



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

Inasmuch as 1985 is the 40th year of the atomic bomb, perhaps this is a good time to explore how Teaching material relates to the situation.

Just as long as mankind in general holds on to the idea of anti-agape, or to use the English word instead of the Greek, anti-wisdom, all life on planet earth is in danger. The idea of anti-wisdom is that all people, every individual knows what is right or proper or justifiable but that they can and do go on and do that which is wrong, or improper, or unjustifiable anyway. Just so long as this idea is accepted by almost everyone just that long will all life be in danger, all species of life are endangered.

Anti-wisdom is an ancient error carried over a very unenlightened age. It has just been accepted.

A few great teachers of the ages brought up the subject and talked about loving one's enemies; but this was heard by most as only something to do to be good, and as something very unworkable in everyday affairs.

Let us do a practical experiment to discover how humans really function in this area. No effort is to be used to be good or to do what one ought to do, but merely see how the living being works. Take some act that you feel is wrong, or improper, and totally unjustifiable for any reason, and see if you can perform the act.

Now please understand that someone else can and does, due to a different frame of reference, feel that something is right or proper or justifiable, other than you do.

Discovering this is called the beginning of wisdom, because one discovering sees that one need not agree with another to see that the other feels right or proper or justified in their viewpoints and actions. Then and only then can real communication take place, when real communication takes place there is understanding. Where there is understanding there is peace, where there is peace no weapons are needed.

When no weapons are needed, then the ancient statement that when mankind has wisdom and understanding then men will beat (convert) their swords (weapons) into plowshares (tools). Atomic energy can be used for war or peace. As long as anti-wisdom is the accepted idea, it will be used for war or threat of war.

When wisdom and understanding spread from each of us to many more, then it can be used as a tool.

Ideas are powerful. Each idea starts with one person. From one person it spreads to millions of others. Let us all spread the idea of wisdom and demonstrate understanding. There can be peace on earth, but not as long as anti-wisdom is the way of assessing the action of others.

WISDOM:

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

Check it out.

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

Bulletin Board

WORKSHOP - HALF MOON BAY, CALIF.
 Sunday, Sept. 15 - Call Jeanine Robertson
 Days (415) 329-2534 Eves. (415) 854-8781
 "The Gospels" has been suggested as a
 topic. If you plan to attend, please call
 Jeanine or the office and let us know
 if this topic is of interest, or, if not,
 suggest another one. We need a count,
 so please call in any case.

FLORIDA WORKSHOP - In October. Details
 next newsletter.

LAKE WHITNEY, TEXAS - Nov. 8 & 9

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If you recently purchased a xeroxed copy
 of NOTES ON PERSONAL INTEGRATION
 & HEALTH, Page 1 may be missing. If
 so, please let us know and we will send
 it right out to you.

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AUGUST '85 L.A. WORKSHOP tapes now
 available. "UNDERSTANDING, WISDOM
 (and The Bomb)" Sale price until Sept.
 23 is \$25.00

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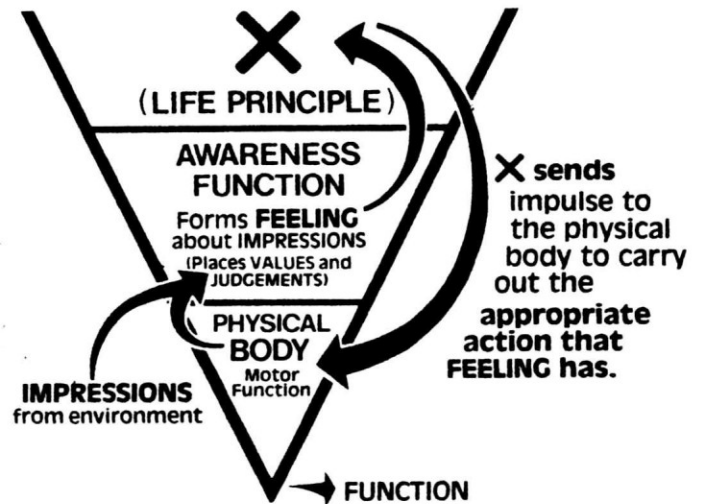
A friend in the jewelry business has offered
 to custom-make "X" and/or little Picture
 of Man charms or pendants at a substantial
 discount. Call the office if you have an
 interest. The larger the quantity we order,
 the lower the price. Shall we proceed?

