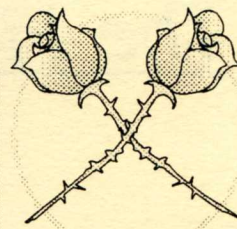


# AWARENESS JOURNAL



P R A C T I C I N G   R H O N D E L L ' S   S C I E N C E   O F   M A N

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## ANGER, PURPOSE, and POWER

*Amanda is 50 and angry at her mother for 19 years of intense emotional abuse, and 39 years of intermittent emotional abuse. Arnold is angry at the new president for renegeing on certain campaign promises. Agatha is angry at her university for requiring what she considers ridiculous and unreasonable demands that have nothing to do with her desired future profession. Alexander is angry with society-at-large for his view of degeneration in ethics, morals and simple civility. Arianna is angry at everyone and everything, because nothing has turned out as she expected.*

Bernard is angry at himself for being so stupid as to have allowed himself to be robbed at an ATM... he is sure the event could have been avoided had he been paying attention. When his mental self-chastising becomes overwhelming, he rages against the perpetrator. Belinda is angry at herself for countless failed attempts to quit smoking. When her ulcers become unbearably painful, she turns her anger toward the tobacco industry.

These represent my friends and yours and men and women the world over. And maybe even us. Anger and guilt are the same thing, only their direction appears to be different (and guilt adds a dose of fear to the termoil): A-Side directs anger outwardly on everything and everyone else, B-Side directs it inwardly. Directed inwardly or outwardly it is still destructive energy—hatred. There is really no difference, though individuals are experiencing slightly differently. People everywhere are angry.

Tremendous amounts of energy and attention are spent on trying to rectify these “wrongs,” at least mentally, on re-living them with intense conversation with friends who will listen, letters to editors or others, arguments and worse, lawsuits, public campaigns to change things. Intense anger makes one sick and/or crazy, almost everyone knows this, so they blame further for their symptoms, and others blame *them* for their annoying unusual behavior.

Sadly, everyone misses the point and colossal amounts of energy are squandered.

The “point is missed” because of an error in thinking that was made at birth and reinforced soon after. The Original Error was that the unpleasant experience of leaving the lovely, quiet, warm, safe haven of the womb—death to that world—constituted the whole reason for being in the new world. When reduced to these simple terms—side-effects of birth itself comprises the whole reason for the birth, to “undo” it—we can instantly see the absurdity of it, the illogical nature of the thinking, which was subordinate to intense feeling which engendered the decision.

The reinforcement of this error came the first time the scenario was reenacted, when a comfortable state again was

disrupted by interference, for instance when a diaper wasn't changed immediately, when no one responded in the night to the alarm sounded by an empty tummy, when a little hand was snatched away just as it reached for the pretty bauble on the coffee table. “I want ... and no one's delivering it,” or “I want ... and they won't let me have it.” “I hurt—fix it NOW!”

Of course all this thinking and feeling about the purpose of living was done by an infant... surely we can “forgive” such error. Sure we can, we can easily see the infant is not to be “blamed.” But error is error.

The error is that because the last “home” was comfortable, this new one *should* be, too. It just isn't true. There is evidence everywhere, at almost all times, that the nature of the realm we occupy is full of disturbance.

The error is that projecting this disturbance onto one or another person or event is preposterous (can you see that to do so is to make this person or event “god”? That we *give* them our power over how we feel?).

Aha, we are getting to the nitty-gritty here... God caused all this discomfort. And now we are getting close to the way things are, at least the way people think they are. All anger is really anger at God.

The Bible story of Job discusses this human condition. Lucifer and God made a bet about Job. Lucifer said, I am going to make his life miserable, and he will curse You. God said, You're on—old Job is wise and knows what he is, and he will not curse God no matter how tough you make things for him; he's strong and smart.

The story goes on (and on) about how Job's wife and friends tried to convince him to curse God and quit this disturbing game. (He declined.)

Right now I want to drop the word “God” which has so many conditioned preconceptions, most of which cannot be checked out, and substitute the word “Life,” the God we can and do *know*.

All the angry people are angry at Life. Their babyish misconceptions make them think they are angry (Continued last page)

# The PICTURE OF MAN

## PRIVILEGE

*Did you know that the VALUE of everything in your life is up to you? That you and only you set the gold standard for everything in your world? Everything!*

There are four facets to the human experience:

(1) Spirit/Intelligence/Creative Initiative/Life Force, called by the *Science of Man* "X" because, like in algebra, we know that it is present or not, but cannot explicitly define it yet.

(2) Awareness/Receiver/Evaluator/Communicator, a function of Spirit in the physical realm (and where the sense of "I" resides for most people);

(3) Physical Body, the medium through which the internal and external communications are carried out;

(4) The Function (activity) of the whole being in this realm.

For example, if we say (and *mean*) "I love my companion," Awareness (2) is receiving and evaluating the companion to its satisfaction, "reporting" this to Spirit (1), which performs loving feelings and actions (4) through the physical body (3). If we say, "I enjoy attending Tai Chi classes," Awareness evaluates this activity as something advantageous, reports this to X, which moves the body to the class and through the motions of the exercises — all four functions acting in harmony. If you are new to the *Science of Man* this might be a good place to stop and think of other activities in your life, and how they are executed in exactly this manner.

The power to evaluate is not seen as privilege because Awareness made erroneous decisions early on, at birth. For instance, that the whole Purpose of Living was to regain the previously non-disturbed state. With this mis-evaluation, pleasures on all levels were seen as rights and pain on all levels as victimization. The evaluation is then awry because of the erroneous prime decision, and none of it is seen as privilege. When one sees and feels the privilege of Life here in this realm, Awareness is functioning correctly and sees its power as privilege, too.

People are brought up in a conditioned manner to greatly underestimate the function and especially the privilege of Awareness. It all started out very automatic... and then Awareness was "educated" by others... appropriately enough for babies, but not necessary for adults.

When an infant, it decided life in this realm was fairly uncomfortable — the infant discovered only after being born the unpleasantness of hunger, glare, adaptation, and so on, and evaluated them as worthy only of escaping. And needless to say he rather enjoyed pleasant sensations. Later he or she discovered the slaves who had been there at beck and call to fix these things sometimes ignored the complaints. Little-Bit started sticking up for his rights, and that external warfare worked for a while to avoid that most unpleasant feeling, being ignored or rejected.

Eventually the baby discovered that an adorable smile would accomplish the same end — getting her way. She used this method for a while, but sometimes it took just too much effort to smile when a wail was what felt like expressing itself. Conflict set in: Should I smile or should I wail? Awareness became fragmented at this very moment. Internal warfare began.

Another new thrill to the little one was his first scolding by people he thought until that moment were there only to serve him. He learned quickly to obey or get swatted. Feeling shamed by the scolding (or worse), he began to decide that maybe his desire to wail was wrong or bad and he should stifle it... or that he shouldn't even have wanted to wail in the first place. More fragmentation: Complaining and demanding are counter-productive to pleasing and obeying "or else." What confusion!

Eventually all this introspection was too much for the child and he or she said, "Enough of these unpleasant feelings about myself! It's all *their* fault! I won't be happy until he, she, it or they change," and he and she learned how to blame.

So Awareness was taken over by the Master Decision that the Purpose of Living was to regain the undisturbed state, that is, to gain pleasure on all levels and to escape pain on all levels. The six decisions appropriate for a baby and not for adults, but still active until unmade, fragmented the Awareness: (1) Complain (2) Stick up for rights (3) Please for effect (4) Believe and obey "authorities" (5) Feel guilty, self-improve and/or act differently than I feel and (6) Blame.

Because Awareness was consumed with these baby ideas of how to gain a false purpose (the Purpose of Living is false because pain and pleasure are by-products of living, certainly not the reason for living), it never developed into the organ that it was intended to be. It atrophied, crystalized into a machine-like computer with faulty, short-circuiting software, and never blossomed into the magnificent Conscious Partner of Spirit in the Human Realm.

The old baby way of valuing was to base all evaluations on their pleasure and/or pain quotient, that is, unconscious evaluation. When a new purpose of living is made, and when attention is paid consciously to what is going on within and without, the privilege of evaluation becomes quite a different and fulfilling activity.

If you've ever been to a 12-Step group, you know that most people there will tell you they put a whole new value on the miserable experiences of their lives. Most of them agree that hitting rock-bottom, unspeakable misery at the time, had a silver lining — it brought them to the principles, thus allowing re-birth.

Most of us are not hitting rock bottom on a daily basis (though some are and don't even know it), we are confronted with countless challenges, many of which are a real pain in the neck. How do we see them? At the very least we can see them, if we *want* to wake up, as *opportunities* to wake up, thereby having at least some value as a reminder (this reminder is only welcome, of course, if one has committed to waking up).

Did someone double-cross you? It can be valued as a justification for rage and vengeance, or it can be valued as an opportunity to stop trusting people to do what you want and be responsible for your own inner state. The valuing is yours. Did

# AWARENESS FUNCTION of LIFE

you get home to find that you were short-changed at the super-market? It can be one more axe to grind about big business or the imbecility of clerks, or it can be an opportunity to realize how little we pay attention. It is entirely up to you.

A year ago a beautiful new car I had borrowed was stolen while I was in the bank. (You haven't been challenged until you lose someone *else's* car!) I am almost sure the thief followed me quite a way, because as I drove to the bank I kept feeling that I was getting too much attention (even for me), and as I parked the car I looked around, feeling strongly that there was a "sinister" atmosphere in the parking lot. I didn't get out of the car until a beat-up old car that was leaving was clearly out of the lot — it seemed like "trouble." Thinking I was getting a bit paranoid, I dismissed the impressions, locked the car and entered the bank. When I returned to the lot the car was gone and I realized I had been "warned" not to leave it there and ignored the warning, I didn't value it. I learned at considerable expense, of time especially, that paying attention to what is going on around me is essential — and though I had paid attention, I did not properly value the impressions I received and realized (yet again) that the Not-I occasionally calls me paranoid when I do so. The value in this episode (for me, because I assigned it) is to trust Awareness — it speaks loud and clear — and to value it.

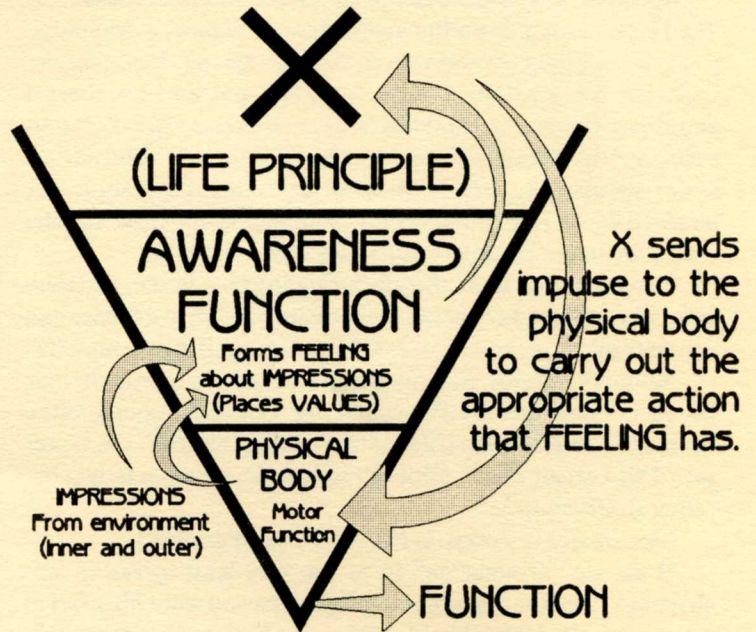
Everything and everyone that happens to you has specifically and only the value you place on it or them. And lest this sound a bit Pollyanna-ish, be sure you are free to value things (and people, if you choose) as zero and dismiss them immediately if you wish. As well, maybe you can't see the value but think it may be lurking there. If so, you are probably right. A little patience and eventually "all things will be made clear" — in their sweet time, perhaps, not necessarily ours.

