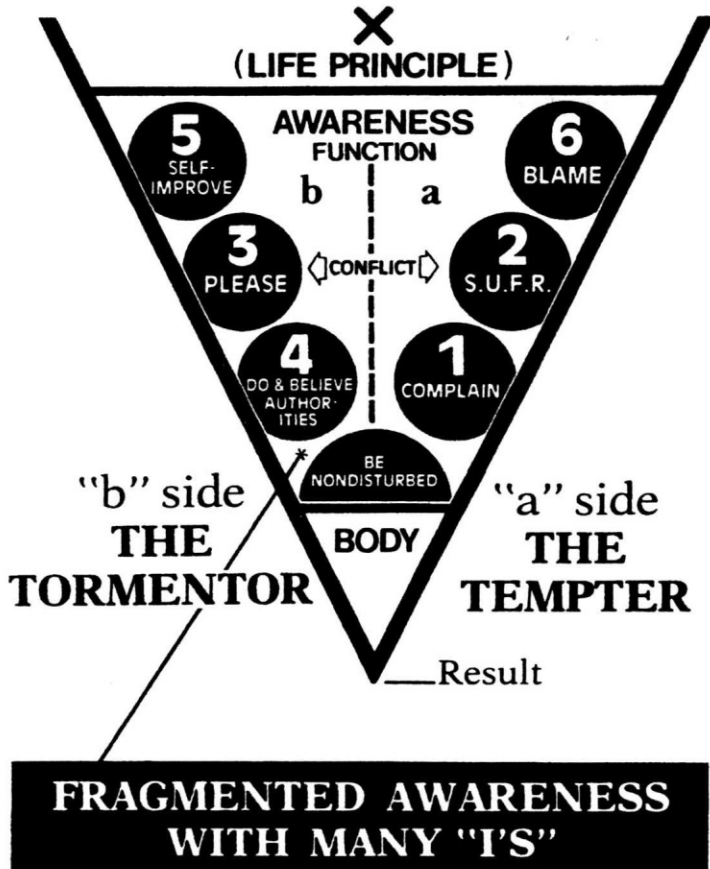


# What's Going On Here?

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

## PICTURE OF CONDITIONED MAN



Note: The fragmented awareness, senses stimuli from the environment. Some "I" interprets the stimuli as good or bad, right or wrong. This judgment, the conclusion, is transmitted to "X" as the what. "X" as the how then transmits energy to the body to express the appropriate action based on the information it received about the stimuli. This is expressed through the body form producing the result.



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## Letter from Rhondell

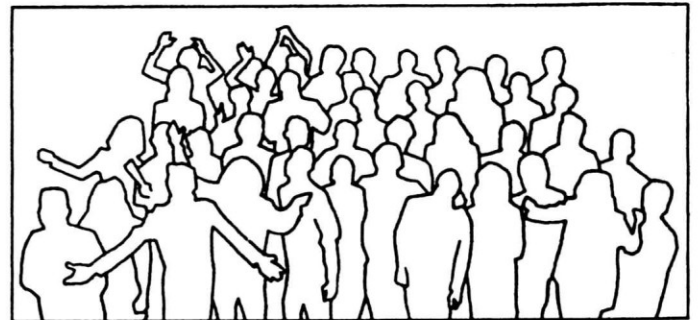
### WHERE ARE NOT-I'S?

Many people we talk with seem to feel that the only Not-I's they are ever in contact with are inside. As noisy as the inside ones are, those we are in contact with daily on the outside are just as noisy - and there are many more, as we hear from them in almost everyone we meet.

The Not-I's in people we are in close contact with may try to influence one to feel guilty. Or to feel sorry for someone, to feel that the other is a victim. Some will attempt to make one feel resentful or angry. One very common effort of Not-I's is causing one to feel obligated to be responsible for the happiness of another. Not recognizing these motivators for what they are - Not-I's busy at what they are talented to do, make people feel miserable - is to fall asleep.

