



THE WAY of Intelligence

In This Issue

The Basics of THE WAY of Intelligence, a Talk by Rhondell
Small Business Primer

A Fable, The Corporation

Life's Word Now Available at amazon.com

The Three-legged Stool

Manipulating Attention (Food for Thought)

Listing of Our Websites

The Four Forces & an Example

Super-simple Picture of Man

Super-simple Picture of Man in Conflict

Picture of Man as Designed to Function

Picture of Man, The Way of the World

THE WAY of Intelligence Reference Pages

The Pit, & an Experiment

Latitude Chart

"The Fours"

A Talk Given by Rhondell in Los Angeles, September 1984

For a minute or two we'll talk about the purpose of doing all this exercise we get involved in every now and then. I work and you work by sitting here. The general idea is that there is a group of ideas and a group of actions. Now the ideas by themselves probably are as totally worthless as anything I can think of. You can have them all and it wouldn't change a thing in your world a bit. However, if you take the ideas and you act upon them, it can be quite a revolutionary thing in your everyday affairs. It can produce quite a transformation. So, the whole reason for putting on these exercises is that you act upon some of the ideas.

Now you don't have to act upon every idea we talked about, because if you act on one of them, it'll work. Now, we give many different ideas because one thing appeals to one person and one appeals to another and another thing appeals to somebody else. And maybe, none of them appeal to you. In that case, why, you came. That's all we can do about it. (laughter).

But I will try to dish out some and if I don't hit one that appeals to you call me one day and I'll try to give you a tailor made one for yourself. We don't mind hunting up a brand new one, or one that I've forgotten to talk about today, but we'll give you an action that you can act upon. I won't give you any more ideas, but you can call me and I'll give you an action that you could act upon and produce considerable change in your world.

Now your world is quite different from everybody else's, I'm sure, isn't it? Yeah, because everybody else is in your world and you're in mine. So that makes it totally different. So we will give some actions along through the day and we will remind that you don't need to act upon everything we might bring up. Just one. If one appeals to you, you take that and act upon it and it will do everything as though you did all of them. I find some people get very nervous by trying... they've heard fifteen actions and they try to do them all every day – that will make you jumpy. (Laughter) Just do one, it'll work out quite adequately, you won't have to do anything extra.

Now we'll also talk about the general condition that everybody has, possibly here, but everybody here's got a different set of conditions. I'm in contact with a considerable number of people every week, they call from all over the country from the east coast to the west coast and from the Mexican border to Canada. So we hear from a lot of people and most people have a lot of emotions running around. Does any-

body here have emotions once in a while? (laughter) They're called anger, guilt, fear, insecurity and umpteen synonyms for all of those. Anybody have any of them? Then you know what I'm talking about. At least a few of you do, and so, as long as we have emotions working, especially in our personal and interpersonal relationships, things get a little chaotic every now and then, to say the least, is that about right? It happens now and then.

So we're going to look at some of the emotions that people generally have. We will keep them to a minimum that we talk about. Anger, guilt, fear, and insecurity, and then there is a jillion synonyms. Now on top of these you have lots of feelings. Feelings are pretty nice things to have, right? You have one of those every now and then. And we would think that, possibly, if we acted upon some of the ideas that we're going to talk about today, you would not have emotions, you might have lots of wonderful feelings. And I don't think anybody complains about having nice feelings. They enjoy those and that's what everybody's working to have in one form or another...

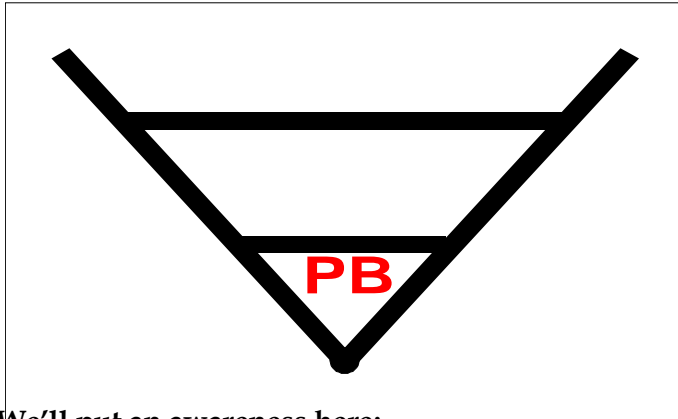
So, as we look and see when a person has a bunch of emotions, frequently you don't feel physically too good, because there seems to be a connection between those things some way or another. You get sick. And sometimes everything in your business goes kind of topsy-turvy, your work goes, uh, off on tangents when you get emotions involved in it. By the same token, when you have emotions going on in your personal and interpersonal relationships, they get kind of tangled up, to say the least. I hear more about that probably than any other item that we receive calls about, about ninety-eight percent are about personal and interpersonal relationships that are not going smoothly. You might say they're a little rocky here and there. And they seem to create a considerable amount of difficulty in people's lives so that they're not able to work, they're unable to enjoy themselves because they're totally involved with this relationship situation. So, as we go along we will try to find what is happening in those and what brings it about.

Now the first thing that we generally hand out is a little drawing we call The Picture of Man. Now I know many people here think they're very familiar with it. But I also know they haven't acted upon it. They can memorize it, possibly, but let's look at it with the aspect that we can do something with it.. Now the first drawing I will make is a drawing of man as you can be. Not as you are today but as you can be. We – hopefully a few people are in the state

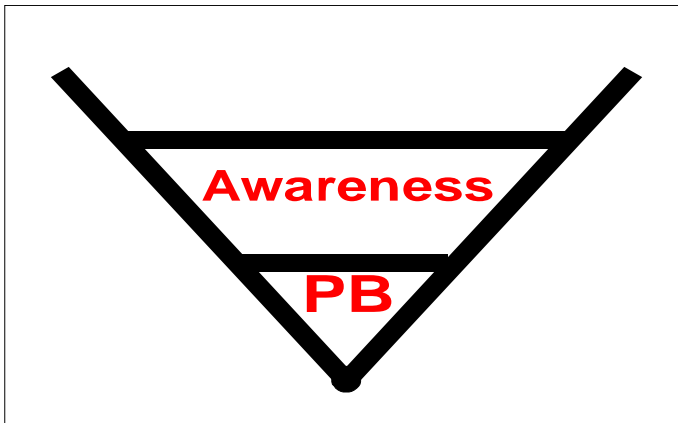
which we will describe and everybody tries it now and then, but we can also see that we could have it all the time if we took a little effort.

