



Practicing Self-knowing

# AWARENESS Journal

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# Second Force - Resistance

*Worldly phenomena are the result of the interaction of Four Forces unfolding in process. Persons, all other life forms, places, objects and events are the manifestation of these Four Forces.*

First Force is Initiative, Intention, Potency, Intelligence, in the case of living things Spirit or Life or the Biological Factor, which living beings recognize.

Another way to say this is First Force is unmanifest Purpose with the Will to manifest ("the substance of things hoped for; the evidence of things unseen." Heb. 11:1) When we have identified the purpose of a person, place, thing or event, we have recognized its essence.

First Force when activated (acted on, not just thought about—Intention made with Will) is always met by Second Force, Resistance. This is a necessary component of the process in this worldly realm of physical manifestation.

Resistance is an "opponent" to Initiative or Intention, as opponents in a game. It is not inherently "bad," but is often seen so because it requires effort to deal with—it can disturb our ease.

There are countless cases where Resistance is appreciated because it makes the fun of challenge. For instance, people who play sports or games of any kind usually want opponents at least as strong and skilled as they are to make the game any fun at all. Those who are trying to increase their strength in any way, physically, mentally, spiritually, know it is imperative that Resistance increase a little every day in order to build and maintain skill and strength.

When First Force and Second Force are both up to the task—of similar intensity—the intended Form occurs, Third Force. (Events as well as objects are Forms in this context.) Obviously what seems to comprise our world is persons, places, things and events—Third Force. ("Seems to" means Form is merely one of the Four Forces, not the "only reality" of materialists. The materialistic point of view by definition recognizes as "real" only what can be apprehended by the senses and measured, Form. This is error because it is only one-fourth of the equation.)

Fourth Force is the Result of the first three Forces, Initiative, Resistance, Form, Resulting in *opportunity* to respond (or react) to the whole process.

A chief feature of the way people view the world and their place in it is dualism—likes and dislikes, dark and light, off and on, sweet and sour, and so on. While contrast makes things interesting, seeing contrasts as opposites rather than "degrees of" leads to conflict: good and bad, the essence of conflict.

This is a fundamental error. The Four Forces are not seen

as four but as two, cause and effect; and because Resistance—because it requires disturbance—is rejected instead of given the honor it deserves as Co-creator.

Let's list some types of Resistance that are often seen as "bad," or at the very least unwanted, in every case because they are disturbing:

Adaptation to stress, i.e., illness.

The need to make a living.

Obnoxious people.

Time—having to wait for what we want, or

Time—not "having" enough of it.

These random examples can be seen as uncomfortable but necessary. If we didn't adapt and endure the process, a mere cold would kill us. If we didn't need to make a living, how many would ever learn about balancing, or discover their talents, even be able to determine what their purpose might be? Obnoxious people—imagine being the *only* person on Planet Earth (no thank you). Have you ever met an obnoxious person who was not the opportunity to learn something? If nothing else, what we don't want to be? And how boring if everyone were just like me! Time, "too much"—the opportunity to learn one of the greatest secrets to true Power, Patience. Time, "not enough"—an opportunity to re-evaluate priorities and most especially Purpose.

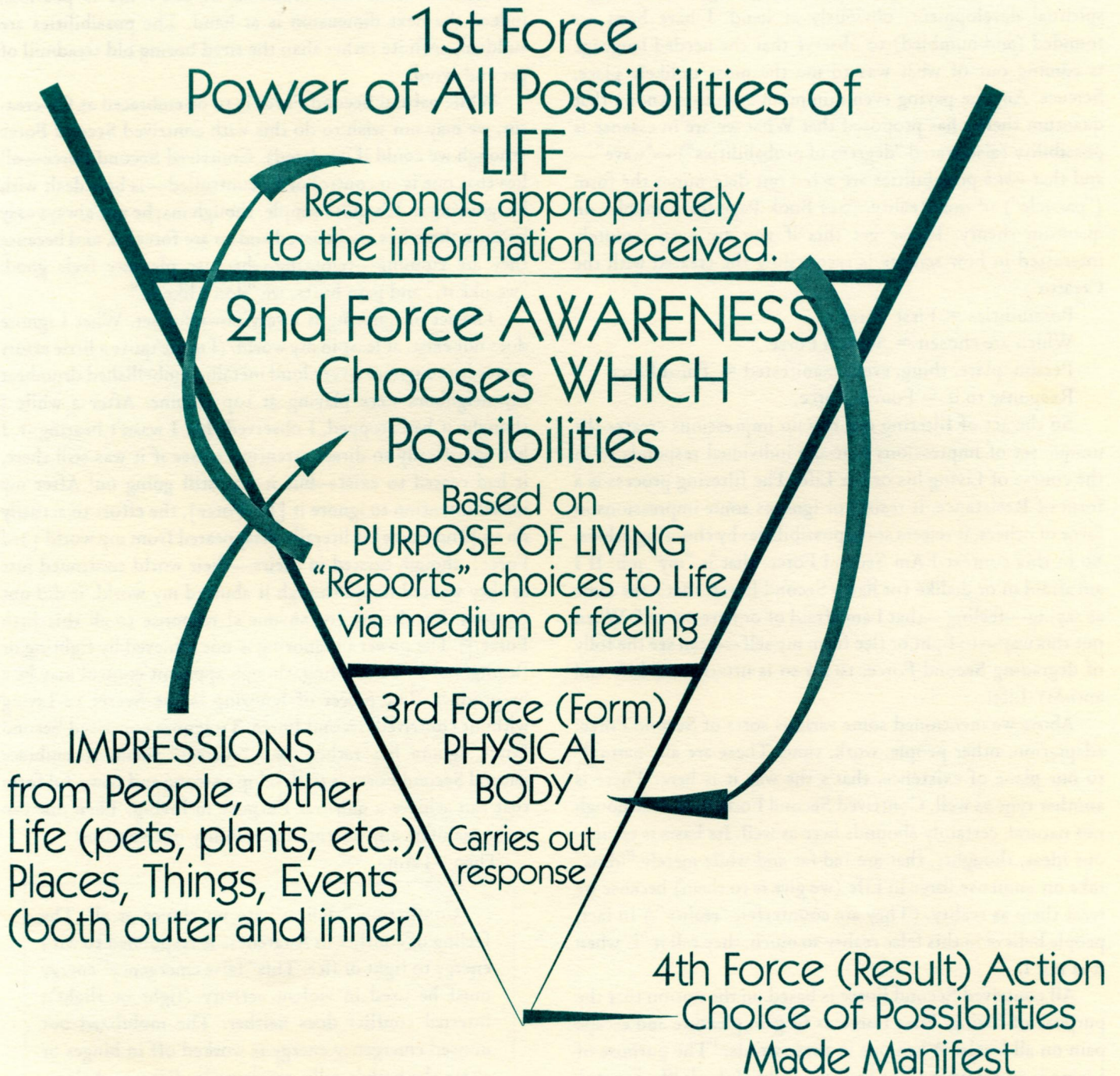
Seeing Second Force as "bad" is probably the most debilitating point of view one could entertain. This view is fatal. Either it prevents action—Living—as we shun it, or it depletes all strength as we fight it. Conflict is not creation but destruction. The only way to thrive is to see Resistance as what it is: Co-creator of Life, an essential ingredient in the human experience and thus of inestimable value (and think about it—isn't the verb "to value" synonymous with the word "to love"?)

It occurred to me that one way to demonstrate the great worth of Second Force is to show that the very "thing" we call our self IS Second Force! In one sense we are Second Force, in the sense that Awareness is the place where the sense of self resides in the uncompleted man (virtually everyone, though obviously students are Working toward completion or full integration of all four facets: Spirit, Awareness, Physical Body and all that is Acted Out by these).

A Purpose of Awareness is to filter *out* some of what is going on. If every single person were to be aware of every single



# Picture of man





person, place, thing and event in the world as it is, there would be no such thing as a "single person," an individual; that is, if all points of view were the same, had the identical content. A definition of "individual" is a *unique* point of view of Creation—a unique Awareness of it, different than all others.

I have been looking for some years now for a new language to emerge in order to articulate the next stage of humanity's spiritual development, obviously at hand. I have been astounded (and humbled) to observe that the needed language is coming out of what was to me the most unlikely place, Science. Anyone paying even minimum attention knows that quantum theory has proposed that What we are in essence is possibility (also stated "degrees of probabilities")—"wave"—and that *which* possibilities are acted out determines the form ("particle") of our Reality. (See Book Page for pamphlet on quantum theory. Please get this if you are even remotely interested in how science is reconciling the created with the Creator.)

Possibilities = First Force

Which are chosen = Second Force

Person, place, thing, event manifested = Third Force

Response to it = Fourth Force.

So the act of filtering out certain impressions creates the unique set of impressions that any individual responds to in the course of Living his or her Life. The filtering process is a form of Resistance, it resists or ignores some impressions in favor of others, it rejects some possibilities by choosing others. So in this context I Am Second Force, that is "my" job! If I am afraid of or dislike (or hate) Second Force, that's the same as saying—feeling—that I am afraid of or hate my self. When put this way—to fight or flee from my self—I can see the folly of degrading Second Force; to do so is utterly anti-Life and anti-MY-Life!

Above we mentioned some various sorts of Second Force: adaptation, other people, work, time. These are all "natural" to our plane of existence, that's the way it is here. There is another type as well, Contrived Second Force, which although not natural, certainly abounds here as well. Its basis is erroneous ideas, thoughts, that are fed fat and while merely "ideas" take on immense force in Life (we give it to them) because we treat them as reality. (They are counterfeit "reality".) In fact, people believe in this false reality so much, they call it "I" when it is not I.

