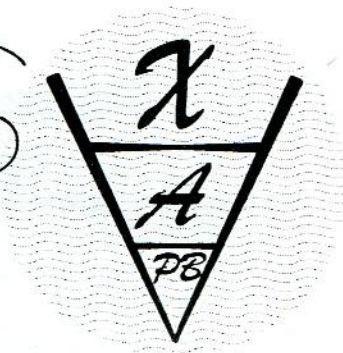


AWARENESS Journal



Robert Rhondell Gibson *July 25, 1916 – December 18, 1994*



*Master, Teacher, Healer, Lover, Father, Brother, and above all,
Friend*

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A Personal Note

Dear Friends—subscribers and others who will read this...

The current issue of Awareness Journal was about 75% finished when I was summoned to Gilroy December 8. My intention had been that you would receive it the Christmas week.

Needless to say, it didn't get done. Because of the circumstance of Rhondell's passing December 18, and my presence there, a little of which I would like to tell you about, this issue will be a bit different from the usual—parts of it much more personal. I have talked to well over a hundred of you, maybe two hundred, on the phone and a few in person, and told many of you some of the things you will find written here. Others may not even know that Robert Rhondell Gibson left his earthly body, this may be your first hearing of the news... in which case I am sorry that I was not able to talk to you personally first. Please feel free to call me at (213) 660-0219 if you want or need to and we will chat.

I want to thank each person who took the time to call and write. I even received roses and cookies and books. Every single call and note was welcome and a blessing to me. I appreciate each of you, and I respect your grief, as well... maybe you don't feel like talking and that is just fine.

I am preparing a memorial booklet that you may want to contribute to if you haven't already. I am publishing letters people have sent about their experience with Robert and/or the Teachings he provided to us. Also included will be several snapshots I took over the years which you probably have not seen. The booklet is for all of us... they will be mailed and then we can all sit down all over the country and reflect with our brethren about the influence of this man on our lives—we can celebrate his life. The original letters will be put in a nice box and presented to his daughter, in hopes that over the years, as she reads and re-reads them, she will get a glimpse of what her father meant to so many. I would like to do this as soon as possible, so if you haven't sent a note, but would like to, please take a quiet moment and reflect... you can write it as a letter to me, or to him, or to his daughter, or to Spirit, or not a letter at all... whatever you wish will be perfect. You can sign it or not... but know that even though writing such a letter is an intimate sort of thing to do, especially when you know it will be published... all those who loved Robert and who were loved by him—all of us—ARE intimately connected, and it's okay to acknowledge that. It is extremely unlikely that anyone is going to judge you. But please—do **WHATEVER** you wish. I would really like to get this in the mail before January is over. And thanks to the generosity of the Wm. E. Slaughter, Jr. Foundation, Brenda Hampton, and Jim Wilson, it will be free to any and all who want copies.



We are all going to be just fine... we are just fine, some are merely aching right now, and that's Life, isn't it? With the joy comes the sorrow... they are, in the end, inseparable.

You may or may not know that Robert had been in declining health for some time. Due to what I think was careless handling

of an x-ray machine due to ignorance of their dangers in his early practice (but who knows?) he was diabetic. Although he remained in remarkably good health considering he didn't take insulin until the last weeks of his life, there were diabetic-related symptoms that plagued him the last few years: nerve damage that affected his walking, extreme exhaustion, other symptoms. In the end, his liver failed.

I would like to tell you, because I know it would comfort you, that he did not suffer. But I cannot. In fact, his suffering was an integral part of the drama of his last days. He suffered tremendously—and completely consciously. He allowed the adaptations, he freely experienced them. He made great efforts to increase his activities when anyone else would have "called it a day." He took excruciating little walks nearly every hour or so until the end—even when he told us to call 911 (the paramedics told us he was in complete respiratory failure), he had us assist him in one more excruciating little walk.

The demonstration he made of consciously allowing (the meaning of "suffering") great pain was remarkable and a lesson that those who witnessed it will carry with us the rest of our lives. "Inspiration" is much too meager a word—he was absolutely remarkable beyond remark! And not only did he allow, it was obvious to us that he was fully in charge of the whole drama. So many little things occurred that told us over and over he was orchestrating the whole event. Death did not take Robert Gibson—he met it face to face and overcame it—HE survived, he discarded his physical vehicle, he doesn't need it any longer, and Robert is as much with us now as ever—maybe more.



He lasted 30 hours in the hospital, but was still. We did not allow morphine, though the doctor suggested it, "so that you (meaning the four women attending him) will be more comfortable. It's hard to watch." I asked the doctor if morphine affected one's awareness. "I don't know," he said. "Yes, I know you don't know," I replied (because of my Hospice work), "and this man has spent his whole life expanding and perfecting his awareness and teaching us to do so. We will not do anything that might interfere with that. Withhold the morphine" "Suit yourself," said the young buck M.D. as he strutted out. We did.

Robert left us amidst a palpable serenity. Love filled the room, indeed, perhaps the hospital... several little incidents occurred which suggested that we had made some indefinable impact on several staff members.

In fact, we were a bit of a wonder—"The Little Company of Mary" as Jeannine dubbed us, and not bad-lookin' at all. Here was this old and very sick but incredibly strong (even staff kept saying so) man in ICU, attended every moment by at least one of the four, usually all four. Three sparkling in white silk and cashmere and pristine white cotton, one in black (yours truly) who had not

been able to change or freshen up for days.

It is no secret that over the years Robert occasionally played to the hilt the role of notorious womanizer (some of you may be shocked to hear this, others are laughing out loud)... but in the end, "some of his best Friends were women." No men were present at the end, only the women, and it was apparent to us that was the way he wanted it. M. has taken gentle loving care of Robert for a very long time at her beautiful home in the vineyard. She and I tended him together round the clock the last ten days. At the hospital were M. and I, and R.R. and J. All the beautiful feminine roles were played out, and well, I might add... nourisher, protector, delight, friend, companion, co-creator—all the attributes that symbolically complete a relationship were represented, consciously, and imbued with love. We kept the mood up.

Just a breath away from the "Little Company" were more women, loving arms guarding and nourishing Robert and us. They were in touch by phone, but we didn't need a phone... their presence was felt throughout, never wavering—it was perceptible at all times: C. and R. and M. and F. and G., right there at the gate, as though their strong and capable arms were enfolding the house, abiding, enduring, steadfast, unshakable in their love and support. Robert was as aware of their presence as he was of M.'s and mine.



He took his last breath at 6:15 Sunday morning, December 18. I was alone with him, though I certainly was not the one who arranged that. I had one hand on his heart, I cradled his head and petted his face and hair. I couldn't speak aloud, but said in an inaudible whisper, "Oh Robert... Well done, good and faithful servant." I walked to the door, glanced back once, knew that what I saw was not the essence of Robert Rhondell Gibson, and I shut the door and did not look back.

I want to tell you that I constantly held in my heart the thought that I was there as the representative for everyone who loved this man. I represented you, and he knew that and I knew that. I was Witness, and so were you and are you, through my eyes and hands and thoughts.



You all know that The Science of Man does not use dreams as a tool, because they cannot be "scientifically" used... but neither does it forbid using them in some way if it is beneficial. I would like to tell you of a dream I had a few days after it was all over.

In my dream, Robert "showed up" in front of me absolutely glowing. He was wearing a white dinner jacket (he wore his clothes so well and always looked like a movie star—Ronald Colman or Clark Gable, to me—that I have to laugh at my "dream filter," which would never see feathery wings and halo, but rather a white dinner jacket.) The clothes were shining, blazing, and so was he—his face, his hair, everything about him was radiant beyond belief. I said, "Oh thank God you're still here!!! We have to make up our minds better so you don't die!!!" He gazed directly in my eyes and said calmly but so definitely, "I DID NOT DIE." I awoke filled with joy, utterly convinced it was more than just a dream. I have not shed a single tear since.

