

A  
NEWSLETTER  
FOR AWARENESS

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F • T • E

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BARAKA

A definition of the word Baraka is Love. Often people use the word to mean what can be called Loving Intervention, which is a part of real Love. A friend of mine told me about a man he knows whose career is taking off unbelievably. He had been a starving artist for years and is now becoming rich and famous. My friend said of the other, he has Baraka in his life. And my friend, who is far from rich and famous (but would dearly like to be), lamented that (as he saw it) there was not Baraka in his life. He is so mistaken.

When the term Baraka is used, it's often meant by the speaker to signify miracles or wonders out of the ordinary. This isn't really accurate. Baraka—Love—is all around, every moment, we have only to partake of it.

It is true that Baraka is given. It is a gift. But it is not selective in its giving, its reception is what is selective. People ignore it and assume it isn't there.

The way to recognize Baraka is to be thankful. At that moment of thankfulness, Baraka is apparent. We then expand this awareness of Baraka by

transmitting it. Pass it on.

Life is Love, if you let It. If you awaken and realize that you are permeated by Love at every moment, that your Lover is within, right here right now, that It is functioning continually for your well-being, you will want to soak it up and expand it and give it to everyone you meet. All the gifts of Life are yours for the receiving—and true receiving is giving, it's like breathing, in and out, back and forth.

Loving Intervention is required only when people don't see what they already have, when they don't recognize Baraka in their lives. Someone who does see will radiate an extra portion their way, and maybe this will be dramatic enough to awaken them to recognize the Love that is there already (and maybe not).

There is Baraka in your life, whether you recognize it or not. You have only to receive it. If you think It's not there for you, you are using the force of ignorance to repel it. Wake up and admit it—I am loved! and I am Love!—and spread the wealth. Know it! You'd be surprised to see what happens. ⊗



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• LIFE IS LOVE IF YOU LET IT •

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## THE NOT-I IS NOT I!!!

**A**lthough in some ways these times seem to be the darkest of ages, it is also true that more Spiritual information is available to more people than ever before—in the last few thousand years, anyway.

Although perhaps not real “schools” at all, there are schools of thought that have in one way or another come upon some Truth, and published it.

Because such material is quite popular right now in certain circles (and anathema in others, often a good sign), many of my friends are familiar with different versions and bring up some principles now and then.

A remark heard quite often is that, by most people’s interpretations, some material states (in our words, not theirs) that one must incorporate the Not-I’s, own them, or make friends with them; or in other words, that the shadow (false self) is really a part of us and we must admit that, claim it, befriend it, own it.

This topic has been broached here before, but obviously some of my friends don’t read FTE, because I am asked often what I think of this tenet to “own” the false self, despite my repeatedly printed and spoken stance on the subject.

**The Not-I’s are NOT I!**

The Not-I’s are error, first thought up by a baby, a misinterpretation invented out of a physical reaction, later reinforced by all the people around the little one, and elaborated and re-constructed and made more sophisticated as she grows up.

It doesn’t matter how sophisticated

or applicable or convenient, an elaboration of an error is still an error. It will do you in if you adhere to it. It’s only purpose is to keep itself going at your expense, to torment you, sap your energy and degrade you. If you think you can make friends with such an entity, good luck. It will pretend to be seduced and then turn on you. Check it out if you like. But even a little reflection will demonstrate this is what you have already been doing all your life!

All Not-I’s, every one of them, are based on the false notion that the purpose of living is to gain pleasure and to escape pain. Someone enraptured for a spell in what they love to do—usually involved in a creative act, or even drug-induced states—is about the closest a human could be to full pleasure and no pain; a comatose person is about as free as one will ever be from sensation that might be painful. Neither state—100% pleasure, 0% pain—is the constant condition of life on planet Earth. Pleasures pass (as everything passes), and a comatose person either awakens or eventually dies.

The Not-I tells us, oh, subtly enough sometimes, that these extreme states must be achieved right now, and maintained always, or else. This is a lie so obvious that it’s actually strange that we don’t stumble upon the Truth on our own (few of us do and thank God for Friends).

The Teaching is that man is walking around asleep, really, reacting to stimuli. Even though they may take care of a family, work for a living, arrange parties and dentist’s appointments, make “decisions” about what →



## **THE NOT-I IS NOT I! (Continued)**

to buy and what to eat and where to be entertained, people are, for the most part, unconscious. They are automatically (like programmed machines) reacting to whatever is in the way, whether traffic or the lottery or an unpleasant neighbor or a growling tummy.

The Teaching is that the infant found birth into the world so unpleasant or at least so overwhelming that she immediately made, with feeling, the decision that the whole purpose of being here was to get back where she came from—safe and non-disturbed. This is an error. Obvious to the adult mind (when considered), but perhaps not so obvious to the infant.

