

# What's Going On Here?

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

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## Letter from Rhondell

A RENAISSANCE OF HEALTH

The major feature of the human body is that it adapts to almost every situation. This adaptation takes time and is not always pleasant; in fact, some of these adaptations are diagnosed as a disease and effort is made to stop the adaptation.

The major factors in life constantly being adapted to are: Environment, Inner Feeling, Activity, and Nutrition. When these factors of everyday living are somewhere near optimum the adaptation results in a desirable state of well-being. However, in the unconscious effort to achieve the common purpose in living, that of being non-disturbed, these factors of Environment, Inner Feeling, Activity, and Nutrition are usually far from optimum.

For instance, in the effort to be distracted or entertained very loud sound is frequently kept going much of the time. Loud sound, while relatively non-stressful in short intervals, when kept up for longer periods of time is very stressful to the body, however. A person can be addicted to having loud sound much of the time. (Addiction the stressful stimulus that Life is making a semi-successful attempt to neutralize.) The addiction is to the feeling that is produced by Life in this effort. For instance, one consumes a certain drug. Life quickly creates an antidote to the drug. This requires a larger dose of the drug to obtain the desired reaction. In the meantime the organism has become addicted to the antidote. Any effort to leave off the drug results in a powerful craving, which is very difficult to resist by a person trying to be non-disturbed.

This same activity occurs in a person that indulges in the frequent use of the same foods, drinks, emotions such as anger, guilt, fear, anxiety, worry, etc. Adaptation to any of these results in the many adaptations to the stress thus produced that are called symptoms of disease and when taken as a group are given a name or a diagnosis. Treatment is then instituted, usually in the form of stimulants or sedatives, which also are adapted to by the living organism and many side effects arise, which is a sign that adaptation to the treatment is taking place by creating more signs or symptoms of non-well-being.

This creates a vicious cycle of degeneration of the organism that does not have to be.

Way back in the 19th century a famous physician gave a bit of valuable but mostly unheeded information. This was: "Always remove the interferences to cure before prescribing." This of course required that the physician inquire into the patient's lifestyle at great length. Such as environmental details, such as noise factors, congested areas, necessary travel, companions, moods, etc. This also required much inquiry and observation of the patient's inner feeling, about the person's activity or lack thereof, of nutritional habits, not only in calories and type of food but whether the same food, or nearly so, is consumed daily; what are the circumstances of taking nutrition, dining or taking food on the run, or in an unpleasant situation, etc. etc.

When one is ill the first thing necessary is to take an honest evaluation of the present lifestyle or situation. You cannot expect the doctor to - he or she is much too busy and besides, running all the tests and coming to a diagnosis is his task today, not find the obstruction to cure. So it is the individual's responsibility to find and recognize the obstruction of well-being.

After this will come a change of lifestyle to take all factors of living into consideration, Environment, Inner Feeling, Activity, and Nutrition, and to change one's lifestyle so that all are at least in the direction of optimum.

If the Environment is optimum, if the Inner Feeling is optimum, if the Activity is optimum, if Nutrition is optimum, then the State of Being is optimum. The obstruction to cure has been removed and cure has already taken place, or is well on its way.

Consider the lifestyle in detail. It's very worthwhile as it is all that needs to be changed. This is a personal responsibility. The physician cannot, he is paid by an insurance carrier or other third party to make a physical examination, have the proper tests performed, make a diagnosis, and prescribe the accepted treatment for that diagnosis. He is not paid by the third party (the one that pays the fees) for investigating your lifestyle.

# ANYTHING THAT HAS INDIVIDUALITY, IS CHALLENGED BECAUSE IT IS DIFFERENT

THE OLD SAGE

(Thanks Georgia Hagood)

Hi Bob,

I got a chuckle from your last newsletter which referred to the 4 Dual Basic Urges as the "4DBU's". I'm sure you know that DBA is traditionally the short way of saying "doing business as....." Well, when I saw DBU, what immediately came to mind was "doing business *under*". Rather appropriate, I thought.

--Rick Lipp

"The only time *experience* is of no worth is when *you* don't have any."

