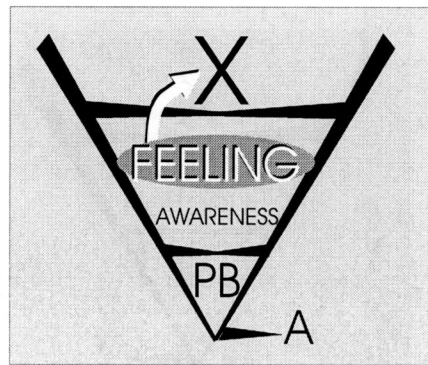
19. Which is "reported to" and registered by the Life Force.

FEELING is the medium of communication between Awareness and X.

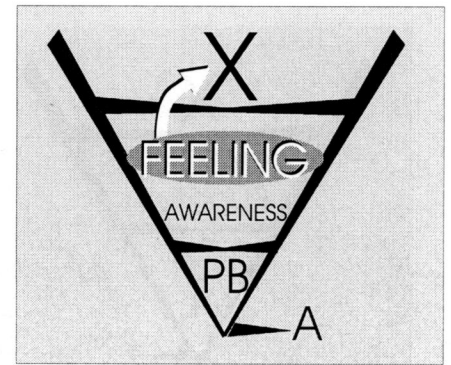
20. Feeling is the "language" we use to speak to Spirit.



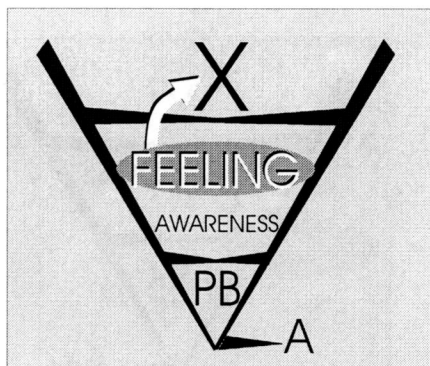
21. Sensations are not feelings. Feelings are the INTERPRETATION of sensations. For instance, I like the sensation, I do not like it, or I don't care.



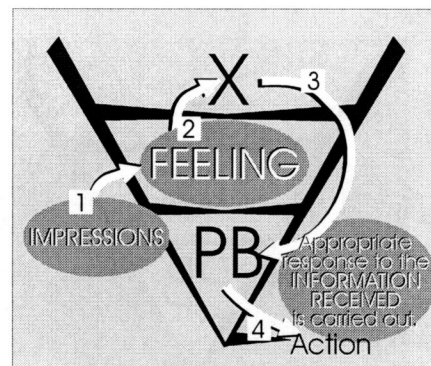
22. Liking & not liking are evaluations, but not the only ones. "I feel this is to my advantage," or "I feel this is not to my advantage" or "I don't know" are much more accurate "reporting," much more intelligent, than like or dislike. Like or dislike is taste & conditioning & highly unreliable markers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



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



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



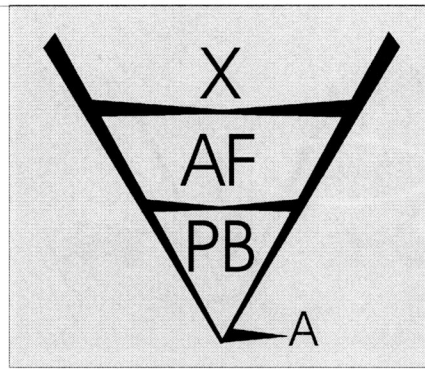
25. 1. Impressions taken in, 2. Impressions evaluated, 3. Feeling formed about it (feeling is a "report" to X), 4. X responds appropriately to THE INFORMATION RECEIVED, appropriate action occurs. *This is how man is designed to function. Balance is maintained. Regeneration occurs. Man lives harmoniously.*

This is the end of Part One, the Picture of Man As Designed to Function. It is the human condition, however, that few function 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 go to Part Two to see what's going on that has interfered with this harmony, eventually resulting in disintegration and death of the human being.

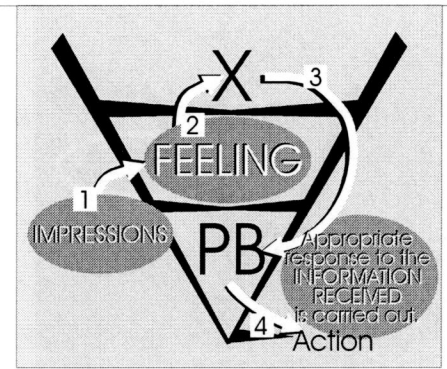


PART TWO  
The Picture of  
CONDITIONED Man  
with  
Purpose in Error.

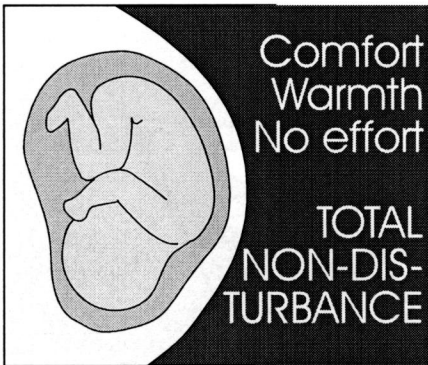
The picture of  
conflict.



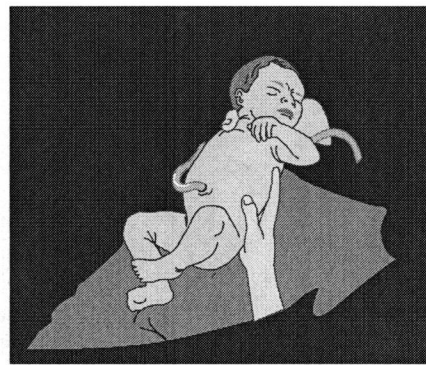
26.  
The four facets of a human being  
1. Life force, called here X  
2. Its Awareness Function  
3. Its Motor Function, the physical  
body



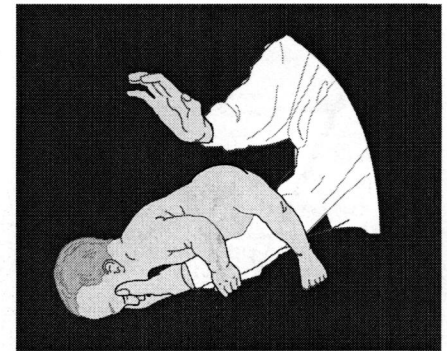
27.  
X = Biological Function or Life Force. Its Awareness Function takes in impressions from inner & outer worlds, evaluates them with feeling. This feeling is acted upon by X, Life Force, which does the appropriate thing for the information received, through the Physical Body, & action occurs.



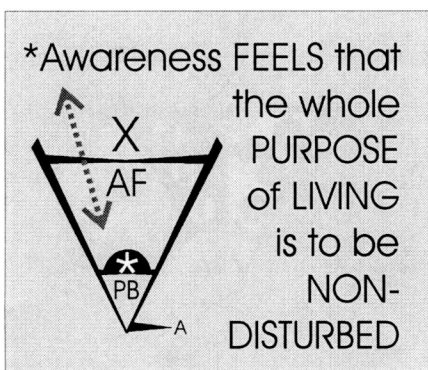
28.  
The uterine world is a place of comfort, complete non-disturbance. No effort is required to grow and thrive, everything is provided.



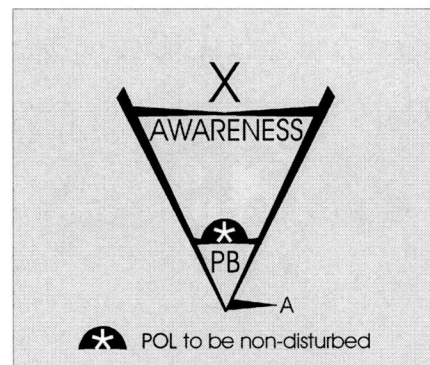
29.  
One day the infant dies to the uterine world and is born into our world. This transition is accompanied by stimuli of various kinds to which it is not accustomed: constriction, gasping, bright light, relatively loud sounds, fluctuations of temperature



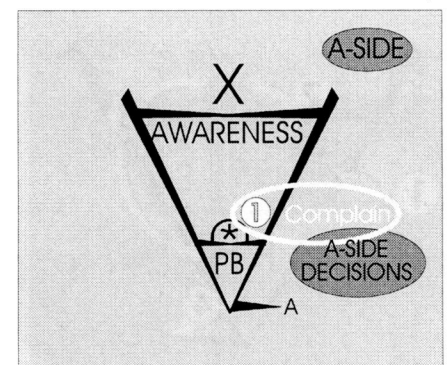
30.  
...Sensations of touch including aspiration of breathing passages, chemicals in the eyes, sometimes a slap on the behind and other insults, as well as the first hunger pangs.



