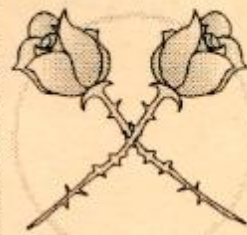


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THE MAP

What is the Science of Man? Essentially it is a map. A map can tell you what's what and what's where, and it can imply a destination (but really the destination is an inference... yours, if you want to make it). Many people have deep questions about the meaning of life, about their true nature, about the chaos around us, and the harmony that is sometimes apparent, too. Those who don't ponder the purpose of living, won't be reading periodicals entitled "Awareness Journal."

Since you are reading this, we can assume if you read much further that you sometimes question the meaning of Life, that maybe you have wondered just what this magnificent show, and your part in it, is all about.

Maybe you see the purpose of Life as achieving certain goals. "If I get recognition in my career, *then* I will be happy." "If I find my perfect mate..." or "When I am financially secure – or wealthy, *then* I will be happy." "If I could get back perfect health..." or "If I could help fix the world, *then* I would be happy."

Our society – indeed Western civilization – espouses these things as the Purpose of Living. They are not the Purpose, they sometimes are the by-products. To have this frame of reference, to think that gaining some achievement or possessing some person or object is the key to happiness, is to chase the ideal, which doesn't exist except in imagination. It is to think that gaining, conquering, or merging with a mental ideal will give a sense of inner completeness, i.e., I am missing something that is outside myself, I am incomplete; if I can possess it I will be complete.

There is something more. But – this is a good place to be. This mode of thinking and living, while inaccurate, is often a necessary step on the Way. Few people examine their Purpose of Living and reach a place where they can see what they are, where they are, what's going on and what they can do, until they have at least somewhat achieved a cherished ideal or "goal" – health, wealth, approval, respect, love – and found, "This isn't it."

So if you have not reached that stage of disillusionment with the Purpose of Life as you saw it, you may not be ready for *The Science of Man*. And that's okay – no one gets into high school unless they've graduated grade school. Continue the struggle toward your goal. We need to cover that territory for a time before we can truly be open to something new.

Awareness Journal makes a proposal: What if Life is a journey, with a destination? Suppose the destination is the development of your potential, whatever it might be? If Life is meant to express Itself, through you and me and everyone else, perhaps

this expression needs to develop, needs to travel (in time) and, especially, gain experience in order to reach Its fulfillment.

If this were so, a map would come in handy. When we learned how to read it, we could then know where we are, where we're going, where we'd like to go, and we could also get back on the right track when we drifted or meandered (or were shanghaied) off the main road, by reading the map and by following the direction signs – if we USED it!

Rhondell has made a map that is very simple to read, and most especially, to verify. It contains ancient wisdom, done up for us in a thoroughly modern way, appropriate to this time, place and circumstance, and very simple to follow (if not always easy). None of it is to be believed – every signpost can be checked out for yourself, and it is essential that you do. *Awareness Journal* is about my friends' and my experience with the map. While each is alone on his or her unique journey, sharing some of the experiences with friends sometimes is comforting but, more valuably, occasionally enlightening.

The "legend" of the map is quite explicit: It lists the four questions of mankind; the map shows you how to find the answers: What am I? Where am I? What's going on here? What can I do? Among other things, the map has a Picture of Man – a picture of you and me and everyone else. It has a description of the four forces of creativity, a description of the process of disease, and how all these things are part of a Universal Law of Balancing, which is occurring at all times.

I have worked with *The Science of Man* daily for many years and have yet to come up with a question that I needed to know that was not answered by it, at least enough to get me started and on to the next phase. Because it "rang true" to me, I began my Work by trying to find situations where the principles did not apply, and it's recommended that you try this, too. Or go to Work trying to disprove them. A wise old man said: Uncover the error and the truth will emerge.

Welcome to *Awareness Journal* and *The Science of Man*. If you Work with the material rather than just read it, gratifying experience awaits you. If you wish to comment, feel free to. ⊗

WORKER'S TOOL BOX

ROLE MODELS

Science of Man students populate the U.S. (and beyond). One called the other night who lives in the boondocks, a long way from any other students, and according to my friend, a long way from anyone who could serve as a role model.

It's true that children need role models – we all know that's one way they learn, maybe their most prominent learning mode. They may not always be too picky about whom they choose – they usually choose Mom or Dad or both, with little if any evaluation of whether their behavior is advantageous. The older we get, the more the internal critic is established and there are fewer and fewer people we admire; at least we don't mimic people just because they are there (usually – though watch people in a group when one of them yawns).

When I was growing up I was taught no social graces whatsoever, beyond not daring to touch a nun, for instance, or to say please and thank you, and to always, *always*, do the dishes (and if possible, the laundry, at least) if I were a guest somewhere. Since I thought surely my Prince Charming, when he arrived, would be wealthy, and therefore, have and expect manners and style (?!), I thought I had better learn how to behave in public, what we called then "acting like a lady." I decided to find someone whose behavior I could copy. Since the only elegant

ladies I was exposed to were in books or movies or TV, I chose who was to me the grandest lady of the time, someone I knew would not lead me astray in my education in the social graces: Jacqueline K. Whenever I was in a situation that was uncomfortable because of my lack of refinement, I would think, *What would Jackie do?* And then do that. If you remember the propaganda of the times, you may think I made a good choice. Apparently I did – apparently. Most people who know me now would not think I was raised in a barn (so to speak), and I am often, to my utter astonishment, complimented on my poise.

But did this happen because I chose the right person to emulate? I wonder. To this day I have never heard Mrs. O speak – I hear she has an unusual voice. I didn't know the woman, nor anything about her beyond what the TV and papers and especially magazines said in the early sixties! How could I possibly know what Jackie would have done in any given situation?

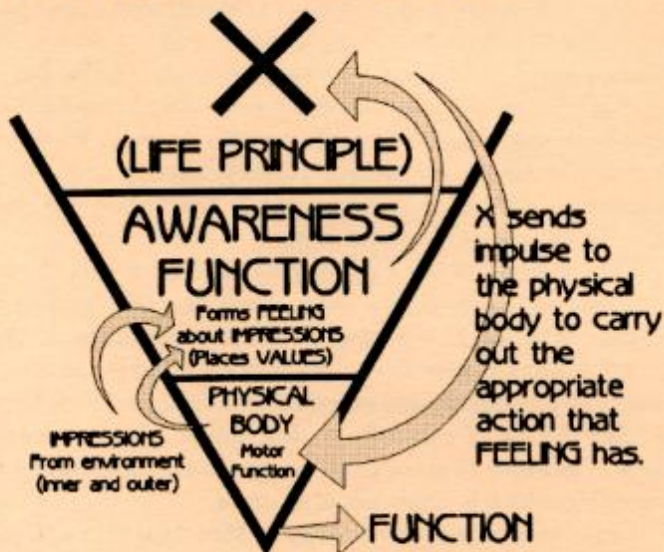
Having a role model can work – but probably not because we are copying anyone. There is, however, something useful in having a role model. The reason Jackie "worked" for me was because every time I stopped to think, *What would Jackie do?* rather than react mechanically, or more likely, freeze, it woke me up. It made me conscious to stop and think, to report accurately, especially in uncomfortable situations. Spirit always responds appropriately to the "report."

So I told my friend, pick anyone – anyone at all. Maybe a movie star, or even a character from fiction. My friend was a little puzzled – he was trying to hand me an unsolvable "problem": that he, unlike most people, had no one to copy and therefore was in a real pickle. Of course I wasn't buying it. Choose anyone, I said. And this will work for you. Not because a person Working on becoming fully conscious – always paying attention and accurately evaluating what's going on here – needs a role model, but because stopping when in confusion to think, *What would so-and-so do?* will wake you up! When you are awake, your accurate evaluation goes straight to the Source, the response is perfect.

Use your role model as a tool, a device to wake up. If we really want to work on becoming fully conscious, we will not depend on other people ("authorities" – No.4 Not-I!) to copy. We will want to WAKE UP and report directly to Spirit what is going on, Spirit will take it from there. I would say, if you want to use this tool for yourself, pick an outrageous person as your "role model" tool – maybe your mother, or Scarlett or Rhett, or Madonna, or even Kaddafi or Saddam Hussein – if you really acted on this, really made this role model tool your own, you would have to wake up (and laugh) when faced with indecision and anxiety and one of *those* came to mind to imitate! (With the *possible* exception of Rhett...!)

Workers need tools – we are all Working, as students, toward our development. Choose your tools, use them, they work. ⊗

PICTURE OF MAN



The human being has four factors: Spirit, Awareness, Physical Body, Motor Function. Awareness evaluates impressions from within and without, communicating this evaluation to Spirit via the medium of feeling. Spirit responds appropriately to the information received through the Physical Body.

STANDARDS, IDEALS and TASTE

FAULT FINDING

These are a few of the faults I have heard "found" in the last week: Cults are bad and shouldn't exist; people who eat with their mouths open are disgusting slobs and shouldn't be; a certain professor is self-serving and trouble-making; a certain employer is a male chauvinist pig; a boyfriend of three months is recently found to be not perfect and thus annoying (and a great disappointment); someone at city hall scheduled trash pick-up and street cleaning on the same day and is thus an idiot; somebody knew better and did wrong anyway. Etc., etc.

Fault-finding is nearly everyone's hobby, including mine if I don't pay attention. It is, of course, based on ideals: everyone *should* be cultured or at least well-mannered; people *should* see all sides of an issue and *should* remember that anything anyone ever does was felt at the time of doing to be right, proper and justified; relationships *should* contain no resistance of any kind; civil "servants" *should* use intelligence; people *should not* be allowed to hand over their responsibility to someone else who uses them and makes promises and threats. And so on.

It seems most everyone has an inner image of a perfect world, the ideal place to be. Individuals each have their own version, and institutions promise at least some aspect of perfection if people will only cooperate (buy, pay, obey and get with it).

The most obvious constraint against an ideal world is that no two human beings are alike and thus couldn't possibly agree on exactly which standards would apply in a perfect world. I might want peace and quiet – someone else is sure to want Muzak, or worse, rap, oozing out of every mechanical pore. Think of anything you imagine as perfect – someone else wouldn't agree – maybe even the sacrosanct majority.

The less obvious reason why this is not an ideal place is that it is dynamic – moving, changing, creating, destroying (you couldn't build a house anywhere without destroying something... even if it's just the habitat of scorpions in the desert). Movement implies a line, from one place to another. If your perfect world was at one end of a line, say, your picture of perfect hell would be at the other. The fact is, we live in a moving place on this line, somewhere in between the two extremes. And because we hover between the two poles, we are able to *contrast* things.

