



THE WAY of Intelligence

Fall Harvest Buffet

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CHAT ROOM & IN BOX are
available in online archive of
Summer Buffet
<http://tinyurl.com/kbexacl>

Dear Friends,

While constructing the current edition of *The Way of Intelligence*, the Harmony Workshop team decided that rather than visit moments past in piecemeal format, we will now republish archived newsletters as they were originally written . . . with just a few design changes. So, in a nutshell, same contents, new container. For the Fall 2013 edition of *The Way of Intelligence*, we have decided to revisit the *Summer 2006* edition (Number 18), entitled "Summer Buffet" (<http://tinyurl.com/kbexacl>) . . .

Instead of a particular theme for this issue, I've gathered some unpublished notes from Rhondell and other interesting tidbits, including what people continually ask for, specific exercises. Some kind readers also contributed very nice material.

If you have ever mused about submitting something, please go ahead and be brave -- I can assure you there are people eager to hear what you have to say.



This buffet can be found on Second Life, Sanity Island at the top of the Faery Cottage, next to the Treehouse.

by Rhondell

1. WATCH WITHOUT JUDGING YOUR ACTING OUT OF DECISION # _____ (CHOOSE ANY ONE). THEN ACT IT OUT CONSCIOUSLY AT LEAST ONCE.

2. WATCH YOUR BODY MOVEMENTS WHILE ABOUT THE ROUTINE ACTIONS OF EVERYDAY LIVING. BE AWARE THAT YOU DETERMINE THE "WHAT" AND "X" DETERMINES THE "HOW."

3. WITHOUT JUDGING, WATCH OTHERS ACT OUT THE BASIC DECISIONS.

4. READ THE DAILY PAPER AND APPLY AGAPE TO EACH STORY THAT YOU FEEL A REACTION ABOUT.

5. OBSERVE TODAY THE SITUATIONS YOU REACT TO. DO IT FREELY TODAY. NEXT DAY JUST OBSERVE THESE SITUATIONS AND DON'T REACT, SEE WHAT HAPPENS.

X

by Rhondell

TO LOOK for an authority is to be looking for deliverance from responsibility.

WHEN THE mind is aware of its activity without condemnation or justification the activity comes to an end. In this stillness is all that is really worthwhile.

THE STRUGGLE toward an illusion is the disintegrating factor. The illusion that the conditioned person struggles toward is that **THERE IS AN IDEAL SENSATION** and **THAT IT IS POSSIBLE TO ATTAIN IT.**

WHEN THIS illusion is seen for what it is, it comes to an end without effort.

WHEN THIS illusion has come to an end the person is no longer conditioned nor struggling toward an illusion, thus no longer disintegrating.

THE ROAD to Economic Ruin:

1. **GOOD CREDIT.**
2. **OVER CONFIDENCE, WHICH MEANS GOING AHEAD WITHOUT PROPER KNOWLEDGE.**
3. **GREED, WHICH JUSTIFIES:**
4. **EXPLOITATION OF FELLOW BEINGS. NOT ASKING "WHAT'S IN IT FOR THE OTHER FELLOW?"**

THE BODY AND THE MIND ARE CLOSELY INTER-RELATED AND BOTH DERIVE SUSTENANCE FROM FOOD. THEREFORE, FOOD HAS CONSIDERABLE IMPACT ON THE CHARACTER AND DESTINY OF THE INDIVIDUAL. AS THE FOOD, SO THE MIND; AS THE MIND, SO THE THOUGHT: AS THE THOUGHT, SO THE ACT. ALL THAT IS PERCEIVED BY THE SENSES CONSTITUTES "FOOD."

- SAI BABA, SENT IN BY JEFF

IF LIFE BRINGS YOU TO IT, LIFE WILL BRING YOU THROUGH IT.

- AUTHOR UNKNOWN

FEARLESSNESS IS THE ABSENCE OF COWARDICE. THAT IS TO SAY, COWARDICE, OR UNCERTAINTY, COMES FROM SPEED, FROM NOT BEING ON THE SPOT, AND FROM NOT BEING ABLE TO LEAD LIFE PROPERLY AND FULLY. YOU MISS A LOT OF DETAILS, AND YOU ALSO MISS THE OVERVIEW. TO CORRECT THAT, YOU NEED ROOM FOR FEARLESSNESS, WHICH COMES FROM HAVING FAITH IN YOUR EXISTENCE. FEARLESSNESS IS NOT PARTICULARLY A REWARD OR A GOAL, BUT FEARLESSNESS IS PART OF THE JOURNEY ON THE PATH. FEARLESSNESS ALTERNATES WITH FEAR, AND BOTH OF THOSE ARE KINDLING THE FIRE. YOU ARE NERVOUS, SPEEDY, FEARFUL. THEN THAT BRINGS ANOTHER AREA OF STEADINESS, SOLIDITY, AND CALM. SO FEAR AND FEARLESSNESS CONSTANTLY ALTERNATE.