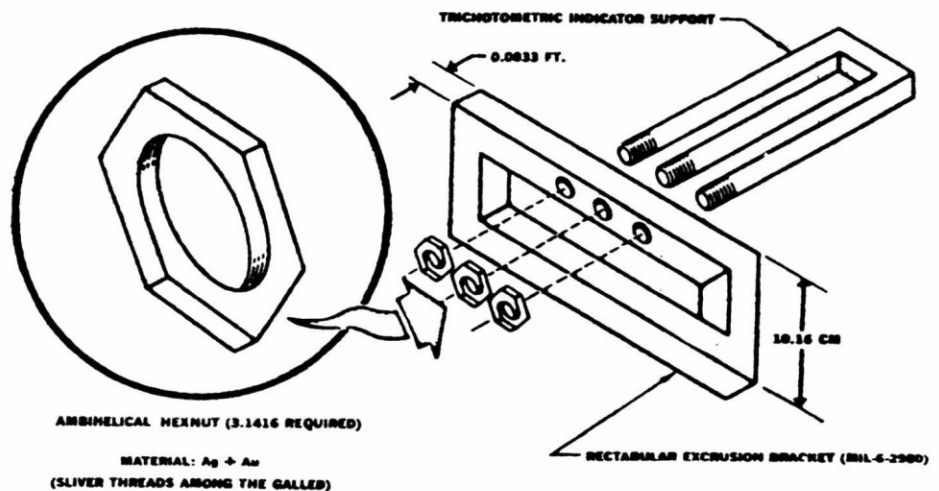
--Robert Lee Anderson

## MOUNTING THE TRICHNOMETER INDICATOR SUPPORT

Inquiries concerning the mounting of the Trichotometric Indicator Support indicate that some difficulty is being experienced with the brackets which attach the support. As an aid toward fabricating the support brackets, the accompanying illustration is provided through the courtesy of NAA "Operations and Service News" to show the type of material as well as the dimensional data needed. It will be noted that in attaching the bracket to the support, a special ambihelical hexnut is used. The application of this nut is unique in that

any attempt to remove it in the conventional manner only tightens it. Because of this de-

sign, the nut must be fully screwed on before it can be screwed off.



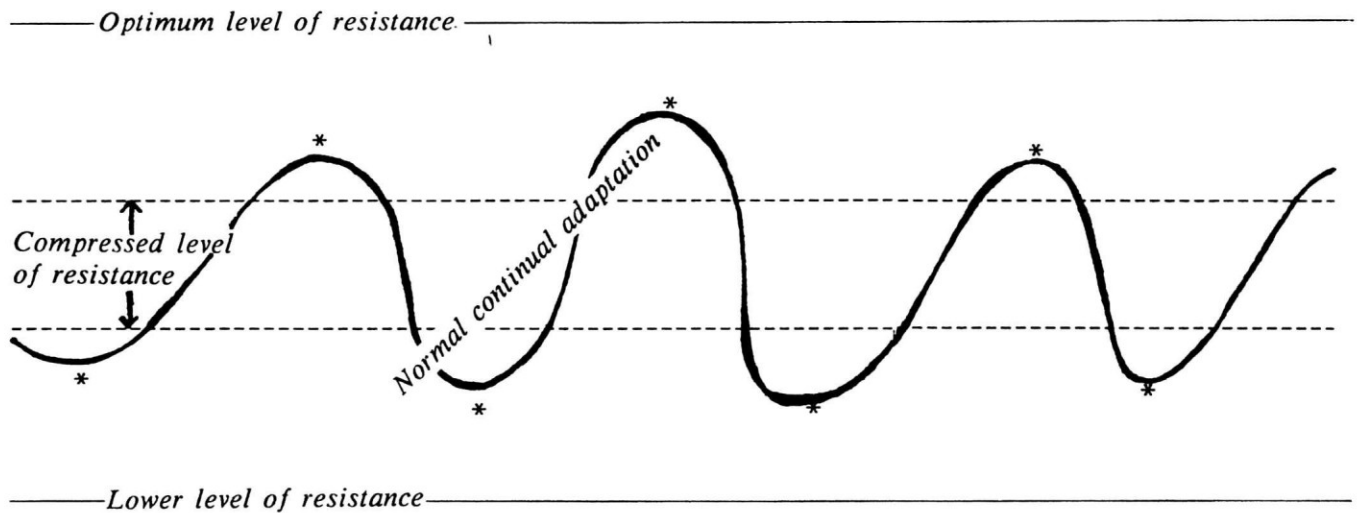
DO YOU SEE EVERYTHING CLEARLY?

## THE EFFECTS OF ENVIRONMENTAL STRESS FACTORS

We are responsible for our Inner Feeling, Nutrition and Physical Activity (including proper rest). However, the environment is obviously not completely under our control. Choosing how to respond to it is one thing we can do. We can also avoid dangerous environment and take precautions in unavoidable situations (for instance, wear sun-screen when in the sun a long time, keep a wound clean and covered, avoid rock concerts (!) and so on).

The human body will be adapting slightly at all times to the four factors even when they are near optimum, as we are on planet earth and it is not 100% ideal here. This mild continual adaptation takes place, in our diagram below, within the area of our resistance (bold lines). Within these optimum levels we are hardly aware of any adaptation (wavy line) and are said to be in "good health."

Stressful lifestyles, including stressful environmental factors, can change these levels of resistance; compress the area of tolerance. When narrowed (dotted line) the adaptive features fall outside this narrow area and symptoms ensue.



\*When resistance at Optimum Level, mild continual adaptation barely noticed, if at all. If resistance level is compressed, these are quite apparent as symptoms.

We can increase our resistance by keeping all factors as near to optimum as possible by gradually exposing ourselves to any unavoidable environmental factors.

