

THE WAY of Intelligence

Vol. III No. 3

June 2003

Free

Sanity Island

Our new website is now up and running, though far from complete. You are cordially invited to visit, browse, and, I hope, participate in the online "Coffee Shop," where people are contributing what is most requested, their personal experience with the Picture of Man and related principles.

There is more participation there in a day than in a month of newsletter correspondence—it's a brave new world! (Though you wouldn't know it necessarily since yours truly, not particularly computer-talented, has accidentally erased everything more than once as I uploaded new stuff.) No one understands better than I how much easier it is to just click and be done with it, rather than write a letter. So I'm hoping those of you who do have an "active" interest in the newsletter but haven't written might go hang out in the Coffee Shop and add your two-cents worth.

I'm also toying with the idea of doing a "real-time" chat room, where people are all on line at once and we can communicate "live" much like a conference call. I need to know if there is interest, and if so, what is a good time and day of the week, considering you are scattered all over the country. Please email me your preferences.

A phenomenon of the presentation is that in its simplicity the material, espe-

cially the Picture of Man, is sometimes thought to be something that when understood can be sort of dispensed with. Nothing is further from the truth. The Picture of Man, when USED, is almost organic—it evolves as you do. You have to experience that to understand it. Several in the "Coffee Shop" have recently begun drawing it and applying it to their personal situations and found it much richer and useful than they had previously believed. In addition, I have had quite a

few letters and calls about the "Aha!" feeling some have got when examining the recent POMs in the newsletter, i.e., the ones about investing and war.

So this time I'm going to let you do the work (if you want to), and instead of my finding a current event and drawing the corresponding POM, I'm going to give you a "blank form" to work with. You might even enjoy it!

Also inside, a graphic stressing that the four facets of a human being, Life Force, Awareness, Physical Body and Action are NOT separate, but work together.

Another feature of our new site is a "Private Parties" mailing list, for which you will need a password to access. But I'm also going to make a separate "snail mail" list for those who don't use computers. If you're willing to correspond with others, send me a letter with info, and I'll circulate that, too.



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Coffee Shop

Most of the correspondence lately has been by email and in the "Coffee Shop" at Sanity Island. Here are a few excerpts:

The "Book of Demonstrations" you want to do someday sounds great! [I've mentioned it on the Coffee Shop page~ct] Will you include demonstrations by others as well? [Depends on how I decide to structure it.~ct] I remember one of the first demonstrations of the teaching you gave me, and now I understand, too. It was a piece of work for you as well. We were waiting in a train station in Europe, somewhere near France, I think, towards the beginning of our adventure. We were discussing money; I had mentioned the desire to buy something but was reluctant. (I had enough money to buy trinkets at the time.) You gave me some money and told me to go into the gift shop and buy something frivolous. What a novel idea for me at the time! I was so Ms. Practical with money. I made such a big deal out of deciding between practical and frivolous, and you remained calm and detached until I decided. Plus, you made me go into the store by myself, no less! I came out with a scarf, so very pretty to me. Thanks so much for all you do, Love, P.

Boy, those were the days, traipsing around Europe with a Eurailpass and a Cooke's Guide, "It's so hot here in Frankfurt, let's go to Norway." "Okay." And off we went.

I had a demonstration there, as well, but didn't understand until I asked my teacher, later. We could eat big hotel breakfasts and at least two other fabulous meals and dessert every day and never gain an ounce. He said, "It's because when you're travelling, you're in vital interest." I've never forgotten that one--secret weight-loss trick: keep the mood up!

The online Coffee Shop is such a great opportunity to discuss the work with other students. I am hoping we can get some dis-

cussion threads going. I have been involved in the teaching for about 25 years and had the pleasure of meeting Rhondell several times and attending several workshops. I am so grateful for this work and I just can't imagine what life would be like without this work and Christine keeping it alive. [Anyone who uses it is keeping it alive; what you see me do is keep it available.~ct]

After 25 years this one is just now beginning to touch on some understanding. I asked Christine about this one time and was tickled by her answer, she said if we told you it might take this long, would you have continued? Six months learning is a long time for this impatient one!

The work is its own reward and how can one not be grateful to have even a glimpse of truth. Thanks to all the students out there for we are a testament to the greatest of great works. ~Paul.

