

THE WAY of Intelligence

Vol. III No. 1

January 2003

Free

Living THE WAY of Intelligence

ThanX for your terrific response to renewal. Wish there were space to print all the love letters backatcha! The most common requests were for more letters from readers and examples of day-to-day application of the principles. The very best way to see the principles in action is to watch others and yourself. You will witness almost exclusively: complaining, demanding, pleasing (less often!), quoting, guilt and blaming. You will see reaction (for instance, you almost never will hear one horn honk. You will hear first the honk reacting to the affront, then the honk reacting to the honk--at least on my street) You will hear suggestion everywhere, threats and promises. Study institutions, their purported purpose and whether their methods bear that out. And so on.

And because all of this is so pervasive, I understand that you seek to see something else, someone (like you) who sees it for what it is and *acts* differently. So I'm delighted to put such letters here, as my pal Jimmy suggests, to give the feeling of community. Since THE WAY of Intelligence is all about building a culture (a new level) within the sometimes mess called society, a hangout would be nice--here it is. You send the examples, I'm happy to publish them.

Maybe you'd like to write a short letter of introduction for other readers? I know that many would appreciate hearing from you. (As would I. In the nearly twenty years I've been writing these

newsletters, this is the first time the majority on the list are people I've never met or heard from other than their renewal card. I'd enjoy getting to know you!) And old friends, you may want to introduce yourself to others, too.

Regarding the sorry state of affairs in the world, of course it's not all junk out there--there is a beautiful world demonstrating the four forces at work everywhere you look. The easiest way to appreciate this is to start with Form (remembering that events are a type of Form) and look in both directions at it, the

Resistance from which it emerged, the Initiative that started it, and the Result made of Form. (And as someone emailed me today, "Be glad the world sucks--or we'd all fall off.")

Received lots of applause for the Rhondell quotes, and a few think they are too long, so I'll keep them (of course) and present them a little differently, lest anybody get bored.

A few wrote to say they enjoy the diagrams, and some asked for situation-specific ones. That's fun, I'll take one from the news this time, investing; you send some ideas for others.

So many were kind enough to respond--if your request isn't in this issue, it will be here in the future. Thanx to all who wrote, your input is appreciated, please keep it up. And special thanx to those who put their money where their mouth is, to help keep this going. ThanXXXX!!



Chat Room

To save space, for the most part I'm going to print just one or two lines from some of the abundance of lovely remarks that came in. Rhondell is quoted in colored type. I thought it would make it all flow nicely, make it "reader-friendly." But when I mentioned this to my dearest old friend Neil, he laughed and said, "Just like the red-letter Bible!" I hadn't thought of that at all, but hey, "if the shoe fits..." If I can pull it off technically, you will be able to click on those Rhondell quotes in the on-line version of THE WAY of Intelligence and hear him talking to you.

Would like to see discussion of Life's Word, pages 12-13. [Whole text of Life's Word is available at www.pictureofman.com]

Where there is really vital interest, or there is delight with what's going on, there is peace of mind and X begins to be the initiator and this is when you see creativeness. Now in peace of mind, there is no conflict within the being, and this intelligent X begins to be the initiator of action. This is when creativeness comes into being, this is when something new comes into the world. ... It's only when X does it and there must be pace of mind. No desire to change. Because as long as there's a desire to change, these all are threats. And the threats you're going to get, fight or run. ... This [higher tones] is when you see great art, great music, great values and new forms of society, which more than likely turns out to be a culture, rather than a society. This is when you see great inventions that profit millions of people, and makes life more livable. ...most of them will use it to be non-disturbed with, but that wasn't the fault of the invention or of X, it is the way they want to use it, hmm? Not to be more alive and to be delighted with it, but to not be disturbed.

I'm still in need of clarification on REPORTING [see diagrams in the Reference Section]. I know it's simple; but I need something to follow by the numbers.

We've chatted dozens and dozens of times on the phone in the last ten or so years, and if you understood that we re-

port with feeling, not words (until the feeling matches the words) the "numbers" won't help you. The tone you emanate is always the same: "Woe is me." I am not picking on you--I like you a lot and this is a friend talking to you, straight, *since you asked*.

It is the responsibility of each of us to report what's of value, your tone is constantly reporting the great value to you of the saccharin tone of misery, X assumes that's what you like and keeps it going for you.

The Life principle X has as its major purpose to maintain its awareness and motor functions in workable order. This is the first thing it is interested in, and it also seems to be interested in perpetuating its motor function and its awareness function into being. So, if this feeling says, "This is bad," X immediately begins to do something to escape it, fight it, change it, or whatever it does (bite, chew, etc.). If the feeling says, "This is pleasing," X tries to keep it going that way.

I can hear you now: "NO, NO, I am trying to get OUT of this misery of the moment." Here's the truth: If you wanted to, you would. Period. You have had all the tools to do so for years. Change that pity-poor-me tone to gratitude, or enthusiasm, and you will see a bigger change in your life than you ever could have imagined.

In the last issue I mentioned that many of the cards coming in requested information on "reporting," and that I would describe a common misconception about it in this issue. First the basics, for the many new people in our "chat room," and as a review.

There are four facets of a human being. We'll start with what we can all see: the Physical Body, or motor function of Life. Then there is an Awareness Function, which usually calls itself "I". It is the purpose of Awareness to take in impressions from the world, other people, from within, to evaluate them based on its Pur-

pose of Living. These evaluations are always made with feeling, which is the medium of communication between the Body and Awareness, and the Life Factor, or "higher" intelligence within, that function which animates the body.

THE WAY of Intelligence uses the letter "X" to "name" that Life within--we know when it's there, we know when it's not (as in a corpse or a doll or plastic flowers); we "place-mark" it with the letter X because we can't precisely define it. Just as in algebra, when there is obviously a component to a balanced equation which cannot be precisely defined (yet).

