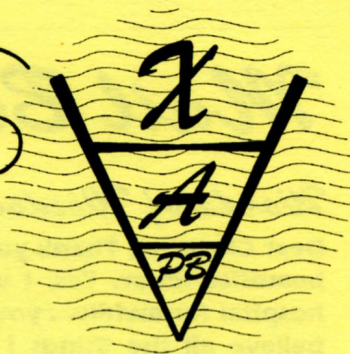


AWAWARENESS Journal



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"I" Exam

What do I see?

(Multiple choice, choose as many as apply.)

What am I?

- A. I don't really know.
- B. A mammal with an evolved, advanced brain.
- C. Mind.
- D. First Force.
- E. Something analogous to a computer (machine and programming)
- F. A student.
- G. A guest.
- H. A victim.
- I. Second Force
- J. Of the physical world.
- K. A soul.
- X. Spirit having a human experience.

Where am I?

- A. I don't really know.
- B. In "the pit" (hell).
- C. Some days in hell, some days in heaven, usually in purgatory.
- D. In prison.
- E. In a huge insane asylum.
- F. At a huge party on planet Earth.
- G. In school.
- H. Amidst Second Force.
- I. Lost
- X. In a physical body in the physical world.

What is my purpose?*

*Hint: This answer will tell me all my other answers. My other answers will tell me this answer.

(Quiz continued on Page 19)

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Words of Wisdom

Dear Christine, Thank you for your beautiful letter. Yes, I was in the hospital for awhile... you wouldn't believe all the things I imagined. Thank Father God Jesus Christ and Bob I have my head on straight now! ... It was unusual behavior. I just went to sleep... I am well now. I will always be in school, I learn from everyone I meet. Bob touched a lot of lives. He told me to stand on his shoulders and see farther up the road-we can stand on the shoulders of all the great beings that have gone on before us and the great beings with us and keep checking them out. Bob pointed out that we can't make one body cell or grow one hair or digest one meal, yet Father God in us does this constantly. Thank you for being a friend, you have touched me, too. Each and every one of the dear ones who write in to Awareness Journal touch me. Each of us has a story to tell, unique beings we are. Bob also pointed out that our past is our ancestor-we can stand on the shoulders of that too and keep on discovering the now in relation to then. ... [Everyone I live with] is doing what they see as the right thing and maybe they are right; anyway, what is, is, and I must experience it freely without a fight and enjoy it as it is. You may print any of my letters in the AJ and sign my name. Love to all, Gene P.

Thanks for your nice letter reminding us of some of Bob's wisdom. And he said, too, "We are going to experience it, we might as well do it gracefully." Which is what you are doing and I'm glad to hear it. Please write again when you wish.

"How" and "What"

How do you keep your mood up when you have not slept well for several nights playing nurse to your cancer-ridden father, faced with a

constantly nagging and bitter-tempered mother, the need to care for your own survival, and little cooperation from other members of the family? [Name withheld]

YOU (the self who is annoyed) don't. X does the "how." What You do is the "what": You make up your mind that you will live in serenity. Period. Keep this thought as NUMBER ONE VALUE, and you will see things adjusting around you.

*We can stand
on the
shoulders
of those
who've gone
before us.*

Obviously you have an enormous challenge at this time. You know that "This, too, shall pass." In the meantime, you assist Spirit to perform the "how" through you by getting some rest-it's essential.

Sincere

I am glad to share a few thoughts: another point to view on the word "sincere." Sin can relate to (among others) "without." "Cere" in Latin has meant "beeswax." In other times tools and abilities were not as refined in the sculptor's art. At sculpting schools, etc., young men were employed to apply beeswax to the surface of the sculpture to

cover up the "pocked" or pitted appearance, thus making it appear more life-like and smooth. When seen before the wax was applied, or after a very sunny, warm day, it was referred to as being a "sincere" example of the sculptor's work. Without wax, or without a facade = sincere.

I am just sharing to share. If it is interesting to you please use it as you like. I see it as some more contents. ... Thank you, Bob A.

That was fun! I sincerely thank you for your contribution.

Necessity of a Group

Christine, When I came and saw you last June I asked you after going to your book group and talking with some of the ladies there if it was necessary to get together with some students from time to time to get back on track and you said not really.

Sometimes I feel I'm so far away and get caught up in suggestions and just being around others working gave me more strength to pay attention. Of course enough second force or conflict will wake you up also.

Now in your new Sophia you talk on group work, meeting with people or even this newsletter is necessary for the process to unfold. "Creating a Soul."

Can you elaborate on this. Would calling you with questions or interacting in the newsletter be enough? What do you see here? Is it greed? Love you, RF

I love you, too. Yes, it is necessary to Work with someone, though you needn't be in close physical proximity, A student works under supervision, you might say, because the things we most need to see we are most loathe to look at and they must be gently (or sometimes otherwise) pointed out. And let's define a group: You; the "supervisor;" and EVERYONE you have any kind of

relationship with. For a group to be of value, there must be someone who has this purpose and who knows what's going on and the ability to provide what is needed. Otherwise it's just social, or fills some other non-Working need, which is fine, we need the society of others and so on—but that is not a school. The group can be scattered over a wide area. I knew when we had our conversation that one of the elements is simply not available in the area you live in at the moment... So of course I would not tell you you "needed" a complete local group when one was not available! But you are in a group so don't fret about it.

You have Friends and you will never be abandoned, you can count on it. As long as you consciously ask, and that can be as simple as a breathless prayer to Life, "Teach me!", you will not be "unsupervised." When you have reached a certain point, people will notice that you live a little differently than they do. They may not know exactly what it is that is different, but they will notice. And then they will ask you. One day you may find that you have your own group!

In the meantime, there is no harm—and no necessity—in getting together with friends to discuss the ideas and give each other moral support. But this is of limited value. When one is grown up in Spirit, one knows what to do and does not need cheerleading. But it is fun and does give you something, so go ahead and get a group together. You will most definitely learn something from doing so, and I want to learn all I can, don't you?

It is very interesting to see what people think is a school, or of "necessity" in the Work. Often people don't have a clue, though they think they do. Lecturing, debating, straightening others out, showing off, seeking attention and approval, fault-finding, this is what usually passes for a group. All this does go on in a school (and recognizing it for what it is is the point of group Work!), but few realize what is necessary, whether that necessary element is there, what the

nature and purpose of a school are.

When we realize that the Teacher is within, we realize that the school is wherever we are.

Archetypes

What is an archetype?

It is a role of Life.

Thank you

I was reading "Remembering" again. It has great meaning for me.

I know Bob is with me in Spirit for I feel his presence.

Sometimes when I lose my way

*When we
recognize the
the Teacher
within, we know
that the School
is wherever
we are.*

I'll think of him. "Don't make anything important and keep up your mood" rings in my head and I know he is there. Seeing is all there is.

Thank You Dear Friend! Louise

Thank you for many things... You are most generous. I am glad you liked the Rhondell memorial booklet, I did, too! Yes, it seems he hasn't gone away at all. He said many times that the whole essence of the Teaching is in that phrase: Keep the mood up and don't make anything important. What a magnificent gift he has given us, and I am so glad you have received it. Please always stay in touch.

Roses

Enclosing a little verse from "a

**good Guest"... Love, Marge
"It matters not what goal you seek
Its secret here reposes-
You've got to dig from week to week
To get results or roses.
Edgar Guest**

Amen!

Tithing

Please talk about tithing. I mean exactly what it is.

I will, and probably at some peril, because you asked.

"Tithe" comes from the Old English word for "tenth." It got the meaning of a ten-percent levy on production due the Church in the middle ages. But there are much earlier records of it, in the Bible: Abraham's tithe to Melchizedech, Jacob's promise to tithe to the Lord all the substance he might acquire, Moses' decree to tithe all the fruits of the land to the Lord, Cain and Abel's offerings, and all the sacrificial offerings mentioned throughout. These all refer to the same idea: the everything is a gift, that everything is Spirit's, the Host's—we are merely recipients of the bounty, and acknowledge this by giving back a tenth-off the top. (It's obvious that Cain's first sin was fibbing—trying to shortchange God with an inferior tithe, or less than ten percent. When God noticed, Cain got angry. That led to jealousy, then murder, and so it goes.

