



# What's Going On Here?

## Letter from Rhondell

Many communications are received each week to the effect that the person has been working at being more conscious for some time, but their general condition still is not to their liking. In other words, "I've learned a group of new words, new things to think about, & these ideas in my head have not made me rich and happy."

Generally, words only convey theory or instruction; actualization only comes with action. Many seem to believe that an accumulation of information will bring about transformation. However, this is an illusion.

For instance, a person would like to be an aircraft pilot, then goes to a bookstore and buys several books about airplanes, about the controls, how each works, and about the theory of aerodynamics. He or she studies the books and stores up all the information and can talk about flying like an old pro. (Maybe some of his or her best friends are pilots!)

The person is now ready to take action - take lessons from an instructor in the actual handling of the controls of an airplane. Then, and only then, can the person be a pilot. You would not care to be a passenger in the plane until the person had had many hours of actual handling the plane in the air, would you?

All the stored up information on THEORY without actual PRACTICE would be very inadequate for actual flying.

So it is with self-knowing and self-remembering. Accumulation of information is useful and necessary, but actual knowledge only comes from ACTION on the information.

Further, the purpose of knowledge is to give service, not to be rewarded for it. Having real knowledge is its own reward.



## Party Food

### DR. BOB'S YEAST FRY BREAD

Dissolve 1 pkg. dry yeast in 3/4 cup warm water. Add salt, 1/2 cup white flour and 1/2 cup whole wheat flour. Stir and let set until bubbles show on the surface. Add more flour (half white, half wheat) and if needed more warm water to make a soft ball. Let rise until approximately double. Knead on floured board for about 8 to 10 minutes.

Roll out on board until about 1/4" thick. Cut into about saucer-size circles.

Fry in covered skillet until browned on bottom. Turn and brown other side.

Use as any hot bread.



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

Please refer to Vol. 1, No. 1

## CULTIVATION

According to history available, mankind used to seek his food and clothing by hunting and gathering. He took what he could find. If there was an abundance of edible plants and animals, they got along fairly well. If, due to adverse weather situations the plants and animals were scarce, they suffered.

Gradually various ones (probably the lazy ones) had an insight to be cultivators instead of just gatherers. They even thought up irrigation. This allowed more free time and a more constant supply of food. This in turn made possible the domestication of animals. One cannot domesticate an animal without feeding it.

Only in the very recent times has mankind begun to think in terms of cultivating a desirable state of health or well-being, instead of treating illness. Illness has been seen as an attack on the person from an unseen force.



Since a few have begun to see illness as a normal adaptation to a stressful lifestyle, it has been found that one can cultivate a desirable state of health or well-being.

One's state of well-being is balance to one's environment, inner feeling, activity, and nutrition.

To have a lower amount of stress in one's everyday living usually requires at least some change in one's lifestyle. For instance, it requires an aim and practice to have a desirable inner feeling at all times. Much of each newsletter is devoted to this idea. At least some self-discipline is required to have a somewhat optimum of activity - some balance between work, play, and rest. Considerable self-discipline is required to have a more or less optimum state of nutrition.

None of this lifestyle change is difficult, except deciding to do so. One only uses common sense, not fadism.

More will be discussed about this in the next issue of WHAT'S GOING ON HERE?

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

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

o o o  
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.

o o o  
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.

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

o o o  
The struggle toward an illusion is the disintegrating factor.

o o o  
When disintegrating comes to an end, integration is.

# Bulletin Board

## WORKSHOPS

LOS ANGELES - September 30 (Sunday) 10:00am to 4:30pm. At the Le Mondrian Hotel, 8440 Sunset Boulevard. Please call the hotel for directions (213) 650-8999. For reservations, please call Ron Baron at (213) 858-1182. \$50 per person.

LAKE WHITNEY TEXAS - November 9, 10, 11 (Friday night, Saturday, Sunday morning). At Chapel of Light. For further information, please phone Tanya at (817) 694-5312.

## SCHOOL TALKS

PLEASE, let us know if there are any problems with the quality of your cassette, and it will be replaced immediately. We spot-check tapes, but obviously, due to the volume of tapes sent each week, we cannot listen to each one. Our equipment was recently overhauled and if there are any problems with tape quality, we want to hear about it.

Due to several comments that questions from the audience cannot be heard, rendering the answer confusing, questions are now being repeated by Dr. Bob before answering, starting with Tape #22.

Please remember your comments about the tapes' quality and content are most welcome, and very much appreciated.

## RECOMMENDED BOOK

If you enjoyed the MOUNTAIN CLIMBING tape, and would be interested in a book about "traveling" between different states of consciousness, you might like to read Doris Lessing's symbolic novel THE MARRIAGES BETWEEN ZONES THREE, FOUR, AND FIVE.

## PREVIEW TO HEADLINES

We have available several copies of a booklet that is a PREVIEW TO HEADLINES. It's available on a first-come, first-served basis for \$3.00 postpaid.

What

Can

I

Do?





## LET THIS LIFE BE

A Life which requires no desire to escape. A Life which is liberated from mechanicalness and worldly suggestion. A Life which inspires affection and creativity which is what Life IS all about rather than the illusion of Life thought to be the cause of despair and depravity. A Life which recognizes its abundance and because of it is forever ready to share its copious overflow with others less fortunate to be able to possess a similar recognition. A Life which is singleminded with his Maker rather than one which has been fragmented by the endless masquerade of the "usurping elves" of personality. A Life which can discern the value of any given thing or occurrence and which can then act upon it accordingly. A Life which has prevenience towards the lives around him. A Life which can transcend the judgement based on the likes and dislikes of the personality acquired through conditioning. A Life which will contribute to the earth which so generously provides for its privilege to exist. A Life which expects nothing for it clearly sees that no thing is more valuable than just being. A Life which keeps all doors opened to keep all Life in-sight. A Life which knows only fulfillment in every task it participates in regardless of how others may judge it. A Life which knows only fulfillment in every task it participates in regardless of how others may judge it. A Life which is inwardly strong and enduring as a tree filled with sapience, instead of a Life without Will which is then a life as thin and ephemeral as this paper containing a series of words not yet fully acted upon. Verbum Sap.

(From THE MAGIC THEATRE by Ron Baron,  
Seeker Press, Los Angeles)