

THE WAY of INTELLIGENCE

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The CHRISTMAS CAKE of LIFE



May you always find the ICING on the Christmas Cake of LIFE

NUMBER 17
WINTER 2005

LIGHT

LETTER FROM RHONDELL

THERE IS NO OBJECT SO FOUL THAT INTENSE LIGHT WILL NOT MAKE IT BEAUTIFUL. - RALPH WALDO EMERSON

KNOWLEDGE IS NOTHING BUT THE CONTINUALLY BURNING UP OF ERROR TO SET FREE THE LIGHT OF TRUTH. - RABINDRANATH TAGORE

IN THE BEGINNING GOD CREATED THE HEAVEN AND THE EARTH. AND THE EARTH WAS WITHOUT FORM AND VOID; AND DARKNESS WAS UPON THE FACE OF THE DEEP. AND THE SPIRIT OF GOD MOVED UPON THE FACE OF THE WATERS. AND GOD SAID, "LET THERE BE LIGHT," AND THERE WAS LIGHT. - GENESIS 1:1-3

THERE ARE TWO WAYS OF SPREADING LIGHT: TO BE THE CANDLE OR THE MIRROR THAT REFLECTS IT. - EDITH WHARTON

EVERYTHING HAS A CRACK IN IT--THAT'S HOW THE LIGHT GETS IN. - LEONARD COHEN

I'M GOING TO TURN ON THE LIGHT, AND WE'LL BE TWO PEOPLE IN A ROOM LOOKING AT EACH OTHER AND WONDERING WHY ON EARTH WE WERE AFRAID OF THE DARK. - GALE WILHELM

YE ARE THE LIGHT OF THE WORLD. - JESUS OF NAZARETH

At the present season most all people in all parts of the world are celebrating. What is being celebrated is usually unknown. It's suggested to all that everyone is obligated to go on a buying spree, and overeating binge and over-drinking binge.

Really the original idea of the celebration was about Light. Judaism's Hanukkah is a celebration of light, from the battles of the Machabees, which were to preserve the Hebrew alphabet, the letters of which are formed with little flames, representing that the letters were used to write material for light to the mind of man, writings about Spirit.

Christianity celebrates the birth of the Christ, the bringer of light to mankind (of course, Spiritual light). The pagan people celebrate the winter solstice as the return of the sun to the north from its trip south to the Tropic of Capricorn. They lighted the Yule Log and lighted trees to celebrate the return of light.

All that these celebrations of light have left is the form in present time, and the idea behind the outward form seems totally to be forgotten.

It may be an excellent exercise in living the spiritual life to activate remembering what this season is all about, and to be reminded what all the lights represent, and what the gifts are symbolic of. Each would have much to be peaceful, thankful and merry about. What a gift we have been given--let's not ignore it or forget it. ✕

ADVANTAGES OF GETTING THE MOOD UP

FROM WAYNE DYER'S BOOK--THE POWER OF INTENTION

"IT DOES SEEM THAT MASS HYSTERIA, LIKE EVERYTHING ELSE, MOVES SO MUCH FASTER IN THESE MODERN TIMES. THE COLD WAR HYSTERIA ABOUT NUCLEAR WAR LASTED FOR DECADES AND IS STILL COMMONLY REMEMBERED. THE 1980S AND '90S WERE GRIPPED BY THE NOW-DISCARDED HYSTERIA THAT AIDS WOULD BECOME HUMANITY'S NEXT BLACK DEATH.

"THE Y2K PANIC SHOULD HAVE BEEN AN OMINOUS SIGN OF HOW THE HYSTERIA CYCLE WAS REALLY PICKING UP SPEED. LESS THAN TWO YEARS LATER WE WITNESSED THE SEPT. 11 TERRORIST ATTACKS, AND THEN THE INTERIM PERIOD SHORTENED INTO MERE MONTHS WITH THE ANTHRAX LETTERS. IT WAS NOT LONG BEFORE HYSTERIAS EVEN BEGAN TO OVERLAP, WITH SARS, MAD COW DISEASE, LAST YEAR'S FLU SHOT STAMPEDE AND NOW THE OMINOUSLY LOOMING AVIAN FLU ALL TRIPPING OVER EACH OTHER TO SWIFTLY SNUFF OUT OUR WAY OF LIFE.

"COULD IT BE THAT SOCIETY'S RISING OBSESSION WITH EXTERNAL THREATS PARALLELS ITS INSECURITY ABOUT WHAT'S GOING ON INSIDE?"

- WALLY HICKS

The above bit of intelligence was sent by Jerry L. It's a letter to the editor of his small-town newspaper.

One of the most fascinating aspects of this line of research is the idea of counterbalancing. High-energy people counterbalance the negative effect of low-energy people. But it doesn't happen on a one-to-one basis because of that 87 percent of humanity that's in the lower weakening frequencies.

One person connected to intention, as I've described it here in this book, can have an enormous impact on many people in the lower energy patterns...

Here are some fascinating figures from Dr. (Steve) Hawkin's research for you to contemplate as you review the impact you can have on humanity simply by being on the higher rungs of the ladder to intention.

One individual who lives and vibrates to the energy of optimism and a willingness to be non-judgmental of others will counter-balance the negativity of 90,000 individuals who calibrate at the lower weakening levels.

One individual who lives and vibrates to the energy of pure love and reverence for all of life will counter-balance the negativity of 750,000 individuals who calibrate at the lower weakening levels.

One individual who lives and vibrates to the energy of illumination, bliss, and infinite peace will counter-balance the negativity of 10 million people who calibrate at the lower weakening levels (approximately 22 such sages are alive today).

One individual who lives and vibrates to the energy of grace, pure spirit beyond the body, in a world of nonduality or complete oneness, will counterbalance the negativity of 70

million people who calibrate at the lower weakening levels (approximately 10 such sages are alive today).

One single avatar living at the highest level of consciousness in the period of history to whom the title Lord is appropriate, such as Lord Krishna, Lord Buddha, and Lord Jesus Christ, would counterbalance the collective negativity of all mankind in today's world.

The negativity of the entire human population would self-destruct were it not for the counteracting effects of these higher energy fields.*

This was sent by Donna L., and fits in nicely with our discussion last time of consciousness altering disaster. No telling where the figures come from (especially amusing is the head-count of The Big Boys), but you can easily check out the premise, I see it all the time.

How about the Nike CEO whose plane's landing gear wouldn't descend--on cable news for hours while some waited to see the spectacle of careening inferno, and the others watched knowing "All is well," or kept their mood up. (Mr. Perez was one who kept his mood up, turning it over to the experts, according to his interview.)