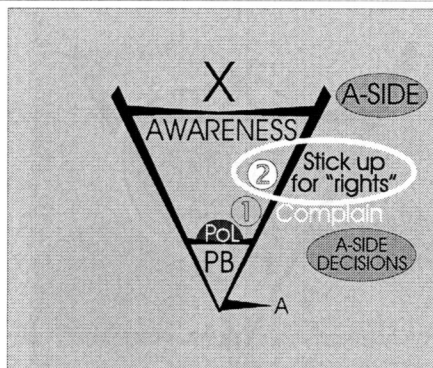
31.  
It is no wonder the infant Awareness Function decides with great feeling (not words, of course) that the whole purpose of living is to regain the recent non-disturbed state.



32.  
We will place the Purpose of Living on the foundation line of the Awareness Function, for it is the foundation of all decisions made from this moment on, unless discovered, reevaluated, and remade.

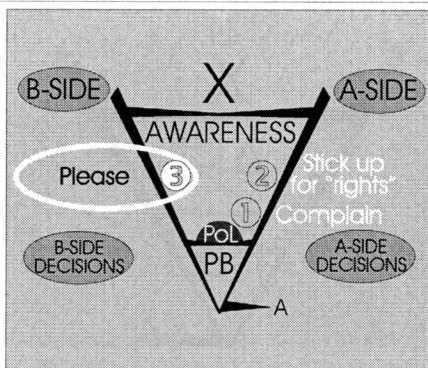


33.  
The infant becomes aware with feeling that crying increases comfort & decides early on TO COMPLAIN to get its purpose of living met, the 1st Decision. This is appropriate behavior for an infant, the only way it can tell us it is hungry, cold, wet, etc.



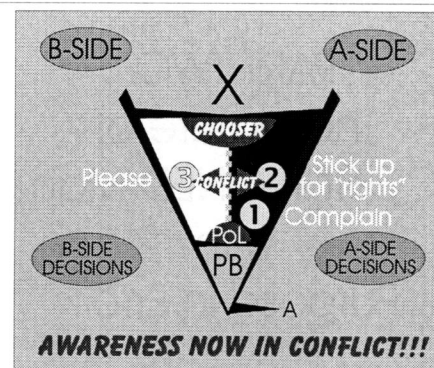
34.

When complaining doesn't work, the little one starts demanding, "Sticking up for Rights," the 2nd Decision. The Master Decision that the whole purpose of living is to regain the non-disturbed state is understandable for an infant. To seek it by crying & demanding are appropriate for babies. Is this appropriate behavior for adults? How well does it work?



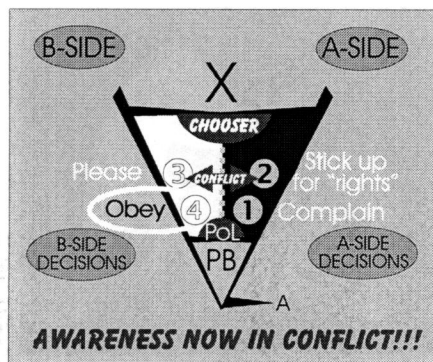
35.

Eventually complaining and demanding fail to work all the time, even for the infant, whose awareness has noticed that smiling and cooing often get it pleasure and comfort. Awareness decides with feeling that the way to get its way is to please them, the 3rd Decision



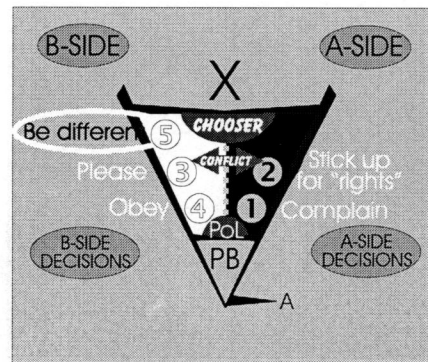
36.

This is the most dangerous & debilitating decision awareness has made because it sets up conflict. "To complain or to please?" creates a state of false emergency, conflict. A "chooser" is made to try to decide. A split has occurred in awareness--disintegration has begun.



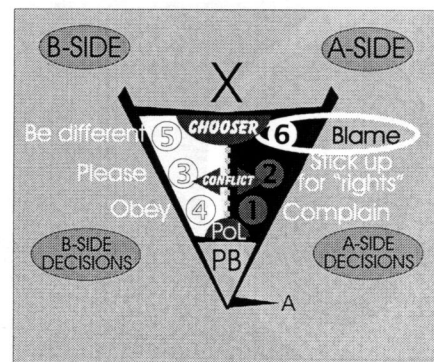
37.

The child is eventually introduced to so-called authorities, teachers, police, others, & taught to obey them "or else," the 4th Decision. Although it can be useful for the child's safety, it still puts him in conflict because of the master decision that the whole purpose of living is to be nondisturbed.. He wants to complain, but must be quiet; she wants to play but must go to school, etc.



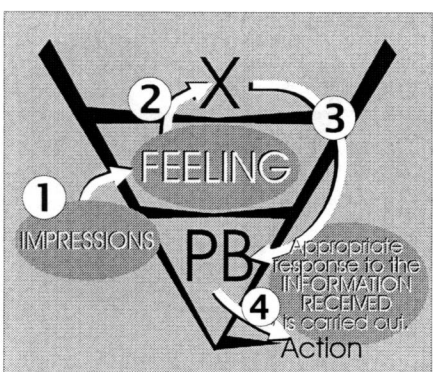
38.

Now the child's awareness decides that the way out of conflict is to improve himself, the 5th Decision. He feels he should be different, he should act different than he feels, he's not meeting standards, it's all his fault. He or she blames self and feels guilty, creates an ideal in awareness and struggles to improve to meet that ideal.



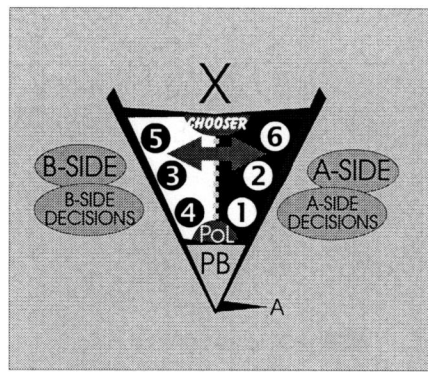
39.

Acting differently than one feels is uncomfortable, & all the other A-side and B-side decisions continue the conflict. Awareness then decides that if he, she, it, they would change, I would be non-disturbed. Blaming, the 6th Decision, is seen as the way to do this. "I can't be happy until he or she or it or they change." Awareness blames everything but self.



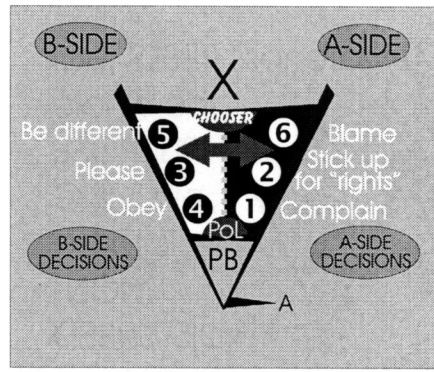
40.

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



41.

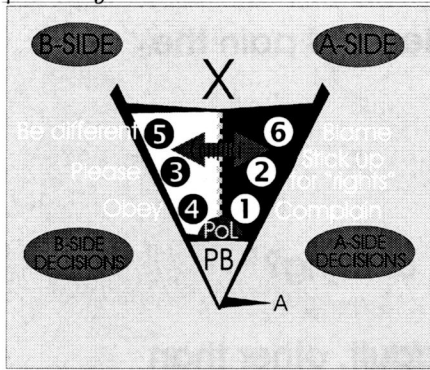
The "Chooser" tries to "decide" which decision is best to use. Since A-Side & B-Side are in conflict, there is no "best" choice, because "Should I? Shouldn't I?" Immediately raise "What if?" The Chooser is the "sense of I" in that it thinks it is the "real" person, but is not, its realm is made up of false decisions.



42.

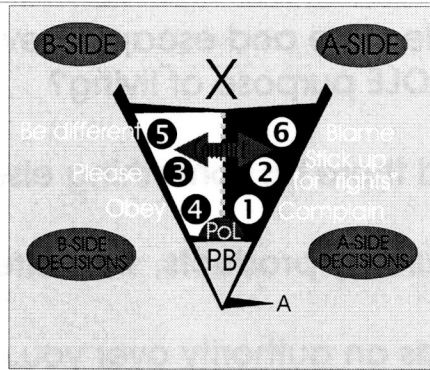
The Chooser, or false sense of I, unwittingly creates a feeling of frustration, conflict, and this leads to disintegration.





