



What's Going On Here?

Letter from Rhondell

Most calls for the past several days have been about "Not I" talk, that internal talking that goes on all the time. We tell people who call that all Not I's are liars. However, most Not I's are very cunning and seem to manage to convince the subject that the subject is having intuitive knowledge.

Intuitive knowledge is about the nature of mankind, life, relationships of body, awareness and X.

Not I's tell the subject that so-and-so is going to happen in the future; that a certain person is planning to do something to the subject's disliking or disadvantage. Not I's claim to be knowers of the future and the thoughts of other persons. In other words, they claim to be fortune tellers.

If one allows self to be influenced by Not I's, one's inner feeling is in serious turmoil. However, it is also fairly SIMPLE, if not EASY, to send the Not I's packing.

One starts by seeing that Not I's are concerned with setting an Ideal of being totally non-disturbed or non-challenged. Then they suggest the justification of complaining, sticking up for rights, feeling put upon by others, quoting authorities to prove self and/or others wrong, demanding, self-improving, and blaming.

To send all Not I's on their way from you, start by looking for challenges. Here are some examples:

I want the challenge of being the one to set a pleasant mood wherever I am.

I want the challenge to make some contribution in every contact I have.

I want the challenge of experiencing some discomfort in order to build my tolerance and endurance.

I am thankful I have the challenge of determining my own inner state.

The practice of looking for and welcoming challenge proves to be a situation that the Not I's do not have the capability to exploit. We said the method was simple, we did not say it was easy - but that is a challenge also! So - - - -

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

Please refer to Vol. 1, No.1.

Party Food



BABY BACK RIBS



Choose meaty ribs with the bones not over 1/2 inch in diameter. They will be more tender than larger ones.

Make a mixture of 2 Tbs. seasoning salt and about 4 Tbs. soy sauce and a liberal dash or two of Louisiana Hot Sauce (not Tobasco). Mix well and brush on all surfaces of the ribs.

Place in an oven pan and put in a 375-degree oven about the center of the rack, with oven on Bake. Cook until tender, approximately 1 hour. Your oven may require more time.

Serve with your choice of side dishes. Fried yams are a delight with the ribs. Enjoy!

Guest Book

Cathy Thompson and Robin Freeman from Los Angeles, Bill and Lana Nunn from El Paso, Keith Jenson from Los Angeles, John Otteman from Gilroy, California, Dan Jackson from Virginia.

IDEALS

We have all been conditioned to hold Ideals in high regard, thus we all believe that we know "What ought to be," for ourselves and others and all circumstances.

When we believe we know "What ought to be" - and all reality is "What is" - and inasmuch as "What is" is usually much different than our idea of "What ought to be," we feel frustrated and have the need to struggle and to resist what is.

One can drop the Ideal by seeing that it is merely a fantasy, and that we could not know what ought to be unless we knew the future, knew the outcome of every situation a week from now, a month from now, a year from now and so on.

When we concentrate on the idea of the Ideal for a little while, we can drop all belief in the Ideal. We then find self in the present and quite capable of dealing with the present moment. We will find we are free to experience what is from moment to moment and to respond instead of react because things are not as we fancied they ought to be.

Being free to experience whatever comes our way today is to be free of conflict, struggle and resistance. Conflict, struggle and resistance is the only human problem.

One cannot believe in their Ideals and be free at the same time.

One starts with being free to experience whatever arises in one's way today, then one is free of conflict, struggle and resistance. Freedom is real being, now.



Bulletin Board

CALLIGRAPHY

Tina Vickers, scriptist of our beautiful TRANSFORMATION chart, will soon be making available lovely calligraphed teachings-related material, for yourself or suitable for gifts. Details in the next newsletter. Meantime, enclosed is Tina's current brochure.

WORKSHOPS

CHATANOOGA, TENNESSEE - November 3 at the Hilton Choo-Choo. Please call Reid Henson at (615) 755-8880 for further information.

LAKE WHITNEY, TEXAS - November 9, 10 and 11, at the Chapel of Light. Please call Tanya (817) 694-5312 for reservations and directions.