- CHOGYAM TRUNGPA [USED WITH PERMISSION]

EACH HAS BEEN GIVEN A STRONG DESIRE FOR CERTAIN WORK. A LOVE OF THESE MOTIONS, AND ALL MOTION IS LOVE.

- RUMI, SENT IN BY TOM

ALL I HAVE SEEN TEACHES ME TO TRUST THE CREATOR FOR ALL I HAVE NOT SEEN.

- RALPH WALDO EMERSON, SENT IN BY BILL

THE SECRET OF HEALTH FOR BOTH MIND AND BODY IS NOT TO MOURN FOR THE PAST, WORRY ABOUT THE FUTURE, OR ANTICIPATE TROUBLES . . . BUT TO LIVE IN THE PRESENT MOMENT WISELY AND EARNESTLY.

- BUDDHA, SENT IN BY TOM C.

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”

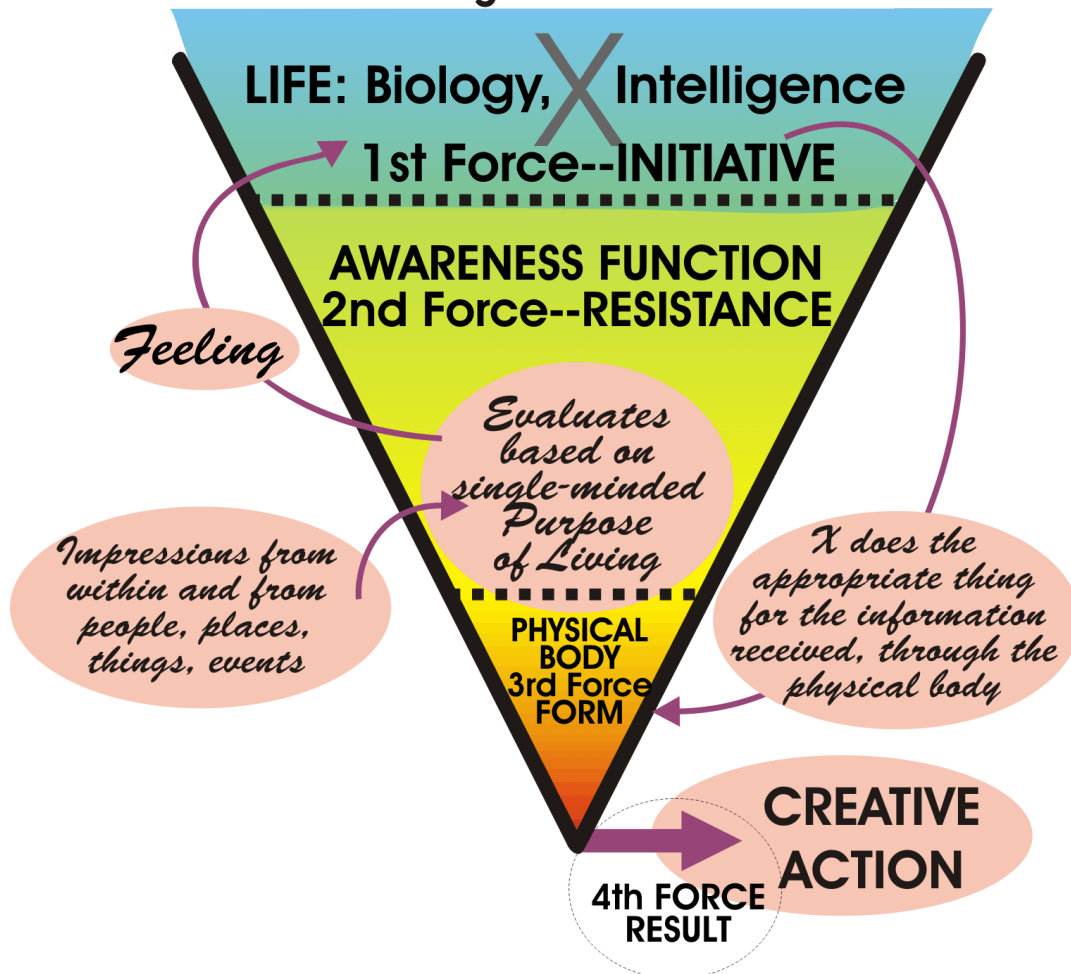
BIG BUSINESS -- Decrees what’s “pretty” and “ugly”