Unless consciously unmade, this decision is the foundation for all attitude and action from then on, for the rest of life.

The Teaching is that this master decision spawns all kinds of methods to get itself accomplished. An error manufactures little helper errors. Who don't help, but hinder, because they are lies. If the purpose of living is erroneous, it follows that the methods to gain the false purpose are erroneous.

All these methods based on the incorrect purpose take energy to create and take energy to maintain. We give them our substance. They get very, very adept at pretending to be real, pretending to be us, and they have convinced us they ARE us. They use our name, they react to our name. They take on a sort of android "life" of their own. All the while the real Self is sound asleep, not developing, in great danger of atrophy.

The Teaching is that in order to get out of this hopeless situation and begin really to Live, we must first recognize

the situation we're in. Here is where the Teaching about the Not-I and other material often conflict. What needs to be done is this:

Examine your purpose of living. Check to see what motivates every action you take (or avoid).

Recognize that the false self is calling itself by your name. Recognize that we allow this. Recognize that we are a slave to it, and will do whatever it tells us. Recognize that we are capable of doing anything anyone else is capable of doing, if we can justify it. Recognize that others' justification for whatever they do, while perhaps based on error, is just like our own justification for whatever we do: justification is justification (and a function of the Not-I's).

Recognize that the Not-I has been trying to hide this enslaved condition from true Awareness. Recognize that there is a huge false pride that acts like a thick leaden wall between the false self and Reality.

Recognizing these things is enough to get the process of transformation from slave to master started. That's all one has to do. (When truly, honestly recognized, you will then act upon your new understanding to make it Wisdom; you will *want to* act on it.) When I am Free to recognize, truly see, honestly and without condemnation or justification of any kind, exactly what my motivation is, what my purpose of living is, I Am—the false self is Not. When I recognize that my behavior is killing me, I stop it. (This is not at all just a mental thing; it goes beyond mind and is real Awareness.)

The Work entails a whole lot of letting go of stuff, not owning stuff. Lifting of veils and tearing down of walls, ⇒



## THE NOT-I IS NOT I! (Continued)

opening of doors, being Free To Experience the walking through them, unhindered by baggage of all kinds NOT really me.

To freely admit I am capable of any kind of behavior (and this is done specifically, and with feeling—not just a blanket, yeah, I might do anything) is The Way.

“I am capable of doing \_\_\_\_\_” NOT “I am the thing.” Example: “I see I am capable of filthy, degenerate, murderous hatred. I actually wish so-and-so would suffer terrible pain, at least as much as she inflicted on me, and die, the slower the better.”

The Work is to see this capability of feeling, admit the experience of it, admit that I have allowed it and acted it—not to say I am a murderer. And the Work is to see that this is in error—to see that murder is suicide. How can I “be” an error? I can only act erroneously.

Example: “I see I am capable of controlling or trying to control everyone and everything in my environment every minute of the day; that I use the most subtle and devious means, always justified by my conviction that I know best,

and that I'd better control or be controlled. The only reason I am not more infamous than Hitler is because they won't all allow me to get away with it.” NOT “I am a tyrant.”

Wanting to enslave people is an error (it is not to your advantage—the tyrant is a slave), so you can't “own” this error, you are not an error! You have only acted erroneously.

There is nothing to “own” because the Not-I is NOT I. We can't “be” error, we can only act erroneously.

Now if you prefer some other teaching and wish to continue to befriend the Not-I, by all means, be my guest.

However, you are on dangerous turf here. The Teaching is that evil (anything derogatory about you or another) is simply not Life. This kind of energy is floating all around us, to be sure. It would be absurd to deny it. Whether “it” truly exists or not is irrelevant, because its effects can be seen everywhere. It has been conjured up and is fed and the man-made world is full of it. But it is NOT Life, it is error, and you can flirt with error and try to seduce it and claim it as your friend, call it yours all you wish, but it is NOT I. ⊗

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### STUDY GROUPS

People in various parts of the country have asked if we know of study groups (Science of Man or FTE) in their neighborhoods. If your group welcomes new people, please advise. Thanks.

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### BOOK CLUB

The next book club meeting is Sunday July 8, at 2:00pm at Harmony Workshop's office. If you wish to participate call the office for the current title.

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### PRIVATE APPOINTMENTS WITH RHONDELL

Bob Gibson will be at our office in Lomita for private appointments on Saturday, July 14. (No workshop.) Please call Christine at (213) \_\_\_\_\_ to schedule time.



## SUICIDE MACHINE



consists of a base with two opposing main pieces sitting atop, each with myriad optional switches

(pick your poison).

