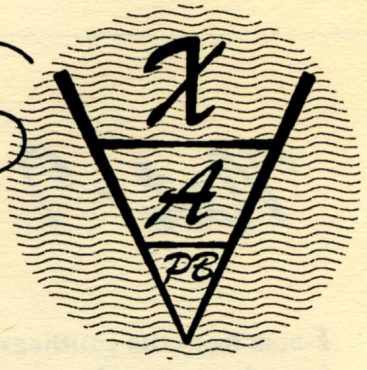


AWARENESS Journal



Vertical Input

Human beings have direct exchange with the intelligent source of Life power, but few know it, few use it consciously, most impede it. People feel abandoned, lonely, confused, at war within. What's happening?

Spirit manifests in this world in the unique creation that is every human infant.

This little Life form is Spirit with an Awareness Function, a Motor Function which is the Physical Body, and the ability to Act. This unit is designed to operate smoothly via the communication of feeling.

Awareness receives impressions from inner and outer worlds, evaluates these impressions with feeling; the feeling value is "reported" to the Intelligent Source of Power, which does the appropriate thing for the information received, through the motor function. Action is carried out. My friend Dr. Dan K. calls this process "Vertical Input"—Awareness receives, evaluates, sends "up" the message to Spirit. Spirit responds, always—appropriately TO THE INFORMATION RECEIVED. Correct information based on clear perception goes "straight up to the Source" and all is well, one radiates and lives in harmony.



The infant dies to the uterine world of comfort, ease, no responsibility, and enters the realm of resistance. At that moment or shortly thereafter, the baby decides with feeling that the purpose of living is to regain the previous non-disturbed state. This is where Vertical Input gets stymied. The little one is not "reporting" accurately, because it is obvious to us—but not necessarily to an infant—that the purpose of living would NOT be just to return to the previous dependent state. That world no longer exists, the baby is here and now in a different world, one of challenges—escaping from it to one that doesn't even exist anymore could not possibly be the purpose of being in it!

This wrong decision about the very purpose of living is cluttered with even more erroneous decisions about the nature of things. Babies find that crying—complaining—gets them a little comfort: the breast, dry clothes, cuddling. Since he or she can't talk yet, let alone get up and get food, clothes, attention, crying seems a useful method to get non-disturbed. Eventually, though, crying falls on deaf ears and the baby yells, demands that his right to these pleasures be fulfilled immediately, or that he or she be removed from any discomfort. He has imagined "rights" and sticks up for them. The baby doesn't know these things are privileges, not rights—these comforts are not guaranteed, but rather are given when someone feels like giving them.

Although the wrong purpose and the two wrong decisions about how to gain it are based on error, they work to some degree for babies. Complaining and demanding may work sometimes for them, but once a decision is made

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Not-1 Page

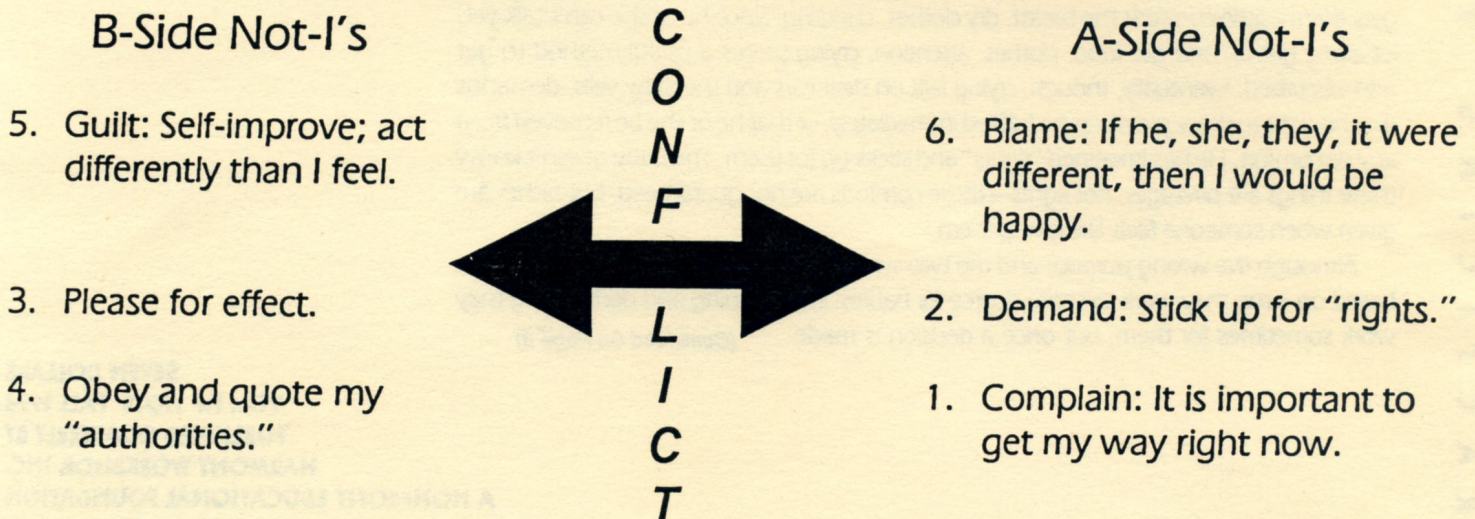
E-mail from the southeast: "Here is a little story that I have been working on. I looked in the mirror this morning and saw not one reflection of myself but six. When I looked into the eyes of the first reflection I suddenly felt uncomfortable. Nothing was right and I wanted to let the world know that I was unhappy with everything going on around me. I felt the urge to complain and was presented with an unlimited supply of things to complain about. When I turned my eyes from that reflection and peered into the eyes of the second one, I again felt uneasy. I [felt] I wasn't getting my fair share of things in this world. I felt I had better stand up for myself and let the world know I wanted my fair share. I knew I had the right to have many things I currently didn't have and I better start sticking up for myself and my rights or I wouldn't get them. I pulled myself from this reflection and looked into the eyes of the third. A different feeling came over me. I felt my approach had been all wrong and what I really needed to do was to please everyone. Surely if I pleased everyone they would want to return the favor and please me. Yes, I would outsmart everyone and gain their favor. Then I turned to the fourth reflection and was overcome with a feeling of being very unsure of myself. I was eaten up by things that I had been told

I should and shouldn't do. It started with a few and in a matter of seconds here were millions of yes and no's, do's and don'ts, ought-to-be's and ought-not-to-be's. I was spinning in this reflection and could not regain my balance until I moved from this reflection. The fifth reflection bombarded me with the need to change some things about myself. [It told me] that I was the problem. I needed to work harder, I needed to think more positively, I needed to finish school. There were just so many things I needed to do to better myself then I would have this whole thing figured out. I needed to start and I needed to start now. The sixth and final reflection left me cold-hearted and bitter. [It said] that it wasn't my fault but it was everybody else's fault. Everybody was just getting in my way and if I could just change them or get rid of them it would be great. It was all their fault. What chaos, six different reflections of the same person with six different and conflicting suggestions. I had been on an emotional roller coaster and each reflection was begging me to ride again. Each one sent me down a road with plenty of gas but no destination. Suddenly, I looked back at the mirror and I saw a tiny light. When I looked at this light four questions came to mind. What am I? Where am I? What's going on here? and What can I do?" P.J.

"Looking in the mirror" is a good way to present these lying ideas that run our lives—who is looking? That fact that "someone" is looking means there is hope! Recognizing the six Not-1's and realizing that THEY ARE NOT ME is a major step toward transformation.

What am I? Spirit having a human experience. Where am I? In a realm of resistance. What's going on here? Challenges, including subterfuge of all kinds, including ideas that tell lies and call themselves by my name. What can I do? Realize what is real and what is not and act accordingly. Thanks for your contribution!

"Horizontal Chatter" – Errors of Awareness



Vertical Input *(Continued from First Page)*

with feeling it is there and operative from then on until consciously reconsidered. So complaining and demanding may work for a few months but are useless for the rest of life.

There is little conflict in the beginning, he or she wants its way, cries or wails to get it and usually does. But as the baby develops, other comforts are noticed: attention is valuable in its own right whether it involves food, clothing and shelter or not. He or she learns that smiling can gain approval and sometimes other rewards. Little one decides that conniving to please for effect can gain a degree of non-disturbance—sometimes. But this new decision conflicts with the first two—who wants to smile when feeling like crying? Who can pull off demanding and pleasing at the same time? This conflict immediately frustrates Vertical Input—it is a back-and-forth or horizontal ping-pong of

unworkable ideas, rather than a direct communication with the Source. It is chatter, it is not clear, it cancels single-mindedness.

Eventually the child is taught to obey or else. He knows there are many things he can't do yet, that others have to do for him. These others he imbues with god-like status, they seem to be in charge of him, of his welfare, of his decisions. He gives them this "authority" and who can blame him? He doesn't understand the real nature of things, that adults are merely experts at what he has not yet learned, and letting them make his decisions prevents him from having to be responsible, a big undertaking for a little one.