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

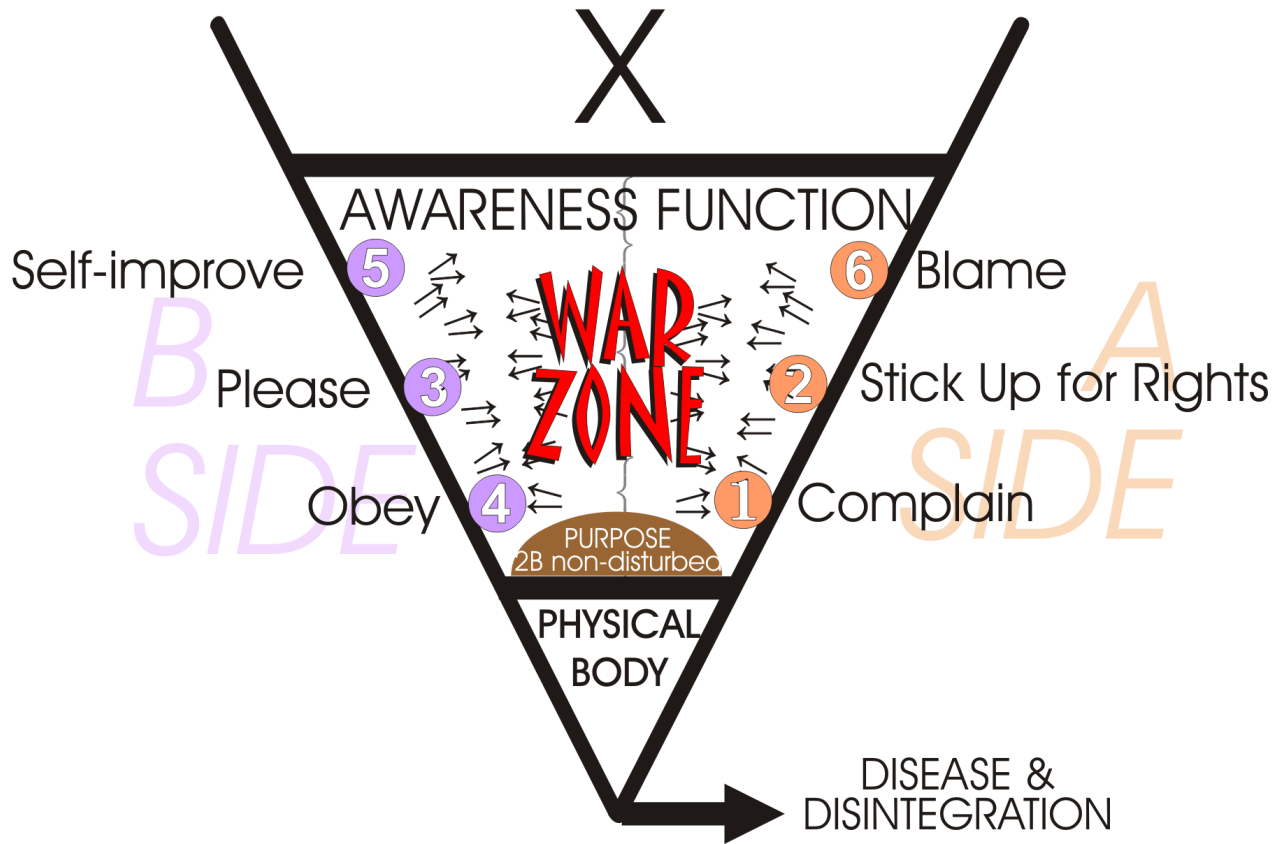


A human being has four aspects, which are not separate but are interdependent. The first is the biological aspect of LIFE FORCE, called X here because it is not really definable--one knows it's there, one knows when it isn't, in any creature. So, as in algebra, an X is used to denote that something is 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