Life's Awareness takes in impressions from within and without--sensations, people, places, things, events--evaluates them *based on one's purpose of living*. This evaluation is made with feeling, the *medium of communication between Life and its Awareness Function*. Life responds to the feeling with the appropriate Action, through the Physical Body, *for the information (feeling) received, regardless of its accuracy*. The information will be accurate only if the purpose of living is accurate. We can't know if our purpose is accurate until we first discover what it even is!

When the purpose of living is to gain all pleasure, attention, approval, importance and (at the same time!) to avoid all pain, rejection, disapproval and feelings of inferiority, the information gleaned by X from Awareness is seldom accurate--because it's based solely on taste, preference, and inner conflict, not true values of what's to my advantage.

Please study the reference pages in the middle of this newsletter, go to our web sites, read previous newsletters for (much) longer descriptions of this process of a human being.

And after you've done that, STOP and check it out for yourself, **don't believe a word you read here**, on the web pages (or anywhere else). Use this information as hypothesis, check it out to see if it really works that way. If so, continue... if not, trash it. The easiest way to check it out is to start with small, simple ideas such as hunger, or standing up, and so on.

X is always working to maintain equilibrium within each person, and depends on its Awareness Function to report accurately (have an accurate *feeling* about) what is going on within and without. This feeling is ALWAYS based on one's purpose of living.

Everything's okay with X. It's up to us--Awareness--to determine its value, what is okay, and what is not okay, and ignore that. Not change it. (Unless it is truly life-threatening, in which case we report that--"True emergency!!"--and energy to fight it or flee is provided, and must be used.) This is a profound principle, please think about it.

Practically everyone who asks me to clarify "reporting" (often repeatedly, like my dear pal above) is trying to report that something be changed, because it is *disturbing*, not life-threatening. (But can you see that if one's purpose of LIVING is to be non-disturbed, every discomfort is felt to be life-threatening??)

Now the question arises (I can hear you!) "Yes, but, what about healing? What about _____?" (fill in the "one thing" that is intolerable to you--war, terrorism, an insufferable job, that certain relative). Don't we want to change those? Maybe... maybe not. Creative action ensues from the ground that "All is well." That's the starting place.

I can't convincingly explain "why" that is, it's just the way it is. (Don't believe me--check it out.) When we know "what is," we can work with it.

So the starting place is, "All is well, just like it is this moment. It's very interesting." And then one can take creative action, "paint a new, *more* interesting picture," as Rhondell used to tell me when I'd complain that deathbed duty was a hard place to work, faced as one is with a striking picture of pain, sorrow, loss, etc.

One does not say, "This picture is awful, ugh, yuk, I've got to change it." One says, "This picture is what it is, which is interesting. I'm going to create a new *more interesting* picture." Since the previous one is almost always made up unconsciously, reactively, the new, conscious

responsive one definitely has the edge!

Okay, I'll stop philosophyin' and get practical (as dozens of your responses requested). We'll take three things people often tell me they are having trouble reporting about. Illness; not having a companion; and an easy one, wanting a new place to live.

What is reported "unsuccessfully," according to them, is this: "This illness is uncomfortable and scary. I want perfect health right now!" Or, "I'm so lonely I could die. I need someone to make living worthwhile, fun at the very least." "I hate this house/the neighbors, I've got to escape," or, "I want more, better and different than this dump." Stop a minute and think of the feelings that go along with the above statements. The feelings are this, "I'm uncomfortable and thus my purpose of living is threatened, I demand change now!" Energy is provided to fight or flee (and it must be a violent act, remember, you've just told X your very existence is threatened by an imminent humongous danger). How does one fight or flee a bellyache? Cancer? With more poison? How does a fight or flight provide a mate? Does running away from your current residence automatically land you in a new and better one? Of course not. All this creates anxiety and conflict, which are more ugly feeling, which elicits another report, "Get rid of THIS!" It's a vicious cycle.

Now, here's the way to handle it intelligently. "This situation is okay. Not to my taste, maybe, but certainly tolerable." (It hasn't been fatal yet!) That is a state of contentment, "I'm okay. All is well, really."

Then, and only then, the creative reporting. "I think I will make a new picture/do something different/run an experiment, *because it is vitally interesting to do so.*" (Notice you take yourself up a notch, at least, from contentment.)

Step One: All is well at this moment, (and *feel* that it is). Step Two: It will be more interesting to do _____.

That's all there is to it, and by the way, isn't that the essence of "Keeping the

Mood Up and Not Making Anything Important"?

would like to hear about the higher states of being on the tone scale, and vital interest.

[In this excerpt Rhondell goes through the first steps of the tone scale (see back cover) and continues:] Now a little more awake and one is contented. [Contentment: "I feel good."] One doesn't see any reason for changing anything. So in contentment is the start of peace of mind. Just the start of it, not the end. ... Now, you're sensing all sorts of things and you have no desire to change those things you're sensing. That is peace of mind, not non-disturbance. Non-disturbance you just quit sensing, you know, get out of the whole show.

Now the next one we call vital interest. In vital interest, there not only is not a desire to change it, but it is very interested in what's going on. .. wouldn't change it for anything in the world. And of course, that is a higher state of peace of mind. The vibration rate of the whole body begins to vibrate at a greater pace from here on up.

Here [apparently pointing to "death" on the a drawing of the scale] is an absence of vibration. Each of these increases it, like light waves. When you're down here [lowest tones] you've got infrared. And somebody that knows all the little sequence, our scientist friends over here, can tell us what the next one is and the next one, but it goes on up to ultraviolet and beyond. To the pure white light, and then it goes to invisible.

So the human being, every cell in your body, goes through these states.

Now the next one we have up here is exhilaration, really going on! Which means I not only don't want to change it, but I'm absolutely delighted with what's going on. Now that is beginning to be peace of mind, not non-disturbance, and there is no relation, a far separate entity between peace of mind and non-disturbance.

Rhondell goes on to say that states higher than that he's unable (or unwilling) to describe in mere words, one must experience them. If you get that high and

are still asking me--you aren't that high. You'll just have to work to see for yourself.

