



THE WAY of Intelligence

Welcome to the 2011 Fall/Winter “ThanXgiving” edition of THE WAY of Intelligence! This issue contains articles by Rhondell and Christine . . . and a couple surprises. The first surprise is in the *Reference Section*, where you will find the Picture of Man graphics translated into both French and Spanish. Our Friend Christine initiated this project before she left the Big Party and we are thankful to Marie-Claude and L, two friends Christine was assisting during the beginning stages of this project, who are now bringing the Work to life in these two languages. Christine promised Rhondell to keep the Teachings available for everyone and to see this promise active and alive is pure joy! The second surprise is the new section titled *Circle of Friends*, which provides the opportunity for those reading THE WAY of Intelligence to send in an article they’ve penned having to do with the Work, or a poem, or a passage from a book, or a photograph. The *Circle of Friends* also welcomes your favorite portions from past newsletters, which can be found by going to the [archives](#).

While Rhondell and Christine are no longer here at the Big Party to answer our phone calls or e-mails, we do have a body of Work that together we can place in this container, THE WAY of Intelligence. The next newsletter is called *Reader’s Choice*. We look forward to seeing the Contents provided by all of us. So have fun going through the archives, penning an article or searching for another creative contribution! Please mail your submissions to harmonyworkshop@earthlink.net.

It would be fantastic if you could let us know what you think of this new newsletter format. Are there changes or additions you would like to see? Let us know! We look forward to your feedback!

With ThanX for our friends,
The Harmony Workshop Staff

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Letters from Rhondell

two excerpts from "What's Going On Here?", Volume 1

THANXGIVING

Most of us think of Thanksgiving as a day to stuff with turkey and lots of other goodies and televised football games. We think thus due to promotional suggestion. There is nothing wrong with this thinking. However, where is the giving of thanks? The giving of thanks is a state of consciousness based on the way we see. If we see ourselves as victim of circumstances, as inferior, as unfortunate, as having much to feel sorry for self about, and as having much to find fault with, we have little to be thankful for.

If we see ourselves as privileged, invited guests on beautiful planet earth, as one with Life, therefore able to adapt, adjust, meet challenges, as being privileged to learn about self and the world we live in and about Life, we experience an overflowing feeling of being thankful.

Overflowing is what being thankful is all about. Overflowing is giving, is making a contribution to Life and those about us. At the very least we can contribute to a pleasant, harmonious mood. Overflowing is appreciation expressed as attention and approval for Life about us. Overflowing is seeing what's going on here rather than what's wrong here. Overflowing is seeing what I can do here and now, instead of being in a funk about what should I do to be happy, successful, to get ahead. Overflowing is being creative and is a very high state of consciousness. Folks that are overflowing are called radiant. Will you be one of the radiant ones? It all depends on the way one sees and the questions one puts to self.

X

CELEBRATING THE HOLIDAYS

The Holiday season is upon us, and of course most see it as very important to do everything correctly according to the great promotion. One must remember to buy cards for all the proper people, buy the proper gifts for each person. BUT we must go overboard on spending. We must prepare the proper food for visitors but not gain a lot of weight - just to mention a few of the shoulds and should-nots.

This gives the Not-I family a once-a-year opportunity to put on a superb orgy. They generate all their favorite destructive emotions like worry, anxiety, guilt, frustration, greed (especially in children), disappointment, resentment, fatigue with its short tempers, and all that goes with a considerable indulgence in intoxication.

All of this under the guise of celebrating the birth of a great Teacher and servant of mankind.

All of this leads to a great increase in the demands for those who work in the field of serving troubled people to relieve the emotional pain that is generated by the Not-I family.

About all that can be done is to point out to the pained person the fact of "What's going on here?" and then point out that they can take charge of their own inner state of being. However, the Not-I family does not want their orgy to be so quickly or easily disposed of. So before the worker gets two words out, the Not-I family says, "BUT - (whatever)", which causes any relief from the emotional turmoil to be cancelled before it can be registered.

It is just possible that the greatest purpose one can have for the holiday season is to contribute to a pleasant, harmonious mood wherever I am.

Who Writes This Stuff, Anyway?

([Awareness Journal, Vol. II, No. 1, Fall 1993](#))

I don't quite understand why it is confusing - *somebody* must be writing it! If you mean "who" as in, say, "Who's Who In Esoterica U.S.A." the answer is nobody. I'm just an ordinary person. In the beginning I didn't use "the first person form" much; but when occasionally I did, I got feedback that the material seemed more "real" that way, so I increased it, although my preference would be to stand much farther off and not write personally at all!

Around 1978 yours truly, Christine Thompson, attended some *Science of Man* classes given by a woman named Darlene; a few months later she introduced me to Rhondell. I have worked with the material every day of my life since that first day, including many years of working closely with

Rhondell. A few years ago he told me (ordered me was more like it - I was extremely reluctant) to make a public contribution with what I had learned. Thus my first (monthly) newsletter, *FTE (Free To Experience) A Newsletter for Women* was born. I sent the first issue to about 20 or 30 women who I knew liked me and would not reject my contribution. They didn't - it became quite popular by word of mouth and when I realized more than half the readers were men I dropped the "for Women" and broadened the scope a little. *FTE* was free. Eventually I became so busy with other things, and the cost to me of publishing a free publication was considerable (although many gracious people sent donations), and I dropped it. Requests for another newsletter came in several times a week the whole time (about a year?), even from people I didn't know, so I initiated a new one, *Awareness Journal*, which is not free (or profitable).

I think I have dropped enough hints throughout *AJ* that most people know that I write (books and scripts), ghostwrite for others, and make a living typesetting and editing, and other ways. I manage Harmony

Workshop as a volunteer, which basically means (now that the first video is done) typesetting the material, publishing *AJ*, filling orders, answering mail. There is a lot of talking with people on the telephone about their experience with the Work. Although public speaking is *not* one of my talents, occasionally I am asked to give a talk on the Work to other groups and so I do; and sporadically I host events which cater more to my talents, for instance Mushkil Gusha Night, book discussions, groups of women discussing challenges

with the Work, etc. I have just initiated several new projects, ways of presenting Teaching material that I hope are appealing.

I like to cook, but seldom do, ditto photography, including the whole



photo from Bob T.

darkroom bit. I have a green thumb; I read incessantly; I am an asset in a sickroom. I've traveled a bit. I live alone with beautiful Leah the Cat (Miss Priss), and now three-week-old Bob the Kitten, Fearless and Steadfast. (The little guy is afraid of *nothing*, he is King of the Place, when Leah hisses at him he kisses her nose.)

That's about it, really. My "qualifications" for writing the newsletter are many years of Working with the material, and what I consider "holy orders" from my Teacher to do it. (I would prefer to play.) My purpose in putting the material in this particular form, *AJ*, is because that's how I communicate best to more than a few people at a time. I hope to demonstrate the practical use of the Teaching - how my friends and I experience the Work, how it fits in with daily life, how to put it to use on a moment-to-moment basis, rather than just read it, hear it, debate it, discuss it, "philosophize". If you want to know more, call me. This is all (and maybe more than) I am willing to broadcast!

(Now: who are *you*???)

The Four Forces

(Awareness Journal, Vol. III, No. 2, Winter 1994/1995, page 17)

It Was a Very Good Year - Remember that song by Sinatra? One of his best, I think. Every year or period of Life was remembered with affection and appreciation.

Well, there are a lot of people who don't have such fondness for 1994. I can't tell you how many people have told me what a terrible year it was for them, and hope next year will be "better". And this is okay, people often say such things, and I am not finding fault with them. But it is something that students can look at, rather than take for granted that years are doled out, and that whole lousy years are their lot.

We aren't doled out years, first of all. We are given moments, one at a time. If, on New Year's Eve, one is still here and reflects on the various moments, one might tend to group them in a year ... but, we were given one moment at a time, a slew of them.