Now, seemingly nothing in this world comes for free. It always requires a bit of effort, a little work, and work has to be coming along now and then. So we'll draw a picture of the general function of man as he is put together.

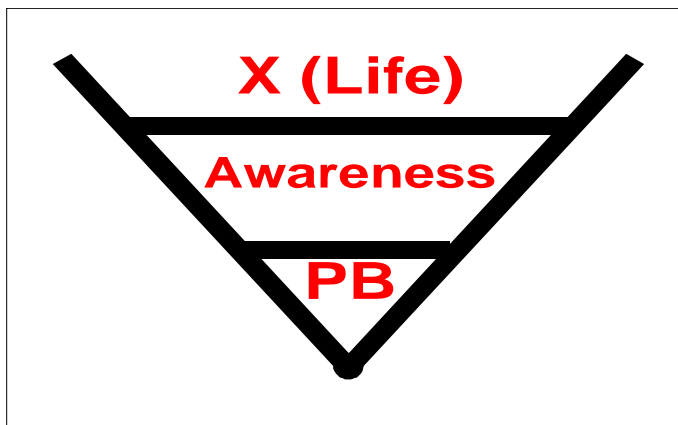
We're all familiar with the physical body. So we'll put P.B. there, which is physical body.



We'll put an awareness here;



and we'll put X here, which is life.



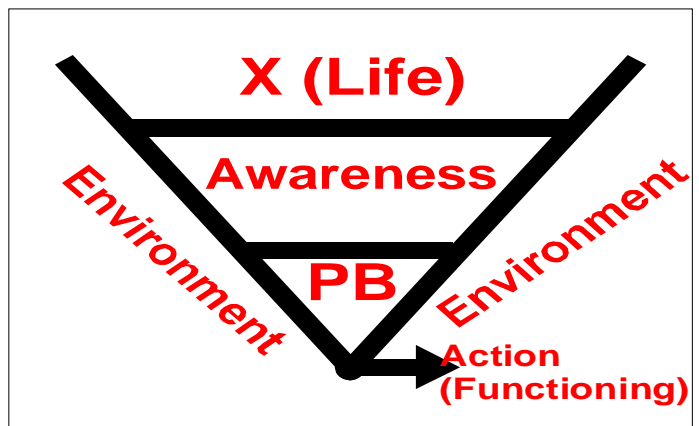
Now I don't know a definition of life other than we can sit here and look around and see that these peo-

ple are alive. (laughter) They're breathing, they're doing several other things. And, it's also that most of us have seen different. You can look at a tree out here and you can say that's a living tree, or if it dies, the leaves wilt in a matter of a few minutes and all fall off real quick and the wood dies, rots out and it all dries up. So we can see that very quickly. I don't think anybody here would have any difficulty telling whether something was dead or alive. Would you Neil? You could usually figure that out, okay?

So, whatever that is that's life, and I don't know what life is except that I can see it function, I can see some of the things it does but I don't know what it is that does that. Life has certain signs that always follow it. One thing, it eats, it's always got to have some food, it's got to have an ingestion of certain products or it doesn't keep going. It adapts to various and sundry things like the environment to a jillion other things that it adapts to, some of it which are very unpleasant.

Now there is also always a function going on – you cannot be in a case of doing nothing. Every once in a while I say to someone, "What are you doing?" And they say "Nothing." But they obviously are doing something, they're breathing, they're having various and sundry chemical functions going on in the body, they're usually thinking something, possibly not very pleasant stuff, but they're thinking anyway.

And each one of us, of course, exists in an environment and each of us is the center of our own environment. Is that right? You're the center. Everything is out from you, is that correct? So everything's out. So from the environment, we'll even label that one, everything from the environment, we receive impressions. We get various sensory actions from the environment. I sense a person's there, I say hello. I sense that the light turns red in front of me and I stop the car. Now I sense that there is a black-and-white car down the road with lights on the top of it and I check the speedometer to see that I'm somewhere near fifty-five or sixty.



Now there's all sorts of impressions we receive constantly. Some of them we put a little value on and some we don't. So let's say that there's an impression comes in that I put a value on, and I have a feeling about it. Now this is how man can be. In drawing the picture as man really is we put feeling and/or emotion there.

But right now we're taking the feeling, because we're talking about a person who is all in one piece. So that goes to X, Life. Life immediately decides the appropriate thing to do for this feeling, and it sends an impulse to the physical body and we have an action. It comes out in it. So if I picked up this eraser and I throw it at Bill over here, uh, he saw something and he's known me long enough to know I probably would throw it, and clobber him with it, he put up a defense immediately, because that would be the appropriate thing to do. So, this is the message from X to the physical body to do something and the function comes about. Now that function is always appropriate for this feeling. Those are the ones that go together.

Now for instance if someone was playing a little trick on you and put a toy or a make-believe snake down in the corner of the room somewhere and it had a little buzzer in it that sounded like a rattle-snake, and you came up on it, do you – at first glance, what would you – probably, the feeling you would have, huh? [Audience: Fear, probably...] Fear or an anxiety or a desire to protect yourself, is that right? And you would no doubt jump to get away from that rubber snake. Now that's the appropriate action for the information it received.

Now, it wasn't the appropriate action for a rubber snake. Okay? But it was for what you perceived. So what we perceive is possibly colored considerable times by certain ideas that we've had with us all of our life which we sometimes refer to as conditioning. That you've been conditioned that snakes were dangerous, is that right? So you dodge them a little bit, give them lots of room so they can have all the space they want and you won't intrude upon their space. Is that right? That's one thing, that you don't get in their space...

