



What's Going On Here?

Letter from Rhondell

The Newsletter is growing. WHAT'S GOING ON HERE? is a contribution. It is sent at our expense to every name that has been sent to us by someone saying "Send the newsletter to this person." This issue and the previous one were given to over 1500 persons.

Would you please take a moment to send a note saying "I would like to continue receiving the newsletter" or "Please omit me from the list." It will be very much appreciated.

The intention is to provide some material on states of consciousness to those interested and there is no desire to clutter your mailbox and wastebasket if there is no interest in such material.

We thank each person who has sent requests for the newsletter to be sent to others, and encourage everyone to send in names of persons that you feel would be interested. We also ask for any contributions you would like to share with the readers. Thank you.

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

Please refer to Vol. 1, No. 1

Bulletin Board

WORKSHOPS

PALO ALTO/MENLO PARK AREA - Please call Jeanine Robertson at (415) 329-2543 if you would be interested in attending a workshop in this area.

ORANGE COUNTY, CALIFORNIA - Please call Jim Schubert at (714) 960-4814 if you would like to attend a workshop in this area. Daytime hours you will reach the answering machine; leave a message, or call evenings to talk with Jim.

CHATANOOGA, TENNESSEE - November. Call Reid Henson at (615) 755-8880 if you are interested.

LAKE WHITNEY, TEXAS - November 9, 10, & 11. Call Tanya at the Chapel of Light (817) 694-5312 for reservations.

NEW TAPES

We have tapes available of the September 30 workshop in Los Angeles -- METHODS TOWARD ACHIEVING HIGHER CONSCIOUSNESS. They are \$35.00, postage included.

REQUEST

If you attended the Los Angeles workshop in Los Angeles and have used any one or more of the methods given for higher consciousness, we would very much like to hear from you. Please drop us a line as to your experience with the material. It will be appreciated.

In the study of levels of consciousness, it soon becomes apparent that there are two types of consciousness, each with several levels. The most common type of consciousness is SUBJECTIVE CONSCIOUSNESS.

Subjective consciousness has several levels, all of which are emotional in nature. In subjective consciousness, all is internal considering. What do I want? I'm entitled to have everything just like I want it without any effort on "my" part. "You" must do exactly as "I" want "you" to do, or "you" are violating "my" rights. This is so prevalent that the present is often referred to as the "ME Generation."

The Me Generation has of course produced many conflicts, seen as protest against whatever is targeted as preventing "me" from having "my" way right now. Marches for "my" rights. Many classes in being assertive. This type of consciousness of course justifies all blaming, anger, resentment, violence, escapism, and the feeling of being victimized --- anti-agape, in other words.

OBJECTIVE CONSCIOUSNESS also has many levels and is totally different in that there is no "I" and "you". There is only description, seeing things as they are, without any "Not-I" being involved. There are no emotions. (Emotions being fear, guilt, anger, insecurity and their many synonyms. There may be many FEELINGS in objective consciousness, but there are no emotions.)

Possibly the easiest way to know about objective consciousness is to experience it. So here is a practice to make possible the experience. It's called TELLING THE STORY of a segment in the life of ---- (your name).

In this practice one plays the role of a historian. Start with say one year ago, and tell the story in the historian's or novelist's style. For instance, Joseph met Pam at a meeting of Parents Without Partners, and at once felt very attracted to her. Joseph managed to strike up a conversation & get her phone number. He felt he wanted to get to know her better but was hesitant to call her because he didn't want to get involved, etc., etc.

Continue the story according to the facts as known. This is the beginning of actualizing the objective type of consciousness and the beginning of building a point of awareness.

Enjoy - keep it up - this IS transformation!!



Party Food

DR. BOB'S HOUSE DRESSING

- 2 cupe olive oil
- 1 cup cider vinegar
- 2 tsp. Italian seasoning
- 2 tsp. salt
- 1 tsp. granulated garlic or 3 fresh cloves of garlic
- 1 heaping Tablespoon mayonaise

Put all ingredients in a blender, blend for two minutes. Keep in the refrigerator.