Somewhere it is written that it is darn near impossible for a rich man to enter the kingdom of heaven. This is the guy who values comforts (or even perhaps misery) more than anything, especially more than the sometimes strenuous activity of awakening. His riches are pleasures — maybe prestige, or affection, or, like some, being a victim. We all know people who value pity and helplessness more than anything. That's their choice (the people we know, because they have an opportunity to evaluate their evaluating system, because they know us).

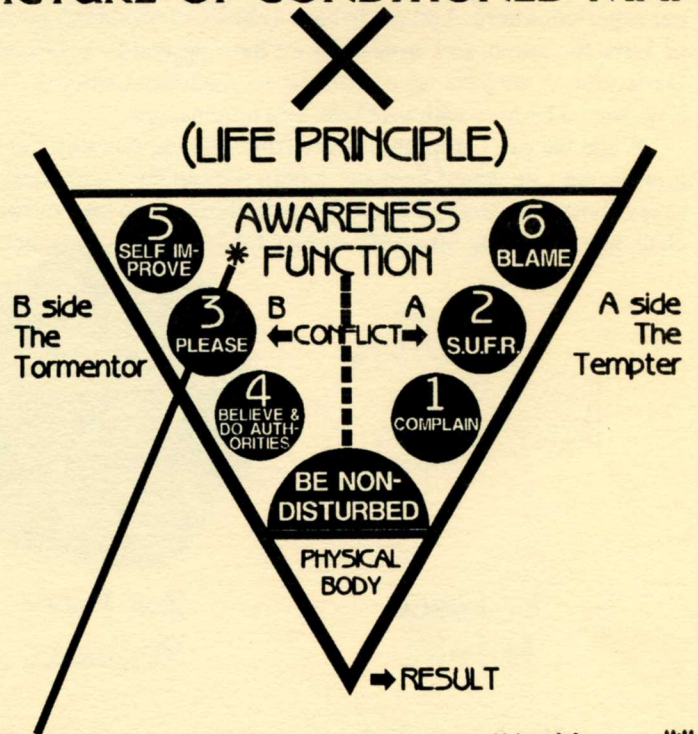
You can see life as one big headache, if you want, or you can start doing your job and properly evaluating everything it presents. Is this event or person to my advantage or not? If so, to what degree? If not, can I let it go?

Assigning values to every facet of life is a great privilege — and, as with every privilege, it comes with responsibility. Identify your purpose, then identify your values. A rich person can enter the kingdom — right now, in fact — if he sees his riches are nothing compared to the privilege and *right* to evaluate, realizes he and he alone has the right to evaluate for himself. (Yes, we do have a few rights, *divine* rights, being in charge of our inner state and evaluating everything, among them. Can anyone take these away from you? Do we lose them only when we give them away?) ⊗

## PICTURE OF MAN



## PICTURE OF CONDITIONED MAN



Fragmented Awareness with Many "I"s

# WHAT'S GOING ON HERE?

## NOT "CAUSE AND EFFECT"

*This is a true story. A friend of mine (let's call her Boopsie) loaned her uninsured Harley to her uninsured friend Roxanne.*

Roxanne parked the bike on an incline and didn't secure it. The Harley rolled down the incline into a neighbor's swimming pool, demolishing several rare orchid plants and damaging the imported tile bordering the pool. No one was hurt but several people are threatening lawsuits and tow-truckers want big bucks to remove the (totalled) bike. Meanwhile Boopsie's sister-in-law is not speaking to her because of an unrelated matter, her landlord doesn't like the way she is maintaining the yard, and she thinks she might be pregnant and doesn't want to be.

Boopsie called immediately during the bike fiasco, and then later, when things were getting taken care of at great expense and considerable aggravation, to ask, "Did I bring all this on myself?"

Although this may not sound quite like an average day in your life (it is rather par-for-the-course for Boopsie), people often wonder when calamity strikes, "Did I bring this on?" Or, better yet, "Did I create this?" (Doesn't sound like creation to me, but rather destruction.)

The answer of course is No. And Yes. (Paradox.)

What we "brought on" or at the very least *agreed to* was challenge. Whether or not you believe that you were hijacked to this realm called The World, or that you (Life) chose to participate in this adventure, the fact is that every day for the last 30 or 40 or more years we have each agreed to *stay*. We all are free to go at any time, but we have all agreed rather to stay.

*The World is a place of challenge.* It is simply the nature of our experience here. And we do have a choice to stay in the game or leave the game, so I would say we have agreed to play The Game, that is, we have agreed to take on challenges, since there is no way to be here without them, and here we are.

While we can't stop challenges from coming our way (and how boring Life would be if we could), we can have something to say about the nature of them. Boopsie chose not to take on the challenge of finding insurance money for her bike. So she gets

the challenge of paying someone to fish it out of the pool and tow it away. Lending anything of value to Roxanne (not, shall we say, an overly responsible person) is a dubious choice, too...

Having a bike presented certain challenges, it's the nature of the experience. Boopsie has some leeway in choosing which challenges to expose herself to, and how much of her own privileges to give away to others.

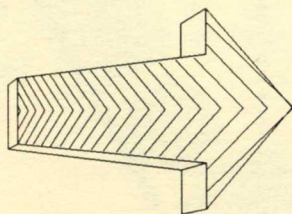
The sister-in-law, the landlord, irresponsible friends—these are strictly people challenges and we have some choice about which people will be in our realm, but not totally. And people are people. There are pleasant ones and not-so-pleasant ones, and I don't think it matters where on Earth one lives or what on earth one is doing, people challenges will be there. Our choice with people challenges is whether or not we let them control our inner state (not how to control *them*).

So to some extent we do create "misfortune" by our choices, but we will have challenges one way or another, no matter how wise our choices.

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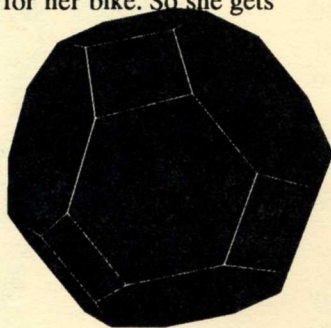
I heard about the L.A. Marathon recently and cringed. That is a challenge I wouldn't choose in a million years. But that same day I was doing the New York Times Sunday Crossword. I laughed with a person sitting in my kitchen watching me who wouldn't waste time on a crossword for a million dollars (ditto the marathon) as we equated the same events, marathons and killer crosswords—both complete wastes of time and energy and a lot of fun, if it's to your taste. Choices, challenges, games. The fun is in the challenge and we do have some control over which ones we will play, but only if we are responsible and pay attention.

So stop beating your breast when "bad things" happen to you, a very "good" person—we all will have challenges, and have agreed to this by choosing to stay on planet Earth. Just start paying more attention and they might be a lot more fun. ⊗



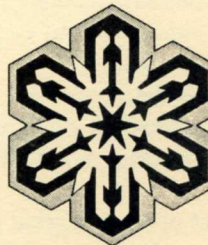
**1ST FORCE  
INITIATIVE**

**SINGLE-MINDED  
IDEA, Will**



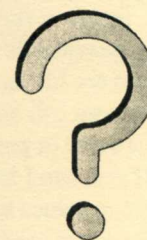
**2ND FORCE  
RESISTANCE**

**ARISES TO OPPOSE  
1ST FORCE; molds It**



**3RD FORCE  
FORM**

**OBJECT OR  
EVENT**



**4TH FORCE  
RESULT**

**SOMETHING  
TO RESPOND TO**

## Re "THE THUNDER, PERFECT MIND"

Question: "That 'Thunder, Perfect Mind' verse in the last newsletter — I don't get it."

I wonder how many did? Putting this poem (especially next to the Not-I Page) was a trick challenge. I was eager to hear the feedback, and a few people did call to say they "didn't get it."

The mind works by associations, and this is a hindrance to building a New Man. (New Testament admonishments about this very thing are not to put a new patch on an old garment, and don't put new wine in old bottles). The conditioned brain gets in the way of true learning, and causes confusion. All confusion about the Teaching is based on (1) Not checking it out for yourself, (2) *Trying to make new ideas accommodate the old*, (3) Ignoring or denying what you find because it's unpleasant, and (4) Impatience.

An old idea most new students have is that somehow this Work (or some work, somehow) will improve them, make them better and eventually "good." It is not the purpose of the *Science of Man* to improve anyone in any way. Its purpose is to aid in awakening to one's true nature so that one can develop and evolve. If development is seen as an improvement, so be it. It isn't though, because the new has so little to do with the old that the evolutionary step taken when doing the Work can be said to create a New Man... leaving the old one behind, not improving it.

The Work talks about Not-I's, erroneous ideas that "speak" to us via thoughts and feelings. People often think of them as little people, or demons (I do often call them demons—but what is the definition of demon???—a well-fed derogatory force, suggestion, a lie, an idea), or some misguided part of their real selves. The Not-I's aren't really living beings at all and it is a mistake to think they are. They are ideas, suggestions, that are fed energy and "hang around" to torment us, but they are only misinformation. If the misinformation is really cleared up (this can *only* be done by acting on it, not just by thinking about it), Not-I's disintegrate, because they become obsolete.

Example: A benign one (I think, although some disagree) is Santa Claus. Did you believe in Santa when you were very small? Do you now? Do you still find yourself writing to Santa and peeking around corners and feeling guilty lest his elves are watching, sitting on his lap in December? Does Santa, who probably DID exist for you at one time, exist really? And does he now? Santas float around the mall at Xmas, they talk on TV and radio, and their pictures are everywhere... but what is Santa but an idea, a suggestion: Be good and get stuff, be bad and get nothing. And it has little or no effect on you now. AND you can

see that to others, little ones, he is "real," and they deal with that accordingly. It is appropriate, or okay anyway, for a little one... pretty stupid of an adult, though.

So to get back to *The Thunder, Perfect Mind*. The confusion some people had with it was that the Teaching says anything derogatory is a Not-I, and Ms. Thunder sounds like God talking, Life; yet says she is, among other things, a whore, ignorant, shame, weakness, fearful, proud, senseless, godless, and a few other unsavory things, AND everything else, too. What gives? God is all this?

