



THE WAY *of Intelligence*



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SANITY ISLAND

Mushkil Gusha

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(PDT/PST)
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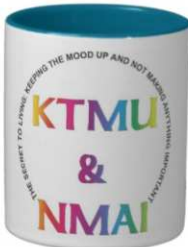
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<http://www.goodleather.com/new.htm>

Placebos and Nocebos

N. E. Fradkin

A *placebo* is usually a medication, treatment or words that is effective only because it is suggested (or promised) to be and you believe it is (consciously or unconsciously). Did you realize that the vast majority of cures and remedies on the market are effectively *placebos*?

A *placebo* is essentially an unreal Rx for treating an unreal illness (unreal means it's all in the mind). It makes perfect sense, doesn't it? So perhaps if you don't believe in the *diagnosis*, you won't need the treatment. *And it can be costly.*

Note: The etymology of the term *diagnosis* comes from 2 Greek roots, "di" meaning two and "agnosis" meaning to not know. In other words, originally a *diagnosis* meant that both the patient and physician didn't really know what the condition was. So the patient was not given a *diagnosis* (as they are today); they *had* a *diagnosis*—until the etiology was discovered.

A *diagnosis* is one form of what is called a *nocebo*. A *nocebo* is basically the opposite of a *placebo*. A *nocebo* is something that causes a disease (dis-at-ease) or makes you ill because it is suggested (or threatened) that it will (overtly or covertly) and you believe it (consciously or unconsciously). In other words, *believing in (or catching - as Rhondell would say) a diagnosis can make you sick.*

So if you were to stop believing in the disease, you could skip the fictitious cure, a cure that may be worse than the disease. In fact, a large number of medical conditions (one third or more) are what are called in the trade "iatrogenic". This means the condition was caused because the person went to the doctor and/or received treatment.

Of course, all of this does not necessarily apply to physical traumas, *treatable* infections, poisoning and the like, or prosthetics (i.e. eyeglasses, hearing aids, necessary attachments and implants). And until you can become aware enough to take charge of your beliefs, it is perhaps best to see the doctor and use his/her prescription wisely. And sometimes get a second and third opinion.

The mind's ability to affect the body, affect itself and its suggestibility is immense.

Placebos and nocebos aren't just prevalent in the healing arts but are also widespread in the arenas of politics, big business, religion and self improvement. These institutions may not be nearly as concerned with your well being as they are with their own.

The bottom line is Wake up in the dream, become aware and take charge because you may not have as much (or any) free will as you believe you do.



Harmony Workshop Sites

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.

ThanXgiving.com

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

PurposeofLiving.com

A place to begin - especially suited for the beginner or the seeker.

GoodLeather.com

Harmony Workshop's online store - books and unique gifts.

Zazzle.com/HarmonyWorkshop*

Harmony Workshop's Zazzle store - postage, notecards, stickers and more.

Other Sites of Interest

MarshaSummers.com

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

Rhondell.com

Here you will find a listing of Rhondell's materials.

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2245 E. Colorado Blvd., Suite 104, Pasadena, CA 91107

friends@harmonyworkshop.com

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What's Going On Here?

Part 1

by Rhondell

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About the Understanding of "I"

The pronoun "I" is probably the most used in verbal comments and conversation. To most people in the world this makes little difference; however, to the person intent on the spiritual life, integration, it makes all the difference.

To see the nature of the material side of being, the body, is fairly simple; the body is the motor function of X. A body without X, the non-material, non-physical aspect of living, is a dead non-functioning thing, that rapidly disintegrates into elements. By the same token, the awareness function of X or Spirit--which almost constantly says "I" and takes credit for almost everything except that which is unliked, which is blamed or on something by "I"--without X simply ceases to exist.

If this matter of "I" is carefully considered by attention and concentration, one sees that awareness is really function and not a thing, just as heart-beat is a function not a thing, that digestion is function not an entity. Where there is this recognition, this perception, then awareness can experience directly the purpose of awareness; it is to supply accurate information to X as to the state of affairs at the moment (sometimes referred to as "reporting to X"). There is also the awareness that the awareness function does not know what should be, what ought to be. For instance, the unrealized awareness, if it could, would always stop all adaptation by X for the body, simply because the unrealized awareness has established a purpose for its taste that everything painful or unpleasant is bad and should not be. This would result in a very short life span. The realized awareness simply reports the situation present, full well knowing that reporting is what the awareness function is designed to do, just as the digestive function is to digest food, not tell X what it should do with this mess of pulverized greens, bread, meat and veggies.

The realized awareness function begins to behave as a function and not as an entity, and this brings balance into living. Balance is integration.

The integrated being--X and its motor function the physical body, and its awareness function the mental aspect-- is one and no longer is heard from this individual such comments such as "I" have a body which "I" must take care of, "I" have a soul which "I" have to see is saved, "I" have a mind which "I" must improve, "I" have enemies which "I" must overcome, etc., etc. Instead there is accurate reporting of what is, moment to moment, well knowing that X always does the appropriate thing for the information it receives from the awareness function, both the conscious and the sub-conscious levels.