What constitutes a bad year? From the standpoint of the Work, there is no such thing. Students are grateful to have been here at all, and if they want to lament anything, it could be the missed opportunities to Work, with a little resolution to make more of the next moments.

But analysis of "bad years" will show one thing: They were full of challenges. And most of us were able, somehow, to meet them ... most of us are still here.

The Four Forces are spelled out in every issue of *Awareness Journal* and I hope you know them by heart by now, and that you look for them, identify them, all through the day and night. First Force is Initiative, Spirit, the Idea, Potency, Intelligence, Aim. When we take aim, make an initiative, want to make a form or event from a good idea, we are always met with Second Force, Resistance. It is part of this world, it is the way things work. Spirit within you meets this Resistance - if Awareness allows this. If Awareness recognizes Resistance for what it is, the partner of Creativity, if Awareness allows it to be there, if Awareness has Faith then the strength to dance with Second Force will be there. When the dance is over a Form, Third Force, will

exist, as representation of the original Initiative. The Form is not Reality, it represents the Reality of First Force. The entire phenomenon will have a Result, Fourth Force, something to respond to. You will respond and others will respond, and in some cases the response activated will merely be suggestion ... your form will be seen as a promise or a threat ... or, it will actuate a conscious response.

In any and all cases, this is what makes the world go 'round.

So last year and every year, the initiative that is the individual you, that wants to live a productive and creative life, is met with Second Force in this endeavor - challenges. Whenever challenges arise it is a great opportunity. The only opportunity, really, to learn, to develop, to grow strong. If you declared bankruptcy last year, you have a new understanding of the way money - and credit - works, and how you might want to incorporate your new knowledge in the future. If you lost your job, you got an opportunity to re-examine how you might fit in the worldly games, what it takes to play that you didn't have one day but can have soon, with effort. If a close relationship went through a sea-change, you cannot have lived through it without learning something. Would you trade one bit of your new understanding of anything for "one good year"? Of course not. Not if you are sincere about becoming conscious, about becoming an instrument for Life instead of Not-I's, if you want your life to be a contribution here.

No matter what happened last year, no matter how troubling or even painful, you know in your heart of hearts there was the opportunity to grow. If you want to make a New Year's resolution, it might be to take advantage of more of those opportunities in the coming moments ... and then 1995 will have been a very good year, indeed.

The Four Forces

1. Initiative

Spirit, Intelligence, The Idea, Potency, Always met by ...

2. Resistance

Opposes First Force, as an opponent in a game: when First Force is strong enough, Second Force Contains, Forms, Shapes, the Idea of First Force, creating ...

3. Form

*(Events are Forms)
To which there is ...*

4. A Response.

Seen either as Suggestion (unconscious reaction to the Form) or, consciously, as an opportunity to Respond.

WGOH? The Four Forces

The Teaching is that the standard notion of “cause and effect” - the way it is understood today - is in error. Too often looking for “cause” is a way of looking for what to blame, on one hand, and assuming an inflated ability to “do” on another. (Reaction is not Initiative; response may be.)

The Teaching is that there is One Cause and everything else is effect. But that is not at all a predestination, because the One Cause unfolds infinitely in a *process*, full of options and chance, a process of four forces working together to create. That’s What’s Going On Here.

INITIATIVE is the 1st Force. It is Intelligence, an unseen idea, the potency of creation, will.

It is always met by RESISTANCE, 2nd Force, which forms, shapes, challenges Initiative.

The interaction of 1st and 2nd Forces creates a FORM, 3rd Force. The form is something more tangible than 1st Force, we can observe it. Events fall into this category as well as objects.

There is then a RESULT, 4th Force. What is done with the form, or how the event is used, how the form or event is responded to.

The traditional Teaching example of the Four Forces is the making of a pot.

(1) The will to manifest the idea of the pot (a container), the Initiative to make a pot.

(2) Resistance - a holding, forming, molding of the molten metal.

(3) Form - the pot, a container.

(4) Result - its use.

Long-time *Awareness Journal* readers have read about the Four Forces many times. Everyone, new to the ideas or not, is encouraged to look for and identify these four forces in their daily life. It is a very liberating experience, puts a new dimension on perception to observe this process, to go past the limited and limiting idea of “cause and effect”. After a time, it is virtually impossible to “blame”, (except that people actually blame First Force all the time, though they don’t realize it - that is, in fact, where *all* “blame” - or credit - is due!). It is a marvel to see how necessary Resistance is to everything we value. In our example of making a pot, without resistance there would be no pot, there would merely be a mess of molten metal all over the ground. If you were to view yourself as a container, a container for Life, then you could see the value of Resistance.

Something to think about

([Awareness Journal, Vol. IV, No. I, Winter 1996, page 10](#))

NATURAL Second Force	CONTRIVED Second Force
<i>Gravity, density</i>	<i>Illusion of freedom; bondage</i>
<i>The mind</i>	<i>The conditioned mind</i>
<i>Other people</i>	<i>Other people who use suggestion</i>
<i>Adaptation</i>	<i>The Healing Arts</i>
<i>Families</i>	<i>Institutions</i>
<i>Limits of the physical body</i>	<i>Standards for the physical body</i>
<i>Necessity to work to get anything done</i>	<i>Extortion</i>
<i>Necessity for vigilance</i>	<i>Power Policies</i>
<i>Necessity for food, clothing, shelter, transportation</i>	<i>Big Business and Power Policies</i>
<i>Necessity for spiritual food</i>	<i>Theology</i>
<i>Learning</i>	<i>Propaganda</i>
<i>Time and distance</i>	<i>Materialism</i>
<i>Uncertainty</i>	<i>Fear</i>
<i>Challenge</i>	<i>Suggestion</i>

Second Force

(Sophia, Vol. I, No. 2, August/September 1994, page 21)

There are Four Forces in all phenomena:

1. Initiative: Spirit; the idea, intelligence, will potency, creative impulse;
2. Resistance: Opposing force to initiative, which always arises to meet it; forms, shapes, molds, challenges.

An encounter between approximately equal first and second forces will produce

3. Form: An object or an event born of the union of first and second forces, leading to
4. Result: The response to the above.

“The Creator” has been referred to as “He” since antiquity, and I tend to see It that way, too ... First Force initiates an idea, It goes forth, penetrates matter or time or space or whatever, penetrates Second Force, which resists it. Because this partnership is rather like a marriage, both paradoxically remain separate yet are united and changed by the union, and create something new. Seeing her as the bride of Initiative, I assign “She” to Second Force, Resistance, and since antiquity “She” has been hated, feared, violently controlled, and the recipient of much misunderstanding (not to mention abuse).

Spirit seems accustomed to having Its way ... and along comes the barrier: “Dance with ME, then we’ll see ...”. Spirit, First Force, must capitulate to her presence (not necessarily her wishes) in this realm for Its idea to manifest. In other words, it is a Law that our ideas, our will to do anything, must deal with Second Force, which will always arise. It’s no use crying about it, hating it, wishing it would disappear ... What we need to do is understand her, dance with her, freely allow her to perform her function.

Now this is a simplified version of what is going on here. Because in fact, Her Majesty Second Force has two sides to her nature. The first is benign, if a pain in the neck at times, the challenger to First Force, making for an interesting game of creativity. Examples of the benign side of Resistance are time (it takes time to create and patience is not natural to us); gravity, distance, the need for money to get certain things done; our inherent laziness and desire to sleep; weather; density, whether things like traffic, or dealing with people who don’t listen, or a keen awareness of the weight of our bodies when we want to soar ... None of this is personal, none of it is insurmountable, it is benign but does take work to deal with.