Meanwhile, I've come across a novel that does attempt to describe the higher states, *Boomeritis* by Ken Wilber. He describes levels of consciousness and how they are interpreted depending upon the stage of development (and much more). These descriptions are interspersed with the narrator's working up the scale. However, you've never seen anything quite like this one mentioned in these pages before--because in the early stages of his own journey, his fantasies at the lower levels are decidedly pornographic--you are forewarned. It's a wonderful book.

And speaking of versions of tone scales, I read a footnote referring to *Integral Psychology* where over one hundred variations of the levels of consciousness exist. What you see here is one version, very simple and easily understood. Doesn't mean there aren't many other valid versions.

What does THE WAY of Intelligence say about morals?

It doesn't use the word. (Nor many other words that mean something different to each person.) But try this on for size, and see if there is any "moral" or "ethical" situation that is not covered:

I want to be what to me is a good guest on planet Earth: Treat everybody with simple good manners, which is to be harmless, considerate, and making a contribution.

What does THE WAY of Intelligence say about dreams, synchronicity, karma, and reincarnation?

Dreams and synchronicities are impressions, and Awareness may value them however it sees fit. THE WAY does not tell you what to think, it shows you how you think. The word "karma" is not used, the word "balancing" is used in a similar manner (a previous issue had a long chat about this by Rhondell). As for reincarnation, THE WAY of Intelligence does not present anything that cannot be checked out, and relates to here and now.

But you are certainly welcome to have been here before. (Welcome back!)

What else is there? The teacher just kept saying the same thing, only in a different dress or suit. ~B

Amen.

I'd like to hear more about Reiki, yoga, Feldenkrais, etc. Fractals, infinity, multiple dimensions/universe. Masculine/feminine, psyche/soma. a "Where's the Teaching" segment (like the Where's Waldo books), examples of the teaching found in unlikely places (for instance a news program or something like that.) Mention entertainment items (movies, music, TV, etc. with message of Life and the teaching (like *Ballad of a Runaway Horse*, as done in *Sophia*). Speaking of which, have you seen *My Life with Michael Keaton*? What do you think? Sufism, Gospel of Mary as mentioned in *Sophia*.

Explorations of the dynamics of "know-it-all," and "that's just like in (Buddhism, Sufism, Catholicism, 4th Way, -ism, -ism, -ism, compare, compare, compare, etc." And how to avoid the traps. ~F

This work and good therapy have the same purpose.

Do they? Thank you all, I was looking for an opportunity to kind of spell out some of what THE WAY of Intelligence IS and what it ISN'T.

As presented here, it is a set of very basic principles of living, as basic as one can get, as far as I can tell. The point is to know yourself so that with remembering yourself you can make and contribute to a culture, something extremely rare and refined, a higher level than what passes for culture but is really just society. This has various meanings as one evolves. If yoga or Reiki or Sufism (which are different schools, not this one) or any other movement or ideology fit for you, fine. But new students are always admonished to approach this material as objectively as possible (almost impossible, I know), that is, in the beginning don't compare it to anything else, let it stand alone, checking out each principle *by your own experience*, not comparing it to something else.

The brain wants to make these compar-

isons and I know that studying "objectively" is nearly an ideal. However, striving to do so is extremely helpful in the long run. (You do this by noticing when you are associating; and by acting on a theory to prove or disprove it.) When the new principles are well established in your awareness, you may find that you now have a key to understanding other schools and other things that may be part of schools, obsolete fragments, or that stand alone. Then you can evaluate them for yourself.

The readers' remarks cover common responses to the material. A new and energetic student is suddenly seeing the principles everywhere he looks, and wants to see more. May I request that others in this "chat room" accommodate by sending in their discoveries with *this* material? Then it is truly a chat room and not a "preach room." Ahem.

As for material that was in *Sophia, Creating a Soul* (a previous newsletter, which will be online in the future), I won't be repeating that particular presentation of the material here. It was kind of a "niche market," geared toward a specific aspect of feminine development. THE WAY of Intelligence is written for the broadest possible audience (1) attempting to present something of value for the four groups of readers: patients, clients, potential students, and students; and (2) attempting to attract and then establish rapport with those actually willing to *do* the work. It goes to hundreds of people, the majority of whom I don't know (alas--but they might introduce themselves), and so "niche" material, interesting as it is, is not really appropriate.

However, if there is some particular point of view (like that expressed in *Sophie*, or ??), and enough are interested and let me know, I'm happy to produce a separate newsletter for that, too.

Back to our "chat": There is also a hint at the "professional student" syndrome. Here's what Rhondell had to say:

"The dabblers and intellectuals that gather around [a school] are only trying to find a way to exalt the ego and to get

over their sense of inferiority [by having] esoteric knowledge or have attended so-and-so esoteric schools."

The "dabblers and intellectuals" try to count the number of angels that can fit on the head of a pin by making an issue of vocabulary, by comparing in the hopes of finding some familiar item so they can say, "I knew that." Lots of time (and work) is spent stroking the intellect instead of actually checking out the info by acting on it. Anyone who actually acts on the material is not really very concerned with what anything is called. Although--certainly one can be a student *and* be intellectual. There's no conflict, they are just two different things.

So that is the huge "trap"--talking instead of acting. Just thinking instead of doing. Debating. Counting the energy spent philosophyin' as though it were effort invested by working (it isn't).

And that's okay, too! THE WAY of Intelligence appeals on different levels to different people. Everyone has a part to play, and some of these roles are to demonstrate to others the pitfalls. (It's a dirty job but somebody has to do it--and we all do it some of the time.)

I'd like to recommend to writer F. (nice to hear from you, it's been a very long time since you and E. bailed me out repeatedly during the "Rose" shoot! I'm forever grateful to you both) to go to www.wilber.shambhala.com, sidebar G and others, for a wonderful description of how we interpret. I think you, especially, will be delighted with what you find there. (And for those of you who tell me Wilber is too intellectual, I certainly understand why you say that, and may I quote him, hopefully to your amusement: "The point of my books is not to get people involved in intellectual head trips. That is exactly what my books are attempting to stop, as those who have read them will readily acknowledge. So I have attempted to engage these [academic] people in their own game, and to play it very fast and hard, simply to get to this conclusion: at some point, you and I must stop this intellectual head-tripping, and

begin actual spiritual practice.”)