A little while later the child notices that there are standards of behavior expected of her and she tries to live up to them, whether she feels like it or not. Some of these are set by the family, others she gets from play-

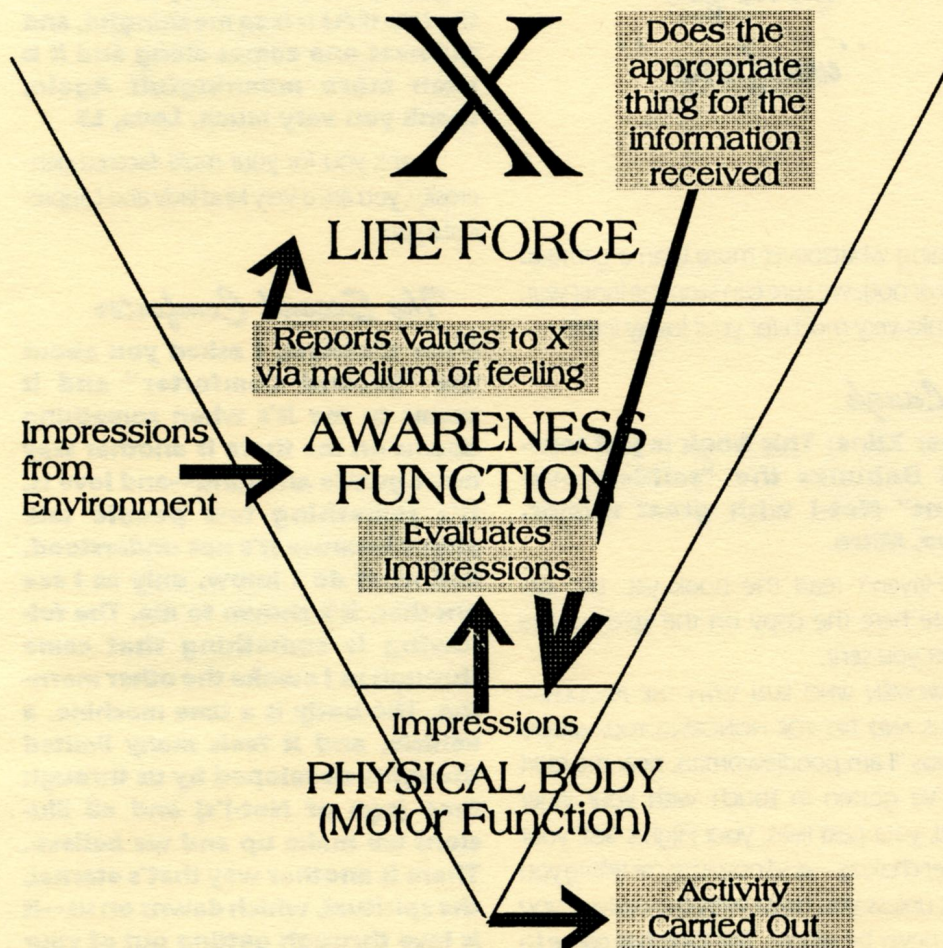
mates, then of course at school. The little one learns that non-disturbance might be more easily gained if she were to change and improve herself—"it's all my fault."

When this gets too much, the child decides it must be everyone else's fault that he is disturbed. If they would just change, if things would just change, then he would be happy.

All of these decisions are based on error. Complaining about challenges will not change the nature of the world. Seeing privileges as rights is the surest way to lose them. Conniving to please for effect lays one open to be manipulated right back. Although there are experts, people who can do things we can't do, their expertise is limited and they are in no way responsible for us in addition to their expertise. There are no valid standards for humans—how could there be when no two are the same? While it is often to our advantage to act differently than we feel, there is no reason our feelings are less valid than anyone else's. To assume that other people must change in order for me to be happy is to give away my power to every person, place, thing or event that I wish were different.

Horizontal Chatter wastes energy, it dissipates human beings, it prevents them from accurately reporting to the Intelligent Source what is actually going on so that the Intelligent Source can respond appropriately. Vertical Input it not difficult, it is not esoteric nor a talent that cannot be mastered by anyone, it is the way we were designed to function. So the only thing needed to be done is to stop the Horizontal Chatter, to stop the war, see that it is counter-productive, that it wastes substance, that it will never get us what we want, that it is based on wrong decisions as to the nature of things. The way to stop it is to first recognize it, to question the purpose it is based on, acknowledge that it is erroneous, that it has been operative, then ignore it. It will eventually die down and slither away if it is not fed by our attention, which is energy. We can then live in direct communication with Spirit, and live vivaciously, thoroughly enjoying the human experience. ☉

Picture of Man



Mail Box

Competition

Dearest Christine, The birthday has just come and gone, 50th that is. But on my birthday six years ago I received the greatest gift on the planet after the gift of life, The Teaching. In a short time after receiving it we met on the phone and in person. I've kept a warm and loving place for you in my heart ever since. I was rereading the piece called "Advanced Work" and found it interesting that at certain times of Not-I chatter I've heard (observed) them saying, especially No.5, "I must call the Master and ask him how to do this or that better." Not-I's want new, better, different and more. They are in competition and need to measure their skill and strength. We've been given the info. How far we advance is up to us. Who knows, maybe tomorrow one will be a little more awake for a little longer time—quietly growing a soul. It was great fun to write this letter. In X's love, B.

A belated Happy Birthday—it was sweet of you to send me a birthday greeting—I'm glad you were invited to the party and that the Host introduced us!

I liked your pointing out that the Not-I's are in competition. Competition is a polite word for warfare, isn't it? I thought what a good little experiment you reminded me of: watching throughout the day all the places in the world that are run by competition. Doctors competing to be the first guy to announce a new virus... three or four soap (or breakfast cereal) companies who make dozens and dozens of soaps (or cereals) and compete not only with each other but with themselves, at our expense... broadcasters that feel no responsibility whatsoever regarding the great power they wield and compete for the most of the lowest common denominator. Rabbis competing with "Jews for Jesus" for Jewish support (I saw this on cable TV the other day), PCs vs.

Macs, beauty pageants, "Best Whatever" awards, college entrance, the Olympic Games, Robert Shapiro vs. Marcia Clark, so-called democracy vs. anything else, and on and on it goes.

Competition implies a loser. While we can't do much about the competition in our outer environment (or, we can see it as

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

nothing whatsoever more than a game to play or not), we sure can stop the inner war. Thanks very much for your lovely letter.

Laugh

Dear Xtine: This book is just terrific! Debunks the "self-improvement" Not-I with great humor. Love, Mitra

Haven't read the book yet, but will quote here the copy on the xerox of the cover you sent.

WOMEN WHO RUN WITH THE POODLES—MYTHS AND TIPS FOR HONORING YOUR MOOD SWINGS "I am poodlewoman, hear me roar! You've gotten in touch with your inner child, your past lives, your Higher Self, your lower chakras—and now they're telling you that unless you howl with the wolves, you can never be whole. The time has come to jump off the treadmill and just say no to

self-improvement. Reclaim your Sacred Inner Bitch! Honor your Mood Swings! Reconnect your vital female organs—your mind and your mouth! Learn these and other womansecrets of LaPoodela's no-step heeling program (high heels a plus!), as channeled by Ethel—a 50,000-year-old-spirit guide and former lounge singer from Atlantis who still looks fabulous in a spandex catsuit!"

Sounds like a breath of fresh air to me. Thanks for bringing it to my attention.

Thank you

Dear Christine, I am so blessed to be receiving your Awareness Journal and being introduced to the Teaching. Thank you! It was a real treat seeing my friend April's writings, too. It seems every time I read the latest AJ it is so meaningful, and the next one comes along and it is even more meaningful! Again, thank you very much. Love, LS

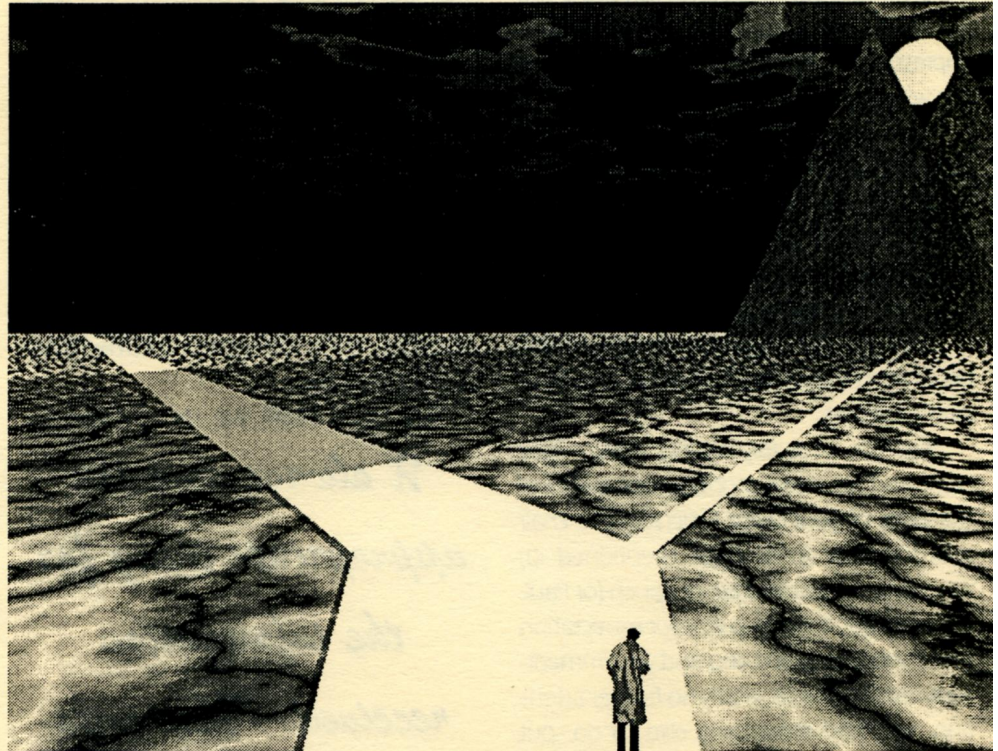
Thank you for your multi-faceted generosity, you are a very kind lady and I appreciate you.