Biblical references to tithe, a tenth, (as opposed to a fifth or some other percentage) no doubt has to do with numerology. I'm no expert on that—maybe our family Cabalist, Mitra, would like to elaborate for us.

Tithing does not mean, "I will say thank you after my needs are met, after the IRS's demands are met, after I pay for my vacation." It means that right off the top I acknowledge that none of it belongs to me, it is a gift, and I will say thank you right up front by giving back ten percent.

Tithing does not mean, "I will say thank you after my needs are met, after the IRS's demands are met, after I pay r

Continued last page.

"Real" Grief

C.—I have relayed your message to a few "grievers" and they definitely would like your feedback, too. As for me, I have (or used to have) delayed reactions to pain in any form but especially grieving pain. "If I REALLY believed, trusted, etc., in God I would not grieve." This caused [more pain]. ... I have come a long way from being so repressive, and yet, when certain pain occurs, I may still recoil. I do recall [Rhondell] saying to me once that sadness (grief) and love were genuine feelings... Wish you had/would do the Sophia or AJ on grieving. I believe most people may be "grieving" all over the planet for a lot of reasons. Therefore, I feel a word on grief may be very meaningful and valuable. B.

Yes, there is genuine or real grief... It is utterly without thought of self or loss to self... The poem here describes it exactly, though I confess it took me some years to understand it. Genuine grief is completely connected with genuine love—not *pia* (feeling to care for little ones), *eros* (mating attraction), *philo* (taste), or even *agape* (understanding that whatever anyone ever does, at the time it is felt to be right, proper or justified). These are all forms of love, but the first three are common to all mammals, *agape* is a mental development. Real love is an all-encompassing experience of appreciation and adoration of Life. Something far above a mammal's capability, and far beyond the mind. It is not something one does, it is something one is, if one is experiencing Love. It is a complete dedication to Life and what's to its advantage. And this is merely a feeble attempt to put into words something that cannot be, really, except maybe by a poet, which I am not.

Real grief goes hand-in-hand with real love on planet Earth—Life, one's beloved—everyone!—is not treated very nicely here, as you can see every day. A true Lover experiences great pain—grief—when it sees its beloved treated any way but with adoration.

So you can see there are degrees of everything, including feelings. And some feelings are of value and some are less valuable, if at all. The value in the grief expressed in this poem, I would say, is its motivation—the writer will never stop Working in love of Life and its representatives, never—the grave will not stop him.

We all know when our feelings are selfish, and we know when they are not. The Teacher was telling you (and all of us) that we can legitimately grieve watching rudeness in line at the supermarket, and we can rejoice, not grieve, even at a deathbed if our beloved met his challenge with dignity and grace and made is "death" a demonstration of Love for any who had eyes to see and ears to hear.

*Long as I live
I'll eat and drink
the sorrow of loving you
Nor will I surrender it,
this sorrow,
To anyone when I am
dead.
Tomorrow
when resurrection comes
I'll walk forth with this
raging thirst
still in my head.*

(Sufi poem)

See Page 15 about Working with grief.

Long-ago Words of Wisdom

by *Mirza Abdul-Hadi Kahn of Bokhara*

Now that I am gone, you may read something of the truth of the Sufi. Had this information been given to you, directly or indirectly, when I was perceptibly among you, you would all, except for a few, have fed your acquisitiveness and love of wonder alone from it.

Know, then, that what the Sufi master is doing for the world and for its people, great and small, is often not seen by the observer.

A Sufi teacher uses his powers to teach, to heal, to make man happy and so on, according to the best reasons for using the powers. If he shows you no miracles, this does not mean that he is not doing them. If he declines to benefit you in the way you wish, it is not because he cannot. He benefits you in accordance with your merit, not in response to a demand by you. He has a higher duty; this is what he is fulfilling.

Many among you have had your lives transformed, have been rescued from perils, have been given chances—none of which you have recognized as benefits. But you have had these benefits just the same.

Many of you, though you are looking for a fuller life, would have no life at all were it not for the efforts of the Community of the Friends. Many of you who are poor, would be cursed if you were rich. Many of you are still rich because of the presence of a Man of Wisdom. Many of you who have been at my school think that you have been taught by me. In actuality, you have been physically present in our assemblies, while you were being taught in another assembly.

All these things are so foreign to your

customary thoughts that you are not yet in a position to recognize them.

My task has been to benefit you. The task of making that benefit perceptible to you is that of others.

Your tragedy is that, while waiting for me to vouchsafe miracles and make perceptible changes in you, you have invented miracles which I did not perform, and have developed a loyalty to me which is of no value at all. And you have imagined "changes" and "help" and "lessons" which have not taken place. The "changes," the "help," the "lessons" however, are there. Now find out what they really are. If you go on thinking and doing what I told you to do and think, you are working with yesterday's materials, which have already been used.



Rumi doll made by Bonnie B

Letters from Friends

From Bob T., (East Hampton, New York)

Dearest, Here are a few ideas that came to mind. If they re of any value to you, please by all means use them in Apple Juice. [Cute~C.]

It was in the sixties the last few days and I'm enjoying so. My daughter is coming June 13, what a treat. I'm thrilled to hear about the garden you're working on. A garden has so much to teach us. A few square feet can be a universe of interest and joy.

Thoughts:

When one thinks one needs something, have a drink of water. It's available to most of us almost all the time.

Gratitude is not comparing one's status to a person who appears to have less. After all, Buddha was a beggar and therer's no mention of Jesus' residence. One can be grateFULL for the gifts we receive.

Second force-resistance. After all, seen through a conscious eye, brings strength in mind and body. There is no greater gift.

A student is somewhat like a dolphin. Rising up for air and diving again for awhile to swim in the dark sea.

Obsession: Placing a value on an object seeming so important that one is left blind to the event-this too will pass.

Remember the games.

If you are asleep at the wheel, please note you are breathing-air in, breath out. X sees to it. In order to complain about your job, one first needs the privilege of employment!

Love Bob T.



Tanya, Bob & Raina

From Mitra M., Irvine, California

Mystics, Skeptics, Carrots and Sticks

(Excerpts from Mitra's upcoming book titled *The Mystery of Jewish Creativity*)

A renowned scholar was commissioned by the King to investigate the truth of all existing religious systems and prepare a report for the royal court. After several years of study and research, the final report presented to the King contained only one word, CARROTS. When asked to explain what this meant, the scholar responded: "The world's religions are exactly like carrots in a field. The best part is buried and hidden in the ground. Except for the farmer who has sown the carrot seeds, no one can tell by just looking at the green leaves protruding from the ground that there is a nutritious orange-colored vegetable under the green. If the best part remains in the ground for too long, it will rot."



The exoteric or the outer aspect of a religion is that part of the carrot which is sticking out of the ground, whereas the esoteric or the mystical aspect is that part which is hidden.

Contrary to popular opinion, mysticism is not a world-denying philosophy in which the weak and the misfit take refuge. Some of the world's most creative geniuses have been strongly influenced by various mystical traditions. Albert Einstein, the unusually perceptive and gifted scientist, once said: "The most beautiful thing we can experience is the mystical. It is the source of all true art and science. He to

whom this emotion is a stranger, who can no longer wonder and stand rapt in awe, is as good as dead: his eyes are closed..." (Albert Einstein, *Ideas and Opinions*, 1982, p.11)

The famous Nobel Prize-winning, prolific writer, and lover of Jewish mysticism, Elie Wiesel, distinguishes mysticism from religion in the following manner: "...all mystical traditions have really the same source. Religions are separate but mysticism is always uniting." (Wiesel, *An Interview*, 1993, p.35)

Hafiz and Rumi, the renowned Persian mystics, express the differences between religion and mysticism in their sublime poetry:

Unlike all other nations is the Nation of Lovers:
The Beloved, the Only thing their creed covers
(Rumi)

Love's eternal Word is always One, always the same
Confusion of tongues is the Ignorant's hateful game
(Hafiz)

From Rick L., Jackson, California

I had an experience recently that I thought you might find interesting. I've been listening lately to some of the tapes from Dr. Bob's 48-week School, which I haven't heard in probably 15 years. One of these tapes contained the key to what followed.

