



# THE WAY of Intelligence

Welcome! **Bienvenue!** ¡Bienvenidos!

We hope you enjoy this 2012 Spring/Summer edition of THE WAY of Intelligence!

Nous espérons que vous allez aimer l'édition printemps/été 2012 de LA VOIE de l'Intelligence!

¡Deseamos que disfruten esta edición: EL CAMINO de la Inteligencia, primavera/verano de 2012!

Please keep sending in any articles or poems you have written, study group information, favorite recipes, photos, etc! And a BIG THANKS to those that contributed to this edition!!!

Merci de continuer de nous envoyer des articles ou poèmes que vous avez écrits, des informations sur des groupes d'études, vos recettes préférées, photos, etc.! Et un GRAND MERCI à tous ceux qui ont contribué à cette édition!!!

Por favor continúe enviándonos cualquier artículo o poema que haya escrito, información sobre cualquier estudio de la Enseñanza que se esté llevando a cabo en su región, sus recetas favoritas, fotos, etc. Serán incluidos en la siguiente edición. ¡MUCHAS GRACIAS a los que contribuyeron con esta edición!

The 2012 Fall/Winter edition will be published in October, so please have your submissions to us by mid-September.

Comme l'édition d'automne/hiver 2012 sera publiée en octobre, merci de nous envoyer vos documents et suggestions pour la mi-septembre.

La edición de otoño/invierno se publicará en octubre, así que por favor háganos llegar sus envíos para mediados de septiembre.

With ThanX for our friends, *The Harmony Workshop Staff*

Avec gratitude pour nos amis, *L'équipe de l'Atelier HARMONIE*

Con agradecimiento a ustedes nuestros amigos, *El personal de Harmony Workshop*

## INSIDE THIS ISSUE . . .

Rhondell's Page . . . . .	2
Christine's Page . . . . .	3
Tool Box . . . . .	4
Archive Articles . . . . .	6
Sanity Island - Second Life . . . . .	9
Reference Section . . . . .	11
Circle of Friends . . . . .	18
Bulletin Board . . . . .	22
Websites . . . . .	24

# *Dr. Bob's Perfectly Balanced Princess Dinner\**

## *Japanese Cucumber Salad*

### *Surprising Parsnips*

### *Broccoli*

### *Royal Chicken*

#### *Cucumbers*

Slice English cucumbers paper thin and cover with rice vinegar and 2 Tbs. soy sauce.

#### *Parsnips*

Peel them and slice very thin (2mm Cuisinart blade is perfect). Saute in butter for 10 minutes or until tender; add 2 Tbs. brown sugar and a little salt. Cook about two minutes more to melt sugar.

#### *Broccoli*

Trim nicely and parboil just a few minutes retaining bright green color and crispness. Drain, add butter and sprinkle liberally with Parmesan cheese.

#### *Chicken*

Place 6 to 8 chicken thighs in skillet; add 1 cup sherry wine, 2 Tbs. soy sauce, season salt and basil leaves. Cover skillet and cook slowly about 20 minutes or until the chicken is tender. Add 2 Tbs. cornstarch dissolved in a little cold water, until thickened, about two more minutes.

*\* The dinner is balanced. Whether or not the princess is, is up to her. X*

Recipe from *What's Going On Here?* booklet by Rhondell, p. 18



Mailbox excerpts from *Awareness Journal*, Fall 1994, Vol III, No I

*"Competition" is a polite word for "warfare."*

*X always does the appropriate thing for the information received. This puts a responsibility on Awareness Function to evaluate accurately.*

*You can use conditioning rather than let it use you.*

*Did you ever notice that we don't really want things - we want the feelings we think having those things will generate?*

*You connect doing the Work with strong emotion because you DO the Work when strong emotion comes up.*

*If you are not yet strong enough to ignore the Not-I, distract yourself.*

*People who let others take charge of their inner state are in a very dangerous place -- not everyone is harmless.*

*The Work is a process and all process takes time. And one step at a time. What else can we do?*

## WEIGHT LOSS “TRICKS”

*Many of you may remember these exercises - so glad Dorothy reminded us about them!*

- Always leave something on your plate for Fat-I. If you're still hungry, go get a new plate, put as much as you want on it, and leave some of that for Fat-I. Do this as many times as you want, but do it every time you eat anything. You ordered a hamburger and fries? Leave some. Still hungry? Go back to the counter and get some more, putting Fat-I's portion in the trash on your way.
- Change the snacks you like. If you eat peanuts, eat almonds instead. If you like Cheetos, get some Cheeze-Its instead. (Don't eat both!)
- Cut the bites of food into one-half the size you usually would do.
- Count your chews. You don't have to strive for 40 (like Nancy Reagan does, lol), just count as you chew. Try to extend it a bit—if you get to ten and are ready to swallow, do two more chews first.
- Stop! after half a meal, pause for five minutes if you can (without drawing a lot of attention, in which case even 45 seconds will do). Examine to see if you are actually physically almost “full” and just want more for the taste.
- Park the car as far away from the entrance as possible.
- Take the stairs instead of elevator, even if just for one floor (get on the elevator at the second floor, for instance. Next time, maybe walk to the third).
- Switch from sugar to Splenda for coffee, tea. Find a low-fat creamer.
- Use half-and-half instead of cream. (And if you want to use yogurt instead of sour cream, be my guest—and count me out, lol.)
- Eat only really tasty food—don't eat anything you don't like. Make each meal delicious. (When food is not satisfying, we keep eating, hoping for that nice feeling.)
- Cook a meal as though you are making love to Nature's gifts. Handle gently, lovingly, even coo a bit.
- Get the mood way up there when preparing food, even a snack.
- Change the place you eat. Instead of the cafeteria at work, go to the car, or even drive to a park. You always eat at the deli? Try Mexican instead. (If you do, put a deliberate amount of corn chips on your napkin; want more? leave one, get another helping, leave another. Rearrange the dining room at home if you can, or at least change the place where you usually sit.
- Don't listen to the news while you eat. If you are alone, play music you really like.
- Take a moment to appreciate your body. Would you want to be at this Party without one? It gets you around, works for the food you give it, plays, makes love, smiles for you, takes pictures, and a zillion other things. Wow, maybe telling it, “Thank you for all that!” instead of “You ugly tractor, you,” is more appropriate? Check it out.
- Observe slender people eating.

