



What's Going On Here?

Letter from Rhondell

As many of you may know, much of the day is spent on the telephone with people who call for information on their situation at the moment. It is interesting to note that the information people request is basically about something they have made important, and have become very anxious over, and sometimes, very ill from the anxiety.

What has been made important frequently relates to the Four Dual Basic urges and the Master Decision on the Picture of Man. A person has made it important that they receive more attention so that they cease being ignored in the least iota. Or that they have more approval and an absence of any disapproval. Or that they are appreciated whether they do anything to gain any appreciation or not; and of course more entertainment and less discomfort from making things important!

This week the greatest number of calls has been how to make somebody quit rejecting "me". This seems to be a very powerful motivator to do anything and everything wise, unwise, frantic, panicsville, which of course interferes in every facet of the person's life. What can we talk about? What are we making important, and does it change anything? Or can I take charge of my inner feelings by taking charge of my actions.

So, essentially the work on the phone is to remind the caller of a fundamental idea of the Teaching that they already know, but have totally forgotten. SELF-REMEMBERING is the key to eliminating all these stressful situations. Remembering WHAT I AM, WHERE I AM, WHAT'S GOING ON HERE, and WHAT CAN I DO? I can also take charge of my inner state of being and contribute to a pleasant, harmonious mood wherever I am, which will result in "me" feeling serene and peaceful, or enthusiastic, as the case may be. Really, nothing needs to be changed but -WAKE UP! Being awake means to be in a state of self-remembering.

Please feel free at any time to call or write. One of Rhondell's contributions and ways of saying thanks, is to remind many people to wake up, and with understanding try to get it so that it is easy and quick. Thanks for your calls and letters.

Guest Book

We have had lots of visitors.....

Jim Wilson from Alaska, Mark Comendant and boys Casey and Quinn (our Paulette's boys) from Chico, California, Carolyn Franklin from El Paso, Howard Hess stayed a while and put in yeoman effort repairing furniture and just about everything else, from Los Angeles Bill Miller-Jones, Genvieve and Constantine Nicholas, Mike and Mark Silver, Marvin and Ellen Silver with little Robert (godson and namesake of Guess Who), Ellen's sister Maia, Dan Capaccio, Denise Richards, Gary and Jill Demos, David Wise and sister Julie, little Carlitos Rodriquez brought his parents in from Juarez, Mexico; Victoria Hernandez and friends, Lana and Bill Nunn, Peggy and Becky Woods, John Creech, Rev. Richard and Cathy Bolte, Chuck Gelisse, Claudia Thurer, Ken and Jane Frye from Prescott, Brooke Davida from New York City, Gavinda Kessler from Midland, Texas, Becky and Clyde Miller from Houston, Paul Eckles, Paul Applebaum, Mary Kessler, Velina Eckles and daughter Angela, Mathew, son of our own Bonnie Morvan, Jeff Goodrich, our permanent "visitor", Euniece Tolboe from Salt Lake, and our dear friend Glenn Newell who left last week for the Pacific Northwest (he said), Robert Tjerks from Vancouver, Dr. Neil Fradkin from Los Angeles, John & Marilyn Ottoman from Sarah's Vineyard in Gilroy, California, and Phoenicians Linda Deane and her mom Joy and Son Darrin, Bonnie's friend Vern and his daughter Tanara and Bonnie's sister Vikki, Faye Gilman and daughters Laree and Diane (and son Barry from out of town), Arlone & Barry Plott, our permanent "visitor" Joy Carr, Ruby Mays, Faye's friend Ruby; Virginia Conde from California, Russ Butterworth, and many, many others.



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 you to feel good because that makes ME feel good.

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

**What am I?
Where am I?
What's going on here?
What can I do?**

Please refer to Vol. 1, No.1.

The human race has made themselves nervous wrecks and put themselves in bondage for countless ages by asking an endless series of "WHY?" questions. Why did it rain on the day I wanted to go on a picnic? Why did Uncle George get sick? Why is it people have wars? Why are people unhappy? Etc., etc.

All WHY questions about living are, in effect, unanswerable, because when an attempted answer is given the next question is "Why that?" The wise call it the Serial Why. It makes infinite loops in the brain, which creates severe nervousness and creates dependence on some would-be authority who says they can answer the WHY questions.

"WHAT?" questions ARE answerable. Such as, WHAT'S GOING ON HERE? WHERE AM I? WHAT AM I? WHAT CAN I DO? What I am - I think it takes very little observation to see that I am a privileged invited guest here on this planet Earth where Life is the Host. What's going on here? It is obvious, when you see many people all playing games, that we would ordinarily call it a party - so it is a very big party. People play the business game, the traffic game, the political games, the medical game, the marriage game, the love games, the war game, etc.