So we have a cycle which we could put in a little simple form, it's something like this, that there is a perception you have, whether that perception is accurate or whether it's not accurate is really immaterial, as far as our purpose right here at the moment is, that you're going to respond as you perceive it. So you had a piece of perception, you get a feeling about it. And when you have the feeling there comes an adaptation or changes in the body from shall we say mobilization in the body to handle the situation. So you mobilize energy and do the appropriate thing and expend it for that and that would be called

creative action. You did the appropriate thing for the information received. And you call this a living cycle.

Now the only thing we'd have to learn if we had that is that we would learn to perceive much more accurately all the time. We would be looking at all these things around us and getting more and more and more information about them. Some of them which we, in other words, we get so we would recognize rubber snakes pretty easy, you know. See them right coming. And we wouldn't respond, we'd kick that one out of the way. But the real one we wouldn't kick. They object to being kicked. They react violently.

So, we would not be into the reaction business, we'd be acting. And that's creative action and the energy that was here we would use up and consequently we would have a smooth-flowing living cycle. If you were in this case you would be ill very infrequently, to say the least, if not never. You would have varied abilities in about any field you set yourself to see about. You could get along with people no matter what they are, even though they get a little grumpy sometimes, you would recognize them for what they were. They were conditioned and upset and you could handle it with the greatest of ease, you wouldn't get all torn up about it. And you wouldn't be reacting to other people's reactions.

You know, one of human beings' favorite indoor sports is reacting to other people's reaction. You meet somebody who is upset and they make certain sounds, "How do you do?" You laugh about it, or do you understand it, or do you generally have a little reaction take place and tell them off just a wee bit? Huh? Get them straightened out. They shouldn't be talking to you that way.

So, one of our major occupations is reacting to other people's reaction. So we'll throw it in that here's a little action that you can do. Let's say that we put on our agenda today that I refuse to react to other people's reactions. Now, that sounds real simple and easy to do, doesn't it? But do you think you could do it all week? I doubt it, very seriously. But let's throw it out and say I'm going to practice on it...

That sounds like a very simple thing to do but you will find that it takes a considerable effort. But if it is an effort, and you do it, you will find very shortly that you can do it for longer periods of time. And if you keep it up for several days, several weeks, you might get so that you were proficient at it. And if you did you would find that's all you really needed to get here today, was that you refused to react to other people's reactions. You'd find a total change in your existence. ⊗

Ocean of Dharma Quotes of the Week Jan. 22, 2010

SWEETEN THE WORLD UP

There are many international problems, and throughout the world chaos is taking place all the time -- which is obviously far from the expression of enlightened society. In the past, various disciplines or faiths, such as Christianity, Judaism, Hinduism, Islam, Buddhism, had great dignity. There were extraordinarily sane people among the ancients who worked to make the world worthwhile and passed down their wisdom generation by generation. But there has been a problem of corruption. The world has been seduced by physical materialism as well as by psychological materialism, let alone spiritual materialism! The world is beginning to turn sour. Our measures may be small at this point, but we're trying to sweeten the world up. In the long run, we want to offer something beyond a token. We want to make a real contribution to the development of enlightened society. That begins right here. As they say, charity begins at home.

From "Working with Early Morning Depression," in GREAT EASTERN SUN: THE WISDOM OF SHAMBHALA, pages 26 to 27. Order your copy at: <http://www.shambhala.com/html/catalog/items/isbn/978-1-57062-818-4.cfm> Ocean of Dharma now has 8,241 subscribers. Please send comments to the list moderator, Carolyn Gimian, at carolyn@shambhala.com. Teachings by Chogyam Trungpa Rinpoche, taken from works published by Shambhala Publications, the Archive of his unpublished work in the Shambhala Archives, plus other published sources.

Definitions

Authority

Tells you what to believe and/or do. (He delivers theory only, as though it were "the truth.") The only "authority" is within. (You are a sap.)

Officials

Those who are assigned to enforce The Rules. Often called (and seen as) "authorities." It's up to you to know the rules. (You are a player.)

Experts

Those who tell you of their experience; often for hire. Skilled in their subject. It's up to you to determine their status as expert. (You are a client.)

Laymen

Every one else. And all of us, about many things, even though we may be Officials or Experts in one or several areas. (You are a human.)

Small Business Primer

A successful small business optimizes the following:

PRODUCT*

Something needed or wanted. The very best it can be. No sloppy cut corners. Value for the money.

MOOD

The tone radiating from you & thus your place of business. Vital Interest or above (See Latitude Chart). The idea, of course, is to attract (enthusiasm, for instance, not, say, anger), not repel. Cheerful, never "put-upon," accommodative, appreciative, willing.

SERVICE

The proprietor and the customer have a mutual interest, of course. However, the customer usually has the upper hand because he or she can go elsewhere. "At YOUR service," thus makes sense. Good service is the cheapest and most effective advertising you could ever invest in. When people are served well, they often feel reciprocal.

CONSISTENCY

People equate consistency with trust. It alleviates unease, and conflict. It is a big part of establishing your skill and your integrity. Change in business is best done as experiment, and gently.

* * *

*If your business mainly provides an intangible service, that service is the Product – massage, accounting, consulting, web design, for instance – the manner in which you provide it is the Service component of the four.

Notes: Borrowing a small fortune to manifest your dream with the hopes it will pay off one day is not necessarily providing a need or want; it might be a delusion. Do your homework.

If you don't like what you are doing, you will probably be better off letting go and doing something you are qualified and *talented* to do. Because you *can* keep your mood up despite not liking what you do--"but", *and*, do you want to put all your energy into that one component? Is that "optimum"?

A Fable

Once upon a time the Chairman of the most powerful family-run corporation, ever, sent down an executive order. In essence, it stated that the company needed a fresh approach and an expansion of its perspective. It was realized that the upper management had become stultified--rigid in maintaining the status quo, losing sight of the purpose of the corporation instead of evolving and creating. In other words, impotent. Not to mention boring.