- Think about occasions where you eat because it's there, or because it's usual (for instance, popcorn at the theater. There, get a smaller size. If you want more, get up and go get more. Having left a few kernels in the first one for Fat-I, of course.) Think about buffets—have a tiny dab of 15 (or 20) foods rather than piling up large portions of what you normally like.
- Do NOT chat up other people about your efforts. You no more need a “weight coach” than a “breathing coach.” Talking about weight and what we are or are not doing about it is energy spent in honor of Fat-I. This said, feel free to talk to all of us—we are running an experiment here, not Feeding Fat-I.
- The INSTANT you feel guilty about having eaten something, or too much, STOP. It's done, report “Oops, Joe over did it,” and X will balance it.
- Every time you eat, no matter if just a pinch, say “thank you” that it is there for you.
- There are dozens and dozens of similar little tricks like these, you can devise your own. You don't need to do them all, just choose a few that are appealing (but the first one and the last are “musts”—they're very powerful).
- And none of these, or even all of them, done religiously even, is going to make anyone skinny. What they are devices to Wake Up to what we are doing. Waking up and choosing what /when/how we eat is the idea—choosing rather than mindlessly going on autopilot whenever food is around.
- You may notice that together all the Four Aspects of Balance are approached: above Nutrition, Physical Activity, Environment, Inner Feeling.
- And isn't being overweight (whatever that means to YOU, not some chart) a reflection of some degree of imbalance? A nice sampling of these tricks, done with deliberation, will restore a pleasing balancing.
- All of the above apply to mainstream, unconscious, careless eating, so prevalent in modern society. Food is plentiful, there is non-stop suggestion to partake, eating together is a way of sharing friendship, etc., etc. If you go a little beyond that, and sometimes binge, that is something to look at, too.
- A binge is a violent activity that is burning up mobilized but as yet unused fight-or-flight energy. So after (or even during) a binge, you can say “Thank you for this method—it's better than getting sick, or killing my boss.” When it's over, DO NOT ALLOW the Guilty Fat-I a moment's attention. Not one. It's over, end of event, period. Get back into the moment, let it go, make no promises to the Future Fat-I, just get in the moment, END OF EVENT.
- Now this will take some experimenting, not to mention a bit of resolve: when you feel a binge coming on, you can go beat the bathtub with a wet towel instead. It will accomplish the same purpose (using up that mobilized, but unused f-or-f energy, and you get the bonus that it's a lot cheaper. And instead of feeling stuffed afterwards (which guilty Fat-I LOVES to hear about), you will be laughing. AND, if you just can't do that yet (beat the tub instead of eating), so what? Maybe you'll do it another time, maybe not. It's not important, it's just a tool.
- And here is the most valuable, most powerful “trick” anyone could ever do: Be free to be fat. Right here, right now, I am free to be fat. Really free, because I'd rather be fat than dead. And all adaptation (which is what eating more than we need is, adaptation), has been, is, always will be, saving your life. (ThanX, X)



# Healer's Handbook

(The Way of Intelligence, March 2001, Vol. I, No. 2)

*Tian requested Christine's articles about healing. Thanks for asking Tian! These articles are real gems!*

As some of you know, I have been interested in the phenomenon of healing my whole life since I was 3. Fortunately, for nearly 20 years, I was privileged to have as a guide a master of the art, who taught me many things. As well, he took me to visit various healers, with an intention of increasing my understanding. And I have several extremely gifted friends who practice. So I feel somewhat qualified to at least begin a project I've had in mind for some time, a Healer's Handbook.

Although I've seen a lot of people working at this, and talked to many more, I have not seen a lot of what I'll call "professionalism." While thirty years ago such practices were looked upon with derision, and smart healers kept more or less quiet, times have changed and there seems to be no shortage of people with business cards stating "healer." I'm occasionally aghast at some of the goings on I've witnessed. Some of it is outright power-mongering, and the kindest name for someone who exploits a sick or otherwise fearful (vulnerable) person is bully. Other unfortunate events, though, are obviously just a matter of ignorance - people not having been properly trained, not really understanding the gift. Although I don't have a clue if such a handbook would be useful - I see the practice of healing as the development of a natural talent more than something that can be taught - I'm going to give it a try anyway, just in case someone could benefit. I have in mind a general idea of the project, and am still working on it. So, if you're interested in this field of service, maybe you'd like to contribute your thoughts. If so, they're welcome. Meanwhile, I will write articles here that show my point of view, sort of as drafts of chapters.

One pertains to something I have noticed so many times that I doubt it's coincidence. I would like to request practitioners to join in my experiment to see if there is basis for my hypothesis. My experience with this has to do with certain women cancer patients, and this may be only because there seem to be so many of them. It could apply to other cancers, to men, to others disease.



*Healing Room in Faery Cottage*

In my experience, the women with this diagnosis are rather unique to our time. (And this may be a relief - if it is so, the set of specific circumstances unique to our time will pass and maybe this ugly diagnosis will go with it.) One of the things unique to our time is that women are not only allowed but encouraged to stand up and be individuals, to achieve for themselves just about whatever they want. Certainly at no time (or place) in history has this been true for the average woman.

What's also allowed, as well as encouraged, is the concept of "support." Over and over and over I hear the following from ailing women: "I'm so grateful for all the support I'm getting." I hear it from them, I hear it second-hand from their friends if I don't speak to them directly. Friends and family rally 'round, everyone is "so supportive." The patient feels loved. Often she is surprised about this.

Although we understand the comforts in support, do you see the conflict? One will either stand up (and be independent) or one will sit down and be supported, but not both, because they are mutually exclusive concepts; once cannot stand up and sit down at the same time. And certainly can't supersede the tribe for independence, and expect love. It may be there, but is not to be expected. The nature of adult independence is to fulfill one's purpose regardless of acceptance, approval, love (a true adult is interested in loving: "Do I radiate love?" rather than "Am I loved?")

Growing up is about letting go of childish wants. And letting go is hard to do. If standing up is growing up, being supported is not. It's really that simple.

I read an interesting study some years ago where several women with cancer were put into a support group. Early results of this study showed that with the support of the group, these women lived longer than had been predicted by so-called normal standards. What was far more interesting to me was that a few years later, when "normally" a certain percent would still be alive, every one of these women had died!

Another way of stating this is to think of the nature of the tribe. We all come into the world as a member of a tribe. First the family, then the extended family, one's ethnic heritage, one's country, religion, and so on. The nature of a tribe is to survive and to perpetuate itself - there is absolutely no room for individualism, which threatens it greatly. All must agree to and adhere to the tribal rules, be as alike as possible, maintain the status quo at any cost. There is no way to be an independent individual, from the standpoint of the tribe. Any such behavior is punished or "you're out," rejection. Today's woman wants it both ways, because leaving the comforts of the tribe, becoming responsible for oneself, is scary business. Society has conned her into thinking she can have it both ways. She cannot (and of course this applies not just to women).

So my hypothesis is that while in the short term, support is comforting and possibly even helpful, relying on it while wanting to stand up independently may be the kiss of death. And I'm even going to really stretch here (because it did occur to me), since cancer is cells running amok, multiplying without restraint: Is it maybe even possible that the body's cells, with their (appropriate) tribal consciousness, begin to multiply like mad in order to provide the literal "support" she is seeking?