Then is seen the real expression of X (Sprit)--a loving attitude, a serving of all life, reverence for all life (thankfulness), forgiving, tenderness, the giving of freedom to all, instead of attempting to gain control. X

Bits & Pieces from School Work

Without a purpose of some sort, conscious or unconscious, one will do absolutely nothing.

The most valuable asset one can have is a consciously chosen purpose, and the sense of duty to actualize it.

The way of success is "What can I contribute?" NOT "What can I get?"

Which do you spend more time on--"How am I being treated by others?" or "How am I treating others?"

Total inner consideration is called psychotic behavior.

NOW is the precious present that all too often is not valued.

Everyone wants longer life and more abundant living. However, few make the most of every moment. If one is out of present time 50% of the time, that one's life is CUT by 50%.

NOW has no beginning or ending, therefore is timeless.

One talent is as valuable to the world as another. A so-called great talent not used is worthless. A so-called small talent used to its fullest is of GREAT worth. X

The Awakening Factor

Many calls are received asking about staying awake. Most find that the Not-I's take over very frequently regardless of best intentions. Seemingly the most valuable exercise to stay awake more of the time is to establish a point of awareness. This is to create a point that is purely an objective observer. An observer that neither condemns, justifies, nor approves.

This point of awareness is totally impersonal. It is simply a point of awareness that observes the self. For instance the point of awareness sees John feeling annoyed, the point of awareness reports "John is feeling annoyed." No judgment, no faultfinding, simply reporting what is. The point of awareness is only reporting "What is going on here." This is a simple and very interesting exercise in being awake. ✕

Q & A

A caller last week asked the difference between BEING IN LOVE and LOVING.

If I'm IN LOVE with you I am concerned with how you make ME feel, that you continue to make ME feel good, loved, safe, happy, etc. There is the worry that I might lose you. The orientation is what is coming TO ME from the outside, what I am getting, how I feel. And I want yo to feel good because that makes ME feel good.

If I LOVE YOU I am concerned only with your well-being, regardless of its effect on me. I may enjoy many lovely side-effects of loving you, but the orientation is FROM within me outward. ✕

Addiction, Part One

All those who spend their time working with people-problems sooner or later recognize that the whole human problem of misery is the problem of addiction.

Everyone is, of course, aware of addiction in cases of drug addiction, alcohol addiction, nicotine addiction. As serious as these addictions are, they are merely the top of the iceberg, so to speak. Most addictions aren't recognized by the person addicted, their friends nor family, nor society as a whole, nor by the people-serving professions.

First let there be consideration of what addiction is, how it may be recognized. Addiction is the human condition when something is craved and a justification is found to justify the craving. The person will go to great lengths to gratify it, and it must be repeated constantly. The person so addicted never seems to recognize that they are addicted; it's just something that is enjoyed, just human nature, etc., etc.

Addiction can be recognized by the objective observer by simply seeing that there is a constant pattern to the person's activity. It can easily be seen that the person is continually buying the gratification for their addiction with all their reserves, their health, peace of mind, and in the end with their life.

Now for some addictions not usually recognized as addictions but which fit all the criteria of addiction. Please note that all of these have the same signs of addiction as do alcohol and drugs.

ATTENTION Just look about to see how many spend all their resources, their energy, their time; then neglect their family, their business and their health in their attempt to gratify the addiction to attention.

PLAYING BIG SHOT Same as above.

BEING A VICTIM Just look; no matter what's going on the person proves self to be a victim, repeating life situations wherein they are beaten, abused, mistreated, frustrated. When one has certain emotions, corresponding hormones are produced in the body, and one becomes addicted to the presence

of the hormones and produces the circumstances to produce these hormones--plainly addicted.

COMPLAINING Same as above. The person finds all sorts of things to complain about while saying, "I'm not complaining, BUT..."

FAULTFINDING Same as being a victim.

EATING DISORDERS Same as Attention. Addiction to dieting, fasting, eating. ("I'm a victim of food.")

SELF-CONDEMNATION A variation of the Attention and Victim syndromes.

INFERIORITY FEELING Same as Self-condemnation; a variation of Justification.

DISCRIMINATION SYNDROME A common variation of the Victim addiction. "I'm discriminated against because of sex, race, religion, occupation," etc., etc. Very common.

DISTRACTION Must have constant distraction, noise, music, sex as entertainment, taste for some substance. The start of most chemical addiction.

WORK Attention, Victim, and Complaining. "It all depends on me."

EXERCISE Combination of getting attention and addiction to the chemical changes in the body produced by intense activity.

BEING SICK Combination of Attention and Victim.

This could go on with enough material for a textbook but this is enough for the present.