Or how about early predictions that AIDS would decimate a third of the population? Or what didn't happen when the Soviet Union collapsed? Or what happens when you enter a restaurant or store where A-side is carrying on and you determine to alter the tone in the place? I am utterly convinced these (and much more) are the result of those who crank their tone WAY up there.

YOU LIVE IN WHAT YOU RADIATE.

LAUGHTER

EXCERPTED FROM A TALK BY RHONDELL

**IF I CAN JUST GET
SOMEBODY LAUGHIN'
THEY'LL GET WELL.**

**[THEY SAID] HE HAD
ABSOLUTELY ZERO
CHANCE OF GETTING WELL.
HE SAID, "TO HELL WITH
YOU GUYS."**

**...HE COULD GET FOUR
HOURS SLEEP OUT OF TWO
HOURS OF LAUGHING.**

**KEEP THEM LAUGHING,
THEY ALL FEEL
BETTER--THAT'S WHAT
THEY COME FOR, TO FEEL
BETTER.**

**IN SEVEN YEARS OF
PRACTICE I ONLY LOST
ONE, AND HE JUST NEVER
DID SEE THE JOKE OF IT...
HE COULDN'T SEE THE FUN
IN ANYTHING.**

Rhondell: Well, adaptation will finish up early depending on how much of this stuff you got accumulated here, how much chemical imbalance, it'll probably be out in seventy-two hours. If I can just get somebody laughin' they'll get well.

I read an article in a magazine, somebody dropped it on me, it was a dirty magazine but it had a good article in it. The article was that a man went to Russia, and while he was there he got ill. He got back home very ill, all examinations, they discovered that all his connective tissue was just deteriorating, the stuff that holds the joints together. Oh, it was just coming apart. And he was told by his physicians that it was possible he would be dead in about six weeks. Something like that, he had to lay around and fight with it.

So he decided to see if there was anything else, and he called in all their colleagues and they didn't think so, and that he had absolutely zero chance of getting well. He said, "To hell with you guys." So he happened to start considering things a bit, he decided that people who laughed weren't sick. So he called his friend, who happened to be Alan Funt, who did the Candid Camera and he had him bring over great gobs of Candid Camera films. And he laid in bed and ran these things and laughed. He found he could laugh for two hours and he could sleep for two hours, it relieved the pain that much, he was in horrifying pain. So he could do all this laughing by watching these stupid things on Candid Camera. So when he'd wake up and he was hurting he would run to more hours and he'd sleep two hours, and in a few days he got so that he could get four hours sleep out of two

hours of laughing, and in a few days he was up and he now is on the job, taking care of his business, he is editor of one of the big intellectual magazines, like New Republic or something [laughter] and he's eating well, he watches what he eats, he's taking his vitamins, taking no medications or stimulants or sedatives of any kind, but he is still looking at funny pictures, and he laughs a lot, and when he started laughing, he got all right. Does that help answer your question? (Yeah) So start laughing. You're a joke! [laughter].

So that has been discovered by many people, that you can get people to laugh. I used to run a practice, and not having great technical skills, or at least being too lazy to bother to use them, I hired a lady to sit in the reception room who was kind of a natural-born comedienne, and she had them all laughing in there and when I got them I kept them laughing, they all felt better and they thought I was a wonderful doctor. So, just keep everybody laughing. And they all felt better, that's what they came for, was to feel better.

Every once in a while a new patient would come in and look around at all these people sitting there just laughing up a storm, fourteen chairs full. "I thought I was coming to the doctor's office," he said, "well, I've never seen one like this," where everybody's just sitting having a ball. But surprisingly they all got well. We hardly ever lost one. In seven years of practice I only lost one, and he just never did see the joke of it. He just was an old serious guy, he couldn't see the fun in anything. ✕

LAUGH

HERE'S A FEW JOKES THAT HAVE GONE AROUND THE INTERNET, WHERE YOU MAY HAVE SEEN THEM AND MAY WANT TO LAUGH AGAIN.

A man suffered a serious heart attack and had bypass surgery. He awakened to find himself in the care of nuns at a Catholic hospital. As he was recovering a nun asked how he was going to pay for his treatment. Did he have insurance? No. Money in the bank? No.

The sister asked, "Do you have a relative who could help you?" He said, "I only have a spinster sister, who is a nun."

The nun was offended and announced loudly, "Nuns are not spinsters! Nuns are married to God!"

The patient replied, "Then send the bill to my brother-in-law." [Thanx, Parry, for this and the next one.]

God is talking to a former vice-president, a former president, and a senator. [You may fill in the names of your choice.] God addresses the VP first. "What do you believe in? He replies, "Well, I believe I won that election, but that it was your will that I did not serve. And I've come to understand that now."

God thinks for a second and says, "That isn't exactly what went on, but I admire your humility. Come and sit at my left."

He then addresses the former president. "What do you believe in?" "I believe in forgiveness. I've sinned, but I've never held a grudge against my fellow man, and I hope no grudges are held against me."

God thinks a second and says, "You are forgiven, my son. Come and sit at my right."

He then addresses the senator. "And what do you believe in?" "I believe you are in my chair."

Hello, is this Father O'Malley?

"It is."

"This is the IRS. Can you help us?"

"I can."

"Do you know a Ted Houlihan?"

"I do."

"Is he a member of your congregation?"

"He is."

"Did he donate \$10,000 to the church?"

"He will."

An elderly man walks into a confessional. I am 92 years old, have a wonderful wife of 70 years, many children, grandchildren, and great-grandchildren. Yesterday I picked up two college girls, hitchhiking. We went to a motel and had a great time."

"Are you sorry for your sins?"

"What sins?"

"What kind of Catholic are you?!"

"I'm not a Catholic, I'm Jewish."

"Then why are you telling me all this?"

"I'm telling everybody!!"

[Thanx, Mari, for both]

Rhondell would have roared at the next one. He often told a funny story about a dear rabbi friend he'd visit for wonderful conversations, and how as soon as he was out the door he could hear the smashing of his coffee cup. Sent by Mitra, my Kabbalah Queen.

Moishe Rabinowitz in the late 1930s fled his native land of Poland. He sold all his assets and converted it to gold and then had five sets of solid gold false teeth made.

When he arrived in New York the customs official was perplexed as to why anybody would have five sets of gold teeth. "We Orthodox Jews have two separate sets for dishes for meat products and dairy products, but I am so kosher and religious I also have separate sets of teeth."

The customs official shook his head and said, "Well that accounts for two sets of teeth. What about the other three?"