And Rhondell did not die. And he lives even more fully as long

as we live what he taught us. It is my conviction that he now resides, as part of X, within each of us, available at any time to receive our "report" of what's going on. We are no longer separated (!) by a phone. You may or may not believe this (and don't believe it—check it out), or you may have a little trouble with it. But it wouldn't hurt to test it for a day or so. Many of his close friends share my conviction that he is still right here, and has not left us. I have designed a one-time-only very personal Picture of Man for you, to express this. Use it if you wish... you have nothing to lose.

Many have asked me, "Who will take his place?" There are several parts to the answer. Gayle asked him one week before the 18th if he had replacement for his duties. He told her, "Yes, I do." But there will be no clone of Rhondell. Life does not clone itself. Though the technical details of scientific efforts at cloning may be fascinating as we read them or watch TV, deep down the idea is repugnant to all of us. We know cloning is anti-Life. Anyone who is waiting for a clone of Rhondell to appear will have a long wait.

What happens instead is this. A tremendous void has been left in the world... I got a glimpse of it the day before he left and it just about did me in, fathoming the void he would leave. I shut it off immediately—I had Work to do. But "nature abhors a vacuum" as you know. Something will be "drawn up" to fill it, that's Universal Law. Those who wish to walk the same path as Rhondell will fill this void... not one person, but several. Some of us have felt the drawing up and have no doubt that we have been raised a bit from our lower level, we have more confidence, we KNOW that there is Work to do, that we have been shown The Way, and we will make our best effort to do it. You can, too... it's entirely up to you. There are plenty of orphans and widows out there—but we are not orphans and widows—we have been drawn up a notch. We can all serve them with what we have been taught, and what better way to honor our Teacher?



Please know that nothing has changed as far as the Work goes. It's my intention that it continue without so much as a glitch. Harmony Workshop remains intact and will continue to distribute Awareness Journal, Sophia, Seeking the Rose, the Tone Scale, Letters from Rhondell, Master of the Inn, and other material and eventually other projects which have recently been in the works (a video on Buddha that Robert and I collaborated on when he was here last) and a book relating The Science of Man to classical artwork that he blessed in advance.) Although the current newsletters are not so current, we will be back on track for the next issues.

Robin Pihl-Gibson will be operating Rhondell Company publishing, (See "Bulletin Board" on back page for address.) selling Headlines, Notes on Personal Integration & Health, Place of Language in the Teaching, Who's In Charge of Your Inner State of Being?, Letters From Rhondell, Tone Scale, Science of Man tapes and workbooks, School Talks and other audio tapes.

To everyone who expressed love and condolences to me, or who merely expressed their own pain, it sounds so inadequate of me to say "Thank you for your Friendship," but know that I appreciate your Friendship immensely. Please let's continue it. ☉

Mail Box

Written before December 8, 1994

Practice

How do I STAY awake?

You make staying awake First Value. For instance, if First Value is staying alive, do we ask "How do I stay alive?"

Meantime...

Let's re-word your question: "How do I wake up?" Things change moment by moment, permanent consciousness is for most of us an ideal "out there" in the future. Right now we want to wake up, this moment, the next moment, and so on. (Just like wealth or beauty or anything else... you have it and maintain it—or not—moment to moment.) When we had our discussion about this, you told me that every morning when you arise you "decide" to stay awake all day and you find that by the time you are at the office, the first challenge walks in, you are back on remote control for the rest of the day... and feel that you failed.

I told you what you could do, and I'd be delighted to hear in a few weeks how it works out. When you arise in the morning, make a "plan." Think of five or fifteen little things throughout the day that you can set up ahead of time to remind you to wake up, and set them up. For instance, your list might look like this:

1. Put watch on other wrist.
 2. Drive a different route to work.
 3. Plan to order something I've never tried for lunch.
 4. Move wall calendar to other wall.
 5. Move the phone to other side of desk.
 6. Shut office door (if it's usually open) and plan to use the first knock on the door or remark about it as a cue to wake up.
 7. Write post-its to yourself to wake (in code or otherwise) and stick them in cupboards and drawers, etc.
 8. Don't open the mail right away... put it in a prominent place and every time you look at it, see the pile as a reminder to wake up.
- Any kind of little thing that you decide

ahead of time to use as a cue will work for a while, until it becomes habitual (keep updating your list). Maybe you will forget some of them, but if you are sincere in wanting to awaken, you will either remember some or at least keep your list in the open so you refer to it.

As always, please start small. Big lofty

*Start small.
Big lofty plans
to achieve the
ideal are nothing
more than self-
improvement, the
No.5 Not-1.*

plans to achieve the ideal because we want to are nothing more than self-improvement, the No.5 Not-1. We have no interest in self-improvement, and no interest in ideals. We have little interest in the future because it is an illusion at the moment. What a true student is interested in is living in the moment, moment-by-moment, as consciously as possible. One little step at a time is all we usually can accomplish in anything we try to do. You cook a meal one step at a time, you dress one limb at a time, you drive one mile (or inch) at a time, and on and on. Same way with developing any talent, with undertaking any creative project.

Loving

Thanks for calling and listening to my saga "Moving to Las Vegas." It seems unbelieving to me but it shall "come to pass" and maybe it shall give me

the experience of loving more fully—so in my conscious moments I am thankful for it all. This morning I wrote this to remind me. I am convinced that to experience harmony in our relationship with others no matter where we find ourselves, we can find no greater gift than to see the divine love within others. In doing this is to develop first BEING the right person, not FINDING the right person—the oneness of all is such a gift to be thankful for in our heart. Love, April

Thanks to an updated phone call, I know that you did, indeed, have the experience of "loving more fully" that you were hoping for. (First you removed the obstruction to this, about the time you wrote the letter.

We could write a book on your challenges... moving to a retirement hotel after having enjoyed your home in Glendale for about 40 years. Watching all the old people around you, realizing some are even younger than you... and finally, after a little adjustment, making new friends, and looking past people's bodies directly to their Essence.

Several AJ readers have remarked about your various writings here, and what a lovely person you seem to be (you are), and I'm sure they would be interested in your ongoing challenge, getting "re-rooted" in a new home and very different lifestyle. Let's keep them posted. Thank you!

Conditioned Others

Once there was a man I'll call "E" in our social group who was only happy when he was singing and playing piano and telling jokes. The rest of the time was spent on ailments, past accounts and how the doctors should give him pain killers strong enough to deaden any discomfort. My instinct was to ignore. I just observed and spoke only when spoken to. We all enjoyed his playing and jokes so we just observed and finally realized that he was our teacher—teaching us

what happens to a "down mood" person. After my two-hour sing-a-long "gig" we used to go hear a band for a jam session. We would sit in and have fun sharing with other musicians. E's judgment began quite harmlessly. When asked to sit in he refused; yet if not asked, he was put out. After a time he quit going. Prior to seeing the jazz band, we all went out to a local cafeteria. E began, then, to find fault with the food and service and eventually eliminated going there. His main effort, though, was sitting in on my job and what do you suppose happened? Right! He must have been finding fault there too, because he quit coming. I realize that that is "believing" I know what his motives were, but the probability was certainly there. We were able to see how the "down mood" affected those around him, and therefore were better able to see we didn't have to support it or feel down ourselves because of this "poor victim." After he quit coming, I checked with the people at other tables that he frequently visited and even though they are not studying the Teachings, they were well aware of the "down mood." Some felt sorry for him for a while, but soon grew tired of it. Of more value, though, was to see how the judging personalities grew and finally took over E creating an invisible cage which set him apart and alone. I hear he is pretty isolated from people, who hope he won't phone them. In the time we were around him, he lost his girlfriend and has become progressively sicker, continuing to go to doctors and demand they do something about his pain. Another observation for me was that no matter how much we gave, were in an up mood or listened—at the end, he was just the same as when we first met him, except that he was less likely to tell jokes and make the initial effort. Perhaps watching his existence is reason enough to drop judging. M.

I enjoyed your identifying E. as a teacher—yes, we have something to learn from conditioned people, whether they are bores, "victims," or otherwise obnoxious.