Now what can be done about it?

Before the person addicted can do anything about the misery-producing situation, there must be recognition that one is addicted. This is the first step. Without the recognition, nothing can be done. Once it is recognized by the person addicted, real work can be done very quickly. But without that recognition, nothing can be done. X

Addiction, Part Two

To understand addiction it is necessary to have a working knowledge of adaptation in the human. Adaptation is the real survival function. If, for instance, one takes into the body a noxious substance on a continuing basis, the first attempt of the living organism is to eliminate the substance by vomiting, extra excretion, rapid oxidation. However, if the substance is taken repeatedly, the living organism adapts by creating an antidote, not only when the substance is taken in, but when the substance is expected.

Now the need for the substance is required by the body to restore balance to the antidote. This produces the craving and the compulsion to continue the substance. This is addiction.

The same process works for internal secretions, hormones produced in the body in response to emotional states, resulting in a constant repetition of the behavior patterns regardless of circumstances. There are far more persons addicted to internal secretions than there are persons addicted to substances from outside the body.

All addiction lowers the well-being of the person and the natural ability to enjoy just living. As stated before, the recognition that one is addicted is the start toward freedom. No doubt it is easier to be aware of addiction to substances from outside than it is to recognize that one is addicted to internally produced hormones, such as those produced when one is angry or worried, or anxious, or complaining, or disgusted, or finding fault, etc., etc.

One can remember that the human being was never designed to live in a state of distress, but rather to be in a state of joy and thanksgiving for being alive and have the inborn ability to adapt to changing conditions, and to have a flood of energy to fight or run when in a dangerous situation.

However, conditioning has resulted in many of us seeing almost all situations as dangerous and the ability to imagine things has given the conditioned person many situations that only exist in thought, to be in an emergency-feeling state. Further it seems to be that most persons feel that they are entitled to have all wants gratified at once, or else feel that they are being mistreated and denied their natural right of being totally non-disturbed; this leads to all kinds of addictions. X

Q & A

Question: What is meant by “human nature”? I frequently hear someone say, “Well, that’s only human nature.” I usually hear this statement when someone seems to be trying to justify some very unbecoming behavior.

Answer: *Mankind*, humans, seems to have two natures—one rules by emotional reactions, which can be considered animalistic, or carnal, or materialistic. This is the nature you seem to hear justified. The other nature man is, is so rarely expressed it hasn’t been noticed by most. That is the spiritual nature. It is objective awareness and expresses unconditional love. Check on both human natures and see which you prefer to cultivate. X

Taking Dominion

We read in ancient writing that man was told to take dominion over the earth, to subdue it and to make it fruitful. This probably means to take charge of things, crops, mines, animals, etc. Much of this has been done—man raises crops, domesticated many animals, built shelters, built roads, bridges, means of transportation and power, controls fire for the most part, obtains many substances from the earth, refines them for many uses of mankind. However, often without seeming to realize it, that when one tames anything, whether it is a plant, an energy, animal, or the earth, one is responsible for it.

Greed thus influenced mankind to merely gain dominion over these for gain and neglected the responsibility part of the transaction. All things can be dominated without injury to the environment. Of course, this may take a little from the profit; however, failure to do so results in great loss to life on earth now and in the future. This could properly be called exploitation, not dominion. So probably little consideration has been given to the meaning of dominion.

It is possible for us to start considering daily the real meaning of dominion and to practice. This will set in motion a revolution in the thinking of mankind. Please don't fall into the trap of "I can do nothing," as all real changes start very small. One real action produces more results than a hundred protest movements or thousands of letters to the editor. Do something, plenty of others are merely complaining. Complaining and blaming are just "someone else should do it, but NOT I."

This blaming leads to the greatest of misunderstanding of the commission to take dominion of the earth: To take dominion over people. The only person one has responsibility to take dominion over is self. However, all blaming and complaining say very loudly, "I'm not responsible for me but everyone else is, so I should have some institution take dominion over all people and force them to do my will, take care of me."

So now as one looks about we see that more and more there is concentrated effort to take dominion over people.

This is done by laws, by suggestion, by advertising, by example, by threats, by guns, by violence. This has been going on so long that it is merely accepted as the only way.

Possibly if one cares to really pay attention it is rather obvious that most of one's energy is spent attempting to gain control over others; and even though one gets it, control over others is very unsatisfying; so of course, the idea is that there simply isn't ENOUGH control, therefore the effort to get more control. Remember that what anyone controls, one has responsibility for. Another practice: Eliminate all conscious and unconscious attempts to control others and use that energy to take charge of self.