Bob's topic of discussion on this particular tape was What do we really need to change? And if we need to change something, isn't it only to meet the so-called ideal of "what ought to be"? Instead, could we possibly see "what is" and the value in it? It occurs to me that everything has value or it wouldn't have been created. Even the "Not-I's" have value, as they can be eaten and digested as growth-food for the New Man. In other words, any distressing situation can be an opportunity for inner growth.

As you know, it's quite rural where I live, up here in the California Gold Country. There are 25 or so huge trees lining three sides of the property. And although Life has created a majestic and beautiful setting, when one of these trees falls, it's scary. Since I've been here there have been two near-misses and one that demolished my car.

It happened that on this particular day the power had gone out in all of Amador County. I drove the 9 miles into Jackson to find markets closed, gas stations, banks and businesses totally shut down. You couldn't even buy a pack of cigarettes. By the time I got back home, the wind was absolutely howling, and torrents of rain were being whipsawed in one direction and then another. I felt like a skin diver who's gone so deep he feels the weight of the water pushing down on him. And being in this somewhat less-than-optimum mental state, I was subject to a barrage of negative and defeatist suggestions from the false self intended to further depress my state of being.

Darkness was closing in now, both outwardly in inwardly. I lit some candles, got a pillow, laid down on the living room floor, and asked the question "What's going on here?" (For me, this has always been an appropriate question to ask as a preamble to the flow of truthful information, as it doesn't look for either blame or justification.)

The reply was: "What do you really need to change?" Along with this answer came the realization that in addition to the various outer things that "ought to be" I wanted to escape my present inner state because it was so uncomfortable living at a lower level for even a short period of time. (Let's get comfortable, by all means!) I had never before considered that my efforts to raise my level of being out of the "pit" could have a hidden motive of attempting to gain comfort and

escape pain. After all, how could anything as admirable as trying to be a "better person" possibly have anything negative attached to it?

I closed my eyes and wondered if it could be possible to simply be in this state of being and observe it without needing or wanting to change it. "Yes," was the answer, "but you don't have to wallow in it. You can still keep the mood up while observing." I discovered that indeed it was possible, and to my wonderment within a couple of minutes everything had been transformed; the anxiety, the fear, the feelings of helplessness had been completely dissolved. And I wasn't even trying to do it!

I opened my eyes and looked out the front window. The wind was blowing with every bit of its previous fury, but my perception of what I was seeing had also been transformed... the line of tall spruce trees in front of the house was now staging a synchronized ballet; the huge boughs swayed in unison as they performed broad yet intricate and delicate movements. With all the negativity gone, all that was left was to enjoy the show. As an entertainer, I know that the performer can derive as much enjoyment and satisfaction from a show as the audience. I wonder if the trees enjoyed their performance. This spectator certainly did.

Interestingly, shortly thereafter the electricity came back on, and I was filled with a feeling of enhancement, rather than a feeling of relief. I was "seeing: in a different way... therefore my attitude

was also different. Another reminder that it's not the event itself, but our perception of it that counts.

By the way, I recently saw the Paul Newman film "Nobody's Fool." In the movie he gives his old stopwatch to his shy and fearful grandson. He says to him something like: "Sometime you're going to have to be brave. Buy you only have to be brave for one minute, and this watch will show you how long a minute is. And next time it will be easier and maybe you can be brave for two minutes." Later in the film the boy has to confront his fears... he starts the stopwatch and calmly goes on about the business of being brave.

Can we be brave for one minute? And what do we really need to change?

Rick



Rick & Chester

*One of These Days**From Jim W., Anchorage, Alaska*

You know, one of these days I am expecting to wake up. After all, I have studied the teachings for a long time now and I deserve to wake up. I have read all kinds of teaching material, I have listened to quite a few talks, I have made a sincere effort once in a while to do the work and I mean it must count for something, doesn't it? I went through all kinds of grief and pain when my teacher died and I have suffered lots of conflict all my life and it must all mean something, right? I am trying to see what's going on. I am looking at thoughts sometimes. I am trying to keep my mood up. When someone dies, I tell myself it's OK, I'll allow myself 24 hours to feel bad and then after that, I'll kid myself and say it doesn't hurt anymore because I was told by some authority that I am not supposed to have negative emotions. I'll just get distracted real fast and go on with everything and pretty soon I will be a great conscious being, too.

The only trouble is, when? Do we not know that NOW is all there is? Look at that idea for a second. Chew on it and digest it. Now is now and that's it, right? So if we think we are going to wake up in the future, guess what? There is no future!!

How do we feel right now? Are we peaceful, or are we anxious? Are we struggling to get something, to finish something in time, to straighten out some mess, to get somewhere on time? Are we worried about having enough money to get by? Do we feel like there isn't enough time to get everything done? Are we worried because we are going to be in trouble with some person? We may lose our job, or source of income or our source of love and companionship. Maybe we are worried about our health, that we will die someday. But tomorrow, or sometime soon we will wake up and everything will be OK at last, right? Do you also believe in the tooth fairy?

Why are we struggling to get everything done? Is it not so that when we are finished, we will be able to sit down and feel wonderful? We have an image in our minds of how wonderful it will all be when at last we can sit down with our beloved, in the beautiful paid-off house, which of course has nothing malfunctioning in it.

We can jump into our lovely clean automobile sitting in the cleanly swept driveway next to the perfectly mowed lawn. The oil has been freshly changed and the gas tank is full, of course. We then drive down the beautiful tree-lined streets, which just happen to have practically no traffic or rude drivers on them that day. The weather is perfect, the wallet is chock-full of cash and paid-off credit cards as we drive toward the idyllic picnic spoil here things can be even more perfect as we celebrate the success of our children having just received all-expense-paid four-year scholarships to the college of their choice and modeling contracts on the side for photographs to be used in the leading fashion magazines for beautiful people.

What are the odds of this ever really happening? As you can see, it's at least not likely to be in the next five minutes, or probably not today anytime or even next week. So why even give it a thought? The only thing we really have to experience is what is going on right now. What would happen if we said OK, I will just peacefully experience this moment no matter what is going on. Sure the car is broken down, the bank account is full of spider webs, the health is less than

perfect. The kids have warts and lousy grades. The significant other can't stand the sight of you and the bathroom scale broke the last time you stepped on it.

What can happen if I just experience everything about this moment, one step at a time? First this moment, and then the next and the next and so on.

Do I really have to have everything perfect in order to have the wonderful feeling? Is it possible we can generate the way we feel regardless of what is going on around us or to us? Be careful though, it is so easy to hear this and say, "Yes—I'll try that sometime." When is sometime? What does it mean when someone says I'll do something sometime? Will it ever get done? How many times have we waited for everything to be right, so that we can sit down and work on the teachings? When there is no disturbance, when there is no challenge.

What would happen if I really practiced making it my primary aim to just deliberately experience each moment of my life without comparing what is going on that moment with some imaginary ideal setting, but just experience it? Some moments have unpleasant experiences. Some have great joy. You pay attention to everything that makes up this particular moment aiming at all times to take charge of emotions. In other words, I am going to be peaceful for this moment.

We can all be peaceful for at least one moment, even in the middle of a root canal if we try. What do we have to lose? We can just exist and continue to struggle or we can go to work right NOW! It's your choice, no one else can do it for you and very few others really care whether you do it or not. But really, what do you have to lose—except your anxiety and negative emotions.

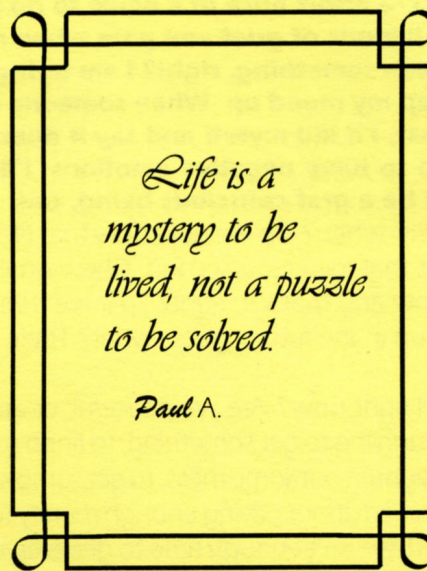
Someone once said, "I realize I am not doing too much with the work but I really have good intentions. That must count for something." Why? Another man once said, "The road to Hell is paved with good intentions." Probably most people intend to do all kinds of things, but remember—wide is the gate that leads to destruction.