PALO ALTO AREA - Sunday, Dec. 2, 10:00am. \$50 per person. Half Moon Bay Lodge, 2400 Cabrillo Highway (Hwy. 1), Half Moon Bay, California. Call Jeanine Robertson for workshop reservations (415) 329-2534 days or (415) 854-8781 after 6:00pm. (Note her phone number misprinted in last issue.) If you wish to book a room at the lodge, or get directions, call the Half Moon Bay Lodge at (415) 726-9000.

T H A N K Y O U . . .

to all those who have contributed towards postage for the newsletter. It is very much appreciated!

And thanks, too, for all the lovely poetry, which we will try to use in the future as space permits.

Doctor says best remedies are those made at home

The Tribune, Wednesday, October 24, 1984

By Kym Fox
Staff writer

If you're sick, there is one thing you should not do — go to the doctor.

That might sound like harsh advice, but according to Dr. Robert Mendelsohn, it could save your life or at least allow you to avoid major discomforts brought on by poor treatment or drug side effects.

A practicing pediatrician for 30 years, Mendelsohn has a general practice in Evanston, Ill. He has written three books: *Confessions of a Medical Heretic*, *MALe Practice: How Doctors Manipulate Women* and *How to Raise a Healthy Child . . . In Spite of Your Doctor*.

Aside from publishing his sometimes unpopular views, Mendelsohn also takes his comments and criticisms on the road. He spoke to a sparse audience last week at Arizona State University's Grady Gammage Auditorium. About 100 people showed up to hear the dynamic doctor speak.



"My answer is that people have to check up on doctors every time they go," Mendelsohn said. "And further more, try not to go. The only time you should go is when you are carried there. Emergency care is the only part that's good."

Mendelsohn knocks the medical profession because he has been a part of it for so long and knows how it works. He said more and more doctors are beginning to question the profession.

"A lot of other doctors are speaking out like I am," he said.

Some doctors, like Mendelsohn, are speaking out because their past medical decisions are coming back to haunt them. Mendelsohn hears horror stories wherever he goes.

"The most dramatic ones are ones that happened to me. . . I had prescribed X-rays to the tonsils, and now they have cancer of the thyroid," Mendelsohn said.

Mendelsohn also was involved with DES experiments. DES is diethylstilbestrol, a drug given to pregnant women from 1940 until the late '60s. It has been linked to cancer in the daughters of the women who took the drug.

"Everybody's got a horror story, and they're all true," Mendelsohn said. "Now they're coming out in the courtroom."

"The horror stories you hear from doctors are worse than the ones you hear from the people. Doctors learn early in their careers the ethic of dishonesty. . . That's why he won't tell you the side effects of drugs or tests."

Doctors do not bear the blame alone. It is the patient's responsibility to take control of his body and ask questions.

"Most people don't even ask the side effects," Mendelsohn said. "People are afraid to ask."

"Doctors are trained that if they tell you the dangers of drugs, you won't take the drugs. Doctors try to frighten you about disease. I try to frighten you about the doctor."

"It's so dangerous; patients stand a great danger of being hurt than helped."

There is a time when doctors are necessary, such as for some acute disorders, Mendelsohn admitted. He stressed the importance of carefully selecting a physician.

"Choose a doctor who knows how to do home births and supports home births," Mendelsohn said. "Choose one that when he gives you an important drug, he gives you the printed (side effect) information."

"When he immunizes children, will he give you the printed information on the side effects?"

"Is he willing to go to bat for the patient, even if it means testifying against another doctor?"

To find these things out, call the doctor's office and ask, Mendelsohn said. If the doctor won't answer the questions, move on.

Never go to a doctor alone, he suggests.

"Go in groups. Take friends, bring a bunch of tough-looking relatives. Doctors spend more time talking to men than to women."

"Don't leave the room until the question is answered."

If a drug is prescribed, go to the library first and then the drug store. Several library books provide side effect information. Even if the doctor listed side effects, it's a good idea to check for yourself.

Given his druthers, Mendelsohn would choose non-medical health care first.