They are wonderful mirrors for us. I say thank them for being there—it's a lousy job but somebody has to do it. Thanks for writing.

Wake-up Tools

I've been reading an interesting book that I thought you might enjoy.

The best wake-up tools are designed by and for yourself. This is called being responsible.

It's called ASOPRANO ON HER HEAD (RIGHT-SIDE-UP REFLECTIONS ON LIFE AND OTHER PERFORMANCES) by Eloise Ristad. It's published by Real People Press, Box F, Moab, UT 84532—though I think it can be found at most book stores. The author is a music teacher. Her methods of teaching are open to a variety of experience and experimentation. There are many ideas in her book that can be used as kind of "wake-up" tools for certain people. She has obviously had a rich opportunity to observe how differently people learn. B.G.

People are always asking me for tips to wake up. I always respond that the best way to do this is to customize your own. (The B-Side Not-I's are asking a quasi-"authority" how to do the right thing and self-improve, instead of essence making up the mind to be responsible and use trial and error, if need be, to Work.) But they ask

anyway. So maybe this book will be of value to some. It sounds interesting and I intend to read it—if you liked it, I know that I will. Thanks for the recommendation.

Ignore Not-I, Not People

Dear Christine, The piece on the Four Forces interested me as I've been doing some work in this area. I find forgetting is the greatest resistance in this project. Forgetting in the eye of observation is a manifestation of the Master Decision. It is disturbing to be focused on things. One may lose the attention of others by ignoring them in order to stay focused and most certainly lose some measure of approval. My ThanX and my love, B.

Yep. But you don't necessarily have to ignore PEOPLE... just the Not-I's they entertain. (Of course is someone is a raving maniac, I will just depart.) Now here is where the Work can be both useful AND satisfying to "control freaks." Instead of ignoring complaining, demanding, quoting, pleasing, do-gooding, blaming PEOPLE, we can ignore those Not-I's and take charge of the conversation ourselves. We can abruptly change the subject... it takes some effort to quickly think up something to talk about that they will find interesting AND has no Not-I content... but it can be done (ask their opinion—their taste—about something innocuous, for instance.) Indeed, there is a very fine line here between "controlling" and "being in charge," but if purpose is intact, it's just fine. People who refuse to be in charge are going to be controlled, period. If they want to hang around in my sphere, I notice they allow this... If my being in charge controls them, that's their problem. (!) Thank you for keeping in touch, though so far away.

Reporting

Dear Christine, Here is the troubling experience we discussed on the phone. It is listed in my "SIN" notebook as rePORTING. ... [Two good

you can throw it away if you don't want to read on. Ha. I think of you dally, and miss not being in closer touch. Love, P.

Whew!!! First of all, we are in closer touch than you think; I say "hello" almost every day. As one of very, very few (two) who befriended me when no one else would once many years ago, you have a special place in my heart.

About sending your letter... I bet right now you wish you hadn't! But I am very glad you did, it will be of much value to others. There are two things about it that I want to approach: One, how the Not-I's have a field day when we are exhausted, and two, the idea of "ignoring" second force.

You worked long and hard to get where you are in your career. I don't know anyone who knows you who doesn't admire you for what you have done. Sometimes, though, when we make an aim, and achieve it, lurking there more or less unconsciously is the idea that when finally we have achieved it, we will THEN be undisturbed. What a rude awakening we all get at this point! I would say you have to work as hard now as you ever did, but rather in the worldly way (you CAN make some changes there without having to resort to Not-I behavior), more internally. You have achieved your aim, and are finding it a whole new growing experience in its own right. It took years of hard work and patience and not a little plodding to get there. So you have perfected these skills... keep using them. You will find them infinitely easier to summon and exercise if you get some rest. Please take a good hard look at this... even you do have limits; it's time to define them and respect them. Please. And enough said about that.

Let's look at "ignoring second force." It has only been said to ignore CONTRIVED second force, which is only (and always) Not-I threatening and/or promising. Real second force, which is: gravity, time, density or scarcity of people, the need for money, and THE NEED FOR PROPER REST, "natural" phenomena, are NOT to be ignored but to be dealt with. We deal with gravity by taking the elevator rather than jumping out the window, easy enough. We deal with time by experiencing it gracefully, making the most of it, or paying

the price when we don't; we deal with the density or scarcity of people by considering them and by being free to have them there or not; with money by working; with rest by you know exactly what to do.

So we don't ignore natural second force, in some way or another we dance with it, in order to maintain the creation that is us, in order to create anything new.

Contrived second force, on the other hand, which is threats and promises, is what we ignore. The Not-I that says, "If I don't work 12 hours a day, a third of it for free, I will lose my job or my boss won't like me or I will be a failure. The Not-I that tells

Dance with natural Second Force.

Ignore Contrived Second Force.

you when you find yourself overwhelmed that the only "explanation" for it is that you are a victim. It is also a Not-I that tells you that you have more endurance than anyone else... or "should" have... All this noise can be ignored. That doesn't mean one just stays overwhelmed and recites a mantra, "I am not a victim," and does nothing. Ignoring the Not-I contrived second force means that I STOP and re-evaluate. What am I? Where am I? What's going on here? What is my purpose? What can I do? And to spend some time really answering these questions truthfully, and then acting on the insight. We must ignore contrived second force in order to do this. It will try to turn on you (it will be re-evaluating how to sound a little more sophisticated to you), but it cannot get you if you absolutely ignore it. You always work this into your answers: "What's going on, among other things, is

that while I evaluate here and make adjustments, the Not-I I am ignoring will try to seduce me anew. I will be ready for that."

You have been in the Work almost as long as I have. I know that you already know all these things. What your letter points out, to me and to you, I'm sure, is what happens when we get out of balance with Physical Activity. (For those who haven't heard it: There are four factors that are to be toward optimum for the human being to function harmoniously: Nutrition, Physical Activity, Environment, and Inner State.) When your Physical Activity, in this case too much work and not enough rest, is out of whack, you probably aren't eating very well either. You then are weaker in response to the Environment, and the Inner State goes plummeting because there is just not enough strength to Keep the Mood Up and Not Make Anything Important. A vicious cycle.

Thanks so much for writing, thanks too for the Marion Woodman tapes—I love her. And I love you, too. Quit ignoring Real second force (get some rest) and you will be able to ignore the foul kind.

What Is My Purpose?

You said last time "The Spirit that became the individual you came here with intention." What do you mean? Are you saying I had a purpose before I even got here?

I try to sneak little gems like that in each issue to see if anyone catches them. You're the only one who commented on that one. I will answer your question with a question. Did you ever see ANYTHING that exists in form that was not first an idea, an intention? (Start with man-made items, then extrapolate.)

Pains in the Neck

How do you cope consciously with an annoying person that you have to live with?

First of all, you don't HAVE to live with them. You are doing so for any number of reasons of your own choice: a duty you've picked up, or because it's to your advantage, or because it's the path of least resistance, to avoid disapproval, whatever.

If you first see that you choose to live

with them, and freely accept any side-effects or by-products of that choice, then you can either (1) ignore them, allowing them to annoy someone else (and this is a good trick if you are also determined to keep the mood up); or (2) specifically identify their junk ("What Not-I is talking?"), look past it and see Spirit within (yes, even there), and love them. And something else: I often find (NOT ALWAYS but often) that when someone is annoying to me it is because they are acting out very similar traits that I have and act out unconsciously. This takes some Work to see, because we don't want to see this kind of thing, and because we are unconscious about it ourselves. Check it out.

