



Practicing Self-knowing

AWARENESS Journal

Good Leather	Page 2
Mail Box	3
The Picture of Man	8
The Four Dual Basic Urges	11
Spiritual Ecology	12
Picture of Spiritual Pollution	13
Books	14
Bye-bye AJ	18
Playing with the Picture of Man	20

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Good Leather

Harmony Workshop is expanding its Book Service to include some new books, as well as out-of-print titles that are of interest to students. We have subscribed to one of the biggest book search publications in the country and can list books we are looking for. When we used this service years ago we had no trouble finding any title we sought. I have already placed a search list for

Shikasta by Doris Lessing
The Marriages Between Zones Three, Four & Five by Lessing
The Making of the Representative of Planet 8 by Lessing
The Garden of the Beloved by Robert Way
The Theory of Eternal Life by Rodney Collin
Douay-Confraternity Edition of the Holy Bible

If you would like us to search for any book, send your request and we will add it to the next want list. Please list title, author if you know it, condition of the book you will accept ("reading copy" might have a few dog-ears or pencil marks; "good" or better will have no marks, except possibly on inside front cover or title page, but binding may be a little worn). I will assume you do not care if the book is a first edition unless you so state. Include \$1 per title requested; if we find the book and you buy it, this will be deducted from your price. (Charge to us per title is actually higher than that; we will absorb the extra.)

Lists are published by the search service two to three weeks after we send them in; then allow two more weeks for "book scouts" to respond. When I have enough responses for you to choose from I will let you know the results.

While I consider all the books we sell to be "good leather," whether they are bound in leather or not, we are also expanding our catalog to include real leather products, "containers" of various kinds. We have journals with gold-edged ruled inserts in which to record your journey (or anything else); a little leather container for post-it notes so you can carry them in your purse; business card and credit card holders; coin purses; and satchels. The satchels are hand-painted by Francine Russelle—I saw them at the trade show where I purchased the leather products and was amazed at their beauty, and at a perfect price. Francine is quite interested in Sufism and works some of those motifs into her work, as well as Native American and others. I am working with her, also, to

design and paint journal covers especially for readers of *Sophia*, *Wisdom Journal*. Diane Bullen (who painted the Harmony Library in *Seeking the Rose*) also decorates journals and post-it holders with roses and twining vines. Inquire, price depends on how elaborate your wishes.

All of our leather products come in beautiful colors besides the usual black, tan and burgundy. For journals and post-it cases, you can choose from bright blue or red, forest green, navy blue, and my favorite, violet. The mini cases are available in navy, burgandy, forest green, black patent and red patent, and reptile skins, as well.

Journals can be imprinted in gold for \$3 a line; allow a few extra days.

The color insert to our catalog won't be ready in time to mail with this AJ. If you are interested in our leather, please call or drop a line and I will send it as soon as it is available, or can send color photographs immediately. Meanwhile, enclosed is complete book catalog, which also shows the leather in black and white.

I hope you will consider doing your Xmas shopping through Harmony Workshop. Gift wrap is free, as always, and we can enclose your notes or gift cards (or will write one to your specifications) and ship directly for \$2 to each address. Thank you!

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Mail Box

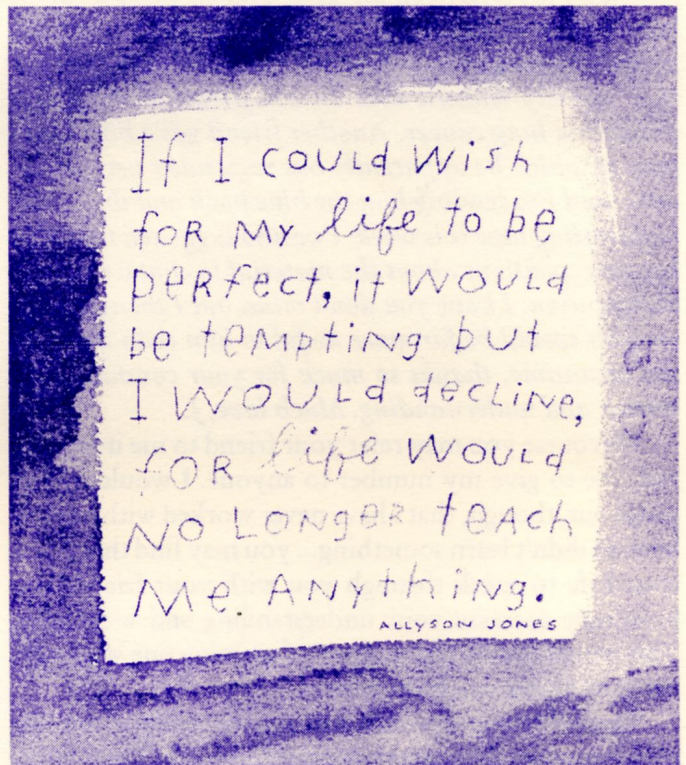
Dear Christine, I am on tape #4 now. I guess my friends did a good job of sharing the work with me because so far, it seems they covered just about everything I'm hearing. I am grateful to them for what I have learned from them, but "I" am craving a feminine approach. You and I discussed this once. It's strange, but the level of detachment I perceive in men in the work is disconcerting. I realize I am new to the work, so please forgive me if my communication is more conditioning than awareness. I have some questions about the work. I'm wondering if it "counts" as much when I just notice the conditioning as opposed to when I jot it down. The reason being that I would need a room full of notebooks to jot down everything I notice. As I write this letter to you, I feel somewhat intimidated about what I am sharing with you because I am afraid that most of it is Not-I's and so on. I guess I feel like I'm not doing it right, or something. I especially feel this way sometimes when I speak to my friend in the work. I guess that is because he often does not respond to some of my remarks or questions, which in turn brings up a lot more not-I's. Well, I usually feel pretty articulate, but when it comes to "talking" about the work, I feel completely inept. Anyway, I would welcome your suggestions and feminine input. I am grateful to have found a feminine voice to carry the message to me. There definitely is a difference. I'm afraid there has been a shortage of feminine love in my life. The older I get the more I realize how different men and women are. Best, S.

The less I say (in print!) about your last remark, probably the better, but I will say it was only propaganda that led some to think otherwise, that there is not a difference. (Can you imagine a better way to promote conflict than to convince people that things that are different are *not*, when evidence to the contrary is everywhere?)

Regarding your exercises, of course we are not going to be able to jot down every derogatory that floats by; although maybe if we did, we would get so bored with them we would finally ignore them, if just to get out of the job! For many people, keeping a "Not-I Book" is advantageous, but more so later, say six months or a year or more, when we read the old entries on some dreary day when the No.5 Not-I is telling us we haven't grown a bit.

What you might want to do, just for fun, is take your letter above and identify whether any thoughts derogatory to self or others wrote any of the lines, and if so, which ones. And here is another piece of schoolwork which you may do if you wish: as an experiment, drop for the time being the value judgment on the idea of "detachment." Instead, just hold the thought, "I would like to understand the real nature of detachment." Thank you for writing.

Sweet Christine... when I read this card I said, "Amen!" Thank you for our talks!! They are filled with so much fun and teachings! What a great combination. Love, your Friend, Robin



Dear Christine, Sorry I haven't been in touch for some time. I'm afraid I've been one of those "I'm a victim of life/God hates me type of people" you mentioned in the most recent newsletter. I spiraled into a deep depression early in the year and the Not-I's were wholly in control for several months. I'm back on the job now, thanks to the teaching, and hope never to get quite so far

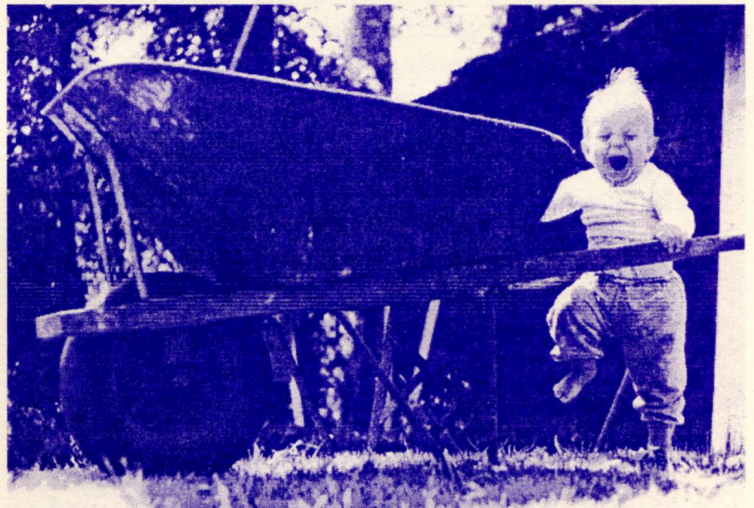
away from the work ever again. I've guesstimated that, for me, the self-improver is in charge about 50% of the time because whenever I observe one of the other "families" in action, the self-improver immediately jumps up and insists that I must obey him (her?) if I want to become "master" of myself. Cunning little devil. He/she knows all of my weaknesses. For some time now I've been sending that anytime I speak to myself (inner and outer dialogue), it is actually the Not-I's that are conversing with each other, and I've been trying to stop listening and go into silence as much as possible. Of course, that's a form of self-improving too, right? One trap after another. I've never practiced meditation very diligently but it strikes me that in meditation what one is striving to do is become pure awareness, to let that which is not-I DROP. I recently watched the Star Wars trilogy for the first time in years, and trusting in the Force in a sense is the same thing, is it not? Turning off the conditioned mind and allowing Life to flow through you without hindrance, trusting that it will do the appropriate thing because you are sending it accurate unadulterated information? Any, I very much enjoyed this past newsletter, especially the section on the Tone Scale. I enjoy them all but this one seemed particularly eye-opening somehow, probably because I was in a more receptive state to hear it. I recently learned that an old friend of mine had developed lung cancer. Another friend gave him Headlines to which he apparently has responded very favorably, and I'm sending him the blue book and the health and healing tape this week. I've also suggested that if he has any questions about the material to contact you for clarification. I hope you don't mind but I thought your insights would be far more useful to him than mine. In the meantime, thanks so much for your constant good humor and understanding. Much love, J.