It is interesting to note that a "routine" style of living (always eating the same types of foods at the same time, keeping strictly regular hours, doing the same things at the same time all the time and so on) *decreases* our resistance.

There is a happy medium between not exposing oneself to adverse environmental factors (trying to escape them all) and over-exposure.

Some examples of environmental factors which we can either avoid or if necessary become *gradually* resistant to might be:

- Sudden changes in temperature
- Unusual air conditions
- Viruses and bacteria
- Noise
- Congestion (of traffic, people, etc.)
- Insects
- Sudden extreme altitude changes
- Over-exposure to the sun

## PETS

Anyone who has acted on even one Teaching idea knows the value of the Work. Some people wish to become students of the Teaching and they make a sincere effort to use as many ideas as possible, wherever and whenever possible. (Some people just talk about it a lot and *never* act on the information!)

But those who make it their purpose to work towards consciousness know that first of all it must start one step at a time with small things. This brings, over time, more and more strength to tackle more and bigger challenges. It is just like learning any other skill: - first a clear picture of what one wants to achieve and then small but continuous efforts as often as possible toward that achievement.

There comes a time when these efforts start paying off, so to speak. The student realizes he or she is gaining a new set of values, a new perspective, a *true* point of awareness. Confidence increases and the person becoming truly willing to experience whatever arises experiences a freedom never before even dreamed of.

About the time this *true* self-esteem emerges, when the Work becomes almost easier (because the new frame of reference when firmly established *eliminates* all conflict) is about the time the truly earnest student will take a good hard look at what is left of *himself* or *herself*. Often the student, who is honest and willing to see *what is*, will see that they have a PET they are taking care of, feeding and keeping as comfortable as possible. This "pet" is given attention in the worst way possible - justification.

Some examples of pets might be:

The way one perceives one's relationship with one's children. A parent's duty is just that, a duty, and does not contain a bill of rights! And it is a mistake to consider the privileges of parenthood as rights. The duties of parenthood are obvious and become more limited as the child matures. The privileges may increase or decrease somewhat depending on how well one handled the duties!

One's children are NOT an exception to the Work. So often people who consider themselves students will talk about a "problem" regarding their child, and it is obvious they see this one thing, this particular relationship, through the old perspective; in this one area the old purpose to be non-disturbed prevails, even if the student does make efforts in the new direction. The parents allow the children to put the parents to sleep!

Another "pet" that many people feed and overfeed is the idea that their childhood still has a bearing on their life today. It does NOT! A person who felt unloved as a child very often will retain this feeling throughout life, and allow this to justify a constant search for love and/or approval. The student *must*, if he or she is sincere about living a new purpose, send that pet to the pound! Whenever I am questioning whether or not I am loved or approved of, I am looking for comfort and trying to escape the pain of not being loved. It is not relevant whether or not I am loved; it is relevant whether or not *I can love*. Every moment spent on the former is a moment of sleep! This is not an exception to the work. It is not compatible or valid to think I can have a new purpose and look for love at the same time. They are mutually exclusive.

Many people practice the work at home but cannot let go of a pet at their job. A stupid boss, or a co-worker that drives me up the wall, or an incompetent salesman, or a criminally-minded employer (or whatever) are NOT exceptions to your work. Many times there is only one person in our lives whom we allow to put us asleep. Dealing with this one person is NOT an exception to the Work; it is most likely the *ONLY* Work for us to do next!

Sickness or pain is another event many see as an exception to the work. People who strive to stay awake at home, at work, wherever, sometimes fall apart with the first sign of pain or illness and demand it to be corrected by the healer (of whatever persuasion) before anything further can be done. This is NOT an exception to the work. If I am ailing, I can check up on my lifestyle, make the appropriate corrections, and freely experience the inevitable adaptation (and be thankful the body has the ability to adapt); or I can fall asleep, feed this pet, and forget my work altogether. I cannot do both! One walks in the direction of death or in the direction of life, not both directions at once. There are no exceptions.

There are countless species of pets that we are reluctant to give up; relationships with spouse, children, boss, parents, co-workers, neighbors, whomever; circumstances of finance, health, environment, accomplishment, whatever. In each person's life the pet is strictly a matter of their particular conditioning and circumstances. But, the nature of pets is identical, no matter who the person: this one thing, no matter what it is, is created and fed and maintained by the old purpose to be non-disturbed. After a certain strength and confidence is reached by way of constant work on the new purpose, the pet must be looked at, admitted that it still controls me, and eliminated. It is essential, or the Work is in vain.

The method is first to see it, second allow it be there (by observation without judgment or condemnation) and then to tap the strength one has built up and deny the self the pleasure of feeding this pet. It takes strength to do this, and some effort, but if the new purpose is of prime value to the student, he or she will eventually meet this monster of a pet head on and let it die of starvation. It is the only way.

There are no exceptions.