Understanding the idea of dominion and practicing it can bring about a new world, first for self and then it will spread. This is a Teaching idea that anyone can use daily and one that when practiced will bring about transformation. X

The Basic Content of Initiatory Material

1. *Mankind* are the only non-specialized creatures on earth.
2. *Being* unspecialized, man must act out roles.
3. *If a person* does not consciously choose a role and act it out, whether an original role or an adopted role, that person will be cast in a roll or just fall into a role.
4. *The fact* that each person is unaware that he or she is 100% subject to suggestion 100% of the time makes it very easy for people to be cast in various roles by others, by circumstances, and by temporary necessity.

The small percentage of wise people in the world (it does not matter the source of their wisdom) choose their role or roles (most have several), write their own scripts based on information and knowledge, direct their own actions (are self-determined), and act out the role consciously and skillfully.

Some of these individuals are very visible and some wear the cloak of invisibility. These latter may be mostly unnoticed, but greatly influence life on planet earth, most especially at times when the spiritual nature of mankind is at a low ebb.

Now, let a little attention be given to the great number of people that have been cast in roles by others, or by circumstances, or by just fumbling into a role.

A very common role is that of acting out being a victim of just about everything. It is easy to see this role, and to see that it is unconscious. This role calls for complaining about circumstances, about other people, always having enemies, and finding it necessary to stick up for assumed rights, and of course, always struggling for an ideal state of affairs wherein they would no longer be victims.

The victim is always wanting some power to take care of everything for them so they, in effect, by giving power to others, build institutions that keep the idea of victimhood going and enhance the role so that it appears to be reality.

Even the institutions play the victim role, each has its enemies. So in effect all unconscious roles result in the victimhood role.

One feels self to be a victim because of age, nationality, sex, occupation, the past, childhood experiences, weather, dis-ease (due in most part to the role one is acting out), political systems, and--you name it, the list could go on forever.

One lives in that which one radiates--if struggle, conflict and resistance, then the Vicious Cycle.

The only ways out of the Vicious Cycle are:

1. DEATH

2. THE WAY OF THE WISE: Choose your role or roles. Direct the role with information and experience and act out your role with skill. Skill is acquired by practice. X

The Nature of Scripts

A frequent question asked is, "What is meant by having a script?" A script is merely the essentials in acting out a consciously chosen role.

The first step is to see that one unconsciously is trying to achieve the Four Dual Basic Urges, because one feels entitled to them, and as one can never have the Four Dual Basic Urges realized more than a very short time now and then, so one feels victimized and thus unknowingly acts and feels the victim role.

To write a script one must choose a new purpose of living. A new purpose is a role. It is best to start with a simple role; for instance, "my role is that of contributing to a pleasant, harmonious mood." First step in the script/role would be: Seeing that trying to be non-disturbed is futile and only leads to conflict, struggle and resistance, the disintegrating factor.

Second step is to determine the action and attitude that contribute to a pleasant, harmonious mood.

The third step is to start the actual practice of contributing to a pleasant, harmonious mood, whether with others or alone.

Fourth step is to avoid finding fault or feeling guilty when one falls into the old purpose of being non-disturbed, but simply pick up the new role at that point and proceed with the practice. This practice can be activated at home, at work, in traffic, on the telephone, in person--in fact, under any and all circumstances.

All other scripts follow the same outline. X

Exercise

Frequently we get calls that request some exercise to enhance spiritual actualization. Inasmuch as this seems to be of considerable interest, we will devote this portion of the newsletter to describing an exercise that is interesting and at the same time very valuable.

Everyone remembers the Four Forces--INITIATIVE, RESISTANCE, FORM and RESULT. However, knowing about the Four Forces and not paying attention to them in action is a long way from actually engaging in a spiritual exercise.

For the exercise, one pays attention to the Four Forces in action in self, in others, and even in the mechanical world.

One excellent place to start is to review the ideas of the manmade world, the world we all live in. In the manmade world most INITIATIVE is a *result*, not a consciously chosen INITIATIVE but a *reaction* to something else, whether consciously chosen or a mere reaction.

RESISTANCE comes about, which of course is most often unrecognized for what it is, but seen as misfortune, bad luck, or just plain cussedness on the part of someone or Life in general. Anyway, a FORM takes shape in some way, and the RESULT follows, which usually is the start of a reaction which serves as the INITIATIVE for the start of a new cycle.

It is interesting to observe without condemnation or justification that the four great games that mankind has invented with the idea that one or another great game will keep him non-disturbed and relieve all mankind of responsibility. This is the major source of *Second Force* (RESISTANCE) in everyday affairs.

The great value of this exercise over a period of time is to make clear that BALANCING is the Law of Life, and that every effort on the part of mankind to establish a system that would circumvent this fundamental law keeps mankind in spiritual darkness with all the frustration, confusion, misery and grief that goes with existing in a state of spiritual darkness.

One can only live in that which one radiates, and one radiates that which one INITIATES. X

Bits & Pieces of School Work

Teaching man to be good to gain and escape future rewards and punishments places grievous burdens on him. Guilt, bigotry, hat, fear, and anxiety are brought into being and maintained.