More On Reporting

Rhondell seemed to say at a workshop that no one can report for him/her self and that in order to get results, one must ask another to report for him/her. That even extended to getting rid of the Not-I's when one had identified one. He also said that it is okay to report for other people without their requesting it or giving their permission. The previous suggestions I thought I had heard in these connections from the tapes and other sources, seem to conflict with that in the sense that we were told that X responds perfectly to every report whether accurate or not (surely we make an accurate report by accident from time to time); and, that it is inappropriate, i.e., potentially harmful or at least inconsiderate, to meddle in other people's affairs. Also, I have been somewhat fascinated with considering the apparently great power of the Not-I's in the sense that they can and do report in the name of I and miraculous, if destructive things get done—as in Hitler and the black magicians, etc. Looking at the overall presentation: a review of the formation of the Not-I's, followed by the emphasis on the key phrase of the decision, ("It is important"), leading into the information on reporting: What I suspect he was really saying was that any time we make something important in a report, no (valid?) result will follow; (because it is a Not-I reporting?); but, this still jangles my logic monitor; because, to me, it would mean that only an unconditioned person could report for himself; and (it would seem to follow) for anyone else. (That probably isn't so, if the Not-I's are as

effective as they seem to be). So, What is "Doing the Work?" I make it important to put on the brakes in a hurry when a car pulls out in front of me; so, (to me) he can't be suggesting that that is the kind of reporting he is talking about. Several people at the workshop attempted to raise these issues; but, never quite head-on or persistently. He did imply that the kind of reporting mentioned above was a different thing, without explaining the difference. I think he must be talking about reporting in connection with requests for special forms of grace, such as health, money, higher consciousness, removal of obstructions, guidance in life decisions and such (But, he did

*Not-I's don't
report to Spirit—
Awareness reports
to Spirit, either
the truth, or lies.
It's up to me.*

not say that.)

I am going to break your letter down into several parts and be specific, but first I want to make something clear: The Awareness Journal is sub-titled "Practicing Rhondell's Science of Man." I don't interpret Rhondell for anyone but myself (and those of you who call and ask me, "What did he mean when he said thus and so?" know that I always have the same answer: "Call him and ask him.") But because Rhondell has been my Teacher for some 18 years, I do interpret what he has told me, for myself. And then I act on it to check it out. And THAT is where AJ is coming from: Not an interpretation of Rhondell, but my own understanding of Rhondell's presentation based on my own Work. I use his name within AJ not to associate myself with a great Teacher, or to in any way validate my own presentation, but merely to give him the

credit for devising a practical method of Work, one which I could not have come up with on my own in a million years. I am not Rhondell's spokesman, I am my own only. On top of all that, I wasn't even at the workshop you mention and no one sent me the tapes so I don't even know word-for-word what was said. But several people did call me excited about their interpretation that he was somehow inviting them to ask someone else (probably him, who else is seen as a Magician?) to remove their second force and to get them comforts.

A main tenet of the Teaching is "I can be free to experience whatever comes along in my way today." This can also mean being free to NOT have what you DO want to come along but doesn't show up. Now people hear this from day one but don't HEAR it. Because 10 or 15 years later they are still asking, "Please remove this discomfort because I am not free to have it, or please get me this pleasure because I am not free to be without it." Rhondell and others are happy to oblige, but not because one is such a good friend or such a good student that they deserve to have this done, but in the hopes that they will one day see that whenever a discomfort is removed, another will show up, or when a pleasure is gained it will fade away, or be accompanied by the anxiety that you might lose it. No one is ever told when they ask for something, "Why don't you just be free to experience what is?" because it is the nature of a school to dispense with shoulds and shouldn'ts and approval and disapproval, so that the student can learn that there is Life beyond them that he or she can fully participate in.

So... if I am free to experience a discomfort, or even not there yet but Working to be free to experience it, am I going to ask someone to remove it for me?

Now let's get specific. I would like to clear up some misconceptions, apparent in your wording of some ideas. First of all, Not-I's don't do any reporting to Spirit. Awareness reports to X and X does the appropriate thing for the information received. Repeat: Not-I's don't report to X, Awareness does. And Awareness reports either what is truly going on, or lies that it hears from Not-I's floating about the brain and the environment. Awareness chooses what to listen to, what value to put on the

impressions (including thoughts) it received, it's responsibility is to identify when it's merely a Not-I talking and to ignore that lie. IT IS ALL BASED ON PURPOSE. If the Purpose of Living is to be non-disturbed (an impossibility in this world), then Awareness will listen to and believe what Not-I's say and report this. But it won't work, because reporting based on information gleaned from Not-I's does not have results because the Not-I's always work in pairs or groups of conflicting ideas. For instance, No.2 says, "Stick up for your rights," and No.3. says, "Be nice or they won't like you." How can you do both? Two lies cancel out any real message to X. Anxiety is all that is reported, a false emergency, X supplies extra energy to fight or flee the emergency, there is no real emergency because it is just, "I want to demand and please at the same time," the extra energy floats around the body and eventually alters cells (disease) or is worked out in a binge. (And the reason the Hitlers of the world seem to get things done is they have absolutely no B-side making conflict with their A-Side. So they are not reporting conflict, so yes, "things get done," but as you point out, it is destruction that gets done—the nature of the Not-I's—and it is all based on their purpose. And look what happens to them, always. They radiate violence, they live in violence—and they die in violence.)

Conscious people are not reporting to escape what is in front of them or to gain pleasures they don't have at the moment. They are free to experience these things, and eventually it all works out. It is not that they don't have taste and preferences, but these are secondary to their purpose of living. They can appreciate it when their taste and preferences are accommodated, and couldn't care less if they are not. They have other things to do and are doing them.

Now... when you put the brakes on in an emergency in the car, yes, you are reporting for yourself, because your life is threatened, thus your purpose of living, and this constitutes a true emergency. One can't have a purpose of living if one is dead. A threat to the purpose of living is a valid emergency, as long as the purpose of living itself is not a lie. And any purpose that is conflicting, that wants to have and not have at the same time, is a lie. A valid purpose of living is always "TO DO." Not TO HAVE. But

even an invalid purpose of living requires you to be living to pursue it, thus a threat of a car wreck is a true emergency, you're given precisely the energy to slam on the brakes regardless of your purpose.

None of this is complicated, or is taxing to the brain. What makes it seem so is the Not-I's who say, "I should be a good student." "I should be able to report and get what I want." "Getting and doing are the same thing." "If I can learn to report and get things for myself and/or others, I will know I have arrived." "I will stop feeling inferior if I can demonstrate to myself and others I have power." And especially: "The purpose

*Some
things
are
None
Of
My
Business.*

of living is to be non-disturbed. It is to gain pleasure, comfort, attention, approval, appreciation and have a feeling of being needed or useful and special; and to escape pain, discomfort, being ignored or rejected, disapproval, and feeling useless or worthless." Anyone who wants to analyze any confusion they feel about the Teaching and about the Work will see that it arises from letting these Not-I's interpret the Teaching for them. DOING THE WORK will separate the lies from the Truth. Not the brain. Making experiments based on your understanding of the Principles will answer any question you need answered—talking about it or just thinking about it seldom will.

Thank you very much for your most interesting letter, part two of which follows:

Some Things Are N.O.M.B.
Some ten years ago, I was sitting in an airport waiting for a late plane

when I spotted a little girl in a wheelchair who had MS or some such condition. I thought it might be interesting to enter her spinal column and see what I could do to straighten things out for her. (I went into her spine at the level of the root chakra and proceeded on through the spleen (chakra) toward the solar plexus and noticed that she was becoming progressively agitated... at which point something literally knocked the hell out of me and I found myself back in the body in a very disoriented state. It was like a kick in the head. I was clearly meddling and choosing to tamper with her vital processes, etc., in that case. That makes it relatively easy for me to see that a report to X is one thing; and taking it upon myself to personally meddle in X's business without invitation or permission is definitely something else. (I will always wonder if the "heart attack" I enjoyed 3 days later was related to this in any way—I really don't think so; but...)

Interesting to have received two similar letters about reporting for others and unpleasant results of it.

It is a given that consciousness will want to be of service to Life. This includes, for some, the skill of healing. What we forget is that consciousness is in degrees, and skills are learned in degrees. While consciousness was expanded enough to have your attention off yourself and to recognize a discomfort somewhere else, and the willingness to be of service, what was not developed here was your ability to see, "What is going on here." THEN "What can I do?" A conclusion was drawn, "The little girl should not have this disease" without knowing whether that, in fact, was true at that moment. She is not in any way isolated in her condition—she is in relationships with family, medical people, others, that you could not know. It is not to say that one could not learn these things, but it would be an extremely expanded consciousness that could discern these answers in passing in the airport.

