



THE WAY of INTELLIGENCE

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Hoping this issue gives you more of what you've been asking for--information directly from Rhondell, and everyday people discussing their experience with the work. Some of the Rhondell material has not, to my knowledge, been published before.

As mentioned in the last newsletter, I'm holding an auction on eBay of some of Rhondell's books (not by him but from his library--books he valued enough to sign in order not to lose them), and papers he wrote over the years. Some go back to the mid-60s and are as relevant today as they were then. I had mixed feelings about letting this stuff go, but after watching what happened in the Gulf Coast it occurred to me that these priceless materials are better off scattered around the country, insuring something would survive somewhere no matter what.

I've been wanting to discuss "bigger issues," showing that no matter how big, they indeed reflect what's going on with the inner person. There are some interesting quotes inside regarding this.

I've expanded both the Chat Room and the Mail. So many have asked for other people's experiences with the work, and many have told me that because they don't have friends in the work nearby, they feel so isolated. You are encouraged to send in your two-cents worth, believe me, others do want to hear it.

As always, the center of the newsletter is the Reference Section that really needs to be understood to make sense of what else is presented. May I encourage to peruse it again? It's not separate and in the middle because it's less valuable--it is essential and done this way only in order to make my typesetting job easier. If you work with the material in the Reference Section, you will come to realize that the Picture of Man is almost an organic thing. It's the skeleton of YOU, and your work and experience puts the flesh on it, creating a Real I, who knows the answers to the Four Great Questions..

Have a nice ThanXgiving, November 24 and every day!

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ABOUT THE UNDERSTANDING OF "I"

BY RHONDELL

TO MOST PEOPLE IN THE WORLD, THIS MAKES LITTLE DIFFERENCE...

IF THIS MATTER OF "I" IS CAREFULLY CONSIDERED... ONE SEES THAT AWARENESS IS REALLY A FUNCTION AND NOT A THING...

THE UNREALIZED AWARENESS, IF IT COULD, WOULD ALWAYS STOP ALL ADAPTATION BY X FOR THE BODY, SIMPLY BECAUSE THE UNREALIZED AWARENESS HAS ESTABLISHED A PURPOSE FOR ITS TASTE THAT EVERYTHING PAINFUL OR UNPLEASANT IS BAD AND SHOULD NOT BE. THIS WOULD RESULT IN A VERY SHORT LIFESPAN.

THE REALIZED AWARENESS FUNCTION BEGINS TO BEHAVE AS A FUNCTION, NOT AS AN ENTITY.

...THE EXPERIENCE OF THAT WHICH MEANT BY THE WORD "HAPPINESS"

The pronoun "I" is probably the most used word in verbal comments and conversation. To most people in the world this makes little difference, however to the person intent on the spiritual life, integration, it makes all the difference.

To see the nature of the material side of being the body is fairly simple; the body is the motor function of X. A body without X--the non-material, non-physical aspect of living--is a dead non-functioning thing that rapidly disintegrates into elements. By the same token, the awareness function of X (Spirit)--that which almost constantly says "I" and takes credit for almost everything except that which is unliked, which is blamed on something by "I"--without X simply ceases to exist.

If this matter of "I" is carefully considered by attention and concentration, one sees that awareness is really a function and not a thing, just as heartbeat is function, not a thing, that digestion is function, not an entity.

When there is this recognition, this perception, then awareness can experience directly the purpose of awareness;; it is to supply accurate information to X as to the state of affairs at the moment, sometimes referred to as reporting to X.

There is also the awareness that the awareness function does not know what should be, what ought to be. For instance, the unrealized awareness, if it could, would always stop all adaptation by X for the body, simply because the unrealized awareness has established a purpose for its taste that everything painful or unpleasant is bad and should not be. This would result in a very short lifespan.

The realized awareness simply reports the situation present, full well knowing that reporting is what the awareness function is designed to do, just as the digestive function is to digest food, not tell X what it should do with this mess of pulverized greens, bread, meat and veggies.

The realized awareness function begins to behave as a function and not as an entity, and this brings balance into living. Balance is integration.

The integrated being, X and its motor function, the physical body, and its awareness function, the mental aspect, is one, and no longer is heard from this individual such comments as "I" have a body which "I" must take care of. "I" have a soul which "I" have to see is saved. "I" have a mind which "I" must improve, "I" have enemies which "I" must overcome, etc., etc. Instead there is accurate reporting of what is moment-to-moment, well knowing that X always does the appropriate thing for the information it received from the awareness function, both the conscious and subconscious levels.

Then is seen the real expression of X (Spirit), a loving attitude, a serving of all life, reverence for all life (thankfulness), forgiving, tenderness, the giving of freedom to all instead of attempting to gain control.

The inner experience is that of oneness with the Friend, the experiencing of belonging. The experience of that which is meant by the word Happiness. ✱

**YOU LIVE
IN WHAT
YOU RADIATE.**

WISDOM WALL

ALBERT EINSTEIN

A human being is part of the whole called by us "Universe"--a part limited in time and space. He experiences himself, his thoughts, and feelings as something separated from the rest--a kind of optical delusion of his consciousness. This delusion is a kind of prison for us restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole nature in its beauty. Nobody is able to achieve this completely, but the striving for such achievement is in itself a part of the liberation and a foundation for inner security.

This was sent in by Tom C. who writes: I heard this beautiful quote today from Albert Einstein, and I wanted to share it with all of you. I understand this is from a letter that Einstein wrote to a rabbi who asked Einstein what can he say to console his 19-year-old daughter after his 16-year old daughter, who was described as a sinless, beautiful child, had recently died.