God, Life, IS all this, It is All, and It just IS.

Not-I's are ONLY misinformation, assumptions based on lack of information received, conflicting IDEAS, suggestion that have taken on energy only because we feed them our energy by acting them out. This INFORMATION is channeled through Awareness to Life Who hears it all and ALWAYS RESPONDS APPROPRIATELY FOR THE INFORMATION RECEIVED through the physical body. Only "X"—Life—*responds*, the Not-I's are not people, beings, deities, anything but just erroneous information. All the doing and being is by "X". So if the Not-I says to Awareness, which believes it, whoring is exactly the thing to do based on the Purpose of Living, this information is "reported" to "X" and the physical body whores around. The same applies to any and all activities, it is Life and only Life acting and doing and being, based on information or mis-information, assumptions

based on lack of information. (Or of course based on truth. It sees whatever you report with feeling as true. If your purpose is advantageous and you are evaluating accurately, it's truth.)

Monotheism is knowing that there is only one Source for all that occurs. Our responsibility is to feed that Source the Truth so that all that we are and do is to our advantage. Flip Wilson used to say, "The devil made me do it." That may be, but LIFE DID IT.

Can you imagine a greater privilege or responsibility than this, that you are the writer and director and star of the Show that Life puts on through you... Life will do whatever you advise, whatever.

So the purpose of the *Science of Man* is not to make you or anyone good or better. It is to INFORM you, so that you can begin reporting accurately to Life what is going on here, and the actions you perform in your daily life will be to your advantage.⊗

**I am god. I live in  
all bodies and am  
omnipotent. thou  
canst not find  
any so-called evil  
place, but I am  
there. I, only I, am  
there, developing  
my bodies by  
devious ways. In  
every impulse I  
live, conforming  
to no rule.**

**from life's word**

*The newsletter is fantastic — I enjoy it very much and find it very useful. I was wondering why, though, there seems to be a lot of repetition of the Picture of Man.*

I have heard this question so often over the years (usually in regard to workshops) that it's apparent a lot of people find the presentation of the POM repetitious. There are two considerations so that you will always find the Picture of Man in any presentation of Rhondell's *Science of Man*.

The first is that new people wander in and out all the time. An effort is always made to have every presentation of these Teachings complete in and of themselves so that if a person stumbles on one just piece of written material or into just one workshop, all the basic tools will have been laid out so that he or she will have everything needed to begin transformation, whether they return or not.

But despite the commitment to make the complete Teaching available to anyone who wants it, there is another excellent reason for the seemingly repetitious presentation of the Picture of Man: you can't ponder it enough, we are encouraging you to look at it as often as possible. The Picture of Man is a living organism. It is a drawing, yes, but it is a drawing of a living person — you, and me and everyone else. To see it as unchanging is to see yourself as unchanging — a grave mistake. Each person is either integrating or disintegrating, evolving or dying, albeit we may sometimes hover a short while on the same place of this scale, "plateau" for a bit (but not for long). If you do not just read it or look at it but observe it in every facet of your life, and that of everyone around you (see that you and they *are* living it), you will see it change. It grows and develops and takes on new dimensions all the time. If you have *not* had this experience of seeing the Picture of Man take on new meaning, you are not *using* it, even though you may be able to draw it or recite it by heart.

If introspection has reached an impasse for the moment, try imposing the Picture of Man on the world around you. Watch current events, institutions, everything in the "news." See if, for instance, every civil war you hear about the world over does not correspond to a wish to be undisturbed, have one's way right now, and conflicting methods to achieve this. See if you can pick out who is playing "B-Side" and who is playing "A-Side" (and how each of these sides thinks the other is playing the opposite of what it proclaims). Watch how institutions claim to be authorities, con you into pleasing them with money or attention, encourage you to self-improve; and how they complain for you, stick up for your rights and encourage you to do so, blame for you. See if you can identify the Not-I's in the vast majority of all public statements (not to mention private ones). On the other hand, watch to see that when things work effectively, if this isn't a perfect picture of "somebody" reporting accurately what is going on, and "somebody" responding appropriately to the information received. You can have endless fun with this.

So if you find the Picture of Man boring, it is telling you

## WE GET QUESTIONS

something about yourself (sorry). It is a dynamic, living organism, just like you.

*At lunch today some business associates were complaining about a wedding they went to — they thought the father of the bride was rather a cheapskate and put on a shabby party. As I was listening to them I remembered the article about naming the Not-I as you hear it, and not agreeing with anyone they are a victim. It seemed they were complaining, No.1, and were feeling like victims — they did not get the return on their wedding gifts they thought they should have. It was so awkward — I didn't want to agree with them, but it would have been unseemly for me to contradict them or tell them the truth. I thought what would Christine say, and didn't know. How do you handle this kind of thing?*

Well, it is unlikely I would tell anyone at a business lunch they were acting like ingrates, boring me with the No.1 Not-I. I rather enjoy company at meals. (Though I might slip the bit about victims in, if I could in a humorous way). Since these people were not asking me what's going on with their inner state, I would have changed the subject. Since most people are not single-minded but rather wandering in several directions at once, usually conflicting ones, it is easy to change the subject. It's not only easy, but fun to watch as people scramble about their inner software looking for a reaction to the new subject you have raised. Or, I might, as Rhondell says, make cooing sounds, to keep the peace. I might have said, if anything, "I hear your point of view." Since they aren't really listening to me anyway, but rather just sounding off, this would not offend them, and is still the truth.

The Teaching does not intend to make you a social outcast. If you are playing the business game, for instance, it is probably not to your advantage to antagonize people at lunch. And since certainly these guys weren't *asking*, you had no duty to cast the pearls of wisdom before them, lest they turn and rend you.

What you want to see here is this: What is your purpose? To straighten people out? No. It is just to wake up yourself, especially when Not-I's are droning on all around you. You did that! Your purpose was accomplished — you were paying attention, you evaluated accurately — you identified the Not-I expounding at the moment, and you recognized the victim role. That was a piece of Work and the Not-I's didn't like it, so they started right in telling you you didn't do it *quite right*. See how cunning they get? Keep up the good Work.

*I am so very grateful for the Teaching, and amazed and appreciative of Rhondell, especially, and you, too, for all the time you have spent with me. My life has transformed. I*

*just don't know how to repay you. I intend to make a big donation when... [my ship comes in]. Meantime, I still would like to do something to say thank you.*

The best way to say thank you for the Teaching is to USE IT. No one giving out the Teaching is keeping an account of what you might "owe" for a gift. Life gave you the Teaching, through Its agents. If you want to say thank you to Life, the very best (and really only) way to do so is to use the gift you have been given. Monetary gifts are used by the recipient agent to further his or her Work, enabling the giving of the gift to more people, and "the laborer deserves his living" (Matthew 10:10) so it, too, is always welcome. But this is absolutely secondary. Using the gift you have been given will increase it and it will spill over onto others – using the gift of the Teaching contributes not only to your well-being but to others' as well.

*In one of Rhondell's books it talks about humility as not giving advice. I disagree, I think we should give advice, by that I mean point people in the right direction, i.e., tell them what the right direction is and especially we should encourage them to do that.*

We had a long discussion about this on the phone and you still disagree. (Though you did agree that this would be a good topic for the newsletter.) You told me that you still think you should give advice, and that if you didn't give advice, if you did it the way I proposed, you wouldn't have any friends. And, as I asked you, does being the dispenser of advice give you lots of friends – or co-dependents? (And to your credit, you did laugh.)

The Teaching is not "advice," it is information, and the Teaching says do not give advice. What we can do when we Work with people is tell them what they are, Spirit having a human experience, where they are, in the world of challenge, what's going on, resistance to their every initiative. When they *understand* these things, they will then be reporting accurately and thus know for themselves the fourth part, what they can do... we don't need to tell them (and we don't know, specifically, what they "should" do. We only know what WE can do). That is as concise as I can get it, and if each part of the above is studied carefully, it will be plain that there is no need to give anyone advice.

But even beyond this, it's essential to know that people seldom listen to what is said. If they do listen (even to the proper dispensation of information as outlined above), the brain works in such a way that they are usually only trying to fit in what you said with their previous assumptions, beliefs, mis-information, conditioning, to see what correlates, and can be kept, and what doesn't – which they disregard. That is the nature of the brain, and why real Teaching, beyond the very basics, is always given by demonstration. (And why even newsletters like this one have extremely limited use beyond entertainment, except there is an

effort made to relate *demonstrations* of the Teaching in use.)

So first examine what your purpose is with these people. Is it to be their new authority, replacing the old No.4 Not-I with one with your name? Is it to control people? There is nothing "wrong" with that, if you see what you are doing. They might just as well have you as their authority as the church, the government, their mother, or anyone else, if what they are looking for is a new authority to relieve them of responsibility.

Maybe you think your purpose is to Teach them, to be a Teacher. If so, why the concern with having friends? Teachers never Work to *have* anything, it is totally a labor of giving. A Teacher's true Friend is within, all the other people he knows and loves are just reflections and variations of the true Friend, Who is ever-present whether It has reflections out there or not.

Another essential component to all this is: Did they ask? And for what did they ask? If they asked for "help" because they are feeling victimized by their challenges, they are not "asking" in the Teaching sense at all. They are really saying, confirm that I am a victim by advising me what to do, since I am not responsible enough to do it myself. And we know that that is being harmful.

What a real student is asking is, "Is there another way than the four dual basic urges?" Of course, it will never be worded this way because he or she has never heard of the 4DBUs per se, but one is not a potential student until he has begun to question them, in whatever terminology, as a purpose of living.

You can see that it is a fine-tuned ability a Teacher must have to Work with anyone; he must be able to discern what people are *really* saying, and what information it is advantageous to give them. And the Teacher gives only a little bit to start with, to test the asker's ability to take charge enough to complete his first assignment. (So the first assignments are never overwhelming, just a little thing is given to do.)

I am not sure you give credit to people's innate Intelligence. What is so lacking in anyone that they need us to advise them what they *should* do after we have already told them what they *could* do? They are expressions of Spirit, incredible Intelligence, and if shown what they are, where they are, and what's going on, and they *hear* you, they are – all of them – perfectly capable of knowing what they *can* do. And it is up to them to see what they want to do, not us. Would you have them "do the right thing?" What is that? Would you deny them the free will to choose for themselves what they see is to their advantage?

Wanting to be a guru is a sure sign one is not a Teacher. No real Teacher really wants to Teach, he only wants to say thank you for the gift of the Teaching and thus is willing to spend the effort to pass it on. Wanting to gain anything by this activity invalidates it as Teaching – the activity of Teaching does not fulfil ANY desires, except that desire to say thank you. ⊗

Courtesy of our printer, First Class Printing in Glendale CA:

"Every person has the ability to raise the mood. Some do it by entering a room, the others by leaving it."