Now, before anyone jumps to conclusions, please don't think I am "blaming" cancer sufferers. There are no doubt many factors involved. I'm thinking about the healing, not the "getting." However, we do know that conflict is the disintegrating factor in human disease and death, this is obvious to anyone who pays attention. My view is that a society that encourages independence and dependence at the same time is one that is promoting conflict (what else is new?). And conflict leads to disease, prevents healing, and in the case of this diagnosis, can lead to death. I know personally of two women who were healed of stage three cancer and declared "in remission" by no lesser "authorities" than the medics at UCLA and UC Irvine. Both women were told "just one more round of chemo, just to be sure," didn't want to do it because they had begun to understand healing, but were afraid of the disapproval of their very vocal families, as well as their doctors, who "insisted" they do the one more round. In other words, their healing was followed by terrible conflict. Both women are now departed - they died within a couple of weeks of the "last round."

If you have a healing practice, please listen to your clients and let me know if you hear the mantra as much as I do "Everyone is so supportive; I'm so grateful." From bright, capable, achieving women who have indeed attained a degree of individuality unheard of in previous times. I'd very much like to hear about your experience.

Future articles are going to discuss putting people at ease, the very essence of healing; active and passive healing; looking at the big picture; things a true healer NEVER does or says; and maybe even "energy work," if there is interest.

I hope we can get a nice dialog going here, and maybe each of us gain something, as well as contribute. I often tell my friends in this work, when they waver a bit (or I do), that we are like those pioneer women in the infancy of the West - we know where we're headed (we have a specific aim), but God knows we don't know what all to expect along the way. There's a lot of uncharted territory which we are determined to traverse. Maybe we can make it a little less intimidating for those who follow.

### "The Rose"

© Amanda McBroom

Some say love, it is a river  
That drowns the tender reed  
Some say love, it is a razor  
That leaves your soul to bleed  
Some say love, it is a hunger  
An endless aching need  
I say love, it is a flower  
And you, its only seed

It's the heart, afraid of breaking  
That never learns to dance  
It's the dream, afraid of waking  
That never takes the chance  
It's the one who won't be taken  
Who cannot seem to give  
And the soul, afraid of dying  
That never learns to live

When the night has been too lonely  
And the road has been too long  
And you think that love is only for the lucky  
and the strong  
Just remember in the winter  
Far beneath the bitter snow  
Lies the seed  
That with the sun's love, in the spring  
Becomes the rose

*photo courtesy of Pat M.*

Song available for download on [iTunes®](#) - "The Rose" on *The Rose (The Original Soundtrack Recording)* album.



# Healer's Handbook

(The Way of Intelligence, May 2001, Vol. 1, No. 3)

Our discussion last time about a specific psychological obstruction to healing elicited a few calls that showed me there's some misunderstanding about adaptation. People called about minor discomforts and wondered what their inner hidden agenda might be because the discomfort showed up, or didn't go away. Not every discomfort is disease (but is certainly dis-ease if one is not free to experience it), and not all adaptation has a psychological aspect. Besides an inner state in conflict, there are other factors that contribute to adaptation: environment, activity and nutrition.

If you are in the sun too long, you probably will get sunburned. Maybe there was no conflict whatsoever, you were having a good time. A lack of attention probably allowed you to stay out too long, but maybe not even that - maybe you had work to do that was of greater value than avoiding a sunburn, maybe you were willing to pay for your extra good time with a sunburn. That's all there is to it, nobody would think of traipsing off to analysis for this adaptation. Ditto if you ate slightly tainted food and were up all night getting rid of it. More attention at dinner might have prevented it, and it's just an event that came and passed, pardon the pun. People often tell me of working out or doing yoga to the point where they are sore the next day. They may mention it, seldom really complain, they did what they wanted to do, and don't even think of hidden agendas. They see the perfect balance, and because they are free to experience it, they hardly notice it.

Any of these factors, nutrition, physical activity, environment and inner feeling, when out of balance will bring on adaptation to correct the balance. But sometimes it's not even that - it's just the way things are. If you were shorter than average, or taller, you probably wouldn't think it something that needed to be healed, no matter how much you might desire it be different. If you make yourself uncomfortable all the time



*Sunset on Sanity Island*

about it, your inner state alone, nothing else, can bring on illness. And I used this example on purpose, it sounds so silly. We see people sometimes compensating for height in various ways, but seldom see anyone making themselves sick over it.

But many complaints are just as silly - they are based on the idea that we should be non-disturbed always. We do inherit some weaknesses as well as strengths, and even then it is only relative to someone else. My weakish knees are a lot stronger than those of some people I see using walkers. How "serious" is myopia compared to blindness? Intelligence is free to experience such things without demanding they be changed; ignorance wants the ideal of no annoyance whatsoever.

The body is always in a state of balancing. Even the medical arts admits this sometimes (they call it homeostasis, defined in my dictionary as "a tendency toward maintaining a relatively stable internal environment in the bodies of higher animals through a series of interacting physiological processes.") So, little incursions are met with little adaptations all the time, and there isn't necessarily a deep inner meaning to it, nor any cause for concern - unless you are not free to experience a little discomfort. One of the main principles of THE WAY of Intelligence is that ideals are illusions, there are no such things as ideals for life on Planet earth, or if there might seem to be on rare occasions, they pass very quickly. Making an ideal of "health" is as fruitless as chasing any other ideal. Healing requires adaptation, and allowing discomfort is the same as allowing healing.



# SANITY ISLAND ACTIVITIES & DESTINATIONS





LIBRARY - EDUCATION &amp; SERVICE ZONE

### NOTECARD FROM THE LIBRARY

#### WHAT IS THE PURPOSE OF LIVING?

WHAT AM I?  
 WHERE AM I?  
 WHAT'S GOING ON HERE?  
 WHAT CAN I DO?

ALTHOUGH MOST PEOPLE ASK, "WHO AM I?" AND SELDOM ASK THE OTHER QUESTIONS ABOVE, THE FOUR GREAT QUESTIONS ARE VALUABLE INQUIRIES.

ANOTHER WAY OF ASKING THE FOUR GREAT QUESTIONS MIGHT BE SHORTER, "WHAT IS THE PURPOSE OF MY LIFE?"

IT MAY TAKE YEARS TO FIND THE ANSWERS . . . SO HERE IS A PROPOSED TEMPORARY PURPOSE OF LIVING THAT YOU CAN CHECK OUT. IF IT SEEMS REASONABLE, YOU MIGHT WANT TO PRACTICE IT FOR A FEW DAYS (OR EVEN WEEKS) AND SEE IF DEEPER ANSWERS SOMEHOW APPEAR.