Lots of people compare this work with therapy. Therapy is another thing THE WAY of Intelligence is not. Because it proposes a method to understand how awareness works, you could say psychology is involved. And doing the work will modify behavior, but is not “behavior modification” as commonly understood. But if anyone is still incapacitated by deep-seated grudges against anyone or anything, or obsessed with some issue, go get therapy, where someone will be your surrogate parent for awhile until you work that out, and then you may return to THE WAY. That’s the adolescent stage, and everyone goes through it. THE WAY is for grown-ups, though admittedly, darn few of us are very mature when we begin.

Life is hard, and letting yourself evolve takes work (see the following parables). If you’re still blaming anyone or anything for the fact that life is hard, instead of seeing that there’s no one to blame--what we are is a little bit of initiative that found itself in a realm of resistance--that’s just the way it is, it’s time to get on with it--you’re not quite ready for the work yet. (But don’t worry--we’ll hold a place for you!)

Another thing THE WAY of Intelligence is not is self-improvement, though I think almost everyone enters with that in mind. It’s another trap. You are perfect for the stage of development at which you are. If you develop further, you won’t be “better,” you’ll be different. People make an ideal of “doing the work,” and grade themselves on how “good,” (or not) they are with it. That has nothing to do with THE WAY of Intelligence.

New language/settings for the Picture of Man and the four Forces.

Maybe a little more language of “today”?
I can’t think of a way to make the material more plain than what is, to me, the plainest, simplest version of THE WAY of Intelligence there is. It would be easy to complicate it, and introducing a lot of new terminology could do that. I can only think that these requests reflect either a desire for “more, better, different,” (Rhondell’s charming way of defining

greed), or that you’re unclear about something presented like it is. In other words, as presented, it doesn’t “work.” Please write again and let me know what it is that you don’t understand and I’ll see what I can do. It would help if you gave me some words you think are clearer.

Meanwhile, if you’re just bored, read the very hip *Boomeritis*, by Ken Wilber, where levels of consciousness are called “waves” and colors, and “memes” and “holons”, where academic jargon is tossed around a lot (and then made simple), and a comeuppance on every page.

Thanks for keeping it straight. ~S.

Thank YOU for the best compliment I could get, especially from one qualified to know. Bless you.

My favorite parts of Dr. Bob’s talks were his parables. They were so simple, but they made me think. He’d take the principles and put them in “layman’s” terms. Also, they were funny and entertaining as well as educational. Perhaps they are not as effective in written form without his delivery? Just a thought.

I don’t know if they are as effective in written form (I think they can be) but certainly they’re not as entertaining! Here’s a written one, and soon you can go to our site THEWAY-ofIntelligence.com and hear him tell it in his own inimitable way.

We talked this morning of evolving, that our purpose of existence, our calling, is to survive, and then [to] evolve. Now, of course, being conditioned beings, and Americans on top of that, we want it to be IMMEDIATELY. But evolvment generally goes through four stages. It seems all the universe is quite a book for us if we care to look at it. And there is one very excellent one, if we want to study the stages of evolving. Where we are, what we’ve done.

The first stage is, as many parables and teachings show us, is that we are a seed or an egg. We have the potential of going to be an integrated, spiritual being, a complete man, a God-man. The Christ taught us that whatever he did we could do and greater still. Right? But he didn’t tell us we could do it at that moment.

So we start off as the egg. So let’s take,

out in the field, where most of us have lived out in the country some time or other and are acquainted with all these stages of things. The egg hatches and you get a worm. The worm is totally interested in gratifying his appetites, he eats and he eats and he eats and he eats. Hmm? Just chews up whole fields full of leaves. Right? And he gratifies his appetites. He's trying to be non-disturbed.

And he eats so much and gets so disturbed with his eating, so finally he begins to spin strings, and he finally gets himself all tied up. Which we generally seem to be quite capable of doing, do we not? Is getting ourselves all tied up. We invent enough little threads and anxieties and etc. until we have ourselves tied up until it seems that we just can't move in any direction. No matter which way I look to go, I'm tied in.

So the cocoon stage is over here and there's something when this little bug finally surrenders, quits struggling, and says, "Well I'm here, got myself tied up."

Now in that cocoon, if we quit struggling and fighting with it, but do understand, there is a metamorphosis takes place, hmm? A metamorphosis takes place.

Now it's nothing the worm does, it is just something that happens, a metamorphosis goes on and he hatches out from there one day, he finally says, "I've been in here long enough, this is no good," and he struggles out and comes out a beautiful moth that flies the heavens that wouldn't even bother to even look at one of these worms. You know? Wouldn't even recognize that it was one of his family, would he? Hmm? Wouldn't have anything to do with those old sticky worms that eat around there, he flies through the heavens.

So man is much in the same state when he starts to have a potential to evolve. So we're born as an egg. Another symbol calls it a seed, and says some seed falls on rock places and the birds eat it up. Some falls on shallow soil and springs up suddenly and the first hot day knocks it

down. And some falls among brambles and don't ever get out, all tangled up again So it is exactly the same story, in slightly different form, one of which you can look at. What stage would you say that you're in at this moment?

And here's another from Rhondell, similar, kindly sent by my friend April.

TRANSFORMATION: There cannot be a new beginning until there is an ending of the former state of being.

A seed that germinates and becomes a plant cannot remain a seed. The seed state has ended, a plant has begun. However, the seed can remain a seed for many years, but it is never a plant during those many years. It just has the potential of being a plant. To actualize its potential, it must die to the seed world. This principle can be seen all about in all the things in life.

Mankind is no different. Man in the usual state is a seed that has the potential of being a completed or integrated person. This potential cannot be actualized while remaining a seed of the completed or changed person. The seed can attend talks about transformation, can read books about it, can think a lot about it, can form many theses about transformation, can search out many so-called masters many gurus, establish many beliefs. However, until there is a total ending of the purpose of the seed, there cannot be any transformation, any new beginning.

