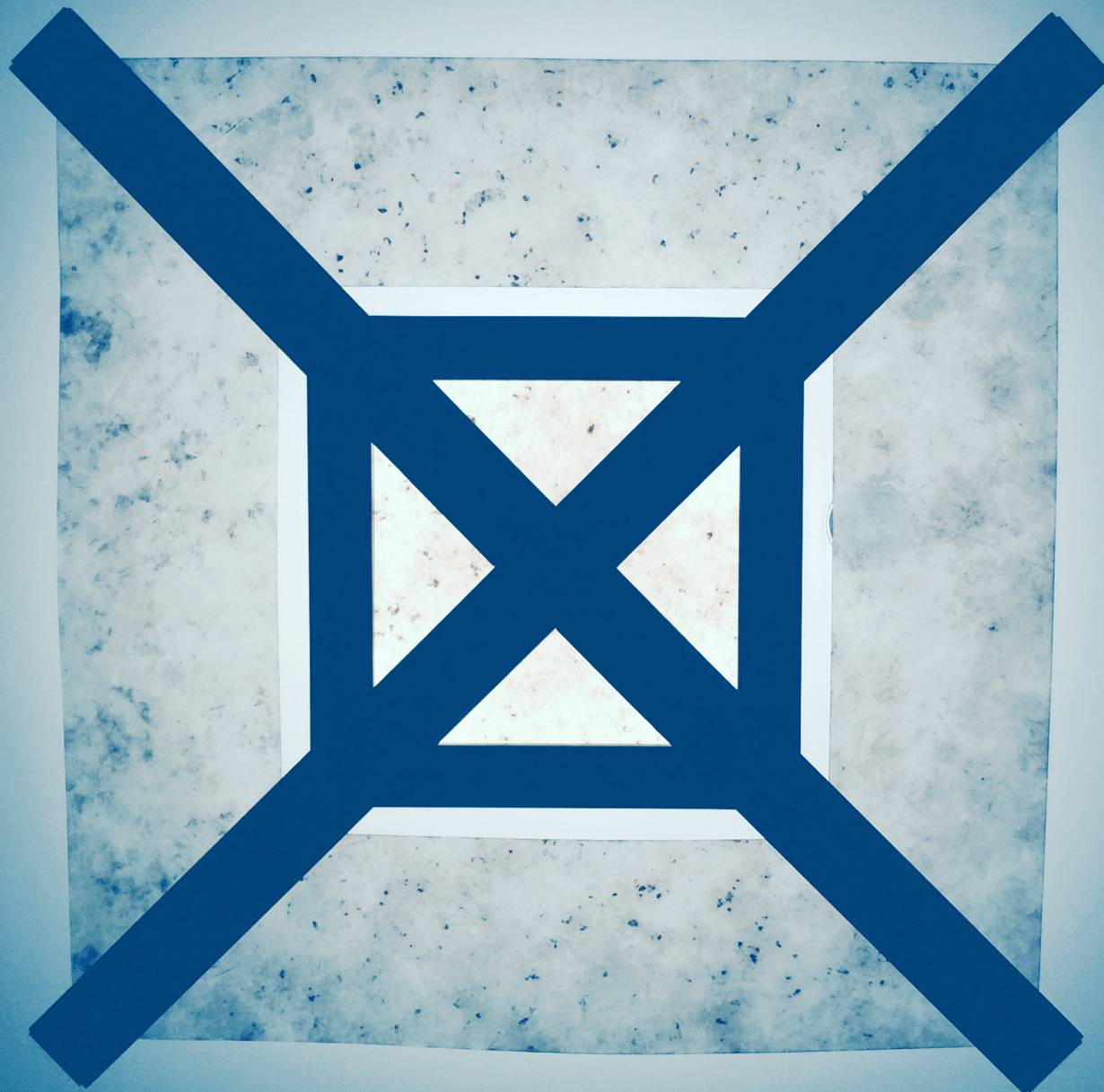




THE WAY *of Intelligence*



MEDICAL ARTS

decrees what's "normal" and "abnormal"
One of the Four Great Games

A RENAISSANCE OF HEALTH

from *What's Going On Here?*, Volume III, Number 5

The major feature of the human body is that it adapts to almost every situation. This adaptation takes time and is not always pleasant; in fact, some of these adaptations are diagnosed as a disease and effort is made to stop the adaptation.