Moishe said, "Well, we very religious Orthodox Jews use separate dishes for Passover, but I am so religious I have separate teeth, one for meat and one for dairy food."

The customs official slapped his head and then said, "You must be a very religious man with separate teeth for food and dairy products and likewise for Passover. That accounts for four sets of teeth. What about the fifth set?"

"Well, to tell you the truth, once in a while I like a ham sandwich."

This one's from Jeff: One day God was looking down at Earth and saw all of the rascally behavior that was going on. So he called one of his angels and sent the angel to Earth for a time. When the angel returned he went to God and said, "Yes, it's true. The Earth is in decline; ninety-five percent are misbehaving, but five percent are being good." God was not pleased. He decided to email the good five percent, because he wanted to encourage them. Give them a little something to help them keep going. Do you know what the email said? [continued on Bulletin Board, last page]

HOMework BY NEIL FRADKIN

CHRIS, ATTACHED IS A SLIGHTLY NEW AND POSSIBLY INTERESTING WAY OF SAYING THE SAME THING. YOU MAY PUBLISH IT IN THE NEWSLETTER IF YOU LIKE.

The "work" in the "teachings" may be summarized in four activities:

1. Consciously observe what is occurring inside and out, detached and without aversion.
2. Willingly act contrary to thoughts and feelings that are not in accordance with your intention or "purpose."
3. "Keep the mood up."
4. "Not making anything important," including the "work," especially when you think you are failing at doing the "work."

"It's all okay, from Neil."

LOST SENT IN BY TOM COLUCCI

THIS IS FOR THE NEWSLETTER. IT IS FROM "MINDFULNESS MEDITATION? BY JON KABAT-ZINN. IF YOU FIND IT USEFUL, I WOULD BE DELIGHTED TO HAVE YOU SHARE IT WITH OTHERS. IF NOT, THAT IS EQUALLY WONDERFUL. IT HAS BEEN VERY INSPIRING TO ME AND WONDERFUL IDEAS TO EXPERIMENT WITH.

THANK YOU FOR THIS OPPORTUNITY TO CONTRIBUTE. TOM

Lost--What we tell the children when they find themselves lost in the woods.

Stand still.

The trees ahead and the bushes beside you are not lost.

Wherever you are is called "here," and you must treat it as a powerful stranger, must ask permission to know it and be known.

The forest breathes--listen.

It answers "I have made this place around you. If you leave it, you may come back again, saying--here."

No two trees are the same to Raven.

No two branches are the same to Wren.

If what a tree or a bush does is lost on you, you are surely lost.

Stand still.

The forest knows where you are.

You must let it find you.

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

From "Mindfulness Meditation" by Jon-Kabat-Zinn

BOOKS, MOVIES, COOL SITES, ETC.

RECEIVED LOTS OF FEEDBACK THAT SOME OF YOU APPRECIATE THE RECOMMENDATIONS. PLEASE SEND IN YOURS.

What the bleep do we know? The "official" book by the co-creators of the movie is full of beautiful (and cute) graphics, and short articles about some of the film's themes: The Great Questions; Science and religion; the Great Divorce; Sight and Perception; Observer; Mind Over Matter; Quantum Brain; Emotions; Entanglement; The Final Superposition. A nice gift for yourself. By William Arntz, Betsy Chasse and Mark Vicente, HCI Books.

The Hidden Messages in Water by Masaru Emoto, whose work was featured in Bleep, is a beautiful little gem. Although I'd like to know more about his technical methods (and can't seem to find that info anywhere), the idea that our feelings affect our environment appears to be demonstrated here. Lovely pictures of water crystals "before" and "after" they have been praised, for instance, or in danger, and so on. Will make you smile. Beyond Words Publishing.

War of the Worlds--the old sci-fi movie, done by bunnies in thirty seconds, no kiddin'. It's laugh-out-loud funny, and they got it right! www.angryalien.com/1005/wowbuns.asp

Defining Moments by Donna Mae O'Hara. I have been asked by a mutual friend to promote this amazing life story. The author was kidnapped at age six, existed in a hollow marriage that produced 14 children, suffered horrible burns in a kitchen fire, the death of a child, poverty (the

family evicted 19 times). She finally decided to stop being a victim and surrender to Life. You won't forget this one! It's short (54 p.), self-published. You can hear Donna interviewed at www.longtalebooks.com. She is available to speak to groups. Contact Donna Mae O'Hara at donnaohara@gmail.com

Crash A movie. See ChatRoom pages for a discussion.

Struggle of the Magicians by William Patrick Patterson was sent to me by Paul A. "Exploring the teacher-student relationship" primarily in 4th Way schools, but accurate information for any true school. It's a bit of a slog--283 pages of very small type--but worth the effort. Arete Communications, publishers.

Faith and the Placebo Effect by Lolette Kuby. "An argument for self-healing." When diagnosed with cancer the author decided to just live with it. It never spread and umpteen years later she is cancer-free. A fascinating look at changing the mind from the programming current today about healing. Origin Press.

Happynews.com is a site that publishes small stories of good cheer as well as presents "regular" news from a perspective far from the usual fear-blame mode. Sent by Shareall, and a breath of fresh air (as is she!).

In Her Shoes "A good movie. I laughed, cried, I loved watching the dance of life without fear. Just

straightforward "how it is." Shirley McLaine did a great job. Love ya, Regina"

From John B: I've been looking at the "meaning" of "harmony." I found an interesting musical demonstration designed for kids by the SF symphony. I am a musical dunce! It's at www.sfskids.org/templates/musicLabF.asp?pageid=16 You can "hear" how different harmonies (our contribution) alter the feel of a melody (another's contribution), changing the same melody from happy to sad to scary depending on (our) harmony's contribution. Our contributions change the song without altering the melody! [This is a fun page for kids and an excellent demonstration of how "tone" (our inner state) changes things. An example of why the words while "reporting to X" don't mean as much as the feeling they're sent with. Check it out! ct]

For an intense depiction of initiation watch *MI-5 Series 2, Episode 5, "I Spy--Apocalypse"*. The worst day of my life or yours was not this bad--but it probably felt like it. The ending will getcha! Can't recommend this highly enough. You can get the DVD from the website or send postage and borrow mine. Incredible, don't miss it. (Not for young children!) ct

While certainly not a comedy the "tragic" rock opera movie *"Rent"* is a celebration of Life in the genre of "Jesus Christ Superstar." I cried, laughed, was deeply moved. Sound track in current release. johnb ✕

THANXGIVING.COM

A couple of years ago I had several calls in a row one morning from people who wanted nothing more than to express their extreme gratitude about one thing or another. That day I put up www.thanXgiving.com, where you can post your appreciation in cyberspace for the world to see. People unknown to us apparently find the site via search engines. I thought you'd enjoy reading some of the recent posts.