* * *

In order to continue receiving this news-
 letter, the post card you received with
 it MUST BE RETURNED by September
 30, unless you are a School Talk Subscriber.
 Only School Talk subscribers and those
 who returned the card will remain on
 our mailing list. Thanks.



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Human beings are servants of Life;
 our service is to observe objectively
 what is going on around us so that
 Life can function through us. Life
 ALWAYS does the appropriate thing
 for the INFORMATION RECEIVED.



Summer Sale

SALE PRICES

EFFECTIVE UNTIL SEPT. 23

WHO'S IN CHARGE	\$5.00
LIFE'S WORD	4.00
TRANSFORMATION CHART	7.00
SCIENCE OF MAN 48 TAPES	130.00
VARIOUS WORKSHOPS	25.00
½-HR. SCHOOL TALKS (1 - 49)	7.00
N O T E :	10.00
HEADLINES <u>Permanent New Price</u>	10.00

MISERY & THE LAW

I am alone and lonely. I want a companion. Other people have companions; why don't I? I have so much to give and want a person to share it with. I look around and see happy couples and wonder why I am deprived of this. I sometimes feel almost as though I am being punished! I just want to be loved.

I hate my job. It doesn't give me any opportunity to develop my talents. I have much to give but no outlet for it. I don't know what to do. These people don't have any idea what I can do and couldn't care less. I want to be fulfilled but it won't happen here. I am so frustrated.

My family treats me like an alien. They don't understand me; I can't count on them. They don't have any idea how I feel and they don't care. I try to get along but it is almost impossible for me to communicate with these people.

I have a hard time coping in the city. The traffic, the crowds, the smog, the prices (and it's not safe to live here) - I do my best to get through it but I really live for the weekend when I can get away, or at least hide at home.

I am sick and tired of feeling sick and tired all the time. Enough is enough. This flu has lingered long enough and I'm fed up with not feeling good.

If I had money (REAL money) all my problems would be solved. I'm tired of struggling, of not having enough for a short trip or a new car or a few decent new clothes. Other people have these things and nice homes, and jewelry, etc., and I don't have. I haven't had the opportunity to get the money I know I could make if I just had the chance. Rich people I know of aren't any smarter than I am, or work any harder than I would.

* * *

Any of us can identify with at least one of the above - or have. Maybe it is our constant mantra. All of the above are sounds of misery. Any feeling of lack, of loneliness of decline, not being understood or appreciated, being depressed and/or frustrated - "Misery" is the best description of these feelings.

Misery is a constant refrain. It is experienced in different degrees by different people, but misery is misery. There is a common denominator in all these feelings. In fact they are all the same feeling and all have the same source - "I" or "me". (Despite the fact we are convinced it is "they" and "them".)

The Law of Misery is this - the degree of misery experienced is directly proportionate to the attention on the self. The more miserable a person, the more attention he or she is directing inwardly. It is measurable, it is infallible. The minute the attention is turned outward, the same moment the misery evaporates. Turn it inward, the misery reappears. This is a law and it is easily proved (check it out).

It should be clarified at this point that self-knowing and self-observation are not what is meant here by inward attention. These practices are valuable and don't MAKE me miserable - I may be miserable, and by disidentifying, observe that I am miserable, and KNOW that I am and freely experience it - this is a world apart from blame and guilt and self-pity, which the above little songs are full of.

Our function is to be aware consciously, objectively, non-judgmentally. The purpose of this FUNCTION (I, this one, me) is to serve Life.

What use would a camera be if its lens focused into the box? Would it serve the photographer? A microphone that picked only sounds within its metal casing? Would it serve the singer? A thermostat that registered only the temperature within its little covering? Would it serve the comfort of the party? A phonograph needle that only registered the vibrations within the arm of the machine? Would it serve the music-lover? Countless examples could be given.

We are servants of Life; our service is to observe objectively what is going on around us so that Life can function through us. (And when we work on reporting objectively what is going on within, this is only a method of fine tuning the instrument so that it can perform its function.)