The major factors in life constantly being adapted to are: Environment, Inner Feeling, Activity, and Nutrition. When these factors of everyday living are somewhere near optimum the adaptation results in a desirable state of well-being. However, in the unconscious effort to achieve the common purpose in living, that of being non-disturbed, these factors of Environment, Inner Feeling, Activity, and Nutrition are usually far from optimum.

For instance, in the effort to be distracted or entertained very loud sound is frequently kept going much of the time. Loud sound, while relatively non-stressful in short intervals, when kept up for longer periods of time is very stressful to the body, however. A person can be addicted to having loud sound much of the time. (Addiction, the stressful stimulus that Life is making a semi-successful attempt to neutralize.) The addiction is to the feeling that is produced by Life in this effort. For instance, once consumes a certain drug. Life quickly creates an antidote to the drug. This requires a larger dose of the drug to obtain the desired reaction. In the meantime the organism has become addicted to the antidote. Any effort to leave off the drug results in a powerful craving, which is very difficult to resist by a person trying to be non-disturbed.

This same activity occurs in a person that indulges in the frequent use of the same foods, drinks, emotions such as anger, guilt, fear, anxiety, worry, etc. Adaptation to any of these results in the many adaptations to the stress thus produced that are called symptoms of disease and when taken as a group are given a name or a diagnosis. Treatment is then instituted, usually in the form of stimulants or sedatives, which also are adapted to by the living organism and many side effects arise, which is a sign that adaptation to the treatment is taking place by creating more signs or symptoms of non-well-being.

This creates a vicious cycle of degeneration of the organism that does not have to be.

Way back in the 19th century a famous physician gave a bit of valuable but mostly unheeded information. This was: "Always remove the interferences to cure before prescribing." This of course required that the physician inquire into the patient's lifestyle at great length. Such as environmental details, such as noise factors, congested areas, necessary travel, companions, moods, etc. This also required much inquiry and observation of the patient's inner feeling, about the person's activity or lack thereof, of nutritional habits, not only in calories and type of food but whether the same food, or nearly so, is consumed daily; what are the circumstances of taking nutrition, dining or taking food on the run, or in an unpleasant situation, etc., etc.

When one is ill the first thing necessary is to take an honest evaluation of the present lifestyle or situation. You cannot expect the doctor to - he or she is much too busy and besides, running all the tests and coming to a diagnosis is his task today, not find the obstruction to cure. So it is the individual's responsibility to find and recognize the obstruction of well-being.

After this will come a change of lifestyle to take all factors of living into consideration, Environment, Inner Feeling, Activity, and Nutrition, and to change one's lifestyle so that all are at least in the direction of optimum.

If the Environment is optimum, if the Inner Feeling is optimum, if the Activity is optimum, if Nutrition is optimum, then the State of Being is optimum. The obstruction to cure has been removed and cure has already taken place, or is well on its way.

Consider the lifestyle in detail. It's very worthwhile as it is all that needs to be changed. This is a personal responsibility. The physician cannot, he is paid by an insurance carrier or other third party to make a physical examination, have the proper tests performed, make a diagnosis and prescribe the accepted treatment for that diagnosis. He is not paid by the third party (the one that pays the fees) for investigating your lifestyle.