If you choose to practice paying attention to each moment one at a time—congratulations, you are awake. Otherwise, go back to sleep. Sweet dreams!

Love Notes



Chris, I hope you like the Angel. I wanted it to look like you. When I made the body a year ago I was thinking of sending it to you. And didn't finish it... When you told me the beautiful story of Bob's departure and the black clothes you wore for all that time I really got the inspiration to do the black and I had all three charms in my studio where I spend my time. Angel Christine, feels very loving, she's flexible, she'll sit on a shelf, she's a good sounding board. She's harmless, she's considerate. If you hold her by the ribbon which is her halo, she will answer "Yes" (north & south) "No" will be east & west. And "I don't know" she goes in circles like the rest of us! ☺ So she's a lot of fun. You can comb her hair if it gets disheveled Take care. With my fondest wishes for you, Love, *Bonnie*
P.S. I wrote this with Dr. Bob's little pen and I'm sending it along. It will be good for writing Angel requests.



*Life is a
mystery to be
lived, not a puzzle
to be solved.*

Paul A.

Christine, I am almost persuaded to buy some of the deMarkoff line of fragrances—strictly because of the names given— especially the blurb.

In 1872 John Muir wrote "No miles of any measurement can separate your soul from mine."

Much love, *Marge G.*

No Regrets

BECAUSE LIFE IS TOO SHORT.

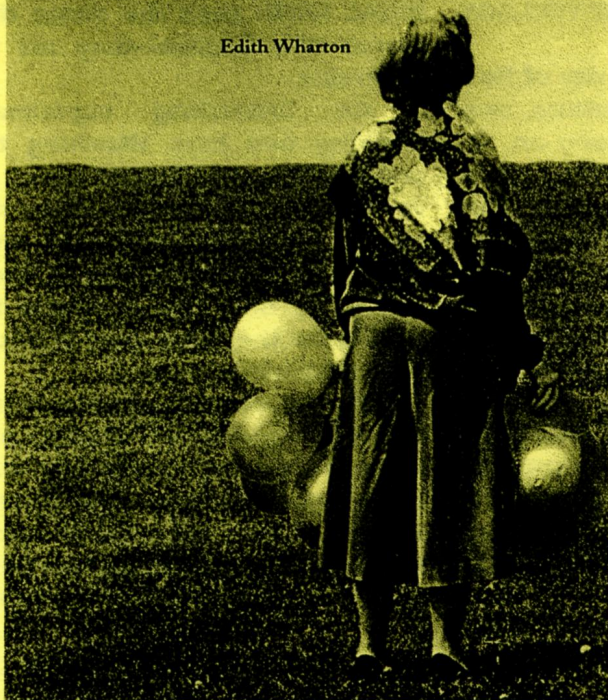
NO REGRETS is for the woman who believes in living every moment to the fullest...with no compromises and no regrets. This modern, sophisticated scent of unparalleled beauty will delight all who experience it. Available in Eau de Parfum and Eau de Toilette, \$45.00 to \$60.00; Smoothing Body Lotion, \$35.00; and Portable Eau de Parfum Spray, \$25.00.

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If only we'd stop trying to be happy,
we could have
a pretty good time.

Edith Wharton

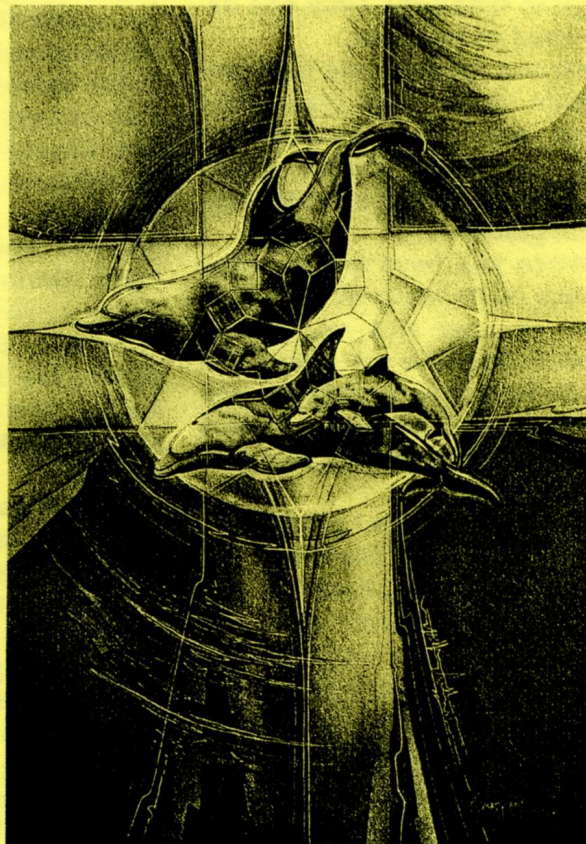


Christine, Thank you for your contributions to my sanity
and thank you for being my friend. *Brenda*



Thinking of you & sending much love... This card
reminded me of us... Love, *Robin F.*

Dear Christine, Night before last, I used your "personal"
Picture of Man to make a report directly to Bob
concerning work he has done with me. I awoke about 4
or 5 a.m. with a direct experience of Grace and a
communication from "Bob" or Grace Itself. I'll tell you
more about it one day at the restaurant. Anyway, Thank
for the picture/tool... Love you, *Bill S.*



HARMONY
ABOVE ALL ELSE WE ARE
CALLED TO LIVE IN PEACE *Bill S.*

Here & Now... Dear Christine, Thank you for your lovely
card & beautiful note... You & Dr. Bob are always near.
Always our mood is up. We ever appreciate your
"contribution to life." ♥ Hugs & X-filled blessings. *Cheryl*

LOS ANGELES TIMES

Jokes ↓

Reader **Joe Rooney** of Redondo Beach recalls
hearing an All Saints Day Mass for parochial
schoolchildren. Instead of a sermon, the priest
quizzed the students: What do you have to do to
become saints? "Love God, go to church, don't sin,"
were a few answers. Finally, one third-grader raised
her hand:

"Well, Father, first you have to die!"

More Mail Box

Decisions

Dear Friend, I enjoyed talking to you last evening regarding a new thought in simplicity. Only one decision need to be made.

Fear not for love and fear cannot abide in the same plane. And without love one cannot see clearly—and then SEEING is all there is and HIS WILL Be DONE for He shall guide us.

"When you have learned how to decide with God, all decisions become as easy and as right as breathing. There is no effort and you will be led as gently as if you were being carried down a quiet path in summer." Peace is our purpose.

I repeated this for I think it is a beautiful thought of His love.

Bless you—Love, April

Though you've moved from your own home to a Retirement Hotel, you have found "retirement" to be an illusion! Seems your challenges are huge now, with Joe so sick and your own difficulties in walking. What a relief it is to know, REALLY know, as you discovered, you can turn it over, that you can let God make all the difficult decisions ahead of you.

I want you also to know that you have a lot of friends here through AJ. Many have told me they enjoy your letters, and I am sure are sending nice thoughts your way. I want them to know that April is maybe the most accomplished person I know at counting her blessings, staying in a state of appreciation, seeing the value in her current huge challenges.

Hang in there, you are not alone!

Chatting

Hi Christine, I am enclosing cash to cover mailing and an MO towards a contribution. It puts this one on the spot for I have no idea what to send. How can one put a price on

something that is invaluable to the sustenance of the soul (IF YOU GOT ONE). The Teachings.

Raised in the inner city of Boston, didn't get much culture, saw the seamy side of life early on, attempted sexual molestation by a priest, sexual offers by a nun, as an altar boy got a good look at religion and conditioning, a synonym for tradition and righteousness if ya got a name, Catholic, Baptist, Jewish and now the so-called New Agers. Gotta join a club, become a Sufi, etc. No thanks. — Fortunately I ran away from home; eventually joining the Air Force and saw the world. Was still questioning the purpose of living. Now it is to be of service.