Of course you may refer your friend to me if he asks, feel free to give my number to anyone. I would like to point out, though, that I have never worked with anyone where I didn't learn something... you may find that if you trust Life to speak through you with your friend, you both may increase your understanding and well-being. This would not be the purpose of assisting one who asks, but it certainly is a by-product.

The self-improver can sometimes be subtle in our "let it all hang out, do your own thing" society. Though the guilties had to go underground, you are right, they are still on the job. It's unlikely you will ever banish all derogatory thoughts from your realm, but you can just recognize them, let them go on by. Like the dead horse in the river. In case there is anyone who hasn't heard this story, it's a great one so here goes. There was a big ruckus down by the riverside—there was a dead horse floating down the river. People were frantic and trying to figure

out how to pull it out. A Wise Old Man happened by and answered their pleas for help with two questions: "What's going to happen if you pull it out?" and "What will happen if you just ignore it?"

Dear Christine, First, apologies for my slow response to your wonderful letter. It was so nice of you to take the time for a personal reply, and I am grateful. Your words have been re-read many times, each with a little more understanding, until a couple of weeks ago when those guards at the gate of this one's awareness took a break and the full meaning flooded in with all the exhilaration one can feel when a connection is made, like the child on this card. Guess I spend a lot of time trying to make things fit my very cerebral perception of the work. Lots of "life after life," reincarnation, etc. questions come up around this and they seem rather a curiosity. What seems IMPORTANT to me right now is WORKING. This seems a good time to listen to the Picture of Man tapes over again from the beginning. It's been years and who knows what I'll HEAR this time around. It's the journey spiraling in that you talked about in the Process article in Sophia. What an excellent issue by the



way. And I love the subtleties in your material (Like for instance the old woman/young woman in the "Picture of distorted, perverted feminine aspect...") Now the new issue of Awareness Journal has just arrived so after today's tape work, I can start that. "A woman's work is never done!" Sincere THANKS lovely Woman! Love, Diane

"Back atcha!!" as my dear friend Dixie would say. Thanks for your letter and adorable card.

Hi Christine, Here's something for the newsletter... if you care to use it: "So... What real value could there be in keeping the mood up?" When I began my career as a musician 20 years ago, Dr. Bob was using the

phrase, "I can contribute to a pleasant mood: as a possible chosen purpose. Since I didn't play or sing well, that was something I could do right away with no lessons or experience.

I started one particular job where I invited people to "sit in." The idea became a hit with more and more people joining in and bringing their friends who wanted to hear them and others who enjoyed the efforts. The "good mood" was magnified by those close to me and the room seemed magical for the two hours of the show. Newcomers loved being there—sometimes without realizing exactly why. What a great secret. Pretty soon they were also contributing.

Several years ago my wonderful friend J. brought her sister P. to see me. P. saw everything "sitting in" and promised herself that the next time she was visiting from up north, she would do a tap dance and join in the fun. That promise to perform a dance would prove to be more difficult to keep than she could have imagined.

Shortly after returning home she was in a terrible automobile accident. The doctors told her she would never walk again. During her visit the following year she was confined to a wheel chair, however—as we were to see—she hadn't forgotten the promise.

Tonight she came walking into the room. J. asked if P. could perform a tap dance to the accompaniment of a tape she'd brought. I was told that, after the accident. P's desire to tap dance with "Marsha" on Monday Night was her great motivation in her struggle to walk again. The determination to keep her promise enabled her to work through all the pain and difficulty of her physical therapy.

When P finished her joyful and courageous dance she was given a standing ovation. As everyone in the room gained strength and a sense of fulfillment from what had happened, I realized—more than ever before,—that "Keeping the Mood Up" is a truly powerful tool with beneficial effects that are more far-reaching than we can sometimes imagine. Marsha, Daytona Beach

It's a delight to hear about reverberations from our efforts... we don't always get to know, maybe we seldom find out. And it works all ways... whatever tone we are putting out echoes and influences... For instance, if we got "proof" that we were influencing someone detrimentally in an equal measure to your experience with P., I wonder if we might be more careful about all those harmful emotions? Thanks for a great story, many will enjoy it, it "keeps right on giving" doesn't it!!

Hi Christine, How are things going with you? Here's a question. When you say the prayer, "Please help me to wake up and stay awake" what happens in your life after that? I said the prayer a few days ago and am

wondering if it doesn't invite Life to start kicking one in the butt to prod one on towards staying awake. Just hand an experience that offered quite the opportunity of observing every blamer, complainer, etc. not-I.

A friend, who I think I have made the mistake of seeing as a "victim," although of course there are no such things, convinced me with her tears that I should accompany her on a camping trip with her family. It was a long trip and a nightmare from the beginning. This lady is so afraid of upsetting her brothers in any way that it was very tense. Actually, though, her family was very nice, though, and treated us well.

My car got stuck in the creek on the way up there and filled with water up to the running boards so have to deal with that today. Lots of cars made it to the campsite, but it was nearly ten p.m. when we crossed and the creek had risen. But everybody thought I could make it. We must have been too tired to make good choices. Her brother had to tow me out of the creek backward. On the other side of the creek the road turned into "Rubicon Trail." I don't know how they thought I was ever going to get my car up there.

She told me we were going to Emigrant Gap, which is on the way up to Tahoe. But this was next to the Emigrant Wilderness right next to Yosemite. (But we never say anything that looked like Yosemite). Took five and a half hours to get there.

My friend told us her brothers insisted everything was up there and not to get carried away, "just grab a pair of shorts and a pair of jeans and wear tennis shoes." She had a fit when I wanted to bring my hiking boots and tent, so I didn't (am still asking, "Why did I give in?"). (Great feast for the blamers). Well, you know there was frost on the ground and we slept outside. I've never been so cold in my life and didn't sleep at all. Miserable. Was watching all the pissed off not-I's in all six families. They went on all night and all day yesterday when she took off for an all-day hike up to the crest with her family and friends that we didn't go on because we didn't have our boots. I am pretty independent and usually do what I want. Why not this time? Never again. Never never.

My son and I said to hell with it about noon yesterday and packed up; we bailed the water out of the car and checked the oil to make sure there was no water in the motor, etc. All seemed okay so we drove home and it feels very good to be here. I'm so glad I took my car, even if it did get wet, or we'd still be there. Now we have three days to ourselves here. My other son and his girlfriend headed down to help my friend and she said for me to stay here and come down in two weeks when summer school is done.

Anyway, Christine, is that about what Life does when one asks to wake up? It's too scary! What will happen

next? But there is always a "happy ending," right? Hal

What is your *real* question? or comment... or is this maybe merely a complaint?

My dear Christine, This AJ was chock-full of goodies! We wondered if my little vignette on the calendar and our "throne room" was a kind of coda to the previous letter. Or are we stretching it a bit? Keeping the mood up is such fun. Much love, Marge and Phil

I had to go back and check what you were referring to and got a good laugh. I'm not that clever! Letters are moved around during typesetting to make things fit on the page; this just happened. Thanks for the chuckle and here's one for you, from my friend Jack, about one of the things I tend to harp on... "relativity"...

Two snails were crossing a road, one from either side, not paying attention and about ten hours later they crashed head-on. When the cops arrived they found only one witness, a sloth. They asked him what happened. His reply: "I don't know, it all happened so fast I can't tell you."

A Demand Notice" to Retract—To Harmony Workshop, Inc.. To Whom It May Concern: Your Vol.I No.2 Spring 1996 had violated the sacred rights of all Decision 2 Serious Students. On Page 18 in your last paragraph in reply to a letter written to Cheryl, you stated AJ is "definitely grade school" material. After studying hard your articles on Picture of Man, the Secret to Living, Awareness Function of Spirit, I have noticed that both the editor of AJ and our originating teacher had/and have the uncanny ability to take all the difficult "higher education" of Gurdjieff, Ouspensky, much Sufi stuff, C.S. Lewis, The Holy Bible, etc. and present the same material in clear, crisp, intelligible language which permits any human with eyes to see and ears to hear the opportunity to transcend the troublesome man-made world and truly discover the/a real purpose for Life. Therefore please be advised to continue to simplify the abstract spiritual world and know you are loved beyond words for your dedicated contribution. Love, Paul A.