All contrived Second Force is based on the notion that the purpose of Living, First Force, is to gain pleasure and escape pain on all levels. When put in these words, "The purpose of Living is to get what I like and avoid what I don't like," it may make sense, and in fact was "sensible" (in every "sense" of the word!) to the infant Awareness who, in its lack of understanding and in misunderstanding made the decision.

In other words, contrived second force is suggestion: it appeals to our human sensual desire to gain and escape, it promises or threatens. (It ignores or degrades our spiritual

ability to freely experience what is.)

But if one is told that pain and pleasure are mere side-effects or by-products of living, not the purpose of living, one can check this out. Then a whole new world of possibility opens up: if what I thought was the purpose of Living is merely the side-effects of it, then what can be the Purpose? At this moment an utter transformation of one's life is possible, indeed the next dimension is at hand. The possibilities are suddenly infinite rather than the tired boring old treadmill of get and avoid.

While natural Second Force is to be embraced as Co-creator, we may not wish to do this with contrived Second Force (though we could if we dared). Contrived Second Force—all lies that one is to control or be controlled—is best dealt with by ignoring it. It's quite simple, though maybe not always easy because these lies are believed and so are forceful, and because they are cunning—tempting—because pleasure feels good, "we like it," and pain hurts, we "don't like it."

The act of ignoring is a very powerful act. What I ignore does not exist, at least in my world. (I made quite a little effort yesterday to ignore a very loud metallic-embellished drumbeat my neighbors were playing at top volume. After a while I thought it had stopped, I observed that I wasn't hearing it. I had specifically to direct attention to see if it was still there, it had ceased to exist—but it was still going on! After my initial intention to ignore it [1st Force], the effort to actually do so [2nd Force] it literally disappeared from my world [3rd Force], though existed in theirs—their world continued just as they wanted it and though it abutted my world, it did not trespass. Result: my [or anyone's] response to all this [4th Force].) The power in ignoring is not achieved by fighting or fleeing, nor by controlling, though apparent control may be a by-product. The power of ignoring is the Secret to Living without contrived Second Force. To ignore contrived Second Force, ignore lies rather than "correct" them, to embrace natural Second Force is to develop a strong and powerful form that can achieve a glorious Purpose in Living. Then one can make manifest any potential possibility one chooses!

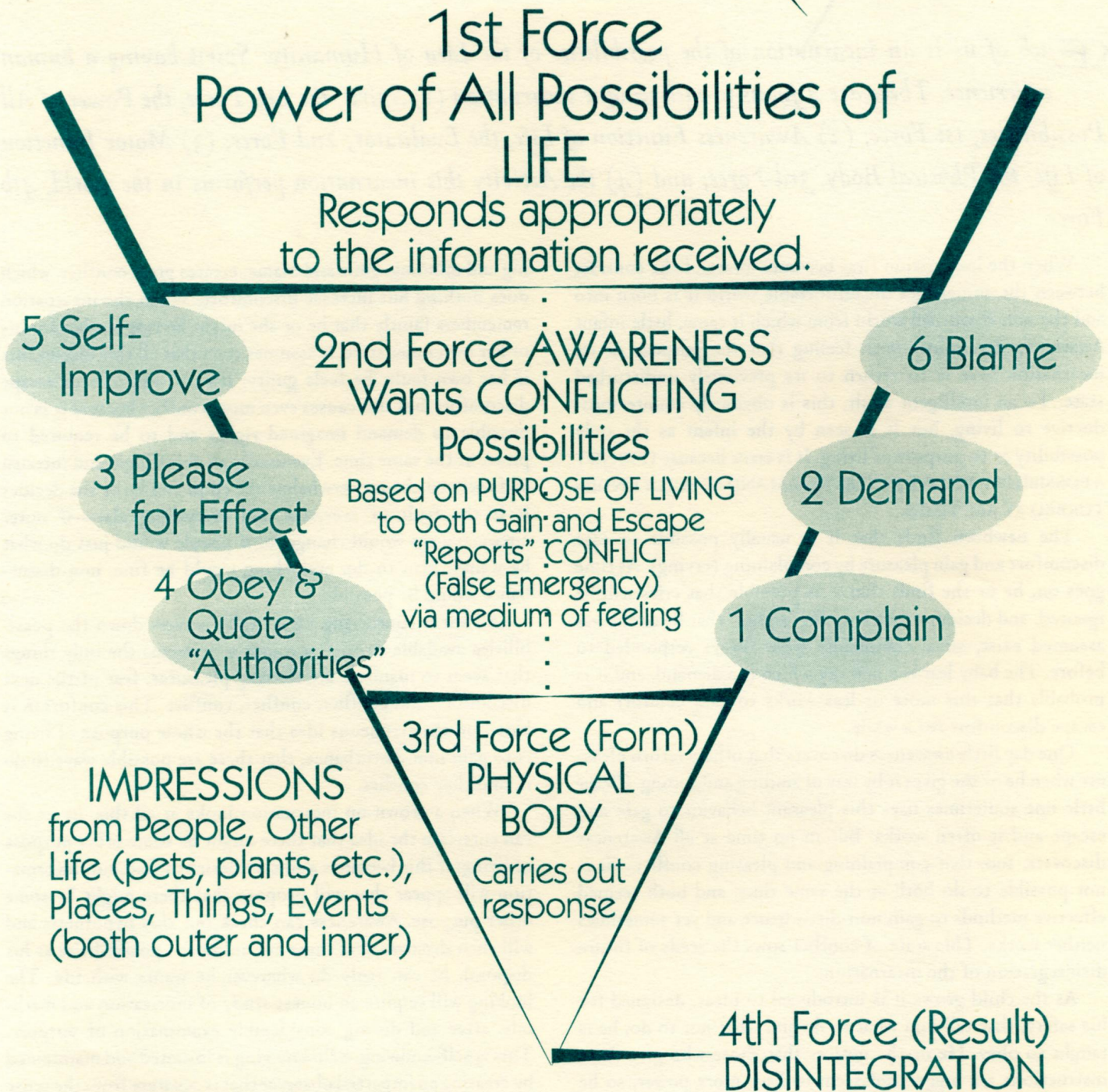
Then—I Am.

Conflicting "choices" are no choice at all. The feeling of conflict in Awareness is responded to with energy to fight or flee. This "false emergency" energy must be used in violent activity (fight or flight); internal conflict does neither. The mobilized but unused emergency energy is worked off in binges or alters the body's cells, resulting in disease, disintegration, finally death.

It is our choice to see things as challenges, free to experience whatever side-effects might arise, resulting in harmony and balance, or to choose to be in a state of frustration wanting to gain and escape.



# Picture of Conditioned Man





# Picture of Man

**E**ach of us is an incarnation of the possibilities of the Idea of Humanity: Spirit having a human experience. There are 4 facets to each unique incarnation (1) Spirit, the Life Force, the Power of All Possibilities, 1st Force; (2) Awareness Function of Life, the Evaluator, 2nd Force; (3) Motor Function of Life, the Physical Body, 3rd Force; and (4) the Activity this incarnation performs in the world, 4th Force.

When the incarnation first becomes aware of the contrast between the sometimes uncomfortable world it is born into and the non-disturbed world from which it came, little infant Awareness determines with feeling that the purpose of its incarnation here is to return to its previously undisturbed state. To an intelligent adult, this is obviously counter-productive to living, but it is seen by the infant as the only possibility as to purpose of living. It is error because IT IS NOT A POSSIBILITY TO LIVE IN THIS REALM AND BE FULLY UNDISTURBED AT ALL TIMES.

The newborn finds that it is usually possible to ease discomfort and gain pleasure by complaining (crying). As time goes on, he or she finds that it is possible that cries will be ignored, and decides to stick up for "rights" that he or she has assumed exist, since complaints were always responded to before. The baby learns a new cry which is a demand, and it is probable that this more or less works to gain comfort and escape discomfort for a while.

One day little awareness discovers that others return pleasure when he or she gives it by way of smiling and cooing. Clever little one sometimes uses this pleasant behavior to gain and escape and it often works. But in no time at all Awareness discovers, too, that complaining and pleasing conflict—it is not possible to do both at the same time, and both seemed effective methods to gain non-disturbance and yet sometimes neither works. This state of conflict sows the seeds of future disintegration of the incarnation.

As the child grows it is introduced to ideas, designed for his safety, that tell him what to do and what not to do, he is taught to obey. He or she notices that those who give these instructions are bigger and seem to have more power, so he endows them with "authority" over not only his actions but also his inner state. Of course, while obedience is necessary to protect the child in certain circumstances, those who wield this power seldom are in charge of their own inner states and so exploit the control they have over the little one and help him to embellish this idea of "authority."

The conflict between complaining and pleasing, demand-

ing and minding, guilt and blame, creates great conflict, which does nothing but increase discomfort. When the incarnation remembers faintly that he or she might be responsible for his or her own inner state, it assumes then that all this discomfort is her own fault; he feels guilty, tries to improve to escape discomfort, but this causes even more conflict because it is not possible to demand imagined rights and to be required to please at the same time. Eventually all this illogic and internal and external chaos overwhelms the child and he or she decides it is the fault of everyone and everything else—if outer circumstances would change, or if people would just do what he wants them to do, everything would be fine, non-disturbance would be possible.

All these conflicting ideas really narrow down the possibilities available to the incarnation. It seems the only things that seem to manifest are fleeting pleasures, fear of the next discomfort, and conflict, conflict, conflict. This confusion is based on the erroneous idea that the whole purpose of living is to gain non-disturbance; that there are possible ways to do it, and they conflict.