I AM THANKFUL FOR MY MOM'S "NO BAKE" COOKIES

I AM SO THANKFUL TO BE FINALLY OUT OF DEBT. ALSO A PRAYER THAT I WILL PAY MORE ATTENTION, NOT GET CAUGHT UP INTO THAT RACKET AGAIN!!

I ABSOLUTELY LOVE THIS WS. THIS IS A GREAT WEBSITE 2 GO 2 IF U R THANKFUL 4 SOMETHING! WELL I AM A GIRL NAMED SAMMY N. FROM CALI AND I JUST WANT 2 SAY THANX.

I'VE LIVED IN MANY PLACES AROUND THE WORLD, AND AM VERY GRATEFUL TO BE LIVING HERE NOW.

"I AM THE COMMANDING PRESENCE," THE EXHAUSTLESS ENERGY, THE DIVINE WISDOM, CAUSING MY DESIRE TO BE FULFILLED!

IT'S BEEN ATTRIBUTED TO SEVERAL, AND IT DOESN'T MATTER WHO SAID IT, "IF THE ONLY PRAYER YOU EVER UTTER IS THANK YOU, IT WILL BE ENOUGH. RANDY

THANX HOMIE FOR THAT FOOD YOU BOUGHT ME AT MICKEY D'S

A RUNNING CANYON STREAM, A BRIEF SHOWER AND CALIFORNIA BAY LAUREL IS HEAVEN SCENT.

MY BF IS THE HOTTEST GUY IN THE WORLD I LUV U BRANDEN, MUAH!

I THANK GOD EVERY DAY FOR A SENSE OF HUMOR. HOW DO PEOPLE GET THROUGH WITHOUT IT?

I AM THANKFUL TO BE IN A COMMUNITY OF PEOPLE IN "THE WORK" AGAIN. TOM

THANK YOU LIFE FOR THE BEAUTY YOU GIVE. THANK YOU FOR THE CHALLENGES. THANK YOU FOR GIVING ME THE ABILITY TO LOVE. S.

CHAT ROOM

CRASH

I'd like to recommend "Crash", a recently released movie, now on rental. The story interweaves the impact of group, cultural, racial and gender bias (prejudice), set in L.A. While the story did reveal for me many of my own prejudices and was uncomfortable to watch, the most telling aspect for me was the role of necessity in the development of Man. I would be interested in your thoughts. Johnb

John, I saw "Crash" last weekend. I agree it is a raw and powerful demonstration of the need for the work. I knew that this one is full of prejudice, meaning full of pre-judgments about everything. It was disturbing to see the violence and defensiveness in self in relationship that was played out on the screen. I was humbled to see racism running within--hard to see, but very, very useful. If I had been more honest, I would have seen it more bluntly before, but vanity is ever the foe of seeing clearly. This is hard to say in a public forum, but hopefully the movie will shed light, and give permission to people, to admit, observe, and discuss the great "social taboo" of racism which, it appears to this one, exists to some degree in many people. By dragging the dragon of racism into the light it has a chance to melt like the Wicked Witch of the West with water thrown on her. T.

Hi John, I watched "Crash" this past weekend and it was a perfect demonstration to me of how much of what happens to us is really self-inflicted when we resist what is going on. Luz

Hi Luz, Yes I see that as well in the film. I've always had some difficulty with how "necessity" applied in my application of the teaching so I've been looking at that aspect more closely to discern, if I can, that in which I'm intellectually interested from that which is necessary (needed). My seeing "necessity" in the film may be because I was looking for it and should not be taken that it is there. The scene in the film for me where necessity was most poignant was when [I'm leaving out John's description of this scene other than to say the second encounter between the film director's wife and the policeman--it was quite a "twist" in the plot and I don't want to ruin it if you haven't seen it. ct] ... her struggle to give up her hatred for him. I understand and have experienced how increased necessity can expose how little I understand and am awake to apply the teaching. But first and foremost it seems to me that unless and until the teaching is needed (a necessity), it is a hobby. johnb

Well, if you want to see the movie from hell, this is it. Took me three sittings over two weeks to get through it. But I must say the twists in the plot increased my interest. Imagine every A-side Not-I filling nearly every line of dialog. While I agree with the others' assessments, I'd like to add that part of being human is the tribal baggage that is doubtless in DNA, and reinforced with conditioning. It's doubtful that those tribal instincts will disappear any time soon. And in a good guest they don't even need to. A good guest is aware of them and doesn't have any need to voice them. Although I wouldn't invite anyone I know to see this film, I do

think it might be an excellent tool to reach cocky older kids. It would teach them more than adult preaching ever could. Because of that I think it's a great contribution, but not a way I want to spend time again soon.

HOUSE PURCHASE EXPERIENCE

Have an event that took place and would be interested in the viewpoints of others and the possible differences of perspectives and responses. Bought a cute 2BD, 2BA house from a "friend," paying top dollar. The inspection for the home was waived, with the agreement that they would pay the mortgage payment and leave the house in good order when leaving. They were thrilled to have the privilege of remaining in the home for the additional two months needed for the completion of their new home which would allow them only one move instead of two. They moved into their new home, leaving things a mess, to say the least, with much need of repair. Needless to say, there was disappointment for the buyer (me). Lesson" Get a home inspection and do a final walk-through! Looking at the picture in hindsight, it is easy to see that B-side was still playing "Mr. Nice Guy" rather than remembering that the seller might abuse the privilege, as they did.

Anyhow, after much sweat, labor, time and expense, the home is clean and ready to market. Sunday the seller returned to pick up the remaining potted plants, barbecue, etc., that remained outdoors, and were amazed at how "beautiful" the home now was. Invited them in and thought I'd run the experiment of using A-side 1 and 2 tools, told them that I wanted

to thank them for teaching me not to do this again, that the repairs they promised to do were never touched, that I was disappointed that they would leave the house in such chaos, etc. Further stated that hoped we both learned something.