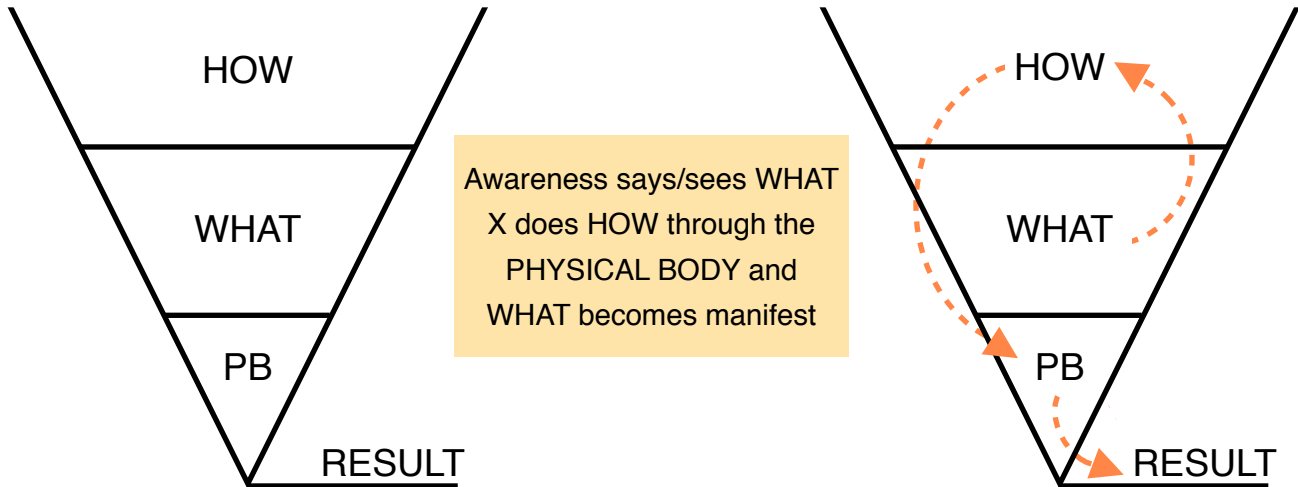
Understanding that whatever any person including myself has done, is doing, will do, is felt at the time of doing to be right or proper or justified with the light he has at the moment.

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.

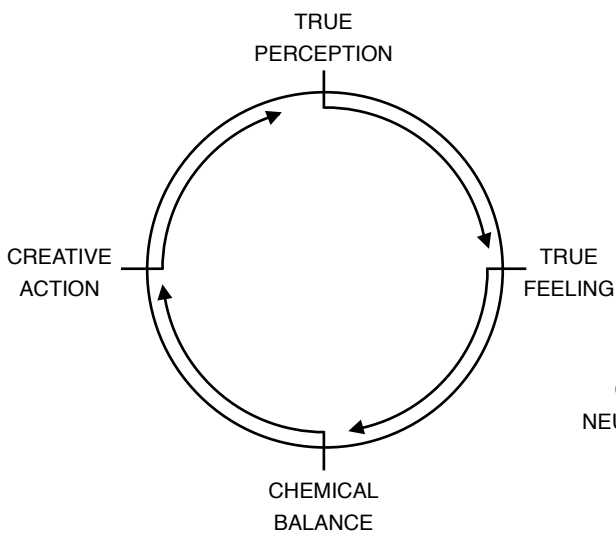
Anything I or another have ever done, am/is doing, or will ever do, is felt at the time of doing to be right or proper or justified.

Check it out.

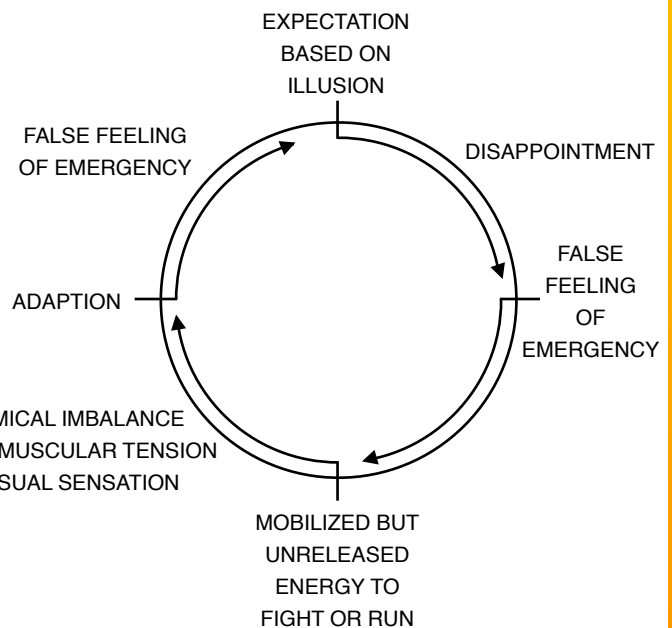


I live in what I radiate.