Just a suggestion, that if each person perusing the posts could post how he/she is using the teachings in one's life and what some of these results are. I will get the ball rolling. I, (when in non-sleep state) try to make a contribution to what I am attending to at that moment. True giving or contributing comes from a place beyond my small self. Myself is always looking to receive, covet and plot for what it requires for its survival. There is absolutely no thought of sharing or contributing. It is all about "me." This is a very tricky situation also. I must examine my motives and decipher if I am trying to make a contribution for my benefit or for just the act of making a contribution. Motives can be dastardly chameleons. When I am in a grateful state it is much easier to make a contribution with no expectations. So, would it not behoove me to be in a grateful state as much as possible? ~Richard

Mentioned in the last newsletter. What is the Eighth Day?~CR
It was a quote from Idries Shah: "Cir-

cumstances have overtaken man. His old languages are not sufficient to describe what is happening, and what is about to happen. To think in terms of a millennium or other such tame concepts as 'the eleventh hour' is ridiculous. Better that he should realize that he is in an era which might be more accurately described as the 'eighth day of the week.'" Or: Sunday is a day of rest. This era is post-Sunday, that is, instead of back to square one, mankind is poised to leap into the next "cycle" or era or level of development--IF he awakens.

Thank you all for making the site a reality. I've read some posts, not all, and am interested in reading more, and making a contribution as well. It is interesting to me to be aware of how others are experiencing the Work. I look forward to getting acquainted!
~Trish

I'm new to the teaching, which I discovered via the internet, and have been in email contact with Christine for several months and more recently another long-time student. My experience of the teaching is grounded in the Harmony Workshop, the 48 Lessons, Headlines, Marsha's website and a few other items that Christine has shared with me. I studied on my own for about six months (I'm retired with lots of time) before contacting Christine and for me, hearing the experience of others and talking about my experience of and my understanding of the teaching has been immensely helpful.

For example, the teaching suggests that hearing or seeing alone might be enough. It is suggested that two or more centers need to be involved and that putting something in the action center by writing (speaking) is recommended. Tape #10 this point came home to me recently when in contact with another student, I became aware that in my struggle to get to vital interest I might have glossed over gratitude. I began a gratitude list and then act along with a daily review of the list as the other student suggested has indeed improved my mood. I have benefited from the help of other

students. I don't know whether openly discussing our struggles and understandings of the teaching will be of any profit, but at least two students are on my gratitude list. I look forward to meeting others. Regards, John

Great platform, I am grateful for this opportunity to share. I have always referred to the teachings as the working man's guide to life. I was always under the impression to reach some higher state that I would need to go away and become a monk or at the very least sleep on a bed of nails. What has been discovered is that one can take any single teaching idea and live the work through it. Whether it is gratitude, attention, response instead of reaction and so on, all work is toward waking up and being in charge of our inner state of being. Rhon-dell always said that the work is simple but not easy and this is so true for this one. I look forward to these discussions and having a new method of learning.

Thanx for my laugh of the day--a mental image of you as a monk!

Thanks for the feedback. I've put my "gratitude list" on the computer and open it each morning and review it. It so happens that I have added something to it each day this week but I don't feel any pressure to do so. Christine's feedback last week got me back to reading The Place of Language in the Teaching and I began to be able to differentiate between the three frames of reference. [see diagram & text in this newsletter.]

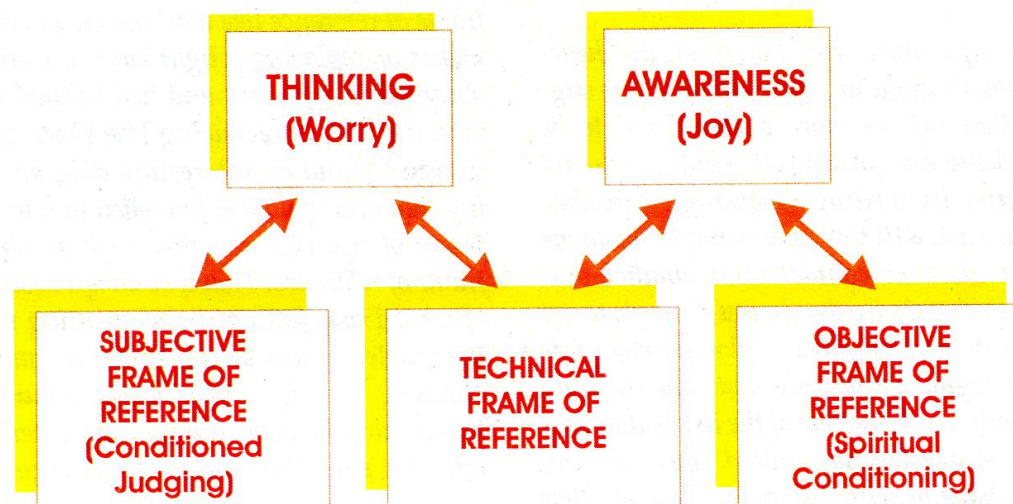
Recently when I have been in a technical frame of reference like working on a broken ice maker or replacing a light switch, I am often absorbed in the work and had likened that to vital interest. In reviewing The Place of Language I found an interesting diagram showing that one could feel Joy when in a technical frame of reference together with an objective frame of reference. That was an apt description of what I was feeling! I was wanting to solve the problem, I was seeing "what is" and I was allowing X and my consciously accumulated knowhow take over without any interference with the subjective frame of reference. Some-

times when I confront a problem needing a solution I do make it about self and then I "worry." No joy in that. Having been now able to see more clearly what is meant by seeing "what is" I find that I'm more sensitive to noting when I see "what ought to be" and can work on switching that around to "what is."

