

What's Going On Here?

MOTIVATION

MOTIVATION is another way of saying Purpose and Will.

Individuals frequently attempt unknowingly to put a new purpose over an old purpose to achieve some desired circumstance. At best this will only seem to work for a very short span of time, then the old, usually unrecognized motivation will take over again. One simply cannot have more than one purpose. Any attempt to the contrary only creates more conflict, more struggle, more inaction.

For instance, a person has the basic purpose from infancy "The whole purpose of living is to regain the non-disturbed state." This person may have several methods of attempting to achieve this purpose, none of which work very well for any substantial period of time. The person experiences frustration, feelings of failure, fears about making any commitments and so on and on. Then one day this person comes in contact with an oral or written teaching of an inspirational, motivational, or positive thinking nature that sounds wonderful (it usually is). Now the person feels very enthusiastic. Feeling this way, he or she acts that way, and begins to accomplish more.

However this feeling and action were not self-chosen by the person, but was the result of suggestion from outside - thus not really the person's purpose.

Shortly in the affairs of everyday living, someone will ignore, disapprove of, or in some way reject the person. Now the purpose of regaining the non-disturbed state will take over and some of the methods of achieving it will be activated. Now the feelings of enthusiasm are gone. The feelings and actions of complaining, sticking up for rights and blaming are in charge.

No one needs to be motivated. Practically everyone needs to find out the purpose they now have (it is usually unknown); re-evaluate in the light of present time, place and circumstance. Then if the person sees that this purpose is no longer to their advantage, this purpose can be dropped. Then, and only then, can a new purpose be formed.

One then has a new purpose, then the will to carry it out.

This is often referred to as transformation.



Letter from Rhondell

The holiday season is upon us, and of course most see it as very important to do everything correctly according to the great promotion. One must remember by cards all the proper people, buy the proper gifts for each person. BUT we must go overboard on spending. We must prepare the proper food for visitors but not gain a lot of weight - just to mention a few of the shoulds and should-nots.

This gives the Not-I family a once-a-year opportunity to put on a superb orgy. They generate all their favorite destructive emotions like worry, anxiety, guilt, frustration, greed (especially in children), disappointment, resentment, fatigue with its short tempers, and all that goes with a considerable indulgence in intoxication.

All of this under the guise of celebrating the birth of a great teacher and servant of mankind.

All of this leads to a great increase in the demands for those who work in the field of serving troubled people to relieve the emotional pain that is generated by the Not-I family.

About all that can be done is to point out to the pained person the fact of "What's going on here" and then point out that they can take charge of their own inner state of being. However the Not-I family does not want their orgy so quickly or easily disposed of. So before the worker gets two words out, the Not-I family says "BUT---(whatever)", which causes any relief from the emotional turmoil to be cancelled before it can be registered.

It is just possible that the greatest purpose one can have for the holiday season is to contribute to a pleasant, harmonious mood wherever I am.

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Bulletin Board

A PRIVATE APPOINTMENT WITH DR. BOB, ANYTIME, ANYWHERE! Thanks to the generosity of an old friend, we now have quality video equipment. Starting immediately, you can arrange to have your own videotape, made especially for you. Bob will talk to you about any subject you wish, just let us know. These tapes are VHS format only, run one-half hour, and cost \$55, postage paid. Payment must accompany order, unless you would like to receive it C.O.D. If you prefer an audio tape only, these are available also, for \$30. Videotapes are sent by U.P.S. so we must have a street address.

DISCOUNT ON SCHOOL TALK TAPES. Until the end of the year, School Talk tapes #1 through #31 are available to SUBSCRIBERS ONLY for \$6.50 each.

HELP! If any reader has a copy of the tape entitled MAGIC WORKSHOP, we would like to borrow it. We will return it right away, and replace the postage. Thank you!

YOUR DONATIONS ARE NOW TAX-DEDUCTIBLE. All our work is now done under Mankind Research Foundation, Rhondell Project. This is a non-profit educational foundation. Continue to make all checks for merchandise, consultations and donations payable to RHONDELL.

Party Food

MISS GEORGIA'S SOUTHERN BASTING SAUCE

Combine

4 cups of soy sauce
1 cup of bourbon
3 - 4 tsp. grated fresh ginger (or soak dried ginger root in water until softened, then grate)
1/2 tsp. grated garlic
2 Tbsp. sugar

Use for grilled chicken, chops, steak, hamburger.

(Thanks to Georgia Hagoon, Chattanooga, TN)



Q & A

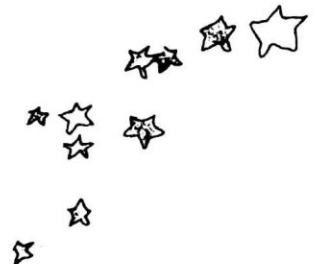
Q. Often when I look at the conditioning, the task of removing it seems impossible. It seems something akin to hacking away at an iceberg with a spoon. I don't feel I will ever come close to getting the job done - in fact it seems hopeless.