But Resistance has a dark side, too, and this is more subtle, sometimes, yet a far bigger challenge. It is all the “evil” ideas, such as that we are unworthy to create, not good enough, not intelligent enough, not strong enough. It tells us we have rights and then laughs in our face when these “rights” are shown to be illusion. It tells us comfort is more important than anything. It tells us Life is dangerous, so don’t participate any more than necessary. It suggests revenge, animosity, grudges and tries always to scare us to death. It promotes ideals constantly. It tells us it is more important to be loved than to love. This list could go on and on, as you well know.

Benign Second Force is the natural resistance needed to enjoy the dance of creativity. Whenever we play a game (and know we are playing a game) we actually invite Resistance to participate, and we enjoy her immensely ... the game would be no fun without her. In fact, without her, there would be no games. We don’t fear her, unless she is monumentally huge, a hurricane, for instance, and then we make sure we get out of her way.

Malevolent Second Force, or contrived resistance, on the other hand, is a different story. We hate it, we fear it, we would do anything to avoid it. But mostly we fight it ... we resist Resistance, and to no avail. Two negatives, in this case, do not make a positive, they make a mess. They way to deal with the Dark Side of Resistance is so simple (although, granted, no always easy): ignore it. Recognize her when you see her, to be sure ... but ignore her. That's all there is to it. A complaint comes up from within or from another ... ignore it. Rights are demanded, laugh. Some "authority" is threatening you, ignore it. You find yourself cast in front of the manmade Official Human Standard, turn and walk away. The minute the brain goes frantically searching for whose fault some discomfort is, ignore it. Anything derogatory that you hear about yourself or another, from within or without, is malevolent, it is contrived, it is dangerous, and it is a lie.

Second Force is nothing to fear. It is mighty, indeed, and yet how long do you think you could possibly refrain from boredom if she were to disappear altogether? You can greet her benign side with open arms - dance with her and you will create something new. When she glances at you from the corner of her eye and starts to question you in any way ... when that snake wrapped around her neck is about to bite your beautiful breast, ignore her. The treacherous aspect of her will go somewhere else to work her nonsense.



Seeking the Rose

(An Adaptation of the Film Script)
 Written by Christine Thompson
 Published by Harmony Workshop, Inc.
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As some of you know, Harmony Workshop produced a video of an ancient Teaching myth. It is the story of two young people sent from their lovely home called Harmony into a confusing and chaotic place.

They are given a potion to make them forget who they are - royalty - and sent to retrieve The Rose. Their Friend is with them throughout their journey, but disguised and/or unrecognized, until the end. Our version is an adaptation of a Sufi myth, but this story is found in many cultures, East and West, including the Bible.

THE PRECIOUS JEWEL

In Thinkers of the East, Idries Shah relates a story which, according to an old Sufi master, contains all wisdom in its various levels of interpretation.

It is about the children of a king who are sent from their far-away realm to a distant land where they are to retrieve a precious Jewel. They are to be disguised and live among the inhabitants who almost all live "a dark existence".

The place induced them to fall asleep; they began to dream, felt that their dreams were real.

Their father heard of their plight and sent a trusted wise servant to assist the children. He reminded them of their purpose and admonished them to awaken. With his help they "dared the monstrous perils" around the Jewel and with its magic aid returned to their home where they lived happily ever after.

Seeking the Rose is a modern version of this ancient tale. In our film, Robert Gibson plays the part of The Friend; cinematography is by Ron Fricke.

Part One

The place is unearthly. A magnificent garden, beautiful almost beyond comprehension. Flowers, lush greenery everywhere, stately willow trees; and most prominent, the roses. Roses so lovely they seem the archetype of Beauty itself.

Hummingbirds and butterflies abound; they seem to have been created for this place, this enraptured land, where there are no shadows. This land where bliss and serenity are harmonized, this land called Harmony.

It is almost as though the angels can be heard humming a beautiful air.

Strolling in the garden are the young Companions, arm in arm. They have always been Companions, and are of royal genesis. They are the picture of joyful radiance, they are perfectly happy.

The Companions have never had a reason to look beyond their blissful surroundings ... but slowly, together, for reasons unknown, they each look up, and notice for the first time a distant star in the crystalline sky. They look at each other with curiosity, and again toward the distant star ...

Unseen by the Companions, the Queen and the King have been watching. Their love for these young ones know no bounds. The Queen, with just the vaguest hint of – no, not sadness, or regret, but the faintest glimmer of something just ever-so-slightly painful, turns to her husband and says, "It is time."



The Library is huge and elegant. An enormous rotunda seems almost to crown this place of ideas. Roses are everywhere, among the Secrets of the Universe ensconced in this chamber. Around a beautiful hand-carved, lovingly polished round table sits the King and the Queen, the Companions and their Friend. A candle burns in the center of the table, and it is as the center of the light – and – the Thought – spreading throughout.

The Friend is a wise old man – no, that's not age in his eyes, it is Experience. His face is worn but handsome, and robust. His eyes radiate light, and his smile softens the extraordinary intensity of his gaze.

The Companions are to be sent on a journey, and The Friend is preparing them. The young Companions are in wonder as he speaks; what he says is very new to them. The King and the Queen look on lovingly, and knowingly.

Although the young pair are to be sent away from their beloved home, it is apparent they are supported in every way. And The Friend is ensuring them this support will continue throughout their journey. He speaks:

“You are being sent away from our home, Harmony, on a journey to an alien place named InverTerra. The journey will educate you, make you wise enough to understand and to responsibly accept your inheritance and its functions and duties when you return. InverTerra is a distant place very unlike our home; you are to learn what you can by experience, retrieve The Rose, and return to Harmony, with The Rose. Your journey is called The Initiation.



photo from Bob T.

PHYSICAL BODY

“You will be given a vehicle for the journey; you will be encased within a body which is of the place, and adaptable to it, by virtue of your spirit within it. This vehicle is to be considered a disguise of your real selves. You are to remember you are WITHIN it but NOT OF it.

THE DRUG & THE 4 QUESTIONS

“However, because the journey is so arduous and the vehicle so unlike anything you know, you will be drugged in order to withstand the ordeal, and to help you in other ways, which you will have to learn about. The antidote to the drug is Remembering: What you are, Where you are, What's going on and What you can do. And every time you Remember, a little of the drug will wear off.

THE PICTURE OF MAN

“You will always be in communication with Harmony, but the method of communication is crude – denser than anything you know. Correct communication will result in your being continually guided in your journey. Muddled communication will prevent accurate guidance. If inappropriate – that is CONFLICTING – information is sent, the response, while intending to guide you, may harm you, and increase your conflict. Because the assistance will be only as appropriate as your communication is accurate.

SECOND FORCE

“Your journey is difficult and dangerous and your destination not like anything you know. There are several striking things about InverTerra you are not accustomed to. These hindrances are called Resistance. The combination of your Initiative to remember and the Resistance you meet will produce The Rose.

“One type of resistance is density. Everything in InverTerra is very dense, infinitely heavier than you are used to. Your bodies will be related to the density of the place and its violent characteristics such as weather and other physical laws that you will be subject to. This is Nature, or Natural Resistance and not to be feared. Remember you are WITHIN IT but NOT OF IT.

REPORTING

“To pay attention and communicate accurately – which means to describe passively and objectively – is all that is needed to be guided safely through Natural Resistance. You cannot describe objectively if you are identified with these forces. You must DISIDENTIFY, separate yourselves from your impressions, in order to communicate accurately with Harmony.

CONTRIVED 2ND FORCE

“The Ideas of your home, Harmony, will be present in the distant place, but obscured; they will often be inverted, or distorted, and disguised in every way. This is imposed by people and by institutions, and called Contrived Resistance. You must be very sly in recognizing Contrived Resistance, as it will be your undoing if succumbed to. It will produce conflict within, if you identify with it, and prevent your accurate communication with Harmony, and possibly prevent your return.”