The Ways & Means Committee came upon a plan to implement the executive order: it would send Volunteers to its far-away wild outpost to expand their perspective and bring back the experience of meeting challenge there, in hopes this would strengthen the corporation because of the growth and development that would occur among its membership under these hard circumstances. And they would have interesting events to contribute.

The one drawback to the plan was that the Volunteers would have to undergo the humiliating experience of being disguised as cannibals in order to get around the outpost. It was the nature of the place and the only way.

The Head of the Education Committee, an extremely learned and dignified intellectual, and in fact one of only two trusted progeny even allowed direct access to the Chairman, opposed the idea from the start. In fact, she was aghast. She argued that it was just too degrading for such elite members of the most powerful corporation ever to have to exist within the fleshy disguise of dirty cannibals, that it was unthinkable demeaning. Pretty soon this debate between the two committees *almost* took on the character of a brawl--a most unusual state for any of these elegant people.

Eventually the Chairman, who had never been disagreed with before, tired of the conflict and issued an ultimatum.

"My trusted Head of Ways & Means has my complete support in his approach to my order. Your reaction to it is exactly what is wrong with this company. Change your tune or this dissension of yours will be dealt with by having you and your whole committee accompany the Volunteers!" This gruffness was a pose, of course, but only HWM noticed the wink.

The Head of Education (HOE) would not change her tune, not now or ever. And grumbling and groaning and bellowing, she accompanied the Volunteers to the far-away outpost. "I'll *prove* I am right! I will show you all that this degrading circumstance of dwelling with cannibals will degenerate our trusted

elite. I will prove that not they nor anyone of our family can withstand such degradation!"

And off she went with the rest, fuming and plotting and scheming her own ways and means to demonstrate her brilliance and her opinion that the method to implement the executive order would be catastrophic.

The trip was a tremendous shock to everyone. This outpost was so unlike their home office and their disguises so heavy and crude, that they became delirious by the time they arrived. The HOE, however, remained alert. And had no trouble stirring up some bit of loyalty in her own team.

Upon arrival at the desolate outpost, the Volunteers were in sad shape, in fact nearly helpless. And HOE went right to work, "helping" them--to prove she was right, that the whole project should not have been undertaken. (Proving she was "right" about everything was nearly full-time occupation.) She devised a plan to keep the Volunteers helpless (by promising rewards for cannibalism--which was not their nature--and threatening doom should they shun it), rather than allowing them to awaken from their ordeal and get on with business.

Time passed, and eventually the whole purpose of the expedition was all but forgotten, except by the HOE and her henchmen, who hit upon the very effective scheme of inducing the native cannibals to assist them! This was an astounding success and soon the Volunteers lived a peculiar idea. While very proud of the fact they were superior to the cannibals, they lived just like them! They said and thought one thing, that there were elite, and acted out something quite different, very akin to acting like technically educated cannibals.

Very soon our Ways & Means Volunteers were severely outnumbered by those loyal to the Head of Education and all her agents. The HOE got a very good foundation lain to all but insure that she would be proven right. The whole expedition was constantly in contact with headquarters, but speaking only the language of the natives. When it seemed the enterprise was all but doomed, the Chairman sent his other trusted executive, Education's brother, Head of Ways & Means, to see what he could salvage of the volunteers. He made a great effort and considerable headway. Eventually, though, as time passed, the impact he made began to abate, and again the HOE held sway. (Practicing cannibalism was a lot easier than what they had volunteered to do. And sometimes fun.)

Fable, continued

Meanwhile, a small handful of Volunteers have remembered Ways & Means and rededicated themselves to the original aim of the expedition. They are notifying their companions that they are all the agents of the Chairman, not the HOE, in a distant and dangerous and peculiar outpost structured for the cannibals who populate it, where their original intent has been usurped by Head of Education's desire to save face, and that they were sent to do a job for the enrichment of the company. A tiny few are listening. And the HOE is exactly at this minute hatching even a new scheme to prove herself right.

Interesting...

Mind Readers (from MyWay.com)

"The aim of one company that blends high technology and behavioral psychology is hinted at in its name, WeCU - as in 'We See You.'

"The system that Israeli-based WeCU Technologies has devised and is testing in Israel projects images onto airport screens, such as symbols associated with a certain terrorist group or some other image only a would-be terrorist would recognize,' said company CEO Ehud Givon.

"The logic is that people can't help reacting, even if only subtly, to familiar images that suddenly appear in unfamiliar places. If you strolled through an airport and saw a picture of your mother,' Givon explained, 'you couldn't help but respond.

"The reaction could be a darting of the eyes, an increased heartbeat, a nervous twitch or faster breathing,' he said.

"The WeCU system would use humans to do some of the observing but would rely mostly on hidden cameras or sensors that can detect a slight rise in body temperature and heart rate. Far more sensitive devices under development that can take such measurements from a distance would be incorporated later. If the sensors picked up a suspicious reaction, the traveler could be pulled out of line for further screening.