Well thank you dear... and regardless of your high praise, AJ is still grade school, at best... among the reasons being the very nature of a printed periodical which reaches people through the mail. It is only part of the picture—the interaction, in the present moment, is not observable, although of course traces of it are in return correspondence, phone calls, etc. To continue the analogy to grammar school, it is just as there one learns reading, writing, arithmetic, etc., the fundamental tools, but a few years of grade school in no way prepares one for life in the adult world... it gives one the tools so that

one can then go on to higher education which, in advantageous circumstances, will *then* teach one to approach life in the world. In other words, grade school is a place to "learn how to learn," and so is AJ. The higher education is far too subtle and complex ever to be accomplished via this medium. Another drawback is that a single letter from someone, say, even, in each issue, seldom exposes to other students the different "I's" of the writer. It takes a group setting to see the contradictions we try to live out everyday, and to ask, as we watch others, if maybe I am doing the same thing. And there are other reasons, too, why AJ is not higher education, but the above are worth pondering for starters.

I don't believe that in God's world, the Kingdom of Heaven, there is competition. So what is the Olympics all about? In the beginning the Olympics many centuries ago there was no competition only to be able to be the very best you could be to be part was enough, so I am told. Why all the competition today where there are many injured, much sadness if in the struggle to be better than others. That can't be the Kingdom of Heaven on earth having power over others. I believe in the Kingdom of Heaven which "is at hand," there is no win/lose, but only win/win in love for all. As we are told, "Seek ye first the Kingdom of Heaven and all things shall be added.: This is no struggle, no power struggle that is, but inner peace where unconditional love reigns for all. April

Saw a great quote today: Some dream of worthy accomplishments, while others stay awake and do them. Gene H.

Well Sweeite, All is well. Sold a bunch of prints to some dealer so the rent is paid and there's chow on the table. We went to the movies last week to see this flick called "Basquiat." It's about this kid who was a graffiti artist in the 80s. He was taken very seriously by the Art World and went from living in a cardboard box in the east village to the heights of success in no time at all. After a few years he fell from grace and could hardly sell his work at any price. He OD'ed on heroin after 4 or 5 years in the spotlight. His work appealed to me. It was full of symbols and words that I had some connection to. Sort of like pop music. It is no joke that identifying with anything other than Spirit is a hallow effort. I see how important people make this stuff and I have been no exception for most of the time I spent on this planet. It occurs to me that these things we make are a mere distraction if they don't contain the stuff of life. If one can possibly elevate the mood or bring a glimpse of a higher purpose along with a little entertainment one

might be doing something useful. I'm grateful to be able to use the gift life bestowed on me to feed the family and bring a smile to a face I'll never see. Love as always, Bob

When you think about ending AJ realize what is out there, or better yet, the lack of what is out there. [I do.] Are you bored with it? [Occasionally.] Burnt out? [No.] Is it dragging for you? [Sometimes, but that's irrelevant.] It does not come across in the writing, no matter what you may perceive. I'm still in awe of it, and I'm a tough audience. [Thank you.] I was serious when I said I was saving it for the weekend. The weather has been so beautiful up here... I really cherish AJ, I read it slow and deliberate. I notice that more and more you go to questions and answers. I enjoy it most when YOU pick a topic and write on it. [Readers are a hundred to one against you on that one. You're one-third of the minority who has ever said that; all other remarks about the Mail Box have been that it is readers' favorite part.] I would love to see articles on "You Live in that which you Radiate" and "When the environment is right the creature will appear." [Well, you might look at Vol.I No.1 pages 8, 10-11, 18; Vol.I No.2 pages 6, 10, 20; Vol.I No.3 pages 4, 9, 10, 17, and Vol.I No.4 page 14 about the creature appearing when the environment is right and for Living in What You Radiate Vol.I No.1, pages 4-5, 9, 10-11, 12, 13, 15, 18; Vol.I No.2 pages 1-2, 3, 6, 7, 8, 10, 13, 16, 18; Vol.I No.3 p.2-3, 5, 6, 8, 10, 12, 15, 16, 17; Vol.I No. 4 p. 4, 8-9, 11, 14, 17 not to mention the following three Volumes] or "Sex" [not appropriate for AJ but plenty of hints in Sophie] or "What Constitutes a School—How to Be in School No Matter Where You Go." [You might check out Vol.I No.1 pages 2, 3, 4-5, 6-7, 9, 16, 18; Vol.I No.2 pages 1-2, 3, 4-5, 8, 9, 12, 15, 18, 19; Vol.I No.3 pages 1, 4, 6, 7, 13; Vol.I No.4 pages 3, 10, 10 again, 11, 12, 14, 15 and 20, not to mention the following three Volumes. I did get bored looking these up for you... you get the point.] Are you comfortable choosing the topic of the article? People's question tend to get selfish and be directed by the 4DBUs, whereas your articles are more responsive. [The keyword is "responsive" as to how I pick a topic to write about. All topics are what comes up in my own life or are responding to the mail and phone.] How does it do financially, if I may ask? [You may. Each issue costs between \$5.25 and \$6 for printing and mailing, depending on how much special work with graphics the print shop has to do; subscriptions are \$25 for four issues.] There is a need for balance... You may be putting out a whole lot more energy than what is coming in... [Directly, I am; indirectly, I am not.] however there is a lot coming in that you don't see. [I would hope that is so.] It's not always in the form of chips... [Amen.] but Balance is Balance.

[Amen again.] Hope I don't sound preachy, I just hope if there's a way to keep AJ going and I can help, you'll let me know. [Over the years I have learned a valuable lesson about asking. And so my response to that is: Don't hold your breath.] If it's just time to move on... so be it. [It is.] Love, G.

Love you, too.

Christine: As you probably know from my bulk mailing, I have just had the second edition of my book on Teaching material printed. I was wondering if you would make a mention of it in AJ? Here is my description: "How the Mind Works and How to Make It Work Better" is a book by David Leithauser (written under the pseudonym Pitsost) on putting the Work ideas into practice. It is similar in structure to the Science of Man 48 tapes. Each chapter of the book contains an explanation of one or more ideas from the Teachings, with some exercises designed to help the reader put the material in that chapter to practical use. The book is designed to be read at a rate of about one chapter per week, with the student doing the exercises in that chapter for the week until they become familiar with them and can make the exercises part of themselves so that they continue doing them indefinitely. There are eleven chapters, plus some miscellaneous material. It comes with a Seven Steps to Disempowering a Suggestion" miniposter. The book is based on material provided by Robert Gibson and Maurice Nicoll, with some of the exercises based on the personal experience of the author in putting the Teaching ideas to practical use. The manuscript was submitted to Robert Gibson for verification. His evaluation was that to the best of his knowledge, all of the material in the book was correct and could be useful to people interested in using the Work ideas. The book can be ordered by sending \$10 + \$5 S&H to: David Leithauser, 4649 Van Kleeck Drive, New Smyrna Beach, FL 32169-4205." David

Paraphrasing a long message left on the answering machine]: "I disagree with you. If one doesn't know what is to one's advantage, one should report 'It may or may not be to my advantage.'" Paul A.

Then we disagree. To me, "It may or may not be" is the essence of conflict: A and B arguing. To me, the correct report is: "I don't know what's to my advantage." Further: "I am in conflict here; I will disidentify from the conflict," and then of course, do it. In any case, it is unlikely most people's "reports" get through in words; this is something that takes many years to perfect, that is, getting to the point where one's words and one's inner feeling are the same. More often, the intellect is babbling all the "right" things while the solar plexis is in turmoil,

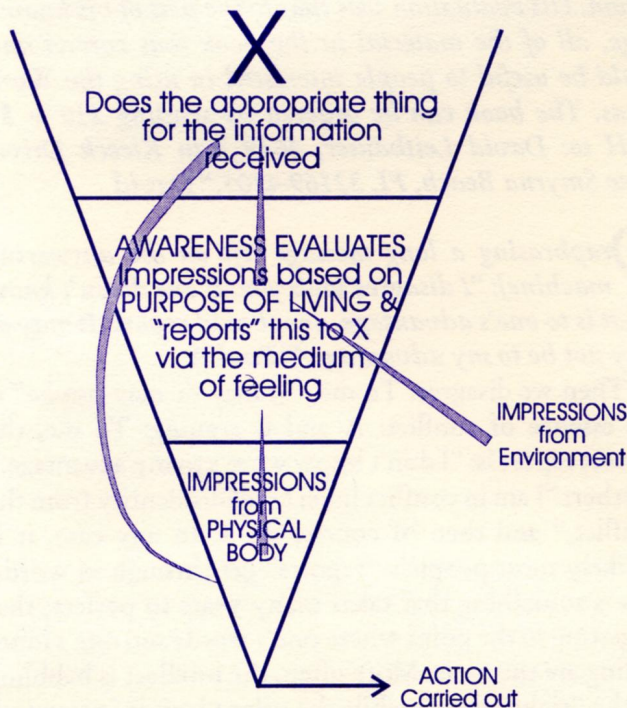
reporting false emergency. "I don't know," is always an accurate report if it's TRUE (often we know but don't want to admit the truth, it's too hard, too humiliating, too uncomfortable, too scary, etc.). I maintain it's A and B saying "It may or may not be." Although semantics is meaningless until we are in charge of the inner feeling, at best, or admit we are not in charge of it, at least.

In the last week I have heard the following remarks by people who have considered themselves students at least as long as I have: "I'll die if she cuts her nails." "My husband will kill me if I don't get these videos back on time." "I hate that newscaster on Channel 7." "This face cream/that car/her outfit is to die for." "I'm gonna kill that kid if he pulls that stunt again." Now tell me, do people consider their words aligned with prayer, or "reporting"? If so, please do tell me what they are praying for.