The Second Comforter

Dear Christine, I asked you about the "Second Comforter" and it seems to me it's when something dawns on me there is another way more gentle and kind—and love is. It's something few people talk about because it's not understood. But what do I know, only as I see another, it's shown to me. The following is something that came through as I awoke the other morning. The body is a time machine, a vehicle, and it feels many limited thoughts developed by us through time (ego or Not-I's) and all illusions we make up and we believe. There is another way that's eternal, the spiritual, which dawns on us—it is love through getting out of your body, that which is the liar from the

beginning—then we see love only, it's eternal and then pain, fear, resentment, anger pass away. Faith carries us past the dark shadows of doubt to a new dawn of safety and love. That's why patience is such a gift—"Wait upon the Lord"—to show us The Way is the Second Comforter. Is this true! It is for me but I don't talk about this Second Comforter often as few seem interested... maybe it's too hot to handle! Love, April

Well, yes it probably is "too hot to handle." The world teaches and preaches constantly that you are the body and the ego and that you should see that it gets all the pleasure and comfort, attention and approval possible at all times and avoid all discomfort, pain, and everything else unpleasant at all costs. Few even know that there is anything that could disidentify from all that! I am very grateful that you are acquainted with the Second Comforter. At this time in your long life, when the body is a mighty challenge for you, I am so very glad you are able to "get out of it" and enjoy something more. Thank you for all your writings.



Computer Art by David Leithauser

Reporting / Is X God?

Please discuss Reporting. Do you just make a statement? Can you talk, discuss things with X? Is X God? Is Awareness God? Christine, a discussion on the above would be very helpful. Thank you. HL

Good questions, let's take them one at a time. What we are is Spirit having a human experience. The human experience includes a human body, which is a tool of X, its motor function. Another tool, which overlaps the physical body because of the way the senses work, is Awareness. But Awareness can expand beyond the usual five senses, with Work and experience.

Awareness takes in impressions from the environment: the world around you, containing people, places, things and events, and your inner world as well. It places values on these impressions. Values can range from zero and the impression is ignored, to 100%, "My life depends on it!" And of course there are infinite values in between. These values are felt. These feelings are "transmitted" or "reported" to Spirit



immediately. Spirit does the appropriate thing for the information received, through the physical body, the motor function, and activity is carried out. This, too, is another impression for Awareness to evaluate, and the whole process is continuous.

Now you will note that the Teaching does not say that "X always does the appropriate thing," it says, "X always does the appropriate thing for the information received." This puts a responsibility on the Awareness function to evaluate accurately.

Let's give some examples both of different kinds of values, and of correct and inaccurate valuing.

You are probably sitting down right now, and you were probably not aware of the parts of your body touching the chair and the floor (until I just mentioned it!) When you sat in the chair or couch (or Paul, the bathtub), it lived up to your expectation that it would support you and you immediately dismissed it as worth no further attention, you had something else to do, put your attention on a newsletter. So the feeling value of your fanny and your feet is close to 0%. Now if your leg goes to sleep, this will have both a sensation, "numbness," and a feeling, "unpleasant." This will be reported to X, via feeling/value, and X will move you a bit, you will squirm a little or get up for a minute, get circulation balanced. This reporting went on with hardly a thought about it. Let's say it was 5% to 50%, depending on whether you stopped reading to get up or not. Now let's say you are sitting in a steno chair, like I am right now, and rolling back and forth a little bit as you read. Let's say that one of the wheels is loose and suddenly gives way. Your support seems to collapse. If this has happened a dozen times in this chair, you will be expecting it, "report" these sensations and feelings, and X will jump you up before you crash, or if you do crash, it's no big deal. That's accurate reporting, and probably a high percentage of value.

But let's say that as you are rolling around you bump over a jellybean the cat left near the wheel, but you don't know that, you think it is bound to be an 8-point earthquake and jump up and run out of the house terrified. That was 100% and it was completely inaccurate.

Now all of the above was done without

words, though thoughts made up of words may have trailed very close behind the sensations and feelings. In all but the last case the words and the feeling matched, so who is to say precisely which was "heard" by X, words or feelings? It doesn't matter, accurate information was reported and the appropriate response occurred.

WHEN WE LET ERRONEOUS THOUGHTS DETERMINE OUR FEELINGS IS WHEN WE GET IN TROUBLE. Because the sensations are then given false values, the feelings are emergency in nature when there is no emergency, and the whole process goes awry.

The more Work we do to clean up

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

Awareness so that it is both perceiving and evaluating accurately, the more aligned our feelings and thoughts and words are. Eventually, then, because feeling and thoughts and words will be the same, we can be said to be reporting with words, although the feeling must go with it. So yes, by all means, make statements throughout the day. And listen to them. Check to see that they are in line with your feelings. If the statement is accurate, "there is a disturbance here," make sure the feeling that goes with it is accurate, for instance, freedom to feel a little disturbance, and not a whole emotional rip-roaring emergency feeling about a shaky chair.

Now, is X God? The answer may surprise you: It doesn't matter what I or anyone else tells you. Only you can appoint a God in your life. Whatever you worship is your God. That is, whatever you serve by your

purpose of living—definition of "worship"—is your God.

It is true that Life is responsible for your being here; that Life sustains you; that Life responds to its Awareness function, which decides what to worship.

Worship: respect, revere, celebrate, love, admire, cherish, applaud, find value in. But most especially, what we put first, what we serve. If one puts pleasure first, that is one's "God." If one values escaping discomfort above all things, one does not celebrate—worship—Life, but worships escape, even oblivion. Is non-disturbance responsible for your being here? Does pain or discomfort prevent your being here? No, in both cases. Then one can see there is error in worshipping these things, putting them as first value, seeing them as the purpose of living.

When anyone really realizes—knows—the essence of Life, one knows one's God.

"Is Awareness God?" Awareness is a function of Life. It starts out undeveloped, mostly operating on the five senses. And it expands and grows, and with Work and clear perception, that is, without clutter of illusions, ideals, lies, misconceptions, misinformation, it becomes so useful and cherished a function that Life "merges" with it completely, and this is the Spiritual union that you have heard about, when there is no difference between Spirit and Awareness, because there is a New Man, fully integrated.

Now we don't want to make an ideal out of this state, either! So in the meantime, until we arrive at that place, we may look upon Awareness as the partner of Life, working in concert with it to provide a service to it, that of perception.

Thank you for writing.

Taking Medicine

Dear Christine, We talked a few days ago about my taking medicine for my back pain, how I was in conflict about it. Upon awakening I realize that making it important is far more dangerous to the well-being than any conditioned belief about a medicine I may take. How I wish for the day when I see such things in the moment of doing. Thanks for holding my hand, again. Love, G.

I am really glad you dropped me this note, because people can learn something from it: I have told you this very thing every time we have discussed your back pain/the medicine over the years, which has been several! Yet all the words in the world mean nothing until you see it for yourself. Yes, I know you wish for the day when you see immediately, and here's some more words: Don't whine about it having taken so long to see it, be appreciative, instead, that at last you do see it. Now you can be done with that one and get on to something else! ThanX.

Jealousy

How about an issue on jealousy?

A whole issue devoted to one Not-I??? I don't think so... but we'll give it a little space.

We all know that jealousy is a Not-I because it is derogatory: "They don't deserve it and I do." Whatever it is. An accurate statement would be: "They have it now and I don't have it now." Depending on how much you really value it, you can have it—later. That's the way it is. If you make having it first value, that is, if your purpose of living is to get it, then you will have it... as long as it doesn't conflict. In other words, "they have money and I don't..." If you make it first value to have money, you will go out and get it. If you sit around wishing for money and make "first value" two conflicting things—having money and not working, or having money and having no responsibility for it, for instance, you will be in a pickle.

Do you know what happened just as I read your note? I was sitting on the couch reading the mail and Leah the cat moseyed over and sat on my lap. Bob the cat was napping in his favorite spot under the TV. He had no interest in my lap. As Leah settled in and began to purr, Bob-O's eyes popped open and he glared at us. He then got up, came over, whacked his paw across Leah's face, she scampered off, being the wimp that she is. Now, did he climb into my lap? No. He returned to his cold hard spot under the TV. He didn't even want to sit in my lap, he just didn't want anyone else to have the privilege.

Now that's about how important/valid/

valuable jealousy is. A couple of animals squabbling over a lap, which happens to be (almost) ample enough for both of them, if they would just get along!

Because I have been doled some considerable privileges in my life, I have been the object of jealousy for as long as I can remember. You probably are too, most people are. I learned early on to just ignore it. It is absolutely of no value whatsoever, and one of the most debilitating and fruitless feelings anyone could have, not to mention the stupidest. We all have some gifts and not other gifts at the moment. No two people have the same roster of gifts at any

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

given time! That's just the way it is, and thank goodness.