Could you shed light on what a tithe is? I know that conditioned people identified with sensory would tithe to get better seats; the unsure tithe just in case, some out of guilt—slip X's rep's a couple bucks to smooth things over. Be grateful to be clear on that.

Here are some pictures of Rama and Sita. Remember saying on the phone "we" did a cesarean on a run-over pregnant cat. There is no We. She did it all... I get uncomfortable at the sight of others' blood, get the willies over injured animals, lizards, frogs. Not this one's avocation or thing or cup of tea. Dr. C. is an interesting person: she knew early on like at ten years old she would be a vet. And that was her aim and purpose, single-minded all the way and now at age 33 she is a respected emergency room surgeon and has her own office and vet service. It just amazed this one how a person can be so objective to care, work on the mangled bodies of pets, patch them up when it can be done or put them to death. ... I named the cat Rama for it's one of the most popular divine incarnations of Hinduism, and the hero of the Ramayana. And Sita is the consort of Rama, regarded by the Hin-

dus as the embodiment of the IDEAL WIFE. She's the dance that makes him bounce—they are inseparable.

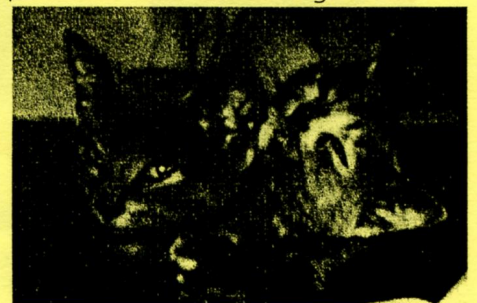
An interesting experiment working two jobs. Watching the conditioning and Not-I's trying to re-manuever; however, when not paying attention to them they wither up and die. However, like a week, it's best not to water for awhile for they may crop back up, especially when tired. ...

Paying attention, being watchful, and heedful, are of value moment-to-moment, disidentify with all suggestions inner and outer... Chatter, makes for a quiet mind, then one can just live in a nice place with no labels. ThanX, Christine. G

Thanks for your letter and your contribution. Your question about tithing came after I had written earlier about it, I trust it's clear to you. Be sure some B-side Not-I is going to assign an ulterior motive to any tithe or other gift—ignore it, of course.

You know I have a soft spot for kitties—yours are adorable, thanks for the pix.

You could be just as confident and single-minded about your purpose as Dr. C. Is: Identify your talents; they are things you do well and like to do. And by the way (you didn't ask for this, but you did provide an opportunity to bring it up), anything that gives us the creeps is a good place to work on detachment or disidentification—if we want to (do not make it a should!). I am probably the most squeamish person you ever met, yet with Work I have got over it. It is possible. Thanks for writing.



Hello, Christine, Here is the "parable" I told you about. It has kind of set the tone for me in meeting challenging deadlines for school and work this semester. Feel free to rewrite any way you like.

Last summer, while camping at Lake Tahoe, the boys and I did a lot of uphill hiking. One day, Quinn climbed the highest peak, Mt. Tallak. Casey and I got a late start for some reason (I move real slow up there when it is close to 100+) so we only hiked halfway up the mountain to "Floating Island Lake." It was a two-mile hike up a winding, stony and dusty trail.

That climb was such a challenge. Neither of us is in the best physical condition (or even coming in a close second). It was really hot! I carried a half-gallon water canteen and the camera; Casey had his own water and the trail map. We each had an energy bar to eat at the top. In the beginning, the trail was in the blazing sun, but soon shaded by all the trees. Right away, we started meeting hikers on their way back who told us it was worth the hike... untold beauty and peace awaited us. They warned us to make our water last the entire distance because it would be grueling.

The view became more and more spectacular the higher we climbed and we took lots of pictures. It felt exhilarating to



Paulette

move the body, and my brand new hiking boots were comfortable and chewed up the trail.

Casey paused to study the map every fifteen minutes or so (to catch his breath?). After an hour we didn't see anymore markers so had to trust that we were still on the right trail. Casey lost his trust. He insisted I was leading us the wrong way. I have a picture of him, stopped in the trail, looking at the map for proof that I was a dummy, leading us to Hell. He grumbled and complained all the way up the mountain. Too hot... wrong way... I felt like a cheerleader urging him up that hill. He wouldn't keep up with me. I was loving it and feeling irritated at him for being such a "slug." (If he ever reads this, he'll kill me. Ha!)

After an hour or so, we became fascinated with taking

pictures of the trail, trying to get the perfect picture that would accurately show how tough it was. Maybe it was because we were so tired, we had to look at the step immediately in front of us instead of ahead where the trail rambled up and up and up and up. We must have taken a dozen pictures of the trail as it curved around the trees and snaked up the hill.

Once we reached the lake, Casey perked up. We both did. It truly was a beautiful sight. We walked around the edge of the lake, wondering at the miracle of being the only humans in that perfectly pristine place. It was so quiet, except for the ducks who swam over to us demanding a bite of our energy bars. Just to think that it is there, probably covered with snow, right now as I write this.

Our descent was much faster. It was starting to get dark and we literally ran down the hill. Casey was ahead this time. (We passed a runner, running UP the trail like a crazy man. What a surprise!)

Anyway, last week I looked at those pictures again. As I looked, I thought how odd that I relish pushing myself to the limit in a situation like that, a strenuous hike in the great outdoors. But when I am challenged in the day-to-day stresses of juggling school and work assignments, paying bills, etc., I get stressed and anxious instead of seeing it as a challenge just as much as that uphill trek. Once I thought about it, I did decide to see it that way, and I have much more energy. I know that in a month, I will have the same exhilarating feeling of accomplishment that awaited at the end of the trail.

There you have it. Writing it down was fun. I am enclosing pictures of us at the end of the hike and one of Casey with the map, if I can find it.

Thank you for sharing your story about the lady in the restaurant. It's true, we never know what form the "teacher" will take. I loved hearing that story and about B.'s experience on the very same day! When I hung up the phone after talking

with you, I turned the calendar page and the saying for today was, "Wonders never cease!"

Back to work... bye for now. Love you always,

Paulette

P.S. The "angel" is from one of the teacher-friends who stays here (from Mt. Shasta) during intern classes. She said it's me! Cute, huh?!



Casey

Book Reviews

Bible Studies

Both Old and New Testaments are full of symbolism and Teaching, if you have the key to find them. Here are several books of commentaries by modern thinkers, mostly women. Some of the essays show a clear understanding of the messages, others use the stories to grind a feminist axe. Both positions, as well as those in between, I find extremely interesting. If nothing else, it is noteworthy that some of our contemporaries are interested in such ideas, not to mention that big publishers are willing to take on projects of this nature. That such contemplation is seen to be marketable is a sign that the world is not necessarily "going to hell in a handbasket."

Reading Ruth - Contemporary Women Reclaim a Sacred Story

Edited by Judith Kates and Gail Reimer (Ballentine)

The widow Ruth was besieged with tragedy: her two sons died, also. The Old Testament's Book of Ruth is her story. She tells her two daughters-in-law to return to their mothers' homes, and she will return to her own homeland. One daughter, Orpah (Oprah Winfrey's namesake, despite the misspelling) does as she is asked; Naomi refuses, with the famous beautiful declaration, "Intreat me not to leave thee, or to return from following after thee, for whither thou goest, I will go, and whither thou lodgest, I will lodge." This collection is full of thoughtfulness about the meaning of relationships, with the Book of Ruth as a sort of grid on which the thoughts are shaped.

Incarnation-Contemporary Writers on the New Testament

Edited by Alfred Corn (Viking)
Well-known writers-John Updike, Annie Dillard, and many others-elaborate

on certain New Testament books or parables, and how they have been influenced by them.

Out of the Garden-Women Writers on the Bible

Edited by Christina Buchmann and Celina Spiegel (Fawcett)

A beautiful book, containing, for instance, the most concise yet magnificent tribute to Eve by one of my favorite writers, Barbara Grizzuti Harrison, a diatribe against the Patriarchy and just about everybody else who saw value in The Song of Songs by a troubled Daphne Merkin, and thoughts contributed by others that cover the spectrum between these poles.