Observing contrast (not opposites) seems to be an interesting part of living. (I just typed "loving" by mistake... but it's just as true!) We all know brilliant people and rather stupid people... if everyone were brilliant, how would we know? We recognize brilliance because it is *not* common. If everyone always walked around as gracefully as a ballerina, would you enjoy the ballet as much? It is beautiful not because it is ideal – it changes all the time, limits are surpassed, new movements created – but because it is different from what we usually see, and because it is a dynamic picture of the four forces (initiative, resistance, form and result)

in action. If you are cramped up in the city most of the time, it is possible you might enjoy the country or seaside more than someone who lives there and takes it for granted. You can walk in the wilderness and see things you might never notice if they were part of your daily tableau.

Whenever we engage in fault-finding we are working on a misconception. The misconception is that this is a world where standards and ideals "should" apply to life, and people should accommodate these standards and ideals at all times. It just isn't so. There are variations to every theme, every one. Each person's actions can be "marked" somewhere on a line, which may appear to have opposites on each end. But it is rather like a coin: are the two sides to a coin opposites, or are they equal but different, containing all of the substance between them?

When next you are inclined to find fault, you could instead, if you wish to Work on yourself, broaden your Awareness, accrue a little Wisdom, note that what you observe is a place on a scale; that, thankfully, neither extreme of the pole is visible; and that your version of the extreme would differ from anyone else's, promoting chaos if imposed.

If there is an extreme of discretely putting food in one's mouth, and far away from that an extreme of eating just like a baboon, the person I observe is somewhere on a scale, low on my scale, adequately high on his own (if he were to give it any attention).

If someone appears stupid, they are not the opposite of smart, but are being measured somewhere on a scale of intelligence with brilliance toward one end and idiocy toward the other. My measurement is not necessarily where another might measure him. (His mother, for instance.)

Cults exist to give people a purpose when they cannot find one of their own. Is this bad or good or just a way provided for people without a purpose to find something to do (as well as give the "provider" a purpose)? If it is something I wouldn't do, so what? I am only as free as I allow others to be. One person's self-service, trouble-making, chauvinism is another's advantage, creativity, taste – that's all. Neither is wrong or right, it all just is.

There are no real blacks and whites apparent in Life but rather infinite shades of gray, *infinite*. It is so much more interesting to watch this gigantic earthly show with this point of view, and a great relief. ⊗

Are "Good & Evil" merely what I like and dislike? These are just my taste, and subject to change. There are no set standards for Life.

WHAT'S GOING ON HERE?

CURRENT EVENTS

Every day you can hear someone clucking about the world getting "worse," or about the decline of civilization, or of a prevalent degeneracy. We hear that there is a general hatred among the Japanese toward Americans, which is interesting—if true—and sounds suspiciously like propaganda in the latest phase of modern warfare, economics. There is a rumor across the land that multi-millions of people are blitzed out on drugs. Some of my older relatives lament the "good old days" as I'm sure yours do, too. And I must admit my beloved old grandfather would fall over dead if he were still here and watched MTV for five minutes, and he certainly would not allow his great-granddaughters out of the house in their favorite outfits.

We hear of famine (invariably politically induced), earthquakes, pestilence. Because of instantaneous media we are aware of trouble within minutes of its happening.

Fundamentalists are convinced these are the "last days," as fundamentalists and hysterics have always. (I read some research done about the 990's—that's 990 A.D.—and some people a millennium ago were in the same panic some people are today.)

Huge governments collapse, new plagues appear, we discover we've made some big messes of Mother Earth.

People will dwell on their ideals. Someone's ideal is in the past, another's is in the future, but an ideal is an ideal, i.e., it doesn't exist here and now. It is the last days for some things, certainly—formal manners, the gasoline engine, traditional patriarchy, many of the institutional systems we took for granted, the craft of typesetting with metal type, decent cheap restaurant meals, to name a few. And any observer can see the birth of new ideas coming into form, although the labor pangs tend to distract us from looking toward the result...

But is the world "worse"? Worse than what? Anyone who says this is comparing this moment with a memory of another moment in the past, at best, or with something they have read or heard, or a picture in the head, an illusion. And that's okay, it's certainly human nature to do this comparing, but maybe it is not worse but *different* now than then.

Have you read any medieval history? Or even a Gothic romance, which we presume gives at least a flavor of the time? Life was a lot more dangerous for the average person then than it is in almost any neighborhood now. It is said that anyone who dared to leave town—on a pilgrimage, for instance—had an infinitesimal chance of escaping robbers and worse and of ever returning home. Have you read about the epidemic that wiped out about 40% of Europe? Would you trade your electricity or plumbing for any equivalents that existed in the past? How about standards of sanitation? Modern fabrics, say? I could list any number of today's wonders and so could you. Education exists for "common folk" (and women) like it never did in the past. Opportunities abound for people today who would never have had a chance to do any more than eke out a bare sustenance living just a generation or so ago.

I won't go on in this vein because you can make your own list of things "better" and things "worse" than they were some other

time. But I maintain that our time—by which is really meant **humanity** right here, right now—is not worse, the world is not going to hell in a handbasket (maybe this *is* "Hell," anyway?). What we are witnessing is a moment in a decline of some things and an evolution of others. If we stand back and take a telescopic look, instead of our usual nose-to-the-pane view of our immediate surroundings, enlarging the view and dwarfing the picture (a paradox), we can see that we live in a moment of time, as all moments of time, when change is going on, and it happens to be rapid change.

The kind of changes we all like to see, which we call "advances," can be called Initiative. *And there will always be Resistance to every Initiative.* If we stand too close we risk seeing only the resistance, and drawing conclusions as to the horrible nature of life on earth. It's just not true.

A tearing down will almost always precede a building up. I cannot think of an example where this is not true. Clear the land to build something new, plow under to grow something again, graduate the seniors to make room for the freshmen. This process is ages old and certainly the nature of Life on Earth: Initiative, Resistance, Form, Result.

This is not to recommend a la-di-da attitude toward the disturbances that you see. It is to say, "Look accurately at what you see, look at the big picture. And remember that FEAR WILL ALWAYS CLOUD YOUR VISION."

You are far more in charge than you have been led to believe. For instance, you know how to avoid AIDS. You can exist very nicely on probably half of what you eat now. (Don't believe this, check it out; I have.) You do have a roof over your head, clothes on your back, transportation is available. You do not personally know anyone who does not have these things for any other reason but choice (you can check this out, too), because if someone asked you personally for these needs you would see that he or she got them. Although you may want them, you do not need more or better or different of the things you have that are useful or fun. You know how not to get mugged or raped or shot. All of the above is accurate *if we pay attention.*

The main threat to Life on Earth is none of these troubles—they are ALL the result of something essential, and essentially ignored. It is seldom if ever mentioned in the media: people are sleep-walking. The SCALE of the challenges on Earth is different

than ever before. We need to act accordingly. We—some of us only, it only takes SOME, not ALL—must awaken to continue the evolution of Life on Earth in this scale. And we fear only in a sleeping state.

You—I—anyone, no matter how bright, no matter how talented, is paralyzed and enslaved when in fear. The very best way to control people, to enslave them, to prevent their Intelligence from functioning to meet challenge in effective ways, is to frighten them.

There is a very orchestrated effort afoot to scare you to death. DONT BUY IT.

Do you think for a moment conscious Life—you, if you want to be—cannot cope with the circumstances presented at this time and place we call Here and Now? Life CAN and WILL cope. It does not need “a leader” or fat institutions to do so. It needs only to WAKE UP. Fear is a sleeping potion. If enough (surprisingly few, check it out) stop taking this poison, solutions to challenges will

“miraculously” appear.

Life on Earth is difficult at times, no doubt about it. We arrived in a realm of challenge and are free to leave, but very few people do so voluntarily, I notice.

If you can accept as a working hypothesis, if you don't know for sure yet, that your purpose here is to develop your talents, then try as a working hypothesis, too, that it will not happen—your Purpose of Living will NOT be realized—if you are drugged by fear.

Instead of swallowing the threats and promises you hear, which will prevent creative action (producing the most unpleasant feelings), STOP and EVALUATE every piece of “news” to see if it is propaganda to enslave you, or if an accurate statement has been delivered in a threatening tone so that you will interpret it fearfully.

Following are practical examples of both detrimental and advantageous ways of interpreting what you hear these days. ⊗

SUGGESTION

FACT

WHAT I CAN DO

(In earthquake country) There's gonna be a Big One! Thousands will die!

Mother Nature is on occasion violent. I live in her midst.

Pay attention. Be grateful for institutional systems that are intact. Devise my own systems where necessary.

Financial catastrophe is on the way! Economic ruin is right around the corner!

Financial systems are not intact; massive credit coming home to roost and other events are disintegrating them.

Identify and heed the experts. If I have financial assets, it would be more prudent still to become an expert. Do not participate in the abuses which brought about the disintegration.

Everyone is at risk of AIDS! An HIV diagnosis predicts certain death!

There IS evidence of “dis-ease.” Very dubious conclusions have been drawn about it. (See SPIN magazine, Vol. 8 No.3, June 1992 “The HIV Myth—New Evidence That It Doesn't Cause AIDS. Call them for back issue or send three stamps to Harmony Workshop for a photocopy of the article.)

Discriminate. (Not a dirty word. You do it every time you eat dinner. If you neglect to discriminate about food, say, or anything, you pay a heavy price.) Understand the nature of adaptation and binges. Accommodate your understanding (act on it) by being aware of the environment (infectious agents are part of the outer environment; how I respond to them is part of my inner environment, my inner state). Remember that fear will make me sick.

We have destroyed the Earth with pollution! The sky is falling!

People of the Industrial Revolution have made a big mess.

Fortunately, individuals have awakened to the mess and are doing their best to clean it up; institutions have also found it profitable to do so. Panic is not an appropriate response. (Mother Earth is not so stupid... I read the other day that the hole in the ozone has been plugged up with the smoke from the rain forests! Not a perfect or long-term solution, to be sure, but meanwhile, according to the article, the theoretical “greenhouse effect” has thus been postponed considerably!)

Communism has fallen! There is no more enemy!

The Master Decision and its henchmen are an enemy in whatever form they appear—individual, family, city, country, world—and are the only enemy.

Focusing on “enemies” without distracts us from the real enemies within, the Not-I's, erroneous thinking within individuals which leads to chaos. All outer conflict represents inner conflict. I can beware of those who wish to distract me from working on this principle by trying to scare me to death about enemies “out there” pretending none are within.

If you don't participate in the War on Drugs, the War on Poverty, the War on Crime, the War on Sexual/Homosexual/Racial/Economic/Homeless Harassment you are not politically correct and thus a part of the problem.

One way of approaching disturbances is “warfare.” It is not the only way, and has certainly been proven again and again to be completely ineffective.

I can decline to play war games. I can see that establishing war games is a way of maintaining conflict for the purpose of feeding institutions. I can awaken to know what I am, potentially creative Life; where I am, in a realm of disturbances and pseudo-disturbances (i.e., the “defining” of inequities where none exist); what's going on, war games that stir up rather than quell disturbance; what I can do: approach disturbances with intelligence, consciousness—creativity, not with brute reaction, annihilation, warfare.