# WAR and PEACE

## ANNIHILATION and OBSOLESCENCE

*The Teaching says that Life on Earth is playing a big game. There are lots of synonyms for "game," but basically the definition is "a competitive activity involving skill, change, and strength, played according to the rules." There are all kinds of degrees of games, from hopscotch to world war.*

The "competitive" component is so overworked by the world that most games have turned into war. (Where everyone forgets it's a game.) The idea of war is taken to the extreme, and stuffed down our throats constantly: war on drugs, war on poverty, war on cancer, and just today I heard war on the yellow pages and war on wrinkles.

Because the idea of warfare is so heavily promoted, it is almost part of the universal psyche, i.e., it has become a template through which to filter information.

The Teaching says that war is not the only way to get rid of deleterious conditions, that there is another way: Make the conditions obsolete.

A great relief to new students is the Teaching idea that all the derogatory stuff coming to you from within and without is Not-I, it is not part of the real you, it can be ignored. Because conditioning is so strong (having been reinforced from time immemorial, and because of the nature of the physical body), the new student is often disappointed when the derogatory ideas filling one's head don't immediately disappear when first recognized. Some students then take the stance that they must wage war on Not-I's. You can, if you like (it is a very good lesson to check out).

What the Teaching says, though, is that you can fight a thing, thus providing it resistance to thrive on, or you can make it obsolete. Imagine stopping all this foolishness about war on child abuse, say—where people are hauled into court for their (to them perfectly justified at the time) misdeeds of thirty years before—making all concerned feel worse, never better, and instead making child abuse obsolete. What has anyone ever gained by revenge? A momentary feeling of satisfaction, perhaps, but what have they gained by "you will suffer as I suffered," i.e., both of us will be brought down to the same level of misery. "Annihilate him!" It's war. What has been gained?

(Of course some will say that striking fear of punishment into people will prevent child abuse. Using threats to control may be appropriate for institutionalized behavior modification. We are interested in something altogether different, though—raising awareness of individuals, not supporting institutionalized ideas of "justice" by increasing fear, waging war.)

Anything that is not to your advantage can be fought, or it can be made obsolete. You can wage war (destruction) or you can make something new to use (creation), rendering the old obsolete.

The Purpose of the Work is not to wage war. It tells you that waging war (between A-Side, complaining, demanding, blaming and B-side, obeying, pleasing for effect, self-improving and feeling guilty) has got you nowhere so far but disintegrating. The

Teaching is instruction for using a New Way to make a New Man, by making the old one obsolete.

Obsolete means not useful anymore. Computers have made old metal typesetting obsolete, but did the computer wage war on metal type blocks? Of course not. A new idea arose, the old one became obsolete.

The way to make old ideas obsolete is to first check out what the old ideas are. Few people give this much thought before they get into the Work. The Work requires us to check out old ideas unceasingly. After we discover what the old purpose of living is, and what the methods to try to achieve it are, we can then start checking out some of the new ideas. And here is a good place to restate that continual admonition to *check them out*. Do not believe a word you are told by Rhondell, read in books, hear on tapes, read in *Awareness Journal* (or anywhere else)—CHECK IT OUT FOR YOURSELF.

We complain because we think we should immediately gain comfort on all levels and escape pain on all levels. That's in error because it is not the nature of Life on earth to be completely undisturbed all the time. We stick up for non-existent rights—we don't see that all our gifts are privileges, not rights, because they can be taken away as easily as (if not more easily than) they were given. We blame because it takes effort to be responsible. We obey and quote so-called authorities for the same reason, it's easier than being responsible. We spend a great deal of energy pleasing for effect to try to control people rather than being in charge of our own inner state (and because of the erroneous idea that others validate us); we get into self-improvement and guilt because we have measured ourselves against completely false standards for Life (there are no standards for Life) that someone else has conned us into accepting.

All these are error. When we first discover them, then re-evaluate them, they will become obsolete. No combat necessary, though it does take a considerable effort to remember to do it, and to maintain the stamina to do it after a lifetime of old habits.

You can think of countless examples in your own life where old ideas died a natural death, became obsolete, and you didn't have to make war on them.

That's a good place to start with this Work, checking out how easily the old ideas that you have discarded did disappear. Then think of the ones you had to work harder at. Maybe that getting rich, or married, or accepted as successful, (after you achieved it) wasn't the fulfillment of your life. After you are comfortable with the concept that indeed, you can evolve without warfare, you can start looking at what's left, evaluating whether it's to your advantage or not, discarding ideas that aren't, making something new to put in its place. ⊗



## LUCIFER

**Most people with a Christian background know that the name "Lucifer" means "light-bearer." (Latin root LUX, light; Old English, Light-bearer.) If one comes from the point of view of "good and evil" this can be a little confusing. A story is written that Lucifer started out as a good guy, made war in heaven, and fell (here, to torment us).**

Well, how he got here, I don't know, or don't remember, but it does seem apparent that the "light-bearer" must be the physical body. What else could it be? When someone is radiant it is their body, their skin and hair, and especially their eyes, that glow. The physical body seems to bear the light. If you see auras, you see them as if emanating from the physical body. One does not sit on the living room sofa watching TV while one's aura plants itself at the kitchen table to snack.

The Great Work is to make this light-bearer conscious, itself, instead of just being furniture for the Light. And not only is the unconscious light-bearer furniture, but it is demonic as well, according to etymology. (Indo-European root DA, to Greek "to divide." Hence Pandemonium, time, tide.) The furniture that the Light sits on and in and around is divided—the physical body does NOT want to wake up, it wants only to sleep and eat (escape and gain). While certainly there is nothing wrong with sleeping and eating, one can't do them both at the same time, and there is a whole vast range of experience outside sleeping (escaping) and eating (gaining) to learn and do.

All the tedious little "penances" given here and elsewhere in the Work are designed to wake up the light-bearer. If something is initiated that it would rather not do, it will wake up for a moment (and usually howl), but if the Initiative is strong enough (real Will), it will do the exercise despite the howling, and compel the light-bearer to awaken a bit.

We see people all the time whose outer and inner are totally at odds, whose Light wants to shine, but whose light-bearer is in control. Maybe they tell you everything is fine, wonderful, in their life right now, yet they slouch, frown, tilt their head and sigh a lot. Or they call just to chat and their tone sounds positively funereal, though they are discussing, say, their garden or some other perfectly nice aspect of their lives.

Though my inner state is usually quite radiant, I myself to this day tense my shoulders as a matter of habit, left over from a fairly rugged childhood of heavy responsibility (I thought), and notice that I tend to frown with my forehead, left over from more ignorant days, "What in the *hell* is going on here?!" I have to work on these countless times a day, old habits die hard, the light-bearer would prefer to take a nap.

The carnal body that wants only to sleep trancelike and to consume avidly is not bad or evil, despite what Theology says. It's nature is to do this, just like other animals. It is the job of the Spirit within, the Light suffusing the human being, to awaken, with the help of Awareness, and to wake up those cells. Spend some time people-watching and discover how very, very few seem to be but sophisticated animals, wandering around without

conscious purpose. Then spend some time watching yourself, and especially all your body language, which so often betrays your inner state, despite what you might think.

Some things to look for are posture, tone of voice, facial expressions, hand gestures, gait, eyelids (for staring), forehead (frowning), sighing, talking fast (or too slow, both signs of trying to control), and so on. First find these in others until you have them very well categorized, then start working on watching yourself.

When enough people on Earth have made the body conscious, down to the cellular level, when enough are truly conscious light-bearers, this will be an enormous leap in human evolution. When the light-bearer is conscious, it will be a different world, both individually and universally. ⊗

*"Now no one, when he has lighted a lamp, covers it with a vessel, or puts it under a couch, but he puts it upon a lamp-stand, that they who enter may see the light." [Luke 8:16]*

(no) one (covers) — Intelligence does not cover it up

lighted a lamp — living, alive

a vessel — Awareness, subordinate to Spirit, not covering it up

under a couch — wrong purpose, both of lamp and couch

lamp-stand — foundation, support, subordinate, useful; correct purpose

they who enter — other reflections of Life

may see the light — share in Love

# THE WAY OF THE WORLD

## SUGGESTION

*As I write this Los Angeles is under a state of siege. No, there isn't any rioting going on, but there is a war of suggestion descending on this city that only the comatose can ignore. The papers daily and the radio and TV hourly are talking about the probability of rioting at the outcome of a trial now in jury deliberations. Videotape replays of last year's riot are shown at every newscast and news magazine show, in case any of us forgot what it was like (unlikely we will ever forget the huge cloud of smoke, the curfew, the complete standstill of ordinary life as we all watched thugs tear up L.A.).*

The good ol' boy D.J. on the country station I am listening to right now is a little ticked off about this... he is stating that the media are promoting a riot, and I tend to agree. My neighborhood is calm as usual, that is, the only disturbances are the kids on the corner hollering, the jet-engine-decibel leaf-blower next door and the 3.2 quakes each time the bus rolls by out front, and not disturbing but delightful, the music of birds in springtime. The neighbors are doing what they always do, chatting, gardening, walking the dogs, off at work. Ditto my friends' neighborhoods, too, I've asked.

Yet the fear that "they" are trying to instill is bound to be reacted to by some. The paper did a survey and found that 4% of Los Angeles residents bought guns in the last two weeks. If there are six million people here I guess that's about a quarter million more guns than usual. The only person I know who is certain there will be a riot, and so has stocked his cupboards, works in television.

While it seems unlikely we will have another upheaval, the media have it as imminent. (The new police chief is a cracker-jack, in my opinion; systems have been checked and repaired to see that they are intact; and really, who really cares about this trial—a re-run if ever there was one, last year's news—but a relatively few? Without the constant promotion, we probably all would forget about it and be about our business.)

The point of all this is that it occurs to me as I listen to yet another hysterical "news" broadcast that listening to radio and TV (and reading the papers) is a wonderful exercise to awaken. Listen not only to what they're saying, but especially how they're saying it. Ask yourself these questions as you listen: Is victimhood a staple of the media? Does it help them make money? Do reporters and the companies they represent see themselves as "authorities"? If so, what is the source of this prestige? Is it technology, because they can be nearly everywhere at once? Or is it by virtue of their special education, while we squat in the ignorant hovels of our dim-witted minds? At what point does journalism stop being reporting and become propaganda? Is it possible that the hugeness of networks, especially, has enabled some considerable power of suggestion? Is it within the realm of possibility that power with erroneous purpose corrupts? Do alarmist pronouncements contribute to society in any way? Just what is their purpose?