THE LIVING CYCLE

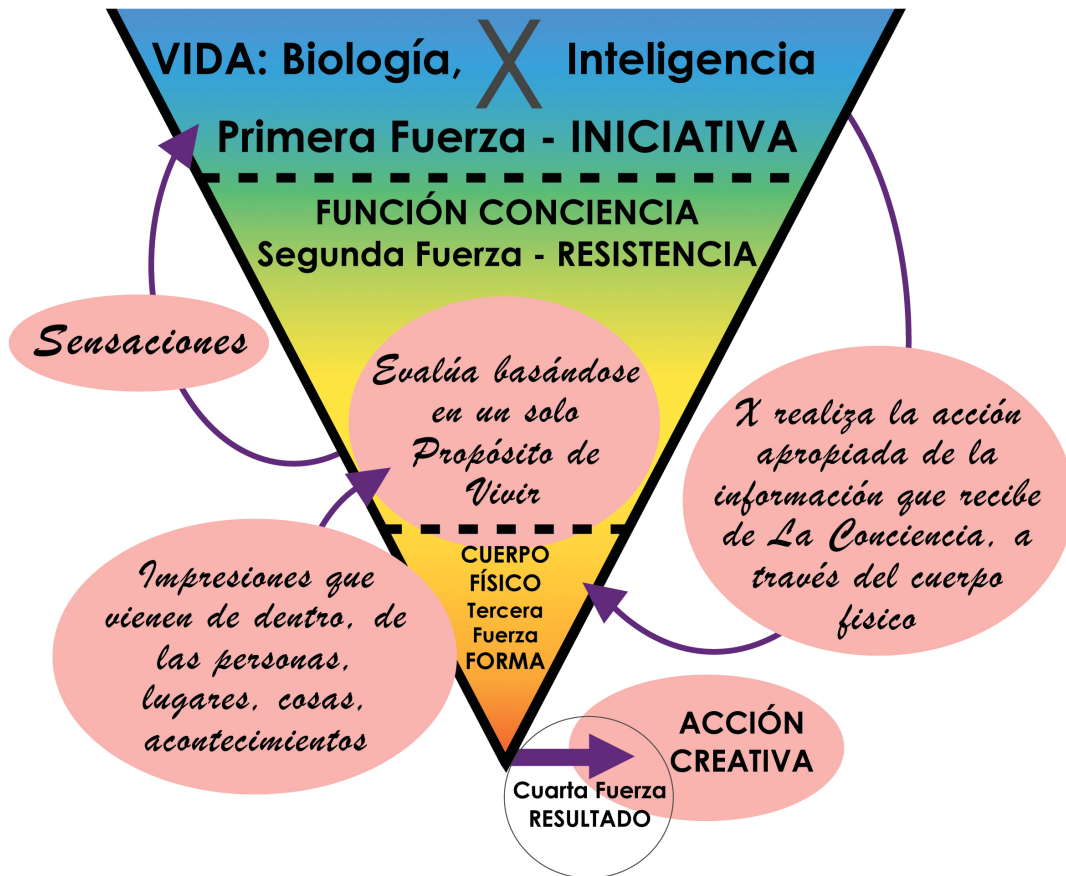


THE VICIOUS CYCLE



EL CAMINO de la Inteligencia

GRAFICA DEL HOMBRE
como fue diseñado para funcionar

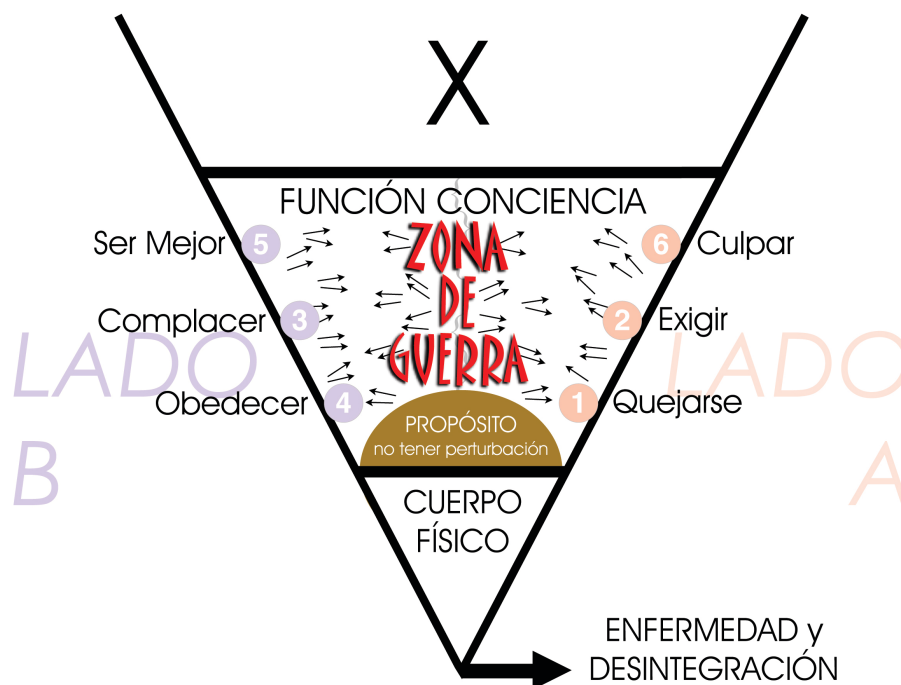


Un ser humano tiene cuatro aspectos, que no están separados sino que son interdependientes. El primero es el aspecto biológico de la FUERZA VITAL, que aquí se llama X, porque en realidad no es definible—uno sabe que existe, y sabe cuando no es así, en todo ser. Así que, como en el álgebra, se utiliza una X para indicar que algo existe, que aún no se puede definir con precisión. En seguida está la FUNCIÓN CONCIENCIA, que es lo mismo que los sentidos, pero más que los sentidos cuando está desarrollada. Una Función Conciencia desarrollada es más que la “programación” del cerebro, determina los sentimientos. El tercer aspecto es la MOTRICIDAD, el CUERPO FÍSICO, a través del cual se vive la vida. El cuarto aspecto es la ACTIVIDAD del conjunto. Cuando un solo propósito es la base de la vida de una persona, no hay conflicto y él o ella funciona con todos los aspectos en armonía. La persona se siente a gusto... La Función Conciencia recibió impresiones de dentro y de fuera, de otras personas, lugares, cosas, acontecimientos. Forma un sentimiento acerca de esas impresiones que no opta por ignorar, y ese sentimiento está en armonía con el propósito de vivir. El sentimiento de la Conciencia es un medio de comunicación con la Fuerza Vital, X, que responde apropiadamente a través del Cuerpo Físico a la información que recibió, y se produce la Acción.

El Camino Del Mundo

LA GRÁFICA DEL HOMBRE

con el propósito de vivir: obtener el estado de no perturbación



Pocas personas funcionan como el ser humano fue diseñado para funcionar así como en el diagrama anterior. Cuando un bebe nace, el trauma de dejar el mundo uterino que no tiene perturbación le hace reaccionar con un sentimiento de que el único propósito de vivir es volver a recuperar el estado de no-perturbación. Esa