



What's Going On Here?

The law of the wise is a fountain of life, that he may decline from the ruin of death.

Letter from Rhondell

THE AWAKENING FACTOR

Many calls are received asking about staying awake. Most find that the Not-I's take over very frequently regardless of best intentions. Seemingly the most valuable exercise to stay awake more of the time is to establish a point of awareness. This is to create a point that is purely an objective observer. An observer that neither condemns, justifies, nor approves.

This point of awareness is totally impersonal. It is simply a point of awareness that observes the self. For instance the point of awareness sees John feeling annoyed, the point of awareness reports "John is feeling annoyed." No judgment, no fault-finding, simply reporting what is. The point of awareness is only reporting "What is going on here." This is a simply and very interesting exercise in being awake.



WHAT am I?
 WHERE am I?
 WHAT'S going on here?
 WHAT can I do?

WISDOM:

The knowledge that
 whatever myself or anyone else
 has ever done
 is doing
 or ever will do,
 it is felt at the time of doing
 to be right, or proper,
 or justified.
 Check it out.

Bulletin Board

If you write to us, please put your full name and address on your letter. Checks are separated, envelopes discarded, and orders and requests come up for processing with only a first name. Requests and orders will be filled in much less time if all information is on the letter. Thanks!

No more workshops scheduled this year. However, there will be a School Talk on Tuesday, December 3 at 2:30. January School Talk January 7 at 2:30.

We have only five TRANSFORMATION charts left. They will be reprinted eventually, but if you want one soon, order now. \$10, postage prepaid.

WISDOM stickers - you may have as many as you like - free - just ask. You might like to know that they are on truckstop restroom mirrors from LA to Florida!!



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ADDICTION

Part 2

To understand addiction it is necessary to have a working knowledge of adaptation in the human. Adaptation is the real survival function. If for instance one takes into the body a noxious substance on a continuing basis, the first attempt of the living organism is to eliminate the substance by vomiting, extra excretion, rapid oxidation. However, if the substance is taken repeatedly, the living organism adapts by creating an antidote, not only when the substance is taken in, but when the substance is expected.

Now the need for the substance is required by the body to restore balance to the antidote. This produces the craving and the compulsion to continue the substance. This is addiction.

The same process works for internal secretions, hormones produced in the body in response to emotional states, resulting in a constant repetition of the behavior patterns regardless of circumstances. There are far more persons addicted to internal secretions than there are persons addicted to substances from outside the body.

All addiction lowers the well-being of the person and the natural ability to enjoy just living.

As stated before, the recognition that one is addicted is the start toward freedom.

No doubt it is easier to be aware of addiction to substances from outside than it is to recognize that one is addicted to internally produced hormones, such as those produced when one is angry or worried, or anxious, or complaining, or disgusted, or finding fault, etc., etc.

One can remember that the human being was never designed to live in a state of distress, but rather to be in a state of joy and thanksgiving for being alive and have the inborn ability to adapt to changing conditions, and to have a flood of energy to fight or run when in a dangerous situation.

However, conditioning has resulted in many of us seeing almost all situations as dangerous and the ability to imagine things has given the conditioned person many situations that only exist in thought, to be in an emergency-feeling state. Further, it seems to be that most persons feel that they are entitled to have all wants gratified at once, or else feel that they are being mistreated and denied their natural right of being totally non-disturbed; this leads to all kinds of addictions.

* * *

Bits & Pieces from School Work

"Oh, Mom, don't pay any attention to it, it's just Not-I's talking."

--Cindy Bullen, at age 8.

"...and her vulnerability is her strength..."

--Marion Woodman (Speaking about the transformed being FREE TO experience Life)

LOGIC & REASON

is valuable

IF

it starts with

INTUITIVE KNOWLEDGE

rather than with

hypotheses.

--RRG

Man is the only unspecialized being on earth. So he must choose a role or roles consciously and play it or them, or he will be cast into a specialized role by another and be exploited.

A wonderful thing about choosing a role is that one can write the script, play the role and direct the performance. Few are those who accept this great gift, so there are few people who are described as great.