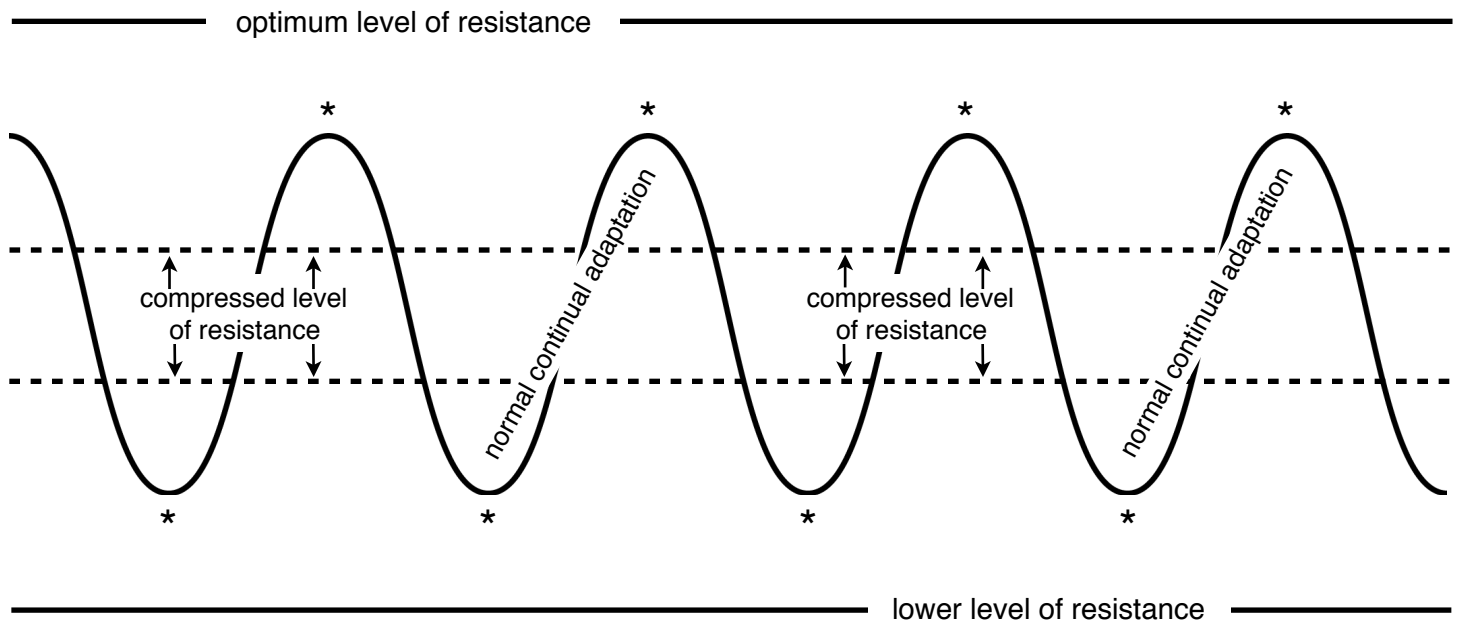
THE EFFECTS OF ENVIRONMENTAL STRESS FACTORS

from *What's Going On Here?*, Volume III, Number 5

We are responsible for our Inner Feeling, Nutrition and Physical Activity (including proper rest). However, the environment is obviously not completely under our control. Choosing how to respond to it is one thing we can do. We can also avoid dangerous environment and take precautions in unavoidable situations (for instance, wear sun-screen when in the sun a long time, keep a wound clean and covered, avoid rock concerts (!) and so on).

The human body will be adapting slightly at all times to the four factors even when they are near optimum, as we are on planet earth and it is not 100% ideal here. This mild continual adaptation takes place, in our diagram below, within the area of our resistance (bold lines). Within these optimum levels we are hardly aware of any adaptation (wavy line) and are said to be in “good health.”

Stressful lifestyles, including stressful environmental factors, can change these levels of resistance; compress the area of tolerance. When narrowed (dotted line) the adaptive features fall outside this narrow area and symptoms ensue.



* When resistance at Optimum Level, mild continual adaptation barely noticed, if at all. If resistance level is compressed, these are quite apparent as symptoms.

We can increase our resistance by keeping all factors as near to optimum as possible by gradually exposing ourselves to any unavoidable environmental factors.

It is interesting to note that a “routine” style of living (always eating the same types of foods at the same time, keeping strictly regular hours, doing the same things at the same time all the time and so on) *decreases* our resistance.

There is a happy medium between not exposing oneself to adverse environmental factors (trying to escape them all) and over-exposure.