When one is frightened, feels guilty, etc., he wants to be psychologically dependent. He then appeals to those tho taught (conditioned) him to be frightened, guilty, etc.

There is a word known to the wise by which all things have been accomplished and by which all things can be accomplished. The word--WORK.

To find truth, one doesn't look for truth but for illusions--fantasy accepted as fact. When one sees an illusion for what it is one sees the truth of the matter.

When one sees an illusion for what it is one ceases to struggle toward it.

The struggle toward an illusion is the disintegrating factor.

When disintegrating comes to an end, integration is. X

Duty

Duty is always self-chosen. Someone or some institution may tell you that you have thus-and-so duty--not so. That person merely wants you to feel obligated, and to feel guilty if you don't do as told. Much of what is called duty is of this nature. Duty, as stated above, is always self-chosen. And is a way of actualizing one's purpose. If one chooses a purpose, one at the same time chooses a duty to actualize that purpose.

For instance, in everyday man-made-world affairs, one applies for a certain position and is accepted for that position. One chose to apply for that position, wanted to have the position, and gets the position. One has set self the duty to perform the work that the position requires. If one forgets in a few days that one has a duty, which of course was self-chosen, one may begin complaining that one is required to do too much work, that one isn't paid enough, or that someone else is getting more money, etc., etc. In such a case, there is no awareness of duty.

Every situation or circumstance that one wants has a duty attached, and if one is really aware, they want the duty that the circumstance requires. If a man takes a lady he wants to be his wife, he sees that there is duty attached. If he loves the lady he wants the duty of letting her know she is loved and appreciated, he sees the duty of providing for her, of being her best friend, of considering her at all times. If he takes on this duty because he wants to, because he chooses to, the marriage will be a delight. However, if he wants the lady because he feels she will be a comfort to him and she will be nice to have around, he will have no sense of duty toward her, but on the contrary, will feel she is obligated to him, and he will be watching as to how she doesn't fulfil her obligation. This marriage will be rather chaotic to say the least. Of course the reverse is true--girl/boy, or boy/girl.

One cannot lay a duty on anyone else--only obligation. Obligation is a yoke, duty is total freedom; freedom to actualize one's purpose. If one chooses as one's purpose "Contributing to a pleasant, harmonious mood," one has thereby chosen the duty of acting on this--just choosing the purpose and not acting on it is just playing with words, just an attempt to impress.

If one chooses to work for a successful company, one chooses the duty to do everything possible to make the company successful. It may seem to some at first glance that duty is for the advantage of others; others may or may not appreciate your expression of duty, that is not the purpose. The awareness and the practice of duty is to the advantage of the one LIVING the duty. ✕

Resistance

Every completed effort has some resistance to that effort. This is necessary; however most find that there is considerable resistance to almost everything undertaken. The reason is that most effort originated is intended to produce the Four Dual Basic Urges, non-disturbance.

Inasmuch as individuals are experiencing beings, effort to be non-disturbed is thus impossible to achieve. In any effort to achieve the impossible much frustration is ready and waiting. For instance, try walking up the wall and one finds frustration.

The purpose one puts on an effort has a decided effect on how much resistance one experiences. For instance, one originates an effort to make some contribution to Life. There will be some passive resistance, just as the soil is a passive resistance to the sprouting seed developing into a plant. However there will be little if any active resistance--really, no one objects to or tries to prevent a contribution.

Let us take another example: suppose one takes effort to have one's own way to gain non-disturbance, or asserts one's rights to gain non-disturbance. Considerable active resistance will be manifested and will probably continue for some time. Most have and probably are now experiencing this form of resistance.

Now, suppose one originates effort to contribute to a pleasant harmonious mood. Very little active resistance is experienced. But then one asks, "But how will this kind of originating help me have a better income?"

Check out very successful people and you will discover that they are intent on making a contribution and raising the mood. The most necessary effort is to raise one's own mood; remember one lives in that which one radiates. Go into any successful business place and you will find an up mood. Go to a failing business, you will find a down mood. If one wants to be less disturbed or to have your own way, remember that what one wants is realized by the indirect method of radiating rather than by the direct method of forcing; one finds active *resistance* is practically eliminated. X

Q & A

Several times this week was heard the following: I don't really see any progress in myself, despite the fact that I feel I am doing the work toward transformation. What's wrong with me?

Answer--What's "wrong" is not you, it is the idea of "progress" toward something "out there." The Work entails ELIMINATION of emotional conditioning. What's left is a transformed being. We work to remove obstructions--misconceptions, emotions, ideals, beliefs--we don't want to work for self-improvement. The question is based on a misconception that I am struggling TOWARD some ideal state I believe I should attain. When we remove these disintegrating factors, integration IS. ✕

Three Wishes

If a magic genii were to grant you three wishes today, anything at all that you requested, would you ask for

Wisdom, Understanding, Unconditional Love, Or ??? ✕

*Dr. Bob's Perfectly Balanced Princess Dinner**

Japanese Cucumber Salad

Surprising Parsnips

Broccoli

Royal Chicken

Cucumbers: Slice English cucumbers paper thin and cover with rice vinegar and 2 Tbs. soy sauce

Parsnips: Peel them and slice very thin (2mm Cuisinearts blade is perfect). Saute in butter for 10 minutes or until tender; add 2 Tbs. brown sugar and a little salt. Cook about 2 minutes more to melt sugar.