The Song of Songs, A New Translation

By Ariel Bloch and Chana Bloch (Random House)

What's new about yet another translation of Canticles is that every word is given a paragraph of descriptive translation and commentary. The introduction is interesting, too, though focused on the literary merits of the work, not the psychological or transformational. The Song of Songs is a poem about the longing and transformation of Awareness, the most lyrical in the Bible, the most beautiful next to the first five lines of John.

The Yoga of the Christ in the Gospel According to St. John

By Ravi Ravindra (Element)

I bought this book because of the reference to the Gospel of John in the title, not the reference to yoga, which I know little about. If this is yoga thought, I want to learn more! The author was influenced by "the Hindu Tradition, Christian Monasticism, Zen, Krishna-murti and Gurdjieff..." and has found the common thread among these teachings and presents them in a very interesting, stimulating way. You can

open it to any page and appreciate his insights. It's beautiful.

I got this book from By The Way Books P.O.Box 23359, Columbia SC 29224, phone (803) 788-7447, fax (803) 736-9566. This company specializes in Fourth Way material, has an interesting catalog of both new and used books, and their service is excellent. If you like to read Fourth Way work, I suggest you call or fax for their catalog, you won't be disappointed.

Buddhism

High Speed Travel on a Wobbly Wheel-A look at the nature of suffering and the laws of liberation. (Perfect Circle)

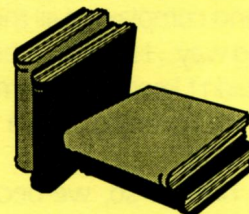
This is a pamphlet available for \$2, including shipping. "...an introduction to Buddha's life and core teachings." Rhondell hinted quite broadly over the years for me to learn more about Buddha's teachings (he considered him a Christ-like master), and encouraged me to make a specific point in a little Teaching video I plan to produce. In my research for this, I came across this little booklet, full of wisdom in a modern, very approachable presentation. Write to Perfect Circle, 11956 Bernardo Plaza Dr., Suite 216, San Diego CA 92128.

Something Different

I Am With You Always, True Stories of Encounters with Jesus

By G. Scott Sparrow (Bantam)

I just got this book and haven't finished reading it, but I think those of you have told me your special dreams lately will enjoy it very much. If you read it (or any of the books reviewed) I would be delighted to hear your opinions.



The Picture of Man

A human being is made up of four facets: (1) Spirit, Intelligence, Biological Force, called "X" in the Science of Man because, as in algebra, we are aware "something" is present but cannot precisely define it—yet; (2) Awareness Function, Perception, which receives impressions from inner and outer worlds, evaluates them based on the Purpose of Living, and "reports" these impressions to X via the medium of feeling; (3) the Physical Body or Motor Function, which (4) carries out the Action appropriate for the information received by X from Awareness. When working without conflict (misinformation, error), a person lives in and radiates serenity, harmony, balance.

Because the issue of loss or grief came up so often in calls and letters the last few months, we will use this as an example of the Picture of Man this time.

The Teaching says "change" rather than "loss," although grief is a common reaction to change when it is seen as loss, which it is by many people on many occasions, most especially when someone dies. But there are many catalysts for grief, not just death. Although anything valued that disappears is a death of sorts—it is death of the ideal that happiness or security or pleasure or comfort (or anything on planet Earth) was permanent. Nothing is permanent as is, it changes, and often these changes include its seeming disappearance. We can no longer touch it, see it, measure it, spend it—our senses register "something" as having been lost, when really, my relationship with it has changed. The relationship was an event, and the event came to pass—and it passed.

Probably the biggest and most challenging part of our human experience is learning to understand and cope with the impermanence of what we value (and sometimes the seeming permanence of what we most definitely don't value!). Maturity and evolvment seem to be an infinite series of letting go. Attachment/detachment is the name of the game—or one way of saying it; the other might be rejection/acceptance. We attach to what we like, we reject what we don't like. We must learn detachment from the former and ac-

ceptance of the latter—and then let it ALL go.

I have seen people grieve over the loss of a job, I'm sure you have, too. I mean six months (or more) in bed, complete apathy, occasionally relieved by anger, guilt, frustration, fear. And certainly many of us have experienced the loss of a dear friend... whether this loss was precipitated by their moving away, a rejection, maybe, or death. The more we valued the job, the event, the person, the more we are likely to grieve when our relationship with it/him or her changes. Perhaps there is no more relationship. And we grieve.

But what are we grieving for? Mature people realize they are grieving mostly for self, this is no surprise. Students in the throes of grief often sit up suddenly and realize their self-pity has little to do with the well-being of or love FOR the other, but is a "poor ME, what am I going to do now?" Many of you have told me this lately, and I have experienced it myself. What is it we grieve over, really? It is the loss of illusion, the realization there are not ideals here in our world. It is an illusion to think that a satisfying job carries with it a life-time guarantee—we all know better, but we act as though this illusion were truth. It is an illusion to think that a relationship will remain static—what relationship ever did? They either deepen or they fade. Relationships are composed of events, maybe millions of them, if we count each minute, but the nature of an event is that it comes and it goes, and maybe

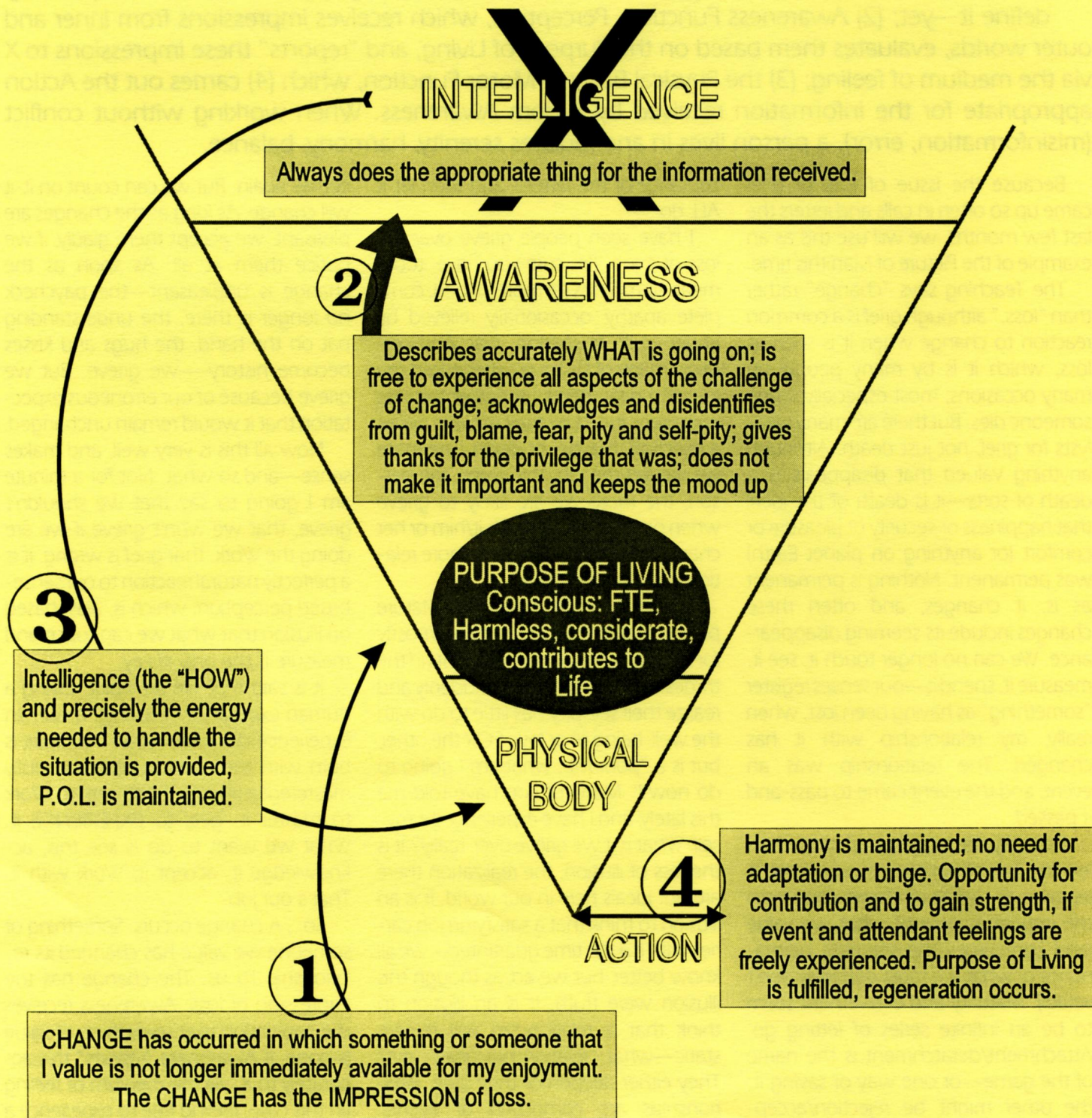
comes again. But we can count on it—it will change. As long as the changes are pleasant, we accept them gladly, if we notice them at all. As soon as the change is unpleasant—the paycheck no longer is there, the understanding pat on the hand, the hugs and kisses become history—we grieve. But we grieve because of our erroneous expectation that it would remain unchanged.