This is very interesting to be aware of what frame of reference one is dealing with. I often find that when faced with resistance I can just get the mind quiet and listen. Many of the tapes have talked about a two-way communication with life that comes from intuition. I have found this to be truly amazing when I do allow the mind to be quiet and listen, answers do come. The constant chattering of the Not-I's can be silenced, it just does not happen much of the time for this one at this point. The fact that growth comes in minutes that lead to hours that lead on is ringing so true to me. I am at the point where minutes are real and longer times are growth. It just took me so long to realize that it is work that brings about life, not just reading and repeating. I can't tell you how many times I read an idea and said, "Yeah, I know that," but never realized what it meant to live that. This Coffee Shop is great, thanx!

First off I want to give thanks for this newsletter and message board. The formation is truly valuable to me and I am experiencing new and different things every day working with it. It is amazing! I was sharing a discovery with M. and she sent me a link to Sanity

Island because I got the exercise from "Worker's Tools" and saw new things while running this particular experiment (thanks, Christine! So looking at the pleaser and how this one is controlled by what it thinks other people are thinking, even as much as competing with myself and the image of "how I ought to be" based on what other people think. I did some experimenting this past weekend and bought blue nail polish and temporary red hair coloring and a snug-fitting shirt (things this one has never done before.) I tell you that the not-I's were having a field day with it. So many were seen coming up about how they were guessing what other people would think about it and me. If I paid attention to the not-I's at all, I started feeling low. As soon as I stopped buying the suggestions, I felt much lighter. And so far, no one has said anything disapproving of the changes at all. It seems that only numbers 2, 3, 4 and 5 were oing all the talking. The experiment is still going on since the hair color will stick around for a few months, and the polish can be touched up or changed. It was seen that fearing the disapproval from other people was manifested through the not-I's and if bought, everyone and their friends are disapproving all of a sudden when in reality they are now. So not. So now there is a great opportunity to do mopre work in doing more experiments like this one to see more of the B-side. I have done experiments before and acting on the ideas really shows a lot if you are looking. Thanks again!



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This redhead laughed out loud when she read your posting, because she had done the "opposite" experiment many years ago--leaving the house with NO makeup, terrified! (No one even noticed, to her utter astonishment.) What seems like "opposite" experiences really have the same ugly feeling, good old B-side, "What will people think?!?!?" Thanx so much for writing!

Here's a question for the newsletter, when ya get a chance. Could you describe the difference a little bit between "selling" and "control"?--of others, of circumstances, control of about everything and everything. Thanx, J.

There is no difference between "controlling" and "selling" (if I already want something, you don't have to sell it to me, I just go get it. If I don't want it and you want me to have it for your profit, of whatever type, your "selling" is trying to control me.)

THE WAY of Intelligence tells you about these things, not to use them for gain, but so that you will be aware when they are used on you.

It is my experience that people are almost completely unaware--even very long-time students--of how they try to control, very unaware indeed. Whether it is called "pleasing," "helping," "trying to make things nicer" (more to my taste) or "selling," or any other euphemism The day that self-observation becomes really honest and we see how we try to control is a humiliating day, but so well worth it! Anyone who honestly does that piece of work will be astonished.

People--and it's all of us--who have "eaten of the tree of the knowledge of good and evil," (live by opposites, i.e., the Four Dual Basic Urges), always think "control or be controlled." Only self-knowing and self-observation will demonstrate there is another way.

I've written at great length about con-

trolling in *Awareness Journal* and *Sophia, Creating a Soul, Wise Woman's Journal*. Both are being transcribed right now for the internet. If you are really interested in this subject, you can go there soon and do a search and find lots of examples of controlling behavior that we never dreamed we are doing. (Or send a donation for back issues.)

Your having asked the question is a good start--apparently you saw they don't seem so different, controlling and selling, and asked "aloud."

Now, all this said, does this mean "we are not supposed to sell?" No. THE WAY of Intelligence does not tell you *what* to do, it tells you only what you do.

Here's a Rhondell quote about it:

[Question from the audience: Do you have any ideas for working with getting along with people in such a way that they don't feel that they own you and you're not unduly influencing them? Being harmless in terms of knocking other people off stride or letting them knock you off stride.]