Certainly the buyer had "expectations" that were not met, followed by disappointment, however, value of the experience was recognized rather quickly (although it did sting!), pausing with a silent prayer of gratitude for the opportunity of having other guests at this big party to allow us the privilege to WAKE UP, and to experiment with responses. Pollyanna? Don't mean for it to sound that way at all, especially since it was not a "pleasant" experience! Interested in other possible responses, if anyone would care to input. ThanX helen

Hi Helen. Some idle thoughts on responses. I understand what you learned from the incident but what do you think your "friends" learned from your "thanking" them for the lesson and not holding them accountable for their promise to leave the house in good order? I wasn't there. I can't hear the tone but it seems you were clearing an account with them. I suspect these "friends" have been picked up after before and it's probably too late and costly to teach them about promises now, but it might have been worth a shot. Say a demand letter that they either undertake the promised clean-up and repairs themselves or reimburse you for those costs? Alternatively, could you have let it pass without any comment once you decided not to ask they fulfill their promises? JohnB

Helen, I SO empathize with you... been there, done that, got the

t-shirt! Can only offer two small things that have helped over the years: First, if I expect grown-ups to act like adults (act responsibly, keep their word, clean up their own messes, etc.) I'll be sorely disappointed the majority of the time. Bob's message of the world being populated mostly by infants with grown bodies and some degree of technical education, has served me well, though I still forget and expect big folks to act big! Second is an adage I read somewhere that says, "Trust in God but tie your camel." That's why I lock the door when I leave, buy homeowner's insurance, and expect friends to be conditioned, no matter how much I love `em. I frankly admire your using the experience to grow rather than going the victim/blame/anger route. Hats off to you, girl! Tian

Iwonder who's the lawyer in this group? ;) ct

The hearse horse snickers, eh? jB

And we know who the witty linguist is! (hadn't heard that one) ct

Borrowed from Carl Sandberg's minstrel "The lawyers know too much." Interestingly it is addressed to "Bob". You can read it at www.bartleby.com/273/91.html

PROSTATE TROUBLES

A month ago after having to self-catheterize for two months, I initiated an in-office medical procedure (TUNA) to reduce the size of an enlarged prostate (BPH) that had made it impossible to urinate on my own. A number of punctures were made in the urethra to reach the

prostate with high-energy radio waves. The punctures are not healing as fast as I would like and I have tried taking the matter into my own hands with interesting results when I decided not to catheterize. On both occasions when I was unable to urinate on my own and resumed the use of the catheter, I was beset by an unexplained "headache." I had made time important. I had been unwilling to see the time necessary to heal from the procedure as resistance. I wanted to jump from initiation to result. My impatience created anxiety and that energy was being burned off by headaches. Sometimes it takes two headaches to figure out what's going on!! By the way last week I saw the doctor who said that bleeding was to be expected and I have an appointment next week so it's not that I am avoiding medical assistance, just that I was anxious. I find every disturbance to my inner state is a learning experience. I'm off to mountain climb. Thanx for listening. John

When I told John how many men I know with prostate trouble who are anxious, he graciously offered to exchange email or even do an internet group, if any are interested. Email me and I'll forward it to John. If people wish, we can even set up a little chat room on Sanity Island where you can read the chat even if you don't want to participate directly. ct

CUTE VIDEO

Just Jew It. I just received this, too late to put on the Books, Movies, Sites page, which is already typeset. It's a cute little Hanukkah movie (one minute) from Aish HaTorah. Go to www.aish.com/a/JustJewIt.asp

LOVE

FROM A TALK BY RHONDELL

**PIA:
NURTURING, FAMILY**

**EROS:
SEXUAL ATTRACTION**

**PHILIA:
TASTE**

**AGAPE:
UNDERSTANDING THAT
ANYTHING I OR ANOTHER
EVER DID, IS DOING, OR
WILL DO, IS FELT AT THE
TIME OF DOING TO BE
RIGHT OR PROPER OR
JUSTIFIED, WITH THE
LIGHT THAT PERSON HAS
AT THAT TIME.**

**UNCONDITIONAL LOVE:
DELIGHT IN ANOTHER
WITH NO CONDITIONS,
NO EXPECTATIONS OF
RECIPROCATION**

I asked many people to give me what they wanted to talk about, so the most of them said, "talk about love." That must be a good subject these days, so we'll talk about love.

The one English word love has come from many Greek words, which seems to have had a little more concise meaning. So we talk about love in all sorts of ways. I love hamburgers, I love dogs. As you drive down the street today, you see jillions of bumper stickers with lovin' everything under the sun. So then we say something about we love people; and that we love god--and all sorts of pretty words.

So I'm going to separate these a little bit. The first one is *pia*. That is the word the Greeks used which referred to love of your offspring, or maybe the offspring's concern for their parents. Now let's don't assume this is purely a human trait. If any of you grew up on a farm, you know if you make a little baby pig squeal, you got a sow to contend with very quickly, and she's vicious in no uncertain terms. Same with the old cow. If you hurt the little calf and he squawks a little bit--or even an old mother chicken, if the little baby chick squawks--here she comes. So *pia* is fairly known among all animals of any size or degree of evolving animals. So let's don't think this is strictly human.

And the next one is *eros*. That's the way the little ones got here; so obviously, that goes around pretty well between all sorts of creatures both great and small. Humans have it, and they make more of a production about it than the others do. They even have ceremonies in churches and all sorts of things; but it seems to be based upon the same thing that results in little baby calves, and little baby puppies, and lit-

tle baby kittens and little baby birds. Eros is the mating attraction and it's very common.

And then there is *philia*, which means, "I like," in the simplest words we could use today--is "I like this." We might say "I like chocolate cake," "I like boxer dogs." "I like colonial houses." "I like antique furniture," we hope. And we like a lot of other things that come along.

Now all kinds of creatures, as we said, seem to exhibit these forms of love that the Greeks used--the three words instead of our one word love. But they all have been translated from that into the one English word love. so obviously there's probably a little confusion going on about the whole thing.

So the other Greek word they had was *agape*--you pronounce it whichever way you like. I say a-gap-e and I'm told all the time that it's wrong, and that's okay. But at any rate, that refers to a bit of understanding.

I understand that whatever you are doing, ever have done or ever will do, and whatever I have ever done or am doing or will ever do, with what light the person has, at the moment of doing is felt to be right, or proper, or justifiable.

Now justification is always breaking down on us--if you've noticed. I can feel very justified at the moment but three hours later, the justification breaks down; and then we have gut feelings--and all sorts of other emotions like that. Basically, this is the one where you have an understanding of other people and yourself as well--that whatever you're doing that moment, that was the only thing you could do with what light you had at the moment.

12 THE WAY OF INTELLIGENCE

Now, when one has experienced agape, one is in an advanced state. That one is an advanced state, and only human beings can have this form of love. So this one gets into humans--these other three are not necessarily human. Well, they are human, but maybe other things as well.