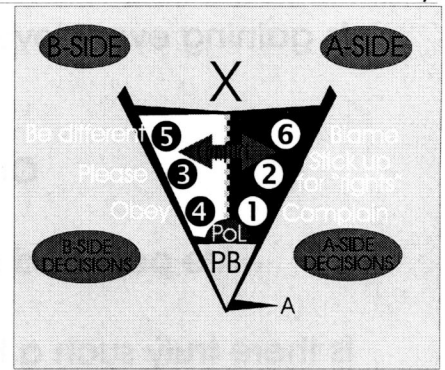
43.

When a person is in this state, only dis-integration can occur. X supplies special emergency energy to fight or flee, but since there is no real emergency, this mobilized energy is unused to fight or flee. It must go somewhere & eventually leads to breakdown of cells &/or unusual behavior.



44.

When awareness is in conflict, wanting at the same time to complain yet please, to demand yet obey, to feel guilty yet blame others, what is the feeling? Chaos is what gets reported. Operating this way since infancy has conditioned the person so that it is automatic.



45.

All of this conflict and turmoil is based on the infant's conclusion that the purpose of living is to regain the non-disturbed state. This is a woefully inadequate purpose of living, made worse by the six childish decisions as to how to go about it.

Observe self to discover your Purpose of Living.

The only way out of this mess is to question one's purpose of living & find out what it is. This takes observation--dispassionate, objective, cool observation of self, watching what is said & done throughout the day, & the motive behind it. This is not done with a spirit of so-called self-improvement, merely self-discovery.

Self-observation leads to self-knowing.

Objective, non-critical self-observation will become self-knowing, and eventually will provide an opportunity to reevaluate one's purpose of living. One may determine that the old purpose is detrimental and wish to make a new one.

**Caution:**  
No need to change or to blame. Just reevaluate consciously the Purpose of Living made by your infant self, make a new one of your own adult choosing--integration will ensue.

DON'T BELIEVE IT...

Don't believe a word of this

...check it out.

Check it out for yourself.

IDEAS TO CHECK OUT

Here are some ideas to check out for yourself.

**Is gaining every level of pleasure and escaping every level of pain the  
WHOLE purpose of living?**

**Or could there be something else?**

**Are pain and pleasure by-products, side-effects, of living?**

**Is there truly such a thing as an authority over you, an adult, other than  
yourself?**

**Or are there merely experts, officials (and tyrants if you let them be?)**

**If anything can be taken away--by abuse, neglect, or any idiot with a  
gun, for instance...**

**...Is it a "right?" Or a privilege given?**

**Are any two people on the planet identical, standing in the same  
perspective?**

**If not, can there be any STANDARDS whatsoever by which to judge  
anyone, including yourself?**

**Is blaming nature or nurture, genetics, upbringing or environment for  
my predicament...**

**...Just giving away my power to live my own life, not to mention my  
responsibility?**

**Have I ever made great efforts to please someone, just to gain a  
feeling of approval for myself?**

**Is such activity truly a gift to them? Or is it a "horse-trade"?**

**Is whining a responsible, grown-up way of getting my way?**

**Am I free to experience whatever comes my way today?**

**Can I stand up and LIVE?**

**The Picture of Man animated, narrated video can be seen at  
[www.PictureOfMan.com](http://www.PictureOfMan.com)**



9.

# 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:

If you do not understand  
or have any questions  
about this information, please  
do one or more of the following:  
go to [www.pictureofman.com](http://www.pictureofman.com)  
and read the material there and  
view the animated, narrated PICTURE OF MAN video  
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"

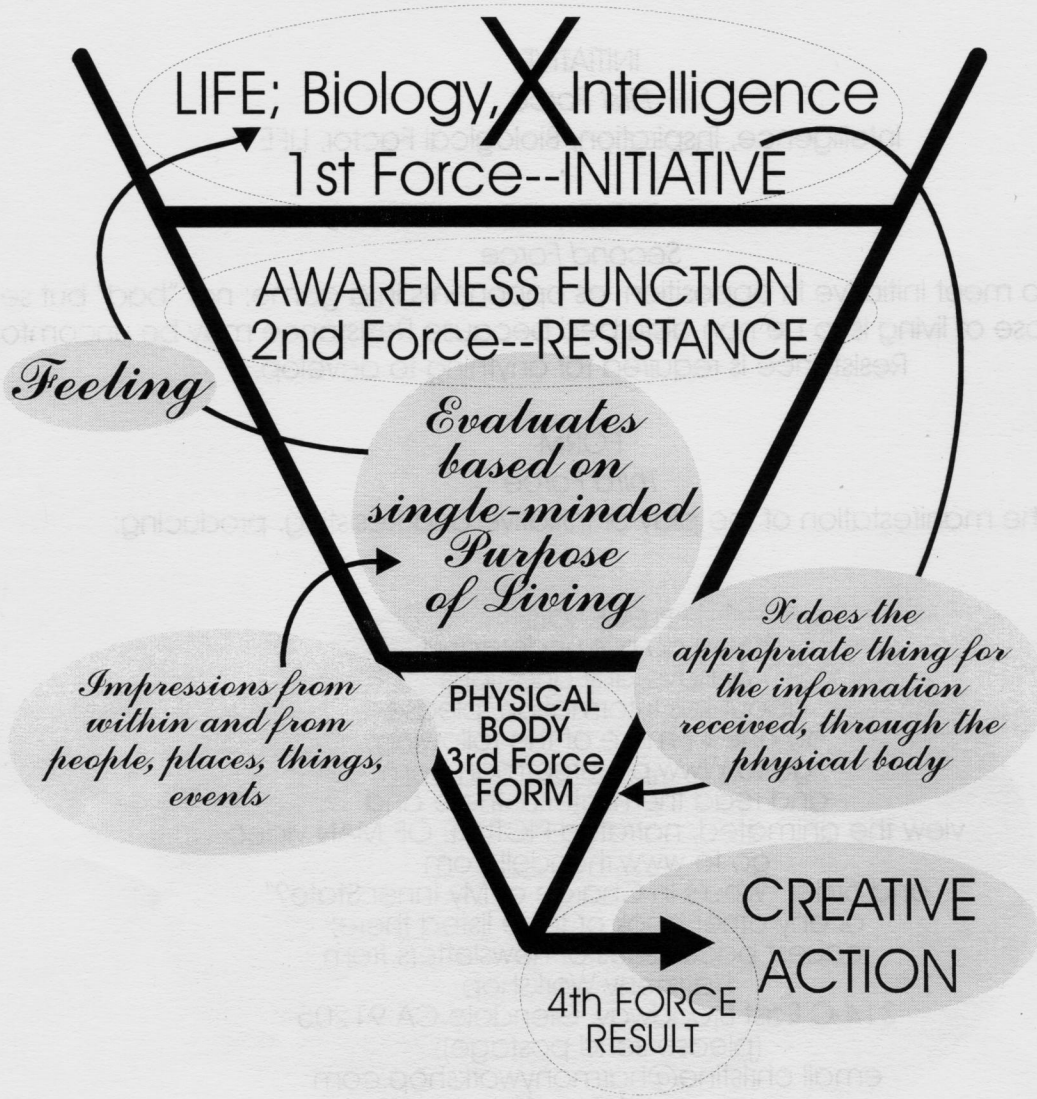
Definition of SUGGESTION: a threat or promise; anything presented with a threat or promise