S. JAMES GATES, PHYSICIST

If string theory is correct, our connection to the universe is going to be much more intimate. It's not that we would just be related to the stars. We would be related to everything, including space and time, in some mysterious, almost metaphysical sense. And this understanding of our place in our universe is something that, although it may not yield practical results, certainly speaks to how much a part of the universe humanity can be.

WILL ROGERS

Good judgment comes from experience, and a lot of that comes from bad judgment.

IDRIES SHAH

Listen to a friend, and hear a distorted idea of yourself. Listen to your enemy, and also hear something distorted. Friendship is to help us survive and to strengthen us. Opposition makes us stronger. When we have survived and have been strengthened--there is another version than that of the friend or of the enemy. This is the Higher Vision. The value of the Dwelling lies in the Dweller.

RHONDELL

Business activity is a constant readjustment, just as is the sailing of a ship, the driving of a car, or a tennis game. While a plan is necessary, it must not be too detailed or rigid. Living life is the same.

I'M SENDING YOU THIS FOR THE NEWSLETTER IF YOU LIKE IT. I'M LDS AND THIS IS HOW I USE THE WAY OF INTELLIGENCE.

AS BACKGROUND... AFTER MUCH OF THE NOT-SO-FUN STUFF THE LATTER-DAY SAINTS WENT THROUGH IN THE 1800S, THEY ALL JUMPED IN WAGON TRAINS AND CAME TO UTAH. EVER SINCE THEN, THERE'S BEEN A LOT OF REFERENCE TO US AS PIONEERS--BOTH SPIRITUALLY AND LITERALLY.

THE "THE WAGON TRAIN MOVING ON INTO THE EAST" IS IN REFERENCE TO THE IDEA OF THE LATTER-DAY SAINTS EVENTUALLY GOING BACK TO MISSOURI AND REESTABLISHING ZION THERE BEFORE THE SECOND COMING OF CHRIST.

EVEN THOUGH WE'RE NOT LITERALLY MAKING THAT JOURNEY YET, LIFE IS KIND OF LIKE THAT JOURNEY. THAT'S WHAT THIS IS ABOUT--MY APPROACH TO THAT JOURNEY, AND WITH MUCH THANKS TO THE RHONDELL THAT WE ALL LOVE.

**SINCERELY,
HOLLY ROBBINS**

If you would like to write a column for THE WAY of Intelligence, please email it in an MSWord .doc file to HarmonyWorkshop@earthlink.net

The Tag-Along to Zion

The trail is rough, but I've got good shoes
that never wear out.
I walk with the saints through dust and briars
but with one difference--a perpetual smile on my face.
I'm like most of them, with food storage and family in tow.
But my load is easier because I'm not afraid to slow down.
The wagon train moves on ahead of me
as far into the east as I can see.
They drive their teams closely together
because, they say, there are bandits everywhere.
But I haven't seen any.
I sit on a rock and smell the waft of wind through sage,
Watch a lizard scurry past dive into his hole.
He doesn't seem worried about bandits.
The women fuss and wring their hands.
They wonder if they're doing enough.
I stand on the rock
and do tai chi.
The God of Zion is the wagon master.
He's been there and knows the way.
Many of the saints carry and pound their book night and day.
I have a copy.
It's somewhere around here.
It says that the people in this wagon train are under condemnation.
Some of them are frantic. I watch from the rock apart.
"You there! Get down from that rock!
Can't you see there's trouble a-brewin'?"
I stop mid-circle and see this guy rush past on his horse.
"Trouble `a-brewin'?" I reply. Hmm.
Yes, I can see that.
And you a-stirrin' the pot, too.
I wonder what the wagon master thinks of all this.
So I ask.
But He doesn't answer.
His rock must be even more comfortable than mine.

CHAT ROOM

BE PREPARED

Ever notice how justifying a pattern of thought and/or emotion leads to a cycle of repetitive thoughts and emotions? I strive to "be prepared" most of the time. This means for me that I try to work things out both for "good and bad" in my imagination before they occur. I've always seen this mental activity and the energy it invites as justified in that I am getting prepared. I don't like being caught off guard. Hear the Not-I? Of course, what I imagine or plan never happens exactly as I think it will. I generate a false emergency or expectation with nothing to do but "think" about it. This "be prepared" is a suggestion that I am reevaluating. Love, John

There is usually a middle ground... reminds me of the Sufi nugget: "Trust Allah... and tie your camel." ct

Agreed. However, action is the key. However spending time thinking about what to which you will tie the camel or whether to "tie or not to tie" is the drain. Like "defensive driving," it's best done while in the car behind the wheel rather than in bed thinking about it. ;-) John

Hi All!!!... Thanx for the nugget, that says it all! Being prepared certainly is worthwhile, especially in the work-a-day world, and in the Spiritual I find it more a matter of spontaneous living. Helen

SOCIETY

Yesterday I ran across the word "society" in *The Place of Language in the Teaching* and was very amused by its description: A form of competition based upon rules and obligations to protect "us good guys" from

"those bad guys." To think, this is what I had always referred to as a "gang." Veeeeery interesting! Luz

I'm laughin' out loud! And to think that in Teaching vocabulary the word "culture" isn't even used (except as an aim) because there almost isn't any! "Society" is the best mankind has come up with (so far). "Gang"--amen! ct