The companions look confused; they have never heard of Contrived Resistance.

PITFALL - SUGGESTION

“You can recognize Contrived resistance if you pay enough attention. Not paying attention will increase the effects of the potion; paying attention will minimize it. Contrived Resistance takes the form of seduction, and /or weapons of various kinds or their equivalent. In other words, promises and threats which produce conflict within. You are to ignore promises and threats and be about your business. And remember you are IN the place and NOT OF the place, you are of Harmony.

THE FOUR QUESTIONS REPEATED

“You are always to remember WHAT you are (royals from Harmony), WHERE you are (in an alien place), WHAT’S GOING ON THERE (inversions, distortions and disguises of Ideas of your homeland; conflict) and WHAT YOU ARE TO DO (remember, learn by experience, retrieve THE ROSE, return).

WAKE UP

“You are admonished to REMEMBER always, and to stay together. If you are separated you must find each other before returning home.

THERE WILL ALWAYS BE HELP AVAILABLE

“You have Friends and Relatives in InverTerra. Your Friends and Relatives also wear disguises and may be difficult to find. However The Friends and Relatives will be on the lookout for you, and assist in every way possible to help you complete your journey.

THE FOUR QUESTIONS REPEATED

“Your Initiation is a lesson in its own right – you are to discover what really is going on in InverTerra and remember what you are, where you are, what’s going on there, and what you can do. This will help you find The Rose; when you find it you are to head in the direction of your home, and always keep The Rose with you.”

The Friend and the King and Queen talk with the Companions for a long time. Their questions are answered as best as possible, but it is stressed that the experience of their journey will provide the real answers.

The group then prepares for the departure of Companions to InverTerra.

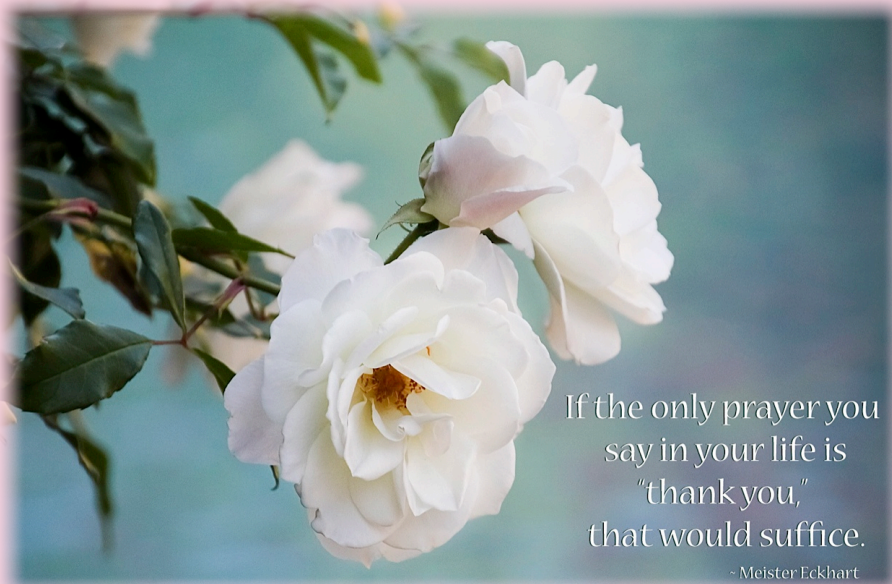


This special room, this departure place, is bare. While there is light, as there is light everywhere in Harmony, the magnificent beauty of the place is not noticed here. There are two beds, upon which lie the Companions. They are being dressed in rough, dark clothing, and fur coverings are put on their heads.

The King and the Queen are there, of course. And The Friend. Noble assistants are giving each Companion a potion to drink, a bitter potion which first drowns them, and slowly but surely puts them in a very deep, deep sleep.

As the Companions enter their slumber, the light fades from the room, and the angel-like music drifts away.

If you are interested in purchasing this amateur, but thoughtful video, [click here](#).



If the only prayer you
say in your life is
“thank you,”
that would suffice.

- Meister Eckhart

photo from Robin

Our Real Bill of Rights

(FTE (Free to Experience), Vol. I, No. 9, page 6, excerpt from The Right to Know)

I have the Right to choose my own purpose of living.

I have the Right to act on my purpose of living.

I have the Right to pay attention.

I have the Right to evaluate objectively.

I have the Right to learn by action.

I have the Right to choose my inner state.

I have the Right to choose my duties.

I have the Right to love.

I have the Right to ignore suggestion.

I have the Right to respond to challenge.

I have the Right to do what's to my advantage.

I have the Right to Experience Freely.

This list could go on and on, but an astute observer will see that these are all different versions of the same thing, our Birthright:

I have the Right to be responsible.

You will be provided with EVERYTHING you truly need to know by exercising your birthright.

And the ONLY way to know if this bit of information is accurate is TO CHECK IT OUT.

THE WAY of Intelligence

THE FOUR FORCES

INITIATIVE

First Force

Intelligence, Inspiration, Biological Factor, LIFE

RESISTANCE

Second Force

Always arises to meet initiative in opposition, as opponents in a game; not “bad” but seen so when the purpose of living is to be non-disturbed because Resistance may be uncomfortable. Resistance is required for anything to develop.

FORM

Third Force

The manifestation of the play of Initiative and Resisting, producing:

RESULT

Fourth Force

How the above are experienced,
What’s done with/about it.

THE FOUR QUESTIONS

WHAT AM I?

WHERE AM I?

WHAT’S GOING ON HERE?

WHAT CAN I DO, IF ANYTHING?

THE FOUR GREAT GAMES

that operate by suggestion:

POWER POLICIES -- Decrees what’s “in” and “out”

MEDICAL ARTS -- Decrees what’s “normal” and “abnormal”

THEOLOGY -- Decrees what’s “good” and “bad”

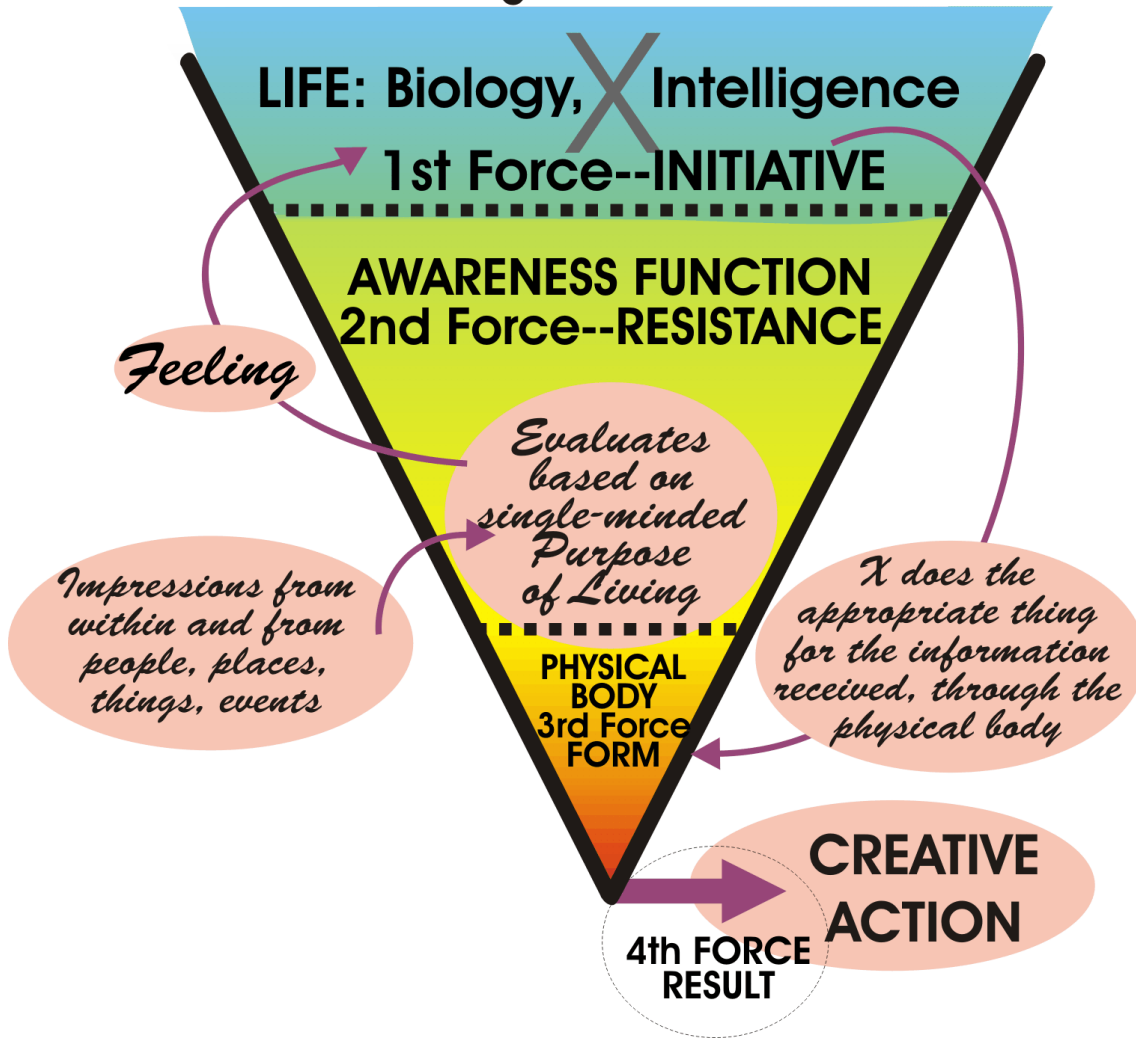
BIG BUSINESS -- Decrees what’s “pretty” and “ugly”