This just occurred to me: "In the beginning was the Word and the Word was with God and the Word was God." If consciousness is divinity, it is doubtful (again, to me) that any Word that was with God and was God would be a wimpy and ambiguous "It may be or it may not be to my advantage." God does better than this.

For any new reader who doesn't know what we are talking about when we say "reporting," I refer you to back issues of *Awareness Journal* containing long explicit articles about the Picture of Man. Briefly, it works like this: There are four facets to human life: Life, the biological force; its awareness function, which includes but is not limited to the intellect; its motor function the physical body; and the activity carried out by this unit.

It is the job of the awareness function to evaluate



impressions received from its environment, both inner and outer; this evaluation is always based on one's purpose of living. The medium of evaluation is feeling, one has a feeling about the impression: it is insignificant (for instance the impression of the chair you might be sitting on at this moment); or it has some greater degree of value to maintain one's purpose of living. This evaluation is "reported" to the biological function via the feeling of it. The appropriate response for the information received, whether the information or "report" is accurate or not, is supplied and the physical body carries out the action.

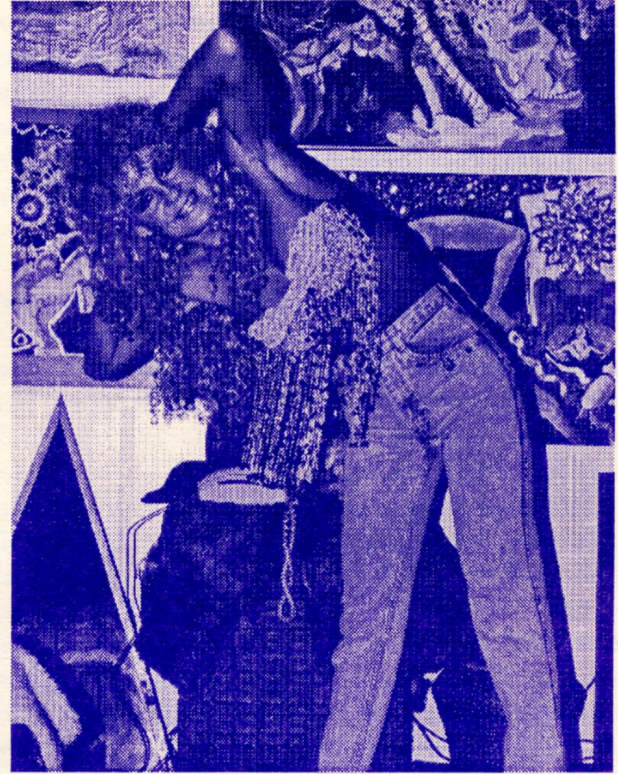
Don't believe this, check it out. Take some small event, to start, say, hunger and eating, and work it through this hypothesis. Then start applying everything in your life to it to see if it works.

Dear Chris, Wish you would publish "sneak previews" of teachings, as you said you were tempted, on broader scale. ... I am enclosing some snapshots that can be published. A few years back I was playing a role of cheesecake, model, etc. Even went so far as to obtain a job as a topless dancer! Didn't follow through on that one. But the pay was excellent! Ha. Then I played the (opposite?) role of Ms. Goody-Two-Shoes. Here are two pictures taken during that period. Barbara

Thanks for the pix, I am sure many will enjoy seeing beautiful you.

I don't recall using the phrase "sneak previews," (but I may have) and am not quite sure what it means. But I have learned many, many things by publishing newsletters. One of which is that they are a great disservice to many people who become dependent on my doing the research and finding out for them what they would do much better to work on themselves. I am astounded almost daily when I hear people, unlike you, who have claimed to be students for years tell me they have not bothered to find such and such a book, for instance, which I have told them contains the answer to the very question they have been asking for years. They want me to read it for them, tell them what it says... I have occasionally done that, to see what happens and found that, to no surprise, it is forgotten almost immediately.

My Teacher made quite a point over the years to repeat that the Teaching was *sold*, meaning that one has to pay one's way. This is on tape after tape of his talks, but how many heard it? It has become almost a cliché to say "Give a man a fish and you feed him for a day. Teach him to fish and he can take care of himself for life." If one wanted to learn to fish, one newsletter would be all one ever needed as far as my written material goes. Instead I hear this: "Christine, I just got the AJ in the mail today; it was great. When is the next one coming out?" I am not exaggerating when I tell you I have heard this at least a



hundred times, verbatim.

The bare bones Teaching as we have all received it is of no value unless one Works hard to put the flesh on it oneself. *And I am NOT saying you are not doing this*, I am taking the opportunity to express my point of view because of your comments suggesting AJ contain more, better and different. I always figure that any letter to any editor represents the thoughts of many others who did not bother to write, so no doubt others had the same suggestion you did.

Thanks for your much longer, newsy letter. Your remarks about role-playing reminded me of something I read about a famous/infamous student/magician of a couple of generations ago (A.C.) who saw the importance of role-playing in maintaining a conscious inner state and had a wardrobe of extremely elaborate costumes, down to the underwear and jewelry, which he chose on a daily basis to dramatize his role for the day. Of course, this was in the days when men wore much dandier clothes, where one announced one's occupation or or station in life as a matter of course, done much less so today (except that a three-piece suit is still a statement, as is wearing lots of gold chains with one's jeans and silk shirts, etc.)

Hi, I used these to cut the thick air here this morning [at an intense job site in Germany]. Thought you might chuckle too. From Gary T. True story from a Novell NetWire Sysop: Caller: Hello, is this Tech support? Tech Rep: Yes, it is. How may I help you? Caller: The cup holder on my PC is broken and I am within my warranty period. How do I go about getting that fixed?

Tech Rep: I'm sorry, but did you say a cup holder?
Caller: Yes, it's attached to the front of my computer.
Tech Rep: Please excuse me if I seem a bit stumped, it's because I am. Did you receive this as part of a promotional, at a trade show? How did you get this cup holder? Does it have any trademark on it?
Caller: It came with my computer, I don't know anything about a promotional. It just as '4X' on it. At this point the Tech Rep had to mute the caller, because he couldn't stand it. The caller had been using the load drawer of the CD-ROM drive as a cup holder and snapped it off the drive.

"Sun Microsystems sues Island of Java" Mountain View, CA—Sun Microsystems today filed a trademark infringement against the island of Java over the use of Sun's Java* trademark. Responding to criticism t[hat] the island has been called Java* for centuries, Sun lawyer Frank Cheatham said, 'Yeah, and in all that time they never filed for a trademark. They deserve to lose the name.' Rather than pay the licensing fee, the island decided to change its name. They originally voted to change it to Visu Albasic, but an angry telegram from Redmond, Washington convinced them otherwise. The country finally settled on a symbol for a name—a neatly-colored coffee cup which still evokes the idea of java. Since most newspapers and magazines will not be able to print the name of the island, it will hereafter be referred to in print as 'The Island Formerly Known as Java*'. The Island Formerly Known as Java* bills itself as a cross-landmass island, but so far has only been implemented in production on the Malay Archipelago. Africa is being rumored to have implemented it on*

Madagascar, but it is still in alpha testing. Lawyers from Sun would also like to locate owners of the huge fire ball at the center of the solar system. They have some legal papers for them... *Java is a trademark of Sun Microsystems, Inc. Anyone caught using the trademark without permission will be beaten, flogged, sued, and forced to use Microsoft products."

Hi Christine. Subject: Suggestions. You can sure tell it's summer and work is slow by how much you're heard from me lately. I couldn't let this observation pass. I was busily working away at understanding my new complicated keyboard while the sun blazed outside when I had a call from Mary. She said 'They've ordered mandatory evacuation of the beachside, Can Christian and I come to your hours?' I said, 'Sure, but what's goin on.' She said that Bertha the hurricane was charging up the coast. She said there were panic lines at the gas stations and grocery stores. I turned on the news, and sure enough, Channel 6 had preempted all programming for the News to warn us of the 'possible' impending doom. I felt tempted to get into the frenzy, and remembered how many times we had been warned in the last 40 years, and how many times the hurricane actually hit. I decided it wasn't worth all the effort. I did go to the store for dinner and saw long lines and decided dinner could be bought at the neighborhood produce market—which was virtually empty. The sun shone until dark and then it was a balmy evening and night. The next day the sun shone. I turned the TV on and Channel 6 News had slipped back into the background and the regular programs were back on. The whole process became funny when Channel 6 News justified their previous day's predictions with 'We were the only ones who gave you continuous coverage, and the only ones who sent a plant into the eye.' Now after scaring us to death, they were justifying how great they were. I understand that Andrew created devastation in South Florida in the recent past, but no one considers the devastation of people's inner state at being sent home from work and school, trying to get enough groceries, gas, and water for impending doom, spending a night in a crowded shelter, thoughts of losing home, possessions and well-being and who knows what else. The reflectin or parable for me, though, was how often I see a current situation while the not-I's predict all the bad things that 'could' go wrong. How about 100%.

