



What's Going On Here?

Letter from Rhondell

Most of us think of Thanksgiving as a day to stuff with turkey and lots of other goodies and televised football games. We think thus due to promotional suggestion. There is nothing wrong with this thinking. However, where is the giving of thanks?

The giving of thanks is a state of consciousness based on the way we see. If we see ourselves as victims of circumstances, as inferior, as unfortunate, as having much to feel sorry for self about, and as having much to find fault with, we have little to be thankful for.

If we see ourselves as privileged, invited guests on beautiful planet earth, as one with Life, therefore able to adapt, adjust, meet challenges, as being privileged to learn about self and the world we live in and about Life, we experience an overflowing feeling of being thankful.

Overflowing is what being thankful is all about. Overflowing is giving, is making a contribution to Life and those about us. At the very least we can contribute to a pleasant, harmonious mood. Overflowing is appreciation expressed as attention and approval for Life about us. Overflowing is seeing what's going on here rather than what's wrong here. Overflowing is seeing what I can do here and now, instead of being in a funk about what should I do to be happy, successful, to get ahead. Overflowing is being creative and is a very high state of consciousness. Folks that are overflowing are called radiant. Will you be one of the radiant ones? It all depends on the way one sees and the questions one puts to self.

Party Food

TURKEY STROGANOFF OVER NOODLES

3 cups chopped cooked turkey meat
1 cup sherry wine
1 Tbs. soy sauce
dash of salt
1 pint sour cream

Combine all items except sour cream in a skillet; heat to bubbling over medium heat; add sour cream. Stir until sour cream is well blended and hot. Serve over a bed of noodles (or rice).



WHO AM I?
WHERE SHOULD I GO?
WHAT'S WRONG HERE?
WHAT SHOULD I DO?



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Bulletin Board

WORKSHOPS

PALO ALTO AREA Dec. 2 at Half Moon Bay. Call Jeanine Robertson during the day at (415) 329-2534 or after 6pm at (415) 854-8781.

SALT LAKE CITY Dec. 9 Call Glenda Peterson at (801) 533-6371

ORANGE COUNTY, CALIF. Date not set. Call Jim Schubert at (714) 960-4814

TAPES of workshops at Chatanooga and Lake Whitney available for \$35 each.

TAPE SUBSCRIBERS - Please - return the top half of your invoice when you send payment. It will be greatly appreciated.

NOTES ON PERSONAL INTEGRATION AND HEALTH is available again at \$10.00.

A friend would like to communicate with others interested in the work. Please call Evelyn McKenna if you would like to chat with her. She's in Stanton, Calif. at (714) 995-4853

THANK YOU - We received many replies from people wishing to continue receiving the newsletter and a surprising number sent in donations toward its production and postage. We are very, very grateful for this & delighted the newsletter is appreciated. We also welcome any suggestions you have.

As our way of saying THANK YOU to our School Talk subscribers, we have a special offer for you. From Nov.22 till the end of the year subscribers may purchase copies of School Talk tapes #1 through #31 for only \$6.50 each. Tapes #32 on will be the regular price. You may wish to complete your own series, or give tapes as Christmas gifts. This offer is for subscribers only, but that includes any new subscribers. You may subscribe now and order back numbers at the discount.

FREEDOM

To experience freedom require that one start with freedom rather than make freedom a goal to achieve. Most students of Life and higher consciousness start by letting the Not I known as the self-improver suggest that if one struggles hard enough and practices some techniques or more than likely many techniques, that finally after many years one will gain freedom, that is, if one lives long enough. This approach is based on the idea that one gains freedom by being free from all things we have been taught to believe are bad. However, one never experiences freedom this way.

One does not BECOME free. One starts by BEING FREE TO. To start being free, one recognizes that one is conditioned and thus behaves as a conditioned person, which is to be in conflict. Conflict is experienced as anxiety. So - I am free to experience anxiety. When one is FREE TO experience anxiety, anxiety disappears in a very short time, less than half an hour. The reason: now that you are free to experience the emotion of anxiety, a Not I can no longer bully you. The same is true for all the emotions - anger, guilt fear and insecurity. We don't like these emotional states, as well as, by now, knowing they are detrimental to our state of wellbeing.

We struggle against these states, or we resist them, or try to improve self not to have them. All the Not I's then get in the act. Some bully self to quit having them by improving self. Some justify them by saying that under the circumstances they are justified. Conflict is the state of being, year in and year out.

When one is free to experience these unpleasant states there is no condemnation or justification. Condemnation and justification are the work of Not I's. Then the Not I's are put out of business. There is no longer anything for them to condemn or to justify. Conflict, struggle & resistance come to an end naturally with the realization of freedom. Trying to be FREE FROM is eternal bondage. Being FREE TO is seeing the TRUTH, the truth that is truly freedom.

MAGIC

Magic, the production of wonders, is the work done by a Magician - that is, real magic, not the tricks of a sleight-of-hand artist. Most everyone has probably wished they were a magician and able to transform things and self by waving a wand.

It may come as a surprise to one that the transformation of self, persons, things and circumstances can all be accomplished by anyone that cares to accept the Magic Wand and use it. Life is the ultimate magician, the creator, the producer of wonders. Just for a few moments cease taking everything for granted and watch the many wonders of life. Almost at once one will be filled with awe. You are an expression of life, thus a magician. However, a magician that never practices his or her art may as well not be a magician.

The magician's wand that transforms things is the ability to see things differently. If one sees self as a victim of circumstances and of the past and other persons, one lives in a very bad place, a place of misery. If one sees self as an expression of life and surrounded with possibilities to express life by actualizing these possibilities, and surrounded by persons that would be transformed by a little contribution from self to their pleasant surroundings, one is filled with thanksgiving and joy. One has waved their magic wand and transformed self from a state of misery to that of a person filled with happiness (thanksgiving) and in the process spread a little light and joy to others. Not too shabby for starters.

The more one realizes that one is a magician (living) and has a magic wand (the ability to see differently), the more thankful is the state of being. There is no happiness without thankfulness. They are one and the same thing.

This is magic, this is transformation.

This is radiating Life.

This is Living.