- While purportedly designed to provide non-disturbance, it won't, until the end.
- When used daily, will provide an untimely demise. Has no attendant (although doctors—and others—surely can assist). Costs attention to use, and, of course, the final payment is one's life.
- Guaranteed.

The base: The master decision that the purpose of living is to regain the non-disturbed state; that is, living to gain pleasure, attention, approval, appreciation, feeling useful, and to escape pain, disapproval, being ignored or rejected and feeling worthless. (These things are not *wrong*—they are part of everyone's lives to some degree or another. The error is in the false conclusion they are the *purpose* of living).

Opposing containers: A—complain, demand, blame, to gain the non-disturbed state; B—obey, please, feel guilty and self-improve to gain the non-disturbed state. The switches: All the countless ways to trigger A and B.

A faulty purpose of living really is equivalent to a suicide machine. It is impossible to live on Earth in 100% pleasure and 0% pain for very long. When all (or even most) actions are reactions to lack of pleasure or presence of pain, we live in a constant state of false emergency. The energy given by Life to cope with the emergency is not *used* to fight or to flee the emergency because the emergency is false (doesn't

really exist). This immobilized energy circulates in the body until it finds something to do: unusual behavior (emotional/physical binges) or unusual cellular activity (disease). The body was not designed for this abuse and eventually succumbs to the mistreatment.

Everyone has a purpose of living of some kind. If one has the information necessary to make a new purpose of living, a new foundation, and *does not*, one lives by the old purpose which is the most readily available suicide machine devised, albeit a little slower than the other mechanical device you may have heard about recently.

This is a good place to point out that *the body is NOT a machine*. Machines are crude replicas of certain aspects of Life that are so dependable (because of Spirit's unquenchable desire that we *live*) that they are mistaken for mechanics.

If anyone (no matter how "credentialed") treats your body as a machine, they are severely deluded. Run, don't walk, in the opposite direction and don't look back, lest the two of you aid and abet your own suicide.

If you haven't made a new purpose of living, you are dragging around (and using) a suicide machine every day. ⊗

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**A** radio newscaster was jabbering away one day and pronounced “ignorance” ig-NOR-ance. I don’t remember anything else he said, but those three syllables pronounced that way made a big impression and have stayed with me ever since.

When I heard ig-NOR-ance I suddenly saw a completely new definition of the word, (to me) one far more accurate.

When we call someone ignorant, it may be a slur (he doesn’t agree with me) or may be an accurate description of his condition. But usually we think of an ignorant person as having been deprived of some information, or in some way through no part of his own, not exposed to it.

Most often I think ignorance describes a condition of ignoring a thing – not a passive condition of non-exposure, but an active condition of *choice*. In this light it can be said that ignorance is a force or a power. (I like to describe force as unconscious and power as conscious, regarding people. For instance, “I am forced to make a living – or make love, or make dinner vs. I am empowered to make a living – or make love or make dinner.)

Whenever I am given a flash of understanding, when the veils are rent for a moment, and I see – at last! – the Truth of a situation, I always notice in reflection that it was there all along, I just hadn’t noticed it.

(It has been said that the Work is not learning so much as *remembering*. It’s taken many years but finally I see the

accuracy of this. It is likely that we – the Real I – indeed contain all knowledge and it is available to us as we let go of the barriers. At these wonderful moments we Remember what we “know” all along. We have ceased ignoring it.)

So it could be said that we all go through Life in a state of some degree of ignorance – we are ignoring certain things at any given time. This is an active choice!

**EVIL =  
Derogatory  
Thoughts,  
Actions,  
Feelings,  
Towards  
Life**

By proper evaluation of an impression, we can use our power to ignore it or not, based on its value, which is based on our purpose. It is a power available to us *right now*, but it takes Initiative to use it. Ignorance, in this case, is a conscious action chosen. One consciously initiates to go passive to a disturbance. (An example of androgynous behavior.)

Now if we ignore the Truth because we are distracted, or because it is just too painful, or because it clashes with a cherished belief, we have used the force of ignorance to protect what is – alas – of value, in this case non-disturbance (some part of the Four Dual Basic Urges).

Assuming, of course, that we are all interested in seeing and experiencing Truth (!) we can call ignorance in this case a force – one used unconsciously to protect an ideal.

Have you noticed that facets of living are often two-sided coins? A blessing/curse, a tool/weapon, a force/power – paradoxes – depending entirely upon our own perception and *use* of it (our experience) according to our purpose. ®



## IGNORANCE (Continued)

Ignorance is one of these – a force to use against our (real) selves/others or a power to use *for* ourselves/others.