Broccoli: Trim nicely and parboil just a few minutes retaining bright green color and crispness. Drain, add butter and sprinkle liberally with Parmesan cheese.

Chicken: Place 6 to 8 chicken thighs in skillet; add 1 cup sherry wine, 2 Tbs. soy sauce, season salt, and basil leaves. Cover skillet and cook slowly about 20 minutes or until the chicken is tender. Add 2 Tbs. corn starch dissolved in a little cold water, until thickened, about two more minutes.

*The dinner is balanced. Whether or not the princess is, is up to her. X

Q & A

Question-- What about reaching higher states through the use of drugs? People have told me that by using certain drugs they have experiences of higher consciousness.

Our answer to this comes from the perspective of our purpose, which is the Teaching. As you may have read in the last newsletter, "The ultimate purpose of the Teaching is to prepare the student to be capable of being aware of the many levels of consciousness or inner feeling and TO BE ABLE TO CHOOSE AND TO GENERATE OR BRING INTO BEING ANY LEVEL OF CONSCIOUSNESS SO DESIRED BECAUSE MANY AREAS OF SERVICE CAN ONLY BE RENDERED WHEN IN A GIVEN STATE OF CONSCIOUSNESS OR BEING... (The work going on in a school situation) is for the transformation of students into beings who experience ANY level of consciousness REQUIRED FOR THE TASK AT HAND. These states go beyond the brain.

You will note that our aim is to enable students to be able to generate the inner state needed for a given situation. This is quite distinct--generating one's own inner state--from reacting to outside stimuli, which is the case of drug-induced feelings. We pass no judgment on any person's activities. For our purposes, though, being in charge of one's own inner state is the aim, in order to render service. Everything is done for the student to enable hi or her to learn to do this, and not to react to outside stimuli. Drug-induced states are unreliable, at best, and in any case do not promote but detract from one's ability to choose the level of consciousness required for the task at hand. ✕

Reference Section

THE WAY of Intelligence

THE FOUR FORCES

INITIATIVE

First Force

Intelligence, 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 can be free to ignore it.

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 byproducts 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.

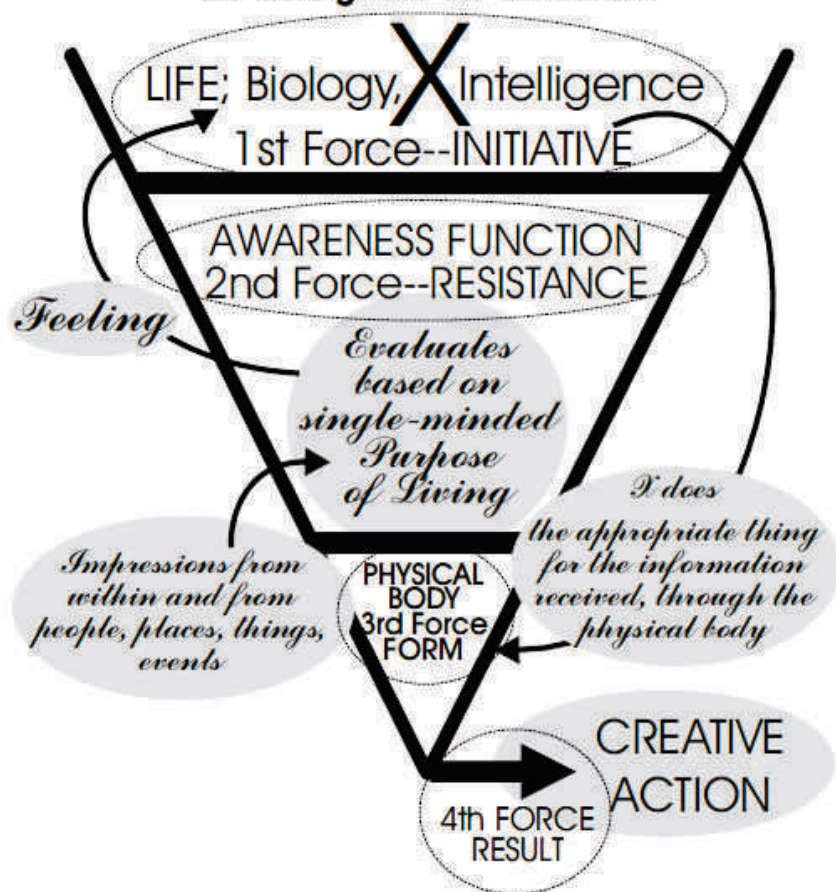
THE WAY OF INTELLIGENCE

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

PLEASE NOTE: If you do not understand or have any questions about this information, please do one or more of the following: go to www.pictureofman.com and read the material there and view the animated, narrated PICTURE OF MAN video lecture; go to www.rhondell.com and order "Who's In Charge of My Inner State?" or any other book or tape listed there; request back issues of newsletters from Harmony Workshop at 2245 E. Colorado Blvd, #104, Pasadena, CA 91107 (please send postage); or email ask@harmonyworkshop.com