What can I do? It is fairly obvious that I am at a party, that Life is the Host, and what I can do is to be what is TO ME a good guest. Everyone decides for themselves what being a good guest is to him and to her. The bare essentials of being a good guest is probably consideration for the Host, the party, the estate, and the other guests; being as harmless as possible and making some LITTLE contribution to the party. Not that it's needed, but as "my" way of saying Thank You for having been invited to the party.

In this little newsletter from now on will be a block with four questions in it. WHAT AM I? WHERE AM I? WHAT'S GOING ON HERE? WHAT CAN I DO? with a little note that says "Please refer to Vol. 1, No.1."



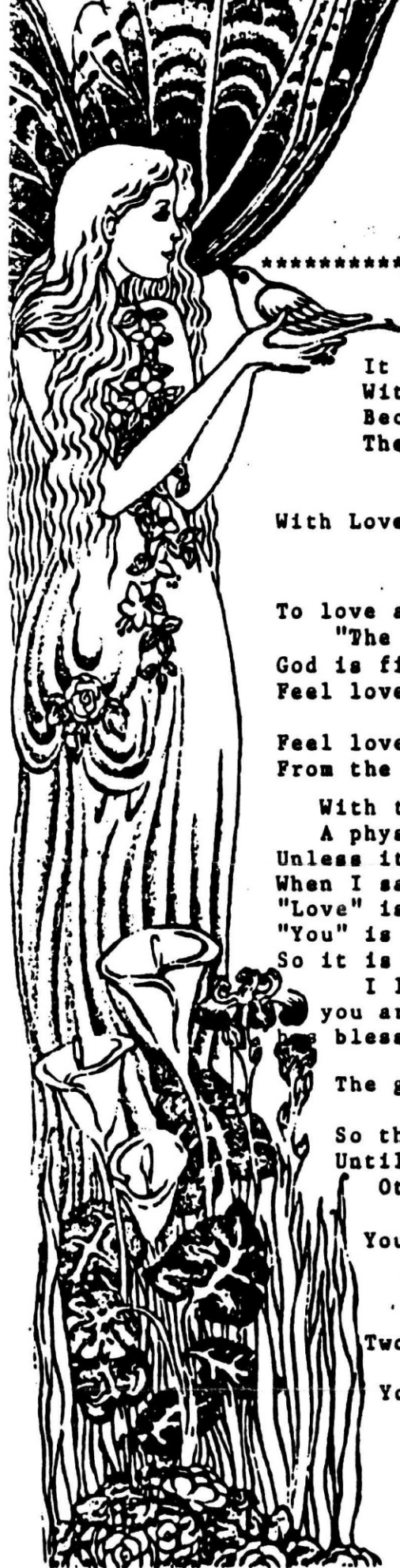
Party Food

DR. BOB'S POACHED FRESH SALMON

Cut SALMON into serving sizes. Brush very lightly (on unskinned side) with SOY SAUCE (preferably Kikkoman). Sprinkle freely with SEASON SALT*. Melt 2 Tablespoons BUTTER in a large frying pan. Add 1 Cup SHERRY WINE and 3/4 Cup WATER. Place skin side down in the pan with each piece slightly separated from another. Cover; set on Medium heat. Cook approximately five minutes after the liquid contents comes to a boil. Test with fork to check for your preferred doneness.

Serving suggestion: Baby green peas, sweet corn, tossed salad. Green pepper sauce is an excellent condiment with the fish.

*Dr Bob's SEASON SALT is available from us by mail order. \$4 for a 1 lb. bag + \$1 shipping.



*****WHAT IS LOVE?*****

Love is a Sacrament,
It is not an emotion, but a state of wholeness.
With or without the beloved, love is sustaining of itself
Because there is no separation in love
There is no pain in love, but rather a wonderful feeling
of Joy.

With Love the heart expands and encompasses the Universe and
Oneness of Creation
The complete fusion with God

To love another is to recognize the God within the Beloved
"The God in me recognized the God in You"
God is first the beloved, is a gift, for recognizing his existenc
Feel love until the heart expands, till no longer the body
feels gross.

Feel love until the physical atoms are pure light,
From the expansion of the Spiritual Heart

With the experience of such Love,
A physical love alone can no longer satisfy the Soul,
Unless it is no longer physical but part of a Divine Whole.
When I say "I Love You", then I am of God.

"Love" is the essence of Creation, the beginning
"You" is the Divine Being which I see
So it is with all my divinity that I utter these words.
I love you purely as Love surely is
you are blessed with the feeling of Love, whoever, whatever
blessed you with the experience, Nurture it.

The gift of Love is a crystal chalice,
Handle it with the utmost tender care
So that each beautiful experience of Love will slowly fill it
Until your own "Holy Grail" is filled and overflowing.

Others will drink of your cup and be sustained
Your search for love will then end
You are Love . . . Returned once again to the essence
of Being

When that moment comes, your beloved will be in
and around you
Two flames becoming one, never again to be separated
"I Love You" is then fulfilled.

You now have the key which will unlock the door to
Heaven

Kindred Soul

(Thanks to Nick Tatu for sending this our way)