Now all this is very well, and makes sense—and so what. Not for a minute am I going to say that we shouldn't grieve, that we won't grieve if we are doing the Work, that grief is wrong. It is a perfectly natural reaction to our sense-based perception, which is, alas, based on illusion that what we can touch and measure is the only reality.

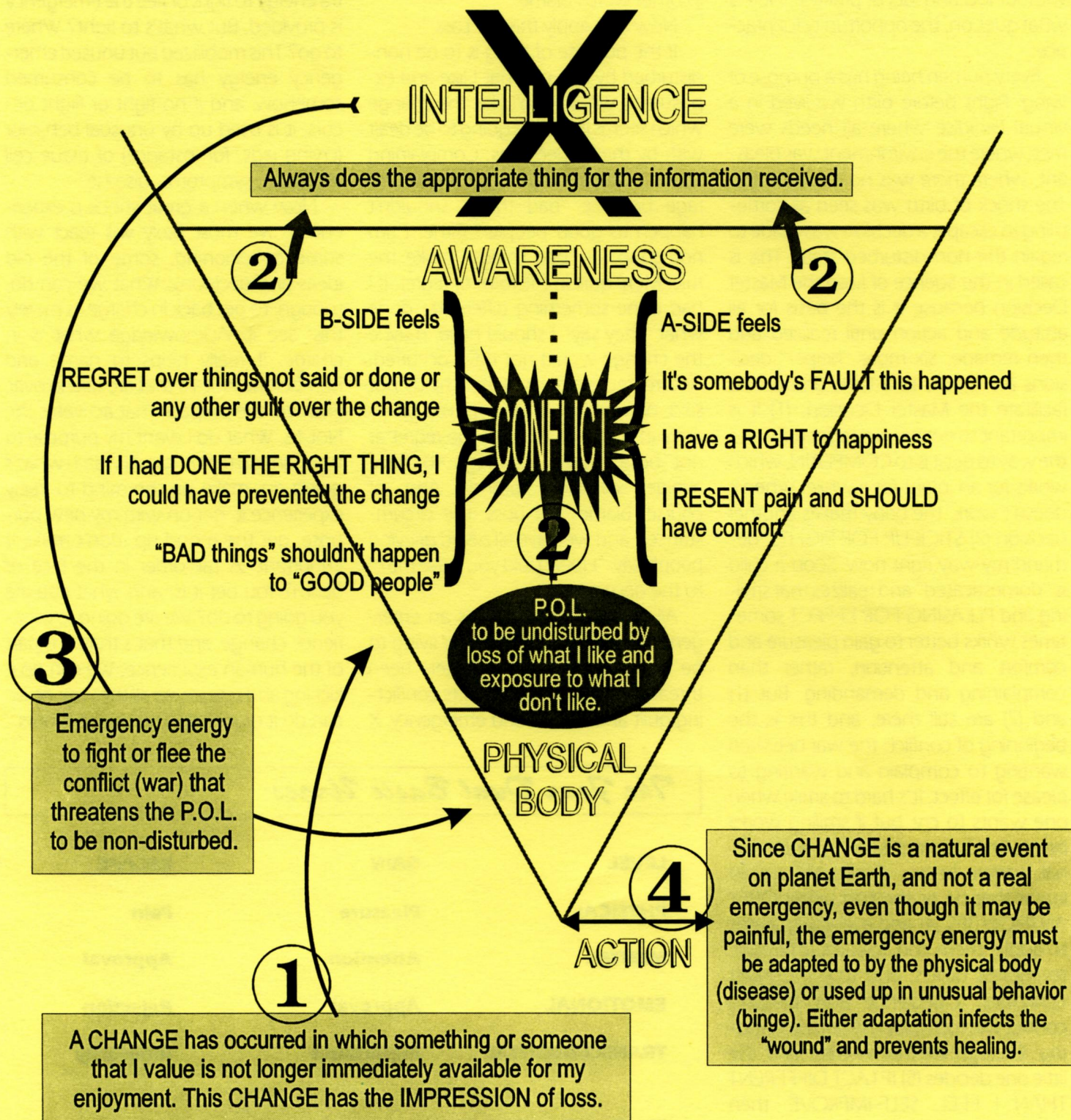
It is said that we are Spirit having a human experience. "Having" a human experience does not mean that Spirit is born with the human experience fully mastered! It means Spirit gets to Work to master it, gets to EXPERIENCE it. What we want to do is see this, acknowledge it, accept it, Work with it. That's our job.

So... A change occurs. Something or someone we value has changed its relationship to us. The change has the impression of loss. Awareness receives the impression that something of value is gone. If Awareness "reports" this accurately to X, via the medium of feeling (in this case, feeling free to experience a loss), X will do the appropriate thing through the physical body—it will heal the perceived wound of severance. The

Picture of Man



Picture of Conditioned Man



The Picture of Man

ACTION of one's life will maintain harmony.

But a big shock is not dealt with without lots and lots of practice. Here's what goes on, the opportunity for practice:

Every human being has a purpose of living. Right before birth we lived in a virtual Paradise where all needs were met, where the environment was pleasant, where there was no responsibility. The shock of birth was seen as something to escape, a decision was made to regain the non-disturbed state. This is called in the Science of Man the Master Decision because it is the basis for all attitude and action until realized and then remade. Six more "helper" decisions are made, in a futile attempt to facilitate the Master Decision: (1) It is important to get my way right now and the way to get it is to COMPLAIN, which works for an infant for a while. When it doesn't work, the baby makes another decision (2) STICK UP FOR RIGHTS, demand my way right now. Soon a child is "domesticated" and realizes that smiling and PLEASING FOR EFFECT sometimes works better to gain pleasure and comfort and attention, rather than complaining and demanding. But (1) and (2) are still there, and this is the beginning of conflict: the war between wanting to complain and wanting to please for effect. It's hard to smile when one wants to cry, but if smiling works better, one suppresses the cry-and internal warfare begins. Eventually a child learns that he or she had better OBEY AUTHORITIES (4) and eventually learns to quote, them, too, to validate himself, to impress others, and so on. Conflict continues. Obedience and pleasing conflict with complaining and demanding. Enough internal warfare and the little one decides (5) IF I ACT DIFFERENT THAN I FEEL, SELF-IMPROVE, then maybe everything will be okay. This is another way of saying "guilt." Finally it

all gets to be too much and little one decides (6) IF HE, SHE, IT, THEY WERE DIFFERENT THEN I WOULD BE HAPPY. In other words blame.

Now let's apply this to "Loss."

If the purpose of living is to be non-disturbed by loss of what I like and exposure to what I don't like, the change which seems like loss is going to be dealt with by the six decisions: Complaining about it, demanding its return, guilt and rage because "bad things shouldn't happen to good people." Either I am not good, or "bad things" broke the rule! More guilt in the form of regret: If I had done something differently, done what "they say" I should have, maybe the change would not have occurred. And regret over it, whether things not said, or a wish to have behaved differently in the past. And maybe regret at not being "good" enough to have avoided all these feelings. And, of course, blame: the boss, the circumstances, and we have all heard grieving people say, "How could you leave me?" to the departed.