THE WAY of Intelligence

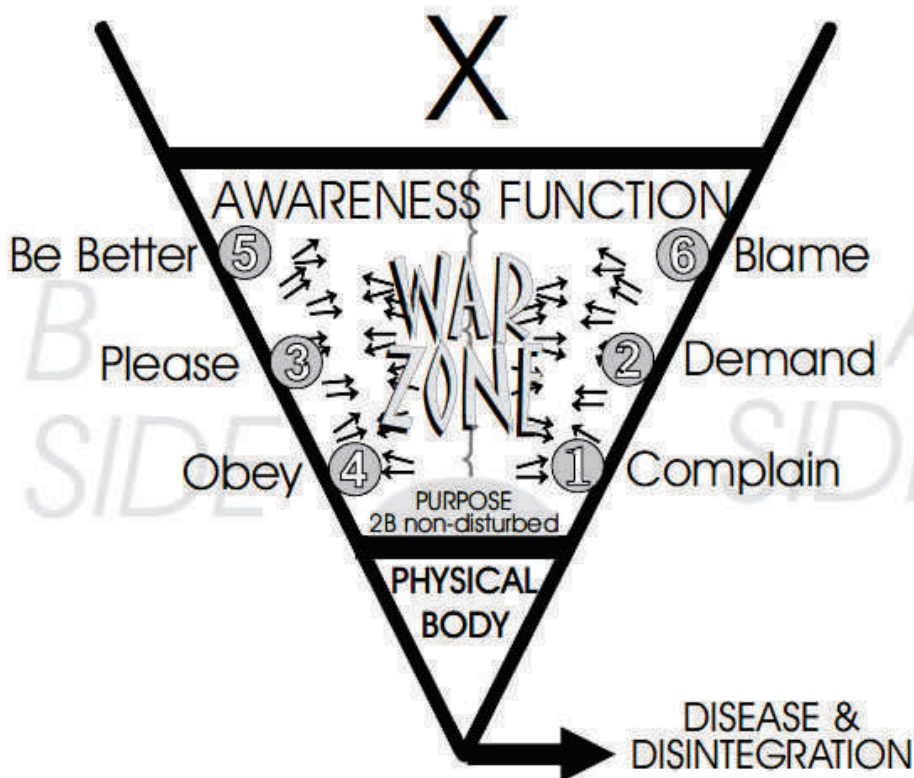
THE PICTURE OF MAN as designed to function



A human being has four aspects, which are not separate but are interdependent. The first is the biological aspect of LIFEFORCE, 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 single-minded 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.