Hi C., I've had the wonderful opportunity to observe people around me in relationship with their family and to see this "gang type" mentality in action. There is a leader and there are followers, which can be referred to as "bullies." There are severe consequences if one refuses to be a follower. By the way, several world leaders come to mind, in particular one, which I won't mention. "Society"... hmmmml L

I'm not sure one needs to be either a leader or a follower in the family, I'm neither any more in my huge family. I am a friend to some and an outcast to others! (feels fine!) ct

WAY BIG ISSUES

I mentioned in the last newsletter that I wanted to discuss some bigger issues and how THE WAY of Intelligence fits in. Having been through a few harrowing earthquakes, I am always overwhelmed with appreciation that technology has provided a means to know that hurricanes are coming, and I watched in appreciation this time, too. And then in horror, like everyone else, at the suffering engendered not so much by the weather as by the failure of institutions to do what they purport to exist for. You may have noticed that

for the most part that secondary purpose (to serve) wasn't rendered until there was an enormous cry of outrage.

But the institutions aren't my point right now. It's the weather. Have you ever been in L.A. on New Year's Day? I don't recalling it ever raining on the Rose Parade, ever (I remember once it sprinkled early, cleared up by march time). Long before I met *The Way of Intelligence* I marveled at this. The holidays and all their work and stress and family stuff are over, there's nothing to do but hang out and have fun. Casual food, the games, the parade, easy. And not only does it never rain, the weather is usually magnificent--clear and crisp yet warm, it's one of the very few days each year when you can actually see the snow-capped mountains in the distance. All is well.

It occurred to me years ago that people's mood--carefree, fun--had a decided effect on the weather. Later I got more educated and saw clearly the magnificent symbiosis between Planet Earth and Life, how they work together to support Life. It doesn't seem to me to be outside possibility (though alas, maybe outside probability) that humans have within their power to curb Mother Nature. Not entirely, but certainly enough power to tame her.

Is radical weather mirroring the mass of people's inner states? (And before you holler "global warming"--which the institutions are preventing us from knowing the full truth about--couldn't that be classified as a direct result of the inner state of greed?) As I was pondering the effect on the environment of the feeling of easy celebration, the following quote arrived: "Celebration. Luminosity is the sense of celebration that comes

with the sense of humor. Humor and celebration are indivisible at this point: celebrations means sense of humor. Celebration means a sense of delightfulness, an uplifting quality. We could use all sorts of jargon, but fundamentally speaking, celebration is a sense of earth, actually celebrating the earth, and a sense of earth and space making love together. Humor comes from space, or sky, and earth is the celebration. When the earth begins to celebrate, space begins to make love to the earth--that's the meeting point of earth and space... Earth blossoms and sky begins to pay attention to it. Sky begins to shine all kinds of light over the earth and accommodate it with its space to grow flowers or trees, to maintain rocks, waterfalls, skyscrapers and highways--whatever we have on this earth. We don't have to be particularly romantic about it. We're not just talking about nature, we're talking about reality." (From "Light-Heartedness," in *Glimpses of Realization: The Three Bodies of Enlightenment*, by Chogyam Trungpa; used with permission.)

I invite you to think about the effects of our inner state. Do we live in what we radiate? ct

A scientist has correlated presumed conscious expectations and weather in Princeton at commencement which may help when viewing the weather conditions in Pasadena for the New Year's Parade. "Wishing for Good Weather: A Natural Experiment in Group Consciousness. By Roger D. Nelson. Abstract: Many human activities are affected by the weather, and there is a long history of rituals and ceremonial efforts aimed at controlling it. In modern societies, such efforts are largely vestigial and amount to informal hoping or wishing for good weather for spe-

cial occasions. Reunions and commencement activities at Princeton University, involving thousands of alumni, graduates, family and others, are held outdoors, and it is often remarked that they are almost always blessed with good weather. A comparison of the recorded rainfall in Princeton vs. nearby communities shows that there is significantly less rain, less often, in Princeton on those days with major outdoor activities." John B. (If you want to read the entire article, which contains scientific data to support, go to www.princeton.edu or do a Google search for the title.)

What the teachings bring is possibility (the possibility to see) and why not once little possibility is brought to light can't there be way big possibility? I live in the hurricane area and we were torn up by Ivan and hit again by Dennis. Just missed Katrina. It is truly amazing to see devastation but seeing it and experiencing it does not mean we must live it. It does seem to me that anything can be affected by the way we see it and the outer world is a reflection of the inner. I just keep remembering Rhondell saying if just a few people became conscious what effect it would have on the whole world. Well it appears that the gift has been given but will it be used? So far with this one it is only used as a comfort not as a life. Paul J.