When a grown-up incarnation looks at all this, he or she can entertain the idea that there might be some other purpose of living; if this becomes a sincere desire to find out, information will appear that will propose that there might be some other purpose. Awareness can check out this hypothesis and will then discover that there are unlimited possibilities at his disposal, he can truly do whatever he wants with life. The looking will require an honest study of motivation and methods, after and during considerable examination of purpose. This is self-knowing. Self-knowing is initiated and maintained by creating an impartial observer that is separate from the sense of self and follows one around watching without criticism or applause—rather like a security camera, except this Observer will not be a machine, it will become your real Self.

When this is being done, Awareness eventually will see that it is the evaluator of impressions: they can be accepted, rejected or ignored, and given as much or as little weight as he chooses. It is the nature of the incarnation to do this evaluation with



feeling: impressions and how one feels about them, based on the advantage to one's purpose of living, are "felt." "This is extremely worthwhile," for instance, has a different feeling than, "This is not to my advantage." "This is of no interest," has a different feeling than, "How intriguing!" These feelings are received by Life, the Power of all possibilities, and this power manifests in the appropriate action for the information received via the feelings. It works magnificently, and infinite possibilities are at our disposal—as long as we do not feel impossibilities (get into conflict): That I can live in a physical body infinitely non-disturbed; or that smiling and whining at the same time do anything but cancel each other out; or that it's their fault I'm miserable, but it's all my fault; or that I should obey "authorities," and yet I have "rights" to have my way right now. Conflict is the great eliminator of possibilities; being free to experience a little unpleasantness now and then opens the door to infinite possibilities.



Now faith is the SUBSTANCE  
of things hoped for,  
the EVIDENCE  
of things unseen. Hebrews 11:1



## The Four Dual Basic Urges

Side-effects or by-products of living, not the purpose of living; they are not bad or good, right or wrong. When seen as the purpose of living, possibilities are extremely limited as the 4DBUs are not permanent and are not available 100% of the time, but are always there in degrees.

LEVEL	GAIN	ESCAPE
PHYSICAL	Comfort, Pleasure	Discomfort, Pain
MENTAL	Attention	Being ignored; Rejection
EMOTIONAL	Approval	Disapproval
TRANSCENDENTAL	Feeling needed, Appreciated, important	Feeling useless, Worthless, Inferior

From DESERT WISDOM (See Page 19 "Books for Sale")

### BEFORE THE FIREBALL

King James Version:

"And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters." [Genesis 1:2]

Klotz' translation:

"The story continues:

Now particles—the Power of Limits—  
were still only things in principle.  
There were like the germ of a solution  
within the shell of a surrounding problem,  
the inkling of an answer  
to the question of 'What next?'  
a kernel of purpose embedded in a dream of the Universe's heart.  
This 'earthiness' of all the elements was yet  
unformed and waiting while

On the surface of the Primordial (yet unawakened) Womb,  
at the billowing edge of the abyss of existence where  
phenomena, time and space were yet to appear,  
a struggle raged:

A spark of cosmic desire wanted immediate return to Source  
from the realm of limits, contraction, and chaos.  
This self-involved fire forgot its purpose and set off  
the first violence of a being  
that wants to be where it is not.  
Its barren wanting strangled its own voice until

The breath of Universe Being touched the face of Beloved Possibility.  
Pure expansive power stirred the primordial soup.  
The Being of Beings  
inspired, animated, and reminded Flow,  
that same edge of possible phenomena,  
of the expansive growth awaiting it.  
One could say that Cosmic Breath moved with pregnant possibility  
into the deep and massive nether of Chaotic Dark—  
awakening Womb for what?  
An intimacy yet unknown.



# The Secret to living

Most of you have heard Rhondell's distillation of the Work, "Keep the mood up and don't make anything important." He said his mission here was to put the Teaching in the simplest form possible, and that he continued to refine his Work over the years with this intent. After many years he determined that this phrase said it all—everything one really needed to know about getting along here, accomplishing one's purpose, would be found while acting on this simple little gem.

Well, with apologies to Dr. Bob, I am going to modify his gem a little bit, based on my experience with others which has clearly shown me a misconception has arisen. It seems that very many people who have taken to heart these words of wisdom have also misunderstood a bit and made "a good mood" into an ideal to be achieved, an object to be grasped, not let go of. This is not what was meant. What was/is meant is this:

The Secret to Living is *Keeping the Mood Up and Not Making Anything Important.*

Notice the change: "Keep" to "keeping" and "make" to "making"... because Life on planet Earth is dynamic, moving, always changing, there is no place for ideals or for permanence. Setting goals and seeking ideals is materialistic—making a "thing" out of a state of being, something to gain and to hold onto.

It is a fact that as long as one has at one's disposal the marvelous tool called a physical body, one will be subject to various disturbances. This is natural. In fact the "natural" state of the undeveloped, or even developing, human being is to be keenly aware of disturbances and to wish to avoid them; as well as to try to keep indefinitely those stimuli that feel pleasant. Because this is our natural state, striving to gain and escape, we will, when not paying attention, naturally "gravitate" to those levels. Those places where everything just seems too overwhelming, "Why bother" (apathy); or where the unknown or imagined looms and the faith derived from knowing what I am is asleep, thus making me fearful; where anger at an intruder into my ideals, illusions, or comfort wants to eliminate the intrusion; where a desire not to get disapproval outweighs a large desire to get even with disturbance (held resentment); where a lack of purpose wants entertainment and disables from directing energy into anything creative or contributory (boredom). Those are all natural human states, they are of the body and conditioning, they will always feel in a way like "home."

What Rhondell was stressing with his Secret was the enormous benefit in the act of deliberately moving from one state to another. NOT in making an ideal of any particular high state, NOT to pretend that one has so much control over one's body

and conditioning that one will never feel the uglier human feelings, thus repressing them.

The definition of "Master" is: *One who is in charge of his/her own inner state.* The method to achieve this mastery is to be free to experience any state that happens along (and they all will), and then to learn to "navigate" this tone scale at will.

Instead of chastising oneself when, say, anger is noticed, stop at that moment of noticing and do it on purpose for a minute, see what happens. This action is infinitely more valuable to development than merely demanding (and faking) a good mood because "It's the right thing to do and will make me feel better."

ACTION is the necessary component, the essence of the Secret. Being free to experience whatever shows up and then changing it. The ability to navigate tones from those that happen to those that are chosen is Mastery. Not doggedly forcing cheerfulness down one's throat (and everyone else's). Enough practice and eventually "home base" will be "up there"—say, contentment, or even vital interest—more higher states will be available and easier to attain.

"To be" not important is of little value—making it not important—requiring effort and thus creating a state—is the Work and the reward.

Studying the Tone Scale you might notice that the "natural" tones are all inward-considering (consuming) and the "supernatural" tones are all outward-considering (contributing) Check it out.

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# Tone Scale





# Awareness function of Spirit

Dear Christine, The most recent issue of AJ is still by my bed, where I can reflect on a paragraph or thought as I fall asleep. The Picture of Man from a slightly different perspective is very helpful and refreshing, and brings up a question. After years in the Work (that means fifteen years of Working some and being asleep a lot) I still don't understand the meaning of the word FUNCTION. ("I am the Awareness Function of X".)\* Webster's tells me that FUNCTION means: "the purpose for which something is designed or exists." Is that a definition you would use in the context of the Picture of Man? Can serving as the Awareness Function of X be my PURPOSE in life? If our mood is up and we are not making anything important, then the information our awareness is conveying is more accurate and less destructive to the physical body, right?? My favorite book mark has on it a quote from "Inneractions" by Stephen Paul which says, "SHOW GOOD A GOOD TIME". As for using portions of these questions in publications, it's a privilege to contribute to another's growth, you are welcome to use any portion that supports the Work. Many of the steps I take along this journey are aided by information from your publications, thank you so much. Lots of love and gratitude, Diane B., Utah

And much love and gratitude to you.

When I first "heard" (I mean really *heard*) that we are a "function" of Life, I was shocked beyond belief—"But what about ME???" To me a function was not a thing and I definitely felt like I was... something (if not quite something!).

I have since come to know this: The sense of "I" resides in what is a function of Life, Awareness. This is not accurate, but *is* the human condition (you could say it is Original Missing the Mark). An analogy might be as though one's circulatory or digestive system "thought" it was "you." When in fact, it is a function of a function, part of the Motor Function or Physical Body. When undeveloped Awareness says "I" it is as though one's digestion was calling itself by one's name. It is the perfectly "natural" perspective of "I and thou."

The only Real I is Spirit, of which each individual is an incarnation. A purpose of the human experience is to develop a New Man. The New Man is a conscious expression of Spirit, where the human functions have been awakened, conscious, and become fully integrated. The functions are and are not "I" then (a paradox)—individually, any particular function is not I, but the New Man is integrated and there is no separation from its functions. The New Man is Real I, one with Spirit and knows it.

This doesn't happen all at once, of course (at least not in my experience, certainly, nor in that of anyone I know or knew). It occurs by degrees, with Work, can take a lifetime

and probably will—at least. The first step is to make an observer watching "me." The Observer watches "me" identifying with forceful ideas that come from conditioning and genetics, for instance that avoiding pain on all levels and gaining pleasure on all levels is the purpose of living; watching "me" identify with complaining, blaming, pleasing for effect, obeying and following so-called "authorities," feeling guilty and blaming. These are all separate thoughts calling themselves "I" but are false, are not I. As the Observer gains strength and wisdom, it eventually becomes "Real I." Second step is to entertain the idea, even if I don't fully feel it, that "I" am merely a function, "I" defer to the Spirit that vitalizes me. (This is a hypothesis; the Work is to check out such hypotheses.) With continual self-observation comes eventual self-knowledge. I will know what is I and what is not I. These insights are made Real by self-remembering—acting on what I have learned, remembering to observe.