All this conflict is seen as an emergency because the purpose of living to be non-disturbed has definitely been threatened. Awareness reports conflicting guilt and blame, and emergency. X

always does the appropriate thing FOR THE INFORMATION RECEIVED. If the information says "EMERGENCY!!!!" extra energy to fight or flee the emergency is provided. But what's to fight? Where to go? This mobilized but unused emergency energy has to be consumed somehow, and if no fight or flight occurs, it is used up by unusual behavior (crying jags, for instance) or tissue cell alteration, symptoms, disease.

Now when a great shock is experienced, we most likely will react with some conditioning, some of the old ideas and decisions. What we can do, though, to get back in charge, is merely this: see it. Acknowledge what is in charge, it really helps to name and number the Not-I's that are taking over. Examine the purpose that activates the Not-I's. What do I want my purpose to be? Can I do that? I can if I watch what's going on, make up the mind to freely experience it, get on with my new purpose, get the mood up, don't make it important. A tall order in the face of death? You bet it is, and what else are you going to do? We are going to experience change, and that's that. It is part of the human experience. We can do it kicking and screaming all the way, or we can do it gracefully. The choice is ours.

The Four Dual Basic Urges

LEVEL	GAIN	ESCAPE
PHYSICAL	Pleasure	Pain
MENTAL	Attention	Approval
EMOTIONAL	Approval	Rejection
TRANSCENDENTAL	Importance	Inferiority

The Four Dual Basic Urges are not bad or wrong, they are side-effects of living only, not the purpose of living.

"9" Exam (Continued)

What's going on here?

- A. I don't really know.
- B. Chaos and war.
- G. Games of every conceivable kind.
- D. Lessons to learn.
- E. People, things and events in my way.
- F. Opportunities.
- G. Challenges.
- H. Victimization.
- X. Challenges as opportunities.

What can I do?

- A. I don't really know.
- B. Whine, cry and/or rage.

- C. Fight back.
- D. Improve my self.
- E. Obey authorities.
- F. Be responsible.
- G. Escape.
- H. Try to banish second force with second force.
- I. Enjoy the challenge of second force.
- H. Party hearty.
- I. Try to orchestrate (control) everything.
- J. Freely experience whatever is going on.
- K. Practice for my final.
- L. Compete.
- M. Cooperate.
- X. Fulfil my purpose.

Scoring:

Whatever you answered is True for you. If you answered mostly (A), you are among the very few honest people on earth. If you answered mostly (X), you Are.

The Four Forces

There are four Forces in all creation. By request, we will describe them in relation to the loss of a beloved.

(1) INITIATIVE—Spirit, the real essence of you. It is Will, Intelligence, Purpose, Intention. Let's say it is to evolve, to increase consciousness, to freely experience whatever arises. In this worldly realm, it is always met with

(2) RESISTANCE—In the case of the loss of a beloved, the resistance is all the pain resulting from conditioning and belief. Belief that things don't change, a

repeated expectation (conditioning) that I can gain all pleasures and escape all pains at all times. This is illusion and illusions are powerful if we have not checked them out. Let's say the beloved gave much pleasure on many levels and seemed to banish all kinds of pains. The loss of this is deeply felt. If it is freely experienced, a

(3) FORM—will occur from the interaction of First and Second Forces. This form will be both the strengthening of one's "container," or Soul, and more.

There will be a

(4) RESULT—increased ability to meet the next challenge, a contribution to Life.

That Life Force within that incarnated into a human being will meet resistance in the world, there is no escaping it. It is the way things work. Dealing with the perceived loss of a change is our Work, this resistance is inevitable. We CAN handle it. Observing the Four Forces and freely experiencing Resistance is the essence of creativity.

*Now Faith is the substance of things hoped for,
The Evidence of things unseen.*

Hebrews 11:1

Bulletin Board

Book (and Movie!) Groups

Held at the Red Lion Hotel in Glendale (on Glenoaks, two blocks north of the 134 Freeway, between Central and Brand) in the far lobby, 2:00 sharp Saturdays as follows:

June—Woody Allen's "Crimes & Misdemeanors" (rent the video)

June 3—Women Only

June 10—Men Only

June 17—Men and Women

July—"Out of the Garden, Women Writers on the Bible" Buchmann and Spiegel

July 1—Women Only

July 8—Men Only

July 15—Men and Women

If you live out of town and want to participate, send your written ideas and I will read them to the group and let you know what discussion it elicited.

Better Late Than Never?

This issue of Awareness Journal is a little late, and if you subscribe to Sophia, Wise Woman's Journal, you know that it is a lot late. This is due to many things, among them the tyranny of new software. AJ is back on schedule and your next three Sophias will be combined with extra pages into two in order to catch up. Thank you very much for your patience!

Rhondell Books and Tapes

Please order from Rhondell Co., 862 Sir Francis Drake Bl., #305, San Anselmo, Ca 94960.

Science of Man Classes

Study groups ongoing in Ranger, Texas, Annandale, Virginia, and Port Huemene, California. Call me, I will put you in touch. Requests for a beginning Sci-

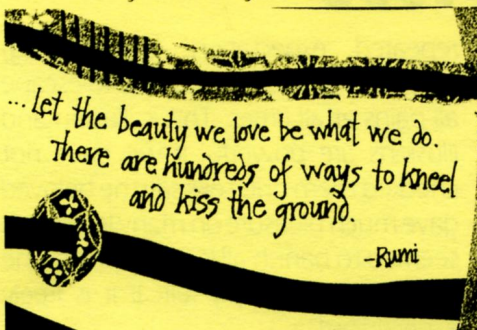
ence of Man class in Glendale are being considered.

Rhondell Memorial Books

Are almost gone. The remaining will be available for sale only, \$10 each, postage included. The enormous expense of a reprinting cannot be undertaken at this time.

Request

I've received quite a bit of feedback regarding contributions to Awareness Journal by others, how some of you feel you are getting to know the group through their letters here. I thought it would be nice to show photos, and with my new hardware and software this is easy to do. If you send a letter to AJ, please consider sending a photo, too. (All photos in this issue were used with permission.) And, as always, let me know if you wish your name published, initials only, or anonymous. Thanks!

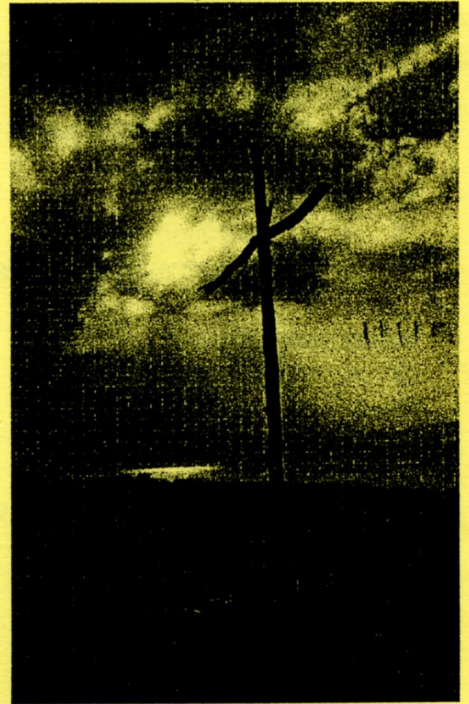


Dear Christine,
Here is the quote from Tam Tröj Jung I wanted to share with you: "To this day God is the name by which I designate all things which cross my willful path, violently and recklessly; all things which upset my subjective views, plans and intentions, and change the course of my life, for better or worse." Yeah!
The Bonnie Raitt song I couldn't name was "Goin' Wild for You Babe" on The Bonnie Raitt Collection CD.
It was good to talk to you + Kelly Sunday.

©1989 by Rashani
Translation by Coleman Hanks
Printed on recycled paper

Love, Eileen

Postcard sent by Bonnie from Israel



Mail Box Continued:

for my vacation." It means that right off the top I acknowledge that none of it belongs to me, it is a gift, and I will say thank you right up front by giving back ten percent. And this is not a "should," or ought to or even theologic. It is putting into a practical form an understanding of a Universal Principle about how things work—the five "What" questions.



Christine Thompson
308-A E. Broadway
Glendale, CA 91205