Better to use it as a comfort than not use it at all! ct

GOOD MOVIES

Hi All, I want to share my view on the movie "The Terminal." I thought that the main character was a man who knew the work and practiced it at every moment. The movie is out at video stores. Adolfo

I saw "The Terminal" last month. At the time, I remember thinking about the teaching ideas present in the story. The main character faced many obstacles, some of which he dealt with single-mindedly, even though he had great fears and great 2nd force. What I liked was how he used his circumstances to his advantage (the cart return, etc.) and as his desires grew wider, his willingness to "do whatever it takes" to accomplish his objectives did, too. Trish

Another great, great, great movie to watch is "What the Bleep Do We Know?" playing in Pasadena. Let's organize a group trip to see this one. It will awe many doing the work. Adolfo

I saw "Bleep" last night and thoroughly enjoyed it. There is a "study guide" available at

www.whatthebleep.com/guide/
Thanks for the recommendation. John B

I've read some of the comments on "What the Bleep." Great movie!!! One of my favorite movies with a Work theme is "The Shawshank Redemption." It is a great story of one man's path to freedom and how he was a Friend to another and inspired him to see differently and escape a prison. Has anyone seen it? What is your feedback? What other movies would you recommend that have a work theme? Tom

One favorite movie, "Legend." Beautiful production by Ridley Scott and recommend it! Right on, John... parallels of the Teaching are reflected everywhere. Amazing at times. Helen

Dear Ones, If you get a chance to go to the movies this weekend, I truly

recommend this gem of a film: "Balzac and the Little Chinese Seamstress." It is in Chinese with English subtitles. You will be stupefied. Mitra

Those of you who find films that are appropriate, please think about writing a short review for Sanity Island. No obligation, just do what you wish, if anything. I know it would be appreciated and valuable. Also, when I get the GoodLeather store up and running again, I am hoping to carry videos and DVDs. So any recommendations of films with Work themes, send them in. ✖

MAIL TRUCK

Hey Christine, First of all I was very excited to receive the newsletter and I was reading bits and pieces while on hold with the IRS because they froze my accounts which was their error, anyway I read a very blunt response to reporting and "what is" which I can't wait to re-read tomorrow as I don't see the importance of this early in the morning, I create a gradual placing of importance on people, places, and things as the day progresses. Count me in on a contribution as I have been saving it for you. Thanks, Ken P.S. Where did the creator hide that realization thing? (Just kidding).

As our favorite arborist/humorist who also lives in Houston, maybe you'd like to do a guest column on your observations during the evacuation? ct

C., I have so enjoyed THE WAY of Intelligence and particularly the latest issue. I had an "ah hah" moment while reading the "Not Making Anything Important" article. I have been experimenting with the teachings for many years and am truly grateful for

your little "semantic tool." Many ThanX, Martina

You're welcome and thank YOU. Martina has written a fabulous book of poems that I know many of you will thoroughly enjoy. Two are excerpted in this issue, used with permission.

C., Just read your article on not making anything important and loved it. It is interesting to grasp the concept of feeling and yes it is without doubt a distinct feeling when something is made important over being valued. I remember Rhondell saying the same action with a different purpose produces different results. When making something important the fear and anxiety monger run rampant. It has been so in this one and now it is time to experiment and to live the simple truth. If something is valued it gets done, if it is made important it just seems to haunt. The word haunt seems to describe the Not-I's. They haunt us when left to do so. PJ

Ain't that the truth!! Meanwhile, my dear friend ShareAll sent an appropriate example of what we're talking about:

Name the five wealthiest people in the world. Name the last five Heisman trophy winners. Name the last five winners of the Miss America Pageant. Name ten people who have won the Nobel or Pulitzer Prize. Name the last half dozen Academy Award winners for best actor or actress. Name the last decade's worth of World Series winners. How did you do? [Besides Bill Gates, I didn't get even one more!—ct]

Here's another quiz: List a few teachers who aided your journey through school. Name three friends who have helped you through a difficult time. Name five people who

have taught you something worthwhile. think of a few people who have made you feel appreciated. Easier?

If you would like to shine more light on your day, go to ShareAll's website at: www.livingtolive.com

Would you address the razor's edge between sacredness/irreverence, i.e. the crazy saint. K

I don't know that it's a razor's edge--isn't all creation sacred? (Not-I's--anything derogatory about self or another--are not creation, they just pretend to be.) Anything derogatory is not sacred; everything else is.

Look at your beautiful daughter. Is she sacred? Of course! you say. If she's naughty (or even irreverent), is she less sacred? Of course not. The same is true of everyone else. Or just browse consciously through a nice big grocery store, for instance. Can you honestly do that without marveling that people all over the world have got their act together in order to bring you almost anything you could wish to magnificently serve your family and guests? This is sacred, to me. Look out the window, any window. You certainly can see something sacred, even if you don't have a "beautiful" view. Look at the dragonfly breezing by (bringing medicine, according to my healer friend Gail, who's well-versed in Native American healing).

I'm not sure what in particular you are thinking about (if you'd care to elaborate, I think we'd all like to hear it). Maybe someone who you thought was "holy" acting strangely? Real Teachers do this all the time, for many reasons, among them so that you don't keep them on a pedestal, sometimes to get rid of undesire-

ables without outright rejecting them, most often to reflect someone's own behavior back to them (and if you happen to be there but you're not the "reflectee," this can be confusing.)

False teachers of course do these things too, but not for the same reason, they do them unconsciously and STILL are a mirror for us, so even false teachers aren't false (a beautiful Teaching paradox).

Sometimes questions like yours reveal that someone (not you, of course) is taking Life too seriously. Life has a fabulous sense of humor--Life IS a sense of humor. Just look at the ridiculous plight it has cast itself into! They say that angels can fly because they take themselves so lightly. Fly, angel!!

I just watched the POM video from the website. Very well done!!! THANK YOU!!! It is truly amazing how 20+ years later I can see the diagram done in a slightly different way, and gain valuable insights. Tom

Thank you! I'm surprised you got it to play, many people are having trouble with it. If anyone can't get it to play (at www.pictureofman.com) let me know and I'll send you a CD/DVD version that will play automatically.