decisión se convierte en la actitud y en la acción de ahí en adelante. A medida que crece, el niño toma más decisiones en cuanto a cómo lograr su propósito de no-perturbación. Se queja, lo cual funciona para un bebe. Cuando se llega el día que esto no funciona, el defiende sus “derechos” o exige no-perturbación. (Esto da principio al lado A de La Imagen del Hombre.) Con el tiempo descubre que el complacer a la gente a veces logra que él se salga con la suya. (Esto da principio al lado B) En ese momento se forma el conflicto. El quiere llorar, “pero” siente que “debe” complacer. Luego él ve a los padres, maestros, a otros como autoridades. Esto es comprensible para un niño y ayuda a mantenerlo a salvo. Sin embargo, no es comportamiento adulto. El constante conflicto entre lo que él quiere hacer y lo que “debe” hacer (el conflicto entre el lado A y el lado B) se intensifica y él siente que si él se superara, las cosas estarían mejor. Esto no funciona, tampoco, y él culpa a todos y a todo por sus perturbaciones, viviendo en conflicto, excepto cuando se distrae. El conflicto se percibe por la Función Conciencia como una emergencia. Esta situación de emergencia falsa se comunica a la Fuerza Vital, X, que siempre hace lo apropiado DE LA INFORMACIÓN QUE RECIBE, en este caso proporcionando energía para luchar o huir. Si esta energía movilizadada no se utiliza en actividad violenta, desintegra el cuerpo; el utilizar la energía de emergencia sin una emergencia es un comportamiento inusual; ni lo uno ni lo otro es vivir en armonía. Con el tiempo se produce la desintegración.

by Rhondell

1. WHAT AM I?
2. WHAT HAS HAPPENED TO ME?
3. WHERE AM I AND WHAT'S THE PURPOSE OF BEING HERE?
4. HOW HAVE I BEEN SEEING IT?
5. WHOSE ESTATE IS THIS?
6. WHO OWNS EVERYTHING HERE?
7. WHAT'S GOING ON HERE?
8. WHAT HAVE I BELIEVED WAS GOING ON?
9. WHAT HAVE I BEEN DOING?
10. WHAT CAN I DO NOW?
11. WHO CAN I DO ANYTHING FOR?
12. DO I FEEL REQUIRED TO DO FOR THE HOST OR DO I HAVE THE PRIVILEGE?