Please remember that once you know what is going on, you

are perfectly able to respond accordingly—be it hurricanes, riots, even earthquakes. Suggestion—threats and promises—is not objective reporting. Be careful about your information gathering, though. If those providing information are not trustworthy, do your own bit of reporting, "I don't know exactly what is going on." Trust Spirit, Life will fill you in promptly, without all the editorializing. ⊗

(I will leave this space blank and fill in at the last minute what actually happens between now and the taking of this to the printer) ↓

## The Week That Wasn't, or, They gave a riot and nobody came.

*What happened after the verdicts were announced was very little. Rape and burglary were down 50%. Assaults were down 33%. Murder was down 100% (there are usually eight murders a day in Los Angeles. The two days following the verdicts there were zero murders.) About 80 miles north of L.A. some kids tore up a theme park when they couldn't all get into a rap concert. A veteran cop I know made \$2,000 in overtime pay. That's about it.*

## Excerpt from **EINSTEIN'S DREAMS** by Alan Lightman

**3** *May 1905 • Consider a world in which cause and effect are erratic. Sometimes the first precedes the second, sometimes the second the first. Or perhaps cause lies forever in the past while effect in the future, but future and past are entwined.*

On the terrace of the Bundesterrasse is a striking view: the river Aare below and the Bernese Alps above. A man stands there just now, absently emptying his pockets and weeping. Without reason, his friends have abandoned him. No one calls any more, no one meets him for supper or beer at the tavern, no one invites him to their home. For twenty years he has been the ideal friend to his friends, generous, interested, soft-spoken, affectionate. What could have happened? A week from this moment on the terrace, the same man begins acting the goat, insulting everyone, wearing smelly clothes, stingy with money, allowing no one to come to his apartment on Laupenstrasse. Which was cause and which effect, which future and which past?

In Zürich, strict laws have recently been approved by the Council. Pistols may not be sold to the public. Banks and trading houses must be audited. All visitors, whether entering Zürich by boat on the river Limmat or by rail on the Selnau line, must be searched for contraband. The civil military is doubled. One month after the crackdown, Zürich is ripped by the worst crimes in its history. In daylight, people are murdered in the Weinplatz, paintings are stolen from the Kunsthhaus, liquor is drunk in the pews of the Münsterhof. Are these criminal acts not misplaced in time? Or perhaps the new laws were action rather than reaction?

A young woman sits near a fountain in the Botanischer Garten. She comes here every Sunday to smell the white double violets, the musk rose, the matted pink gillyflowers. Suddenly, her heart soars, she blushes, she paces anxiously, she becomes happy for no reason. Days later, she meets a young man and is smitten with love. Are the two events not connected? But by what bizarre connection, by what twist in time, by what reversed logic?

In this acausal world, scientists are helpless. Their predictions become postdictions. Their equations become justifications, their logic, illogic. Scientists turn reckless and mutter like gamblers who cannot stop betting. Scientists are buffoons, not because they are rational but because the cosmos is irrational. Or perhaps it is not because the cosmos is irrational but because they are rational. Who can say which, in an acausal world?

In this world, artists are joyous. Unpredictability is the life

of their paintings, their music, their novels. They delight in events not forecasted, happenings without explanation, retrospective.

Most people have learned how to live in the moment. The argument goes that if the past has uncertain effect on the present, there is no need to dwell on the past. And if the present has little effect on the future, present actions need not be weighed for their consequence. Rather, each act is an island in time, to be judged on its own. Families comfort a dying uncle not because of a likely inheritance, but because he is loved at that moment. Employees are hired not because of their résumés, but because of their good sense in interviews. Clerks trampled by their bosses fight back at each insult, with no fear for their future. It is a world of impulse. It is a world of sincerity. It is a world in which every word spoken speaks just to that moment, every glance given has only meaning, each touch has no past or no future, each kiss is a kiss of immediacy.

I wish I had the wherewithal to get each of you a copy of *Einstein's Dreams* by Alan Lightman (Pantheon). It is one of the most beautiful little books I have ever read. If you ever spend any time at all wondering just what is the nature of this universe where we camp out, you will delight in this novel. Don't be put off by Einstein's name in the title. While it is a fictional journey through his imagination, there is nothing difficult about this eloquent prose.

I want to stress that this is not a "Teaching Book" per se, because the conclusions drawn at the end of some chapters are not necessarily accurate, or are incomplete. Why it is recommended here is because of the nature of the book: it requires you to suspend your beliefs temporarily and consider alternatives, and *this* is Teaching. The delight is that it's so beautifully and simply written that it is easy to do so, not always so in "real life."

A short book, it can be read in a long evening or a partial Saturday. It is \$10.20 at Crown Books (discounted from \$17).⊗

# DESTROYING ENERGY

## MOTION and EMOTION

*Marv, let's call him, just phoned to tell me he finally told his mother off, he really let her know exactly how she has made him feel (awful) over the years. He is in therapy and told his group about the encounter and got lots of strokes for finally directing this energy where it "should" go, and releasing himself from its debilitating effects. I suppose he called me for more stroking, at least he seemed disappointed when he didn't get it.*

What's going on here?

It is a matter of motion, among other things; but a good framework within which to look at the event is the movement of energy.

First we might ask, where did this energy come from? Those well-versed in the *Science of Man* will answer that it was given from Life to cope with a situation Marv perceived to be an emergency: that his mother controls his life, that what she says or thinks or does determines his inner state. Students know this is a false emergency, but was perceived by Marv as true; when she said something he perceived as a threat to his Purpose of Living to gain pleasure and escape pain, Life gave him a ton of firepower to either fight Mom or run like blazes... neither of which he did for a long time. When the sensations of the mobilized but unused energy storming through his body (including his "mind") became intolerable, he blasted it out in her direction. And now wants surrogate motherhood in general to pat him on the back for this, hoping to assuage his "guilt" with some attention and approval.

But what was the source of this whole episode? Was it Initiative? Or was Marv reacting to energy spewed out by his mother? Catching her hot potato, so to speak, and when he felt burned, tossing it right back to her. Is this Initiative, Resistance, Form and Result or is it rather an endless loop of volatile junk being tossed back and forth between two people? It's the latter.

Looking at these events as bundles of junk being moved around helps to disidentify from them. It is Not-I. It is "stuff." And little if any of this stuff is "created"—it is mostly all here right now, fed by false emergencies, and being bumped like a volleyball from one to another.

There are several things we can do with this mercurial stuff that people pass around. We can hold it (what Marv did for a while), we can return it (which he did finally), or we can destroy it. After we understand and watch our practice of these principles—seldom if ever before—we can do something else: create energy. (Advanced class...)

While it is obvious that A-Side (complain, demand, blame) tossed the emotional junk back to Marv's mother, a little less obvious an activity is B-Side's reaction. A-Side reacts by throwing back unpleasant feelings, B-Side (obey, please for effect, self-improve) reacts by holding pleasant feelings. This is fun to watch when you know to look for it. Give a compliment and observe what happens. Some people don't say thank you, or outwardly respond, they just fold the compliment to their bosom and sometimes smirk a little. That is B-Side holding on for dear

life a morsel of approval. And nobody is saying this is bad. It is, rather, unconscious, and most intriguing to witness. (And the point of all this witnessing is to learn how people's heads work so that we can then apply our knowledge to ourselves.)

You might say here: the emotion Marv was holding wasn't pleasant. True, but he was holding it for the same reason—fear. People hold a pleasant feeling because they fear they are invalidated (don't exist) without it, as well as because it feels good. People also hold unpleasant emotion because they fear what will happen if they give it back. So holding feelings and emotions, pleasant or not-so-pleasant, is done out of fear and greed.

\*

Most conversations are these same volleyball games, tossing back and forth ideas and descriptions of feelings, and it's fun sometimes. On the unconscious level these games pass time, if innocuous, or do serve the purpose of using up mobilized energy, which must go somewhere. (It can be worked out in any violent activity, it doesn't *have* to be directed to the perceived perpetrator. Marv could have beat the bathtub with a wet towel and achieved the release of the debilitating effects of it. Or he could have written a letter describing his feelings in infinite detail and made a ritual of burning the letter rather than sending it. Or any of countless other things that would not have thrown the ball back into his mother's court, to be fueled and eventually returned to him yet another tedious time.)

If you want to work on consciousness and extract yourself from unproductive games of tossing hot potatoes around, you can destroy motion. It is implied in the word "destroy" that even more energy would be required. True enough. But it originates from a different source than the sour stuff sashaying between Marv and Mom. Its source is Intelligence. Intelligence says (and check this out, don't believe it) that whatever anyone ever did, is doing, will do, is thought at the time of doing to be right or proper or justified. Destroying junk requires the understanding (not just the hearing of it) that this is true.

You can see the treadmill Marv is on. He arrived on planet Earth and Mom fed him, he felt wonderful. She spanked him one day and he felt not so wonderful. Variations of this are going on to this day, although he can feed himself and verbal spankings can be ignored. It has never occurred to Marv to discern just how his appearance here might have affected his mother. Probably she felt both wonderful and not-so-wonderful about him too. The mammalian attribute of caring for one's children (*pia*) made infant Marv seem a blessing at times. Endless nights without sleep on his behalf did not. Maybe she gave birth at a very ⇒

## PRACTICAL WORK

**“The lady doth protest too much, methinks.” (Shakespeare, Hamlet)**

One reason why demonstrations are so much more effective than words is that words are often seen as weapons of direct assault, while demonstrations are there to look at or not, to ponder or not, to learn from or not, the choice is ours. We need seldom defend ourselves against a demonstration, which by nature is not a weapon.

The real student, though, is less offended by words when they do come. She knows that she is free to accept them or not, that words often tell us more about the speaker than the listener, even when they seem to be all about the listener. The real student has built up some strength and is not so dependent on approval, realizes she does not need to be validated, even if she *feels* like she needs this, she *knows*, from her past Work, that she doesn't.

Still, it can be unpleasant when someone you respect says something to you about yourself that you disagree with. But it is a wonderful opportunity to do some Work.

Now if someone told you you had green hair, say, and you don't, or insisted you were four feet tall and you are taller, you would know right off they were telling you nothing at all about yourself, only telling you about their own faulty perception. You might protest, but if they were adamant, it is unlikely you would waste a lot of energy trying to correct them. You would just shake your head and go do or say something else, change the subject. But you would not defend yourself for very long.

This is where conditioning can be very useful as a tool. When we find ourselves protesting something someone has said about us, when we go on and on defending ourselves, or denying the truth of what was said, it is a red flag. Time to sit up and pay attention. The person may or may not be accurate in their assessment. But rather than getting in an uproar, we could check

it out. Protestations are always a sign that something bears looking at. If the other is incorrect, that's their problem, it has nothing at all to do with us. If, though, they are correct, we might want to see what it is that we feel the need to protect. Usually it is some behavior that we cherish, whether we know it or not. By cherish I mean that we find it valuable in some way, it reinforces an image we have of ourselves.

But the student does not want a self made up of images, no matter how lovely and lofty. She wants a *Real Self*. So she will pay attention to her false self when it starts arguing about itself, she will consider what the other has said to see if there is a grain of truth in it.

This is hard Work. None of us likes to be criticized. Certainly, most criticism is almost never asked for, and usually less often appreciated, and even less seen as valuable. It is, again, just others telling us about their own precious selves. But when someone we respect says something hurtful, often we have asked, though usually we were just looking for validation, the evaluation was not really expected. So in this case, separate from the protestor when the protestation starts and ask, “What is being defended here? Is it worth defending? What value does it have to me really?”

A variation of this same exercise is when we find ourselves disgusted or critical or disapproving of others. Just why should we care? We do care, though, and there is a reason. The unpleasant emotions of disapproving are another red flag that this event may be telling us little about the other and everything about ourselves.