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

10.P

# THE WAY of Intelligence

## THE PICTURE OF MAN as designed to function

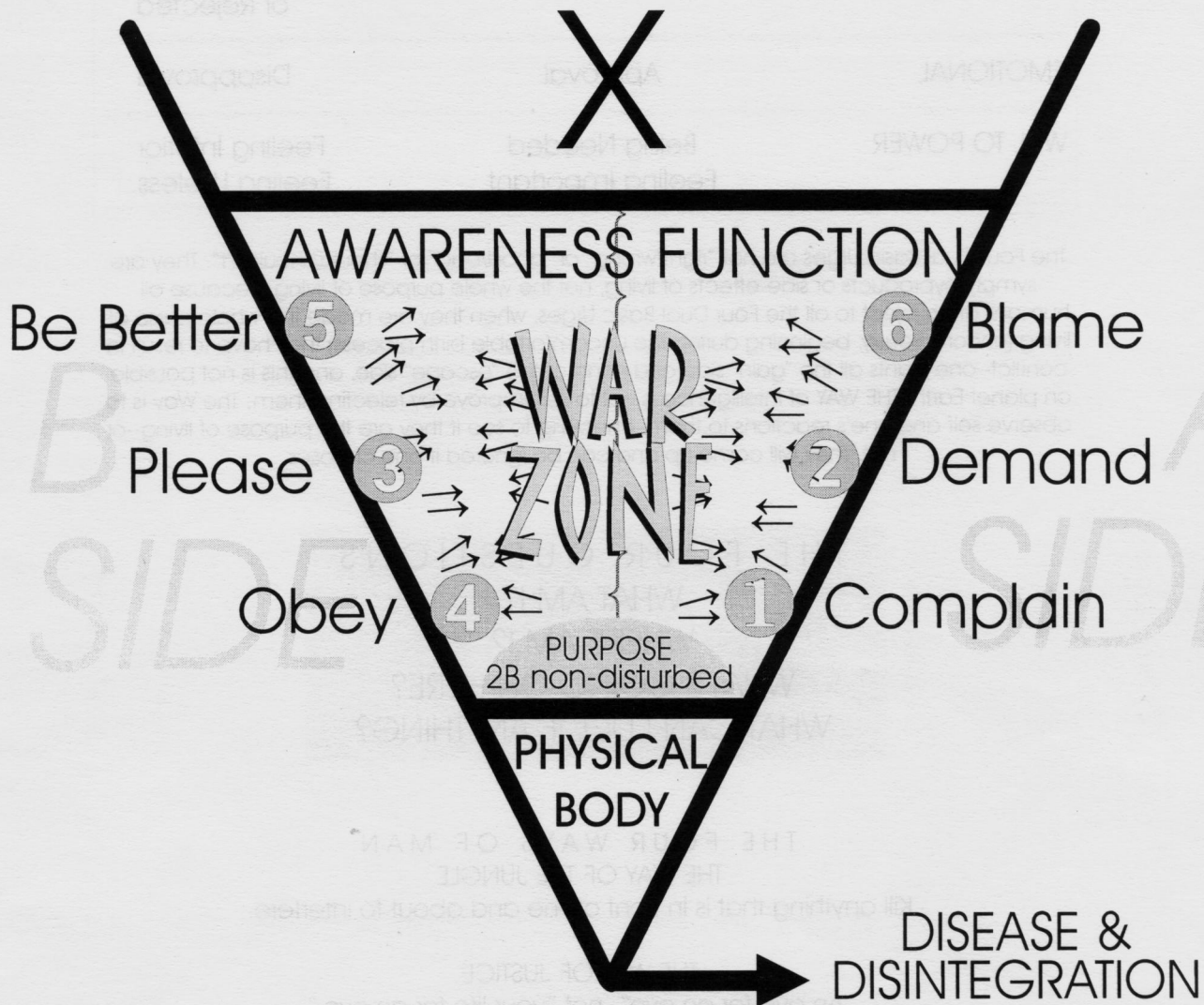


A human being has four aspects, which are not separate but are interdependent. The first is the biological aspect of LIFE FORCE, called X here because it is not really definable--one knows it's there, one knows when it isn't, in any creature. So, as in algebra, an X is used to denote that something is 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.

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



*The Picture of Man & Obstructions*  
(From a talk given by Rhondell in El Paso, Texas, in 1979\*)

*Everybody Has a Problem*

Suppose it would be rather interesting if everybody asked themselves for a moment what you're doing here, besides spending your nickels. I worked with a lot of people for the past few months. Occasion has arisen where I'm running a full-time counseling practice. It wasn't by intention, it happened that way. And consequently I'm acquainted somewhat with the present group of problems that people have. And most everybody seems to have a problem. Now, that problem may be anything from boredom to "I'm just not happy" to great feelings of depression, that's very in these days, depression. And then of course the one great big item that we have to work with is the rejection syndrome. That's when somebody has rejected me, or I felt they did, in one way or another, and of course that leads to a whole series of problems, depression, anxieties, etc., etc.

*There Is Really Only One Problem*

So I don't know what your particular one is, but we will attempt to cover all problems. Because there is only really one problem and a lot of signs of that problem. There really is only one problem. Now that problem can be probably stated very simply, so it will be the theme of what we talk about all day today, is that who is in charge of me? Who's in charge of my inner state of being.

You know that's down to your deep feelings of do you feel rejected, do you feel bored, do you feel discontented, do you feel dissatisfied, are you anxious, are you worried, are you depressed, or what have you. There really is only one thing that the question is, "Who is in charge of my inner state?"

*Two Parts to the Work*

Now in the material that we talk about, there's two basic subjects. One is self-knowing. Knowing the self what makes up this personality, this being that we are, and the other one is self-remembering. Is to remember what I am and so forth. So we will start, of course, with the self-knowing part of it. So we know what we have to work with.

*In Charge of Inner State = Can Do & Feel As You Choose*

Now, a person who is in charge can do about anything they so choose to do. They can feel about any way they choose to feel. Now that seems to come as a surprise to certain people that you can feel any way you want to feel. Now your inner state of being is basically what everybody's interested in, is your inner feeling. Because that's what you experience all day.

*Sensing & Feeling*

Now you sense a jillion things that come along, you sense the weather, we sense other people, we sense all kinds of happenings, but our true experiencing is experiencing our inner state of being all day long. Now if our inner state of being should be serene, then you would experience serenity all day. Now you may sense an auto accident, you may sense a kid crying, you may sense the cake burning or your may sense about anything. But none of that really has any great effect on you if you are in charge of your own inner state of being.

Now there are many inner states of being available to us, all the way from anxiety, depression, frustrations, and all these many

things that we can have, or you can have serenity, which is a fairly good workaday world thing. You could also have an intense feeling of gratitude. Of course you won't get much work done that day, or you might even go in to have a sense of inner state of ecstasy, ecstatic all day, then you won't do any work. Because who bothers with it, you know, if you're feeling that way.

*Serenity*

So inasmuch as I usually work, about the highest degree of inner feeling I would want to have is the feeling of serenity. And then you can handle most anything that comes along. You could handle any sensation that may arise that day.

*Obstructions to Taking Charge*

So let's first see what you have to work with. Now, when we say "I" or "me," or "you," it is well to see what we are referring to. If at all possible. So that we could take charge. Because if you don't know, there will be innumerable obstructions to you taking charge. So we will try to look at what we have to work with. Then we'll see what the obstructions are to taking charge. And if we can eliminate those obstructions, why we might function along pretty well and find it fairly easy. Now I'm not going to try to hypnotize anybody or get you in a hypnotic state and GIVE you a certain inner state, which can be done, but it's very temporary and is not you at all, so we're not going to indulge in those sort of things.

*WE Are Responsible for Our Inner State*

We're going to leave it up for each one of us to do, because we ARE responsible for our own inner state. And I'm not going to try to take ANY of your responsibility away. I have all I can do to look after my own.

*The Four Facets of a Human Being*

So to see what we have to work with, number one, we'll see that everybody has a physical body. That you might say is a motor function in which you can work with to anybody or anything, you can do whatever you choose to do, if you really choose it, with the physical body. Now you can abuse it or use it. Or you can totally neglect it, which is probably a form of abuse. But it's there.

Now, there is an awareness function in every person. You are always aware of something. So there's an awareness function. Well what generally refers to itself as "I" is the awareness. So we'll stick I there. I'm aware of something, I am aware of what I want, I can be aware of what's going on to some extent, especially whatever I pay attention to, and if you'll notice your attention is something "I" can direct. I don't have to let everybody and anybody have charge of it.

And there something in the physical being called X. Which we will call X here. You can call it the biological aspect of man, it is whatever Life is. Now I've read a lot and I've studied many different things and I haven't found a definition for life. Have you? I haven't. And if you find it I'd like to hear about it. But anyway we can tell when it is present and when it is not. Whether it is in a plant, a blade of grass, a human being, a dog a cat, a rat, or about anything else, we can see it's alive or it's dead. So whatever that is, that we say "He's alive," or the cat is alive or the plant is alive, or we say the plant has died, we know something very vital is missing from it. Now whatever that is, we will refer to as X. We don't know

what it is so we use the algebraic symbol of X, we know it's there but we don't know what it is yet. Maybe we never will. But anyway, we can get along with it.

And, of course, you are always doing something, so there's always some function of the awareness function or the motor function or both. There's always some function going on.

#### *Environment*

Now each of us lives in an environment. There is no other way we can exist except in an environment. And from that environment, which includes everybody outside me. Everything else outside me. The weather, the buildings, the traffic, the individuals, the clothing I might have on, etc., is all the environment.