Thanks for the jokes, they can get things going in a different direction. Just thought I'd return the favor. These are musician jokes, and sometimes too technical for a non-player, but I'll pass on some that seem obvious to me and might bring a giggle to your day: Definition of a half step: The pace used by a cellist when carrying

his instrument. How many trumpet players does it take to change a lightbulb? Five. One to handle the bulb and four to tell him how much better they could have done it. How many sporanos does it take to change a light bulm? Four: one to change the bulb and three to pull the chair out from under her. Why do bagpipe players walk while they play? To get away from the noise. A musician calls the symphone office to talk to the conductor. 'I'm sorry, he's dead,' comes the reply. The musician calls back 25 times, always getting the same reply from the receptionist. At last she asked him why he keeps calling. 'I just like to hear you say it.' What's the difference between a symphony conductor and Dr. Scholl's footpads? Dr. Scholl's footpads buck up the feet.

Have a great day in every way. Love, Marsha
P.S. I wanted to comment on your response to Gene H. in the Spring AJ on page 12. Gene said that Dr. Bob often came in after a slow time and business would pick up. After he left, it would trickle away. Then you told about Z's party and that he just asked for lots of people at the party, and Dr. Bob did no more, no less. You said at a certain time that X became panicky and Dr. Bob asked him if he wanted it to be turned off and Z, not being in charge, didn't know what to do and ended up in court. My questions are: What would Z have done if he had been in charge? and What would have been the appropriate request in the beginning?

I think that you can answer both questions yourself. I will give you some hints in the form of more questions. What was the purpose of putting on the party? Did he make a contract (or agreement) to provide this service? What would Z have done had he been in charge of the purpose? If one is in charge from the beginning, would one ask another to be in charge for you?

Thanks for the jokes. Did you know that there are Spiritual Schools that use nothing but jokes for their material? It is said that when the brain is engaged in understanding and enjoying humor, Truth can get through the Guardian of the Gate. This may also be a good place to note, too, that wise-cracking in response to the material, on the other hand, is a process used by people to deflect the Truth, to prevent its absorption. Something to ponder.

Jhope Gene H. will write that letter about how "the whole world made a spoon." I really looked at that one time when I bought a cassette tape of Vladimir Horowitz, and thought about how many people had been involved in the making of the tape.

You don't need Gene or anyone to write it out for you. You can do your work yourself, you already started. If you use your intelligence to consider a spoon, you can see, eventually, how indeed the whole world was in on

its production. This is grammar school.

Hi Sweetie, I just received the AJ and as usual my heart jumped for joy. At a quick glance I spotted the tone scale and instantly saw the ominous held resentment. It hit me like a rock. Just the other day I saw a load of this stuff in self and realized it occupies the place where serving life could be. What I mean is as I was cleaning the house and doing the dishes I saw and heard this voice complaining that I was the only one who cared about keeping the house clean and blah blah. Well, you get the idea. This is not the first time one has observed this show going on in the inner state. I tried thinking of other stuff and that worked for a little bit but it came to me that to serve was a better place to be. So that's where I went. It's kind of funny when I think of service I always think of doing some kind of volunteer work in a drug rehab or something like that. Then I remembered something I'd forgotten during a time of low necessity, serving is a state of mind. Bob T.

Idries Shah addresses this idea of service, and the truth of it is so alien to most people they can't understand what he is saying. Mankind has as a PURPOSE to serve what has been called "The Necessity." It is far greater than merely lending a helping hand to people overly-challenged... that is not really service at all, according to him, it is merely humanity (in the sense of being humane), an obligation, a duty. When people decline their responsibility to serve, others must make up for their neglect. It is a quite ominous and huge undertaking to preserve the balancing required. People's view of their lives is miniscule compared to their real influence. I am deliberately making this obscure so that those who are really interested might put forth the effort to research and check this out for themselves (like I did).

Being an incorrigibly sloppy housekeeper myself, I sometimes like to make a "meditation" out of doing dishes. I wash each dish and clean the sink and stove, etc., as though an incredibly respected guest (I keep someone in mind) is on his way over for the next meal—not to impress him, but to honor him. Try it and see how much resentment is allowed in in that state!

Christine, I was so enthusiastic about the new poem I had just written that I flew down to the first floor, down the lane across the courtyard, through the lobby, into the office to get it photocopied, before I remembered I'd forgotten my cane! April

Jcan't get my project done; I just feel like a blob.
You are like a pregnant woman in the last weeks, but the only answer is "patience." When that baby is ready to be born, rest assured nothing will stop it!

The Four Dual Basic Urges

Part of the human experience is enjoying pleasure, attention, approval, and a feeling of usefulness, and hoping to avoid pain, rejection, being ignored, feeling worthless or inferior. Called the Four Dual Basic Urges, they are natural and not in any way "good" or "bad" but just "are." When we get in trouble with them is when they are felt to be the very purpose of living, when every action taken is in reaction to getting and avoiding. The 4DBUs are side-effects of living, by-products, not the purpose. They control us when we could be in charge of them, or how we experience them.

When we live to gain, we live in greed; when we live to avoid, we live in fear and loathing. How can a greedy, fearful, loathful person possibly make any contribution to life? What would the world miss should he leave?

The 4DBUs are sneaky, too. We are aware, usually, of blatant greed when we see, for instance, three- and four-year olds hacking away at a piñata, screaming and scampering all over the floor—but how is haranguing a friend for attention, say, or spending hours on end talking about the Teaching, any different? While we can certainly understand a desire for a certain amount of safety—no woman of my acquaintance in Los Angeles, for instance, would dream of getting into her car without first scanning the front and back seats, how many justify staying stuck in lousy jobs because at least its not scary? We are motivated by the Four Dual Basic Urges in more ways than we care to admit if we don't pay attention.

Another way of stating the above is Rabia's prayer: "If I serve you to gain a heaven, deny it; if I serve you to escape a hell, throw me in." This does NOT mean that we must (or even could) stop wanting to be comfortable, enjoying nondisturbance when it shows up, wanting to avoid unpleasantness. But it does mean that if I am a student and intent on discovering and committing to a real purpose of living, I will become aware of just how I do serve the 4DBUs, possibly put my wants secondary.

The 4DBUs

LEVEL	GAIN	ESCAPE
PHYSICAL	Comfort, pleasure	Discomfort, pain
MENTAL	Attention	Rejection, being ignored
EMOTIONAL	Approval	Disapproval
TRANSCENDENTAL	Feeling needed, appreciated	Feeling useless, worthless,

Spiritual Ecology

Paying attention to ecology is a relatively new idea—I think I was a young adult the first time I heard the word ecology. It was not something anyone in my realm ever mentioned when I was a child. I remember asking about limits to resources when I was about six and was told I was a worry-wort (which, in fact, was true!). In a generation society has been educated to consider the bigger picture. For instance, almost everyone knows that if the water and air are polluted, “acid rain” can result, damaging crops, and further polluting the soil and water. A cycle of degeneration can be observed, and we have been trained to consider it.

The inter-relatedness of these things and events now is taken for granted, and well-meaning people are concerned that a little more respect is in order toward Mother Earth—the Estate where Life’s Big Party is held has been trashed and considerate guests don’t want to contribute to this and are making efforts to clean up the place.

The ecology of the Estate is a useful analogy for the Mood of the Party, too, though we seldom think of it. Each of us emanates a tone. A little observation confirms this—if you walk into a room where people have been arguing, you can feel it, even if they have shut up upon your appearance. If you meet a good friend or your mother for lunch and “something is wrong” you will immediately register her tone and ask her about it. There are certain restaurants, though the food is priced right, you don’t go to because it just doesn’t feel good there. On the other hand, there are people’s homes you like to go to because when you get there you remember, “It always feels so good here.”

A “bad mood” is pollution. It pollutes the person indulging in it (I say indulging because a bad mood feels good to lazy people who don’t want to make the effort to lift it, in other words inertia feels better to them than work). But just as in nature’s ecology, no individual’s spiritual ecology stands alone—it is inter-related with the whole environment. A bad mood pollutes the atmosphere outside the boundaries of the individual—it fills up or affects the space and is “rained” onto others in the environment. If they are lazy, too, they will allow such acidic rain to mix with their mood and further contribute to the spread of contamination.

Did you ever stop and think what the results of this would be if there were not any servants cleaning up after the spiritual slobs? Mood pollution does not just go away any more than earthly pollution does. Someone has to clean it up.

For several years in the 1980s I was privileged to sit in

and watch one of these Sanitation Experts at work—though it was a long time before I caught on to what he was really doing.

Because he made a constant effort to generate a great mood, people were attracted to him, especially (but not only) lazy polluters, spiritual slobs. They would come in, drop their spiritual pollution in his lap, he would generate the necessary clean-up vibration to neutralize the contaminants and then add beautiful rarified clean air and water and soil and send them on their way. I watched this process for hours nearly every day and soon realized that the same people returned in a short time with the same junk, demanding the same clean-up services. I noticed that few ever returned in a pristine state, or anywhere near it—few returned as ex-polluters—few learned to be sanitation experts, or to quit generating debris, they just kept coming back and coming back to demand clean-up. (Most assumed the Garbage Man enjoyed their company, almost no one knew what he was doing.)

Now this person had many talents besides Garbage Collector, and many other interests. He had potential galore and could easily have made an entertaining living doing far more pleasant work, but didn’t, except in his spare time, which was obviously limited, since he was not only a full-time Garbage Collector, but worked overtime at it as well.