Use the opportunity to do some looking in the mirror, if you want to become empty so that you can build a Real Self. ⊗

## MOTION and EMOTION (Continued)

young age and projected her own unfulfilled expectations of life onto Marv, and maybe Marv had his own—different—ideas about fulfilling his destiny. Obviously their particular volleyball has been here from day one. And was very much shaped by the 18 or 30 years mom had already been playing the game before Marv's appearance, and that of her mother before her, back to Eve. What's new here? Nothing.

Marv's mom felt either right, proper, or justified with every word she ever spoke to Marv. With every gift, or withheld gift, with every snide or loving action. All of it. Look as far and wide as you will, you will never find a person who did not at the time of doing something, feel it right or proper or justified. And this goes for Marv, too.

So if he wants to, he can stop this foolish dissipating-unto-death behavior. He can start by seeing his mother and everyone else, *and himself*, as always, without fail, doing what to them is justifiable with the light that they have at the moment. When he really sees this, and acts on it, by *not* returning her junk because he understands, not because he is afraid, he will be liberated from

the endless “wheel of fortune” of the Tarot cards. From a useless, destructive, uncreative way of life.

People talk of “love” all the time. And I'm sure Marv would say that he truly does love his mother, at times, anyway. There really can be no love until holding, returning, and destroying motion are understood, and destroying is practiced. Everything else just passes for love and is of an animal nature (and worse).

Destroying motion is the bridge to Love... and we never come to that bridge until we see the existing treadmill for what it is. ⊗

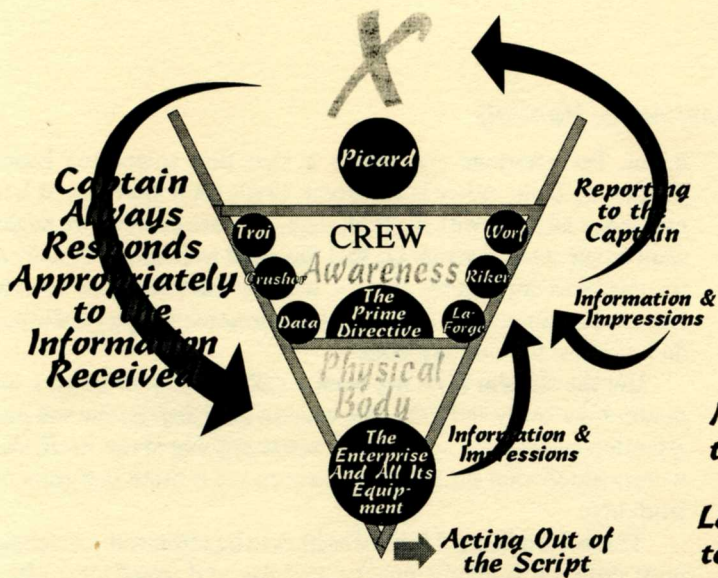
**SENSATIONS**—Reactions by the receptors in the cells of the body to stimulus.

**IMPRESSIONS**—Information received by Awareness function.

**EMOTIONS**—Physical reactions to inaccurate evaluation of sensations and impressions; fear, guilt, anger, insecurity and all their derogatory henchmen.

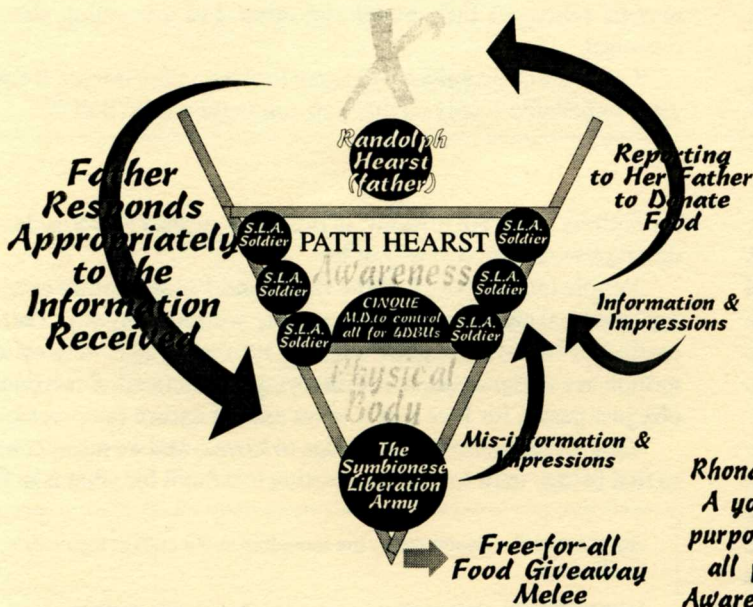
**FEELINGS**—The medium through which evaluations of impressions are made and channelled.

# FOR INSTANCE



**NOTE:** There is a single-minded purpose and thus no conflict\* in this properly functioning system. Awareness has many tools to use: LaForge, aware of malfunctions; Riker, willing to do what needs to be done despite pleasure or pain quotient; Crusher, healing; Data, mechanical software (brain); Troi, considering others' feelings and needs; Worf, security, willing to give up life for the Prime Directive.

\*Note to Trekkers: Some people I know are associated with TNG and told me that the producer was getting heavy complaints because, though there was plenty of tension in the stories, there was no conflict among the crew. The World demands conflict. Rather than compromise TGN, they developed Deep Space Nine with the purpose of showing conflict. (!)



Rhondell pointed this one out to me at the time it occurred. A young woman (Awareness) was kidnapped from her real purpose by a would-be master, whose purpose was to control all for the gain and escape of his version of the 4DBUs. Awareness listened to the threats and promises and demands of the would-be master, reported them to her father; in his great love for her, the father responded appropriately to the information received from Awareness. The would-be master's purpose was to control and destroy; he controlled temporarily but was ultimately destroyed, utterly disintegrated (and incinerated).

# THE FOUR DUAL BASIC URGES

## EXAMPLES

*The Four Dual Basic Urges are sides-effects or by-products of life, not the purpose of living. You are Spirit having a human experience. Part of this experience is the 4DBUs; they are of the world and because we are in the world they are in our realm.*

The 4DBUs function automatically, that is, unconsciously. The purpose of the Work is to begin living a life that is not automatic, reactive, but rather is responsive and initiating. We cannot make the 4DBUs subordinate to our purpose until we first discover them in action.

They are the source of disintegration for two reasons. First, because they are seen as important, as though survival depends on them, as the purpose of living. Secondly, because of the conflicting nature of the 4DBUs—when the purpose is to gain AND escape at the same time, conflict is inherent, and conflict disintegrates. (4DBUs as Purpose = Conflict; 4DBUs as By-products = healthy life-strengthening tension)

**The 1st DBU, Physical, gain pleasure and escape pain.** An animal survival mechanism. Appropriate for animals but very faulty for humans. Pain and pleasure are always by-products of Spirit's existence in the physical realm, not the purpose. For instance, a visit to the dentist may be painful, but we know it is to our advantage to endure and so we do. Dangerous street drugs are said to give great physical pleasure; most of us cannot justify the risks of this kind of entertainment and leave them alone. Friends of mine who have experienced this will tell you drugs ultimately cause great pain, and cost a huge price on many levels.

◦ Example: Eating for fuel with pleasure of taste as side-effect = Conscious. Eating for pleasure when not hungry = DBU. Overeating when "dieting" = Conflict. Choosing to fast or cut down food intake, when hungry = Healthy tension.

**The 2nd DBU, Mental, gain attention, escape being ignored or rejected.** Little human babies cannot survive alone. They need someone to look after them. The 2nd DBU was useful for a human baby. If someone forgot he was there, he howled when he got hungry, and good thing. Not you, of course (happy Mother's Day!) but some moms and dads would forget all about the little one if allowed to. So we see his survival depended on gaining attention and escaping being ignored.

Since we are no longer dependent for our basic needs, this DBU is obsolete as a survival mechanism but we use it just the same. What these are, though, for adults, are by-products. If I enter a hotel lobby, say, to meet someone and get the attention of others in the lobby, that attention is a by-product of my

purpose, to attend a meeting. If I want to check into the hotel and everyone behind the front desk is either on the phone or dealing with other people, my being ignored is still just a by-product of wanting to check into a busy place.

The wrong valuation of the 4DBUs occurs when I enter the lobby and no one looks at me and I feel I have failed to present womanhood at its finest, I am crushed. Or if I take personally the wait at the front desk, feel that I am being wronged, or they don't think I'm a good enough guest for their fine establishment. The DBU is there, but it is all in how we value it, based on our purpose.

◦ Example: Entering a group to accomplish some service, with by-product of attention of the group = conscious. Entering a group solely to get attention = DBU. Entering a group and wanting not to be noticed = Conflict. Getting attention when I don't want it, or not getting it when I want it = healthy tension.

**The 3rd DBU, Emotional, gain approval and avoid disapproval,** is appropriate for little children. It helps them not only to survive, but to thrive. Rhondell told me of a master's thesis of a friend of his, a grade school teacher. Her class had the usual number of excellent students and some very poor ones. Instead of using the traditional method of approving of the good work and disapproving of poor work, she treated every student the same. She completely withheld approval and disapproval. She questioned their ability to see for themselves. When any student answered a question, she withheld all approval and disapproval and merely said, "Are you SURE?" Eventually all the good students, who had previously been given approval for their correct work, began to fail. The poorer students, expecting and not getting disapproval, all improved their grades dramatically. While the purpose of this experiment was to demonstrate the destructiveness of belittling anyone's ability to see for themselves what they can do, and giving shaky ones a chance to verify themselves, it also shows us how dependent children are on approval and disapproval. And this is appropriate in order to train them to read and write, and not to kill themselves crossing the street, not to put poisons in their mouth and all of that.

It is a useful DBU for children, worthless for us. We know how to read and write, to cross the street, what to eat, how to get along just fine. Yet we still crave the approval of (Continued Page 19⇒)

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## THE FOUR DUAL BASIC URGES

LEVEL  
PHYSICAL  
MENTAL  
EMOTIONAL  
TRANSCENDENTAL

GAIN  
Comfort, Pleasure  
Attention  
Approval  
Feeling Needed, Important,  
Appreciated

ESCAPE  
Pain, Discomfort  
Being Ignored, Rejected  
Disapproval  
Feeling Inferior, Useless, Unappreciated

# "BEING SPIRITUAL"

## EVERYTHING YOU DO IS "SPIRITUAL" WHEN YOU ARE AWARE OF IT

*Leon is a developer and deeply immersed in a big new project. We used to talk and visit all the time but I haven't heard from him in a while. He called today to say hello and mentioned that he is so preoccupied with his current project that he isn't doing anything "spiritual" right now. Sarah, another friend, lives a bit on the wild side. She parties a lot, runs around with a rather licentious crowd. Every month at the full moon, she burns incense and chants outdoors, and meditates, calling this her "spiritual" life.*

Leon and Sarah and many people have a mistaken idea of what they are, and what is "spiritual."

They think that their life in the world is — what? — mundane, (or profane?) I guess, not spiritual. And that when they go to church, or meditate and become blissful, or watch the sunset, feel guilty, perhaps, or talk to me, they are being "spiritual."