#### *Impressions*

And from the environment we receive impressions. Now we are told that all impressions are in a form of waves, of energy, which come into us and we interpret. By whatever means the brain devises to interpret those waves that come to us.

#### *Awareness Evaluates Impressions*

Now if they come in, we're just aware of it, we, if you will notice, always form some sort of a feeling about those impressions. We form an opinion, I like it, I don't like it, it's pretty, it's ugly. It's annoying, it's pleasing. We form some sort of a feeling about almost every impression we're paying attention to.

#### *Some Impressions We Ignore*

Now we receive gobs of impressions and at the moment we're not paying attention to. Right now we're all having an impression of our body sitting in a chair. But we're not paying attention to it, so you're forming no conclusions about that. But if I keep you sitting in that chair a long time, you begin to be aware of those impressions. And you might say things like these chairs are uncomfortable, why don't he shut up, or a good number of other things, because now you're beginning to pay attention to the gluteus maximum area of the human body. And you're forming a feeling about it.

#### *"Reporting"*

Now all these feelings go to the life principle in the body. Now, the life principle seems to have as its MAJOR purpose, is to maintain its awareness function and its motor function in workable order. That's the first thing it seems to be interested in. And it also seems to be interested in perpetuating its awareness function and its motor function into being. So if this feeling says, "This is bad," it immediately begins to do something to escape it, change it, fight it, do whatever it does. Fight, run, chew, kick, do whatever. If it is something that is pleasing, it does everything it can to keep it going that way. So, for everything it sends a neuro endocrine, not just nerves, uses the glandular system to send an impulse to the physical body, which is the motor function, to carry out the appropriate action that this feeling implied to have.

#### *Awareness' Function Is to Interpret*

Now the feeling comes from this awareness function that says "I", it interprets about everything. It, reevaluates everything. It sends it in as an evaluation, so you might say that the awareness

function is, one of its prime things is to place value and judgment on things.

#### *Awareness Interprets Based on Its Purpose of Living*

Now what it values and judges, of course, is whatever its purpose might be at the moment. So basically its purpose is to do whatever it has determined is its purpose of being.

#### *People Know What They Want to Have, Not DO*

Now very few people have determined what their purpose is. They know what they want to have but they basically don't know what they want to do. You know what you want to have but you don't know what you want to do.

#### *Fault-finding Makes Conflict*

In fact about everything that comes up to do you find some little flaw in it, is that correct? It's got a flaw in it. Some man comes in to me and says, "I want to make a lot of money." And before he shuts up, he says "BUT," which cancelled out that part of it, and says, "I don't want to be tied down, to a job or a business." You know, now I've tried to make a few dollars in my time and every time I did I found I was tied down. Is that right? You gotta stay there on the job, is that right? But how often do you say to yourself, or others, that I don't want to be tied down. But you do want to make a lot of money, is that right?

#### *Wanting Security*

Now a lot of people tell me "I want to have a sense of security, I just feel insecure all the time and I want a sense of security." So now if you have a sense of security, there's certain things go with it. Again, the person says "But I want to feel free all the time." Now if you have a sense of security, you don't have freedom. They just don't go together. If you want the perfect security why you go commit a federal offense of some sort and get committed to a federal prison. Now don't bother with the state ones, they're pretty lousy places. But the federal ones are pretty close to country clubs, unless you're real violent. So that's security. Now you will have free food, free clothing, free medical care, a guaranteed occupation of some sort or other, very easy, and you will have always heat and you won't have any utility bills to argue with. You won't have to fight with the utility companies, you won't have to fret about the new increases in prices. The price of gasoline will have absolutely no effect on you, you've got security. But. You don't have any freedom. ...the person wants both.

#### *Mutually Exclusive*

So, frequently what you want is mutually exclusive, is that right? I want companionship but I don't want to have to support this lady. You know, I like for her to be around, keep herself up, be sure she pays all the bills and everything, but don't bug me with it, you know, but be sure you're here.

#### *We Choose How to See Things*

Now, as long as everyone would be put together somewhat like this [The Picture of Man as designed to function (Part 1)], which would have to be some evidence of self-knowing and self-remembering, we could be in charge of our inner state. We could decide how I will see things. How I will see rejection, how I will see losing my job. How I will see about being tied down and making a lot of



money. I how I will see about having a business that sometimes doesn't make all the cash we anticipated when we dreamed of it, you know. And all these various and sundry things.

### *Our History Is Not Our Real Self*

But unfortunately, most people have a decided obstruction to self-knowing and they have never heard of self-remembering because they don't have anything to remember. I remember my name, I remember where I was born, sometimes I remember how old I am, and a few things like that, but you know, that's not the self, that's only a history about a given set of events.

### *Obstructions to Being In Charge*

So let's take a little look at what the obstructions to being in charge are. Now if, we said IF you were in charge of your own inner state you probably wouldn't be here today because you'd be feeling so good you wouldn't have time to be bothered coming over here. So, let's see if we can see what the obstructions are.

Now frequently when I go different places to put on talks, and I only go when I'm requested to, I don't promote it, somebody always comes up, "Are you going to talk about something new?" Uh, no, I'm not going to talk about something new, I'm going talk about the obstruction to wellbeing that everybody here has.

### *We "Hear" It But Don't Live It*

Now you may have heard it before, but you haven't lived it, or as I said, you probably wouldn't be here, it's probably that simple

### *Purpose of Living—The Master Decision*

So let's look and see what the obstructions to your wellbeing are. Now we'll draw the same little diagram and we will put the physical body down here and we'll put X up here, we'll put the awareness or I—so we'll just put I there. Now there's an obstruction to being in charge there. First off, you don't get to choose what your purpose is. That's already been set out a long time ago. The purpose is to be non-disturbed, isn't it? Isn't that what everybody works at, whether you're aware of it or not, you are upset by disturbances of various kinds, is that right? That's right. And you work very hard, for you, to find ways to be non-disturbed, is that right? So the first thing that a person wants, and everyday when he wakes up in the morning, which is a chore, is to be non-disturbed. So the first decision that everybody made, the first basic fundamental purpose we started out with, as an infant, was to be non-disturbed.

Now most of us have been around infants and you will notice they are very intent on not being disturbed. They all worked at that, is that right? They want to be non-disturbed at all times. So, the process of being born probably was the source of that basic conclusion as we arrived at a purpose with the way we judge things.

### *Being Born*

Being born is rather an unpleasant situation. I recall it, so I can verify that at the best, it's pretty unpleasant. You feel like you're suffocating, choking, pushed, pounded, and then insulted beyond all things. Somebody squirts stuff in your eyeballs that burns, sticks their finger down your throat, feels around, swats you on the bottom, wraps you up with things, and all sorts of insults, and then everybody comes and looks at you and says you look

like—something. Aunt Susie, Uncle Joe, or some jerk, you know, that you know damn well you don't look like anybody. At that stage of the game, you're lucky to just be here.

So the little guy, boy or girl, comes up with a conclusion, that the purpose of living, the whole purpose of it, is to regain the non-disturbed state.

### *Uterine World Is Non-disturbance*

Now, before the birth process started, you were pretty well non-disturbed. You never got hungry, you never got cold, you never got hot, there was nobody hollering "don't!" There was nobody hollering "Will you please do so-and-so," with a voice that says "if you'd known better, had any brains at all you'd already be doing it," and so on. And "Why did you do that?" You were pretty well non-disturbed, you were floating around, you didn't even have to bother to breathe, everything's coming through a nice little tube. It's kind of like having a space suit on and floating around in outer space, it's absolutely nothing you need to do.

### *Sudden Change*

It's just all taken care of for you, and all of a sudden you find yourself in a position where you've got to breathe, or smother, you've got to eat through some funny thing stuck in your mouth, and (you haven't learned the value of that yet), so you're fiddling around with it (laughter) ... you have to have clothes on which are restricting in movement, and I can easily see the validity of the person of that age making a decision that the whole purpose of living is to regain the non-disturbed state. Wouldn't you? I see that very easily as to how that would be one's prime purpose, because it's the only frame of reference I had then, I didn't have to bother, now everything's a bother.

### *Once a Decision Is Made...*

Now then it's a peculiar thing that the human being is that once a decision is made it's the rule of attitude action from that moment on, until that decision is recognized and re-evaluated—now we said recognized, and we said re-evaluated. Not just, "Yeah, I heard about it, I heard somebody say it," or "I read it in a book, or something,"—That's a fact. It's like a computer, that if a program is put in it, that's what that computer's going to do until that program is known, pulled out, and dissolved. That's what that computer's going to do. A friend of mine says computers are dumb, but he's just describing the human brain because the computer's a little copy of it. That once a decision is made, until you change it (Man: Right. Or you blow it up) Well, blow it up, or whatever. Of course we blow up every once in a while, too, they call that flapping our gears.