The moment attention is consciously diverted outwardly, the misery is thwarted. It is the law, it cannot be broken. I cannot indulge in the inward attention of misery and still perform my true function. The misery is not in the perceived lack, or pitiable condition - the real tragedy is in the perversion of function.

Whether we like this law or not has nothing to do with its validity. It will always perform, it is as reliable as, for instance, gravity, or any other natural law. Do I like or not like gravity? The question, of course, is so irrelevant as to be absurd. My opinion (or how I feel about it) is simply not relevant. Gravity just IS. Any attempt on my part to refute this will end in failure at best and disaster more likely! Breaking the law of attention/function will have the same results, although possibly it takes longer to show up. If it were faster, we might catch on a lot more easily!

If I am truly interested in spiritual growth, I will have to recognize this law, and eventually will submit to it. There is no other way. The inward direction of attention - energy - is consumptive and will lead to decline, deterioration, death. (Not to mention neurosis and insanity!) The correct performance of function - radiation of energy - is the only method of spiritual evolution. It's up to me - once I see and understand the law my free will will choose and follow one direction or the other. There is no other way.

as is

RESISTANCE

Where did I get the idea that I would be happy if all the resistance were removed from my life? Yes, I could be happy if Life were just easier! I have spent countless hours, tons of money and energy and most of my life trying to find a place where there was little or no resistance - a comfortable job, a comfortable relationship, comfortable friends, comfortable bank account. On rare occasions I have had a moment or two of this illusive and illusionary place. Before long I found it terribly boring.

At one time I knew that if I had enough money so that I wouldn't have to work, that I would be happy. So I worked hard, saved money and quit working. For several months I slept late, drank coffee with friends, played bridge and took afternoon naps. I laid on the couch, inert and depressed. I realized that I was dying. The longer I laid there, the less energy I had. My enthusiasm for life vanished like snow in July. Everything seemed pointless and futile.

What had happened? I had forgotten that I am alive only when I'm growing. To be static is death. And I'm growing only when I'm stretched - mentally and physically in all areas of life.

I arose from my couch of self-inflicted boredom and depression, called the junior college and enrolled in a computer science course.

The nature of Life is expansion. A loving Creator in His infinite wisdom showers me with resistance because He loves me so much. My tendency is to call this resistance bad. However, it is neither good nor bad. It just is. It comes in the form of changes new jobs, broken relationships, devastating problems, disappointments, leaky roofs, break-downs on the freeway hurt feelings and rain at the picnic. I cry and complain that Life is too tough. However, this is the only way Life can grow me. Life will not allow me to stay in a comfort zone very long. It will push and shove me into the uncomfortable. It is only in facing the uncomfortable that I can observe my inner reactions. This awareness of my inner state, or self-knowing, wakes me up. I can then acknowledge what is going on in me and humbly ask Life to remove it. Very slowly I am becoming conscious - a whole integrated person. Life removes the conditioned reactions that made me uncomfortable. Then Life moves me on to the next challenge!

I am learning to be grateful for the resistance. Life is not being mean to me, punishing me, or picking on me. He is giving me this resistance as gifts. This is the only way I wake up, for Life wants me to be conscious, moment by moment. This recognition of resistance as a gift helps to remove my negative responses to it. I can then accept resistance as part of the package, be grateful for it, then march through it. This doesn't mean that I necessarily have to LIKE it. Liking it has nothing to do with it.

I had tremendous resistance to writing this article on resistance. First my typewriter was stolen. When I had a new typewriter it seemed too heavy to lift onto the table. With the typewriter finally on the table, I ignored it, found more important things to do and procrastinated. Then I realized, of course, that resistance is always there - the opposing force, to any action that I initiate. With that recognition came the impetus and energy to move through it. And so it is.

By Donna Lancaster

Bits & Pieces from School Work

Some people are called successful by the fact of what they have learned to know; some by the fact of what they can do; and some few by what they are.



Freedom & Responsibility: the two sides of the same idea that results in a driving force and inner peace at the same time.



The greatest treasure a person can find is Wisdom and Understanding. Don't look for wisdom and understanding under a rock or at the bottom of the sea. Look to see what really motivates yourself and others.



Only the power of inner strength allows a person to be GENTLE.