PROPOSED PURPOSE OF LIVING, OR, TEMPORARY ANSWERS TO THE FOUR GREAT QUESTIONS:

1. I AM A PRIVILEGED, INVITED GUEST
2. AT A BEAUTIFUL ESTATE CALL PLANET EARTH
3. WHERE THERE ARE GAMES GALORE GOING ON AND INTERESTING PEOPLE TO WATCH AND/OR ASSOCIATE WITH, THUS
4. I CAN DO WHAT IS, TO ME, THE ACTIVITIES OF A GOOD GUEST AT A PARTY.

IT IS DECEPTIVELY SIMPLE.



# THE WAY of Intelligence

## **THE FOUR FORCES**

### **INITIATIVE**

#### **First Force**

Intelligence, Inspiration, Biological Factor, LIFE

### **RESISTANCE**

#### **Second Force**

Always arises to meet initiative in opposition, as opponents in a game; not “bad” but seen so when the purpose of living is to be non-disturbed because Resistance may be uncomfortable. Resistance is required for anything to develop.

### **FORM**

#### **Third Force**

The manifestation of the play of Initiative and Resisting, producing:

### **RESULT**

#### **Fourth Force**

How the above are experienced,  
What’s done with/about it.

## **THE FOUR QUESTIONS**

**WHAT AM I?**

**WHERE AM I?**

**WHAT’S GOING ON HERE?**

**WHAT CAN I DO, IF ANYTHING?**

## **THE FOUR GREAT GAMES**

that operate by suggestion:

**POWER POLICIES** -- Decrees what’s “in” and “out”

**MEDICAL ARTS** -- Decrees what’s “normal” and “abnormal”

**THEOLOGY** -- Decrees what’s “good” and “bad”

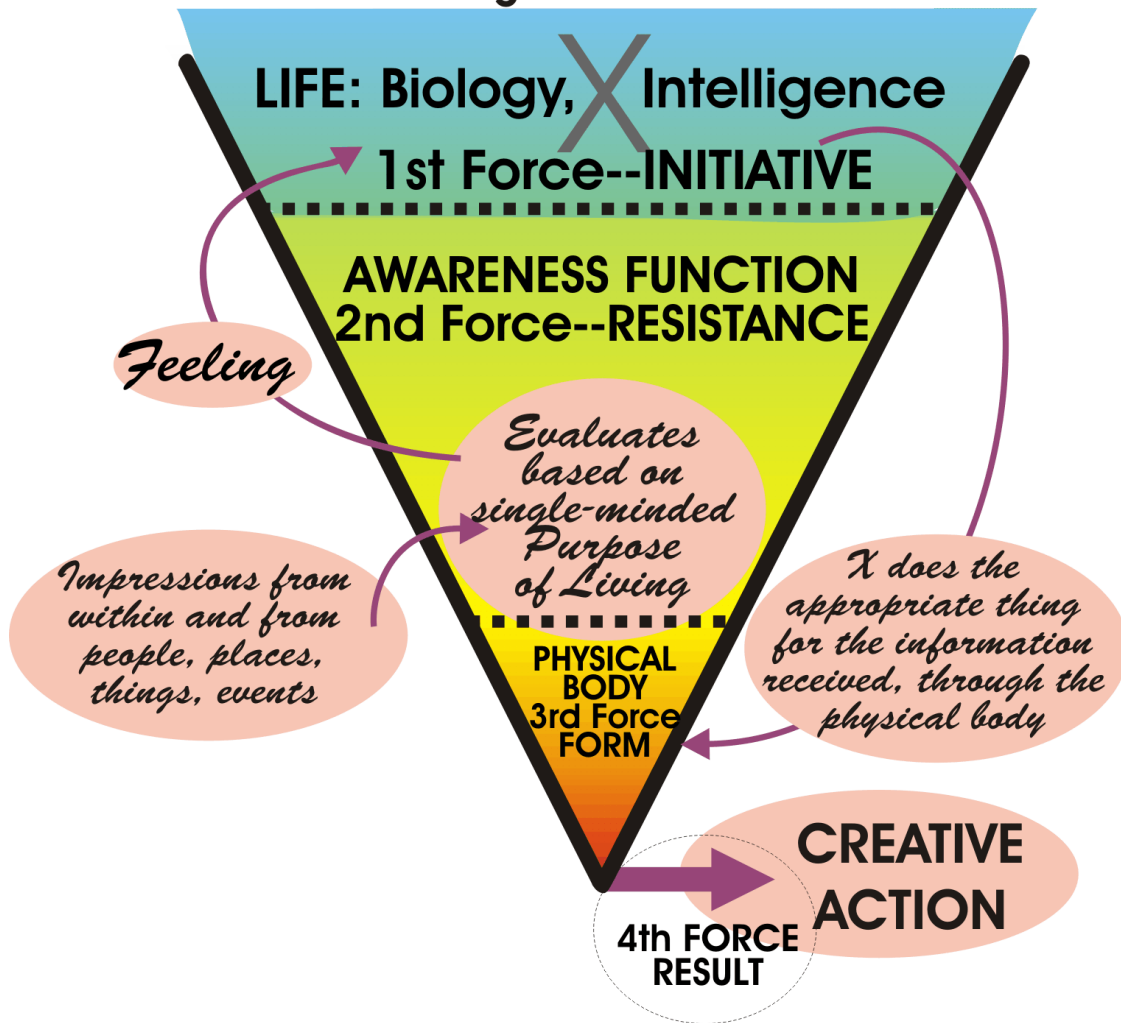
**BIG BUSINESS** -- Decrees what’s “pretty” and “ugly”