To recognize them for what they are eliminates much misery, much misunderstanding with persons close to one. When one sees that most defensive feelings and behavior are incited by Not-I's, not the real person one is associated with, such feelings and behavior comes to an end, and is replaced with compassion and real caring as well as internal calm.

Seeing all complaining, inner and outer, all defensiveness, inner and outer, all authoritative manner, all putting down of self or others, inner and outer, and all blaming, inner and outer, as the dirty work of Not-I's ends practically all friction in relationships. Then and only then can relationships be the fulfilling situations that everyone is looking for. Note - please don't assume that only self is taken over frequently by Not-I's. The rest of humanity has the same problem, that's why agape is needful.



**What am I?**

**Where am I?**

**What's going on here?**

**What can I do?**

Please refer to Vol. 1, No.1.



## A MISCONCEPTION & A REMEDY

Many who are interested in their spiritual welfare see transformation as their aim. They may see it as transformation from a miserable, even hopeless state to a state of happiness. They may see it as something more - a change from a self-centered state to that of a servant of life. In between these are many degrees of variation of motive for transformation; for instance, to change from inferiority to having power; to change one's circumstances from demanding to a condition of non-disturbance, etc. You can see within this structure all the different ideas you, and those around you who are interested in spiritual pursuits, consider to be transformation.

It is interesting to note that while there are almost as many concepts of what transformation is as there are students, there is one very common myth about the method that is almost universal. This is the misconception that somehow, someday, some way, the student will suddenly find himself transformed.

Students see the very rare transformed being they may know as so different from themselves (from observing his obvious state of being and the powers he has) that the tendency is to think in opposites. (Any comparison will inevitably bring this out.) He has power, I don't. He is in charge, I'm not.

The student has not viewed the process\* that occurred in the transformed one and assumes something must have happened TO that one to produce the transformed state. (Or that he was "special" to begin with and didn't have to WORK his way to his present state, which is never the case.) The student plods along, reading material, attending lectures, discussing it with others, keeping journals, and in general THINKING about transformation all the time; and most importantly, WAITING for the thunderbolt that will suddenly transform him from powerless to powerful, from miserable to peaceful. He knows he's not there yet, and sees an outside element of some kind necessary to bring about the transformation.

There is support to this theory. The student occasionally experiences flashes of insight that are very potent, enabling him to see something he didn't see before. This may be frequent or infrequent, but always impressive when it occurs. The irony here is that at the moment of such an event, the student forgets all about transforming and delights in the satisfaction of the revelation. It is only later when this exhilaration wears off that he recalls the experience and thinks that real, "final" transformation will be something like that, only far more intense, of course.

The reality of transformation is far different. In fact, the Sufis say that when these experiences seem to wane, when they hardly ever seem to happen, THAT is a sign the student has passed the emotional first stages of the work and is finally on his way! (See Idries Shah)

One of the most difficult aspects of the work for the student to see, is that the path to transformation is a series of small steps, little actions, single stitches in a vast tapestry of his life. One who seeks true and permanent transformation can do it no other way. It is a human trait to want to leap to a new condition, easily if possible, or if it is to be an ordeal, to get it over with in as short a time as possible.

If one truly sees and understands the necessity of a new purpose of living, if one recognizes the old purpose as a wanting to gain pleasure and comfort and avoid pain, etc., one sees that this waiting and wishing and hoping for the thunderbolt is really living the old purpose and will PREVENT his transformation.

It is a fact that a cataclysmic event in a person's life may give him the opportunity for a rather sudden transformation. But are we all likely to experience a single cataclysm that will do the trick? Would we even wish it this way? Few would hope for and wait for some life-and-death catastrophe to occur and "...THEN I can transform."

The student must assume that every minute of the day is a SMALL life-and-death situation, because ultimately it is. The direction can - and must - be chosen moment by moment. You will not suddenly awaken one day transformed, if these moments have not been dealt with all along the way, every day.