SOMEBODY'S ALWAYS SAYING GOODBYE

By Leah S. Roberts

John left today. Last night we slept—or rather lay there, I listened to him breathe and he was awake too—far apart and made great efforts not to touch knees and kept elbows close and two ships passing in the night...

This morning we sat drinking coffee on the terrace, as usual, it was a beautiful morning, sipping coffee and trying to make small talk. And there was a long silence, despite our mutual attempt to keep up the banter and my eyes welled with tears.

What's wrong?

Nothing...

Your eyes are filled with tears.

No... it must be something in the air. Excuse me a minute—

And up I jump to weep privately in the bathroom and up he jumps to take his things to the car. And I emerge and he is finished loading things and kisses me goodbye at the door. I brush his lips and turn my head and he takes my face in his huge magnificent hand to kiss me again, good, a goodbye kiss full of unspoken appreciation and I really do care and I will miss you, and I just turn my head, presenting my cheek as my heart yelps don't go and I say abruptly, finally, goodbye, and he is gone.

I tucked a note in his shirt, you have a true friend for Life, no matter what, thank you for the gift of laughter, your eyes betray you—they let your light shine despite your best attempts to hold it back... I love you.

I watch from the window as he leaves. He doesn't see me. Why did he reach into his pocket? He reads my note and I can't see his face. He folds it up and puts it between sweaters in a box on the seat—and pats the bundle and my heart leaps and he is gone.

How often did I sit here, listening to his droning, complaints about it all, his "problem." It was always there—in my kitchen, in my bed, our bed, it filled up my house and finally, John, you have to go, I cannot live with the both of you.

And so, he left, and at my behest, I've got to get rid of this man and his ghosts, his ghosts haunt us, they are strangling my life, our life.

A hundred times, I've got to get rid of them, and now he's—they're—gone and I am bereft. Be careful what you ask for, you might get it...

So all day long I am aware, John left this morning and I want to heave and weep and carry on, but I put it off—tonight. Tonight I will grieve, properly, I will mourn. Despite my best intentions to be in charge—I will schedule grief for ten p.m., I have things to do right now—pain stabs my heart, and there's gaping vast blackness in my middle, pounding in my head. Tonight.

And tonight I sit here grieving and sobbing and drunk and Anne Murray and Otis Redding, scotch and water, I sit here trembling and cracking in waves of pain—somebody's always saying goodbye.

Magically, supernaturally, beyond understanding—how?—I am able to watch my "self"—to watch "her"—me—grieving and aching and carrying on. What is going on here? She wanted him

gone and now she grieves over his absence. Inconsistency or paradox? The Real World is full of paradox, it is the essence of grasping it—somehow I am able to watch her, to look at this event and certainly not analyze it but to see—somewhat—what is going on. I have passed this way before...

Letting go is painful; letting go is death. Death hurts. It's that simple.

I think of "Our Town" where the newly departed sit in chairs bleakly, letting go—before they can continue on their journeys, they must sit there, sit there, in a holding room, letting go.

Isn't this ending of John and me, this letting go of him and us and everything that was and everything that could have been but wasn't— isn't this letting go death? Yes, this is death of a kind, certainly it's death's rehearsal—what does this mean?

Suddenly a clarity takes over, grace, to be sure, in the midst of sobbing wracking pain—it is clear. We mourn the end of an event—in this realm of distance and time we mourn the finality of events because it is not natural to our Real Self Who lives in the timeless infinite present. It's unnatural, this ending, any ending, it marks a distance covered from there to here, rather than the experience of the eternal everywhere and everywhen.

Life is cast into hell, this place of endings and time spent and time wasted and time as bogus reality and it winces: this hurts, it is not natural.

The earthy self knows only these cycles—beginning, middle, end, painful end. The earthy self imposes its lofty ideals on the beginning, excited, predicting pleasurable perfection in this event, and forging the sure foundation of disappointment. The middle we forget, tedious, plodding middle of the event, where ideals begin to crumble, where Work is essential to prevent aborting the event, where mundane worldly "reality" takes control if we don't pay attention. And the earthy self knows and dreads and plods toward The End. And cries out, how dare you, Life! as The End approaches and she steps off the edge of the pit into self-pity—it's over, poor me.

Ending hurts. Its rudeness startles, we always think our mundane desires are immortal and when mortality slams the cleaver at the end mark, we are indignant and howl how dare you and sink into the mire.

John left, I told him to go, I ache and mourn—what—the loss of illusion.

Funny—it's liberating to see this, I didn't always—I have learned, the hard way, all "loss" is loss of illusion. To think any

event is immutable is grave error. Events change every moment, it is the nature of experience. Each moment of every event is different from the one preceding. The loss of the illusion that happening is static, that things don't change, don't demand endings, is the only thing we mourn.

In my case – this “case” of this man this time, only a slight variation of other men other times – in this case the illusion was that the tiny weak little seed of the *potential* of him and me together was sure to be realized – the potential to create happiness, when he did all the things I wanted him to do to make me happy, to create “us.” It couldn't happen, it didn't happen – he is he and not we – and for this I grieve.

This is not reality, it is the fantasy of imagination run amok. The reality is that a man appeared in my world, an attractive man I could and did and do love, period. The fantasy was that he could

do for me what only I can do for myself – and suddenly the pain in my heart surges to an almost unbearable peak – intelligence is *not* necessarily an analgesic – the pain exists even if I do know “why,” or rather “what” I have been up to.

And so, all right, I will sit here, drunk and maudlin and breathing hard with each heart stab and yet a part of me hovering overhead, separate, understanding: she hurts, yes, it's okay, I know the Truth.

She grieves for lost illusion, and this is Life on Earth, right now anyway, for “her,” partially developed, not able to live, yet, fully, in the Real World, with one foot on the ground, but rather with her body of the ground and experiencing death, the death of an illusion, not the death of reality!

So John left and I loved him and I love him and I go on, alone, but wiser, knowing, somewhat, that the eternal is all that matters, illusions aren't real, no matter how much I pretend they are, no matter how identified I am with that soap bubble. And knowing this does not banish the pain but does somehow make it bearable.

So I spend this long night feeling the pain, if not completely freely, at least willingly, and wondering at it all, Life hurts, here anyway, in this world, and that's the way it is.

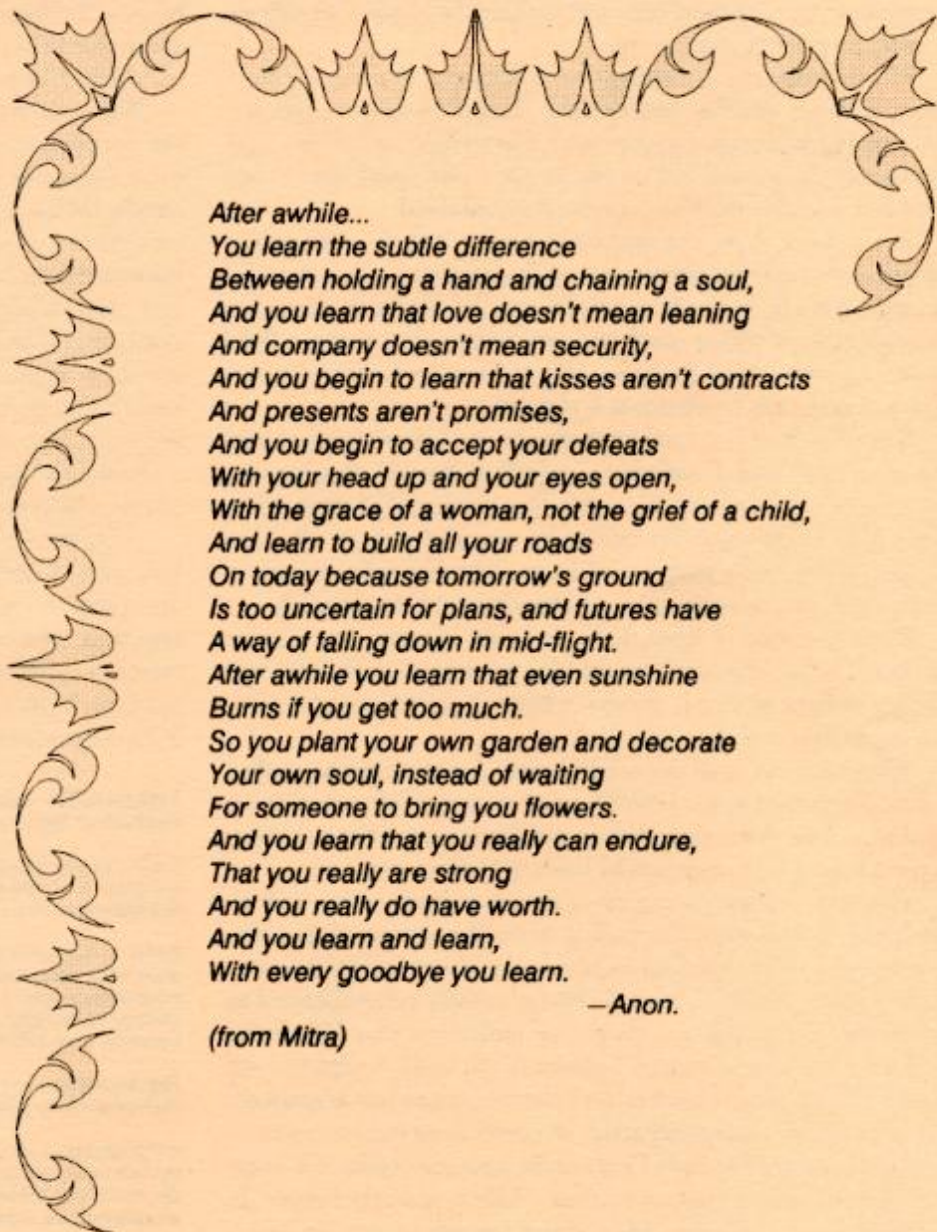
Would I undo it to avoid this pain? Would I somehow return to sender the experience of having known this man, wanting him and loving him and walking

hand-in-hand with him part way on my journey? Of course not, I wouldn't undo it, not even to avoid this pain.

So that kind of settles it, this is my price. I can freely pay this – I can pay pain to balance the account of the pleasure I so freely enjoyed. And I can see, too, how easy it is to get caught up in illusion – and how illusion is but pain called by another name.

So I sit here mourning and wondering and seeing the many facets of my life here on earth – pain and joy, time and infinity, reality and illusion, John and me, and “she” and I, and death and Life.

Goodbye darling John, and thank you for it all, thank you for teaching me what I have to learn, again and again, it seems, that events end, that you and everyone I love are the catalyst for earthly bliss and earthly death, that Life hurts sometimes, that I can love. ⊗



After awhile...