Definition of **SUGGESTION**: a threat or promise; anything presented with a threat or promise

A human being is **100% SUBJECT TO** suggestion **100%** of the time, but is free to ignore it.

THE WAY of Intelligence

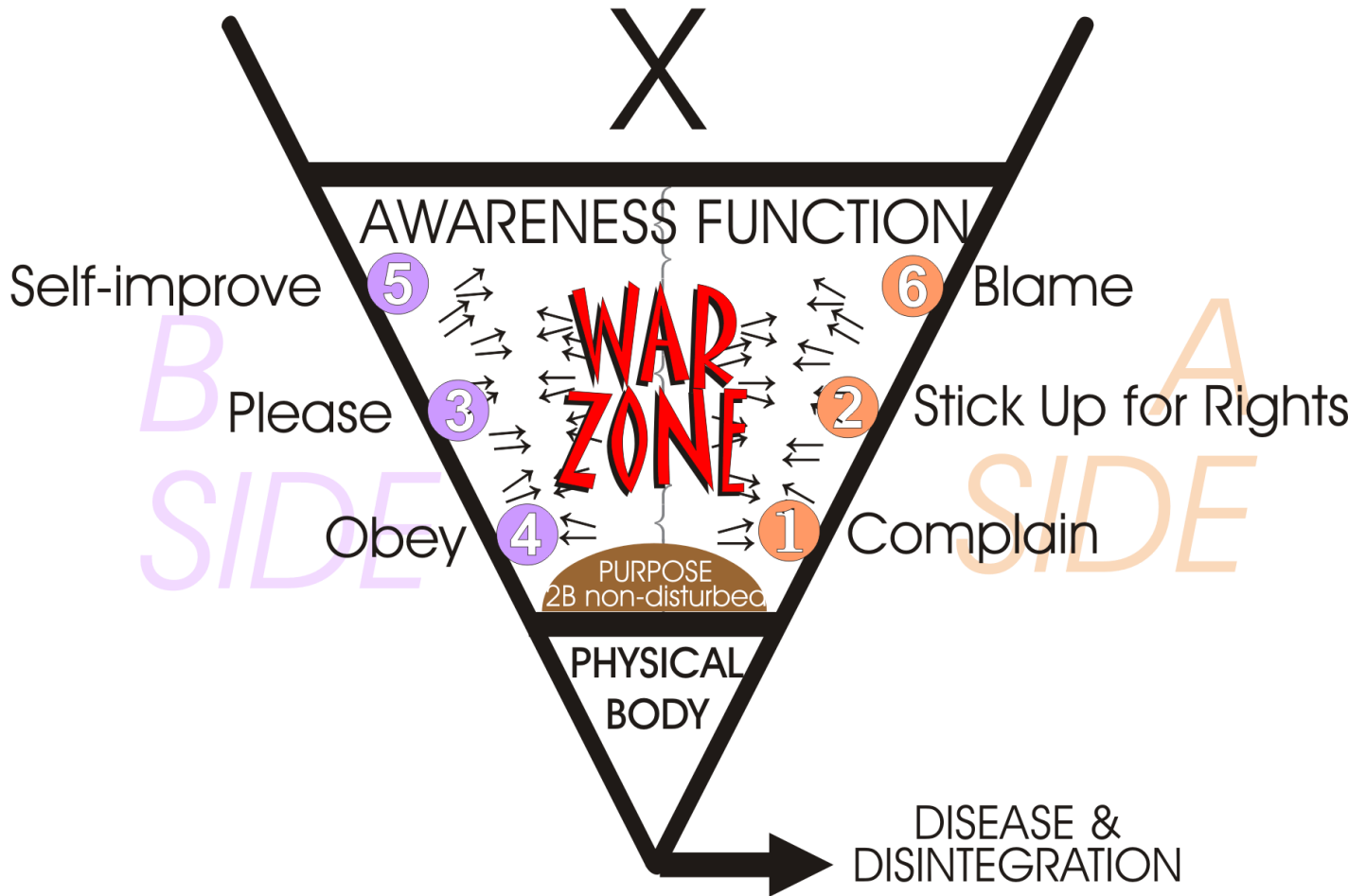
THE PICTURE OF MAN as designed to function



A human being has four aspects, which are not separate but are interdependent. The first is the biological aspect of LIFE FORCE, called X here because it is not really definable--one knows it's there, one knows when it isn't, in any creature. So, as in algebra, an X is used to denote that something is there which cannot yet be precisely defined. Next is the AWARENESS FUNCTION, which is the senses but more than the senses when developed. A developed Awareness Function is more than the "programming" of the brain, it determines feelings. The third aspect is the MOTOR FUNCTION, the PHYSICAL BODY through which life is lived. The fourth aspect is the ACTIVITY of the whole. When a singleminded purpose is the foundation of a person's life, there is no conflict and he or she functions with all aspects in harmony. The person is at ease. The Awareness Function receives impressions from within and without, from other people, places, things, events. It forms a feeling about those impressions which it does not choose to ignore, and the feeling is in tune with the purpose of living. The feeling of Awareness is a medium of communication with the Life Force, X, which responds appropriately through the Physical Body to the information received, and Action ensues.

The Way of the World

THE PICTURE OF MAN
with purpose of living to be non-disturbed



Few people function as the human being was designed as in the previous diagram. When an infant is born, the trauma of leaving the non-disturbed uterine world is reacted to with a feeling that the whole purpose of living is to regain the non-disturbed state. That decision becomes the attitude and action from then on. As he grows, the child makes more decisions as to how to gain his purpose of non-disturbance. He complains, which works for an infant. When one day this fails to work, he sticks up for his “rights”, or demands non-disturbance. (These begin the A-side of the Picture of Man.) Eventually he finds that pleasing people sometimes gets him his way. (This begins the B-side.) At this point conflict sets in. He wants to cry “but” feels he “should” please. Then he sees parents, teachers, others as authorities. This is understandable for a child and helps keep him safe. It is not adult behavior, however. The continual conflict between what he wants to do and what he “should” do (conflict between A-side and B-side) intensifies and he feels if he would improve, things would be better. This doesn’t work, either, and he blames everyone and everything for his disturbances, living in conflict, except when distracted. Conflict is felt by the Awareness Function to be an emergency. This false emergency is communicated to the Life Force, X, which always does the appropriate thing, FOR THE INFORMATION RECEIVED, in this case supplying energy to fight or run. If this mobilized energy is not used in violent activity, it disintegrates the body; using emergency energy in a non-emergency is unusual behavior; neither is harmonious living. Eventually disintegration ensues.