I don't know if your question was prompted by feeling or receiving jealousy, but it doesn't really matter. Ignore either one. It is absolutely useless to spend time and attention justifying it, indulging it, letting your substance drain away because someone has something you would like to have. Treat jealousy in the very same way as any anti-Life idea: ignore it, ignore it, ignore it. You cannot afford to pay attention to jealousy or any other derogatory emotion, either from within or from without.

Self-remembering **Please discuss remembering self.**

Remembering self is only half the equation. Observing self comes first. We want to observe self in order to determine what our

purpose of living is, and we do this by watching our behavior and what motivates our actions. This happens in stages. We start by watching little things, then take on the bigger ones. It is a continual process. When we have observed awhile, eventually, we will notice what our purpose of living is. At that time we will most likely wish to change it, because we will see that we are merely reacting, not responding, and that we are not always doing what's to our advantage.

After we have made a new purpose, we want to remember it. The self-observing does not stop, but it is complemented with self-remembering.

Words can help us in self-remembering. Observe self behaving. Think: "What am I? Where am I? What's going on here? What is my purpose? What can I do?"

Like any skill, it takes practice to master. Keep at it, it will come, but you might want to put more value on self-observation than you do.

Money Woes

Please discuss facing and dealing with financial anxieties in self and others in a conscious way.

Financial anxieties are like any other, they are a case of the "what ifs." The Teaching says we need food, shelter, clothing, transportation—and that we have them. Maybe not lobster or steak every night, or an ocean-front condo, or a sable coat, or a Maserati—but we do eat enough, we are sheltered, we are covered, and we get around. Everything else is a want.

If we find we don't have enough money to cover our wants, or that we might not in the future, it is Not-I that tells us that's an emergency, as though panic would "pay off." It won't. And Not-I that says we are entitled to things. (And by the way, did you ever notice that we don't want things at all—we want the feelings we think having those things will generate?)

Somehow all our real needs are met. Letting go of the particularly (but not entirely) American trait of acquisition is a good practice of the Work. The place to start is to stop being anxious about it—anxiety never solved anything, it never contributed to a thing, it makes you sick, it prevents action, it results in binges. Next, appreciate that our needs are met, and quite nicely—we all

have more than we actually need. If one of the four real needs is absolutely not there, family or a friend supplies it in short order, don't they? After appreciating what we do have, the next step is to start looking at everything else as nice, or comforting, or fun—but not essential. It is nice to have a big enough house to really live there. It's fun to have pretty clothes, or to decorate the house completely, drive a flashy car.

Or maybe you are talking about "real" financial difficulties, like gathering up enough to pay your taxes. Yes, it's a challenge. But somehow it does get done. In the last couple of years I have known several families who have declared bankruptcy, who thought it was the end of the world, who really felt they would be out on the street. No picnic, to be sure, and it would take anyone a lot of Work to keep the mood up and not make those troubles important. But it can be done. And whether they did or not, each of the families I have in mind is now living in another house, still has a car, has food on the table. Somehow it works out; none of these people is living under the freeway, or selling oranges on the off-ramp.

Know what you are—Spirit having a human experience. Spirit can get along here financially—it may take wits and a lot of work and Work, but it is done, every day, by all of us.

A couple of practical hints to avoid financial messes: don't "buy" on credit, and don't lend money—if someone asks you for money, give it to them. Let it go. (Check this out.)

Sacramento / Parenting

Please discuss raising a family while doing the work. I read WHOLE CHILD/ WHOLE PARENT because it was mentioned in one of the last AJs. I thought it was excellent. I would have loved to have had that information when I was raising my family. I would also like to know if you are aware of any study groups in the Sacramento area.

First, I spoke with someone near Sacramento who said he'd welcome friends in the Work (call or write and I will put you—or anyone else—in touch).

I confess I have not yet got around to reading WHOLE CHILD/WHOLE PARENT. I will... I

keep hearing what a valuable book it is.

Raising a family while doing the Work is an enormous challenge. There are so many "conditions" set by society that are anti-Teaching; there is that overwhelming force of pia toward the children; children are easy to control when they are little and old habits die hard; the duty seems never-ending. But the Work is the Work, whether one applies it within the family circle, or at the office, or alone in a freeway traffic jam.

Probably we could do whole issues on just this topic of raising a family. But maybe it could be distilled down to this: teach the children that they can do what's to their

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

advantage—be considerate, harmless, make a contribution. If you do this, you will have done your parental duty just fine.

Seeking Approval

Please discuss the OVERWHELMING need for approval.

People "need" approval because they don't know What they are. They are seeking validation. But it is not you who seeks validation, it is Not-I. Not-I is continually seeking acknowledgment from others that it is there, that it is "real," that it is catered to, that it wants to be FED. The essence of you needs none of this.

Approval is very nice, for one thing it does let us know that there is a certain harmony going on. If people approve of AJ, for instance, and many do, it is very nice to know that there is a harmony between what I write and who it is written to—that

I can communicate in a way that can be received. Without this, I would see some correction to make, or perhaps abandon it altogether. (But certain kinds of disapproval tell me the same thing, and though it doesn't make for harmony exactly, it tells me I am pushing buttons, and because of the nature of this Work, that's valuable too.)

If you want to, you could do this as an experiment: Observe yourself seeking approval. When you notice this, change it immediately to "I am seeking harmony here." And do whatever it takes to establish harmony at that moment. It may mean that you do the approving of another. Or whatever it takes to make a harmonious mood. In other words, don't try to stop seeking approval. When that comes up just take charge, change it a bit—even if only in mental words at first—to "I am seeking harmony." This is how you use the conditioning rather than let it use you.

So instead of noticing yourself seeking approval and immediately letting No.5 Not-I bash you for it, continue what you are doing but change "seeking approval" to "creating harmony." Let me know how this works out.

Re-educating Awareness

How does the process of imparting life to valued conditioning work?

This is a question that I am not sure I understand. Occasionally people think they have to "re-educate" the Not-I's and I wonder if you have something like this in mind? We do not re-educate Not-I—we ignore it (or we use it as in the previous discussion of approval/harmony). We re-educate Awareness, by removing the obstacles to accurate perception. But you are on the right track when you say "valued" conditioning. Because we do value it. It pretends to alleviate us of responsibility and we like that, so we value it. When a Not-I says "Whine and get your way," it lies that we should be comfortable right now, and someone else "should" do it for us. When it says, "You have a right to that," it lies about the need to earn privileges. When it says, "Do as told by 'authorities'," it tells us we are not responsible to see what's going on and what I can do, someone else is. When it tells us to struggle to meet the world's standards of

good, healthy, politically correct, and hip, it says getting is more valuable than giving, and that the world is your judge. When it says please for effect, it says conniving and controlling are the way to live. When it blames, it says whatever we blame is responsible for our happiness. All these lies are valued because they keep us from having to exercise responsibility.

The mistake is to try to reason with it. Don't bother. You will not "impart life" to lies. Life is here, right now, within. Discard what is not Life—that is the process that I think you are wanting described. Discard what is not life and to life's advantage, and you will not need to impart anything. Discard = Ignore. Ignore = don't act on it. Thanks for writing.

Making Decisions

Please discuss "decision-making" as a genuine experience and when it is manipulated by the Not-I's.

When we are determining "what's to my advantage" when seeing clearly what's going on (and thus what we can do) that is a genuine experience. It requires merely paying attention (for adults, who have experience. Children need coaching.) When we are in conflict, that's a dead giveaway that the Not-I is talking.

If we don't know at the moment what's to our advantage, or precisely what's going on, then there is nothing to do but to report "I don't know what's to my advantage," or, "I don't see what's going on here." It will show up very soon, no decision required.

The Science of Man says "Don't make anything important." All conflict tells us we have made something important. Most "decisions" we feel the need to make are to choose between the A-Side and the B-Side in order to stop conflict. If it is not that, but something benign like "Should I go to Hawaii or to the Caribbean on vacation?" it can be "made" with the flip of a coin. If you flip a coin and then say, "Well... maybe I will do the best two out of three..." then you know what you want to do, so go do it. No big deal. These "decisions" can be seen as choosing what's to my taste. Since we don't know the future, if purpose is intact we might as well indulge our taste if there are such options. The never-fail way to stop conflict and do what's to my advantage is

to ask and to see, "What is my purpose?"

Perfect Adaptation

Please discuss "Perfect as you are, for the experiences you've had."

The fact that we're still here means that we have adapted so far to what's going on and the way we perceive it. The Initiative of Spirit has coped with Resistance and maintained the creation of "you." If we want to stay here, we might want to examine some of our perceptions, especially if we find that the adaptation we have endured so far may not be to our advantage (binges, illness, unproductive or destructive relationships,

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comes up.*

for instance). And we want to live a creative life—we know that entropy is what happens unless there is an Initiative. So we want to examine our purpose of living to see if it is a creative initiative. Students do, anyway. Maybe someone else does not. And they are perfect for that state, too; not to mention, a mirror for us to look into.

Range of Feeling

In being free to experience, I find myself either very emotional or eerily detached. What is happening? I realize this question has FEAR written all over it!