*You learn the subtle difference
Between holding a hand and chaining a soul,
And you learn that love doesn't mean leaning
And company doesn't mean security,
And you begin to learn that kisses aren't contracts
And presents aren't promises,
And you begin to accept your defeats
With your head up and your eyes open,
With the grace of a woman, not the grief of a child,
And learn to build all your roads
On today because tomorrow's ground
Is too uncertain for plans, and futures have
A way of falling down in mid-flight.
After awhile you learn that even sunshine
Burns if you get too much.
So you plant your own garden and decorate
Your own soul, instead of waiting
For someone to bring you flowers.
And you learn that you really can endure,
That you really are strong
And you really do have worth.
And you learn and learn,
With every goodbye you learn.*

– Anon.

(from Mitra)

THE VICIOUS CYCLE

ADAPTATION

A magnificent attribute of Life, adaptation, is both taken for granted and gravely misunderstood. Life always responds appropriately to the evaluation by Awareness of impressions. There is a constant assessment of both inner and outer environment going on, to the extent of the Awareness's expansion. This covers the most subtle inner workings of the physical body to the full range of one's outer environment and everything in between.

Feeling is the medium of communication between Awareness and Spirit. The response often is felt, as well as the original information. Life is always working toward maintaining optimum function of the physical body. When certain internal chemicals, for instance, get out of balance, adjustments are made toward balance. When the body is exposed to very cold climate, adaptation metabolizes energy differently to accommodate the change. Exposure to hard manual labor will cushion the hands with callous in order to protect. And so on.

When Awareness communicates to Life that there is an emergency at hand, whether real or false (based on misconception), extra energy is provided to cope with it or to fight or flee. In a real emergency the person will do one or the other, using the energy provided, exactly, and thus balance is maintained.

When there is no emergency in reality, but the Awareness perceives that current circumstances do constitute a dire situation because, usually, something painful may be about to occur, or some pleasure is within reach and may be lost, the energy to fight or flee is provided just the same. Life believes its partner Awareness and responds to whatever it reports.

If mother-in-law is coming to dinner and I don't like her and she is critical and I anticipate rejection and/or disapproval, Awareness will interpret this as life-threatening, if its purpose of living is to avoid rejection and to be exposed only to pleasant people. When one's purpose of living, whether valid or not, is threatened, this constitutes an emergency and Life responds.

If our purpose of living is to gain and escape, one may be erroneously but effectively perceiving emergencies all day long. Energy to fight or flee is provided but *not used because there is nothing to fight and nothing to flee.*

What happens to all this special, extra, emergency energy that is floating around in the body? It must go somewhere, it must be used somehow. Awareness automatically perceives this situation, reports it, and Life responds by finding a way to use it up.

This extraordinary using up of the emergency energy will be experienced two ways, depending upon the person and/or circumstances: either unusual behavior (violence—binges) or unusual cellular activity. Unusual cellular activity is experienced as symptoms. Symptoms are always an indication that Life in Its wisdom is working to restore balance to the body. Symptoms are always a reminder to check up on misconceptions that might have put us in a false emergency state, so corrections can be made.

Symptoms are not bad! They may be uncomfortable, but freely experienced will be gone in no time—Life is at work! People do the body a great injustice when symptoms are seen as an emer-

gency situation (thus summoning even more energy which has to be dealt with), and a great injustice as well when methods are used to banish the symptoms—the extra energy needs some outlet. In the end, either reaction will increase symptoms, and because the body was not designed to live in a constant state of mobilized but unused energy, deterioration and eventually death are inevitable.

Women, especially, are constantly admonished to love their bodies. Probably the most loving act you can do is to allow symptoms to be, to freely experience them. They are an indication of a great Power at work for your best interest.

When we live by misconception we get into this vicious cycle. On occasion we may need assistance, especially if we have been in an emergency state for years and the body is just not able to handle the extra energy. But what is it we *need* here, and who do we ask? We do not need to be free of symptoms, they are of great value and benefit, balancing the body. What we need is to see this and really accept it; to see what generated the symptoms (false emergency), and correct the false way of interpreting events. If you seek assistance with your health, find someone who truly knows what is going on, someone who knows the physical body is not a machine and not to be treated as such. Find someone who understands that misconception is the root of disease, someone who can help you clear up Awareness, not just symptoms.

Adaptation, including symptoms, is a great gift. It is part of Life, part of Living. Work on your misconceptions, clearing them up brings strength, real health. When adaptation to improper nutrition, over-exertion, the loud and chaotic environment, and most especially one's inner state, occurs, be thankful you are *able* to adapt. If you need assistance, seek the real thing, don't risk your life to imposters. ⊗

AWARENESS takes in and evaluates impressions and through the medium of feeling communicates this value to "X"—Spirit, Life.

X always responds appropriately with the energy to ACT. It does not question AWARENESS' evaluation, it responds to the value placed on the impression by AWARENESS.

Even if AWARENESS placed an inaccurate value on the impression received, saw and felt it to be an emergency, X still supplies extra emergency energy to cope. If there is in fact no true emergency, this energy is mobilized but UNUSED. It must be used in order to restore balance to the PHYSICAL BODY.

The mobilized but unused energy will be used up in either of two ways: violent activity (binges) or tissue cell alteration and eventual breakdown.

If the unusual sensations felt from this balancing are seen as emergency, this will continue the mobilization of more energy which must be used up, thus the Vicious Cycle, based on the INACCURATE evaluation of adaptation as emergency. It is not emergency, it is balancing.

The PICTURE OF MAN

WHAT AM I?

Human beings are expressions of Life in the physical world and comprised of four inter-connected factors: Spirit, Awareness, Physical Body, Activity carried out. The Science of Man uses the symbol "X" for Spirit. This is a practical device, just as is used in algebra, where an X is placed where something is known to exist but cannot be precisely defined yet. We are aware of the presence or absence of Spirit—Life—in anything, although we cannot really define it better than to say it is there or not.

The Awareness function of Life is intimately connected with X (it is a *function* of Life) and is where the sense of self usually resides. The Awareness functions by evaluating the advantage of impressions from the outer and inner worlds. The medium of this evaluation is feeling; feeling communicates to X the value of the impression. X always gives the appropriate response for the information received, through the motor function, the Physical Body.

The above statements can easily be verified. For instance, if the Physical Body is low on water, the impression of thirst occurs. On a very basic level, this sensation of thirst is evaluated by Awareness, "reported" immediately, and X moves the Physical Body to get something to drink. Countless small impressions such as this are continually received, evaluated, responded to without our thinking much about it.

On a slightly less automatic level, if you see someone next to you about to fall, you "report" this minor emergency instantaneously, energy is provided to reach out and steady him. If you perceive a need of any kind, this is conveyed to X via the medium of feeling, the Physical Body is given the energy to meet the need.

All our activity is accomplished in the same manner. Life responds through the Physical Body to impressions received and evaluated by Awareness. If *The Science of Man* is new to you, you may find it valuable to pause right now and think of some examples of your own. (A very good alternative is to try to think of some human activity that is *not* actuated in this way.)

Very few people are aware that they are so intimately connected with Spirit—It is here, in touch, every moment. The source of the confusion is an inappropriate Purpose of Living. A key word in the second paragraph above's description is "advantage"—Awareness evaluates *what's to its advantage based on the person's Purpose of Living*. If the Purpose of Living is advantageous to the maintenance and development of Life, there is no problem. But this is seldom the case.

Before birth, the baby is floating in a virtual Paradise. There are no hunger pangs, fluctuations in temperature, loud noises, straining for anything. At birth, this condition changes dramatically. The newborn reacts to all this new and unpleasant stimuli by deciding with feeling that the whole Purpose of Living is to regain the undisturbed state. As adults, we can see the folly of the little one's decision... but we are still evaluating on the same premise, because it is not ever changed to something more advantageous until it is *consciously* reevaluated. The man-made world is always conniving to keep people from this crucial reevaluation, because it serves the world's purpose to have people reacting to

this primary decision, that the whole Purpose of Living is to regain the undisturbed state. (Great amounts of money and power are amassed by institutions and others who define and promote disturbances and promise to alleviate them—for a price. This is "contrived resistance," as opposed to natural resistance such as gravity, weather, physical forces of Nature.)

There is plenty of disturbance on planet Earth, contrived and otherwise. We are all exposed to some of it every day. Weather, work, injury, taxes, other people, etc., etc. All these things can at times be disturbing. If we evaluate these events with the infant decision that the Purpose of Living is to regain the undisturbed state, a long-term impossibility, we will immediately be in conflict. You can look around you and see conflict based on the erroneous Purpose of Living everywhere.

Conflict is increased even more when different infantile methods are used to regain the undisturbed state. You can observe very little children complaining, demanding and blaming to try to regain the undisturbed state (A-side of the Picture of Man), and eventually pleasing for effect, quoting authorities, and attempting self-improvement and acting differently than they feel (the B-side). These are two sets of conflicting methods used by every person on earth who has as his or her Purpose of Living to regain the undisturbed state. (See Not-I Page for further descriptions.)

Conflict interferes with the reporting by Awareness to X the advantage of impressions received. One cannot report accurately if one is in conflict. Rather than a direct communication with Spirit, there is a ping-pong game of complain or please, demand or obey, feel guilty or blame. This disrupts the smooth and perfect circuitry between X, Awareness and Physical Body.

The Science of Man is designed to expose conflict for what it is, so that even a child could understand. It shows that an erroneous Purpose of Living will prevent the perfect functioning of Life on Earth. This conflict will be described more fully in future articles. It is advantageous to understand, first, how the human being is meant to function. Conscious Awareness evaluates impressions and reports them to the Life force ("X") via the medium of feeling, which always provides the appropriate response for the information received. Check it out!⊗

X = Spirit, Intelligence, Will, First Force, "Masculine"
Going Forth and Lifting Up, Inseminator, Giving

AWARENESS = Purpose, "Feminine" Receiver,
Evaluator, Molder, Shaper, Guide

ERRONEOUS DECISIONS

The prime mover, the Purpose of Living, of most people is to gain pleasure on all levels and to escape pain on all levels, to have complete non-disturbance. This decision is made early in life, most likely at birth, upon emergence from complete non-disturbance into a realm of resistance.

Wanting pleasure on any level (physical, attention, approval, appreciation, feeling useful) and not wanting pain on any level (physical, being ignored, rejection, feeling useless or inferior) is not wrong or bad. It is just not the true purpose of human life on Earth. All of the various sensations and feelings of pain and pleasure are *by-products* of living, not the purpose.

Nonetheless, birth being somewhat traumatic, this erroneous decision IS made, and will remain as the prime mover, or Master Decision, until it is consciously unmade.

To make things even more difficult, erroneous “helper” decisions are also made to try to ensure the Master Decision. While these are, indeed, sometimes “helpful” to an infant, they outlast their usefulness at adolescence, at the very latest. Yet, they, too, remain in effect until consciously evaluated and re-made or discarded.

The Science of Man calls these would-be “helper” decisions Not-I’s, because they act in your name but are really NOT you. They are error, usurping your own good sense. The Real I does not need this kind of “help.” These decisions run amok using the name “I” when in fact they are NOT I. The more they are used, the more automatic they become. This is conditioning.