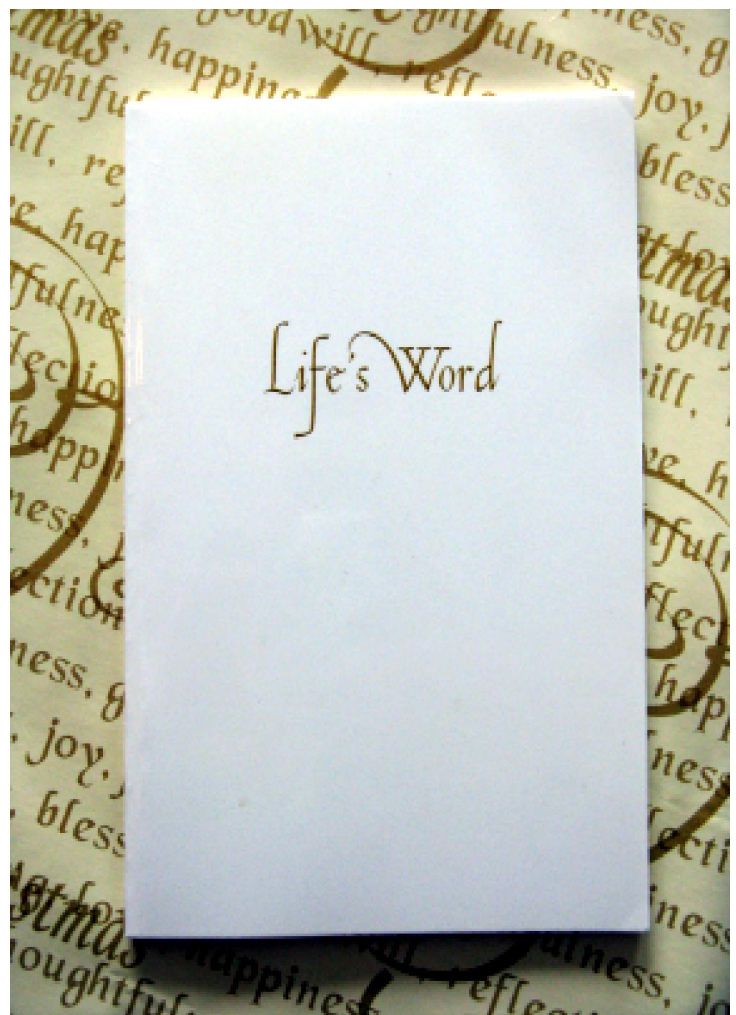
"One by one, you can screen out from the flow of people those with specific malicious intent,' Givon said."

Life's Word is Now in a "Real" Book Format & Complete (!)

Thanks to Lana N., who inspired me to do it, and to Bill L., whose meticulous proofreading of my sloppy typing found several sentences missing from some previous versions, *Life's Word* is now in a "real" format and available on Amazon for \$10. Note: In order to find it, you MUST search the title AND "by Anonymous" in the search space. Amazon tells me that is because it is very low on their best seller list--no surprise, lol.

You can try this link:

http://www.amazon.com/s/ref=nb_ss?url=search-alias%3Dstripbooks&field-keywords=life%27s+word+by+anonymous



Bulletin Board

The Three-legged Stool

The term "three-legged stool" has been used a lot lately, in politics, I've noticed. It has been used for ages as a metaphor for the life of the transformed. In this case, the legs represent New Purpose, Service, Patience. The symbolism is obvious, I would think (in case it's not obvious, here's a hint: what would happen with even one leg removed?). Here is a picture of a three-legged stool my niece Cindy had made.



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Thompson, editor. May be freely copied and
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Our Websites

HarmonyWorkshop.com

Links to all our sites

TheWayofIntelligence.com

This newsletter, and copies of previous newsletters.

SanityIsland.com

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

PictureofMan.com

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

AwarenessJournal.com

Newsletter archive.

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.

ThanXgiving.com

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

Rhondell.com

The complete catalog of tapes and books by Rhondell.

(And dozens of others, such as purposeofliving.com, which are automatically directed to the above.)

Study Groups?

People often ask me if there are study groups in their area. I steer them to our online groups, but some prefer to meet "in the flesh." If you have a group working with The Way of Intelligence and would welcome newcomers, please let me know.

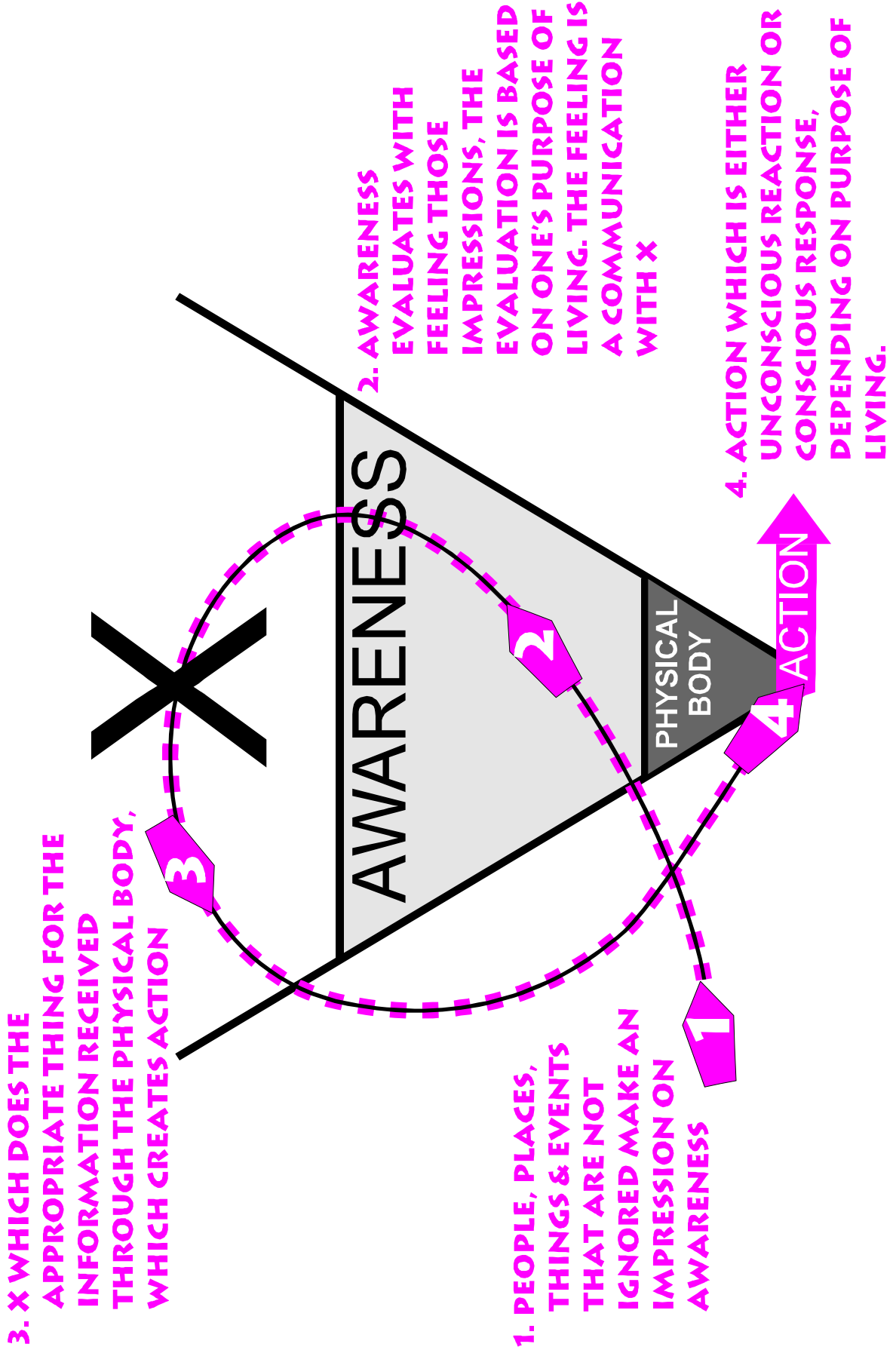
If you'd like to check out our online groups, please send an email and tell me how you found our pages here, and whether we have friends in common. (We don't promote, of course, and I'm always interested to see how and where this info goes.)