With unearned Grace and hard Work, one day there will be no distinction between I and its functions, and "I" will have transcended the non-entity state of "function" into a new creature who knows: What I am, Where I am, What's going on here and What I can do.

*\*Though I didn't use it in any of the Pictures of Man in this issue, we sometimes use the term "X" interchangeably with "Life," just as in algebra, where an X marks something that is identifiable but not precisely defined—yet.*



## Mail Box

**H**i Sweetie, OOOO I just observed self for the first time today and saw lots of expectations, hmmmmm. I guess I've been so busy doing this collection I forgot to do the work that I choose as the prime directive of each and every day. Watch what is going on inside Bob and report accurately. I'm always amazed to see how easy that is when things are troublesome and how one forgets when things are flying along and fun is every moment's companion. ... I'm getting a real kick out of the way one can approach a thing when purpose is defined and resistance is welcome. Although not always liked. ... Love you Dearest, Bob T, East Hampton NY

Yes, as my friend April keeps saying, "Would you believe pain is the Gift?" It is said that most of us won't Work until our necessity is increased.

**H**i Christine, I'm sitting here at my desk and I'm noticing a "post-it" I have on my window sill. There are others in the kitchen on the refrigerator. These are not "affirmations" as such, as I see them more as "awakeners." With your permission I'd like to share some of these with you and my fellow AJ readers.

1. Undress the event to see the old conditioning (courtesy Claudia, friend and ex-wife) This is a companion to something I recall hearing Dr. Bob say... "It's never the event, but your reaction to it." Because of individual conditioning, if you could have 50 people experience the same event, you would have as many different reactions to it. So it's never the event. This awakener invites me to ask some questions regarding what's going on; is my "acceptable level of comfort" threatened here? What unnoticed old decisions are at work? Are there some undetected patterns of association running on auto-pilot throughout my system?

2. Stop running those negative imaginary movies (courtesy Vernon Howard, author). This may have caught my attention because I'm such a big film fan. But more likely it's probably because I have noticed a tendency to show "disaster movies" to myself. (One often-shown title is a horror movie called "Attack of the Money-Eaters from Hell"). It's disgusting. I hate it. And it doesn't have a happy ending, either. It's overall message is the same as all of these imaginary features: You must doubt; it's only reasonable to be afraid... look what could happen. If I was in a theater, I'd walk out. In this instance, however, we are both the projectionist and the viewer. We can choose not to show a particular film. Failing that, we always have the option of changing the channel on our internal Home Theater.

3. You're only as free as you allow yourself. In this case, I'm mainly referring to being free of the nagging doubts, petty fears, and low-grade anxieties that the Not-I's would have us live with as a matter of routine. As long as we allow ourselves to validate these

negativities by listening to and accepting them, we will not be free of them. We must simply give them up. And logically, too, how much proof do we need before we truly realize that Life is taking care of every need we may have, as well as assisting us in every desire of what we want? I submit that the evidence is overwhelming.

4. Enjoy the ride. Dr. Bob likened the human experience to being at a great party. Everything was provided by the Host; from good eats to fabulous entertainment. I see it also as a world-class bus tour, exploring the vistas of a foreign land, taking me to places I've never been, and experiencing the sights and sounds of unusual and fascinating places. This is a once-in-a-lifetime deal. But what do we do? We complain about the other tourists. We complain about the bus driver; he either goes too fast or too slow. We worry that we're going to miss something. Secretly, we even harbor the thought that the bus may break down at any moment. And THEN where would be be? I think it might be good if someone just said "SIT DOWN AND SHUT UP. LOOK AT THE SCENERY. ENJOY THE RIDE."

On another note, no, I'm not on-line. In fact, I'll probably always be a little off-line, if you know what I mean. But if anyone would like to communicate, they can do it via the unfashionable way by calling or writing. I can be reached at (209) 296-4754 or at 427 Broadway, Jackson CA 95642. Love ya, Rick [Lipp]

Thanks. Some readers have enjoyed your previous contributions (as they're bound to like this one) and wanted to get in touch with you.

**H**i, I'm still on the road, heading east, and still want to meet friends in the Work for coffee and chat. Please continue to publish my voice mail number. (800) 674-8485 Ext. 4801 Kathleen Ferguson, On the road

**M**ari in Riverside, California, would like to get together with people in the Work. If you are in that area and want to meet her, please let me know and I will pass along her phone number.

**C**hristine, I am anxious/angry/scared to death/depressed [pick one--or more]. Do YOU ever feel that way? From all over.

I was asked this devious question at least half a dozen times in the last week, in mail, on the phone, via email. I say devious because the words belie the real question: "Won't you PLEASE agree with me that we are victims?—that you are victimized by these feelings, too, at least once in a while?" The answer to your purported question: As a human being I am subject to any human emotion that any other human being is subject to, you already know that. And each of you has seen me demonstrate what I do about it, though you didn't notice, because I



did not fling any unpleasantness about—you'd have had to be really paying attention to catch it. The question is a waste of breath, I will not agree with you that you are a victim, and certainly I'm not. The answer to your real question: What has it got to do with anything? You're in charge of your own inner state, I of mine. Do I sound cranky? I'm not; I'm sitting here at the computer floating in serenity, a kitty's in my lap purring and someone just called with a great joke (alas, one I cannot print here!) Though sometimes I do wonder what the value of publishing AJ might be! (Beyond entertainment, that is.)

*Dear Chris, You left no room on the renewal card for comments!!*

*So here is another letter from parched and dry Texas. I could not just send a renewal without some feedback. I love it! You know that. What you may not know is exactly how much it means to me to have the publications, AJ and Sophie. They keep the Work fresh. I have been listening to tapes for almost 9 years and each time a little bit more of the Teaching is there for me to realize and apply. The publications are different and yet, the same for me. Your enthusiasm and most intelligent approach puts an emphasis on whatever the article is about... and how uncannily it is usually about something that is troubling to me at the time. Love AJ, love Sophie (whatever her name might be at the time) and love you and not necessarily in that order!!! Do me for another year and many more too. Love, Cone R., Eastland TX*

Well, thank you (ahem.) I have been taught—told over and over, and I know it—not to Work for results. Sometimes I forget that because the publishing I do is a lot of work (and Work). When I remember not to Work for results (as I did after writing the remarks to the previous) it is a very pleasant surprise to find out maybe my Purpose is being fulfilled. Thank you. (And next time remind me to tell you a great joke!)

*I wanted you to know how much I enjoyed AJ and Sophie. Reading brought to mind an event with our Teacher that took place at our restaurant in Texas. It was probably '69 or '70 when he came for one of his visits. We were having a slow time of it and he decided a mood change was in order. He sat back in the corner of the dining room with his cigarette and cup of coffee and said, "What say we get this place busy." He just kind of turned on the energy the way he does and the atmosphere in that place just did a flip. The mood got light, all our (the students there to do the Work) serious intent melted away and everyone started feeling good and talking with one another. Before too long people just started coming through the door. Within an hour that restaurant was full and there was a waiting list for a table. This was not unusual when he came to visit, it's just that it would normally build for a day or two while he was there and then trickle down when he left. What was unusual was to have it happen so completely and so suddenly. "This one" was playing the role of waiter that day and as I poured water and took orders I would ask folks, "What gave you the idea to come out this evening?" I guess I wanted to know if this room full of people had just happened to simultaneously plan on this particular evening (I was young).*

*Remember we hadn't seen this many people all month. The answer was always the same. They would say, "You know, we were sitting there watching TV and it just seemed like a good idea," or "I don't know, I turned to the missus and said, why don't we drive out to the lake and see that new restaurant." As the evening wore on people were coming in from Lubbock and beyond. Our Teacher was going from the kitchen (chef) to the dining room (waiter) to the front door (the perfect host) to greet folks coming in. At about ten p.m. he said, "I think everybody's been busy enough for now," and that was it. They just stopped. "Coincidentally" we were all a bit low on money, (I am sure that contributed greatly to the very serious attitude), there was a lack of "chips" as the Teacher referred to it, and that evening bailed us out. Over the years I had the opportunity to see him do this on a couple of occasions. Truly amazing. What's interesting is when I read AJ I was reminded of that time because after it was all over I went to sit with him. When I sat down he picked up his spoon, looked at me and then at the spoon and said, "You know the whole world made this spoon." I thought there was some hidden message between that statement and the evening's events. He could see me working on it and said, "I mean that literally," and then proceeded to describe the relationship from individual to individual to show the contribution of everyone in the world in the making of a simple spoon. But that's another letter. Thanks for retrieving a great memory. Love always, Gene H., Seattle WA*