The first “helper” decision a baby makes is to **Complain**. Babies cry and whine to complain, and while adults may use a larger vocabulary, you can hear grown-ups crying and whining all the time. (I know some people who, every time they call, sound like someone has just died. I gingerly ask what’s going on only to find out everything is just fine, i.e., in its usual state of imperfection. Their tone belies their “I’m fine,” revealing instead their conviction that life is basically horrible.)

Crying works for infants, though, for a while. They are picked up, fed, cuddled, changed, crooned to, when they cry. But eventually this wears thin on Mama, and occasionally the little one is ignored. That’s when the **second decision, Stick up for my rights**, appears. The baby learns a new cry, a very demanding one, and we can all recognize it. Although this may work for a little while, allowing the infant to have its way *right now*, in time the demanding cry falls on deaf ears, too.

This is a crucial time when conflict is added to the error of thinking that non-disturbance is the Purpose of Living. When complaining and sticking up for rights don’t work, the little one tries a new approach, in total conflict with crying and demanding. The **third decision** is made, **Please them for effect**. Humans aren’t stupid, even little ones... when the child spontaneously charmed someone, he noticed the effect and remembered it. *Pleasing for effect* is not spontaneous joyful behavior, it causes conflict because the pleaser does not want to please. But in “civilized” homes, it is probably a useful way for a baby to get what she wants.

Eventually the child is exposed to the concept of “authority”

and told certain people are to be obeyed or *else*, and makes the **fourth decision – believe and do as told by my authorities**. This, too, is obviously useful for a child who does not have the experience to evaluate the safety of crossing the street, say. Little ones who cannot evaluate what’s to their advantage are taught to obey. But this is not appropriate behavior for adults, who certainly can evaluate situations for themselves. “Because I said so,” are words every child hears thousands of times growing up, and this needs to be, for a while. “Because they said so,” are words most adults act on continually, without ever having checked it out for themselves. This is not responsible living.

Eventually all this conflict between complaining and demanding/pleasing and obeying gets to be too much. The child seeks the “cause” of his misery and the **fifth decision** is made. “It’s my fault.” Guilt is born, the youngster thinks if she were different, or acted differently than she feels, or somehow “improved” herself, the conflict would go away. **I should improve myself**.

Finally the most unpleasant feeling of guilt is intolerable and the child answers his “why” question about his misery by deciding: **If everyone and everything else would change, then I would be happy**, the **sixth decision**. Of course, everyone and everything are not going to change, he is miserable, and vacillates between guilt and blame, more conflict.

Almost everyone everywhere is living by the master decision that the Purpose of Living is to gain and escape, and the way to do this is to complain, demand, please for effect, obey, self-improve and blame. These are all erroneous decisions made about Life by babies, and acted on all their lives until consciously evaluated and unmade. They don’t work, and they are not “I”.

You may say that on occasion complaining will get something done that needs to get done. Maybe. But what good is complaining about the weather or crowds or traffic, which aren’t going away? Or your mother, who will never be different than she is? Or a job that you could quit or adapt to? Or a machine that breaks and can’t fix itself? Complaining is seldom an effective way to get what you want, and certainly not the only way. And wanting things and people to change is a sheer waste of energy. They are not going to change to your specifications, for long, any more than you are going to change to theirs, for long.

Sticking up for rights is futile, too. Rights don’t even exist. If someone can take something away from you, it’s not really yours, is it? *The Science of Man* says, rather, that we have many privileges. The way to keep them is to appreciate them, use them well (consciously), and never, ever take them for granted.

As stated above, pleasing for effect is not spontaneous, joyful living. I may wish to do something for someone that pleases them, but if I am doing it so they like me, or approve of me, or do not reject me, this is infantile, wasteful behavior. The pleaser is always

looking to others for validation. You need no one, ever, to validate you. You are a unique expression of Life and if someone doesn't appreciate you, it's their loss, period. It says nothing about you, it says something only about them.

Quoting and obeying authorities is promoted so heavily in our high-tech culture that one needs to look closely. There are technical experts, who are, perhaps, quite knowledgeable in their fields; certainly we need them and we pay for their services and technical guidance.

But lots of people, though, do pose as "authorities," something quite different than technical experts—a power ploy. And we often let them get away with it. While you may scoff at the church, say, or government, or big business, do you believe every word of the doctor as gospel? You can know more about your own body than he or she ever will, if your doctor sees it as a machine and you know it adapts to what's going on. An expert may, by virtue of having more experience, know more about something than you do. This makes him an expert—not an authority. Even your mentor or spiritual teacher is not an authority, but an expert, perhaps, in his field. Experts are to be relied on only for technical guidance. True spiritual teachers do not give advice or opinions, but give tools for you to find out for yourself what's going on here and what you can do. The man who fixes your car is an expert, not an authority. Of course, you probably wouldn't ask his advice about life, but check to see how many "authorities" you quote every day without ever having investigated for yourself. The fourth decision always looks to others *in lieu of being responsible for self*. The only true authority is Life—of which YOU are an expression. Your only authority is within.

The fifth decision, guilt, is as erroneous as all the others. It says, I should act differently than I feel, I should self-improve, in order to be undisturbed. While it may be to your advantage to act differently on occasion, the automatic decision to do so always is completely self-defeating. People stuck in this mode (called "co-dependants" in some jargon) seldom even *know* how they feel, other than fearful.

Self-improvement is another Not-I lie. You cannot, and need not, improve yourself at this moment (and "this moment" is always the *only* moment), you can only develop or disintegrate. People often try to use *The Science of Man* as a method of self-improvement. The concept is inaccurate, you do not need to be a "good" person, you can be a *conscious* person. If this is a result of your Work, it is not self-improvement, it is development.

The idea of self-improvement is based on standards set for human beings, a hoax if there ever was one, as there are no two people on the Earth the same, so how could there be a standard? Theology, big business, power policies and healing arts set standards for people that no one could ever meet, because their standards describe machines, not people. A human being is a living, adapting, evolving expression of life, each one unique, not anything that could ever be compared to a standard.

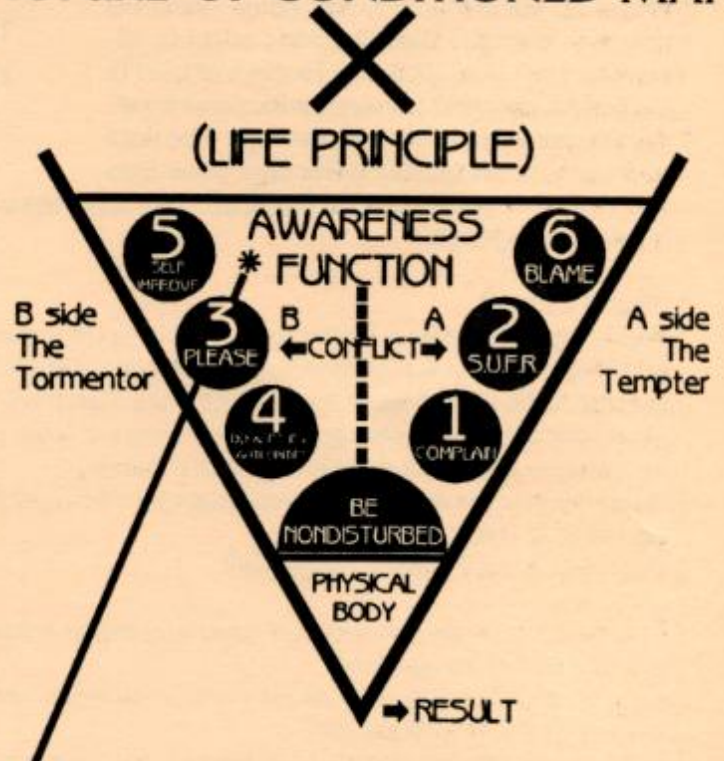
The sixth Not-I, blaming, like all Not-I's is synonymous with irresponsibility. If he, she, they, it, must change in order for me to

be happy, I have given my power over to him, her, them and it. Why would any thinking person do this? Because responsibility requires effort, and an abandonment of childish things. People are lazy, and terrified of responsibility, and get temporal pay-offs from the man-made world for playing the victim, so they blame.

While any one of these Not-I's may dominate a personality, they are all active to some degree, causing nothing but conflict within and without. They are all based on the false Purpose of Living to be undisturbed. They cause continual conflict within and without. Anyone who wants out of this mess must first examine his or her Purpose of Living. A way to do this is to watch yourself acting out the Not-I decisions. Self-knowing and self-remembering are considered by all great Teachings to be tenets of transformation. Examining your Purpose and watching yourself act out the Not-I decisions is self-knowing. Self-remembering is to make a new Purpose, and to continually observe your behavior.

Remember that these decisions are not you. They are ideas that usurped your own will. They are error and they are Not-I. ⊗

PICTURE OF CONDITIONED MAN



Fragmented Awareness with Many "I's

When it was decided that the Purpose of Living is to gain pleasure and escape pain on all levels, conflicting methods are devised to try to attain this. These decisions usurp the place of the real Self, acting in the name of "I" but NOT I.

B-Side	A-Side
5. Self-improve (guilt)	6. Blame him, her, it, them
3. Please for effect	2. Stick up for "rights"
4. Quote & obey authorities	1. Complain

CONTRIVED RESISTANCE

WHO'S IN CHARGE OF YOUR INNER STATE OF BEING?

Do you ever feel ugly?

- *Did you ever feel unworthy and bad? Doomed?*
- *Have you ever worried about your health, about the food you eat, that you don't get enough exercise?*
- *Did you ever feel scared about tomorrow, about your neighborhood, about how you will pay your taxes?*
- Do you know how a woman *should* look?
- Do you know what happens after death?
- Do you know what to do or just where to go if you have symptoms?
- Do you know who is in charge of keeping you safe, of looking after your welfare?
- Who or what told you you don't look good enough? What did they have to gain by saying so?
- Who really knows what happens after death?
- Where do standards of health come from? Do they ever change? Does the body adapt to circumstances? Is adaptation a function of Life? Is the body a machine? Can a machine repair itself?
- Are you convinced someone not right here right now can look out for your advantage better than you can? That you have no sense at all? That someone else is responsible for you?
- What is money?
- Was it originally markers for energy spent? Is it now markers for energy spent as well as for energy that is not yet available but *due* to be spent? Does it represent more than this? (In other words, do more markers exist than hours of labor put in, therefore creating a debit in the labor column?)
- Is money *used* as a medium to exchange for needs, or is it also used to feed machines?
- Why does money equate with power?
- Can the earth be seen as a kind of organism, matter imbued with Life and all its creations?
- Can this organism be seen as containing machines which were intended to facilitate Life?
- A machine is lifeless regardless of the fact that people may operate it. Life is not a machine though it may resemble machines in certain aspects. Can a lifeless machine consume energy and produce nothing more than its own expanding girth?
- Would you freely give your energy to machines that produced nothing, or did not serve, in some way facilitating what you wanted to do? Do you?
- Does an institution need to be fed for maintenance and expansion?
- Is its instrumentation written down or seemingly encoded somehow and does it maintain itself regardless of the individuals who come and go?
- Does it have tremendous power?
- Does it outlive people?