What I like to do in these situations is this. I report, when I have noticed something like this, "If I can be of service to You (Life) here, I am at Your service." This is not meddling, and it invites Life to give you further information, because you are willing to receive it. You will have to check this out

for yourself, but my experience is that if there is some service I can perform, and I have sincerely invited it, it will show up. As a former control freak, I find it a great relief not to go butting into people's affairs, and I am completely at ease with the knowledge that I am sincerely available to be of service. Plenty shows up to do, I can assure you!

P.S. And I mean no offense whatever by this, just posing it as something to think about: Is penetrating people's bodies without their permission a definition of rape?

Baraka

Please explore the meaning of BARAKA in your next Awareness Journal. I have read how some people seek it for the wrong reasons to no avail, and yet others are blessed by its gifts. It also mentions that Sufis have Baraka and they can give it to you, although one MUST be faithful (Way of the Sufi, page 265). I would like to understand on a deeper level the difference between real Baraka and its imaginary shadow. CVM

Baraka can be translated Love or Grace. Seeking it is folly—it is all around us, it is the essence of Spirit. Instead of seeking it, all we need to do is get rid of the junk that is preventing our perception of it. It's that simple (if not easy).

Seeking it for the wrong reasons means that people are trying to GAIN pleasure, comfort, attention, approval, appreciation, a feeling of worthiness or exaltation. They have mistaken Love for these things. These things may accompany Love, but are not in themselves anything more than by-products of Love. So to seek the by-products instead of to allow the Essence of What Is, is to "seek wrongly to no avail."

"To be faithful" means to absolutely make first purpose to ignore the Not-I's that work continually to prevent you from experiencing the Love that Is.

If we define Sufis as Sons of God (those whose life purpose is to master the human condition, to expand consciousness, to be fully present as representatives of Spirit) then yes, the Sufis have Baraka and they emanate it—if you are "faithful," that is, not indulging Not-I's, you will receive it from them, and you will return it to them. You will both be enhanced by the experience.

Again, its "imaginary shadow" is pleas-

ure, comfort, attention, approval, appreciation, self-importance and so on, the Four Dual Basic Urges. Truly ignore the 4DBUS and you will live in Baraka or Love, and yes, you, too, will then be a "Sufi," or among the Friends. Thanks for a most interesting letter.

Doing the Work

Christine! You did it again! And I have to say "THANK YOU" AGAIN! When I was reading the new AJ I came to the What's Going On Here? section, regarding Friendship & Not-I's. I had to laugh because I saw myself in it! I saw myself trying to "pull you in" during a conversation I had

"I am sure that you and others would rather hear from me instead of my Not-I's!"

Amen!

with you on the telephone recently. I was attempting to disguise my complaining jag with "concern" for the other person I was speaking to you about. You chose to handle it by telling me, "She is strong, she will be fine, concentrate on yourself." I wasn't sure that I liked that too much at the time, probably because you were not indulging me and my conditioning! You did not engage in trying to "help me" figure out what I could do to remedy the situation. You simply turned the conversation back to me and my taking responsibility for myself. You told me I was not responsible for how the other person responds to it. I wanted to complain about how she didn't understand and you said it didn't matter. Thank you for making that contribution. I will think twice before trying to "pull the wool over your eyes" again! I can hear myself now, each time I complain to someone about another per-

son. I can hear the judgments and ought-to-be's. I do a disservice to the person I am talking about, the person I am talking to, and to myself. I am sure that you and others would rather hear from me instead of my Not-I's! As your reader wrote, however with a different meaning, your "presence is a reminder (for me) to be awake and on the job!" I can see that I am attempting to manipulate many conversations as I mentioned above. Since I have been experimenting curbing those nasty Not-I's during my conversations with others, I have been able to have wonderful conversations with other people. This way I am easily able to keep the mood up and contribute harmony to the visit! My next experiment is learning how to LISTEN! Now that would be a contribution! I am presently watching how much I control the conversation I have with others, as well as interrupt them constantly. My little Angel Recorder has been observing all of this! That little hint you gave me about that was VERY helpful! Wow, this is fun! I will let you know how these experiments turn out! [and later] I have REALLY been putting the Recorder Angel to work lately. What a great tool! I am hoping that you will put something more about it in AJ or Sophia. D. and I have been reading the latest AJ together over the telephone and last Thursday we sat in the jacuzzi and read the Friendship and Not-I's article. We both got a greater understanding of the Work and each other. We were really able to identify the DBUs and the Not-I's that are included in our long-lasting friendship. We looked at what was of value to bring to the relationship and what is destructive and of no use. We had a great time. I can see how my B-side has not been constructive here, in fact I have a habit of indulging another's conditioning, by people-pleasing. It's refreshing to know that I can choose to be myself and not participate in other people's stuff. I am sure that all is well and Life is taking good care of them and that they will work it out without me sweating over it. I have been more responsible for MYSELF and I have been experiencing a lot more freedom as a result of it! It's amazing how far you can get when you apply these principles to going toward the hard stuff and facing up to having been overrun by Not-I's Wow! Thanks again!

You are absolutely adorable. Thank you!

Letter from Robin Freeman

Sunday Evening, December 18

Dearest Christine,

Thank you for being with Bob this past week. Your presence brought him peace, strength and love. I don't know if he was able to say thank you [He did. ~C.] and I know that with all his heart and soul he thanks you. I join in that thank you.

This morning after you called I went out to the office and gathered up all the journals I've kept over the years that hold seminars dating back to 1978, along with sections titled, "Talks with Bob."

Enclosed, or what follows, are talks we had that you are welcome to pass on to others if you think it will comfort them.

✧ I remember Bob told me this time of year is a time of great light on the planet.

✧ From January 8, 1980, Newport Beach with Cathy T.—When will and purpose are united with the Real I, immortality takes place. It can happen as fast as a twinkle of the eye.

✧ When one lives totally from A and B, X is not given a chance to develop and grow within that being (to grow consciously), thus when the being dies, there is no X to go on.

✧ January 17, 1980. I spoke with Bob about Dad's death and how it still hurt. Bob said it is a wound and we can keep it clean by saying it hurts—period! We can get the wound dirty by asking "Why?" questions, feeling guilty, angry, fearful and insecure. When the wound gets dirty it is harder to heal and takes longer. The key is to describe what is, and if there is a judgment on it, then the wound is getting dirty. By talking with someone, you can keep the wound clean. That day... Bob assisted me in cleaning the wound. Bob also said when a loved one dies, a replacement is there if you are open to see it. The key is to see and remember the replacement is not that person—simply a replacement.

✧ From one of Bob's tapes: All we can do with circumstances is to make a little contribution—you cannot control circumstances.

✧ The teachings material allows you to see what is going on. Then you can take charge.

✧ May 14, 1980. How to visualize:

See the person's face

Send them a message (love, joy, give me a call...)

Believe it, decree it as truth

Let go of it

Don't make it important. It's as simple as moving a cup of coffee from one spot to the next.

If you have doubt, don't do it.

"Thou shalt decree a thing and it shall be established unto thee."

When you make something ceremonial, or a big deal out of it, it is because there is doubt in that area in your mind and when you make it important, you become anxious.

✧ July 31, 1980. Spoke about how sometimes there will be breaks from the Teachings. How one will go out and Work with what one has and then will see other areas that need assistance (other areas the conditioning is functioning in) and then will come back to Work on the newly uncovered area.

✧ August 4, 1980. Can't be in charge of the feelings and emotions that are going to come your way. You CAN be in charge of how you will act.

And the talks and notes go on and on...

I love you Christine and am here for you 24 hours a day. ...

Love, Robin

One drawback to what I call our "Mail Order School" is that all the participants don't always get to meet each other, except through what's written here. So many of my friends, I know, would enjoy you in person as much as I do.