While nostalgia is fun but otherwise of dubious value, recalling these demonstrations can be of great benefit. We have been so fortunate to have been given what I call "The Book of Demonstrations" that will assist us through any challenge in life, aren't we the luckiest people on Earth? This particular demonstration was given repeatedly, and many of us learned it well; I can do the same now and I know you do, too, to wit, your very successful current position in business. Now indulge me while I use nostalgia to elaborate on this type of demonstration just a little, you will get a kick out of it. Another of our mutual late dear friends—I will call him Z—was a public relations man in Hollywood, and I often had the fun of being in charge of the front door at the huge Hollywood parties he put on. People, including celebrities, had to get my permission to enter as I checked a list, and I enjoyed all this glitz very much. (I was a gate-keeper, not a bouncer, thank goodness; if they weren't on the list I turned them over to someone else.) One event in particular had Z quite worried; it was a very big and prestigious account, and he was worried no one would show at the glamorous affair planned to promote something or other (I don't even remember what). At this occasion he pleaded with our Teacher to attend—Z wrongly thought the Friend's physical presence was needed in order to perform his "magic." So the Friend and I got dressed to the nines (we had nothing else to do that night), and moseyed on down the Sunset Strip. Now our Friend had actually taken care of Z's request the moment he had made it—weeks ahead of time. In reality our presence there was just as observers, though of course the Teacher's mood was way up (though certainly not



because it was requested by Z)—and I feel pretty certain the Teacher was giving yours truly, as well as Z, an opportunity to learn something. Well, the crowd was thick and it took us half an hour to get from the spot where we abandoned the car, in the middle of Sunset Blvd. in front of the posh hotel/private club where the party was held, to the front door. Extra police where everywhere, had moved the valet service right into the middle of the street, directing other traffic onto side streets. Klieg lights, people dripping fur, the essence of alluring 1930s Show Biz we recognize from old newsreels. We just breezed through the door... I recognized the young women playing the part of hostess—supposedly. They were so completely overwhelmed that they just let it go, let anyone in because it would have been a free-for-all, except that everyone was dressed up and well-behaved. As I recall the final count was over a thousand people—and having been in on the preparations, I knew only 250 were invited! Invitees and free-loaders alike were all having a marvelous time. Z was spotted immediately, anxiously looking around for us. He ushered us up to the VIP room and told the hotel official to bring us whatever we wanted. Our Teacher thought a little shrimp sounded good. I gazed around the room and saw many famous people and others, all talking and partying, and obviously having a good time. Several were staring at the handsome elderly gentleman and his lady—who of importance were we?—finally one came over and asked if I were such-and-such an actress (who is ten years older than I so this was rather a mixed compliment!), apologizing for staring and saying that was why. And especially who was the gentleman with me? Another actually came over and repeated this little inquisition, but thought I was different actress. But continually eyeing my handsome companion, who was their main interest. I introduced him, his name meant nothing of course (he played a lot of roles over the years, but Rich & Famous wasn't one of them!), and it was all so funny and so fun. Then an enormous platter of shrimp was placed before us, our Friend was getting quite the treatment. Then one by one, people came over and eyed the shrimp, eyed us, eyed the shrimp, reached down and took shrimp off his plate! He flinched just slightly (I could tell he wanted to slap their fingers and say Hey!), looked at me and I at him and we both stifled laughter, tried *hard* to be good guests. There we were, the mystery couple, in the middle of a VIP room of both celebrities and wanna-be celebrities, the center of attention but no one can determine just why or who we are. I wish you could have been there, you would have loved it.

The point I want to make is to agree with you, because it is both our experience, that indeed a good mood is contagious, people want to be in that radiation. They don't know they can generate it themselves, but are attracted to it when they feel it. It is like a magnet.

And there is another point, which is a postscript to this particular demonstration, showing what happens when no one is in charge, even of a good mood. Our Friend was asked simply

to do one thing: get lots of people to the party. He complied, in service, and did no less—and no more. People came non-stop. At one point dear Z came to us, a picture of panic, and told our Friend he was scared—it was getting out of hand. “Shall I cut it off, then?” was the response. Poor Z was in complete conflict, unable to take charge, afraid of insulting his Friend (impossible), afraid the magic would disappear instantly, at a loss as to to what to do. “Uh... no, I guess not...” The Result of this requested Form was this: The promotion was a success, the party was written up next day in all the right trade rags, as well as the mainstream media, the client was happy—to a point. The hotel submitted a five-figure bill, ten times the original budget. The client refused to pay, it was not what he had ordered. Z ended up in court over it for a couple of years (and, after another request to his Friend, found it resolved in at least a manner he eventually could handle). Reminds me of the Sufi story about the three wishes.

So... yes, we can generate a mood that will attract whatever we want... *and*—Be careful what you ask for, especially if you're not in charge.

*Dear Christine, Five years ago I began a friendship with a woman who is the mother of one of my son's friends. The relationship has proven over and over to be filled with opportunities to stay awake, observe, and report what's going on. When we met, her father had recently died. My role was to assist her in ways others could not for they had never experienced the death of their father. We formed a common bond and from there the friendship began to grow. Being mothers of young boys became another bond. We shared parenting ideas and dilemmas, as well as delighting together in the development of our sons. On another level, "I" was aware of the conditioning and Not-I's present within her. She is a very strong "A". Being a recovering "B" this was (and still is) a challenge. Whenever her "A-side" is on a rampage devouring everything in its path, the "B-side" of this self wants to please for protection. Being awake and aware has been my salvation. As the years traveled on, I learned more about this friend. Her father had made a tremendous amount of money in his life and this friend, I'll call her Maxine, decided since she had "produced" two grandchildren for him, she had a "right" to the money. Lawyers were called in from all sides deciding if she was "owed" financial rewards. Two years later she was given two million dollars to build her dream house. Her father sold off property for this to happen. Shortly thereafter his health deteriorated and he died. Maxine proudly walked around showing all the plans for her new home. A year and a half later, in the new house, she toasted her father who made this possible. Her mother in the meanwhile had become quite depressed. Maxine decided she needed medication. For two years her mother went through all the top medications available. The doctors and Maxine struggled. Her mother became fearful and called Maxine several times a day. I watched Maxine begin to prepare for her mother's inevitable death. Soon her mother also needed a new car. A brand new Jaguar was purchased. Inside "I" knew Maxine had bought it for appearance*



sake for greed had taken over Maxine—the car would soon be hers. The story goes on and on. I have watched the four dual basic urges and the master decision devour Maxine. She recently took her mother in for electro shock therapy and bought her husband a Range Rover and a Jaguar for herself. (Her mother is still alive, although Maxine now wears all her mother's jewelry and controls the family fortune). Maxine has shown me over and over again how the desire for More, Better and Different can become a truly insatiable monster. The friend I originally met still makes occasional appearances, however greed is usually the one in charge. Maxine has truly shown me how the Master Decision can destroy the living being and reminds me every moment I'm with her (which is quite rare these days) to remember to observe, report, study, count my blessings and to say thank you!

Notice how the thread of "greed" runs through both previous stories... the greed to escape responsibility, the greed for "success," however it be defined by any person. All the misery in the world can be boiled down to two words: greed and fear. Greed for pleasure on all its levels, fear of discomfort or pain on all of its levels. ThanX for writing.

*Dear Chris, Just a note to say Hi and thank you for the "Chase the brats off the phone" story. I made a toy phone like the one enclosed for myself, too, as a reminder to watch the kids where they show their face and take over the conversation with very bad behavior. The enemy is going to be bugged ☺ and zapped! Love, Bonnie Be, Scottsdale AZ*

*Dear Christine, Thank you for sharing your experience with me and all your readers, and thank you for allowing the readers to share experience with each other. I am still wandering around the Western States, particularly New Mexico, Colorado, Utah, and Arizona, and would love to meet new people interested in the Teachings. Anyone wanting to meet for coffee/conversation could drop me a note at P.O. Box 104, Jemez Springs, NM 87025. I could probably even be persuaded to send you a free copy of my "Musings of a Wandering Sillyosopher." I have no words to express how much I value the Teachings. The ideas probably saved my Life many years ago, and have kept me from getting into more than a minimal amount of mischief. Love your Journal, Christine, and thanX for all your heavy duty efforts. Joe Bankhead, New Mexico*

You're welcome, thank you. Joe is apparently quite a chess player, among other roles, including artist and cartoonist. He writes a journal of his wanderings, people he meets, quotes from, as well as his perspectives of, quite interesting books. If you can't meet him in the Southwest, and want to check out his journal, send him a couple of dollars for a sample issue.

*Hi Christine, In one of your Journals, you said to listen when in that alpha state before going to sleep and waking up. One morning as I awoke I realized that I had observed "Keep the mood up" was being used as a "bat." It's for you to do. "You're not keeping the mood up." I also realized that it is an idea to be used at the*

*moment, for me. If I see you're not keeping the mood up, I can change the subject, try to see the present circumstance in a different light of not being important and try to sell you on that so we can get on with the day, look in your eyes for the spirit, or probably lots of other things; but to yell at you for not keeping the mood up is not keeping the mood up—for you or me. ... It's hard to correct people without sounding demanding and bringing up the defensive in them. Sometimes in keeping the mood up, things are said that can be misconstrued. M.*

Keeping the mood up does not in any way mean controlling or correcting others. Almost everyone on earth thinks "Control or be controlled." That is the way of the world. The Truth is, there is another Way, having nothing to do with control, and obviating the "need" for it. When our purpose in keeping the mood up is to control, we have completely missed the point.

The point is, "I live in what I radiate." If this is understood and accommodated, I do not care what other people radiate, I could not care less. I am radiating a certain feeling and those around me are welcome to participate or not. If they are not in charge, they will gravitate to the good mood and either try to tear it down, or get in synch with it. If I am in charge, they will not disturb it in the least. The choice what to radiate belongs to each of us, what someone else chooses to radiate is none of my business. The minute I make controlling their mood my business, I degrade the original purpose of keeping the mood up. I am responsible only for myself, not another person on this earth. (I may have chosen duties toward certain people; this in no way deprives them of the joy and responsibility of being in charge of their own mood and radiation). If my good mood depends on their good mood, I am definitely not in charge. My good mood depends on nothing but my will to achieve it, period. "Up mood," and "controlling" cancel each other out.