Some examples of environmental factors which we can either avoid or if necessary become *gradually* resistant to might be:

- sudden changes in temperature
- unusual air conditions
- viruses and bacteria
- noise
- congestion (of traffic, people, etc.)
- insects
- sudden extreme altitude changes
- over-exposure to the sun

WHAT'S GOING ON HERE? - HEALERS, PRIESTS, PURPOSE

from *Awareness Journal*, Volume I, Number 4, Summer 1993

Four great machines run the world: the institutions of Power Policies, Theology, Big Business, Healing Arts. They are not completely separate from each other, parts of them overlap.

I continually harp on the nature of institutions - that for the most part they feed on human energy (attention, money, labor), and do not provide a fair exchange for the price but rather feed to increase their own growth, thus requiring ever more consumption. The Teaching is not to label institutions "evil" or even wrong or bad, but is to be aware of what they are, and how they use suggestion (threats and promises) to entice you to feed them.

All of these machines have divisions, branches, which overlap. An especially prominent partnership is Power Policies' and Healing Arts' use of Science (and its offspring, Technology) which currently is based on a false premise that nothing exists or is real that cannot be measured in some way, "materialism." If matter is all, then materialism is "god." (I can't verify the following but I *read* that Stephen Hawking (1) is a self-declared atheist AND (2) that his life's goal is to discover and define the unified theory, or the "Theory of Everything," that is, to find the purpose in the grand scheme - such a purpose implies Intelligence, which he has already dismissed! Good luck, Dr. Hawking.)

Science and Technology are almost the State Religion in our culture. Scientists and doctors are high priests of this religion. (In antiquity, the priests of Spiritual religion - as opposed to our Materialistic religion - WERE the healers. The more things change, the more they remain the same, though we can see a 180-degree difference in purpose.)

Most of my admonishments about the four great institutions have been of a general nature, describing their purpose and what to watch out for lest they hypnotize you. But recently life provided an example, no doubt so that I could share it with you (*I assign the value of what happens to me!*).

Years ago I took some philosophy courses and met there a certain M.D. By coincidence, maybe, I recently began to run into him at a social event that we both attend every week or so. We began to talk a bit and he has become quite frank discussing his opinions and feelings about things.

(Now before I continue, lest any Not-I's are lurking waiting to strike here, be assured that you do NOT know this man. It is not Dr. Dan, Dr. Bob, Dr. Jonathan, Dr. Bill, Dr. Neil, Dr. Jerry, Dr. Anybody that has been to workshops or that you have met through me or Rhondell. I

have ascertained that this man is completely unfamiliar with any of us except me. And I am *not* picking on him, but just passing along to you what he gave to me.)

As an M.D. he enjoys the privileges of rank in the Healing Arts, which is bedfellows, of course, with Power Policies AND Big Business (and which give short shrift to Theology). He is quite wealthy, he has some prestigious assignments beyond his regular practice, he gets to travel a lot and his input is requested at international conferences. In other words, a big shot. He fully enjoys the power and dispensation of the priesthood of our state religion.

One thinks, therefore, that he is at least a token healer. I don't mean this in an esoteric way, I mean one assumes that he took to heart the Hippocratic oath, that he *earns* his living by caring for the adapting, that he admits an obligation to give his patients their money's worth, that he knows with power comes responsibility. Do you agree with that assumption? It is not outrageous, certainly.

Well he and I were chatting the other night. It was obvious that he was scattered and tired, and grumpy, too. I asked What's going on? He said, My patients make me sick. I am so tired of them. They disgust me. Oh? Yes, I just want to quit everything I am doing and retire to Florida. My office is a horrible place to be, I can't stand my patients, they're driving me crazy.

Because of an ulterior motive of my own (not because I have any shred of do-gooding - I don't), I suggested he invite me to his office to calm his patients down, a talent that I have. He emitted a derisive laugh, as though I must be kidding. For a split second I thought he felt I was over-selling myself. Not at all. I quote, "I couldn't care less if my patients calm down. I hope they fall apart. Christine, I couldn't care less, the truth is I don't even care if they die."

Well! Now hold the Not-I's in abeyance - rather than cluck at this, find fault with him, I just have to hand it to him for being so honest. Diogenes, here's your man.