In those days I sat watching the parade and the cleaning process, bewildered. “Why in the world do you do this boring work?” I asked over and over. He would never say, but just invited me to observe.

It wasn’t until I was myself doing garbage collecting—and I do it part-time only, and not at all if I think someone is fully capable of cleaning up their own mess—that I finally realized what was going on (and what a wise man it was who refused to give me easy answers and forced me to work them out myself—the maddening refusal to spoon-feed me increased my necessity to work for my daily bread and now I know how—a gift that keeps on

In our ego-centric selfish state of complete irresponsibility—our “natural” state—we think we are entitled to our bad mood. Someone somewhere did something (or neglected to do something), or the sun didn't shine, whatever, putting me in a bad mood. And we say, “Well, whose life is it anyway?” and “I am justified feeling this way,” and “I'm not hurting anybody.” And maybe even a slightly more sophisticated (and hypocritical) “I'm not hurting anybody but myself.”

Well, whether one in a bad mood is “hurting anybody” is almost beside the point of this article. What few have ever considered is this: somebody somewhere must clean up *your* mess—and rest assured, IS ALREADY DOING SO, or the human race wouldn't even be here!

Now we always say don't believe anything you read here, check it out for yourself. I grant you this one is not easy to check out—but so what? If one is truly interested in the purpose of Life here, one will make the effort.

Another analogy might be helpful. When the above-mentioned Garbage Collector was otherwise engaged teaching me the principles of money and economics, we read a financial newsletter written by an old codger (now dead) named Myers, I think, whose by-words were “Every debt will be paid.” He stressed this over and over in the most refreshing and intelligent manner. If the debtor reneges on his debt, his creditor will end up paying it. This is called bankruptcy, and taxes, and other things. If you loan money to a friend and he doesn't pay it back, in effect you pay it back to yourself by being unable to use that money elsewhere. If you pay an institution to do something for you, and they squander it, you will need to pay again or elsewhere to have the thing done; or, you will have “lost” the original payment—the institution's failure to produce will be funded by you with money you cannot then spend elsewhere.

Analogies like this abound and checking out the hypothesis that spiritual debt—bad moods—will be paid for is not as hard as it might appear, but does require some effort, just as it requires effort to clean up Planet Earth or your back yard, just as it requires effort by you and others to make your investments pay off. The Universe is perpetually in a state of balancing... think about it. What can be left out of such an equation?

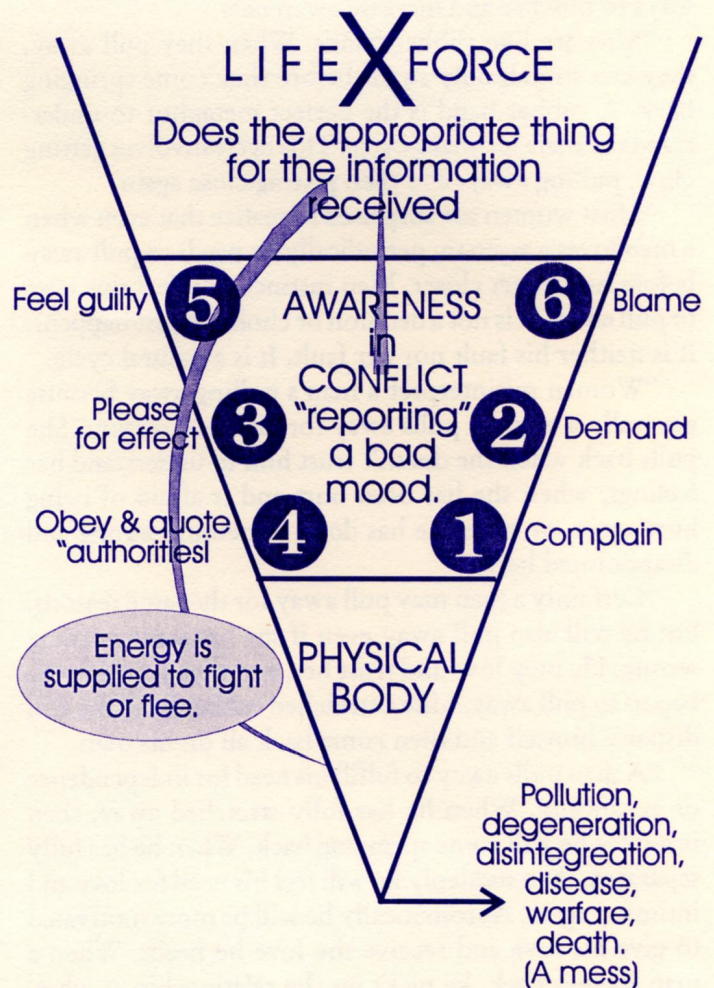
And yes, if you slip into that state and catch it in time, you can clean it up yourself, at least balance your ledger...

as long as you are not maxed out on credit...

Next time you are indulging in a blue funk, or cursing an idiot driver, or spreading the toxin fear, see if you can remember this: Someone, somewhere, in addition to generating their own contribution, and maybe in lieu of doing something fun they would rather do, is exerting *extra* effort to clean up your mess.

“If I squander more than I have to spend, someone else will have to pay my debt in order to prevent total collapse.”

Picture of Spiritual Pollution



Books

Here are excerpts from a few of the Good Books carried by Harmony Workshop. A complete catalog is enclosed. Excerpts from or reviews of some of our other books can be found in past issues of Awareness Journal.

Men Are From Mars, Women Are From Venus by John Gray

Many of you who call me about your relationship "problems" know I recommend this book all the time. While it's hardly a "Teaching" book in the sense you might expect to find here, it has valuable information to assist with what often seem like never-ending miseries because you can't get along. John Gray presents the basics in a readable, interesting format and the information is sound. One could use the exercises within not only to get more comfortable within the love relationship, but as ways to observe and increase awareness.

"Men are like rubber bands. When they pull away, they can stretch only so far before they come springing back. A rubber band is the perfect metaphor to understand the male intimacy cycle. This cycle involves getting close, pulling away, and then getting close again.

"Most women are surprised to realize that even when a man loves a woman, periodically he needs to pull away before he can get closer. Men instinctively feel this urge to pull away. It is not a decision or choice. It just happens. It is neither his fault nor her fault. It is a natural cycle.

"Women misinterpret a man's pulling away because generally a woman pulls away for different reasons. She pulls back when she doesn't trust him to understand her feelings, when she has been hurt and is afraid of being hurt again, or when he has done something wrong and disappointed her.

"Certainly a man may pull away for the same reasons, but he will also pull away even if she has done nothing wrong. He may love and trust her, and then suddenly he begins to pull away. Like a stretched rubber band, he will distance himself and then come back all on his own.

"A man pulls away to fulfill his need for independence or autonomy. When he has fully stretched away, then instantly he will come springing back. When he has fully separated, then suddenly he will feel his need for love and intimacy again. Automatically he will be more motivated to give his love and receive the love he needs. When a man springs back, he picks up the relationship at what-

ever degree of intimacy it was when he stretched away. He doesn't feel any need for a period of getting reacquainted again. ...

"If a man does not have the opportunity to pull away, he never gets a chance to feel his strong desire to be close. It is essential for women to understand that if they insist on continuous intimacy or 'run after' their intimate male partner when he pulls away, then he will almost always be trying to escape and distance himself; he will never get a chance to feel his own passionate longing for love."

The Way of the Wizard, Twenty Spiritual Lessons for Creating the Life You Want by Deepok Chopra

At least once a week I am telling one friend or another that No, I don't object to Dr. Chopra because he makes a ton of money off the Principles and I haven't a clue what he does with it—do you?—and it's none of my business. Yes, I can see he is using the picture of man, I am glad and not offended and his use of it does *not* mean he stole it, since no one has exclusive title to the Truth—it does not occur to some people that (1) the Truth may be discovered by more than one person and (2) why re-invent the wheel? Any real Worker stands on the shoulders of those who went before him and will readily say so. I don't know if Deepok Chopra lives what he teaches since I don't know him; I don't care if he does or not, though it would be nice to learn that he did. In other words, please let's not confuse the container with the content. I also hear criticisms often that he is merely preaching on how to gain the four dual basic urges. These critics are shallow readers, indeed. While he does urge people who want comfort and pleasure and to escape pain to do so *consciously*, a careful reading will show he also says to be free to experience whatever arises in your way today, to make a contribution, to get your attention off your self occasionally. Despite the fact that he gives short shrift to the very essential information regarding derogatory forces, what Chopra does say is worthwhile, indeed, and in my opinion put forth in an extremely interesting

manner. If you are interested in valid spiritual content, you might like some of his books, a few of which we carry.

"The wizard lives in a state of knowingness. This knowingness orchestrates its own fulfillment. The field of awareness organizes itself around our intentions. Knowledge and intention are forces. What you intend changes the field in your favor. Intentions compressed into words enfold magical power. The wizard does not try to solve the mystery of life. He is here to live it. ...

"The wizard uses words to say yes to things that we have been taught to say no to. On one level, that is what this book is doing—weaving a new world of meanings to replace the old meanings we have all grown up with. But there is a deeper mystery here. Words enfold both knowledge and intention; therefore, framing an intention in words is the first step in making it come true. ...

"Whenever a word is backed up by intention, it enters the field of awareness as a message or a request. The universe is being put on notice that you have a certain desire. Nothing more is required to make desires come true than this, because the computing ability of universal awareness is infinite. All messages are heard and acted upon.