What I'd like to know, is what are they otherwise? Who exactly is it who is building, reveling, playing, talking, feeling, and working in the world?

We *are* Spirit having a human experience. Our essence is "spiritual," everything else is human spiritual activity, everything. One does not "go" to spiritual realms, or withdraw from spiritual realms — if one "is" at all, one is spiritual. One doesn't "go" to a spiritual place, one becomes more and more aware of Spirit everywhere. What these people are is *not aware* of their essential Spiritual nature. "It" is here, it is us, all the time. Sometimes we are aware of it, sometimes we are not.

Having fun at parties, building condominiums, and everything else, are spiritual activities because Spirit is the One doing them. We either are aware of this or not.

Although the sense of "I" usually resides in Awareness for most people, this is really a transition stage to consciousness, not ultimate union. Awareness is a *function* of Spirit, and therefore spirit, yes, but not Real I. Real I occurs when the whole being is awakened, when one knows "I Am."

Anything and everything you do can be and is if consciously observed, a spiritual experience. Spirit doing laundry, Spirit watching TV, Spirit dancing, Spirit driving a car. You do not need to traipse around in a mental ivory tower of celestial music and mist and fluffy wings to perform Spiritual acts. Every act can become a prayer.

This condition of thinking one is sometimes "of" the world, and sometimes "in" Spirit is a typical example of the huge cultural error of our time, that of mistaking human beings for the complicated machines we see all around. Machines that are always either "off" or "on." There is no omnipresence of the activity of a machine, either it is on or it is off. We are not machines and thus are not "being Spiritual or not." We are either aware of our spirituality or not aware of It.

One big handicap of this misconception, that we are either on or off, is that being "on" looms as a huge ideal out there to achieve somehow. If it is easy to be "off" and hard to be "on" one is making life a lot more difficult than it need be. One gets mired

in "worldly" events and then thinks that the Spiritual is far away, thus requiring a long distance and a lot of effort to get there.

When we finally begin to see the reality of our spiritual existence, that it is in everything we do, we can get off the treadmill. Many years ago I was making a pie. The weather that day was especially pleasant, the air was so pure, unusual for L.A. Music I liked was playing in the background. Without any effort, but just because I was realizing the Spiritual nature of my life, I was able to make the pie-baking that day a deeply spiritual event. The bliss I experienced baking that pie was equal to any "celestial" experience. And the most interesting thing occurred as result. Even though I enjoy cooking very much, I don't ever *have* to bake another pie as long as I live. I have "done" it, and the fulfillment was so great that it need never be repeated, although of course I hope to bake many more pies before I leave this party. The point is, I will never again have a "need" to bake a pie, to express myself in precisely this manner, I am now perfectly free to do it again or never do it again, it doesn't matter, I have fully experienced this activity.

Baking a pie sounds like an extremely trivial event, and I suppose it is. But principles are principles, and just imagine having all one's desires satisfied in this way, permanently. One would be truly free to have or not have, to do or not do, to live or not live... how much easier to let go, coming from this place. ⊗

(Not the one but just as good):

### Grandma Ruby Lee's Pumpkin Pie

- 1 13-oz. can punpkin
- 6 eggs
- 2 tsps. ginger
- 1/8 tsp. cloves
- 2 tsps. nutmeg
- 1 tsp. cinnamon
- 1 13-oz. can sweeteded condensed milk
- 1-1/2 cups brown sugar

Blend all ingredients well and pour into large unbaked pie shell. Bake in pre-heated oven 400 degrees for 5 minutes; turn down to 325 degrees and bake one hour or until fork pierced in center comes out clean. Serve with thick whipped cream, barely sweetened and flavored with a little vanilla.



## ADAPTATION

**Me:** Tell me what you would like to see in the newsletter. **You:** Tell me how to lose weight without having to watch what I eat.

I think you were slightly kidding with the second part of your question (or big wish). I hope you were. Slightly. The key word here, though, is *watch* (every properly asked question contains its answer; though you cancelled it with your “without”).

Weight gain (or loss) is always adaptation to a change in your life. Three men have asked me this question in some form in the last week. I know you all quite well and none of you has what is sometimes called an “eating disorder,” nor are any of you obese. You all have recently gained fifteen or twenty pounds and want to take it off. Although the principle is the same for all weight fluctuations (adaptation to change), guys like you do not have your whole identity tied up with your body image—that is a situation that requires a lot of Work to deal with, much of which has little to do with food.

The ideas that follow apply to anyone with a weight “problem,” but I want to stress that it is somewhat cursory. It will work, however, *if you do it*.

All of you have had a recent “lifestyle” change. A new baby in the house, a new job, a lost love. Unconscious eating behavior, perhaps appropriate for the past “lifestyle,” is no longer appropriate for the new situation, yet continues. So it has to be adapted to, thus weight is put on.

There is no way to really DO anything without WATCHING. If we are not watching what we do, we are “being done to,” (by the mechanics of the unconscious world, inner and outer), we are not doing anything.

To lose weight, you *must* pay attention, watch. If this is unacceptable to you, then my answer to your question is, “I can’t tell you.” If you are willing to pay this price, watching, for your slimmer body, I can tell you some things you could do.

You are eating more than your body needs; either you are eating more than you used to, or you are storing more of what you eat than you used to, though no famine is in the offing to prepare for. Pay attention to see which it is, eating more or storing more, you can then make an adjustment if you wish. But some kind of conscious adjustment to your new lifestyle will have to be made to change your weight.

- **Start by making a list of recent changes in your life. Maybe two columns, “What use to be,” and “What is.” Identify them and study them.**
- **Make some change in your lifestyle. (Change it *again*.)**

Start small! Maybe go to bed and get up an hour earlier. Skip TV altogether every other day. Take up square dancing. Anything that is a part of a consistent lifestyle but different than you are doing now.

\*

Here are ways to pay attention, and I know from experience that they work. I also know one young person who lost one

hundred pounds using *only these methods*, with no soul-searching whatsoever, and who remains at a very attractive weight to this day (ten years later), though he adapts to his unchanged inner state in other ways.

- **Leave something on your plate every time you eat. Decide when you sit down to eat that you will do this. Although it sounds easy, I have told so many people this little trick while we were dining in a restaurant, they said, oh, that’s easy, I can do that, and within 15 minutes (or half that) their plates were completely empty... they had forgotten, and didn’t even know they had forgotten. So it’s a challenge. Always leave a portion on the plate.**

This is not anything like dieting, and you will notice it did not say, “Eat less.” If you decided to leave a portion, did leave a portion, and are still hungry, feel free to dish up another portion (best to use a new plate, and if you’re in a restaurant, just ask for a new plate, *don’t explain anything*). You may eat as much as you wish, just always leave a portion.

Some of us used to really get into this. We would ask for an extra plate right from the start. (Or put two plates at our place at home.) One plate was for “Slim I” and the other for “Fat I.” Before we started eating anything, we would put a portion on the second plate to feed “Fat I.” She would get her share, off “Slim I’s” plate, right at the start.

Do you realize that every time you clean your plate in a restaurant, you have allowed someone else to decide how much you are going to eat? Just like Mommy did when you were little. The restaurant decides the size of the baked potato, the amount of meat, the width of the slice of cake. Why would you allow strangers (or friends, for that matter) to make these kinds of decisions about something as intimate as what you put into your body? When you leave a portion, you have decided, not some unknown (and unknowing) other.

One purpose of all this is just to pay attention to what we are eating. No overweight person really knows exactly how much (or little) he or she is eating. This is one way of finding out. Another purpose is to banish that “deprived” feeling that goes hand-in-hand with “dieting.” We are not dieting here, and certainly not deprived.

- **Stop feeling guilty about what you eat. Dessert does not make you fat. Watch people in restaurants... while the fat lady is putting more sugar substitute in her fourth iced tea and not “indulging” in dessert, the thin one is enjoying her apple pie a la mode. Check it out.**

Guilt makes you fat. Guilt (over anything, including dessert) is fear of the past wreaking havoc on the future. This fear is reported as an emergency—guilt feels awful. This emergency report is responded to with energy to fight or flee. This doesn’t

feel so hot, either. It must be used or adapted to. It is adapted to by pigging out. This uses up the mobilized false emergency energy quite nicely. So watch yourself feeling guilty about what you eat. When it comes up absolutely ignore it, take another bite of food. The guilt will make you fat.

- **Although I think it is unlikely any of you will do this (it is rather a pain in the neck), it is extremely helpful: write down every bite you put into your mouth, everything. Keep a little note pad with you at all times and write that bite down. Include notes about time and what is going on around you and within you, especially. If it's boredom, write: 7-8 p.m., watching Star Trek, half a bag of Doritos, bored.**

There are several reasons for this exercise: to find out just what you are putting in there, and how much, and how you feel at the time of eating. But for me this one has an extra benefit: I am so lazy that I would prefer not to bother writing it down every time I stuff something in my mouth, so, since I have committed to write it down, I stop and think when I am about to eat, "Too much trouble to write it down, so I won't eat this." If you have a serious "eating disorder," this exercise is essential. It is otherwise very helpful, if you will do it.

- **Watch for binges, and freely allow yourself to binge.**

As stated above, stuffing food is a way of using up immobilized energy—it is a useful activity in this regard. Eventually we want to stop reporting these false emergencies and having all this mobilized fight or flight energy floating around to cope with. But meantime, when it shows up, deal with it. Any binger knows that it is next to impossible to stop in the middle of a binge, binges are very trance-like and voracious. (It can be done, with consid-

## MORE QUESTIONS

**I appreciated the quote of Rhondell that "Only an empty cup can be filled." My creative well seems to have dried up at the moment and I am not producing any pottery at all. I don't like this feeling, yet I have nothing to say in clay right now. I feel empty and I sometimes feel guilty, and I get irritated with my friends who ask what I am working on now.**

We had a nice chat about this and I think you see clearly what is going on. But this is a question that does come up often. One way to deal with the unpleasant feeling of being empty is to ask, "What is feeling empty? What is interpreting the feeling as unpleasant?" Why do we sometimes feel guilty when we are not "doing," why is there a stigma about being "unproductive," and why can't we just "be"? If I AM, then I AM. Period. If I need to be "doing" in order to feel I AM, it bears looking at.

The answer, of course, is that when we are really, truly empty, the Not-I's are not being fed. They want their dinner and start in

erable grace that fully awakens one. But you can't always achieve this state in the middle of a binge.) So when you find yourself in this activity, freely experience it, allow it to occur. The mobilized energy which you are dissipating by bingeing must be used up one way or another. One more binge is NOT going to kill you, so allow it to unfold. Doing it without being free to *will* eventually kill you.

If you truly and sincerely do this, allow yourself to experience a binge when you find yourself doing it, you will be absolutely amazed at what happens. Something wonderful. Also, the binge will not continue the viscous cycle of binge—guilt—emergency energy to cope with—binge—guilt, etc. If you freely allow the adaptation to take place, it will not summon more emergency energy to cope with yet again. It will complete the cycle. Check it out.