I recount this episode to you NOT to condemn this so-called healer at all, but because it is an actual example of what I go on so about. I think it is obvious that if one doctor tells this to a mere acquaintance, others feel the same way. (And certainly not all by any means - I am not suggesting that.) The man in question is not odd or eccentric at all, and I find him considerably less arrogant than most doctors I know. I am sure he is representative of a fair sampling of his peers.

□

[continued next page →]



It is obvious that medical school is a crystallized remnant of ancient esoteric schools, where healers were priests. Some of the activities there are rituals that represent *real* schooling of ages past. For twelve years (symbolically a completion; the purpose is theoretically achieved in twelve years) the medical student is given the teaching of the healing arts. He is allowed to practice by degrees, always supervised. At the end of this preparation he is then thrown to the wolves, internship. Internship is a crystallized form of Initiation of the student into the priesthood, the Real World, a crossing over from school to reality, and it “separates the men from the boys.” The young doctors are required to work under the most stressful conditions imaginable, i.e., they are allowed almost no sleep at all, heroic demands are made of them. (Some of you might see here parallels to the Work of an advanced Student.) They are paid almost nothing for their efforts, just sustenance. They are required to maintain their purpose without sleeping, and as a contribution.

(By the way, the AMA itself is in conflict about this: one faction wants to abolish this “diabolical” practice, sees it as Medieval - which it is! though “Medieval” is not always pejorative in my mind - and the other faction, the remnant of the Patriarchy, is insisting that it is a rite of passage and must be maintained. This will be interesting to watch.)

After a person has gone through all that, long and intense education and strenuous internship, and *endured*, one assumes that he or she is a qualified healer/priest. Surely this is why the reverence in this country toward doctors (did you know that in Russia, doctoring is considered women’s work and that physicians are paid less than cab drivers? There is no reverence for them there, they certainly are not seen as priests - maybe the tractor builders were the priests? or the Politburo? - and one is inclined to think that a State Religion of overt Atheism naturally engenders this point of view.)

Well, agents of the Healing Arts, and/or Science and Technology, are *not* priests any longer, any more than are the agents of Big Business (or Theology for that matter), they are not to be entrusted with your soul, and I think my acquaintance has told us why. For the most part, agents of institutions do NOT have as a purpose the development and enrichment of Life. They rather *consume* life, because that is the nature of the machine that they represent.

While the doctor I speak of is surely an extreme example, know that if one very respected member of his profession speaks like he does, he speaks for many. Do you *assume* that an institutional agent has your best interests at heart? Maybe not.

P.S. I know that several of you are going to ask for “the rest of the story,” i.e., what did I tell him. The answer: Nothing. He did not ask. He has made up his mind. Without saying so aloud, I admired his honesty. When he looked at me a little defiantly, probably waiting for me to find fault with him, I said, “I’m already aware that you feel that way.” He nodded. He does not assume I am coming from the same place, we have discussed

contributing to life at other times and if he listened to anything I said, he already knows I would not agree with him. He wasn’t looking for correction or enlightenment, nor even agreement, he was merely unloading. So I just let it be. If he ever does ask appropriately, I will respond appropriately.

I was grateful for the incident because it provided such a perfect example of institutions, purpose, and prestige, too. It is not my duty to straighten out the priests, or anyone else. What is my duty, and any student’s, is to evaluate experts, not to assign the label “authority” on anyone, and to be very careful identifying who the real healers and priests in our world are, before we ask them to serve us.



THE VICIOUS CYCLE

- > EXPECTATION (Based on the Ideal - an Illusion)
- > DISAPPOINTMENT (False Emergency - MOBILIZED ENERGY)
- > HURT (Purpose is to be non-disturbed)
- > LOOK FOR WHAT TO BLAME
 - Anger (I blame you)
 - Guilt (I blame me)
 - Fear (I don’t know what to blame)
 - Insecurity (Anger/Guilt/Fear/Greed to be non-disturbed)
- > STRESS from MOBILIZED but UNUSED emergency energy
- > NEURO-MUSCULAR TENSION
- > CHEMICAL IMBALANCE
- > ADAPTATION (Symptoms) or UNUSUAL BEHAVIOR (Binge)
- > UNUSUAL CELLULAR ACTIVITY
- > UNUSUAL SENSATION
- > TISSUE CELL BREAKDOWN
- > LOOK FOR A CURE
- > MORE EXPECTATION
- > MORE DISAPPOINTMENT
- > Etc. (All over again ...)