I made it because I'd heard from so many "new" people who had never been to a workshop and seen the Picture of Man drawn step-by-step and found the complete graphic daunting. Have received good feedback. And I agree with you--it is new even 20 years later--because WE are new 20 years later!! ThanX!

Hi Christine, Thank you for the newsletter! I have been very slowly working through the tapes, only up to tape 5 but have been doing a lot of reading of the school talks. It seems

the work is about recognizing our behaviors and acknowledging them. Judging them neither right nor wrong. I find myself feeling lost though in trying to make things not important--I find myself more like the person [hypnotized and serving mammon]. I know the work takes time and study and there is no quick easy way to learn this--is there any advice though you can give me on trying to keep the basic urges from ruining my life? thank you, T.

First of all, the four dual basic urges don't ruin your life, they are part of life, side-effects of life, by-products of life. It's when they are seen as the whole PURPOSE of living that they cause havoc.

It is the No.5 Not-I, "I should be different," that's really asking for advice here. (It has made full integration an ideal to be gained.) "you" and "I" don't change anything (or even do anything but observe)--X does it all. Our job is just to report what's going on, the "what," and X does the how.

What you can do is pay attention, without judgment, condemnation, justification. Just watch yourself. The real work here is staying awake enough to do that accurately--it's so easy, especially in our "self-improvement" society, to go to sleep and let the No.5 Not-I take over our job.

There are all kinds of tricks you can use, they are all throughout the material. For instance, stop saying "I" altogether when self-observing, say your name or "she" or "he" in the third person. Wear your watch upside-down (until that becomes a habit, then put it on the other wrist). And so on.

And, of great value--learn patience. It took 30 or 40 or 50 years to ingrain those habits based on the purpose to gain and escape. It won't

take that long for a new way of behaving and it will take some patience.

Another thing you might do is just take one Not-I at a time. Don't overwhelm yourself with work, just decide that today I will notice whenever I try to please someone for effect. Forget about complaining, etc., just work on observing the pleaser. Or spend a week just noticing yourself quote someone else in order to bolster your point of view (No. 4). Remember, your job is the "what," X will do the how.

SHAMUS WAS DRIVING DOWN THE STREET IN A SWEAT BECAUSE HE HAD AN IMPORTANT MEETING AND COULDN'T FIND A PARKING PLACE. LOOKING TOWARD HEAVEN, HE SAID, 'LORD, TAKE PITY ON ME. IF YOU FIND ME A PARKING PLACE, I WILL GO TO MASS EVERY SUNDAY FOR THE REST OF MY LIFE AND GIVE UP DRINKING.' MIRACULOUSLY, A PARKING PLACE APPEARED. SHAMUS LOOKED UP AGAIN AND SAID, 'NEVER MIND. I FOUND ONE.'

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WISDOM / WAR

BY RHONDELL

WISDOM: THE UNDERSTANDING THAT ANYTHING I OR ANOTHER HAS DONE, IS DOING, OR WILL DO IS THOUGHT AT THE TIME OF ACTING TO BE RIGHT OR PROPER OR JUSTIFIED.

ONE NEED NOT AGREE WITH ANOTHER TO SEE THAT THEY FEEL RIGHT OR PROPER OR JUSTIFIED.

WHEN ONE UNDERSTANDS ANOTHER, REAL COMMUNICATION TAKES PLACE.

WHEN REAL COMMUNICATION TAKES PLACE, THERE IS UNDERSTANDING. WHERE THERE IS UNDERSTANDING THERE IS PEACE.

CIVILIZATION: A GROUP OPPOSED TO OTHER GROUPS, USING FORCE (INCLUDING COMPETITION) TO GET THEIR WAY.

CULTURE: WHERE EVERYBODY IS DOING WHAT THEY ARE INTERESTED IN, WHO COOPERATE ON THE THINGS THAT CONCERN THEM ALL.

As much as 1985 is the 40th year of the atomic bomb, perhaps this is a good time to explore how teaching material relates to the situation. Just as long as mankind in general holds on to the idea of anti-agape, or to use the English word instead of Greek, anti-wisdom, all life on planet earth is in danger.

The idea of anti-wisdom is that all people, every individual, knows what is right or proper or justifiable, but that they can and do go on and do that which is wrong or improper or unjustifiable anyway. Just so long as this idea is accepted by almost everyone, just that long will all life be in danger, all species of life are endangered. Anti-wisdom is an ancient error carried over a very unenlightened age. It has just been accepted.

A few great teachers of the ages brought up the subject and talked about loving one's enemies. But this was heard by most as only something to do to be good, and as something very unworkable in everyday affairs. Let's do a practical experiment to discover how humans really function in this area. No effort is to be used to be good or to do what one ought to do, but merely see how the living being works. Take some act that you feel is wrong or improper or totally unjustifiable for any reason and see if you can perform the act.

Now please understand that someone else can and does, due to a different frame of reference, feel that something is right or proper or justifiable other than you do.

Discovering this is called the beginning of wisdom, because one discovering sees that one need not agree with another to see that the other feels right or proper or justified in their viewpoints and actions. Then

and only then can real communication take place. When real communication takes place there is understanding. Where there is understanding there is peace. Where there is peace no weapons are needed.

When no weapons are needed, then the ancient statement that when mankind has wisdom and understanding that mean will beat (convert) their swords (weapons) into plowshares (tools), atomic energy can be used for peace. As long as anti-wisdom is the accepted idea, it will be used for war or threat of war. When wisdom and understanding spread from each of us to many more, then it can be used as a tool.