There are four forces in all created phenomena:

- (1) Initiative – Spirit, the Idea, goes forth, penetrates, inseminates;
- (2) Resistance – matter, physical phenomena; opposes (impersonally), receives, forms, shapes;
- (3) Form – result of the interaction of (1) and (2); and
- (4) Result – what is done with Form.

Let's dwell on (2) Resistance for a moment. True Resistance is impersonal – it is gravity or weather or time or distance, anything in our way. A freight train, say, in your way is completely impersonal (or an earthquake, or the distance to Paris, or thirst, or the sound of a jackhammer, etc.) If a freight train is in your way you will move – it will mow down whatever is in *its* way, it is not selective, nor evil, nor does it have any motive whatsoever other than a force moving from here to there. If a person agrees to live on planet earth (any of us are free to leave at any moment we choose), it is folly to complain about natural Resistance, that impersonal Second Force that makes our stay here possible at all. (Imagine a world without gravity, for instance. It might be fun for a minute, but then what could you *do*?)

What I sometimes call The "E" Force is another thing that acts like Resistance in that it gets in our way, but is personal, is always threatening or promising, that is, it's out to get us or seduce us. You could call the E Force contrived or institutional resistance, i.e., it is structured to control people and their energy (directly or indirectly).

It can be as intimate as a thought in your head or as broad as certain aspects of the four great professions. Its purpose is to feed itself by consuming you.

Now there are two ways to deal with Second Force: You meet it with an equally strong Initiative (or recognize that an Initiative will always arouse an equally strong Resistance); or you get out of its way. I saw a stunning film on the news last week of a tornado, it was an amazing picture. No one would be foolish enough to take this on – everyone was running for cover. On the other hand, if you want to start a business, you take on all kinds of Resistance – some of it natural, time and marketing and so forth, and some of it E Force, "regulations" and fees, etc.

But let's narrow in a little on the Initiative of Living. We are each of us expressions of Spirit, Its potentials, in a physical world full of density – Second Force. Most people have learned to deal quite effectively with natural Resistance. It is that imposter E Force that can make people miserable when they let it. And here is where we (at last) return to our theme of Ignorance.

We can be ig-NOR-ant of threats and promises, in the head or outside, and be about our business.

We can be ig-NOR-ant of noises, in the head or outside, and other environmental disturbances, and be about our business.

We can be ig-NOR-ant of forces directed at us personally, that is to say, anything designed to undermine us, anything detrimental to our purpose, anything derogatory, whether internal or external. Fighting E Force is a waste of time and energy. Fighting it puts attention on it – E Force doesn't care if⇒



## IGNORANCE (Continued)

you like it or not, just that you donate attention. Don't feed it, ignore it.

It's true some E Force is not 100% ignorable—the business you want to build will not materialize if you ignore regulations (or if you do, E Force agents will come to make you dismantle it, thus forcing you to cancel out your creative activity with a destructive one). If you want to live here (or almost any-where) you'll pay your taxes, or worry. (Either way you pay!) So there are instances where E Force is not ignored to this degree: it's complied with, *then ignored*.

If you do these minimum compliances, you pay a little (Life is seen as an intruder in this realm, that's the way it is). But you don't continue to pay by stirring up emotion in reaction to E Force—if so, you only feed it more.

There is plenty of E Force in our heads, too. The urge to complain is E Force and can be ignored. Sticking up for rights, E Force. Obeying, pleasing, more E Force. Guilt, blame—E Force.

Think about it—anyone you know with power *ignores* E Force. They ignore threats, they ignore promises, they don't get emotional about anything. They make up the mind to do a thing, freely accepting the Resistance that they know will arise. *This is power!*

Ignorance can be a great force or a power, it can assist development (by ignoring what's not advantageous) or hinder it (ignoring what is). E Force is destructive—be Aware of it and ignore it (a paradox). Everything you need in Life is right here—most especially every Spiritual gift is available, everything you need to know is knowable. With the prudent use of the power of ignorance, and the recognition of its force, you can become a master. ⊗

## THE WISE ONE

By Cindy Bullen, Age 16

This person I have known my whole life through,  
Makes everyone feel special; you will too.  
She has a regal air one won't deny,  
She observes and perceives with head held high.

Has dynamic eyes that can hold one's stare,  
If evil lurks it then turns to a glare.

A warm, good feeling is in her presence,  
She'll make you feel secure and safe,  
pleasant.

My special friend, a calm and self-assured  
Intelligent woman. So wise, yet filled  
with common-sense and elegance. To laugh  
And play she's like some children. She is half  
A jester and wise, old sage. Meaning not  
To give her age. Frowns at chaos, not hot,  
But offers antidotes instead of maybes.  
She smiles at children, giggles with babies.  
She proves a difficult one to misguide,  
So fools beware. She proves to have much  
pride

And liked by everyone, though some have  
fear

Of wisdom to which she always adheres.