You and I have been a long way together, and have learned a lot from each other, and we support each other's Work at all times. I really appreciate your offering here, now, and I think many people will benefit from it. Thank you. You mean a lot to me, and I know to Robert, too (he told me so the Wednesday before you wrote this letter). Shalom, precious Friend.

Parable from Bob Turano

The Builder

The bulldozer arrived early in order to dig down to a place of solid substance so the footing could be poured in an appropriate base. The site was once a dumping ground and the machine operator worked many hours to remove the useless debris, some of which was found to be toxic waste. After the site was cleared the Builder went around and looked carefully to see that the foundation would be poured on virgin soil. After checking, the concrete was ordered and the forms were built to the measurements the Architect supplied. When the concrete mix arrived it was sampled and tested to see if it was in proper proportions and worth using. An improper mix would break down under the test of time.

It was okayed and poured into the forms.

After a short time the forms were removed. The footing was fine, with no gaps. The Builder checked again to see that nothing had fallen into the excavation that would contaminate the project.

He had workers start to prepare for the foundation wall, which was the next step.

The men who worked for the Builder were mostly long-time employees, except for two young men he had hired as helpers for the older, more skilled craftsmen. This is how he

started and he gave this opportunity to many men, but only a few caught on.

The day the walls were to be poured it was too cold. The Builder reported this to the Architect and was told to wait a day till the proper temperature was reached. He waited and it warmed up. The walls were poured.

It was time for the first floor. The lumber was ordered, some of which was of poor quality. It was reported to the Architect and returned. New material was delivered and in no time the first floor was finished and the second as well.

Work on the roof began.

One of the young helpers, not paying attention, slipped and fell. He blamed the others for leaving the nails on the roof, which he said caused his fall. The Builder knew it was the young man's job to clean up and keep the debris out of the work area, so he was thanked and let go.

When the roof was complete, the interior was trimmed and painted. Soon the house neared finish.

The Architect visited the job and said it was beautiful. He thanked the Builder for being his eyes and ears during this project. He told the Builder there was a new project on the drawing board, and asked the Builder if he would be available. He answered in this way:

"I am at your Service."

The Four Dual Basic Urges

Human beings are Spirit having a human experience. Living this human experience in the physical world incurs some side-effects or by-products. The Science of Man calls them The Four Dual Basic Urges, "nicknamed" the 4DBUs, listed in the box on this page.

There is nothing wrong or bad about the 4DBUs—they are universally experienced. What is inaccurate about them is this: They are not the Purpose of Living but the by-products of living. Every human infant the world over makes the mistake of deciding that the 4DBUs are the very purpose of Life itself—not so. There is another purpose—for each to discover himself or herself. When this new purpose is discov-

ered and accepted with feeling, the person knows the 4DBUs are side-effects only. Until that time, the 4DBUs control the human with the wrongly-made, invalid Purpose.

you be different (do and/or be what they wanted), or whatever you gave or did, it wasn't enough, and vice versa.

If someone is living to gain attention and approval, he or she will perk up when someone does a little their way. He will keep in contact with the source of the attention and approval, and even strive for appreciation. Eventually he or she will feel his or her value as a person depends on how

how "beautiful" or hip you are or aren't—give them your money, they will exchange it for something that will give you comfort, attention, approval, the feeling of really having "arrived." Don't wear the latest fashions or drive a decent car and "everybody" knows you are "ugly."

Institutional Healing Arts promotes a dubious ability to tell you whether you are healthy or not—living or dying. They know, you don't... give them your money and they will tell you, and with luck, cure you... don't and you will die. It is quite an assumption on everyone's part that such is the case. They have usurped your own inner evaluator, they have decreed that you are not really a living being but a biological machine that only their tinkering can fix.

Power Policies tells you that you are incapable of taking care of yourself, pay your money (and vote) and they will take care of you. The media are branches of Power Policies and they let you know that if you don't buy it, you are stupid, if you do, you are really smart.

Theology works on you (and even more so people in other cultures) through the 4th DBU—the Transcendental. They have very little to offer you in the way of attention and approval, and in this country, at least, cannot really hurt you physically, but set up a situation where the 4DBUs in spades exist for you in the hereafter and only they will be doling them out.

The Four Dual Basic Urges are a viable part of Life and we will all experience them. But a conscious person knows they are by-products ONLY and will not let them creep into his or her Purpose of Living. The more conscious one gets (the more one practices waking up) the less and less the 4DBUs will control. And who wants to be controlled? It's much more fun to be In Charge. ☉

THE FOUR DUAL BASIC URGES		
LEVEL	GAIN	ESCAPE
PHYSICAL	Comfort, pleasure	Pain, discomfort
MENTAL	Attention	Being ignored, rejected
EMOTIONAL	Approval	Disapproval
TRANSCENDENTAL	Feeling needed important, appreciated	Feeling inferior useless, unappreciated

No one wants to be controlled. It is a sad fact that most people think: "Control or be controlled" and live in constant conflict over this, trying to control and manipulate others, complaining about or even suffering from being controlled by others.

It is the 4DBUs that control people.

Think of any single relationship in your life that was painful. Maybe with a parent, sibling, friend, spouse. With some examination (check it out) you can see that what was "wrong" with the relationship was control. Either you couldn't make them do what you wanted, they kept trying to make

the other sees him or her.

The same goes for the Escape side: If someone causes one pain in the form of rejection or disapproval, a terrible weight is felt. If they reject someone, that person will "stick like glue" to try to rectify the situation—to gain back their feeling of value or self-worth.

The Four Dual Basic Urges are ever-present to some degree for every human being. The Four Dual Basic Urges are very dangerous to the unconscious person to whom they are the very purpose of living. They will control that person, there is no doubt about it.

Institutions use the 4DBUs to maintain themselves at your expense. Big Business advertises constantly to let you know just

Relationships

Xmas Blues & the Work

That we are vulnerable to depression, sadness, and all those unpleasant emotions during the holidays is promoted all over the place this time of the year. One of my friends said last week that she felt just fine and then was told via TV that she "should" be feeling awful, and just what to do about it.

Most of us are educated enough via pop-psychology to know that people dredge up memories when the proper cues are there, and the Christmas, especially, is full of stored up emotion just boiling down there, maybe even fermenting, waiting to arise and torment us.

What is true is that we are conditioned. The capacity for conditioning is not in itself a "bad" thing, or even unwanted. It is the way we learn to do all the little things that get us through a day. We would not want to have to learn them anew each morning. Nor would we want to have to re-learn about touching hot pots or thorny rose-bushes. Conditioning could be seen as a gift given us to deal with all the mechanical things of the world.

But of course we were not designed to be treated like machines, though we usually act like them, relying on conditioning for all actions, whether dealing with mechanics and physics, or dealing with life's challenges. Where people get into trouble with conditioning is the automatic assumption—it happens in a flash—that now is then, just because it may have a few similar cues. Now is not then. And if now is not then, there is no reason to assume that the feelings experienced then are necessarily appropriate now.