THE VICIOUS CYCLE - ADAPTATION

from *Awareness Journal*, Volume I, Number 1, Fall 1992

A magnificent attribute of Life, adaptation, is both taken for granted and gravely misunderstood. Life always responds appropriately to the evaluation by Awareness of impressions. There is a constant assessment of both inner and outer environment going on, to the extent of the Awareness's expansion. This covers the most subtle inner workings of the physical body to the full range of one's outer environment and everything in between.

Feeling is the medium of communication between Awareness and Spirit. The response often is felt, as well as the original information. Life is always working toward maintaining optimum function of the physical body. When certain internal chemicals, for instance, get out of balance, adjustments are made toward balance. When the body is exposed to very cold climate, adaptation metabolizes energy differently to accommodate the change. Exposure to hard manual labor will cushion the hands with callous in order to protect. And so on.

When Awareness communicates to Life that there is an emergency at hand, whether real or false (based on misconception), extra energy is provided to cope with it or to fight or flee. In a real emergency the person will do one or the other, using the energy provided, exactly, and thus balance is maintained.

When there is no emergency in reality, but the Awareness perceives that current circumstances do constitute a dire situation because, usually, something painful may be about to occur, or some pleasure is within reach and may be lost, the energy to fight or flee is provided just the same. Life believes its partner Awareness and responds to whatever it reports.

If mother-in-law is coming to dinner and I don't like her and she is critical and I anticipate rejections and/or disapproval, Awareness will interpret this as life-threatening, if its purpose of living is to avoid rejection and to be exposed only to pleasant people. When one's purpose of living, whether valid or not, is threatened, this constitutes an emergency and Life responds.

If our purpose of living is to gain and escape, one may be erroneously but effectively perceiving emergencies all day long. Energy to fight or flee is provided but *not used because there is nothing to fight and nothing to flee.*

What happens to all this special, extra, emergency energy that is floating around in the body? It must go somewhere, it must be used somehow. Awareness automatically perceives this situation, reports it, and Life responds by finding a way to use it up.

This extraordinary using up of the emergency energy will be experienced two ways, depending upon the person and/or circumstances: either unusual behavior (violence - binges) or unusual cellular activity. Unusual cellular activity is experienced as symptoms. Symptoms are always an indication that Life in Its wisdom is working

to restore balance to the body. Symptoms are always a reminder to check up on misconceptions that might have put us in a false emergency state, so corrections can be made.

Symptoms are not bad! They may be uncomfortable, but freely experienced will be gone in no time - Life is at work! People do the body a great injustice when symptoms are seen as an emergency situation (thus summoning even more energy which has to be dealt with), and a great injustice as well when methods are used to banish the symptoms - the extra energy needs some outlet. In the end, either reaction will increase symptoms, and because the body was not designed to live in a constant state of mobilized by unused energy, deterioration and eventually death are inevitable.

Women, especially, are constantly admonished to love their bodies. Probably the most loving act you can do is to allow symptoms to be, to freely experience them. They are an indication of a great Power at work for your best interest.

When we live by misconception we get into this vicious cycle. On occasion we may need assistance, especially if we have been in an emergency state for years and the body is just not able to handle the extra energy. But what is it we *need* here, and who do we ask? We do not need to be free of symptoms, they are of great value and benefit, balancing the body. What we need is to see this and really accept it; to see what generated the symptoms (false emergency), and correct the false way of interpreting events. If you seek assistance with your health, find someone who truly knows what is going on, someone who knows the physical body is not a machine and not to be treated as such. Find someone who understands that misconception is the root of disease, someone who can help you clear up Awareness, not just symptoms.

Adaptation, including symptoms, is a great gift. It is part of Life, part of Living. Work on your misconceptions, clearing them up brings strength, real health. When adaptation to improper nutrition, over-exertion, the loud and chaotic environment, and most especially one's inner state occurs, be thankful you are *able* to adapt. If you need assistance, seek the real thing, don't risk your life to imposters.