MAY I UNDERSTAND
WITH WISDOM
THE TERRIFYING BLISS OF BEING,

AND MAY I DISCERN THROUGH GRACE

THE MAJESTY OF THE GIFTS BESTOWED
IN MY HEART,

AND MAY I LEARN TO KNOW
THE ESSENCE OF GUIDANCE
THROUGH THE INTERNAL JOURNEY TO GOD,

WHOSE LOVE IS OUR GIFT OF EXISTENCE,

WHOSE LOVE IS THE MIRACLE OF EXISTENCE.

LOVE AND BLISS TO ALL, LET THE PARTY CONTINUE,
ZENA



Marble gazebo in Chez Christine on Sanity Island, [Second Life](#).

THE GRACE OF FAITH WITHHELD *by Tom Colucci*

THE TEACHING defines Faith as the ability to make up the mind, and Grace as undeserved gifts. Rhondell describes Faith as the most powerful force known to man, and that if we could experience it before we have the maturity to handle it, we might misuse it in a moment on indiscretion and possibly cause harm to self or others. He compares this situation to giving a loaded 30-06 rifle to a little child. Rhondell also says that it is a bit of Grace that Faith is withheld from us until we have the maturity to recognize its power and use it intelligently. After spending a few years observing self, it has become increasingly clear that having Faith withheld is actually one of the greatest gifts we can receive because it requires us to put in the effort to continue in self-observation over a long period of time thereby preventing us from using the Teaching as simple another method of self-improvement.

So, over the past few years, Faith has been withheld from this one in the attainment of a number of ideals. These ideals have included many of mammon's gleaming gems in his treasure chest of temptation - money, recognition, and eros. Having Faith withheld so that these desires could not be actualized has turned out to be a great opportunity to investigate the truth and value of the Teaching. Had "I" been able to achieve these ideals, "I" would have been like the little boy with his nose pressed up against the window at the candy store - totally hypnotized by mammon and not been able to see the truth of "my" inner state.

Of course, all of these desires are based on the four dual basic urges, and the struggle, conflict, and frustration "I" experienced in attempting to gain them clearly demonstrates the Picture of Man with its continual conflicts like the Hatfields and McCoys. (Did you ever consider that the Hatfields and McCoys fought for generations and gradually forgot why they started in the first place? Sound familiar?)

The resulting conflicts led to many unpleasant emotions, including resentment, anger, fear, and self-pity which brought about adaptation in the body giving "me" the opportunity to see the vicious cycle in action. It gradually became clear that these emotions were simply an attempt to control circumstances, both inner and outer, either by violence or being such a pitiful little baby that hopefully someone would see it, run, fix it, and make it all better. I was delighted to discover how sophisticated and intelligent "I" really am by discovering a 2-year-old stamping his feet trying to get his way inside a man in his mid-forties.

In time, the beliefs that supported these desires came to light. Beliefs like: "I" know what ought to be. "I" know what happiness is. "I" know what "I" need in order to be happy. And, "I" know how to get what "I" need to be happy.

The continual demand for gratification of these ideals was greed actively speaking in the name of I to X, and whenever greed's demand was not met, vanity felt mistreated. Then pride would rush in to the defense of the poor little self with anger, resentment, or even apathy, when it was particularly cunning, demonstrating the tone scale.

Over a period of months, the accounts receivable became increasingly apparent. The little Not-I's were saying things like: "the church is to blame for conditioning 'me' with so much guilt and fear, especially about

money and sex." "My" parents were to blame for doing such a poor job of raising "me." One of the great discoveries was to see that the only way the accounts could be cancelled was if whatever happened in the first place to cause the account had never taken place.

Slowly, I began to see the price of identifying with the accounts receivable and their power is diminishing.

As Rhondell said, eros is a blind force that is selective, but not exclusive, and if not used consciously, it is as dangerous as having bare electrical wires running through the house.

For much of this one's life eros has been an area of struggle, conflict, and confusion. I observed that mammon had absconded with eros trying to convince I that eros is mammon's possession. And, that it has a right to gratify its desires every way it wants. At times, this brought about quite a bit internal and external conflict. As mammon and eros have gradually been separated greater sanity and balance in living have come about.