A. Who said you should remove the conditioning? Let's say you live in a multi-storied house which has a basement. There are all kinds of creepy, crawly, hideous creatures in the basement, and of course it's very dark down there. You wouldn't stay in the basement, you would move up to one of the upper levels. The aim is, by being in charge of your own inner state, keep your mood "upstairs" above the chaos below. If your mood is always vital interest or above, you will not be affected by what may be in the basement. Eventually you won't even be aware of it being there.



THANK YOU !!!

Many, many thanks for all your support. Your contributions of every kind are appreciated more than you know. We are especially grateful for our School Talk subscribers, as well as for all the nice letters and calls we have received. Please remember, we want this newsletter to be a two-way communication, we want it to be interesting to you. Keep in touch - and thank you.



You, there, skulking beneath Golgotha
with that hammer in your hands,
Come forth!
I have found you at last,
And I name you.

You polished my soul with a burlap bag
and wrapped it in naugahyde,
And laid it between two dogs in a manger
to sleep the sleep of animals,
While I searched for my wayward Star of the East
in an abridged ephemeris guide.

But I awake,
And no longer do I run with your pack,
opening easy throats
To drink the rank elixir of an ancient craving.
Nor do I fade away
Like some ghost in a silent movie, lost
on the cutting room floor,
Or some tattered wind-up doll, entombed
in a dusty toy chest where neither
worm nor shadow stirs.

With empty plate and empty chalice, you would
cater my Last Supper.
But I have meat ye know not of, a Diners Card
carte blanche.
A kindly cook adorns my table,
Serving not mere meat and drink, but
meat indeed and drink indeed.

I have turned your dogs from out my manger
and taught them clever tricks.
One fetches my sandals, the other my staff,
for those holy new moon nights
When I sojourn afar through solitary spaces,
Gazing in awe at the unutterable universe.

And, yes, I have found my Star --
All hundred millions of them.

By Ronnie Hooks



We ask for strength
And Life gives us resistance
which makes us strong.

We pray for wisdom
And Life gives us challenges,
the solutions of which
develop wisdom.

We plead for prosperity
Life gives us brain and
brawn to work.

We plead for courage
Life gives us dangers to
overcome.

We ask for favors
Life gives us opportunities.

This is an answer.

Autuor unknown.

(Thanks to Paulette Fox)

LIKE ALL LIFE

If It's to be -
it will

When it's to be -
it will

And

If not to be -
it will.

Beryl
Rosenblum

BEING AN ACTOR INSTEAD OF A REACTOR

I walked with my friend, a Quaker, to the newsstand the other night, and he bought a paper, thanking the newsie politely. The newsie didn't even acknowledge it.

"A sullen fellow, isn't he?" I commented. "Oh, he's that way every night," shrugged my friend. "Then why do you continue being so polite to him?" I asked. "Why not?" inquired my friend. "Why should I let HIM decide how I'm going to act?"

As I thought about this little incident later, it occurred to me that the operating word was "act". My friend ACTS toward people - most of us RE-ACT towards them.

He has a sense of inner balance lacking in most of us frail and uncertain creatures; he knows who he is, what he stands for and how he should behave.

No boor is going to disturb the equilibrium of his nature; he simply refuses to return incivility with incivility, because then he would no longer be in command of his own conduct, but a mere reactor to others.

When we are enjoined in the Bible to return good for evil, we look upon this as a moral injunction, which it is; but it is also a psychological prescription for our emotional health.

Nobody is unhappier than the perpetual REACTOR. His center of emotional gravity is not rooted within himself where it belongs, but in the world outside him. His spiritual temperature is always being raised or lowered by the social climate around him, and he is a mere creature at the mercy of these elements.

Praise gives him a feeling of euphoria, which is false, because it does not last and it does not come from self-approval. Criticism depresses him more than it should, because it confirms his own secretly shaky opinion of himself. Snubs hurt him, and the merest suspicion of unpopularity in any quarter arouses him to bitterness, aggressiveness or querulousness.

Only a saint, of course, NEVER reacts. But a serenity of spirit cannot be achieved until we become the masters of our own actions and attitudes, and not merely the passive reactors to other persons' feelings. To let another determine whether we shall be rude or gracious, elated or depressed is to relinquish control over our own personalities which ultimately is all we possess. The only true possession is self-possession.

My friend is a model of balanced conduct, and few of us can hope to attain his kind of surefootedness. But we can at least adjust our weight to lean less heavily upon the world's giddy gyration.

By Sidney Harris, syndicated column, DETROIT FREE PRESS
Distributed by Ron Soderling, sent in by Robin Freeman