A bean seed may be kept in a storage bin, be put in a sack, put in a colorful packet, kept in a silver box, carried to exotic cities, kept on an altar, be carried from place to place by a saint, but it still is just a bean seed. The circumstances surrounding it may have changed many times but until there is an ending of the bean seed state it is not actualizing the potential of being a plant.

So it is with a person. When there is a total ending of the old purpose of always putting first value on being non-disturbed, then germination of the New Man--a swelling inside of the new purpose, a splitting of the protective shell of

limitation (the old purpose); there is a pushing upward into the light. There is the feeling of real creativeness, of increase, of giving. This is Transformation. Learn from the bead seed. From a grain of corn, of wheat, a pinto bean can be a great guru.

Ending is ending of the known. Beginning is entering the unknown.

Talk about relating the principles to children.

The above parable should help--children are not yet butterflies or fruit-bearing plants, and couldn't be. THE WAY of Intelligence is for adults, though you can teach children about Not-I's (in my experience little ones like that, grasp it right away, almost as though within they really do know what they are--and aren't). You can draw them the Picture of Man. You can make games out of recognizing suggestion. Older ones might be intrigued with the Four Forces. You can best serve your children by teaching them to do what's to their advantage, and if on occasion they don't know what that is, to find out before they act. Children need a certain amount of conditioning to keep them safe, it would only throw little ones into conflict to have them questioned. Previous newsletters (Vol.II Number 4, the big white one, and others) have long excerpts of Rhondell talks about dealing with children.

Last week I became discouraged about all the disidentifying I was doing without making much seeming progress. There goes my greed again. I read "Levels of Food" and a segment from a workshop. From them I came to realize that while self-knowing never ends, I could begin self-remembering now. I had had this vision that all the Not-I's would be extinguished and THEN I would start self-remembering.

The notion of "guardian at the gate" is one I truly fine inspiring and fits with the Picture of Man. In my mind, I visualize this narrow gate with a guard between X and Awareness which is established by making a conscious purpose to be considerate, harmless and make a contribution. I visualize that all the six ways of achieving a weakening still not fully conscious purpose of being undisturbed are operating but they don't get by the "guardian at the

(narrow) gate." To give an example of how this worked out for me in one instance: I walk in the mountains almost every day and I'm the sort of guy who once he gets going he's going to finish. As I walked I noticed I had a small stone in my shoe, a not unusual occurrence. Normally since I was 3/4 finished and the stone was only mildly troublesome, I would have finished. However, as I was walking I was practicing self-remembering and suddenly it became clear I wasn't being considerate to a portion of this estate, my body. So I pulled over to the next sitting place and took out the rock.

...this imagery for me has power. In this imagery as I now hold it, Side A vs. Side B conflicts will arise, but I have established in addition to a platform of awareness from which to watch them, a Hadrian's Wall of which they bounce harmlessly so long as I'm self-remembering, and eventually these conflicts will lessen with self-knowing. I suspect this is hard to follow. I thought I'd give it a shot. All the best.

Not at all hard to follow, and a very nice contribution, thank you. Just the kind of thing others are asking for and will understand, and (as I told you when I got your permission to print this) it was the perfect response to someone else who had emailed the same day--he said so, and said thanx.

My problem, which obviously is not unique, is that when I "observe" self, it often seems as though it is Not-I observing Not-I. It's hard for me to identify where I is. I have a sense of it during meditation (silent sitting), but as soon as I start to move or "think," they're back. Reflecting on Rhondell's tape about "Where I Resides," for me the sense of "I" is totally in my head. I have a constant stream of chatter that rarely stills (except sometimes during meditation, which is why I do it), but the good news is that I am aware of the chatter and am not always identified with it. Unfortunately, as you keep reminding us, the identification happens in a direct correlation to the perceived importance of the issue at hand. Oh well. We'll keep plugging away, as they say.

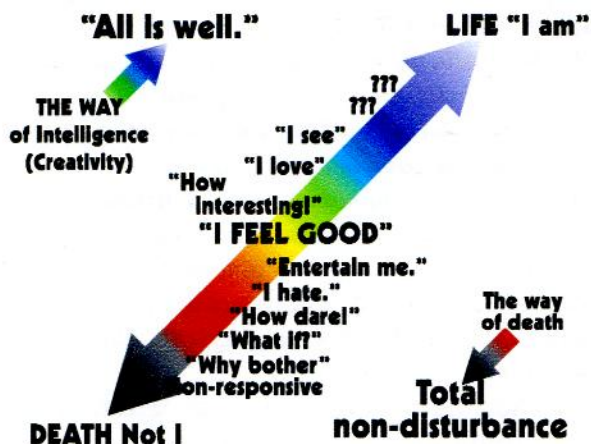
I thoroughly enjoyed your letter, it's something I work with every day. Let me

pass along a hint someone gave me ages ago. The No. 5 Not-I (the self-improver) loves to usurp the job of the observer, and slips in there when we're not looking. Determine if it's old No.5 spying (when it is, we are feeling we've fallen short, or are being "good," since Not-I is derogatory or inflated, even if subtly), and if so, acknowledge that, let it go. It's a device that works (for a while!). Thanx for writing!

How to be a healer. A recipe.

I don't know if you want a recipe for healing, or a "how to" for healing *and* a recipe of Rhondell's, since you've asked for that before.