Well, I have noticed that when we are consciously working to be "free to experience" it is usually those emotional events that wake us up. In other words, if we have pancakes for breakfast all the time, we probably won't bother to be "free to expe-

rience pancakes for breakfast." It is when the kids are wailing and won't stop, or when someone says something unkind or threatening, or some sort of event already imbued with fear, guilt, insecurity, anger, etc., has come up reminds us to Work to be free to experience right then. So, that's okay, isn't it? You connect doing the Work with strong emotion because you do the Work when strong emotion comes up. That is the Work, and I would say it is obvious you are sometimes doing it or the question wouldn't have come up. You might wish to practice Working at duller times as well. For instance, butter the toast consciously.

Now—tell me what is so wrong with being "detached"? Why is it eerie to you? Because a Not-I isn't getting fed and it tells you "this isn't normal." Or another Not-I says, "keep doing this Work and you will never feel a thing again, you'll be a walking Zombie." Do you see that those reactions to the Work are threats? Thus suggestion. Thus an indicator that there is even a little more Work to do! (Ignore suggestion.)

Please go right ahead just as you are, and if your feelings range from emotional to detachment, isn't that a nice broad range of experience? That's Life! Keep it up. Don't let Not-I's cancel your Work—they are the ones afraid, they are about to starve to death!

Talking / Jabbering

Please discuss using descriptive words for conscious communication of real meaning—vs. interpretations, conclusions, assumptions, idle chatter, etc.—facts instead of opinions. VE

Good question. This is where self-observing comes in. But we must take charge with language. We might slow down, first of all, instead of getting right into our chat mode. I use little tricks no one notices to remind me as I'm talking to people who are asking to let Spirit talk. I also am very good at "replaying" conversations in my head afterward to examine what I said, in hopes of correcting where necessary next time. You might try something like these. If you are really concerned about this in Working with others, either one-on-one or in a group, you may wish to tape record yourself (with a "real" machine). Keep it in sight;

knowing it is there will tend to make you more careful.

People don't really listen to what comes out of their mouths. It is a skill that we can learn, though, and imperative if we want to Work on consciousness. The language is the key, too. Listen carefully to what words are used, then make appropriate corrections as needed. Who cares if you sound awkward at first? It's unlikely anyone's really listening anyway. If you sound awkward by slowing down, changing tone, deliberately choosing words, this may actually awaken them so they DO listen.

A friend and I once did an experiment for a couple of hours and it was quite enlightening. (I suspect it would work even better in a big group for a longer time—say a whole weekend.) We did not speak at all. We used absolutely no words (spoken or written), and tried to communicate. At first it was so frustrating. Then eventually, all that needed to be communicated did, somehow, get communicated. We really do talk way too much. It would be an excellent piece of Work to just not talk unless there is really something to say. If some of you do some of these experiments, I would very much like to hear about them.

Missing What Mark?

Just do the Work." I'm confused on a lot of what I read and hear on tape, on many of the Teachings, words, too. "Sin," for instance—missing the mark. What mark? I need examples. With a Roman Catholic background there was, as you know, much too much conditioning.

Yes, I know, but please ask any Mormon, Jew, Baptist, Plymouth Brethren, or atheist, for that matter, or anyone else, about their conditioning! I don't think it really matters what brand of conditioning we get, conditioning is conditioning and we ALL got it!

But if you are confused, I am very glad you are saying so. Please, anyone who doesn't understand something written here, let's get it clarified.

The first thing I would tell you is that you may be taking on too much. You could take just one idea and Work with it for a month, say, and let everything else go for the time

being. For instance, just watch the No.1 Not-I, "It is important to get my way and the way to get it is to complain." Forget everything else and for one month watch, first, others complaining, and then yourself. (It is often easier to start by observing others.) Don't listen to any tapes, read any Teaching books. Just make up your mind every day when you get up that today you are going to listen for the No.1 Not-I, the Complainer. You will be much less confused. After you have Worked on that for a month, continue watching for No.1 and add the No.2 Not-I, Sticking Up For Rights. It will be easy to do both, because these two

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And one step at a
time. What else
can we do?*

usually holler together. Try this and let me know how it goes for you.

"Missing the mark—what mark?" If we say "missing the mark" it implies that we have taken aim—that we had an intention. Maybe something as simple as hitting a bull's eye in archery. We intended to do something and didn't quite get it done. We wavered, or we didn't see clearly, or we mis-evaluated conditions, or a big wind came up, or we weren't strong enough. Something interfered with our hitting the bull's eye.

That bull's eye is your true purpose. The Spirit that became the individual you came here with intention. If you intend to achieve your true purpose and don't, you have missed the mark. Now you say, "What is my true purpose?" Well you won't know that until you have discovered the false one. And the way to do that is to watch for it. Start by

watching the Not-I's, one by one as described above, and eventually this will all fall in place. Don't worry about it now, just make your aim, your bull's eye for the next month, watching when others complain, and watching when you complain.

The Work is a process and all process takes time. And one step at a time. Please be more patient with yourself. Take one step at a time, one day at a time. What else can we do? I think this will work for you. Thanks for writing.

Invitation

Dear Heart, ... I am in the process of re-n-vat-ion-izing a huge old bldg. in the Hill Country of Texas. I am visualizing it as a huge sculpture (all 15,000 feet!) and am covering it inside/out with art forms, from angels to surrealistic abstraction--WELL... In using both sides of the brain. I use creativity and scared geometry—among other things. But especially the beloved Teachings... If any students would like to see the bldg. in Texas, please feel free to come by. She/he is in a time warp town named Ranger between Fort Worth and Abilene. Honestly! Everyone in Ranger "knows" the old city Hall Bldg. Don't have phone yet but address is 314 Main Street. Love you, Barbara D.

I shortened your very interesting letter quite a bit... your references to sacred geometry and a new race and the orgasmic process and Hardmaking Adam and Awareness Eve are intriguing and delightful but would take an issue and a half of AJ to go into so that everyone could understand and enjoy, so won't right now. But I certainly appreciate your charming letter, and your invitation to students to visit. I wish you well with your new project and am looking forward to updates as to its development. ThanX for writing.

The Teaching Story

Please discuss telling the Teaching story and what is going on. What kinds of responses are received. How does one get into it when wanting to tell it to a stranger or someone not in the Work?

From previous conversations we have had, I presume you are talking about the Mushkil Gusha story and its equivalents. For those who don't know about this, see *CARAVAN OF DREAMS* by Idries Shah. *THE STORY OF MUSHKIL GUSHA* is said to contain the Teaching and to affect people deeply (past their junk directly to Essence) when told at the right time, place and circumstance and by and to the right people. Now that's a tall order, determining right time, place, circumstance not to mention right people. But it is traditional to tell this story anyway on Thursday evening (the eve of the Muslim Sabbath), and readers of Shah's version are admonished to do so every Thursday night from first reading.

After a few weeks of telling Shah's particular version, I shortened it—actually Rhondell and I shortened it together: "When your need is great enough and your want is small enough, Mushkil Gusha will appear and remove all difficulties." This is all I usually say to people on Thursdays... to waiters and derks, maybe family, not just anybody, but almost. The idea is not to "convert" anyone but to "keep the fire burning," by committing to telling the story. I don't think I have ever gotten any response other than a wrinkled forehead or a "Yeah, ain't that the truth." But who knows what seeds are planted? The abbreviated version is straight to the point and maybe something someone might remember one day.

If your question is prompted by a lack of response, I would say question your expectations in telling it. What is your purpose? If it is to convert anyone, forget it. We sow but do not necessarily reap the same harvest. If it is just to keep the flame, continue.

Idries Shah's books are full of these stories (see Page 19 for info on a sale at ISHK on three books). Or maybe we should make up some new ones, maybe American versions? Or the fairy-tale variety, like the original. It would take some heavy Work to do this, of course, because one would have to completely understand the mechanism within the Mushkil Gusha story in order to duplicate it in different versions. Are you up to that? It would be an excellent School for you to make a stab at it.

Identifying Events

What's your take on the big trial occupying so much attention right now?

In Southern California we are treated to hours a day of and about this... even on quiet days the local TV news gives an update, complete with titles and graphics, to the tune of "Nothing happened today, but in case you missed it, here's what happened in the last few days..." I read in the Times yesterday that a restaurateur on the West Side has set up a special "Non-OJ Section" where no one is allowed to discuss it; if they do, they are moved to another section. In

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

L.A. it is impossible to escape noticing it. I find from talking to my out-of-state friends that this is not the case in their neighborhoods.

I find it extremely interesting to listen to people discuss it; they tell a lot about themselves as they do and I like that.

My take is this: There are two quite separate events occurring at the same time; they have very little to do with each other beyond the fact that some of the principals are the same. Event No.1: The people's (small "p") quest for the truth, so that the butcher(s) responsible can be removed from open society for everyone's sake, including their own. Event No.2: A chess match between pitbulls where the defendant is the prize.

Anyone who thinks both events are the same is sadly mistaken. Event No.1 is a valid use of resources; Event No.2 is a game with

fairly high stakes, including the fact that it may obscure and/or prevent the successful outcome of Event No.1.

Lost Souls

I heard you mention "lost souls." Just what do you mean by lost souls?

People who simply cannot or will not take charge of their own inner state. I know lots of them and so do you. I love them because I love Life; I (and you and anyone) takes charge of those person's inner state when they are around. When we leave, they return to their usual state, awareness lost in a sea of emotion. The sort of people I was referring to during the discussion you mention all are versed in the Teaching, they have been told by me and others hundreds or thousands of times that they DO have the ability to feel better than they do... but they dedine.