“...Contrived Resistance takes the form of seduction, and/or weapons of various kinds or their equivalent. In other words, promises and threats which produce conflict within. ...”

The Friend

- What is its power used for?
- Do people need to be controlled for their own good? Do you have the actual experience to know the answer to this?
- Does the machine serve?
- What happens if an individual *confronts* a machine?
- Does an unconscious Living thing differ from a robot mostly in potential?
- Would a potential to be different than a robot be a magnificent gift?
- Would it be tragic if unused?
- To whose advantage are human robots?
- Are you validated by others? Have you intelligence?
- Who is in charge of you and what you do?
- Are you improved by attention or cheapened by rejection?
- Can you pay attention? Can you ignore and/or avoid what's not to your advantage?
- *Is your purpose of existence to be ground up and used as fodder for a machine that produces nothing?*

“Liberty means responsibility. That is why most men dread it.”

George Bernard Shaw

WHAT IS MY PURPOSE?

INSATIABILITY

"In my bed at night I sought him whom my soul loveth: I sought him and found him not. I will rise, and will go about the city: in the streets and the broad ways I will seek him whom my soul loveth: I sought him and I found him not." ... "I sought him, and found him not. I called and he did not answer me. The keepers that go about the city found me: they struck me, and wounded me: the keepers of the walls took away my veil from me. ... tell him that I languish with love." [Canticles (Song of Solomon) 3:1,2 and 5:6-8]

An accepted and often smirked-about characteristic of women is their purported "insatiability." This can be seen by one's lover as a blessing or a curse, depending on just how much he loves you, and how much he is Working on himself.

While our thoughts about physical insatiability will be kept private, thank you, it is interesting to consider this aspect of the Feminine, the Awareness. (We refer to the Awareness as Feminine because its function is to *take in* impressions – evaluate them and report them to Spirit via the medium of feeling.)

For some reason while physical insatiability (whether male or female) is smirked at, an insatiable awareness is prized in our world, if not honored. But what is an insatiable awareness but GREEDY?

People read countless books, talk for endless hours, exercising their intellects, taking it *all* in, and feel perfectly at ease with this activity. Somehow we feel we have a "right" to know The Truth. We are Seekers.

But in reality we are like the Queen of Sheba who is looking in the hedgeways and alleys, walking the city in the dark, looking for her love, who will not be found in those places.

While of course there is nothing wrong with reading books (Harmony Workshop derives much of its income from the sale of books!), insatiable curiosity is something to look at. While we wouldn't think of being piggies at a party, we think nothing of badgering people for information, rather than doing the work required to earn the gift of knowledge (i.e., actively check it out rather than passively soak it up). We read and read and take bits and pieces from here and there that appeal to us and try to make a whole. We feel *entitled* to do this, and while we are certainly free to do this, and it is fun, is it of real value?

A gathering of women was held recently in one's home which has hundreds, maybe thousands of books, most of which contain "spiritual" or psychological information. Several remarked about the books, and their desire to really get into this particular library. The hostess slightly stunned her guests with this remark: "This mass of books is a picture of greed."

And it was true. Not because a collection of books is in itself a picture of greed, but because she had for years been indiscriminately pursuing The Truth, chasing the Spiritual, looking and searching and feeling very much *Entitled to Know*.

She has no intention of burning her books, however, she will re-read several again and again, and she will value the others as reference tools. But her description of it as a picture of greed was

accurate; she has learned, not from books, but from a patient Teacher, that Understanding *comes to her*, when her cup is empty, and she then can turn this into Wisdom by *action*, not by reading, or talking (or writing!).

Next time the intellect is on a binge trying to satisfy its greed, she aspires to check her insatiability. ⊗

Ancient Text Deciphered

In my bed = "automatic" conditioned self; sleeping condition

At night = in a realm of resistance; "in the dark" about resistance

Him who my soul loveth = the human hunger to know and to express the divine, interior knowledge of a purpose greater than gaining and escaping

The city, the streets and the broad ways = the man-made world, the world of intellect, logic, sensation, the desire to gain pleasure and escape pain

The keepers... [of] the city = the Master Decision and the Not-I's

Struck me and wounded me = disintegration, degeneration – violence

The walls = the conditioning; contrived resistance

My veil = my purpose

Tell him = describe ("report") accurately, ask rightly

Languish with love = the true student's un-acceptance of or dissatisfaction with anything but truth, reality; right desire

These books are recommended because of some theme or other that relates to the Teaching, although it is stressed that they are not necessarily "Teaching Books" by any means. I found them very interesting and thought you might, too. They all should be currently available in any big book store.

Travels with Dr. Death

by Ron Rosenbaum

"What happened? Why?" I couldn't possibly give a completely objective answer regarding any specific event I didn't experience – could you? And how objective are we when we are part of an event? I don't know Why it happened. What I do know is there are facts, observable and verifiable, and there is a reality, observable and verifiable – though just how objective can any one person's observation and verification be of another's experience? That is the essence of this book, to me. It is ostensibly about different enigmatic events in our time – presidential assassinations, jury deliberations over capital punishment, the goings-on at secret societies at Ivy League colleges, the shenanigans of Big Boys in the CIA, things of this ilk. All of them the subject of many a debate over drinks or coffee late at night in camaraderie of many of us – that is, for fun. Who will ever know "the truth?"

What makes this particular exposition of these things so interesting is the writer's ability to demonstrate that the more we analyze a thing, the more it falls apart, and, even more emphatically, there is no answer to "Why?" questions about Life. Unless one played a starring role in any particular event, one cannot possibly know *exactly* what happened, and often not even then, and every "Why?" leads only to another "Why that?"

Another facet of this presentation of these events is the inevitability of the connectedness of everything – "this" affects "that," subtly, to be sure, but a move here reverberates there. But not necessarily everywhere always in the way we think. He shows the seductiveness of making false connections (because "connecting" is satisfying), of direct or indirect connections that appear to be "true" but are not.

Also amusing, but rather a sub-text, was the demonstration of how everyone justifies everything he or she does. No matter what a person is involved in, he has an explanation that makes it right, proper, or justifiable to him. All the Not-I's were represented here (as they are in any good book), and the one that seemed to stick out was No.6, the Blamer. Even the biggest big shots blame the other guy when something goes wrong, and seem considerably less influenced by guilt, No.5, than most less "powerful" people. He seldom blames directly, of course, and he may give lip service to being responsible himself, but in the end, the other guy made him do it. (Suggestion: If one wants to be powerful in the man-made world, one might cultivate the A-side and repress the B-side, but cultivate it in others. What does this say about the man-made world?)

I couldn't put this book down. If one of your entertainments is conspiracy theory, or human nature, you will enjoy this book.

Revelations

by Sophy Burnham (Ballentine)

Last night at dinner the waitress was – well, obnoxious. She was loud and intrusive and interrupted us with continual inane jokes about nothing. I had just finished reading *Revelations* and remarked to my dinner companion that I would *prefer* to read about people like her than experience them. I am as lazy as they come! For this reason I seldom read fiction – it is like a drug to me. I could easily spend my life immersed in novels and never live a real moment of my own. So much more comfortable, and easier than Working for a Living! Anyway, this particular novel justifies itself as more than escapism, in my view. Although it has several levels, one interpretation of its message is about the trouble one can get into by blabbing every insight to anyone who will listen; about the disruption and chaos that can be caused by evangelism – an early stage in every student's evolution, to be sure, especially when one has seen the Light and wants everyone one loves to see It too.

But – did they ask?

A 40ish Episcopal priest arrives at his new congregation disillusioned with Life, bored and verging on despondency. He has a cardboard marriage, and is questioning his purpose of living. The first part of the book plods a little, just like he does. Eventually he has an affair with a woman he can communicate with. This seems a step in the direction toward his enlightenment, when he truly "sees the Light."

The story gets going when he confronts – yes, it is like a challenge, a confrontation – his congregation, insisting they see what he sees. This is most unwelcome by his flock, and there is a hearing to determine if he should remain at his post. He refuses to leave; the "hearing" turns very much into something akin to a heresy trial or Salem witchhunt...

Burnham's depiction of small town Southern life in the 50's was most interesting to me, a big-city girl. If you know small-town life, and even if you don't (if you have a family!) you will relish Burnham's depiction in her various characters of every Not-I you've ever known.

A word of caution: Sophy Burnham wrote the delightful and delicious *A Book of Angels*, which I heartily recommend, and gave to many friends as gifts. You may have enjoyed this book, too, and perhaps presented it to others, maybe even your grandmother. My enchantment with that work is why I bought her new novel. You may not want to give it to your grandmother! This is a story containing a lot of raunchy sex (and the other kind, as well), and while *your* grandmother may be up to this, be prepared for an entirely different presentation of material than in her Angel book.

THE 4 A'S

EXPERIENCING FREELY VS. WALLOWING IN IT

The Book of J

Harold Bloom/David Rosenberg (Vintage)

I have never been overly fond of the Old Testament, except for "The Song of Songs," my favorite, parts of the book of Wisdom, and the beginning of Genesis. Whenever I have undertaken to study the Old Testament, I have been overwhelmed with both the contradictions, and the war-mongering stance of "God."

Scholars have been working on these very questions, as well as many others, for generations. There is considerable agreement, and a very plausible case is made, that there are specific different authors of the various texts, and that they have been since woven together. Harold Bloom has made some sense of the Pentateuch for me by translating into modern prose that strand of the Old Testament called "The Book of J."

This book is an analysis of certain lines, extracted from the whole and put in a piece, that appear to be a complete story sans the contradictions—except for the inherent contradictions of the main character, you-know-who. While the thesis of the book is that this particular piece of whole cloth extracted from the bigger text was written by a woman, that is completely beside the point that I got from reading it. (Although of course I find the thought that a woman—symbol of Awareness—observed and recorded, reported, the conditioned picture of man, is delightful.) It seems to be the story of the Master Decision, "the devil himself" and his henchmen.

Toward the end the author gets dangerously close to the truth, he dances all around it, that that evil genius the Master Decision shaped the man-made world... but does miss the mark a bit. If you'd like a little light shed on that incredible hodgepodge saga of fear and war and love and revenge whose message permeates our culture, you will enjoy *The Book of J*.

Lost in the Cosmos, The Last Self-Help Book

Walker Percy (Pocket Books)

Men who strut like peacocks are occasionally adorable, I think. Walker Percy struts his stuff here, holding up his brilliant intellect for us to admire—and enjoy, and he is adorable.

This book is only for die-hard intellectuals, but well worth the effort it takes to read it. It is laugh-out-loud funny (the take-off on *The Donahue Show* is worth the price of the book). Percy paints pictures of every facet of a situation, and is always asking, "Who is looking?" He takes on the "naked self." Most of the book is a playful yet serious look at the condition of a human being thinking his "masks" are the real Self... And is a treatise of semiotics, a linguistic philosophical system.