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

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

# THE WAY of Intelligence

## THE PICTURE OF MAN as designed to function

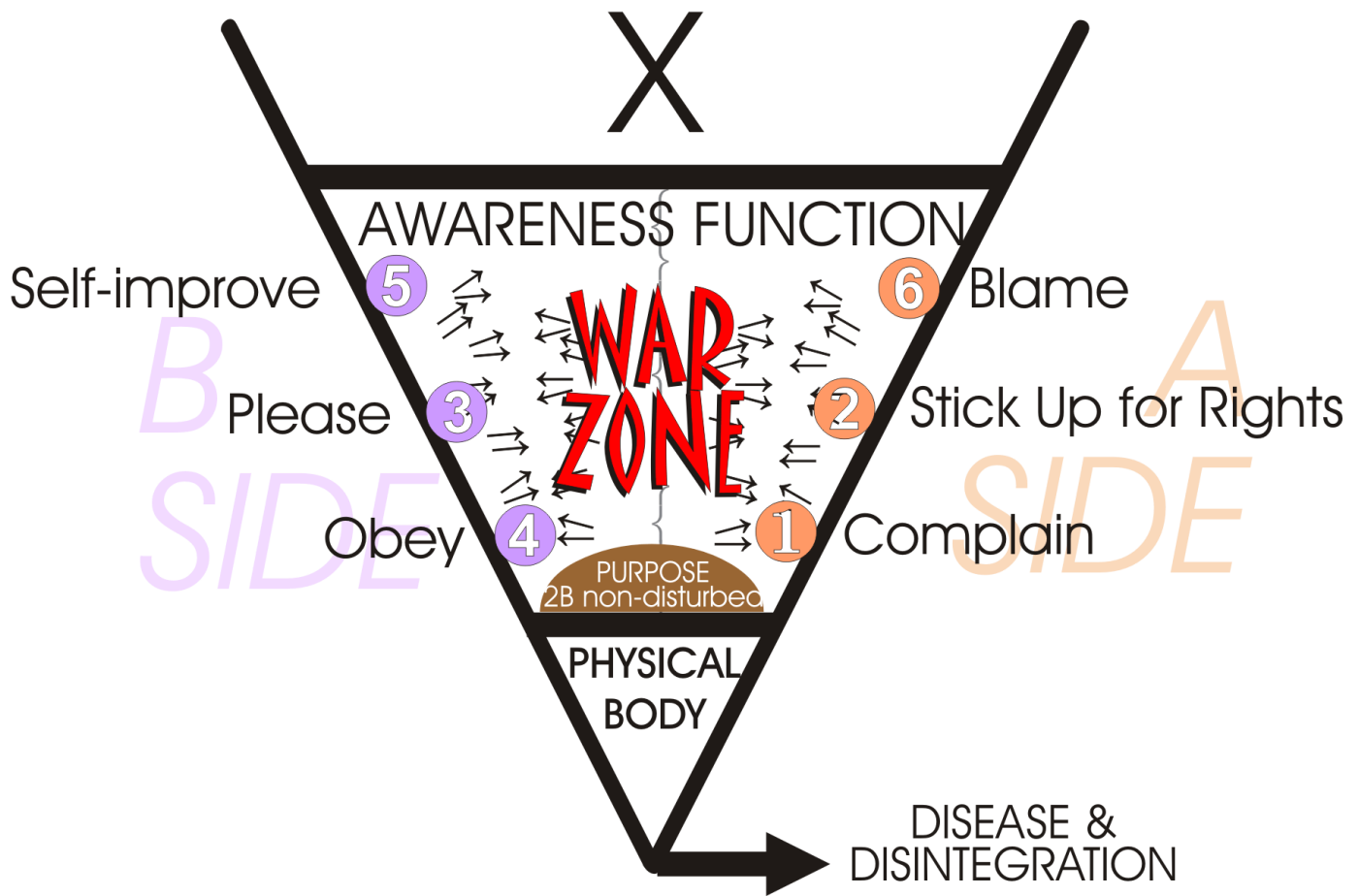


A human being has four aspects, which are not separate but are interdependent. The first is the biological aspect of LIFE FORCE, called X here because it is not really definable--one knows it's there, one knows when it isn't, in any creature. So, as in algebra, an X is used to denote that something is there which cannot yet be precisely defined. Next is the AWARENESS FUNCTION, which is the senses but more than the senses when developed. A developed Awareness Function is more than the "programming" of the brain, it determines feelings. The third aspect is the MOTOR FUNCTION, the PHYSICAL BODY through which life is lived. The fourth aspect is the ACTIVITY of the whole. When a singleminded 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**

<b>LEVEL</b>	<b>GAIN</b>	<b>ESCAPE</b>
<b>PHYSICAL</b>	<b>Comfort, Pleasure</b>	<b>Pain, Discomfort</b>
<b>MENTAL</b>	<b>Attention</b>	<b>Being Ignored or Rejected</b>
<b>EMOTIONAL</b>	<b>Approval</b>	<b>Disapproval</b>
<b>WILL TO POWER</b>	<b>Being Needed Feeling Important</b>	<b>Feeling Inferior Feeling Useless</b>

The Four Dual Basic Urges are not “right/wrong” or “good/bad” or “should/shouldn’t”. They are simply by-products 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 I am, what’s going on, and what I can do. In charge of my inner state.



# "THE FOURS"

## The Four Ways of Man

- The Way of the Jungle
- The Way of Justice
- The Way of Understanding
- The Way of Intelligence

## The Four Questions

- What Am I?
- Where Am I?
- What's Going On Here?
- What Can I Do, If Anything?

## The Four Forces

*INITIATIVE*  
First Force

*RESISTANCE*  
Second Force

*FORM*  
Third Force

*RESULT*  
Fourth Force

## The Four Types of Love

- Eros
- Pia
- Philo
- Agape

## The Four Dual Basic Urges

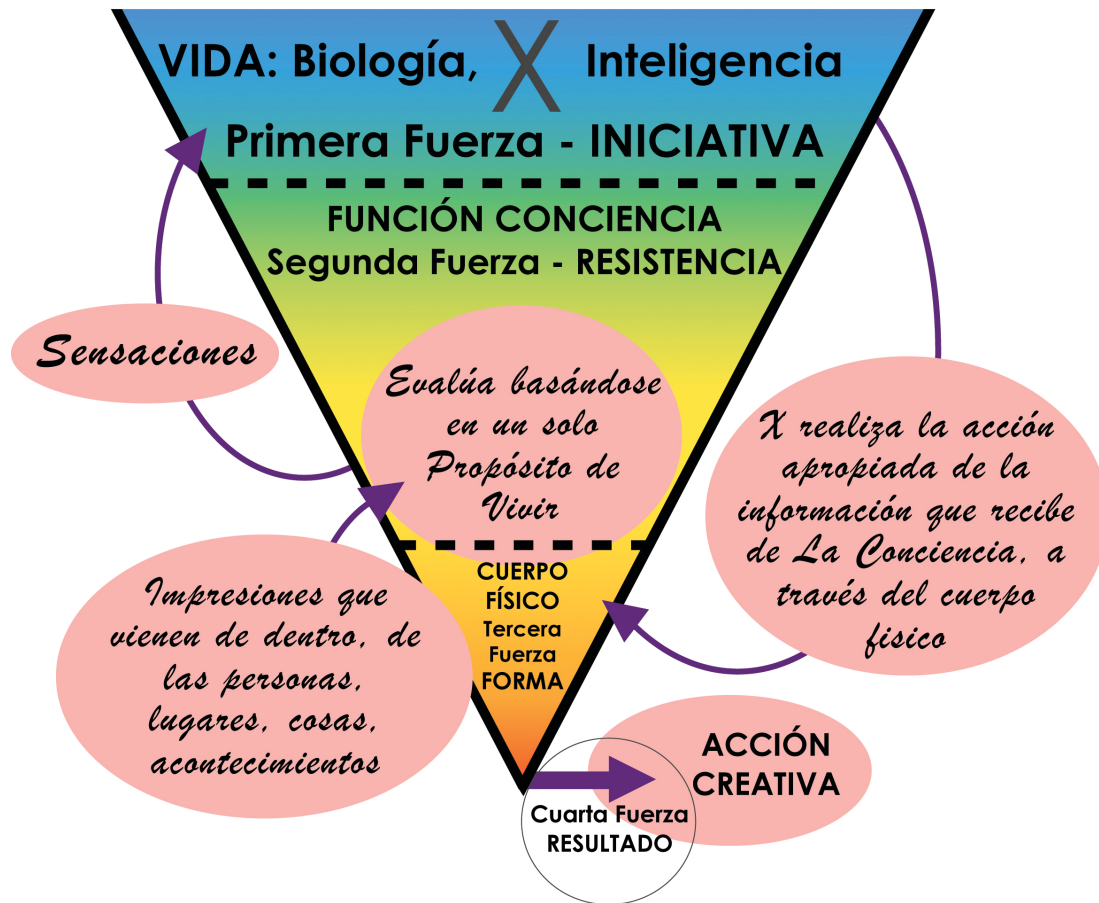
- Physical
- Mental
- Emotional
- Will to Power