This angel feels one's joy and sorrow  
or pain.

If she can lighten one's load she will not  
feign,

But if one's load too light, she will provide  
Resistance, making people grow with pride.

A seed that's planted in the ground will grow  
A big tree, hearty, sound. She feels and

knows

The world needs help, so offers gnostic love  
And insight. Perceptive, wisehearted dove

Is also shrewd, but everything she has

She shares while asking nothing in return.

Will give you water, but to force you to drink  
She will not do. Opinions strong; she thinks

If one does not agree it doesn't make

One wrong. Be free to experience—take

That motto with you through life, never  
doubt,

And always remember to check it out.



**A** friend of mind bounces checks a lot. He recently received an ultimatum with decidedly authoritarian—and menacing—overtones. He asked another mutual friend for assistance to clear this all up. The other agreed to take care of it for him (he lives a life of service and will give anything anyone asks, no matter how stupid the request).

After this was all settled the check-bouncer called to tell me all about it. He retold the event of receiving the ultimatum, in excruciating detail, including plenty of—uh—evaluations of the people who presented it. This tirade continued for some time and then, almost as an afterthought, he mentioned he had asked our Friend to take care of it and he'd agreed. Then he lapsed immediately into a repeat of the whole episode, as though the Loving Intervention had never taken place.

A woman called a little while ago whose pending foot amputation was cancelled because of Loving Intervention in *her* life. She called to complain that she would not be able to go dancing for the next few weeks while her foot healed.

Still another pal was recently bailed out of jail. He was subsequently invited to a birthday party for the woman who bailed him out. He declined, too far to travel; then reconsidered, saying he'd forgotten what a good cook she was, that he'd brave the 30 miles to eat.

Can you even count the times there has been Loving Intervention in your Life? Would you still be here had it not been there for you, at least on one occasion or other? Do we have friends, or not? Is anyone reading this who honestly can state that no one loves him or her,

even a little bit?

Life does Love (us). Love is subtle and fine-grained, quiet and gentle and polite. It rarely breaks the door down. It is all around all of us, and how seldom we notice! We are all of us so privileged in so many ways, and yet we act as though we are the victims of all time.

Do you have eyes that can see, maybe with a little help from the optometrist? Are there little nerve endings in your fingers that can enjoy petting a child or a lover or the cat? Does your brain function well enough, even on auto-pilot, to keep you out of the mental hospital and free to come and go as you please? Are there maps and gas and planes and busses and feet available to assist? Do you have such a variety of foods at your beck and call that it is often hard to decide just what to have for dinner?

This list could go on and on and fill hundreds of pages and you know it and I know it, but how often we forget. Every time we complain about our terrible lot, what poor forlorn souls we are, unloved and picked on, and not understood, we are spitting at Life. Life has given so much and continues to give and will never fail you. Maybe we don't have exactly what we *want* at the moment—money in the bank, Star-Trek transporters, a body that can dance *right now*, but be assured, if we *need* something, it is on its way, *right now*.

We are none of us abandoned, we are in instant constant communication with the Source of all at every moment, if we would but look up from our misery and say hello. All of our needs are met, always, and if we are stuck in a mess, we walked right in. And we can walk right out, with the help of our Love, Life.

Instead, all too often, we spit at It. ⊗





he last couple of issues of FTE contained articles about observing yourself, objectively, without condemnation or justification, in all the mundane (and big) events throughout the day. It was delightful to hear that many of you are putting it to practice (and it does take practice!). Here is a hint, if you are doing this, to zero in on a certain aspect.

When we talk of observing, we include listening to self, as well. Do you spend as much time on the phone as I do? If so, you will know exactly what I am getting at.

Not-I's sometimes prefer the phone to actual face-to-face contact with another, and with very good reason, they think. They think words are all that transpires, because obviously all the dead-give-away body language can't be seen, and especially because the listener cannot penetrate the eyes.

Well I have news for the Not-I's—they are betrayed by their *tone* all the time. The tone of a Not-I unmasks the most meticulously constructed words. Have you ever heard a talking computer? I don't mean just a recorded voice of a real person, I mean the tones put together by bytes and bits and stuff that emulates (poorly) the human voice. Could it fool you for even a moment? Of course not.

And neither can a Not-I fool me. Me: "Hi! How are ya?" Caller's words: "Fine." or "I'm okay." Not-I tone: "I'm at death's door." "I am licking self-pity off the floor."