"Mortals and wizards are not so different as you may think,' Merlin said. 'Both are sending their desires into the field expecting an answer, but in the case of mortals, the messages are garbled and confused; in the case of wizards, they are crystal clear. No intention is ever ignored, but there can be obstacles to their fulfillment because so many conflicts are hidden in them, all the conflicts within the human heart.'"

The Pregnant Virgin, A Process of Psychological Transformation
by Marion Woodman

While Marion's medium for the transformation process is personal psychology, and the real Work has greater intention, it is difficult today to separate the two, especially in the beginning of a student's journey. I honestly don't know if I would have accomplished what I have so far without the help of Marion Woodman's books. It is possible I would have, but I do know it would have taken much longer. Her books are especially interesting to women but are of value to anyone who's interested. From *Pregnant Virgin*:

"I was three when I made the most important psychological discovery of my life. I discovered that a living creature, obeying its own inner laws, moves through cycles of growth, dies, and is reborn as a new creation.

"One day I was smoking my corn-cob bubble-pipe helping my father in the garden. I always enjoyed helping him because he understood bugs, and flowers, and where the wind came from. I found a lump stuck to a branch,

and Father explained that Catherine Caterpillar had made a chrysalis for herself. We would take it inside and pin it on the kitchen curtain. One day a butterfly would emerge from that lump.

"Well, I had seen magic in my father's garden, but this stretched even my imagination. However, we carefully stuck the big pins through the curtain, and every morning I grabbed my doll and pipe and ran downstairs to show them the butterfly. No butterfly! My father said I had to be patient. The chrysalis only looked dead. Remarkable changes were happening inside. A caterpillar's life was very different from a butterfly's, and they needed very different bodies. A caterpillar chewed solid leaves; a butterfly drank liquid nectar. A caterpillar was sexless, almost sightless, and landlocked; a butterfly laid eggs, could see and fly. Most of the caterpillar's organs would dissolve, and those fluids would help the tiny wings, eyes, muscles and brain of the developing butterfly to grow. But that was very hard work, so hard that the creature could accomplish nothing else so long as it was going on. It had to stay in that protective shell.

"I waited for that sluggish glutton of a caterpillar to change into a delicate butterfly, but I secretly figured my father had made a mistake. Then one morning my doll and I were eating our shredded wheat when I sensed I was not alone in the kitchen. I stayed still. I felt a presence on the curtain. There it was, its wings still expanding, shimmering with translucent light—an angel who could fly. Its chrysalis was empty. That mystery on the kitchen curtain was my first encounter with death and rebirth. ...

"It is the twilight zone between past and future that is the precarious world of transformation within the chrysalis. Part of us is looking back, yearning for the magic we have lost; part is glad to say good-bye to our chaotic past; part looks ahead with whatever courage we can muster; part is excited by the changing potential; part sits stone-still not daring to look either way. Individuals who consciously accept the chrysalis ... have accepted a life/death paradox, a paradox which returns in a different form at each new spiral of growth. ... If we accept this paradox, we are not torn to pieces by what seems to be intolerable contradiction. Birth is the death of the life we have known; death is the birth of the life we have yet to live. We need to hold the tensions and allow our circuit to give way to a larger circumference.

"People splayed in a perpetual chrysalis, those who find life 'weary, stale, flat and unprofitable' or, to use the modern jargon, 'boring,' are in trouble. Stuck in a state of stasis, they clutch their childhood toys, divorce themselves from the reality of their present circumstances, and sit hoping for some magic that will release them from their pain into a world that is 'just and good,' a make-believe world of childhood innocence. Fearful of getting

out of relationships that are stultifying their growth, fearful of confronting parents, partners or children who are maintaining infantile attitudes, they sink into chronic illness and/or psychic death. Life becomes a network of illusions and lies. Rather than take responsibility for what is happening, rather than accept the challenge of growth, they cling to the rigid framework that they have constructed or that has been assigned to them from birth. They attempt to stay 'fixed.' Such an attitude is against life, for change is a law of life.

"Why are we so afraid to change? Why, when we are so desperate for change, do we become even more desperate when transformation begins? Why do we lose our childhood faith in growing? Why do we cling to old attachments instead of submitting ourselves to new possibilities—to the undiscovered worlds in our own bodies, minds and souls? We plant our fat amaryllis bulb. We water it, give it sunlight, watch the first green shoot, the rapidly growing stock, the buds, and then marvel at the great bell flowers tolling their hallelujahs to the snow outside. Why should we have more faith in an amaryllis bulb than in ourselves? ..."

Addiction to Perfection, The Still Unravished Bride, A Psychological Study by Marion Woodman

"In every creation myth a Divine Being creates a cosmos imaged as a container and a contained. Every culture moves toward the complete adjustment of the contained to its container. Culture assumes that we dwell within a universe that is our home. The loss of this home, for whatever reason, is the origin of neurosis: the contained has lost its container.

"Images of disintegration flood the dreams ... when their individual, emotional and religious containers break down. The Earth, far from being a fixed center directed by an understanding Father God, becomes a desert of nothingness, whirling through endless space without a divine purpose. The dreamer ... then experiences psychic exile, wandering from one place to another trying to find Home, and again and again sadly recognizing, 'It wasn't really mine.' Dreams of cyclones tearing out the inside of the house, and dreams of attempting to rebuild within the gutted framework, show the inner anguish and chaos. They show too how critical our individual and cultural homelessness is. For many of us, the Western world's containers are broken.

"If it were possible simply to return to the Church ... if it were possible to say this whole modern movement is a bad mistake, or even a nightmare from which we will awake, then my waiting-room would be virtually empty. The institutions are still there. For many, however, their efficacy is gone. There seems to be no way to survive except to build an inner home out of the wreckage of our

traditional structures.

"I am very much aware of the irony of the medieval imagery that dominates this study. I now that the Madonna on the lap of the Great Mother, historically and culturally, belongs more to Chartres and the 12th century than to the woman who sits across from me at four o'clock in the afternoon in 1982. To believe that she, in the midst of her complicated life, can rebuild within herself the culture that reached its apex in the 13th century would be ludicrous. I am aware that there is almost nothing in our culture today that offers outward, tangible support to what we are trying to build within. But what we have that was not available to the 13th-century pilgrim to the throne of the virgin is a more fully acknowledged consciousness of what that pilgrimage means symbolically. That consciousness is often the fruit of a neurosis, of a profound psychological experience of our own feminine nature, which, by a grace that cuts across the centuries, makes the 20th-century woman the true sister of the 13th-century pilgrim, even the sister of the pilgrims who journeyed to Eleusis. The archetypal patterns that connect us are eternal."

Transformations, Awakening to the Sacred in Ourselves by Tracy Cochran and Jeff Zaleski

A beautiful little book, each chapter something like a magazine article. In this excerpt, one of the two authors is chatting with Simon Verity, a sculptor at the Cathedral of St. John the Divine in Manhattan. "'I'm looking for something other when I carve [statues],' Verity explained. 'They're not connected to this world. They're in another place, in their heavenly robes.' 'We had settled on a bench in the biblical garden in back of the cathedral, holding steaming cups of coffee from the Hungarian Pastry Shop across the street. I was meeting Verity to talk about transforming moments in creative work. "'I've had moments of real connection with my work,' Verity told me. 'I feel as if a spark has leapt and then it's gone. These moments aren't continuous. I keep trying to get more of a flow, to allow more without trying to control so much.'

"'How can we extend these moments of connection?' he asks. 'That's the question and that's what's so painful. You have the sense of this opening, this other energy passing through, and it's utter bliss when it happens—but it's transitory. I think this is what any artist is searching for. What drives you on is that you know that it's there and it's just a question of getting out of the way.'"

Journal for Healing by Cathy Moore and Robin Bernstein. \$19 A beautiful journal for anyone suffering a serious illness. Cathy and Robin gently guide and enable the frightened patient to consciously look at what's going on and what she can do.

The works of IDRIES SHAH are valuable on many levels. They are recommended to any sincere student, and buried within are heartening references to the 'secret'. It is true it takes a great deal of effort to read the material (he uses the technique in his writing of engaging the brain in certain efforts so that the Truth can sneak by the conditioning). We carry his latest book, many books of Teaching stories, and four pamphlets, which, if not requiring less effort, at least are short! I have been re-reading these books for nearly 20 years and find that each reading presents "new" information I never saw before.

The Commanding Self by Idries Shah

The "commanding self" is the Sufi term for that false self that calls itself "I" though made up merely of conditioning, instinct, pre-conceptions, history, taste, and so forth. This is Shah's latest book and one of the easiest to read. Each little article is only a page or so (or less) long, sometimes a question and answer, other times a story to illustrate a point. Hardcover. Excerpt: "A biography of a teacher, or a description of his doings and sayings, written by someone who has no objective (real, complete or meaningful as we call it) perception of that person's mission, is generally useless except to keep 'mystery' and 'wonder' alive: if you can call that useful. Such a work is probably only a product which draws crude, undifferentiated attention to things said or done, not to real meaningfulness. I say 'generally' because there is a form of literature which is deliberately ingenuous, dissimulative, designed to produce a certain preparatory climate in the mind of the reader or to inform those who are not able to understand the total implications of a person's function. These books have a value which is not immediately obvious, but which is useful in many ways: they sort people out."