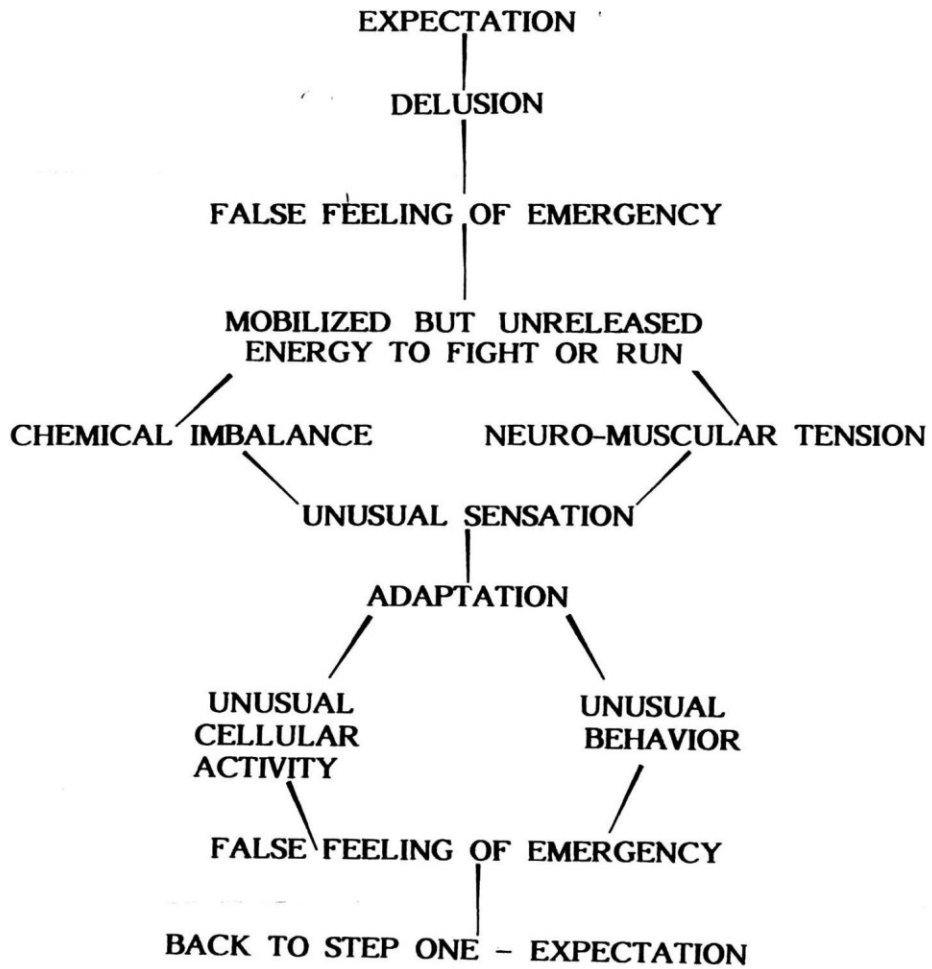
One can take on many roles and perform each at different moments.

When one catches a glimpse of the situation and at once interprets the situation by the subconscious Four Dual Basic Urges and reacts with the opposing attempts to actualize them, he sees little . . . emotionally reacts with much struggle, conflict and resistance.

Would it be interesting to find out what would be the case if one chose the role of being a conscious guest at the big party called society?

--From HEADLINES by Rhondell

THE V I C I O U S C Y C L E



ADDICTION

Part I

All those who spend their time working with people-problems sooner or later recognize that the whole human problem of misery is the problem of addiction.

Everyone is, of course, aware of addiction in cases of drug addiction, alcohol addiction, nicotine addiction. As serious as these addictions are, they are merely the top of the iceberg, so to speak. Most addictions aren't recognized by the person addicted, their friends nor family, nor society as a whole, nor the people-serving professions.

First let there be consideration of what addiction is, how it may be recognized. Addiction is the human condition when something is craved and a justification is found to justify the craving. The person will go to great lengths to gratify it, and it must be repeated constantly. The person so addicted never seems to recognize that they are addicted; it's just something that is enjoyed, just human nature, etc., etc.

Addiction can be recognized by the objective observer by simply seeing that there is a constant pattern to the person's activity. It can easily be seen that the person is continually buying the gratification for their addiction with all their reserves, their health, peace of mind, and in the end with their life.

Now for some addictions not usually recognized as addictions but which fit all the criteria of addiction. Please note that all of these have the same signs of addiction as do alcohol and drugs.

ATTENTION - Just look about to see how many spend all their resources, their energy, their time; then neglect their family, their business and their health in their attempt to gratify the addiction to attention.

PLAYING BIG SHOT - Same as above.

BEING A VICTIM - Just look; no matter what's going on the person proves self to be a victim, repeating life situations wherein they are beaten, abused, mistreated, frustrated. When one has certain emotions, corresponding hormones are produced in the body, and one becomes addicted to the presence of the hormones and produces the circumstances to produce these hormones - plainly addicted.

COMPLAINING - Same as above. The person finds all sorts of things to complain about

while saying, "I'm not complaining, BUT ..."

FAULT-FINDING - Same as being a victim.

EATING DISORDERS - Same as Attention. Addiction to dieting, fasting, eating. ("I'm a victim of food.")

SELF-CONDEMNATION - A variation of the Attention and Victim syndromes.

INFERIORITY FEELING - Same as Self-condemnation; a variation of Justification.

SELF-PITY - Same as the Victim syndrome. A very common addiction.

DISCRIMINATION SYNDROME - A common variation of the Victim addiction. I'm discriminated against because of sex, race, religion, occupation, etc., etc. Very common.