### *Observe Motive Behind Whatever We Do*

So this basic decision... Now let's recognize that everything we do all day long is trying to regain a non-disturbed state. Now the only reason we go to work and earn money is so we'll be non-disturbed. We wouldn't go piddling around and earn a bunch of dollars just for the fun of looking at them if we didn't feel that we could buy some non-disturbance with it. Is that correct? I can buy some warmth and I can buy some cool, I can buy some food, or I can buy something else that will—to ME—give me non-disturbance.

Now we're meeting in a bar today and there's a lot of people walk in during working hours and buy non-disturbance with their

money, that they work for, is that right? Because if you drink enough of it you will be NON-disturbed for a while. For a while. Wears off after a while and then you've got some more severe disturbances so then you can buy some more. But that's the whole purpose.

Now everything that we do is to try to be non-disturbed, is that right? Hmum? (Man: That's me.) That's you. You go out and buy something, you bought it because, unknowingly, this computer said so up here, that you would be less disturbed with that than you would without it. Is that correct? (Man: correct). Okay.

### *Self-knowing*

So the purpose is to be non-disturbed. Now we said this is self-knowing. Now let's be aware of it, not just while we're talking about it here, but let's pay attention to it for the next, oh, three or four days, you know. We're real brilliant, we can all learn it in that length of time, for sure and certain. That this is everything I'm doing, all day long, is to avoid some disturbance, or to regain some sort of non-disturbed state.

### *Ecstasy*

Now that's why I said a little while ago, if you took charge of your inner feeling and you felt ecstatic, that's a non-disturbed state. And you won't do anything. You will sit. Because why should you get up and move? You know, you got an inner feeling that's just like you want. Now the only time you'd probably move it is when you had strong enough sensation of hunger, you might decide to drop the ecstatic feeling and get down to some other level and go get something to eat. But you wouldn't do any work because, why would you work? At that moment you truly are non-disturbed. And it's probably the way all of us felt before we were born. At least we were serene. And so we're always trying to look for that.

### *Pay Attention for a Few Days*

Now let's pay attention for a few days — just a few — off and on, because you won't do it very often anyway — but now and then see that everything I'm doing is some attempt to gain a non-disturbance either now or later. Now I go to school and get all kinds of degrees, but what am I doing it for? I think when I get them all I'll be non-disturbed. And then of course, when I find that that wasn't the way it works, I feel horrible, and maybe I'd better go get another degree.

### *Motive of "Self-improvement"*

I have a very dear friend who got him a degree as a bachelor of ancient history, that didn't do any much for him, so he got a master of ancient history, that didn't seem to relieve the situation. He was still disturbed at times. So he got a law degree. That didn't relieve it. Then he got an accounting degree. And that didn't do anything. And the other day he got a certificate in ballistics! That hasn't done anything either. And a girl rejected him and he had a full blown rejection syndrome just like everybody else, you know. So none of these things did a thing.

### *The Basic Human Error*

Now, we begin to find methods to achieve this non-disturbed state. Now this basically makes up our daily behavior, inner and outer, because we now are only interested as our purpose is in sen-

sations. We have determined the basic human error that sensations and circumstances determine my inner state.

### *The Source of All Human Problems*

Now that is a full-fledged grown-up problem because that is the source of all the rest of the things that goes on to us, is that we have determined by this basic decision that the whole thing it takes to be happy or unhappy is the sensations I experience and the circumstances around me. Because we have made it that circumstances will determine my inner state, and that's not quite true, by any chance. But nevertheless that's the basic error, that circumstances, and sensations — sensations are a part of circumstances — determine my inner state. And that is not true but nevertheless that's the one we all live by.

### *There Will Be Some Disturbance*

So then of course we want to be non-disturbed and have the inner state of serenity to say the least, so something comes along that I am not non-disturbed, which never will be in this world very long at a time, that we're not disturbed now and then — thank goodness, because then we got something to do — and the first method that the infant decides on, and everyone of us are still using if we haven't done some VERY difficult work along with the way and really paid attention, is that we complain.

### *1st. Decision to Gain Non-disturbance—Complain*

Now, the baby cries, its way of complaining, because it hasn't learned any words yet. Now how do you complain? Brother Tom, how do you complain? (Tom: Get up late and go to work). Well that's just one little way, but I've heard you come in and moan because of this person and that person and the other person wasn't doing it, or you weren't feeling well, or the world had a very peculiar economy situation going on, and all these things, right? Now who in here could hold up their hand and say they haven't complained today? [Someone apparently raises his hand] I was sitting listening to you complain quite a bit just a few minutes ago, my friend, so you also lie a lot. (laughter) And so, we complain. Now we all go about complaining.

### *Just Observe It*

Now, let's observe our complaining. Don't waste your time here today; observe and you will see, after a while, that you are very busy complaining. Many times a day you complain.

### *Is Complaining Effective?*

Now complaining doesn't change anything. Since you were two years old, has anybody paid any attention to your complaining? Or do they start complaining back to you? Now, I agree, when you were two it worked fantastically. You know, the baby complains and everybody gets busy to shut him up. But after you were two, how many people have paid any attention to your complaining? They complain because you complain so much, is that right?

### *2nd Decision to Gain Non-disturbance—Stick Up for Rights*

Now as we got a little older we found another method of trying to be non-disturbed, and that was to stick up for my "rights." This is done on a world-wide scale. We get big war machines and everything in order to stick up for our rights, and we do it individually. After all, "I have a right to complain if you don't do what I



want you to do!" Is that right? If "I" don't stick up for "my" rights, nobody else is going on."

#### *What "Rights" Do We Have?*

Let's see what our "rights" are. Were you born broke, naked, helpless, and more than likely an accident? Nobody was really planning on you, they just found out that you were coming. What could they do about it? Today, of course, there are legal remedies for it, and most of us wouldn't be her if we had been conceived in the last few years. But in those days, it was illegal to get rid of us, so we got here and began to stick up for our rights.

You arrived broke, helpless, toothless, no funds, no clothes, totally unequipped to survive in this world. You found a couple of slaves to look after you, and everything was provided to clothe you, house you, educate you, feed you, and teach you all the ways to be miserable, how to earn a living, and then they kicked you out on the street.

Maybe some of us go back and complain that we are hard up and some mamas even help us when we are forty years old. Mine didn't thank goodness, but it wasn't because I didn't wish she would.

#### *3rd Decision to Gain Non-disturbance—Please Them*

We also began to be programmed. Or conditioned, or whatever word you want to use, to please people because we would have discomfort if we didn't. So we got to the point where the way to be non-disturbed was to "please them".

#### *Conflict Begins!*

That set up a conflict between the complainer and the pleaser. Do you ever feel within yourself that you want to complain, but then the pleaser makes you feel a little guilty because you did? How many of you have ever felt guilty? Was it not because there was a conflict between complaining or sticking up for your rights, and pleasing somebody?

#### *Personality Split*

So that brought about a split in the personality and we began to be at war within. There is a fight. "I want to do this, but I don't want to do it." "I want to please everybody, but don't want to do it because it makes me feel like I am in bondage and insecure."

So there is conflict. What is your inner feeling like in that state? Quite a struggle.

#### *Be Aware*

It is something to be aware of, not just hear about and be able to repeat it and talk about it, and then turn around one minute later and be in conflict. That is not being in charge.

#### *Who's In Charge?*

Say you went into a store, found somebody by the door and said you wanted to talk to the person in charge. Now if they started pointing out five or six different people, who would you call on? Who would you talk to? You would think that was a weird situation. Now if we walked up the average individual at any given moment and said, "Who is in charge of the inner state here?"... Which one is it? Sometimes it's the complainer, sometimes is the sticker-up-for-rights, sometimes it's the pleaser. You don't know who it is.

One day the complainer is up and he's moaning and apologizing and making weird sounds, telling you how miserable it feels, and how bad they have been, and they don't know what gets into them and that they do these things. You ever hear all that? Out of your own mouth, I'm talking about.

#### *4th Decision to Gain Non-disturbance—Quote & Obey "Authorities"*

The fourth one says "Believe and do as you are told by your authorities." You see, that is the way they taught us to be good. The "authorities", of course, were our parents, school teachers, Sunday school teachers, the sheriff, the policeman. Everybody told us how we had to do so-and-so or we would be gotten by all those people. Some of us were even told there was a boogie man that was under the bed and he would get us. Or there was a devil just waiting to burn me forever if I didn't do these things that they told me to do. Is that right?