Ideas are powerful. Each idea starts with one person. From one person it spreads to millions of others. Let us spread the idea of wisdom and demonstrate understanding. There can be peace on earth, but not as long as anti-wisdom is the way of assessing the action of others. ✱

CULTURE / CIVILIZATION

Through the ages, there have been two general currents of humanity. One wide (civilization) and one narrow (culture). A civilization of course is to get a group together that is opposed to other groups and call it a nation, a city, a tribe, what will you, that are intent upon having their way. They always use force to get it. Always. One form or another, including competition.

A culture is where everybody is doing what they are interested in and where their interest crosses lines, they cooperate. So we'd cooperate only on the things that concerned all of us. The rest of the things you mind your own affairs. ✱

AUCTION

As mentioned in the last newsletter, Harmony Workshop is making an HDTV movie about suggestion called "The Program." In order to raise funds for the pre-production, I am auctioning off my Rhondell books that he signed, as well as papers he wrote, including a few recipes.

The auction will be held on eBay (www.ebay.com) starting Monday, October 10 through Sunday, October 16. Go to eBay and search "Rhondell Auction" any time during that week to bid.

If you don't have a computer you will have to have a friend bid for you there; this is the only way I know to make the auction fair to all.

Meanwhile you can go to www.HarmonyWorkshop.com any time to see a complete catalog including descriptions of written material and descriptions and photos of all the books.

Although I didn't have it in mind when I decided to do the auction, it occurred to me while watching the devastation in the Gulf coast, and then the fires, how dangerous it is to have all these priceless papers in one place. I am delighted to have them spread across the country, available to people who appreciate them.

By the activity on the catalog page, there seems to be quite an interest. If all items sell, I will hold another auction of more papers. I have photocopied all papers and am archiving them on DVD.

WWW.EBAY.COM

**SEARCH:
RHONDELL AUCTION**

OCTOBER 10 THROUGH 16

THANXGIVING

Can you believe the holidays are approaching already? Wasn't it just summer a minute ago? I hope you have lovely celebrations.

In the meantime, if you find yourself (or choose yourself) in a state of utter gratitude about anything at all, anytime, and want the world to know, post your thanX on our website www.thanXgiving.com

**MUSHKIL GUSHA NIGHT
ALBUQUERQUE**

Our friend Tom Colucci invites anyone in the area to join him and Pat for Thursday Mushkil Gusha night at their house in Albuquerque. Phone 505-275-3031 or email tom@colucci.bz "If your need is great enough and your want is small enough, Mushkil Gusha will appear and remove all difficulties."

GROUPS OR MEETINGS?

I've had several inquiries from people looking for a group in their area. If you hold a meeting and would welcome newcomers, please let me know and I will pass the word along. I would also like to print it in the next newsletter.

MARSHA'S PAGE

For hundreds of hours of workshops lovingly transcribed by Marsha Summers, completely searchable, go to:

[WWW.MARSHASUMMERS.COM/
INNERMAN/SITEMAP.HTM](http://WWW.MARSHASUMMERS.COM/INNERMAN/SITEMAP.HTM)

**DOGS HAVE MASTERS; CATS
HAVE STAFF. (ThanX Pat W.)**

BULLETIN BOARD**WEBSITES**

Through your and my contributions, Harmony Workshop sponsors the following websites:

WWW.HARMONYWORKSHOP.COM
WWW.PURPOSEOFLIVING.COM

Links to all our sites (and the auction catalog is at www.harmonyworkshop.com.)

WWW.SANITYISLAND.COM

You can create an island of sanity in the sea of chaos all around you.

WWW.PICTUREOFMAN.COM

Articles and graphics of the principles of THE WAY of Intelligence. The site crashed and we are rebuilding it, soon will include all the previous info and more.

WWW.THEPARTYSTORY.COM

What am I? Where am I? What's going on here? What can I do? Read one man's answers.

WWW.THEWAYOFINTELLIGENCE.COM

Online version of this newsletter. Soon to have all issues in pdf format.

WWW.RHONDELL.COM

The complete mail order catalog of books and tapes by Rhondell

WWW.THANXGIVING.COM

Express your gratitude for all the world to see.

WWW.GOODLEATHER.COM

"We have good leather for sale." Small gifts and good books. Closed for remodeling right now; hope to have it open in time for the holidays.

WWW.AWARENESSJOURNAL.COM

Copies of all back issues of *Awareness Journal* and *Sophia, Creating a Soul*--coming soon.

BITS AND PIECES OF SCHOOL WORK

BY RHONDELL

When one's activity and thought is set toward an exact purpose, that one's mental, organic and spiritual functions become completely harmonized or integrated.

This unification of purpose, the application of awareness to a single purpose, produces real inner peace.

One great feat is necessary for self to wean self from self. Joe says "Joe is none of my business."

The love of beauty is the way to being a mystic. Love here meaning intense devotion. Beauty means the creative power of Life.

In order to be balanced, integrated man must impose on self an inner purpose or aim, that to him is his fundamental rule or obligation in all relationships and activities.

The beauty of the young is from heredity. The beauty of the old is from that which the inner being is habitually occupied with. That is why there are so few beautiful old folks.

The very fact that man is continually craving for happiness shows that the real element, which may be called man's real being, is not what has formed the body and what has composed the mind, but what he or she is in the real self. H.K.

There is no pleasure in the world, however great, and no experience,

however interesting, that gives one the satisfaction that peace alone can give. Peace comes when awareness recognizes Not-I's for what they are and ignores them as having no value.