"But I can't help it." Well, that may be true, as far as the feelings being triggered. At this point, maybe you can't help it. But at this point

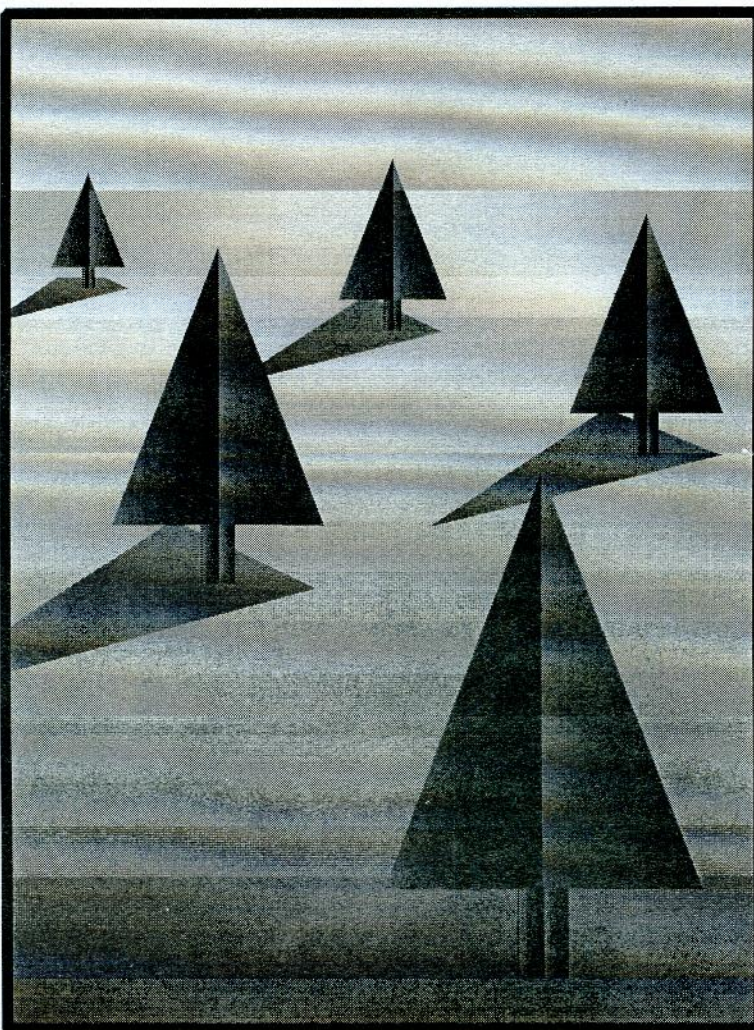
you could, if you really wanted to, just recognize that a piece of history was brought up, because some symbol reminded you of it, and it had a feeling tagging along with it. You could acknowledge that you did begin to re-live the feeling, and you could then think, "That's interesting. That's then masquerading as now. I don't think I will play

during the holidays and every day. It is disidentifying from old dead stuff and living in the now. Yes, it does take a little practice, but not that much, really, if one is determined to master it. It takes a little effort and then, like any skill, becomes easier, and then part of your nature.

The relationships you had with your family 20 or 30 or 40 years ago are not the relationships you have with them now. Maybe no one has bothered to examine and maybe alter the dynamics, but they have changed whether we are aware of it or not. All involved have a vastly increased history of experiences upon which to either reinforce conditioning, or to have learned from.

A good exercise, if you tend to suffer from the holiday blues, might be to outline the relationships that seem to trouble you. Relationships with family and with surrogate parents (i.e., spouses, often). The reversed parent/child relationship where you are now playing your parent's role, and your children are playing your former role. Your relationship with symbols, too. Food, decorations, the tree. Really look closely at these relationships and recognize that now is not then, and that you are not a slave to the lie that it is.

You can give a Christmas gift to Life this year if you want to: appreciation instead of self-pity, and thus the bonus of strength. ⊗



along." You then watch the old re-run float right on by.

This is what a student wants to practice

The Four Forces

It Was a Very Good Year

Remember that song by Sinatra? One of his best, I think. Every year or period of Life was remembered with affection and appreciation.

Well, there are a lot of people who don't have such fondness for 1994. I can't tell you how many people have told me what a terrible year it was for them, and hope next year will be "better." And this is okay, people often say such things, and I am not finding fault with them. But it is something that students can look at, rather than take for granted that years are doled out, and that whole lousy years are their lot.

We aren't doled out years, first of all. We are given moments, one at a time. If, on New Year's Eve, one is still here and reflects on the various moments, one might tend to group them in a year... but we were given one moment at a time, a slew of them.

What constitutes a bad year? From the standpoint of the Work, there is no such thing. Students are grateful to have been here at all, and if they want to lament anything, it could be the missed opportunities to Work, with a little resolution to make more of the next moments.

But analysis of "bad years" will show one thing: They were full of challenges. And most of us were able, somehow, to meet them... most of us are still here.

The Four Forces are spelled out in every issue of Awareness Journal and I hope you know them by heart by now, and that you look for them, identify them, all through the day and night. First Force is Initiative, Spirit, the Idea, Potency, Intelligence, Aim. When we take aim, make an initiative, want to make a form or event from a good idea, we are always met with Second Force, Resistance. It is part of this world, it is the way things work. Spirit within you meets this Resistance—if Awareness allows this. If Awareness recognizes Resistance for what it is, the partner of Creativity, if Awareness allows it to be there, if Awareness has Faith that the strength to dance with Second Force will be there. When the dance is over a Form, Third Force, will exist, as repre-

sentation of the original Initiative. The Form is not Reality, it represents the Reality of First Force. The entire phenomenon will have a Result, Fourth Force, something to respond to. You will respond and others will respond, and in some cases the response activated will merely be suggestion... your form will be seen as a promise or a threat... or, it will actuate a conscious response.

In any and all cases, this is what makes the world go 'round.

So last year and every year, the Initiative that is the individual you, that wants to live a productive and creative life, is met with Second Force in this endeavor—challenges. Whenever challenges arise it is a great opportunity. The only opportunity, really, to learn, to develop, to grow strong. If you declared bankruptcy last year, you have a new understanding of the way money—and credit—works, and how you might want to incorporate your new knowledge in the future. If you lost your job, you got an opportunity to re-examine how you might fit in in the worldly games, what it takes to play that you didn't have one day but can have soon, with effort. If a close relationship went through a sea-change, you cannot have lived through it without learning something. Would you trade one bit of your new understanding of anything for "one good year"? Of course not. Not if you are sincere about becoming conscious, about becoming an instrument for Life instead of Not-It's, if you want your life to be a contribution here.

No matter what happened last year, no matter how troubling or even painful, you know in your heart of hearts there was the opportunity to grow. If you want to make a New Year's resolution, it might be to take advantage of more of those opportunities in the coming moments... and then 1995 will have been a very good year, indeed.