Rhondell: Well, I just give everybody as much freedom as I know how to let them have. Most of them would like to control me, but, you know, I act like I'm controlled, then nothing happens. As long as it doesn't interfere. I'll let anybody think they control me. As long as it doesn't interfere with what I'm doing. But, when you give somebody total control over you or you try to get control over others that's not love, that's possession and all that kind of stuff. But I still say that it's not important, but the most interesting thing in the world is human relationships. Because it's interesting doesn't make it important. See, when you make anything important you become anxious. And you put two anxious people in the house and there's going to be fire flying before long. And if there's nobody anxious in the house it's a joy as to how we

can get along. Right? You see, it goes against our grain because we've been conditioned that **THIS IS IMPORTANT**. And so as long as there's... we can keep a lot of people thinking things are important we've got a lot of work to do.

The Picture of Man

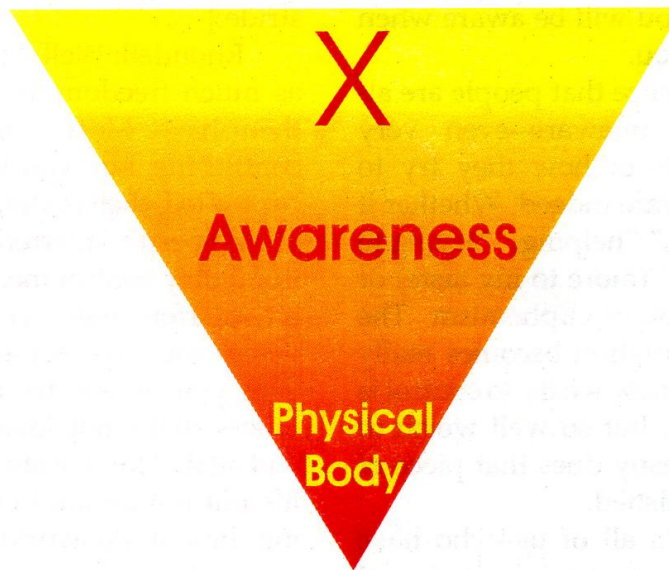
A person is multi-dimensional; there is no way to represent one on paper but in 2D, and this sometimes causes a little confusion in people who are new to this work.

The Picture of Man presents the four FACETS or FUNCTIONS of a human being: The Life Force, which we use an X to denote; Awareness, which is everything used to take in, screen out, and evaluate impressions; the Physical Body which is the motor function of the "unit"; and the Action the whole being performs.

While spirit may or may not exist outside of the physical body, Where We Are

requires an awareness function to apprehend it and anything else. A physical body without spirit is a corpse and of no interest to us. A physical body without awareness is not where we are, either. In other words, for our journey in the world, all four facets or functions work together, completely depend on each other and can no more exist separately than, for instance, digestion floats in the ether without a body in which to perform.

So even though we separate these four with a line when presenting the Picture of Man, keep in mind that they all work together, all the time. It is the personality that thinks it is a separate "thing" that prays to God, or has control over all actions, or knows "what ought to be," etc. The personality actually limits our experience, and that's okay for workaday situations--if ALL available impressions entered awareness at once, we'd hardly be sane.



The Four Functions of human life LIFE FORCE / AWARENESS / PHYSICAL BODY and ACTION carry out work as a unit. None appears alone in our world. When a Permanent I is made (not the scattered various firings of the brain from inheritance and conditioning, but the "New Man" made from self-observation and self-remembering) that Permanent I is not a separate function but has expanded to integrate the entire being.



Multicolored background = All the Four Forces going on around you all the time.

The eye = Awareness

White lines = Scope of Awareness (3 examples shown) depending on range of Awareness and degree of objectivity.

Blue squiggly arrows = Show the forces in motion in every direction.

Colored arrows between numbers = Show that sequence is not always 1, 2, 3, 4, because, for instance, (4) Result is (2) Resistance to someone else, etc.

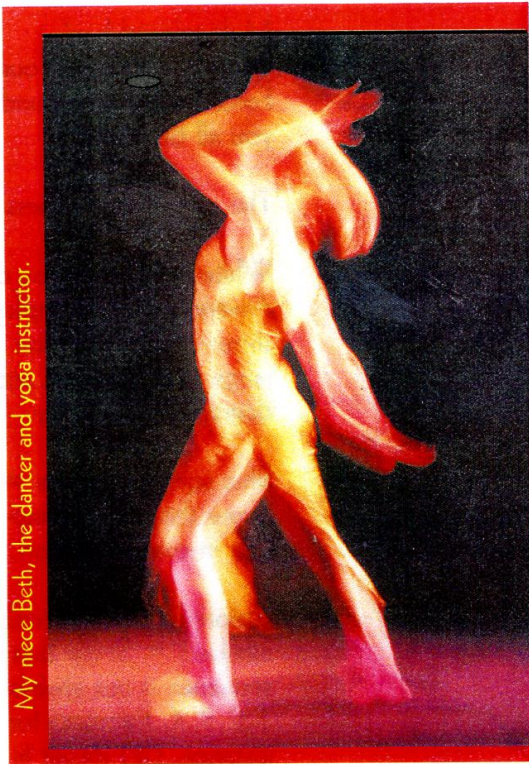
- (1) INITIATIVE, the will to do/thrust brings forth
- (2) RESISTANCE to the Initiative, creating
- (3) FORM or event, leading to
- (4) RESULT, what is done with/about it.