Guest Book

Barbara Ford is here from Asheville, North Carolina, Brian Eckles from California, Joanne Popelka and daughter Rondalynn Carlucci from Montana, Paul Applebaum from Denver, George Schultz from the Bay Area, John Takach from Ohio, Allan Ridge and Edna Mae from California, Juliet Wise from New York, Duke Bock, Eileen and Erin Lane from California, Rene Reichert from Spartanburg, North Carolina, and lots more who forgot to sign the guest book!

A BIRTHDAY POEM*

My fortunate Pilgrim, your circumstance is ripe and your muscles should be taut;
For the load you carry now appears as quite a lot.
Your memory was filled with strife and inconsistency,
While your structures seemed to tumble, and you struggled with your innocence.

THEN YOU TURNED -- YOU SAW THE MOUNTAIN!

And the path it seemed quite clear.
No sooner did you approach, then did it disappear.
Oh Yes! There came the Pleasure Seekers with their aromatic mixtures.
But you lifted your head high as you resisted their elixir.

Then you wept with complete sincerity...for the elements had left you blank;
You imagined a conspiracy could strip you of your rank.
But still you fancied life and the uplifting gush of wind
Sent you twisting up the mountain...with the wish to eradicate your sins.

The Pleasure Seekers cried, "The Wolf! ...No, not Virginia."
Then you lightly stroked the viril beast and decided to take him with you.

The coarse and pointed stones beneath your feet pressed hard and steady.
Soon your lips began to tremble as the sun beat hot and heavy.
The predatory falcons floated high above the turf,
And their thoughts shrieked loud their passion...for your depth might quench their thirst.

But step for step your matter seemed to glide;
And the struggle simply vanished, for the beast was by your side.
Midway up the mountain you now stand with battle scars;
And the Pleasure Seekers wished that they had gone as far.

...And so my fortunate pilgrim, my only hope for you
Is that your heart be living whole;
And to the JOURNEY you are true.

By Constantine Nicholas

*The poem was sent to us by Genvieve Nicholas with this note "I am including a poem which Constantine wrote for my birthday in May of 1975 - five months into the Work. You might say my first birthday..."

In a limping bobbing motion
The old rag-clothed lady
Ambled across the city street.
She appeared so frail
With her hunched back
And neck bent groundward.
The strain of many years
Had in deep wrinkles etched themselves
Into her leather-like countenance.
So old, so weak,
So barely hanging on to life's existence
Her's had not been an easy time.