You and I are harmless to them, we raise their mood consistently, give them good feelings, show them how they could feel, we ask nothing of them. Imagine what control they are giving us! If they give their power away like this, they're in a very dangerous place—not everyone is harmless.

Being Used

I think my boyfriend is using me, to help him get a job.

So... let him. If you want to be a student, consciously allow people to "use" you... there is a great lesson in it.

Also, I have a question for you: Do you wish to be of service to Life?

Plaques

What does the Teaching say about the current plague in India?

(1) When the environment is right for it, the creature will appear. (In other words, all creatures that exist do so because they are reciprocal to their environment.)

(2) Health is directly related to the balancing of four factors: nutrition, physical activity, environment and inner state. Any one of the four not near optimum will manifest in adaptation.

(3) Those with mobilized but unreleased false emergency energy will adapt to it by means of disease or unusual behavior.

(4) You live in what you radiate.

Demonstrations

I was first introduced to Rhondell in 1969 when I attended a 2-day seminar. At one point, they brought out this guy from the kitchen wearing a white chef's outfit complete with cap—a non-scheduled speaker. I can remember thinking "what in the world is going on now?" (Actually, not a bad question). "Who is this character?" Well, you know who it was. He spoke of agape and used a giant butcher knife to illustrate the point. He challenged anyone in the audience to step up and stab him with the knife. No one did, of course, and he explained that no one could justify it. Later at home the truth of the principle hit home, as I discovered I could not justify eating a dozen chocolate chip cookies at once, but I sure could see myself going to the freezer four times a day for three of them. This was the beginning of my travels. What a break for me! When I saw the reality of the principle (no act can be committed without feeling justified at the MOMENT of the act), it occurred to me that this could, indeed, be true for other people as well. What a mind-blower! Everyone else feels justified, too. Knowing this in my heart has dissolved anger over the years. Seeing the truth of this led me to inquire within about what else might be true in the Teachings of the Work. AJ is a wonderful contribution and I am appreciative and thankful for your efforts and the form that has been created. Good vibes to you! R.

Thank you... my Work is my pleasure and my privilege to do.

Dramatic little demonstration you got, hmm? I bet everyone who was there can remember it. I wonder how many would remember if they had merely heard the words from a man in street clothes, "Whatever anyone ever does is thought at the time of doing to be right, proper, or justified."??? People learn from demonstrations, much less from just words.

And isn't the understanding of agape about the most liberating experience one

could have? I think so and I think you do, too. Thanks for writing.

Good Student / Smart Student?

I just realized that I don't have to stay in an intolerable situation in order to use the Teaching. What liberation!

The Teaching never said you had to stay there, the No.5 Not-I that says you should act different than you feel and should self-improve, and especially that you should be a GOOD student, said you had to stay there and "work it out." The Teaching says that you can do what you want to do, and that

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

you can do what's to your advantage. It is doubtful that an "intolerable" situation would be to one's advantage. For instance, if people around me love to live in and radiate violence, I can radiate serenity and they are welcome to come into my realm of serenity. If they decline, I may wish to change neighborhoods. The Teaching says that is just fine.

More on Jealousy

**I am jealous of my sister.
I am jealous of a business associate.
I am jealous of the attention my wife is giving our new baby.**

These three came up after the previous section on jealousy was written. There I said the appropriate response to jealousy is to ignore it. That's sound. Listening carefully to people, though, tells me that sometimes

they simply cannot ignore what they have made important. Fair enough. If you can't ignore it, the next best thing is to distract yourself. (This applies to any Not-I you are listening to, not just jealousy.)

There are various degrees to the Work as there are to anything else. Ignoring Not-I's is top-line Work, very near the top of the scale. This is a high degree of taking charge of your inner state. If you simply are not strong enough yet, because you have not practiced enough, you can go a notch down this scale and still be Working, and be effective. Distracting yourself would be in this category. You are going to distract yourself from the Not-I in order to take charge.

There are degrees of distraction, too, from, say, taking heroin, to spending a day at Disneyland, to reading a book, to near top of the scale, serving Life.

If you are determined to develop yourself, if you are determined to Work, you can distract yourself by performing a service for Life. It is a distraction that is never detrimental to you or another, that used the time and effort to produce something worthwhile, that has a SIDE-EFFECT of enhancing your own state of being.

If you are a sincere student and truly wish to Work to eliminate the power of Not-I over your life, please consider Service as a tool for this purpose. Take charge. Go find someone who feels worse than you do (not too hard) or someone who has a need or wish that you can fill. Pull your attention outside your own precious self and project it onto a form of Life that can benefit from it. Maybe plants or animals, they are Life, too, although of a lower level, and are worthy of reverence. Instead of wallowing in self-pity over an imagined (or even "real") slight or inadequacy or lack of wish-fulfillment, STAND UP and live. Perform. Serve. Love.

Now please listen carefully. I am going to be quite blunt, and I am telling the Truth. Stop trying to justify jealousy, or any other Not-I. It is not a human characteristic, it is of the animal kingdom, it is of the jungle. You have seen TV documentaries or other films, or have read about, the way wild animals act, and cats and dogs, any animal that lives to kill. There is a constant struggle for supremacy, to be King of the Jungle. One of the major

Continued on last page

You stand this day, all of you, before the Lord your God... to enter into the sworn covenant which the Lord your God makes with you this day, in order to establish you henceforth as the people whose only God is the Lord, as you had been promised...

For this commandment which I command you this day is not too hard for you, nor too remote. It is not in heaven, that you should say: "Who will go up for us to heaven and bring it down to us, that we may do it?" Nor is it beyond the sea, that you should say: "Who will cross the sea for us and bring it over to us, that we may do it?"

No, it is very near to you, in your mouth and in your heart, **AND YOU CAN DO IT.**

From the Yom Kippur service at Leo Baeck Temple, which I was privileged in the extreme to attend as the guest of my friend Robin Bernstein.

The Four Dual Basic Urges

Rather than write something new about the Four Dual Basic Urges, I'm going to cheat a little bit here and reprint an article from the last SOPHIA, WISE WOMAN'S JOURNAL because it was so well received there and many AJ readers don't read SOPHIA. Those who do, please pardon the re-run!

Certain side-effects or by-products of living are considered by most everyone the world over to be the very purpose of living. While these things may, indeed, comprise much of the spice of life, they are in no way the very purpose of our existence. They are: to gain pleasure and comfort and escape pain and discomfort; to gain attention, escape being ignored or rejected; to gain ap-

appreciation. She had a ball. On the return flight, no such luck. Two people "from God knows what country" plopped themselves down next to Sheila. They smelled so bad that she actually had to stifle a gag. The tattooed biker-type in front of her got up and demanded loudly that the attendant find him another seat "away from the stench." Ordinarily Sheila would have been

we will all three perish on the same day, and so one or another of us is destined to some degree of grief one day. (When I lost little Della I sobbed for three straight days, I was inconsolable. Don't ask me... I'm rolling my eyes myself as I admit this... but that pia is extraordinarily forceful. I can only begin to imagine what people with real children must go through.)

But as little Bob-O snuggled up purring on my breast this morning as Sheila was telling me on the phone about her new man and the return plane trip I was struck yet again with the truth of it. The Four Dual Basic Urges are all over the place, and we are certainly free to indulge in the ones we like. But we are foolish to think we can do that and escape the unpleasant ones, the painful ones, the ones that are the catalyst to mourning. It is impossible. The Pleasure and the Pain are inseparable in the end, and if we pretend otherwise, we are destined to live in conflict.

THE FOUR DUAL BASIC URGES		
LEVEL	GAIN	ESCAPE
PHYSICAL	Comfort, pleasure	Pain, discomfort
MENTAL	Attention	Being ignored, rejected
EMOTIONAL	Approval	Disapproval
TRANSCENDENTAL	Feeling needed important, appreciated	Feeling inferior useless, unappreciated

proval, escape disapproval; to feel needed, important and/or appreciated; to escape feeling inferior, useless, unappreciated.

I think of these as Earthly Pleasure and Mortal Pain, although it is all earthly and all mortal, in the end (can you take a bit of it with you when you leave here?)

But although we are not OF it, we are certainly on the earth, in the manmade world. It is unlikely the Four Dual Basic Urges go by unnoticed for very long, no matter how evolved or immune to them we may be.



My friend Sheila met a fabulous man on a cross-country plane trip this weekend. This may, indeed, be the man of her dreams. The very least is obvious, that he has occupied five blissful hours of her life, giving her comfort, pleasure, attention, approval, the feelings of value, worthiness,

quite disturbed about the prospect of spending five hours shoulder-to-shoulder with these unsavory people. But what happened instead is that she laughed. She realized that her first trip had been absolute bliss; if this one were less than ideal, so what? It seemed to her a small price to pay, and indeed a kind of balancing. (And by the way, after all her internal consideration and freedom to experience it, her seatmates decided they wanted to sit elsewhere, anyway, and moved.)