DISTRACTION - Must have constant distraction, noise, music, sex as entertainment, taste for some substance. The start of most chemical addiction.

EXERCISE - Combination of getting attention and addiction to the chemical changes in the body produced by intense activity.

WORK - Attention, Victim and Complaining. "It all depends on me."

BEING SICK - Combination of Attention and Victim.

This could go on with enough material for a textbook but this is enough for the present.

Now what can be done about it?

Before the person addicted can do anything about the misery-producing situation, there must be recognition that one is addicted. This is the first step. Without the recognition nothing can be done. Once it is recognized by the person addicted, real work can be done very quickly. But without that recognition nothing can be done.

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THE MASTER DECISION OR PRIMAL PURPOSE

Having as the purpose of living to regain the nondisturbed state by the Four Dual Basic Urges.

GAINING	ESCAPING
Comfort & Pleasure	Pain
Attention	Being Ignored or Rejected
Approval	Disapproval
Importance	Inferiority



WISDOM is glorious, and never fadeth away, and is easily seen by them that love her, and is found by them that seek her.

She preventeth them that covet her, so that she first sheweth herself unto them.

He that awaketh early to seek her, shall not labour: for he shall find her sitting at his door.

To think therefore upon her, is perfect understanding: and he that watcheth for her, shall quickly be secure.

For she goeth about seeking such as are worthy of her, and she sheweth herself to them cheerfully in the ways, and meeteth them with all providence.

For the beginning of her is the most true desire of discipline.

And the care of discipline is love: and love is the keeping of her laws: and the keeping of her laws is the firm foundation of incorruption:

And incorruption bringeth near to God.

Therefore the desire of wisdom bringeth to the everlasting kingdom.



For in her is the spirit of understanding: holy, one, manifold, subtile, eloquent, active, undefiled, sure, sweet, loving that which is good, quick, which nothing hindereth, beneficent,

Gentile, kind, steadfast, assured, secure, having all her power, overseeing all things, and containing all spirits, intelligible, pure, subtile.

For wisdom is more active than all active things: and reacheth everywhere by reason of her purity.

For she is a vapour of the power of God, and a certain pure emanation of the glory of the almighty God: and therefore no defiled thing cometh into her.

For she is the brightness of eternal light, and she is the unspotted mirror of God's majesty, and the image of his goodness.

And being but one she can do all things: and remaining in herself the same, she reneweth all things and through nations conveyeth herself into holy souls, she maketh the friends of God and prophets.

For God loveth none but him that dwelleth with wisdom. For she is more beautiful than the sun, and above all the order of the stars: being compared with the light, she is found before it.

For after this cometh night, but no evil can overcome wisdom.

Book of Wisdom 6:13-21 and 7:22-30

"Many people in our society are being driven to addictions because there is no collective container for their natural spiritual needs. Their natural propensity for transcendent experience, for ritual, for connection to some energy greater than their own, is being distorted into addictive behavior. Rituals on whatever level are a very important part of daily life. We love our little routines that help us to float through a day. We imagine we are conscious when we wake up. We move through our ablution rituals, we exercise, we have our coffee, orange juice and toast. We move from bedroom to bathroom to kitchen. Then one morning there is a guest in the house. We can't get into the bathroom. We go to the kitchen and drop our favorite coffee mug. We're cranky. We hate small talk over breakfast. We miss our bus. The whole day is shot. On such small details we build our profane rituals, rituals to which we are basically indifferent until they go wrong. Then we realize how unconscious we can remain so long as we have those repetitive patterns to hold our world together."

From ADDICTION TO PERFECTION, THE STILL UNRAVISHED BRIDE by Marion Woodman, Inner City Books, Box 1271, Station Q, Toronto, Canada M4T 2P4 Used with permission.

"Soon there is a tap on the newcomer's door, and a neighborly voice calls out - 'We all go into the fields every morning, you know. You must earn your dinner, the Doctor says, or you borrow it.' So the novice goes forth to earn his first dinner with his hands . . . There was laughter all about, and when it died down the great surgeon returned to the attack. 'Well, come, tell us now what you do believe in? Magic, the laying on of hands? Come, there are four doctors here, and we have the right to know . . . ' 'I believe,' said the Master solemnly, in reply to the banter, 'I believe in Man and in God.' And there followed such talk as had never been in the old hall; for the surgeon was, after his kind, a materialist and pushed the Master for a definition. The Master believed, as I recall it, that Disease could not be cured, for the most part. No chemistry would ever solve the mystery of pain! . . . and the best way to forget pain was through labor. Not labor merely for oneself; but also something for others. Wherefore the School, around which the Inn and the farm and all had grown . . . and seeing how he should need helpers, he had encouraged ailing men to come to live with him and to cure themselves by curing others."

--From THE MASTER OF THE INN by Robert Herrick (Soon to be reprinted by Rhondell)