THE FOUR DUAL BASIC URGES

LEVEL	GAIN	ESCAPE
PHYSICAL	Comfort, Pleasure	Pain, Discomfort
MENTAL	Attention	Being Ignored or Rejected
EMOTIONAL	Approval	Disapproval
WILL TO POWER	Being Needed Feeling Important	Feeling Inferior Feeling Useless

The Four Dual Basic Urges are not “right/wrong” or “good/bad” or “should/shouldn’t”. They are simply by-products or side-effects of living, not the whole purpose of living. Because all humans are subject to all the Four Dual Basic Urges, when they are made the whole purpose of living (unconsciously, beginning during the uncomfortable birth process) they have to result in conflict--one wants all the “gain” side and none of the “escape” side, and this is not possible on planet Earth. THE WAY of Intelligence is not to self-improve by rejecting them; The Way is to observe self and one’s reactions to them, checking to see if they are the purpose of living--or not. They will come up and can be ignored if one chooses.

THE FOUR WAYS OF MAN

THE WAY OF THE JUNGLE

Kill anything that is in front of me and about to interfere.

THE WAY OF JUSTICE

“An eye for an eye” -- not your life for an eye.

THE WAY OF UNDERSTANDING

Understanding that whatever any person including myself has done, is doing, will do, is felt at the time of doing to be right or proper or justified with the light he has at the moment.

THE WAY OF INTELLIGENCE

Aware of the Purpose of Living, the will to do it--knowing what I am, where I am, what’s going on, and what I can do. In charge of my inner state.

THE 9-STEP JOURNEY

IN THE WORLD

Chaos, conflict, seeking to gain and **1** escape the Four Dual Basic Urges.

A MAJOR CHALLENGE FROM LIFE

A big disappointment or loss, or a severe illness, or realization that something (or everything) is not as I thought and felt and **2** believed it to be.

SURRENDER

Letting go, asking **3** for guidance.

GUIDANCE TO SELF-KNOWING

Appears in the form of a teaching to know oneself, **4** and if this is recognized, valued and applied, one begins to see one's conditioning, one's values, knowing what one is -- and isn't.

SELF-OBSERVATION

A deeper practice of disidentifying from the mechanical **5** self and watching, watching, watching, without judgment, condemnation, justification.

INITIATION

Only after the preparation of the first five steps **6** does a real initiation appear, and an initiation is an invitation from Life to proceed. We don't always recognize initiation for what it really is, it is usually sent as a new challenge, usually contains a "shock" of some kind, and can throw us right back into the early steps, but this time we have tools. The essence of initiation is to find oneself in a school, but now one knows it, can observe self and others.

DEDICATION

Making a new purpose, reevaluating, accepting **7** the School, appreciating its value, making up the mind to be a student rather than a victim.

ACTUALIZATION

After some time living and re-living the first seven steps, one changes thoroughly, transforms. The self we once were is dead, a new one has emerged. **8** With this comes new talents, evidence of Wisdom.

SERVICE

The New Self realizes **9** its purpose is to serve Life.

Rhondell's 48 Lessons & Picture of Man diagrams - in French!



Anyone familiar with this material surely knows that these translations require so much more than merely translating words . . . one has to really understand the material so they can accurately convey its true meaning. These translations were initiated by Christine before she left the Party and they have been a labor of

French translations available at [Enseignements](#).

Leçon 1

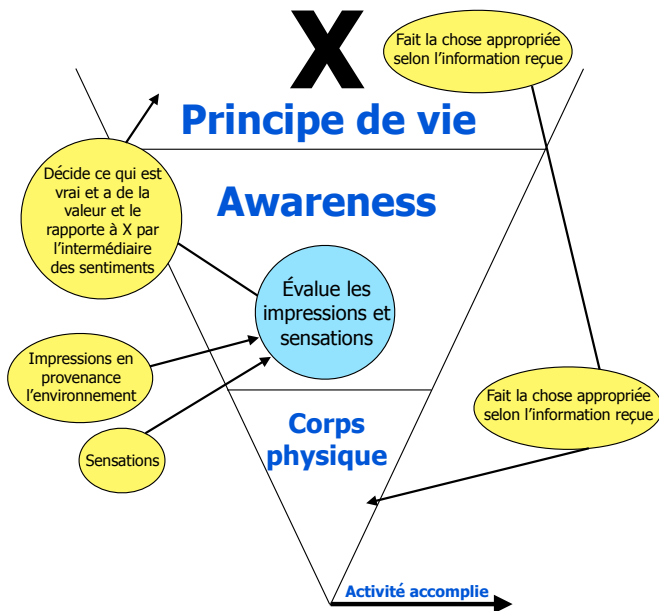
C'est le début d'une nouvelle école. Nous avons reçu beaucoup de demandes concernant une école, où les gens pourraient venir à un endroit donné, vivre et travailler ensemble pour plusieurs mois, et y être constamment exposés à certaines idées - idées qui sont une étude de l'être humain. . . .

Lesson 1

This is the start of a new School. We have had many requests to have a School, one where people come to a given place, live and work together for many months and are constantly being exposed to certain ideas, ideas which are a study of man. . . .

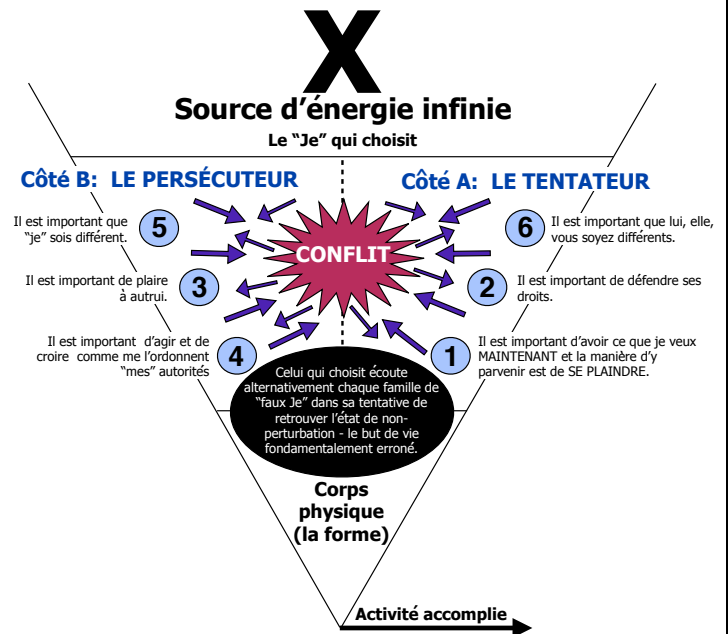
The Picture of Man as designed to function

L'image de l'homme



The Picture of Man with purpose of living to be non-disturbed

Image de l'homme conditionné



Rhondell's 48 Lessons & Picture of Man diagrams - in Spanish!

love for our friends L and Marie-Claude . . . we can't thank them enough! (And we think it's safe to say that seeing these translations would really make Christine smile!!!) The work our friends have done helps to keep alive a promise made long ago, which was to make the Work available to the entire world.



Spanish translations available at [Harmony Workshop](#).