Now we would like to add one more word for love here if we may. We will put **UNCONDITIONAL LOVE** on the board. Now unconditional love is where there is EVERY love or whatever means of concern or feeling of delight in another human being we have without regard to conditions or what that person does. So "not to set a condition" for a purpose is a little foreign to most of us. Most of us think of love as "that's fine as long as you're doing what I want you to, when I want you to and the way I want you to. But if you shouldn't do it that way, to hell with you." You know, you got all sorts of things in the way. So I think we'll find that most of the love we know about in personal and interpersonal relationships is very conditional. If he goes out with somebody and goes water skiing without asking me, he has to pay of or something like that--some little deal. So we got a condition set.

Most everybody would answer along with Miss Mary that there are certain conditions set in order to have my reciprocated love, is that right? We'll say, "I love you," but then we say, "Well, that's fine, but you gotta do this and you must not do that, and you must do this or else it's all over with." Is that right? That's why we have divorce courts, I think, among other things. That's also why we have wars and many other things, because there is a very definite condition set in which I will reciprocate love.

Now let's see if we could conceive of having a "caring" or whatever word you want to use for love, for someone

that we did not have a condition set. You think you could do that, Miss Mary?--that there would be no condition? No matter what they did, you still have the same feeling about them--think you could do that one? Probably not.

Mary: In my heart, I feel like I could.

Oh yes, in the heart, but when it goes into action--then that's a horse of another color, is that right? So this is what we've heard the word "divine love"--and the love of God. Well, I don't know what all those words mean, but let's say that we could conceive that an entity could so love you regardless of what you did.

Somewhere I've read that the rain falls on the just and the unjust--just alike. A thief has just as much adaptation to keep his body going as the greatest goody-goody two-shoes person that is running around. Is that right?

Now if we could conceive of unconditional love--**unconditional love leads to power**. Now most everybody would like to have power--whatever the power is that you want, to do whatever it is you want to do is up to you--whatever your power may be. Some people want the power to heal. Some want the power to entertain. Some want the power to do a jillion other things, whatever it may be--maybe it would be to make a business go.

But we want power. The way to power is through unconditional love. So obviously most "power" is only struggle because we don't conceive of too many people having unconditional love. You think you've run into that person anywhere where there was unconditions--or was their always a bunch of conditions set?

There's always a bunch of conditions set. So unconditional love does lead to power, but without uncondi-

tional love there is only struggle--there really isn't any great power going around.

Now let's see if we can conceive for a few minutes "what is the obstruction to unconditional love?" We maintain you have about everything if you don't have an obstruction to it. **It is the nature of you to have it**. So what would feel might be some of the obstructions to unconditional love?

Audience: Trying to get my way.

That's back to conditioning, is that right? So in basic conditioning, we want to have our way right now and the way to get it is to complain--so we want to have our way right now. We want to have other people do what we want them to--so we want a little control.

Now if you don't have control, you can get awful ticked off at people right quick, is that right? Is that right with you too?--about everybody else? So, if they would be very controllable--why, they'd be loveable, wouldn't they?

So we have all these conditions over here that we could run for hours and hours. We can set up that "what is necessary before you could have my love." What would it take before somebody could have your love? First off, lots and lots of money--then we'll go from there. That about right? ✕

MERRY XMAS

HAPPY HANUKKAH

HAPPY NEW YEAR

INFLUENCE

BY RHONDELL

NO ONE HAS TOTAL CONTROL OF THEIR CIRCUMSTANCES... BUT DOES HAVE A DECIDED INFLUENCE

A SERENE INNER FEELING WITH AGAPE... RADIATES PEACE AND LOVE

YOU WILL SEE THE RESULTS OF YOUR RADIATION

EXPERIMENT!

A GREAT SPIRITUAL GIFT THAT FEW REALIZE THEY HAVE

Everyone influences those about self and thus one lives in that which one radiates. No one has total control of their circumstances; however, anyone can and does have a decided influence over their circumstances.

For instance, have a serene, interested inner feeling and see that everyone you are in contact with is doing what that person perceives to be the right, proper or justifiable thing to do at that moment, and you will then be radiating peace and wisdom. This influences the current circumstances toward peace and love. It matters not whether you are alone, with children, with family, with business people or in traffic--you will see the results of your radiation, your influence.

Now experiment with radiating this influence. Be very up-tight, because it is very important that you be non-disturbed; see others as

knowing how important you are but that they are inconsiderate of you; see that they know what is right but that they are going on and doing wrong anyway. Now stop and notice how what you are radiating is influencing your environment and circumstances.

If one cares to repeat these experiments a few times, one can be extremely aware that the Teaching statement "You live in what you radiate" is a very profound and useful statement of fact.

Remember each of us is radiating our inner feeling, our mood, and how we choose to see persons, things and happenings all the time; and that what we radiate influences the environment, our associates, strangers, even plants, in "my" sphere of existence.

The choice of what one radiates is a great Spiritual Gift that few realize they have. Why neglect so great a gift?✕

WISDOM WALL

**IT IS A GREAT ART TO LAUGH AT YOUR OWN MISFORTUNE.
DANISH PROVERB**

**FUN HAS A SACRED DIMENSION.
ADRIANA DIAZ**

**HE WHO LIVES WITHOUT FOLLY IS NOT SO WISE AS HE THINKS.
FRANCOIS DE LA ROCHEFOUCAULD**

**IF I HAD NO SENSE OF HUMOR, I SHOULD LONG AGO HAVE COMMITTED SUICIDE.
MAHATMA GANDHI**

**HUMOR AND CREATIVITY ARE KISSING COUSINS.
JOEL GOODMAN, FOUNDER AND DIRECTOR OF THE HUMOR PROJECT**

I WILL MAKE MYSELF LAUGH AT EVERYTHING, FOR FEAR OF HAVING TO WEEP.

**IF WE MAY BELIEVE OUR LOGICIANS, MAN IS DISTINGUISHED FROM ALL OTHER
CREATURES BY THE FACULTY OF LAUGHTER.
JOSEPH ADDISON**

**OUR MOUTHS WERE FILLED WITH LAUGHTER, OUR TONGUES WITH SONGS OF JOY. THEN IT
WAS SAID AMONG THE NATIONS, "THE LORD HAS DONE GREAT THINGS FOR THEM."
PSALMS 126:2**

**LAUGHTER IS THE SHORTEST DISTANCE BETWEEN TWO PEOPLE.
VICTOR BORGE**

**THE MINTAGE OF WISDOM IS TO KNOW THAT REST IS RUST, AND THAT REAL LIFE IS IN
LOVE, LAUGHTER, AND WORK.
ELBERT HUBBARD**

**HE WHO LAUGHS, LASTS.
MARY PETTIBONE POOLE**

Was Mona Lisa happy after all?