A similar concept engulfs me whenever I admire my kitties. I adore them, especially little Bob, who is cuddles personified. Every time I gaze into their ancient eyes, and especially Leah's magnificently beautiful face, I am overwhelmed not only with their beauty and their perfection, they are perfect examples of Life's idea of feline grace, but also with the knowledge that it is unlikely

Someday when we are masters maybe we will be completely immune to the 4DBUS (presumably... I don't know anyone who is 100% immune, though close...) We will recognize them and let them pass on by, knowing they are of the mortal world and not of the Real World. That the Real World holds greater pleasures and joys, and as for the sorrows... I don't know exactly how to explain it. I do know it's different... based on love for Life rather than loss for self. But in the meantime we are subject to craving certain things, people, events (and pets), and that's okay. What students want to do, though, is acknowledge that accepting and enjoying the good stuff means that we must be equally free to accept and if not enjoy, certainly, at least allow, the rest of it. That's the way it is. ☉

Relationships

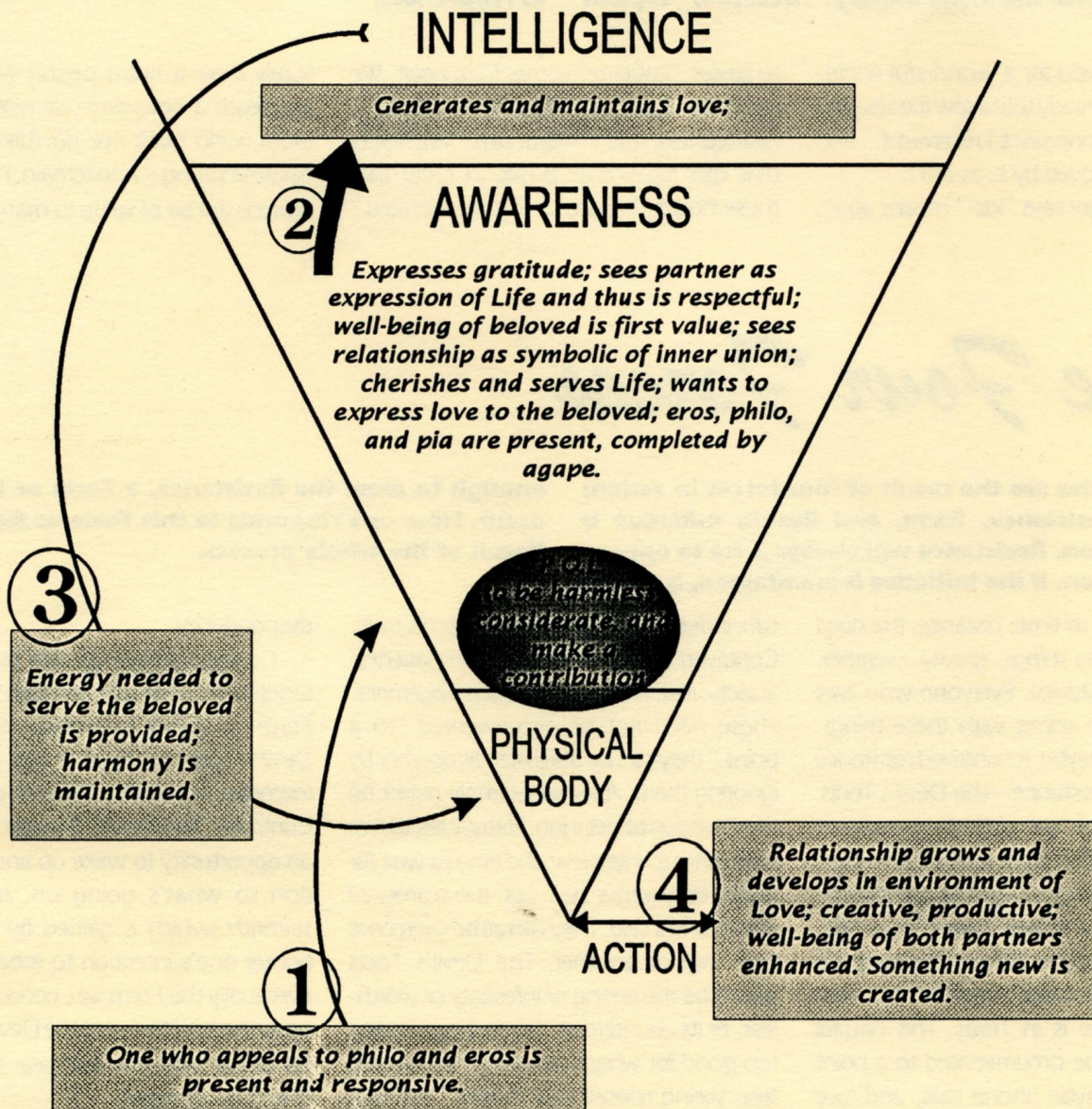
Would like to see how the Picture of Man relates to having a working, productive, proactive relationship with girlfriends, etc. J.

Got lots of letters with this question but yours was the most interestingly worded: I had to look up "proactive"—and failed to find it; nor did the spellchecker recognize it. But I have a recollection of having heard it in a high-tech environment. "Pro" means for and also means "forward"—maybe proactive means forward-acting, which would make sense—we would all prefer

relationships that go forward rather than backward... (The day after I wrote this a friend mentioned at lunch that her little boy was "proactive" and she used it in the context of creative rather than passive. Good enough.) But do we prefer forward-acting relationships?? It is my observation that very many love affairs are almost entirely based on returning to the womb: no responsibil-

ity, pleasure and comfort non-stop, warmth and nourishment, unlimited support, security with no effort., and of course, instant gratification Retroactive!

Rather than blab on for pages about relationships (which I could easily do), I think I will respond exactly as you requested, relate them to the Picture of Man.



Fire Sale

Dearest Christine, Recently I was reminded of a tale you may not know—and so I send it to you:

Once upon a time it was announced that the devil was going out of business and was having a BIG SALE of all his tools—to those who would pay his price. On the night of the sale, the tools were all attractively displayed—and a bad-looking lot they were: envy, malice, hatred, jealousy, lust, deceit, and self-pity. All the other implements of evil were spread out, each marked with its price

Apart from the rest lay a harmless-looking wedge-shaped tool... priced MUCH HIGHER than all the rest. Someone asked the devil what it was. "That is discouragement," was the reply. "Why do you have it priced so high?" came the swift inquiry. "Because," replied

And thank you for a wonderful contribution. I have already told a few friends your story on the phone since I received it... and they were all moved by it, as am I.

The dictionary says "ids-" means apart,

to pieces. "courage" comes from heart. We could say discouragement means broken-heartedness. Life's Word says "All hearts that can break shall break, in order that those hearts that are strong shall remain."

the devil, "It is so useful—more USEFUL than all the others put together. With it I can pry open and get inside a man's consciousness*, when I couldn't get near him with any of the others. And once inside, I can use him in whatever way suits me best. That tool is so worn, because I have used it with almost everyone and so few people know it is the MOST IMPORTANT TOOL I OWN or even guess that it belongs to me."

It hardly needs to be added that the devil's price for discouragement was so high that he never sold it. The trouble is that we allow discouragement to open the door of our consciousness* and then all the others come trooping in without any invitation at all—they need only an open door. *Consciousness is used here as Awareness.

Surely there is not a person who pays for and reads a newsletter, or works with the tapes, who does not do this in order to become strong—and remain. I'm sure your present will be of value to many. ☉

The Four Forces

All phenomena are the result of four forces in action: Initiative, Resistance, Form, and Result. Initiative is one's intention. Resistance will always arise to oppose one's intention. If the Initiative is maintained, is strong

Such things as time, distance, the need for money to do things, gravity, weather, are natural resistance. Everyone who lives on planet earth copes with these things. More difficult, maybe, is contrived resistance or emotional resistance—the Devil's Tools. The Devil's Tools are used to prevent or pervert the manifestation of one's intention. Let's look at examples. Say that one's intention is to have a loving, harmonious relationship with another. Natural Resistance to this might be distance—he's in Haiti with the military, she is in Texas. This natural resistance can be circumvented to a point with letters, maybe phone calls, and love

can, indeed, travel long distance on its own. Contrived resistance might be impatience, anxiety, lust, and certainly discouragement. These need not be circumvented "to a point," they can be abolished altogether by ignoring them. Another example might be the intention to get a job. Natural resistance is the time to interview, the time to wait for replies to resumes sent out, the scarcity of jobs in one's field. They can all be overcome one way or another. The Devil's Tools would be the feeling of inferiority or worthless, or its counterpart, the feeling of being too good for what's available; impatience; fear; seeing oneself as a "failure," self-pity,

enough to meet the Resistance, a Form or Event will occur. How one responds to this Form or Event is the Result of the whole process.

despondency.

Coping intelligently with Natural Resistance will eventually produce the desired Form or Event Intended. Allowing the Devil's Tools to interfere will prevent the Intended outcome. There is a benefit to Contrived Resistance, though: It provides an opportunity to wake up and pay attention to what's going on, to summon strength (which is gained by practice) to bolster one's intention to meet challenge. Eventually the Form WILL occur. It is entirely up to the Initiator—not the Devil—whether his or her Intention will bear fruit. ☉ (See chart on last page)

Linda's Page *Written by Linda Solomon*

Traveling Tips

We are
Like stars
Drifting on the oceans
Of Your dark blue skies.

We are
Like cups
Floating on the surface
Of the sea.

Sometimes,
We are plunged beneath the waves
And emerge
Filled with the
Laughter of a million suns.



The Red Pines

To be quiet
And remaining quiet,
See the pines glow red at sunset.
To hear the wings of a bird
And yielding to that softness,
Turning to it,
Finding the sky on fire with
Clouds and light.
There are whispers
So loud
They are more like mountains
Than sounds.