## The Four Great Games

- Power Policies
- Medical Arts
- Theology
- Big Business

# EL CAMINO de la Inteligencia

GRAFICA DEL HOMBRE  
como fue diseñado para funcionar

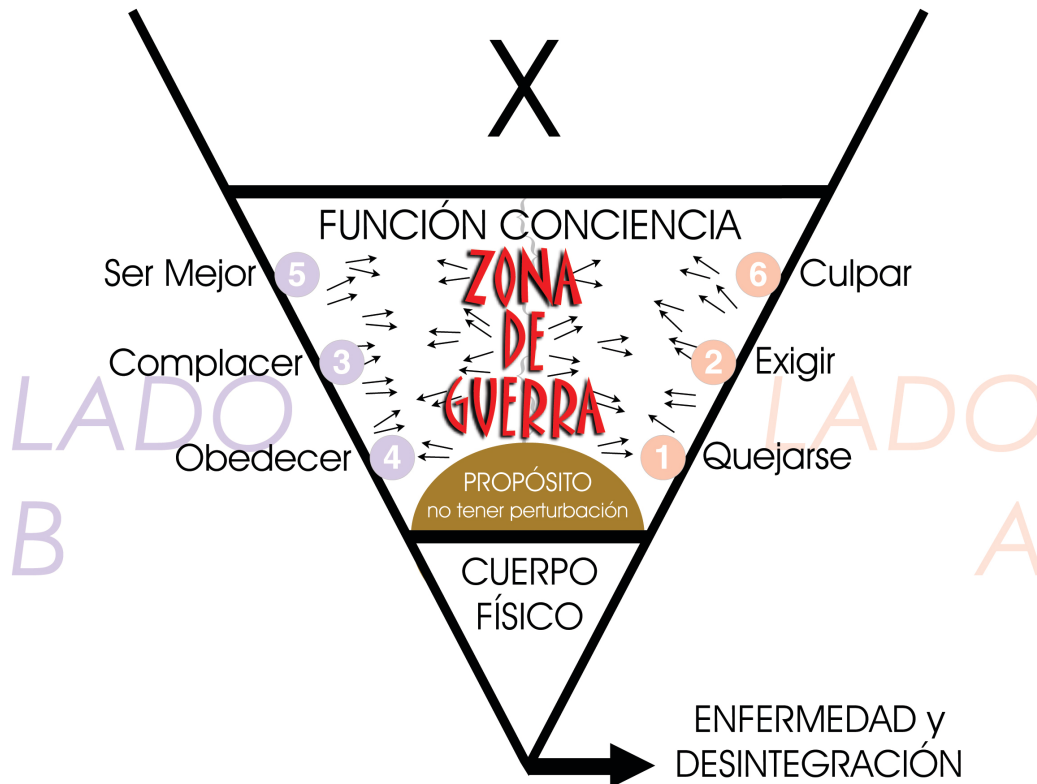


Un ser humano tiene cuatro aspectos, que no están separados sino que son interdependientes. El primero es el aspecto biológico de la FUERZA VITAL, que aquí se llama X, porque en realidad no es definible—uno sabe que existe, y sabe cuando no es así, en todo ser. Así que, como en el álgebra, se utiliza una X para indicar que algo existe, que aún no se puede definir con precisión. En seguida está la FUNCIÓN CONCIENCIA, que es lo mismo que los sentidos, pero más que los sentidos cuando está desarrollada. Una Función Conciencia desarrollada es más que la “programación” del cerebro, determina los sentimientos. El tercer aspecto es la MOTRICIDAD, el CUERPO FÍSICO, a través del cual se vive la vida. El cuarto aspecto es la ACTIVIDAD del conjunto. Cuando un solo propósito es la base de la vida de una persona, no hay conflicto y él o ella funciona con todos los aspectos en armonía. La persona se siente a gusto... La Función Conciencia recibió impresiones de dentro y de fuera, de otras personas, lugares, cosas, acontecimientos. Forma un sentimiento acerca de esas impresiones que no opta por ignorar, y ese sentimiento está en armonía con el propósito de vivir. El sentimiento de la Conciencia es un medio de comunicación con la Fuerza Vital, X, que responde apropiadamente a través del Cuerpo Físico a la información que recibió, y se produce la Acción.



# El Camino Del Mundo

LA GRÁFICA DEL HOMBRE  
con el propósito de vivir: obtener el estado de no perturbación



Pocas personas funcionan como el ser humano fue diseñado para funcionar así como en el diagrama anterior. Cuando un bebe nace, el trauma de dejar el mundo uterino que no tiene perturbación le hace reaccionar con un sentimiento de que el único propósito de vivir es volver a recuperar el estado de no-perturbación. Esa decisión se convierte en la actitud y en la acción de ahí en adelante. A medida que crece, el niño toma más decisiones en cuanto a cómo lograr su propósito de no-perturbación. Se queja, lo cual funciona para un bebe. Cuando se llega el día que esto no funciona, el defiende sus “derechos” o exige no-perturbación. (Esto da principio al lado A de La Imagen del Hombre.) Con el tiempo descubre que el complacer a la gente a veces logra que él se salga con la suya. (Esto da principio al lado B) En ese momento se forma el conflicto. El quiere llorar, “pero” siente que “debe” complacer. Luego él ve a los padres, maestros, a otros como autoridades. Esto es comprensible para un niño y ayuda a mantenerlo a salvo. Sin embargo, no es comportamiento adulto. El constante conflicto entre lo que él quiere hacer y lo que “debe” hacer (el conflicto entre el lado A y el lado B) se intensifica y él siente que si él se superara, las cosas estarían mejor. Esto no funciona, tampoco, y él culpa a todos y a todo por sus perturbaciones, viviendo en conflicto, excepto cuando se distrae. El conflicto se percibe por la Función Conciencia como una emergencia. Esta situación de emergencia falsa se comunica a la Fuerza Vital, X, que siempre hace lo apropiado DE LA INFORMACIÓN QUE RECIBE, en este caso proporcionando energía para luchar o huir. Si esta energía movilizada no se utiliza en actividad violenta, desintegra el cuerpo; el utilizar la energía de emergencia sin una emergencia es un comportamiento inusual; ni lo uno ni lo otro es vivir en armonía. Con el tiempo se produce la desintegración.