*Dear Christine, Several months ago I attached myself to a new teacher. He is really aware of what is going on and we have gained much learning through our experiences. Oh. Who? My grandson, D. He was three years young in February. My daughter S. is doing a great job as a single parent. ... He is very intelligent and reports accurately. For example, one day the air-condition man came. D. was sitting on the table with his mom in front of him and they were cracking walnuts. The man said, "Well, what are you doing up there?" In Classic D. he answered, "Sitting here." The man thought he was being a smart-ass. We knew otherwise. ... We let him choose what he wants to do. He even gets to choose what clothes he wears. One of his favorite "games" is to play "stuff box." This is a creation of his mom's. When he was about 15 months old she put pictures of animals, people, and things cut from magazines in a box. Every day she would put a new item in the box. The "game" is we take an item out and he tells us what it is or what is in the picture. He can decide to keep the item or throw it away. Once in the "stuff box" it belongs to him. There is a bird feather which has been in the box for over a*



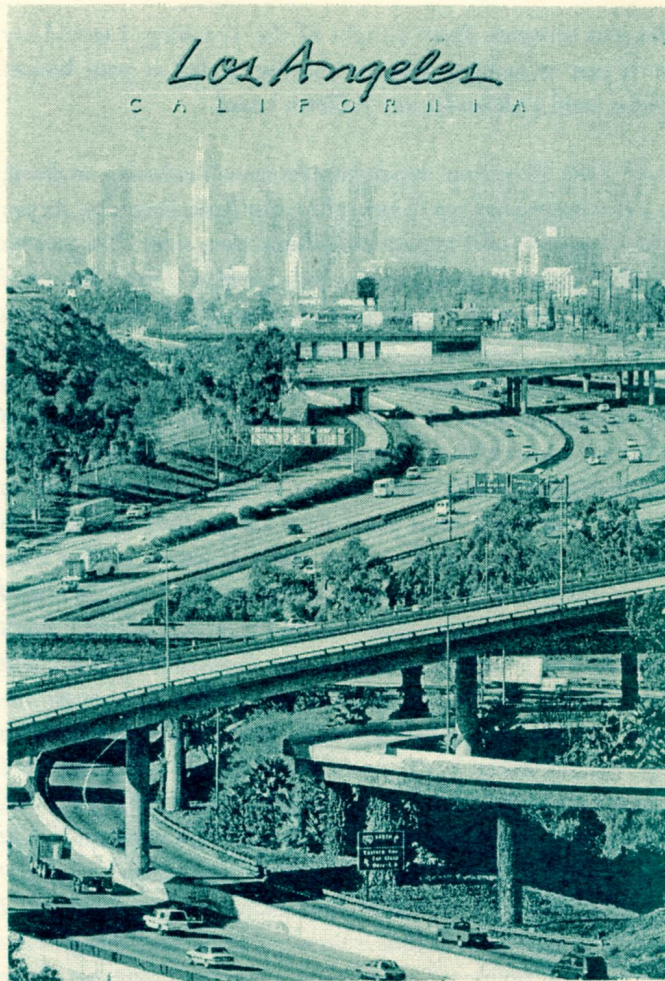
year and his pen to "write" on cards, paper, pictures, etc. ... I recall one of Bob's seminars where he discussed "Why?" questions. He said it was like a scorpion stinging itself and little children were great at it. Boy, was he right on that one. D. and I have gone as high as 12 whys on one subject before it falls apart with an "I don't know." I counted 200 why-questions in an hour one day. One of his amazing attributes is he remembers everything you tell him. I can't remember what I did ten minutes ago, let alone what someone told me three days ago. He is very observant, too. When a salesman came to the door the other day, after he left D. asked me, "Who was that man wearing the green shirt?" I had not even noticed his green shirt. My new teacher is "really aware of what is going on." He doesn't complain much simply because he can do what he wants. Even if he wants to cry and fuss he goes to his bedroom to do that because other people don't appreciate it. On the rare occasion when he chooses to fuss he never stays too long and comes out happy and ready to play nice. The key is, it is HIS choice. He doesn't stick up for or demand "his rights," again because he has the "right" to do or not do what he wants. Sooner or later he figures out what is to his advantage and that becomes his choice. Sometimes this requires a little bargaining. He does like to please... Authority, yep. He quotes mom, and other adults. As always, he wants to know "why" and is usually satisfied with the explanation he gets. Blame... not yet. Things just happen. He accepts each event as it is without blaming someone or thing for it. Self-improve. Not really. He recognizes that he can do things better than he used to, such as ride his tricycle faster. He loves to read books. Well, to be read to. Don't try to change the story, because he remembers how it went the first time he heard it. I have changed words at different times and every time he corrects me. It's amazing. I don't want you to get the idea he has no conditioning or is a "perfect" person. However, we students of the Teaching know how "important" it is to limit the amount of conditioning we tend to provide children. For example, we try very hard not to teach him opposites. Has anyone ever tried teaching a child without using opposites? Very difficult for conditioned adults, however it can be done. We have never observed a child with the understanding and awareness he has. To us he is a very gifted child. The "mood" has been raised at our home. It might sound like we adults are "slaves" to this little one. We consider ourselves "servants" of Life, and believe me, he is Life. I could go on for volumes, as you can probably tell. Are there other students out there who have experiences such as I have described? I would like to hear about them. Life has blessed us with this little spirit who is helping to keep us awake and appreciate what is going on. Life is a three-year-old bundle of joy who wants to learn about everything and teaches those who are willing to learn. Love ya, Parry R., Tempe AZ

Thanks for your much longer letter which I have excerpted. Of course the little guy will be conditioned to an extent, it is absolutely necessary for his survival! We can use necessary conditioning ("Don't touch the fire, you will get badly burned," with the ring of a threat) and be careful not to use the "contrived" kind ("See, I told ya so!" or "Bad boy!"). All my friends who have little ones in the house tell me how much

fun it is to watch them in light of the Teaching. I would say D. is just as lucky as you are that he landed at your house! Please send a photo for my bulletin board.

Hi Chris, Here's my wonderful adventure/awakening, in detail, that occurred on my "journey" to your house Saturday. As you know, I have traveled to your lovely home many times. You gave me excellent directions and I've never had a problem. I don't know that I have always had to struggle with direction. If I see the mountains I know I'm looking north. The mountains could be in the east, but I know I'm looking north! To get to your house I take the 405 to the 605 and go from there. Well this time I was paying a lot of attention to a lot of things going on in my life, as I was driving, but not paying attention to where I was going. Of course, since I've been to your place many times you'd think I'd get there with my eyes closed?!? I'm now past the airport and it dawns on me that I am on the wrong freeway. Now I hate driving towards L.A.. I'm so used to O.C. When I realize I wasn't where I wanted to be and I didn't know how to get there from where I was. I almost freaked out. But hey, I decided this time to not freak out. I didn't want to get any more lost than I was. That's assuming one could get more lost when one is totally asleep. ZZZZ. I talked to myself out loud, actually, I said something like, "Okay Life, I wasn't paying attention, I'm lost, I don't know the freeway system out this way, I'm scared and I need to get back to the right freeway. How about some help?" I just kept repeating this as I turned around and started to backtrack. I reminded myself that I knew how to get home, even though home wasn't my destination. I could always go back and start over. I also told myself that I needed to remain calm so you would know that even though I was extremely late, I was okay. I didn't want you to pick up on my agitation. I started to backtrack and low and behold, or is it lo and behold?, I began to recognize street names and finally found the freeway I needed. I went south though and should have gone north. Well I realized I had taken a wrong turn, and recalled that at the time I made the turn I was in conflict. I didn't listen real well at that moment I turned. I kept vacillating between north and south. Anyway, I'm now off the freeway, trying to find the on-ramp going north. Then I get the idea that I know a better way. Not a smart idea considering I don't know where I am, and all the business signs around aren't in English. I finally decided to go back the way I came and see what I came upon. I made sure I remained calm and continued to ask for assistance. While I was traveling down, or was it up, the freeway, looking for the 5, I said out loud, "I'm asking for help and I guess no one is listening!!!" Then I had to bite my tongue as I suddenly came upon the 5 North, which is what I needed. As I was driving along I thought about the past hour of being lost and yet not quite lost. I must reiterate how frightened I become when I get lost, always have. In thinking this whole experience through I realized that whenever I calmed down I made the right turn in the right direction. It occurred to me that when I was in charge of my inner state and didn't allow the chaos to enter I was perfectly fine. As long as I consciously did this, I was fine. I have often wondered why it seems that "bad" things happen to the same people over and





over again. This whole experience made me realize that when one is agitated then the "bad" energy or better yet, the Not-I's make their appearance. Bad things don't necessarily happen, we ALLOW the bad things to enter into our lives. As I was driving up to your house I realized what a valuable lesson I had learned in a really benevolent way. I was thrilled with LIFE at that moment and very grateful. Then to tope it all off, I got to spend a lovely evening at your house.  
Diane B., Irvine CA

I keep saying there is no School quite like driving a car in L.A.! It's a metaphor and opportunity for just about every piece of Work I can think of. When I first met my Teacher, he told me that what he had for me was a Map, so I wouldn't be lost on my journey. I think you are beginning to use this same map, and aren't we lucky to have it!

Dear Heart, Loved the newsletter... My first day out of deep-freeze, I kept complaining about other drivers but each time I found myself remembering the Sufi saying which was in the newsletter about convicting another etc., and told myself I was going to have a lot to shoulder before sundown but couldn't help laughing each time I became aware of my opinion of another's rudeness and somehow, in a sense, I think this awareness and laughter (good will) may have eased or healed my act. Do you understand what I'm trying to say? That my quick awareness (though I kept on repeating the curse) each time somehow seemed to wash away each curse as it occurred and

finally I stopped criticizing altogether and found myself laughing. And no condemnation. Certainly was a consciousness going on here and I now wonder if I'll ever criticize another driver without thinking of this Sufi comment and thereby achieving a bit of awareness. And why not all criticism? Might be as remembering-effective as that pin Gurdjieff would have us sit on. Love you, Georgia H. Chattanooga TN

Excuse me! Did I say L.A. traffic? ANY traffic will do, as you point out so well.