The four ideas of the world -- ideals, self-improvement, signs & demonstrations, and blaming -- became evident as I began to see that over the years almost every method of self-improvement was attempted. The amazing thing is that "I" never achieved the ideals which had been made so important, but mammon's desire for more, better, and different kept "I" tied up in a hypnotic whirlpool of conflict, struggle, and resistance for years.

I began to see how all of this feeds addiction. This one's primary outer addiction is food, but the real, inner addiction is mammon with its demand for more, better, and different. When we serve mammon it uses "I" as its slave and wears us out leaving us feeling empty and wanting to fill the hole with the outer addiction -- food, sex, alcohol, drugs, etc. -- which doesn't work, leaving us even further down and out.

Rhondell said that Faith might be extended to one as they slowly grow in Agape and Grace. As much of the misery within was seen and understood, Agape for self began to slowly filter in. Realizing that others were in a similar state of being, Agape has little-by-little been extended to others. There has also been a deeper experience of Grace. Moments of Understanding that come unexpectedly and thankfully from within and provide the inspiration and faith to keep going in the work of self-knowing.

These are just a few of the pieces of the Teaching that have been observed over these past few years. Gradually, the Teaching has been experienced as a seamless whole. It is the seamless robe worn by the Christ, and not the fragments of the personality. It is a gift that when acted upon creates a seamless whole in the inner man.

Had this one been able to make up the mind to actualize these desires, the Real I would never have developed because mammon would have had the ability to quickly and easily gain everything it wanted. The Grace of Faith withheld is that we are lovingly and firmly invited by X to slowly reevaluate the self and rise above that which is destructive. The Not-I's continue to tempt I on a daily basis, and sometimes win out, but like the grain of sand in the oyster -- they are the irritant that create a pearl -- a completed man.

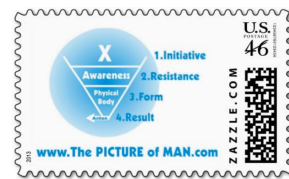
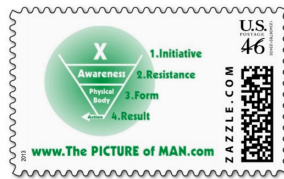
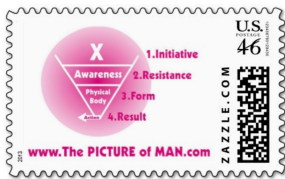
MITRA SENT this verse by
Rumi:

IF YOU COULD GET RID
OF YOURSELF JUST
ONCE, THE SECRETS OF
SECRETS WOULD OPEN
TO YOU. THE FACE OF
THE UNKNOWN,
HIDDEN BEYOND THE
UNIVERSE WOULD
APPEAR ON THE MIRROR
OF YOUR PERCEPTION.

Would You like to help fulfill Rhondell's request that the Picture of Man be made available to the whole world? One way you can spread the Good News is to use these postage stamps on your bills and correspondence. Who knows who might see it?

(Multiple colors, sizes and denominations available.)

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



A Big Thanx to Judie for
the beautiful Summer and
4th of July buffets!



S A N I T Y I S L A N D

Mushkil Gusha

Thursdays, 6 - 7 PM, PDT/PST

All are Welcome!

[http://maps.secondlife.com/secondlife/Sanity
%20Island/52/143/22](http://maps.secondlife.com/secondlife/Sanity%20Island/52/143/22)

For further information:

friends@harmonyworkshop.com



HarmonyWorkshop.com

Links to all our sites.



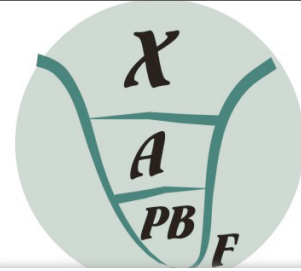
TheWayofIntelligence.com

This newsletter and copies of previous newsletters.



SanityIsland.com

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



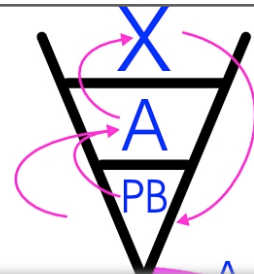
AwarenessJournal.com

Newsletter archives.



ThePartyStory.com

What am I? Where am I? What's going on here? What can I do? A wise man's answers.



PictureofMan.com

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

ThanX Life!!

ThanXgiving.com

If you are bursting with gratitude about anything at all, post here.

MarshaSummers.com

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

Rhondell.com

[Other Sites of Interest](#)