# THE FIRST LIGHT

by Neil-O-Really (atman4@msn.com)

(Read slowly and carefully)

The light that makes up a small section of the electromagnetic spectrum (EM spectrum) which reflects off of the flowers on a bright and sunny day is not the only light brightening up your world.

There is another light which is even more brilliant, and like the light of the EM spectrum, it makes vision possible. This other light is the first light. It is first because it is the first light you ever saw. This first light existed before candles, light bulbs and most likely even before the sun first shined.

We're not talking about anything mystical, or religious, or requiring belief. This light is quite obvious if you take a few minutes to pay careful attention.

Now look around the room. You obviously perceive all sorts of light in a variety of colors if the room lights are on. But this light that stimulates the cells at the back of your eye (retina) is the second light and is not the light you are seeing. This second light, which is made up of photons, is impossible to see. You are 100% blind to it.

This second light is impossible to see because not even a single photon leaves the back of the eye through the optic nerve to enter the brain for processing. It is completely dark inside the brain. Otherwise, brain surgeons would need to wear sun glasses while performing surgery. However, you are obviously seeing light and all sorts of illuminated objects. This light you are now seeing is the first light.

The place where you are seeing things is in the mind and the first light is the light which illuminates the mind. It allows you to see by day and see your dreams at night. It is the light that allows you to see whatever you are imagining. It is the light of every sensation from every sense, the light heard in every word and thought, the light you feel, taste, smell and touch. We all share this one light.

All that exists to you is mental phenomena including space and time. Your physical body and sense of self only exist to you in mental space. First light makes all things visible in mental space. Nothing is visible to you in physical space.

First light is the light of consciousness (X). It is a synonym for consciousness. Perception/awareness is a function of consciousness. A function does not exist without the entity it is a function of.

The mind content consists of the brain's interpretation of all of the bio-electrical chemical impulses leaving your sense organs and/or brain areas that correspond to the senses. The mind also contains lots of recorded information (memory) which allows you to recognize and assign meaning to what you are seeing in mental space. First light illuminates the mind content and memory.

We are not denying the existence of the outer world. We are instead emphasizing that your senses are blind to whatever exists out there. The senses we are discussing here are the commonly recognized senses (i.e. sight, sound, taste, smell and touch).

The second light is no more or less real than the first light. They are just made of different forms of energy. Energy carries information. An example of physical information is the bits which operate your computer. An example of a mental

form of information is called knowledge. Knowledge and light go hand in hand. That's why when you want to know something, you may say, "Enlighten me".

Second light is made up of ordinary matter. First light is made up of another form of matter. Both forms of light have no resting mass. But that does not mean that they have no mass because energy is equivalent to mass (i.e.  $E=mc^2$ ).

Second light is detected only by devices made of ordinary matter (i.e. light detectors, rods and cones). First light is presently only detectable by animated matter. We call this animated matter living organisms.

Second light is one of the four recognized forces of Nature (the other three are gravity, and the strong and the weak nuclear forces). First light is the fifth yet-to-be-recognized force of Nature. Second light exists in the four dimensional space-time of the physical universe. First light exists in the fifth dimension space-time of the mind, which may also be a component of the physical universe.

The only interaction that we know for certain to be possible between ordinary physical matter in 4-D space-time and extraordinary mental matter in mental space-time is via a living physical body. A yet-to-be-discovered factor of this fifth force interfaces between ordinary physical matter and extraordinary mental matter in all living organisms.

It's hard to measure this fifth force with inanimate instruments made of ordinary matter because in order to measure or directly detect anything, that which you are trying to detect must interact with the detector sufficiently, or it won't be detected. In the future scientists will most likely have bio-physical detectors able to interact with and measure this fifth force.

There are remarkable similarities between mental matter, (which in this essay we are also calling the first light and fifth force), and the invisible stuff that makes up about 96% of the mass-energy of the physical universe (the other 4% is ordinary matter such as atoms). A lot of this invisible stuff is attracted to ordinary matter. So is mental matter. Also so far science has been unable to directly detect this stuff with any of its instruments. This stuff is called dark matter and dark energy. It is speculative, but maybe we will find this fifth force to be a part of this dark stuff. Maybe it's not so dark.

Even without a bio-physical detector, living beings can often detect this fifth force of Nature. Another name for it is life. Higher forms of life can often tell when it is there and when it has left. And when it's gone, the ordinary matter, which was formerly living, dries out and decomposes.

This author predicts that within 50 years most scientists will recognize the first light (aka consciousness, fifth force, mental matter, life, X) to be a real force of nature.

\*\*\*\*

Let the first light continually show you that your entire universe lies within mental space and remind you that almost all of your struggles are actually against mental illusions. This realization can allow the ego to have the peace of mind it desires.



Harmony Workshop friends from all over the world . . .



Springtime in Northern France

photo courtesy of MC



Big Texas Sky

photo submitted by Tian, courtesy of Liz H



Chateau St. Jean winery, CA

photo courtesy of C



Springtime in Arizona

photo courtesy of Pat M



Watson Lake, Arizona

photo courtesy of Pat M



Sun setting in the Pacific in Southern California

photo courtesy of R



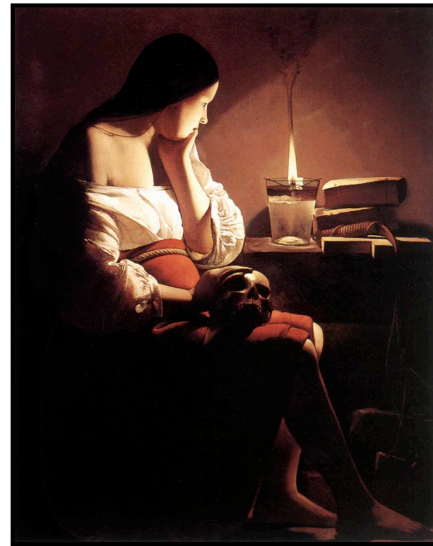
# Art Gallery



*Annunciation, Leonardo da Vinci*



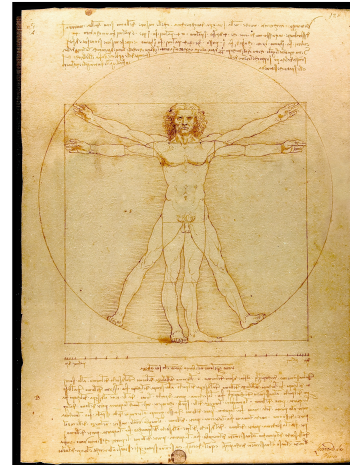
*Psyche Revived by Cupid's Kiss, Antonio Canova*