Cinta 1

Este es el inicio de una escuela nueva. Me han insistido mucho en que hagamos una escuela en la cual las personas puedan acudir a un lugar fijo y puedan convivir y trabajar en grupo por muchos meses, y puedan estar constantemente en contacto con ciertas ideas sobre el estudio del hombre. . . .

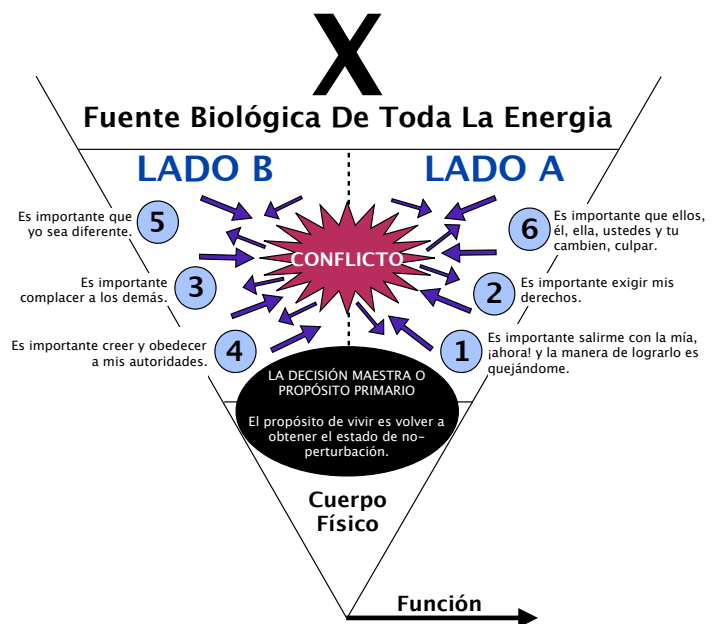
Lesson 1

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The Picture of Man as designed to function
Grafica Del Hombre



The Picture of Man with purpose of living to be non-disturbed
Gráfica Del Hombre Condicionado





Mary's Vineyard on Sanity Island Second Life

Notecard from Mary's Vineyard

Water into Wine

Once upon a time . . . a loving couple were privileged, invited guests at a beautiful estate for a wedding. Though the banquet was lavish in every way, she noticed that the wine was running low. She knew what was needed, and told her partner. A relative of the host, he took charge immediately and asked the servants to bring him water. Because he was asked, he used his power to see the water as wine, and thus it was. The party continued and it was said the new wine was surprisingly even better than the original.

.....

Most westerners are familiar with this story, even if vaguely. But what most don't know is that this story can be seen as a symbolic picture of each of us.

He = the power of Life within

She = the awareness function of Life, "I"

Servant = the physical body

Water = mundane, necessary but not particularly a "party drink", lol

Wine = wisdom, in this case used to assist the host, to delight the other guests

Service = making a contribution to the party

.....

If this intrigues you, please go to our [House of Study](#) for more detailed information on this subject.

Harvest Party



A small gathering of Harmony Workshop friends chatting around the fire.



A big ThanX to our friend Judie for her wonderful decorating skills!

Why are we disturbed, if we are? What is disturbance? I want something, but I can't get it, so I'm in a state. I want to fulfill through my children, through my wife, through my property, through position, success, and all the rest of it, but I am blocked, which means that I am disturbed.

“In reflection of recent social and political chaos and turmoil, I considered the following passage from J. Krishnamurti.”
xoxo, L

Now, can you and I be free of all this turmoil and confusion? What is confusion? Do you understand? What is confusion? Confusion exists only when there is the fact plus what I think about the fact: my opinion about the fact, my disregard of the fact, my evasion of the fact, my evaluation of the fact, and so on. If I can look at the fact without the additive quality, then there is no confusion. If I recognize the fact that a certain road leads to Ventura, there is no confusion. Confusion arises only when I think or insist that the road leads somewhere else—and that is actually the state that most of us are in. Our opinions, our beliefs, our desires, ambitions, are so strong, we are so weighed down by them, that we are incapable of looking at the fact.

So, the fact plus opinion, judgment, evaluation, ambition, and all the rest of it, brings about confusion. And can you and I, being confused, not act? Surely, any action born of confusion must lead to further confusion, further turmoil, all of which reacts on the body, on the nervous system, and produces illness. Being confused, to acknowledge to oneself that one is confused requires, not courage, but a certain clarity of thought, clarity of perception. Most of us are afraid to acknowledge that we are confused, so out of our confusion we choose leaders, teachers, politicians; and when we choose something out

of our confusion, that very choice must be confused, and therefore the leader must also be confused.

Is it possible, then, to be aware of our confusion, and to know the cause of that confusion, and not act? When a confused mind acts, it can only produce further confusion; but a mind that is aware that it is confused and understands this whole process of confusion need not act because that very clarity *is its own action*. I think this is rather difficult for most people to understand because we are so used to acting, doing; but if one can watch action, see what its results are, observe what is happening in the world politically and in every direction, then it becomes fairly obvious that so-called reformatory action is merely producing more confusion, more chaos, more reforms.



photo from Pat Mahaffey

So can we individually be aware of our own confusion, of our own turmoil, and live with it, understand it, without wanting to get rid of it, push it away, or escape from it? As long as we are kicking it, condemning it, running away from it, that very condemnation, running away, is the process of confusion. And I do not think any analyst can solve this problem. He may temporarily help you to conform to a certain pattern of society which he calls normal existence, but the problem is much deeper than that, and no one can solve it except yourself. You and I have made this society; it is the result of our actions, of our thoughts, of our very being, and as long as we are merely trying to reform the product without understanding the entity that has produced it, we shall have more diseases, more chaos, more delinquency. The understanding of the self brings about wisdom and “right” action.

Pre-Initiative

Writing a Business Plan

A Blueprint of Intention with your partner, "X"

by Robin & Gene

Many years ago I sat with Rhondell in his Newport Beach office and said, "I have an idea. I'd like to create a retreat center one day where people can go to refuel." Rhondell suggested that I write it up, describing "what" I would do and then we'd sign it together, much like a business contract.

So I went home and wrote up as detailed a vision describing what the retreat center looked like, what would be offered, my role, etc. I brought it back to Rhondell a week later. He read what I wrote. Smiled. And we signed it together.

Was I happy! I'm not sure what I thought would happen next. Maybe a bit of magic because Rhondell had signed it? Maybe that Life would do the "How" because of the written words upon the contract? Could I just sit back and wait for it all to materialize? What I can report here is that nothing happened except that experience stayed with me.

Three years ago, Christine and I were talking about a new role I could play within a business and I said, "If I write it up will you please sign it with me?"

The article that follows contains the notes from our conversations on Pre-Initiative (Intention), the writing of a Blueprint. The Harmony Workshop staff decided that this issue of *The Way of Intelligence*, focusing on the *Four Forces*, was a great place to discuss Pre-Initiative. The articles from the archives are here to assist in offering further assistance if you choose to experiment with writing your own Blueprint of Intention. *An added bonus* – I had the privilege and joy of speaking with Gene Hensley, who has been a student in the Work for many years, who opened restaurants with Rhondell, who worked with both Rhondell and Christine in the writing of his own Blueprint for a business endeavor, eventually birthing a "Living Company." Gene's words of experience are woven within the article. It is with extraordinary gratitude to Rhondell, Christine and Gene that we continue. As with anything written in *The Way of Intelligence* comes the passage – Don't believe a word that's written here. Check it out for yourself!

~

What is a Blueprint? What is Pre-Initiative?