Test says yes

83 percent happy, to be exact, according to a technological experiment of the masterpiece

By **TOBY STERLING**
The Associated Press

AMSTERDAM, Netherlands — The mysterious half-smile that has intrigued viewers of the Mona Lisa for centuries isn't really that difficult to interpret, Dutch researchers said Thursday.

She was smiling because she

was happy — 83 percent happy, to be exact, according to scientists from the University of Amsterdam.

In what they viewed as a fun demonstration of technology rather than a serious experiment, researchers scanned a reproduction of Leonardo da Vinci's masterpiece and subjected it to cutting-edge "emotion

recognition" software, developed in collaboration with the University of Illinois.

The result showed the painting's famous subject was 83 percent happy, 9 percent disgusted, 6 percent fearful and 2 percent angry. She was less than 1 percent neutral, and not at all surprised.

Leonardo began work on the painting in 1503, and it now hangs in the Louvre in Paris.

The work, also known as "La Gioconda," is believed to have portrayed the wife of Francesco

del Giocondo. The title is a play on her husband's name, and also means "the jolly lady" in Italian.

Harro Stokman, a University of Amsterdam professor involved in the experiment, said researchers knew the results would be unscientific — the software isn't made to register subtle emotions. So it couldn't detect the hint of sexual suggestion or disdain many have read into Mona Lisa's eyes.

In addition, the technology is designed for use with modern

digital films and images, and subjects first need to be scanned in a neutral emotionless state to accurately detect their current emotion.

Lead researcher Nicu Sebe took the challenge as seriously as he could, using the faces of 10 women of Mediterranean ancestry to create a composite image of a neutral expression. He then compared that to the face in the painting, scoring it on the basis of six emotions: happiness, surprise, anger, disgust, fear and sadness



BULLETIN BOARD

STUDY GROUPS

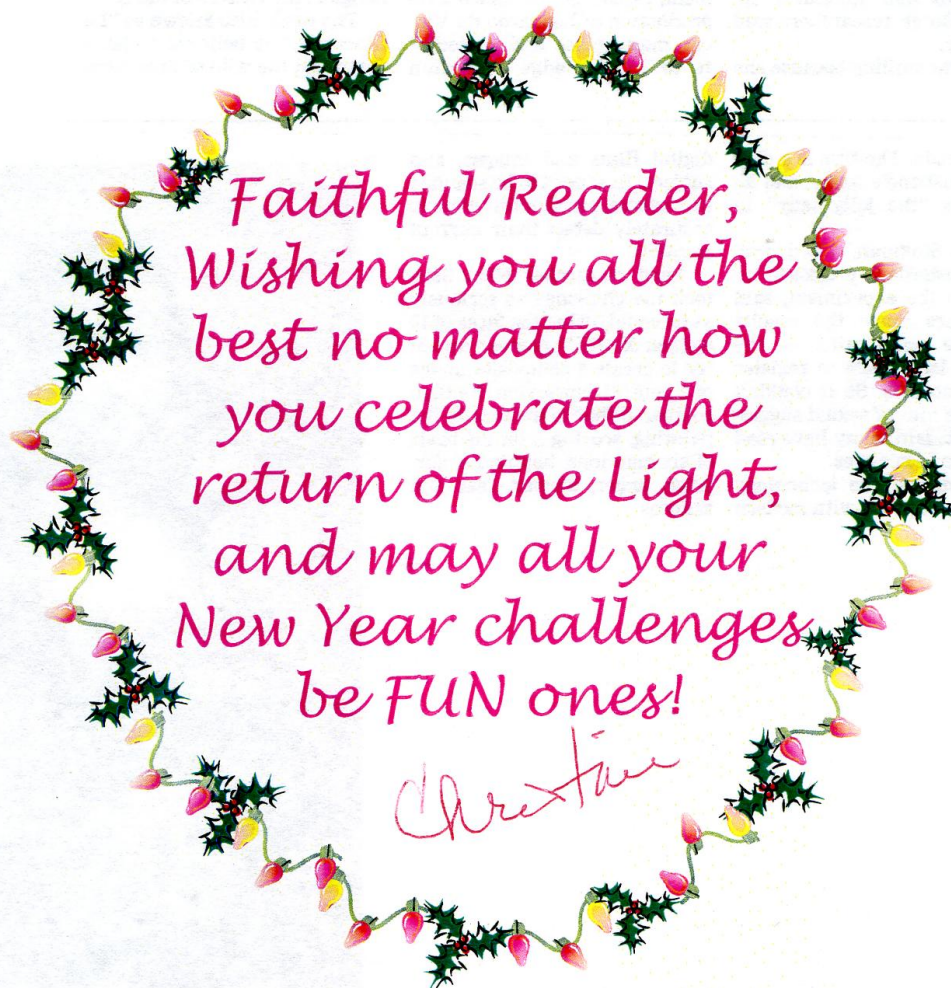
From Tom Colucci in Albuquerque: Starting on Wednesday, January 4, 2006, Pat and I will be hosting a study group at our house each Wednesday night at 7:00 MST. We have stopped the Mushkil Gusha night on Thursdays. If anyone is interested, please let them know. I will call the people who were studying with Bill Nunn and invite them. Thank you!

I've had an inquiry from Ontario, Canada. Any groups there? If you have a group that would welcome newcomers, please let me know.

JOKE (CONTINUED FROM JOKE PAGE)

No? I was just wondering. I didn't get one either.