First, healing: Life heals. You can facilitate healing. There are several ingredients, some outlined in the earlier responses in the "Chat Room." Also: Can you leave your "stuff"—ALL your stuff, every last bit, at the door when you walk into a "sick room"? Do you understand that the concept "impersonal love" is NOT an oxymoron? Can you get into the state of impersonal love immediately at will? Would you be as willing to apply this to, say, Hitler or a terrorist, *if asked*, as you would, say, a sweet child or best friend? Can you see that all is well just like it is? Can you make as your priority putting someone at ease even if there are repellant elements involved? Do you understand that almost everyone asking for healing feels they are in a state of emergency, and not buy that yourself? Can you refrain from ALL "negative" suggestions? Can you work without making the outcome important? Are you able to rid



yourself of every last bit of desire to be important? Can you ignore the desire to be needed, take absolutely no pleasure in the fact that perhaps someone thinks you are? Do you understand dependency and know when it's appropriate and when to wean? Do you understand "co-dependency" and are certain you're not ignoring self-knowing by getting involved in others' lives? There's more... but if you can do these things, you probably already are facilitating healing and don't need to ask.

Here's your (other) recipe:

Dr. Bob's Fresh Salsa

5 parts tomatoes

2 parts green onions

1 part jalapenos

sugar & salt (sugar 10 to 1 salt)

Bulletin Board

Note: the name of the online version of the newsletter has changed slightly. It's now www.THEWAY-ofIntelligence.

Notice there is now a dash (-) between THEWAY and ofIntelligence. Due to a comedy of errors (I hafta laugh or I'm gonna cry) the original site is now owned by Russians who have nothing there but "Under Construction." What their plans are remains to be seen--really THE WAY? Holding me up for ransom? or??? They don't respond to my inquiries.

The new site is completely redone (by me!), and I think easier to read and to navigate. (If you know FrontPage and have a fix for the banner/buttons bug, please let me know.) The issue previous to this one will be on the site first. When this current one goes up, I'm hoping to put audio clips with it--you'll be able to click on the Rhondell quotes as you read them and hear him speaking them.

Here's the rest of our sites:

www.goodleather.com Books, journals

www.Rhondell.com Rhondell catalog

www.ThePictureOfMan.com Articles,

graphics, a POM video, pamphlets

www.ThePartyStory.com What's going on?

www.ThanXLife.com Put your appreciation

(about anything) into the ether

Contact Request

My friend Mari Mahaffey is moving to Arizona and hoping there is someone nearby who would like to discuss the material. Email her at patandted@earthlink.net.

Clever

The following is excerpted from a letter to the editor of the Los Angeles Times:

"...I hope I am not the only American who recognizes this drumbeat for [here fill in your favorite propaganda issue] as a weapon of mass distraction. ~D.O. Irvine CA"

What happens when you turn your inner state over to others

From *Popular Science*, August 2002: "If someone makes you feel stupid, that doesn't make you stupid, does it? Well, actually it might, according to a two-year study on isolation and rejection conducted by social psychologist Roy Baumeister of Case Western Reserve University in Ohio.

"Subjects were given a variety of intelligence tests and then made to feel rejected. Some were given a personality evaluation that led them to believe (falsely) that they were destined to spend their lives alone. Others were allowed to mingle with a group of strangers with whom, they were told, they might soon be called upon to complete a task. But later they were told that none of the strangers wished to have anything to do with them. After these unpleasant experiences, the subjects were tested again for intelligence. Their IQ scores plummeted by some 25 percent and their analytical reasoning by about 30 percent."

Expanding Awareness for Fun & Profit

As you may recall from a previous newsletter, the principles are adamant about not drawing conclusions (that's the "Why" Monster who wants to do that, because "I know" feels good). Rhondell suggested always having two or more explanations for everything, to keep out of the trap of finite thinking, and because

the ultimate Why to which all "why questions" lead is unknowable.

I've come across some novel ideas lately and I thought it would be fun to put them here. Please note **I am NOT promoting these ideas**, only the expansion of Awareness that can accommodate them as hypotheses. So I'm not putting the sources, but if you're interested email or send a self-address envelope and I'll send you the list with sources.

- Ages ago, something careened through the solar system and knocked the earth off its axis, resulting in untold cataclysm. The few humans who survived did so amid continual catastrophe as planet Earth adjusted. Generations had "imprinted" in their psyche impending doom, hence our proclivity for fear of disaster, despite the fact it's almost over.

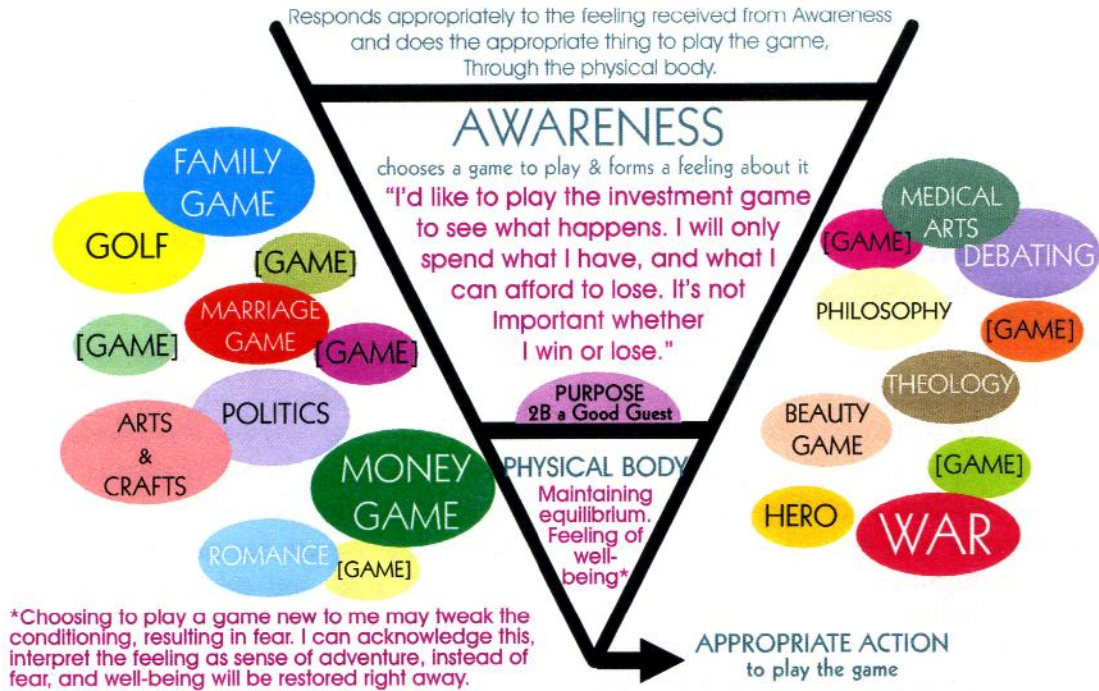
- The calendar we use has put us out of synch with "real" time, and aided and abetted an out-of-balance technology to rule. Real time and artificial time have collided, represented by the events of 9-11. The terrorists were merely agents of the inevitable. Living by real time will restore harmony.