What one pursues, what one seeks after, is a feeling of freedom. However, nearly everyone pursues freedom wrongly. Each seeks to be free from something, but real freedom is freedom TO--.

Wonder why people keep on taking drugs that produce severe side-effects, which in many cases are diagnosed and treated as a new disorder, by another drug that produces more side-effects, etc., etc. there is a great outcry over rising medical costs.

It may be a useful exercise to separate wants and needs.

Never try to justify your behavior. Just say you wanted to.

If you have at least two explanations for everything, you can't get in a fight with anybody.

The only emotion natural to man, the only non-disintegrating emotion, is eros, pia and philo, when completed by agape. They will not destroy you, they are the emotion that's commonly been referred to, or the inner feeling, called "love." Any other emotion such as pity, anger, guilt, fear, insecurity, jealousy, you name them, come up with any you want,

are all destructive. So if he is objective about everything, these three and I said completed by agape--which is to have a little horse sense in it and not to get all emotional gooeey, because that's sentimentality.

Every state of consciousness or being has a verifiable organic expression.

There is an old saying that "When the environment is right, the creature appears."

It takes about 30 days to teach a person to end disintegration in self and to be capable of teaching others to do likewise. It takes years for a person to discover that what he or she thinks they know is in the way.

The psychology of ordinary man could be called the study of lying, because man lies more than he does anything else. And as a matter of fact he cannot speak the truth. (Lying is thinking or speaking about things that one does not know.)

The disintegrating individual fights to convince others that fancies are fact.

Until you see the joke, you are the "it."

The very first form of property was women. Need it be said old habits die slowly. ✕

GREAT BOOK

If you like the verses to the right, you will thoroughly enjoy the whole book. It's *Rise and Shine* by Martina Auger and a perfect gift, including for yourself.

\$13.67 which includes tax and shipping. Contact Martina:

Martina Auger
7954 Cliff Side Dr.
Sandy UT 84094

or email mrauger12@msn.com

The card below was sent by someone who understands that roses come in many forms. I thought you'd like it.

a bit of
fragrance
always clings
to the hand
that gives
you roses

thank
you

chinese
proverb

SEIZE THE DAY

SHOULDA' COULDA' WOULDNA'
WHAT'S THAT ALL ABOUT?
IF I COULDA' THEN I WOULDNA'
SO WHAT HAVE I LEFT OUT?
DOWN DEEP I KNOW I SHOULDA'
WHAT'S THE CHANCE OF GOING BACK?
IF I SHOULDA' THEN I WOULDNA'
NOW SEIZE THE DAY, GET BACK ON TRACK.

CREATING

I CAN MAKE WONDERFUL ENERGY ANYTIME
JUST TO LIFT AND RISE
AND EVERY TIME I SPILL IT OUT
VITALITY GROWS IN SIZE

PRETTY SOON I'M BELIEVING IT
MY CASE IS CINCHED
I'M THE CREATOR OF MY INNER FEELING
A GIFT I CHOOSE TO ENRICH

I CARE ABOUT CONTRIBUTING
I'M ACTING ON MY OWN
SOME ARE EVEN PICKING UP ON MY TONE
CAUSE THEY'VE ALSO CAUGHT ON;

MAKING PLAY IS THE WAY
I'M SINGING MY OWN SONG
CREATING BEAUTY WHEREVER I MAY—
THIS IS WHERE I BELONG.

- MARTINA AUGER

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"

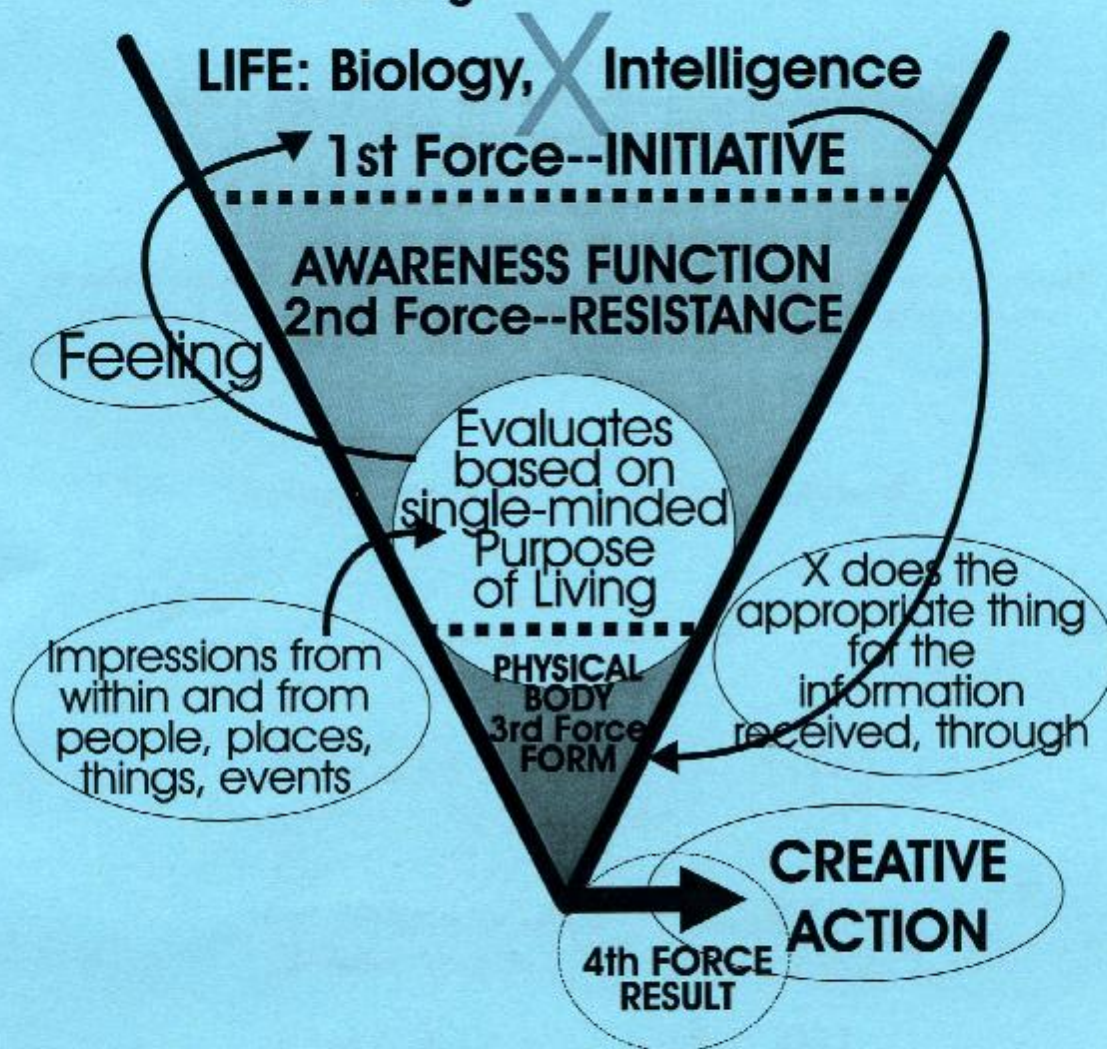
BIG BUSINESS--Decrees what's "pretty" and "ugly"