So, who is in charge? Who is in charge when I walk up to a person and say, "Who is in charge?" Which one would I get? You would say "I am." But which "I am" is it?

#### *5th Decision to Gain Non-disturbance—"Self-improvement"*

There is still another one that goes on when we feel all torn up. We decide to do a self-improvement bit. That's the self-improver that says "If I'd just improve myself..." So you go down to the book store and start buying all the self-improvement books, and you go to self-improvement classes far and wide, and spend lots of money trying to improve yourself.

#### *No Such Thing as "Self-improvement"*

Now when you get all through, you still have one head, two arms, two legs, and the body stuck in the middle, and you still have seven of these guys running around in here, telling you which would be better.

#### *Attempts at Self-improvement Leads to More Conflict*

One of them reads a book and says, "I just haven't complained adequately." There is a whole series of books out on self-assertion. Assert yourself! and then they'll listen.

The next week you get a book on how to have a great love inside and be a walking example of love. You try that for a week and then you go back and find that you really didn't find the right authority. You have to get a guru now, and the guru will straighten them all out.

#### *6th Decision—Blame*

Then finally everybody discovers what it is. The blamer gets up and says, "Now, I've got charge." The blamer is frequently in charge, and he says, "If he, she, they, it, you, this, or that were different, I would be just lovely."

#### *Desire to Control Circumstances*

So now comes the great effort to control circumstances. If you could control circumstances, would not you be all right? I would really have it made, wouldn't I? Because then circumstances determine my inner state and obviously I must be able to control all circumstances in order to take charge of my inner state. Now that is really very simple, isn't it?

### *Impossible to Control All Circumstances*

Everybody has a finger in circumstances, plus the weather and nature. Even people on the other side of the world have something to do with circumstances, you know. A bunch of guys in long white robes said, "Let's charge those kooks more money for oil," and that changes circumstances. And there isn't anything you can do about that. And another guy decides to pass a law that says you have to stand in line to get on an airplane and be searched, etc.

### *We Can Contribute to Circumstances*

All we can do about circumstances is make a small contribution to them. We cannot control them. We can be pleasant and have fun. A lot of people will look at you and think you must be nuts, but you know, you can make a little contribution to circumstances even though you cannot control them. Nevertheless, you are going to try to control circumstances, so you wind up with frustration after frustration.

### *How to Find Out Who's In Charge*

Nobody is in charge, or there is a whole bunch of these Not-I's in charge, the complainer is in charge for a few minutes and then the pleaser is in charge and then the blamer is in charge. Now the only way you will know that is to observe what is going on.

So the only one to take over is the I, who is back here sound asleep somewhere, but he can get off his duff and say that I am going to be the observer and just watch this. I have no way of condemning what is going on, and no way of justifying. I am just going to watch it.

Beware – Not-I Likes to Observe in the Name of I

Ordinarily you can't do that very well, because one of these Not-I's will jump up and they will be in charge of the observing, so there is a constant condemning or justifying going on, and nothing is done. You get tired of that game in a little while and you quit. You say, "Well, I've been studying this stuff for five years and it hasn't changed me."

### *Nothing Happens Unless the Material Is USED*

I'll guarantee you that it won't change you one iota. It is only material that you use to see what is going on. And when you see what is going on, you might decide to take charge after awhile... not immediately. Let's wait until we observe all of these Not-I's being in charge.

### *Observation - Self-knowing - Ability to Take Charge*

Once we see what IS taking charge, then I decide right now that I am taking charge. And when we do that, we can take charge, and we can determine what our inner state will be, without all these cats running around talking about it.

[End of Rhondell talk]

\*The foregoing is an excerpt from *Who's In Charge of My Inner State?* by Rhondell, a transcript of a extensive talk given in El Paso in 1979. Included are the Picture of Man with easy-to-read diagrams, as well as The Alien Story, The Four Ways, a great talk on Purpose & Will, and more. Highly recommended. Available at [www.Rhondell.com](http://www.Rhondell.com).

### *Harmony Workshop's Web Sites*

[www.HarmonyWorkshop.com](http://www.HarmonyWorkshop.com) [links to all our web sites]

[www.Rhondell.com](http://www.Rhondell.com) [The complete Rhondell catalog; newly done, easier to load and to use]

[www.TheWayOfIntelligence.com](http://www.TheWayOfIntelligence.com) [some issues of this newsletter]

[www.ThePartyStory.com](http://www.ThePartyStory.com) [The complete Party Story to read or print out]

[www.GoodLeather.com](http://www.GoodLeather.com) [Our catalog of good books and small leather gift items for sale]

[www.ThePictureOfMan.com](http://www.ThePictureOfMan.com) [Scads of material to print out including *Life's Word*, *The Picture of Man for 12-Steppers*, *The Place of Language in the Teaching* and a few pieces in Spanish.]

### *HealingHandBook Notes & Misc.*

From [washingtonpost.com](http://washingtonpost.com)

#### **Against Depression, a Sugar Pill Is Hard to Beat**

Placebos Improve Mood, Change Brain Chemistry in Majority of Trials of Antidepressants

By Shankar Vedantam

Tuesday, May 7, 2002; Page A01

After thousands of studies, hundreds of millions of prescriptions and tens of billions of dollars in sales, two things are certain about pills that treat depression: Antidepressants like Prozac, Paxil and Zoloft work. And so do sugar pills.

A new analysis has found that in the majority of trials conducted by drug companies in recent decades, sugar pills have done as well as — or better than — antidepressants. Companies have had to conduct numerous trials to get two that show a positive result, which is the Food and Drug Administration's minimum for approval.

What's more, the sugar pills, or placebos, cause profound changes in the same areas of the brain affected by the medicines, according to research published last week. One researcher has ruefully concluded that a higher percentage of depressed patients get better on placebos today than 20 years ago.

Placebos — or dud pills — have long been used to help scientists separate the "real" effectiveness of medicines from the "illusory" feelings of patients. The placebo effect — the phenomenon of patients feeling better after they've been treated with dud pills — is seen throughout the field of medicine. But new research suggests that the placebo may play an extraordinary role in the treatment of depression — where how people feel spells the difference between sickness and health.

The new research may shed light on findings such as those from a trial last month that compared the herbal remedy St. John's wort against Zoloft. St. John's wort fully cured 24 percent of the depressed people who received it, and Zoloft cured 25 percent — but the placebo fully cured 32 percent.

The confounding and controversial findings do not mean that antidepressants do not work. But clinicians and researchers say the results do suggest that Americans may be overestimating the power of the drugs, and that the medicines' greatest benefits may come from the care and concern shown to patients during a clinical trial — a context that does not exist for millions of patients using the drugs in the real world.

"The drugs work, and I prescribe them, but they are not what they are cracked up to be," said Wayne Blackmon, a Washington



psychiatrist whose practice largely comprises patients who suffer from depression. "I know from clinical experience the drugs alone don't do the job." ...

His analysis of 96 antidepressant trials between 1979 and 1996 showed that in 52 percent of them, the effect of the antidepressant could not be distinguished from that of the placebo. Khan said the makers of Prozac had to run five trials to obtain two that were positive, and the makers of Paxil and Zoloft had to run even more. He analyzed trials that were made public in the medical literature, which tend to show positive results, and those that were not.

"It speaks to the difficulty we have in classifying and identifying the disorders we deal with," said Thomas Laughren, who heads the group of scientists at the FDA that evaluates the medicines. "Psychiatric diagnosis is descriptive. We don't really understand psychiatric disorders at a biological level." ...

"We like to think we give people treatments and they get better," said Andrew Leuchter, a professor of psychiatry at UCLA. "We have this fallacy of success, but we don't know in any individual why they get better. Undoubtedly one of those factors is the time we spend with people and the connectedness that gives patients."

In January, Leuchter published a study in the *American Journal of Psychiatry*, in which he tracked some of the brain changes associated with drugs such as Prozac and Effexor, which are called selective serotonin reuptake inhibitors. When Leuchter compared the brain changes in patients on placebos, he was amazed to find that many of them had changes in the same parts of the brain that are thought to control important facets of mood.

Patients who got better on placebos showed heightened activity in the prefrontal lobe, and that activity continued to rise during the eight weeks of the study. Those who responded to medicine initially showed a decline in prefrontal brain activity, then a rise that eventually tapered off. Thirty-eight percent of patients responded to the placebo, and 52 percent to the medicines.

Once the trial was over and the patients who had been given placebos were told as much, they quickly deteriorated. People's belief in the power of antidepressants may explain why they do well on placebos. Patients in trials are not told which they are receiving.