"Go to healers who can't do as much damage," Mendelsohn said. "Go to the people doctors call

quacks: experts in nutrition, chiropractors, midwives.

"Doctors believe in better living through chemistry."

"Obstetricians believe God made a mistake by not putting a zipper in a woman's stomach."

Above all, Mendelsohn said good old home remedies are the best.

"For general health care, help take care of yourself. Depend on family and friends who have had a lot of experience raising healthy families."

"The Mayo Clinic last month came out against the use of antibiotics for ear infections. They think heated olive oil is just as good."

Mendelsohn even goes so far as to say he could be replaced.

"When it comes to caring for children, one grandmother is better than two pediatricians."

THE WORLD

- 1. Ideals
- 2. Self-improvement
- 3. Signs and demonstrations
- 4. Anti-agape

The narrow path and narrow way

The broad gate and wide way

SCHOOL

- 1. Self knowing
- 2. Faith
- 3. Grace
- 4. Agape

SPIRITUAL

Confession
Surrender
Repentance
Baptism

NEW MAN

Sees Differently
↓
Attitude
↓
Behavior
↓
State of Being

KINGDOM OF HEAVEN

Agape
Considerate
Harmless
Contribution

- 1. Identity
- 2. Gullible
- 3. Whim of a Capricious God
- 4. Tolerance

Tell to another all the ways you have failed the ideal
Turn your life over to an institution
Feel guilty
Take a bath without soap

Destroy the present and create a utopia
Utopian behavior
Attitude of thankfulness to the creators of the utopia
How one sees things is ignored when the order is reversed

Tolerance
Condescending
Helpful
Parasite (trying to get good feelings)

In Bali
The Monkey Dance

The Story

RAMA is everything. There is nothing that is not RAMA!

All stories are about Rama. Rama wears many disguises and takes the roles of lover, wife, husband, villain and gods. The story is a drama played by Rama in many roles and many disguises.

The drama is always about Good and Evil. Evil plots to overcome Good and Good plots to overcome Evil. Rama plays all the parts in this drama of Life of Mankind on this Earth. When Evil is about to overcome Good, it does not succeed; neither one is ever overcome because there is no such reality as Good and Evil. As an illusion, Good and Evil is the plot for the story.

For, there is only Rama! Only Rama is the reality. Rama plays the parts, disguised as Good and Evil, in the illusion of the play, but in the end there is only Rama, as there was in the beginning only Rama!

In this dance of Life, which is called the Monkey Dance, there are witnesses to the drama; there is an audience of Monkeys who applaud all the acts, chanting, "chi-chi-chi-chi-chi" approving the scenes and parts of the play. The Monkeys applaud Rama playing the roles of the story about the illusion of Good and Evil.

The play does not end, for as one story ceases there is another and another. Rama takes all the parts, for there is only Rama! The Monkeys watch and approve as they chant their applause in the drama: "Chi-chi-chi-chi-chi-chi-chi!"

The Monkeys? But there is only Rama!

Sent in by Marjorie Hays

A 'LITTLE LIGHT'

A little light appears
And then
the dark again.
Where has it gone
my little light
That was, and seems no more?

My little light moved not at all.
It stayed --
But I got in the way!

Ah, but here it is again
It seems to come so seldom.
List! It's saying something to me
NOW!
"Just SEE what is! You've been asleep
Awake and SEE
conditioning and sleep
are gone."
I see the TRUTH, "my little light"
At last I see the VALUE of
The only TRUTH there is!:
I often sleep, but sometimes wake
To make my TRUE report!

By Evelyn McKenna

ON HUGGING . . .

Notice: The Surgeon General has determined that hugging is good for your health.

Hugging is practically perfect: No movable parts, no batteries to wear out, no periodic check-ups, low energy consumption, high energy yield, inflation-proof, non-fattening, no monthly payments, no insurance requirements, theft-proof, non-taxable, non-polluting, and, of course, fully returnable.

Hugging is all natural: Organic, naturally sweet, no pesticides, no preservatives, no artificial ingredients, 100% wholesome.

The best people, places and times to hug: Anyone, anywhere, anytime.

From: Bob & Lauraine Thomas