The conversation continues, yak, yak, words telling about this or that, a "conversation." All the while the person is unmasked—the tone is coming over the wire loud and clear, much more

communicative than the words could ever be.

These are some tones I have heard in the last couple of days, even though each and every conversation was full of words that said nothing of the sort: Funereal, apathetic, pissed off, woe-is-me, indignant, excited, fishing (for approval), sad and beautiful, I dare you, poor-little-thing-me, self-hatred, hysteria, why bother, gimme-gimme, get-a-load-of-her, scared to death, and most especially, two-years-old gonna cry and wet in a minute if I don't get my way. These were the tones; the words were entirely different, in fact, one might be forgiven for suspecting they were chosen specifically to sound unmatched to the tone.

Now don't get me wrong, and please don't be afraid to call! (I probably don't mean you but the other guy, anyway.) I don't mind it at all, in fact I rather enjoy it. There is a little old-fashioned clock by the phone, with really old-fashioned Roman numerals and a second hand, and I like the challenge of seeing how many sweeps of the second hand it takes me to change the tone. (Lots.)

I am trying to make light and not alienate *everybody* I know but this is a major issue. We want to learn to include listening to our tone in self-observation, it may provide some rather startling insights.

The method of communication between Awareness and Spirit is *feeling*. Tone is a measure of feeling (tone can be felt and heard, seen on a scope and otherwise; the tone of a person preparing food affects, and can be tasted in, the food). The purpose of Working at self-observation is to reveal (unmask) the false self so that we can accurately ⇒



report what is really going on and fully participate in Life. The false self is always inaccurate. And it is always exposed by its tone.

Your tone is speaking to Spirit, not your words (at this point, most likely; be Conscious for a few years straight and your words will carry the power to communicate, too – because they will be accurately aligned with your tone!).

I have wanted to write this article for a long time but didn't lest my dear friends who call be put off. But since I know how hard some of you are working with self-observation I just couldn't deprive you of this really vital part of it, in case you hadn't thought of it already.

No one is saying you have to be "happy" every moment. If you hear your tone, and it's decidedly *unhappy*, you needn't change it; maybe you aren't strong enough. That's okay, use any tone you wish; but do try to align your words with your tone – self-honesty (not self-condemnation) is what banishes the Not-I. If you are communicating misery to Spirit, you might as well take the mask off and *admit it*. ☉

*Don't grieve. Anything  
you lose comes  
round*

*In another form. The  
child weaned from  
mother's milk*

*now drinks wine and  
honey mixed.*

~Rumi

Having been an invited witness to several "crises" this past week, I thought that a remark by my friend Michael Hampton-Cain the comedian (no, really – he gets *paid* for it!) was timely. He told me that the original meaning of the word crisis was "a time to evaluate with wisdom." I looked it up in several of my references and sure enough it even still means "a decisive time." And from the Latin, "to sift, hence discriminate, distinguish."

This is quite different from the experience of some people who played the crisis game this week. (None of them thought it a game at all, for sure; and none was able to evaluate with wisdom.)

Crisis usually connotes an emergency, the way we use the word. I don't know a single person who had a true emergency this week, do you? I heard of a few... those running for cover from a tornado or flood or fire and a few incidents like that. But these are seldom daily events for any of us.

Just about every so-called crisis is not a time of evaluating with wisdom, it is *conflict*. A says, "I'm in pain and I have a right to have it removed *right now*." B says, "You'd better do what they tell you to do, or else." A says, "Oh why did they do this to me?/Why did this happen to me?" and B says, "It's all my fault." They both say, "Fix it now or die."

None of this is evaluation with wisdom. It is all false emergency based on the desire to be non-disturbed. A *real* crises can always be dealt with by the objective asking of "What's going on here?" Then, "What can I do?"

And so can any false emergency be dealt with in the same way – with Wisdom. ☉



**W**hat?!?! You're saying this great discussion we are having is just sensual activity?

**YES!** Talking about nothing (opinions), no matter how elegant or "Spiritual" the words, is just like smelling or tasting or touching or staring. It is no more "right" or "wrong" than those other things, but it falls in the same category. Most often these discussions — opinions, beliefs, judgments — are Not-I's seeking gratification by the use of lofty-sounding phrases couched in the Teaching.

Manifestation of Spirit is a Spiritual activity. *Talking* about manifestation of Spirit is a way of stroking one's body, in this case the brain part of the body (home to Not-I's.)

What is the purpose of talking about these things? To feel good. It feels good to some people to talk about Spirit. What is the purpose of *manifesting* Spirit? You answer that, but I will say that the feeling is a side-effect only. If it feels good to manifest Spirit, that is a by-product, not the purpose.