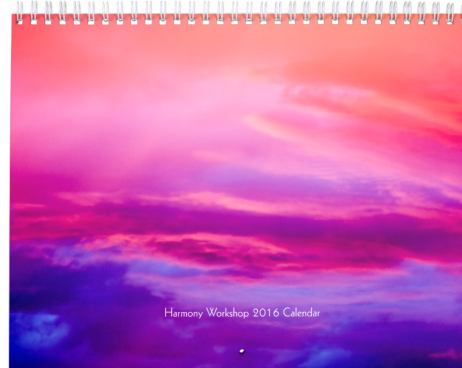
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SANITY ISLAND HEALING & WELLBEING PAVILION
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Each individual is unique, therefore standards do NOT apply (standards are for machines - humans are not machines).
Each person is in the perfect state of health for his or her Physical Activity, Environment, Nutrition and especially, Inner State.

Health and Wellbeing (Balance) =
Near optimum

Inner State
Nutrition
Physical Activity
Environment

If ONE of the four is NOT optimum (often we can't do much about Environment, for instance) the others CAN compensate. We CAN be in charge of Inner feeling which affects wellbeing more than the others.

SANITY ISLAND HEALING & WELLBEING PAVILION ROSES
<http://maps.secondlife.com/secondlife/Sanity%20Island/32/77/25>



SUNRISE / MIDDAY



SUNSET / MIDNIGHT



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.

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PurposeofLiving.com

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

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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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HOW TO BE
MISERABLE AND SICK
ANY TIME

by

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The following instructions are given that any person by following any one of them can and will be miserable and sick. This is true although one may be using the services of a wise and skilled doctor. By following any one of these instructions (one does not need to use a combination of them), you can also make your doctor miserable. Please remember that just any one of these sets of instructions that appeals to you will do the trick.

1

READ ONE OR MORE ARTICLES ABOUT DISEASE (usually called “health” articles) FREQUENTLY.

One a week will do, however one a day is better. Any disease will do, because at least one of the symptoms can be made to fit you and give reason for alarm.

Alarm or FEAR produces glandular reaction to prepare the body to fight or run; you neither fight nor run, but just fret. These glandular products are not used in your metabolism, consequently there must be symptoms of unusual cellular activity to use these products. These unusual cellular activities are symptoms and give further cause for alarm and fear.

This is an excellent method and when used even haphazardly is guaranteed to keep you miserable and chronically ill.

2

Another method used by millions with unfailing results is to

GO OVER ONESELF CAREFULLY AT LEAST EVERY FEW DAYS LOOKING FOR ANYTHING AND EVERYTHING THAT COULD BE WRONG, JUST TO BE SURE TO CATCH IT IN TIME.

Look the skin over carefully, looking for areas of dryness or slight discolorations. Inspect the tongue minutely. Feel of all joints. Look between the toes. There will usually be at least one thing that will seem to be in some way abnormal. Then keep a close watch on it and feel of it several times a day. Become informed about such conditions. Get the low-down on it. This is guaranteed to keep one's mind entirely on self, with fear and anxiety producing misery and sickness. YOU WILL BE SURPRISED HOW EASY IT IS.

3

Another good method that is used by an army of individuals to keep themselves in bondage is to

FIND FAULT WITH EVERYTHING AND EVERYBODY.

Look for the hidden motive in things. One reads where someone has given a million dollars for research for world peace. Be sure to know why he did it, probably to keep from paying taxes on it, so the poor people have to support the government; know that prices are too high without reason, just to make an extra profit off people. See people crowding out in front, not waiting their turn in line. See the trucks tearing up the highways. See how big business is ruining the country. See how it is raining too much, or the sun is shining too much. The list is endless. One doesn't have to look for annoyances. They are everywhere and they are all aimed directly against one. Don't ever fail to recognize them for what they are, think them over and become annoyed by them. One doesn't have to try at all to get oneself stressed. STRESS is the best known method to stop the free flow of life in the body. This is the start of misery, whether it be expressed as disease, unhappiness or lack.

4

A method used which never fails to produce stress and all that goes with it is to develop a habit of

RUSHING.