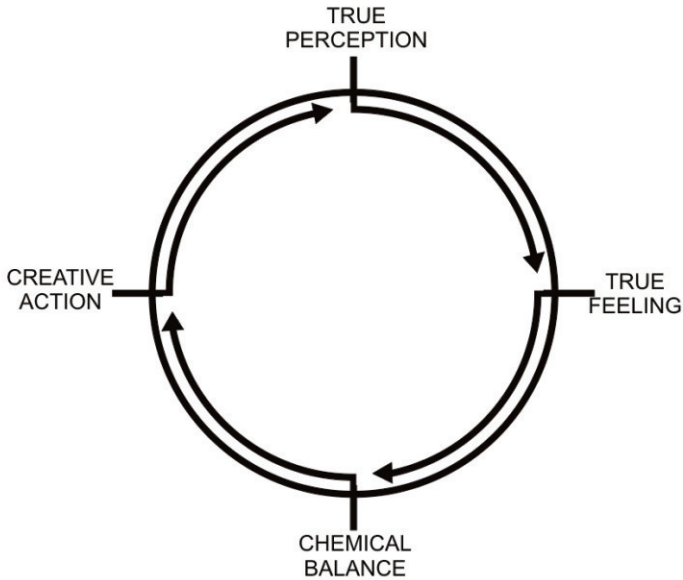
The Way of Ignorance

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

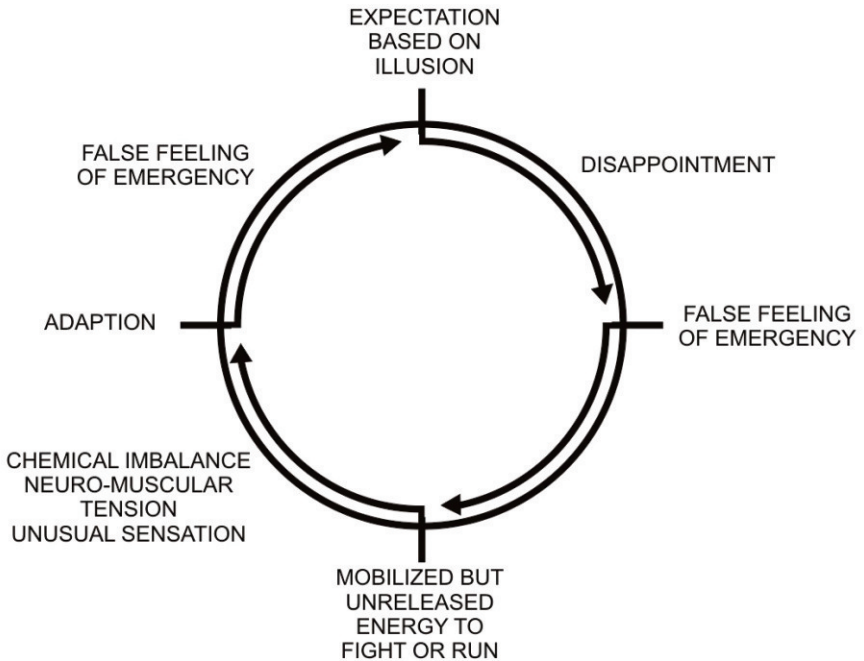


Few people function as the human being was designed as in the previous diagram. When an infant is born, the trauma of leaving the non-disturbed uterine world is reacted to with a feeling that the whole purpose of living is to regain the non-disturbed state. That decision becomes the attitude and action 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 LIVING CYCLE

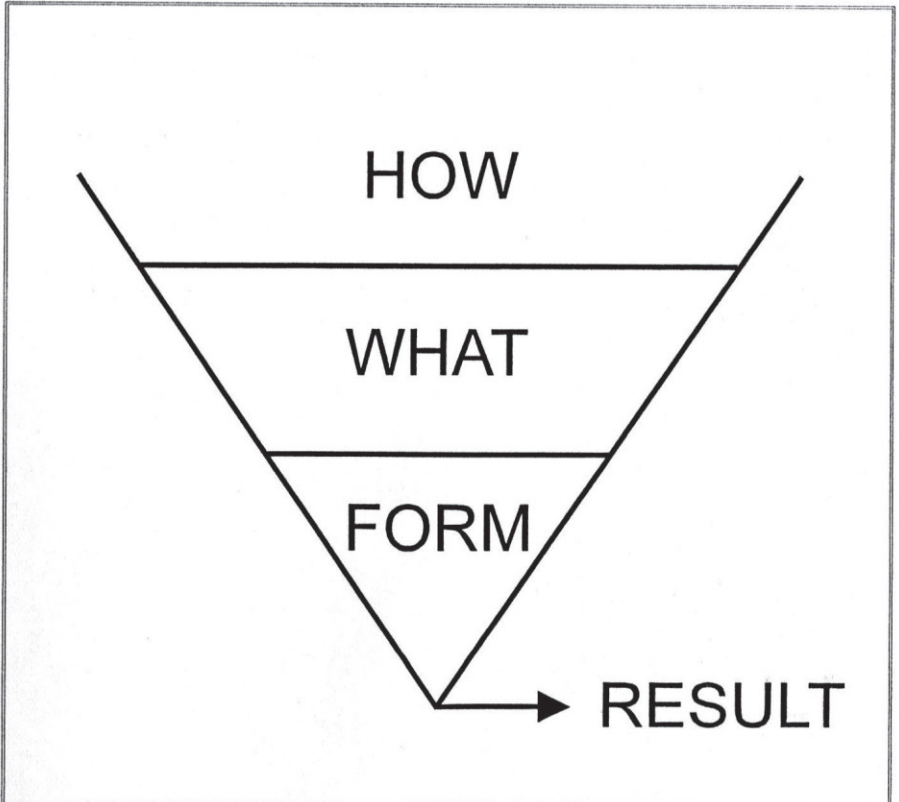
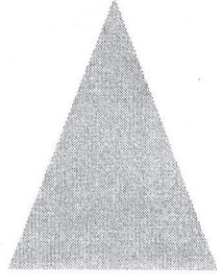


THE VICIOUS CYCLE



Inner Feeling
Environment
Nutrition
Physical Activity

State
of
Being



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www.TheWayofIntelligence.com

Online version of our newsletter, as well as copies of past newsletters.

www.AwarenessJournal.com

Online copies of a previous newsletter.

www.PictureofMan.com

Articles and graphics, and an animated, narrated tutorial of the Picture of Man drawn one frame at a time.

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