But more than this, you will be in charge of what is going on, perhaps for the first time ever. Freely allowing the body to adapt, even by bingeing, is a celestial experience that very few people have experienced.

The way to restore balance to the body is to start paying attention. When we pay attention we are reporting accurately what is going on, Life responds appropriately, balance will be restored. Get the harmful emotions—fear, guilt, anger, insecurity, boredom, grief—out of your eating. The first step in doing so is to pay attention.

If the three of you will commit to doing these things, and then do them (and not beat your breast when you do forget, but rather just get right back on track), you will see changes in your life, not just your body. But the changes will occur. After you (and anyone else to whom this appeals) have done these things religiously for one month, let me know, and we will Work further. ☒

yelling for it.

Building a New Man is similar to building a new pot. But you are not going to put new clay on a dirty old potter's wheel, nor are you going to put the new clay on a half-finished and abandoned old would-be pot. So the emptiness is a step in the process of creation. Only Not-I (or the abandoned pot, if it could talk) would protest this.

Emptiness is a wonderful place to be. I have talked to people who told me they have never, ever had an empty Awareness for even a moment in their lives. They have heard of such states but cannot even imagine them. One woman in particular whom I have in mind, bless her heart, was incredulous when I told her it not only could be done, but could be done at will at any time.

Not only can it be done (with Work), but it is essential if anything new is to be made, whether Spiritually or earthly.

Next time you find yourself in that fortunate state of feeling empty, enjoy it—you are about to be filled. Disidentification is the key to this. The minute you start feeling unpleasant about it, realize it is only Not-I wanting a feast. You are under no obligation to provide it! ☒

# More FOR INSTANCE

## 4DBUS (Continued from page 15)

others that we are making good choices and doing good things. We have let a childish survival technique turn into a method of validating us or not. Approval validates us, disapproval annihilates us. The error is obvious, yet we are subject to this all the time. Approval is very nice, but not necessary.

Example: If I am invited to give a talk, I always accept when it is about something I know. (I feel no duty to rattle on about what I don't know.) I present the talk, because I was asked, and because I might make a contribution to someone who might be asking and listening. If I give the talk and no one asked or listened or approved, it does not invalidate what I had to say. If they adore me, applaud, laugh, have a good time, it does not validate my material, either, delightful as that is (and it is). All that would be a by-product of my purpose, to fulfil a request. Getting approval and avoiding disapproval is always a by-product, never a conscious purpose. Not getting approval and getting disapproval has nothing to do with what we do, it is just there (or not).

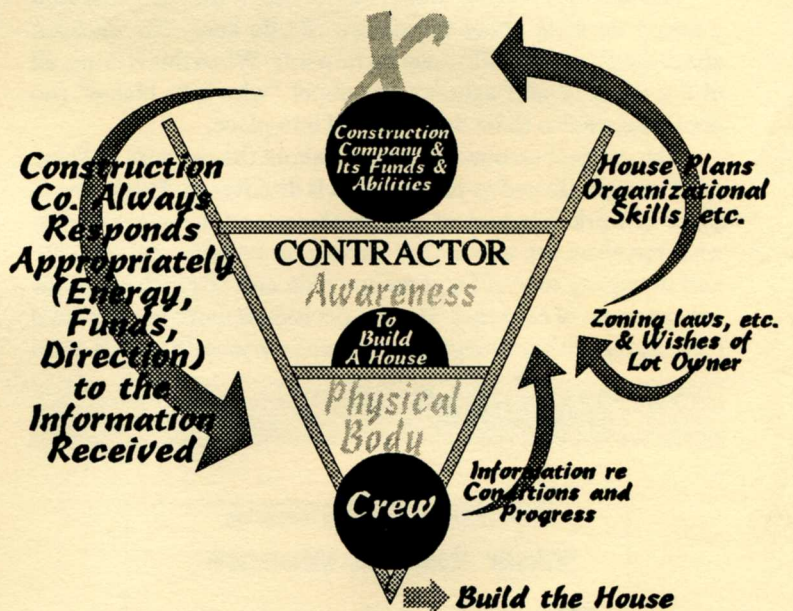
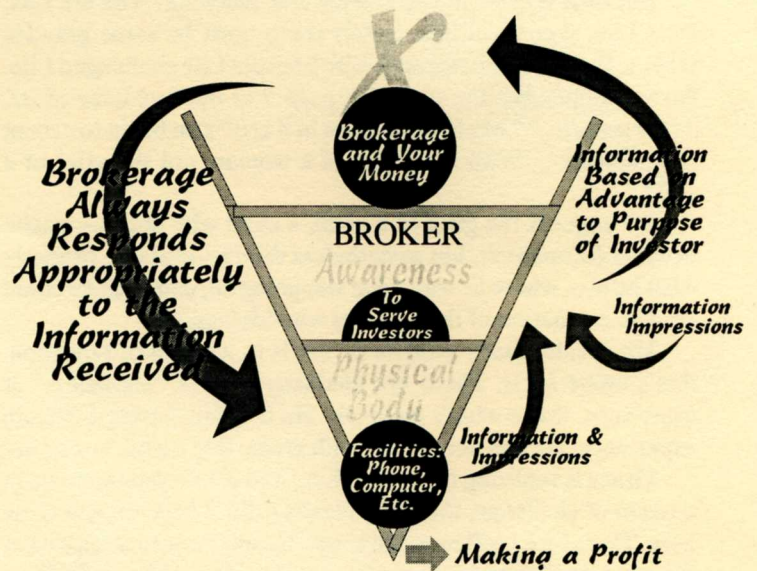
- Example: Contributing when asked = Conscious. "Contributing" (horse-trading) to get a good feeling, approval = DBU. Horse-trading and feeling guilty about it, or "giving" and not getting = Conflict. Contributing and not being received, or contributing and getting "validation" = Healthy tension.

The 4th, Transcendental, DBU is to feel needed, feel important, feel useful and avoid feeling inferior, useless, unneeded. Much of the "good works" we see done in the world are based solely on the 4th DBU. We are all subject to it because it satisfies (or rather stimulates, it is seldom satisfied) the urge to power, as "natural" a thing for humans as pleasure and pain, but just as misunderstood. The urge to power relates to our inner knowledge of what we are: Life. The trouble is this knowledge has been contaminated with erroneous information based on a wrong purpose and thus seldom gets to express itself.

Few people are real doers, most people are reactors. The 4th DBU will take care of itself when a new purpose is made. Meantime, we want to watch all the things we do only to feel useful, all the energy we waste on feeling inferior. We do not need to be "useful" and we are not inferior. But we want to watch how this DBU gets in every nook and cranny it can to debauch our innate sense of What I Am.

- Example: Doing because I see what is to be done, or doing because I was asked = Conscious. Doing to feel useful, doing to prove I am worthy = DBU. Doing to feel needed, thus controlling others, and not wanting to be controlled = Conflict. Doing because I was asked and not being appreciated = Healthy tension.

This sounds repetitive, I know, but we want to watch, watch, watch, and question purpose of every little thing we do. We will see, eventually, that the 4DBUs do motivate us and that this is error. When we are free to have them or not, free to be pained, ignored, inferior, all of it, we can see them for what they are, side-effects of living, not the purpose. ⊗



## ANGER, GUILT and POWER (Continued from First Page)

at mom, the government, whomever. It is Life they are really mad at, all of them, there is not an exception to this.

But what is Life but you and me and everyone? You are Life, I am Life, they are Life... Surely there must be some grander scheme than just Life ticked at Life because Life challenged Life. Do you remember the poem on page 7 of the first issue of *AJ*, "After awhile..."? My favorite lines in it are "You begin to accept your defeats ... With the grace of a woman, not the grief of a child."

All anger is the grief of a child, a child who didn't — maybe because he couldn't, but nonetheless didn't — evaluate properly what he was, where he was, what was going on, and what he could do. His evaluation of these things was "defeated."

He is Life, that's *what he is*. He is in a realm of sensation, that's *where he is*. There are challenges to his "happiness" at every turn, that's *what's going on*. He is Spirit having a human experience. He can accept this with grace, that's *what he can do*.

Grace is realizing that "I am Life, and if Life wanted to be in a realm of challenge, then that means I did. I have chosen to be here. Therefore I will have the single-mindedness to accept what I HAVE CHOSEN, to *freely* experience this incredible world."

When we really see the Truth of this, we see also that anger, all anger (including fearful anger at self, guilt), is completely invalid. Invalid, from Latin, not strong, not effective. Who wants to live a weak, ineffective — invalid — life?

Our lives are invalid, weak, ineffective, if they are based on a wrong decision about the nature of Life here. The decision about the purpose of life must be re-made. When this is done, all of the other invalid assumptions about "who is to blame" (no one), and what is to be done will fall into place.

The original erroneous decision about the purpose of living can't be unmade and re-made until it is discovered. This is a hard piece of work. We look at the big things and, if we are honest with ourselves, see how we are striving for comfort and pleasure and struggling to avoid and escape pain and discomfort, as our very purpose of existence. But the decision is more fundamental than the big obvious things, it permeates *everything* we do. It often

takes a student many, many years to really see exactly what decision almost everything he or she does is based on.

The question "What is the purpose?" is one of the most valuable tools you have ever been given in your life, if not the most valuable, period. Use it everywhere, at all times. Keep it in "active memory" constantly. "What is the purpose of my eating lunch right this minute?" "What is the purpose of the television show I am watching? What is the purpose of my watching it?" "What is the purpose of telephoning so-and-so this moment?" Apply it to everything you do, apply it to everything you see others do, apply it to everything. What is the purpose?

There are many happy by-products of training yourself to do this exercise. Harmful emotions dissolve. Thorny problems get made clear right away. Unruly business meetings become orderly when the question is introduced. I use it all time time, even in business meetings that have nothing to do with Harmony Workshop. Everyone is always receptive to the question, no matter how "uninitiated" they might be. If they have been mentally wandering off, they return to center. It is a very simple way to raise the mood of a group to vital interest. You can introduce it as a question, or, if the meeting is falling apart, take charge and state the purpose with confidence yourself.

\*

What is the purpose of anger? It is to cloud our vision and dissipate our energy, that's all in the world it's "good" for. Nobody did us wrong, somebody just provided a challenge because it is the nature of things. There is no justification for guilt, we did what we thought was the thing to do at the moment; or the challenge of fear (permeating this realm we live in) overcame us and prevented us doing something advantageous. When we look for purpose in every nook and cranny, when we cultivate the *habit* of doing so (this is where we use the conditioning faculty, rather than letting it use us... it is obviously advantageous when we are in charge of it rather than the other way around), we will become strong and effective, rather than dissipate our power on misconceptions, we will become power itself, and at last, will begin to create rather than destroy. ⊗

## Re "VALUING"

From Popular Science Magazine

### WHAT ARE WE WORTH?

**T**he value of the chemical elements in the human body is about \$1.25, according to the American Chemical Society. But when these elements work together to produce biologically active substances, the value jumps to nearly \$8 million. Follicle-stimulating hormone alone is worth about \$6 million per gram on today's market.

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