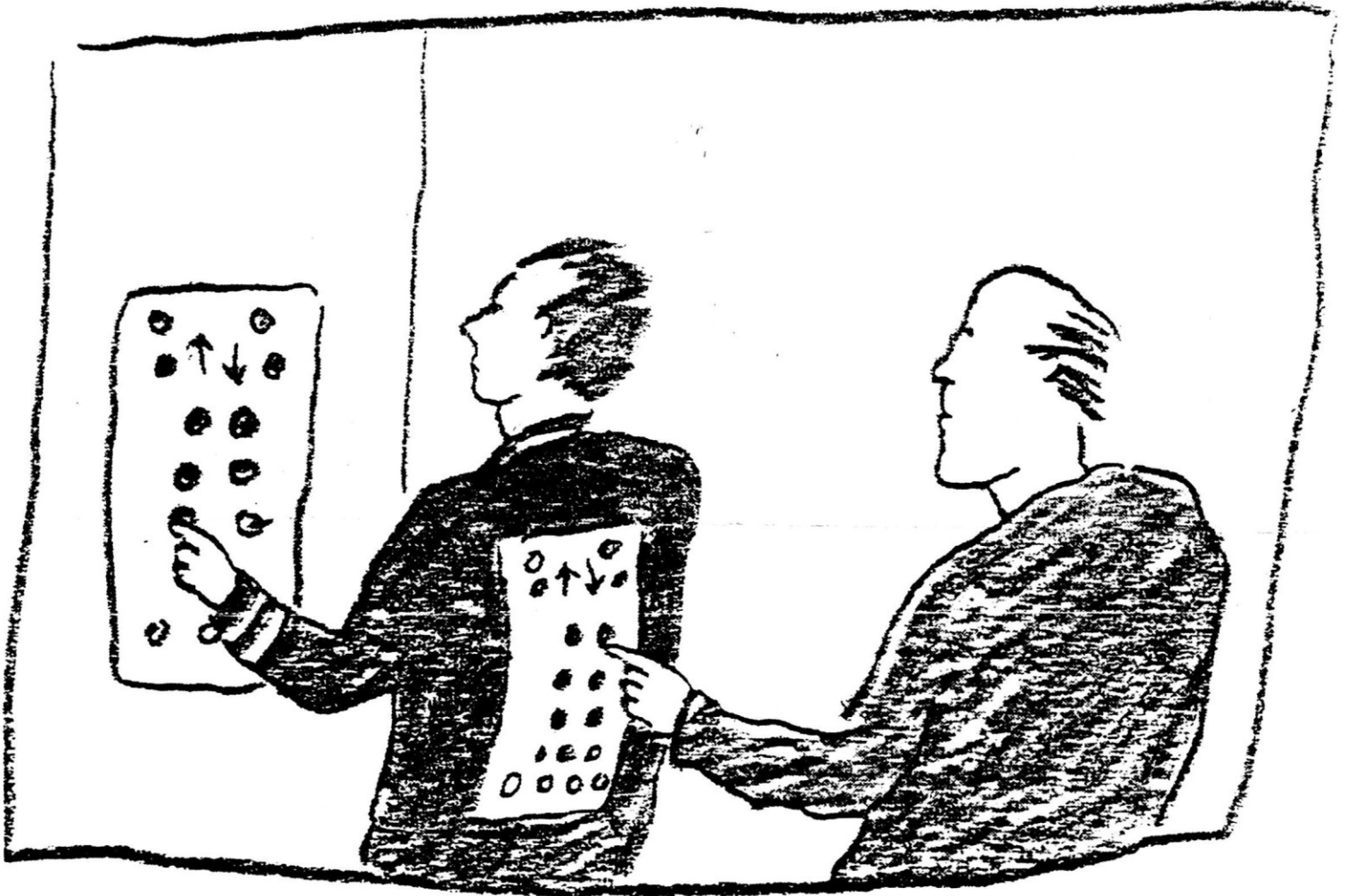
Yet out from behind her age-sunken sockets
Beamed a pair of sparkingly vibrant eyes
Of stiletto-like sharpness.
Eyes that seemed able to
Discern between the wheat and chaff of life's meaning.
Though her lips were threadlike and drawn
As the ragged edge
Of two biscuit halves pushed together.
She wore them in a way that mirrored
Ageless optimistic survival.

I watched this aged termagant walk
And realized the simple statement of her aliveness
Is far beyond where I presently am.
All my great dreams, ideals and thoughts
As well as my frustrations, depressions, and sadness
Lose their weight of import
When contrasted with the calm assurance she exuded.

Is the wearing away by long years of trial
The only teacher?
Must I become a dry branch
To finally discover what living is all about,
Or can I renounce and release
The ever hungry swelling ego,
The conditioned response of personality lusts,
And the need for standards and ideals?

Was not Christ agelessly old
While yet being young?
Is not agelessness tantamount to integration
What he was talking about?
For though the outward man perish
The inward man is renewed day by day.

By Dennis Adams



Sent in by Paul Applebaum

Q & A

- Q. 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.
- A. Mankind, humans, seem to have two natures - one ruled 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.