- Hot flashes are life's way of eradicating cancer-causing chemistry from the body.

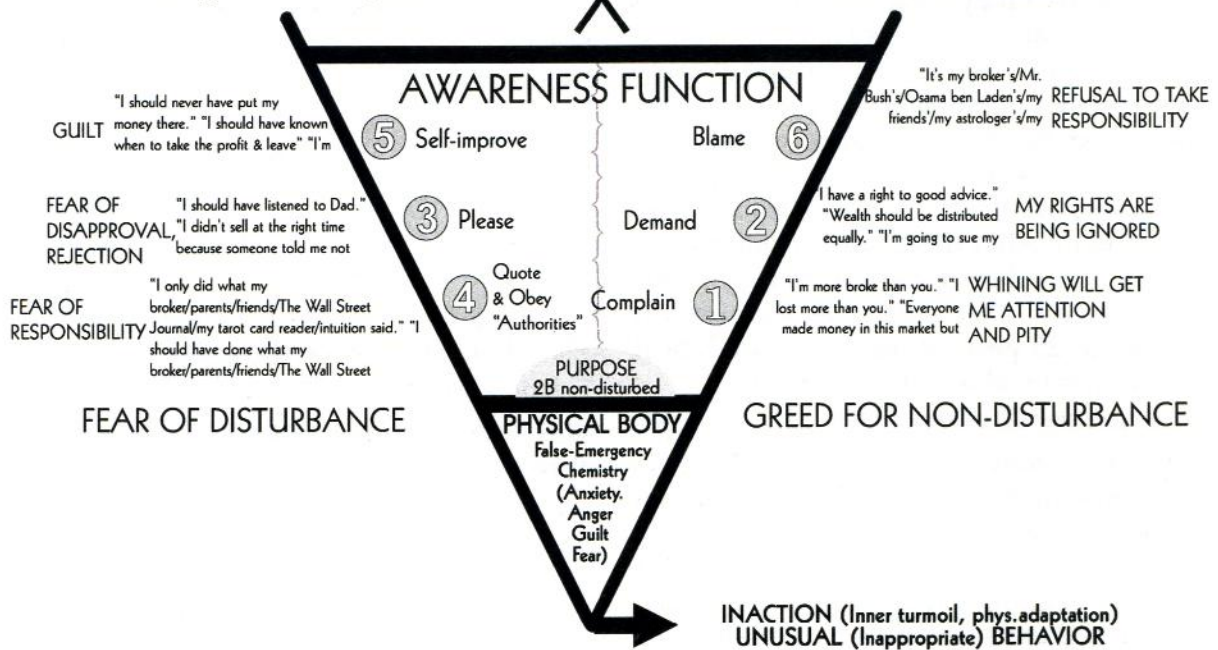
- "There are underlying mathematical influences that determine how a film gets put together, which are amazingly consistent, seemingly independent of the films themselves. Discovering these may enable a 'cinematic notation' similar to musical notation, which will produce films as evolved and universally 'touching' as the music of the classical masters."

- According to a study on how people's names affect their choices: A person named George or Geoffrey is 40% more likely to become a geologist than the general population. A person named Dennis is more likely to become a dentist. Those born on March 3 (or 3/3) are more likely to live in a town with a name like "Three Thorns", those born June 6 are more likely to live in a town with a name like "Six Forks." Says the author: "Much of what you do is subconsciously decided."

The "Money Game", X "Investing" Division



What goes on with the conditioned investor with a purpose of living to gain/escape, when X the market goes sour.



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"