The Four Forces



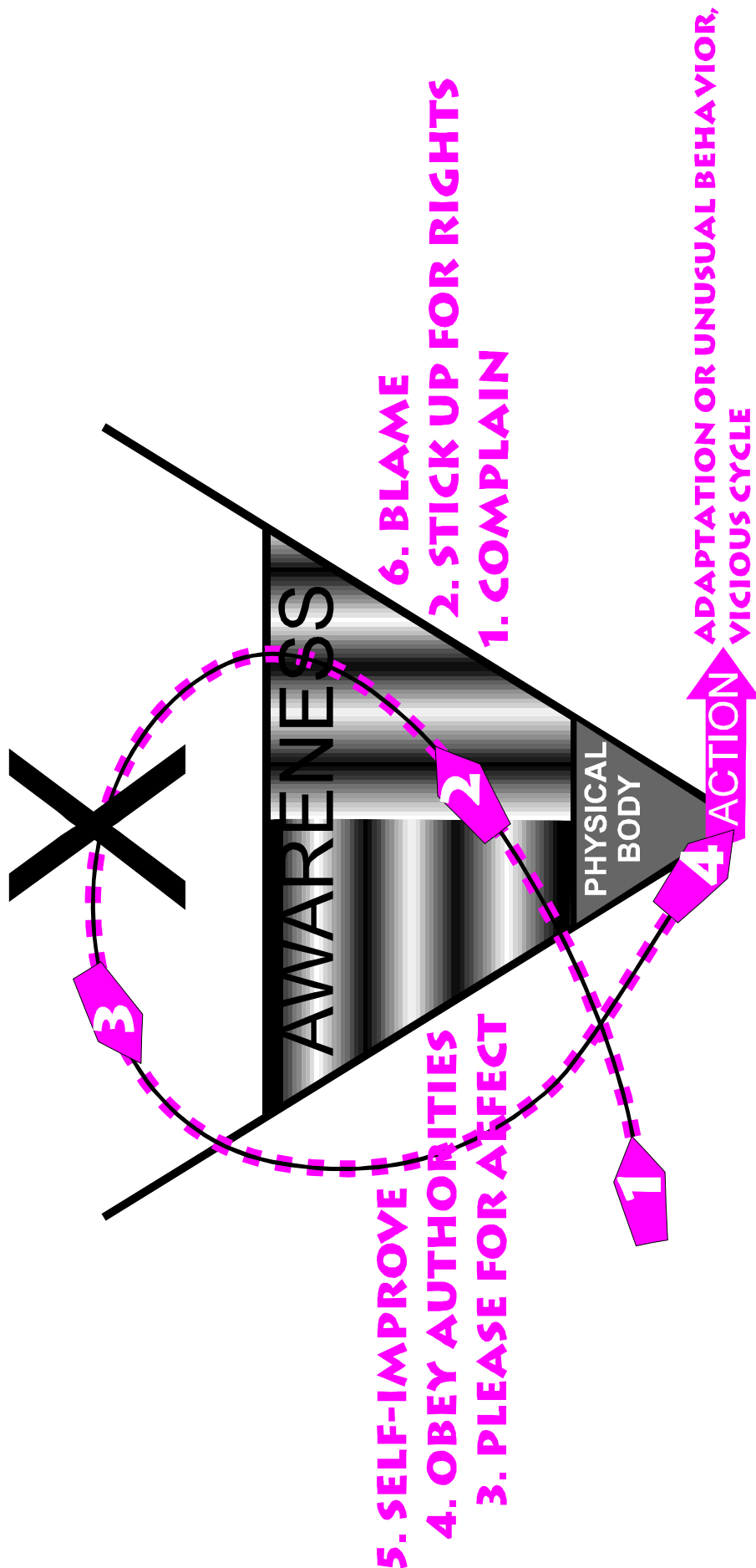
- 1. INITIATIVE** Making up the mind to swing & pushing against
- 2. RESISTANCE** which is pulling down on Initiative; producing
- 3. FORM** A person swinging, producing
- 4. RESULT** Fun? Exercise? Time-wasting? Attention? Wear and tear on equipment, which might provide work for a maintenance person, and cost to the playground owner, and sales for replacement parts manufacturer, providing salaries, etc. for personnel, who buy groceries, transportation to and from work and elsewhere, clothes, pay rent, buy toys and entertainment and pay taxes to provide schools who buy swings...