*The Magdalen with the Smoking Flame, Georges de La Tour*



*Primavera, Sandro Botticelli*



*Vitruvian Man, Leonardo da Vinci*

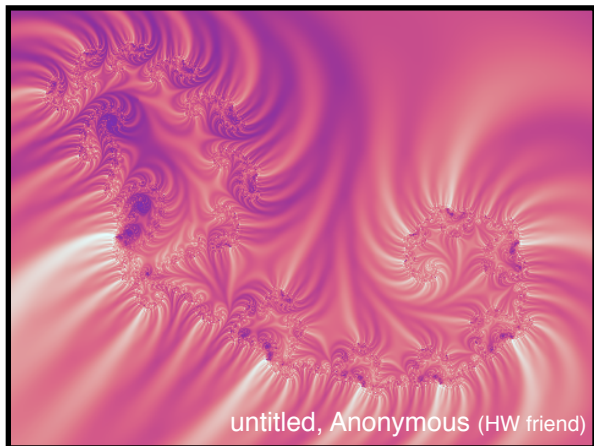


# Art Gallery

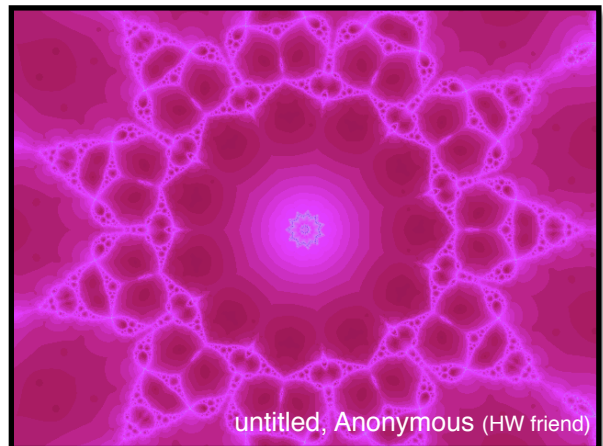
(Yes, the editor has a penchant for pink!)



*Cross Roads, Bob T. (HW friend)*



*untitled, Anonymous (HW friend)*



*untitled, Anonymous (HW friend)*

# FIREWORKS FOR THE 4TH!



**WHEN**  
 JUNE 27, 2012 @ 6 PM, PDT

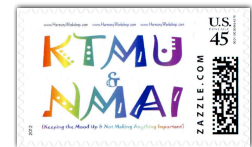
**WHERE**  
 SANITY ISLAND ON SECOND LIFE  
 BLANKETS AND CHAIRS WILL BE IN THE GRASS AREA NEXT TO  
 BIGJACK'S DINER OLDIES RADIO  
 LOCATION: 158, 14, 22  
[HTTP://MAPS.SECONDLIFE.COM/SECONDLIFE/SANITY ISLAND/158/14/22](http://maps.secondlife.com/secondlife/Sanity%20Island/158/14/22)

## QUESTIONS?

E-MAIL US AT [HARMONYWORKSHOP@EARTHLINK.NET](mailto:HARMONYWORKSHOP@EARTHLINK.NET)

Once on Sanity Island-Second Life, click 'World' on your Second Life Menu Bar, and from the drop-down menu that appears, click 'World Map'. A window will appear on your screen. On the bottom, right area of that window enter the location coordinates listed above and click the 'Teleport' button.

Don't believe a word you read here, or in any of our publications, websites or anything that's said. Instead, take these principles as propositions and check them out for yourself. If they work for you, you have a new map; if not, feel free to toss them.



<http://www.zazzle.com/harmonyworkshop/gifts>



*Project Thanx* is a blog dedicated to experimenting with the many ways we can say "Thanx", both within ourselves and our daily lives.





# SANITY ISLAND

*Circle of Friends*

**Wednesdays, 6 - 7 PM, PDT**

*All are Welcome!*

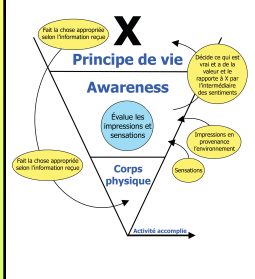
*Visit for 5 minutes or stay the full hour!*

*Sanity Island tours available.*

**For further information:  
[harmonyworkshop@earthlink.net](mailto:harmonyworkshop@earthlink.net)**

[URL FOR SANITY ISLAND SECOND LIFE INTRODUCTION & INSTRUCTIONS](#)

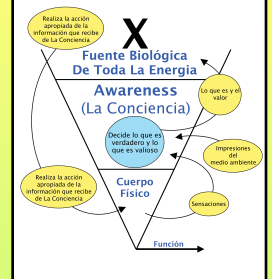
## L'image de l'homme



## Picture of Man graphics in French

## Picture of Man graphics in Spanish

## Grafica Del Hombre



Harmony Workshop, Inc. // 2245 E. Colorado Blvd., Suite 104 // Pasadena, CA 91107



**[HarmonyWorkshop.com](http://HarmonyWorkshop.com)**

Links to all our sites.



**[TheWayofIntelligence.com](http://TheWayofIntelligence.com)**

This newsletter and copies of previous newsletters.



**[SanityIsland.com](http://SanityIsland.com)**

Pages and pages of educational material, and some fun stuff, too.



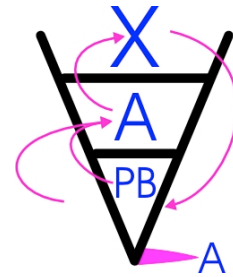
**[AwarenessJournal.com](http://AwarenessJournal.com)**

Newsletter archives.



**[ThePartyStory.com](http://ThePartyStory.com)**

What am I? Where am I? What's going on here? What can I do, if anything? One man's answers, available to anyone.



**[PictureofMan.com](http://PictureofMan.com)**

Diagrams and a step-by-step narrated video describing the Picture of Man.

***ThanX Life!!***

**[ThanXgiving.com](http://ThanXgiving.com)**

If you are bursting with gratitude about anything at all and want the world to know, post here.

**Other Sites of Interest**

**[MarshaSummers.com](http://MarshaSummers.com)**

Here you will find hundreds of hours of transcriptions of Rhondell workshops.

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