The Four Forces

1. Initiative

*Spirit, Intelligence,
The Idea, Potency,
Always met by*

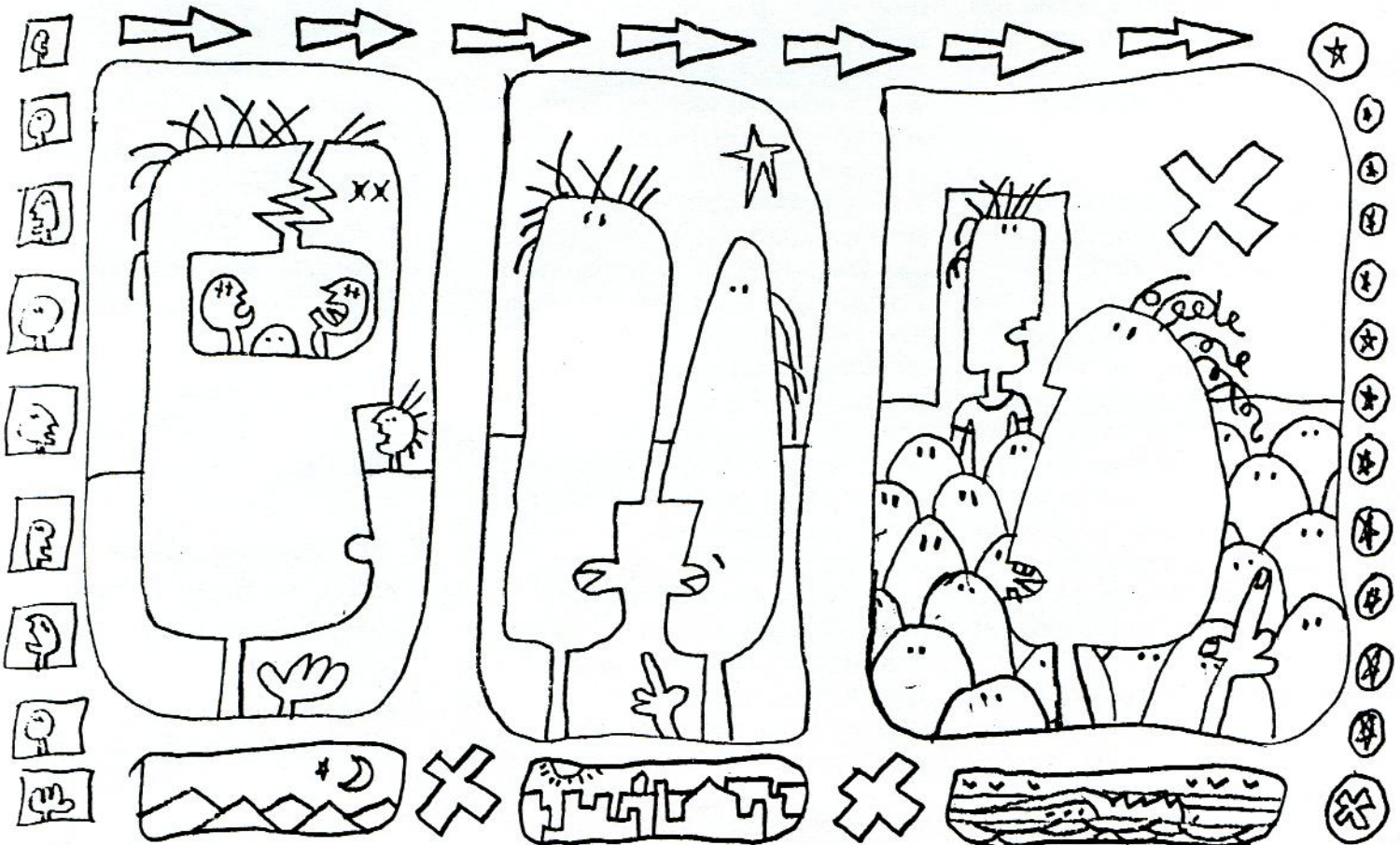
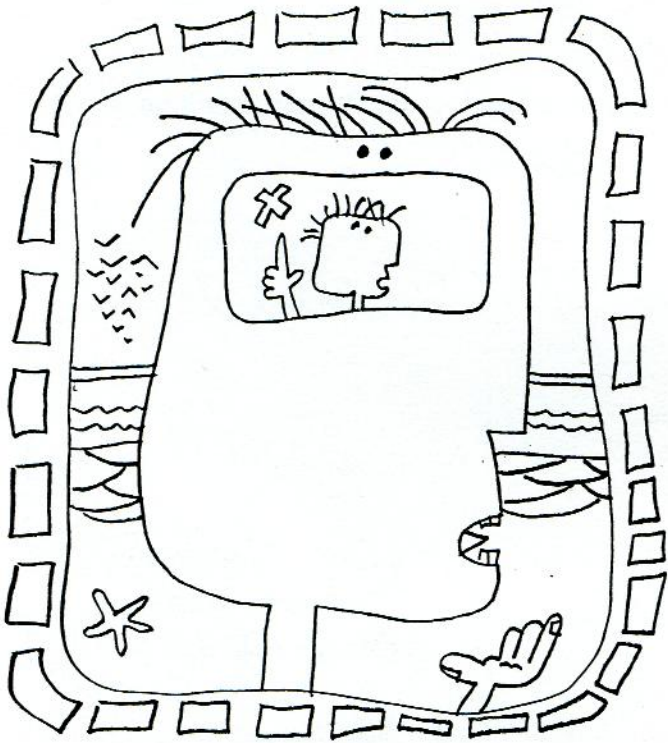
2. Resistance

*Opposes First Force,
as an opponent in a
game;. When First
Force strong enough,
Second Force
Contains, Forms,
Shapes, the Idea of
First Force, creating:*

3. Form (Events are Forms). To which there is

*4. A Response. Seen
either as Suggestion
(unconscious reaction
to the Form) or,
consciously, as an
opportunity to Respond.*

Cartoons by Bob Turano





Now when Jesus

was born in Bethlehem of Judaea in the days of Herod the king, behold, there came wise men from the east to Jerusalem ... they departed; and lo, the star, which they saw in the east, went before them, till it came and stood over where the young child was. When they saw the star, they rejoiced with exceeding great joy. And when they were come into the house, they saw the young child with Mary his mother, and fell down, and worshipped him: and when they had opened their treasures, they presented unto him gifts; gold, and frankincense and myrrh.

Matthew 2:1 and 9:11



Bulletin Board

Rhondell Publications

Robin Pihl-Gibson is now operating Rhondell Company. Please order books and tapes directly from her. For orders or to be on her mailing list, please call her at (415) 459-2951, or write to her at 862 Sir Francis Drake Blvd. #305, Anselmo CA 94960. Robin has the complete line of Rhondell material, including *Seeking the Rose*, *Tone Scale*, *Letters from Rhondell*, *The Picture of Man for 12-Steppers*, as well as all other Rhondell books and tapes. She is dedicated to seeing that they are always available. *Harmony Workshop* is at her service to assist in every way.

Harmony Workshop is also the source for *Sophia-Wise Woman's Journal*, *Awareness Journal*, *Seeking the Rose*, *Master of the Inn*, *Tone Scale*, *Letters From Rhondell*, the *Picture of Man for 12-Steppers*. Up-dated catalog will be enclosed with your next newsletter.

Book Club

Book groups will resume meeting in February. We are going to study for awhile the works of Emily Dickenson, who wrote much about transformation. We will meet the first and third Saturdays of each month until further notice. You are welcome at either or both meetings (and you can usually meet Robin F., Rebecca, and Linda S. there).

If you cannot attend but would like to participate, you may send your thoughts and I will read them to the group. We may tape the meetings. Please call me for the location.

Butterfly Books

My friend Missy Violet (*The Butterfly*) has written three beautiful little "pocket books" of *Teachings*. She and April, whose work you read here occasionally, arrived on the planet about the same time, eighty-something years ago. The titles of her books are "What is the Purpose?" "Are You Free?" and "A Key to Life." The books are 4-1/2" x 5-1/2" and about 40 to 50 pages, one intriguing line per page. They would make lovely gifts—for yourself or friends. Contact Violet Travelstead, 6330 Genesee #322B, San Diego CA 92122.



City of Angels

My good friend Linda Solomon plays the roles of writer and poet (among others) to a T. She creates a delightful newsletter titled "City of Angels" containing her work and that of her friends. It is *Spiritual* in nature, I think, though quintessentially L.A., and I don't mean LaLa Land, I mean something else, which you may enjoy—check it out for yourself.

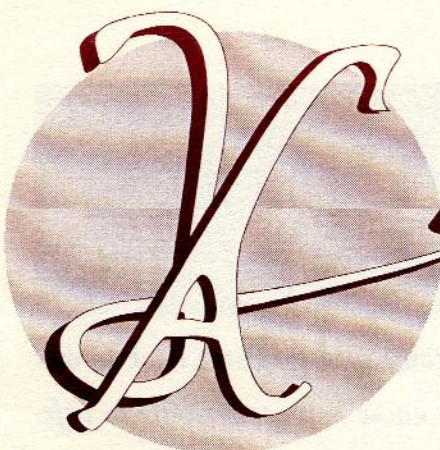
"City of Angels" is free at this time, but it would be very nice if you sent her a few postage stamps along with your request. Write Linda Solomon, P.O. Box 250518, Glendale CA 91225.

Attention Writers

Another friend, Rebecca Morrison, has put out a call for movie scripts. She is an executive in charge of development at a low-budget film company and asked if I knew any women, especially, who would like to submit scripts or treatments. Do!! If you have a script, or even a good idea that can be put into a treatment, call Rebecca at (310) 471-2003 and tell her I told you to call. Her company is promoting women, both directly, in wanting to produce their work, and indirectly in that the content of your story should focus on one or more strong, conscious (or getting there) women. Men are welcome to submit, too, as long as they keep this in mind. (And P.S. If you have a great idea but don't know how to write a script or a treatment, call me first and I will do what I can to get you in shape to approach Rebecca—who is extremely approachable, by the way, a real sweetheart. You will enjoy working with her.)

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Practicing Self-Knowing
AWARENESS
Journal

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