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

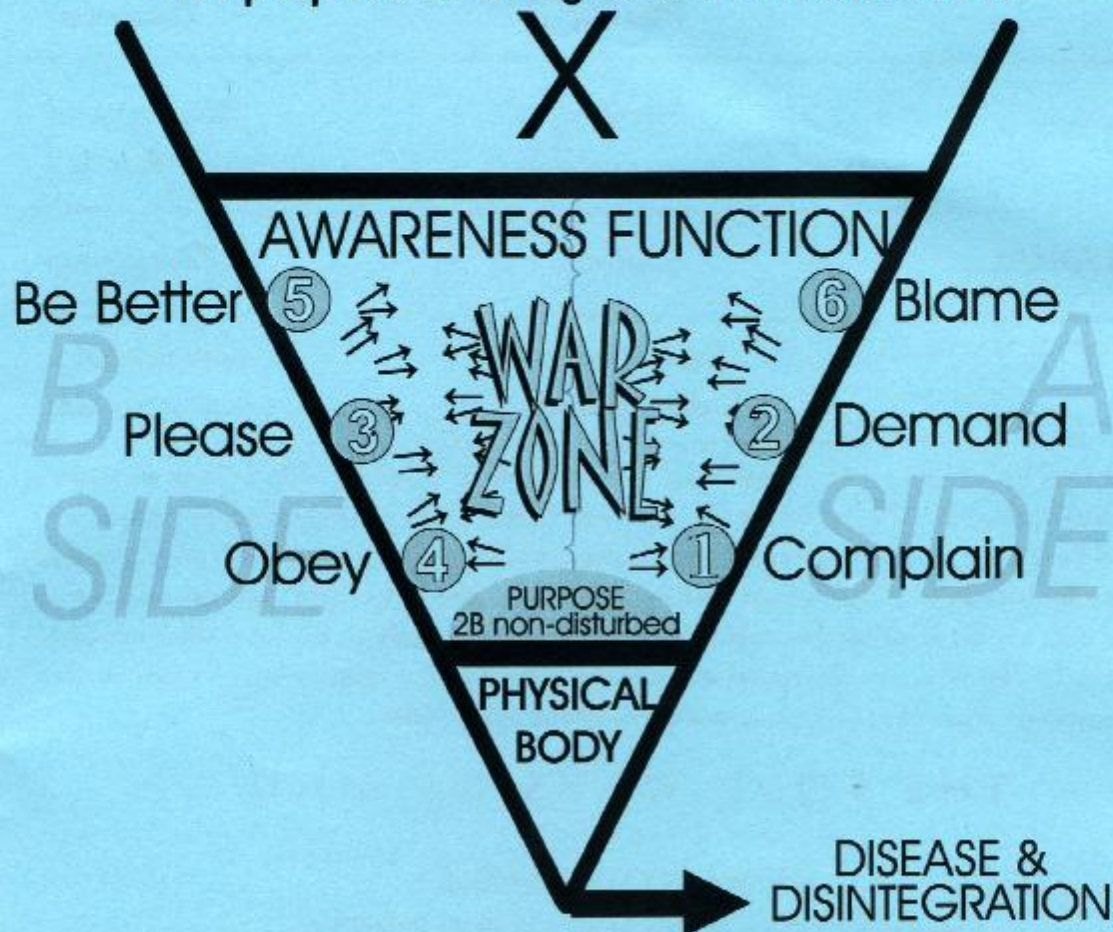
THE PICTURE OF MAN
as designed to function



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 MOTORFUNCTION, 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); or email christine@harmonyworkshop.com