*I'm either awake or asleep, and I'm asleep most of the time. This is depressing.*

You are caught in the either/or trap. While it may be accurate to say you are asleep most of the time, there are degrees of sleep and degrees of consciousness.

We would not say, "It's temperature or not." We know there are degrees of temperature — some "cold," some "hot," and most (that we live in) in between in varying degrees.

When you awaken in the morning, you may be groggy and sleepy, but you are considerably more "awake" than

someone in a coma. An hour later you may be more awake still. You may continue throughout the day fluctuating very little from this "degree" or you may exert a little effort and take it up, up, up. Or perhaps some stimulus will provoke you way down to anger or fear.

Don't get caught in that Not-I Catch 22 that says if you aren't in bliss (and you know how often you're not) then you are automatically in coma. It's not True. Your vibration will either descend or ascend depending on either (1) what you react to; or (2) what you *choose* to do. It's up to you. And it varies, and that can be fun, if you let It.

*There have been so many accidents lately involving people I know. Is this karma? Did they "deserve" it somehow? Or "create" it? What's going on?*

In every single incident you described to me, it is obvious that someone wasn't paying attention. Maybe the one who got hurt, maybe the one who hurt, more likely both. In any case, conscious attention will intervene in the usual chaos of the sleeping world, which includes machines of all kinds who will do their thing regardless who's in the way. Paying attention is a lot more conducive to "safety" than blind luck.

*[From three different people] I am in love with/crazy about/want a certain person who happens to be married. Should I pursue him/her?*

The fact that you've asked at all shows you are in conflict. Conflict is of the old purpose. When you have established a new purpose, the response to the situation will be obvious. Hint: The old purpose considers only self; the new one is considerate of all Life. ⊗



**W**hy don't all those idiots/stupid b——ds/poor souls (pick one) *get it*? I hear this "Why?" question every day, referring to all the "others" who don't have the same exalted vision/understanding/wisdom/mastery (pick one) of the asker.

A little reflection will demonstrate, first of all, that "Why?" questions about Life (and much else) are unanswerable — obviously any "answer" one comes up with can then be followed by "Why that?" until we eventually see that all derives from the Source. And *Why that?* — don't ask me!

The question about all the others, though, isn't a proper question at all, it is really a statement: I know such-and-such, and someone else doesn't. One response is: So what? What a dull world this would be if we were all identical.

But there is more to it.

Most often (if not always) these remarks about the "inferior" others are referring to those who have had exposure to the Teaching and for one reason or another (none of our business) have not acted on it or otherwise pursued it. In other words, one's friends and acquaintances (and perhaps family).

The wonderer purports to be frustrated because those others cannot have the wonderful gifts he or she has, so they can be indulged in together. (Can you see how this gets further and further away from any real Spiritual content? Yes, it is more pastime of that sensation-seeking brain, not real Awareness at all.)

First of all, it is a Not-I who asks the question, and here is the *real* meaning of the so-called question which is really a statement: Ha, ha, look how smart/developed/evolved/Spiritual "I" am. A-

Side then goes on to call the others stupid, and B-Side jumps in, occasionally, to extend pity. Either one is of course, looking down one's nose.

So now that we have established who really is asking the question, or in some way pointing a finger at those less "worthy," let's show what's really going on.

Every single person who has been exposed to the Way — a new Way from the usual human occupation of chasing the Four Dual Basic Urges — has the divinely-bestowed privilege of *choosing* to take it or leave it. Yes, human beings have Free Will. Those who do not share the same interest in the Teaching that you and I do have freely chosen, by their own will, to reject it or ignore it or hear it but not act it — have exercised their privilege to choose it or not — just as we have.

To say they "should" choose it, they "should" see what I see, they "should" do what I do, is to say they have no Free Will — which automatically cancels out your own!

If I have Free Will to choose it or not (every day! every moment!), so do they. If their choice is not aligned with mine, so what? It is the nature of choice that there is more than one.

Are they poor, misguided, stupid? *It's not for me to say!* If I have any respect for Free Will (and having bothered to exercise it, one assumes it is of value), then how dare I slander someone else's exercise of it.

So, (1) the question of why others don't do as I do (or talk) is invalid; (2) each has Free Will to act upon what they see as of value; and (3) consider:

A human ovum is fertilized by a *single* sperm cell. What would be the result of penetration of the egg by ⇒



## FREE WILL (Continued)

two or ten or a hundred thousand sperm cells? Or:

Every fruit has countless seeds—each with the potential of developing a fully-producing replica of the tree or plant from which it came. What would be the result of every single tomato—and dandelion and corn and poison oak and pine and watermelon and avocado and eucalyptus—seed developing into a fully mature plant/tree with all of its seeds doing the same? Or every human reproductive cell?