- In businesses there is a specific aim, while in "regular life" we might be doing a lot of different things just for the fun of it, just to experiment to see what happens.
- The writing of a business plan for our purposes is called a Blueprint. Might you have a passion or a burst of inspiration? Is there a business that you wish to initiate? There are questions to explore that begin to form a road map. For example: Have I defined the purpose of the business? Have I defined the initiative I am taking? Have I defined the role I will play and what I will do? Have I answered the question - I am starting a business (company) that provides the following services...
- With responses to the questions, one can take purpose + aim and then work backwards to see how it might be achieved step-by-step, always remembering to be flexible, remembering that a blueprint can be tweaked as you go along.
- With Purpose and Aim in place (Single mindedness – this is what I will do), one has a template allowing the opportunity to see what is real 2nd Force (Resistance) and what is Contrived Resistance or junk from the Not I's. (please see *WGOH? The Four Forces*, page 5) When a business is started, there can be lots of resistance. Not I's don't like it when we go playing around in their realm, let alone taking charge of it.
- Someone needs to be in control of the business to keep it awake. We're creating a culture of the company. It's like a person. It works from the inside out. Our job is to be aware of suggestion, remaining objective reporters, observing and reporting "what is," being in charge of our inner states.
- You can have a good time providing entertainment for the Host if there's attention and approval, yet the attention and approval is a byproduct, not the purpose. It's all for the Host – whether alone or with someone-because the Host is within you, not "out there." If you're having a good time so is your partner, the Host.

- The stronger the Initiative, the stronger the Resistance, the stronger the Form, the stronger the Result.
- We can't lay a solid foundation if we don't have a clear blueprint. If necessary, make a new blueprint and start anew. What's within a Blueprint? Intent. Foundation. Building. Structure.
- Trust Life and do what we can and let Life do what it does. Work together. Just keep "on the path" and it will unfold. Takes the pressure off a bit.
- With a new purpose, changing the purpose of living does not eliminate the 4 DBU's. We just have a different relationship to them. For example: With a "Living Business" our job is to give customers comfort by listening, to give them attention the minute they walk through the door, to give them approval, to learn their wants. Often people in business want to take from the client, want the client to give them approval, a feeling of importance. The reverse is more accurate. Our job is to assist in making the person feel better about themselves. Our job is to create an exchange between our business and the community where the business resides, to give as much back to the community as we expect them to give to us. This is a conscious effort. This is taking charge of Big Business.
- A business can be a school, yet there's no way of knowing how many people will be influenced. Some subtly, maybe even a few students and that can be a real purpose for a business, to be a vehicle for the teaching ideas. A business can be a vehicle for something far more valuable than itself.
- If the business is a "Living Business" which has employees there is a responsibility. A business contains stewardship, assisting the person/employee in reaching their full potential, asking them what they want, sharing in their growth. This is a mutually beneficial exchange. How many people can you touch and assist in developing their potential? People begin to wake up as they connect with their full potential.



photo from Pat Mahaffey

- Look at people (customers, employees, staff) and learn what they want. Work with them to remove excuses. Work with them to attain what they want. This is a "Living Company."
- With a new project initiated, watch for resistance that comes up. For example, if we quit "complaining" about resistance – 2nd Force – there would be energy instead of being exhausted at night.
- With a new project initiated, there can be lots of resistance. For example, we can find ourselves attending to something else that "needs" to be done first. When you see it coming up, be careful. It could drain your energy for the new project or business.
- Consider remaining quiet about what is being created. Talking about what is being created can drain the energy right out of the project, the precious energy needed to keep building, developing, laying the foundation.
- Set a deadline as if someone else is requiring this so we quit tweaking . We can tweak forever. Don't pressure self. Simply state the blueprint will be finished by a certain date.

- The only reason for anything is because you want to and because you'd simply like to make a contribution.
- Play the game. Don't let the game play you.
- Play the game consciously.
- We want to walk between playing to win and playing to our advantage and not selling out. A challenge.
- All we need do is be clear on the "what" and the how will follow. The "how" is not our job.
- A favorite prayer of Gene's (which will sure make your motives clear): "Lord if I worship you to gain a heaven, deny it to me. If I worship you to escape a hell, cast me in".

~

Writing Your Blueprint

The information provided above serves as a resource of guidelines on the writing of a Blueprint.

Take your time. Allow intention to emerge from within. Then, with your conscious intention in place, First Force – Initiative – begins.

Please note that there may be an ending of something before this new beginning occurs. Possibly something being over that you haven't wanted to acknowledge or face?

From a conversation on Chez Christine - New beginnings have lots of enthusiasm, but endings are another matter. Have you noticed how painful it is when it's the good stuff that's ending? Pain can be related to our degree of attachment, also to things that end abruptly, before their time so to speak. This can be upsetting even if we're not attached.

Human beings despise endings, despise change – unless it's something they wanted to escape.

Has there be an observation that there can be discomfort at change? That endings can be upsetting, even if we have a new purpose? Even if we see it coming? Is it possible that it's the nature of this place and we can either accept that gracefully or kick and whine? In any case, when it's over – it's over.

Can we take a moment to answer the question – What had to end for this new beginning?

Exercise: Maybe each of us can give a little contemplation to "endings" as well as new beginnings and how accepting them gracefully is the only way because they are thrust upon us in any case.

~

A Completed Blueprint

Sign and date your Blueprint, your contract with "X."

Place your blueprint within a notebook or file that you can refer back to each day.
This is now a Living Document.

~

P.S. from Robin: *After my conversations with Christine three years ago about writing a blueprint, I wrote one, asking if she'd review it, give me a bit of feedback and placing her signature at the bottom. Christine never did sign the Blueprint/Contract I wrote. It was not until after she left the Big Party did I realize that that space was left open for me to invite "X" to be my partner. I have since done just that.*



SANITY ISLAND

Campfire Circle of Friends

Wednesdays, 6 - 7 PM, PST

All are Welcome!

Visit for 5 minutes or stay the full hour!

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For further information:

harmonyworkshop@earthlink.net

*** Don't believe a word you read here, or in any of our publications, websites or anything that's said. Instead, take these principles as propositions and check them out for yourself. If they work for you, you have a new map; if not, feel free to toss them. ***

[CLICK HERE FOR SANITY ISLAND SECOND LIFE INTRODUCTION & INSTRUCTIONS](#)



Project Thanx

[Project Thanx](#) is a blog dedicated to experimenting with the many ways we can say "Thanx", both within ourselves and our daily lives.



Enseignements is a French blog written by our friend Marie-Claude. Here you will find Rhondell's 48 Lessons and Picture of Man graphics translated into French!

[Enseignements Home Page](#) & [Enseignements Graphics Page](#)

A Book of ThanX
Christine Thompson

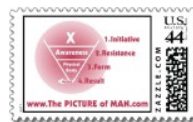
June 9, 1945 - July 31, 2010



-A Friend To All-



We are updating Christine's *Book of Thanx*. If by chance you would like to write a note of thanx to our Friend, please send us an e-mail at harmonyworkshop@earthlink.net.



<http://www.zazzle.com/harmonyworkshop>

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Pasadena, CA 91107



HarmonyWorkshop.com

Links to all our sites.



TheWayofIntelligence.com

This newsletter and copies of previous newsletters.



SanityIsland.com

Pages and pages of educational material, and some fun stuff, too.



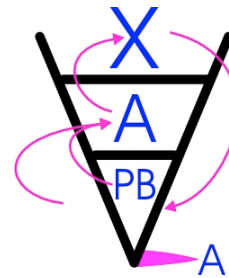
AwarenessJournal.com

Newsletter archives.



ThePartyStory.com

What am I? Where am I? What's going on here? What can I do, if anything? One man's answers, available to anyone.



PictureofMan.com

Diagrams and a step-by-step narrated video describing the Picture of Man.

Other Sites of Interest



ThanXgiving.com

If you are bursting with gratitude about anything at all and want the world to know, post here.

MarshaSummers.com

Here you will find hundreds of hours of transcriptions of Rhondell workshops.

Rhondell.com

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