Some observers assert that the medicines themselves work because of the placebo effect...

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Emphasis added. Excerpted from a longer article. If this interests you, you might want to read Rhondell's book "Notes on Personal Integration & Health" available from [www.Rhondell.com](http://www.Rhondell.com). If you'd like the entire article, email [Christine@goodleather.com](mailto:Christine@goodleather.com) or send a stamped envelope to Harmony Workshop (don't forget to request this article if you send the envelope)

### *The Common Denominator*

Excerpt from Rhondell's *Notes on Personal Integration and Health* (p.36-38)

In the first section of this work it was observed that every form of treatment seemed to give some results in at least some cases ... even though the forms of treatment were entirely different and were given for an entirely different reason ... It was further observed that something each did, that he wasn't aware that he did, must be more important to the patient than what the healer thought he did. Observation to unravel the problem results in

the study of man, not disease...

The common denominator of all healing practice, cultism, and patient medicine—the thing that each does that he doesn't understand that he does—is to help the patient rid himself or herself of the feeling of emergency about getting well. (Please note—having a feeling of emergency about getting well produced just as many stress products in the body as any feeling of emergency.) The healer produces this by many means, mostly unaware to himself. Factors relating to his office ... His manner, confidence, enthusiasm about his method of treatment, etc., help the patient as does what he or she has heard about this healer and his methods. It was observed, for instance, that a so-called cultist who was very enthusiastic about his method really produced more results quicker than the orthodox conservative healer. The patient, in the presence of one of these enthusiastic people, feels that "This person can help me," the long search for health is not ended, health is at hand.

As soon as the feeling of emergency is let go, the vicious cycle is broken. No more chemical imbalance is being produced as fast as it is being used by by unusual cellular activity; what adaptation is taking place rapidly uses up what has been produced in the past. The person begins to feel better almost at once, a new convert to this cult has been produced. The cultist is more sure than ever of his method, thinking that the treatment cured the patient.

There was a hitch observed, however; the person also had false feelings of emergency about other things due to long-standing misconceptions and preconceived opinions. These were soon activated in response to the situations of everyday living. This produced the same old false feeling of emergency, the same chemical imbalance, the same adaptations. The same old conditions appear; again the search for health. ...

With these observations in view, it became evident that if a person were to enjoy the state of health and happiness that was desired, something more than (rather than in place of) healers with better personalities and more enthusiasm was necessary, as this proved to be only temporarily helpful. What was needed was a clearer understanding of man, how misconceptions are arrived at, and how to clear a person of misconceptions. ...

Much has been said about misconceptions, just what are these misconceptions about? There are many misconceptions that cover every field of everyday living; however, most misconceptions that cause trouble are about the structure and function of man—physically, mentally, and emotionally—and over-simplified views of cause/effect. These will be discussed at length in the following sections.

(Book available at [www.Rhondell.com](http://www.Rhondell.com) or request catalog from HW)

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*The Midwest Holistic School of Massage*

My friend Tian (who in a previous life did the lovely calligraphy on the Transformation Chart) is the proprietor of The Midwest Holistic School of Massage in Valparaiso, Indiana. She just sent her new catalog for the fall semester. The professional course includes much more than massage, and Tian is a long-time student of The Way of Intelligence and incorporates it into her curriculum beautifully. If you or a friend is interested in attending, please phone Tian at (888) 887-6541 for further information. I doubt that you could find a better school.

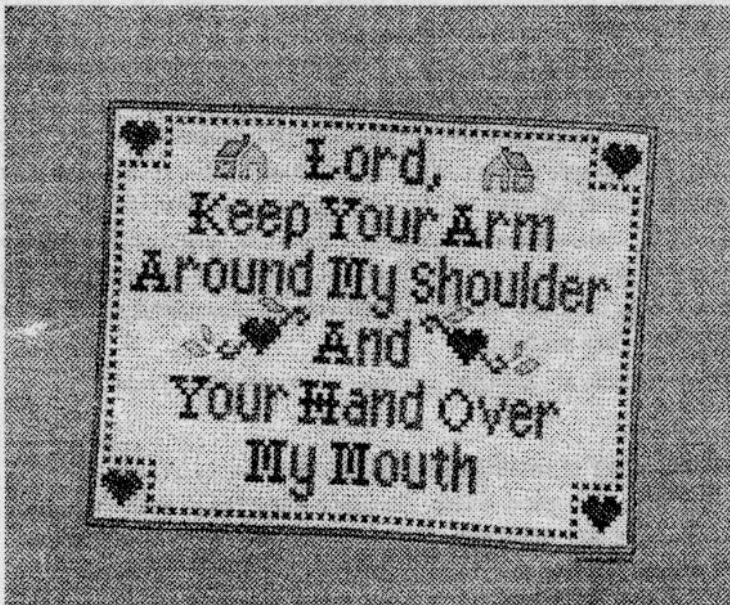
Question: Please explain reporting for my health. (H.L.)

Instead of looking for some "magic" relief through getting a "connection to X" just right, you would find much more "success" by first calming down, acknowledging that the symptoms are a gift in that it's adaptation to something toxic, most likely from the inner environment (one's mood, for starters; plus lots of suggestion) and is saving your life, working to restore balance. The minute you are free to experience what is going on, healing begins.

I am the first to understand that symptoms can be upsetting and scary. So if the above (not making it important) is just more than you can handle, then Get Your Mood Up. All the toxic chemistry resulting from fear, anger, etc., is just making matters worse, making a vicious cycle. It fills the body with more false emergency energy that must be dealt with, hence more and "worse" symptoms.

Get your mood up by distraction, if necessary Distract yourself from your self—call a friend just to say hello instead of complain, go to a movie, do something fun. As I've told you many times, go for a walk and search out a stranger more miserable than yourself and see if you can engage him or her and get them smiling.

Try THAT magic—it works.



Pretty good prayer.

[Following is an excerpt from a different talk by Rhondell, which addresses the issues in the question on the first page of this newsletter about Awareness]

... [What] awareness [does], is to establish a value. And that value may be only for this moment, but only the awareness establishes the value. Sometimes we make them kind of permanent.

So in trying to make it so we can communicate about it, I will draw one of my favorite little diagrams, which we say is a human being, and so, not being an artist that can make heads, feet and legs, I'll just draw a Vee. And the first part of it down here which we can all see is the physical body. So that we are pretty well acquainted with and see quite a few of them around. But a physical body without anything else but a physical body is merely an object. They don't move, they don't do anything, only lay around and deteriorate very rapidly. So, there must be something else to it or we wouldn't be a living being, right?

So the next thing we can see in the living being is an awareness. Now an awareness is that which is possibly not a thing but a function of a living being and that awareness basically is aware of situations, events, things, and establishes a value for each one of them at the moment. And more than likely this awareness is what says "I".

Now an awareness and a physical body would not be able to function because there is not life there. So we postulate something called life, which we represent by the letter X. They told me in algebra that when I knew something existed but didn't know what it was yet, to refer to it by X. So I know; it's there, I don't know what it is, I have seen many things it does, but I cannot define it. I could say life, but you say, "What is life?" and I'm lost. And so I don't know WHAT it is, but at any rate I know that it exists and I can see it work but I don't know what it is so we will refer to it by a big capital X. And then there is another thing always going on, that there is function. So there are four aspects to a living being. A living being has four aspects, but an aspect doesn't mean separate parts, it's one unit, but in our ability to examine anything, we have to examine an aspect at a time. Okay? So there's four aspects and that which says I we say is the awareness function. Now X is the reality. That is the only thing that I know of that is for real, real. And awareness is a function of it. And that's what says "I". So I am a no-thing. See a function is not a thing, it's a happening. So I'm not a thing that you could say "here it is." Now the body is something that can be checked out, but the awareness is a no-thing, nothing. I believe that's what the word no-thing comes from, but it constantly functions and I experiment. You're always experimenting. And of course in order to make things, I is frequently identifying with something and says, my thoughts, my life, my this, my that, my the other thing....

If you own something you wouldn't say it's you, is that right? Do you say my life? [Yeah, I say "my car."] Yep, my life, and my house and my home, and my awareness, you even claim you got that, so you know if you listen to somebody say all the things they own, there doesn't leave anything for them to be. Did you ever hear a person say, "My thoughts are driving me crazy, and my body hurts me, and if I don't take care of my soul I will lose it," and all sorts of things, so they really leave nothing for them to be.

So you are a no-thing, okay? But that's fine, we're still experiencing and I'm a function, and I happen to think that the greatest thing I could conceive of being is the awareness function of X.

[End of Rhondell talk excerpt]