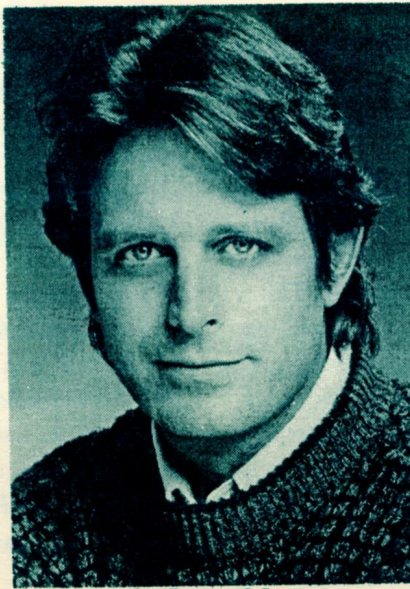
Received AJ. I know you do that for you and X and the Teachings first, but we all benefit and I send deep thanks for the shared energy. You had asked one time for books or movies that are "teaching" oriented. I offer to that list in movies: Lost Horizon, Joe Versus the Volcano and in books C. S. Lewis's The Chronicles of Narnia and The Wind in the Door and A Wrinkle in Time by Madeline L'Engle. Also I notice the listing of all the 4s (DBUs, Forces, Self-remembering: what am I? Where am I? What's going on? What can I do? etc.) and didn't notice something that helped me so very much which Dr. Bob asked me to simply repeat for 30 minutes each day: I don't know what I need / I don't know what ought to be / I don't know who or what to blame (the cause) / and I don't know the future. He called these self-knowing when he asked me to do this.) Maybe these were in an AJ that I missed; if not, perhaps you would put them in one up the road. I know this practice has helped many others a well as this one to get back to some basics. Thank you... Tian, Indiana

I think those principles are in just about every AJ, but you are probably correct that they had not been put into a group of four (don't we love to be spoon-fed?). My favorite C.S. Lewis books are *The Great Divorce*, a parable about perception and values... how our petty little narrow view of complaints keeps us from attaining what we say we want; and *The Screwtape Letters*, correspondence between the chief Not-I and his little Not-I in training... Very funny and right on target. *Lost Horizon* can be taken in two almost opposite ways. And if anyone reads it to check it out, watch for the part about the "valley people." If you rent the video, you might agree with me that the hero, Ronald Coleman, looks very much like a Friend of ours in the old days... Thanks for writing.

Christine, The script of this life has continued to be a lovely Romance with a little Detective work going on too. Recently, I found myself in the awkward position to draw the Picture of Man. My quick drawing looked like an apple corer. With the apple part still stuck in it. ... It's so different when it's drawn... I mean... it's like this. It's like there's computer programs with icons and computer programs with digits. The icons for me are User Friendly. Okay, easier. I don't know much about computers but "I" know all about the Picture of Man. You see? "I" know all about it. "I" know the words, "I" know the this, "I" know the that... but when it's drawn, when it's taken into the body like that, this vast Picture of Man opens and opens and opens! You can put this in the magazine I don't care. With a picture, Driver's License Number, fine. So I'm drawing and



thinking I'm listening to a bunch of Authority Not-I's by doing this in the first place, and "I'm" so Past all this and so in the Know and so much Better than and so Superior to and so doing this Work for such a long time now and I'm drawing and it's going into the body now and I pull up the drawing of the Vicious Cycle, I start drawing that too, and I'm seeing where Perception fits into the Game, and soon it's opening onto various activities, and I'm real interested. I'm drawing the 4DBUs in rows and witnessing the power driver make up of the Master Decision within windows of the different activities I do and it goes into Acting, into Writing, into Body work, into cherished False Expectations about Healing, you know it's simply blowing me away and my whole act and it's no longer like computer icons or windows, it's like rays coming out from this bright shining SUN! Okay. It's like this. I go through a day. I see something. I might jot it down, or maybe even work it out a bit on the computer later on. It's all lines, words, sentences, here and there. Maybe it will be a poem or a play. Who knows? But this picture, these pictures, you see, and as I'm doing this, I'm thinking, "Whoah, what is CT onto here? She gets to draw this each time for the Journal?" It's so different drawn, body to body, life to LIFE and "I" know all about it. "You mean, anybody can do this?" I'm thinking, "What is she onto?" Then yet another blow-away discovery comes up. It's all about Seeing, okay? So in these drawings, these various drawings I'm doing, I'm going through all these old AJs by now, and drawing in X as Initiative, Awareness (my name) as Second Force, Physical Body as Form... in all this, I'm seeing where one is acting as Second Force to X's Initiating! I mean, on a very specific, accurate level. I draw and draw and draw until have four or five complete sets, all sunshine rays of activities I do, all from this living SUN, showing the relationships between the Vicious Cycle, the Four Forces, the Four Dual Basic Urges, and all these other incredibly rich relationships. Completely awesome. About this discovery. In doing this, one got to see that the Not-I's have "dire consequences" out if one dares to make anything important. This incredible threat going on with these other silly Worker Not-I's. And a host of other Self-Improvers working on not making anything important. So if there's sudden disappointment, for instance, this whole cluster of Not-I's are instantly at work to torment one about having made it important! The drawings showed this up in self, and wow, what fun to see! Thanks for yet another good time! Your friend today and always, James. P.S. In AA they talk about "powerlessness." What do they mean by that? It's kind of a tricky word. James wonders if someone is "powerless" when they are identified with the conditioning, and that the way out of so-called "powerlessness" is to disidentify. Please comment, if you have the time. James N., Hollywood CA



James N.

To comment on the last first, please ask someone in AA what AA means by the word. If you want to know my meaning

of the word, it is something like this: People living to control self and others find they are powerless to do so, yet they keep trying. (Power and control are not synonymous). People not living to control, but to serve, find that "Of myself I do nothing; it is the Father within that does the works," and find there is great power at their disposal. Power = Mastery of one's inner state.

As for your Picture of Man experience, it is always delightful to witness someone turning a set of principles or a page of lines into something organic, which is what you have done. But this will never happen unless one uses the information. Writing it out as you have is one way that works for many people. But few do it. That's the curse in the blessing: The Picture of Man

is so simple that it is easy to memorize and then the brain says, "I know that," and puts it away. Congratulations on having birthed a new baby.

I also want to comment on your mentioning watching Not-I's come up and how one leads to another ad nauseam. They never shut up if we give them attention. You discovered that there is no useful Not-I—the only way out of that mess is to recognize a Not-I (any thought derogatory to self or others) and ignore it.

Dearest, It was a thrill to hear from you on this contraption [Bob T.'s new computer with email facilities]. I would be glad to publish the email address or the Edress as I've come to call it. I had no idea you spent so much time on the phone. I suspect it's a measure of how much attention people want from those they admire. Fifty hours a week is a little much. It's no wonder some dervishes took the path of silence. It's interesting, at any rate, to see how people come to depend on those who will listen. I see it in self often. For now I'll say good-bye. Love you, Bob T., East Hampton NY

Yes, as I told you, I had to take charge of my telephone time, when I kept track my contribution for a few weeks it turned out indeed to be between 30 and 45 hours a week occasionally 50. As much as this Gemini loves to gab, those are simply more hours than I have to give away while publishing eight magazines a year and otherwise running Harmony Workshop, not to mention making a living, so I have cut it down quite a bit. And yes, most people are just checking in to say hi and chit-chat, though many have requests (and to anyone who calls and gets the voice mail: leave your request if that's why you are calling, I pick up messages several times a day as I float around town and go to work immediately on whatever needs it, whether I call you back right then or not.) I am finding the email to be a nice advantage... I can do it all at once and it seems more efficient. Your "Edress" and mine and others are



published on the last page. ThanX

Dear Christine, I am in exhilaration and definitely vitally interested. In what you may ask? In Christ-Like-Man, top of the tone scale. As my husband B. mentioned to you a while back he had a wonderful inner communion... the gist of which is the following: B. was contemplating the tone scale, specifically Christ-Like-Man and quietly asked about it. [The] wonderful, instant reply, "Just Do It. Like service to life. It's just there, let's do it." Well this is more than just a simple string of words from a dear and loving friend. This is the key to the kingdom, the key to life, life Eternal that is. We are given a wonderful tone scale with a wonderful capstone. Now the teacher says, Just do it. So now enough of this fooling around we say, let's really investigate Christ-Like-Man as given on the upper tone scale tape (no limitations, is indestructible, doesn't die unless he wants to. Doesn't deteriorate, immortal if he wishes to be.) [Lists examples of people who attained Christ-Like-Man] We are very excited to have so many examples of Christ-Like-Man. They are all a living testament to this process. Some have left books we can study and most of all, each and every one of them invites us to speak to them directly in the living present called Now. We do this by accepting the scriptural words, "I accept the communion of Saints," which means the Saints are sane persons who have overcome. They left the conditioned manmade world and fully live as sane persons in the real world. Master Jesus said, "These things ye shall do and more." A.S. reminds us over and over again to realize that we must prove this statement to ourselves by living it. First we have to accept and demonstrate (not for show, but to ourselves) all the things Jesus did, i.e., everything up the tone scale from contentment. This includes the resurrection and ascension. Then and only then shall we have the opportunity to do more. A. says the masters give us their word by their living statements of truth. We then can use the word and speak it to our cells in our human experience. Their word is like a credit card that is pre-approved for us. Now we can go about "our father's business" by living the integrity of our word too. Christ-Like-Man arises from a process of cleaning up. It is to be pure in thought, word and deed. It's understanding the body is the very "temple of God" and throwing out the money changers, i.e., the Not-I's. ... The cells of the body must be "divinized." The body is made of cells, cells are made of atoms, atoms are made of light and light is Spirit in manifestation. We must overcome the great law of Gravity that pulls us down to our grave. The opposite law of Gravity is the Law of Levitation. This really means becoming so filled with light that we eventually resurrect or ascend. This is the final defying of gravity and the demonstration of cellular immortality. Not the immortality of long life based on a body that is decaying and disease-ridden. The immortality of fully waking up to Spirit in the human experience and living eternally as spirit, having overcome the human part. Thus we become divine. A. likes to remind us that Immunity is Divinity. ... Let's do it! Cheryl, Sedona AZ