All of the Four Forces are going on all around you (and within), all the time. They can be seen sequentially only when observing a single event, for instance (1) I make up my mind to make a pot and take the first step, gathering materials. (2) Resistance arises: pressure must be applied to the clay, or molten metal must be poured into a form. (3) In time, with action and resistance, I have a pot. (4) I can sell it, give it away, plant flowers in it, pour lemonade into it, etc. Notice how the pot, while (4) Result of my (1) Initiative, is also (2) resistance to soil, lemonade, whatever it holds.

Awareness takes in impressions, but not all impressions all the time--by taking in some impressions, it is filtering out others. With practice we can see all Four Forces acting at once, but in order to focus to DO something, we will limit what we don't need to see at the moment in order to accomplish "sequentially" what we want to do (though always remembering that Resistance will arise).

The eye in the above diagram sees some of the forces some of the time, depending (1) on its point of view and (2) the extent of Awareness.

Objectivity increases Awareness--subjectivity leads to seeing only what affects me directly.



My niece Beth, the dancer and yoga instructor.

*Life may not be quite
the party we expected
but while we are here
we might as well*

DANCE

I am enjoying reading the posts in the Coffee Shop at Sanity Island. Privileges and abundance reign at this junction of the cosmos. A glorious day here in San Francisco, and I am making a journey with a friend to wine country today. I travel quite a bit and would enjoy meeting some fellow workers in my journeys. I am going to Salt Lake City in June, and Lake Tahoe and Reno in July. Also, a possible trip to Cape Cod in July. If not Cape Cod in July then definitely in September. Baraka Bashad (Sufi salutation meaning "Let the blessings be")
Richard Ryan rryansf@pacbell.net

Ruben Cortes would like to correspond via email with someone in Spanish about the work (although his English is excellent--if you don't speak Spanish, but would like to correspond, contact him anyway. His email address is cariciamaya@msn.com

Mari Mahaffey has moved to Prescott Arizona and wonders if there is anyone studying the material

nearby. If so she'd like to chat. Email me for her number.

PLEASE READ THIS. In the last week I have been asked for both a more "linear" presentation of the material, and by someone else for a more visual one!

My version of the visual presentation of the Four Forces is on page 7. I want to stress that this is MY version, not the only one, and not an "official" Rhondell graphic. If you don't "get it"--don't sweat it! Ignore it if it's not for you, you won't have missed anything.

It's also in the Sanity Island Library. If there is interest, I will do more of this type of graphic, let me know.

As for the "linear" presentation, what really was asked for was more of a complete outline of all the principles as they interconnect with each other. I'm working on that.

Did you ever realize that humanity is the ONLY life form that has another option to fight or flee?--LAUGH!

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The Roots of the Self

Several suggested in their subscription cards that a more modern approach or one with different language be presented. I've found a book for you which does just that. *The Roots of the Self* by Robert Ornstein. The author is president of ISHK, the Institute for the Study of Human Knowledge, the distributor of Idries Shah's books. And a sly fox he is.

This book is absolutely in the simplest language, only briefly mentions spiritual development, and is written for anyone whether they are interested in transformation or not.

His approach is to tell you how the brain works, and that most of what we think of as our precious self is merely inherited reaction, and automatic function. You'll have to slog through several chapters of studies, where he supports his thesis. But Part Five is worth its weight in gold. For instance he says that most development is a matter of pruning what's already there, automatic, taken for granted.

Here's some quotes:

"So we come into the world with the basic human inheritance. But in order to become individuals, we must have human experience. Our environment and actions shape our brains' internal connections, the way we process information from the senses, and even what aspects of the world we are able to perceive. The fundamentals of our perceptual abilities, such as whether we see out of both eyes, are shaped in the first few years of life. For the rest of our lives, however, our brains change constantly, reflecting our life situations, the environment around us, and the activities we choose to pursue. Given the knowledge that we are what we do, we can use our extraordinary human capacity for reason and forethought to select how we want to program our own brains. ...

"...this idea that each person has a single "self" has obscured our essential variety. ...

"We learn to interpret people and things as constant."

He describes throughout how conditioned and programmed we are, but does anticipate a "seeker's" question, "Are you saying I'm just a machine?":

"How do the 'higher' aspects of the self, like generosity, humility, intuition, creativity, and the like, fit into the scheme I've proposed? ... I used roots in the title to acknowledge that we are at the beginning of an understanding of individuality... gain, deliberation-liberation, approach-withdrawal--these are my candidates for the roots, not the flowers, of the self."