I will not stop asking you. I will ask and I will prod and I will refuse to accept less than what you truly are.

You will forget and I will use whatever I can to remind you. You will often question and even disapprove of My methods. It doesn't matter, I am relentless and determined. It doesn't matter that you pay attention to what I am doing or not. You will remember or you won't. I will keep doing what I do anyway. What I value is not subject to your rules, your laws, your tastes or your approval.

I do not care what you claim as your achievements in this world. There is nothing in this world to achieve; it can be disposed of in an instant. Whole civilizations have died in days; their respective inviolable foundations and everlasting contributions as dust in the winds that brought them to you.

"Don't build your home on a bridge." This world is a bridge. I have made it beautiful and full of wonders as part of the crossing. When you desire to possess the marvels and forget, I remind you that you are traveling here and to possess is to miss the point---it is not even possible. I do this to keep you moving, as everything living does. Life is in motion and changes all the time, what doesn't isn't alive, and I want you to know the joy and beauty of being alive.

So, if nothing is ever yours and nothing you make or experience ever lasts, perhaps you may learn to see what the world calls "living" and "wealth" hasn't a lot to do with you. Perhaps you will see that you are blessed and not afflicted as you learn to travel and take the way across.

If you were dead, or if this world were your final resting place, then I would be cruel. You aren't, it isn't and I am not. I want you to live and make the journey across.

Good Books, etc.

WISDOM OF THE IDIOTS, THE DERMIS PROBE, CARAVAN OF DREAMS by Idris Shah

Just received a flier in the mail from ISHK advising that these three books are available together for only \$15.95. What a bargain, just a bit over half price. Highly recommended. Call them at (800) 222-4745 for Visa and Mastercard orders, or send check for \$19.70 (\$15.95 + \$3.75 for shipping) to ISHK Book Service, Dept. B32-E, P.O. Box 1062, Cambridge MA 02238. Massachusetts addresses add sales tax.

FUZZYTHINKING by Bart Kosko, Hyperian, \$12.95 retail

I wish that all my computer hacker friends who write software could read this book! It is not really technology, though, but philosophy, and can be enjoyed by anyone interested in perception, whether they have a scientific background or not—certain chapters which get a little technical can be skipped with no harm done.

Kosko thinks today's atheistic theology of science is all wrong, and that the high priests—scientists and mathematicians—need some re-education. He traces our thinking back to Aristotle, who said everything is either/or... the author says either/or is an extreme and rare thing, that, as Buddha pointed out, almost everything falls somewhere in between, at some infinite shade of gray place, in degrees of, rather than all or nothing. (Does this sound familiar?) These shades of gray he calls "fuzzy," and hence the title. Fuzzy does not mean blurry or not clear, it means merely "not black or white, but somewhere in between."

I do wish some of his language were a little different... for instance in some places his use of the word "machine" I'd have preferred "system." But these are minor points.

The book is delightful to read, Kosko is extremely hip and funny, and despite the

sprinkling of mathematics and graphs and so on that won't appeal to everyone, the book is easy to read and absolutely delightful. It is recommended that you read at least the first few chapters and the last one, "Man and God."

WOMEN IN PRAISE OF THE SACRED, 43 CENTURIES OF SPIRITUAL POETRY BY WOMEN, edited by Hane Hirshfield, Harper Collins

Short excerpts of prose and poetry from The Hymn to Inanna, ca. 2300 B.C., to prayers written by women of our time. A lovely book.

CRIS OF THE SPIRIT, Edited by Marilyn Sewell, Beacon Press \$16.95

Although I am not really "into" poetry, I cannot put this beautiful book down. It is an anthology of poetry that goes straight to the heart. It is broken into sections on different aspects of a woman's life... "Owning Self; The Imperative of Intimacy, Mothering, Generations, Death and Lesser Losses, Songs of Brokenness and Alienation, The Will toward the Good, Sacredness of the Ordinary, The Spirit and the Flesh Are One, The Unity of All That Is, Images of the Divine, Re-mything, and The Word." The editor has culled some masterpieces and put them together in a beautiful tapestry.

OMNI MAGAZINE, October 1994 issue.

The theme is "Science and Religion" and surprisingly objective for its genre. I read and enjoyed every single article!

EINSTEIN'S DREAMS by Alan Lightman, Pantheon, now in paperback.

I've mentioned this book before in Awareness Journal, but want to again. We did it in several book groups and everyone enjoyed it immensely. Very short stories that force the reader to grasp very sophisticated

ideas about the concept of "time," though there is hardly a word of more than two syllables on any page! Even children would enjoy this book. See if you can find the anti-Teaching ideas at the end of certain chapters.

A NATURAL HISTORY OF LOVE by Diane Ackerman, Random House, \$23.00 hardcover.

I read this because I enjoyed Ackerman's previous A NATURAL HISTORY OF THE SENSES so much. Although neither book is a Teaching book at all, they both describe facets of Life that are mysterious and wonderful, and the author's talent is incredible. Aspects of love are broken into categories which can be read randomly.

THE SONG OF SONGS, LOVE LYRICS FROM THE BIBLE, A New Translation by Marcla Falk

We did THE SONG OF SONGS (OR CANTICLES) from the Old Testament in the book groups. My friend Linda S. gave me this beautiful new translation, with the text broken into small sections on each page and beautifully illustrated. If you read Hebrew you will enjoy the corresponding Hebrew text on the left pages. A lovely gift.

MEN ARE FROM MARS, WOMEN ARE FROM VENUS by John Gray, Harper Collins

For those of you who cannot yet apply the Teaching principles to relationships, I recommend this book for some basic and exceptionally well-done information about the nature of men and the nature of women. The facts presented are sound and essential to know. Work with them a bit and then see if you can apply the Work.

*Now FAITH is the Substance
of things hoped for; the Evidence of
things unseen.
Hebrews 11:1*

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Bulletin Board

X-mas Gifts

You may wish to consider the Harmony Workshop catalog as a source of holiday presents for some friends and family. We will soon have a few new items including LETTERS FROM RHONDELL, which are articles written for our Arizona school newsletter WHAT'S GOING ON HERE?, compiled altogether in a booklet. These were done in the mid-1980s and most readers of Awareness Journal have not seen them.

We will be tape recording THE MASTER OF THE INN in late October. This might make a nice gift even for those who have no interest in the Work but who like a good story.

"Transformation" charts will be available already framed, to save you time. Or, a pretty tube is available for presenting the chart.

These and all items in our catalog can be gift-wrapped at no charge (for the holidays for any other occasion). We are happy to wrap and drop-ship any item directly to its recipient, as well. Postage must be charged for each separate address.

Book Groups

No more Saturday book groups are scheduled until after the holidays.

The Four Forces

1. **INITIATIVE** Intelligence, idea, intention. It goes forth and is met by
2. **RESISTANCE** An opposing force, a challenge to intention; producing
3. **FORM or EVENT** The manifestation of the "dance" of First and Second Forces; producing
4. **RESULT** of the process, the response to it.

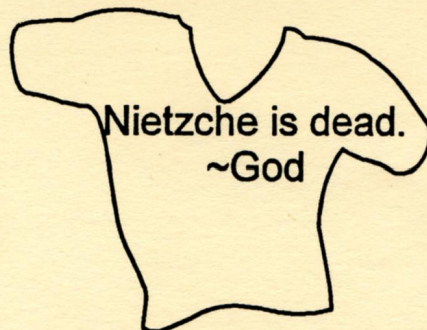
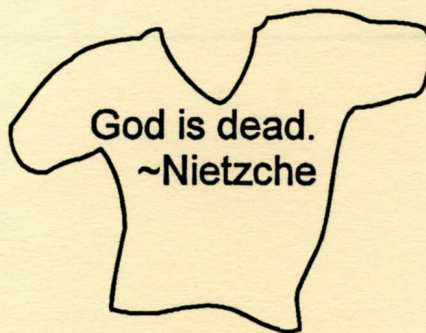
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Study Groups

If you would like your Science of Man study group listed in the next newsletter, please send details.

Seen in a mail order catalog:



**What is right, and what is wrong?
If the men who made the rules
Were alive today,
Would they sing a different song?**

⊗

**How far has man progressed?
Why the constant turmoil and unrest?
Does he realize how behind he has actually
got?
No I think not!
For the further he goes,
He gains achievements and wealth,
But he can't seem to realize
The biggest achievement is in advancing
HIMSELF.**

Written by my friend Mara M. in 1970

Jealousy (from page 12)

ways these wild beasts establish their dominance is to urinate on trees and whatever else seems to be a handy marker. Every time you indulge in jealousy, you are peeing on a tree. This is a degrading activity for a human being, isn't it? But that is exactly what is going on. The Not-I has seduced you into acting like a jungle beast. You were not designed to live like this, this is not an appropriate activity for a human being, you cannot afford it—you are NOT an animal, you are Spirit having a human experience. You are NOT Spirit having an animal experience—that's what the animals are for, not you.

I tell everyone who talked to me about jealousy recently to keep this image in mind. Every time you let yourself slop around in that hideously uncomfortable feeling of jealousy, you are pissing on trees.

If you cannot ignore the Not-I, get busy and distract yourself, immediately. Get up and go serve Life. Say thank you. Simply REFUSE to degrade yourself, to degrade Life. ⊗