SUPER SIMPLE PICTURE OF MAN



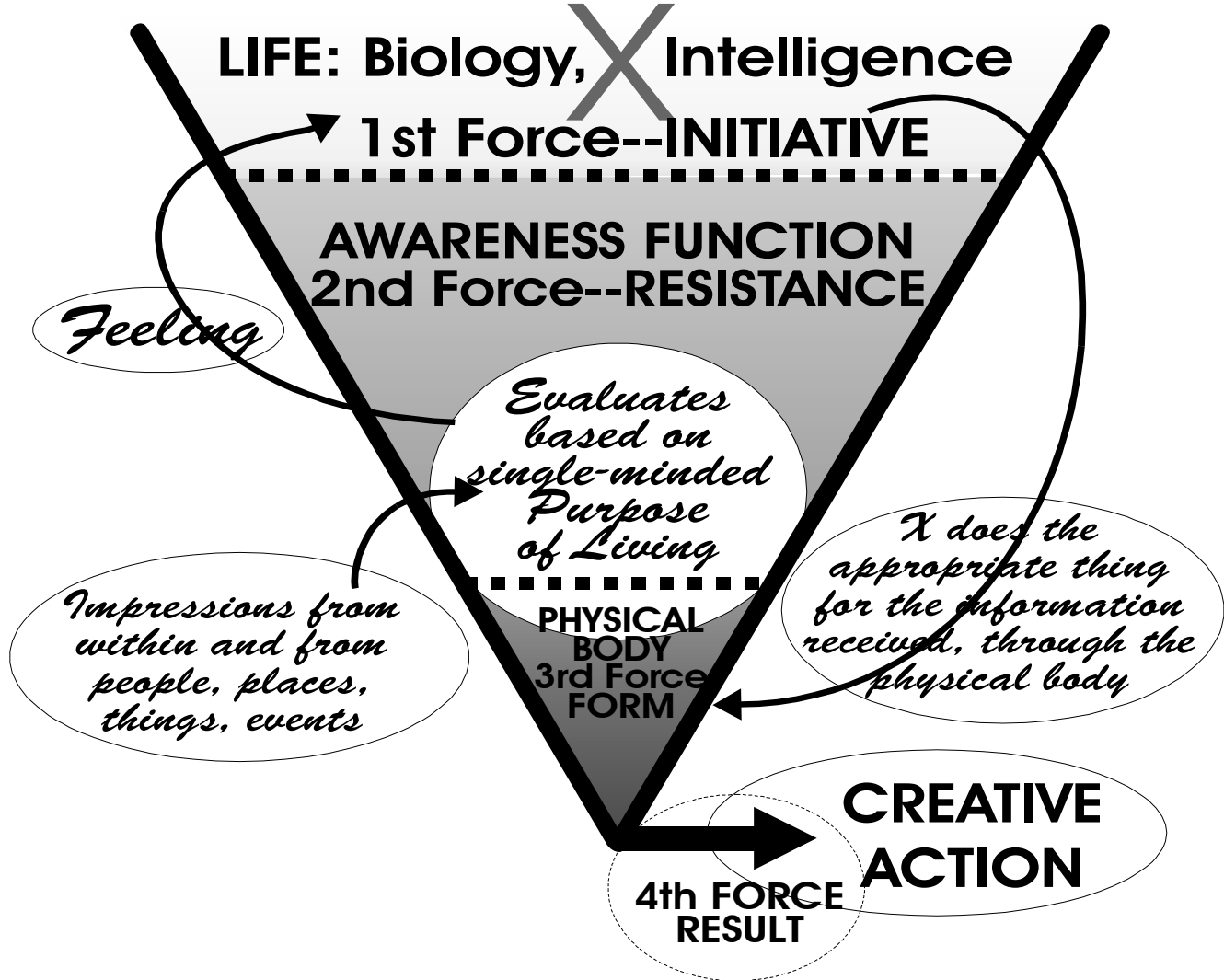
SUPER SIMPLE PICTURE OF MAN IN CONFLICT

1. WHEN THE WHOLE PURPOSE OF LIVING IS TO GAIN/ESCAPE, THERE IS CONFLICT, BECAUSE 100%GAIN/100%ESCAPE IS NOT POSSIBLE.
2. WHEN AWARENESS IS IN CONFLICT, WE HAVE A FEELING OF EMERGENCY, AND THAT FEELING IS "REPORTED" TO X.
3. X DOES THE APPROPRIATE THING FOR EMERGENCY, SENDS ENERGY TO FIGHT OR FLEE.
4. BECAUSE THE EMERGENCY WAS FALSE, THIS ENERGY IS USED EITHER IN UNUSUAL BEHAVIOR, OR IN INNER ADAPTATION (SYMPTOMS).
ADAPTATIONS CAN BE UNCOMFORTABLE; WE FEAR PAIN, AND THE WHOLE THING STARTS ALL OVER AGAIN. UNUSUAL BEHAVIOR USUALLY ATTRACTS DISAPPROVAL, ETC. (AD/OR IS DANGEROUS); WE FEAR DISAPPROVAL, AND THE WHOLE THING STARTS OVER AGAIN.