So if you're truly interested in self-knowledge, and want more detail than you find in the Picture of Man, I highly recommend this book. It's easy, fun, and profoundly interesting. Especially for the baby boomer generation, who were taught that almost everything is learned. What our job is, is not to blame our behavior on conditioning or genetics, nurture or nature, but to acknowledge it, recognize it, transcend it if we wish. Available from www.ISHKBooks.com

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Except from "The Place of Language in the Teachings" by Rhondell

Definitions

In the teachings, language is designed to be a technical tool of inner thought and outer communications, but as seen above, it is usually misused according to the psychological preferences of conditioning. However, the mind may replace this Subjective Frame of Reference with an Objective Frame of Reference if language is used only as a technical tool. So let us define these sources of mental activity.

FRAME OF REFERENCE

That by which one reacts or responds spontaneously to a situation or stimulus.

SUBJECTIVE FRAME OF REFERENCE

That by which one reacts spontaneously through the Four Dual Basic Urges, which are erroneous values formed unconsciously in infancy.

TECHNICAL FRAME OF REFERENCE

That by which one responds spontaneously through skills and knowledge of a trade, art, science or other work learned consciously since infancy.

OBJECTIVE FRAME OF REFERENCE

That by which one responds spontaneously to values formed consciously in seeing life as a wonderful gift at a very delightful party.

THINKING

Trying to decide what is the RIGHT thing in order to reach a goal, placing great value on what ought to be. A mental process where "A" side of personality puts forth its conclusions and "B" side puts forth its conclusions, forming at least two feelings about everything, called "worry."

AWARENESS

Interest in following an AIM to conduct an experiment to see what happens, placing value on WHAT IS, called "joy."

The entire book is available free online at
www.pictureofman.com/poltext.htm

A Challenge Met to My Advantage

X

Feels it's what you want to do (because the feeling is "All is well") and does the appropriate thing through the

Awareness

evaluates challenge with feeling based on the Purpose of Living.

PoL

To experience freely whatever arises in my way today.