But the biggest contribution of this book, and the reason I have included such a difficult book here at all, is the chapter on suicide and Percy's exercise to help find a real purpose of living (Chapter 11, *The Depressed Self*).

Even if highfalutin intellectual satire is not your cup of tea, you could gain something by reading Chapter 11, even if you ignored the rest. ⊗

The Four "A's"—What does it actually mean to experience freely what is going on? Popular psychology of the last generation or so testifies of the damage one does to oneself when feelings are not expressed. This is accurate in one respect and incorrect in another.

When a person has an ideal about something or someone, and this ideal is not met, certain feelings arise that *The Science of Man* calls emotions: disappointment, anger, fear, insecurity, desire for revenge, grief, etc. When the ideal is clung to, despite the obvious evidence that it is not real, and the feelings associated with it are retained, this is not healthy.

Disappointment is seen and felt as an emergency. This is what Awareness tells its partner, Life. "I am in an emergency situation." Life immediately supplies the necessary energy to the physical body to fight or flee this emergency. If it is not a true emergency, but merely the shattering of or an assault on an ideal, and no physical fight or flight activity occurs, this extra energy remains in the body, immobilized, and eventually will take its toll inside the body. The unusual sensations felt because of this immobilized energy create another false emergency within the person. (Ideal: I should never feel strange sensations; something's wrong; emergency.) More energy is supplied, no fight or flight occurs, more immobilized energy, unusual sensations, unusual cellular activity, tissue cell alteration (sickness). This is called the Vicious Cycle.

When attention is placed upon the harmful emotions, which are not expressed in violent activity, binges, we say the person is "holding it in." And this is where popular psychology is correct: this is deleterious to the being.

The person interested in transforming herself out of this Vicious Cycle into creative living does not want to hold these harmful emotions. She wants to experience them freely.

(There is an enormous misconception that a serious student, someone who works sincerely on consciousness, will not *have* these feelings. As long as we are on planet Earth, we will have feelings; they are part and parcel of a physical body. We are feeling *something* every moment of the day and night. As our understanding increases, we become more aware of what feelings we are experiencing. With wisdom—*acting* on our understanding—we may find that these harmful emotions do, indeed, dwindle. Things that once would create havoc within are hardly noticed. Meanwhile, while we are here in a world of constant impressions coming in, while we have a shred of those years of conditioning left, we will at least occasionally experience some unpleasantness which could stir up a harmful emotion or two! Idries Shah says in one of his books, in response to the question of a student about noticing, with judgment, his teacher expressing anger, that no matter how enlightened or transcended even a Master was, as long as he had one foot touching the earth—and every human does—he would be subject to these things. So there is no sin in having an emotional feeling! It is what we do next that is of value—or not.) (Continued on last page)

WHAT CAN I DO?

PRACTICAL WORK

A popular article in the FTE newsletter gave dozens of examples of simple (if not easy) everyday bits of Practical Work. I listed some of those I have used successfully over the years, in hopes of spurring you on to devising your own personalized Work program.

A real student is continually making the effort to discover conditioned reaction (sometimes called "walking sleep") and to Work on responding consciously, to be "awake." Practical Work is continual small activities that thwart conditioning (for instance, wearing your watch upside down, driving a new route to work, not turning your head to look when a baby cries in a public place). I may do another big list if there is any interest.

It is assumed that anyone really Working on becoming fully conscious is doing this kind of thing. Meantime, challenges arise every day that sometimes throw us off. (These are the source of countless phone calls about "problems.") Rhondell has just the thing for "problems." He often says these days that it used to take him a couple of weeks to outline the material, then a weekend, then a four-hour workshop, but that now he has boiled the Teaching down to two phrases: "Keep the mood up and don't make anything important."

Well I've known Rhondell for a third of my life and have yet to hear him say anything idly—when Rhondell speaks, I usually listen. Thus I have been Working on his two-liner fairly industriously of late, and realize that it truly is an all-purpose response to any challenge that comes up. And surprise, one does not even have to use both halves—either clause alone is enough. When you make the effort to wake up enough to see that a thing is not important, your mood lifts; when you Work to get your mood up, a thing is no longer important. (The Not-I, of course, says, "It is important to get the mood up.")

My experience with this deceptively simple line of Teaching has been quite stimulating—varied and rich, one thing leads to another. It is easy to see the value in getting the mood up—NOT because we want to be "good" or "nice" people, or even "good students," but because the effort required to move that low grumbling vibration up to a finer melodious one is so strengthen-

ing and advantageous. (I have also found that it works in reverse just as well... just try, as an experiment, going *purposefully* into the pit when you are dancing around the house euphoric; see if that, too, isn't a challenge, and rewarding—because you are in charge—if not as much fun.)

So, the first part is simple, there is not any valid argument against "get the mood up" because I truly do see the value in the process. But a little argument does come up with "don't make anything important." Well! Now this is a piece of Work! Since I've been Working on this I have found myself (a rather, uh, "intense" person) making a lot of things important—and as I write, now, I can hardly remember a single one of them! I find that the best way (for me) to make a thing *not* important is to start analyzing it—it falls apart, like anything does in a good analysis taken to its end.

But the Not-I comes up with some elaborate defenses of why a thing is important. And they all come down to wanting to gain pleasure on some level and escape pain on some level—everything "important" comes down to this. This is the foundation of all human misery, that it is important to gain and escape. Nice, often, yes; important, no. When we are free to experience anything Life presents, meaning keeping the mood up and not making it important, we are at last liberated from the *tyranny* of non-disturbance as the purpose of living.

So do keep up the mundane or little efforts to discover conditioning and to awaken and respond instead of react to everything. And when a challenge comes along, use the two-line technique.

This is an amazing Secret of the Universe—the key to easing all human misery: Keep the mood up and don't make anything important! Given to us for the asking, and so plain that I know people everywhere will laugh in derision at its simplicity. But anyone who does, never checked it out. ⊗

THE FOUR DUAL BASIC URGES

LEVEL

GAIN

ESCAPE

PHYSICAL

Comfort and Pleasure

Pain and Discomfort

MENTAL

Attention

Being Ignored or Rejected

EMOTIONAL

Approval

Disapproval

TRANSCENDENTAL

Feeling Needed, Important

Feeling Inferior

NOTE: The Four Dual Basic Urges are NOT bad, wrong, abnormal; they are by-products of living, not the Purpose of Living.

WE GET QUESTIONS

I can certainly see the value of the Principles. They check out time and again when I remember to use them. However I sometimes get in conflict because they do go against what I have been taught all my life. Then I start thinking, "The principles and those who teach them are crazy and dangerous." This thought scares me.

You are thinking in the "either/or" computer mode, an easy thing to do since our whole society holds up this off/on, black/white, either/or mode almost as its god. (Either/or applies to machines. Applying it to Life makes conflict. Real Life contains paradox, the experience of which is delightful and creates no conflict.) You are thinking that you have been asked to turn your back, now and for all time, on everything you were ever taught. "Either that or this." You have not been asked to do this.

The new ideas you are using seem to be working fine. Let them. You do not need to renounce anything, rather just use what is useful at the moment.

You will find that when you have fully examined your purpose of living, and when you change it to one with no inherent conflict (single-mindedness), all these worries about the old and the new will dissolve. A single-minded person with a conscious purpose of living does not worry about what anybody (conditioning) says he should or should not do. He lives moment-by-moment in contact with the Life force that does exactly the appropriate thing for the information received, right here right now.

In the meantime, an excellent exercise for this time of confusion you are in is to make an appointment with yourself to sit down and worry about these things on purpose. Look forward to it with relish; when the time comes, sit there and worry up a storm, purposely. You'll be surprised.

I really see Spirit as impersonal. I think it is wrong to assign personality to It, but I find myself doing this. I see those who manifest Spirit by doing things I can't do as extraordinary, I'm impressed, next thing I know I feel I am too attached to a person, seeing him sort of as God, and this is wrong.

First you could separate your beliefs from fact. You don't really know if Spirit is impersonal or personal. You have a hypothesis that It is impersonal, you find yourself making It personal, creating conflict. (Is it possible It may be both, a paradox? Hint: Spirit IS. Period.)

In Truth, it doesn't matter. You could stop setting up all these

ideals that you are trying to live by, doing the right thing, seeing things rightly, being a perfect student. All that matters is how you respond right now. The underlying ideas you have deeply entrenched in your mind don't need to (and can't) be banished immediately. Be free to have them there, *just look at them*, maybe make a list. "I believe Spirit is impersonal. I believe so-and-so is the living embodiment of Spirit. I believe, then, that It is personal. I am in conflict. Etc., etc." List them out and let them be. Be here now. And if being here now shows you that you are acting differently than you thought you felt, the fact that you can observe this is wonderful—you are disidentifying—and is all in the world you need to do about it.

I am convinced there is a soul mate for me, and I can't seem to find him. Although I understand all the stuff about the real union being an inner union between me and Spirit, I still think one needs to act this out symbolically, with another person.

Then go *do* that. But what you "think" you understand is a belief or an opinion. (If you really understood, you wouldn't be in conflict about it.) You will never really know until you check it out. If your belief is as stated above, then, please, change it to a hypothesis, and go check it out. Nothing I or anyone else could say to you could ever answer your question. Only experience will tell you what you need to know.

I have been Working on this material for a long time but I just can't seem to figure it all out.

You will never "figure it out." You have a very good brain which is always busy trying to solve puzzles in a logical fashion. This is useful for understanding machines and the man-made part of the world. You are not a machine and applying mechanical methods to develop yourself won't work. For instance, one plus one equals two, blue and yellow pigments make green, etc. Your life is not a puzzle of this nature.

I do have a favorite puzzle analogy, though, for understanding Life. Sequence and logic are used only as tools. Have you ever worked a jigsaw puzzle? If so, it is unlikely you hunted in the pile of pieces for the top left corner piece, and then the one to its right, and so on. Most people work jigsaws by filling in much of the border, then, perhaps, patches of the same color, then plop in certain pieces based on the recognition of their shapes. It is a scattered and arbitrary process, compared to mechanical or logical procedures, but a process that does build a picture (one that already exists, by the way—the making of it just completes in form what was already there in concept).

I experience Life in much the same way. I will notice the edges

of something, then make groupings here and there of related parts, sometimes holes define what's missing by their recognizable shapes (impressions). Eventually, after a lot of work, it will finish up real quickly, it all makes sense — it "falls into place."

Stop trying to use logic to define reality. Just remember what you are, an expression of Life, initiative; where you are, in a world of resistance, form and result; what's going on here, challenge and stimuli; what you can do, pay attention, be grateful for all you are and all you have.

Why do some families I know have so much pain and tragedy?