Eat in a rush; why take time to chew when one can wash it down with a coffee or coke? Don't take time to order a meal; one can eat a sandwich more quickly. Don't ever be satisfied to be doing the job which is at hand; be thinking of something else that needs to be done. Don't wait for another person to finish their sentence; finish it for them, you know what he or she was going to say anyway. Why not show them? Drive a car in a hurry; if every other driver doesn't give the right-of-way, then tell him a thing or two. This builds up stress very rapidly. Get and keep that drive. This is the QUICKEST way to be miserable.

5

A method which is being used to maintain misery in everyday living by countless thousands is

NOT TO BE INTERESTED IN ANYTHING.

An excellent infallible way to develop this uninterested state of being is to state and believe “All a person GETS out of life is a little to eat, a place to sleep, pay taxes and die.” Just take care of the first three of these. If one is invited to take part in or do anything, just ask the question: “What is in it for me?” It works. You are soon not interested in anything except, “What’s in it for me?” The answer is then obvious. Boredom, sickness, lack, friendlessness and dried up old age.

6

This method is so old we hesitate to include it, but since we are giving only tried and proven methods to produce and maintain misery and illness, it must be given its rightful place. This one is just good old-fashioned temper or

ANGER.

It is easy to develop and hold; something on which to pride yourself (“I am hot-tempered”). It gives something with which to keep the mind busy (ways and means to get even). This is a very potent one; not only will it wreck health, but also business and social life as well. Like the other methods that have been given, it is simple and easy to do. Somebody has sometimes done something you didn’t like. Decide NOW that you will not stand for it, decide to stick up for your rights. Just dwell on it and think up some good nasty things to say to him or her, or better still, about them. Just keep it up and look for new opportunities to stick up for your rights. Then watch your health, happiness and possessions take wings and fly away.

7

This method has been tried by uncounted millions without a single failure and will work for everyone just as surely. This one is called

SELF-PITY.

Simple, just sit down, slump down, let the corners of the mouth droop down and begin to mull over all the times that you have been mistreated; how little everyone thinks of you, how much you have done for others and how little has been done in return, so little in fact, that you may as well forget it; how hard you have to work and how little you have to show for it; how bad you feel and how little anyone does about it and how much less they care. A little time spent at this can put you in bed sick, or on the street broke and all alone and miserable. Want to try it?

8

Here is a method proven beyond doubt by a great number of volunteers from every walk of life, to produce intense stress; consequently to be sick and miserable. This is to

SEE ONLY BAD IN THE WORLD.

Read all sensational news stories and keep repeating, "The world is going to the dogs." One murder among the 160 million people in the United States proves it; three or four hold-ups daily among 160 million people; rotten isn't it? Disc jockeys accept money to play new recordings, how terrible can it get? Juvenile delinquency stories about the New York east side, five kids involved, kids are all rotten these days. Then watch six or seven crime stories on TV. Watch the criminals get killed or caught in the gunplay. Read the stock market reports, see the impending financial crash and the coming depression. Be assured that you will be real good and stressed, as well as settled in your mind that there is only evil and that the world is going to hell with its back broke, and since you are bad off, why bother.

9

This method has been used by all mankind and has never failed. Need more be said regarding its effectiveness? It is so easy that no instructions are necessary. Just this simple reminder: just

state your age, and subtract it from whatever age you have decided is OLD ----

28 from 36, 36 from 44, 45 from 56, etc. It is really a frightening study of the illusion of time. It is easy to visualize yourself as wrinkled, stooped, with knotty joints, a trembling wobble, too late to take advantage of opportunities and too old to do anything about it. This frightening thought produces STRESS and glandular reaction to fright, hence you can very soon be enjoying aches and pains and the signs of aging. This makes it even easier to visualize the whole horrible picture, truly a working illusion of time.

10

This method is so easy that most people who use it don't even know that they are. So you can see that it will be no effort on your part to use this method to be miserable and sick. Just sit slumped, stand on one foot at a time, with the other one out of the way, lean on something if at all possible, let your chin hang forward and down, watch the floor or the ground; learn to do gymnastics with your eyebrows up, down and clamped together. In other words,

JUST LET YOURSELF FALL APART.

You will feel weak, worn-out, discouraged and miserable.