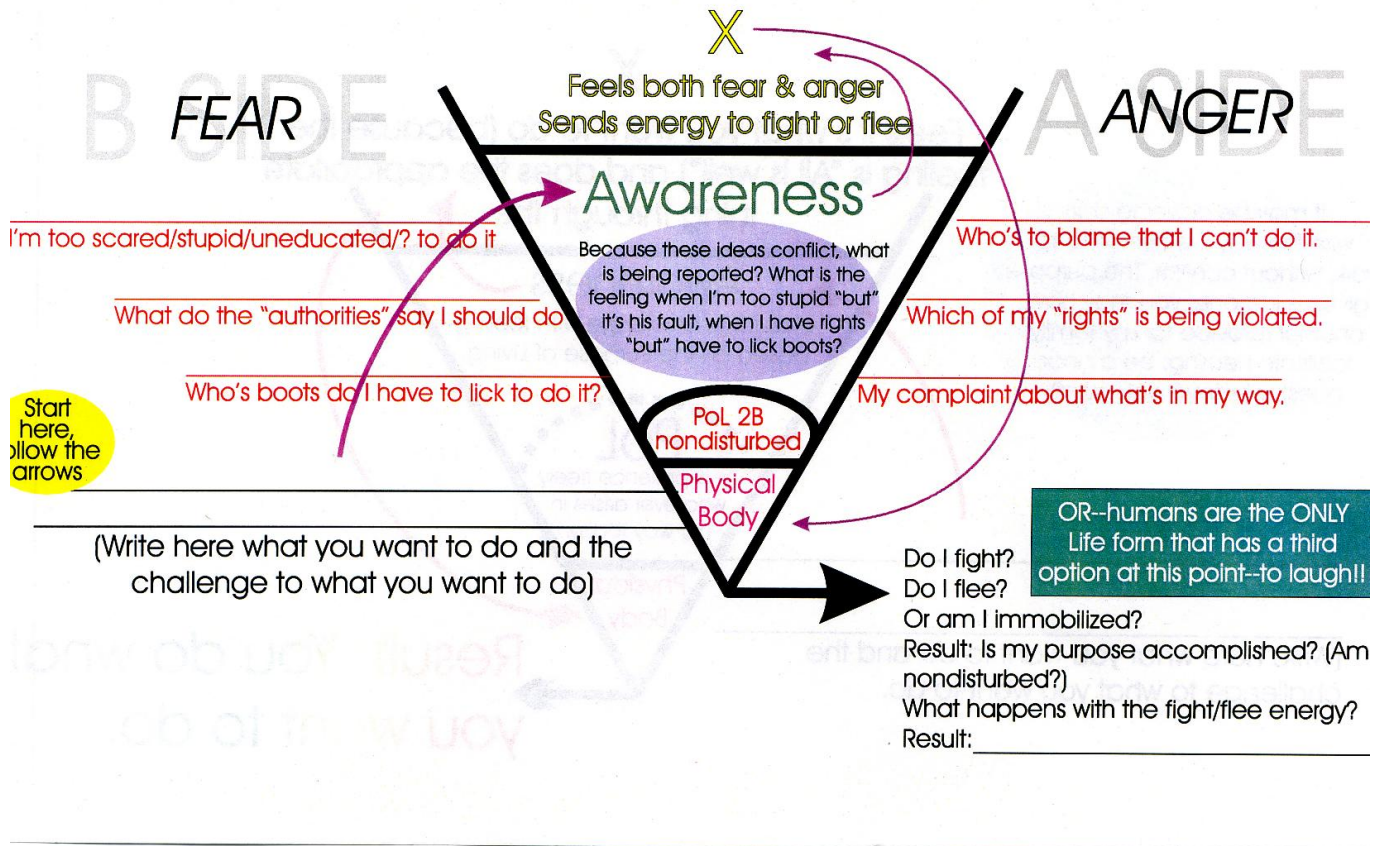
Physical Body

Result: You do what you want to do.

It may be easier to start with the way it is designed to work, without conflict. The purpose given is just one, you may have another (provide for my family; facilitate healing; be a good guest; whatever you want).

(Write here what you want to do and the challenge to what you want to do.)

Meeting Challenge with Conflict



Reference Section

THE WAY of Intelligence

THE FOUR FORCES

INITIATIVE

First Force

Intelligence, 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"

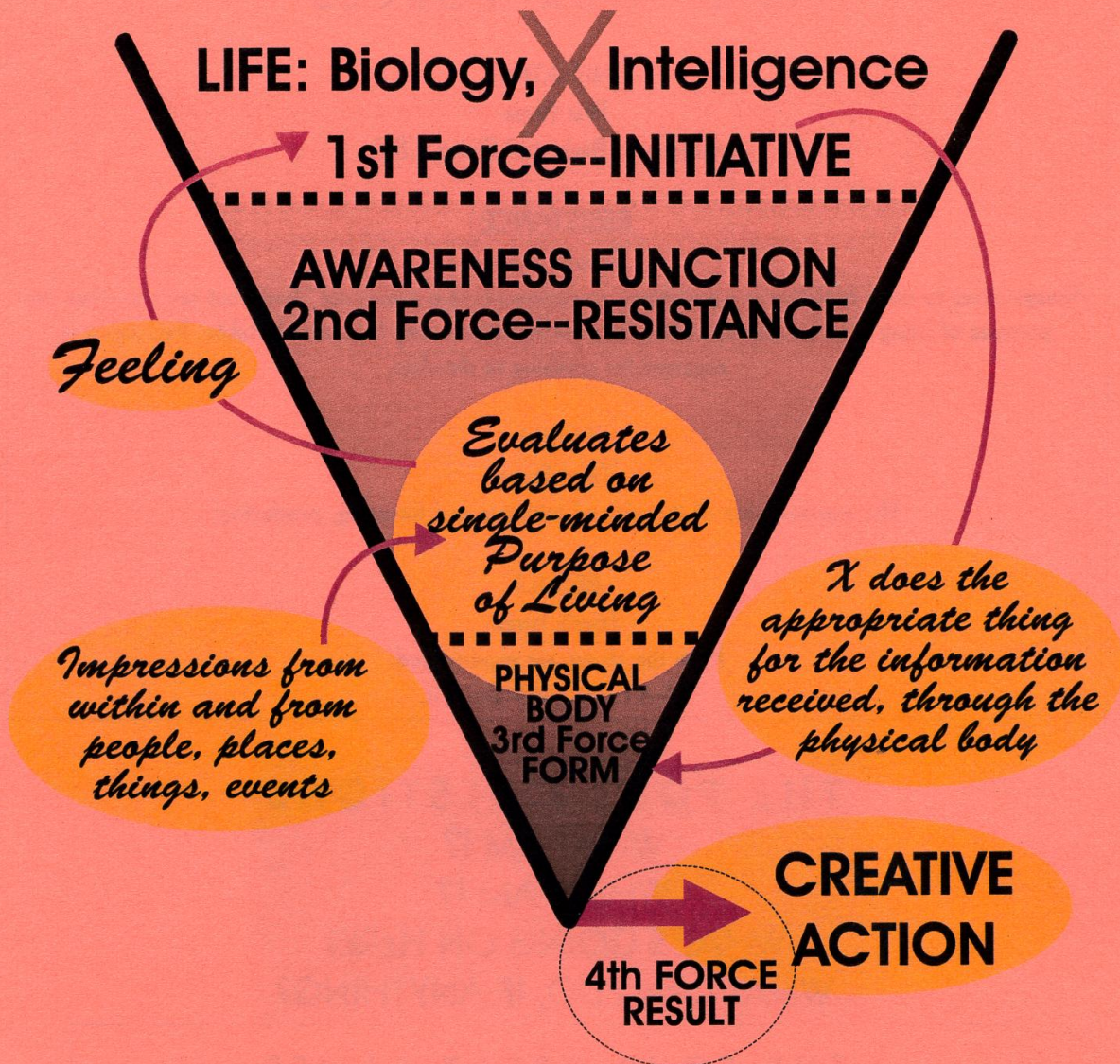
BIG BUSINESS--Decrees what's "pretty" and "ugly"