It is obvious that Life is balanced and balancing all the time. Some of it we

can observe; some is on a scale beyond our usual comprehension. It is suggested that until we are quite certain we can see the *whole* picture—all of Life in all of space and all of time—we may wish to refrain from criticizing Its ways and means.

If it seems apparent to me that my field of vision seems a little broader than another's, I can be thankful for this. If there is no one to show off my talents to, I can Freely Experience this in my gratitude. None of it constitutes tragedy.

It's okay, really. ⊗

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## IF YOU WANT TO WRITE [OR TO DO ANYTHING]

**B**ut how to single out your true self, when we are all so many selves? Yes, I know that is hard. I know I have been much puzzled by this, for I myself seem to be so many different people, sometimes a man, sometimes a woman, a murderer, a whiner, a mother, a simpering lady, an old rip, a minister, a burglar, a lion, a weasel. And all my teaching would go for nothing if, in trying to find your true self, you would begin to strain and cerebrate with an anxious neurasthenic frown: 'Am I now writing with the utmost sincerity? I wonder.'

"No, you must not do that. The only way to find your true self is by recklessness and freedom. If you feel like a murderer for the time being, write like one. ..."

"That is another reason why I think it is a fine thing to write. People who do it, do not ignore any more the base passions in themselves and shut their eyes to them, ostrichlike, but begin to take a good and interested look at these passions and try to understand them, and are even glad they have them because it has set them thinking. ..."

"Gradually by writing you will learn more and more to be free, to say all you think; and at the same time you will learn never to lie to yourself, never to pretend and attitudinize. But only by writing and by long, patient, serious work will you find your true self. (Or by any other art; or by any use of the creative power. Remember always that by 'creative power' I mean so much more than what the high-brows call Art. ...)

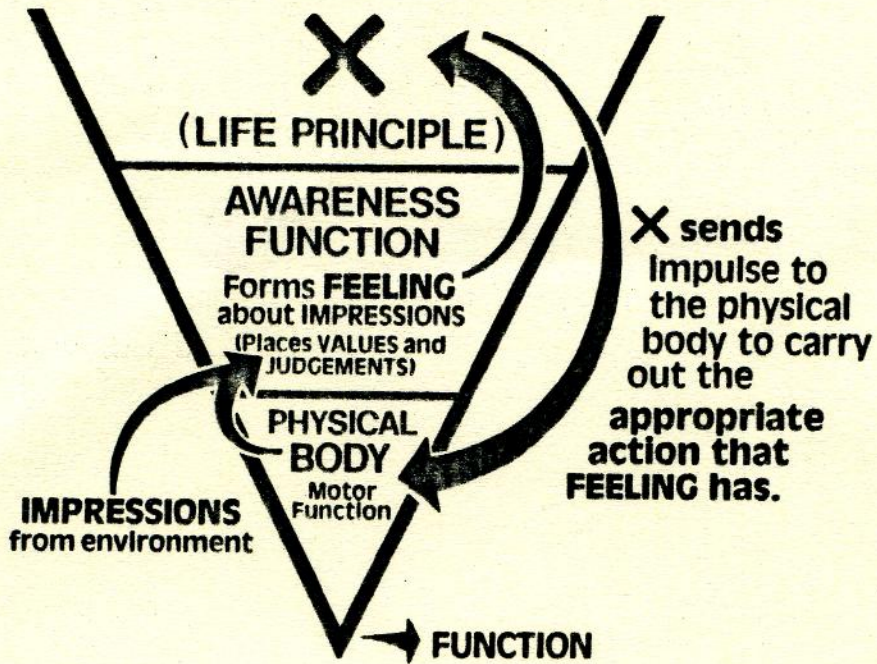
"And why find it? Because it is, I think, your immortal soul and the life of the Spirit, and if we can only free it and respect it and not run it down, and let it move and work, it is the way to be happier and greater.

"But remember always that the true self is never a fixed thing. You can never say: 'Good. Today I find at last what I am really like: splendid type!' You cannot say that because the true self is always in motion like music, a river of life, changing, moving, failing, suffering, learning, shining. That is why you must freely and recklessly make new mistakes—in writing or in life—and do not fret about them but pass on and write more. ..."

**F**rom *If You Want To Write* by Brenda Ueland. Written over 50 years ago, and as new as today. Although directed toward people who would like to write, the message is for anyone who would *DO* anything. Available from Harmony Workshop for \$10 (includes postage); California residents please add 68¢ sales tax. ⊗



# THE PICTURE OF MAN ©



## FRAGMENTED AWARENESS WITH MANY "I"'s