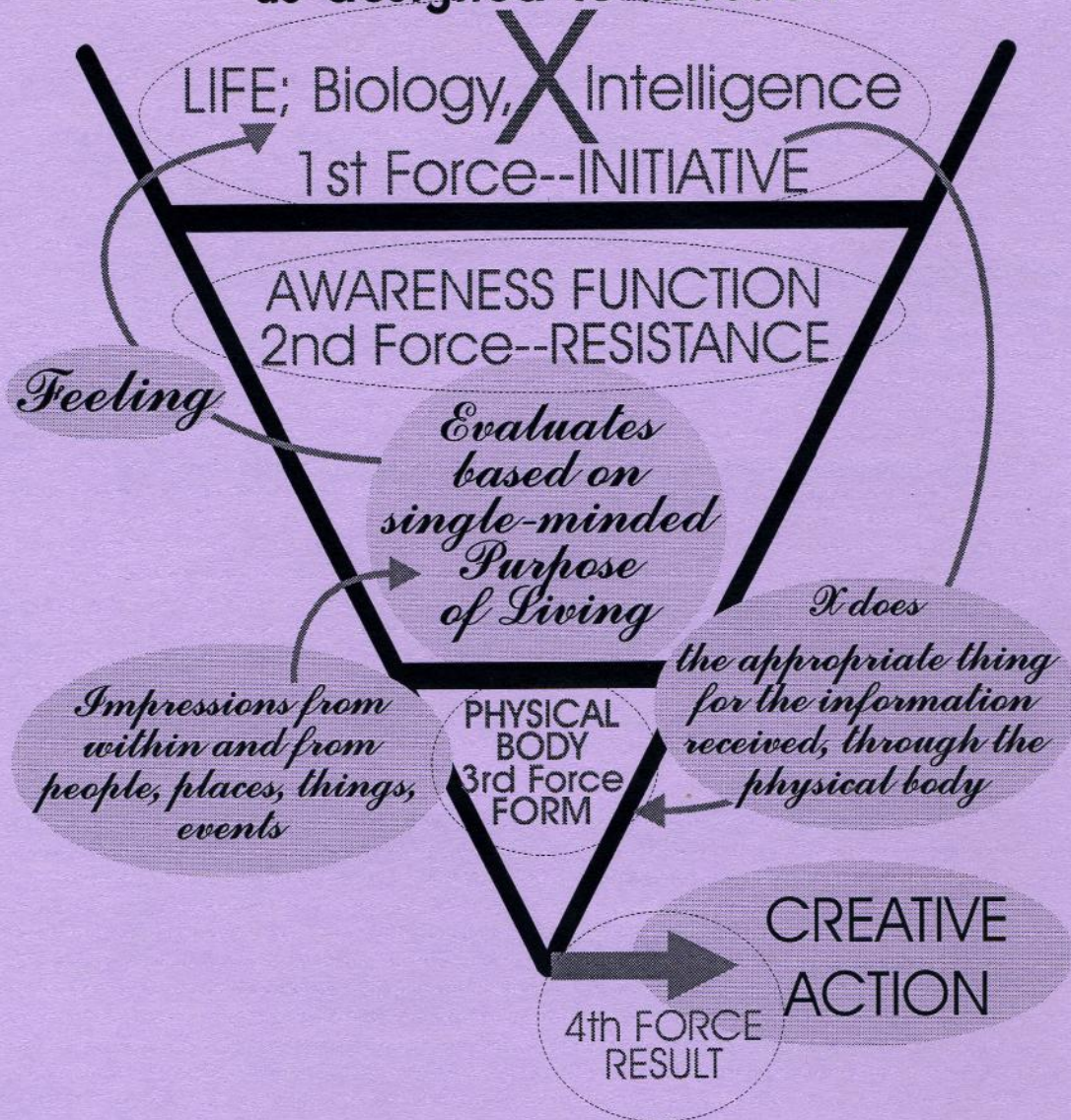
Definition of SUGGESTION: a threat or promise; anything presented with a threat or promise

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

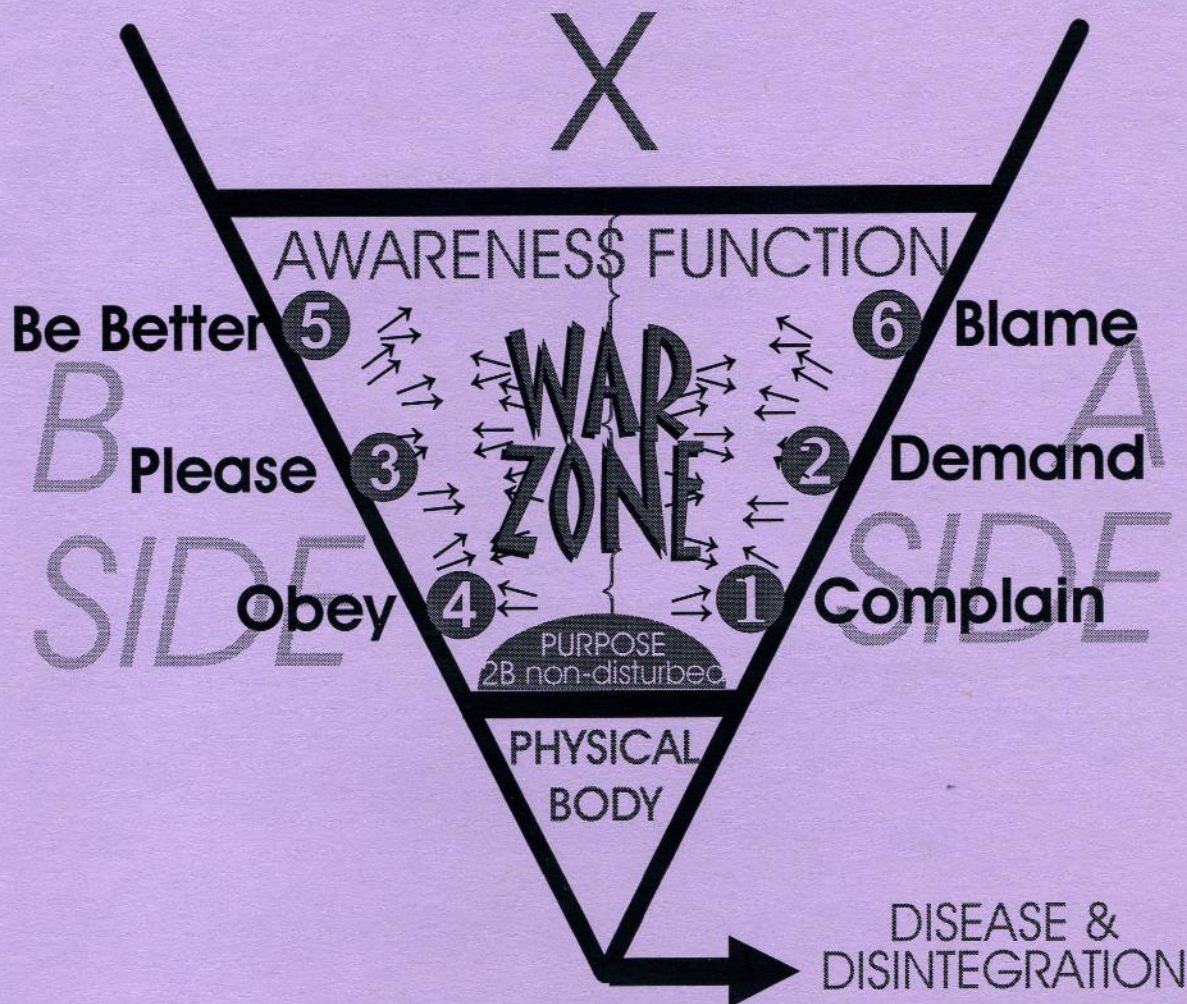
as designed to function



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 the World

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