I don't know "why" anything happened. Every person on Earth lives in what he or she radiates. Some people have let themselves be conned into placing great value on victimization. It has payoffs, or they firmly believe they cannot be in charge. Although this is a misconception, and completely unconscious, this view seems to determine what they radiate. (And all pain and tragedy are challenges that *can* be met — and will be met with the light one has at the time.)

I am convinced my father is dying, although he has not got any diagnosis. Watching this is scaring me.

I have known your father for years, and although I don't know for sure if he has any serious adaptation going on, it does not appear to me that he does. In other words, I haven't noticed any change in his condition recently.

But I have noticed a change in your condition — you have been Working and developing quite nicely. Where once you were completely identified with your father, I notice that you are emerging as your own Self.

Could it be that what is dying here is not people but maybe some old, worn-out, obsolete ideas? That perhaps the enormous change in the way you see your father — no longer your validator — feels like the death of an old self?

In any case, there is nothing to be scared of. Right here, right now, everything is fine. If challenges lie ahead of you (and him) what of it? We will all meet challenges as we will, and that's Life.

I am so upset! So-and-so has conned me! In fact, this has been going on for years and I just realized it! Seeing this is killing me!

No — not seeing it was killing you. No one can con you. We only con ourselves. We have a misconception, we seek agreement with it (this is the nature of Not-I's who get free lunch with the agreement to misconceptions). When the real you woke up and saw the truth, the Not-I, who is about to starve now, tells you the other person victimized you. Not accurate.

No.1 Not-I complains about this, a cry-baby. No.2 Not-I says, How DARE someone lie to me (agree with my misconception. Might not have been a lie — they might have the same misconception; or they may be trying to teach you something). No.3 Not-I says, I pleased this person and look what they've done! (Actually they pleased YOU by agreeing with you!) No.4 Not-I says, I trusted them! ("Trusting" other people to be responsible for you is another way of being gullible. If you are checking things out for yourself, "trusting" is irrelevant.) No.5 Not-I says, How stupid of me! (More accurate is to say, "I was asleep, not paying attention.) No.6 Not-I says, but this person should have known better! (That person — just like you — is doing what he or she thinks is right or proper or justified.)

You may not be able to stop the useless Not-I chatter at the moment, but you sure can ignore it. Identify it for what it is — little conditioning demons yelling because they've been found out — and IGNORE it.

If I am living by a misconception about something, I want to know about this, don't you? Finding out may be painful, but gaining wisdom is worth the pain, surely. The only true humiliation is living in and by illusion. Would you exchange your new knowledge for the misconception under ANY circumstances?

I heard that you stopped publishing the FTE newsletter because you were depressed about a young man's death.

This is fiction. Five young men I knew, four of whom were very dear friends, have died recently. I spent many, many hours with all five. I grieved for them all, and *I let them go*.

During this time I worked as a volunteer with a Hospice in the Home program, around even more dying people — I hardly would have contributed anything to all my dear patients and their families if I was in the pit! I have written two books and a screenplay, am working on more books and another screenplay, re-typeset all Rhondell's books for new standard-format editions, and have produced a video. I take lots of phone calls, and I duplicate all the tapes and manufacture and send out all the material in the Rhondell catalog. I try to make a living as well. Among other things.

I have a very shabby concept of time. If the newsletter stopped coming around the time you heard of one of these deaths (I really don't know), it was a coincidence. Someone put two events together and drew a conclusion, and mentioned it to others, instead of calling me to verify it. Please know that I am in fine fettle and busy and a long way from the pit!

What is Truth?

What's left over when error is discovered.

Like any other consciously experienced event, you'll recognize it when you experience it — another's explanation is inadequate and futile for your purpose. ☉

SEEKING THE ROSE Update

As some of you know, Harmony Workshop is producing a video of an ancient Teaching myth. It is the story of two young people sent from their lovely home called Harmony into a confusing and chaotic place.

They are given a potion to make them forget who they are—royalty—and sent to retrieve The Rose. Their Friend is with them throughout their journey, but disguised and/or unrecognized, until the end. Our version is an adaptation of a Sufi myth, but this story is found in many cultures, East and West, including the Bible.

The part of the Friend is played by Rhondell. We have a unique production method which gives a different and beautiful look to the story. For those who have knowledge of video: we used two cameras, with blue-screen travelling matte. What this means is that one camera focuses on artwork which is poster-sized paintings of our scenes. The other camera is on the actors who stand before a blue background, which does not show. The two cameras' material is put together to give a story-book appearance to the whole scene, as though our role-players are walking around in our artwork. Helen Turley in Arizona, and Diane Bullen in California painted the scenes.

Our aim was to finish this project by August 15. We are running behind because of scheduling difficulties with the editing studio (a major profit-generating client has usurped us for the moment!). As of mid-October, it is about ten hours from completion. It's my hope that we'll have it complete this fall for all of you who pre-ordered or donated money toward *Seeking the Rose*. ☒

From *The Devil's Dictionary* by Ambrose Bierce

Prayer: To ask that the laws of the universe be annulled in behalf of a single petitioner, confessedly unworthy.

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WHERE AM I?

Waking up is remembering what you are, where you are, what's going on here and what you can do. We are expressions of Life in a physical realm. When we decide the whole Purpose of Living is to be non-disturbed, we have forgotten what we really are.

I first read the following in *Angel Letters* by Sophy Burnham. It has since been published in varying forms in other places, without citing her. Although it is possibly and maybe likely apocryphal, a New Age urban myth, I'd like to think not. (And since I wasn't there, I can never know.)

Both of Sophy Burnham's books, *A Book of Angels* and *Angel Letters* are published by Ballantine Books and available in most bookstores. Either would make a lovely present.

"In April 1990 I was interviewed on WOR-Radio in New York by Gil Gross. He told the following story about a young couple who had one little girl and a new baby. The little girl wanted to be left alone with the baby, but the parents were afraid. They had heard of jealous children hitting new siblings, and they didn't want the baby hurt.

'No, no,' they said. And, 'Not yet.'

"And also: 'Why do you want to be with him? What are you going to do?'

'Nothing. I just want to be alone with him.'

"She begged for days. She was so insistent that the parents finally agreed. There was an intercom in the baby's room. They decided that they could listen, and if the baby cried, if the little girl hit the baby, they could rush into the room and snatch the infant up. So, the little girl went in, approached the crib. Alone. She came up to the newborn baby, and over the intercom they heard her whisper, "Tell me about God. I'm forgetting." ☒

FUNNY

For people who, like me, have a love/hate relationship with a P.C. From Jack Smith's column in the *Los Angeles Times*.

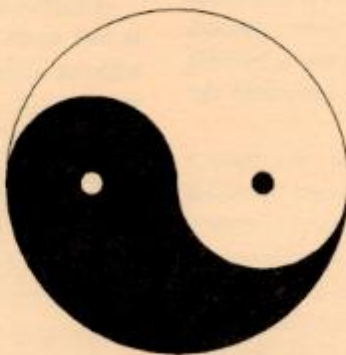
I have a spelling checker,
It came with my PC
It plainly marks four my revue
Miss takes I cannot sea.
I've run this poem threw it,
I'm shore your pleas too no,
It's letter prefect in it's weigh,
My checker tolled me sew.

I would like to define my use of the terms "masculine" and "feminine".

Rhondell seldom if ever uses this terminology, except for a slight reference in *Headlines*. I use it all the time because I find it handy. But I want to emphasize that I in no way am referring to men and women separately when the terms masculine and feminine are used. Human beings all express masculine and feminine traits and especially activities.

The terms masculine and feminine are bandied about today in a rather casual way... in a kind of hip New Age sexism, as I see it. (So maybe it is time for me to think up a new vocabulary!) I use them only thus: "feminine" takes in, receives. Awareness is, among other things, but mainly, a receiver, a channel. "Masculine" puts forth, goes out, penetrates, is what's in the channel.

The trouble with these words, and most words used for these ideas (except "androgyny," which is also getting a bad rap these days) is that they are really incomplete and therefore not exactly accurate. They are useful mainly as a positioning point, noting a direction. This is because there is nothing totally "feminine" and nothing totally "masculine" — if we are aware of it. I sometimes make an analogy of "X" or Spirit or Life as like lightning, a big blast of power that if unchanneled is fairly useless (here). And the perception of lightning (and it does not exist in my world unless perceived) is



feminine... (perception "contains" the lightning). Have you ever seen Life not in a container of some kind? It is difficult in ordinary perception for us to imagine It other than contained somehow. The container is sometimes referred to as "feminine" even though we know half of the containers are male! Any container lying about without Life in it is hardly masculine, even though it may have had the Y chromosome. In other words, everything and every activity are androgynous to some degree.

For instance, take the activity of eating. We could call the impulse of penetrating the mouth with the food masculine, the receiving of it feminine, and its continued activity a combination of both, as well. I can't think of any activity that is not giving and taking in this way.

So be sure that when you read the words "masculine" and "feminine" here, they are used loosely, as a reference to either taking in or giving out, thinking or actually making form of the thought, first force or second force. Every man (or woman) who is paying attention is exercising his feminine abilities, every woman (or man) who is alive is expressing the masculine, everyone who is conscious and/or creating in any way is expressing androgyny, the interaction of masculine and feminine, of Spirit and Awareness. These words are just a convenience, don't take them too seriously. ⊗

THE FOUR FORCES

One—INITIATIVE—The thought, Will, insemination. Penetrates indiscriminately

Two—RESISTANCE—Second Force, opposing Initiative, molding it. This does not necessarily mean conflict, but creates tension out of which

Three—FORM—is born, allowing

Four—RESULT—something to respond to.

Popular psychology advises acting out these feelings. We have all heard it. Express your anger; tell the person how you feel; arrange a confrontation. If someone has hurt you, let them know you are hurt. Cry, rage, express yourself. This is not what we mean by experiencing freely, regardless of what others may mean.

Someone who wants to Work on transformation who feels emotional pain, experiences freely in this way: Something has happened which causes pain. Maybe she is sad, or feeling guilty, or angry. She will take a moment to calm down; she will be AWARE of the situation and the feeling. It is helpful to express this in the third person, thereby beginning to disidentify with it. "Sue is feeling very angry."

Next she ACKNOWLEDGES the fact that she feels this way, that no matter how much Work on herself she has done, she has made some ideal ("people should — or will — do as I wish") and has been

EXPERIENCING FREELY (Continued fr.p.15)

subject to buying into it.

She then ACCEPTS this. *It is okay to feel this way.* She freely experiences the fact that she has retained some ideals, that it still hurts when they are not met, that she has allowed this event to cause her pain. *It's okay!* She accepts the feeling of pain.

Then, and only then, *the feeling will ABANDON her.* It passes through. She has performed in the truly feminine* manner of letting it pass, and it will.

It is plain to see that this method of dealing with harmful emotions is a world apart from indulging in them. She need not act out her anger; by being AWARE of it, Acknowledging it, Accepting it, it will Abandon her. This is not to say she will not snap at someone, or that she will not cry, or that she will not experience unpleasantness. She will, but she will take charge, and it will pass (and have much less power over her next time). ⊗