Though this may sound disappointing - having to work for it on such a mundane level rather than that special something happening TO me, but it is the only way. It may be disappointing, but in fact it is a wonderful blessing - I KNOW I can do these small things! You know that you can be in charge of your inner state for five minutes. It's changing (self-improving) right now for the whole rest of your life that seems overwhelming. But the rest of your life is only a series of five-minute (or one-minute, or one-second) segments!

Someone in the theater is yakking too loud. I can get agitated or I can freely experience the disturbance. My favorite restaurant has failed drastically when I am entertaining someone important there. I can get upset or see it as a joke. The weather has ruined my hair. I can be miserable and want to hide or I can ignore it (whereby everyone else will too, by the way). My head is pounding. I can take pills or I can disidentify from the pain and "watch" it, see pain in the head, rather than see "my" head hurting. Someone does a stupid thing at work that causes me extra effort to fix. I can blame and fume inwardly (or outwardly), or I can experience SERVING the aim of getting the job done regardless of the obstacles.


Easier said than done? Probably, but there is a trick, a device, that when used WILL make coping with these things - and all the hundreds like them that happen all day long to everyone - within my reach; a device that makes it (almost) easy to accomplish the transforming ACTION necessary.

See each event as an opportunity to do an experiment. In an experiment, there is no criticism of my performance. It is an experiment only. I will run an experiment at this moment, for just a few moments, to see what will happen in the event that I choose my response rather than just react, as usual. I don't necessarily know what will happen. I do know the outcome of reaction (always emotion) but not necessarily that of a consciously chosen response. I will see the situation as nothing more or less than an opportunity to meet a challenge. It is not a test of my skill, nor of my degree of spirituality. It is only an experiment.

I know that I can run these SMALL experiments all day long, every five minutes if I wish. If I truly want to be in charge, if I want to achieve transformation, I will do it. If I forget, I will remember the next five minutes. It is only by mundane work a little at a time that anything is achieved.

With these constant small efforts the student will awaken one day transformed, which is then just taken for granted, no big thing; his tapestry has taken shape beautifully, and he knows it was done one little stitch at a time. 

\*Process: A natural phenomenon marked by gradual changes that lead toward a particular result (growth). (Webster N.C. Dict.)



## BULLETIN BOARD

We've moved our offices. New address

4232 N. Brown Ave, Suite M  
Scottsdale, Arizona 85251

Same phone: (602) 827-0970

Please address all mail to individuals or  
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SCHOOL TALKS are now given once a month. The next one will be Monday, April 8, 2:30 for one hour. They are available on tape. See back page of newsletter.

### AMUSEMENTS

If people listened to themselves more often they would talk less.

Two monologues do not make a dialogue.

Some people have a knack for finishing what they are saying long before they stop talking.

If you can distinguish between good advice and bad advice, then you don't need advice.

(Thanks Linda Wixom)



Headline from L.A. Times: "California Franchise Tax Board says 'No more Mr. Nice Guy.'"

Devil: A god who has been bounced for conduct unbecoming a gentleman. (E. Hubbard)



### BITS & PIECES OF SCHOOL WORK

The only time to start is NOW.

Let this be a world of friends. Will you start the ball rolling?

Work with your whole being and you will succeed - there is so little competition and so few competitors.

Talk less and listen more; you may learn something worthwhile.

Robert Lewis Stevenson: "I know what pleasure is, for I have done good work."

Harmony in all one's affairs will cost you courtest and control of self.

The person of wisdom and understanding never blames.

Charm of manner is a sex attribute which has become a habit. The creative principle in all art is secondary sex manifestation.

Nature in her endeavors to keep man well, has not only to fight disease, but often the doctor as well.

The times are crying for integrated men and women. Society wants integrated people to save it from disintegration; if you are at least to a great degree free of prejudice, hate, revenge, fears and whims, you can assist.