Thinkers of the East by Idries Shah

History of the Work and the Teachers, and much more. New each time you read it. Hardcover.

Caravan of Dreams by Idries Shah

The Magic Monastery by Idries Shah

Teaching tales including The Story of Mushkil Gusha and a favorite, The Magic Horse. Soft cover.

The Subtleties of the Inimitable Mulla Nasrudin by Idries Shah

You will be amazed at how many of these jokes and tales have become part of even Western cultural vernacular. They are meant to work on Essence in a subtle way, unknowingly to the reader during the reading.

Four pamphlets, transcripts of talks by Shah, 40 pages:
Evenings with Idries Shah, Sufi Discussions
Special Problems in the Study of Sufi Ideas
Observations
Letters and Lectures.

The Sufi Mystery: Sufi Thought and Action edited by N.P. Archer, hardcover

Writings by Idries Shah, Robert Graves, Sir Richard Burton and more.

Out-of-print Teaching classics found! All hardcover and in fine to excellent to as-new condition, most with dust jackets, most first editions.

Shikasta by Doris Lessing \$20 A space-fiction parable about the purpose of life on Planet Earth and who is really running the show—and how.

The Making of the Representative of Planet 8 by Doris Lessing. \$20 Understanding the purpose of living and transcendence. A masterpiece.

The Marriages Between Zones Three, Four and Five by Doris Lessing \$20 A beautiful, romantic and also fierce fable that exactly describes the inner journey.

The Fifth Child by Doris Lessing \$11 All about letting go of ideals and living a Real Life.

Douay-Confraternity edition of the Bible. \$12 Only one so far, first come, first served.

Bulletin Board

Last minute e-mail received (too late to put in Mail Box section):

Hi Christine, Thanks for stopping by! We appreciate any comments and/or ideas and/or contributions to this web site or the mirror site for Marsha's page at <http://geocities.com/Athens/2765>.

... Also it would be great if you could put the URL below in the Awareness Journal as a way of letting people know who might like to contribute something.

Marsha Summers, Jason Cloud

E-mail: cloud@n-jcenter.com

URL: <http://www2.gdi.net/~cloud>

These web sites, containing Rhondell's teachings, as well as lots more goodies, are extremely well done... do check it out!

Bye-bye AJ

As you know if you recall my various comments throughout the publication of Awareness Journal, it was from the start an experiment, and one I was "ordered" to do. The experiment is complete, in fact it has been for some time, and so there is no more reason to continue it.

I would like to thank everyone whose patronage contributed in any way to AJ, especially those brave enough to "put their heart out on the street" by allowing me to print their letters and comments, not to mention those who fulfilled my request for photos. I know, as I have often said, how uncomfortable this can sometimes be, and yet, how worthwhile, in many ways, not the least of which, of course, *demonstrating* one is free to be uncomfortable, putting one's "money" where one's mouth is. Thank you.

If you have always had something to say but didn't get around to it, you might want to send it in now—the next, issue, the last, will contain your remarks. I have already received some, even a couple of almost scathing ones, from friends to whom I told "the end is nigh." So I suspect there are others who wish to be heard and everyone who wants to shall be.

Again, thank you. I have learned a lot from this experiment—not only about the hypothesis I set out to check, but quite serendipitous things, as well. I hope you have had a similar experience.

By the way, *Sophia, Wisdom Journal*, is an altogether different experiment and is not complete, so it will continue for now. If you wish to subscribe, it is \$25 for four issues and all subscriptions start with Vol.II, No.1, Spring 1996, already published (as is Summer), and will continue through Winter. (I cannot have overlapping subscription dates and manage the list efficiently). If you want the complete Vol.I, it is \$25 (first issue sold out and you will receive a photocopy of it with the rest of that volume).

Whether or not you subscribe to *Sophia*, you will be hearing from Harmony Workshop on a somewhat regular basis as we expand our Good Leather & Books Catalog—you will remain on the mailing list (unless, of course, you ask to be removed). I am working toward the aim of opening a small retail store as an adjunct to the office—you will be notified when this transpires.

Meanwhile, please keep in touch; if projects arise that I think might interest you, I will include them in the mail

order catalog, or notify you otherwise.

In addition to the Good Leather & Books sales, I will as usual be working on other things as well. It looks as though I may have to fatten my t.v. script ("The Program") from treatment size to full-length in order for anyone to take it seriously. This will be a challenge since I've never done that before!

I was sitting in gridlock traffic on the Harbor Freeway one day several years ago and the idea floated by and I caught it: it is in the not-too-distant future when the human genome project is finished and computers have nearly complete control of everything. When a baby is born, its DNA and all kinds of data are put into The Program which pops out a holographic birth certificate, on the reverse of which is its death certificate, complete with time and date and cause of death! Everyone drops dead on schedule, society has changed to include one's wake the week before one dies so one can enjoy it, etc.

It is all a hoax, of course, and Our Hero, who has an early death date, and his girlfriend, who just happens to work at The Program office, expose the hoax—after a "chance" meeting with a Wise Old Man who clues them in—teaches them the power of suggestion.

Despite having many friends in "the business" who have read the treatment and say it's wonderful, marvelous, ingenious, blah, blah, nothing has come of it, though it's been floating around town for at least three years. Rhondell was so fond of it, I would really like to get it made in remembrance of him and what he taught us about suggestion. So maybe if I put more effort into it, something will happen.

I am also working (still just in my head) on a little computer-generated animated video about Buddha that Rhondell asked me to do... although very few will recognize my hero as Buddha since I have made him modern-day and named him Sid. ("Sid Learns the Secret to Living") It was Rhondell's idea all the way, and I quote him, sitting at my dining room table in the fall of 1994: "After all his adventures, Buddha is sitting under the

bodhi tree pondering the meaning of it all; suddenly he realizes, 'I've got it! Keep the mood up and don't make anything important!' And then he gets up, puts his hands in his pocket, and saunters off to go have a beer." (I miss Bob sometimes, don't you?)

I have been working sporadically on "The Gospel of Mary," since I was asked about this by so many, especially women. I maintain that The Gospel of Mary is all there within the New Testament, but she was not given "credit" because, as representative of Awareness, Mary is an invisible function of Spirit, in this case, the Christ, the New Man, and *he* demonstrated the "feminine" or passive function, androgynously—as New Man, he and Mary were One.

But I will confess that I have mixed feelings about this project. As humanity approaches the new millennium I see lots of evidence of what is sometimes called "The New Paradigm" emerging, and I am not sure the Gospel stories fit in. Although in the recent past there was great joy felt by many upon recognizing the Perennial Philosophy in antique and antiquated literature after they had the key, people seem more interested in facing the future now, and I get continual complaints that people don't "relate" to that material, or are extremely biased against it because of their view of organized theology. The "old" forms may be so ossified that it is not worth exposing the gold contained in the surrounding minerals (and sometimes dirt), or maybe if it is to be done, it is to be done by someone more talented than yours truly. I suspect that I will complete this project for myself, because it is of interest to me. And then if anyone else is interested, and asks, they are welcome to it, of course.

I am still working on the Internet for people, and doing ghost writing of speeches and letters, and editing—just about whatever I can do on the computer...

Marsha in Florida was kind enough to transcribe Rhondell's talk on *Life's Word*, where he "explains" that

book line-by-line. I am in the process of formatting and publishing his talk, which I'm sure many will find of interest (I will make it available to Robin when it is done and you will be able to get it from her. If you aren't on her mailing list and want to be, write her at 862 Sir Francis Drake Blvd #305, San Anselmo, CA 94960.)

Between selling Good Leather & Books, continuing *Sophia, Wisdom Journal*, all the above projects, and others which I haven't mentioned, and making a living, you can see I remain with plenty to do.

For those who feel a slight sense of panic at the loss of a contact they feel they need, rest assured I know who you are and you are "losing" nothing—we will remain in touch in any necessary way—you can count on it.

If you subscribe to *Sophia, Wisdom Journal*, I am actively seeking your input about what you would like to see there. *Sophia* is not yet fully formed and I would appreciate hearing from you so that she can be formed in a way appropriate for the time, place, circumstance and especially, people. If you can't think of anything specific you would like to see, maybe you could drop a line telling me what your favorite article was, or what struck you the most (or least favorite for that matter!). To

refresh your memory, we have done issues themed on romance, angels, Mary Magdalene, the journey, with lots of song lyrics and poetry.

Everything comes to pass, including *Awareness Journal*. Thank you all for the opportunity to learn! AJ has been an interesting school for me, to say the least, thank you from the bottom of my heart for teaching me so much!

Christine

BACK ISSUES of *Awareness Journal* are available to subscribers at discounted rates. \$4 for single issues, state Volume and Number. For complete one-year Volumes, send \$12. For complete set including Volume I, Volume 2, Volume 3 and first two issues of Volume 4, send \$35. A couple of issues are almost sold out; if you order these you may receive photocopies instead of the original.



Playing with the picture of man

As I was doodling one day I came up with this hypothetical group of you and eleven friends with a conscious similar purpose, expressing Life with intention, in harmony. I am sorry I can't print it in the pretty colors I did it in on the computer. You may wish to get out your crayons and make a similar but different picture... say one where several are putting out a bad mood—where conflict pushes in both directions, where inner and outer warfare prevails.