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 can be free to ignore it.

THE WAY of Intelligence

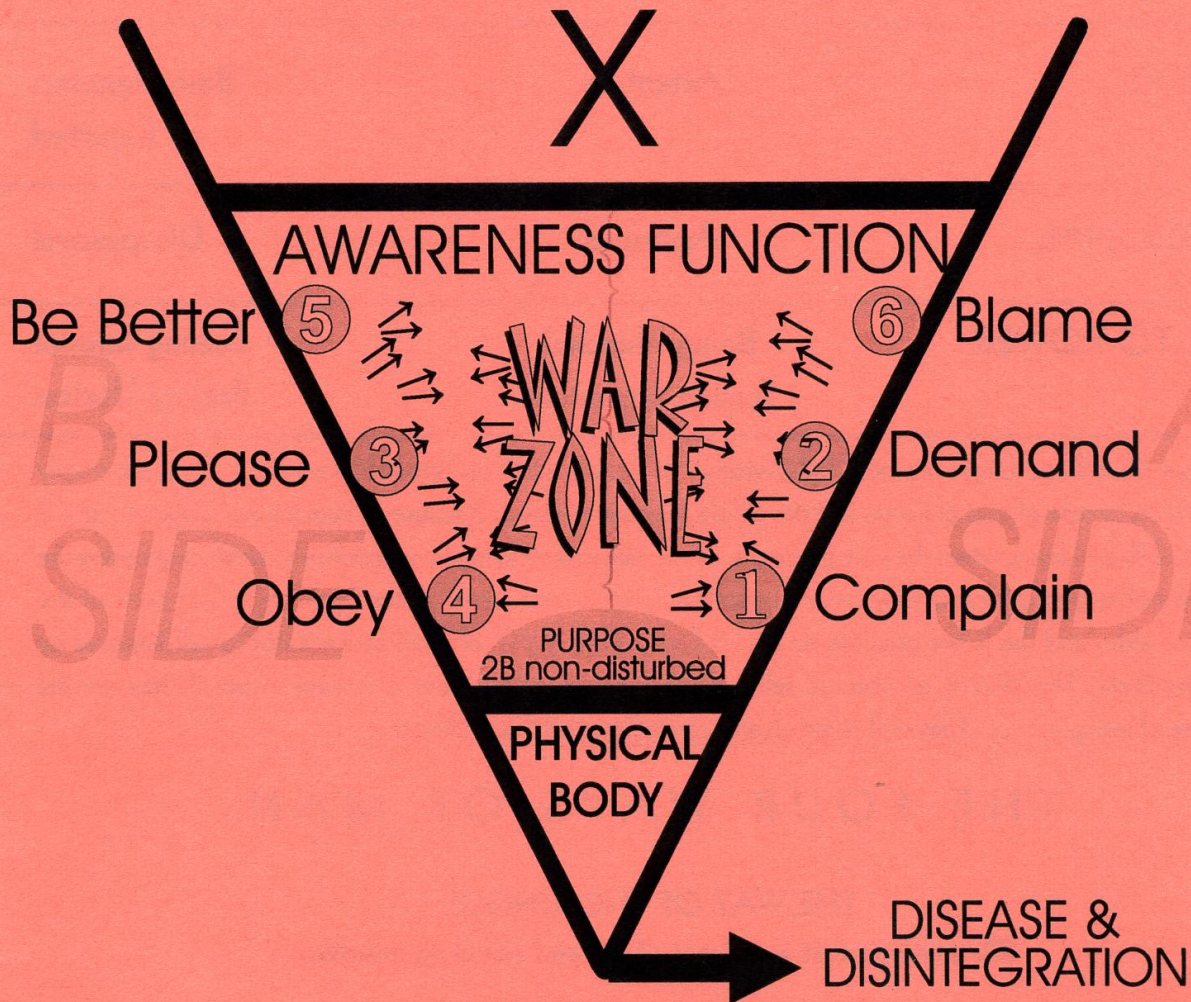
THE PICTURE OF MAN as designed to function



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