THE WAY of Intelligence

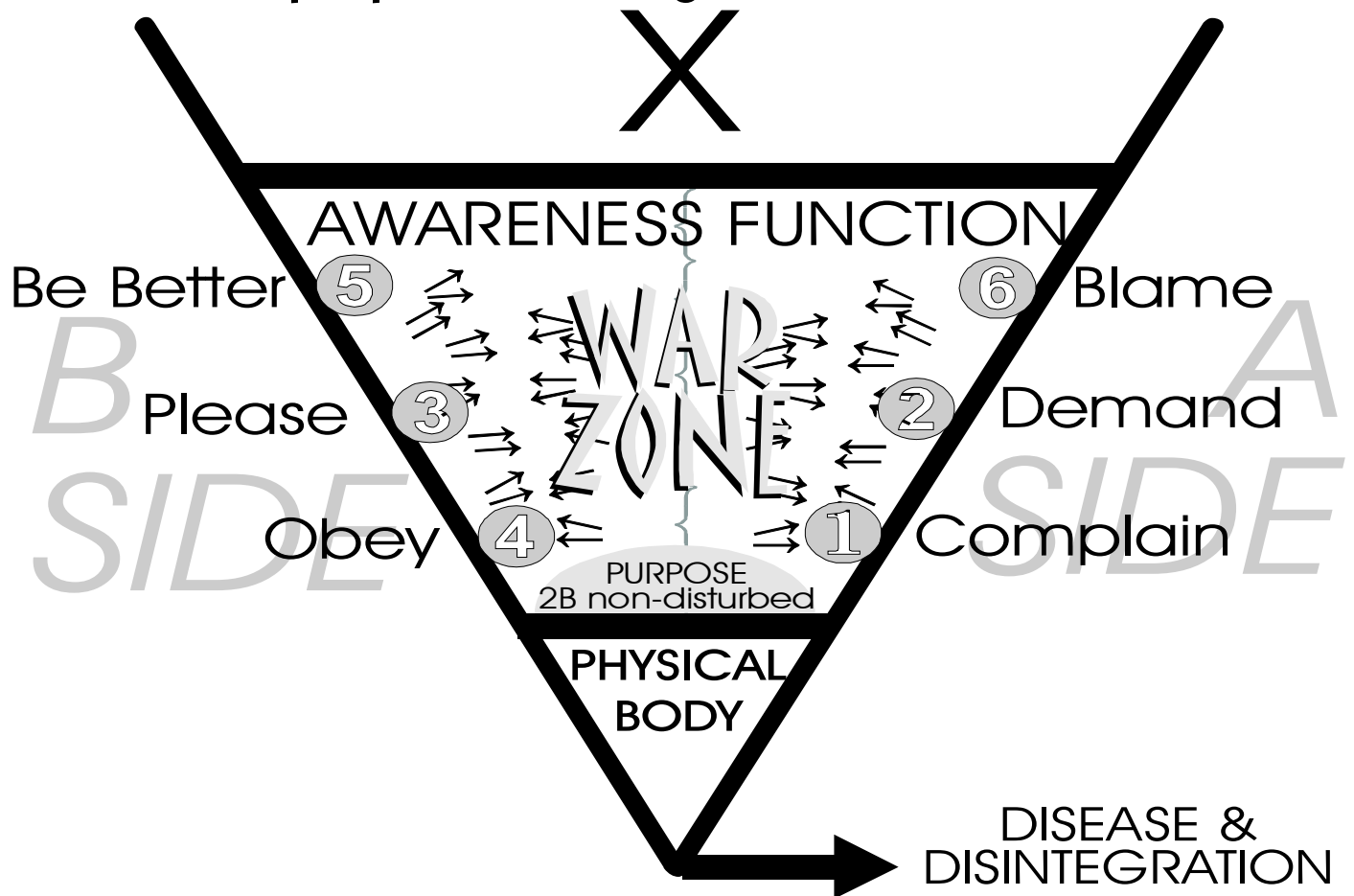
THE PICTURE OF MAN
as designed to function



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.

Home, Sweet Home?

"You live in what you radiate" is a key principle of THE WAY of Intelligence. This radiation, we could say your "mood," is a "tone," a vibration. Most people choose to live in the basement, or what is sometimes called "the pit." (Or, "the pits.")

Below labels different tones of a "pit-i-ful" radiation. You'll notice they are all me-me-me oriented. Apathy, fear, anger, greed, all self-centered. People actually choose to live there. Or did they choose? Maybe someone chose for them when they were a baby, and being habitual, they just never questioned whether it was decreed from above they must live there... or that they could move.

THE PIT



Interesting Experiment

Observing Conversation

Just for fun, be the little camera (circled at the top of the entrance to the picture of a pit to the left). Observe conversations, and see how many sentences are expressions of the various steps into the pit. You might number them to make it easier. You could start by listening to people standing in line; when you get good at it, you can start listening to people you are chatting with, and then, of course, yourself.

If you're into math, you might even survey to see what percentage of what passes for social intercourse is merely declarations of what step one is in the pit.

When describing conversation of this type, it is just mindless chatter, habitual stuff. But it IS where people live, and they carry (and radiate) that tone. Where is *your* home? Is it here in the pit, or... at the Gratitude Latitude?

Every living thing vibrates (and probably everything else, too... but we are concerned for now with Life, not rocks).

When you ask someone how they are, and the response is "I'm top of the world!" you know they are feeling wonderful, in charge of their inner state--not mired in the fears and conflicts of the world. Their "tone" is high, they are above the muck of the world.

This doesn't necessarily mean they don't care about others' pain... (or their own)... we can have tremendous empathy and still not wallow in mud, or be tossed around like a piece of junk in the ocean.

Because--

(and this is one of the great Secrets of the Universe!)

unlike any other creature, human beings have the ability to choose their own inner state!

No matter what is going on... I can determine how I will feel about it. It will take practice, for sure. After a lifetime of reacting to every suggestion that comes along, it takes some paying attention and some initiative to STOP and CHOOSE the feeling I will have about it.

But you CAN do this!

There are some "tricks of the trade" to help us get proficient at being in charge of our inner feeling.

Following is a LATITUDE CHART

where we can "measure" just how close to "top of the world" we might be... or how far away.

It's kind of fun to pinpoint our latitude... or that of others. And it's easy to do, once we have the Latitude Chart. You might even notice a "home base."

A "trick of the trade" is to choose a latitude and purposely summon up the feeling that goes with it, and then make the effort to get to the next one. You can sit in peaceful surroundings like these and choose any feeling you want to experiment with, no one will interfere.

LATITUDE CHART

LIFE, "I AM," "ALL IS WELL"

???

I understand

I see clearly

I appreciate

How interesting!

I feel good

Entertain me

I hate _____

How dare!

What if??

Why bother?

(Non-responsive)

DEATH "I am not"

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--Decreases what's "in" and "out"

MEDICAL ARTS--Decreases what's "normal" and "abnormal"

THEOLOGY--Decreases what's "good" and "bad"

BIG BUSINESS--Decreases 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.