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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"

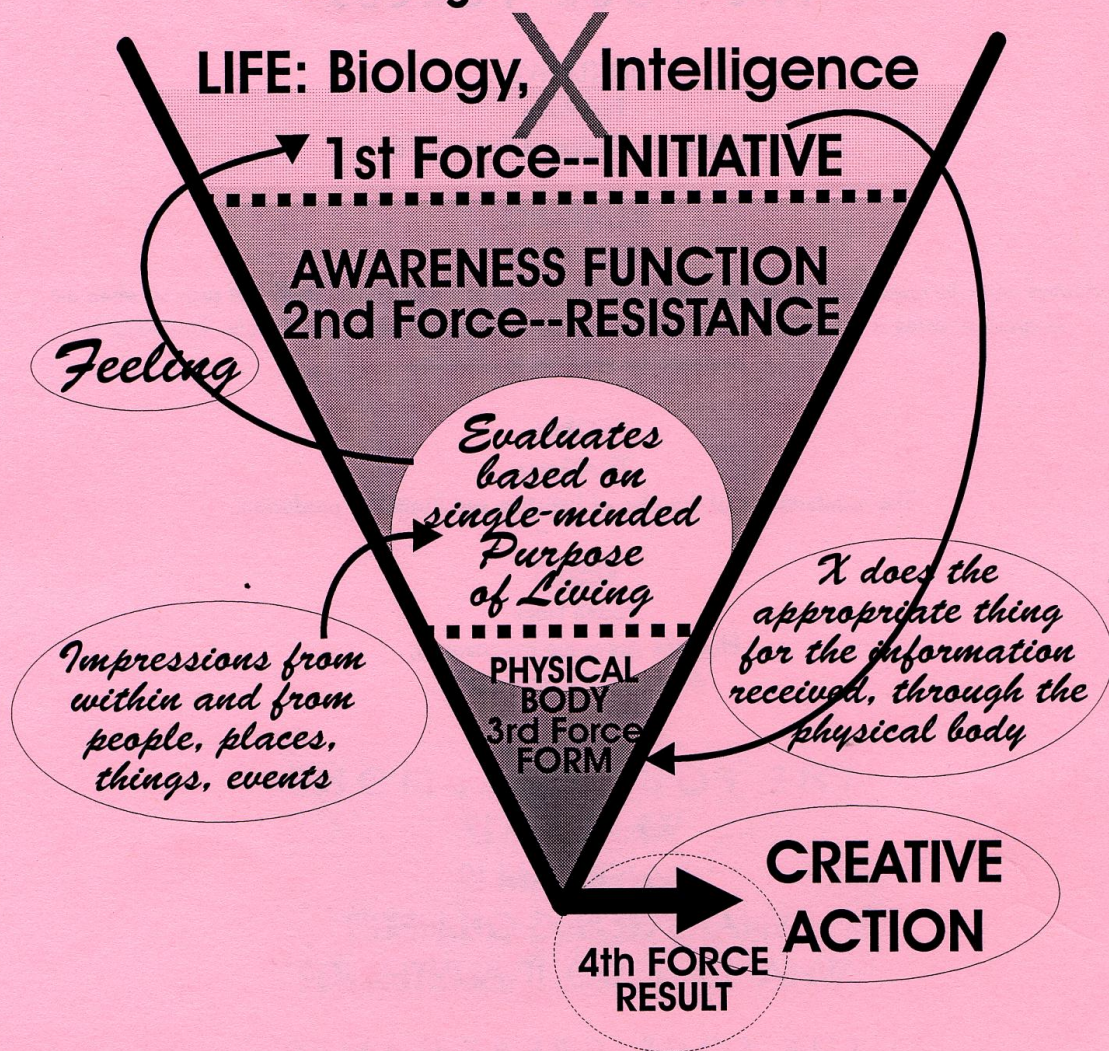
BIG BUSINESS--Decrees what's "pretty" and "ugly"

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

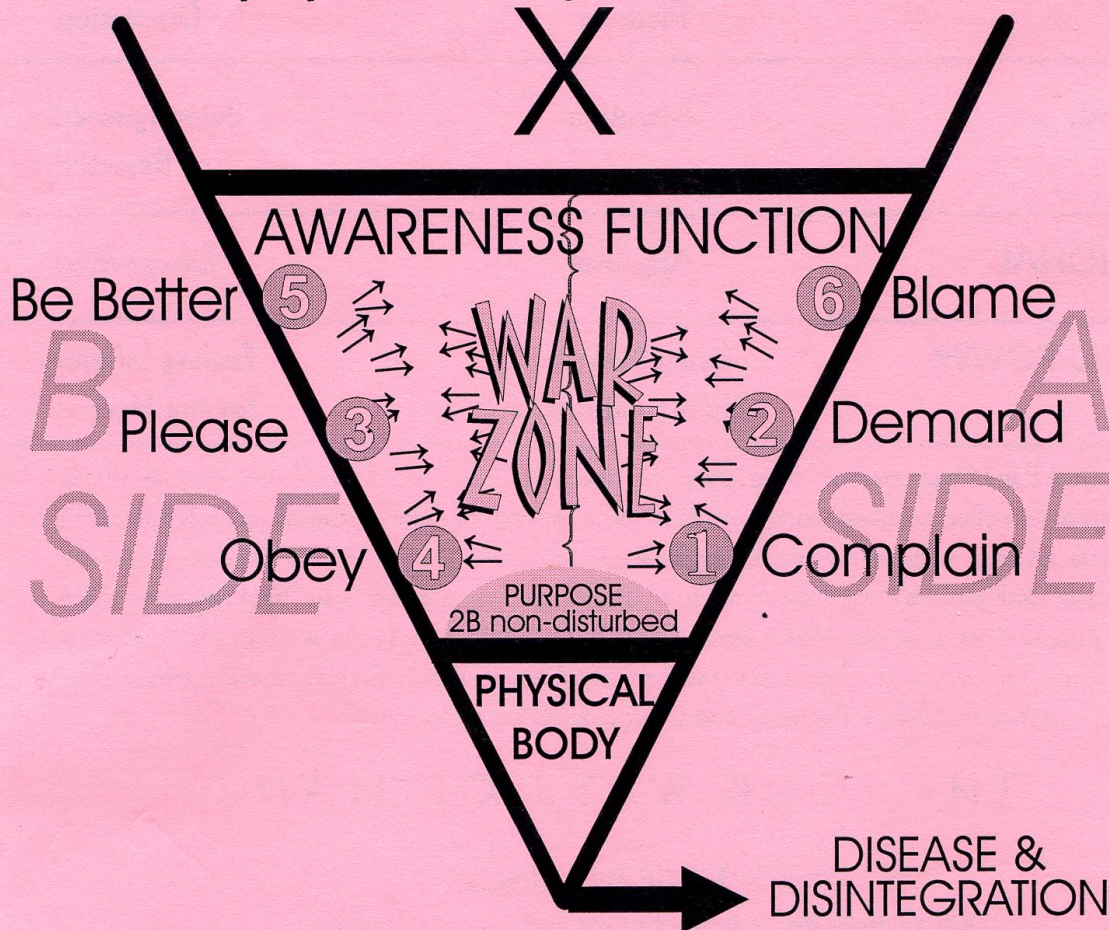
THE PICTURE OF MAN
as designed to function



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); or email christine@harmonyworkshop.com