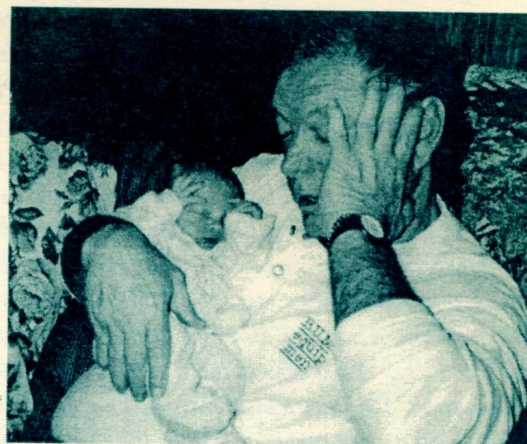
With some regret I have shortened your much longer letter because of the nature of AJ... I work in the trenches, so to speak, and such advanced material as you have eloquently

outlined (about achieving the nature of Christ-Like-Man, 11+ on the Tone Scale) is "Higher Education," we might say... we must trod through grade school before we qualify for the next level, and AJ is definitely grade school. One of these days we may have a seminar on this and I hope you will be our guest speaker! Thank you for all your many contributions, and especially the reminder that "LET'S DO IT!" is the first step... and every step! (Let—allow + Do—act = Integration)

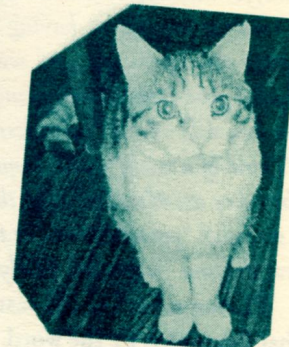
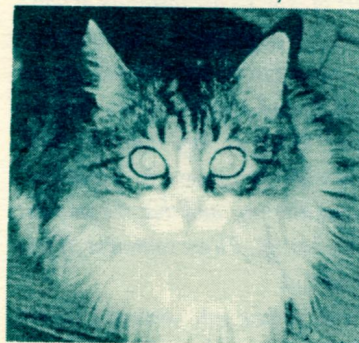
Dear Christine, I thought you'd enjoy knowing where Phil hung the rose calendar with The Secret to Living—in our master bath, the throne is in a small room by itself. The wall to the left of the throne is where the calendar hangs. When one is sitting on the throne, the "Keep the mood up and don't let anything be important" is exactly at eye level. A great reminder! Always! Thanks a lot! Much love, Marge and Phil, Port Heuneme CA  
Perfect! Thank you.

Beryl Rose in Florida owns Rosebud Company, a cheesecake shop. She makes every conceivable kind of cheesecake, including wedding cakes, plus specialty items. If you're in her neighborhood, drop in and say hello. Rosebud Company is at 1442 Main Street, Dunedin Florida (813) 733-9231

Paul A., Long Beach CA, sent this photo with a cute letter about checking out the Four Dual Basic Urges on purpose... Sorry to report I have misplaced the letter... but you get the point! Little one is his latest granddaughter.



Space to fill, so why not? (Christine is an incorrigible cat person)  
Leah the Cat Miss Pretty Girl Bob the Cat, Steadfast & Fearless





# Books for Sale

Harmony Workshop is gradually getting back into the book business, building an inventory of material that is related to the principles in one way or another. You will receive a catalog with the next issue of *Awareness Journal*. Meantime, these are available now:

## Scripture

*Desert Wisdom* by Neil Douglas-Klotz

Magnificent modern translations of ancient scripture from the Middle East (the Bible, the Koran and others) and Sufi poetry. I reviewed this book in *Sophia, Wisdom Journal* and sold out, next batch sold out, and have re-ordered again! A beautiful book. Hardcover, \$20 (See excerpt on Page 7)

## Journal Writing

*Journal for Healing, Writing Through Pain and Illness*  
by Robin Freeman Bernstein and Cathy Moore

Our friend Robin has a new book, and it is lovely. If you have a friend who is facing a serious illness, this would contribute to her well-being. Robin and Cathy provide a way to address the inevitable feelings, and help the writer take charge of the illness, rather than feel controlled by it. Hardcover, \$19 (Robin's and Cathy's previous book, *Letters for Tomorrow, A Journal for Expectant Moms and Dads* (reviewed here last year), is also available. \$19

## Women's Psychology

*The Owl Was a Baker's Daughter; Addicted to Perfection; The Pregnant Virgin*

by Marion Woodman

Many of us are interested in the dynamics of our particular conditioning; somehow understanding this helps to show the bigger picture that the Not-I's maintain, enhances self-knowledge (although knowing how we came to listen to one Not-I instead of another is not essential for self-knowledge—watching it now is the key). My beloved Marion Woodman has put it all down, and shows what must be done to transform once the conditioning is understood. Her initial interest was eating disorders (fully described in *The Owl Was a Baker's Daughter*), and as she worked with women discovered that the fundamentals of perfectionism and addictions apply to most intelligent modern women striving to create in a man's world, the one most of us grew up in. These books are not easy reading; Marion uses mythology as a language for her teaching, but more than that, she gets to the point and a sincere effort to work with her will rouse feelings long buried, and thus somewhat uncomfortable. I cannot recommend this material highly

enough, but will admit it is only for those really willing to Work—who will be greatly rewarded for their efforts. Paperbacks; Owl is \$12, the others \$15.

## Science

*Quantum Mechanics and Consciousness* by Tom McFarlane

Quantum Theory short and sweet—everything you need to know but were afraid to ask, in a few pages. Tom McFarlane gives a very brief history of the ideas, then takes you on an easy journey via quantum theory to the "I Am" state. Let this booklet be your guide into the 21st Century, you won't regret it. A gem. I would very much appreciate feedback about your experience with this material, and so would Tom, whose work I found on the Internet. Only \$3 (which includes postage, this item only) and priceless.

*Sacred Science, Essays on Mathematics, Physics, and Spiritual Philosophy* by Tom McFarlane

If you're the brainy type and enjoy as much as I do reading how some scientists are seeing Life as much more than a machine evolved mechanically from primal soup, but rather as an expression in form of an invisible Intelligence, you might like this little book of essays. Partial Table of Contents: Quantum Mechanics and Reality; Symmetry in Science and Religion; Science: Physical and Spiritual; The Spiritual Function of Mathematics; The Play of Distinction; Reflections on the Absolute. Comb bound, \$10

## Rhondell Material

Write to Robin Pihl-Gibson for a catalog at 862 Sir Francis Drake Blvd. #305, San Anselmo CA 94960

Order form for books enclosed. If you misplace it, please send a letter with titles requested and check or money order made out to Harmony Workshop Inc.

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# Bulletin Board

## For Those Who Are "Wired" (i.e., On-Line)

Email addresses of students who are happy to discuss the work with others on-line:

Bob Turano—TKovalevsk@aol.com

Marsha Summers—I02142.344@compuserve.com

Paulette Fox—PJFx@aol.com

Jim Wilson—jwilson@corcom.com

David Leithauser—Leithauser@aol.com or 74046.1556@compuserve.com

Harmony Workshop—CThompson7@aol.com or 72263.2460@compuserve.com or Chrstine@pacbell.net

Your editor and manager  
of Harmony Workshop,  
Christine⇒



⇐Your Assistant Manager, Cindy B. (Photo about 20 years old—she's even cuter now!)

## Web Page

David Leithauser has established a Home Page on the World Wide Web named *Fourth Way Connection*. He describes the Fourth Way as he sees it, and lists sources of publications and a list of students who are available to exchange email with interested people. Harmony Workshop is listed there at David's request, as a source of publications of a similar type, emphasizing that we are not and have never been associated with Fourth Way Schools as that is defined *today*: Descendants of schools of Gurdjieff/Ouspensky.

Although the term "Fourth Way" was used a generation or so ago to define a particular method of human development, my keeping fairly up-to-date on what is published (as well as considerable surfing of the net), tells me unequivocally that today "Fourth Way" means Gurdjieff/Ouspensky-related schools. Rhondell was never associated with that school, though he admired certain parallels in the Teaching and often recommended Maurice Nicoll's books. I am not old enough to have been directly associated with them, and have not associated with their students to my knowledge, though I do know people studying the Fourth Way through books, as I have, as well as two or three who have attended groups calling themselves Fourth Way (but usually disavowed by other Fourth Way groups! These groups do a lot of condemning of each other, I notice). The material you find in Harmony Workshop publications is not derived from Gurdjieff/Ouspensky, though I occasionally will cite them to make a point. The School I am in is said to predate Gurdjieff considerably, with the current terminology of this "branch" developed by Rhondell; and what you read in these pages is *my* experience of it and that of my friends, and contains no dogma—each and every reader is invited repeatedly to check out the information for himself/herself. This school has never claimed any exclusivity, by the way; quite the contrary.

So with all that said, please do visit David's page if you wish. The address is: <http://users.aol.com/way4th/>



Jim W. Linda G. Jenny C., JoAnne T. and Velina